



Christmas lights in Alta Vista bring joy and hope.

## WHAT WE THOUGHT WE HAD AND THEN THEY CHANGED IT

A group of expert citizens within the Alta Vista Community Association and the Faircrest Heights Community Association has studied Bill 23 which was introduced by the Ontario Government in the Queen's Park Legislature and passed on November 28th. The Bill comes after years of proposals, consultations, studies, in this community, in Greater Ottawa, on intensification and housing supply for neighbourhoods and communities for years to come as part of the City of Ottawa Official Plan update process. That Plan, what we thought we had, a product of consultation and compromise on intensification and housing supply, was accepted by the Provincial

Government, but really not accepted. Because the Plan has gone to the Legislature as Bill 23 with 30 Provincial Government amendments that change it substantially. Read the report by AVCA and FHCA experts that provides a summary of Bill 23 and its potential implications for the City's Official Plan, for Ottawa as a whole, and for Alta Vista on pages 14–15.

Ellwood's Ridgmont Community Association President too has studied this Bill, working closely with City Planners. Read his report on Bill 23's potential implications for the City of Ottawa and for Ellwood in particular, on page 13.



VISTAS STAFF

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

**Layout:** Jennifer Palmer  
Email: jennpalmer@hotmail.com

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

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

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

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

GENERAL INFORMATION

Website: vistas-news.ca  
Email: info@vistas-news.ca  
Mailing Address: 411 Crestview Rd., Ottawa, ON, K1H 5G7  
Circulation: 7,500 copies

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	\$275.00	(10” W x 13” H)
Half Page	\$160.00	(10” W x 6” H)
Quarter Page	\$100.00	( 5” W x 6” H)
Business Card	\$ 35.00	

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

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

Where is it?

ARTS & CULTURE	17	LETTERS TO THE EDITOR	3, 5
BOOKWORMS DELIGHT	18	OUR COMMUNITY	7-16
CLASSIFIED ADS	39	OUR ENVIRONMENT	20, 22-23
EDITORIAL MUSINGS	2	OUR PEOPLE	21, 24
FAITH NEWS	30-33	SCIENCE & TECHNOLOGY	40
FAMILY MATTERS	36	SCHOOL NEWS	34-35
HEALTH & FITNESS	26-27	SKYLAR’S KIDS PAGE	40
JUST GOOD ADVICE	28-29	UPCOMING EVENTS	41-43

EDITORIAL MUSINGS

WHERE WOULD VISTAS BE WITHOUT ITS CARRIERS?

By Ernie McArthur, VISTAS Distribution Manager

Once a month, for ten months of the year, an army of volunteers take to the streets of Alta Vista and immediate surrounds. About 175 of them. In the span of some 24 hours, this little swarm of volunteers delivers approximately 9,500 newspapers to homes, apartment buildings and institutions.

Do you see them, notice them, speak with them, or are they invisible as they stroll up one side of your street and down the other, newspaper in hand, looking for your mailbox?

It is impossible to categorize the VISTAS volunteer. There are men and women, adults and children, professional people and non-professional people, the elderly, the middle-aged and the young, married people and single people, the spritely and the not-so-spritely, the talkative and the not-so-talkative. And there are those buoyed by laughter and those burdened by sadness; those driven by community spirit, and those just wanting a good walk; those earning community volunteer hours; and those who just want to see and say hello to their neighbours.

Just as it is impossible to categorize the VISTAS volunteer carrier, so too it is impossible to characterize his or her motives. Some enjoy reading the paper and want to share that enjoyment by delivering the newspaper to others. Some see VISTAS as an essential means of keeping this community informed on significant local and city news. Some may not read the newspaper, but recognize that others want to read it for its monthly content of articles, stories, news and advertisements. Some want volunteer hours. Others sense that a community newspaper helps to create a togetherness and an identity in that community. Some have always felt the need to contribute, to step up, to get involved, and for them, VISTAS is just another way to do that. Some might even see delivery of VISTAS as an obligation. What drives our carriers? Who knows for certain, but thank goodness something does.

The VISTAS Board of Directors has said many times to its carriers, and will keep on saying, “Thank you.” Just as VISTAS could not operate without its editors, business manager, advertising manager, layout and design person, distribution manager, photographer, Board of Directors, writers and advertisers, so too it could not exist without its carriers. Ensuring the very existence of VISTAS as an institution is a challenge for its carriers, but one which they welcome and to which they always rise.

Good work, carriers!

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 Layout 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 ADVENTURE?**

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

LETTERS TO THE EDITOR

New Alta Vista trustee already going to bat on student safety

Dear Editor,

Kudos to Alta Vista’s new public school board trustee, Dr. Nili Kaplan-Myrth, for calling on the provincial government to take stronger measures to protect students from this fall’s COVID-19 and RSV (Respiratory Syncytial Virus) crisis.

I saw Dr. Kaplan-Myrth interviewed by CTV on November 14 after the Province decided to strongly recommend mask-wearing instead of mandating it in schools and other public spaces. She made a compelling case that messaging like this doesn’t go far enough to keep kids safe.

She’s got a good point. Health professionals have been recommending masks for some time, but a trip to any Alta Vista grocery store will tell you that not many people are listening. That’s probably because most people think if things were serious enough, the province would mandate masks. People treat a mask recommendation the same way they treat a recommendation to eat vegetables and get more sleep – a good idea but not critical.

The reality is that pediatric hospitals are overflowing with seriously ill children. It’s so bad that CHEO has had to open a second ICU to expand its critical care capacity. When there isn’t enough room in our hospitals for kids who need to be on ventilators, mask-wearing has ceased to be a good idea and has become a necessity.

And it’s not just about sick children. When governments become too timid to take decisive action on public health emergencies, the repercussions flow downstream – to municipalities, school boards, parents, long-term care homes, and ultimately to hospitals and health care workers. Hospitals clogged with pandemic patients mean longer wait times, delayed surgeries, and burnout conditions for doctors and nurses who have been carrying an unfair and unsustainable burden for too long already. A timely mask mandate is a step governments can take to save our failing healthcare system – and it won’t cost a billion dollars to implement.

The challenge of public health is that it is sometimes necessary to do unpopular things. Public health measures need to be driven by the reality of the situation, not by how popular a given measure will be. We may not always like taking our medicine, but we need to be told, in no uncertain terms, when it’s time to take it. That time is now.

Lesly Bauer



VISTAS’ Delivery Schedule

2023	VISTAS Delivery Date
January Issue	January 6, 2023
February Issue	February 3, 2023

DISTRIBUTION OF VISTAS

Distributors

Bruce Burgess 613-738-6450	Jim Doherty 613-523-2487	Lynne Peterman 613-731-9108	Don Lanctot 613-731-2800
Eileen Raven 613-526-2763	Joseph Rikhof 613-834-0580	Bill Woodley 613-731-2243	Alex Sarabura 613-890-1056

Team Captains\* and Carriers

David Abboud	Bruce Denyes	Diane Laplante	Joseph Rikhof
Paul Adams	Gerri Doherty		Joanne Rodgers
Brian Arvisais	*Jim Doherty	Ruth Leamy	Mariana Rodriguez
Nanci Askwith	Katie Donaghy	Teresa LeGrand	Valentina Rodriguez
Deborah Babatunde	Mary Donaghy		
Babbitt Family	Michael Donaghy	Robert Leitch	Michael Schwartz
	Jim & Trisha Donaldson		
Jack & Luke Baines		Donna Leroux	André Séguin
Cynthia Ball	Carolyn Dunlop	David Lesley	Mary Lou Sparks
	Rouba El Khatib	Marg Levalliant	Alexa and Macy Spires
Patrick Beauregard	Beverley Ensom		
Lynda Becker		Charlotte Lewis	Robert Squires
Dorothy Belter	Valerie Ernst Fontaine	Valerie Limbrick	Joanne Stead
*Robert Belter	Gerald Francoeur	Eva Link	
Louise Bergeron	Audrey and Paige Gagnon	Laurie Mackenzie	Joanne Stead
Frank Berlin			Dwight Stewart
Jane Berlin	Tanya Garnham	Aidan & Elizabeth Maloney	Virginia Strachan
	Jacky Graham	Spasta Manolova	Ann Taylor
		Indira Marier	Alison and Anne-Marie Thompson
Marcia Blanchette	Lisa Gibson	Dan McCarthy	*Barry Thompson
Mischa Brodsky	Nicholas Genest	*Bruce McLelland	*Samira Thompson
*Sharon Bernard	Anne-Marie Gervais	Denise McCann	May Turcot
Heather Bonas	Elizabeth Gibson	Ruth McFie	Richard Turcotte
Joanne Bourdeau	Robert Hawkins	Marian McGahern	
Samuel Bourgeois	Mike Hayes	Erin McNerny	*David Vandine
Carol Brazeau	Cathy Healy	Julianne McNamee	Charles Vincent
Cathy Brierley	Duncan Henley & Arlo Baird		
Merle Brown	Eric Henry	Nancy McPherson	*Pam Waddington
			Ruth Walden
	Brendan & Claire Hickey	Thaddeus Mordon	Andrew Walsh
		Martin Morier	
*Bruce Burgess	Julie Hiscock	Seemah Mullally	Margaret Walsh
Charlotte Burgess	Cathy Hollands	*Phil Mullin	Henry Ward
James Calkin	Jeff Hoyle	Judith Neal	Gwynn Weese
*Suzanne Carr	Scott Inrig	Graham Neale	
Joanna Binch	Karen Jackson	*Deborah Newhook	Karina Welch
Kate & Emma Chacksfield	Lindsay Jacobi	Ron Newhook	R & H Westington
Phil Chartrand	C & B Jeffrey	Jacqueline Newton	
		Joanne Paré	
Dale Coburn	Barbara Jensen	Wendy Parkes	Janet White
Neil Cochrane	David Jones	Lynne Peterman	Chris Wiebe
Amy Connelly	Ken Klippenstein	*Rodney Pitchers	Joe Woo
Gillian Cooper	Leslie Koenig	Cornell Popyk	Diane and Mike Woods
Katie Copp	Christel Kurz	Arianne Potvin	Doug Woodside
Cramer Family	Anna Lacroix	Mylo Pouliot	
Jo-anne & Charles Crisp	Tara Laderoute & Students	Damien Prelorenzo	
		Don Price	
Linda Cunha	Glenna Laflamme	Wendy Pullan	Roger Wyllie
Caitlin Creaser	Derek Lagace	Samuel Quiroz	Catherine Znotinas
Michel David	Tyler Lagace	Eileen Raven	
	Claudette Lalonde	Sue Raven	
Ryszard Dabkowski	Sally Lankester	Robert Read	
Quinn and Layla de March	Gary Lane	Jean-Francois Rene	
		Cedalia Ribero	

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





AT HOME OR AWAY,  
HAPPY HOLIDAYS.

WE ARE ENGEL & VÖLKERS.

Happy holidays to you and yours! As we look forward to time spent with family and friends, I hope you're able to enjoy the holiday season in the place that means the most: Home.

To start planning your next real estate journey, visit [lenamaione.ca](http://lenamaione.ca)



+1 613-422-8688 · [lena@lenamaione.ca](mailto:lena@lenamaione.ca)  
292 Somerset St. West · Ottawa · ON

**ENGEL & VÖLKERS**  
**LENA MAIONE**

©2022 Engel & Völkers Ottawa Central, Brokerage. Each brokerage independently owned & operated. Lena Maione, Sales Representative.

## COMPUTER HELP IN YOUR HOME

**WE COME TO YOU TO FIX COMPUTER PROBLEMS.**

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




**613-731-5954**

### HOW CAN WE HELP YOU?

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



**613-731-5954**  
[info@compu-home.com](mailto:info@compu-home.com)  
Malcolm and John Harding



*“Christmas doesn’t come from a store.  
Maybe Christmas perhaps means  
a little bit more.”—Dr. Seuss*

## VISTAS Volunteer Carriers Needed

### For West of Haig

- Alta Vista (Pleasant Park to Smyth), 40 papers
- Bloor, Penhill, Crestwood, 56 papers
- Chomley, 40 papers
- Grassmere, 39 papers
- Heron (Alta Vista to Greenbelt), 13 papers
- Manor Hill Private, 32 papers
- Mimosa, 30 papers
- Norwood, and Roger (from Norwood to Alta Vista), 43 papers
- Pixley, 60 papers
- Renova, 55 papers
- Station Boulevard, 40 papers
- Utah, 32 papers

For East of Haig		
Arch	Dwellingham	Maywood
Audrey	Dwight/Dwight Place	Melfort
Avenue N	Edmond	Monteith
Avenue P	Elderfield	Nerta
Avenue Q	Elsett	Orchid
Avenue R	Erinbrook	Othello
Avenue S	Fairdale	Perley, The
Avenue T	Fife	Pleasant Park
Avenue U	Fleming	Plesser
Balharrie	Folkstone	Pullen
Banghor	Furby	Russell
Blackstone	Gill	Saunderson (Smyth to Halstead)
Carnegie	Glendevon	Shamir
Caverley	Goren	Shelley
Chadburn	Haig	Shelburne
Chaucer	Hamlet	Smyth (Dauphin to Russell)
Connery	Haney	Sonata
Cornish	Heaton	Southvale
Corry	Howland	St Laurent (Walkley to Russell)
Dakota	Holt	Susan
Devon	Joliffe	Tilson
Dickens	Keats	Tupper
Dorval	Lemay	Weston
Drew	Magnus	Weyburn
Dunelm	Martha	

## 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.



## LETTERS TO THE EDITOR

### Could a Co-op finance local land development?

Dear Editor,

According to the New Urbanist movement, there was a time when every town had dozens of its own independent land developers. They had the expertise and motivation to buy small pockets of land and develop them in ways that were appropriate and acceptable to the surrounding neighbourhood. These land developers had every reason to seek the support and approval of local residents, since these residents were the land developer's neighbours as well.

But in the late twentieth century, the development industry underwent the same consolidation as did so many other industries: the small, family-run firms gradually went out of business, out-competed or bought out by larger firms. The larger firms no longer have a permanent presence in the communities they operate in, and therefore have less incentive to develop land with a sensitivity to local needs. Buildings are put up that ignore local context.

And now, if we are to seamlessly add the 194,800 new dwelling units that Ottawa's Official Plan calls for, we may need a great many more land developers and they're going to need to have an emotional stake, as well as a financial stake, in how buildings develop.

How about this idea: a Cooperative Land Development Corporation, modelled on our own Ottawa Renewable Energy Co-op? In 2010, a group of Ottawa residents grew tired of hearing that they'd never shake their dependency on fossil fuel, and they founded the Ottawa Renewable Energy Co-op. OREC follows the fundamental international principles of all co-ops, the most important being that one member gets one vote, as opposed to votes depending on the number of shares owned by an individual. OREC now owns eight million dollars' worth of renewable energy projects in Eastern Ontario. Its shareholders earn an average return of 3%, all while creating jobs and electricity for local consumption. Inappropriate projects are kept at bay, by the fact that the local residents, shareholders, voters and consumers are all the same people.

Could a Co-operative Land Development Corporation follow a similar model? Residents of Ottawa who wished to pull their savings out of mutual funds that are still investing in fossil fuel extraction could instead finance local land development, such as rows of small stores in otherwise residential neighbourhoods. If local people financed, designed and patronized such a development, it would be far more likely to fit in, than anything that an outsider could propose.

Let's get in the game!

Janet Mark Wallace



**Harmonia Choir of Ottawa**  
**OTTAWA WINDENSEMBLE**

**Love and Light**

Tickets: \$20 in advance, \$25 at the door  
[loveandlight.brownpapertickets.com](http://loveandlight.brownpapertickets.com) [www.HarmoniaChoir.com](http://www.HarmoniaChoir.com)

Saturday December 10th, 7:30 pm  
St Thomas the Apostle  
2345 Alta Vista Drive, Ottawa



**CANTERBURY**  
COMMUNITY ASSOCIATION

**Winter Session is Coming**  
**January 9, 2023**  
**to**  
**March 11, 2023**

**Fitness ❄️ Martial Arts ❄️ Yoga**  
**Art ❄️ Kids Programs ❄️ Lots more!**

**Registration opens**  
**December 2, 2022**  
**[www.cca-acc.ca/programs](http://www.cca-acc.ca/programs)**

*"T'was the night before Christmas, when all through the house, not a creature was stirring, not even a mouse."—Clement Clarke Moore*



**What numbers matter most to you?**

Invest for peace of mind.

**Alex Charette**  
Senior Wealth Advisor  
613.782.6736  
[alex.charette@scotiawealth.com](mailto:alex.charette@scotiawealth.com)  
[charettegroup.com](http://charettegroup.com)

**CHARETTE GROUP**  
ScotiaMcLeod, a division of Scotia Capital Inc.

**Scotia Wealth Management.**

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



*Season's Greetings*

*Meilleurs voeux*



The Honourable | L'honorable



# David McGuinty

Member of Parliament | Député  
Ottawa South | Ottawa–Sud



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

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

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

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

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

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

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

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

Constituency Office | Bureau de Circonscription

1883 Bank Street  
Ottawa (Ontario) K1V 7Z9

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

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



## OUR COMMUNITY

### TALKING ABOUT HUNGER ON THE HILL

By Marian Bakker

I am one of the vegetable growers at the St. Thomas the Apostle Anglican Church community garden plots. This summer, our plots provided roughly 170 kilograms of fresh produce for the Heron Road Emergency Food Centre.

Between October 15 and 18, I attended the Canadian Foodgrains Bank's *Hunger on The Hill* event in support of ending global hunger.

Canadian Foodgrains Bank was founded in 1983 when a group of Canadian farmers donated part of their crops during the Bangladesh famine to end hunger. The organization no longer ships Canadian grain overseas; instead, the yields from donated acres are sold and the revenue is deposited in the Foodgrains Bank. Funds are distributed through 15 church and church-based members to local partners in developing countries to either purchase immediate emergency food relief where there is acute hunger or to train small-scale farmers, often women, in climate-resilient growing techniques.

Farmers who receive this training can increase their yields, diversify crops to address nutrient-rich food choices for their communities, grow during both wet and dry seasons, add agroforestry, reduce time given to tillage and weeding, and be mindful of the soil's health. Farmers can grow enough food for their family and sell the extra, often ensuring they can afford their children's schooling.

Until 2016, global hunger was beginning to plateau and then decline. But now, hunger has risen sharply and currently up to 828 million people are either acutely hungry or food insecure. This is due to many factors including food system failures, conflicts, political instability, as well as extreme climate events like droughts and floods.

The *Hunger on the Hill* event began on Saturday, October 15, when 20 volunteers from across Canada met in Ottawa with the goal of meeting Members of Parliament to advocate for continued Canadian support of international development.

On Sunday, the staff from Canadian Foodgrains Bank led us through training regarding policy, climate resiliency and highlights of the package we would be delivering to MPs.

On Monday, we met with MPs John McKay and Dave Epp to discuss what to expect when meeting with MPs and to answer our questions. The group also attended the House Question Period to see our MPs in action. Following that, our assigned teams of four met to strategize for the next day.

On Tuesday, we divided into groups and spent the day meeting with various MPs. We spoke to them about Canadian Foodgrains Bank and asked for their support of the G7 commitment for international aid and climate resiliency training. I was impressed by the MPs' hectic schedules and the long days that elected officials put in on our behalf.

As a vegetable grower, I know the time and effort that goes into planting, watering, fertilizing, weeding and harvesting. I'm concerned that an estimated 70 percent of farmers around the world are food insecure, and they need support to become food secure. Our locally based partners around the world can teach climate-resilient techniques that can help them weather some of the climate stresses on their farms.



Twenty volunteers from across Canada attended the Canadian Foodgrains Bank *Hunger on the Hill* event.

You can help by asking our MP, David McGuinty, to ensure the government continues to support international development and climate-resilient food systems through Canadian Foodgrains Bank.

David McGuinty: Ottawa Office, 1883 Bank Street, Unit A, 613-990-8640; or House of Commons, Ottawa, K1A 016 (No Postage Required) 613-992-3269.

For more information about Canadian Foodgrains Bank, visit [foodgrainsbank.ca](http://foodgrainsbank.ca).



MP Damien Kurek standing behind Marian Bakker's group of volunteers. L-R: Marian Bakker, Charlene Wieler, Andrea Yovorsky, Jay Chowdhury.





**613-680-8883**  
[www.nouras.ca](http://www.nouras.ca)

**'Tis the season to sparkle at**



**NOURA'S**  
House of expert craftsmanship  
*for all your greatest jewellery gift ideas*



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



**John Fraser, MPP**  
**Ottawa South**

Happy Holidays!

My family and staff wish you and your families a very Merry Christmas, Happy Chanukah and Happy Kwanzaa! We hope you can gather with your families and friends in a safe way.

We also invite you to our:

*New Year's Levee*  
*La Lever du Nouvel An*

**Sunday, January 8, 2023 from 3pm to 5pm**

At Jim Tubman Chevrolet Rink  
2185 Arch Street

Public skating (bring your own skates/helmet), complimentary hot chocolate, coffee etc. outdoors by the rink  
Or simply stop by to say hi!

Registration is required as there are capacity limits on the rink  
RSVP to 613-736-9573 or [jfraser.mpp.co@liberal.ola.org](mailto:jfraser.mpp.co@liberal.ola.org)

Please consider bringing a non-perishable food donation for the Heron Emergency Food Centre (HEFC) as demand in our community continues to be very high.

1883 unit D Bank Street

Ottawa, ON K1V 7Z9

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

[jfraser.mpp.co@liberal.ola.org](mailto:jfraser.mpp.co@liberal.ola.org)

[www.johnfraser.onmpp.ca](http://www.johnfraser.onmpp.ca)





## OUR COMMUNITY

### 2332 RCACC ARMY CADETS REPRESENTED AT THE 122ND ANNIVERSARY OF THE BATTLE OF LELIEFONTEIN

*By Corporal Joeanita Chahwan, Corporal Justin Rioux, and Lt Anh-Thu Dang Photo Credits: 2870 RCACC*

On November 5, Army Cadets from 2332 Major E.J.G. Holland VC Royal Canadian Army Cadets Corp headed to Garrison Petawawa to participate in the Leliefontein Parade. The Battle of Leliefontein on November 7, 1900, was part of the Boer War in South Africa and forever marked the history of The Royal Canadian Dragoons (RCD). During that battle, three Dragoons were awarded the Victoria Cross. This is the highest military decoration, given to those who show brave acts of valour and devotion to duty while facing hostile forces. Our unit was named after one of the awardees: Sergeant Edward James Gibson Holland.

2332 RCACC is proudly affiliated with B-Squadron, RCD, one of the most senior regiments in the Canadian Forces. This means that we are fortunate to receive support and get invited to parades like these.

We were joined by two other RCD-affiliated cadet units in Ottawa. After the long bus ride to Garrison Petawawa, the cadets went straight to the parade. Master Warrant Officer Godwin Bundu was appointed Cadet Regimental Sergeant Major (RSM) for the parade. He was the most senior cadet representative and led all the cadets by calling drill commands. "This was my first Leliefontein Parade, and I had a set of expectations going into it. This experience completely exceeded my expectations. I gained a lot of insight into how the RCDs parade," commented MWO Bundu.



*Cadets formed up for the Leliefontein Parade, led by MWO Bundu.*

During the awards, Master Warrant Officer Alexander Shaheen was the very first recipient of the Affiliated Cadet Corps Bursary! The bursary was started this year to recognize cadets from affiliated units to support their goal of post-secondary education and recognize these future community leaders. "I would like to thank the Cadets Program and the RCDs for this great opportunity. I've been in the program for five years and am so grateful for everything I've learned and experienced. I would also like to thank my family, all the staff at 2332 and the Dragoons. The Cadets Program is such a great program and while it might be difficult at first, it has endless opportunities if you stick through it to the end," said MWO Shaheen. He continues his studies in his first year at the University of Ottawa in General Science. The Cadets Program offers many bursaries and scholarship opportunities for post-secondary education through the program and affiliated units!



*MWO Shaheen receives the Affiliated Cadet Corps Bursary. From left to right: CWO C. Leblanc, CD, Regimental Sergeant Major RCD, LCol Nick Forsyth, CD, Commanding Officer RCD, MWO Alexander Shaheen, Maj Patricia Bonacci, Commanding Officer 2332 RCACC, MGen (ret'd) Dean Milner, CMM, MSC, CD*

The cadets marched around the parade square and then off to be dismissed, "It was super cool, watching the tanks drive around the parade!" remarked Corporal Joeanita Chahwan, who attended the parade for the first time. 2332 RCACC is fortunate to have the opportunity to participate in parades with our affiliated units and have a close relationship with them.

Commander Colonel (Col) Jay MacKeen, of 2 Canadian Mechanized Brigade Group, awarded MWO Bundu a Commander's Coin. The coin was given to show his appreciation for MWO Bundu's exceptional performance as the Cadet RSM for the parade. "I am honoured to receive this recognition from the Commander of 2 Brigade," said MWO Bundu. "I would also like to recognize our cadets who did a spectacular job on parade and showed up with near-perfect uniforms!"



*MWO Bundu holds up his Commander's Coin from the Commander of 2 Brigade.*

After the parade, the cadets received an exciting tour of the armoured vehicles. They even got a chance to go inside the tanks! Finally, they ended their long day with some delicious shawarmas.

Opportunities like these, where cadets can participate in parades and learn more about the Canadian Armed Forces, are offered at Cadets Canada. The program is free and is open to youth between the ages of 12–18 and is at 2100 Walkley Rd. Check out our website [2332cadets.ca](http://2332cadets.ca) for more information.



*Cadets check out the inside of a tank during their tour at Garrison Petawawa.*





OUR COMMUNITY

CHATTING ABOUT OUR CHALMERS TREASURES

By Xavier Bradbury-Jost

Saturday, November 5th was surprisingly warm and pleasant. It turned out to be a fine day for a neighbourhood walk to learn more about the Chalmers homes in our corner of Alta Vista.

I organized a guided tour to discuss and share information about our Chalmers homes. Roughly 40 people attended this event, dubbed the “Chalmers Walk & Talk.” Our tour was in the area west of Pleasant Park Woods and east of Alta Vista Drive. We first looped around the small block formed by Verger Place, Summit Avenue and Fairbanks Avenue, and then we turned left (west) onto Mountbatten Avenue until we reached the top of the hill.

During this walk, we explored the first cluster of houses built by Chalmers. The honour of being the first Chalmers home lies with 388 Billings Avenue, which was not on our itinerary on November 5th but may feature in another tour we hope to enjoy in the future.



The “Chalmers Walk & Talk”

As we walked along the narrow, curbless streets, we admired our cluster of wood-sided Chalmers bungalows, as well as the two-storey, four-unit “quadruplex” at the corner of Fairbanks Avenue and Thessaly Circle. Chalmers homes, which were built after World War II, are primarily single-detached bungalows with brick or stone on the chimney and on the lower exterior walls. They have large windows and a considerable setback from the street. Moreover, something that is unique to our cluster is that these houses often have a carport accompanying the garage.



A Chalmers home in Alta Vista

Our cluster features many similar-looking homes, but no two houses are identical – each has different paint or stain colours on the wood siding, varying types of brick or stone, and variations in how each dwelling is laid out in their floor plans and exterior façades.

Chalmers was a family business that designed and built dwellings throughout Alta Vista and in other neighbourhoods of the old City of Ottawa (pre-amalgamation). It was active starting in the mid-1950s and continued until the 1980s when mortgage rate increases and rising costs forced them to shut down. This company left an intriguing legacy of Mid-Century Modern houses. There are single homes and clusters of homes, most of which are still standing. They never fail to catch the eyes of Alta Vista residents and visitors, particularly the houses that have retained elements of the original architecture. These post-war dwellings feature a wide range of characteristics that visibly distinguish them from the rest of Ottawa’s housing – and many of us Alta Vista residents consider them to be worth preserving.

To my knowledge, this “Chalmers Walk & Talk” event is the first of its kind to be held in our neighbourhood, and given its success, I feel compelled to host more events like this one. The widespread interest in this event, in my view, is owed mostly to the fascinating history and appearance of our Chalmers homes. It also seems to arise from a growing sense of urgency, however, as some of these houses have recently been renovated beyond recognition, and others demolished completely.

Walking together and admiring the mid-century residential architecture and mature trees, we stopped at each intersection to exchange views and experiences. Initially, we did an “icebreaker” which allowed participants to share one thing they liked, and one thing they found challenging, about living in and maintaining a Chalmers house. We then talked about identifying interior and exterior features which make them easily distinguishable. After the tour, we had an indoor gathering where we continued our discussions about our Chalmers homes. We agreed, too, that such walks and talks would be likely in the near future as we seek to learn more about our neighbourhood heritage here in Alta Vista. We will also explore ways to accommodate the needs of twenty-first-century Alta Vista while maintaining the architectural gems, and the communal memories they represent, that made this neighbourhood what it is today.

Feel free to contact me directly if you’re interested in learning more about what was discussed at this event – my email address is [xavierbradburyjost@gmail.com](mailto:xavierbradburyjost@gmail.com).

*Xavier Bradbury-Jost is a student of Urban & Regional Planning at the University of Waterloo, and a resident of Alta Vista for over 20 years. He lives in a house built by Chalmers, and has advocated for heritage protection on these houses since 2016. A member of the Alta Vista Community Association (AVCA) since 2019, he is also part of its recently-formed Heritage Sub-Committee.*

GET SOCIAL  
Modern Square Dancing  
Fun for all ages!

Have a partner? Great! No partner? No problem!

Join us at a FREE Kick-Off Dance:

Tuesday, Jan. 10, 2023

7:00 pm

J.A. Dulude Arena, 941 Clyde Ave.



14-week dance program  
will begin on  
Tuesday, Jan. 17

[www.merisquares.ca](http://www.merisquares.ca)  
[lamarmason4@gmail.com](mailto:lamarmason4@gmail.com)

(Proof of vaccination  
and masks required.)





**MARTY CARR**  
**Alta Vista Ward 18**  
**Alta Vista Quartier 18**  
**Councillor | Conseillère**



**MARTYCARR.CA**

Dear Neighbours,

The holiday season is upon us! I am so pleased to be writing this message as your City Councillor for Alta Vista. I am proud to represent this community at Ottawa City Hall, and I look forward to working for you in the weeks and months ahead.

As we prepare for holiday festivities and happy times with family and friends, I am reminded that the true gifts of the season come from the relationships we have with each other. The spirit of this community makes Alta Vista a special place. From the residents to the volunteers, to our frontline workers and our business community, I see people working together to build a more accessible, inclusive, safe, and greener community for all of us, particularly our most vulnerable citizens. Thank you!

I hope you can join me at the Holiday Skate at the Jim Tubman Chevrolet Rink on December 10—and bring a donation for the Blair Court Community Food Bank.

Have a safe and joyous holiday season.

**COMMUNITY CAFÉS—COMING SOON!**

Starting in January 2023, I will be holding regular meetings for coffee and conversation in Ward 18 neighbourhoods. These casual get-togethers will help us get to know each other, share ideas, and discuss issues that are important to our community.

Dates and locations will be announced in Vistas and on my website in the weeks ahead. I look forward to meeting you!

Sponsored by:



Join us for a

*Holiday Skate*

in support of the  
**Blair Court Community Food Bank**

Free event! ❄️ Fun for everyone!

Santa Claus Visit | Skating | Camp Fire  
 Hot Chocolate | Gift Bags | Photos

When: Saturday, December 10, 2022  
 10:00 a.m. to 1:00 p.m.

Where: Jim Tubman Chevrolet Rink  
 Canterbury Park, 2185 Arch Street

Please bring a non-perishable donation  
 in support of the food bank



For more information: 613-580-2488 || [Marty.Carr@ottawa.ca](mailto:Marty.Carr@ottawa.ca)

**Councillor Marty Carr**

**110 Laurier Avenue West, Ottawa, ON K1P 1J1 | 613-580-2488**

**[Marty.carr@ottawa.ca](mailto:Marty.carr@ottawa.ca) | [martycarr.ca](http://martycarr.ca)**



OUR COMMUNITY

THE RCMP NATIONAL MEMORIAL CEMETERY AT BEECHWOOD CEMETERY, OTTAWA

By J.J. Healy, RCMP Veterans, Ottawa

Many Canadians may not be aware that a few years ago the Ottawa RCMP Veterans Association established a new National Memorial final place of rest inside Beechwood Cemetery in Ottawa for RCMP members and their families.

The establishment of the RCMP National Memorial Cemetery (NMC) is a means of recognizing the significant contribution and sacrifice made by members of the North West Mounted Police (NWMP), the Royal North West Mounted Police (RNWMP) and the Royal Canadian Mounted Police (RCMP). The RCMP Honour Roll attests also to the number (246) of members of the Force who, beginning in 1873, have given their lives for Canada.

On January 11, 2006, RCMP Commissioner Giuliano Zaccardelli, Mrs. Grete Hale, President of the Beechwood Foundation and Mr. Al Rivard, President of the Ottawa Division of the RCMP Veterans' Association, formally signed a Tri-Party Agreement for the governance and stewardship of the RCMP NMC at Beechwood Cemetery. The Tri-Party Agreement is a legally binding document that defines and specifies the roles and responsibilities of each of the parties and, in particular, highlights the leadership role of the Ottawa Division of the RCMP Veterans' Association for the continuing development, expansion and beautification projects for the National Memorial Cemetery site.

This historic event took place on the site of the newly developed section of the RCMP National Memorial Cemetery. The ceremony was attended by several dignitaries and invited guests, including former and current executive members of the RCMP Veterans' Association, Ottawa Division.

The North West Mounted Police (NWMP) was founded in 1873, the same year in which Beechwood Cemetery opened. On September 29, 2002, this remarkable cemetery was bestowed the honour of being a National Historic Site by the Historic Sites and Monuments Board of Canada.

Beechwood is indeed a place to discover – an oasis shrouded in a protective canopy of leaf and vine, with its storied pathways, stately elms, maples and evergreens, magnificent gardens, architectural splendor and landscaping rich in beauty. Beechwood Cemetery contains 160 acres of natural beauty.

It includes elegant monuments, including an impressive NWMP Monument in honour of Constable Marmaduke Graburn. Constable Graburn was the first member of the NWMP to be killed on duty. The RCMP NMC, inside Beechwood, honours individual members as well as reflects the ongoing history of the RCMP.

The RCMP NMC lies near the National Military Cemetery of the Canadian Forces. This site is truly a place of reverence, a visual testament to the proud traditions of the NWMP, the RNWMP, the RCMP, as well as RCMP Public Service Employees.

This initiative originated within the Ottawa Division, RCMP Veterans' Association and since the official dedication ceremony in October 2004, many enhancements to the beautiful site have been successfully achieved, including the completion of two cobblestone pathways, a parade square at the base of the main monument, and dedication of the majestic black granite monument.

Thus far, over 500 serving and retired RCMP members have pre-arranged their final resting place at the RCMP NMC at Beechwood. About 100 members of our extended police family, Civilian Members and Public Servants have also been laid to rest here since the summer of 2004. Members of the Force who have been killed on duty also rest in the National Memorial Cemetery.

Ottawa has been the Headquarters of the Royal Canadian Mounted Police for over 100 years, and a centrally located RCMP National Memorial Cemetery exclusively for our deceased members and their families, including long-serving Public Service Employees, is a legacy befitting Canada's national police service.

The RCMP NMC is meant to complement the Regimental Cemetery at "Depot" in Regina, SK and provides an option to all former and serving members in choosing their final resting place in a dignified sanctuary of peace exclusively dedicated to our police family.

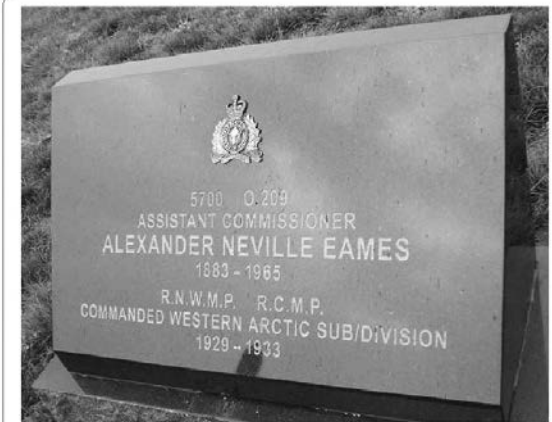
The newly created "legacy pathway" of the RCMP NMC is modelled on the Northern Ireland Royal Ulster Constabulary St. George's Garden of Remembrance, which is a learning pathway that attests to the history of the RUC. The RCMP NMC pathway reflects the Force's storied history, so that visitors and school classes have an opportunity to learn about, and understand, the national pride and international recognition of the RCMP as an organization.

At this time, there is a commemorative wall being constructed that will provide a pictorial history of the Force from 1873 to the present. It is scheduled to be unveiled on the occasion of the 150th Anniversary of the Force on May 23, 2023. In addition, there is a newly created pathway called the "Commissioners' Walk." Several former Commissioners' grave markers will be located along this path.

I wish to thank my good friend, retired RCMP Veteran Deputy Commissioner Roy Berlinquette, for his help with the composition of this story. Roy was the driving force and exceptional leader of the committee that brought the RCMP NMC from conception to realization. We owe him, and all members of the committee, a debt of gratitude.



The names of all the 246 RCMP who died on duty in service for Canada are etched in the base of this statue at the RCMP National Memorial Cemetery at Ottawa Beechwood



In 1932, Assistant Commissioner Alexander Neville Eames led the chase of the Mad Trapper. Eames died in 1965, but he was never buried. In 2009, my search for him took me to Burnaby, BC where I discovered his ashes. This granite stone marks where I buried his urn in the RCMP National Memorial Cemetery.



"The RCMP National Memorial Cemetery was officially dedicated on October 17, 2004, in partnership between the Ottawa Division of the RCMP Veterans' Association and the Beechwood Cemetery Foundation. The Cemetery features a beautiful granite memorial, a parade square and a statue on a monument dedicated to the memory of fallen officers."

\*The RCMP Community Brochure



## OUR COMMUNITY

### ELWOOD UPDATE

#### Halloween 2022's trick or treat – Bill 23

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



Ellwood's fall has been one of the nicest, Emale trees redder, ornamental grasses more golden, the weather warmer, the skies bluer, and the average price of houses down about \$170,000. Banff Avenue's brand-new sidewalk, at a cost of \$260,000, has residents over the moon – it is wider and all concrete; originally it was not to be done and then only with asphalt. Special features have

been included to assist the blind and those in wheelchairs. City manager Dante Buda and his team working with Cavanaugh Construction have done an outstanding job. With a friendly, organized crew paying close attention to detail and safety, it is not very often you see construction workers hand scraping asphalt off the side of the curb and restoring residents' lawns as if they were their own.

The recent October municipal election saw Ellwood's residents turn out to vote more than ever before, and Mark Sutcliffe, our new Mayor, has indicated that "we will get to work together to do some good for your community."

Congratulations and welcome to Mark Sutcliffe.

And just a day after the municipal elections, Premier Doug Ford introduced Bill 23, the More Homes Built Faster Act, leaving many of the intensification cognoscenti slack-jawed with disapproval. Bill 23 calls for about 151,000 new homes to be built in Ottawa over the next decade.

Premier Ford has ambushed all concerned with Bill 23. While the goal of the Bill seems to be a lofty one, the essential details – the practicalities, the nuts and bolts, the effects, and especially the costs and unpredictability – seem to have been given scant attention.

Bill 23 will affect residents because it will restrict the City of Ottawa's ability to conduct intensification as envisioned over the last two or more years, limit the City's ability to raise revenues. Bill 23 disregards compromise, consultation, and cooperation, and, experts say, will raise taxes.

Key features of Bill 23 encourage developers by disallowing the City to collect Development Charges for new construction. The City uses this money to fund myriad features, benefits and services for Ottawans, like our new Banff sidewalk, our winter rink, repaving Banff Avenue, re-developing Bank Street, the possible creation of a new dog park, measures to reduce or eliminate cut-through traffic, and so much more. This is revenue that comes that comes out of the pockets of developers and new home buyers, through the price of each new home, and not from the general population.

Ottawa City Planners say that all this new construction will need infrastructure, such as drains, new water pipes, roads to be maintained and more, to be paid for out of the general pool of taxes and will result in you and I having our taxes increased. We are talking about many millions of dollars.

City Planner Don Herwey says Bill 23 "narrows the housing discussion to one of quantity and diminishes the critical role municipalities play in providing for quality and support for growth. In doing so, the Bill risks creating a significant imbalance with the rest of the city for new housing developed absent the services, amenities and infrastructure needed for long-term success. As currently worded, the adoption of Bill 23 will mean that growth will not pay for growth, and supporting infrastructure necessitated by growth could be significantly delayed, levels of service degraded, and/or the costs passed on to existing municipal ratepayers."

Bill 23 also calls for an end to R1 zoning – single-family homes – which is the current zoning in much of Ellwood, and the building of as many three-storey homes anywhere and everywhere. Previously, the allowance in Ellwood was for three-storey homes along Walkley Road, which is now raised to four stories. And significantly, a zoning by-law regulating minimum unit size or requiring more than one parking space per unit will be prohibited.

The Planners say that there is no fundamental demographic basis for the 151,000-housing target identified in any of the population projections for Ottawa to 2031. They say that the Ontario 1.5 million home construction target appears to be based on a recommendation from Ontario's Housing Affordability Task Force, which in turn cited a 2021 Scotiabank study applying housing supply per capita amongst G7 nations to Canada. The planners conclude, "This is a flawed approach to establishing housing targets."

Furthermore, the City will now not have any say over site control plans, and for new homes in Ellwood specifically, the requirement for site control plans has been completely removed. This includes any say on whether or not a new building fits in with the neighbourhood character.

On November 4, 2022, the Province approved the already agreed Official Plan Amendment, previously adopted by Ottawa, with 30 modifications relating to highways, wetland protection, water resource protection, natural heritage, and agricultural areas.

To further compound the problem, Premier Ford upends a basic fundamental of democracy that any vote passes on a 50 + 1 majority, now requiring a 1/3rd to pass on housing issues. Many say that this is ripe for developers to exploit by funding councils and mayors to their advantage, adding to the well-entrenched perception of the stranglehold they have on many politicians. The experts state that while this may ultimately be challenged at the Supreme Court, current laws that apply to provincial-municipal governance favour the Province. You may have noticed the builders' associations were quick to deploy advertising praising Bill 23. Plus, it was recently reported in the Ottawa Citizen and on CBC and CTV that developers that contributed to Premier Ford's election campaign are in the forefront of those that may benefit from the changes Bill 23 will bring.

There is much wringing of hands and gnashing of teeth and an invigorated demand that Premier Ford bring a more sober approach to this issue. Our new Mayor, Mark Sutcliffe, has the skill and ability, with the new Council, to engage Premier Ford to bring about what works best – compromise, consultation and cooperation – and hopefully, there will be a change.





# OUR COMMUNITY

## ONTARIO BILL 23 AND THE APPROVED OFFICIAL PLAN (WITH PROVINCIAL AMENDMENTS)

*By Judy Korecky, on behalf of the Faircrest Heights Community Association; and Garry Lindberg, on behalf of the Alta Vista Community Association*

### After the work of so many Serious effects for Alta Vista

Many of you will have already seen the news that the Government of Ontario moved Bill 23 (More Homes, Built Faster Act) quickly through the Legislative Assembly of Ontario and approved Ottawa’s new Official Plan (OP), but with 30 amendments.

### Overview of Bill 23

In general, the Government indicated that the purpose of Bill 23 is to remove “impediments” to the building of additional needed units by streamlining the planning process and removing existing checks and balances. However, the Government bases these changes on population projections that more than double the projections brought forward by the City of Ottawa. (Note that the City projections have been questioned previously in VISTAS and other municipalities across Ontario over the past year.)

### City of Ottawa Official Plan approved

At the same time as tabling Bill C-23, the province approved the City of Ottawa Official Plan (OP) with 30 modifications. One key change is that the maximum height of buildings on Minor Corridors across the city has increased from four to six storeys. Pleasant Park Road, Kilborn Avenue, Alta Vista Drive and Heron Road will be affected. Up to 40 storeys will be permitted on Major Corridors such as Smyth Road, although it is hoped that Smyth Road will only be in the 9-storey range given its width. The Plan now also provides flexibility to move beyond the development standards of the underlying zone if the applicant can demonstrate that the development achieves key objectives of the Plan. Another important element is that a large proportion of the considerable urban land expansion set by the Province is located at the south end of the city with the expansion of Finley Creek and Ottawa South, which could create additional traffic through Alta Vista. There is no longer a right of appeal to the OP.

### Implications of Bill 23

- **Centralizes power on housing at the provincial level** by taking key decisions away from municipalities, sets hard ambitious housing targets and gives the province powers to amend municipal Official Plans in the event municipalities do not comply sufficiently.
- **Silences stakeholders** by limiting community rights to access the Ontario Land Tribunal, among other currently existing rights to be heard.
- **Weakens certain environmental protections**, related to wetlands, green building standards, conservation authorities, in addition to cutting in half the amount of parkland in new developments.
- **Reduces protections for affordable housing** (by capping the proportion of units and length of affordability to 25 years) and weakens rental replacement by-laws to prevent “renovictions.”
- **Removes Development Charges** that fund roads, sewers, and additional infrastructure, services, and parks, which will result in a mix of higher taxes and decreased community infrastructure and services.

One particular concern is that Bill 23 contains a provision that prohibits municipalities from zoning any lot in Ontario for less than three principal units. This means that one, two or even three principal units (up to a triplex) could be built on any lot. It should be noted that Ontario is not the first jurisdiction to move away from single-family home zoning (Oregon, California, Minneapolis and New Zealand are some examples).

The provision related to three units per lot takes a blanket approach that creates a number of challenges, including possibly changing the fabric of every single neighbourhood. Certainly, there are circumstances across the province that should require nuanced considerations to adapt to local situations. For example, what does this mean for heritage conservation? And a related provision of the Bill prohibits minimum unit sizes – how will this play out on very small lots? What will this mean for neighbourhoods that are already under-serviced or rely on well water? To what extent will the loss of soft-scaping (trees and grass) impact local flooding and contribute to heat islands?

Cumulatively, all the proposed changes will fundamentally undermine liveability, affordability, the environment, as well as the democratic process.

### Public reaction to Bill 23

The development industry will receive a large windfall. But citizens’ associations, among them the City of Ottawa Planning Department, Ecology Ottawa, Federation of Citizens’ Association and ACORN, and the local press, here and across the province, are uniform in their public criticism that this form of intensification comes at too high a cost.

Multiple stakeholders sought but failed to get the withdrawal of measures that would weaken environmental protections and extensive further consultation before the bill was passed. They also asked that the Province use its own money to offset reduced municipal revenues due to lost development charges. (This last request will be an ongoing request beyond Bill 23).

Nevertheless, the Bill was passed in this hurry by the Conservative majority. Bill 23 was tabled on October 25, just one day after the recent municipal elections, and public consultation on the Bill was closed just two days after Ottawa’s new council was sworn in – so there was insufficient time for stakeholders to digest, review and feed into the Bill in a coordinated manner.

Despite a groundswell of voices expressing concerns with the Bill, from residents, to mayors, to municipalities, to environmental and housing groups, the composition of the Standing Committee studying the Bill (8 Conservative, 3 NDP and 1 Liberal member) resulted in only minimal changes to the Bill.

Stakeholders in Ottawa and across the province, from residents’ associations to environmental groups, affordable housing groups, and others did their best to be heard through submissions to the Standing Committee, engagement with MPPs, and press releases. Local groups in Ottawa banded together at a “Rally with Ottawa to Say NO to Bill 23” held at City Hall on November 15. More than 100 persons attended in support of this rally. Similar rallies have occurred across the province.

The Alta Vista Community Association (AVCA) and the Faircrest Heights Community Association (FHCA) joined other local community associations and the Ottawa Federation of Citizens’ Association in making written submissions. These support the extensive and cogent concerns expressed by the City of Ottawa Planning Department in a recent memo to City Council.

*Continued on Page 15*





## OUR COMMUNITY

### Next steps for local planning

City staff have been busy preparing consultation documents that will outline rezoning proposals that meet the goals of the new Official Plan. Alta Vista is defined as being part of the Outer Urban Transect with minimum density requirements of 40 to 60 units per hectare. These documents are being adjusted to conform to Bill 23 provisions and the first round of public consultations is expected to happen by early 2023.

The timeline to update Ottawa's Zoning Bylaw further to the new Official Plan will likely move much more quickly than the original timeline of three years as Bill 23 requires municipal zoning bylaws to be compliant within one year of the Coming Into Force of Bill 23. AVCA and FHCA will be following and actively engaging in this process and encourage all of you to become engaged in this process. This is our remaining chance to influence how Alta Vista and the city is developed moving forward.



*"Kwanzaa is a special time to remember the ancestors, the bridge builders, and the leaders."—Dorothy Winbush Riley*

Short-stay overnight  
and daytime visits for  
adults living with mild  
to moderate dementia

Find out what a difference a day can make!

### Contact

613-247-1664, ext. 1827 or  
RespiteHouse@perleyhealth.ca

Respite House at Perley Health is located at  
1750 Russell Road, Ottawa, ON K1G 5Z6

## Respite House



## OUR COMMUNITY

### CALLING ALL SKATERS

*By Isaac T, VISTAS Kids Reporter*

Sharpen your skates and tie your laces because rinks are opening soon! Alta Vista has outdoor rinks in Alta Vista Park, Applewood Park, Playfair Park, Sandalwood Park, Sharel Park and Weston Park, as well as the refrigerated Jim Tubman Chevrolet Rink in Canterbury Park, and so much more. Skating not only helps build up your leg muscles, it can also calm you down and help you to relax. Daily exercise is very important for your physical and mental health.



**JUDY FAULKNER**

BROKER OF RECORD / OWNER

613.231.4663

Judy@HomesInOttawa.com



Contact Judy for a Complimentary Consultation



## OUR COMMUNITY

### HEROES OF HERON EMERGENCY FOOD CENTRE

By Lynn Sherwood (See OUR PEOPLE column on page 21 to learn about Ms. Sherwood.)

#### Ten shrubs with berries for fall/winter bird treats

The Christmas season is upon us, and at HEFC, we are receiving wonderful donations from the seasonal concerts, food drives and fundraisers that occur every year. Thank you all, so much. Your support makes a huge difference for the folks who are coming for assistance in these increasingly stressful and challenging times, and it is during this season of giving that we receive most of our annual donations.

This year, we are seeing the highest numbers of people coming for food since 1987 when we first opened. Figures published by the Ottawa Food Bank indicate a 39% increase in local food bank demand since 2017, and, in March, there was a 20% increase in demand since March 2021. This is consistent with our experience at HEFC, where we are now seeing about 1,900 people a month. Inflation has hit low-income folk the hardest. Food costs, as you will undoubtedly know, have increased greatly. The cost of basic food has increased the most sharply, thus placing low-income folks at greater risk of hunger. At the same time, the financial position of HEFC, which was quite strong during the pandemic because of the special funding we received from all levels of government, has deteriorated significantly. We have had to make hard decisions about what and how much we can provide. Extra donations at Christmas time will assist us to provide a few extras for our families.

Not only is inflation making basic food more expensive, but the most recent statistics indicate that Ottawa is now the third most expensive rental market in Canada, with the average rent for a one-bedroom apartment at \$1959 and for a 2 bedroom at \$2443. This means that even if a family qualified for “affordable” housing designation, their rent, at 80% of market rent, would essentially consume the income of a minimum wage earner –about \$2400 a month. Furthermore, a single person on Ontario Disability Support now

gets \$1228 per month. Paying for accommodation is, of course, the highest priority, leaving insufficient money for utilities, cell phone, transportation and food, which is really the only discretionary item on this dismal list. This is why we are now seeing a rapid increase in the number of people who are coming to HEFC for the first time.

When HEFC first opened, in 1987, we expected that the need for a food bank would diminish as the economy improved. Now, however, it seems that we have become a key player in the network of local social services –operated almost entirely by volunteers. Thank you all.

I want to highlight two events, one of which will have taken place by the time this article is published. On November 18, Emmanuel United Church hosted a Kitchen Party highlighting the Lyon Street Celtic Band, with free-will donations going to the food banks. Thank you all.

The other event, the 31st Annual Christmas Concert presented by Immaculate Heart of Mary Church, is a wonderful opportunity to share in the uplifting experience of Christmas music and donate to HEFC through a freewill offering. This concert will take place on December 4 at the Church. We really rely on this fundraiser – which was the subject of our Heroes article in the January 2021 edition of VISTAS – and thank the organizers so much for their generosity.

Finally, the Annual General Meeting for HEFC takes place on November 29, by Zoom. If you are interested in finding out more about our organization, you can find details of the meeting on our website.

Throughout the holiday season, volunteers and staff at HEFC are pleased to attend concerts, fundraisers and community events, as well as to meet with school classes and community groups to share information about our services. Contact us for more information online or call us at 613-737-9090 and leave a message.

Check out [hefc-info@rogers.com](mailto:hefc-info@rogers.com) for more information.

Check us out on Facebook: [www.facebook.com/HeronFoodCentre](https://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.

#### DECEMBER WISH LIST

We welcome cash and food donations including tuna, jam, canned vegetables, canned pasta sauce, canned soup, chickpeas, kidney beans, cooking oil, cereal, and snacks for children. Extra Christmas-time treats are also welcomed with enthusiasm.

## PHARMASAVE®

### CYRIL PHARMACY

1795 Kilbourn Ave, Ottawa • (613) 680-1772

*Come See The Difference At Your Neighbourhood Pharmasave*

**Stop By or Visit Cyril Pharmacy Today!**

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

**Open Monday to Friday 9am—6 pm • Saturday 10am—4pm**

\*Some restrictions apply, see store for details

**Easy Prescription Transfers!**

**\$5 OFF\***

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

\*Redeemable at Cyril Pharmacy Pharmasave only.

## KILBORN PHYSIOTHERAPY CLINIC

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

Sue Reive, PT, BSc.PT  
MCPA, Part A Manual Therapist

TEL: (613) 523-8033  
FAX: (613) 523-1074



# ARTS & CULTURE

## What's On in Ottawa & Beyond in December

By Tony Wohlfarth



This month, I review two films available to rent in our community and highlight holiday entertainment events.

### *Cha Cha Real Smooth*

*Cha Cha Real Smooth* is a comedy about the unlikely relationship between a college graduate and an older mom.

The film had its world premiere at the 2022 Sundance Film Festival and is now available on DVD.

Andrew (played by Cooper Raiff) is a student at Tulane University. After graduating, he works as a Bar Mitzvah party host – where his most important skill is dancing. Domino (performed by Dakota Johnson) is an older single mom, raising an autistic daughter.

*Cha Cha Real Smooth* is directed by Cooper Raiff. The 32-year-old American director both acts and directs this film. The running time is one hour and 47 minutes.



### *Radioactive*

Who was Marie Curie?

A Nobel-prize winning physicist, Marie Curie, discovered radium. Radium is best known as the active ingredient in ushering in the nuclear age.

*Radioactive* is a biopic about her life, starring Rosamund Pike in the lead role. Pike performs opposite Sam Riley – who plays the role of Professor Pierre Curie, her life partner, with whom she shared the Nobel honour.

Pike is best known for her acting performance in *Private War* (2018), which earned her a Golden Globe nomination for best actress. Pike is a 43-year-old British actress.

The script for *Radioactive* is based on a 2010 book of the same name by Lauren Redniss.

The film jumps ahead in time to explore the significance of their discovery to Hiroshima, Cleveland, Nevada and Chernobyl. The couple had two daughters but they do not figure prominently in the biopic. More interesting was the fact that Curie was born in Poland as Marie Sklodowska, grieved the loss of her mother, and faced tremendous persecution as a woman scientist and as a Pole living in France. I also found it fascinating that both Pierre and Marie suffered complications arising from exposure to radium, which eventually killed Marie. Pierre and Marie were buried in Sceaux, France, where they had been married, but in 1995 their remains were moved to Paris and placed in the Pantheon. Curie was the first woman professor at the Sorbonne in Paris, and not only the first woman to receive a Nobel Prize but also the first person to receive two Nobel prizes. The first Nobel prize was in 1903 in physics, and the second one was in chemistry in 1911 for discovering two elements – radium and polonium (named after her country of birth). *Radioactive* was released theatrically on September 18. The film was directed by Marjane Satrapi, an Iranian born director. Previously, Satrapi directed *Persepolis*, which received an Academy Award nomination for best animated feature film in 2008. *Radioactive* was filmed in Hungary and in Spain, and the running time is one hour and 49 minutes.



### How Can I See *Cha Cha Real Smooth* and *Radioactive*?

*Cha Cha Real Smooth* and *Radioactive* are both available to rent from Movies'n Stuff, 1787 Kilborn Avenue in Alta Vista. Call Peter today at 613-738-1607 to reserve your copy.

### What are you watching?

Each month, we feature good films available to watch now. Have a suggestion? Let us know! Contact [editor@vistas.ca](mailto:editor@vistas.ca) and we will endeavour to incorporate your recommendations!

### Live at the NAC

The National Arts Centre (1 Elgin) is the place to be this holiday season. Here are a few highlights to catch this December:

On December 1–2, Raine Maida and Chantal Kreviazuk;

On December 4, Black Umfolozi;

On December 7, Connie Kaldor;

On December 11, Blackie and the Rodeo Kings with Digging Roots;

On December 16, The Good Lovelies;

On December 17, The Barenaked Ladies;

On December 21–22, Natalie MacMaster with Donnell Leahy; and

Also on December 22, Ottawa's own Kellylee Evans.

For tickets and event information, check out: [nac-cna.ca/en/calendar/list/2022/11](http://nac-cna.ca/en/calendar/list/2022/11).

### *Come From Away*

Broadway Across Canada is staging the Broadway version of the iconic *Come From Away* musical live at the NAC from December 27–January 8, 2023. *Come From Away* tells the true story of how the people of Gander,

Newfoundland welcomed thousands of visitors when aviation came to a halt on 9/11. Tickets and information are available at: [ottawa.broadway.com/shows/come-from-away](http://ottawa.broadway.com/shows/come-from-away).



### Out of Town

The Cove Inn in Westport has a show on December 2 with Ottawa blues artist Angelique Francis. For tickets and event information, check out: [bluesontherideau.ca](http://bluesontherideau.ca).

An outstanding show of art by Dutch master Vincent Van Gogh is on offer this holiday season at the Detroit Institute of Arts. The *Van Gogh in America* exhibition, underway until January 22, 2023, boasts 73 original pieces of art. The institute is best known for its frescoes by Diego Rivera. The institute is huge, with over one hundred galleries. Tickets and information about the venue are available at: [www.dia.org](http://www.dia.org).

### *Klondike* at EUFF

In the March edition of VISTAS, I reviewed *Klondike*, a film about a family struggling to survive in the Donetsk Region of Ukraine in 2014. *Klondike* is screening in Ottawa on December 3rd at 4 pm, as part of the European Union Film Festival (EUFF). All proceeds from the event will be donated towards emergency relief in Ukraine.

Tony Wohlfarth is an Ottawa-based freelance film and entertainment writer. He covered the International Documentary Film Festival (IDFA) in Amsterdam in November, and is now back in Canada.





BOOKWORMS DELIGHT

AMERICAN DIRT (2020)

By Jeanine Cummins

Reviewed by Marie-Andrée Lajoie

Central and South American migrants are flooding the U.S. Southern border. Cartel wars in Mexico kill hundreds if not thousands every year. Pictures of human suffering and despair come to our homes through the daily news.

Fiction offers us suspenseful and breathtaking stories. It can also educate us. The author of *American Dirt* has done extensive research, talking to migrants and those who support them on the ground. The story of Lydia and of her young son Luca is one you will not soon forget.

Lydia leads a good life in Acapulco. She owns a small bookstore; with her husband Sebastian, a renowned journalist, and her son Luca, she is surrounded by a loving, extensive family. Beside the ever-present criminality in the city, all is well until the fateful day when a charming stranger walks into her store. Javier is also a lover of books, an amateur poet. They become friends. The situation takes a turn for the worse when Sebastian publishes a profile of the leader of the *Los Jardineros* cartel, Javier Fuentes.

The book starts with tragedy as the cartel’s boss’s murderous anger forces Lydia to flee with Luca towards the north, in the hope of saving their lives from his wrath. They first reach a town where family friends, putting their own lives in danger, will help them in the first leg of their escape.

What follows is a race to survive. Lydia and Luca meet other migrants and form a strong bond with two young Honduran sisters who are also fleeing violence. They soon form one of those family units born out of fear and chaos. A cast of friends and foes accompanies them.

Life on the road is dangerous, dirty and exhausting. With the help of the sisters, the mother and son team learns to jump on and off *La Bestia*, merchandise trains that are a favoured but frightening mode of transportation for migrants. They find refuge in shelters along the way. The last leg of the trip is on foot, through the desert, with the help of a people smuggler, *El Coyote*.

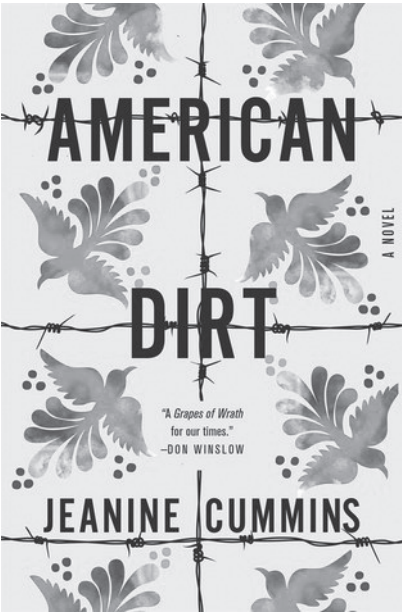
Will they reach the U.S.? What will happen to their companions on that fateful walk?

The publication of *American Dirt* created a major storm in the publishing industry and was the object of much discussion and conflicting reviews. The author, who is White and of European origin, was accused of appropriating the suffering of Latin Americans for her own profit and offering a story not representative of reality. This debate is ongoing.

This book is a work of fiction and certainly has the merit of bringing many issues to the forefront. Over and above the controversy, I truly enjoyed *American Dirt*. It is well written, has believable characters and the story will surprise you to the end.

Note concerning *Thawing as She Goes*, by Katharine Trim, which was reviewed in the November issue of VISTAS: The book is available at Coles (Billings Bridge) and Indigo (South Keys). The e-version is available on Amazon and Kobo. There is one copy available at the Ottawa Public Library.

On my night table: *The Last Chairlift* (John Irving); *The Sleeping Car Porter* (Suzanne Mayr).





Feel and Heal Good Massage

**Félix Heinz Gierull**  
**Registered Massage Therapist**  
**trilingual (EN, FR, GER)**



From one Alta Vista resident to another, how are you feeling? Tell me, does this sound familiar; -chronic lower back pain, restless legs, carpal tunnel, that knot in between the shoulder blades that just won't go away?

If so, I understand what it is like not feeling your best, and I know how to help you. Want to know how?

Call **613-737-4742**, or visit **FHGmassage.ca** to book your first appointment.

Located at 2450 Lancaster Road, Unit 1, Ottawa, K1B 5N3 (across from Science & Tech museum)



SOUTH OTTAWA'S INDEPENDENT PAINT DEALER!

**Merry Christmas**



**Rubin's PAINT**

QUALITY TOOLS

ECO PRODUCTS

CUSTOM PAINT SPECIALIST

EXPERT SERVICES FOR OVER 60 YEARS

**Corner of Bank & AltaVista**

2649 Alta Vista Drive  
Serving Ottawa Since 1952  
**613-521-3636**







# 3 Sisters

2211 Arch Street, 613-731-3400

**Wishing all of you in our community a  
Christmas filled with love and peace.**



Please call or drop into our shop to place your Christmas orders: Les Fougères tourtières, Buche de Noël, and all our gluten free creations.



# OUR ENVIRONMENT

## FRIENDS OF PLEASANT PARK WOODS

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

### CAN YOU FIND THIS TREE?

There are a few of them in Pleasant Park Woods. Some new saplings have been planted recently in Kilborn Park, and a few unhealthy ones can be found here in the woods.

Butternut trees are classified as an endangered species and are protected under the Ontario Endangered Species Act (ESA 2007). Butternut trees are dying from a canker disease (fungus) that started in the 1990s and can be seen as black eruptions in its bark.

While butternut trees can be mistaken for black walnut trees, there are a few differences. The bark of a butternut tree is woven, interlaced, pale gray and gets smoother, or flattens out, the higher up the tree grows.



Butternut tree in Pleasant Park Woods

It has compound leaves with 11 to 17 leaflets on a hairy stalk. While its fruit is similar to black walnuts, you can tell the difference because butternuts are sticky and elongated and are shaped like a date. Butternut trees require full sunlight to thrive and they never become the dominant species in a forest.

While the City of Ottawa has finished the cleanup of the downed trees after the May derecho storm, we now have much more sunlight in the forest. Hopefully, this will help new trees and other plants to grow and thrive.

You may have noticed that volunteers have lined some of the original paths with logs and branches to help delineate where to walk. Please stay on the main paths in order to help with the regrowth of the forest. We hope you enjoy your walk in Pleasant Park Woods.



A main path in Pleasant Park Woods



**HAPPY HOLIDAYS!**

LOVE OTTAWA HOMES

Wishing you and yours all the best this holiday season!

If you're considering a move in the New Year, I'd love to hear from you.  
Schedule a complimentary consultation at [LoveOttawaHomes.com](https://www.LoveOttawaHomes.com)



**PAULA MOLONEY**, Sales Representative  
292 Somerset Street West · Ottawa, ON  
(613) 698-7654 · [paula@loveottawahomes.com](mailto:paula@loveottawahomes.com)

**ENGEL&VÖLKERS**  
**PAULA MOLONEY**

©2022 Engel & Völkers Ottawa Central, Brokerage. Each brokerage independently owned & operated.



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

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

**Dr. Fred Campbell**  
**Dr. Sara Anstey**  
**Dr. Sameer Dedhar**  
**Dr. Nell Haney**  
**Dr. Nazli Sammak**

**613-247-20/20**  
[www.eye-care.ca](http://www.eye-care.ca)



## OUR PEOPLE

### OUR PEOPLE: Lynn Sherwood

*By Courtney Tower*

#### **The Flame Still Burns In A Heart And A Cookstove**



She is in her middle seventies and still angry. Not a bitter anger. Not an all-consuming rage at this and that and everything, in fact, she is a woman busy all the time with friendships and good deeds. Yet the anger born of a life's work remains a flame in the heart of Lynn Sherwood, anger at social inequity, at so much poverty amidst privilege, at the evidence around us that "people don't have an equal chance to share in all the beautiful opportunities of this world."

"I'm angry at seeing one child grow up in poverty while another grows up in privilege, one who often is hungry while another child's parents think people are poor because it is their fault," says the person who has just become the chairperson of the board of the ever-growing, ever-squeezed, Heron Emergency Food Centre. The person who is head of the Social Action Committee of Rideau Park United Church. Who was and is the spark plug that got the Little Library set up outside that church's doors. A proud mother and sometimes distracted keeper of Sadie, a mini Australian Shepherd dog that can sometimes act "insane."

Lynn Sherwood, as well, must be the only homeowner in Alta Vista to have and actually use a wood-burning cookstove of yesteryear. The beautifully polished stove gleams in her comfortable kitchen, standing solidly as what otherwise today might be called a collectible or an artifact recalling pioneer days in a mostly rural country. Sad to say, Lynn Sherwood doesn't actually bake her bread in it or withdraw casseroles from its oven, "but I fire it up on the cold days in the fall and winter to warm up the kitchen, where I do a lot of my living."

#### **Her Daughter Xia Lian Came With The Name**

In her front room, in its pride of place over the fireplace, a large portrait of a handsome man commands attention, all eyes are drawn to it. It is that of her husband, Shamsul Islam, a Pakistan-born economist with the federal government who died young in 1995. "I have been alone since, except for my daughter, Xia Lian, who I adopted from China in 2000 when she was three years old." Lynn never gave Xia an anglicized or Western name --- "she came with the name and is beautiful under that name," the mother says.

Xia went to local schools here and earned an undergraduate degree at Carleton University in communications and mass media. She now is in Halifax taking another degree, at the Nova Scotia School of Art and Design, learning graphic design. The mother proudly shows photos of a young woman beautiful in a long white gown.

Lynn Sherwood was born and raised in Dickson's Hill, and you'll need a very local map indeed to find it. Dickson's Hill in 1947 when Lynn was born had about five houses, a church, an elementary school and a grist mill not far away. It was farming country where the Sherwoods were United Church of Canada and the surrounding farmers were Mennonite. "They thought the United Church was quite radical," she says. "I was very lucky to grow up there, very happy in a rural, largely outdoor, life." She recalls especially skating in the winters in a ravine nearby.

#### **All Along, She Always Knew The Work That She Wanted**

Lynn went on to high school in Stouffville, now pretty much a suburb of the expanding city of Markham, where for some odd administrative

reason her Grade 9 class of 36 students was assigned to take Latin rather than Home Economics (as that was called then). Latin for them continued right up through high school. "I read Virgil. I was quite adept at Latin," she says.

Then it was York University's prestigious Glendon College for a BA in Sociology and English studies, followed by years of working at various institutions as a counsellor to children and, later, children and families, married couples, and others who needed counselling. She has worked at the Royal Ottawa Hospital and, for several years some decades ago, the Ottawa Children's Aid Society. After Xia came along and not wanting to be totally tied up with work, she spent 22 years working part-time with Jewish Family Services as a counsellor to children and their families.

Lynn Sherwood continues in the work she always wanted to do, right from the start, working with problems of abuse, family violence, people with PTSD, people with mental or physical health problems, people feeling lost or adrift in society. She works now by phone, continuing in this way after having been forced into that by the COVID-19 pandemic.

Lynn has been on the Board of the community's food bank since 2013 and has seen it grow in recent years with the addition of working-but-poor families added to those it helps with food baskets. She writes monthly in VISTAS about the "HEROES OF HEFC," the volunteers who range from teenagers to adult residents who work in the quarters at 1480 Heron Road. Her column is well written, very easy to read, and tells wonderful stories of volunteer workers or residents who keep HEFC supplied. She now has become the HEFC Board's chair.

#### **A Basic Income For All**

#### **A Long-Cherished Goal**

Ms. Sherwood's activities in the Social Action Committee of Rideau Park United Church include gathering together clothing and personal product items for people in need and a project in which she is especially interested, lobbying the federal government to institute a basic minimum income for all Canadians. The Church has been engaged in this lobbying for years, and is presently building education programs as to how such an endeavour could work.

And that Little Library outside the Church, one of many in the community that were featured in the January 2022 edition of VISTAS, does a busy business in books brought in and taken away. It was Ms. Sherwood's idea for the Church to take part in the growing Little Library phenomenon across Canada and North America. The Church's custodian built it, and daughter Xia designed and painted it.

Lynn Sherwood sails on. She works on social matters as she always wanted to do. Catch her on her column in VISTAS or at HEFC if you are interested. Bring some food in a jar or a can or a box and leave it there. It will go to the people she cares about.



*Lynn Sherwood; Photo by Gerri Doherty*



## OUR ENVIRONMENT

### BIRDS OF ALTA VISTA: The Wild Turkey

By Richard Knapton

At Christmas time a few years back, we were getting ready for the holiday celebrations, which included cooking a turkey, when what should walk nonchalantly across our back deck, in the middle of the day, but a Wild Turkey! A female, she noticed us watching her and took flight, with ease, and flew across the garden and alighted on the fence. She walked along the top of the fence for a short while before dropping down into the neighbour's garden and then scurrying off into WRENS Way! A Wild Turkey, at Christmas time – well, the humour of that was not lost on us. Quite an unexpected surprise!

However, there have been a few records of Wild Turkeys in our area of Alta Vista – a quick check of eBird records shows that turkeys have been seen along Kilborn Avenue and Pleasant Park Road, as well as in WRENS Way. This is quite a ways from their more usual locations in this part of Ottawa such as out towards Mer Bleue (where we have seen up to 27 in two flocks) or Sawmill Creek Constructed Wetlands. So, what do we know about Wild Turkeys in our area?

Perhaps the first curious question is how this New World galliform (a group which includes grouse, pheasants, partridges), native to the Americas, came to be known as “turkey.” The story is quite intriguing. In the early 1500s, European explorers brought home Wild Turkeys from Mexico, where native people had domesticated the birds centuries earlier. Turkeys quickly became popular on European menus thanks to their large size and rich taste from their diet of wild nuts. Later, when English colonists settled on the Atlantic Coast, they brought domesticated turkeys with them. So, the birds were taken from the Americas to Europe, and then were brought back with the early settlers. The English name of the bird may be a holdover from early shipping routes that passed through the country of Turkey on their way to delivering the birds to European markets – hence the bird's name.

Male Wild Turkeys are dark overall with a bronze-green iridescence to most of their plumage. Their wings are dark, boldly barred with white. Their rump and tail feathers are broadly tipped with rusty or white. The bare skin of the head and neck varies from red to blue to gray. The “snood” (a good Scrabble word!) is the flap of skin that hangs over the turkey's beak and the “caruncles” are growths in the throat region. The “beard” is the tuft of feathers that hangs down from the chest area. Male Wild Turkeys are called “toms,” while females are called “hens,” young males are called “Jakes,” and young females “Jennies.”

As with many other species of the galliformes, turkeys are strongly sexually dimorphic. The male is substantially larger than the female, and his feathers have areas of red, purple, green, copper, bronze, and gold iridescence. Females have feathers that are duller overall, in shades of brown and gray. Parasites can dull colouration of both sexes; in males, colouration may serve as a signal of health. Tail feathers are of the same length in adults, but are of different lengths in juveniles.



Wild Turkey foraging on the ground; photo by Bob Baker.



Wild Turkey showing iridescence and “beard;” photo by Bob Baker.

The “beard,” a tuft of coarse hair (modified feathers) growing from the centre of the chest, averages 23 cm (9 in) in length. The adult male normally weighs from five to 11 kg (11 to 24 lb), average weight of 7.6 kg (17 lb) and measures 1 to 1 1/4 metres (39–49 in) in length. The adult female is typically much smaller at 2.5–5.4 kg (5.5–11.9 lb), average weight 4.26 kg (9.4lb) and is 76 to 95 cm (30 to 37 in) long. The Wild Turkey has the second heaviest maximum weight of any North American bird after the Trumpeter Swan.

Despite their weight, Wild Turkeys are agile runners and excellent fliers. Wild Turkeys can run at speeds of up to 40 km/h and can fly as fast as 90 km/h. At dusk, turkeys fly into the lower limbs of trees and move upward from limb to limb to a high roost spot. They usually roost in flocks.

At the start of spring, male turkeys get together in clearings to perform courtship displays. They puff up their feathers, lower their wings, fan out their tails and slowly strut, while making their non-vocal hums and chump sounds as well as the famous gobbling sounds. Courting males gobble to attract females and warn off competing males. Males breed with multiple mates and form all-male flocks outside of the breeding season, leaving the chick-rearing to the females. Male Wild Turkeys provide no parental care. Newly hatched chicks follow the female, who feeds them for a few days until they learn to find food on their own. As the chicks grow, they band into groups composed of several hens and their broods. Winter groups sometimes exceed 200 individuals. Each sex has an independent pecking order, with a stable female hierarchy and a constantly changing male hierarchy.

Wild Turkeys have many predators, including coyotes, raccoons, eagles, Great Horned Owls, and people. Nest predators include raccoons, skunks, foxes, and crows. Turkeys travel in flocks and search on the ground for nuts, berries, insects, and snails. They use their strong feet to scratch leaf litter out of the way. In fall, winter, and early spring, they scratch the forest floor for acorns from oaks, along with American beech nuts, ash seeds, and other seeds and berries. When deep snow covers the ground, they eat hemlock buds, evergreen ferns, spore-covered fronds of sensitive ferns, club mosses, and burdock. In late spring and summer, Wild Turkeys strip seeds from sedges and grasses, occasionally supplementing their plant diet with snails and insects. Like many birds, they swallow grit to help digest their food.

When Europeans arrived in the New World, turkeys occurred from Canada to Mexico, in the millions. But destruction of the broad-leaved forests and year-round hunting massively reduced their numbers. Game managers estimate that the entire population of Wild Turkeys in North America was as low as 30,000 by the late 1930s. The historic range of Wild Turkeys in Canada was probably limited to southern Ontario and Quebec. Today, scattered populations can also be found in western Canada as a result of introductions. Wild Turkeys were once native to Ontario, but only in deep forests in the extreme southwest. They were reclusive birds, and the last native Wild Turkey in Ontario was recorded in 1902. Wild Turkeys were extirpated (locally extinct) from Ontario as a result of habitat loss and over-hunting.

There were many earlier attempts at reintroduction, including at least one in the 1960s with turkeys from Pennsylvania. It was spearheaded by “Turkey Jack” Davis, a well-known outdoors writer. These early attempts were never successful, unfortunately, because they used captivity-raised birds, which could not adapt to life in the wild. Successful reintroduction efforts began in 1984. In that year, Ontario sent River Otters to Missouri, Ruffed Grouse to New York, and Moose to Michigan in exchange for 274 Wild Turkeys from all three states. Thanks to the wide genetic spectrum of the turkeys acquired in 1984, this reintroduction was an astounding success.

Since then, Ontario's turkey population has skyrocketed to between 70,000 and 100,000 birds. Most remarkably, they now range as far north as Algonquin Park and Sudbury, which is likely outside their historical range.

*Continued on Page 23*



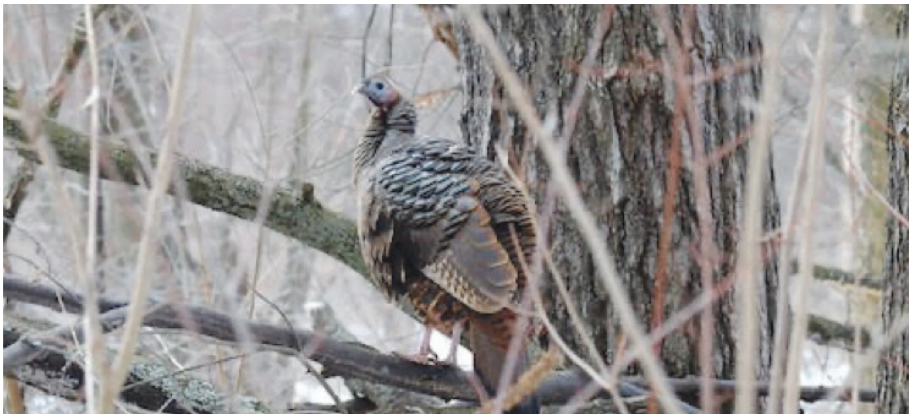
## OUR ENVIRONMENT

Initially, there were fears that the climate would be too harsh, but these resilient birds have somehow exceeded expectations. Turkeys are now a fairly common sight in southern Ontario and Quebec, and they are continuing to expand their range. No other game bird has responded so well to the efforts of game managers.

In our area here in Eastern Ontario and the Outaouais, there were no Wild Turkeys 20 years ago; today these big, tough, slightly comical birds are becoming a familiar sight. The Ministry of Natural Resources brought American turkeys into Ontario in the 1980s, and in 1997 released the first couple of dozen in Eastern Ontario, in Renfrew County. But these are different birds than the native Ontario ones – a bird that is hardier in cold, happy to browse in farm fields, not afraid to live near people, and able to multiply fast. Today, there are many thousands here and in West Quebec.

Turkeys in northeastern North America use mature oak-hickory forests and humid forests of oak, beech, cherry, and ash. Wild Turkeys nest on the ground in dead leaves at the bases of trees, under brush piles or thick shrubbery, or occasionally in open hayfields. The female scratches a shallow depression in the soil, about one inch deep, 8–11 inches wide, and 9–13 inches long. Wild Turkeys use only the dead leaves or other plant materials already present at the nest site. Clutch size ranges from four to an amazing 17 eggs, but is usually 10 to 12 eggs. The incubation period is 25 to 31 days, the young spend one day in the nest before the female leads the brood away to feeding areas.

To find Wild Turkeys it helps to get up early in the morning, when flocks of these large birds are often out foraging in clearings, field edges, and roadsides. Keep an eye out as you drive along forest edges, particularly forests with nut-bearing trees such as oak and hickory. In spring and summer, listen for gobbling males; the calls are loud, distinctive, and they carry great distances. You'll usually find turkeys on the ground, but don't be surprised if you run across a group of turkeys flying high into their treetop roosts at the end of the day. Wild Turkeys have excellent vision during the day but don't see as well at night.



*Wild Turkey perched on tree branch; photo by Bob Baker.*

One persistent myth about Wild Turkeys is that Benjamin Franklin proposed the turkey as a national symbol rather than the Bald Eagle. In reality, after the Continental Congress adopted the Declaration of Independence on July 4, 1776, it next tasked Benjamin Franklin – along with John Adams and Thomas Jefferson – with designing a seal to represent the new country. Given the opportunity to choose a national symbol, the Founding Father chose the Bald Eagle and never suggested a turkey. The story that Franklin proposed the turkey as the national symbol began to circulate in American newspapers around the time of the country's centennial and is based on a January 26, 1784, letter in which he panned the eagle and extolled the virtues of the gobbler to his daughter, Sarah. In doing so, though, he was not delivering a critique of the Great Seal. Franklin argued that the eagle was “a bird of bad moral character” that “does not get his living honestly” because it steals food from the Osprey and is “too lazy to fish for himself.” In contrast, Franklin called the turkey “a much more respectable bird” and “a true original native of America.” Franklin believed the turkey to be “a bird of courage.”

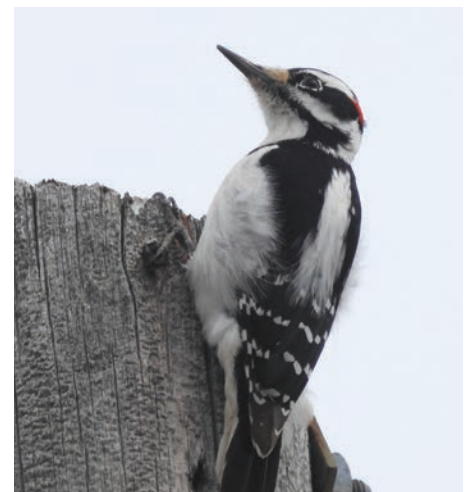
### WOODPECKERS: Photos from Ellwood's Gary Howard



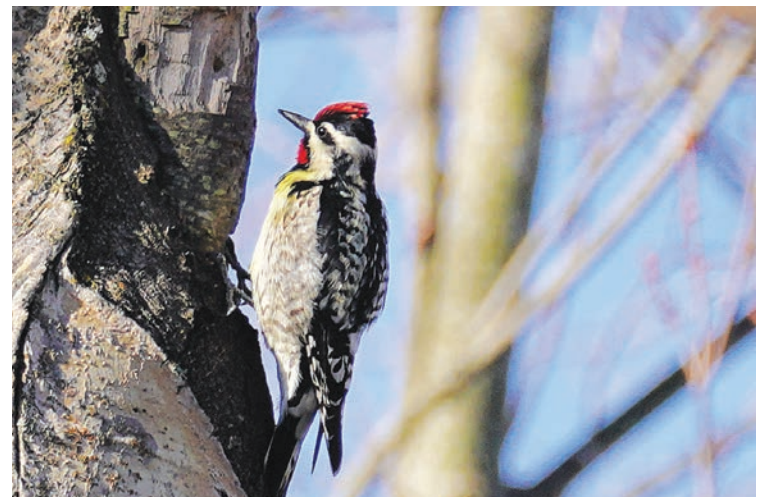
*Female Pileated Woodpecker about the size of an American Crow*



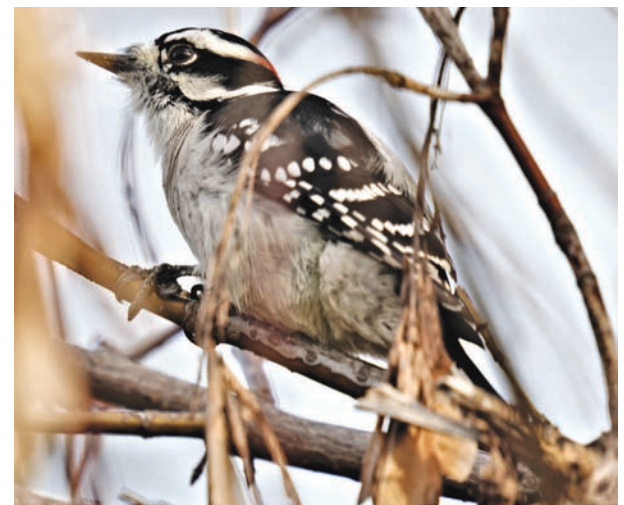
*Female Pileated Woodpecker*



*Male Hairy Woodpecker - about the size of a American Robin*



*Male Yellow-bellied Sapsucker - about the size of a European Starling*



*Male Downy Woodpecker - smaller than a European Starling*




*Wishing you peace and joy this holiday season*



agewellsolutions.ca  
info@agewellsolutions.ca  
613.277.6449

Trusted Guidance for Aging Adults and Families  
Senior Relocation and Transition Specialists • Care Navigation and Advocacy Experts

3 GENERATIONS  
OF HEAVEN HEALING  
SPIRITUAL STONES




**PSYCHIC READERS:  
DIANA & ASSOCIATES**  
613-822-7222

**DIANA AND ANGEL - #1 PSYCHICS IN OTTAWA**


BATH CLEANSING POTIONS FOR ALL LIFE'S PROBLEMS.  
GIFT CERTIFICATES. 50+ YEARS IN BUSINESS.  
ALL READINGS PRIVATE AND CONFIDENTIAL.

**FREE In-Home Consultation**  
on Custom Blinds, Shades, Shutters,  
Sheers, Drapes and Side Panels



**ECLIPSE SHUTTERS**  
from shadeomatic




- Guaranteed fit – measured and specifically made for each individual window, door, or room divider, including specialty shapes
- 25 year warranty – durable UltraSatin™ finish, UV resistant, never fade or warp, dent resistant, fire retardant
- Choice of manual or UltraPower™ motorized tilt system
- Improved energy efficiency – block out the sun's hot rays in summer and cool drafts in winter



**RANDALL'S**  
Home Improvement & Design Specialists

Serving residential, commercial and builders

555 Bank St. | 613-233-8441 | bankst@randalls.ca | randalls.ca

Follow us on   

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

OUR PEOPLE

MAGICAL A CAPPELLA  
BACK LIVE FOR CHRISTMAS

By Courtney Tower

They are back for the Christmas season with their magical a cappella singing, the Stairwell Carollers, after an enforced two-year absence because of the COVID pandemic. Relegated to a couple of virtual performances last year, which can be found on YouTube, the 24 or so singers are all vaccinated and able to perform together in two Christmas concerts this year.

“We are in great need of male voices, bass and tenor voices, but otherwise we have survived and in our 45th year now, we are in good shape,” says Hollie Massie, the stalwart of Stairwell Carollers alongside her husband Pierre Massie, the director and co-founder of the Stairwell Carollers all those years ago. A great bear of a jovial man, he is the soul and centre of the singers as well as being a prolific choral work composer. Both he and Hollie taught for years at area high schools.

“We have two live in-person concerts coming up this year, our first since Christmas 2019,” Hollie Massie says. They are on Saturday, December 10, at Southminster United Church, 15 Aylmer Avenue, starting at 7.30 p.m.; and Wednesday, December 14, at St. Columba Church, 24 Sandridge Road, at 7:30 p.m.

The Stairwell Carollers were featured in an Our People profile in the VISTAS April 2022 issue. Then, as now, they were looking for male voices and can be contacted at: [www.stairwellcarollers.com/en/auditions](http://www.stairwellcarollers.com/en/auditions).



Members of the Stairwell Carollers.

*“The proper response, as Hanukkah teaches, is not to curse the darkness but to light a candle.— Irving Greenberg*







## OTTAWA SOUTH RENTALS – FULLY RENOVATED UNITS

Bright and spacious 4 bedroom Garden Homes with added space to fit your family's needs.



\*Selected suites only. Please contact rental office for more information.

[urbandalecorporation.com](http://urbandalecorporation.com)

☎ 613-733-4077

✉ [rentals@urbandale.com](mailto:rentals@urbandale.com)



## OTTAWA SOUTH RENTALS – RENOVATED UNITS

Spacious 1, 2 and 3 bedroom apartments.



Indoor pool & fitness room ▪ On-site Superintendent ▪ Indoor & outdoor parking  
24 hour emergency service ▪ Laundry facilities ▪ Close to shoppings & transportation

\*Selected suites only. Please contact rental office for more information.

[urbandalecorporation.com](http://urbandalecorporation.com)

☎ 613-733-4077

✉ [rentals@urbandale.com](mailto:rentals@urbandale.com)



HEALTH & FITNESS

IDENTITY DISTURBANCE AS A SYMPTOM IN PSYCHIATRY

By Dr. Sarah Chan



I have been interested in the concept of identity and its impact on mental health ever since I saw “identity disturbance” and “lack of sense of self” as diagnostic criteria for a disorder included in the Diagnostic and Statistical Manual for Psychiatric Disorders. Patients who have this disorder (which I never name) are some of the highest users of mental health services. They also end up accumulating multiple diagnoses and, in my opinion, are one of the most inappropriately over-medicated patient populations. Because when identity is what is “broken” and is the source of many other symptoms, medications cannot address the main issue. Given the profound, complex and central role identity plays in being human, the care I see these patients receiving seems grossly insufficient.

Through my work with this patient population, I have an understanding of what an identity does for a person’s mental health. Its absence or disturbance is far-reaching and, not surprisingly, affects every facet of their life.

An identity is instrumental in creating healthy and rewarding relationships with one’s self and with others. Without an identity, patients describe moments where they wonder if their existence matters and they question if they even exist at all. When by themselves, they struggle with anxiety, not knowing what to do with themselves. One patient described it as “utter despair,” and in these states, she would drink heavily and act impulsively, for example, pleasure-seek with sex or self-harm by cutting.

When with others, these patients will take on the personality they feel the group wants them to have. They will adopt the opinions and hobbies of the group and can act in ways that conflict with previously stated values. These patients are on a never-ending quest for belonging and acceptance into any group. What they fail to realize is that a healthy identity means not everybody will like you.

Patients who struggle with their identities are often stuck in roles of caretaking because it is a dynamic they understand and in which they feel secure. Caretaking often allows these patients’ true identities to remain invisible. So long as they are providing a service to someone, they feel worthy. They exist! These patients are acutely sensitive to signs that they may lose this security, and like prey sensing a tiger about to pounce, their inner selves fear annihilation and will do desperate things to avoid what they fear is about to happen: a relationship ending. Without the other person, they no longer know their purpose and this is a state of extreme suffering. So even if a relationship is toxic and degrading, it is better than nothing and they will hold on to it.

From these patients, I have learned that identity anchors and stabilizes emotions. These patients tell me that their moods are impossible to control and hard to explain. Their moods can be dependent on others, so when no one is there as a reference point, they often cannot tell me about their mood at all.

This is when these patients may defer to impulsive actions like binge-eating or excessive shopping to feel something better. They do not know to work on hobbies and self-care, because they feel there is no point to it.

My work with these patients involves introducing the idea that they do have an identity. It is in hiding and their job is to be open to the discovery of their identity so that it can emerge. I also emphasize that this journey will be the most meaningful and courageous one of their lives.

Very often, when we go back far enough in their histories, patients remember a time when they had a better sense of themselves, before a narcissistic parent or boyfriend took over. I encourage them to simply start there and to be curious. The work involves reconnecting them to their true feelings and teaching them to trust themselves over others.

They often lament over their loneliness. “I have so much love to give to another,” is a common phrase I hear. “You’re giving it to the wrong person,” is often my reply, and a dialogue about self-love and self-compassion follows. During this dialogue, we will also discuss boundaries and the many purposes they serve in healthy relationships.

The stigma for these patients can be strong and divisive, especially in the medical field. It is for this reason that I never name the disorder. Issues with identity formation are also not exclusive to this disorder. But these patients are going through a struggle that we all go through, whether we are aware of it or not, only amplified. Treating these patients has forced me to give another look at what so many of us take for granted. Questions about purpose, love, belonging, individuality and responsibility surface in every conversation I have with these patients. And these are the questions that matter.

Sarah Chan is a psychiatrist who works at The Ottawa Hospital and in the community. She is writing this column to increase community awareness and education about mental health. Dr. Chan is interested in hearing about reader’s experiences of identity and suggestions for topics for future articles. Please send your emails to: Drchanvistas@gmail.com.



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

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

For more information, please contact us at [info@aladin.services](mailto:info@aladin.services) or look at our website at [www.aladin.services](http://www.aladin.services).

L.S. MOORE & SONS

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

Commercial & Residential

613-521-3911

Free Estimates [perrymore2001@rogers.com](mailto:perrymore2001@rogers.com) Established 1935



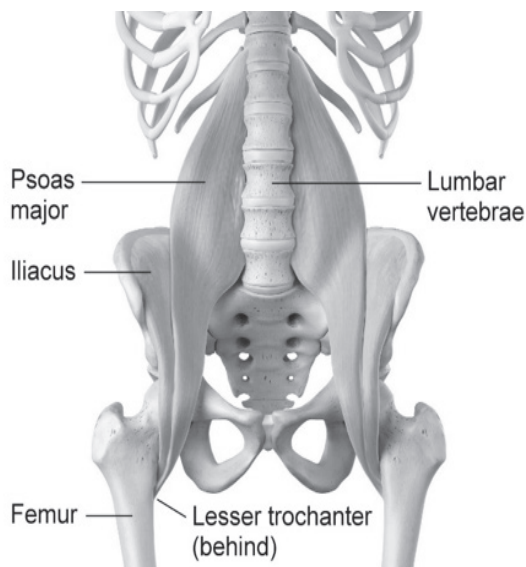
## HEALTH & FITNESS

### ISSUES WITH THE HIP FLEXOR MUSCLE

*By Sue Reive, Owner of Kilborn Physiotherapy Clinic*

**D**o you find it difficult to tie your shoelaces or cross your legs? Do you get snapping deep in your hip? If you answered yes to these questions, you may have a problem with your hip flexor muscle, the iliopsoas.

The iliopsoas muscle is the strongest hip flexor muscle; it is comprised of two muscles, the psoas and the iliacus. The psoas originates off the front part of the lumbar vertebrae while the iliacus originates off the ilium (inner pelvic bone). The two muscles join in the pelvis and insert onto the upper femur (thigh bone) near the groin. A bursa (the iliopsoas bursa) lies deep to the iliopsoas muscle-tendon junction just in front of the hip joint. The iliopsoas muscle functions to flex the hip upwards and slightly rotate the thigh outwards. Indeed, when you cross your leg to tie your shoelaces, the iliopsoas is working. As well, it functions during kicking, jumping, running, cycling, and dance.



Injury to the iliopsoas tendon can occur from repetitive use, e.g., excessive cycling, running uphill, sprinting or jumping, or from an acute trauma – a force that stresses the tendon beyond its tensile strength. Injuries often occur in younger adults and are slightly more common in females.

*Image from [www.somaticmovementcenter.com](http://www.somaticmovementcenter.com)*

Symptoms of iliopsoas tendinopathy include pain felt deep in the hip, and stiffness and difficulty bending the hip upwards, climbing stairs and walking are often reported. Sometimes the hip will snap during movement. This is due to the tight tendon catching over a bony protuberance. On examination, patients will often be limping and have a shorter stride length on the injured side. Mobility testing reveals limited and painful hip extension (backwards movement), pain on straight leg raising, and weakness and pain on hip flexion. The iliopsoas muscle/tendon complex is usually tender to touch.

Other pathologies can cause anterior hip pain and therefore must be ruled out. A sports hernia, a torn labrum (ligament in the hip socket), arthritis, and bursitis are other things that also cause hip pain. During examination, specific tissue stress testing helps differentiate and provide a diagnosis. Nevertheless, sometimes imaging (ultrasound, X-ray, or MRI) is required to provide a definitive diagnosis and rule out other pathology.

Treatment requires patients to rest initially and avoid aggravating activity. The goal is to relieve pain and improve mobility. Gentle stretches, modalities to enhance healing, and soft tissue release techniques can help heal the injured tendon. Eventually, strengthening is incorporated into the treatment, with the goal of returning the patient to sport and full recovery, i.e., the injured leg has the same strength and flexibility as the uninjured leg. It is important to note that iliopsoas muscle/tendon tightness can not only impact the hip but, because of its origin off the front of the lumbar spine, can also cause lower back pain.

So when assessing anyone with complaints of lower back pain, I always assess the hip joint, looking at its mobility and strength. Often there are issues in the hip on the same side as where the patient is complaining of lower back pain.

The body is complicated and tries to adapt when there are issues. However, eventually it cannot adapt, and things break down. So, listen to your body, and seek help when require



# THIS IS THEIR TIME

And this is the place. From preschool to Grade 12, Elmwood students enjoy a small class experience and a wealth of co-curriculars that challenge them to discover their true potential. Surrounded by our supportive community, our students go on to win scholarships and study at universities the world over.

International Baccalaureate  
World School

Financial aid program

Transportation and before  
+ after care available

Healthy meals  
prepared onsite

An independent day school for girls from Pre-Kindergarten to Grade 12.

[elmwood.ca](http://elmwood.ca)



JUST GOOD ADVICE

THE GARDEN GATE

By Patricia Mosher

Feature: Ten gifts that grow



box grocery and hardware stores throughout Ottawa, as well as at local garden centres.

- 1. Peace Lily – one of the most efficient houseplants at filtering the air, these are a great pick for a bedroom or office space. Most commonly, these plants have glossy green leaves and white or pink hooded leaf bracts/flowers.
- 2. Bamboo Palms – potted bamboo palms bring colour and warmth to any room in the house. Being super easy to grow, they make a great gift for university students to brighten a dreary dorm room.
- 3. Amaryllis – enjoy winter blooms indoors with ease. Amaryllis kits come with the bulb, soil mix and container all packaged and ready for holiday gift-giving. Planting takes a mere five minutes, and the recipient is rewarded with weeks of large, showy blooms all winter long.
- 4. Poinsettia – although native to Mexico, poinsettias have long been the quintessential Christmas houseplant because of their colourful leaves in a range of red, pink, and creamy hues.



Photo credit: Walmart

- 5. Cyclamen – long-lasting vibrant pink or purple flowers and interesting leaves make this plant a popular houseplant and a wonderful gifting plant.
- 6. Caladium – this plant’s large, heart- or arrow-shaped leaves come in a striking array of colours and patterns including whites, greens, reds, and pinks that are mottled, veined, and striped, providing the visual impact of flowers while only being foliage plants. They make a great alternative to poinsettias for a splash of holiday colour with their almost unparalleled foliage display.
- 7. Christmas Cactus – when in bloom, they produce colourful, tubular flowers in tints of pink or lilac. The combination of beautiful flowers, long bloom time, and easy-care requirements make these a wonderful gift.
- 8. Ferns – their love of moist air makes ferns the perfect houseplant for sunny bathrooms or kitchens. With lacy fronds and a classic texture, ferns are among the most beautiful houseplants.
- 9. Calamondin Orange Bushes – one of the best indoor fruit trees as you’ll usually see flowers and fruits on the tree at the same time, making it a fresh, colourful accent for a sunny room.
- 10. Orchids – these flowering beauties are said to bring good luck. The arching blooms in an infinite range of pinks, whites, yellows or purples are beautiful and long-lasting, often blooming repeatedly for many years.



Photo credit: Botanix

Plant of the month: Pyramidal Cedar

If you’re looking for a fast-growing, easy-care evergreen tree to use as a privacy screen or hedge, pyramidal cedars (a.k.a. Eastern White Cedars) are hard to beat. Plant several in a row, and in just a few years the lush, dense foliage will fill in to create a living fence.



Photo credit: Proven Winners

But don’t restrict your image of cedars to just hedging. There are several other ways you can use cedars in both formal and informal garden designs:

- Plant in a group of three in a back corner of your yard to frame in shorter shrubs.
- Add instant sophistication to an entryway by placing a matching pair of cedars on either side of your front door.
- Wrap outdoor lighting around cedars for a seasonal spark of joy.
- Create evergreen focal points in the garden by intermixing cedars with perennials.
- Use as a statuesque specimen tree or plant smaller cultivars in decorative pots and sculpt them into eye-catching topiaries.

Cedars are hardy, adaptable trees that are fairly low maintenance. Plant your cedar in a spot that receives at least six hours of full sun daily as most varieties will become sparse if they don’t receive enough light. Pyramidal cedars are very tolerant of cold climates and do very well through Ottawa winters, often living for 30+ years.

Cedars grow in most soil types, but they don’t like soggy roots. Plant only in well-drained soil or add amendments to improve drainage if your soil contains a lot of clay (common in Alta Vista gardens).

When planting a cedar hedge or screen, leave at least three to four feet between plants. Staggering cedars in a zig-zag pattern instead of cramming them into a tight row will look more natural and give them more space.

Let us help you make sure you're in the perfect home for the holidays  
Wishing you and yours a magical season

**Maureen & Lindsay WALSH**  
SALES REPRESENTATIVE

Maureen: 613.725.5760  
Lindsay: 613.601.5444  
Office: 613.733.9100

**ROYAL LEPAGE**  
Performance Realty

Not intended to solicit properties, use with Realtor's advice.



## JUST GOOD ADVICE

Since cedars will retain their natural shape as they mature, regular pruning usually isn't necessary. However, they will tolerate more frequent and heavier pruning if shaped into formal hedges and topiaries. Give your cedars a light pruning in early spring to keep them tidy and encourage thicker growth. Since new growth only develops from the outer leafy part of a branch, don't cut back to bare wood.

### Gardening in the month of December

- Be sure to have your gutters cleared now that all the leaves are down as they are likely filled with dead foliage and twigs, preventing them from doing their job.
- Wrap a layer of burlap around any newly planted shrubs and evergreens to support branches from snow and ice load over the winter; young plantings in particular benefit from protection for the first one to three winters.
- If you have a bird feeder, remember to refill it as necessary.
- Set up a backyard composter to collect your fruit and veggie scraps throughout the year; once the warm weather rolls around, you'll be rewarded with home-made compost for your garden in the spring.
- Admire the all-white, pristine landscape after a snowfall; then head outside and brush the snow off evergreens, shrubs, and bushes as the added weight can bend and contort plants, especially younger ones. (But do keep the snow on the ground as it acts as an insulator.)

*The Garden Gate is a monthly feature about all things gardening. Opinions are the author's own. If you have ideas for upcoming articles or want to share your thoughts about this month's article, please contact Patricia by email: [OttawaPlantByNumbers@gmail.com](mailto:OttawaPlantByNumbers@gmail.com) or on Instagram: @ottawaplantbynumbers. Patricia has lived in and been an avid gardener in Alta Vista for over 30 years.*

*"May you never be too grown up to search the skies on Christmas Eve."—Anonymous*



MEALS ON WHEELS  
LA POPOTE ROULANTE  
OTTAWA





## Sign up

Affordable, healthy, home delivered meals and a check-in by caring volunteers



## Volunteer

Join our team and make an impact in your community



## Donate

Help us to support seniors and adults with disabilities stay healthy, independent and food secure at home!

**(613) 233-2424**  
**[mealsonwheels-ottawa.org](http://mealsonwheels-ottawa.org)**  
 Nous sommes bilingues!

## To New Beginnings!

Raise a toast to Ottawa's newest lifestyle apartments for 55+. Register now to be the first to visit our model apartments when they open in January 2023.



**STONEMONT**  
RETIREMENT LIFESTYLE  
*On the Park*

**MODEL SUITES**  
VIEWING EARLY 2023!

Units starting at  
**\$1,995**  
/month

Register now and learn more about lifestyle living: **[STONEMONT.ca](http://STONEMONT.ca)**





**THE BELLAVISTA**  
RESTAURANT & SPORTS BAR

*Specializing in Canadian and Italian Cuisine.  
Home of Ottawa's Finest Pizza for over 40 years!*

**TAKE OUT • PICK UP • DELIVERY**

**613-731-9841**  
2645 Alta Vista Dr. (Vista Centre)  
**FREE PARKING**





**HOURS:**  
Open 7 days a week  
Daily 11a.m. - 10p.m.  
DELIVERY ALL DAY

**SKIP THE DISHES**  
Uber Eats

**"Ottawa's #1 Pizza"**  
as voted by the  
Ottawa Sun's Pizza  
Contest.

\*\*Minimum order of \$ 15.00  
Delivery charge \$ 2.00\*\*  
[www.bellavistarestaurant.ca](http://www.bellavistarestaurant.ca)

**Gluten Free Pizza Available!**

**SENS GAME NIGHT**  
**50% OFF**  
ALL APPETIZERS (After 5:00pm)

## FAITH NEWS

### ST. AIDAN'S COMMUNITY CHRISTMAS CONCERT TO RAISE MONEY FOR HEFC

*By Phil Charko*

The ever-popular St. Aidan's community Christmas concert is again being held as an in-person event on December 17, at 7 p.m. at 934 Hamlet Road.

St. Aidan's is reaching out to the neighbourhood with an enjoyable and free event. As Rev. Rosemary Parker, the priest of St. Aidan's, says, "We want to share the joy of Christmas with all of our neighbours and partners in the community."

The musical program will feature the Vyhovskyi Strings youth ensemble, along with solo and group singing. The music will include a mix of classical and popular pieces.

As well, Christmas carols will be sung by the entire audience. Tea Mamaladze, the Church Music Director, has collaborated with Serhii and Olena Vyhovskyi to create a memorable concert.

As we all know, food banks are experiencing high demand this year. The concert will provide an opportunity to make a free-will offering to the Heron Emergency Food Centre. Your generosity will be greatly appreciated by Louisa Sims, Executive Coordinator of the Centre, as well as by its clientele. Funds will be collected at the door.



*The Vyhovskyi Strings youth ensemble; photo credit: Tea Mamaladze.*



## AQUA DRAIN

SEWER SERVICES INC

### 24 HR EMERGENCY SERVICE

- Pipe locating
- No-dig technology
- Plumbing repairs
- Drain cleaning/thawing
- Camera inspection
- Hydrovac/combo trucks

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

Tel 613-731-5500

Fax 613-822-0463

Toll free 1-866-809-1504

[www.aquadrain.ca](http://www.aquadrain.ca)





## FAITH NEWS

### CHRISTMAS CHEER AT RIDEAU PARK UNITED CHURCH

*By Drew Presley, on behalf of the Rideau Park Christmas  
Cheer Committee*

The goal of the Christmas Cheer Program at Rideau Park United Church is to help as many families as possible at this special time of year, and especially so this year during these times of high grocery prices.

Over these last nearly three years, many of us have had to learn how to do things differently, and the Christmas Cheer Program at Rideau Park is no different. Rideau Park United Church has a long history of helping those in our community who need it, especially at Christmas. As early as the 1970s, the United Church Women (UCW) at Rideau Park, after hearing of a few families in desperate need, prepared three Christmas hampers, which included food and knitted mitts, toques and scarves. By the mid-80s, the number of hampers being distributed had grown substantially.

The Christmas Cheer Committee begins its work in October with meetings to organize the coming year's campaign. Rideau Park, along with over 250 agency workers like it, is aided by an organization called the Caring and Sharing Exchange. Through its work, Caring and Sharing has compiled lists of people in need and helps these different agencies by avoiding duplication and thereby ensuring that the maximum number of families can be assisted. At Rideau Park, a dedicated phone line is set up, inviting people to leave a message with their pertinent information, and because the need is so great, the number of households the church can help is filled within a couple of days. Our experienced staff and volunteers at the church respond to each phone message clarifying the number of people living at the home and ensuring all the information is correct, once again to ensure we can help as many as possible.



*Volunteer Christel Kurz helps organize things by greeting clients outside the church. Photo credit: Elizabeth Bryce*

Over the past many years, our church hall has been bursting at its seams with all kinds of groceries purchased through the generous donations of our congregation and the local community. However, due to the pandemic, we have had to pivot to providing only gift cards to ensure everyone's safety. With the current uncertainty of the virus at this busy time of year, our Committee has decided to provide gift cards only again this year.

Another factor in our decision to provide gift cards rather than groceries is the evolving nature of our community demographics. Since those early years in the '70s and '80s, our local community has become more wonderfully diverse. And we recognize that many households do not necessarily want to sit down to a traditional Christmas turkey dinner. Gift cards allow families the flexibility to decide what groceries suit them best.

These are uncertain times for everyone. And in spite of most of our activities having to be online over these past two years, last year we had faith that our congregation, and indeed the larger community, would respond. And respond they did! Even with our decision to increase the amount for each household by \$15, we were overwhelmed by everyone's generosity. This year, with the need being even greater, we have set a goal of increasing the number of households we will support from 150 to 175. I encourage anyone reading this article to donate if they are able. For more information on how to donate, please see the church website at [rideaupark.ca](http://rideaupark.ca).

Thanks to the many people who volunteer their time, all the money raised goes directly to buying the gift cards and to people right here in our community. The holiday season should be a time of celebration, a time for spending time with loved ones, perhaps sharing a wonderful meal, and, for Christians, reflecting on the birth of the baby Jesus. For me, Christmas Cheer is a wonderful way to remember Jesus's teachings to love and care for one another.



*Church Administrator Debbi Brown (left) and Christmas Cheer Committee Member Pat Whitridge (right) organize the packages of gift cards for the 2021 Christmas Cheer campaign. Photo credit: Elizabeth Bryce*

Provide  
**HOPE**  
this Christmas by  
giving a meaningful  
**GIFT**

**PROVIDE ESSENTIAL SERVICES TO THOSE WHO ARE  
PRECARIOUSLY HOUSED OR EXPERIENCING HOMELESSNESS**

Today 4 Tomorrow raises funds for the Community Ministries of the Anglican Diocese of Ottawa. We are calling on you to help the Anglican Day Programs, Centre 105, Cornerstone Housing for Women, Ottawa Pastoral Counselling Centre (OPC), and the Refugee Ministry to serve people living precariously, struggling with poverty, and challenged by mental health issues. Through your special Christmas gift, you can support our Community Ministries participants.

**HOW TO GIVE**

Please visit [today4tomorrow.ca](http://today4tomorrow.ca)  
Call 613-232-7124, ext. 221

CHARITABLE REGISTRATION  
NO. 108084658 RR0030



**Today4Tomorrow**



**CENTRE 105**

PROVIDE A WARM BREAKFAST AND A WELCOMING PLACE FOR PEOPLE IN CORNWALL.



**CORNERSTONE HOUSING FOR WOMEN**

PROVIDE FUNDS FOR WOMEN'S SUPPORTIVE HOUSING AND EMERGENCY SHELTER



**OTTAWA PASTORAL COUNSELLING CENTRE**

EXTEND COUNSELLING SUPPORT TO THOSE WHO LACK RESOURCES

**REFUGEE MINISTRY OFFICE**

PROVIDE A SAFE COMMUNITY FOR REFUGEES

**ANGLICAN DAY PROGRAMS**

PROVIDE BASIC NEEDS AND SUPPORT FOR HUNDREDS OF PEOPLE IN OTTAWA



**CENTRE 454**



**ST. LUKE'S**



**THE WELL**



FAITH NEWS



We have had our share of guests in the neighbourhood barns. From wandering waifs looking for a warm shelter to hardened criminals seeking to hide from their captors, we’ve seen a few of your folk stumble in. But these visits, while occasionally disturbing our animalistic patterns for a day or two, were not extraordinary.

Nothing will ever compare to that one night ...

Even while grazing in the field, I sensed something electric in the air unrelated to the town’s population explosion and the resulting chaos. The road leading to Bethlehem buzzed with activity and chatter as prodigals who had left for loftier pursuits arrived home for the census. No one dared disobey Caesar’s decree, and the line of travellers resembled a flock of my kind being led home from the pasture at shearing time. Their countenances matched ours, too, as if they reluctantly headed toward something that would strip them of their identity and reduce them to a number on Caesar’s books, digits that reflected monetary value. Welcome to our world—the shepherds don’t usually bother giving us names, either ...

Before nightfall, those shepherds led us farther inland, away from the traffic. But before either of our caretakers dozed off for their sleep shift, the quiet of this new location experienced its own disruption—a supernatural one!

The sky lit up as if a flash of lightning froze in place. Humans and sheep all turned our faces upward to see what caused the brightness. I stopped chewing, and I don’t often do that. A heavenly being had slipped into our realm with the glory of the Lord as his backdrop.

Sounds of terror filled the air where the shepherds sat. I saw them scramble to their feet and prepare for flight. My favourite glanced at me when I voiced my opinion of his abandonment, adding my fear to his own.

“Don’t be afraid!” the angel said. The soothing timbre of his voice emphasized his instruction and calmed my racing heart. Each head in the field swivelled to hear him continue.

*“I bring you good news that will bring great joy to all people. The Saviour—yes, the Messiah, the Lord—has been born today in Bethlehem, the city of David! And you will recognize him by this sign: You will find a baby wrapped snugly in strips of cloth, lying in a manger.” (Luke 2:10-12 NLT)*

Before any of the humans recovered their speech, the sky grew even brighter. My shrill bleating sounds of distress were drowned out in a symphony of voices praising God as a multitude of angels joined the first. They sang, “Glory to God in highest heaven, and peace on earth to those with whom God is pleased.”

Even with all the noise and brilliance of this scene before us, I felt it. Peace.

When the light dimmed and the echoes of their voices faded, that feeling inside me remained. We had just witnessed something life-changing.

The shepherds processed all that had occurred in a flurry of words and actions.

“We must go!” one cried. “You heard the guy! Come on!”

“What about them?” my friend and guardian asked, holding his palm toward me.

“We’ll take them with us!” was the answer.

Suddenly, our backs were to the field, and our faces toward the town, as we made our way to Bethlehem. We were on a mission to find the Messiah! Our flock was louder than usual as we absorbed the excited chatter of the shepherds. Would we locate this special “baby in a manger?”

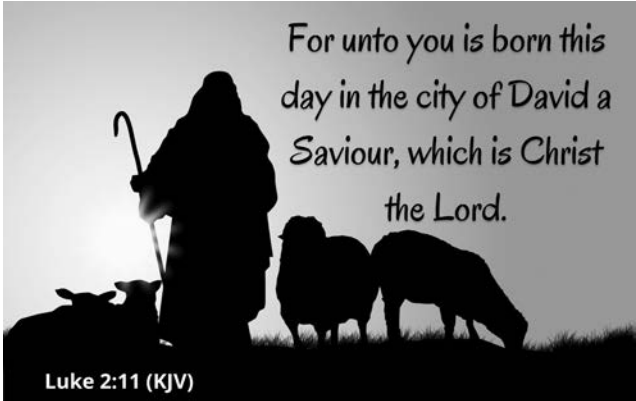
Thankfully, we did not have to venture far into the town before we came upon a stable that had clearly gone through its own unnatural events. The animals were not eating from the manger; instead, a man and woman sat next to it, guarding its contents. The strips of cloth hanging over its edge confirmed that we had found what we were looking for; an infant’s cry served as verification. The world’s Saviour lay in front of us, both humanly vulnerable and holy. I bowed my head.

My woolly companions fell silent while the shepherds fell to their knees as they approached the couple and the child. And I felt it again. Peace.

When the shepherds had respectfully adored the child and shared their tale of angelic hosts with His parents, they ran through town telling everyone they met about the child on our return. Oh, what a glorious night!

...

While I may have taken some liberties with the retelling (with verse 20 saying “they went back to their flocks”), I enjoyed imagining the scene unfolding through the eyes of a sheep. I apologize if you think that was a baaaaad idea!



As Christmas approaches, I invite you to turn to the Star of this story. The child we celebrate in this season grew to be a man and gave his life so that we might experience God’s forgiveness and peace. This was

a gift more precious than anything you’ll ever find under a tree. A baby in a manger was God’s love wrapped in strips of cloth.

Keep Christ in Christmas by embracing His peace in your heart. The Good Shepherd does know you by name and loves you more than you can imagine.

Valda Goudie is a teacher and author of the ***Tickle Me with a Crowbar!*** series. Visit her site at [valsstage.com](http://valsstage.com) and download Book 1 for free.





## FAITH NEWS



You are invited to join us on  
**Sundays at 8:00 am or 10:00 am.**

**8:00 am** Holy Eucharist  
in person (Traditional service)

**10:00 am** Holy Eucharist  
in person or on YouTube

### Come and Celebrate Christmas

Sunday, December 18  
10:00 am  
Advent Lessons and Carols  
In person & YouTube

Saturday, December 24  
4:00 pm  
Holy Eucharist - Family Service  
In person & YouTube

Saturday, December 24  
7:30 pm  
Holy Eucharist  
In person & YouTube

Sunday, December 25  
10:00 am  
Holy Eucharist  
In person & YouTube

For more information, visit our website or call the church office.



**St. Thomas the Apostle Anglican Church**  
2345 Alta Vista Drive  
613-733-0336 [www.stthomasaltavista.ca](http://www.stthomasaltavista.ca)



### St. Timothy's Presbyterian Church

**A warm welcome awaits!**

**Sunday Worship 10 am**  
In-person and livestreamed  
**Reverend Reine Boghos**

We are a family of God's people  
drawn from many cultures.  
**Come worship with us!**

**In-person Sunday School**

2400 Alta Vista Drive  
[sttimsoffice@on.aibn.com](mailto:sttimsoffice@on.aibn.com)  
613-733-0131

[www.sttimsottawa.com](http://www.sttimsottawa.com)

### TIME OF FELLOWSHIP

Dec 6, 10:30 am – 12 noon  
Carol singing & Communion.  
Refreshments will be served.

### CHRISTMAS PAGEANT

Dec 18, 10 am  
Family worship service &  
retelling of the Nativity

### CHRISTMAS EVE CANDLELIGHT SERVICE & COMMUNION

Dec 24, 7 pm  
In-person and via Zoom

### CHRISTMAS DAY

Dec 25, 10 am  
Service via Zoom only

**All Zoom links available on  
the church website**

VISTAS welcomes articles or advertisements for  
FAITH NEWS from any and all of the diverse faith  
groups within the community.

Please submit articles to [editor@vistas-news.ca](mailto:editor@vistas-news.ca),  
and advertisements to [advertising@vistas-news.ca](mailto:advertising@vistas-news.ca).



## Rideau Park United Church



2203 Alta Vista Drive  
613-733-3156

### Celebrate Christmas At Church Or At Home

#### **Special Christmas Events:**

**7:00 pm Dec 4 : Christmas Celebration  
Concert (Choirs, Bells & Chimes)**

**10:00 am Dec 11 : 23<sup>rd</sup> Annual  
Children's Christmas Pageant**

#### **Christmas Eve Services:**

**6:30 pm Dec 24 : Family Service**

**8:30 pm Dec 24 : Candlelight  
Communion Service**

#### **Christmas Day Service:**

**10:00 am Dec 25**

**[www.rideaupark.ca](http://www.rideaupark.ca)**



**Peace Love Hope Joy**

### Emmanuel United Church

691 Smyth Road, Ottawa K1G 1N7; Bus #55  
(613) 733-0437

<http://www.emmanuelunited.ca/>

### Advent Services

Nov 30th, Dec 7th, 14th and 21st at 7 pm

### Christmas Eve Services

Family Service – 5 pm

Service of Carols and Lessons – 7:30 pm

Masks required in church

All services are livestreamed & recorded

Connect via our website





SCHOOL NEWS

FEATHERSTON DRIVE SCHOOL WELCOMES TWO NEW TREES

By Gillian Cooper, Community Representative, School Council

After threatening rain, the sun shone on the planting of two new trees in front of Featherston Drive Public School on October 20. Five students from Ms. Culum’s Grade 7 class planted a Honey Locust and a Hackberry on the island between the driveway and the street. As they grow, these lovely native trees will shade the gym, increase the leafy canopy over the driveway, and provide shelter for birds and beneficial insects. As well, these trees will help absorb pollutants from school buses and other traffic, as well as lessen the transmission of noise from the road to the school and vice versa. We also are happy that the trees will reduce runoff from the school property into the storm sewers, which will lessen the risk of floods.

A huge thank you goes to the City of Ottawa for the grant of \$1070 awarded to the school through the CEPGP (Community Environmental Project Grant Program) that provided funds for the purchase of the trees. The remainder of the funds will go towards the planting of the restored garden boxes next spring. Several teachers will work with their students on the boxes to provide experiential activities in a variety of subjects. This is a wonderful opportunity for all but particularly for our new Canadian students and our many apartment dwellers. A compost box and plants to attract butterflies will also be considered to fulfill a myriad of learning goals.

Our new trees will need to be watered next summer so we will be looking for volunteers from the school and the local community to take a week each next summer. Watering equipment will be purchased to make this task as easy as possible.

Tree Cheers!



New Honey Locust planted at Featherston



New Hackberry

FEATHERSTON’S “WALK FOR WENJACK”

By Eliana K, Olivia P, Haleema M; Grade 8 French Immersion students

This past October, Featherston Drive Public School walked 715 kilometres in memory of a child who attempted to escape from his residential school. The week of October 17–22 is also known as Secret Path week, where Canadians come together to commemorate a young boy named Chanie Wenjack, who died at just 12 years of age while attempting to make his way home. In 2021, the grade 7 French immersion class at Featherston Drive organized a “Walk for Wenjack.” A walk in remembrance of Chanie, a walk to get him home. This year, the grade 8 French immersion class organized this walk again, and were astonished at how much more we accomplished.




Chanie Wenjack was just one of the many Indigenous children subjected to the Sixties Scoop. Chanie Wenjack, misnamed “Charlie Wenjack” by his teachers, was an Anishinaabe boy born in Ogoki Post on the Marten Falls Reserve. In 1963, at the age of 9, Chanie was sent to Cecilia Jeffrey Indian Residential School in Kenora, Ontario. In

1966, at 12 years of age, Chanie ran away from Cecilia Jeffrey, attempting to reunite with his family 600 kilometres away in Ogoki Post. Nine other children ran away that day; all but Chanie were caught within 24 hours. Only 19 kilometres into his walk, on October 22, 1966, Chanie passed away due to starvation and exposure. His body was found a week later buried in snow.

In 2016, a man named Gord Downie, lead singer/songwriter of The Tragically Hip, asked all Canadians to “Do Something” in taking steps towards reconciliation of Indigenous-settler relations. He met with Chanie’s sisters, Pearl and Daisy. Both are survivors of the same residential school, and are advocates for sharing Chanie’s story. From this, the #DoSomething was created and the Gordon Downie & Chanie Wenjack Fund (DWF) was founded. Gord Downie passed away in 2016, after creating a series of songs telling Chanie’s story. He called it The Secret Path. While Gord’s goal of Canada “Doing Something” towards full reconciliation has not been completed, Chanie’s legacy still lives on in the Gord Downie & Chanie Wenjack Fund.

This year, the MF8A class decided to organize the “Walk for Wenjack” here at Featherston. It took a week of preparation to conduct this important event. The goal was to complete the way home for Chanie, and symbolically walk 600 kilometres in his memory. Posters were put up around the school, announcements were written, and presentations were created to present to all classes. In the span of three days, all classes participated in order to fulfil our set goal. Within the span of Secret Path week, our school collectively walked 715 kilometres in Chanie’s memory, as well as managed to educate the school about his story along the way. While what we did was a small act, we accomplished so much along the way.

Sarah McKnight is a Grades 8MFI and 7/8MFI teacher at Featherston Drive Public School. A small group of her students wrote the above article about their class project to raise awareness about residential schools by organizing a “Walk for Wenjack.” Her class is part of the Legacy School program through the Downie & Wenjack Fund.



**Steven A. Neal**  
B.A. (Hons), J.D.  
P. 613.737.4140  
F. 613.737.7903  
1719 Bank St.  
Suite 305  
Ottawa, ON  
steven@payetteneal.com

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

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



## SCHOOL NEWS

### FEATHERSTON STUDENTS ORGANIZING FOOD DRIVE

By Tanya O'Brien, Samantha Conley and students in R7/8A

Students in R7/8A at Featherston Drive Public are organizing a food drive to support our community! Proceeds will be split between the Heron Road Emergency Food Centre and the Clementine Food Pantry.

The HEFC provides emergency food supplies for approximately 4,000 different people in 1,300 households in our community.

The Clementine Food Pantry is located in a seniors housing complex run by Ottawa Community Housing. Food prices continue to rise, having devastating effects on many, including seniors in Clementine Towers. Many of these residents are facing food insecurity and have mobility issues, making it next to impossible to access the closest food bank.

Community donations can be dropped off at the front door of Featherston Drive Public School (1801 Featherston Drive) during regular school hours between December 5 and December 16.

We appreciate you considering these worthwhile and much-needed organizations.

*"Oh the weather outside is frightful,  
But the fire is so delightful,  
And since we've no place to go,  
Let it snow, let it snow, let it snow."  
— Let It Snow*



### Teacher Shelley Henderson's Pleasant Park School students put this together on their own

Pleasant Park Sports!

By grade 6: Kiana H., Lulia M., & Maddy R.  
Friday, November 11, 2022

Pleasant Park is bringing all their sports back!

The Panthers of Pleasant Park have soccer, basketball, BordenBall, Volleyball, and Cross Country teams to join!

COVID cases have shut down many schools throughout the years. With online shutting everything down, sports haven't been played for over two years. Year 2022-2023 is when all Pleasant Park sports are back with tournaments. Get ready for some awesome games!

The Cross Country tournament finished mid October! There were all sorts of schools racing but only some of these schools got top 10. The grade 4's were first to race, then the grade 5's, and lastly grade 6 students raced. Practices were held on Tuesdays and Thursdays at 7:30am.  
Great job to all who ran!

Soccer was one of Pleasant Park's first sport announcements but due to the cold weather it's being pushed to after the spring weather. Everyone who signed up for soccer was a little disappointed but nobody wants to play in the freezing cold. Soccer tournaments will be held during the month of May.

Our latest sign-up sheet is for Volleyball tryouts. Grades 4-6 will be able to sign up and join this fun sport. We have a sign-up sheet for the Boys/Non-Binary and the Girls/Non-Binary. Grades 5-6 tryouts in the near future!

Basketball will start its season somewhere near late May and early June. Although we don't have an exact date, many people are excited. Basketball won't be a big sport but there will be a tournament. We have so many amazing players, we hope they make the team!

BordenBall is a sport which is a mix of Soccer and VolleyBall. You have nets you throw the ball into but can't let the ball hit the ground. This sport was open to play last school year as one of our first opening sports after the long years of COVID. Once again grades 5-6 can sign-up for tryouts. This sport will be held later in the year with tournaments.

We thank all teachers who help make this possible!

**Wishing You a  
Happy Holiday Season!  
Best Wishes for 2023**

**Let my 45 years of experience benefit you!  
Top 1% of 86,000 eXp agents worldwide**



**Andre Major**

Real Estate Broker, Shareholder, MBA

**613-262-0606**

andre@andremajor.com



No one has sold more properties in Faircrest Heights over the past 3 years. This is based on OREB MLS sales data for 2019, 2020 & 2021, by either # of ends sold or total dollar sales volume. The neighbourhood of Faircrest Heights, comprising of approximately 667 homes, is the north part of Alta Vista and is defined by many as the area between Smyth Road to the north, Lynda Lane to the east, homes on both sides of Pleasant Park Road to the south and the Via Rail corridor to the west. This material is not intended to solicit properties already listed.



## FAMILY MATTERS

### KATRINA'S STORY

*By Katrina, a client at Serenity Renewal for Families*

I would not be here to tell you this story if there weren't programs like Serenity Renewal for Families (SRF) impacting the lives of addicts and our families. I started using drugs at the age of 8 and was using daily by the time I was 12. Let that sink in a moment. I had been using for over half my life when I got clean at 20. On the outside, I had a typical middle-class family life. But generations of addiction are not always easy to escape, especially for children.



*Katrina before*

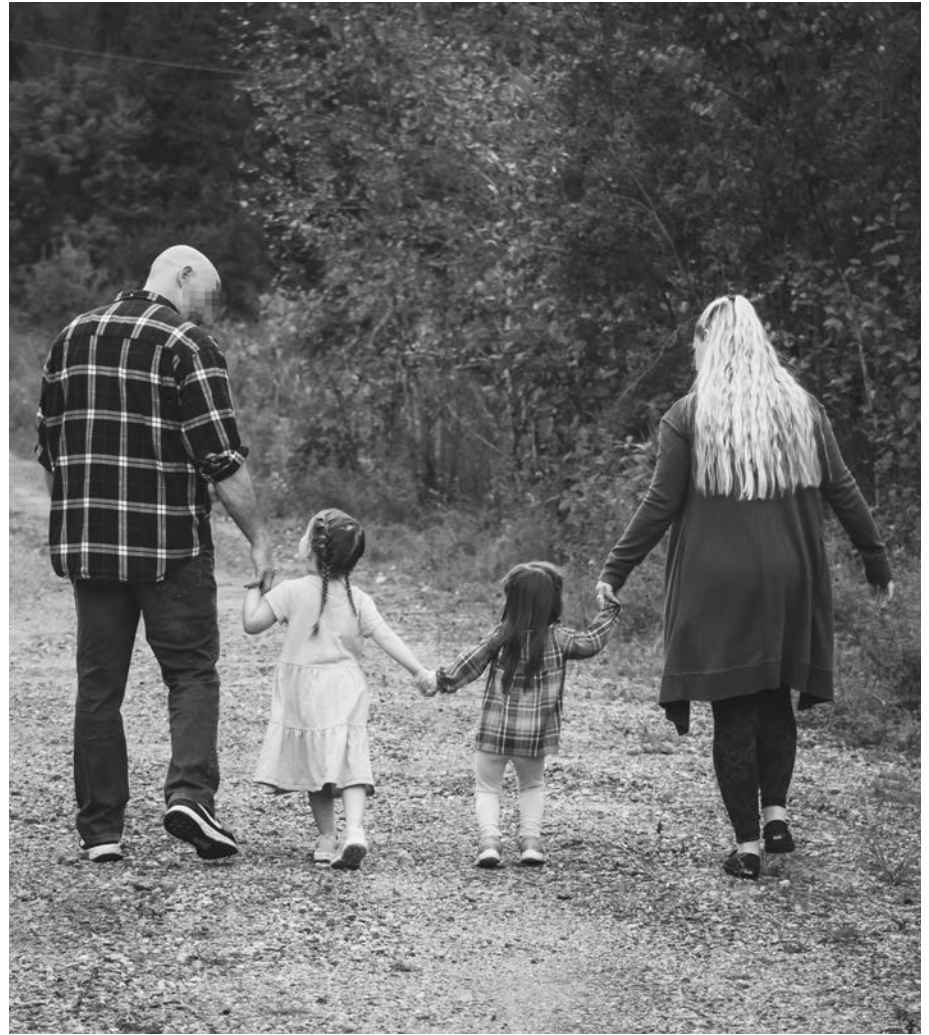
I turned to drugs partly to act out, partly to numb my feelings, partly to fit in because I wanted so desperately to be loved and accepted. It wasn't hard to feel included when I joined a small group of kids acting out who had older siblings who provided me with the opportunity to get high at the tender age of 8. My best friend's sister, who handed me my first drug was just four years older than me at the time, recently lost her life to addiction. How could she, at 12, be held responsible for sharing what she thought was the solution to her own troubled young life?

I come from a long line of addicts and alcoholics. My mother is an addict and my grandfather was an alcoholic. But, the gift of recovery and sobriety was also inherited. My grandfather didn't ever make it to sobriety, but my mother did. The hope that life could be different was passed on to me. I am forever grateful to my mom for the work she did that laid the foundation for my own path to recovery.

My mom got clean long before I did. She stumbled and picked herself back up again and was able to access help from Serenity Renewal. I had no idea at the time that my mom was slowly building a toolbelt to do things differently for our family. While my mom was working hard on her issues, I was hitting "my bottom" using. I was 18 years old, 82 pounds, barefoot, homeless and on the brink of "jails, institutions, or death." I had failed out of college, was in toxic and abusive romantic relationships, having run-ins with the police, and would go "missing in action" for weeks at a time. My mom made the decision to drive me to the Camillus Centre to do the Chemical Dependency program where I started to scratch the surface of my disease.

It took me 14 years of recovery to grow up, do my step work, make it through several family-of-origin programs, finally graduate from college and then university, get married, buy a house and become a mom myself. I have two beautiful daughters, ages 2 and 4.

Imagine my surprise when I needed SRF again to help me learn how to communicate with my husband so we could parent these small children together and break the cycle of what was passed on to me. The life skills of coping with feelings, communicating, and having healthy relationships is what I am learning today. I never saw healthy relationships and had no model for intimacy, open communication, and safe spaces to live and feel. My mom started this journey and I am taking up the torch to learn a new way to model this to my children so that they do not ever have to witness a using mom or an abusive home. I didn't think I would have to fight so hard for this, but when the overwhelm of parenting and COVID hit this 14-year clean addict, the reactions from my own family of origin were what my defaults were still set to and that scared me.



*Katrina's family today*

When I reached out for help, I was unsure about bringing my husband into my sphere of recovery to do the couples communication workshop. I was nine years clean when we met and aside from attending my celebrations at 12-step meetings, he hasn't been exposed to much therapy, workshops, or programs. Serenity Renewal was so warm, welcoming, and reassuring with both of us on the phone that I immediately knew this was going to be a very positive step for our family. My husband was welcomed with open arms at SRF and I was reminded of what a gift I have to be able to identify feelings and talk about them until a solution or breakthrough occurs. By supporting my husband, he finally understands me a little better and we can communicate better and come together as a team to raise our daughters as best as we know how.

The life I have today is unrecognizable from my 18-year-old self. I went from barefoot, homeless, and unable to stop using drugs to a stable and loving home where I read to my young children, bake cookies, and host warm family gatherings with no drama. We love to spend time in nature and do arts and crafts. My children laugh and play with no concept of trauma, abuse, drugs, or even hardship. No words can ever capture the miracle that this is. And no one can say where I would have ended up if it weren't for programs like this.

Serenity Renewal for Families supports families affected directly or indirectly by addictions. Last month 92% of the people who accessed services could not afford to pay anything, but no one was turned away. If you wish to make a donation or know someone who could use our support please visit [www.serenityrenewal.ca](http://www.serenityrenewal.ca) or call 613-523-5143.

*Kwanzaa affirms that mothers and fathers of previous generations transmitted African Americans' existence and persistence to the mothers and fathers of today. Pass it on."*—  
Dorothy Winbush Riley





**\$1,289,900**

**341 Cunningham Avenue**

**Alta Vista**



**\$999,000**

**1781 Dunkirk Crescent**

**Playfair Park**



**\$1,189,900**

**2027 Woodcrest Road**

**Alta Vista**



**\$1,129,000**

**502-3590 Rivergate Way**

**Quinterra**



**\$1,489,000**

**360 Roger Road**

**Alta Vista**



**1099 Ambleside Drive**

**Woodroffe**



**\$1,849,900**

**269 Roger Road**

**Alta Vista**



**\$438,000**

**1002-1705 Playfair Drive**

**Playfair Park**



**\$399,900**

**1606-2760 Carousel Cres.**

**Emerald Woods**



**1505 Caton Street**

**Alta Vista**



**PAUL MCCUNN**

SALES REPRESENTATIVE

**Laurie Richards**

Sales Representative with Paul McCunn

**613.733.9100**

**www.PaulMcCunn.com**



**ROYAL LEPAGE**  
**Performance Realty**  
Brokerage, Independently Owned and Operated

***Trusted for Service...Respected for Results!***

1500 Bank St., Ste 201,  
Ottawa, ON K1H 7Z2



DESIGN • BUILD • MAINTAIN  
**HANSEN**

**LAWN & GARDENS LTD.**  
SINCE '88



*Happy Holidays*

FROM ALL THE STAFF AT HANSEN



THANK YOU FOR YOUR CONTINUED SUPPORT  
OF YOUR LOCAL COMMUNITY BASED  
COMPANIES!





# MORE THAN JUST SENIOR LIVING. IT'S A NEW LIFE.

Our communities offer residents  
a new path for living. Providing peace  
of mind and freedom, so you can  
focus on living your best life.



**1 BEDROOM  
SUITES  
AVAILABLE**



JOIN US FOR A

# WINTER STAY

Relax and enjoy the winter months in a comfortable suite  
in a vibrant community. Avoid the winter blues, and daily  
hassles of the cold weather - Stay with us! and feel healthy,  
happy and connected.

\* No long-term commitment required.



A RIVERSTONE  
COMMUNITY

[riverstoneretirement.ca](http://riverstoneretirement.ca)



**RIVERPATH**  
RETIREMENT COMMUNITY  
COMMUNAUTÉ DE RETRAITE

Contact Sabine  
**613-327-9655**  
beechwood



**Maplewood**  
RETIREMENT COMMUNITY

Contact Brian  
**613-656-0556**  
riverview park



**OAKPARK**  
RETIREMENT COMMUNITY

Contact Josh  
**613-260-7144**  
alta vista

In-person tours now available.

Book yours today!



## CLASSIFIED ADS

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

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

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

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

**MRP RENOVATE LANDSCAPE.** Located in Ottawa South. After a busy summer of landscaping, MRP will now be focusing after November on interior work such as basement renovations, garages, drywall, framing, painting, and trim work. Our focus is **SMALL PROJECTS DONE RIGHT - projects too small for larger contractors to consider**. Clients that want to reserve for landscaping or other work starting in the spring of 2023 should contact us now. Contact for a free estimate. **613-794-3547. instagram@mrp\_renovate\_landscape**

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

**CHAIR YOGA at Rideau Park United Church** - Live classes on Thursday mornings at 10:30am (60 mins) starting January 12, 2023. Also available on Zoom. A perfect practice for those with arthritis, fibromyalgia, past injuries or balance issues. Contact Marg Hillier, Certified Yoga Instructor, **mhillier144@gmail.com** or **613-299-8324**. Visit **www.newmoonyoga.ca** for class details. Class packages available.

**GENTLE MOBILITY MAT YOGA at Rideau Park United Church** - Live classes on Friday mornings at 10:30am (60 mins) starting January 13, 2023. Also available on Zoom. Get your body moving, increasing balance, strength, flexibility and breathing in a gentle, mindful practice. Contact Marg Hillier, Certified Yoga Instructor, **mhillier144@gmail.com** or **613-299-8324**. Visit **www.newmoonyoga.ca** for class details. Class packages available.

**SEARCHING FOR LATE FATHER'S JACKET.** Searching for this blue and purple ski jacket that belonged to my father who recently passed away. I asked for this jacket to keep and it was accidentally donated to Value Village on the corner of Bank St and Walkley on November 6. Value Village no longer seems to have it. I have many happy memories with my dad in this coat and am devastated it was donated. If you purchased this coat, I would be extremely grateful to get it back. Please contact me at **njemarsden@gmail.com**.



**Doherty's**  
Property Services Inc.

Merry Christmas  
&  
Happy New Year!

**DPS**

Sean Doherty  
**dps@rogers.com**

**Glee & ceptional**

presents

*Christmas Cheer*

Wednesday December 14, 6 p.m.  
(by donation)

St. Thomas the Apostle Church  
2345 Alta Vista Drive

PLEASE KEEP US SAFE AND WEAR A MASK



SCIENCE & TECHNOLOGY

COMPUTER TIPS AND TRICKS

By Malcolm and John Harding, of Compu-Home

Sometimes It’s the Crooks and Sometimes It’s the Sheriff! – Part 2

In our last column, we gave an overview of common online security measures and the best ways to take advantage of them to protect ourselves from fraud. This time, we are looking at the more elaborate strategies that are now in common use, and ways to avoid the extra problems they can create.

What can you do when you have forgotten your password? The most obvious response is to click on “Forgot my password,” hoping that the problem will be quickly solved. Sadly, this often leads to things becoming worse, because you have just passed through the dreaded gates of “Multi-Factor Authentication.”

Experts have long believed that passwords are ineffectual protection. Gradually in recent years, additional information is being demanded to supplement a password when an account is being set up and some parts of that information are being requested when necessary. Here is what to expect and what can go wrong:

Often people focus on the end result such as having a new email address or receiving an online purchase and they don’t even realize that the first step is to set up an account, and that they may have to log into that account later. An email address is often not considered to be an “account.” A subscription to a service, utility (such as an anti-virus), or online magazine is considered to be an account, and you will have to access that account to change or stop that service.

When you set up security questions and then years later you are asked those same questions, your answers must be 100% accurate. Was your first car a Chev, a Chevy, a Chevrolet or a chev? Is your oldest sibling’s middle name Don, don, Donald or Donny? Answer incorrectly too many times, and you could be frozen out for an hour, a day, or permanently!

Often you will be told that a code will be emailed to your backup (alternate) email address and you can type that code into a box provided. This will be doomed if you no longer have access to that address, or if that address is not actually a different one, but is the same one that it happens you are now trying to recover.



Sometimes instead, there will be an offer to text a code. This will not work if you originally inadvertently provided a landline which cannot accept texts, if a cell phone has been lost, stolen or replaced, or if you have changed your cellular number.

Things can become especially challenging when a friend or relative who originally set up the account for you and provided all of the supplementary information is no longer available to provide the security answers or access the cell phone that was supposed to receive the text with the code.

It is likely that the services that create their security in the ways that we have described have done so in order to avoid having to provide telephone support, which means that you cannot make a call to a real human who can take charge and help you.

There is no alternative but to examine carefully every “My Account” that you have created and to make certain that all the information you once provided is still correct. Think for a moment about every type of account you have and imagine any of the circumstances that might arise to block your access. This will be unfamiliar and tricky territory the first time that you do it, but if you get into a yearly habit, you will soon find it quicker and easier.

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

SKYLAR’S KIDS PAGE

WORD SEARCH



# WINTER



F	P	A	M	O	T	I	U	S	W	O	N	S	Q	B	S
R	X	G	O	Y	D	S	H	O	V	E	L	Z	J	N	C
Q	T	L	B	N	K	L	W	R	S	M	A	G	O	U	F
V	G	S	R	A	P	E	N	G	U	I	N	W	Y	H	D
I	W	N	T	E	J	G	X	M	Q	S	B	R	E	O	Z
U	C	E	A	Y	T	N	D	P	I	O	H	F	K	L	R
M	S	I	Z	G	Q	A	V	B	A	T	L	X	C	I	J
Y	H	K	C	F	G	W	E	R	N	U	T	P	O	D	G
S	J	M	V	L	S	O	D	W	R	X	Q	E	H	A	N
E	N	T	G	K	E	N	B	R	S	F	M	C	N	Y	I
V	L	O	I	N	H	S	I	O	X	J	U	Q	A	S	D
O	F	I	W	P	E	E	R	S	T	O	O	B	M	C	D
L	N	X	U	B	S	Z	J	Y	P	N	I	H	W	K	E
G	I	P	E	T	A	L	O	C	O	H	C	T	O	H	L
B	S	C	A	R	F	L	D	R	E	M	Z	U	N	J	S
H	R	E	T	N	I	W	L	X	F	P	G	Y	S	O	K



boots	hot chocolate	shovel	snowboard
flurries	icicle	skates	snowman
frozen	igloo	skiing	snowsuit
gloves	mittens	sledding	sweater
hockey	penguin	snow angels	toboggan
holidays	scarf	snowball	winter

Tree Valley Academy

COLOURING PAGES





Search the entire paper for these seasonal items.





## UPCOMING EVENTS



### ALTA VISTA LIBRARY – DECEMBER 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](http://www.biblioottawalibrary.ca) or call 613-580-2940.

**The Library has temporarily adjusted its hours of operation due to current staffing pressures. Until further notice, the Library's hours are:**

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

**CLOSED – Sunday, December 25 – Christmas Day**

**Monday, December 26 – Boxing Day**

**Sunday, January 1 – New Year's Day**

**OPEN – Saturday, December 24 (Christmas Eve) – 10 a.m. to 3 p.m.**

**Tuesday, December 27 to Friday, December 30 – Open regular hours.**

**Saturday, December 31 (New Year's Eve) – 10 a.m. to 3 p.m.**

**Monday, January 2 – Open regular hours.**

**Some information for your visit:**

- You can place holds online at [www.biblioottawalibrary.ca](http://www.biblioottawalibrary.ca) or by calling InfoService at 613-580-2940.
- Most public computer stations are now available. Public computer use is currently limited to two hours per user per day. There are no exceptions. Reservations can be made either at the branch or online from home.
- All seating is now available.
- Meeting and program rooms are now available for booking.
- Please visit our website for the most up-to-date information with regards to programming.
- Outdoor book drops are 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](http://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](mailto:infoservice@biblioottawalibrary.ca).**

### **FRIENDS OF THE OTTAWA PUBLIC LIBRARY BOOK SALE**

Check out The Friends of the Ottawa Public Library Book Sale at the Alta Vista Branch. Books, music CDs and DVD movies are available for children, teens and adults in both English and French. Prices are as follows:

- Children's Books – \$1
- Adult and Teen Mass Market Paperbacks – \$1
- Adult and Teen Soft Cover Books – \$2
- Adult and Teen Hard Cover Books – \$3
- CDs and DVDs – \$2 per disc

**The price of certain items may be different than shown here. Prices are subject to change.**

### **BOARD GAME AND PUZZLE SWAP**

The Alta Vista Branch is now hosting a small, self-serve board game and puzzle swap, located on the shelves next to the washrooms on the main floor. Bring in a complete board game or puzzle and trade it in for one that is "new to you." Please make sure that any games or puzzles brought in are complete with no pieces missing.

### **CHILDRENS PROGRAMMING**

#### **Family Storytime (Alta Vista branch)**

Stories, rhymes and songs for children of all ages and their parents or caregivers. Bilingual. Drop-in program.

Wednesday mornings at 10:30 a.m. until December 14. (30 minutes – All ages)

### **ADULT PROGRAMMING**

#### **Sleuth Hounds Mystery Book Club (Alta Vista Branch)**

Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussions on the third Thursday of every month 6:30–8 p.m. All are welcome.

Thursday, December 15, 2022 **Holiday Planning Meeting and Social**

Thursday, January 19, 2023 ***The Apollo Murders* by Chris Hadfield**

#### **Book Banter (In-Person)**

Share the enjoyment of good books in a relaxed atmosphere. Join us for discussions on the first Thursday of every month 2 p.m.–3 p.m. All are welcome.

Thursday, December 1, 2022 ***The Four Winds* by Kristin Hannah**

Thursday, January 5, 2023 ***Klara and the Sun* by Kazuo Ishiguro**

#### **Infusions Littéraires (en personne)**

Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion. De 14h00 à 15h00.

Le lundi 19 décembre, 2022 ***Petit Traité sur le Racisme* de Danny Laferrière**

Le lundi 16 janvier, 2023 ***Regardez-nous danser* de Leila Slimani**

**Please visit [biblioottawalibrary.ca/en/program](http://biblioottawalibrary.ca/en/program) for the most up-to-date information about programming as well as registration or visit the branch in person for more information.**

### **ONLINE COLLECTIONS AND SERVICES**

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.

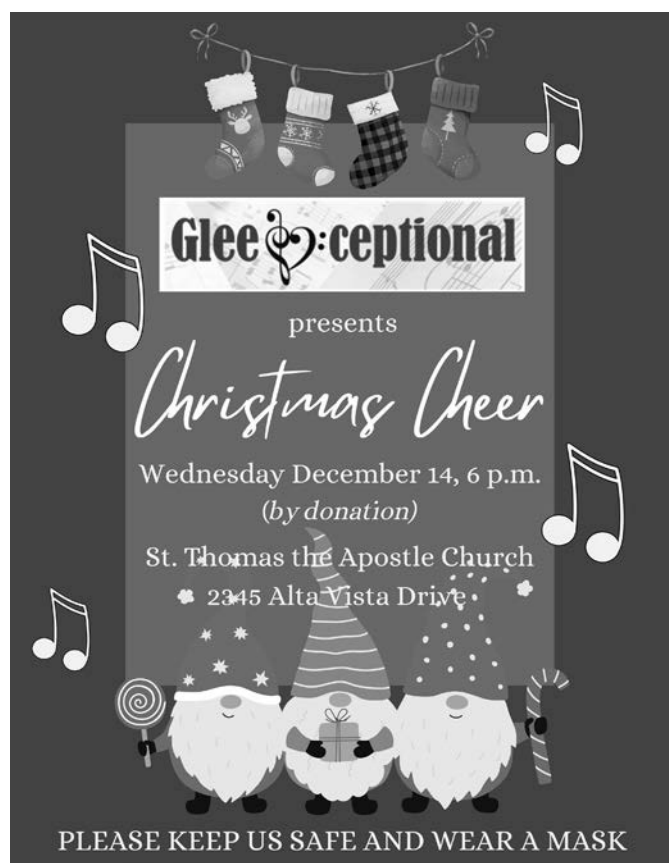
To access these resources and much more, please visit [www.biblioottawalibrary.ca/isolation-recreation](http://www.biblioottawalibrary.ca/isolation-recreation). A valid Library card is required. For assistance, please call Info Service at 613-580-2940 or email [infoservice@biblioottawalibrary.ca](mailto:infoservice@biblioottawalibrary.ca).



## UPCOMING EVENTS

### COMMUNITY EVENTS – December 2022

#### GLEE:CEPTIONAL CHRISTMAS CHEER



#### RIDEAU PARK UNITED CHURCH

2203 Alta Vista Drive

**Christmas Celebration Concert – Bells, Chimes and Choirs:** Sunday, December 4 at 7 p.m., both in-person and online. Enjoy the sacred and popular music of the season with Rideau Park's musical ensembles. Sing some of your favourite carols.

**23rd Annual Christmas Pageant:** Sunday, December 11 at 10 a.m., both in-person and online. Over 50 children and youth from Rideau Park will take the lead in the re-telling of the Christmas Story with a focus on the true meaning of Christmas, along with a dash of humour!

**Forest church:** Sunday, December 18, 4-4:45 p.m. In-person only. Meet at the church for a walk in the Cunningham Woods and a pause for reflection on God's creation. Lead by Elizabeth Bryce – don't forget to dress for the weather!

**Christmas Services:** (In-person and online, except Dec 25)

Dec. 24, 6:30 p.m. (family service); Dec. 24, 8:30 p.m.;  
Dec. 25, 10 a.m.

Jan. 1, 2023, 10:30 a.m. Shared service with neighbouring United churches at Riverside United. Also available online at [www.youtube.com/channel/UCsjdNR-MQMDc21qmACtF9qA](https://www.youtube.com/channel/UCsjdNR-MQMDc21qmACtF9qA).

**Yoga Classes:** Chair Yoga and Gentle Mat Yoga with Margaret. Fall session ends December 16; Winter session starts January 12 (session is 10 weeks).

**Fitness Classes:** Start the New Year with 50+ Fitness with Faiza. Classes commence January 5 (session is 10 weeks).

**Meditation Group Online:** Join us each Thursday at 10 a.m. (by Zoom) for 20 minutes of quiet, peace, and mindfulness (except Dec. 29). Contact Steve ([scifton@rideaupark.ca](mailto:scifton@rideaupark.ca)) for a Zoom invitation.

**Euchre Club:** Every Thursday at 1 p.m. (except December 29) in the Parlour at Rideau Park. Community participants of all ages are welcome!

**OASIS (Alcoholics Anonymous)** has in-person (and online) meetings at the church on Mondays, 8–9 p.m., while Twelve Steps to Serenity (also Alcoholics Anonymous) has in-person sessions at Rideau Park on Thursdays, 7:30 p.m. (Check on meetings near Christmas).

#### ST. AIDAN'S ANGLICAN CHURCH

934 Hamlet Road

Everyone is welcome to join St. Aidan's for our Christmas services:

Christmas Eve Service – Saturday, December 24 at 7 p.m.

Christmas Day Service – Sunday, December 25 at 9:30 a.m.

Christmas Festival of Carols – Sunday, January 1 at 9:30 a.m.

#### IMMACULATE HEART OF MARY CHRISTMAS CONCERT

On Sunday, December 4, 2022, 3:30 pm, at Immaculate Heart of Mary Church, 1758 Alta

Vista Drive, come enjoy the music of the season! This event will feature local excellent musical groups: the Ottawa Catholic School Board Chamber Choir, the Harmonia Choir of Ottawa, and the Immaculate Heart of Mary Church Choir, accompanied by the Ottawa Wind Ensemble, a 35-member orchestral group. They will be joined by soloist Lindsey Sikora for special tributes to the musical season. Interspersed with this will be carol singing for all to join in.

This 31st Immaculate Heart of Mary Concert is held in support of the Heron Emergency Food Centre. Admission to the concert is FREE and there is ample and easily accessible parking. There will be collection baskets for voluntary monetary donations (cheque or cash).

#### ATLANTIC VOICES CHRISTMAS CEILIDH



For tickets and other information, visit [www.atlanticvoices.ca](http://www.atlanticvoices.ca).

#### CANADIAN CENTENNIAL CHOIR CONCERT

Tuesday, December 13, 2022 at 7:30 p.m.

"Good Tidings / Bonne nouvelle"

Centretown United Church, 507 Bank Street, Ottawa

Info at: [www.ccc-ccc.ca](http://www.ccc-ccc.ca).

#### UNIVERSITY OF OTTAWA CHOIR'S SPOTLIGHT ON CANADIAN COMPOSERS

December 4, 2022

3 p.m. | St. Joseph's Church (174 Wilbrod St.) | \$25 (\$30 at the door)  
\$15 students/youth

The University of Ottawa Choir invites you to discover and rediscover an array of homegrown choral music composers, past, present and future... An event not to be missed! Musical direction: Robert Filion. Piano: Carson Becke. Flute: Annabelle Mowry. Trumpet: Kaede McLoed. December 4, 2022 — Spotlight on Canadian Composers

For more information, see [uottawachoir.ca](http://uottawachoir.ca)

#### CHRISTMAS SUNG A CAPPELLA IN 7 LANGUAGES

The Stairwell Carollers have two in-person concerts coming up this year, their first since Christmas 2019.

Saturday, December 10, at Southminster United Church,  
15 Aylmer Avenue, starting at 7.30 p.m.

Wednesday, December 14, at St. Columba Church,  
24 Sandridge Road, at 7:30 p.m.



## UPCOMING EVENTS

### THE COMPASSIONATE FRIENDS

The Compassionate Friends (TCF) is an international non-profit, self-help support organization, offering friendship, understanding, grief education and hope to families grieving the death of a child of any age, from any cause.

The Worldwide Candle Lighting Celebration, in memory of children who left us too soon, is held annually on the second Sunday in December. Each year at 7 p.m. in every time zone, candles are lit by TCF families in honour of all children who have died. As candles burn down in one time zone, they are lit in the next, creating a 24-hour wave of light that encircles the globe ... that their light may always shine.

On December 11 at 6:30 p.m., we will be holding a Candlelight Ceremony in Ottawa in the Garden Chapel at Tubman Funeral Home, 3440 Richmond Road. Parents can bring a free-standing picture of their child(ren). We will have inspirational readings, music, and light candles at 7 p.m. and follow with light refreshments.

### ST. MATTHEW'S SCARF & JEWELLERY SALE

St. Matthew's Anglican Church in the Glebe is excited to announce its first in-person Scarf and Jewellery sale since the lockdown, on Sunday, December 4 from 9 a.m. to 2 p.m. The sale will be held in the church hall, which is accessed through the entrance at 217 First Ave., just west of Bank St. Twenty-five percent of the sales will go to the Ottawa Food Bank and all proceeds are for charity. Our sale features beautiful Christmas presents at low prices. Browse through our fine collection of new and lightly used scarves, ties, accessories, costume jewellery, silver jewellery, seasonal items and new housewares. Our premium table includes brands such as Hermes, Aquascutum, Brooks Brothers and Coach, to name a few.

### OTTAWA HUMANE SOCIETY

The OHS Auxiliary will be selling high-quality handmade crafts at the Ottawa Humane Society's Jingle Bells and Tails family event. The event will be held at the Ottawa Humane Society (245 West Hunt Club Road), on Saturday, December 11 from 11 a.m. to 2 p.m. We accept cash, credit (over \$10) or debit. Free parking. For more info, contact Loreen, [loreenohs@gmail.com](mailto:loreenohs@gmail.com), or go to [facebook.com/OttawaHumaneSocietyAuxiliary](https://facebook.com/OttawaHumaneSocietyAuxiliary).

### ART LENDING OF OTTAWA HOLIDAY SHOW

Saturday, December 10, from 10 a.m. to 4 p.m.

R.A. Centre, 2451 Riverside Drive

Free admission and free parking

Looking for a unique gift? At our December show, you can see recent works created by over 30 local artists. Their art includes a wide range of styles and subject matter (in all kinds of media). As well as being available for purchase, all of our art is available for rent. For more information, visit: [www.artlendingofottawa.ca](http://www.artlendingofottawa.ca).

### PROBUS CLUB OF 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](http://www.probusoav.ca) for more detailed information about the club and its activities as well as contact points, membership information, and meeting location.

### KANATA CIVIC ART GALLERY'S 2022 GIFT OF ART SHOW & SALE

The artists of the Kanata Civic Art Gallery invite you to the 2022 Gift of Art Show & Sale to be held Saturday and Sunday, November 19 and 20, from 10 to 5 p.m.

The Kanata Civic Art Gallery, with over 30 juried members, has been in the community for 30 years. This signature event offers the

public original fine art in a wide variety of media and styles: paintings, photography, textile art, and abstract art to high realism. The artwork ranges in size and price. This year, 22 artists will exhibit their latest work in the upper halls of the Mlacak Centre, 2500 Campeau Drive, Kanata. With free parking, admission and refreshments, this is a great show to shop, relax, and find that perfect gift for the holidays. During this event, the Gallery will hold a fundraiser for Hospice Care Ottawa.

[www.kanatagallery.ca](http://www.kanatagallery.ca); [kanatacivicartgallery@gmail.com](mailto:kanatacivicartgallery@gmail.com);

613-580-2424 ext. 33341

### OTTAWA NEWCOMERS' CLUB

Our club is a non-profit, social organization for women who have recently moved to this area or who have experienced significant life changes such as retirement, widowhood, etc. ONC provides opportunities to meet new people of similar interests by joining our many group activities and this year is our 50th anniversary. More information about us and what we do can be found on our website at [ottawanewcomersclub.ca](http://ottawanewcomersclub.ca) or by contacting [newcomersclubottawa@gmail.com](mailto:newcomersclubottawa@gmail.com).



## WORD SEARCH ANSWERS



boots	hot chocolate	shovel	snowboard
flurries	icicle	skates	snowman
frozen	igloo	skiing	snowsuit
gloves	mitten	sledding	sweater
hockey	penguin	snow angels	toboggan
holidays	scarf	snowball	winter

Copyright © 2020 Tree Valley Academy

*"For it is good to be children sometimes, and never better than at Christmas, when its mighty Founder was a child himself."—Charles Dickens*



# MOVIES 'N STUFF

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

## December 6th

### Ghosts: Seasons 1-3

A group of spirits restlessly squabble in an abandoned country home. To their despair, a young couple inherit the house with hopeful plans to renovate it into a luxury hotel. A hilarious comedy from the BBC!

### The Mystery of Henri Pick

An editor discovers a novel that she considers to be a masterpiece, in a library whose particularity is to collect the manuscripts refused by the publishers. The text is signed Henri Pick, a Breton pizza maker who may have died two years earlier. Hailed by critics as a "whip-smart comedy that celebrates the old-fashioned virtues of the murder mystery, without the murder."

### Berlin Station: Seasons 1-3

Follows a CIA team in Berlin and their clandestine activities. Daniel Miller has just arrived at the CIA foreign station in Berlin on a mission to uncover the source of a leak who has supplied information to a whistleblower, but what he finds is much more sinister!

### Confess, Fletch

While investigating a case of valuable stolen paintings, the roguishly charming and endlessly troublesome Fletch becomes the prime suspect in a murder. Jon Hamm picks up where Chevy Chase left off and makes the character a lot of fun!

### Breaking

Desperate for money and running out of options, Marine veteran Brian Brown-Easley holds several people hostage inside a bank, setting the stage for a tense confrontation with police. A modern day Dog Day Afternoon starring John Boyega.

### Good Luck to You, Leo Grande

Nancy Stokes, a retired school teacher, is yearning for some adventure, and some sex. And she has a plan, which involves hiring a young sex worker named Leo Grande. Features a fearless performance by Emma Thompson.

### Disney's Pinocchio

Legendary Tom Hanks stars in this live-action adaptation! A puppet is brought to life by a fairy, who assigns him to lead a virtuous life in order to become a real boy.

### Prey

Naru, a skilled warrior of the Comanche Nation, fights to protect her tribe against one of the first highly-evolved Predators to land on Earth. An origin story of the 80s Predator? Yes, and it's surprisingly good!

## Hit the Road

A middle-aged couple and their two sons embark on a road trip across the Iranian countryside. Over the course of their journey, they bond over memories of the past, grapple with fears of the unknown and fuss over their sick dog. A beautiful film out of Iran.

### Shakespeare and Hathaway Season 4

## Guilt: Season 2

### The Lord of the Rings: The Rings of Power

Epic drama set thousands of years before the events of J.R.R. Tolkien's 'The Hobbit' and 'The Lord of the Rings' follows an ensemble cast of characters, both familiar and new, as they confront the long-feared re-emergence of evil to Middle-earth.

### Silent Witness Ssn 25

## Alienoid

The door of time opens between the swordsman who wants to seize the legendary divine sword at the end of the Goryeo Dynasty and those who chase after an alien prisoner imprisoned in a human body in 2022.

## Amsterdam

In the 1930s, three friends witness a murder, are framed for it, and uncover one of the most shocking secret plots in American history. All-star cast includes Christian Bale and Margot Robbie!

### Magpie Murders: Season 1

## Medieval

The story of fifteenth century Czech icon and warlord Jan Zizka, who defeated armies of the Teutonic Order and the Holy Roman Empire.

### Star Trek Discovery Ssn 4

## Mad God

From Phil Tippett, the world's pre-eminent stop motion animator, MAD GOD is an animated film set in a hellish world of monsters, mad scientists, and war pigs. Amazingly well done!

## Recipes For Love & Murder Season 1

When a letter writer to columnist Tannie Maria turns up dead, Maria & her colleague, Jessie spring into action. They're determined to solve the murder, to the annoyance of police detective Khaya. But will their investigation stir up too much trouble?

## Also

Samaritan  
Don't Worry Darling  
Clerks 3

## December 13th

## The Woman King

A historical epic inspired by the true events that happened in The Kingdom of Dahomey, one of the most powerful states of Africa in the 18th and 19th centuries. Viola Davis gives an amazing performance!

## Smile

After a traumatic event involving a patient, a psychiatrist begins to experience terrifying occurrences that only she can see and grows increasingly convinced that she's being pursued by a malevolent supernatural force.

## Mystery Road: Origin

Constable Jay Swan arrives at his new station. Fresh from the city and tipped for big things, Jay might be the new copper, but he's not new to this town. His estranged father lives here, as does the woman who will change his life forever, Mary. Great Australian series!

## Goodbye, Don Glees!

During an unusual summer vacation in Iceland, the DonGlees boys discover a treasure.. Wonderful animated film!

## Call Jane

A married woman with an unwanted pregnancy lives in a time in America where she can't get a legal abortion and works with a group of suburban women to find help. Elizabeth Banks, Kate Mara and Sigourney Weaver star!

## Lyle, Lyle, Crocodile

When the Primm family moves to New York City, their young son, Josh, struggles to adapt to his new school and friends. All of that changes when he discovers Lyle, a singing crocodile that loves baths, caviar and great music.

## Decision to Leave

A detective investigating a man's death in the mountains ends up meeting and developing feelings for the dead man's mysterious wife in the course of his dogged sleuthing.

## The Electrical Life of Louis Wain

English artist Louis Wain rises to prominence at the end of the 19th century for his surreal cat paintings that seemed to reflect his declining sanity. Benedict Cumberbatch stars!

## December 20th

House of the Dragon: Season 1  
The reign of House Targaryen begins. House of the Dragon, the prequel to Game of Thrones, is based on George R.R. Martin's "Fire & Blood." The series, which is set 200 years before the events of Game of Thrones, tells the story of House Targaryen.

## Blonde

A look at the rise to fame and the epic demise of actress Marilyn Monroe, one of the biggest stars in the world. Stars Ana de Armas.

## Cars On The Road

Lightning McQueen and his best friend Mater head east from Radiator Springs on a cross-country road trip to meet up with Mater's sister in this series of short adventures.

## The Greatest Beer Run Ever

In 1967, John "Chickie" Donohue leaves New York to track down his army buddies in Vietnam and share a few beers with them, but instead is confronted with the horrors of the war. Stars Zac Efron and Russell Crowe!

## The Luckiest Girl Alive

A writer's perfectly crafted New York City life starts to unravel when a true-crime documentary forces her to confront her harrowing high school history and question the choices she made as a teenager. Mila Kunis stars.

## Also:

Goodnight Mommy  
Lou  
Vesper

## December 27th

## Lamborghini

Hoping to beat longtime rival Enzo Ferrari, Ferruccio Lamborghini tries to get his untested car prepped for a victory at the upcoming Geneva Grand Prix. Stars Gabriel Byrne and Antonio Banderas!

## The Staircase

Tells the story of Michael Peterson, a crime novelist accused of killing his wife Kathleen after she is found dead at the bottom of a staircase in their home, and the 16-year judicial battle that followed. Stars Colin Firth and Toni Collette!

## Also:

Halloween Ends

VISIT OUR WEBSITE - MOVIESNSTUFF.COM