



2023

# CELINE TOWER GRANT



*\$1000 (CAD) toward first year undergraduate studies in Writing, Journalism or Communications*

For More Information

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**Deadline: May 31**

valda.vistas@gmail.com



**See page 2 for more information.**

### VISTAS STAFF

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Website: vistas-news.ca  
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### SUBMISSIONS & COMMUNITY EVENTS

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

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

### ADVERTISING

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

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

Full Page	\$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.*

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**OUR PEOPLE will return next month**

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For More Information

**APPLY NOW**

**Deadline: May 31**

valda.vistas@gmail.com

## THE 2023 CELINE TOWER GRANT

Once again, our beloved Celine Tower's legacy continues in the form of the Celine Tower Grant. As editor of VISTAS for over 30 years, Celine supported young people through our community paper, seeing them as the future. In her memory, VISTAS offers this grant each year to support youth entering journalism or a similar field of study.

Are you a high school student from the VISTAS community pursuing **undergraduate studies in Writing, Journalism, or Communications** in September 2023? You may qualify to apply for the Celine Tower Grant in the amount of **\$1,000 (CAD)** to go towards the cost of your studies. Please note: applicants must currently reside or study in the Alta Vista/Canterbury/Elmvale Acres/Ellwood area.

In addition to the application form, indicating the intended program of studies and school, applicants will submit a well-written, newspaper-worthy essay of 500-800 words, and a resumé highlighting any community involvement or relevant interests. The VISTAS Board may also invite qualifying applicants to participate in an interview before awarding the grant.

Please email [Valda.vistas@gmail.com](mailto:Valda.vistas@gmail.com) for more information or to request an application. No repeat applications from previous winners, please.

**Application deadline: May 31, 2023**

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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](mailto:editor@vistas-news.ca).

# LETTERS TO THE EDITOR

## City should not settle Ottawa taxi drivers' lawsuit against it

Dear Editor,

A multi-million-dollar lawsuit has been launched against the City of Ottawa by holders of taxi licence plates. The suit maintains that the City acted inappropriately by allowing UBER to enter the Ottawa market, rendering plate holders open to competition. This action by the City lowered the value of taxi plates and the suit alleges that plate holders should be recompensed for this drop in value.

I wholeheartedly disagree with those advocating that the City (property taxpayers) should settle the lawsuit.

First off, plates were issued by the City at near zero cost.

Clearly, the City-regulated fares were excessive and provided above-market incomes for plate holders. This excessive revenue stream directly accounted for the high values being placed on plates when they were bought and sold.

In light of escalating market prices for plates, the City could and should have either issued more plates if consumer service levels were judged to be inadequate or otherwise reduced what the market was saying were excessively high fares.

Bottom line, consumers were paying excessively for taxi services and taxi plate holders were reaping excessive revenues. To now say that plate holders should be rewarded further or compensated for poor investment decisions by the very public that paid excessively is not justified.

The City ideally should not have allowed the private transfer of plates or a secondary market to develop. The City could have been the clearing house for plates and used the acquired market information to strike the right balance for fares and the number of plates in circulation. Instead, councillors continued to force riders to pay exorbitant fees until UBER came along and injected market discipline. The same councillors whose solution to a perceived market failure in housing was to invent another tax – the negative billing Vacancy Unit Tax.

*Russ Jackson*

## Thawing as She Goes a wonderful book, and VISTAS review so good

**Re: *Thawing as She Goes, a Novel about Climate Change (2022)*, By Katharine Trim, Reviewed by Marie-Andrée Lajoie, November 2022**

Dear Editor,

I am the editor of our church newsletter, the MacKay Messenger, of MacKay United Church in New Edinburgh. I read the review of Kathy Trim's novel *Thawing as She Goes* in the November 2022 issue of VISTAS and subsequently read the book, which I think is wonderful. I want to include a review of the book in our February edition and since the review by Marie-Andrée Lajoie is so good, I would like to ask her permission to publish it in our newsletter.

Love reading VISTAS, so many interesting articles and information about our community.

*Susan Pitt, an Alta Vista resident*

### Editor's note:

VISTAS is fortunate to have Marie-Andrée Lajoie as a regular contributor to the BOOKWORMS DELIGHT column of our paper. Interested readers can obtain Katharine Trim's book at Indigo bookstores at South Keys and Billings Bridge or online at Amazon and Kobo.

## VISTAS' Delivery Schedule

2023	VISTAS Delivery Date
March Issue	March 3, 2023
April Issue	March 31, 2023

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going to do now and do it.”  
— William Durant*

## VISTAS Volunteer Carriers Needed

### For West of Haig

- Bloor, Penhill, Crestwood, 56 papers
- Chomley, 40 papers
- Grasmere, 39 papers
- Heron (Alta Vista to Greenbelt), 13 papers
- Mimosa, 30 papers
- Neighbourhood Way, 35 papers
- Pixley, 60 papers
- Renova, 55 papers
- Station Boulevard, 40 papers

### For East of Haig

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Avenue T	Fairdale	Othello
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Balharrie	Fleming	Plesser
Banghor	Folkstone	Pullen
Blackstone	Furby	Russell
Carnegie	Gill	Shamir
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Chadburn	Goren	Shelburne
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Connery	Hamlet	Sonata
Cornish	Haney	Southvale
Corry	Heaton	St Laurent (Walkley to Russell)
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Devon	Holt	Tilson
Dickens	Joliffe	Tupper
Dorval	Keats	Weston
Drew	Lemay	Weyburn

## 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.

## OUR COMMUNITY

### AVCA MAKES CHANGES TO MEMBERSHIP POLICY

By Eric McCabe



The interest in the City’s Official Plan proposals during the pandemic years boosted the number of Alta Vista residents purchasing Alta Vista Community Association memberships and attending AVCA meetings. The introduction of Ontario Bill 123 by the Ford Government promises to keep our and other community associations busy through 2023.

The AVCA welcomes the increased membership and the increased ability to be an effective voice for our community. It has, however, necessitated a change in our membership policy. We used to offer a choice between a one-year and a three-year membership, effective at any time during the year. However, our increased numbers have compelled us to simplify the membership policy. In September 2022, the AVCA Board of Directors voted to offer only an annual membership, effective from January to December of any given year.

New members may join at any time during the year, but their membership will expire on December 31. Those who join after October 1 of any given year will have a 15-month membership honoured.

There are many projects to get involved in together with the AVCA: from city planning to green space management, the food bank garden, the farmers market and special events like family fun days, picnics and garage sales, there is something to interest everyone. Click on the “Contact Us” tab at the AVCA website ([avca.ca](http://avca.ca)) for information on how to join and please don’t forget to send an email with your name, email address and municipal address to [contact@avca.ca](mailto:contact@avca.ca) with your membership fee.

### YOU ARE INVITED TO THE SECOND ANNUAL PLAYFAIR PARK FAMILY DAY WINTER CARNIVAL!

By Amanda Adlard

On February 17, 2020, the Playfair Rink Crew and I were thrilled to be hosting the first Playfair Park Family Day Winter Carnival. We were so grateful to have so many amazing businesses and leaders in our community come together with such generous donations to really support and back this fun-filled family community event.

Being a lifelong resident of Alta Vista, I have always taken pride in the tight-knit community we have. The Family Day Winter Carnival was an event I felt passionate about bringing to the Playfair community, along with the support of Anthony, our amazing neighbourhood rink volunteer coordinator, and his enthusiastic team, neighbourhood teenagers who pitched in to set up and run the craft and face painting table, and many sponsors. It is safe to say we pulled together a fun and successful event.

Little did we know at the time that the event would be one of the last gatherings many of us would attend in our community for the following two years. Nonetheless, during this time, we stayed strong and connected with many walks through our incredible trails and forests, laneway chit-chats and strolls through the allotment gardens. When we were able to meet up again at community centres, local libraries and restaurants, it was like no time had passed.

We are happy to invite you all to the Second Annual Playfair Park Family Day Winter Carnival on February 20 from 1 to 4 p.m.

A huge shout out to our amazing sponsors – without your support this event wouldn’t be possible.

See UPCOMING EVENTS on page 39 for more details.

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- » 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  
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## OUR COMMUNITY

### HEROES OF HERON EMERGENCY FOOD CENTRE

By Lynn Sherwood

During these challenging pandemic times, we have been featuring Heroes who have been donating food, whether through personal donations, food drives or special fundraisers. Your response has been wonderful. We want to thank this community for your generosity; your outpouring of support for HEFC has enabled us to meet the steadily increasing demand for emergency food throughout the fall and early winter. It is so very good to know that this community cares about folks who are struggling to make ends meet.

We rely not only on volunteer donations but on volunteer skills and time. Donations received, both from the community and from the Ottawa Food Bank, are inventoried, stored and distributed by many selfless volunteers. This month, our Hero is one of the folks who actually gets the food to our clients.

Alex Scassa, our Hero for February, can be found at the computer at our registration desk, registering clients in the Link2Feed database and asking clients which groceries they want in order to assemble their orders. Alex, aged 23, began volunteering four days a week filling bins during the pandemic while he was unemployed. Although he is now working full-time as a customer service representative for Air Canada at the airport – no easy task these days – Alex still comes in to volunteer at HEFC on his days off. Many clients have expressed gratitude for his patient, calm and kind manner in assisting clients who speak neither English nor French.

The special skill Alex offers to both his paid and volunteer employment is the fact that he speaks five languages, French, Somali, Arabic, Italian and Spanish, in addition to English. (He tells me that it is really quite easy to pick up a new language, which does not, dear reader, coincide with my personal experience). Alex reports that the food bank is noticeably busier this fall and winter. Many families that have not required food for a long time are now returning, and many families are showing up for the first time. Alex especially enjoys meeting newcomers to our city who speak neither English nor French and views this situation as an opportunity to enhance his remarkable language skills. He mentioned that he cannot yet speak Bengali, Turkish, Haitian Creole or Swahili, all languages he encounters in his work at HEFC.



Alex Scassa, HEFC's Hero for February

Increasingly, our clients arrive here from all over the world. In large part, these folks are refugees admitted to Canada through the government program stream, as opposed to private sponsorships. Often, they have spent years waiting in refugee camps. Once they arrive, they find themselves pretty much on their own, and for them, HEFC is the first, and possibly the only, social service organization they encounter at a personal level. Alex explained that they frequently arrive at HEFC in small groups, gaining support from others who share their language and experiences. He often only figures out that these people do not understand him when they just nod and say “yes” to every offered choice when he asks them which food items they want. They do not understand what he is asking or that they have a real choice, and are trying to be polite. He attempts to be positive and reassuring with them, trying to imagine what it must be like to come from a refugee camp in the Middle East or North Africa to Ottawa in the winter.

To my mind, it is almost impossible to underestimate the importance of the first impressions we have when we arrive as strangers in a strange land – most of us will remember the first time we visited a very different country where we did not understand what people were saying to us. These clients, with nothing of their own, and memories of recent violence, loss and trauma, are coming to a country where they are not only experiencing winter for the first time but cannot even communicate with other people they are necessarily depending on. It is reassuring to know that their first contact with mainstream Canada is being given nutritious food by a calm, kind and helpful volunteer like Alex. As we attempt to meet the needs of more and more people in difficulty from all over the world, we hope that we can continue to provide not only basic groceries but support and kindness.

Members of the Board of HEFC are happy to share information about the service we, all together, provide for our community, and to make presentations at community events. Call us at 613-737-9090 or email us at [hefc-info@rogers.com](mailto:hefc-info@rogers.com) for more information.

- Check out: [hefc-info@rogers.com](mailto:hefc-info@rogers.com)
- On Facebook: [www.facebook.com/HeronFoodCentre](http://www.facebook.com/HeronFoodCentre)
- On Twitter: [@HeronfoodCentre](https://twitter.com/HEFC.ca)

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

#### FEBRUARY WISH LIST

We welcome cash and food donations including tuna, canned vegetables, canned tomato sauce, canned soup, chickpeas, kidney beans, cereal and snacks for children.

	<h2>Piano Teacher</h2> <p><b>Sahar Nasrallah</b> Private Teaching Lessons cell: 613.291.3600 <a href="mailto:nasrallahsahar@hotmail.com">nasrallahsahar@hotmail.com</a> Located in Guildwood Estates</p>
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## John Fraser, MPP Ottawa South

### Continue to Protect Yourself and Those Around You

I encourage everyone to continue to follow the latest Ottawa Public Health updates.

We continue to see high levels of respiratory viruses circulating in our community, and we are still seeing a concerning increase in the levels of COVID-19. Between the presence of these viruses, and new COVID-19 variants emerging, it's very important to do everything you can to protect yourself and those around you. This is especially important for those at higher risk. Overall risk increases with age, and respiratory viruses can also be more difficult for those with complex medical needs & those who are immunocompromised.

- Wear a well-fitted high-quality mask If you're going to be in an indoor public setting
- Stay home when sick
- Get your flu vaccine & stay up-to-date on your COVID-19 vaccines. The bivalent booster offers significant protection against severe illness and hospitalization...protection you'll want to have as we get through these colder months.

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

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## OUR COMMUNITY

### ALTA VISTA WELCOMES UKRAINIANS

By Aldis Brennan

At 2 a.m. when Anastasiia Varchenko closed the notes she had been studying for the final exam of her law degree, she dropped into bed tired but excited to be finishing her master's degree and returning home to her friends and family in Kyiv. By the time she awoke, just three hours later, her world had changed. She would be confronted with this excruciating truth shortly after, when arriving on campus, she discovered the carcass of a Russian rocket that had failed to detonate. It was February 24, 2022, and the war had started.

"I was in the city where everything started," Anastasiia said. "There were street fights in Kharkiv on the first day. It was awful."

After sheltering in the metro system through the initial assault, she was eventually able to make her way to the capital and reunite with her mother.

About 7,000 kilometres away in Alta Vista, Tom Kovesi had stopped by his friend's place to have his wife Nicolette's bike fixed and got to chatting. In passing his friend mentioned that his neighbours Bruce Mayo and Sandra West were looking into sponsoring three Ukrainian friends who wanted to come to Canada, but that they weren't sure they had room for all of them.

"Nicolette and I had been watching the news and had been thinking about sponsoring somebody, so we said we would be happy to take someone," Tom said. "Both of our sets of parents were Hungarian refugees. When they arrived in Canada, they were both adopted by families in Ottawa. So, part of this is just paying it forward."

They ended up taking in two: Anastasiia and her university roommate, Svitlana Ivanysko.

Just down the street, Marianne Cuhaci and Colin McCorrison were also being pitched by Bruce and Sandra to become hosts, but they were unsure if that was something they were ready to commit to. The idea wouldn't leave Marianne's mind though, so she began browsing through a Facebook group which aimed to connect Ukrainians with host families in Canada until she came across a couple with a chihuahua.



(L-R) Nicolette and Tom Kovesi with the Ukrainians they are hosting, Svitlana Ivanysko and Anastasiia Varchenko, on a visit to Toronto's Evergreen Brick Works.



(L-R) Colin McCorrison, Marianne Cuhaci, and Fishy the chihuahua, are hosting Anna, Diamond the chihuahua, and Viktor from Ukraine.

"I saw this photo of Anna and Viktor who were engaged and had this little dog," Marianne said. "We have a chihuahua too and the picture caught my attention because he has these big ears, but also because there's a vulnerability there of this couple not wanting to leave this little guy behind."

Within 24 hours they had set up a call with Anna, Viktor and Diamond, the chihuahua. Not long after Colin found himself on the way to the airport to pick them up with his neighbour, Denis.

"It was great to meet Colin," Anna said. "He taught us local slang and we like his jokes. It's been great from the beginning, we're just really happy."

Colin recently retired and he and Marianne's children have left home, so he was looking for something fulfilling to do.

"It's very rewarding to feel like you're doing something," Colin said. "It never really felt like we were strangers. It was pretty seamless."

The community itself also found it to be an easy transition. Everyone wanted to meet these newcomers and to see what they could do to help.

"There's such a supportive neighbourhood," Svitlana said. "People care about each other. Our neighbours really sent us a lot of clothes."

Svitlana was also doing her master's degree in law in Ukraine before the war. She had a job and a boyfriend, she loved to travel but she never thought she would have to flee her country.

"When our parents immigrated here, they had no intention of going back to communist Hungary," Tom said. "But for Svitlana and Anastasiia, I think their biggest stress is that they don't know when the war is going to end, they don't know what condition their country is going to be in after the war, if there will be jobs." Or, Anastasiia adds, "if our parents will still be alive."

After several months of working in Canada, Svitlana and Anastasiia are now hoping to rent a place of their own. But there are still struggles. It's not easy to secure housing with no history of renting in Canada, and Svitlana still has friends from school asking if she knows a family in Canada who can host them. Nicolette is hopeful that as a community we can overcome these challenges too because for her, there is no higher calling than to help someone in need.

"It's been an incredibly rewarding and enriching thing. I wish they'd never come but I'm so glad that I have them," Nicolette said. "The next step for them is to have their own apartment, but I'll never regret having them here. I think this is a way to be part of something that's bigger than yourself. Any one of us can make a meaningful contribution."

# OUR COMMUNITY

## SIR JAMES HOWDEN MACBRIEN, EIGHTH COMMISSIONER OF THE RCMP

(B:1878; D:1938)

*By J.J. Healy, RCMP Veterans, Ottawa*



Superintendent J. J. Healy & Gracie

Sir James Howden MacBrien is well remembered as an advanced-thinking leader – he was chosen to lead the Force at a time when some people said the RCMP had grown stagnant, and that modern renewal was well overdue and highly necessary. Unfortunately, James MacBrien died far too early and so did not see many of his goals bloom and fully blossom.

It is said that James MacBrien was fascinated by military life from the time he was a youngster. He was born in Myrtle, Ontario in 1878 and in 1896, he graduated from Port Perry High School. He joined the local militia at a young age, and the militia motivated him to join the North West Mounted Police in early 1900. Soon, he was shipped off to the South African War and in 1901, he joined the South African Constabulary where he remained for six years. Then, his attention turned to marriage and the military.

James MacBrien left South Africa for Canada in 1906. He married his high school sweetheart, Nellie Louise Ross. When WWI broke out, he joined the British War Unit at the rank of Major. He joined the CEF (Canadian Expeditionary Force) First Canadian Contingent on January 29, 1916, and went to France at the rank of Lieutenant Colonel. According to his war record, MacBrien was wounded in the Battle of Ypres and again at the Assault on the Drocourt-Quéant Line. He served as the Assistant Quartermaster General beginning on August 1, 1919.

MacBrien returned to Ottawa, and on February 29, 1920, he was promoted to Major General. At the same time, he was also elevated to Chief of the Defence Staff. At the age of 42, he was the youngest person to ever hold such a senior and prestigious post in the Canadian military.

He held the job of CDS until he retired from the Canadian Army in 1927.

No doubt it came as a huge surprise to many people when James MacBrien was appointed Commissioner #8 of the RCMP in August 1931. And yet, no one could hold any misgivings about his leadership qualities, his handling of responsibilities over time, and his rapid rise through the ranks of the Canadian Army. His professional strengths as a leader, and in the role of CDS, must have made a very favourable impression within senior government circles, including the Prime Minister.



Courtesy of the RCMP

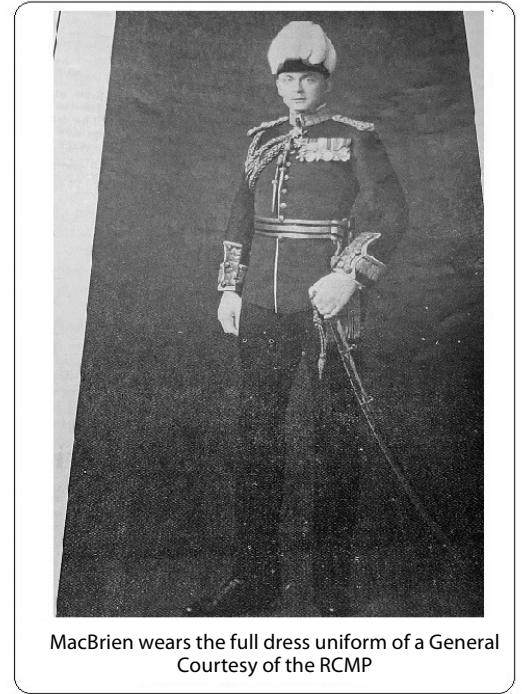
Upon his appointment to lead the Force, Commissioner MacBrien set into place strategic and progressive plans to modernize the Force; he strongly advocated for a scientific approach to crime detection, and he advocated for higher education and training at the local RCMP level, at the Division level, as well as at “Depot” and the Canadian Police College. The Commissioner played a huge role in the formation of RCMP Aviation Services. He promoted the work of Police Service Dogs, he was instrumental in the formation of the RCMP “Marine” Services, and he oversaw and promoted provincial contracts for the RCMP to police Manitoba, Alberta, New Brunswick, Nova Scotia and Prince Edward Island.

At the time, Sir James MacBrien was a wise choice for Commissioner. He had served as a police officer in South Africa, he had served in WWI, and he had led a distinguished career as a professional soldier both in domestic and international roles.

Commissioner MacBrien’s work and modernization plans put the RCMP on a solid footing at a time in its history when innovation was needed most. His forethought, his strategic approach for improvements and his concrete changes for the RCMP are still evident within the organization today.

James MacBrien was made a Member of the Order of St. Michael and St George in 1918.

Commissioner MacBrien died unexpectedly of a heart attack in Toronto on March 5, 1938. He was only 59 years old. He is buried in Beechwood Cemetery in Ottawa.



MacBrien wears the full dress uniform of a General  
Courtesy of the RCMP



*“The soldier’s heart, the soldier’s spirit, the soldier’s soul, are everything.” — George Marshall*






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### Meet your Ward 18 Office Team

The Alta Vista ward office is now fully staffed with a dedicated team ready to serve you. Please reach out to us at anytime by email or by phone at 613-580-2488.

Councillor: Marty Carr ([marty.carr@ottawa.ca](mailto:marty.carr@ottawa.ca))  
Office Manager: Jane Gibson ([jane.gibson@ottawa.ca](mailto:jane.gibson@ottawa.ca))  
Executive Assistant: Sarah Falkowsky ([sarah.falkowsky@ottawa.ca](mailto:sarah.falkowsky@ottawa.ca))  
Case Worker: Dave Woods ([dave.woods@ottawa.ca](mailto:dave.woods@ottawa.ca))  
Communications Assistant: Heather Moore ([heather.moore@ottawa.ca](mailto:heather.moore@ottawa.ca))

### 2023 Draft Budget City of Ottawa Budget Consultation Meeting - February 7

On Tuesday February 7 from 6:30 to 8:30 p.m., I am co-hosting a Draft City Budget Consultation meeting at the Heron Road Community Centre (1480 Heron Road). Your feedback is important as it will help inform the City's budget priorities and contribute to decisions about investments. For maximum participation and accessibility, this meeting is taking place in person and virtually. You can register to attend virtually at [bit.ly/2023DBPC](https://bit.ly/2023DBPC). Please email [Courtney.McRury@ottawa.ca](mailto:Courtney.McRury@ottawa.ca) if you wish to attend in person (there is limited seating). If you are unable to make it to this hybrid meeting, you can have your say by completing a Budget 2023 survey on the City's [Engage.Ottawa.ca](https://engage.ottawa.ca) website.

### Bill 109 and Bill 23 – City of Ottawa Public Open House – March 7

Like other Ontario municipalities, the City of Ottawa is subject to a number of legislative changes stemming from the provincial government's More Homes, More Choice: Ontario's Housing Supply Action Plan that was released in 2019. Bills 109 and 23 were introduced and passed by the Province in 2022. City staff have been busy identifying the changes that are needed to policies, procedures, and by-laws. On Tuesday, March 7, the City will host a public open house over Zoom to give a high-level update on their review of the impacts of this provincial legislation, and how they are adapting as a result of these changes. Details on how to register to attend the virtual meeting are posted on the City's new public engagement website ([engage.ottawa.ca/provincial-legislation-planning](https://engage.ottawa.ca/provincial-legislation-planning)).

### Bank Street Renewal Design

#### Public Information Session – March 9

A public information session will take place on Thursday, March 9 to update residents and businesses on the proposed Bank Street renewal design and the construction planned for 2023. The session will take place at St. Patrick's High School at 2525 Alta Vista Drive from 6:30 p.m to 8:30 p.m. The City will share more details with residents in February, and will also post updates on the project's web page at <https://ottawa.ca/en/city-hall/public-engagement/projects/bank-street-renewal-riverside-drive-westbound-ledbury-avenue>.

### Stay Connected

**Website:** I am happy to announce the launch of my new website, [www.martycarrottawa.ca](http://www.martycarrottawa.ca). I invite you to visit the site regularly to find out about the latest news and events, community resources, and information about what's happening at Council and at the City of Ottawa. Your feedback is important, so let us know what you think so we can continually improve our information sharing.

**Weekly Newsletter:** For the latest news on what's happening at City Hall, and across our community, please subscribe to my newsletter. Delivered to your inbox every week in the official language of your choice, the Ward 18 Weekly is my way to keep you up to date on important news and events as well as opportunities to get involved. There is a link to sign up for the newsletter on my web site—or call 613-580-2488 to subscribe.

**Social Media:** I invite you to follow me on my social media channels for frequent updates and more informal news and views:



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## OUR COMMUNITY

### ELLWOOD'S FRANK J. LICARI PARK

*By Diana Payne*

Folks passing through our Ellwood neighbourhood and seeing the Frank J. Licari sign outside our city park might be forgiven for not recognizing the name of the man to whom the park was dedicated. After all, Frank was not a politician, a famous athlete, or a professional community activist. Although actually, in a sense he was all of the above and more. And in Ellwood where he lived with his family for decades, he was a legend. Frank “the Champ” knew everyone and everyone knew Frank!

Frank and his wife, Madeleine, bought their house on Vancouver Avenue in 1965. For over 50 years, Frank was a tireless volunteer and was president of Ellwood's Ridgemont Community Association, which he and Madeleine officially founded in the early 1970s. He was an avid hockey player, once recruited by both the Toronto Maple Leafs and the San Francisco Golden Seals. However, Madeleine was disturbed by the violence inherent in the sport in those days, and he decided against a life in professional sports. Frank poured his love of hockey into encouraging the neighbourhood kids and maintaining the park's rink every winter. He doggedly recruited volunteers to help out, but more often than not, he was out there in the cold and dark all alone, icing the rink and shovelling the snow to keep it operational, even on Christmas and New Year's Day. He also organized street dances in years gone by, stringing coloured lights the length of Vancouver Avenue, bringing out his accordion and singing Italian songs! And maybe letting a few stalwarts taste his homemade wine! Community garage sales and winter carnivals were all enthusiastically organized by Frank who had a knack for getting people to cheerfully give up their time for the good of the neighbourhood.

Frank was very proud of his Italian heritage. Second generation Italian, he grew up in Ottawa's Little Italy. Many Ellwood residents in the post-war 1950s and 60s were newcomers from Italy and Frank provided a reassuring presence who could identify with them and speak to them in Italian.

Frank was the “fixer” of problems big and small and the arbitrator of minor disputes between neighbours. He was passionate about the community and was not afraid to literally “take on City Hall!” He memorably fought long and hard to ensure that the newly introduced community mailboxes would be placed in areas least likely to disturb residents. Between Frank and the then-VP of the association, Norm Payne, they spoke with almost every resident on every street in Ellwood to get their opinion about where the boxes should be placed and worked out a reasonable consensus with the City and Canada Post. Among numerous other initiatives, Frank was instrumental in raising the funds to get the Clifford Bowey School and wading pool built.

Sadly, in 2005, Frank was diagnosed with a rare form of cancer. He managed with almost superhuman determination to survive for 12 years, enduring severe discomfort but never complaining and never giving up the fight. Frank passed away in September 2017, leaving his wife and two daughters.

In 2010, the park bounded by Vancouver, Banff and Kitchener avenues and Cochrane Street was officially named after him. In 2012, he received the Mayor's City Builder Award due to his tireless dedication and volunteer work, not just in the Ellwood neighbourhood and with the Ridgemont Community Association, but also with other city organizations such as Villa Marconi and The United Way. And while working at the Ottawa Citizen, he pioneered environmental consciousness decades before it became the priority it now is.

*Continued on Page 13*



*Frank Licari was proud of his Italian heritage.*

# OUR COMMUNITY



Frank, an avid hockey player, poured his love of the game into encouraging the neighbourhood kids and maintaining Ellwood's park rink every winter.

Frank J. Licari Park is a testament to a life well lived and a man who was unabashedly devoted to his family, his Church and his community. The Ellwood community had the good fortune to have benefitted from Frank's cheerful presence in their midst for so many years. His numerous good deeds were performed quietly, and unknown to many.

It has now been more than five years since Frank's passing, and he is still missed by many of us who remember him fondly. But his legacy continues. You can see it in the trees he had planted in the park and in the green grass he patrolled and kept free of litter. You can see it in the spring flowers by the signs at each entrance. But most of all, you can see it in the smooth and shiny ice on the rink in the winter when the moon is up and the sound of hockey pucks against the sticks crackle in the crisp air. And in the laughter of the children enjoying a pick-up game in the great Canadian tradition on the best community rink in the whole city.

Thank you, Frank!

*"The family is one of nature's masterpieces."  
— George Santayana*

## Community Update

Our rink and kiddy rink were ready for skating one day before the rink at the Governor General's residence at Rideau Hall, thanks to our Rink Team!

Insurance coverage issues are now fully resolved, and Ellwood's Winter Carnival is set for Saturday, February 11, from 1 to 3 p.m. Treats will be served.

The City will hold a Public Information Session (it may be a virtual meeting) tentatively set for Thursday, March 9, from 6:30 to 8:30 p.m. at St. Patrick's High School, 2525 Alta Vista Dr. This session will provide residents and businesses with an update on the proposed Bank Street Renewal design and details on the construction planned for 2023. The session will relate to the phase including the stretch roughly as far as 750 feet south of Erie Avenue. The Ellwood stretch will be handled at a later date, to be announced. In the meantime, *Ellwood's* Ridgemont Community Association is working very closely with our Councillor Riley Brockington and City executives examining all details for solutions to long-standing problems.



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## Respite House



## FAMILY MATTERS

### WHY I DO WHAT I DO

By Michelle Tasker

I am the Client Services Manager at Serenity Renewal for Families, the "small but mighty" non-profit in Alta Vista that has been helping individuals and families impacted by addictions for almost 40 years. Every week, I answer calls from people who are looking for help, either to deal with their own addiction, or to deal with the impact of a loved one's addiction on themselves, on their children or on another loved one.

The stories below are representative of those I hear almost every day. Before I answer a call, I remind myself that I am not responsible for other people's pain. At the same time, I remind myself to be present for every person who calls. This may be the first time that they are reaching out for help, or the first time that they have been able to break the wall of silence or denial that has kept them from seeking support sooner.

Melissa phoned one day. She had heard about Serenity Renewal for Families from her aunt, who accessed service 25 years ago ... maybe we can help her? (I hear that a LOT). Melissa gave her partner Guy a choice: Go into a treatment centre and get help or move out of the house. Guy chose to get help. He completed an in-patient treatment program, leaving Melissa at home alone with their seven-year-old daughter and 11-year-old son. Once he finished treatment, life seemed better. Unknown to Melissa, Guy started using again. Two weeks later, Guy died of an accidental poison overdose. Through her pain, Melissa asks, "What do I tell my children? How do I speak with them? I told them that Daddy was going away to get better, and now he's dead. What do I do now?"

Pierre called to ask for help with his 30-year-old adult son Pete, who moved home because he was evicted from his apartment after he started spending the rent money on alcohol and weed. Pete is wreaking havoc on the household. "Can we please force him to get help? Is there somewhere to take him to get help?" Pierre is angry and aggressive and scared ... very, very scared.

Mary phoned because someone told her about Serenity Renewal for Families. She is 76 years old, and says I must think it's horrible that she's calling at her age. Her husband is dying, and she can't let go of the anger for all of the destruction that his drinking caused in their marriage. She is kept awake at night wondering, "Why? ... Why was he an alcoholic and why did I stay?"

To help Melissa navigate Guy's death, I refer her to our Family and Youth Coordinator to set up some family connections sessions to help both children talk about their feelings. She can meet with a counsellor for help with how to talk to her children, and to deal with her own complicated feelings of grief mixed with sorrow, guilt and anger.

*Continued on Page 15*

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## NOTICE TO READERS

OUR PEOPLE will return next month!

## FAMILY MATTERS

For Mary, I thank her for reaching out. No matter what age, people deserve to learn, to grow and to heal. Mary registered for an educational workshop, "Introduction to Healing and Recovery." The workshop explains the core issues of addiction. After the workshop, Mary provided feedback indicating that she no longer feels alone with her issues in life. She said, "People were so respectful ... I am so glad that I took this workshop. I am finding some peace and compassion ... finally."

Pierre was more challenging. He wonders why the needed supports for his adult child are available to the affluent (those who can pay for private treatment programs and counselling) but not available for his son without long waits. When his son does reach out for help, how long will he have to wait? I told Pierre about our weekly support group, Parents Forever, which is made up of parents who have lost adult children to addiction. There, Pierre will be able to talk to people who understand

and who don't judge him. There, he will learn tools for self-care and self-compassion. I also recommended that he register for our next Introduction to Healing and Recovery workshop.

At Serenity Renewal for Families, everyone is welcome to access our services, no matter their ability to pay. Over 90 per cent of people who come to us for help have no extended health care benefits, yet all who fit our mandate are helped. How do we do this? Donations, grants, hope. Can we help everyone? Not always. Can we listen, compassionately and without judgement? Can we offer hope? I wouldn't listen to all these stories without hope. I am privileged to provide hope and to watch people transform. Every day.

For more information, or to donate, you can go to our website at [www.serenityrenewal.ca](http://www.serenityrenewal.ca).



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## ARTS &amp; CULTURE

## What's On in Ottawa & Beyond in January 2023

By Tony Wohlfarth



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

By Tony Wohlfarth

The Golden Globes on January 10 kicked off the annual award season in the lead-up to the Academy Awards in March. I review a Golden Globe winning film and highlight entertainment

options this month.

### *The Banshees of Inisherin*

Colin Farrell and Brendan Gleeson co-star in a dark comedy set on a remote (and fictitious) Irish island in 1923. Pádraic (Farrell) and Colm (Gleeson) were friends, meeting up every day for a pint at their local pub, JJ Devine House. As the film opens, Colm declares, "I don't like ya no more." Pádraic does not accept this verdict – buying Colm's favourite beer, waiting for him in the pub, and calling in at his house to ask why? Until Colm takes drastic action which threatens his violin playing.

The rift in their friendship begins on April 1, 1923, and Pádraic takes it to be April Fool's Day. It was also symbolically during the Irish Civil War, heard in the distance. Pádraic's sister, Siobhán (Kerry Condon) is embroiled in the conflict, as is his pet donkey.

*The Banshees of Inisherin* was filmed on a series of islands in County Galway and County Mayo, from August–October 2021.

This is not a film for everyone. For some, its darkness and depiction of how friendship can go drastically wrong is like a Shakespearian tragedy.

*The Banshees of Inisherin* captured three Golden Globes this year: Best Motion Picture – Musical or Comedy, Best Actor – Musical or Comedy (for Colin Farrell), and Best Screenplay (for Martin McDonagh). The running time is one hour and 54 minutes.



### More Martin McDonagh

McDonagh is a British-born filmmaker. He has made five feature-length films, the most notable being *In Bruges* in 2008, which also starred Farrell and Gleeson. To appreciate their bond with McDonagh, I recommend watching (three minutes): [www.imdb.com/video/vi1537328409/?ref\\_=ttvi\\_vi\\_imdb\\_2](http://www.imdb.com/video/vi1537328409/?ref_=ttvi_vi_imdb_2).

McDonagh also directed *Three Billboards Outside Ebbing, Missouri*, which won two Academy Awards in 2018.

### How can I see *The Banshees of Inisherin*?

*The Banshees of Inisherin* is available to rent from Movies'n Stuff, 1787 Kilborn Ave. in Alta Vista. Call Peter today at 613-738-1607 reserve your copy.

Bonus coverage includes scenes from the film, giving more scenes from the Emerald Isle.

### Live at the NAC

The National Arts Centre (1 Elgin) welcomes a long list of outstanding performers this month:

February 2–4, the National Ballet of Canada;

February 4, Alex Cuba;

February 9, Rachel Paul's *Great Gatsby! It's Murder* directed by Shannon Lawson;

February 12, Vance Joy;

February 18, Ottawa's own Angelique Francis;

February 19, The Peptides;

February 19, Jack Whitehall;

February 24, Magi Merlin; and

February 25, Caroline Savoie.

For tickets and event information, check out: [nac-cna.ca/en/calendar/list/2023/02](http://nac-cna.ca/en/calendar/list/2023/02).

### Winterlude

Winterlude 2023 kicks off on February 3 with the ice-carving competition. For a complete list of activities, check out: [www.canada.ca/en/canadian-heritage/campaigns/winterlude/calendar-events/events.html?id=355](http://www.canada.ca/en/canadian-heritage/campaigns/winterlude/calendar-events/events.html?id=355).

### Family Day

February 20 is the annual Family Day holiday, coinciding with the end of Winterlude.

### Out of Town



Jean-Michel Basquiat (1960-1988), King Zulu, 1986, Barcelone, collection MACBA, prêt à long terme du gouvernement de la Catalogne (ancienne collection Salvatore Riera). © Estate of Jean-Michel Basquiat. Licensed by Artstar, New York

The Museum of Fine Arts (1380 Sherbrooke Street in Montreal) has an art exhibition currently on display. Jean-Michel Basquiat was both a painter and a jazz and Afro-beat musician in New York City from 1977 until 1985, when he died from a drug overdose. A multi-media exhibit of his work is on display until February 19.

Continued on Page 17

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## ARTS &amp; CULTURE



Kenojuak Ashevak (1927-2013), *Gardiennes du Katajjanig*, 1992. Collection Jean-Jacques Nattiez. © Reproduced with the permission of Dorset Fine Arts. Photo MBAM, Christine Guest

During my visit to the MFA, I also enjoyed *TUSARNITUT!* an exhibition of art and music from the north. Check out this 2017 NFB film to see a colourful display of animation and throat singing: [www.nfb.ca/film/shaman](http://www.nfb.ca/film/shaman). On until March 12.

*Tony Wohlfarth is an Ottawa-based freelance film and entertainment writer. He is currently covering the Sundance Film Festival in Park City, Utah and was a guest of the MFA last month.*

### ***Puss in Boots: The Last Wish***

*Reviewed by Venice Smolnik*

It is only recently that children's animation started tackling more grown-up problems because it's hard to talk about them in a way that small children can understand. *Puss in Boots: The Last Wish* (also known as *Puss in Boots 2*) does a fantastic job of doing exactly that. You start watching the movie expecting a sappy story about the true treasure being the friendship all along, and in a way, you do get that ending, but not in the way the movie sets you up to expect it.



The main story follows everyone's beloved Puss in Boots as he comes face to face with his own mortality. This is another one of DreamWorks' clever ways of turning a well-known story upside down. What if the fearless hero suddenly started fearing his death? Death is by no means an easy concept to explain to a child, so the movie does it by making it into a character whose design deserves an award of its own. In a very cat-like manner, Puss is seen puffing up in fear at the sight of the movie's main antagonist, no longer laughing in the face of death.

As he tries to keep his last life safe by living the life of a house cat, trouble comes to find him and lets him know that there is a way to solve his problem, if he can handle one more dangerous journey in order to claim the world's Last Wish.

It is on his journey that we meet other characters, who appear to be simple antagonists and comic reliefs at first, but soon prove to be much more than just that.

In an unexpected turn, a simple comic character relief turns out to be a former victim of domestic abuse. Yet, he is not shown to live in pain or grief for a good life he never had. Instead, he marches through life happily, wanting to help people around without even realizing how unkindly life has treated him. And just when you think that he sees good things in people who don't even have them, the movie once again evades your expectations by making him aware that some people are not as kind as others.

Another serious issue that the movie boldly tackles is the panic attack: it portrays an attack in a way anyone can understand, showing it with stunning visuals through the eyes of the character it happens to – Puss himself. And there is no magical spell that makes it go away in a blink of an eye. In a realistic way, his friend stays by his side and does the best he can to ground him until Puss feels better.

An unsuspecting demographic that the movie will bring to tears is the people who found love with families they weren't born into originally. The movie features an adopted child who spends her whole life wishing for a better family, only to realize that the best family she could have gotten already loves her and would follow her to the end of the world, even if they know they'll never see her again.

Overall, the movie features fantastic paint-like visuals and breathtaking sights, tackles multiple grown-up issues and puts clever adult jokes here and there, while telling a story that any child will find fun and comprehensive. The movie calls out that it's okay to seek help and isn't afraid to say the word "therapy," then turns around and makes a good old toilet joke.

But the real demographic that will enjoy everything about the movie is cat lovers. Don't let the sad funeral scene make you cry, you're in for a treat of seeing the legendary hero Puss in Boots bury his past like any cat would bury their business.

*Venice Smolnik is a Ukrainian survivor who enjoys his new life in Canada and has a passion for the animation industry.*



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## BOOKWORMS DELIGHT

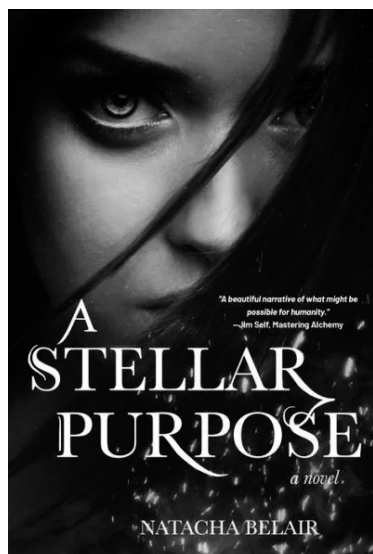
### A STELLAR PURPOSE (2022)

By *Natacha Belair*

Reviewed by *June Coxon*

Although Natacha Belair's novel was written for young adults, it's a book that will appeal to people of any age who want to enjoy a good story and who are concerned about the fate of our planet. It's not only interesting and creative, it's also timely.

This is a story about Avery, a 15-year-old girl who loves animals and helping the ones in need. We read that while volunteering at the local zoo, called De La Grotta, Avery and a co-worker become suspicious and concerned about the new owners. Worried about how the new directions the zoo owners are taking the zoo in will affect the animals there, they secretly investigate.



Meanwhile, Avery has discovered something very unusual about herself. She can enter alternate dimensions where she is told that she is an animal protector whose real purpose in life is protecting animals and helping save the earth. She is overwhelmed with that responsibility, especially at her young age, but learns many lessons from other protectors she meets while in his parallel universes. They offer suggestions that she puts to use to help her with this huge task. At the same time, while on earth, she leads the daily life of a normal teenager, attending high school, studying for exams and having boyfriends. At the end of the book, the author has included illustrations she drew of the main characters in her novel that help bring them to life and complement her written words.

Belair's book is more than an interesting fictional story, it also has a message. It highlights real environmental concerns on earth today, referring to things like oil spills, chemical spills, the selling of illegal animal by-products, human consumption of meat, and islands filled with discarded plastic bags. It also discusses initiatives that could help improve our planet, such as building houses powered by the sun or wind, converting household waste into fuel, reviving extinct animal species, and using zero-emission vehicles and cargo ships and commercial planes that only use biofuel. This novel might give readers some ideas of what they could do to improve the state of our planet and inspire them to take actions that may help protect it. As a book critic writes on the back cover of Natacha Belair's novel, "A Stellar Purpose is stellar indeed."

Natacha Belair is a proud Franco-Ontarian who was born and raised in the Ottawa-Outaouais region. She obtained an honours BA with a major in communications from the University of Ottawa and spent her career writing and editing countless documents while dreaming of authoring fiction novels. *A Stellar Purpose* is her first manuscript, and she intends to pursue this new passion for years to come. When she's not writing, Natacha loves to explore her other artistic tendencies and enjoys spending warm days outdoors with her husband and two teenage daughters.

An environmentalist at heart, Natacha hopes that *A Stellar Purpose* will inspire this generation to come up with innovative ways to fix the mistakes of those who lived on this planet before them.

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*"The Polar Intuit of northwest Greenland, the northernmost people, call February 'seqinniaq', "the month when the sun appears." — Fred Bruemmer*

## BOOKWORMS DELIGHT

### TIM'S STORY: A CANADIAN AIRMAN IN WORLD WAR II (2022)

By Brian Buckley

Reviewed by Marie-Andrée Lajoie

*Tim's Story* is a story, a true story, told by a nephew (by marriage). The two never met but you can feel, all through the pages, the respect, pride and attachment of the author for his subject.

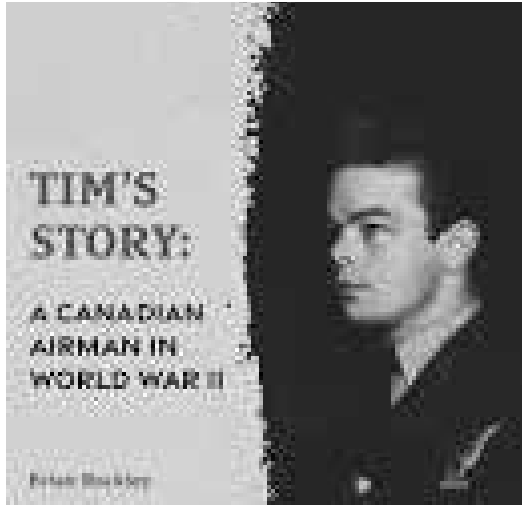
The book presents Tim Carlon's life from his youth in Montreal, through his service in Bomber Command, his capture and time as a prisoner of war in Nazi Germany. It details his return after the war and his passing from a war-related cancer at the age of 33. But this book is much more than that. It provides the reader with thoroughly researched context to Tim's life during WWII.

As one with a very cursory knowledge of war and military history, I learned more of Canada's growing place in the war effort, in particular in the training of airmen, as part of Bomber Command.

Along with his brother Peter, Tim starts his military service in the artillery reserve. In February 1941, as the war is intensifying in Europe, they both are allowed to volunteer for service with the RCAF. On March 19, 1942, after intensive weeks of training, Tim departs Canada for the perilous voyage across the Atlantic.

The book opens with a detailed account of the Kiel raid of October 13–14, 1942. The U (for Uncle) plane of Squadron 405 is hit and its pilot, wounded in the neck. Navigator Carlton and the crew succeed in returning to base. Tim Carlon and Pilot George T. Chrétien are awarded the Distinguished Flying Medal following the harrowing flight and are recommended for promotion to pilot officer.

A few months later, the experienced crew is captured in Germany, after their plane is downed during the Stuttgart raid (March 1943). Tim's family is informed quickly of this, but it will take weeks before it is confirmed through the Red Cross that Tim is alive and now a prisoner of war. One can only imagine the anguish of his loved ones.



Both Tim's courageous time as a prisoner of war and the very comprehensive background on the subject are compelling reading. From the escape attempts to the forced walks, the liberation and the psychological impacts of it all, it is both fascinating and horrifying.

Tim's return to Montreal, his release from the Air Force on October 3rd, 1945, with numerous medals and decorations, his civilian life with marriage and career and his too early passing complete the book. The reader is left with the memory of a courageous and loving young man.

It is particularly interesting, throughout the book, to read both official correspondence and Tim's personal letters to his parents. It brings the reader closer to the airman and his family, and reveals Tim's kindness and how he was always trying to protect his parents from worry.

The works of military art throughout the book (courtesy of the War Museum) are perfectly chosen to illustrate the author's words.

The book concludes with a deeply felt reflection on courage. I can only quote the author:

"Perhaps, in the end, resolving the mystery (of courage) is less important than absorbing the lesson. We have the example of the brave before us, and it can light our way if we but seek it out. This is the greatest of the legacies that Tim and his generation bequeathed us."

I strongly recommend this book to you for its learned yet personal account of a small chapter of Canada's history. It is important reading for our times.

On my night table: *Demon Copperhead* (Barbara Kingsolver); *A Girl Returned* (Donatella Di Pietrantonio); *A Good House* (Bonnie Burnard).

*"A happy family is but an earlier heaven."*  
— George Bernard Shaw



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## OUR ENVIRONMENT

### BIRDS OF ALTA VISTA – Common Raven

By Richard Knapton

If you have taken a stroll along the paths at the south side of WRENS Way, you may have heard a loud guttural croaking sound coming from the top of the Federal Study Centre or perhaps from a large bird flying overhead, often being mobbed by crows – a large all-black bird with a large beak, with a longish wedge-shaped tail, and with shaggy throat feathers. This is a Common Raven, one of the largest “songbirds” in the world. Indeed, a pair may have nested on top of the buildings these past few summers; certainly, the species occurs regularly in that general area. So, what do we know about this species?

Common Ravens are large. They can reach a length of up to 66 cm (26 inches) and have a wingspan of more than 1.3 metres (4 feet), and can weigh 1200 g (about 2.6 lbs). Males are slightly larger than females. They are considerably larger than American Crows, with longer, narrower wings, and longer, thinner “fingers” at the wingtips. Common Ravens are entirely black, right down to the legs, eyes and beak. They do not usually form flocks as crows do; usually a raven is by itself or, more likely, as a pair. Sometimes they do gather in numbers at food sources (such as landfills). Ravens are confident, inquisitive birds; on the ground they strut around or occasionally bound forward with light, two-footed hops. In flight they are buoyant and graceful, with easy, flowing wingbeats across the sky with soaring, gliding, and slow flaps.

Common Ravens can live in a very wide array of habitats, from tundra above the Arctic Circle almost to the tip of Ellesmere Island to hot desert areas of the southwest, and in open and forest habitats across western and northern North America. This includes deciduous and evergreen forests up to treeline, boreal and mountain forests, as well as high desert, sea coastal cliffs, prairies if good nest sites (on cliffs) exist nearby, tundra and grasslands. If not persecuted, they do well around people, particularly rural settlements but also in some towns and cities, including Ottawa.

An intriguing bird, intelligent and remarkably adaptable, it survives as a scavenger and predator. Common Ravens have accompanied people around the Northern Hemisphere for centuries, following wagons, sleds, sleighs and hunting parties in hopes of a quick meal. They are among the smartest of all birds (perhaps the smartest!). It has remarkable ingenuity and learning abilities, gaining a reputation for solving ever more complicated problems invented by ever more creative scientists. Skills of problem solving are then passed from one generation to the next.

The Common Raven is an acrobatic flier, often doing rolls and somersaults in the air. One bird was seen flying upside down for almost a kilometre. Young birds are fond of playing games with sticks, repeatedly dropping them, then diving to catch them in midair.

Breeding pairs of Common Ravens hold territories and try to exclude all other ravens throughout the year. In winter, young ravens finding a carcass will call other ravens to the prize. They apparently do this to overwhelm the local territory owners by force of numbers to gain access to the food. Common Ravens are smart, which makes them dangerous predators. They sometimes work in pairs to raid seabird colonies, with one bird distracting an incubating adult seabird while the other waits to grab an egg or chick as soon as it is uncovered.

They have been shown to put their intellect to cause and effect. A study in Wyoming revealed that during the hunting season, the sound of a gunshot draws ravens in to investigate a presumed carcass, whereas the birds ignore sounds that are just as loud but harmless, such as an air horn or a car door slamming.

People the world over sense a certain kind of personality in ravens. Edgar Allan Poe clearly found them a little creepy. The captive ravens at the Tower of London are beloved and perhaps a little feared: legend has it that if they ever leave the tower, the British Empire will crumble.



Common Raven: photo by Bob Baker

However, the birds are still there now! Native people of the Pacific Northwest regard the raven as an incurable trickster, bringing fire to people by stealing it from the sun, and stealing salmon only to drop them in rivers all over the world.

Common Ravens can mimic the calls of other bird species. When raised in captivity, they can even imitate human words; one Common Raven raised from birth was taught to mimic the word “nevermore” (with apologies to Edgar Allen Poe!).

Before 1900, ravens had disappeared from much of the east and midwest owing to intense persecution. In recent decades, however, they have been expanding their range again, especially in the northeast, and spreading south into formerly occupied areas.

Typically, ravens forage in pairs, the two birds sometimes cooperating to flush out prey. An opportunist, taking advantage of temporary food sources, it does most feeding on the ground. It is omnivorous, feeding on practically anything, although most of its diet is animal matter. It is not particularly fussy – it feeds on a wide variety of insects, including beetles, caterpillars and others; rodents, lizards, frogs, and the eggs and young of other birds. It regularly eats carrion and garbage, and often feeds as a scavenger. In northern Alaska at Pt. Barrow in winter, during 24-hour darkness, it has been seen feeding at garbage dumps under artificial lights.

In courtship displays, sometimes as early as January on a warm sunny day, the male soars, swoops, and tumbles in mid-air. Pairs may soar high together; when perched, they touch bills, and preen each other’s feathers. This is called allopreening; each bird holds still and bows its head to be preened on the back of the head, or holds the head back to be preened on the throat. The nest site is usually on a ledge of a rock cliff, or high in a tall tree (especially conifer), and in cities on the top of a tall building or even on an outside fire escape. A pair may use the same site year after year, adding material on top of the old nest. Both sexes help build it. The nest is a bulky basket of large sticks and twigs, with a deep depression in the centre lined with grass, bark strips, moss and animal hair.

Ravens begin breeding at two to four years of age. The clutch size is four to six eggs, sometimes three to seven. The eggs are greenish, blotched with olive or brown. Incubation is mostly or entirely by the female, and lasts about 18–21 days, with the male feeding the female during incubation. When the eggs hatch, food is brought by both parents to the nestlings, and the female broods them while they are small. The young leave the nest about 5–6 weeks after hatching. The oldest known wild Common Raven was at least 22 years, 7 months old. It was banded and relocated in Nova Scotia.

# OUR ENVIRONMENT

## BIRDS IN ELLWOOD IN WINTER

Photos by Gary Howard



*Juvenile Cooper's Hawk: Cooper's Hawks can overwinter here in Ottawa, but they usually fly south.*



*Immature Red-tailed Hawk: These hawks are larger than a Raven, they can overwinter here.*



*Turkey Vulture: These vultures have wingspans of about 5 feet. They do not overwinter here.*



*Merlin: This male Merlin sat on the top of the Blue Spruce watching out for other Merlins coming into his territory during spring migration. He chased away several but always returned to the same location. Merlins usually prey on smaller birds and basically chase them until they tire, then strike them with their large talons. Merlins may overwinter here, but they usually fly south.*



*Female Peregrine Falcon. Peregrine Falcons are the fastest birds in the world. They dive from above striking their unbeknownst prey; they eat mostly pigeons. Females are much larger than males. Peregrine Falcons overwinter here.*

# OUR ENVIRONMENT

## FRIENDS OF PLEASANT PARK WOODS

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

February is a wonderful time to explore Pleasant Park Woods. As the trees help protect you from the cold wind, you may find people enjoying themselves on cross-country skis or snowshoes, or you may come across children being pulled on sleds or dogs playing in the woods. Walking around the woods is a great way to get exercise and fresh air.

During the 1990s, the City of Ottawa created the “Greenway System Corridor,” which included Pleasant Park Woods. Prior to the City’s amalgamation in 2001, this pathway system linked the natural and open spaces throughout Ottawa. You can find an interpretive plaque at the Pleasant Park Public School entrance to the woods.



Interpretive plaque at the Pleasant Park Public School entrance to the woods

Plans for the “Poets’ Pathway” were first submitted to the National Capital Commission (NCC) in 2002. The City of Ottawa’s Official Plan (2002, section 4.6.5) states: “The pathways are part of the Greenspace Network and provide connections among communities and major tourism, cultural heritage and greenspace features.” Pleasant Park Woods is included in the Poets’ Pathway.

The Trans Canada Trail (TCT) was first introduced in 1992, shortly after the Canada 125 celebrations. At over 27,000 kilometres, it is now the longest recreational, multi-use trail network in the world with a system of greenways, waterways and roadways from the Atlantic to the Pacific to the Arctic oceans.

The 14.6-kilometre TCT Capital Pathway, which is located close to the Portage Bridge along an NCC pathway, takes approximately 3 hours to complete. A 1-kilometre long segment was added to the grounds of Rideau Hall in 2013. A sign at the TCT LeBreton Flats Pavilion states: “Find it. Use it. Treasure it.”

While one probably won’t spend three hours walking over 14 kilometres in Pleasant Park Woods, we can adopt the slogan from the Trans Canada Trail and use and treasure our community woods.



Pleasant Park Woods in the winter: “Find it. Use it. Treasure it.”



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## JUST GOOD ADVICE

### Feature: Ten weeping evergreens for winter interest

By Patricia Mosher



If you've ever admired the branches of a stately weeping evergreen, you know how lovely this distinctive aesthetic can be. With branches that cascade from the trunk like water down a mountainside, weeping trees are coveted treasures in a garden any time of the

year, but hold a special place in my heart during the winter months.

With their limber branches drooping downward in elegant, graceful repose, a weeping tree is a great choice for a focal point in the garden. Here are several options that do well in our climate and are sure to provide a dramatic addition to your garden that is as stunning in winter as it is in summer.

1. Weeping Alaskan Cedar – adds a surreal, dramatic touch to any landscape with its narrow, towering shape and long, drooping branches covered in soft, wispy needles. At 25–30' tall, this tree is small enough for more confined spaces while still making a huge impact.
2. Weeping Nootka Cypress – considered a nice alternative to the Weeping Atlas cedar with the same tinsel-fringed appearance. The Nootka adds thicker, aromatic foliage on upward-curving branches (rather than downward), and plenty of autumn “berries” to the mix.
3. Weeping Hemlock – makes a strong statement wherever it is planted. At 10–12' tall with an equal spread, this petite, elegant tree will be the talk of your garden.
4. Graceful Grace Weeping Fir – earns its name with branches full of blue-green needles that angle gracefully downward. Over a decade, this fir can be expected to reach 7–8' tall and 3–4' wide.
5. Weeping Silver Fir – this significant “drooper” is well-known for its arching branches, laden with silvery-green needles that cascade down from a columnar trunk. It's considered a dwarf compared to other firs, since it's fully grown at about 8' tall by 4' wide.
6. Blue Cloak Fir – famous for its glowing blue foliage and bowing branches. Beautifully growing as a lone garden feature, topping out at only 10' tall, or when planted as part of a grouping of trees and shrubs. This is a brilliant choice for winter interest and summer colour.
7. Weeping White Pine – this pine variety has a prominent weeping feature, including a weeping trunk. Its pale green fronds will drape beautifully over stone retaining walls, fences, or along the ground.
8. Norway Weeping Spruce – grows in an elegant, conical form with pendulous branches that drape down from the trunk like a flowing gown. Its blue-green needle colour adds a complementary flair to deep green perennial borders.
9. Gold Mop Cypress – considered a dwarf shrub that grows like a miniature tree. With drooping, chartreuse needles that stay true through winter, this cold-hardy weeper provides vivid contrast against darker plants. This compact beauty is a slow grower, ultimately reaching 5' tall and wide.



Photo Credit: Paramount Garden Centre



Photo Credit: NVK Nurseries

10. Weeping Colorado Spruce – singing the blues, this dusty-blue weeper appears as if it lays weeping across your garden. A broad, limber trunk is covered with lush, glowing needles and will reach 10' in height at maturity.

#### Plant of the month: Weeping Alaskan cedar

Some gardeners might have trouble choosing a favourite evergreen tree, but not me. I won't hesitate to tell you the evergreen tree

I adore above all others is the weeping Alaskan cedar. This tree is a winner in every sense of the word.

One look at this beautiful tree and it is easy to see why it's a favourite with so many. The texture of the flat-needled boughs is soft and wispy. No sharp or painful needles here.

The softly pyramidal shape of this tree, along with its weeping habit, make it an ideal landscape plant. During the growing season, small 1 cm brown cones appear at the tips of the needles, but primarily on mature plants. In garden settings, they tend to top out at around 20–30' in height with a spread equal to half of that. Their tall slender form makes them a great choice for our Alta Vista gardens. There are a few around in our area, which I encourage you to appreciate the next time you are out for a stroll.

#### February gardening

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

- Bring the garden indoors: Growing bulbs such as paperwhites or Amaryllis indoors is a great way to get your gardening fix this time of the year. Forcing branches of witch hazel, crab apple and forsythia can also bring some much-needed colour inside in late winter.
- Learn something new: Sign up for an online gardening class or workshop through a local botanical garden.
- Plant a terrarium by designing a garden under glass. Use clear-glass containers that have a lid or stopper that will help maintain a humid atmosphere around your plants. For plants such as succulents that prefer a drier climate, select a large, open-mouthed container. Purchase small plants at a local big box store that remain compact.
- Feed the birds: By late winter, many natural food sources for local birds will begin to thin out so stock your bird feeders until spring (black oil sunflowers for cardinals, blue jays, juncos; suet for woodpeckers and nuthatches; and Nyjer seed for finches).
- Check out some of the online seed companies and place your order for best selection.
- Ensure you have a supply of potting mix and seedling containers on hand if you plan on starting seeds inside later this spring

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



Photo Credit: NVK Nurseries



Photo Credit: awaytogarden.com



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## HEALTH & FITNESS

### STRESS FRACTURES

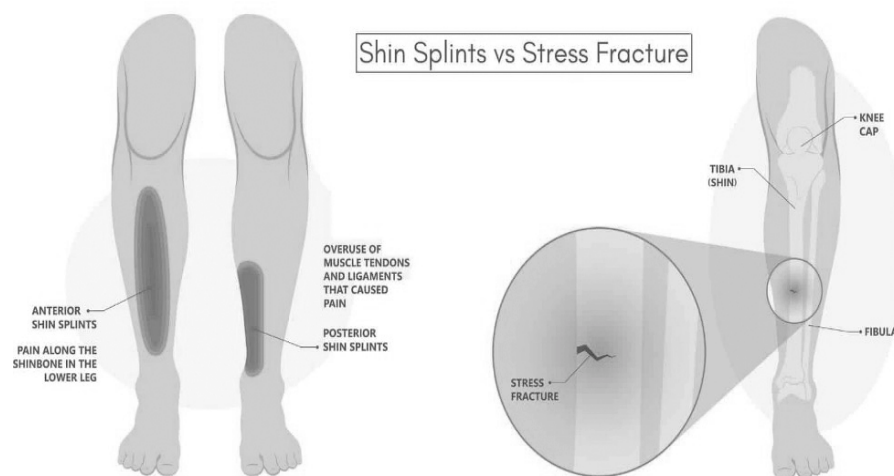
*By Sue Reive, Owner of Kilborn Physiotherapy Clinic*

Many people suffer from overuse injuries. One such injury is a stress fracture, which occurs when the bone sustains a hairline crack. There are many contributing factors which lead to a stress fracture but essentially, it's overdoing an activity, i.e., the intensity and/or frequency is too great. The bone is overloaded and therefore fails, resulting in a stress fracture. Initial treatment includes a period of rest. Physiotherapy can help by addressing the underlying causes and supplying exercises.

Bones have cells which are continually resorbing old bone and laying down new bone. Indeed, with osteoporosis this process gets out of synch such that more old bone is resorbed than new bone is produced, resulting in a weaker, more porous bone. Stress fractures occur when the muscles attached to the bone get tired from overuse and place increasing stress on the bone to which they attach. The bone responds to the stress by laying down new bone. However, if the force is too great or there is insufficient recovery time, the bone will fail and crack. Shin splints are a good example. The muscles which attach to the shin bone (tibia) are fatigued and overworked and they pull on the underlying bone, aggravating the periosteum of the bone. Left untreated, it can go on to cause a stress fracture of the tibia.

Stress fractures usually occur in the weight-bearing bones like the foot (especially the metatarsals), the lower leg (tibia) and fibula, and occasionally the femur. It is most often seen in runners, gymnasts, and in sports involving running and jumping. Females are more affected than males. Teenage girls who suffer amenorrhea or irregular menstrual cycles and/or have restrictive diets (low in calcium and other nutrients important for bone development) are vulnerable to stress fractures.

Symptoms and signs of a stress fracture include pain on weight bearing in the affected bone, swelling, pain on palpation over the fracture site, and often pain on resisted muscle testing. The contraction of the muscle pulls on the bone at the fracture site inducing pain. Initially, the pain is felt during activity and improves with rest. However, as the condition gets worse, there will be pain at rest.



*Photo from www.james-mccormack.com*

The diagnosis of a stress fracture is confirmed by X-ray imaging or bone scan. Note that a stress fracture won't always show up on an X-ray until about 6 weeks post-injury when some bone callus forms. Bone scans or MRIs are better at early detection. Treatment includes rest from the aggravating activity or sport, strengthening weak muscles, and stretching tight muscles; gait analysis is also important. Excessive pronation or a stiff supinated foot can place increased stress on the bones in the lower leg. Orthotics may be helpful in this case. Nutrition is an important component and any dietary deficiencies must be addressed. Return to sport must be gradual once there is sufficient healing of the bone. Cross-training can be very beneficial to prevent injury. Finally, adequate rest periods must be incorporated into the training regime.



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## HEALTH & FITNESS

### LOOKING FOR THERAPY FOR YOUR MENTAL HEALTH: A PRIMER

By Dr. Sarah Chan



I have come to appreciate some simple truths as I hit mid-life that a former, younger version of myself would have dismissed with a smug smile and a raised eyebrow as if to say, “maybe for you.” One of these simple truths is ... life is hard.

I have a wonderful family, a fulfilling job, a loving marriage ... and still life is hard. I say this knowing my good fortune and knowing others have it much harder. I also

say this knowing that suffering is not a competition. It does no good to compare. It is universal. Therefore, simply being human is justification enough to find one's self in need of a therapist.

What research has shown time and again is that not only does therapy work, but it does not really matter what kind of therapy you are getting. There are many different therapies these days, and many therapies overlap in their approach and the skills they teach. To be effective, all therapies rely on one thing: the therapeutic alliance.

“Therapeutic alliance” is the term for the relationship the client has with their therapist. It is the presence and feeling of trust, genuine empathy and mutual respect in the relationship. When looking for a therapist, prioritize this first and foremost. Ask yourself if you feel deeply understood and validated. Make sure you feel emotionally safe and that what is being discussed and worked on is important to you.

In some patients who may see a therapist precisely because forming this kind of relationship has been impossible, the therapeutic alliance is all the more important. This is because the relationship is the treatment in many ways. A skilled therapist will recognize when a dysfunctional pattern or dynamic is occurring in the relationship. The task then is to process this; the therapist trying to model how it might be different this time around. This is what is known in our field as a “corrective experience.” This can happen in any form of therapy, but there is one where the relationship between the therapist and patient is the main focus: transference-focused therapy.

After finding a therapist, the rest is far less important but therapies can be organized very broadly into two categories. The first are therapies that focus on the here and now. Cognitive behavioural therapy (CBT) and dialectical behavioural therapy (DBT) are examples of this. They focus on teaching skills to handle challenges in the present. These therapies can assign homework

and regular practice to encourage change over the short to long term. These skills often involve building awareness of one's emotions, the triggers for these emotions, as well as an awareness of one's thoughts that may influence behaviours. Clients are taught how to observe their thinking and emotions without getting caught up in them with a skill called mindfulness, found in DBT and acceptance and commitment therapy (ACT). Mindfulness is, by itself, a therapy also. Another skill worth mentioning is the ability to be open-minded to what another person may be thinking or feeling; that perhaps your singular version of an event may not be the only possibility. This is the focus of mentalization therapy.

The second broad category of therapies is less skill-based and puts more emphasis on the past with the hope of gaining more self-awareness and insight. Very simply put, these therapies are based on the idea that our first relationships as infants/children have imprinted on us a pattern of relating with ourselves and others that we then play out, unconsciously, in other relationships thereafter for better or for worse. These therapies rely on bringing what is unconscious to light, so that suffering can be alleviated, behaviours can change, and healing can take place when this occurs. Therapies with this approach include schema-focussed therapy, psychodynamic therapy and psychoanalytic therapy. These therapies also tend to be longer-term and each session less structured when compared with CBT or DBT.

Having done therapy and having had therapy, I have found it to be one of the greatest gifts. When the fit with the patient is good, both the relationship and the work you do together are tremendously and deeply meaningful. For me, therapy gave me the gift of self. I am a person who no longer relies on others for my self-esteem or for direction in important decisions in my life. It is very hard to put into words what it is like to know and to feel you are meant to be no other than yourself, and that that person is worthy. Certainly, some days are more difficult than others and I lose sight of this. But it is a feeling and a knowing that cannot be undone and those are my guides for life.

*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 receiving suggestions for topics for future articles. Please send your emails to: [Drchanvistas@gmail.com](mailto:Drchanvistas@gmail.com).*



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## SENIORS SPACE

### PERLEY HEALTH IMPROVING CARE FOR ALL SENIORS AND VETERANS

By Jay Innes, Communications Director at Perley Health

The bold initiative launched by Perley Health in 2019 and made possible by donors continues to deliver exceptional results. The Centre of Excellence in Frailty-Informed Care™ (CoE) conducts and shares research into the care of people living with frailty: the diminished ability to cope with minor stresses combined with an increased likelihood of suffering rapid and dramatic changes in health. The risk of frailty increases with age, although older people are not necessarily frail. With the number of Canadians living with frailty expected to triple, the need for evidence-based best practices in care is urgent.

During the last year, several peer-reviewed journals have published CoE research. More recently, CoE secured a partnership with AGE-WELL, Canada's leader in aging and technology research. The partnership involves several projects, including a research study exploring the role that virtual-reality technology can play in helping older adults cope with visual impairments. A second study involves a device known as ARMM, an acronym for ambulation, retraining and mobility mechanism. Designed in Canada, the device attaches to a walker or wheelchair and has been proven to reduce falls and improve mobility, particularly among people living with frailty. A CoE research study, funded in part by AGE-WELL, explores how best to implement ARMM in a long-term care home such as Perley Health.

Under a partnership with Veterans Affairs Canada, the CoE is researching the health and well-being of older Veterans and their families both over time and across various settings. The study uses the determinants of health model and implementation science to assess the needs of older Veterans and their families, and to evaluate the effectiveness and sustainability of programs and policies.



Two Perley Health employees get a hands-on demonstration of ARMM. Left to right: Ivan Vukosavljevic, Registered Physiotherapist; Anita Barrios, Physiotherapist Assistant; Daniel Bordenave Co-Founder and CEO of BISEP

Yet another partnership inspired the recently published study *Lessons from Long-Term Care Home Partners during the COVID-19 Pandemic*. The study presents data from Perley Health and from peopleCare Communities, an independent operator of long-term care homes and retirement residences in Ontario.

Studying, validating and sharing best practices in care is central to Answering the Call, the Perley Health Foundation's current fundraising campaign. In June, community leaders, family, friends, volunteers, tenants and residents came together in the heart of the city to celebrate a major milestone: thanks to the generosity of donors, the campaign has now raised more than \$8.5 million. This includes the gift of \$2 million from Commissionaires Ottawa to help fund the CoE.

Clearly, Answering the Call's message of hope, backed by a solid plan, resonates with the community. Donors believe that Veterans and Seniors deserve to live life to the fullest, in comfort and with dignity. And they recognize that the care protocols designed and validated at Perley Health can also improve the lives of Seniors and Veterans across Canada.

"The remarkable progress we've made during our first three years is the result of strong support from the entire Perley Health community: staff, partners, donors and volunteers," says Danielle Sinden, Director of Centre of Excellence and Research Operations. "Together, we are transforming care for Seniors and Veterans."

Perley Health—formerly the Perley and Rideau Veterans' Health Centre—is home to 450 people in long-term care (LTC), along with approximately 200 more in independent-living apartments. Perley Health also provides convalescent and respite care, along with adult day programs and a special 20-bed unit for people living with dementia who exhibit responsive behaviours.

#### New Parking System at Perley Health

Perley Health's new Tap & Go™ parking system is now up and running. The system features special discounts for eligible caregivers and frequent users. To accommodate drop-offs and pick-ups, there is no charge to park for up to 30 minutes. Many thanks to members of the Parking Panel, along with other residents, tenants, visitors and staff who helped design the system. For more information, please visit [www.perleyhealth.ca/parking-news](http://www.perleyhealth.ca/parking-news).

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# SENIORS SPACE

## ALBERT ERNEST RICHARDSON, A VETERAN'S STORY

**Lest we forget**

*By Terry Henderson*

When two local residents and members of Emmanuel United Church met, Terry Henderson heard Albert Richardson's life story and thought others would enjoy it. So he listened some more to bring you this story.

Albert Ernest Richardson was born in Toronto on September 25, 1931. He led a distinguished military and policing career for more than 43 years.

Albert joined the Canadian Armed Forces in May 1949 and served until his release in November 1971. He was first sent to Japan with the Military Police, attached to the British Commonwealth Unit. Second, he served in the Korean War from 1952 to 1953, during which he was assigned to the First Battalion, Princess Patricia's Canadian Light Infantry, as well as the First Regiment, Royal Canadian Horse Artillery "Charlie Battery," as part of the 25th Canadian Infantry Brigade Group. Later, he was sent to Egypt with the United Nations Emergency Force where he served from 1964 to 1965.

During his 22 years of military service, Albert was awarded the following medals: Korean War Medal; Volunteer Service Medal Korea; Special Service Medal with a Clasp; United Nations Emergency Forces Medal Egypt; and the Canadian Forces' Decoration. He is a 48-year member of the Royal Canadian Legion, John McMartin Branch 297 in Cornwall.

Beginning in 1975, following an extensive military career, Albert served as Special Constable with the Ontario Provincial Police for 21 years, working out of the Ontario Legislature at Queen's Park.

Albert comes from a lengthy line of family members with active military service, including in WWI and WWII, and with NATO. His daughter Maureen, of Kingston, served in Haiti as a UN Peacekeeper following the 2010 earthquake, which devastated that country.

Albert is often honoured and feted by the Korean Embassy in Ottawa for his dedicated service during the Korean War. On June 19, 2022, Albert received the QE II Platinum Jubilee (70-year) lapel pin from Senator Yonah Martin. (Appointed in 2009, Senator Martin is the first Canadian of Korean descent to be appointed to the Senate of Canada).

Albert most recently sang tenor in the Emmanuel senior choir. He lives with his devoted wife of 57 years, Pauline, in the Perley apartments on Russell Road.



*Albert Ernest Richardson in full uniform*



*Albert receiving a QE II Platinum Jubilee lapel pin from Senator Yonah Martin*

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# SCIENCE & TECHNOLOGY

## COMPUTER TIPS AND TRICK

By Malcolm and John Harding, of Compu-Home

### Email housekeeping

Of course, we are fully aware of the fact that the vast majority of our readers are utterly meticulous about the organization of their email. They methodically file messages into folders that they have created and diligently delete out-of-date mail on a daily basis. Their Inboxes are sparse and efficient, with only current and important messages. This column is for those very rare individuals who might occasionally fall behind in their email maintenance chores.

We often get calls for help from people who have received a warning that their email account is getting close to the capacity allowed by the email provider. Some providers offer additional capacity for a fee, but others simply insist that you make room in your account, or you will no longer be able to send or receive.

Email providers vary somewhat in their approaches, but Gmail is a typical example. You will receive a message alerting you when you have reached 70% of your capacity and advising you to act soon – remove some content or buy extra space.

You must first realize that you are not yet in dire jeopardy. If you consider the length of time that you have used your Google account and that in all of that time you have filled only 70%, that likely means that considerable time will pass before you will be nearing a more critical stage. Your Google account allows 15 gigabytes, of which 70% is 10.5 gigabytes. This means that you still have 4.5 gigabytes of unused storage. If an average attached photograph is 5 megabytes, for example, that means that you could receive nearly 900 more photos before reaching your capacity, even if you did not download them. It's time for action, but not panic mode. The following facts and suggestions will help:



- Email messages are usually extremely tiny files. What consumes significant storage space is usually attachments, which take up much more space. When you are considering what to delete or download, remember that videos are usually the largest attachment files, followed by photos and then documents.



If you have received a file attached to a message and have downloaded that file, that means that it is now stored on your computer's hard disk and would not be permanently lost if the message and the attachment were deleted. (This refers only to the attachment and not the accompanying message which would, in fact, be lost if deleted.)

- It is often overlooked that sent messages are also taking up storage space.
- If you receive a message and forward it, that means it is now taking up that amount of space twice – once as a received message, and again as a sent item. Thus, a message with a 5-megabyte attachment that you receive and forward, is actually taking up 10 megabytes of storage space.
- Don't forget that a message you have deleted is simply moved to the Trash folder and continues to occupy storage space until the Trash folder is emptied.

In the specific case of Gmail, you must remember that it is only one component of your Google account, and that items saved also in Google Photos and Google Docs are part of your 15 gigabyte allotment. You can check your account overall at [one.google.com/storage](http://one.google.com/storage).

A tidy Inbox is a happy Inbox.

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](mailto:info@compu-home.com) and our website, with our blog, is [www.compu-home.com](http://www.compu-home.com).

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## SPORTS NEWS

### PLAYFAIR PARK RINK

(Right) Anthony Hawden and his volunteer crew started icing the rink at Playfair Park in early January! Big shoutout to these guys! Photo credit: Shawn O'Connor

(Below) And the rink is now open! Photo credit: Shawn O'Connor



# SCHOOL NEWS

## GRATITUDE FROM FEATHERSTON FLAMES!

By Samichha C. and Nima H., students in Ms. Conley's class at Featherston Drive Public School

As you may know, Featherston Drive Public School hosted a Community Food Drive, collaborating with the Heron Road Emergency Food Center and Clementine Food Pantry. We worked to collect donations for the organizations from December 1st to December 16th, 2022.

We are excited to share the results with you!

We've helped gather donations of food for both organizations and have received generous amounts of food donations from the community. We collected over 500 items! All donations have been separated equally. In addition, Laura's Independent Grocer (Elmvale) has donated lots of frozen food items to our food drive.

Our class has been working on gratitude and we have journals where we write all the things we are grateful for. Through this, we have recognized all the work that Laura's Independent Grocer (Elmvale) has done for our school and how deeply we appreciate it. Thank you to Laura who has been working with our school multiple times this year. We are very grateful for her and all the work she does with us. She is a very important asset to our community. Laura has helped us make food insecurity less in our community, we are very grateful for that.



Donations from Rockcliffe Public School

We would also like to thank Rockcliffe Public School (OCDSB) for supporting our community food drive by collecting and donating food to the Heron Road Emergency Food Center and Clementine Food Pantry.

Thank you!



Clementine Food Pantry volunteers collecting food from Laura's Independent Grocer

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## FAITH NEWS



“I have bad news,” my friend announced on our weekend walk.

“Oh, no! What’s going on?” I held my breath as possibilities flashed through my mind.

“My landlord called, and I have to move.”

Relief was my first emotion. I’d heard too many acquaintances and family members share cancer diagnoses recently, and I silently thanked God for her health.

I listened quietly to her story and the plans she had made in the days between her phone call and her confession to me. She had time to process the news and had begun to take charge of the situation, planning her best response to a disappointing circumstance. When I applauded her acceptance and courage to move forward, she admitted to suffering through sleepless nights and anxiety-induced health consequences before taking the bull by the horns.

I didn’t have the same time to explore my emotions. So, after my initial response that the news could have been worse, I felt sadness. We’ve been friends for a long time, first having met over 15 years ago when we taught at the same school. Teachers and mothers, we discovered we also both enjoyed brisk walks. And by “brisk,” I mean there are few people who could keep up with us as we pounded the sidewalk on our lunch breaks!

When I switched schools, our friendship changed. We only saw each other when our girlfriends got together for baby showers or cottage weekends. It was challenging to maintain a close relationship without daily interaction.

However, several years later, we became neighbours when my husband and I bought a condo in the building where my friend lived! We were excited to walk again and ride our bikes together, too.

During the pandemic, our bond strengthened even more. Every day, after finishing our school hours online, we walked and debriefed. It was nice to have a friend who lived a similar experience of teaching young children from a computer screen.

We still walk as often as we can, sharing our lives, always in constant chatter. Following this latest news bomb, we talk about continuing our regular treks, but will we?

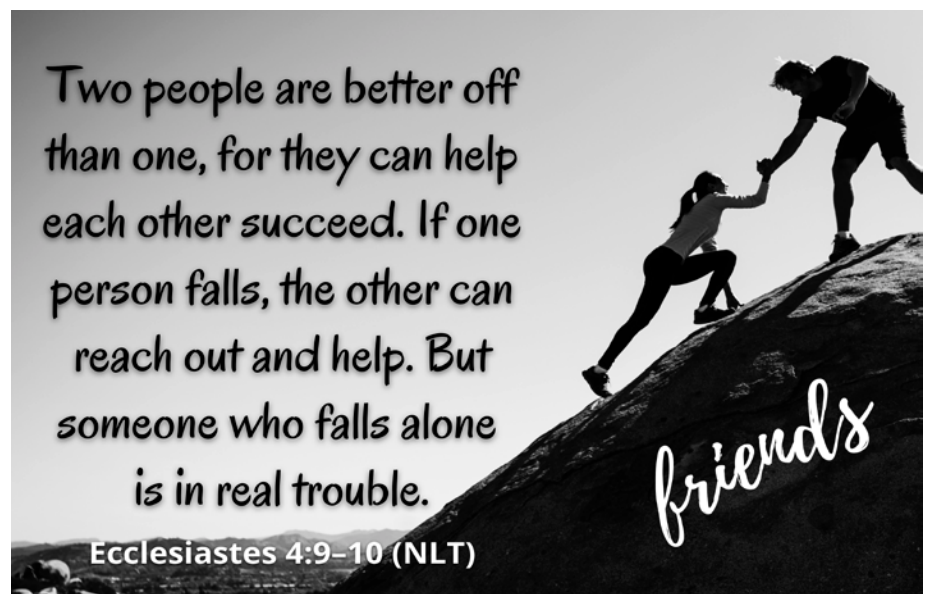
Friendships often ebb and flow, evolving as our lives change. We become close for a while and then later drift apart. Our affection doesn’t usually diminish, but circumstances are the culprits that drive wedges between us. Busy lives or geographical distances prevent us from staying close.

I’ve always envied people who maintain friendships since childhood. My family moved every couple of years, so I learned to prevent my roots from going too deeply into the friendship soil. What was the point when I would leave again in what felt like a few months?

When I look back on my adult friendships, I see a rollercoaster social life in blocks of years where I was close to one individual at a time. These special friendships often occurred when one of us really needed the other; they were tied to traumatic life events. We sheltered in place together to survive those storms. Then, when the strong winds ended, the gentle breeze blew us in different directions—still friends, but friends from a distance.

The Bible mentions friendship often. I especially like that Jesus tells us in John 15:12-15 that He is our friend. When we accept Him into our hearts and show His love to others, we become besties with Jesus! This is an unbreakable bond unless we walk away and intentionally sabotage our intimacy.

While human friendships evolve and sometimes fade away, Jesus will remain.



### What about you?

Do you have a close friendship with Jesus? Unlike some human relationships, this Friend will love you unconditionally, and He will never break your confidence or stab you in the back. And as tight-knit as those childhood friendships can be, this relationship is more desirable.


Jesus said, “There is no greater love than to lay down one’s life for one’s friends” (John 15:13). And that’s what He did when He died on the cross for us. That’s the action of a committed friend!

What’s more, the supernatural nature of Jesus means that He can be best friends with each one of us!

### Pray with me

*Jesus, thank You for earthly friendships. It is a blessing to share our lives with others. I especially thank You for being my friend—one who is always loyal, sticks closer than a brother and picks me up when I fall. I did nothing to earn Your devotion, but I gladly accept Your hand to walk this life together. Amen.*

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



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

# FAITH NEWS



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# FAITH NEWS

## DEMPSEY GIFT BAGS

By Lois Wynn

In the St. Aidan's neighbourhood, the Dempsey Community Centre was transformed just over a year ago into a city-run shelter for about 60 homeless women. These women each have a bed in the gymnasium, meals, and a warm place to stay until they find, with the help of on-site staff, other accommodations.

In 2021, St. Aidan's and St. Thomas Anglican churches joined together to give each woman a gift bag filled with necessities and treats for Christmas. The first bags were delivered that year just before Christmas and were very well received by the residents.

It was decided to prepare and deliver gift bags, once again, in 2022. Parishioners of the two churches, as well as other members of the community, stepped up to answer the call and donate gift bags filled with items the women would use and enjoy. Others donated many knitted items or money to the effort.

The bags were delivered on Wednesday, December 21. Sarah Johnston, Team Lead at the Dempsey Physical Distancing Centre and Operations Lead for Housing Services, City of Ottawa, was there to accept the donations. Rev. Rosemary Parker, Peter Martin and Lois Wynn from St. Aidan's, as well as Rev. Tim Kehoe and Karen Scott from St. Thomas, all brought the bags to the Dempsey Centre.

Residents of the centre were excited to see all the gift bags come in. There were more than enough for everybody. The women were delighted with their gifts and to know that people in the community care about them.

*"Even though February was the shortest month of the year, sometimes it seemed like the longest." — Lorraine Snelling*



Peter Martin, Karen Scott, Rev. Rosemary Parker, Lois Wynn, Rev. Tim Kehoe and Sarah Johnston with some of the Christmas gift bags donated to the Dempsey Centre.

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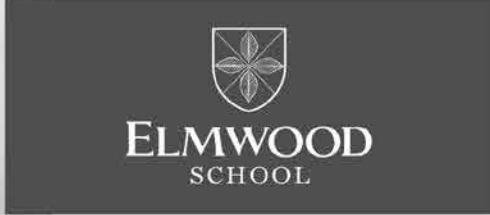
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**BRENNAN BROTHERS LTD.** Finish Basements, Bathrooms, Kitchens, Drywall, Painting, all flooring, all roofing, repairs, doors & windows, decks, build houses. We do stipple ceilings and repair them. **10% Winter discount** Free estimates, guaranteed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

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**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). 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.

**FITNESS 50+ at Rideau Park United Church** - live classes on Tuesday and Thursday from 9 am to 10 am. Warming up from toes to head, cardiovascular section, muscle conditioning, balance, flexibility, stretching. Contact **Faiza at 613-408-6391 or faiza\_v@hotmail.com**



*"The Earth is what we all have in common." — Wendell Berry*

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# SKYLAR'S KIDS PAGE

## FILL IN THE BLANKS

### Things I

### Love...

I love seeing \_\_\_\_\_

I love smelling \_\_\_\_\_

I love eating \_\_\_\_\_

I love playing \_\_\_\_\_

I love reading \_\_\_\_\_



**Search** the entire paper for these seasonal items.

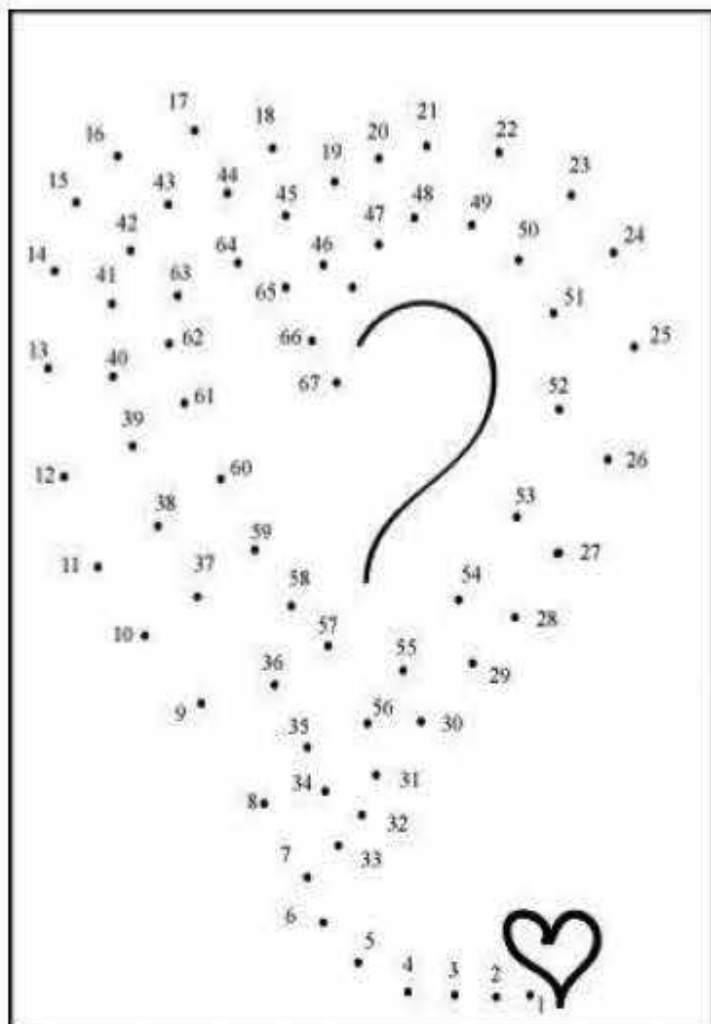


## WORD SEARCH

### Chocolate Bars

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

## CONNECT THE DOTS



AERO  
ALMOND JOY  
BABY RUTH  
BUTTERFINGER  
CARAMILK  
COFFEE CRISP

DAIRY MILK  
EAT-MORE  
KIT KAT  
MARS BAR  
MILKY-WAY  
MOUNDS

MR. BIG  
NESTLE  
CRUNCH  
OH HENRY!  
SKOR  
SNICKERS  
TWIX

## UPCOMING EVENTS



### ALTA VISTA LIBRARY – FEBRUARY 2023

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 – Monday, February 20 – Family Day**

**Please note the following when visiting:**

- 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.

### FRIENDS OF THE OTTAWA PUBLIC LIBRARY BOOK SALE

The Friends of the Ottawa Public Library Book Sale is on at the Alta Vista Branch. Books, music CDs and DVD movies are available for children, teens and adults in both English and French.

\*From February 4 to 18, all graphic novels, children's and teen books as well as audiovisual items will be two for the price of one.

### 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 that are 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.

Monday and Wednesday mornings at 10:30 a.m. until the week of March 6 (30 minutes – All ages). No Storytime on Monday, February 20 (Family Day)

### ADULT PROGRAMMING

#### Groupe de conversation en français (intermédiaire) / French Conversation Group (intermediate)

Améliorez votre français parlé dans une ambiance décontractée. Ce groupe est de niveau intermédiaire. Aucune inscription requise.

Improve your spoken French in a relaxed setting. This group is for those at an intermediate level. No registration required.

Tuesdays, 6:30–8 p.m. / Les mardis de 18h30 à 20h.

### 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, February 16, 2023 **New author discussion**

Thursday, March 16, 2023 ***The Man from Mittelwerk* by M.Z. Urlocker**

Booklist TBD. Please check the website or inquire at the branch.

### 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, February 2, 2023 ***Every Note Played* by Lisa Genova**

Thursday, March 2, 2023 ***The Island of Sea Women* by Lisa See**

### Infusions Littéraires (Succursale Alta Vista)

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

Le lundi 13 février 2023 ***La ville orpheline* de Victoria Hislop**

Le lundi 20 mars, 2023 ***Célestine du Bac* de Tatiana de Rosnay**

### AWESOME AUTHORS CONTEST

Do you love to write, draw, tell stories and play with words? Do you dream of becoming a published author someday? If you answered yes and are between the ages of 9 and 18, then the Awesome Authors contest is for you! From January 10 to February 24, you will have the chance to submit a piece of writing in English and/or French in the following categories: Poetry, Short Story, Comic/Graphic Novel, Poésie, Nouvelle, Bande Dessinée.

You have until February 24 to submit your piece of writing. Don't miss your chance to win! To enter the contest, fill out the online submission form. You can submit a piece of writing in each of the categories and can win multiple prizes.

For more information, please inquire in person at the branch or visit: [biblioottawalibrary.ca/en/awesome-authors-youth-writing-contest](http://biblioottawalibrary.ca/en/awesome-authors-youth-writing-contest).

### SHORT STORY WORKSHOP WITH AUTHOR AMELINDA BÉRUBÉ FOR TEENS (VIRTUAL)

Join local author and contest judge, Amelinda Bérubé, for tips and tricks on how to write a winning short story. For teens ages 13–18. Registration required. Registrants will receive an additional email with the Zoom link ahead of the program.

Saturday, February 11, 2023, at 2 p.m. (60 minutes).

### 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.

## UPCOMING EVENTS

### COMMUNITY EVENTS – FEBRUARY 2023

#### RIDEAU PARK UNITED CHURCH

2203 Alta Vista Drive

613-733-3156 x228; [www.rideaupark.ca](http://www.rideaupark.ca)

**Worshiplude:** Saturday, February 4 at 4 p.m. Join the youth of Rideau Park and other communities for outdoor winter activities followed by a hearty supper and an energetic worship service. For more information, contact [sclifton@rideaupark.ca](mailto:sclifton@rideaupark.ca).

**Forest Church:** Sunday, February 19 at 4 p.m. Meet at the church for a walk in the Cunningham Woods and pause for reflection on God's creation. Lead by Elizabeth Bryce – dress warmly for the weather!

**Shrove Tuesday Pancake Supper:** February 21 at 5:30 p.m. at Rideau Park. Prepared and served by the 28th Scouts and their leaders.

**Yoga Classes:** Chair Yoga and Gentle Mat Yoga with Margaret – Improve balance, strength, and flexibility in a gentle, mindful practice, 10:30 a.m., Thursdays (Chair Yoga) and Fridays (Gentle Mat).

**Fitness Classes:** 50+ Fitness with Faiza – Cardio, stretching and strengthening sessions for all fitness levels, 9 a.m., Tuesday and/or Thursday options available.

**Meditation Group Online:** Thursdays, 10 a.m. (by Zoom) for 20 minutes of quiet, peace, and mindfulness. Contact [sclifton@rideaupark.ca](mailto:sclifton@rideaupark.ca) for an invitation.

**Euchre Club:** Thursdays 1 p.m., in the Parlour for cards, fun and friendship!

**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.

#### EMMANUEL UNITED CHURCH

691 Smyth Road

Office: 613-733-0437; Email: [office@emmanuelunited.ca](mailto:office@emmanuelunited.ca); Website: [www.emmanuelunited.ca](http://www.emmanuelunited.ca)

**Children's and Youth Christian Education Programs:** Nursery is available every Sunday. In-person Sunday school activities for children, aged 4 to 12, are being held during Sunday services.

**Seniors Exercise Program:** TttbW or Take Time to be Wholely, our light exercise program for seniors, has sessions from 10:30–11:30 a.m. every Monday and Friday.

**Worship Services:** Sundays, 10–11 a.m., in person or online. Join us for coffee and conversation after the service.

**Meditation:** Mondays, 7– 8 p.m., by Zoom. If you wish to learn how to meditate and find more quietness, you are welcome to join fellow meditators.

**Fellowship Coffee with Roxanne:** Tuesdays 10–11 a.m.: Join Roxanne Delmage, our Pastoral Care Provider, as participants share via Zoom. Roxanne presents a topic and folks present reflect together on the topic, as well as what's happening with them individually. To join contact her at [Roxanne.delmage@gmail.com](mailto:Roxanne.delmage@gmail.com).

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

**Thursday Morning Discussion Group:** Thursdays, 10–11:30 a.m. by Zoom. The group is currently working with the book *Do I Stay Christian?* by Brian D. McLaren.

**Friday Night at the Movies:** February 17, 7 p.m.: Black History Film Night will be a fun family film night to celebrate Black history. We will watch a series of short films from an Afro-Canadian perspective, play some trivia games to hone our knowledge of Canada's rich Black history, and enjoy snacks and prizes supplied by local Black business people.

#### ST AIDAN'S ANGLICAN CHURCH

934 Hamlet Road; Website: [staidansottawa.com](http://staidansottawa.com)

Come and worship at St Aidan's on Sundays at 9:30 a.m. and on Wednesday mornings at 10 a.m.

Our Ecumenical Healing Prayer Group meets monthly on the first and last Wednesday at 10:30 a.m. Join members of St Aidan's, and faithful Christians from across Ottawa for an ecumenical time of prayer, scripture, and healing!

For inquiries, give us a call at 613 733-0102, drop us an email at [staidans@bellnet.ca](mailto:staidans@bellnet.ca), or visit us on social media.

#### 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. We will be meeting on Wednesday, February 22 for a presentation about the Ottawa Waste Management Plan.

#### 2023 SNOW MOLE CAMPAIGN

"Adopt a bench-or-two. Clear off the ice and snow for safe seats."

The Council on Aging of Ottawa's Snow Moles need your help to keep city benches cleared of snow and ice, so they are safe and accessible this winter. Over the past 5 years, Snow Mole Campaign has collected information on winter walking in neighbourhoods across the city. That information shows that most of Ottawa's 3000+ city benches are not cleared of snow and ice and are not accessible for people to rest on their winter walks.

We are asking you to adopt a bench-or-two in your neighbourhood and keep them clear of ice and snow from January to the end of March 2023. Send photos to celebrate safe seats for everyone. Cleared benches located near medical buildings, senior residences, libraries, pharmacies, senior centres, transit, and shopping routes are especially needed in wintertime. Send bench locations and photos to [snowmoles@coaottawa.ca](mailto:snowmoles@coaottawa.ca) with subject line "Adopt a bench."



The Council on Aging of Ottawa  
Le Conseil sur le vieillissement d'Ottawa

SNOW  
MOLES  
Adopt-a-Bench

Join the Snow Mole Patrol!

Age Friendly Ottawa  
Ottawa ville-amié des aînés



# UPCOMING EVENTS

## OTTAWA HUMANE SOCIETY

Would you like to help us support the animals at the Ottawa Humane Society? Join us at the Auxiliary's monthly business meetings 1:30–3 p.m. the first Thursday of every month (except July, August and December). We meet at the animal shelter, 245 West Hunt Club Rd across from Lowe's. The next meeting is Thursday, March 2. Free parking. Proof of COVID vaccination or exemption required, please. For more information, contact Loreen, [loreenohs@gmail.com](mailto:loreenohs@gmail.com), or go to [ottawahumane.ca/get-involved/volunteering/ohs-auxiliary](http://ottawahumane.ca/get-involved/volunteering/ohs-auxiliary).

## KANATA CIVIC ART GALLERY "FROSTED" FINE ART EXHIBIT

January 11 to March 5, 2023

The artists of the Kanata Civic Art Gallery are pleased to announce their first new fine art show of 2023. With over 60 pieces of art celebrating winter, this exhibition offers a wide variety of media and styles. The Kanata Civic Art Gallery, now in its 31st year, is home to 42 juried artists from the Ottawa area. We are located at the John Mlacak Centre, 2500 Campeau Dr. in Kanata. You can also have a peek at the show by viewing the two-minute slideshow at [www.kanatagallery.ca](http://www.kanatagallery.ca).

For more information please visit: [www.kanatagallery.ca](http://www.kanatagallery.ca) or email the Gallery at [kanatacivicartgallery@gmail.com](mailto:kanatacivicartgallery@gmail.com).

## SPREADING AWARENESS OF CDKL5 DEFICIENCY DISORDER

Ashley Tremblay welcomes you to join her family in spreading awareness of CDKL5 deficiency disorder, a rare genetic condition, in memory of her late nephew who passed away in 2016 at the age of 3 years. They are kicking off their second year by holding a bottle drive throughout the year, hosting a walkathon in May (date TBD), a golf tournament at Madawaska Golf Course on June 10 (registration will open soon), and a bowl-a-thon in October. The family has raised just over \$6,000 to directly support CDKL5 Canada's efforts of continued research to one day find a cure. They can be contacted by email at [jakobrcdkl5@gmail.com](mailto:jakobrcdkl5@gmail.com) or by visiting their website [www.jakobruestedckl5.ca](http://www.jakobruestedckl5.ca) where you can find links to their Facebook group and Instagram account.



## C.A.R.P. LUNCH & LEARN WEBINAR

"A Journey of Change: From Institution to Home in Long-Term Care"

February 22, 12–1 p.m.

Speaker: Susan Zorz

Join Family Councils Ontario and C.A.R.P. (Canadian Association of Retired Persons) Ottawa as we discuss the transition from institutional to home settings in long-term care. This session will cover How The Glebe Centre was able to transform from a culture of doing to one of being person centered.

Register at: [us06web.zoom.us/webinar/register/WN\\_CAmXrPhKTBCsSKdJRBAjKA](https://us06web.zoom.us/webinar/register/WN_CAmXrPhKTBCsSKdJRBAjKA). Zoom will send out a link to all registered persons on February 21.

## PLAYFAIR PARK FAMILY DAY WINTER CARNIVAL

JOIN US AT THE PLAYFAIR PARK FAMILY DAY  
**winter carnival**  
 MONDAY, FEBRUARY 20th, 2023  
 1PM TO 4PM

**bonfire hot chocolate**  
 SPONSORED BY JR SNOW REMOVAL AND TREATS SPONSORED BY COUNCILLOR MARTY CARR

**skating**  
 PROVIDED BY THE PLAYFAIR RINK CREW  
 EVENTS SUPERVISED TO ENSURE EQUAL PLAY  
 1:2 SHINNY, ALL AGES  
 3:4 SHINNY, ALL AGES  
 SKATING RACES  
 TOURNAMENTS  
 HOCKEY SKILLS  
 COMPETITIONS  
 ADVANCE SIGN-UP AT THE RINK

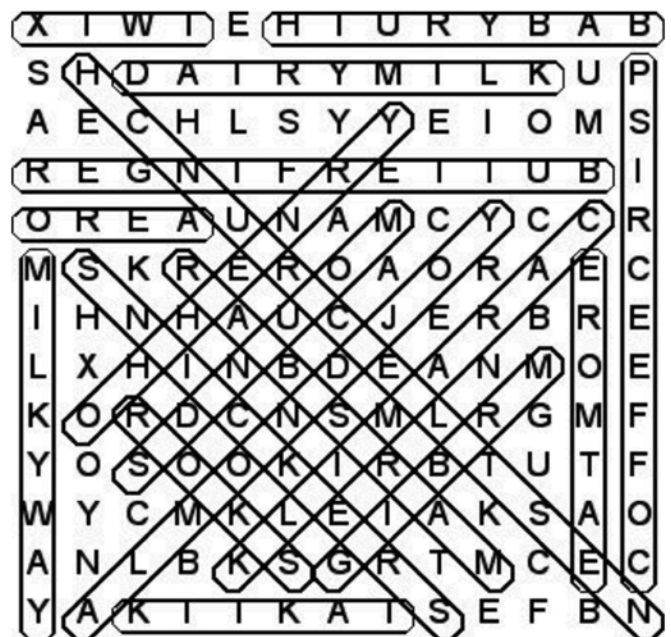
**horse & carriage ride**  
 PROVIDED BY SJC FINANCIAL & LENA MAIONE

**bake sale and hot dog lunch**  
 IN SUPPORT OF THE ST. GEMMA CATHOLIC SCHOOL COUNCIL'S NEW PLAYSTRUCTURE INITIATIVE

SJC Financial  
 ENGEL & VÖLKERS LENA MAIONE  
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 MARTY CARR AND YOUR NAME IS M  
 John Fraser

# WORD SEARCH ANSWERS

## Chocolate Bars



AERO	DAIRY MILK	MR. BIG
ALMOND JOY	EAT-MORE	NESTLE CRUNCH
BABY RUTH	KIT KAT	OH HENRY!
BUTTERFINGER	MARS BAR	SKOR
CARAMILK	MILKY WAY	SNICKERS
COFFEE CRISP	MOUNDS	TWIX



**Alta Vista, Ottawa**

**Snow shovelling: \$10/lane \$5/walkway**

For more information, email [altavistasnowcrew@gmail.com](mailto:altavistasnowcrew@gmail.com).

The snow crew's team is mostly 10 to 11-year-olds who are very responsible.

# MOVIES 'N STUFF

1787 KILBORN AVE. FEBRUARY 2023 738-1607  
www.moviesnstuff.com

## February 7th

### Peace By Chocolate

A Syrian refugee struggles to settle into his new Canadian small-town life, caught between his dream to become a doctor and preserving his family's chocolate-making legacy.

### Glass Onion: A Knives Out Mystery

Tech billionaire Miles Bron invites his friends for a getaway on his private Greek island. When someone turns up dead, Detective Benoit Blanc is put on the case. Sequel to the smash hit Knives Out and starring Daniel Craig, Hugh Grant and many others!

### Aftersun

Sophie reflects on the shared joy and private melancholy of a holiday she took with her father twenty years earlier. Memories real and imagined fill the gaps between as she tries to reconcile the father she knew with the man she didn't. Major Oscar buzz!

### Bros

Bobby is a neurotic podcast host who's happy to go on Tinder dates and content not to have a serious relationship. That all changes when he meets Aaron, an equally detached lawyer who likes to play the field. From the director of Bridesmaids and Trainwreck.

### Yellowstone Season 5 Part 1

### The Good Nurse

An infamous caregiver is implicated in the deaths of hundreds of hospital patients. Jessica Chastain and Eddie Redmayne headline.

### All Quiet on the Western Front (2022)

A young German soldier's terrifying experiences and distress on the western front during World War I. Great reviews and should be a nominee for Best Picture by the time you read this.

### Emancipation

A runaway slave forges through the swamps of Louisiana on a tortuous journey to escape plantation owners that nearly killed him. Will Smith stars.

### All Creatures Great and Small Season 3

### Andor: Season 1

In an era filled with danger, deception and intrigue, Cassian will embark on the path that is destined to turn him into a Rebel hero. Prequel series to Star Wars' 'Rogue One'.

## See How They Run

In the West End of 1950s London, plans for a movie version of The Mousetrap come to an abrupt halt when an American director is murdered backstage. A really funny whodunnit featuring great performances by the whole cast, especially Rockwell and Ronan!

### Wednesday: Season 1

Wednesday Addams sees a psychic vision of her brother's bullies whom she attempts to kill, resulting in her expulsion. Her parents, Morticia and Gomez, decide to enroll her in Nevermore Academy, a school for outcasts in Jericho, Vermont.

### Black Panther: Wakanda Forever

Everyone must fight to protect the nation from intervening world powers in the wake of King T'Challa's death. As the Wakandans strive to embrace their next chapter, the heroes must band together to forge a new path for their beloved kingdom. Big box office hit and solid reviews.

### Backstrom: Season 2

### Elizabeth: A Portrait in Parts

A documentary on the life of Queen Elizabeth II, the longest-lived, longest reigning British monarch and longest serving female head of state in history.

## February 14th

### The Fabelmans

Growing up in post-World War II era Arizona, young Sammy Fabelman aspires to become a filmmaker as he reaches adolescence, but soon discovers a shattering family secret and explores how the power of films can help him see the truth. From Steven Spielberg. Major Oscar buzz!

### Armageddon Time

A deeply personal coming-of-age story about the strength of family and the generational pursuit of the American Dream. Anne Hathaway and the great Anthony Hopkins star!

### Triangle of Sadness

When a cruise ship for the ultra rich sinks and leaves people stranded on an island, social hierarchy is turned upside down, revealing the tawdry relationship between power and beauty. Winner of the illustrious Palm D'Or, this is a big Oscar contender!

### Weird: The Al Yankovic Story

Explores every facet of Yankovic's life, from his meteoric rise to fame with early hits like 'Eat It' and 'Like a Surgeon' to his torrid celebrity love affairs and famously depraved lifestyle. Starring Daniel Radcliffe.

## My Policeman

The arrival of Patrick into Marion and Tom's home triggers the exploration of seismic events from 40 years previously. Stars Harry Styles.

## February 21st

### Empire of Light

A drama about the power of human connection during turbulent times, set in an English coastal town in the early 1980s. Directed by Sam Mendes and starring Colin Firth and Olivia Colman!

### The Pale Blue Eye

A world-weary detective is hired to investigate the murder of a West Point cadet. Stymied by the cadets' code of silence, he enlists one of their own to help unravel the case - a young man the world would come to know as Edgar Allan Poe. Starring Christian Bale.

### The Lesson

In a small Bulgarian town, a young teacher is looking for the robber in her class so she can teach him a lesson about right and wrong. But when she gets in debt to loan sharks, can she find the right way out herself?

### Abbott Elementary

Janine Teagues and her colleagues at an under-resourced Philadelphia school as they try to do right by their kids—often to hilarious and heartwarming results. A major hit that's gone on to win numerous awards, including several Emmys and Golden Globes!

### The Wonder (2022)

Set in The Irish Midlands in 1862, English nurse Lib Wright is brought to a tiny village to observe eleven-year old Anna O'Donnell who stops eating but remains miraculously alive and well. Stars the great Florence Pugh!

### The Automat

Documentary centers on the vending machine popularized in the 20th century that offered fresh cooked meals in a commissary-style eatery. Mel Brooks, Carl Reiner and a host of others contribute.

### The Good Lord Bird

Ethan Hawke stars as abolitionist John Brown in this series based on the novel. "Onion" is a fictional enslaved boy who becomes a member of Brown's family of abolitionist soldiers and finds himself in the 1859 raid at Harpers Ferry.

### Spirited

A musical version of Charles Dickens's story of a miserly misanthrope who is taken on a magical journey starring Ryan Reynolds and Will Ferrell.

## Causeway

A US soldier suffers a traumatic brain injury while fighting in Afghanistan and struggles to adjust to life back home. Jennifer Lawrence stars.

## Also

### The Ground Beneath My Feet

## February 28th

### Devotion

The inspirational true story of Jesse Brown, the first Black aviator in U.S. Navy history, and his enduring friendship with fellow fighter pilot Tom Hudner.

### The Old Way

Retired gunslinger Colton Briggs faces the consequences of his past when the son of a man he murdered arrives to take his revenge. The rejuvenated Nicolas Cage stars.

### Miss Scarlet and the Duke Season 3

### Ronald Dahl's Matilda the Musical

Matilda, an extraordinary girl armed with a sharp mind and a vivid imagination, dares to take a stand against her oppressive parents and head teacher to change her story with miraculous results.

### Whitstable Pearl: Ssn 2

### She Said

The New York Times journalists Megan Twohey and Jodi Kantor publish a report that exposes sexual abuse allegations against powerful Hollywood producer Harvey Weinstein and launches the #MeToo movement at the same time. Zoe Kazan and Carey Mulligan give lauded performances.

### Strange World

The Clades are a legendary family of explorers whose differences threaten to topple their latest and most crucial mission into uncharted and treacherous territory in this latest Disney animated adventure.

### Werewolf by Night

A secret cabal of monster hunters emerge from the shadows and gather at the Bloodstone Temple following the death of their leader; the attendees are thrust into a mysterious and deadly competition for a powerful relic. One of the best reviewed movies of the year!

### Red Dwarf: Series 1-8

Nerds rejoice! The famous BBC sci-fi comedy gets re-issued!