

HEROES OF HERON EMERGENCY FOOD CENTRE

HEFC's heroes for April are (from left to right) Mike Quinn, Faaria Bhollah and Corinne Semaan –
Read about them on page 8.



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

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

SUBMISSIONS & COMMUNITY EVENTS

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

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

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WHERE IS IT?

ARTS & CULTURE	17-19	OUR ENVIRONMENT	20-21
BOOKWORMS DELIGHT	14	OUR PEOPLE	15-16
CLASSIFIED ADS	32	SCHOOL NEWS	32 - 33
FAITH NEWS	22-23	SCIENCE & TECHNOLOGY	29
HEALTH & FITNESS	30-31	SENIORS SPACE	35
JUST GOOD ADVICE	24 - 27	SKYLAR'S KIDS PAGE	34
LETTERS TO THE EDITOR	3 - 4	UPCOMING EVENTS	37-39
OUR COMMUNITY	1, 5-14		

2024

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THE 2024 CELINE TOWER GRANT

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

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

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

Application deadline: May 31, 2024

VISTAS Vision

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

VISTAS' Delivery Schedule

2024	VISTAS Delivery Date
May Issue	May 1, 2024
June Issue	May 29, 2024

LETTERS TO THE EDITOR

VISTAS columns evoke childhood memories

Re: “Barn fires and vandalism in early Alta Vista,” by Chris Weibe, March 2024

Dear Editor,

Oh my, VISTAS continues to evoke fond childhood memories created growing up in Alta Vista. First, the January 2024 VISTAS story on the outdoor rink, and now this March article, which also harks back to an article in the June 2023 issue of VISTAS.

My family moved into a home in Applewood Acres in 1954 and I lived there until 1967. As a young boy, my friends and I enjoyed wide open spaces for our playtime. We could walk down my street to Blossom Drive, go between the houses, climb the fence and find ourselves with wide open spaces. Railway tracks, and a gully, complete with a shallow stream, occupied the space now taken up by the Transitway and Lamira Street. It was a perfect space for childhood play. We spent countless hours there and, except for a few occasions when we played in the barns, we did not venture into the Billings Estate. The Graveyard. We knew it existed but avoided it; fear would rise in proportion to the setting sun. I was oblivious to the vandalism plaguing the area; and oblivious to the numerous barn fires. I suspect the 1955 vandalism of the Campeau homes was in Applewood Acres. My family took occupancy of our home on Fanshaw Avenue in October 1954, and many houses on our street and the surrounding streets were unoccupied and in various stages of construction – a perfect target for vandals. One of the barn fires that caught my attention was the one near Crocus and Kilborn avenues. Although I lived four blocks from Crocus, I was unaware of a fire. I remember the property east of Niagara Drive through to houses on Alta Vista Drive was occupied by an open field, a small forested area and an establishment called White Hill Glade, which I believe was an upscale restaurant. We played many Saturday and Sunday pick-up tackle football games on the field, but I never enjoyed a meal at White Hill Glade. The space is now occupied by houses on the Crocus Avenue extension and Old Lilac Lane.

I also read Chris Wiebe’s June 2023 article, which he referenced in the March issue, where he described the saga of the Finnerty family. Growing up, I walked past the Finnerty property on McQuaig Street every day for years on my way to Alta Vista Public School and Ridgemont High School. I have a very vivid picture of the Finnerty home in my mind’s eye. Although the Finnerty sons, Chris and John, were older than me, I knew them mainly from shinny hockey on the rink. Sometimes they would allow us younger kids to join them and other times we would be relegated to skating on the oval that surrounded the hockey rink. Until reading Mr. Wiebe’s article, I did not know the complete story of the harsh treatment thrust upon the Finnerty family in the name of urban renewal. However, I can say I never heard a bad word spoken about the family.

Chris Finnerty was a very good hockey player. He played City Juvenile hockey through the Alta Vista Recreation Centre and from there became one of the best Junior hockey players in Ottawa. Chris then played professional hockey in the United States and Europe for many years and after retiring from hockey he started the Chris Finnerty High Intensity Hockey School, which has been in operation for many decades. My two sons participated in his school.

VISTAS continues to jog my memory; I am reminded of the words written by Alexander McCall Smith, one of my favourite authors, “After all, childhood is one of the most interesting things to happen to people in their lives – probably the most interesting, not that children know it.”

I can relate to his view of life; I enjoyed an interesting and wonderful childhood growing up in Alta Vista but at the time didn’t know it.

Bill Reid

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LETTERS TO THE EDITOR

Revisit school bus safety without seatbelts

Dear Editor,

The recent accident involving a school bus near Woodstock, Ont. that left five children injured will renew calls, in some quarters, for the instalment of seatbelts on school buses. According to Canada Safety Council and many experts, seatbelts would not make school buses safer as Transport Canada applies “40 safety standards to the design and construction of school buses made in and imported into Canada.” The council follows that “school buses are not passenger vehicles ... they are bigger, heavier, and sit higher” so they have a body-on-frame design. The bus would have to be completely re-engineered with seatbelts integrated at the design stage. Research has shown lap belts could increase the risk of head injuries in a head-on collision. The child’s head could hit the seat in front, resulting in serious head and neck injuries. Combination lap and shoulder belts would require stiffer seats, which could increase injury to unbelted students. Moreover, the Canada Safety Council notes shoulder belts can lead to abdominal injuries because of “submarining,” when children slip down risking injuries to organs covered by the lap belts. Beyond the engineering problems, staff would be needed to ensure the seatbelts are used, adjusted properly between uses to fit children of different sizes and repaired when damaged. In an emergency, seatbelts could also hinder evacuation. “Young children should not be placed in a situation where they are responsible for their safety,” the council says.

Another issue worthy of consideration is not seatbelts, but reductions in school bus services. Without a bus, children are exposed to risk by walking to and from school or using other forms of transportation. Statistically, the school bus is the safest way for children to get to and from school. According to Transport Canada, children are 16 times safer riding in a school bus on their way to and from school rather than in a passenger vehicle.

Emile Therien

Of note, this letter was published in the March 11, 2024 edition of the *Toronto Star*.

Check out Cardio Gold program at CCA

Dear Editor,

We would like to share with your readers a very well-kept secret that brings us joy nearly every day of the week. We are referring to a wonderful Cardio Gold program offered twice a week, remotely through Zoom, by the Canterbury Community Association. This program, for participants 50 years and older, started during the pandemic when distancing was a great concern.

The program continued to be offered remotely once the health restrictions were lifted because participants were interested in continuing. We have had the same outstanding instructor (Krista) since the beginning. She does all the exercises with us as she guides us and makes suggestions to adapt to each person’s range of ability and flexibility. She finds ways to challenge and motivate us. In addition, it’s fun to move to music and see the other participants, as if we were at the centre together.

Each Zoom class is recorded and made available online for about two weeks. This means that on the days we don’t have a live class, we can get access to one of the recorded classes.

Imagine this: no need to drive to the community centre, no worry about the weather, minimum equipment required, and a great feeling of well-being. There is no need for special software, just an internet connection. In addition, the cost of the program is reasonable.

The program will be offered again during the Spring and Summer sessions. You should check it out.

Lucie and John O’Keefe

OUR COMMUNITY

OTTAWA'S FINEST: TEEN BIATHLETES SWEEP THE PODIUM AT ONTARIO WINTER GAMES

By MCpl Justin Rioux and Lt Anh-Thu Dang

Back in the February edition of VISTAS, we shared the information that our cadet biathletes competed at the Regional Biathlon Championships in November 2023, bringing home eight medals with half being gold. After months of dedicated weekend practices honing their strength and agility, our cadets qualified for and excelled in the 2024 Ontario Winter Games held in Thunder Bay.

The team, consisting of cadets Evelyn and William Budzinski, Noah Clancy, Justin Rioux, Lolade Ogunmekan and Hanna Guiney, was led by Captain Cory Lohnes representing the Central Regional Support Cadet Unit. The cadets were eager and full of excitement as they prepared their equipment and took off on two flights to arrive at Thunder Bay. On Friday, before the competition, they shared a bus with the Kanata Nordic Team to the race location where they had time to pre-ski their race loops and zero rifles for the races. Saturday morning started cold with high winds but warmed up during the day as the biathletes competed in the mass start race. The competition started with the junior girls category followed by junior boys, senior girls and lastly, senior boys.

Our biathletes brought home gold medals in every single category they competed in! Evelyn Budzinski took the gold for junior girls. In the senior girls category, Hanna Guiney and Lolade Ogunmekan dominated the podium earning gold and silver respectively. The senior boys topped the podium with William Budzinski, Noah Clancy and Justin Rioux being awarded gold, silver and bronze. They were all very happy with their performances. Cadet Lolade Ogunmekan expressed a common theme: "This was my first year of biathlon and I set a lot of goals in the season to place on the podium and improve my cardio. Through all the training and with a lot of determination, I met all my goals! Hard work really does pay off."

Continued on page 6



Biathletes form a pyramid, proudly showing off their medals. Photo credit: Susan Joao

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OUR COMMUNITY

Continued from page 5

The next day, the cadets competed in the pursuit race. Competitors became more determined to claim their place on the podium. “We could feel the intensity increase at the competition on Sunday, but we stayed focused and driven to perform our absolute best,” said Justin Rioux. After a fulfilling day of racing, our cadets placed well on Sunday too. Evelyn Budzinski continued to stay on top, placing gold in junior girls. And once

again, Hanna Guiney and Lolade Ogunmekan both took gold and silver in senior girls. William Budzinski earned the top spot in senior boys with Noah Clancy in sixth and Justin Rioux in eighth.

It truly took a village of supporters, coaches and parents to make this opportunity accessible to local youth, inspiring athletes of tomorrow. Special thanks to coaches Captain Lohnes and Abby Lohnes for their constant support and help during the weekend, between the technical

pieces on the range to the mental parts during the race; their help and assistance were sincerely appreciated. Thank you to the many parents who came on to cheer on the cadets, and to the volunteers who helped with waxing the skis. The team would also like to deeply thank all those who donated to support our travel costs, which allowed for an amazing experience and everlasting memories for us all.

Opportunities like these offered through the Canadian Cadet Organization provide opportunities for youth to push their physical fitness limits and develop their leadership and team-building skills. This free-to-join army cadet program is open to youth between the ages of 12 and 18 and is offered locally every Wednesday night at 2100 Walkley Rd. Check out their website www.2332cadets.ca for more information.



From left to right: Lolade Ogunmekan, Noah Clancy, Hanna Guiney, William and Evelyn Budzinski, Justin Rioux. Photo credit: Susan Joao



John Fraser

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OUR COMMUNITY

FINDING COMMUNITY IN ALTA VISTA

By Aldis Brennan, VISTAS Co-Editor



After having spent her entire life in Toronto, when Mary Williams retired in 2015 she decided to move to Ottawa to be closer to family. The only people she knew in her new city were family members, so she decided she could use a little help getting to know the place. Her sister-in-law recommended she check out the Ottawa Newcomers' Club, a women's social group.

"It is a very interesting club," Mary says. "Generally, we're not intended for newcomers to the country, it's more newcomers to the city as well as women who have had a major life change like becoming widowed, divorced or retired."

The Ottawa Newcomers' Club was founded in 1972 after four women who moved to the city from Calgary imported the idea from the group that was already established in Alberta. The Newcomers meet regularly to do activities and to spend time with each other.

"There seems to be quite honestly, a lot of eating, socializing and getting to know the city," Mary says. "Every month we go somewhere. I've taken people out to the Diefenbunker as well as Rideau Hall. There are outings to museums and other interesting places as well as a variety of activities such as walks, book club, bridge, luncheons, scrabble, movies. There's something for everyone."

Members spend about four years in the Newcomers club and then, should they decide to stick around, graduate to the Ottawa Newcomers' Alumnae Club which is celebrating its 50th year in 2024. For Mary, joining the club was a great way to meet people in her new home.

"I kind of needed a whole new base and to learn my way around the city. It's nice to have a group to go places with," Mary explains. "I've discovered as I get older that you really do need that community. I think most of us enjoy being around people and doing things with them. Be it family, friends, or just having a group of people who care about you or have an interest in you."

They also, as it turns out, can be a great network if you're looking for a new place to call home, as Mary experienced.

"When I moved here, I didn't live where I do now," Mary said. "The first time I drove along Alta Vista Drive, I thought, 'Wow, I'd really like to live in this area.' So, when I had the opportunity and found an apartment here, I was like, 'OK, this is good.' It was a member of the group who lived here, and my sister-in-law suggested I might want to come and see the place. So, it was through Newcomers that I found it."

The Alumnae Club has about 200 members and the Newcomers around 100.

You can learn more about the Ottawa Newcomers' Club, including how to join, on their website: ottawanewcomersclub.ca.



Members of the Ottawa Newcomers Alumnae Club celebrate 50 years of friendship.



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OUR COMMUNITY

HEROES OF HERON EMERGENCY FOOD CENTRE

By Lynn Sherwood

It seems that spring has arrived – and spring means tax time and thus is the season of the accountant as well as warmer weather. So, this April our Heroes are the three members of the Finance Committee of our board at HEFC: Corinne Semaan, Mike Quinn and Faaria Bhollah.

Corinne, Mike and Faaria are the latest volunteers from the accounting firm, Hendry Warren, whose employees manage the rather complex finances of HEFC.

There is a lot to keep track of. We have many donors, small and large, all of whom require tax receipts for their contributions. We also have monthly expenses which must be paid on time. As we are a charitable organization with an independent board of directors, we submit monthly reports to the board and must report annually to the City of Ottawa, the Ottawa Food Bank and the Canada Revenue Agency. Our finance team also ensures annual audited financial statements are completed, the preparation of which is referred to another accounting firm before presentation at our annual general meeting. In addition, we receive several notifications of grant opportunities from various organizations that must be reviewed and assessed for relevance to our program before we apply for the grants. Our finances are a lot of work!

Hendry Warren provides volunteer accounting to a variety of charitable organizations in Ottawa, and we are very fortunate to have the services of these three dedicated volunteers who are their employees. Over the years, a number of different accountants from this firm have participated on our board's Finance Committee. These folks manage all of our bookkeeping, accounting, auditing and reporting obligations on a voluntary basis, meaning that all donations to HEFC can be spent on food. All three team members do this work in addition to their regular jobs during "the busy season" from February to June, although they may also use some work hours during the rest of the year. Corinne estimates that the team spends about 15 hours a month on this task, at no cost to our organization.

Currently, Corinne is the treasurer and the lead member of the financial committee. She tells me that each member of the team contributes approximately five hours a month of their own time to deal with the finances of HEFC. Tasks are divided between team members who rotate through their volunteer roles. Corinne, as the senior member of the team, takes care of the monthly payments, including our payroll, supervises and coordinates the labours of the team, reviews grant applications, and prepares the tax slip for our part-time employee.

Mike Quinn records and processes all of our donations, including the issuing of tax receipts; this is no simple matter since, especially during the holiday season, we receive many donations from community groups, churches, and individuals both in person and online through CanadaHelps. He also handles the banking deposits and submits the T3010 Registered Charity Return.

Faaria Bhollah, the newest member of the team, manages the bookkeeping, assists with payroll preparation, and is learning the other tasks involved in managing our finances.

All three attend monthly board meetings.

Corinne says that she very much enjoys this opportunity to give back to the community and to use her skills to assist those less fortunate. As a board member, she also has an opportunity to understand the challenges facing organizations like HEFC and to learn new leadership skills.

Our organization exists for the purpose of receiving donations, both monetary and food, and then distributing those resources to folks who are down on their luck. We could not do this work without the commitment and efforts of our Finance Committee, patiently plugging away at our books, out of sight of the folks whom they are assisting. Speaking for myself, when reviewing our monthly balance sheet, I start to feel overwhelmed at about the point I see the line proclaiming "accumulated amortization" and remain profoundly grateful for their knowledge and expertise. As the demand for emergency food continues to increase in our community and as we now serve over 2,300 clients a month, their role will continue to increase in importance. They truly are our Heroes, and April is their month.

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

Call us at 613-737-9090 or email us at hefc-info@rogers.com for more information.

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

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

APRIL WISH LIST

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- » le Supplément de revenu garanti
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OUR COMMUNITY

THOUGHTS ON CROCUS AVENUE'S RARE COLLECTION OF AMERICAN ELMS

By Chris Wiebe



Many Alta Vistas can remember the sad transformation of once leafy streets in our area with the arrival of the emerald ash borer in 2009. Over just a few years, the hundreds of large ash trees that lined Elmvale Acres streets died and were stripped away leaving the area almost unrecognizable, and Alta Vista Drive went from a leafy promenade to a barren, unremarkable collector street almost overnight. It was a gut-punch to the community and a reminder that street trees are critical in defining the character of a neighbourhood.

Most days when I come out my front door, I look up at the American Elm that towers over Crocus Avenue on the other side of the street. It's a phenomenal tree at least 60 feet tall, its huge sprawling root structure suggested by the bulging mound of earth at its base. In fact, there are four other elms on the one-block stretch of Crocus between Niagara and Blossom, two of them quite massive. What are these trees doing here? Were they survivors of the Dutch Elm disease epidemic that arrived in the city in 1966, brought an elm death rate of over five per cent per year, and by 1980 had largely stripped Ottawa streets of its iconic elm population? It made me wonder whether the five elms on Crocus were, like the decimated ash trees in the area, the remnants of a larger elm tree street planting program in Alta Vista.

The American Elm, a robust native species with a tall and beautifully arching vase-like silhouette, enchanted North American city planners and became the go-to street tree in the first half of the 20th century. Though millions were planted in North American cities, these elms were also found throughout rural central Canada, and you can still see them along roadsides or solitary and statuesque in the middle of farm fields. Dutch Elm is a fungal disease that is spread via bark beetles, but also passes through tree root grafts making those planted adjacently along streets particularly vulnerable. According to Ottawa's 2018-2037 Forestry Management Plan, there remain several elm hotspots in the city, such as the Byward Market and Bells Corners.

In addition to the five elms on Crocus, I began wondering how many other elms there were in Alta Vista. At this point, it's hard to tell. The 2018 City of Ottawa statistics on street tree types in the area break down as follows: Billings Bridge-Alta Vista (35% maple, 15% ash, 8% linden-basswood, 6% honey locust, 6% lilac, 32% unknown); and Elmvale-Riverview (39% maple, 15% ash, 12% linden-basswood, 7% oak, 5% honey locust, 23% unknown). Obviously, there are a lot of unknowns in Alta Vista and better data may need to be crowdsourced. Precocious and hyper-self-aware Old Ottawa South, on the other hand, knows it has exactly 27 elm trees, either on private property or as street trees. If my semi-systematic bike rides around Alta Vista are any indication, there aren't many out there. I've located a grand total of two in Applewood Acres and Faircrest Heights to this point – one at Utah and Randall, and one on Roger Road – but hope to come across more.

OK then, if the five elms trees on Crocus Avenue were such a rare concentration, when had they been planted? After gleaning no fresh insights from Crocus Avenue's only remaining long-term resident, I found some tree age calculators online using tree diameters and species' growth factors. These calculations told me the biggest elms on Crocus were a stupendous 150 years old! While I was wild with excitement

for a moment, I quickly realized these tree age calculators were clumsy and imperfect and didn't factor in soil and other environmental factors. For example, the maple street tree in our yard had experienced super-charged growth for several years by tapping into the fabulous supply of nutrients in our household sewer pipe!

Elms are known for being fast growing, so had these Crocus trees been planted in the 1950s when the houses were built? When I began comparing historical air photos for clues, new questions started emerging. The grainy 1965 air photo

on the geoOttawa app didn't seem to show very large trees where four of the elms on Crocus now stand – these elms may simply have grown quickly over 70-odd years. However, there was one visibly large tree in the photo where a massive Crocus elm stands today. When I looked at sharp 1938 and 1945 digital photos (available free through the University of Ottawa website) of that same location, I saw a group of trees in the middle of the Billings Estate farm field roughly where the Crocus elm now stands. Could the current tree be a farm survivor that was incorporated into the new residential subdivision, giving it a head start in growth and explaining its unusually massive size? The stately elms of Crocus Avenue, it seems, continue to provide plenty of questions along with their ample summer shade.



An American Elm at the corner of Crocus Avenue and Blossom Drive with the much admired vase-like growth form.



A 1938 air photo of Billings Bridge and Applewood Acres with possible future Crocus Avenue elm trees circled. Credit: uOttawa NAPL Index A6352



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Ward 18 Office Hours

Office hours are hosted once a 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 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 in April are:

Monday, April 15, 2024, from 10a.m. to 12p.m.

Repair Café - May 11

Do you have an item that needs to be repaired? My office, in collaboration with the Ottawa Tool Library will be holding a Repair Café at Jim Durrell Recreation Centre (1265 Walkley Road) on Saturday May 11th from 10a.m. to 2p.m. We will also have representatives from the City of Ottawa's Public Works team and the Rotary Club of Ottawa on site to share their work with residents.

The Ottawa Tool Library is a non-profit tool lending library in the heart of Ottawa – providing tools, expertise and a workspace for projects. They also have a dedicated OTL Workspace located at 877A Boyd Avenue where you can work on your own personal projects. Costs are \$24 for a daily pass and \$96 for a monthly pass (plus applicable taxes). For more information and to book a time slot in the WorkSpace, please visit www.ottawatoollibrary.com.

Cleaning the Capital - April 20th and 21st

Spring has officially sprung in Ottawa! This means that it is time to clean up garbage that was accumulated in our city over the winter season. My office will be participating this year in the City's Cleaning the Capital initiative.

Join us on the mornings of Saturday, April 20th and Sunday April 21st from 10a.m. to 12p.m. to clean up our Ward. April 20th will take place at Tremblay Road and April 21st will take place at Sheffield Glen park. I look forward to seeing you there!

Arch-Canterbury-Plesser Update

The Canterbury-Arch-Plesser integrated road, sewer, and watermain project is underway after having been postponed due to Covid-19. Currently, construction is planned to start this Summer and will be completed in stages by Fall 2026. Phase 1 will begin this Spring and include Canterbury Avenue from Halifax Drive to Plesser Street. More information on this project can be found on ottawa.ca by searching Integrated Road, Sewer and Watermain for Canterbury Avenue, Arch Street and Plesser Street in the search bar.


Delmar Drive Public Consultation - April 15th


City staff are hosting an information session on the Delmar Drive resurfacing project on April 15th from 6:30p.m. to 7:30p.m. virtually. The link is available on my website. This project will include the addition of sidewalks, and the renewal of storm and sanitary sewers. Work is expected to begin in summer 2024 and be completed by the end of the year. More information is now available online on Ottawa.ca by searching Delmar Drive in the search bar.

Stay Connected

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

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

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

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

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Marty.carr@ottawa.ca | martycarrottawa.ca

OUR COMMUNITY

ELLWOOD UPDATE

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



Will the City eliminate minimum parking rules for new housing?

The gears are in motion at City Hall to reconsider requirements for minimum parking spots for new housing, though a report has not yet been issued. Currently, any new build in the outer suburbs requires 1.2 spaces for each housing unit, with this number decreasing toward the core. In Ellwood, one space per two housing units is required, and in some other areas, no parking spaces are required for developments with 12 or fewer units. However, in practice, developers know that to attract a certain market of buyers they need to provide parking and so it is very likely most developments will continue to provide parking in some way. This is particularly true for areas that do not have significant transit or mobility capacity other than for cars. The City is not considering eliminating or prohibiting parking.

City Council is on record saying that neighbourhoods like Ellwood are not to be turned into giant paved-over parking lots and more practically, that they are not interested in seeing trees and green space removed in favour of parking. Trees, greenspace, the urban forest, and ensuring planting space for the next generation of trees is something the Council has been clear on. Trees and green space provide a practical solution to urban heat islands, stormwater retention, shade and wellness. These benefits help with other priorities such as helping mitigate the impacts of climate change at a local level. The importance of surface absorbency of a neighbourhood to prevent water runoff and flooding is vital.

However, the reality is that many rental owners are cutting down trees, paving over green space, and to the horror of Ellwood residents, cars are being parked in the middle of the front yard green space. This is against the zoning by-law that was amended in 2021 to reinforce requirements for front yard landscaping, limit driveway widening and green space removal, and support tree retention and planting.

Many residents are not impressed with the proposed solution to this problem, which is the enforcement of property standards and parking regulations. Only the most persevering of residents report infractions, while many despair about a lack of results. By-law director Roger Chapman is on record that By Law call volume is not "sustainable," saying that the increase is tied to the fact both human and pet populations are growing while Council is passing new bylaws that need to be enforced. In many municipalities, an individual bylaw officer deals with between 400 and 600 calls per year. While Ottawa officers can likely handle more than that, they are currently facing about 900 calls each — and that's simply too many, says Chapman.

According to City staff, there are many valid reasons for removing parking requirements for new housing, but the fact is, in Ellwood, cars are ever-increasing. For example, there are many students in single-family homes that have been turned into multi-units, each of whom has a car but takes transit to the universities. The car sits either on greenspace or the street most of the day, and is used only on weekends or some evenings.

No one is stopping developers from providing parking, and no one is going to confiscate cars or stop you from having one. Cars are a choice. What City staff is saying is that cars are not more important than stormwater management, soft landscaping, greenspace and the planting of trees – and if you want to provide parking for your housing development, make sure you leave room for green space and trees. Further, says the City, the street is a public right of way, and residents have the option to request that permit parking be instituted to help regulate street parking, while emphasizing that parking space is not going to come at the expense of things that the community also deems important – green space, trees and quality of life.

If Council does move to remove minimum parking requirements, parking will be based on market preference. City staff finds that some developers, in very close proximity to LRT and transit-rich areas, are seeking to reduce their parking obligations. A parking space in an underground or structural garage can cost upwards of \$150,000 to construct, the cost of which is passed along to the future resident, so there is an economic incentive for both the buyer and developer to

Continued on page 13

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OUR COMMUNITY

Continued from page 12

reduce the amount of parking to what is needed. Where parking is not provided for in developments in the inner core area such as Hintonburg, the lack of parking is made clear to future residents and tenants. These areas generally have permit parking in place to help manage the on-street demand, as on-street parking is a limited public resource in itself. Note that visitor parking is a different thing – there will still be a requirement for visitor parking regardless of how City Council moves on minimum parking requirements.

In my detailed discussions with David Wise, City of Ottawa Director, Economic Development and Long Range Planning, the issue of parking cars on front yards in defiance of zoning by-laws, property standards and landscaping requirements, is a human behaviour and social problem to be dealt with using Bylaw enforcement and licensing of rooming houses. There is no law against someone renting a house with roommates. Further, triplexes are built all over the city with parking. Westboro, for example, has many new triplexes with rear yard parking, however, the result is no rear yard trees or greenspace remaining. There are choices to be made on what the community values in parking to be provided for every unit entirely on-site to the detriment of the urban forest, or accept trade-offs, that keep desired trees while also providing badly needed and proper housing. How do we square this circle?

Ellwood residents concerned with development proposal for Bank & Walkley

A development applicant is planning to bring forward a zoning bylaw amendment to the City to facilitate a new development at the northwest corner of Bank Street and Walkley Road (where the Value Village is). On February 28th, the applicant hosted an online public consultation for residents to hear more about the proposal and have an opportunity to provide feedback.

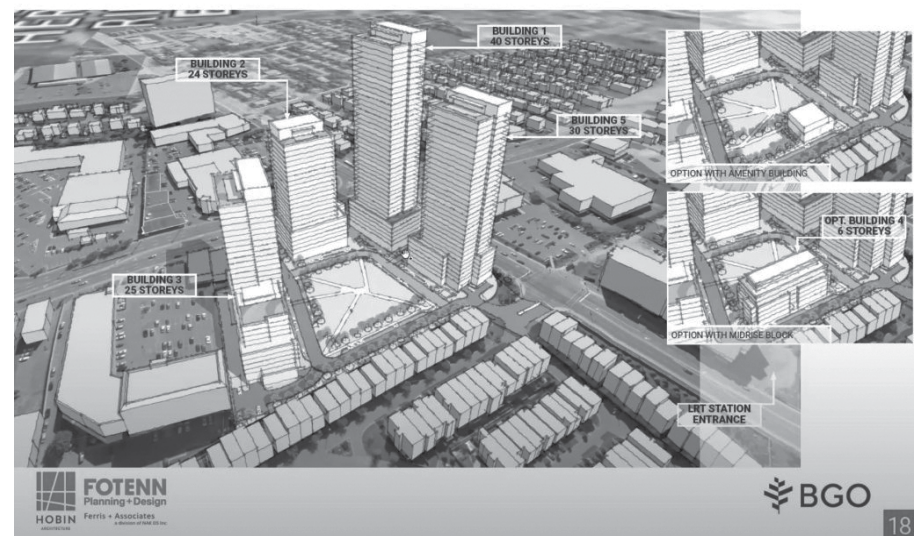
Most residents are not aware that this site is not in River Ward (Brockington) nor Alta Vista Ward (Carr), but in downtown's Capital Ward (Menard).

Bentall Green Oak, a real estate investment firm headquartered in Miami, is the real estate investment arm of Sun Life Financial –

considered one of the largest real estate investment firms in North America with US\$83 billion in active assets– proposes a series of four or five high rises in the large Value Village plaza. One of 24 storeys, another of 25 storeys, a third of 30 storeys and a fourth of 40 storeys. The proposal is proceeding under the new Ontario Government development provisions that call for intensification at or near transit stations like Walkley under a fast-track consultation and approval process. This plan is for around 1,200 units with parking for 600 cars, virtually all of which would be underground. Although planned to be an all-rental accommodation, it is not claimed to be affordable housing and it is difficult to imagine that there will not be a requirement for more parking spaces. In similar situations, residents usually park where they can as close as they can with all the inconvenience it entails. A concern raised at the meeting was there is very little to no available on-street parking in the area. Initial estimates about the impact on local traffic volumes put another 120 vehicles into play during the morning peak and 160 at the afternoon peak, with the developer looking forward to the widening of the airport parkway to assist. It was not clear whether the development is subject to maximum heights allowed by air navigation requirements in the vicinity of airports, however, the high rises across the street were subject to a height restriction.

Continued on page 14

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OUR COMMUNITY

ELLWOOD UPDATE

Continued from page 13

The two-hour virtual presentation was attended by about 80 residents from the surrounding area. Reports indicate that there were not a lot of hard facts, this being the initial “soft” version. The three ward councillors attended, but no City staff. The developer stated that two specific amendments are needed on height restrictions and density – notably to increase the height of the tallest building to 40 storeys from the 16 currently permitted under the new official plan. Residents raised concerns about the sun being blocked out, additional traffic, and parking of cars on nearby residential streets.

Representatives of community associations around the area are seeking effective consultation with the developer, as well as close cooperation between all three ward councillors, to address local concerns. Ellwood’s Ridgemont Community Association will be closely monitoring this file as it will have a big impact on our community.

Solar Eclipse Show and Tell in Licari Park

On Monday, April 8, Ellwood’s Ridgemont Community Association will be holding a Solar Eclipse Show and Tell in Licari Park. In Ottawa, the sun will be occluded by about an incredible 98.87 per cent! Special solar viewing glasses will be available and someone will be on hand to explain things as the moon moves across the sun. All residents are welcome to attend, but minors under the age of 18 will need to be accompanied by a parent to use the special glasses. Proof of age may be requested. The eclipse begins at 2:11 p.m., is at maximum effect at 3:25 p.m., and ends at 4:35 p.m. Community association representatives will arrive at 2:30 p.m.

Save the day for Licari Park clean-up

Our ever-popular Cleaning the Capital clean-up is scheduled for Saturday, May 11 from noon to 2 p.m., so save the day – there will be refreshments and prizes. Please bring a rake and elbow grease!

AGM to be held May 29

Ellwood’s Ridgemont Community Association will hold its 44th AGM on Wednesday, May 29 starting at 7 p.m. at the Marriott Residence Inn at 1172 Walkley Road in the newly renovated Rideau Room. Refreshments will be served and there will be guest speakers.

Community shaken by recent vehicle theft

The last vehicle stolen in Ellwood was a pickup truck about five years ago, but a late-night theft has left residents shaken. The thieves first disabled the security cameras and then stole a late-model pickup, which was soon traced to a Montreal shipping centre. Efforts for retrieval were unsuccessful.

Norm Payne can be reached at 613-288-0034 or normanp@premieregroup.com.

*"Winter's done, and April's in the skies.
Earth, look up with laughter in your eyes!"
— Charles G.D. Roberts*



BOOKWORMS DELIGHT

HAPPY-GO-LUCKY (2022)

By David Sedaris

Reviewed by Marie-Andrée Lajoie

David Sedaris is a rich and famous writer who has published many books and enjoys touring, reading his books to crowds, and talking lovingly and derisively about himself and his family. His latest book is a funny, sarcastic and often sad collection of autobiographical essays: the rumination of a man facing the pandemic and his elderly father’s death.

Sedaris knows he is privileged: two apartments in New York City, one (or two?) houses on the Atlantic Coast in North Carolina, a house in the U.K. (where he now resides). From humble beginnings, he has made a good life for himself. He loves his work and has a devoted long-time partner and many friends. His siblings, especially his sister Amy, are a constant presence. The final days of their father bring them even closer together; this is truly the common thread in the book.

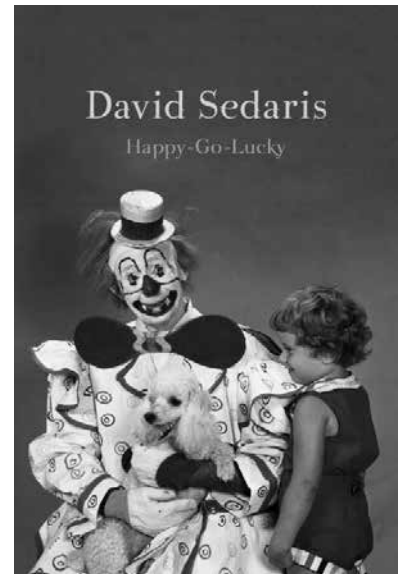
Dad was really difficult and frankly a bit strange. The author describes his odd and cruel behaviours when his kids were growing up in Raleigh, North Carolina. The brothers and sisters all survived, except one. Now all middle-aged, they congregated around this feeble and somewhat agreeable old man. Sedaris’ talent is to make you chuckle at the most unexpected moments and to make you feel this could be your family.

Other essays cover the pandemic and how the author survived it walking through New York City; the Black Lives Matter movement; times at the beach house (which is called Sea Section); homosexuality and Greek origins. Sedaris’ humour and self-deprecating style are not for everyone but I truly enjoyed the book, more than I thought I would. He might seem a bit pompous at times but he comes out as very friendly.

My favourite chapter is Chapter 8 – “Themes and Variations.” There Sedaris explains his love of touring, of nice hotels, of kind chauffeurs and of the people who organize it all for him. He truly enjoys connecting with readers and explains how his stories evolve with his public’s reactions. He is very generous during autograph sessions, making sure to engage with as many people as possible. During each tour, a theme might develop: one time, it is jokes (I laughed out loud numerous times); another time, it is giving \$50 to a person in need, from one city to the next.

According to some critics and one of my friends, this book is gloomier than the author’s regular fare. It is no surprise given some of the themes. I was still entertained and often touched. I will put others of his books on my reading list.

On my night table: *The Emperor of Paris* (C.S. Richardson); *The Underling* (Ian McKercher); *The Rise of Wolf 8* (Rick McIntyre).



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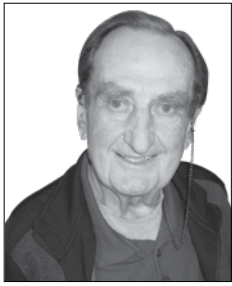
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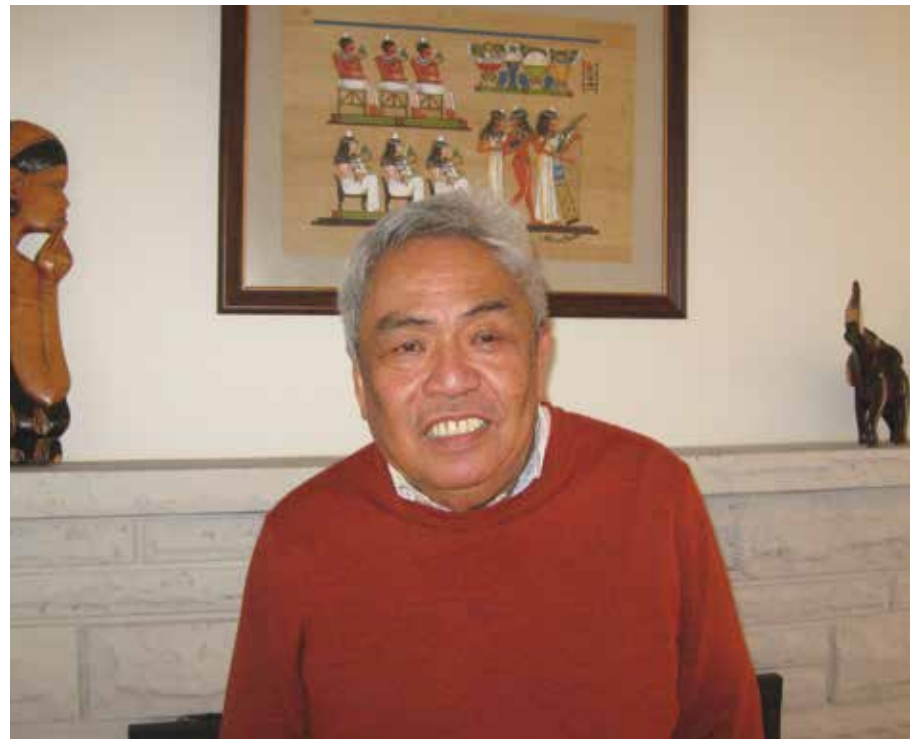
OUR PEOPLE

A LONG ROAD TO LOVE THY NEIGHBOUR

By Courtney Tower



It took him a while, until he was about 36, but what blessings it brought him, what changes in Rey Calleja’s appreciation of life, what new peace in his heart. That began in Zagreb, Croatia, when the United Nations man from Canada met Monika, a 20-year-old university student in Zagreb. That was the foundation of lives and love together that are shared outwards today from their home in Alta Vista.



Rey Calleja finds peace after terrible years in Africa and Pacific. Photo credit: Gerri Doherty

Shared outwards: here’s an instance. I couldn’t reach Rey and Monika for a full week very recently to ask some further questions because they were out, among disadvantaged children. They were cooking and otherwise volunteering assistance at a camp in Quebec for people with mental disabilities started by an officer of the Salvation Army to give the parents a break.

The Salvation Army, although they follow the Baptist Church denomination, figures largely in their lives and in volunteering – in many different ways and often. They worship Sundays at the Salvation Army Ottawa Citadel church. They immerse themselves in church functions, events and projects. Monika volunteers at the South East Ottawa Community Health Center, the Central Experimental Farm and the Christian Embassy of Canada. Rey is a volunteer board member of Grace Manor, a seniors facility affiliated with the Salvation Army.

A Tale Best Told Over Shakshuka

Initially, Rey and I met over many meetings of Men’s Shed and I learned something of his years with the UN in some of the world’s most terrible places of mass killings and genocide. Men’s Shed is a grouping of mostly elderly men who meet and talk, share a meal, do projects together.

After Rey agreed to a profile in VISTAS, I found myself in their home one morning having a wonderful breakfast of shakshuka, a North African and Middle Eastern breakfast dish that they learned to make and enjoy during long years spent at a regional base located in Israel. Shakshuka (sometimes spelled shukshuka and shakshouka) is eggs poached gently on a bed of diced tomatoes, bell peppers, onions and garlic, dashed with herbs and spices like cumin and chili or cayenne powder and others of one’s wish.

Over shakshuka I learn Rey was born in 1956 in Manila, Philippines, in a comfortable home where father was in advertising and mother was a local USAID official. He was schooled, elementary through university, in the Don Bosco Roman Catholic education system. He studied engineering and electronics. He worked after university installing, maintaining, repairing electronic office equipment and ledger card computers.

Continued on page 16

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OUR PEOPLE

Continued from page 15

A wish to change and a desire for adventure led him, at 26, to migrate to Canada, to St. John's, Newfoundland. He enjoyed St. John's and the province but when the economy there turned sour in the cod-fishing moratorium he did what so many in the Atlantic provinces did (and do) – he went to Alberta. In Edmonton as in St. John's, he worked in office electronics equipment service and management, travelling the province far and wide until a friend told him about the United Nations Field Service.

Years And Years Of Terrible Settings

Rey started with that UN service, in communications, in 1991 installing and/or taking down and redeploying its office and communications equipment as peacekeeping missions in countries and regions came and went. He rose to become a senior manager of supply assets. His first mission assignment was in strife-ridden Cambodia in 1992, when the UN, with more than 20,000 soldiers and policemen from 40-plus countries, kept the cease-fire between the then Vietnam-installed government and warring other factions.

Then, it was a succession of assignments in further places of terrible death and destruction, of civil wars and famine. There was Somalia's famine and factions. There was Rwanda with the genocide of the Tutsis by the Hutus, for Rey "my toughest mission." The massacres, the rapes, the kidnappings of girls, the burnings of whole towns and of churches filled with people seeking refuge in them, the murders of hundreds of thousands of people, are burned within him, as they were and are for General Romeo Dallaire, the Canadian head of UN forces there who could not stop the horror.

After Somalia, there was the breakup of Yugoslavia into its one-time component parts and Rey was part of a UN so-called "asset liquidation team." The team covered the whole of the area, of Bosnia, Croatia and the others, all beset by strife and massacres and claims of genocide, of more of the most horrific killings, rapes, and other atrocities, but was headquartered in Zagreb, Croatia.

'Listen To Monika' And Find Peace

It was in Zagreb that Rey met Monika, a beautiful woman 16 years his junior. She was a student of food technology and biochemistry in the university, near where he lived. They met in the café life so prominent

there – same places, same times, each in their own groups of girls or UN men, until they began to distinguish out each other and to say hello and talk.

"She taught me that life was much more than being immersed in work, going from place to place without ever really learning and enjoying much about it," Rey says. "She took me on long walks, showed me the magnificent architecture, the places of history and of the people. We liked the same music. We both liked to read (he still re-reads Hemingway and Steinbeck). I wasn't there just to be part of reconciling warring factions. I was there to enjoy the beauty and the good experiences that were there, around me."

Rey and Monika were married in 1997 and more postings ensued. They together crossed the oceans to Southeast Asia and East Timor, which had just won its independence from Indonesia. Then, back to the Middle East, to fractured Lebanon. By then, the UN had decided that he had had so many years of here-and-there assignments that he merited a good long settled one. And so the couple, by now with son Joshua having been born in Croatia and daughter Rebecca born in Lebanon, ended up in Jerusalem as a base for a final 15 years in UN service.

The years in Israel, despite all its own turmoil, gave time for reflection "and it was here that I found again my Christianity," he says. "It was here that the PTSD that I was suffering from, because of all the horrors that I had witnessed, grew worse. It was taking me over. I had strong negative feelings about my worth, that I had been unsuccessful in life. I started to drink a lot. I would find myself on the floor, huddled in pain. It affected my marriage. But I did find the time to reflect, to listen to myself inside."

"And I heard God tell me 'I gave you Monika and you should listen to her.' And so, I did. And things began to turn around. I managed to find peace."

"Everything is because of God's grace and if you start believing in that, you find peace."

"God tells you to be happy, to be grateful, be blessed for yourself and for the people around you. Do not worry. God will help you. That removes a lot of pressures from you."

Rey concludes: "Try to do whatever you are supposed to be doing happily. And love your neighbour."

Love your neighbour, that is what Rey and Monika practice, through their lives and volunteering.



ARTS & CULTURE

WORLD PREMIERE OF NEW CANADIAN OPERA

By Andrew Ager



New Opera Lyra is pleased to present the world premiere of *“The Great Gatsby,”* by yours truly, on April 19 and 20 at Southminster United Church.

This new opera, in two acts, tells the tragic and timely story of Jay Gatsby, a rags-to-(dubious) riches tycoon of the early 1920s in post-war New York.

I first saw the film, starring Robert Redford and Faye Dunaway, in the summer of 1978 when I was a teenager and starting to write music. It made quite an impression on me and I then read F. Scott Fitzgerald’s iconic novel. I thought, “This would make a great opera someday.” So, only 46 years later, it is on course to be premiered by our company, New Opera Lyra.

What is the mystique of this story? It is not only the nostalgic evocation of an era through which the grandparents of so many baby boomers lived – an era made familiar, by this connection, to us boomers in our childhood. It is also a timeless tale of the unknown twists of fate that meddle with the plans of even the great and powerful.

The Great Gatsby, having amassed great wealth in the shadowy postwar underworld, sets out to reclaim the love of his life, Daisy, now married to someone else of high and respectable status. Having partially accomplished his dream, the inevitable and seemingly random actions of fate begin to intervene – ending in ultimate tragedy.

The 1974, movie which I saw decades ago and since have watched several times, perfectly captured the opulence and fragility characterizing the Zeitgeist of the Roaring Twenties.

The opera, which runs in two acts of 45 minutes each, narrates the progress of this story with a libretto largely drawn from the text of the novel and music which evokes the era, but is not a pastiche of it. With a wonderful cast of Ottawa and Toronto-based singers, and magnificent costumes by Kathryn Racine, *“The Great Gatsby”* will be a significant operatic event this spring in the nation’s capital.

“The Great Gatsby” will be directed by Suzanne Bassett, to whom the opera is dedicated. Ms. Bassett directed the premieres of my operas “Frankenstein” and “Scrooge’s Christmas.” Her sense of proportion, detail and narrative direction in the staging of operas is flawless.

Ottawa Maestro Matthew Larkin, who is New Opera Lyra’s Conductor-in-Residence, will lead a chamber orchestra featuring players from the National Arts Centre Orchestra.

Tickets and further information about this exciting world-premiere are available at newoperalyra.ca.

Andrew Ager is a composer and the organist at Rideau Park United Church, where New Opera Lyra has a monthly concert series in addition to its opera productions.

Adam Sperry as Gatsby and Carmen Harris as Daisy; photo by Spencer Studio, Ottawa



CONSOLATION AFTER CRASHING

It’s raining 1930 all around me.

The cloud that burst last year after you left,
Sent rain that crawled the windows of my soul,
Yet all is arid on my mourning heart.

I wish you’d make the warm spring showers start,

For all the torrent that now soaks me spills,
From clouds that tip behind my windowsills.

The crops I fear will fail this year and yet I am consoled,

By the steam whistle’s call around the bend,
And eastern skies and beast and tree and fish,
And bird and knee that won’t to sorrow bend,

For all is well.

By Alta Vista's Dylan McGuinty Jr.



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ARTS & CULTURE

What's On in Ottawa & Beyond in April?

By Tony Wohlfarth



The 96th Academy Awards took place on March 10. *Oppenheimer* dominated with seven Oscars, including for best picture and for best director (Christopher Nolan).

This month, I review another Oscar winner, *The Holdovers*, which is available to rent in our community. I also look ahead to the 2024 Grassroots Music Festival,

April 25–28.

The Holdovers

Paul Giamatti, Da’Vine Joy Randolph and Dominic Sessa co-star in this engaging story set in a private boarding school for boys in upstate New York.

The film begins as classes end for the Christmas holiday, and classics teacher Paul Hunham (played by Giamatti) hands out marks for the end of the term. The grades are low, and one student reacts strongly to his low mark. I found this exchange hilarious as his excuse was he is planning to go to Cornell.

Turns out he is one of the holdovers – students who stay over for the holiday. The group get off to a testy exchange at first, but they grow closer – playing games, sharing life stories and going off school premises for an adventure which – spoiler alert – gets them into trouble with the school.

I enjoyed the camaraderie and recommend this film. Seeing Best Supporting Actress Oscar winner Da’Vine Joy Randolph is a bonus. The director, Alexander Payne, has made some odd films over the years; this film is his best.

How Can I See *The Holdovers*?

The Holdovers is available to rent from Movies ’n Stuff, 1787 Kilborn Avenue. The running time is two hours, 13 minutes. Call Peter at 613-738-1607 to reserve your copy.



The Berlinale

The 74th Berlinale wrapped up on February 28, and a French film – *Dahomey* – won the Golden Bear Award.

Dahomey

In 2017, French President Emmanuel Macron announced the return of stolen art to Benin, a former French colony in Africa.

Director Mati Diop and her crew followed 26 pieces of art as they were moved back to Dahomey, in modern day Benin. The current Beninese leaders gather for an unveiling ceremony, replete with pomp and pageantry.

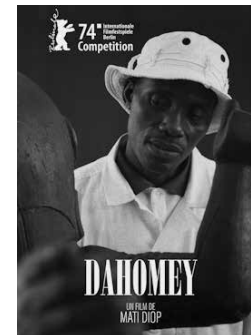
A highlight of the film for me is a discussion amongst young people about the significance of the initiative for Benin. The plunder of artwork is an international phenomenon – think about the Elgin Marbles in the British Museum. *Dahomey* portrays this issue in a better light.

The running time is one hour, 18 minutes. I have no doubt this film will receive international distribution in the coming months.

Someone Like You

A new film (2024) is currently screening in Ottawa and stars a Canadian actress. *Someone Like You* is an engaging feature length film based on the 2020 book of the same name by Karen Kingsbury.

London (Sarah Fisher) is a happy-go-lucky 20-something-year-old. Early in the film, she is tragically killed in a freak car accident. Her heartsick boyfriend Dawson (Jake Allyn) discovers that London was conceived by in vitro fertilization (IVF) and sets out to find her “twin” sister. Filmed on location in Franklin, Tennessee, the film is set in nearby Nashville.



Sarah Fisher; photo credit: TARO Communications

Continued on page 19



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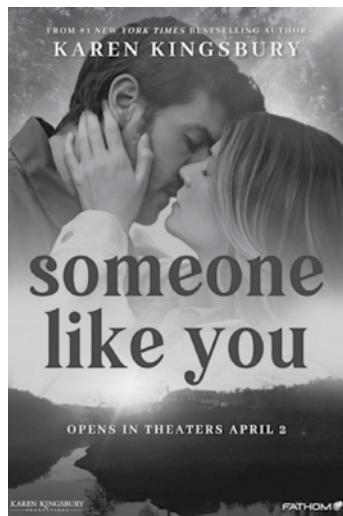
ARTS & CULTURE

Continued from page 18

The director, Tyler Russell's first film, a short, *Ashley and Landon*, was the best film in 2023 at the Faith in Film Festival.

I enjoyed the scenery in this religious fiction film. The film ends with the song "How Can We Not See God." Kingsbury's book ends with "I remember the day God gave me the story behind *Someone Like You*."

The running time is two hours, two minutes. The film opens at South Keys on April 4.



Folk Alliance 2024

Over 2,300 folk music artists from around the world met in Kansas City for the annual Folk Alliance International (FAI) conference.

Highlights for me included learning about the Woody Guthrie Center in Tulsa, OK and seeing a film about the music of Lead Belly. Volunteering at FAI is a labour of love for the 75 dedicated music fans who delivered an incredible festival in Kansas City. Led by the acting volunteer coordinator, Jen Kiper, the volunteers crew a range of workshops, showcases and panels over four days and sleepless nights.

Jen's real job is at the Kansas City campus of the University of Missouri. What attracts Jen and all her colleagues? Love of music, of course. Jen is an FAI veteran, who began volunteering 10 years ago. She has taken on increased responsibilities, working behind the scenes to ensure FAI's success.



Jen Kiper

I learned that Jen stepped into this important role at the last minute, replacing Beth Hart. Thank you to Jen for her leadership and for her perseverance.

The Canadian Museum of Nature (240 Mcleod)

The CMN has a new display all about bugs, on until October 14. Developed in New Zealand, it's interactive and designed with young people in mind.

The NAC (1 Elgin)

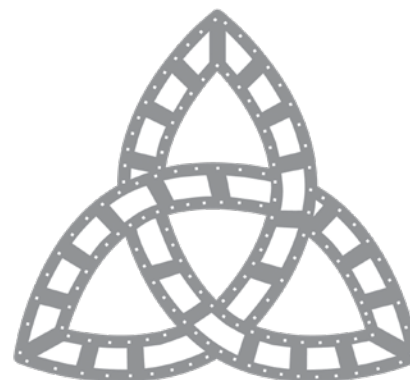
In April, NAC stages come alive with live music:

- April 4 – Land of Talk with Chinese singer Hua Li;
- April 5 – the music of Creedence Clearwater Revival;
- April 6 – Haley Blais along with Gabrielle Shonk;
- April 11–13, the Royal Winnipeg Ballet performing Snow White;
- April 11 – South African born Toronto singer Zaki Ibrahim;
- April 14–15 – Shen Yun and the ballet from China;
- April 18 – Mimi O'Bonsawin;
- April 20, it's the Ottawa Jazz Orchestra; and
- April 27 – Amanda Martinez.

For tickets and showtimes, check out: www.nac-cna.ca.

The Irish Film Festival of Ottawa

From April 12–14, film buffs should not miss the 9th edition of the Irish Film Festival. Six new films from the Emerald Isle will screen at Arts Court, along with interviews with the directors, talks, Irish food and plenty of blarney! The films include documentaries, features and comedies. For many of the films, this will be their Ottawa premiere. The complete lineup and tickets are available at: www.irishfilmfestivalottawa.ca.



IRISH FILM FESTIVAL OTTAWA

Credit: Patrick Murray

The 2024 Grassroots Festival

From April 25–28, music fans gather for four days of live music at the 11th Annual Grassroots Festival. See poster in UPCOMING EVENTS on page 39. The festival kicks off on the 25th, with Ottawa's own Lynn Miles and The Tumbleweeds at Irene's Pub, 885 Bank Street. On April 26, the fest shifts to the First Unitarian Congregation, 30 Cleary Avenue. Headliners include Connie Kaldor, and her band, Charlie A'Court, and Jessica Pearson and the East Wind.

All daytime events are free on Saturday & Sunday.

For tickets and more information, check out: ottawagrassrootsfestival.com.

Out of Town

From April 25 through until May 5, the annual Hot Docs Film Festival comes to Toronto. Ten days of the best documentary films from around the world, along with Q&As with the filmmakers. I will be there and hope to see you too.

For tickets and information on the films, check out www.hotdocs.ca.

Tony Wohlfarth is an Ottawa-based freelance film and entertainment writer (who graduated from Cornell).

"April was just beginning, and after the warm spring day it turned cooler, slightly frosty, and a breath of spring could be felt in the soft, cold air."

— Anton Chekov

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OUR ENVIRONMENT

PHOTOS BY ELLWOOD'S GARY HOWARD

A sure sign of spring is not the American Robin nor the Northern Cardinal, but the male Red-winged Blackbird. They usually appear somewhere between March 5 and March 10 every year. This year, I spotted some on March 5. The males arrive first, followed by the females a few weeks later.

As soon as the males arrive, they begin staking out their territory by singing and flying from reed-to-reed or branch-to-branch. Red-winged Blackbirds can be found near marshes and ponds. Be careful, as the males are extremely protective of the young in their nests and will attack anything getting too close, including passers-by.



Red-winged Blackbird

FRIENDS OF PLEASANT PARK WOODS

By the Alta Vista Community Association Greenspace Stewardship Committee

Winter is coming to an end and it's a busy time in Pleasant Park Woods. The trees and plants are demonstrating new growth as the temperature warms up and the longer days provide more sunlight. Due to the El Niño effect, we had less snow and milder temperatures this winter. This lack of precipitation may affect the conditions in our woods this year. While the pathways may be less muddy making them easier to traverse, the lack of water may affect habitats for birds, mammals and insects.

Mosquitoes need water to lay their eggs. The larvae and pupae live and grow in water with little or no flow. Three thousand species of mosquitoes have been identified around the world, and mosquitoes have existed for 46 million years. Mosquitoes aren't all bad. They feed on nectar and plant sap, are good pollinators, and are a source of food for fish, frogs and salamanders. Only female mosquitoes bite because they need the protein from blood to produce their eggs.

Mosquitoes don't like temperatures below 10 degrees Celsius, and they generally hide during the daytime. They like dark, hot and humid environments so walking in the woods at this time of the year should be enjoyable and generally mosquito-free.

Enjoy your walk!



LIKE MANY PAST YEARS, APRIL IS MAPLE SYRUP SEASON; PHOTO CREDIT GERRI DOHERTY

"No matter how long winter is, spring is sure to follow."— Proverb

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OUR ENVIRONMENT

BIRDS OF ALTA VISTA – THE SONG SPARROW

By Dr. Richard Knapton

Spring came early this year. Red-winged Blackbirds were back on territories by March 1, flocks of geese were prominent over the city during the first week of March, and there were Tundra Swans in ponds and flooded fields east of the city. And yet another early arrival, in our back garden, was the Song Sparrow.

A rich, russet-and-grey bird with bold streaks down its white chest, the Song Sparrow is one of the most familiar of sparrows in our neighbourhood. It is fairly large with a long, rounded tail, and it is patterned overall with greys and browns, with more reddish-brown on the wings and tail, and has thick brown streaks on the underparts and a broad dark moustachial stripe. It is found throughout Canada in all provinces and territories, although it is rare in Nunavut. Its habitat varies over its wide range; in most areas, it is found in brushy fields, stream sides, shrubby marsh edges, woodland edges, hedgerows, thickets and well-vegetated gardens. A walk through WRENS Way or Pleasant Park Woods in April could encounter five to 10 singing male Song Sparrows, each carving out his own territory. At times it is rather skulking in behaviour, hiding in dense vegetation and only seen when it flies from bush to bush with a typical pumping of its tail.



Song Sparrow; photo by Aaron Hiwarren

Song Sparrows eat many insects and other invertebrates in summer as well as seeds and fruits all year round. Prey include weevils, leaf beetles, ground beetles, caterpillars, dragonflies, grasshoppers, midges, crane flies, spiders, snails and earthworms. They are attracted to sunflower seeds at bird feeders in winter. They forage mostly on the ground, sometimes scratching in the soil to turn up items.

Males often defend small nesting territories, so high densities of Song Sparrows may be present in good habitat. In courtship, the male chases the female, and performs a fluttering flight among the bushes with neck outstretched and head held high. Nest site varies, but usually on the ground under a clump of grass or a shrub, or less than 10 centimetres above the ground, sometimes higher. Raised sites may be in shrubs, low trees, or marsh vegetation, often above water. The nest (built mostly or entirely by the female) is an open cup of weeds, grass, leaves and strips of bark, lined with fine grass, rootlets and animal hair. Song Sparrows seem to have a clear idea of what spot makes a good nest. Field researchers working for many years on the same parcels of land have noticed that some choice spots – the base of a rose bush or a particular hollow under a hummock of grass, for example – get used over and over again, even when entirely new birds take over the territory. Clutch size varies from three to six, usually four to five, and incubation is entirely by the female. Eggs hatch after about 10 days and young leave the nest after 12 days and remain with their parents for a couple of weeks thereafter. Song Sparrows often lay two or more clutches of eggs per breeding season. In exceptional circumstances, such as when resources are abundant or predation causes the loss of several clutches in a row, Song

Sparrows have laid as many as seven clutches in a single breeding season, and have successfully reared up to four clutches.

When walking around brushy areas, listen for a short husky “chimp” call (a warning call) or the bird’s melodic song with chips and trills. Males sing often, perching around eye level on exposed branches. Its typical song starts with three or four short clear notes followed by a buzzy note or two, and finishing with a trill. What is interesting about songs of Song Sparrows is that a male will sing the same song type from one perch, repeatedly, then fly to another perch and sing a completely different song, repeatedly, then fly to a third perch and switch its song again, and so on. It seems that an individual male may have from six to 20 different song types. It also seems that females prefer males with many song types and that males accumulate songs over their lifetime. One hypothesis is that by switching songs and singing different song types, a male is sending a message to newly arriving males that the area is densely populated and that such males should move on to other areas.

A typical song type can be found here: www.youtube.com/watch?v=DU9IkQEP8_g.



Song Sparrow, close-up of head; photo by Aaron Hiwarren

The Song Sparrow is found throughout most of North America, but the birds of different areas can look surprisingly different. Song Sparrows of the Desert Southwest are pale, while those in the Pacific Northwest are dark and heavily streaked. Song Sparrows of Alaska’s Aleutian Islands chain are even darker, and they’re huge: one-third longer than the eastern birds, and weighing twice as much.

The Song Sparrow, like most other North American breeding birds, uses increasing day length as a cue for when to come into breeding condition. But, other cues are important too, such as local temperature and food abundance. A study found that male Song Sparrows from coastal British Columbia came into breeding condition two months earlier than Song Sparrows in the nearby coastal mountains, where the daylight changes were the same but temperatures were cooler and trees budded out two months later.

The oldest known Song Sparrow was at least 11 years, four months old when it was recaptured and re-released during banding operations in Colorado.

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Anxious?

**STICK YOUR FINGER
IN YOUR EAR!**

By Valda Goudie



Are you feeling anxious? Comfortably insert your finger in your ear, pull down, hold, and breathe deeply. This simple action is meant to help you reset and find your balance, reducing the tension caused by stress.

I saw this idea on an Instagram post in my feed, and I wasted at least thirty minutes trying to find it again. I did not. As a result, I cannot specifically give credit to the poster with this idea.

However, I did find the suggestion intriguing. The lady in the Reel described how this worked scientifically, and I wish I could share that part. Alas, I do not have any more minutes to continue my search. At this time of year, many things can cause us anxiety. For example, when a well-meaning friend asks one (or all) of the following questions:

“Have you done your spring cleaning yet? I did mine this weekend.” (Stick your finger in your ear... you know what to do.)

“How are your taxes coming along?” (Ear jab.)

“You haven’t taken your winter tires off your car yet?” (A more forceful ear jab.)

“Have you registered your kids for summer camps yet? They’re likely filled up by now.” (Not too far—you could damage your eardrum!)

“Do you dry clean your winter clothes before you pack them away?” (Pack them away? Dry clean? Would the finger feel better if you licked it?)

“Do you have something in mind for your mom for Mother’s Day?” (Isn’t that in May? Should we be investing brain cells into this deliberation now? Consider trimming your nails before the ear treatment.)

If you try this finger-in-the-ear strategy for reducing your April stress, please heed the following warnings:

Avoid verbalizing your actions and telling your friend to “Stick it in your ear.”

You might get a cold response since you essentially told them to “Shut up.” Ensure your finger is clean since putting anything in your ear canal can cause an otitis externa infection. No one needs to add to their anxiety with otitis of any kind. There are also the risks of cutting your canal with your fingernail or forcing wax back into your inner ear to consider. By the way, most ear, nose, and throat doctors will tell you, “Don’t put anything smaller than your elbow in your ear.” (I challenge you to try that.)

Continued on page 23

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FAITH NEWS

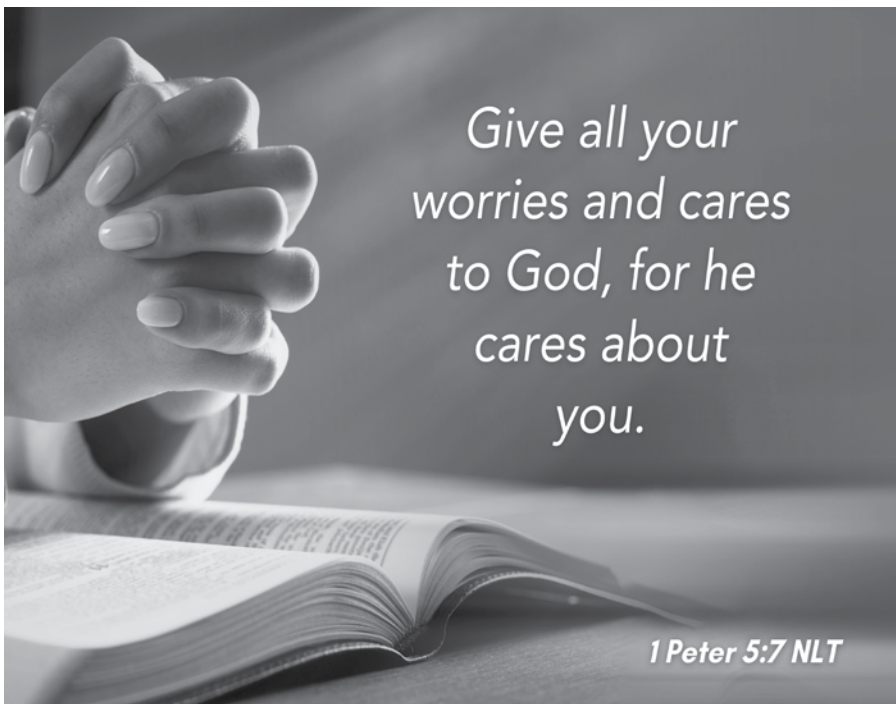
Continued from page 22

Never put your finger in someone else's ear, thinking you will reduce their anxiety. Licking your finger first is an even worse idea. "Wet willies" are rarely ever accepted well.

According to *scienceofpeople.com*, "touching, rubbing, or scratching the ears is a self-soothing gesture that may happen when a person feels nervous or anxious." However, they describe it as a more subconscious action than a known anxiety-killer.

With my tendency to keep my nails long, I will not be testing this theory on a grand scale. Instead, I will implement a more Biblical strategy for dealing with stress.

1 Peter 5:7 says, "Give all your worries and cares to God, for he cares about you."



Since God created my body, it seems logical to go to the source for my warranty work. Pulling my own ear will not solve my problems, but trusting in the all-knowing God to get me through them is a better plan.

Another verse I tend to cling to when I am feeling overwhelmed is 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.

Putting my faith in God makes more sense than damaging my ear drum. Thank You for Your love, Father. Thank You for caring. And thank You for ears to hear Your Word.

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

Sources about sticking your finger in your ear:
writingexplained.org/idiom-dictionary/stick-it-in-your-ear
www.prevention.com/health/g20478949/6-ear-mistakes
www.hopkinsmedicine.org/health/conditions-and-diseases/otitis-externa




JUST GOOD ADVICE

THE POWER OF SELF

By Lucy Agba



A powerful person is someone who finds themselves through connection with the self. My common advice to myself and anyone else is that the most important person is YOU. A keen look into life reveals this truth. You are only as valuable to others as you are to yourself. You can only give from the much you have. The optimized self becomes a strong, powerful self by first giving to itself.

One of life's best lessons is to love others as you love yourself. This begets the truth that you can only give what you have.

The self is your essential qualities, being, and characteristics that distinguish you from others. Self can be considered as one's unique selling proposition. It is more intrinsic than extrinsic. Self is multifaceted. It is the connection you have with your inner you. This relationship produces fruits which could be beneficial or harmful to you and others. How you treat yourself and others is a reflection of your self-connection.

This reflection comes from within. It's okay to feel pained, upset, insecure, angry about yourself, we all do at different times. What is not okay, is to say so and justify why you should. Maintaining an unhealthy inner-self powers a negative life, which impacts your physical and mental health. Perhaps you are unaware that within you lies the power to change and become everything you need or want to be. First you must identify who you are, where you are at and where you need to be.

Finding yourself is possible. Fueling your self-power is possible. The question is are you committed to putting in the work required? Some of the benefits of positive self-connection are:

- Self-knowledge - knowledge of yourself is pivotal to self-power. A powerful person is that person who knows themselves, is aware of themselves and is true to themselves.
- Self-esteem - people with knowledge about themselves are usually confident people. They can navigate life with confidence.

- Self-love - a compassionate person is patient and accommodating which speaks of self-love. They are first patient and accommodating with themselves to be able to give to others.
- Self-regulation - this is the ability to set personal boundaries and to take responsibility for maintaining them.
- Self-power - is the knowledge that you are capable and can do anything you set yourself and your commitment to.
- Self-discipline - I love this, it is the fuel that gets you going when motivation fails. Self-discipline is that power push you give yourself rather than give up.
- Self-respect - you are valued by the value you give to yourself.
- Self-care - can't be overemphasized. Take care of yourself, it is the true power of self.
- Self-understanding - seek always to understand your reality, your emotions, your mentality, your environment. Seek to be self-aware, that is very empowering.
- Self-managing - be a person who can handle their business. Seek knowledge, pay for training, be coachable. Know what to accept and what not to. This is self-managing.
- Self-mirroring - you want to be a great example of yourself everywhere you go and to those who may be following you without your knowing. Be the leader you want to be. Mirror your best self daily. Live your best life daily.

Negative self-perspective has its downside as expected:

- Self-shaming - we have all erred at different times. Forgive yourself. Move on to better things. You are more than your mistakes.
- Self-hate - love yourself. You deserve it. Honestly, that is the best gift you can give yourself.
- Negative self-talk - oh, it happens to us all. Be the guard of your mind. Shut the gate to negative self-talk. It takes time but it is possible.

Believe in yourself. The universe invested a lot into your existence. All you need to do is dig deep, pull from your wealth of inner potential and manifest what is within you waiting to bless your world. This is the power of self.


The best you awaits. Bring it forth.

Lucy Agba is a business owner, public speaker, financial advisor, and life coach.

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JUST GOOD ADVICE

ASK A LAWYER

By Dylan McGuinty Jr., JD



Q: My stepdad has passed away. He inherited the majority of his assets from my later mother when she passed away. Because of this, my stepdad left a will that re-routed everything to me. However, he was remarried a few weeks after signing his will. Under the law, when he remarried, the will was revoked. As a result, he has technically passed away intestate (i.e. without a will). He has also left behind two adult children. Because of this, I am told that everything will go to his new wife and children. What could my mother have done differently to plan her estate? What could have been done differently when my stepdad signed his will? And what options do I have?

A: It is not easy to plan an estate when there are competing loyalties, but it can be done. First, prior to January 1, 2022, marriage revoked an existing will. It would have been crucial for your stepdad to have included a paragraph in his will stipulating that his will was being signed in contemplation of marriage, in order to prevent it from being revoked. A sound estate plan includes critical wording to preserve the intentions of the deceased.

Second, if your late mother had established a spousal trust for your stepfather with (i) an independent third-party Estate Trustee, and (ii) you as remainderman, then the balance of your mother's wealth upon your stepdad's death would have reverted back to you as a matter of certainty. A sound estate plan in a blended family usually involves the use of trusts.

Your options at this point are to:

1. Retain a lawyer and make an Application for Directions to the Court to:
 - a. Determine whether the will can be considered not to have been revoked. This would require evidence of your stepdad's intentions prior to signing his will, and possibly an Application for an Order to circumvent solicitor-client

privilege to use your stepdad's drafting solicitor's notes to determine his intentions; or

- b. Determine whether the estate is held on Resulting Trust, meaning that the assets revert back to a trust that is held for your benefit in order to preserve your stepdad's intentions;
2. Apply for an Order to prevent the distribution of the assets until such time as the issues above are resolved; and
 3. Seek to have an Estate Trustee During Litigation appointed until the issues above are resolved.

A sound estate plan puts a moat around the castle of your estate. It is worth considering retaining a lawyer focused on estate planning to make sure your wishes are honoured.

Dylan McGuinty Jr. is a lawyer with McGuinty Law Office on Rockingham Ave. He practices in the areas of Wills and Estate Planning, Estate Administration, Trust Law, and assisting Executors and Substitute Decision-Makers. He can be reached at dylanjr@mcguintylaw.ca. Note that his column is meant to provide legal information rather than legal advice. Should you require legal advice, you should contact a lawyer.

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THE GARDEN GATE

By Patricia Moscher

Feature: Ten native shrubs for year-round interest



Creating a vibrant and visually appealing garden with four seasons of interest can be a challenge. However, with the careful selection of shrubs, it is possible to maintain colour and interest throughout the year with a spectrum of hues and textures. The following shrubs are all Ontario natives and range in size from three to six feet tall at maturity, making them ideal candidates for most Alta Vista gardens.

1. New Jersey Tea –

It's hard not to fall in love with this one! It thrives in hot, dry conditions and produces fragrant white flowers in the spring which are irresistible to bees, butterflies and hummingbirds. The seed heads provide additional garden interest well into winter. It's also a great choice for boulevard gardens with its compact size and tolerance to salt and drought.



Photo credit: Ontario Native Plants

2. **Bush Honeysuckle** – This shrub is easily grown in dry to medium soil in full sun to part shade and even thrives in rocky soils. The suckering nature of this shrub makes it useful for covering large areas under trees or as a foundation plant under windows. The yellow, trumpet-like flowers bloom from late spring well into summer while the fall foliage is an incredible red/maroon colour. The flowers provide an excellent source of nectar for bumblebees and hummingbirds.
3. **St. John's Wort** – Showy and abundant yellow blooms appear in mid-summer and look especially great when several shrubs are planted together. St. John's wort is a good low-maintenance alternative to the over-used Boxwood hedge, which provides little benefit to wildlife. Expect great fall colour with individual plants often having green, yellow and red leaves at the same time.
4. **Meadowsweet** – This shrub is valued for its cone-shaped white flower clusters that bloom in summer. The brown seed heads also provide winter garden interest and are enjoyed by local songbirds. Meadowsweet can be a good alternative to the non-native Japanese Spireas used in traditional horticulture.
5. **Purple Flowering Raspberry** – This very showy plant with bold, maple-like leaves and large pink-purple blooms will attract bumblebees like no other through-out the summer. The ripe fruit is edible with a mild raspberry flavor when ripe. During winter months, the peeling bark adds an interesting textural element to the garden.
6. **Smooth Rose** – This is a mostly thornless rose with a dense, mounding form and a suckering habit. The rose is valued for its showy, fragrant pink flowers that turn into red rose hips in late summer. The flowers support many pollinators, especially bumblebees.



Photo credit: Hidden Habitat

Continued on page 27

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JUST GOOD ADVICE

Continued from page 26

7. **Fragrant Sumac** – Yellowish catkin-like flowers bloom in summer morphing into hairy red berries that persist into the winter months. Fragrant Sumac is an excellent choice for massed plantings or drifts and provides stunning red fall foliage as well. It spreads by suckers and can spread as much as eight feet, making it an excellent groundcover shrub that doesn't require pruning.
8. **Chokeberry** – This shrub is prized for its showy, white, spring blooms that give way to dark purple/black berries in autumn. Its autumn colour is also excellent with a spectrum of rich red hues. The berries are edible but very tart so perhaps best left to the birds who love them!
9. **Leadplant** – Being a nitrogen fixer, Leadplant grows well in poor soils but is most loved for its lacy, grey-green foliage topped with showy purple flower spikes in early summer. A deep taproot makes this shrub very drought tolerant once established which the bees and butterflies appreciate.
10. **Snowberry** – Small pinkish-white flowers bloom during summer and then turn into plump, white berries that persist into winter to add garden interest. Despite being inconspicuous, the flowers are attractive to hummingbirds and various native bees. Known for its ability to thrive in poor soil, Snowberry also makes an excellent hedge and can even be pruned into a formal look like boxwoods.

Buying native plants requires a little extra leg work as most local garden centres are still predisposed to non-native varieties. However, I've discovered that online sites such as Ontario Native Plants, Native Plant Nurseries, Lacewing and Hidden Habitat offer excellent starting points for sourcing indigenous species.

Plant of the month: Purple Flowering Raspberry Shrub

The Purple Flowering Raspberry Shrub is a wonderful native species that brings both beauty and ecological benefits to just about any city garden. Its slender, arching branches are covered with striking maple-shaped leaves. In June, this shrub bursts into bloom with delicate, five-petaled, purple flowers with a delightful rose-like fragrance, attracting pollinators such as bees and butterflies.

While the Purple Flowering Raspberry may not produce fruit as profusely as its edible raspberry counterparts, it does offer small, red berries in late summer and early fall. Resembling raspberries in appearance, the berries are a tasty treat for wildlife (birds and small mammals are particularly drawn to the shrub).



Photo credit: Pinterest.com

One of the Purple Flowering Raspberry's most notable attributes is its adaptability to various growing conditions. It thrives in partial shade to full sun, making it suitable for a wide range of garden locations. Additionally, this resilient shrub requires minimal maintenance. Since it does produce suckers (new shoots from the roots), some pruning may be desired to keep its spread in check.

Whether planted as a standalone specimen, incorporated into a mixed border/perennial flower bed or used for erosion control along a slope, the Purple Flowering Raspberry adds year-round interest with its attractive foliage, rose-coloured blooms and decorative berries.

April gardening

Spring is definitely in the air, so this is the month to start getting geared up for gardening. Here are a few suggestions to get your green thumb ready for spring.

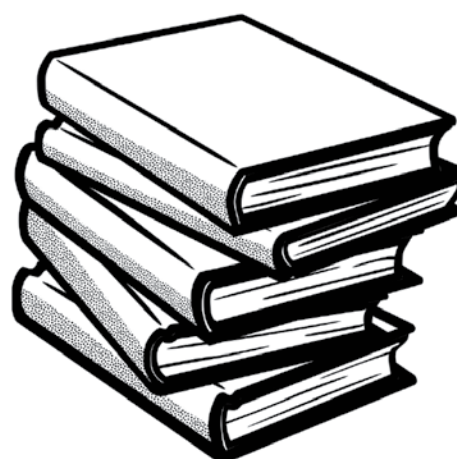
- Apply a dormant spray on any roses, fruit trees/bushes (e.g., raspberry), junipers and flowering shrubs to protect against a summer outbreak from overwintering pests, larvae and fungal diseases.
- Unwrap any shrubs/trees and inspect for winter damage (prune off broken limbs as necessary).
- Start a few annuals from seed to get a head start on spring – easy options include marigolds, impatiens, zinnia, coleus, nasturtium and cosmos.
- Force pussy willows and/or forsythia blooms inside.
- Start dahlia bulbs indoors if you have a sunny window.
- Save your egg shells and sprinkle the dried, crushed shells around the base of any hostas to deter snails this summer.
- Pre-order any new plants (perennials and/or shrubs) to have them delivered right to your door just as prime planting time arrives in May. Check out all the beautiful plants available for spring delivery from local and online nurseries.

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



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SCIENCE & TECHNOLOGY

COMPUTER TIPS AND TRICKS

By Malcolm and John Harding, of Compu-Home

Your digital devices in a disaster

Perhaps we don't instinctively think of spring and summer as being a time for major weather events, but the last few years have brought us incidences of destructive storms as well as flooding when we were more likely expecting sunshine. In short, it seems like there is no time when we do not need to be prepared for an emergency.

Many of us have some sort of digital device(s) handy, pretty much all the time. It makes sense to ensure that we can make the best possible use of them in minor or major danger, whether they are personal challenges such as fires, accidents or people lost, up to widespread disasters like floods or storms. At their core, computers, tablets, and smartphones exist primarily for the purpose of communication and they can be extremely important tools both outbound, for reaching out to share information and distress calls, or inbound to keep us informed of developments when the going gets tough. Traditional media communication channels are sometimes disrupted and nowadays that cell phone in your pocket may become the modern stand-in service like ham radio sometimes did in past generations.

Some planning, and maybe even reminder lists will ensure that your digital tools will be ready at short notice.

Backup power can be as simple as a drawer full of batteries or as sophisticated as an emergency generator. Most of us will opt for something in between. Be sure to keep these things in mind:

- A habit of keeping rechargeable devices fully charged is an important first step.
- An inexpensive power bank, available for as little as \$20 will power your phone or tablet when their built-in batteries give out. Power banks must be kept fully charged too.
- If you have access to a vehicle with sufficient fuel, you can run and charge low-voltage devices from the 12-volt socket. A power inverter, starting at less than \$30 can be plugged in, to provide USB charging sockets and a 120-volt outlet. Test it now and then.

- Be sure to keep power cords and adapters labelled and together in a resealable bag.

Emergency features and shortcuts can be set up for quick access:

- Alert Ready is not just an annoying interruption on your cell phone; it delivers "critical and potentially life-saving alerts to Canadians through ... devices." To make this service more useful to you, read through the www.alertready.ca website.
- The Ottawa Hydro Outage Map is now maintained much more reliably than it was just a few years ago. It is not intended to be up-to-the-minute, but we have found that predictions of when power will be restored are fairly accurate and can help in your planning. A shortcut on your screen means that you don't have to search for it.
- Another handy shortcut is to a local radio station, so that you can do without a separate radio for news updates.
- Keeping your contact list updated for voice or text calls saves time. Remember that your cellular answering service will take a message even when your phone is dead, and so make sure to check for messages when you recharge it.
- Learn how to "tether" so that you can use your phone's access to the Internet on your computer or tablet when your home network is down, via the cellular network. This can be an expensive exercise and so it should be reserved for essential uses.
- Don't rule out social media as a source of information, but as usual, treat it with discretion.

The best websites on this subject are American but the information is easily transferred:

- Utilities One: The Role of Wireless Devices in Disaster Management and Emergency Response
- Consumer Reports: How to Prepare Your Electronic Devices for a Natural Disaster

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



HEALTH & FITNESS

THE FALLOUT OF UNTREATED ANKLE SPRAINS

By Sue Reive, Physiotherapist

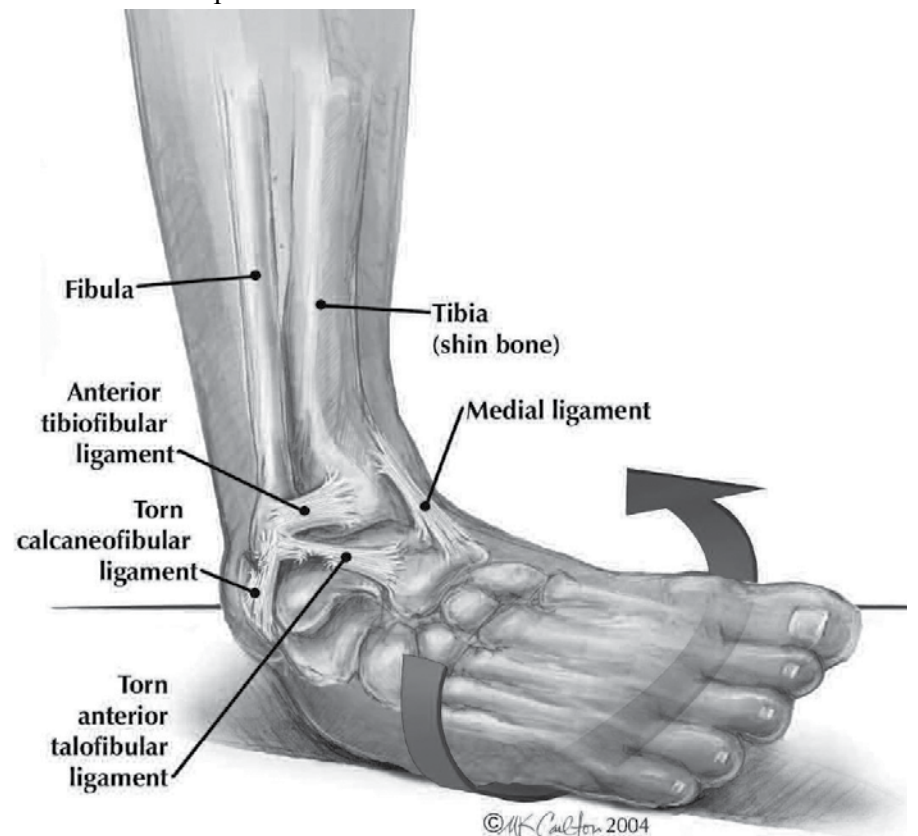
Ankle sprains are very common. They comprise 14 per cent of all sports-related injuries and 50 per cent of soccer injuries. Often, I see patients who sustained an ankle sprain three months before seeking treatment. Many were told by a medical professional to use the RICE method: Rest, Ice, Compression and Elevation. The RICE method is employed initially to reduce the swelling and promote healing, however, many patients do not know how long they need to rest. Some will return to sport too soon causing further injury to the ankle and possibly making a minor ligament sprain a more severe tear leading to greater instability. Others will not move the ankle at all and the scar tissue that forms creates stiffness in the ankle affecting their ability to walk and descend stairs. Without treatment, patients often have instability, reduced strength, poor balance and ankle joint stiffness, all of which place more stress on the ankle joint. This can lead to osteoarthritis in the joint in later years. Further, if one's gait is affected, the joints above the ankle (knee, hip, and lumbar spine) also sustain more stress and can become injured. Early treatment ensures a better outcome. Physiotherapy can help.

The ankle joint is comprised of the two long bones of the lower leg, the tibia and fibula which form the mortise, and the talus. The talus sits inside the mortise and glides forward and backwards as the foot moves up and down. All three bones are held together by a capsule that is reinforced by the medial and lateral collateral ligaments. The joint below the ankle between the talus and the calcaneus(heel) is called the subtalar joint. This joint allows the foot to turn in and out. Muscles that move the foot originate off the tibia and fibula and insert via their tendons onto the foot. Indeed, these muscles function to propel us during gait and at the same time prevent excessive pronation or supination of the foot. When someone rolls over on their ankle, it is usually the lateral collateral ligament that is sprained. Sometimes the muscles get strained as well. There are three grades of ligament sprain. A grade one sprain involves micro-tearing and patients can usually bear weight after injury. Grade two ligament sprains are accompanied by more swelling and visible bruising as the ligament fibres are more torn and there is definite instability. Grade three tears are significant with marked instability. An X-ray should be taken if there is marked pain and the patient cannot walk four steps following the injury.

Treatment varies depending on the grade of ligament sprain and the stage of healing. Initially, the RICE method is employed. Taping and/or bracing are important initially after a sprain to allow sufficient healing of the ligament and prevent instability. Scar tissue starts to be laid down around three weeks post-injury, but it is not strong until four to six weeks post-injury. The larger the tear, the longer the recovery. More severe tears often require the use of crutches or a cane to reduce the load on the injured ankle.

Physiotherapy guides the healing process. The assessment will determine the grade of sprain and patients will be instructed on the appropriate exercises to allow ankle movement without straining the ligament. Instructions on the use of a brace and walking aid are provided. Modalities are employed to enhance healing and reduce pain. As healing progresses, strengthening, gait re-education and balance training are incorporated into the therapy program. The goal of treatment is to facilitate healing such that the ligament is strong yet extensible and strength and balance return.

Without proper treatment for a sprained ankle, patients often suffer chronic ankle stiffness, weakness and poor balance. This affects their gait, ability to ambulate stairs, run and participate in sports. Weak muscles can cause excessive pronation (the foot rolling in) or supination (the foot rolling outwards). The altered gait pattern can cause problems with the foot, the knee and the hip. Plantar fasciitis, which causes pain in the heel or sole of the foot, often results from overpronation as the fascia gets overstretched. Moreover, overpronating places more strain on the knee and can cause patellofemoral pain or pain around the kneecap. Lateral hip pain can be caused by either overpronating or supinating, placing greater stress on the hip muscles and associated fascia (the iliotibial band). A physiotherapist will assess the entire lower quadrant to examine all the joints and ensure proper strength and balance. Everything is linked; sometimes weakness combined with stiffness and/or instability of the ankle is the cause of a sore knee or hip. Indeed, the sore knee or hip can be the fallout of the untreated ankle sprain.



<https://instituteforathleticmedicine.com/specialties/foot-and-ankle/ankle-sprains>

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HEALTH & FITNESS

PSYCHIATRIC CARE: GIVING THE PATIENT FEEDBACK USING THE CASE FORMULATION

By Dr. Sarah Chan



This is the second installment of a series where Dr. Chan describes psychiatric care offered to patients with mental health disorders.

After all the questions needed for the initial assessment have been asked, the next task (in the same appointment if possible) is to develop a case formulation.

A case formulation is how a mental health professional understands the patient and the patient's symptoms. It is coming up with the best explanation for what is happening and why. The formulation provides a rationale for the diagnosis given, as well as lays out the conclusions made to support treatment suggestions and predict treatment response.

Diagnosing a psychiatric illness in North America is based on a text called the Diagnostic and Statistical Manual of Mental Disorders. It is in its 5th edition and so is commonly referred to as the DSM-5. To arrive at a diagnosis, a psychiatrist needs to ask a series of questions to see if the patient has "met the criteria" for any given illness. For example, to have a diagnosis of major depressive disorder, one must have five of the nine symptoms listed in the DSM-5 and the symptoms must last more than two weeks.

In the initial assessment, I run through the diagnostic criteria for six to seven of the most common mental illnesses. If I think a less common mental illness is present, I will book a follow-up appointment to assess the patient further. Diagnosing personality disorders, eating disorders, obsessive-compulsive disorders, trauma- and stressor-related disorders and neurodevelopmental disorders are some examples of disorders that require more time.

However, there is far more to someone's mental health than a checklist of symptoms, and simply having a diagnosis does not provide patients with any deeper understanding of their experience and how the illness arose. This is where other information from a patient's life and psychology come into play.

For example, knowing the impact of early life attachments and adverse childhood events can be very helpful in explaining a patient's symptoms

and difficult emotional experiences. We know that children develop coping mechanisms to chronic stressful situations that are adaptive when they are young while the trauma is happening, but these coping mechanisms can outlast their purpose and cause enormous emotional suffering in life later on.

Other patients may have flawed thinking patterns, even when there is no history of trauma. An understanding of different cognitive styles and psychological traits can help explain how a patient may perpetuate their mental health suffering on an unconscious level. A common example is people who judge too swiftly that things must be either good or bad with nothing in between. This black-and-white thinking or all-or-nothing thinking gets in the way of having relationships, compassion and emotional resilience. The mental health clinician will listen for and pick up on these traits throughout the assessment.

The case formulation is used to start the conversation with patients about next steps and expectations. In my practice, I tell the patient my provisional diagnosis and how I have come to the diagnosis. I share my impressions as fully as I can, even if the feedback is unfavourable, for several reasons:

1. To communicate to patients that I have been listening and am trying to understand them.
2. Patients need to understand what is and is not within their control so that they can better focus their attention on what would increase their chances of recovery and not waste their efforts on things they cannot change.
3. It is a chance for patients to correct me if I have something wrong and to ask questions.
4. The dialogue that follows helps assess further the patient's psychological vulnerabilities and strengths. Is the patient capable of increased self-awareness and curiosity? This tells me how a patient may benefit from treatments like psychotherapy.

Next month, I will describe different treatment recommendations that may be given at the end of the first assessment, the importance of offering psychiatric follow-up, and the rational prescribing of medications.

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



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SCHOOL NEWS

VINCENT MASSEY SCHOOL GROUP 'VIEDESOLE' DEVOTED TO HELPING THE COMMUNITY

By Gillian H, Vincent Massey Public School grade 7 student

Ever since 2010, grade 7 students from Vincent Massey Public School have been coming together to form philanthropy groups. These groups have primarily used a name that involves the acronym SOLE; students on the leading edge.

This year, EF7A has formed ViedeSole. We chose this name because we wanted something to do with community life. The word "vie" is another word to say life, and since we use SOLE, we put the two together.

This year, we are devoted to helping the community in any way we can and are planning on doing several community service events.

The first event we did was working with the Ottawa Food Bank. For two weeks, students at Vincent Massey donated non-perishable items for our annual food drive. We do this event every year to help with food insecurity. As we know, this problem is at its highest rate since the Food Bank's founding, so it was especially important. We had a contest to see which class could bring in the most items within their division. In the end, we collected 1,865 items. Afterwards, the Ottawa Food Bank came and collected them.

We also have a partnership with House2Home – a community organization to help refugees outfit their new homes. In January, some of my classmates went to their new building. They folded and arranged donated clothes for refugees to choose from when they come to the building.

In the spring, our class will hopefully be landscaping with Ottawa Community Housing and the Russell Heights community.

Another event that we have committed to is math tutoring within our school for our grade 2 classes. Studies have shown that it is at the grade 2 level that kids struggle with math concepts and have a tendency to stop trying. We polled every class in that grade and asked them what they struggled with most in math, so we could help turn that around. Using these data, we will be providing math games, as kids often learn more efficiently with hands-on activities.

This year, our main goal is to make a positive impact on the community. With everyone's help, we can reach it, and maybe even beyond. Please follow us on our Social Media account on Instagram: **@vmsole2024.**

hello
APRIL



Steven A. Neal,
Lawyer

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

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SCHOOL NEWS

CANTERBURY HIGH SCHOOL DRAMA GRADUATES PRESENT 'THE LARAMIE PROJECT'

By Olivia Castronovo

Each year Canterbury High School's grade 12 drama students put on a production as a culminating performance of everything they have learned over the past four years in the drama program. This spring, the students will be putting on a production of *The Laramie Project* under the direction of Matthew Minter.

This play is a true story that takes place in the town of Laramie, Wyoming after the murder of 21-year-old gay university student Matthew Shepard in 1998. Moisés Kaufman, along with members of the Tectonic Theater Project, travelled to the town and conducted interviews of the community's views on the events that transpired. Over time, after hearing the stories and views of Laramie residents, the members of Tectonic Theatre pieced everything together to tell the story of Matthew Shepard. Not a story simply of darkness, anger or despair, but of hope and healing of the community as a whole. We recommend that anyone attending this production be 14 years or older due to the mature themes.

The opening performance will take place Wednesday, April 24 at 7 p.m. (doors open at 6:30 p.m.) in Canterbury High School's Alexander Barrie Auditorium at 900 Canterbury Ave. Shows continue on Thursday, Friday and Saturday at 7 p.m. Tickets are \$10 for students and \$15 for adults and can be purchased online at www.chslaramieproject.com or at the door. Seating is General Admission.



Canterbury's Grade 12 students in rehearsal; photo credit: Olivia Castronovo

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SKYLAR'S KIDS PAGE

FILL IN THE BLANK

Types of Clouds



Did you _____ that there are many _____ types of clouds? They even _____ names, like cirrus, _____, and _____. Clouds are _____ for their _____ and there are _____ types. _____ clouds are made of _____ crystals and look like _____ clouds look like _____ of _____, and _____ clouds are _____ and _____, looking like a _____. Can you _____ the types of _____ outside right now?



Search the entire paper for these seasonal items.



JOKE OF THE MONTH

What do you call a huge pile of cats?

A meow-ntain!

CONNECT THE DOTS



WORD SEARCH

KITCHEN WORD SEARCH

C O U N T E R R E P P I D Y E N O H E I
 Y L D J I V U R E T A E B G G E E T G E
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| BREAD BASKET | ESPRESSO MACHINE | ICE CREAM SCOOP | PRESSURE COOKER |
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| CHOPPING BOARD | GRAVY BOAT | MIXING BOWL | SAUCEPAN |
| COUNTER | HONEY DIPPER | MUFFIN PAN | TOASTER |
| EGG BEATER | | | |

SENIORS SPACE

PUSHING THE ENVELOPE IN LONG-TERM CARE RESEARCH

By Peter McKinnon

Perley Health’s Centre of Excellence in Frailty-Informed Care™ continues to break new ground. The latest example involves a project that aims to apply the “nothing about us without us” concept to long-term care (LTC) research.

The concept essentially calls for decision-makers to engage meaningfully with the people most likely to be affected prior to developing new policies, processes, and laws. Initially, consultations inspired by the concept led to changes that continue to make life easier for people living with disabilities. More recently, the concept led to patient engagement in healthcare research. The research community increasingly recognizes that meaningful engagement can improve both the design of studies and the impact of results.

“Numerous protocols and guidelines on how best to fully engage patients in healthcare research have been created, but little similar work has been done for residents of long-term care homes,” says Heather MacLeod, Knowledge Translation Specialist at the Centre of Excellence.

To help fill the gap, the Centre of Excellence will host an engagement session in late May at Perley Health. The session will involve approximately 15 residents and family members, along with 15 experts in patient engagement and/or LTC research. The participants will strive to develop a framework for meaningfully engaging LTC residents, their families, and staff as partners in research. The Canadian Institutes for Health Research will fund the session.

SENIORS WATCH ALTA VISTA

Seniors Watch Alta Vista (SWAV) focuses on the interests and needs of the 65+ age group in Alta Vista.

By Sue Raven

Alta Vista is a wonderful community in which to raise a family. Many of us arrived three, four or five decades ago. We watched our children grow to become adults and, in many cases, start their own families. We have made close friends and have been involved in our neighbourhoods. Now we are making plans for how we will continue to thrive, remain active and still feel part of this community. Many of us hope to continue living in our current residences. This is known as “Aging in Place.”

A federal study predicts that by 2031, 25 per cent of the Canadian population will be 65 years and older. In some parts of Alta Vista, the 65+ group is already greater than 25 per cent of the population. Across the city, we see a growing number of seniors groups and associations.

Seniors Watch Alta Vista (SWAV) was established in November 2022, as the Seniors Committee of the Alta Vista Community Association (AVCA). The core goal is to help seniors age in place by:

1. Representing the interests and needs of seniors, focusing on quality of life;
2. Providing information on resources to promote active and healthy aging of seniors living in the Alta Vista area;
3. Establishing partnerships and collaborating with other organizations, such as the Heron Seniors Centre, the City team in charge of the Older Adult Plan, and the Council on Aging of Ottawa; and
4. Participating in public consultations and providing input on issues affecting seniors.

If you are interested in learning more about news, information and resources concerning older adults, you can access the Council on Aging Ottawa website at www.coaottawa.ca.

Stay tuned for more news about SWAV. In the meantime, if you have questions about SWAV, you can email the AVCA at contact@avca.ca.

Perley Health is home to 450 seniors and veterans in long-term care, and another 150 living in independent apartments. Along with providing a full range of clinical, therapeutic, and recreational services, Perley Health is also a centre for research, education, and clinical innovation.



Perley Health fosters intergenerational involvement to improve the well-being of the people they serve. Photo credit: Tom Lilly

With the ongoing support of donors, Perley Health established the Centre of Excellence in 2019 to improve the care of people living with frailty. A person who is frail is less able to cope with minor stresses and more likely to suffer rapid and dramatic changes in health. The risk of frailty increases with age, although all older people are not necessarily frail. Current demographic trends indicate that frailty will be an increasingly important – and expensive – issue for the healthcare and LTC sectors. Little research has been done, however, about how best to care for people living with frailty. The Centre of Excellence conducts and shares the practical research needed to improve care.

“Consultation with residents and families is already part of Centre of Excellence research projects,” says Heather MacLeod, “but the conference will help to establish standards that all LTC researchers can follow.”

Four years ago, the Centre of Excellence consulted with stakeholders to develop its research agenda. The consultations – along with numerous studies published in peer-reviewed journals – have helped establish the Centre of Excellence as a leader in frailty research. Among the topics to be explored during the May conference is how best to consider the needs and interests of residents and their families across all aspects of research projects.

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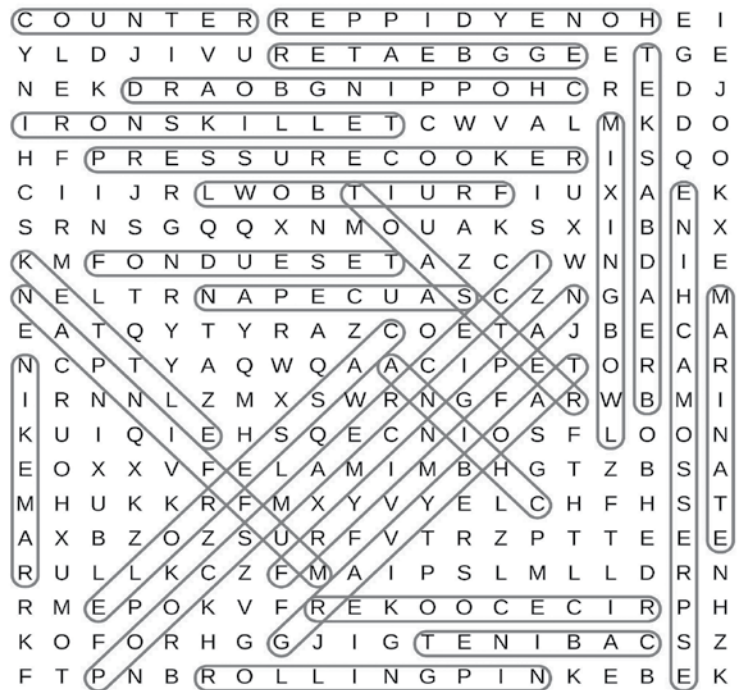
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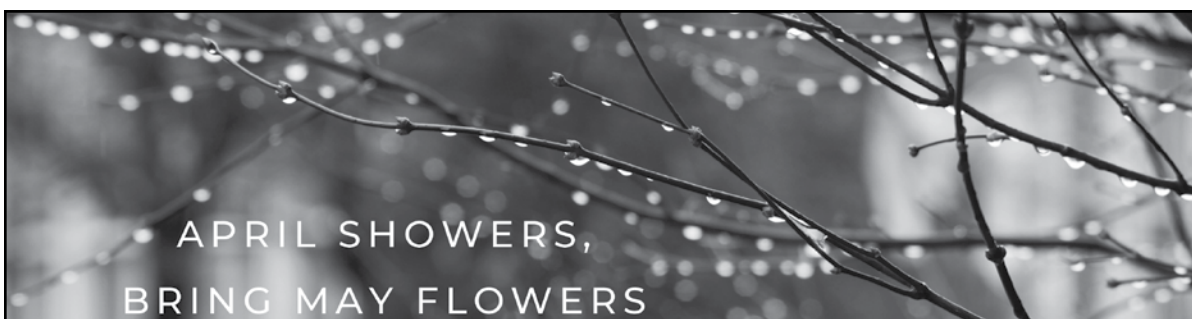
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**APRIL SHOWERS,
BRING MAY FLOWERS**

It's been a mild winter with little snow, with Spring arriving it's sure to bring rain showers. To help improve your home's protection from large rainfalls it's important to reduce the risk of water damage.

Here are some tips to help you safeguard your home against water damage this spring:

- Clean Gutters and Downspouts: Clear debris from your gutters and downspouts to prevent blockages that can lead to water damage.
- Seal Windows and Install Covers: Properly seal your windows or install window well covers to prevent water from seeping in.
- Assess Your Yard: Check your property for low-lying areas and improper grading. If you notice water pooling near your foundation, consult a landscaping and drainage specialist to address the issue.
- Extend Downspouts: Redirect water away from your home by extending downspouts and ensure they are directing water away from your foundation.



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UPCOMING EVENTS



ALTA VISTA LIBRARY

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

The Library'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.

CLOSED – Monday, April 1 – Easter Monday

Please note the following when visiting:

- You can place holds online at www.biblioottawalibrary.ca or by calling InfoService at 613-580-2940.
- Public computer use is currently limited to two hours per user per day. To reserve a computer ahead of time, reservations can be made either at the branch or online from home.
- All seating is now available.
- Meeting and program rooms are now available for booking.
- Please visit our website for the most up-to-date information with regard to programming.
- Outdoor book drops are open 24 hours a day, seven days a week.
- Museum passes are available once again on a first-come, first-served 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 hosts a small, self-serve board game and puzzle swap, located on the shelves next to the washrooms on the main floor. Bring in a 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.

CHILDREN'S PROGRAMMING

Bilingual Family Storytime

Stories, rhymes, and songs for children of all ages and their parents or caregivers. Bilingual. Drop-in program. 30 minutes.

Tuesdays and Wednesdays at 10:30 a.m. No Storytime on April 23 or 24.

Bilingual Babytime

Stories, rhymes, songs and activities for babies (ages 0 to 18 months) and a parent/caregiver. Bilingual. Drop-in program. 30 minutes

Thursdays at 10:30 a.m. except April 25.

Stay and Play

Meet new friends after Storytime! Chat and play with puppets, building blocks, crafts and much more. Bilingual. Drop-in program. 60 minutes.

Tuesdays, Wednesdays, and Thursdays at 11 a.m., except the week of April 23.

Arabic Storytime (NEW!)

Arabic Stories, rhymes, and songs for children of all ages and their parents or caregivers. Drop-in program. 45 minutes.

Saturdays, April 20, and May 18 at 3 p.m.

Lego® Block Party

Building Boom! Show off your architectural creativity with Lego®! Drop-in program. 60 minutes.

Saturdays at 11 a.m., except April 27th. 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. 60 minutes. Ages 4 to 12.

Fridays, April 12 and 19 at 4 p.m. 60 minutes.

ADULT PROGRAMMING

The Sub-Zero Stitch-Up (NEW!)

Casual drop-in meet-up! Bring your own craft project and supplies to work on in the good company of your neighbourhood and community.

All levels of interest and ability are welcome. Bring your knitting, crochet, hand-stitching, colouring, drawing, etc. (nothing messy or requiring machinery please). Don't have a project? No problem! Options will be provided.

Thursdays April 11 and 25 at 7 p.m. 60 minutes.

English Conversation Group (NEW!)

Practice your English conversation skills in a relaxed and friendly environment. All levels are welcome in this free program. Drop-in.

Mondays, 1–2:30 p.m. 90 minutes. No group on April 1 or 15.

Tuesdays, 1–2 p.m. 60 minutes.

Tuesdays, 7–8 p.m. 60 minutes. No group on April 2 or 9.

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 at 6:30 p.m.

Sleuth Hounds Mystery Book Club

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

Thursday, April 18

Rock Paper Scissors
by Alice Feeney

Thursday, May 16

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, April 4

The Mercies
by Kiran Millwood Hargrave

Thursday, May 2

Hang the Moon
by Jeannette Walls

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 avril

La succession
de Jean-Paul Dubois

Le lundi 15 avril

Mon voyage en Amérique
de Kim Yaroshevskaya

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 via Overdrive/Libby and CloudLibrary for English titles and Cantook Station for French titles;
- Language learning courses via Mango Languages;
- Streaming movies via Hoopla, the Kanopy Collection, Kanopy Kids and Access Video on Demand;
- Free magazines and newspapers via Flipster, Overdrive Magazines or PressReader; and
- Children's resources for educational videos and online books such as Just for Kids and the Tumblebook Library.

A valid Library card is required. For assistance, please call Info Service at 613-580-2940 or email infoservice@biblioottawalibrary.ca.

UPCOMING EVENTS

COMMUNITY EVENTS

RIDEAU PARK UNITED CHURCH

2203 Alta Vista Drive

613-733-3156; www.rideaupark.ca

Celebrate spring, get ready for summer: Rideau Park will be having a Nearly New Sale of pre-loved, good quality clothing and a Book Sale of recent paperback novels on Friday, April 12, 6–8 p.m. and Saturday, April 13 at 9–11:30 a.m. For more information, contact: ucw@rideaupark.ca.

Bells in Spring Concert: Sunday, May 5, 7 p.m. Enjoy the bells and chimes ensembles of Rideau Park along with three guest bell choirs as they play both sacred and popular music to celebrate the spring season. Free will offering. For more information: handbells@pinetree.org.

Sundays@Four Series: Next concert happens on May 12. Enjoy the performance of a rising young opera singer. Concerts are about one hour, and always at 4 p.m. Accompanist is Andrew Ager on piano or organ. Admission is pay-as-you-wish. Proceeds go to the artists. Details available at newoperalyra.ca.

Camp Awesome Day Camp: Camp will be held at Rideau Park the week of August 12–16. Registration will open soon at www.camp-awesome.ca.

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

Tai-Chi classes: Saturday mornings, 10:45 a.m.–12 noon. For more information, contact Eduardo at molon@eduardomolon.com.

Euchre Club: Thursdays, 1 p.m. For information, contact Rod Hagglund at rhagglund@rogers.com.

Knitting and Quilting Groups: Knitting on Mondays, 1–3:30 p.m., and quilting on Thursdays, 9:30 a.m.–noon. For more information, contact Doreen Hamilton at prayerchain@rideaupark.ca.

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

50+ Fitness with Faiza: Tuesdays and Thursdays 9 a.m. – cardio, stretching and strengthening sessions.

Drums Alive: Drop-in drumming class, for those aged 8 to 80, Thursdays at 4:30 p.m. For more information, contact Iain Macpherson at choirdirector@rideaupark.ca.

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

EMMANUEL UNITED CHURCH

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

Take Time to be Wholey Seniors' Exercises: Mondays, 10:30–11:30 a.m.: Chair yoga, mat-free.

Fridays, 10:30–11:30 a.m.: Stretch and Strength.

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

Thursday Morning Discussion Group: 10–11:30 a.m., by Zoom. The group is currently discussing Jesus' parables. They are using the book *Meditations on the Parables of Jesus* by Thomas Keating as a source of ideas.

Camp Awesome at Emmanuel: Coming July 8–12. This will be a day camp for children aged 4–12.

PROBUS CLUB OF OTTAWA ALTA VISTA

PROBUS Ottawa Alta Vista is welcoming new members from the Alta Vista area. Join your fellow retirees, near-retirees and want-to-be retirees for interesting speakers and discussions, not to mention relaxed socializing. See our website www.probusoav.ca for more detailed information. We will be meeting on Wednesday, April 24 at 10 a.m. at Gloucester Presbyterian Church, 91 Pike Street, for a presentation about the Diefenbunker, now Canada's Cold War Museum.

OTTAWA HUMANE SOCIETY

Would you like to help us support the animals at the Ottawa Humane Society? Join us at the Auxiliary's monthly business meetings 1:30–3 p.m. the first Thursday of every month (except July, August and December). We meet at the animal shelter, 245 West Hunt Club Rd. The next meeting is Thursday, May 2. For more information, contact Connie at constance_nunn@yahoo.com or go to ottawahumane.ca/getinvolved/volunteering/ohsauxiliary.

'DAZZLED' FINE ART EXHIBIT

Kanata Civic Art Gallery at the John Mlacak Centre, 2500 Campeau Drive in Kanata,

March 20 to April 28

The artists of the Kanata Civic Art Gallery are pleased to announce their fine art show "Dazzled." This show features 29 gallery artists showcasing original works of art including sculpture, photography, mixed media, embroidery, painting and drawing in oil, acrylic, pastels and pen and ink.

Hours of operation: Wednesday, Thursday and Friday from 1 to 8:00 p.m., Saturday 10 a.m. to 5:00 p.m., Sunday from 1 to 5 p.m.

For more information, visit: www.kanatagallery.ca or email the Gallery at kanatacivicartgallery@gmail.com.

'COLOUR DREAMS'

"Colour Dreams" is our new show at the Francois Dupuis Recreation Center. It features beautiful works by four members of Arteast Ottawa. Come and have a look, you will be able to admire the work of Istvan Jobst, La Bourgeois, Christine Lenoir Godin and Lucie Olson. The show is on from March 4 to May 6. For more information, francoisdupuis@arteastottawa.com.

OTTAWA FAMILY CINEMA

The Ottawa Family Cinema, a registered charity that has been in operation for more than 45 years, welcomes everyone to join it for great family fun-filled movie afternoons. The theatre is at the Rideau Community Hub, 815 St Laurent Blvd (the old Rideau High School). A snack bar with freshly-popped popcorn, hot dogs and treats at very reasonable prices is available.

Coming in the next few Saturdays at 2 p.m. are:

April 6 – The new animated family comedy "Migration" in 3D.

April 13 – The beloved family classic "The Wizard of Oz" in 3D. It's a pyjama movie party with a free gift for kids who bring their favourite stuffed toy.

April 20 – This year's Best Animated Picture Oscar winner, "The Boy and the Heron," a beautiful film for the whole family.

For more information, visit our website (familycinema.ca).



*"The April winds are magical / And thrill our tuneful frames / The garden-walks are
passional / To bachelors and dames."— Ralph Waldo Emerson*

UPCOMING EVENTS

BANNED BOOKS NIGHT FUNDRAISER FOR ALSO

Friday, April 12

Heartwood House, 404 MacArthur Avenue

Alternative Learning Styles and Outlooks will be hosting a Banned Books Night to raise funds and promote ALSO's work in the community. The event will feature local authors reading excerpts from their favourite banned book, sharing historical context, and engaging in a discussion with the audience.

Tickets available at Canada Helps: (www.canadahelps.org/en/charities/also-alternative-learning-styles-and-outlooks/events/banned-book-night).

NEW OPERA LYRA'S 'THE GREAT GATSBY'

New Opera Lyra presents the world premiere of "The Great Gatsby," by Andrew Ager, on April 19 and 20 at 7:30 p.m. at Southminster United Church (15 Aylmer Ave). Tickets and further information available at newoperalyra.ca.

JOY OF SHARING CONCERT

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presents
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Big Soul Project Community Choir

under the direction of Tahlia DeCorso
and featuring Deep Groove Band

20 APRIL 2024 | 7:30 PM (doors open at 6:45pm)

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Under 12: FREE

For more information, contact info@foodsharingottawa.com BUY HERE

RE4M'S EARTH DAY ECO MARKET

April 20 9 a.m.–4 p.m. at the Re4m Workshop, 136-D Billings Avenue

Re4m, an eco-business in Alta Vista, is gearing up for its 3rd annual Earth Day Eco Market. Founded by Heather Jeffery in 2016, Re4m aims to tackle commercial waste in Ottawa through upcycling and environmental initiatives.

The event promises a day filled with local eco-vendors, delicious food, recycling efforts, and family-friendly activities. Visitors can expect to find unique items, learn about recycling initiatives, and support local small businesses.

Join Re4m in celebrating Earth Day and supporting the community's efforts towards a greener future.

BYTOWN VOICES SPRING CONCERT

The Bytown Voices Community Choir welcomes you to attend their spring concert entitled "Home: Songs of Belonging, Land and Connection." Join us at 3 p.m. on Sunday, April 28 at Knox Presbyterian Church, 120 Lisgar Street.

Tickets for the concert are on sale at our website, www.bytownvoices.com. Adult admission is \$20, children 12 and under are FREE. Free parking is available on-street and for \$2 at the nearby City Hall lot, entrance on Laurier Avenue.

2332 ARMY CADET BINGO AND SILENT AUCTION EVENT

Date: May 5 – afternoon (time to be confirmed)

Location: 2100 Walkley Road

Fun bingo and silent auction events are open to family, friends, and our local community! Further details will be made available on our FB page: www.facebook.com/2332rcacc

2332 ARMY CADETS SPRING BOTTLE DRIVE

Don't forget to keep your bottles. Donations are appreciated!

Date: May 26

Location: 2100 Walkley Road

OTTAWA GRASSROOTS FESTIVAL

OTTAWA Grassroots Festival

April 25-28 2024

LYNN MILES & THE TUMBLEWEEDS
CHARLIE A COURT · CONNIE KALDOR
RORY TAILLON · JESSICA PEARSON AND THE EAST WIND

ALBERT DUMONT | ALGONQUIN COLLEGE EMERGING STARS | AUDREY SAPARNO | CHRISTINE GRAVES
BYTOWN SEA SHANTY COLLECTIVE | ED LAWRENCE | GENTLE SPARROW/ROBBIE TEEHAN | IRISH MILLIE
GRAHAM LINDSEY AND THE NEXT BEST THING | JACK PINE | JAMES STEPHENS | JOE McDONALD
JODY BENJAMIN & MICHAEL BALL/BALL & CHAIN | KRISTINE ST-PIERRE | LUCKY RON | MARC AUDET
MISS MCLEOD | NYX AND LIGHTSMITH/MADDY O'REGAN & ETHAN MITCHELL | SAMANTHA FRANCOIS
TURQUOISE AND TOUCAN/CHRIS WHITE & SID AMEEN | VINCE HALFHIDE | EAT THE STRIP

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MOVIES 'N STUFF

1787 KILBORN AVE. APRIL 2024 738-1607
www.moviesnstuff.com

April 2nd

Peter the Great

Re-release of the celebrated mini-series follows Peter I, czar of Russia, and the constant struggle between him, his sister Sophia and the Streltsy, an important Russian military regiment. This sweeping epic was nominated for 7 Emmys and won 3 in 1986 and had several memorable performances from the likes of Maximilian Schell, Laurence Olivier, Vanessa Redgrave and Omar Sharif!!

Ru

Based on the Governor General's Award-winning novel by Kim Thúy, Ru is the story of the arduous journey of a wealthy family fleeing from Vietnam, before landing in Quebec..

Children of the Mist

Di is a lively 12-year-old adolescent growing up in a village in the mountains of northern Vietnam. She belongs to the Hmong, an ethnic minority where girls marry at a very young age. She resists the traditions of her people.

The Dishwasher

Graphic design student Stéphane dreams of becoming an illustrator, but he's caught in a downward spiral. Addicted to gambling, debt-ridden and homeless, Stéphane takes a job as a dishwasher in a Montreal diner with a colourful crowd of characters.

My Mother's Men

Young Elsie is surprised by her eccentric mother's last wishes: find her five ex-husbands to scatter her ashes. Elsie is determined to honour her mother's memory, but the trip profoundly changes her trajectory.

Museum Town

Today, MASS MoCA in North Adams, Massatwoshits, is the largest museum for contemporary art in the world—but just three decades ago, its vast brick buildings were the abandoned relics of a shuttered factory. This documentary tells how such a wildly improbable transformation came to be. Narrated by Meryl Streep, the documentary tells the story of an unconventional museum, the small town of North Adams, and the great risk, hope, and power of art to transform a desolate post-industrial city.

The Man Who Skied Down Everest

This Oscar-winning documentary tells the story behind Japanese daredevil Yuichiro Miura's 1970 effort to ski down the world's tallest mountain.

The Inventor:

Out for Blood in Silicon Valley

With a new invention that promised to revolutionize blood testing, Elizabeth Holmes became the world's youngest self-made billionaire, heralded as the next Steve Jobs. Then, just two years later, her multibillion-dollar company was dissolved.

Beginning

A missionary's life spirals out of control after extremists burn down a Jehovah's Witnesses church in a remote Georgian village.

Inside the Yellow Coconut Shell

After his sister-in-law dies in a freak accident in Saigon, Vietnam, Thien must deliver her body back to their countryside hometown. He's accompanied by his 5-year-old nephew Dao, who miraculously survived the crash. Thien searches for his older brother in the mystical landscapes of rural Vietnam.

Nolly

Exploring the reign, and fall from grace, of the inimitable British soap star, Noele Gordon. The great Helena Bonham Carter stars!

April 9th

Paris Police 1905

When the Paris police's vice squad - on the orders of Police Chief Lépine - begin to clean prostitutes off the city's streets, a man's body is found in the Bois de Boulogne. Inspector Antoine Jouin is entrusted with the investigation. Season 2 to the exceptional Paris Police 1900!

Royal Flying Doctor Service: Season 2

While awaiting the verdict of his tribunal, a suspended Pete is forced to face his deepest fears, when he, a grieving Wayne and the RFDS crew are all tasked to drive and hike through rugged terrain to assist the patients at a remote crash site.

Jack Ryan Season 4

Ryan takes up the mantle as Acting Deputy Director of the CIA alongside the new Acting Director Elizabeth Wright. Despite being mired in the high-stress of his role, Ryan discovers a plot of corruption within the CIA that has helped to establish a global crime ring called The Triad.

The Fox

At the dawn of WW2, a young soldier encounters a wounded fox cub and takes it with him to occupied France. The story of an unlikely friendship.

Werckmeister Harmonies

A mysterious circus excites a small Hungarian town into a rebellion when a promised act doesn't perform.

April 16th

The Three Musketeers - Part I: D'Artagnan

Young D'Artagnan arrives in Paris, trying to find the attackers who left him for dead. He instead finds a real war brewing and joins the king's three musketeers - Athos, Porthos and Aramis - as they work to ensure the future of France. Stars Eva Green and Vincent Cassel!

The Killing of Two Lovers

A man desperately tries to keep his family of six together during a separation from his wife. They both agree to see other people, but he struggles to come to terms with her new relationship.

La Syndicaliste

In 2012, the head union representative of a French multinational nuclear powerhouse becomes a whistle-blower, denouncing top-secret deals that shake the French nuclear sector. Alone against the world, Maureen Kearney fights government ministers and industry leaders to bring the scandal to light and defend more than 50,000 jobs. Legendary actress Isabelle Huppert stars!

The Admiral: Roaring Currents

Re-release of the 2014 epic film that revolves around the titular Battle of Myeongnyang in 1597, which is regarded as one of the most remarkable naval victories in history. The Korean navy had only 12 ships, while the invading Japanese navy had 333 vessels - but somehow...the Korean navy prevailed.

Hansan: Rising Dragon

In 1592, Korea faces the threat of the powerful Japanese navy. As Korea's forces fall into crisis, they resort to a secret weapon: the dragon-headed ships known as geobukseon. Using them, they hope to turn the tide of the war. The second in a trilogy of naval war films from Korea. Watch for the 3rd one in May!

Slow Horses: Season 3

Jackson Lamb and his team of disgraced MI5 agents are back! This time, they are caught in a conspiracy that threatens to expose a buried MI5 secret in London, linked to a romantic affair in Istanbul. As they try to unravel the mystery, they face danger, betrayal, and unexpected twists. Gary Oldman stars!

The Genius Of Gianni Versace Alive

Filmed in Versace's mansion in Miami where every object is a separate work of art, the documentary attempts to bring the genius of the Italian fashion giant to life. Through archival material and the confessions of friends and former colleagues, a portrait of a Renaissance designer emerges, a man who never stopped being inspired by his time to create a strictly personal universe of high aesthetics.

Honk

The power of love shines in this heart-warming tale of friendship and inspiration when Cheryl inadvertently befriends a mourning goose, Honk, while recycling in the local park. As the budding friendship blossoms and Cheryl seeks Honk a new home, he becomes a viral sensation capturing the hearts and minds of millions.

April 30th

Mean Girls

New student Cady Heron gets welcomed into the top of the social food chain by an elite group of popular girls called the Plastics, ruled by the conniving queen bee Regina George. However, when Cady makes the major misstep of falling for Regina's ex-boyfriend, she soon finds herself caught in their crosshairs.

The Promised Land

In 18th-century Denmark, impoverished war hero Capt. Ludvig Kahlen sets out to tame a vast, uninhabitable land on which seemingly nothing can grow. This beautiful but forbidding area is under the rule of Frederik De Schinkel, a merciless nobleman who realizes the threat Kahlen represents to his power. As a new community starts to settle in, De Schinkel swears vengeance, leading to a violent and intense confrontation between the two men. The great Mads Mikkelsen stars!

One Life

London broker Nicholas "Nicky" Winton helps rescue hundreds of predominantly Jewish children from Czechoslovakia in a race against time before the Nazi occupation closes the borders. Fifty years later, he's still haunted by the fate of those he wasn't able to bring to safety. A powerful drama starring the one and only Anthony Hopkins!

Madame Web

Cassandra Webb is a New York City paramedic who starts to show signs of clairvoyance. Forced to confront revelations about her past, she must protect three young women from a mysterious adversary who wants them dead.

Origin

Based on the life of Isabel Wilkerson as she writes the book Caste: The Origins of Our Discontents. Over the course of the film, Wilkerson travels throughout Germany, India, and the United States to research the caste systems in each country's history.

The Top 5 movie rentals for March were....

1. Poor Things
2. The Holdovers
3. Roise and Frank
4. The Most Reluctant Convert
5. Oppenheimer

The Top 5 TV Show Rentals for March were...

1. Shetland: Season 6
2. Slow Horses
3. Shetland: Season 7
4. All Creatures Great & Small: Season 4
5. Only Murders in the Building: Season 1

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