



CELINE TOWER GRANT WINNERS



Isabella Rumfeldt, winner of the 2021 Celine Tower Grant in the “university student” category – read her article on page 14.



Eric Boulay, runner up in the “university student” category for 2021 – his article on the post-Halloween pumpkin collection will be published in the October 2022 edition of VISTAS.

Celine Tower Grant Recipients for 2021

By Ernie McArthur, President, VISTAS Board of Directors

The VISTAS Celine Tower Grant is offered to students aspiring to a career in, or currently enrolled in studies in, writing, journalism or communications. VISTAS received no applications for the 2021 Celine Tower Grant until later in the year 2021, at which time there was a rush of applicants from both university and high school students. After a review of the several applications, the VISTAS Board of Directors decided that for the year 2021 it would award the grant to two university students, and for 2022 it will award the grant to two high school students.

VISTAS is pleased to make these awards in memory of its first and long time Editor, Celine Tower. While Celine’s contributions to VISTAS and the Alta Vista community are immeasurable, it is hoped that this award will go some way to remembering and honouring her contributions, and to inspiring our Alta Vista students in writing, journalism and communications.

The winner of the 2021 Celine Tower Grant in the “university student” category is Isabella Rumfeldt, a third-year bilingual student of journalism at Carleton University. Isabella has received the \$1000 award, which no doubt will benefit her now or when she enters her fourth year of studies in September 2022. VISTAS congratulates Isabella on her selection and award. In support of her application, Isabella provided a well researched article, “Making Densification Work for Alta Vista’s Aging Residents,” in which she presents possible living arrangement options for the elderly in this time of intensification.

Isabella graduated from Hillcrest High School in 2019 and along the way and outside of school has gained much experience as a pantry cook, a baker, a co-op student at the Fairmont Chateau Laurier, and as the operator of various types of industrial kitchen equipment. VISTAS hopes to see more of Isabella’s journalistic work and achievements, and wishes her the very best in life and in her work.

cont’d on page 3

VISTAS STAFF

Content Editor: Karen Johns
Email: Editor@vistas-news.ca

Layout Editor: Lisa Wilson
Email: Editor@vistas-news.ca

Comments/Enquiries: Courtney Tower 613-737-3835
Email: ctower@sympatico.ca

Advertising Manager: Jim Doherty 613-523-2487
Email: Advertising@vistas-news.ca

Business Manager: Catherine Fyfe
Email: BusinessManager@vistas-news.ca

Distribution Manager: Ernie McArthur 613-521-4658
Email: Distribution@vistas-news.ca

GENERAL INFORMATION

Website: vistas-news.ca
Email: info@vistas-news.ca
Mailing Address: 411 Crestview Rd., Ottawa, ON, K1H 5G7
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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:

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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.

Where is it?

ARTS AND CULTURE	22-24	OUR COMMUNITY	6, 10-11, 14, 31
BOOKWORM’S DELIGHT	15	OUR COMMUNITY REPS	7-9
CLASSIFIED ADS	25	OUR ENVIRONMENT	15, 18-21
FAITH NEWS	28-29	OUR PEOPLE	12-13
HEALTH AND FITNESS	25	SCHOOL NEWS	27
JUST GOOD ADVICE	16	SCIENCE AND TECHNOLOGY	32
KIDS PAGE	36	SPORTS NEWS	24
LETTER TO THE EDITOR	2	UPCOMING EVENTS	37-39
OPINION	5		

LETTER TO THE EDITOR

Speed Kills: Speeding makes crashes more likely, and more likely to be deadly

Fast driving is a serious safety problem. Speeding increases the likelihood and severity of a crash. The laws of physics are unforgiving to speeding drivers! The faster a vehicle is moving, the less time the driver has to react to a hazard and for other road users to react to that vehicle. Speed is a factor in over 20 per cent of fatal crashes and in 12 per cent of all crashes. As speed increases over 100 km/h, the fatality rate of vehicle occupants goes up exponentially. For example, the chances of being killed in a vehicle traveling at 120 km/h are four times higher than at 100 km/h. When a car crashes near 200 km/h, the chances of survival are minimal. Speed of impact is critical for pedestrians, the most vulnerable road users. A 1995 European Transport Safety Council report found that only 5 per cent of pedestrians died when struck by a vehicle at 32 km/h; fatalities increased to 85 per cent at 64 km/h.

Need more be said!

Emile Therien



Photograph of the moon taken by Gary Howard

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
April Issue	April 1, 2022
May Issue	April 29, 2022

CELINE TOWER GRANT

cont'd from front page

The runner up in the “university student” category for 2021, and the recipient of \$750, is Eric Boulay, a second-year student in journalism at Carleton University, who in September 2022 will be entering his third year. VISTAS congratulates Eric on his selection and award. In support of his application, Eric provided a fascinating essay on the post-Halloween pumpkin collection in Alta Vista, in which we learn what happens to some of the many left over carved and uncarved pumpkins, and what motivates the volunteers who collect them.

Eric graduated from Ridgemont High School in 2019, following which he spent a year in L'Aquila, Italy at the Amadeo D'Aosta Superiore High School. Eric has worked as a lifeguard at Sandbanks, as a reporter for Carleton's student newspaper, as a bilingual communications officer at Agriculture Canada, as a teaching assistant to students of the Japanese language, as an Italki/English (a language learning platform) tutor in Italy, and as an Italian conversation group organizer. Eric is fluent in English and French, and classes himself as being at an “intermediate” level in Italian and Japanese. Eric is the recipient of several university scholarships and awards. VISTAS wishes Eric the very best in life and in his work.

Having met Isabella and Eric, VISTAS is quick to express its pride in these two young Alta Vistas. But just as importantly, VISTAS is proud of all the applicants for the Celine Tower Grant and their many accomplishments, and wants its readers to know that these fine young students of journalism are just the latest to demonstrate a community commitment to volunteerism, curiosity, activism, dedication and hard work. And Celine would be proud.

WANTED

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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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Eileen Raven	Joseph Rikhof	Bill Woodley	Alex Sarabura
613-526-2763	613-834-0580	613-731-2243	613-890-1056

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- Station Boulevard, 40 papers
- Winther, 24 papers



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OPINION

Truckers and Other Freedom Fighters

By Mary Howell

How bold history makers have become since my student days. How benign it all seems today – skewed speculation of absolutes, the largess of opinion, little thought of variables, or challenging the duly elected – when the order of the day was confined to lecture halls on campus and our cry of freedom against the new law that required drivers to have their photograph on their driving permit.

Since when did Freedom become a Divine Right? So magical that it encompasses individuals to the exclusion of the group. Maybe it was the objection to the Vietnam war, and: “No! No! – We won’t go.”

Author Lydia Marie Child on slavery: “The boughs of no two trees ever have the same arrangement. Nature always produces individuals; she never produces classes.”

Those differences allow for harmony and discord from both arenas of choice. The vote in a democracy is the voice of the referee(s) and should be final; but dissent is healthy and many alliances and institutions have evolved because it leads to the connectedness needed to function in the pursuit of health and happiness for all.

I cannot understand the conception of Freedom that so brazenly violates the Freedom of others. It reminds me of the losers to our south when they lost the vote that would have had a tyrant rule a democratic country. You have exercised your right to dissent, peacefully, you have been heard, and past experience tells me you will have made inroads to the benefit of all. At this critical moment, history could repeat itself like that Bloody Sunday in St. Petersburg so long ago, and no one will ever know who fired the first shot.

We are stewards of a precious space in a universe whose future is unknown. We are only beginning to understand our part in keeping it safe for its survival. Let’s not be another Dinosaur mystery. Consider the possibilities! Listen to the experts!

Thought Waves

*What is that whispering, Father,
Round and round in my head?
Why does it sound so clear,
When sound to our ears is dead?*

*It’s the sigh of the wind that used to be,
Peter, my son, he said.*

*And what are those shapes I see, Father,
Orange, and yellow and red?
Strange how the shapes filter through when,
Sight from our eyes has fled.*

*It’s the rays from the setting sun long ago,
Peter, my son, he said.*

*Tell me again of the World, Father,
Back before It began –
Flowers and light, the smell of grass,
And how the rivers ran.*

*Ah! How sweet the air beyond those walls,
Peter, my son, he said.*

*Will it ever come back again, Father,
Sunshine, air and rain?
Run in the sand as we used to,
Before the dust-clouds came?*

*The old man sighed and limped away,
Peter, my son, he said.*

*By Mary Howell, from the Alberta Poetry Year Book, 1974
Mary Howell is a local writer and award-winning poet.*



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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OUR COMMUNITY

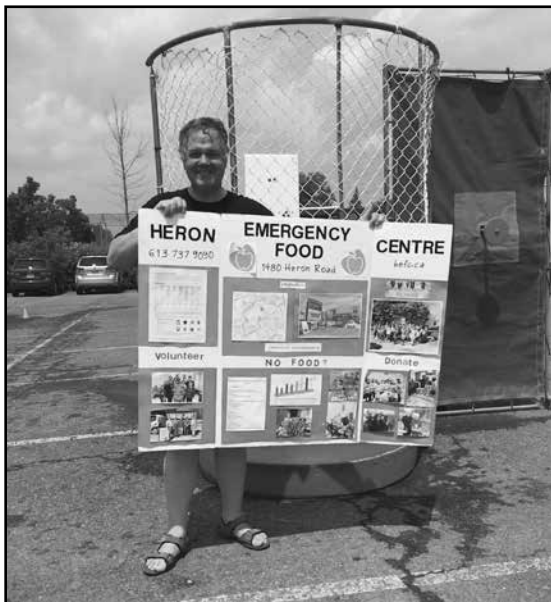
HEROES OF HERON EMERGENCY FOOD CENTRE

By Lynn Sherwood

HEFC is blessed to have strong community support for our organization, and therefore, for our clients who are down on their luck and need emergency food. We are able to assure donors that everything we receive flows directly to our clients; we have very few overhead costs. The reason we are able to achieve this is twofold. Firstly, the board of directors and front-line volunteers are deeply involved in the day-to-day operation of our charity, providing such services as the purchase, storage and distribution of food, and the very important task of bookkeeping and accounting for our organization. Most importantly, however, we rely on the City of Ottawa to provide the annual grant which funds both the salary of our sole employee, our part-time Executive Coordinator, and the utilities and administrative expenses. Additionally, we are provided space, rent free, by the City of Ottawa, in the Heron Road Community Centre. This critical aspect of our functioning has been facilitated by our very committed councillor, Jean Cloutier. He is our Hero for March.

Jean Cloutier, the councillor for Alta Vista, has been a stalwart supporter of HEFC since 2014. He has participated in our Walkathons, our major fundraiser, six times, every September until 2020 when the pandemic forced its suspension. He faithfully attends our annual general meetings. He attends the Christmas Concert presented by Immaculate Heart of Mary Church which has raised many thousands of dollars for HEFC every year. Councillor Cloutier also advocated for HEFC at the beginning of the pandemic when all City of Ottawa facilities were closed down. HEFC would have been unable to function without his support and intervention. Similarly, when Cornerstone Housing for Women opened an emergency shelter at the Heron Road building during the pandemic, he ensured that the clients and volunteers of HEFC would be able to access our services with minimal disruption. Because of his intervention, HEFC has been able to remain open to serve clients throughout the pandemic.

In addition to these ongoing responsibilities as our councillor, he has demonstrated his personal commitment to the issue of food insecurity



in our community. He has, for example, invited us to participate in community events such as the annual Santa's Breakfast at Canterbury Community Centre, where we set up our display, accepted food donations, and met folks in the community. Most notably, we were invited for two years to participate in the Canada Day barbeque held at Canterbury Park. Here he attained a high degree of popularity among

numerous 10-year-old boys by volunteering to be the target at a Dunk Tank in exchange for donations to HEFC.

We are saddened to learn that he has decided not to run for Ottawa City Council in the next election, and want him to know that his unfailing

support for HEFC and empathy for our clients is much appreciated. We hope that he will maintain his links with our organization following the completion of his term as councillor in November of this year.

As we move out of the second winter of the pandemic, we are facing new challenges. The rate of inflation at the end of January was 5.1%, the highest since 1992. This impacts low income folks, who already are counting every penny, most severely, and we are seeing an increasing use of our food bank in consequence. Your support for our vulnerable clients is deeply appreciated during these uncertain times.

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

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

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

Heron Emergency Food Centre is located at 1480 Heron Road and is open 4 days a week to provide emergency food to people in need in Ottawa South.

MARCH WISH LIST

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



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OUR COMMUNITY REPS

Statement by the Hon. David McGuinty on his reappointment as Chair of the National Security and Intelligence Committee of Parliamentarians

(January 20, 2022)

I am honoured to be re-appointed as Chair of the National Security and Intelligence Committee of Parliamentarians (NSICOP).

I would like to extend a warm welcome to the new and returning members of the Committee. I look forward to working with them to continue the important work of providing a non-partisan approach to the review of national security and intelligence issues in Canada.

The Committee's first priority will be to prepare for the tabling in Parliament of the 2021 Special Report on the Government of Canada's cyber defence framework. The Committee will also continue its reviews of the national security and intelligence activities of Global Affairs Canada and of the federal policing mandate of the Royal Canadian Mounted Police.

We look forward to early engagement with senior officials in the security and intelligence community charged with keeping Canadians safe. We will also solicit the views of academics and civil liberties groups, whose perspectives on national security challenges are important for the Committee to hear.

NSICOP members:

- The Hon. David McGuinty, P.C., M.P., Chair
- Mr. Stéphane Bergeron, M.P.
- Mr. Don Davies, M.P.
- The Hon. Dennis Dawson, C.P., Senator
- Ms. Iqra Khalid, M.P.
- The Hon. Frances Lankin, P.C., O.M., Senator
- Ms. Patricia Lattanzio, M.P.
- Mr. James Maloney, M.P.
- The Hon. Vern White, C.P., Senator

Background

On August 11, 2021, NSICOP submitted its Special Report to the Prime Minister. The Report made four findings and two recommendations. The Prime Minister must table declassified versions of the reports within 30 sitting days following the resumption of Parliament.

NSICOP was established under the *National Security and Intelligence Committee of Parliamentarians Act* on June 22, 2017. It may review:

- the legislative, regulatory, policy, administrative and financial framework for national security and intelligence;
- any activity carried out by a department that relates to national security or intelligence, unless the activity is an ongoing operation and the appropriate Minister determines that the review would be injurious to national security;
- any matter relating to national security or intelligence that a minister of the Crown refers to NSICOP.

After a general election, the members of the Committee are to be appointed within 60 days after the day on which Parliament is summoned to sit. All NSICOP members hold the highest level of security clearance, are bound by the *Security of Information Act* and meet in private.

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

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

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

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

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

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Ottawa (Ontario) K1V 7Z9

Tel | Tél: (613) 990-8640
Fax | Téléc: (613) 990-2592

Email | Courriel: david.mcguinty@parl.gc.ca
Web Site | Site Web: www.davidmcguinty.ca



John Fraser, MPP
Ottawa South

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
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OUR COMMUNITY

Remembering an RCMP Rough Rider

By Joe Healy

For his inaugural article, Joe Healy shares a story that offers a great connection between the Royal Canadian Mounted Police (RCMP) and our beloved town. The story is about a very special member of the RCMP who also had an outstanding football career with the Ottawa Rough Riders.



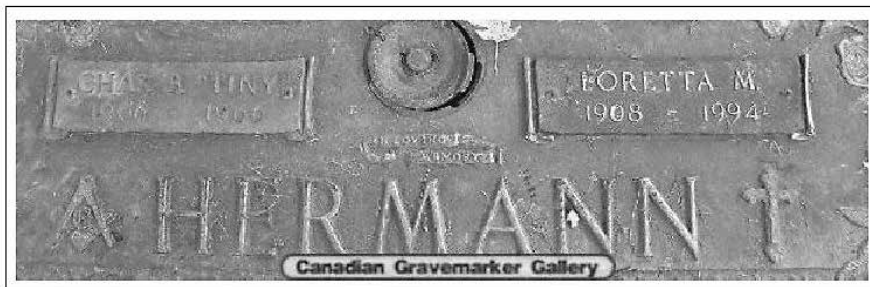
Superintendent J. J. Healy & Gracie

Charles Bismark “Tiny” Hermann represents one of the most outstanding Canadian sport figures in our national history. He was an all-round sports person; excelling in track and field, football, rugby and curling. He received many accolades for his remarkable sports skills. He was an extremely talented person, who sadly died too soon. He was affectionately known as “Tiny.”

Tiny, who as an adult stood 6’2” and weighed 280 lbs, was born in 1906 in Halifax, NS. In 1931, he joined the Nova Scotia Provincial Police (NSPP) and he served in Glace Bay. In 1932, the NSPP was absorbed into the RCMP, and Tiny was attached to the RCMP “Marine” Division. His job involved the protection of Canada’s Atlantic coastline, the enforcement of liquor laws, and the collection of Customs and Excise revenue for the Canadian government. It wasn’t long before senior RCMP officers noticed his leadership skills and his affable personality. One year later, Tiny was transferred with the RCMP to Ottawa. Ottawa Headquarters would expose Tiny to a broader perspective in Canadian policing, and he would also have the opportunity to meet new and influential friends both inside and outside the RCMP. Soon after his arrival in Ottawa, Tiny’s football skills became evident and he was recruited as a place kicker with the Ottawa Rough Riders. He embarked on an outstanding sports career.

Hermann played for the Ottawa Rough Riders from 1933 to 1940. According to Middleton Sports Heritage Hall of Fame (middletonshwof.com), Tiny Hermann “... was regarded as one of football’s greatest players. He was an All Canadian in 1936, 1937, 1938, and 1939, and he was a member of the Rough Rider Grey Cup Championship Team in 1940.” WWII broke out in 1939, and in 1941, Hermann took his discharge from the RCMP and signed on with the Royal Canadian Navy (RCN). He achieved the rank of Lieutenant-Commander and, for his contributions to the Allied efforts in WWII, was awarded the Order of the British Empire. After the conflict ceased, Tiny returned to Ottawa to explore new opportunities.

After the war, Tiny had a successful career as coach at Ashbury College in Ottawa. Sadly, his life was cut short in 1966 when he died tragically in a plane crash in Metcalfe Ontario, on the outskirts of Ottawa. He was 60 years old. He was buried in Capital Memorial Gardens Cemetery in Ottawa.



Charles Bismark “Tiny” Hermann is a member of the NS Sports Hall of Fame (an Original Inductee). He was a remarkable Rough Rider, an all-round super athlete, a decorated War Vet and an outstanding police officer.

Joe Healy and his wife have been long-time residents of Alta Vista. He is a retired RCMP Superintendent and an amateur historian. After his retirement, he became active with the RCMP Vets Association. As a result of work that he was doing keeping track of the burial sites of RCMP members, he founded a website and a database at rcmpgraves.com. Over many hours for the past many years, and with the help of hundreds of volunteers, he has documented the location of thousands of RCMP graves all over the world. The database holds the name of every RCMP Member going back to 1873. In addition to the location and condition of the grave, the database also contains photos and obituaries of deceased RCMP. The maintenance of this site and database is a volunteer project and a passion for Healy. The year 2023 marks the 150th Anniversary of the RCMP. His hope is to share with readers of VISTAS interesting stories about RCMP Members as we approach this milestone anniversary. Special consideration will be given to stories that resonate with the community.

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OUR COMMUNITY



Notes on Encounters with the 'Freedom Convoy'

By Chris Wiebe

Many of us have been pre-occupied by the tense goings-on around the "Freedom Convoy" in Ottawa, one that has made it hard to enjoy even the long-anticipated pleasures of the Olympics. In that spirit, this month's column has been "hijacked" by that bigger mystery that took over our city.

Wellington Street (Tuesday, February 8, 7:45–9 p.m.)

I walked into downtown angry and the first truck I encountered on Wellington was a white semi trailer by the National Library. "Where are you from?!" I yelled at the open window. "What are you doing here?! Get out of my city!" Where had my profanity suddenly come from? The bearded driver rolled the window some more: "I'm here to save you!" Me? I'm vaccinated. I looped my mask around my chin so it was absolutely clear who I was. Moving east, I passed surly men walking dogs – a German Shepherd, a Rottweiler, and a square-head terrier – and a knot of women smoking: "I think she was with CTV. They just take quotes and then ..."

At a cook tent and tables on the corner of Bank and Wellington, I veered towards people laughing as they sat drinking – at ease in their outdoor rec room. Like a wave, a surge of anger rushed through me, as I waited for a lull in the conversation. "Hey! Hey! When are you guys leaving? I live here. Get out!" They stood up and our collective yelling escalated to a point where I had a snowball in my hand, ready to throw it at a man and a woman sitting in the door of a minivan. A woman with a buzz saw voice was coming at me from the side: "Go on, throw it! I'll get the cops on you ...!"

In front of the Chateau Laurier, a group of 30-something men and women were talking. I asked them when they were leaving. Things, once again, quickly escalated and we were shouting at each other. A phalanx was forming and moving towards me. "Do not engage! Do not engage!" urged someone out of eyeshot. Another was screaming – "Antifa. Antifa!" – and filming me with his phone. If you squinted a bit, the city looked almost normal from the Mackenzie King Bridge.

Circling through downtown to Kent Street, a 20-something man with a mini megaphone sitting in a car – the entire interior filled with debris, clothes and containers – bellowed repeatedly: "I love you. I love you." An ashen-faced woman with grey, stringy hair rushed up: "I have skin cancer! But I'm not getting treatment ... My friend's 12-year-old son died from the vaccine ... Did you know that COVID came from a Chinese recipe? ... The vaccine is part of the plot. I've read a book on it! ... Yeah, just walk away.

What is it with you mask people, you never want to debate! You all just walk away." It was quiet on this convoy side street and I detected a note of pleading in her voice. For company? For diversion from the tedium of protest?



Counter-protestors surround Freedom Convoy trucks at Riverside and Bank.

Photo Credit: Chris Wiebe

Riverside Drive and Bank Street (Saturday, February 12, 11:30 a.m.–5:45 p.m.)

About 20 flag adorned trucks and SUVs (why did I never think to count them?!) trying to join the Freedom Convoy downtown were surrounded by hundreds of counter-protesters from Alta Vista and Old Ottawa South. Police cars blocked every exit, their drone buzzing overhead. A 60-something woman in an idling grey pickup, dancing as she sat, trying hard to appear happy and carefree. A stout guy with the red balaclava-type hardhat liner on leaned against one of the trucks. For every question, he had a zinger in response. "I'm not leaving! I've even got a mailbox set up now!" Grinning, looking left and right for a reaction. "I'm going to put down sod in spring!" he crowed.

Sporting a Cabela's camo hunting jacket, brown work pants, and a neatly trimmed beard, 30-ish Dieter was the foil to Mr. Zinger. With his gentle voice and youth pastor bearing, it was obvious he had assumed the role of "outreach officer" for the thwarted convoy. All afternoon, he stood in the middle of the counter-protesters, encircled by an ever-changing group of questioners: "What about the Nazi flag downtown?" "Is it true you guys deputized yourselves?" Dieter stood there in minus 20-degree temperatures with no hat and no gloves: "My hands don't get cold," he volunteered cheerfully. While he grew up in Lac du Bonnet in Manitoba, he now lived in Ontario's Grey County on 26 acres off-grid with his family. They tried to raise chickens, but the foxes ate them. So reasonable and easy to talk with, I found myself shaking hands with Dieter at the end of the afternoon after the convoy's negotiated release. But later, when I remembered he had told me he worked security at the Coventry Road convoy encampment, I wondered: "Was he for real?" I'm really hoping he was.

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OUR PEOPLE



MACKINNON SINGS

By Courtney Tower

His Joy Is As High As An Elephant's Eye

Stuart MacKinnon's Joy In Singing, That Is

He stands in his den, which is a one-time granny suite crammed to the gills with books, posters of great singers and events, from opera to Broadway musicals to what k.d. lang once called country torch and twang. There is a whole bookshelf full of his own playbooks over decades. He stands ramrod straight before a lectern holding his current playbook called "Showtime." He fills his considerable chest with air and lets go with "Oh, What A Beautiful Mornin'," the opening song of the 1943 Broadway hit and 1955 movie *Oklahoma*, which he notes was the first of the musicals that told an actual story, that had a beginning, middle and end, in the songs and dances. Musicals were changed to this style thereafter, Stuart MacKinnon says, starting the so-called golden age of musicals that he loves, every last one of them.

Stuart belts out this historic song for a visitor, and other songs from a rich repertoire, in a still-strong baritone, as he prepares for his 698th concert before senior citizens in their residences. This one, on February 22, is his 26th show at The Edinburgh residence just off Beechwood Avenue. Mr. MacKinnon, it should be noted, is but a few weeks off 87.

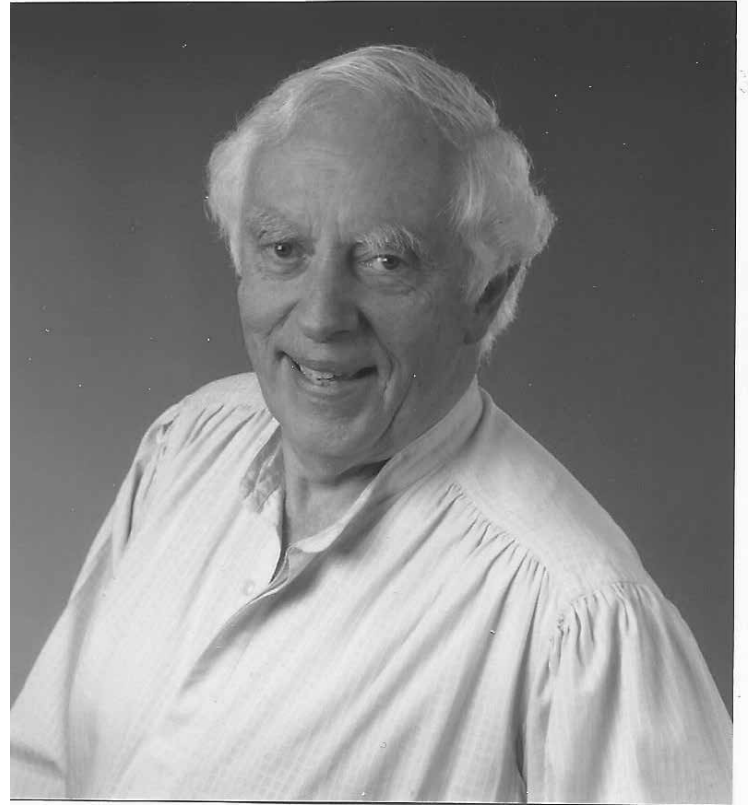
Just A Wee Deoch An' Doris Afore Ye Gang Awa

"Why do I keep on doing it?" he repeats the question. "Because I love it. Because I have loved it all my life. Because my audiences love it." No one loved it more than the seniors at the Amica Westboro Park home on January 25 this year. There, on Robbie Burns night, a kilted Stuart MacKinnon, tall, straight and resplendent in his full Scottish regalia of kilt, vest, sporran and knee-high leggings with scan dhu (a traditional little knife) tucked inside on his right calf, sang and accompanist Barbara Jeffrey played for two hours.



Stuart MacKinnon, in his den, keeping the voice in shape. Photo credit: Gerri Doherty

"What do I do between these carefully-attended performances during these pandemic times?" he asks rhetorically. "I go into my den and sing, to keep the voice in shape." In fact, he at this time of writing was in his den in the home he and wife Evelyn share on Rhodes Crescent, singing through the playbook "Showtime" that he prepared for the performance on February 22.



A robust baritone, at age 87

Stuart MacKinnon started out singing as a boy in Halifax, in a family not especially musical although mother Irene was a soprano soloist at their church. His father, Gordon, was an accountant. Stuart earned undergraduate degrees in both science and law at Dalhousie University, then a Master of Laws at London University in England. He studied voice in Halifax, London, Toronto and Ottawa.

There Is The Law And The Singing

MacKinnon was for seven years a professor of law at Ottawa University before going into the federal government in 1970 in the Privy Council Office (PCO), in effect the Prime Minister's department. As a constitutional law advisor, he was involved in the federal-provincial comings and goings of the time that attempted to work out a Constitution to replace the 1867 British North America Act. Then came years at senior levels of the Department of Justice, and a return to the PCO which became the Federal-Provincial Relations Office (FPRO) in the late 1970s-early 1980s, a period that produced the new Charter of Rights and Freedoms in 1982, Canada's new constitution. On retirement from the Public Service in 2004, he had been a fixture at 34 Federal-Provincial First Ministers' Conferences and 25 conferences of premiers.

Always, he was active after-hours in singing, from opera and classical songs to operetta, musicals, folk songs, ballads. He sang for 20 years with the National Arts Centre's summer festival operas. He performed leading roles with local opera and musical theatre bodies.

Until a decade ago, he was soloist for more than 20 years at Rideau Park United Church.

OUR PEOPLE

"If Ever I Would Leave You"

Never, For Stuart And Song

A true troubadour, Stuart MacKinnon's evident joy in what he is doing, is rendered ever so touchingly in "If Ever I Would Leave You" from Camelot or in "The Impossible Dream" from *Man of La Mancha* or a medley from *Brigadoon* including "Come To Me, Bend To Me." He loves the few laughs in opera, favourite roles having been Puccini's comic title role Gianni Schicchi, and as the Captain in the opera/operetta *HMS Pinafore*.

It's so interesting, perhaps even rather uncommon, to find someone so imbued with the dry, even fusty, minutiae of legal constitutional language, a career lifetime in which each word is precisely chosen to guide our lives, and yet so romantic as to give life and colour to:

"If ever I would leave you
How could it be in springtime?
Knowing how in spring I'm bewitched by you so?
Oh, no! Not in springtime!
Summer, winter or fall!
No, never could I leave you at all!"

But that is Stuart Mackinnon.



Heading out for an evening with Scotland's Robbie Burns and Auld Lang Syne
Photo credit: Evelyn MacKinnon

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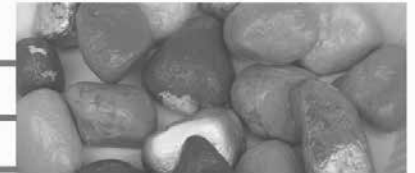
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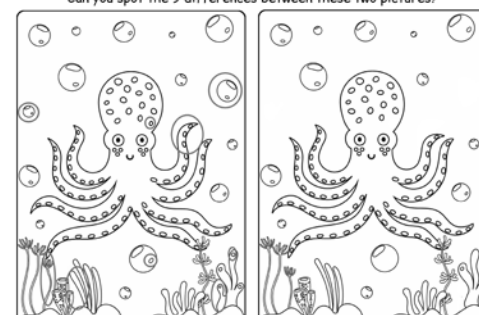
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"March, when days are getting long,
Let thy growing hours be strong to set right some
wintry wrong."
- Caroline May

OUR COMMUNITY

Making Densification Work for Alta Vista’s Aging Residents

By Isabella Rumfeldt, winner of the 2021 Celine Tower grant



The City of Ottawa’s intensification plan for Alta Vista ward was met with significant backlash from community members, but some in the neighbourhood claim aging residents could benefit from intensification.

The municipal government predicts that Ottawa will grow by more than 400,000 residents in the next 25 years, and the City’s intensification plan aims to make sure there is enough housing while containing urban sprawl. For the city of Ottawa, intensification is not just about densification, but putting regularly used services within a 15-minute walk of peoples’ homes.

Sharon Irven is a member of the age-friendly housing committee for the Council on Aging of Ottawa, an organisation that aims to make the city a better place for seniors to live. Irven has lived for more than 25 years in Elmvale Acres, a neighbourhood within Alta Vista ward. Like some community members, Irven was not impressed by the City’s intensification plan for Alta Vista.

Irven said that one of seniors’ main housing concerns in Ottawa is affordability, but she does not think that the City’s plan for Alta Vista will address that.

“The prevailing theory on a denser neighborhood is that if you build more houses, the price of houses will come down. I’m not sure that has been a universal experience,” she said.

Irven added that although people generally want to stay in their own communities as they age, she said that people may not realize home care is not always covered under the Ontario Health Insurance Plan and can be very expensive to arrange privately.

Janet Mark Wallace is an Alta Vista resident and a volunteer with Walkable Ottawa, an organisation that aims to make the city more walkable. She said that densifying Alta Vista doesn’t have to mean demolishing houses and getting rid of green space.

“We underuse the housing in this neighborhood,” she said.

Wallace said that one option for aging people who live alone in large, multi-bedroom homes could be to divide their homes into two units – one for themselves, and one for younger family members or a live-in caretaker.

At least one Alta Vista family would agree with Mark-Wallace. After Steven Neal left his job at a law firm in Saskatchewan, he and his wife decided to move their family to Ottawa. He now lives with his parents, Judy and Brian Neal, in a two-storey house on Kilborn Avenue which they have renovated into two units – one for him, his wife and two kids, and one for his parents.

Judy and Brian had lived in their large, four-bedroom home for 30 years. The couple was looking to downsize, but they wanted to stay in the area.

“It’s a great neighbourhood, we know everybody,” said Judy. “We couldn’t find anything we could get without a mortgage, and we really didn’t want a mortgage.”

The Neal family had looked into building a nanny suite but discovered that dividing the home into two units separated by a fire wall (a fireproof barrier used to separate units in a building into individual dwellings) would add more value to their home. Steven said that although the

renovation worked out well for them, it is not a decision that would work well for every family.

“I think you’d come out ahead in certain ways, but with most renovations you don’t really get the value back that you put in dollar for dollar,” said Steven. “You have to be prepared for the cost of it.”

Irven said that co-housing could be another way for aging residents to still afford to live independently and still remain in their own neighbourhoods. In a co-housing situation, people can balance privacy with community by having their own units within a home while sharing a common space with other residents. Irven said that people in Ottawa who are interested in co-housing can run into problems with building codes that don’t account for new types of housing, as well as the affordability of land.

“It’s been very hard to bring together in Ottawa because you’re competing with people with deep pockets,” said Irven.

Irven said that she wanted more community involvement in the City’s intensification plan, because residents might have ideas that the City has not thought of yet.

“Bottom line is we’re not against progress. We’re interested, engaged, but get us excited. I haven’t seen anything that’s extremely visionary or makes me think, ‘Wow, I’d really like to wake up in the morning and see that happening in Ottawa.’”

The New Official Plan was approved by City Council on October 26, and will go to the provincial Ministry of Municipal Affairs and Housing for the next stage of implementation.

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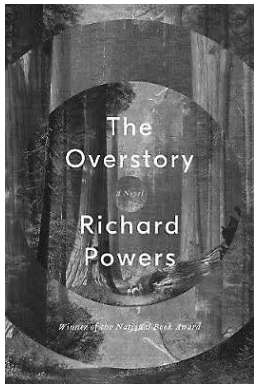
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BOOKWORM'S DELIGHT

The Overstory

By Richard Powers (2018)

Reviewed by Marie-Andrée Lajoie



There are people in this book, many people. But the heroes are the trees. It is the story of how the lives of people and trees are intertwined. It is also about climate change, deforestation and activism. It won the Pulitzer Prize for fiction in 2019 and was also shortlisted for the Booker Prize.

At over 600 pages, *The Overstory* starts as a collection of short stories that introduces in detail the nine humans who populate the book. Then the lives of these people intersect to create a fascinating and thought-provoking tale.

The family of Nicholas Hoel, an artist, has watched and marveled at a chestnut tree for over a century. He has grown up with it. Olivia Vandergriff, a college student in crisis, abandons everything and becomes the activist named Maidenhair. Her encounter with Nicholas (a.k.a. Watchman) and their relationship was my favourite thread in the story.

Neelay Mehta is introduced to computers by his immigrant father. His life is changed forever when he climbs a California live oak. As an adult, he is a very rich and successful IT programmer and businessman.

Adam Appich is presented to us as a very inquisitive young boy. His parents planted a tree at the birth of each of their children. Adam's tree was a maple tree. He goes on to study activism and the bystander effect. His doctoral research will bring him to interview Watchman and Maidenhair. That moment will take him in unforeseen directions.

Mimi Ma, an engineer, daughter of immigrants, grows up under a mulberry tree planted by her father. She takes up the cause against deforestation when a grove of ponderosa pines is cut in the middle of the night, against the people's wishes. She meets Douglas Pavlicek, an Air Force veteran whose life was saved by a banyan tree when he fell from a plane. After working as a tree planter, he also joins the rank of the activists.

Prof. Patricia Westerford is a dendrologist (specialist in the study of trees). She provides the backbone, the "trunk" of the story. Her scientific discoveries have been ridiculed but later hailed as essential to understanding the damage of unruled deforestation. (It is believed this character is loosely based on Canadian Suzanne Simard, a UBC professor of forest ecology and the author of *Finding the Mother Tree - Discovering the Wisdom of the Forest*.)

Husband and wife Ray Brinkmanship and Dorothy Cazaly plant something in their yard every year on their anniversary. Later in life, they leave their suburban lot to grow into a forest. The beauty of it fills their life.

The story brings these people together, some from afar, some very closely, some in a dramatic encounter. The writing is rich as a forest. There are many gems, pertinent to the way we live these (pandemic) days: "Once you've bought a novel in your pajamas, there's no turning back." Or "We're cashing in a billion years of planetary savings bonds and blowing it on assorted bling."

One needs to commit to this book and be patient as the stage is set; it digs deep. Protests happen; crimes are committed. Life goes on for 20 years until consequences and understanding appear. Some die, some go to prison, some continue on.

OUR ENVIRONMENT

As the author writes: "The best arguments in the world won't change a person's mind. The only thing that can do that is a good story." This book about trees and forests will stay with me as I watch climate change events on the news. I will not forget the fine people in this book either.

On my night table: *Daisy Jones and the Six* (Taylor Jenkins Reid); *Life After Life* (Kate Atkinson); *Still Life* (Sarah Winman).

FRIENDS OF PLEASANT PARK WOODS

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

While there may be lots of snow on the forest floor, it won't be long before new green growth starts to emerge in Pleasant Park Woods. Poison ivy (*Toxicodendron radicans*) is a noxious weed, and has been identified in our woods. The City of Ottawa has posted warning signs. Did you learn as a child, the phrase "leaves of three – let it be?" Approximately 60 per cent of people are allergic to urushiol, the oily resin that is the active compound in all parts of the plant.

Poison ivy can be found as a shrub, as a single plant, as ground cover, as a thick wall of green or thick hairy vines. Did you know that poison ivy likes to climb and may grow up the trunks of trees? To identify poison ivy, look for three leaflets at the end of a long stem, one main leaflet at the end of each leaf stalk, with two smaller leaflets opposite one another below on short stalks. The plant is green in the early season but turns bright red in the fall. There are small opaque white or yellowish berries that look like tiny pumpkins under the leaves. Seeds of poison ivy are great bird food, but of course they are not edible for humans. Studies predict that climate change will affect the growth of poison ivy to grow faster, produce larger plants, and that the urushiol will be more allergenic. Wild parsnip is another noxious weed that poses similar health risks and has been identified in the Ottawa area, but so far has not been seen in Pleasant Park Woods.



JUST GOOD ADVICE

THE GARDEN GATE

By Patricia Mosher

Feature: 10 Small Evergreen Shrubs to Plant for Year-round Interest



Evergreen shrubs have so much to offer. As their name suggests, they retain their green colour throughout the year, an attribute I find especially appealing from November to April

when most everything else is devoid of colour.

Not only do evergreen shrubs provide four seasons of visual interest to the garden, they also provide windbreaks, privacy, and shelter to birds and other wildlife. Unfortunately, many homeowners include evergreens which grow way too large for the typical urban garden. The constant pruning these plants require (think about the common cedar hedge) makes them high maintenance and labor intensive. Why fuss with those full-sized evergreens when the following smaller evergreen shrubs (all Ottawa hardy) provide all the benefits of the “big guys” but in a much more manageable format?

1. Compact Rhododendron – I can’t say enough about this small evergreen shrub that produces large clusters of eye-catching flowers in late spring; local garden centres will carry a myriad of flower-colour choices including white, soft pink, lavender, coral and fuchsia.
2. Compact Inkberry Holly – an extremely versatile and low-maintenance evergreen shrub, can be used in the garden or for low hedges; shrub is densely branched with oval leaves that remain dark, glossy green throughout the winter.
3. Dwarf Japanese Black Pine – the dwarf version of the Black Pine is great for bonsai, container growing or rock gardens as it only reaches about 4’ high.
4. Compressa Juniper – a thin, cigar-shaped shrub that’s tall and narrow, topping out at 3 feet high, creating a striking vertical element in small gardens.
5. Dwarf Golden Japanese Yew – a slow-growing, bushy evergreen whose new growth is a brilliant goldenrod colour.
6. Green Velvet Boxwood – tough, hardy and easy-to-grow describe this evergreen with small dark green, glossy leaves.
7. Morgan Cedar – maxing out at only 4’ high, this dwarf cedar variety produces vertical sprays of lime-green foliage that fade to deep purple in the fall with a rich orange hue during the winter months
8. Blue Ice Bog Rosemary – this miniature 12” evergreen features dainty pinkish-white, bell-shaped flowers from mid to late spring on needles that remain icy blue throughout the winter
9. Blue Noble Prostrate Fir – a lovely evergreen with stunning, silvery-blue foliage that is soft to the touch; at only 2’ high and up to 5’ across, it’s ideal for rock gardens and slopes where it has space to ‘creep’ over the ground.
10. American Arborvitae Tater Tot™ – a newer dwarf variety that naturally forms a compact, round sphere about 2’ high and wide making it a perfect addition to perennial beds, rock gardens and even containers.

Plant of the Month: Ornamental Grass

Ornamental grasses provide unparalleled texture, motion, and year-round drama to the garden. They offer attractive, wispy leaves that

dance in the wind and often persist, after changing colour, through the fall and even into the winter. Many varieties have feathery flower heads (plumes) that stand tall and proud through our tough winters and early spring months. It’s no wonder they’ve become so popular in Ottawa and elsewhere!

You’ll definitely want to avoid creeping grasses, the ones that produce long underground rhizomes (shoots) that quickly spread and choke out everything around. Think of the common reed grass often seen in roadside ditches which are considered at least somewhat invasive and spell trouble in the home garden.

Fortunately, there are many good, clumping varieties that are well-suited to Ottawa gardens. One of my favorites is Maiden Grass, a family of grasses with graceful, arching stems. This group of grasses has added appeal in late summer with spectacular creamy plumes. They offer movement, dimension, foliage appeal and interesting inflorescences to perk up any landscape.



Maiden grass
Photo credit: Paramount Nursery

Maiden grasses thrive in full sun and can get 4–6’ high feet and wide. What makes them an excellent addition to Ottawa gardens is that they are tolerant of both dry conditions and hard, clay soil. Since maiden grass has a very majestic aura, it can be used to flank a front entry or driveway. Just remember how tall and wide the grass will get and give it enough room to mature. They can also be used as a screen against a fence, retaining wall or foundation or simply sprinkled into a perennial border.

Maiden grasses have minimal maintenance requirements. Try this perennial for maximum impact with minimum effort!

Gardening in the Month of March

- Spring is in the air (almost) and this is the month to start getting geared up for gardening. Here are a few suggestions to get your green thumb out of dormancy.
- Pre-order plants to have them 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.
- Now is the perfect time to purchase seeds to get a head start on spring. Seed packs for vegetables, herbs, annuals and perennials can be ordered online or purchased at local garden centres. Several online seed companies were featured in the February issue of VISTAS (pg. 19) in case you missed it.
- Start collecting all your egg shells, dry them out in a dish, crush them and save them to sprinkle them around the base of any Hostas to deter snails this summer.
- Prune any apple or fruit trees while the tree is still dormant. It’s best to prune right before buds start to open so early March is ideal for this chore. A great resource to learn more is Landscape Ontario.

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

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OUR ENVIRONMENT

Birds of Alta Vista: Breeding birds and the Ontario Breeding Bird Atlas

By Richard Knapton

Early February, and it seems like we are still in the depths of winter, with lots of snow and ice, and frozen rivers and lakes. It doesn't seem appropriate to be talking now about spring and the start of breeding of birds in our area but we are now seeing sure signs of spring in the birds of our community.

Great Horned Owls have paired and are establishing their huge stick nests in our larger woodlands. If you are out on a still, windless evening, you may be fortunate to hear a pair of Great Horned Owls hooting. Even though the female Great Horned Owl is larger than her mate (like most owls), the male has a larger voice box and a deeper voice. This means that when pairs call back and forth, there are audible differences in pitch. The deep, rich tones of the males are interspersed with the higher and huskier notes of the females. Males call during most seasons of the year, but the period when the males are hooting vigorously lasts for about six weeks in late winter. The answering calls of the females are heard for only a week or two, toward the end of the six-week period. Females will likely be sitting on eggs at the end of February.

Also, at this time of year, male Eastern Screech Owls give their long quavering whistle calls to attract a female, and tell other male screech owls to keep out of their territory. Like their larger cousins the Great Horned Owl, they mate in the late winter. Common Ravens – now seen regularly in Alta Vista – typically begin breeding in mid-March but they have been seen on nests with young as early as mid-February here in Ottawa. On fine days in February, there are lots of signs of birds preparing for the nesting season to come in the weeks ahead: male Black-capped Chickadees give their whistled spring “fee-bee” call; House Finches and Northern Cardinals burst into song; and, the 25,000-bird roost of American Crows begins to evaporate as mates pair-up.



Great Horned Owl; photo credit Bob Baker

There is another group of birds that could be nesting at this time of year. These are the crossbills: Red Crossbills and White-winged Crossbills. Both may be found in our community and can be heard overhead or in the crowns of conifers with their distinctive “jip-jip-jip” calls. They are nomadic and search for large crops of cones. Once found, the birds gauge how long the crop will last, that is, if there is enough time to raise nestlings before the supply runs out. Crossbills may nest in any area

where there is a significant cone crop that will supply their food needs for over a month. They need provisions for the time it will take to build a nest, incubate eggs and raise young. If the conditions do indeed seem favourable, then they establish territories and start nesting. Both crossbill species are well known for breeding sporadically across Ontario when conditions are favourable. White-winged Crossbills have been known to breed in every month of the year (although rarely in November and December), aligned with the availability of seed production in various conifers. In February, it would be in areas with large white spruce cone production; other times of the year coincide with tamarack and black spruce crops. Red Crossbill breeding in late winter is often associated with white pine and hemlock.



Young Great Horned Owl; photo credit Aaron Hywarren

Regardless of the date, if birds are breeding then it is time to start “Atlassing!” Breeding Bird Atlases have become very popular, community-science projects since the first one in Britain in the 1970s. Ontario’s First Atlas commenced in 1981, and despite being a massive undertaking over an area far larger than any previous atlas project, it was a resounding success. Twenty years later, the Second Atlas was prepared, equally exciting and equally successful, and now here we are at the start of a third atlas project. We are currently in the second year of this Third Ontario Breeding Bird Atlas: it is an ambitious five-year effort to provide data that will guide environmental policies and conservation strategies across Ontario for years to come. It is a partnership between five organizations: Birds Canada; Canadian Wildlife Service (Environment and Climate Change Canada); Ministry of Northern Development, Mines, Natural Resources and Forestry – Government of Ontario; Ontario Field Ornithologists (OFO); and Ontario Nature.

The goal of the Atlas is to map the distribution and relative abundance of Ontario’s approximately 300 species of breeding birds – from as far south as Middle Island in Lake Erie, to Hudson Bay in the north. The Atlas wouldn’t be possible, however, without volunteer support across the Province. Participation is easy and can be as simple as just importing your eBird checklists into the Atlas. Anyone can take part; contributing to the Atlas is straightforward and valuable, whether it be in your neighbourhood, your cottage or a road trip on Highway 17.

To administer the Atlas, the Province has been divided into 10X10 kilometre squares organized into 47 regions. Volunteers seek possible, probable and confirmed breeding evidence ranging from a singing male present in suitable habitat to the discovery of a nest with nestlings.

OUR ENVIRONMENT



White-winged Crossbill; photo credit Aaron Hywarren

There is no requirement in terms of experience to add to the database: every bird sighting counts, whether it's in your own backyard or if you are visiting your cottage in Lanark County and beyond. Once you are registered as a participant, you can contribute your observations from anywhere in Ontario.

If you are interested in contributing to this ambitious effort, please visit the website www.birdsontario.org or contact Aaron Hywarren the Ottawa Region Coordinator at Ottawa@birdsontario.org. The Ottawa Atlas Region has a local Facebook Group at: www.facebook.com/groups/3373321959398309/?ref=share and an Instagram page at [#youcanatlasthat](https://www.instagram.com/youcanatlasthat).

Anyone is welcome to participate in the Atlas. Finding all the species in your square is a lot easier if you can identify birds by their songs, especially because atlassing largely happens in the summer when vegetation is thick, and birds are harder to see.

So, back we go to Great Horned Owls. If you have indeed heard the owls hooting already this year, then reporting that to the Atlas would be much appreciated. The same goes for Eastern Screech Owls and Barred Owls. And don't forget crossbills!

Dog Strangling Vine Management Pilot Project

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

The Alta Vistas Community Association Greenspace Stewardship Committee is getting closer to officially launching its Dog Strangling Vine (DSV) Management pilot project!

Starting this spring, we are hoping to hold weekly DSV removal "work bees" in two key spots: WRENS Way/Orlando Park Annex (adjacent to 1495 Heron Road), and Kilborn Park, adjacent to Grasshopper Hill. DSV is threatening to overrun large swaths of native plants and trees in these areas.

If you think you might have a couple of hours a week to help, or just want more information, let us know. You can email us at: avcadsv@gmail.com.

Don't have time but still want to help? We'd welcome donations of large cardboard boxes, old tarps or extra gardening tools.

In the next column is a DSV fact sheet kindly provided by the Invasive Species Centre.

Dog Strangling Vine One of Ontario's Most UN-WANTED Invasive Plant Species

The Swallow-worts – Vincetoxicum rossicum syn.
Cynanchum rossicum C. bauseae
Alias: Dog-strangling vine

PROFILE

Dog-strangling vine (DSV) is a perennial, twining soft-stemmed vine-like plant that dies to the ground each season. It is a member of the milkweed family, originating from Eastern Europe, and introduced to Canada approximately 120 years ago. Currently it is finding its way into our backyards and natural areas at an alarming rate, as it produces seeds that are easily carried by the wind over great distances.

DSV prefers disturbed areas like highways, railways, utility and transport corridors, Christmas tree plantations, nursery and perennial crop farms, limestone quarries and abandoned pastures. Once a colony is established, DSV will quickly spread into adjacent undisturbed areas, displacing the native plant species and altering the natural landscape.

MUG SHOT

Dog-strangling vine can grow 1-2 m (3-6 feet) in height with leaves that are 5-10 cm long. The leaves are oval in shape with a pointed tip and are arranged oppositely along the stem. They are glossy in luster and appear green in the early summer and yellow in the late summer.

DSV has visible flowers from late May to mid July. These flowers have five pinkish maroon colored petals that are 5-9 mm (0.2-0.4 inches) in length. Like other milkweed species, dog-strangling vine produces pods that split open lengthwise to disperse their seeds in the late summer. These pods are abundant in July and August and appear smooth and slender with a light green color. The pods are

usually 4-7 cm (1.5-2.5 inches) long. The fruits of DSV often occur in pairs and are 4-6 cm (1.5-2 inches) long and 5 mm (0.2 inches) wide.

The roots are fibrous or thread like and spreading, giving them the ability to hold onto the soil firmly. Within the root structure, they have subterranean buds (buds growing below the soil) which can produce several shoots. Without the support of brush, where DSV persists in open areas, it twines amongst itself forming tops that appear rope like.

INVADING SPECIES HOTLINE 1-800-563-7711

WEBSITE WWW.INVADINGSPECIES.COM • WWW.ONTARIOINVASIVEPLANTS.CA

TIPS ON MANAGEMENT

Land managers, farmers, landowners and community members must extend their best efforts to detect this species on their properties early in its establishment, avoiding larger more labour intensive control efforts down the road.

Manual and or mechanical removal of the entire plant, including the root, may work to control the plant if it is done in the first year of it's establishment. Care must be taken to remove the entire root, as the plant will re-sprout from buds on the rootstock. By the second year manual pulling or digging becomes more difficult as the plant roots are stronger and larger. Seed spread can be controlled if the plant is cut back or pulled before it goes to seed. Pulling and digging will have to be done more than once during a season, as plants will re-grow and produce more pods.

The use of herbicides has met with some success, especially for larger infestations. Glyphosate in at least a 3% solution can be effective if the plants are sprayed while in flower, followed by a second spraying approximately one month later. However a Letter of Opinion from the district MNR may be required before controlling invasive plants with chemicals. The Pesticide Act does have some excepted uses listed including control in forestry, agriculture, public health and others. Consult with your district MNR if you have questions.

TIPS ON PREVENTING THE SPREAD OF INVASIVE PLANTS IN THE LANDSCAPE

- ◆ Learn to properly identify and manage invasive plants on your property.
- ◆ Avoid using invasive perennials in gardens and landscaping. Always check your plant references before choosing garden plants.
- ◆ Purchase non-invasive plants from reputable suppliers. Native plants will provide a variety of benefits to the plants and wildlife that also depend on them.
- ◆ Do not dispose of compost or garden waste in natural areas as this can disturb the natural vegetation.
- ◆ When hiking, remain on designated trails and keep pets on a leash to reduce transferring invasive plants and seeds to new areas.
- ◆ When an invasive plant is flowering, cut the flower tops to prevent the plant from going to seed, put it in a garbage bag and throw it in the garbage.
- ◆ Share this fact sheet and spread the word to friends, family and neighbours.
- ◆ When in doubt about a plant, whether it is invasive or how it should be controlled, contact the "Invading Species Hotline" @ **1-800-563-7711** or www.invadingspecies.com or www.ontarioinvasiveplants.ca



A Message from the Ontario Invasive Plant Council (OIPC)

The Ontario Invasive Plant Council facilitates a coordinated and effective response to the threat of invasive plants by providing leadership, expertise and a forum to educate, motivate and empower organizations and citizens. The OIPC is composed of conservation authorities, academic institutions, aboriginal organizations, stewardship networks, private consultants, industry and environmental NGOs as well as all levels of government. For more information on the council please visit www.ontarioinvasiveplants.ca

OUR ENVIRONMENT

Ode to the Ice Pendant Artist

*I went for a ski in WRENS Way today
And met with a big surprise!
From many a tree, what did I see?
Ice Pendants before my eyes.*

*If you are lucky to get snow today, be sure to go
out the door
If you are lucky to get snow today, a surprise
may be in store
A magical artist does exist
Lightens our way, 'tis the smartest,
And today she may have made her new display.*

*Picking things throughout the year,
She makes the marvels we find dear,
A twig, a root, and more to boot,
A seed, a nut, some hair, a string,
Pendants are made from these wonderful things!*

*They're made of ice, are o so nice
And on a whim, they hang from limbs.
Not here to stay, they melt away.
But what a lovely sight today!*

*If you are lucky to get snow today, be sure to go
out the door
If you are lucky to get snow today, a surprise
may be in store.
Magical artist with your ice canvas
You light my way, with works galore,
Hanging here and there, a nice canvas.*

*See them swing and see them swirl
Licking rays, a spin, a shine
Oh what a day, oh what a find
Lucky me, it made me twirl.*

I made a wish!

By Claude Bélisle and Bill Woodley

Friends Claude Bélisle and Bill Woodley were surprised on a recent ski outing by beautiful pendants hanging from the trees in WRENS Way. They composed the above poem in thankfulness of the wonderful unknown artist who enlightened their day. They both live in Alta Vista, and wonder who the mystery artist might be.



Photo credits: Claude Bélisle

OUR ENVIRONMENT

Save the Monarch Butterflies – Plant Milkweed

By Fatima Matar

When I was about 9 years old, we learned about butterflies. Beyond their vividly colourful wings, they help our environment.

Like bees, they are plant pollinators, but just as much as they help plants, plants help them. It was one of the first times I really understood how interconnected things could be; we need them, and they need us. Saving monarch butterflies has become more than a passion project for me, it's part of who I am now. In the summer of 2019, I started finding caterpillars and giving them a new home to give them the best chance of survival as they transform.



Fatima out looking for caterpillars last summer.

Even though I had learned about the lifecycle in class, seeing it first had only reinforced how important this tiny, winged insect is. That's when I really began digging into what else I could do for them. Let me introduce you to the ***Milkweed plant***.

In 2021, I researched, bought, and started planting different types of milkweeds to help the monarch population.

You see, milkweed is one of the most important host plants for these butterflies. It's the only plant caterpillars will eat, and the only place female butterflies will lay their eggs. Monarch caterpillars ***need*** milkweed.

That same summer, I collected over 100 caterpillars and found 30 eggs in my backyard from a visiting female monarch. Even with just a few plants, I was able to make a difference.

What's even greater is that this plant is easy for those with green thumbs and not-so-green thumbs.

Now, during the fall, I go to seed exchange events to collect various

milkweed seeds. I do this because the population of monarchs is declining and has been for some time, and I know I can help.



A monarch butterfly resting on Fatima's milkweed plant; photo credit Fatima's Photography.

So, I grow milkweed plants not only for myself, but for others too. With even the slightest increase of milkweed plants around the city, we can impact the monarch population for the better. Just a single milkweed plant in your garden will make a difference.

I hope you'll consider adding a milkweed plant or two to your own yard. If you would like free milkweed plants for your garden, please contact me at naturewithfatimam@hotmail.com. You can also follow my journey to save the monarch butterflies on Instagram at [@naturewithfatimam](https://www.instagram.com/naturewithfatimam).

Fatima Matar is a 26-year-old lifelong resident of Alta Vista and an avid gardener.



SPORTS NEWS

Teams to Watch – from the Olympics and the Raptors, to Local Minor Hockey

By Anthony Hadwen



This is a survey of teams, at all levels of competition, outside Alta Vista area, and within, that have met some level of success, by meeting new challenges over the last couple of years, and also by carrying on in their normal winning ways.

Canada's Women's Olympic Hockey Team

Canada's team is arguably the finest hockey team Canada has ever produced. Tuned to the highest level after eight months in "centralization" camp for tryouts and training for the Olympic games, this team has leadership (Poulin), new stars (Fillier, Thompson), and a solid veteran core (Daoust, Spooner, Ambrose, Desbiens, etc.). They have been tough in every game, especially the one against Russia that they won 6-1 wearing N95 masks the whole game! They have been creative and consistent, outscoring opponents 33 to 5 in round robin play. And they always play their best in the big game – this time winning gold with a 3-2 win over the US! Now, the most interesting thing to watch out for is whether these players can find work as professional hockey players after the Olympics, so that they can continue to guide the development of our game and continue to give us exciting hockey to watch.

Toronto Raptors

For many, the Raptors have been the most consistently interesting Canadian professional team to watch, and this season they are emerging as a serious contender in the NBA. After winning the championship in 2018-19, they lost badly in the playoffs the next year. Serious questions emerged about the future. This year these questions have been answered. Would ongoing management and coaching be established? Yes – President Masai Ujiri and coach Nick Nurse have been re-signed. Would Pascal Siakam develop to stardom? Yes – this year he is a top defender in the league, while averaging 22 points, 8.7 rebounds, and 5.1 assists per game. Can they replace Kyle Lowry? Yes – with this year's NBA all-star, Fred van Vleet. Do they need a superstar to win? No, because they have emerging stars and consistent role players, including OG Anunoby, Gary Trent Jr, and rookie-of-the-year candidate, Scottie Barnes. The Raptors are positioned for an excellent playoff run this year. A championship is unlikely, but an exciting close to the season is guaranteed.

Toronto Maple Leafs

The Leafs have shown that they are one of the best teams in the NHL this year, but they always struggle in the playoffs. There are two possible reasons why an Ottawa fan would be interested in the Leafs. The first is to see them win, and therefore secure a long-awaited Stanley Cup for a Canadian based NHL team (last time was in 1992-3 by the Montreal Canadiens). The second is to see them come to a miserable end in the playoffs. Sens fans know how that feels, and there is no group that many of them would want to share that feeling with more than with Leaf fans.

Carleton and Ottawa University Basketball

During the latest pandemic wave, the Ontario government allowed sports designated as "elite" to continue practicing and playing, but surprisingly university sports teams did not make the cut. This was particularly surprising for Carleton and Ottawa U basketball teams,

male and female, which have contributed many players to Canadian national teams and to professional leagues around the world. Now play has resumed, and prospects for these teams look good. The Carleton men's basketball team, is ranked #1 nationally, and is a favourite to secure the championship for an unbelievable 16th time since 2003. Credit for this goes to neighbourhood resident, Dave Smart, as the principle architect (and still active but recently retired coach) of the program since the start of this run. Carleton women's team is ranked 8th and will contend as will the Ottawa U men's and women's teams, ranked third and seventh respectively. Play culminates with Championship tournaments, scheduled for April 1-3. Follow along at <https://usports.ca/en>.

High School Sports

The last two pandemic years have been devastating for high school sports, but there have been impressive displays of resilience from traditionally strong programs in the area. St. Patrick's High School is a basketball powerhouse – past provincial championships, and notable alumni such as Mariel Shayok, a 2019 NBA draftee, are examples. The future remains promising as the junior team won all but one game this year (losing that game, by only a single point). Another local team, Franco Cite East's senior boys volleyball team, was undefeated this year, and would have contended for a provincial title if a tournament had been held. Hopefully, the success of these teams will encourage other neighbourhood high schools to find ways to build up their athletics programs again.

Minor Hockey

Community sports have been challenged but are resilient because of the broad player motivation, and direct community support (go parents!). Hockey is the obvious example in Alta Vista. Canterbury and South End house leagues are completing their seasons, and associated competitive teams are developing elite players through B, A, AA and AAA levels. Two teams in particular are demonstrating the health of competitive hockey in this area. The top local team for players under 10, in just their second year at the competitive level, is the Ottawa Sting U10 A team. They are currently at the top of the standings – with just a single loss in fifteen games. As these players continue to excel, they will have a chance to join the Ottawa Jr 67's AAA organization, which is the recognized stepping stone for our top neighbourhood players to be drafted into junior hockey. This year's 67's U15 team is also a top team with a record of 10-3-1, and could have some players selected in the OHL protection draft next year. It's clear from these examples that the local minor hockey system is bouncing back from a tough couple of years.

There have been challenges for sports teams over the last two years, but there are clearly some good examples, outside and inside the neighbourhood, that the sports world is getting back on track.



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ARTS AND CULTURE

Art Lending of Ottawa: So Proud of its Artists

By Christiane Kingsley

Art Lending of Ottawa (ALO) was established as a not-for-profit artist association in 1970. We hold four art shows a year at the RA Centre on Riverside Drive, where we offer art for sale, for rent, or lease-to-purchase.

All our artists are admitted through a jurying process to ensure that we are offering art of the highest quality. We limit our number of artists to a maximum of 40, and all are living within or near the National Capital Region and work in one or more artistic disciplines, such as painting, photography and mosaic.

Our artists, along with non-artist volunteers, work to make our quarterly shows well-run artistic events offering some of the best artwork in the city at affordable prices. We are so proud of our artists and their talents and we thank them all for their dedication. At this time, we would like to single out two of them: Caroline Grimes and David Becker.

Caroline Grimes is celebrating her 25th year as an ALO member. She is a retired professional flutist who performed with the National Arts Centre Orchestra and the Ottawa Symphony Orchestra. Caroline is also an award-winning oil painter: for example, she received awards from the Ottawa Art Association in 1997, 2001, 2002 and 2003. Before her college-level art studies, she studied art with her mother who was a student of the well-known American artist, Kevin Davies, a master painter of still-life and trompe-l'oeil. Caroline's beautiful artwork at ALO includes several still life oil paintings and landscapes. Visit our website and view some of Caroline Grimes' masterful paintings.

David Becker has not been with ALO for as long as Caroline Grimes, but his contribution to the association since he joined in 2018 has been incredible. ALO is truly a cooperative, with members contributing and helping each other. David has been a great proof of this. His volunteer activities have included designing posters, being a greeter, and hanging artwork at our shows. During most of the COVID pandemic, he took on the role of sales and rental coordinator in order to support ALO artists during this difficult time. David's artwork is photo-based, strongly influenced by his interest in architecture and his career in urban and graphic design. David tends to simplify the composition to the point of abstraction. Through minimalism, he often tries to encourage people to notice patterns, shapes and colours that surround us. Like Caroline Grimes, David Becker is multi-talented. He is a writer, with his debut novel currently going through the publishing process to be released in the fall. ALO will let you know when David's novel comes out. Meanwhile, view some of his artwork on the ALO website.



Photograph by David Becker of his photo-based art, "Monument 2."

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by Local Artists



We hope to see many of you at our Spring Show on March 12, from 10 a.m. to 4 p.m.

Christiane Kingsley is an Ottawa artist. She has been showing her artwork and volunteering with Art Lending for 5 years.

"March came in that winter like the meekest and mildest of lambs, bringing days that were crisp and golden and tingling, each followed by a frosty pink twilight which gradually lost itself in an elfland of moonshine." - L.M. Montgomery

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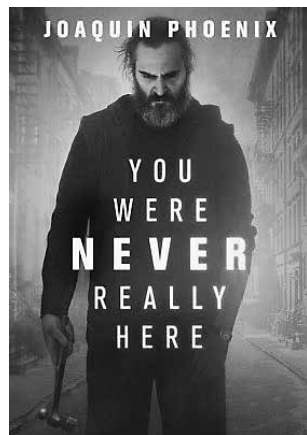
ARTS AND CULTURE

Reviews

By Tony Wohlfarth



Theatres were closed in February. For March, I review a film starring Joaquin Phoenix, three films from the 2022 Sundance Film Festival, and highlight a fun way to watch the Academy Awards along with other film buffs. I also preview a new play opening at the GCTC.

You Were Never Really Here

Joe (Joaquin Phoenix) is a grifter and a contract killer. As the film opens, Joe is hired to rescue the daughter of a state senator who has been abducted. The senator urges Joe to be brutal – and he is. Joe is an Afghan vet and suffers from PTSD. His solo lifestyle contrasts with his relationship with his aging mother, who we meet later in the film.

You Were Never Really Here was directed by Scottish director Lynne Ramsay and won two British Independent Film Awards – for sound and music – in 2018. Ramsay and Phoenix also won awards for the best director

and best actor when the film premiered in Cannes in 2017.

Phoenix's acting in this film is brilliant and the sound (by Radiohead's Jonny Greenwood) is fantastic. *You Were Never Really Here* is a gritty and highly entertaining film. The running time is one hour and 29 minutes.

Live from Sundance 2022

The Sundance Film Festival is the first, and arguably the most prestigious, North American Film Festival. This year's edition was no exception and included three outstanding films from Ukraine and Russia. Each of them won top awards from Sundance.

Klondike

Klondike is set in 2014 and portrays events that persist today. A couple – a visibly-pregnant Irka and Tolik – farm in the Donbass region of eastern Ukraine. Early in the film, they witness the shooting down of Malaysian Flight 17 from Amsterdam to Kuala Lumpur. Their car is stolen and their home is bombed by Russian separatists, who try to conscript Tolik to their militia. Tolik spars with Irka's pro-Ukrainian brother, Yaryk.

Klondike is directed by Maryna Er Gorbach. I was struck by how *Klondike* parallels current events in Ukraine. The running time is one hour and 40 minutes. Gorbach won the award for best director in the world cinema competition at Sundance.

A House Made of Splinters

A House Made of Splinters is a Danish-made film about an orphanage in Eastern Ukraine that cares for children who are abandoned by alcoholic or deceased parents. The film focusses on three of them – Sasha, Eva and Kolya. The film is set within the walls of the Lysychansk Center for the Social and Psychological Rehabilitation of Children. The film crew had unprecedented access to the facility and its caregivers.

A House Made of Splinters is directed by Simon Lereng Wilmont. The film is as endearing as it is sad. At Sundance, Wilmont won the award for best director in the world cinema competition. In 2017, he made *The Distant Barking of Dogs* which was also set in Ukraine. The running time of *A House Made of Splinters* is one hour and 27 minutes.

Navalny

Navalny is a documentary film about the poisoning and imprisonment of leading Russian opposition leader, Alexei Navalny. The film opens as Navalny returns to Moscow on January 17, 2021. His commercial flight is diverted to another airport to avoid a group of his waiting supporters. He is immediately arrested and remains in prison.



I found *Navalny* very entertaining and dramatic. His exile in Germany, together with his wife Yulia and his daughter Dasha, is captured, as is his extensive use of social media to keep in communication with Russia. Navalny's YouTube channel alone has over six million followers.

Navalny is directed by Daniel Roher, and the film won two top awards at Sundance – for best US documentary and the Festival Favorite Award. The running time is one hour and 38 minutes. Roher is perhaps best known for making *Once Were Brothers* in 2019, about Robbie Robertson and the Band.

***The Mauritanian* – A Correction**

In the January edition of VISTAS, I reviewed an excellent film, *The Mauritanian*, available to rent from Movies'n Stuff. The film was made in Cape Town, South Africa and in Mauritania.

One of our attentive readers caught a mistake I made in the review – I said that it had been filmed in Mauritius. As pointed out by the reader, Mauritania and Mauritius are two different countries: Mauritania is in West Africa and takes its name from the Moors (Maures in French); Mauritius is an island nation in the Indian Ocean, east of Madagascar, named after someone called Maurice (in French it is Île Maurice). Mea culpa and kudos to our faithful reader for noting this mistake and advising our VISTAS editors.

How Can I Catch *You Were Never Really Here*?

You Were Never Really Here is available for rental from Movies'n Stuff, 1787 Kilborn Avenue in Alta Vista (moviesnstuff.com). Call Peter at 613-738-1607 to reserve your copy.

How Can I Catch the Sundance films?

These films will be released theatrically at a later date.

Watching the 2022 Academy Awards

The 2022 Academy Awards will be telecast from Hollywood on Sunday, March 27.

You can watch the annual award ceremony on the big screen, complete with the pageantry and popcorn, at The Mayfair Theatre, 1074 Bank Street. The show at the Mayfair gets underway at 7 p.m. The best news? Admission is free, with your annual membership card (available at the box office for \$14).

What's On in Ottawa?

The Great Canadian Theatre Company (GCTC) opened a new play, *Blissful Surrender*, on February 22, a romantic comedy about a Bosnian Canadian family. The play runs through until March 6 and the venue (1233 Wellington Street) follows all COVID protocols – including requiring proof of vaccination to enter. Please check www.gctc.ca for showtimes and tickets.

Tony Wohlfarth is an Ottawa-based freelance film and entertainment writer. He screened (virtually) Klondike, A House Made of Splinters and Navalny at the 2022 Sundance Film Festival from Park City, Utah in January.

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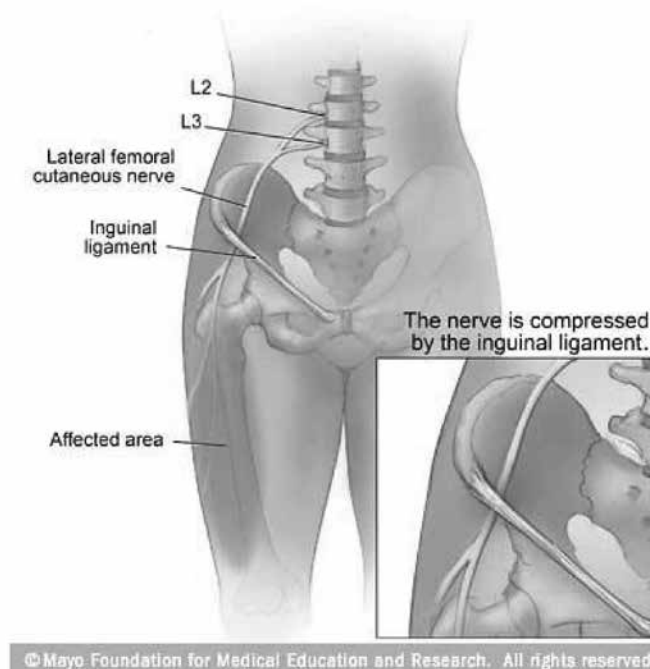
HEALTH AND FITNESS

Meralgia Paresthetica

By Sue Reive, owner of Kilborn Physiotherapy Clinic

Do you feel numbness, tingling, and a burning pain on the front and/or outside of your thigh? If the answer is yes, you may be suffering from a condition known as Meralgia Paresthetica. Meralgia paresthetica occurs when the lateral femoral cutaneous nerve becomes compressed. The nerve arises from the nerves of the lumbar spine (lower back) and travels to the front of the thigh. It runs along the outside of the large hip flexor muscle called the psoas, and then sits on the front of another hip flexor muscle in the pelvis, the iliacus. Within the pelvis, the nerve is encased in a fibrous sheath and travels under the inguinal ligament, a ligament situated along the groin, to the front and outside of the thigh. The lateral femoral cutaneous nerve supplies sensation to the thigh. Therefore, if the nerve gets compressed anywhere along its course, it can cause numbness, tingling, and a burning pain.

Meralgia Paresthetica



Wearing tight clothing, pregnancy, and scar tissue from an injury are contributing factors to causing compression of the nerve. I have noticed that patients presenting with meralgia paresthetica have tight hip flexor muscles (psoas and iliacus). Because the nerve travels along these muscles, tightening and/or strain of them could be a causative factor in meralgia paresthetica.

Treatment is aimed at reducing or eliminating the pressure on the nerve. I have found stretching tight muscles, mobilizing the nervous system through a technique called flossing, and soft tissue release techniques to be extremely beneficial in relieving the symptoms. Medication that targets reducing nerve pain, and wearing loose clothing are also helpful.

Diagnosing meralgia paresthetica is often based on the patient's history and signs and symptoms. Diabetes, pregnancy, weight gain, and trauma are all contributing factors to meralgia paresthetica. Certain sports like cycling which really uses the hip flexors can also be a cause. The lumbar spine can refer pain to the leg and cause tingling and numbness so this needs to be ruled out. Nerve conduction studies can test the lateral femoral cutaneous nerve to see how well the nerve is conducting.

If you have symptoms of meralgia paresthetica, it would be wise to have an assessment and get a definitive diagnosis.



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SCHOOL NEWS



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SOLEFULLY CONNECT!

By Tessa G., Grade 7 student at Vincent Massey Public School

The grade 7 classes of VM have been unable to visit the Russell Heights community and continue their project of inspiring young minds for the past year and a half. But this year, a new group of students are ready to reconnect. SOLEConnection and DynamicSOLES are ready to make an impact in the year 2022.

For instance, the Social Action groups have accomplished two amazing projects toward the end of 2021, with the help of many. First, they did a community clean up in Russell Heights and trimmed the plants to winterize for the season. Secondly, at Vincent Massey Public School, they organized and ran a food drive. The proceeds went to the Food Bank and they were very pleased with the donation of 2081 items!

Meanwhile, the grade 7's have been busy making themselves known. They are working on posters, printing business cards, and have many goals they mean to accomplish in the upcoming months. Some future projects that will be put in motion in the late spring, early summer months are Bike Tune Up sessions and a Dance Flash Mob. They are also excited to put their project of Random Act of Kindness (R.A.K) in motion in the early winter months.

SOLEConnection and DynamicSOLES have established a Twitter account and an email address for people like you to contact them. Reach out to them at [@SoleConnectVM](https://twitter.com/SoleConnectVM) or [@DynamicSoles](https://twitter.com/DynamicSoles) on Twitter and soleconnection2022@gmail.com or dynamicsoles2022@gmail.com by email.

SOLE Connection is hoping to make a difference in the community, so like they say, help them "SOLEFULLY CONNECT!"

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FAITH NEWS



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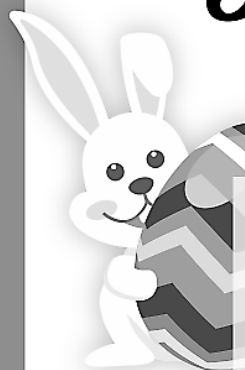
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FAITH NEWS



“Rapunzel! Rapunzel! Let down your hair!”

The pretty princess uncoiled her mounds of braids and let them fall from the tower’s window to the ground where the prince stood. Her rescuer had finally arrived, and her happily ever after was right around the corner—well, a few yards below her, to be specific.

I wonder about that marriage, though. Can you imagine the prince’s surprise at finding one of her hairs in his morning cereal? How many plungers and plumber’s snakes will he require to keep the shower drain clear? Could he ever sit next to her on the couch or lie beside her in bed without having her yelp and tell him to get off her hair?

I’m not a fan of hair. When I find one on the floor or in the tub, I move it like it was a vile creature that had invaded our home. Ew. I need a pest control service to call for capturing and removing hair! The only reason I’m not bald is that my pride issue is worse than my hair issue.

Since dying my hair red, I’ve discovered more hair in my tub after showering. I wondered at first if I was losing my mane. Then I realized that the platinum blond strands had blended in with the white tub. The hair had still been present; it had just been camouflaging! I find that a tad deceitful.

This morning, while lathering my red locks (gently so as not to pull out any hair), I heard the words, “Tell me lies. Tell me sweet little lies.” It was a song from my playlist of upbeat 80s tunes, blasting from my Bluetooth speaker. Did the words go together: little and lies? My blond hair probably thought they did.

The words were familiar, and I could easily sing along with the chorus, but I couldn’t help questioning why the singer would want someone to lie to her. Why would she suggest this was desirable? What relationship built on lies ever succeeded? If one survived, it was after numerous heartaches and hard work.

We sometimes categorize lies according to their potential for harm. Have you heard of white lies? Those are the ones we tell by omission or redirection to protect someone from getting hurt or ruining a surprise. Those are okay, right? Or those grey areas like claiming certain things on your taxes or parking in the space for moms with young children. Those aren’t really lying, are they? What about the stories we tell children about a jolly old elf, an egg-toting bunny, and a tooth-loving fairy? Okay, I may have gone too far.

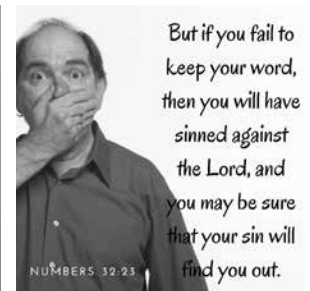
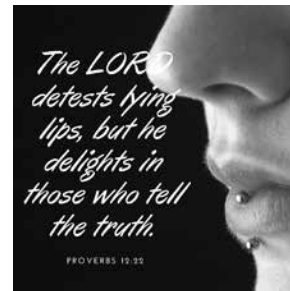
When we question the rightness or wrongness of things, our best resource is God’s Word. What does the Bible say about lies?

Before we get to the end of the third chapter in the very first book, we read about a lie that caused the very first sin. The serpent deceived Eve with untruths that enticed her to disobey God and taste something she was forbidden to eat. The results of that lie were far-reaching. Centuries later, we suffer pain during childbirth, work hard to make ends meet (rather than lounging in a garden paradise), and face the death of our earthly bodies. On top of that, the serpent’s lie led to every one of us being born in sin and needing redemption—needing Jesus to die. One little lie.

The Bible is clear that lying is a sin. God showed His displeasure about lying by including it in The Ten Commandments given to Moses. The Living Bible translation states it plainly: “You must not lie” (Exodus 20:16).

Period. There is no further explanation breaking down this “false witness” or “lie” concept. Unlike our modern-day interpretation, God does not sort lies into categories that range from Okay to Hell-worthy.

Here are just a few of the verses about lying found in His Word:



Like my platinum blond hairs, those white lies might blend into the background for a while, but they will eventually be discovered.

I wonder what color Rapunzel’s long tresses were ...

What about you?

Do you ever find yourself justifying a “little” untruth?

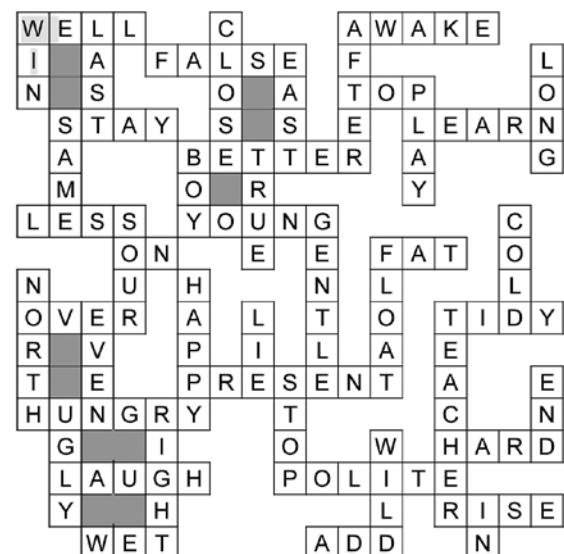
Reflecting on the verses above, I think we can agree that no lie is little. No lie is acceptable to God.

If our desire is to grow to become more like Jesus, there is no room for untruth in our character. Let’s aim for honesty with discretion in knowing when to zip our lips rather than hurt someone.

Jesus, You are the Way, the Truth, and the Life (John 14:6). I pray that You will guide me toward truthfulness in every situation. Help me to know when to speak and when to be silent. Speak to my conscience when I consider saying or doing something dishonest. Use my life to glorify You. Amen.

Connect with Me

This month’s article is an excerpt from my soon-to-be-published book, *Your Morning Chuckle & Faith Challenge*. To learn more about my progress and to receive my *TUESDAY TICKLE* and *FRIDAY FUNNY* emails, send me a message at Valda.goudie@gmail.com.





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OUR COMMUNITY

Ellwood Update: City planner answers residents' questions

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



In this month's edition of VISTAS, city planner David Wise answers questions from the Ellwood community on intensification. These questions were submitted by residents to Norman Payne, president of Ellwood's Ridgemont Community Association, in response to his recent articles in VISTAS on this topic.

Q1: Where are the extra trees promised going to be planted, one per rebuilt home is not enough?

City planner David Wise answers, "The biggest pressure on trees in neighbourhoods is cars and parking – not housing. The City has established a goal of 40% urban forest canopy city-wide, and will be setting directions on an area basis in future documents. The 40% urban forest target does not mean 40% coverage on every lot. Neighbourhoods and communities are more than the individual lots of record. Nor does it mean every lot MUST have a tree – these are private lands, and we can't unreasonably force someone to plant or keep a tree. It does mean that we will be looking to ensure that every lot in a neighbourhood context provides space for trees in front and rear yards, as much as reasonable, and alongside and supportive of provision of housing on that lot. Neighbourhoods are for homes, first and foremost. Further, the tree by-law sets rules for when trees must be protected, and our foresters set our planting requirements. The Zoning By-law already requires an area of soft landscaping to be provided in front yards, large enough for a tree to be planted and survive. As the new zoning work unfolds, we will be looking at whether rear yards also need landscaping requirements."

Q2: While bilingualism is a given at City presentations, I feel very left out and voiceless with these Zoom meetings. I am no Luddite, but I find Zoom unpleasant and very tricky to handle, and feel my concerns are sidelined.

Planner Wise says, "We hear you. No really, we do. The pandemic has forced many changes on us, online virtual meetings among them, and we appreciate that this 'online' forum has been very different from the in-person 'town hall' meetings from before. The advantages, though, have been much greater access from a much wider part of the community than before – shift workers, single mothers, etc. – people who otherwise might not have had the time or ability to attend in-person – and can then have their say. Is it perfect? No forum is, so there's always room for improvement. Hopefully we'll see the end of this pandemic and can then bring some of these valuable lessons we've learned back to the in-person conversations from before, but a mix of virtual and in-person will be part of how we have those discussions going forward, to maximize fairness and access."

Norman Payne reminds readers to keep in mind that its Ridgemont Community Association ensures Ellwood community interests are well and vigorously represented.

Q3: The City says Zoning will follow after the plan was passed at Council. This puts the cart before the horse, how can we get very controlled zoning to protect us?

David Wise replies, "I'm not sure what's meant by putting the cart before the horse. The Official Plan sets out the vision for the city and for the neighbourhoods within it – zoning's job is to set out how we are going to realize that vision on the ground. You can't charge ahead on a path without knowing what the destination is. Zoning changes must necessarily follow the OP – and be consistent with where it directs us to go."

Q4: I am very concerned that the new zoning will open the floodgates, what options do we have?

Planner Wise says, "Restrictive zoning, which everyone has the right to make an application to change at any time, tends to result in undesirable results. When a neighbourhood is in an area that people want to live in, and where there is demand for new housing units, you can expect the zoning will come under significant pressure to guide that development. Too restrictive zoning – if it doesn't allow for the kinds of housing that people want, or if it sets too many rules that makes housing too expensive – then people will work to change it for the property they intend to develop. The end result is a patchwork of different rules, different outcomes, and a neighbourhood that thought it had certainty, but ends up with the exact opposite. Because in the end, the demand and pressure doesn't go away.

Wise continues, "If the zoning is too permissive, then it allows for development that can go too far, that can be too big, and is too different from what was there before. The end result is a neighbourhood that sees change that appears to have no boundaries."

"Appropriate zoning walks the line between regulating for the context that exists now, while accommodating the reality of market demands for new housing and advancing City policy as expressed in the Official Plan. It means understanding that change will happen, more housing will need to find a home, but the change that happens will generally be similar in size, height and use of lands with what's there now. While zoning can regulate density and can limit the number of units on a lot, zoning can't regulate what happens inside a building's walls, nor can it regulate people," finishes city planner David Wise.



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SCIENCE AND TECHNOLOGY

COMPUTER TRICKS AND TIPS:

By Malcolm and John Harding, of Compu-Home



This ‘n’ That Windows 11: Now that a few months have passed, we stand by our original assessment, which was that we would welcome a new computer that came with Win 11 but we would not be hasty about upgrading an existing model from Win 10. For an everyday user, the differences between 10 and 11 seem almost

entirely cosmetic except for an increased emphasis on the “Microsoft Account” and the necessity of keeping those credentials handy. With a bit of experience, you can begin to see a few improvements in 11 that suggest Microsoft is listening to us, at least occasionally. The next-to-useless Cortana is gone, as are the long-defunct Internet Explorer Browser and the hugely confusing Tablet Mode. Nice or helpful features include some striking desktop backgrounds and streamlined access to some (usually Microsoft) Apps such as Teams. Android device users can expect better integration to evolve in the future. Highly aggravating, however, are the very confusing messages that appears during Windows 10 updates attempting to “clarify” whether or not you can consider updating to Win 11. In addition, it is very frustrating to receive the suggestion to upgrade, only to have it fail – which it often does. We still believe that these invitations are best ignored.

Tech-related devices were among the first to feel the effects of supply chain issues early in the COVID-19 pandemic but availability seems to be easing a bit and although prices have risen, they are not as prohibitive as we had feared. Some items, such as webcams for USB connection to desktop computers, are now commonly available again, at almost their pre-COVID prices, after a lengthy period when those shelves were utterly empty. We do see a more rapid turnover of advertised computer models, leading us to suspect that local stores do not have as many of those items in stock as they once did. If you see an online sale of something attractive, you must jump on it quite quickly or you will find that it is sold out by the time you are ready. The good news is that something else will usually come along soon.

The right-to-repair battle is heating up. Dealerships of automobiles, appliances, high-tech devices and even farm machinery are trying to become more assertive in locking owners into a relationship, while governments and consumer protection groups are fighting back. It is becoming unpleasantly common for manufacturers to refuse to provide information and repair parts to independent maintenance shops, and also to void warranties when work has been done outside their own facilities by anyone, including owners. A side note in this issue is that some manufacturers are deliberately making their products almost impossible to repair, either to ensure that only their employees have the tools or parts for the job, or that owner/victims will have to buy a replacement for the item because it cannot be fixed at a reasonable cost. Although awareness of the right-to-repair concept was first seen in the USA, political influence wielded by large manufacturers has hampered legislative efforts there, and the European Union is now considered to be the leader in the movement. In June 2021, the House of Commons unanimously passed the second reading of a private member’s bill that would have offered some limited protection, but it died with the last Parliament and an updated and expanded version was introduced Feb 4, 2022. iFixit is an American website (with some Canadian entries) that provides repair manuals, plans and strategies, and even suggestions of products that are easiest to repair, along with some advertising for

related tools.

LibreOffice has recently published an updated version. This office suite of programs has already become very popular among our clients (and approximately 200 million users worldwide), and the new 7.3.0 is definitely an improvement. In fact, there seems now to be less and less reason to purchase the Microsoft Office suite for Mac or Windows when LibreOffice is a breeze to download and install, the setup is quick and uncomplicated, it handles old and new generations of MS Office Word, Excel and PowerPoint files seamlessly and, just to seal the deal, it is free! Our advice is to try LibreOffice first and buy the Microsoft alternative only on the rare occasion that LibreOffice is not satisfactory.

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.

Help the Afghan Newcomers in Ottawa

A drive for gently used devices

Submitted by Malcolm and John Harding of Compu-Home

Written by Moira Phillips, member of University of Women Helping Women, The Canadian Federation of University Women

Last summer the cofounders of a young tech start-up company in Toronto, Maddy Hearne (CEO) and McKenzie Day (CTO) of First Class Conferencing Facilitation, thought they could find a way to help the Afghan newcomers in Toronto and Ottawa. In collaboration with AWO (Afghan Women’s Organization), they initiated a drive to collect phones, tablets, peripherals, laptops and other computers, which would otherwise be discarded. The devices are refurbished by First Class and donated to the AWO, which in turn distributes them to newcomers. As a result of the pandemic, there is a huge technology barrier that the new Afghan refugees are facing as many of the essential services that can help them get integrated into Canada have moved online.

The drive continues until the end of March. If you are planning to upgrade your phone, tablet, or computer, do please consider donating your **used-but-still-working** device to the AWO via the ongoing drive, called Empowered by Devices: A Technology Drive for Afghan Refugees. The drop-off location in Ottawa is 221 Station Blvd, Unit 7, which is near the Trainyards. If delivery is a serious issue, you can call Compu-Home at 613-731-5954 and arrangements can be made to pick it up.



Maddy Hearne (CEO) and McKenzie Day (CTO) of First Class Conferencing Facilitation

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Saint Patrick's Day Scramble

1. HAT
2. RAINBOW
3. LUCKY
4. COINS
5. GOLD
6. IRELAND

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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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* 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.

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RiverpathRetirement.ca



2760 Johannes Street Metcalfe

Elegant custom bungalow on half acre lot in the heart of Metcalfe. This one hits all the marks. Large living room is flanked by huge windows and gas fireplace connecting to the formal dining room and huge eat-in kitchen with direct access to the stunning yard. Perfect for entertaining and family time. The whole family can enjoy the warmer months in the backyard with extensive deck, pool, interlock terrace with pergola all overlooking peaceful fields in the back. Primary bedroom complete with walk-in closet, and ensuite with soaker tub and walk-in shower, plus 2 additional bedrooms on the main level. Basement offers ample rec room, plus large finished bonus area - ideal for a games room, teen retreat, or in-law suite plus a massive storage area with room to spare and rough-in for a future bathroom. Oversized 2 car garage provide more storage for all your toys. Family home built with the whole family in mind. Not to be missed!

Looking to downsize?

Buy and Sell with the Team at Arnett Realty. You won't be disappointed.



Dreaming of country living?

5437 Osgoode Main Street Osgoode

Wonderful curb appeal welcomes you as soon as you drive up to Osgoode Main. This beautifully updated 2 bedroom 2 bathroom Boyd Block home on a large private lot in the heart of Osgoode is the picture perfect home for a first time home buyer or for the empty nester looking for a change of pace. You will find gorgeous coffered ceilings throughout (9ft high), as well as hardwood & pine plank flooring. This home boasts a Chef's kitchen w/granite counters, loads of prep space, gas range & over sized pantry. At the back of the home you will find a beautiful & bright family room that leads out to your private back yard oasis waiting for your personal touches. Upstairs you will find the spacious and well designed master bedroom retreat w/separate sitting area & walk-in closet, the perfect area to start and finish your day. The 2nd bedroom & an updated 4pc bathroom with marble floors, counters & custom vanity round out this beautiful and charming century home. Septic replaced 2016, A/C 2013, Furnace 2012, Tankless Hot Water Tank 2008.



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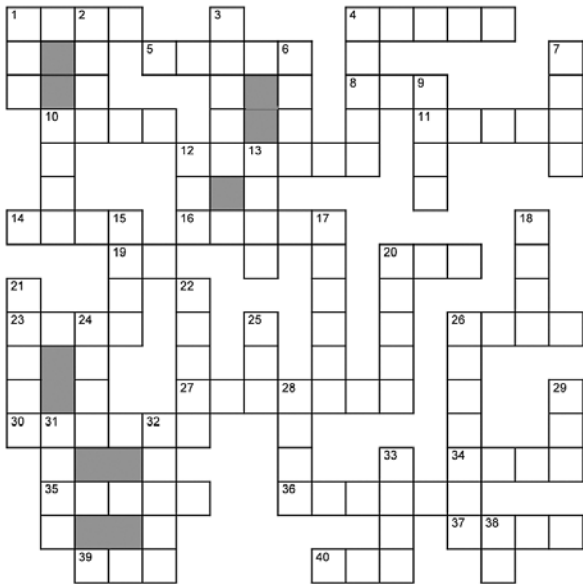
KIDS PAGE

DIRECTIONS:
Find the opposite
of each word and
write it in the
crossword grid.

Antonyms

Word Bank

AFTER, AWAKE,
BETTER, BOY, CLOSE,
COLD, EAST, END,
EVEN, FALSE, FAT,
FLOAT, GENTLE,
HAPPY, HARD,
HUNGRY, ADD,
IN, LAST, LAUGH,
LEARN, LESS, LIE,
LONG, NORTH, ON,
OVER, PLAY, POLITE,
PRESENT, RIGHT, RISE,
SAME, SOUR, STAY,
STOP, TEACHER, TIDY,
TOP, TRUE, UGLY,
WELL, WET, WILD,
WIN, YOUNG



- Across
1. Sick

4. Asleep

5. True

8. Bottom

10. Leave

11. Teach

12. Worse

14. More

16. Old

19. Off

20. Skinny

23. Under

26. Messy
27. Absent

30. Full

34. Soft

35. Cry

36. Rude

37. Sink

39. Dry

40. Subtract
- Down
1. Lose

2. First

3. Open

4. Before
6. West

7. Short

9. Work

10. Different

12. Girl

13. False

15. Sweet

17. Rough

18. Hot

20. Sink

21. South

22. Sad

24. Odd

25. Truth
26. Student

28. Go

29. Begin

31. Beautiful

32. Wrong

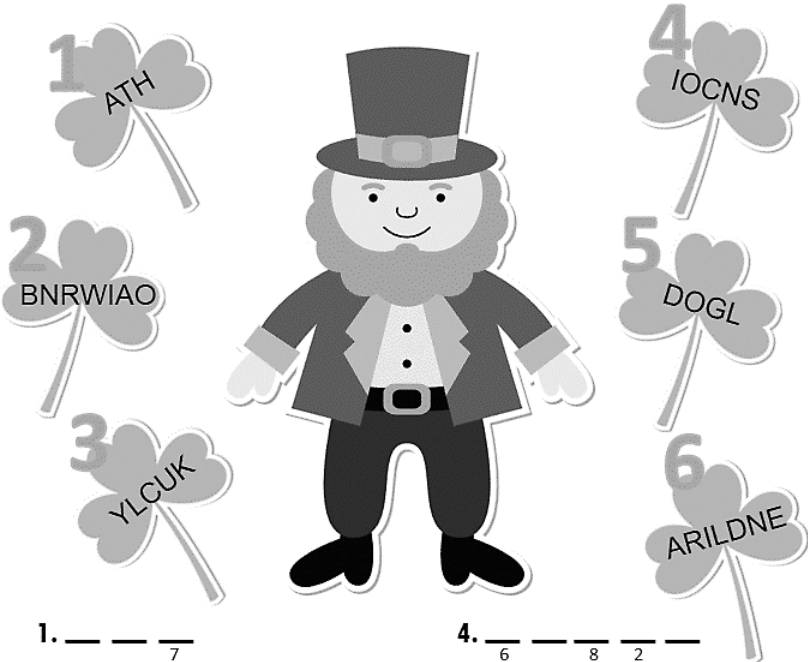
33. Tame

38. Out



Saint Patrick's Day Scramble

Ginger McNugget mixed up his favorite words. Can you help the leprechaun unscramble the words, then put the numbered letters in order to answer the riddle?



1. _ _ _ 7

2. _ 12 _ 3 _ 5 _ _ _ _

3. _ _ _ _ _ 13
4. _ _ _ 8 _ 2 _

5. _ _ _ 9 _ _ 4

6. _ 1 _ _ _ _ 11 _ 10 _

Where can you always find gold?

- 1 2

3

4 5 6 7 8 9 10 11 12 13
- !

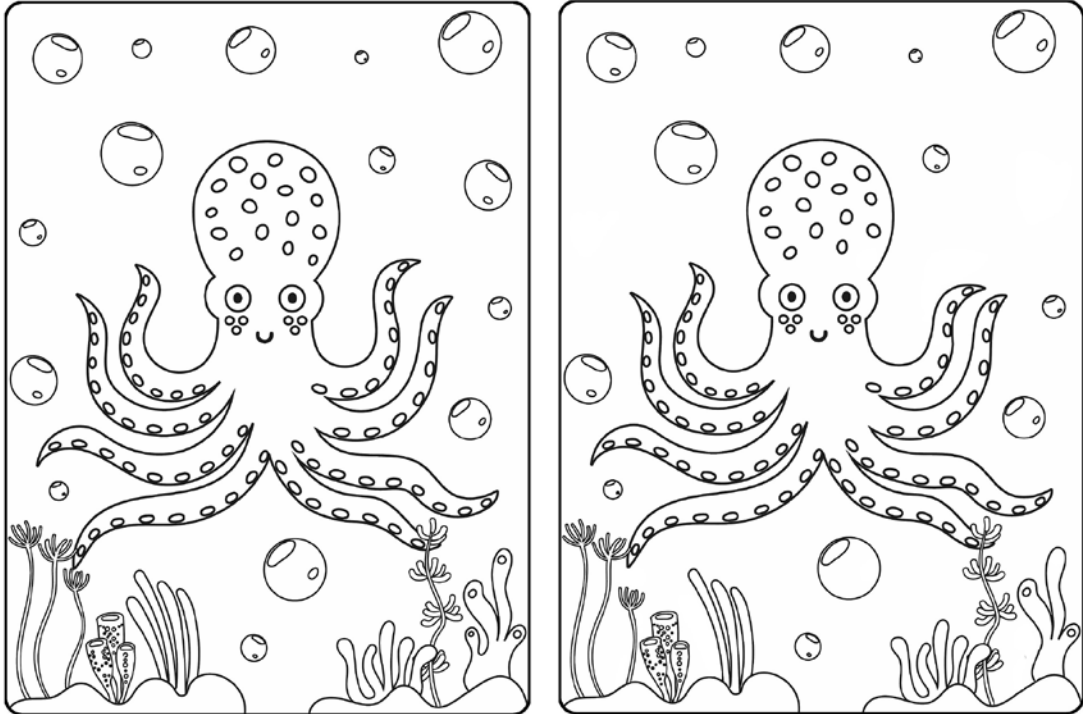
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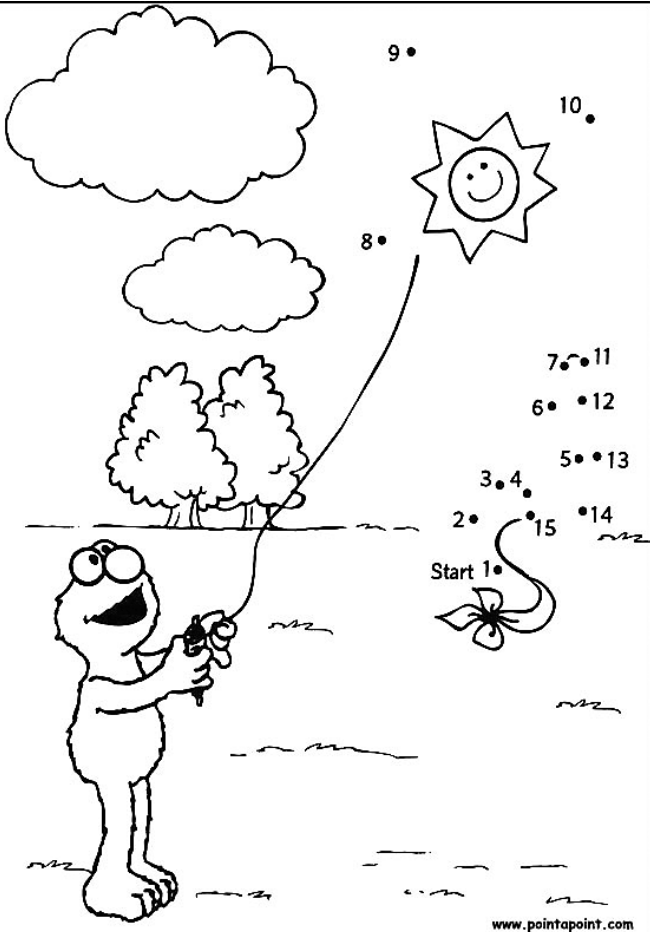


SPOT THE DIFFERENCE

Can you spot the 9 differences between these two pictures?



Free printable courtesy of PrintitFree.net



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UPCOMING EVENTS



ALTA VISTA LIBRARY – MARCH 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.

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

- Monday and Wednesday: 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.



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.
- A limited amount of seating is now available in the branch with physical distancing measures. Please be mindful and limit your time in the branch to permit space for other library users. No tutoring is permitted at this time because of physical distancing requirements.
- Meeting and program rooms are not available. 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 and Gatineau Park ski passes are available once again on a first-come, first-serve basis. Please contact the museum in question before you visit to inquire about hours, closures etc.

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.

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

In-person programs are currently not available due to the COVID-19 pandemic. We continue to offer virtual programs, listed below. Please visit biblioottawalibrary.ca/en/program for information and registration links or visit the branch in-person for more information.

CHILDREN'S PROGRAMMING

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.

MARCH BREAK/CONGÉ DE MARS (It's a Great Big World/C'est un grand monde)

March Break programming will be virtual, once again, this year due to current provincial regulations. The theme will be "It's a Great Big World / C'est un grand monde." Registration opens Monday, February 28 at 10 a.m.

Imagin'Action (avec Tara Luz Danse) – lundi le 14 mars à 10h30. Pour les 6 à 9 ans.

Sketching for Self-Care for Children (with Brenda from Art in Jest) – Tuesday, March 15 at 12 p.m. Ages 8 to 12.

Swordplay (with Craig Shackleton of Ottawa Swordplay) – Tuesday, March 15 at 2 p.m. Ages 7 to 12.

Ottawa Swordplay Show and Tell - Wednesday, March 16 at 10:30 a.m. Ages 7 to 12.

Dance with Luv2Groove - Wednesday, March 16 at 11 a.m. Ages 4 to 12.

Yoga for Kids (with Little Lotus Kids Yoga) – Wednesday, March 16 at 2 p.m. Ages 4 and up.

Dessin pour gérer ta santé pour enfants (avec Brenda de Art in Jest) – mercredi le 16 mars à 12h. Pour les 8 à 12 ans.

Yoga pour Enfants (avec Little Lotus Kids Yoga) – jeudi le 17 mars à 10h30. Pour les 4 ans et plus.

Dance with Luv2Groove - Thursday, March 17 at 2 p.m. Ages 4 to 12.

Learn Bandlab (with musician Joel Jacques) - Friday, March 18 at 10 a.m. Ages 8 to 12.

Bandlab pour enfants (avec le musicien Joel Jacques) – vendredi le 18 mars à 11h30. Pour les 8 à 12 ans.

Tribal Vision (virtual performance by Tribal Vision Dance) - Friday, March 18 at 2 p.m. Ages 5 to 12.

TEEN PROGRAMMING (MARCH BREAK)

Street Dance Action with Emilie Phaneuf – Monday, March 14 at 4 p.m. Ages 13 to 18.

Digital Music with Bandlab (with musician Joel Jacques) - Tuesday, March 15 at 3 p.m. Ages 13 to 18.

From Tacos to Burritos to Bowls - Transform Budget-Friendly Ingredients, 3 Ways! (with Tara Porter from Radical Eatery) – Wednesday, March 16 at 4 p.m. Ages 13 to 18.

UPCOMING EVENTS

Sketching for Self-Care: Doodling and the superpowers of your brain! (with Brenda from Art in Jest) – Thursday, March 17 at 3 p.m. Ages 13 to 18.

Dessin pour gérer son bien-être: Le gribouillage et les super-pouvoirs du cerveau! (avec Brenda de Art in Jest) – vendredi le 18 mars à 15h. Pour les 13 à 18 ans.

ADULT PROGRAMMING

Croisée des mots avec Michel Thérien – mercredi le 16 mars à 19h.

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

ISOLATION RECREATION

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

These resources include:

- **Digital eBooks and Audiobooks** via Overdrive and CloudLibrary for English titles and Cantook Station for French titles.
- **Language learning courses** via Mango Languages.
- **Streaming movies** via Hoopla, the Kanopy Collection, Kanopy Kids and Access Video on Demand.
- **Free magazines and newspapers** via Flipster, Overdrive Magazines or PressReader.
- **Children's resources for educational videos and online books** such as Just for Kids and the Tumblebook Library.

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

COMMUNITY EVENTS March 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 in person or live-stream. If attending in person, please bring proof of vaccination and a mask. 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).

Wednesdays, 7–7:30 p.m.: Weekly Lenten Services beginning on Ash Wednesday, March 2 (in person; please bring proof of vaccination and a mask), and continuing to April 6 (by Zoom).

Wednesdays, 7:30–8:30 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).

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.

March Events and Activities

Friday, March 4, 6–8 p.m.: Rainbow Hub Youth Space; join us for arts, music, food, connection, and mentorship at a monthly social group for LGBTQ2+ youth 12-18 years old. Register at rainbowhubottawa@gmail.com.

Wednesday, March 30, 7 p.m.: Teleos – A group for all women, meeting to discuss current issues and experiences from a theological perspective. Tonight's topic is Haida Gwaii and Emily Carr (by Zoom).

RIDEAU PARK UNITED CHURCH

2203 Alta Vista Drive

As the community starts to prepare for spring and looks forward to Easter, Rideau Park United Church is offering a number of services, programs and activities, mostly online, for spiritual and social connection, as well as education and reflection.

Rideau Park will return to in-person worship on Sunday, March 6. Initially, in-person worship will be limited to 40 people and will gradually increase as conditions allow. Those wishing to attend the service in-person must contact the church office by 3 p.m. Saturday to register, be fully vaccinated (except children under 5) and follow Ottawa Public Health Guidelines re. wearing masks, distancing, etc.

For the time being, the church building will remain closed, but watch the church website www.rideaupark.ca for the latest information. We will gradually re-open for more in-person activities, but some will remain online for now. 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.

UPCOMING EVENTS

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! Up to 40 people are welcome for the in-person Worship Service. You need to register ahead of time at www.rideaupark.ca by Saturday, 3 p.m. and follow Ottawa Public Health Guidelines. For the most up-to-date 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.

Wednesdays, 7:00 a.m.: Lenten Services Online through Zoom, March 2 to April 7. Reflections will focus on the Lord's Prayer. See www.rideaupark.ca for the latest information, and contact ebryce@rideaupark.ca or sclifton@rideaupark.ca for the Zoom invitation.

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.

OASIS and Alcoholics Anonymous: The OASIS AA group meets online on Mondays, 8 p.m. Go to Ottawaaa.org for the Oasis Zoom coordinates. It is a speaker meeting, so anyone can attend, not just those trying to stop drinking at this time.

Afghan Refugee Resettlement Request for Assistance: Local volunteers are helping about 300 Afghan families who have received their Canadian documents and are currently looking for housing, to resettle here, by providing furniture for them (not clothes). For more information and to arrange furniture drop-off, please contact: afghanmove2022@gmail.com.

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.

OTTAWA LIFE LONG LEARNING FOR THE 55+ GROUP

Tuesday March 8, 10 a.m. at St Timothy's Presbyterian Church on 2400 Alta Vista Drive. Seminars interesting, thought provoking, funny. Double Vax and social distance observed. Check us out. Contact Ann Coolen: 613-749-0704; anncoolen@rogers.com.

OTTAWA SOCIETY OF BOTANICAL ARTISTS ONLINE EXHIBITION

The Ottawa Society of Botanical Artists (OSBA) is pleased to invite you to visit their new online botanical art exhibition. Botanica 2021 opened online November 24, 2021 and continues to March 20, 2022. Flowering trees, shrubs, and plants from the Arboretum, Fletcher Wildlife Garden, and the Ornamental Gardens of the Experimental Farm are the inspiration for the exhibition. Please visit: ottawasocietyofbotanicalartists.ca/gallery-botanica-2021 to see the exhibition, or www.ottawasocietyofbotanicalartists.ca to see the OSBA website.

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.

If interested in any work online, please email the Gallery at kanatacivicartgallery@gmail.com. We will be happy to follow-up directly with you.

ART LENDING OF OTTAWA (ALO) SHOW

March 12, 10 a.m.–4 p.m.

RA Centre, Outaouais Room

2451 Riverside Drive, Ottawa

More information at the website: www.artlendingofottawa.ca and in Christiane Kingsley's the article on page 23.



MOVIES 'N STUFF

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

February 22nd

The King's Man

Set during WWI, The King's Man tells the exhilarating origin story of Kingsman, the world's very first independent intelligence agency. As a collection of history's worst tyrants and criminal masterminds gathers to plot a war to wipe out millions across the globe, one man must race against time to stop them.

American Underdog

The inspirational true story of Kurt Warner, who overcomes years of challenges and setbacks to become a two-time NFL MVP, Super Bowl champion, and Hall of Fame quarterback.

The King's Daughter

King Louis XIV's quest for immortality leads him to capture and steal a mermaid's life force, a move that is further complicated by his illegitimate daughter's discovery of the creature.

Hotel Transylvania Transformania

After one experiment, Johnny turns into a monster and everyone else becomes human. Now it has to be seen whether they will be able to reverse this experiment.

Seal Team

Fearless seal Quinn assembles a squad of misfit recruits must reclaim the open sea from ruthless sharks with razor-sharp teeth.

Back to the Outback

Tired of being locked in a reptile house where humans gawk at them like they're monsters, a group of Australia's deadliest creatures plot a daring escape from their zoo to the Outback.

March 1st

Belfast

A young boy and his working-class Belfast family experience the tumultuous late 1960s. One of the movies of the year and a multiple Oscar nominee!!

I'm Your Man

In order to obtain research funds for her studies, a scientist accepts an offer to participate in an extraordinary experiment: for three weeks, she is to live with a humanoid robot, created to make her happy. Charming movie from Germany!

National Champions

LeMarcus James and Emmett Sunday are household names when it comes to college football. However, three days before the championship game, the duo leads a strike calling for fair compensation for every student athlete regardless of their skill or worth. The great JK Simmons stars.

Matrix Resurrections

To find out if his reality is a physical or mental construct, Mr. Anderson, aka Neo, will have to choose to follow the white rabbit once more. If he's learned anything, it's that choice, while an illusion, is still the only way out of -- or into -- the Matrix.

The Tragedy of MacBeth

A Scottish lord becomes convinced by a trio of witches that he will become the next King of Scotland, and his ambitious wife supports him in his plans of seizing power. Denzel Washington, Frances McDormand.

Manhunt: Season 2

The real-life story of the police pursuit of a notorious serial rapist whose 17-year reign of terror left thousands of elderly people in south east London living in fear. It is based on the diaries of Colin Sutton and is an important case that he became involved in just before his retirement from the Force. Fabulous series starring Martin Clunes!

March 8th

Dalgliesh: Season 1

This exciting new crime series stars Bertie Carvel as Inspector Adam Dalgliesh. Set in mid-1970s England, these three two-part films follow the enigmatic detective as he solves unusual murders and reveals buried secrets, amid some of England's most spectacular settings.

All Creatures Great and Small: Season 2

As Helen and James navigate their feelings for one another, Siegfried, Tristan, and Mrs. Hall are also forced to consider their places in the world, while James must decide between supporting his family or following his heart.

India Sweets and Spices

After returning from college, young Alia upends her family's well-ordered life with her brash new independence. When secrets about her parents come to light during a dinner party, it soon pushes her to a daring and ultimately hilarious confrontation.

Coming 2 America

Newly-crowned King Akeem (Eddie Murphy) and his trusted confidante Semmi (Arsenio Hall) embark on an all-new hilarious adventure that has them traversing the globe from their great African nation to the borough of Queens, New York - where it all began.

West Side Story

An adaptation of the 1957 musical, West Side Story explores forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds. Huge Oscar nominee - and directed by the legend Steven Spielberg.

March 15th

Spider-Man: No Way Home

With Spider-Man's identity now revealed, Peter asks Doctor Strange for help. When a spell goes wrong, dangerous foes from other worlds start to appear, forcing Peter to discover what it truly means to be Spider-Man.

Red Rocket

Mickey Saber is a washed-up porn star who returns to his small Texas hometown, not that anyone really wants him back.

Boy Behind the Door

After Bobby and his best friend Kevin are kidnapped and taken to a strange house in the middle of nowhere, Bobby manages to escape. But then he hears Kevin's screams for help and realizes he can't leave his friend behind.

Rifkin's Festival

A married American couple go to the San Sebastian Festival and get caught up in the magic of the event, the beauty and charm of the city and the fantasy of movies. Woody Allen directs.

Dexter: New Blood: Season 1

Set 10 years after Dexter went missing in the eye of Hurricane Laura, the series finds him living under an assumed name in the small town of Iron Lake, New York. But soon, darkness beckons him again....

A Journal For Jordan

1st Sgt. Charles Monroe King, before he is killed in action in Baghdad, authors a journal for his son intended to tell him how to live a decent life despite growing up without a father.

Project Gemini

After centuries of destroying Earth's resources, mankind's last chance at survival is colonizing in outer space. Unfortunately, something truly terrifying & unimaginable is watching, lying in wait for the unwary human scouts.

March 22nd

The Madame Blanc Mysteries: Series 1

We follow antiques dealer Jean White who travels to France to uncover the truth about her husband's unexpected death and quickly finds herself investigating numerous mysteries and murders.

Nightmare Alley

An ambitious con man with a talent for manipulating people with a few well-chosen words hooks up with a female psychiatrist who is even more dangerous than he is. Directed by the great Guillermo del Toro and starring Bradley Cooper - and a Best Picture nominee!

Sing 2

Buster Moon and his all-star cast of performers prepare to launch their most dazzling stage extravaganza yet ... all in the glittering entertainment capital of the world. There's just one hitch: They first have to persuade the world's most reclusive rock star Clay Callaway—played by global music icon Bono, in his animated film debut—to join them.

COMING IN APRIL!

Licorice Pizza

One of the best reviewed films of the year, the story of Alana Kane and Gary Valentine growing up, running around and falling in love in 1973 San Fernando. Directed by the great Paul Thomas Anderson.

Jackass Forever

After ten years, the Jackass crew is back for their final crusade.

Scream 2022

Twenty-five years after a streak of brutal murders shocked the quiet town of Woodsboro, a new killer has donned the Ghostface mask and begins targeting a group of teenagers to resurrect secrets from the town's deadly past.

Parallel Mothers

Two single women meet in a hospital room where they are both going to give birth. One is middle aged and doesn't regret it, while the other is adolescent and scared. The two women form a strong bond with one another as they both confront motherhood. From legendary director Pedro Almodóvar.

Wildhood

A rebellious two-spirit teenager runs away from home to find his birth mother and reclaim his Mi'kmaq heritage.

The Wolf and the Lion

A wolf pup and a lost lion cub are rescued by a girl in the heart of the Canadian wilderness. Their friendship will change their lives forever.

My Sweet Monster

Princess Barbara is secretly in love with Prince Edward. When the sneaky post clerk Weasel demands the king to marry him to Barbara, she flees. Sweet monster Boogey does everything in his might to help Barbara save the kingdom.

Also:

Jockey

My Sweet Monster

Last Looks

Queens of Mystery: Series 2

Royal Flying Doctor Service:

Season 1

Vienna Blood: Season 2

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