



Jane Berlin speaking at the WRENS Way dedication surrounded by the trees and greenspace she so cherished and sought to protect. Photo credit: Gillian Godwin



Jane Berlin, a great community presence, died after a sudden illness on Saturday, November 11.

JANE BERLIN'S LEGACY FAMILY, GREEN SPACES

By Courtney Tower

Jane Berlin will not pick up grandchildren James and Henry at their school and walk them home through Pleasant Park Woods, as she so regularly did. She will not trek through WRENS Way, check out the playground and baseball fields where dogs and their owners roam free on Grasshopper Hill. She died on Remembrance Day, and family and those same signal Alta Vista green spaces are foremost among her legacies.

Jane died in hospital at 75 from a sudden, unknown and unexpected internal infection attack on the day when she might have been celebrating remembrance on WRENS Way, the long stretch of green and trees and birds and little animals that she fought long ago to preserve and more lately to rename in honour of the naval women of the Second World War.

That little November 11th WRENS Way ceremony went on without her, but this long and wide stretch of preserved greenspace, along with Pleasant Park Woods, Grasshopper Hill Park, the Lynda Lane park haven of cricketers and strollers – so many places of green distinction in Alta Vista – live on because Jane Berlin led others in long campaigns for them.

The Slogan: AVERT Won Over City Hall

Whatever she did from the family home base off Thessaly Circle was done with infectious good cheer and researched logic that brought people together to knock back public plans to turn green into tarmac, cement and glass.

Jane and a small band of enthusiasts created the AVERT signs in the 1990s that speckled Alta Vista streets, parks and home lawns in a rapidly spreading movement that pressured officialdom away from intentions to sell the lands to housing development. AVERT, or Alta Vista Environmental Rescue Team, founded and headed by Jane, was a band of community activists working together with rallies and so-called vigils and much lobbying. They succeeded in getting National Capital Commission lands transferred to the City and from there to City agreement to keep the spaces from development.

Peter Hume, then the Regional Councillor for Ward 18, went up to son Damon Berlin after her funeral and said to him: "Your mom just didn't work on preserving green spaces in Alta Vista, she led that fight. If it wasn't for your mom, there would now be homes all over Grasshopper Hill, homes over Pleasant Park Woods."

The Greatest Gift Time With The Kids

We at VISTAS remember the 2018 profile of Jane that we did on the OUR PEOPLE page when Damon and wife Marianka with sons James and Henry (now 7 and 5) were staying temporarily with Jane and Frank in the family home while they were between houses. Although suffering then from a badly bruised leg, Jane was all happiness with the clutter of kids and dogs and young parents together in the home. Now living not far away, Damon remembers how his mother would pick up her grandsons at Pleasant Park School and walk them home through Pleasant Park Woods.

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LETTERS TO THE EDITOR

Why should patients be herded toward a faltering public system when there are alternatives?

Re: "Paying for basic medical care in Ottawa South" by Aldis Brennan, November 2023

Dear Editor,

Thank you for Aldis Brennan's story on the South Keys Health Center. Why does it read like a one-sided press release from our local Liberal member of the legislature rather than true journalism?

John Fraser's opposition to healthcare innovation reminds me of someone who insists their decrepit old car runs just fine, but complains when it can't keep up in traffic. Mr. Fraser should stop inferring billing irregularities and embrace a progressive solution to an immediate concern in Ottawa South.

The subject of paid medical care is touchy for many Canadians. Sixty years after its introduction, Medicare has become resoundingly unsustainable, but changing any part of it is a guaranteed political no-win. A lot of Canadians' reflexive anti-Americanism bursts at the spectre of fee-for-service.

While serving in the military, I experienced four kinds of healthcare providers: medical officers (MOs) in uniform and contracted; nurses (RNs) and nurse practitioners (NPs) in hospital and clinical situations; physician's assistants (PAs), who gave primary and emergency health care; and medical assistants (MedAs), who assisted and supported the care continuum. A lot of my health needs were resolved without the MO's signature, and some of the wisest care was from RNs, NPs and PAs.

The civilian system is basically only two levels – medical doctors and nurses. I am not discounting the important range of therapists, technicians, paramedics and ambulance attendants, but patients must be seen by a doctor first and every treatment plan requires an MD's signature. Call me a free thinker, but isn't a rigid two-strata system the definition of protectionism? When the health system needs clever answers, are the professional colleges and bureaucrats complicit in throttling access? Further, am I the only person to notice that most NPs are female? Is it right that a female-predominant profession is being aggressively blocked at a lower status?

Eighteen months ago, I was diagnosed with needing surgical care. The family doctor offered a place on a list for a consultation or I could contact a private surgical hospital. The private hospital got me in earlier than the public system could. OHIP paid for the surgery, my employer paid for the room, and I paid for travel. That facility takes pressure off the public system by providing a specific type of care. The staff are specialists; it is efficient and high quality. Who could ask for better? So why should patients be herded toward a faltering public system when there are alternatives? Private care and paid services prove Medicare's monopoly is broken.

Terry Warner

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VISTAS Apology

In the November edition of VISTAS we ran an article entitled "Heritage properties in Alta Vista — have your say!" which listed a number of private addresses to be considered for heritage designation. While this list is publicly available, VISTAS apologizes for not asking our readers to respect the privacy of those who call these buildings home and for not informing the owners of these residences that their addresses would be included in the paper.

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.

LETTERS TO THE EDITOR

Hydro Ottawa should implement improvements to the electricity supply in Alta Vista

Email to Marty Carr (November 19) shared with VISTAS

Dear Councillor Carr,

I read with interest the Hydro Ottawa advertisement in the November 18th edition of the Ottawa Citizen. The copy heralds Hydro’s introduction of smart grids, distributed energy supply, the introduction of micro-grids, as well as the upgrading/expansion of their fibre network. Historically, Alta Vista has fared poorly in terms of resiliency and reliability of its electricity supply. Typically, outages are of significant areal extent and long-lasting. Witness the multi-day outages of the 1998 ice storm to the more recent nine-day outage associated with the derecho of 2022, and the all too frequent intervening outages. As a result, many households in your ward are adding costly whole-home generators as emergency backups. This is unacceptable and points to a very real need for Hydro Ottawa to specifically implement improvements to the electricity supply in the Alta Vista ward. I request that you add the resilience and reliability of Alta Vista’s electricity supply to your declared “Sustainable Community” priorities you have committed to deliver on during your term. Hydro Ottawa should provide you with concrete plans for improving service to the Alta Vista ward. Your membership on the Environment and Climate Change Committee could serve as a venue for a public airing of Hydro’s remedial plans.

Russ Jackson, PEng

Marty Carr’s response:

Thank you for your email requesting that I add the resilience and reliability of Alta Vista’s electricity supply to my priorities during my term. While the City of Ottawa is the 100 per cent shareholder of Hydro Ottawa (the composition of which includes two councillors who sit on the board of Ottawa Hydro), the responsibility of the board is to protect the City’s financial interests and ensure work is being done to enhance and protect our city’s hydroelectric power supply. City councillors (board member or not) do not possess the expertise, understanding or technical knowledge that the highly skilled employees at Hydro Ottawa have that would provide us with the authority or the credibility to direct Hydro Ottawa work with respect to electricity supply. It would therefore not be appropriate for me to include the work that needs to be done by Hydro Ottawa into my own priorities, as it is a separate organization over which I have neither authority nor expertise. Hydro Ottawa does, however, liaise with councillors regarding work done in their wards, and I recently included an update in my September 22nd newsletter on the work that they are doing on resiliency, an update on which is expected later this year. I have copied the Chief Customer Officer at Hydro Ottawa in case she can provide a more precise time frame. Given that Alta Vista is prone to power outages due to the above-ground hydro poles and the many mature trees on both city and private property, I will continue to communicate developments within the ward in my newsletter as well as work with Hydro Ottawa to ensure greater resiliency in the ward. As an example, I will be advancing a motion in early 2024 to propose that hydro lines on Bank Street be buried as part of the redesign project. As a final note, Hydro Ottawa reports to Council directly, and not via the Environment and Climate Change sub-committee. Hydro Ottawa recently presented their annual report to Council on October 25, 2023.

Hydro Ottawa is currently reviewing Mr. Jackson’s email and will provide a response in a few days.

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Malcolm and John Harding

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.

VISTAS Volunteer Carriers Needed

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- Anoka, 35 papers
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- Edge Hill, 58 papers
- Featherston (Connecticut to Ryder), 30 papers
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- Heron (Alta Vista to Greenbelt), 13 papers

- Mimosa, 30 papers
- Mountbatten (Alta Vista to Blossom), 45 papers
- Neighbourhood Way, 35 papers
- Pixley, 60 papers
- Portland, 34 papers
- Renova, 55 papers
- Simpson, South Haven, Highland Terrace, 28 papers
- Station Boulevard, 40 papers

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LETTERS TO THE EDITOR

Let's brainstorm some solutions to our health-care crisis

Re: "Paying for basic medical care in Ottawa South" by Aldis Brennan, November 2023

Dear Editor,

A few weeks ago, I got to experience our emergency health-care system up close. On October 26, 2023, I slipped off my bike en route to work and fractured my elbow. I had my partner drive me to emergency because the ambulance was delayed. The emergency department at The Ottawa Hospital was packed full of people, many with respiratory or gastrointestinal issues that a family doctor or nurse practitioner could usually attend to. Of course, you would need a family doctor or nurse practitioner.

The staff were doing their very best to address everyone's situation in a timely manner but sometimes the frustration of waiting patients bubbled over into not very "patient" behaviour. People like me who needed an X-ray might wait their turn to be seen behind someone with a stomach flu. The entire visit was eight and a half hours from the time I entered to the time I left the hospital after seeing the orthopaedic resident who confirmed I needed surgery.

During the eight and a half hour wait I thought of some things that may help improve the efficiency of our hospital system. First, perhaps it needs to be more streamlined. For example: have the emergency department divided such that all muscle and skeletal injuries, cuts and abrasions go to one section. All respiratory, viral and infectious issues go to another area. And finally, all serious issues such as heart attack, stroke, major trauma, etc. go to another area that is obviously top priority.

The reality is that there is a need for more staff: doctors, nurses and nurse practitioners both in the hospital and the community. The poor nurses and ER doctors are run off their feet. So how do we get more doctors?

The Medical Council of Canada (MCC) has a duty to set standards that ensure public safety. It is my understanding that one of the standards to ensure competence is that in addition to having to write an exam, foreign-trained doctors must complete a residency.

Perhaps the MCC could look at the medical programs at numerous universities around the world and anyone who graduated from medical programs equal to Canadian universities could come to Canada, write and pass an exam, and start working as a doctor with a six-month probation without having to do a residency. Obviously having to complete a residency would be the best option but if we need to increase the number of doctors in our healthcare system quickly then we must think of alternate ways while still ensuring public safety. I suppose we could also increase enrollment in our medical school programs.

Bottom line is our system is at its breaking point. Some would argue that it is broken. Having patients clog the hospital ER because they don't have a family doctor or nurse practitioner is a big issue. Having more family doctors by attracting foreign-trained doctors would be beneficial. Streamlining the ER might also be beneficial both financially and improve efficiency.

Finally, I would like to reiterate that the hospital staff and volunteers are working hard. I am sure if asked, the front-line nurses and doctors could provide plenty of other suggestions to improve our health-care system without increasing costs. It would be interesting to know how much an ER visit costs versus a family doctor visit. If the cost difference is substantial, then many more family doctors would relieve the stress on the ER and likely not increase overall health-care costs.

There are many factors to consider but a change must be made before the system collapses. The fact that a person died waiting in an emergency room this past year in Canada points to a health-care crisis. I encourage people to bring their suggestions to their local MPP. Let's try to improve our universal health-care system.

Sue Reive

OUR PEOPLE

THIS HOLY NIGHT AGAIN AND AGAIN AND AGAIN

By Courtney Tower



The choir loft in a church seems such a special place, one of dedicated people, of deeply felt music that rings out or is sad, cheerful or foreboding, resigned or triumphant. What one actually first saw on a short visit was a little different, a somewhat cluttered floor space and the back of an organ with one hand rising up above it. That hand seemed to be a thing of its own, ever moving, gesturing, apparently asking for more power here, to be softer there, for more clear and precise singing out of words and phrases. That was the one hand. The other hand, not seen from the entrance, was playing on the organ those words and phrases, of a sung prayer. And that was Francine Brisebois, one and the same. Organist and music director, playing and directing the singing of separate bits from one hymn, over and over and over, for the 30-odd singers assembled before her.

So it went recently, at Immaculate Heart of Mary (IHM) Church on Alta Vista Drive, during a practice for the traditional Christmas concert there on December 10, a concert that has gone through a few phases since being established by the same Francine in 1992. So do these practices go as well, every Tuesday and Sunday, for the regular church year.

A Night Of Devotion A Year's Preparation

The practices are one part of a huge amount of preparation for the 90 minutes of carols, classical music and popular songs on December 10. Francine and her longtime sidekick, Joslyn Brodeur, began work on it as far back as last spring. First, they rounded up the accepting participants, those who have played this date before and newcomers, to fashion a program.

Continued on page 7

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John Fraser

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Happy Holidays!

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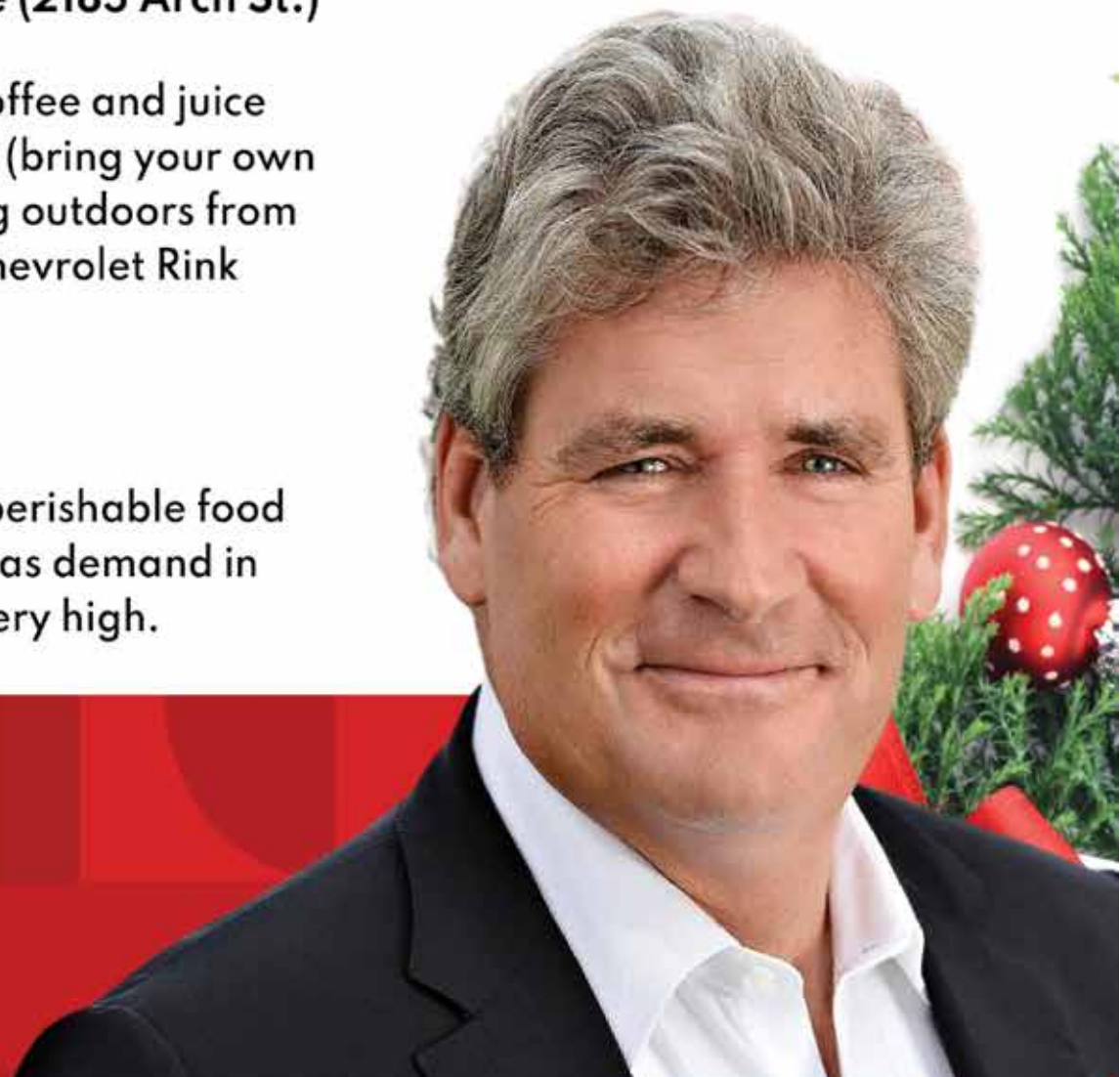
Please consider bringing a non-perishable food donation for the local food bank as demand in our community continues to be very high.

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OUR PEOPLE

Continued from page 5

That bilingual program will consist of performances by the chamber choir of the Ottawa Catholic School Board, high school students all; the Grand Choeur de La Salle, high school students from the arts and humanities high school in Ottawa on Old St. Patrick Street, a French language school counterpart to the Canterbury High School of similar artistic persuasion; the IHM Church choir (R. Catholic) and the St. Margaret's Vanier Church choir (Anglican) singing together; the 35-member Ottawa Wind Ensemble, and the compelling tenor soloist Dr. Fraser Rubens, a veteran of this event.

Years Of Networking For Francine, Joslyn

It happens that the networking Francine is organist and music director at both Immaculate Heart and St. Margaret's churches and has been so for many years, while Dr. Rubens is a cardiac surgeon at the Ottawa Heart Institute. Francine worked there administratively for some years, apart from her many more years of teaching high school math and music. This is a mother and grandmother whose jobs and music schedules over the years would have exhausted most of us a few times over.

Joslyn Brodeur, a singer in the IHM choir for 23 years, retired from senior human resources positions in the federal public service, is now a consultant in that field. She is Francine's co-worker and partner with the IHM choir, and you saw them so close and involved that they literally finished each other's sentences in our interview.

Francine's origins were in the village of Ste-Anne-de-Prescott, in eastern Ontario near the Quebec border, where a signal part of the community is Ste-Anne's Church and in it the magnificent organ made by the historic Quebec company Casavant Frères.

"I played on that organ as a child and teen and I played on it recently after my mother died, and there is nothing like it," Francine says. "What we have here in our church and in other churches around is fine and good, but that organ, the Casavant organs, have a depth and tone all their own."

Francine, always a whirlwind, started the Christmas concert series at IHM in 1992 and for several years it was an ecumenical event with Rideau Park United, St. Thomas the Apostle (Anglican), St. Timothy's (Presbyterian), Resurrection of Our Lord (R. Catholic), Ottawa Mennonite Church on Kilborn Avenue, and other churches. Over the years, churches fell away, to run their own or not have concert. In the last dozen years, IHM and Francine have been going it alone in putting together the participation of other musical groups.

Sing It Once, Twice Thrice And More

Back at the rehearsal, the uneducated visitor is struck by the seemingly endless repetitions required of the singers on benches back of the organ. Painstakingly, the choir is led through bar after bar of one hymn, The Prayer.

"We need to get every detail just right and so we rehearse over and over every phrase and nuance of a song or hymn," says the Francine/Joslyn duo (it's often hard for the scribbler to make out which one, usually both, are doing the talking). "The sopranos and altos, the tenors and basses, are rehearsed over and over so that what they do is seamless, if you like, seamless and together," they add.



Francine Brisebois at her organ with Joslyn Brodeur; photo credit: Gerri Doherty

Particular attention is paid to all pronouncing the words in the same way, the same pronunciations, the same stresses, same intonations.

The rehearsing for the IHM-St. Margaret's part of the Christmas event, as it is for all the weekly rehearsals during the church year, is not the end of preparation. Joslyn and Francine record all parts of most hymns and each part in each hymn is isolated so that the recording is pertinent to each singer and emailed back to her or him.

"Each of our choir can practice at home, so that what was learned in rehearsals stays fresh with them," says the Francine-Joslyn duo.

There always is a grand assemblage of all the singers on the IHM stage as the concert nears an end. All have met and rehearsed together a day previously for the whole event. They sing. The audience packing the church sings. The devotion paid is full-throated and final. The singers parade out to the applause of the audience. It is over, for all but Francine and Joslyn. They now start working on the next concert, a year hence.

Singing Out For The Needy

Ever since this concert began in 1992, the highly attended performances have been free, but donations of money are welcomed, in support of Heron Emergency Food Centre (HEFC), our local food bank.

"This is our biggest community fundraiser and something I look forward to every year," says Lynn Sherwood, chair of HEFC.

"This event draws our community together at this time of year, and it is so helpful for the work of providing food for ever-growing numbers who come to HEFC," Sherwood says.

"More and more people are coming to us for help," she adds. "Just for example, in October this year we had 681 families, or 2,218 individuals come for food, when in October last year it was 524 families (1,748 individuals)."

"Our community is wonderfully good about saying 'how can we help?' And this concert is among the ways in which we create community, people taking care of people."

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OUR COMMUNITY

HEROES OF HERON EMERGENCY FOOD CENTRE

By Lynn Sherwood

Last month, Heron Emergency Food Centre learned that during the coming winter we would be sharing our facility with an emergency shelter. This situation, which has received considerable publicity, seems to have created some confusion. So, I thought some clarification might be helpful.

While HEFC is a non-profit charitable organization, we could not function without the support of the City of Ottawa, which provides us with space, free utilities, and a grant to pay both our staff and office expenses. The Heron Road Community Centre at 1480 Heron Road is ideally located on a major bus route, close to a low-income community, and has all the amenities we need. We rent an office/storage/ service room and have access to a community kitchen, which is also shared with Ottawa Public Health where various clinics and programs and a summer day camp (which rather livens up the situation in July and August) are provided.

Heron Emergency Food Centre is located on the lower level of the community centre. We have a special window opening onto the parking area that permits us to unload skids of food directly into our space. Inside, our area opens onto a long public corridor where our clients wait to be served. On the other side of the corridor is a large gymnasium with change rooms, toilets and showers. This is the space that will be used as sleeping quarters by the emergency shelter. During the pandemic, this area was also used as emergency housing for extended periods on two occasions, first by Cornerstone Women's Shelter, and second by an emergency men's shelter, so we are now entering our third experience sharing space in the last three years.

Heron Emergency Food Centre does not have any direct contact with the residents of the shelter. The City of Ottawa provides trained staff who are on duty 24-7. Many of the folk who live at the shelter are working and are not present during the times the food centre is open. To date, we have not had any difficulties with this arrangement.

These days, however, HEFC is a busy and overcrowded space. During the past year, we have seen a significant increase in the number of people we serve, as well as in the complexity of the life situations of our clients. In September 2023, we did a brief survey – we saw clients who came from 17 different countries, including Canada.

I have listed below our client numbers for the month of October. These figures show significant increases in the numbers of clients year over year, and have been consistent since May of 2023.

- Number of families served: October 2023 – 681; October 2022 – 524
- Number of individuals served: October 2023 – 2,218; October 2022 – 1,748
- Number of first-time clients by family: October 2023 – 79; October 2022 – 24

Thanks to the generosity of our many donors and the commitment of our volunteers, we are still able to provide seven days of nutritious food for the extra 470 individuals we served from last October to this. However, the space, which was adequate when we served fewer numbers, is now becoming cramped. We need to bring in more food, and we must inventory, store and distribute it. Space is at a premium and clients have to wait longer to receive their food even though we are often open much longer than before.

We have a very large catchment area and a large number of clients come from the Norberry Crescent/Mooney's Bay area. We are working with the Hunt Club Riverside Food Security Working Group to establish a food bank closer to their community so that HEFC can focus on the Heron Road Area once again.

As the holiday season approaches, we hope that community groups will continue to remember us through food drives, concerts and fundraising activities. 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 as we move into the holiday season.

We are also looking for new board members with hands-on skills who can assist us in continuing to provide a high level of service to our community. In particular, we are looking for a volunteer board member who can help us implement an enhanced social media presence. Call us at 613- 737-9090 or email us at hefc-info@rogers.com for more information.

Check out: hefc-info@rogers.com

On Facebook: www.facebook.com/HeronFoodCentre

On X: [@HEFC.ca@HeronFoodCentre](https://twitter.com/HEFC.ca)



We also now have a QR code to simplify donations to our program.

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

DECEMBER WISH LIST

We welcome cash and food donations including tuna, canned vegetables, canned tomato sauce, canned soup, chickpeas, kidney beans, cereal and snacks for children, feminine hygiene products and personal care items including toothbrushes, toothpaste, soap and shampoo.



Volunteers unload skids of food from the Ottawa Food Bank every Tuesday. Photo credit: Louisa Simms


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- » les occasions d'affaires / les options de financement
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Si jamais je peux vous aider, n'hésitez pas à contacter mon bureau.

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

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DUNKIRK CRESCENT FOOD DRIVE

By Nikki Merner

A group of young friends from the neighbourhood who call themselves the Dunkirk Street Gang have organized a food drive to help those in need during the holiday season. The kids, who are all neighbours ranging from ages two to nine, are excited to be collecting food donations for the Ottawa Food Bank as an act of kindness and compassion for those who may need a hand over the holidays. The group delivered homemade flyers to neighbours to get the word out. Now, they check the food drive bin every day after school for new donations; this has become a daily ritual. All donated items will be delivered to the Ottawa Food Bank before Christmas. If you would like to support the Dunkirk Street Gang’s food drive, you can drop off non-perishable items in the bin located at 1806 Dunkirk Crescent until December 10.

The Dunkirk Street Gang



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Happy Holidays!

I wanted to take this time to wish the residents of Alta Vista a safe and happy holiday season! However you choose to spend this time, I hope it is merry and bright. Enjoy this time to recharge and visit with family and friends and make the most of what the season has to offer. I hope to see you out and about at the many community events leading up to the holidays!

Food Security Fund Increase

I am proud to share that I have been working closely with Rachael Wilson of the Ottawa Food Bank to advocate for additional investment in the food security sector at a time when we are experiencing unprecedented need. As a result, this year's draft budget includes an additional \$400,000 in funding for agencies providing front line food support through the City's Sustainability Fund. Food insecurity is an issue I will continue to work on diligently as we see the need continue to grow in our community.

You can read all about the latest data on food insecurity in our community in the Ottawa Food Bank's 39th Hunger Report on the Ottawa Food Bank's website. Thank you to Mayor Sutcliffe, Dr. Vera Etches, my Council colleagues, and City staff for joining us for the launch of this report at City Hall the morning of November 20th.

Ward 18 Office Hours at Canterbury Community Centre

I have been hosting biweekly office hours to meet with residents face to face. There will be one final date for office hours in 2023. If you would like to book an appointment, please email my office at marty.carr@ottawa.ca or call us at 613-580-2488. 2024 Office hours are coming soon. I look forward to meeting with you!

Upcoming office hours at Canterbury Community Centre:

Monday December 11th from 10a.m. to 2p.m.

Breakfast with Santa – December 9th

I am happy to be bringing back Breakfast with Santa this year at the Canterbury Community Centre (2185 Arch Street)! Come join us from 8a.m. to 11a.m. on December 9th for a pancake breakfast with coffee and tea, face painting, and a visit from Santa himself! We will also be collecting donations for the Ottawa Food Bank. You can find a list of their most needed non-perishable items on their website. I can't wait to see you there!

Winter is on its way!

We have already seen a few snowfalls take place over the past couple of weeks! When snowfalls take place, City road crews work hard to ensure that sidewalks, roads and winter cycling networks are clear of snow and ice. While we know that winter can be frustrating at times, please be kind when you see City crews out and about.

Be sure to keep your eyes out for winter tips that will be shared in my newsletter over the next few weeks! If you have a winter related question or concern, please contact 311. This is the fastest way to ensure your request is attended to by City staff. You can also file a 311 request on the City of Ottawa's website or by emailing 311@ottawa.ca.

Stay Connected

Website: Please visit my 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.

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



Facebook (Marty Carr - Alta Vista/Quartier Alta Vista)



Instagram ([martycarrottawa](https://www.instagram.com/martycarrottawa))

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

Marty.carr@ottawa.ca | martycarrottawa.ca

OUR COMMUNITY

ELLWOOD UPDATE – GRATITUDE
IS THE RIGHT ATTITUDE

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



As 2023 comes to a close, we in Ellwood have much to be thankful for.

- Banff Avenue was completely repaved including a brand-new sidewalk with the latest features – Thank you Councillor Riley Brockington!
- Our rink operated despite the mild 2022/2023 winter. We had a successful park cleanup, a fun and productive AGM, a blast of a summer carnival and magic show with 122 attendees, a grand ribbon cutting re-opening of Banff Avenue, and special attention from Ottawa Police officers Marcus Cibischino and Brad Burleau and their team. All of this contributed to efforts to maintain our quality of life and solve problems.
- Thanks to David Wise, City of Ottawa Director/Planner and Program Manager, Zoning and Interpretation Unit, Economic Development and Long Range Planning, who has spent well over 20 hours, in top gear, explaining, debating, listening, and in a few cases ensuring some overzealous planning and zoning was reined in or eliminated. Others too at City Hall have gone out of their way to assist the association and community with many problems and would rather remain anonymous. Thank you to all of you.
- Gracious appreciation to Robert Binker and his team at the Federation of Community Associations who provide our board with insight, advice and guidance on many matters and also advocates on significant issues with City Hall and others on our behalf.
- Thanks are due to those who sponsor or contribute prizes to our community events, which has amounted to over \$9,000 over two years. They include: Porter Airlines, Elie’s Barber Shop, Tahiti Tourisme, Park ’N Fly Ottawa Airport, Home Depot, Travel

Brands, MP David McGuinty, Air New Zealand, Shoppers Drug Mart, Mr. Lube, Chickpeas restaurant, Loblaws South Keys, Avon Cosmetics (Nicole Klein), Saroughi International Taekwon-do, Air Tahiti Nui, Whole Home Beauty Renovations, Councillor Brockington, Scotia Bank, Gabriel’s Pizza, Via Rail, Air Canada and Air Canada Vacations, Radio 106, Gary Howard, Avis, Budget and Enterprise car rentals, Farm Boy (Walter Klein), Tom Wilson’s Independent Metro, and Royal Jordanian Airlines.

- Thanks to Councillor Brockington and his office team, who respond to phone calls and emails at lightning speed.
- Thanks to Ernie McArthur, VISTAS Distribution Manager, who arranges Ellwood’s circulation, and to Benjamin Lee, Claude Fournier and his son, Diana Payne, Gary Howard, Michel Kazan, Tamara Grey and William Azzi who deliver the paper to you in Ellwood come hail, rain, snow or shine.
- My gratitude to VISTAS co-editor Karen Johns, whose tireless volunteer work ensures your correspondent’s and others’ VISTAS articles are so much the better for her editing skills. A good edit is an act of care – according to the New York Times.

Other Ellwood Updates

A new photo radar camera is slated for installation on Kitchener Avenue between Cochrane Street and Jasper Avenue, the result of advocacy from Councillor Brockington and contacting MPP John Fraser. This is important as there is a school on that portion of the road.

The Hydro Ottawa utility pole upgrade project (19 poles on Banff, Jasper, Notting Hill, Paardeburch and Vancouver avenues and Cochrane Street) slated for completion by December 23 of this year has been delayed due to circumstances beyond the company’s control, with the completion date revised to March 1, 2024.

For Councillor Brockington’s Riverward Holiday Dinner to be held on Thursday, December 21 at the Hunt Club Riverside Park Community Centre from 5 till about 6:30 p.m., we already have one table full of residents who have RSVP’d. Ellwood’s Ridgemont Community Association will be involved in hosting the dinner;

Continued on page 13



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Continued from page 12

there will be music, a buffet including turkey and vegetarian choices, dessert and more. Please RSVP normanp@premieregroup.com or call 613-288-0034 before Friday, December 15, 6 p.m.

Sit back and evaluate these results from the traffic study conducted on Thursday, October 5, 2023, by the City of Ottawa Traffic Investigations & Surveys, Public Works and Environmental Services.

	Kitchener/ Banff (4-way stop) 7:45–8:05 a.m. (20 mins)	Vancouver/ Banff (4-way Stop) 8:10–9:10 a.m. (one hour)	Brookline/ Hampstead (Stop signs on Brookline only) 9:15–10 a.m. (45 minutes)
Number of Vehicles	137	93	5
Non-Stops	5%	3%	0
Rolling Stops	71%	84%	80%
Complete Stops	24%	13%	20%

Of note, only five vehicles were witnessed at Brookline/Hampstead intersection over the course of 45 minutes; traffic on Hampstead, a free-flow street, was not counted. However, what we do know is that the vast majority of vehicles are cut-through traffic, not residents.

To finish, it has been an outstanding year for Ellwood, and with three new directors reinvigorating the board, we will continue our long tradition of advocacy, improvement and bringing people together – for a better Ellwood!





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OUR COMMUNITY

WALKING SCARED: WHY DOES ALTA VISTA HAVE SO FEW SIDEWALKS?

By Chris Wiebe

With the end of Daylight Savings Time and the shorter winter days, you've probably noticed that Alta Vista's pedestrians have once again strapped on their fluorescent vests and glowing armbands in the evenings to lower the risk of being hit by a car. But why is this even necessary for neighbourhood walkers? Because, by my rough estimate, over 80 per cent of Alta Vista roads have no sidewalks of any kind and the street is the only place to walk.

People adapt and I'm sure most of you are now familiar with the go-to technique of walking on the side of the road facing traffic. This way, presumably, you'll know what is heading your way, and if a car lurches towards you, and your reflexes are sharp, a leap to the side remains a possibility, however unlikely. Adults accompanying children on bikes or on foot almost always take up a defensive position closest to car traffic. And as winter settles in and the streets grow ever narrower between mountainous snow drifts, pedestrians either need to get braver, or forget walking for a few months. There is much to admire about Alta Vista, but this dangerous, active transport suppressing, "character-defining" feature certainly isn't one of them.

Plug "Sidewalks Open Ottawa" into a web search and you'll see the city's sidewalk realities mapped in blue. While Alta Vista Drive, as a major collector street, has sidewalks on both sides, as does Chapman Boulevard and Briar Hill Road, virtually all regular collectors have only one side covered: Kilborn, Pleasant Park, Haig, and most of Featherston, Canterbury and Saunderson. The rest of the side streets in Alta Vista have no sidewalks at all. Zero. Given the situation, residents get creative, even cavalier. On Kilborn, for instance, I often see people walking towards traffic in the bike lane (suggested by a wisp of fading paint) on the south side of the road. An accident waiting to happen?

Sadly, Ottawa's suburbs overall – newly minted and old inner urban, alike – are massively under-sidewalked (to coin a term) with just 2,300 kilometres of them alongside a 6,000 km road network. By comparison, Edmonton is a walker's paradise with 4,400 km of sidewalks beside 4,830 km of roads, with a whopping 55 per cent of these sidewalks on both sides of the street!

A quick rummage in the newspaper archives reveals that Alta Vista's current culture of walking scared isn't a new phenomenon. An April 27, 1956 Ottawa Citizen article notes that: "Fear for the safety of children walking to Alta Vista Public School and St. Thomas Separate School along Kilborn and Randall avenues where no sidewalks exist has led to a demand for sidewalks by the Rideau Park Community Association." The problem was fairness, City officials said, because though the whole community would benefit from any new sidewalks, individual property owners would need to pay for the stretch of sidewalk in front of their houses. Things seem to have sorted themselves out because Alta Vista School now has one sidewalk leading to it on Randall.



Delmar, a popular cut-through from Pleasant Park to Kilborn, is good enough for "traffic calming" speed bumps, but not sidewalks.

In April 1980, the Citizen reported that Cunningham Avenue had become a pedestrian flash point. Residents' spokesperson William Priest said: "Cunningham attracts speeders and traffic from Alta Vista Drive. The street has no sidewalks and a couple of residents have been nicked by cars." For several years, residents on the street had called for either stop signs at the Marshall Court and Palmer Avenue intersection, or a series of speed bumps. Today, Marshall Court has stop signs so this decades-old advocacy evidently had an impact, though walking along shadowy Cunningham in the evenings remains worrisome.

Interestingly, the first mention of the "Alta Vista" subdivision in the Citizen comes in a large ad on July 4, 1913, one that points to sidewalks as a key amenity: "The natural advantages of Alta Vista are unequalled – there is an abundance of fresh air and pure water, while the gradual slope of the land affords excellent natural drainage. The lots are subject to careful building restrictions: the streets are 66 feet wide, and sidewalks are now being laid and roads graded; electric light and telephone service is now on the property." So what happened to the plot? Why did the commitment to sidewalks evaporate between 1913 and 1950?

The question of who pays for installing sidewalks is the most likely smoking gun, with developers foregoing sidewalks to lower costs when Alta Vista was rapidly built out in the 1950s and 60s. The onus on the City to keep sidewalks clean and walkable in the winter – at an increased cost to the taxpayers – was likely a contributing factor. And now in the 2020s, with recent court rulings allowing residents to sue cities for injuries due to poor snow removal, selling the idea of sidewalks has gotten even harder. There are ways to break that impasse, of course. Alberta and Saskatchewan municipalities, despite all the "back off government" bluster at the provincial level, put the onus for sidewalk snow clearing squarely on property owners big and small: clear the snow on your sidewalk within 48 hours or face a fine. Of course, their snow loads are much less than Ottawa (and I know from experience that their icing sugar consistency snow is considerably lighter!) but we could learn something from this shift in responsibility. In the meantime, Alta Vista walkers will need to continue to either strap on their high-vis paraphernalia or look anxiously over their shoulders at every approaching car.



Bait and switch. On Kilborn, as cars accelerate down the hill, pedestrians are expected to brave this crossing at Niagara Drive.



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FAMILY MATTERS

SERENITY RENEWAL FOR FAMILIES SAYS
THANK YOU TO ALTA VISTA

By Michelle Tasker

In 1983, two women named Sister Louise Dunn and Alexa Smith opened the doors to a new non-profit in the Ottawa area, Serenity Renewal for Families. Both women were certified addictions counsellors, and both witnessed the impact of addictions on all members of the family, not just the person in active addictions or in early recovery. Forty years ago, an organization that offered every member of a family the opportunity to learn, grow and heal from the impact of addictions was ahead of its time.

In the beginning, the nuns from the Congregation de Notre Dame provided financial support and, more importantly, opened their residence at 2810 Baycrest Drive to children, families, couples and individuals learning about addictions, codependency, trust, grief, shame, guilt, forgiveness, and about healthy ways to name, claim and express their feelings. Counselling, workshops, weekend programming and support groups were all offered at this location. There were fees attached to all services. However, there was an understanding that many people who came for help were at a low point in their lives and many did not have the ability to pay for services. All were welcome to access services.

There have been many changes in the past 40 years. In 2011, Serenity Renewal for Families moved to the Ottawa Business Park on St. Laurent Blvd. The building at 2810 Baycrest was sold, and the Congregation de Notre Dame stopped providing core funding (their order continues to donate annually). Many people who were helped by Serenity Renewal for Families donate to help the next family reaching out for help.

Language has changed. According to the modern medical definition, the term “substance use disorder” replaces the “disease of alcoholism.” Gambling is recognized as a “processing disorder” and people may report compulsive behaviours related to sex, pornography, overeating and gaming.



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Sister Louise Dunn and Alexa Smith

What is the same, 40 years later? At Serenity Renewal for Families, the language used or understood by those reaching out for help doesn't matter. Some call it a disease, some call it a substance use disorder, a processing disorder or a compulsive behaviour. We believe that many of the core issues are the same. Do you want to find a new direction, learn some new tools, break the cycle of addictions in yourself, or your children? We are still here.

Our staff continue to welcome people in the Alta Vista community. Everyone who comes to Serenity Renewal for Families accesses our services equally, regardless of a person's financial situation. This “magic model” has been working for 40 years. We welcome everyone who wants help and support in their journey of recovery and healing.

As we reflect on 40 years of serving the Ottawa area, the VISTAS newspaper has provided us a voice, a space, and a place to inform people in our community about our services. Alta Vista residents have invited us into their lives and have honoured us with their stories of hope and recovery.

For the third time in 40 years, Serenity Renewal for Families will be moving our offices. This time, we will be moving “just down the road.” Our new offices will be in Heartwood House in Vanier, at 404 McArthur Avenue. Our new office will be easily accessible by car or public transportation.

Why the move? For the first time in our history, Serenity Renewal for Families will be working side by side with over 20 other non-profit organizations. This will enable a shared commitment to serving individuals and families in the Ottawa area. Referrals to other non-profits may be as simple as connecting with other services within the same building.

Serenity Renewal for Families' contact information remains the same: 613-523-5143 or www.serenityrenewal.ca. Our Mission Statement remains the same: Serenity Renewal for Families provides hope and support in a safe environment through short-term counselling, educational workshops and programs for individuals and families affected directly or indirectly by addictions. Our welcome will remain the same: compassionate, non-judgmental and welcoming. Alta Vista, we don't need to say goodbye, but we do want to say thank you.

Michelle Tasker is the Manager of Clients Services at Serenity Renewal for Families.

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ARTS & CULTURE

What's On in Ottawa & Beyond in December



By Tony Wohlfarth

This month, I review *Golda*, a gripping docudrama starring Helen Mirren. I also look at what to see and do this holiday season.

Golda

On October 7, 2023, Israel declared war on Hamas. As war rages on in the Gaza Strip, it's interesting to look back on an earlier war, when Israel's very existence was at stake.

Golda Meir was the Prime Minister of Israel during the 1973 Yom Kippur War. The war was precipitated when Syria and Egypt launched a surprise invasion of the Middle Eastern country on Yom Kippur, the holiest day on the calendar for Jews.

Golda is a docudrama starring Helen Mirren as Meir, Lior Ashkenazi as Military Chief Elazar and Liev Schreiber as Henry Kissinger. Alongside these leading cast members, *Golda* also stars Rami Heuberger as Moshe Dayan and Zed Yusef as Adam Snir.



Helen Mirren as Golda Meir

Reportedly, Mirren spent three and a half hours each day in makeup and donned a lot of prostheses to play this role. Meir was a chain smoker, smoking up to 80 cigarettes per day, an aspect that also figures prominently in this film. Meir was The Iron Lady of Israeli politics – the first and only woman Prime Minister in Israeli history.

Golda was filmed on location in London and Israel in November and December 2021. The film had its world premiere at the Berlinale on February 20, 2023. The music, "Who by Fire" by Leonard Cohen, is evocative of the era. Directed by Guy Nattiv, the Israeli-born filmmaker who won an Oscar in 2019 in the best short film category for *Skin*, a film about racism in America. The running time is one hour 40 minutes.

How can I see *Golda*?

Golda is available to rent from Movies'n Stuff, 1787 Kilborn Avenue in Alta Vista. Call Peter at 613-738-1607 today to reserve your copy.

What's new at the Canadian War Museum (1 Vimy Place)

The Canadian War Museum opened a new exhibition of contemporary military art on November 4. Group 9 is the title of the Canadian Forces Artist's Program, containing images and video from Latvia and Ukraine. Two visual artists – Olivia Rozema and Jessica Lynn Wiebe – captured the images, some of them via cell phone, to illustrate what members of the Canadian Armed Forces face abroad. I was especially taken with Wiebe's 17-minute video. It reveals the harsh conditions the troops face in Ukraine.



Photo credit: Olivia Rozema

The exhibition runs until March 17, 2024.

What's new at the National Gallery of Canada (380 Sussex Dr.)

Riopelle Crossroads in Time is a new exhibition of the art of Jean Paul Riopelle, on until June 30, 2024.

@ NAC (1 Elgin St.)

Holly Cole brings her Swinging Christmas Show to the NAC on December 13, together with the NAC Orchestra.

Before that, it's Masters in the Hall (Celtic Music) on December 6, A Tyler Shaw Christmas on December 8, Jeff Rogers on December 9, and Choir, Choir, Choir on December 10.

Tickets and showtimes: www.nac-cna.ca.

From December 26 to 31, you can see the Broadway Across Canada production of *Ain't Too Proud – The Life and Times of The Temptations* at the NAC. Tickets at: ottawa.broadway.com.

@ Red Bird Live (1165 Bank St.)

Redbird Live is the place to be on December 7, for a Very Very Cassie and Maggie Christmas with special guest Shane Pendergast.

For tickets and more information, check out: www.redbirdlive.ca.

Candlelight Concerts at the Gladstone Theatre (910 Gladstone Ave.)

New this year, the Gladstone Theatre is hosting a series of candlelight concerts:

December 8 – A Tribute to Adele;

December 9 – A Tribute to Coldplay;

December 14 and 15 – A Charlie Brown Christmas.

Tickets at: feverup.com/en/ottawa/candlelight.

@ Great Canadian Theatre Company (1233 Wellington St.)

GCTC has a new play directed by Eric Coates, *Benevolence*, on from December 5 to 17. Tickets at: www.gctc.ca/shows/benevolence#tickets.

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

GIVING THE GIFT OF ART

By Christine Osborne, Member of Art Lending of Ottawa

Looking to give more meaningful gifts this holiday season? Consider giving the gift of art. Along with being unique and one-of-a-kind, art can be a very personal and thoughtful gift. Art can evoke memories of a special event or serve as a reminder of the person who gifted the art piece. Of course, art can also have decorative value and can enhance a person's living space. It can also serve as a great conversation starter. There can be long-lasting value in art. It can appreciate over time, and people may even become art collectors.

Giving art as a gift has the added benefit of helping to support local artists and the art community. Gifting art is a great way to introduce the recipient to different artists and art styles. Art Lending of Ottawa is holding its final show of 2023 on Saturday, December 16 between 10 a.m. to 4 p.m. at the RA Centre, located on 2451 Riverside Drive. Here you will find art of all styles by over 30 local artists, for sale or for rent. Not sure what art to choose? Gift certificates will be available and can be redeemed online at www.ArtLendingofOttawa.ca or at a future show in 2024.

One of the artists who will be participating in the December show is Jacqueline Ratto-Allard, a professional artist who paints predominantly in oils and acrylics. Her paintings are described as featuring bold lines with vibrant colours, portraying strong yet sensitive reality, slightly altered in graceful forms and patterns. Her paintings focus primarily on still life, floral designs, old buildings and intricate designs.

Another featured artist at Art Lending of Ottawa is Jane Barlow, a Fellow of the Ottawa Watercolour Society and a practicing psychiatrist. She uses artistic expression to explore themes that are archetypal and combine both the figurative and symbolic. She believes that art is an offering which can allow the viewer to gain access to further knowledge about oneself by witnessing one's own reactions, physical, emotional, as well as, intellectual, to the work.

Jacqueline, Jane and the other artist members of Art Lending of Ottawa look forward to seeing you at our December holiday show! Admission and parking are free. If you miss our December show, mark your calendar for our next show on March 16, 2024.

OPINION

A REPAIR CAFÉ FOR ALTA VISTA? ARE YOU INTERESTED?

By Janet Mark Wallace



On October 14, just before 10 a.m., Ottawa's City Hall saw residents begin to gather in the main entrance, weighed down by a curious assortment of items. Some were appliances, some bicycle parts, some clothing, some furniture. At 10 a.m. sharp, residents filed into a cordoned-off area, registering their names and items with a green-shirted volunteer. Within minutes, another volunteer referred them and their items to a particular table, laden with greasy tools and staffed by a volunteer "fixer" from the Ottawa Tool Library. The volunteer inspected the item in an attempt to diagnose and fix its problem. If they were successful in repairing the item, the volunteer, the owner, and the item appeared for a photo and celebratory bell ringing. Free coffee and snacks were available to honour the successful extension of the item's life.

What was this event? Neither a garage sale, nor a shop class, nor a coffee morning, but the best of all three, this was Ottawa's latest Repair Café, hosted by the Ottawa Tool Library.

The concept of the Repair Café began in the Netherlands in 2007, as a response to the 20th century ethos of disposability. The late 20th century witnessed a regrettable cycle of consumerism, expendability and outsourcing of manufacturing, which left many residents of wealthy countries feeling helpless when faced with the idea of repairing anything. The era of the iPhone and Amazon has worsened the trend, resulting in people generally assuming that ordering a new item from the other side of the globe is always simpler than inquiring about repair.

An economy predicated on the constant extraction of new materials for a product's short use, followed by thousands of years in a dump, has resulted in the accelerating depletion of the minerals and fossil fuels that make the industrial economy possible. It has also resulted in a massive loss of community confidence, with an increasing number of people feeling that their community has lost its ability not only to self-provision, but also to absorb its waste.

Many individuals decry the economy of disposability without knowing what to do about it. The closure of small locally-resourced businesses, the decreasing cultural value around repairing, and the lack of tools, role models and confidence, leave people of all ages despondent in the face of a malfunctioning toaster or a broken zipper.

At the same time, we are witnessing a rise in the price of many consumer goods, in tandem with depletion of mineral and fossil fuel resources. One way to address inflation is to buy less stuff and make the old stuff work.

Repair Cafés attempt to restore a culture of repairing, by assembling volunteer fixers of all stripes to provide pop-up repair services to the community. Small appliances, bikes, jewelry, clothing, bags, and even other tools are brought to the event in the hope of finding a repair solution. Volunteer fixers are often treated to the story of how the item was originally acquired, how it has served over the years, and what it means to its owner. The volunteer fixers are from a range of ages, skills and backgrounds, so the experience is a learning opportunity for them, as well as for the item owners.

The Ottawa Tool Library held its first Repair Café in 2017. It operates year-round as a non-profit tool-lending library. It hosts Repair Cafés as mobile events to reach out to the wider community with the message of community self-reliance.

As people rediscover the value of a repair economy, from both an economic and cultural perspective, perhaps we could hope that Repair Cafés might incubate the return of small businesses that do repairs. This in turn could spur a return to small-scale manufacturing of parts, and even a return to the artisanal crafts, which produced the much-loved items that now go by the name "antiques."

Businesses that repair and repurpose items are the ones most conspicuously absent from the 15-minute community development model articulated in the City of Ottawa's Official Plan; these are the businesses that prevent the need for the 18-wheelers, 10-lane highways, Amazon warehouses, and garbage dumps that many residents are trying to keep out of their backyards.

At the current rate of use, Ottawa has less than a decade's worth of room left in its dump at Trail Road. The less we send to the dump, the longer we can use it. Very few communities have offered to host a new dump for Ottawa's garbage, so it would be wise to look at ways to make less of it.

Repair Cafés are a chance for people of all ages to build the self-esteem that comes from repairing and maintaining items essential to our daily lives.

If you are interested in helping to host a Repair Café in Alta Vista, please contact Debra Lowe, Chair of the AVCA Climate Change and Environment Committee, at CCE@avca.ca.

Janet Mark Wallace has lived in Ottawa since moving from BC in 1998. She has been a member of over six community gardens in the last 25 years, and continues to learn about the regenerative economy from her fellow gardeners.



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OUR COMMUNITY

JANE BERLIN'S LEGACY FAMILY, GREEN SPACES

Continued from page 1

“I used to play in those woods as a child and now my children play in them, and that’s because of my mother,” he said. “During the last three years, she had picked up the boys after school and walked them home, and she told me once that ‘having time with the children is the greatest gift that I could receive.’”

Damon relates how he and his sister Lara (Lara Butcher with husband Mike and their five children) were “always taught about the importance of being community-minded and civic-minded.” That and, above all else, about family. Jane and Frank took the whole kit and kaboodle on a Caribbean cruise in celebration of Frank’s birthday to create another family memory, and only a month ago took them all to Disney World.

Jane was a founding member of the Alta Vista Community Association and one of its first presidents, recalls John Lark, President of the AVCA from 2003 to 2011 and before that, for six years chair of a visioning committee which helped the City develop a Secondary Plan for Alta Vista’s future. She was active in it and on the AVCA’s greenspace committee for years.



Jane and Frank celebrated their 50th wedding anniversary this summer.

Always Positive
If Relentless

“One of Jane’s great contributions was her clear focus on the neighbourhood,” Lark said. “She provided us with ‘guard rails’ on what we always needed to focus on, including traffic, infill and our open spaces. We could debate and engage on lots of things but these were core community values that needed to be a part of every conversation with the City and its planners.”

Long after the victories in preserving the Eastern and Western corridors, once federally owned, the name WRENS Way was chosen by a national jury for the long stretch of the then Heron Corridor’s 10 hectares, on November 6, 2018, at the behest of the AVCA and its greenspace committee, and Jane.

Lynn Peterman, another longtime environmental campaigner with Jane, remembers that “she was always so welcoming and considerate of others. She could willingly take charge, but in a very kindly way. I still have an AVERT sign from those days in our garage, and memories of all those meetings at her house.”

“She touched so many people and those who didn’t know her should know about all that she did to help promote and preserve greenspace in our community.”

Eileen Raven knew and worked with Jane on Alta Vista environmental issues for 30 years, on and off the AVCA and its greenspace committee, and says her friend “always was positive and cheerful, if relentless.”

Through all the campaigns, all the disputes and wrangles with City Hall, “she never had a bad word to say about anyone.”



A Happy Holiday Brood, Jane and Frank Berlin with their son, daughter and seven grandchildren on a recent family vacation.

ALTA VISTA RESIDENT ELECTED
PRESIDENT OF CTTIC

By Marielle Godbout

Long-time Alta Vista resident Marielle Godbout was recently Elected President of the Canadian Translators, Terminologists and Interpreters Council (CTTIC) at the Council’s AGM in Vancouver. A certified translator, she is committed to the pursuit of professional status for translators through academic research and has presented papers at international conferences since 2005. She previously represented the Alta Vista community as a school trustee on the Conseil des écoles publiques de l’Est de l’Ontario from 1998 to 2022.

The CTTIC is a federation of provincial associations of translators, terminologists and interpreters outside Quebec.

Through its seven-member associations, CTTIC speaks nationally for about 2,400 language professionals, some 1,350 of whom are certified. CTTIC maintains and promotes professional standards in translation, terminology and interpretation to ensure a high quality of communication across linguistic and cultural communities in Canada.



Marielle Godbout

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OUR COMMUNITY

BECOME A PART OF OTTAWA'S TEA-STORY

By Jennifer Maybank, City of Ottawa Museums and Historic Sites

Community members are invited to participate in a new exhibition opening at Billings Estate National Historic Site in February. The exhibition development team at the City of Ottawa Museums is seeking submissions of objects, photographs and stories that relate to tea making and tea consumption.

Steeped in Traditions: Ottawa Tea Cultures and Rituals will focus on telling local stories by highlighting traditions and objects passed down from generation to generation or that reflect Ottawa's diverse communities.

In addition to community submissions, Steeped in Traditions will feature artifacts and archival material from the City of Ottawa Museums collection and from various Ottawa-based organizations, including tea sets, recipes, clothing and advertisements.

The deadline to submit objects, photographs or stories for consideration is December 15, 2023. Additional information regarding the submission process and assessment criteria can be found on the museum webpage at ottawa.ca/billingsestate.



Staff at Billings Estate adding a festive touch to Ottawa's oldest wood frame house; photo credit: City of Ottawa Museums and Historic Sites



Visitors can enjoy a quiet moment at Billings Estate National Historic Site during Home for the Holidays from December 2 to 23. For more details, visit ottawa.ca/billingsestate. Photo credit: City of Ottawa Museums and Historic Sites

OUR ENVIRONMENT

BIRDS OF ALTA VISTA: THE BOHEMIAN WAXWING

By Dr. Richard Knapton

Winter is beginning, and most of the birds that are summer visitors to our area have left. Now is the time to look for winter visitors, those that breed to the north and come south to spend the winters with us. Among them is a remarkable bird, the Bohemian Waxwing.

True to their name, Bohemian Waxwings wander like bands of vagabonds across Canada in search of fruit during the non-breeding season. Small numbers have already been seen in our area. High-pitched trills emanate from the skies as large groups descend on fruit trees and shrubs at unpredictable places and times. The Bohemian Waxwing is greyish brown overall with subtle peach blushing around its black mask. Plumage is notably silky and soft. The wings have two distinctive white rectangular patches and red wax-like tips on the secondaries. The undertail is rusty and the tail is tipped in yellow. These handsome birds sport a spiky crest. Unlike the familiar Cedar Waxwing (a summer visitor to our area), they have rusty feathers under the tail and white marks on the wings. They get the name "waxwing" from these red, waxy tips on some of their wing feathers and from those yellow tips on the tail. The colour comes from carotenoid pigments found in the fruit that the waxwings eat. As the birds get older, the waxy tips get bigger. The function of these waxy tips is still a topic of debate, but it is somehow age-related.

The Bohemian Waxwing's nomadic nature makes it difficult to predict if and when they might show up in our area and your yard. They are fruit connoisseurs, so planting a native tree or shrub that holds its fruit late into the fall and winter may bring in any that pass through your area. Find out more about what this bird likes to eat and what feeder is best with the Project FeederWatch's Common Feeder Birds tool found on its website (feederwatch.org/learn/common-feeder-birds).



Bohemian Waxwing; photo credit: Bob Baker

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Continued from page 21

And what else do we know about Bohemian Waxwings?

The bohemian wanderings of this waxwing make them a little unpredictable to find. Check dense patches of fruiting shrubs like mountain ash and listen for their high-pitched trills. Watch the skies for tight flocks that descend *en masse* towards fruiting trees and shrubs. If you see or hear a group of American Robins or Cedar Waxwings, check the flock

Project FeederWatch, a citizen science program run by Birds Canada, is a November–April survey of birds that visit backyards, nature centres, community areas, and other locales in Canada. The schedule is completely flexible. Count birds for as long as you like on days of your choosing, then enter your counts online. Your counts allow you to track what is happening to birds around your home and contribute to a continental data set of bird distribution and abundance (feederwatch.org/about/project-overview).



Bohemian Waxwing; photo credit: Bob Baker

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OUR ENVIRONMENT

FRIENDS OF PLEASANT PARK WOODS

By the Alta Vista Community Association Greenspace Stewardship Committee

December is a wonderful time to walk in Pleasant Park Woods. Winter is just getting started. The ground is usually frozen by this time, and snow is starting to cover the ground. People often consult *The Old Farmer's Almanac* to predict how cold it will get and how much snow we will have this winter. The protection from the trees in the forest makes it a nicer place to walk if the wind is blowing.

Weather forecasters will give both the “ambient,” which is the air temperature of the surrounding environment, and the “wind chill” temperatures so you can know how to dress properly in wintertime. Wind chill is a term used to describe what the air temperature feels like to the human skin due to the combination of cold temperatures and winds blowing on exposed skin. The colder the air temperature and the higher the wind speeds, the colder it will feel on your skin. If the wind is strong enough, trees may bend or even break, regardless of their size or species. The wind speed at which no tree can withstand punishment for continuous periods is around 100 m.p.h. (160 km/h) Deciduous trees make the best windbreaks.

Winter walking in the woods has many health benefits, just make sure you are dressed appropriately. Research has shown that walking helps people sleep better, reduces their stress, and helps improve their mood. Winter air is fresh. There is little pollution or allergy-triggering pollen to affect your breathing. Spending active time outdoors in the winter helps increase your blood circulation. There are no mosquitoes! So enjoy your winter walk in Pleasant Park Woods.



Photo credit: Gillian Godwin

PHOTOS BY ELLWOOD’S GARY HOWARD: THE HOODED MERGANSER

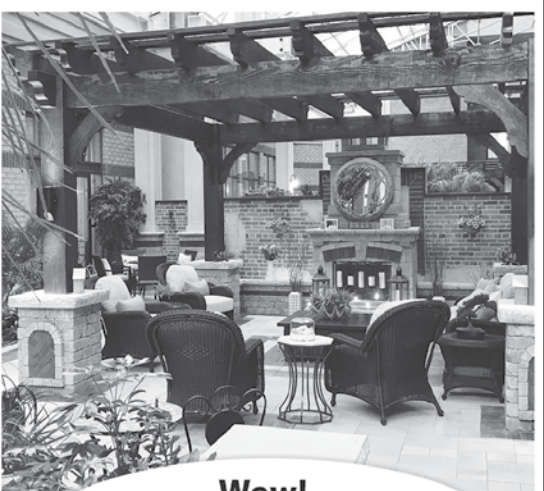


Hooded Mergansers are frequent visitors to Ottawa, especially in the spring and fall. These birds build their nests in tree hollows and on stumps. They are small diving ducks and will eat fish, crustaceans, snails and aquatic insects.



Male Hooded Merganser with its hood, the vertical fan-shaped white crest, lowered (left) and raised (right).

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FAITH NEWS



“Santa Claus is coming to town,” you hear as you put the bag of potatoes in your grocery cart in mid-November. Even while you roll your eyes at the store’s exuberance to kick-start Christmas so early, you can’t help but hum along. The lady next to you in the produce aisle grins broadly, and you wonder if she’s stifling her own desire to participate in the song.

While you pack the trunk of your car in fall’s early dusk, white twinkling lights blink on and illuminate the garland surrounding the store’s name. On the drive home with your reusable bags full of food in the back, you note that mere days after the carved pumpkins sat on the curb for green bin pick-up, the front steps of many houses have taken on a more festive look with beautiful holiday arrangements, the doors holding up wreaths decorated with ribbons and colourful balls. Yes, Christmas is coming, you think, and no one can stop it.

One of the biggest celebrations of the year and most lucrative for business owners, the thought of anyone attempting to suppress the fa-la-las is hilarious. Imagine telling your young child, who fondly remembers a tree full of presents last year, that Santa will not be welcome in our town; the runways on our roofs will be closed to air traffic.

A stroll through history, looking back further than the restrictive Covid-Christmas(es), we discover that Christmas was indeed cancelled before. The affected towns’ lampposts remained empty of holiday décor, and shopkeepers were warned that closing their stores on December 25 was prohibited.

Rewind almost 400 years to June 1647. The Westminster Parliament passed an ordinance declaring that the celebration of Christmas was a punishable offence in the kingdoms of England, Scotland, and Ireland—Christmas was cancelled. While the occasion may not have been the post-Remembrance Day circus that it is today, folks in the affected towns did not take this well. There were Christmas Day riots in Canterbury that year that involved trashing shops that refused to close, verbal and physical abuse to the mayor and smashing

windows of his supporters, mud-slinging, beatings, and general mayhem. The shooting of a protestor riled up the populace even more, resulting in a few “broken heads” during what some called “The Plum-Pudding Riots.” An eight-page newsbook published in London early in 1648 gave details of these events, labeling it an insurrection. (Canterbury Christmas: or, a true relation of the insurrection in Canterbury on Christmas day last).

According to history.com, even in the United States, from 1659 to 1681 (for 22 years!), the celebration of Christmas was outlawed in cities such as Boston. In a Scrooge-like manner, anyone exhibiting the Christmas spirit was fined five shillings.

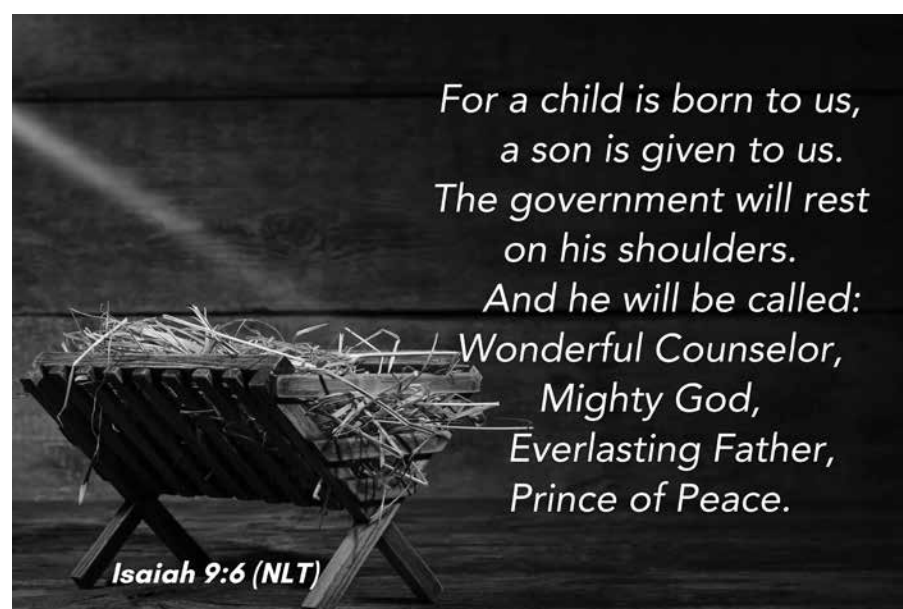
Pandemics aside, can you imagine what it would take to cancel Christmas? It might not result in “broken heads,” but figuratively, heads would roll. If politicians wish to strike down Christianity and suppress the power of religion, targeting the celebration at the core of their faith would seem like a logical first step. But Christmas has been adopted in some form by more than 2 billion people in over 160 countries as the most important holiday of the year, with 9 in 10 Americans celebrating the holiday each December. Even in non-Christian cultures, such as Thailand, while Christmas is not a national holiday, many people decorate and exchange gifts on December 25. Santa is well known.

It is, therefore, the opinion of this writer that Christmas has become too widespread to ever be cancelled again. The loss of revenue in advent calendars alone would rock our economy!

So, embrace the season, deck the halls, buy the presents, and book the flights to be with family. Celebrate with friends and loved ones because God sent His Son in human form to save the world from sin and death. The Child born that first Christmas was the Messiah, fulfilling ancient prophecies and bringing hope to all who believe.

What does Christmas mean to you? How would you feel if your right to celebrate was taken away?

Let us enjoy the plum pudding and avoid the riots! Merry Christmas to all our readers in Alta Vista-Canterbury-Ellwood and surrounding areas. May the reason for the season bless your families as you acknowledge His birth.



Sources:

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Valda Goudie is a teacher and author of the *Tickle Me with a Crowbar!* series (available on Amazon and Kobo.com). Visit valsstage.com and download Book 1 for free.

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In person & YouTube

Sunday, December 24
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In person & YouTube

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CHRISTMAS EVE Dec 24
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Holy Eucharist - December 24 at 9:30 a.m.

Christmas Eve - December 24 at 7:00 p.m.

Christmas Day - December 25 at 9:30 a.m.

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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.

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AT HOME OR AWAY, HAPPY HOLIDAYS!
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FAITH NEWS

CHRISTMAS AT ST. AIDAN’S

By Phil Charko

On December 16, 2023, relax and enjoy the very popular St. Aidan’s community Christmas concert at 934 Hamlet Road, at 7 p.m.

Concert organizer Phil Charko invites all of St. Aidan’s neighbours and community partners to this fun event. Take a break from today’s stresses and come hear some wonderful music, with refreshments after. As always, we are expecting a full house. The after-concert reception is also a great opportunity to meet with others in the community and with the musicians.


The music includes a mix of popular and classical pieces and of course, Christmas carols, to be sung by everyone. The Music Director, Tea Mamaladze, has collaborated with Serhii and Olena Vyhovskyi to create a special evening.

The concert will also provide an opportunity to make a free will offering to the Heron Emergency Food Centre (HEFC). A member of HEFC will provide a brief update on the state of food insecurity in the area and its work. Funds will be collected at the door with cash or e-payments accepted.

All are welcome. The concert will also be livestreamed on the church’s YouTube channel.

For inquiries, give St. Aidan’s a call at 613-733-0102, or visit us on social media.

Website: staidansottawa.com
Facebook: facebook.com/saintaidansottawa
YouTube: [St. Aidan’s, Ottawa](https://www.youtube.com/staidansottawa)



St. Aidan’s Christmas concert 2022; photo credit: Rosemary Parker

FAITH NEWS

CHRISTMAS CHEER AT RIDEAU PARK
UNITED CHURCH

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

In this crazy world we all live in, there are countless ways to get informed, but no matter how you get your news these days very little of it seems to be good news. With wars raging, the planet suffering, and inflation hitting us all, it is easy to get discouraged. As we move into the holiday season, I would like to tell you a little about a program that tries to help make this world, or at least our little corner of it, a better place.

The Christmas Cheer Program at Rideau Park United Church dates back to the 1970s. Upon hearing of a few families in need, the United Church Women put together a handful of Christmas hampers, including food and some knitting to help them get through the holidays. In the 80s the number of hampers being distributed had grown substantially. It is around that time that I have my earliest memories of the program. My dad asked me to help deliver some hampers, no doubt not just because I was fit and able, but because there was a lesson to be learned—that there were people in our own neighborhood that needed help.

For many years now, Rideau Park’s Christmas Cheer Program has become so big that it requires its own committee to ensure everything runs smoothly. And Rideau Park is not alone in doing this good work. There are over 250 groups throughout the city running very similar programs, all with the help of an organization called Caring and Sharing Christmas Exchange. With the prices of groceries continuing to soar, the families needing help just seem to keep increasing. Caring and Sharing helps by coordinating lists to avoid duplication so that the maximum number of people can be helped.

In recent years, the committee at Rideau Park has made a few changes. Two years ago, due to the increase in prices of groceries, the committee decided to increase the dollar amount of each hamper by \$10. Last year, the committee set an ambitious target of helping 175 families—up from 150. Thanks to the generous support from the congregation and the community, we were able to reach our goal. A number of years ago, due to the restrictions required by the pandemic, the Christmas Cheer Program had to pivot from delivering groceries to giving out gift cards.



Some of the Christmas Cards and gift cards for Christmas Cheer 2022; photo credit: Elizabeth Bryce



Gretchen Conrad, Chair of RPUC Christmas Cheer Committee, Ruth Scobie, & Merina Shulist at last year’s event. Photo credit: Elizabeth Bryce



Christel Kurz, Janet Bond, John Durkee, Debi Brown, Wayne Bond & seated Drew Presley from the 2022 Christmas Cheer. Photo credit: Elizabeth Bryce

Over the years, I have many fond memories of working at Rideau Park’s Christmas Cheer Program. Our church hall would be bursting at the seams filled with boxes and bags of groceries, with turkeys and all the fixings. It requires a small army of volunteers and similar military know-how to get all those groceries packed and delivered. It is hard but rewarding work, with an added bonus of working alongside members of the congregation and getting to know them a little better. We also have lots of folks from the community, some are paying it forward, having at one time benefitted from the program themselves. In any case, at the end of the day there is a real feeling of accomplishment. I should also mention that many of the vendors that we purchase our groceries from were very generous with what they gave us—that feeling of goodwill extended to them as well.

These days many of the families we help through this program are new to Canada. They arrive with their own traditions, many of which do not include a big turkey dinner and as a result the Committee has decided to continue giving gift cards. The benefits of giving gift cards are many. The gift cards are equivalent to cash for our clients—it allows them to buy the groceries that they want, at the time they need it most. For the committee, the cards provide cost certainty when the cost of groceries is anything but. We also receive a discount when we buy the cards in advance, allowing us to give the best bang for a buck to our clients. And there is no question that the cards are a whole lot easier to deliver.

As you make your own holiday plans, I encourage you to consider making a donation to one of the groups in the city doing this fine work. If you wish to help with Rideau Park’s Christmas Cheer Program, you will find more information on the church’s website at rideaupark.ca.



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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.

HEALTH & FITNESS

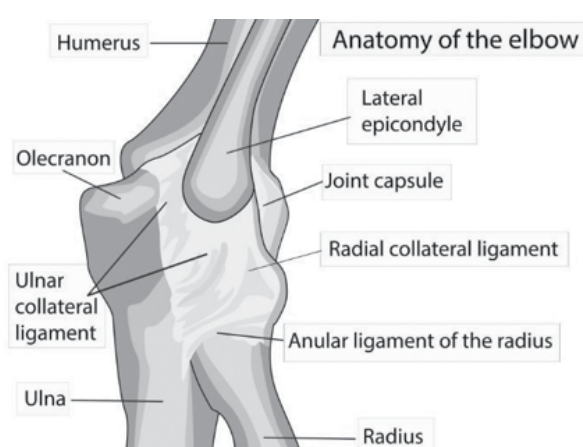
ELBOW FRACTURES

By Sue Reive, Physiotherapist at Ottawa Physiotherapy and Sports Clinics–Glebe

Elbow fractures are quite common, especially in children. Indeed, elbow fractures account for 10 per cent of all childhood fractures, most likely because kids are active: riding their bikes, running, jumping, etc. A fall on an outstretched arm, landing directly on the pointy tip of the elbow, or a direct blow to the elbow are the usual causes of fractures to this joint; hence, falling off a bike or falling while running could lead to an elbow fracture.

The elbow joint consists of three bones joined together by a capsule: the humerus (arm bone) and the radius and ulna (forearm bones). The elbow joint is considered a three-joint complex: the joint between the distal (lower) end of the humerus and the ulna, the joint between the distal humerus and the head of the radius, and the joint between the radius and ulna. Note that the ulna has a hook-like appearance at the joint due to the olecranon, the bony tip of your elbow. The elbow joint is classified as a hinge joint where bending and straightening occur. The joint between the radius and ulna is classified as a pivot joint as the radius spins around the ulna allowing the forearm to turn the palm up and down.

All three joints share the same soft tissue capsule, which holds the bones together, and is reinforced by ligaments. Finally, there are nerves on either side of the elbow; the ulnar nerve, on the inside of the elbow, is often referred to as the funny bone.



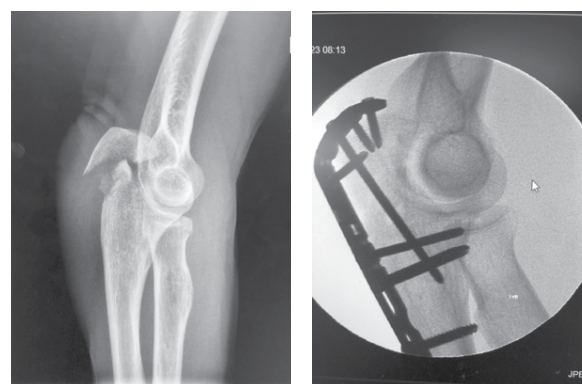
houstonportsortho.com/wp-content/uploads/2023/02/Elbow-Anatomy.jpg

There are usually three types of fractures of the elbow:

1. Radial head and neck fractures
2. Distal humerus fractures
3. Olecranon fractures

This article will focus on olecranon fractures, which are common due to the olecranon's bony appearance and lack of protective soft tissue covering.

Olecranon fractures usually occur from a fall onto the elbow. Symptoms include pain, swelling, bruising, and limitation of movement, particularly straightening the elbow, and sometimes there can be numbness if the closely associated nerves are compressed. Doctors will examine the patient and ensure the integrity of the nerves and blood vessels. X-ray imaging usually confirms the diagnosis. Treatment depends upon the severity of the fracture. If the fracture is not displaced (i.e., the olecranon has not moved out of position), it is possible that the arm can be splinted in a half-cast while using a sling for six weeks to allow sufficient bone healing. Unfortunately, most olecranon fractures displace, which requires surgery to put the bone pieces back into alignment. This is usually done with a metal plate, screws and/or wires, and is referred to as OIRF (Open Reduction Internal Fixation). Occasionally, a bone graft may be necessary to allow sufficient bone healing. An open fracture is the most severe, where the bone breaks and protrudes through the skin, and requires immediate surgery.



Treatment following surgery includes two weeks of immobilization of the elbow in a half-cast and the use of a sling. It is important to frequently move the hand and fingers to maintain circulation and prevent blood clots. Moreover, to reduce swelling, one must elevate the hand a foot above the heart. After two weeks, provided there is sufficient healing seen on X-ray, patients will be able to start moving their elbow, but not load it with weight. It is important to mobilize as soon as possible as the elbow joint tends to stiffen up quickly and often patients will be left with a slight reduction in its range of motion. It is difficult because the three joints in the elbow need to work together to allow movement. Strengthening exercises commence as early as six weeks or as late as 12 weeks; it depends on the healing and whether the bones have knit together sufficiently to allow loading. It can take three to four months for an olecranon fracture to completely heal.

I am quite familiar with olecranon fractures; on October 26, I fell off my bicycle and fractured my olecranon. I guess I'm just a big kid at heart! It was displaced and required surgery (ORIF). I have a plate and seven screws. In fact, the two X-ray pictures in this article are my elbow. Luckily, I am on the mend and received great care at The Ottawa Hospital. While I still plan to cycle in the Gatineau hills, I will no longer be flying down the Pink Lake hill like I used to!



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HEALTH & FITNESS

LEARNING ON THE JOB ABOUT ADDICTIONS

By Dr. Sarah Chan, Psychiatrist



I present here the case of a young man who had developed intense paranoia after using methamphetamine extensively, a case from which I learnt how powerful and severe addictions can be. While in my care, he was stabilized on medication and stopped using drugs. I wish I could say it was because of addiction treatment that he stopped using drugs, but it was more because he lost access. He did not ever leave his house. Though his paranoia was gone, he never returned to work and pursued no hobbies. He was like this for over a year: not using drugs but very much a lump on a log. Like many patients with addictions, he also had ADHD, which made his life more difficult. One day, he told me he had started a math course at an adult high school. He then asked about restarting a stimulant to help him with school ... and things got complicated.

I asked him to seek out addiction support before starting a stimulant, and he said he would look into it but advocated for himself that he could safely start the stimulant first. I had seen firsthand the impact of his severe apathy and poor focus on his life, and so decided to give him the benefit of the doubt and started him on the lowest dose. It is important to mention that stimulants are controlled substances because they can be abused recreationally and have street value.

We were two months in when the pharmacy called me about an inconsistency in the prescriptions. In our next meeting, he confessed that he had found more stimulants through another doctor. He was very forthcoming and remorseful, saying he would not do this again. The stimulant was helping him and his grades were in the 80s, the first success he had had in a long time. Because of his honesty, I continued the stimulant but with stricter rules. I called his pharmacy to ask them not to fill any other prescriptions for stimulants from other physicians. I told him that if any further irregularities came to light, I would no longer be able to prescribe this medication and he would be discharged from my care. He never sought out treatment for his addictions and so I reminded him to do this.

Unfortunately, the pharmacy called again asking if I would release the prescription for the stimulant early. "The patient tells me he misplaced his previous bottle of medications," the pharmacist said. Fool me once, shame on you. Fool me twice ...

I did not release a new prescription for the medication. I discharged him from my care after having a final appointment with him where he admitted to taking more than was prescribed because he liked how it made him feel. I knew setting clear limits and consequences were important and so discharge was inevitable.

Now, with some distance and time away from this case and more experience under my belt, I see this patient as my teacher in what it is to treat someone with addictions. With my inexperience and naivete, I had believed that our strong therapeutic relationship could protect him from relapse. I now know how wrong this is and how powerful and severe addictions can be. What happened here was that my patient had his addictions reactivated from the stimulants and what followed are the unfortunate consequences of this mental illness: pursuit of the drug at all costs.

From this case, I appreciate better not only what it must be like to be a loved one to someone with addictions, but the blurry space of accountability in this illness. I also now understand better the hurt, pain and regret someone with addictions must reckon with during their recovery and why this can be just as difficult as, if not more difficult, than the addictions itself.

I know now that I will no longer prescribe any addictive medications to a patient with a history of substance abuse unless they are in addiction treatment.

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. And for anyone interested, she has started a psychiatry blog: www.sarahchan.ca.

LEISURE

THE RIDEAU WINTER TRAIL RETURNS THIS WINTER

By Martha Jeacle, RWT Volunteer

With the winter season comes the return of the Rideau Winter Trail (RWT), a free urban trail groomed for cross-country skiing (both skate and classic styles), walking, snowshoeing and fat biking. Located in the heart of our city and easily accessible for residents of Alta Vista, it runs from Donald Street (by the Rideau Sports Centre) to Bank Street in Old Ottawa South.

This is the fourth season of our winter trail, and while it is becoming a fixture in our community, there may be a few things that people do not yet know.

Run by volunteers

Were you aware that the Rideau Winter Trail is run entirely by local volunteers? There are no paid staff and we rely on the generous donation of time to bring the trail to life each season. The City of Ottawa and the National Capital Commission allow the RWT to use their land and are very supportive of the initiative, but it is volunteers who plan the trail, groom it, raise the funds to make it happen, and market and promote it. We are grateful for the support of the City and the NCC, but could not do this without our wonderful volunteers. We are always looking for people to join in the fun, so if you'd like to get involved, please drop us a line at rideauwintertrail@gmail.com. Wondering what you might be able to do to help? There are lots of options including shovelling snow, equipment maintenance, grooming the trail, updating the website, fundraising and sponsorship, marketing, community relations and governance (the RWT is an incorporated not-for-profit). Whatever your skill set, we may be able to find a use for it!

It takes time

Grooming the trail from Donald to Bank streets can take six hours or more, and there are usually at least two volunteers out preparing the trail. If you are wondering when the trail is groomed, well, there is some science involved in this. Our groomers look at various elements including accumulation of snow, temperature and wind, and pick the best time to hit the trail to ensure great conditions. Often, the best time to groom is very late at night or very early in the morning, so the tracks have time to set before being heavily used. While many of us are sound asleep, our team is out making the magic happen. That's a number of hours out in often very cold temperatures and at unsociable hours, so if you see our team out doing some work (or cleaning up in more sociable hours!), please be sure to give them a big thank you.

Off-season activity

When the snow melts in the spring, the equipment gets put away, but that doesn't mean that the work stops until the snow arrives again in the winter. There is a lot to be done (although we do take a break in the summer to recharge our batteries and enjoy the warm weather). Fundraising and grant writing take place year-round – we are always looking at ways to get funding for new equipment and to maintain current equipment, and there are also a number of ongoing expenses such as gas to power the machines, insurance, storage containers and more.

In the fall, there are various days of trail preparation, where volunteers get together to spread wood chips (a smoother trail requires less snow), trim brush, update trail layouts and mark grooming hazards that are hard to see in deep snow. It takes a lot of work to have everything nicely in place so that when the snow does fall, the trail is in the best possible shape to be groomed.

We hope to see you out on the trail this season – it is a great way to enjoy winter! If you'd like more information, please don't hesitate to reach out to us at rideauwintertrail@gmail.com. If you'd like to support the trail financially, your contribution to our GoFundMe page (www.gofundme.com/f/grooming-of-the-rwt-2024-season) would be gratefully received.



BOOKWORMS DELIGHT

A FEW RECOMMENDATIONS

By Marie-Andrée Lajoie

November has been busier than usual and I read only two books and both were in French.

Ce que je sais de toi, by Eric Chacour, was published earlier this year and has been nominated for multiple awards. The author is from Québec and his parents immigrated from Egypt. That country takes up most of the space in this love story; saying too much would spoil the tender moments and difficult revelations found in the book. I highly recommend this novel and hope it will be translated soon.

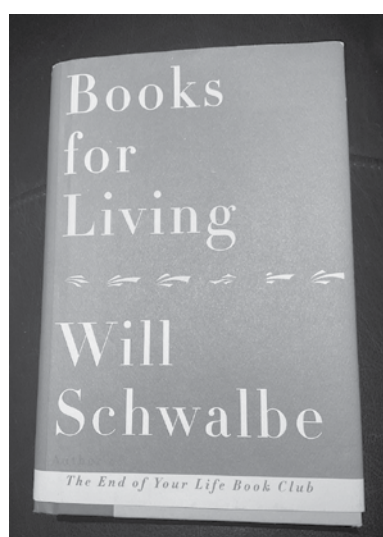
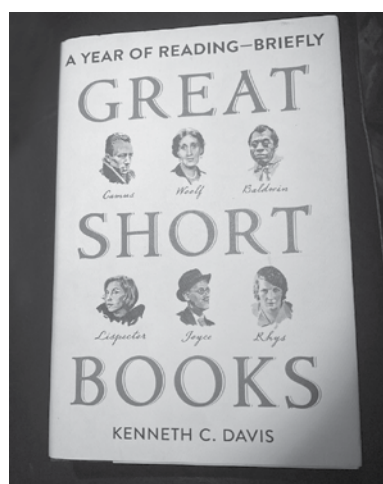
Éden, by Icelandic author Audur Ava Olafsdottir, follows linguist Alba as she faces a major life shift. Her sister is puzzled, her father supportive. She buys a large property in the country in order to plant trees to offset the carbon footprint of her international travel. And it goes from there. Revelations and souvenirs unfold. Icelandic fiction is marvellous; the land, the love of language and the humour are all present in this novel. A few of Ms. Olafsdottir's books have been translated into English. I highly recommend you get immersed in her fiction.

I recently realized that I have accumulated over the years a few books on books. They have provided me with inspiration and are quite entertaining in themselves.

Great Short Books was published in 2022. Each book review contains the first lines of the book, a plot summary, information about the author and a "why you should read it" section. It is an international affair with American, British, Italian, French, Brazilian, German, etcetera "representatives." The Canadian representative is *Surfacing* by Margaret Atwood.

Books for Living by Will Schwalbe (2016) is also a great choice. It is an engaging reflection on the power of fiction in guiding one's life. For example, the chapter on *The Little Prince* is called *Finding Friends*; 1984 inspires the chapter on disconnecting from electronics. This is an easy read, something to pick up every once in a while. Will Schwalbe also wrote *The End of Your Life Book Club*, where he chronicles the books he read with his mother while she was undergoing cancer treatment. The mother and son bond shines through as they discuss another great selection of fiction. It is a touching book.

On my night table: *The Dog of the North*, by Elizabeth McKenzie; *Hamnet* by Maggie O'Farrell; *Qimmick* by Michel Jean.



SCIENCE & TECHNOLOGY

COMPUTER TIPS AND TRICKS

By Malcolm and John Harding, of Compu-Home

Right to repair issues are only part of the problem

Our gift to you this holiday season is a discussion of a somewhat gloomy topic and a reading list. Let's hope that something cheerier also comes your way this month, and that 2023 departs in festive style.

Gloomy might actually be a tad of an overstatement but fighting the right to repair issue has historically been a long, painful and uphill slog, with more setbacks than successes. However, in 2023 there has started to be some momentum in the right direction. Legislation is dying on order papers less often now, and jurisdictions—particularly in Europe and North America—seem to be learning from one another in working on laws that plug the loopholes. Equally important is the fact that in the past year the media appears to have recognized the importance of this issue. They have exposed the more egregious practices of some manufacturers, and publicity and encouragement are starting to snowball for those who are fighting on the side of consumers.

Before you begin your homework reading (below), it might be helpful for us to think about some definitions and perspectives. Over recent decades it has become pervasive that manufacturers stimulate extra revenue by marketing products that nobody except the manufacturer can repair, or that cannot be repaired at all. You probably already have in your home items that are unnecessarily complex, perhaps containing electronics or software designed to block access by anyone but an "authorized" individual. Parts and the tools and manuals to install them are not made available. In addition, it is common to hear about aggressive tactics ranging from accusations of copyright infringement to lobbying and lawsuits, intended to prevent third-party technicians, mechanics or repairmen from coming to the rescue, and the articles we have provided offer plenty of horror stories.

It is safe to say that the mention of right to repair almost always first brings to mind smartphones, tablets and computers, but the readings below demonstrate that the scope of this issue is far beyond the traditional tech world and has implications everywhere from food prices to appliances, toys, transportation, farm machinery, family finances and environmental impact.

You can find the following articles (and more) quickly with a Google search:

IT World Canada: *Class Action Against HP Printer Ink Scandal Continues* – October 2023

CBC Radio- *What on Earth: Let's Talk About All Your Broken Stuff* – Nov. 2023

The Conversation: *Giving Canadians the Right to Repair* – Natasha Tusikov – April 2023

Canadian Bar Association: *Demanding a Right to Repair* – Doug Beazley – July 2023

Successful Farming: *Cost to Farmers of Lack of Right to Repair* – April 2023

Policy Options: *Canada Needs Right-to-Repair Legislation* – Anthony Rosborough – May 2021

Western News: *This Western Professor Is Fighting for Your Right to Fix Your Own Stuff* – Megan Stacey – March 2023



We love feedback! 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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SENIORS SPACE

AGING WELL AND THE IMPORTANCE OF SENIOR CENTRES

By Phil Logan

Have you heard the expression: getting older isn't for wimps? My experience tells me it's true. Moving through the stages of retirement is challenging but can lead to a very happy and fulfilling life.

The first day of retirement is filled with wonderment and a sense of freedom, much like a child on the first day of summer when the holidays feel like they will last forever. There is no schedule, and you can do what you want or choose to do nothing. This first stage lasts for a while, until slowly you start to feel different.

As time passes, you realize you are not what you once were. You are no longer the educator or the insurance underwriter. Your sense of personal identity dissolves over time. You ask questions like: what am I now and who am I now? Worst of all, you see the reflection of these questions in your neighbours, friends and family. This second stage is so dangerous that it is where most separations, divorces, depressions and suicides occur. It doesn't have to be this way if you start looking for new activities that you can enjoy and share with family and friends.

Then there's the third stage, one of exploration, which is critical because it is where you build a new identity. Maybe you take up bridge, photography or visual arts. Maybe you volunteer at the hospital or at your local senior centre. Your new identity and new activities make you feel happy and fulfilled, which is the fourth stage, but unfortunately, this doesn't last forever.

As a person ages, energy supply, will to fight, physical fitness, personal health and ability to cope with upheaval all decline, slowly at first but always trending down. Some of the activities you chose for exploration are no longer as fulfilling as you realize you can't do them anymore. So, what can a person do? Start exploring again to find something new that fits your current state of existence. Indeed, for the rest of your life, continue to cycle through the third and fourth stages of exploration and fulfilment. Continue to seek out new experiences, develop new skills and accept gracefully that this is normal and celebrate the enrichment of your life.

Experts tell us that to age well, a person needs to do eight things continually. Eat well, exercise, be physically active, care for your heart, protect your head from injury, challenge your brain, care for your mental health and, most important, cultivate your social support network with positive-minded people. Following these healthy habits will enable a person to cope well with retirement.

For many seniors, this means enjoying family and friends and joining your local senior centre. This can be a happy and fun place where you can socialize with like-minded seniors sharing the activities you enjoy, talking to each other over coffee and cookies, sharing Christmas together and more. The senior centre can become the hub of your social support system with a staff trained and dedicated to support the needs of seniors.

Today, in Ottawa and across Canada, we are experiencing a crisis in homelessness. Pressure from newcomers, mental illness, drug and alcohol addictions, and mortgage rates are overloading our shelters. In response Ottawa formed the emergency housing crisis task force of five Councillors and the Mayor giving them the power to repurpose any building owned by the city. This has led to the closing of the Heron Seniors Centre to allow it to become a homeless shelter for the third time in three years.

Homelessness is a crisis that no one wants. However, this decision forces a choice between the mental and physical health of vulnerable seniors and homeless people. Now, we face two crises! How did we ever get to this choice? What options were there over the last three years? I know that the Mayor and Councillors are concerned about this dilemma as are many seniors in our community.

I encourage everyone to carefully consider how they would like to be treated when they reach an advanced age and to show the same compassion to today's seniors.

INTERGENERATIONAL PLAYGROUPS AT PERLEY HEALTH

By Peter McKinnon

In the spring of 2023, Perley Health began to regularly welcome a much younger age group. Twice a week, children accompanied by a parent or guardian participate in two-hour playgroup sessions alongside seniors and veterans who live at Perley Health. The intergenerational playgroup is part of a larger partnership with Andrew Fleck Children's Services, one of Ontario's oldest and most diversified family-support organizations. A not-for-profit, the organization specializes in childcare and early learning.

"From the moment our discussions started, we could see that our two organizations had much in common," says Kim Hiscott, Executive Director of Andrew Fleck Children's Services. "We may serve different age groups, but both organizations strive to improve the health and well-being of the people we serve."

While the number of playgroup participants varies, each session typically involves five or six children and a similar number of residents and tenants. An early childhood educator facilitates each session, while a personal support worker tends to the needs of residents. Other than the wide age gaps, the sessions are identical to traditional playgroups: a lot of smiles and laughter with a bit of chaos and free-form play.

"I love being a part of it," says Laura Boucher, a tenant who participates regularly. "Playing with young children fills my heart with joy and makes me feel better."

"There is evidence in the scientific literature documenting benefits to health and well-being for seniors participating in programs like these," says Katrin Spencer, Perley Health's Director of Strategy, Partnership and Growth. "Our Centre of Excellence in Frailty-Informed Care is evaluating the program."

The partnership with Andrew Fleck is also behind a larger initiative: a licensed childcare centre at Perley Health that would accommodate up to 49 children. Details have yet to be finalized, but construction could begin next summer.

"I would love to have my child in an onsite program while I'm working," says Amberlee Gray-Henderson, a Food and Nutrition Manager at Perley Health who participates regularly in the intergenerational playgroup. "It would be ideal for our family, and I know that my child benefits from spending time with seniors."

Once the childcare centre is up and running, the partners plan to continue the intergenerational playgroup.

In November, Perley Health began to pilot a similar intergenerational program under a partnership with Christie Lake Kids, a non-profit that provides year-round after-school and camp programs to children and youth from low-income households. During each weekly two-hour session, approximately six youth and a similar number of seniors share in meaningful conversations, musical activities, and a meal.

"I love the magic that happens when generations come together to listen and learn from one another," says Adrienne Vienneau, Christie Lake Kids' Executive Director. "It's an ideal way to build respect and understanding."

Based on the success of the initial sessions, the partners hope to extend the pilot project.



Elsie and George Hickey, Senior Living independent apartment tenants, chat with Nickan Moravej and Farzaneh Farshad during a recent intergenerational playgroup session at Perley Health. Photo credit: Peter Warren



Seniors, Veterans, children (ranging in age from newborn to 6) and caregivers engage in weekly intergenerational activities at Perley Health in partnership with Andrew Fleck Children's Service. This free program is now accepting registrations. Photo credit: Peter Warren

JUST GOOD ADVICE

THE GARDEN GATE

By Patricia Mosher



Feature: Ten books for gardeners

As the holiday season approaches, the search for meaningful and memorable gifts begins. Whether your intended recipient is an avid gardener or simply appreciates a virtual escape to garden vistas, these literary gifts can sow the seeds of joy that will continue to bloom long after the holiday season has ended. Here are my five non-fiction and five fiction picks for gift-giving this year:

Non-fiction

1. **Escape to Reality: How the World is Changing Gardening, and Gardening is Changing the World** by Mark Cullen is a thought-provoking exploration of how gardening can provide solace and resilience in our modern, tech-driven world. Cullen offers a compelling perspective on how gardening can connect us with nature, foster environmental sustainability, and enhance our overall well-being.
2. **Field Guide to Urban Gardening** by Kevin Espiritu provides practical tips and tricks that a first-time gardener will understand – and an expert green thumb will still benefit from. This book covers container gardening, raised beds, indoor edibles, and even hydroponics.
3. **Gardener's Guide to Compact Plants** by Jessica Walliser is a must-read for any small space gardener. If you're searching for plants that require less space and reduced day-to-day maintenance, then this is the book for you.
4. **Thrifty Gardening** by Marjorie Harris delivers a wealth of frugal gardening tips and techniques to help you achieve a lush and thriving garden without breaking the bank, making this book an invaluable resource for both novice and experienced gardeners.
5. **Attracting Birds, Butterflies and Other Backyard Wildlife** by David Mizejewski is a wonderful resource for nature enthusiasts and gardeners alike, offering a comprehensive guide to creating a thriving ecosystem, attracting and nurturing birds, butterflies and other creatures while fostering a deeper connection with nature.



Photo Credit:
Indigo.ca

Fiction

1. **The Secret Garden** by Frances Hodgson Burnett tells the enchanting tale of Mary Lennox, a spoiled and lonely girl who discovers a hidden, neglected garden on her uncle's estate. Through the restoration of the garden and her friendship with her cousin Colin, Mary blossoms, and the garden becomes a symbol of renewal and transformation.
2. **Garden Variety** by Christy Wilhelmi delves into the lives of the members of the fictional Vista Mar Community Garden. The author combines mystery, humour, romance, and even gardening facts in this addictive read.
3. **The Garden of Small Beginnings** by Abbi Waxman follows the life of Lilian, a widow and mother, who embarks on a journey of personal growth and healing when she's assigned to take a gardening class for her job as a textbook illustrator. Through her quirky fellow gardeners, she not only cultivates plants but also blooms emotionally, finding the possibility of a fresh start after a painful loss.
4. **The Lost Garden** by Helen Humphreys is set against the backdrop of the Second World War, following the journey of Gwen, a horticulturist who is sent to a remote estate in England to oversee the creation of a "victory garden" where a nearby regiment of Canadian soldiers is stationed.



Photo Credit:
Amazon.ca

5. **Garden Spells** by Sarah Addison Allen follows the lives of two sisters who possess a garden with plants that are imbued with special powers. As the sisters navigate the complexities of love and family, the garden plays a central role in bringing healing, happiness, and unexpected wonders to their lives.



Photo Credit:
Amazon.ca

Plant of the month: Balsam Fir

Balsam Fir trees are revered for their large evergreen stature, classic conical shape, and a fragrance that transports us straight into the heart of the holiday season. These magnificent trees, native to North America, have long been treasured for their aesthetic appeal. But what sets Balsam Firs apart is their fragrant bark, which releases a sweet, delightful scent, making these trees a perennial favourite for adorning homes during the holiday season.

Their shape and aroma have made Balsam Firs a popular choice as Christmas trees, but they are real rock stars in the landscape as well. Balsam Firs stand tall, typically reaching heights of 40 to 60 feet, boasting slender, gracefully curving branches that create their iconic silhouettes.

Beyond their visual and olfactory appeal, Balsam Firs play an essential ecological role. They provide habitat and food for various wildlife species. Birds, such as chickadees, nuthatches and crossbills, seek shelter in their branches.

To grow this evergreen beauty, select a spacious, well-drained, sunny spot in your garden. Balsam Firs prefer consistently moist soil, especially during their initial growth stages. Their need for moisture makes regular watering essential.



Photo credit: Peter Knipple Nursery

Whether admired in their natural habitat, incorporated into your garden, or adorned as a holiday centrepiece, these trees remain timeless symbols of beauty, enriching our connection with nature and the festive spirit.

Gardening in the month of December

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

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

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RIVERPATH | 613-327-9655 Beechwood

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du Nouveau Monde



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du Nouveau Monde

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un concert de Noël avec

John Rutter

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plus de 150 choristes et orchestre

Ania Hejnar, soloist/soliste

directed by/dirigé par

Michel Brousseau

Saturday, December 16
samedi le 16 décembre 2023

8 pm / 20 h

Centre Carleton Dominion-Chalmers Centre
355 rue Cooper St. Ottawa, ON

tickets/billets





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CHAIR YOGA at Rideau Park United Church - Live classes on Thursday mornings at 10:30am (60 mins), resuming on January 4, 2024. Also available on Zoom. A perfect practice for those who haven't practiced in awhile, have arthritis, fibromyalgia, past injuries or balance issues. Contact Marg Hillier, Certified Yoga Instructor, **mhillier144@gmail.com** or 613-299-8324. Visit **www.newmoonyoga.ca** for class details. Class packages available

GENTLE MOBILITY MAT YOGA at Rideau Park United Church - Live classes on Friday mornings at 10:30am (60 mins), resuming January 5, 2024. 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.

I'M STILL LOST! Rocky, a 3-year-old husky/corgi, has been missing since July 14, 2023. He was last seen in the Alta Vista/Elmvale Acres neighbourhoods but it's possible he's moved further afield. If you see a dog wandering that looks like him, please call: **613-282-1957**.



SKYLAR'S KIDS PAGE ANSWERS

WINTER WORD SEARCH

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

WORD LIST

CHILL
CHIMNEY
COAT
COLD
EGGNOG
FIREWOOD

FROSTY
FRUITCAKE
GINGERBREAD
GLOVES
HOCKEY
HOT CHOCOLATE

ICE CRYSTAL
JACK FROST
MELT
MITTENS
PINE CONE
POLAR

REINDEER
SCARF
SKATE
SNOW
SUGARPLUM
SWEATER

Homemade

GIFTS MADE EASY

JUST GOOD ADVICE

I'M CONCERNED ABOUT THE GUARDIANSHIP OF MY CHILDREN WHEN I DIE – WHAT CAN I DO?

By Dylan McGuinty Jr., JD

Whether or not you have a will, if you pass away leaving one or more minor children behind, a formal guardianship application is required in order to appoint guardians for your children. The person applying for guardianship is required to initiate the guardianship application. A judge is required to make a determination that weighs the best interest of your children at the time the application is made.

A properly drafted and executed will speaks from the date of death and should include a guardianship clause that states your wishes about who should be appointed as the guardian of your minor children. Such a clause may also express wishes about the standard of living and upbringing of your children. For example, if you are a practitioner of a specific religion and desire that your children continue to be brought up in your religion, it is especially advisable to have a guardianship clause in your will, to select your children's guardianship candidate accordingly, and to mention this in your will.

If you are married or in a common law relationship, then you and your spouse should seek agreement about the guardianship of your children and seek legal advice about preparing an estate plan that includes a guardianship clause.

If you are separated, then it is advisable to seek legal advice about your options, your rights and the potential rights of the other parent of your children to the guardianship and custody of your minor children. If you have a separation agreement in place, it is advisable to have your estate planning solicitor review the agreement as part of the estate planning process.

To conclude, if you have minor children, it is a good idea to seek the advice of an estate planning lawyer to prepare an estate plan that makes sense for you.

Dylan McGuinty Jr. is a lawyer with the McGuinty Law Office on Rockingham Ave in Ottawa. He practices in the areas of Wills and Estate Planning, Estate Administration, Trust Law, and assisting Executors and Substitute Decision-Makers.

EATING FOR THE SEASONS

By Heather Bonas, RHN



What if every time you checked the weather, there was a list of all the vegetables that are in season right now – would that make you seek out those vegetables and eat more of them?

It's hard to know which fruits and vegetables are in season because we live in a world where when you walk through a grocery store, no matter the time of year, it pretty much looks the same. What if we could only buy fruits and vegetables that were in season in Ontario in December? They would include potatoes, carrots, cabbage, apples and squash.

Potatoes contain a special type of starch known as resistant starch. This starch is not broken down and fully absorbed by the body. Instead, it reaches the large intestine where it becomes a source of nutrients for the beneficial bacteria in your gut.

- Carrots contain Vitamin A, which supports the immune system by playing an important role in forming and protecting mucous membranes.
- Cabbage contains antioxidants, which reduce chronic inflammation.
- Apples contain pectin, which is a prebiotic that improves gut health.
- Squash is rich in Vitamin C, which strengthens the immune system, and is full of fibre, which aids in digestion.

Not sure how to prepare a winter squash? Try this:

- Cut the squash in half, scoop out the seeds.
- Rub the inside with butter and drizzle with maple syrup.
- Wrap in foil and bake at 350 degrees F for 45 minutes or until fork tender.

If you're curious about how to eat for the seasons through the winter months, visit farmfreshontario.com for a full calendar breakdown. Next is to challenge yourself to try a new fruit or vegetable the next time you're at the grocery store.

Heather Bonas is a Registered Holistic Nutritionist. In this column, she provides practical nutrition advice and answers questions about health and wellness through the lens of a nutritionist. She would love to hear your comments and feedback: heatherbonas@gmail.com.

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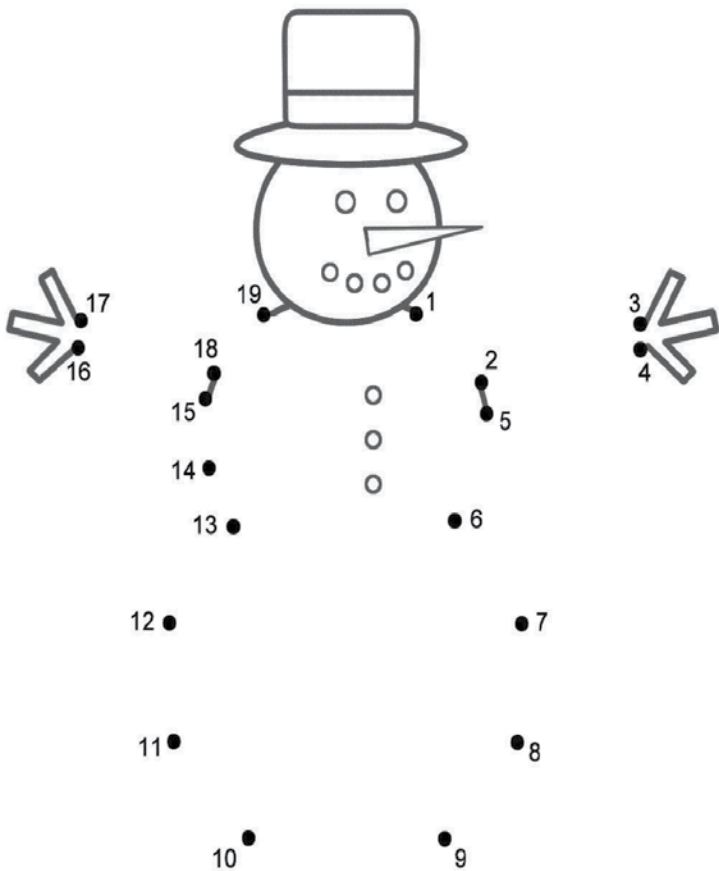
Happy Holidays

From all the staff at Hansen

A sincere thank you for your continued support of your local community based businesses!

SKYLAR'S KIDS PAGE

CONNECT THE DOTS



Search the entire paper for these seasonal items.



JOKE OF THE MONTH

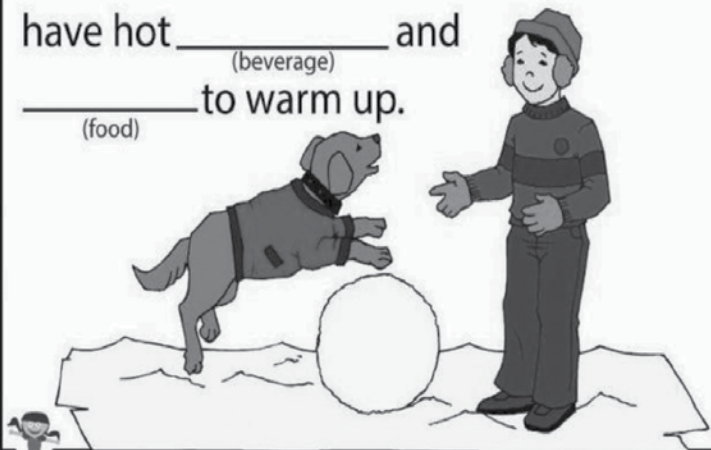
Why did an old man fall in a well?

Because he couldn't see that well!

FILL IN THE BLANKS

Snow Day!

So much _____ fell from the _____ last night that we got to stay home from school! There are _____ inches of snow on the ground, so we went outside to make _____ men and go _____ down a big hill. First, our mom made us put on warm _____ and _____. After we were done, we went home to have hot _____ and _____ to warm up.



WINTER WORD SEARCH

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

WORD LIST

CHILL	FROSTY	ICE CRYSTAL	REINDEER
CHIMNEY	FRUITCAKE	JACK FROST	SCARF
COAT	GINGERBREAD	MELT	SKATE
COLD	GLOVES	MITTENS	SNOW
EARMUFFS	HOCKEY	PINE CONE	SUGARPLUM
EGGNOG	HOT CHOCOLATE	POLAR	SWEATER
FIREWOOD			

Homemade GIFTS MADE EASY

UPCOMING EVENTS



ALTA VISTA LIBRARY

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 returned to pre-COVID hours, which are as follows:

- Monday to Thursday: 10 a.m. to 8:30 p.m.
- Friday: 1 p.m. to 6 p.m.
- Saturday: 10 a.m. to 5 p.m.

CLOSED

- Sunday, December 24 – Christmas Eve
- Monday, December 25 – Christmas Day
- Tuesday, December 26 – Boxing Day
- Sunday, December 31 – New Year's Eve
- Monday, January 1 – New Year's 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

Bilingual Family Storytime

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

Tuesdays and Wednesdays at 10:30 a.m., until December 20.

Bilingual Babytime

Stories, rhymes, songs and activities for babies (ages 0–18 months) and a parent/caregiver. Bilingual. Drop-in program. Thirty minutes.

Thursdays at 10:30 a.m., until December 21.

Stay and Play

Meet new friends after Storytime! Chat and play with puppets, building blocks, crafts and much more. Bilingual. Drop-in program. Sixty minutes.

Tuesdays, Wednesdays, and Thursdays at 11 a.m., until December 21.

Lego® Block Party

Building Boom! Show off your architectural creativity with Lego®! Drop-in program. Sixty minutes.

Saturdays at 11 a.m., until December 23. Ages 4 to 12 (Children ages 4 to 6 must have adult supervision).

Crafternoon!

Come crafting at the library, we have all the supplies you need to satisfy your creativity! Drop-in program. Sixty minutes. Friday, December 15 at 4 p.m. Ages 4 to 12.

ADULT PROGRAMMING

French Conversation Group (Intermediate) (NEW DAY)

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

Wednesdays, 6:30–7:45 p.m. No group Wednesday, December 27 or January 3.

Protecting Your PC

The average time it takes for an unprotected computer to be compromised after connecting to the internet is under 15 minutes. Don't let it be yours. Chris Taylor, President of the Ottawa PC Users' Group, will show you the simple steps you need to take to keep your PC from being hacked. And best of all, it can be done for free.

Thursday, December 7 at 6 p.m. Two hours. Registration required.

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 p.m. All are welcome.

Thursday, December 21 Year-end planning party and holiday social

Thursday, January 18 Jane Casey Maeve Kerrigan 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. All are welcome.

Thursday, December 7 *Small Things Like These*
by Claire Keegan

Thursday, January 11 *Bloomsbury Girls*
by Natalie Jenner

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 18 décembre *Plus jamais sans moi*,
de Maud Akaoua

Le lundi 15 janvier *Regardez-nous danser*
de Leila Slimani

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.

JUST FOR FUN

By Alicia Cuadra

Q: What often falls in the winter but never gets hurt?

A: Snow

Q: Who was the snowman's favourite relative?

A: Aunt Arctica

Q: What do snowmen eat for breakfast?

A: Frosted Flakes!

Q: Where does Santa keep all his money?

A: At the local snow bank

Q: What do you get when you cross vampires and snowmen?

A: Frostbite

Q: Why was the little boy so cold on Christmas morning?

A: It was Decembrrrrr!

Q: What do you call an old Snowman?

A: Water



UPCOMING EVENTS

COMMUNITY EVENTS

RIDEAU PARK UNITED CHURCH

2203 Alta Vista Drive

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

Rideau Park's Christmas Music Concert – Bells, and Choirs: Sunday December 3, 7 p.m. Enjoy the sacred and popular music of the season with our musical ensembles. Sing some favourite carols. Free-will offering.

The Christmas Pageant (24th Annual): Sunday December 17 at 10 a.m. Nearly 50 children and youth from Rideau Park and the community will lead the way in telling the Christmas story, with a focus on the true meaning of Christmas, along with a little humour – where are the sheep?

Forest Church: Sunday, December 17, 4 p.m. Meet at the church for a walk in the Cunningham Woods and a pause for reflection on God's creation and the Christmas season. Lead by Elizabeth Bryce.

Meditation Group Online: Thursdays, 10 a.m., by Zoom, for 20 minutes. Contact scifton@rideaupark.ca for an invitation.

50+ Fitness with Faiza: Tuesdays and Thursdays at 9 a.m. Drop-in options available.

Yoga with Margaret: Chair Yoga, Thursdays, 10:30 a.m.; Gentle Mat Yoga, Fridays, 10:30 a.m.

Yoga with Zoe: Yoga at lunch, Thursdays at noon; Moms and Babies, Mondays and Thursdays at 10 a.m.

Euchre Club: Thursdays, 1 p.m. New members from the community are always welcome. For more info, contact Rod Hagglund at rhagglund@rogers.com.

Alcoholics Anonymous: OASIS has in-person meetings at the Church, Mondays, 8–9 p.m. while **Twelve Steps to Serenity** holds sessions Thursdays, 7:30 p.m. (Times may be shifted: please check online or contact the church: 613-733-3156.)

EMMANUEL UNITED CHURCH

691 Smyth Road

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

Time to be Wholey (TTtbW): Mondays, 10:30–11:30 a.m. learn the flexibility and well-being of Chair Yoga, mat-free. Fridays, 10:30–11:30 a.m., do light exercises using free weights and exercise bands.

Meditation: Mondays, 7–8 p.m. by Zoom. If you wish to learn how to meditate, contact our office for the link.

Thursday Morning Discussion Group: Thursdays, 10–11:30 a.m. We meet by Zoom; currently we are reviewing *Holy Envy: Finding God in the Faith of Others* by Barbara Brown Taylor.

Graham's Christmas Readings: Friday, December 1, 7 p.m., Join us for an evening of Christmas Readings, sure to bring back fond memories of your Christmases past. Guest MC, back by popular demand, is Hallie Cotnam of CBC Radio Ottawa.

Just Gifts Christmas Market: Saturday, December 2, 10 a.m.–1 p.m. Order pickup and in-person shopping for Fair Trade and local products. Proceeds support Emmanuel's global partners in Zambia and El Salvador.

Emmanuel Friday Night at the Movies: November 17, 7:00 p.m. See the award-winning film, *The Mission*, the dramatic story of a Jesuit Mission in 18th century South America, starring Jeremy Irons and Robert de Niro. Adventure, drama, and history. Rated PG. Some violent scenes. Free admission. Everyone welcome! Bring your friends. Drinks and snacks available.

MAC FAIR: FESTIVE CHRISTMAS CRAFT MARKET

Immaculata High School, 140 Main Street

December 2, 10 a.m. till 3 p.m.

Over 80 local artisans; handmade awesomeness

Admission \$3 – supports several extracurricular groups and our annual Christmas Hampers for hungry families

Information available on our website: www.MACFAIRCrafts.ca.

WINTERSONG: ANNUAL CONCERT OF BAND AND CHOIR RETURNS!

St. Thomas the Apostle, 2345 Alta Vista Drive at 3 p.m. on Sunday, December 3

Returning this year is another annual Christmas music tradition! The fabulous Ottawa Wind Ensemble again teams up with the wonderful local choir Harmonia for a spectacular Sunday afternoon show. Together they have been putting on a local Christmas tradition in an annual concert team-up of band and choir, featuring the eclectic mix of seasonal music that audiences have come to expect, and enjoy. This year's event will be no different.

Tickets (\$25) will be available at the door, or \$20 from wintersong.bpt.me or from band and choir members.

BIG SOUL PROJECT COMMUNITY CHOIR CHRISTMAS CONCERT

Come join us to celebrate the festive season in song with Big Soul Project Community Choir on Saturday, December 9 at 7:30 p.m. (doors open at 6:45 p.m.) at Carleton Dominion Chalmers Centre (intersection of Cooper and Lyon Streets).

Tickets are now available on Eventbrite at \$25 for adults; \$15 for students ages 13 to 25. Children twelve and under can enjoy the fun for free. The venue has a ramp and is wheelchair accessible.

Eventbrite ticket purchase: www.eventbrite.com/e/big-soul-project-christmas-concert-tickets-747764442577?aff=oddtcreator.

NEW OPERA LYRA PRESENTS SCROOGE'S CHRISTMAS

Saturday, December 9 at 7 p.m. at Rideau Park United Church

Some of Ottawa's favourite singers will bring Dickens' characters to life. Baritone, Gary Dahl, takes the role of Scrooge. Tenor, Corey Arnold, brings his vocal and stage mastery to the role of Cratchit. The Spirits of Christmas Past, Present, and Future are played by Carmen Harris, Adam Sperry, and Rod Hagglund. Rounding out the cast are lyric tenor Iain Macpherson as Marley's Ghost, and soprano Kathleen Radke as Cratchit's wife. Suzanne Bassett directs them all. At just one hour, Scrooge's Christmas is perfect for families. It's even free for children under 12.

Tickets are available at the door or in advance at www.newoperalyra.ca.



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

UPCOMING EVENTS

RIDEAU CHORALE DECEMBER CONCERT

Sunday, December 10, 7:30 p.m.
Southminster United Church – 15 Aylmer Avenue

Come celebrate the season with the Rideau Chorale at Noël featuring the beautiful music of the French master of Baroque music Marc-Antoine Charpentier.

Charpentier’s Messe de Minuit pour Noël is a dance-like work based on ten traditional French carols of the 17th century. Rideau Chorale will also perform two smaller pieces by Charpentier: Troisième Magnificat H. 79 and Salve puerule. The audience will also be invited to sing selected carols with us.

Southminster Church is a beautiful 1930s era building, fitting for the soaring sound of a choir. It is wheelchair accessible (east entrance near Bank St via a lift).

Further information available at rideauchorale.com; tickets available at eventbrite.ca.

CANADIAN CENTENNIAL CHOIR PRESENTS MAGNIFICAT!

Tuesday, December 12 at 7:30 p.m.
Woodroffe United Church, 207 Woodroffe Avenue
Tickets: Adult: \$25; Senior/Student: \$20

Available www.brownpapertickets.com/event/6144357

Our 56th season will open with John Rutter’s exuberant Magnificat for SATB (Soprano Alto Bass Tenor) choir, soprano soloist and orchestra. This joyous celebration of the Virgin Mary is inspired by festivities in countries such as Spain, Mexico, and Puerto Rico. We’ll round out our holiday program with works by Rheinberger, Gjeilo and Sirett, and plenty of audience singalong carols. With soprano Emili Losier and organist Elaine Graham

CHRISTMAS CONCERT WITH JOHN RUTTER

December 16, 8 p.m., at the Carleton Dominion-Chalmers Centre

The choirs and orchestra of the Société philharmonique du Nouveau Monde, directed by Michel Brousseau, presents a heartwarming Christmas Concert with John Rutter. Featuring John Rutter’s Magnificat and holiday carols, this performance promises an unforgettable celebration of the season.

ART LENDING OF OTTAWA HOLIDAY SHOW

Saturday, December 16, from 10 a.m. to 4 p.m.
R.A. Centre, 2451 Riverside Drive
Free admission, free parking, door prizes

Still looking for that special gift? Come and see the stunning display of the recent works of over thirty local artists. Art is available for rent or sale. Can’t decide on the perfect gift for someone else? We have gift certificates!

NEIGHBOURHOOD WATCH RECRUITMENT CONTEST

The Neighbourhood Watch (Ward 18) Facebook page (www.facebook.com/groups/2455572258068676) is running a recruitment contest.

Please think of some people in the neighbourhood who you can encourage to join our page. The more people that are aware of crimes in the neighbourhood, the better it is for all of us.

Rules:

1. The contest will run from November 1, 2023 to midnight December 31, 2023.
2. Every person who joins the Facebook Neighbourhood Watch (Ward 18) group during the contest period will be entered into the contest.
3. Every person who recruits another person to join the group during the contest period will also be entered into the draw.
4. There is no limit to the number of entries in the draw.
5. Entrants must be 18 years old or older.
6. One name will be drawn for a prize of a \$25 gift card from a neighbourhood grocery store.
7. The winner will be announced on January 10, 2024 in the Facebook Neighbourhood Watch Group.
8. All new members must answer the group questions to be entered in the draw.

Good luck!





SEASON’S GREETINGS
WISHING YOU A SAFE,
HEALTHY & HAPPY
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MOVIES 'N STUFF

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Season's Greetings!

December 5th

Golda

Faced with the potential of Israel's complete destruction, Prime Minister Golda Meir must navigate overwhelming odds as millions of lives hang in the balance during the tense 19 days of the Yom Kippur War in 1973. Starring Helen Mirren.

A Haunting in Venice

Now retired and living in self-imposed exile in the world's most glamorous city, Poirot reluctantly attends a seance at a decaying, haunted palazzo.

Indiana Jones and the Dial of Destiny

Indy's back - and he's on a quest to find the Dial of Destiny, a powerful artifact that can control the weather. The Nazis are also after the Dial, and they will stop at nothing to get it. Jones must race against time to find the Dial and stop the Nazis from using it for their own evil purposes. Harrison Ford brings Indy back one last time!

Subject

In the golden age of documentaries, who benefits? SUBJECT reveals the unintended consequences - good, bad, and complicated - of having your life shared on screen. Featuring the protagonists of acclaimed documentaries The Staircase, Hoop Dreams and Capturing the Friedmans and more!

Mrs. Sidhu Investigates: Season 1

Mrs Sidhu is a caterer with a taste for solving mysteries. Her sleuthing turns into an unofficial partnership with dour DCI Burton, who reluctantly accepts that together they make the perfect pairing to fight crime!

Star Trek: Strange New Worlds: Season 2

Follows Captain Christopher Pike and the crew of the starship Enterprise in the 23rd century as they explore new worlds and carry out missions throughout the galaxy during the decade before Star Trek: The Original Series.

One Fine Morning

With a father suffering from a neurodegenerative disease, a young woman lives with her eight-year-old daughter. While struggling to secure a decent nursing home, she runs into an unavailable friend with whom she embarks on an affair. Léa Seydoux stars.

L'innocent (The Innocent)

When Abel learns that his mother is about to marry a man in prison, he freaks out. With the help of his best friend, he will do whatever it takes to protect her. But meeting his new stepfather may well offer him a new perspective.

Little Bird: Mini-Series

Removed from her home in Saskatchewan, Bezhig Little Bird is adopted into a Montréal Jewish family at the age of 5, becoming Esther Rosenblum. Now in her 20s, Bezhig longs for the family she lost and is willing to sacrifice everything to find them.

Showdown at the Grand

A proud movie theater owner must defend his family business from corporate developers alongside a legendary action star as art imitates life in a showdown for the ages. Dolph Lundgren and Terence Howard star in this surprisingly well reviewed actioner!

Also:

Full Circle with Michael Palin
She Came to Me
One Fine Morning
The Hill

December 12th

The Creator

As a future war between the human race and artificial intelligence rages on, ex-special forces agent Joshua is recruited to hunt down and kill the Creator, the elusive architect of advanced AI. Starring John David Washington of Tenet fame.

Shortcomings

A struggling California filmmaker contemplates his romantic future when his girlfriend moves to New York for an internship.

Passages

A gay couple's marriage is thrown into crisis when one of them impulsively begins a passionate affair with a young woman. The fantastic Ben Whishaw stars!

Fremont

Formerly a translator for the United States military in Afghanistan, Donya struggles to rebuild her life in San Francisco and works for a Chinese fortune cookie factory. In a moment of sudden revelation, she decides to send out a special message in one of the cookies. Wonderful reviews.

Return to Seoul

On an impulse to reconnect with her origins, Freddie, 25, returns to South Korea for the first time, where she was born before being adopted and raised in France. The headstrong young woman starts looking for her biological parents in a country she knows so little about, taking her life in new and unexpected directions.

Also:

Teenage Mutant Ninja Turtles: Mutant Mayhem
Baby Done
Dumb Money

December 19th

Freelance

Former special forces operative Mason Pettis reluctantly takes on a freelance gig to provide private security for a journalist as she interviews a ruthless dictator. When a military coup breaks out just as she's about to get the scoop of a lifetime, the unlikely trio must figure out how to survive the jungle and one another to make it out alive.

December 26th

What Happens Later

Two ex-lovers, Bill and Willa, get snowed in at a regional airport overnight. Indefinitely delayed, Willa, a magical thinker, and Bill, a catastrophic one, find themselves just as attracted to and annoyed by one another as they did decades earlier. Meg Ryan and David Duchovny star!

Story Ave

After falling in with the wrong crowd, a gifted teen named Kadir tries to rob Luis, a no-nonsense MTA conductor. To Kadir's surprise, Luis offers his friendship and shows the young man how his artistic talent could lead to a better life.

Giri/Haji: Mini-Series

Translating to Duty/Shame and set in both Tokyo and London, "Giri/Haji" is a thriller about a Tokyo detective named Kenzo Mori, scouring the London underworld to find his allegedly deceased brother, Yuto - who was accused of brutally murdering the nephew of a yakuza member, which could lead to the onset of a gang war.

Deadloch: Season 1

A Spy Among Friends: Mini-Series

In England in 1963, Nicholas Elliott works for MI6 as an intelligence officer but is left in turmoil when he learns his close friend and colleague, Kim Philby, had been secretly working as a double agent for the KGB, defecting to the Soviet Union. Damian Lewis and Guy Pearce star.

Nyad

Sixty-four-year-old marathon swimmer Diana Nyad attempts to become the first person ever to swim from Cuba to Florida! Jodie Foster and Annette Bening star in this winning drama which has some major Oscar buzz!

Our Flag Means Death: Season 1

Stede Bonnet, a pampered aristocrat, abandons his life of privilege to become a pirate in the early 18th century. Taika Waititi plays Blackbeard and directs an episode!

Extraordinary Attorney Woo: Mini-Series

Woo Young Woo is a young lawyer with Asperger's syndrome. She boasts a high IQ, an impressive memory and a wonderfully creative thought process, but she struggles with everyday interactions. Rave reviews!

The Velvet Queen

In the heart of the Tibetan highlands, an award-winning photographer guides a writer in his quest to document the famously elusive snow leopard. A breath-taking look at life, nature and the pursuit of the most elusive creature in existence.

Hilma

A story about an unwavering search for the truth about humanity and the universe at a time when men made all the rules. Starring Lena Olin and directed by legendary director Lasse Hallström (Chocolat, The Cider Hour Rules).

Blue Jean

In 1988, a new law stigmatizing gays and lesbians forces Jean, a closeted gym teacher, to live a double life. As pressure mounts from all sides, the arrival of a new student catalyzes a crisis that will push Jean to the edge.

The First Lady: The Miniseries

Junk Head

A jaw-dropping stop-motion animated triumph shows a dystopian future where humans try to escape global destruction by moving underground. Says reviewer Rachel Ho: "Entirely filmed using stop-motion, Hori's film has clear influences as far back as Metropolis and as iconic as Alien. The design of each creature is imaginative with a tactile quality, and the subterranean world feels successfully seedy and dirty.."

The Art of Crime: Seasons 1-5

They Cloned Tyrone

A series of eerie events thrusts an unlikely trio onto the trail of a nefarious government conspiracy in this pulpy mystery caper starring Jamie Foxx and John Boyega.

Significant Other

While on a remote backpacking trip through the Pacific Northwest, a young couple sense they may not be alone. As things take a dark turn, they find there is no one to trust -- not even each other.

Also:

Sanctuary
Reptile
Róise & Frank

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