

CELEBRATE FAMILY DAY FEBRUARY 21



Two young girls, Sophie and Valérie LeVasseur, have been raising funds for social causes following the publication of family books. The two girls, owners of the publishing company Valérie and Sophie Publishing Inc, are able to contribute to causes that can make a difference in individuals' lives with the funds raised – See OUR PEOPLE on pages 12-13.

Photo credit - Gerri Doherty



For more information on vaccines, please visit Ottawa Public Health's **COVID-19 vaccine webpage** (www.ottawapublichealth.ca/en/public-health-topics/covid-19-vaccine.aspx).

This beautiful owl rescued Carol Brazeau's Christmas spirit – see her story in OUR ENVIRONMENT on page 17.

Freed and Safe

Photo credit: Damien Darken Houle



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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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EDITORIAL MUSINGS

Paying it Forward

By Catherine Fyfe, VISTAS Business Manager

Vistas Non-Profit Newspaper is fortunate to have a large volunteer network that helps create and deliver a community newspaper ten months of the year. There are many organizations in our community that rely on their own strong pools of people who volunteer their time but also require money to keep operating. Monetary donations to such organizations can have a profound impact on the organization and the people who access services from such organizations.

Vistas generates revenue from paid advertising which primarily goes toward covering printing costs of the paper. However, as a not-for-profit, one of Vistas objectives is also to pay it forward which means Vistas strives to take some of the revenue that it generates and pass it along to other organizations in our community.

Each fall the Vistas Board of Directors meets to decide to which community groups it will provide a financial donation. Since March 2020, the COVID-19 pandemic has created additional challenges and costs for many community groups with the added need to provide personal protective equipment and additional cleaning supplies. Being able to provide a donation to other community groups has been greatly appreciated by these organizations.

Vistas annual donations go toward helping the more vulnerable people in our community with such necessities as food and clothing security, shelter, case management, spiritual care, mental health and addictions treatments, education and job training as well as the new factor of “virus-fighting initiatives and supplies”. For some organizations, monetary donations “keep fresh fruit and vegetables on the table, keep guests from going to bed hungry (and waking up hungry) and help guests to focus on something other than food”. In the words of one of the organizations to which Vistas donated, a financial donation “will touch the lives of many lost and lonely people in our community and give the gifts of hope and opportunity.”

If you are in a position to pay it forward through giving of your time or providing a donation to a community group in need, know that it is appreciated.

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.

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

VISTAS’ Delivery Schedule

2022	VISTAS Delivery Date
March Issue	February 25, 2022
April Issue	April 1, 2022

LETTERS TO THE EDITOR

Battle for Grasshopper Hill: An interesting new chapter to Gillian Godwin's January article

Congratulations to Gillian Godwin on her excellent article in the January edition of VISTAS, "Alta Vista and our cherished greenspace ... from Braddish Billings to Jane Berlin." I would like to add an interesting chapter to that story that many people may not know about.

Back in 1971, the proposed site for the school that is now St. Patrick's High School was actually Grasshopper Hill. The land was then owned by the NCC, and the plan was to sell it to the Ottawa Board of Education for construction of a new high school. People loved that small parcel of nature then as much as they do now, and as news of the proposed development spread, it stunned Alta Vista residents.

A group of neighbours scrambled into action, forming the Save The Park Committee under the leadership of Doug Thomason, of Quinn Crescent, and my father, Charlie Bauer, of Cunningham Avenue. My father was a public relations professional, and he helped the group mount a compelling advocacy campaign that encompassed the media, public presentations, petitions and appeals to elected officials, including our then Member of Parliament, John Turner.

I recall that at one point the committee organized a kind of open house in which they invited media to come out and see for themselves how much the neighbourhood depended on the park for recreation. So many neighbours showed up that day to play catch, fly kites, or just go for a walk. I think that those images appearing in newspapers and on television were a turning point in the battle.

I was a small child at the time and didn't understand the challenge those adults had taken on. But today I marvel at the courage and determination they showed in opposing development plans that were supported by a school board, a federal government agency and politicians at City Hall. I don't understand how they thought they could ever win. To this day it inspires me, especially when I get involved in activism of any sort. If they could beat three levels of government, then anything is possible.

And of course, they did win the day – otherwise we would not be enjoying the sounds of kids' laughter as they toboggan down the hill, or watching toddlers gleefully swinging from the play structures, or admiring dogs as they tear across fresh snow in hot pursuit of a tennis ball. We owe so much to people like Jane, Doug and my father. We should remember their courage and their willingness to get involved whenever we find ourselves facing threats to our community's beauty or livability. Their example shows us that our voices can make a difference.

As Margaret Mead famously said: "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

Lesly Bauer

Bungalow Solution

The Vol. 41 No. 1 January Edition's Letter to the Editor section was an absolute catalyst for me. I am the happy owner of a 1961 bungalow that was the Graham homestead until I purchased it 6 years ago. I've since modified the space to welcome medical students and health professionals in a basement suite. And as I read the commentary, concerns, and questions about what the future holds for our beloved area, one which I am truly privileged to be a part of, I see a balanced opportunity to modify our approach. I would like to propose a creative solution.

I'm in total agreement with Mr. Knockaert, my home will last well over one hundred years. This home is a legacy and has many

cont'd on page 5

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SUPPORTING OUR COMMUNITY

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I encourage you to buy local this year and help our community's businesses get back on their feet.



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Malcolm and John Harding

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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	Haig	Russell
Avenue N	Halifax	
Avenue P	Halstead	
Avenue Q	Hamlet	
	Haney	Saunderson (Pleasant Park to Smyth)
Avenue R	Hastings	Saunderson (Smyth to Halstead)
Avenue S	Heaton	Shamir
Avenue T	Howland	Shelley
Avenue U	Hutton	Smyth (Dauphin to Russell)
Balharrie	Joliffe	Sonata
Bingham	Keats	Southvale
Blackstone	Magnus	St Laurent (Walkley to Russell)
Botsford	Martha	Susan
Botsford	Maywood	Tawney
South		
Browning	Melfort	Tupper
	Monteith	Urbandale
Carnegie	Naples	Valley
Caverley	Nerta	Weston
Chadburn	Olympia	Weyburn
	Orchid	Wingate
Chaucer	Othello	
	Pleasant Park	
	Plesser	
Connery	Pullen	
Cornish		



LETTERS TO THE EDITOR

chapters remaining. I also hear and share the worries expressed by writers Globerman, Hayes and Shuster in their letters touching on over intensification and jeopardizing what makes this area so wonderful.

However, what if bungalows and some of the residents who own them devised a conversion that would welcome a second dwelling while still minimizing the home's overall footprint? Hear me out – what if yards don't get paved over for additional parking but instead vegetable gardens are planted? Inviting families and persons focused on small footprint living into these conversions would involve considerations such as car sharing, public transit and capitalizing on the walkability score of our beloved neighbourhood.

In addition, another need can be addressed. I believe there is an even greater opportunity to ensure our elders can stay in their homes longer by modifying their living space to allow for greater independence, reduced living costs and more community connection. My view may be Utopian to some, however, I strongly believe that given the chance, a suitable solution could be reached where a second dwelling or duplex is created that would be a “win-win-win” for both parties living on the property and the community.

Let's brainstorm a solution!

Danielle Cardinal - bungalow.solution@gmail.com

Support New Sidewalks in Online Survey

Dear Neighbours,

Our city councillor announced an “Engagement opportunity” relating to “candidate active transportation projects” and invited residents to complete the City's online survey.

I feel that important details about this survey were omitted from his announcement. Specifically, the survey includes proposals to build new sidewalks on several streets in our ward. These include Evans Boulevard, Valley Drive, Delmar Drive, Playfair Drive, Tawney Drive and a section of Billings Avenue. I think it is important that residents of our ward indicate their support for these projects if we want them to be given priority consideration.

I urge everyone to take the time to complete the survey, indicating support for the projects that will help make our community safer and more pleasant to walk in.

To find the online survey, google “Active transportation Candidate Projects and Rural Network.” From that page click on “online engagement tool” to open the survey.

Note that the pedestrian proposals are at tab number 2, and to submit your survey responses you have to open tab number 5. Of course, you can answer all the other sections if you are interested. The survey is open until February 6.

Thank you,

Neil Cochrane

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.



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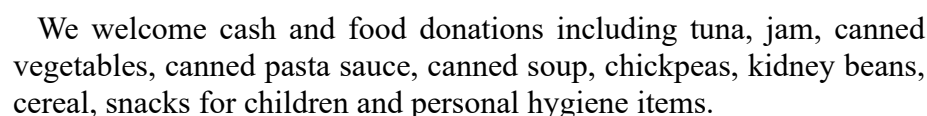
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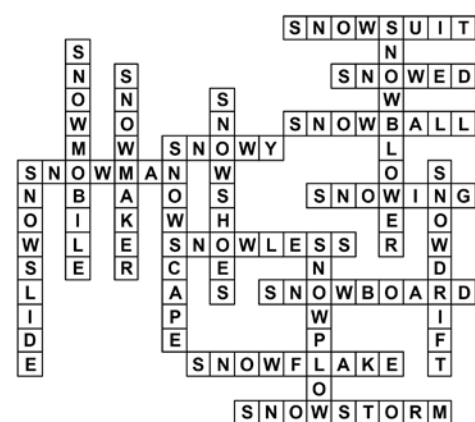
By Lynn Sherwood

Last month we featured a different form of creativity by school children – in this case music created by the grade 7/8 class at Featherstone School – who wrote a song about volunteering and caring for others. I am happy to announce that their song *What Is A Hero* has now been posted online.

As we move into the second year of this unending pandemic, with so many uncertainties and changes still ahead of us, we can all feel encouraged and hopeful through the creativity and resilience demonstrated by these young people.



Answer Key



OUR COMMUNITY REPS

Update on the City's Anti-Racism Strategy

By Jim Watson, Mayor



Mayor Jim Watson welcoming Councillor Rawlson King to City Hall after his swearing-in ceremony in April of 2019

This year, the City of Ottawa will develop its first Anti-Racism Strategy, which will include strategic actions, key performance indicators and expected outcomes to address and confront systemic racism in Ottawa's systems and structures.

To help inform the strategy, the Anti-Racism Secretariat held virtual town halls with

residents in January, completing a series of public engagement sessions that were launched last year.

These town halls gave residents and community stakeholders the opportunity to respond to the "What We Heard" report, which summarizes the recommendations and feedback received on how the City can address systemic racism within the six priority areas previously identified by the community: employment equity, governance, housing, economic development, health outcomes, and youth development. The Secretariat will incorporate the town hall feedback into the Anti-Racism Strategy before presenting it to Council later this year.

Under the guidance of Councillor Rawlson King, who is City Council's first Liaison for Anti-Racism and Ethnocultural Relations Initiatives, we are listening and acknowledging all comments provided at these consultations. I want to thank Councillor King for his ongoing leadership and for his firm support towards the communities across our city that need it most.

As the Mayor of Ottawa, I remain committed to making our city a better place to live for all residents. Change is necessary in all our public service institutions. If we remain steadfast in our resolve, we can create a more inclusive and responsive community that is welcoming for all residents. Only together will we make meaningful change to build a more equitable community.

I also want to give a shout-out to the amazing Black, Indigenous and People of Color (BIPOC)-owned businesses in our nation's capital for Black History Month. As we continue to battle through this pandemic, I encourage every resident to visit the @BlackOwnedOttawa Instagram page that features many of our city's impressive entrepreneurs and community groups. A local favourite is Pili Pili Grilled Chicken located at 205 Dalhousie Street and 2136 St. Joseph Boulevard – I look forward to getting some take-out from them very soon!

Finally, one of the themes for Black History Month 2022 is "Black Health and Wellness." This is all too fitting, as I know the pandemic has taken a heavy toll on us all, but it has disproportionately impacted our BIPOC community. Please take care of your mental and physical wellbeing; a simple walk in the park with a friend to clear your mind can go a long way.

Thanks to the success of our vaccination campaign, the light at the end of the tunnel is truly getting brighter. I appreciate all of your ongoing efforts, patience and determination.

For more information about the Anti-Racism Secretariat's work, please visit: <http://www.engage.ottawa.ca/anti-racism-and-ethnocultural-relations-initiatives>.

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

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

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

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

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

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Jean **CLOUTIER**

Alta Vista

A message from Councillor Jean Cloutier to Alta Vista Ward Residents

Dear Neighbours,

Seeking a third term as your Councillor is a decision to be made well before the electoral cycle begins. Spending time with my family through a second holiday season in this ongoing pandemic gave me a clear perspective on where I would like to spend more of my time – with my family and, when allowable, with friends.

After giving much thought over the holidays to the upcoming election, I have decided not to run for City Council in 2022.

It has been an honour to serve Alta Vista over the past two terms. I have been able to accomplish many of the goals I set out to achieve when I first ran, and to respond to the challenges which arrived unannounced, as they so often do.

Together, we navigated the beginning of a global pandemic when we all had more questions than answers. We bumped elbows, waved from windows, laughed and cried on Zoom, found our mute buttons and delivered food to our neighbour's doors.

We managed to achieve a Social Contract for Heron Gate, far-reaching and the first of its kind in Ontario. It has laid the groundwork for community expectations of developers in Ottawa and set a bar which I hope others continue to raise. Heron Gate is a beautiful community with an endless well of heart and potential.

We declared a Climate Emergency and a Housing Emergency this term. We achieved more funding for our wonderful community partners doing excellent work in social work and expanding our mental health strategy.

Ottawa continues to build on an important rail transit system, and despite all the headaches, heartaches, and frustration, I am convinced that it will one day be the world class system we all hope for.

Alta Vista achieved more engagement and more alterations on the Official Plan (OP) than any other Ward. We made tough decisions and fought hard for a better outcome than what we were offered. But it requires thinking beyond our own backyards and even beyond our own generation. This continues to be a significant challenge for many of our neighbours, particularly going into the Zoning Bylaw Review. By working together and finding solutions, we will be able to navigate this process and achieve a better more sustainable community for all.

Alta Vista is a dynamic and exciting part of the city, and I am proud to be a part of it. People want and need to be more involved in their communities. More so, it is young people, new families and new Canadians who are finding ways to affect change in their neighbourhoods. They are challenging the status quo, establishing volunteer groups, pushing the dialogue, and building better, more sustainable and equitable communities. I have learned a lot from them and hope to continue engaging with them in a different role.

I appreciate the productive and thoughtful exchanges I have had with residents, and the resiliency and commitment of our seven volunteer community associations. They are invaluable in community involvement. I am profoundly grateful to my family who has supported me throughout this journey. I am also excited to see where the future will lead me. In the meantime, I will continue our work and I very much look forward to participating in the 2022 election with my neighbours, as a constituent once again.

It is a privilege to be of service.

Jean Cloutier

Conseiller / Councillor Jean Cloutier



John Fraser, MPP
Ottawa South

Vaccines Work

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. Getting vaccinated is the best way to protect yourself, your loved ones and our communities from COVID-19 and the highly-transmissible Omicron variant.

All individuals aged 5 and older can book an appointment to get the COVID-19 vaccine.
All Ontarians aged 18 and over can book an appointment and receive a booster dose of the COVID vaccine.

You can book a vaccine through:

- the provincial vaccination portal (<https://covid-19.ontario.ca/book-vaccine/>)
- by calling the Provincial Vaccine Contact Centre at 1-833-943-3900
- participating pharmacies (<https://covid-19.ontario.ca/vaccine-locations>)
- mobile or pop-up clinics (visit Ottawa Public Health <https://www.ottawapublichealth.ca>)

Continue to listen to the advice of Public Health experts:

- Wash hands frequently and wear a well-fitting mask
- Practice physical-distancing
- Stay home if you are not feeling well
- If you are concerned or suspect you have the COVID-19 virus, call
 - Telehealth Ontario: 1-866-797-0000 or
 - Ottawa Public Health: 613-580-6744

We are here to help. My staff and I will do our best to help you.

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OPINION

Wood, Low-Rise Building, and the Future of Affordable Housing

By Janet Mark Wallace



I grew up in a community that had its beginnings as a beachside resort, on a rail line running out of Vancouver – picture something like Ottawa's Britannia Beach. By 1970, the addition of bridges and highways had linked us to the rest of Greater Vancouver, and we went from a ramshackle summer resort to a year-round bedroom community. The change didn't come overnight. Uninsulated, single-storey cottages underwent a slow transformation to winterized family homes over a decade or more.

In hindsight, much of the housing of my childhood neighbourhood would be viewed in today's parlance as "affordable," insofar as a single parent on social assistance could afford to rent one of these modest places, which came with a yard, proximity to the beach, transit and a reliable corner store.

My memory of this era is that a lot of the transformation of the housing to year-round use was carried out by the residents themselves, few of whom were actual carpenters. Weekends of my childhood were spent clambering around muddy backyards full of lumber, where the men of the neighbourhood gathered, kids in tow, on a Saturday morning, to hammer in a few nails under the vague guidance of whatever owner, or even tenant, was undertaking the renos.

Some houses were raised, others added onto, some acquired sheds. There was always a lot of cedar around. The smell of cedar to this day takes me back to that time.

Why did the people of this time and place have the confidence to enlist neighbours to help renovate their houses? Height, or lack of it, would have been a factor: our location at sea level meant no one had a basement, so building errors had a maximum two storeys' worth of consequences. Lumber seemed abundant, and everyone liked being around it. Wood was forgiving to mistakes, and interchangeable, in a way that made-in-China composite materials are not.

The mandatory Home Economics/Industrial Education high school classes of the post-war era may have given citizens more confidence with tools than people generally have today. The rarity of power tools made backyard construction sites relatively safe for all ages. It was harder to hurt yourself with a hand tool, and people back then seemed less inclined to sue each other. But I think the greatest factor of all, must have been the lack of internet and cable, which freed up a lot of spare time.

In the last fifty years, affordable housing has become virtually synonymous with urban high rises. But one thing high-rise living will never accommodate, is resident tinkering and ongoing maintenance of their own dwelling, for obvious reasons of safety, not to mention noise and inconvenience for adjacent residents. So, a tower that houses a thousand residents has a thousand "consumers" of housing who are shut out of any active role in maintaining their housing. That role falls to one overworked superintendent, who can never get in touch with the absentee building owner when repairs need to be authorized.

What would it take to address some of the affordable housing challenges with low-rise, locally-sourced wood structures? First, to plant trees all over the place, and to relearn how to make better use of the wood when the trees are harvested. Second, to invest in small towns and rural communities, to stem some of the exodus to the cities. Third, to bring back Home Economics/Industrial Education in high school,

and not the kind where you sit in front of a screen sterilely "designing" things, but rather the kind where you actually have to manipulate the materials and tools. And finally, to foster neighbourhood networks of expertise, equipment and labour, so that we can develop a better sense of community responsibility and know-how around our housing.

The long-term future for affordable housing may be low-rise and wood. To go "all-in" on high-rise towers may not be a good gamble, because in the very long term, gravity always wins.

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.





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OUR PEOPLE



LeVasseur Girls

By Courtney Tower

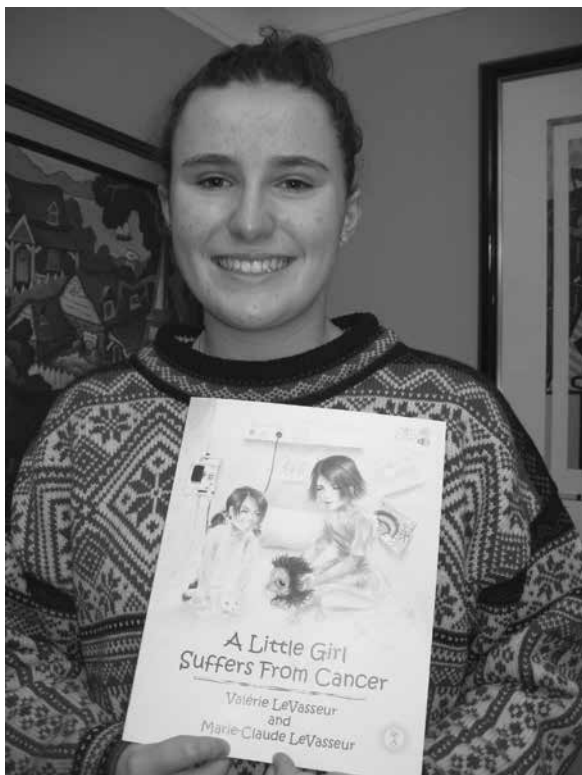
Duty, Grit, Valour In Their Books, It's Everything

Valérie LeVasseur's eight-year-old heart overflowed with sadness. With pain and sadness, yes, but also with a child's faith in love to win out over all. And so, she went into a little tent on the family front lawn, and wrote. Over the best part of a year she would go into that tent and write a book, this child did, a book of fiction about her own friend just a year older who was dreadfully ill in hospital with cancer. Valérie was helped in the writing and translation from French to English by her mother, Marie-Claude LeVasseur, and it was published in 2017, in English and in French, as *A Little Girl Suffers from Cancer* and *Petite fille souffre du cancer*.

Valérie's little book, dedicated to her grandparents but also "To all the sick children suffering in hospitals," tells of a child born with health problems who eventually has a terrible skin cancer, who is sad and afraid of death, who hates being different, who passionately does not want to be left behind, who misses her friends. But these friends, and her parents, and her grandparents and other relatives, all rally 'round and bring smiles and gaiety and laughter to the hospital room. Their love instills in her the strength to exert her own will, to fight back. She does fight back and she wins out over her cancer.

"I wanted to say to other children that with the right conditions, medical treatment in this case, and with love and strong will, things can be fixed," Valérie, now 13, tells me. "I wanted my friend to be a model for other children, to help them face their challenges, and to be proud of that. She was happy, and proud, because she fought the sickness and it didn't win. She doesn't die. And she is proud of that."

"I wanted my fictional girl to say, in her own way, that life can be hard but you can face that with the love of those close to you."



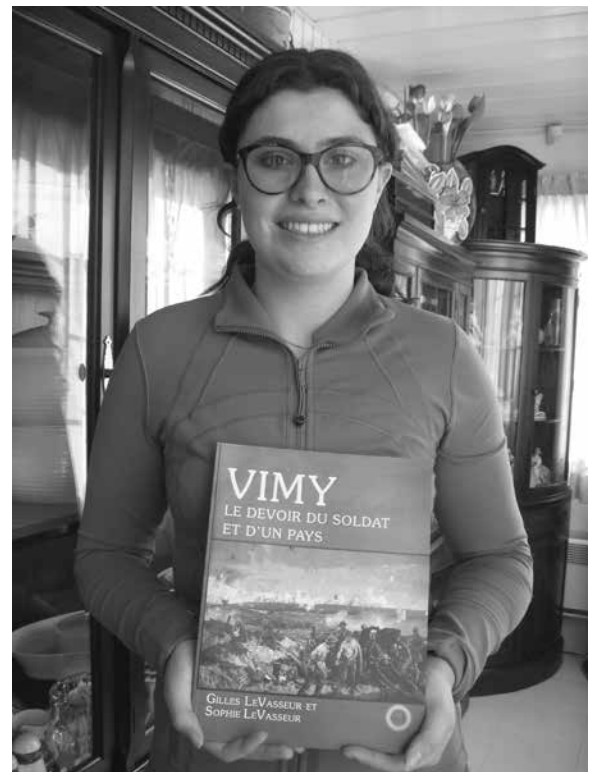
Valérie LeVasseur, now 13, holds the book she wrote when she was 8 and a friend was in hospital with cancer. She was helped by her mother, Marie-Claude LeVasseur.
Photo credit: Gerri Doherty

These Are No Amateur Books; Self-Published In Top Style

Valérie's little book, self-published by her family --- Gilles and Marie-Claude, parents, and older sister Sophie, now 16, who live in Alta Vista on Dunkirk Crescent --- resulted in Air Canada donating \$50,000 to the CHEO Foundation on behalf of Valérie and the book. She raised two donations to CHEO, of \$2,500 and of \$500, from sales of the book. She also started what has become a LeVasseur family tradition of writing and self-publishing books and selling them with proceeds going to social causes.

When we say self-publishing, let's be clear that the LeVasseur books are no cut and paste amateur works. Gilles LeVasseur, a professor of business and law at the University of Ottawa, explains: "We do everything in-house. That means we hire the art work, hire the printing and publishing, and thus are able to keep all the revenues to ourselves for our donations to social causes. We do it this way so as not to lose to a publisher the kids' intellectual property right."

Certainly, Valérie's book has a wealth of illustrations, of a little girl in hospital, of children playing with the patient, of adults gathering 'round, of love and laughter in strong colours.



Sophie LeVasseur holds the book she wrote with her father, Gilles, on Canada's historic World War 1 win over the German enemy in the battle for control of Vimy Ridge. The book is published in English and in French. Photo credit: Gerri Doherty

Duty, Honour, Love And Grit Themes Of The Family Over And Over Again

Valérie's interests are in helping social institutions that work with children, CHEO and Roger Neilson House here in Ottawa for starters. Sophie is interested in things military, because of pride in her strong family connections. She and Gilles together have written and the family has published --- that is, Valérie and Sophie Publishing Inc. has published --- a long work titled *VIMY, The Duty Of A Soldier And Of A Country*, published in 2017.

In this book, filled with maps and photos and paintings and details of the taking of Vimy Ridge, the themes of duty, honour, perseverance, grit

OUR PEOPLE



Duty, honour, care for others, are the guiding themes of the LeVasseur family. Father Gilles is backed up by daughters Valérie and Sophie and wife Marie-Claude. [Family Photo]

and determination are brought out over and over again. These are family themes, instilled in them by the parents --- Gilles was a military lawyer in another life and Marie-Claude, a senior civil servant, spent 15 years with the Defense Department. The children are taught to be proud of great-grandfather Leo Labonté, a mailman in WWI who brought mail and other missives from the rear to the bombarded trenches at the front, to grandfather Armand LeVasseur, who was an RCAF bombardier, or bomb aimer, in WWII and who in late years was a resident at Perley Health, and of course father Gilles.

She Wants To Be Part Of The Chain

“We are proud of the military tradition in our family and I want to be in the Governor-General’s Foot Guards on Parliament Hill next year and go into the military eventually,” says Sophie. “There is a chain of our family members who have served our country in the military and I want to be part of that chain,” she says. Last year, she raised \$500 as a donation to Perley Health, and she volunteers there twice a week. She accompanies residents to meals, to their rooms, to events. She chats with them. She acts as a young companion.

The girls raise their monies in large part by going to book fairs, sitting at tables and selling their wares. A major annual book fair across the river, in Gatineau, is one of their signal events.

From The Old Ottawa Senators

Not long ago, in 2020, the family together wrote a book published by Valérie And Sophie Publishing Inc. --- on the Ottawa Senators NHL hockey team. They have season tickets for the home games, and each girl has her own heroes on the team. The book’s 182 pages are long on history, of amateur and pro hockey here from its earliest stages, to the storied Ottawa Senators of long-ago NHL dominance and Stanley Cup wins. There is a forward by Mayor Jim Watson. The book is replete with photos of the greats of hockey’s yesteryear. There is a lot on the history of Ottawa arenas, charts of players’ performances, and much else. Funds to be raised from this one will go to Roger Neilson House.

Finally, the family of four are working on a book about the 100 most remarkable women in Canada. The girls conduct the interviews, Valérie the French ones and Sophie the English ones. The work is nearly done, and will be published this year on the “United Nations International Day of the Girl Child,” October 11, Gilles says. The interviews include 10 with Indigenous women and their answers to questions will be printed in four Indigenous languages, he says.

Well, What About Your Own Times?

Given all this, how do these teenagers find time to be teenagers, to have fun and explore their other interests? The short answer seems to be that they make the time. Another family theme seems to be discipline. They chart out what they are doing, and fit it all in.

At their French school in Blackburn Hamlet, Valérie, in Grade 8, and Sophie, in Grade 11, pursue different interests.

Sophie enjoys hockey, she is goalie on an otherwise all-boy hockey team, and plays baseball and golfs in summer. Valérie is an ardent Scottish Highland dancer --- “I get to do something with the people I love, my friends. When I dance, I put all my effort into it, all I’ve got, and I love that.” Valérie plays hockey as well, and chafes a bit at that old story --- on a co-ed team you have to be twice as fast on your skates as the boys, to be noticed, and you can’t slam anyone into the boards.

*“Though, February is short, it is filled with lots of
love and sweet surprises”
- Charmaine J Forde*

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OUR COMMUNITY



The 9,000-Year-Old Projectile Point in Sawmill Creek: Notes on Searching for Alta Vista's Past

By Chris Wiebe

When NCC Archaeologist Ian Badgley told me that a projectile point more than 9,000 years-old had been found on the banks of Sawmill Creek near the Billings Estate, it was a mind-blower. Recovered around 1918, Cutts Point (named after local farmer Robert Cutts) is an 8 centimetre lance point of Onondaga chert, a type of limestone from a formation running through Western Ontario and Niagara. Now housed in the Canadian Museum of History and featured in a recent exhibition, Cutts Point underscores the vast timescale of Indigenous presence in the Ottawa area, as well as the sophisticated trading routes and cultural interchange in what is now Ontario. (For more background, see Jean-Luc Pilon and William Fox's 2015 online Ontario Archaeological Society article, *St. Charles or Dovetail Points in Eastern Ontario*.)

Cutts Point's mind-boggling antiquity, naturally, should have come as no surprise. Indigenous peoples have been living on and stewarding this land for millennia. I guess the real shock came from the fact most things happen elsewhere and not in your own backyard. In recent years, I've visited Badgley's public archaeology digs on: the Ottawa River near the mouth of the Gatineau (where cultural heritage is rapidly being lost to erosion), the Moore Farm Estate, and the northern edge of Vincent Massey Park near the O-Train Bridge. But archaeological sites here along the minor watercourses of sleepy Alta Vista?! There is more than meets the eye in Alta Vista and that is worth remembering as our neighbourhood launches into an Official Plan inspired bout of self-examination and heritage hunting. "Whose past?" and "For whom?" are questions we will need to keep asking ourselves. It would be all too easy to fall into an exclusive focus on settler-colonial narratives and ignore other layers.

Of course, for Alta Vista, there is still much settler, built form, and social history yet to explore and spotlight. Our local newspapers will reveal much about community life, concerns, and inevitably point to blind spots and missing voices. Over 40 years old, VISTAS itself represents a valuable community chronicle. Years ago, in another

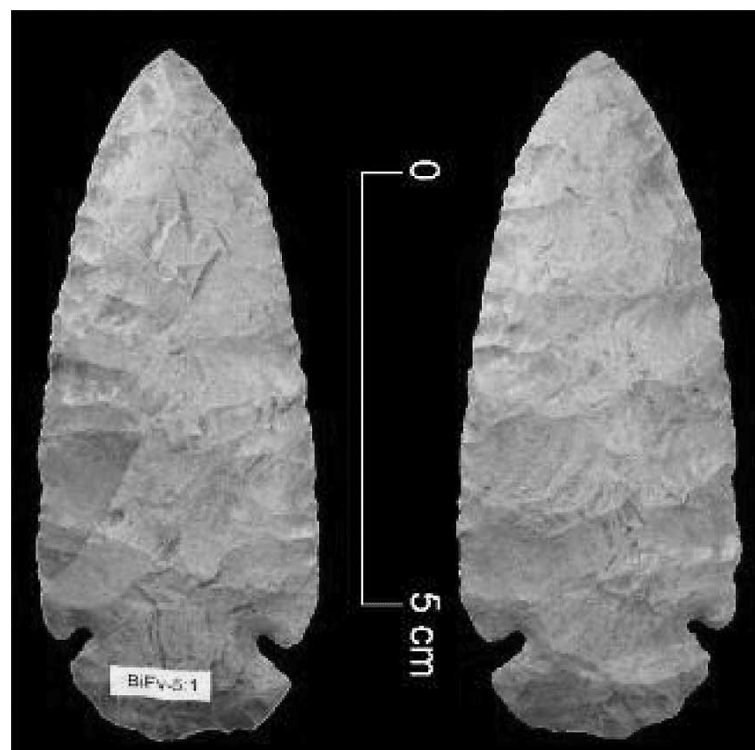
life before kids, I remember skimming through the entire print runs of the Glebe Report and the OSCAR, and it showed me that those neighbourhoods have always been hyper-self-aware. Beginning in the 1970s, a new wave of people moved into the Glebe and Ottawa South with a particular community vision in mind, and set about curating a certain community culture and tone. Are there similar takeaways we can glean from VISTAS and other print media archives about Alta Vista's shifting zeitgeist?

On the web, there are the City of Ottawa Archives finding aids – including a handy finding resource, *Tracing the History of Your Ottawa Property* – and also the more quirky Gloucester Historical Society newsletters and historical timeline. Urbsite and Capital Modern have a range of materials dealing with Alta Vista architecture, and the Lost Ottawa Facebook site offers up sporadic gems. As for books, I've collected a broad range on Ottawa history over the years, though for the most part they are fixated on the Ottawa core with Alta Vista meriting little attention. A significant exception is the anecdote packed *Billings Bridge: My Village, My Life* (1999), a dizzying collage of personal recollections gathered in the 1970s by Father Gauthier of St. Thomas Aquinas Catholic Church. While the book's chaotic organization is often infuriating, the wonderful verbatim community voices it collects demonstrates the powerful humanity of oral history. It's a reminder that most of the stories of this neighbourhood still rest with the people who live(d) here and will need to be diligently sought out.

Meanwhile, Claudia Salguero's "Wisdom Mural" (see AV Mysteries in VISTAS' January edition) which now faces Sawmill Creek and old Diocesan Centre, serves as a powerful reminder that vital knowledge of this land sits with Indigenous Elders and traditional knowledge keepers – to get the full story of Alta Vista, we will need to create space for Indigenous voices. The redevelopment of the Diocesan Centre itself represents an opportunity. What is under the hitherto undisturbed fields to the rear especially above the transitway?

Near the O-Train Bridge opposite Carleton University, Ian Badgley's archaeological work for the NCC will hopefully continue this summer. Partly excavated in 2010 and 2014, BiFw-101 is a multi-component site on what was once an island, with

a Middle Woodland occupation dating to around 1,800 years ago, and an earlier Archaic occupation (circa 5,000 years ago). Badgley intends to test the site this summer, in anticipation of eventually organizing a public dig in the Archaic portion. He would also like to survey Vincent Massey Park's shoreline downriver for about a kilometre and the island near Billings Bridge, as part of the NCC's Assessment and Rescue of Archaeological Legacy (ARAL) project. Let's all hope Badgley and his team keep gliding downstream to Alta Vista and unearth more storied objects like the extraordinary Cutts Point.



Cutts Point; Photo credit: Canadian Museum of History



Claudia Salguero's "Wisdom Mural"
Photo Credit: Christian McPherson

SENIORS SPACE

Continuous Improvement Doesn't Stop During A Pandemic

By Akos Hoffer, CEO, Perley Health

Even as we battle the pandemic, continuous improvement remains central to Perley Health's culture. Over the last 20 months, we've identified and implemented a long list of changes that improve care, protect health and safety, and increase our contribution to the community. Recovery planning currently underway focuses on becoming more resilient and better able to cope with future challenges.

Perley Health staff of more than 700 play a key role in continuous improvement, and we're blessed with a talented and dedicated workforce. Throughout the pandemic, our staff came up with a long list of ways to ensure that residents and tenants could live life to the fullest while abiding by all safety protocols. Thanks to the on-site clinics organized and led by staff, for instance, more than 97 per cent of all residents and tenants are now vaccinated against COVID-19 and the government recently mandated vaccination for all long-term care staff. Staff have also managed to resume many social and recreational activities while respecting all necessary safety precautions. For individuals wanting to stretch their legs while avoiding the winter chill, a new exhibition of resident art created during the pandemic can be viewed in our art gallery.



Attending the launch of Perley Health are (left to right), Veterans Ron Moyes, Arnold "Robbie" Roberts, Jack Commerford and CEO, Akos Hoffer. Seated is Veteran George Caldbick

Another aspect of continuous improvement at Perley Health involves helping the entire long-term care sector address key issues. The Centre of Excellence in Frailty-Informed Care plays a lead role in this effort. Part of the Centre of Excellence's mandate is to disseminate the innovations and best practices developed and verified at Perley Health. In a recent example, a healthcare journal published the Centre of Excellence's analysis of a falls-prevention training initiative designed and delivered at Perley Health. Other examples include presentations by Perley Health staff and a monthly webinar series and other presentations to public and industry groups on everything from infection prevention and control to the therapeutic value of virtual-reality technology for people living with dementia. This work improves the care provided at Perley Health and at other homes, and further inspires staff to strive for excellence.

The pandemic has exposed a weakness in healthcare and long-term care systems around the world: we must do a better job of caring for caregivers. The same is true for Perley Health: we must do more to support the psychological health and safety of our staff. For nearly two years, we've required these men and women to work under exceptionally stressful conditions with only limited support. Prior to the pandemic, the Perley Health leadership team began work on a plan to support

psychological health and safety. We had to suspend this work temporarily to cope with COVID-19, but now we're back on track. After surveying members of our staff to gain a better understanding, we have begun to take a series of actions to promote mental health, prevent mental harm, and foster a culture of psychological health and safety. The initiative is a top priority, as our success absolutely depends on the mental and physical health of staff.

The ongoing support of our community – donors, volunteers, neighbours and others – helps drive continuous improvement at Perley Health.

As CEO, my role is to nurture a culture of excellence and continuous improvement. Supporting the psychological health and wellbeing of staff contributes to this goal, ensures we recover well from the pandemic and enables us to transform the care of Veterans and Seniors.

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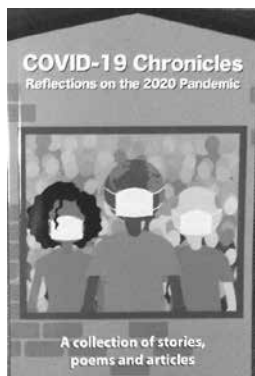
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BOOKWORM'S DELIGHT

COVID-19 Chronicles Wins Award

By June Coxon

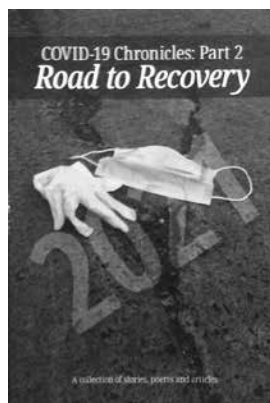


In November 2020, the Media Club of Ottawa and the Ottawa Ethnic Media Forum (OEMF) co-produced an anthology of articles, stories and poems about COVID-19 and other pandemics as a keepsake for future generations. Thirty-six freelance writers, journalists and poets from as far away as Florida and Alberta, but primarily from Ottawa and area, contributed to the 103-page book. The anthology was reviewed in the January 2021 issue of VISTAS.

Called *COVID-19 Chronicles - Reflections on the 2020 Pandemic*, it won an award in 2021. Jagjeet Sharma, head of the OEMF, entered it in the annual awards competition held by the Canadian Ethnic Media Association (CEMA). The award for the anthology was presented virtually to Sharma for being the best book in the Print Category. This was CEMA's 43rd awards presentation and its second virtual one. You can watch a webcast of the 90-minute CEMA awards ceremony at www.canadianethnicmedia.com.

Since the pandemic is still with us, there are new stories to tell about experiencing life during a pandemic. So, the OEMF created a sequel to last year's anthology, called *COVID-19 Chronicles: Part 2 Road to Recovery*. Dedicated to frontline workers, the 93-page book contains 29 contributions from Ottawa and area writers as well as writers from British Columbia. It was published December 20, 2021.

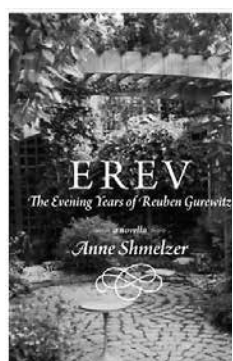
Because of pandemic restrictions, there has not been a book launch for either anthology but there will be one once such gatherings are permitted again.



EREV The Evening Years of Reuben Gurewitz

By Anne Shmelzer (2021)

Reviewed by JoAnn Mallory



The novella *EREV The Evening Years of Reuben Gurewitz* is another gem by an Alta Vista writer, Anne Shmelzer, about a retired physician who is at a crossroads in his life. Reuben's story is told in vignettes of memories, observations, recalled conversations, and contemplation. Set in Ottawa, the novella fully captures the tangible essence of the city with its familiar streets and landmarks, and specific details.

As Reuben takes comfort in his home, daily prayers, regular walks, his synagogue, an illustrious career, and the ghost of his deceased wife, his thoughts range from current world affairs, his own mortality, and whether to move into a retirement home, or go live with his son Jonathan in California. On a whim, Reuben decides to visit his hometown of Belleville where his parents had settled after immigrating to Canada, and rekindles a relationship with his former fiancé Laura.

EREV The Evening Years has a lyrical, poetic prose that seamlessly connects Reuben's consciousness and reflections, and the author brings a painterly quality to her descriptions of the natural world of "dense cascading Junipers" and "morning fog diffusing through a tangerine sky."

Anne Shmelzer has written musical and academic papers for national libraries in Canada and France, and an award-winning memoir and precursor to her novel "*A Marginally Noted Man*." *EREV The Evening Years of Reuben Gurewitz* is Anne's second novel.

What Strange Paradise

By Omar El Akkad (2021)

Reviewed by JoAnn Mallory



"The child lies on the shore. All around him the beach is littered with the wreckage of the boat and the wreckage of its passengers ... A wave brushes gently against the child's hair. He opens his eyes."

What Strange Paradise by Omar El Akkad begins with eight-year old Amir, the sole survivor of a migrant shipwreck, waking up on the beach of a tropical island in the Mediterranean Sea. Amir's instinct to run from approaching officials leads him to take refuge with a local girl Vanna who helps him find passage back to his family in Egypt.

The book chapters alternate between before and after Amir inadvertently boards the migrant boat in Alexandria bound for Europe, and his adventures on the Greek island after a perilous sea crossing. On the rickety boat, Amir is crowded among passengers from different places and of varying ages, who talk about their dreams for a better life, argue about politics, listen to music, and share videos on their phones. But after days of drifting aimlessly on rough seas, with their fate hinged on a "tissue paper" boat with "matchbook life-jackets," their hope gives way to fear and "the calculus of survival."

Amir's time on the island is a constant cat-and-mouse game with local authorities and residents of the island who have become indifferent or hostile to the thousands of migrants regularly arriving on their shores. Here, as on the boat, Amir's destiny lies in the hands of the kindness and courage of strangers, notably women, who he encounters.

What Strange Paradise is an allegory of the fable Peter Pan, upturned and with a contemporary child refugee. The opening scene with the stark image of a young boy lying motionless on a shore amid debris and personal items in the shadow of luxury hotels, at once evokes a visceral uneasy response. The author draws on his experience covering the Middle East, and turns an unflinching journalistic lens toward the migrant crisis in this compelling read.

Omar El Akkad is a Canadian author and journalist who has earned awards and international acclaim for his international correspondence and his first novel *American War*; and won the 2021 Giller Prize for *What Strange Paradise*.

"Groundhog found fog. New snows and blue toes. Fine and dandy for Valentine candy. Snow spittin'; if you're not mitten-smitten, you'll be frostbitten!
By jing-y feels spring-y."

OUR ENVIRONMENT

THE GIFT

By Carol Brazeau

In the weeks leading up to Christmas, Rosemary and I had talked about our first Christmas without our sister Joan. It had been hard to really get into the Christmas Spirit, until Mother Nature gave us a gift.

It was 7:30 in the morning Christmas Eve, just getting ready to walk the dog and my cell rings. It's Rosemary, I'll tell her I'm on my way out and call her back later. "Hi, can I call you back ...?" "I found an owl trapped in the gardens and I need help freeing it" Who? (Pun intended) What? "I was walking Coady in the field this morning, in the dark, singing O Holy Night and as we walked along the gardens, I felt this flapping against my leg, scared the bejesus out of us! It's an owl, its wing is caught in the fish line plastic fencing. I was able to free her somewhat but I need help, someone who knows something about birds. I looked into those huge gold eyes and promised to come back to help her."

Rosemary told me she had gone to 3 Sisters Bakeshop to see if she had something in her toolbox to cut the netting when daughter Kaitlan's partner Damien came in. "Damien and I are going back, we've got a towel and scissors and we're going to try to untangle her. Can you call someone?"



Blanketed by Kindness Photo credit: Damien Darken Houle

indicated that they had a volunteer living in the Glebe and would try to reach that person to assist with the owl rescue. I texted Damien to let him know that someone from Safe Wings Ottawa would be calling and to stay with the Owl. By the time the Safe Wings volunteer arrived, Rosemary and Damien had managed to free the Owl, but it just sat in the snow partially covered by Rosemary's colourful blanket. The volunteer told Rosemary and Damien that the Owl had likely been trapped for hours and would be taken to the Wild Bird Care Rescue for treatment and X-rays.

When Rosemary called me later to tell me about the rescue, she said she was so lucky to have been able to come upon her and her beautiful spirit. "This beautiful owl rescued my Christmas spirit!"

"OK, keep your cell phone on, I'll see what I can do." Wild Bird Care Centre came to mind, not sure how I knew of them but found their website only to read that they are unable to do off site rescues. Hmmm ... now what? Within minutes, the power of Social Media had connected me with Safe Wings Ottawa. I called hoping someone would answer on Christmas Eve, I was so relieved when they did. I explained as best I could what had happened to the Owl and provided Rosemary and Damien's location in the allotment

gardens as well as their cell number. Safe Wings

Epilogue: After a few days, the Owl was ready to be released into Pleasant Park Woods, Safe Wings invited Rosemary and Damien to be present. How beautiful it was to see the Owl fly free.

Did you know? Owls were trained to carry letters for the Harry Potter films. Owls represent wisdom, knowledge, change, transformation, intuitive development, and trusting the mystery.

In the weeks leading up to Christmas, Rosemary and I had talked about our first

Christmas without our sister Joan. It had been hard to really get into the Christmas Spirit, until Mother Nature gave us a gift.



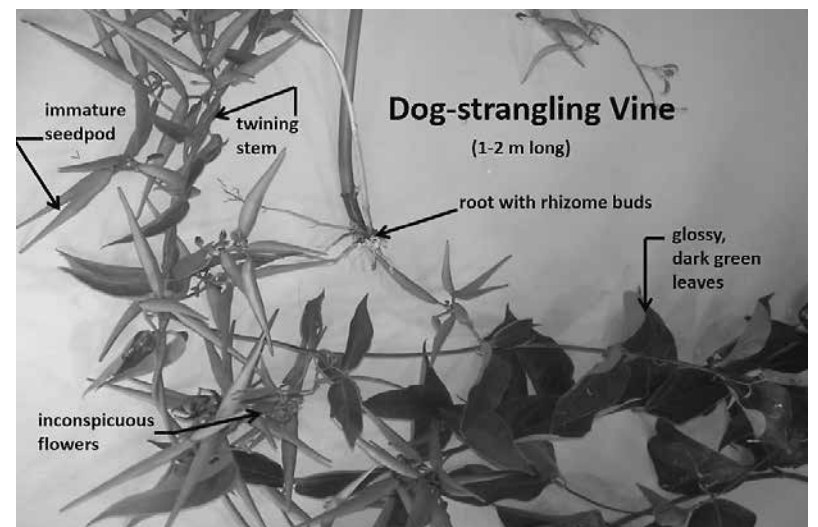
Exhausted after the struggle Photo credit: Damien Darken Houle

Have you seen Dog Strangling Vine?

By Michelle St-Germain on behalf of the AVCA Greenspace Committee

Last fall, you may have noticed the masses of twining vines in your local park or green space, and maybe even in your own yard. Dog Strangling Vine (DSV) have small pods with seeds that look just like the fluffy Milkweed seeds. While it may not actually strangle your pooch, it is detrimental to the Monarch Butterfly (a protected species in Ontario) and chokes out native flora, which birds and pollinators depend on. It's also killing many City planted trees. The AVCA Greenspace Committee is working on a DSV Management pilot project that it hopes will start this April. We aspire to oversee weekly work bees for removing it, with folks interested in spending a few hours outdoors on a regular basis or even just once. No special skills or knowledge are required as we will show you what needs to be done!

Stay tuned for more details.



OUR ENVIRONMENT

Birds in Alta Vista: The House Finch – a remarkable story about an everyday bird!

By Richard Knapton

A regular visitor to backyard bird feeders in our area is the House Finch. Along with chickadees and nuthatches, Blue Jays and cardinals, it is a familiar visitor to feeders stocked with black oiled sunflower seeds, often quite tolerant of humans. House Finches are gregarious birds that collect at feeders or perch high in nearby trees; when not at feeders, they feed on the ground, on weed stalks, or in fruit trees. They move fairly slowly and tend to sit still as they eat seeds by crushing them with rapid bites. At our feeders, the group of House Finches now numbers about 12, usually about four males and the rest females or young birds from last year, as they gorge themselves on ornamental crab apples.

House Finches are small-bodied finches with fairly large, distinctly conical beaks, and somewhat long, flat heads. Wings are short, making the tail seem long by comparison, and tails are distinctly notched. They are about 14 cm long, making them roughly the same size as a junco or House Sparrow. Flight is bouncy, like many finches. Adult males are rosy red around the face and upper breast, with a streaky brown back, belly and tail. In flight, the red rump is conspicuous. However, like many birds, House Finches cannot synthesize the colour red. This reddish plumage that mature House Finch males sport comes from compounds in their food. These pigments, known as carotenoids, are the same ones found in carrots and tomatoes. Interestingly, female finches prefer males with bigger and brighter red patches – it's a sign of a well-fed mate! However, if the male cannot feed on foods containing carotenoids, its plumage will reflect that deficiency – the male may not show bright red but rather yellow or orange on their crown and chest. A group of male House Finches can look very different from one another, largely due to differences in their diet rather than regional differences.



Male House Finch; photo by Bob Baker

Females and immature males are uniform in colour and are among the plainest of our local avifauna; they are plain grayish-brown with thick, blurry streaks and an indistinctly marked face.

House Finches frequent city parks, backyards, urban centres, farms and forest edges across the continent. In their native range, House Finches live in desert, grassland, shrubland and open woodland environments, as well as near human dwellings and cities. This pre-existing penchant for urban areas likely helped them to thrive when they were introduced to new areas. The biggest House Finch flocks in the East are found in cities, and it's much more common to find the eastern birds in habitats developed by humans than anywhere else.

Once limited to the west coast from southern British Columbia to Mexico, on the west side of the Rocky Mountains, House Finches are now found from coast to coast, and as far north as southern Canada. The story of their occurrence in eastern North America goes like this. In 1939 or 1940, a few of the birds, originally captured in Santa Barbara, California, were deliberately released on New York's Long Island by a pet store owner. By the early 1940s, wild nests were being found on Long Island, and from there the spread continued. Prior to 1940, thousands of House Finches, known as Hollywood Finches or Red-headed Linnets, were shipped annually from southern California to pet stores in the eastern United States for sale as cage birds, primarily males



Female House Finch; photo by Bob Baker

as they are brightly coloured and sing. Action by the National Audubon Society resulted in the stoppage of these shipments of House Finches into New York, and it appears as if New York pet shop owners, who had been selling the finches illegally, released their birds in 1940 to escape prosecution. From this release, House Finches started to breed in the New York area, primarily along Long Island, and nearby suburbs. Ten years later, the finches had colonized much of New York, and then began to spread rapidly north, west and south and 50 years later, they had advanced halfway across the continent, meeting their western kin on the Great Plains. In Ontario, the first records were in the early 1970s, there were few reports throughout the 1970s, and then the population rapidly increased in the 1980s, including eastern Ontario and the Ottawa area.

Totals from the Christmas Bird Count in the Ottawa area show peak numbers in the late 1990s and early 2000s, but numbers appear to have been slowly decreasing since then. There are likely multiple reasons why this decline has happened, but the species has been dealing with its own pandemic for the last 20 years or so. House Finch eye disease, a form of conjunctivitis, was first detected in Washington D.C. in the winter of 1994. Since then, the bacterial illness has expanded continent-wide and caused considerable large declines in House Finch numbers. Infected birds often have swollen or reddened eyes, and may appear inactive or confused. Over time, it leads to birds becoming blind, disoriented and vulnerable to predators. The disease is spread through social contact, so keeping feeders and bird baths clean is important.

Pairs begin to form within flocks in winter, and some paired birds may remain together all year. In the breeding season, the male performs a flight-song display, singing while fluttering up with slow wing beats and then gliding down. The male feeds the female during courtship and incubation. Males may sing at any time of year, and females also sing during spring. The birds build their nests in a wide variety of sites

cont'd on page 23

JUST GOOD ADVICE

The Garden Gate

By Patricia Mosher

Feature: 10 Canadian Seed Companies to Order from Online

Growing vegetables, herbs and flowers from seed is a great way to start gardening earlier in the season and is a wonderful activity to do with young children. With the right light and some simple equipment, it's easy

to grow from seed.

Some seeds — such as tomatoes and marigolds — are especially easy to start indoors. Other good choices for beginners are basil, zinnia, coleus, nasturtium and cosmos. If you're a beginner, choose those first, before tackling more finicky seeds, such as petunias.

So, whether you are a beginner or an experienced gardener, here are my top-10 suggestions for ordering seeds online:

1. Greta's Family Gardens is a naturally grown vegetable seed company located in Gloucester that sells a wide variety of organic garden vegetable seeds: seeds-organic.com
2. Ritchie Feed and Seed is one of the largest independent lawn and garden retail businesses in Eastern Ontario: ritchiefed.com/pages/seeds
3. Hawthorne Farm Organic Seed in Palmerston, ON offers an impressive array of certified organic seeds: hawthornfarm.ca
4. Heritage Harvest Seed in Manitoba specializes in rare and endangered heirloom vegetable, flower, herb and ancient grain seed: heritageharvestseed.com/collections/all
5. Stokes is an heirloom seed company located in Thorold, ON with a great selection of seeds and a virtual catalog to make online ordering easier: stokeseeds.com/ca
6. Salt Spring Seeds is a small seed company run out of Salt Spring Island, BC, which specializes in heritage and heirloom open-pollinated and non-GMO seed varieties of vegetables and plants: saltspringseeds.com
7. Hope Seeds is a small seed company based in Nova Scotia that offers a wide range of seeds that bigger companies have overlooked, maintaining many rare and heritage selections: hopeseed.com
8. Canadian Organic Seed Company is a family owned seed company in Kawartha Lakes, ON that specializes in breeding and growing seed varieties for vegetables, flowers, herbs and very rare edible perennials for organic gardening: certifiedseeds.ca/collections/all
9. Natural Seed Bank is based out of Port Hope, ON and is an online retailer of fruit, herb, flower and vegetable seeds. All seeds are non-GMO: seed-bank.ca
10. Vesey's Seeds Ltd is probably one of the oldest and largest sellers of seeds and spring bulbs in Canada: veseys.com

Plant of the Month: Dogwood

As the snow continues to pile up into the month of February, you may notice some beautiful, red-coloured stems protruding through in a few of the gardens in the Alta Vista area. These are undoubtedly the branches of the dogwood shrub.

Dogwoods are a great shrub to include in your landscape as they grow relatively fast and provide year-round garden interest with many

varieties providing **spring** flowers, **summer** berries, and exceptional **fall** colour. However, the reason I'm choosing to feature the dogwood shrub in the February issue of VISTAS, is that many dogwood varieties are grown specifically for their **winter** interest. The colourful red-hued stems absolutely pop in an otherwise sepia-toned winter landscape.



Dogwood shrub; Photo credit: Pinterest

Situating and maintaining a dogwood shrub in your garden is super easy. These shrubs do well in almost any exposure, from full sun to significant shade, however, always be sure to check the label when you are selecting one to make certain it will work for your location. New plants will require water immediately after planting, and regularly for the first growing season. Dogwoods do not need frequent pruning, but if you are planting them for winter interest, you'll want to cut out the oldest branches annually. New growth is what bears the bright coloration. Prune out about a third of the old branches in early spring for a delightful spray of red stems next winter.

February Gardening

February is the perfect month for armchair gardening! Here are a few suggestions for what can be accomplished during the shortest month of the year:

- Check out some of the online seed companies mentioned above and place your order for best selection. Last year, nurseries and seed companies reported historic levels of demand for their products so be sure to order early to avoid disappointment.
- Ensure you have a supply of potting mix and seedling containers on hand if you plan on starting seeds inside later this spring.
- Pre-order plants for spring: Have plants delivered right to your door just as prime planting time arrives in May. Check out all the beautiful plants available for spring delivery from local and online nurseries.
- Bring the garden indoors: Growing bulbs such as Paperwhites or Amaryllis indoors is a great way to get your gardening fix at this time of year. Forcing branches of witch hazel, crab apple and forsythia can also bring some much-needed colour inside in late winter to early spring.
- Learn something new: Sign up for an online gardening class or workshop.

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)

OUR ENVIRONMENT

More photos taken by Gary Howard in and around the Ellwood neighbourhood



Juvenile Red-tailed Hawk



Juvenile Common Raven



Juvenile male Wild Turkey



Porcupine in a tree on Kitchener Avenue



Fledgling Cedar Waxwing



Adult Cedar Waxwing

SENIORS SPACE



*Jean and Ina raise a toast in honour of this mighty food.
Photo credit: Katherine Cooper*

A Toast to Toast!

By Peter McKinnon

For many of us, toast is the epitome of comfort foods. Fresh from the oven or toaster, topped with our favourite spread, it warms our hearts and fills our bellies. To ensure that all Perley Health residents can enjoy this comfort food every morning, a campaign now underway aims to buy and install a commercial toaster in each resident dining room. To realize this goal, we must raise a total of \$49,000. And we hope to reach this total by National Toast Day, February 24.

To learn more visit us at perleyhealthfoundation.ca/toast.

To celebrate the magnificence of toast—and the generosity of campaign donors—we encourage you to send us photos and anecdotes related to this most humble of comfort foods. We will post them on our Facebook page and Instagram account. A toast to toast!

Perley Health is a community where over 600 Seniors and Veterans thrive—from independent living to long-term care. We support each resident and their caregivers with a person-centric approach to the continuum of care to improve not only their physical well-being but their mental and emotional health, too. Community members like you empower us to provide exceptional care while pursuing the research needed to deliver transformative advances. To learn more visit www.perleyhealthfoundation.ca.

OUR ENVIRONMENT

FRIENDS OF PLEASANT PARK WOODS

By the Community Association (AVCA) Greenspace Stewardship Committee

February is a wonderful time to explore Pleasant Park Woods. We are halfway through winter and the days are getting longer. The muddy, wet pathways of the other three seasons are now covered in snow, and it makes it easier to travel all the corners in this 7-hectare space. To circumnavigate this space may only take 15 minutes, but you can spend an hour walking all the paths and never retrace your steps.

You may come across people exploring the woods by snowshoes or cross-country skis, which is more of a challenge in order to avoid the many trees. However, any way you visit the woods, you will be sheltered from the wind and notice the lack of city noise – we only hear occasional ORNGE medical helicopters overhead. No matter what the wind chill or how cold the thermometer reads, Pleasant Park Woods is always a special place to get some exercise, enjoy the solitude, and a quiet respite from the noise of the world. Enjoy your time in the woods!



Fish by Abby Thompson

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FAMILY MATTERS

Addiction: Affecting Families and Youth

By Kyla Groves, Family Coordinator at Serenity Renewal for Families



We know that addiction is considered an equal opportunity disease, meaning that it can affect people across any age, race, gender and socioeconomic status. All types of families can also be affected by addiction, from the traditional nuclear family, single parent families, blended families, multigenerational families and foster families.

A child is six times more likely to develop a substance abuse disorder if their parent or guardian suffers from an alcohol or other drug addiction. Knowing this can help us

understand how some people and families experience the effects of addictions through generations. When addiction is within the family there can be isolation, shame and stigma, not only for the person struggling with the addiction, but for all the family members as well. Children, youth and teens can feel a sense of loneliness when a parent or loved one is struggling with their substance use disorder.

These past few years have been hard on society, and specifically families and the youth within. Struggling with the many challenges that have been brought on from the COVID-19 pandemic and the many changes that have happened has put a strain on everyone. With the constant changes and uncertainty there has been more mental health and addiction related concerns being brought forward.

At Serenity Renewal for Families, we work with families to help gain back the sense of stability that families need. For the past 37 years, we have provided a safe and welcoming environment for the children, youth and families impacted by addiction. We work individually with adults, parents, children and families to help support them in their journey to gaining an understanding of how to set healthy boundaries and rebuild that trusting relationship with each other once again. Our family and youth programs are developed to help children and parents/guardians to regain the ability to communicate, prevent, connect and rebuild their healthy family connections.

Our family and youth worker at Serenity Renewal for Families runs programs for families, adults, teens, youth and parents. She also does youth and family counselling to help support families where they are at and works to help the children and parents connect and build a better relationship with one another. The programs are developed to enhance the family connection and, in some cases, rebuild it. Many of our programs have been around for many years, and some are new. We continue to offer all these programs, as we were able to turn them virtually during the pandemic.

Beginning Awareness Basic Education Studies (B.A.B.E.S.) is a prevention-based program developed for children aged 5-8 years. It addresses self-esteem, coping skills, addiction, making good decisions and asking for help. The program is presented with videos and the use of puppets to help keep the children engaged and learning. There are worksheets and different activities for the children and parents to do together after the lesson as well.

Strengthening Families Program is an evidence-based family skills program that is developed for children 7-17 and their families. There are two versions of the program that Serenity Renewal for Families offers. In one, we sit with the whole family and practice the skills continuously

together for the week, and in the other, we spend half the time working individually with the parents and children and the last half we come together and work together as a whole family to practice the skills we just learnt about. Both forms have shown a huge impact on building family communication, connection and a healthier network overall.

We offer a youth and a teen program. Each program is broken up based on age groups and we discuss things that they are experiencing within their lives, such as peer pressure, school stress, family dynamics and social media. The two age groups are 12-14 and 15-17 year-olds.

We have a new parenting program being offered at Serenity Renewal for Families. Called Parenting Skills: Use/Overuse of Electronics, in this program we focus on helping parents look at their children's electronics use but also looking at their own use. We provide tips and support on how to have limits and boundaries with electronics and provide parents with knowledge so that they can talk to their children about the concern of electronics.

Serenity Renewal for Families provides services for people struggling with addiction, their children and their families. To learn more or to donate to families in need, call 613-523-5143 or visit serenityrenewal.ca. To be on our family programs mailing list, email familyprograms@serenityrenewal.ca.

The House Finch, Final Notes, *cont'd from page 18*

with a couple of things in common: a sturdy base and a roof-like overhang to shelter against sun and rain. They will nest in conifers, palms, ivy on buildings, cactus, holes in manmade structures, and sometimes they will use sites such as hanging planters, old nests of other birds, even streetlights and windowsills. The nest is usually about 30 to 50 cm above the ground. A nest (built mostly by the female) is an open cup of grass, weeds, fine twigs, leaves, rootlets, sometimes with feathers, string, or other debris added.

Although House Finches are well adapted to dry climates, they still need a lot of water. On especially hot days, they can consume more than their own body weight in fluids. Eating fruits allows the finches to get enough liquids without drinking directly. Still, they love water and a birdbath is likely to draw lots of them to your yard.

House Finches are among the strictest avian vegetarians: seeds, buds, fruit, and foliage comprise 97 per cent of their year-round diet. Most seed-eating birds switch to insects in the spring and summer when insects become abundant, but House Finches rarely do. The only exception is that parent finches will feed their nestlings soft larvae as an early life protein boost. Finally, House Finches can be aggressive, especially at feeders. In fact, they're so territorial around food and nest sites that they're one of the only birds known to fight off the non-native House Sparrow. Indeed, where House Finch populations go up, House Sparrow numbers drop.

A final note about House Finches. The Purple Finch, a North American endemic, is a closely related bird, and sometimes telling the two species apart can be challenging. House Finches are more slender with a fairly long tail, whereas Purple Finches are stocky with a seemingly big head, a shorter tail with a deep notch, and a larger beak. Male Purple Finches are mostly rosy red or pink red overall (note: not purple), whereas male House Finches have red on their faces, crowns, breast and rump, the rest of the plumage being brown with blurry streaking. House Finches have white wing bars, Purple Finches have rosy wing bars. A female House Finch has a fairly plain brown face, while a female Purple Finch has a contrasting white eyebrow and whisker mark.

SPORTS NEWS

The Ottawa Internationals plan to celebrate grassroots soccer in communities across the city with exciting 2022 outdoor programs for young and old alike

By Lorne Abugov



Without question, 2021 was the year that Canada gained worldwide recognition as an emerging power in international soccer. The Women's national soccer team won gold at the Tokyo Olympics, while the Men's national team rose meteorically up the global rankings to an all-time high, earning FIFA's Most Improved Team of the Year.

And while prospects for Canada's national soccer teams remain bright in 2022, the year ahead is also shaping up to be a memorable one for Canadian soccer at the grassroots level, including here in Ottawa.

One local soccer club, the Ottawa Internationals, is poised to celebrate its 50th anniversary in 2022, and the club expects to have a banner year ahead despite the lingering effects of COVID.



The DSP program offered by the Ottawa Internationals gives kids like Nicholas their first taste of organized soccer and teamwork skills, DAN TELLO PHOTO

Widely regarded as Ottawa's "community soccer club," the Ottawa Internationals have provided soccer skills training and recreational and competitive team opportunities to youngsters and adults residing throughout the city's Greenbelt since the club's inception in 1972.

Fabio Onesi, International's president, notes that while the Internationals have worked hard over the past two years during the COVID shutdowns to reimagine local soccer and to "build back better," "we must always place a priority on health and safety and govern ourselves strictly by prevailing COVID restrictions. As a result, all of our 50th anniversary plans are subject to change, if necessary. But we remain very enthusiastic and optimistic that 2022 will be a great year for our club and for getting people off their sofas, out of their homes and onto their community soccer pitch."

The Internationals are especially proud of their popular city-wide Developmental Soccer Program (DSP) for boys and girls four years of age up to 11 years of age (as of January 1, 2022), which has operated since 1997 and celebrates its 25th anniversary in 2022.

The DSP program – which stands for Developmental Soccer Program – will return to its community roots in 2022 at neighbourhood parks and playgrounds, a change that the Internationals are excited to implement. COVID restrictions had forced the club to operate the DSP program for the past two outdoor seasons entirely at its two centralized turf fields off Smyth Road in Alta Vista.

Prior to COVID, parents of young soccer players had grown

accustomed to registering their youngsters for DSP soccer at parks and playing fields within their communities, close to home. "We are really excited to bring this community feature back to DSP for 2022, and parents are advised to register now if they want to ensure a spot for their kids nearby to where they live for the 15-week summer season," says Dan Tello, the club's vice-president of youth recreational soccer, and himself a former DSP parent volunteer and coach.

Tello advises that, for DSP purposes, the Internationals have divided the core of the city into well-established communities, and identified a local park and, in some cases, a second park to accommodate DSP registration in high-demand communities. Within Alta Vista, there are two DSP playing field locations – Alta Vista Park and Rabbi Bulka Kindness Park (Featherston). Parents and guardians can select their preferred field location during the registration process, alternative fields if their preferred field is oversubscribed.

The DSP spring 2022 season – which begins on April 16 and runs to May 7 – features 1-hour sessions on four consecutive Saturday mornings at the club's centralized turf fields off Smyth Road for youngsters in the under-7, under-9 and under-12 (as of December 21, 2021) age groups.

The DSP 2022 summer season – which also offers an under-5 age group – is planned to take place at multiple community soccer fields and runs from the week of May 17 to and including the week of August 26. The under-5 age group participates once per week for one hour on a weekday evening depending on availability of the community field, while the older age groups practice twice per week for one-hour sessions on weekday evenings.

The Internationals expect the DSP season will be extended further with a 7-week fall season on Saturday mornings at the club's centralized turf fields.

In addition to DSP for youngsters, the Internationals also offer competitive (ages 8-17) and recreational (ages 12-17) teams and skills training for youth, as well as for adult men and women. The club hopes it will be able to field an increased number of youth recreational, competitive and adult men's and women's teams once outdoor soccer gets underway this April.

Parents wishing to introduce their youngsters to outdoor soccer in their community can reserve spots in the 2022 DSP program by registering now for the spring and summer seasons. For further information about the DSP program, or to register your child(ren) now, visit the Internationals' website at www.ottawasoccer.com/Default.asp?id=programs-dspprogram&l=1.

Information on the Internationals' soccer programs for boys and girls aged 12 and older and for adult men and women can be obtained at the club's website at <http://www.ottawasoccer.com>.



Thomas gained confidence and learned fundamental foot skills during his years in the DSP program, DAN TELLO PHOTO

ARTS AND CULTURE

Reviews

By Tony Wohlfarth



Theatres were closed last month, while our favourite video store was open. For February, I review a couple of fantastic films which flew below the radar and are available to rent from Movies'n Stuff, and preview a new play opening on the first of the month at the GCTC.

The Big Sick



Kumail (played by Kumail Nanjiana) is an aspiring comedian in a Chicago nightclub. One night, his routine is interrupted by a heckler. Later, he spots Emily (Emily V. Gordon) at an area bar, and they hook up for the night. Emily is a grad student at the University of Chicago. On the side, Kumail works as an Uber driver. They banter in a revealing exchange as Kumail drives Emily home.

The Big Sick is an entertaining romantic comedy film about their unusual courtship.

Emily becomes stricken with a rare autoimmune disease, is hospitalized and ends up in intensive care. Unusually, Kumail steps in as her next of kin, while her folks are notified in North Carolina. At the heart of the film, Kumail forms a frosty-turned-warm relationship with Terry and Beth. Kumail is so focussed on his caregiver role, he is late or misses out on some of the arranged marriage meet ups his Pakistani-born parents insist he comes to.

The Big Sick is an intriguing film which surprised me at every turn. What could Emily and Kumail have in common? Kumail aspires to one day perform at the Montreal Comedy Festival – which figures in his life plans. It's a fun Rom Com film, with a contemporary and relevant theme.

In 2017, *The Big Sick* premiered at the Sundance Film Festival and went on to win awards from the Locarno, South-by-Southwest (SXSW), Nantucket, Norwegian International and Valladolid Film Festivals. *The Big Sick* was nominated for an Academy Award in 2018 for best original screenplay. Directed by Michael Showalter, the running time is two hours.

Beginners

Canada's own Christopher Plummer stars in a remarkable film about the relationship between a dying father and his son Hal (played by Ewan McGregor).

Plummer plays the role of Oliver, a widower who explores his gay identity after the death of Hal's mother. After 47 years of marriage, Oliver seems to have found a new gear in a new relationship with both Hal and his new partner, Andy.

Oliver is dying of terminal cancer. He accepts his fate and enjoys his remaining time with both Hal and Andy. The dialogue is uplifting and full of joy. The memories flow and Hal is accepting of his father's new persona.

Beginners has some weird moments, including conversations with Oliver's Jack Russell Terrier, Hal's exploration of the fact he is one-quarter



Jewish, and Hal's own career as a graphic artist.

Plummer's performance is stunning, earning him an Academy Award in 2012 for best supporting actor. It's much different from his performance as Von Trapp in *The Sound of Music* circa 1965. The running time is one hour and 45 minutes. The film is directed by Mike Mills.

How Can I Watch *The Big Sick* and *Beginners*?

Beginners and *The Big Sick* are both available for rental from Movies'n Stuff, 1787 Kilborn Avenue (moviesnstuff.com). Call Peter at 613-738-1607 to reserve your copy.

Renting these films gives you bonus content. You can also pause the films, replay and return to catch key moments.

What's On in Ottawa?

The Great Canadian Theatre Company (GCTC) opens a new play, *A Blissful State of Surrender*, a comedy about a Bosnian Canadian family. The play runs on February 1-13 and the venue (1280 Wellington Street) follows all COVID protocols, including requiring proof of vaccination to enter. Please check www.gctc.ca for showtimes and tickets.

Out of Town

The Montreal Holocaust Museum

The Holocaust Museum in Montreal has portraits of survivors on display. Much of its collection is also available online, in the form of an app downloadable here: play.google.com/store/apps/details?id=com.tristaninteractive.mhmc&hl=en



Allison Russell

Montreal's Allison Russell (pictured here) received three Grammy Award nominations for her first CD, for best Americana album, best single and best Americana performance. The awards ceremony was scheduled for January 31, but has been postponed due to the pandemic.

Tony Wohlfarth is an Ottawa-based freelance film and entertainment writer. He was a guest of The Holocaust Museum in Montreal in December. He also screened *The Big Sick* and *Beginners* in late December.



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

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

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HEALTH AND FITNESS

Treatment Options for Osteoarthritis of the Knee

By Sue Reive, owner of Kilborn Physiotherapy Clinic

Osteoarthritis (OA) of the knee affects many people. It is characterized by pain, stiffness and consequently, difficulty with activities of daily living such as walking, climbing stairs and squatting. Fortunately, there are many treatment options available which can help to alleviate the symptoms and improve function.

OA of the knee involves a deterioration of the cartilage that lines the ends of the bones at the joint and an inflammation of the synovium. Cells in the synovium produce synovial fluid which bathes the joint surfaces. It acts as a lubricant and provides nutrition to the cartilage. With osteoarthritis of the knee, the synovial fluid is lower in elasticity and viscosity, which exacerbates the wear and tear on the cartilage. Moreover, the capsule of the knee joint (the soft tissue that holds the bones together) becomes tight, which restricts mobility. Often people cannot fully bend (flexion) or straighten (extension) the leg. Walking on a bent knee, even if it is just slightly bent, will aggravate the knee and possibly the lower back, hips and ankle. Indeed, people need full extension of the knee to walk properly.

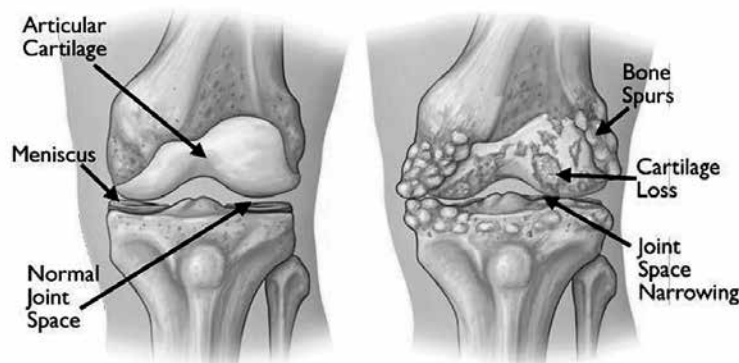


Photo from orthoinfo.aaos.org

Many people seek medical treatment for OA of the knee. Some of the current treatment includes non-steroidal anti-inflammatory drugs (NSAIDs), a cortisone shot, physical therapy, weight loss, arthroscopic debridement surgery, and finally, for severe cases, a total knee replacement. Not everyone can tolerate NSAIDs and cortisone shots, and while helpful, they only last so long and can cause further cartilage damage if given too frequently. Physical therapy helps many people with OA. Modalities are used to reduce pain and inflammation, while exercises and manual therapy work on regaining strength and mobility, especially full extension of the knee.

Another conservative treatment option is an injection of Synvisc which is a viscosupplement to augment the synovial fluid. Studies show the Synvisc injection to be 70% effective and to provide pain relief for 6 months. Indeed, patients reported a longer period of pain relief following Synvisc injections versus cortisone. The Synvisc solution helps stimulate the cells to produce synovial fluid, lubricate the cartilage, and improve shock absorption. Combined with physiotherapy, Synvisc injections can be very helpful for OA of the knee.

People with severe OA of the knee will likely require a total knee replacement. People who have preoperative physiotherapy tend to have better outcomes post-surgery.



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FAITH NEWS

JOURNEYING TOGETHER ON THE WAY

By Dorothy Wood

In October 2021, Pope Francis initiated a synodal process for the entire Catholic Church. This may be the largest public consultation ever held anywhere at any time.

“Synod” is probably a very strange word for most people, including for Catholics themselves. It derives from the Greek, and can mean “meeting” or, more broadly, “to journey together on the way.” Although in recent centuries this has meant a gathering of bishops to discuss Church-related matters, it is actually a very ancient process of decision-making that originally included all the faithful. During his pontificate, Pope Francis has made it a point to bring the Church back to the original meaning and practice of synodality. In fact, the synod that he initiated in October is on synodality itself. The principal questions are: How are we journeying together as Church, or how are we doing Church, and how can we live this experience better?

Each parish is being asked to organize opportunities for parishioners to come together and, with the guidance of the Holy Spirit, to share their experiences, thoughts, feelings and hopes in answer to these two questions. We, at Holy Canadian Martyrs parish (100 Main Street) are fully engaged in the synodal process. Once we have held our sharing circles in March, a summary of what parishioners have to say will then be forwarded to the diocese at the beginning of May. The diocese will collate the information it receives from all participating parishes in Ottawa and will forward it to the Canadian Conference of Catholic Bishops. Eventually, a synthesis of input from bishops’ conferences around the world will lead to the gathering of all the Church’s bishops with Pope Francis in October of 2023 to consider what “... the Spirit is

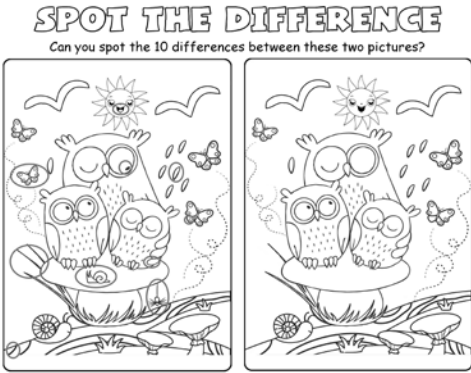
saying to the Churches.” (Rev. 3:22)

But Pope Francis is not limiting this consultation only to Roman Catholics. This is meant to also be an open dialogue with other Christians and with the whole of society. To quote one of the preparatory documents: “While all the baptized are specifically called to take part in the Synodal Process, no one – no matter their religious affiliation – should be excluded from sharing their perspective and experiences, insofar as they want to help the Church in her synodal journey of seeking what is good and true. This is especially true of those who are most vulnerable or marginalized.” (Vademecum, 2.1)

So, if you would like to participate in this synodal process and share your voice and your experience on how the Roman Catholic Church is doing Church and can do Church better, please consider joining us at Holy Canadian Martyrs parish. To do so, either call the parish office at 613-232-5347, or send an email to office@canadianmartyrs.org and someone will follow up with you.

All are needed; all are welcome.

Dorothy Wood is chair of the organizing committee for the synodal process at Holy Canadian Martyrs church.



FAITH NEWS



Serving as the hands of Christ

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

Services are livestreamed on YouTube.

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For more information, visit our website www.stthomasaltavista.ca or call the church office at 613-733-0336.

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The Power of a Good Idea

By Peter Martin, St Aidan's Anglican Church member

Last December, Elmvale Acres experienced the amazing power of a good idea. The City of Ottawa had opened an emergency shelter for 60 homeless women, using cots in the gymnasium in the Dempsey Community Centre on Russell Road. Peter Martin, a parishioner at St Aidan's Anglican Church on Hamlet Road got the idea that the church should prepare gift bags for the women for Christmas. These would be similar to gift bags that Cornerstone Housing for Women would be preparing for the 170 women in their emergency shelter and supportive housing. Each bag was to contain a set of pyjamas, a set of warm socks, a gift card to either Tim Hortons or the Dollar Store, some chocolate and various types of candies.

As there was some concern in St Aidan's if it would be possible to prepare 60 bags, we asked the St. Thomas the Apostle church on Alta Vista Road to help. They immediately joined in, led by one of their parishioners, Michele Bedard. Reverend Rosemary Parker, the priest at St Aidan's also publicized the Christmas initiative on the church's Facebook page.

From this modest idea, we ended up with over 100 gift bags that were delivered on Christmas Day to the women being accommodated in the Dempsey Community Centre. The great thing about this was that approximately 40% of the bags came from non-parishioners from the Elmvale area. This demonstrates the power of a good idea to become the catalyst for many people to reach out and help less fortunate people in their neighbourhood.



(Left to right) Lois Wynn, St Aidan's member; Peter Martin, St Aidan's member; Michele Bedard, St. Thomas member; Rev. Tim Kehoe, St. Thomas Rector; Kathryn Fournier, St. Thomas member.
Photo Credit: Cathy Munroe, St. Thomas Warden and delivery team member

Happy first day of February, only 47 days to spring.

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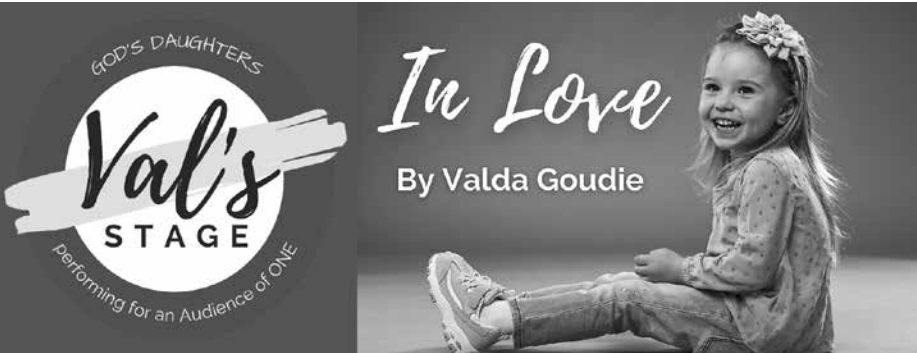
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Spirituality Community Service

FAITH NEWS



“Guess what, Aunt Valda. I have a boyfriend!” my niece looked at her dad as she giggled.

“Oh, really?” I hadn’t seen my niece for three months. This new development in her six-year-old social life was a shocker. “Who is your boyfriend?”

She stated his name. “He’s in my class at school.”

Her young face glowed. Were there animated hearts reflected in her eyes? As her head swiveled purposefully toward her father again, I quickly recognized that the love-glow on her face was not caused by a Grade One romance.

My brother-in-law responded predictably. “I don’t know what’s going on in that school!” He frowned at his daughter. “No one has a boyfriend here!”

“Yes, I do!” With another giggle, she twirled and ran off to find her favorite Christmas present to show me.

I laughed and shared that I’d never seen so many romantic crushes in my Kindergarten class as I have this year. Was it the necessary masks causing a sense of intrigue?

We continued with our adult conversation, catching up on the family news. However, throughout the evening, the topic of my niece’s romance came up over and over again. She weaved the phrase “my boyfriend” into almost every interaction she had with her father, and each time, she punctuated her words with a pointed look and a huge grin. And my brother-in-law consistently rose to the occasion, responding with frustrated denial.

At his expense, it was quite entertaining to watch.

“Do you want to visit Omega Park to see the animals this week?” he asked her.

“No, I don’t have time. I’m getting married this week.” There was a pause. A head turn. A look. A grin. “To my boyfriend.”

She kept it up for hours—the merciless teasing. I was silently thanking God for giving me three boys.

“We’re in love!” she stated. “Me and my boyfriend.”

Indeed, there was love reflected in her eyes, but the real holder of her affection sat in the room with us. And he was no boy, but a grown man who loved her more than any six-year-old was capable of loving her

Despite my brother-in-law’s reaction to his daughter’s boyfriend talk, he knows she is teasing him. He knows that she does it because she loves him.

Our heavenly Father loves us—His children—even more! I wonder how it makes Him feel when we tease Him with our other interests. I suspect it hurts Him much more than my niece’s innocent game.

Jesus summarizes the first four commandments of the Big Ten in Matthew 22:37:

“Love the Lord your God with all your heart and with all your soul and with all your mind” (NIV).

Our *heart* is who we love. Do we truly love God more than anyone/anything else? Do we love Him more than our spouses? More than our children?

Some say your *soul* is your true nature. It consists of your thoughts and feelings and your resulting character. How often does our sinful nature affect what we think about and our emotional responses to people and situations?

Our *mind* is our control centre. It rules our decision-making and our actions. Do we consult God before doing the things we do? Or do we often drive our lives without our GPS because we think we know where we’re going and how to get there?

David had it right when he wrote Psalm 103:1:



ALL that is within me ...

Let’s strive to love and praise God with our ALL: heart, soul, and mind!

Father,

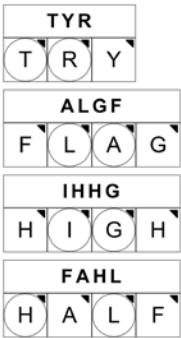
I love You. I truly do. I’m sorry for all of the times I unknowingly teased You with my commitment to other things or people. I choose to put You back on top as my One True Love.

I surrender my whole being to You. Take my heart, soul, and mind and make them Yours.

Lead me where You want me to go and use my life to lead others to You.

Amen.

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



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OUR COMMUNITY

Ellwood's Ridgemont Community Association President Talks to City Planners

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



To many, City Planners are nameless, faceless, invisible and beyond reach or reason, but Norman Payne's experience has been extremely positive. Key planners, Stephen Willis, David Wise, Alain Miguelez, Tim Moerman, have been approachable and ready to engage, explaining details at length to him. And they have a sense of humour.

When asked by Payne, David Wise promptly came over in August 2020 to conduct a neighbourhood inspection. At their rendezvous at Kitchener and Bank, he diagnosed a major traffic cut-through problem and suggested effective solutions.

Chief Planner Steve Willis explained the tightrope planners walk between balancing competing public interests and the keen desire not to duplicate the extreme density that has occurred in Toronto. He explained to Council in Spring 2020 that Council's "60% intensification targets," were "very aggressive."

As the Plan came to completion, and staff heard concerns from communities, they conceded that some of the height proposals in low-rise areas like Ellwood needed to be moderated. Willis explained that most of the pressure for intensification is from the need to supply housing to meet demand – with the decision and clear understanding that it doesn't make economic or environmental sense to keep expanding the boundary, building outwards, and instead they have to make it easier for homes to be built inside the city.

Intensification pressure is fundamentally the reality that people move inside the city based on life circumstances, with new residents moving to the Ottawa area needing homes. They seek homes and neighbourhoods that match their lifestyle and particular wants – to the extent they can afford to do so – and make trade-offs as they do so. With the new Official Plan, Council has made a clear choice that neighbourhoods matter a great deal in providing homes for the people living there now – but that further growing the urban boundary, developing on agricultural land and continuing to push services and roads further and further out, is not reasonable anymore.

Many big "suburban" developers have just a couple of models that they can produce in scale. For infill, nearly every job is a custom build – which is immediately more expensive and time consuming. You can also get a bigger house on a bigger floorplate in the suburbs than you can inside the city, as the setback rules are not as restrictive. So – more house, less money, faster build. That's the suburban advantage. The trade-off is more distance, and more reliance on cars, and deeply restricted access to services and amenities.

Since we aren't going to allow as many new "greenfield" homes as before, the homes people need have to be built elsewhere; and since the purpose of neighbourhoods is to provide areas of the city for homes, that's where we need to allow them to be built, says Planner David Wise. He adds that Council has noted and affirmed in the new Official Plan how important it is for neighbourhoods to "recognize themselves" as they evolve, but also that inner neighbourhoods are where new homes and new residents need to be accommodated. That also means making it easier, faster and less costly to build those new homes, so that there's parity between suburban and urban housing.

What we need to do is walk that tightrope between the need to provide opportunity for the quantity of housing, while ensuring that what gets built is quality. So that if you're biking down Vancouver Avenue, that new build, which may have 4 or even 6 units inside, doesn't look wildly out of place or obtrusive, has room for trees, manages its waste and parking, and fits in well architecturally. A big 3-storey box covered in sheet metal with paved over front and rear yards is not what planners are looking to allow on Ellwood's streets, says Planner David Wise.

Steve Willis explains, the process, begun in 2013, came to a target of 40% of new housing to be built inside the urban areas, rather than greenfield, in 2022. This has increased since then to 51% of all new houses to be through intensification. The future target is to increase to 60% by 2047. Currently 5 out of 10 new housing units are built in the urban area through intensification, and much of that is in the form of high-rise apartments. In future, we need low-rise housing to have a larger share, so we get the diversity of housing options required.

Willis also pointed out that while Ellwood's population is now around 2,300 (2016 census) with many homes having an average of two occupants per house, in the mid 1960s to mid 1990s – about 25 years ago – Ellwood's population would have been 2,000 with more than five occupants per home, keeping in mind that the 150-odd homes on Jasper/Golden Star/Lilibet were not there then. He quickly followed up with the observation that today the population is doubtless higher than the 2016 census with the influx of single homes being turned into multi-unit residences bringing with it the increase in cars, which would have been about 500 then and is now around 1,300, and could increase to around 2,050 cars. Planners want multi-unit housing in particular to place greater emphasis on transit and walkability for day-to-day needs.

This, Steve Willis despairs, is a Gordian knot problem, notwithstanding that Ellwood is deemed a 15-minute neighbourhood with emphasis to get the increased population on to public transit/LRT, which he concedes is not where it needs to be to meet that aspiration.

The Planners and Ellwood's Ridgemont Community Association accept that there is a wide chasm that needs to be bridged, and both know that it could be bridged as long as residents can buy in. That the will and the skill are there in abundance, that there must be compromise and a meeting in the middle, with solid assurances, which is, after all, the Canadian way.

Please stay tuned.

And please note that Norman Payne will address many of the questions on intensification submitted to him by Ellwood residents in a later edition of VISTAS.

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



KIDS PAGE

JUMBLE FOR KIDS

Sunday, January 23, 2022

The letters of these crazy words are mixed up. To play the game, put them back into the right order so that they make real words that you can find in your dictionary. Write the letters of each real word under each crazy word, but only one letter to a square.

TYR
 ○ ○ ○

ALGF
 ○ ○ ○

IHHG
 ○ ○ ○

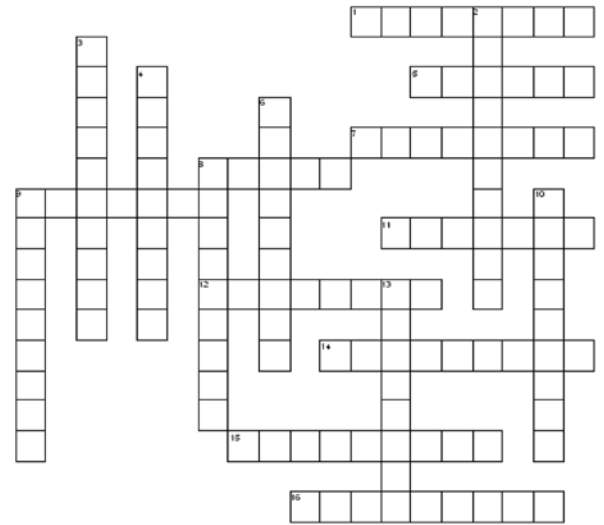
FAHL
 ○ ○ ○

You are now ready to solve today's Jumble for Kids. Study the picture for a hint. Then play around with the letters in the circles. You'll find you can put them in order so that they make your funny answer.

○ ○ ○ ○ ○ ○ ○ ○



Snow, Snow, Snow



ACROSS

1. A piece of winter clothing that keeps children warm and dry as they play in the snow.
5. It _____ last night.
7. A rounded handful of snow that may be thrown.
8. The adjective form of snow (as in 'Stopping by the Woods on a _____ Evening').
9. A person made of snow.
11. Look outside! It's _____.
12. The absence of snow. ('It's been a _____ winter.')
14. A flat object that people use to travel in surf-like position down hills of snow.

15. A single piece of snow.
16. A type of winter storm.

DOWN

2. A tool people use to remove snow from sidewalks.
3. A vehicle that may be driven across snow.
4. A machine that creates artificial snow.
6. Something people use to help them walk across snow.
8. A landscape covered with snow.
9. An avalanche of snow.
10. A large bank of snow.
13. A machine used to remove snow from roads.

©2007, Julie Vickery-Smith

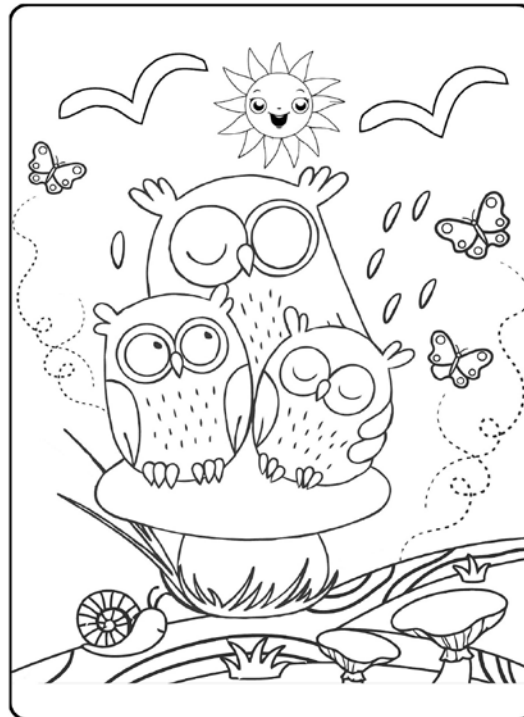
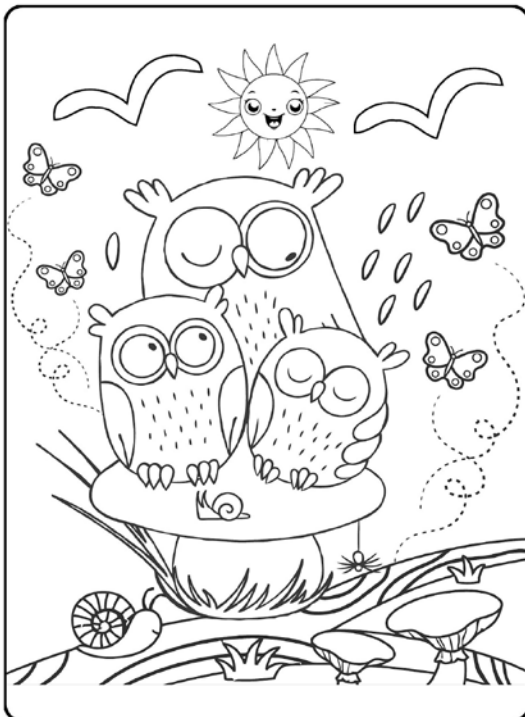
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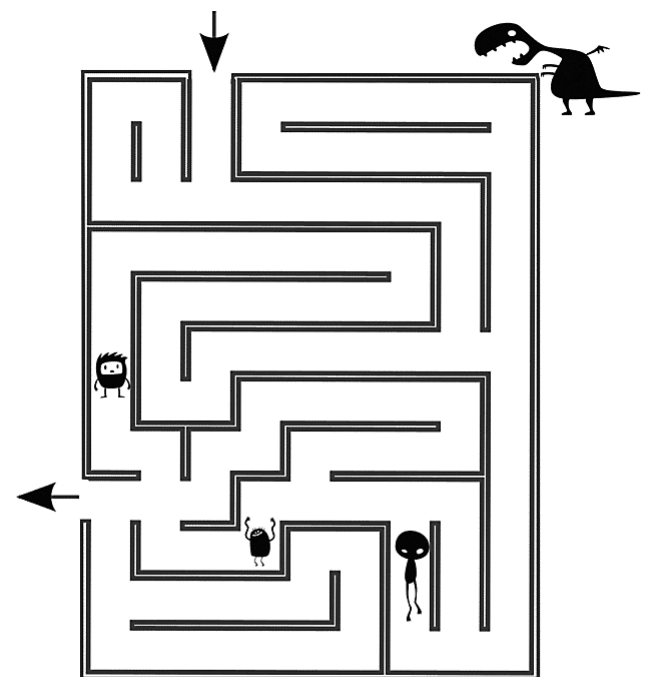


SPOT THE DIFFERENCE

Can you spot the 10 differences between these two pictures?



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Find your way through the maze without running into any of the monsters. Don't worry if you do see one though, they are actually quite nice!

SCIENCE AND TECHNOLOGY

COMPUTER TRICKS AND TIPS:

By Malcolm and John Harding, of Compu-Home



A Look at The Cloud – From Both Sides

“The cloud” is a relatively recent term for a remote location where computer files can be saved via an Internet connection. Despite the suspicion of many users that cloud storage may be insecure, expensive

or vulnerable, we must remember that most of us are actually using the cloud every day when we send an email, create a post on social media, access our bank account or go about lots more of our usual daily online activities.

Day-to-day when we refer to cloud storage, we are usually thinking of a way of saving a second copy of our important files, whether they might be documents, tax files, messages, photos, music and videos – any data that we have created and would be sorry to lose to theft or any sort of breakdown of our in-home equipment. This strategy is an alternative to having an external hard disk that we can plug into a computer to save our data, and then set it aside for safekeeping. People who want to make doubly sure that their files are safe use both a cloud service and their own external hard disk.

Besides security, another advantage to cloud storage is the possibility of setting up so that files can be available from more than one location. Something saved at home can be opened and edited at the office or while you are traveling. Family and colleagues can be given passwords to have access and share files whenever and wherever it is convenient. One particularly handy feature of saving on the cloud is that files that are too big to be emailed back and forth as attachments can easily be shared.

Cloud storage services are offered by many businesses that maintain massive secure “server farms” in multiple international locations, to allow levels of redundancy so that a disaster in one site is backed up somewhere else. In addition to the Big Three mentioned below, some names like Dropbox, Box and Amazon Cloud Drive are worth considering. All of the services offer a small amount of space free, followed by various levels of “premium” capacity at gradually increasing monthly fees. (By the way, we do NOT recommend using only the free level of several services to save money; all of the plans are at reasonable prices and keeping track of more than one could be disastrously complicated.) CNET.com has recently published an article online comparing cost and ease of use of many of the top cloud services for 2022, and it is worth finding. There are also several YouTube videos on this subject, including “Computer Fundamentals – Cloud Storage” which is excellent although its prices are out of date.

It probably comes as no surprise that Apple, Google and Microsoft offer their own cloud storage services, built into the Operating Systems of Macintosh (iCloud), Chromebook (Google Drive) and Windows (OneDrive) computers. Although this can be convenient, it can also be a bit tricky because these giants set up computers to use their cloud storage by default, and you have to take note of this when you are first setting up your computers so that you will always know where your file has been stored to find it easily later.

In our opinion, the ideal setup is to have storage folders both located on your computer and “mirrored” in a cloud location, making the backup instantaneous, automatic and painless. All of the storage services offer this arrangement as an option. Whichever service you choose and however you set it up, it is important to take the time to become very

familiar with how to use and make changes to your arrangements, so that you can constantly make sure that your files are secure and accessible.

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 A.
Neal**

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

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1719 Bank St.

Suite 305

Ottawa, ON

steven@payetteneal.com

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

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

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MaplewoodRetirement.com


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RETIREMENT COMMUNITY
COMMUNAUTÉ DE RETRAITE

Beechwood | 613-327-9655
RiverpathRetirement.ca

UPCOMING EVENTS



ALTA VISTA LIBRARY – FEBRUARY 2022

The Alta Vista Library is 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.

As of January 10, The Library has adjusted its hours of operating, given the uncertainty of the pandemic and current staffing pressures. Until further notice, the Library's hours are:

- Monday to Thursday: 10 a.m. to 6 p.m.
- Tuesday and Thursday: 1 p.m. to 8 p.m.
- Friday: 1 p.m. to 6 p.m.
- Saturday: 10 a.m. to 5 p.m.



HOLIDAY HOURS

CLOSED Monday, February 21 for Family Day.

Please note the UPDATED 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 one hour per user per day. There are no exceptions. Reservations can be made either at the branch or online from home. Computers will be cleaned regularly.
- Until further notice, all furniture has been removed, with a few exceptions. Please limit your time in the Library and enjoy your Library materials at home. No studying or tutoring is permitted at this time because of physical distancing requirements.
- Meeting and program rooms are not available. In-person programming has been suspended until further notice due to regulations on indoor gathering limits. Virtual programming will also continue for all ages online.
- The outdoor book drop is open 24 hours a day, 7 days a week.
- Museum passes are not available at this time, as museums are closed, as per provincial regulations. Gatineau Park ski passes are still available on a first-come, first-serve basis.

Please visit www.biblioottawalibrary.ca for the most up-to-date information.

Info Service is 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.



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* As per OREB MLS sales data for 2019, 2020 and 2021, by either # of ends sold or total dollar sales volume. The neighbourhood of Faircrest Heights is at the north end of Alta Vista and is defined by many as the area between Smyth Rd, Lynda Lane, homes on both sides of Pleasant Park Rd and the Via Rail corridor. Not intended to solicit properties already listed.

UPCOMING EVENTS

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

CHILDREN'S AND TEEN PROGRAMMING

In-person programs are currently not available due to the COVID-19 pandemic. We continue to offer virtual programs, listed below. Virtual programming will continue. Please visit <https://bibliooottawalibrary.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 <http://www.bibliooottawalibrary.ca/program>.

Online Bilingual Storytime/Heure du conte bilingue en direct – Wednesdays at 10:30 a.m. / les mercredis à 10h30. Ages 6 and under / Pour les 6 ans et moins.

AWESOME AUTHORS / CONCOURS D'ÉCRITURE SUPERS AUTEUR(E)S

Poetry Workshop with spoken word artist Apollo The Child – Saturday, February 5 at 1:30 p.m. Ages 13 to 18.

Comment devenir un super bédéiste avec l'auteur Éric Péladeau – le samedi 5 février à 15h30. Pour les 9 ans et plus.

How to become an awesome comic book writer with author Éric Péladeau – Saturday, February 19 at 10:30 a.m. Ages 13 to 18.

Short Story Workshop with author Amelinda Bérubé – Saturday, February 19 at 1:30 p.m. Ages 13 to 18.

Comment devenir un super auteur, avec l'auteur Pierre-Luc Bélanger – le samedi 19 février à 15h30. Pour les 13 à 18 ans.

ADULT PROGRAMMING

In-person programs are currently not available due to the COVID-19 pandemic. We continue to offer virtual programs, listed below. In the meantime, virtual programming will also continue. Please visit <https://bibliooottawalibrary.ca/en/program> or visit the branch in-person for the most up-to-date information.

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.bibliooottawalibrary.ca/isolation-recreation. A valid Library card is required. For assistance, please call Info Service at 613-580-2940 or email infoservice@bibliooottawalibrary.ca.

COMMUNITY EVENTS February 2022

EMMANUEL UNITED CHURCH

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 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.

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. It's 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).

Sunday, February 27, 10 a.m.: During the service Adele Halliday, the Anti-Racism and Equity Lead for the United Church will speak.

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. We are continuing our study of 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).

UPCOMING EVENTS

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.

February Events and Activities

Wednesday, February 23, 7 p.m.: Teleos – A group for all women, meeting to discuss current issues and experiences from a theological perspective. This evening we have a speaker from Hospice Care Ottawa (by Zoom).

RIDEAU PARK UNITED CHURCH

2203 Alta Vista Drive

As the community takes on mid-winter activities, Rideau Park United Church is offering a number of services, programs and activities, **all online**, for spiritual and social connection, as well as education and reflection.

The church building is currently closed due to the spread of the Omicron variant. As regulations and 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.

Weekly activities

Sundays, 10 a.m.: Worship Service, webcast 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.

Sundays: Children's and Youth Christian Education Classes are happening online via Zoom meetings by Rideau Park. 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 information on the program and how to connect, see www.rideaupark.ca or contact Rev. Steve Clifton at sclifton@rideaupark.ca.

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 our Rideau Park YouTube channel. Full description at www.rideaupark.ca.

Tuesdays, 10 a.m.: The Bible Study Group Online at Rideau Park through weekly Zoom sessions continues to February 22 and focuses on "Wise Guys & Lady Wisdom, a Study of Wisdom Literature from the Bible." What does it mean to be wise? Does the Bible contain wisdom we can still use today? Contact sclifton@rideaupark.ca or ebryce@rideaupark.ca for the Zoom invite.

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 sclifton@rideaupark.ca to receive the Zoom invitation.

Other Connections with Rideau Park

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 sclifton@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.

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 and membership information. Due to COVID restrictions, current meetings are being held via Zoom, but we hope to resume in-person gatherings a bit later this year.

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.

ONLINE WORLD DAY OF PRAYER 2022

You can attend World Day of Prayer 2022 online. An inspirational prayer service has been prepared this year by women of England, Northern Ireland and Wales, based on the theme from Jeremiah 9: 1-14, "I Know the Plans I Have for You." Candle Lighting, a Devotional

Message, Liturgical Dance, Story Telling, Participatory Prayer, as well as Familiar Hymns performed by a Choir are among the many items included to enhance your worship experience.

A link to this video can be found on the wicc.org website.

For further information you may contact:

Lise: 613-723-0465, gauvin131@gmail.com; or

Rosalie: 613-736-0232, pastoral@sympatico.ca.

VIRTUAL FINE ART EXHIBIT AND SALE

The artists of the Kanata Civic Art Gallery are pleased to announce their new fine art show "Kissing the Cold", including works by the Gallery new members: Isabelle Jerome, Karen Mackay, Carolyn Sandor-Weston, and Sharon Collins. The show runs from January 5 to March 5, 2022 offering a perfect opportunity to acquire unique, original local fine art. Please visit our website at www.kanatagallery.ca.

MOVIES 'N STUFF

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

HAVE YOU SEEN:?

Old Henry

An old style drama/western featuring an intense performance by Tim Blake Nelson (O Brother, Where Art Thou?) and has a neat twist. See it!

Pig

Nicolas Cage has made a lot of dud movies, but this is a haunting performance in a great dramatic film.

The Collini Case

A brutal, cold blooded murder is a young attorney's first case, but the more he looks into the facts, the more they don't add up. Great German film!

Mass

A searing drama that is mostly dialogue with four fantastic performances!

Dune (2021)

Not much needs to be said about this, but the buzz is this will be nominated for upwards of 10 Oscars!

February 1st

Deadlock

Wanted criminal Ron Whitlock leads a rogue team of mercenaries on a mission of vengeance. Convinced that the government is working against them, the merciless group brutally seizes an energy plant and holds everyone inside hostage. Bruce Willis stars!

When Hitler Stole Pink Rabbit

Based on the semi-autobiographical book by Judith Kerr, this is the story of a Jewish family who flee Berlin on the eve of the election in 1933. They initially settle in Zürich before moving to Paris, and finally, to London.

Don't Look Up

Two low-level astronomers must go on a giant media tour to warn mankind of an approaching comet that will destroy planet Earth. Starring three of the biggest stars in the world: Leonardo DiCaprio, Jennifer Lawrence and Meryl Streep.

The Sparks Brothers

In this documentary/musical, filmmaker Edgar Wright explores how one rock band can be successful, underrated, hugely influential and criminally overlooked -- all at the same time. A musical odyssey exploring five weird and wonderful decades with brothers Ron and Russell Mael.

Silent Night

Nell, Simon, and their son Art are ready to welcome friends and family for what promises to be a perfect Christmas gathering. Perfect except for one thing: everyone is going to die. Keira Knightley stars!

The Unforgivable

A woman is released from prison after serving a sentence for a violent crime and re-enters a society that refuses to forgive her past. Sandra Bullock headlines!

The Spine of Night

When ancient, dark magic falls into sinister hands, a group of heroes from different eras and cultures must band together to defeat it at all costs.

Summer of Soul

Over the course of six weeks during the summer of 1969, thousands of people attend the Harlem Cultural Festival to celebrate Black history, culture, music, and fashion.

Ghostbusters: Afterlife

In this next chapter in the original Ghostbusters universe, a single mom and her two kids arrive in a small town and begin to discover their connection to the original ghostbusters and the secret legacy their grandfather left behind.

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 and you can expect a slew of Oscar nominations!

Zeros 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. Starring Ethan Hawke.

Also:

Rumble (family animated comedy)
Superhost (thriller)
Diary of a Wimpy Kid (2022)

February 8th

Resident Evil:

Welcome To Raccoon City

A reboot of the Resident Evil film series and the seventh live-action film overall, we follow a group trying to survive during a zombie outbreak in the small town of Raccoon City.

Apex

Five elite hunters pay to hunt down a man on a deserted island, only to find themselves becoming the prey.

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. Gemma Chan, Richard Madden, Angelina Jolie, Salma Hayek.

France

In the 15th century, both France and England stake a blood claim for the French throne. Believing that God had chosen her, the young Joan leads the army of the King of France.

My Mother and Other Strangers: Mini-Series

Re-release on this PBS classic, starring Oscar hopeful Ciarán Hinds (Belfast). In 1943, the Coyne family and their neighbours struggle to maintain a normal life after a US Army Air Force base is set up in the middle of their rural parish.

February 15th

C'mon C'mon

When his sister asks him to look after her son, a radio journalist embarks on a cross-country trip with his energetic nephew to show him life away from Los Angeles.

Miss Willoughby and the Haunted Bookshop

A University professor with an insatiable appetite for investigation is asked by some old family friends to investigate a series of hauntings at their antique bookstore.

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!

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.

February 22nd

Shattered

Rich divorcee Chris falls in love with the mysterious woman Sky where a desperate fight for survival will most likely ensue. John Malkovich!

Loki: Season 1

The mercurial villain Loki resumes his role as the God of Mischief in a new series that takes place after the events of "Avengers: Endgame."

Titane

Following a series of unexplained crimes, a father is reunited with his son who has been missing for 10 years.

The Morning Show: Season 1

An inside look at the lives of the people who help America wake up. Jennifer Aniston and Reese Witherspoon star.

Star Wars: The Bad Batch: Season 1

The 'Bad Batch' of elite and experimental clones make their way through an ever-changing galaxy in the immediate aftermath of the Clone Wars.

The Falcon and the Winter Soldier: Mini-Series

Following the events of 'Avengers: Endgame,' Sam Wilson/Falcon and Bucky Barnes/Winter Soldier team up in a global adventure that tests their abilities -- and their patience.

Manhunt Series 2: The Night Stalker

Martin Clunes reprises his role! If you haven't seen the first series, see it now!

COMING SOON

Spider-Man: No Way Home

HUGE release! March 15 is the date.

The House of Gucci

When outsider Patrizia Reggiani marries into the Gucci family, her unbridled ambition begins to unravel the family legacy! Huge all-star cast including Lady Gaga, Adam Driver.

Julia

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

Cyrano

Too self-conscious to woo Roxanne himself, wordsmith Cyrano de Bergerac helps young Christian nab her heart through love letters.

Dalglish: Season 1

In 1970's England, Inspector Adam Dalglish solves unusual murders and reveals buried secrets. Bertie Carvel.

All Creatures Great and Small: Season 2

India Sweets and Spices

When college freshman Alia returns home for the summer, she discovers things in her parents' past that make her question everything she thought she knew about her family.

Sing 2

VHS to DVD transfer service available now! \$15 per tape.

Looking for a movie? Let us know and we'll take care of everything!

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