



The 104th Ottawa Scout Group, pictured here at their December Activity Day, are HEFC's Heroes for January. Photo credit: Charles Hsu

## HEROES OF HERON EMERGENCY FOOD CENTRE

By Lynn Sherwood

A few weeks ago, I was scrolling through my Facebook Group *Heron Park Community Association* when I noticed a posting from someone whose son was collecting non-perishable groceries for the Scouts – who were apparently doing a food drive for Heron Emergency Food Centre. Ever alert to interesting possibilities for this article, I contacted the kind woman who made the posting and was referred to Rob Christie, the leader of the 104th Ottawa Scout Group for more information. A week after that posting about the food drive, the Scouts brought an astonishing \$3,732 value of non-perishable food to HEFC. That is how the 104th Ottawa Scouts became our Heroes for January.

I met Rob Christie, Scout Leader, at Pleasant Park School where a gymnasium full of kids of several ages was running about on a snowy evening. Rob explained that 104th Ottawa has been around since the late 1960s and currently has 70 members between the ages of five and

26 in Beavers, Cubs, Scouts, Venturers and Rovers, along with 20 adult volunteer leaders. 104th Scouts has done seven food drives since 2020 when they began this project during the pandemic. Rob mentioned that they were inspired by two children, Milla and Madden Rousseau, who were our Heroes in January 2023.

Twice a year, in the fall and in January, each Scout is given flyers to distribute to 20 neighbours. The flyers include instructions to place food donations, during a designated weekend, in boxes at the end of the driveway of the Scout's home. Scouts then bring the donations to a central location and leaders drop them off at HEFC. Simple, pandemic-proof and very much needed! Rob reckoned that the Scouts had so far collected over \$5,000 worth of food – but this was before their current donation, so the current total is closer to \$8,000. What a simple and effective way to remind the community about food insecurity, as well as to teach young people about giving back!

*Continued on page 5*

## VACANT UNIT TAX REGISTRATION IS NOW OPEN

All property owners must register their properties every year to avoid the Vacant Unit Tax. The City of Ottawa portal is now open for 2024 registration.

Property owners can complete their declaration online through [Ottawa.ca/VUT](https://ottawa.ca/VUT) using their roll number and access code which was included in the November and January VUT notice. You can also find your roll number and access code at the top of your property tax bill. You may also complete your declaration online

using your MyServiceOttawa account through the property tax service.

The City has declaration options for those who require accessibility-related supports or who cannot access the internet. Residents can call 613-580-2444 to complete their declaration over the phone or schedule an in-person appointment.

**Do not forget to do this.** All registrations must be complete by March 21, 2024.

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SUBMISSIONS & COMMUNITY EVENTS

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

**DEADLINE:** 15th of the month prior to publication  
Email: [Editor@vistas-news.ca](mailto:Editor@vistas-news.ca)

ADVERTISING

Ads should be submitted to the Advertising Manager, in electronic format as a print-ready (final) PDF file / 300 dpi (or greater) resolution. The print quality of ads not meeting these standards cannot be guaranteed.  
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	B&W	COLOUR	
Full Page	\$275	\$550	(9.6"W x 13.75"H)
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Advertisers are invoiced upon publication of the paper and payment is due on receipt of the invoice.

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EDITORIAL MUSINGS

JANUARY ISSUE DELAYED,  
AND CARRIERS NEEDED

By Ernie McArthur, VISTAS Distribution Manager

VISTAS readers will have seen in the December issue that the scheduled date for delivery of the January 2024 issue was Wednesday, January 3. However, the printing company has since advised that, because of holiday closure, it cannot print and bring the newspaper to Ottawa until Wednesday, January 10.

The VISTAS Board of Directors appreciates that readers and advertisers will find this too late in the month, especially as some households may not receive the newspaper until the weekend following the 10th. And while the VISTAS Board is disappointed in the late delivery, it will live with this decision. Please note that the February issue will be delivered on schedule, Wednesday, January 31.

On the matter of "carriers needed," we ask that readers look at page 4 for the list of streets for which carriers are needed. It is obvious that this list has grown recently, both west and east of Haig. In particular, the list east of Haig, since the Ottawa South News stopped delivering VISTAS with its newspaper in that area, is very long. This is unfortunate because, with additional volunteer carriers, VISTAS could be delivering another 3,000 newspapers east of Haig. Readers will also have seen in previous editions that a captain is needed for the half hour it takes to deliver bundles to carriers in the Baycrest and Alta Vista Library areas.

If readers could help in some of the listed streets, or know of someone who might assist, as a carrier or captain, please contact me at 613-521-4658 or at [distribution@vistas-news.ca](mailto:distribution@vistas-news.ca).

LETTER TO THE EDITOR

Love Chris Weibe's articles in the VISTAS!

Re: "Walking scared: Why does Alta Vista have so few sidewalks?" by Chris Weibe, December 2023

Pedestrian safety is an issue across the city – drivers have NO respect for walkers on side streets and especially at pedestrian crossings.

So here are a couple of ideas for future articles by Chris ... a sort of Proust-like questionnaire:

1. How do you RESPECT pedestrians (on streets or at designated crossings)?
2. Are you a respectful, considerate driver with full knowledge of rules regarding pedestrian crossings, four-way stops, etc.?

Alta Vista Drive is a residential collector street, NOT a truck route, NOT a speedway, and NOT a substitute for the long overdue Alta Vista Transportation Corridor/Parkway! Because the latter has not been fully constructed (but on the books since 1950, I think), there are cut-through drivers with increased traffic on and off Alta Vista Drive; thus, the concern for pedestrian safety. Drivers are in a rush and angry, and are not being punished for speeding or infractions. The City should install more photo radar – it hurts in the pocketbooks of those who are disobeying and disregarding the rules of the road. Who wins? Pedestrians!! What is the price physically and emotionally for pedestrians hit by a vehicle?

Chris – please continue publishing your informative articles.

Brenda Ellacott

VISTAS' Delivery Schedule

2024	VISTAS Delivery Date
February Issue	January 31, 2024
March Issue	February 28, 2024

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.

LETTER TO THE EDITOR

Hydro Ottawa makes every effort to provide reliable service to its customers

Re: “Hydro Ottawa should implement improvements to the electricity supply in Alta Vista” email to Marty Carr from Russ Jackson shared with VISTAS, December 2023

Dear Mr. Jackson,

Your recent email to Councillor Carr was kindly forwarded to us from their office. Thank you for your inquiry.

The increased severity of weather events is certainly posing a challenge for many utilities around the world. In our blogs published in our customer newsletter, we have shared how we are future-proofing the electricity grid and how we tackle winter storms. Other content you may find helpful includes five things to do before, during and after a winter outage, and our emergency preparedness pages. If you don’t already receive our monthly newsletter, you can opt-in via your MyAccount customer portal, under the Notification Preferences tab. Doing so will also ensure you receive our Weather Alerts and Customer Updates during major weather events.

I’d like to reassure you that Hydro Ottawa has multiple initiatives in the pipeline to make the system more resilient to climate impacts – in all wards, including Alta Vista. Some of the steps taken in this regard are as follows:

- Expanding our forestry program with shorter and enhanced tree-trimming cycles
- Increasing system inspections to find problematic equipment and make the necessary repairs
- Deploying additional resources to respond to power-outage events
- Deploying infrared scanning to pre-emptively identify assets at risk of failure
- Reviewing our Business Continuity Management Program, and updating our incident management and crisis communications plans to include learnings and best practices

Overall, our reliability numbers are extremely strong and generally among the best in the province. On average, Hydro Ottawa customers had power 99.55 per cent of the time in 2022 (and 99.98 per cent in 2021). Historically, our system performs well year-over-year, but recent weather events point towards a new reality that requires contingency plans.

In an effort to reinstate system reliability after the storms the National Capital Region has experienced, a special reliability task force was put in place to come up with solutions for areas that have seen continuous interruptions, including the Alta Vista ward. While we are preparing for the worst-case scenarios when it comes to future weather events, it must be done with our customers in mind, balancing reliability with cost. There is a lot to learn from these recent weather patterns we’ve experienced that will influence our future planning and storm-hardening practices.

It’s fair to also say that weather events like the derecho, tornadoes, ice storms, floods and the annual heat waves we experience in Ottawa are all symptoms of the larger climate change phenomenon. As such, we’re committed to continuing to review and adapt our current planning and construction practices to ensure risks are minimized, and that our work is based on science, technical feasibility and climate trends.

I trust you will find this information helpful. Where it is within our control, please be assured that Hydro Ottawa makes every effort to provide reliable service to our customers. If you have any additional questions, please do not hesitate to contact our office.

Julie (Gaudet) Lupinacci  
Chief Customer Officer

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

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CAPTAIN NEEDED: VISTAS is looking for a Captain to spend a half hour each delivery day to drop 4 – 6 newspaper bundles in the Baycrest and Alta Vista Library areas. Please contact Distribution Manager Ernie McArthur 613-521-4658 or [distribution@vistas-news.ca](mailto:distribution@vistas-news.ca)



VISTAS Volunteer Carriers Needed

For West of Haig

- Anoka, 35 papers
- Bloor, Penhill, Crestwood, 56 papers
- Edge Hill, 58 papers
- Grasmere, 39 papers
- 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

For East of Haig

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

LETTER TO THE EDITOR

I appreciate my sidewalk-free neighbourhood

Re: “Walking scared: Why does Alta Vista have so few sidewalks?” by Chris Weibe, December 2023

Why does Alta Vista have so few sidewalks? – Someone was forward-thinking, lucky us.

I prefer to have no sidewalks for several reasons, some of them environmental, which were mentioned in the article (excellent and natural drainage), and cost, both financial and environmental. Additional paving from sidewalks causes urban heating. We don’t want storm surges going directly into our rivers.

Usability during the four seasons is another. Sidewalks in winter create ice patches or icy ponds, depending on the weather. Climbing over snowbanks at an intersection is not my idea of mobility. It is much easier and safer to walk on the road, as long as you have the sense to face the traffic. Per the Ontario safety code ([www.ontario.ca/page/pedestrian-safety#:~:text=Sidewalks,the%20road%20facing%20oncoming%20traffic](http://www.ontario.ca/page/pedestrian-safety#:~:text=Sidewalks,the%20road%20facing%20oncoming%20traffic)), if there is no sidewalk on a street, you should travel along the left shoulder of the road facing oncoming traffic; I bet not many people know this.

I have considered moving closer to the centre of the city, but travelling there in winter always changes my mind and makes me appreciate Alta Vista. I will never leave my sidewalk-free neighbourhood.

Joanne Frembd

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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.



## OUR COMMUNITY

### HEROES OF HERON EMERGENCY FOOD CENTRE

*Continued from page 1*

As reported in previous articles, the need for emergency food has been increasing month over month. In October, we served 2,218 individuals. In November, we served 2,324 people, once again a record number, and so we had an additional 106 clients in one month. In November 2022, we served only 1,848 individuals, an increase in one year of 476 people.

On Wednesday, December 13, we unfortunately broke another record. Sixty-eight families arrived looking for emergency food supplies within a two-hour period.

Food prices are expected to rise between 2.4 and 4.5 per cent in the coming year, while rents rose a startling 15 per cent in 2023. Food insecurity is not going to diminish any time soon. We are so very grateful for the open-hearted support from the Alta Vista community, which enables us to meet the growing need for emergency food experienced by our neighbours. It is clear that we all are connected: the efforts of Milla and Madden inspired the 104th Scouts; the parent of one of the Scouts made a post on a Facebook page, which I saw, and here is an article in VISTAS about their food drive for HEFC. What good work we can do, together, for our community.

We thank the 104th Scout Group and their stalwart leaders, who are doing two food drives each year. Their continued support is going to be much needed.

Members of the Board of HEFC are happy to share information about the service we, all together, provide for our community, and to make presentations at community events.


Call us at 613-737-9090 or email us at [hefc-info@rogers.com](mailto:hefc-info@rogers.com) for more information.

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

On Facebook: [www.facebook.com/HeronFoodCentre](https://www.facebook.com/HeronFoodCentre)

On X: [HEFC.ca@HeronFoodCentre](mailto:HEFC.ca@HeronFoodCentre)

We also now have a QR code to simplify donations to o

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

### JANUARY 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.



### ROONEY'S LANE: SLAUGHTERHOUSE, ICE HOUSE, COMMUNITY

*By Chris Wiebe*



If you stand in forlorn little Rooney's Lane and do a 360, there is nothing that indicates this stubby cul-de-sac's noisy and bustling past. Every bit of historic fabric, it seems, has been meticulously eliminated, leaving nothing to latch onto and conjure up the past. Even the trees sulking at the edges of the lots are mere decades old. Only the name "Rooney's Lane" – after Bernard 'Barney'

Rooney who lived there from 1905 to 1926 – remains to remind us that this now forgettable roadway was once the heart of a vibrant, working-class francophone and anglophone community that blended housing and industry.

Carved out of the Billings Estate circa 1870 as the Billings Bridge community grew up from the river flats, the village of Gateville straddled Metcalfe Road (now Bank Street) and had just six short streets, including Rooney's Lane. The February 12, 1938 Evening Citizen tells us that directly across Metcalfe Road from Rooney's Lane was one of the early homesteads, the John Preston house built in 1874 (destroyed by fire in 1933), itself replacing Michael Hennessey's "log shanty" on a lot purchased from Lamira Kilborn, daughter of Billings Estate founder, Braddish Billings. (I'm amazed I've never noticed how incredibly apt the intersection of Lamira Street and Kilborn Avenue is!)

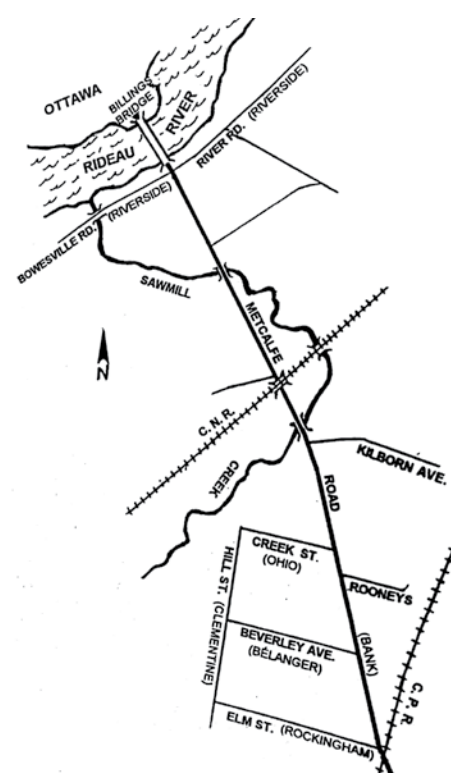
The eastern edge of Gateville was defined by the first train line into Ottawa, the Bytown and Prescott Railway, completed in 1855 (later the CPR line and torn up in 1966), crossing Bank Street at Randall Avenue, it went straight down Lamira Avenue, eventually terminating in New Edinburgh. Rooney's Lane butted onto this rail line and in the 1870s and 1880s, Fred Bufton ran a busy slaughterhouse employing a dozen workers there on a site now half under the Saade Plaza (2186 Lamira) and half under the St-Thomas d'Aquin church parking lot.

A few decades later the name Gateville had faded, generally replaced by "Billings Bridge," and the slaughterhouse site boasted the village's first and only megastructure. Phillippe and Edmond Sabourin and Leon Henry erected the immense Sabourin and Henry Ice House in 1922, adding two more extensions over the years until the structure was 50 feet high and 100 feet long, accommodating 55,000 blocks of ice – each slab 18" wide, 36" long, and a foot thick. With rough plank walls and a peaked roof with zero concessions to aesthetics, the building was pure function, its 15-inch thick walls stuffed with sawdust, enabling storage of ice through the sweltering summer months into fall, and keeping the food-cooling ice boxes of

Ottawa filled. To get a sense of the building's scale, it was roughly the volume of today's St-Thomas d'Aquin church. The ice house was certainly not a conventional architectural beauty, though one can imagine modernist, "form follows function" design rebels like Walter Gropius enthusing.

There were, in fact, two other ice houses in Billings Bridge. Rideau River ice was known to be better value than Ottawa River ice because it had fewer air bubbles and melted slower in ice boxes.

*Continued on page 7*



Map of Billings Bridge and Gateville. Photo credit: Gérard and Bernard Pelot in "Billings Bridge: My Village, My Life."





# John Fraser

Ottawa South | Ottawa-Sud

# 2024

H A P P Y N E W Y E A R

**My family and I wish you and your family a very Happy New Year filled with good health and happiness, and thank you for coming to my New Year's Levee!**

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## OUR COMMUNITY

### ROONEY'S LANE: SLAUGHTERHOUSE, ICE HOUSE, COMMUNITY

*Continued from page 5*

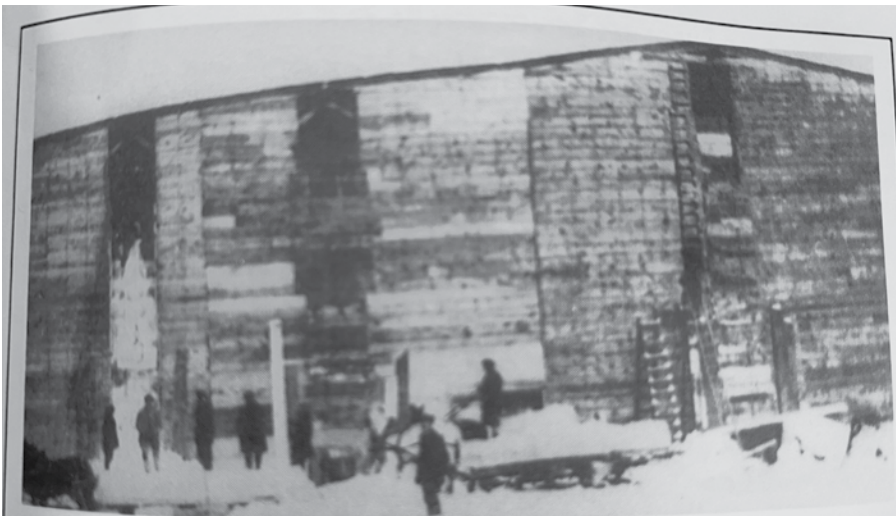
The huge red Cowan Ice House was located near where Sawmill Creek now enters the Rideau, and the Ottawa Dairy Ice House was on the west side of the bridge where the NCC Nordic Circle parking lot currently sits.

Sabourin and Henry, like the other ice companies, cut the ice slabs into small blocks that were sold from house to house every day of the week: 10 cents per block or \$12 for the season in the 1920s. They delivered in Billings Bridge and beyond into Ottawa South, the Glebe, Lowertown and Sandy Hill, and quickly attracted a distinguished clientele, supplying Rideau Hall, General Hospital, and the CN Railway. Many companies sent their own wagons and horses to Rooney's Lane, and residents recalled the Central Experimental Farm's big, nicely groomed horses with shiny brass on their harnesses. In 1943-44, the Cowan Ice Company bought the Sabourin and Henry Ice House, and by the early 1950s electric refrigerators brought an end to the river ice business.

The village of Billings Bridge (it went by other nicknames like Gabtown and Sawmill Hill) was a modest working community and in the 1930s it was sometimes referred to as "Deadbeat's Hill" or "Poverty Hill." During the

Depression, there was no telephone, no indoor toilet, no running water, only shared wells, and wooden sidewalks just two planks wide lining the streets. The gradual erasure of the Rooney's Lane community began after the City of Ottawa annexation in the 1950s. *Data in Urban Renewal Ottawa* (1967) show that in the early 1960s 38 people were still living in eight buildings along the lane, with two (likely rooming houses) by the train tracks. Three of these houses were demolished as Housing Standards Board cases during the "urban renewal" euphoria that gripped Ottawa planning in the mid-1960s.

Today on Rooney's Lane, the Saade Plaza and the Hickman Orthodontics building bookend a large, underused parking lot. As late as 1991, the last two houses on the street sat there, the Evelyn and Les Parsons and Elaine and John Pelot houses with their backyard gardens and apple orchards. By 1999, the houses and the tall Carpathian walnut trees that shaded them had been swept away.



*Sabourin and Henry Ice House 1937; photo credit: Gérard and Bernard Pelot in "Billings Bridge: My Village, My Life"*



*Home of John Henry Pelot and Cecilia Smith, Rooney's Lane, 1939; photo credit: Maryanne Weber in "The Route to Our Abode." (www.media.pentafolio.com/design/Route\_to\_Our\_Abode.pdf)*

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## OUR COMMUNITY

### 2332 MAJOR E.J.G. HOLLAND VC RCACC CELEBRATING 75 YEARS!

By LCpl Solianna Wubetu, MCpl Joenita Chahwan  
and Lt Anh-Thu Dang

Photo Credits: Rogelio Baggayan

On Saturday, November 25, the 2332 Major E.J.G. Holland VC Royal Canadian Army Cadet Corps (RCACC) celebrated a significant milestone, marking its 75th anniversary.

To commemorate this milestone, we hosted an anniversary parade, where the cadets performed a Trooping of the Colour. This ceremonial event, typically held once a year on occasions such as a unit's anniversary, is an opportunity for the cadets to view their Colours (flag).

The parade was well attended by special guests such as MP David McGuinty and representatives from affiliated units including 33 Service Battalion, 33 Signals Regiment, and Royal Canadian Dragoons. Past commanding officers of the cadet corps including Major (ret'd) Ernie Hughes (1995-2005), LCdr (ret'd) Roland Vaillancourt (2015-2019) and Capt (ret'd) Debra Parsons (2015-2019), also attended to show their support.



The Escort to the Flag is led by Escort Commander MWO Diaz.

CWO Walkden led the parade with Alpha Company under the command of MWO Serbouti and Bravo Squadron led by MWO Mackenzie. The Escort to the Flag was led by MWO Diaz as the escort commander. MWO Farah was the flag party commander. The cadet band from 40 Falkland RCSCC provided musical accompaniment.

In under three months of preparation, our cadets certainly demonstrated their hard work on the parade. For some cadets, this was their first time doing rifle drill and they learned all the drill movements for the parade. "I was so honoured to have been part of the Escort to the Flag. It was such an amazing experience being on parade, doing rifle drill and marching alongside our corps flag," says MCpl Chahwan.

Major Jeffrey LeBlanc, Officer Commanding 2 Squadron, Canadian Forces School of Communications and Electronics, served as our reviewing officer. He spoke fondly about his time here as a former staff member and highlighted the contributions of officers, staff and volunteers. The parade offered a chance for staff and alumni to reconnect and share memories. Cadets spoke to past alumni, learning about what they have achieved since leaving the program.

Following the parade, the 75th Anniversary Mess Dinner brought together current cadets and alumni for a formal, multi-course meal. Lt Watt, who served as president of the Mess Committee, shared, "It was lovely to see cadets, family, staff and alumni come together to celebrate the 75th anniversary. The mess dinner is a great way for everyone to sit down, enjoy a delicious meal and really connect."

Sitting at the head table was LCpl Wubetu, "As the youngest cadet, I had the opportunity to sit at the head table as it is part of mess tradition. This was my first mess dinner, and I really enjoyed the event!" She sat alongside our commanding officer, Major Bonacci and the cadet DSM MWO Mackenzie. Serving as vice-president of the Mess Committee was MWO Serbouti, who added humour to the dinner, engaging attendees with funny memories and dance challenges.

"As we celebrate our 75th anniversary, I am immensely proud of the dedication of our cadets and staff. This milestone is a testament to all the hard work and commitment of everyone who has been a part of this journey. I am honoured to lead this remarkable group and am excited about the bright future that lies ahead for 2332," said Major Bonacci, Commanding Officer of 2332 RCACC.

The 75th anniversary celebrations were made possible by the unwavering support of staff, volunteers and cadets, as well as everyone who contributed to making this event a success.



Regimental Sergeant Major, CWO Walkden, presents Reviewing Officer, Major Jeffrey LeBlanc, with a token of RCACC's appreciation.



Major LeBlanc speaks to the cadets at the mess dinner.

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OUR COMMUNITY

ELLWOOD’S RIDGEMONT COMMUNITY ASSOCIATION OFF TO A NEW YEAR – ALERT, ADVOCATING AND ACTIVE!

By Norman Payne

River Ward Christmas dinner a success



This season’s River Ward Christmas dinner on December 21 was a wildly popular event, with over 450 attendees catered to in two sittings. The food was excellent and Ellwood was well represented with residents from several streets. Ellwood’s Ridgemont Community Association had made a generous contribution to the overall cost.

Province reverses urban boundary expansions

How does the Province of Ontario government’s reversal on its urban boundary expansions on October 23, 2023 affect Ellwood? It does not affect us in any way, even though changes made to the City’s Official Plan by the Province were rolled back. Ontario Housing Minister Paul Calandra said that the amendments made to the City’s then-finessed Official Plan would be reversed after an investigation found “too much involvement from the [previous] minister’s office.” What this statement means precisely is unclear to me. On the face of it, perhaps all the negative publicity required some face-saving measure; ultimately you must make your own interpretation.

Included in this reversal was the reinstatement of rental protection policies included in the City’s original plan and removed by the Province. This restored policy means that if a developer plans to demolish rental properties with six or more units, they must first ensure a supply of rental units in the same class or type with comparable rents before displacing tenants. The replacement units need not be in the immediate vicinity – just somewhere. An example of this situation is the Herongate development.

The reinstatement of these policies will allow the City to put in place additional rental protection regulations in the future, which will provide the City with tools to implement the need for a balanced rental unit supply. As best balanced can be.

Do these policies affect a single-family home turned into a multi-unit property, as some homes in Ellwood are, if it is demolished? No, not if the residence has six or more units. And there are no impacts or policy changes associated with how a detached dwelling can be used. Indeed, provincial legislation remains in force that requires that up to three residential units be permitted within a detached home, and no zoning by-law or policy may prevent this. There is also no change in the case of a detached home that has been converted to have three units within, that is, then, in turn, slated for redevelopment, as these newly restored rental protection policies in the Official Plan only apply to circumstances with six or more rental units inside a building.

One thing the Province did not reinstate was the City’s intent to allow for mid-rises on minor corridors. However, Ellwood has no minor corridors. We are bounded by Bank Street and Walkley Road, both of which are classified as major corridors, and Kitchener Avenue is not a minor corridor per the Official Plan and thus remains designated for low-rise neighbourhood development. The Province has indicated it may make further legislative changes in the new legislative session, including the City’s intent to retain mid-rise permissions on minor corridors.

In a nutshell, the Province has reversed its direct participation in the City’s Official Plan. Can this reversal become another reversal? Only time or a change in government will tell. In the meantime, our Association continues to keep pace of the shifting sands and shoals of housing and developments.

Hydro pole project

You will have been very familiar with the hydro crews in the neighbourhood over the last three weeks replacing 19 hydro poles. There is yet some finishing work to be completed, including repair of damaged landscaping scheduled for summer 2024.

Community rink

The mild temperatures, rain, and lack of snow have caused the community rink’s readiness to be postponed well into the second week in January, but we are all geared up and will take it one day at a time.

Thanks to Gary Howard and Mayor Sutcliffe

We ended 2023 with thanks to a number of people who help, assist and encourage our community, and would like to start 2024 by thanking Gary Howard for his outstanding photography of wildlife in and around the neighbourhood. We would also like to thank Mayor Mark Sutcliffe for his continued interest in our neighbourhood and what is important to us.

123123

The last day of 2023 was 12/31/23 or 123123 (an angel number), which means we’re waltzing into 2024. Happy New Year!



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## Alta Vista Ward 18

## Alta Vista Quartier 18

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#### Meet your Ward 18 Office Team

The Alta Vista ward office is fully staffed with a dedicated team ready to serve you. Please reach out to us at anytime by email at [marty.carr@ottawa.ca](mailto:marty.carr@ottawa.ca) or by phone at 613-580-2488.

#### Happy New Year!

I hope you all had a fantastic holiday season! We have many exciting upcoming events taking place in 2024. Be sure to subscribe to my newsletter on [martycarrottawa.ca](http://martycarrottawa.ca) to stay up to date with everything taking place in the ward. Further, don't miss updates, upcoming events, and latest news by following me on Facebook. It is the easiest way to stay up to date between newsletters!

#### Ward 18 Office Hours

Office hours have started up again! Appointments in the new year will be hosted on the first and third Monday of every month at Jim Durrell Recreation Centre (1265 Walkley Road). If you would like to book an appointment, please email my office at [marty.carr@ottawa.ca](mailto:marty.carr@ottawa.ca) or call us at 613-580-2488. Appointments are available on a first call, first served basis. I look forward to meeting with you!

Upcoming office hours:

Monday February 5th from 10a.m. to 12p.m.

Monday February 19th from 10a.m. to 12p.m.

#### Summer Camp Registration is Coming Up!

Summer camp registration is beginning in January! This year registration will be starting as of January 16th at 9pm for Summer Camps ONLY! Summer programs will be available for registration in May. Make sure you mark your calendar to ensure that you get into your camps that you want. Visit the Courses and Camps page on [Ottawa.ca](http://Ottawa.ca) for more details.

Winter Registration: Now Open

March Break Camps and Summer Camps Registration:  
January 16th at 9pm

#### 1245 Kilborn

I am happy to share that as of last month, the City has taken possession of 1245 Kilborn.

Both the environmental site assessment and the building condition report were accepted prior to the purchase being finalized. These reports found that the city could maintain the current building, although repairs will be required. Staff are now beginning to undertake further assessment of the property to scope out required renovations. Hydro at the facility will remain connected after purchase for security monitoring, while heat and water are in exploratory phases for resumption of service and work is currently in planning stages.

In coming months, my office will work with staff and various stakeholders to develop a process for consultation on the long-term use of this site. Community engagement would occur prior to any use of the building. I understand there is speculation and interest about this property. Please know that I am sharing the most up to date information and am committed to continuing to ensure the community has the most up to date information.

#### Stay Connected

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

**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))

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OUR COMMUNITY

MEET THE RINKRATZ OF THE ALTA VISTA OUTDOOR RINK

By Ingrid de Vries

Since 2014, the Alta Vista Outdoor Rink at 1309 Randall Ave. has been operated by a group of volunteers known as the Alta Vista RinkRatz—a group of community-minded neighbours who look after building and maintaining the rink. They also host the annual Family Fun Day event, with last year’s event attracting over 400 attendees. There are two skating surfaces, lit until 11 p.m. every night, a skating “puddle” and a larger rink with boards and nets at the end. Some of the RinkRatz’s operations are funded by a small City of Ottawa operating grant, which pays for rink attendants, maintenance needs such as boards, fuel for and repairs to the snowblower and sweeper, bonfire permit, etc. However, most of the rink operations rely on volunteers who come back year after year to help make this a well-loved rink!

The RinkRatz are seeking new members to join the group so that they can sustain the beautiful outdoor facility enjoyed by so many. There are three specific areas where help is needed: building the rink in December/January, maintaining the rink in January/February, and helping out the Family Fun Day planning committee.

The commitment is small—minimum one to two hours per week, for the skating season typically running nine weeks over the winter. The RinkRatz provide all the equipment and training, and you don’t even need to be a skater!

Please consider giving the gift of time to your community! If you have questions, or would like to sign up to be a member of the RinkRatz, contact them through their Facebook page (Alta Vista Outdoor Rink) or via email: [altavistarink28@gmail.com](mailto:altavistarink28@gmail.com) or [mistermo2023@gmail.com](mailto:mistermo2023@gmail.com).



Skaters enjoying a game of pickup hockey at the Alta Vista Outdoor Rink. Photo credit: Riaz Mohammed

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## ARTS &amp; CULTURE

What's On in Ottawa & Beyond  
in January?

By Tony Wohlfarth

The New Year brings with it a crop of new feature-length films to screen from home and a wealth of other entertainment options.

**Barbie**

Margot Robbie and Canada's own Ryan Gosling co-star in this entertaining film, which garnered nine nominations for Golden Globe Awards – including for Best Screenplay (by Greta Gerwig and her partner Noah Baumbach) and Best Director (Gerwig).

Robbie plays the title role of Barbie, while Gosling plays her admiring suitor, Ken. *Barbie* is set in a fictional pink Barbie Land and the film is narrated by Helen Mirren. The plot is simple: Barbie and Ken travel from the mythical world to the real world to confront sexism.

Gerwig is perhaps best known for directing *Lady Bird* in 2017. She also directed and wrote the script for *Little Women*, which received an Academy Award nomination for Best Film in 2020.

There is much to like about this film. The acting is superb and the message it sends to young women is one of empowerment. *Barbie* is a co-production of Mattel and Warner Brothers.

The running time is one hour 54 minutes.

**Darkest Hour**

This docudrama captures moments as the United Kingdom stiffened its resolve to fight Hitler in May 1940.

The key moment comes at the opening as Winston Churchill, played by Gary Oldman, succeeds Chamberlain, played by Ronald Pickup, to become prime minister of the country. King George VI (Ben Mendelsohn) has his

doubts but is won over by Churchill's determination. Churchill confides in his wife, Clemmie (Kristin Scott Thomas).

As a child of parents affected by the Second World War, I have a lot of time for this version of our history. Oldman performs magnificently as Churchill, and the film captures the behind-the-scenes drama with great clarity. I was especially moved by the images depicting the flotilla of civilian boats helping to evacuate British forces off the beaches of Dunkirk.

*Darkest Hour* was directed by Joe Wright. The film premiered at the Toronto International Film Festival in 2017. Wright won an award for Best Director at the Hollywood Film Awards for *Darkest Hour* in 2017.

The running time is two hours five minutes.

**How Can I See *Barbie* and *Darkest Hour*?**

Both films are available to rent from Movies'n Stuff, 1787 Kilborn Ave. Call Peter at 613-738-1607 to reserve your copies.

**Friday Night at the Movies at Emmanuel United Church (691 Smyth)**

January 19, 7:00 p.m. is your chance to see an Australian movie: *The Adventures of Priscilla, Queen of the Desert*; it's got adventure, comedy, and more. "Cheerfully outrageous comedy!" says Leonard Maltin. Rated 14A. Free admission. Everyone is welcome. Drinks and snacks available.

**What's New at the Canadian Museum of Nature (380 Mcleod)**

Winter is the perfect time to visit Canada's nature museum.

*Wolves* is a special exhibition about this wild animal. Photos by Ottawa photographer Michelle Valberg adorn the fourth floor.

Lifesize replicas of polar bears, grizzlies, bison, moose, porcupines and beavers are on display in the mammal gallery on the second floor. Outside, owls along with a bald eagle are on display from 10:30 a.m.



Continued on page 14

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ARTS & CULTURE

What’s On in Ottawa & Beyond in January?

Continued from page 13

Also, don’t forget to check out the *Bugs Alive* exhibit on the lower level of the museum.

As well, *The Wild Canadian Year* is an entertaining video about winter in Canada. Narrated by David Suzuki, the film opens on Sable Island with the grey seal and wild horses. The film documents avalanches and the hunting activities of snowshoe hares, lynx and caribou. Worth seeing and included in the price of admission.

The museum is open daily (except Tuesdays). Admission is free on Thursdays after 5 p.m. For more information, check out: [nature.ca/en](http://nature.ca/en).

@ NAC (1 Elgin)

The New Year brings an abundance of talent to the stages of the National Arts Centre. Here are a few highlights:

- January 16 – Angela Hewitt in Recital;
- January 18 – the Toronto Comedy All Stars;
- January 19 – the Innu band Maten;
- January 20 – the Ottawa Jazz Orchestra;
- January 21 – the National Ballet of Ukraine; and
- January 25 – Yiddish Glory.

For tickets and showtimes, visit: [www.nac-cna.ca](http://www.nac-cna.ca)

The Lion King returns to the NAC

Broadway Across Canada is back at the NAC for its second season, opening with Disney’s musical sensation *The Lion King*, February 22–March 3.

@ Great Canadian Theatre Company (1233 Wellington)

Showing January 17–27, *Women of the Fur Trade* is a joint production with the NAC. For tickets and showtimes, check out: [www.gctc.ca/buy-tickets](http://www.gctc.ca/buy-tickets).

@ Gladstone Theatre (910 Gladstone)

Opening on January 31, the Gladstone features the musical *Just Say the Word*. For tickets, visit: [www.thegladstone.ca/just-say-the-word](http://www.thegladstone.ca/just-say-the-word).

Out of Town

Ron Sexsmith turns 60 this month. To mark the occasion, he will perform a concert at Massey Hall on February 29. Tickets are on sale now: [www.ticketsonsale.com/tickets/ron-sexsmith-massey-hall-allied-music-centre-toronto-2-29-2024-4623423](http://www.ticketsonsale.com/tickets/ron-sexsmith-massey-hall-allied-music-centre-toronto-2-29-2024-4623423).

Tony Wohlfarth is an Ottawa-based freelance film and entertainment writer.

PLEASURE & PAIN – LOVE ON THE ROCKS CABARET

By Sutida ‘May’ Turcot

VISTAS-area’s very own community musical theatre company, Lost Baggage Musical Theatre, is presenting a cabaret of musical song and dance that will rock your heart and soul. The *Love On the Rocks* cabaret will be an unforgettable Valentine’s Day weekend celebration set in the cozy confines of the LIVE! On Elgin venue. Come experience two great forces combining – the power of music and the power of love. February 15–17 evening shows at 8 p.m. and Saturday-only matinee at 2 p.m. Tickets are \$22 in advance and \$25 at the door (general admission). For more information visit [www.lostbaggage.org](http://www.lostbaggage.org) or call 613-526-0620. Members of the 16-person cast can be seen below, in the bittersweet throws of a love anthem.



Photos by Sutida ‘May’ Turcot

“Be at war with your vices, at peace with your neighbours, and let every new year find you a better man.” – Benjamin Franklin





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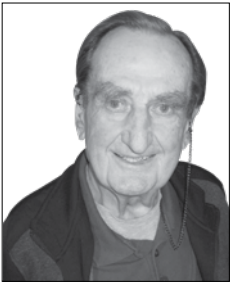
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OUR PEOPLE

HOW TO STAY ALIVE  
KNOW WHO YOU ARE

By Courtney Tower



Can't find the one you really want among the 12,000 sitting out there, ranged in stands and shelves along the walls and into the back of the store? Then maybe it's among the 10,000 DVDs in the back, in boxes all marked up according to names, directors or studios, dates. Or maybe it is among the 40,000 waiting to be put out for rent or sale, waiting in the basement of Peter Thompson's home in Alta Vista, needing to be cleaned up, scratches removed (he has a machine for that), organized by his own coding system, and put out to the public.

That's the very busy but fairly orderly side of life for Peter and his Movies 'n Stuff movies and videos rental store that has been a fixture on the little Kilborn Avenue strip mall since Barry and Samira Thompson, Peter's parents, founded it there in 1988.

A visitor (me) was treated to the disorderly-appearing side—an apparent unholy mess, actually—when seated on the one household-type chair available at the back of the long reception counter while Peter stood for an interview amidst boxes little and biggish, papers, little crates full of DVDs, and apparent litter. Not litter at all, but parts of the trade, explains Peter.

“Here and throughout the store, front to back, I can readily find whatever a customer might be looking for, if we have it,” says Peter, a tall, somewhat greying man in his late forties, one of the most casual-appearing store proprietors one could hope to see, in nondescript jeans and blackish T-shirt, sporting an evidently much used ball cap.

Most Killed By Streaming  
But Not Movies 'n Stuff

Movies 'n Stuff is one of just two movie rental stores left in all Ottawa, the once ubiquitous Blockbusters and others done to death by the plethora of online streaming services that offer their packages of movies, videos,



Peter Thompson and his great horde of movies and videos. Photo credit: Gerri Doherty

video games. Peter doesn't plan to be done to any kind of death-by-streaming because he says he provides what those services don't, a close knowledge of his customers and their tastes, garnered over years of living in and knowing the community intimately, curating his selections according to what he knows of their preferences.

“Streaming movies and videos has become so popular but people subscribe to one streaming package and it has some but not all of the kinds of movies one prefers, so another streaming package is added, then maybe another, and the costs mount up,” Peter says. “Here, we curate our selections to fit our community, sometimes our community writ large as people come to us from all over the city looking for this one film or let's say all of Cary Grant's movies in the 1940s. Or a classic from Ingmar Bergman in Sweden. Or films from Iran.”

Continued on page 16



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OUR PEOPLE

Continued from page 15

Want A Kurosawa or Ford?  
Or Possibly A Gregory Peck

Peter gets his regular fare from distributors in the businesses, the new and newish films that are one staple of his business.

“But I get a huge amount of business from buying and selling DVDs that people bring in, collections they don’t want any more or have been bequeathed to them,” he adds. “I clean them up and sell them. They often include old and rare American films and films from many other countries and are just the sort of movies that my customers like to have.”


“Having been here so long, my parents and then myself (he bought the business from them five years ago), I feel I know everyone in the community, literally,” he says. “I order according to their tastes. They tend to like British dramas and comedies, foreign films of quality from everywhere, as well as the new and newer releases.”

A film enthusiast all his life, Peter took film studies at Carleton University and worked with his parents for years before he and wife Melanie (with daughter Abigail, 11 years old) decided to buy them out. He ran Movies 'n Stuff with a couple of staff until COVID-19 sent them home and he is alone apart from the mornings, before the 11 a.m. opening to the public, when his parents come in to help tidy up.

Ever since Movies 'n Stuff began, it has been occupying the back page of this newspaper, VISTAS, with an advertisement of its wares, mostly all modern. But ask for Bergman’s *The Seventh Seal* and he has it. Or one of internationally-famed Japanese filmmaker Akira Kurasawa’s classics, or maybe Gregory Peck in the 1950 Western-bending *The Gunfighter* or, say, one of those great Peter Sellers comedies from Britain. He has them.

“It’s all about knowing our film community,” Peter says. “I curate for them.”

And for himself, of course. Once a film lover, always a film lover.



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BOOKWORMS DELIGHT

CHADWICK GOES TO CAT MUG CITY (2023)

Written by June Coxon; Art by Julian Paquette

Reviewed by Alicia Cuadra, Ridgemont High School Co-op Student

**C**hadwick Goes to Cat Mug City is a delightful story/colouring book by June Coxon. This book takes young readers through Chadwick’s hopes and dreams to leave the mug he lives in. It tells the story of a cat imprinted on a mug. But this isn’t any cat mug, the cat on this mug is alive! Chadwick longs to leave his mug and play outside like all the real cats he watches from his window. Chadwick could only move when Nina, the young girl who owns the mug, wanted a milk drink.

Another cat living in a mug named Pricilla told Chadwick about a magical city where cat mug cats can go and be free. Chadwick was eager to go to this city, but Pricilla told Chadwick they had to wait for the right moment.

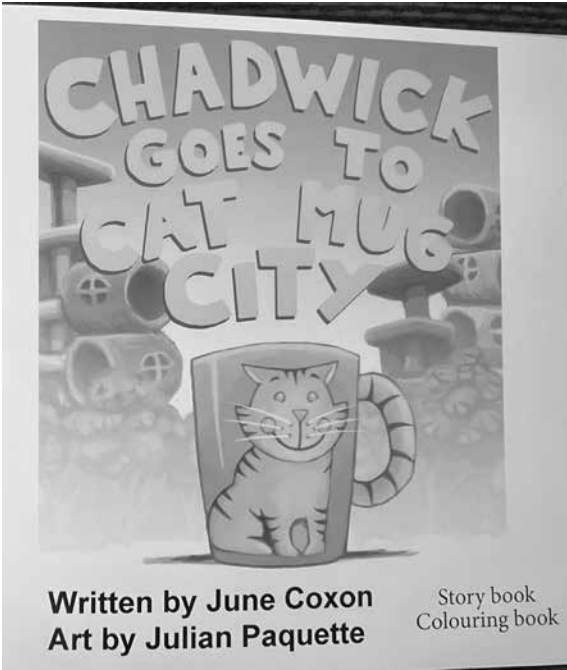
One night, it was time. They embarked on their journey to Cat Mug City. They did many things there; they got into trouble and they got out of trouble. Once it was time to go home, they left the same way they came ... flying through the kitchen window.

This story is such a fun and creative book for kids. The illustrations by Julian Paquette are not coloured, which gives kids reading this story the opportunity to make it their own by colouring the pages while reading! Julian did a wonderful job with the illustrations in this book, telling the story with visuals. Illustrations are so important, especially in children’s books because kids are visual learners and they often have a hard time if they are reading a book with only words on the page. This fictional story was delivered in a way perfect for children, keeping their attention locked in (because, as we know, children’s attention spans aren’t strong). The colouring aspect of the book also helps with attention because not only is it a fun activity for kids to do, but it keeps them engaged in the book.

This book reminds me of books I read as a kid, like, for example, *Felix the Cat*. You don’t get many of these types of books anymore, and it is great when you find something like it!

June’s writing and Julian’s illustrations will captivate young readers and maybe even get their creative wheels turning. The book’s positive message of following your dreams makes it a perfect bedtime story for young children and for mid-day colouring time!

Overall, *Chadwick Goes to Cat Mug City* is an imaginative story that is a joy to read, and it will spark children’s imaginations. This book is available for purchase at the Three Sisters Bake Shop on Arch Street, and will soon be available in local bookstores. Happy reading!





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## BOOKWORMS DELIGHT

### HAMNET (2020)

By Maggie O'Farrell

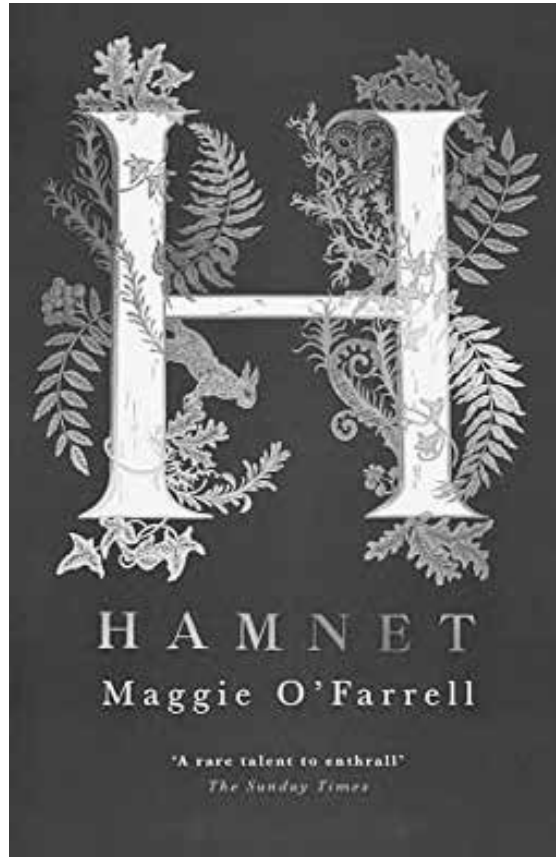
Reviewed by Marie-Andrée Lajoie

Having been educated in French, I did not study much of Shakespeare's work in my youth. I saw plays over time but I did not realize until recently that very little is known of the author's life. Having to read the novel *Hamnet* for one of my book clubs gave me the opportunity to learn a bit more.

I was totally taken by this story. Of course, it is historical fiction but it matches quite closely the "known" facts of William Shakespeare's life: born in 1564, lived most of his life in Stratford-upon-Avon and London, had three children. What is added is a wonderful depiction of life in England in the 16th century, the ravages of the Bubonic Plague, and a multitude of love stories.

The central character of the novel, in my view, is not Shakespeare nor his son Hamnet, but wife and mother Agnes. She is the centre of all the love stories.

She is a mystery to most, a spirit and a healer. Her passion is nature, medicinal plants are her tools. It is love at first sight between her and Shakespeare, as he tutors her young stepbrothers; the couple conspires (and conceives) in order to make their union unavoidable in this very unforgiving society. It suits Shakespeare's father (John) well as this arrangement allows him to erase debts. He is a violent figure, ruling his family and business with his fists.



Another great love of Agnes is her brother, Bartholomew. They lost their mother early. Their father remarried and later on died, leaving them in the care of a mean stepmother, Joan. Bartholomew is a wonderful character, his sister's most fervent defender. He is kind and so level-headed.

From Agnes and Shakespeare's passion are born three children: Susanna and twins Judith and Hamnet. Although sometimes preoccupied with her work as a healer, Agnes is devoted to them. The family lives beside the paternal grandparent's home, with servants and siblings. It is not a happy arrangement as conflicts between father and son are constant. Shakespeare is not cut out for the glove-making business. At a great cost to her well-being and happiness, Agnes will facilitate her husband's move to London where his talent will flourish.

The novel starts with Judith's illness from the plague but it is Hamnet who will die. This will bring unbearable suffering to his parents and siblings. We travel to the past and the future to fully comprehend the impact of the son's death. Although he visits sporadically and provides for his family financially, Shakespeare will remain estranged from his wife.

I will not say more. This is a wonderful work of historical fiction; the writing is superb and, as with great books, one misses the characters long after reading about them. I am adding more books from Maggie O'Farrell to my pile.

On my night table: *The Vulnerables* (Sigrid Nunez), *Kukum* (Michel Jean), *Veiller sur elle* (Jean-Baptiste Andrea).

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## BOOKWORMS DELIGHT

### ALTA VISTA AUTHOR GETS GOOD REVIEW FROM A HOCKEY LEGEND

By Aldis Brennan, VISTAS Co-editor



It's a Thursday afternoon in September of 1972 and all across Canada people are glued to the television. No one is working. Classrooms are empty, school work left forgotten on desks as the children are instead crammed into the cafeteria or an auditorium. A staggering 16 million Canadians—of a population of 22 million at the time—watched as one man, airborne and arms raised in triumph, proclaimed a victory that united the country. Paul Henderson had scored the winning goal of the 1972 Summit Series which pitted the best Canadian hockey players against the best of the Soviets.

For 24 years Andrew Kavchak had a framed photo of that historic moment in his office when he worked as a policy officer for the federal government. He made it a tradition to ask the younger people who came into his office if they knew what it represented. More and more often, they had no idea.

“That moment in Canadian history when the whole country was unified seems to be lost to the younger generation,” Kavchak said.

The Alta Vista resident decided to do his part to change that. Many books have been written about the '72 series, but Kavchak's is targeted specifically to young people. Self-published, *The 1972 Hockey Showdown: Tell me the story, Gramps!* is uncluttered, clear, and concise relying on the narrative device of a grandfather explaining the events of the Summit Series to his grandson.

It quickly becomes clear to the uninitiated in the opening pages of the novel why this eight-game hockey series became much more than a game.

It was Hitler in Nazi Germany who first realized the propaganda value of sports, hosting the Olympics in an attempt to show the superior strength of the Aryan race. After the Second World War, Stalin followed suit and opened up a new front in the Cold War by pouring resources into Soviet athletics.

### THE 1972 HOCKEY SHOWDOWN

*Tell me the story, Gramps!*



Andrew Kavchak

“So, when the series started it became more than just our best hockey players against theirs,” Kavchak said. “Their team represented a totalitarian system where everything was dictated by the state and our system was a free liberal democracy.”

This battle on ice became a battle for our way of life. Unfortunately, it could not have started out worse for the Canadians. Most of the players were out of shape, having spent more time on what Kavchak calls the “beer and barbecue circuit” that summer than training. They also weren't really a team, being drawn from nine different NHL hockey clubs, whereas the Soviets had been playing together as a national team. One of the best players of all time, Bobby Orr, was injured. The Canadians were walloped 7-3 in the first game of the series.

Kavchak was only nine years old when the Summit Series was being played and after the Canadians lost game five and would have to win the final three games to take the series, he thought the world was ending.

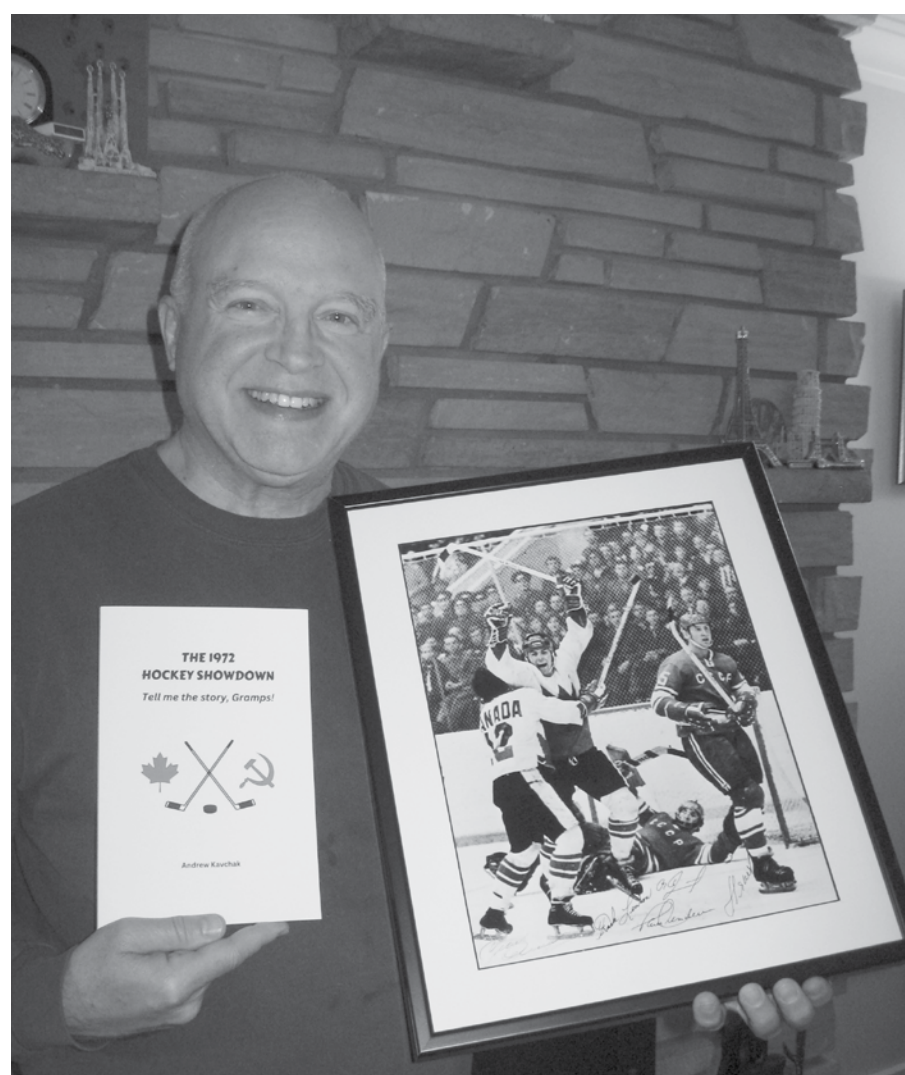
“At that point it looked really bad, but the Canadian team never gave up. They displayed this incredible grit and determination,” Kavchak said. “I really wish that the current and future generations of young Canadians will have similar experiences that will teach them to be proud and to never give up even when the odds are stacked against you.”

The players on that team were national heroes to Kavchak, and Paul Henderson chief among them. Kavchak had spent 51 years thinking about that story, so when it came to writing about what it was like to experience those events through the eyes of a child, it wasn't too difficult. But what he could never have expected when his mother gave him that first diary which sparked his love for writing, was that his hockey hero would one day become one of his readers.

“I desperately wanted to get a copy of the book into the hands of Paul Henderson,” Kavchak said. “He's 81 years old now, but he wrote back to me and he said, ‘Andrew, I'd love to get a copy of your book,’ and he gave me his home address. So, I sent him three copies of the book. I hope he likes it.”

He did, writing back: “Andrew, I read it cover to cover. I enjoyed it. You did a very good job of telling the story of the series. I hope it does well for you. Blessings, Paul.”

*The 1972 Hockey Showdown: Tell me the story, Gramps!* is available as an e-book and paperback at [amazon.ca](https://www.amazon.ca).



Andrew Kavchak with his book and framed photo from the 1972 Hockey Summit between Canada and Russia; photo credit: Gerri Doherty



BOOKWORMS DELIGHT

LEARN MORE ABOUT HOW INTELLIGENCE AGENCIES ACTUALLY WORK – WITHOUT WEARING A TRENCH COAT OR A TIN FOIL HAT

By Rhiannon Beaubien

(Rhiannon Beaubien is a local author with an intelligence background, who has just released her second novel, “The Wrong Kind of Spy.”)

Have you ever wondered how much of spy stories are true? Is it all jetting to exotic locations, fighting karate-style while wearing a tux? Or is it like working in a labyrinth, controlled by the strings of a puppet master with betrayal around every corner?

I’m sure it won’t surprise you when I say neither of those depictions capture the reality. Spying is a tough career. Mostly because it’s thankless. You go on and on fighting the battles, never winning the war, never being able to tell anyone what you do, never sharing your victories, never advancing to anywhere other than the management of other spies, yet persevering. Don’t let those books and movies fool you. It’s not glamorous. You never get to wear a tux.



Rhiannon Beaubien loved her time working for Canada’s signals intelligence agency.

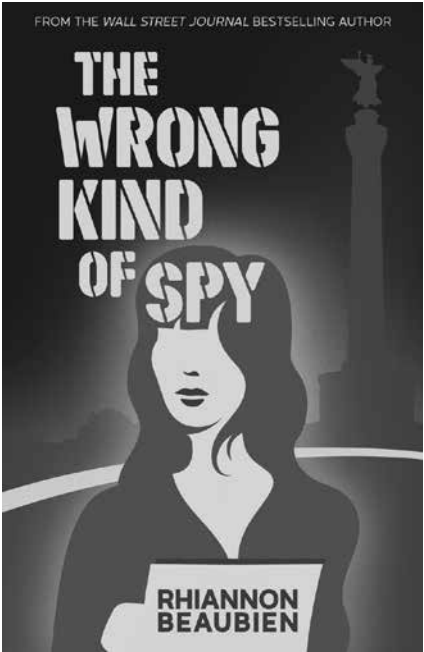
Intelligence is having more failures than successes. It’s needles in haystacks. And it’s constant pressure, but despite all this, the stakes are actually very high.

I loved my time working for Canada’s signals intelligence agency. Signals intelligence is intelligence collected from technologies like satellites, phones and the internet. (Human intelligence – intelligence collected from humans, the more popular kind of spying – is the other main type.) I have met a lot of smart, dedicated people who contributed a net positive to this country, and I learned

to appreciate how complicated real espionage actually is.

The downside, however, of having spent over a decade supporting intelligence operations, is that my family refuses to watch almost any show depicting spies with me because I inevitably rant about the inaccuracies.

The business of espionage is like a microcosm of evolution where organisms are constantly adapting to changes in the environment. You come up with a solution to one type of attack, only to have your adversary respond with something new within days. You’re always looking for a niche to exploit, a vulnerability to take advantage of. Intelligence requires flexibility. You have to be clever and persistent, looking for the non-obvious and willing to take risks.



When I decided to write spy fiction, one thing that was important to me was to be as real as possible in my depiction of intelligence collection as a job. Because the truth is, you don’t need guns and puppet-masters. The reality is quite intriguing.

It’s important to me that any of my old colleagues can read my books and be able to see themselves in the world I created. Of course, I can’t describe real events, as it’s all classified, but I can get you close enough without CSIS hunting you down.

I have two spy thrillers out, *Alone Among Spies* and *The Wrong Kind of Spy*. Set in the middle of Cold War Berlin, they follow a Canadian signals intelligence officer as she navigates an occupied city, a boatload of other spies, and the ripple effects of history. You’ll come face to face with the Berlin Wall, learn where to place a listening device, and see how many ways there are to go undercover.

My books should keep you guessing until the end and offer a glimpse into the real, somewhat convoluted, genuinely interesting world of actual espionage. You can read a free chapter of each one on my website, [rhiannonbeaubien.com](http://rhiannonbeaubien.com), where I also provide purchase links.





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OUR ENVIRONMENT

BIRDS OF ALTA VISTA: THE EUROPEAN STARLING

By Dr. Richard Knapton

In mid-winter, on a bright sunny day, you may come across a flock of black birds perched high in the tree canopy, giving a constant stream of rattles, whirrs and whistles – all kinds of strange noises. These are European Starlings, a relative newcomer to Canada and North America. Often classed as a pest, they are nevertheless fascinating birds.

All the European Starlings in North America are descended from 100 birds set loose in New York’s Central Park in the early 1890s. The birds were intentionally released by a group of enthusiasts who wanted America to have all the birds that Shakespeare ever mentioned in his works. It took several tries, but eventually, the population took off. Today, more than 200 million European Starlings range from Alaska to Mexico, and they are now among the continent’s most numerous songbirds. Because of their recent arrival in North America, all of our starlings are closely related. Genetically, individuals from Virginia are nearly indistinguishable from starlings sampled in California, 5,000 kilometres away. Such little genetic variation often spells trouble for a species, but seems to offer no ill effects to starlings – so far!

Starlings are stocky black birds with short tails, triangular wings, and long, pointed yellow bills. Though they are sometimes resented for their abundance and aggressiveness, they are still dazzling birds when you get a good look. Covered in white spots during winter, they turn from spotted to a purplish-green iridescent gloss each year without shedding their feathers. The new feathers they grow in fall have bold white tips – that’s what gives them their spots. By spring, these tips have worn away, and the rest of the feather is dark and iridescent. It’s an unusual changing act that is called “wear molt.” In flight their wings are short and pointed, making them look rather like small, four-pointed stars (and reputedly giving them their name). Starlings are strong fliers that can get up to speeds of 48 mph.

Starlings are great vocal mimics: individuals can learn the calls of up to 20 different species. Birds whose songs starlings often copy include Eastern Wood-Pewees, Killdeers, meadowlarks, Northern Bobwhites, Wood Thrushes, Red-tailed Hawks, American Robins, Northern Flickers, and many others.



European Starling; photo by Bob Baker

In studies of starlings’ sense of taste, scientists have discovered that they can taste salt, sugars, citric acid, and tannins (bitter compounds that occur in many fruits, including acorns and grapes). They can tell the difference between sucrose (table sugar) and other kinds of sugars – helpful since starlings cannot digest sucrose.

Starlings are boisterous and loud, and they travel in large groups (often with blackbirds and grackles). They run across fields, beaks down, probing the grass for food; or they sit high on wires or trees making a constant stream of different sounds. Starlings are common in towns, suburbs, and countryside near human settlements. They feed on the ground on lawns, fields, sidewalks, parking lots, and other open areas with short vegetation. They wander over the ground, often quite rapidly, poking their closed bill into the ground and using their strong jaw muscles to force open the bill and search for soil insects and other invertebrates. They often forage with other species, including grackles, cowbirds, blackbirds, House Sparrows, Rock Pigeons, American Robins and American Crows. Their main requirements then are open, grassy areas in which to forage, a water source, and trees or buildings that contain suitable cavities or niches for nesting. They avoid large, unbroken stretches of forest.

Starlings will eat nearly anything, but they focus on insects and other invertebrates when they’re available. Common prey includes grasshoppers, beetles, flies, caterpillars, snails, earthworms, millipedes and spiders. They also eat fruits including wild and cultivated cherries, holly berries, hackberries, mulberries, Virginia creeper, sumac and blackberries; as well as grains, seeds and nectar.

Watching starlings in flocks can reveal several ways that these gregarious birds communicate with their neighbours. Starlings signal agitation by flicking their wings, or by staring at their opponents while standing erect, fluffing their feathers, and raising the feathers of the head. Submissive birds crouch and move away with their feathers sleeked. Confrontations can escalate into birds charging at each other and stabbing with their long bills. Birds on wires may push others away by sidling along the perch until they’ve run out of room. Males attract mates by singing near a nest site they have claimed and flapping their wings in circles at the same time. After they have paired, males follow their mates everywhere, chasing off other males. Starlings are aggressive birds that drive other species from nest sites they want to use. Among the species they have reportedly chased off are Wood Ducks, Buffleheads, Northern Flickers, Great Crested Flycatchers, Tree Swallows and Eastern Bluebirds.

European Starlings are common and widespread, but their populations have decreased by over 1 per cent per year for a cumulative decline of about 50 per cent between 1966 and 2019, according to the North American Breeding Bird Survey. Partners in Flight estimates the global breeding population to be 250 million. Since starlings will take over the nests of native birds, expelling the occupants, and with so many starlings around, there is concern about their effect on native bird populations. Nevertheless, a study in 2003 found few actual effects on the populations of 27 native species. Thus, native species appeared to be holding their own against these invaders.

Males choose the nest site and use it to attract females. The nests are virtually always in a cavity, typically in a building or other structure (look for them in streetlights and traffic signal supports), an old woodpecker hole, or a nest box. Starlings also occasionally nest in burrows

Continued on page 21

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## OUR ENVIRONMENT

Continued from page 20

and cliffs. Nest holes are typically four to seven metres off the ground but can be up to 20 metres high.

Male starlings begin building the nest before mating takes place, filling the cavity with grass and pine needles, along with feathers, cloth and string. There is a depression near the back of the cavity where the cup is built and lined with feathers, fine bark, leaves and grass. Females oversee the final arrangements and may discard some of the material the male has added. Starlings also add fresh green plants to the nest throughout the nesting period, particularly during laying and incubation. Nests can be built in as little as one to three days. Both sexes incubate the eggs. Clutch size is three to six eggs, the pairs have one or two broods per year, incubation is about 12 days, the nestling period is 21 to 23 days, and the young are born helpless and their eyes remain closed for six to seven days. The oldest recorded wild European Starling in North America was a male and was at least 15 years three months old when he died in Tennessee in 1972. He had been banded in the same state in 1958.

### How do starling flocks create those mesmerizing 'murmurations'?

Grainger Hunt, a senior scientist at Cornell University, relates a fascinating story about the way thousands of starlings gather in flocks called "murmurations" – defined as "a dazzling cloud, swirling, pulsating, drawing together, then wildly twisting in pulses of enlargement and diminution." Almost always, Hunt writes, these aerial spectacles are caused by a falcon near the edge of the flock. It turns out that the beauty of a murmuration's movements often arises out of defence, as the starlings strive to put distance between themselves and the predator.

So how do these masses of birds move so synchronously, swiftly and gracefully? This has attracted the attention of physicists interested in how group behaviour can spontaneously arise from many individuals at once. Other researchers used advanced computational modelling and video analysis to study this question. They found that starling flocks model a complex physical phenomenon, seldom observed in physical and biological systems, known as "scale-free correlation." This scale-free correlation allows starlings to greatly enhance what the researchers call "effective perceptive range," which is another way of saying that a starling on one side of the flock can respond to what others are sensing all the way across the flock – a huge benefit for a starling trying to avoid a falcon.

Interestingly, flocks of birds are never led by a single individual. Even in the case of flocks of geese, which appear to have a leader, the movement of the flock is actually governed collectively by all of the flock members. But the remarkable thing about starling flocks is their fluidity of motion. As the researchers put it, "the group responds as one" and "cannot be divided into independent subparts."

When one starling changes direction or speed, each of the other birds in the flock responds to the change, and they do so nearly simultaneously, regardless of the size of the flock. In essence, information moves across the flock very quickly and with nearly no degradation. The researchers describe it as a high signal-to-noise ratio. Furthermore, scientists at Princeton did their own analysis of murmuration images and they determined that starlings in large flocks consistently coordinate their movements with their seven nearest neighbours. They also found that the shape of the flock, rather than the size, has the largest effect on this number; seven seems optimal for the tightly connected flocks that starlings are known for.

## FRIENDS OF PLEASANT PARK WOODS

By the Alta Vista Community Association Greenspace  
Stewardship Committee

It's a new year and Pleasant Park Woods will be covered in snow soon. The trees and plants are sleeping, but have you ever wondered about the green mosses that you see growing on the trees and rocks? Mosses belong to the group of plants called "bryophytes," which are small, simple plants that lack flowers and roots. They reproduce by releasing spores from a stalked capsule and are anchored by specialized hairs. Moss can actually photosynthesize and thrive under snow. Approximately 12,000 species of mosses and 20,000 species of bryophytes have been identified around the world.



Moss growing on a rock

Mosses are found in damp or shady locations, so Pleasant Park Woods is a perfect environment for them. Mosses release nutrients that other plants can use and also aid in soil erosion control. However, you don't want to encourage moss to grow on building structures such as your roof or stone/brick foundations as mosses hold water, which can cause damage to your home.



Moss growing on a tree trunk

Causing much confusion, many plants bearing the name "moss" are, in fact, not mosses. Plants with names like "reindeer moss" or "caribou moss" are actually lichens. While mosses are plants, lichens are a mix of at least two different organisms, a fungus and an alga, living together as one. Lichens do not have green leaves or a stem. Mosses prefer shade and lichens prefer sunny spots. The "moss" found on the north side of a tree is often green algae.

Moss can grow just about anywhere, and it loves Pleasant Park Woods. Enjoy your walk!

### PHOTOS BY ELLWOOD'S GARY HOWARD



American Goldfinch males are a beautiful yellow in the summer, but come winter their colour dulls, making it much harder for predators to spot them.



Black-capped Chickadees can be spotted year-round in Elwood.



House Finches, like male American Goldfinches, lose much of their colour in the winter.

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FAITH NEWS



Two weeks before Christmas, a young boy was playing a game of soccer in the schoolyard with his friends. Head and shoulders above most of them, he knew it was challenging for the other team to gain control of the ball when he had it. He grinned as he positioned himself for the shot.

Suddenly, his world went sideways as a competitive player checked him from behind and sent him flying to the pavement. He heard an odd snapping sound at the same time that he felt excruciating pain. His scream sent the teacher on supervision duty running toward him.

“What’s hurting?” she asked.  
“My leg! My leg! I think I broke my leg!” he managed to cry through his sobs. “Call my dad. I want my dad.”

The teacher radioed the office while the second duty teacher attempted to direct traffic. The boy was popular and well-liked; all the children wanted to see if he was okay.

But he wasn’t okay. His dad arrived in time to ride in the ambulance with his son to the hospital. Later, we were told the boy had broken his femur and was in emergency surgery to repair it.

For this young student, it would be a different Christmas, and he would cripple into the new year, broken.

In some regards, many people crippled into 2024. When they reflected on the past year, as we are prone to do on New Year’s Eve, the result was disappointment. Life can be challenging, and sometimes it is filled with heartache. While they might not have cracked bones, some people feel broken inside. I won’t make a list of reasons why. If you feel this way, you do not need me to identify the cause.


What I’d like to offer you is hope. Our young friend received immediate medical attention, and he will heal. In the spring, he will join his buddies in another game of soccer (although his level of attentiveness might be elevated!). There is hope that he will be whole again soon.

You can have hope, too. In his letter to the Romans, Paul prays this blessing for the people:

*I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit. (Romans 15:13 NLT)*

In this passage, Paul was encouraging the believers to act in unity and get along with their Christian brothers and sisters. This prayer affirmed that they were equipped with the blessings of God’s joy and peace to help their relationships with others and to give them hope when situations were not ideal.

Continued on page 23



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FAITH NEWS

Continued from page 22

This message is not just for the Romans in Biblical times; it is for us, too. We can overflow with confident hope in the same way. Even when we feel like we crippled into the new year, dragging our broken dreams, we can experience God’s peace and joy despite our circumstances. How? By trusting in God, “the source of hope,” to take over.

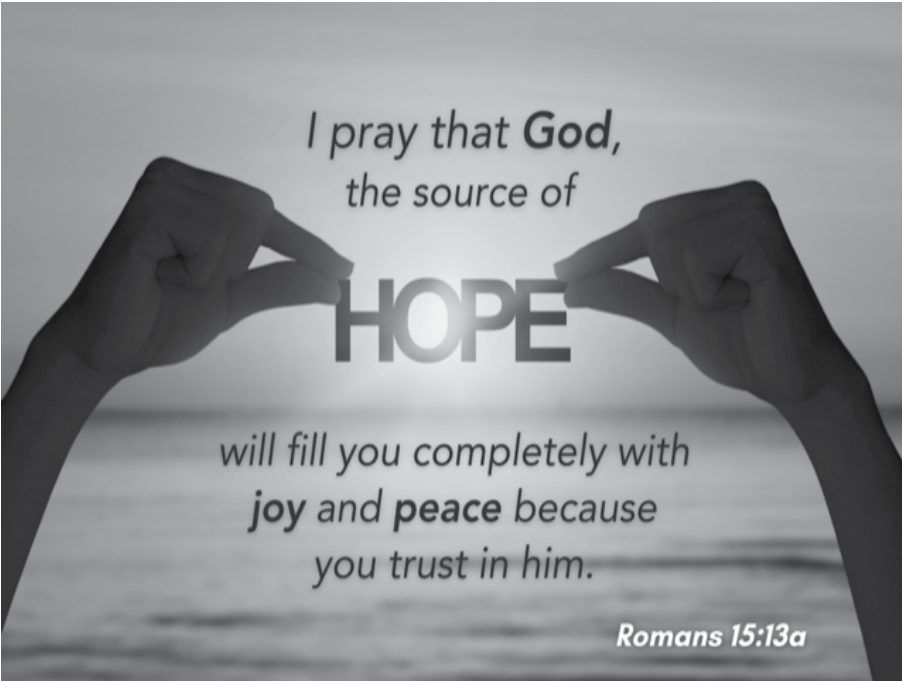
When we invite God into our hearts, we don’t get a pass from challenging situations. But we gratefully accept His hope with confidence that He will get us through them. We cling to the promise of Romans 8:28:

*And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.*

We believe that God has a plan to use life’s difficult moments for our good and His purpose. We may not see how that is possible, but God does. He is the only One who knows our story from beginning to end and foresees what we need to persevere.

The story of Christmas is not meant to be confined to December. Jesus’ birth is the one historical event that brought hope to the world. Let’s drag that into the new year and focus on embracing God’s joy and peace. He sent His son so that we might have life.

If you did not make a New Year’s resolution for 2024, I challenge you to resolve to give your worries and heartaches to God this year. Trust that He can manage your life better than you can on your own. Allow the Source of Hope to give you joy and peace.



The surgery required for this soul healing is open-heart surgery: open your heart and invite Jesus in. Your family and friends need you back in the game!

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

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OPINION

WHY PUT SOLAR PANELS ON A ROOF  
IN ALTA VISTA? BECAUSE THERE IS  
MUCH TO GAIN!

By Dick Bakker



On December 12, 2023, we flipped the switch and our Rodney Crescent home and vehicles were immediately powered by the sun. Our solar panels now heat and cool our home (using a heat pump), run our appliances, and charge our two plug-in EV (electric vehicle) cars. Alta Vista is now a little more self-reliant!

Solar power makes so much sense; the question is why has it taken us so long to put it in our homes?

The oil price shocks of the 1970s should have spurred a boom in localized wind and solar power generation and conservation; this would have led to less dependence on centralized generation and reliance on long brittle transmission lines. Instead, in the 80s, oil prices dropped and conservation went out of favour. The Ontario government and Ontario Hydro invested in expensive nuclear and natural gas megaprojects. In 1999, following multibillion-dollar nuclear plant cost overruns, the Conservative government broke up Ontario Hydro and opened the electricity system to innovation.

But the 2003 “Trees in Ohio” blackout brought modernization efforts to a halt. The province made this worse by subsidizing electricity consumption to the tune of \$7 billion per year. While the current Ontario government is finally starting to encourage Distributed Energy Resources (technologies for generating and managing electricity at the place of consumption) and citizen action, bigger bets are being placed on centralized nuclear and gas plants, locking Ontario into a high-cost energy future.

Over the past 25 years, Alta Vista and other Ottawa communities have endured four power outages of greater than five days duration: the 1998 ice storm, the 2003 Trees in Ohio blackout, the 2018 tornado, and the 2022 derecho. Our Alta Vista neighbourhood has abundant tree canopy, and this, combined with increased weather “weirding” and ongoing climate change, tells us we must prepare for extreme storm events. Hydro Ottawa has warned residents to prepare for outages of up to 70 hours in duration. Many neighbours are investing in noisy and expensive back-up generators rather than solar panels.

The chaotic and centralized rules of Ontario’s electricity system made residential solar power problematic; thankfully, this is changing. For example, in January 2023, the Ontario Energy Board directed local utilities to allow solar customers to utilize time-of-use rates to provide for credits for the value of electricity exported to the grid. A month later, Ultra Low Time of Use rates were announced to encourage customers to time-shift consumption, which will improve grid efficiency and minimize “curtailment” (or dumping) of electricity when supply is greater than demand.

*Continued on page 25*



Over the next 12 months, the 37 solar panels on the Bakker home are expected to provide 78 per cent of last year’s electricity consumption.



OPINION

Continued from page 24

Ontario is finally beginning to encourage Distributed Energy Resources (DER includes energy efficiency, energy storage, demand response, electric vehicles, grid-interactive efficient buildings, combined heat and power, and renewable energy such as solar photovoltaics). Ontarians now have more control over their electricity consumption and costs, beyond simply turning things off when electricity is more expensive.

Noting these changes, my family and I immediately began examining scenarios for our home. In our situation, solar potential is constrained by tall trees in our south yard; while providing shade, they block the south-facing roof. That left the north and east slopes. Due to Ottawa’s latitude and snow, solar panels here generate 60 per cent of their energy in the five spring and summer months. Luckily our low slope roof line allows the north side to generate significant electricity during the 4–9 p.m. summer peak rate period. Our house will export power during the summer peak load, helping stabilize the local grid and marginally reducing Ottawa’s electricity imports.

Installing the solar panels and system took three and a half days, with a bi-directional meter installed later. Our installation has 24 panels facing north and 13 facing east with a total capacity of 14.4 kw DC, delivering a maximum of 9 kw AC through the inverter. Over 12 months, the system should produce just over 10,000 kw, which is 78 per cent of last year’s consumption. The system cost just over \$33,000, and there were other costs to upgrade the electrical panel and the Hydro Ottawa connection. As well, the north and east slopes of our roof were re-shingled. The system looks great, and our house is future-proofed with 30-plus years of electricity cost insurance and forced savings.

We also plan to shift our daytime consumption to the low-cost night rate through a new heat pump water heater and nighttime charging of our EVs. We will also examine the possibility of integrating a battery within the system; this could provide emergency power and time shift our solar (i.e., export during peak demand).

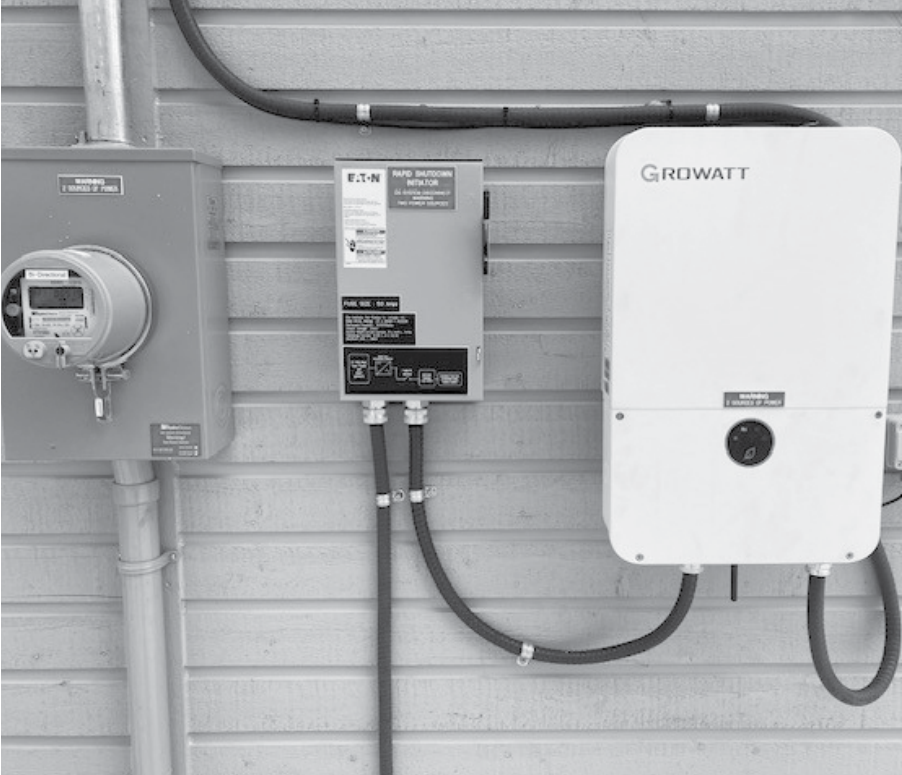
Alta Vista’s relationship with electricity will change dramatically in the coming years. The costs of Distributed Energy Resources are dropping dramatically, while their functionality and responsiveness steadily improve, much like the computer/telecom revolution of the last 40 years.

The path forward is cheaper, more resilient and more flexible as electricity consumers become producers, and not just buyers of distantly sourced, expensively delivered electricity.

Interested in learning more about this distributed and localized approach to electricity? Consider reading *How to be a Climate Optimist* by Chris Turner, *How Big Things Get Done* by Dan Gardner, and *Freeing Energy* by Bill Nussey, all available through Singing Pebble Books on Main Street.

If you are also interested in learning about the technical details of DER for your home and community, and possibly in investing in the energy transition, consider joining [www.OREC.ca](http://www.OREC.ca).

*Dick Bakker and his family have lived in Alta Vista since 1982 and have resided on Rodney Crescent since 1991. Dick has been an active member of the Ottawa Renewable Energy Co-operative since its creation in 2009.*



Inverter, AC Disconnect and Hydro Ottawa bi-direction customer meter at the Bakker home.

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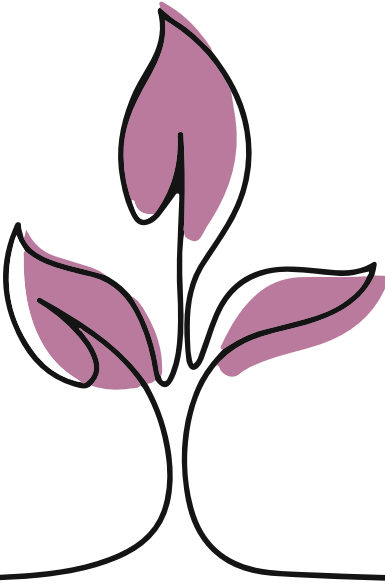


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*“The first day of January always presents to my mind a train of very solemn and important reflections and a question more easily asked than answered frequently occurs viz: How have I improved the past year and with what good intentions do I view the dawn of its successor?” — Charlotte Brontë*





# 2024

## Happy New Year

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## SPORTS NEWS

### PWHL OTTAWA IS OFF TO A GREAT START

By Anthony Hadwen

Alta Vista hockey fans have a great opportunity to witness a new era of professional hockey in Ottawa. The Professional Women's Hockey League's (PWHL) Ottawa team had its home opener at TD Place (Lansdowne) on January 2nd against PWHL Montreal. In early 2023, the Mark Walter Group based in Los Angeles and led by tennis icon, Billie Jean King, made an eight-year commitment with the best players in the world when it signed a collective agreement with the players union. The subsequent plan has been well executed. The best decision to date was the selection of Ottawa over London as the last of the six franchises. The only misstep was the first attempt to choose franchise nicknames, which was met with widespread criticism on social media and were withdrawn. The Ottawa team will be called PWHL Ottawa to start. The question for so many years was whether professional women's hockey was economically viable, but now it is how well our team in Ottawa is going to do this season.

The first step to building a winning team was hiring GM Mike Hirshfield. A lawyer with a strong financial background and years of hockey experience, he has the broad range of skills required to start up a professional franchise on a fixed budget in a relatively small market. His first move was to hire Carla MacLeod as head coach. MacLeod established her coaching credentials internationally in Japan, and most recently in Czechia (who took Bronze at the recent World Championships). Together they have been very strategic in the areas of culture development, player selection, and player development.

Ottawa is not a big market so wasn't able to attract big-name free agents like Marie-Philip Poulin (Montreal), Hilary Knight (Boston), Alex Carpenter (New York), and Sarah Nurse (Toronto). Neither does it have a homegrown talent pool to compare to that in Minnesota. But all things considered Ottawa did well in its player choices. Emily Clark is a 28-year-old star forward who featured on Canada's last two Olympic teams. Brienne Jenner, 32, was leading scorer and tournament MVP at the last Olympics. She will be Ottawa's captain. Emerance Maschmeyer, 28, also a member of Team Canada, will be starting goalie.

The Hockey News reported that "Hirshfield prioritized skill, grit, and players who are good teammates" through the 15-round draft, and training camp tryout stages of team development. Ottawa also focused more on the identification of international talent than other teams. Leadership on and off the ice will fall to Clark, Jenner, Ashton Bell and Maschmeyer – members of Team Canada, as well as Savannah Harmon, Gabbie Hughes, and Hayley Scamurra – who have represented Team USA. Rounding out

the experienced, and older group of players are Amanda Boulier from the US, Aneta Tejralová and Katerina Mrazova of Team Czechia, in addition to Fanni Garát-Gasparics who plays for Team Hungary. The backbone of the team is a group of nine 23- to 25-year-old Ontario-born players – Daryl Watts, Zoe Boyd, Kristin Della Rovere, Lexie Adzija, Mikyla Grant-Mentis, Taylor Davison, Victoria Howran and Rachel McQuigge. Finally, there is Akane Shiga, from Japan, who at 22 is the youngest player in the league. Undrafted, Shiga earned a position with her speed and fearless play in training camp. Perhaps the example of its youngest player will be the most influential of all on the development of a winning culture. In similar fashion, Ottawa will also start out as an underdog. But early signs are that we have the chance to be a contender.

There will be stiff competition though. Only the top 140 players in the world were able to make the cut to join the league (50 per cent of whom are Canadian). Four players are originally from Ottawa: Erica Howe (goaltender, PWHL Toronto), Jamie Lee Rattray (forward, PWHL Boston), Rebecca Leslie (forward, PWHL Toronto), and Samantha Cogan (forward, PWHL Toronto). All played junior hockey with either the Ottawa Lady Senators or the Nepean Wildcats in the Ontario Provincial Women's Hockey League. All played for Team Canada at one level or another. The most decorated is Kanata's Jamie Lee Rattray who has won six medals with the senior women's team. Samantha Cogan developed her hockey abilities closest to our neighbourhood. She played competitive boy's hockey for the Ottawa Sting and with the U14 Ottawa Junior 67's AAA team before joining the Nepean Wildcats. After graduating from the Glebe Collegiate Institute, she went to play at the University of Wisconsin where she was part of the 2019 national championship team. Recently Cogan was part of the player's union, which supported players as they maintained their elite skills before the new league started up.

Ottawa will look forward to seeing its homegrown talent return, but primarily it will look forward to seeing PWHL Ottawa win. So far, the team has done everything it can to provide excellent value for the Ottawa fan. The newly renovated TD Place has been ranked as the best arena for fans in the league. Ticket prices are reasonable (in the \$25 to \$50 range). Seasons tickets for the first season of 12 home games are nearly sold out. Some 8,000 people attended the home opener. These fans will be immediately impressed with the speed, skill, and competitiveness of the games, and they will start to bond with the players. It is a historic opportunity to finally watch the best players in the world in action. Alta Vista residents are well positioned because the games will be held right in our back yard. Don't miss out!



*"January is my favourite month, when the light is plainest, least coloured. And I like the feeling of beginnings." – Anne Truitt*



## SENIORS SPACE

### TEN YEARS OF INDEPENDENT LIVING APARTMENTS AT PERLEY HEALTH

By Peter McKinnon

The Perley Health community is marking the tenth anniversary of an important milestone: the opening of 139 independent living apartments for seniors. Known as Senior Living, the project was a bold move at the time, as Perley Health was already home to 450 people, including about 200 veterans, in long-term care.

“The lack of appropriate housing for seniors—particularly affordable housing—was increasingly apparent,” says Akos Hoffer, CEO of Perley Health. “Our Board of Directors recognized that this project would significantly increase our contribution to the community and foster a culture of innovation.”

Senior Living comprises two buildings with a variety of apartments rented at market and below-market rates. The project caters to the circumstances of today’s seniors—the fastest-growing segment of Canada’s population. While many seniors can live independently, others require assistance with day-to-day living. Along with one- and two-bedroom independent living apartments, the project also features multi-unit apartments known as The Commons. Here, tenants of each unit share common areas, such as living and dining rooms, and a kitchen. On-site care professionals also provide assistance with daily living. Regardless of apartment type, all tenants enjoy access to Perley Health’s many amenities, services, and programs: a pharmacy, clinics, cafeteria, gardens and more.

The Senior Living project honours Perley Health’s ongoing commitment to veterans, who enjoy priority access to both the apartments and to long-term care. Doreen and Ed Morgan, a Second World War veteran, moved in to one of the apartments in 2013, a few days before the official opening.

“The house we’d lived in for 56 years—where we raised our children—is nearby and we saw these apartments being built,” says Doreen. “Unfortunately, Ed got ill pretty soon after we moved into the apartment and they stepped right up and looked after him, but he passed away. I’ve continued to live here and love it.”

Another innovative aspect of Senior Living is the financial deal that made the \$42 million project possible. All three levels of government contributed and Perley Health Foundation raised more than \$3 million from private donors.

“This is a great example of effective partnership,” says Marty Carr, Councillor for Alta Vista Ward. “For some residents, this is the first time they’ve ever had a home. One of the things that is so wonderful about the Perley is that it’s a place for everybody, no matter your income bracket or your background.”



Doreen Morgan proudly holds her 10th-anniversary certificate as a “pioneer” of the Senior Living independent apartments. She thanks the kindness of the staff and the inclusive community spirit for helping to make the transition seamless and creating a welcoming environment for new tenants. Photo credit: Jay Innes

Commissionaires Ottawa, the country’s largest employer of former Canadian Forces and RCMP members, donated \$1 million to the project. To honour this generous gift—the largest single donation to the fundraising campaign—the main apartment building is named Commissionaires Place.

“We support the Perley Health Foundation because we like their vision and mission,” says Michel Charron, CEO of Commissionaires Ottawa. “It’s closely aligned with our social mandate of providing assistance and care to veterans.”

The success of projects like Senior Living—the apartments have been continually occupied—along with strong donor support, still drive innovation at Perley Health. Earlier this year, Perley Health Foundation’s Answering the Call Campaign achieved its \$10 million fundraising goal. Again, Commissionaires Ottawa provided the largest donation: \$2 million for Perley Health’s Centre of Excellence in Frailty-Informed Care. The Centre of Excellence conducts and shares the research needed to develop and implement best practices in the care of seniors living with frailty.

“With the support of our donors, we’re really helping to transform care for seniors and older veterans,” says Akos Hoffer. “The population over age 85 is going to more than double in the next 20 years. The community-of-care model and variety of housing options at the heart of Senior Living could go a long way toward helping us cope with this surge.”

*Commissionaires Place, one of two Senior Living apartments at Perley Health, under construction.*





# JUST GOOD ADVICE

## THE GARDEN GATE

By Patricia Mosher



### Feature: Nine easy-care plants to bring nature inside

While outdoor plants hold their obvious appeal, the reality of our Ottawa climate means that we are living without the companionship of their lush, green foliage from November to May. A wonderful way to fill this void is through indoor gardening which provides a year-round connection to the natural world.

Indoor plants have also been shown to boost creativity, productivity and concentration levels. Moreover, they create a calming and tranquil atmosphere, helping to reduce stress and anxiety thereby contributing to improved well-being.

Here are nine plant suggestions that are tolerant of neglect, making them great choices for anyone who thinks they don't have a green thumb:

1. **Snake plant:** Known for its resilience, this plant features vertical, sword-like leaves; it can also thrive in low light and withstand irregular watering.
2. **Spider plant:** Ideal for novices, this plant produces slender, gently-arching leaves and is adaptable to various conditions; it frequently produces offshoots (aka spider plant babies), making it easy to propagate.
3. **Pothos:** A common houseplant boasting heart-shaped leaves that are sometimes variegated with white, yellow or pale green; with its trailing vines, pothos also tolerate low light and irregular watering.
4. **Peace lily:** This elegant plant thrives inside and signals its need for water by drooping – bouncing back quickly after a drink.
5. **ZZ plant:** Also called Zanzibar Gems for their spotless, waxy leaves that are so deep green that they are sometimes mistaken as artificial; these plants prefer bright, indirect sunlight and are drought-tolerant.
6. **Rubber plant:** Getting its name from the latex it produces that once was used to make rubber, this plant makes an excellent houseplant and is often recommended for its air-purifying properties.
7. **Jade plant:** This succulent is easy to care for, preferring a full-sun site in a south-facing window and minimal watering.
8. **Aloe vera:** Besides its healing properties, aloe vera is a hardy succulent which will grow nicely in any bright, indirect light with minimal watering.
9. **Chinese money plant:** A popular houseplant thanks to its attractive coin-shaped foliage and ease of care, this plant is native to southern China, growing naturally along the base of the Himalayan mountains.



Spider Plant Photo Credit: The Spruce



Rubber Plant Photo Credit: The Spruce



Juniper Shrub Photo Credit: The Spruce

All common junipers are characterized by short needle-like aromatic leaves and berry-like green cones that turn a deep purple/blue as they ripen. Their striking blue-green foliage and small blue-black berries provide year-round visual interest in the landscape.

While familiar to many readers as a key ingredient in gin flavouring, juniper berries also contribute a distinct flavour profile when incorporated into some savoury dishes as well.

Game meats: Juniper berries complement the richness of game meats like venison and duck. Crush the berries and use them as a seasoning or in marinades to add a piney, slightly citrusy flavour.

Pickling and brining: The berries can be used in pickling vegetables or brining meats, providing a distinctive tangy and aromatic taste to preserved foods.

Sauces and stews: Juniper berries can be added to sauces, gravies and stews to infuse them with a subtle herbal flavour; they work especially well with red cabbage dishes, enhancing their taste and aroma.

To ensure successful growth, plant a juniper in early spring or mid-fall in a sunny location, providing regular watering during its establishment phase. Mulching around the base can help retain moisture and protect the roots during colder months. Junipers are known for their adaptability and low maintenance. Once established, they generally require minimal care, making them a resilient choice for our Alta Vista gardens and landscapes.

### Gardening in the month of January

Even though our gardens are usually covered in snow these days, there are still ways to enjoy gardening this time of year.

- Observe your garden and take note of areas where there are gaps and perhaps a new perennial/shrub or evergreen could make a welcome contribution to your yard next year.
- Put your poinsettia plant in a sunny window and water it when the soil surface is dry to the touch.
- Try your hand at indoor gardening with one or more selections from the above list.
- Feed the birds – by mid-winter, many natural food sources will begin to thin out so keep your bird feeder stocked (black oil sunflowers for cardinals, blue jays, juncos; suet for woodpeckers and nuthatches; and nyjer seed for finches).
- Transform your outdoor birdbath into a wintertime focal point using evergreen boughs draped around the edges, topped with pinecones and red berry sprigs and centred with an oversized ornament or obelisk to create a winter showstopper.
- Create a “contained” winter wonderland by your front door by filling an outdoor urn with a variety of evergreen boughs, colourful twigs and dried perennials or ornamental grasses (and maybe even a small set of fairy lights for an evening glow). No watering necessary!

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

JUST GOOD ADVICE

CREATE YOUR OWN FUTURE

By Heather Bonas, RHN



Happy New Year!  
I came across the quote below from Dr. Ellie Jarrouge, a medical doctor and a metabolic health coach. It resonated with me because many of us link our family medical history to our own. But what if we didn't do that? What if we created our own future instead of borrowing someone else's.

*“You are NOT destined to be chronically sick because of your family history or genetics. Obesity, type 2 diabetes, hypertension, heart disease, many cancers and autoimmune diseases are largely dietary diseases. Eat better than your family did and you won't get their diseases.”—Ellie Jarrouge*

As we dip our toes into 2024 remember this:

- What you eat every single day matters.
- Getting fresh air everyday matters.
- What you allow your thoughts to focus on matters.
- What you leave out of your diet matters.
- Drinking water matters.
- Moving your body everyday matters.
- Establishing a regular sleep routine matters.

Habits are the architecture of our lives, the small decisions and actions that accumulate over time, shaping our days and ultimately defining who we become. Whether it's the habit of waking up early or going to bed earlier, exercising regularly, or practicing gratitude, these patterns wield incredible power in molding our character and determining our success. Get consistent with the basics, the boring stuff. Pick one thing from the list above, and see how that makes a difference. You don't need to hang onto your uncle's high cholesterol story, instead create your own reality.

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](mailto:heatherbonas@gmail.com).



PEACEFUL TRANSFER OF WEALTH  
IN A BLENDED FAMILY

By Dylan McGuinty Jr., JD

I am in a blended family. My wife and I each have children from previous marriages and are a happy family. I want to make sure that my wife will be OK when I die, but our main asset is the home. I want to leave something for my children when I die, but I don't want my wife to be pressured to leave the home after I'm gone. I also want to make sure that when my wife and I are both gone, my children inherit my share of the home, and her children inherit her share of the home. What can I do to ensure my estate planning wishes are followed?

When families “de-nuclearize” and individuals “re-nuclearize” into reconstituted or blended families, new and pre-existing loyalties merge. This is evidenced in people's desires to look after their surviving new spouse and their respective children.

A good estate plan guides the peaceful transfer of wealth. One possible solution to satisfy new and pre-existing loyalties in a blended family context is to sever joint tenancy on the principal residence, if applicable, create a principal residence trust, with or without a trust fund, prescribe as remainderman one's own children, and execute targeted beneficiary designations on registered accounts and/or life insurance policies.

Severing joint tenancy eliminates the automatic transfer of title to the surviving spouse. This ensures that your interest in the home can be transferred out according to one's Will. Keep in mind that while severing joint tenancy causes probate tax upon the first spouse's death, it ensures that your share of the home is reserved for one's own children.

Creating a principal residence trust allows your share of the principal residence to be held back in your estate so that your spouse may continue to enjoy the home after your death. You have the opportunity in your Will to place terms on the trust, such as obligations to pay ongoing expenses and capital improvements, the appointment of a Trustee, the trust termination date, the creation of a trust fund for ongoing expenses, the trust termination date and importantly, who inherits your share of the home upon the trust termination date. The principal residence trust satisfies your loyalty to your spouse by bequeathing beneficial rights to the home to your spouse, and satisfies your pre-existing loyalty to your children by deferring the bequest of the legal rights to your share in the home to your children until after the beneficial rights are extinguished. By separating beneficial title from legal title, you are able to balance your moral and legal obligations.

Lastly, targeted beneficiary designations on registered accounts, including pension death benefits, as well as life insurance plans, can be executed to provide a cash payment to one's own children (and one's spouse) immediately upon death.

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.

*“In the New Year, never forget to thank your past years because they enabled you to reach today! Without the stairs of the past, you cannot arrive at the future!”*  
— Mehmet Murat Ildan



## SCIENCE & TECHNOLOGY

### COMPUTER TIPS AND TRICKS

*By Malcolm and John Harding, of Compu-Home*

#### It Doesn't Stop with This Column!

We would love to think that our column provides all the tech lore you will ever need but we would just be fooling ourselves. The world of technology is advancing and expanding so quickly and subjects are becoming so interconnected that it could be a full-time job to try to keep up. Here is a list of some of what we think are the best digital newsletters and sites for you to pick and choose that can keep you up to date with information on whatever topics interest or concern you the most, from advances in gadgetry, to online security, to finding best hardware prices, to diagnosing problems on your own... and everything in between. Many (but not all) of these are Canadian. Some contain advertisements. We have tried to avoid unintelligible jargon. Some offer subscriptions and you will have to sign up for them with an email address, but if the content of one is not as useful as you had hoped, it is easy to unsubscribe.

You can simply Google the names that we have provided below to get the address where you can subscribe or bookmark them.

**MALWAREBYTES NEWSLETTER:** Malwarebytes is an anti-virus utility and so this newsletter is oriented primarily (but not exclusively) toward security. Well-written and breezy.

**MOBILESYRUP:** The focus here is largely on hardware developments and prices. Canadian.

**IT WORLD CANADA:** Intended mostly for professional geeks, but the articles often describe government initiatives, trends, and controversy.

**PC MAGAZINE:** This is an old standby with articles on hardware, software, digital trends, and fixes. Almost exclusively Microsoft Windows oriented.

**MACWORLD:** Just as the name implies, this is primarily Macintosh info, augmented with news on additional Apple products, like iPhones and iPads.

**AMBERMAC BLOG:** Amber MacArthur is a Canadian tech guru with years of experience in columns, television, blogs and podcasts. The website is glitzy and it takes a couple of visits to learn to navigate it, but the content is personal, practical, and family-oriented.

**WIRED MAGAZINE AND NEWSLETTERS:** Wired is the only magazine for which we have a paid subscription for the digital edition. It contains what is almost certainly the most often quoted writing in the tech field. Even if you do not have a paid subscription, you can still choose from among the 14 special-interest newsletters that Wired produces.

**70 BEST CANADIAN TECHNOLOGY BLOGS AND WEBSITES IN 2023:** We have included this site just in case nothing above hits the spot. It's disappointing to discover that the listing has tragically overlooked the Compu-Home Blog. Oh well, maybe next year.

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



*"Thank goodness for the first snow, it was a reminder—no matter how old you became and how much you'd seen, things could still be new if you were willing to believe they still mattered."*

*— Candace Bushnell*

# HEALTH & FITNESS

## MENISCAL TEARS: A COMMON KNEE INJURY

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

Many people suffer from knee injuries: one common injury is a tear of the meniscus, often referred to as torn cartilage. Indeed, meniscal injuries account for 15 per cent of all sports injuries. The mechanism of injury involves torsion and compression of the knee; it occurs when a person is bearing weight on a slightly bent knee and then turns, twisting the knee. This movement occurs in numerous sports, including racket sports, football, ultimate frisbee and hockey. The meniscus can also be injured if one slips and falls while walking.

There are two crescent-shaped menisci in the knee: the medial (on the inner side of the knee) meniscus and the lateral (on the outer side of the knee) meniscus. The menisci attach to the bones of the knee (tibia and femur) by ligaments and to the capsule of the knee joint (the soft tissue that holds the bones of the knee joint together).

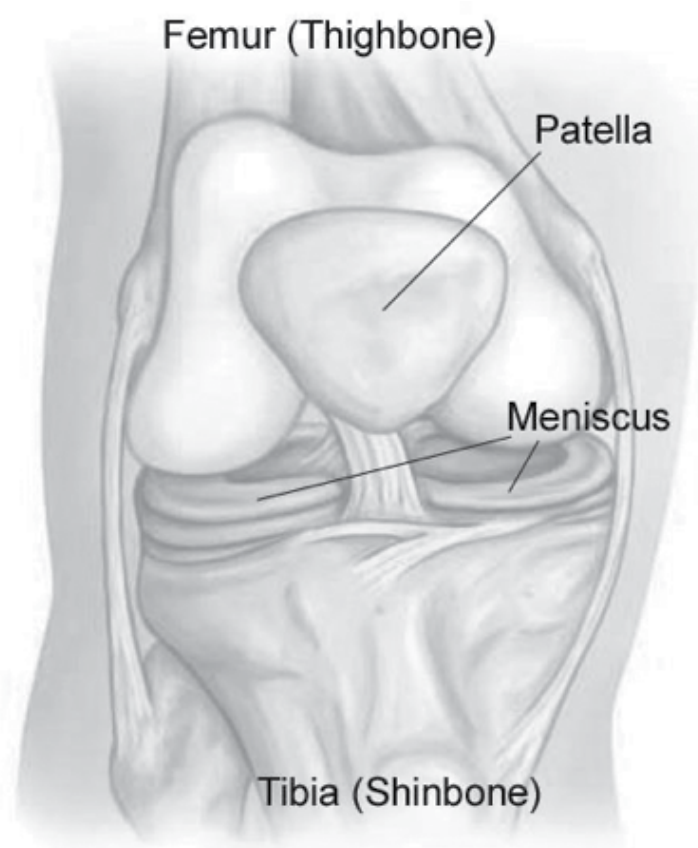


Image from [www.orthoinfo.aaos.org](http://www.orthoinfo.aaos.org)

The menisci act as a cushion that absorbs shock and transfers the load. Moreover, they improve joint stability and aid in lubrication. The outer third of the menisci have a blood and nerve supply while the inner two-thirds do not. This is important because if there is a tear where there is no blood supply, the meniscus cannot heal.

Meniscal tears can be classified as acute traumatic or chronic degenerative. Further, they can be classified by the size of the tear: partial or full thickness, and by the shape of the tear. Tears can occur around the periphery of the meniscus (rim lesion) or in the center, causing a flap in the meniscus (bucket handle tear) that can cause the knee to lock. Individuals older than 50 years are more likely to have some degenerative changes in the menisci and possibly some osteoarthritis in their knees as well; in these people, a normal stress on the knee, such as prolonged squatting, climbing too many stairs or a slip on the ice, can cause a meniscus to tear.

Symptoms of meniscal tears include swelling, limited mobility, pain with walking, squatting and twisting, and a feeling of locking and clicking. Assessment includes specific stress testing and measuring the range of knee motion and strength. Imaging such as an ultrasound or MRI to visualize the menisci and see the extent of injury is often done. As well, an X-ray is beneficial to see if there is any osteoarthritis in the knee. Treatment depends on the size and type of tear. Minor tears in the outer third of the meniscus can heal with physiotherapy. Larger tears will often require surgery to remove the torn flap of the meniscus. In some cases, the meniscus can be sutured.

Physiotherapy treatment includes exercises to improve mobility and strength in the knee and hip, balance and agility drills, and a gradual return to sport. Modalities can aid healing by enhancing blood flow to the knee. Manual therapy also helps regain mobility.

Unfortunately, surgical meniscectomy often leads to increased wear and tear on the joint. Studies have shown that when the meniscus is removed, the peak contact pressure between the tibia and femur increases by two to three times. Further, a review of many studies found that on average 54 per cent of patients developed osteoarthritis in the surgical knee five years post-operatively. Hence, it is important to preserve as much of the meniscus as possible.

When patients suffer persistent pain and disability after a meniscectomy (total or partial), a meniscal allograft transplantation is a possible option. This involves taking a meniscus from a cadaver donor and transplanting it into the patient. Patients must meet very specific criteria, including being under 55 years of age and suffering significant pain and disability post-meniscectomy.

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**CHAIR YOGA at Rideau Park United Church or on Zoom** - Thursdays at 10:30am (60 mins). The Winter session runs to March 28th. A perfect practice for those who haven't practiced in awhile, have arthritis, fibromyalgia, past injuries or balance issues. Class packages available. Going on vacation? No worries. Your classes carry forward. Contact Marg Hillier, Certified Yoga Instructor, **mhillier144@gmail.com** or 613-299-8324. Visit **www.newmoonyoga.ca** for specific class dates and details.

**GENTLE MOBILITY HATHA MAT YOGA at Rideau Park United Church or on Zoom** - Fridays at 10:30am (60 mins). The Winter session runs to March 29th. Get your body moving, increasing balance, strength, flexibility and breathing in a gentle, mindful practice. Class packages available. Going on vacation? No worries. Your classes carry forward. Contact Marg Hillier, Certified Yoga Instructor, **mhillier144@gmail.com** or 613-299-8324. Visit **www.newmoonyoga.ca** for specific class dates and details.

## SKYLAR'S KIDS PAGE ANSWERS

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# WEATHER WORD SEARCH

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

## WORD LIST

BALMY  
BAROMETER  
BLIZZARD  
CHILLY  
CLOUDY  
COLD  
FOG

FROST  
GALE  
HAIL  
HUMIDITY  
HURRICANE  
PRESSURE

RAIN  
OVERCAST  
RAINBOW  
SHOWERS  
SLEET  
SNOW

SUNSET  
SUNSHINE  
TEMPERATURE  
TIDE  
TORNADO  
WIND

Homemade  
GIFTS MADE EASY



FAMILY MATTERS



From left to right, Jamie Dugmore, Board Chair; MP David McGuinty; MPP Lucille Collard; Neil Leslie, Executive Director; City Councillor Rawlson King; City Councillor Marty Carr and MPP John Fraser, all gathered at City Hall to read the proclamation and celebrate 40 years of service by Serenity Renewal for Families.

SERENITY RENEWAL FOR FAMILIES DAY

By Neil M. Leslie

On Sunday, November 26, 2023 Mayor Sutcliffe proclaimed it Serenity Renewal for Families Day in Ottawa.

The reason for the multiple representatives from both Alta Vista and Vanier is because Serenity Renewal for Families has moved to 404 McArthur Avenue to be a part of Heartwood House. Heartwood House has 25 non-profits under one roof.

Serenity Renewal for Families’ mission remains the same of providing 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. They can still be reached Monday to Friday from 9:30–2:30 at 613-523-5143. For upcoming workshops and programs, community members can check their website at [www.serenityrenewal.ca](http://www.serenityrenewal.ca).

Serenity Renewal for Families expressed its appreciation to Alta Vista for the hospitality shown over the past 11 years. They continue to serve anyone who needs their support, whether a person can pay or not. They are grateful to all of the donors in Alta Vista who have invested in their charity, knowing they support families holistically who are affected by addictions.



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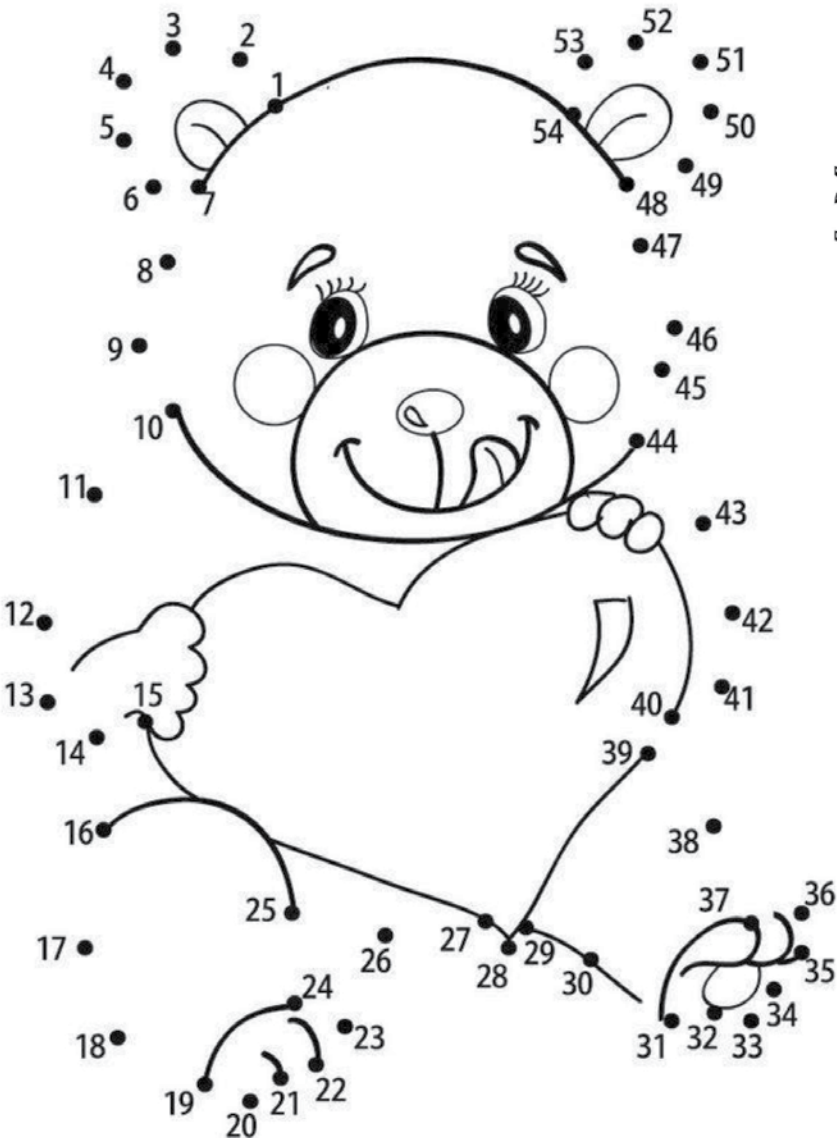


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SKYLAR’S KIDS PAGE

CONNECT THE DOTS



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



JOKE OF THE MONTH

What do you get when you milk a cow in Alaska?  
Snow.

WORD SEARCH

WEATHER WORD SEARCH

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

WORD LIST

BALMY	FROST	RAIN	SUNSET
BAROMETER	GALE	OVERCAST	SUNSHINE
BLIZZARD	HAIL	RAINBOW	TEMPERATURE
CHILLY	HUMIDITY	SHOWERS	TIDE
CLOUDY	HURRICANE	SLEET	TORNADO
COLD	PRESSURE	SNOW	WIND

COLOURING PAGE





## UPCOMING EVENTS



### ALTA VISTA LIBRARY

For the most current updates as well as information about available services, please visit [www.biblioottawalibrary.ca](http://www.biblioottawalibrary.ca) or call 613-580-2940.

#### The Library's hours 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.
- Sunday: CLOSED\*

\*The Greenboro branch at 363 Lorry Greenberg Drive is open on Sundays from 10 a.m. to 5 p.m.

#### Please note the following when visiting:

- You can place holds online at [www.biblioottawalibrary.ca](http://www.biblioottawalibrary.ca) or by calling InfoService at 613-580-2940.
- 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, which 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. starting January 9.

#### Bilingual Babytime (NEW)

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. starting January 11.

#### Stay and Play (NEW)

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., starting January 9.

#### Lego® Block Party

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

Saturdays at 11 a.m. 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, January 19 at 4 p.m. Ages 4 to 12.

### ADULT PROGRAMMING

#### French Conversation Group (Intermediate)

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

Wednesdays, 6:30–7:45 p.m. Starting January 10.

#### 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, January 18

Jane Casey Maeve Kerrigan series

Thursday, February 15

TBD

#### 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, January 11

*Bloomsbury Girls*  
by Natalie Jenner

Thursday, February 1

*Horse*  
by Geraldine Brooks

#### 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 15 janvier

*Les vertueux*  
de Yasmina Khadra.

Le lundi 26 février

*Noires sous surveillance*  
de Robyn Maynard

### ONLINE COLLECTIONS AND SERVICES

Please check out some of the activities and resources that we have for adults, teens, and kids alike.

These resources include Digital eBooks and Audiobooks, Language learning courses, Streaming movies, free magazines and newspapers, and Children's resources for educational videos and online books. A valid Library card is required.

## JUST FOR FUN

By Alicia Cuadra

**Q: What do you say on the 1st of January?**

**A: Last year just seems like yesterday!**

**Q: What's for breakfast on really cold January days?**

**A: Snowflakes**

**Q: What do you call a temper tantrum that a snowman throws in January?**

**A: A meltdown**

**Q: What's the easiest way to keep your New Year's resolution to read more?**

**A: Put the subtitles on your TV!**

# UPCOMING EVENTS

## COMMUNITY EVENTS

### RIDEAU PARK UNITED CHURCH

2203 Alta Vista Drive

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

**Community Farewell for Rev. Georgina Fitzgerald:** Sunday, January 14, 11 a.m. (after the church service) to celebrate Rev. Fitzgerald's long career serving Rideau Park Church, the Alta Vista community, and especially the residents of local retirement homes, at various times since the mid-1980s. Light lunch to be served.

**We Have a Dream Service:** Sunday, January 28 at 10 a.m. Hear a special presentation by Dieudonne Detchou on the nature of the church and the serious issues facing communities in central Africa. All are welcome.

**Forest Church:** Sunday, January 28, 4 p.m. Meet at the church for a walk in the Cunningham Woods, hopefully on a snowy pathway, and pause for a reflection on God's creation. Lead by Elizabeth Bryce.

**Chancel Choir:** The choir sings at the Sunday morning services and rehearses on Thursday evenings. New members are welcome. Contact Iain Macpherson at [choirdirector@rideaupark.ca](mailto:choirdirector@rideaupark.ca).

**Drums Alive:** Drop-in drumming class, for all ages, resumes in January. For more information, contact [choirdirector@rideaupark.ca](mailto:choirdirector@rideaupark.ca).

**Handbell Choirs:** Adult choir will be practicing on Monday/Tuesday evenings and playing at the church and in the community this winter and spring. "Youth Bells" have also resumed. For more information, contact: [gordon@dewis.ca](mailto:gordon@dewis.ca).

**Piano/organ Concerts by Andrew Ager:** These concerts will resume in February on Sundays at 4 p.m. Watch and listen for them!

**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.

**Meditation Group Online:** Thursdays, 10 a.m., by Zoom, for 20 minutes. Contact [scifton@rideaupark.ca](mailto:scifton@rideaupark.ca) for an invitation.

**Euchre Club:** Thursdays, 1 p.m. More members are always welcome. For information, contact Rod Hagglund at [rhagglund@rogers.com](mailto:rhagglund@rogers.com).

**Alcoholics Anonymous:** OASIS has meetings at the Church, Mondays, 8–9 p.m. while Twelve Steps to Serenity also holds sessions on Thursdays at 7:30 p.m.

### EMMANUEL UNITED CHURCH

691 Smyth Road

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

**Take Time to be Wholey Seniors' Exercises:** 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.

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

**Thursday Morning Discussion Group:** 10–11:30 a.m., by Zoom. The group will be looking at the book *Meditations on the Parables of Jesus* by Thomas Keating.

**Let's Stay Together:** Sunday, January 14, 11:30a.m.–1 p.m.: Join us post-service for lunch plus one of three activities: a reconciliation circle by Kyrstin Dumont; Inuit crafts by Inuit leaders; or Messy Church with an Indigenous focus. Use the sign-up sheets or contact our office to give your preference.

**Friday Night at the Movies:** January 19, 7 p.m. See Australian movie *The Adventures of Priscilla, Queen of the Desert*. It's got adventure, comedy and more. Rated 14A. Free admission. Everyone is welcome so bring your friends. Drinks and snacks available.

**Emmanuel's 65th Anniversary:** Sunday, January 28, our special guest preacher is Rev. Peter Loughheed, a former Emmanuel minister. Cake will be served after the service.

### LONDON TRIO PLUS

Saturday, February 10, at Glebe-St. James United Church (650 Lyon Street South). Admission by donation (pay what you can).

- 10 a.m.–12:30 p.m.: Valerie and Vanessa London of the London Trio Plus will present a workshop on singing Gospel Music. Open to the community ... ages 16 to 80 ... come lend your voice ... no experience necessary!
- 7 p.m.: London Trio Plus and friends, under the direction of Valerie London, will present an evening concert of Gospel and Spiritual music. A staple of Ottawa's music scene for many years, LTP continues to delight audiences with their musical selections and voices in perfect harmony.

### OTTAWA HUMANE SOCIETY

Would you like to help us support the animals at the Ottawa Humane Society? Join us at the Auxiliary's monthly business meetings from 1:30–3 p.m. the first Thursday of every month (except July, August and December). We meet at the animal shelter, 245 West Hunt Club Road across from Lowe's. The next meeting is Thursday, February 8. Free parking. For more information, contact Loreen, [loreenohs@gmail.com](mailto:loreenohs@gmail.com), or go to [facebook.com/OttawaHumaneSocietyAuxiliary](https://facebook.com/OttawaHumaneSocietyAuxiliary).

### PROBUS CLUB OF OTTAWA ALTA VISTA

PROBUS Ottawa Alta Vista is welcoming new members from the Alta Vista area. Join your fellow retirees, near-retirees and want-to-be retirees for interesting speakers and discussions, not to mention relaxed socializing. We will be meeting on Wednesday, January 24 at 10 a.m. at Gloucester Presbyterian Church, 91 Pike Street, Ottawa for the presentation "Early Days of the NAC Orchestra." See our website [www.probusoav.ca](http://www.probusoav.ca) for more detailed information.

### ATLANTIC VOICES PRESENTS 'ROAD TO THE ISLES'

January 28 at Centretown United Church, 507 Bank St.

Tickets: \$25 in advance, \$30 at the door

Atlantic Voices: The Newfoundland and Labrador Choir of Ottawa is a community choir that celebrates the musical traditions and influences of Atlantic Canada. The "Road to the Isles" concert focuses on Islands with music from Newfoundland, Prince Edward Island and Cape Breton. The lively music of the Fumblin' Fingers, an Ottawa band with Atlantic Voices' roots, starts the show at 2:15 p.m. with the choir concert starting at 3 p.m.

For concert information and tickets: [www.atlanticvoices.ca](http://www.atlanticvoices.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.



UPCOMING EVENTS

SEEDY SATURDAY COMES TO ALTA VISTA MARCH 2



Already thinking of spring planting? Great news – an old Ottawa favourite lives on!

The Alta Vista Community Association Local Food Committee, in collaboration with Just Food and Seeds of Diversity, is proud to be hosting Ottawa’s 2024 Seedy Saturday event for the first time this year.

In the past, Seedy Saturday spring events have been held in various locations across the city. This year, Ottawa’s Ward 18 welcomes the event on March 2 at Emmanuel United Church, 691 Smyth Road from 10 a.m. to 3 p.m.

- Attend garden topic workshops led by experienced gardeners
- Explore seed vendor offerings
- Exchange seeds
- Support local artisans

- Meet Community Gardeners interested in Ottawa’s food security
- Sample local cuisine

There’s no admission charge and parking is free. Local bus route #55 services Emmanuel United Church and the site is accessible.

Bring your own reusable bags and, if you have some, your seeds for the free seed exchange table.

Spend what’s left of the winter anticipating the coming spring and join us in celebrating this seminal event for Ward 18!

Want to know more about the event?

Contact us at [altavistaseeds@gmail.com](mailto:altavistaseeds@gmail.com).

Want to know more about our co-sponsors?

Just Food is a local, non-profit, community-based organization that works on both rural and urban food and farming issues in Ottawa and the surrounding region. It is an information and resource-sharing network supporting the sustainable development of its Community Gardening Network. Consult [justfood.ca](http://justfood.ca) for more information.

Seeds of Diversity is a Canadian organization dedicated to preserving, perpetuating, studying and encouraging the cultivation of heirloom and endangered food crop varieties. Its backbone is seed savers who protect Canada’s seed biodiversity by growing it themselves and sharing it with others. With over 1,000 members across Canada, it’s a vibrant and visible part of the gardening and food security scene. Go to [seeds.ca](http://seeds.ca) for more information.



- Clean furnace, have serviced, replace filters
- Check for Ice Dams, clear snow near pipes
- Wipe down kitchen cabinets, handles & knobs
- Plan out home improvement/repair projects for the year



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# MOVIES 'N STUFF

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## January 2<sup>nd</sup>

### Zappa

An in-depth exploration of Frank Zappa's private life and his rich, often controversial musical career; featuring unfettered access to the Zappa vault and a deep cache of archival footage! Searing 97% positive on Rotten Tomatoes.

### For All Mankind: Season 1

NASA is in crisis as the Soviets land the first man on the moon in 1969, the beginning of an alternate history. Director Wernher von Braun opposes President Nixon's directive, with dire consequences, while the race is on for the first female astronaut to land on the moon!

### Psych: Complete Series

Finally, this gargantuan 8.4 rated (IMDB) and 90% positive (Rotten Tomatoes) TV show lands on DVD! Shawn Spencer happens to possess some uncanny powers of observation thanks to his father, Henry, a former police officer who taught his son to remember even the smallest details of his surroundings. When Shawn is accused of committing a crime that he actually solved, he convinces the cops that he's a psychic -- and with the reluctant help of best friend Gus, Shawn starts solving cases for a skeptical but increasingly impressed police force.

### The Girl in the Fog

Detective Vogel investigates the sudden disappearance of 15-year-old Anna Lou in a hazy mountain village in Italy, where seemingly everyone is a suspect - until they're not. A very entertaining Italian drama/thriller filled with sharp twists and turns that will leave you guessing until the end!

### Return to Dust

In rural Gaotai county, two lonely, middle-aged outcasts are pushed into an arranged marriage by their families. Ma is a humble farmer with little to offer his timid and sickly wife, Cao, except for a small abandoned house on a barren patch of land. From just a few seeds, their newly planted crops take root and flourish; and similarly, an unexpected bond between the two starts to blossom. Amazing reviews - to the tune of 97% positive on Rotten Tomatoes.

### Billions: Final Season

Prince took over Axe's throne and renamed the kingdom Michael Prince Capital (MPC). With Lewis and Axe back for the final season, the downfall script was reversed. Axe returned to New York, with Chuck's help and urging, to join the team trying to stop Prince. That's right, Damian Lewis is back for this grand finale!

### Suburra

Searing 2015 film finally gets a release! A gangster known as "Samurai" wants to turn the waterfront of Rome into a new Las Vegas. All the local mob bosses have agreed to work for this common goal. But peace is not to last long.

### Rojo

In Argentina in 1975, Claudio, a prominent local lawyer and leader, leads a comfortable existence, agreeing to turn a blind eye to the practices of the regime in place. During a dinner, he is violently attacked by a stranger and the altercation turns to drama. Claudio makes sure to stifle the case, without suspecting that this decision will drag him into an endless spiral.

### George and Tammy: Mini-Series

A chronicle of the country music power couple, Tammy Wynette and George Jones, whose complicated-but-enduring relationship inspired some of the most iconic music of all time. Starring Michael Shannon and Jessica Chastain!

### Astronaut

A lonely widower lies about his age to enter a lottery for a once-in-a-lifetime chance to travel on the first commercial flight to outer space. When his name gets drawn, he soon finds himself preparing for the ultimate adventure of his dreams. Richard Dreyfuss stars!

### Harry Wild: Season 2

Harry (Jane Seymour) and her young partner in PI work, Fergus, take on cases from missing persons to murders, but when Fergus's mother turns up, years after abandoning him, they have a deeply personal mystery to solve: Can he trust her?

### The Heart is a Lonely Hunter

Restored 1968 masterpiece comes to DVD! When deaf-mute Singer moves to a new town to be near his hospitalized friend, he makes an indelible impression on the lives of those around him. Alan Arkin and Sondra Locke both received Oscar nominations for this.

## January 9<sup>th</sup>

### Five Nights at Freddy's

A troubled security guard begins working at Freddy Fazbear's Pizzeria. While spending his first night on the job, he realizes the late shift at Freddy's won't be so easy to make it through.

### Shiva Baby

While at a Jewish funeral service with her parents, a college student has an awkward encounter with her sugar daddy and her ex-girlfriend! Rave reviews for this comedy/drama!

### Ernest & Celestine: A Trip to Gibberita

Ernest and Celestine return to Ernest's land, Charabia, to repair his precious violin. They discover that music has been banned all over the country for several years. Ernest and Celestine are joined by new friends, including a mysterious masked avenger, to try to right this injustice and bring joy back to the land of the bears. Sequel to the wonderful 2012 gem!

### Never Too Late For Love

When retired professor Astolfo is evicted from his apartment, he decides to move into a noble but decrepit palace, the last remnant of his family patrimony. Soon enough, he befriends a vagabond, a retired chef and a young handyman. The group encourages Astolfo to pursue the charming and generous Stefania.

## January 16<sup>th</sup>

### Raise the Red Lantern

A re-release of the 1991 masterpiece sees it finally arrive on disc! Teenage Songlian (played by the amazing Gong Li), whose family has been devastated by the recent death of her father, becomes the third concubine of wealthy Master Chen. She soon discovers that behind the palatial luxury of life in the master's house, she and her fellow concubines, Zhuoyan and Meishan, are pitted against each other in a struggle for his affections. The situation inevitably leads to deception, jealous rages and the revelation of each other's darkest secrets.

### The Returned: Seasons 1 & 2

In a small Alpine village, a group of men, women and children is in a state of confusion as they try to return to their homes after years of being away. What they don't know is that no one is expecting their arrival because they have been dead for several years. One of the most celebrated of French drama/thrillers arrives!

### One Fine Morning

A young single mother raising an 8-year-old daughter struggles to take care of her ailing father. While trying to secure a decent nursing home, she runs into a married friend and they begin an affair. Stars the wonderful Léa Seydoux.

## January 23<sup>rd</sup>

### Cat Person

When Margot, a college sophomore goes on a date with the older Robert, she finds that IRL Robert doesn't live up to the Robert she has been flirting with over texts. A razor-sharp exploration of the horrors of dating. Nicholas Braun of Succession fame stars.

### Silent Night

The great John Woo returns to the directing chair for the first time since 2002. A grieving father enacts his long-awaited revenge against a ruthless gang on Christmas Eve in an action bonanza!

### Special Ops: Lioness - Season 1

Joe attempts to balance her personal and professional life as the tip of the CIA's spear in the war on terror; the Lioness Program enlists Cruz to operate undercover alongside Joe among the power brokers of State terrorism. Nicole Kidman and Morgan Freeman star!

## January 30<sup>th</sup>

### Dream Scenario

Hapless family man Paul Matthews finds his life turned upside down when millions of strangers suddenly start seeing him in their dreams. When his nighttime appearances take a nightmarish turn, Paul is forced to navigate his newfound stardom. Nicolas Cage stars - and...is that huge Oscar buzz around this performance? You bet!

### Mudbound

In the Mississippi Delta of the 1940s, two farming families—one of white landholders, one of Black tenant farmers—are bound by the unforgiving soil they share as they struggle to survive amid the upheavals of World War II and the poisonous hatred of the Jim Crow South.

### My Happy Family

In a patriarchal society, an ordinary Georgian family lives with three generations under one roof. All are shocked when 52-year-old Manana decides to move out of her parents' home and live alone. Without her family or a husband, she begins a journey into the unknown.

### My Sailer My Love

A retired sea captain and his daughter must reassess their strained relationship after he begins a new romance with a widowed housekeeper.

## DON'T MISS THESE DECEMBER HITS!

### Golda

### Dumb Money

### Roise & Frank

### The Velvet Queen

### A Haunting in Venice

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