

MANOR PARK Chronicle



The voice of the community since 1949 • November-December, 2022 • Vol. 74, No. 2

Courage carries displaced Ukrainian family to Manor Park

By Christiane Kirkland

Thanks to Dagmara Brunst, a generous and welcoming Manor Park resident, a Ukrainian mother and her daughter were able to leave troubled Ukraine to find a home in Ottawa. Iryna Yuchkova and her daughter Victoria are so grateful for this wonderful act of compassion. My meeting with the three of them was a delight and a witnessing of courage and hope.

Iryna and Victoria arrived in Ottawa on October 6th, the night their city, Ivano Frankivsk, was bombed. Iryna's sister, who lives in the

US, made all the necessary arrangements for their entry into Canada. And for our interview, she acted as our interpreter.

When I asked Dagmara what prompted her to be a host for Ukrainians, this was her response: "Part of why I took them in is because I am inspired by the thought that we are one, that we should live in a consciousness of taking care of the earth and each other, that we as individuals are the cells of a far larger organism that will have amazing life, beauty, wisdom, love and power, when we realize this."

Continued on page 2



Iryna Yuchkova, right, and her daughter Victoria arrived in Ottawa in early October, the same day Russian missiles began striking their home city of Ivano Frankivsk. The attacks grew so heavy that, on October 10, all transportation in and around the city was halted and its mayor beseeched residents to stay in shelters as much as possible. By late October, more than 1,000 towns and villages across Ukraine were without power because of missile and drone strikes. PHOTO: DOUG BANKS

New mayor addressed interprovincial bridge during election debate

By Wes Smiderle

Ottawa's new mayor addressed the need for an interprovincial bridge during a late-October election debate.

Ottawa Mayor-elect Mark Sutcliffe, who assumes office Nov. 15, was among four mayoral candidates who took part in an October 17 debate sponsored by over 20 community associations, including the Manor Park Community Association (MPCA).

The four candidates in attendance all gave their opinions on whether a new link across the river is needed.

About mid-way into the two-hour debate, moderator, and CBC Ottawa journalist, Joanne Chianello, posed the

question, "How do you see removing heavy truck traffic from the downtown?"

Each candidate was given 30 seconds in which to respond. Although the option of an interprovincial bridge was not specified in the question, the topic was raised immediately.

Mayor-elect Sutcliffe, entrepreneur and broadcaster, replied that heavy trucks should not be allowed downtown and that the city should continue exploring the possibility of building a tunnel.

"We need to see if that's a solution that can happen," he said. "I don't support another bridge until we follow that process through."

Catherine McKenney, former Somerset Ward council-

lor, said she does not support a bridge. However, she said the idea of building a tunnel, currently being explored by the city, will "never get funded."

"We've got to find a way of not allowing truck traffic through a city and for goods and services to be delivered," she said.

Former mayor and region-

al chair Bob Chiarelli said the issue needs to be resolved by the federal and provincial governments. Responding to a follow-up question, he said, "Quite frankly, the city needs two bridges—one east, one west."

Nour Kadri who teaches at the University of Ottawa on several topics, including "smart cities," said that the

city has needed a new bridge for decades and that the federal and provincial governments need to "accelerate" the issue.

Mayor-elect Sutcliffe went on to win the election with just over 50 per cent of the total vote.

Note: An earlier version of this article appeared Oct. 18 on www.manorparkchronicle.com.

FEATURED ARTICLES INSIDE...

Where has our "Where in the world is the *Chronicle*?" feature been? To find out, see page 34.

Want to learn how to bake an award-winning pie? See page 23.

Winter sowing and tree-planting See pages 7 and 8-9.

Holiday Night Market

DECEMBER 3
5:00 - 9:00 PM
1805 GASPE AVE
MANOR PARK

manorpark.ca
beechwoodmarket.ca

jr. nba BASKETBALL

ages 5-6 and 7-9 yrs

manorpark.ca

MANOR PARK COMMUNITY COUNCIL

MPCC POND HOCKEY LEAGUE

Tuesday & Wednesday nights

Coming January 2023

Registration open now!
manorpark.ca

Linden House Theatre tickets now available online

By Janet Uren

Linden House has a new website.

No, it's not the address you'll see if you look at the poster. While it may be madness to change horses in mid-stream, the advantages were so obvious that I decided to take the plunge.

Linden House has developed a new, more modern website and has integrated it with a ticket-selling program called Eventbrite. It's cleaner, prettier and much easier to use than the previous online system.

So that's the 21st century part of the operation. However, as this little theatre company launches

its fourteenth show November 11, it is keeping a second foot firmly planted in the past.

What that means is that when you buy a ticket (\$25) at Books on Beechwood (35 Beechwood Ave.), you will pay cash and get a coloured piece of card in return. Remember what "real" money looked like, those printed pieces of paper that used to come in handy when you went out to

buy groceries?

So take your pick—this century or the last. The play is *Outside Mullingar* by John Patrick Shanley (Nov. 11-13, 18-20). It's an offbeat love story set in rural Ireland, and it is a delight. Hope to see you for a show at Elmwood (261 Buena Vista).

And remember, the address to look for online is lindenhousetheatre.ca or call 613-842-4913 for information.



Left to right, Janet Uren, Venetia Lawless and Geoff Gruson rehearse for Linden House Theatre's production of *Outside Mullingar*. PHOTO: LINDSAY LAVIOLETTE

TAKE HOME | ONLINE ORDERS | GIFTS | CATERING



From *simple* take home meals to *food-fuelled* gatherings of all kinds

Your food is our business.

EPICURIA
FOOD SHOP & CATERING

357 ST. LAURENT BLVD.
+613 745 7356 EPICURIA.CA

Courage, cont. from page 1

When asked what touched them most on their arrival in Ottawa, Iryna said: "Everything is so different and hopeful; people are overwhelmingly kind, downtown Ottawa is breathtaking. The welcoming is so grateful: it is beyond words."

Both mother and daughter are slowly settling in. Their biggest challenge at this point is the language barrier, and with a touch of humour, Iryna adds: "... and recycling trying to figure it out!"

Thanks to Dagmara's contacts, Iryna was able to find eight housekeeping jobs. Meanwhile, Victoria, her reserved 20-year-old daughter, would enjoy a dog walking job; with a gentle dog, that is! Since she cannot attend school and is not yet able to

speak English, dog-walking would be an easy way for Victoria to start connecting with people and earning a little money. Time, willingness to learn, and tapping into different sources for English lessons, will eventually fill the language gap.

To help Iryna and Victoria integrate into Canadian life, Dagmara is reaching out to the community for added support. Giving a hand with technology and transportation would be very much appreciated. Invitations for a meal at home, outings with the family, or any other social interactions would boost the Ukrainian family in settling into our Manor Park neighbourhood. Could our Manor Park Community Council (MPCC) sponsor an art class

or other activity, for Victoria?

If anyone is interested in helping, please email Dagmara at: harasdraw@rogers.com. Dagmara would also like to express her heartfelt thanks for all the help she has already received from the neighbourhood.

There is undoubtedly mutual admiration between these loveable Ukrainian women and their warm-hearted Canadian host! For Dagmara: "Iryna and Victoria show so much courage and have such a positive attitude." For Iryna, her gratitude shows no bounds: "We are so thankful we are alive and so lucky to be able to start a new life with hope for the future. We want to thank all the people in this country from the bottom of our hearts."

DR LUC DUCHARME & ASSOCIATES

Smile.

Book your appointment today at our brand new location.

- Family and cosmetic dentistry
- Implants
- Braces
- Invisalign

613-749-1785
drlucducharme.com
230 Beechwood Ave. Ottawa



Rideau-Vanier Councillor Stéphanie Plante



Rideau-Rockcliffe Councillor Rawlson King



Ottawa-Carleton District School Board Trustee Lyra Evans



Conseil des écoles publiques de l'Est de l'Ontario Trustee Sonia Boudreault

Local winners in council and trustee election races

By Wes Smiderle

The following candidates were elected Oct. 24 as City of Ottawa councillors and school board trustees representing the Manor Park area.

Rideau-Vanier ward

Stéphanie Plante is the newly-elected councillor for Rideau-Vanier, beating a diverse field of candidates.

During her campaign, she listed her top priorities as:

- Starting a family doctor recruitment committee
- Finding long-term solutions to our housing and homelessness issues
- As I am the only Francophone on council, ensuring that the voices of our francophone community are heard, and possibly a Strategic Plan for La Francophonie on council
- Revitalizing the ByWard Market
- Continuous funding and monitoring of timelines for the Climate Change Master Plan.

Rideau-Rockcliffe ward

Incumbent Rawlson King retained his Rideau-Rockcliffe

seat with a commanding 80 per cent of the vote of the roughly 11,000 votes cast, easily beating challengers Clayton Fitzsimmons, Peter Karwacki and Peter Zanette.

In his candidate profile submitted to the September-October edition of the *Chronicle*, Coun, King identified

- pedestrian and cycling infrastructure,
- public transit and
- “affordable housing that respects the characters of our neighbourhoods” as among his priorities for the ward.

Ottawa-Carleton District School Board Zone 6

Incumbent Lyra Evans handily retained her seat in a newly-defined Zone 6 against a field of challengers with about 54 per cent of the nearly 16,000 votes cast.

In her candidate submission to the September-October edition of the *Chronicle*, she cited her priorities for the area as:

- the discrepancies between the English (Core French) and French Immersion programs,
- the systemic inequities in low-income areas com-

pared to wealthier neighbourhoods, and the environment at schools (i.e., “ensuring schools have a comprehensive recycling and composting program, and that new purchases and retrofits are completed with environmental concerns front-of-mind”).

(See page 35 for new trustee column.)

Conseil des écoles publiques de l'Est de l'Ontario (CEPEO)—Zone 10

CEPEO Trustee Sonia Boudreault Photo supplied

Newly-elected Conseil des écoles publiques de l'Est de l'Ontario(CEPEO)—Zone 10 trustee Sonia Boudreault won with over 75 per cent of the vote.

In her candidate profile submitted to the September-October edition of the *Chronicle*, she identified

- fostering a caring and inclusive environment,
- resources for teachers, and
- smooth and effortless communication between parents and school staff as among her priorities for the zone.



34 Years of Baking in our Neighbourhood!

Delicious Baked Goods
Breads | Sourdoughs | Croissants | Muffins | Cookies
Cakes & Cupcakes | Squares | Brownies | Danishes
Savoury & Sweet Pies

Tasty Treats & More
Gourmet Teas | Specialty Coffees | Sandwiches
Frozen Take Home & Bake | Happy Goat Coffee Beans
Wholesale Available

323 St. Laurent Blvd. 613-745-2087 breadandrosesbakery.ca



Free Your Neck & Back...
...Drop that STRESS

Biodynamic Osteopathy

- Relief of Physical pain
- Increased Energy & Mental Clarity
- Deep Relaxation



For appointment and more information call

Joah Bates, Dip. O., (UK)

613-742-0011

Over 30 years experience



Activa Physiotherapy Clinic

200 Rideau Terrace Suite 202

613-744-4188

www.activa.com

- Orthopedic & Sport Injury
- Neck and Back Pain
- Active Release Therapy (A.R.T.)
- Postural Assessment & Exercise
- Manual Therapy
- Motor Vehicle Accidents
- Acupuncture
- Shock Wave Therapy

- Massage Therapy RMT
- Sport Massage
- Myofascial Release
- Craniosacral Therapy
- Lymphatic Drainage
- Deep Tissue Massage

- Personal Training
- Aquafitness
- Exercise Classes

OTTAWA STREET MARKETS

in your community and online

THE BEECHWOOD MARKET IS PART OF THE OTTAWA STREET MARKETS FAMILY.

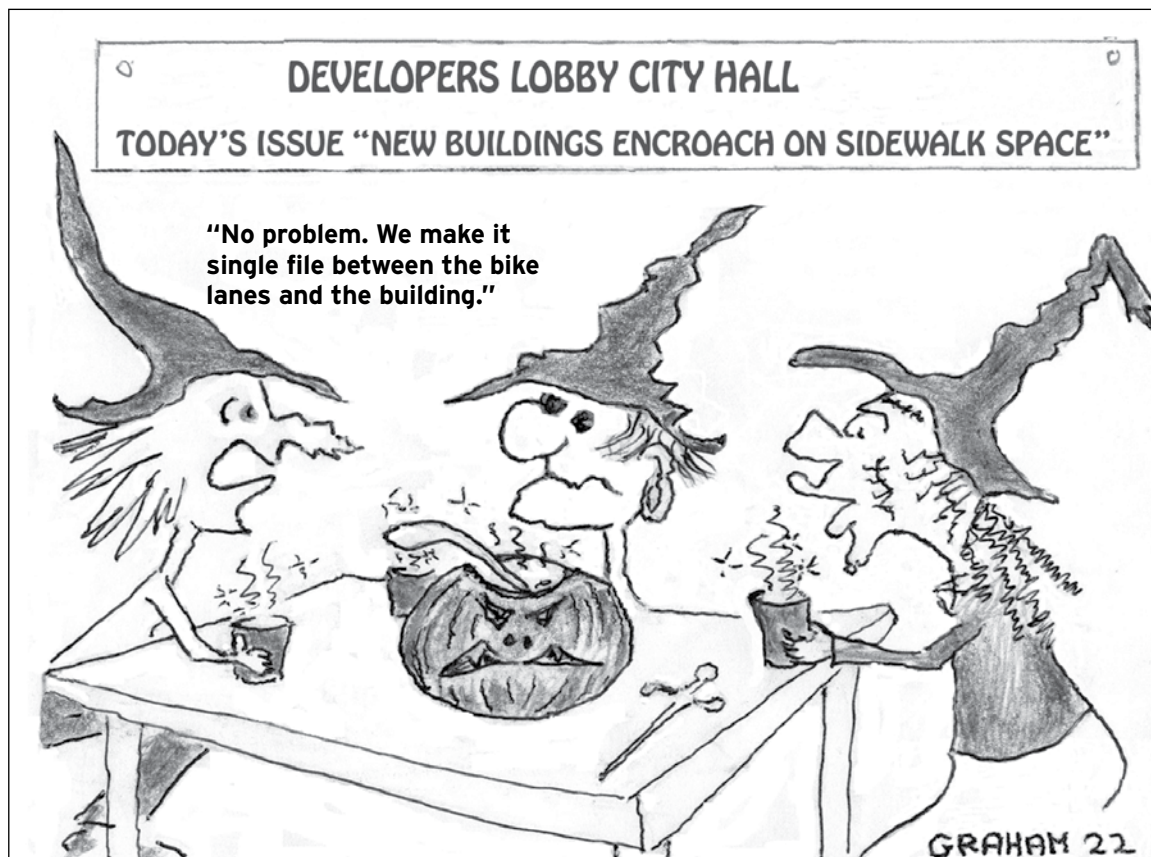
SHOP ONLINE & IN PERSON AT OUR MARKET HUB IN MANOR PARK, 1805 GASPÉ AVE

FOR HOURS & INFO VISIT WWW.OTTSTREETMARKETS.CA



MANOR PARK Chronicle

The voice of the community for more than 70 years



SUBMISSIONS

The *Chronicle* welcomes for consideration information on community news, essays, events, letters, opinion pieces, photographs and profiles, but does not guarantee publication. We reserve the right to edit for length, clarity, grammar and legal considerations. We take care to preserve the writer's position and to retain the writer's "voice."

Send submissions articles, photos, letters to the editor, notices) to: editor@manorparkchronicle.com

Please ensure that:

- articles do not exceed 800 words;
- letters do not exceed 300 words;
- event listings do not exceed 50 words;
- submission is in by deadline, or earlier;
- all submissions are sent as electronic files [Microsoft Word or RTF] to: editor@manorparkchronicle.com

PHOTOS:

The *Chronicle* is always interested in receiving photos. Large, clear photos work best and must be sent in jpeg format to the editor. Send high resolution [300 dpi], uncropped digital images [as separate email attachments – not embedded in the body of your email]. Please submit with your articles and include a caption and photo credit.

LETTERS TO THE EDITOR:

Senders must include a complete address and a contact phone number. Addresses and phone numbers will not be published. We reserve the right to edit for space and content.

MANOR PARK NOTABLES:

Submit suggestions for future column profiles to manorparknotables@gmail.com

BULLETIN BOARD NOTICES:

Submit notices for community events to the editor.

Next Issue: January-February 2023

Deadline for booking advertising: Friday, December 9

Deadline for submitting ad creative: Tuesday, December 20

Send to: ads@manorparkchronicle.com
613-749-9922

Deadline for articles and photos: Wednesday, December 7

Send as attachments to editor@manorparkchronicle.com

Ring in the new year

The *Chronicle's* production team will soon be getting ready for the January-February 2023 edition.

Be sure to contribute your news, stories, opinions and photos!

Keep us in mind. Send us:

Your views on what's important in Letters/Your Opinion Matters
Your suggestions for a neighbour to feature in Meet Your Neighbour
Your suggestions for a pooch to profile in Dogs in the Hood
Your fall photos and stories for publication

Have a fun and safe winter and see you in January!

We'd love to hear from you: editor@manorparkchronicle.com

Manor Park Chronicle

ISSN: 1188-2271

The Chronicle is available in PDF format at: <https://manorparkchronicle.com/>

The *Manor Park Chronicle* is a not-for-profit publication of the Manor Park Community Association (MPCA) and the Manor Park Community Council (MPCC) paid for solely by advertising. Distributed free-of-charge to Manor Park residents, *Chronicle* advertisers and business on local main streets, it has a circulation of approximately 5,000 copies. Five editions are published in a year: September-October; November-December; January-February; March-April; May-June.

ABOUT THE CHRONICLE

Opinions and information published through letters, articles or columns are those of the author and do not necessarily reflect the opinions of this newspaper. Copyright in letters and other materials sent to the *Chronicle* and accepted for publication remains with the author but the publishers may freely reproduce them for reasonable non-commercial, community-based purposes in print, electronic and other forms.

Publishers

Manor Park Community Association
Manor Park Community Council

Advisory Board

Alison Crawford
John Bernard (Treasurer)
Kailey McLachlan (MPCC)
Adam Robb (MPCA)
Derek Taylor (Chair)

Editor

Wes Smiderle
343-999-3417
editor@manorparkchronicle.com

Advertising Manager

Sharleen Tattersfield
ads@manorparkchronicle.com
613-749-9922

Production Manager

Patti Moran

Community Photographer

Doug Banks

Editorial Team

Joanne Kloeble (Copy Editor)
Doug Banks (Community photographer)

Jennifer Cook Baniczky (Writer)

Ewen Cornish (MP Notables)

Liza Fendt &

Julie Ann Levett-Kiala Buloki
(Business Buzz Columnists)

John Graham

(Editorial Cartoonist, Writer)

Christiane Kirkland (Writer)

Chantal Mills (Canine Chronicles)

Jennifer Elder & Jennifer Morin

(Meet Your Neighbour Columnists)

Sarah McCabe (Writer)

Cecilia Pita (Etiquette Matters)

Diana Poitras (Writer)

Denise Rackus

(What Your Neighbours are Reading)

Sharleen Tattersfield (Dogs in the Hood)

Mike Trudeau (Writer)

Advertising Team

David Bruce

John Graham

Distribution Coordinator

Jacki Sachradja

613-799-7260

Mailings

Jim Kenward

Printed by Winchester Print

EDITOR'S POV

Chronicle's new website

Your community newspaper, the *Manor Park Chronicle*, has launched a new website, www.manorparkchronicle.com.

All editorial content from the print edition is there—all *Chronicle* columnists and features, with news from Manor Park Community Association and Manor Park Community Council (MPCC).

The site is intended to complement the print edition and will also include unique content. Contact us at editor@manorparkchronicle.com with comments or questions.

(Note: We will continue distributing the print edition of the newspaper as usual!)

Thank you, Andrea!

On behalf of our many readers, advertisers, volunteers, production team members and board members, I would like to thank Andrea Poole for her nine years as treasurer of the *Chronicle*.

In addition to her diligent attention to all matters financial, the *Chronicle* has benefited greatly from her experience, leadership and vision.

Andrea was a stalwart and long-serving Manor Park community volunteer before joining the *Chronicle's* advisory board. In June 2011, she was recognized for her service on the board of the MPCC, receiving the 10-year Ontario Volunteer Service Award.

An MPCC Board volunteer for 12 years, Andrea played a key role in establishing the Manor Park Playschool by helping identify the need in our community and successfully applying for a Trillium grant which funded the conversion of the old field house to a child-friendly play and learning space.

Andrea played an instrumental role in the creation of the new *Chronicle* website and its recent launch is a timely and fitting tribute to her long and valuable service to our community.

Going forward, Andrea plans to continue to provide her professional accounting services to not-for-profit organizations. We wish her all the best in this ongoing endeavour.

Derek Taylor, Board Chair,
Manor Park Chronicle

New community association focuses on tenants

By Ayse Comeau

After unsuccessful attempts to make our local community association listen to tenant concerns during the year we volunteered with the development committee, my husband André and I started talking to our neighbours about the need to have a group that focuses on tenants' concerns and needs.

People were interested and supportive. As it is with any community association, the Manor Park Tenant Union (MPTU) is starting slowly and informally.

Our observation is that tenants seem to feel the existing neighbourhood associations and councillor office meetings are only for homeowners and their specific concerns, and that tenants don't have a voice in these meetings. We want to be the missing voice!

Next, we put a name to the association and created a Facebook page to spread the word and provide contact information.

We then recruited our first volunteer. Ricardo Tranjan is not a tenant but what people now call "Yes in My Backyard Homeowners". He is great addition to our team as he is an

expert political economist focusing on affordable housing, an author on the subject and often talks to the media about these issues.

We are constantly in touch with our counterparts at other tenant unions such as Heron Gate, a couple of Toronto organizations, and the Vancouver Tenant Union.

Our group is unique in that we have a good relationship with our landlord, and we really want to keep it that way. With that said, those unions have a lot of experience in how to get people organized. The same is true for the councillor's office.

We want a seat at the table, which we don't think we had before; we want to be constructive and help get things done.

Our most important goal is to inform all tenants of what is being offered to them and to make them aware of the fact that we are here to represent what is important to them.

For now, our focus is Manor Park Estates (MPE), but we are open to all tenants in Manor Park. If homeowners want to volunteer, we won't say no.

Both Ricardo and myself volunteer with the Communi-

ty Benefits Agreement Working Group for the redevelopment of MPE that is being facilitated by Rideau-Rockcliffe Coun. King's office.

We are holding our first *tenants only* meeting at 1805 Gaspé on Sunday Nov 13th at 11 a.m.

We hope to meet some more of our tenant neighbours, inform them of our process and listen to their needs over some coffee and snacks.

We would love to see all our tenant neighbours at the meeting!

Follow us on Facebook @ Manor Park Tenant Union.



Manor Park Community Council's Rock the Block community festival roared back to life in October with vendors food, music and the pie-baking content. For a recipe of the winning pie, see page 23 in this edition.

PHOTO: MANOR PARK COMMUNITY COUNCIL



Curling for Kids!

Children as young as 7 can learn to curl!



R.C.M.P. Curling Club
115 St. Laurent Blvd.

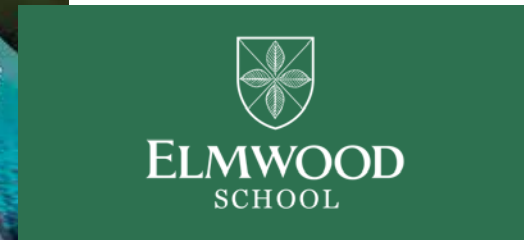
Sunday Mornings, until mid/late April

Little Rocks (ages 7-11): 9 -10am \$100

Juniors (ages 12-17): 10:15 -11:50am \$140

Borrow equipment from the club or purchase at the onsite Hogline Pro Shop

Register online at rcmpcc.ca | Information: Dean Ruth deangruth@yahoo.com



THIS IS THEIR TIME

And this is the place. From preschool to Grade 12, Elmwood students enjoy a small class experience and a wealth of co-curriculars that challenge them to discover their true potential. Surrounded by our supportive community, our students go on to win scholarships and study at universities the world over.

- International Baccalaureate World School
- Financial aid program
- Transportation and before + after care available
- Healthy meals prepared onsite

An independent day school for girls from Pre-Kindergarten to Grade 12.

elmwood.ca

MANOR PARK COMMUNITY ASSOCIATION

Manor Park Community Association

Contact us at
info@
manorparkcommunity.ca

Executive

President: Natalie Belovic
(president@
manorparkcommunity.ca)

Vice-President: Adam Robb
(vp@manorparkcommunity.ca)

Past President: Elizabeth McAllister (pastpresident@
manorparkcommunity.ca)

Secretary and Treasurer:
Diana Poitras (treasurer@
manorparkcommunity.ca; for
on-line donations: donation@
manorparkcommunity.ca)

Directors

Assma Basalamah (Chair, Governance Committee;
governance@
manorparkcommunity.ca)

John Forsey (Chair, Transportation and Safety Committee; transportation@
manorparkcommunity.ca)

Mary Hickman (Chair, Community Outreach Committee; outreach@
manorparkcommunity.ca)

Adam Robb (Manor Park Chronicle Liaison;
vp@manorparkcommunity.ca)

Michael Trudeau
(Chair, Crossings Committee;
crossings@
manorparkcommunity.ca)

Eugenie Waters (Chair, Environmental Sustainability Committee; environment@
manorparkcommunity.ca)

Vacant (Chair, Development Committee; development@
manorparkcommunity.ca)

Vacant (Chair, Fundraising and Membership Committee)

Consider carving out a bit of time to help your community



FROM THE DESK OF:



Manor Park Community Association President

NATALIE BELOVIC

As I write this month's column, the first word that comes to mind is *ouch!*

Our new mayor will soon take office and hopefully keep his promise to be a mayor to *all* of Ottawa, including the urban core that largely supported his opponent. When you look at the make-up of city council,

there is more representation from the suburbs and rural areas than from the inner green-belt communities. This was a real problem on last council, hopefully not on this one.

We need visionaries for the greater good of the entire city and region to get Ottawa to be all that it can be.

That being said, it seems that the provincial government has knocked the wind out of the sails of municipal governments by loosening rules for developments and reducing the steps and checks at all levels in order to create more affordable housing. To a large extent, desires of city councils will be trumped by the new provincial rules.

As an urban neighbourhood, Manor Park will certainly see some pressure for development whether on the large scale of Manor Park Estates or on your neighbour's property.

The MPCA could use your help as "watchdog" and participant in the upcoming zoning bylaw review. If you have some interest in this, please reach out and learn what that might entail.

Sixth crossing

As many of you have come to hear and notice, the federal government has been doing geotechnical investigations in the Ottawa River and the three crossing locations stud-

ied some years ago.

The Crossings Committee is ramping up and is meeting regularly to strategize on next steps, however, we are getting mixed messages from our elected officials and from government actions

It seems so strange to me that the NCC has just completed an \$18 million refurbishment of the New Edinburgh Boathouse, is thinking about creating a public swim dock like the one there in the last century, has installed the Ottawa River Keepers as their tenant on the top floor and yet is moving along with the government on "studying a sixth crossing" which by all accounts might likely land smack in front of the boathouse!

I think we can all agree that the trucks winding their way through the downtown streets of Ottawa is appalling and that we need to find a solution to that, but the Quebec MP pushing the bridge agenda so strongly doesn't care about our trucks. He cares only about cutting the car commuting times of his constituents. Data is far different today than it was in 2013 or before. We can't just "refresh" the previous findings to find the best solution.

We would appreciate more "hands on deck" on this file so please contact Crossings Committee Chair Mike Trudeau our

committee chair at crossings@manorparkcommunity.ca.

On a more positive note, the city elections had 44 percent voter turnout which was, I believe, the highest of any municipality in Ontario in this election. Some communities had as few as 25 percent of eligible voters bother to exercise their democratic duty.

Everywhere volunteerism is down but the need for it is so much greater than ever before as the province keeps downloading responsibilities to communities who then download them to us.

Whether it's reading to school-kids once a week, or stocking shelves at the foodbank, or participating in some committees etc... please consider carving out just a little bit of time to help us all be in a better place.

Thank you from the bottom of my heart to all the board members. Elizabeth McAllister, Adam Robb, Diana Poitras, Michael Trudeau, John Forsey, Eugenie Waters, Mary Hickman, Assma Basalamah and all of the committee members with whom I have had the pleasure of working, thank you for all your time and dedication to your community and neighbours. It is truly heartwarming and so very much appreciated.

And to all Manor Parkers I wish you all the happiest 2023.

Winter Sowing

Growing native flowers from seed for free

By Christina Keys

After moving into our townhouse on Dunbarton Crt. in the spring of 2021, I set about identifying the plants in our garden. The last I identified was the most spectacular pink New England aster (*Symphotrichum novae-angliae*) which bloomed from August to early November. I knew I would expand our garden space, so I wanted to learn how to get more of these beautiful plants from the fluffy seed heads that formed. I soon discovered the world of winter sowing, a local community passionate about growing native flowers from seed, and the enormous ecological benefits to planting native species.

At a local Manor Park event

last December, I picked up many free seeds packets from the Ottawa Wildflower Seed Library. This "library" allows you to borrow seeds or seedlings for free with the hope that you will donate back seeds from the mature plant in future years. Following their instructions, I grew hundreds, maybe thousands, of native perennials in a few dozen containers on my deck over winter. The steps were surprisingly simple and easy. Most native seeds need the cold of winter and the moisture of snow to germinate, a process known as cold stratification. This process breaks the seed dormancy; the seeds sprout when temperatures warm up in spring.

If you have garden space to fill, or want to remove some

lawn to have more flowers, here are the simple steps to follow:

Check your site conditions and choose your seeds accordingly. Shade? Sun? Moist, average, or dry soil? There are native perennials for every site. Get your seeds for free outside of the Manor Park Community Centre on November 12, or from other events organised by www.wildflowerseedlibrary.ca. You can also buy them from Ontario-based websites such as www.wildflowerfarm.com and www.northernwildflowers.ca.

Get some pots and some potting mix or seed starting mix. Each pot will need drainage, so use plant pots or drill holes in plastic salad or yogurt containers. Fill each almost to

the top with your potting mix and gently water. Bottom watering from a tray overnight works best.

Sprinkle seeds on soil. Gently push so each seed makes contact with soil. Add a little more soil on top according to packet instructions.

Label each pot with permanent marker. Mine faded last year using a Sharpie, so this year I'm trying a Staedtler Lumicolor marker.

Place outdoors anytime between mid-November and mid-January, avoiding a southern exposure which could trigger early germination. Ideally, cover with screens to keep squirrels out.

Wait! The snow will naturally protect and water your seeds.

Continued on page 7

MANOR PARK COMMUNITY ASSOCIATION

Continued from page 6

In the spring, keep the containers watered as needed. Watch for tiny seedlings to emerge.

Thin so that each seedling has enough space to grow. Alternatively, separate each out into small pots.

Once three to four inches high, plant flowers in your garden.

Using this method, I've converted almost my whole yard into a colourful, wild-life-friendly haven on a tiny budget. Some flowers like anise hyssop, spotted bee balm, blue vervain, and the New England asters have flowered already. Others will need another year or two to establish roots before flowering. I've learned about a special aspect of New England asters since growing them from seed: they have a natural variation in flower co-

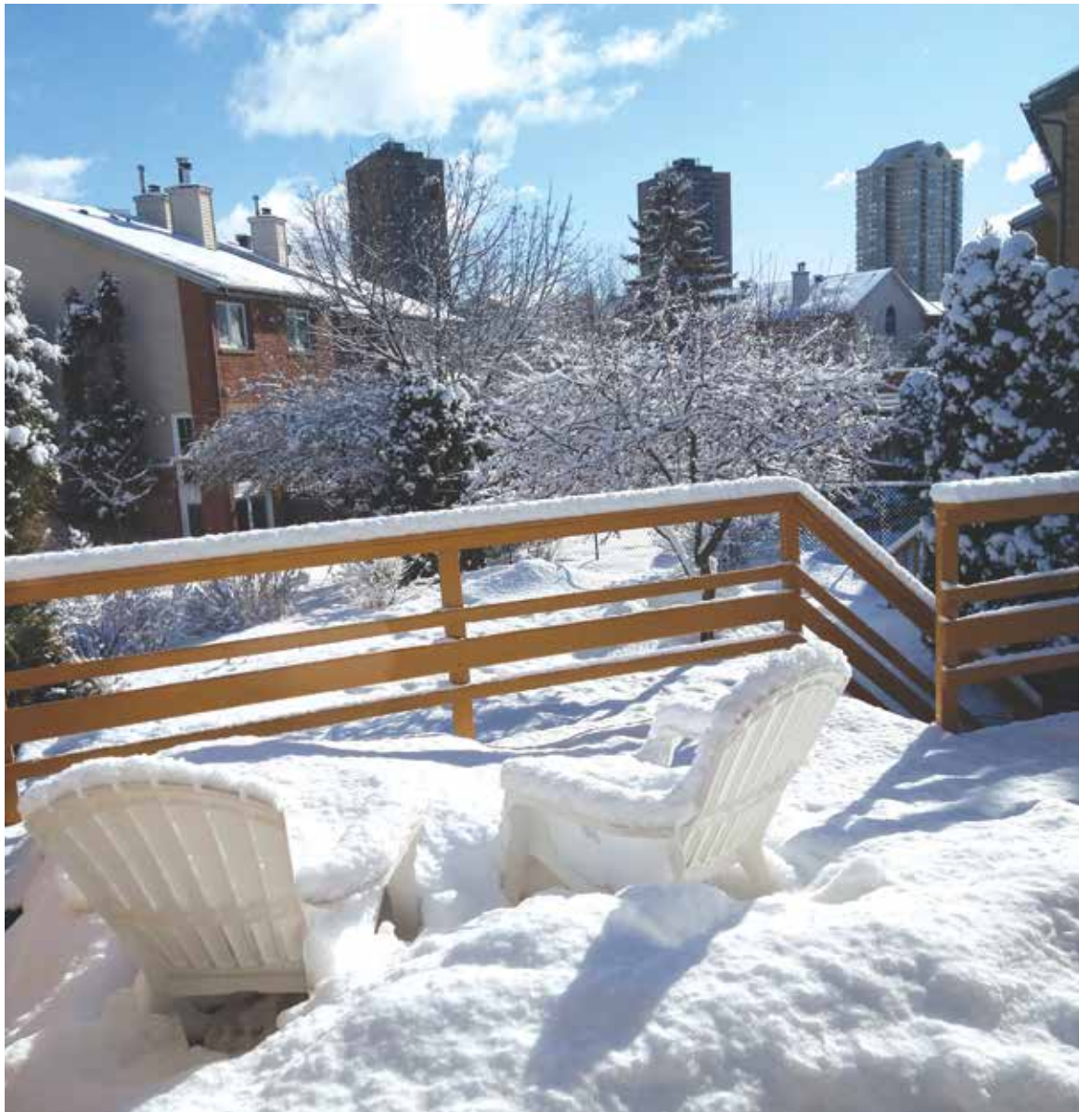
lour from deep purple to hot pink. I now have a few dozen new aster plants, each a unique colour, and as they bloom, they are providing nectar and pollen for our native bees prior to hibernation and for migrating butterflies like our endangered monarch.

It's hard to decide what has brought me more joy — seeing the first green sprouts emerge from the pots in the spring or watching my 6-year-old marvel at my garden's busy bees, butterflies, and birds.

Pick up your own seeds and get a tour of the MPCA's new Manor Park Native Plant Demonstration Garden on **Saturday November 12 from 10 a.m to 12 p.m.** outside the **Manor Park Community Centre at 100 Thornwood Ave.**



Winter sowing allowed Christina Keys to expand the pink New England asters in her garden space. Can you identify the insect on this one? PHOTO: DAVE KEYS



Pots of seedlings sit comfortably (within a shelter) under a cover of snow on Christina Key's back deck. Most native plants need the cold of winter and the moisture of snow to germinate. PHOTO: CHRISTINA KEYS

POLARIS STARLIGHT FAIR

SATURDAY, NOVEMBER 26TH, 2022
11 AM TO 3 PM

A MAGICAL CELEBRATION FOR THE WHOLE FAMILY

LIVE MUSIC ~ PUPPET SHOW

ARTISAN MARKET ~ CHILDREN'S ACTIVITIES

BEESWAX CANDLE DIPPING

DELICIOUS HOMEMADE FOOD

POLARIS SCHOOL AND CENTRE
1805 GASPE AVE., OTTAWA
WWW.POLARISSCHOOL.CA

Full-Time at School and Online Learning Platforms Available

ACADÉMIE ST-LAURENT ACADEMY

<p>DAYCARE</p> <ul style="list-style-type: none"> • Infant, Toddler, Preschool Programs • Daily Academic Enrichment • French & Bilingual Programs • Play Based Learning • Daily Physical Education (full sized gym) • Weekly specialized Science and Music instruction 	<p>JK-GRADE 8</p> <ul style="list-style-type: none"> • Daily Physical Education • English Language Instruction with Core, Advanced and Extended French Options • Enriched & Engaging Curriculum • Multiple Intelligence Approach • Award winning Science Program • School Clubs and Intramurals • Curriculum includes specialty instruction in Music, Dance, Drama, Robotics, Art, Cooking & Technology 	<p>HIGH SCHOOL</p> <ul style="list-style-type: none"> • Academic Credit Courses Available • Full year English, Math & Phys. Ed credit instruction - supporting a balanced academic curriculum • High Skills Major in Phys. Ed., and Extended French • 10 Credits Available Per Year • Personalized Academic Pathway to College or University!
---	---	---

For More Information Contact – admin@st-laurentacademy.com

FACILITIES INCLUDE
Full-sized Gym, Science Room, Chemistry Lab, MAC Computer Lab, Music Room, Instructional Kitchen, and Art Studio.

641 Sladen Ave., Ottawa On K1K 2S8
www.St-LaurentAcademy.com

Marnie Edwards, R. M. T.
Registered Massage Therapist

Serving New Edinburgh, Rockcliffe and Manor Park

Back Pain, Sports and Repetitive Strain Injuries, Whiplash
Headaches, Insomnia, Chronic Fatigue, Arthritis, Stroke
AND MORE

For an appointment or information
please call: 613-741-3470

10 Braemar St.
Manor Park

Dr. Hilary Wu
Dr. Nevena Zivkovic
Family Dentists

STEADFAST DENTAL

613-746-3999
637 Montreal Road

Child Friendly Practice
We Welcome New Patients
Free Parking

St Columba 
Anglican Church

Weekly Sunday services at 9:30am

Advent Lessons & Carols
Nov 27, 9:30am *with special music*

Christmas Storytime with Carols
Dec 24, 4:00pm *bring the kids!*

Christmas Eve Eucharist
Dec 24, 9:00pm *with special music*

Christmas Day
Dec 25, 9:30am

For the latest information on our services,
please visit our website:

<https://stcolumbaottawa.ca>



ART HOUSE
CUSTOM FRAMING

Fine Art Prints - Posters
Glasses & Boards
Matboards
Mounting & Laminating
Digital Printing
Canvas Stretching

63 Beechwood Ave.

facebook.com/arhouseframingottawa | Instagram: @arhouseframing

613-695-2423



The results of Forêt Capitale Forest's efforts along Aviation Pkwy. was a pleasing "river of trees." PHOTO: JOHN DUIMOVICH

Forêt Capitale Forest applies stewardship philosophy to tree-planting

Manor Parker integral in new effort

By Wes Smiderle

Manor Park resident Innes Buck went to Guelph to get a degree in environmental sciences. When it came time to find work, he didn't have to stray far from his roots.

Innes is currently working an internship as an environment and research manager with Forêt Capitale Forest (FCF), a non-profit group devoted to fighting climate change in part by increasing the amount of forested land in the city, and spreading awareness of the importance of trees and biodiversity overall.

"It's just been really an amazing experience with lots of exciting new developments because it (FCF) is so young," says Innes, who grew up on Kilbarry Cres. "There are a lot of cool, ground-level projects being put-together."

Ground-level literally and figuratively. A central plank of FCF's tree-planting philosophy is involving local volunteers with their tree-planting projects.

Innes was among the FCF staff and community volunteers, including other Manor Park residents, planting trees along the Aviation Pkwy. in late October.

It was a cold and rainy afternoon. Miserable for people but pleasantly soggy for saplings.

Drawing on stores of young trees from its hub in Blackburn Hamlet, the group planted about 200 trees.

'Plant-and-go wasn't working'

It was a modest step towards the group's eventual goal of increasing the tree coverage of east Ottawa by 1,000 hectares (or about 247 acres) by 2030.

Not only is FCF's plan ambitious, the group's approach to tree-planting is also a little radical.

The group doesn't just "plant and go," as director Shelley Lambert describes it. "The plant-and-go model wasn't working... We actually steward young trees in place for a few years until the point where the tree is at a free-to-grow stage."

She notes survival rates for trees planted using the "plant-and-go" method can be "quite low." She says developing a new, more reliable approach to tree-planting was part of the reason Forêt Capitale Forest formed in the first place.

'Stewardship' means that, part-and-parcel with physically planting trees, the group makes sure that there are people in the neighbourhood who know about the planting and can participate in caring for the saplings and nurturing their growth for about three to five years.

This means scheduling visits to check in on the trees, watering them when needed and ensuring that the winter guards (basically a wrap protecting the tree bark from hungry rodents) are in place.

'Winterizing party'

The organization was founded about two years ago, during

the pandemic, and quickly grew to develop relationships in the community.

"It's been a dramatically fast and busy rise," says Shelley, "but it really did tell us that what we're doing fills a nice niche, fills a gap."

The group was busy leading up to the winter. Staff and volunteers held a "winterizing party" at their base of operations, Just Food Community Farm in Blackburn Hamlet. This involved planting their remaining stock of potted trees before the ground freezes. The party became a planting "blitz" during which 1,200 tree seedlings were planted at the group's "Community Tree Hub."

Shelley says they hope it's the first of "many" tree hubs. "I think it's a wonderful way to collaborate in this capacity-building way... We could have them scattered around the city so someone in the west end doesn't have to drive to Blackburn [to get trees]."

The following day, organizers hosted their first tree forum, featuring talks and hand-on workshops about the early lifecycle of trees. They hope to make the forum a regular annual event.

The FCF also recently launched a tree sapling harvesting and replanting program. This involves collecting wild saplings of local tree species, planting and caring for them until they reach ideal replanting age and then re-locating and monitoring the

Continued on page 9

Continued from page 8
trees in a new location.

Through this process, FCF aims to integrate all the steps with local partners, from sapling identification to health and safety planning and purchase of supplies.

'Really a long investment'

Innes credits growing up in Manor Park for at least partly inspiring his interest in trees and the environment.

While earning his degree in environmental management, focusing on science, policy and law, Innes examined the issue of "greenwashing", or making activities seem beneficial to the environment when they really aren't or could even be harmful.

He says the phenomenon could sometimes be applied to planting trees. Not all efforts are equal and some don't result in many, or any, healthy and mature trees growing to expand the canopy.

"The ease of saying you've planted trees... People hear that and think it's great, but the process... it's really a long investment. There's a lot of work involved in getting to that point."

It's work that Innes, and FCF, seem ready to tackle.



Above: Manor Park resident Innes Buck, Forêt Capitale Forest environmental and research manager, waters a tree at the Just Food Community Farm in Blackburn Hamlet over the summer. PHOTO: JOHN DUIMOVICH



Left: Each sapling at the Aviation Pkwy. site is protected by a tree guard to prevent winter munching by rodents, and also marked with a flag so that it can be easily identified by volunteers interested in helping to "steward" the site over the next three to five years. PHOTO: JOHN DUIMOVICH



A relentless downpour prevented volunteers from the Ottawa Boys & Girls club from helping out with a tree-planting along the Aviation Pkwy. in October, but the rain did not dampen the spirits of Forêt Capitale Forest directors Stephanie McNeely, left, and Shelley Lambert. "The trees like it," notes Shelley. PHOTO: JOHN DUIMOVICH

FRESH

REDISCOVER YOUR HAIR

75 Beechwood | 613.680.6315
MARGOT

louise hannant

certified personal trainer

A holistic approach to fitness

- Cardio, Strength and Stretch
- High Intensity Interval Training
- Nutritional advice
- Food sensitivity testing
- Stress management

golouise@rogers.com
613-747-1514 In your home or mine

SANDY HILL

CONSTRUCTION

Ottawa's Quality Home Renovations and Restoration Company

AWARD WINNING CONTRACTOR –
RENOVATOR OF THE YEAR



For a comprehensive overview, please visit our web site:
www.sandyhill.ca or call Nathan Gurnham at (613)832-1717

Pro-Fit Tailoring

Alterations and Repairs for Ladies and Gentlemen



369 St. Laurent Blvd., Rockcliffe Crossing Centre
Ottawa, ON 613-741-2763

Monday-Friday: 9 AM – 6 PM
Saturday: 9 AM – 4 PM

St. David and St. Martin Presbyterian Church

Minister:
The Rev. George Zimmerman



Come and Worship With Us
Sundays at 11 a.m.

ONLINE by ZOOM conference call
See website for details

Please phone the church office for more information

A WARM WELCOME TO ALL

444 St. Laurent Boulevard 613.745.1756
www.thesaints.ca

Community hub gathering momentum with more businesses and Holiday Night Market

By Chris Penton

My last update on The Hub was in the *Chronicle's* May edition. Much has happened since then and much is in the works.

To bring you up to speed, The Hub is the former Terry Fox Centre (once housing Encounters With Canada) at 1805 Gaspé Ave. Situated at the edge of Ottawa, the only things between us and Quebec are a bunch of pampered RCMP Musical Ride horses, a wide strip of NCC land, and the mighty Ottawa River.

The building, sitting on three acres, is a true mish-mash of amenities. It contains a commercial kitchen, classrooms, an auditorium, offices and two floors of huge open space (formerly dormitories).



A mild fall has allowed Beechwood Market to extend its Monday "Mini-Markets" throughout October. PHOTO: DOUG BANKS

With so many local businesses on our roster, we want to do our part to keep them going all year, while introducing something a little different to our neighbourhood.

Ottawa Street Markets moved the pickup location for its online farmers' market to The Hub in early April. Since then, we have been trying to diversify and better serve the

community. We introduced Monday 'Mini-Markets' in front of our garage door, and will soon open an indoor farm store. Baccanalle has not missed a beat in producing their special blend of Caribbean food by taking advantage of The Hub's commercial kitchen. Available for pickup or delivery, Baccanalle's prepared frozen foods can be ordered at Ottawa Street Markets, along with 40 other local vendors, at: www.ottstreetmarkets.ca

Manor Park Community Council (MPCC) continues to run fitness and yoga classes at The Hub. They will also open a daycare service in the coming months.

Polaris School, a private Waldorf school, is our newest neighbour. The school kids brighten up the building with

an injection of new energy.

There is talk of a health centre of sorts taking over some of the office space. Stay tuned for more on that.

You can expect special events to appear on the radar. The first is a Holiday Night Market. Working with the MPCC, our combined crew will bring over 20 local vendors to offer food and beverages — including mulled wine and craft beer, and holiday gift ideas. This fun and festive evening runs on Saturday December 4, from 5-9 p.m. For more information, visit the website at: manor-park.ca/community-events#holiday%20market

We are excited with our progress; soon you will have even more reasons to drop into The Hub.

Rideau-Rockcliffe community centre expands maker space tools

By Wes Smiderle

The Rideau-Rockcliffe Community Resource Centre (RRCRC) recently launched a fundraiser to expand on its maker space program for community youth.

The RRCRC on St. Laurent Blvd. houses a maker space designed to help youth and people from the community discover, or rekindle, the ability to develop ideas into creations.

As part of an expansion of its maker space facilities, the RRCRC launched a GoFundMe campaign to raise funds for a digital vinyl-cutting tool. The tool is relatively low cost and versatile as it can be used to create stickers, labels, t-shirts, decorations and more.

Camila Pastran, lead for the technology and social

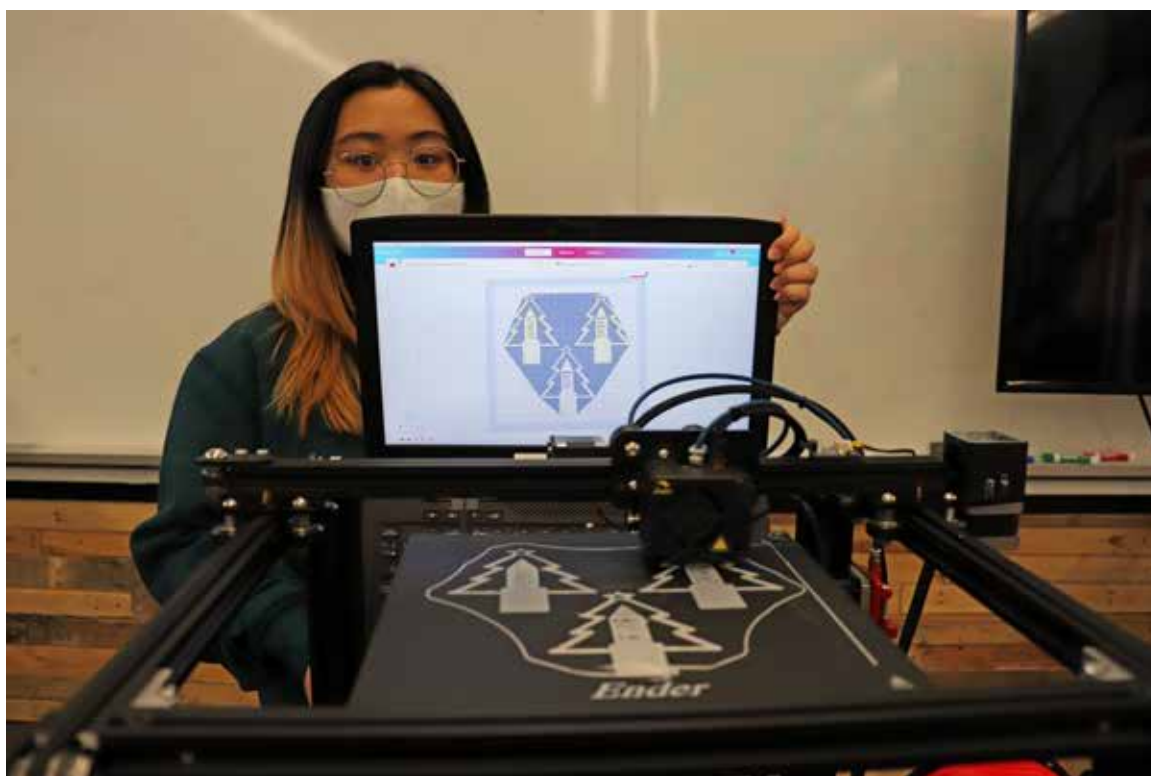
impact team at RRCRC, says programs like Innovator13 and Incubator13 help blend cutting-edge technology with innovation and social work to bridge a divide between those who have ideas but lack access to the resources they need to develop them.

"Most of the time when we talk about innovation, we think of universities or big corporations. We forget that it happens at a community level."

On November 23, the RRCRC will be holding a workshop in its maker space for youth with disabilities. The workshop takes place from 1 to 2:30 p.m. in room 124 at 815 St. Laurent Blvd.

The RRCRC's GoFundMe campaign can be found at:

<https://www.gofundme.com/f/community-vinyl-cutting-for-creative-projects>.



An Incubator13 digital skills instructor works with a 3D printer using her students prototypes. PHOTO SUPPLIED BY RIDEAU-ROCKCLIFFE COMMUNITY RESOURCE CENTRE







Sezlik.com
OTTAWA HOMES & CONDOS

Discover what working with Ottawa's best can do for you!

613.744.6697

ROYAL LePAGE
Team Realty

Charles Sezlik, Dominique Laframboise,
Sara Adam Sales Reps,
Trystan Andrews, Broker.

 252 COLTRIN ROAD - \$4,350,000 ROCKCLIFFE PARK	 PENTHOUSE PH3-138 BARRETT ST. - \$4,600,000 BEECHWOOD VILLAGE	 25-35 BERTRAND ST. - \$2,190,000 LINDENLEA	 296 MANOR AVE. - \$1,897,000 ROCKCLIFFE PARK	 8 STEPHANE AVE. - \$1,739,000 RIDEAU HEIGHTS
 171 STANLEY AVE. - \$1,479,000 WATERIDGE VILLAGE	 132 STANLEY AVE. - \$1,200,000 NEW EDINBURGH	 322-411 MACKAY ST. - \$639,000 LINDENLEA	 28 LAMBTON AVE. - \$4,500/ MONTH LINDENLEA	

#1 in Ottawa* *Charles Sezlik, #1 Royal LePage Realtor in Eastern Ontario 2020, 43 +/- Offices, 1150 +/- Realtors, based on GCI commissions.

Family Homelessness Lab identifies gaps and missed opportunities in housing services

By Allan Martel

As those of you following this project will remember, a Rapid Response Table (RRT) emerged from The Family Homelessness Lab's decision to include the City of Ottawa and social agencies focused on housing services.

The RRT membership involves community organizations that can intervene at various stages of housing distress. When acting together, these organizations could form an integrated system of progressive engagements to prevent eviction or to avert a family's need for shelter.

The principle of progres-

sive engagements as a superior option to shelter admission is based on limited data for 2022. The data shows that from a total of around 232 exits from shelter, 94 families returned to market rental properties. This suggests that, at a minimum, these families could have been assisted without recourse to shelter, thus saving the unwanted impacts of a shelter stay and considerable cost to the City.

What have we learned so far?

Currently, an actively managed system of information for homelessness prevention does not exist. As a result, cases are handled in a slow

and cumbersome rule-based administrative system, limiting both the case managers' discretion and the families' options.

The RRT has discovered gaps in the continuum of progressive engagements in at least two areas:

1) No direct assistance for families struggling to establish a tenancy. Families receiving subsidies for rent cannot remain on the waitlist for Rent Geared to Income (RGI). Priority access to RGI housing is given to families in shelter, creating a disincentive for a family to return to market rent housing and longer than needed shelter stays.

2) No structured intensive intervention to house/rehouse families at imminent risk of requiring shelter.

Several ongoing policies create disincentives for preventive action before a shelter admission. For example, the RRT learned that Ontario Works (OW) and Ontario Disability Support Program (ODSP) tried working together to help a family avoid a shelter admission. However, the financial tools of both organizations were applied sequentially, thus causing a significant delay to the family accessing housing.

Based on the Rapid Re-

sponse Table's observations, RRT member organizations are eager to work as an integrated whole. The potential for an integrated system of progressive engagement exists across community and city organizations. These range from early warnings of housing distress, light touch tenancy support, and housing loss prevention, through to more intensive interventions to divert families from shelter through rapid rehousing. While progress is slow, the direction is right, and the learning based on cases from two wards is nearing readiness for scaling to include a larger section of Ottawa.

MacKay United fired up for the holiday season

By Eleanor Dunn

Fired up by the success of another Beechwood Night Market in its Memorial Hall on October 29, MacKay United Church's congregation now looks forward to the holiday season.

Christmas isn't Christmas at MacKay without a spectacular concert and, after a pandemic hiatus, such a concert returns to MacKay on Sunday, December 18 at 7 p.m. "Christmas in the 'Burgh" will feature violinists from the Vyhovski Springs, pianist Tea Mamaladze, Leane Ward and the Lavoie Family, MacKay's Rev. Peter Woods and other performing artists from the Ottawa area.

The evening will be filled with the sounds of Christmas -- sacred and secular -- plus a Christmas Carol sing-a-long. Following the concert, the audience is invited to enjoy refreshments in the Memorial Hall. Free will donations will be accepted at the door to support MacKay's Mission and Service outreach programs.

Unfortunately, there was no Christmas bazaar this year. Instead, MacKay's United Church Women provided a bake sale table as part of the Beechwood Night Market. The Night Market was organized with Chris Paton of the Beechwood Market and supported by sponsors -- LaMarche Electric, Chartwell, the United Church of Canada Foundation, Minto

Construction, Natalie's Urban Ottawa and Compass Rose.

While waiting for the December 18 concert, MacKay United Church will celebrate its 147th anniversary on Sunday, November 13 in a service at 10.30 a.m. There will be a special Music and Meditation Evening on December 6, at 7 p.m.

MacKay's re-energized Sunday school will present its Christmas Pageant as part of

the regular service on Sunday, December 11 at 10:30 a.m. and the traditional Christmas Eve Candlelight Service returns to MacKay on December 24 when special music will be featured.

For more information on upcoming events at MacKay United Church, check out the Facebook page or www.mackayunited.ca or call the office a 613-749-8727 or via e-mail to admin@mackayunited.com.



A cluster of new saplings has appeared along London Terrace Park, apparently as part of the City of Ottawa's reforestation project. The city has a target of planting 125,000 new trees each year as part of its plan to grow the urban forest.

PHOTO: MICHAEL TRUDEAU



Rental Management for the Foreign Service Community

Our services include:

- market analysis
- preparation of documents
- reporting
- maintenance
- regular inspections
- simplified and competitive fees

We've been there ... we care!

Aisling Boomgaardt and Bram Boomgaardt

Tel: 613-746-2367
Fax: 613-746-3050
GreentreeCo@sympatico.ca

5 Beechwood Avenue
P.O. Box 74074
Ottawa, ON K1M 2H9

www.GreentreeOttawaRentals.ca

COMPUTER HELP IN YOUR HOME

WE COME TO YOU TO FIX COMPUTER PROBLEMS.

Compu-Home is a highly regarded family business located right near you. Service is honest, reliable, affordable and prompt.



HOW CAN WE HELP YOU?

- Computer slowdowns
- Problems with Internet connections
- Setting up and maintaining home and office networks
- Printer problems
- Helping plan, purchase and use new computer equipment
- Transferring and backing up data
- Using new digital cameras
- Coaching

Compu-Home

613-731-5954

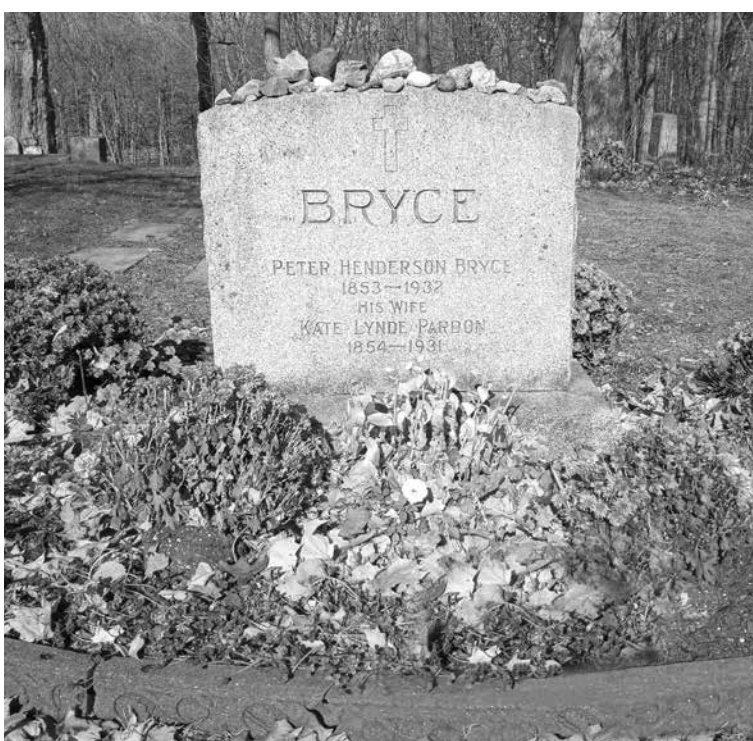
info@compu-home.com
Malcolm and John Harding

BUSINESS BUZZ



BUSINESS Buzz

LIZA FENDT and JULIE ANN LEVETT-KIALA BULOKE



The gravesite of Peter Henderson Bryce is located in one of the oldest sections of Beechwood Cemetery. Dr. Bryce was one of the lone voices of the early 20th century who dared to critique the running of residential schools. PHOTO: JULIE ANN LEVETT-KIALA BULOKE.

Change is in the air – brilliant hues of early fall have faded, days are shorter and anticipated cooler weather heralds the approach of another winter. In keeping with these seasonal changes and the coming holiday season, we bring you the Buzz with its intertwined themes of remembrance, renewal and resolve.

We warmly welcome renewing advertisers: Manor Park resident **Ian Brown Realtor**, the **CHEO Foundation**, **Epicuria** (Tracey Black), **Fern Hill School** (Deborah Gutierrez), **Manor Park Barber Shop** (Aleisis Avila Rodriguez), **Muckleston & Brockwell – A Market Butchery** (Andrew Muckleston) and **Union Street Kitchen Café** (Christine Garand); also, new and returning advertisers: **Bread & Roses Bakery/Café** (Chris Green), **Polaris School and Centre** (Dina Cristino), the **R.C.M.P. Curling**

Club (Paul Adams), and outgoing **Mayor Jim Watson**.

Thanks to Buzz columnists **Liza Fendt** and **Julie Ann Levett-Kiala Buloki**, we profile several current and new advertisers who share a commitment to entrepreneurship and great service.

Beechwood Cemetery Reconciling History

By Julie Ann Levett-Kiala Buloki
Canadians are deepening their understanding about what the Truth and Reconciliation Commission has called the genocide of First Nations peoples in Canada. The 2022 National Day of Reconciliation on September 30 saw events in public libraries, public spaces like Parliament Hill and in our neighbourhood's Beechwood Cemetery. Public education is addressing our need to respond to tragic rev-

elations such as those of unmarked graves throughout the country – our need to lament, and to act.

Beechwood, The National Cemetery of Canada, is taking a leadership role in the national conversation around reconciliation. I spoke with Nick McCarthy, director of marketing, communications and community outreach at Beechwood, about the cemetery's efforts to facilitate learning about Canada's complex past.

The Truth and Reconciliation Commission's (TRC) calls to action include several which directly address information around deaths, memo-

rialization and burial records of children who died due to neglect and abuse on the part of the school system.

In keeping with its mandate to be 'a cemetery for all Canadians', Beechwood Cemetery has partnered with two national organizations. The First Nations Child and Family Caring Society of Canada, led by Dr. Cindy Blackstock, and Kairos, an ecumenical advocacy group focussing on indigenous rights worldwide, work with the cemetery with the shared mission of 'Reconciling History'.

One of their mandates is to highlight the burial locations and legacy of three prominent Canadians who were involved with the development, maintenance, and criticism of the residential school system. This work is Beechwood's response to the call to action #79 of the TRC's final report which states: "We call upon the federal government, in collaboration with Survivors, Aboriginal organizations, and the arts community, to develop a reconciliation framework for Canadian heritage and commemoration. This would include, but not be limited to revising the policies, criteria, and practices of the National Program of Historical Commemoration to integrate Indigenous history, heritage values, and memory practices into Canada's national heritage and history."

Beechwood has adapted some of its Great Canadians Plaques to reflect the more complex reality of the lives of Duncan Campbell Scott and Nicholas Flood Davin, who as federal civil servants, were involved in the architecture and

development of residential schools. Campbell Scott, the writer, is a staple in Canadian poetry studies alongside other Confederation poets such as Archibald Lampman, but an updated historical plaque clearly states the darker aspects of his legacy as the lead government administrator for residential schools.

Flood Davin travelled to the United States visiting 'industrial' schools and found them to be a viable tool for assimilation, recommending the building of more schools in Canada.

But Dr. Peter Henderson Bryce pushed back. Serving as public health director in the Department of Indian Affairs, he authored a report on the deplorable health conditions including malnutrition and rampant tuberculosis among children in residential schools. His was one of the lone voices of the early 20th century government which dared critique the way the schools were run, and he was fired as a result. His grave in one of the oldest sections of Beechwood is surrounded by tokens of remembrance and appreciation from many.

Nick was pleased to share that two new indigenous commemorative symbols have been approved by the Canadian Military for use on headstones: a Metis infinity symbol, and an Inuit symbol still in design process. He noted that there is a steady increase in requests for Beechwood's Reconciling History tours.

"A cemetery without a community is an empty space," says Nick. "The community makes us who we are...we are truly a reflection of the people we serve."

Heartfelt thanks to Beechwood Cemetery and their partners for reflecting our own longings for truth, and for justice.

On Friday, November 11 at 10:45 a.m., the community and military members of the National Capital Region and their families and friends are invited to observe the Remembrance Day Ceremony at the National Military Cemetery of the Canadian Forces.

Lucie E Cooking Amazing food! Every day!

By Liza Fendt
Jennifer Bardwell, Manor Park resident and owner of Lucie E Cooking, long harboured a passion for cooking. With a PhD in physical chemistry, she worked at the National Research Council taking early retirement to graduate from Algonquin College's Culinary Management program, be-

Continued on page 13

BALANCE HEALING CENTRE
acupuncture · cupping · facial rejuvenation

Acupuncture + Cupping
chronic & acute pain / arthritis (RA/OA) / sports injuries
insomnia / anxiety & depression / autoimmune disorders
digestive concerns / fertility / facial rejuvenation

Emily Dunn, R.Ac.
Registered Acupuncturist

745 Hemlock Rd.
www.ottawaacupunctureclinic.com

BUSINESS BUZZ

Continued from page 12

coming a culinary entrepreneur and owner of Lucie E Cooking.

Jennifer had realized the challenges of finding quality prepared food without preservatives and low in salt in today's market. Also, just how difficult it was for busy families and seniors to easily find prepared options of healthy, quality meals. These two ingredients motivated her to open her own business in 2017 serving individual portions of frozen dinners and desserts and fine foods for special occasions. In 2021, she moved her home-based business to its current commercial kitchen and store at Unit 2, 5360 Canotek Rd.

"Frozen meals in the market are very heavy on salt and preservatives, and people who are older and people who are busy don't have that many healthy options," says Jennifer.

Lucie E Cooking offers individual portions of frozen dinners and desserts in glass containers, allowing meals to be heated, as required, in the microwave or the oven. Delivery is contactless and free within the New Edinburgh to Beacon Hill area and with a nominal fee for other areas in central Ottawa. She makes sure the food is delicious, the portions generous and the meals nutritionally balanced so that customers can rely on her products as a source of healthy home-cooked meals.

Lucie E Cooking's commercial kitchen is an amazing space where creativity and the best ingredients go into each menu option. Jennifer ensures that choices are wide and varied. Her menus are available online at <https://lucieecooking.com> where orders can also be placed. One 'fresh' meal a week is prepared for ordering on Tuesdays, and if not delivered, is available for pick-up at the store on the following Saturday. Frozen dinners can be ordered anytime online and delivered to your home at your convenience. Jennifer notes that the kitchen is not always open to the public; pick-up times can be arranged by appointment.

Lucie E's tempting menu includes favourites such as beef vindaloo with butternut squash and rice, homestyle meatloaf with duchesse potatoes and green beans, Spanish paella, Salisbury steak with mashed potatoes – to mention a few tasty options. For dessert, you can find raspberry mochi cake, fruit tortes and flourless chocolate cake, amongst others. Just reading the menu makes one's mouth

water, leading you to wide selection of amazing food at competitive prices.

But that's not all! If you are hosting an event with little time to prepare a sophisticated menu or one based on dietary restrictions, Lucie E Cooking offers in-home catering featuring gourmet meals for special lunch and dinner occasions and receptions. Further information on options and ordering can be found by email at jennifer@LucieE-Cooking.com or at 613-878-0569.

Jennifer's enterprise shares its commercial kitchen with Cibus, a similar entrepreneurial initiative run by Italian chef Cristian Lepore. Open for lunch Monday to Friday (11 a.m. – 2 p.m.), Cibus serves Roman crust pizza. It also offers redefined Italian meals for health-conscious diners as well as meal-prep solutions that are gluten-, dairy- and nightshade-free. Menus change once a week and may be individualized according to specific needs. For further information, visit www.cibus.ca or contact Christian at chistian@cibus.ca or 613-879-1326.

Both Lucie E Cooking and Cibus offer culinary alternatives to help make our lives easier and healthier with opportunities to serve fantastic feasts for family and friends.

Pivotal Fitness Energy to burn!

By Julie Ann Levett-Kiala Buloki
Derek Marcotte, personal trainer and restaurateur is an infectious whirlwind of energy and enthusiasm, a gifted teacher and trainer who inspires his clients to work hard and live well. In July, this year he opened Pivotal Fitness, a compact personal training studio at 139 Beechwood Ave., next to Chew That, Renee Turcotte's pet food shop.

An Ottawa lad, Derek spent years teaching martial arts such as ju-jitsu and muay Thai boxing. He is known as Sensei Derek to hundreds of young people in Ottawa, many of whom went on to earn their black belts and become instructors. If they trained at the Therein Jiu-Jitsu & Boxing location in the former Eastview Plaza, (where Derek taught for many years), they might have slipped next door after class and worked for Derek when he managed the Black Irish Pub. Derek obtained his Red Seal Chef certification along the way, and has served, cooked, and managed operations at many venues including the Rideau Club and Sam Jakes Inn and also his own beachside bistro in Ganano-



An amazing finishing touch to prepared meals from Lucie E Cooking, this awesome frosted chocolate cake is the culinary creation of Manor Park resident and chef/owner Jennifer Bardwell. PHOTO: COURTESY OF JENNIFER BARDWELL

que, Ont.

A natural entrepreneur, fitness and hospitality have been the pillars of Derek's career. A quick look at his LinkedIn page shows these careers woven together like locks of a braid over the past 25 years. I asked Derek to elaborate on the connection between the two.

He explained that if we think of hospitality as extending welcome and creating an environment (social and physical) where people can relax, feel accepted and grow, the connection with personal fitness training becomes clearer. Be it a restaurant, pub, fitness class or private training session, Derek's mission is to help other feel at ease in their own skin.

He knows from what he speaks. Never having had a desk job – "I think it would kill me!" Derek says – he credits his parents for encouraging him to trust himself, and to do what he loved. Being an entrepreneur demands charisma, skill, and confidence, and importantly, the adaptability to roll with the inevitable changes and setbacks that arise. Business closures, partnership changes, building sales, increasing costs – he has faced all of them in his 25-year career.

Maintaining a private training practice for close to two decades, Derek is proud to say he has clients who have been with him for 10, 12 and 17 years, along with newer ones. Often someone will come on their own for a number of sessions, and then ask if their spouse or partner could join in.

Derek works with people in their homes and in his stu-

Continued on page 14



Owner and fitness instructor Derek Marcotte of Pivotal Fitness oversees a training session with his next-door Beechwood business neighbour Renee Turcotte of Chew-That.

PHOTO: JULIE ANN LEVETT-KIALA BULOKE



LucieECooking.com

Delicious and healthy frozen dinners - for every day or for a special treat!

Free delivery from New Edinburgh to Beacon Hill

LucieECooking
2-5360 Canotek Rd
(facing onto Canotek)

- Frozen Dinners
- Fine food for your special occasion

Phone: 613-878-0569 Open by appointment

BUSINESS BUZZ



Grade 1 and Grade 2 students enthusiastically prepare for a school presentation at Polaris School & Centre, now located in Manor Park. PHOTO: KATE PUNNETT

Continued from page 13
dio, happily accommodating varied schedules. Drawing on his extensive martial arts background, Derek uses body conditioning techniques to provide full-body workouts.

Bosu balls, medicine balls, body weight circuits and TRX straps are some of his tools, with music of your choice to motivate! While clients often come wanting to work on a specific

area, Derek emphasizes that training all the body systems in an integrated program results in more rewarding and sustainable results. Ask him too about his classes at Decathlon and outdoor training.

Now working alongside Renee at Chew That, the two of them have brainstormed personal training for people with their dogs. If you can bring your dog to work or to the coffeeshop, why not work out together? ‘You squat, Fido sits’ etc. Renee has been dog training for years and has a calm steady demeanor which puts jittery dogs at ease. Watch this column for further information - this will be a Beechwood first!

Derek would be pleased to have you in for a free consultation about achieving personal fitness goals. A quick email will get you started on a high-energy training program, which could be more fun than you ever imagined. You can reach Derek at: pivotalfitnessottawa@gmail.com.

**Polaris School and Centre
Awakening knowledge and creativity**

By Liza Fendt

It’s exciting that Manor Park is now home to the Polaris School and Centre, the only independent Waldorf-inspired educational initiative offered in Ottawa. Inspired by the philosophy of Rudolf Steiner, the school’s holistic approach to education develops pupils’ intellectual, artistic, practical and social skills focusing on creativity and student engagement as the engine for learning.

Based on the stages of child development and the principle that each child is a unique individual, its educational programs support children’s needs to explore, experience and make meaningful discoveries about themselves, others and the world.

Waldorf schools have a well-established history in Ottawa; two former schools unfortunately closed in 2014. This led to the formation of the Friends of Waldorf Education in 2015, a non-profit, dedicated to: i) ensuring financial stability while offering affordable tuition; ii) respecting the Waldorf system of education, and iii) focussing on relationships to community, nature and social engagement.

The Polaris School and Centre is the result of such reflection, opening first in 2018 in Overbrook. Effective August 2022, Polaris moved to expanded facilities at the Hub, 1805 Gaspé Ave. in Manor Park. A small school with class sizes ranging from ten to 15 students, Polaris is re-modelling the second floor at the Hub to house its programs.

“Polaris is for the ‘whole child,’” says Dina Cristino, school administrator. “Our multi-sensory approach and experiential learning opportunities provide students with the skills they need in life - to be resilient, confident, to apply critical thinking skills

and to develop interpersonal skills.”

Currently, Polaris offers kindergarten and elementary classes for grades 1 to 4. Plans include adding on a higher grade for each successive academic year. Kindergarten classes are centred on the child’s holistic development through creative, free play. Language development, coordination and movement, and cognitive skills are brought through seasonal circle time and stories. This unhurried and ‘being in-the-present’ program provides a gentle transition from home to school, supporting a child’s need to explore, experience, and make meaningful discoveries about themselves, others and the world.

The elementary program, based on an interdisciplinary, multi-sensory approach brings academic subjects to life, encourages students to make connections between topics, and to use and apply their knowledge creatively to solve problems. Students are encouraged to develop at their own pace, becoming well-rounded, confident and independent thinkers.

One teacher takes the class from first to eighth grade allowing students to form meaningful peer relationships and their teacher to provide learning opportunities best suited to individual needs. Music, arts and crafts activities, and movement are integrated into academics allowing for both brain hemispheres to be involved in the cognitive process.

“We aim to instill joy and a life-long love of learning,” Dina tells me as she explains the school’s mission.

As an independent school, Polaris’ founding members wanted its programs to be accessible to all, setting up a financial adjustment program to enable interested families to consider it as an educational alternative. The school’s

Continued on page 15

POLARIS SCHOOL AND CENTRE A holistic approach to education.

Cultivating joy and a lifelong love of learning.

Our school engages in the individual journey of the child, encourages a deep discovery of the world and creates connection between family and local community.

Our offerings include:
Kindergarten • Grade School
Outdoor Nature Program
Community Workshops and Classes

Visit us at our
New Location:
1805 Gaspé Ave.
Ottawa

POLARISSCHOOL.CA

CEC ELECTRICAL SERVICES LTD
CANADIAN ELECTRICAL CONTRACTOR

Residential | Commercial
For All Your Electrical Needs!
Fully Licensed | Fully Insured

Free quotes

Lighting design/upgrades

Service calls

Panel upgrades to 200A

Renovations

Pig-tailing (aluminum to copper)

Electrical Contractor Registration Agency

ECRA/ESA#7013472

Pedram Zandi | ENG.
Master Electrician
613-709-7087
www.ElectricalCEC.ca
info@ElectricalCEC.ca

All Work Guaranteed!

RE:FORM
BODY CLINIC

RE:VITALIZE

YOUR BODY WITH CHIROPRACTIC

NEW PATIENT SPECIAL ONLY

\$67

\$150 VALUE

- Full health history
- Consultation
- Examination
- Report of findings

Are you sick of your nagging back and neck pain that never seems to get better?

reformbodyclinic.ca

46 MURRAY STREET

BUSINESS BUZZ

Continued from page 14

workshops, classes and school store help support this program. The school store, North Star Crafts, is located at the Hub and is also online, with a variety of natural toys and handmade goods.

The school is actively involved in community outreach, encouraging inclusive and diverse community engagement. On Mondays, a parent and child program is offered for parents with small children. Tuesdays, Polaris hosts a craft circle where neighbours can share their crafts and learn from others. And, on Thursdays, it offers classes (9 a.m. to 2:30 p.m.) for grade 8 to grade 10 students.

Also on Fridays, it hosts a Nature Connect Program for elementary grade children where they can learn about nature, outdoor skills and teamwork. Information about additional Polaris workshops for both children and adults can be found online at <https://polarisschool.ca/workshops>.

The *Chronicle* extends a warm community welcome to Polaris School and Centre – a place for learning, meeting and community connections. For more information, contact 613-842-4322; email info@polarisschool.ca or visit www.polarisschool.ca.

R.C.M.P. Curling Club Celebrating 65 years in Manor Park

By Julie Ann Levett-Kiala Buloki
Tucked away in our neighbourhood, the R.C.M.P. Curling Club is a gathering spot for the spirited sport of curling. Paul Adams, club manager and Ian MacAuley, ice maker, want readers to know that curling is a highly social sport for all ages, and that you are welcome at their clubhouse any time.

Novice curlers are welcome

and can be introduced to the game through a Learn to Curl program on Friday evenings where participants can sample the congenial atmosphere of the game and the club.

I sat with Paul and Ian in the clubhouse recently while the autumn sun lit the dance-floor corner of the main floor lounge. The two men were pleased to talk at length about a game they both love, and a club they are proud to be a part of.

While the membership began with law-enforcement professionals, the club is now open to anyone who wishes to join. Many curlers will come to the sport from hockey and enjoy the less competitive and friendly feel of the game. Members and guests range in age from children aged seven and older to teens and on up to folks north of 60.

The club got its start in the Rideau Curling Club on Cooper St., moving later to an unused stable on the R.C.M.P. property, where curlers would play until the ice melted. The RCMP Curling Club officially opened its own facility at 115 St. Laurent Blvd. next to the Musical Ride Stables in November 1957, making this fall their 65th anniversary.

There is a pro shop in the basement helmed by Joe Priva for all your outfitting and equipment needs. I was fascinated to learn about the two different shoes, one “grippy” and one “Teflon-smooth”, which allow curlers to move so gracefully while sending their rocks across the ice.

Curling rocks are hefty, weighing between 38 and 44 lbs. (17 and 20 kg). The sport gets its name from the stone’s curling trajectory as it moves down the ice, showcasing the players skill. The sweeping by two players in front of the stone reduces the ice friction,



We extend a warm welcome to new advertiser the R.C.M.P. Curling Club located on St. Laurent Blvd. at Sandridge Rd. Featured here are Paul Adams, general manager and Ian MacAuley, ice maker. PHOTO: JULIE ANN LEVETT-KIALA BULOKE

allowing the stone to move more swiftly

Curling originates in Scotland - like so many other things (see *How the Scots Invented the Modern World: The True Story of How Western Europe's Poorest Nation Created Our World and Everything in It* by Arthur Herman) — coming

to Canada with Scottish immigrants in the mid-19th century.

As a northern country, Canadians have, in curling, enjoyed considerable competitive success around the world. On October 22, Canada won the 2022 World Mixed Curling Championship, beating Scotland in the gold medal game seven to four

in Curl Aberdeen. The Ottawa Valley is a particular hub for curling, with clubs anchoring smaller communities throughout Eastern Ontario.

The R.C.M.P. club hosts about 1,200 people a week in mixed, mens, ladies, and youth leagues. It's busy every night

Continued on page 16

Whatever your style, Randall's has you covered with PPG paints.



MANOR HALL® INTERIOR PAINT & PRIMER IN ONE delivers

outstanding hide and a smooth finish with triple abilities: durability, washability and scrubability.



Consult with a Randall's Specialist

555 Bank Street | 613-233-8441 | bankst@randalls.ca | randalls.ca

Paints | Stains | Window Treatments | Designer Wallpaper & Fabrics | Furniture Flooring | Epoxies | Granite & Quartz Countertops | Kitchen/Bath Knobs & Pulls | Paint Colour Matching (any brand) | Stain Matching | Decorating & Colour Consults

The PPG Logo is a registered trademark of PPG Industries Ohio, Inc. Manor Hall is a registered trademark of PPG Architectural Finishes, Inc. © 2022 PPG Industries, Inc. All Rights Reserved.

22 23
OTTAWA CHORAL SOCIETY / SOCIÉTÉ CHORALE D'OTTAWA

Gabrielle Gaudreault, Artistic Director & Conductor
directrice artistique et chef d'orchestre

Ottawa Choral Society and Ottawa Children's Choir
La Société chorale d'Ottawa et le Chœur d'enfants d'Ottawa
présentent / présentent

Cantate SAINT NICOLAS Cantata

Benjamin Britten's dramatic cantata and carols ring in the season
La cantate dramatique de Benjamin Britten et des chants pour célébrer la saison des fêtes

Sunday, December 18, 2022
le dimanche 18 décembre 2022
3 pm | à 15 h

CHURCH OF ST. FRANCIS OF ASSISI
ÉGLISE SAINT-FRANÇOIS D'ASSISE
20, AV. FAIRMONT AVE., OTTAWA

For tickets and program details | Pour des billets et les notes du programme:
www.ottawachoralsociety.com
613-725-2560

BUSINESS BUZZ



Jo-Ann Raven, owner of Sew-Jo's on St. Laurent Blvd. with a "Gnome for all Seasons", one of her store's class projects. A seasonal fella, he'll soon change his decorative attire for upcoming Christmas celebrations. PHOTO: SHARLEEN TATTERSFIELD

honourable conduct.”

The world could do with a little more curling! Come for a drink and stay for the games at the R.C.M.P. Curling Club – all are welcome.

**Sew-Jo's
New season underway**

By Liza Fendt

Sew-Jo's sewing studio is so much more than just a local Husqvarna Viking sewing machine dealership. It is the source of experienced guidance in all topics from sewing to embroidery and quilting, a resource of well-priced fabrics, threads and notions and it boasts a loyal community of long-term members who keep coming back to share their passions and to continue learning.

Jo-Ann Raven opened Sew-Jo's in September 2018 at 405 St. Laurent Blvd and its staff have more than 20 years of combined experience. During the pandemic lockdown, the store became a hub of activity, offering online classes and curbside pickup, in addition to donating materials to sewers who made masks, gowns and scrub hats for health care workers.

Sew-Jo's sells, services and offers in-person and online training for the Husqvarna Viking line of sewing, embroidery, quilting and overlock machines. The store's classes are designed to help owners use their machines to full po-

tential and to maximize their creativity.

Jo-Ann's experience enables her to trouble shoot major client issues and to offer personalized assistance that is often key to sewing success. She is always ready to help a fellow sewer; appointments can be made for individual service.

Its online clubs (Husqvarna, Embroidery and Software) are taught via Zoom by Cathy Hamilton and are an important resource to show owners the many diverse uses of their machine's software – helping with techniques and providing inspiration for sewing projects.

Sew-Jo's also offers a variety of in-store classes that cover a range of topics from learn-to-sew classes where participants receive individual instruction for their own projects, to classes offering group instruction for seasonal projects, to classes for sewing your own clothes and doing alterations in which participants can bring in their own clothes to learn how make necessary adjustments. It carries an extensive selection of sewing materials and in-store help is available for choosing fabrics, building colour palettes and developing practical skills.

Jo-Ann says that during the Covid lockdown, many people were inclined to buy sewing machines online, but then, when they met obstacles, they had little or no access for help and practical guidance. Her store guides its clients to the best machine for their sewing plans and offers not only assistance when needed, but expo-

sure to and help in choosing from a wonderful selection of fabrics, notions, gadgets and training to make a difference for each sewing experience.

“Yes, you are supporting a local business in your local community, and we appreciate that,” says Jo-Ann. When I ask her what keeps customers coming back, she says, “We are here to support our customers, too. They become friends finding a community here that supports and inspires them.”

Currently, Sew-Jo's community is re-grouping to start a new season of in-person classes and clubs. A team of teachers is preparing for beginner sewing classes, work-on-your-own project classes and pattern-fitting classes designed to help participants take a commercial pattern for pants and alter it to fit their own individual physique.

Other classes in the planning include a table runner project for beginner quilters, an embroidered 'Gnome for all Seasons' wall hanging project as well as embroidery-in-the-hoop classes and a holiday class making Christmas tree ornaments. Make sure to check Sew-Jo's online calendar posted at www.sew-jos.ca as many of its in-person and online classes (via Zoom) and clubs have been scheduled for November. Questions can be sent by email to: info@sew-jos.ca.

The store is open Tuesday to Friday from 10a.m. to 4p.m. with an extended 6p.m. closing on Thursdays, and on Saturdays from 10a.m. to 4p.m.

Continued from page 15

and several afternoons of the week. The club's attractive wood-panelled lounge fills up after games with players enjoying the on-tap micro-brewery offerings and the friendly socializing that is at the heart of the curling world.

Paul was glad to tell me that on any given night, there might be a career diplomat sitting beside a young person just

starting out, and friendly conversation has led to mentoring and job recommendations. The club has eight staff, including junior icemakers and bar keeps.

Online research (<https://worldcurling.org/about>) reveals that, “While the main object of the game of curling is to determine the relative skill of the players, The Spirit of Curling demands good sportsmanship, kindly feeling and

Your neighbourhood dentist
is just around the corner!

New Edinburgh Dental
200 Beechwood Ave.
Ottawa, Ontario
K1L 8A9

Offering comprehensive dental care and services for the whole family!

Our friendly professional staff will help you feel comfortable and taken care of in our practice. We are conveniently located in the heart of Beechwood Village. And, we offer free parking.

Call 613-742-8016
info@newedinburghdental.ca

Visit our website: newedinburghdental.ca

NEW EDINBURGH DENTAL
KEEP SMILING

Cooked and Served with Love

Tues. to Sat. 12 -2:30pm Tues. to Sun. 4 -9pm

Dine-In | Take-Out | Delivery

10% off online orders at www.eatatmias.ca

613-680-5353
327 St. Laurent Blvd., Ottawa K1K 2Z5

NET ZERO CARBON CENTRAL LIBRARY, OTTAWA ART GALLERY, ARTS COURT, LANSDOWNE PARK, OTTAWA 2017, LA MACHINE, RED BULL CRASHED ICE, INVEST OTTAWA, MIRACLE LEAGUE BASEBALL DIAMOND
STAGE 1 LRT, STAGE 2 LRT, RECORD TREE PLANTING, CITY BUILDER AWARD, OTTAWA RIVER ACTION PLAN, COMMUNITY GARDENS, ELECTRIC BUSES, CYCLING-FRIENDLY CITY
BLACKBURN ARENA EXPANSION, MANOTICK ARENA EXPANSION, SAVED SHEA WOODS, NEW FIRE STATIONS IN STITTSVILLE AND CUMBERLAND, 166 NEW PARKS SINCE 2010

FLORA FOOTBRIDGE, VIMY MEMORIAL BRIDGE, CHIEF WILLIAM COMMANDA BRIDGE, MAX KEEPING FOOTBRIDGE, ADÀWE CROSSING, NO-CHARGE TRANSIT SUNDAYS FOR SENIORS
RURAL ECONOMIC DEVELOPMENT STRATEGY, MAISON DE LA FRANCOPHONIE, LA NOUVELLE SCÈNE, HIGHEST COVID-19 VACCINATION RATE
BARBARA ANN SCOTT GALLERY, NHL 100 CLASSIC, VIMY BRIDGE, JUNO BEACH BRIDGE, FIFA WOMEN'S WORLD CUP, GREY CUP, OTTAWA SIGN IN THE BYWARD MARKET

JACKIE HOLZMAN BRIDGE, RECORD AFFORDABLE HOUSING INVESTMENTS, SUPPORT FOR VETERANS, RINK OF DREAMS, ORDER OF OTTAWA, WOMEN & GENDER EQUITY STRATEGY
STABLE TAX RATE, NO-CHARGE PATIO FEES, MAYORS ON NCC BOARD, NATURAL DISASTER RELIEF FUND, LABOUR PEACE, HERITAGE MATTERS TASK FORCE, RURAL ROAD UPGRADES
KANATA REC CENTRE EXPANSION, NEW BGC SOUTHEAST CLUBHOUSE, JIM TUBMAN CHEVROLET SENS OUTDOOR RINK, WELCOMED 4100 SYRIAN REFUGEES



Thank you, Ottawa!

As we head towards the end of my term as Mayor, I wanted to thank you, the residents of Ottawa, for the kindness you have shown me over the years. It has been the honour of a lifetime to serve the nation's capital for almost fifteen years.

With gratitude,

Jim Watson
Mayor

@jimwatsonottawa jimwatsonottawa.ca

CONSTANCE BAY LIBRARY, ROSEMOUNT LIBRARY EXPANSION, INTEGRITY COMMISSIONER, LOBBY REGISTRY, COMMUNITY POLICING, RICHCRAFT SENSPLEX EAST ARENA
HOUSE OF SPORT, JAMES BARTLEMAN ARCHIVES BUILDING, FIRST NATIONS PROTOCOL, GREELY LIBRARY, CARDEL REC CENTRE EXPANSION
ANTI-RACISM SECRETARIAT, SHAW CENTRE, EY CENTRE, FRANÇOIS DUPUIS REC CENTRE, MINTO REC CENTRE, RICHCRAFT REC CENTRE

QUEENSWOOD STABLES

518 Smith Rd., Navan, ON K4B 1H8
www.queenswoodstables.com



Dressage & Jumping
Riding Lessons
Horse Boarding
Horse Sales

qws@queenswoodstables.com | lessons@queenswoodstables.com



Slide into fun this fall & winter!

New Fat Bikes Arriving Daily - Find Yours!

For bike and accessory purchases, visit our website,
use our Bicycle Finder tool or LiveChat with us today!
Book online for service or tune-ups.

★★ Free Lifetime Service Warranty ★★

613-741-2443 | 401 St. Laurent Blvd • 7 Hamilton Ave N | fullcycle.ca

SHOP LOCAL

Support our community and advertisers in the *Manor Park Chronicle!*

EAT LOCAL

The *Chronicle* is financed entirely by paid advertising. Let our loyal advertisers know that you saw their ad in our paper and support local businesses with your business!

SPEND LOCAL

ENJOY LOCAL

Kavanaugh
Garage
(2013)

AUTO REPAIRS

Open for Business! Call for Your Appointment Today!

CAR DETAILING • RUST PROOFING
TIRE INSTALLATION & STORAGE
WARRANTY-APPROVED SERVICE

613-746-0744
145 Marier Ave.
(Just off Beechwood)

CHRONICLE ESSAY

Searching for Manor Park's communal 'water cooler'

By Douglas Cornish

The office water cooler has been a well-known interactive meeting place. The water cooler can be the proverbial information-gathering place, or a place where gossip thrives—but that's probably up to everyone to distinguish between the two.

In neighbourhoods where public water drinking fountains aren't as abundant as they used to be, the metaphorical water cooler can be found in different places. Does a water cooler neighbourhood make a better neighbourhood? Where is Manor Park's communal water cooler? The Dairy Queen was a neighbourhood meeting place for decades, but, alas, it is no more.

One water cooler might be the newly constructed NCC bridge at the end of Blasdell. I have seen people stop and momentarily linger to chat at either end of the bridge before they proceed to their destination. The bridge provides not only transportation for walkers and cyclists, but also a water cooler ambiance where neighbours, sometimes from different parts of the neighbourhood, meet and greet. It might not be the Rialto in Venice, but it *is* the only bridge in Manor Park!

Pathway pauses

The various NCC pathways surrounding the Manor Park area, including the wonderful Ottawa River Pathway, can provide more than just an exercise route, or a place to walk the dog. Enjoy a water cooler pause for human interaction, if only briefly.

Manor Park's many dog owners need to get off the couch with the necessary and sometimes temporarily annoying fact — their dog must



be walked, no matter what the weather. On the plus side, it's interesting to note the many water cooler moments involving a dog. Dogs are great conversation starters. Even when someone is shy and not always open to a chat, a dog usually opens the door. Anthony Vincent Park, in what some call Central Manor Park, has potential for a water cooler spot. Dogs are allowed in the park's open space, and while the dogs play, the people talk. Larger popular parks include Hemlock Park and London Terrace Park, which are often busy with off-leash dogs and children's activities.

Lanes, fences and the RCMP

Water coolers are found in other places. The lanes in Manor Park central can be meeting places as someone walks down a lane, encounters a neighbour, and strikes up a conversation.

The local neighbourhood fence is an age-old water cooler place. Good fences can, in-

deed, make good neighbours. The fence provides the necessary conduit for the conversation, as neighbours talk from either side of the fence. The conversation might be trivial, as in, "You have nice roses this year," or it may be more serious, as in, "How's your child doing after that broken arm incident last week?"

And yes, even the RCMP Musical Ride horses have a water cooler effect, as people park in a nearby lot and walk near the fence to see (but don't feed!) those beautiful horses. These water cooler conversations may only involve people talking to the horses!

If you happen to live in an apartment building, there still is a water cooler—it's called an elevator! And if someone is not interested in a water cooler moment, then that's perfectly all right, too.

Well, what about the winter months, which are approaching, you may ask? The water cooler at this time of year may have a thin layer of ice on it! Winter can provide the water cooler effect (cooler being the operative word, here), where on a brisk, clear, and star-studded night one might be out shovelling, or snow-blowing the drive when a neighbour walks by. The snow shoveler stops and leans on the snow shovel for a chat, or the snow-blower is temporarily turned off for a quiet conversation. Winter can be inviting, and magical.

With the hybrid office located at home these days, the water cooler might be missed. The answer is out in the neighbourhood. Take a short computer break for a walk (with or without dog) and discover what a water cooler neighbourhood has to offer. To water cooler, or not to water cooler, that is the question?



Elegant Hair & Skin Care

HAIR Styling, Cut, Colour, Highlights, Updos

EYEBROW Shaping FACIALS

PEDICURES MANICURES WAXING

631 Montreal Rd. 613-746-0262 OPEN: Tuesday-Sunday

MANOR PARK COMMUNITY COUNCIL • manorpark.ca

Board of Directors

Allison Seymour Chair
 Rahul Chandran Vice-Chair
 Michael Kremmel Treasurer
 Vessela Zaykova Secretary
 Kailey McLachlan
 Kelsey McMahon
 Mark Smith

Main Office:

100 Braemar 613-741-4776

Community Centre:

100 Thornwood 613-741-4753

email: mpcc@manorpark.ca

Follow us on Twitter:

@ManorParkcc

How to volunteer:

manorpark.ca/work-or-volunteer

Apply for a job:

manorpark.ca/work-or-volunteer

Sponsor an event or program:

specialevents@manorpark.ca

To register for a program:

amilia.com/store/en/
 manor-park-community-council/shop/programs

For information about what we do:

manorpark.ca

Child Care & Early Learning:

613-741-4776

Recreation:

613-741-4753

Follow us on all your socials. Stay up to date on what's going on at MPCC!



Facebook.com/
 ManorPark
 Community
 Council



@mpcc_official



@ManorParkcc

Preparing for the future needs of all of our communities

With the seasons shifting from fall to winter, the MPCC has been busy ramping up programs to support the community through all our transitions.

Whether it has been readying for “back-to-school” with before-and-after school programs or “back-to-work” with fitness and recreational programs, the MPCC continues to flex and adjust to the needs of Manor Park and our neighbours.

Additionally, the board of directors and the management team have kicked off our next strategic planning cycle to set the path for the next three to five years. This started with a visioning exercise exploring the future needs of communities and how these will impact the organizations that serve

FROM THE DESK OF:



**MPCC Chair
 ALLISON
 SEYMOUR**

those communities. We also spent time on “lessons learned” especially considering the impacts that the pandemic had on communities and on our programming. And finally, we considered how to ensure long

term sustainability and resilience so the MPCC is here to celebrate its next 35-year anniversary.

Through these aspirational discussions and workshops, informed by input from the community over the past year, we explored what our opportunities for growth and expansion could be, asking ourselves, “What’s possible?”

And we revisited what is MPCC’s “north star”—recasting our vision, purpose and values to ensure they help us build for the future.

We’ll be sharing the details of the new strategy early in 2023.

MPCC is here to support the community with programs and services that help everyone thrive. We recognize these con-

tinue to be challenging times for individuals and organizations with economic pressures making it increasingly difficult to manage all the competing priorities and demands. MPCC is very mindful of how it manages its finances to ensure it is fiscally prudent and can, as demonstrated through COVID lockdowns, navigate these turbulent times.

We are also very aware that at times like this it is important to support each other and so we remind the community of MPCC’s Opportunity Fund (see the article below), established to help subsidize programming for families and individuals who need a little extra help.

You can make a donation on our website. It takes a village, as the expression goes!

The Opportunity Fund will help remove financial barriers

By Manor Park Community Council staff

Give what you can to build a sharing — and caring — Manor Park.

The Opportunity Fund was established by the Manor Park Community Council (MPCC) to help us be a sharing—and caring—community. Together, we can make sure that no resident misses an opportunity to enjoy our sports, arts, or camps because of financial barriers.

Voluntary donations are pooled with the donations from others to support access to our recreational programs for those in need. Think of how powerful this could be!

Helping fight poverty – and inflation

Manor Park has one of the highest incidences of child poverty in Ottawa and we have more single parent families living under the poverty line than in the rest of the city. We have many seniors and individuals living on fixed incomes. And, in 2022 all families are facing an increased

cost of living.

As when we launched The Opportunity Fund, we promise to keep the community updated on the amount raised and number of residents helped.

Donating is easy through www.Amilia.com (our online registration system) either during registration or through the Fundraising tab.

And if you or someone you know could use financial help to participate in our recreational programs, just get in touch (mpcc@manorpark.ca). Yes, it’s that easy!

The Manor Park Community Council (MPCC) is a not-for-profit organization so we cannot offer you charitable tax receipts.

Local donations to the MPCC Opportunity Fund have opened up spaces with soccer and baseball classes and summer camp for children whose families would not otherwise be able to afford it. ILLUSTRATION: MANOR PARK COMMUNITY COUNCIL



Trusted provider of recreational programs and licensed child care • 613-741-4753

MANOR PARK COMMUNITY COUNCIL • manorpark.ca

SPORTS & FITNESS PROGRAMMING

SUPERVISOR'S MESSAGE



Josh Cassidy

Happy Fall! It has been another exciting start to the school year at the Manor Park Community Council. I'm particularly excited about the start of Junior NBA Basketball! Great instruction plus a great bag of swag! Be the first to sign up for our winter session. Outdoor soccer and Multi-Sport programs are running on the Manor Park sports fields next to the community centre.

Fitness at 1805 Gaspé has welcomed many new faces to fitness and yoga programs. The 10-class MultiPass is great value and valid for both fall and winter sessions. Email me (jcassidy@manorpark.ca) for your first trial class!

Pond Hockey is returning to the outdoor rinks this winter!

Sign up your entire team or as an individual for this adult recreational league.

FITNESS - TEENS AND ADULTS

Something for everyone! Our new location at 1805 Gaspé provides the perfect setting for your next fitness and/or yoga adventure. Contact us for your first trial class today - on us!

10-Class MultiPass

The 10-class MultiPass is available for those who want more flexibility or can only attend classes periodically. The MultiPass is shareable and can be used by any member of your family.

MultiPass is valid for 6 months from date of purchase, so the MultiPass you buy today can be used through the winter session too.

Drop In

Drop-in fees are available to anyone wanting to attend on a class by class basis.

sage therapist and is certified in Pilates mat, reformer, and ELDOA (Elongation Longitudinaux Avec Decoaption Osteo Articulaire, a.k.a LOADS (Longitudinal Osteo-articular De-coaptation Stretching)) osteopathic exercises.

Cate's instruction creates self-awareness of your body, and her individual attention makes this class fun, safe and a benefit for everyone. Mondays, 9:30-10:30 a.m.



Hatha Yoga

This is a classical Hatha flow class for all levels. You will stretch, unwind and use different breathing exercises as well as a nice relaxation cool down.

Nina LePage combines gentle Hatha Yoga poses with

Stay Strong and Stable

Let instructor Louise Hannant guide you through this class with a series of exercises that strengthen the legs and work on balance and coordination. This training can help you prevent falls, add years of independent living, and help manage chronic conditions. Tuesdays, 11:30 AM - 12:30 p.m. Thursdays, 10:30-11:30 a.m.

Note: This is a Heart Wise program, accredited by the University of Ottawa Heart Institute. At Heart Wise programs, participants are assured that the programs meet strict criteria, provide excellent exercise for the heart, are safe to do, promote longevity—and contribute to an active (and healthy) lifestyle.

Core and Full Body

Instructor Louise Hannant's personalized approach to group fitness will have everyone hitting their fitness goals. Squats, push-ups, planks, slide planks all build those essential strong core muscles that support and protect during all physical exercises. Enjoy better posture and balance too! Wednesdays 6 to 7 p.m.

Full Body Workout

Everyone age 16+ is welcome to join in this energizing, early morning workout class. The class focuses on high intensity intervals that offer a mix of cardio, core and weight exercises. Class formats are mixed up to keep you on your toes and to help everyone stay motivated towards their fitness goals. All exercises offer adaptations so that everyone can feel comfortable. Tuesdays and Thursdays, 6:30-7:15 a.m.

The Backyard

Your personal, outdoor, winter wonderland awaits! The Backyard is back for 2023 and every rental includes:

- Private use of the outdoor ice rink at 1805 de Gaspé Ave
- Wood burning firepit
- S'more kits
- Games and activities suitable for all ages
- Indoor access for warming up or washroom access

Book online at www.manorpark.ca



Jr. NBA Basketball

This program is a great introduction to the sport of basketball or the perfect platform to build and develop existing skills. Your child will run, jump and shout their way into a love for one of Canada's most in demand sports.

The Jr. NBA program is designed by with Basketball Canada and NBA Staff to teach the game of basketball to players aged 5-12. Equipment, nets, drills and games will all be age appropriate and based on the latest foundations in long term athlete development.

All players receive (and keep!): Reversible jersey, Basketball See www.manorpark.ca for dates, details and registration.

MPCC Pond Hockey League

Dive back into the roots of Canada's favourite game with the MPCC Pond Hockey League. Teams will take to the ice for shinny style 4 v 4 games with smaller nets to determine the next Pond Hockey Champion!

Tuesday nights 40+ Wednesday Nights 16+ Manor Park Outdoor Rink \$250 for a team \$50 single player

Skating Lessons

Skating is a great way to beat those winter blues and make the most of this winter season! These five classes offer your child a safe and fun progression through the wonderful world of skating on outdoor rinks.

Wednesdays, Thursdays, and Saturdays Manor Park Outdoor Rink Ages 5-10 \$70

MANOR PARK COMMUNITY COUNCIL WEEKLY FITNESS SCHEDULE					
September 12 - December 17					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pilates 9:30-10:30 AM	Full Body Workout 6:30-7:15 AM	Core & Full Body 6:00-7:00 PM	Full Body Workout 6:30-7:15 AM		Hatha Yoga 10:00-11:00 AM
Hatha Yoga 5:30-6:30 PM	Stay Strong & Stable 11:30AM-12:30 PM		Hatha Yoga for Strength 9:00-10:00 AM		
Zumba 7-8 PM			Stay Strong & Stable 10:30-11:30 AM		
			Pilates 4:30-5:30 PM		



Core Control Through Pilates

Pilates This class uses Pilates principles to help you move with fluid and precise core control, and to feel the ease and strength that comes from moving as an integrated unit. Cate Hachigian, instructor for this class, is a registered mas-

sage therapist. Live in each breath as you move from pose to pose, relieving stress and stiffness in mind and body. Mondays, 5:30-6:30 p.m. Saturdays, 10-11 a.m.

Yoga for Strength

Build core strength and flexibility in this Hatha yoga class for all levels. These classes are for all levels. The emphasis is on making the poses available for all. Alignment, strength and flexibility come with regular practice and patience. Thursdays, 9-10 a.m.



Zumba

Dance, jump and smile your way toward your personal fitness goals. Zumba classes combine cardio and Latin-inspired dance for a fun-filled workout! Mondays 7 -8 p.m.

MANOR PARK COMMUNITY COUNCIL • manorpark.ca

ARTS PROGRAMMING

SUPERVISOR'S MESSAGE



Stephanie Sears

Have you dared turn on the heat yet and break out the toque and mittens, or are you like me and trying to hold on to the last bit of above zero temperatures? It's time again to decide whether to hunker down for the winter or try to make the most of it!

Why not fill your colder months with some engaging activities right here in your very own community? Sign up for an art class with Laurie or Lindsay, or join in on the knitting circle—all abilities welcome! Learn the timeless art of calligraphy just in time for the holidays. Give fluid art painting a try.

There are options for children as well: (super popular) Dungeons & Dragons online, 'Stay Home Alone' and 'Babysitting' workshops, LEGO PA Day camps and more!

And most importantly - save the date! And get all your holiday shopping complete on December 3 at our first ever Holiday Night Market in partnership with Beechwood Market. Shop the over 20 local vendors on site at 1805 Gaspé Ave. Expect holiday music to fill the air, hot drinks and some outdoor firepits to enjoy while sipping some festive mulled wine. It's sure to become an annual tradition in Manor Park.

FOR TEENS AND ADULTS (AGES 16 AND UP)

***All art courses are suitable ages 16 and up and take place in-person. All skill levels are welcome. Supplies are not included.**



Calligraphy for the Holidays with Laurie Hemmings

Make this holiday season special by bringing back the tradition of calligraphy! Learn two different scripts so that you can apply your calligraphy to greeting cards, table place cards, gift tags and more! Expect to practice and learn new skills. Explore this beautiful medium in a safe and supportive environment. All skill levels welcome. Supplies not included. Instruction is by popular local artist and experienced art instructor, Laurie Hemmings. Laurie's classes at Manor Park have gathered a large and loyal following of artists - and are known to sell-out!

Four classes
Sundays starting November 13
1:30 - 3:00 p.m.
\$90



Fluid Art Workshops with PourMyMind Abstract Art

PourMyMind Abstract Arts & Events is a social event that offers fluid art workshops. Join Mel Faucher, as she walks each participant through creating their own beautiful piece of art using the fluid painting techniques.

No experience necessary. This is a creative and fun time for everyone. These workshops

are perfect for friends, family members, date night and more.

Saturday December 10
1:00 - 2:30 p.m.
\$52



Watercolour Painting with Laurie Hemmings

Join resident Watercolour Painting teacher, Laurie Hemmings for this popular arts program.

In this program, individual style is encouraged with lots of one-on-one instruction. Specific lessons are discussed in the first session. Expect to practice and learn new skills. Explore this beautiful medium in a safe and supportive environment. All levels welcome. Supplies not included.

Instruction is by popular local artist and experienced art instructor, Laurie Hemmings. Laurie's classes at Manor Park have gathered a large and loyal following of artists - and are known to sell-out!

Eight classes
New session starts January 21 2023
10 a.m. - 12 p.m.
\$175



Drawing: Fundamentals with Lindsay Watson

Dive into the learnable skill of drawing accurately and expressively! Hone your understanding of form building, shading, rendering, and perspective, through landscape, still-life, and figure drawing. Pencil, pen, and conte will be explored. All levels welcome. Supplies not included.

Course instructor Lindsay Watson, BFA, a brings years of art and teaching experience. A teacher at the Ottawa

School of Art and Shenkman Arts Center, her work can be found hung in the foyer of the Manor Park Community center, among other local art galleries.

Eight classes
New session starts January 23 2023
1-3 p.m.
\$175



Acrylic Painting: Fundamentals with Lindsay Watson

A fun and creative class where you will get the most out of your acrylics! Learn the fundamentals of colour mixing, composition, and paint application while exploring traditional and non-traditional subject matter, such as landscapes, portraits, and abstraction. All levels wel-

come. Supplies not included.

Course instructor Lindsay Watson, BFA, a brings years of art and teaching experience. A teacher at the Ottawa School of Art and Shenkman Arts Center, her work can be found hung in the foyer of the Manor Park Community center, among other local art galleries.

Eight classes
New session starts Jan 18 2023
9:30 a.m. to 12 p.m.
\$175

Manor Park Art Sale

Calling all artists. Call for artist submissions for 2023. Want to have your art seen in Manor Park? Email ssears@manorpark.ca for opportunities! All ages and skill levels accepted. All mediums considered (painting, photography, collage, mixed-media, etc...).

The 2022 selection is now on display at the Manor Park Community Center. Drop-in or schedule a time to view. All art is by local artists and for sale.

BEECHWOOD MARKET & MANOR PARK COMMUNITY COUNCIL PRESENT:

Holiday Night Market

HOLIDAY MARKET FEATURING:

- 20+ VENDORS
- LOCAL FOOD & BEVERAGE
- LOCALLY HANDMADE GIFTS
- MULLED WINE & CRAFT BEERS
- SEASONAL BITES
- OUTDOOR BONFIRES
- & MORE!

DECEMBER 3, 2022
5:00 - 9:00 PM
1805 GASPE AVE
MANOR PARK

manorpark.ca
beechwoodmarket.ca

MANOR PARK COMMUNITY COUNCIL • manorpark.ca

CHILD CARE AND EARLY LEARNING

SUPERVISOR'S MESSAGE



**Meagan Noonan,
Registered Early
Childhood Educator
(RECE)**

What a fantastic two months we've had at Before- and After- School in Manor Park and Manor Park Playschool. With fewer COVID-19 restrictions, we have been able to bring visitors back into our program as well as resume annual pumpkin decorating contest!

The children and staff are looking forward to other fun programming like our winter carnival, talent show, and clubs.

Planning is underway for our new daycare! Manor Park Early Learning Centre will be conveniently located at 1805 Gaspé Avenue and will be a home away from home for 49 little ones ages 0 to 5.

I am so excited to share the progress of the renovations with you after Christmas! We are hoping to open the doors in spring 2023. If you are interested in joining our waitlist, please send me an email at mnoonan@manorpark.ca.

FOR KIDS AND FAMILIES



Dungeons & Dragons Online Choose Sundays or Wednesdays!

Join the MPCC for a new season of Dungeons and Dragons online! Become a player in the world's most popular table top role-playing game. In D&D, players take on the role of a fantasy themed character within an adventuring party of up to seven characters. The party will work together to overcome various physical and mental obstacles introduced to them by the storyteller. Players will be required to go on a weekly adventure cultivating their creativity, teamwork, decision-making, commitment, and character development skills.

Seven classes
Wednesdays starting
November 23
6:30 - 8:30 p.m.
\$88

Seven classes
Sundays starting November 27
4 - 6 p.m.
\$88

LEGO® Powered Up and Robotics: PA Day Half-Day Camps

Learn Technic building skills, engineering principles, teamwork and organization with "the LEGO guy", Ian Dudley of Orange STEM (Science, technology, engineering and math) education. Bring machines to life with hands-on projects that use motors and gears. Build pre-programmed Mindstorms® robots and perform challenges.

Friday November 25
Ages 6 - 7
9:30 a.m. - 12 p.m.

Ages 8 - 12
12:30 - 3 p.m.
\$65

LEGO® SPIKE Prime Robotics & Scratch Coding

These classes with "the LEGO guy", Ian Dudley of Orange STEM Education, offer hands-on engineering and robotics projects and challenges. Work in pairs, or teams, with the new LEGO Education SPIKE Prime robotics set and its counterpart, the new LEGO Mindstorms Robot Inventor set. Strengthen your building skills and your understanding of engineering principles as you build a LEGO SPIKE Prime robot and control it with rotation, colour and ultrasonic sensors. Use the LEGO Robot Inventor app for tablet-based Scratch coding and perform mini challenges with your robot.

Ages 6-7
Saturday November 12
9:30 - 11:30 a.m.

Ages 8-12
Saturday December 3
9:30 - 11:30 a.m.

Red Cross Babysitting Training Course

Top Choice Award 2022 - Best Babysitting Training Services The Red Cross Babysitting Course will provide the training they need. This Babysitter training course is designed for youth aged 11 - 14. The Canadian Red Cross Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter.

Friday November 25 (PA Day)
9 - 4 p.m.
\$107

Santa Claus is coming to - your house!

Its that time of year again! Mark your calendars because Santa Claus is coming to - your house! Santa will once again be making his rounds with the Christmas Elf in tow. Together, they will be visiting good boys and girls and delivering gingerbread kits in the Santa-mobile!

Each purchase comes with a very special at-home visit from Santa Claus, a gingerbread house kit and your child's yearly Santa photos taken on a professional digital SLR camera - emailed right to your inbox! No standing in the line at the mall for you. Santa will come straight to your door - and maybe even have a snowball fight or pose for photos with your dog! Have your boots ready at the door and dig out your best festive photo props! Another Christmas to remember with MPCC.

Want to donate a Santa delivery to someone in need? Reach us at mpcc@manorpark.ca and we will help coordinate a special drop-off.

Santa's deliveries have sold out for the past two years, so make sure to purchase yours early!

Sunday December 11
9 a.m. - 5 p.m.
\$60
Purchase online now at manorpark.ca

MANOR PARK COMMUNITY COUNCIL

SANTA CLAUS IS COMING TO... YOUR HOUSE!

INCLUDES:

- SPECIAL AT-HOME VISIT WITH SANTA CLAUS AND ELF
- PHOTO WITH SANTA
- GINGERBREAD HOUSE KIT

manorpark.ca

MANOR PARK COMMUNITY COUNCIL • manorpark.ca

Rock the Block's strong return in 2022

By Manor Park Community Council staff

Everyone was asking when it would return. We tallied your votes for which movie to show. We calculated the timing carefully. When it all came to life on October 1, Rock the Block was back, bigger and better than ever!

With the addition of craft beer from our friends at Good Prospects Brewing Company and Dominion City Brewing Co. and live rock music from the immensely talented Jason Kokkovas—the crowd was buzzing on that Saturday

afternoon. Guests arrived in droves, eager to check out the vendors and be a part of the atmosphere.

The annual pie baking contest was a massive hit with over 17 pies arriving to be judged. Shout out to the pie judges (Peter B., Kailey M. and Cart N.) who remained calm and collected in the face of sampling over so many pies.

Each pie was lovingly hand-crafted by community members young and old. Judges spent close to an hour tasting and deliberating over which pie was best. Jessica Kenney's peach caramel pie took the

The annual pie baking contest was a massive hit with over 17 pies arriving to be judged.

award for top pie! Honourable mentions of "Best Apple Pie" and "Best Crust" go to Hollyn Davies, and "Best Filling" to Clara Gragg.

Families and children

gathered, socialized, played and laughed. Guests enjoyed amazing food from our local restaurant vendors: Snack O Shack, Almanac Grain and Papa John's pizza! The Korean corn dogs were a huge hit, along with the spicy focaccia and pizza slices!

On site as well were our friends from ARC Studio School, Box of Life, MPCA, St. Columba Church, Girl Guides, Naturals & Oddities, Sunflower Soaps, Market 13, Little White Lantern and RTB alumni Scouts Kub Kar Racing! *Shrek* (2001) rounded out

the night on the outdoor big screen! Popcorn and cotton candy included!

MPCC's glitter tattoos remained a popular destination for kids and adults. The volunteers running the station were fantastic, tattooing with care and patience. An informational MPCC tent served as home base to get in-the-know on all upcoming MPCC programs and events—with glow sticks included.

A strong return after two years away, Rock the Block 2022 was an epic afternoon of friends, fun and community.

MPCC Rock the Block's winning pie recipe

By Jessica Kenney, 2022 Manor Park pie-baking champion

It was an honour winning the Manor Park Community Council's pie-baking championship. This was my first time submitting a pie for judging! Thank you for the fun experience.

Caramel Peach Pie

Crust

3 tbsp ground almond
1 cup flour
6 tbsp white sugar
1 tbsp brown sugar
1/8 tsp salt
1 tsp vanilla
1/2 cup butter chilled

Combine all ingredients into a food processor, pulsate until mixture forms coarse crumbs. Press dough into a tart or pie pan forming a 1/4 inch thick shell. Reserve and refrigerate any remaining crumble to sprinkle on top before baking. Bake shell at 325 F (163 C) for 10 to 15 minutes until lightly browned. Allow it to cool before adding filling.

Filling

6 cups sliced peaches
1 tbsp lemon juice
1/2 cup brown sugar
1/8 tsp ground cinnamon
1/8 tsp ground nutmeg
Pinch of salt
5 tsp cornstarch

In a large bowl toss together peaches, lemon juice and brown sugar - set aside for 30 minutes. After 30 minutes, drain juice into a saucepan,



simmer over low heat until it forms the consistency of syrup. Pour over peaches and add salt, cinnamon, nutmeg, and cornstarch, toss together. Put peach filling into the cooled pie crust, sprinkle with any remaining crust and bake at 400 F (about 200 C) for 40 minutes. While pie is cooking make topping below

Caramel topping

2 tbsp butter
1 tbsp flour

3 tbsp corn syrup

In a food processor (or by hand), combine all ingredients and blend until smooth. Once pie is done cooking, spread creamed topping over hot pie and broil in oven for a few minutes until caramel topping is bubbly. *Make sure not to burn!*

Let pie cool slightly, serve and enjoy!!

Sweet juicy peaches paired with a warm caramel make this the perfect fall pie.

LAFONTAINE & COMPANY

He wants to make sure that whatever decision you're making is right for YOU.

When buying my first home, Marc made absolutely sure I understood ALL the implications of this major milestone. That's when I knew I could trust him.

— Monica & Chris

marclafontaine.com | RE/MAX | 613.720.5006

HALLEY'S SERVICE CENTRE

Proudly serving our community since 1984

Approved CAA Repair/Service Centre
Personalized, Bilingual Customer Service

Monday to Friday
7:30 am - 5:30 pm

CAA

865 Montreal Road
Ottawa, ON K1K 0S9

613-749-9649
halleyserctr@rogers.com



Seven-year-old Shelby Ethier will showcase her drawing and design skills at her booth, "Shelby's Awesome Tattoos" at the first Ottawa Children's Market in Manor Park November 12. PHOTO: DOUG BANKS

Local youth test entrepreneurial skills in children's marketplace

By Wes Smiderle

When Natalie Ethier first heard about the Ottawa Children's Market, she immediately remembered her 7-year-old daughter, Shelby, coming home from school one day with the idea of setting up a face-painting booth. "She does things like this for fun," says Natalie. "She's artistic and creative . . . Even during [the pandemic], she was using glue and scissors, crafting it out." A children's marketplace

seemed like the perfect place for Shelby to exercise her talents and to increase her comfort level while interacting with customers.

The Acton Children's Business Fair, sponsored by the non-profit Acton Academy, debuted in 2007 in Austin, Texas, and the concept has spread. A similar market, the Ottawa Children's Business Fair, modelled on and supported by Acton, has been held yearly at Lansdowne Park since 2016.

The Ottawa Children's Market will be held at St. Columba Anglican Church on Saturday November 12. The event is co-sponsored by ARC Studio School. "It's a lot of work but the kids get really excited about it," says Dr. Megan Lelli, co-founder and head of ARC Studio School at 24 Sandridge Road, an independent "micro-school" which is part of the Acton Academy.

Shelby will use her non-toxic, "safe skin" crayons and paints to draw images and designs on customer's arms. "Shelby's Awesome Tattoos" will be one of the 20 businesses showcased at the Children's Market, where Manor Park children and youth will have a chance to hone their entrepreneurial skills. Megan stresses that children are expected to manage every aspect of their business, including the financial viability of their ideas.

The Children's Market is open to all children ages 6 to 14. Children can participate in the market individually or in teams of two or three. The only requirement is that they have an idea and the determination to see it through to market.

Some of the ideas that have

been submitted to the market include holiday and Christmas decorations, a 3D printing and art shop, home made ice cream, wood burning decorative pieces, and bath bombs.

'Capacity, capability and confidence'

Like the Children's Business Fair at Lansdowne, Megan intends to make the Manor Park children's market an annual event. Ideally, some of the children participating in this year's marketplace will continue to do so in later years. "My hope would be they grow in their understanding of business and in their breadth of knowledge. They're learning at every stage." This includes being creative, discovering the possibilities of what they can create, conducting market research, crafting a product, and interacting with customers to describe, and possibly sell, what they've made.

Megan adds ARC Studio School decided to hold a local marketplace because it's essentially an extension of the same learning strategies used at ARC. "Our school is about kids building different personal qualities, such as capacity, capability and confidence. They will surprise the adults."

Everyone is welcome to visit the Ottawa Children's Market to peruse and purchase the products. The marketplace takes place Saturday November 12 from on 1:30 to 4:30 p.m. at The Church of Saint Columba, 25 Sandridge Rd.

For more information about the Ottawa Children's Market, please visit: www.childrensbusinessfair.org/ottawa-ontario.



Mona Fortier
Députée / Member of Parliament — Ottawa-Vanier

EquipeTeamMona
MonaFortier
MonaFortier

613-998-1860 | www.monafortier.libparl.ca
Mona.Fortier@parl.gc.ca | 233, ch. Montréal Rd. Ottawa ON K1L 6C7

Anatomy Physiotherapy Clinic



Offering physiotherapy and massage therapy services in four locations across Ottawa



Contact your neighbourhood clinic:

425 St Laurent Blvd.

613-680-4477

info@anatomyphysioclinic.com

www.anatomyphysioclinic.com



Lucille Collard
MPP/Députée provinciale

lcollard.mpp.co@liberal.ola.org
613-744-4484

Constituency Office
Bureau de circonscription
237 chemin Montreal Road
Ottawa (ON) K1L 6C7

Available Monday to Friday
from 9 a.m. to 5 p.m. by phone or email.
Disponible du lundi au vendredi de
9 h 00 à 17 h 00 par téléphone ou par courriel.





OPEN HOUSE

November 17 & 18 • 10 am – 4 pm

Drop in to any Chartwell retirement residence, where you can look around, get your questions answered and explore how we can make your life better.

Ask about our Limited-Time Offer:
613-416-7863 | ChartwellOttawa.com

CHARTWELL DUKE OF DEVONSHIRE
 1095 Carling Avenue, Ottawa

CHARTWELL LORD LANSDOWNE
 920 Bank Street, Ottawa

CHARTWELL NEW EDINBURGH SQUARE
 420 MacKay Street, Ottawa

CHARTWELL RIDEAU PLACE
 550 Wilbrod Street, Ottawa

CHARTWELL ROCKCLIFFE
 100 Island Lodge Road, Ottawa

CHARTWELL HÉRITAGE
 624 Wilson Street, Ottawa

CHARTWELL BELCOURT
 1344 Belcourt Boulevard, Orléans

CHARTWELL BRIDLEWOOD
 3998 Bridle Path Drive, Gloucester



MEET YOUR NEIGHBOUR

Martha Nixon



During her time as Assistant Deputy Minister at Citizenship and Immigration, Martha Nixon helped manage the refugee boats of Chinese people on the B.C. coast during the 1990s, the Kosovar refugee movement, and the impact of 9-11. PHOTO SUPPLIED

Who are you?

My name is Martha Nixon. I have lived on Birch Avenue since 1979. I've always loved living here. The garden space first attracted me, and it was a wonderful neighbourhood for raising children. The kids could walk to school, and it was easy to meet people on the soccer field and the local streets. It was quick to get to work downtown and in Hull. As the years have passed and the kids have moved on, I know fewer people. My immediate neighbours have changed over the years and I don't have the same camaraderie with neighbours across the street.

was called to work in Ottawa by the Executive Director of CUSO, who may have had an ulterior motive! We got married and lived in Ottawa, then Chelsea, where I spent six years at home raising our two children.

When the marriage ended, I went to work in the federal public service at Manpower and Immigration. I was lucky to have a series of fascinating jobs, helping develop programs in the labour market, immigration settlement, education and literacy, and disability services.

In my final assignment at Citizenship and Immigration, I was the Assistant Deputy Minister of Operations (ADM). It was a wonderful position where I was able to build on my experience of helping the Indochinese boat people. During my years as ADM, we dealt with the refugee boats of Chinese people on the BC coast, the Kosovar refugee movement, and the impact of 9-11. It was an exciting and challenging job.

When my sister died in her 60's within only nine weeks, I decided to do something totally different. So, I left government and went to the Haliburton School of the Arts. That

got me started on a whole new path; I took many classes in painting and printmaking. I now have a studio in my home and remain a very active artist. I participate in the Galerie Old Chelsea, Homes for the Holidays, and the New Edinburgh Studio Tour.

I am also involved in Hospice Care Ottawa. I was on the Board of Hospice at the May Court Club of Ottawa for over

six years, serving as Chair for two years. I still love to be part of the Day Hospice program each week.

Finally, I really believe in helping immigrants settle properly in our country. I have been part of a sponsorship group, the Belvedere group, which sponsored a Syrian family over six years ago, and I have loved seeing them adjust to Canada. Our group has

also sponsored a large Afghan family, and when I went to the community for some assistance, I was totally blown away by the incredible support that was offered by the residents of Manor Park.

What is the most important thing in your life right now?

My family. I have two children and grandchildren. My son

Continued on next page

Where were you born?

I was born in Parry Sound. My father worked in Nobel at the explosives factory, Dominion Industries Ltd.

Why did you choose your occupation? Did you ever consider another occupation?

After university, I volunteered for CUSO in India. I

St. Columba Anglican Church



Sunday Worship
9:30 a.m.
Choral Family Eucharist

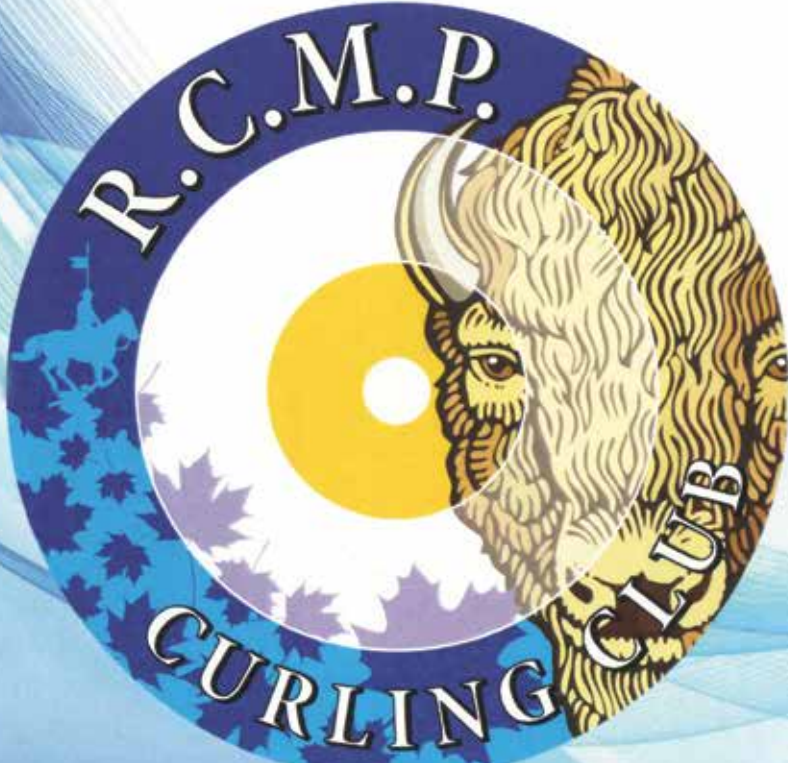
COVID-19 precautions in place

All Welcome

The Reverend
Karen Coxon

24 Sandridge Road
Manor Park
613-749-5103

**WHO SAYS YOU CAN'T BE A ROCK STAR
TRY CURLING!**



At the R.C.M.P Curling Club
Friday evenings: 7-9pm

115 St. Laurent Blvd.
Ottawa, ON K1G 3H8

For information contact:
manager@rcmpcc.ca | 613-749-7086

All are welcome!
You needn't be a member of the RCMP to participate.

Borrow equipment from the club or purchase onsite at the Hogline Pro Shop

www.rcmpcc.ca

Continued from page 26

lives in Chelsea with his two children. My daughter lives in New York City, where she works for the UN, and she has a daughter. I continue to be close to my stepdaughter, who I visit at her country home in Lanark.

Why do you live in Manor Park?

I think it is the ideal community. It's full of wonderful people with a good spirit. It is a convenient place. That's why I am determined to preserve it's specialness; I do not want to let a bridge or high buildings ruin it. I'm very grateful for the people who help protect our community.

If you could live anywhere else in the world, where would you go and why?

I love the idea of the mild climate in Victoria or Vancouver, but I don't have any big urge to be anywhere else.

What do you do to stay healthy?

I do yoga and online exercise classes, which I started during COVID. I walk a lot and eat well. I find helping others keeps me healthy.

What was the last book that you read?

The Shadow King by Maaza Mengiste. The novel is set in Ethiopia during the Italian-Ethiopian war. Haile Selassie went into exile and the Ethiopians, with the help of

their women, pushed out the Italians in the 1930s.

I enjoy reading African writers. My granddaughter was born in Mali, and Africa has always been of interest to me.

What has been one of your biggest challenges?

The adjustment to being a single woman after a marriage breakup. The world is very focused on couples. It was a very difficult but interesting time in my life. My job saved me. It gave me a challenge and allowed me to focus on being successful.

If you could have dinner with any three people alive or dead, who would you choose? What would you serve?

I'd invite Barack and Michelle Obama and Yo Yo Ma. The Obamas are admirable people with much to teach us while Yo Yo Ma uses classical music to reach out to everybody.

I would serve my sesame chicken and brown rice pilaf, with broccoli stems pureed with the florets "floating" in it, just because my kids would always request this dinner.

Who would you cast to play you in a movie about your life?

People have always told me I remind them of the tennis player Martina Navratilova. However, I have recently been watching Martha Henry

in *Three Tall Women* on CBC Gem. Maybe Martha Henry would be a good choice.

If I won the lottery, I would spend my winnings on...?

I would give the money to a fund for refugees.

What is your favourite childhood memory?

I grew up in a small town called McMasterville. I can remember kicking a ball around on the street in the autumn while my father raked leaves. He would burn piles of them on the side of the road and we would put

potatoes in to bake them.

My favourite thing about Ottawa is...?

The city is great for walking, biking, and the arts, and it is wonderful for families. It is a manageable size and not overwhelming like some bigger cities.

My least favourite thing about Ottawa is...?

Too many people have discovered the Pond!

Where do you see yourself in five years?

Hopefully, I will be healthy and still here. I think it is important to support people who are ageing to stay in their own homes for as long as they are able.

What do you wish to teach your children about the world?

I hope that I taught them that kindness is what matters.

When all is said and done...?

I really salute all the people who work in putting together the *Manor Park Chronicle*. I am honoured to have been included!

Sew-Jo's



Husqvarna VIKING
Sewing Machine Sales & Service

Fabrics, Notions, Threads and sew much more!





405 St. Laurent Blvd., Ottawa, K1K 2Z8
613-748-7878

 follow us at Sew-Jo's

www.sew-jos.ca | info@sew-jos.ca



Charlie welcomes all of you!

Galapagos

Small ship expedition cruises

Dear neighbours,

Canada's only Galapagos specialist travel company is located in Manor Park. Let's get in touch to explore options for your tailor-made Galapagos trip of a lifetime.

Warmest regards,

Heather Blenkiron,
TripAdvisor Galapagos Destination Expert

www.cnhtours.com hblenkiron@cnhtours.com (613) 612-6269

We're regulated by the Travel Industry Council of Ontario – travel with confidence. TICO #50022618



Long-term construction ends on Montreal Rd.

By Wes Smiderle

The City of Ottawa has announced that, after almost three years of construction, Montreal Rd. between Vanier Pkwy and St. Laurent Blvd. has re-opened to traffic and transit.

The “revitalization” project began in 2019 and resulted in lengthy lane closures and burdens to local businesses.

The project also introduced many much-needed improvements to the neighbourhood main street, including replacing ageing water mains and sanitary and storm sewers, improving bus stop locations, installing new sidewalks, trees and “street furniture,” and constructing a three-lane cross section between Vanier Parkway and St. Laurent Boulevard that includes two eastbound lanes, one westbound lane and cycling tracks/lanes

in both directions.

Although the road has re-opened, some work will continue into 2023, including:

- Installation of landscape and street furniture, including bike racks, pavers, benches and garbage receptacles along Montreal Road
- Final line painting, pavement markings and sign installation between Montgomery and Lacasse
- Concrete curb and sidewalk work at the Lafontaine intersection and along other sections of Montreal Road
- Hydro pole removal between Altha Ave. and de L’Eglise St.
- Preparations for winter shut down

The cost of the project has been estimated by the city at \$64 million.



In this view of Montreal Rd. near St. Laurent Blvd. facing east, new sidewalk and cycling track are visible. PHOTO SUPPLIED BY CITY OF OTTAWA

Ottawa Police issue safety warning about ‘high-risk offender’ in area

By Ottawa Police Service

The Ottawa Police Service would like to inform the public that Christopher Watts, male and 62 years old, who has been deemed a high-risk offender since 2015, is now living in the Rideau-Vanier area.

The Ottawa Police Service believes that Watts poses a risk to the community, particularly women, including those under 18 years of age.

Watts must abide by a Long-Term Supervision Order

(LTSO) with several conditions, including:

- Not to be within 50 metres of places where children under the age of 18 are likely to congregate such as elementary and secondary schools, parks, swimming pools and recreational centres unless accompanied by an adult previously approved in writing by his parole supervisor;
- Not to be in the presence of any female children

under the age of 18 unless supervised by a responsible adult who knows his criminal history and has been previously approved in writing, by his parole supervisor;

- Not to consume, purchase or possess drugs other than prescribed medication taken as prescribed and over the counter drugs taken as recommended by the manufacturer;
- Not to consume, possess or purchase alcohol.



High-risk offender Christopher Watts Photo provided by Ottawa Police Service

9-1-1 in case of an emergency.

Anonymous tips can be submitted by calling Crime Stoppers toll-free at 1-800-222-8477 or at crimestoppers.ca.

After careful deliberation, and with due consideration to the privacy concerns engaged, the Ottawa Police Service is issuing this notice in the interests of public safety. This public safety warning is being released under the authority of Regulation 265/98 made under the Police Services Act, which allows for the release of personal information about an individual if it is reasonably believed that the individual poses a significant risk of harm to other persons or property and it is reasonably believed that such disclosure would reduce that risk.

The Ottawa Police Service High-Risk Offender Management Unit deemed Watts poses a high risk to reoffend or breach his terms. Watts will be monitored by the Correctional Services of Canada and the Ottawa Police Service High-Risk

Offender Management Unit.

Anyone who is aware of potential breaches to Watts’s conditions should not approach him, but rather, contact the Ottawa Police Service High-Risk Offender Management Unit at 613-236-1222 ext. 4395 or

Muckleston & Brockwell

A FINE BUTCHERY

Quality, Farm-Fresh Local Meat

Neighbourhood Delivery



Shop today! In store or online!

613-745-2244
mucklestonandbrockwell.com

127 Beechwood Avenue
Ottawa, ON K1L 1L5

Editor’s Note: According to a 2013 document published by Correctional Service Canada, “A Long-Term Supervision Order (LTSO) is a non-custodial sentencing option available to the courts to extend the length of time that the Correctional Service of Canada (CSC) will supervise and sup-

port an offender in the community.

An LTSO begins after an offender has completed their sentence (Warrant Expiry Date) and cannot exceed 10 years.

The designation is intended for managing offenders who pose a significant risk to re-offend if not effectively supervised in the com-

munity.

The long-term offender designation was established in 1997 when the Criminal Code of Canada and the Corrections and Conditional Release Act were amended in reference to dangerous offender designations and long-term offender designations.”

OPINIONS AND ARGUMENTS

Urban densification will address problems of 'housing crisis'

By Gilles Desjardins

Being able to work, play, have a coffee or a meal and do your shopping within walking distance of your home seems too good to be true? Not having to use your car on a daily basis seems like magical thinking? Are you thrilled to run into your neighbors on a busy street? All of this is possible thanks to a simple, but still poorly understood concept—*urban densification*.

This concept has been in the news for a few months now. Done right, it can be an effective response to the challenges of urban development. Commonly referred to as “15-minute neighbourhoods”, this type of urban development is well worth our attention and deserves to be explained. It is the future of our great cities that lies between these words.

Economists, urban planners and environmentalists agree that this concept should be used as a model for the design of new neighbourhoods or the reconfiguration of existing areas. Allowing people to feel part of a community, to be able to live, work and play together is a modern way of living in a city.

Healthy densification

will allow more housing projects to come to fruition. Moreover, the principles of densification go far beyond the simple construction of high-rise buildings. Densifying a city has several components:

- Allowing people to live in an urban environment while reducing their environmental footprint
- Encouraging mixed use
- Creating vibrant economic spaces where businesses and services can thrive
- Protecting urban green spaces
- Providing a human-scale living environment that contributes to a strong sense of community;
- Maximizing the use of municipal and provincial public services

Let's take a look at one type of housing that we propose: the “Horizon” building, which has 82 units on four floors. It can house 82 people (minimum) on a 25,800 square foot (about 2,400 square metres) lot. To house those same 82 people in townhouses requires four times more land than a four-story building, or 103,000 square feet (about

“We are currently experiencing the repercussions of our past choices and hesitations. Faced with this situation... we must unite to adopt an innovative and sustainable approach that is forward-looking and respectful of our environment.”

Gilles Desjardins,
President of Brigil Construction

9,500 square metres). And to build single-family homes would require six times as much land, or 145,000 square feet (about 13,500 square metres). Densification obviously reduces the environmental footprint.

Now imagine if, by misfortune, the single-family homes needed to house those same 82 people were built on the outskirts of the city, contributing to the undesirable phenomenon of urban sprawl that is already hitting our region hard. The mandatory use of cars, the social pressure to obtain

new public services such as an elementary school, a daycare center or a hospital, as well as the inevitable deforestation are only a few of the negative effects of the sprawl phenomenon.

Let's remember that for every single-family home built in the suburbs, about one acre of land (or 0.4 hectares) is sacrificed. That means that 1,000 homes require nearly 43,000,000 square feet of space, which is the equivalent of 490 soccer fields. How much land will we sacrifice, how many trees will we cut down and how many roads will we have to build before we realize that this type of development is harmful to our environment?

Moreover, it is rare that the housing shortage does not make the headlines. The Canada Mortgage and Housing Corporation (CMHC) says Ottawa is building homes at the highest rate seen in nearly 50 years, but experts say it may not make much of a dent in the massive demand.

All of this is in addition to the issue of housing accessibility. The more time passes, the more accessibility is reduced by rising construction costs, rising interest rates, shortages of

labour and construction materials, administrative delays, etc. The result—less housing and more expensive housing.

We are currently experiencing the repercussions of our past choices and hesitations. Faced with this situation, which many people refer to as a “housing crisis”, we must unite to adopt an innovative and sustainable approach that is forward-looking and respectful of our environment.

Let's take action and lay the foundations for a civic partnership between the municipal administration and builders who are ready to invest in this future that is knocking at our doors. The Brigil team is already ready to contribute to this partnership, with its resources and expertise, to build the living environments our citizens have a right to expect.

It is in this fruitful collaboration that our mission to “build with purpose” will take on its full meaning.

Gilles Desjardins is the founding president of Brigil Construction, a real estate development company that owns buildings across Gatineau and Ottawa, including the 13-storey apartment building at 460 St. Laurent Blvd.

GP | Guertin Poirier
AVOCATES/LAWYERS

OPENING DOORS FOR YOU

Real Estate Law
Estate Protection
Notary Public

203 -16 Beechwood Ave.
Ottawa, Ontario K1L 8L9

Please call 613-744-4488 or visit our website at
guertinpoirierlaw.ca

At Guertin Poirier, we love to bring residential buyers, sellers, agents, lenders, and the law together to close the deal.

LET'S GET TO THE HEART OF YOUR DEAL



Even though financial planning is a year-round activity, certain issues become especially important as year-end approaches

Identify your year-end tax planning opportunities today. Here are a few questions from our 2022 year-end tax planning checklist to help you get started:

- Would income splitting opportunities improve your overall tax situation?
- Do you qualify for pension income credit?
- Did or will you reach age 71 this year?
- Are you triggering capital gains/losses as a tax-efficient form of income?
- Are you considering a donation to a charity this year and next year?

Contact us today to receive your copy of our 2022 year-end tax planning checklist and keep more of what you make.



Aimy Bryden, CFP
Senior Financial Consultant
613.882.2469
Aimy.Bryden@ig.ca



Mary Egan, CFP
Senior Financial Consultant
613.724.9156
Mary.Egan@ig.ca

Connect more, and buy less, this holiday season

FROM THE DESK OF:



CECILIA PITA
Etiquette Matters

'Tis the season of giving and, although the increasing cost of living has our bank accounts groaning in protest, and stress is at critical levels, it might give you some relief to know that there is no etiquette rule that says we must give.

Having said that, however, I think people will still embrace the spirit of giving, albeit in less expensive, more creative ways. Giving can take on many forms and this year, especially, I believe people will look to affordable alternatives to avoid additional financial hardship or exacerbating anxiety.

You see, when times are tough, we seek to connect more with one another and giving is one of the ways we do that. Why? Quite simply because it makes us feel good. We are social beings and reinforcing those social bonds is kind of like putting on your pyjamas straight out of the dryer—it's warm and comforting. It's also chemical. Being kind and generous is said to release oxytocin, that feel-good hormone that induces feelings of warmth, joy and connection to others and we tend to crave more of that when our stress is high.

While some people connect by offering store-bought gifts, others do so through volunteering, donating to charities, or giving handmade items. So, when you are looking at your budget and going over your list, remember it doesn't matter what form your giving takes, it all brings us closer together, and it all feels good.

No need to go into debt

I feel compelled to emphasize there is no need to go into debt to show people you care about



"For me, the holidays have always been about reconnecting and spending time with friends and family around the table, sharing slow-cooked food." PHOTO: COTTONBRO FROM PEXELS

them or to reciprocate all the gifts you may receive. Giving is completely voluntary and discretionary. It should not be induced by guilt or motivated by trying to keep up with others and it certainly shouldn't cause you stress or financial strain. If you are planning to give, remember to do it with intention and within your means. You do not have to spend loads of money to reap the benefits of giving.

Unfortunately, all these thoughts on giving can also feel overwhelming. With so many people, causes and charities that need increasing support, we very quickly realize we can't help everyone. So, we need to be realistic and prioritize what is important and meaningful to us. If we can only help one person, give one gift, or offer just one heartfelt note, it still makes a difference.

This year, I think if people choose to exchange traditional gifts, they will be more practical in nature. We'll consider necessities like clothing, food and other household provisions and maybe even offer family or group gifts instead of individual ones to make our dollars stretch. Furthermore, the gift of our time is priceless and always appreciated.

'Warmth, laughter and support'

For me, the holidays have always been about reconnecting and spending time with friends and family around the table, sharing slow-cooked food. Growing up, we did not have tons of presents under the tree, but there was an abundance of warmth, laughter, support and belonging around our dining table. Consequently, I look forward to filling up my reserves of human connection from which to draw on

during difficult times.

Although it may seem ironic that the most wonderful time of the year reminds us of all the meaningful things money can't buy, while simultaneously coaxing us to spend money, I've always tried to navigate that challenge by appreciating what I have, and by focussing less on what I want. Then, I think of ways that I can help. For instance, I bought foot warmers for a family member who is always cold and takes the bus to get around. I also bought an ergonomic jar opener designed for a relative with arthritis. They may not be exciting or luxurious gifts, but I know they will make a big difference in their day to day lives.

I'd like to connect with my readers by sharing my holiday wish with you. I hope we are inspired to find ways to take care of each other and that the spirit of the season connects those who need help with those extending it. May your hearts flood with enough feelings of gratitude and hope to sustain you well into the New Year.

If you have a difficult conversation, etiquette-related problem, or social dilemma for which you need help and advice in resolving, please send your queries to Etiquette Matters columnist Cecilia Pita courtesy of editor@manorparkchronicle.com.

Top Team in Canada
for Coldwell Banker
1-3 Persons

Christopher Barker
BROKER
613-612-9555
cb@RhodesBarker.com

Tony Rhodes
SALES REPRESENTATIVE
613-276-6061
Tony@RhodesBarker.com

COLDWELL BANKER
RHODES & COMPANY,
BROKERAGE
613-236-9551

www.RhodesBarker.com

Buying or Selling this fall?
We can help!

The Rhodes Barker Team has a tradition of trust.
We offer to our clients real value in a changing market with full service agency.
Contact us for a free home valuation.
No Cost – Market Analysis – Confidentiality – No Obligation

For Sale • Rockcliffe Park
\$3,100,000

For Sale • Rockcliffe Park
\$5,400,000

For Sale • Rockcliffe Park
\$2,500,000

SOLD

For Sale • Lower Town
\$1,299,000

For Sale • Ottawa Centre
\$639,000

SOLD

For Sale • Vanier
\$599,000

For Sale • McKeller/Highland
LOT - \$899,000

Follow us on Instagram at: RhodesBarker_realestate. Connect with Chris Barker on LinkedIn.
Like us on Facebook at: Rhodesbarker luxury real estate.

WHAT YOUR NEIGHBOURS ARE READING

Young readers' selections are encouraged and welcome. Please submit titles to Denise Rackus at denise.rackus5@gmail.com

MANOR PARK ECLECTIC BOOK CLUB

The Chancellor: The Remarkable Odyssey of Angela Merkel by Kati Marton

In this "masterpiece of discernment and insight" (*The New York Times Book Review*), acclaimed biographer Kati Marton sets out to pierce the mystery of Angela Merkel's unlikely ascent. With unparalleled access to the chancellor's inner circle and a trove of records which only recently came to light, Marton teases out the unique political genius that was the secret to Merkel's success. No modern leader so ably confronted Russian aggression, cleverly enacted daring social policies, and calmly unified an entire continent in an era when countries were becoming more divided. Again and again, she cleverly outmaneuvered strongmen like Russian President Vladimir Putin and former U.S. President Donald Trump, and weathered surprisingly complicated relationships with allies like former U.S. President Barack Obama and French President Emmanuel Macron.

Famously private, the woman who emerges from this "impressively researched" (*The Wall Street Journal*) account is a role model for anyone interested in gaining and keeping power while staying true to

one's moral convictions.

DUNBARTON BOOK CLUB

An Equal Music by Vikram Seth

The author of the international bestseller *A Suitable Boy* returns with a powerful and deeply romantic tale of two gifted musicians. Michael Holme is a violinist, a member of the successful Maggiore Quartet. He has long been haunted, though, by memories of the pianist he loved and left ten years earlier, Julia McNicholl. Now Julia, married and the mother of a small child, unexpectedly re-enters his life and the romance flares up once more.

DUNBARTON COURT

I am Billy the Kid

by Michael Blouin
submitted by Alexandra Diebel
History tells us that the short and violent life of William Bonney, better known as Billy the Kid, ended at the hand of Pat Garrett on the moonless night of July 14, 1881. But *I Am Billy the Kid* tells a different story, straight from Billy himself. This revisionist history, seen through the lens of a twenty-first century sensibility, features the picaresque hero we thought we knew and the unexpected one that we don't.

Billy has been in an alcoholic haze since a failed attempt to escape notoriety by faking his own death. By 1915, his fame has only increased, and when word of a possi-

ble ruse leaks out, Billy finds himself once again on the run. He agrees to follow his elder brother Joseph north from New Mexico Territory, to possible sanctuary in Canada.

Finding the Mother Tree

by Suzanne Simard
submitted by Bob Zettel
The world is a web of stories, connecting us to one another. *Finding the Mother Tree* carries the stories of trees, fungi, soil, and bears--and of a human being listening in on the conversation. "The interplay of personal narrative, scientific insights and the amazing revelations about the life of the forest make a compelling story." (Robin Wall Kimmerer)

In this, her first book, Simard brings us into her world, the intimate world of the trees. She brilliantly illuminates the fascinating and vital truths — that trees are not simply the source of timber or pulp, but are a complicated, interdependent circle of life; that forests are social, cooperative creatures connected through underground networks by which trees communicate their vitality and vulnerabilities. Simard writes — in inspiring, illuminating, and accessible ways — how trees, living side by side for hundreds of years, have evolved, how they learn and adapt their behaviors, recognize neighbors, compete and cooperate with one another with sophistication, with characteristics ascribed to human intelligence, traits that are the essence of civil societies — and at the center of it all, the Mother Trees: the mysterious, powerful forces that connect and sustain the others that surround them.

Taste: My life through food

by Stanley Tucci
submitted by Grazyna Finckenstein

Stanley Tucci grew up in an Italian-American family that spent every night around the kitchen table. He shared the magic of those meals with us in *The Tucci Cookbook* and *The Tucci Table*, and now he takes us beyond the savoury recipes and into the compelling stories behind them.

Taste is a reflection on the intersection of food and life, filled with anecdotes about Tucci's growing up in Westchester, New York; preparing for and shooting the foodie films *Big Night* and *Julie & Julia*; falling in love over dinner; and teaming up with his wife to create meals for a multitude of children. Each morsel of this gastronomic journey through good times and bad, five-star meals and burned dishes, is as heartfelt and delicious as the last.

Water for Elephants

by Sara Gruen
submitted by Suzanne Ouimet
When Jacob Jankowski, recently orphaned and suddenly adrift, jumps onto a pass-

ing train, he enters a world of freaks, drifters, and misfits; a second-rate circus struggling to survive during the Great Depression, making one-night stands in town after endless town. A veterinary student who almost earned his degree, Jacob is put in charge of caring for the circus menagerie. It is there that he meets Marlena, the beautiful young star of the equestrian act, who is married to August, the charismatic but twisted animal trainer. He also encounters Rosie, an elephant who seems untrainable until he discovers a way to reach her.

Dead Man's Ransom: The Ninth Chronicle of Brother Cadfael

by Ellis Peters,
submitted by Denise Rackus
November 1145. While Cadfael has bent Abbey rules, he has never broken his monastic vows — until now. Word has come to Shrewsbury of a treacherous act, leaving 30 knights imprisoned. All have been ransomed except Cadfael's secret son, Olivier. Conceived in Cadfael's soldiering youth and unaware of his father's identity, Olivier will die if he is not freed.



Insurance Brokers in
Ontario and Quebec since 1955

AUTO - HOME - LIFE - BUSINESS



Ottawa-East 266 Beechwood Ave.
613.747.9737

Ottawa-West 1433 Wellington St. W.
613.680.1777

Gatineau 216 ch. D'Allymer
819.684.0555

**Quick Courteous Telephone Quotes
Bilingual Service**

www.rowatinsurance.com



union street
kitchen café

Open for Contactless
Take-out

mon 8:30 - 1
tues to fri 8:30 - 3
sat and sun 9:00 - 3

42 crichton@union
onunionstreet.ca



mood moss
flowers

EVENTS ~ WEDDINGS ~ EVERYDAY

613-741-1774

moodmossflowers.com

186 Beechwood Ave.
Ottawa, Ontario K1L1A9

CANINE CHRONICLES

Your dog should be allowed to say 'no,' too

FROM THE DESK OF:



CHANTAL MILLS
B.Ed., Certified Separation Anxiety Trainer (CSAT), CPDT-KA, Fear-free certified

When I first started training dogs, almost two decades ago, I subscribed to the concept of permission-based training. It was, I believed, important that dogs be asked to sit before being released to eat their kibble, look at their owner before being let out into the backyard and wait for permission before they could take the treat. All good things were controlled by the dog owner. No "good dog" would dare jump on the couch, hop on the bed or go through a doorway without getting approval first. This, I thought, was the way to teach a dog how to have more

self-control, not to mention excellent manners.

Control is an illusion

When Everest waltzed into my life, my goal was to teach him how to *obey commands*. I even occasionally used a training strategy called "planned failure" whereby Everest would be set up to fail to create an opportunity to teach him what to do instead. How patient he was . . . and forgiving. The road to having a well-behaved, obedient dog was paved with good intentions. At the time, I did not understand the power of offering choices, the importance of consent, nor the benefits of setting up worthwhile training sessions that made it easy for the dog to be reinforced.

Consent also applies to animals

Trainer and blogger Eileen Anderson has a wonderful blog post titled "Does Your Dog *Really* Want to be Petted?" where she breaks down the behaviours offered by a dog who consents to petting and one who doesn't. Being able to recognize your dog's subtle signs of stress before they escalate can make a world of difference. Understanding a

dog's body language allows you to better take into consideration how your dog feels about an interaction. Allowing the dog to say "no thanks" to being petted can help them feel safe, can prevent them from getting overwhelmed and possibly not over-react to the stranger reaching out to touch them.

Opting in

If you want to trim your dog's nails, you might get away with holding down your dog and attempting to get it over quickly. Rover will quickly learn that the nail clippers predict something that is unpleasant. It may not be the nail clipping that proved to be aversive, but the restraint. I have yet to meet a dog that chooses to participate in an activity that, to them, doesn't feel safe. Voluntary husbandry is possible with the domesticated dog as well!

What does opting in look like? For Bug, it means going on the yellow yoga mat. At first, the mat was a place to chill and get treats and other great things. Then, I introduced the nail clipper. The progression is done at Bug's pace. Treats are not used to lure him or distract him, but to reinforce.

Bug gets a lot of breaks, which involve getting treats and other favourite things while not on the yellow yoga mat. If he chooses to go back on the mat, he knows that nail trimming will resume. He has many opportunities to give consent.

Opting out

If Bug gets off the yellow yoga mat, he is saying "no". Bug is a willing, enthusiastic participant because of classical conditioning and because he has agency.

By letting him set the pace during our training sessions and giving him the option to say "no", I am empowering him. As Dr. Susan Friedman wisely said, "The single most important thing I have learned over 40 years studying learning and behavior is the benefit of giving animals control over their own significant life events. Although it may seem counterintuitive given our cultural fog, research demonstrates that control over consequences is a primary reinforcer, meaning it's essential to survival like food, water and shelter."

Offering choices

Letting your dog choose which toy to play with, which bed to sleep in or which path to take during their walk are easy ways to offer Rover some choices. Allowing your dog to consent

to being petted, by strangers and by people closest to him is a great way to give your dog some agency. I realized quickly that even when Bug wanted to get into the tub or join me on the sofa, he wasn't comfortable being picked up. He would duck as my hands approached him and move away. The solution? Give him a way to say yes! With a verbal cue and a hand signal I invite him to be picked up. If it's a "yes", he moves into position and waits to be lifted. If it's a no, I accept and respect that.

Giving your dog agency doesn't mean allowing them to do what they want, when they want, no matter the consequences! Health and safety come first. Managing the environment as best you can and not putting them in situations they're not ready for helps to set them up for success. There are many ways to offer your dog a way to opt in or to opt out. It's a different way of relating to your dog. If you're worried that Rover will choose to opt out, or will become "disobedient", think again. Research shows that the more control and choice we give our animals, the more willing and cooperative they are.

Chantal Mills is owner and head trainer of The Canine School

WE TEACH STUDENTS HOW TO LEARN

Ottawa's Macdonald-Cartier Academy has been teaching students how to learn since 1990. A private, non-denominational junior high school located in New Edinburgh, the Academy offers a full French immersion program combining accelerated academics with athletics and experiential learning. If you want your child to be equipped with learning skills and knowledge that will continue serving them in their high school and university years, this is the place for them.

2023-2024 Entrance Examinations
Second Session will be held Saturday November 26

For further information, please contact the school.
mcaacademy.ca or 613-744-8898

MCA
DISCENDO DISCERE
MACDONALD-CARTIER ACADEMY

We are open for in-person shopping, for contact-free pickup, telephone, online and email orders. We deliver nearby and ship elsewhere.

We are open Monday to Saturday:
10 a.m. to 5 p.m.
Closed Sundays

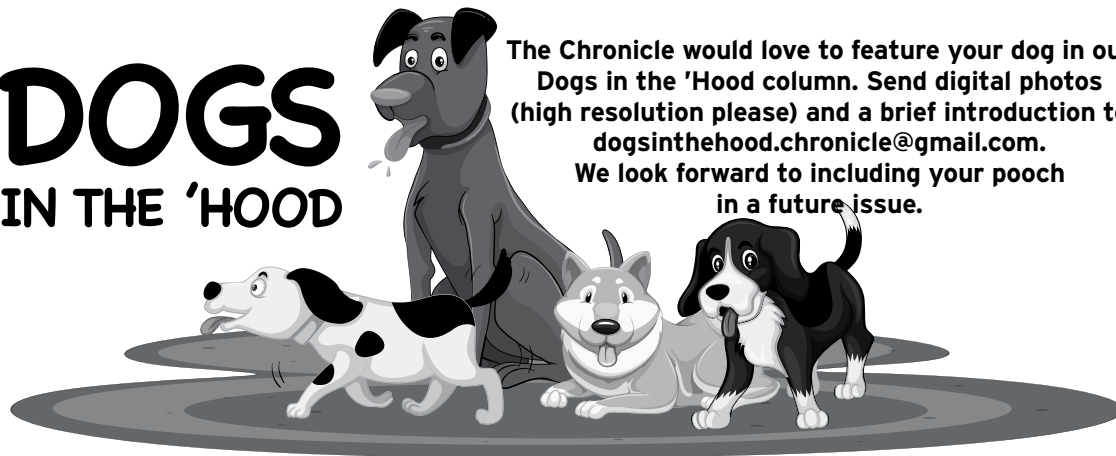
Our online store got an upgrade! Check it out:
store.booksonbeechwood.ca

BOOKS ON BEECHWOOD

store.booksonbeechwood.ca
613-742-5030
staff@booksonbeechwood.ca

DOGS IN THE 'HOOD

The Chronicle would love to feature your dog in our Dogs in the 'Hood column. Send digital photos (high resolution please) and a brief introduction to dogsinthehood.chronicle@gmail.com. We look forward to including your pooch in a future issue.



GIZMO
Hello! I'm Gizmo, an almost one-year-old chihuahua. I'm fairly new to my St. Laurent Blvd. neighbourhood and love my walks around the block. I get along really well with the pups and other dogs in my patch. I'm learning to be calm and not quite so easily scared as when I first arrived. My mom's great - she's patiently teaching me not to bark as much as I used to.



MILO
This our family dog Milo - AKA, 'the floof'. Milo is a shih tzu/chihuahua mix. He's 11 months old, very energetic and loves making new friends. Although he's one of the smallest dogs on our block, never underestimate him! Milo has a good heart and we're very happy that he is so much a part of our family of three rambunctious kids.



GRACE
A much loved "curler" at the R.C.M. P. Curling Club, Grace is the devoted companion of Paul Adams, the club's general manager. A 12-year-old Golden Lab (totally purebred in heart), Grace has been a welcome presence there since her first year. A familiar sight on walks around the property, Grace is calm, quiet and keenly interested in people (and treats), displaying the many desirable traits of a service dog.



MERLINE
Now two years old, Merline is the constant, loyal and loving companion of her owner Jacinthe Gilbert. A red Australian shepherd with distinctive white and tan markings, Merline's coat is soft and shiny. She was bred by Réjean Veilleux of Élevage Bluemoon in Mascouche, QC. Eager to please, sociable and bursting with energy, she loves her walks in the Mile Circle and the canine friends she meets en-route.

Know a pooch who'd like to be featured in Dogs in the 'Hood?

Email us at dogsinthehood.chronicle@gmail.com and we'll ensure their moment of fame in the *Chronicle!*



Your Pet Palace

Quality is Our Goal

Dog & Cat Professional Styling

264 Olmstead Street
Ottawa, Ontario

613-747-6568
yourpetpalace.com

High Quality Foods, Accessories, Treats



Individualized Dog Training, Group Classes
Home-Cooked Meals, Home-Baked Cookies
Nail Trimming
Toys & Accessories to Pamper Your Pet
Online Shopping with on-site pick-up or delivery



141 Beechwood, corner of Acacia
chew-that.ca 613-695-6448

The Canine School
Chantal Mills, BEd., CPDT-KA, CSAT, Fear-free Certified



Remote Training
Online Group Classes
Virtual Private Consultations
Help for Separation Anxiety

www.ottawak9school.com | info@ottawak9school.com

Where in the world is the *Chronicle*?

Just "where" you may ask? The answer: across the globe and back.

By Sharleen Tattersfield

What a surprise it was to discover that since the launch of the *Where in the world is the Chronicle?* column in 2011 that our community paper has quite literally travelled around the globe.

Thanks to adventuresome Manor Park residents – students studying abroad and families travelling for work or for pleasure – the *Chronicle* has crossed many borders and continents with stops at some of the world's most intriguing and famous locales.

Stuffed in backpacks, car-

ry-on luggage, suitcases and briefcases, the *Chronicle* has made its way across Canada, the US, the Caribbean, Central and South America, the Pacific region, Australia and New Zealand, and Europe.

In filling out its travel itinerary, it was fascinating to note that *Chronicle's* global journey included stops in Canada (Victoria, B.C.; Garry Island, north of Inuvik, and Hudson, Que.) and the United States (Berkley and Los Angeles, Calif.; Myrtle Beach, NC, and Singer Island, Fla).

In Central America, the *Chronicle* has appeared on the beaches in Belize, the jungles of Costa Rica and tourist destinations in Havana and Varadero, Cuba.

On to South America, the *Chronicle* has been to the top of the Inca Trail (Machu Pica) in Peru and to the coastline and cities of Japan.

Heading to Europe, it has surfaced in Wales and at the 2012 Olympics in London, England. Also, at stops in Chamonix, the Alps and Paris, France. It's been to Krakow, Poland; Vienna, Austria; Murcia, Spain and the Swiss Alps.

And travelling down under, the *Chronicle* has made its way to Brisbane, Canberra and Sydney in Australia as well as Christchurch in New Zealand.

We thank the many travellers who have remembered to pack a copy of the *Chronicle* on their travel adventures. We look forward to many more

intriguing stops for the *Chronicle* in the coming months ahead, now that COVID travel restrictions have been eased.

Do enjoy the return of

our *Where in the world is the Chronicle?* column in this edition while reading about the Bryden-Brown family's trip to New Zealand this fall.

And bon voyage – the *Chronicle's* journey is far from over! Your future travel submissions are most welcome and encouraged!

WHERE IN THE WORLD IS THE CHRONICLE?



The Bryden-Brown Family - Aimy, Jason, Jake and Ian (as photographer) took the *Manor Park Chronicle* to New Zealand this September. In this photo, Aimy and the boys are seen at Huka Falls which feeds Lake Taupo, New Zealand's largest lake. They spent three wonderful weeks in New Zealand travelling around the North Island with stops in Wellington, Coromandel, Tauranga, Rotorua, Taupo and Napier to name a few. No question the highlight of the trip was attending Aimy's brother Alex Loiselle's wedding in Hawkes Bay. After a long, two years of multiple re-scheduling due to the pandemic, the family finally got to meet Alex's lovely wife Kathryn and her extended family. Certainly, a trip to remember!



NEED A HAIRCUT?
No Appointment Required

Monday 10am - 2pm
Tuesday 10am - 5pm
Wednesday 10am - 7pm
Thursday 10am - 7pm
Friday 10am - 7pm
Saturday 10am - 2pm

- * Classic Cuts & Fades
- * Hot Towel Shaves
- * Senior Discounts

347A St. Laurent Blvd.
613 • 371 • 6772

Given how busy our lives can be, it is important to record and organize the relevant information, share memories and make your final wishes known to your loved ones.

The **Beechwood Personal Memory Book** can help you have the conversations that are




SCAN ME

needed and ensure that everyone can be aware of what your wishes are ahead of time.

Download Your Personal Memory Book and write your story today!

280 Beechwood, Ottawa - 613-741-9530 - www.beechwoodottawa.ca
Owned by the Beechwood Cemetery Foundation and operated by The Beechwood Cemetery Company



BEECHWOOD
Funeral, Cemetery and Cremation Services
Services funéraires, cimetières et crémation

Looking forward to a new term with the OCDSB

FROM THE DESK OF:



**OCDSB School Trustee
Zone 6: Rideau-Vanier
and Rideau-Rockcliffe
LYRA EVANS**

I am honoured that the people of Rideau-Vanier/Rideau-Rockcliffe have chosen me to represent their interests at the Ottawa Carleton District School Board (OCDSB). I'd like to thank all those who supported my campaign.

Below are three main points that I have advocated for, as well as the upcoming decisions of the board.

Equity

It is the goal of public education to be the great equalizer, that everyone no matter their background, their home situation, or their identity, has a fair chance to succeed. At the school district level, equity work means ensuring that students from low-income areas, students with special education needs, and new Canadians, amongst other groups, have the supports they need.

No child should struggle to learn because they are hungry,

no child with dyslexia should be allowed to fall behind for needing additional supports to learn to read, or because their first language at home isn't English or French.

Last term the OCDSB collected identity inclusive data, which allowed the district to note the successes and weaknesses of current policy. It was noteworthy that some groups of students, such as students from low-income families, students with disabilities, LGBTQ (particularly trans), and racialized students were statistically significantly less likely to graduate, and have lower wellbeing outcomes than the student average.

For this reason, I have considered equity needs to be paramount in the business of the district, and I will make vocal the needs to address these inequities in the coming term.

Mental health

Student and staff mental health has been negatively impacted over the course of the pandemic. Particular care must be taken by the board in the upcoming term to ensure that appropriate mental health care is provided, that students feel supported, and are able to achieve their best potential.

Discussion for the upcoming 2023-2024 budget (created March-June) will include the hiring of professional staff, such as psychologists, psychiatrists, and other supports for students and staff who have had mental health struggles over the pandemic.

Environment

Given the importance of climate action by all levels of government, the board will be evaluating the success of the Green Climate Fund, as well as directing the district to look into alternative energy sources, such as ground or air heat pumps, and thermal and photovoltaic solar panels. I also intend to put to a vote the requirement that each building at the district has both a recycling program and a composting program.

Upcoming decisions of the board

Revaluating the EFI & Core French Program

In the coming months, the district will begin to undertake a

review of the English (with core French) program. Currently being discussed is if the district should extend the 50 percent English / 50 percent French program delivery offered in kindergarten all the way to grade three, and have families make the decision to enter full French immersion for Grade 4. This process will likely take one to three years, with a formal consultation process happening later in the process.

Policy review changes

The board is undertaking a process to reevaluate how we review and renew policies. Major policies up for debate shortly include the naming of schools policy, the integrity commissioner changes, and

the Indigenous, human rights, and equity roadmap.

2023-2027 Strategic plan

The new board will discuss and create the 2023-2027 strategic plan. This is the guiding document which directs the district for the next four years. Last term, the strategic plan sought to create a culture of innovation, caring, and social responsibility.

As always, if you have concerns, questions, or thoughts, I am happy to hear from you.

Lyra.Evans@ocdsb.ca
@LyraEvansOtt
613-913-1695

Vanier Community Services Centre

Employment Services



- Expert Tips
- Self Marketing
- Strategies
- Techniques
- Job Search and Interview
- Training and job leads



For more information or to register for our free services:
Come see us in person or give us a call!
270, av. Marier | 613-742-4400




www.tosucceed.ca



coconut

LAGOON

853 St. Laurent Blvd, Ottawa, ON K1K 3B1
613.742.4444 | coconutlagoon.ca | info@coconutlagoon.ca



Coconut Lagoon prides itself on offering the very best in Kerala cuisine, fusing contemporary techniques with classic flavours and textures using local and sustainable ingredients.



Beechwood's Christmas Candlelight Service

You are invited to participate in Beechwood's Christmas Candlelight Service on Sunday, December 11, 2022 at 6:00 pm. A special way to remember loved ones, our service features a candlelight memorial with carols and a tree-lighting ceremony.

A non perishable food item for the Food Bank would be appreciated.

Our event is outdoors, please dress warmly.

For more information, please contact us via email info@beechwoodottawa.ca or call 613-741-9530
Owned by the Beechwood Cemetery Foundation and operated by The Beechwood Cemetery Company



Support the generosity at work in your community

FROM THE DESK OF:



**MPP, Ottawa-Vanier
LUCILLE
COLLARD**

As you elected me to represent the interests of all residents of Ottawa-Vanier, I feel responsible for ensuring that I share the different realities that exist

within our diverse community. Being able to connect neighbourhoods with each other by making everyone aware of each other's needs seems essential to me in order to promote mutual aid and solidarity.

Autumn has arrived, and the beauty of the colours is also accompanied by temperatures that drop every day. The change of season reminds us of the preparations we all make for winter and the approaching holiday season.

For a growing number of us, the arrival of the holiday season increases concerns related to the need to be able to eat adequately and maybe to treat our little ones. With the ever-increasing cost of living

and food supplies, food banks are seeing more people in our riding turn to them for their food needs.

That is why I would like to encourage everyone to support the mission of our charities, including food banks, to help those in need. Your donations can make a difference for a neighbour near you, whom you may meet from time to time on the street without knowing the precariousness of their situation.

Organizations in our neighbourhoods can certainly benefit from your generosity if you can afford it.

Since the beginning of the pandemic, which coincided with my election, I have had the opportunity to witness on many occasions the values of mutual aid and solidarity that already characterize our community.

At this time, when generosity is even more important, I join you in trying to make a difference in the lives of the most vulnerable. This is undoubtedly one of the best ways to get into the holiday spirit, which I wish you one that is filled with happy moments.

•••

En tant qu'élu(e) pour représenter les intérêts de tous les résidents d'Ottawa-Vanier, je me sens responsable de m'assurer de partager les différentes réalités existantes au sein de notre communauté diverse. Pouvoir connecter les quartiers entre eux en sensibilisant chacun aux besoins des uns et des autres me semble essentiel pour favoriser l'entraide et la solidarité. L'automne est arrivé et la beauté des couleurs s'accompagnent aussi de températures qui baissent à tous les jours. Le changement de saison nous fait penser aux préparatifs que nous effectuons tous pour l'hiver et le temps des fêtes qui approchent. Pour un nombre croissant d'entre nous, l'arrivée du temps des fêtes augmente les inquiétudes liées au besoin de pouvoir se nourrir adéquatement et peut-être gêner nos jeunes. Avec l'augmentation constante du coût de la vie et des denrées de subsistance, les banques alimentaires voient un plus grand nombre de personnes de notre circonscription se tourner vers elles

pour combler leurs besoins en nourriture.

C'est pourquoi j'aimerais encourager chacun à appuyer la mission de nos organismes caritatifs, dont les banques alimentaires, à aider ceux qui en ont besoin. Vos dons peuvent faire une différence pour un voisin près de chez vous, que vous croisez peut-être de temps à autres dans la rue sans connaître la précarité de leur situation. Les organismes dans nos quartiers peuvent certainement profiter de votre générosité si vous pouvez vous le permettre.

Depuis le début de la pandémie qui a coïncidé avec mon élection, j'ai eu le loisir de constater à de multiples reprises les valeurs d'entraide et de solidarité qui vous caractérisent déjà. En cette période encore plus propice à faire preuve de générosité je me joins à vous pour essayer de faire une différence dans la vie des plus vulnérables. Cela fait indéniablement partie de la meilleure façon de se mettre dans l'esprit des fêtes, que je vous souhaite remplies d'heureux moments.



FOREVER CHEO

“Saving even one life makes it all worthwhile”
George and Jean-Louis

A LEGACY GIFT TO CHEO HELPS TO BUILD A HEALTHY AND HAPPY FUTURE FOR OUR CHILDREN AND YOUTH.

Jean-Louis and George embody a generosity that enriches their lives, supports their loved ones, and will give a helping hand to youth at CHEO for generations to come.

Nearly 20 years ago they created their CHEO endowment fund and included a gift in their Will for CHEO. This was done with a sincere belief in the importance of acceptance and community. Keenly aware of the connection between teen suicide and identifying as LGBTQ2S+, they directed their fund to youth mental health and suicide prevention. Anyone may join Jean-Louis and George in this work to champion young lives by contributing to their fund.

Be part of CHEO's life-saving work today, tomorrow and forever.

To learn how you can make a forever difference contact:

Megan Doyle Ray:
mdoyleray@cheofoundation.com
613 297-2633
cheofoundation.com





The fall colours were brilliant this season in Manor Park, especially in Beechwood Cemetery.

PHOTO: DOUG BANKS

UrbanOttawa.com

Wishing you and yours a happy and healthy year to come. Thank you kindly for all your business and referrals again during 2022. I look forward to working together in the years to come.

Meilleurs voeux de bonheur et de santé à vous et aux vôtres pour l'année prochaine.

Je vous remercie d'avoir fait affaire avec moi et de m'avoir recommandé vos proches au cours de l'année 2022.

J'espère avoir le plaisir de travailler avec vous dans les années à venir.



**Natalie's
URBANOTTAWA**
the art of urban living



Hallmark Realty Group . Brokerage

613.747.9914

Broker | Courtier **Natalie Belovic**

Housing complex at former CFB Rockcliffe among city accomplishments for veterans

FROM THE DESK OF:



**Ottawa Mayor
JIM WATSON**

There isn't a day that goes by that I don't think of my late father, Beverley Watson, who served with the Royal Regiment of Canada and helped liberate the Netherlands during the Second World War. This month, I think of my father, and of all those who have served and continue to serve our great nation – some giving the ultimate sacrifice.

As Mayor, in 2019, I recognized the importance of helping Veterans by appointing Deputy Mayor Matthew Luloff as City Council Liaison for Military and Veterans Affairs.

As a member of the 2nd Battalion Princess Patricia's Canadian Light Infantry, Matthew served in Afghanistan in 2008. Councillor Matthew Luloff is the perfect representative to solidify the city's important relationship with the 23,000 active service members and more than 53,000 veterans living in Ottawa, as well as their families.

Councillor Matthew Luloff also co-chairs the Veterans Task Force, which is responsible for developing a culture of support for our veterans and their families in our community.

The Veterans Task Force is working on several important initiatives:

- helping veterans transition to civilian life
- advocating for comprehensive health care for those not supported by organizations (i.e., Veteran Affairs Canada)
- making housing more affordable and easier to secure
- enhancing second career opportunities

One of the accomplishments I'd like to highlight from this term of council was the opening of the Veterans House supportive housing complex for homeless veterans, located at former CFB Rockcliffe.

I trust that Coun. Luloff, the Task Force, and our strategic partners will continue to deliver projects, facilitate access to resources, and promote opportunities for those who have served and continue to serve our great country in the years ahead.

This year marks the 77th anniversary of Armistice Day, and the Royal Canadian Legion's Poppy Campaign continues to run from until November 11. Visit www.legion.ca/contact-us/find-a-branch to find poppies near you.

p.s. This is my final column as mayor of the City of Ottawa. I want to thank all those who have participated in the democratic process by volunteering, donating, and, most importantly, voting. While the makeup of city council looks a lot different for the upcoming term, I am confident that our

representatives will work hard to build on the momentum of the last 12 years. We have many important projects underway that will continue to transform our nation's capital for years to come, and I can't wait to see it all come to fruition.



Ottawa Mayor Jim Watson's late father, Beverley Watson, poses with members of the Canadian Armed Forces. PHOTO SUPPLIED

Beechwood Auto Service

613-749-6773

“Comprehensive car care for peace of mind”

YOUR NEIGHBOURHOOD ONE-STOP GARAGE
PERSONALIZED PROFESSIONAL SERVICE | COURTESY VEHICLE
EUROPEAN, ASIAN & DOMESTIC SPECIALISTS

www.beechwoodcanada.com

POLARIS
SCHOOL AND CENTRE

Invites you to visit their new online store, North Star Crafts, where your purchase supports a Waldorf-inspired education that is accessible to all and allows for community programs.

- Books
- Crochet Figures and Food
- Craft and Art Supplies
- Games and Puzzles
- Wooden Toys
- Felted Figures

Inspiring creativity and imagination through play!

The Hub
1805 Gaspé Ave.
Ottawa

NORTHSTARCRAFTS.CA

COEUR DE PION
 FASHION & LIFESTYLE

BE GLAD WEAR PLAID

SHOP AT
WWW.COEURDEPION.COM



IAN BROWN
AT THE HEART OF OTTAWA LIVING

Your Local Manor Park REALTOR®

IANBROWNHOMES.COM

Direct: 613.612.7373
Bilingual Sales Representative

COLDWELL BANKER **RHODES**
& COMPANY BROKERAGE
Independently Owned & Operated

For everything there is a season...

by Diana Poitras

At St. Columba, the start of the new school year, the changing colour of the leaves, the nip in the air, and the anticipation of Thanksgiving dinner — are all in keeping with the Season of Creation. In the Church calendar year, this is from September 1 to October 4 and is a time dedicated to God as Creator and Sustainer of Life.

It is no surprise, then, that during the Season of Creation, the Church holds its annual “Blessing of the Animals” on the first Sunday in October (also the Feast of St. Francis of Assisi). This year a cat and two dogs received a blessing — as well as a monkey and an elephant! While the latter two are not your usual household pets, we did ask the children from the church school to bring a favourite stuffie for a blessing. Like our feline and canine pets, the stuffies bring the children joy and comfort, and so it seemed suitable to have them blessed at the same service.

The talking stick

The previous Sunday, September 25, the church was awash in orange, as members of the congregation wore their orange shirts in recognition of the National Day of Truth and Reconciliation. In church school, the children had their first sharing circle and created a ceremonial talking stick with ribbons and feathers from each child.

In the sharing circle, everyone talked about the importance of being able to see everyone within the circle and how a circle has no beginning or end. We then made our talking stick with each child choosing something or things to add to it.

When we are in the circle the child holding the stick speaks while everyone else listens. We talked about how God gave us one mouth to speak but two ears to hear.

The children can talk about whatever is on their mind. On Thanksgiving Sunday, the

talking stick holder shared what they were thankful for. They also offered up the names of anyone or anything for which they want to pray for or give thanks—a sick school friend, a grandparent, scouting camp, etc.

The talking stick is now part of each Sunday School class and is extra special because the children created it themselves.

Community harvest

Throughout September, tomatoes and peppers were harvested from the community garden plots allocated to St. Columba. This food, together with other donated items from the Parish were brought to the food bank at the former Rideau High School (now the Rideau Rockcliffe Community Resource Centre). Sharing God’s creation and bounty to help others continues to be part of our outreach ministry.

At Rock the Block at the end of September, the church had a booth alongside the Manor Park Community Garden at St. Columba’s table. The church has generously offered up additional lands to expand the garden next year. Next step is to make a further grant application to Just Food for funds to carry out this expansion.

The church sanctuary was beautifully decorated for our Harvest Thanksgiving service on October 9, and all the produce from the display (apples, onions, carrots, potatoes, etc.) was again brought to the food bank. We thank Marie Chantal Ross and Jason Wright for their weekly trips to the food bank with our offerings.

At the time of writing this article, we were busy preparing for our Harvest Chili Supper on October 27. We appreciate the strong community support for this fundraising event. We were delighted that the Pathfinder Unit helped lend a hand.

Mural restoration

In the September-October 2022 edition of the *Manor Park Chronicle*, you may have read an article about collaborative

artists, Wendy Trethewey and Eleanor Duncanson, who restored our 1967 mural in the Lower Hall.

These talented artists are again supporting the church with a donation of a painting entitled: “Waving Calla Lilies” (mixed media, 11 x 15 inches and framed). The painting, without the framing, is valued at \$500. The church is presently applying for its first ever lottery license to hold a raffle for this stunning painting. Once our license is approved, we plan to sell 100 tickets at \$10 each. The painting was on display at the church at our chili supper and will be exhibited again on December 17 at our Holly and Bake/Jam Sale. The draw for the painting will be on December 18. For more information about how and when to purchase a ticket, please contact the Church office by calling 613-749-5103 or emailing us at stcolumbaanglican@bellnet.ca.

About the artists

Wendy Trethewey paints intimate interiors and landscapes, sometimes placing a human (or animal) figure within them. She is also a portraitist, military artist, and a miniaturist. She works in many mediums, including pastels. Nineteen paintings entitled “Family Life in the Military”, created by Trethewey and a collaborator, are part of the collection of the Canadian War Museum. One of her paintings hangs in its permanent collection. Trethewey was also one of nine artists chosen by the Royal Canadian Mint to submit a concept drawing in consideration of updating the effigy of Her Majesty Queen Elizabeth II on Canadian coinage. She has also taught a class on pastels at the Ottawa School of Art.

Eleanor Duncanson is a native Nova Scotian now residing in Smiths Falls. She specializes in large-format oil paintings of landscapes and florals for pub-

Continued on page 39



MacKay United

Worship, Music, Conversation and Community

Sundays at 10:30 am
Online and limited in-church seating

mackayunited.ca


MUSIC FOR LIFE

TUTTI MUZIK INC academy offers quality instruction for all ages and interests!

Semi-Private and Private Lessons **
All Instruments, including Piano, Brass, Strings, Woodwinds and Percussion.
** *In-Person or Online Instruction.*

Pop/Rock Groups
Learn popular songs/create originals in an ensemble setting.
Guitar, Drums, Voice welcome - with friends or on your own.

Tuneful Tots
An imaginative, fun-filled introduction to and appreciation for music.
Rythm, singing, movement and listening activities for young children.



307 St. Laurent Blvd. 613-746-3512
tuttimuzik@rogers.com tuttimuzik.ca

Mair Oriental Rug Services
ESTABLISHED 1983

Serving the public & trade for over 35 years

- appraisal and evaluation
- expert repair and restoration
- free consultation
- fringing, rug hanging, reweaving, et al.
- repairs completed in original format, using top quality materials

Douglas Mair 613-741-7806
75 Jardin Private mair@orientalrugservices.com





St. Columba was decorated for its Harvest Thanksgiving service in October, with all produce from the displays later being donated to the Ottawa Food Bank. PHOTO: DIANA POITRAS



"Waving Calla Lillie," was donated by artists Wendy Trethewey and Eleanor Duncanson for a raffle to be held later by St. Columba. It will be exhibited during the church's Holly and Bake/Jam Sale December 17. PHOTO: WENDY TRETHEWEY



During the October harvest chili dinner, volunteers served over 120 people and sold out of all three types of chili. The 99th Girl Guides and Pathfinders and their leaders were amazing as servers and helpers. The church appreciates the support of the community for this fundraising event. PHOTO: DIANA POITRAS



Dash, the one-eyed cat and companion of Diana Poitras, was among the pets who received a blessing during the Blessing of the Pets service. PHOTO: DIANA POITRAS

Continued from page 38

lic access spaces. In the Ottawa area, she includes among her clients the Westin Hotel, for whom she produced nine large oil landscapes for their Provincial meeting rooms. The land has held a magnetic fascination for her as an artist and she is totally focused on trying to capture her feelings of excitement at the beauty of landscapes.

Advent and Christmas

As we look further ahead, the Season of Advent and then Christmas will soon be here. Our Advent Lessons and Carols service will be held on Sunday, November 27 and will feature soprano soloists Keumnim Lim and Mallory Williams and baritone Shawn Mattas. This is an incredible service and the perfect way to

start the season.

A special event, the Christmas Holly and Bake Sale, will feature fresh holly and delicious homemade jams, jellies and baked goods. Please join us for the occasion at St. Columba on Saturday, December 17.

On December 24 we will hold two services: a family focused service at 4:00 p.m. with a children's story and soloist Shawn Mattas, and a candlelight service at 9 p.m., featuring soloists Natacha Demers, Natasha Henry and Keumnim Lim. Christmas Day service will be at 9:30 a.m.

You are cordially invited to join our friendly and welcoming congregation at any of these special services, and at our regular Sunday service at 9:30 a.m.



FERN HILL SCHOOL

NURTURING CONFIDENCE - BUILDING A FOUNDATION FOR EXCELLENCE

Preschool * Kindergarten * Elementary Grades

Independent, non-profit, co-ed school

Enriched curriculum

Preschool to Grade 8

Call to book a school tour.



613-746-0255

principal@fernhillottawa.com

www.fernhillottawa.com

50 Vaughan Street
Ottawa, ON K1M 1X1

Established in 1981



HOSTING PERSONALIZED CATERING

Featuring Hors d'Oeuvres and Dinners for Private and Small Events.

ALSO PROVIDING MUSICIANS

for Private House Concerts based on your genre.

CONTACT Us at:
info@theblackirishpub.com

BRINGING
GROWTH,
INGENUITY,
AND EXPERIENCE
TO BEECHWOOD



BACK TO SCHOOL SPECIAL ~ 3 MONTH PROGRAM

Children/Family Self-Defence/Fitness

HOSTED AT DÉCATHLON (1055 ST. LAURENT BLVD.)

Mondays: 6:15 pm | Saturdays: 1pm

FIRST SESSION - COMPLIMENTARY BY REGISTRATION

REGISTER at: pivotalfitnessottawa@gmail.com
139 Beechwood Ave.

AROUND TOWN

Beechwood Cemetery Remembrance Day

Remembrance Day is Beechwood's busiest visitation day. Everyone is encouraged to visit the National Military Cemetery (NMC) and honour the service and sacrifice of those who died in the line of duty. The NMC consists of four sections, each renowned for its natural beauty and gardens.

"You'll be side-by-side with people who sacrifice so much — active Canadian Armed Forces members, veterans and their families," says Nick McCarthy, Beechwood's director of marketing. When people come to visit, they see themselves reflected in the Canadian Armed Forces members who sacrificed so much."

Beechwood Cemetery's annual Remembrance Day ceremony for members of the military, their families and friends begins at 10:30 a.m. Friday November 11.

Children's Storytelling Festival

The 28th Annual Children's Storytelling Festival runs from Monday November 21 to Saturday November 26 both online and in-person. Storytelling artists are French, English and Indigenous.

French stories will be held at Centre Jules Léger, 281 Lark Ave., and the English



Linden House Theatre returns to the stage in November for the first time in over two years with a trip to Ireland courtesy of John Patrick Shanley's *Outside Mullingar*. Performers are, left to right, Venetia Lawless and Geoff Gruson (front), with Janet Uren and David Holton and Janet Urden (rear). Set design by Karena Boychuk. PHOTO: SAM GARCIA (See page 2 for more information.)

programs at the Odawa Native Friendship Centre, 815 St. Laurent Blvd.

For a full schedule, visit the Ottawa Public Library's home page.

Christmas at McKay United

After a pandemic hiatus, McKay United's Christmas concert such a concert returns on Sunday, December 18 at 7 p.m. "Christmas in the 'Burgh" will feature violinists from the

Vyhovski Springs. pianist Tea Mamaladze, Leane Ward and the Lavoie Family, MacKay's Rev. Peter Woods and other performing artists from the Ottawa area.

The evening will be filled with the sounds of Christmas -- sacred and secular -- plus a Christmas Carol sing-a-long. Following the concert, the audience is invited to enjoy refreshments in the Memorial Hall. Free will donations

will be accepted at the door to support MacKay's Mission and Service outreach programs.

MacKay's re-energized Sunday school will present its Christmas Pageant as part of the regular service at 10:30 a.m. Sunday December 11 and the traditional Christmas Eve Candlelight Service returns Saturday December 24 featuring special music.

For more information on upcoming events at MacKay United Church, 39 Dufferin Rd., check out the Facebook page or the web site or call the office a 613-749-8727 or via e-mail to admin@mackayunited.com.

Christmas at St. Columba

Advent lessons and carols service at St. Columba will be held on Sunday, November 27 and will feature soprano soloists Keumnim Lim and Mallory Williams and baritone, Shawn Mattas.

On Saturday December 24, St. Columba will hold two services – a family focused service at 4 p.m. with a children's story and soloist Shawn Mattas; and the candlelight service at 9 p.m., featuring soloists Natacha Demers, Natasha Henry and Keumnim Lim. Christmas Day there will be a service at 9:30 a.m.

COVID variant vaccines

Since Oct. 17, anyone aged 12 and older is eligible to receive the bivalent COVID-19 booster dose.

The bivalent vaccine produces more antibodies effective against both the original strain of COVID-19 and the omicron variant. According to Health Canada, it was also found to generate a good immune response against the omicron BA.4 and BA.5 subvariants, and is expected to extend the durability of protection.

Locally, COVID and flu vaccines are available at the former Rideau High School, 815 St. Laurent Blvd. from 1 to 7 p.m. Tuesdays and Thursdays (closed 3:30 to 4:30 p.m.) and 10 a.m. to 4 p.m. Wednesday, Friday and Saturday (closed 12:30 to 1:30 p.m.).

See the Ottawa Public Health website at www.ottawapublichealth.ca for updated information.

Manor Park Tenant Union

The Manor Park Tenant Union, a group open to all tenants but with a focus on residents of Manor Park Estates, is holding its first meeting, along with coffee and snacks, at 11 a.m. Sunday, November 13 at 1805 Gaspés.

(See page 5 of this edition for more information.)

Galapagos

Small ship expedition cruises



Canada's only Galapagos specialist travel company is located in Manor Park. Get in touch to explore options for your tailor-made Galapagos trip of a lifetime.

www.cnhtours.com

hblenkiron@cnhtours.com

613-612-6269

We're regulated by the Travel Industry Council of Ontario - travel with confidence. TICO #50022618