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Alta Vista-Canterbury Community Newspaper (FREE)

Vol. 41 No. 4 April 2022

HAPPY BIRTHDAY COURTNEY!



VISTAS own Courtney and Celine Tower in 1997; Photo credit: Gerri Doherty

VISTAS STAFF REPORTER, COURTNEY TOWER, TURNS 90 ON APRIL 7th, 2022

By Jim Doherty, Advertising Manager, VISTAS

Courtney was asked on numerous occasions if he wanted to write a monthly column in VISTAS, as his journalistic expertise would be welcomed by its readers.

Courtney has said that in a weak moment he agreed he would. It all started in January 2017, and many residents of Alta Vista have been subjects in his OUR PEOPLE column since then. He has also written a number of articles on community related matters. As the only journalist on the VISTAS Board of Directors, his input and editorial suggestions have been invaluable.

My wife, Gerri Doherty, has had the pleasure of taking photographs of the people Courtney has interviewed.

Happy 90th birthday, Courtney, on behalf of VISTAS and our readers!

Footnote:

Courtney's dearest wife, Celine Tower, long-time editor of VISTAS, passed away in 2014. She would have been pleased that the editors who have followed her, along with all the other volunteers, have ensured that VISTAS continues to be a strong part of the community.

See more photos on page 23



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LAYOUT EDITOR

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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.

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

Contact us at Editor@vistas-news.ca

AN OMINOUS SEQUEL IN INTENSIFICATION: THE PROVINCE'S TASK FORCE ON AFFORDABLE HOUSING

From the perspective of a homeowner in Alta Vista, and from that of the Association for a whole community, Ellwood, two important articles report an ominous sequel to what Ontario communities have long gone through in the density/intensification process now before the provincial government (see pages 10 and 35). Here is a report, commissioned by the same government, that would take intensification many steps further if adopted. Readers here and across the province will want to educate themselves about it. Try our MPP and maybe our local Councillor, for information.

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SUBMISSIONS & COMMUNITY EVENTS

Articles submitted for consideration for publication should be 800 words or less and emails and letters 500 words or less. Pictures submitted should be 300 DPI resolution.

DEADLINE: 15th of the month prior to publication.
Email: Editor@vistas-news.ca.

ADVERTISING

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

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

Full Page	\$250.00	(10” W x 13” H)
Half Page	\$140.00	(10” W x 6” H)
Quarter Page	\$ 90.00	(5” W x 6” H)
Business Card	\$ 30.00	

DEADLINE for ads: 15th of the month prior to publication.
Email: Advertising@vistas-news.ca.
Classified ads are \$10 (maximum 25 words).

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

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LETTERS TO THE EDITOR

Barred Owl in the Neighbourhood

To the Editor and Richard Knapton,

We live a block from WRENS Way, and were very interested to hear about a Barred Owl living there. We never expected to find this beautiful creature sitting in our ginkgo tree earlier this week.

There are two bird feeders on our tree, and we wonder if the squirrels, mice and voles who eat the dropped seeds were the attraction. The owl stayed for about twenty minutes, but left without a snack.

We think this is a Barred Owl, but would appreciate confirmation.

We moved to this wonderful neighbourhood about five years ago. Reading VISTAS every month has been a great way to learn more about Alta Vista, and Richard Knapton’s column is a welcome addition.

Ruth Walden and Joseph Rikhof

Richard Knapton’s response:

Excellent spotting, Ruth and Joseph. It is interesting that a Barred Owl is hunting the back gardens alongside WRENS Way; as for prey, it is almost certainly after Meadow Voles that are foraging the spilled bird seeds. If we have another snowfall, then a quick look at mammal tracks under the feeders will tell you if voles rather than mice or squirrels are helping themselves. As a rule, red squirrels have settled down for the night in their nests before Barred Owls start hunting, but a tardy squirrel could easily become prey for the owl.

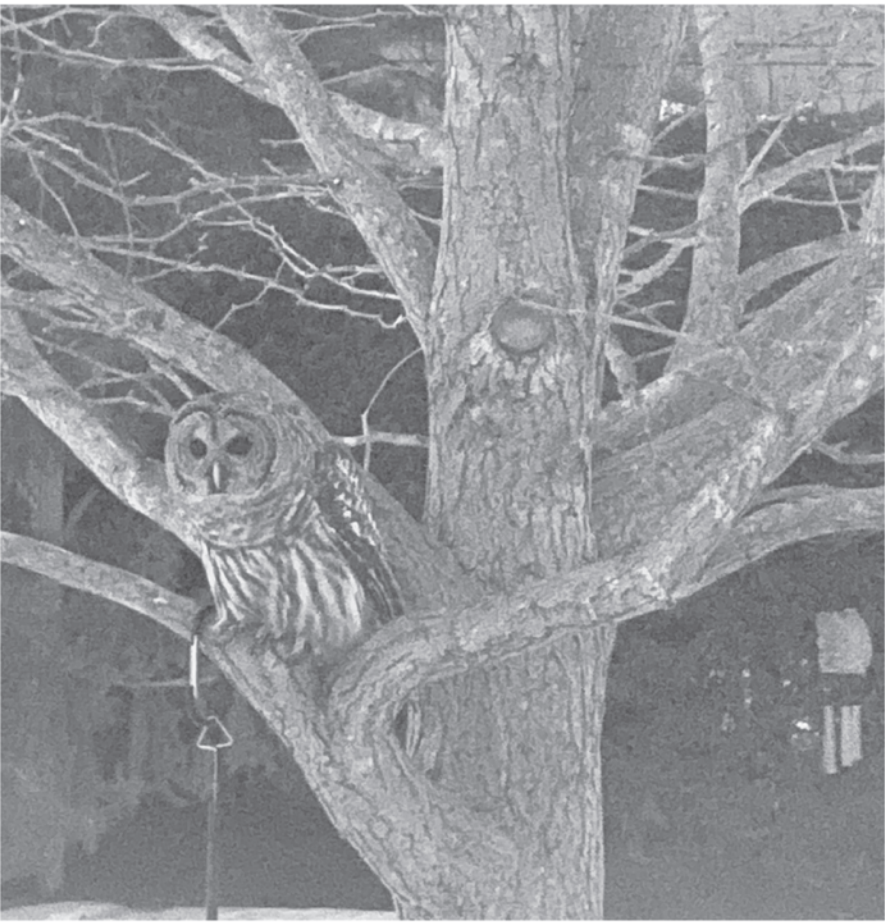


Photo credit: Joseph Rikhof

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
May Issue	April 29, 2022
June Issue	May 27, 2022

LETTERS TO THE EDITOR

Nature lovers will find a way

Re: Save the Monarch Butterflies – Plant Milkweed by Fatima Matar, VISTAS March 2022

So pleased to read Fatima Matar's article in VISTAS – what a stroke of luck, I thought – those lovely creatures do exist. Clearly my garden lacks sustenance; the one butterfly I've seen in my 50 years in Alta Vista was a lonely cabbage butterfly that had a quick fly-over, turned on its yellow wings and left.

When I moved to my present address in Alta Vista, to my delight spring arrived with an abundance of perennials, including several hardy looking milkweeds. There they stood, looking hale and hearty, side by side, backed against the basement wall, in the shade from our hot summers. I watered them faithfully every summer, and waited and waited, for 20 years.

Not a blossom or a seed pod – yet the plant looked healthy and satisfied. At least my other charges seemed attracted to what I had to offer in my crowded, non-chemical garden – ask any of those possessive and aggressive little bees – who only stung me three times last year.

This area of Alta Vista was farm land until the 60s – DDT was the bug killer of choice. And if I recall correctly, the City was spraying the area, street by street, each summer – after notifying residents in advance of the visit and advising all to remain indoors at certain hours. No thought of what DDT did to anything except those who walked on two feet. Maybe this explained the barren condition of my milkweeds.

How far Ottawa has come along the way. And as future plans see a city that may someday look like a collection of Purple Martin houses – tree canopies over all – flush only if you must –nature lovers like Fatima and I will always find a way.

Mary Howell, a local writer and award-winning poet



“Some people can't be fooled on April Fool's Day because they were fooled too many times during their entire lifetime.”
- Akash B Chandran

VISTAS Vision

The VISTAS community newspaper is in its fourth decade of production. We aim to provide interesting articles about your friends, neighbours, activities available in the community, and items of concern to the Alta Vista area. We encourage involvement and discussion from our readers and look forward to reading your emails, letters and submitted articles. Your VISTAS team will do its utmost to continue to provide a quality newspaper which will be an enjoyable read for your home.

Distribution of VISTAS

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- Mimosa, 30 papers
- Pixley, 60 papers
- Station Boulevard, 40 papers
- Winther, 24 papers



For East of Haig

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Audrey	Haig	Russell
Avenue N	Halstead	
Avenue P	Hamlet	
Avenue Q	Haney	Saunderson (Pleasant Park to Smyth)
Avenue R	Hastings	Saunderson (Smyth to Halstead)
Avenue S	Heaton	Shamir
Avenue T	Howland	Shelley
Avenue U	Hutton	Smyth (Dauphin to Russell)
Balharrie	Joliffe	Sonata
Blackstone	Keats	Southvale
Botsford	Magnus	St Laurent (Walkley to Russell)
Botsford	Martha	Susan
South	Maywood	Tawney
Browning	Melfort	Tupper
Carnegie	Monteith	Valley
Caverley	Erinbrook	Weston
Chadburn	Fairdale	Weyburn
Chaucer	Fife	
	Fleming	Orchid
	Folkstone	Othello
	Furby	Pleasant Park
		Plesser
Connery	Gill	
Cornish	Glendevon	Pullen

*Sweet April showers do spring
May flowers.
- Thomas Tusser*



LETTERS TO THE EDITOR

Open Letter Re: Canada Lands consultations on Federal Study Centre 4 concepts

Dear Ms. Mary Jarvis, Director Real Estate, and David McGuinty, MP;

Canada Lands Company reportedly indicated at the February 22nd Alta Vista Community Association (AVCA) meeting that because of the value of the land, Canada Lands expected to apply for an amendment to Ottawa's Official Plan to allow for mid-rise (five to nine storey) buildings. This comment clearly embodies a specious argument!

The value of any property is generally a direct function of the density permitted under the applicable zoning. For example, a developer will pay proportionately more for a site zoned for 40 stories versus a 20 stories site versus 10 stories, and so on!

There is no right or obligation for the community (City) to grant permission for building heights on Heron Road above the four stories maximum established under Ottawa's recently approved Official Plan.

Surely the six stories limit established under the site plan controls for the Hazelview development fronting on the south side of Heron Road should form an upper limit for the north side, which is in closer proximity to the existing low-rise community.

The real questions for Canada Lands Company are:

1. Does the Crown Corporation not recognize the legitimacy of the recently proclaimed Ottawa Official Plan? If not, why not?; and
2. If the Crown Corporation does not recognize the legitimacy of Ottawa's Official Plan, why should the Crown's imputed land value not be more consistent with that Plan, (i.e., the four stories maximum established for minor collector roads, such as Heron Road)?

Russ Jackson, PEng.

Response from Ms. Jarvis

Thanks for your email. We appreciate continuing the dialogue and offer the following comments in response to your email.

I would like to clarify the reference I made at the February 22nd AVCA meeting. In response to a question regarding the number of singles and townhomes we anticipate developed at 1495 Heron Road, I responded that we did not anticipate single or townhome units within the development since the land value, the price of serviced lots, would be high which would make the units unaffordable to many in our community.

You are correct that the city has no obligation to grant permission to increase building heights or to change the zoning on the site from "Institutional" to a zone which will permit residential and commercial uses. There is no guarantee that our application will be approved.

We are working on the revised concept plan to address concerns and locate taller buildings away from the Guildwood Estates community, designing appropriate buffers from WRENS Way and the rear yards on Amberdale Crescent and Garand Place, and accommodating storm

water management while addressing concerns raised by the community regarding open water ponds. Our goal is to ensure buildings of taller profile are no closer to the Guildwood Estates community than the existing mid-rise buildings on the site today.

To allow this, we anticipate that we will require an amendment to the Zoning Bylaw to broaden the residential uses permitted on the site and to increase building heights to nine storeys. The current zoning of the property is I1A (366) H 21 - Minor Institutional Zone, Subzone A Exception 366, Maximum Building Height 21 metres, maximum building heights of seven to eight storeys. The property is within the Outer Urban Transect and is designated Minor Corridor (for 120 metres from Heron Road) and Neighbourhood with an Evolving Neighbourhood Overlay. Redevelopment and intensification are permitted within these designations.

The Official Plan policies applicable to 1495 Heron Road support the transition of the site to a mixed use/residential development. We anticipate that the City will require that we prepare an area-specific policy, which will result in an amendment to the Official Plan to add the policy to the plan, to "provide a further layer of local policy direction to guide more cohesive development over time." Details of the purpose, support for and function of area specific policies can be found in Section 12 - Local Plans of the Official Plan.

As you may be aware, we plan to return to the community with a revised concept in April.

Mary Jarvis, Acting Senior Director, Real Estate, Canada Lands Company

VISTAS Editor's note:

Canada Lands is inviting the public to a bilingual virtual public meeting on Wednesday, April 13 (see UPCOMING EVENTS on page 43 for more information).

Time for wood chips along paths in Pleasant Park Woods

Soon the trilliums, dog tooth violets, blue cohosh, wild columbine and other wild flowers will be blooming in Pleasant Park Woods.

Given the number of people and animals that go through the park and the number of new paths they are creating; I believe it is time to put down wood chips along some of these paths together with signs that say "Keep to the Path." This will help prevent the future destruction of the vulnerable wild flowers and help preserve this ecosystem.

Given how wet the park gets in the spring, having wood chips along some of the paths would encourage people to use these paths.

Michel Rene de Cotret



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OUR COMMUNITY

HEROES OF HERON EMERGENCY FOOD CENTRE

By Lynn Sherwood

This month we want to share some good news about one of the families who have been volunteering at HEFC for several years now. Their story has been told in two previous HEROES articles.

On March 8, Diya, Jamila and their father, Mahmoud Altmmo, dedicated volunteers at HEFC, officially became Canadian citizens. Mahmoud, tears in his eyes, says that this is the day he has been planning and hoping for since their arrival in Canada in 2016. Members of the first group of Syrian refugees in Canada, they were met by the Prime Minister, who presented them with winter coats. The family arrived in Ottawa after a long journey: they fled from Aleppo, Syria to Turkey in 2014, following the death of a 16-year-old cousin who was hit by a stray bullet, and were transferred from Toronto to Winnipeg to Alberta, before finally settling in Herongate, here in Ottawa.

Their story of involvement with HEFC is complicated, involving many other people. Mahmoud was taking an English class at the Heron Road Community Centre when Louisa Simms, our executive coordinator, came knocking at his classroom door looking for volunteers to help unload a truck full of groceries from the food bank. Mahmoud became a regular on our Thursday morning unloading crew. When he was sidelined by a workplace injury to his arm, further injured his leg, and was less able to help out, Diya, the oldest, began volunteering in 2019. This past year, his younger sister, Jamila aged 14, also began volunteering. Jamila in turn introduced me to her cousin, Amro Karram aged 13, (who was busy packaging groceries in a corner of the room as we spoke), and who is now volunteering at HEFC. Jamila and Amro are in the grade 7/8 class at Featherstone School that produced the wonderful Spotify song about volunteering that we featured in our January HEROES article. Diya took time from his part-time job after school – he attends Ridgemont High School – at the Independent grocery store to come to talk about becoming a citizen of Canada. He states that his volunteer experience at HEFC really helped him get this job. Mahmoud, whose health is improving, is employed as a personal shopper. Mother Mevat Nakkar cares for two little sisters Sarah, aged 4½ and Sima, aged 1½.



Jamila, Diya and Mahmoud Altmmo are new Canadian citizens.

Despite gaining the security of Canadian citizenship as well as employment, challenges remain for this family. Currently all six of them are living in a cramped two-bedroom apartment. Their application to Hazelview for a three-bedroom apartment was recently denied, and they cannot find more spacious accommodation.

Meeting with this family and listening to them describe the events that have brought them to our city, I can't help but wonder how well I, myself, would be functioning if, within a period of ten years, I had to flee my ancestral home with all my family in order to survive, had to spend two years in transit in a temporary country, and then had to move to a place as far away and as fundamentally different as Canada and start over – living with five other people in a cramped apartment during an Ottawa winter. I am amazed that this family – with two teenagers and two toddlers – is still able to smile and speak in a civil fashion with each other, let alone achieve at school, volunteer at a food bank, learn a new language and find employment. Their remarkable energy, resilience and courage confirms that they are of the same stalwart character as the folks who came to Canada fleeing war and poverty in former times. Welcome!

Listening to the news each day, we are increasingly aware of the millions of displaced refugees seeking new homes because of war in Ukraine. HEFC is located in a community that houses a high proportion of the refugees who do arrive safely in our peaceful country. Helping them to integrate into Canadian society has become part of our work. Refugees from all over the world volunteer at HEFC, finding this to be a means of fitting into the community, meeting new people (many of them refugees also), learning English and acquiring the skills that help them to move into paid employment. The story of the Altmmo family is an example of the way the system is supposed to work.

As we move forward into uncharted territory with the expected surge of refugees into our community over the next year, let us remember that newcomers succeed when they have an opportunity to become equal members of our community. Generous access to the basics, security from danger, decent housing, nutritious food, education, and the opportunity for meaningful participation in the life of the community, create the conditions in which people can regain control of their own lives. With reports of increasing inflation and the consequent costs of daily life, as well as our responsibility to step up to assist incoming refugees, we at HEFC anticipate increasing demand for our services and greatly appreciate your donations of cash and food.

In preparing this article, I thought I would research some facts and figures regarding refugees – and discovered way too much information for this brief article. According to the United Nations High Commission for Refugees, last year Canada provided 30,082 refugees with the opportunity to build a new life for themselves and their families, including through private sponsorship ... If you are interested in learning more: www.statista.com/topics/2897/refugees-in-canada; and www.unhcr.ca/in-canada/refugee-statistics.

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.

APRIL WISH LIST

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

OUR COMMUNITY REPS

HELPING OUR BUSINESSES REBOUND ONCE AND FOR ALL

By Jim Watson, Mayor

February was nothing short of a nightmare for the people of Ottawa, especially for those living, working and running businesses in the downtown core. I want to take this opportunity to thank them for their patience and resilience during that time.

A special thanks also goes to the Ottawa Police Service and the officers from other law enforcement agencies from across the country that worked in lockstep to carry out a measured and effective plan to restore peace and reclaim our streets in Ottawa's downtown following a weeks-long occupation. And to all the frontline workers, first responders and City staff who put in countless hours and tireless efforts during a long month – thank you.

With that said, businesses in the downtown core were some of the hardest hit over the last few years, following several pandemic-related lockdowns in Ontario and then the many weeks of closure as a result of the occupation. While municipalities in Ontario do not have the ability to provide direct financial assistance to businesses, Council passed various motions at a meeting last month that will give them a leg up in the coming weeks and months. These include:

- A deferral of interim 2022 property taxes for affected businesses in the areas impacted by the occupation;
- Providing a total of \$450,000 to affected Business Improvement Areas, Business Associations and the Ottawa Markets Corporation;
- Approving a funding contribution of \$50,000 to the Ottawa Music Industry Coalition to deliver an expanded City Sounds outdoor concert series in 2022;
- Expanding no-charge transit to include service on O-Train Line 1 until March 27; and
- Approving free parking at downtown City-owned surface lots and garages through March 31.

In addition, I want to thank the provincial and federal governments for their business relief funding to cover some costs incurred during the demonstration. While this is a good first step, I continue to urge both levels of government to also cover lost wages for employees who were significantly affected during this period.

I know these measures are just a starting point to encourage residents and visitors to return to our downtown core to enjoy our vibrant neighbourhoods and experience the beauty of our nation's capital. As we begin to see restrictions lifted across the province, I want to thank all those who continue to follow advice from our public health experts to keep ourselves and our neighbours safe. COVID-19 is still present in our community, and while we still need to be cautious, we must also find a way to learn to live with the virus.

For details related to the business support package, please visit www.ottawa.ca.

"The weather wouldn't settle down. It would rain cats and dogs, then stop, then drip awhile, then stop while it made up its mind what to do next."
- Glendon Swarthout, *The Homesman*



The people of Ukraine are currently facing an unimaginable threat to their lives and country. The Canadian Real Estate Association is encouraging Realtors and friends to support the Red Cross in their efforts. Contributions to the Canadian Red Cross' Ukraine Humanitarian Crisis Appeal will help provide humanitarian assistance and alleviate suffering in Ukraine.

Please join me in supporting the Canadian Red Cross @ redcross.ca



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- » le Supplément de revenu garanti
- » les demandes de renseignements relatives à la citoyenneté
- » les questions d'immigration
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John Fraser, MPP
Ottawa South

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- 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:

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OPINION

Another challenge to development rules for the future in Alta Vista

By Don Belisle



After the serious citizen concerns expressed over the past year and more about the City of Ottawa’s Official Plan and its potential impact on Alta Vista, residents should now be aware of another potential threat on the horizon that could have significant negative impacts on property values and the character of our neighbourhoods.

In December 2021, in what was deemed a response to the housing affordability “crisis” in the province, the Ontario government’s Minister of Municipal Affairs and Housing formed a “Task Force on Housing Affordability.”

But a close look at who is on the Task Force and their recommendations raises serious questions about whose interests are actually driving future plans for building 1.5 million new homes in the next decade.

The Task Force was chaired by Jake Lawrence, the Chief Executive Officer and Group Head of Global Banking and Markets, Scotiabank. Other members of the 9-member Task Force include:

- President of Manor Park Management – a development company
- President of Diamante Urban – a real estate company
- Senior Principal of Real Estate at the Investment Management Corporation of Ontario
- Chief Executive Officer of the Ontario Real Estate Association
- President and Chief Executive Officer of the Building Industry and Land Development Association

The three remaining members include an urban planner from Ryerson University, the CEO of Ontario Aboriginal Housing Services, and the CEO of Habitat for Humanity Greater Toronto.

And in under two months this Task Force, composed of primarily development industry representatives, released a report with 55 recommendations, most of which, if not all, are developer friendly.

The recommendations focus on getting rid of rules and red tape and allowing developers free rein to increase housing density and supply, which they claim will make housing more affordable. There is no mention of initiatives to control price increases, such as ending blind bidding or the role of real estate funds. Nor is there an analysis of the role of government in investing in alternative forms of housing, such as co-operatives or publicly-funded housing. The ultimate message from the Task Force appears to be to unleash the power of the market to fix the housing availability problem.

And add to this that there are questions being raised around the basic numbers being used to support the arguments. Recent information from Statistics Canada, for example, indicates that housing units in Canada are actually already on par with the population growth. In a February 9, 2022 article in the *Globe and Mail* titled, “Census data shows Toronto’s housing units growing faster than population,” the following census information is provided for population and private dwelling (including houses and condos) growth between 2016 and 2021:

Location	% Dwelling increase	% Population growth
National	5.7	5.2
Montreal	5.7	4.6
Toronto	7	4.6

If the Task Force recommendations are accepted, residents would very likely see dramatic changes to their neighbourhoods.

Some of the most far reaching recommendations include:

- Allowing “as of right” residential housing up to four units and up to four storeys on a single residential lot;
- Permit “as of right” secondary suites, garden suites, and laneway houses province-wide;
- Allow “as of right” zoning up to unlimited height and unlimited density in the immediate proximity of individual major transit stations;
- Allow “as of right” zoning of six to 11 storeys with no minimum parking requirements on any streets utilized by public transit (including streets on bus and streetcar routes);
- Designate or rezone as mixed commercial and residential use all land along transit corridors;
- Repeal or override municipal policies, zoning, or plans that prioritize the preservation of physical character of neighbourhoods;
- Reduce or eliminate minimum parking requirements;
- Limit municipalities from requesting or hosting additional public meetings beyond those required under the Planning Act;
- Remove right of appeal for projects with at least 30% affordable housing in which units are guaranteed affordable for at least 40 years.

Keep in mind that these recommendations stem from a report based on two month’s work on the complex issue of housing affordability, and focus largely on removing regulations governing development as the solution to affordability. To better understand how far reaching the recommendations are, readers are encouraged to review the full set at: files.ontario.ca/mmah-housing-affordability-task-force-report-en-2022-02-07-v2.pdf.

And note that the City of Ottawa and some community groups have already raised concerns with the recommendations.

A report submitted by Stephen Willis, General Manager, Planning, indicates that the City’s new Official Plan is already intended to increase the housing supply but with sensitivity to local context, and also argues that a one-size-fits all approach is aggressive and unnecessary. Willis’ report was adopted by the City’s Planning Committee.

The Federation of Citizens’ Associations of Ottawa has also prepared a comprehensive rebuttal to the Task Force report which can be obtained at: bulldogottawa.com/wp-content/uploads/09-Let2PlanningCom-TF-Housing-Afford-07Mar22.pdf.

For anyone interested in future housing issues, know that the Ontario Task Force recommendations are not a *fait accompli*, and may well serve as a trial balloon to determine the mood of the electorate prior to the spring election.

So, residents of Alta Vista who care about these issues are encouraged to register their concerns directly to the Minister of Municipal Affairs and Housing at steve.clark@pc.ola.org, or by mail or phone:

Hon. Steve Clark
Ministry Office, Ministry of Municipal Affairs and Housing
17th Floor, 777 Bay St
Toronto ON M5G 2E5
Telephone: 416-585-7000

Don Belisle is a homeowner in Alta Vistas’ Applewood Acres for the past 25 years

OUR COMMUNITY



AV Mysteries: The Case of the Dying Diocesan Centre (April 2022)

By Chris Wiebe

As the snow melts and last year's grass comes back into view, lingering Alta Vista mysteries also re-emerge. The Diocesan Centre at 1243-1247

Kilborn Place lies like a gigantic horizontal question mark on the edge of the neighbourhood. What is to become of that handsome yellow and glazed brown brick building now that the John Paul II Residence and a dozen church organizations (like the Commissariat of the Holy Land) have been dispersed, and Diocesan offices decanted into the former St. Thomas Aquinas church across the street? An air of sadness now broods over the empty property. Even the Lombardy poplars flanking the spiky central tower seem to be slowly withering.



The death knell for the Centre came in an Archdiocese of Ottawa-Cornwall press release on September 4, 2020. "The building housing the Diocesan Centre ... was near the end of its lifespan," the release read, and "recent difficulties with heating and cooling, the status of the boilers, and other deficiencies have moved up the timetable" for a planned relocation. "We aim to ensure," said Monsignor Léo Villeneuve, Moderator of the Curia, in the release, "the long-term safety and comfort of our employees and the staff of the other ministries that we host. Although we are in no immediate danger, this building, built in 1957, is no longer sustainable." In other words, the spacing needs of the Diocese had changed, and it isn't worth putting any funds (large or small) into repairing the structure.

Speculation loves a communication vacuum, and there are currently few clues as to the Centre's future: Will the property be sold? Is demolition imminent? At various points this past winter I checked to see whether the gas gauge on the physical plant wing was moving – it wasn't. There didn't appear to be exhaust emerging either. Without heating, buildings that are vacant for prolonged periods are susceptible to structural damage caused by condensation from rising and falling temperatures, and lack of ventilation can lead to irreparable mold damage to the interior. Old brick and heavy timber buildings like those in Winnipeg's Exchange District can come through a period of neglect unscathed. But for mid-century buildings, no heat or ventilation is often the kiss of death.

Sadly, most North American buildings are demolished well before the end of the useful life of their structural systems. A 2004 study by the Canadian-based Athena Institute looked at 227 residential and commercial buildings demolished in St. Paul, Minnesota. They found only 3.5% were demolished because of a specific structural problem: 23.8% were demolished due to lack of maintenance; 22% were deemed no longer suitable for needs; and 34.8% because of area redevelopment.

You might ask why I'm referring to such an old study. Perhaps not surprisingly, almost no studies have been done on the service lives of North American buildings. There is little interest (and funding?) in conducting this kind of research. Easy demolition is our society's dirty little environmental secret.

As a culture, we have a problem with waste, and it is connected to the way we assign value to things, our accounting systems. When has something become worthless? What is the tipping point between when it is worth investing money and effort into a building, and when it should be discarded? With Canada's Catholic and mainline Protestant church organizations, these are not necessarily fair questions. All of them have more buildings and properties than they can realistically sustain and use at this point in history, and their property management decisions likely are more about managed retreat and consolidation, than the continued maintenance of their vast real estate portfolios.

And yet, the decisions these church organizations make about the maintenance or disposal of the prominent pieces of our urban environment currently in their care, will have a profound impact on all our communities. In an age focused on urban intensification and sustainable living, the decisions these church organizations make will have implications for us all.

So when I walk past the old Diocesan Centre these days, I see a large, imposing place, pregnant with possibilities. At roughly 450 feet long and 35 feet deep, the front building has 16,000 square feet of floor space (13 or 14 Alta Vista bungalows!) on each of its three floors – and this doesn't even include the office wing and chapel to the rear. With multiple floors of residential rooms in the west wing and a commercial kitchen, one can see the utility of this kind of place in an age of refugee crisis. Let's dream big as a community, and hope that the Archdiocese of Ottawa-Cornwall can as well.

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OUR PEOPLE



OUR PEOPLE: STAIRWELL CAROLLERS



**A Twitch Of An Eyebrow
And The Carollers Are Off
That is, off pitch or off tempo
It's How "Pete" Massie Directs
His A Capella Stairwell Carollers**
By Courtney Tower and Skylar Josephson

His eyebrows lift a bit or are relaxed under his shiny bald dome, the toothy smile broadens or becomes a touch more strained, and the singers know that they are ever so minutely off tune or on, off tempo or on, to the discriminating ear of their director, Pierre "Pete" Massie.

Mr. Massie, a jovial bear of a man, sings tenor and directs from the tenor section off to one side of the group, not up front waving a baton up and down as conductors do. It's how he has led up to 34 a capella (no instruments but the voice) singers, directing through body language, since founding the Stairwell Carollers with Holly, his wife and partner of all those years since they were Ottawa University students.

"Pete can hear within 100th of a tone if we or some of us are out of tune, or if anything is just off, and those eyebrows are where our pitch is – if the eyebrows go up, then we are not quite right. It's an effective teacher thing," says Maggie Park of Alta Vista (alto singer though often soprano), who has been singing under those eyebrows for 15 years.



"Pete" is Pierre Massie, the founder 45 years ago of this a capella group and still its director with wife Holly.
Photo credit: Anita Beaudette.

Another Alta Vista singer (soprano) of the group, Anita Beaudette, a newcomer since last September, echoes the Maggie Park account of singing in a group whose leadership is at once genially relaxed yet rigorous. Anita, though, plays another chord. "Now that COVID-19 restrictions are being relaxed, we are rebuilding the Stairwell Carollers," she says, "and we need to audition men; we've a shortage of male tenors and basses. Singers dropped out of the choir during the pandemic."

At the moment, the Stairwell Carollers comprise six sopranos, six altos, four basses and three tenors, or 12 women and seven men, "not quite a balance, obviously," says Anita.



Virtual choir from September 2020

Special And Renowned Check Them On Internet

This is a singing institution not only in the Ottawa area but internationally, a group apparently of unique style and excellence that is known in the singing world. Their songs and performances are available in abundance on the Internet; just google "Stairwell Carollers" and YouTube and other sources spring forth. Hark to such beautiful singing as "What Child Is This?"

*This, this is Christ the King
Whom shepherds guard and angels sing
Haste, haste to bring him laud
The Babe, the Son of Mary*

An 1865 song in England about the birth of Christ, the melody is that of "Greensleeves," about a person's love for another – "who but my Lady Greensleeves." So no connection in spirit. But the hymn lives on in our churches today.

Or hear the Stairwell Carollers perform a work that goes back to The Magnificat and a 13th century carol in the Basque country about the Angel Gabriel telling this young virgin that she would become the Mother of Jesus Christ. It was paraphrased into English in the 1800s, by Sabine Baring-Gould, who also wrote Onward Christian Soldiers.

*The angel Gabriel from heaven came
His wings as drifted snow, his eyes as flame;
"All hail," said he, O lowly maiden Mary,"
Most highly favoured lady: Gloria!*

As Anita Beaudette and Maggie Park tell it, liturgical music is by no means the only repertoire of Stairwell Carollers, who perform in languages as different as Swedish and Spanish, Latin and German, Ukrainian and French. Folk songs, songs of wassail (carousing, to us), songs of love, songs of the European Renaissance, more popular and contemporary songs such as Pierre's choral arrangement of "Do You Hear What I Hear?" and "Northern Lights" by Ola Gjeilo, are all grist to Mr. Massie's mill.

OUR PEOPLE

A Waterfall Of Sound Eight Parts, Together

They can be as elaborate as “Crucifixus” by Antonio Lotti, 17th and 18th century Italian composer, which Maggie Park describes as “so difficult to sing because there are eight different voices and they don’t all come in together at one point, bar to bar.”

“What you get, when it works well, is a waterfall of song, complex, on the beat, absolutely on pitch – incredible when it works.”

When it works, of course, is the whole idea; and a capella singing, the voice being more of an instrument than when it is accompanied, is meant to provide purity of sound and tone along with joy and sheer love of what is being sung.

Pierre Massie (“Pete” to his wife and colleagues, even his Mother) has been working on that since the lad from Timmins, Ontario, became a music student, in French, at Ottawa U, in the 1970s. Holly Massie, alto, recalls: “I was a drama student there, in English, and Pete dragged me out to sing for the first time and he kept encouraging me, saying I could sing in a group, that I could do it, and I was really surprised that I found I could. Eventually, it came.”

“There were four of us to start with, in 1977. The beginning for me was scary since I was a shy kid. But somehow he kept up the encouragement, he wouldn’t stop saying that I could do it. He had us singing in stairwells at the University, to other students and faculties. We married in 1980, after we graduated, and we have been The Stairwell Carollers since then, while we both went into high school teaching, he in singing and me in drama.” They taught in high schools all around Ottawa including, for Mr. Massie, many years at Glebe Collegiate.

Not Enough Me For The Right Balance

Nowadays, Holly Massie continues, “we have to rebuild, starting with male voices. We have always sounded like an English boys’ choir. No big, big, choir sound – no heavy vibrato or tremolo, no voices that stick out. A successful audition has less to do with a person’s music training than the purity of their sound. We want voices that blend with the voices of the choir.”



Maggie Park; Photo credit Anita Beaudette

On his directing-by-eyebrow, Pete Massie in a telephone call agrees that that is what he does. “I sing tenor, in the front row but off to the side, and I try to place myself so that everyone can see me, almost making an empathic connection with them all, rather than standing in front of them with my back to the audience.” Mr. Massie repeats Holly and Maggie and Anita, saying that the singer must come to rehearsals and concerts prepared, to be familiar with the music and their parts

in it: rehearsals are not for learning the parts but for fine-tuning dynamics, rhythm and tempo. When a person is auditioning, Mr. Massie says, “I might just ask them to sing ‘O Canada,’ or a song of their choosing, and in 20 seconds I will know whether that voice is too powerful for us or whether it will blend well with the others. It is the blending that we seek. And the purity of their tone.”

After the COVID-19 restrictions, Stairwell Carollers have begun holding rehearsals in-person at St. Columba church in Manor Park. There, the ever-precise Massie went about with a measuring tape, marking off the positions for his singers so that they were properly distant from each other.



Filming the on-line Christmas concert 2021 - Anita Beaudette in centre
(Photo provided by Anita)

Their audition flyer states that auditions are virtual “via Zoom, Skype, or FaceTime ... the candidate must have access to software to read PDFs and [to] play MP3 audio files.” Would-be candidates should contact Holly at info@stairwellcarollers.com to make arrangements.

Skylar Josephson is a Grade XI student at Ridgemont High who works with VISTAS as part of a Co-Op program, and who is thinking ahead to journalism as a career one day.



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OUR COMMUNITY

An Unlikely Officer, A Worthy Spy

By Joe Healy

This short story is about one of the most unusual careers of any RCMP Officer who ever served in Ottawa. This officer led a very unique police career filled with mystery, danger and suspense. It is the story of RCMP Officer O.333, long deceased Superintendent John Johann Leopold, who was better known in the press and to the public by his undercover alias: Mr. Johann Esselwein.



Courtesy of The Quarterly. V24(1). July, 1958.

John Leopold (left) was born in Czechoslovakia in 1890. He was a single man, and from all reports he left his parents and his siblings behind when he immigrated to Canada in 1912. Upon arriving in Canada, Leopold first moved to Alberta where he eked out a living performing hard physical labour to survive. He recognized that he needed a change away from the farming

lifestyle. Leopold also sought adventure.

It was the fall of 1918 and World War One was still raging. Leopold had the notion that he wanted to go overseas, and he sought a means to do so. On September 26th, 1918, he joined the Royal North West Mounted Police (RNWMP). The RNWMP sent men to Siberia, France and Flanders. Leopold was an unusually short man at 5' 4", and this distinguishing feature would normally have made him unsuitable for the police profession due to the height regulations at that time. However, Leopold's short stature was not a barrier to the RCMP – he was in fact an excellent candidate for undercover operations. What made Leopold a remarkable asset, aside from his height, was his ability to speak several languages: Czech, German, Polish, Ukrainian and English.

While his physique may have made Leopold an unlikely person to become a "constable on patrol," he was the perfect man for a dangerous job which the RCMP had in mind. Constable Leopold underwent the challenges of Basic Recruit Training at "Depot" Division in Regina, but immediately afterwards he was recruited for a very sensitive domestic policing duty. He skipped the "general duties" of a newly trained police officer and was rerouted directly into a highly secretive police operation – Canada's own fight against communism. Canada was very aware that communism posed a threat to democracy. Political leaders from all allied countries feared the spread of communism. The events in Russia caused heightened security and scrutiny in Western countries – Canada included.

The RNWMP assigned Leopold the very difficult task of infiltrating the Communist Party and reporting back the inside operations and goals of the Party. Leopold was very convincing as a devoted Communist and rose in the Party to become a senior member as Secretary. While he was operating undercover, he endured harsh criticism by the unsuspecting press for working and associating with the Communist Party. Yet all the while he was collecting evidence: photographs, sketches and written plans that would be used to help the prosecution in later court cases. After seven years of undercover, Leopold wrapped up this secret operation. Several suspects associated with the Communist Party, including its leaders, were arrested, prosecuted and convicted.

There can be no doubt that Leopold's career as an effective undercover

police officer was one of dedication and sacrifice. His was a life of secrecy, which brought with it enormous stress. He lived with the constant threat of exposure and was very much alone in his role.

After the trials of the communist suspects, Leopold was allowed to return to normal police operations. He was promoted to Sergeant and transferred to Canada's northland.

Three years later, he was transferred back to Ottawa where he helped to create and build the new RCMP Intelligence Branch. It was here where he remained for several years. Leopold was promoted to Sub Inspector in 1942, and two years later he was promoted to full Inspector. In 1946, Inspector Leopold represented the RCMP at the Royal Commission on Espionage. It was reported that his insight and general knowledge of the topic of espionage was exceptional and helpful in the formation of Canadian foreign policy. In 1951, Leopold was promoted to Superintendent, and on November 20, 1952, he retired from the RCMP to live in Ottawa.

While many stories have been written about the exploits of Superintendent Leopold, unfortunately much of his undercover work and Canada's fight against communism remain top secret, even to this day. In his obituary which can be found in the RCMP journal The Quarterly, the author gave praise to John Leopold's police work. The author said, "... while the surface ingredients of his career are generally known, the details of his activities in the work on which he was engaged may never be told. It is sufficient to say perhaps that his knowledge of the forces engaged in the task of weakening our democratic structure was greater than [that of] any other Canadian." Leopold had hoped for real adventure, and when he joined the Force, he found himself in the midst of it.

Upon the announcement of his retirement, the local press praised Leopold. The press wrote, "he neither looked like a Mountie nor an undercover agent." The press also recognized the seriousness and merits of his undercover work, and the untold dangers that he must have faced over the span of seven years while working so closely within the



Superintendent John Leopold lies in Notre Dame Cemetery, Ottawa, ON. His plot is located in Section 28, plot #169 -- an unmarked grave

Communist Party.

Superintendent Leopold died at the age of 68, only a few years after his retirement. Leopold lived his whole life mostly alone and in loneliness due to the secretive nature of his work. He had no family. The lifeless body of Superintendent Leopold was found in his Ottawa apartment on May 5, 1958. Although he had retired from the Force, Superintendent Leopold was given a RCMP Red Serge funeral by his former colleagues and lifelong friends.

OUR COMMUNITY

men whose acts of courage are done in secret and who receive no rewards in medals of acclaim. Superintendent Leopold was one of them and today, when his death recalls the fraction of his achievement which was known, we honor the memory of a good man who was a proud servant of the land of his adoption." On behalf of all Canadians, the press recognized that John Leopold had many personal sacrifices to protect our national values of freedom and democracy.

In April 2020, Toronto RCMP Veteran Jack O'Reilly found the obituary for Superintendent Leopold that had been published in The Ottawa Citizen in 1958. The obituary said that he was buried in Notre Dame Cemetery. With the assistance of cemetery administrators, I was successful in finding his grave. It is sad to say that John Leopold presently lies in an unmarked grave, but now that his final resting place has been discovered, Ottawa Veterans have plans in the Spring to mount an RCMP marker on his grave. Superintendent Leopold rests in peace with the grateful thanks of Canada, his adopted country. His invaluable service to Canada cannot be fully measured, but his memory will endure today and tomorrow if only briefly in this short story.

Obituary source

RCMP Superintendent John Leopold's full-page obituary can be found in *The Quarterly*. V24(1). July, 1958.

Joe Healy, a long-time resident of Alta Vista, is a retired RCMP Superintendent and an amateur historian. After retirement, he became active with the RCMP Vets Association. As a result of work he did keeping track of the burial sites of RCMP members, he founded a website and a database at rcmpgraves.com.

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OUR ENVIRONMENT

Calling all lovers of Alta Vista's greenspaces! AVCA's Dog Strangling Vine Management pilot project launched – Volunteers needed

By Michelle St-Germain on behalf of the AVCA

The Alta Vista Community Association (AVCA) has officially launched its Dog Strangling Vine Management pilot project.

Swallow-Wort, commonly known as Dog Strangling Vine (DSV), has been spreading rapidly across the City of Ottawa and is wreaking havoc in many of our greenspaces, pushing out much of our native flora.

Moreover, many trees planted by the City in these green spaces have been choked dead by DSV. Many more will be lost unless it is managed.

Dog Strangling Vine is a serious threat to the Monarch butterfly, a species at risk in Ontario. Monarchs can mistake DSV for Milkweed and lay their eggs on the vine. Milkweed is the only host that will support Monarch larvae.

We're looking for volunteers eager to help get rid of this invasive menace. No special skills or knowledge are required – we'll show you what needs to be done! It's also a chance to meet others in your community who love nature and want to make a difference. And for high school students, it's a great way to complete your community service hours.

Work bees will be held weekly at the following two locations:

- Orlando Park Annexe/WRENS Way, located just off Heron Road, adjacent to the Queen of Angels Adult School and the soccer fields, on Tuesday mornings; and
- Kilborn Park, adjacent to Grasshopper Hill and the baseball diamonds, Sunday afternoons.

Depending on what Mother Nature decides, the official start date should be around May 1, 2022.

If you'd like to join up, or want more information, just send us an email at avcadsv@gmail.com. Remember, you can come however often as you can or want.

We are still collecting dark tarps, cardboard boxes and gardening tools if you have any to donate.

*April hath put a spirit of youth in
everything.
– William Shakespeare*





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JUST GOOD ADVICE

The Garden Gate

By Patricia Mosher

Feature: 10 Essential Gardening Tools



With the unofficial start to gardening in Ottawa just weeks away, April is a great time to take stock of your gardening supplies to ensure you have everything you need to hit the ground running. Fortunately, you don't need a lot of tools to make your gardening chores easier, faster, and more enjoyable. The secret lies in knowing WHICH ones to buy. Here are my top 10 suggestions:

Trowel – essentially a handheld shovel and one of the most indispensable garden tools (look for one with an ergonomic handle for good grip and comfort).

Pruners – essentially scissors on steroids and critical for trimming and pruning small branches, twigs and flower stalks.

Loppers – basically pruners with long handles that enable you to reach high areas and to cut through thicker branches in a single squeeze.

Collapsible Garden Waste Bag – because it's spring-loaded, it snaps up, and stays up, when you're ready to use it and collapses down into a tiny 2" stack for easy storage. It's also lightweight but tough.

Shovel – the best ones for gardening have a rounded or slightly angled edge.



Loppers

Watering can – critical if you have a rain barrel or grow plants in containers or baskets. Galvanized metal may last longer, but plastic ones will do the job too.

Gardening Gloves – latex-dipped gloves are my favorite as the durable coating is both waterproof and puncture-resistant.

Lawn Edger – if you want your yard to look professionally manicured, the "half-moon" edger is a must have. It's designed to create straight or curved cuts around walkways and garden beds.



Lawn Edger

Twine – so useful for keeping plants staked, supported, and bundled together.

Lanolin – less of a "tool" and more of

a self-care item that I consider no less important than everything else on this list. Its ultra-healing qualities and all-natural formulation (free of fragrance, preservatives, and other additives) makes it a go-to after a day in the garden.

Plant of the Month: Forsythia

The Forsythia shrub is the undisputed harbinger of spring in Ottawa with its explosion of golden yellow flowers that completely conceal the branches in early spring.

As an added bonus, Forsythias are low-maintenance and relatively fast-growing. In Ottawa, they are prized for their long branches that fill with brilliant yellow blooms in April, providing a much-needed jolt of colour at this time of year. The flowers precede the leaves which means you get to enjoy the blooms with no foliage to obstruct your view.



Forsythia; Photo Credit: World Plants

Bees and butterflies also love Forsythia, making this shrub a cheerful addition to a backdrop, border, or centerpiece in any yard. Under ideal conditions (full sunlight), Forsythia can live for 40 years or more. Some smaller varieties mature out at about 2' tall and wide, while

many of the larger varieties can easily reach around 10' in height and spread when located in full sun. As a fast-growing shrub, they can add as much as 24 inches of height in a year, especially the larger varieties. Forsythia can easily be pruned, however, to maintain any desired shape and size.

Forsythias are generally not fussy about the type or quality of garden soil, and even have some drought tolerance once established. They are very adaptable to both dry and moist locations, and should do just fine in most home landscapes. They are best planted in early spring or late fall while still dormant.

In some regions, Forsythia is also known as Easter tree. With Easter falling mid-April this year, be on the lookout for this cheery siren of spring in and around Alta Vista gardens over the long weekend and into early May.

Gardening in the Month of April

Outdoors:

- Apply a dormant spray on any roses, fruit trees/bushes (e.g., raspberry), junipers, and flowering shrubs to protect against a summer outbreak from over-wintering pests, larvae, and fungal diseases.
- Unwrap any shrubs/trees on your property and inspect for winter damage (prune off broken limbs as necessary).
- Plant a Forsythia shrub in late April once the ground has thawed.

Inside:

- Start a few annuals from seed to get a head start on spring – easy options include marigolds, impatiens, zinnia, coleus, nasturtium, and cosmos.
- Force pussy willows and/or Forsythia blooms inside.
- Start dahlia bulbs indoors if you have a sunny window.
- Keep collecting 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.
- Pre-order plants (perennials and/or shrubs) 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.

JUST GOOD ADVICE

Garden Humour



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

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

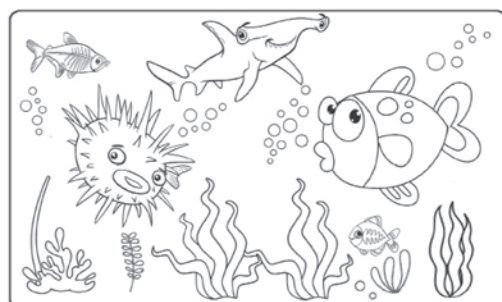
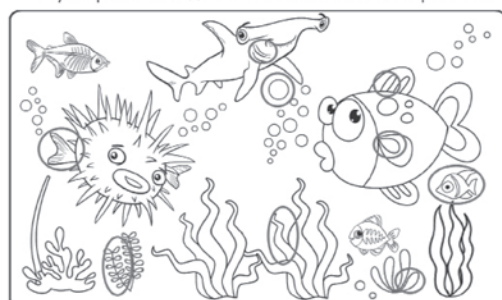
Spring Word Search

SOLUTION



SPOT THE DIFFERENCE

Can you spot the 9 differences between these two pictures?



2022 Canada Year of the Garden

By Lucy Chang, Master Gardener and National Judge, Communities in Bloom Canada

Alta Vista gardeners! You may be interested to know that 2022 is declared The Year of the Garden by the Canadian Garden Council, a not-for-profit association founded in 2014 in collaboration with the Canadian Landscape Nursery Association. You can learn more about the Council at: gardenscanada.ca/Canadian. The Year of the Garden will be publicly launched on March 21, 2022.

2022 is also a celebration of the 100th anniversary of the Canadian Nursery Landscape Association. It is a year-long (January 1-December 31, 2022) commemoration and celebration of Canada's garden heritage and a showcase of current gardening culture that has been noticeably fueled by pent up energy incurred over the last two years of pandemic restrictions. It is also an opportunity to create or expand more of Canadian gardening/horticultural legacies that will contribute towards a sustainable green future. Full details at: gardenscanada.ca/year-of-the-garden.

There are plans for activities to take place in communities, schools, businesses, public gardens and home gardens throughout Canada. As a reminder, June 18, 2022 is also Canada's National Garden Day.

I know there are many enthusiastic gardeners in Alta Vista who would enjoy being members of Canada's Garden-Family that includes thousands of fellow gardeners in garden clubs/societies, plant growers, public gardens, landscape service providers, affiliated businesses and more.

Red is the colour scheme adopted to represent the Year of the Garden. Last year, 2021, yellow, the universal colour of hope, was adopted by Canadian gardeners to represent the Year of Hope in light of the devastating effects of COVID-19. You may have noticed the abundance of yellow flowers in front yards last year, but this year, Alta Vista gardeners, please show your pride in gardening and support the Year of the Garden by planting as many red flowers as possible. Make our community a sea of red – such a vibrant colour to also cheer on the fact that we are making it through this long period of pandemic restrictions. Canadian garden retailers, garden centres, greenhouses and plant nurseries have been alerted about the Year of the Garden red colour scheme.

Canada will be the first country to proclaim a Year of the Garden. Let us hope that status will garner worldwide attention as Canadian gardens are often below the radar of the international gardening world. In spite of unfavourable growing conditions in parts of our country, and extreme climate patterns from north to south and east to west in Canada, we grow to eat, to beautify our surroundings and nurture our spirit as well as gardeners anywhere else in the world.



OUR ENVIRONMENT

Birds of Alta Vista: American Woodcock, one curious bird!!

By Richard Knapton

Days are lengthening, temperatures are rising, and the signs of spring are all around us. Male Red-winged Blackbirds are staking out territories in wet brushy areas, male Song Sparrows are in full song, defending patches of scrub and brush, flocks of Canada Geese are passing north overhead, farther east in Ontario Snow Geese are beginning to stage in impressive numbers, and much more is happening. Here in Alta Vista, we have a fascinating bird which has just arrived, the American Woodcock. If during late March and April, on a still calm evening, at dusk, you were to take a walk through our green spaces – WRENS Way, Pleasant Park, the allotments, and more – alongside grassy open “fields,” where the land is quite wet and vegetation (mainly bushes and tall grasses) form a continuous and dense cover – you might hear peculiar nasal single notes a few seconds apart coming from something perched not on trees, but on the ground. These call notes, variously described as a loud, buzzy bzeep or an explosive short, buzzy peent, are coming from male American Woodcocks. After a male has uttered maybe 20 peents, you might witness him perform a remarkable “sky dance;” he takes flight, and flies up in a high, twisting spiral flight display, giving chippering, twittering, bubbling sounds. When he reaches about 50 m or more above ground, he stops gaining altitude and comes zigzagging down, chirping as he goes, then lands silently (near a female, if she is present), often very close to where he started this dance. Once on the ground, he resumes peenting and the display starts over again. Some of these remarkable musical twittering sounds are made by wind passing through certain modified primary wing feathers, with the chirping calls made vocally. The male woodcock’s evening display flights are one of the magical natural sights of springtime in our green spaces. Once the male has stopped its display, then the bird can be quite difficult to find.



American Woodcock; photo by Christian Artuso

American Woodcocks are found in Eastern Canada, from Ontario to the Maritimes, and seem to be quite common in our area. They occur in wet thickets and moist woods, and favour a mix of deciduous woodland and open fields, often spending the day in woodlands and venturing out into the open at night. They are superbly camouflaged, especially in leaf litter. The plumage is a cryptic mix of different shades of browns, grays, and black, and the underside varies from yellowish-white to rich tans. The back of the head is black, with three or four crossbars of deep buff or rufous. American Woodcocks have a plump body, short legs, a large,

rounded head, and a long, straight prehensile bill. Adults are 25 to 30 cm long and weigh 140 to 230 grams. Females are considerably larger than males. The bill is very long and thin, 6 to 7 cm long. The woodcock walks slowly along the forest floor, probing the soil with its long bill in search of earthworms.

One curious feature about American Woodcocks is the position of their eyes with respect to their head. They have large eyes located high in the head, and the eyes are set far back on the head. Because of this positioning, their visual field is probably the largest of any bird, 360° in the horizontal plane and 180° in the vertical plane. They can see both forward and backward; this arrangement lets them watch out for danger even while they have their heads down probing in the soil for food.

The woodcock uses its long prehensile bill to probe in the soil for food, mainly invertebrates and especially earthworms. They have a unique bone-and-muscle arrangement which lets the bird open and close the very tip of its upper bill, or mandible, while its bill is sunk in the ground. Both the underside of the upper mandible and the long tongue are rough-surfaced, for grasping slippery prey. Like many shorebirds, the tip of the bill is sensitive and flexible, allowing the bird to detect and then grab creatures in the soil. One very curious behaviour is that a woodcock sometimes performs an odd rocking motion back and forth while standing, stepping heavily with its front foot; possibly the vibration from this will disturb earthworms into moving, increasing their detectability; it has been suggested that the woodcock can hear sounds of creatures moving underground.

Earthworms are major prey at most times and places. Insects are also important, especially insect larvae that burrow in soil, such as those of many beetles, crane flies, and others. Also eaten are millipedes, spiders, snails, and other invertebrates, and it will consume some plant material, such as seeds of grasses and sedges.

Males display at night to attract females, and often several males display close together in a wet meadow or brushy field. The female visits the area, mates with one of the males, and then leaves to nest on her own. The male takes no part in caring for eggs or young. The nest site is on the ground, usually in open woods or overgrown fields, in an area with many dead leaves. The “nest” is made by the female, and all it is is a scrape on the ground lined with dead leaves. She lays 4 eggs, and incubates them for about 21 days. When the young hatch, they are covered in down, and they leave the nest scrape within a few hours after hatching. The female tends young and feeds them. After a few days, the young may begin probing in soil, learning to search for food. The young can make short flights at 2 weeks of age, fly fairly well at 3 weeks, and are independent at about 5 weeks. Spring migration begins very early, some males moving north during late February in warm years. The oldest American Woodcock on record was 11 years, 4 months old.

The woodcock population in Canada was high during the early and mid-twentieth century. Then, many family farms were abandoned and people moved to urban areas, and crop fields and pastures grew up in brush. In recent decades, those formerly brushy acres have become older forest, where woodcock rarely venture, or they have been covered with buildings and other human developments. Because its population has been declining, the American Woodcock is considered a “species of greatest conservation need,” triggering research and habitat-creation efforts in an attempt to boost woodcock populations. Population trends have been measured through springtime Breeding Bird Surveys and, in the northern breeding range, springtime Singing-ground Surveys. Data suggest that the woodcock population has fallen rangewide by an average of 1.1% yearly over the last four decades. Results from the ongoing Ontario Breeding Bird Atlas will shed some light on population and distribution trends in this remarkable bird.

OUR ENVIRONMENT

Finally, it is not surprising that such an unusual and secretive bird should have many colloquial names; timberdoodle, Labrador twister, night partridge, and bog sucker!

FRIENDS OF PLEASANT PARK WOODS

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

In 1937 the Province of Ontario adopted the trillium as its official flower. We are fortunate to have a beautiful display of these flowers, as it's a sure sign that spring has arrived when they emerge from the forest floor. In Pleasant Park Woods, you will mostly find white (*Trillium grandiflorum*) ones, but if you keep looking you will also spot the more rare red (*Trillium erectum*) ones. There are many sizes and colours of these flowers; colours include white, pink, red, purple, green, yellow, and white with coloured veins.

All *Trillium* species belong to the *Lilaceae* (lily) family. If you walk through the woods at different times of the day, you may notice that the white flowers bend toward the sunlight. The white trilliums bloom for about 3 weeks and turn pale pink as they begin to age.



These flowers are extremely fragile. It takes 3 years for the plant to germinate and another 7 years to produce flowers. The average life-span of the plant is 20 years. Picking these flowers seriously injures the plant, by preventing the leaf-like bracts from producing food for the next year. Disturbing them in any way will often effectively kill them. Pleasant Park Woods has been designated as an "Environmentally Sensitive Area," so please stay on the main pathways and avoid further damage to our beautiful provincial flower.

*"Snow in April is abominable," said Anne. "Like a slap in the face when you expected a kiss."
- L.M. Montgomery, Anne of Ingleside*

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SENIOR SPACE

Past, Present and Future Come Together at Perley Health

By William G. Perley*

A special project underway at Perley Health – renamed last year from the Perley and Rideau Veterans' Health Centre – invites members of the community to link past, present and future. The Perley, as most Ottawans call it, is currently home to more than 650 Veterans and Seniors in long-term care and independent-living apartments. Originally founded as the Perley Home for Incurables in 1897, it has provided top-quality care for generations. When Perley Health moved to its current location on Russell Road in 1995, members of the community donated items for a time capsule: a so-called memory bench that would remain sealed until November 22, 2021.

Last November, Perley Health CEO Akos Hoffer opened the bench to find a treasure trove of memorabilia, such as photos, video, resident artworks, admission records and handwritten letters. Many of the items are now on display near the main entrance and plans are underway to restock the memory bench. Members of the community are invited to donate personal items, such as photos, stories, video and audio files, related to Perley Health. After re-stocking, the memory bench will be sealed until 2037.

“What I love about this project is that it engages the entire Perley Health community,” says Akos Hoffer. “It’s an opportunity to think about how far we’ve come, where we’re at today and where we’re headed.” Strong links with the community have always been central to both Perley Health’s identity and its ability to continually innovate and improve quality of care for Seniors and Veterans. Thanks largely to private and corporate donations, Perley Health develops solutions to a looming demographic crisis. Within the next few decades, the number of Canadians aged 85 years and older will at least triple. Without new models of housing and care, the surge threatens to overwhelm our healthcare and long-term care systems.

In recent years, a series of Perley Health projects have demonstrated what new models of care and housing might look like. A case in point is the construction of Perley Health Senior Living, 139 independent-living apartments, where residents enjoy access to a full range of services, activities and amenities. To help ease the chronic shortage of frontline caregivers, Perley Health partnered with Algonquin College in 2017 to



For more than 25 years, Perley Health residents have enjoyed a wide range of creative and recreational outlets including pottery classes, painting, music, dance, and woodworking. From a clock to silk scarves, original paintings and a bootjack, the handmade souvenirs from the early 1990s sealed in the memory bench are now on display at Perley Health.

establish the living classroom to provide hands-on training to students of Algonquin’s Personal Support Workers Program. The latest project launched in 2019: The Centre of Excellence in Frailty-Informed Care™ (CoE). The CoE conducts and shares research into best practices in the care of people living with frailty: the diminished ability to cope with minor stresses combined with an increased likelihood of suffering rapid and dramatic changes in health. In recent months, several CoE studies have appeared in peer-reviewed journals.

Two other significant projects are last October’s introduction of a new name and brand identity, and the update of Perley Health’s strategic plan. The update, done in consultation with staff, residents, their families and the broader community, will be finalized by the Board of Directors this spring.

Perleyhealth.ca has more information about the strategic plan and new brand, along with a short video of the opening of the memory bench and a tribute VHS video from the 1990s. To submit an item to include in the memory bench, please email info@perleyhealth.ca. To see scenes from the November opening of the memory bench, go to perleyhealth.ca and under “Care Programs” look for “Time Capsule 2022” (www.perleyhealth.ca/memory-bench). We will provide more information about the dedication and re-sealing of the memory bench later this year.

**The actual authors of this article are members of the Perley Health communications team – April Fools!*

New name, same great cause! Help Perley Health go the distance for Seniors and Veterans

By Courtney Rock, Director of Development at Perley Health



Top L-R: Bernadette Lee-Wo, Michael Carrol; Bottom: Ryan and Azariah Lawrence. All members of Team Perley Health!

Days are getting longer and spring is in the air. If you are looking for ways to take advantage of the changing season, why not join Team Perley Health for this year’s Ottawa Race Weekend.

We know that the idea of running a race can be a bit intimidating, so we thought we’d bust a few myths about Ottawa Race Weekend!

Myth 1: I am not a runner, so I can’t join Team Perley Health

Fact: Everyone is welcome! The 2022 Tamarack Ottawa Race Weekend is open to all ages and abilities. You can run – or walk – the event of your choice!

SENIOR SPACE

Myth 2: I need to work or volunteer at Perley Health to be part of the team.

Fact: All you need is a desire to support Seniors and Veterans and ensure they continue to receive exceptional care.

Myth 3: The only option is to do the run or walk in person.

Fact: No! Race weekend is once again hybrid so you can hit the pavement in your community or join the crowds downtown. The choice is yours!

Myth 4: Fundraising is hard and I don't want to ask people for money.

Fact: Perley Health Foundation has you covered! We have a toolkit filled with tips and tricks on fun and creative ways to raise money for a good cause.

Now that you know, won't you join us as we go the distance for Seniors and Veterans at Perley Health?



To register, visit us online at www.perleyhealthfoundation.ca or call 613-526-7173.

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

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PHOTOGRAPHS TAKEN BY ELLWOOD'S GARY HOWARD



American Robin



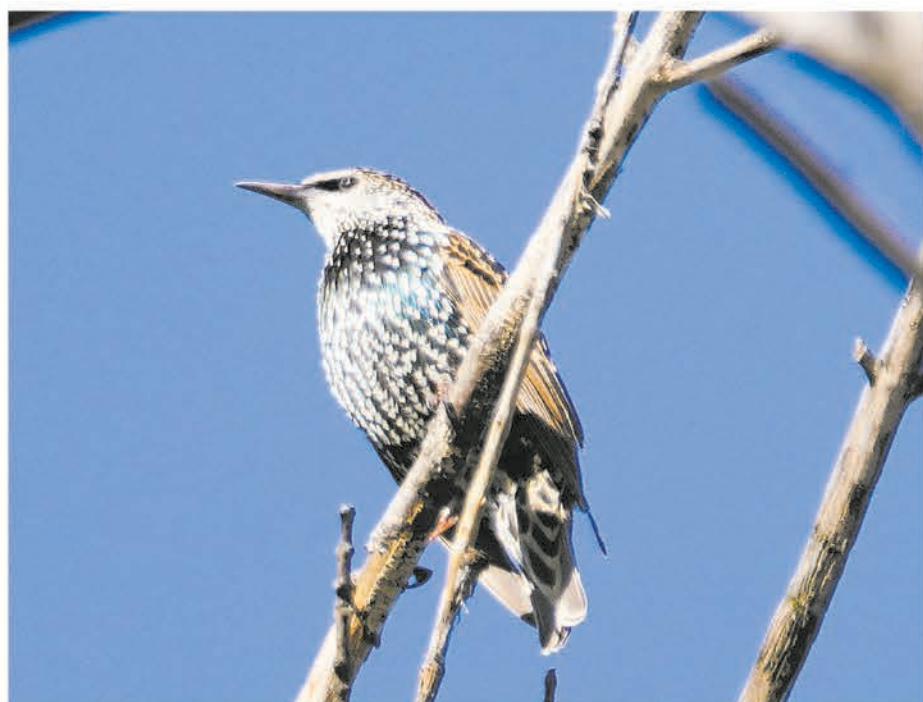
Female Northern Cardinal



Juvenile Cooper's Hawk



Black-capped Chickadee



Male European Starling in winter plumage

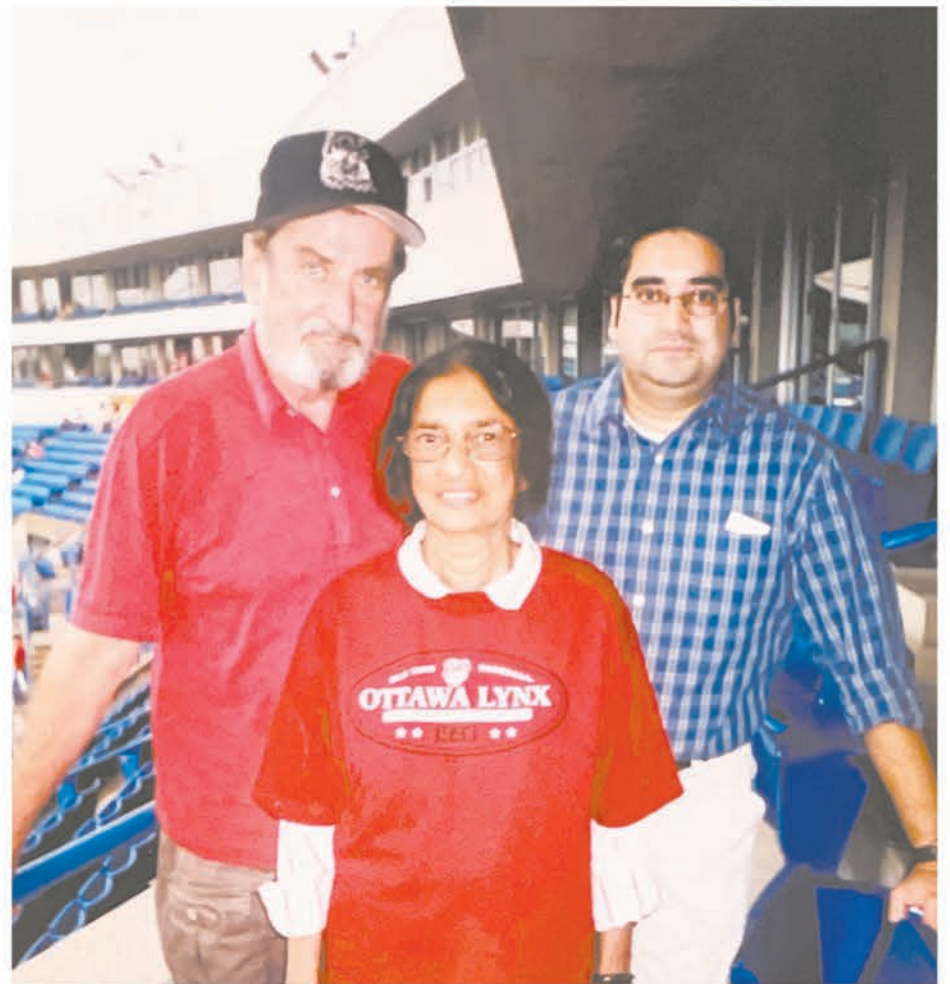
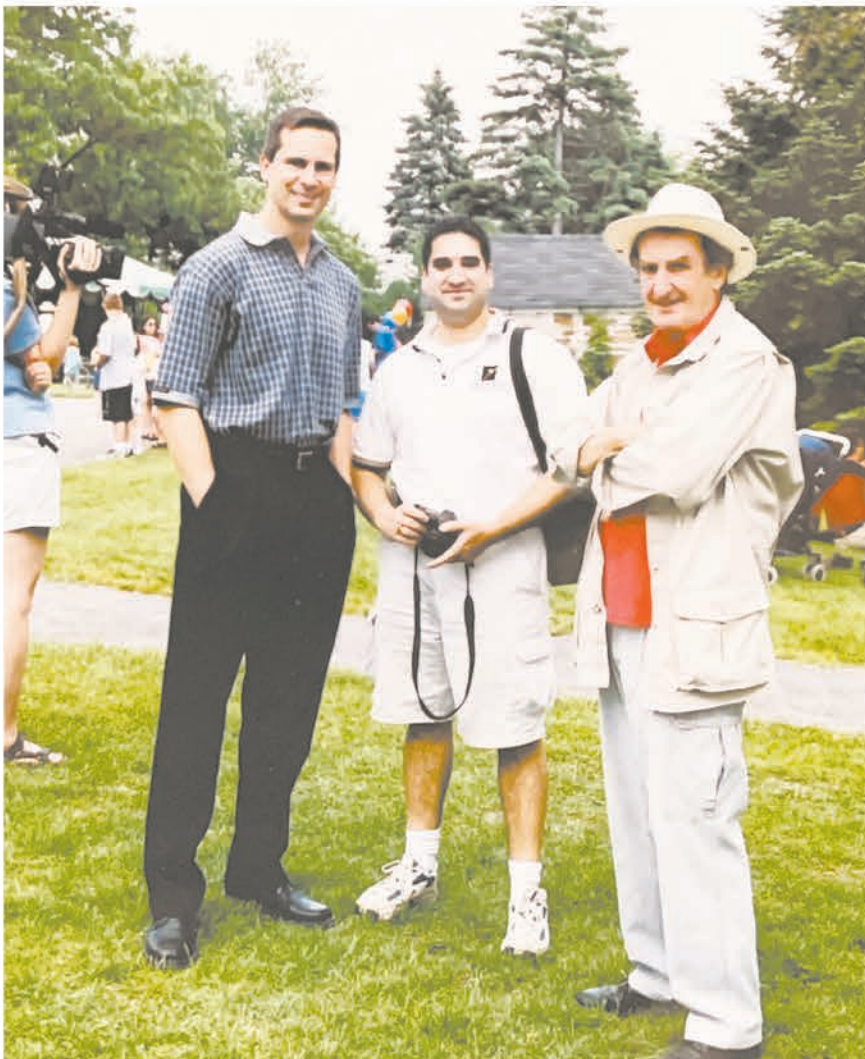


Juvenile Red-tailed Hawk

HAPPY BIRTHDAY COURTNEY TOWER!



Celine Tower (Courtney's wife and long-time editor of VISTAS) and Courtney, 1997 (above); Premier Dalton McGuinty, CP (Courtney's son) and Courtney at a Billings Estate picnic



Courtney, with his son CP and wife Celine, at a Lynx baseball game (above)



Courtney, with his granddaughter Sabrina (above); Courtney, October 2018 (below)



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SCHOOL NEWS

PROJECT POLLINATE

By Jill Brasset, Intermediate teacher and eco-team advisor at St. Patrick High School

On March 7th, St. Patrick High School students kicked off “Project Pollinate,” an eco-initiative that is intended to give students an appreciation of how gardening can connect them to the environment in a tangible way, while at the same time providing mental health benefits and a sense of empowerment. Students in grades 7 to 12 are raising funds in order to purchase supplies such as lumber so that their construction class will be able to build outdoor planter boxes. These planter boxes will be home to native, pollinator-friendly plants, as well as perennial bulbs like daffodils and species tulips. Every class that achieves its fundraising target will receive a miniature greenhouse kit, along with some soil and seeds. Each kit will grow enough plants for every student to bring one or two home.

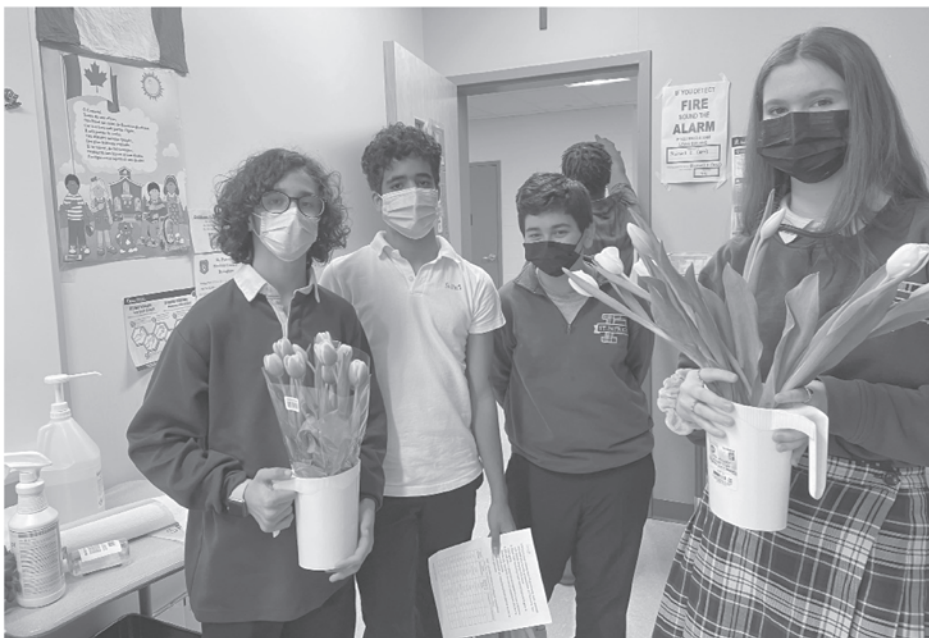
To help share students’ appreciation with the local community, Grade 12 art students are putting their talents to use by painting terracotta pots in a dazzling array of colours.

These will be filled with plants and dropped off at St. Patrick’s Home in time for Mother’s Day and Father’s Day for residents and healthcare workers alike to enjoy.

Already, there is an appreciation of the power of plants in the air that has been building at St. Patrick High School all year long, in spite of the ups and downs of the pandemic. Grade 8 student Rawad moved to Canada in the fall from Lebanon. A few weeks after his arrival, he was already getting his hands dirty by digging up dirt and helping to plant hundreds of bulbs around the school yard. He recalls, “The air was so refreshing. It felt like I was helping to heal the earth and I was able to bond with people.” Well said; on with the shovelling!



Eco team members planting hundreds of perennial bulbs in autumn 2021



Grade 8 students kick off fundraising by distributing a tulip to every intermediate classroom

SOLEFULLY CONNECT

By Amelia P, Vincent Massey Public School Student

Even though the seasons have changed, Dynamic Soles and Sole Connection are here to stay! Hoping to do even more in the community, the groups have already sprung into action.

During the month of February, the young social action workers have partaken in many random acts of kindness. If you were unaware, February is random act of kindness month! Dynamic Soles and Sole Connection have shovelled steps, salted paths, spread positivity and more. In the past, the groups have winterized gardens, picked up trash, and hosted a school-wide fundraiser for the food bank (gaining over 2080 items in the process).



A team effort in the community!

The groups now have plans to advance

their outreach by hosting a bike tune up day with Safe Roads Ottawa. The students also plan on doing a dance flash mob and a community landscape project with Russell Heights. While Dynamic Soles and Sole Connection are focused on the community, they are also trying to spread the word. They have had business cards made, and have also created buttons. The students have a twitter page, as well as an email address.

The groups are trying their best, but they still need help and that is where you, our dear reader, come in. If you believe you have any way of helping them at all, or any inquiries about the work they do, please contact the groups. They are also accepting bike donations as long as they are gently used or in repairable condition.

If you would like to get hold of Dynamic Soles, message them at DynamicSoles2022@gmail.com or talk to them on twitter @DynamicSoles. If you’d like to reach Sole Connection, email them at soleconnection2022@gmail.com or follow their twitter @SoulConnectVM.

They hope to do their part to help everyone Solefully Connect, but in the end, it’s a Sole Adventure!



ARTS AND CULTURE

Reviews

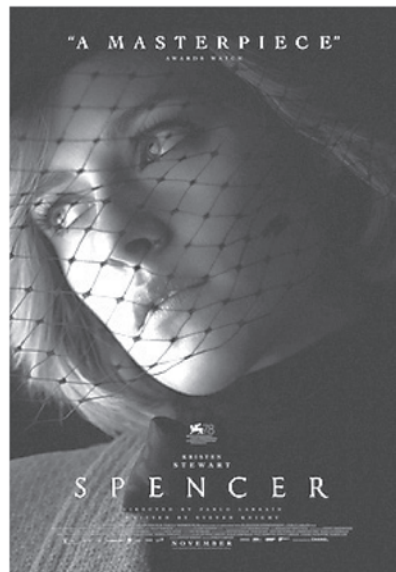
By Tony Wohlfarth



Our film reviews this month include a remarkable performance by an Academy Award nominee and a film from Sundance that is currently screening in Ottawa. Galleries and museums are open, and I preview two new exhibitions.

Spencer

Kristen Stewart plays the role of Princess Diana in a feature length film recreating her Christmas at Sandringham in 1991.



Spencer stars an accomplished American actress (Stewart), two of my favorite British actors (Sally Hawkins and Timothy Spall), and was filmed in Germany by a celebrated Latin American director, Pablo Lorrain. A remarkable international tour de force.

Lady Di was the People's Princess, and she was unhappy in her royal marriage (which ended in 1999). *Spencer* portrays her close and protective relationship with Prince Harry and Andrew. It also portrays her impulsive behaviour – driving herself to the royal gathering, getting lost and experiencing bouts of

bulimia.

Lorrain is an accomplished Chilean filmmaker with a handful of biopics in his artistic resume – *Jackie and Neruda* in 2016, *Le Club* in 2015, and *Tony Manero* in 2008. Stewart received a nomination for best leading actress at the 2022 Academy Awards and Lorrain was nominated as best director by the Hollywood Critics Association.

Stewart's performance is outstanding, as is that of Sally Hawkins as her personal assistant Maggie. The running time is one hour and 57 minutes.

Alice

Alice is a moving feature-length film that had its world premiere at the 2022 Sundance Film Festival and is currently screening at The Mayfair Theatre, 1074 Bank Street.

Alice stars Keke Palmer in the lead role – an indentured slave working the cotton fields in rural Georgia. Except the film is set in 1973, not 1873. She escapes to suburban Atlanta, is rescued by Frank (Common), and goes on to extract revenge on her former owner.

I saw the premiere at Sundance, and was intrigued by the idea of looking back at slavery today? Why Atlanta? In my opinion, it's because it embodies the new US south – confident, urban and modern.

Alice is the directorial debut for Krystin Ver Linden, who won the director to watch award at the 2022 Palm Springs Film Festival. The running time is one hour and 40 minutes.

**Irish Film Festival of Ottawa**

The Irish Film Festival is back on April 8-14 with screenings and talks. Check out www.irishfilmfestivalottawa.ca for details.

**@The National Gallery of Canada (380 Sussex Drive)**

Last month, the NGC opened a fascinating exhibition of 108 pieces of Canadian Impressionist art. The temporary exhibition is on display until July 3, on a tour which began in Germany and has been seen in both France and Switzerland.

The collection includes art by The Group of Seven, e.g., A.Y. Jackson, Lawren Harris. The collection also includes work by Emily Carr – not a formal member of The Group of Seven, but closely associated with the group. I interviewed the senior curator, Katerina Atanassova, and discovered they trained in France before returning to Canada.

To prepare for your visit, I recommend downloading the audio guide at: www.gallery.ca/whats-on/exhibitions-and-galleries/canada-and-impressionism-new-horizons-audio-tour. The audio guide provides valuable information about the artists, with 14 stops in the two rooms of Impressionist art.

Also, I suggest a visit to the boutique, which has an incredible guidebook to the collection for sale. The book has contributions by Katerina Atanassova and Adam Gopnik.

@ The Canadian Museum of Nature (240 Mcleod)

Centretown Buzz previewed a new installation – the Pacific Discovery Tank – at the museum just in time for March Break. The tank is a 1,000-litre saltwater aquarium on the 2nd floor of the museum. The aquarium displays anemones, sea cucumbers and urchins illustrating tide pools in the Pacific Ocean. To see the importance of tidal pools, check out: www.youtube.com/watch?v=vV-8RmEN-bM.

Also on the 2nd floor in the Queen's Tower, you can see the Queen's Platinum Jubilee marking the 70th anniversary (2010) of Queen Elizabeth's reign.

During your visit, I recommend Shadowland, fifteen sketches by Montreal artist Lorraine Simms of skeletal remains of polar bears, bison and narwhals, on display until April 18.

@ The National Arts Centre (1 Elgin)

The NAC is open and has an outstanding range of live music for in person entertainment.

On April 1, the NAC features Ron Sexsmith. Sexsmith received a Juno in 2006 for singer-songwriter of the year.

ARTS AND CULTURE

On April 7, the NAC features Suzie Ungerleider (formerly Oh Susanna). Her CD is nominated for a Juno, and the awards will be announced on May 15.

On April 14, the NAC welcomes back Irish Mythen. Irish Mythen is an outstanding performer from PEI. Watching her perform is a unique experience.

On April 23, the NAC marks the 50th anniversary for Ottawa born singer songwriter Bruce Cockburn (pictured here). Tickets for these amazing shows are available online at www.nac-cnc.ca.



@ The Great Canadian Theatre Company (GCTC)

A new play – *Heartlines* – premiered at the GCTC (1233 Wellington) in March and is on until April 3.



How Can I See *Spencer*?

Spencer 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. By renting *Spencer* from Movies'n Stuff, you can access outtakes and bonus content about how Lorrain made this incredible film.

Out of Town

Like documentary films? The best documentary films from around the world are screening in Toronto on April 28 to May 8. Tickets for the 2022 Hot Docs Film Festival are available now at: www.hotdocs.ca/festivals/hot-docs-festival/festival-pass-package

In March, we reviewed two films from Ukraine ... one of them, *A House Made of Splinters*, will have its Canadian premiere at Hot Docs 2022.

Tony Wohlfarth is an Ottawa-based freelance film and entertainment writer. He screened Alice @ Sundance and Spencer courtesy of Movies'n Stuff.

HEALTH AND FITNESS

Osteoarthritis of the fingers

By Sue Reive, owner of Kilborn Physiotherapy Clinic

Are your fingers stiff, especially in the morning? Do you find it hard to grip things? Are your knuckles larger than normal? If you answered yes to these questions, you may have osteoarthritis of the finger joints.

Osteoarthritis (OA) is an inflammation of the joint. The smooth cartilage that lines the end of the bones becomes thin with OA; this causes greater stress and compression to the underlying bone which is pain sensitive. Moreover, with arthritis the capsule of the joint, the connective tissue that holds the two bones together at the joint, gets inflamed.



Credit: www.nhsaaa.net

In the hand, OA usually affects the thumb joint, the middle joint of the finger and the distal joint below the fingernail. It is more common in females and more prevalent with age. Previous hand injuries can also lead to OA developing. Symptoms include pain, swelling, stiffness, reduced grip strength, weakness, and sometimes people will notice bumps and nodules near the joints. These are known as Heberden's nodes and Bouchard's nodes. Morning stiffness for about 20 minutes is common with OA. With rheumatoid arthritis, which is an immune system disorder, the morning stiffness lasts much longer (2 hours) especially without proper medication.

Treatment includes exercises to maintain and improve the joint range of motion and strength. Braces can be helpful, especially with OA of the thumb. Ring splints are useful to help stabilize a finger joint; i.e. prevent it from hyperextending. Ring splints can provide support, improve function, and prevent deformities from getting progressively worse. Heat and/or ice can be helpful. It is easier to improve mobility of the joint after heat. Ice is beneficial to reduce swelling. Massage can also aid in the reduction of swelling. Sometimes doctors will prescribe medication such as anti-inflammatories to help reduce swelling.

While exercise is good with OA, the pain can increase with being overactive; e.g., knitting or gardening. People need to learn to pace themselves. Sometimes using tools with a wider grip is helpful. The most important thing is to keep moving, but know your limits.

FAMILY MATTERS

Stef bravely shares his journey – thanks to Serenity Renewal for Families, its direction has changed

By Stefan Lavergne, AKA Stef, Client of Serenity Renewal for Families



Stefan Lavergne AKA Stef

Here is the story of Stef, bravely sharing his journey:

I was a broken man full of anxieties, daily panic attacks, living in constant fear of everything. I lost all socializing skills and even the drive to leave the house. I'd been abused as a minor and beaten by a sibling and his crew. In later years, I suffered the same abuse from my chosen partners. They lied, betrayed, belittled, took advantage of ... the list just never seemed to

end. It's tough to put into words all that I have been through. I was left on the curb with nothing and had to start all over again many times. It is thanks to Serenity Renewal for Families that the direction of my journey has changed.

I was born in a loving family, dinner every Sunday with grandparents, uncles, aunts and cousins, we attended church, had everything we needed and more ... it was outside the home, at a very young age, that my story of despair started. Traumas kept occurring, and I picked up my first drink at the age of 12. Soon, I was regularly using drugs and alcohol. As I grew older, I entered relationships, lost relationships, changed jobs, changed where I lived, always thinking things would be better. Everything I seemed to chase and work hard for always came to an end, accompanied by feelings of abandonment, betrayal, and loss. I always got through them with time and alcohol, but I was never really dealing with anything.

In June of 2010, I met a woman and I fell hard for her. In March of 2011, I made the decision to leave Ottawa to be in her province. I moved into her place, sold off most of my things, and here I was with the woman of my dreams in a new place, a new beginning. In April 2016 (a week after my 41st birthday), she left, never to be heard from again. I found out it was all fraudulent. I crashed hard – the depression was intolerable along with the feelings of worthlessness, shame and guilt.

About a week after she left, I walked into AA, Alcoholics Anonymous, and started my journey in recovery. I attended meetings every day, sometimes two or three if they had them, all over the west island of Montreal. I attended conventions and potlucks. I was feeling good, but was still very depressed. I trusted no one and felt very much alone.

Three years into my sobriety, I was still depressed, lonely and feeling worthless. In the fellowship, it seemed like everyone was happy and loving life. I was still by myself in a lonely chair, still not feeling like I fit in. Many times, I had suicidal thoughts.

I was asked to share at a speaker meeting and, as my duty, I did. My share wasn't full of rainbows and butterflies. A fellow member heard my share and thought I might benefit from this organization called Serenity Renewal for Families. I took the information and went home. With the love and support of my friend, I finally called this organization.

This wonderful woman answered my call, didn't ask me any questions to qualify, no applications to fill out, none of that. "How can we help you and when would you like to start?" A great sense of relief came over me, and then my journey with Serenity Renewal for Families began.

I still have a passion for digging into my past and learning all the reasons why my life went the way it did. I could not do any of this without what I've learnt from Serenity Renewal for Families, the support it gives to anyone and everyone. During the workshops, I met lots of people who couldn't afford to pay but were feeling as blessed as I was that Serenity Renewal for Families made sure people could get the help they were looking for.

Today is a complete 180 to the life I once was living. I stand tall, I have confidence in myself, my self-esteem and sense of self are raised considerably. I have little to no anxiety, I am focused, I think things through and always try to do the right thing even when it is tough to do. I am no longer a doormat; I have developed healthy boundaries. I have become a man of honour, integrity, respect and peace.

Since beginning with Serenity Renewal for Families, I have had some financial challenges. The facilitators in the workshops have taught me and have given me the tools to tackle any life situation or circumstance. I have recently started a relationship with someone who would have never been with the old version of myself. And I was just offered a position at a huge company that is bigger than I could have ever imagined, with unlimited potential.

Today, I am grateful for such an incredible organization, to be able to stand tall and know who I truly am today, the gifts and rewards I continue to receive, all of it is because of Serenity Renewal for Families.

Serenity Renewal for Families provides services for people struggling with addiction, their children and their families. To learn more or to donate to families in need, call 613-523-5143 or visit www.serenityrenewal.ca.

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OUR COMMUNITY

CROSSING GUARDS NEEDED IN ALTA VISTA

The Ottawa Safety Council is a local non-profit that runs the School Crossing Guard program in Ottawa. It is currently experiencing a guard shortage and is seeking new guards.

Ottawa's Crossing Guards – In the Community

By Stephanie Dotto, Recruiter, Ottawa Safety Council

Children's safety is a priority for everyone – and it's something Ottawa's Crossing Guards take very seriously.

Every school day, hundreds of Crossing Guards all across Ottawa help students and their families safely travel to and from school. They not only help keep their community safe, but they indulge in the fresh air, get to meet new people, and earn money doing something they enjoy. From students to stay-at-home parents, to work-from-home parents to retirees, Crossing Guards are a diverse team! The current Crossing Guard team includes an energetic 80-year-old and an ambitious high school student who works an afternoon shift after classes.

Veteran Crossing Guard, Sheila Turner, believes being a Crossing Guard is an important part of the community. "Over the years, I have grown attached to the community in which I work. I've watched the kids grow up and graduate from both of the schools that I service. I've watched their families grow with new siblings and new fur babies as well ... I have gained the trust and respect from the people in the community, and that means a lot to me. It makes my job very rewarding."

With over 3 million safe crossings annually, there is no doubt that Ottawa's Crossing Guards are a reliable and integral part of their communities, which may be why Ottawa's Crossing Guards return school year after school year. While some Crossing Guards use the opportunity to earn some income, others enjoy giving back, like the flexible schedule, and want to be a part of a close-knit team. There are many different reasons Ottawa's Crossing Guards love what they do!

If you would like to get involved in your community and get to know the kids and families who call it home, being a Crossing Guard might be the right fit for you. The Ottawa Crossing Guard program is a partnership between the City of Ottawa and the Ottawa Safety Council (OSC). Crossing Guards are paid per shift, paid for their training, and they are supported in the field with Team Leads. For more information on how you can become a Crossing Guard, visit Crossing-Guards.ca.



Veteran Crossing Guard, Sheila Turner

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*April fool, n. The March fool with
another month added to his folly.
- Ambrose Bierce*





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TIME FOR A GIGGLE

Q: Why are people so tired on April 1st?

A: *Because they just finished a 31-day March.*

A guy strummed his guitar while driving down the Queensway and was pulled over by one of Ottawa's finest, who walked over to the driver's side and said, "Do you know you're a menace to the safety of hundreds of people?"

"No," said the driver. "How does it go?"

Q: What happened when the cat swallowed a coin?

A: *There was some money in the kitty.*

"I forgot my password," said Colton to his airline's IT specialist.

"Not you again. Come up with a new one and I will reset it for you," said the snippy IT specialist. "I just can't think of one," said Colton.

Further irritated, the IT guy snapped back, "Just pick something that has at least eight characters."

"OK," said Colton. "How about Snow White and the seven dwarves!"

Q: What's the difference between cats and dogs?

A: *Dogs have owners, cats have staff.*

I hate it when I can't figure out how to operate a certain app on the iPad and the resident tech is asleep.

Because he's five and it's past his bedtime.

A police dog handler parked his van at the station at the end of the day. As he gathered his equipment, his dog started barking.

A small boy passing by asked: "Is that a dog you've got in the back of the van?"

"Sure is," replied the cop.

"Gee," said the boy. "What did he do?"

A police recruit was asked during his exams: "What would you do if you had to arrest your own mother?"

He answered: "Call for backup!"

Two teenagers were arrested for breaking into a school and taken to the local police station. They were booked and given their one phone call.

Half an hour later, a man entered the station.

"I assume you're the kids' lawyer?" said the desk sergeant.

"No way," said the man. "I'm here to deliver a pizza."

Technically Moses was the first person downloading to a tablet from the cloud.



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FAITH NEWS



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8:00 am Holy Eucharist
in person (Traditional)

10:00 am Holy Eucharist
in person or on YouTube

*Proof of triple vaccination
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Holy Week & Easter Services

Sunday, April 10 8:00 & 10:00 am
Passion Sunday with the
Liturgy of the Palms

Thursday, April 14 7:30 pm
Maundy Thursday Holy Eucharist
& Stripping of the Altar

Friday, April 15 11:00 am
Good Friday Liturgy

Sunday, April 17 8:00 & 10:00 am
Easter Sunday Holy Eucharist

Services are livestreamed on
YouTube and Sunday School is
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Apr 15, 10 am

Easter Sunday
Apr 17, 10 am

65th Anniversary Service
Apr 24, 10 am

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Special Easter Services:

Apr 10 Palm/Passion Sunday at 10:00

Apr 15 Good Friday Service at 10:00

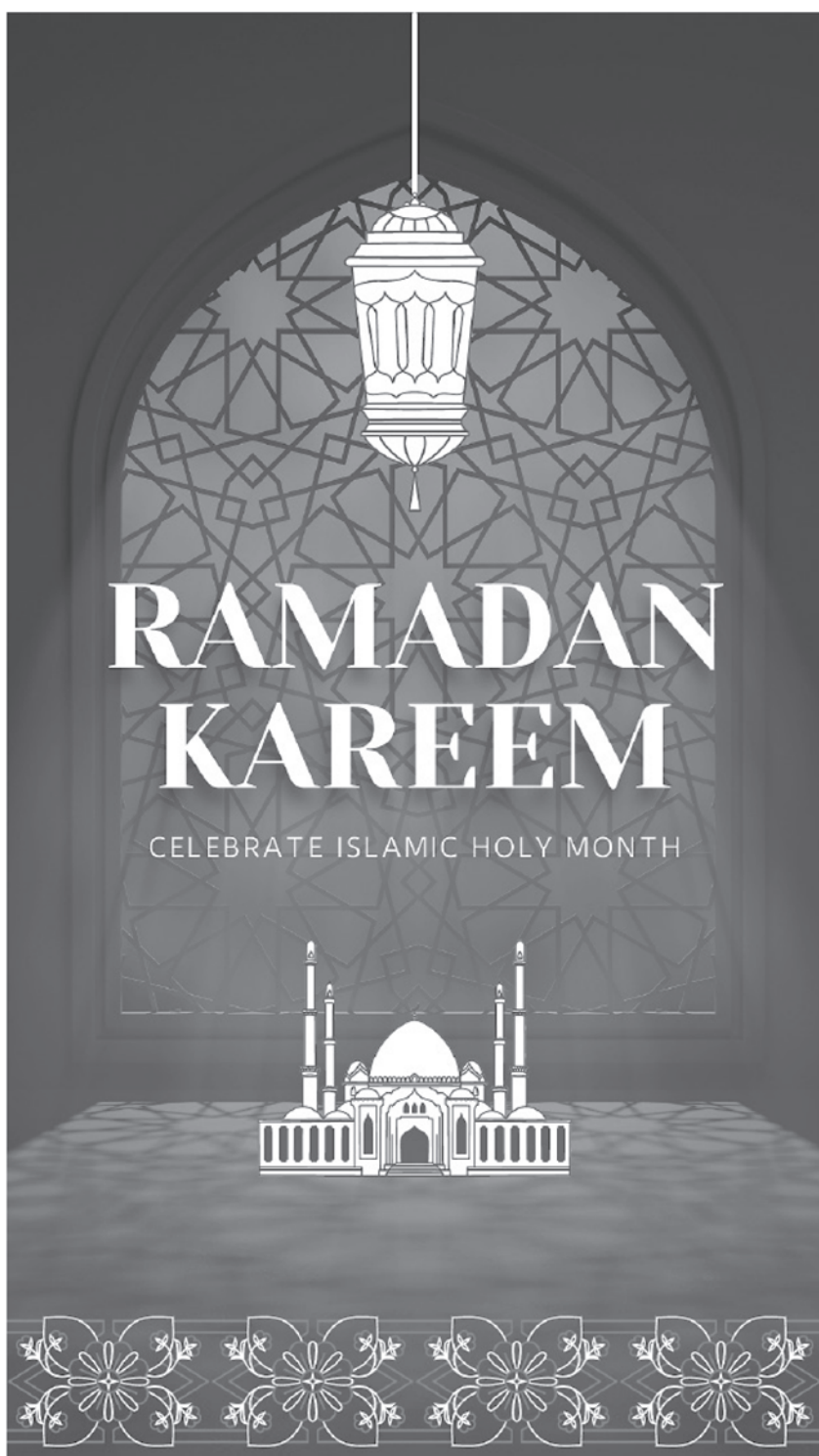
Apr 17 Easter Sunday Worship at 10:00



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FAITH NEWS



So many thoughts run through your head when you stare death in the face.

Like any good Newfie boy, I think of my mother first. She does so much for our family, keeping us boys in line while she runs the home; we are a rambunctious lot. She's not a fancy cook, but I'd give my right arm at this moment to taste her fish and brewis, pea soup and dumplings, or jig's dinner. I'd even eat her flipper pie, though seal is not my favourite. I'll miss her smile and warm hugs the most. Just because the Royal Newfoundland Regiment believes I'm man enough to fight in this war doesn't mean I'm not still a boy who needs his mama.

We lost my dad last July on the battlefield at Beaumont-Hamel. He was one of 800 guys from the colony who walked into a hail of enemy bullets. With a casualty rate of 86 percent for our Regiment in that battle, many wives and mothers wore black all last year with my mom as they mourned. She begged me not to enlist, but how could I stay and be the only one in my friend group to ignore the call to arms? I'd be labelled a coward forever. Instead, I'll die for my country, likely within the hour.

I think of Sharon next with her long brown hair. The memory of Sharon's dimples when she laughed at my jokes brings fresh tears to my eyes. I always imagined she would be the girl I'd marry. I figured I'd be around a few years past sixteen.

I'm surprised I have any tears left after losing two of my best friends tonight. I wish I was back in the swimming hole, jumping off rocks and sharing jokes with those boys instead of crouching here, shaking with equal parts cold and fear, acknowledging that they're gone. I'm not ready to die.

I am grateful to my parents for teaching me about Jesus. Without my faith in His love, I'd be in worse shape than I am. If He decides my time on earth is over, I will be with Him in Heaven tonight. That hope keeps me from falling apart.

Our Regiment's mission is to press the Germans further east from the Ridge, beyond the newly captured and fortified village of Monchy-le-Preux. When these orders came down from the British Third Army, our commanders didn't know that the Germans had set up a counter-attack to recapture it. Our midnight operation has turned into a bloody battle, spreading in three directions, against a German force some three times our number. My brothers in arms are dropping like flies in the darkness that we thought would hide us. I grip my gun tighter, but I am no more skilled than them. My courage is fading ...

Desperately, I begin to chant Psalm 16:8 aloud:

*I know the LORD is always with me. I will not be shaken,
for he is right beside me.*

As the voices of my comrades join in, our words echo over the Ridge. "... he is right beside me."

War: Past

During the First World War, my home province of Newfoundland and Labrador was not yet part of Canada. When the Newfoundland Regiment

fought at Vimy Ridge, they were under the umbrella of the British Third Army. This fictional memory might have belonged to any of those 159 killed, 134 injured, or 150 taken prisoner that fateful night on April 14–15, 1917.

While the capture of Vimy Ridge was considered a victory for the Canadian Corps, it came with great loss to the family members back in Newfoundland. The Regiment had already been nearly decimated a year before at Beaumont-Hamel, and Vimy was almost equally devastating.

April 9 is Vimy Ridge Day in Canada. This battle had been the first time all four Canadian divisions fought together, causing many historians to flag the victory as a defining moment for the nation. Our troops gained a reputation as effective and even formidable. As we commemorate those victorious men this month, we also think of the 11,285 brave Canadian soldiers who did not celebrate the victory, those who didn't come home.

War: Present

War is costly, isn't it? Human life is a dear price to pay in the fight for victory. Those of us who were not born during either of the World Wars watched the Russian invasion of Ukraine with horror and disbelief. Like the battles on Vimy Ridge, there are victories for some and more costly losses for others. We pray for the Ukrainians as they stand up to fight or flee from their homes, but we also pray for the Russian people who do not support their leaders' decisions but watch their sons take up arms. Everyone suffers in war. They all need our prayers.

What About You?

While we may never be actively involved in a war, some of us still fight battles. These personal challenges may not look significant when weighed against warring countries, but they are frightening and life-changing. And while we fight next to each other, your battle may look very different from mine.

I believe that having faith in God impacts how our battles end. God is mightier than any war you might be going through, whether relational, physical, or financial. He sees your pain and waits for you to ask for help to bear it. I encourage you to accept His offer of love, invite Him to strengthen you for battle, and believe in victory.

Sources used:

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www.unb.ca/initiatives/vimyridge/newfoundland.html

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Valda Goudie is a teacher and a writer. Visit her site at valsstage.com and download a free e-book!





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OUR COMMUNITY

Ellwood Update: A new wrinkle

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

Happy Easter, Happy Spring!



So just as we continue to explore every aspect of Intensification as it applies to our Ellwood neighborhood, a new wrinkle has arisen whereby the Ford government has signalled it may choose to upend the apple cart.

The provincial Housing Task Force appointed in December 2021 recently released its report which takes Intensification to an unprecedented level. The HTF mandate was to explore measures to address housing affordability and

shortage by increasing the supply of rental accommodation and home ownership; building new housing in complete communities, reducing red tape, speeding up approvals of building plans and applications, and balancing housing needs while protecting the environment.

The HTF final report includes 55 recommendations, aimed at all government levels, to address the housing shortage by building a million and a half new homes by 2032 – in 10 years. Remember, the Ottawa Intensification target was to be achieved by 2047 – in 25 years. A key recommendation is the total elimination of the R1 zoning (single family homes) which governs the entire Ellwood neighbourhood, as it does many others around Ellwood and throughout Ottawa. You can find it here: files.ontario.ca/mmah-housing-affordability-task-force-report-en-2022-02-07-v2.pdf.

Other salient recommendations are that community association concerns be disregarded, and homes built as fast as they can in established neighbourhoods like Ellwood. Preserving “neighbourhood character” is to be dismissed, building fees – which City Hall desperately need – abolished, appeals to development priced beyond the ability of communities to afford, and exclusionary municipal rules that block or delay new housing ended; in essence, most powers that the City now utilizes are to be taken away.

These features are recommended to be uniform across Ontario, from Fort Severn to Ottawa. The HTF did not consider that there are 330,000 vacant homes in Ottawa, nor did they consider foreign ownership or the frenzied buying situation that is driving up house prices. A prominent feature of the HTF is the NIMBY “Not in My Backyard” perception. Here in Ellwood, that is not the case. Many of Ellwood’s backyards are already full of what many residents don’t want, to the point that it has encroached into the front yards. Also, not factored in, is the acute labour shortage that currently can barely cope with the demands of new building and renovations. Quickly built shoddy homes are just not right nor in the interest of future home buyers. We’ve seen that movie before.

A high-handed approach to any issue without consultation, cooperation and consensus, invariably leads to resentment and confrontation. This results in a lack of compromise which serves no one well.

The Ford government initiative sees community associations and community participation as part of the problem rather than part of the solution. It totally disregards that corporate investors, large and small, are scooping up homes and rental accommodations to maximize revenue with little or no altruistic bent. Stories abound of rent increases of \$1000 or more a month per unit for no other reason than it is there for the taking. Yes, there are maintenance costs, but they do not amount to \$12,000 a year for a single home turned into rental units that rarely, if ever, see any maintenance. The Bank of Canada indicates that one in

five homes sold today is strictly for investment, and this almost invariably leads to increased rents and a greater lack of affordable housing, which many may think is for people on the subsidized housing wait list. Not so, affordable housing as categorized by CMHC are house prices for those households with an annual income between \$59,079 and \$111,820. The average price of a home in Ottawa today is \$720,000, making it largely out of reach for a household income below the next bracket, \$112,000. That group of people constitute a large block of the middle class – people who essentially keep the economy going.

Where do we go from here? Ellwood’s Ridgemont Community Association will continue to advocate for a balanced approach, a compromise, and residents are welcome to forward to the Association their views so that their concerns can be taken up the line – please keep those questions coming.

Neighbourhood update

Our Frank J Licari Park 2021/2022 season saw around 400 residents and visitors use the rink and kiddy rink, plus Ellwood recently hosted Nicole Klein and her Girl Guide Troop 18 to a special evening at the rink. Unfortunately, the Winter Carnival was cancelled due to Omicron, but the annual Park Cleanup plus Kid’s Treasure Hunt is to be held on Saturday May 14 – and there will be prizes. Thank you to all who helped with the rink this season.



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We are looking for Volunteers!

Are you a high school or university student looking for a rewarding volunteer experience this summer?

GleeCeptional is looking for volunteers to help at our summer camp during the second week of August. Camp is based in Alta Vista/training provided.

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SCIENCE AND TECHNOLOGY

COMPUTER TRICKS AND TIPS:

By Malcolm and John Harding, of Compu-Home

What the Heck Is a Browser?

When someone calls because something has gone wrong using the Internet, we usually ask, "Which browser are you using?" That question is very often met with, "I haven't the faintest idea. What's a browser?" We

hope that by the end of this column, those questions have answers.

Your Browser is the App installed on computers, tablets and smartphones for the purpose of displaying web pages. When you click on your browser, the first page that appears automatically is called your home page and you can decide what you want your home page to be. Most people choose a search service such as Google or Bing to be their home page because quite often searching for a subject is the first thing that they want to do. Others might prefer it to be their email Inbox and others set a news page.

Choice of browser is also a personal preference. *Chrome*, *Firefox*, *Edge* and *Safari* are the most popular four among dozens of choices, but they are all pretty much identical in the things that they can do . . . it's just a matter of getting used to where to click. All browsers are free and they can be installed on any computer; you should have at least two and one will likely be your day-to-day favourite but you can switch back and forth at any time. *Chrome* is published by Google and it is the most popular browser. *Firefox* comes from *Mozilla*, which is a global non-profit organization. *Edge* is Microsoft's replacement for the defunct *Internet Explorer*, and Microsoft is very assertive about wanting you to adopt it. *Safari* is the browser in every Apple OS, but there is also a Windows version.

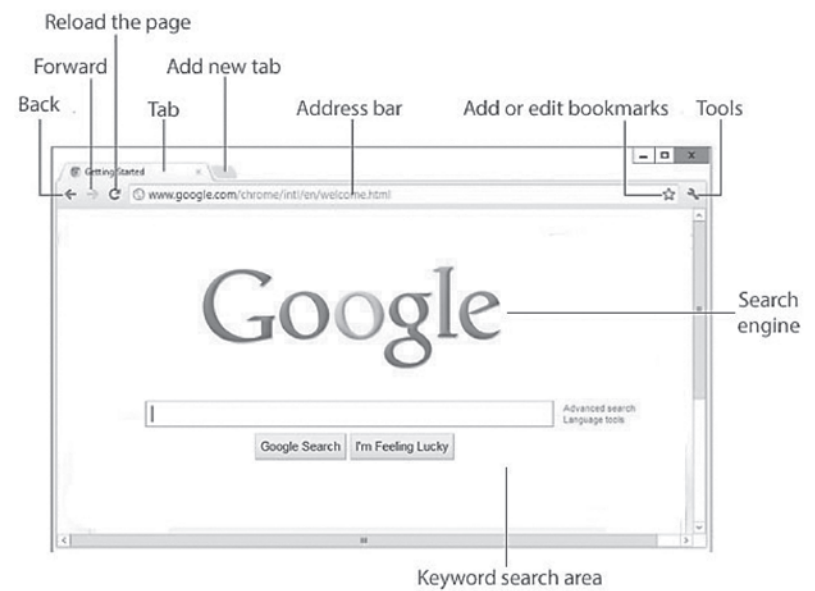
Don't confuse the browser with the search service. *Bing*, which is a Microsoft search engine, works just fine in the Chrome browser published by Google. Likewise, you can use *Google* search in *Edge*, the Microsoft browser. *Safari* from Apple works well with any search service.

Features and options are available in all the browsers: We have already mentioned that you can designate your browser's home page. The ability to save passwords is probably an insecure practice, but it is so convenient that most users take advantage of it; the decision is up to you. Bookmarks aka Favourites allow you to jump to sites you visit often without having to type web addresses. Tabs allow you to have what is in effect an array of home pages and you can think of them as your "favourite favourites." The address bar (the line at the top of the browser that displays the URL, or web address of the page you are now visiting) is able to perform a search as well, so that now instead of having to type <https://www.ottawa.ca> in that line, you can simply type *ottawa* and the browser will take you there. Back, Forward and Home are all buttons that allow you to retrace your steps without having to start over again. History is often a big help when you vaguely remember a site you used in the past but have forgotten the particulars. Ad Blockers have their place, although it is increasingly common for a page to inform you that you must turn it off if you wish to visit this site. Although it contributes to clutter on your computer desktop, it is easy to make a shortcut to a particular page on your computer desktop so that you can go there directly. Another important feature is that browsers will warn you that a site you had intended to visit is insecure and sometimes will refuse to go there unless you override the warning.

The **Settings** area is accessed within Tools, an inconspicuous button near the top-right corner of the browser page. This is where you can customize a browser with your preferences. Settings is a bewildering place to be, because the features and options we have listed above are only a fraction of the choices and adjustments that you can use once you have explored your way around this neighbourhood.

When we consider that these days the web browser is the App that gets the greatest use on most of our computers, it is worth a bit of time learning how to make it as efficient and helpful as possible.

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. This column will soon be posted on our Blog page.



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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.

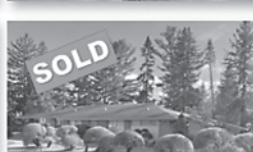
JUST SOLD IN MARCH



Get 43 yrs of experience working on your side!

No one has sold more homes in Alta Vista's Faircrest Heights over the past 3 years*

FaircrestHeights.ca



Andre Major, Broker, MBA

613-262-0606

andre@andremajor.com

*14/3/22 As per OREB MLS sales data for 2019, 2020 & 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.



Spring into RIVERSTONE

RETIREMENT COMMUNITIES

In-person tours are now available!
Call Brian at Maplewood, Josh at Oakpark, or Sabine at Riverpath to book your's today!

Come out and explore everything Retirement Living has to offer. Join us Saturday, April 30th for Riverstone's Spring Open House taking place from 10am until 3pm at all 9 of our communities.

- Private suites in a vibrant community; available in studio, one and two-bedroom floorplans
- Offering a full continuum of care: Independent Living, Assisted Living, and Memory Care
- A variety of activities and events to keep our residents healthy, happy, and connected

Space is limited Contact the Riverstone community in your neighbourhood to RSVP

- 1 Bridlewood Trails Retirement Community
Kanata | Contact Karen at 613-595-1116
- 2 Timberwalk Retirement Community
Kanata | Contact Anita at 613-903-6136
- 3 Carlingwood Retirement Community
Carlingwood | Contact Brenda at 613-656-0333
- 4 Stirling Park Retirement Community
Nepean | Contact Patsy at 613-656-1450
- 5 Foxview Retirement Community
Upper Hunt Club | Contact Catherine at 613-903-9441
- 6 Oakpark Retirement Community
Alta Vista | Contact Josh at 613-260-7144
- 7 Maplewood Retirement Community
Riverview Park | Contact Brian at 613-656-0556
- 8 Riverpath Retirement Community
Beechwood | Contact Sabine at 613-327-9655
- 9 Willowbend Retirement Community
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A big congrats goes out to our seller who has now **COMPLETELY SOLD OUT!**

This stunning infill project has some happy buyers moving in. We couldn't be more pleased that we were able to assist **URBAN FORM** in launching this amazing project to market.

Interested in knowing what **URBAN FORM'S** next project is?

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Email: info@tracyarnett.com

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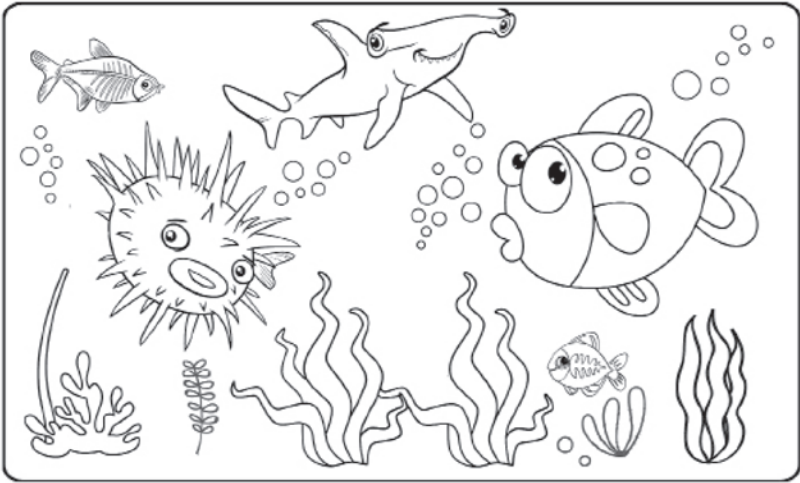
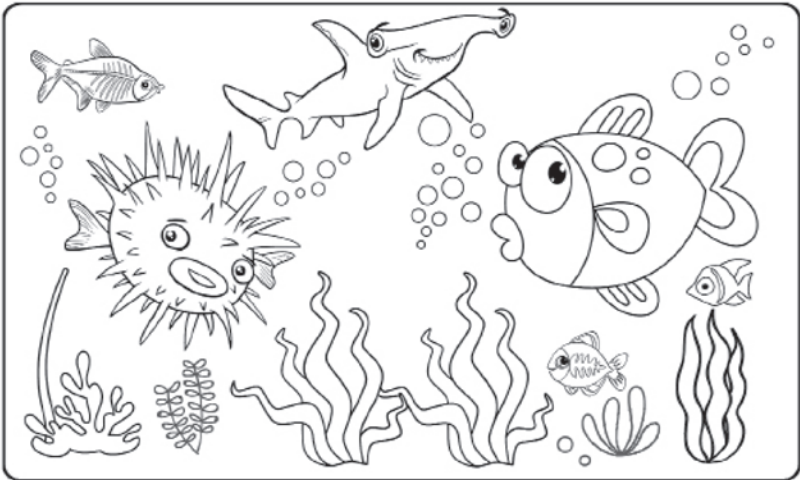
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KIDS PAGE

SPOT THE DIFFERENCE

Can you spot the 9 differences between these two pictures?



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Spring Word Search

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M	E	W	A	D	M	S	Q
B	T	Z	E	Q	C	P	Q
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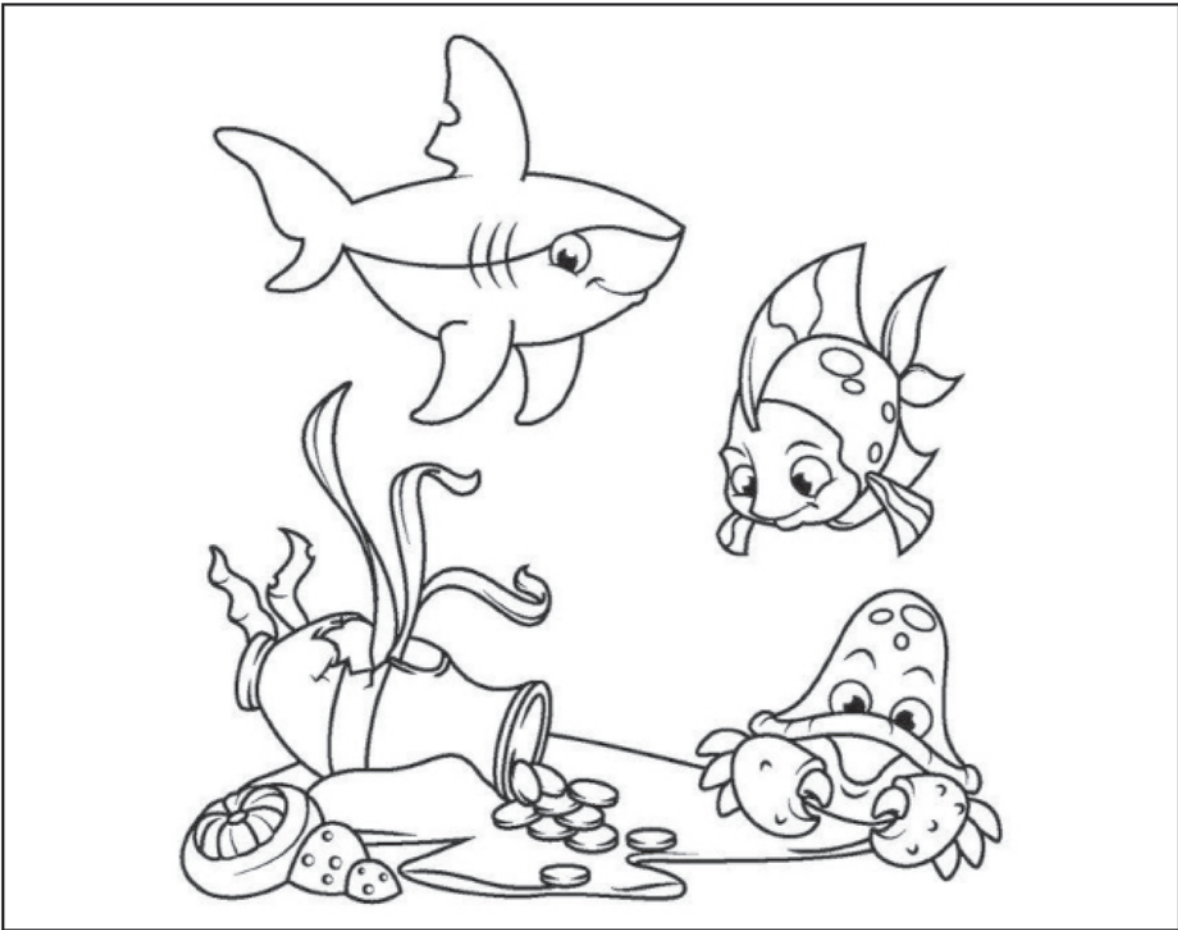
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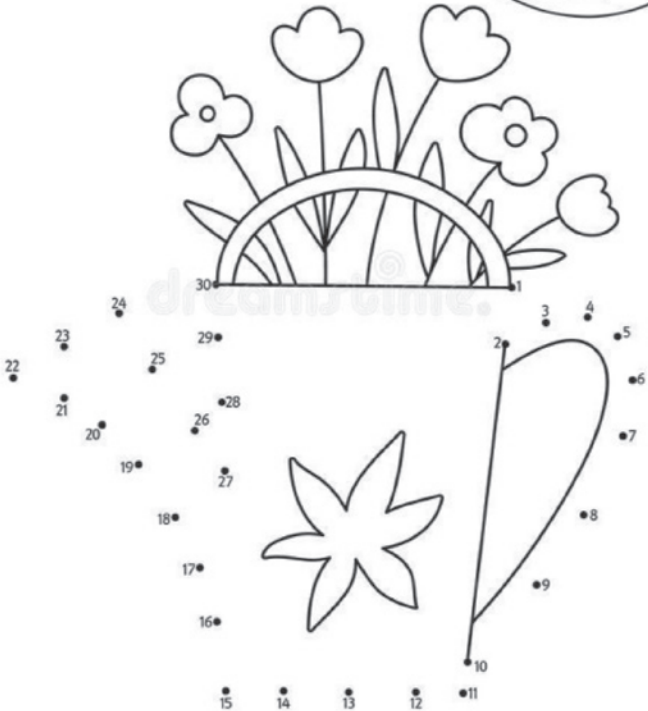
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FIND THESE PICTURES



Colour me!

1 2 3 Connect the Dots



UPCOMING EVENTS



ALTA VISTA LIBRARY – APRIL 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.

CLOSED

- Friday, April 15 – Good Friday
- Sunday, April 17 – Easter
- Monday, April 18 – Easter Monday
-

Many of the provincial restrictions have been lifted while others are still in place. 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 the most current provincial regulations.
- No proof of vaccination is required to visit the Library.
- We have made available five more public computer stations on the main floor, as well as the public computer stations in the children's room. Public computer use is currently limited to one hour per user per day. There are no exceptions. Reservations can be made either at the branch or online from home.
- We have added more seating for your convenience on both levels. Masks must be worn, at all times, when seated at tables and chairs. No food or drink is allowed.
- Meeting and program rooms are now available for booking.
- In-person programming is still suspended until further notice. Please visit our website for the most up-to-date information. Virtual programming will also continue for all ages online.
- The outdoor book drop is open 24 hours a day, 7 days a week.
- Museum passes are available once again on a first-come, first-serve basis. Please contact the museum in question before you visit to inquire about hours, closures, protocol 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.

PROGRAMMING

In-person programs are currently not available due to the COVID-19 pandemic. We continue to offer a limited selection of 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.

ADULT PROGRAMMING

Croisée des mots avec Louis L'Allier – mercredi le 13 avril 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.



UPCOMING EVENTS

COMMUNITY EVENTS April 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. Please wear a mask while in the church. 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. Visit us on Facebook at www.facebook.com/EUC.Ottawa to find out all about our social action groups and how you can help. 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.

Seniors' Exercise Program: Take Time to be Wholly (TTtbW) is resuming. It's a program of light exercises, standing, free weights and bands, designed to maintain or increase fitness by stretching and exercising most body muscles. Contact our office for details and to reserve a spot on Monday or Friday from 10:30 to 11:30 a.m. (TTtbW is cancelled for Good Friday and Easter Monday.)

Weekly Events and Activities

Sundays, 10–11 a.m.: Worship Services in person or 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, 10 a.m.–3 p.m.: Active Artists are resuming. Drop in to paint, knit or do your craft.

Wednesdays: Faith Study continues. Join us. Anyone is welcome to participate in one or more sessions; there is no homework (April 6 and 13 - 7:30 to 8:30 p.m.; April 20 from 7:00 to 8:15 p.m.; by Zoom).

Thursdays, 10–11:30 a.m.: The Thursday Morning Discussion Group is currently discussing *A People's History of Christianity: The Other Side of the Story* by Diana Butler Bass. People do not need the book to participate (by Zoom).

Fridays, 10–11 a.m.: Coffee with Roxanne. Join Roxanne Delmage, our Pastoral Care Provider, as participants share thoughts. Roxanne presents a different scripture reading and topic each week (by Zoom). Contact her at Roxanne.delmage@gmail.com.



April Events and Activities

Wednesday, April 6, 7–7:30 p.m.: Lenten Service (by Zoom).

Thursday, April 14, 7:15 p.m.: Maundy Thursday Service.

Friday, April 15, 10 a.m.: Good Friday; a joint service, hosted by Rideau Park United Church.

Sunday, April 17, 8 a.m.: Easter Morning Service outside. Check the website for details (followed by our usual service at 10 a.m.).

Wednesday, April 27, 7 p.m.: Teleos – A group for all women, meeting to discuss current issues and experiences from a theological perspective. Tonight Roxanne Delmage, our Pastoral Care Provider, will provide an overview of The Enneagram as a Spiritual tool to better understand yourself (by Zoom).

Coming Up in May

Saturday, May 14: Are you ready for a spring garage sale? Rent your own table for reusable treasures or drop by to meet your neighbours and pick up some bargains. To register for a table, or for more information, contact welcoming@emmanuelunited.ca or our office.

RIDEAU PARK UNITED CHURCH

2203 Alta Vista Drive

Office: 613-733-3156 ext. 228

Email: info@rideaupark.ca

Welcome Spring! Happy Easter to all. Worship with us, either in-person or online, your choice.

Starting April 1, those wishing to worship in-person at the church services must continue to wear a mask. Singing by the congregation during worship will be included beginning April 10 (Palm Sunday). Attendees are encouraged to be fully vaccinated (except children under 5) and observe physical distancing. Pre-registration for in-person Sunday services will be discontinued.

We will gradually be re-opening for more in-person events and activities, but some will remain online for now. Watch the church website, www.rideaupark.ca, or phone the church office for the latest information. Rideau Park is using a variety of ways to communicate, and can also be reached through our FaceBook Group, Instagram, and our YouTube channel.

Easter Activities at Rideau Park, both in-person and online

Sunday April 10, 10 a.m.: Palm Sunday Service

Friday April 15, 10 a.m.: Good Friday Service

Sunday April 17, 10 a.m.: Easter Sunday Service

Weekly Activities at Rideau Park

Sundays, 10 a.m.: Worship Service, both in-person and on-line, with welcoming words, joyful hymns, supportive prayers, videos, scripture, and a thoughtful presentation. Please join us!

Sundays: Children's Christian Education Classes and Youth Drop-In 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 Youth Drop-In (Grade 7 & up) – 11:30 a.m. For more information on the programs 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

UPCOMING EVENTS

channel. Full description at www.rideaupark.ca.

Wednesdays, 7 p.m., to April 6, Lenten Reflections Online through Zoom exploring our spirituality through the Lord's Prayer. Contact ebryce@rideaupark.ca or scifton@rideaupark.ca for the Zoom invitation.

Thursdays, 10 a.m., Group Meditation Online is shared together through Zoom. Join us for 20 minutes of quiet, peace and mindfulness. See www.rideaupark.ca for information, and contact scifton@rideaupark.ca for 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 scifton@rideaupark.ca.

Rideau Park United Church Facebook Group: Connect with others for videos, community news, prayers, and sharing opportunities. 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, in addition to those trying to stop drinking at this time.



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, membership information, and meeting location. We resume in-person gatherings on Wednesday, April 27 with a talk from Hallie Cotnam, a well-known morning radio personality.

OTTAWA LIFELONG LEARNING FOR THE 55+ GROUP

April 12, St. Timothy's Presbyterian Church 2400 Alta Vista Drive. 10 a.m. seminars are interesting, thought provoking, sometimes funny. Come check us out. We must follow the Vaccine rules required by the Church. Contact Ann Coolen: 613-749-0704 or anncoolen@rogers.com.

SPRING ECO MARKET

Join us for a Garage sale inspired spring Eco Market! There will be indoor and outdoor space for local eco vendors, makers, and upcyclers at this family friendly event. Expect unique items, delicious food vendors, recycling efforts, and educational activities all day from 9:30 a.m. until 4 p.m. on Saturday, April 23rd. Hosted at Re4m Design and Fabrications studio and neighboring partners - 136 Billings Avenue.

FRIENDS OF RIVERVIEW PARK GREEN SPACES SPEAKER SERIES

Thursday, April 28 – Katie Turnbull, Toronto Conservation Authority, will talk about re-imagining utility corridors to bring nature back to city living. Toronto's Meadoway is an ambitious project that is transforming a hydro corridor in Scarborough into a vibrant 16-kilometre stretch of urban greenspace and meadowlands. When completed, the Meadoway will be Canada's largest linear urban park.

Join us on Zoom for a virtual presentation from 7– 8 p.m. on April 28. To attend, please register by sending a message to forpgsottawa@gmail.com.

CANADA LANDS COMPANY WEBINAR ON PREFERRED CONCEPT FOR 1495 HERON ROAD

Wednesday April 13, 6–8 p.m.

Join Canada Lands Company at a webinar where it will present a preferred concept for how to reintegrate 1495 Heron Road into the community. At this bilingual meeting, you will have the chance to react to the concept and take part in a moderated panel and Q&A with the project's landscape, heritage and building professionals.

Before April 13, visit www.clc-sic.ca/real-estate/1495-heron-road to register.

From April 14 to 29, those who cannot participate in the webinar can view a video of the presentation, and take part in an online activity to share their thoughts on the preferred concept by visiting the above website.

WANTED



COULD THIS BE YOU?

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

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

We are looking for a Layout Editor for VISTAS.

LAYOUT EDITOR

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

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

ARE YOU READY FOR AN ADVENTURE?

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MOVIES 'N STUFF

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

MARCH HIGHLIGHTS:

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!!

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!

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.

Nightmare Alley

An ambitious carny 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!

April 5th

Small Motor Repair

The seemingly casual reunion of three old friends at an out-of-the-way repair shop masks a hidden agenda fuelled by the arrival of a privileged young yuppie.

The Harder They Fall

When an outlaw discovers his enemy is being released from prison, he reunites his gang to seek revenge. Idris Elba stars!

Around the World in 80 Days: Season 1

Gentleman adventurer Phileas Fogg makes a £20,000 (£2,409,600 in today's money) wager with a snobbish member of the prestigious Reform Club. The bet is that he can circumnavigate the world in 80 days, accompanied by his new valet Passepartout and journalist Abigail Fix.

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.

American Hangman

In this Canadian film starring Donald Sutherland, two men are chained up in a basement. The captor has cameras aimed at them and is streaming it on the internet - turning it into a "trial" on the held, retired judge's last court case. The viewers become the jurors.

Sing 2

Can-do koala Buster Moon and his all-star cast of animal performers prepare to launch a dazzling stage extravaganza in the glittering entertainment capital of the world. There's just one hitch -- he has to find and persuade the world's most reclusive rock star to join them.

Queenpins

A frustrated suburban housewife and her best friend hatch an illegal coupon-club scheme that scams millions from corporations and delivers deals to legions of fellow coupon clippers. Hot on their trail is an unlikely duo -- a hapless loss-prevention officer and a determined U.S. postal inspector -- both looking to end the criminal enterprise.

Jockey

An aging jockey aims for a final championship, when a rookie rider arrives claiming to be his son.

Vienna Blood: Season 2

1900s Vienna is a hotbed of philosophy, science and art, where a clash of cultures and ideas collide in the city's grand cafes and opera houses. Brilliant Dr. Max Liebermann is a student of Sigmund Freud, and together with Detective Inspector Oskar Rheinhardt, they investigate a series of unusual and disturbing murders.

Munich: The Edge of War

A British diplomat travels to Munich in the run-up to World War II, where a former classmate of his from Oxford is also en route, but is working for the German government. The great Jeremy Irons stars!

Julia

The story of the legendary cookbook author and television superstar Julia Child, who changed the way Americans think about food, television, and even about women.

Ice Age

Continues the escapades of the possum brothers Crash and Eddie who set out to find a place of their own. Together with the one-eyed weasel, Buck Wild, they face the dinosaurs who inhabit the Lost World.

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.

April 12th

Gold (2022)

A giant gold nugget becomes a deadly divide between two friends as they battle the harsh wilderness and their own greed. Starring Zac Efron.

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.

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.

Blacklight

Travis Block (Liam Neeson), a troubled off-the-books fixer for the FBI, finds himself in the middle of a deadly conspiracy that puts the lives of his family in extreme danger.

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.

April 19th

Under the Vines: Season 1

Rebecca Gibney and Charles Edwards star as two city slickers who inherit a failing vineyard in rural New Zealand... the only problems are that neither of them has ever done a hard day's work—and they despise one another.

Miracle in Milan

Criterion re-issue of the 1951 revered classic! Renowned filmmaker Vittorio De Sica followed up his international triumph Bicycle Thieves with this enchantingly playful neorealist fairy tale, in which he combines his celebrated slice-of-life poetry with flights of graceful comedy and storybook fantasy.

April 26th

Queens of Mystery: Series 2

They're back! Three crime-writing sisters and their 28-year old niece use their extensive knowledge of crime to solve whodunit style murders in the picturesque English village of Wildemarth.

Royal Flying Doctor Service: Season 1

Based on remarkable real-life stories, this gripping drama series follows the modern-day heroes of the Royal Flying Doctor Service as they navigate private lives as turbulent and profound as the heart-stopping emergencies they attend to across some of the most beautiful and inhospitable places in the Australian outback.

Licorice Pizza

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

Jackass Forever

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

Rocco Schiavone: Ice Cold Murders Season One

Deputy Police Chief Rocco Schiavone is exiled to Aosta, a touristy snowbound Alpine town far from his beloved home city of Rome. Already in a bad mood, he is immediately confronted with a series of bizarre cases.

Moonfall

The world stands on the brink of annihilation when a mysterious force knocks the moon from its orbit and sends it hurtling toward a collision course with Earth. With only weeks before impact, NASA executive Jocinda "Jo" Fowler teams up with a man from her past and a conspiracy theorist for an impossible mission into space to save humanity.

VHS to DVD transfer available for just \$15 dollars!

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