

VISTAS



*Did you know that while Blue Jays are indeed blue, the colour blue, unlike red or green or yellow, is not a pigmented colour? Instead the blue appearance of a Blue Jay is due to refraction (a light scattering phenomenon). Read about these loud, colourful songbirds in Richard Knapton's article in OUR ENVIRONMENT on page 20.
Photo credit: Bob Baker*

*Hillcrest High School's design is totally fascinating on a close look, says Chris Wiebe. If you pause to look around at the school's front entry, looking up you will see how the tiled underbelly of the port cochère sparkles with flecks of orange and blue, and then marvel at the two brushed aluminum handrails in front of the entry doors. See his article in OUR COMMUNITY on page 7.
Photo credit: Chris Wiebe*



ALTA VISTANS AND NEIGHBOURS: READ THIS, TAKE NOTE, PREPARE

By Courtney Tower



It is not nearly over, what our communities are going to look and feel like in the future. After all the heaving, consultations, anguished oppositions or supportive views of the past months and years, all the reports and opinions published in VISTAS, and the final acceptance by the Province of the City of Ottawa's Official Plan but with 40 amendments that will change Alta Vista substantially (see the December 2022 edition of VISTAS), there are final steps to come that could change

what we might expect from these approved plans; and these final steps are the many and mighty acts of zoning that will follow. Zoning could allow the hitherto unallowable. Zoning could change the face of Alta Vista and its neighbours as never before.

Timely notice, actually re-notice, of this, is given by the Alta Vista Community Association's Planning Committee. Under careful language, it nevertheless serves notice that there remains an urgent need to stay active, to be on guard, to follow coming presentations on expected impacts of the changes, to make voices heard.

Continued on Page 2

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

Where is it?

ARTS & CULTURE	22-25	OUR COMMUNITY REPS	16
BOOKWORMS DELIGHT	19	OUR ENVIRONMENT	20-21
CLASSIFIED ADS	36	SENIORS SPACE	29
FAITH NEWS	30-31	SCIENCE & TECHNOLOGY	33-34
HEALTH & FITNESS	26-28	SCHOOL NEWS	32
JUST GOOD ADVICE	17-18	SKYLAR'S KIDS PAGE	36
LETTERS TO THE EDITOR	3, 5	UPCOMING EVENTS	37-39
OUR COMMUNITY	1-2, 7-15		

OUR PEOPLE will return next month

OUR COMMUNITY

Continued from Page 1

The Planning Committee, in an article written by Garry Lindberg in this issue of VISTAS (see OUR COMMUNITY, page 9) talks about what it calls the “comprehensive re-zoning” that will be taking place based on two “foundational” documents: the revised City of Ottawa Official Plan, and “the mandated zoning changes dictated by the recently-approved provincial *More Homes Built Faster Act* (Bill 23).”

The article advises: “A detailed presentation on the impacts of all the changes from Bill 23, etc. will be given by the City on March 7, 2023. Go to engage.ottawa.ca/provincial-legislation-planning. You need to register to attend.”

While the re-zoning process will be lengthy, with the first draft of revised by-laws to be published in early 2024 and the final product not to be completed until late 2025, **it is important for residents to participate from an early stage** because now is when the basic interpretations on which by-laws will be based are being developed!

2023

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Application deadline: May 31, 2023

LETTERS TO THE EDITOR

It might be the supply rather than the chain

Dear Editor,

In the last few months, a steady stream of economists and politicians have appeared on the news trying to explain why inflation won't back down. "The pandemic," "labour shortages" and "supply chain issues" are the go-to explanations. None of them are fully satisfactory. Perhaps the time has come to examine more closely what we assume is at the end of that supply chain.

In 2008, Rob Hopkins published *The Transition Handbook: From Oil Dependency to Local Resilience*. He drew on the research of Colin Campbell, Richard Heinberg, David Holmgren and David Fleming, among others, to outline why it is unwise to allow all of our basic daily needs to be dependent on a perpetual supply of cheap oil.

It takes a lot of gumption to point this out. For the last two hundred years, the human population has received help from net annual increases in per capita fossil fuel energy available for use. This has meant massive increases in food production, the extension of life expectancy, the eradication of a number of diseases, and a level of connectivity in transportation and communication unimaginable in previous centuries. The culture that this economy produced is one that expects that everything will forever continue to get easier, faster, more convenient, and more abundant.

Campbell, Heinberg, Holmgren and Fleming all forecast a day in the not-too-distant future when petroleum supplies would plateau, due to a number of factors best articulated in Heinberg's 2003 book, *The Party's Over: Oil, War, and the Fate of Industrial Society*. Even if petroleum supplies remained stable for the next century, per capita availability of energy would decline, because the world's population continues to grow.

Rob Hopkins outlines in his book how every aspect of modern living is highly dependent on the availability of cheap oil: industrial agriculture, building supplies, home energy demands, transportation, and nearly every household good we use. He predicted that a peak in world oil production would first show up as inflation: gas prices would rise, but so would everything else: food, fuel, home energy, and consumer goods, especially those coming from far away.

The challenge in the coming years will be to step back and look at all that the petroleum era brought us: greater prosperity and life expectancy, free time to devote to art, science, music and literature, a flourishing of democracy, and a recognition of universal human rights.

And now the question is whether we can keep these achievements in an era of rising petroleum costs and the accompanying rise in the cost of living. Can we reduce our dependence on oil, by producing food close to home, better insulating our housing, repairing instead of discarding, learning to entertain ourselves through the seasons without constantly getting on airplanes, and most importantly, adapting our living arrangements to make driving unnecessary?

As life becomes more and more expensive, it is up to older and wealthier citizens to deploy their resources of time, skills and money to build more inclusive, egalitarian and self-sufficient communities. We also need to build energy literacy so that we're not looking for someone to blame as life gets more expensive.

There might just be fewer supplies at the end of that chain.

Janet Mark Wallace

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2023	VISTAS Delivery Date
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VISTAS Vision

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

LETTERS TO THE EDITOR

Are there Barred Owls in Pleasant Park Woods?

Dear Editor,

On February 13 at about 9 p.m., I was out on a balcony at the Playfair apartments, looking west toward Grasshopper Hill. I heard what sounded like a barred owl to my right (north) in the direction of Pleasant Park Woods. It was realistic, but I assumed it was a human effort. It was repeated several times.

Then, sounding closer and in front of me, came an answer to these calls that seemed to be coming from the trees at the bottom of the eastward slope of Grasshopper Hill, near the enclosing fence. The calls went back and forth for some time.

I'd like to know if there are Barred Owls in the woods now, or if someone is skilled at calling them.

Gretchen Denton, Alta Vista

Response from VISTAS bird columnist Richard Knapton

Hi Gretchen,

These are indeed Barred Owls that you heard. The hooting has a remarkable human-like quality that is easily imitated and indeed can induce a response from a Barred Owl itself. What you heard is very interesting – a male was hooting and thereby advertising his presence, and eventually a female answered. The two birds are courting and forming a pair bond, although this is still quite early in the year for signs of pairing. The presence of a pair of Barred Owls is known in the green spaces of WRENS Way and Pleasant Park Woods, and quite possibly there are two pairs. Welcome signs of spring!

Article on ravens fascinating

Re: Birds of Alta Vista – Common Raven by Richard Knapton, February 2023

Dear Editor,

I was fascinated by Richard Knapton's article on ravens. Along with their cousins, the crows (who I think should be our national bird), ravens are the most intelligent of our feathered friends.

I am reminded of the time I was in Iqaluit staying at the Frobisher Inn. I was annoyed by the bright lights that kept flashing off and on outside my window. I found that my room was over the truck loading dock and there was a group of ravens huddled on the bright lights that were operated by motion detectors. The ravens were taking turns flopping in front of the motion detectors while his/her mates were enjoying the warmth of the lights. They exhibit not only smarts but cooperation. Ravens are ubiquitous in the North and there are many stories of their pranks.

Robert F. Nelson

Editor's Response:

Thank you for your email, Robert. VISTAS is fortunate to have Richard Knapton writing a very informative column on local birds each month, as well as to have Bob Baker's photographs to accompany his articles.

Open Letter (copied to VISTAS): A call for a redirection of resources

Dear Mayor Sutcliffe and Councillor Carr,

I appreciate that one of your stated priorities is to significantly enhance the tree canopy in Ottawa. This mirrors the recently adopted Ottawa Official Plan, which espouses a 40 per cent tree canopy goal as a critical component of the city's climate action plan. Lest one presumes such a goal is purely aspirational, canopy covers in Halifax (52%), Quebec City (47%), Victoria (45%), and Vancouver (40%) suggest otherwise! Ottawa has clearly fallen behind.

An existing municipal levy raises significant funding for the Rideau Valley Conservation Authority. These funds in turn finance the planting of thousands of trees each year, the bulk of which occurs in rural areas. As city taxpayers, we are currently paying \$70.76 per year per one million dollars of assessed value toward these efforts. (A taxpayer's personal contribution can be viewed as a line item on the city tax bill labelled "CONS AUTHORITY.")

Climate action planners have highlighted the need to prioritize tree planting in heat island/pollution zones as opposed to rural areas.

Interestingly, WRENS Way, Grasshopper Hill and Pleasant Park Woods uniquely form the eastern boundary of the lands governed by the Rideau Valley Conservation Authority. These lands are also located in the urban core and classified as urban in the City's Official Plan.

As such, I request that during budget deliberations you engage to reallocate tree planting resources from the rural to the urban boundaries of the Rideau Valley Conservation Authority Lands, and to WRENS Way in particular.

The time for your acting is now with the onset of budget deliberations. The entrance to WRENS Way is now characterized by a massive downing of trees not fitting for a memorial space commemorating the brave contribution of women to the WW2 war effort.

Russ Jackson

Response from Councillor Carr

Since being elected, I have met with City representatives a number of times in order to ensure the improvement in the tree canopy in Alta Vista, which is currently at 28 per cent. As you are aware, the City target is 40 per cent. In order to help build up the tree canopy, city staff have re-evaluated their tree strategy. They are currently moving from a reactive to a proactive tree-planting approach, and applying an equity lens to future plantings. Specifically, they will be looking at areas with low canopy cover, vulnerable populations, and areas where there are urban heat islands.

I've attached the current heat map that will help guide future plantings. We are fortunate that WRENS Way is one of the few areas in the Ward that already has significant tree canopy, and other areas in the Ward will be prioritized to help meet targets.

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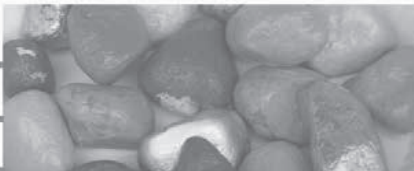


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OUR COMMUNITY

LESSONS IN ARCHITECTURAL RESILIENCE FROM HILLCREST HIGH SCHOOL

By Chris Wiebe



If you stand on Dauphin Street on a Saturday or Sunday morning, Hillcrest High School may look like any other mid-century Ottawa school – flat-roofed, long ranks of windows, chunky wings, generous helpings of brick. But step closer, walk right up to the skin of it, circumnavigate the sprawling structure and peer in a few windows, and the school becomes totally fascinating.

Of the four high schools in our neighbourhood, Hillcrest, opened in 1961, draws me back at regular intervals. It has more zest than the restrained classism of Canterbury (1968), more panache than Ridgemont’s (1957) brooding international style, more sheer magnetism than the once experimental St. Patrick’s (1972) whose colourful central atrium has long been “beige-ified” (coining a term). Designed by the local architecture firm Hazelgrove, Lithwick and Lambert, who also brought us the monolithic Bell Exchange (1949) at Bank and Randall, Hillcrest does have a few flashy design elements like the concave auditorium façade and thrusting porte cochère (a canopied entrance). But for me, its real distinction rests in the varied textures and flashes of colour in its finishing materials, both inside and out.

Hillcrest High’s librarian and resident historian, Richard Swandell, is also an admirer. “I’ve always liked the mid-century aesthetic of the school: the front canopy, the funky angles in different parts of the structure, the colour scheme. It seemed like design mattered when they built it. The architects were very deliberate in their choices, they weren’t just throwing up a ‘school-out-of-a-box.’”

And indeed if you pause to look around at the school’s front entry, the design begins to work its magic. Look up and you will see how the tiled underbelly of the porte cochère sparkles with flecks of orange and blue. Then marvel at the two brushed aluminum handrails in front of the entry doors. Slender, gently undulating, they ooze elegance. Even if I didn’t need to use them, I would absolutely want to grasp these railings every morning when I headed into school. But hold on a minute, how can these railings still be there, unblemished, 60 years after they were bolted to the ground? Because the brilliant architects, in their forethought, specified aluminum railings, a metal impervious to rust despite decades of step salt!

Now tear yourself from the railings and look through the front doors. While the ceiling lighting system has failed and been replaced, the terrazzo floors (a composite poured in place with quartz and granite), along with the easy-to-clean coved wall base, remain in exceptional condition – as pristine and uncracked as the day the school first opened in September 1961.

The thoughtfulness that went into the building materials extended to the school’s facilities. Swandell says you can really see the societal priorities baked into the array of learning spaces in the composite high school,



Aluminum railings

supporting all the educational pathways, whether academic, commercial or technical: auto shop, machine shop (now mothballed), art room, two music rooms, spacious fully functioning labs for biology, chemistry and physics. “The auditorium has great bones,” he enthuses, “and has features that are even better than Canterbury’s.” A hidden gem, the auditorium seats 700 and has a dedicated room for building sets, a sophisticated lighting system, and top-notch fly rigging for curtains, lights and scenery. Sadly, the ropes and pulleys have never been upgraded and are now unusable, so the fly hangs dormant. For all its forward thinking, the 1950s had considerable blindspots, the inability to foresee the need for fully inclusive and accessible facilities being one. People who use wheelchairs can’t enter Hillcrest through the front doors and must enter through the auto shop. Similarly, the bookstacks in the library are off limits for wheelchair users as the library is a split-level.



Textured wall treatments at the rear of the building

Next, head around to the back of the building and take in the textured wall surfaces along the way. The panels of red brick – in an unusual matte and roughcast style – play off the shiny bands of glazed blue bricks and sleek aluminum windows. In fact, mid-century aficionados will recognize the same blue brick used in architect George Bemis’s Colonel By Towers (315 Holmwood) in the Glebe.

Visible at the rear of the school, the inner stairwells are sheathed in vibrant yellow tiles wrapped around a blue-grey tiled central column. At night they glow wonderfully. And again, the terrazzo foot treads in the stairs barely show any wear. Just think of the thousands of students who have pounded up and down these stairs over the years – it boggles the mind. When Swandell tells me that the school was built for \$900,000 (or \$9 million in 2023 dollars), I compare that to the latest Ottawa high school in Stittsville, pegged at \$48 million. Even if Hillcrest’s heating system needs replacement, I’d say OCDSB, and Alta Vista residents, got value for their money with the still dazzling, space-age marvel.

OTTAWA’S WINTER SNOWFALL

By Isaac T. and Tessa M., VISTAS Kids reporters

Interestingly, due to climate change, a friend and I had an idea to compare this year’s winter snowfall to last year’s. Here are the results. In January 2022, Ottawa got a total of 51 cm (20 inches), and this year in January we had 96 cm (37 inches).



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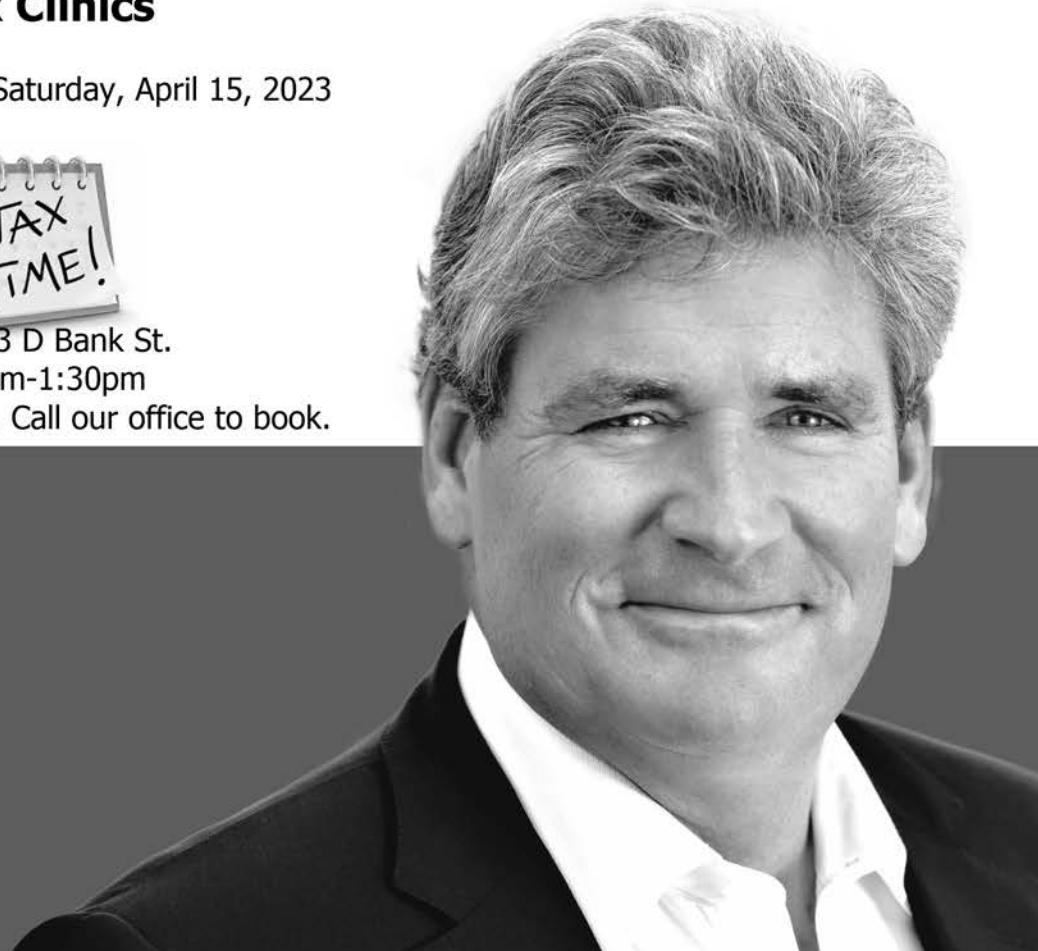
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OUR COMMUNITY

TWO IMPORTANT PLANNING AND TRANSPORTATION MATTERS

By Garry Lindberg on behalf of the AVCA Planning Committee



1) REVISED TIMELINES FOR THE COMPREHENSIVE RE-WRITE OF THE ZONING BY-LAWS

Now that the province has approved the City of Ottawa Official Plan (with some 40 amendments) and the implications of the changes mandated by Bill 23 have been assessed, City of Ottawa planning staff continue to move forward with the comprehensive re-zoning by-law exercise.

It is worth remembering that re-writing our zoning by-laws is the concrete implementation of the policies already approved in the City of Ottawa Official Plan together with the mandated zoning changes dictated by the recently approved provincial *More Homes Built Faster Act* (Bill 23).

Notable changes resulting from these two foundational pieces are:

- Permitting up to six-storey buildings along minor corridors, such as Pleasant Park Road, Kilborn Avenue and Heron Road (a change from the four stories approved in the Official Plan);
- Permitting building of up to three units on any detached or semi-detached lot anywhere (i.e., to allow up to a triplex) - whether this will be “as of right” or require some re-zoning/committee of adjustment process is not clear;
- No longer requiring the site plan control process (including exterior design and landscaping, walkways, and parking) for any development under 10 units. Neighbours will no longer be able to see what is being proposed before the development is built.

A detailed presentation on the impacts of all the changes from Bill 23 will be given by the City on March 7, 2023. Go to engage.ottawa.ca/provincial-legislation-planning. You need to register to attend.

On January 31, 2023, the City’s Planning and Housing Committee approved revised timelines for the process of comprehensively re-writing the zoning by-laws (see pub-ottawa.escribemeetings.com/Meeting.aspx?Id=58beff94-e0dc-4553-8da7-487715797cf7&Agenda=Agenda&lang=English&Item=21&Tab=attachments). Details can be found on the Engage Ottawa platform, once it is updated. The re-zoning by-law process will be lengthy, with the first draft of revised by-laws to be published in the first quarter of 2024. The final product will not be completed until the fourth quarter of 2025. However, it is important for residents to participate from an early stage because now is when the basic interpretations on which by-laws will be based are being developed.

One of the first steps in this exercise is the release of seven zoning discussion papers for public comment in late March 2023. These discussion papers will be residents’ first opportunity to have their say about the future of zoning in the City of Ottawa. The discussion papers focus on key policy directions in the Official Plan that must be implemented in the Zoning By-Laws:

- Climate Change, Resiliency and Public Health
- Equity, Diversity and Inclusion
- Land Use
- Neighbourhood Zoning
- Neighbourhood Character
- Trees
- Rural Zoning Issues

AVCA Planning will make detailed assessments of these zoning consultation papers and share our findings with residents at AVCA monthly meetings, through articles on the AVCA website, and through VISTAS articles.

To assist you and to help place things in context, AVCA is working with Councillor Marty Carr to arrange to have City planning staff make a re-zoning presentation focused on Alta Vista with a question and answer period. A date has not yet been established, but we hope to have this sometime in April or early May.

As we proceed through this process, AVCA will be establishing a new email list that will be used only for the comprehensive re-zoning process. If you are not already a member of AVCA, consider joining. Or, you can add your name to the list by writing to contact@avca.ca. And as you provide feedback to the City on the discussion papers, we ask that you consider copying your feedback to contact@avca.ca and to your Councillor.

2) BANK STREET RENEWAL PROJECT

For the past few years, Ottawa has been developing plans to totally renew Bank Street from Riverside Drive to Ledbury Avenue. The plan is to rehabilitate underground infrastructure and construct a safe arterial main street which will cater to vehicles, transit, cyclists and pedestrians (similar to Main Street).

The public last had an opportunity to review and provide input nearly two years ago when the preliminary design was presented. At that time, AVCA raised several concerns, including cycling concerns, access to Blue Heron Mall, and pedestrian crossing provisions at Billings Bridge. As well, safety concerns were expressed with the narrowing of the street in the section of Bank Street between Riverside East and West, which will lead to increased conflicts between vehicles, transit, cyclists and pedestrians. The requested lay-by would further narrow the sidewalk and bike lanes.

The City has now scheduled a public information session to present information relating to the Bank Street Renewal Advanced Miscellaneous Works, see ottawa.ca/bankstreet for more details and sign up for the e-newsletter at ottawa.ca/esubscriptions. An open house is planned for March 9, 2023, at the Ridgemont High School cafeteria (room 153), 2597 Alta Vista Drive from 6:30 to 8:30 p.m. An online engagement opportunity is also planned between February 27 and March 17, 2023, to provide residents and businesses with a virtual update on Phase 1 proposed Bank Street design and to provide details on the Phase 1A construction planned for 2023. Plan to participate and provide your input.

OTHER PLANNING ACTIVITIES

There are quite a number of development proposals, both continuing and new, active in the Alta Vista Community Association catchment and surrounding areas at this time. To mention just a few with recent activity: The Seniors Residence and Long-Term Care facility at the Riverside Hospital site; the Ronald MacDonald House expansion; the St. Thomas d’Aquin redevelopment; and the CHEO parking garage. Visit avca.ca for a more comprehensive list and more details, and attend our monthly meetings.

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OUR COMMUNITY



ELLWOOD UPDATE

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

Ellwood's Grand Winter Carnival a success

Weatherwise it did not augur well with dreary days of rink-unfriendly weather, but Saturday, February 11th dawned a most beautiful day, with crisp beautiful blue skies, glorious sunshine and just the perfect winter temperature for Ellwood's Ridgemont Community Association's Grand Winter Carnival.

Attendees started arriving on the dot at 1 p.m.; first off was Cecilia, her sister Valery and brother, speed skater Luc, who was zipping around the rink in such a blur that it undoubtedly caught NORAD's attention. Their cousin Laeticia from France was next, doing figure eights on one leg and skating to perfection. And throughout the afternoon they kept coming – from all corners of Ellwood, about 75 people in total.

Brothers Alec and Ben, our rink masters, were at it from 1 till 5 a.m., watering and smoothening an ice surface that had been ravaged by mild temperatures and rain. And what a good job they did, judging from how skillfully the skaters were gliding around.

Ellwood's Gary Howard, renowned for his spectacular wildlife photography, made a brand-new 3D printed Memorial Cup, which looked like a Lalique transparent work of art.



Little Valery about to score! Photo credit Gary Howard



Justice puts the puck in the net guarded by Adriano. Photo credit Gary Howard

Both the kiddy rink and the main rink were busy: here was Brock busily building snow tunnels through which he looped and slid with utter delight; there was little Valery with a hockey stick higher than she is, gamely scoring against Adriano at the net. You should have seen Justice holding her own with verve and determination against all, whether as goalie or centre forward. And Adriano nonchalantly put three pucks in a row right into the net from almost the other end of the rink. His skill was such that they all glided in without hitting the metal frame! Councillor Riley Brockington also dropped by to mix, mingle and have a hot coffee and a donut.

In lieu of the hockey tournament, the prize was switched to a winter carnival quiz, with questions like – Where was Wayne Gretzky born? Brampton. Which other planet has snow? Mars. How many sides to a snowflake? Six. Which is the world's coldest capital? Ulan Bator, Magnolia. Which was the first NHL team to win the Stanley Cup back-to-back? The Senators. What are the dimensions of the kiddy rink? About 40 x 40 feet (most guessed around 100 x 100). The contest was very close and like last year's game, ended in a draw – both sides happily sharing the trophy. By the end of the afternoon, all of the coffee, hot chocolate, donuts and muffins were gone, and a good time was had by all. Now we look forward to our big summer event.

Community notes

It was brought to Ellwood's Ridgemont Community Association's attention that the bus stop at Bank and Walkley was relocated in front of homes, which is causing a lot of problems for residents. This was a result of damage to the pole in its original location (in place for over 50+ years) due to winter maintenance. OC Transpo, in agreement with the community association, will move the bus stop to a location at Walkley and Banff in front of vacant lands.

Also, there will be a Public Information Session at Ridgemont High School on Thursday, March 9 from 6:30 to 8:30 p.m. in Room 153 at 2567 Alta Vista Drive. You are invited to attend the presentation of the latest Phase 1 design drawings, proposed schedule and construction information related to the Bank Street Renewal Advanced Works project in advance of the start of construction in the spring of 2023. This construction will be focused just on the stretch of Bank Street from the Billings Bridge across the Rideau River to the first intersection (Riverside Westbound to Riverside Eastbound). While this stretch only measures about 500 feet, the work will be intensive and require patience with traffic re-routing. The stretch from there to as far as Erie will be done in 2024, and the stretch from Erie to Ledbury will likely start in 2027. This information session will focus on the stretch from Riverside to Erie.

Ellwood's Ridgemont Community Association has been closely involved with the Bank Street Renewal Project for over 15 years. City of Ottawa Project Manager Roxanne Tubb assures me that the stretch from Alta Vista to Ledbury/Home Depot will not be set in concrete at this time, but will be open to the traffic cut-through, speeding and safety concerns of Ellwood.

Please feel welcome to contact Norm Payne at normanp@premieregroup.com or 613-288-0034.



Contestants mull over a Winter Carnival question. Photo credit Gary Howard



Winter carnival attendees with association president Norm Payne (centre, plaid jacket). Photo credit Gary Howard



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 Executive Assistant: Sarah Falkowsky
 (sarah.falkowsky@ottawa.ca)
 Case Worker: Dave Woods (dave.woods1@ottawa.ca)
 Communications Assistant: Heather Moore
 (heather.moore@ottawa.ca)

Coffee and Conversation - March 17 Green Bean Café

I invite you to join me for a Coffee and Conversation session at the Green Bean Café (1791 Kilborn Avenue) on Friday March 17 from 2 p.m. to 4 p.m. This event will be an opportunity for us to openly discuss new ideas and ways to improve our community. Your input and feedback is important to ensure our community is constantly evolving and everyone's voice is being heard. I look forward to seeing you there!

Visit the "Colour Changes Everything" Art Exhibit

You are invited to get immersed in the "Colour Changes Everything" art exhibit until March 17 at the Alta Vista branch of the Ottawa Public Library (2516 Alta Vista Drive). Put on by fifteen members of the Ottawa-Gatineau Printmakers Connective, the exhibition of 28 thought-provoking prints will be sure to lift your spirits, tickle your funny bone and brighten your winter day.

Othello Development - Virtual Q&A Session March 21

Following the Elmvale Town Hall meeting that was held on January 24, there were many questions and requests for more information regarding the upcoming development plans on Othello Avenue. I have decided to hold a virtual Q&A session on Tuesday March 21 from 6:30 p.m. to 8:30 p.m. to best address your questions. The link will be posted on my website shortly.

Bank Street Renewal Design - Updated Location 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 project and the construction planned for 2023. Please note that the location for the information session has changed. The session will take place at Ridgemont High School (Cafeteria, room 153) at 2597 Alta Vista Drive from 6:30 p.m. to 8:30 p.m. You can also visit the City's website to view the project's latest design drawings and submit your comments.

<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. 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 in our community. 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

LOCAL TEENS RIGHT ON TARGET AT PROVINCIAL BIATHLON COMPETITIONS

By Lt Anh-Thu Dang and WO Grace Mackenzie

Local teens from 2332 Major E.J.G. Holland VC Royal Canadian Army Cadet Corps showed their physical fitness prowess and marksmanship discipline at the recent biathlon competition at the Connaught Cadet Training Centre.



Biathlon, a winter Olympic sport which combines cross-country skiing and rifle shooting, is one of many activities available to youth in the Cadet Program. Luckily for this year's competition, the weather was amazing and there was plenty of snow to ski on.

LCpl Sigman, in the middle, received her Bronze medal as the third-fastest Junior Female in Ontario. Photo credit: Susan and Jean-Philippe Rioux

This local team, consisting of Warrant Officer Gabriel Diaz, Warrant Officer Amar Serbouti, Warrant Officer Munir Farah, Corporal Justin Rioux and Lance Corporal Skye Sigman, was led by coach Captain Cory Lohnes. For some, this season was their first year being on a biathlon team! After months of intense training on their skiing and marksmanship skills, they headed into the local Area Biathlon Competition on January 28. Competitors had to ski a 1.5 km trail that looped into the shooting range where they then had to focus on precision shooting to try to hit five targets that are only 4.5 cm in diameter. They then had to repeat that all over again and ski a third final lap to finish the full 4.5 km course.

Corporal Rioux headed into the competition feeling nervous and that he could have prepared more for the day. Advice from coach Capt Lohnes changed his perspective, citing "If you tell yourself that you can do it, you can because it's all about your attitude."

Clearly, these words resonated well with the athletes as Cpl Rioux and LCpl Sigman owned the podium placing first in the Junior Team Category and the Open Category, beating every other team at this year's competition of over 140 racers. They also both won the Gold Medal for being the top athlete in their respective individual category: Junior Male and Junior Female. And in the Senior Male division, the largest category in the competition, WO Diaz ranked in the top 10 of the entire field of racers. Amazing accomplishments for their first-ever competition.

Cpl Rioux, LCpl Sigman and coach Capt Lohnes just returned from the Provincial Biathlon Championship held in Sault Ste Marie last weekend. They performed wonderfully again, ranking fourth in their team category. Cpl Rioux finished the individual race as the eighth fastest Junior Male in the province, while LCpl Sigman proudly stood on the podium with her Bronze Medal as the third-fastest Junior Female in Ontario! "See you at Nationals next year!" said LCpl Sigman, smiling wide with her medals. As members of this year's Ottawa & St Lawrence Area Team, these local youth brought home more than half of all the medals that were available from this year's competition.

"We were all very happy to get back to in-person training and shoulder-to-shoulder competitions this year," remarked a proud and jubilant Capt Lohnes. "These athletes really harnessed that emotion and positive energy and channelled it into their performance. It is always so inspiring to see people achieve the goals that they set and work toward, and these cadet biathletes certainly did just that!"

These competitions provide opportunities for cadets to test their physical fitness while simultaneously developing their leadership and team-building skills. "If you like being challenged and pushing yourself to do your best, you should join the Cadet Program!" said Cpl Rioux. WO Farah added, "I really enjoyed all the practices with the team and the bond we grew together. Although I didn't win, I gained a lot of experience in racing."

Activities like biathlon, where cadets work on their physical fitness and teamwork through practices and competition, are offered through Cadets Canada. This free-to-join Army Cadet program is open to youth between the ages of 12 to 18 and is offered locally every Wednesday night at 2100 Walkley Rd. Check out our website 2332cadets.ca for more information.

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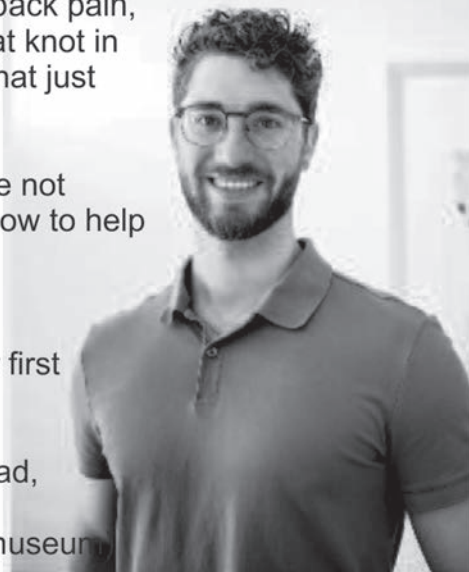
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OUR COMMUNITY

HEROES OF HERON EMERGENCY FOOD CENTRE

By Lynn Sherwood

At HEFC, most of the donations that enable us to provide nourishing food year-round arrive during the Christmas season. We count on and plan for these generous donations from our community in South East Ottawa to help us feed people during the rest of the year. Our biggest Christmas-time donor is the Immaculate Heart of Mary Church on Alta Vista Drive, which holds a wonderful fundraiser/Christmas concert at the beginning of December every year. This past Christmas, to our amazement, Immaculate Heart of Mary outdid themselves, raising over \$14,000 at this concert, all of which will assist us to provide food for folks who are down on their luck. This year is special in more than one way, as included in this generosity is a gift from the Angels – quite literally. Suzan Guirguis, who is one of the organizers of the Christmas concert, herself donated \$3500 through the sale of her beautiful, hand-crocheted angels. She is our Hero for March.

Suzan, a social worker in Egypt before immigrating to Canada in 1995, speaks English, French and Arabic. She has volunteered and worked here in Ottawa with Arabic-speaking immigrants and refugees, so she understands the desperation of food insecurity. A lifelong craftswoman, after watching YouTube videos about crocheting angels, she decided to make some herself. She now creates exquisite angels, which she sells to fellow church members as heirloom quality Christmas gifts, in seven sizes, ranging from 17 inches to only three inches in height. Suzan states that it took her quite some time to adapt the pattern, which was inaccurate, to create all of her angels, and explained how each one is constructed. She says that finding just the right type of crochet cotton – not too thick, not too thin, and of excellent quality – has also been a challenge.

After the angels are crocheted, she dips each one into a starch solution and dries it on a cone-shaped form she has devised. The results are exquisite – a beautiful choir of angels.

Suzan's creations are labour-intensive. The smallest of the angels, three inches in size, takes two hours to complete, while the large 17-inch angels take 35 hours to crochet. Suzan was busy full-time from September through to Christmas with her custom-made angel orders, and she has asked me to say that she is willing to teach others how to make her angels if they agree to donate all of the profits they make from the work to HEFC. Suzan is also thinking of creating these wonderful angels throughout the year if there is enough interest. She has been creating angels for a local retirement home where the plan is to organize a fundraiser raffle in which folks can purchase tickets with the angels as a prize.



Suzan Guirguis, HEFC's Hero for March

Suzan has created a price list for her creations. The 17-inch angels are \$150 each (a bargain for 35 hours of work) with prices decreasing according to size. For example, the seven-inch angels are \$50 each, the five-inch angels are \$35, and the four- and three-inch angels are \$25 each. She will make a set of four angels of different sizes for \$135. All profits from her work will be donated to HEFC. What a wonderful gift for a new baby or special person!

Suzan can be reached at sueguirguis@hotmail.com if anyone is interested in participating in her fundraising project or in purchasing some of her wonderful angels.

In the month of December 2022, HEFC was overwhelmed with clients, serving almost 2,000 individuals, about twice the number for previous Decembers, and the highest number of clients in our history. We kept HEFC open an extra hour each day, increasing our total time of opening for service by one-third, in order to ensure that people were not turned away.

Continued on Page 14



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Respite House



OUR COMMUNITY

Continued from Page 13

HEFC was established and organized as a short-term emergency food program back in 1987. At that time, no one imagined that need would increase to such an extent and that our emergency food program would eventually be seen as a regular service component of community social support networks. Given the extraordinary stresses on our volunteers, staff and resources at this time, we are extremely grateful to have Suzan's Angels assisting us in our work.

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 for more information.

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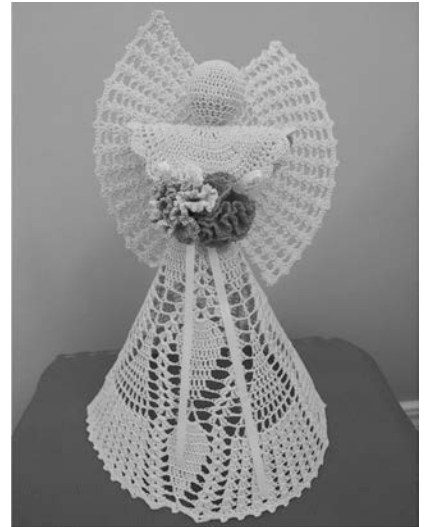
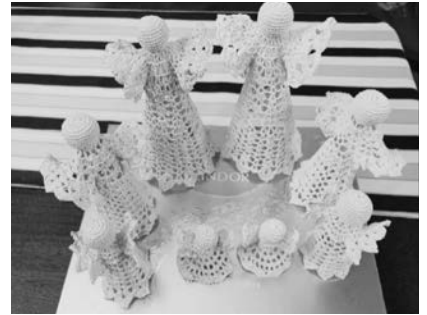
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OUR COMMUNITY

GOOD NEWS! ALTA VISTA COMMUNITY ASSOCIATION CREATES A SENIORS COMMITTEE

By Lynne Davidson-Fournier, Chair, SWAV

In November 2022, AVCA created a new committee, Seniors Watch Alta Vista (SWAV). Its mandate has 4 pillars: education on services and access; development of partnerships; engagement on seniors' issues; and advocacy at all levels. SWAV's core focus is "Aging in place." We have been laying the necessary groundwork towards this year's goals: gather all relevant information on the available services and supports for seniors in our area, identify specific needs of seniors in our area, draft a preliminary version of a bilingual guide, and prepare an information event for seniors and caregivers.

Many seniors find it hard to navigate the system. Seniors want to know what types of care and support are available so that they may stay in their homes as long as possible. The senior population (age 65 and over) will increase dramatically over the next decade and it is projected, by the Ontario Health agency, to reach 37 per cent of the population by 2032 in the East region.

SWAV is working hard to raise the profile of seniors. We recently submitted a budgetary proposal to Councillor Marty Carr to create a seniors sub-committee of the Board of Health to advise the City on seniors' policy matters. There is much interest in this proposal. SWAV has started networking with support and service providers, municipal staff in charge of seniors' issues, and elected officials at the municipal, provincial and federal levels.

SWAV intends to reach out to other community associations and organizations. We have started liaising with SWOOS (Senior Watch Old Ottawa South) on various matters, including offering support for SWOOS' project, a Seniors Health Innovations Hub (SHIH) focused on serving seniors without a family doctor.

We hope to hear from seniors and caregivers about interests and issues by email at swav.avca@gmail.com. Should you wish to become a member of AVCA, you can send an email to contact@avca.ca. On attend des nouvelles des aîné(e)s et des proches aidants quant aux intérêts et questions à signaler à swav.avca@gmail.com.

CALLING ALL NEIGHBOURS: COMMUNITY SAFETY AND NEIGHBOURHOOD WATCH

By Adrienne Stevenson

In recent months, there have been numerous reports of car theft and daylight illicit home access in Ward 18 (Alta Vista Ward) and surrounding areas. Among the ways neighbours can help themselves and each other to deter and prevent this kind of incident are improved vigilance and attention to locking cars, concealing VINs and keeping house doors locked. Another tool is Neighbourhood Watch.

As a board member of AVCA assigned to the Neighbourhood Watch program, I'm seeking volunteers within our catchment area (the Alta Vista neighbourhood, which is that part of Alta Vista Ward south of Smyth Road, north of Walkley Road, east of the Rideau River, and west of the greenspace along the Haig/Urbanale corridor) who are interested in becoming Neighbourhood Watch committee members and potentially Block Captains. In order to be recognized formally, 50 per cent of the families in each block need to agree to participate. I can provide participation forms to anyone who is interested in establishing a watch on their block.

Of course, the formal process isn't for everyone. What else can you do? Get to know your neighbours! During the pandemic, many of us began to walk through our neighbourhoods and chat at driveways or over fences, more than we did before. Dog walkers became more common as people acquired new pets. With seniors making up more of our population, neighbours kept a closer eye on each other. Whether formal or informal, we can all look out for our neighbours. We can all be sensitive to their needs as well as our own, and sensitive to the diversity of our neighbourhoods, too.

AVCA is not the only community association active in Ward 18. Others include Faircrest Heights, Riverview Park, Eastway Gardens and Canterbury. All of these have web pages or a Facebook page, sometimes both. Neighbourhood Watches are already active in some areas. If you are interested in participating, or for more information, please get in touch at nw.avca@gmail.com or the contact for your local association.



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OUR COMMUNITY REPS

Q-AND-A'S WITH ALTA VISTA CITY COUNCILLOR

By Aldis Brennan



Our (somewhat) newly elected city councillor Marty Carr sat down with VISTAS volunteer reporter Aldis Brennan to update the community on her priorities, how things are going, and to explain her views on some recent controversies.

This conversation has been edited for clarity and conciseness.

Aldis Brennan: What inspired you to run for city council?

Councillor Carr: I worked in the federal public service for over 20 years, but my volunteer job was as President of the Alta Vista Community Association for the four years prior to winning the city council election. In that capacity, I did a lot of volunteer work in the community. I set up the Alta Vista farmers market, I led a lot of discussions on the Official Plan, and I worked a lot on community issues as sort of the liaison between the community and the councillor's office. I really started to enjoy the municipal issues because there's such an opportunity to effect so much change.

AB: Now that you have been elected, what are your priorities for Alta Vista?

MC: I've laid out on my website 12 key things that I want to get done over the next four years. Some of them are recreational like getting a fenced dog park. Some are environmental in terms of better biking and pedestrian infrastructure, improving the tree canopy, looking at recreation centres, and more accessible units in our developments. You've got your city-wide priorities as well. I think for the city, the affordable housing piece and the transit piece are really, really important.

AB: How is the need for housing impacting Alta Vista?

MC: Since the onset of the pandemic, we've been housing the unhoused population at the Dempsey Community Centre and recently we opened up the Jim Durrell Centre. I was told this week that these people are going to be moved to the Heron Road Community Centre. I definitely don't have a problem with temporary solutions for the unhoused, but the issue is that in Alta Vista they've taken two community centres, which has sort of penalized the vulnerable populations in that area.

AB: How do you balance that need for housing with making sure we have the community spaces that seniors and young people also need?

MC: That's a challenge. There are lots of community centres all over the city. They've used Jim Durrell before. They've used Heron Road before. We've essentially had very little use of those facilities. I want to support the fact that we need housing, but there are lots of studies which show that it's more expensive to house people in an emergency shelter than it is to provide them with a supportive housing environment.

AB: Improving transit was one of your election commitments and you are on the Transit Commission, how are you moving that file forward?

MC: I'm just getting started on that one. We had our first meeting to deliberate on e-buses, but right away we were engaged in the budget discussions. I have a lot of questions to ask about transit, accessibility, and upkeep of the stations, so I'm focused on that, but I want to start asking about local service and how we can improve that.

AB: What are your thoughts on the proposed Alta Vista Transportation Corridor, which would see the Kilborn Allotment Gardens demolished in favour of a highway?

MC: Thinking on this has changed a lot. I'm willing to bet that this corridor will be earmarked for transit and probably not built for many years because we don't have any funding. I'm actually hoping that the allotment gardens will be extended to the other side of Kilborn, but

I've been told that a water source would be needed there and would be quite expensive.

AB: You also serve on the Ottawa Police Services Board. That seems like a challenging file. What do you hope to accomplish with that position?

MC: I'm a big believer that if you want to see change, you actually have to be a part of that change. We talk a lot about how we want alternate responses and how the role of policing has to evolve, but very few put their hand up to do the work. It is difficult work. You are caught between people with very opposing views, so it's a very challenging board. It's not going to be enough just to tweet about it.

AB: You were quoted as being the only member of the OPS board with significant reservations around a proposed bylaw to limit public presentations. Can you tell me about that?

MC: Obviously we need to get the business of the board done. The last Police Services Board meeting was nine hours long, so I understand the perspective of some board members. You're dealing with really high-profile files and you're exhausted from sitting there and maybe not focused enough. I didn't feel at the time that enough consideration had been given in drafting those bylaws. I've now had the opportunity to look at what some other police boards do in terms of how they allow delegations and I think there's room for improvement that can suit both sides. We certainly don't want to appear that we're not being transparent.

AB: It's been several months now since you've been sworn in. How is it going?

MC: I think mostly good. You have so many plans like getting back to every resident, but you get hundreds of emails a day. My staff have to look after them, there's no way I can. My schedule is usually at least eight hours of meetings a day because you do meetings in the evenings as well as events on the weekend. So, having to accept that I can't allow myself to be as involved in as many things as I'd like came as a surprise. Coming from the federal government I had five weeks of holidays a year and now I don't know when I'm going to be able to take a day off. It's just a very different world.

AB: Is there anything else you would like to say to the residents of Alta Vista?

MC: I'm just really happy to be representing you and I encourage you to always reach out. I'm doing my best to keep up on everything and I'm looking forward to getting out and engaging with the community more.



Marty Carr, Councillor Tim Tierney, and Eli Tannis at St. Luke's school Christmas lunch.



Marty Carr and Nicole Li, Heron Gate Community Liaison, on the Red Gate Arena horse and sleigh ride at the Heron Gate Winter Fun Day.

JUST GOOD ADVICE

THE GARDEN GATE

By Patricia Mosher

Feature: Ten plants to start from seed indoors now for your spring garden



With an ever-increasing number of us embracing gardening as a pastime or to grow some of our own food, planting from seed is a great way to extend the growing season. Few things are more thrilling than the first signs of life appearing from a seed you've planted yourself!

Germinating seeds indoors provides an early start to the growing season and the opportunity to get your gardening "fix" early, even when the ground outside is still covered in snow.

Not only is it more economical than purchasing plants from a garden centre, but many vegetables, herbs and flowers are also super easy to grow from seed. Here are five vegetables followed by five flowers that are easy to start from seed indoors in March or April and transplant outside in May.

1. Peas – best grown in peat pots, the bright green leaves and purple flowers are attractive to bees and other pollinators too, making them an all-around fantastic addition to any home garden.
2. Tomatoes – one of the easiest and most popular seeds to start indoors.
3. Basil – a fantastic herb to compliment the tomatoes; traditional green basil is a staple in my garden, but I love the Thai variety too.
4. Eggplant – these easy-to-grow seeds are great for transplanting outside into containers or directly into the garden.
5. Kale – a great cool-season vegetable that you can harvest from summer through late fall; they are a little slow to get going, so it's best to give them a head start inside.
6. Marigolds – one of my all-time favourite flowers, marigolds are super easy to grow indoors from seed; old-fashioned marigolds attract pollinators and can help to deter pests from the garden too.
7. Coleus – a favourite annual for shady gardens, grown for their showy, "painted" leaves in colourful, splashy patterns of burgundy, pink and brilliant chartreuse.
8. Zinnia – these vibrant flowers add a splash of colour to containers and gardens and are easy to start from seed inside; tiny seedlings pop up just days after sowing.
9. Nasturtium – while they are fast-growing and easy to care for, nasturtiums win the prize for prettiest edible flower.
10. Cosmos – these seeds get off to a super-fast start, care is minimal, and the pastel flower show is spectacular.



Photo Credit: Ontario Seed Company

Keep in mind that most seeds need a warm environment and a lot of light to germinate, so make sure to provide them with a sunny location or supplement them with artificial light. Additionally, be sure to follow the specific instructions on each seed packet for the best results. Wait to plant the seedlings into the garden until the soil outside has warmed and all chance of frost is gone (typically mid-May in our area).

Plant of the month: Yew

Whether you have a small urban yard or a modest-sized suburban lot, evergreens are a quick solution for blocking unsightly views, hiding foundations and creating privacy. In any case, Yews are a particularly great evergreen choice to consider.



Photo Credit: PlantingTree.com

This coniferous evergreen tree or shrub is especially long-lived and comes in a variety of sizes and shapes. Two hardy options for our Alta Vista gardens are the Hicks Yew and the Hills Yew. Hicks is the most popular for hedging, reaching maturity at about two metres tall while Hills has a slightly slower rate of growth and produces a bushier plant. Both provide dense foliage and are relatively low maintenance plants because of their slow growth. Pyramid or Japanese Yews are also great specimens that will grow to about three metres high.

Yews are commonly used as formal hedging and sometimes pruned into topiary forms as their dense, finely textured foliage is amenable to regular shearing. If regular pruning is not your thing, no problem. You can plant them, water them for a year or two and walk away.

While Yews can be grown in full sun as well as partial shade, for healthy and lush growth, opt for a spot that gets several hours of sunshine each day as too much shade can cause thin and floppy growth. Yews can also tolerate several soil types, as long as the soil has good drainage – a special consideration with our clay-based soil in Alta Vista. They are best planted in the spring and will adapt to your garden faster than if planted in the fall.



Photo Credit: Deborah Silver and Co.

March Gardening

Spring is in the air (almost) and this is the month to start getting geared up for gardening. Here are a few suggestions to get your green thumb out of dormancy.

- Now is the perfect time to purchase seeds to get a head start on spring. Seed packs for vegetables, herbs, annuals and perennials can be ordered online or purchased at local garden centres. Several online seed companies were featured in the February 2022 issue of VISTAS (page 19) in case you missed it.
- Ensure you have a supply of potting mix and seedling containers/peat pots on hand if you plan on starting seeds inside this spring.
- Prune any apple or fruit trees while the tree is still dormant. It's best to prune right before buds start to open so early March is ideal for this chore. A great resource to learn more is Landscape Ontario.
- Start collecting all your egg shells, dry them out in a dish, crush them and save them to sprinkle around the base of any hostas to deter snails this summer.
- Feed the birds: By late winter many natural food sources for local birds will begin to thin out so continue to stock your bird feeders (black oil sunflowers for cardinals, blue jays and juncos; suet for woodpeckers and nuthatches; and Nyjer seed for finches).

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 or on Instagram: @ottawaplantbynumbers. Patricia has lived in and been an avid gardener in Alta Vista for over 30 years.



JUST GOOD ADVICE

THERE ARE ALTERNATIVES TO FOSSIL FUELS FOR HOME HEATING

By David Wilkins



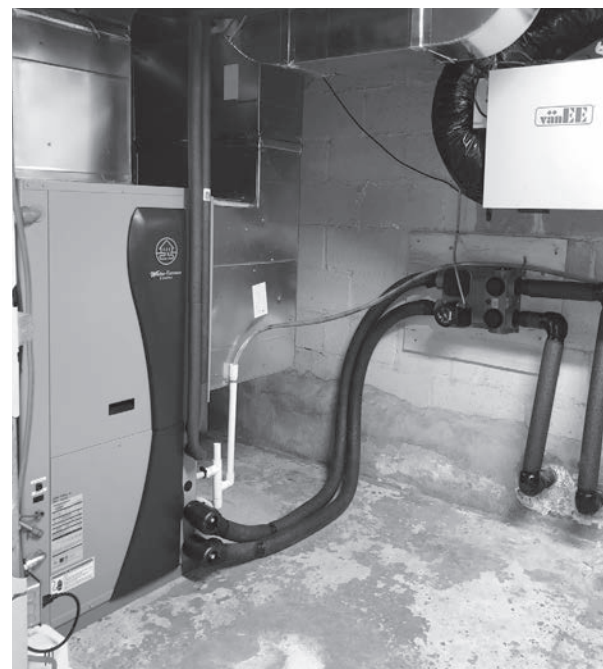
“Investing in new fossil fuels infrastructure is moral and economic madness.” — Antonio Guterres, Secretary-General of the United Nations

The words of Antonio Guterres rang in my head as I considered the options for replacing the aging natural gas furnace and air conditioner for my Riverview Park home. Space heating is the largest component of household energy use in Canada, accounting for 62 per cent of total energy consumed in the home. Natural gas furnaces account for 48 per cent of home heating energy use, resulting in 35.5 million tonnes of CO2 equivalent being released into the atmosphere in Canada in 2019 (the latest year for which NRCan provides data).

Although small in scale, a new natural gas furnace for my home would represent an investment in new fossil fuel infrastructure – moral and economic madness, in the words of Guterres. Over the expected 20-year lifetime of a new furnace, I would be emitting about 80 tonnes of CO2 into the atmosphere. That was a long-term commitment that I simply could not reconcile with my conviction that the burning of fossil fuels and the resulting emissions of CO2 is causing profound negative changes to the climate of our planet.

What are the alternatives to natural gas for home heating? Heat pumps have become an obvious choice. Heat naturally wants to flow “downhill,” from a warm area to a cold area, but an electrically powered heat pump can move heat “uphill,” from a cold to a warm area. Familiar examples

include refrigerators and air conditioners. Modern Cold Climate Air Source (CCAS) heat pumps for home heating can extract heat from the outside air down to temperatures of approximately -20 C, and can result in significant reductions in energy use. However, the colder it gets, the harder the heat pump has to work to extract what little heat remains in the outside air. It



is common to retain a natural gas furnace to act as a backup for a CCAS heat pump, for prolonged spells of very cold weather.

A ground source (or geothermal) heat pump is a better (and more expensive) option. In Ottawa, below depths of a few metres, the ground temperature is a constant 9 C. This represents a vast thermal reservoir available for home heating. A closed loop of tubing running through the ground, with fluid pumped through it, can extract heat at 9 C and pass it through a heat pump to boost its temperature to room temperature for home heating. In the summer, the fluid acts as a source of air conditioning.

In new construction or in rural areas where space is available, tubing can be run horizontally through the ground in a series of trenches. As this was not an option in my tight urban lot, I opted to drill two vertical bore holes in the front yard, each about 80 metres deep. Tubing was run down the boreholes, buried under the front yard and brought through the foundation wall to a heat pump unit in the basement. This unit sits where the gas furnace used to be, and connects to the same system of air ducts.

Done as a retrofit to an older home, a geothermal system is difficult to justify on economic grounds alone. Even with the federal government Greener Homes grant program, at current natural gas prices, the payback period would be several decades. However, it is likely that natural gas prices will increase dramatically in the years to come as the true cost of dumping greenhouse gases into the atmosphere becomes apparent. More important than the economics is knowing that, by choosing a heat pump instead of a new natural gas furnace, I have taken a small but tangible step to reduce the emissions that are causing the current climate crisis.

“We are on a highway to hell with our foot on the accelerator ... What did you do for the world – and for our planet – when you had the chance?” — Antonio Guterres

David Wilkins retired from a career in medical physics in 2017 and has lived on Abbey Road for 26 years.






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BOOKWORMS DELIGHT

WHY BIRDS SING (2020)

By Nina Berkhout

Reviewed by Marie-Andrée Lajoie

It is a pleasure and a privilege to enjoy literature in both of Canada's official languages. Sometimes, it leads one to undiscovered treasures.

I missed the publication of Nina Berkhout's *Why Birds Sing* in 2020. I was likely busy with pandemic matters or just overwhelmed by the wealth of good books.

All this to say, I discovered the book as it came out in translation as *L'espoir est cette chose à plumes*. I did not know the original was a "must read" of the *Globe and Mail* in 2020 and that the author lived in Ottawa.

We meet 30-something Dawn Woodward as her international career as an opera singer has been interrupted by her own terrible performance and as her marriage is failing. She is sad and confused. To respect the terms of her contracts with the opera company, she is tasked with teaching whistling (yes, whistling) to a group of charming misfits. At the same time, her brother-in-law Tarik, who is suffering from cancer, moves into her house while he undergoes treatment. Moves in with his pet bird, Tulip, who is a bit of a terror.



It is a lot to take in but I was immediately charmed by this cast of characters, their gentleness and quirkiness. Dawn is reluctant at first to take this class under her wing – she is a singer, not a whistler – but she embraces the task and what follows is a beautiful story of hardship and friendship. It is also an illustration of the power of musical expression, whatever form it takes.

Dawn's in-laws are complicated people: her husband Ashraf, always absent; her widowed mother-in-law, a sad and difficult person; mysterious Tarik; and Tulip. It is hard to describe the place the bird takes in this story but she is indeed a central character; who knew loving a bird was so much work? As Tarik and his bird join the class of whistlers, the bird brings everyone together. Birds, the greatest of whistlers, are ever present in the book. Their sounds, colours and habits form the background of the story.

As the class prepares for an important whistling competition, Tarik continues his gruelling regimen of treatments. Dawn's marriage unravels and her mother-in-law finally learns of her son's illness. A road trip follows.

The relationship between Dawn and Tarik is distant at first but grows tender as they share a roof and face life-changing challenges. It is a deep friendship that could be more. Tarik is obsessed with the care of his bird, an obsession that Dawn has no choice but to share. Some of it is quite funny.

Although there is much sadness in *Why Birds Sing*, there is also much joy. I found the way the characters develop their relationship with one another very touching; the author treats them all with such kindness.

The setting of this book is very Canadian; the city is a version of Ottawa. I sincerely recommend this story of friendship and love.

On my night table: *The Grey Bees* (Andreï Kourkow); *The Tea Girl of Hummingbird Lane* (Lisa See); *The Warmth of Other Suns* (Isabel Wilkerson).



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OUR ENVIRONMENT

BIRDS OF ALTA VISTA: The Blue Jay

By Richard Knapton

It's Spring (almost)! If you have been out digging in the garden, or perhaps moving a pile of leaves or sticks, you may have uncovered a peanut, whole with shell, and wondered how did it get there. Well, the answer is most probably from a Blue Jay. Very likely the jay visited a bird feeder that is providing peanuts in the neighbourhood and it has flown to some spot close by – and buried it! Not unusual for Blue Jays to bury food items such as peanuts and acorns, storing them for future eating.

Blue Jays are a common songbird in Canada – they occur in every province (although quite scarce in British Columbia) and are familiar to most people. One of the loudest and most colourful birds of eastern backyards and woodlots, the Blue Jay is unmistakable, with its perky crest; blue, white and black plumage; and noisy calls, and because they often readily visit feeders (and of course, they are a baseball team!). They belong to the Corvid family which includes crows, ravens, magpies and jays. They are about 30 cm (11.5 inches) long and weigh from 70 to 100 gm. The black bridle across the face, nape and throat varies extensively and may help Blue Jays recognize one another. But what else do we know about this familiar bird?

Blue Jays are indeed blue, but the colour blue, unlike red or green or yellow, is not a pigmented colour. The blue appearance of a Blue Jay is due to refraction – a light scattering phenomenon. The barb structure of Blue Jay feathers is such that, when light hits them, the blue light is refracted while the other wavelengths of visible light are absorbed by the melanin, making them look blue. Melanin, the same pigment found in human hair and skin, is a brown pigment – and it is the pigment actually found in Blue Jay feathers. The blue colour is caused by scattering light through modified cells on the surface of the feather barbs. If you come across a Blue Jay feather, try backlighting it. Without direct light, the blue is no longer reflected and the feather will look brown.

Blue Jays can make a variety of sounds. Besides their raucous jay! jay! calls, they make many musical sounds, and they can do a remarkable imitation of the scream of a Red-shouldered Hawk. Why they do this is still not completely understood. The first argument is that this mimicry serves as a warning to other jays about any lurking hawk, and may provide information that a hawk is around. A second possibility is that this mimicry may be used to deceive other species into believing a hawk is present – that the jays are trying to fool other species into thinking there are hawks nearby.

Blue Jays rub ants on their feathers, draining the ants of their formic acid before they gobble them up. This is known as “anting.” Over the years, several theories have been proposed to explain this bizarre behaviour. One theory hypothesized the excreted acid served as a safeguard against parasites and bacteria, though testing the acid on bacteria cultures showed this to be unlikely. The most probable reason is simple: the ants taste better without the acid. Ornithologists tested this theory by exposing jays to ants with and without formic acid – the ants without acid were eaten immediately while the ones with it were treated to the rubbing ceremony.

Blue Jays have been known to chip at and hoard light-coloured paint, probably to stockpile a source of calcium for the spring. If Blue Jays are chipping away at the paint on your house, try providing an alternate source of calcium like crushed eggshells – this usually stops the unwanted behaviour.

Blue Jays can be fairly quiet during the spring and summer, but become surprisingly noisy during the fall. In spring and early summer, when they are nesting, jays tend to be quite secretive. Come fall, when they are scavenging for food and hawks are present, they communicate a variety of information and warnings through their calls.

Blue Jays are known for their intelligence and complex social systems with tight family bonds. Their fondness for acorns is credited with helping spread oak trees after the last glacial period. Although tool use has never been reported for wild Blue Jays, captive birds used strips of newspaper to rake in food pellets from outside their cages.



Blue Jay with peanut; photo by Bob Baker

Intelligent and adaptable,

it is omnivorous – may feed on almost anything, and it is quick to take advantage of bird feeders. Most of their diet is vegetable matter (up to 75% with a higher percentage in winter), including acorns, beechnuts and other nuts, many kinds of seeds, grain, berries, small fruits, and sometimes cultivated fruits. It eats many insects, especially caterpillars, beetles, grasshoppers, and others; also eats spiders, snails, birds' eggs, sometimes small rodents, frogs, baby birds, carrion, and other items. Blue Jays are known to take and eat eggs and nestlings of other birds, but it is not known how common this is. In an extensive study of Blue Jay feeding habits, only 1% of jays had evidence of eggs or birds in their stomachs. Most of their diet was composed of insects and nuts. So perhaps their reputation of being nest robbers might be a little unjustified.

This species may have declined initially with clearing of eastern forest, before it adapted to nesting in suburban areas. Now common, it has expanded its range toward the northwest in Alberta and British Columbia. It occupies oak, beech and pine woods, suburban gardens, groves, and is often common in well-wooded suburbs or city parks. It breeds in deciduous or mixed woods, avoiding purely coniferous forests. It forages in trees and shrubs and on the ground, and readily comes to feeders for seeds or suet. It will pound on hard nuts or seeds with its bill to break them open.

Courtship may involve aerial chases, in which the male may feed the female. Blue Jays become quiet and inconspicuous around the nest, but will attack with loud calls if the nest is threatened by a predator. The nest site is in a tree (either coniferous or deciduous), placed in a vertical crotch of the trunk or along a horizontal fork in a branch well out from the trunk, usually 3–9 m (8–30 feet) above ground. The nest (built by both sexes) is a bulky open cup made of twigs, grass, weeds, bark strips, moss, sometimes held together with mud. The nest is lined with rootlets and other fine materials, often decorated with paper, rags, string, or other debris. The female lays four to five, sometimes three to seven eggs, that are greenish or buff, sometimes pale blue, spotted with brown and grey. Incubation is by both parents (but the female does more), for about 16–18 days. Both parents bring food for nestlings, which leave the nest 17–21 days after hatching.

Thousands of Blue Jays migrate in loose flocks in the fall along the shorelines of the Great Lakes and Atlantic coasts, migrating by day. However, much about their migration remains a mystery. Some are present throughout the winter in all parts of their range. Young jays may be more likely to migrate than adults, but many adults also migrate. Some individual jays migrate south one year, stay north the next winter, and then migrate south again the next year. No one has worked out why they migrate when they do.

The oldest known wild, banded Blue Jay was at least 26 years, 11 months old when it was found dead after being caught in fishing gear. It had been banded in Newfoundland/Labrador in 1989 and was found there in 2016.

OUR ENVIRONMENT

FRIENDS OF PLEASANT PARK WOODS

*By the Alta Vista Community
Association Greenspace Stewardship Committee*

March is a time when Pleasant Park Woods starts to wake up from its winter sleep. The number of hours of sunlight grows each day and the temperature starts to get warmer. Gradually, you will see more green and yellow hues as the trees and plants start to bud out and show us that spring is on its way. This spring, Pleasant Park Woods will look different. After the derecho storm of May 2022, we have lost many more trees and some of the pathways have been slightly altered.

One of the biggest concerns about the large trees that fell during that storm is that it allows more pockets of sunlight into the forest floor. This, in turn, creates conditions for invasive species to spread and colonize. The problem with invasive species is that they crowd out other plants, trees and shrubs, and soon destroy them.

Highly invasive buckthorn has been a problem for many years not only in Pleasant Park Woods but also in our community greenspaces. In 2014, the City removed a large section of buckthorn along Pleasant Park Road and new native trees were planted; and in 2021, the City continued this work in this section of the woods. You can find the Woodlot Rehabilitation Program signs posted where the Thessaly and Pleasant Park trails meet.

In order to improve the resilience of our woods, we need to prevent the spread of invasive species. You should learn to identify some of the invasive species that have already been found in Pleasant Park Woods. You may have noticed the poison ivy signs that are posted. Garlic mustard, dog strangling vine and goutweed are other plants that have been found in our woods. While you enjoy your walk, stay on the pathways to help protect our woods.

Spring is on its way!



Stay on the pathways in Pleasant Park Woods.

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OUR ENVIRONMENT

ELLWOOD WILDLIFE: Photos by Gary Howard



Female Hooded Merganser. A small diving duck; their crest can be down or up.



Mostly Mallard Ducks with a few Black Ducks. Twenty years ago, there were only a few ducks in the winter but now there are masses. Why, you ask? It is because humans are feeding them. A few people think they are doing well by feeding them, thinking they will starve if they don't get fed, but basically, if you don't feed them, they will fly south for the winter.



Eastern Chipmunk feasting on an orange peel.



Brown Thrasher. These birds have a loud mimicking song and usually repeat each sequence twice in a row.; their song is similar in tone to that of an American Robin. Brown Thrashers eat insects, lizards, snakes, eggs, and even hummingbirds, and will aggressively defend their nests.

What's On in Ottawa & Beyond in March

By Tony Wohlfarth



The Academy Awards are on March 12 this year. I review two of the best feature-length films nominated for top honours. The best news yet? Both films are available to rent in our community. I also highlight one of the best films I screened at the 2023 Sundance Film Festival along with music from the recent Folk Alliance International (FAI) Conference.

TÁR

Cate Blanchett is widely regarded as one of Hollywood's most famous actresses. Her performance in *Tár* has created a lot of Oscar buzz and is considered her best-ever acting performance since *Blue Jasmine* in 2014, when she won an Academy Award for best actress. Reportedly, the director wrote the script for Blanchett.



Tár allows us to view the celebrity lifestyle in the world of classical music. Blanchett is joined by three other A-list cast members. Nina Hoss plays her partner and confidante Sharon; Alec Baldwin narrates; and Adam Gopik, staff writer for the *New Yorker*, plays himself. The film opens with Gopik interviewing Lydia Tár on stage before a live audience at the Lincoln Center.

Tár jets between New York and Berlin on a private plane. She teaches a master class at the Juilliard School and has a driver in both cities. Blanchett directs the Dresden Philharmonic in Berlin, and reportedly took lessons in directing before making the film. This film drips with pretentiousness.

It's difficult to fathom this is a feature – not a documentary. Later in the film, *Tár's* world unravels. A brilliant piece of acting and script-writing, in my opinion.

The running time is two hours and 38 minutes. Directed by Todd Field, *Tár* had its world premiere at the Venice Film Festival on September 1, 2022.

Everything Everywhere All at Once

A close-knit Chinese family living in an American suburban area is the setting for this zany three-part feature-length film.

Evelyn (Michelle Yeoh) is the matriarch of the family, who oversees a busy laundry business while caring for her pacifist husband, Waymond (Ke Huy Quan), and her daughter Joy (Stephanie Hsu) who can't seem to see eye-to-eye with her mom. Things complicate when her father, Gong Gong (James Hong), comes for a visit. The plot becomes even more complex when Evelyn is summoned by the Internal Revenue Service (IRS) to account for her business tax records.

While telling the story through the lenses of multiple universes at once, the film manages to tell a touching story about learning to understand and accept your family as they are, and not ask yourself whether it could have been better.

Like many recent titles, the movie touches on generational trauma of wanting to be a better parent than your own so much that you end up creating a different type of barrier between you and your child.

Directed by Daniel Kwan and Daniel Scheinert, the running time is two hours and 19 minutes.



How Can I See These Films?

Both *Tár* and *Everything Everywhere All at Once* are available to rent from Movies'n Stuff, 1787 Kilborn Ave. Call Peter today at 613-738-1607 to reserve your copy.

This is a unique opportunity to watch Academy Award-nominated films before the hardware is awarded in mid-March.

The Academy Awards

Film buffs can tune in on March 12 for the annual Academy Awards. *Everything Everywhere All at Once* leads the way with 11 nominations – for Best Screenplay, Best Original Song, Best Original Score, Best Picture, Best Director, Best Actress, Best Supporting Actor/Actress (3), Best Costume and Best Editing. *Tár* follows with six nominations – for Best Actress, Best Picture, Best Directing, Best Original Screenplay, Best Cinematography and Best Film Editing.

In January, Blanchett won the Best Actress award at the Golden Globes.

From Sundance

The 35th Sundance Film Festival wrapped up on January 29. An Asian American feature length film, *The Accidental Getaway Driver*, won top awards for directing.

The Accidental Getaway Driver

An aging Vietnamese-born taxi driver is at the centre of this dramatic feature-length film – inspired by true events.

Long Ma (Hiep Tran Nghia) is an old, unassuming taxi driver who reluctantly agrees to pick up three passengers – who turn out to be escaped convicts. At gunpoint, he drives them to a motel and then to a beach, as they desperately look for a way out of the country. Long befriends one of them, Tay (Hiep Tran Nghia), as they share an exceptional bond.

Director Sing J. Lee won the Best Directing award in the US dramatic section for *The Accidental Getaway Driver*.

The running time is one hour and 49 minutes. Distribution of this 2023 film is pending.

Live at the NAC

The National Arts Centre (1 Elgin) welcomes an outstanding range of performers this month:

- March 4, Dakha Brakha; and OK Naledi;
- March 11, Ballet Edmonton; and Damoiseaux;
- March 12, Blippi: The Wonderful World Tour;
- March 16, Stewart Goodyear & Chineke! Orchestra;
- March 17–19, Shen Yun, the music and ballet from China;
- March 18, Lysandre;
- March 21–26, Disney's Aladdin;
- March 24, Reuben and The Dark; and Simon Daniel;
- March 25, Danny Michel;
- March 30, Carl Mayotte; and
- March 31, Blue Rodeo; and Nico Paulo.

For tickets and event information, check out: nac-cna.ca/en/calendar/list/2023/03.

@ The GCTC (1380 Wellington)

The Great Canadian Theatre Company has a new play on from February 28 to March 12. *Unplugging* is a drama about two women venturing into the frozen north. Details and tickets are available at: www.gctc.ca/shows/unplugging.

@ Emmanuel United (691 Smyth Road)

Emmanuel United Church is offering free film screenings. There are two this month. On March 10, it's the animated feature, *The Prince of Egypt*. On March 24, it's *Romero*, a film about the life and the assassination of Archbishop Oscar Romero. Both screenings start at 7:30 p.m. Information is available at www.emmanuelunited.ca.

ARTS & CULTURE

Out of Town

Folk Alliance International

Folk musicians gathered in Kansas City from February 1–5 for the 35th FAI Conference.

Ottawa's Angelique Francis and her band performed at FAI. Her recording, *Long River*, has been nominated for best blues recording at the Junos.

Nova Scotia's Terra Spencer (pictured here) also performed at FAI. She performed songs from her third album, *Old News*.



Another highlight from FAI was screening the film *Take Me to the River New Orleans*, directed by Martin Shore. *Take Me to the River New Orleans* is a visual testament to the musical sounds of The Big Easy, told by some of its most formative musicians – including Ani Di Franco, the Neville Brothers, and Dr. John. The film was created in 2018–2019 before the pandemic. It captures magical moments in the unique music of New Orleans.

Shore's 2014 film, *Take Me to the River Memphis*, won The Audience Award at South-by-Southwest Festival in 2014. The film runs one hour and 45 minutes and can be purchased via Amazon.

Guillermo del Toro's Pinocchio in New York City

Visiting New York City for March Break? You can check out The Metropolitan Museum of Modern Art (MOMA) in New York. It has a special exhibition underway – *Crafting Pinocchio* – which includes puppets from the film. On until April 15.

Tony Wohlforth is an Ottawa-based freelance film and entertainment writer. He covered the Sundance Film Festival and has recently returned from covering the 73rd Berlinale in Berlin.

HOCKADOO! OTTAWA MUSICAL THEATRE: A BIG LITTLE COMMUNITY

By Sutida "May" Turcot

For the October 2022 edition of VISTAS, I wrote a short article about my involvement in Orpheus Musical Theatre's production of *Newsies*. The show was a hit, and I had a blast! But the real triumph is that I am now part of the Ottawa community musical theatre scene.

As *Newsies* completed its run, Orpheus was already pivoting toward producing *Memphis*, the second of three musicals in its 2022–2023 season. I didn't audition for this show, but have still been involved with some volunteering, including one snowy Friday evening in February when I bartended for a karaoke event. I was permitted to arrive early for my shift so I could catch part of that night's rehearsal and speak with some cast and crew members for the purposes of reporting back to you, dear VISTAS reader. (Orpheus also provided a promo code for \$5 off ticket prices to VISTAS readers: VISTASMEMPHIS. Go to www.meridiancentrepointhe.com/promo and use this code to receive a discount.)

Hockadoo! While sitting in on rehearsal, I could see that Huey Calhoun, *Memphis*'s protagonist, is a confident and energetic young man who seems to have the right retort for every situation – his favourite being, "Hockadoo!"

But what does this word mean? I spoke first with Marie-Hélène Brière (Assistant Stage Manager) and asked her. She responded, "It's an exertion of presence. Like cock-a-doodle-doo." Hmm... seems like a term imbued with subtleties and nuance. Joy Mwandemange (playing heroine Felicia Ferrell, and a former resident of Alta Vista) sees "Hockadoo!" as a resistance cry of sorts. (At this point, I have a mental image of Mel Gibson in a kilt with a big red frilly cockscorn on his head.)

Better talk to the man who plays Huey Calhoun himself – Jack Ettlinger. As I mentioned earlier, I was volunteer bartending... Well, I wouldn't serve Jack his drink until he answered my question regarding "Hockadoo!" What does it mean? Jack's reply: "Health, wealth and good times!" He added that sometimes it replaces "whatever cannot be said." A flexible term, indeed! (and perhaps worthy of Mary Poppins herself – except in a southern-accented, chest-thrusting, Soul-swaggering kind of way).

If you go to see *Memphis*, I challenge you to count how many times you hear "Hockadoo!" and you can guess at its different connotations yourself. Or try it out if ever the cat's got your tongue.

Memphis cast and crew members who work/live in the Alta Vista area include Alison Foley (Wardrobe Supervisor), Takayi Chibanda (Ensemble), and Joy Mwandemange (Felicia Ferrell). Pictured right (left to right) are Takayi and Joy.



A big little community. As for myself, I am cast in a small cabaret show produced by Lost Baggage Musical Theatre (LBMT) in partnership with Musical

in Greenboro. LBMT is located in Riverview Park, tucked just behind the General Hospital, and Joy Mwandemange sits on the Board of this community organization. As Paola Della Malva (Director) said to me after rehearsal one day, the Ottawa musical theatre scene is "a big little community." This community of hundreds of volunteers from across Ottawa's boundaries and beyond feels "small" owing to the strength of connections between its diverse members. Thus, it was no surprise to me that Joy is variously involved, as I am. Nor that Jack was encouraged to audition by his girlfriend's aunt who volunteers in the kitchen with Orpheus. At the same time, any new member can access multiple opportunities to build these connections.

Many studies have shown that feeling connected to other human beings is crucial to our survival and sense of well-being. Among other things, an authentic and inclusive community is an arena for experiencing joy – it is a figurative space built of a multitude of moments of connection. This is the hidden and powerful gift that I receive when I volunteer. Why do I enjoy rehearsing and performing in community theatre? Why do I take time to write for my community newspaper? Because even though we're strangers, we can have a connection. I can feel it as I'm writing this, and I feel it when I'm on stage. It brings me joy. Hockadoo!

About *Memphis*: Huey Calhoun, a white boy from Memphis with a passion for music, desperately wants to bring Soul, R&B and Rock & Roll music to southern white audiences during the early 1950s. Felicia Farrell is an aspiring black singer who performs under the watchful eye of her overprotective brother in his underground nightclub. When Huey and Felicia connect over their shared love of music, dreams and ambitions, they are faced with objections not only from their families but also from the world around them. Can music transcend race? Can love win over hate? *Memphis* is the winner of four Tony Awards including Best Musical. **Performances:** March 10–19, 2023 at Meridian Theatres @Centrepointhe – Tuesday through Saturday (7:30 p.m.) and Sunday matinees (2 p.m.). For more information visit www.orpheusmusicaltheatre.ca or call the box office at 613-580-2700.

About *Plot Twist!* A Cabaret of Unexpected Surprises: Lost Baggage Musical Theatre and Music in Greenboro present a collection of musical theatre numbers with surprise, cathartic endings. Think of songs like "Nothing" from *A Chorus Line*, "Me and the Sky" from *Come From Away*, and "Stars and the Moon" from *Songs for a New World*. Additionally, the show's finale will be a 10-minute musical entitled Finding the Words (It's the final rehearsal at a small regional theatre, and the lead actor STILL can't remember his lines. Only the director's klutzy assistant can help save the show...) **Performances:** Saturday, March 25 at Gloucester Presbyterian Church (91 Pike Street) and Sunday, March 26 at Queenswood United Church (360 Kennedy Lane East) – 2 p.m. General admission, by donation. For more information, visit lostbaggage.org or call 613-526-0620.

ARTS & CULTURE

KATHLEEN “KIT” COLEMAN HONOURED BY THE ROYAL CANADIAN MINT

By June Coxon

More than 100 years after her death, journalist Kathleen “Kit” Coleman can add something new to her long list of “firsts.” This February the Royal Canadian Mint issued a silver proof coin in her honour to mark the 125th anniversary of her being named North America’s first accredited woman war correspondent. This is the first such coin honouring a female Canadian journalist. As the announcement about this coin by the Mint reads, in part:

“The Royal Canadian Mint – Fine Silver Proof Dollar – Kathleen ‘Kit’ Coleman: Pioneer Journalist Pencil to Paper to Metal. The Journey of Journalist Pioneer Kit Coleman is Honoured in 2023 Proof Dollar.

“Who was ‘Kit’? That’s what readers of the *Toronto Daily Mail* (later *The Mail and Empire*) were asking, as they pored over the writings of Kathleen Blake Coleman. An intrepid reporter with a lively journalistic voice, ‘Kit’ Coleman rose above the fray in the male-dominated newspaper industry, tackling a wide range of issues as well as the topics usually covered in women’s columns. She made history 125 years ago by becoming North America’s first accredited woman war correspondent.

“In a time when women journalists were limited to writing about the female perspective and women’s issues, Kathleen Blake Coleman paved the way for better representation in the newsroom and a more equal standing for women in other aspects of life.

“The silhouette and collage on the coin captures moments in the journalist’s life – from the office of the Toronto newspapers that published her columns from 1889 to 1912 to the vintage typewriter that represents her legacy and impact on journalism.”

Born Catherine Ferguson, at Castleblakeney, Ireland in 1856, she changed her name to Kathleen before, at age 16, entering into an arranged marriage with Thomas Willis, a wealthy Irishman many years her senior. In 1884, after his death, she emigrated to Canada, settling in Toronto.

She began her journalism career at Toronto’s *Daily Mail*, becoming the first woman to edit her own column in a Canadian newspaper. The seven-column page was called “Women’s Kingdom.” She wrote it for 21 years, using the pen name Kit, which is how most Canadians knew her. At another point, she also added Blake as her middle name.



Fine Silver Proof Dollar – Kathleen “Kit” Coleman: Pioneer Journalist

Coleman’s columns included more topics than usual women’s pages so they attracted male readers as well as women, including then Prime Minister Wilfred Laurier. After a dispute with the, by then, *Mail and Empire* newspaper, she resigned and began to syndicate her columns to newspapers across the country – becoming the first Canadian journalist to do so. Another “first” for Coleman happened while travelling to and from the St. Louis World Fair on a Canadian Pacific Railway train in 1904 with 15 other female journalists from Canada. On that journey, the 16 women founded the Canadian Women’s Press Club (the CWPC is now the Media Club of Canada and is considered to be the oldest continuous press club in Canada) – and Coleman was elected its first president. Coleman and her third husband, Dr. Theobald Coleman, were living in Hamilton, Ontario when she died suddenly of pneumonia in 1915. Many years later, in 1933–34, the Hamilton branch of the CWPC published a booklet titled *Kit* “in an effort to bring to completion the fund inaugurated on February 11, 1930 for the purpose of a Memorial to Kathleen Blake Coleman.” Two biographies of Kathleen Blake Coleman were written more recently. In 1975, Ted Ferguson’s biography, called “Kit Coleman Queen of Hearts: Canada’s Pioneer Journalist,” was published. Author Barbara Freeman published her 217-page biography of Coleman, called “Kit’s Kingdom: The Journalism of Kathleen Blake Coleman,” in 1989.

June Coxon is president of the Media Club of Ottawa, which used to be a branch of what was originally the Canadian Women’s Press Club (founded in 1904) and is now called the Media Club of Canada. She is sharing this story in this edition of VISTAS in view of March 8 being International Women’s Day.

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ARTS & CULTURE

ART LENDING OF OTTAWA: ART FOR EVERYONE

By Leslie Firth

What is Art Lending of Ottawa? What sets it apart from a commercial art gallery? Art Lending is a non-profit cooperative whose sole purpose is to connect local artists with the community of art lovers in Ottawa. We want to see our art on your walls! The unique aspect of Art Lending is right there in its name. Unlike the case in most galleries where a purchase is the only option, our art (though available for purchase) is also available for rent for a fraction of the cost of purchase. If you fall in love with the piece and can't part with it after the three-month rental period, you can re-rent it again and again. If you decide to purchase after renting, every dollar that you've invested in the rental will be applied to the purchase price. One of the customers at a recent show had just moved into his first home and was hoping to replace his old posters with original art. Given the costs of a new house, the affordable option of art rental was the perfect solution for him. Another customer, one of our regulars, has an "art lending" wall in her house and likes to try out new art there frequently.

Another difference between Art Lending and an art gallery – we do not have a permanent space. We hold four one-day shows a year at the RA Centre: a Saturday in March, June, September and December. Each of our 35 artists has gone through the jurying process to be accepted into Art Lending and can bring up to five pieces to each show. You will find a wide range of styles, subject matter and media on display at each Art Lending show – truly something for everyone.

Here are just two of the artists whose works will be on display at our March show:

Christiane Kingsley is a resident of Riverview Park and has been an artist member of Art Lending for over five years. She is an award-winning painter in watercolour, acrylic, oil and mixed media. One of her watercolour series is of stone carvings, particularly carved heads over archways in Venice and on the Gothic façade of the Canadian Parliament. She loves to paint leaves with light or water shining through and a lot of her work includes the shimmer of gold leaf or pewter. She is well known for her



"Drinking sunshine," oil painting by Christiane Kingsley

Arctic and African series in pewter. Her most recent focus is large oil paintings of flowers. Christiane is an explorer at heart and loves to try new surfaces, new styles and techniques. From Renaissance-inspired art to modern abstracts and mixed media, Christiane's artwork embraces it all.

Shelly Amor is one of a group of 13 artists new to Art Lending this year. Born and raised in Ottawa, she has had many creative careers that have influenced her art: landscape architect, high school art teacher and wearable design artist. This artistic journey has led her to her present career, that of a full-time artist. Shelly describes her style as fauvist, depicting the world in vivid bright colours. As she notes, "My acrylic paintings depict various locations I have visited in the last few years, as seen through my kaleidoscope eyes. My bright palette reflects the joy of the day and my leanings as a fauvist artist. These jewelled colours raised my spirits these past two years, and I hope they raise the spirits of those who view my work."



"Golden hour in Tuscany," acrylic painting by Shelly Amor

Christiane, Shelly and all of the Art Lending of Ottawa artists look forward to seeing you at our show on March 18. Admission and parking is free. Submit your name at the door for a chance at a door prize. If you can't make it to the March show, mark your calendar for our next one: June 24.

Leslie Firth is an artist member and board member of Art Lending.



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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.



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HEALTH & FITNESS

WORLD LYMPHEDEMA DAY – MARCH 6TH, EVERYWHERE! ... INCLUDING OTTAWA

By Stephen Kelland, Advocate-at-Large, “Lymphedema - Guerrilla Warrior General”

“The great aim of education is not knowledge, but action” – Herbert Spencer

Each March, there is an advocate-driven campaign of attention, recognition plus education for lymphedema (LE) and “World Lymphedema Day.” And this year, the OTTAWA sign in the heart of the Capital’s historic ByWard Market will be aglow in “lymph-green” in support of this campaign.

Because so little is taught about lymphatics in the curricula of medical schools, those living with lymphedema are left without proper care and support. Lymphedema, a chronic disease in which there is an accumulation of high-protein lymphatic fluid that causes swelling (edema) in the legs, arms, genitals, trunk/torso, head and/or neck, can affect men, women and children. People with this condition are often medically marginalized plus socially stigmatized, and left with an un/under/mis-diagnosed progressive disease for which there is no cure. The estimated one million Canadians suffering with LE, plus their caregivers, loved ones and other supporters, need to sound the alarm for action.

For more information, visit the Lymphatic Education and Research Network’s website: lymphaticnetwork.org/wld and/or Facebook: Lymphedema – LE Nexus Canada.



World Lymphedema Day – Mayor of Ottawa proclamation certificate ceremony. (Pictured, L-R: Stephen Kelland (Advocate-at-Large); Mark Sutcliffe (Mayor); Elaine McArdle (Spouse of Stephen Kelland and supporter of the “Lymphedema Community”)



PHYSIOTHERAPY CAN BE HELPFUL IN THE REHABILITATION OF A SPRAINED KNEE

By Sue Reive, Owner of Kilborn Physiotherapy Clinic

Ottawa winter weather brings lots of icy conditions. Unfortunately, many people will slip and fall on the ice and sustain an injury. One common injury is a sprained knee; physiotherapy can be helpful in rehabilitation.

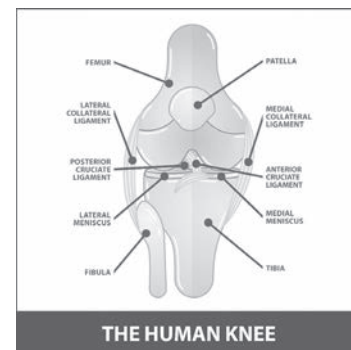


Image from www.floridaortho.com

The knee is comprised of two joints: articulation between the tibia (lower leg) and femur (thigh bone) and the joint between the patella (kneecap) and the femur. The knee joint (femur, tibia, and patella) is held together by a capsule (connective tissue). Ligaments reinforce the capsule and help to stabilize the knee joint. The four main ligaments include the medial and lateral collateral ligaments on either side of the knee, and the anterior and posterior cruciate ligaments, which crisscross inside of the knee. Two semi-circular disc-like structures called the menisci lie on the joint surface of the tibia and function as shock absorbers. Moreover, the menisci aid in lubrication and help to improve the congruency of the joint surfaces. Indeed, in the knee joint, the femur is rounded while the tibia is more flat, so the menisci add stability to the joint. When someone says they tore the cartilage in their knee, they are referring to the meniscus. The patella slides in a groove on the femur and is embedded in the quadriceps tendon which becomes the patellar tendon and attaches to the tibia. The patella functions to increase the force of the quadriceps muscle (thigh muscle), which functions in straightening the knee. In addition to the quadriceps muscle, the hamstring muscles, which bend the knee, attach to the back of the femur and cross the knee joint. Plus, the calf muscles attach on the lower femur and cross the back of the knee joint. All of these muscles are the first line of defense when you slip. Hopefully, they can keep you upright and protect the knee joint. Bursa (small fluid-filled sacs) lie between tendons and tendons and bone and act to prevent friction.

Unfortunately, unexpected slips can cause sprains to the ligaments, menisci, bursae and muscles of the knee. The diagnosis is made after a thorough assessment. Taking a good history to understand the mechanism of injury and what activities aggravate help ascertain which structures have likely been injured. Gait analysis also reveals a lot. Significant pain on weight bearing may require a knee x-ray. Range of motion, ligament stress testing, and muscle testing help determine which soft tissues have been injured plus the extent of the injury. There can be more than one structure injured. Significant injury which reveals knee instability may require further imaging such as an ultrasound or MRI to view the extent of the injury. A large tear in the ligament or meniscus resulting in knee instability may require surgery and for sure, bracing.

Physiotherapy aims to regain pain-free mobility, improve strength and balance, restore a normal gait, and finally return the patient to the activities of daily living and sports. It is important to note that most soft tissue injuries require four to six weeks to sufficiently heal, and longer if there is more extensive damage. Patience is a virtue!



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UPCOMING EVENTS



April 16, 2023
CCA Gigantic Spring Garage and Craft Sale

May 28, 2023
Canterbury Dance Centre Annual Recital at the Shenkman Arts Centre

May 13, 2023
Spring Art Festival with Art in the Neighbourhood



June 21, 2023
Yoga in Canada Summit with The Great India Festival Ottawa

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HEALTH & FITNESS

CONVERSATIONS WITH PATIENTS: SOCIAL MEDIA

By Dr. Sarah Chan



In these essays, I feature interactions I have had with patients that I have found to be meaningful and thought-provoking. Details about the patient's identities have been modified to protect patient privacy and confidentiality.

Holly is a petite woman in her late teens. She has curly blonde hair, half of which she dyed a deep purple, the bottom half. In sessions, she will often respond to a comment with a hum that is also a melody. Three notes that tell me she has registered what I have said and that she is giving it some thought.

Today she brings up a stressor she has been having with the mother of one of her best friends.

"She has been messaging me weekly since June, saying lots of mean things and calling me a slut," she says.

"With text message?" I ask.

"No, on social media."

She tells me she has blocked her many times, but this woman keeps finding ways to post on her accounts, publicly, for her friends and family to see.

I ask her what social media she uses and she lists Facebook, Instagram, Pinterest, Twitter, TikTok and Snapchat.

I am very honest with my ignorance and ask her, "How do you manage all these accounts?"

She tells me she will post on Facebook primarily. "I really don't know what I do with the others," she says. She is not sure when or why she signed up for them. She even has older accounts that she no longer has access to, either because she had them closed or she has forgotten the passwords and usernames for them.

"His mother is mad that there is a video of me and a boy her daughter likes on TikTok, but I don't have access to it anymore so I can't take it down. I want to," she says. She and this best friend had a falling out over this boy recently.

She is thinking of going to the police. Because of how this person has found her on many platforms and repeatedly sent her insulting messages, this may count as stalking. "But she is in Winnipeg, I have never even met her."

She tells me how she takes exception with the word "slut." That she has been receiving these messages for months and ignoring them for the most part, but she cannot help but feel the sting of this slur. I try to imagine for a moment what it must be like to be attacked in a public way, by someone so far away, for a video from the past that no longer belongs to the people featured in it. I make a few suggestions, trying to be helpful. From the discussion so far, it is clear she and anyone else of her generation would be much savvier about this than me. I realize she comes to me to be heard and understood, so that is what I attempt to do.

I have been taking younger patients into my care lately. With the rise of mental illness in our youth, I want to better understand what young people are facing, to better understand this crisis in our communities. So far, I have been humbled by the challenges in their lives that no other generation has ever had to contend with. I am further stupefied by the enormity of the task. How can we grasp, quantify and know this technology's impact on the younger generations?

Holly realized in the conversation with me that although she engaged with social media with the best intentions, it has traumatized her. Because of this, she recognizes she needs to be much more diligent and careful about how she uses it. Why did she have so many accounts, many she was not even using? What were the privacy settings? Who would help her if she posted something she wanted to take down? Only now did she see that she gave somebody, anybody who wanted it badly enough, access to her and her past with each account. She felt guilty and chided herself for not knowing better, but, how could she? She was busy with school, work and saving to move out on her own. She never imagined she would be trolled by a stranger hundreds of miles away and the toll it would have on her.

When I think back to early adulthood, a time when bodies, priorities and identities are changing, I realize that I took for granted the very basic thing that made sure I felt secure in the world, that I would be okay despite everything being in flux. This was the freedom to make mistakes privately, anonymously and forgetfully. How dangerous growing up has become when these things are surreptitiously given up or taken from us.

The appointment ended with my sheepishly suggesting she go off social media altogether, even if it was only for a short time. Gosh, did I feel like a dinosaur?

After her signature hum, she says, "I think I will, Dr. Chan. It is crazy how whenever I am online, I forget that what I have in real life is so much better and so much more deserving of my time."

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.

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SENIORS SPACE

TEAM PERLEY HEALTH IS LACING UP THEIR SNEAKERS TO ANSWER THE CALL

By Courtney Rock, Director of Development, Perley Health Foundation

Team Perley Health is ready to go the distance in this year's Tamarack Ottawa Race Weekend. Last year the team raised just over \$100,000 and has its sights set on an even bigger goal for 2023.

Runners and walkers range from all levels of ability and age, and each member has their own reason for lacing up their sneakers. The fundraising goal for this year is \$120,000 and we're confident our team will cruise past that finish line.

This annual event brings together members of the Perley Health community. From volunteers, tenants, friends and family to members of the Canadian Armed Forces, both active and retired. All coming together under one common cause.

For many families, Perley Health is the first choice for long-term care in the Ottawa region because of its tireless commitment to exceptional care for Seniors and Veterans. It is evidence-based, person-centred and compassionate care that has built Perley Health's enviable reputation.

Sustaining and enhancing Seniors' and Veterans' care and investing in the people who provide care at Perley Health will help fuel innovation and, in the future, bring exceptional care to long-term care across Canada.

In June 2022, Perley Health Foundation launched its largest-ever fundraising campaign, Answering the Call. At this time, Perley Health Foundation is pleased to share that \$8.7m of the \$10m goal has been raised to transform care for Seniors and Veterans. The funds raised through Ottawa Race Weekend will enable exceptional care here at Perley Health.

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



Rejeanne Fairhead, as she crossed the finish line at last year's Ottawa Race Weekend, breaking a Canadian Record for the oldest woman to compete in a 5K run. Rejeanne is accompanied by her family. Photo Credit: Tara Fairhead



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

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

For more information, please contact us at info@aladin.services or look at our website at www.aladin.services.

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FAITH NEWS



“Owwww!” was my loud response as I looked down at my cracked nail. With the thick, hard gel coating, trickling blood was a notable sign of trauma.

I was in a hurry. I had an upcoming appointment that afternoon, and I was preparing the condo for guests expected shortly afterward. While retrieving the cleaning cloth needed for the washroom, I noticed that my windows were covered in that white-dust film that only a humidifier that ran 24 hours per day could produce. So, I paused the bathroom cleanse to wash the floor-to-ceiling windows. In my hurry, while moving the heavy wicker dining room chair to reach the top of the window, I didn’t realize my lengthy nail had gone inside the weave until it was too late. The snap was almost simultaneous with my howl of pain and frustration.

I wrapped the tip of my finger in Band-Aids and finished the windows, challenged only when trying to wring out my cloth, grateful that the injury was on my left hand. Despite my taping, the nail broke cleanly inside my rubber glove while cleaning the toilet a few minutes later. It was actually better this way than experiencing more pain every time I struck the fractured end. The second bandaging job protected the raw edge from further damage, kept dirt and debris out, and contained the blood.

With no time to deal with the crippled appendage, I went on to finish my housework and get ready for my appointment. The nail repair had to wait.

The luxury of having someone else do your nails becomes an inconvenience when you break one. There’s no YouTube video showing a DIY repair without having the proper materials. I needed a specialist to fix my slip-up. So, I was at the mercy of my esthetician’s schedule and his tender-hearted loving kindness to fit me in.

Typing this article with one nail half the length of the others was not fun. Just sayin.

I am grateful that when we slip up in our walk with God, we don’t have to wait for Him to fit us into His schedule. The Specialist is always available to fix me when I ask.

Continued on Page 31

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FAITH NEWS

God's Word tells us, "if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness" (1 John 1:9 NLT). We don't need to make an appointment for the service; we merely need a repentant heart.

The Bible also says that "we all fall short of God's glorious standard" (Romans 3:23 NLT). That means that we have to go in for maintenance regularly. I like to start my day with that appointment, including a steaming cup of coffee and quiet time with God. Each morning, I ask the Specialist to repair my breaks and make me strong and whole, ready to face whatever my day brings.

What About You?

Do you keep regular appointments with your Creator? Every time we "fall short," we end up with a crack in our relationship with God. He wants to do the repairs as quickly as possible to prevent further damage, but He does require us to ask.

Pray with Me

Father, thank You for being faithful and just to forgive my sins. I never want our relationship to form cracks. Cleanse my heart and walk by my side throughout each day. Your love and strength make life hope-filled and joyful, even through difficult times. Thank You for offering an open appointment to spend time with You. 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 and download Book 1 for free.

Rideau Park United Church

2203 Alta Vista Drive
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Spring
where have you
been all winter?

Take advantage of the season of renewal to attend a Sunday service or one of our many programs and events throughout the week. You'll be greeted with a warm spring welcome at Rideau Park United Church.

Sunday Service & Sunday School at 10:00 a.m.



Program & Event info at
www.rideaupark.ca



Spirituality

Community

Service



Serving as the hands of Christ

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

8:00 am Holy Eucharist in person (Traditional)

10:00 am Holy Eucharist in person and on YouTube

Contact the church office for the **Sunday School** schedule for the winter.

Services are livestreamed on our YouTube channel.

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

We look forward to seeing you in person or online.



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St. Timothy's Presbyterian Church

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2nd SUNDAY OF LENT

Communion Service
Mar 5, 10 am

AGAPE GATHERING
Tuesday, Mar 28
10:30 am to 12 noon
Join us for hymn singing and communion, followed by social time and light refreshments.

BIBLE STUDY In-person
Paul: His Life & Teaching
Wednesdays at 10 am

Zoom links available on the church website

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

Please submit articles to editor@vistas-news.ca, and advertisements to advertising@vistas-news.ca.



"Life is a long preparation for something that never happens." - W.B. Yeats



SCHOOL NEWS

‘STUDENTS ON THE LEADING EDGE’ GIVE BACK TO THE COMMUNITY

By Adelaide F., Axea R., Ainsley M.; grade 7 students at Vincent Massey Public School

At Vincent Massey Public School, the grade 7 Immersion classes have started a student philanthropy group called SOLE, an acronym for students on the leading edge. In SOLE, we focus on giving back to the community. This year we are focusing on food insecurity and Ukrainian relief in Ottawa.

So far, we have accomplished a food drive for the Ottawa Food Bank, along with a website to raise money. This December initiative allowed us to dig deeper to learn about food insecurity. Our school was able to donate nearly 2,000 items of food and raise \$750.

Through this learning experience, we invited Marty Carr, our city councillor, to talk to us about food insecurity in our ward. Ms. Carr gave a wonderful talk and explained the need for focusing on local growing initiatives and more affordable housing and mixed neighbourhoods. We asked her to keep us informed on these ideas and to reach out if any projects were to develop in the near future.

Another thing we have started is our Random Acts of Kindness. What is a random act of kindness? It is something you do or say to help someone without expecting anything in return. Our group has started a unit in class where we ourselves are performing random acts of kindness at the class, division, school and community levels. One act of kindness we are currently pursuing is a list of items we can donate to Ukrainian charities.

Here in Ottawa, many people have been starting fundraisers and organizations to help Ukrainian refugees. Some of the organizations that our group has come across include the Maiden Market, which is a charity to help Ukrainian refugees in finding supplies for their families and new homes here in Ottawa; and House to Home, which is a corporation that accepts household goods, clothing and furniture to aid Ukrainian newcomers with setting up their homes. In addition, many Ukrainian churches have been welcoming Ukrainians by raising money and resources to support them. We are now in the midst of formulating a list of things to donate to Ukrainian charities.

We look forward to pursuing our initiatives this year!

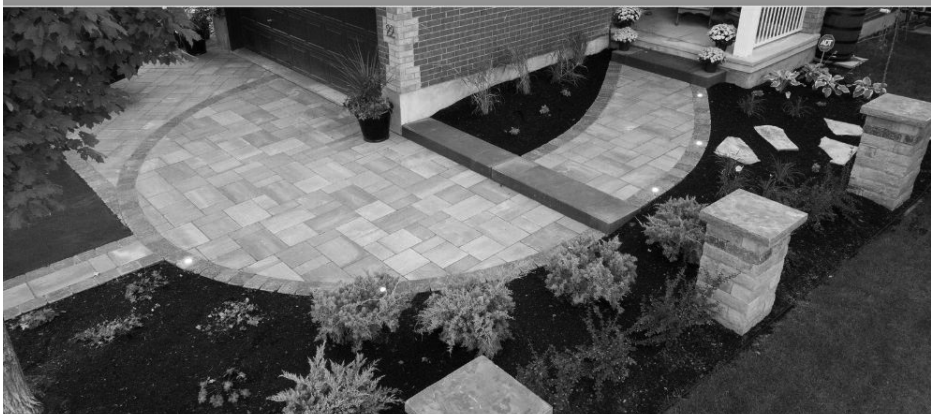


Student philanthropy group SOLE's food drive raised 2000 items of food and \$750 for the Ottawa Food Bank.

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SCIENCE & TECHNOLOGY

COMPUTER TIPS AND TRICKS

By Malcolm and John Harding, of Compu-Home

Tips and Tricks Presents Tips and Tricks!

Like many people we know, we at Compu-Home deliberately do NOT keep a reckoning of how many hours we spend at our computers because we really don't want to know that depressing total. Our time at the keyboard is fun and productive and educational, but it keeps us from lots of other activities that might be even more beneficial.

If we accept the fact that it is 2023 and that many of us are going to spend huge amounts of time pounding our various devices, we might better be making use of all those little shortcut commands and keystrokes to make us as efficient as possible. You could simply Google "Computer Tips and Tricks" but to save you that trouble we have compiled a list of what we think are the most useful collections of insider hints. Fortunately, most of these sites describe both the Macintosh and Windows versions of the shortcuts. Just type the underlined text into your browser to find each page.

Tech Tips for the Basic Computer User by David Pogue is certainly the oldest (2008) resource in this list, but still one of the most useful. Our favourite tip is "You can also enlarge (and shrink) the entire Web page or document by pressing the Control key as you turn the wheel on the top of your mouse. On the Mac, this enlarges the entire screen image." Try it the next time text on a page is a bit too small.

Exploring Windows 11 by Kevin Wilson is unique in this list in that it will cost you a few dollars. The book is available in hard copy or Kindle format on *Amazon.ca* and it deals with the most helpful new features of the most recent Windows Operating System.

Camosun Basic Computer Tips is just one of an extensive set of guides related to writing and technology compiled at Camosun College in BC. We especially appreciated a cheat sheet of "Universal Browser Shortcuts" and links to several useful video clips on various topics.

Business Insider 14 Best Computer Tricks overlaps some of the other lists a bit, but our favourite is one that you might not find anywhere else, and that is how to

"Reverse search an image in Chrome" by pressing "S" and right-clicking any webpage image, to display information about it.

ARRC 8 Basic Computer Tips has a few that you will not likely see anywhere else, mostly showing various ways to jump among screens while you are working on a big project.

YouTube Search for Computer Tips and Tricks might keep you up all night with hundreds of videos, including lots that are not very well done, but also plenty that are very helpful. "15 Amazing Shortcuts You Aren't Using" is fun, and "Top 50 Keyboard Shortcut Keys" is 10 minutes well spent. After you have memorized those 50 shortcuts, you might like to spend another eight minutes on "32 Secret Combinations on Your Keyboard" which is noteworthy for its clear and logical explanations.

Unfortunately, these tips and tricks are not the sort of things that are going to make you popular at parties, but at least you will have a little personal gratification at knowing you are working so efficiently that you will have several extra minutes at the end of the day to extend your walk for an extra block or two, or to look for more Funniest Cat Videos.

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



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SCIENCE & TECHNOLOGY

ASTRONOMERS AT NASA DETERMINE THE MASS OF A WHITE DWARF STAR FOR THE FIRST TIME

By William F., a grade 7 student at Alta Vista Public School

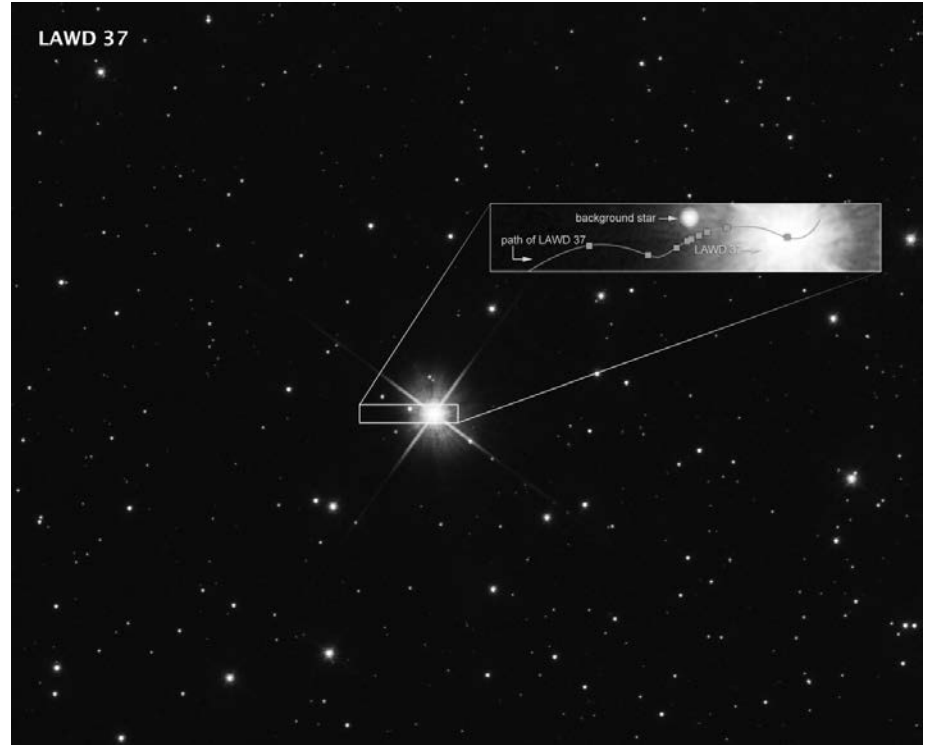
New research done by astronomers (in collaboration with NASA) resulted in the newfound ability to quantitate the mass of a dwarf star. By using the Hubble Telescope with Einstein's Theory of Relativity, astronomers can not only measure the mass of a white dwarf star, but also use the information gathered from it to understand how stars die.

Based on a study conducted at the University of California Santa Cruz led by Dr. Peter McGill, by using Einstein's Theory of Relativity (essentially a theory describing the laws of gravity), instead of seeing gravity as an invisible force that pulls objects together, gravity is seen as the changing or warping of space. The larger the object, the more it changes the space around it.

Astronomers measure the mass of a dwarf star by measuring the orbits of dual star systems (or binaries). Binaries are when a star orbits another star, bound together by gravity.

Astronomers have developed a system where they can use the total light emitted from the star and its parallax to theorize its diameter. Next, they observe the way the light from the star flickers, which provides them with a measure of the star's surface gravity. Then they combine the two to get the star's total mass. The astronomers have measured the mass of a lone, isolated, dwarf star, which may be a trace of a stellar leftover, using binaries.

Dr. McGill and his team were able to find the mass of the dwarf star, LAWD 37, by using the warped space around a star to act as a gravitational lens that bends the light and essentially turns the star into a giant magnifying glass. The Hubble Telescope is utilizing the Theory of Relativity to magnify the image of LAWD 37 to determine its mass. A star is diverting the light and offsetting its location in the sky. By using the data from the



A graphic showing the path of the white dwarf LAWD 37 across the sky, as it passed in front of a distant star and warped the star's light. Image credit: NASA, ESA, Peter McGill (UC Santa Cruz, IoA), Kailash Sahu (STScI); Image Processing: Joseph DePasquale (STScI)

offset of LAWD 37, it lets astronomers calculate and measure the mass of the dwarf star.

Dr. McGill and his team have determined that LAWD 37 has a mass of about 56% more than that of the sun. One of the reasons LAWD 37 was chosen to study was because it was relatively close to Earth, at around 15 light-years.

William F. wrote this article on space science, which he finds to be very interesting, and has submitted it to VISTAS as he thinks others may find this topic of interest as well.

Alta Vista's spring real estate market may end up better than you expect!

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No one has sold more properties in Faircrest Heights for 2019, 2020 & 2021. This is based on OREB MLS sales data, by either # of ends sold or total dollar sales volume. The neighbourhood of Faircrest Heights, comprising of approximately 670 homes, is the north part of Alta Vista and is defined by many as the area between Smyth Road to the north, Lynda Lane to the east, homes on both sides of Pleasant Park Road to the south and the Via Rail corridor to the west. This material is not intended to solicit properties already listed.

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GENTLE MOBILITY MAT YOGA at Rideau Park United Church - Live classes on Friday mornings at 10:30am (60 mins). 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**

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SKYLAR'S KIDS PAGE

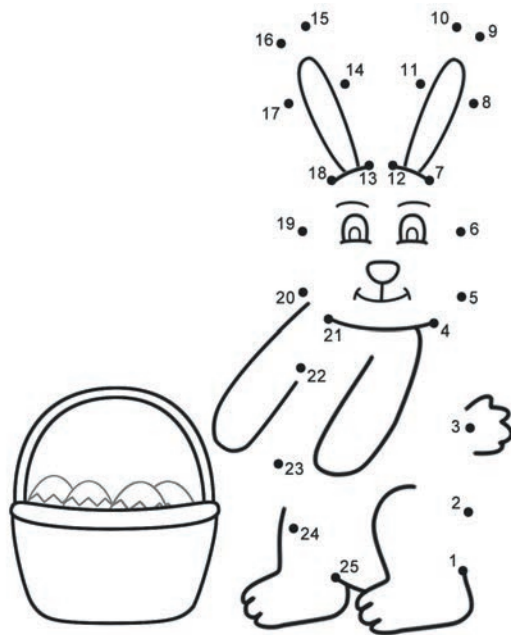
WORD SEARCH

March Madness Word Search with Answers

D F T X D W Y Z D K A Q D Q T C V O A S
 B J P U E P S R E K A L T E C V H S M D
 A T W K E Z E C M G Z W W R R A B A X W
 T P H W F U Z R B N N R D X V C F Q O U
 B U W A O T D C T U W O O C R A D J G B
 Z F R U L C Q L L A N U M A S T O N Y T
 Z H S N M C U I B Y J N K X L I N S U E
 X W H W O A B P A M A P Y B E O Q U J A
 Q W K C T V V P O J J H C E P N L D S S
 B F H F Y O E E K O G K P J R X P G R T
 S P K X R S H R R S H G G W E M I B E E
 O M R N R L T S C I T L E C C A S N I R
 E X A E Y H D L K C C A E H H L T B Q Y
 S K D P C F F V U N O K D Q A R O F I C
 W Y R B G O Y V E Y A T S M U A N V T F
 J B N Z K C R E L T U B S Y N G S V E A
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Mavericks	Pistons	Lakers
Bankshot	Celtics	Clover
Turnover	Record	Bunny
Butler	Hoop	Easter

CONNECT THE DOTS



FILL IN THE BLANK

Principal for a Day

If I was principal of my school, I'd put _____ and _____ in every _____ and have the cafeteria serve _____ and _____ for lunch. We would have "_____ and Tell" every day, where students can bring _____ and _____ to share in class. Students would give teachers homework, like _____ page book reports about _____ and _____ math problems. Recess would last for _____ hours, and instead of buses, I'd have _____ and _____ take the kids to and from school.

Search the entire paper for these seasonal items.



UPCOMING EVENTS



ALTA VISTA LIBRARY – MARCH 2023

For the most current updates as well as information about available services, please visit www.biblioottawalibrary.ca or call 613-580-2940.

The Library has temporarily adjusted its hours of operation 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 or by calling InfoService at 613-580-2940.
- Public computer use is currently limited to two hours per user per day. To reserve a computer ahead of time, 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.

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

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. (30 minutes – All ages)

No Storytime on Monday, February 20 (Family Day), March 6, 8 or 20.

MARCH BREAK

Family Storytime – as above

Monday, March 13 and Wednesday, March 15 at 10:30 a.m.

Crafternoon!

Come crafting to the library, we have all the supplies you need to satisfy your creativity! Bilingual. Drop-in program. 120 minutes.

Tuesday, March 14 at 2 p.m.

AgVenture – Henrietta Hen

Welcome some poultry from the Canada Agriculture and Food Museum into your library visit! Listen to them cluck and coo, touch their soft feathers and watch them scratch and peck. Through fun educational activities, students explore the characteristics, needs and lifecycle of these barnyard favourites. Wednesday, March 15 at 1:30 p.m. 40 minutes. Ages 4 to 12. REGISTRATION REQUIRED.

AgVenture – Pauline La Poule

Accueillez quelques-unes des poules du Musée de l'agriculture et de l'alimentation du Canada dans votre bibliothèque! Écoutez-les caqueter, touchez leurs plumes douces et regardez-les gratter et picorer. Grâce à des activités éducatives amusantes, les élèves explorent les caractéristiques, les besoins et le cycle de vie de ces favoris de la basse-cour.

Le mercredi 15 mars à 14h15. 40 minutes. Pour les 4 à 12 ans. INSCRIPTION OBLIGATOIRE.

Going on a Lion Hunt / Allons à la chasse au lion

Join us on a safari as we go over, under, around, and through obstacles to find exotic animals.

Joignez-vous à notre safari alors que nous allons au-dessus, en-dessous, autour, et à travers les obstacles pour trouver des animaux exotiques. Bilingual. Drop-in program. 30 minutes. Thursday, March 16 at 12 p.m.

Game On! / 1,2,3... Au jeu!

Play card games, board games or video games at the Library.

Viens jouer aux cartes, à des jeux de société ou à des jeux vidéos à la Bibliothèque.

Bilingual. Drop-in program. 120 minutes. Thursday, March 16 at 12 p.m. Ages 6 to 12.

LEGO Party / Fête en blocs

Play card games, board games or video games at the Library.

Viens jouer aux cartes, à des jeux de société ou à des jeux vidéos à la Bibliothèque. Bilingual. Drop-in program. 120 minutes. Friday, March 17 at 2 p.m.

ADULT PROGRAMMING

French Conversation Group (intermediate)

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.

Sleuth Hounds Mystery Book Club

Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussions on the third Thursday of every month 6:30-8:00 p.m.

Thursday, March 16

***The Man from Mittelwerk*
by M.Z. Urlocker**

Thursday, April 20

**Andrew Cartmel - any in the
Vinyl Detective series**

Book Banter

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

Thursday, March 2

***The Island of Sea Women*
by Lisa See**

Thursday, April 6

***This is Happiness*
by Niall Williams**

Infusions Littéraires

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

Le lundi 20 mars

***Célestine du Bac*
de Tatiana de Rosnay**

Le lundi 17 avril

***Ma mère avait raison*
d'Alexandre Jardin**

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.

To access these resources and much more, visit biblioottawalibrary.ca/en/databases/search-all. A valid Library card is required.

UPCOMING EVENTS

COMMUNITY EVENTS – MARCH 2023

RIDEAU PARK UNITED CHURCH

Office: 613-733-3156; Website: www.rideaupark.ca

Forest Church: Sunday, March 26 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 for the weather!

Harmony Club: Wednesday, March 29 at 10–11:30 a.m. Neighbours in the community age 60 and over, you are invited to a coffee/tea social with music, conversation and good cheer. Bring along your family and friends. The next Harmony Club coffee time will be Wed. April 26, 10–11:30 a.m.

Lenten Season Gatherings: Wednesdays at 7 p.m. each week, March 1 to 29, by Zoom. Contact the church office for the Zoom invitation.

Nearly New and Book Sale: Friday, April 21 at 6–8 p.m., and Saturday, April 22, 9–11:30 a.m. at Rideau Park. Search out gently used, good-quality clothing and also find recent paperback fiction to enjoy over the summer.

Camp Awesome: Rideau Park will be hosting this summer day camp for children, from August 14–18. For more info, check the website: camp-awesome.ca/summer-camp.

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 for an invitation.

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

Drums Alive: Drop-in drumming class, for all ages, 7:15 pm, each week, alternate Tuesdays and Wednesdays (next is Wednesday, March 8). Try your hand at drumming! Contact Iain MacPherson at choirdirector@rideaupark.ca.

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

Office: 613-733-0437; Email: office@emmanuelunited.ca; Website: 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 Wholey, 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.

Lenten Lectons Bible Study: Wednesdays, Wednesdays (March 1, 8, 15, 22, 29, April 5), 7–8 p.m. by Zoom. We will be using *Lectio Divina*, a meditative method of reading scripture. All are welcome as we reflect on the Gospel Lectionary readings for the Sundays of Lent and journey with Jesus to his final days.

Thursday Morning Discussion Group: Thursdays, 10–11:30 a.m. by Zoom. The group is currently discussing a session of the “Experiencing God” series by Pete Enns.

Friday Night at the Movies: Join us for a free movie on a Friday night. Enjoy popcorn, drinks, and snacks, too.

March 10 at 7 p.m.: *The Prince of Egypt* (Animated)

March 24 at 7 p.m.: *Romero*

ST AIDAN'S ANGLICAN CHURCH

Website: staidansottawa.com

St. Aidan's Online Easter Bake Sale again this year! Delicious homemade baking including hot cross buns, Easter-themed cookies, butter tarts, lemon squares and lemon loaves will be available for order through our website from March 10 until March 25. Pick up your order on Saturday, April 1 between 9 and 11 a.m. at the Church. Payment is due at pick up. Cash/credit/debit accepted.

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 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, March 22 for a presentation about Doctors without Borders.

ART LENDING OF OTTAWA SPRING SHOW

March 18, 10 a.m. to 4 p.m. at the RA Centre, 2451 Riverside Dr.

If you can't make it to the March show, mark your calendar for our next one on June 24.

www.artlendingofottawa.ca

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, April 6. Free parking. Proof of COVID vaccination or exemption required, please. For more information, contact Loreen, loreenohs@gmail.com, or go to ottawahumane.ca/get-involved/volunteering/ohs-auxiliary.

CANADIAN CENTENNIAL CHOIR CONCERT

“Requiems: Fauré and/et Forrest”

Sunday, March 12 at 3 p.m. at St. John the Evangelist Anglican Church, 154 Somerset St. W.

Accompanied by a chamber ensemble and organist Josh Zentner-Barrett, the Choir will perform the beautiful Requiem by Gabriel Fauré and the powerful Requiem for the Living by contemporary composer Dan Forrest, which combines both liturgical and non-liturgical texts.

Tickets: Adult: \$25; Senior/Student: \$20

Info at: www.ccc-ccc.ca

INTERNATIONAL FILM FESTIVAL OF OTTAWA 2023

The International Film Festival of Ottawa (IFFO) is a new event bringing the best of the global film festival circuit to Canada's Capital.

UPCOMING EVENTS

The Festival's third edition will take place March 8–19 in venues across Ottawa's downtown core.

This year will provide cinephiles and Ottawa locals with an eclectic mix of films that have won awards and made waves in the international film circuit over the past year. IFFO programmers are curating over 20 feature films from Canada and around the globe, along with Canadian short films to accompany each feature screening, to create the Official Selection.

For schedules and tickets, see www.iffo.ca.

DECIBELLES CHOIR FOR WOMEN

Spring Session: February 28 to June 22

Fees: \$160 plus a \$10 administration fee for first-time members

Members can attend either of these practices:

Wednesdays at Rideau Park United Church, 2203 Alta Vista Dr. from 1–3 p.m.

Tuesdays at Woodroffe United Church, 207 Woodroffe Ave. from 7–9 p.m.

decibelles.choirgenius.com

BRAVE AND SAFE: A PLACE FOR COURAGEOUS CONVERSATIONS

March 25, 10 a.m. to 4:30 p.m., at Julian of Norwich Anglican Church, 7 Rossland Ave.

This is a free multicultural community event that creates a brave, safe and inclusive space to discuss issues surrounding racism in the Ottawa community that is open to all youth in Ottawa between the ages of 14 to 22. During the event, several local speakers from the BIPOC community will share their stories and experiences and participate in a moderated panel Q&A. The event will also feature performances from local Black, Indigenous and Asian artists. If you're interested in attending this event either in-person or virtually, register your ticket using the following link: www.eventbrite.com/e/brave-and-safe-time-for-courageous-conversations-tickets-519695091007



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“One of the marvelous things about community is that it enables us to welcome and help people in a way we couldn't as individuals.” — Jean Vanier



WORD SEARCH ANSWERS

March Madness Word Search with Answers

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



Purdys
CHOCOLATIER

Easter Giving with Heart



Give Purdys chocolate & help refugees!

bit.ly/PurdysEaster2023

♥ Order by **Tue. Mar. 14** | Pick-up by **Sun. Apr. 2**

A fundraiser by:
Ottawa South Committee for Refugee Support

Questions? osrefugee@gmail.com

MOVIES 'N STUFF

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

March 7th

Women Talking

Women in an isolated religious colony struggle to reconcile with their faith after a series of sexual assaults. Stars Rooney Mara, Claire Foy, Frances McDormand and directed by Sarah Polley. One of the best reviewed films of the year and a nominee for Best Picture!

Bergman Island

A couple retreat to the island that inspired Ingmar Bergman to write screenplays for their upcoming films when the lines between reality and fiction start to blur. Tim Roth stars.

Memories of My Father

An author recalls life with his father, a university professor who fought against oppression and social inequality, and the circumstances of his murder by Colombian paramilitaries.

The Good Boss

Awaiting a visit by a committee that could give his company an award for excellence, the owner of an industrial scales manufacturing business tries to resolve any problems from his workers in enough time. Javier Bardem gives a riveting performance!

Perfumes

A chauffeur is desperate to keep his job and keep joint custody of his daughter, so he accepts a job as a driver for a perfume maker, not realizing how demanding she will be. The two shouldn't like each other, nor should they be able to work together, but as the story unfolds with genuine warmth, a friendship blossoms.

Black Box

A young and talented black box analyst is on a mission to find the reason behind the deadly crash of a brand new aircraft. Yet, when the case is closed by authorities, he cannot help but sense there is something wrong with the evidence.

Playground

When Nora witnesses Abel being bullied by other kids, she rushes to protect him. But Abel forces her to remain silent. Caught in a conflict of loyalty, Nora tries to find her place, torn between children's and adult's worlds. A powerful film out of Belgium.

The White Lotus: Season 2

Follows the guests and the employees of the White Lotus resort as they deal with messy relationships during what is supposed to be a luxurious and relaxing island getaway.

Gagarine

Teenager Youri has lived his whole life in the tight-knit community of Gagarine, but when plans to demolish his home are leaked, Youri joins the resistance, embarking on a mission to save Gagarine, resolved to keep both the building and its community alive. Beautiful French drama with fantastic performances!

The Split: Season 3

In the final series of this bittersweet trilogy, Hannah faces the heartbreak of her own divorce, and the fight to save her family and her marriage. A series not to be missed - starring the great Nicola Walker.

The Woman Who Loves Giraffes

A beautiful documentary finally arrives on DVD! Dr. Anne Innis Dagg retraces her 1956 journey to South Africa to study giraffes in the wild in what critics hail as, "warm, wonderful and something that needs to be seen". Kenneth Turan, Los Angeles Times.

Vera: Season 11

I Wanna Dance With Somebody

A joyous, emotional, heartbreaking celebration of the life and music of Whitney Houston, one of the greatest female R&B pop vocalists of all time, tracking her journey from obscurity to musical superstardom.

Violent Night

When a group of mercenaries attack the estate of a wealthy family, Santa Claus must step in to save the day (and Christmas).

Resident Alien: Season 2

Puss n Boots: The Last Wish
When Puss in Boots discovers that his passion for adventure has taken its toll and he has burned through eight of his nine lives, he launches an epic journey to restore them by finding the mythical Last Wish. One of the biggest movies of the year!

Utama

An elderly Quechua couple live a tranquil life in the arid Bolivian highlands, but when an uncommonly long drought threatens everything they know, they must decide whether to stay and maintain their traditional way of life or leave. Glenn Kenny of RogerEbert.com says, "A film of dazzling visual power and genuine poignancy."

Shirley

Famous horror author Shirley Jackson finds inspiration for her next book after she and her husband take in a young couple. Elisabeth Moss stars!

March 14th

A Man Called Otto

When a lively young family moves in next door, grumpy widower Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down. Starring the great Tom Hanks!

Maybe I Do

With their relationship at a crossroads, Michelle and Allen invite their parents to finally meet. As it turns out, their parents already know each other, maybe a little too well. Unbelievable cast, including Richard Gere, Susan Sarandon, William H. Macy and Diane Keaton!

Spoiler Alert

The story of Michael Ausiello and Kit Cowan's relationship, which takes a tragic turn when Cowan is diagnosed with terminal cancer. Stars Jim Parsons and Sally Field.

Aftertaste: Season 2

Volatile celebrity chef Easton West finds his new life out of the public eye disrupted when his niece returns flaunting her successful career. They must put their differences aside after someone from the past throws the family into more chaos than ever.

Doc Martin: Season 10

The wait is over! This final series sees the Doc making efforts to overcome his phobia & beginning to question whether he made the right decision about resigning. He and Louisa have also welcomed a baby daughter, Mary Elizabeth, a sister for four-year-old James Henry.

House of Hummingbird

In 1994 Seoul when the Seongsu Bridge collapses, 14-year-old Eunhee wanders the city and searches for love.

This Is Not A Burial, It's A Resurrection

An 80-year-old widow stands up to local officials who want to build a dam and resettle her village. Critic raves for this South African film.

March 21st

Vienna Blood: Season 3

The Whale

A reclusive, morbidly obese English teacher attempts to reconnect with his estranged teenage daughter. Oscar Nominations for Brendan Fraser and Hong Chau!

Babylon

A tale of outsized ambition and outrageous excess, it traces the rise and fall of multiple characters during an era of unbridled decadence and depravity in early Hollywood. Stars Brad Pitt and Margot Robbie.

Paris Police 1900: Season 1

In 1899, the Republic is on the verge of explosion. The corpse of an unknown woman found in the Seine will propel an ambitious young inspector into the heart of a criminal investigation which will reveal a heavy state secret.

March 28th

Alice, Darling

Pushed to the breaking point by Simon, her psychologically abusive boyfriend, Alice rediscovers the essence of herself and gains some much-needed perspective while on vacation with two close girlfriends, but when Simon appears, it tests her resolve. Stars Anna Kendrick.

Broker

The film follows two brokers who sell orphaned infants, circumventing the bureaucracy of legal adoption, to affluent couples who can't have children of their own. After an infant's mother surprises the duo by returning to ensure her child finds a good home, the three embark on a journey to find the right couple, building an unlikely family of their own. From the director of Shoplifters!

Plane

Pilot Brodie Torrance saves passengers from a lightning strike by making a risky landing on a war-torn island -- only to find that surviving the landing was just the beginning. Gerard Butler stars!

Gaslit: Limited Series

Julia Roberts stars as Martha Mitchell, the woman who took on Nixon. Gaslit: the insane, but shockingly true story.

The Hunters: Seasons 1 & 2

Inner-city policeman Erik leaves his long-time post in Stockholm to join the force in the rural town where he grew up, but his idea of a more peaceful existence is turned upside down when he finds out about police corruption and a violent batch of thugs.