

## Who was Celine Tower?

Framed and proudly saved under glass, hung on a wall in the home of Andrew and Sylvie Kavchak on Quinn Crescent, is a newspaper clipping bearing a photograph and fairly lengthy story about six-year-old Matthew, who had won a provincial chess tourney for children. Matthew was very good at the game, and Celine Tower wrote about how he and his Dad, Andrew, played chess all the time together while he also enjoyed the usual child outdoor and indoor activities.

### Freezing Time with Words

That was Celine, right there, enjoying relating and supporting the doings and triumphs of children as well as the affairs of their elders, in the pages of our community newspaper VISTAS.

Celine provided in one volunteer monthly newspaper a continuing picture of the lives and times in our Alta Vista-and-area community. Matthew now is 21, a student at McGill University, and the pride in VISTAS recognition of him remains. The pride and sense of local accomplishments remain Celine's legacy left after her unexpected death while on holiday in Sri Lanka in March, 2014, following her more than 30 years as editor of VISTAS.

### Always Community-Minded

Celine was ever and always a volunteer, in remedial teaching for kids at our local elementary school, serving Meals on Wheels, trudging up and down our streets while canvassing for Cancer, Diabetes and other ills, working in the cancer part of our hospital, all the while editing VISTAS. She began with VISTAS as a reporter-contributor when it was founded by two neighbour women nearly 40 years ago. That lasted only some months when lives of the founders changed, and she became editor.

### Supporting/Encouraging our Youth

Celine always saw the young as the future, and VISTAS supported the young in every way it could. It is in that vein, in that legacy, that support for youth entering journalism was begun, and now is awarded each year in the memory of one who loved them and who believed in them in the form of The Celine Tower Grant.



## The Celine Tower Grant

Are you a student from the Alta Vista/Canterbury/Elmvale Acres community who is pursuing or currently enrolled in **post-graduate studies in Writing, Journalism or Communications?**

VISTAS is once again funding The Celine Tower Grant in the amount of **\$1,000 (CAD)** to honour the memory of our long-time editor, Celine Tower.

The application form and process can be found at [vistas-news.ca](http://vistas-news.ca). This year, we are extending the competition to current post-secondary students in the above programs as well. No repeat applications from previous winners please.

Applications are due no later than April 30, 2020.

## What's Happening this Weekend?



**WINTERLUDE 2020:** Ottawa's Winterlude (Bal de Neige in French) is an annual festival that takes place in the Capital, attracting hundreds of thousands of visitors each year. Visit the Crystal Garden of the Confederation Park to see the masterpieces of the international ice carving contest. The Marion Dewar Plaza, right by the City Hall, is where you'll find the Rink of Dreams that hosts skating shows, DJ sets, and parties as well as interactive art displays. On weekends, there's even an artisan market, a climbing wall, and ice dancing lessons. The Snowflake Kingdom in Jacques-Cartier Park in Gatineau is a favorite kids' playground with ice slides, snow sculptures, and IceHogs, the Winterlude Mascots. It opens this weekend on January 31 to February 17.

**WORSHIPLUDE 2020:** After a day at Winterlude, join us for the Worshiplude youth church service on Saturday, February 1, 4 p.m. at Rideau Park United Church, 2203 Alta Vista Drive, followed by a pizza dinner (cost: \$10 each). Worshiplude 2020 is a winter worship and fellowship event for youth and young adults aged 12-24 hosted by the United Church of Canada. More info. contact 613-733-3156 x229 or [www.rideaupark.ca](http://www.rideaupark.ca)

**2020 CANADIAN CULINARY CHAMPIONSHIPS:** Featuring 12 gold medal winning chefs from around Canada with three intense competitions over the course of two days! Also Featuring Bill Henderson, lead singer of Chilliwack and the legendary Barney Bentall. Friday, January 31 to Saturday, February 1 at the Shaw Centre, 55 Colonel By Drive.

**TD OTTAWA WINTER JAZZ FEST:** Energize your winter nights at the TD Ottawa Winter Jazz Festival from January 30 to February 1. Discover a remarkable gathering of artists performing at various venues in Arts Court Ottawa from around the world. Arts Court, 2 Daly Avenue.

**OTTAWA FARMERS' WINTER MARKET AT LANDSDOWNE:** Sunday, February 2, 10:00 a.m. to 3:00 p.m. The Ottawa Farmers' Market is the only year-round, producer-only farmers' market in Ottawa. This means that every vendor at our market grows, makes, and bakes everything that they offer from within 100 kms of the City of Ottawa. You can get your favourite local grains, meats, cheeses, fruits and veggies, locally produced baked goods and sweets, as well as exceptional artisan crafts and jewelry year-round at our Lansdowne location! Aberdeen Pavillion – Lansdowne Park, 1015 Bank St.

**WINTER CELEBRATION AT RIDEAU HALL:** You are invited to bring your family and friends to the Winter Celebration at Rideau Hall, on Saturday, February 1, from 12:30 p.m. to 4 p.m. Officially part of Winterlude, all Winter Celebration activities are free of charge. 1 Sussex Drive.

**SKATING ON THE CANAL!** Lace up your skates – the Canal is open to skaters, big and small.

**See our regular Upcoming Events section inside to check out what's happening during the rest of the month!**

## VISTAS STAFF

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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.*

## Where is it?

<b>ARTS AND CULTURE</b>	<b>13-15</b>	<b>OUR ENVIRONMENT</b>	<b>23</b>
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## LETTERS TO THE EDITOR

**Re: "Merry Christmas, Merry Christmas, Merry Christmas!" December, 2019 issue**

Dear Editor, VISTAS,

I appreciated the main idea of December's editorial, that people should feel free and unashamed to say 'Merry Christmas.' That's the way I was raised, too, and religious freedom is an important tenet of our inclusive and welcoming country. However, I found several aspects of the argumentation to be quite unfortunate, and particularly the discussion of First Nations in the history of Christmas.

The editorial draws on The Canadian Encyclopedia.ca report that in 1645 French colonists sang Christmas carols and the first observance of Christmas by First Nations was in 1641. Unfortunately, the editorial is misleading in generalizing First Nations rather than mentioning the particular Nation in question. The encyclopedia article says that this celebration occurred among the Huron of Georgian Bay following (the teachings of) Father Jean de Brébeuf, a Jesuit missionary from France. This and other Jesuit missions were near the beginning of a long series of deliberate, destructive and deceptive acts towards Indigenous peoples by explorers, colonists and, ultimately, Canadian governments, (stripping) indigenous peoples of their lands, cultures, religions, languages and rights.

Canada as a majority Christian nation is a relatively recent phenomenon, since Christianity was long preceded by other types of spirituality.

I am disappointed that a Canadian newspaper would print an article that invokes one of the early examples of religious imposition on Indigenous people as part of a plea to maintain the modern status of Canada, where Christians and European descendants still enjoy the power and privilege of being the dominant culture. People should certainly feel free to wish others a Merry Christmas. However, they should also be very cognizant of the past and present impact of Christian power and culture.

Sincerely,

Phil Mullin

**Note: This letter has been edited for length**

**Re: "Merry Christmas, Merry Christmas, Merry Christmas!"**

Dear Editor,

I read with much interest your editorial on the true meaning of Christmas in the December 2019 issue of VISTAS. I enclose for your info the true evidence-based historical facts on the real true meaning of Christmas.

It appears that Christians stole Christmas from the pagans. Except for the name "Christmas" there is nothing uniquely Christian about Christmas. Further, there is no hard evidence to suggest that the Biblical Christ prophet even existed.

-Paul

**EDITOR:** The article enclosed with Paul's letter is called The Winter Solstice & Christmas by August Berkshire (the president of Minnesota Atheists (MNA) and a past vice president of Atheist Alliance International (AAI)). The article describes how the Winter Solstice was celebrated by many cultures and pagan groups, and compares their traditions and practices with those found in our modern-day Christmas. "Social gatherings, lights, singing, gifts, feasts, yule logs, mistletoe, holly, and decorated trees" were first introduced in pagan observances and were later adopted by many Christians, it says. More details and descriptions are provided as well from ancient Egypt, Persia and India, all with parallels with the Christian story of Jesus. It is suggested that the story of Jesus was superimposed onto the sun god festivals of the Winter Solstice (Christmas) and the Spring Equinox (Easter).

Note: Paul's covering letter was briefly edited for length.

**Have your say by writing to Editor@vistas-news.ca**

# EDITORIAL MUSINGS

By Valda Goudie

With my psychology courses focusing more on child development than adult relationships, I am no Terri Orbuch (The Love Doctor) or Sue Johanson (Dr. Sue). So, feeling unqualified to talk about love or physical intimacy as we near Valentine’s Day, I thought I’d focus my musings on *passion*.

I understand your raised eyebrow. One definition of passion relates to love: *ardent affection*. One relates to physical intimacy: *sexual desire*. But the third definition in my trusty Meriam-Webster is *a strong liking or desire for or devotion to some activity, object, or concept*.

Yesterday, my husband and I went to a Powerlifting and Deadlifting competition. Competitors demonstrated their brute strength to the sound of Ozzy Osbourne belting out his unintelligible lyrics with a pounding of drums and electric guitars. The air was thick with testosterone and chalk dust. A newcomer to this sport, I learned the rules for a good lift. I found out that sniffing pure ammonia before a lift gives the athlete a burst of adrenaline (and muscle numbing) that can help them bear more weight. From 11-year-old Kaitlyn to 77-year-old George, there were some passionate people in that room. The bar strained into a bow as the last powerlifter deadlifted over 600 pounds. I couldn’t help but think as I watched them compete, that if I met any of these people in the mall dressed in regular clothes, I would have no idea that they have such a passion for this sport.

Passions are widely varying. There are passions in the Arts: writing, visual arts, performing arts (music, dance, theatre). There are too many sports to list, but real fans show passion for their sport in tangible ways. What about passion for reading? Decorating? Cooking? Wine-tasting? Religious passions? Passion for your job? (Yes, it happens)

I sat through a long monologue at a university graduation of a keynote speaker’s passion for trees. While I appreciate trees and all they do for us (I didn’t take down my Christmas tree until January 25th this year), I didn’t share her passion before she started, or after her lengthy dissertation.

When we indulge in our passion, we feel great. We can think of nothing we’d rather do. I can curl up with a book for hours or disappear with my laptop and tap away at the keys, lost in a world of ideas, characters and storylines. However, there is danger in passion. If we pursue our passion too hard, we lose balance in our lives. Is the object of our passion enough to fill our lives completely?

Allow me to relate passion back to Valentine’s Day. During this over-commercialized celebration of love and friendship, we do take the time to acknowledge those people who are special to us. Unless those people share our passion, and it’s something we can do together, our passion cannot be all-consuming.

As with everything, moderation is key. When we get married to our passion, we exclude the other people who love us. As I faced the deadline of the sixth issue of VISTAS as a new editor, I finally feel like I was able to balance things. In addition to working full time, I made time for the hot tub with my hubby, a night out at the Newfie Pub (with some amazing live music), an afternoon watching powerlifting, a dinner with my three sons, and even a day of undecorating and resetting our home for the next ten months. Our passion should never replace our love for family or friends. We need them all.

I plan to embrace all the definitions of passion this month, and I hope you will too!

## 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.

# VISTAS Volunteer Carriers Needed

## For West of Haig

- Anoka, 34 papers
- Bloor, Penhill, Crestwood, 56 papers
- Chomley, 40 papers
- Cunningham (Marshall Ct to Fairbanks), 26 papers
- Edge Hill, 58 papers
- Grasmere, 39 papers
- Juno, 38 papers
- Leslie & Billings (west of Transit Way), 19 papers
- Lynda Lane & Oxbow, 19 papers
- Norway, 22 papers
- Pleasant Park (Alta Vista to Fairbanks), 42 papers
- Pleasant Park (Lynda Lane to Garden Plots), 25 papers
- Pleasant Park (west of Transit Way) & Riverside (Pleasant Park to Billings), 17 papers
- Portland, 24 papers

## For East of Haig

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

## Distribution of VISTAS

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Jackson Castell	C & B Jeffrey	*Deborah Newhook	Karina Welch
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Amy Connelly	Ken Klippenstein	Wendy Parkes	Gertrude Wilkes
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Michel René de Cotrat	Glenna Laflamme	Robert Read	Gillian Cooper
Quinn deMarch	Claudette Lalonde	Terry Reeve	Don Price
Anthony & Gretchen Denton	Gary Lane	Joseph Rikhof	*Peter Fng

## OUR COMMUNITY

### Heroes of Heron Emergency Food Centre

By Lynn Sherwood, Vice Chair Board of Directors

#### Food Delivery in a Big Red Truck

The new year started off on a positive, if somewhat startling, note for Louisa Simms, our Executive Coordinator and her team of dedicated volunteers, when, on January



second, a deputation of eight Ottawa Firefighters arrived at HEFC with 1000 pounds of nutritious food. Ottawa Fire Services are our February Heroes of Heron Emergency Food Centre.

According to Jen McNeely, their public information officer, Ottawa Fire Services decided this year to embark upon an additional service project for our community by collecting food donations. As she explained, Ottawa Firefighters work on 24-hour shifts at each of the 29 fire stations in our city. While on the job awaiting emergency calls, they collaborate to prepare their own meals (at their own expense) at the fire stations and therefore must purchase groceries as part of their meal planning. Since they need to be able to respond instantly to any emergency, they travel as a total crew in their fire truck to purchase groceries. This is why we sometimes see fire trucks cruising down our streets with no apparent fire in mind.

This year, for the 35 consecutive days before Christmas the fire crews in each station, purchased one extra item every time they went shopping. Since there are 29 fire stations in Ottawa, and, according to Jen, most crews picked up more than one extra grocery item on their shopping trips, this amounted to a substantial amount of food, much welcomed by staff and volunteers at HEFC who were contemplating empty shelves as we entered the new year. Our generous firefighters came from two stations # 35, on Alta Vista Drive, and station # 43 on Old Richmond Road but brought food collected from fire stations across the city. The staff, volunteers and clients of HEFC thank you all for your thoughtfulness and generous support.

#### Empty January Shelves Stocked Again!

Every year local businesses, schools, churches and service clubs organize food drives during the Christmas season which help us stock up on non-perishable food for our clients during the long winter months. After Christmas, a busy season, our shelves are quite depressingly empty and we much appreciate donations which help us replenish our stock and ensure that our clients can rely on us to provide nourishing food during the winter. Recent changes to provincial social assistance rates and qualifications have resulted in extra hardships for many of our vulnerable folks who are unable to work. Since they do not have sufficient income to meet their monthly expenses, they must use their grocery budget to cover basics like utilities, rent and transportation costs. Your continued support enables us to ensure that we can continue to serve the 1800 individuals a month who come to us for assistance.

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

### VISTAS' Delivery Schedule

2020	VISTAS Delivery Date
March Issue	February 28, 2020
April Issue	April 3, 2020





# Jean CLOUTIER

*Alta Vista*

## Volunteer Ottawa Call for Nominations VOscars

Do you know of someone who exemplifies the spirit of volunteering? Do you know a young person or senior who has made a significant contribution to our community through their volunteering efforts? Do you know a corporation, business or organization that supports volunteering among its employees or that has built a successful volunteer program or promotes our community's diverse populations in volunteering?

To submit a nomination for a VOscars Award, please search:  
[www.volunteerottawa.ca](http://www.volunteerottawa.ca)

Deadline: February 12 2020

## Are you interested in a local construction project?

With a few easy clicks, you have access to the site plan applications for both in your neighbourhood and across the City.

I encourage you to submit your comments to the City Planner listed, or as always I welcome you to share your thoughts with me directly.

Please take some time to explore the site called DevApps, available by searching:

Development Application Search Tool on [ottawa.ca](http://ottawa.ca)

## Community Office Hours

Please come say hello, join me for a hot cup of tea or coffee, and tell me about what is on your mind in regards to things we can work on together in Alta Vista. No appointment necessary, just drop in for a casual chat.

**Saturday February 22nd, 2020**  
**Figaro Coffee Shop**  
**650 Industrial Ave**  
**9:00am to 11:30am**

## Thinking ahead to the warmer days... March break, Spring and Summer 2020 Recreation Programs

City of Ottawa Spring and summer 2020 recreation eGuides will be available online February 10. Registration dates are as follows:

- Aquatics and Aquafitness programs:
  - o Online: March 2, at 9 pm
  - o In person: March 3 during business hours
- Other programs:
  - o Online: March 4, at 9 pm
  - o In person: March 5 during business hours

To discover all that the city has to offer and more information, please check out this link: <https://ottawa.ca/en/recreation-and-parks>



## Have you signed up for my weekly newsletter yet?

I encourage you to subscribe to my newsletter that I call Cloutiers Corner! I send it out weekly to help you stay up to date on the latest Ward 18 news and events.

There are a few ways you can subscribe for my newsletter:

- Go to my website [www.jeancloutier.com](http://www.jeancloutier.com)
- E-mail [jeancloutierott@ottawa.ca](mailto:jeancloutierott@ottawa.ca)
- Give us a call 613-5802488

[www.JeanCloutier.com](http://www.JeanCloutier.com)

*Conseiller / Councillor Jean Cloutier*

# OUR COMMUNITY

## Communicating about HEFC Services

Members of the Board of HEFC are happy to attend your events or fundraiser – even early on a Saturday morning – to talk about the service we, all together, provide for our community. Call us at 613-737-9090, or email us at [hefc-info@rogers.com](mailto: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 us out on Twitter [@HEFC.ca](https://twitter.com/HEFC.ca)/[@HeronFoodCentre](https://twitter.com/HeronFoodCentre)

## FEBRUARY WISH LIST

We welcome cash and food donations including tuna, canned vegetables, canned tomato sauce, canned soup, chick peas, kidney beans, cereal, baby formula, and snacks for children.

## Synapcity Inviting Residents to take Ownership of their City

### Invitation to participate in City Lab

OTTAWA, January 13, 2020 – Ottawa non-profit Synapcity is launching a brand new pilot this winter called City Lab, inspired by its Civics Boot Camp program. Registrations are now open to Ottawa residents.

Interactive and experiential, City Lab is a collaboration with Saint Paul University's School of Social Innovation and is designed for those who want to get involved, learn how to work the city and collaborate with others to get their voice heard.

Synapcity's unique quality is its capacity to bring a diversity of people into the conversation, in a space where they feel safe and where their views are respected. The program will therefore see a diverse group of Ottawans and Social Innovation students from Saint Paul University join forces to learn about their city and work collaboratively on different case studies representing actual civic issues facing Ottawa.

*"Synapcity truly believes that Ottawa is a great city and that it can become even greater and more representative and inclusive of its people through honest conversations between residents, organizations, institutions and elected officials."*

Laurel Mackenzie, Synapcity Executive Director

*"Citizens are not consumers of the city, but rather co-creators of a city. We try to give that power to every individual within a community, to get them more engaged - whether that's in their streets, neighbourhoods, or at the larger municipal level."*

Stephane Pressault, Synapcity Program Director

Synapcity welcomes applications from all Ottawa residents, who may apply by **Wednesday, February 5th**.

Location: Saint Paul University (95 Clegg Street).

Date: Tuesday evenings from February 25th to March 31st

Time: 5:30 p.m. to 8:30 p.m.

Individuals requiring financial assistance for child care or transportation will receive a weekly stipend.

Synapcity is an Ottawa non-profit organization bringing people and institutions together to learn, connect and act for a better city. For more information, visit [www.synapcity.ca](http://www.synapcity.ca).

## Information:

Stephane L. Pressault, Geneviève Gazaille

Program Director, Communications Lead

613-288-5810 / [stephane@synapcity.ca](mailto:stephane@synapcity.ca) or [geneviveve@synapcity.ca](mailto:geneviveve@synapcity.ca)

## The City proposes more affordable housing permits in R4 zones

The City of Ottawa has produced a Discussion Paper proposing changes to the R4 family of zones, in order to enable and encourage the development of small, affordable and context-sensitive infill apartment dwellings in and around downtown. The Discussion Paper and other materials can be found at [Ottawa.ca/R4Zoning](http://Ottawa.ca/R4Zoning).

**\*\*\*Please note that the deadline to comment on this Discussion Paper has been extended to February 21, 2020.\*\*\***

### R4 Phase 2 Zoning Review: Executive Summary

A liveable city needs affordable housing suited to a range of household types, tenures and incomes. The city's R4 family of zones is intended to permit low-rise apartment buildings, which are an essential part of a healthy and diverse housing mix.

However, the existing R4 rules were established decades ago, and are increasingly misaligned with today's realities of lot fabric, land costs and changing demand. Instead of regulating low-rise apartment development, the current zoning typically prevents or discourages it. This has exacerbated an ongoing and increasingly dire shortage of rental apartments, rising rents and hardship for the one in three Ottawa households who rent their homes.

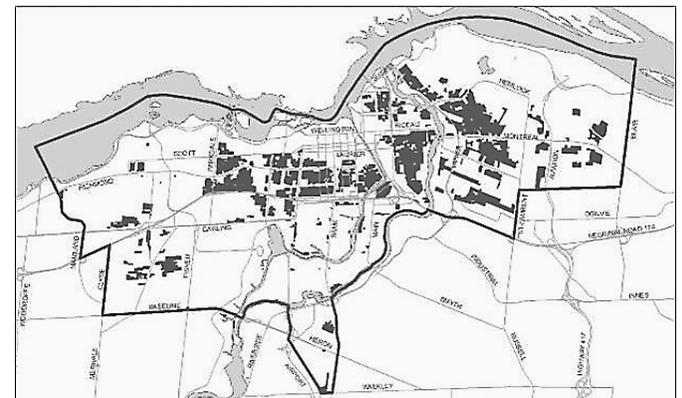
The R4 Phase 2 Zoning Review will help to improve housing affordability and choice in neighbourhoods in and around downtown by enabling and encouraging the development of small, affordable and context-sensitive infill apartment dwellings within the current R4 zone.

### The proposed zoning changes will:

- \* Revise the lot width and area standards to permit as-of-right low-rise apartment buildings to be developed without the need for lot consolidation or variances;
- \* Enable buildings of eight to twelve units, within the currently permitted envelope and height limits, on R4 lots that otherwise would have been restricted to three or four units. These changes will tend to produce more affordable and adaptable two- and three-bedroom apartments, instead of the large but expensive units encouraged by the current zoning;
- \* Introduce basic design standards to the zoning, including requirements for facade articulation and for doors, windows and balconies facing the street. This will help to ensure that new apartment buildings are not anonymous and faceless boxes, but instead integrate with and contribute to the public realm;
- \* Modify current amenity area requirements to focus on intensive, quality greenspace and trees more appropriate to an urban site and context; and,
- \* Ensure that surface parking is not permitted to replace, encroach upon or degrade the green spaces, trees, walkways and other functional areas needed to ensure a compatible infill apartment building.

The proposed zoning changes will apply only to lands currently zoned R4, and only within a defined part of the inner urban area (being generally

Wards 12 through 17.) Within those lands, substantive changes will apply only to the Three-unit Dwelling, Low-rise Apartment Dwelling and Stacked Dwelling typologies as defined by the Zoning By-law.



# OUR COMMUNITY

The City is seeking feedback on these proposals no later than February 21, 2020.

Email: [tim.moerman@ottawa.ca](mailto:tim.moerman@ottawa.ca) or [R4Zoning@ottawa.ca](mailto:R4Zoning@ottawa.ca)

Fax: (613) 580-2459

Mail: R4 Zoning Review

c/o Tim J. Moerman

Ottawa City Hall

110 Laurier Avenue West

Mail Code 01-14

Ottawa, ON K1P 1J1

You can keep up with news on this project by checking the project website at [Ottawa.ca/R4Zoning](http://Ottawa.ca/R4Zoning).

## Provision of street lights on paths connecting Fairmeadow and Camborne Crescents to Rabbi Bulka Park



Dear Editor,

Funds have been found to deter speeding on Featherston Drive whilst another danger spot is being ignored. There are footpaths that link Fairmeadow / Camborne Crescents to the “Rabbi Bulka Park” behind St. Gemma Catholic school on McMaster. After nightfall, these paths are in total darkness. Several people have fallen and been injured; plus, anyone could easily hide in the shadows for a nefarious purpose. Why, after numerous requests, can the city and the Catholic School Board not cooperate to provide a light before there is a tragedy?

### Background:

A few residents on Fairmeadow have been trying for several years to get a light for the footpath. We have contacted Mr. Cloutier and his predecessor Peter Hume several times but we always receive the same excuse – the footpath is on the school property and is not their responsibility. I pointed out that during the winter, the snow on the path is ploughed by the city plus salting/sanding as required; furthermore, the sign erected by the school board listing regulations regarding school property is not at the Fairmeadow end of the path, but is nearer the school in line with the hedge-row that forms the western boundary of the property. I received a nonsensical reply that the path is actually only intended for students to access the soccer fields during daylight hours. However, the fact is that parents often park on Fairmeadow by the path to pick-up/drop off their children. In the Winter, some children are leaving the school late – in darkness. Perhaps a gate should be erected to stop this!

Last winter, a resident fell and was hurt and she complained. We actually thought that a light was going to appear. Painted markings on the ground near Fairmeadow appeared to indicate the underground location of the gas-lines, hydro connections plus what may have been a marking for the light, but nothing happened.

I also raised the matter with our co-ordinator for the Neighbourhood Watch who said that she would inform the police officer who is working with us. I heard nothing more.

Sincerely, Dr. A.S. Marko

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*“I think you are suffering from a lack of Vitamin ME.” – Anonymous*



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# OUR COMMUNITY REPS

## MAYOR'S REPORT: Embracing winter in Ottawa

By Jim Watson, Mayor, City of Ottawa

The month of February may be the shortest calendar month, but for Ottawa residents, it is a very busy one full of exciting activities for the whole family! Even as our city enjoys the title of “Coldest Capital City,” our tenacious residents embrace the cold and take advantage of the many activities and events our beautiful region has to offer.

### The Rideau Canal

Ottawa’s most iconic winter attraction is undoubtedly the Rideau Canal Skateway, a UNESCO World Heritage Site, and the world’s largest naturally frozen skating rink. 2020 is a special year as it marks the Rideau Canal Skateway’s 50th anniversary!

### Outdoor Skating Rinks

But did you know that Ottawa also has more than 250 outdoors skating rinks for you to enjoy in all parts of the city? This includes our beautiful, state-of-the-art, refrigerated Sens Rinks of Dreams at City Hall, the Jim Tubman Chevrolet Sens Rink in Canterbury, the Ben Franklin Place skating rink and the Lansdowne Park skating court. You can find more information on city rinks, including opening hours, at [ottawa.ca/en/residents/recreation-and-parks/skating](http://ottawa.ca/en/residents/recreation-and-parks/skating).

### Cross-Country Ski Trails

Additionally, the City of Ottawa has over 150 km of cross-country ski trails in the heart of the city and throughout the Greenbelt. These trails are free to use, suitable for skiers of all abilities and are great for snow shoeing as well! There are also cross-country ski trails available to use for a fee at the Mooney’s Bay Ski Centre and in Gatineau Park, but you can skip the fee by getting your mittens on a ski pass from the Ottawa Public Library.

### Winterlude

The Nation’s capital is also home to Winterlude, our annual winter festival. This year, residents can celebrate the best of what winter has to offer from January 31 to February 17.



Photo credit: City of Ottawa

Most Winterlude activities are offered at no cost and take place on numerous sites across the Ottawa-Gatineau region, including the ByWard Market, Downtown Rideau, Sparks Street, Bank Street, the Glebe and Snowflake Kingdom in Jacques-Cartier Park in Gatineau. Visit Winterlude’s website for a full calendar of events and list of activities.

### Indoor Recreation Options

But if the cold isn’t for you, I encourage you to visit [Ottawa.ca](http://Ottawa.ca) and sign up for one of the many exciting recreation programs we have available in facilities across the city, for people of all ages and in both official languages. You may be pleasantly surprised by discovering a new passion or even making a new friend!

### Family Day Skate

Finally, I hope you will join me in great numbers to celebrate Family Day during my annual Mayor’s Family Day Skating Party on Monday, February 17 from 11 a.m. to 2 p.m. at City Hall. In addition

to skating on the Sens Rink of Dreams, there will be giveaways, special guests and hot chocolate, as well as indoor and outdoor activities at no cost the whole family will enjoy!

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## Thinking of downsizing?

A free community information session

Are you an older adult thinking about downsizing? Join us to for answers on important questions such as,

**What is the best housing option for me? When should I move? Can I afford to move? What about all my stuff? Will I be able to “Let Go?”**  
*plus, a snapshot of the local real estate market will be provided*

Two dates to choose from

Mon. February 24, 7:00pm – 8:30pm or Wed. March 25, 10:30am – Noon  
 Rideau Park United Church, 2203 Alta Vista Dr. Alta Vista Public Library, 2516 Alta Vista Dr.

*All welcome. No cost. Free parking. Refreshments.*

Advance registration requested:  
 Ph: 613.277.6449  
 E: [info@agewellsolutions.ca](mailto:info@agewellsolutions.ca)  
 Online: [www.agewellsolutions.ca](http://www.agewellsolutions.ca)



## Care Navigation & Advocacy

A free community information session

A care navigation and advocacy specialist can help find the services you need and advocate for the care you deserve.

**Find out how this expert service is helping older adults stay at home longer and enhancing quality of life through proactive health care management.**

Two dates to choose from

Tues. February 25, 10:30AM - Noon or Monday, March 23, 7:00pm – 8:30pm  
 Alta Vista Public Library, 2516 Alta Vista Dr. Rideau Park United Church, 2203 Alta Vista Dr.

*All welcome. No cost. Free parking. Refreshments.*

Advance registration requested:  
 Ph: 613.277.6449  
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## OUR PEOPLE

### OUR PEOPLE: Andrew Kavchak

By Courtney Tower



#### Enthusiasms Kindled

#### Campaigning Begins

Within Andrew Kavchak, enthusiasms bubble up and contend, and the winners among them become his passions. When an enthusiasm strikes him and stays, it becomes a passionate urge for him to research and develop it, to relentlessly pester politicians and public servants about it, to make himself a nuisance to some and a new friend to others. It leads to the new Internet technologies which he has grasped to publish two books with more to come.

Andrew Kavchak, 57, while following his passions, is a family man, a stay-at-home caregiver to autistic son Steven, 18. He took early retirement from a public policy-advising role in federal government departments to do this while wife Sylvie works away from home each day and son Michael, 21, is at university. (Michael, by the way, was featured in VISTAS with a story and photograph when he was six years old and won a provincial chess tourney for children).

#### Care first

#### Campaign Later

Andrew's hours are bounded by Steven's hours, getting him out of bed, feeding and dressing him, until a special school van comes for him at 8:30 a.m. Andrew has some free time until the lad is returned at 3:30 p.m., when his caregiving takes over again. On good days when Steven is calm Andrew might take him for long walks or skating.

In the evenings, Andrew is back to the computer, writing more letters of advocacy, doing more research, seeking more allies, preparing more campaigning for Ontario or the federal government, this time on autism care.

It was from deep within the Kavchak family story and the life of his ancestral homeland, Poland, a nation which more than any other in Europe had been cut up into pieces, formed and reformed again and again over a thousand years by greater occupying powers, that Mr. Kavchak's first passion was realized.

#### The New Technologies

#### Bring Book to Canada

It is found in this book before us at the Kavchak dining room table, *Dying Echoes: Memoirs of the War 1914-1920*. The lengthy 335 pages by Stanislaw Kawczak, are the first in English of the life and times of turmoil and change, for an infantry soldier in the Great War. Most of us think of it as the Great War or First World War, 1914-1918. But on Europe's eastern front, enmities and takeover warfare continued through 1920, reshaping Europe.

Grandfather Stanislaw was one of thousands of Poles conscripted to fight for an occupier he hated, the crumbling Austro-Hungarian Empire. Other thousands of Poles were conscripted to fight for two other occupiers of Poland that they hated, Germany and Russia, at that time.

On one of his group's endless marches from war-razed towns and villages and through forests and marshes, Stanislaw Kawczak comes upon fellow Poles. "We engage in endless conversation," he writes, "deploring Poland's circumstances where the sons of the same land

must murder one another."

About the Austro-Hungarian power for whom he was fighting, day and night, dawn to dusk, he is bitter: "For your toil, your blood, for the tears and misery of your family, honour will be bestowed upon those who wish to erase your language, whose name for you is: 'Polish swine.'"

Stanislaw and other patriots conducted free-Poland campaigns from within during the war. After, he became a lawyer and judge, prominent in society. By 1940, an officer again for the briefly-free country of Poland, he was murdered in the infamous Katyn Forest massacre of many thousands of Polish officer-prisoners by the NKVD, Soviet secret police. His book was first published in 1936, banned by the occupying Soviet Union for decades, finally reprinted in a free Poland in 1991.

The Kavchak family always has been proud of this illustrious son. Andrew, born in Montreal shortly after his academic parents arrived there in 1962, was steeped in Polish and family patriotic lore. He eventually seized on the new technologies of Kindle and Amazon to publish the book in a superb English translation by the late Marieta Brzeski of Montreal.

"The book has had some renown in Poland and I thought it only fair to have it seen in English," Andrew says.



Photo credit: Gerri Doherty

#### Remembering Gouzenko

#### Only Fair to Do So

Only fair. That is the main impetus behind 4 ½ years of advocacy, not to mention pestering, that Andrew conducted with elected politicians and public servants of the federal, Ottawa, and Ontario governments to simply have two plaques erected to remember and honour Igor Gouzenko.

In his second Kindle/Amazon book titled *Remembering Gouzenko*, Kavchak is as endless as his grandfather's marches through Poland, in publishing in numbing detail every last e-mail, text, phone call, letter, comment, that he made to or received from a mostly indifferent officialdom.

It had seemed simple enough. Kavchak wanted public recognition and remembrance of what Gouzenko, the Soviet Union's Ottawa Embassy cipher clerk, had done in September, 1945, in defecting to Canada with 109 documents that blew open Soviet spying on the Canadian, United States, United Kingdom governments.

"It was the very first significant international incident of the Cold War," Kavchak insists, with huge repercussions for the security apparatuses and the Cold War attitudes that followed between the Western allies and the Soviet Union.

cont'd on page 10

# OUR PEOPLE

## Persistence Against

### Indifference, Delays

Andrew Kavchak, in the early 2000s, conducted a one-man campaign for plaques honouring Gouzenko as a hero of Canada. The then External Affairs Department of Canada was opposed, not wanting to offend Russia. Other federal and municipal officers were at best indifferent, or professed interest but delayed doing anything.

Finally, Kavchak won, with plaques erected in Dundonald Park, opposite the flat the young Gouzenkos had lived in, by the City of Ottawa in 2003 and by the nation the following year.

Local and national media attention was paid and to some extent Igor and Svetlana Gouzenko finally received public honour for their desperate flight to freedom in 1945 and decades of living in secrecy in Ontario. Two daughters of the couple, among the eight children born to them, took part in the honouring ceremonies and one (the other now since passed) remains a friend with whom Kavchak is in touch “at least once a month.”

*Andrew Kavchak talks on Remembering Gouzenko at Perley and Rideau Veterans' Health Centre, February 12, 10:30 a.m. Andrew Kavchak speaks on 80th anniversary of Katyn Forest Massacre April 18, 9 a.m., at St. Paul's University.*

## Knights of Columbus present awards for Citizenship Essay Contest

*By Patrick Rusheleau, Community Service Activities Director, Council 13701*

Again, for the seventh consecutive year the local English-speaking Council of the Knights of Columbus based here in the Alta Vista / Elmvalle Acres area of Ottawa sponsored their annual “Knights of Columbus Citizenship Essay Contest.”

### The Purpose

The purpose of the Citizenship essay contest is to encourage young people in our community to become citizens grounded in their faith through creative writing. The Citizenship Essay Contest allows young people in 8th through 12th grade to learn of civic discourse and instill religious and life-affirming values in them.

### The Rules

The Citizenship essay contest rules dictate that competing essays should be approximately 500-750 words on a specific subject, (which changes every other year) and be the student's original work.

Essays were judged on a 100-point scoring system on grammar, style, and how clearly the contestant presented the essay's theme – “How I live and embody the virtue of Charity!” which showcased creativity, imagination and overall development of the essay contest's topic.



(L-R) Sophia Vera Farinas; Grand Knight (President equivalent) Maurice Macdonnell; Ze- Feng Wang; Sara Alameh; Patrick Rusheleau K of C Community Service Activities Director; Leonard Brown Council 13701 Financial-Secretary.

## The Winners

The 2019-2020 essay contest participants were drawn from the Grade 10 students of St Patrick High School and were all 15 years of age.

The Essay Contest Winners' presentations took place on Friday, January 10, 2020.

The contest's 'First Place' winner was Ze Feng Wang with a mark of 67 out of a possible 100 points. Ze received a cash prize of \$100 and a “Winner's” certificate for his effort.

In second place was Sophia Vera Farinas with a total mark of 66 points, receiving a cash prize of \$50. Sara Alameh achieved a mark of 64 points, and was awarded a third-place cash prize of \$35. Congratulations, students!

## The Gloria Barron Prize for Young Heroes celebrates 20th anniversary

*Applications for 2020 Now Open*

BOULDER, CO January 6, 2020 – The Gloria Barron Prize for Young Heroes enters its 20th year of recognizing inspiring, public-spirited young people from across the U.S. and Canada. Established in 2001 by author T. A. Barron, the Barron Prize annually honors 25 outstanding young leaders ages 8 to 18 who have made a significant positive difference to people and the environment. Fifteen top winners each receive \$10,000 to support their service work or higher education. The online application system for the 2020 awards is now officially open. Applications are due by April 15th and the winners will be announced in September.



Barron Prize young heroes are as diverse as their service projects. They are female and male, urban and rural, and from a wide variety of backgrounds. Examples of young people honored over the past two decades include Jaclyn, who triumphed over brain cancer and then worked to help other critically ill children; Ryan, who helped provide clean drinking water to more than 70 African villages; Michaela, who organized a rodeo for kids with disabilities; Joying, who cleaned up South Carolina's beaches; Shawn, who organized his neighborhood to build a community garden; and Barbara, who created a successful motor oil recycling project in rural Texas.

Since its inception, the Barron Prize has awarded more than half a million dollars to hundreds of young leaders and has won the support of Girl Scouts of the USA, Jane Goodall's Roots and Shoots, and Youth Service America, among other organizations.

### Young Heroes Summit

As part of the 20th anniversary celebration, the Barron Prize will present the Young Heroes Summit in October, bringing together past winners to share their experiences and inspire today's youth. Honoring the spirit of the Barron Prize, the Young Heroes Summit will commemorate the great work of young people by offering a free public event and series of panel discussions focused on humanitarian work, environmental change and STEM projects. The two-day summit will take place in Boulder, CO from October 1-2 and will be accessible to schools across the country via Livestream. Prize founder T. A. Barron explains, “The purpose of the Barron Prize is to showcase young heroes of all descriptions, inspiring other young people to take action. We are so proud of these young heroes who have made such a positive difference over the last 20 years and look forward to many more in the future.”

# SPORTS

## **The Ottawa Senators: The Triumph of Determination**

By Gilles LeVasseur, Marie-Claude LeVasseur, Sophie LeVasseur and Valérie LeVasseur

Reviewer: Valda Goudie

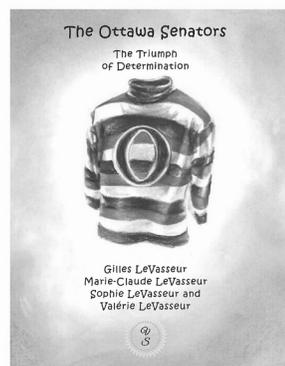
From its Preface written by our mayor Jim Watson in the front, to fun journal questions about hockey with space for your answers in the back, this book is packed with photos and information about hockey such as black and white shots from some of the first games ever played, a list of original rules, and photos of the original “cup,” awarded for the first time in 1888 by the Governor General of Canada. The numerous photos and illustrations throughout the book make it a more interesting read as you get to see real historical artifacts from the sport, such as the oldest hockey stick, carved with a single piece of wood in Nova Scotia.

Written by two young hockey players, who happen to be sisters, and their parents, this chronicle of our Canadian winter sport reflects their family’s love for the game and their pride in the Ottawa Senators’ journey as a team.

Readers learn about the origins of organized hockey, with the first real game occurring inside Montreal Victoria Arena in 1875. Did you know that this historical game never made it to the end of the second period? A fight broke out between the hockey players and members of the arena skating club! Game over.

Want to find out about the evolution of hockey equipment and protective gear? Of the game itself? Do you know what role the “rover” played on the team? Which local arenas the Ottawa Senators called home? How their uniforms have changed over the years? When Spartacat joined the team?

Did you know the Ottawa Senators won the Stanley Cup eleven times? You can read about each successful Cup season, with the last being a win against the Boston Bruins in 1927. What have they been doing for the last 92 years, you may wonder. It’s all in there.



### **Sophie’s Hockey Experience as One of the Boys**

Inspired by the Ottawa Senators, especially the winning team of 1922-23, Sophie, at eleven years of age, plays competitive hockey with boys. She says, “I love, as a goaltender, the hard shots, the speed of execution, and the passes.”

Thinking back on her first year being accepted into the boy’s hockey world as a teammate and a goaltender, she says, “We put our heart and our courage on the line, we proved ourselves and above all, we had fun while learning.”

She is still often disappointed to see that gender equality has not yet been achieved in the sport. “In a co-ed hockey team, both coaches and players, and even some parents, men and women, are unfortunately still very sexist today!”

She takes her leadership role seriously as she fights for all future female hockey players who wish to play with boys. “We must stand up despite discrimination, unjustified comments by others in order to do what is right, because we are clearing the path for others to follow.”

### **Valérie: Being Part of a Team**

Younger sister, Valérie, at eight years old describes hockey this way: “What matters is having fun together, getting to know each other and laughing because the sport is ultimately a game, a moment of relaxation and the opportunity to take time with the people we love.”

After her team’s first victory, she says, “Together we realized that to be a successful team, we had to be self-confident and play to win. By encouraging each other on the ice and on the bench, we learned to play together as a winning team.”

### **A Family’s Book-Writing Journey**

When asked whose idea it was to write this book as a family, Gilles shared that it was a collective decision to write about hockey, the story of our professional team and about how the girls (Sophie and Valérie) feel about the sport. “The book was an occasion to build a great family project that leaves something behind to the community.”

The LeVasseur family wrote this book for the community and for the Ottawa Senators Foundation because “we believe in the team and its vital role to the City.”

Gilles says, “Our hope is that it makes Ottawians proud of their hockey team and they find the beautiful history of a great hockey dynasty and the role the Ottawa team played in the evolution of hockey and its place in professional hockey.”

He admitted the project came with some challenges, the first being the time commitment to complete the research. “Young girls are learning how to consistently put time aside to work on the book and change their daily habits to make time for the book.” The second key challenge was content-related; “when you have regular changes following new findings with research, photos and stories, this requires to rewrite and redo some texts.”

Despite the diminishing fan base in Ottawa, the family purchases season’s tickets every year. “We go for the pleasure of the sport and the opportunity to bring the family together for a great evening.” Gilles suggests, “If the players commit to the game, even if they don’t always win, the patrons will come back.”

### **If you were Jim Little, the new CEO of Senators Sports and Entertainment, what would you do to get more fans out to the games?**

Gilles’ response:

- Harness the knowledge and expertise of those who understand the community and what makes the patrons develop that sense of loyalty to the Sens. Treat them with respect and listen to them in a professional manner, and the Sens will move ahead.

- The Francophone market represents a third of the potential patrons of the Sens. Several studies were submitted in the past year to the Sens on how to harness that captive market without any follow-up.

- Work the price experience for the fans especially the families with kids. Find price packages and food combos that will bring the individuals back. You can count on businesses, but in a city like Ottawa, they will not fill the arena. This will be done by the community.

### **How do we stir up the Sens Army once again in our city?**

“Get the players to participate in community events at different occasions and not just at CHEO. Go back to the roots from minor hockey leagues to schools and work your way up. Individuals don’t show-up because there is a professional sport team in town, but because they have a connection with the Sens, and this starts with simple steps in the daily lives of patrons.”

*The Ottawa Senators: The Triumph of Determination was just published by the two sister-authors through their own publishing company, Valérie and Sophie Publishing Inc. with a copyright of 2020. It is available through their company website [vspublishing.ca](http://vspublishing.ca) or in ebook format at [Kobo.com](http://Kobo.com). I recommend the paperback edition to best enjoy the photos and ease of finding sections you want to learn more about.*

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## HEALTH AND FITNESS

### Trochanteric Bursitis: A common cause of hip pain

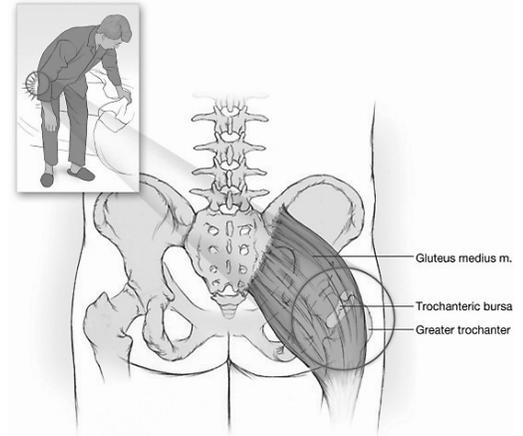
By Susan Reive, Owner of Kilborn Physiotherapy Clinic

Hip pain is a common complaint amongst athletes and non-athletes. There are various causes of hip pain: arthritis, muscle strain, bursitis, etc. Effective treatment depends on an accurate diagnosis.

#### The Cause

One common cause of hip pain is trochanteric bursitis. The pain is felt on the outside of the hip and is often reported as a burning aching pain. The pain increases with walking, lying on the affected hip, sit to stand, and twisting. The pain can radiate down the side of the leg to the knee.

Trochanteric bursitis is usually caused by the bursa being compressed by tight hip muscles or the iliotibial band during activity. Sometimes patients report snapping of the hip. Moreover, a direct blow to the hip (i.e. from a fall or contact during sports) can cause bursitis.



#### Treatment

Treatment involves **stretching** the tight muscles, strengthening the weak muscles including the core muscles, and modalities to reduce pain and inflammation and enhance the healing.

A period of **rest** from aggravating sports is often required to allow the bursa to heal. Occasionally if the pain is persistent, a **cortisone shot** is administered.

**Physiotherapy** can aid the healing process and provide patients with the correct exercises.

### Lynda Lane parking disaster

A Letter to the Editor

I would like to bring to your readers' attention the parking disaster that is the segment of Lynda Lane closest to the hospital, on the east side of the street. Up to 10 cars are receiving parking tickets at each pass of the bylaw officer, and they are for \$100 each. The signage is most confusing as the photo shows. People see the green sign and park, not noticing the smaller red sign above.

People who park on Lynda Lane are either visiting the hospital for tests, or visiting a sick patient. Returning to the car to find a \$100 ticket is just adding to someone's distress.

I hope you are able to bring this to your readers attention; the city is making a lot of money.



Thank you,  
 Mrs. Margaret Bradford

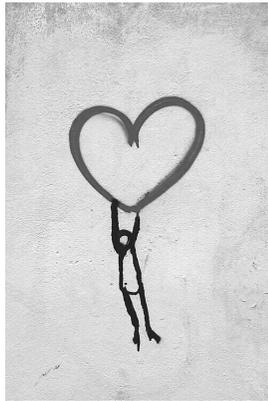
## FAMILY MATTERS

### Power 2 Do It!

#### Self-Love

By Marian Meade RN BScN, psychotherapist at Serenity Renewal for Families.

In order to have the exceptional relationships you want and deserve, you need to have an exceptional relationship with yourself. Most of us have never been told this.



#### Who is Responsible for Your Self-Respect?

In our society, we're taught to look outside of ourselves for approval, but that's a very precarious way to live – basing your opinion of yourself on what others think of you. If someone likes you, you feel good, and if they don't, you feel bad. Allowing others to have that kind of control over you is a recipe for disaster.

Most people consciously or unconsciously hold others responsible for how they feel. If things are going well, they feel good. If they are being complimented or getting a gift, or they are getting along well, they feel great, but if others aren't behaving the way we want them to or problems are occurring, we tend to focus on the negative and our energy goes down. We expect others to change in order that we can feel good.

#### Loving Yourself!

When you love yourself unconditionally, you look within for approval – not to others. You learn to love yourself regardless of whether things are going well or not. You know you have great value and worth simply because you exist. This takes practice, but once it's in place, you feel good about yourself, comfortable in your own skin. You set your own standards for yourself and value your opinion of you. You hold yourself responsible for your happiness and aren't at the mercy of anyone else in order to feel good. You also don't fall apart when anyone disagrees with you or criticizes you.

#### How to Develop Self-Love

1. Put an end to self-criticism; end the habit of negativity, criticism and judgement towards yourself. As human beings, we naturally focus on the negative, so we have to deliberately take action in order to counteract it. This is really important because when we repeat a thought over and over, we eventually believe it, whether it is true or not.

2. Whenever you notice yourself not feeling good, that's a sign that you are putting yourself down. The way to counteract this is to just notice the thought you have, for example *I'm overweight*, or *I'm always late*, and then let the thought float away and purposely focus on a thought that feels a little better, like, *I love and accept myself just as I am*, or another thought that feels better – one that you believe to be true and that makes you feel better in the moment.

3. Create a self-love, self-appreciation booklet. Fill it with all the things you like and love about yourself. All your personal qualities, all the things you've achieved, the challenges you've faced, the things you've overcome, and nothing is too small to write! The more you focus on this the better you will feel, and soon, rather than being affected by negative thoughts, you'll have a habit of purposely creating positive thoughts that help you feel better.

## FAMILY MATTERS CONT'D

4. Don't take things personally. The better you get at thinking helpful, positive, uplifting thoughts, the less affected you will be by the negativity of others. You'll place so much importance on your own opinion of yourself, that you won't take the comments of others personally. You'll get better at looking at their comments objectively and seeing if there is anything beneficial about what they are saying.

#### Positive Energy is Magnetic

When you stand solid in a high opinion of yourself, people in your world will start to develop the same opinion of you, or they will fade away. This is because we naturally attract to us people with similar energy. The better your relationship is with yourself, where you are your biggest cheerleader, the higher the energy you put out, and the more positive energy you'll get back from others.

*Serenity Renewal for Families is a non-profit offering counselling, workshops and support groups for people suffering from addictions and mental health issues, as well as, children and adults within the family who are affected by loved ones' actions. Marian will be facilitating a workshop called **Feel Good Now** on **February 8**. [www.serenityrenewal.ca](http://www.serenityrenewal.ca)*

*"If you have only one smile in you, give it to the people you love." – Maya Angelou*

## ARTS AND CULTURE

### A musical adventure for the whole family: Big Bang is back at NAC

**An explosion of fun, shows and free activities ... and much more!**

Get ready: the BIG BANG festival is back ... and it will blow your socks off! The fun begins in just one month, on February 16 and 17 at the National Arts Centre (NAC). For one festive weekend, the



BIG BANG will again transform the NAC into a joyful musical maze, full of adventures in sound to explore.

The full line-up has now been revealed! Browse the many events, book your concert tickets and plan your family trip at [bigbangfestival.ca](http://bigbangfestival.ca).

For 5 to 12 year-olds ... and the curious kid in everyone.

Watch the festival video trailer at <https://youtu.be/3UwJYqklUmo>

**Sunday, February 16, from noon to 5:30 p.m.**

**Monday, February 17, from 10 a.m. to 5 p.m. (Family Day in Ontario)**

\* Some activities will be accessible as of Saturday, February 15.

## ARTS AND CULTURE

## Film Review

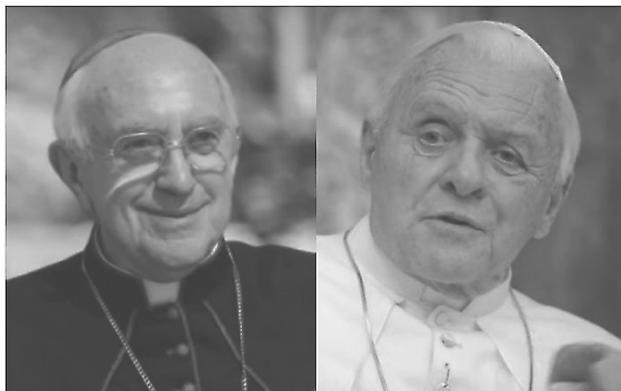
By Tony Wohlfarth

**The Two Popes**

Anthony Hopkins is, at age 82, in the twilight of his acting career. His latest performance, as Pope Benedict is one of his most impressive. Hopkins plays opposite Jonathon Pryce as Pope Francis.

The film opens with a humorous vignette. The new

Pope calls to make an airline reservation for a flight from Rome to Lampedusa. The reservation agent asks for the name of the passenger. As soon as he gives his name, she is convinced the call is a crank call and hangs up on the Pontiff.



The plot of *The Two Popes* is straightforward. The Bishop of Buenos Aires visits The Pope in Vatican City, hoping to accept his retirement. Pope Benedict is not convinced, and they spar over the many challenges facing the church. The setting moves to The Pope's summer home, where they dine together and come to respect one another's point of view.

The highlight of the film (for me) comes when they confess their misdeeds – a scene full of flashbacks and archival footage from the darkest days of the military dictatorship in Argentina, when Jesuits were assassinated. The film also recreates the drama in the conclave as the two Popes are elected in a secret ballot by their peers in 2005 and in 2013. In 2013, Pope Benedict stepped down. This has only happened twice in the history of the church.

*The Two Popes* is deserving of all the accolades it has received. The acting is superb, its use of archival footage is incredible, and the film gives us rare insights into the workings of the Catholic church. Theologians have debated whether it is historically accurate? This is hardly the point. We simply don't know how the Vatican works, and this film provides glimpses into the issues they confront.

Pryce and Hopkins have both been nominated for acting awards at the Academy Awards on February 9. Pryce is nominated for best actor in a leading role, and Hopkins' is nominated for best supporting actor. Hopkins won an Oscar in 1992 as best actor in a leading role for his performance in *The Silence of the Lambs*. *The Two Popes* is also nominated for best adapted screenplay for Anthony McCarten.

*The Two Popes* is currently streaming on Netflix. The running time is two hours and five minutes.

**Uncut Gems**

Adam Sandler is an accomplished 54-year-old American actor. *Uncut Gems* is his latest acting performance, as Howard Ratner, a precious stones dealer in New York City. The film opens deep underground, in a precious stone mine in Ethiopia. A miner is severely injured mining for diamonds. The glow of the uncut stones is the allure in what becomes

Howard's latest get-rich-quick scheme – to import the precious opals to America, where they could fetch millions.

Here is where the story gets weird. Howard manages to convince Kevin Garnett to visit his shop. Howard is one crazy basketball fan. His office is adorned with basketball memorabilia and he bets on the outcome of games. Howard is such a hustler who manages to convince Garnett to loan him his NBA championship ring and earrings as Garnett leaves with the diamonds. Why the former Boston Celtic power forward goes along with this hair-brain scheme is unfathomable. Did he really believe the precious stones would give him magical power in Game 7 of the 2012 NBA Playoffs versus the Philadelphia Seventy Sixers?

The fact that *Uncut Gems* is set over the Jewish holiday of Passover is a bit of a sideshow. Howard, it turns out, has a wife and kids and a girlfriend on the side. He tries to manipulate everyone close to him to cover up his duplicity. He owes a substantial sum of money to shady characters who stalk him. In short, his life is a train wreck.

I found *Uncut Gems* very entertaining, while at the same time I was perplexed by Kevin Garnett's role. How did the director convince the Celtics MVP to go along with this story? Directed by Josh and Benny Safdie, the character is loosely based on their father's experience working in the diamond district on West 47th Street in Manhattan.

Reportedly, the Safdie Brothers waited until Sandler committed to the role to make the film. Which is why it is a snub that he did not receive an Academy Award nomination for his performance.

*Uncut Gems* was filmed in New York City in 2018. The film makes extensive use of archival footage from the NBA Playoffs. The running time is two hours and fifteen minutes. *Uncut Gems* is currently streaming on Netflix.

**The 92nd Academy Awards**

Both films above were released theatrically on the same day, December 20, 2019. This qualifies them for Academy Award consideration.

The Oscars will be awarded on Sunday, February 9. Film buffs can watch several of the nominees via streaming services. *The Irishman*, *Marriage Story*, *The Two Popes*, *The Laundromat* and *Life Overtakes Me* are currently available on Netflix.

Tony Wohlfarth is an Ottawa-based freelance film and entertainment writer. He attended an advance press screening of *Uncut Gems* in December 2019, at the invitation of Netflix and its Canadian publicist.



# ARTS AND CULTURE

## Embark on the Quest of a Lifetime with The Neverending Story

*NAC English Theatre brings you to the world of fantastica*



January 10, 2020 – OTTAWA (Canada) – After a successful run at the 2019 Stratford Festival, David S. Craig’s immensely popular stage adaptation of *The Neverending Story* by Michael Ende brings its story of magical adventure to NAC audiences in early 2020. Director Jillian Keiley and Designer Bretta Gerecke team up once again (*A Christmas Carol* and *Alice Through the Looking Glass*) and, with the help of original music by Hawksley Workman, deliver a non-stop feast for the eyes and ears for audiences of all ages!

Hiding in an attic to avoid school bullies, a strange book falls into the hands of ten-year-old Bastian (Jake Runeckles). In it, a tale unfolds of a hero’s quest to save the world of Fantastica from the encroaching emptiness called The Nothing. But is Bastian just a reader of this extraordinary story – or is he becoming a vital part of it?

For audiences feeling nostalgic for the 80s classic film adaptation, there will be plenty of dazzle, as the story takes them to an enthralling world of fantasy and mesmerizing visuals. Filled with spectacle and wondrous other-worldly creatures, this beautiful coming-of-age tale of the trials of childhood and the triumph of imagination will delight and inspire the whole family.

“This story about a boy who finds belonging between the covers of a book has always moved me,” said Jillian Keiley, NAC English Theatre Artistic Director. “In this retelling, the design team uses an interstellar landscape to create fantastical dragons, turtles, horses and giant spiders. As always, it is a delight to work in partnership with our friends at the Stratford Festival.”

“*The Neverending Story* is a triumph of theatrical imagination. Director Jillian Keiley and designer Bretta Gerecke have created a dazzling glow-in-the-dark vision of a metafictional land that delights anew each time another creatively crafted creature walks or floats on stage.” – *The Globe and Mail*

### PERFORMANCE SCHEDULE – JANUARY 29 TO FEBRUARY 16, 2020:

7:30 p.m. nightly Wednesday, January 29 through Saturday, February 1  
Tuesday, February 4 through Saturday, February 8  
and Tuesday, February 11 through Saturday, February 15  
2 p.m. matinées Saturdays February 1, 8 and 15 and Sundays, February 9 and 16

(no performance Mondays.)

### Tickets:

Online on the NAC’s website: [www.nac-cna.ca](http://www.nac-cna.ca)  
In person at the NAC Box Office at 1 Elgin Street  
At all Ticketmaster outlets\*\*  
By telephone 1-888-991-2787\*\*

\*\*A service charge applies to all purchases made through Ticketmaster.  
Groups of 10 or more contact [grp@nac-cna.ca](mailto:grp@nac-cna.ca) or visit [www.nac-cna.ca](http://www.nac-cna.ca)



### The Neverending Story Points of View

Saturday, February 1 at 12:45 p.m. in Peter A. Herrndorf Place

A chance to engage more deeply with this production through an encounter with two special guests, each offering their own unique perspective on the piece.

### Talkbacks:

Wednesday, February 5 and Thursday, February 6.

Stay in your seats for a post-show question-and-answer session with cast members of *The Neverending Story*.

Find out more about NAC English Theatre on Facebook and YouTube. To discover some fascinating facts about *The Neverending Story*, visit [nac-cna.ca/englishtheatre](http://nac-cna.ca/englishtheatre).

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# SCHOOL NEWS

## Grade 7 students of Alta Vista Public School present memoirs in 6 words

Recently, Ms. Gibson's Grade 7 students wrote 6-word memoirs and presented them to the class. Here are some samples:

### *Sarah plus swings equals blood. Ouch!*

The story behind this six-word memoir is that I was playing on the swings at the Alta Vista Park, and I was going very high. I was only 6 at the time, so I was having the time of my life. I was going so high that I lost my grip and fell off. But that is not what hurt me the most. As I was trying to get up the swing came back and hit me in the face! This all ended with a bloody nose. Ouch!

Sarah L.

### *Eat 12 beans; I'll try out.*

The story behind this six-word memoir is that I was at school eating my lunch when someone came in the class with Beanboozled (jelly beans that have a 50/50 chance of being good or really bad). When she came in the class, we were talking about how the basketball tryouts were coming, and I said I didn't want to try out. After I saw the Beanboozled, I made a deal. I said if two people ate six beans each without water, I'd try out for basketball. They agreed to the deal, and then they ate the beans. One of them almost threw up because they tasted so bad! This is how they got me to try out for the basketball team.



If you are interested in support this worthy project, please email us at [stgemma.council@gmail.com](mailto:stgemma.council@gmail.com).

Many thanks!  
St. Gemma School Play Structure Renewal Project Committee

## Featherston Drive Public School students demystify the menstrual period

### Project Period

By Mariam Abdulhamidkhon, Abod AlAmeer and Rokayah Karim, R8A

At Featherston Drive Public School, the students of R8A have worked on a project to empower girls and to ensure every female has the right to live a normal life without needing to worry about their period. Our initiative is called "Project Period".

### Gender Equality

It all started when Ms. Conley, the Geography and Literacy teacher of R8A, got free samples of toiletries for the boys and girls. In the girls' package were pads; this sparked conversation. Ms. Conley showed a documentary titled, "Period. End of Sentence." It created conversation within our class on how to reduce stigma surrounding periods and promote gender equality. We are invested in our project and how it reflects the United Nations Sustainable Development Goals, specifically goal number 5, gender equality and goal 10, reduced inequalities.

This documentary is about how some girls and women in India struggle to live a normal life while on their period. They cannot go to school, work, or do anything while on their period. Their community came together to create change and started making pads for women and girls that are easily accessible. This documentary and the samples inspired R8A to start this project within our own school community.

### Pad Stations: an easy fix

We looked at an article written about the Toronto District School Board and how they took action, and supplied pads in every girls' washroom. This inspired us to do the same.

We first decided to come up with a solution. We sent emails, made pad stations in washrooms and gave presentations to other classes. Slowly our whole school understood why we were doing this. Girls can come to school feeling confident about themselves and have easy access to pads. They will miss less days of school and not allow their periods to impact their learning or feel embarrassed about something that is normal.

This is just the beginning! We hope to exceed expectations and expand this project with an impact to teach people about the struggles of girls while promoting and educating about gender equality.



## St. Gemma School Play Structure Renewal Project Committee

1760 McMaster Avenue  
Ottawa, Ontario K1H 6R8



Dear Alta Vista Residents:

St. Gemma Catholic School has been in the Alta Vista community for over 50 years. It is home to over 300 children from Junior Kindergarten to Grade 6. St. Gemma's existing play structure is at least 25 years old and is on the verge of being deemed unfit for use.

Last spring, our school principal, working on the advice of the Ottawa Catholic School Board (OCSB), closed the play structure for use by the students. Over the summer the OCSB made minor repairs, however, they informed us that the entire play structure has little usable life in it. Most likely, it will not pass inspection within a year and will be removed. This is simply heartbreaking for the children at our school and in the neighborhood, as it is the central hub at which they play, explore, and make lasting memories.

As such, the St. Gemma Catholic School Council established the Play Structure Renewal Project and is reaching out to members of our community to consider a financial contribution to supplement the grants available to us from the OCSB and the City of Ottawa. While we have already raised close to \$20,000 over the past two years with school fundraising initiatives, we will require approximately \$75,000 to finance a new play structure in the next year.

We are asking businesses and individuals of the Alta Vista Community to consider making a financial contribution. Tax receipts for donations over \$25.00 can be issued by the OCSB. Additionally, we would be delighted to discuss recognition opportunities.

## SCHOOL NEWS

### University of Ottawa and Carleton University Students choose Sugar Daddies over debt

Canadians owe more than 28 billion dollars in student loan debt. With this in mind, students are finding alternative methods to help pay their debts, and many of them have turned to Sugar Daddies and Sugar Mommies to fund their education. This means joining a site such as *SeekingArrangement.com*, the world's largest Sugar Daddy dating site, and becoming Sugar Babies.

#### What is a Sugar Baby?



According to SeekingArrangement's press package, a Sugar Baby is someone who knows their value and refuses to settle, especially in their relationships. They are driven, successful and empowered to date financially secure people who can upgrade their lifestyle.

According to the website, Sugar Babies are attractive people looking for the finer things in life. They appreciate exotic trips and gifts. Sugar Babies get to experience a luxurious lifestyle, and meet wealthy people on a regular basis.

#### What is a Sugar Daddy?

A Sugar Daddy is a generous person who enjoys supporting their partner(s). Money is not an issue for the successful members, with their average yearly income of \$250,000, and often times, they have work and travel schedules that make traditional dating unappealing. Simply put, a Sugar Daddy is looking for a Sugar Baby.

Their website describes Sugar Daddies as successful men and women who know what they want. They're driven, and enjoy attractive company by their side. Because money isn't an issue, they are generous when it comes to supporting a Sugar Baby.

The average age of a Sugar Daddy is 42, while Sugar Babies average 24.

#### What is "An Arrangement?"

An arrangement is an upgraded relationship built on a foundation of honesty about expectations. Whether it's time constraints, polyamory or wanting to be strictly platonic, these couples are open and upfront. They call it "relationships on your terms." The invitation to young students is "Date real gentlemen who don't play games." With the average monthly allowance a Sugar Daddy provides being more than \$2,000, it's easy to

understand why so many students are taking this unconventional route to financial freedom.

#### Sugar Baby Numbers

As the costs associated with continuing education increase, so does the number of collegiate Sugar Babies.

"Canadian students find themselves struggling to provide adequate shelter while at university," says Brandon Wade, Founder and CEO of SeekingArrangement. "Sugar Daddies mentor these students on how to manage their finances and elevate their typical uni lifestyle."

SeekingArrangement released its annual report on January 13 on the Fastest Growing Sugar Baby Schools. In Ottawa, University of Ottawa ranks 9th nationwide with 414 Sugar Babies and Carleton University ranks 12th with 390. However, the University of Toronto sits in the number 1 position with 1158 Sugar Babies in the program. There are currently 1,500,000 Canadians registered with this site — over 998,000 are female Sugar Babies.

SeekingArrangement's goal is to connect its 22 million members worldwide who are seeking mutually beneficial relationships. Their website states, "Our direct approach to dating fits modern needs, and continues to grow our community of like-minded adults who believe happiness is more important than traditional dating milestones."



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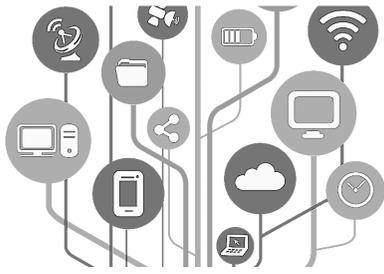
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# SCIENCE AND TECHNOLOGY

## COMPUTER TRICKS AND TIPS: Interesting Recent Tech News

By Malcolm and John Harding, of Compu-Home



### EcoTank Printers

Our first subject this month is an appeal for feedback. We would like to know more about the intriguing introduction of a colour printer from Epson that is advertised to allow the owner to escape from the trap of inkjet cartridges. Instead, EcoTank printers have ink reservoirs that can be refilled at home. Before you imagine the chaos of ink sprayed all over your clothes, desk and floor, the claim is that some clever innovations in the refill bottles and the reservoirs keep this process friendly and safe. There is even a nifty feature that gives a bottle's nozzle a unique shape to ensure that each colour fits only into the correct reservoir. The EcoTank line of printers is not inexpensive, ranging from \$250.00 to over \$1000.00, but Epson claims that the upfront price is quickly offset by a reduced cost per page, due to the significantly cheaper (and less wasteful) ink. Supposedly, the "Eco" in the name refers to the benefits at the landfill of eliminating millions of empty and clogged inkjet cartridges.

For many years most of us have suspected that printers are just loss leaders, and manufacturers are really in the business of selling the ink and not the hardware. We have even heard of people with the appalling habit of buying a printer and throwing it away when the ink runs out, because they believe that it is simpler and cheaper just to buy a new one. It might be encouraging if the EcoTank is some sort of step away from this muddle. Our client Rick, who is the only person we know so far who owns an EcoTank, reports that it is "very satisfactory" and if any readers can also email us their experience with this innovation, we would be delighted to hear details and pass them along.

### From the Consumer Electronics Show, 2020: A New Kind of Fanny Pack

The Ampere wireless charging fanny pack may be your solution for the problem of aging portable devices with batteries less vigorous than they used to be. Ampere, a small company in Delaware, would like to relieve that issue for you with a fanny pack for carrying phones and tablets and charging them on the go. Your device fits into a special compartment and recharges either wirelessly, or via a USB cable if necessary. Check out [www.ampere.shop/collections](http://www.ampere.shop/collections)

### From CES and elsewhere: Managing Your Water Usage

Has anyone NOT noticed the recent jumps in municipal water and sewer bills? Many sources report that an appalling percentage of municipal water is wasted due to leaks, primarily in toilets, but also in other areas of the plumbing. On top of that, when we consider also the potentially disastrous results of a major leak being unattended, especially in winter, a device that could alert us to trouble and maybe even take steps to correct the problem sounds pretty appealing.

The two leading contenders in this field appear to be the *Phyn Smart Water Assistant* and the *Moen Flo*. The basic level of these devices registers the "signature" of water usage in your home, and reports with alarms and/or calls to your smartphone if there are minor or major leaks

detected. The more sophisticated (and expensive) versions can also shut down the water system automatically. This peace of mind is not cheap; prices for the various models runs from approximately \$400 to \$700, and although DIY is mentioned in the literature, most people would probably opt to hire a plumber for the installation.

### Spark: The CRTC and our Tech-Related Lives

*Spark* is a CBC Radio weekly program that focuses specifically on technology in a Canadian context. Recently host Nora Young interviewed CRTC Chairperson and CEO Ian Scott on the surprisingly broad mandate and influence of the CRTC (Canadian Radio-television and Telecommunications Commission) in the tech-related lives of Canadians. Their conversation touched on topics from Internet fraud to the current national investment in connectivity in remote areas (which actually are not as "remote" as many of us might imagine). Listen to a podcast of that interview at [cbc.ca/radio/spark](http://cbc.ca/radio/spark)

Go to [compu-home.com/blog](http://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. Respond on [compu-home.com/blog](http://compu-home.com/blog) 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](mailto:info@compu-home.com)



## Chris Ellis

**Public School Trustee**  
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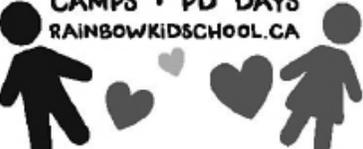
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## SCIENCE AND TECHNOLOGY

### Clean tech fund accelerates efficiencies in automotive and aerospace industries with metal powder innovation investment

*Equispheres announces \$8 million in funding received from SDTC to scale production.*

OTTAWA, January 15, 2020 – Equispheres, a materials science innovator based in Ottawa, Canada, today announced they have been awarded funding and support from Sustainable Development Technology Canada (SDTC). SDTC helps Canadian entrepreneurs accelerate the development and deployment of globally competitive clean technology solutions. Equispheres is receiving \$8 million from SDTC to facilitate scaling its metal powder production capacity over the next two years.

#### Vehicle Weight Optimization

As automotive and aerospace manufacturers seek to reduce the carbon footprint of their products, vehicle weight optimization is a top priority. Equispheres' revolutionary powder is designed specifically for additive manufacturing and has been optimized for the automotive and aerospace industries. As such, this innovative powder allows parts to be manufactured faster, and up to 30% stronger and lighter than those with traditional AM powders.

Leah Lawrence, President and CEO, Sustainable Development Technology Canada is excited for how this technology translates into real-world change. "Canadian cleantech entrepreneurs are tackling problems across Canada and in every sector. I have never been more positive about the future. Equispheres has developed a metal powder that acts as ink for 3D printing and enables automotive and aerospace manufacturers to reduce the weight of their products. With Equispheres' powder set to remove 100 – 200 kg of mass from an automobile, this would be the equivalent to removing 75 million cars off the road!"

#### Fuel Efficiency and Emissions Reductions

The timing of the funding aligns well with other initiatives Equispheres has been pursuing in an effort to position their powder as a significant clean tech solution in automotive and aerospace manufacturing. Equispheres has assembled a consortium including a major automotive manufacturer and a leading aerospace company to leverage the weight optimization potential of their powder to drastically reduce vehicle weight and resulting greenhouse gas emissions.

Although additive manufacturing is not new to the automotive and aerospace industries, it was previously not feasible on a mass production scale with aluminum alloy powders. Since aluminum alloys account for a significant amount of the material demand in these industries, developing a powder that allows for faster, more efficient production of stronger and lighter parts, has huge implications for manufacturers. The results Equispheres has achieved impact not only the efficiency of the production of parts but also the part performance as related to their potential carbon footprints. In the automotive industry alone, it is anticipated that Equispheres' powder will improve fuel efficiency by over 10%. Additionally, their powder outperformed in aerospace-ready quality tests and has "proven exceptional" in tests performed by McGill University.

"We are excited to receive this funding award from the SDTC Foundation," states Kevin Nicholds, CEO of Equispheres. "This

support from SDTC speaks to the importance of our powder technology as a key to achieving significant emissions reductions in the automotive sector. The funding from SDTC will help Equispheres to continue to accelerate our production capacity and support this important work by our automotive partners."

#### About Equispheres:

*Equispheres is a materials science technology company focused on additive manufacturing applications. Equispheres focuses on engineering and providing ultra-high-performance, mono-sized metal powders and invests heavily in R&D around metallurgy and alloy development.*

#### About Sustainable Development Technology Canada:

*Sustainable Development Technology Canada (SDTC) is a foundation created by the Government of Canada to advance clean technology innovation in Canada by funding and supporting small and medium-sized enterprises developing and demonstrating clean technology solutions.*

#### Contact:

Doug Brouse, Equispheres at 613-324-7956 or [doug.brouse@equispheres.com](mailto:doug.brouse@equispheres.com)  
Website: [www.equispheres.com](http://www.equispheres.com)

### A Winter Journey you don't want to miss

Austrian composer Franz Schubert's songs are known around the world – almost everyone will recognize his "Ave Maria" or his tender "Serenade." At Rideau Park United Church, on February 9 (3 p.m.), acclaimed baritone Bradley Christensen will sing selections from Schubert's "Winter Journey," a collection of songs about life & love. He will be accompanied by Ottawa composer Andrew Ager, who will also play a selection of piano solos by Schubert.

Bradley is well-known now on the Ottawa scene for his thrilling performance in Ager's recent production of his opera "Frankenstein" at the Carleton Dominion-Chalmers Centre. Hailing originally from New Zealand, Bradley is rapidly establishing himself as a major player in Canada's opera and vocal scene. He will also be



Brad Christensen  
Photo credit: Appleby College



Andrew Ager  
Photo credit: Peter Polgar

returning to Ottawa in November for the world premiere of Andrew Ager's other Gothic-Horror opera "Dracula" – in the leading role!

Tickets for the performance of music by Schubert are \$25 general/\$15 student, available at the door. Don't miss this exclusive engagement by one of Canada's greatest singers on February 9 at 3 p.m.! Rideau Park United Church is located at 2203 Alta Vista Drive.



**John Fraser, MPP**  
**Ottawa South**



Thank you to everyone who came out to help ring in 2020 at our New Year's Levee on January 12. It was wonderful to meet new neighbours and see old friends. Thank you to Rosemary at 3 Sisters for her hospitality, the delicious treats and hot beverages.



*Photo credit: Gerri Doherty*

Seniors Dental Plan - We have applications available at our office

The government's Seniors Dental Plan has begun. You can apply for the program if you:

- are 65 years of age or older AND are a resident of Ontario
- meet the income requirements: an annual net income of \$19,300 or less for a single senior OR a combined annual net income of \$32,300 or less for a couple
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Income is verified using your Social Insurance Number (SIN) that you will provide when you apply to the program. Your SIN is used to verify your annual new income from your tax return.

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

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# OUR ENVIRONMENT

## Youth Eco Leaders in Ottawa

By Kathryn Norman, M.Sc., B.Sc. H., Programs & Communications Coordinator / Social Media Marketing, Sustainable Eastern Ontario

With Swedish teen Greta Thunberg being named Time Magazine's Person of the Year for 2019, and Youth Climate Strikes taking place across the country, young people taking on leadership roles in the environmental movement have been much in the news recently. Did you know Ottawa has its share of inspiring young people and youth movements too?

### Ecology Ottawa

Ecology Ottawa is a well-known local group, and are currently in the process of wrapping up their Youth Climate Ambassador program, which saw forty youth receive intensive training on climate change and its local impacts, what local groups are doing, and current challenges and opportunities for making a difference in our city.

They all went out into the community to lead discussions and workshops with their peers based on what they learned, and participated in several larger community events as well. Some lead town hall discussions on a Green New Deal for Canada, some participated in the urban planning process and helped secure big wins for Ottawa's iconic greenbelt, and many other things!

### Youth Climate Lab

Youth Climate Lab, a non-profit dedicated to supporting and creating innovative projects for climate action, is based here in Ottawa and is run by two inspiring youth – Dominique Souris and Ana Fer González. Their programs have included green career promotion, climate advocacy projects by youth, and climate diplomatic trips. ([www.youthclimatelab.org](http://www.youthclimatelab.org))

### Discover Year

Another group run locally by and for youth is Discover Year. They coordinate intentional gap years for students finishing a round of school, where they can travel and have meaningful participation, career development, and life experience working in sustainability initiatives around the world. ([discoveryyear.ca](http://discoveryyear.ca))

### Employing Eco-Savvy Youth

Eco groups in Ottawa are also leaders in employing youth, especially those coming from a STEM (science, technology, engineering and math) background, by making use of wage subsidy programs provided

through the federal government and other groups – these highly educated young people can really increase the capacity of an organization, and many go on to other meaningful sustainability related jobs when their contracts are over. Several of these are hosted locally in Alta Vista, working out of The Apartment – a shared sustainability office located inside Rideau Park United Church.

### Sustainability Leader: Grace Hill

One of the younger individuals in Ottawa showing leadership in sustainability is Grace Hill, a 14-year-old student at Blue Sky School. Grace is in the first cohort of students at this experimental school, founded by a local award-winning teacher and embracing a different model of education. In addition to founding and leading a green club at the school, Grace has lead her friends to do projects on things like reducing methane emissions from cattle farming, tackling climate and gender equality issues in South Sudan, and advocating for mental health.

More information about the Youth Climate Ambassador program, eco-interns, and how to find an inspiring podcast interview with Grace, can be found in the Winter 2020 edition of the Peace & Environment News ([www.perc.ca/pen](http://www.perc.ca/pen), or pick up a copy at Rideau Park!).

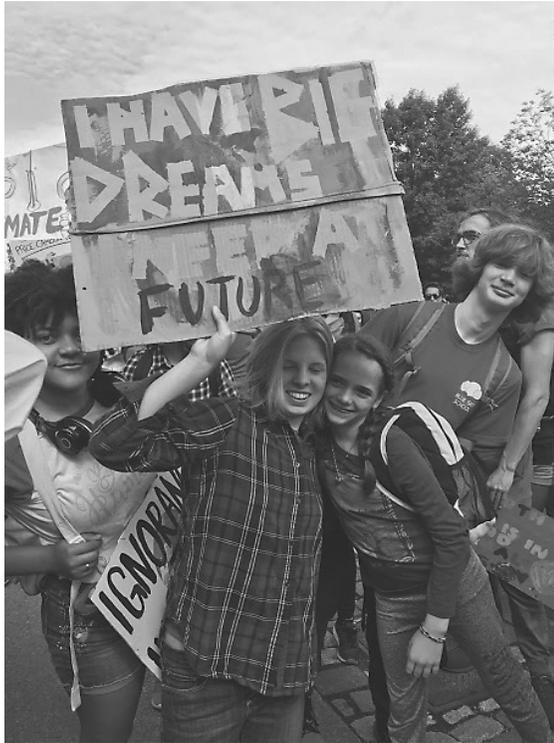


Photo credit: Blue Sky School

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## YOUR FINANCES

### Is It Time to Make Portfolio Changes?

By Bob Jamieson CFP, Edward Jones

The holidays are over and the weather is keeping many people indoors, so it must be winter. But the seasons don't just move on the calendar — they also change in your life. And, speaking of changes, you'll have to make many of them as you move through the years — and that includes changes to your investment portfolio. But how will you know when it's time to take action?

Just as Mother Nature sends out “signals” to indicate a change in seasons — warmer or colder temperatures, longer or shorter days, blooming flowers, falling leaves— your portfolio will frequently “tell” you when you need to make adjustments. Here are a couple of indicators you may want to heed:

#### Out-of-balance portfolio

Last year was one of excellent stock market returns. But even the best stocks can lose value when the overall market goes down, and if you only own stocks, you could take a big hit during a downturn. After all, stocks will always fluctuate in value. You can at least help prepare yourself for market volatility by balancing your portfolio with a mix of stocks, bonds, GICs and other investments, with the percentage of each type of asset based on your individual goals, time horizon and risk tolerance. After a great year – now is an excellent time to rebalance your portfolio.

#### “Overweighting” of individual investments

Related to the point made above, you can also have too much money kept in a single investment, such as an individual stock or bond. Sometimes, this “overweighting” can happen almost on its own, as when a stock, or stock-based vehicle, has increased so much in value that it now takes on a larger percentage of your portfolio than you had intended — possibly bringing with it more risk than you had intended, too. As a general rule, no single stock should take up more than a small percentage, about 5%, of your entire portfolio.

Your own life may also send you some messages regarding changes you may need to make to your investment and financial strategies. Here are just a few of the milestones that may trigger necessary moves:

#### New child

You'll need to review your life insurance to make sure it's sufficient to help provide for a raising newborn or newly adopted child, should anything happen to you. You may also want to begin investing in post-secondary savings vehicles, such as RESPs.

#### New job

Assuming your new job offers you a retirement plan, such as a group RRSP or similar vehicle, you'll have some choices to make. How much can you afford to contribute? How should you allocate your dollars among the investment choices offered in the plan? How can you best integrate your personal RRSP or other plan into your overall investment

portfolio to avoid duplication? If your company offers to match your contributions, make sure to participate.

#### Impending retirement

As you enter retirement, you may want to adjust your portfolio to help reduce its short-term fluctuations and to provide more current income opportunities. At the same time, you may still need to invest for growth — you could be retired for two or three decades, and you'll need to stay ahead of inflation. Plan for steady income, even through stock market downturns.

Pay close attention to the messages coming from your portfolio — and from your life. These “signals” will give you a good idea of when it's time to make investment-related moves.

*If you would like some help in recognizing these signals, or adjusting your investment portfolio, please feel free to give me a no-obligation call at 613-526-3030.*

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## Markets Change. Are You Prepared?

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

---

**Stop by or call today to schedule your free review.**



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February 6 is Canadian Maple Syrup Day. Does that also mean it's Pancake Day?



# IN PRACTICE

## Carrying Canadian Cannabis

By Steven A. Neal

Recreational use of cannabis is legal in Canada following changes to the Criminal Code that took effect in October of 2018. Previously, there was a blanket ban on cannabis in Canada from the 1920s to 2001, when medical use became permitted. Currently, all provinces and territories are offering online sales of legal cannabis with physical stores coming along at a slower pace under each jurisdiction's individual system.



Across Canada, the standard possession limit is 30 grams of dried cannabis and the minimum age to get it is 19 for all provinces and territories except Alberta and Quebec, who set 18 as the minimum age. There has been a lot of demand for cannabis, both before and after legalization. Consumers have not been able to get enough cannabis through the legal channels and so the black market remains alive and well in Canada.

### Record Suspensions

Now that most possession and use of cannabis is legal, it raises some new questions about our relationship with it as a society. Prior to legalization, many Canadians were charged and convicted of criminal offences related to possession and transportation of cannabis. The government of Canada has offered record suspensions for these people where certain conditions are met, mainly that the sentence given has been fully served.

Record suspensions are only one option for clearing a criminal record and they are different than an expungement. A suspension can be reversed, so arguably the criminal record was not truly cleared. When complete, it helps the individual apply for jobs, volunteering, or crossing international borders but it is not a guarantee of entry into other countries. An expungement is also an action taken by the government, while the suspension must be initiated by the convicted person.

The government of Canada has offered to waive the primary application fee, but there remain secondary costs associated with the process. These present a barrier to many people. As reported by Canadian Lawyer magazine in May of 2019, many criminal lawyers in Canada are critical of the government's decision not to offer expungement.

### Legal Here, but Not Legal at Border Crossings

A further problem exists for all Canadians who have used or use cannabis, even those who have never been convicted of a criminal offence under the old law. The Canadian government helpfully explains on their website that while cannabis is legal here, it remains illegal to take it over the border, regardless of whether you are coming in or going out. This is true no matter why you have or use cannabis, and even if your destination has also legalized it.

Disclosing any cannabis you have with you at the Canadian border is mandatory and not doing it is a crime. So, travelling with it is ill-advised: you commit a crime if you take it across the border and you commit an additional crime if you fail to disclose this. Travel within Canada is a bit different, as it depends on the individual provincial or

territorial laws. For the most part, you can travel within Canada with the standard possession limit of up to 30 grams of cannabis without issue.

### Banned from the US Permanently for Past Cannabis Use?

However, the big question for Canadian travelers is about crossing the US border. While cannabis use may be legal in some US states, federal law is applied at the border and it is still illegal at the federal level. Because of Canada's recent legalization of cannabis, the US border service may now ask some travelers if they have ever used cannabis at any time in their lives. Previously they would more often just ask about recent use.

Some Canadians have been denied entry to the US permanently for cannabis use in the distant past. Joel Sandaluk, an immigration lawyer practicing in Toronto told the Canadian Press in October 2019 that the best policy when asked a tough question like this is usually not to answer the question. It is better to turn around and go home, without giving an 'on the record' answer, than to risk being barred entry to the US permanently. US border officials do not have a set of mandatory questions they ask each person, so you may be able to cross without issue at another time.



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# FAITH NEWS

## Zimbabwe Women Challenge Us

Do you ever find yourself concerned about the innumerable disturbing and distressing happenings in the world today? Maybe you have even wished that someone somewhere would do something about them, and preferably soon! It appears that all of us have felt like this at some point.

The 2020 World Day of Prayer service instead challenges us to step up and take some action ourselves. The theme chosen by the women in Zimbabwe is *Rise! Take your Mat and Walk*.

Jesus uses three action verbs in responding to the question, “Do you want to be healed?” (See John 5:2-9a NIV)

On or around Friday, March 6, various churches and other organizations around the world, as well as across our own country and in our own city, will be hosting prayer services in which participants will be presented with this same scriptural challenge.

A Day of Sharing and Preparation for this year’s World Day of Prayer was sponsored last fall by the Ottawa branch of the Women’s Inter-Church Council of Canada at Rideau Park United Church. During this annual ecumenical gathering, attendees were given the opportunity to become acquainted with the many challenges and difficulties facing Zimbabwe, the 2020 focus country. The Rev. George Kwari, priest at St. Stephen’s Anglican Church, made an enlightening presentation on his original homeland, and helpfully responded to our many questions. All appreciated being able to learn much about this fascinating African nation, which has been featured frequently in the news.

Many serious problems have been caused in Zimbabwe by years of political violence along with government mismanagement. And now the situation there has been exasperated as a result of severe drought, causing both food and water to be in short supply. We were shocked and saddened to learn of how difficult life is for ordinary Zimbabwean women and their families.

So once again we find that a World Day of Prayer focus country is one very much in need of our prayerful support. And what action should we take? Prayer and action are what links us together around the globe. We hope many folks will take the opportunity to reflect on this challenge with our local World Day of Prayer groups as they host services during March in various churches located throughout the National Capital Area.

This painting by Nonhlanhla Mathe challenges us to give a healing hand to the needy, to embrace children with love as their future is ahead,

and also to open our arms in joy as the time to rise up has come. Yes, it is the time for change! And we must be involved!



For further information please contact:  
 Rosalie 613-736-0232 [pastoral@sympatico.ca](mailto:pastoral@sympatico.ca)  
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## CRYPTOFAMILY – VALENTINE’S DAY

*This puzzle is a direct letter for letter substitution. Figure out what letter is substituted for “e” or double letters and work from there.*

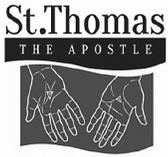


Here’s a list of words related to a fun celebration of love: **VALENTINE’S DAY**.  
 HINT: The first word is a genre of novels which have a ‘love’ theme.

VHXQYFW  
 FOJCU  
 VHDWD  
 FNHFHTQBWD  
 NWQVBD  
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# FAITH NEWS



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- John 4:19



Photography [www.withflare.org](http://www.withflare.org)

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# SENIOR SPACE

## Realizing the future of caring at the Perley Rideau

By Delphine Haslé, CFRE, MSc, Executive Director, Perley Rideau Foundation

It's a personal and professional honour for me to assume the role of Executive Director of the Perley Rideau Foundation. I'm determined to build on the accomplishments achieved under the leadership of Daniel Clapin, who retired a few months ago. During my six years with the Foundation, I've witnessed how the generosity of donors directly improves the quality of life experienced by the men and women who live here: 450 seniors and Veterans in the long-term care home, along with another 200 in independent-living apartments.

The best part of working for the Foundation is meeting residents, tenants and their families. They tell us about what it means to have the opportunity to live life to the fullest in an atmosphere of dignity and respect. And they are proud to express their gratitude for the donors who help make it possible.



Zita (left a Perley Rideau tenant, takes a break from her hobby in the craft studio to visit with Delphine Haslé, Executive Director, Perley Rideau Foundation.

### Raising Funds

The Perley Rideau Foundation raises funds to support the Health Centre; as Executive Director, my role is to create opportunities for donors to invest in the Perley Rideau. Generous donors help pay for the so-called extras not covered by the government, but essential to top-quality care: equipment such as hi-lo beds and pressure-relief mattresses; programs such as Therapeutic Recreation and Creative Arts; and specialized training for staff and volunteers. Donors also enable the ongoing innovation that is a hallmark of the Perley Rideau.

### The Caring for the Future Campaign

To support the next chapter in the Perley Rideau's ongoing evolution, the Foundation is excited to launch The Caring for the Future Campaign. The Campaign focuses on two innovative projects: The Centre of Excellence in Frailty-Informed Care and the Seniors' Village Expansion. The two projects address a major challenge looming over our healthcare and long-term care systems. The next few decades will see a dramatic increase in Canada's population of frail seniors: those who are less able to cope with minor stresses and more likely to suffer rapid and dramatic changes in health. Our healthcare and long-term care systems must adapt quickly or be overwhelmed. The challenge impacts all Canadians.

The Centre of Excellence will help by conducting research, and by developing and sharing evidence-based practices in how best to care

for frail elderly, and how best to train those who deliver this care. The Perley Rideau has the expertise, programs and population needed to lead this crucial mission.

**Expanding the Seniors Village** will ease the growing shortage of appropriate accommodation options. The current Seniors Village is an unprecedented success. Built in 2013 with the support of donors and three levels of government, the Village features 139 independent apartments for seniors and ready access to a host of services, therapies and activities. A team of Perley Rideau coordinators facilitate access to care services, such as the provincially-funded Assisted Living for High Risk Seniors Program. As a result, tenants live independently for as long as possible and avoid stays in hospital, where many seniors fail to thrive and where care is most expensive to deliver. Construction of new independent-living apartments for 200 seniors is expected to start in 2021.

I'm confident in the success of *The Caring for the Future Campaign*, in part because the Campaign Cabinet is comprised of dedicated and highly accomplished community leaders. Even more important, of course, is the ongoing trust and support of donors, for which I am forever grateful. I invite donors who want to see the difference that their generous support makes in the lives of our residents to join me for a tour of our Seniors' Village. I would also love to hear why you choose to support the Perley Rideau – you can reach me at 613-526-7194 or [dhasle@prvhc.com](mailto:dhasle@prvhc.com). Thank you for your trust and generous support!



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## SENIORS SPACE

### Too many pictures!

#### A curator's approach to helping seniors downsize photo albums while capturing the essence of their life story

By Jennifer Moir

Many pre-cell phone and pre-iPhone generations were wonderful at documenting their lives through pictures. Pictures they took on a favorite Polaroid or hand-held camera loaded with film for future development. Remember those days? As a result, over the years, many have compiled a great collection of photographs and photo albums documenting family Christmases and trips, weddings, newborns and reunions of all kinds.



For many older adults this collection of “personal history” can present a real dilemma when the time comes to downsize or transition to more appropriate, often smaller living accommodations with less storage space. The question arises of what do to with all these photos and photo albums? Will you take them all with you? Will you discard them? Will your kids store them? Or... will you curate them?

#### The Curator's Process

Applying a Curator's approach to your photo album collection may help you select the best and most important photos to keep, and give you permission to let go of the others guilt-free.

Like a Curator's role in a gallery, museum, or interpretation centre, your purpose when sorting through pictures is to identify those specific events, people, or places that have been life-changing in terms of shaping your identity, perspective, values and yes, have given you joy.

**Sorting with the Happiness Factor:** Meik Wiking, CEO of The Happiness Research in Copenhagen, believes cultivating and remembering joyful moments in a person's life is both empowering and crucial to one's sense of identity. He recommends “curating **The Happy Hundred or The Happiest Fifty**” photos of each decade or year to help capture the most meaningful and happiest moments of the time period in question. The final number of photos you keep, per time period in question, is your choice and will in part be based on how many you are ultimately prepared to keep and able to store. This method may help you reduce a significant stack of albums down to five or six that capture the best and most meaningful aspects of your life.

**Sorting with Firsts:** Another suggestion offered by Wiking is to curate your photos and photo albums by **Life's Firsts**. For many people, Life's Firsts were life-changing and formative. They represent thresholds in personal growth, and were self-defining or influential. For example, a first job, the first house you bought, first car you owned, getting married, having children or grandchildren, first time you received a special award or recognition, first book you wrote, first trip abroad, first day of retirement. You get the idea.

Even today in the digital era, where it is not uncommon to have thousands of photos on your device at any one time, curating those photos on a

monthly or annual basis to the Happiest Hundred or Happiest Fifty will help ensure you capture the essence of the time period in question for future reflection and enjoyment by you, and those who love you. This is also a proactive approach to easing digital photo anxiety later on when you may become overwhelmed by the thousands of pictures you have collected and don't know what to do with them all.

#### Do you care?

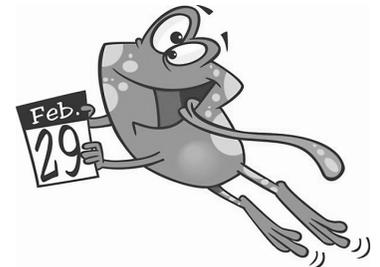
To curate, in Latin, means “to care.” Regardless of what method you choose, when you curate your photos you are showing care and respect for who and what they represent.

Coaching and assisting seniors through important housing transitions has revealed many of these types of “letting go” and sorting challenges. Having a method or specific approach to addressing these challenges can provide the critical direction needed to make necessary choices and decisions while leading to a positive and satisfying outcome.

*Jennifer Moir is an Elder Planning Counselor, Certified Relocation and Transition Specialist, Dementia-Friendly Professional and owner of Ottawa-based Age Well Solutions. Age Well Solutions will be hosting a series of free information sessions on the topic of downsizing and care navigation in February and March. See the accompanying advertisement for details and how to register.*

#### What will you do with your extra day?

2020 is a Leap Year! This means that we have 366 days this year instead of 365. According to the Farmer's Almanac, without this extra day every four years, our calendar and the seasons would gradually get out of sync.



If you were born on February 29, you are a “leapling.” It depends where leaplings live if they legally age on February 28 or March 1. Dailymail.com says that being born on Leap Day is actually rarer than being born with 11 fingers and toes (odds are 1 in 500).

Happy birthday, leaplings! You look four times younger than the rest of us!

#### CRYPTOFAMILY – VALENTINE'S DAY

##### SOLUTIONS

VHXQYFW = ROMANCE  
 FOJCU = CUPID  
 VHDWD = ROSES  
 FNHFHTQBWD = CHOCOLATES  
 NWQVBD = HEARTS  
 RWKVOQVZ = FEBRUARY  
 RHOVBWYBN = FOURTEENTH  
 PCRBD = GIFTS  
 ACDD = KISS  
 FQVUD = CARDS

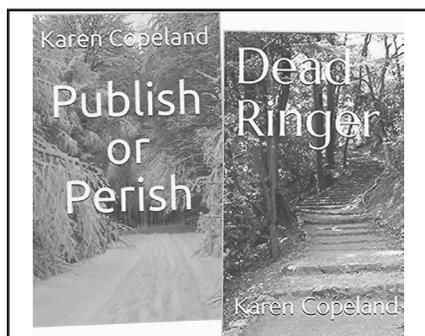


## BOOKWORM'S DELIGHT

### ***Publish or Perish and Dead Ringer***

By Karen Copeland, 2019

This Month's Reviewer: JoAnn Mallory



Always on the lookout for new books by Canadian authors, I welcomed the opportunity to review the first two novels of a new Ottawa Valley mystery series by Karen Copeland.

The books, *Publish or Perish* and *Dead Ringer*, are set in the quiet fictional town of Cairnsmore,

located a short distance from Ottawa. Cairnsmore is home to the Bonnechere University and the Albright Research Institute where ongoing lab experiments are conducted by a dedicated team of scientists and students.

The first book in the series, *Publish or Perish*, introduces Detective Joe Gallagher of the Cairnsmore police department when he responds to a report about an injured police dog found by Dr. Annie Watson who leads a research team at the research institute. Gallagher's search for the missing handler and colleague sets off a sequence of events in which all clues lead to the institute. But when Annie's laboratory research is sabotaged, Gallagher suspects that she too is in grave danger.

In the second book, *Dead Ringer*, Joe Gallagher and his team are searching for several missing women abducted from the university and Cairnsmore area. At the same time, someone is playing a sinister game of cat and mouse with Dr. Annie Watson. When work takes Watson to the Netherlands, a seemingly safe distance away, she inadvertently becomes perilously embroiled in a cold case related to Gallagher's investigations back in Cairnsmore.

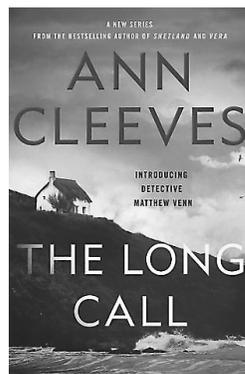
Copeland blends the main investigation in her books with other storylines, engaging characters, crisp dialogue, and unexpected events that move the suspense toward a satisfying conclusion.

She has created a delightful ensemble of interesting characters in the community of Cairnsmore among the many family members, friends and colleagues of Joe Gallagher and Annie Watson.

*Karen Copeland is a PhD scientist who lives in Ottawa, and is currently working on the next book in the Ottawa Valley mystery series. Her books, Publish or Perish and Dead Ringer, are available at the Ottawa Public Library, and through Amazon in paperback and e-book editions.*

### **The Long Call**

By Ann Cleeves, 2019



*The Long Call* by Ann Cleeves is the debut novel in her new Two Rivers series, set in North Devon, that introduces the reserved and complex Detective Matthew Venn. Once again, Cleeves has created a detective who is as compelling and nuanced as her two other investigators, Vera Stanhope and Shetland's Jimmy Perez.

Detective Matthew Venn has recently returned to the strict evangelical community he had long left behind when he takes charge of his first major homicide case. The case places

Venn at the centre of the tight-knit community of his childhood as he peels back layers of dark and dangerous secrets, past and present, in his investigation.

*The Long Call* is a skillfully plotted mystery that unfolds against the stark, sweeping North Devon coastal landscape vividly described by Cleeves. The book's gripping plot, unmatched touch for character, and intriguing new detective Matthew Venn, solidify Cleeves' top place in crime genre.

*Ann Cleeves is an acclaimed British author, and recipient of the 2017 CWA Diamond Dagger award. The Long Call is also at the Ottawa Public Library, but currently has a long waiting list.*





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## TIME FOR A GIGGLE



### Time for a Giggle

By Andra



Q: What do you get a man who has everything for his birthday?

A: A burglar alarm!

Q: What did one sheep say to the other?

A: I love ewe!

Q: And what did the other sheep respond?

A: You're not too baaaaa-d yourself!

Q: What do you say to an octopus on Valentine's Day?

A: I want to hold your hand, hand, hand, hand, hand, hand, hand, hand!

Q: What kind of flowers should you NOT give on Valentine's Day?

A: Cauliflowers!



## TASTY TRIAL

### BROCCOLI CHEESE SOUP

*Cold, winter evenings call for SOUP! How about warm, cheesy, rich broccoli cheese soup made in less than 30 minutes? Comfort food never tasted so good! This recipe (and photo) come from damndelicious.net.*

TOTAL TIME: 30 MINUTES

SERVES 4

#### INGREDIENTS:

1/4 cup unsalted butter, cubed

2 cloves garlic, minced

1 onion, diced

1/4 teaspoon dried thyme

3 tablespoons all-purpose flour

3 cups milk

2 cups vegetable broth

1/2 cup heavy cream

3 heads broccoli, cut into florets and finely chopped

1 cup shredded sharp cheddar cheese

1/4 cup grated Parmesan

Kosher salt and freshly ground black pepper, to taste



#### DIRECTIONS:

*Melt butter in a large stockpot or Dutch oven over medium heat. Add garlic, onion and thyme, and cook, stirring occasionally, until translucent, about 3-4 minutes.*

*Whisk in flour until lightly browned, about 1 minute. Gradually whisk in milk, vegetable broth and heavy cream, and cook, whisking constantly, until incorporated, about 1-2 minutes. Stir in broccoli.*

*Bring to a boil; reduce heat and simmer until broccoli is tender, about 6-8 minutes.*

*Stir in cheeses, a handful at a time, until smooth, about 1-2 minutes; season with salt and pepper, to taste.*

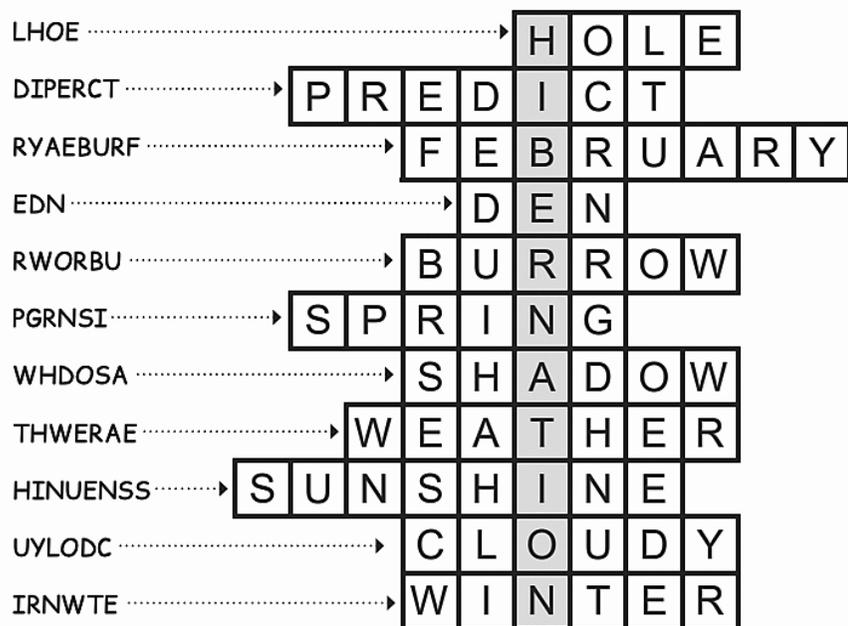
*Serve immediately.*

*"All you need is love. But a little chocolate now and then doesn't hurt." — Charles M. Schulz*

## Groundhog Day

WORD SCRAMBLE AND CROSS:

### SOLUTION



## UPCOMING EVENTS

### FEBRUARY, 2020

\*See the front page for events happening the weekend of February 1 –2.

#### **EMPTIES FOR PAWS SHARE THE LOVE BOTTLE DRIVE:**

**This February** donate your empty beer, wine & liquor bottles to help animals in need. Start collecting now. Donations of Canadian Tire money also accepted. Go to [emptiesforpaws.com](http://emptiesforpaws.com) to find a bottle drive near you. Pick up is available in many areas. Please note that you can donate your empties all year long and not just in February. Over 400K raised since January 2015! Empties help fill bellies and pay vet bills.

**TAICHI:** The Winter Session continues on Tuesdays, 10 to 11 a.m. (new time) OR Wednesdays, 4 to 5 p.m. at Rideau Park United Church, 2203 Alta Vista Dr. Included are Yang style meditative movement and Qigong work for energy. **GENTLE YOGA** is also offered on Wednesdays, 5 to 6 p.m., with Yuko Suzuki (Drop-in: \$10). For more information and fees, contact: [yukoswonder@gmail.com](mailto:yukoswonder@gmail.com).

**RIDEAU PARK'S EUCHRE CLUB:** Join us for cards, refreshments, conversation and fun. Every Thursday, 1 p.m. to 3:30 p.m., until June at Rideau Park Church, 2203 Alta Vista Dr. All are welcome. A small donation helps cover refreshments. For more information, call 613-733-3156 ext. 229 or visit [www.rideaupark.ca](http://www.rideaupark.ca)

**EXERCISE CLASSES FOR THOSE 55+:** This one-hour classes include gentle cardio with an emphasis on muscle strengthening, stretching and balance. St. Thomas the Apostle Anglican Church, 2345 Alta Vista Drive (by firehall) on Fridays at 10 a.m. Certified instructor. Bring your own hand-weights. \$6 per class. Drop by or call 613-733-0336 weekday mornings.

**THE PACESETTERS CLUB:** Think Spring! Put on your walking shoes and join others at The Pacesetters Club at Billings Bridge Shopping Mall. Women and Men welcome. Located in the basement of the Tower, northwest corner of the Mall. Low membership cost of \$10 covers our expenses. Call 613-521-6740 during open hours of 7:30 to 10 a.m.

**YOGA FRIDAYS:** Continues through the winter at Rideau Park United Church, 2203 Alta Vista Dr. Two sessions to choose from. Gentle Mat Yoga (9:30 to 10:30 a.m.) increases balance and strength in a mindful practice. Chair Yoga (11 a.m. to 12 noon) improves flexibility and balance for those with past injuries and chronic conditions. Drop-in: \$10. For more information and fees, contact Marg Hillier, Certified Yoga Instructor, [mhillier144@gmail.com](mailto:mhillier144@gmail.com).

**OTTAWA HUMANE SOCIETY:** Would you like to help us support the animals? If you like to bake or make crafts or would like to volunteer at our events, you can help raise money for the animals at the Ottawa Humane Society. Find out more by joining us at our monthly business meeting 1:00 to 2:30 p.m. Thursday, **February 6** at the animal shelter, 245 West Hunt Club Rd (across from Lowe's). Free parking. Refreshments are served and all are welcome. For more information, call Loreen 613-721-3429 or go to [ottawahumane.ca/get-involved/volunteering/ohs-auxiliary/](http://ottawahumane.ca/get-involved/volunteering/ohs-auxiliary/).

**OTTAWA LIFE LONG LEARNING FOR THE 55+ADULT:** Tuesday, **February 11** at 10:00 a.m. St. Timothy's Presbyterian Church,

## UPCOMING EVENTS

2400 Alta Vista Drive. Seminars are interesting, entertaining, thought-provoking. Come check us out. Email [anncoolen@rogers.com](mailto:anncoolen@rogers.com) or call Ann at 613-749-0704.

**OTTAWA SOUTH WOMEN'S CONNECTION:** Women Connecting with God, each other, their community. Thursday, *February 13*, Harmony House with Sandra Pedersen; Verena Diefenbacher's faith story "Understanding;" music with Joyce Poulin. 3280 Leintrim Rd. (Fred Barrett), Ottawa. Admission: \$6. For information, call 613 801-8758. RSVP Ministries next event - March 12, 2020

#### **RIDEAU PARK'S VALENTINE COFFEE (AND TEA!) PARTY:**

Enjoy coffee and tea while choosing from the Bake Table, perusing the Potpourri Table and checking out the quilts for sale. Thursday, February 13, 9:30 to 11:30 a.m. at Rideau Park Church, 2203 Alta Vista Dr. All are welcome, meet some neighbours, bring a friend. Freewill offering. For more information, call 613-733-3156 ext. 229 or visit [www.rideaupark.ca](http://www.rideaupark.ca).

**ANNUAL SHROVE TUESDAY PANCAKE SUPPER:** Pancakes (including gluten free), sausages, ham, BEANS!, and ice cream. **February 25** at St. Thomas the Apostle Anglican Church, 2345 Alta Vista Drive (beside fire station). Two sittings at 5 p.m. and 6 p.m. Adults \$10, children \$6, free for children 3 and under. Tickets available at Church office weekday mornings. 613-733-0336.

**SHROVE TUESDAY PANCAKE SUPPER:** Everyone in the community is invited to a Pancake Supper at Rideau Park United Church, 2203 Alta Vista Drive, starting at 5:30 p.m. on Tuesday, **February 25**. The Supper is hosted by the 28th Ottawa Scouts, with a menu of pancakes, sausages, veggies, and dessert. Tickets are Adults: \$10, Children: \$6, and are available from the church office (Monday to Friday, 9 a.m. to 4 p.m.) and at the door. A raffle will take place for themed baskets with proceeds to the 28th Ottawa's trip to Poland this summer. For more information, call 613-733-3156 ext. 229 or visit [www.rideaupark.ca](http://www.rideaupark.ca).

#### **RIDEAU PARK'S HARMONY CLUB FOR SENIORS 60+:**

Monthly gathering; Wednesday, **February 26** at Rideau Park Church, 2203 Alta Vista Dr. Lunch is at 12 noon; please register at the church office by February 19. From 1 to 2 p.m., enjoy a talk and slides by Nancy and John Durkee on their recent 5-week excursion to Italy. All Seniors are welcome. For more information, contact 613-733-3156 ext. 229.

#### **UPCOMING IN EARLY MARCH:**

**ATTEND A WORLD DAY OF PRAYER SERVICE:** Ottawa Women's Inter-church Council would like to encourage you to attend a World Day of Prayer service on or around **March 6**. The African country of Zimbabwe is the focus for 2020. The chosen theme, Rise! Take your Mat and Walk challenges us to take personal action towards solving world problems. (John 5:2-9a NIV) For a list of services, please contact: Lise: 613-723-0465 [gauvin131@gmail.com](mailto:gauvin131@gmail.com) OR Rosalie: 613-736-0232 [pastoral@sympatico.ca](mailto:pastoral@sympatico.ca).

**THE OTTAWA SOUTH REFUGEE SUPPORT COMMITTEE:** A fundraiser, featuring the Big Soul Project singers on Saturday, **March 7** at Trinity Anglican Church, 1230 Bank St.



The Honourable | L'honorable

# David McGuinty

Member of Parliament | Député  
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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
- » les prêts aux étudiants / les questions sur l'impôt

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

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# Alta Vista Public Library



## Alta Vista Public Library February

*Succursale Alta Vista Branch is located at 2516 Alta Vista Drive. Registration for all programs requires a valid OPL library card for each registrant. For more information, please call 613-580-2940, ext. 30426.*

### CHILDREN AND TEEN PROGRAMS

#### STORYTIMES

##### Babytime

Stories, rhymes and songs for babies and a parent or caregiver. 0 to 18 months. Drop-in. \*Session 1: Mondays, February 3, 10, 10:30 a.m. to 11 a.m.

##### Family Storytime

Stories, rhymes, and songs for all ages and a parent or caregiver. Drop-in. \*Session 1: Tuesdays, February 4, 18, 10:30 a.m. to 11:05 a.m.

##### Toddler time

Stories, rhymes and songs for babies and a parent or caregiver. 18 to 36 months. Drop-in. \*Session 1: Thursdays, February 5, 19, 10:30 a.m. to 11 a.m.

### SPECIAL PROGRAMS

**Lego Block Party:** Building Boom: come show off your architectural creativity with Lego®. For the whole family. Drop-in. **Wednesdays, February 5, 12, 19, 3 p.m. to 5 p.m.**

**After-school Teen Gaming:** Learn to play Dungeons and Dragons! We're playing using 5th Generation Rules and the D&D phone app – no previous experience required. For ages 13-17, in English. Drop-in. : **Fridays, February 7, 21 3:30 p.m. to 5:30 p.m.**

**Reading Buddies:** This program aims to help children practice and improve their reading skills in English or in French! Children will receive 30-minute individualized reading help and encouragement. Ages 6-12, registration required at the library's Children's Hub. **Winter Session: Saturdays, February 1 and 29, 1:30 p.m. to 2 p.m., 2:15 p.m. to 2:45 p.m., 3:00 to 3:30 p.m.**

### ADULT PROGRAMS

#### BOOK CLUBS

**Book Banter:** Share the enjoyment of good books in a relaxed atmosphere. Join us for discussions on the first Thursday of every month from 2:00 p.m. to 3:00 p.m.

**Thursday, February 6** *The Good Daughter* by Karin Slaughter

**Thursday, March 5** *American War* by Omar El Akkad

**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 p.m. to 8:00 p.m.

**Thursday, February 20** S J. Bolton / Sharon Bolton - any stand alone titles

**Thursday, March 19** Dashofy – any title

**Infusions littéraires:** Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion. De 14h à 15h.

Le lundi, 10 février *Georges Sand : les carnets secrets d'une insoumise*, de Catherine Vieille

Le lundi, 16 mars *Profanes*, de Jeanne Benameur

### CONVERSATION GROUPS

**French Conversation Group-beginner:** Practice your French language conversation skills and meet new friends in a relaxed and friendly environment. No registration required. **Mondays, 4:45 to 6:00 p.m. (except February 17th)**

**Groupe de conversation en français (intermediate):** Improve your spoken French in a relaxed setting. This group is for those at an intermediate level. No registration required. **Tuesdays, 6:30 p.m. to 8:00 p.m.**

**English Conversation Group:** Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. No registration required. Two groups: Monday's group and Tuesday's group. **Mondays, 6:00 p.m. to 7:30 p.m. (except February 17th) Tuesdays, 12:00 p.m. to 1:30 p.m.**

### OTHER ADULT PROGRAMS

**One-on-One Computer Tutorials:** Book a one-on-one tutorial to learn computer, email and Internet basics. Help also available with the Library's digital resources including eBooks and downloadable audiobooks and magazines. Please visit the branch for more information or to schedule an appointment.

**Tax Benefits and Credits Info Clinic:** Join an officer from the Canada Revenue Agency (CRA) to learn information on:

- Benefits and credits
- Medical Expenses
- Plus topics for seniors, newcomers, and persons with disabilities

Bring your questions! Online registration required.

**Wednesday, February 26 at 6:30 p.m.**

**Scam Avoidance and Trust:** For as long as humans have been communicating with each other, scams have existed in one form or another. We no longer just have our front door or home phone to guard against, and now the baddies have multiple ways to get the victim to immediately become susceptible to blind trust actions.

Join Lawrence Patterson (ISSO, ITIL & two decades supporting people's personal/ professional technology needs) as he reviews the significant difference between blind and wise trust, the various scam sources, tips to be aware of, details common to all scams and, most importantly, how to take control. As we review the various scam methods, participants will be encouraged to speak out on their own examples as we all learn how to become more aware and protect our electronic and personal lives.

**Wednesday, March 4 at 6:15 p.m.**

### 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, February 6, 13, 27 6:00 to 8:00 p.m.**

**Saturdays, February 1, 8, 15 10:15 a.m. to 12:15 p.m.**

**Thursdays, March 5, 12, 26 6:00 to 8:00 p.m.**

**Saturdays, March 7, 14, 21 10:15 a.m. to 12:15 p.m.**



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Riverpath Retirement Community, by Riverstone, is Ottawa's newest all-inclusive retirement community. We currently have a limited number of suites available for immediate occupancy. Call Francois today to book a private tour of our community.



**Valentine's Day Bop**  
Join us Friday, February 14th at 2pm for some delicious 50's treats and live entertainment as we celebrate Valentine's Day.



**Mardi Gras Breakfast & Tour**  
Join us Tuesday, February 25th at 8am for a pancake breakfast as we celebrate Mardi Gras; then stay and tour Riverpath.

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613-327-9655 | [RiverpathRetirement.ca](http://RiverpathRetirement.ca)

### PUBLIC NOTICE

February 1, 2020

TELUS is proposing an antenna system at 2505 Don Reid Drive in the City of Ottawa, which consists of the following : a white monopole structure and associated equipment shelter . Once completed, the antenna system will measure 54 metres in height. TELUS has submitted an application to Transport Canada to confirm any requirements for marking or lighting.

Innovation, Science and Economic Development Canada is responsible for the approval of this antenna system and requires TELUS to review this proposal with the public and local municipality . After reviewing this proposal, the City of Ottawa will provide its position to Innovation, Science and Economic Development Canada and TELUS.

On behalf of TELUS , Novatech invites you, within 30 calendar days of the date of this notice, to provide by telephone , e-mail or letter your comments, and/or request to be informed of the City's position on the proposed antenna system. Please contact:

Jordan Jackson, Planner  
Novatech Engineers, Planners and Landscape Architects  
240 Michael Cowpland Drive, Suite 200, Ottawa, Ontario K2M 1P6  
613-254-9643  
[j.jackson@novatech-eng.com](mailto:j.jackson@novatech-eng.com)

TELUS will respond to all reasonable and relevant concerns. The City of Ottawa will be taking into account comments from the public and TELUS' response to each when providing its position to TELUS and Innovation, Science and Economic Development Canada.

### AVIS PUBLIC

Date de l'avis: 1 fevrier, 2020

TELUS propose l'installation d'un systeme d'antennes au 2505 , promenade Don Reid a Ottawa, comme suit: un pyl6ne de type monopole de couleur blanche ainsi qu'un abri d'equipement. Une fois les travaux termines , le systeme d'antennes mesurera 54 metres de hauteur. Une demande a ete faite a Transports Canada pour verifier les exigences concernant le balisage et l'eclairage.

Innovation, Sciences et Developpement economique Canada est responsable d'approuver ce systeme d'antennes et exige que TELUS passe en revue la presente proposition avec le public et la municipalite locale. Apres avoir examine cette proposition , la Ville d'Ottawa!era part de sa position a Innovation, Sciences et Developpement economique Canada et a TELUS .

Novatech, agissant au nom de TELUS , vous invite, dans les 30 jours calendrier suivant la date du present avis, a faire part de vos commentaires par telephone , courriel ou courrier postal, ou a demander de connaitre la position de la Ville quant a la proposition du systeme d'antennes . Veuillez communiquer avec:

Jordan Jackson, Urbaniste  
Novatech Engineers, Planners and Landscape Architects  
240, promenade Michael Cowpland, local 200 , Ottawa, Ontario K2M 1P6 613-254-9643  
[j.jackson@novatech-eng.com](mailto:j.jackson@novatech-eng.com)

TELUS donnera suite a toute preoccupation jugee pertinente et raisonnable. La Ville d'Ottawa tiendra compte des commentaires du public et de la reponse de TELUS a l'egard de ceux-ci au moment de faire part de sa position a TELUS et a Innovation, Sciences et Developpement economique Canada .

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1	7	4	2	9	3	5	8	6
2	3	1	9	7	6	8	5	4
8	5	7	1	2	4	6	9	3
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3	4	5	7	8	9	2	6	1
7	8	2	6	4	1	9	3	5
6	1	9	5	3	2	7	4	8



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**Pain and Glory**

A film director reflects on the choices he's made in life as the past and present come crashing down around him. Starring Oscar nominee Antonio Banderas!

**Once Upon a Time in Hollywood**

Tarantino's epic about the golden age of Hollywood and the Manson/Tate affair has been nominated for 10 Oscars. Have you seen it?

**The Irishman**

In the 1950s, truck driver Frank Sheeran gets involved with Russell Bufalino and his Pennsylvania crime family. As Sheeran climbs the ranks to become a top hit man, he also goes to work for Jimmy Hoffa -- a powerful Teamster tied to organized crime. Nominated for 10 Oscars!

**Marriage Story**

A stage director and his actor wife struggle through a gruelling, coast-to-coast divorce that pushes them to their personal and creative extremes. Nominated for 6 Oscars!

**Parasite**

Greed and class discrimination threaten the newly formed symbiotic relationship between the wealthy Park family and the destitute Kim clan. Nominated for 6 Oscars, including Best Picture!

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**A Rainy Day in New York**

A young couple arrive in New York for a weekend where they are met with bad weather and a series of adventures and misadventures. Woody Allen directs an all-star cast.

**The Report**

Shocking secrets are uncovered when FBI agent Daniel Jones probes the interrogation methods used on 9/11 suspects. Adam Driver and Annette Bening star.

**The Fanatic**

When a super fan is cheated out of his opportunity to meet his favourite star, Hunter Dunbar, he takes matters into his own hands and suddenly Hunter finds himself at the mercy of his increasingly dangerous stalker. John Travolta stars.

**Adopt a Highway**

When an ex-convict finds an abandoned baby in a dumpster, he gains a new lease on life, deciding to dedicate himself to making sure the child has a good life. Ethan Hawke stars.

**The Room**

A young couple finds a room in their new house that will grant them any wish they desire - but when they wish for the son they can't conceive, things take a shocking turn! Olga Kurylenko stars.

**The Informer**

Recruited by the FBI, an ex-con and former special operations soldier uses his covert skills to try and take down the General -- the most powerful crime boss in New York.

**Roma**

Criterion saves this from streaming purgatory and gives it an amazing remaster for DVD. With his eighth and most personal film, Alfonso Cuarón recreated the early-1970s Mexico City of his childhood.

**The Good Liar**

Career con artist Roy Courtney can hardly believe his luck when he meets well-to-do widow Betty McLeish online. As Betty opens her life and home to him, Roy is surprised to find himself caring about her, turning what should be a cut-and-dry swindle into the most treacherous tightrope walk of his life. Starring Helen Mirren and Ian McKellen!

**Grand Isle**

Walter (Nicolas Cage) and his neglected wife lure a young man into their Victorian home to escape a hurricane. When the man is charged with murder by Det. Jones (Kelsey Grammar), he must reveal the couple's wicked secrets to save himself.

**February 18th**

**Frankie**

In the fabled resort town of Sintra, Portugal, three generations gather for a vacation organized by the family matriarch (Isabelle Huppert). In this fairy tale setting, husbands and wives, parents and children, friends and lovers - stirred by their romantic impulses - discover the cracks between them, as well as unexpected depth of feeling.

**21 Bridges**

After uncovering a massive conspiracy, an embattled NYPD detective joins a citywide manhunt for two young cop killers. As the night unfolds, he soon becomes unsure of who to pursue -- and who's in pursuit of him!

**Midway**

Six months after the devastating attack on Pearl Harbor, the Japanese navy once again plans a strike against the American fleet in the Pacific. For the next three days, the U.S. Navy and a squad of brave fighter pilots engage the enemy in the Battle of Midway, one of the most important and decisive battles of World War II.

**JoJo Rabbit**

Jojo is a lonely German boy who discovers that his single mother is hiding a Jewish girl in their attic. Aided only by his imaginary friend -- Adolf Hitler -- Jojo must confront his blind nationalism as World War II continues to rage on. One of the top reviewed movies of the year!

**A Beautiful Day in the Neighborhood**

Lloyd Vogel is an investigative journalist who receives an assignment to profile Fred Rogers, aka Mr. Rogers. He approaches the interview with skepticism, as he finds it hard to believe that anyone can have such a good nature. Tom Hanks stars.

**February 25th**

**Knives Out**

Another audience and critical smash hit! When renowned crime novelist Harlan Thrombey dies just after his 85th birthday, the inquisitive and debonair Detective Benoit Blanc arrives at his estate to investigate. From Harlan's dysfunctional family to his devoted staff, Blanc sifts through a web of red herrings and self-serving lies to uncover the truth behind Thrombey's untimely demise.

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**Tel Aviv on Fire**

Salam, a Palestinian living in Jerusalem, works on a popular soap opera. He gets ideas for the show from the commander at the check point he passes through each day, and his career takes off. Great Israeli comedy!

**The Aeronauts**

In 1862, headstrong Balloon pilot Amelia Wren and scientist James Glaisher find themselves in an epic fight for survival while attempting to fly higher than anyone in history. Felicity Jones and Eddie Redmayne star.

**February 4th**

**Dragonheart: Vengeance**

Siveth, the great dragon, emerges from hiding, using her fantastical powers on a trio's adventurous journey which brings revelations beyond vengeance.

**Complicity**

After buying a false Japanese identity at great cost, a Chinese man is more than happy to accept a job preparing traditional Japanese soba noodles - which...he's not quite sure how to do!

**Doctor Sleep**

In this sequel to the Shining, Struggling with alcoholism, Dan Torrance's hopes for a peaceful existence soon becomes shattered when he meets Abra, a teen who shares his extrasensory gift of the "shine."

**Howard's End**

This mini-series shows the social and class divisions in early 20th century England through the intersection of three families - the wealthy Wilcoxes, the gentle and idealistic Schlegels and the lower-middle class Bastis. Matthew Macfadyen and Julia Ormond star.

**Last Christmas**

Nothing seems to go right for young Kate, a frustrated Londoner who works as an elf in a year-round Christmas shop. But things soon take a turn for the better when she meets Tom -- a handsome charmer who seems too good to be true!

**Playing With Fire**

A crew of rugged firefighters meet their match when attempting to rescue three rambunctious kids. John Cena stars.

**February 11th**

**Ford v Ferrari**

American automotive designer Carroll Shelby and fearless British race car driver Ken Miles battle corporate interference, the laws of physics and their own personal demons to build a revolutionary vehicle for the Ford Motor Co. Together, they plan to compete against the race cars of Enzo Ferrari at the 24 Hours of Le Mans in France in 1966. Christian Bale and Matt Damon star in this enormous box office hit and Best Picture nominee!