

VISTAS

www.vistas-news.ca

Alta Vista-Canterbury Community Newspaper (FREE)

Vol. 41 No. 1 January 2022

Happy New Year
2022

We have another centurion in Alta Vista!

By Roland Pirker

Iva McEwen celebrated her 100th birthday last December! Many neighbours came with COVID masks and sang Happy Birthday for this great lady. Afterwards, she gave a short speech, her daughter Carolyn at her side. Iva was born on the December 14, 1921 in Vankleek Hill, Ontario; in the mid 1950s, she moved with her husband to Alta Vista.



Photo credit - Gerri Doherty

Two dozen or so Alta Vista front lawns sport Little Free Libraries – these have grown like wildfire, here, in Canada and in the world, since the idea began in Wisconsin only a dozen years ago.

See OUR PEOPLE on pages 12-13.

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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).

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

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HELP WANTED

Our VISTAS Layout Editor is 'Retiring'

By Lisa Marie Wilson, Layout Editor

Well ... retiring is a relative term. I have always volunteered but never as much as I have since I've "retired." Not that I don't love volunteering with VISTAS but I (and VISTAS) knew it couldn't last forever. Later this year I will become the President of a Board of Directors of another wonderful non-profit organization and well, there are only so many hours in a day!

This is where YOU come in. If you are looking for a volunteer opportunity where you can really make a difference in your local community, consider applying for Layout Editor of VISTAS.

This is what you will need to excel in this position:

- plenty of time to dedicate to preparing the paper for print in the week before the deadline;
- computer skills especially in InDesign and Photoshop;
- desire to maintain and continue to improve picture quality; and
- teamwork skills to communicate with the Advertising Manager regarding advertisements and co-ordinate with the Content Editor (a lot!) to put it all together each month.

We look forward to hearing from you! Lisa

WANTED



COULD THIS BE YOU?

Do you have spare time that you would love to fill with meaningful volunteer work for your community?
We are looking for a team player who has a gift for layout and design; someone who will work with the Content Editor to craft submitted stories and advertisements into a readable newspaper format.
We are looking for a Layout Editor for VISTAS.

LAYOUT EDITOR

As a Co-Editor, you will work with the Content Editor, as well as our team of regular writers and a photographer to produce a monthly community paper that our Alta Vista / Canterbury /Ellwood readers look forward to each month.
This is your opportunity to bring fresh vision to our paper, which has been bringing news and interesting stories to our local area for four decades.

ARE YOU READY FOR AN ADVENTURE?

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

VISTAS' Delivery Schedule

2022	VISTAS Delivery Date
February Issue	January 28, 2022
March Issue	February 25, 2022

LETTERS TO THE EDITOR

Norman Payne's articles on Ellwood Intensification superb

I have been following Norman Payne's articles on the Ellwood community and am impressed by the refreshing, layman's perspective that he has, as a resident, free of the usual jargon and platitudes offered by city councillors and planners. The City's Official Plan as it pertains to intensification affects all of us. This plan seems to have been approved by council surprisingly with very little, if any dissent, and with almost no apparent public debate. To my recollection, none of this was on anybody's platform during the last municipal election. Why? This plan will have a tremendous impact, and I fear a negative one, on 'well-established, existing neighborhoods'. And not just on appearance (although this will undoubtedly be of major concern). I question how these neighborhoods will be able to absorb the increase in traffic, parking and usage of public parks and community facilities. And the assurance that this will happen gradually, over 25 years, is laughable. Once residential zoning is changed and the green light is given to developers, watch and see how fast they will take advantage of this opportunity. If you allow them to come, they will build it! His research is impeccable and superbly written.

Sue Vieira

Compliments to Courtney Tower and VISTAS

RE: *Men's Sheds in OUR PEOPLE*, December 2021

My compliments to Courtney Tower for his story on the Ottawa Centre Men's Shed and thank you for publishing the photographs of our breakfast!

I helped to bring this Shed into being when I was privileged to chair the Council on Aging's first *Annual International Men's Day Breakfast* on November 19, 2019. A follow-up survey of the 75 attendees at that Breakfast—men of all ages but largely over 60—revealed their desire to have some kind of social connection with other men. This was before COVID-19 so the present need is even greater, I would imagine.

One man I spoke to at this November's Men's Breakfast says he regularly calls a different friend each day of the week. Another, a widower friend of mine whose car was totalled in a recent accident, only gets out when his son drives him or he is picked up for church on Sundays—if and when they meet. The need for programs to connect men, especially those who are alone, is everywhere.

To give credit where credit is due, Dave Shackleton, the former Executive Director of the Ottawa Centre for Men and Families, was a strong co-promotor of the initial Men's Shed idea while Sarah Bercier, the ED of the Council on Aging, has been a pillar of strength for the crew organizing the COA's *International Men's Day Breakfast* ever since the first one.

There are more than 3000 sheds worldwide and 30 Men's Sheds in Canada. Nine are in Ontario alone, most of which are in the outlying towns around Ottawa. See www.menssheds.ca for more information nationally and internationally, or mensshed-ottawa-centre.ca to find us.

Rick Strong

cont'd on page 5

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

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- Bloor, Penhill, Crestwood, 56 papers
- Chomley, 40 papers
- Pixley, 60 papers
- Smyth (Highland Terrace to Alta Vista), 16 papers
- Station Boulevard, 40 papers
- Winther, 24 papers



For East of Haig

Arch		Goren	Raglan
Audrey	Dakota	Haig	Russell
Avenue N		Halifax	
Avenue P	Devon	Halstead	Sandra
Avenue Q	Dickens	Hamlet	
		Haney	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	Ellen	Maywood	Tawney
South			
Browning	Elsett	Melfort	Tupper
		Monteith	Urbandale
Carnegie	Erinbrook	Naples	Valley
Caverley	Fairdale	Nerta	Weston
Chadburn		Olympia	Weyburn
	Foley	Orchid	Wingate
Chaucer	Folkstone	Othello	
	Furby	Pleasant Park	
		Plesser	
Connery	Gill		
Cornish	Glendevon	Pullen	



LETTERS TO THE EDITOR

My house not nearly ready to give up and sell out

Re: *Continuing to build our city – Working together, Finding solutions* by Jean Cloutier, December 2021

Well-maintained brick or wood-framed bungalows can last well over one hundred years. When I walk through our neighbourhood, I see houses at mid-life because owners have obviously taken pride in their homes and in their community. For Mr. Cloutier to write that our homes are near the end of their life cycle, he must have a very different impression of our homes, ourselves and our community. If my house could speak, I suspect it would say to Mr. Cloutier: “Thanks for your advice, but I’m not nearly ready to give up and sell out.”

David Knockaert

AV residents deserve a city councillor who is straight with them

Re: *Continuing to build our city – Working together, Finding solutions* by Jean Cloutier, December 2021

Councillor Jean Cloutier’s column in the December 2021 issue of VISTAS, *Continuing to build our city – Working together, Finding solutions*, was another example of the half-truths and political spin that characterized his comments and public consultations throughout this past year as the new Official Plan was being considered.

Now that the plan has passed, we can see nothing has changed in his approach. Even the title of the column presents an illusion of cooperation despite the massive opposition to the plan here in Alta Vista and throughout the city.

Consider the salient statement from the article regarding intensification: “[The Official Plan] does not create the problem, but seeks to address some of the issues surrounding growth that we see now.”

Prior to this new plan, Alta Vista enjoyed an R1 designation defining it as a community of predominantly single-family homes. Its consequent density is 20 dwellings per hectare. The new plan eradicates the R1 designation opening the community to many types of denser housing and sets a density target of at least 60 dwellings per hectare, three times the current level with the freedom to go even higher.

The plan “does not create the problem” – really? The plan is an undeniable shift that opens the door to wide-spread intensification in Alta Vista that did not exist before.

Alta Vista residents deserve a city councillor who is straight with them; not one who distorts reality to serve some personal political agenda.

Danny Globerman

Duplexing in Alta Vista

Emails to Mr. Cloutier, AltaVista & Elmvale Acres Associations, Media, Mayor Watson

Ottawa’s OP of Intensification is in full swing, and it’s not just chang-

ing the view from Joan Scott’s balcony by a new 30-storey tower on Ambleside Drive (Ottawa Citizen Dec 14, 2021). Our single-family homes are being bought up and converted to duplexes at an alarming rate. The increase on each conversion doubles traffic, garbage, sewer, water and parking. Lawns are being converted into parking lots, renters don’t cut lawns or plant flowers, cars are frequently overflowing into our streets.

There are guidelines/bylaws with regard to removal of lawns, cutting away curbs, removal of trees and lawn parking, yet enforcing these duplexing conversions falls to homeowners who are watching our neighbours change for the worse.

The impact to global warming by removal of trees and paving lawns is serious, and so is the increased risk of flooding as we watch lawns turned to parking lots.

While the OP promotes Intensification along transit that will reduce use of vehicles, as an example, a recent conversion [not along a transit line] houses 5 to 6 cars in what was a single-family home with one car. The planners in the city are not paying attention to the negative impacts of Intensification.

Elmvale Acres/AltaVista has hundreds of approved rental units under construction and two new additional towers proposed (Osgoode Developers) on Othello Ave. The new applications double the OP building height limits. Why has planning spent years on the OP only to accept variance applications to double heights and drive more long-time residents out of their community?

City representatives fail to deliver on traffic plans, changes to implement one-way and dead-end streets to reduce cut-through traffic, and police are absent to enforce anything.

Planners and councillors are ruining our community.

Mike Hayes

STOP this intensification idiocy.

Who are these self-important short-sighted people making these decisions affecting our well being? Do they even live near these areas where they’re approving these applications for intensification? I say we request a moratorium on these plans to properly study the damage this type of “progress” does to established communities.

Hal Shuster

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.

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OUR COMMUNITY

HEROES OF HERON EMERGENCY FOOD CENTRE

By Lynn Sherwood

I am so pleased to be able to start this new year with this story about young people filled with idealism and hope for the future after this seemingly never-ending pandemic. Our Heroes of HEFC for January are 13-year-old Jamila Altmmo and her grade 7/8 class at Featherston Public School. These are very special young people.

I met Jamila at HEFC where she was just starting her regular Wednesday evening volunteer work. She has been volunteering for two months and is following in the footsteps of her older brother Diya – whose story was told in the October 2019 VISTAS – and her father, who was stacking shelves with groceries while I met with Jamila. This family is making a great contribution to helping us keep the food bank operating smoothly during the pandemic.

Jamila is the oldest girl in her family of four children and has been living in Canada for six years. Her story, explained in a matter-of-fact fashion, sounds amazing to those of us who know only the humdrum security of life in Ottawa.

Jamila came to Ottawa as a refugee from Aleppo, Syria with her family in 2016. Her family left Syria in 2014 and fled to Turkey where they lived for two years until they were accepted as refugees in Canada. Jamila and her family were on one of the first flights to land in Canada, and were met by Prime Minister Trudeau, famously bearing winter coats, when they arrived. They were moved about quite a bit, from Toronto to Winnipeg, then Alberta, before settling in Ottawa. Jamila tells me that she still has relatives living in Aleppo, a city of about two million people, and, according to Wikipedia, one of the oldest continuously inhabited cities in the world. People have lived there since the sixth millennium B.C. This city, part of the origins of western civilization, is now in ruins because of the ongoing war in Syria.

Jamila, however, appears to be entering her new life in Canada with optimism and enthusiasm. She proudly told me about her class project at Featherston Public School, under the guidance of her teachers, Ms. Conley and Mrs. O'Brien. Jamila explained that Harold Black from HEFC had made a presentation to her class about the Heron Emergency Food Centre.

Inspired by the presentation on HEFC and with the guidance of musician and OCDSB workshop leader, Rachel Raditz, her class decided to compose a song about volunteering, food insecurity and hope called "What Is a Hero." Everyone contributed to creating both the music and the words. They sing about how food banks work, and how it feels to volunteer. Jamila has a special section talking about how you can help at a food bank, since she is already an experienced volunteer.



HEFC Hero Jamila Altmmo

The most exciting thing, from Jamila's point of view, is that this song will be released on Spotify this January. The whole world will be able to listen to music about volunteering at a small food bank in Ottawa, created by a group of young teenagers who are transplanted here from war-torn nations halfway around the world and are growing up together in a multicultural community. A great and hopeful start to a New Year.



Jamila's grade 7/8 class at Featherston Public School

Organizations like Heron Emergency Food Centre perform an essential service by providing nutritious food to those who are experiencing food insecurity. Through this service we are also able to provide opportunities for multicultural participation of like-minded people who not only assist each other, but educate the community about volunteering and caring for each other. To my mind Jamila and her classmates represent our hope for a new, truly cosmopolitan, community-minded generation.

We at HEFC want to thank the Ottawa South community, which has been so generous in remembering folks who are having a hard time over this Christmas season. However, we still face many uncertainties, both with respect to the lingering problem of the pandemic, and with steeply rising costs of both food and accommodation. When rent and utilities must be paid, food becomes the only discretionary part of monthly income, and families go without proper nourishment. Here in Ottawa, we are seeing increased use of the food bank as winter progresses. Please remember to donate.

Members of the board of HEFC are able and willing to meet with school classes and community groups to share information about the service we provide for our community through Zoom and other virtual formats, as well as meeting in person in accordance with current pandemic protocols. Call us at 613-737-9090 or email us at hefc-info@rogers.com for more information.

Check us out on Facebook: www.facebook.com/HeronFoodCentre

Check us out on Twitter: [@HeronfoodCentre](https://twitter.com/HEFC.ca)

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.

JANUARY WISH LIST

We welcome cash and food donations including tuna, jam, canned vegetables, canned pasta sauce, canned soup, chickpeas, kidney beans, cereal, snacks for children and personal hygiene items.

OUR COMMUNITY REPS

A message from Mayor Jim Watson

By Jim Watson, Mayor

As I was awaiting the results of the 2018 election about three years ago, I made my decision – even before I knew the results – that if I was successful that night, it would be my last election as Mayor of Ottawa.

The decision was both easy and tough. On the one hand, I loved almost every hour of every day and it was a true privilege and honour to serve as our city's Mayor. However, I also knew that I would be turning 60 during this term of Council, and if I was going to have one more career, then I needed to move on from elected office.

So, for the first time in many years, my name won't be on a ballot, as I turn my attention to finishing some important city building projects, and then bid adieu to the Mayor's office in November 2022, after nearly 15 years representing the residents of Ottawa.

I'm often asked what I'm most proud of during my time in elected office.

That's a hard question because it doesn't boil down to just one issue or project.

Many of the initiatives I am most proud of had been on the City's books for years and some for decades.

For a variety of reasons, they were stuck in neutral, and I was fortunate to be able to work with many partners to move these ideas from the drawing board to completion.

In other words, my philosophy was a bit like Nike's tagline: "Just Do It." I've found the public were frustrated with years of debate and inaction on important projects.

Serving as Mayor for the past 12 years has been the greatest honour of my life.

I am grateful to the residents who supported me through both good and challenging times – going back to my days as a city councillor for Capital Ward and as MPP and Minister for the riding of Ottawa West-Nepean.

We are very blessed with a top-notch public service who have risen to the occasion so many times to help those in need – whether it's the pandemic, the floods, tragic accidents, or a tornado.

I have served with more than 100 different councillors during my time on Council, and while we didn't always agree on everything, I respect their work and their role, and I thank them for their commitment to our city.

I want to thank my family and friends who have stuck by me over the years, as well as my dedicated volunteers, who are the heart and soul of any campaign.

My friends and family have been my rock, particularly through times when I've experienced homophobic slurs or graffiti, or anonymous attacks on social media.

The next term of Council will see the completion of Stage 2 LRT, significant progress on our new Civic Hospital Complex, the opening of the new Central Library, and the implementation of our City's new Official Plan, with an emphasis on 15-minute neighbourhoods.

I look forward to watching from the sidelines the progress our city will benefit from over the next few years – but I remind future mayors and councillors that our job is to plan and prepare for the next generation, and not just the next election.

Winter Session

STARTS JANUARY 10, 2022



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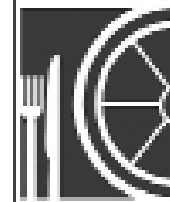


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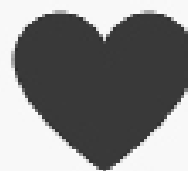
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- » les demandes de renseignements relatives à la citoyenneté
- » les questions d'immigration
- » le passeport canadien / Affaires Consulaires
- » les occasions d'affaires / les options de financement
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Si jamais je peux vous aider, n'hésitez pas à contacter mon bureau.

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Jean CLOUTIER

Dear neighbours,

2022 has not started the way many of us had hoped for it to. Many of us had to pivot and adapt holiday plans in response to the rapid spread of the virus. I understand and share in the disappointment that caused.

I urge you and your family to continue to follow public health guidance in the coming days. As a community we will get through this together, so please look out for your neighbours and check in on loved ones near and far. Sometimes just a little hello and connection can make a big difference in someone's day.

To our neighbours who continue to work on the front line – we see you. We are so very thankful for your dedication and commitment to serving our residents. Our front-line workers are taking care of those most vulnerable and sick, keeping the heat and electricity on in our homes, keeping shelves stocked with food, and answering our calls for help when we need them most.

If my office can be of assistance to you, please do not hesitate to reach out.

Take care,
Jean Cloutier

Transportation Master Plan Phase 3 Engagement

You can help shape the future of our city by providing feedback on the proposed transportation policies and active transportation projects that will help Ottawa become the most liveable mid-sized city in North America.



The draft Transportation Master Plan (TMP) policies and proposed active transportation projects are now available online to the project website. Residents are invited to provide feedback on the policies and projects proposed for delivery from 2023 onwards.

Residents can provide input on close to 70 proposed policies that will guide our transportation decisions and networks to 2046 and help Ottawa fulfill its vision from the New Official Plan of becoming the most liveable mid-sized city in North America. The City has also identified candidate pedestrian and cycling projects for implementation between 2023 and 2046.

The draft policies, candidate active transportation projects, and feedback activities can be found at www.ottawa.ca/TMPUpdate. The website also contains a series of one-page documents to highlight key policies pieces.

Residents will also be invited to attend a Public House on the proposed TMP in Q1, 2022. Event details and registration instructions will be shared on the project website early in the New Year. Residents are encouraged to sign up to be notified through the project newsletter.

The transportation planning decisions we make today will shape our city of tomorrow! Play an active role in the future of Ottawa. Complete the feedback activities today!

What to expect during a winter storm



Minimum depth of snow before we deploy		End of snowfall – time needed to clear snow
At accumulation	Major roads – Highway 174 and Transitway	
2.5 cm	Downtown core, winter cycling network	4 hours
5 cm	Secondary roads	6 hours
5 cm	Most sidewalks	16 hours
7 cm +	Most residential roads	10 hours
	Bus Stops	24 hours

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- 2.

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Conseiller / Councillor Jean Cloutier



John Fraser, MPP
Ottawa South

2022

My family and staff wish you and your families a very Happy New Year. We hope that you and your families were able to gather over the holidays in a safe way and that you remain safe and healthy.

I encourage everyone to continue to book a vaccine appointment for your first, second or booster dose and follow public health measures to manage your risk.

Continue to listen to the advice of Public Health experts:

- Vaccinations work
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- Practice physical-distancing
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OUR COMMUNITY

An Ode to the Suburbs, inspired by David Holmgren

By Janet Mark Wallace

One of the most vexing concepts of our time is that of Affordable Housing. Everyone agrees it's a good thing, no one is quite sure how to build it, and lots of people want to keep it at a safe distance.



Janet Mark Wallace

In 2018, Australian founder of the Permaculture movement, David Holmgren, published a six-hundred-page book called *RetroSuburbia*. In it, he rather radically identifies low-rise, low-density suburban housing as the new frontier for providing affordable housing, reducing fossil fuel consumption, and lowering carbon emissions. He

doesn't propose the building of new single-zoned sprawl, but rather the better use of existing suburban housing stock.

Holmgren points out that pre-COVID, many spacious suburban houses on large lots used to sit empty most of Monday to Friday each week as its occupants commuted to far-off work, school and childcare. Many other houses sat empty for months on end while its occupants lived in their second or third homes. In the meantime, significant expenditure of energy continued to be made on heating, cooling, electricity, lawn mowing and snow removal, for a largely empty house.

In *RetroSuburbia*, Holmgren eerily predicted an economic crash of some kind for 2020, which would force us to rethink how we work, live, educate and recreate. His predictions played out with uncanny accuracy during this COVID year, where many of us have been compelled to look at our housing differently. The pandemic pressed many people into a lifestyle closer to that of the pre-commuting era, when everyone earned their livelihood close to home.

RetroSuburbia proposes that providing affordable housing might not be a question of "how do we build it?" but rather "how do we use what's right in front of us?". For example, our economy struggles constantly with the dual problems of lack of child care and lack of elder care. In order to address this, what if we encouraged more small-scale child care and elder care to operate within existing residential suburbs, providing both employment and a much-needed service, and eliminating commuting time for both the provider and the clientele?

More people might be willing to go into the elder care or child care business if they could operate within their own home, surrounded by a supportive community of parks, libraries, community centres and walkable retail. Such community-based elder care could go a long way in reducing the stress, isolation and depression often experienced by elder care workers. Ask anyone in the elder care field today and many will tell you frankly that they're looking for "a better job."



Holmgren even proposes a revolutionary model for senior care, where older people build their own self-contained suite within their house, and then, when the time comes that they need care, they can offer the larger part of the house to a caregiver family who would provide care in exchange for free rent. Thus as the Boomers age, and elder care comes into shorter and shorter supply, seniors with housing to spare could exchange space for care services. Such an arrangement is unheard of today, but we need all the ideas we can get in this field.

Other possibilities for improving use of our housing include the conventional student basement suite, but also arrangements like a live-in gardener/caretaker who exchanges upkeep for low or no rent for those owners who are often away at secondary homes. Relationships could also form around yard use: like apartment dwellers who offer to maintain a vegetable garden in an otherwise unused yard, perhaps owned by someone too elderly to garden any more. Or renting out an unused garage as a workshop or office.

The challenge is to see our housing in Ottawa for all its value, and to think of ways to increase occupancy that will benefit owners, those in need of housing, and the larger neighbourhood. COVID forced involuntary adaptation, but perhaps in its wake, we can think of new and productive adaptation of our underused housing.

If we can work towards devoting less of our properties to car storage, we open opportunities for productive, dynamic relationships to form. A healthy community mix of ages, incomes and occupations could eventually turn a mere subdivision into a real neighbourhood.

Janet Mark Wallace has been involved for the last year in discussions around the Official Plan and the changes it is proposing for Alta Vista.

If I had my way, I'd remove January from the calendar altogether and have an extra July instead. - Roald Dahl

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OUR PEOPLE



Take One, Give One
Put Out A Bench

The Magic Of Little Free Libraries

By Courtney Tower

When Jason Vaughan saw the elderly people coming to his front lawn, and the kids, he put out two benches for them to rest on while they read their choices. When Juliann and Rob Castels see the need to buck up a diminished supply, they only need go to the garage and take from the boxes of books left by grateful Alta Vistans.

When the Little Free Library so lovingly planted on Barry and Judy Rashotte’s front lawn was stolen, the ultimate act of mean-mindedness, not only the books inside were plundered but the whole little house holding them as well. Barry simply built a bigger Library with several rooms this time. He bolted it to an old Bar-B-Q chassis on wheels to make it harder to steal. And all kinds of folk, from nurses at the nearby Ottawa Hospital (General Campus) to local residents to people who have got the word and come from afar, trek to Knox Crescent to take-one-give-one.

“We started it with our own supply,” says Judy, a voracious reader whose whole house is filled floor to ceiling with books and memories, “but we don’t have to do that anymore --- we have boxes of books in the garage, left by people who want to contribute.”

When Lynn Sherwood persuaded her church, Rideau Park United on Alta Vista Drive at Cunningham Avenue, to put out a Free Library book exchange, she had hopes but no real idea of the steady business and joy it creates.

These are a few of the two dozen or so Alta Vistans whose front lawns sport Little Free Libraries. They have grown like wildfire, here, in Canada, in the world, since the idea began in Wisconsin with a loving son and one roadside stand only a dozen years ago.



Juliann Castel with the gaily painted, much visited, Little Free Library on her front lawn.
Photo credit: Gerri Doherty

Tribute To His Mom
Like Topsy, Just Grewed

In 2009, according to the Little Free Library website, Todd Bol of Hudson, Wisconsin wanted to pay tribute to his teacher mother, a great reader, so he built a model of the one-room country school that once dominated rural North America.

“He filled it with books and put it on a post in his front yard,” the website says. “His neighbours and friends loved it, so he built several more and gave them away.”

From then, it “just grewed,” to borrow the charming words that custom attributes to Topsy, the slave child in Uncle Tom’s Cabin (she actually said, “I ‘spect I grewed. Don’t think nobody never made me.”).

It grewed, alright. Mr. Bol and then-partner Rick Brooks saw their project grab national attention and reach more than 4,000 Little Free Libraries by the end of 2012. It became a registered non-profit organization. And the website says: “In 2020 we surpassed 100,000 registered Libraries in more than 100 countries worldwide.”

Non-Profit Organization
Offers Free Help, Advice



Jason Vaughan built and keeps replenished this Little Library.
Photo credit: Gerri Doherty

From the organization, one can be registered and get a charter number --- some here do that and some don’t --- and it provides masses of designs, free, along with how-to information about building and operating the libraries. A key note of advice they give: Think carefully about

your commitment, whether you will stay with the job of maintaining it with books and in good repair.

Jack Castel was a Cub Scout who loved reading and some years back, he and his Grandad built the first Castel family (Jack, Dad Rob and Mom Juliann) Library, a well-loved “basic box” on their front lawn on Featherstone Drive. Time passed, the Library was looking a bit worn, Jack was off to Queen’s University. So Juliann had a new one built through a Facebook appeal. A local artist, Emilie Darlington, painted the hugely cheerful design of flowers and bright colours, and the neighbourhood and folk further afield flock to it.

“People stop, take a pause, choose or donate books, chat about our garden,” says Juliann. “It’s a wonderful community-builder.” Says Rob: “Sometimes we go out and it is nearly empty, but another day it will be jam-packed.” That’s not to mention the boxes of books, left by residents, that wait in the Castel garage --- children’s books, thrillers, detective stories, popular novels and the occasional books of heavy non-fiction subjects.

OUR PEOPLE



*Judy and Barry Rashotte's love of books overrode the theft of their first one.
Photo credit: Gerri Doherty*

Needs Refilling?

Go To Garage

Books in the garage for replenishing the Library --- it's a common theme. Thus it is with Jason Vaughan on Blossom Drive, a Canadian Forces artillery veteran of Afghanistan. He and partner Robin Saliba and daughter Olivia, then four, built their Library six and a half years ago (as son Daniel was being born). They never have to provide books out of their own resources --- just go to the garage when necessary and take from what residents have left for them.

"We get a lot of elderly people, as well as kids, and so I put out two benches for them and they are well used," Jason says. "I consider our front lawn to be the neighbourhood's, and the seven fruit trees on it to be neighbourhood fruit trees, while the back yard is ours."

"I want my kids to grow up in the community, knowing their neighbourhood," he says.

Steal Our Library?

We'll Build Another

Visit Barry and Judy Rashotte in their Knox Crescent home and be taken by the floor-to-ceiling masses of books lining either side of the central fireplace in their living room. It's the same in other rooms in the house and in their basement. Needless to say, there's a whole lot of reading going on in the Rashotte house, mainly by Judy but also by Barry and, times past, by their two adult sons.

Barry built the Free Library outside after the first was stolen. From it, "anything and everything in the way of books seems to go, with the considerable traffic," Judy says. "Fiction books go quickly, and children's books very quickly."

"People will drive up and say, 'We are moving house and may we give you some books.' And they open up the trunk and there are these boxes of books for us. In fact, just now we're sorting through some paper bags of books left to us today."

You Might Call It Social Action Or Simply Building Community

Lynn Sherwood (VISTAS readers may know her from her regular articles on the work of the Heron Emergency Food Centre) was out

walking her dog Sadie near Rideau Park United Church, when two things struck her. One, there is a large amount of community traffic there. Two, the social action and outreach activities of the Church have been hindered by the COVID-19 epidemic (she heads their social action-outreach committee).

Put the two together and they spell Little Free Library, Ms. Sherwood reckoned. Rideau Park people agreed. Custodian Geoff Scollick built the Library,

Ms. Sherwood's daughter, Xia, painted a fetching design, and church book sales spring and fall help provide some of the books. "It all cost us a whole \$80 in materials, and we have a busily-visited resource in which we sprinkle social action materials with children's books, popular novels, thrillers, fantasy novels and what-have-you," she says.

Ms. Sherwood speaks a shared reaction to this and all the Free Library projects. "It has created a lot of interest in the community. It's kind of like an informal community centre. We consider it to be a form of community outreach."



Lynn Sherwood and the Little Library at Rideau Park United Church. Photo credit: Gerri Doherty



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OUR COMMUNITY

AV Mysteries

The Wisdom Mural: Starting a beautiful conversation on Bank Street

By Chris Wiebe



I can't get over how much The Wisdom Mural's bold splash of ideas and colour has transformed a dingy stretch of Bank Street at Billings Bridge. Mounted on the south concrete wall of the Ottawa Community Housing tower (1365 Bank St.) this past August, its 48 four-by-eight-foot panels present a seamless swirl of stars and water, a huge sunflower, and the traditional Indigenous symbol of the four directions. The mural stops you in your tracks if you're walking, or fills your windshield as a driver, and gets you thinking. And that is exactly what Columbian-Canadian muralist and community activist Claudia Salguero intended when she launched the "One with Nature, One Together – Teachings from Around the World Wisdom Mural Project" over a year ago.

"To me Bank Street needs loving," Salguero tells me over Zoom from vacation in Spain. "It's not a nice place to walk around. That apartment tower is a big, massive thing in the middle of the landscape, and I thought it was the perfect canvas. Being a muralist, I think, if I can do something, why not!" And she definitely has a track record with dozens of other art projects around Ottawa, including the colossal "Wow Mural" on Rideau Street and "Mariposas" on the wall of the Dr. John Kershman Alta Vista area dental practice (1579 Bank Street).

The 2019-2020 fires in Australia and the feeling of a civilization out of balance spurred the creation of the Wisdom Mural for Salguero. "I had this dream in my head about being able to bring knowledge keepers from different parts of the world together," she explains. "They would have a conversation about what nature means to them in their ancestry, beliefs and communities." Early in 2021 via Zoom, she convened Indigenous Elders – including Grandmother Francine Payer (Algonquin Turtle Clan), Robert McDonald (Métis Nation of Manitoba), and Ruth Kadlutsiak (Inuk) – together with seven worldwide knowledge keepers (from Jamaica to China) and Claire Brascoupe, an emerging Algonquin Anishinaabe artist and mural mentee, in a series of conversations to lay the groundwork for the mural composition. [See these conversations and more background online at claudiasalguero.com/the-wisdom-mural.]

In a fascinating twist, the Elders and knowledge keepers not only conceptualized the mural, they also painted it. Indigenous Elders, for instance, painted the drum or four directions symbol. This kind of participatory process is why Salguero executes her murals on panels rather than directly on walls.

"Working on panels allows me to work with the community. You can have four or five people working at the same time and it's great for conversations, interaction, and meeting each other. It creates more engagement and community connection."

The layered imagery in the Wisdom Mural is another form of conversation that takes time to understand and unpack. The wave of water, the sunflower, and the milky way of stars are the most prominent elements. The grounding idea, Salguero tells me, is that we come from the stars (literally and spiritually stardust) and also from the water. "On the lower right, you see this generalized, ageless human face looking up, embedded in the water, because that is what we come from. We need to look around ourselves to mother nature and the universe. We need to understand we are small and humble – a completely different point of view than how we usually see ourselves – and reflect on how we are exploiting the water and destroying the planet."

The "milky way" of stars is a particularly moving mural component, rooted in the discovery of unmarked graves on the grounds of former Residential Schools this past spring. "I was actually driving to the studio and heard the news about the graves and I thought I can't just do nothing," Salguero recalls. "I thought of adding more stars to the mural to represent the spirits of the lost children. I called Claire Brascoupe, my artist mentee, and asked her about it because it was not a decision to take on my own." Her mentee embraced the idea, and the entire Wisdom Mural team then settled on 1,000 stars as a large, significant number to incorporate into the mural, carefully tallying up the number of stars on the back of each panel to be exactly precise.

Looking up at the Wisdom Mural, now, from Bank Street, it's inspiring to think it wasn't a commissioned piece, that Salguero approached Ottawa Community Housing, a past collaborator, who avidly embraced the project. It's also heartwarming to know she very intentionally sought out that particular south-facing apartment tower wall with Alta Vista and South Ottawa residents in mind. "If it was on the north wall of the tower, it would be for the Old Ottawa South and Glebe residents. They already have enough murals," says Salguero with a smile and a laugh.



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OUR COMMUNITY

Online market a success, local street market coming this summer

By Lisa Gregoire

With increased warnings about supply chain problems and rising food prices, the timing for the new Alta Vista Street Market couldn't be better.

Launched in October 2021 as an online marketplace—with a street market set to begin at St. Thomas the Apostle Anglican Church in Summer 2022—the Alta Vista market is already proving that local people want to buy local.

"It's the most positive reaction to any initiative the Alta Vista Community Association has organized since I joined the board in 2017," said AVCA President Marty Carr. "People are really excited to buy local, have a community gathering spot and have a destination to walk to."

Chris Penton, president of Ottawa Street Markets, the umbrella organization that runs markets on Beechwood, Elgin Street and now Alta Vista Drive, said Carr was "crucial to the growth of this," but added, "Alta Vista is a political, tuned-in neighbourhood. I see great potential. I know people there want this kind of thing, not just for shopping, but for going and chilling out with music and kids."

With January's freeze setting in, it's hard to imagine what a Saturday summer market would look like so Penton conjured a scene: 10 to 20 vendors, the majority of them offering food for sale—produce, meat, prepared foods, eggs, coffee, baked goods. There would be a table available for community and charitable uses and a musician or small band to play music. Carr also hopes local sponsors might also offer activities for kids such as a bouncy castle. She and Penton will be soliciting partners in the coming months.

Because it's centrally located, most people could walk or bike to the market, but there is a parking lot for those who need to drive. Penton expects the market to operate every Saturday this summer, with start and finish dates still to be determined.

St. Thomas's Rev. Michael Garner is thrilled to be hosting the market, since it fits his vision of supporting the community.

"Food security and food access are very important to this congregation," Garner said, describing last year's successful community garden project on their front lawn. Individuals and organizations were given free garden plots so long as they donated 10 per cent of their yield to the Heron Emergency Food Centre.

"Some new Canadians took a plot, it was a great response," he said. "So this fits into how we want to use the St. Thomas campus," he said. "We want to be responsive to the community association and the councillor. We have benefited for many years and we want to give back what we can."



Alta Vista resident Leanna Belluz, right, picks up her market order at St. Thomas the Apostle Church from AVCA President Marty Carr, left.

Photo Credit: Christian McPherson

"I can't think of a better event to bring people together each week," said Alta Vista Councillor Jean Cloutier. "It supports local farms and businesses, promotes healthy food choices and being more active, and gives people an alternative to driving to the store. I like every bit of it." He credited Carr for initiating the grassroots project and says he looks forward to frequenting the market next summer.

For now, the market exists only online (www.altavistamarket.ca) with four different pick-up locations, including St. Thomas on Alta Vista Drive. You can also pay for home delivery.

A lack of winter greenhouses means there isn't much produce available to Ottawans over winter, but online vendors offer an array of prepared foods, meats, cheeses, coffee, baked goods, spirits and Christmas gifts.

Carr has been enjoying food orders from Snack O Shack, Tasha's Fine Foods, Baccanelle, Nat's Bread Company and Fungi Connection. "I love fresh produce as well so I'm looking forward to when the growing season returns," she said.

Penton is committed to supporting local and that means the summer street market's vendors must reside within a 100-km radius of Ottawa. "That's the real deal and I'm stringent about that," he said. Also, a minimum of 50 per cent of vendors must offer food. Outside of the growing season, those rules are relaxed a bit, he said, in order to keep the online market running in winter.

So far, the uptake in Alta Vista has been robust. One person complained about not being consulted regarding potential traffic and noise. "I assured her it won't be obtrusive," Penton said, adding Alta Vista Drive is already busy, there's ample parking at the church and, in summer, if there is music at the market, it won't be loud.

Cloutier said he hopes most people will use active transportation to get to the market but his office will be monitoring and addressing any issues as they arise.

"The model is to focus on neighbourhoods, making the 15-minute neighbourhood thing a reality," Penton said, referring to the concept of increasing local shops and services to promote neighbourhood self-sufficiency and walkability. Cloutier agreed. "It's about connectivity," Cloutier said. "It's about accessibility. It's getting out in your community without a car, along with your neighbours, and being a part of the community you live in."

An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves. - Bill Vaughn



SENIORS SPACE

Seniors in Conversation: The End of a Chapter

By Paige Kahkonen and Heather Maclachlan

It's bittersweet to announce that Seniors in Conversation is coming to an end on April 12, 2022.

Seniors in Conversation is an online community that was created during the pandemic to help combat isolation and loneliness, and has been running for nearly two years. Each week we meet on Zoom at 10:15 to 11:30 a.m., and hear a guest speaker discuss a topic chosen and requested by the participants. Our mandate is to provide education on a variety of topics, and we've hosted conversations about elder abuse, gardening, Canadian history and more.

The leadership team of Seniors in Conversation (consisting of Donna Rourke, Heather Maclachlan and Paige Kahkonen) has complete



The Seniors in Conversation group on November 30, with guest speaker Dr. Fred Goodwin

confidence that this particular response to meeting the needs of older adults in isolation during an unprecedented pandemic has been successful. We met and exceeded the goals and priorities established by the New Horizons for Seniors grant.

Interesting speakers inspired us. Informative topics educated us. The people within the group uplifted us. A caring community emerged. The shared knowledge, the conversations, and the experiences of participants provided a way to know one another.

While we are thrilled that we have received enough donations to continue until April, it does require a break in our programming as we plan for the final months. We will not be hosting 'Seniors in Conversation' in January. We begin again on February 1, 2022, and our final conversation will be on April 12, 2022.

If you are interested in participating in our conversations in February here is the upcoming schedule.

Tuesday, February 1: We will welcome guest speaker Dr. John Walsh, a Canadian History Professor from Carleton University. As it is Black History Month, Walsh will be discussing the recently approved Federal decision to recognize August 1st as Emancipation Day. He will steer this towards a conversation about how (and why) we collectively remember and forget the past.

Tuesday February 8: We will welcome Brian Carwana from Encountering World Religions to discuss his "20 Years of Interfaith" experience learning and immersing himself in a variety of religious traditions.

Tuesday February 15: We will welcome guest speaker Susan Young; her topic is titled "Let's Talk About Racism."

Tuesday February 22: There will be no Seniors in Conversation on this day.

We can also provide you with a link to Connected Canadians to help you Zoom.

If you are interested in joining us for a conversation, you can register for any upcoming topic or speaker by sending an email to seniors@trinityottawa.ca. To receive the link, please include your full name, phone number and postal code. The program is free, and is available to anyone interested in participating. Alternatively, you can call 613-733-7536.

If you'd like to learn more about our program and stay updated on upcoming conversations, follow us on Twitter @RSOOS_Trinity and on Facebook @SeniorsInConversation.

Paige Kahkonen is the co-founder of Koch and Kahkonen Communications, and does communications and social media management for Reaching Seniors in Old Ottawa South (RSOOS).

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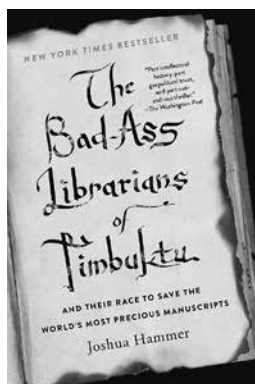


BOOKWORM'S DELIGHT

The Bad-Ass Librarians of Timbuktu

By Joshua Hammer (2016)

Reviewed by Marie-Andrée Lajoie



I confess I knew nothing about Timbuktu (Mali) until 3 months ago. The name certainly evokes exotic venues. I did not know it was, for many centuries, a centre of trade and knowledge. In the 15th and 16th centuries, when Europe was emerging from darkness, engineers, scientists and philosophers were congregating in Timbuktu to learn and write. The richness of the manuscripts created in the city over the centuries was a well-kept secret; they are works of art and knowledge, displaying a variety of calligraphy and colors. I

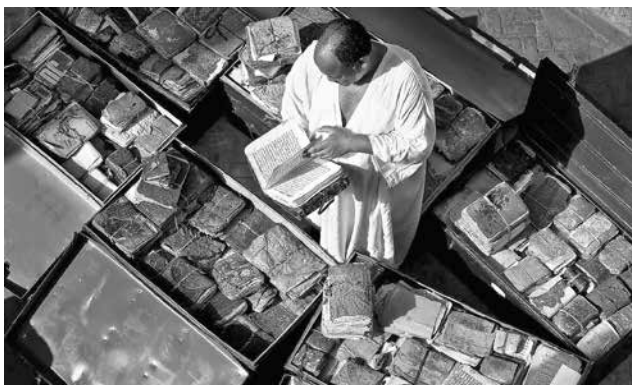
would love to have the opportunity to see them one day.

Located South of the Sahara and close to the Niger River, Timbuktu was a natural meeting place. It was also where the Islam of knowledge and humanity often met the Islam of extremists. Over its history, the city was conquered and liberated, again and again. It was conquered again in 2012 when Al-Qaeda in Islamic Maghreb (AQIM), aided by Tuareg rebels, descended on the city. Its richness has survived but not without the never-ending dedication of some of its inhabitants and their partners around the world (since 2012, Timbuktu is on the UNESCO List of World Heritage in Danger).

This is where we find Abdel Kader Haidara, a scholar, whose life mission became, beginning in the 1980s, the gathering and safe-keeping of hundreds of thousands of manuscripts. We follow him through the years as he painstakingly assembled the collection on behalf of the Ahmed Baba Institute of Higher Learning and Islamic Research, located in Timbuktu. This long quest explains why, having invested so much and knowing full well the value of the manuscripts, Haidara fears the collection is in grave danger when AQIM gains control of the city. As the radical Islamists apply their version of sharia law, it is feared they will destroy the manuscripts if they find them. (Thousands were actually burned at some point.)

Haidara and his large group of helpers, often under the cover of darkness, assembled over 300,00 manuscripts in metal trunks, transported and hid them in people's houses. All of these Malians were exposing themselves and their families to grave dangers. The book describes very well how difficult and scary life was under the AQIM rule.

Later on, many of the manuscripts were shipped by boat to the capital, Bamako. This is where Haidara, with his family, had found refuge. As mastermind of the whole enterprise, he not only coordinated transport and safekeeping of the manuscripts but liaised with international partners for the funding of the various expeditions. Haidara and his "accomplices" were very courageous people.



A cache of African manuscripts stored in Abdel Kader Haidara's home, 2009.

Credit: Brent Stirton/Getty Images Reportage

The book is part biography, travel journal and political history. It is a good read, offering some suspense and a good understanding of the difficulties in Mali and the region (which continue to this day). I learned a great deal about the fighting that occurred in 2012-2013 in the area (and about the influence and actions of France).

As a final point, New York Times reviewer Ben McIntyre wrote in 2016:

... it was a remarkable achievement, bringing together international funders, a network of smugglers and a handful of dedicated local curators. The exfiltration required careful cataloging of the collections, and this may be the most lasting legacy of the episode: The Islamists accidentally drew worldwide attention to Timbuktu's literary heritage, and enabled the first full accounting of its magnificence.



Peace Tower

*Our trees are almost bare
That last sweet breath of dying crimson
Passing into Eternity - so gently, on
tiptoe -
And we are a trembling leaf on a naked
branch
A Forever Wind approaching.*

*We have forgotten our past -
That bare-flesh communion with Earth -
That sacred voice, quiet, like eyes,
Gloved to the un-struck brimstone of this
hour.*

*Oh! My Lady of the Green Cape
In that sacred book of heroes that you keep
Let the hands-on names of others fallen
Join them in their sleep.*

By Mary Howell, a local writer and award-winning poet.



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

OUR ENVIRONMENT

Winter Birds in Alta Vista – Here come the Winter Finches!

By Richard Knapton

Winter has arrived in Ottawa. The first heavy snowfalls of December have covered much of the urban, suburban and green space landscape, reducing the amount of food available to wintering birds. So there has been a movement to visit bird feeders. Indeed, if you have put up bird feeders, you most likely now will be hosting a group of common and familiar birds – chickadees, nuthatches, cardinals, maybe both Downy and Hairy Woodpeckers, perhaps a couple of Blue Jays, goldfinches in their winter plumage (looking nothing like their brilliant golden-yellow spring plumage), perhaps Starlings, and House Finches (a fascinating subject for a future article!). However, there is a group of winter visitors loosely termed Winter Finches that is making its way south to eastern and southern Ontario, a group whose occurrence in our area is determined more by food supply rather than weather conditions, and they may visit your feeders. These are species that breed in the subarctic and in the boreal forest, and in years when the tree seed crops are low or have failed, these winter finches will move south out of the boreal forest into southern Canada. When these movements are large, it's called an irruption. Winter Finches include the Common Redpoll, Pine Grosbeak, Pine Siskin, and White-winged Crossbill, and so far, this year they have reached as far south as Algonquin Park and likely will continue to come further south as the winter progresses.

Common Redpoll



©robertbaker2021

Common Redpoll; photo by Bob Baker

Common Redpolls are small songbirds with small heads and small, pointed, seed-eating bills. They are brown and white birds with heavily streaked sides, and have a small red forehead patch which gives the bird its name, red poll. Both sexes feature a black patch on the chin, a yellow bill, and two white wing bars. Males are pale red on the chest and upper flanks, which is lacking in females. They have short notched tails. An irruptive species, Common Redpolls can show up almost anywhere when they are on the move. Their occurrence in southern Ontario can be explained by limited availability farther north of yellow and white birch seeds, two preferred food items. In addition to seeds of birches, redpolls feed on seeds of alders and a wide variety of plant species such as goldenrod, aster, and more than 30 other species of weeds and grasses.

Redpolls have a pouch in their throat that can enlarge and allow them to collect seeds quickly and then move to a safe, warmer spot to digest their meal. When redpolls come to feeders, they prefer tube feeders filled with nyjer seed, but will also readily feed on black oil sunflower seeds. At bird feeders in winter, redpolls are often remarkably tame. While feeding and moving in a flock, redpolls call to each other. Their most common call is an almost constant “che che che.” A drawn-out “dsoooo,” heard primarily from perched birds, may indicate excitement or alarm. Redpolls travel in flocks of up to several hundred individuals, they move constantly, foraging on seeds in fields or small trees one minute and swirling away in a mass of chattering birds the next. They feed acrobatically; while feeding, these energetic birds can hang upside down like chickadees as they extract seeds.

If food is plentiful in Canada's boreal forest, redpolls will remain there all winter. Overnight temperatures can average 18 degrees below zero, and can plummet to minus 40. Redpolls deal with these harsh conditions by dropping into deep snow and making a tunnel approximately 40 centimetres long to create a roosting chamber to stay warm during the long, frigid nights. Studies in Alaska found redpolls surviving in temperatures as low as 65 degrees below zero.

Pine Siskin

Flocks of Pine Siskins may monopolize your feeder one winter following a large irruptive winter flight, and be absent the next. This nomadic winter finch ranges widely and erratically across the continent each winter in response to seed crops. Adept at clinging to branch tips, Pine Siskins feed at the ends of conifer branches, even upside down, on cones. These brown-streaked acrobats flash yellow wing and tail markings as they flutter while feeding or as they explode into flight. Siskins are gregarious, and you may hear their insistent wheezy twitters before you see them.

Like redpolls, Pine Siskins can temporarily store seeds totalling as much as 10% of their body mass in a part of their esophagus called the crop. The energy in that amount of food could get them through 5 to 6 nighttime hours of subzero temperatures. It used to be that every couple of years, Pine Siskins irrupted into southern Ontario; these irruptions seem to be less frequent in recent years. Interestingly, banding data suggest that some birds may fly west-east across the continent while others move north-south. The oldest recorded Pine Siskin was at least 8 years, 8 months old when it was found in Michigan in 1966. It had been banded in Pennsylvania in 1958.

Pine Grosbeak

Pine Grosbeaks are another winter finch, much larger than redpolls or siskins, and slightly larger than a Northern Cardinal. They are large, plump finches, often seemingly tame and approachable. Males are reddish pink and gray, whereas females and immatures are grayish with tints of reddish orange or yellow on the head and rump; both have dark wings marked by two white wing bars. They can crush seeds and nip off tree buds and needles with their thick and stubby bill. Both males and females have tuneful warbling contact and alarm calls. In winter they form small groups and travel together in search of seeds and fruits, especially mountain ash berries, and seeds of maple and ash trees; once a fruiting tree with abundant fruit has been discovered, a winter flock may stay near that tree until all of the berries have been consumed. In some winters they move or irrupt farther south in search of food, often showing up at bird feeders. The oldest recorded Pine Grosbeak was a male, at least 9 years, 9 months old when found in Quebec in 1970; it was first captured and banded in Connecticut in 1961.

OUR COMMUNITY



Pine Grosbeak; photo by Bob Baker

White-winged Crossbill

A gem of the north woods, White-winged Crossbills often first appear as a bounding, chattering flock moving between spruce trees. Rose-pink males and greenish females and immatures spend most of their time prying open spruce cones with their crossed bills. They have conspicuous white wing bars, hence the name. Flocks work around treetops, hanging upside down, then abruptly flying off to the next tree. They also descend to the ground to gather grit for digestion or to feed on fallen cones. Individual White-winged Crossbills can eat up to 3,000 conifer seeds each day. Like other Winter Finches, White-winged Crossbills are an irruptive species: when cone crops fail in their normal range, they sometimes move far to the south. They are particularly attracted to spruce and tamarack, less often to fir and hemlock. Sometimes, ornamental spruces planted in suburban areas will attract winter wanderers, and they also sometimes show up at feeders.

White-winged Crossbills with lower mandibles crossing to the right are approximately three times more common than those with lower mandibles crossing to the left. They are opportunistic breeders; they can start nesting at any point in the year when food is sufficient for the female to form eggs and raise young. The species has been recorded breeding in all twelve months.

An analysis of the food crop this year indicates that there will be plenty of seeds of birch and other trees, as well as a reasonable crop of Mountain Ash, maples and spruce, in the boreal forest; therefore this winter should not witness a major irruption of Winter Finches into southern and eastern Ontario. However, there will be a few finches that will turn up in our area, and maybe at your feeders.

Project FeederWatch is a citizen science program run by Birds Canada. It turns your love of feeding birds into scientific discoveries. FeederWatch is a November to April survey of birds that visit backyards, nature centres, community areas, and other locales in Canada. The schedule is completely flexible. Count your birds for as long as you like on days of your choosing, then enter your counts online. Your counts allow you to track what is happening to birds around your home and contribute to a continental data set of bird distribution and abundance. feederwatch.org/about/project-overview



Come Join Us!

By Cindy May, member of the Ottawa South Committee for Refugee Support

OSCRS (Ottawa South Committee for Refugee Support) was formed in 2015 as a community response to the Syrian refugee crisis of 2015. Since then, OSCRS has directly sponsored five families and indirectly supported many more individuals and families. This past fall, the committee held a planning session to map out the way forward. The conclusion was that OSCRS needs to grow its membership in order to maintain/expand its capacity.

The main areas of potential growth that were identified in the committee planning session are: building additional community partnerships, boosting our communications and social media strategy, a fundraising action plan, and increasing our membership. The committee is looking for new members interested in contributing to the development and organization of fundraising ideas, helping to build partnerships with service clubs, community groups and local businesses, and in developing a website to be used to profile the progress/ongoing needs of newly sponsored refugee families after their arrival in Ottawa, as well as updates about the progress/needs of the committee in general.

Presently, the committee is awaiting the arrival of a Congolese family of six who are currently residing in South Africa after fleeing violence in their home country. After years of work to fulfill all the requirements of refugee sponsorship, everything is in place for the family to come to Canada to begin their new lives. However, the ongoing effects of the pandemic continue to prolong their wait in South Africa. We remain hopeful that their wait will end soon, and we look forward to welcoming them to Canada.

Once a refugee family finally does make it to Canada, it needs help finding accommodation, furniture and all household items. At times, OSCRS turns to an Ottawa organization called Helping With Furniture (HWF) for help in this area. HWF accepts donations of gently used furniture, bikes and laptops. Recently, HWF was able to move to a new, much larger warehouse that allows clients to “shop” for their own furniture. The ability to make their own choices represents a step toward personal dignity for vulnerable people. If you have gently used furniture, bikes or laptops to donate, it is easy to make an appointment to drop off your items at their warehouse. Drop offs without appointments cannot be accepted. Nathalie Maione of HWF shared that she is looking forward to safely and warmly welcoming more and more individuals and families to HWF, helping them to furnish their homes with comfort, hope and dignity.

OSCRS looks forward to deepening existing connections and forging new ones in working toward the goal to be as responsive as possible to meeting ongoing refugee needs, and we look forward to welcoming new members! Please contact our co-chairs Bev and Kevin at osrefugee@gmail.com with any questions you may have about volunteering.

OSCRS greatly appreciates the ongoing support of the community. Once again there was an excellent response to our Purdy's Christmas fundraiser. Thanks so much to all who participated! Over \$2000 was raised to help refugees!

If you would like to contribute you can do so by writing a cheque to Trinity Anglican Church and sending it to 1230 Bank St. Ottawa, K1S 3Y3 for a tax receipt; or we can be found on Canada Helps: www.canadahelps.org/en/charities/trinity-anglican-church.

JUST GOOD ADVICE

The Garden Gate

By Patricia Mosher



Feature: 10 Inspirations for Creating a Magical Winter Garden

January is the month when our Ottawa gardens are typically dormant, dull and covered in snow. But what if there was an alternative? January is a great month to begin planning for that perfect winter

wonderland next year. Here are a few tips for selecting plants that will provide a vista of drama, color, bird habitat and textural interest throughout the winter months:

1. Focus on evergreens to provide both summer greenery and winter color. My favourites include Blue spruce, dwarf mugo pine and weeping juniper.
2. Convey a sense of serenity that highlights the simplicity of winter scenes. Timeless options include white birch and compact globe spruce.
3. Consider shrubs that provide exciting contrast. A standout in the winter landscape, redbird dogwood, features stunning bright coral stems that remain red throughout the winter months.
4. Provide textural contrast in your garden: evergreens provide the perfect foil for a collection of ornamental grasses.
5. Consider layers of height – a backdrop of cedars, a mid-layer of winter-flame dogwood, all fronted by Lunaria (a.k.a. Silver Dollar plant) to draw your eye upwards.
6. Aim to create your winter masterpiece in an area of your yard that is away from the road and driveway where snow piles will create an excessive amount of snow cover.
7. Select plants that add valuable colour contrast to the landscape year-round such as boxwoods and Japanese maples.
8. Feature plants such as Cranberry bush that produce showy red fruit in winter, offering a buffet of berries for birds and other wildlife.
9. Create winter-themed container gardens using evergreen branches and colourful twigs to transform an empty window box or planter into a pleasing winter vignette.
10. Ground the design with low-growing ground-covers that retain some colour throughout the season. Great options for Alta Vista gardens are the semi-evergreen creeping phlox and ethereal hellebores – often found in full bloom beneath a blanket of snow in early spring, even before the snowdrops, crocus and daffodils have emerged!

Plant of the Month: Blue Spruce

If you're looking to spruce up your winter landscape, you can't do better than the stunning Blue spruce! Also called Colorado blue spruce, this beautiful evergreen with icy-blue needles is an absolute gem in the winter landscape. Being uniquely colorful, winter hardy and relatively drought tolerant, no wonder it's an Ottawa favourite.

While the Colorado blue spruce can easily reach heights of 50 feet in our climate, there are many varieties that could certainly tuck into a smaller garden, *provided the location gets all-day full sun*. Fat Albert and Koster, for example, are two popular varieties that grow to about 10

and 15 feet tall, respectively. This height creates a picture-perfect focal point in a sunny border or island garden bed where its lush blue foliage and architectural shape provide a handsome contrast with other plants.

If that still sounds like too much tree for your yard, consider one of the many dwarf blue spruce shrub varieties such as Blue Globe or The Blues (a beautiful weeping variety) which are more in the 1 to 4 feet tall range. These are exquisite options for rock gardens and mixed borders.

A large amount of direct sunlight is what gives the blue spruce its optimal colour. The waxy coating that makes the needles blue is formed by the sun. If there is insufficient sunlight, the wax production will be compromised and the needles will be less blue and more green.

The next time you're out walking through the neighborhood, see how many blue spruce trees/shrubs you can spot and note what a standout they are against a blanket of snow.

January Gardening

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

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

or obelisk to create an instant winter showstopper.

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



Blue Spruce Photo credit: Paramount Nursery



Photo Credit: BGH.com

The Garden Gate is a monthly feature about all things gardening. Opinions are my own. If you have ideas for upcoming features or want to share your thoughts about this month's article, please contact Patricia by email: OttawaPlantByNumbers@gmail.com or on Instagram: [@ottawaplantbynumbers](https://www.instagram.com/ottawaplantbynumbers).

Patricia has lived in and been an avid gardener in Alta Vista for over 30 years.

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OUR ENVIRONMENT

Photos taken by Gary Howard in and around the Ellwood neighbourhood



Male Northern Cardinal



Snowy Owl



Female Downy Woodpecker



Cottontail Rabbit – they switch to eating bark in the winter



Male American Goldfinch in breeding colours



White-breasted Nuthatch

OUR ENVIRONMENT

HOPE IN A BURNED FOREST



Alta Vista's Jo-Anne McArthur is shortlisted for the 2021 "People's Choice Award" in the prestigious Wildlife Photographer of the Year competition for this stunning image of a kangaroo and her joey in a burnt eucalyptus plantation in Australia.

Please consider voting at: www.canadiangeographic.ca/article/canadian-photojournalist-shortlisted-international-award-powerful-shot-kangaroo-and-joeey. The voting period runs until Feb. 2, 2022, and the winner will be announced on Feb. 9, 2022.

Courtney Tower reported in the January 2021 edition of VISTAS that Jo-Anne McArthur saw hope for the joey in the burned-out forest.

She stood there, ever so still, in the burned-out eucalyptus plantation in an Australia ravaged by forest fires, a hundred metres off from the mother kangaroo and her joey. She took a few photos from that distance in the charred wasteland, then edged closer and closer and crouched down for the shot she knew she wanted. She took it. The kangaroo removed her watching eyes from human Joey and hopped away.

Jo-Anne McArthur, Joey to her friends, had taken "Hope in a Burned Forest," and this last November it won Nature Photographer of the Year from the prestigious organization Nature Talks based in Amsterdam.

Of a little local coincidence, Joey is the name given baby kangaroos, an aboriginal word meaning "small animal." Of further coincidence, Jo-Anne's encounter with the kangaroo and the pocket-joeey was taken at Mallacoota in the state of Victoria, where her father, an Australian Canadian and Alta Vistan, was raised.



January 26, 2022



FAMILY MATTERS

Ring in the New Year!

By Marian Meade, RN BScN Psychotherapist, Director of Counselling at Serenity Renewal for Families



Happy New Year 2022! Each New Year brings the promise of better things to come – the opportunity to start afresh. So often we look outside ourselves to feel better, but to have permanent and lasting change, we need to look within.

At Serenity Renewal for Families, we offer workshops (currently virtual) for children, families, youth, and adults that promote emotional

wellbeing and personal growth – so that you can become more of who you truly are and feel better more of the time, regardless of external circumstances.

Here are our offerings to help you kick off the New Year:

Family Programs

B.A.B.E.S. (Beginning Awareness and Basic Education Studies) ages 5-8

April 9-May 28 9:30-11 a.m.

Storytelling and puppets are used to teach young children the skills required to cope with peer pressure and difficult situations. Substance use is addressed from an age-appropriate perspective. Parents are required to attend.

Strengthening Families ages 7-17 and parents/guardians

January 15-March 26, 10 a.m.-12:30 p.m.

This 11-week program is for parents/guardians and children to enhance their communication and improve their relationships.

Teen Program ages 15-17

January 26-March 2 6-7:30 p.m.

Teens talk about their issues and challenges to develop coping skills. Includes large and small group discussions and activities.

Youth Program ages 12-14

March 23-April 27 6-7:30 p.m.

Youth talk about issues and challenges and develop coping skills. Includes large and small group discussions and activities.

Parenting Skills: Use/Overuse of Electronics

February 7-10 12-1:30 p.m.

Learn about the impact of electronics on your child/youth/teen's behaviour and how to set boundaries to ensure healthy use.

Adult Educational Workshops

Boundaries: How Do I Respect and Love Myself?

January 10-13 4-5:30 p.m.

Learn about boundaries and how to heal and create healthy relationship patterns.

Family of Origin:

January 17-20 12-1:30 p.m.

Learn how your childhood experiences influence your current

relationships and the way you parent your children. Identify which beliefs are supporting you and which ones you would like to replace.

Mindfulness for Mood:

January 15-16 9:30 a.m.-12:30 p.m.

Find out how mindfulness skills can help improve the way you respond to difficult thoughts and emotions. Learn multiple ways to practice mindfulness.

Communication and Relationship Skills for Individuals and Couples:

Feb 5-6 9:30 a.m.-12:30 p.m.

Learn the essential ingredients for overcoming unhealthy patterns and creating healthy intimate relationships.

Sexuality: An Essential Part of My Healing Journey:

Feb 12-13 9:30 a.m.-12:30 p.m.

Our upbringing profoundly shapes our capacity for intimacy in our relationships with others. Our sexuality is a core dimension of who we are. Learn how to make healthy relationship and sexual choices.

Emotional Regulation and The Self: Becoming Whole:

Feb 14-17 4-5:30 p.m.

Learn how to experience and process your emotions, rather than having them run you. Discover how to love yourself, meet your emotional needs, overcome fear and cultivate the life you want to live.

Codependency: Reclaim Your Identity:

Feb 22-25 12-1:30 p.m.

Codependent behaviour is a learned coping style that includes hyper focusing on others while being unable to express one's own needs. Learn to reclaim your identity and create authentic relationships.

Self-Esteem and Self-Care:

March 5-6 9:30 a.m.-12:30 p.m.

Learn how to cultivate self-esteem and self-care through the exploration of mindful self-awareness and self-compassion to heal your relationship with yourself.

Isolation, Loneliness and Our Need for Connectedness:

March 28-31 12-1:30 p.m.

Being isolated and disconnected can contribute to feelings of loneliness, fear and anger. Denial may also be part of the pattern. Learn how to connect with yourself and others and feel better more of the time.

Emotion Regulation and Others: Moving into Connection:

March 21-24 4-5:30 p.m.

Has mistrust held you back in relationships? Sometimes our emotions can prevent us from fully connecting with others. Learn how to transform emotional reactions, navigate conflict, communicate feelings and set boundaries.

For more information about our workshops, please visit www.serenityrenewal.ca, email workshops@serenityrenewal.ca or call 613-523-5143 between 9:30 a.m. and 2 p.m.

Serenity Renewal for Families is a non-profit agency providing educational workshops for the public as well as counselling and groups for people of all ages who have been affected by addiction. No one is turned away for financial reasons.

If you would like to make a donation to Serenity Renewal for Families, please visit www.serenityrenewal.ca. If you know anyone who could benefit from our services, please pass this on. Thank you!

SPORTS NEWS

Margaret King – Friendly Neighbourhood Ironman Competitor

By Anthony Hadwen



Margaret at Ironman World Championships in Hawaii, 2016

As we age, many of us wonder whether our competition days are over? It can be hard to find the time, and sometimes the will, to challenge our own fitness level. Fortunately, we have Margaret King in the neighborhood to lead by example. Outside of her love for her family and her passion for playing and teaching music,

Margaret is dedicated to the endurance sport of Ironman. The Ironman starts with a 3.9-kilometre swim, continues with a 180-kilometre bike, and finishes with a full marathon run (42.2 kilometres). Margaret has completed seven Ironman competitions (in the last six years!), and she currently ranks as one of Canada's top athletes in her age category. She reflects that what got her to this point were many "baby steps" fueled by a passion for the sport and a willingness to learn. For her, the sport has become a lifestyle, and the journey is lifelong.

A big part of Margaret's success is enjoying what she does. In school, she swam, did trail running, cross-country skiing and played soccer. After settling in Alta Vista, she was busy raising four children with husband Louie and teaching music in the home – there seemed to be no time or energy left for other pursuits. But when a friend talked her into joining a local swim group, she rediscovered her love for sport. Next, she joined Team Triumph Triathlon, where she became competitive in a sport that she was eager to learn more about. Swimming, biking and running are now a constant source of happiness and energy for her. She says that she is always ready to smile and wave to a familiar face while out on a training run.

In past years, she competed in the World Dragon Boat Championships and took up challenges like the Rudy Award, a local award given to those who complete 5 events in one year: Ottawa's Winterlude triathlon, the 51-kilometer Gatineau Ski Loppet, a marathon, the Rideau Lakes Classic Tour (a two-day cycling event), and an Ironman. But it is the Ironman that has given her the most satisfaction. An early highlight of her career in the 55-59 age category was the 2016 Ironman World Championship in Kona, Hawaii. To qualify, she placed first at Ironman Mont Tremblant with a time of 11 hours and 37 minutes. Her busiest season was 2019, when she ran two full and one half Ironmans, a marathon, a half marathon, and multiple other endurance races. Recently, her efforts to return to Kona have been impeded by COVID restrictions (her goal was to be at 10 Ironmans by this point), but in August 2021, she won a race in the 60-64 category, which qualifies her for the 70.3 Ironman World Championships in October 2022 in Utah.

Margaret is a natural teacher. She has proven this with the piano, and she carries this love of teaching into her chosen sport. She is a certified Ironman Coach with Team Triumph. Club founder, Julia Aimers, observes that she connects with athletes because of her proven experience and knowledge, but also because she cares about the people she coaches. She has mastered the challenges that fitness presents to all

of us: finding motivation to get started with each daily workout, pushing limits so improvements are gained, and focusing physically and mentally to achieve goals. With coaching, Margaret is dedicated to passing on these lessons to others.

She appreciates that the daily challenge for every athlete is how to get started. For her, one key is to always remain willing to take the first step, and the other is to break training down to acceptable segments, where each segment leads to race day. Of course, for some this will be measured in minutes but for others, in hours. Margaret's pre-race training schedule can involve up to three-plus hours of training per day, plus additional time for weights and flexibility training. It is a lot of work but she stresses that it is still important to keep it fun. Online programs help and, of course, music has helped her through many hours of training (she has many, many playlists!).

How does Margaret continue to improve to the next performance level? Half of the battle is to have a balanced mental perspective, and the other half is to refine training and technique. First, the racer must have the discipline in training to strengthen the weaker skills while maintaining the stronger ones. When the race is over, she realizes that it is important to look for areas of improvement, but also to find positive reinforcement in good results. In Kona, Hawaii in 2016, she was disappointed in her bike and run, but took pride in completing one of her "best ever" swims in the turbulent ocean waters. Second, Margaret has learned that technique and the right equipment make a big difference. She has also learned that training for mobility and strength are more important than ever. Finally, with age, comes better awareness and control over the "fourth sport" of the Ironman – nutrition and sleep. Her experience enables her to benefit from long hours of training and to prepare for the race ahead.

The final challenge is to get across the finish line with your best effort. Margaret's best finishes have come when she is able to plan her training specifically to suit the upcoming race conditions. The Utah course will be hilly, and October weather can be unpredictable. So, when it is a rainy day, she will be in the Gatineau Hills on the bike. Visualization and other mental cues help her to avoid getting distracted from her plan during the race. She gets inspiration by thinking about her family. Often, she will dedicate a segment of the race to her husband, Louis, and each of their four sons. At the end, surrounding spectators help her make the final push across the finish line.

We all face the struggle to get started, to improve and then to finish strong. However, now we have an example and guidance ... and you don't have to be running a marathon to benefit. We know that Margaret will be ready when she races next year at the World Championships in October, or at Kona next time! To follow Margaret's progress, navigate to the Ironman website and search for the next race. Also, be prepared to take those "baby steps" yourself, as you work toward your own goals! In the meantime, look out for Margaret running or biking along our quiet Alta Vista streets, or at the local pool coaching swim classes. If you don't see her there, she will be happily playing the piano or, perhaps even more happily, teaching one of us or our kids to do the same.



Coach Margaret, Team Triumph Triathlon

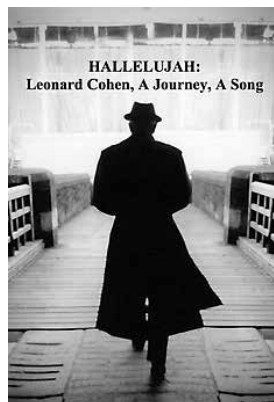
ARTS AND CULTURE

Reviews

By Tony Wohlfarth



In November, the International Documentary Film Festival Amsterdam (IDFA) returned with a stunning lineup of new documentary films. I am reviewing the latest film about the life and career of Leonard Cohen, along with *The Mauritanian* and *Worth*, both of which are available in our community.

Hallelujah: Leonard Cohen, a Journey, a Song

Leonard Cohen is one of Canada's best-known musicians. His career (spanning 49 years) is captured in an exhaustive documentary which screened at IDFA.

The film opens with a revealing interview with Judy Collins. Collins tells the story of how a poet approached her to ask if these tunes were songs? Collins replied yes, and she performed one of them live the next day in New York. At this point, Cohen was a struggling artist performing in bars and cafes in Manhattan.

The documentary goes on to explore every facet of Cohen's celebrated career. Too many to recount here, so here are the ones which stood out for me. Cohen lived for six years (1993-1999) in a remote Hindu retreat on Mount Baldy in California. The cadence of his lyrics mimic chants he first heard at his synagogue in Montreal. Cohen was a notorious womanizer, and his songs reflect it, e.g., *Suzanne*, *Marianne*. Cohen returned to performing live in 2014, after his former manager stole all his savings. He went on, beginning at the age of 75, to perform 79 concerts in five years.

The most controversial bits of the film have to do with Cohen's celebrated song, *Hallelujah*. His hit was covered by many artists, Jeff Buckley, Brandi Carlisle, Jennifer Warnes, to name a few. I learned it also featured in the film *Shrek*. No story here, but for other critics this part of the film is over the top.

I was at the Tower of Song tribute in Montreal in 2017 – held one year after Cohen's death. The film ends with k.d. lang performing *Hallelujah*, as did the concert. Directed by Dan Geller and Dayna Goldfine, the film premiered at the Venice Film Festival last September.

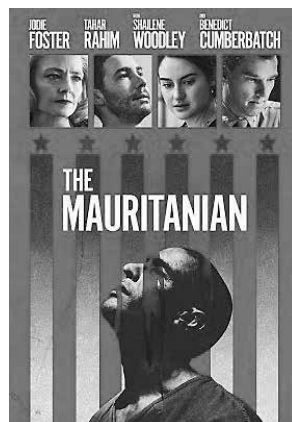
What is missing from the two-hour documentary? Surprisingly, a lot. I would have liked to hear from his son, who organized the tribute concert in Montreal. His ex-wife. I also felt that his time living in Hydra in Greece could have had more of a focus.

For fans of the scribe, *Hallelujah: Leonard Cohen, a Journey, a Song* is a must see – despite its shortcomings. The running time for the film is one hour and 55 minutes.

For more information, readers can check out: www.sonyclassics.com/film/hallelujah

The Mauritanian

Twenty years ago, the terrorist attacks on 9/11 led to the establishment of a special military prison in Guantanamo Bay, Cuba. Gitmo, as it became known, held some 779 prisoners, including Mohamedou Ould Slahi. Mohamedou's 16 years of imprisonment and torture are the subject of a compelling film,

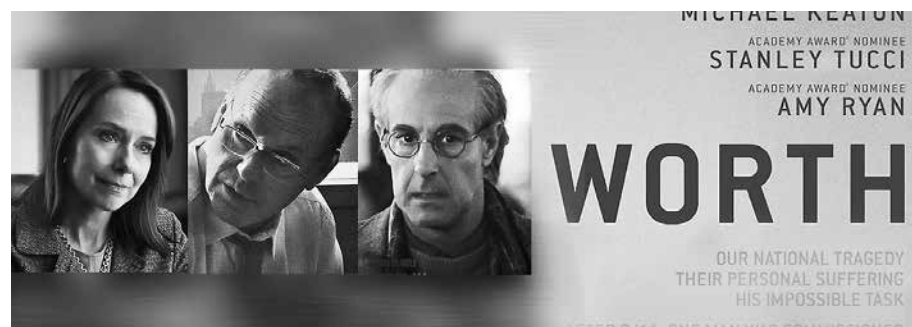
***The Mauritanian***

The film opens with a family wedding in Mauritius in November 2001. The Americans are under pressure to find the masterminds of the terrorist attacks and Mohamedou (played by Tahar Rahim) is detained. Four years later, in 2005, Nancy Hollander (played by Jodie Foster) is approached to represent him. Hollander and her associate Teri (Shailene Woodley) go to Gitmo and take his case.

The prosecution is led by Stuart Couch (Benedict Cumberbatch). The legal drama unfolds over five years and includes excruciating depictions of the torture he endured to get a false confession.

Mauritanian is not for the faint of heart. It is difficult to watch and too long (two hours and nine minutes). *The Mauritanian* was filmed on location near Cape Town, South Africa and in Mauritius.

Released in 2021, Foster won a Golden Globe for best supporting actress for her performance.

Worth

The terrorist attacks of 9/11 resulted in more than 3,000 deaths. *Worth* is a film dramatizing the settlement of the September 11 death claims.

What is a human life worth? The film dramatizes the behind the scenes claims process leading to the settlement of the \$7 billion (US) set aside for the victims and their families. *Worth* co-stars Michael Keaton and Stanley Tucci. Keaton plays the role of Kenneth Feinberg, a hard-nosed Manhattan lawyer who follows rules without exception. Tucci plays the role of a community organizer.

I enjoyed watching Feinberg dealing with aggrieved families, who find his rigid formulas unacceptable.

Worth had its world premiere at the Sundance Film Festival in 2020. The running time is one hour and 58 minutes.

How Can I Watch *The Mauritanian* and *Worth*?

Both *The Mauritanian* and *Worth* are available for rental from Movies'n Stuff, 1787 Kilborn Avenue in Alta Vista (moviesnstuff.com). Call Peter @ 613-738-1607 to reserve a copy. Renting these films gives you bonus content, e.g., deleted scenes, alternate openings, profile of the director.

What's On in Ottawa & Beyond**@ The Canadian Museum of Nature (CMN)**

Shadowland, a temporary exhibition of 15 drawings by Canadian artist Lorraine Simms, opened at the CMN in December and continues until April 18. Simms created the drawings at the American Museum of Natural History.

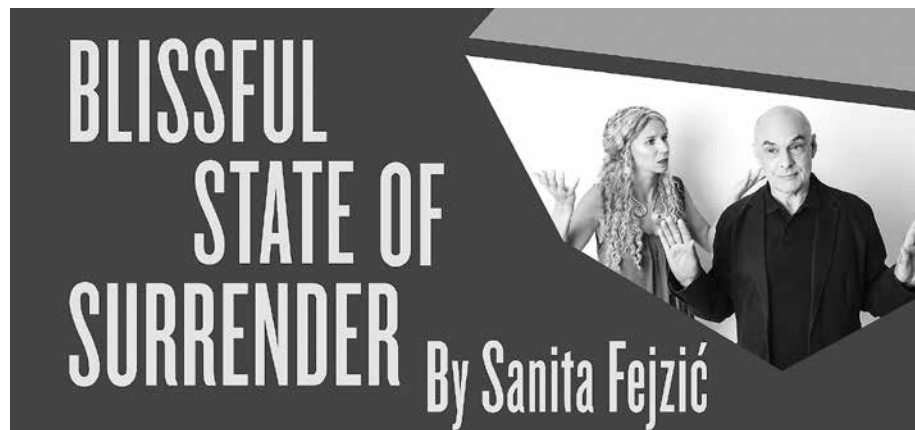
VISTAS previewed the new art exhibition on December 9. The sketches are of the skeletal remains of polar bear skulls, walrus and wild bat skeletons, in pencil and chalk.

Shadowland is located on the third floor of the museum, in front of the Bird Gallery. For timed entry tickets, check out: nature.ca/en/plan-your-visit/admission.

ARTS AND CULTURE

@ Great Canadian Theatre Company (GCTC)

The GCTC (1233 Wellington) opens a new play, *A Blissful State of Surrender*, beginning on February 1. For tickets and show information, readers can check out: www.gctc.ca/shows/blissful



Immersive Monet in Montreal

The Contemporary Art Museum in Montreal welcomed an immersive art exhibition of the work by Jean-Claude Monet. Tickets and show information are available at: macm.org.

Tony Wohlfarth is an Ottawa-based freelance film and entertainment writer. He screened Hallelujah at IDFA in November and The Mauritanian courtesy of Movies 'n Stuff.



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HEALTH AND FITNESS

Colles Fracture

By Sue Reive, owner of Kilborn Physiotherapy Clinic

Winter has arrived and so has the ice! Unfortunately, people will slip and fall and fracture their arms.

A Colles fracture is essentially a broken wrist. The bone(s) affected include the radius with or without the ulna. It is a very common fracture that usually affects women more than men and the older population due to the greater prevalence of osteoporosis in this age group.

A Colles fracture can occur with a fall on an outstretched hand. The excessive compression force will break the radius and sometimes the ulna as well. The most common site of fracture is 2 centimetres above the wrist joint. In addition, patients can sustain a sprain of the ulnar collateral ligament from the fall.

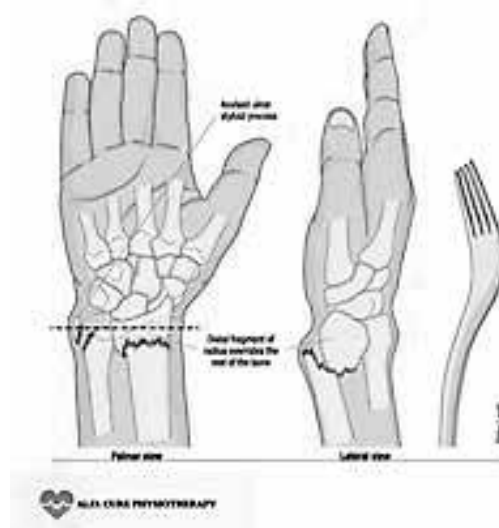


Photo from Alfature Physiotherapy Facebook page

After resetting the bones, patients will usually be casted for 4 to 6 weeks to allow sufficient bone healing. X-rays will confirm an adequate healing prior to removal of the cast.

When the cast is removed, patients will often have a marked reduction in wrist and forearm mobility, reduced strength, and swelling. Activities of daily living such as brushing the teeth, opening a door, and carrying groceries are very difficult due to the lack of mobility and strength. Physical therapy is often recommended to help improve function. This includes stretching and strengthening exercises, manual mobilization of the wrist, contrast baths to help reduce swelling, and massage.

Patients will usually regain functional mobility after six visits and can then be discharged on a home exercise program with the emphasis on strengthening. With radial fractures it is important to note that the bone continues to remodel and could take three months or more to fully heal.



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SCHOOL NEWS

Good Companion

By Jaela Rivera (Grade 8) and Aria Aminta (Grade 7), students in Ms. Conley's class

Featherston Drive Public School was back at it again with spreading Positive Mental Attitude this holiday season! For the second year in a row, we have collaborated with the Good Companions Seniors' Centre and helped write sincere letters and artwork to encourage our elderly friends. What started as a small class project transformed into a major campaign with thirteen classes from all grades and even the Parent Council joining in to help supply us with materials.

It all started with a virtual meeting with Nikke Snagg, the Membership and Volunteer Coordinator of the Good Companions Seniors' Centre. In that session we learned about the programs they offer and the impact COVID has had on the elderly in our community. We loved the idea of sending positive handwritten letters to seniors which would be attached to their holiday care package drop off.

R7/8A began their work with sincere handwritten messages in English. We then recruited the help of M7A which is a French immersion class so we could expand to French elderly in our community. Being able to give back to the people who worked hard for our future is something we wanted all of the classes to experience. As time was passing we brainstormed how we could reach a wider audience to support us, we decided to write school announcements to showcase our project and to encourage every class to participate. We made posters that will educate everyone about our motive.

In the front hall we had a mailbox in which students put their finished cards and artwork to go through quality control. R7/8A examined the

English cards while M7A was responsible for the French cards. In quality control, we looked over the letters thoroughly and we checked for any grammatical mistakes. In each letter we added a hilarious joke, an encouraging and positive quote, and a few cute stickers.

On Friday December 3rd, Nikkie Snagg from The Good Companions Seniors' Centre came to our school to collect the cards, letters, artwork, and puzzles. In the end, we had a total of 361 cards ready to be collected. We were quite happy to find out that they were making 350 care-bags and that we surpassed our target! The fact that we had a chance to make someone feel valued during these hard times makes us rejoice.



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FAITH NEWS



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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.



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CHURCH GATHERINGS

All in-person spiritual and social gatherings are suspended. Please visit website for updates.

Cast all your anxiety on him because he cares for you. 1 Peter 5:7

Fallen Angels

*There is a face
inside the human race
this face is mine
and my name contains
a sign*

*The sign is gold
and broad leaves of old
reddened faces in the cold
and winter draws near*

*I am here
to mourn my sister
who died
she walked among the poor*

*who stole winters from you
the man who
lives alone
forever*

*and I do not sell
candy to boys in
lederhosen
any more.*

*By Sonja Muller,
Sanctorum Health Clinic, Alta Vista*

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Spirituality Community Service

FAITH NEWS



It's January, and I have no desire to put away my Christmas decorations. However, my tree seems to have different ideas. The strands of lights on this 5-year-old, pre-lit beauty have been blowing one by one (beginning on Christmas Eve!) like candles on a birthday cake. There's only one working set left—the set I bought on the day I pieced together the tree in early December. It looks ridiculous.

Yet, every morning when I get up and every afternoon when I return from work, I turn on the remaining lights. From the side, it doesn't look terrible. It's still festive and beautiful and fills me with joy. I love my tree, despite its failure to shine properly. Other features add to its radiance—the sparkle, color, and precious ornaments—such that I can forgive this rebellion to a point.

However, I will not allow it to stay this way forever. It clearly needs my assistance. Before I put it up next year, I will buy new lights and restore its former glory. It will be whole again, lighting up the room with its tiny white orbs, making the ornaments sparkle, and masking some of the holes between the branches. I won't love my tree more than I do now, but I'll be happy when it is lit up again.

There's something special about light, isn't there? The first thing God created, light is encapsulated in the sun with its spectacular sunrises and sunsets as well as the stars and the moon in its various phases. We also enjoy the manmade lights too, especially in the form of fireworks or Christmas decorations.

Yet, light can be unkind too. Looking in a mirror in bright lighting can be scary. Every unplucked eyebrow hair and clogged pore cry out to be noticed. No one should ever have to see their flaws that way.

One morning this week, after a few days of cloudy skies, the sun made a dazzling appearance, and I welcomed its bright warmth as it beamed through my windows. That is until I noticed what it did to my countertops! I thought my kitchen was clean. Under the brilliant spotlight of the sun's glare, the truth was revealed. There were crumbs, dust—so much dust, and short hairs (ew!) all over my countertop! And it's wiped down every evening after dinner!

Yes, light can be mean. Yet, it's not the light's fault. The dirt was there all along. It just required a spotlight to reveal it. I can run and get a cloth and clean up that mess, or ignore it and wait until the sun finds a more compassionate spot in the sky. Once its brilliance has passed on, no one will see that grime.

Sometimes, like my tree, we allow things into our lives that make the lights go out. Our love for God doesn't shine as brightly anymore. Since our Father is loving and full of grace, He sees our inner beauty. He still loves us. But He desires that we perform as He intended, shining for the world to see our Jesus-glow, causing others to want what we have—a personal relationship with Him.

As an inanimate object, my tree can't ask for my help. I can impose my power as its human owner and take control. It's getting new lights whether it wants them or not. But, while God wants us to shine for Him, He won't impose on us in the same way. He has given us our own will.

He wants us to ask Him for help. If we repent and ask for His forgiveness, He will restore us to the beautiful masterpiece we were created to be. We can shine in wholeness once again.

Our hearts, like my countertop, have hidden dirt in them. But God's brilliance reveals all those crumbs and dust particles. 1 John 1:5 says, "God is light, and in Him is no darkness at all." When we stand next to Him, it's hard to present that photoshopped, filtered image of ourselves we like to display.

What would God's brilliance reveal in your life? Don't let guilt move in to sit beside it. Instead, repent and pray with me.

Dear Father, You see the dark places inside of me that no one else can see. You are the only One who can clean up my life and get rid of the dirt blemishing Your creation.

Forgive me for the things I've done that make my lights go out. I want to shine for You. Cleanse my heart and make me whole again.

Make me worthy to stand in Your spotlight and radiate Your light.

I love You.

Amen.

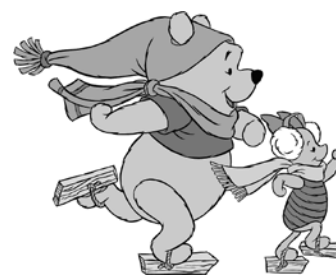
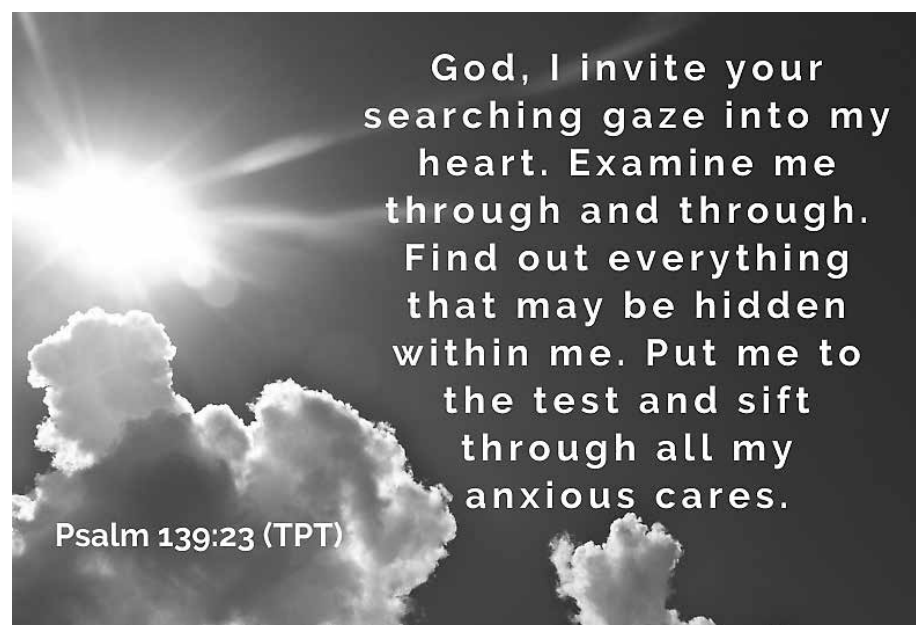
Sometimes light brings us embarrassment (revealing our crumbs!), but sometimes it brings peace (lights on the tree in the darkness of early morning), especially when we invite the Light of the World into our hearts. Allow this verse about light to comfort you this week:

Your presence is everywhere, bringing light into my night.

(Psalm 139:11 TPT)

Are you ready to shine, Child of God? Let there be light!

For more blog posts like this, visit Val's Stage at www.valsstage.com. If you're on Instagram, check out my *TUESDAY TICKLE* and *FRIDAY FUNNY* posts [[@valdagoudie](https://www.instagram.com/valdagoudie)]. Send me an email if you'd like these to go straight to your Inbox. I'd love to connect with you! Valda.goudie@gmail.com



OUR ENVIRONMENT

Tree Planting Ideas for Alta Vista in 2022

By Gillian Cooper for the AVCA Greenspace Stewardship Committee

The Alta Vista Community Association (AVCA), on the recommendation of the AVCA Greenspace Stewardship Committee, has requested that three locations in WRENS Way be included in the City of Ottawa's Spring 2022 tree planting. The AVCA has also identified as priorities the north-south bike path in Lynda Lane Park (next to the playing fields) and Sandalwood Park (once the City completes forthcoming design and improvement consultations). We hope the City will agree with these suggestions but have not received confirmation of their plans.

WRENS Way

This is the new name for the greenspace across Kilborn Avenue from Kilborn Park and Grasshopper Hill:

1. Complete the row of trees parallel to Grace Street along the edge of the Buckthorn forest.
2. Plant a new row of trees parallel to Heron Road along the south side of the soccer fields.
3. Plant small potted trees along the fence bordering the eastern side of the soccer fields, probably by community volunteers.

If these trees are planted in the spring, the species will probably include Red Maple and Red Oak, which prefer being planted early in the year.

Butternut tree seedlings

The Rideau Valley Conservation Authority has promised to provide 10 Butternut seedlings for planting in WRENS Way in spring 2022 at sites to be chosen by a forester. The Butternut Canker Disease is threatening the survival of these beautiful native Butternut trees, so we hope WRENS Way will be a happy home for them.

No further planting in WRENS Way for now

The Committee will not be suggesting other sites for tree planting in WRENS Way at this time. After a complete tour and detailed discussion, we concluded that most other spots already had an excellent variety of well-established, healthy native trees from previous plantings or naturally seeded. The following species were noted: Red and Silver maples, Aspens, Jack Pines, Ash, Oaks, Sumac, Red Osier Dogwood, Birch, Elderberry, and Willows. We will enjoy watching nature create a varied canopy.

Ideas for future plantings in Alta Vista – Your suggestions?

Where would you like to see the City plant new trees in the AVCA area? This fall, the City has planted new trees in several of our parks, but maybe your local oasis should be considered for future plantings? We will be happy to advocate for popular sites with City forestry staff and share the data with the Councillor's office and other local groups. We do not guarantee results, but we are trying to develop a positive relationship with City staff in collaboration with Mr. Cloutier's office, and the focused approach appears to be preferred. Please send your suggestions to contact@avca.ca or gilliancooperprice@hotmail.com.

Fill in your piece of the tree canopy through the Trees in Trust program

Homeowners who do not have a City tree on their front lawn are encouraged to request one from the City through the Trees in Trust program. A lot of gaps in our precious canopy could be filled this way. Our Committee plans to visit some of our treeless neighbours to encourage them to do so, for the benefit of all of us.

Good news: Dog Strangling Vine removal pilot

A plan supported by the AVCA and Councillor Cloutier to allow removal of Dog Strangling Vine in WRENS Way and Kilborn Park by volunteers is being prepared for presentation to the City for spring 2022.

FRIENDS OF PLEASANT PARK WOODS

Have you seen this tree in Pleasant Park Woods?

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



Do you know who made these holes? You probably would have heard a loud “rat-a-tat-tat” before you noticed a very large woodpecker. The Pileated Woodpecker (*Dryocopus pileatus*) is one of the largest woodpeckers in North America and it stays around all winter. They are black with a very bright red pointed crest and a broad white stripe on each side of their faces below their eyes and down their necks.

These birds like our woods because the abundance of dead trees and fallen logs are full of insects. While they mostly search for ants to eat, they also eat nuts and berries, including poison ivy berries. On occasion you might also see these woodpeckers in your yard.



2022 is the Year of the Tiger. Some of the animals (such as Rat, Snake, Dog and Pig) aren't normally well-liked in Chinese culture. But as a zodiac, their positive traits are bestowed on people born that year.

They play a much bigger role than in Western cultures. Your animal can decide your career, health and relationship success. Make sure you find out what zodiac animal you are!

<https://chinesenewyear.net/21-things-you-didnt-know-about-chinese-new-year/>

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OUR COMMUNITY

ELLWOOD UPDATES

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



Recent articles on intensification have garnered interest and a number of residents have gotten in touch for wider discussions with city planners. Norman Payne says thank you to those who took the opportunity to respond with questions – he will address as many of them as possible in the February edition of VISTAS.

People have expressed opinions right across the spectrum, which is why Ellwood's Ridgemont Community Association has been fully engaged with the process from the first hint of intensification and continues to focus on every possible detail to anticipate needs, prevent problems, identify as many issues to resolve, ensure there is a fair, equitable compromise to intensification, and to maintain quality of life.

Ellwood – bounded by Bank, Walkley, Kitchener and the west side of Albion – is a neighbourhood of about 550 homes, of which 150 on Jasper/Golden Star/Lilibet are very new builds and effectively immune to any intensification regarding building. The highest buildings of 3 to 9 stories may be along the east side of Bank Street. The entire stretch of Walkley Road from PetroCan to Albion Road could see most older homes replaced by 3-storey commercial/residential buildings. Increasingly, these Walkley Road homes have already been turned into multi-unit rentals. As well, there is a whole separate intensification area focused around Walkley LRT already with possibly four high-rises and a target of 3,000 or more residents.

Some long-term residents are mystified by the impression of younger first-time buyers that the long-term residents “have it good” because they bought their home for around \$50,000 many decades ago and it is now worth \$650,000. People forget that to obtain \$50,000 back then was just as hard to get as \$650,000 in 2021. In the 1950s and 60s, almost always only one parent worked, and most families had at least three children to support. Further, interest rates were 5% or higher then, now they are as low as 1%. Latest StatsCan updates show that by age 30, 50.2% of millennials versus 55% of baby boomers owned their own homes..

Today, if a senior couple was to move to a mid-range, minimal-assistance, one-meal-a-day retirement home, it would cost them around \$72,000 a year. With a life expectancy of a further 10 or more years, that would come to over \$720,000, but would actually be much more as prices increase with time. Even selling a high value, two-storey single home in Ellwood and moving to a retirement type bungalow in a new semi-retirement community would most likely cost the couple more to buy than what they receive from their sale. A typical new bungalow suitable for retirees, such as the mid-range Orleans Dogwood, is now \$650,000 to \$700,000, says Corey Eves of Ashcroft Homes.

Based on the latest data from a reputable real estate professional, between January 2020 and December 2021, about 43 homes were listed in the Ellwood area – 17 sold between January and December 2020, and 26 sold in 2021. Less than a dozen of the 43 homes remained single family after the sale.

A large part of the problem, a leading Ottawa realtor says, is the purchasing of single homes by developers, splitting them into two or more units, renting them for a while before flipping them for \$100,000 or more profit, and this has occurred in Ellwood.

One entity is reputed to have bought over 40 homes in Ottawa with this modus operandi – a practice that is driving up prices and prohibiting reasonable entry for first-time home buyers. The blind bidding wars are yet another feature that compounds the problem of obtaining reasonably affordable homes.

The majority of Ellwood residents wish to maintain, as much as possible, the quiet, friendly atmosphere of this small neighborhood. They would like to see more families move in and put down roots here. Many have expressed interest in having more tree canopy and greater beautification and diverse use of the community's hidden gem, Frank Licari Park. They are afraid that intensification, as envisioned by the city planners, will mean a greater number of single-family homes being decimated and turned into multi-storey buildings with perhaps too many rooming houses, with more attendant traffic, street parking, noise, fewer trees, and an overall reduced quality of life. How this will turn out remains to be seen, but the concern is real, say residents, and the City needs to pay close attention.

Winter 2021/2022 Rink Program

Ellwood's Ridgemont Community Association has been operating the rink at Frank Licari Park for over 50 years and has geared up for the 2021/2022 season. Volunteers who meet the City's vaccination requirements are welcome to pitch in with maintaining the rink.

You can contact Norman Payne by email: normanp@premieregroup.com or by telephone at: 613-288-0034.

TIME FOR A GIGGLE

Jim was fired from his construction job.

“What happened?” asked his friend Ken.

“Well,” explained Jim, “you know what a foreman is? The one who stands around watching the others work?”

“Yes. What of it?” asked Ken.

Jim replied, “Well he got jealous of me. Everyone thought I was the foreman.”

Q: Why did the man clean shoes for a living?

A: Because he really took a shine to it.

TECH SAVVY - NOT

I went to the hospital the other day for the first time in over twenty years and got on the elevator followed by a technician wheeling a large, intimidating looking machine with tubes, wires, dials and what not.

“Boy, would I hate to be hooked up to that thing,” I said.

“So would I,” replied the technician. “It’s a floor-cleaning machine.”

A mathematician and a farmer were on a train journey. As they passed a flock of sheep in a field, the mathematician announced confidently, “There are seven hundred and ninety-seven sheep out there.”

The farmer said, “That’s incredible! It so happens I know the owner and that figure is exactly right. But, how did you count them so quickly?”

The mathematician said, “Easy, I just counted the number of legs and divided by four.”

Q: What kind of after shave do genetic scientists wear?

A: Eau de Clone.

PIGEON PLOT

Some pigeons have been trying to take over our neighbourhood. It's an attempted coop.

OUR COMMUNITY

Alta Vista and our cherished greenspace From Braddish Billings to Jane Berlin

By Gillian Godwin

In the early 1880s this land was owned or rented by settlers. Braddish Billings was the first to arrive in 1812, his name is well known and documented by the people and City of Ottawa. Early records show the Billings family had lots that extended from the Rideau River to Lynda Lane and from Kilborn Ave to Smyth Road. Being community minded, Braddish raised funds to build a bridge over the Rideau River. Circa 1831, it cost \$130 to build, and 12 years later Braddish paid \$12 for repairs. By 1859, the bridge and the community around it became known as Billings Bridge.

Other settlers remembered in the historic Billings Bridge and Bowesville area (the Bowesville area was situated south of Walkley Road) are the Heron, Smith (Smyth), Evens, Spratt, Hurdman and McCarthy families. We drive on the streets named for them, but their stories are often lost to the ages.

The Billings family lots north of Kilborn encompassed what we now call Lynda Lane Park, Billings Park, Kilborn Park, Grasshopper Hill and Pleasant Park Woods. It should be noted that Pleasant Park Woods is an original woodlot that began its life after the last glacier retreated about ten thousand years ago. It has been said that small stones from the glacial retreat are still scattered throughout this environmentally sensitive woodlot.

In 1945, the government of Mackenzie King commissioned French planner Jacques Greber to create a plan for the National Capital District. One of the recommendations made was that the greenspace be a "Living Memorial" to all those who served during the Second World War. More on this later.

On January 1, 1950, the City of Ottawa annexed over fourteen thousand acres of the then Gloucester Township, this included Billings Bridge.

In 1986, the National Capital Commission (NCC) owned most of the greenspace in the Alta Vista area; the most significant greenspace was the Eastern Corridor Lands.

During 1986, the City of Ottawa decided that the greenspace/parks which were owned by the NCC required a name change for easy identification by the general public. The Kilborn Avenue "Site" became Kilborn Park.; the Lynda Lane "Site" became Lynda Lane Park. The street name generally dictated these decisions.

In 1986, a request for a "tot lot" in the Kilborn area came before the City of Ottawa – one acre of Kilborn Park was leased to the City of Ottawa. Permission was granted for residents to proceed with a "self-help" project to create a small children's play area. It was named Grasshopper Hill. I'd love to know if anyone in the community remembers who came up with the name. So charming that most of us refer to Kilborn Park as Grasshopper Hill. In reality, Kilborn Park is still located between Quinn Crescent and Playfair Drive.

Another note of interest: Almost hidden inside the Grasshopper "tot lot" there is a bronze plaque. A nod to the Jacques Greber report mentioned earlier. This dedication plaque is "In memory of those who gave their lives to the Nation during the Second World War." Ms. Jane Berlin was instrumental in the fund-raising effort. There are plans afoot to have it replaced with a bilingual plaque and placed on a pedestal to make it more accessible.

In the mid-1990s, Chairman Marcel Beaudry of the NCC declared the Eastern Corridor Lands between Smyth and Heron roads "not to be in the national interest" with the intention of putting them up for sale. As with all great communities, volunteers stepped up and started the AVERT campaign, the Alta Vista Environmental Rescue Team. The Chair of that committee and all-around champion for our community was Jane Berlin. So many volunteers helped along the way. But, in the end, it was Jane Berlin who called every single City Councillor at the time and convinced them that losing this land to developers was a terrible idea. Jane Berlin won them over!

The NCC and the City of Ottawa agreed to the land transfer of the Eastern Corridor Lands in exchange for the city-owned Rockcliffe Park. The lands were officially transferred on August 12, 1998.

The AVCA Greenspace Stewardship sub-committee, with David Jones and Jane Berlin as co-chairs, was born shortly afterwards.

In 2018, a small group of five formed an alliance, all concerned with greenspace issues. Out of that companionable association, Jane Berlin reminded us of the Greber Report and the desire to recognize the brave Canadians that sacrificed during the Second World War. The result of that collaboration led to the Heron or Eastern Corridor being re-named WRENS Way. I am extremely proud to be associated with this project, and thankful to Jane Berlin for saving this greenspace and making it possible.

When I was introduced to Jane in 2018, I was unaware of her tireless work and quiet determination to honour the past and protect the future. Did any of us know that climate change, the importance of trees, a place to walk and play in fresh air would be the hot button issues twenty-five years later? Perhaps Jane did.

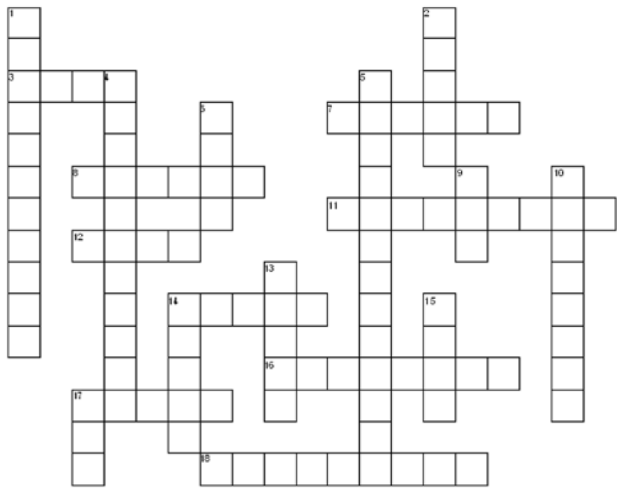


On Nov 11, 2021, Jane Berlin on the right, stood on the land she saved as we remembered the brave Canadians who served. Photo credit: Charles Godwin



KIDS PAGE

WINTER WEATHER



ACROSS

- 3. The process by which snow or ice changes to water.
- 7. A period of very cold winter weather that damages plants.
- 8. Intensely cold temperature.

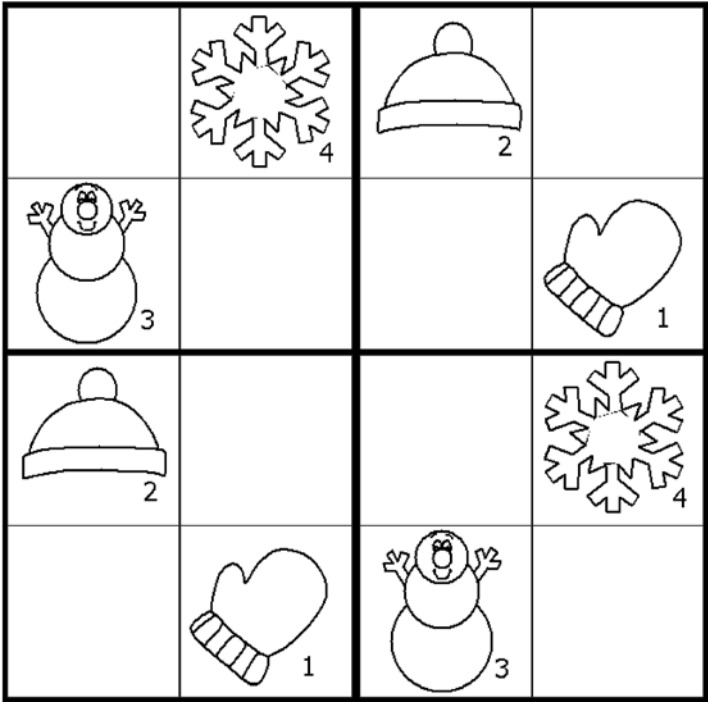


- 11. The temperature felt by the human body when wind makes it feel colder than the actual temperature.
- 12. Mildly cold feeling.
- 14. Bright with sunshine.
- 16. Snowfall that is so heavy one can see little or nothing on the horizon.
- 17. Ice crystals on a frozen surface; "Old Jack _____."
- 18. A large mass of snow that slides down a mountain.

DOWN

- 1. A standardized measure of how hot or cold it is outside.
- 2. Rain that freezes as it falls.
- 4. A tool used to measure the temperature.
- 5. Water that falls to the earth in the form of rain, hail, mist, sleet, or snow.
- 6. Pieces of ice falling from the sky.
- 9. A solid form of frozen water.
- 10. A storm with heavy snow, strong winds, and severe cold.
- 13. Covered with snow.
- 14. A mixture of snow and water.
- 15. Precipitation in the form of small white ice crystals that form inside clouds.
- 17. Thick water vapor that makes it hard to see.

Winter Sudoku



Each row, each column and each of the large four squares should have one of each image. Fill in the blanks!

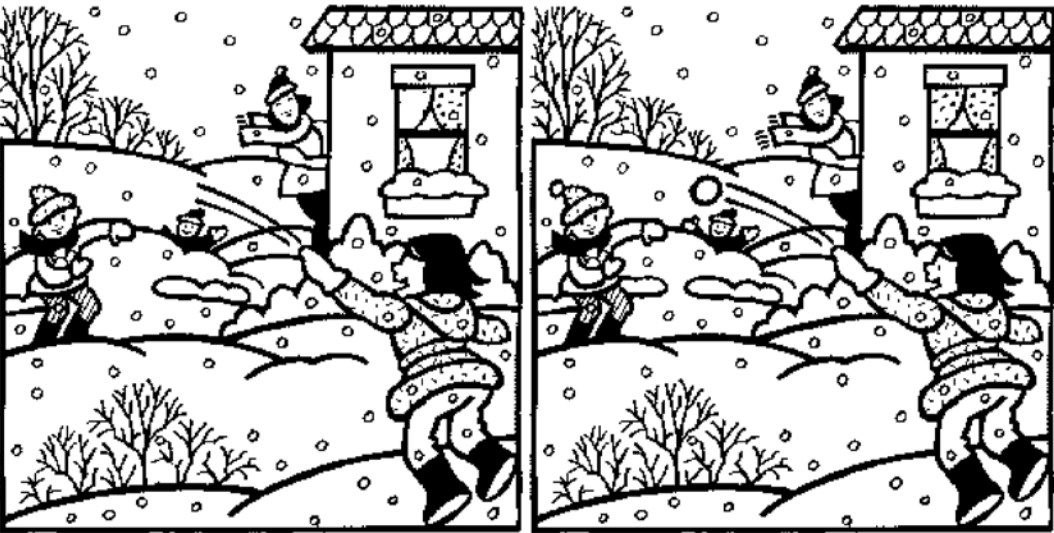


FIND THESE PICTURES

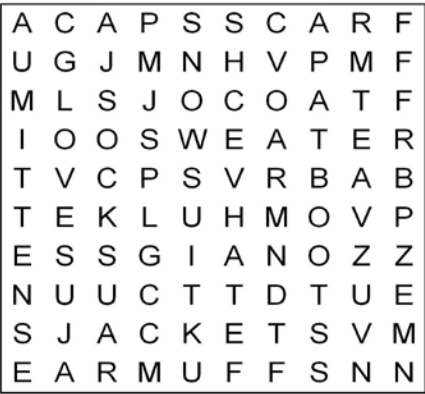


Winter Fun

Can you spot the differences?



Clothes We Wear in Winter



Can you find these words?



- boots
- cap
- coat
- earmuffs
- gloves
- hat
- jacket
- mitten
- scarf
- snowsuit
- socks
- sweater

SCIENCE AND TECHNOLOGY

COMPUTER TRICKS AND TIPS:

By Malcolm and John Harding, of Compu-Home

You Can't Buy Your Way Out of Online Fraud

Full disclosure: This column is an update of one that we submitted a few years ago. Sadly, it is as necessary and current now as it was back then – there is no more frequent reason for our telephone to ring than to have someone who has just been a victim of online fraud calling to ask how to get themselves out of a messy and often expensive quagmire of cancelled credit cards and helpless computers.

It is increasingly common for the commercial anti-virus utilities like Norton, McAfee, Kaspersky, AVG and Avast (for example) to offer enhancements such as VPN (Virtual Private Networks) cloud backup, password management, firewalls and safe browsing protection. We are not suggesting that these products don't work, but we have three reservations: most of them are unnecessary, they slow down the function of your computer, and they instill a false sense of security. There is NO substitute for a bit of research and give-it-a-second-thought attentive common-sense habits.

The crooks are attacking mainly in three ways:

1) You receive the telephone calls from the so-called technicians at Microsoft or Windows or some other recognizable tech industry name; our advice for responding to the phone call is short and simple: Just hang up – without a single word. Don't be polite; don't be angry; don't be mischievous. Any response is going to flag your telephone number as a "live one" and will trigger more calls later. A reputable tech business is NEVER going to call you to report a problem.

2) There are sudden pop-up invasions on your computer display with bright flashing graphics and audible alarms. The smart response to the invasive pop-up is quite simple; shut down your computer. If the screen is disabled and you can't shut down by clicking the mouse in the usual way, press and hold the power button for a minimum of eight seconds. When you restart a minute later it is almost certain that the attack will have disappeared, but when your web browser asks you if you want to go back to the pages where you were when you shut down, the answer is no.

3) You reach fraudulent search results, in which web pages are cleverly designed to resemble the support sites of legitimate businesses. The fraudulent "report" is always the same: the state of your computer is worse than we imagined, we are going to have to escalate the issue, and it's going to take a lot of money to fix it. This type of fraudulent website is the trickiest of the three. Let's say, for example, that you are having a problem with your printer and you want to go to the Hewlett Packard site to get advice. If the page is not really Hewlett Packard, there will be an early and prominent invitation to call a number. Don't! If you are at all suspicious, search for the Google Safe Browsing Transparency Report and copy and paste the site's URL – it will disclose if that site has a history of problems.

For thoughts on fraud in tech areas and in a wider context as well, the basic information in the booklet on the website of the Competition Bureau of Canada called *The Little Black Book of Scams*, 2nd Edition has very worthwhile information and advice to help us keep the bad guys from the door. You can order a copy or read the PDF right there on the site.

Email-based fraud is an entire subject unto itself and we have discussed it in our columns in the May 2018 and May 2021 editions of VISTAS. These columns are also reprinted in our Compu-Home Blog.

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



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

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CHAIR YOGA at Rideau Park United Church or on Zoom - Re-starts January 13, 2022 - Thursdays at 10:30am (60 mins) until end of March. A perfect practice for those with arthritis, fibromyalgia, past injuries or balance issues. Contact Marg Hillier, Certified Yoga Instructor, mhillier144@gmail.com or 613-299-8324. Visit www.newmoonyoga.ca for specific class dates and details. Vaccination proof is required. No drop ins due to Covid restrictions without confirming space with Marg first.

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GENTLE MOBILITY MAT YOGA at Rideau Park United Church or on Zoom - Re-starts January 14, 2022 - Fridays at 10:30am (60 mins) until end of March. Get your body moving, increasing balance, strength, flexibility and breathing in a gentle, mindful practice. Contact Marg Hillier, Certified Yoga Instructor, mhillier144@gmail.com or 613-299-8324. Visit www.newmoonyoga.ca for specific class dates and details. Vaccination proof is required. No drop ins due to Covid restrictions without confirming space with Marg first.

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OFFICE ADMINISTRATOR. St. Timothy's Presbyterian Church, 2400 Alta Vista Drive is seeking an Office administrator. This a part time position, three mornings a week, 3-4 hours a day for general office duties. For further information, please contact the Church office at 613-733-0131 or email us at sttimsoffice@on.aibn.ca

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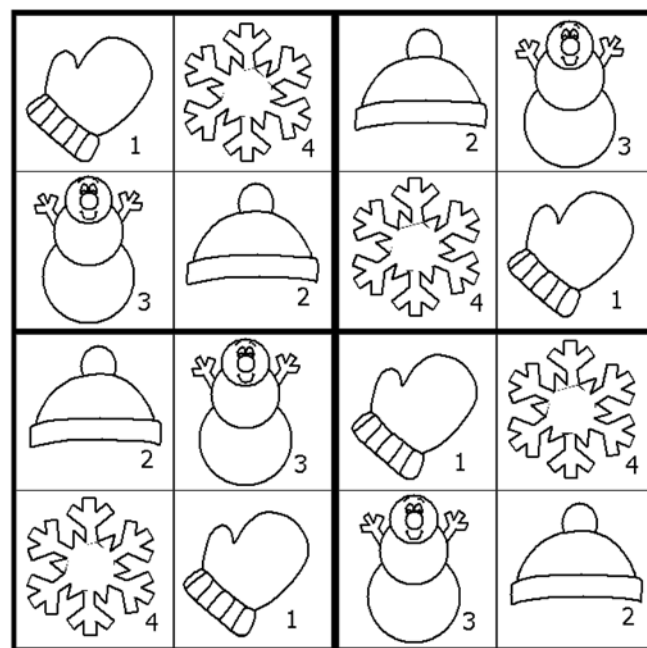
HOUSESITTER available January through March. 56 year old woman, non-smoker, no pets. Excellent personal references. Secret 11 clearance (indicates thorough background check). Email : bt-rr@hotmail.com. Wendy.

Answer Key



Answer key

Winter Sudoku



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RiverpathRetirement.ca

UPCOMING EVENTS

Per the Government of Ontario's website, in response to recent trends that show a rapid increase in COVID-19 hospitalizations, Ontario is temporarily moving into Step Two of the Roadmap to Reopen with modifications that take into account the province's successful vaccination efforts. As of January 5, 2022 at 12:01 a.m., new measures will be in place for at least 21 days (until January 27) subject to trends in public health and our health system. These new measures will have an impact on many of the events listed below – please follow up with the various organizations for updates.



ALTA VISTA LIBRARY – JANUARY 2022

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

Library hours are:

Monday to Thursday: 10 a.m. to 8:30 p.m.

Friday: 1 p.m. to 6 p.m.

Saturday: 10 a.m. to 5 p.m.

HOLIDAY HOURS

Regular Hours resume on Monday, January 3.

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

- You can place holds online at www.biblioottawalibrary.ca or by calling InfoService at 613-580-2940.
- Masks are required inside the branch as per provincial regulations.
- Physical distancing measures are in place. Please follow any signage and floor markings and practice physical distancing when in the branch.
- Public computer use is limited to two hours per user per day. There are no exceptions. Reservations are recommended and can be made either at the branch or online from home. Computers will be cleaned regularly.
- A limited amount of seating is now available in the branch with physical distancing measures. Please be mindful and limit your time in the branch to permit space for other library users. No tutoring is permitted at this time because of physical distancing requirements.
- Meeting and program rooms are not available. There will be a limited return of in-person programming this fall, subject to the most current local health measures. Virtual programming will also continue for all ages online.
- The outdoor book drop is open 24 hours a day, 7 days a week.

Please visit www.biblioottawalibrary.ca 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: infoservice@biblioottawalibrary.ca.

ELIMINATION OF OVERDUE FEES

The Ottawa Public Library has eliminated overdue fees as part of our new Materials Recovery Model. Please visit our website for more details.

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

FREE PRINTING OF PROOF OF VACCINATION

If you would like to have a paper copy of your proof of vaccination and/or QR code, free printing of these documents is available at any branch of the Ottawa Public Library. Staff are available to help with printing and copying.

Please have a valid green Ontario health card with you to access the provincial system.

Currently, no proof of vaccination is required to enter public libraries.

PROGRAMMING

Please note, those ages 12 and older will need to show their proof of vaccination and government-issued identification (or medical exemption) to attend in-person programs. Proof of vaccination is only required for programming participation and will not be required for other in-person library services or access to Library buildings. Physical distancing and mask requirements will apply.

CHILDREN'S PROGRAMMING

A limited amount of in-person children's programming will return in January. Maximum attendance will be limited. Virtual programming will also continue. Please visit biblioottawalibrary.ca/en/program or visit the branch in-person for the most up-to-date information.

Please check the website regularly for information about upcoming virtual programming for children. You can find the program listings, Zoom links and registration under the listings on our website at www.biblioottawalibrary.ca/program.

Short Story Workshop with author Catherine Austen (tips and tricks on how to write a winning short story – Saturday, January 29 at 1:30 p.m. Ages 9 to 12.

Comment devenir un super auteur, avec l'auteur Pierre-Luc Bélanger (trucs pour réussir à créer une nouvelle passionnante ou un poème captivant) – le samedi 29 janvier à 13h30. Pour les 9 à 12 ans.

ADULT PROGRAMMING

The Library is bringing back a limited amount of in-person adult programming this fall. Physical distancing and mask requirements will apply. In the meantime, virtual programming will also continue. Please visit biblioottawalibrary.ca/en/program or visit the branch in-person for the most up-to-date information.

Please note that certain programs will not return at this time due to physical distancing requirements.

Croisée des mots avec Marie-Josée Martin – mercredi le 19 janvier à 19h.

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



UPCOMING EVENTS

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, Overdrive Magazines or PressReader.
- **Children's resources for educational videos and online books** such as Just for Kids and the Tumblebook Library.

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

COMMUNITY EVENTS - JANUARY 2022

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691 Smyth Road, Bus #55

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

E-mail: office@emmanuelunited.ca; Website: www.emmanuelunited.ca

Welcome! Join us for our Sunday Worship service by live-stream. Many of our worship services and activities for spiritual and social connection are also available online.

For information or meeting details (including how to join us by Zoom), contact our office or visit our website. Emmanuel continues to function as a family, offering programs and reaching out to our church members and all in the community.

Visit us on Facebook at www.facebook.com/EUC.Ottawa to find out all about Emmanuel United Church. You'll find videos, community news and sharing opportunities.

Previous Services & Sermons: These are available at www.emmanuelunited.ca/worship/sermons.php.

Children's and Youth Christian Education Programs: These continue to be planned as online activities.

Just Gifts Christmas Market: With the help of you, our online market shoppers for ethical, local and Fair-Trade products, we continue to support our global partners in Zambia and El Salvador. Thank you! Mark your calendars for late November 2022 when the Market returns.

Weekly Events and Activities:

Sundays, 10 - 11 a.m.: Worship Services online. The service includes a welcoming message, hymns, prayers, videos, scripture, and a thoughtful reflection. Our Services are live streamed at www.emmanuelunited.ca/worship/webcast.php. Afterwards, join us 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. If you wish to learn how to meditate and find more quietness, you are welcome to join fellow meditators (by Zoom).

Wednesdays, 7 - 8:15 p.m.: Faith Study resumes. Join us. Anyone is welcome to participate in one or more sessions; there is no homework (by Zoom).

Thursdays, 10 - 11:30 a.m.: Thursday Morning Discussion Group. After Christmas break, January 13th we will resume studying the book *After Jesus Before Christianity: A Historical Exploration of the First Two Centuries of Jesus Movements* by Vearncombe, Scott & Taussig for The Westar Seminar (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). Contact her at Roxanne.delmage@gmail.com if you are interested.

January Events and Activities:

Wednesday, January 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 (by Zoom).

RIDEAU PARK UNITED CHURCH

2203 Alta Vista Drive

As we move into the New Year, Rideau Park United Church is offering a number of services, programs and activities to the community, all online, for spiritual and social connection, as well as education and reflection.

The church building is currently closed due to the rapid spread of the Omicron variant. As conditions permit, we will gradually re-open for in-person activities. For now, all of our activities are online. We are continuing to use a variety of ways to communicate, and can be reached through our website, www.rideaupark.ca, FaceBook Group, Instagram and our YouTube channel. To contact a staff member, call 613-733-3156 ext. 228; or email info@rideaupark.ca.

Sundays, 10 a.m.: Worship Service, online only, with welcoming words, joyful hymns, supportive prayers, videos, scripture and a thoughtful presentation. Please join us! Go to www.rideaupark.ca. For more information, please visit the church website or phone the church office.

These worship services are also archived and may be viewed on the church website at a later date.

Events:

Sunday, January 23, 10 a.m., "We Have A Dream Service:" Celebrate Civil Rights through music, prayer and an interesting presentation. Service will be online. More information at www.rideaupark.ca.

Weekly activities:

Sundays: Children's and Youth Christian Education Classes are happening online via Zoom meetings. Newcomers are welcome. We have 4 separate groups: Ages 3,4, &5 – 10:20 a.m.; Grades 1,2,3 – 10 a.m.; Grades 4,5,6 – 10 a.m.; and our Youth Class (Grade 7 & up) – 11:30 a.m. For more info on the program and how to connect, see www.rideaupark.ca or contact Rev. Steve Clifton at sclifton@rideaupark.ca.

UPCOMING EVENTS

Per the Government of Ontario's website, in response to recent trends that show a rapid increase in COVID-19 hospitalizations, Ontario is temporarily moving into Step Two of the Roadmap to Reopen with modifications that take into account the province's successful vaccination efforts. As of January 5, 2022 at 12:01 a.m., new measures will be in place for at least 21 days (until January 27) subject to trends in public health and our health system. These new measures will have an impact on many of the events listed below – please follow up with the various organizations for updates.

Sundays, 11:15 a.m.: Healing Circle offers a time of healing prayer online after the Worship Service for about 10 minutes, using a technique called "distance healing." It is available on YouTube through the Rideau Park website. Full description at www.rideaupark.ca.

Thursdays, 10 a.m.: Group Meditation Online is being shared together through Zoom. Join us for 20 minutes of quiet, peace and mindfulness. Meditation is not difficult; most find that it is a deepening experience. See www.rideaupark.ca for information, and contact Rev. Steve Clifton at scifton@rideaupark.ca to receive the Zoom invitation.

Thursdays, 7:30 - 9 p.m.: Weekly Chancel Choir rehearsals will resume again when the church building re-opens. Interested singers should contact Iain Macpherson directly at choirdirector@rideaupark.ca for details and resources.

Other Connections:

Healing Pathway Ministry at Rideau Park: Trained practitioners are available for healing prayers over the phone. For more info, contact healingpathway@rideaupark.ca or Rev. Steve Clifton at scifton@rideaupark.ca.

Rideau Park United Church Facebook Group: Connect with others for videos, community news, daily prayers, and sharing opportunities in 2022. It is a public page. Consider joining the group if you wish to comment.

ST. AIDAN'S ANGLICAN CHURCH

934 Hamlet Road

Office: 613-733-0102 or staidans@bellnet.ca

Website: www.staidansottawa.com

Worship with St. Aidan's online on Sundays at 9:30 a.m.

Happy New Year from St. Aidan's!

Looking to try something new this year? Check out our website for St. Aidan's latest activities, services, and opportunities to serve!



OTTAWA NEWCOMERS' CLUB

Our club is a non-profit, social organization for women who have recently moved to this area or who have experienced a significant life change such as retirement, widowhood, etc. ONC provides opportunities 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: ottawanewcomersclub.ca, or by contacting: newcomersclubottawa@gmail.com.

PROBUS Ottawa Alta Vista

PROBUS Ottawa Alta Vista is welcoming new members from the Alta Vista area. Join your fellow retirees, near retirees and want-to-be retirees for interesting speakers and discussions, not to mention relaxed socializing. See our website: www.probusoav.ca for more detailed information about the club and its activities as well as



contact points. Due to COVID restrictions, current meetings are being held via Zoom, but we hope to resume in-person gatherings early in 2022.

UNIVERSITY OF OTTAWA CHOIR

The University of Ottawa Choir continues its activities for the winter 2022 semester, in person and online. All voices are invited to audition, and especially tenors and basses as we are undertaking a wonderful concert program on the theme Through adversity the spirit prevails. Don't delay in contacting us at: info@uottawachoir.ca. For our website see: www.uottawachoir.ca.

Take Care of Your Mental Health, too!



WANTED



COULD THIS BE YOU?

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

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

We are looking for a Layout Editor for VISTAS.

LAYOUT EDITOR

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

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

ARE YOU READY FOR AN ADVENTURE?

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

MOVIES 'N STUFF

1787 KILBORN AVE. JANUARY 2022 738-1607
www.moviesnstuff.com

LATE ADDITIONS NOW AVAILABLE!

No Time to Die

James Bond has left active service. His peace is short-lived when Felix Leiter, an old friend from the CIA, turns up asking for help, leading Bond onto the trail of a mysterious villain armed with dangerous new technology.

The Last Duel

Great film alert! King Charles VI declares that Knight Jean de Carrouges settle his dispute with his squire by challenging him to a duel. Directed by Ridley Scott and starring Matt Damon.

Ron's Gone Wrong

The story of Barney, an awkward middle-schooler and Ron, his new walking, talking, digitally-connected device. Ron's malfunctions set against the backdrop of the social media age launch them on a journey to learn about true friendship.

The Eyes of Tammy Faye

An intimate look at the extraordinary rise, fall and redemption of televangelist Tammy Faye Bakker. Features an early Oscar buzz worthy performance by Jessica Chastain!

January 4th

Antlers

In an isolated Oregon town, a middle-school teacher and her sheriff brother become embroiled with her enigmatic student, whose dark secrets lead to terrifying encounters with an ancestral creature.

Maria Chapdelaine

Maria Chapdelaine, a young woman of 16, lives with her family on land they are clearing near the Péribonka River in rural Québec in early 1900. True pioneers, the Chapdelaine family struggles to push back the forest, but that isn't the only struggle young Maria will face.

Little Fish

A couple fights to hold their relationship together as a memory loss virus spreads and threatens to erase the history of their love and courtship.

One Shot

An elite squad of Navy SEAL's, on a covert mission to transport a prisoner off a CIA black site island prison, are trapped when insurgents attack while trying to rescue the same prisoner.

Finch

On a post-apocalyptic earth, a robot, built to protect the life of his creator's beloved dog, learns about life, love, friendship and what it means to be human. Tom Hanks stars!

Djinn

A mute boy is trapped in his apartment with a sinister monster when he makes a wish to fulfill his heart's greatest desire.

Ida Red

Crime boss Ida "Red" Walker turns to her son, Wyatt, to pull off one last heist to get out of prison. However, with the FBI closing in, Wyatt must soon choose between family and freedom.

Flag Day

A father lives a double life as a counterfeiter, bank robber and con man in order to provide for his daughter.

January 11th

Spencer

The marriage of Princess Diana and Prince Charles has long since grown cold. Though rumors of affairs and a divorce abound, peace is ordained for the Christmas festivities at the Queen's Sandringham Estate.

Dune

Feature adaptation of Frank Herbert's science fiction novel about the son of a noble family entrusted with the protection of the most valuable asset and most vital element in the galaxy. A lavish epic featuring fantastic performances makes this one of the year's very best films!

Cobra Kai: Season 3

Heart of Champions

During their last year at Harvard in 1999, a group of friends and crew teammates' lives are changed forever when an army vet takes over as coach of their dysfunctional rowing team.

The Man with the Answers

A former Greek diving champion and an eccentric German student take an adventurous road-trip of rediscovery from Bari to Bavaria.

Mass

Years after an unspeakable tragedy tore their lives apart, two sets of parents agree to talk privately in an attempt to move forward. Jason Isaacs heads a great cast!

Clifford the Big Red Dog

When Emily discovers her little red puppy named Clifford has grown ten feet overnight, she turns to her eccentric Uncle Casey for help. But when a mad scientist tries to capture the larger-than-life playful pup, it takes the entire neighbourhood to hide Clifford!

Zero and Ones

Called to Rome to stop an imminent terrorist bombing, a soldier desperately seeks news of his imprisoned brother -- a rebel with knowledge that could thwart the attack. Ethan Hawke stars.

Billions: Season 5

Bobby Axelrod and Chuck Rhoades see their vicious rivalry reignited, while new enemies rise and take aim.

January 18th

Escape From Mogadishu

Rival diplomats from North Korea and South Korea become trapped as civil war rages in Mogadishu, Somalia. With no aid from either government, their only shot at survival requires uniting with bitter adversaries to escape.

Last Night in Soho

Psychological thriller about a young girl, passionate in fashion design, who is mysteriously able to enter the 1960s where she encounters her idol, a dazzling wannabe singer. But 1960s London is not what it appears, and time seems to fall apart with shady consequences.

Brian Wilson: Long Promised Road

Punctuated with memorable concert, studio, and interview footage, this entertaining, informative, at times heart-tugging road trip with the Beach Boys' Brian Wilson and Rolling Stone editor Jason Fine provides both a first-hand, intimate look into Wilson's storied life.

The Last Son

Sam Worthington stars as Isaac LeMay as a murderous outlaw who learns that he is cursed by a terrible prophecy: that he will be killed by one of his children.

An Unquiet Grave

A year after the death of his wife, a man enlists her sister to help him bring her back.

Hive

Fahrije's husband has been missing since the war in Kosovo. She sets up her own small business to provide for her kids, but as she fights against a patriarchal society that does not support her, she faces a crucial decision. Award winning foreign language film!

Wheel of Fortune and Time

An unexpected love triangle, a failed seduction trap and an encounter that results from a misunderstanding, told in three movements to depict three female characters and trace the trajectories between their choices and regrets. Wonderful reviews!

January 25th

Night Raiders

In a post-war future, a mother joins an underground band of vigilantes to try and rescue her daughter from a state-run institution. Produced by Taika Waititi!

Birds Like Us

The story follows a group of birds on a journey where they try to find a better life for themselves and the ones they love. The story follows a group of birds on a journey where they try to find a better life for themselves and the ones they love.

COMING SOON - CHECK IN STORE FOR RELEASE DATES

Belfast

The life of a working class family and their young son's childhood during the tumult of the late 1960s in the Northern Ireland capital. Rave reviews!

Ghostbusters: Afterlife

When a single mom and her two kids arrive in a small town, they begin to discover their connection to the original ghostbusters and the secret legacy their grandfather left behind.

The House of Gucci

When Patrizia Reggiani, an outsider from humble beginnings, marries into the Gucci family, her unbridled ambition begins to unravel the family legacy! Huge all-star cast.

Julia

From producer Ron Howard comes this fantastic documentary which chronicles the life of Julia Child.

King Richard

Armed with a clear vision and a brazen, 78-page plan, Richard Williams is determined to write his two daughters, Venus and Serena, into history. Will Smith delivers an astounding performance!

Eternals

An exciting new team of Super Heroes in the Marvel Cinematic Universe, ancient aliens who have been living on Earth in secret for thousands of years. Following the events of Avengers: Endgame, an unexpected tragedy forces them out of the shadows...

Encanto

Tells the tale of the Madrigals, an extraordinary family living in a magical house in the Colombian mountains. But when Mirabel, the only ordinary family member, discovers the magic surrounding their home is in danger, she may be her family's last hope.

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