

www.vistas-news.ca

Alta Vista-Canterbury Community Newspaper (FREE)

Vol. 40 No. 5 May 2021

MAY VISTAS AVAILABLE ONLINE ONLY, SPREAD THE WORD





The Canadian Tulip Festival returns locally & online in

May 14 – 24.

Find out more at https://tulipfestival.ca/



Photo credit Sue Sim-Nadeau



Getting vaccinated as soon as you are eligible is the best way to protect you and those around you from COVID-19



The May VISTAS has not been printed; it is available to readers online only. Due to the current Stay-at-Home order in Ontario, the VISTAS Board of Directors decided not to ask its army of carriers to leave home and go out on to the streets to deliver the May edition of the paper. Please help spread the word within our community that readers are able to go online to read the May edition.

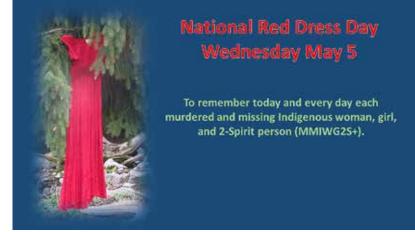
The Celine Tower Grant

Are you a student from the Alta Vista/Canterbury/Elmvale Acres/Ellwood community who is pursuing or currently enrolled in post-secondary 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 <u>vistas-news.ca</u>. The competition is open to senior high school and post-secondary students. No repeat applications from previous winners please.

Applications are due no later than June 30, 2021.



VISTAS STAFF

Content Editor: Karen Johns

Email: Editor@vistas-news.ca

Layout Editor: Lisa Wilson

Email: Editor@vistas-news.ca

Comments/Enquiries: Courtney Tower 613-737-3835 **Advertising Manager:** Jim Doherty 613-523-2487

Email: Advertising@vistas-news.ca

Business Manager: Catherine Fyfe

Email: BusinessManager@vistas-news.ca

Distribution Manager: Ernie McArthur 613-521-4658

Email: Distribution@vistas-news.ca

GENERAL INFORMATION

Website: vistas-news.ca
Email: info@vistas-news.ca

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.

Email: Editor@vistas-news.ca.

ADVERTISING

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

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

Full Page \$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.

Email: Advertising@vistas-news.ca.

Classified ads are \$10 (maximum 25 words).

Accounts are due on publication.

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

Where is it?

ARTS AND CULTURE	20	OUR COMMUNITY 6-7, 11
BOOKWORM'S DELIGHT	31	OUR COMMUNITY REPS 13
CLASSIFIED ADS	41	OUR ENVIRONMENT 18
FAITH NEWS	25-28	OUR PEOPLE 8-9
FAMILY MATTERS	21-22	SCIENCE AND TECHNOLOGY 29
HEALTH AND FITNESS	16-17	SCHOOL NEWS 32-34
KID'S PAGE	35	SENIOR SPACE 18
JUST GOOD ADVICE	30	TIME FOR A GIGGLE 41
LETTERS TO THE EDITOR	3-4	UPCOMING EVENTS 38-40

EDITORIAL MUSINGS

Putting It All in Perspective

by Lisa Marie Wilson

This has been making the rounds on Facebook lately and I thought it was worth sharing.

You were born in the year 1900.

You are 14 years old when World War I begins and 18 years old when it ends

Result: Twenty-two million dead.

Soon after, a global pandemic, the Spanish flu, will emerge. 50 million people die.

Fortunately, you are still alive and are now 20 years old.

When you are 29 years old, you will survive the global economic crisis that started with the breakdown of New York's stock exchange.

This led to inflation, unemployment and famine worldwide.

Meanwhile, at 33 years old, the Nazis will come to power in Germany.

Then when you are 39 years old, Germany invades Poland, and begins World War II.

You are finally 45 years old when World War II ends.

Result: Sixty million dead. Six million Jews die in the Holocaust.

Luckily, you're still alive...

When you are 52 years old, the Korean War begins.

When you are 64 years old, Americans started the war in Vietnam.

You are 75 years old when the war ended.

Luckily you're still alive...

Now...

A boy born in 1980 believes his grandparents have no idea how difficult life is. But they survived several wars and disasters, not to mention the restrictions during the first oil crisis in the early 1980s.

Today we live in a new world full of comfort, but unfortunately in the midst of a new pandemic.

People complain about staying home for weeks.

While they have power, cell phones, food, hot water and a safe roof over their heads.

None of that existed in previous times.

But humanity survived these circumstances and they never lost their joy of life.

Today we complain because we have to wear face masks to enter the supermarkets.

A small change in our mindset and mentality can work miracles.

Be safe and be kind to each other.

VISTAS' Delivery Schedule

2021	VISTAS Delivery Date
June Issue	May 28, 2021
September Issue	August 27, 2021

LETTERS TO THE EDITOR

Opposition to City of Ottawa's Draft Official Plan



As a resident of Alta Vista for thirty plus years, I am adamantly opposed to the proposed Ottawa Official Plan and the destructive consequences that will ensue if that plan is implemented.

I own a small bungalow which is in total harmony with this inner-city neighbourhood composed primarily of unique postwar single-family homes. Alta Vista will be completely transformed by the quadrupled density proposed in the new OP. Already you can see changes in this and other neighbourhoods where older houses

are being replaced with much larger dwellings.

The suggestion is that under the proposed OP, existing homes will be replaced by two homes per lot or by condos that are only four storeys high. Don't believe it! This city is notorious for selectively enforcing its own bylaws. In a short time, we will see thirty-storey monoliths.

The root of the problem is too many people. Equating the concept of a continuously growing human population in this city with economic growth is nonsense. More people produce more environmental degradation of every kind; more people create more wildlife depletion and extinction. Why are people so blind they cannot see the forest for the trees? (If the City continues with its plan for unabated growth, will Alta Vista even have any trees, let alone a forested area?) Sustainable growth and sustainable development are not achievable – and they are definitely not sustainable.

Our pro-growth-at-any-cost Mayor and Council have a record of trying to sell us to the highest bidders. Are these politicians to be trusted? Do we really want to make big developers and real estate agents richer than they already are?

A final quote and food for thought: "Anyone who believes that exponential growth can go on forever in a finite world is either a madman or an economist." (Kenneth Boulding, 1910-1993, Economist)

Do not let this proposed intensification happen in Alta Vista; our children's future depends on it.

Paul M. Bendus

VISTAS welcomes letters to the editor on community matters. Please limit your letters to 500 words or less, and include your first and last names (or first initial (s) and last name).

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.

Distribution of VISTAS

Distributors			
Bruce Burgess	Jim Doherty	Lynne Peterman	Don Lanctot
613-738-6450	613-523-2487	613-731-9108	613-731-2800
Eileen Raven	Joseph Rikhof	Bill Woodley	Alex Sarabura
613-526-2763	613-834-0580	613-731-2243	613-890-1056
Team Captains* a	nd Carriers		
Paul Adams	Ryszard Dabkowski	Diane Laplante	Joseph Rikhof
Brian Arvisais	Bruce Denyes		Joanne Rodgers
Nanci Askwith	Gerri Doherty	Ruth Leamy	Mariana Rodriguez
Eilidh, Callan &	*Jim Doherty	Teresa LeGrand	Valentina Rodriguez
Christopher Babbitt	Katie Donaghy		Kristina Rudnitzki
Jack & Luke Baines	Mary Donaghy	Robert Leitch	Michael Schwartz
Cynthia Ball	Michael Donaghy	Donna Leroux	André Séguin
Maria Beaulne	*Jim Donaldson Jim & Trisha Donaldson	David Lesley	Mary Lou Sparks
Patrick Beauregard	Fran Doy	Marg Levalliant	Alexa and Macy Spires
Lynda Becker	Carolyn Dunlop	Charlotte Lewis	Robert Squires
Dorothy Belter	Adrian Erkelens	Valerie Limbrick	Réal St. Amand
*Robert Belter	Valerie Ernst Fontaine	Eva Link	
Frank Berlin	Gerald Francoeur	Laurie Mackenzie	Joanne Stead
Jane Berlin	Jacky Graham	Aidan & Elizabeth	Dwight Stewart
	Lisa Gibson	Maloney	Ann Taylor
Marcia Blanchette	Nicholas Genest	Indira Marier	*Barry Thompson
Mischa Brodsky	Anne-Marie Gervais	Dan McCarthy	*Samira Thompson
*Sharon Bernard	Elizabeth Gibson	*Bruce McLelland	
Heather Bonas	Sam Griffin	Denise McCann	May Turcot
Samuel Bourgeois	Robert Hawkins	Ruth McFie	Richard Turcotte
Julie Breau	Cathy Healy	Marian McGahern	Barb Vanbaal
Cathy Brierley	Duncan Henley & Arlo Baird	Erin McInerny	David Vandine
	Eric Henry	Julianne McNamee	Charles Vincent
Merle Brown Tuan Bui	Brendan & Claire Hickey Julie Hiscock	Nancy McPherson	Ruth Walden Andrew Walsh
		Larry Mercer Thaddeus Mordon	
*Bruce Burgess Charlotte Burgess	Cathy Hollands Scott Inrig	Seemah Mullally	Margaret Walsh *Brian Watson
James Calkin	Scott Hirlg Sacha Ireland	Judith Neal	Sandra Weedmark
*Suzanne Carr	Karen Jackson	Graham Neale	Gwynn Weese
Joanna Binch	Lindsay Jacobi	*Deborah Newhook	Karina Welch
Kate & Emma	C & B Jeffrey	Ron Newhook	R & H Westington
Chacksfield Phil Chartrand	Barbara Jensen	Jacqueline Newton	K & II Westington
Dale Coburn	David Jones	Joanne Paré	Janet White
Neil Cochrane		Wendy Parkes	Chris Wiebe
Amy Connelly	Ken Klippenstein	Lynne Peterman	Gertrude Wilkes
Katie Copp	Leslie Koenig	Tehya Petrin	
Cramer Family	Christel Kurz	*Rodney Pitchers	Doug Woodside
Jo-anne & Charles	Anna Lacroix	Cornell Popyk	
Crisp Linda Cunha	Tara Laderoute & Students	Damien Prelorenzo Arianne Potvin	
Maureen Daley	Glenna Laflamme	Don Price	Roger Wyllie
Michel David	Derek Lagace	Wendy Pullan	Catherine Znotinas
Gérard Dubé	Tyler Lagace	Samuel Quiros	2.10 1.1.10
Michel René de Cotrat) — <u>B</u>	Eileen Raven	
Evan deMarch	Sally Lankester	Robert Read	
Anthony & Gretchen Denton	Claudette Lalonde	Jean-Francois Rene Cedalia Ribero	
Gillian Cooper	Gary Lane	Joanne Rodgers	
Silian Cooper	July Luite	comme rougers	

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

LETTERS TO THE EDITOR

Skepticism re City's Official Plan

I received my copy of Vistas today (March 1, 2021). I am skeptical of the City's OP to make Alta Vista a "15-minute neighbourhood". I live near the corner of Smyth and Alta Vista. It's a minimum 3.8 km to the nearest grocer, which is definitely more than a 15-minute walk. If you look at any listing on Realtor.ca under "Neighbourhood", you will see that we get a very low score on walkability. We were designed in the '50s around the car, and shall be car dependent for the future, because that is how we evolved. That is why I moved here. The Glebe was not designed around the car, but for easy walkability. Perhaps anyone who wants the "15-minute 'hood" should be required to read A Pattern Language, Towns, Buildings, Construction by Christopher Alexander before being allowed to make a comment on this issue. The people who live in a locale are the only ones who have a say in how the place should look. Anyone who wants to live close to shopping should move to an established old 'hood, or move to a new development where this type of plan exists. I like my 75x113 lot, which allows me to have a vegetable garden, and to be far enough from my neighbour so I'm not too concerned about a house fire. It's a cooler place as well, because we do not have as much heat-absorbing construction per hectare. Please test drive this badly thought out idea in Rockcliffe first, not Alta Vista.

Joanne Frembd

Letter to Mayor Watson and Councillor Cloutier Regarding Intensification Plans Included in City's Official Plan (copied to VISTAS editor)

INTENSIFICATION

It is only through the media that I learned about the intensification plans for Ottawa. And because of the media I learned that citizens are allowed to have some input concerning these plans. Citizens should be notified by mail.

The Official Plan's main points concerning intensification are climate friendly 15-minute neighborhoods, close to transportation and ground floor retail outlets. The Train Yards obviously meet all these points. Close to the train station, ground floor retail outlets, bicycle paths, close to downtown, etc. It has everything the official plan talks about. It is a very big property where thousands of citizens would be very, very happy to live and play. Just imagine: no height limit sky scrapers with retail outlets at ground floor level. There is no better opportunity in all of Ottawa to fulfill the OP purpose. If neighborhood laws can be changed to include retail outlets, then the Train Yards can be changed from industrial to non-industrial developments.

INTENSIFICATION NEEDED?

In Canada: yes. Canada is a country with wide open spaces. That is why people immigrated into Canada and started living here. Villages sprung up and cities were the end result. And that should be continued. Set a limit to a city's population and start another town. This can be done for centuries to come.

NO MORE INTENSIFICATION WANTED FOR OTTAWA'S FRIENDLY NEIGHBORHOODS

I live in the Kilborn Avenue area west of Alta Vista Drive. *This area has already been intensified three times! Enough already!*

<u>The first one hundred percent intensification</u> took place on farm land around the Billings family property. A lovely village-like area was created there by Campeau. People moved in quickly because this IS the way people want to live. The Campeau houses were built on big lots because of the need for a septic field that could handle the overflow of the septic tanks. When a street sewer system was built, the houses were left with a big lot. That is why every house beside a Campeau built house is a small infill one storey house!

<u>The second intensification</u> happened when big mansions were allowed to be built. Campeau houses with lovely trees on the property were destroyed for that purpose.

<u>The third intensification</u> started a few years ago when Campeau houses at the end of Kilborn Avenue, for example, were replaced with two or more storey double units, whose balconies completely destroyed the privacy of their opposite neighbors' backyards.

THIS NEIGHBORHOOD HAS BEEN INTENSIFIED TO THE LIMITS ALREADY.

NO MORE, PLEASE.

OTTAWA'S MAYOR MENTIONED MORE INCOME FROM INTENSIFICATION

Living in Ottawa since 1961, city hall always talked about more income received through taxes by encouraging people to move to Ottawa. And every time there was an increase in population, that purpose always fell flat on its nose. More people, taxes always go up!

LAST BUT NOT LEAST

Councillors voting for intensification: To better the city, start with your own property!

Herman Mol

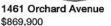






Contact Lena Maione for a personal real estate consultation. Learn more at lenamaione.ca







2098 Alta Vista Drive



1822 Juno Avenue Coming Soon*

Lena Maione, Sales Representative 292 Somerset Street West · Ottawa (613) 422-8688 · lena@lenamaione.ca

ENGEL&VÖLKERS® LENA MAIONE



COMPUTER HELP IN YOUR HOME

WE COME TO YOU TO FIX COMPUTER PROBLEMS.

Compu-Home is a highly regarded family business located right near you. Service is honest, reliable, affordable and prompt.



HOW CAN WE HELP YOU?

- Computer slowdowns
- Problems with Internet connections
- Spam, spyware and security programs
- Setting up and maintaining home and office networks
- Printer problems
- Helping plan, purchase and use new computer equipment
- Transferring and backing up data
- Using new digital cameras
- Coaching



613-731-5954

info@compu-home.com Malcolm and John Harding

VISTAS Volunteer Carriers Needed

For West of Haig

- Bloor, Penhill, Crestwood, 56 papers
- Chomley, 40 papers
- Crocus (Niagara to Blossom), 21 papers
- Pixley, 60 papers
- Renova, 55 papers
- Station Boulevard, 40 papers



For East of Haig

Adams	Crane	Goren	Raglan
Arch	Cross	Haig	Russell
Audrey	Dakota	Halifax	Samuel
Avenue N		Halstead	Sandra
Avenue P	Devon	Hamlet	
Avenue Q	Dickens		Saunderson (Pleasant Park to Smyth)
Avenue R		Hastings	Saunderson (Smyth to Halstead)
Avenue S	Drew	Heaton	Shamir
Avenue T	Dunelm	Howland	Shelley
Avenue U	Dwellingham	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	Melfort	Tupper
Dro willing	Emslie	Monteith	15,550
Carnegie	Erinbrook	Naples	Valley
Caverley	Fairdale	Nerta	Weston
J	Fife		
Chadburn	Fleming	Olympia	Weyburn
Chapman	Foley	Orchid	Wingate
Chaucer	Folkstone	Othello	· · · · · · · · · · · · · · · · · · ·
Circle	Furby	Pleasant Park	
· 	<i>J</i>	Plesser	
Connery	Gill	110001	2
Cornish	Glendevon	Pullen	M It's

OUR COMMUNITY

New Heron Gate Plan Proposes 16 Highrises, 5,500 New Units

By Lisa Gregoire

Heron Gate Plan Revision Goes To City Council Soon

Hazelview Investments, formerly Timbercreek, is going back to the City of Ottawa with a revised plan to build 5,500 new units on the triangular Heron Gate property between Walkley and Heron roads and the company faced pointed questions about those plans at a March 25 virtual public meeting hosted by the city.

According to the plan, 57 new buildings ranging from two to 25 storeys high will be phased-in over 25 years. Added to the new Hazelview "Vista Local" buildings on Heron Road, and current units on site that will remain, the development would comprise a total of 6,400 units when construction is complete. For comparison, Manotick's total population is roughly 4,500.

About 45 residents—among them former and current Heron Gate tenants, Alta Vista Community Association members, nearby homeowners and tenants' rights representatives—attended the meeting along with city staff, Alta Vista Councillor Jean Cloutier and a team representing Hazelview and their design consultants.

Cloutier said he is "committed to getting it right," including ensuring that Hazelview abides by a social contract drafted with input from community groups. If the contract is finalized and tied to this massive re-development plan, it will be the first of its kind in Ottawa.

That social contract sets out development commitments related to: housing security to ensure current tenants who lose homes are offered comparable new units for the same rent; affordability; a range of small and large, family-style units; social enterprise; and, greenspace.

Despite "Social Contract" Reached Details on Affordability Sketchy

The agreement was borne of the well-documented mass evictions that occurred on that site in 2016 and 2018. The majority of those who were evicted were low-income, racialized tenants who faced cultural and language barriers. Many also had long-standing complaints about bugs, mould, unit disrepair and a lack of maintenance.



The Vista Local apartments were the first to go up on Heron Road near the Heron Gate Mall.

In April 2019, 14 former tenants launched an Ontario Human Rights Tribunal complaint, claiming their largely immigrant community was destroyed to make room for high-end housing for white people. That complaint, which is still before the tribunal, names both Timbercreek and the City of Ottawa, which complainants say was complicit in the discrimination.

According to its website, units in the new Vista Local buildings are renting for between \$1,450 and \$2,985 per month—double and triple what former tenants were paying.

But Cloutier and community groups are insisting under the social contract that Hazelview ensure 20 per cent of their units are affordable. Cloutier says that figure of 20 per cent is firm but at least once during the recent consultation, Hazelview representatives said they are committed to "up to 20 per cent" affordability. It's also unclear whether that percentage includes units that will be offered to current Heron Gate residents. If so, very few "new" affordable units will actually be created.

The AVCA's John Redins, who currently lives at Heron Gate, said if Hazelview wanted people to trust them going forward, they should commit to 25 or 30 per cent affordability. But the company was not prepared to concede that.



Highrises on Baycrest Drive face an empty lot. Hazelview Investments plans to incorporate these apartments into their redevelopment plan.

Massive Plan For 16 Towers Undisclosed Or Undecided

In fact, much of the details of this massive new neighbourhood—which, as planned, would include 16 highrise towers—remain either undisclosed or undecided. That's because the company must first get general approval for heights and density from the city in the form of an Official Plan amendment. City planners will present their views of this revised project proposal at a meeting of the city's planning committee—of which Cloutier is a member—and then it will be voted on by city council.

"Most importantly, we want to ensure that the existing residents can continue to call Heron Gate home and that the services they require will continue to be offered and enhanced," she said.

After that, each phase of the development will require a site plan application where fine details of design and construction are disclosed, debated and approved. That process includes robust public and stakeholder consultation.

OUR COMMUNITY



A view of the Vista Local courtvard from Sandalwood Drive

Some Revisions Accepted Density Concerns Remain

Marty Carr, AVCA president, who attended the virtual meeting, said she was pleased that many community comments had been incorporated into the revised plan, such as reducing highrise heights from 40 storeys to 25. But the association is still concerned about the huge increase in density and the inadequacy of infrastructure and community services to support thousands of new residents.

Garry Lindberg, from the AVCA's planning committee, raised concerns about traffic, the lack of rapid transit and the adequacy of parking and school facilities. He also questioned the timing of the application considering Ottawa is in the midst of drafting a new Official Plan which will likely have new rules for developers.

City planner Melanie Gervais, who is the lead on this project, said that schools have been notified of the development and so far, none has requested a block for a new school. Other specific issues, such as parking, traffic and transit, will be dealt with at the site plan application stage, she said.

Former and current Heron Gate residents also weighed in on the project as did a representative of ACORN, a social justice organization that has been helping Heron Gate tenants organize and fight evictions. ACORN wants to see greater transparency going forward and a commitment to affordability that exceeds 20 per cent, which according to Hazelview, is unlikely.

You can find out more about this development, and next steps, at https://ottawa.ca/en/city-hall/public-engagement/projects/heron-gate-official-plan-amendment.

If you have any questions, or would like to be notified of upcoming meetings on this file, contact city planner Melanie Gervais at: <u>melanie</u>. <u>Gervais@ottawa.ca</u>.

Lisa Gregoire is a writer and member of the Alta Vista Community Association board of directors.

A Tennis Organization with Heart

By Shawn Smith

Have you ever wondered about the tennis courts on Smyth Road near Hillcrest High School?

In 2004, Danielle Smith, a retired nurse at CHEO, noticed that the abandoned courts and set to work to fulfill a dream. She founded a charitable organization called A Love of Tennis



with a mission to inspire greatness, instill confidence and develop leaders through tennis, one child at a time. Through partnerships in the community and successful grant applications, four courts at Hillcrest and two courts at Ridgemont High School were upgraded, tennis equipment was provided to schools, and teachers were trained to deliver programs. Since then, over 12,000 youth have participated in the programs to help combat poverty and childhood obesity, and over 10,000 volunteer hours have been contributed.

A Love of Tennis programs encourage more children to get involved in the game while instilling six core values: honesty, integrity, perseverance, commitment, teamwork and respect, each displayed on a small plaque on the fence behind the courts.

"A lot of kids don't have high self-esteem and we're trying to increase their success at school," says Smith. "We were shocked to find out that the majority of kids we tested had physical literacy scores of 25-35%. These kids lacked the basic skills such as throwing, catching, hopping and skipping to have the confidence to play any sports. Through our tennis programs, we teach basic physical literacy skills, tennis skills and instill core values so they can play on a team but also have the self-confidence to play any sport for life. It is as important as reading and writing."

The kids are given instruction from coaches, participate on a team, play matches each week and learn life skills that will change their lives in a positive way through the combination of physical, social, intellectual and emotional well-being. There are also programs for adults.

One student, named Siyr, was playing video games all day in his apartment. At 14, he tried the tennis program and loved it. He spent all his spare time there and ended up volunteering over 400 hours. The organization then paid to have him take the Tennis Canada instructors course and he took on a leadership position teaching other kids in the program. What is amazing about Siyr's story is that he was going to Ridgemont High School at the time and didn't play high school sports. After his first year with A Love of Tennis, he joined all his high school teams, developed goals, graduated and has now completed his first year at Carleton University. "He came to me one day on the courts and said thank you for changing my life," says Danielle. "That is what we are all about." In Siyr's words, "Tennis has taught me perseverance. I can now set my goals as high as I wish and know if I work hard enough, I can achieve them."

In order to continue to run programs, the organization relies on donations, sponsorships and grants. The goal is to raise \$5,000 this year through charitable donations. A large portion of funds go to expanding kids' programs. There's also a need for upgrading equipment, power washing and court repair, fixing the outdoor structure and other site improvements. Volunteers are also needed as court helpers and maintenance. With a suggested donation of \$60 per adult or \$150 per family, donors gain access to the courts when no programs or special events are going on. Donations can be made through Canada Helps on the donation page at www.aloveoftennis.org.

Shawn Smith is the son of Danielle Smith, the founder of A Love of Tennis.

OUR PEOPLE

OUR PEOPLE

Hurry Up And Wait Marty Carr and COVID

By Courtney Tower

It isn't true, for Marty Carr, that the COVID-19 epidemic slows down or stops what she and a band of volunteers must keep juggling. It's more like that old Army thing, hurry up and wait.

Right now, after hurrying to herd the cats of different interests in Alta Vista to combine in a

remarkable brief to City Council on its star-crossed Draft Official Plan, which would change the very warp and woof of Alta Vista, now all wait to see how significant will be the promised new version. Soon, forces will have to be gathered again to create views on a coming makeover of the silent Federal Study Centre's 18 acres at 1495 Heron Road, whose only human population is two security officers on their lonely shifts.

Zoom! She's Here And She's There



Marty Carr takes a breather from a jam-packed life, with the family's Newfoundland Landseer dog, Jax. Jax is the one whose eyes are looking so soulful. Credit: Judith Gustafsson

And Ms. Carr's Alta Vista Community Association also will have to prepare community views on more projects, from huge Herongate to tiny 1335/39 Bank Street at Billings Bridge.

Through all this, the president of the AVCA, wife of a poet and novelist, mother of two Ridgemont high school kids, must do all that she does without laying eyes on all but her family. "I'm paranoidal about the COVID-19 pandemic and I work at my own regular job and my AVCA and other connections from home," she says.

We spoke, all masked and distances apart, in her expansive backyard on Orchard Avenue. Another day, when she was about "to go out to a meeting with other community associations," it was actually to attend a Zoom meeting from home on the ruckus raised by the Draft Official Plan.

The AVCA, as we recorded in the previous issue of VISTAS, objected to the City proposing that Alta Vista's lots give over their single-family homes to two houses per plot or to four-storey units. It objected to the

edict that one could not rebuild a bungalow home into a larger and newer bungalow. It rejected the prospect of six-storey housing units being built on some Alta Vista corridors. It jibed at Alta Vista being divided up into Outer Urban and Inner Urban parts.

Be Tough, Not Abusive Respect Gets You More

Ms. Carr breaks off, runs into the house, returns with a message from the civil service head honcho of the Official Plan exercise for the city. She says, "The Official Plan will change significantly, because of the input from Alta Vista. We have been told that 70% of the reaction to the OP provided to City Council from all of Ottawa came from Alta Vista."

The City's message to her says: "We think that there is a lot of sensible feedback being provided and we are working on revisions that we believe will address most if not all of the concerns being raised in Alta Vista. We are not yet in a position to share details, but we will get back to you."

That response, Ms. Carr says, has something to do with the good relations she endeavours to keep with those who hold power. "You oppose and you state your positions forcefully, but you present them respectfully," she says. "You are not going to get anywhere if you don't have a good relationship with the City officials and the City Council."

One has had the impression that in past years there never tended to be much of a relationship between the AVCA and City Hall on much of anything. Views the AVCA may have held tended not often to be well communicated.

Immersed In French From Grade 5 to MA

Marty (born Martha in 1972), always seems to have been an achiever. Her parents, Russell and Susan, picked the family of three girls up from their home in Prince Edward County near here (Dad taught at Loyalist College in Belleville), when Marty was in Grade 5, and moved to Edmonton, where she was immersed in French at her school. She took a BA in French at the University of Alberta there, then a Masters in Linguistics in French at Université Laval in Quebec City.

During her Laval life, Marty visited Ottawa and met Christian McPherson. Bingo! They married. She did her final MA thesis on second language acquisition as an Ottawa married woman. She and Christian, who is a prolific poet and novelist, not to mention computer programmer in the federal government, are now together 24 years and have children Molly, nearly 17, and Henry, nearly 15.

Marty Carr, now 20 years a public servant, 10 ½ years as a manager at Canada Border Services Agency, is at the Administrative Tribunals Support Service of Canada, running planning and communications in support of 12 small administrative tribunals that deal with issues from human rights to specific claims.

We see from the inclusive but brisk way Ms. Carr runs the AVCA-member meetings how she likely performs the tribunal job from 8:30 a.m. to 5 p.m. at home each workday, and then takes up two hours of AVCA and other volunteer work evenings and weekends.

UR PEOPLE



When Marty Carr is not doing all her job and community work, she and family bust loose with a joyous front of their home for Halloween.

Called On To Check **Husband's Spelling**

Oh, and then there is whenever Christian finishes a book of poetry or a novel. "I have to take the first crack at anything he writes, to edit it, because he doesn't spell very well," she says with a fond laugh.

I didn't ask (this is about her, not him) whether another book is in the works. But Marty Carr has found much to do since joining the AVCA Board of Directors in 2016.

"That huge Herongate development plan is going to the City planning committee in June and we have to be ready to help make precise the promised changes in it," she says. "We have to make sure the developers legally must abide by the 'social contract' they entered into, providing for 20% of affordable housing there." (See our Herongate story by Lisa Gregoire on page xx).

"There needs to be more affordable housing in Alta Vista, and certainly in that development," she says. "It was terrible, the evictions that happened there."

Federal Study Centre Likely To Move Now

Consultations have begun online on just what Canada Lands Corporation will require a future developer to do with the Federal Study Centre property on Heron Road. "They run a fantastic operation, really listen to the public when they are selling a government property to a developer," she says. "They require at least 10% affordable housing in any development of theirs and we will want to hold them to requiring at least that much."

"The Canada Lands phase is going to move quickly, and AVCA will have to consult with residents to provide its views but also pull in the experts," she says. "We can't all be experts." (See Canada Lands' website: https://www.clcsic.ca/1495heronroad).

About the Official Plan, the City should provide a "What We Heard" report, specific to Alta Vista, by May. A second draft of the OP should follow by the end of summer at the latest. AVCA will be pressing for ample time for circulation of the second draft, and public reviewing of it, before it goes to Council.

"We also expect a draft Parks and Recreation Facilities Master Plan for review from the City shortly," she notes. Will it have sufficient plans for green space and for more trees in Alta Vista? (Refer to: https://engage. ottawa.ca/parks-and-facilities-recreation-master-plan.)

Expect Controversy Over New Corridor

Then, next year, when the Official Plan has been adopted, will come the nitty gritty, the actual zoning plans for the OP. There also will be the Transportation Master Plan for the City, which had been put on hold by the pandemic. "This plan will be a contentious one for Alta Vista because it will discuss the controversial Alta Vista Transportation Corridor, on which the community is divided," she says.

On top of all that, says Ms. Carr, "we are trying to get more trees planted in our parks and green spaces. Once the pandemic is over, we look forward to more in-person events for residents to speak their minds. And it will be good to reinstate social activities such as the annual picnic, movie nights, and the annual garage sale."

Busy times. Busy collection of important things for Alta Vistans to keep abreast of. Busy AVCA and Marty Carr.

THE CELINE TOWER GRAN

Are you a student from the Alta Vista/Canterbury /Elmvale Acres/Ellwood community who is pursuing or currently enrolled

in post-secondary 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 vistasnews.ca.

The competition is open to senior high school students as well as to current post-secondary students in the above programs.

The deadline has been extended!

Applications are due no later than **June 30, 2021**. The applicant may be contacted for an interview and, if successful, notified by July 30, 2021. All applicants will be informed when a decision has been made.

Please go online to vistas-news.ca to find the application forms to fill out. There is a link to the forms within the red box entitled Attention high school seniors and postsecondary students in Writing, Journalism or Communications.

OUR COMMUNITY

Now OPEN!



Recreational (stable) Kayaks - Flat Water

Petrie Island – Kettle & Duck Islands Eccolands Park – Mooney's Bay Shirley's Bay – Westboro Beach

Great Outdoor Activity
Easy to social distance
Amazing Wildlife
wonderful photo op - fishing

We bring the Kayak to you!

reasonable price – no delivery fee – book online

www.riverviewkayak.com

613-808-0770



What numbers matter most to you?

Invest for peace of mind.

CHARETTE GROUP
ScotiaMcLeod, a division of Scotia Capital Inc.

Alex Charette
Senior Wealth Advisor
613.782.6736
alex.charette@scotiawealth.com
charettegroup.com

Scotia Wealth Management.

Registered trademark of The Bank of Nova Scotia, used under licence. Scotia Capital Inc. is a member of the Canadian Investor Protection Fund and the Investment Industry Regulatory Organization of Canada. For more information visit www.scotiawealthmanagement.com. Charette Group is a personal trade name of Alexander Charette.



Life is Better when We're Together!



Three Delicious Meals Daily

Entertainment, Events, Social and Companionship

Weekly Housekeeping

24/7 Onsite Healthcare
Professionals with Emergency
Support Call Systems

Assisted Support Services Available

Contact Tracey at: 613-731-8448 g.manager@billingswoodmanor.com 1370 Bank Street Ottawa, ON KIH 8N6



WHEN LOOKING TO SELL YOUR HOME LET EXPERIENCE WORK FOR YOU!

SELLING HOMES IN ALTA VISTA FOR OVER TWENTY -FIVE YEARS THINKING OF SELLING?

CONTACT ROE FOR A COMPLIMENTARY MARKET EVALUATION roe@roesaikaley.com or 613-563-4005

ROE SAIKALEY

SALES REPRESENTATIVE

REMAX HALLMARK REALTY GROUP

613-563-4005

ROE@ROESAIKALEY.COM



OUR COMMUNITY

Heroes of Heron Emergency Food Centre

By Lynn Sherwood

At long last, we have left the very forgettable winter of 2021 behind us and are able to look forward to a return to more normal lives. We are so grateful for your continuing strong community support, expressed not only through your donations of money and food supplies to assist those of us who are struggling to make ends meet, but through the time given to the Heron Emergency Food Centre (HEFC) by the devoted and very competent volunteers who have remained involved despite the huge challenges of this past year.

One of the remarkable volunteers who has maintained his commitment to HEFC despite significant health challenges, is our Hero for May, Harold Black. Harold is a shining example of the kind of dedication to the community that keeps our organization functioning smoothly. He has been volunteering at HEFC since 2008, not only as a board member but as our buyer and transporter of purchased goods, keeper of purchase records, presenter of monthly reports to the board, and speaker at local schools and charities. He devotes eight or nine hours of volunteer work to us each week, and we would not be able to function without his expertise and reliable service.

In 2020, Harold purchased and delivered \$35,000 worth of food two to three times a week, from Food Basics, PC Wholesale Club, Tannis Trading, Produce Depot and occasionally Metro. An additional \$34,000 worth of eggs, powdered milk, bread, and fruits and vegetables, was ordered by our Executive Co-ordinator Louisa Simms (who works closely with Harold) as a supplement to the approximately \$600,000 worth of food we received from The Ottawa Food Bank.

Since he retired from the Civic Hospital biochemistry lab 15 years ago, Harold has used his professional skills, much to our benefit, for pricing, purchasing and record keeping at HEFC. He scours newspaper flyers weekly for the best prices for the essentials we need, and even handled pricing, purchasing and delivery of a new commercial refrigerator and freezer at HEFC several years ago. Harold has been a mainstay of the annual HEFC Walkathon (suspended this past year because of the pandemic) and has assisted with many community fundraisers. His energy and commitment are awesome.

Harold tells me that he has been involved in volunteer work most of his life, following the example set by his parents. He joined his first church choir at the age of 15 and has belonged to various choirs ever since. He has been a leader of Cub Scouts and a boys' club, was involved in the Rideau Park United Church Christmas Cheer project, and for the last 15 years has worked for the Ottawa Carleton Association for Persons with Developmental Disabilities at Silver Spring Farms growing garlic for fundraising. He has also volunteered at The Ottawa Mission, and has been a canvasser and fundraiser for numerous community charities over the years.

Harold is a familiar and much relied upon presence at HEFC. When asked why he devotes so much time and effort to his work, he states that as a committed Christian, he feels a responsibility to help others in need, as taught by Jesus. "For I was hungry, and you gave me something to eat, I was thirsty, and you gave me something to drink ... I was a stranger and you invited me in, I needed clothes and you clothed me."

The selfless support of caring volunteers like Harold has enabled us to continue to provide a high level of service to folks experiencing food insecurity who have turned to HEFC for help during this pandemic. The working class Herongate area where HEFC is located has consistently been a "hotspot" where many multigenerational families with members working in essential services are living in cramped high-rise apartments.

We have implemented a number of procedures to protect our staff,



HEFC May Hero Harold Black

volunteers and clients during the pandemic and are proud that, because of people like Harold, we have been able to maintain a high level of service throughout this year.

Members of the board of HEFC are able and willing to share information about the service we provide for our community through Zoom and other virtual formats even though in person events are not yet possible. Call us at 613 737-9090 or email us at hefc-info@rogers.com for more information.

Check us out on Twitter: <u>HEFC.ca@HeronfoodCentre</u>

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.

May Wish List

Canned chickpeas, kidney beans, salmon, tuna, and spaghetti sauce.



Beautiful Centretown Single Stunning kitchen and back yard! 502 LYON STREET NORTH | Listed at \$835,000

Sunny Single in Elmvale Acres Great 3-bdrm family home with large backyard! 809 SMYTH ROAD | Listed at \$649,900



Modern Semi Steps to the River Walk to beach. Exceptional, 3 bdrm, 4 bath home! 2187 DESCHENES STREET | Listed at \$1,385,000

Vanier Semi
Easy, Urban Living. 3 bedroom, attached garage!
211 CARILLON SREET | Listed at \$439,900



working together to support local, and strengthen community

home@dianeandjen.com 613-422-8688
dianeandjen.com f 💆 🖸 🖪







You may decline the vaccine product

to select between vaccine products.

For more information on COVID-19

vaccines, visit:

OttawaPublicHealth.ca

When you become eligiable to recieve the COVID-19 vaccine, please take the first one you are offered. All four vaccines approved for use in Canada are safe and effective. They all reduce the risk of serious illness, hospitalization, and death, and will help with the control of COVID-19 in the community. The vaccine that you will be offered will depend on:

Supply | Availability at the time

Storage requirements | Your age

that you are offered; you will not be able

Rack & Roll

Rack & Roll is returning once again this spring. and this year it's expanding!

For the first time, all buses on our network will have bike racks installed to help



customers make connections to transit using their bikes.

Please remember to signal to the operator or make eye contact before loading your bike. Before exiting the bus, let the operator know you're approaching your stop and make eye contact before unloading your bike.

Cyclists can also bring their bikes on the O-Train year-round.

For more information, please visit: octranspo.com





Get ready to #GetReal

CMHA Mental Health Week

May 3-9, 2021

Visit mentalhealthweek.ca for info and tools!

Good mental health isn't about being happy all the time. In fact, a mentally healthy life includes the full range of human emotions - even to uncomfortable ones like sadness, fear and anger.

From May 3-9, 2021, #GetReal about how you feel and celebrate CMHA's 70th annual Mental Health Week. Relying on others and sharing our very normal feelings of sadness, fear and worry is hugely important during this unusual time of stress, uncertainty and loss. Feeling sad, angry and anxious at times is part of being human. Even if we try to push our difficult feelings down, they don't go away. Focusing on intense emotions doesn't makes them worse. In fact, one of the best ways to quiet our emotions is to give them a voice. Bottling up our emotions can make them grow or come out in other ways-not reacting to something negative that happens at work could end up making you more likely to yell at your children later, for example. If your emotions are overwhelming, persistent and/or are interfering with your daily functioning, it's important to seek mental health support.

Counselling Connect | Quick access to phone or video counselling for all ages | counsellingconnect.org Distress Centre Ottawa | You talk. We'll listen. That's a 24/7 promise | 613-238-3311 OR Text 343-306-5550 Unsafe at Home | Text and chat support for violence and abuse - available 7 days a week, 8:30 to midnight | Text 613-704-5535 A Friendly Voice | A phone line for seniors | Open 7 days a week 8 am - 10 pm | Call 613-692-9992 Kids Help Phone | Call 1-800-668-6868 or Text 686868

www.JeanCloutier.com

Conseiller / Councillor Jean Cloutier

OUR COMMUNITY REPS

Helping Small Businesses through the Pandemic and Beyond

By Jim Watson, Mayor



Last month, I was thrilled to announce a series of measures that will help small businesses and many economic development partners rebound as the pandemic comes to an end:

Staff will explore offering a permanent 10% tax discount to approximately 4,700 commercial properties that house 7,800 roughly small businesses across the city - with no impact on residential taxpayers.

For the average small business property,

assessed at \$600,000 and paying \$15,000 in municipal and education taxes, that means a discount of \$1,000, and a possible additional discount of \$500, should the Province decide to match the discount on the education taxes.

While City staff still wait for the enabling provincial regulations, they have started to define types of properties and businesses that might qualify for the Small Business tax subclass.

I'm very pleased that this proposal will lead to permanent and predictable financial relief for 7,800 small businesses in our city, which will no doubt help them reinvest in their business and rebound after the pandemic.

I am also pleased to announce a 50% reduction in rental fees at City facilities from September 2021 until the end of 2022, including: Aberdeen Pavilion, Horticulture Building, Meridian Theatres and Shenkman Arts Centre.

To support the economic health of Ottawa's downtown core, where retail stores and restaurants have been disproportionately impacted, the City's senior leadership team and Ottawa Public Health (OPH) are actively working on a plan that will be ready early in Q3, charting a staged return to City workplaces.

Working with our colleges and universities, the City is committed to playing a greater role in experiential learning by increasing the number of co-op placements and meaningful seasonal hiring opportunities by surpassing 100 co-op hires by 2024 (up from 60 in 2019).

Finally, working with the Ottawa International Airport, we have been advocating with the federal government to secure funding required to complete the Stage 2 LRT Airport Station, critical to the opening of the O-Train South Extension. We have also begun discussions on resuming international air service at YOW.

I believe we are putting forward a very strong package of incentives that will truly help small biz and special events during these difficult times. Not only will these measures provide them with the hope they need to make it out; it will help them thrive once COVID is behind us.



Decorating Ottawa & area since 1948! Residential ~ Commercial ~ Builders

CONSULT WITH A SPECIALIST...

Paints | Stains | Window Treatments | Wallpaper | Designer Fabrics | Furniture Flooring | Granite & Quartz Countertops | Kitchen/Bath Knobs & Pulls Paint Colour Matching (any brand) | Stain Matching Decorating & Colour Consults

CUSTOM BLINDS, SHUTTERS, DRAPES & SHEERS



- Featuring Hunter Douglas, Shade-O-Matic, Altex and Maxxmar – quality choices for every price point, including motorized operating systems
- Guaranteed fit
- Visit our in-store gallery or arrange for a FREE inhome or virtual consultation

PAINT, STAIN & SUPPLIES



- Ottawa's go-to place for paint and stain colour matching – any brand
- Featuring top-performing products for all your interior, exterior and cement surfaces including C2, PPG, Sansin, SICO Proluxe and Storm
- · Professional in-store and in-home colour specialists
- Poster-sized, real paint, take-home chips
 - Randall's in-store exterior specialists can advise you about good wood and cement health for your deck, porch, fencing, the exterior of your house, and all your interlock and cement surfaces, including pools

🌞 Shop Local 🌞

555 Bank St. (FREE parking behind store, off Isabella St.) randalls.ca | 613-233-8441 | bankst@randalls.ca

"Meals on Wheels is an integral part of my life and it takes away the worry of cooking for myself."

~ Gerald, client

Stay Home. Stay Safe. Let Us do the Cooking.



OTTAWA

Delivering hot and frozen meals, a caring contact and peace of mind to seniors and adults with disabilities. Order today:

613-233-2424 mealsonwheels-ottawa.org

Nous sommes bilingues!

The Honourable | L'honorable



David McGuinty

Member of Parliament | Député Ottawa South | Ottawa–Sud



HARD WORK, DEDICATION, PUBLIC SERVICE TRAVAIL ACHARNÉ, DÉVOUEMENT, SERVICE À LA POPULATION

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

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

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

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

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

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

The Honourable | L'honorable David McGuinty, MP | Député

Constituency Office | Bureau de Circonscription

1883 Bank Street Ottawa (Ontario) K1V 7Z9 Tel | Tél: (613) 990-8640 Fax | Téléc: (613) 990-2592 Email | Courriel: david.mcguinty@parl.gc.ca Web Site | Site Web: www.davidmcguinty.ca



John Fraser, MPP Ottawa South

Next Steps

COVID-19 is something that we are all facing together. Our primary concern is the health and safety of Ontarians.

We cannot stop being diligent. If you can continue to work remotely, do it. Continue to keep your contacts limited to only those within your household and continue to do only the essential things you need to do like getting groceries and medication, going to a medical appointment, caring for a loved one or going outside to get some fresh air and exercise.

I will continue to push the government for supports, things like reinstating paid sick days, more support for parents of school age children and a clear plan for a roll out of the vaccine in Ontario.

The province has implemented Property Tax and Energy Cost Rebate Grants for businesses that were required to shut down or significantly restrict services due to provincial public health measures. This provincial application-based grant provides a rebate to eligible businesses in respect of property taxes and energy bills. Visit: *ontario.ca/COVIDsupport* to see if you qualify.

Please continue to listen to the advice of Public Health experts:

Wash hands frequently

Practice social-distancing

Stay home if you are not feeling well

o If you are concerned or suspect you have the virus, call

Telehealth Ontario:1-866-797-0000 or

Ottawa Public Health: 613-580-6744

Our office is here to help and we remain open remotely.

1828 Bank Street

Ottawa, ON K1V 7Y6

T: 613-736-9573 | F: 613-736-7374

jfraser.mpp.co@liberal.ola.org

www.johnfraser.onmpp.ca

HEALTH AND FITNESS

AIM's Top 3 Exercises and Tips for Motivation for Adults 50+

By Meg Stickl, CEO and Senior's Fitness Expert, AIM Fitness -Activities in Motio



Have you had a hard time staying active over the winter and the past year? We hear about many people who injure themselves as they get

back to their hobbies, whether it's spending more time leaning over in the garden, twisting and walking on the golf course, or walking in the neighborhood outside. If you haven't moved in these ways all winter, it's important to incorporate stretches into your daily routine, to build strength and flexibility.

When you're thinking about starting up a spring fitness routine, think of the acronym "FITS".

F-Fun and Enjoyable

Fitness should be fun! Find an activity that you enjoy doing and don't be afraid to try something new as your abilities change or as you get older. Your 70-year-old body needs something different from your 20-year-old self.

I-Increase Over Time

Start by doing 10-15 repetitions of the exercises below and aim for 3 days of exercise if you are a beginner. As you get stronger and see small improvements, build your routine to 5-6 days per week of exercise and choose more challenging exercises.

T-Time of Day

The days and weeks fly by, so choose a specific time of day dedicated to your exercises. Treat this time like a doctor's appointment - no last-minute cancellations! Many of my clients aged 60+ prefer to start their day with their workouts between 9-10 a.m. and then move into the rest of their day, feeling energized.

S-Snack on Exercise

Take time every day to move your body. I suggest choosing 3 exercises to "snack on" at different times of the day, just like you'd snack on some fruit or veggies. Take 5-10 minutes to stretch or move and this will surely keep you energized and motivated.

Try these 3 simple exercises and AIM Fit Tips, to help prepare you for your spring hobbies at home:

1. Stretch your back by bending at your waist and reaching for your toes. Do this 10-15 times seated or standing. Our backs can become stiff and sore from spending too much time sitting down.

AIM Fit Tip: Set a timer for 10 minutes before you sit down to watch TV. Every time your timer goes off, stand up and twist and then reach for your toes. Do this 10-15 times in order to reduce back pain and improve flexibility.

2. Do 15 sit-to-stands or squats daily to build strength in your legs so you can walk further, bend over and work in the garden, or go up and down the stairs with more ease.

AIM Fit Tip: When you check the mail, go for a walk around the block. Build the daily habit of getting outside, regardless of the weather! The more you squat, the easier these walks will be!

3. Lift light weights (or cans) up to your shoulders, and press them over your head. This arm strengthening exercise will help you lift plants and soil, help you with spring cleaning, or other hobbies at home. Do this 10-15 times each side.

AIM Fit Tip: Keep your weights beside your favorite chair where you spend the most time. When you see them every day and can easily access them, you are more likely to use your weights!

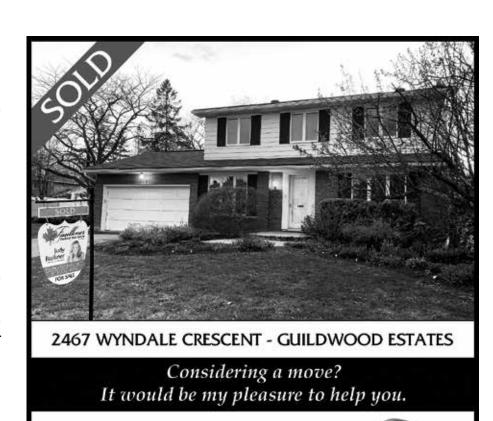
These exercises and tips can help you experience more energy and motivation as you stay active this spring!

Have you been looking for a specialized fitness program for adults 50+ that you can do at home?

AIM Fitness is a local Ottawa company that offers virtual personal training, group fitness classes on Zoom, and an online fitness membership to help adults 50+ stay active, motivated and ready to live their best lives! Visit our website to book a free 15-minute health consultation and to learn about how we support older adults at home: www.activitiesinmotion.ca.

Meg Stickl grew up in Elmvale Acres and started AIM Fitness in 2013. Connect with Meg on her YouTube channel: AIM Fitness-Activities In Motion.

"If at first you don't succeed, try doing it the way mom told you to in the beginning." - Unknown



Y FAULKNER

613.231.4663 · Judy@HomesInOttawa.com

HEALTH AND FITNESS

DeQuervain's Injury

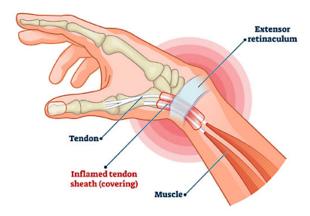
By Susan Reive, Owner of Kilborn Physiotherapy Clinic

Spring has sprung! Gardening can place a lot of stress on your wrists, elbows, and hands. Excessive pruning, raking and pulling weeds have led to many injuries.

One common injury is called DeQuervain's. It is an inflammation and swelling of the two long tendons of the thumb and the sheath that surrounds them (the tendons that move the thumb upwards and outwards from the hand).

De QUERVAIN SYNDROME

Inflammation of two tendons and their sheath that control movement of the thumb



Symptoms of DeQuervain's include pain at the wrist on the thumb side which can extend down the thumb and/or up the forearm. This tendon will be tender to touch and visible swelling may be evident. Certain movements of the thumbs will increase the pain: pulling your pants up, wringing, and grasping activities. Any stretching of the tendon will also evoke pain.

Clinicians must differentiate DeQuervain's from osteoarthritis (OA) of the thumb joint. When making the diagnosis of OA of the thumb, the tendons are not usually sore with resisted muscle testing.

Treatment for DeQuervain's includes anti-inflammatory medication often combined with physical therapy. Physiotherapy will focus on settling the inflammation with ultrasound, friction massage, and in some more severe cases, splinting the thumb to rest the tendons. When physiotherapy does not resolve the problem, patients may require a cortisone injection into the sheath to settle the inflammation. Occasionally, surgery is required to incise the sheath.

So be careful this spring when gardening. Take frequent breaks and change your activity often to avoid injury.



Chris Ellis Public School Trustee Rideau-Rockcliffe/Alta Vista Zone 6 Ottawa-Carleton District School Board 613-818-7350 - Chris. Ellis @ ocdsb.ca





OUR ENVIRONMENT

Birds in Alta Vista – Cooper's Hawk

By Richard Knapton

If you have bird feeders in our Alta Vista area, you may have witnessed the following event. You are watching the bird feeders and noticing that bird activity at the feeders is high – a constant parade of Black-capped Chickadees, White-breasted Nuthatches, House Finches, Cardinals, perhaps Goldfinches and this year Redpolls, coming and going, lots of noise as birds call back and forth. Then suddenly, a quick burst of alarm calls and everything falls completely quiet, not a sound, and the birds freeze, barely moving a feather, just imperceptibly turning their heads in a particular direction. If you are lucky enough, you'll spot what the cause is for this complete change of behaviour – a crow-sized bird, perched upright in a tree, slate-gray or brown on the back, barred underneath, and with a long, banded tail and short rounded wings. So, what is going on here?



The bird is a Cooper's Hawk. It has likely tried to catch a bird at the feeders, maybe failed, and is now perched looking for an unsuspecting bird, although by now most of the birds have been alerted and are watching to see what the hawk does next. Since it has been detected now by the birds at the feeder, it has lost the element of surprise, so it will most likely take off and hunt somewhere else, perhaps returning later in the day. Also by now, it will have attracted the

attention of the neighbourhood crows, who will be kicking up a raucous fuss whilst maintaining a discrete distance away.

Cooper's Hawks belong to the genus Accipiter, a group of hawks that hunt by stealth and surprise, flying low and fast often along a hedgerow or row of trees before darting over the hedge and pouncing on some luckless prey. Cooper's Hawks are year-round residents in our area; they nest in the Wrens Way green space and the Pleasant Park woods. They are the only large hawk that does nest here; other hawks such as Redtailed Hawks, Sharp-shinned Hawks and Broad-winged Hawks pass over during spring and fall migration but do not stop to breed. Cooper's Hawks build their nests in mature trees – pines, oaks, beeches, spruces, and others - in dense woods, hence their occurrence in Wrens Way and Pleasant Park. Nests are typically 10 to 15 metres above ground, often about two-thirds of the way up the tree in a crotch or on a horizontal branch. The nest itself amounts to a pile of sticks that could be passed off as a squirrel nest. Interestingly, it is built almost exclusively by the male. They have one brood per year, lay between 3 and 5 eggs, and take about two months to incubate eggs and raise nestlings.

Cooper's Hawks mainly eat birds, attacking birds up to the size of a Blue Jay or Mourning Dove. Like many raptorial birds, the female is larger than the male, up to 30% larger. This allows the male and female to prey upon different sizes of birds. When not hunting, they have a characteristic mode of flight, a flap-flap-glide pattern typical of accipiters. Even when crossing large open areas, they rarely flap continuously. Perhaps you'll be lucky enough to see one in the next while, particularly before trees leaf out. We were visited by a Cooper's Hawk recently; this young female chose to perch on the children's swing set in the back garden!

SENIOR SPACE?

Now's Your Chance to Win Big while Having a Big Impact

By Maureen Forrester, Development Coordinator, The Perley and Rideau Veterans' Health Centre Foundation

Launched April 1, 2021, Catch the Ace is the game everyone's talking about! For those not familiar with Catch the Ace, it is a fun twist on a classic 50/50 raffle as you hunt for the Ace of Spades in a deck of cards.

While purchasing your ticket, you will select an envelope that contains a single card from a standard 52-card deck. Every week a winner is chosen by random draw, and they win 20% of the week's ticket sales.

The winner's envelope is opened to reveal a single playing card. If it's the Ace of Spades, they win the other 30% but, if it's any other card, a new draw starts and the 30% rolls over into the progressive jackpot, which grows bigger and bigger until the Ace of Spades is caught!

The last time the Perley Rideau Foundation ran a Catch the Ace, our grand prize winner took home \$24,664 when they caught the Ace of Spades in week 43.

Like many charities, when the COVID-19 pandemic hit, Perley Rideau had to shift gears and move from in-person events and come up with creative ways to raise money and still have some fun! And what's more fun than trying to catch that Ace!

This past year we've been blown away by the generosity community members like yourself have shown us. Thanks to you, residents can live life to the fullest. Our events have always been a major source of donations for the foundation, which is why we're counting on you to help us chase the ace and help sustain the exceptional care our seniors and Veterans deserve.

You can support the exceptional care at Perley Rideau by buying your tickets today at www.perleycatchtheace.ca

Weekly draws are held on Thursdays at 1:30 p.m. If the weekly winner does not catch the Ace of Spades, a new weekly draw will begin on Thursdays at 2:00 p.m.

Be sure to buy tickets each week for the chance to win. Visit <u>www.</u> <u>perleycatchtheace.ca</u> for tickets.

The Perley and Rideau Veterans' Health Centre is home to more than 600 seniors and Veterans who access a range of care and independent living options. It is also home to Canada's first Centre of Excellence in Frailty-Informed Care. To learn more about Perley Rideau and how you can help, please visit us online at www.perleyrideaufoundation.ca or call us at 613-526-7173.





WWW.LINDSAYSELLINGOTTAWA.COM

"Life began with waking up and loving my mother's face." - George Eliot

K. TURNER TRANSITIONS

K. Turner Transitions would be pleased to help you or loved one downsize, organize, pack, unpack & set up in your new location, prepare your house for market. We also provide full Moving & Estate services from start to finish.

"If you need a team that can handle everything, look no further. Call Turner Transitions. Amid covid and the death of my husband I was stranded in Portugal.I had to complete three separate moves while living overseas- Kathy and her team shouldered that burden for me becoming my advocates, decision makers and advisors. I am now enjoying life in Portugal and I do not know how I would have managed without Kathy and team."

Jamie Portimao Portugal

Thank you to the hundreds of happy clients we served in 2020. Our professional teams follow all Covid-19 protocol.



Kathy Turner, CRTS Certified Relocation & Transition Specialist



K. Turner Transitions 613 859 4557 cell kturnertransitions.com



Virtual Medical Appointments



- Phone or video appointment
- Covered by OHIP
- · All doctors are in Ottawa
- Prescription renewals
- Specialist referrals
- · In clinic follow-up if necessary



Book online at www.southbankmedicalcentre.com 613-736-6946

> Southbank Medical Centre 2430 Bank Street at Hunt Club

ARTS AND CULTURE

Reviews

By Tony Wohlfarth



This month, Ottawa rolled out the welcome mat for spring, as vaccine supplies raise hopes for a better summer!

Happy- Go-Lucky

Mike Leigh is one of my favourite film directors.

The 78-year-old British filmmaker has made many renowned films, including *Secrets and Lies* (1996), *Vera Drake* (2004), *Another Year* (2010), *Mr. Turner* (2014) and - most recently- *Peterloo* (2018).

In 2008, Leigh's *Happy-Go-Lucky* charmed audiences with its delightful fusion of humour and perseverance. Sally Hawkins played the lead role of Poppy, an affable schoolteacher who cycles around London and makes everyone smile. When she takes driving lessons, Poppy comes up against Scott (Eddie Marsan) an uptight driving instructor.

Happy-Go-Lucky won a handful of awards and accolades in 2009. Sally Hawkins won a Golden Globe for best actress. Leigh was nominated for an Oscar for best screenplay.

Where Can I See *Happy-Go-Lucky*?

With cinemas closed, and streaming services packed with new films, finding a copy of *Happy-Go-Lucky* to watch can be a challenge.

Fortunately, it is available for rental from Movies'n'Stuff, 1787 Kilborn Avenue in Alta Vista Canterbury (<u>moviesnstuff.com</u>). The running time is one hour and 58 minutes. Call 613-738-1607 to reserve your copy.

If you like films by Mike Leigh, Movies'n'Stuff also has copies of *Mr. Turner*, a biopic about the final years in the life of the renowned British painter J.M.W. Turner.

In Conversation with Mike Leigh

On May 26, the Royal Borough of Kensington & Chelsea Library in London is offering a free webinar with Mike Leigh. The event gets underway at 2 p.m. (14:00 EST) and advance registration is required: https://www.eventbrite.ca/e/in-conversation-with-director-mike-leigh-tickets-146407654235?aff=erelexpmlt&keep_tld=1

The Last Cruise

On February 3, 2020, at the beginning of the pandemic, a luxury cruise

ship with 3,711 passengers on board docked in Yokohama, Japan during an Asian cruise. The Diamond Princess was placed under quarantine – beginning an odyssey lasting until February 23. Using cell phone video and news reports,



The Last Cruise documents the twists and turns in the fateful voyage. Most of the passengers were flown back to the United States via military aircraft. It was fascinating to me to watch this unfold – no PPE, no social distancing and no quarantine on their return. A total of 712 passengers tested positive for COVID-19 and nine died.

I especially liked the fact that the film contrasts conditions for the passengers and crew, with video images taken in the crowded crew quarters.

The Last Cruise was produced by HBO. Despite the film's apocalyptic title, the ship is back in service. The Last Cruise had its world premiere

at the South-by-Southwest (SXSW) Film Festival in March. The running time is 40 minutes. The Last Cruise is currently streaming via Crave in Canada.

A Sunday in the Country

RIP: Bertrand Tavernier was a giant of French cinema. He directed over 30 feature length films and documentaries. Tavernier died in Saint-Maxime near Lyon on March 25 at the age of 79.

In 1984, Tavernier made his most celebrated film, *A Sunday in the Country*. Tavernier won the Best Director Award in Cannes for his film.

A Sunday in the Country is a period film (set in 1912) about a painter, widowed, who lives in the country with his caregiver, Mercedes. Monsieur Ladmiral (Louis Ducreux) prepared to welcome his adult children to visit him at his country estate. His son Gonzague arrives with his partner Marie-Therese and their three boisterous children. Then his daughter Irene makes a dramatic entrance by car with her rambunctious dog. Clearly, Irene is the apple of her father's eye and can do no wrong, while her brother is the opposite.



Watching A Sunday in the Country, I felt like I was immersed in a painting by Claude Monet. Every scene is sculpted to

look like a scene from Giverny. The dialogue includes references to contemporaries of Monet, i.e., Renoir, Manet and Van Gogh.

Tavernier was the antithesis of a French artist. He was a social activist who critiqued bourgeois French society. What exactly he is saying with *A Sunday in the Country* is a bit of a mystery.

A Sunday in the Country has a running time of one hour and 30 minutes. The film is in French with English subtitles.

Where Can I See A Sunday in the Country?

I discovered *A Sunday in the Country* on Kanopy, the Ottawa Public Library's film streaming service.

What Are You Watching?

At VISTAS, we welcome your suggestions for online entertainment options we can share with our readers. Please send your suggestions to <u>editor@vistas.ca</u>.

What's on for May 2021?

The pandemic has led to another province-wide stay at home order, shuttering museums, galleries and live music venues. The 50th Anniversary Juno Awards, delayed to this month, was postponed again to June 6.

(a) the National Arts Centre (NAC)

The National Arts Centre (NAC) is streaming live music events. Highlights include Élage Diouf (May 1), Moscow Apartment (May 14) and an Indigenous Art Market (May 28).

Tony Wohlfarth is an Ottawa-based freelance film and entertainment writer. He screened Happy-Go-Lucky during its Canadian premiere at the 2008 Toronto International Film Festival. He screened My Last Cruise at the SXSW Festival in Austin, Texas and A Sunday in the Country via Kanopy.

FAMILY MATTERS

Creating within our Bubble!

By Karen Cameron, Director of Good Morning Preschool

Spring is installing itself nicely in this region. Despite school closures, lockdowns and restrictions, many are taking advantage of the time and finding ways to enjoy the outdoors while staying within a "bubble". At Good Morning Creative Arts and Pre-school (GMCAP), we are doing the same. Offering a safe and healthy environment for children to freely explore and learn about the world around, children have been busy creating "bubbles" of their own. In this edition of crafty fun, we offer a few more ideas and experiences you can have at home with items you likely have on hand. These were a hit with our little artists and I think your little ones might like them as well.

Bubble Prints

This craft produces unique designs and interesting printed paper to admire or use to make cards and other crafts.

What you need:

1 tbsp dish soap 1 c of water

dash of colour like tempera paint or food colouring

shallow dish like a pie plate

cookie cutters, shapes card stock, paper

Instructions:

In a shallow dish, mix soap,

water and colour. Using shapes, dip them into bubble mixture and make a "print" on the paper. Colour can be adjusted to make custom shades. Let paper dry and voila, unique art ready to enjoy. Experiment with shapes and colour combinations. Pre-cutting paper into desired shapes allows artwork to be used in card making or other art.

Writable Sheets

With school closures and shopping restrictions, obtaining supplies to facilitate learning can be a challenge. Whether used for art or for learning a new skill like cursive or block writing, writable and reusable sheets may be what is needed.

What you need:

sheet protector and learning tool

dry erase markers

Instructions:

Slip the learning tool into a sheet protector and begin using!

Animal Obstacle Course

Another fun family-friendly outdoor activity is to create an obstacle course.



What you need:

Animal toys or coloured pictures of a cow, pig, sheep, dinosaur, bird, etc.

Instructions:

Place different animals at different points in the house or in the backyard. As you move to each one, you have to walk like that animal and make the noise that they make. Make it a race or time it to see who can go the fastest!



Activities that involve crafts and the outdoors gives way to experiential learning. If you have not yet secured a summer experience for your children, have a look at GMCAP programming options. summer

offering a range of weekly themed offerings from "Our Planet, Our Community" to "Fairy Tales" to "Shark Week" to "Art Around the World". There is something for everyone. For more information, visit http://www.gmcaps.com/programs.html or drop us a line at goodmorningpreschool@gmail.com or give us a call at 613-276-7974.

Happy crafting!



613-680-8883

www.nouras.ca

We buy gold Highest possible price

13-2651 Alta Vista Dr. Located in Vista Plaza – Bank at Alta Vista



FAMILY MATTERS

7 Steps To Being A Good Listener!

By Marian Meade, RN, BScN, Psychotherapist

When I was in school, we were taught to read, write, speak and be quiet, but we were never toucht 1. quiet, but we were never taught how to truly listen! Rather than giving our full attention, we're often either preparing our comeback, daydreaming or jumping in to interrupt. It's even worse nowadays, with so many electronic gadgets vying for our attention and 'protecting' us from being bored for even a nanosecond. As a result, our ability to communicate effectively has been seriously eroded, which makes for serious misunderstandings and relationship breakdowns.

What to do?



Think of listening as a skill that we need to practice to get good at. If love and relationships are as important as we say they are, then here are a few tips to get back on track.

Think about timing. When someone wants to speak with you, let them know if you are available, and if not, set a time when you can

give them your full attention.

Get into a listener mindset. Your role is to listen. Make eye contact and refrain from multitasking. Act like a curious reporter who really wants to know everything the speaker is thinking and feeling. When you listen deeply to someone, you're giving them a rare gift. This is a tremendous opportunity to deepen your relationship by learning more about the speaker.

Listen actively. Make eye contact, nod and say things like uh huh, to show that you are following the conversation.

Paraphrase. After the speaker makes each point, state back to them in your own words what you thought you heard, and give them the opportunity to clarify their message if you didn't get it quite right or if they had more they wanted to add.

Validate. This means being able to acknowledge their thoughts and feelings. Based on who they are and their experience, you get where you are coming from. It doesn't mean that you agree with them.

Resist the temptation to interrupt. Don't jump in to defend yourself, argue, give advice or highjack the conversation with your own story

Keep your cool. Breathe. Remember that you are present in the role of listener. You are not required to agree with them, find a solution or take any action. If you do feel yourself getting upset, or if the speaker is being disrespectful, politely and firmly state that you need to take a time out and will reschedule

By following these steps you'll be amazed at how much smoother your relationships go.

Marian Meade is the Director of Counselling at Serenity Renewal for Families. Serenity Renewal for Families offers counselling and educational workshops. For more information, please visit www. serenityrenewal.ca

Kindness Initiative Local Glee Club helps isolated Seniors

by Lisa Marie Wilson

Thank you to everyone who reached out to GleeCeptional as part of our Kindness Project!

Our singers had a wonderful time delivering their Bird Feeders! We hope our new friends will enjoy watching a variety of birds visit their backyards.

Thank you to Matt and his dad (pictured right), Willem and his mom delivering to Sue and Tony (middle pictures) and Yanni and his mom delivering to Nandini (bottom pictures).

Follow us on:

Facebook: https://www. facebook.com/Glee-Ceptional-598408713698912













- We are happy to see you again for your routine exams.
- We have reopened with new cleaning guidelines to ensure a safe environment.
- We ask that you book an appointment for all visits, so we can ensure proper social distancing.
- Thank you for your understanding.

2310 ST. LAURENT BLVD. SUITE 311
BETWEEN CONROY RD & WALKLEY

Dr. Fred Campbell
Dr. Sara Anstey
Dr. Sameer Dedhar
Dr. Nell Haney
Dr. Nazll Sammak
613-247-20/20
www.eye-care.ca



Elmwood is an independent day school for girls from Pre-kindergarten to Grade 12. At Elmwood, each girl is encouraged to challenge herself to excel in the classroom, develop confidence, and lead with strength. Here, girls learn to be the best students, leaders and global citizens they can be.

LEARN MORE ABOUT EVERYTHING WE CAN OFFER YOU AND YOUR DAUGHTER:

- Pre-K, JK & SK offered for girls from 2.5 to 5 years old
- · Safe and secure environment
- Average class size of 15
- Unparalleled academic program
- Healthy meals prepared by onsite chef
- · Before-and after-school care
- Transportation
- Scholarships Available

Kindergarten registration is now open! Limited spaces available for September 2021.

Call (613) 744-7783 for more information or visit elmwood.ca/admissions for on-demand open houses, virtual tours, testimonials and more.











Riverside Park South



Sheffield Glen

COMING SOON

1992 Alta Vista Drive Faircrest Heights



Riverside South



Riverside Park South













SALES REPRESENTATIVE

Laurie Richards
Sales Representative with Paul McCunn

613.733.9100 www.PaulMcCunn.com





ROYAL LEPAGE
Performance Realty
Brokerage, Independently Owned and Operated

LOCAL BUSINESSES



LOVE OTTAWA HOMES

Did you know that "waterfront" and "pool" are the top two terms homebuyers search for on Realtor.ca? With all of us spending so much more time at home, having access to water can add a splash of excitement to your life in the summer months.

If you're looking for a waterfront home or are a homeowner wanting to take advantage of this trend to sell your property for a premium, schedule a complimentary consultation with me at 613-698-7654.



Paula Moloney, Sales Representative 292 Somerset Street West · Ottawa, ON K2P 0J6 loveottawahomes.com · paula@loveottawahomes.com

©2021 Engel & Volkers Ottawa Central, Brokerage. Each brokerage independently owned & operated.







8939 Pana Road Exclusive - Call Paula for a Private Tour at 613-698-7654

Set on over 25 acres of majestic forest, this 5-bedroom split-level home features a 1-acre spring fed pond and a large, 20' x 40' pool. Plenty of maple trees if you'd like to make your own maple syrup! Potential to sever property for additional income potential.

*Pool and pond photos not from property

ENGEL&VÖLKERS® PAULA MOLONEY



FAITH NEWS



VAL'S STAGE God Sees Me: Hagar's Story

By Valda Goudie

Hagar

Narrowed eyes, an aggressive stance, and ugly words spit in rage; I may have deserved it, but the hostility in Sarai's high-pitched voice shocked me. Everyone in the vicinity knew her threats were no joke. Lately this was the norm: my mistress's anger raining down on me; not only in her words, but in her treatment too.

I ran to my tent and threw my meagre belongings into a blanket roll. As an Egyptian servant, I didn't own much. I was clearly no longer welcome in Sarai's life. So, I headed into the wilderness alone: with no destination; no hope for my future. I had messed everything up. Memories swirled around in my head like dark storm clouds as I set out.

Sarai had always treated me well as her handmaid. In fact, she had chosen me – handpicked ME – to be her surrogate; to bear Abram the heir she could not give him.

It was awkward at first, being used that way, expecting me to have relations with her husband - a man who would never love me or take me as his wife.

I kicked a stone and sent it flying as I remembered how I had felt; just one more humiliation as a servant. My worn-out sandals were not meant for such a journey as this, but I continued walking after a quick inspection of my stinging toes.

I hadn't realized the prestige and honor that this role would bring me. Rather than demotion, the surrogate position put me in a place of esteem. I no longer had to do menial chores from sun-up to sun-down. I ate the same food as Sarai and Abram, so I would be healthy when I conceived. It wasn't royal treatment, but I wasn't suffering. At least Abram was kind and gentle, clearly trying to keep his wife happy with this arrangement.

The problems started when I forgot my place. I was proud to be the chosen one; proud to be given this opportunity to show my worth. But pride goeth before destruction – my destruction was impending.

My attitude toward Sarai slipped little by little into one of contempt and disdain. Calling her by name, even in my thoughts, bore testimony to my disrespect. An old woman who couldn't bear children; how could she measure up to me – young and strong, still in my child-bearing prime? She couldn't give Abram the one thing he wanted more than anything in the world, but I could.

I crossed the line. I looked down on her and made snide comments. I held my head up too high, my nose in the air, rather than nodding submissively to her. Yes, I forgot my place.

When Sarai complained to Abram about me, witnesses said he threw his arms up in frustration. "This was your idea, Sarai! She's your handmaid. Do with her as you wish!"

I still didn't expect the treatment I received. Sarai became a madwoman, and I was the recipient of her tumult. Her uncontrolled anger sent me fleeing on this lonely, dusty path to nowhere.

When I found a spring near the road, I stopped and gulped the fresh water greedily. I fell onto a large rock and allowed all the pent-up emotion to pour out of me. What had I done? Where would I go? Was I to die alone in the wilderness?

But I didn't die. God saw me. God, the Father of all nations, saw me and heard my cries. He sent an angel to speak to me; to tell me what to do. He said I carried Abram's son and that I would have many descendants – me! A Slave! I was to name him Ishmael which means "God hears", for the Lord heard my distress when I called out to Him.

This news would not cause pride, as before. In fact, the angel instructed me to return to my mistress and to submit to her authority. This took courage and humility, but when God takes time to speak to you in this way, it is best to listen.

From that day on, I always refer to God as El Roi, "the God who sees me". It was on that day that I realized how much He cares about each one of us, not just the rich or the powerful. El Roi sees me.



He Sees Us

You can read the real account of Hagar's story in Genesis 16. If God stopped to see a disobedient, disrespectful slave, and cared enough to send His messenger to rescue her, He will also take time to see us. When we struggle with life's challenges, and we feel alone, God sees us. He cares. He hears our distress.

He has big plans for us! He wants to step in and lead us into this predestined life.

For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope. Jeremiah 29:11

Sometimes He puts something or someone in our path to nudge us back into His will. But sometimes He waits for us to extend an invitation to Him. He longs for us to say, "El Roi, not my will, but Yours be done." We can fully trust in the God who sees us.

For more blog posts like this and a link to a free prayer/meditation series, I invite you to visit Val's Stage at <u>valsstage.com</u>.

FAITH NEWS

الكرابم ناضمر !Ramadan Mubarak

By Sutida "May" Turcot



"Ramadan is an event that is very important for Muslims. We wait for it all year, all around the world. It's not really a celebration. It's actually one of the Five Pillars of Islam." Over a phone call, Maryam explains to me the essentials of Ramadan from her perspective.

As I was reading April's VISTAS, I realized that I wanted to reach out to my various neighbours, to hear their thoughts on their faith and spirituality, and to listen with the aim of understanding. What follows stems from a phone interview with my neighbour and friend, Maryam. Note that Maryam does not speak for every Muslim – she speaks for herself – and I am not an expert in religious studies. Consider yourself warned!

The Holy month of Ramadan is a month during which up to 1.8 billion Muslims worldwide will neither eat nor drink between sunrise and sunset. In 2021, it began on April 13 (the day when the crescent moon was sighted over Mecca). Lasting for 30 days, this year's Holy month will end with Eid al-Fitr – "Festival of Breaking the Fast" – on May 13. Celebrated for up to three days, Maryam offers "Christmas" as an analogy for the merrymaking and holiday of Eid.

Before speaking with Maryam, I already knew that adult, able-bodied Muslims fast in the daylight hours during Ramadan. I asked Maryam why she fasts, and what it means to her. She explained that she does it first and foremost because Allah (God) told Muslims to do so, for their love of Him. On top of fasting, during Ramadan, Muslims take extra care to avoid all that is bad – all obscenities and insults.

Maryam adds that it is a month of humbleness and generosity. In physically knowing hunger, Maryam's compassion grows for those who know it every day of the year. She went on to say that, at the end of Ramadan, all Muslims must donate a portion of their revenue to those in greater need. "Human life is so important. Islam teaches that if you save one life, you save all of humanity."

Having experienced Christmas in Buddhist- and Muslim-majority countries, I was curious how Maryam felt about her Ramadan experience Ottawa. She explained that it is essentially all that she knows. She immigrated to Canada from Somalia at a very young age, and has only experienced Ramadan once in a Muslim-majority country. This was in 2013 when she visited her sister in Saudi Arabia. Maryam explained that, in a Muslim-majority country, "for the whole month, everyone is very relaxed. People read and pray at home during the day and then life is vibrantly reborn each night."

Wherever they are on this earth, Muslims this year – as was the case last year – are sharing faith and goodwill in a world shaped by the COVID-19 pandemic. Despite this reality, the Holy month of Ramadan remains a light shining in Maryam's year. Even over the phone, I felt her joy as she spoke of her plans and the little ways she would show and share her faith and love for humanity.

For example, Maryam mentioned dropping off food for neighbours during Ramadan. She added that "this is not an effort to try to convert them. It is a joy. A feeling of harmony. A wish to be a person that inspires peace and love."

For example, she has lights and lanterns in her home and there is a "Happy Ramadan!" banner hanging brightly overhead.

"What greeting can I give you during Ramadan?" I asked Maryam. "Ramadan Mubarak! Happy Ramadan in Arabic," was the response.

So, if you do not follow Islam but would like share in the joy of the Holy month of Ramadan, I encourage you to wish, "Ramadan Mubarak!" to a Muslim neighbour, with a smile. After having spoken to Maryam and understanding that the humility and generosity at the root of Ramadan extends to all of humankind, you will undoubtedly receive joy in return.

(Maryam's quotes were translated from the original French.)



Senior Housing & Relocation Specialists Care Navigation & Advocacy Experts

Solutions start with conversations

Call: 613.277.6449

Email: info@agewellsolutions.ca Visit: agewellsolutions.ca AGEWELL



visit website for class schedule

www.gottadanceottawa.com

Learn to Dance Group or Private lessons

613-293-5676

nancy@gottadanceottawa.com

<u>Lessons held at:</u> 414 Pleasant Park Road, Ottawa (In the Pleasant Park Baptist Church)

Learn to Cha Cha, Rumba, Jive, Samba, Waltz, Tango, Foxtrot and more

FAITH NEWS



Serving as the hands of Christ

You are encouraged to join us online for our Sunday services every Sunday at 10:00 am.

Services are livestreamed on YouTube. Sunday School is offered on Zoom at 11:30 am. In-person church services and activities are currently suspended.

For more information, visit our website

www.stthomasaltavista.ca or call the church office at 613-733-0336.

We look forward to a time when we can gather in-person again.



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



St. Timothy's Presbyterian Church

A warm welcome awaits!

Virtual Sunday Worship 10 am Reverend Reine Boghos

(email the church for Zoom link)

(email the church for 200m link

We are a family of God's people drawn from many cultures.

Come worship with us!

Sunday School via Zoom

(email the church for Zoom link)

2400 Alta Vista Drive sttimsoffice@on.aibn.com 613-733-0131

www.sttimsottawa.com

VIRTUAL CAFÉ CONNECTIONS

Join us for a time of fellowship via Zoom. Every Friday 10-11am. Contact Rev. Reine for Zoom link:

reineboghos@gmail.com

BEDTIME STORIES WITH JESUS

Especially for children up to age 8 Saturday & Sunday at 7pm.

Contact Rev. Reine for Zoom link:

reineboghos@gmail.com

Only One

Who knows of the steps it takes
To keep the home together,
Who knows of the work it makes?
Only one---the mother.

Who listens to childish woes Which kisses only smother, Who's pained by naughty blows? Only one---the mother.

Who knows of the untiring care Bestowed on baby brother, Who knows of the tender prayer? Only one---the mother.

Who knows the lessons taught
Of loving one another,
Who knows of the patience sought?
Only one---the mother.

Who knows of the anxious fears Lest darling may not weather The storm of life in after years? Only one---the mother.

Who kneels at the throne above To thank the Heavenly Father For that sweetest gift---a mother's love? Only one---the mother.

Author Unknown, from The Evening Telegram (Toronto) Wed Nov 23, 1892.

Submitted by Anant Nagpur



Rideau Park United Church



2203 Alta Vista Drive 613-733-3156

Have Faith

One day we will worship together again in person, but for now you can keep your faith robust by visiting the Rideau Park United Church Website, Facebook, Instagram and YouTube portals.

For more information please visit www.rideaupark.ca









Spirituality Community Service

LOCAL BUSINESSES



KILBORN PHYSIOTHERAPY CLINIC

1385 BANK STREET, SUITE 510, OTTAWA, ONTARIO K1H 8N4

Sue Reive, PT, BSc.PT MCPA, Part A Manual Therapist TEL: (613) 523-8033 FAX: (613) 523-1074

L.S. MOORE & SONS

- DECKS (Repairs & Refinishing) PAINTING (Interior & Exterior)
- Renovations Carpentry
- Wallpaper Installation/Removal
- General Repair & Home Maintenance

Commercial

613-521-3911

Free Estimates

perrymoore2001@rogers.com

Established 1935



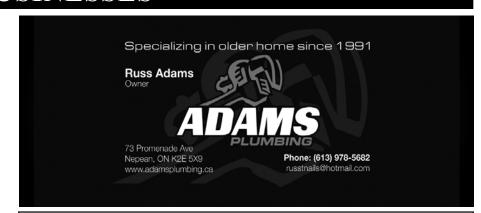
www.murraysresidentialpainting.com

P.O. Box 41081, Ottawa, ON K1G 5K9

Fax 613-822-0463

Tel 613-731-5500

www.aquadrain.ca





Steven A. Neal

B.A. (Hons), J.D.

P. 613.737.4140 F. 613.737.7903 1719 Bank St. Suite 305 Ottawa, ON steven@payetteneal.com

Are you buying or selling your home? Refinancing? Looking to revise your will or grant a power of attorney? Call today to find out how we can help you! We also offer notary services.

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.



Toll free 1-866-809-1504

SCIENCE AND TECHNOLOGY

COMPUTER TIPS AND TRICKS

By Malcolm and John Harding, of Compu-Home

Email – Too Good to be True?

If you were to look up "blessingand-curse" in the dictionary, that page would show an email message. Email is certainly one of the most beneficial, wasteful and frustrating developments of the digital age.



At its best, email is a wonderful enhancement to how we fulfil our

ancient need to communicate. Messages can travel next door or around the world in less than a second, to individuals or large groups, for intensely personal reasons or business purposes. It is inexpensive, easy to master, and it fits most media, from desktop computers to wristwatches.

On the other hand, many people are now finding that there is no escape from email. Anyone from your employer to your best friend can have immediate access to you at any time of the day or night and there is usually an explicit or implied guilt if you delay your reply. Email has no off-duty mode.

Email is also a superb delivery system for malware. It has been recently estimated that more than 99% of all email out in the ether at this moment is fraudulent. This means that email providers are constantly fighting a massive battle to try to protect our Inboxes (usually successfully) from messages that we distinctly do not want. The downside to this is that the providers have been forced to become draconian sticklers for security measures that can become impossible for us to navigate. Forgetting that there was a capital letter in a password can, in the worst of cases, result in the permanent loss of an email account.

At the same time, the providers bear their share of responsibility for some of the email downside. Does anybody seriously believe that it is an accident that you Google running shoes and very soon you start to receive email about sales on running shoes? (Check out the issue of "Tracking Pixels" if this subject interests or frightens you.) When email accounts are free, then the providers are at liberty to meddle in them in any way that is profitable and that includes tracking your data and making use of it, including perhaps selling it. Just as important is the fact that because you are not paying for your email account, the providers get away with offering little or no advice or support when things go wrong.

Some people feel that they can avoid the pitfalls of traditional email by relying on the messenger tools in social media platforms. Facebook Messenger would be an obvious example but unfortunately, it is also the prime illustration of how things can go wrong, with numerous recent examples of serious hacking of Facebook accounts, including Messenger.

There are a few start-up email providers which do charge a fee and can therefore claim themselves able to offer a more client-oriented service. People who take their email seriously and want to be as secure as possible while they are using it, might wish to experiment with either HEY, which is a paid email service that offers a free trial, or ProtonMail, which claims to pride itself on its security and has free and paid levels of accounts.

Another solution is a chat tool which can be a very controlled

environment for communicating among a relatively small number of participants. Several chat tools are free and others have optional higher-level paid versions. These are often intended for collaboration in work groups but certainly do lend themselves to personal uses as well. "Slack" is an excellent example of a chat tool.

There is an interesting and comprehensive podcast of "CBC Spark with Nora Young" from March 26, 2021 on this subject.

Contact Compu-Home at 613-731-5954 to discuss this column, share your opinions and suggest subjects for future columns. Our email address is <u>info@compu-home.com</u> and our website is <u>www.compu-home.com</u>.



Aladin Childcare Services offers childhood education and care programs to children from toddlers to school age, Monday to Friday, year-round, in Ottawa South.

We are situated at 2240 Russell Rd. and at Pleasant Park School. We also serve children from Marie-Curie, Sainte-Genevieve and St. Luke schools.

For more information, please contact us at info@aladin.services or look at our website at www.aladin.services.



GIBBON'S PAINTING & DECORATING

Local House Painter – Bonded With 27 years experience (Interior/Exterior) Customer satisfaction

ALWAYS GUARANTEED

For a free estimate please call Rory 613-322-0109

Book now for your painting needs



JUST GOOD ADVICE

Seat Belts Save Lives and Prevent Serious Injuries

By Emile Therien, Past President of the Canada Safety Council, and Public Health & Safety Advocate



According to the investigating police officer, Tiger Woods was wearing a seat belt at the time of his accident on February 23. Unquestionably, this saved his life! For the record, in Canada 10% of drivers and passengers do not wear their seat

belts, which is required by law in all provinces and territories. Some are exempted for various reasons, medical and others such as weight. The number of unbelted occupants is very disturbing. Unbelted drivers also pose a danger to other passengers and other road users.

According to the Canada Safety Council, in 2007, 2,469 people were killed and 138,470 people were injured on Canadian roads. The percentage of drivers killed that weren't wearing a seat belt was 35.4% and the percentage seriously injured was 16.3%. The percentage of passengers killed that weren't wearing a seat belt was 38.8% and the percentage seriously injured was 24.9%.

These huge disparities show you how much more likely you are to survive a crash or prevent a serious injury with your seat belt on, or conversely, that you are much more likely to be killed or seriously injured if you don't wear it.

Unbelted vehicle occupants become "missiles". In a serious crash, they can suffer secondary impacts, hit other occupants or be ejected. If ejected, they are 23 times more likely to be killed than those properly belted inside the vehicle. University of Alabama researchers reported in 2004 that unbelted occupants put belted occupants at an increased risk of injury and death in the event of a motor vehicle collision. They found that exposure to unbelted occupants was associated with a 40% increased risk of any injury.

A U.S. Department of Transportation study published in 2004 found that of all the safety features added since 1960, seat belts accounted for over half of all lives saved. The number of American lives saved by vehicle safety technologies (including air bags, electronic stability control systems, braking improvements, energy absorbing steering columns, improved roof strength, etc.) increased steadily from 115 per year in 1960 to nearly 25,000 per year in 2002.

The chances of surviving a crash are not 100% even if you have your seat belt on. That said, wearing a seat belt, as the record shows, greatly increases your chances of survival but does not prevent the crash from happening. As the Canada Safety Council says, defensive driving is always the first line of defence!

It Doesn't Get Here Before It Does

By Laura Harbin

When our daughter was two years old, she encouraged my husband to listen for a sound she heard outside her bedroom window. He listened for a moment, and then told her that he could not hear it. Our daughter rolled her eyes and said "Daddy, sounds don't get here before they do." We've recounted this wisdom many times. Knowledge and understanding just don't get here before they do. In science, they say scientific discovery advances one funeral at a time. Naturally, new research building on old research makes sense, but it also points to how long it takes to appreciate a revolutionary shift in our cemented views. We can look back to see major shifts that were rejected when they were first presented, that seem inconceivable to refute now.

In 1633 Galileo was tried by the Inquisition for proposing a theory that the earth rotated on its own axis around the sun, rather than the sun around the earth. For this discovery, Galileo was locked up in a tower and forced to recant, in order to be released. Isaac Newton, who was born on the day of Galileo's death in 1642, used Galileo's work to develop his own theory of a universe that worked through physical forces and without divine intervention. Newton's work was accepted and eventually so was Galileo's work which opened the way to new vistas in science, religion and intellectual and cultural history. In 1992, three-hundred and fifty years after his funeral, Galileo was exonerated by the Church for his 'heresy'.

Despite increasing scientific research in the 1940s and 1950s affirming their value in saving lives, car companies fought hard against installing seat-belts in cars. They generated negative consumer response by highlighting the increased expense that they would be passing along. Other arguments put forth against seatbelts suggested that they could cause internal injuries, that they prevented easy escapes from cars submerged in water, and that they frequently failed. All were disputed by researchers, but opposition remained fierce. Some opponents argued the decision to use a seatbelt should be personal rather than legal, or that having a safety device made riskier driving more appealing. Surprisingly, the debate lasted decades with the Canadian provinces and territories adopting seat-belt laws over a fourteen-year period starting in 1976. It's hard to imagine not strapping your child into a car seat, let alone, into a seatbelt. Science prevailed but only after many funerals.

And the most inconceivable today is the notion that disinfecting hands to prevent spread of disease was a foreign concept until 1846, when a young Hungarian doctor named Ignaz Semmelweis started a job at the General Hospital in Vienna, where many women in their maternity wards were dying from puerperal fever. The ward presided over by all male doctors and medical students had three times the mortality rate of the ward which was staffed by female midwives. Since the difference between the doctors' ward and the midwives' ward was that the doctors were doing autopsies and the midwives weren't, Semmelweis hypothesized that cadaverous particles were being transferred to the women during childbirth. Semmelweis ordered the medical staff to clean their hands and instruments with a chlorine solution and the rate of childbed fever fell dramatically. Since the scientific community had not yet discovered germs, they didn't believe there was significant science behind Semmelweis' theory. And the doctors were upset because Semmelweis' hypothesis made it look like they were the ones giving puerperal fever to the women. Eventually the doctors gave up the chlorine hand-washing, Semmelweis was dismissed from his job, was ridiculed for his theory, and died in an insane asylum. Semmelweis's practice earned widespread acceptance only years after his death, and he was vindicated in 1881 when Louis Pasteur developed the germ theory of disease, as it offered a theoretical explanation for Semmelweis' findings.

Whether it messes with our belief systems, our bank accounts, or forces us to admit mistakes, our first instinct is to reject radical new ideas. This worldwide pandemic has shaken humanity by its shoulders and called us to wake up. Our treatment of the elderly, of animals and working and playing in close proximity, will be challenged. Many who propose radical change will be ridiculed and vilified. Let's hope it doesn't take too many funerals to bring about the change we need to live in harmony with this earth and each other.

Laura Harbin is a screenwriter and blogger who is always trying to sort out the question – what is this life about!? To read more visit www.imitatinglife.ca

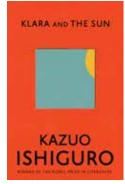
BOOKWORM'S DELIGHT

Klara and the Sun

by Kazuo Ishiguro (2021) Reviewed by JoAnn Mallory

The Marta Poems

By Susan J. Atkinson (2020) Reviewed by Laura Byrne Paquet



Kazuo Ishiguro's latest novel Klara and The Sun takes place in a futuristic society of "substitution", artificial friends (AFs), genetic editing, and "lifting", narrated by an android named Klara

Klara is a third-series B2 solar-powered AF, designed as a companion for children to optimize their academic performance, on display in a store. She stands out from the other AFs due to her unique curiosity and observations of her surroundings.

Finally, she catches the attention of Josie, a frail teenager who persuades her mother to get Klara instead of the new B3 models already in the store.

Josie is a "lifted" child who is lonely and sickly, and in need of companionship and more. Klara closely observes Josie's interactions with her parents and peers, but she struggles to understand Josie's behaviour, or her life-threatening illness. Klara's primary mission becomes to help Josie get better, even at the cost of her own existence.

On one level, Klara and The Sun reads like a fable with its simple (at times sinister) plot, cardboard characters, and layers of moralism (infused with Ishiguro's subtle satire). The near-future world that Klara inhabits bears an uncomfortable resemblance to our own, particularly at this time when children are isolated at home while studying virtually, and many feeling lonely and/or anxious.

Ishiguro presents an urban landscape black with pollution, and a society with widened social inequalities and massive job losses. Privileged children are "lifted genetically" and no longer attend regular schools, and helicopter parents have been replaced by drone parents willing to risk the health and even lives of offspring to ensure their success.

The android Klara is the ideal impartial narrator, recording what she sees and hears, without judging. Her singular devotion to Josie is not unlike the butler Stevens' blind loyalty to his employer in Ishiguro's early novel Remains of the Day. In that novel, the author explores the same central themes of servitude and obsolescence that are found in Klara and The Sun, set at least a century later.

Ishiguro plays with the role reversal between humans and technology in Klara and The Sun, as robots take on more human characteristics, and humans become more cyborg-like. Future generations of robotics with artificial emotional intelligence (AEI) is certainly feasible. But while software that can detect shades of feeling in voices and facial expressions has already been developed, simulating emotions convincingly has not yet been achieved.

Klara is the AI replacement for friends, parents, and servants. She easily fulfils these roles, but does she have the capacity to fully understand human behavior, or feel love and empathy? Klara appears to experience emotions such as happiness, kindness, fear, and anxiety, making the claim "I believe I have many feelings. The more I observe, the more feelings become available to me." Her response here sounds mechanical and unconvincing, but by the end of the novel, after years of careful observation and considerable reflection, Klara recognizes her own shortcomings.

Ishiguro has created a future dystopian society in Klara and The Sun, one in which the largest threat to humanity is not its benign, subservient technology, but humans themselves.

Kazuo Ishiguro is a British writer whose eight previous works of fiction have earned him many awards and honours, including the Nobel Prize for Literature, the Booker Prize, and a knighthood in 2018 for Services to Literature.



Ethereal, haunting, earthy, gut-punching—if I had a poet's mastery of language, I'd be reaching for words like these to describe The Marta Poems, a new collection by Old Ottawa South's Susan J. Atkinson.

Those who think they "don't like poetry" may be in for a pleasant surprise, as the 79 pieces are linked by the gossamer strand of a single life. Together, they tell a tale as gripping as that of a full-length novel. Instead of chapters, the reader gets glimpses into key points in the life of the

title character. Atkinson expertly distills the emotions and fallout from each experience—a birth, a fire, a journey, a chance meeting—to their essence. Little that's extraneous remains, so the poems evoke moments in time that linger in the memory like photographs.

The pieces are divided into five chronological sections, beginning with Marta's birth in Poland in 1925. The following two decades see her buffeted by forces ranging from family tragedies to the Second World War. (One note: Don't read the table of contents first, as it gives

away much of the story.)

Through Atkinson's words, we feel strangers' kneecaps digging into us as an overloaded railcar trundles across Siberia, packed with unwilling human cargo. We feel the deck rocking beneath our feet as a ship crosses the Caspian Sea, and the humid rain on our faces during a Rhodesian storm. And then, as war's end brings Marta to England, we feel the stirrings of hope, mixed with distrust and weariness. Marta is only 23 when she sets sail once more, this time to Canada, but it feels to us—and to her—as though she has already lived several lives.

Her years in Canada unfurl without the political upheavals of the early section of the book, yet the vicissitudes of a quiet life are no less dramatic in Atkinson's hands. Love waxes and wanes, dreams flare and fade, months fade into decades. Beloved items—a battered diary, a leather satchel—become totems anchoring Marta in the past, present and future. And even those items, with Marta's passing, are drained of the power they once held.

Grief runs deeply through many of these poems, but readers' reactions will be hard to predict. Some may find the thoughtful reflections on heartbreak uplifting, while others may be brought low. And while loss is a recurring theme, it is far from the only one linking these poems. Many pieces capture moments of joy, sparked by events as simple as building a sandcastle or gazing at stars. Just like life, together they're a densely woven fabric of light and dark, sun and rain, peace and sorrow.

Atkinson explains in the notes that Marta was a real person but that her story has been fictionalized to make it more universal. Whether you read the pieces all in one evening to immerse yourself in Marta's story, or savour them a few at a time, I suspect you'll agree that Atkinson has achieved that end. Marta lived and died in specific circumstances, but the tiny details Atkinson has used to evoke them—a moonlit goodbye, a scrap of fabric, a thick slab of buttered bread, a cardinal alighting on a tree—will have resonance for many.

The poems vary in length, style and voice, each finely tailored like the clothes Marta sews. Even if you think you "don't like poetry," try this collection on for size. You might find it fits you.

Susan J. Atkinson is an Ottawa-based poet and Grade 1 teacher at Charles H. Hulse Public School. The Marta Poems is her debut poetry collection. Laura Byrne Paquet is a freelance writer and editor living in Old Ottawa South.

SCHOOL NEWS

Push and Pull

By Nour K., a grade 7 student at Featherston Drive Public School

Push and pull was a writing activity that we did with our R7A teacher Ms. Conley. We did the push and pull near the beginning of the year. The push and pull activity is about sharing facts about yourself to your class and teachers. It's a lot easier to do this assignment if you live somewhere other than Canada or just a different city. I think you're wondering what push and pull means.

Imagine, I'm in Lebanon, push would mean what pushed you out of this country. To me that would be a war. Sidon clash in June 2013 and the Syrian civil war that spilled over Lebanon.

Pull means: who or what specific thing is convincing you to come to Canada. For my family and I, it would be free health care and survival. Everyone who did this assignment is telling you about their family life story, race, religion, nationality or culture. To me this was very interesting knowing where other people came from. Hopefully this inspires you to read more or make your own.

Our teacher wanted to do this activity so we can get to know each other more. Remember this assignment was assigned to us near the beginning of school. When I first came to this school I knew a few people outside of my class but not in my class. I was really nervous until I met someone that I knew from sports tournaments, that's when I knew everything would be just fine. We all presented and I was excited for the students presenting but I was nervous for myself. I did it both on paper and online.

When I first came to this school no one knew I was Arab until I spoke some. I don't know how they didn't know I was Arab my name is literally Nour. It's a Arab name. But when I realized I have Muslim people in my class that's when I started getting comfortable around them.

Doing this push and pull activity was really fun. Hopefully you can try it with your class soon.

Thanks for reading.

Knowledgehook

By Imran A., a grade 7 student at Featherston Drive Public School

nowledgehook is a website where you can test out your knowledge

Non different topics of math like probability, data, geometric shapes, area, or ratios with many more types of missions. It is free for teachers and students to use. For example, here is me achieving the mathalon with over 250 stars.

Basically on Knowledgehook there are missions where you can complete new missions to unlock new bots, XP, and upgrade to new levels. Also there are 2 events on Knowledgehook, the half mathalon, and the full mathalon. The half mathalon is where you



have to complete almost every mission on a Knowledgehook, and the stars you need to get are 250 stars to reach the full mathalon.

You can also recycle some bots to create brand new bots like a rare, very rare, or monthly exclusive if you can complete 2 missions from your teacher.

You can do Knowledgehook whenever you want at school, at home, in a car, or at the park. It doesn't matter where or when you do it.

Knowledgehook can be useful for grade 1's to 12 because it is very useful to your math grades, another way to practice math skills and in everyday life if you find it interesting, or fun.



Travelling Tales

By Fatima M., a grade 7 student at Featherston Drive Public School

Travelling Tales is a storytelling project created internationally for schools all over the world to create a story. Five schools from different countries for travelling tales each year. For each of the 5 selected schools, there will be a topic chosen based on the United Nations Sustainable Development Goals.



Travelling Tales started 4 years ago - 2017. It was created for kids all around the world to make stories together and give opportunities to let kids understand and know how to make stories with different schools. They do it by drawing or creating pictures to add into the story and let other kids from that school to record their voices over the drawing or picture they decided to make and record what they wanted to say over it. The schools use Adobe spark to record and edit their stories together.

Each Tale shares a message to make people aware of the United Nations Sustainable Development Goals (The SDGs). To make the story they would have to know how to answer these: "How could you and your student continue the story? What would happen next? What would be the build up or problem?" When the schools are decided and all of them know the topic they start, it starts with the first school. Then after they've finished, they send it to the next school and so on to the next schools. When they're all finished they send it to the schools they collaborated with and publish it on the travelling tales Website.

YouTube Link To Video For This Year-2020-2021: https://m.youtube.com/watch?v=4g MN3E7dTg&feature=youtu.be

Schools that worked together: Ms. Conley's Featherston Drive Public School, Exposition-Grade 7's American School of Madrid:Rising Action-Grade 6's. "Santaros" Gymnasium Lithuania. MYPT students, UWC Maastricht, NL. Ms Rocio's

SCHOOL NEWS

6 values from 2021 and tips for my future self

By Valérie LeVasseur, a grade 7 student at Louis-Riel High School

Value #1

LOYALTY

is a feeling of allegiance with something or somebody, it's really not like independence

As in:

When there's no loyalty, best friends become friends and friends become strangers that's a let down

As in: Our relationships were put to test because of the pandemic Some were left alone and some were depressed

As in: Timon and Pumbaa from the Lion King stayed together forever and made so many jokes

Forgiveness isn't failing, it's fabulous but sometimes it isn't because the pain may still be there People that stick together are marvelous That's loyalty, isn't it?

Value #2

RESPECT

is a feeling that leads to give someone consideration because of the value we recognize

During the pandemic, we had rules we had respect for some The rules were everywhere and we still acted incompetent

It's a good value because of the pandemic The masks, sanitizer, anything that would do But there's also the systemic racism, black lives matter or woman's rights We had to fight for the light It was not like a beautiful prism

Multiple rules were broken
The rules had consequences
Some spoken,
but their words were trapped in fences

Do you think it hurts when you don't get respected?

Could you be affected?

Value #3

RESPONSIBILITY

is the state or fact of having a duty to deal with something or someone

In 2021, you had tasks We had to wear masks Some did not do it

You also had tasks to respect Respect each other's contrast the color, the defect

You should never, ever, give up on one!

Value #4

PATIENCE

is the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset

We had patience for the good
It started 3 weeks, then a month, then a year
I wondered if it would
be all cleared
and I still do... wonder

Some had patience With racism But some had impatience they couldn't take the racialism

Patience can always help It makes you a good person, but remember Saying no can save lives

Value #5

HONESTY

is the quality of being honest

As in: Honesty is not like lying Honesty can be given mutually You can't say you're flying, It's a lie usually

As in: You say
your a fictional character
like Peter Pan
or Tinker Bell with her wings spread
That's not honesty

As in: Without honesty, there's trust issues, with distrust there's no generosity or love

As in: You say that your eyes are ocean wide or have bright stars in them That's lying, but it makes you believe

As in: someone is hurting or is mentally unstable, says «I'm ok or fine»

That's not honesty

As in: The truth is not like the lie You lie to keep the truth It could be a bad truth or good truth

Value #6

LOVE

a feeling of strong or constant affection for a person or something

Love helps people
Love gives courage

SCHOOL NEWS

Love doesn't hurt like a needle

It's important because it shows that you accept You don't want to be forgotten



Love comes with everything

To have loyalty, you need to love it

You can't love someone if respect isn't something

Love can be a responsibility

You need patience in love

And to keep love you need honesty

Love could be mutual or fake Love can be appreciated or hated

But you can love anyone and especially yourself

Tips for my future self

First of all, don't doubt yourself

Second of all, be proud of yourself Be proud of what you achieved and it's ok if you made mistakes

Third of all, move on from the bad past Have a blast

Fourth of all, Remember who really loves you Your family, your real friends

Fifth of all,
There will always be jealous people
forget them,
ignore them

Six of all,
Stop over thinking
Your clock Is always ticking
Tick Tock Tick Tock

Finally, have fun, let your heart have it And, everything will be ok

Seven Generations Conversation Series

By the Seven Generations Africa Team

Submitted by a resident from Riviera's Tower 1, on behalf of Tania Leduc for her university project; participation is welcome.



Dear citizen of the world,

We are reaching out to you today to get your wisdom. We are a group of young women that are currently creating a project (Seven Generations Conversation Series) in order to change the world we have and create the world our children deserve.

Everyone has a story, thoughts and lessons to share. Seven Generations Africa seeks to get people's stories, to give a voice to those brave beings of humanity who want to share a piece of their heart. We've realized that some people work better with no boundaries and others want to speak about specific topics, so this is why we will ask some questions that you can answer depending on how inspired you are:

- How has your state of inner well-being been for the last year?
- What is it like to be a millennial (or living as any other generations, such as baby boomers, generation X, etc... please see below for more information if you are unsure which generation you belong to) in 2021?
 - What does it mean to be human, in your opinion?
- •How have you liberated yourself from discrimination (e.g. patriarchy, racism, genderism, ageism, etc...)?
- What do you want to share to the World? (Anything you would like to share with the world)

There are many ways to share your words with the world, through us. You can record a video or an audio clip of yourself speaking or even write a few words. If you don't feel comfortable recording yourself we have people to read your stories. If you wish to remain anonymous, we have ways of sharing your wisdom with the world without your name. Just let us know.

Also, if there's more people that would like to share their words, please suggest it to any friends that you feel might be interested. If you could please indicate your name, year of birth and living country, it would be great. Feel free to refer them to the following email address: sevengenafrica@gmail.com.

Please be aware that all information that you are giving to Seven Generations Africa will be used for educational and humanitarian purposes. We will respect your wishes of privacy.

Thank you for letting us spread your words of wisdom to the World. It needs them. Desperately.

Feel free to follow us on our social media:

Instagram: https://www.instagram.com/sevengenafrica/
Facebook: https://www.facebook.com/Sevengenafrica/

YouTube: <u>https://www.youtube.com/channel/</u> UCqH3O0UqBR096GwH7qdRbtA

Tania Leduc is a student at the Université du Québec à Montréal (UQÀM) in the Human and Organizational Communication, International Concentration program. She is currently on a virtual international internship at Seven Generations Africa, an initiative linked to the non-profit organization Angamma Charitable Trust located in Johannesburg, South Africa. Participation in the Seven Generations Conversation Series does not require any connection to Africa.

KID'S PAGE

Spring Word Search

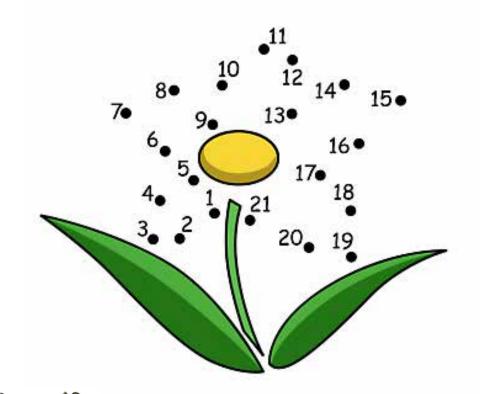
0 W Ε R В Х D S Q Ζ Е Q Q Z C G N В D Q G

BIRD BUD EGG FLOWER LAMB NET RAIN SPRING

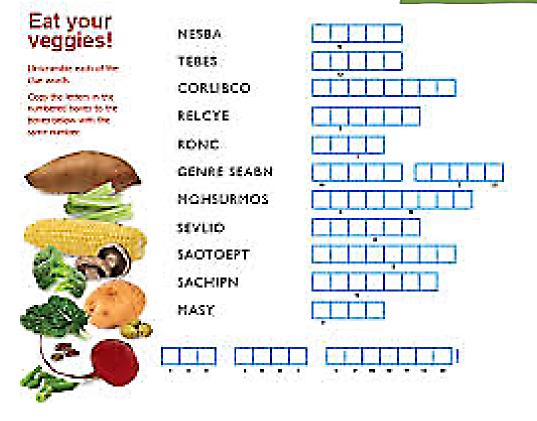
@ 2014 puzzles-to-print.com

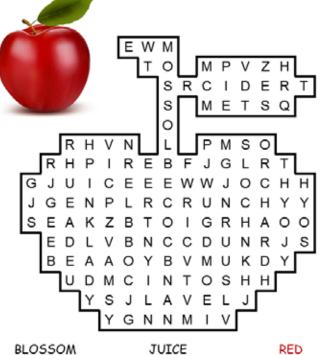
Name:_____ Date:

Connect and color.



Apple Word Search





JUICY MCINTOSH ORCHARD PEEL PIE PINK LADY

CIDER

COBBLER

CORE

CRUNCHY

GALA

GREEN

RED SEEDS STEM TREE WORM

© 2014 puzzles-to-print.com





Living with Persistent or Permanent

ATRIAL FIBRILLATION?

Interested in exercise and your health?

JOIN OUR PHYSICAL ACTIVITY STUDY!



This is a randomized trial comparing the effectiveness of different exercise programs on fitness and well being in people living with atrial fibrillation. Participants (aged 40+) will have basic health measures taken, undergo physical activity tests and complete questionnaires.

Participants will then be randomly placed into one of two 12-week physical activity programs or standard care. The exercise sessions will be free of charge and conducted at the University of Ottawa Heart Institute.

To learn more, please contact the Research Coordinator:

mmistura@ottawaheart.ca

4 613-696-7000 x15944

Note: This research study has been approved by the Oliana Health Sciences Network Research Ethics Board

<u>Dr. Patricia Horsham MB BS FRCPC FAAP</u>

Pediatrician, South and South West Ottawa

Website for Conditions in Children:

Askdoctorpat.com

New website for general and Adult Health Issues:

Tellmedoctorpat.ca

CONTACT DR. HORSHAM at 613-302-8000 or CHADHA MEDICAL CLINIC - 1883 Bank Street or THE SUNRISE MEDICAL CLINIC -1460 Merivale Road

EAVESTROUGH CLEANING

WINDOW CLEANING

MINOR REPAIRS

SOFFIT, COVERS

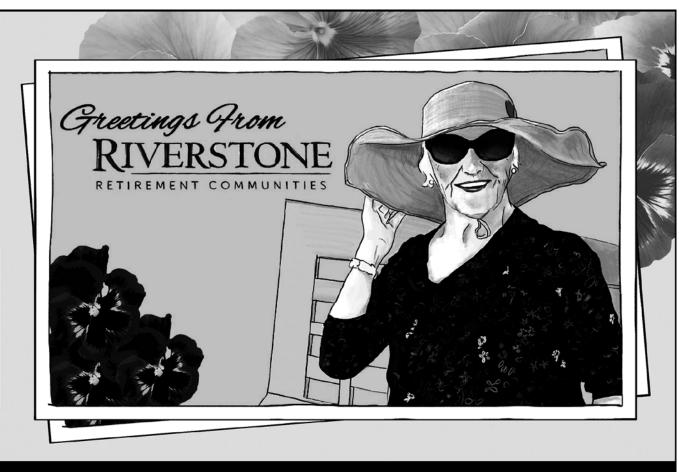
Free Estimates

All Work Guaranteed

(613) 852-0425

Spring is in **the** air!

SUITES
AVAILABLE
IN ALL
CARE LEVELS



CONTINUUM OF CARE: INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE



Health, Happiness and Home

Spring into retirement living at a Riverstone Retirement Community conveniently located in your neighbourhood. Discover the community you've been looking for in Riverview Park, Alta Vista, and Beechwood.

- Private suites in a vibrant community available in studio, one and two-bedroom floorplans.
- Full continuum of care: Independent Living, Assisted Living, and Memory Care, with access to 24-hour nursing care.
- A variety of activities and programming to keep our residents safe, happy, and connected.









Riverview Park I 613-656-0556 MaplewoodRetirement.com



Alta Vista I 613-260-7144 OakparkRetirement.com



Beechwood I 613-327-9655 RiverpathRetirement.ca

UPCOMING EVENTS



ALTA VISTA LIBRARY May 2021

The staff at the Alta Vista Library hope that you are keeping well and healthy during these difficult times. For the most current status updates as well as information about available services, please visit <u>www.biblioottawalibrary.ca</u> or call 613-580-2940.

Please note the following measures in place for your safety when visiting:

- Modified hours remain in place:
- Monday and Wednesday: 10 a.m. to 6 p.m.
- Tuesday and Thursday: 1 p.m. to 8 p.m.
- Friday and Saturday: 10 a.m. to 4 p.m.
- Closed Victoria Day (Monday, May 24)

You can place holds online at <u>www.biblioottawalibrary.ca</u> or by calling InfoService at 613-580-2940.

- Masks are required inside the branch as per the Temporary City of Ottawa by-law, as well as while being served curbside by staff at the door.
- Physical distancing measures are in place. A limited amount of people will be allowed in the branch at a time. Please follow any signage and floor markings and practice physical distancing when in the branch.
- There is no public access to the Branch when a Stay-At-Home Order is in effect.
- Public computer use is limited to one hour per user per day. Appointments can be made at the branch or online from home. There are absolutely no exceptions. Computers will be cleaned between use.
- Public Computers, scanners, printers and photocopiers are not available when a Stay-At-Home Order is in effect.
- All furniture has been removed, with a few exceptions. We are happy to see all of you again but please limit your time in the Library and enjoy your Library materials at home. No studying or tutoring is permitted at this time.
- Meeting rooms and program rooms are not available. All in-person programming is suspended until further notice. Please feel free to check out our selection of virtual programming for all ages online.
- Museum passes and the Express Collection are not available for lending at this time.
- The outdoor book drop is now available during Library hours. It will remain unavailable outside of Library hours. All returned items will be quarantined for a minimum of 72 hours before being removed from your account.

Please visit <u>www.biblioottawalibrary.ca</u> for the most up-to-date information. Info Service continues to be available for many inquiries and services by calling 613-580-2940 or emailing: <u>infoservice@biblioottawalibrary.ca</u>

ELIMINATION OF LATE FEES

The Ottawa Public Library has eliminated late fees as part of our new Materials Recovery Model.

All other fees including replacement fees, restocking fees and printing/photocopying fees remain.

Items are considered lost and a replacement fee charged:

- 21 days after the due date (regular collection items)
- 7 days after the due date (Express items)

Once an item is considered lost, a replacement fee equal to the cost of the item will be charged. If the lost item is returned, the replacement fee will be cancelled.

Items that previously had no renewal limits will now have a limit of **five** renewals. Other renewal limits remain unchanged. Please note that an item can only be renewed if there are no holds on the item.

More details on the end of late fees are available on the Ottawa Public Library website.

CHILDREN'S PROGRAMMING

Online Storytime – Tuesdays until June 15 at 10:30 a.m. Ages 6 and under.

Online Storytime/Heure du conte en direct – Thursdays until June 17 at 4 p.m. / les jeudis jusqu'au 17 juin. Ages 6 and under / Pour les 6 ans et moins.

Heure du conte en direct—les jeudis jusqu'au 17 juin à 10h30. Pour les 6 ans et moins.

Parent-Baby Connections – Thursdays at 2:30 p.m. until June 17. For ages 0 to 18 months.

Connexions Parents-bébés – les mercredis à 10h jusqu'au 16 juin. Pour les 0 à 18 mois.

Coding with Scratch #2 – Create an Animation – Wednesday, May 5 at 4:30 p.m. Ages 8 to 12.

Codage avec Scratch #2 – Crée une animation – mercredi le 12 mai à 16h30. Pour les 8 à 12 ans.

Coding with virtual micro:bits - Randomizer Games – Wednesday, May 19 at 4:30 p.m. Ages 8 to 12.

Programmation avec les micro:bits virtuels – Jeux de hasard – mercredi le 26 mai à 16h30. Pour les 8 à 12 ans.

Coding with virtual micro:bits: Use the micro:bit to solve problems! – Wednesday, June 2 at 4:30 p.m. Ages 8 to 12.

TEEN PROGRAMMING (Ages 13 to 18)

Rebel with a Rhyme: Virtual Performance – Monday, May 3 at 7 p.m.

Dungeons and Dragons for Teens (4 sessions) – Tuesdays, May 25 until June 15 at 4 p.m.

ADULT PROGRAMMING

The following programs will take place via Zoom. You can find the Zoom links and registration under the listings on our website at http://www.biblioottawalibrary.ca/program

Virtual Genealogy Drop-In – Tuesdays at 2 p.m.

Rebel with a Rhyme: Virtual Performance – Wednesday, May 3 at 12 p.m.

Concert Series: Junkyard Symphony – Wednesday, May 5 at 7 p.m.

Croisée des mots avec Charles-Étienne Ferland – mercredi le 12 mai à 18h.

Virtual Death Cafe – Friday, May 28 at 12:30 p.m.

UPCOMING EVENTS

TECH CAFÉ SERIES / SÉRIE TECH CAFE

Basic Tips on Troubleshooting Your Technology Problems – Monday, May 3 at 4 p.m.

Musique et Technologie en ligne – jeudi le 6 mai à 16h.

First Steps in Getting Technology for Your Needs – Thursday, May 13 at 4 p.m.

Music and Technology – Monday, May 17 at 4 p.m.

Assistive Settings and Features on Your Device – Thursday, May 20 at 4 p.m.

Comment se déplacer facilement à Ottawa grâce à la technologie – jeudi le 29 avril à 16h.

Options for Obtaining Assistive Devices and Technology - Thursday, May 27 at 4 p.m.

Your Online Afterlife: How to Plan for Your Online Presence After **Death** – Monday, May 31 at 4 p.m.

GARDENING SERIES

Organic Gardening – Wednesday, May 5 at 12 p.m.

Jardinage Biologique – mercredi le 12 mai à 12h.

Vegetable Gardening – Wednesday, May 19 at 12 p.m.

Gardening with Children – Wednesday, May 26 at 12 p.m.

Going Grassless: Meadowscaping Your Yard – Wednesday, June 2 at 12 p.m.

Both Children's and Adult Programs are added regularly. Please continue to check our website for updated information regarding online programming.

ISOLATION RECREATION

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

These resources include:

Digital eBooks and Audiobooks via Overdrive and CloudLibrary for English titles and Cantook Station for French titles.

Language learning courses via Mango Languages.

Streaming movies via Hoopla, the Kanopy Collection, Kanopy Kids and Access Video on Demand.

Free magazines and newspapers via Flipster, RB Digital or PressReader.

Children's resources for educational videos and online books such as Just for Kids and the Tumblebook Library.

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

Stay safe and we hope to see you back in person real soon!

COMMUNITY EVENTS May 2021

EMMANUEL UNITED CHURCH

691 Smyth Road

Office: 613-733-0437 (Monday - Thursday, 8:30 a.m. - 4:00 p.m.)

Email: <u>office@emmanuelunited.ca</u>
Website: <u>www.emmanuelunited.ca</u>

Welcome. As of April 1, due to health regulations our building and office is closed and our staff is working from home. All in-person events and activities at Emmanuel are cancelled. Phone and e-mail are monitored regularly. It is important that we continue to maintain the health and wellness of all.

Many of our worship services and activities for spiritual and social connection continue to be online. Other events are being planned, but will take place in a different way. Stay tuned. For information or meeting details (including how to join us by Zoom), please contact our office. Emmanuel continues to function as a family, offering programs and reaching out to our church members and all in the community.

Children's and Youth Christian Education Programs: These continue to be planned as online activities; watch our website at <u>www.emmanuelunited.ca</u>, for updates.

Our Facebook Page: Join us online at <u>www.facebook.com/EUC</u>. Ottawa to find out all about Emmanuel United Church. You'll find videos, community news and sharing opportunities.

Weekly Events:

Sundays, 10 - 11 a.m.: Worship Services Online, with a welcoming message, hymns, prayers, videos, scripture, and a thoughtful reflection, live streamed at www.emmanuelunited.ca/worship/webcast.php. Please join us! Afterwards, join us online for a virtual period of Coffee and Conversation (by Zoom).

Mondays, 7 - 8 p.m.: Meditation. Jesus says, "When two or three pray together in my name, I am there among them." We live in a noisy world filled with ceaseless activity. We seek space to be quiet and be with God within ourselves.

Tuesdays, 7 - 8:15 p.m.: Faith Study. We will be discussing upcoming scripture readings from the lectionary (by Zoom).

Thursdays, 10 - 11:30 a.m.: Thursday Morning Discussion Group (Heretics). We are currently studying *Faith after doubt: Why your beliefs stopped working and what to do about it*, by Brian McLaren (by Zoom).

Fridays, 10 - 11 a.m.: Coffee With Roxanne. Join Roxanne Delmage, our Pastoral Care Provider, as she has a virtual visit, and participants share thoughts with each other. Roxanne presents a different scripture reading and topic each week (by Zoom).

Other Events:

Wednesday, May 5: Emmanuel United Church will participate in the REDress Project by hanging red dresses and a shirt in the trees outside of the church building along Smyth Road. The installation is intended to draw the eye of those passing by and introducing them to the on-going plight of the MMIWG2S+ people and their communities.

UPCOMING EVENTS

National Red Dress Day in Canada commemorates the more than 1200 missing and murdered Indigenous women, girls, men, and two-spirit people (MMIWG2S+).

The Red Dress installation will be blessed by Anishinaabeg elder, Barbara Dumont-Hill, in keeping with the significance of the installation as a solemn memorial to those whose lives were lost, and in support of grieving families still waiting for justice.

Canadians are encouraged to wear red on May 5 in tribute to the thousands of Indigenous people still being victimized, murdered or missing in our society. Please note, the formal blessing of the installation might be adjusted to be later than May 5 due to COVID safety measures and in compliance with pandemic guidelines.

Wednesday, May 26, 7 p.m.: Teleos - A group for all women, meeting to discuss current issues and experiences from a theological perspective. Recent topics have included Exploring Indigenous Issues through Literature with the help of books by three Indigenous authors.

Sunday, May 30, 10 - 11 a.m.: Father Daryold Winkler will be leading worship at Emmanuel (live-streamed). Father Winkler is an Ojibway Catholic Priest who has been a strong advocate for reconciliation with and decolonization of Indigenous people in North America.

RIDEAU PARK UNITED CHURCH

As we enjoy the warmth, greening and new life that spring brings, much uncertainty and anxiety persists in the community along with COVID. Rideau Park United Church continues to be there for you, offering a number of community events and activities online for spiritual and social connection, as well as education and reflection. The building continues to be closed during the provincial stay-at-home order. We are using a variety of ways to communicate in this time of physical separation, and can be reached through our website, www.rideaupark.ca , FaceBook Group, Instagram, and our YouTube channel. To speak to a staff member, please contact us at 613-733-3156 ext. 228 or by email at info@rideaupark.ca

Weekly activities during May will include:

Sundays, 10 a.m.: Worship Services at <u>www.rideaupark.ca</u> recorded that week, with welcoming words, inspirational hymns, supportive prayers, scripture, videos, and a thought-provoking presentation. Please join us! These services are also archived and may be viewed on the church website at a later date. For more information, see the website or phone the church office, 613-733-3156 ext. 228.

Sundays, 11:15 a.m.: Healing Circle offers a time of healing prayer online after the Worship Service. A part of the Healing Pathway Ministry, it is available on YouTube through the Rideau Park website. Please see the full description at www.rideaupark.ca

Sundays: Children's and Youth Christian Education Classes are continuing on-line at Rideau Park until mid-May. There are four separate groups to join: JK/SK 10 a.m.; Grades 1-3 10 a.m.; Grades 4-6 10:30 a.m.; and our youth class 11:30 a.m. Newcomers are always welcome. All classes are through Zoom. Contact Rev. Steve Clifton at <u>sclifton@rideaupark.ca</u> to receive a Zoom invitation.

Thursdays, 10 a.m.: Need a peaceful, focused interlude in a busy week: Group Morning Meditation at Rideau Park is being shared together through Zoom for 20 minutes of quiet, peace and mindfulness. Meditation is not difficult; most find that it is a deepening experience. The Meditation Group will continue through the end of June. See www.rideaupark.ca for information, and contact Rev. Steve Clifton at sclifton@rideaupark.ca to receive the Zoom invitation. Several recorded meditation guides are also available on our Youtube channel and through the church website.

Thursdays, 7:30 p.m.: Zoom Choir Practice for singers to enjoy and be better prepared when choirs can return! (We all mute ourselves when actually singing.) If you are interested in exercising your vocal chords with some beautiful music, join Director, Iain Macpherson, and others online each week. Contact *choirdirector@rideaupark.ca* for more information.

Other Connections

Camp Awesome at Rideau Park, summer 2021: An expanded Camp Awesome for children ages 4-12 is being planned as a summer online experience in 2021. We will share more on what Camp Awesome 2021 will look like as the program develops. For more info, contact Rev. Steve Clifton at <u>sclifton@rideaupark.ca</u> or, at a later date, check <u>www.rideaupark.ca</u>

Healing Pathway Ministry at Rideau Park: Trained practitioners are offering healing prayer over the phone since in-person sessions are not currently available. For more info, contact <u>healingpathway@rideaupark.ca</u> or Rev. Steve Clifton at <u>sclifton@rideaupark.ca</u>

Rideau Park United Church Facebook Group: Connect with others for videos, community news, daily prayers, and sharing opportunities. It is a public page. Consider joining the group if you wish to comment.

We need to stay connected to our community and to one another, while being physically apart. Our community is all of us.

AVCA SPRING CLEANUP



OTTAWA NEWCOMERS CLUB

Our club is a non-profit, social organization for women who have recently moved to this area; (and those who have experienced a significant life change), and would like to meet new people of similar interests by joining our many group activities. More information about us and what we do can be found on our website at: <u>ottawanewcomersclub.ca</u> or by contacting <u>newcomersclubottawa@gmail.com</u>.

FIBRE FLING 2021 VIRTUAL ART SHOW AND SALE

Ottawa's annual Fibre Fling 2021 Art Show and Sale is back (virtually this year)! Visit us at www.fibre-fling.ca from April 23 to May 15 to be dazzled by the beautiful textile and mixed media works created by Ottawa's own 'Out of the Box' artists.

CLASSIFIED ADS

BRENNAN BROTHERS LTD. Finish Basements, Bathrooms, Kitchens, Drywall, Painting, all flooring, all roofing, repairs, doors & windows, decks, build houses. We do stipple ceilings and repair them. **10% Spring discount** Free estimates, guaranteed workmanship **613-733-6336.**

CLEANING Weekly, bi-weekly service available. Working alone for over 20 years. References. **Call 613-262-4508**

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

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

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

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

TIME FOR A GIGGLE

More Spring Riddles

Q: If April showers bring May flowers, what do May flowers bring?

A: Pilgrims.

Q: Why did the gardener bury all her money?

A: To make her soil rich.

- Q. Why did the baby chick cross the road?

 A. It was take-your-child-to-work day.
- Q. Why did the golfer wear two pairs of pants?

 A. In case he got a hole in one!
- Q: Which crime fighter likes spring the most?

 A: Robin



CYRIL PHARMACY

1795 Kilborn Ave. Ottawa (613) 680-1772

Come See The Difference At Your Neighbourhood Pharmasave

Stop By or Visit Cyril Pharmacy Today!

- · All Drug Plans Accepted
- · Free Local Delivery*
- Free Blood Pressure & Blood Sugar Monitoring
- Compliance Packaging (Blister Packs)
- Bilingual Service
- Prescription Refill Reminder Service
- eRefills

Open Monday to Friday 9am-7pm • Saturday 10am-4pm

*Some restrictions apply, see store for details



\$5 OFF*

Easy

Prescription

Transfers!

Your next purchase of \$15.00 or more on Pharmasave Brand Item

*Redeemable at Cyril Pharmacy Pharmasave only.







ROOFING REPAIRS

Andrew, the Roofer call or text (613) 889-7170

email: andrewtheroofer6@gmail.com "Oftentimes, a repair is all you need"

The new City of Ottawa Official Plan to urbanize your neighbourhood will affect you and your home.

Council will approve it in October 2021. Join your neighbours in discussion at:

www.opconversation.ca

Be part of the conversation! Time is short.

If you want to know what is good for a neighbourhood, ask the people who live there.

Stephen Lewis

Le nouveau plan officiel d'urbanisation de la Ville d'Ottawa affectera votre vie quotidienne et votre propriété.

Le Conseil approuvera ce plan en octobre 2021. Venez en discuter avec vos voisins au

www.opconversation.ca

Prenez part à la conversation! Le temps presse.

Si vous voulez connaître ce qui est bon pour un quartier, demandez aux gens qui y vivent.

Stephen Lewis

MOVIES NSTUFF 1787 KILBORN AVE. MAY 2021 738-1607 www.moviesnstuff.com

MAY 4th

Percy

After Canadian businessman, farmer, and politician Percy Schmeiser took over the family farm in 1954, he entered a protracted legal battle with multinational agrichemical company Monsanto over using seeds from stray genetically modified canola plants growing on his property. Christopher Walken stars!

The Conductor

In 1926 New York, Antonia Brico dreams of becoming a conductor, but she isn't taken seriously because she is a woman

Judas and the Black Messiah

After being arrested for an attempted car-jacking, William "Bill" O'Neal is approached by FBI Agent Mitchell to infiltrate the Black Panther Party. A 2021 Nominee for Best Picture and

The Virtuoso

A loner hitman must find his target with only a code word, but finds several possible targets, including a deputy sheriff. Anthony Hopkins stars!

Tom & Jerry

Classic Hanna-Barbera animation, which reveals how Tom and Jerry first meet and form their rivalry.

55 Steps

Patients' rights lawyer Colette Hughes has no idea the uphill legal battle to improve treatment for mental patients she faces when she meets Eleanor Riese in the psychiatric unit of a San Francisco hospital. Hilary Swank and Helena Bonham Carter star!

The Mole Agent

A private investigator in Chile hires someone to work as a mole at a retirement home where a client of his suspects the caretakers of elder abuse. Award-winning documentary that is making waves!!

Collective

Director Alexander Nanau follows a crack team of investigators at the Romanian newspaper Gazeta Sporturilor as they try to uncover a vast health-care fraud. Academy Award nominee in 2021 for Best International Film AND Best Documentary! A must see!

Another Round

Multiple Oscar Nominations for this Danish film! Four friends, all high school teachers, test a theory that they will improve their lives by maintaining a constant level of alcohol in their blood. The great Mads Mikkelsen

Sputnik

The lone survivor of an enigmatic spaceship incident hasn't returned home alone-hiding inside his body is a dangerous creature. A well reviewed Russian alien movie!

The House of Elliott

BBC is re-releasing their revered 1991 series about two sisters in 1920s London who work to achieve success in the dressmaking business.

Crisis

Set against the backdrop of the opioid epidemic, three stories follow a drug trafficker, an recovering architect, and a university professor battling unexpected revelations about a "non-addictive" coming to market. Gary 2038: George Almore is working on a Oldman stars.

One Night in Miami

A fictional account of one incredible night where icons Muhammad Ali, Malcolm X, Sam Cooke, and Jim Brown gather to discuss their roles in the Civil Rights Movement and cultural upheaval of the 60s.

Fleabag: Seasons 1 & 2

Finding 'Ohana

A summer in rural O'ahu takes an exciting turn for two Brooklyn-raised siblings when a journal pointing to long-lost treasure sets them on an epic adventure with new friends, and leads them to reconnect with their Hawaiian heritage.

The Mauritanian

Mohamedou Ould Slahi fights for freedom after being detained and imprisoned without charge by the U.S. Government for years. Jodi Foster headlines!

Nomadland

After losing everything in the Great Recession, a woman embarks on a journey through the American West, living as a van-dwelling modern-day nomad. Starring the ever great Frances McDormand, this is the odds on favourite to win Best Picture!

Psycho Goreman

After unearthing a gem that controls an evil monster looking to destroy the Universe, a young girl and her brother use it to make him do their bidding

Pieces of a Woman

When a young mother's home birth ends in unfathomable tragedy, she begins a year-long odyssey of mourning. Vanessa Kirby received an Oscar Nomination for her terrific

The World to Come

Somewhere along the mid-19th century American East Coast frontier, two neighbouring couples battle hardship and isolation, witnessed by a splendid yet testing landscape, challenging them both physically and psychologically. Vanessa Kirby stars in this one too!

Rams

A decades-long feud between two sheep farming brothers comes to a head when disaster strikes their flocks. Sam Neill stars in the Australian remake of the equally charming Icelandic film!

Archive

true human-equivalent Al. His latest prototype is almost ready. This sensitive phase is also the riskiest. Especially as he has a goal that must be hidden at all costs.

May 11th

Earwig and the Witch

Earwig, an orphan girl, is adopted by a witch and comes home to a spooky house filled with mystery and magic. From legendary Studio Ghibli.

The Final Stand

The story of the Podolsk cadets' heroic stand outside Moscow in October 1941when they were sent to fight at the llyinsky line.

The Legend of Luo Xiaohei

In a bustling human world, various of goblins live peacefully with mankind. Luo Xiao-Hei, the cat demon, begins his journey of wandering because his forest home is destroyed. With sympathetic goblin partners and earnest human master appearing one after another. Hei is in the dilemma of which side will be his true attribution. A beautifully animated film for the whole family!

Raya and the Last Dragon

Long ago, humans and dragons lived together harmoniously in the world of Kumandra. But when evil threatened the land, the dragons sacrificed themselves to save humanity. Now, 500 years later, lone warrior Raya must track down the legendary last dragon to stop the evil force that has returned...and once again threatens her home world.

Pixie

To avenge her mother's death, Pixie masterminds a heist but must flee across Ireland from gangsters, take on the patriarchy, and choose her own destiny. Olivia Cooke and Alec

The Seventh Day

A renowned exorcist teams up with a rookie priest for his first day of training. As they plunge deeper into hell on earth, the lines between good and evil blur, and their own demons emerge. Guy Pearce stars.

Some Kind of Heaven

Behind the gates of a palm tree-lined fantasyland, four residents of America's largest retirement community, The Villages, FL, strive to find solace and meaning. Huge documentary from Filmmaker Lance Oppenheim.

MAY 18th

Hunted

When the charming man Eve meets in a bar turns out to be a psychopath, she heads for the forest in a chase to the death!

Minari

A tender and sweeping story about what roots us, Minari follows a Korean/American family that moves to a tiny Arkansas farm in th 1980's in search of their own American Dream. Watch for multiple Oscar nominations!!

Shadow Lines: Season 1

Son

When a young boy contracts a mysterious illness, his mother must decide how far she will go to protect him from terrifying forces in her past.

The Salisbury Poisonings: Mini-Series

The incredible true story of the assassination attempt on double agent and spy Sergei Skripal and his daughter Yulia.

Willy's Wonderland

Taking on a janitorial job at the now condemned Willy's Wonderland becomes an all-out fight for survival against wave after wave of demonic animatronics. Nicolas Cage stars.

MAY 25th

Son of the South

A Klansman's grandson must choose which side of history to be on during the Civil Rights Movement.

Alone (2020)

A recently widowed traveler is kidnapped by a cold blooded killer, only to escape into the wilderness where she is forced to battle against the elements as her pursuer closes in