

MANOR PARK Chronicle



The voice of the community since 1949 • May-June, 2025 • Vol. 76, No. 5

Cycling safety back in focus

By Ryland Coyne

Cycling safety is again in the spotlight, and spring has only just begun.

On the morning of April 7, Orleans resident Matthieu Gagnon was riding his bike to work along Beechwood Avenue when he was struck by a vehicle turning left onto Aca-cia Avenue. The cyclist was

knocked off his bike, rendered unconscious and suffered facial lacerations, a black eye and a broken jaw.

Several weeks later, Gagnon says he has returned to work "with special accommodations" but his jaw remains wired shut.

In an email exchange with the *Chronicle* on April 26, Gagnon said he is still recovering. **Continued on page 6**

Sidewalks still in question for project

By Ryland Coyne

There may be two sides to the sidewalks argument. But for the vast majority of respondents to an online Manor Park survey, there is only one answer — no thanks.

The survey ran from March 8-15, sent out via the community Listserv email account. A total of 192 people responded to the poll questions. According to survey author Marc Patry, 165 (85.9 per cent) answered they are opposed to sidewalks; 24 (13 per cent) said they support them; and two were neutral.

Respondents were also invited to share additional thoughts or comments on the issue. According to an AI-generated summary based on those comments, concerns for those in opposition were:

- desire to preserve the character and charm of the neighbourhood,

- unnecessary expense for city taxpayers,
- negative impact on private property and green space,
- low traffic volume means Manor Park roads are already safe making sidewalks unnecessary,
- inconsistent winter maintenance/snow clearance.

Proponents pointed to:

- improved pedestrian safety,
- traffic and vehicle speed calming measure,
- improved walkability and accessibility,
- community and social benefits, allowing safer interactions between neighbours.

Timeline

The debate was sparked last November during a public information session on an upcoming sewer/road rehabilitation project. The work is tentatively set to begin this summer to upgrade

Continued on page 3



The Countryside Petting Farm was a popular spot during the 40th annual Vanier Sugar Festival. Elyas Benmohamed does his best to reach out to a friendly donkey from the safety of his father Tahar's arms. Offering the animal a tasty treat is Nadia Gauvreau.

PHOTO: RYLAND COYNE

FEATURED ARTICLES INSIDE...

The proposed Kettle Island bridge could still face a number of hurdles - Read Greg Thompson's opinion piece on page 11

Manor Park Notables Graham and Mari Rubeli: A legacy of talent, caring and contribution - See page 23

Read about a Manor Park resident's medal-winning performance at the Masters World Cup - See page 27

Learn who from Manor Park has received the King Charles III Coronation Medal - See page 29

It's time to thank all those who volunteer to bring us to your door - See pages 40 and 41

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Fortier wins re-election in Ottawa-Vanier-Gloucester

By Ryland Coyne

It was perhaps one of the most predictable races in the April 28 federal election.

Liberal Mona Fortier was returned to Parliament with another solid victory in Ottawa-Vanier-Gloucester. The eight-year MP won a huge mandate, receiving 45,816 votes or 67.5 per cent of the overall vote, according to Elections Canada. Conservative Dean Wythe finished a distant second with 14,596 votes (21.5 per cent) with New Democratic Party candidate Tristan Oliff third with 5,044 votes (7.4 per cent).

This was Fortier's fourth election victory, having first been elected in a 2017 by-election following the death of former MP Mauril Belanger. She also won re-election in 2019 and 2021.

Nationally, the Liberals were also returned to power, a remarkable turnaround from just two months earlier when they were 20-25 points behind the Conservatives. They fell just three seats short of a majority with 169 seats to the Conservatives' 144. The NDP dropped to 7 seats and lost official party status.

Prime Minister Mark Carney won in Nepean, though



Mona Fortier addresses the audience at the all-candidates meeting in Manor Park April 8. Fortier won re-election in Ottawa-Vanier-Gloucester on April 28. PHOTO: RYLAND COYNE

both NDP leader Jagmeet Singh (Burnaby South) and Tory leader Pierre Poilievre (Carleton) lost their bids for re-election.

Priorities

At the all-candidates meeting in Manor Park on April 8, Fortier outlined her and the Liberal Party's priorities, starting with protecting Canada from U.S. tariffs and President Donald Trump's repeated threat to make this country America's 51st state.

She pointed to the cancellation of the consumer carbon tax, changes to the Employment Insurance system and extended dental care as positive steps taken by the government ahead of the election.

The future will see a middle-class tax cut and the elimination of the "GST on (new) homes up to \$1 million for first-time home buyers," she said.

Locally, Fortier told the audience she would push to bring the Liberals' new housing initiative to the riding.

"This includes unlocking federal lands, like Wateridge Village, to deliver approximately 500 housing units, including affordable housing," she said.

Other priorities included "wraparound supports such as mental health and addictions programs for those living in precarious housing situations," working to revitalize the downtown core and Byward Market, protecting and creating jobs, attracting tourists to the region, and ensuring "a strong public service."

"Today's challenges require leadership and determination, not cuts," she said.

As for the proposed Kettle Island bridge, she said she is as concerned about it as the community.

"It is currently not a priority for Ottawa. It is also not addressing the issues to remove interprovincial trucks from King Edward and to reduce traffic congestion to have safer neighbourhoods," she said.

"The worst part is all the uncertainty"

Local bookstore braces for what lies ahead

By Ryland Coyne

The ongoing 'tariff war' between the United States and Canada has not hit local bookshops — yet.

But it's what could happen that poses a real concern.

To date, books have not been subject to the additional tax. But with U.S. President Donald Trump continuing to threaten Canada with new tariffs, and Canada vowing to hit right back, smaller operations are bracing for impact.

"If our government goes ahead with their planned retaliatory tariffs, we will likely see an increase in prices somewhere down the line," noted Hilary Porter, store manager at Books on Beechwood in an email exchange with the *Chronicle*. "Since the prices of all the books we carry are set by their publishers, we don't have any control over what the retail prices of the books will be."

While she's thankful that

Continued on page 3

Message from the Board Chair

As we come to the end of another publishing cycle, I would like to express my gratitude to our new editor, Ryland Coyne, the rest of the production team, and our writers and contributors for their outstanding work this year. We are indebted to our former editor, Wes Smiderle, for his service and commitment over the last five years, and for giving his time to ensure a smooth transition as he handed over the torch back in January.

In addition, I would like to extend my thanks to my fel-

low board members, and the many other volunteers who deliver the *Chronicle* to our homes and local businesses.

Our board of directors meets once per month between September and May. If you are interested in joining us, please send me an email at board@manorparkchronicle.com.

Wishing everyone a safe and happy summer!

Derek Taylor,
Board Chair,
Manor Park Chronicle

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Bookstore, cont. from page 2

books have remained out of the line of fire to date, it remains to be seen for how long.

Liberal Prime Minister Mark Carney, whose party won re-election on April 28, was slated to meet with the U.S. President on May 5. That meeting could go a long way to determine the extent of the ongoing trade battle.

Hilary says Books on Beechwood has always sought to carry “a wide variety of books by Canadian authors and books produced by Canadian publishers.”

What complicates matters, she says, is that a Canadian author could be published by an American publisher. It’s the same for a Canadian publisher who could publish an American author.

There’s so much specula-

tion at this point, it’s hard to know how things will play out, Hilary says.

“The worst part is all the uncertainty. Until a decision is actually made about whether to put tariffs into effect or not, we don’t really know what the effects on our business will be.”

One thing she is certain about is the support from her local customers.

“Despite the fact we can’t give them any real answers about what will happen, they’ve been so supportive,” she said.

Some have made it a point to avoid items made or published in the U.S., others have focused on ‘buying Canadian’ as best they can.

“Either way, though, we’re always happy to help them find what they’re looking for.”



Books on Beechwood store manager Hilary Porter holds a copy of *Strings*, a first novel by Manor Park author Christie J. Oliver. PHOTO: RYLAND COYNE

Sidewalk survey, cont. from page 1

sewers, watermain, and roads along parts of Kilbarry Crescent, Farnham Crescent, Arundel Avenue, Jeffrey Avenue, Finter Street and Braemar Street.

The meeting was held by the city to present design drawings and get feedback from residents. Many let it be known then that they were not in favour of sidewalks.

Reacting to that feedback in his report in the January-February edition of the *Chronicle*, Rideau-Rockcliffe Coun. Rawlson King noted his office “has requested that city staff work to explore alternative options for traffic calming and sidewalk placement.”

An opinion column in the March-April *Chronicle* entitled ‘In support of sidewalks’ detailed their importance to neighbourhood road projects. That then led to the online survey, the results of which were forwarded to the city and councillor.

Patry, who resides on Kilbarry Crescent, argues the project is needed but sidewalks are not.

“I was surprised that sidewalks were part of the plan,” he noted in an email exchange with the *Chronicle*.

Though two neighbours did complete a door-to-door canvass asking for opinions, Patry took the issue “a step further by leveraging our community email server, and by developing a simple survey.”

Another meeting

Partly in response to the survey results, King said a meeting was held the week of April 21 to further discuss the issue. It involved the Manor Park Community Association, residents, King and senior city staff, “to obtain more information about the city policy and discuss potential alternatives.”

While there was no final decision by press deadline, King noted the lines of communication would remain open.

“Once potential options and alternatives with explanations are available from city staff, they will be shared with the community for further public input before any final decisions are made,” King said. “While there is an anticipated timeline for construction to start this summer, discussions between my office and city staff are ongoing.”

Bruce Kenny, City of Ottawa Design and Construction Manager, confirmed the current design does include sidewalks “on one side of the streets.”

He acknowledges the proposal “received mixed comments” at the Nov. 20, 2024 public information session and that the city “is committed to public outreach.”

“The removal of sidewalks from the design would require pedestrians to use the roadway. The rationale for pro-

posing sidewalks will be discussed with the community association and councillor at our upcoming meeting.”

The project

The \$1.8 million rehabilitation project is slated to start in July 2025 with “substantial completion” by fall 2026.

“The current project involves the separation of the existing combined sewer with the installation of new sanitary and storm sewers, replacement of the existing watermain, drainage improvements and full roadway reconstruction,” Kenny noted.

Roads affected are:

- Kilbarry Crescent, from Sandridge to Ava,
- Arundel Avenue, from Farnham to St. Laurent Boulevard,
- Farnham Crescent, from Ava to the dead end,
- Jeffrey Avenue, from St. Laurent to Braemar St.,
- Braemar Street, from Ava to Arundel,
- Finter Street, from St. Laurent to the dead end.

Kenny says the proposed work will likely be disruptive but that residents “will be able to access their homes, except for when the contractor is working directly in front of their property. Advance notice of these instances will be provided by the contractor.”



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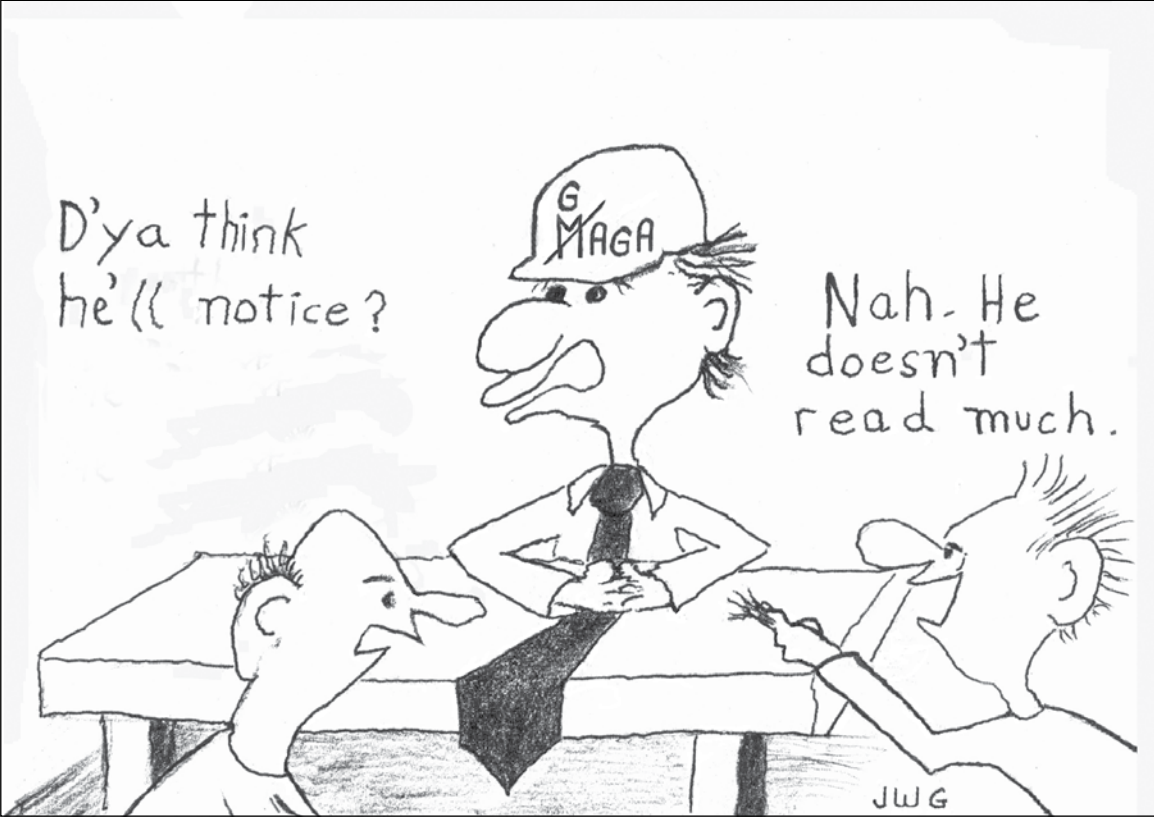
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Send submissions articles, photos, letters to the editor, notices) to: editor@manorparkchronicle.com

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.

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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: September-October 2025

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Deadline for articles and photos: Wednesday, August 20

Send as attachments to editor@manorparkchronicle.com

Summer Session

The *Manor Park Chronicle's* production team is looking forward to a well-earned summer break but will soon be gearing up for our next edition this fall.

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 requests for a pooch to profile in Dogs in the Hood
- Your column theme ideas for Bird Corner

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

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EDITOR'S POV

Volunteer support

A recent survey conducted by Scouts Canada asked 1,000 "random" Canadians about their "world-weary woes" and what we could do to reduce stress levels.

According to the findings, close to 85% of respondents answered 'yes' or 'maybe' to the question: 'With record levels of anxiety and depression, should Canadians be prescribed volunteering as a form of therapy?'

Asking specifically if volunteering with youth "should be promoted as a way to combat stress, anxiety and loneliness," 60.9 per cent answered yes, another 27.3 per cent maybe. And asked if "volunteering with youth organizations should be seen as a 'core part of Canadian identity,' 56.8 per cent of respondents said yes.

Few would argue with the results. No question, having the ability to help someone in need of assistance or to learn a new skill is a great chance to improve one's own mental health. And right here in our community, there is no shortage of volunteer opportunities from which to choose. In his column, Manor Park Community Council chair Mark Smith outlines some great ways, by participating in upcoming events (Make the most of summer in Manor Park on page 19).

And that's just for starters. The *Chronicle* itself pays tribute to the dozens of local residents who donate their time to help distribute and deliver the paper (Best of the Bunch: Delivering thanks to 80 volunteers who deliver! on pages 40 and 41). And the Rideau-Rockcliffe Community Resource Centre welcomes volunteers "from all walks of life" to support their innovative Social Harvest program (Finding alternatives in times of food insecurity and uncertainty on page 42).

These are just a few examples; there are so many more ways to lend a hand. And, spoiler alert, you may just get more out of it than you put in.

LETTERS TO THE EDITOR

Councillor’s bridge arguments don’t hold up, notes letter writer

Dear Editor,
I have just read the March-April issue of the *Chronicle* that highlights concern about the building of the Kettle Island bridge, notably the article by Councillor Rawlson King.

I would suggest that the councillor, rather than objecting to the bridge, should focus his efforts on ensuring that such a bridge project does not have any entry or exits between Montreal Road and the river. If the plan meets this requirement, many of the concerns he mentions should be met.

To attack the project directly involves arguments from Mr. King that don’t fully stand

up to examination, I believe.

For example, the councillor argues that the new bridge would not divert heavy trucks from the existing route. It seems to me that the trucking companies and the truckers would be happy to avoid the current difficult transit through downtown Ottawa. Also, the city could establish rules making it illegal for trucks of a certain weight to use the current route.

Another argument is that the theory of ‘induced demand’ will increase the traffic problems in Ottawa. The theory holds, as we see from the widening of Highway 416 to the 401 where there is much

more traffic than there used to be. But to simply rule out improvements in highway transportation because more people use the improved facilities is not a tenable position. The 416 expansion has been a success — more traffic moves well, and the improvement has meant residential and commercial development that has benefited many.

Mr. King also argues that the bridge project would lead to the unacceptable deterioration in the quality of life of residents, particularly vulnerable populations in facilities and at the Montfort Hospital.. The counter argument is that the existing route that the

Kettle Island bridge would use appears not to affect “vulnerable” populations. If facilities and the hospital are considered vulnerable, why, in Toronto, is University Avenue lined with hospitals?

So, let’s consider the benefits of the project to the City of Ottawa, and press for the access route not to have entry/exit between Montreal Road and Gatineau. This would protect the understandable concerns of residents of Manor Park, Vanier and Rockcliffe Park from becoming a throughway for traffic.

Yours truly,
Brian Northgrave
New Edinburgh

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NCC shuts Blasdel footbridge to complete pathway work

By Chronicle Staff

Following a winter break, the work to complete the new pathway linking Blasdel Avenue to the Capital Pathway has begun.

The National Capital Commission announced the work to complete the multi-use pathway resumed on April 28.

As a result, the Sumac (Blasdel) footbridge will be closed until Friday, May 23. Pedestrians and cyclists will be directed to follow alternate routes.

In a note from NCC communications advisor Benoit Desjardins, work to be completed this spring includes:

- regrading of granular base and installation of asphalt,
- grading and seeding of ditches adjacent to the pathway,
- installation of benches at both ends of the path,
- installation of NCC signage,
- pathway line painting,
- minor planting (most of this was completed in 2024),
- clean-up and landscape restoration.

Anyone with questions about the project can email info@ncc-ccn.ca.



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Community association AGM takes place May 13

FROM THE DESK OF:



**Manor Park Community
Association President
NATALIE
BELOVIC**

Hi everyone. Oof. It's been a crazy start to this year with a provincial and federal election, but I feel that finally now, as spring arrives, we can turn our attention to other things.

The Community Association Annual General Meeting will be taking place on May 13 at 1805 Gaspe. This is our fantastic community hub which is very accessible with lots of parking if required.

The Farm Store will stay open until the meeting begins at 7 p.m.; this is a great opportunity for you to check out this neigh-



bourhood gem of a store that provides ALL Canadian products from home cooked meals to in-bulk soaps and detergents as well as fresh produce.

The meeting doors will open at 6:30 p.m. and will provide an opportunity for you to meet your neighbours. At the Federal Candidates "Meet and Greet", the interaction within the community was one of the very best parts of the evening!

Connection is important. I want to remind all our friends and neighbours — all the way to 500 Thompson at the edge of our boundaries, as well as all our neighbours on Brittany and at the Highlands and Le Parc — you ARE part of our Manor Park community and

we welcome and encourage you to be among us to discuss issues of mutual interest.

The four hot topics are:

- the city's Transportation Master Plan which will direct the path of future transit and roadways,
- the city's new Zoning By-law which will see a LOT of intensification permission in the core,
- the more local road renewal and sidewalk plan,
- and lastly, the potential for the Kettle Island bridge crossing.

On the transportation master plan, we have encouraged you through the listserve to make your voice heard and submit feedback to city staff.

Elizabeth McAllister's contribution in this issue highlights some of the changes and considerations with respect to the new rules. We will highlight these at the AGM as well as push our councillor to organize a public meeting to try and explain, in simple terms, the impacts to the ward neighbourhoods.

Greg Thompson also submitted a piece in this issue on

the environmental concerns over a possible bridge. The Crossings Committee has been meeting and discussing strategy. Now that the election is over, the cabinet will be chosen soon, and we can make sure that our points are made to the appropriate members of Parliament.

With respect to the road renewal and sidewalk project, we have been in contact with the city councillor and staff and recently had a Zoom meeting with all the stakeholders. We are now waiting for the city to come back to us with possible options and timelines. As of writing, I would not be surprised if the project has to be delayed until next season as I believe it has not gone to tender yet. We will try and have an update at the AGM.

As always, we would really welcome some more members of the association. If you would consider serving, please contact me and we can chat so as to nominate you at the AGM.

With thanks and enthusiasm and hope for things to get better, I look forward to seeing you in great numbers on Tuesday, May 13.

Bicycle safety, cont. from page 1

non said he's an avid cyclist who rides to work from Orleans to downtown via the Ottawa River Parkway.

"I use Hemlock and Beechwood because it feels safer than Montreal Road," he explained.

That said, the safety measures put in place by the city, from spring to fall, could be much more effective.

The plastic flexi-posts along Hemlock "give the illusion of safety without actually doing much," he said. "Because the lane is at the edge of the roadway, it is often cluttered with debris and water accumulation, which means that riders need to go in and out of the lane, which is dangerous. I also find myself forced to ride with traffic because people feel that it is okay to park in the bike lane."

A better solution, he feels, would be for "permanent year-round infrastructure" to be installed along what he calls "a key roadway for bikes."

Beechwood presents a whole new set of challenges



Bike safety along Hemlock and Beechwood remains an issue for local residents.

PHOTO: RYLAND COYNE

for westbound cyclists, according to Gagnon. Top among them is reduced visibility at the many intersections between Beechwood Cemetery and Vanier Parkway.

"Drivers turning right into traffic often block the bike lane while waiting to turn," he said. "Vehicles turning left across the congested lane often have their view obstructed by other vehicles and often turn blindly, (which is what appears to have happened to me)."

Gagnon, Vice-President of the Convent Glen Orleans Wood Community Association, says there's an even

greater challenge for cyclists heading east from the St. Patrick Street bridge. He calls attempts to cross the slip lane (the turning lane from the bridge onto Vanier Parkway) "treacherous."

"Once you get on the (slip) lane, it is often blocked by buses, police cars, or other parked vehicles until you get to the brief raised section. Then you are thrown in a very narrow painted bicycle gutter until you get to the Metro. After the Metro, the lane is so narrow that I think it is unusable unless traffic is stopped," he said. From there, bikes are forced to weave in and out of traffic between painted bicycle gutters and protected lanes.

"I have had to go around a lot of cars parked in the painted bicycle gutter. Again, none of the intersections are protected."

Gagnon says Beechwood is typical of the "cycling infrastructure" in the nation's capital.

"The city made a token effort to try to accommodate

bikes without making a serious effort to create a safe environment when it interfered with the flow of cars," he said. "The city should follow the policies in the Transportation Master Plan and help people to adopt alternatives to cars, including cycling and transit, with proper protected bike lanes and intersections and a transit service that is not stuck in traffic."

In his column in this edition of the *Chronicle* (page 36), Rideau-Rockcliffe councillor Rawlson King notes Manor Park residents can have their say on the city of Ottawa's recently unveiled draft Transportation Master Plan (TMP). Visit <https://engage.ottawa.ca/transportation-master-plan>.

The website presents several surveys "on the road and transit projects recommended by staff, as well as on the prioritized list of active transportation projects." The surveys are open until May 12.

The Ottawa Police Service did not respond to requests for information by press deadline.

Taller buildings, more units, on horizon across city

Ottawa unveils Zoning Bylaw Draft 2 and proposed amendments to Official Plan

By Elizabeth McAllister

More height and density are coming due to Zoning By-Law (ZBL) Draft 2, and proposed amendments to the City of Ottawa Official Plan (OP).

Together these changes could result in permitted six-storey buildings on slightly busier streets (Hemlock and St. Laurent), up from the allowed four.

As well, the new rules would allow for greater heights and densities on neighbourhood streets. The “evolving overlay” lots in the Manor Park (N3) zone could have up to 10 units, while “neighbourhood” lots (N2) could have six units per lot (up from four). The big sticking point too, is that the city wants to eliminate minimum parking requirements.

Some larger lots could be severed and result in a doubling/tripling of unit numbers.

It seems that the Manor Park Estates redevelopment would be allowed to take advantage of the new heights and densities in the Official Plan Amendment.

Context

Many provinces are changing their planning rules to build more housing; under Ontario’s 2024 Provincial Planning Statement (PPS), at least three units are allowed on any lot.

The federal government has tied access to money from their Housing Accelerator Fund to building deeply af-



Manor Park: evolving neighbourhood overlay.

fordable housing, with a requirement for municipalities to include a minimum of four units per serviced lot. By accepting money from this fund, to support the building of up to 1,000 deeply affordable units, the City of Ottawa must allow a minimum four units for lots city-wide. The first of these are 336 new affordable units (80% bachelor/one-bedroom) being built in Ottawa Centre.

As developers can now amend zoning to build in line with the 2022 OP and the PPS, a drive through Vanier, Centretown or Westboro reveals “densification” in action — essentially small apartment buildings being built on small lots.

Zoning By-Law (ZBL) Draft 2

ZBL draft 2, released on March 21, is open for consultations until the end of June. This is the last chance for meaningful input before the third draft is released on Sept. 8. It will go to the Joint Agricultural and Rural Affairs and Planning committee on Dec. 17 and to council on Jan. 28, 2026.

ZBL draft 2 is a slight

amendment on the first draft and both flow from the city’s Official Plan and direction from Doug Ford’s ambitious PPS.

Below are three issues of particular interest to the development industry.

Densities

Draft 2 has a minor reduction to 150 units per hectare in N2 (Neighbourhood) zones and from 250 to 220 units per hectare in the N3 zones.

The second draft sets a “cap” on the number of units per building on a lot (for example: N2 — six units per building, N3 — 10 units per building). However, lots wide enough to allow for multiple lots which each meet the minimum required lot width could result in multiple buildings. So, for example, for a lot double the minimum width, the chance of up to 10-12 units on N2 lots and up to 20-24 units on N3 lots remains.

Heights

In Draft 2, N1 and N2 suburban lots permit three storeys, while inner urban N1 and N2 lots are limited to two. (This seems to be reversed and we are already permitted three storeys now in Manor Park). Staff is consulting options, including allowing three-storey heights in more N1 and N2 zones in the inner urban and outer urban transects. There is a strong push by the development industry for three storeys everywhere, resulting in loss of neighbourhood character. Even if the height is limited to two storeys, spot increases might still be requested.

Parking

Draft 2 maintains “no minimum parking requirements”. This poses significant challenges if several housing units

are built on a lot with no minimal parking. This would result in overflow street parking and the potential need for on-street residential parking permits as seen in some neigh-

bourhoods (\$870 annually).

Interplay with proposed OP amendments

On Thursday, April 17, the

Continued on page 8



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Giving back to Ottawa’s
small business community

Manor Park entrepreneur offers Annual
Brand Audit Initiative to deserving local company

Manor Park-based The Brand Marketer has launched the “Elevate 2026 Brand Audit Project” to empower Ottawa’s entrepreneurial community. This program offers a complimentary brand audit to a deserving small business, marking its inaugural year and is set to become an annual initiative.

The selected Ottawa-based business will receive a business brand review, including a tailored marketing and communications strategy, an actionable plan derived from the audit, and strategic recommendations for next steps.

“Starting and growing a business can be overwhelming, especially when it comes to building a strong, impactful brand in today’s market conditions,” Deanna White, owner of The Brand Marketer, noted in a press release. “As a small business owner myself, I benefited greatly from the



Manor Park resident Deanna White is the owner of The Brand Marketer.
PHOTO: SUBMITTED

support and inspiration of my community in my early years. This initiative is my way of giving back and paying it forward to help another small business navigate their journey.”

Building brands
Deanna’s boutique agency, The Brand Marketer, spe-

cializes in building strategic and measurable marketing programs that drive brand awareness, boost audience engagement, and foster deeper customer relationships.

“What started as a small project grew into something larger than I imagined,” White added.

The complimentary brand audit is open for applications to Ottawa-area small business owners who meet the following criteria:

- employ fewer than 10 people,
- generated less than \$1 million in annual revenue,
- have an established business operating for 1-5 years.

Small business owners from all industries are encouraged to apply before the June 11 deadline by visiting brandmarketer.ca/elevate_2026_brand_audit_project.

Zoning Bylaw Draft 2 , cont. from page 7

city initiated Official Plan amendments which arose from a need for consistency with the new October 2024 Provincial Policy Statement. These amendments included considerable changes to local Secondary Plans, without any community consultations. Comments on the 37-page document are due by May 15.

A key proposed change is to assign minimum density targets for areas around higher order transit stations. (Higher order transit operates more efficiently via dedicated rights-of-way). This would double the number of transit stations with associated minimum densities in Ottawa from 25 in the 2022 OP to 50 “Major” Transit Station (MTS) areas.

These MTS’s include any transitway stops serviced by the O-train or rapid transit buses — regardless of usage or connections. So far this change will not affect our area.

The city has just informed us that, over the next 12 to 18 months, the OP and ZBL will be reviewed again to be in line with the Provincial Planning Statement’s higher estimates of population growth for Ottawa.

What you can do
Given the lack of coherence between the draft OP amendments, ZBL Draft 2, and the recently released Transportation Master Plan, should the city first consult and implement the changes required to the OP for compliance with

the PPS, and, only then, develop a new second draft of the ZBL that would be compliant with the revised OP (ie. halt the current ZBL consultation)?

More information on the proposed Official Plan/Secondary Plan Amendments can be found on the City of Ottawa’s development applications search tool at: <https://devapps.ottawa.ca/en/applications/DOI-01-23-0016/details>

Comments can be sent to op@ottawa.ca.

Find the second draft of the new Zoning By-law at [engage.ottawa.ca/zoning](https://ottawa.ca/zoning) for review. Comments can be sent to newzoning@ottawa.ca.

Please send a cc to Councillor King: rideaurockcliffeward@ottawa.ca.

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CHRONICLE ESSAY

Fences have many purposes

By Douglas Cornish

Is Manor Park a gated community? The quick answer is no. Given the ever-climbing real estate prices, there are financial gates; not everyone can afford the cost. It could, though, be called a fence community. There are many fences, in all shapes, sizes, and ma-

terials. Some properties are fenced, while others are not. Some residents need a fence, others do not. Given the close proximity in some cases, you may end up with a fence on your property border, whether you want one or not, because your neighbour on one or both sides wants a fence. The reasons for a fence are

numerous: everything from curb appeal, to staking out one's territory, to the need for privacy, to noise reduction, to backing onto public lanes or back yards, to current trends, to inheriting one when you moved in, and so on.

Fences seem to be more popular today than hedges were previously, possibly because hedges eventually rot or lose their shape. A hedge fence is still attractive, though.

As for the fence material, wood will inevitably deteriorate, plastic (PVC) probably won't, and wrought iron will last longer if maintained. Wrought iron found in Beechwood Cemetery, or on the grounds of the Governor General, is visually appealing, but transparent. I'm probably more of a Robert Frost guy; in his poem "Mending Wall", the material is stone, probably because the poem is set in a rural environment. Stone fences in suburban areas aren't always that common, although there are some.

The height of the fence can vary. Some want a low fence, being less overbearing and less attention-getting, while others want a high, almost prison-like fence for reasons of privacy, or perhaps for children or animal protection. If you have small children or an energetic dog who likes to wander and explore, a low fence may not

Fences seem to be more popular today than hedges were previously.

serve the purpose.

Fences come in all sorts of shapes and sizes. Picket fences always have a certain old-fashioned look to them, and design-wise, they have something to shout about. Any old movie depicting a small town in a safe and picturesque neighbourhood usually has a picket fence. Some don't care about design, but if you do, there are umpteen designs out there to choose from.

There are also the message or statement fences, with some sort of communication on them, like 'Beware of Dog', 'Keep Out', or 'No Trespassing'. You could categorize these as unfriendly fences, but they do serve their purpose. Some have small latch gates, sort of a welcoming entryway touch, but not so much as telling people they can't enter. There are the artistic fences, with additional wall hangings like a Canadian flag, or garden-related decorations. People even add solar lights to fences, which can brighten up the property at night, signalling to a passerby a friendly and after-supper walkable neighbourhood. Flower gar-

dens along fences are also appealing. Dogs love fence posts for certain activities — but we won't further comment on that one!

White is probably the standard fence colour, while some fences are brightly coloured. Like anything, there isn't just one accepted paint or stain colour. It is, of course, up to the owner's personal preference.

Fences are also communication places. People tend to talk with their neighbours over fences. The fence acts as a mechanism for neighbours to start a conversation and fence gab. Fences often are like neighbourhood water coolers, where people are comfortable standing around chatting. The fence brings them together, but also acts as a safety zone, where people are on their respective sides, in a comfort zone where they can participate in a conversation. Fences can also be a newsy grapevine where people hear information they might not otherwise have been aware of.

Fences are built for distinct reasons, and the cosmetic and visual aspect does play into it. People notice a fence; it frames the property, just as a picture frame enhances a painting.

To fence or not to fence? That's not necessarily the question but could be the answer. Good fences can make good neighbours.



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OPINION

Environmental impacts of proposed bridge would be severe

By Gregory Thompson

With the March-April 2025 issue, the Chronicle continues to provide community residents with welcome, timely and informative reporting on the proposed Kettle Island bridge, a massive infrastructure project costing upwards of two \$2 billion dollars that offers only minimal diversion of heavy truck traffic from downtown Ottawa.

Despite a long history of local community opposition, other inter-provincial options (including a tunnel which offers a real solution to this core problem) have been needlessly screened-out. Instead, and with the urging of Gatineau MP Steven MacKinnon, the federal government closes in on the Kettle Island option, an ecologically diverse and rich representative of Ottawa riverine habitat that has, since ancient times, enjoyed a lengthy history of Indigenous use and occupancy. The bridge, linking Montée Païement in Gatineau with Ottawa's Aviation Parkway, would cross both river shores and Kettle Island.

The environmental impacts of the Kettle Island Bridge on the Ottawa River environment — which include loss of fish and wildlife migration, breeding and rearing habitat, increased sedimentation, reduced water quality, diminished floodwater retention, visual and light pollution, etc. — are of high concern to nearby residents and communities. Particularly noteworthy are concerns respecting protection of the area's extensive riverine wetlands, and for good reason.

Wetlands are among the most productive ecosystems in the world — comparable to coral reefs and rain forests. Healthy wetlands provide human communities with a tremendous suite of ecological goods and services including flood protection, water purification, carbon sequestration and biodiversity. Here in Canada, we are responsible for the stewardship of 25% of the world's wetlands. Internationally we are a respected and active participant in the international

wetland and biological diversity conventions — including RAMSAR and the Convention on Biological Diversity. Domestically, our country has done a lot to conserve wetlands through the efforts of vitally important partnerships involving federal, provincial and territorial governments, conservation, science and resource sector organizations, as well as individual landowners and volunteers.

Wetlands at risk

The results of these wetland conservation efforts can be seen in the lower Ottawa River Valley, an important staging and breeding ground for waterfowl and other migratory birds. Here the conservation partners have come together in a spirit of cooperation under the continent-wide North American Waterfowl Management Plan (signed in 1986) to conserve and manage a massive complex of wetlands and surrounding uplands habitat stretching downstream from Ottawa/Gatineau to the bustling Quebec village of Plaisance, and beyond.

Situated within view of the height of land downstream of the Rideau River falls, Kettle Island is an important part of this natural wetland and riverine conservation complex. Together these lands and waters form a key piece of our region's shared natural heritage and constitute a remarkable legacy of conservation for future generations. We owe a debt of gratitude to these visionary men and women who led the conservation of these lands and waters. We also owe them a duty to sustain their conservation efforts by advocating for the continued protection of these wild places situated both at our nation's doorstep and elsewhere in the country.

The construction of a bridge over Kettle Island or further downstream of Ottawa/Gatineau will add to the historic losses of wetlands across the southern and developed regions of Canada. Today for example, wetland loss in the coastal areas of the Great Lakes Basin now exceeds eighty 80% percent. Similar pat-

terns of historic and continuing loss of wetlands can be found across the prairies and other highly altered agricultural and forested landscapes. These continuing wetland losses are a result of inadequate information, defective policies and poor implementation.

Canada lacks proper methodologies to accurately inventory wetlands and calculate the value of their goods and services — information critical to robust cost-benefit analysis and planning. Moreover, the successful implementation of existing government no-net-policies remains out-of-reach. Intended to guide the replacement of any wetlands that are lost in the construction of major projects, the federal and provincial policies are largely modeled after the 1989 U.S. Environmental Protection Agency's wetland replacement policy. Most tellingly, "nowhere near no net loss" is how one informed analyst described the on-the-ground performance of that agency's policy.

Obligations to Indigenous Peoples

Construction of the Kettle Island bridge will make necessary an urgent retrofitting of wetland conservation policies in order to properly support project impact assessment and decision-making. However, this is not all that must be done to improve project assessment for this or any other major project in Canada. Crown decision makers now have additional direction respecting their duty-to-consult obligations towards Indigenous Peoples following a Federal Court decision on Feb. 19, 2025 regarding the application of the principles contained in the United Nations Declaration on the Rights of Indigenous People (UNDRIP), incorporated into Canadian law in 2021.

In Kebaowek First Nation v. Canadian Nuclear Laboratories the Court found that in approving construction of a nuclear waste storage facility at Chalk River the Canadian Nuclear Safety Commission had erred in concluding that it lacked jurisdiction to consider UNDRIP. The court noted that UNDRIP's

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BUSINESS BUZZ

In this BUZZ column, our last for this publication year, we focus with optimism on outdoor living and fitness, fun in the sun, healthy living and community engagement.

We begin with the warmest of welcomes to our returning advertisers and to those advertisers who have renewed their ad subscriptions this month. Thank you all! We extend a sincere ‘welcome-on-board’ to new advertisers who have joined us with this issue: *All Saints Development LP* (The Evergreen); *Ashbury College* (summer camps); *Cardinal*

Glen Ecological Landscaping (Christina Keys); *City Of Ottawa*; *Hillary’s / Monsons Deluxe Dry Cleaners* (John Murray); *Prime Personal Training Studio* (Leslie Robertson); *Remain in Your Home* (Maria Best); *Terra 20* (Kas MacMillan); *The Poop Squad* (Karen Rodier); and the *YMCA of the National Capital Region* (summer camps).

Read on as Mark Lindenberg and Sharleen Tattersfield present profiles of several current and new advertisers! Have a great summer Manor Park. And remember, locally owned busi-



The Chronicle caught up with Christina Keys tending to her backyard, micro-plant nursery. Christina has just launched Cardinal Glen Ecological Gardening, her new business venture.

PHOTO: SHARLEEN TATTERSFIELD

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Sharleen Tattersfield,
Ad Manager

Cardinal Glen Ecological Landscaping
Beautiful, balanced plant communities

When I ask Christina Keys, owner and operator of Cardinal Glen Ecological Landscaping, why she decided to start her business, she says, “I’ve been an environmentalist since I was a teenager. All my work has that common thread, and I believe our home gardens can support local ecosystems without sacrificing beauty.”

Christina also had quite a large lawn and realized she needed to change that when it burned to a crisp in the sum-

mer sun.

“In my own yard, I witnessed the return of native bees, frogs, dragonflies and rare birds. These changes have brought me a deeper peace, a stronger connection to the natural world and a real sense of joy as I watch the beauty of my garden grow. I hope to bring that same experience to others.”

Christina says that “a conventional garden is expected to remain static and unchanging; there’s a lot of maintenance that goes into keeping it looking like that.” She explains, “an ecological garden allows for change to occur over time. If you’ve chosen your plants correctly, those changes should be balanced. The plants interact as a community.”

To make that happen,

Christina uses her knowledge of plants and plant behaviour in gardens. “You choose plants that suit each other, that naturally occur together in forests or in meadows and you plant in a way that mimics nature, using garden design principles to augment – to suit the residential environment, to make it even more beautiful.”

She explains that “you also need to consider succession, the principle of plants that are ‘first on the scene’ when there’s a disruption – like a tree coming down or a farm that’s no longer being plowed or grazed.”

“The first species to emerge are fast-growing, they’ll flower quickly, self-seed a lot. You need to use those plants strategically, and plan for the long-term, how that garden

Continued on page 13



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BUSINESS BUZZ

Continued from page 12
will change over time, and plant lots of long-term, late succession species that may take a few more years to start to bloom but that will then be established.”

Christina works with local nurseries “that understand what cultivars are, what straight-species native plants are, what invasive species are, and ideally, don’t sell invasive species at all.” Or, she uses her own garden’s micro-nursery as a plant source.

“My goal is to design gardens that are low maintenance enough that my clients won’t need me anymore. Long-term, the garden should only need annual maintenance in the spring, along with a few tweaks, here and there. We let the gardens thrive on their own.”

What’s Christina’s process? “We book a garden visit, and I create a quote. Once we decide to proceed, I’ll revisit the garden, take exact measurements, do a soil texture test, and then start on the design - unless there are invasive species present.

If that’s the case, she says design is delayed and the invasive species, such as dog-strangling vine or buck-thorn, are removed so the seeds aren’t spreading and no longer harm animals or wildlife.

Clients fill out a questionnaire about garden design and Christina talks with them about their goals. Using this information, and depending on the client’s budget, she creates a simplified or a detailed design. Installation of the garden might include removing some lawn, creating new garden beds, edging, removing old (and installing new) plants, and maintenance. In-

stallation can happen quickly (over days) or slowly (over months).

During installation, Christina provides clients with a handout about plant care. She is creating a database that she’ll be able to send clients with detailed information about each plant.

Want to know more about the ‘why’s’ and ‘how’s’ of ecological gardening? Want to make changes in your own garden? Visit <https://www.cardinalglenlandscaping.ca/> or email Christina at info@cardinalglenlandscaping.ca

Mark Lindenberg

**Full Cycle
Over three decades
in Manor Park**

I ask Sven Moore, store manager at Full Cycle bike shop at 401 St. Laurent Boulevard, about the history and founding of the business.

“In 1994, Jamie Sunderland an employee at Sportables, left that store to found his own bike shop on St. Laurent Boulevard. Along the way, our current owner Phil Brun del Re was employed there as a young man.”

“Jamie wanted to sell the business. Phil said “yes” (to the purchase) in a partnership with Matti Pihlainen. We’ve been at our current location since 2011 and will have been in business for 31 years as of this June.”

The Full Cycle location in Hintonburg was established in 2019 at 7 Hamilton Avenue.

What sets Full Cycle apart from other cycling stores in the area, Sven says, is that “we’re still a community bike shop, like we’ve always been. We’ve built great relationships with our clients. We offer products like aftercare, like our racing tune-ups.”



Taking a quick pause for a group photo are several staff members of Full Cycle, our local bike shop, which will mark its 31st year of business in Manor Park this June.

PHOTO: SHARLEEN TATTERSFIELD

“What sets us apart is that we run the largest bike-specific space in Ottawa at our store,” he adds.

Sven notes that the shop does its best to meet cyclists where they’re at, kind of like a doctor taking a patient’s history to “make sure that we get [the customer] the right bike, because bikes are final sales.” He adds, “We don’t work on commission here; we just want to make sure customers are getting what they need.”

The store’s busy season is “anytime the snow melts, up until the end of June,” every year, he says.

In 2025, Full Cycle launched its bike fit service called Retül

to support cyclists in their search for the right equipment, and to help optimize their riding experience. “But that’s a really high-end option,” Sven tells me. More than just a bike fit, Retül provides biometric data to personalize equipment choices.

“We spend time with the customer, listen to them, make sure that the saddle height is right, that the reach to the handlebars is right. We observe and ask questions as well.”

Full Cycle currently has about 15 staff members. Sven notes that many come with prior knowledge, whether from another store, or from

being a hobbyist themselves, but that all are trained in-store.

“The more technical aspects like brands, sizing, riding styles, product knowledge; we talk about those things.”

“We’ve been here for so long, people are bringing in 20-year-old bikes. It’s about the connection to the shop.”

“We get people from places more than two hours away. Our warranty is a value-add,” he says. Among other things, it covers “installation of parts and accessories purchased at the time the bike was bought, brake adjustment including disc brakes, front and rear

Continued on page 14



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BUSINESS BUZZ

Continued from page 13

shifting adjustments, and adjustments to saddle, handlebar and stem positions,” as noted on Full Cycle’s website.

The store is seeing an uptick in the sale of e-bikes. “It’s partly to do with the economy, and we’ve noticed that people didn’t want to drive their cars because, when it comes to commuting, they could go the same distance on an e-bike, but much more efficiently.”

In approaching sustainability, Sven notes that the first thing the store does is support local businesses; it helps avoid the middle-man a bit. He says, “we’ll work on any bike – of any age – as long as we can get the parts for it.”

Sven says that staff talk with customers about repair prices versus longevity and about

older bikes versus newer ones. “But we understand that sentimental value is huge.”

Got an old bike that still means a lot? Want to look at a new bike, or need accessories? Visit Full Cycle’s website at www.fullcycle.ca, email them at info@fullcycle.ca, or call the St. Laurent store at 613-741-2443.

Mark Lindenberg

Meals on Wheels-Ottawa More than just a meal!

I meet Malika Arjan, coordinator of volunteers at Meals on Wheels-Ottawa / La Popote roulante-Ottawa, at its 670 Albert Street office in downtown Ottawa. The first thing she tells me about the organization is their amazing base of volunteers.

“Volunteers make my job



Volunteers are the lifeblood of Meals on Wheels-Ottawa bringing not only nutritious meals but good cheer and companionship to clients across the city. PHOTO: MALIKA ARJAN



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really easy because they’re so dedicated. I manage where they’re going and what they’re doing, but they handle the rest,” says Malika.

A quick browse on the organization’s website tells me that, “For over 50 years, Meals on Wheels-Ottawa, a not-for-profit agency, has been dedicated to delivering nutritious meals and combating social isolation. Our daily hot meals and weekly frozen dinners are available on both a short-term and long-term basis.”

Meals are delivered to vulnerable demographic groups such as seniors, those with a disability and individuals recovering from short-term or long-term illnesses or injuries.

Good qualities for volunteers are empathy, a strong desire to give back to the community and good communication skills. “It’s not always the same people you’re dealing with, so you have to be open to new experiences,” says Malika.

Meals on Wheels-Ottawa “has about 200 volunteers, some who help out weekly and others who volunteer more occasionally.” Malika tells me that “we work with all our volunteers to find a schedule that suits them best.”

She notes that some areas of Ottawa are still underserved and that more regular volunteers are needed to help deliver meals. Idil Sheikh, the organization’s Outreach Coordinator, is working to recruit new volunteers.

Josée Derickx, a former, full-time delivery driver in Ottawa’s Little Italy area, is a

long-time volunteer who now works in the office supporting clients.

“Many live alone and do not always have regular contact with family or friends. Even a short visit and chat can make a huge difference in their lives,” says Josée.

I asked Josée if she had a memorable story to share. She tells me “I had a 100+ year-old-client that I saw twice-weekly. This client had a mind as sharp as a tack. They loved telling me stories of their life from years ago, including meeting Queen Elizabeth, and could remember every detail.”

Talking about her current role as an office volunteer, Josée says “I deal with volunteer drivers who call about issues they might encounter on their routes. I also interact regularly with staff members to address incoming calls.”

She adds “Meals on Wheels is a very supportive and collaborative team environment.”

Hot meals are prepared at local kitchens, including The Good Companions, St. Patrick’s Home, the Garry Armstrong Centre and Centre d’Accueil Champlain. Frozen meals, a supplement to traditional hot meals, are prepared by separate providers and delivered in bulk weekly.

The Old Forge on Carling Avenue is used by delivery drivers as a meal pickup point. Malika notes that Meals on Wheels-Ottawa “accommodates for different meal restrictions some clients have for religious reasons, offering vegetarian and halal meals in

our frozen selections.” The organization works with Nutrition Blocs for their Indo-Canadian meal selections.

“The ability ... to check in on our clients is one of the best parts of this program,” says Malika. “For some of our more isolated clients, Meals on Wheels-Ottawa is the consistent friendly face that makes contact with them throughout the week. Our staff and volunteers are here to ensure the well-being of our clients.”

Interested in learning more about Meals on Wheels-Ottawa or about volunteering? Call them at 613-233-2424, email Idil Sheikh at volunteer@mealsonwheels-ottawa.org or visit their website at <https://www.mealsonwheels-ottawa.org>, and click on the ‘Volunteer’ tab.

Mark Lindenberg

Ottawa New Edinburgh Club Come play this summer!

Just around the corner lies one of the city’s best spots for outdoor recreation, fitness and fun. With its inviting welcome to ‘come play this summer’ the Ottawa New Edinburgh Club (ONEC) is gearing up for a great season on the courts and on the water.

“We’ve been in this community for over 100 years, coming back bigger and better each season as a leading multi-sports club,” says Karen Butterfield, one of ONEC’s sports directors.

ONEC’s historic boathouse (now the restored NCC River House) serves as a landmark locator on the shoreline of the Sir

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BUSINESS BUZZ

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George-Étienne Cartier Parkway; its tennis pavilion is steps away in the greenery on the opposite side of the parkway.

When I spoke with Karen in April, weather-dependent plans were in place to open the 2025 season on the first weekend in May with access to both waterfront and tennis programs continuing until the last weekend of October. Since early April, volunteers have worked to renovate the tennis pavilion's deck area and to open its Ottawa Riverfront room in the boathouse and install the docks.

Karen explains that ONEC's Waterfront Room, "the heart-beat of our watersports program", is located on the boathouse's west side, one level up from the swimming area. It features a learning centre for hosting safety briefings and meet-ups as well as storage for sailing, rowing and paddling equipment as well as safety kits and life jackets.

"It's easy to get to: just come across the bridge, head around the west side of building and take the stairs down."

"Our tennis pavilion with its 11 courts (7 red clay and 4 hard) – all under lighting – provide an extended play period throughout the season."

ONEC offers tennis, rowing, kayaking and sailing programs for adults and for children and youth in its summer day camps. There are options for single or discounted multi-sports memberships, as well as special rates for families, young adults (aged 18-30, 50 per cent discount), youth un-

der 18 (75 per cent discount) or social memberships.

"People call our club their cottage in the city," says Karen. "We can have as many as 75 kids a week at our day camps – it's like overnight camp in the city."

Open to members and non-members, summer camps for sailing, tennis, rowing and kayaking run from July 2 to August 29. Counselor-in-training programs are available for campers aged 15 to 16. New this year for rowing and kayaking camps is Voyageur Canoeing to Rideau Falls in one of the club's two 24-foot, 10-seater Rabaska canoes.

"ONEC isn't a private club community, rather it's a community presence that includes activities for members and non-members alike." Half of ONEC's members hold multi-sport memberships. "When it's too windy for rowing, members can go sailing or kayaking or play tennis," says Karen.

ONEC's 'Pay as you Play' program for adults is open to all – no membership required. This includes Paddle Canada kayak and stand-up paddleboard clinics; private and group tennis lessons and beginner sailing and rowing instruction.

With this year's return to the River House, there will be regularly scheduled Voyageur canoe excursions for groups of four to 18 paddlers on Thursday evenings or Saturday mornings to explore the Ottawa River waterway. Just click on a session posted on their website (onec.ca) to reg-



ONEC paddlers set out from the club's Ottawa River docks on July 1, 2024, to greet the Chief Pinesi Brigade paddlers following their epic 154km, 6-day paddle from Oka, QC.

PHOTO: COURTESY, DANIEL CHRETIEN

ister your group for an outing with one of their Paddle Canada certified canoe leaders.

ONEC's social calendar offers something for everyone from Friday night BBQs, tennis tournaments, club paddles, social outings and both competitive and fun sailing regattas. Come Canada Day, celebrate with special paddling and rowing events.

For program information, registration links or sign-ups for summer camps, visit onec.ca, email info@onec.ca or call 613-746-8540.

Sharleen Tattersfield

Prime Personal Training Celebrating 10 years in Manor Park!

When I ask Leslie Robertson, owner and operator of Prime Personal Training Studio at 429 St. Laurent Boulevard in Manor Park what inspired her to open her own business, she says "I was inspired by a passion for fitness and the desire to create a welcoming space where individuals could achieve their personal health goals."

"Through my [prior] experiences working at a commercial gym and a private studio I

was able to figure out the ideal type of facility I wanted to create, and the community I wanted to attract, support and nurture."

Prime Personal Training stands out for its personal approach. "We prioritize individual client needs, tailoring every program to fit their unique goals and fitness levels. Our focus on mental and emotional well-being, alongside physical fitness and nutrition coaching sets us apart."

Although many clients are women, Leslie and her train-

Continued on page 16

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BUSINESS BUZZ



Pictured at Prime Personal Training Studio in Manor Park are personal trainer Carolane and personal trainer/owner Leslie Robertson (standing) and their clients Mary and Nathan (sitting). PHOTO: SHARLEEN TATTERSFIELD

Continued from page 15

ing staff have a diverse clientele and offer one-on-one private sessions, small group training, and custom workout programs. Leslie says, “each program is designed based on individual assessments and goals, which ensures that clients receive the attention and guidance they need to succeed.”

Prime Personal Training also offers a virtual gym membership that includes three live, 30-minute strength training sessions that clients can do from the comfort of their own homes, Monday, Wednesday and Friday at 9:30 a.m. Replays are included, and an online community helps keep clients accountable in between sessions.

Leslie and the training staff at Prime recognize that, besides the physical aspect, fitness also includes mental and emotional components. “We incorporate mindfulness practices, goal-setting exercises and motivational techniques into our training sessions, to help clients build resilience and a positive mindset,” she says.

Another focus is education and support. Leslie and her team teach clients about nutrition, recovery, and lifestyle changes. “By setting realistic goals and tracking progress, we help them develop habits that last long after their time with us.”

When I ask Leslie how her studio works with its clients, she says “every client undergoes an initial assessment that allows us to understand their current fitness level, goals, and any limitations. Programs are then customized with progressive modifications to ensure safety and effectiveness for all fitness levels.”

Common challenges faced by her clients include a lack of motivation and difficulty with time management. Clients also come for training when they are injured or

have reached plateaus. These issues are addressed “by providing consistent support, flexible scheduling, physiotherapist referrals, and varied workout plans to keep clients engaged, safe and progressing. We are also able to adjust and adapt the workout depending on how the client is feeling that day.”

When it comes to success stories, Leslie says, “it’s truly difficult to select just one”. Watching people emerge from their journey “with a healthier lifestyle, feeling empowered to work out independently, gaining a deeper understanding of nutrition, [and] learning which foods fuel their bodies and enhance their well-being” is incredibly rewarding.

Leslie notes that Prime Personal Fitness is looking to expand its offerings by introducing specialized classes and workshops that focus on nutrition, fitness, mental health, and overall well-being. As well, they’re adding more in-person, semi-private classes on Mondays and Thursdays at 6 a.m. and midday classes on Tuesdays and Thursdays at 12 p.m. And, as the weather warms up, Leslie plans on organizing outdoor walks and workouts.

Want to learn more about what Prime Personal Training can do for you? Follow them on social media @primepersonaltrainingottawa or via Leslie Robertson’s personal page @getfitwithles. Reach out directly by calling 613-601-7037, emailing info@primepersonaltraining.ca or visiting

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BUSINESS BUZZ

Continued from page 16
their website at www.prime-personaltraining.ca. New clients benefit from a free-of-charge first session.
Mark Lindenberg

terra20
Healthy living made easy
Welcoming, fresh and vibrant: this is terra20, an owner-managed, owner-run business located in the Ottawa Train Yards shopping district just off Industrial Avenue close by Farm Boy's flagship store. Meeting owner/operator Kas MacMillan in mid-April was inspiring as I learned about options for living a healthier and more sustainable lifestyle.

Kas has been with terra20 for the past nine years, starting after university at its original Pinecrest location where he held every position possible. Two years before head office closed down, he decided to "throw in the hat and open his own terra20 store,". It was early spring 2020 and by July, his east-end store was up and running and a going concern.

"We're proud of being an independent, owner-managed business ever since 2022, when the owner of terra20 in Hintonburg and I bought out the original owner," says Kas.

During my visit, spring was on my mind as were thoughts of making a clean sweep of conventional cleaning and personal care products for items free from harmful ingredients and an overabundance of chemicals. How to choose? How to watch my pennies?

I needn't have been concerned. From the moment I entered terra20, Kas knowledgeably and patiently helped me

navigate his store's many offerings ranging from cleaning products to wellness, lifestyle, bath and body, and skincare.

"As a Canadian owned business, we focus on natural, sustainable products that make healthy living easy," says Kas. "We work with partners big and small, local and national to source products that are non-toxic and safe and are as effective as more chemical-based brands."

The store is well organized into easy-to-shop sections devoted to cleaning supplies; baby products; wellness and lifestyle items as well as an expansive display of cosmetic products.

"We are known for our Ecobar where customers can realize a cost saving of up to 40 per cent. Bring in your empty, clean container (or purchase one here), select your Ecobar product from laundry detergent, dish soap, household cleaners to personal care essentials and fill. You pay only for your refill while reducing plastics in your life."

In keeping with the season, there was a fascinating display featuring a well-crafted, wooden Worm Studio – a green solution in which red worm wigglers turn food scraps into healthy soil and nature's best fertilizer. Also on display, was a good selection of sunscreen creams and lotions – just in time for sunny days.

Kas tells me that at terra20 they do all the product research, making it easier for customers to choose items that align with their values. The store has created its own list of 18 harmful ingredients which are banned from all terra20 products, including their Ecobar. To make it simpler for



Meet Kas MacMillan, store owner/manager of terra20 Trainyards where every month is Earth month with products that make it easier to live a healthier, more sustainable lifestyle.
PHOTO: SHARLEEN TATTERSFIELD

customers to identify products that align with their values, Kas says that terra20 has created 'Ethics Icons' – each representing an ethic the store believes will create a more sustainable future.

"Customers will never see any products here that contain one or more identified harmful ingredients such as phthalates, parabens, sodium lauryl sulfate and talc as well as BHA/BHT, BPA, coal tar dyes, petroleum derived products, lead and non-biodegradable glitters and lusters," to name a few.

Kas explains his store's eco rewards program – a customer-focused loyalty program in which customers accumulate 'leaves' for their purchases to be applied to a next purchase.

Owning a small business is no walk in the park – it's a high-stakes juggling act. Yet, for those who navigate these turbulent waters, the rewards are profound. Says Kas, "I couldn't imagine not owning my own store – I open the doors in the morning, unload skids of products and talk with customers during the day and sweep the floor at night."

Visit terra20 at 5-197 Trainyards Drive or online at terra20.com. Open Monday to Friday (10a.m. – 7p.m.) and Saturday to Sunday (10a.m. – 6 p.m.).

Sharleen Tattersfield

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St. Columba outreach: near and far

By Diana Poitras

It wouldn't be a stretch to say that other than worship, St. Columba Parish has focussed largely on outreach these past few years.

It really started during COVID when so many people, including neighbours, found themselves in difficult times with shorter working hours, layoffs and job losses. St. Columba partnered with Manor Park Community Association's (MPCA) Community Outreach Committee to help identify and assist our neighbours in need.

Although a small congregation, parishioners stepped up in a big way to donate money for grocery gift cards to be distributed to those in need.

Since that time, gift cards have continued to be provided to those in need through Manor Park Public School, Queen Elizabeth School, MPCA and Veterans' House (the Andy Carswell Building). Donations of food are delivered regularly to the food bank at the Rideau-Rockcliffe Community Resource Centre (the Hub) with fresh produce from the Community Garden at St. Columba delivered weekly throughout the summer months. Baby food, diapers, wipes and formula were delivered to the Youville Centre as part of an



Members of the Saskatoon Blazers U19 ringette team, in Ottawa for the 2025 Canadian Championships, were hosted by the congregation at St. Columba church on March 30.
PHOTO: DIANA POITRAS

Advent project. The dinners at Veterans' House, in conjunction with Dante restaurant owners, Karim Teyib and Massimo Donde, have forged a partnership and friendship that is valued by all.

Beyond Manor Park
In March, St. Columba's outreach extended beyond Manor Park and even Ottawa and all

the way to Saskatoon. We had been contacted by the Saskatoon Blazers U19 ringette team to see about renting our kitchen to prepare some meals for the team (girls ages 16, 17 and 18), who would be in Ottawa, host city for the Canadian Ringette Championships. The congregation quickly offered to provide the kitchen to the team at no cost and then invit-

ed the team (16 girls and four coaches plus assorted parents) to a team lunch at the church following our worship service on March 30.

Dozens of muffins, salads, plus cookies and even pancakes (with maple syrup) were provided to the team to take with them to the hotel for munchies in between games. A further cash donation of

\$400 was provided to help offset some of their costs while in Ottawa. A few members of the St. Columba congregation were able to attend one of the team's games thanks to tickets secured for us by the Blazers.

The opportunity to support these girls/young women in sports provided great joy to members of the congregation, many of whom have grandkids playing ringette. I am one such proud grandparent and if ringette is an unfamiliar sport to you, please see the companion article written by my granddaughter, Natasha Poitras Vant, a ringette goalie with the University of Nipissing Lakers.

Following the Blazers' lunch, our 65th anniversary dinner, and our spring bake sale, leftovers were delivered to Veterans' House much to the delight of the residents.

We look forward to continuing to be a support to our local school, the veterans and our community association. Donations in support of our outreach efforts may be made on the St. Columba website (stcolumbaottawa.ca) using the "donate" button. A receipt from Canada Helps will be issued immediately for any such donations — which should include a message that it is for outreach.

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MANOR PARK NOTABLES

Graham Arthur Rubeli (1936-2023) Mari Rubeli (1938-2024)

A legacy of talent, caring and contribution

Graham and Mari Rubeli, devoted to family and long-time residents of Manor Park, lived creative and rewarding lives, leaving an indelible mark on our community.

Graham, Australia-born and a life-long athlete, grew up in Melbourne playing football and tennis. After graduating with an engineering degree from the University of Melbourne, Graham embarked on a 'traditional' Australian world tour. He travelled to Europe, working in the United Kingdom, and eventually took a job offer with Canadian structural engineering firm Adjeleian and Associates in Montreal, moving to Canada in 1963.

Mari (née McWhirter) was born on a farm in Millikan, north of Toronto. Adventurous, independent and a champion sprinter, she studied journalism at Ryerson Polytechnical Institute (now Toronto Metropolitan University). After graduation she had a varied career as a journalist, advertising copywriter, public relations officer and later, an entrepreneur.

She traveled across Canada and North America, working on the Columbia Icefields, road tripping to Mexico, and hitching rides on logging trucks from Tofino. Eager to escape rainy Vancouver, Mari headed to Montreal where she met Graham, the love of her life. There, she worked as an advertising copywriter for Hoffman Laroche and, rather famously, interviewed French singer and lyricist Edith Piaf. Graham and Mari married in 1965.

Canada's Centennial in 1967 launched a construction boom in Ottawa, and Adjeleian opened a local consulting engineering office. Graham and Mari took that opportunity to move to Ottawa. Graham,



Graham and Mari Rubeli.

a founding partner of Adjeleian Allen Rubeli Ltd., was involved in the construction of many federal buildings.

His key projects included the Fathers of Confederation Building (now the Confederation Centre of the Arts) in Charlottetown, PEI and the National Arts Centre in Ottawa. Graham's engineering portfolio also included the design of the Canadian Aviation Museum and renovations for the Montfort Hospital. He mentored many young structural engineers who have since gone on to lead the profession across Canada.

Settled in Ottawa and first living at the Brittany Apartments in Manor Park with Graham, Mari worked as an editor for the Canadian Medical Association Journal, eventually moving to the public relations office of the Ottawa Civic Hospital. In 1971, Graham and Mari bought a Manor Park Hill house on Meadow Drive (renamed Meadow Park Place after amalgamation). They started a family with Brent born in 1972 and David in 1975, making Manor Park their home and community with their children attending local public schools.

Mari and Graham's jobs brought them together at the

er, they ran the consignment clothing store on Beechwood Avenue from 1982 until 2002, when former employee Monique Dugas (married to Brent Rubeli) took over. Still going strong today, the store is the second oldest business on Beechwood.

Quiet resilience

Mari was blessed with a quiet resilience, a sense of humour and a tireless devotion to her family, friends and community. An excellent cook, she enjoyed hosting get-togethers at her beloved Ottawa home and lunches and après-ski at Mont Tremblant. Her many passions included theatre, jazz, mystery novels, gardening, baseball, skiing, tennis and golf. Mari continued to work part-time as a bookkeeper for Clothes Encounters.

Graham loved spending summers with Mari at friends' cottages or playing tennis and golf. In the winter, he enjoyed skiing with family and friends at their Mont Tremblant retreat.

Graham retired in 2007, and he and Mari traveled the world together visiting Australia and Vancouver to see close family and friends. They road-tripped to Florida, and explored New Zealand, Fiji, Hawaii, the UK, Israel, Jordan, and Malta.

Graham showed amazing

courage, resilience and determination to keep active and enjoy life during his last 15 years with Parkinson's disease. Mari devoted herself to his care and held strong to her vision that they remain at home. All who knew Mari were inspired by her strength and perseverance as she overcame her own health challenges, all the while caring for the person she loved most.

Graham passed away in November 2023, and Mari in January 2024. Their significant and lasting legacy of talent, genuine human decency and exemplary living lives on for family, friends and the community to treasure.

With kind appreciation to the family.

A Manor Park Notable is a snapshot of an individual (now deceased) who lived in the Manor Park area, and who made a difference either through career or community involvement. Please send your suggestions for candidates or submissions to manorparknotables@gmail.com.



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MEET YOUR NEIGHBOUR

Jennifer BARDWELL

Who are you? What do you do?
My name is Jennifer Bardwell. I live on Lonsdale with my husband Roland, and daughter Laura. For many years, I was a scientist at the National Research Council. Eventually, I discovered that I enjoyed cooking and enter-

taining more than I did my scientific work, so I took an early retirement and went to Algonquin College for the Culinary Management Program. Now, I own a business, LucieECooking Inc, where I do private catering and prepare healthy and delicious frozen

dinners which come packaged in re-usable or compostable containers.

Where were you born?
I was born in Saskatoon.

Why did you choose your occupation? Did you ever consider another occupation?
My father was a university professor, and all three of us kids eventually did PhDs in science. My father used to take us into his chemistry lab, and he really instilled a love of science and logic into our lives. I remember being so excited in Grade 4 when we were supposed to be doing an experiment in the afternoon at school. Finally, I was able to do what I wanted! It was a bit of a letdown; I think it involved measuring the temperature as heat was applied to an ice bath.
Obviously, I also considered a cooking career later in life.

What is the most important thing in your life right now?
Family comes first.

Why do you live in Manor Park?
We bought our first house on Camelia, and we found it a great neighbourhood. Very convenient for me to ride my bike to NRC, quiet, safe, and lovely walks, the RCMP stables, Musical Ride. When we had our first daughter, we needed more space and moved to Lonsdale. I can't imagine living elsewhere in Ottawa, although during the pandemic, with five people



and three dogs in the house, I dreamed of a small apartment just for me!

If you could live anywhere else in the world, where would you go and why?
My husband is Italian, and through him, I have Italian citizenship. I would love to live in the centre of Rome, or in a lovely town on a lake called Anguillara Sabazia. I enjoy everything about Italy; the food, the scenery, the climate, and the friendly people.

If you could have dinner with any 3 people alive or dead, who would you choose?
Bruce Springsteen, Jane Austen, and my paternal grandfather. He was a fun person, and he died before I was an adult, so I would like to get to know him better.

What would you serve?
Prime rib roast, brandy peppercorn sauce, Roman style artichokes, roasted potatoes, green salad with lemon garlic dressing and Pavlova with fruit and whipped cream.

What was the last book you read?
Still Life by Sarah Winman. It takes place over four decades, in Italy and England. It makes you realize that despite living through momentous historical events, it is the personal connections that really matter.

If I won the lottery, I would spend my winnings on...?
A beautifully renovated place in the centre of Rome, and a weekend place in Anguillara Sabazia. But first, I would pay off our daughter Emma's mortgage and buy Laura a place of her own.

What do you do to stay healthy?
My job is active and involves heavy lifting. I am stronger now than before I started the business. But I also go for walks and do a series of daily exercises to keep the aches and pains away.

What is your favourite childhood memory?
In high school, when our completely amateur and untrained dance group was chosen to perform at the Centennial Auditorium, which is Saskatoon's equivalent to the NAC.

My favourite thing about Ottawa is...?
Spring, when the winter is finally over, and the trees are just coming out.

Do you have a motto that you live by?
Kindness costs nothing.

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manorpark.ca

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mpcc@manorpark.ca

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Make the most of summer in Manor Park!

As the last of snow finally recedes, summer is just around the corner, and there's no better time to get involved in your community! Whether you're looking to give back, meet new people, or simply enjoy the lively atmosphere of Manor Park, there are plenty of ways to jump in and be part of the action.

Volunteer and make a difference

Volunteering in Manor Park is a fun and easy way to connect with your neighbours, contribute to great causes, and enjoy some of our most popular community events. Start your summer by joining us on Sunday, May 25 at the Ottawa Marathon Hydration Station. Even though this year's route does not cut through Manor Park as it has in the past, the MPCC will be cheering on the runners and keeping them hydrated — an inspiring and feel-good way

FROM THE DESK OF:



**MPCC Chair
MARK SMITH**

to spend the day.

Then, mark your calendar for Saturday, July 19 for the sixth annual *Pints in the Park*. It's an adult-focused but family-friendly afternoon of local brews and food, and great tunes — and we need volunteers to help make it happen!

Finally, wrap up the season at *Rock the Block* on Friday, Sept. 12 — Manor Park's ulti-

mate neighbourhood celebration. It's a great opportunity to help out and have a blast doing it.

Interested? Let us know by signing up at manorpark.ca — we'd love to have you join the team!

Summer programs

The Manor Park Community Council doesn't take a summer break — we stay open and active all season long! Our popular Summer Day Camps and Licensed Summer Camp programs offer children weeks of excitement, learning, and outdoor fun right in the heart of the neighbourhood.

Adults, we've got you covered too! Keep your body and mind active with yoga, fitness, and Pilates classes — all running throughout the summer. And this year, we're excited to introduce a brand-new creative offering: watercolour-painting classes! Wheth-

er you're a seasoned artist or just looking to try something new, this is a great way to explore your artistic side in a friendly, relaxed setting.

And let's not forget — the Manor Park Child Care Centre is open year-round, offering reliable, high-quality care for children in our community, even during the summer months.

Stay engaged all summer long

Whether you're volunteering at one of our headline events, enrolling in a class, or signing your child up for camp, there's no shortage of ways to stay connected and involved in Manor Park this summer. It's about more than just staying busy — it's about building community, making memories, and having a lot of fun along the way.

Visit manorpark.ca to learn more and register today.

Improve your wellbeing with a sound bath

By Jennifer Bell

**Wednesday, May 21, 7:30 p.m.
1805 Gaspé**

With the current focus on improving mental and physical health and wellbeing, individuals are exploring new ways of resting and restoring. One practice that is getting a lot of attention — from interviews on the CBC, to articles in the *Globe and Mail*, to features on TV shows — is the Sound Bath. What are 'sound baths' and why are so many people talking about them?

Sound baths are a form of sound therapy, and sound therapy has been used for centuries. Mantra meditation, plainchant, and drumming are just a few examples of how sound has been used to bring people to places of greater health and wellbeing for many generations. A sound bath is perhaps more accurately seen as a recent iteration of a long tradition of exposing people to the benefits of positive therapeutic sound.

The practitioner has a selection of instruments that might include gongs, Himalayan singing bowls, rain sticks, chimes or drums.

Participants arrive in com-

fortable clothes and are led through gentle stretching to allow them to "warm up" and begin to bring movement to their joints. Then, participants relax into the experience. Although some prefer to sit, most prefer to lie down on a comfortable mat, usually with a pillow and a blanket. Participants are "bathed," not in water, but in sound from the instruments. The whole experience takes about an hour.

What does the sound do, and why is a sound bath said to help with health and wellbeing?

One answer is that it helps us to relax. Modern living is very busy, for both our bodies and our minds. When we lie down for a sound bath we immediately offer rest to our bodies. And, when the sound begins, this invites our minds to rest. If gongs are involved in the event, their vibrations are very strong, so we also *feel* the sound that we are hearing, which helps to bring our awareness into our body.

Anecdotal evidence points to easing of physical injury and disease during sound baths. Having a gong/sound bath is a little like having a massage at a cellular level!

Need a space for 20 or 200? We've got you covered!

Looking for a private space for your next meeting, event, or gathering? The Manor Park Community Council offers rental spaces at 1805 Gaspé, perfect for groups of all sizes!

We have three private rooms available, starting at just \$55/hour, plus applicable taxes and fees. Each space is equipped with a wide range of amenities to meet your needs, including:

- large screen monitor,
- speakers and microphones,
- games,
- tables and chairs,
- sink,
- mini fridge,
- free parking.

Pictures of all spaces available can be found at manorpark.ca. Just scroll down to 'Space Rentals' to see the options.

Ready to book your space? Email us at events@manorpark.ca and let's get started!



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ART AND FITNESS PROGRAMMING

ART: A CREATIVE
START TO THE
SEASON

This spring, a variety of exciting art classes are offered in the Art Space at 1805 Gasse to help you explore new artistic skills and deepen your creativity.

NEW! PRO-RATED
ART PROGRAMS!

There is still time to join acrylic painting and drawing programs at pro-rated fees! Fees will be automatically adjusted based on your date of registration. A great way to give the classes a try!

Classes are offered by instructor Lindsay Watson, BFA, who brings years of art and teaching experience. A teacher at the Ottawa School of Art and Shenkman Arts Centre, her work can be found displayed in the foyer of 1805 Gasse, among other local art galleries.

Join Lindsay to practice and learn new skills. Discover how to work with two versatile mediums while creating beautiful works of art. New lessons are taught each week, with time to explore and build upon your skills and creativity. All levels are welcome.

ACRYLIC PAINTING

Wednesdays
April 9 - June 11
10 Weeks - \$185.00
9:30 a.m. - noon

DRAWING FUNDAMENTALS

Wednesdays

April 9 - June 11
10 Weeks - \$185.00
1 - 3 p.m.

Important to Note:

Art supplies are not included – a list of required materials will be provided after registration.

Don't miss out on these creative opportunities this spring! Spots are limited, so be sure to visit our website and register now to secure your place in one or more of these inspiring art classes.
www.manorpark.ca

NEW! SUMMER WATERCOLOUR
WITH LAURIE HEMMINGS!

Join Laurie in the Art Space at 1805 Gasse for this highly sought-after art program, perfect for both returning students and budding watercolour enthusiasts. With a focus on developing individual style, this class is designed to help you build confidence, learn new techniques, and explore the beauty of watercolour in a fun, relaxed setting. Whether you're picking up a brush for the first time or returning to refine your skills, Laurie's teaching style and expert knowledge make this class a summer must. Laurie's classes have a long-standing tradition of selling out, so early registration is encouraged.

SUMMER REGISTRATION FOR
ADULT PROGRAMS OPENS
MAY 1ST!

Saturdays

MANOR PARK COMMUNITY COUNCIL

Pilates

Mondays
9:30-10:30am

Thursdays
5:00-6:00pm

Strong & Stable

Mondays
11:00am-noon

Wednesdays
11:30am-12:30pm

Fridays
noon-1pm
New!

Yoga

Hatha
Mondays
5-6pm

Yoga Flow
Tuesdays
6-7pm

Hatha
Saturdays
10-11am

Workouts

Early Morning
Tuesdays
6:15-7:00am

Total Strength & Toning
Tuesdays
6:30-7:30pm
New date!

Early Morning
Thursdays
6:15-7:00am

Tai Chi

Tuesdays
2:30-3:30pm
From April 30!

Fitness. Yoga. Pilates.

CLASS
SCHEDULE

April 1 to June 30

Schedule subject to change.
V3 - March 20 2025

manorpark.ca

July 12 - August 30
10 a.m. - noon
Art Space at 1805 Gasse

The Manor Park Community Council offers a variety of adult programs focused on health, wellness, and creativity for adults of all ages, including those 65+. If you require financial assistance to participate in our programs, please don't hesitate to reach out by email at opportunity@manorpark.ca. We'll work with you to ensure our programs are accessible.

SUMMER FITNESS, YOGA &
PILATES

Manor Park Community
Council
Keep your body moving and

your mind centred all summer long! Your favourite classes continue through July and August – with flexible scheduling and multiple registration options to fit your summer plans.

SUMMER CLASS
SCHEDULE
HIGHLIGHTS

CORE CONTROL: PILATES WITH
CATE HACHIGIAN

Thursdays
July 3 - August 28
5-6 p.m.

Mondays
July 7 - August 25
9:30-10:30 a.m.

HATHA YOGA WITH NINA LEPAGE

Mondays
July 7 - August 11
5-6 p.m.

Saturdays
June 28 - August 16
10-11 a.m.

STRONG AND STABLE
WITH CATE HACHIGIAN /
CHELSEA PASSMORE

Mondays
July 7 - August 25
11 a.m. - noon

Wednesdays
July 2 to August 27
11:30 a.m.-12:30 p.m.

Fridays
July 4 to August 29
Noon-1 p.m.

REGISTRATION OPTIONS

Full Session Registration
Commit to the full session
(July-August) for a guaranteed
spot and savings.

Late registration? No worries – fees are pro-rated.

10-Class MultiPass

Enjoy flexibility with the option to attend any 10 fitness classes this summer. Redeem online by registering as a drop-in. Pass expires at the end of the summer season.

Single Class Drop-In

Perfect for last-minute or one-time attendance. Online pre-registration required. Find your balance, boost your strength, and stay active this summer with us! Visit www.manorpark.ca to view the class calendar, to register and learn more.

NEW! INTRODUCTION TO
NORDIC WALKING

Ready to move, stretch, and recharge – all in one session? Join certified master trainers Nina and Bernardo on Saturday, June 14, for a unique outdoor wellness workshop at Manor Park Community Council!

"A Walk in the Park" blends Nordic Walking with elements of natural mobility, callisthenics, and yoga, creating a fun, approachable workout that balances body, mind, and spirit. It's perfect for all fitness levels, and no prior experience is needed. We'll provide the specialized poles – just bring your energy and an open mind! Saturday June 14 1-3 p.m. 1805 Gasse \$25

Play pickleball!

Looking for a fun and social way to stay active? The Manor Park Community Council invites pickleball players of all skill levels to join our summer program!

Pickleball is easy to learn, fun to play, and combines the best parts of tennis, badminton, and ping pong. It's a fantastic way to stay active and meet new people!

Whether you're a total beginner or a seasoned player, there's something here for you:

Open Play/Introduction
to Pickleball

Perfect for all skill levels!



Light instruction available to help you learn the game or improve your skills — all while having fun.

Thursdays
4-6 p.m.
1805 Gasse
\$5 per player per hour

Social Play

A casual, drop-in session for experienced players who want to enjoy friendly matches. No instruction provided — just pure pickleball fun! Tuesdays 1-3 p.m. 1805 Gasse \$5 per player per hour

Court rentals

Rent a court, bring your crew and enjoy a fast-paced match! Rental includes net and paddles. \$20 per hour Contact Recreation Coordinator (lscott@manorpark.ca) to book your time.

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RECREATION PROGRAMMING

RECREATION COORDINATOR'S MESSAGE



LEAH SCOTT

Looking ahead with Leah Recreation Coordinator
Spring has sprung, and the weather is finally taking a turn for the better – this is my favourite season of the year! At Manor Park Community Council, we are buzzing with excitement as we roll out our plans for summer.

We're thrilled to have finalized a variety of programs for the coming months, including Adult Fitness, Yoga and Pilates, Art Classes, Pickleball, and a mix of general interest and wellness offerings. Whether you're looking to try something new, stay active, or meet neighbours with similar interests – come see what speaks to you!

As a Recreation Therapist, I also want to take a moment to acknowledge Global Accessibility Awareness Day (GAAD), celebrated each year on the third Thursday of May. It's a time to reflect on the importance of making digital information and technology inclusive for all, especially for

community members with disabilities.

At Manor Park Community Council, we're committed to improving accessibility across all our digital platforms. The feedback I have received about navigating our website and digital spaces has been so helpful, and I want to thank everyone who reached out to share their experiences. It was enlightening to sit down with our team to talk about a website re-vamp, and I'm excited about the positive changes ahead. We hear you – and we're working on it!

I'm also looking forward to connecting with more of you in person over the coming months. You might even spot me in a surprise role – as a substitute instructor in our Strong and Stable classes! I became certified as a senior fitness instructor last year and can't wait to bring some fun and energy to a class near you. I'll keep you posted on the schedule, and I hope you'll come try a class if you haven't already.

Wishing you a joyful start to the season and make sure you are subscribed to our newsletter for all the latest and most up-to-date information on the upcoming events. We have many more surprise events in the works, send me an email if you would like to connect and learn more! I am always happy to hear from you, and please share your ideas for adult programs you would like to see taking place this spring and summer!

Game Nights: May 29

Looking for a fun and friendly way to connect with your neighbours? Join us in the Art Space at 1805 Gaspé, for Game Night, happening from 7-9 p.m. on the last Thursday of every month!

Hosted by local board game retailers, Meeple & Sheep, the evening is a great opportunity to learn new games, meet fellow game-lovers, and enjoy

some good old-fashioned fun. Meeple & Sheep will be on-site to offer tutorials and recommendations from their extensive game library.

Bring your own games or choose from our collection — there's something for everyone! Whether you're a seasoned strategist or just starting out, Game Night is for all ages and skill levels.

- \$10 per group (up to 8 people), so bring your friends/family,
- chips and dip included... mmmm,
- non-alcoholic refreshments available for purchase.

Come roll the dice, draw some cards, and make new friends. We can't wait to see you there!

Save these dates!

Tartan Ottawa International Marathon - hydration station Sunday, May 25

Sadly, the marathon route will not come through Manor Park in 2025! But, the MPCC will continue to run a hydration station and we are looking for volunteers to help out. The station will be located on Acacia Avenue. Volunteers will get closest to the excitement all morning long. Ready to help out? Visit manorpark.ca.

Doors Open Ottawa Sunday, June 8

We are throwing the doors wide open at 1805 Gaspé to introduce you to your (hidden) community space! Learn about recreational programs on offer, tour our daycare, consider birthday party packages or room rentals and learn about the history of the building. Right next to the RCMP stables!



Pints in the Park Saturday, July 19 100 Thornwood Road at the Manor Park Community Centre

We're back for our 6th Annual Pints in the Park — Manor Park's favourite outdoor, adult-focused (but family-friendly!) event. Enjoy cold pints from local craft breweries, delicious eats and treats, and live music all afternoon long. Non-alcoholic options available as well! This inclusive celebration welcomes everyone from across the city,

and both the event and community centre are fully accessible. Admission is free!

Rock the Block Friday, Sept. 12 6:30-9:30 p.m.

Sports fields next to the Manor Park Community Centre, 100 Thornwood Road
Fan favourite event! Bring your crew and enjoy a night of food, fun, and outdoor movie under the stars. Grab dinner from local food vendors and treat yourself to a slice of pie from our pie baking contest entries. Stay for lawn games and the outdoor movie. Admission is free!

Want to get involved?

Vendors: email Ben at events@manorpark.ca

Volunteers: We're looking for volunteers to help make both events a success. Check out all our volunteer opportunities at manorpark.ca.

Summer Day Camps in Manor Park

New adventures meet Classic Fun

Summer is heating up, and so is the excitement at the Manor Park Community Council (MPCC) as it welcomes back our community's beloved Summer Day Camps. This seasonal favourite runs weekly from July 2 to Aug. 29.

Open to children aged 6-10, plus one special week for ages 4-5, this camp offers a full day of engaging activities designed to spark curiosity, creativity, and

connection. Each week features a unique theme — from Mad Scientists and Nature Explorers to Myths and Legends, Star Athletes and so much more — guiding the day's adventures and inspiring imaginative play.

Campers can look forward to a dynamic mix of outdoor games, arts and crafts, science experiments, and storytelling. A community favourite, the splash pad, adds a refreshing twist to warm summer days. And on Fridays, the fun gets even more festive with dress-up days that bring each week's

theme to life.

Summer Day Camps in Manor Park are great ways for kids to try new things, express themselves, and make lasting friendships — all while enjoying the great outdoors!

The camp takes place in and around the Manor Park Community Centre (100 Thornwood Rd.) — full of green space, trees, sports fields, splash pad, play structures — and air conditioning indoors.

Spaces are limited and fill quickly. To learn more or register, visit manorpark.ca.



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CHILD CARE AND EARLY LEARNING



**Amy Mombourquette,
RECE Supervisor
Before- and
After-School in
Manor Park**

Community spirit shines

As the school year winds down, the staff at Manor Park's Before- and After-School (BAS) program are feeling the love. Families and children alike have been sharing heart-warming messages of appreciation, highlighting just how much the program has meant to them.

"We are incredibly lucky to support such a kind and engaged community," said a Registered Early Childhood Educator (RECE) with our program. "It's been a joy to watch the children grow, play, and build connections. We're already looking forward to summer and the upcoming 2025 school year."

The BAS program, a licensed childcare service and proud participant in the Canada Wide Early Learning & Child Care (CWELCC) initiative, continues to offer a safe, fun, and enriching environment for local families. Sorry, but registration for kindergarten spaces is currently full and has a wait-list. Spaces are available for school-age (grades 1-6) registration for September 2025 to June 2026 school year.

As Manor Park's Before and Aftercare program wraps up another successful year, one thing is clear: it's not just childcare – it's a vibrant, supportive community where kids thrive and families feel at home.

Families interested in securing a spot in Before and Aftercare or learning more about summer care are encouraged to contact the team directly at bas@manorpark.ca.

April showers bring May excitement!

Written by our
A3 Cub Reporters:
I.B., A.B., A.K., W.G.

Sports Updates:

In our last article, we talked about the volleyball tournament for Manor Park Public School (MPPS). The tournament took place on Feb. 27. Elgin Street Public School won first place, but MPPS came very close in second place with a score of 14-15.

Manor Park Musical:

Manor Park Public School has a musical coming in May! This year's musical has a bunch of songs from different shows, such as *Matilda*, *Honk!*, *Shrek: The Musical*, and *Winnie the Pooh*. One of our Cub Reporters, A.B., is in this year's musical! A.B. tried out for the musical this year because she was nervous about performing in front of people. Now, by doing this musical, she is getting over this fear! Her favourite song in the show is the big group number, *Revolting Children from Matilda*. If you like singing and dancing, or want to get over your fear of performing, you should try out for the musical next year!

Springtime Interview

Spring is here! Since the weather is getting warmer, more people are participating in fun activities both indoors



and outdoors! With so many activities to choose from, the Cub Reporters thought it would be interesting to ask people in our community, of different ages, what are their thoughts about spring, and what they like to do!

Cub Reporter I.B. spoke to their younger sibling, M.B., and asked them what they liked about spring and what is their favourite part of the season. This is what M.B. had to say:

Q: Do you like spring? If so, why?

A: "Yes, I like spring because the snow melts and that is the best because the grass becomes nice and soft."

Q: What is your favourite part of spring?

A: "My favourite part of spring is riding my bike and playing with my friends outside."

We then spoke to one of the parents of Cub Reporter W.G. who talked about their favourite spring activities, both alone and with friends:

Q: What do you like doing

alone in the spring?

A: "I like to go for a walk."

Q: What do you like doing in the spring with your friends?

A: "Having lunch on the patio."

For our oldest group, Cub Reporter A.B. spoke with their grandma, M.G. about her favourite and least favourite part of spring.

Q: What is your favourite part of spring?

A: The days are getting longer and getting warmer.

Q: What is your least favourite part of spring?

A: When worms come out when it rains."

Finally, our Cub Reporter A.K. spoke with their A3 educators, Ms. Alana and Ms. Jade, about what they like and dislike about spring.

Q: Ms. Alana, what is your favourite part of spring?

A: "My favourite part of spring is having all the birds come back and hearing them sing."

Q: Ms. Jade, what is your least favourite part of spring?

A: "My least favourite part is the allergies and the rain."

Spring may not be perfect, but there are still so many fun things to do with friends and family! We hope you enjoy the wonderful, warm weather and all the fun things it has to offer!

Before-and-After-school in Manor Park Supervisor Message



**Julie Irwin, RECE
Manor Park
Child Care Centre**

Spring, summer, fall or winter, there's no place we'd rather be than outdoors.

As the snow slowly melted (and then returned, and then melted again), we watched with joy as the children transitioned from carefully crafted snow mounds to sticky mud huts. Cultivating a love for nature and the great outdoors has always been central to who we (at the Manor Park Child Care Centre) are, and since opening our doors, we've made it our mission to explore every green space and trail within walking distance of our community.

Our little adventurers may have short legs, but they sure have impressive stamina!

One of our favourite discoveries has been the green spaces around the RCMP grounds. Our toddler and preschool groups have spent countless hours exploring the accessible areas, observing changes in the seasons, and letting their curiosity lead the way.

We have been lucky enough to see RCMP officers riding their horses around the property on numerous occasions – a sight that never gets old. How grateful we are to have beautiful horses as our "neigh" bours!

Fun, friendship and flexibility at After3

As the school day winds down, the fun is just getting started at the Manor Park Community Council's After3 Recreational Program. Designed for children ages 6 to 10, After3 (A3) offers a vibrant mix of hands-on activities, creative exploration, and time to simply unwind — all in a welcoming, inclusive space at the heart of the community.

"We've created a program that feels more like a hangout than a classroom," says Alana Malanga, After3 Coordinator. "Our space in the Manor Park Community Centre (100 Thornwood Rd.) includes a LEGO table, an art corner, a video game station for Fridays, an indoor tower garden, and even colour-changing

LED lights. It's a place where kids can be themselves, discover new interests, and connect with others."

Each week, participants dive into exciting projects that go beyond the school curriculum. Past activities have included cooking, tie-dye, origami, sewing, gardening, and even making batteries out of lemons. Whether building carnival games out of cardboard or tending to plants in the indoor garden, kids are constantly learning in creative, hands-on ways.

But for Alana, the most rewarding part of the program is the sense of community it fosters.

"One of my favourite things

is seeing how inclusive the kids are," she says. "Our quieter children jump into soccer games or imaginative play, and our older ones are always eager to include the younger ones — whether they're building sand cities or collaborating on crafts. It's truly heart-warming."

After3 runs from 3-6 p.m. at the Manor Park Community Centre with participation in either three-day and five-day options.

For parents looking for even more flexibility, MPCC also offers a Multipass for After3. To register or learn more about After3 or the Multipass for After3, visit manorpark.ca or email after3@manorpark.ca.



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A jaw-dropping experience

Student initiative, local butcher result in unique opportunity for some future Ottawa dentists



Students in the University of Ottawa Pre-Dental Club and the Pre-Dental Study Collective pose with the pig jaws that were used for dental extraction and suturing training during a workshop Saturday, March 1. Manor Park resident Sofia Christow-Filleul (third from left) helped secure the jaws from Beechwood butcher Muckleston & Brockwell. The session was led by Ottawa dentist Dr. Melvin Lee (second from right) who gave his time to instruct the students. SUBMITTED PHOTO

By Ryland Coyne

When Manor Park resident Sofia Christow-Filleul approached Beechwood butcher Andrew Muckleston at Muckleston & Brockwell for pig heads, he wasn't quite sure what to think.

She explained the heads, or more specifically the pigs' jaws, would be used by local pre-dentistry students to gain practical experience with tooth extraction and suturing.

Muckleston says he was happy to help, opening the door to a unique training exercise for 10 local students.

"He (Muckleston) was very kind to accommodate our needs," Christow-Filleul said. "It worked out very well."

"I enjoy doing this for them," Muckleston told the *Chronicle*, noting this wasn't the first time helping someone in the medical field. "I used to supply veal hearts to a heart surgeon, so he could do demonstrations for his students."

The two jaws were put to work soon after they arrived in late February. Christow-Filleul, along with her fellow students from the University of Ottawa Pre-Dental Club and the Pre-Dental Study Collective, participated in a workshop March 1. Under the guidance of Dr. Melvin Lee, the group gained hands-on experience during the session at uOttawa.

Collective fills local void

With no dental school in the city, the collective fills a void, giving students practical experience to help them determine

The pigs' jaws, would be used by local pre-dentistry students to gain practical experience with tooth extraction and suturing.

their career path.

Christow-Filleul calls Dr. Lee a mentor, adding she has shadowed and assisted him at his clinic, Dentistry @ Bank Street Professional Centre.

"It's been an incredibly positive experience at the clinic," she said. "You get to see what a dentist does on a daily basis ... helping patients smile ... alleviating pain ... it's incredibly gratifying, I find."

Her own positive experiences with her dentist over the years as well as volunteer work at the Ottawa Mission Dental Clinic have all helped to fuel her interest.

"All these positive experiences have built up my passion for pursuing dentistry."

At uOttawa, Christow-Filleul is studying Psychology and Life Sciences, both important components in her career drive. From here, she hopes to take the next step at dental school, either in Canada or Australia. "Ultimately, that is the goal."

When that happens, she can thank a neighbourhood butcher for helping her along the way.



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Manor Park resident captures bronze medal at Masters World Cup

It's a second international cross-country skiing medal for Christa Ramonat

By Ryland Coyne

It's a long way to travel for a couple of hours of skiing. The result, however, made the excursion to Europe more than worthwhile for Christa Ramonat.

The long-time Manor Park resident captured a bronze medal in the Women's 5K 'classic technique' cross-country ski race at the 2025 Masters World Cup in Klosters, Switzerland. The grandmother of two posted an impressive time of 19:25.2, edging out Karen Mina Clasen of Denmark by 1.4 seconds for the podium finish.

"I was really lucky, it's not easy to win a medal like that," a humble Christa told the *Chronicle* in a recent interview. "It's neat to win a world medal, it feels like the Olympics."

Her race took place on March 10 and featured dozens of participants in her age category from all over the world. The gold medalist was from Finland with an American taking second.

Christa explains the Masters World Championships are held in a different country each year. "It's basically Olympics for older people," she said with a smile.

The medal ceremony was particularly memorable, Christa says, with her name and the Canadian flag being posted on a large screen on stage behind the podium. After receiving her medal, she then joined the winner up on the top platform for photos.

"What they do now, it's considered polite for the gold (medal winner) to invite the bronze and silver up to stand together ... so that was kind of neat."

Christa also skied in the



Manor Park resident Christa Ramonat (right) poses with the other medalists on the podium following her successful race at the 2025 Masters World Cup in Klosters, Switzerland.

PHOTO: ROGER RAMONAT

10K event on March 11, completing the course in just over 41 minutes and 42 seconds for a fourth-place finish.

This was the second time she has medaled at the World Masters. She also had a podium finish when the event was held in Quebec City in 2002.

Skiing part of life

Christa says skiing, both downhill and cross country, has been part of her life since she was a toddler.

"When I was little, my father gave me the choice of skiing or skating, and I had to pick one. It just became a habit I don't even think about."

Her father was a nuclear physicist, working in Deep River, but he was also a ski instructor. It's a sport Christa has shared with her own children as well as her community of Manor Park, where she gives lessons.

"I think it's just been en-

grained into my life."

Time for touring

While overseas with her husband Roger, Christa says they took time to visit various European cities. Highlights included some downhill skiing



A young Christa, age 4, is all smiles skiing during a beautiful winter's day. PHOTO: SUBMITTED



Christa powers her way along the 5K course at the Masters World Cup cross country ski championships in Klosters, Switzerland, on March 10. PHOTO: ROGER RAMONAT



The Masters World Cup bronze medal won by Christa Ramonat.

PHOTO: ROGER RAMONAT

"We thought since we were there, we should tour around," she said.

Most memorable, however, will be the medal-winning race in the picturesque mountain village of Klosters, just north of Davos.

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The power of authenticity to live to your fullest potential

By Sophia Wood Massicotte

You are here on Earth for a reason. Your soul has come here not to fit in a box and become a robot or replica of your neighbour. No. Your soul came here to experience the love and life through your own unique essence. Unfortunately, most of us have forgotten the very purpose of our human existence, which is to experience God/the universe/source/the Divine through our body, through our senses, through our voices, through our connection to nature, through our interactions with each other, through the pulsating rhythm of our own heartbeat.

We come in innocent, through the cosmic womb of the Great Mother, and emerge into this Earth curious, in wonder of this new world and how to navigate it. As babies we are already living authentically — we express our needs, we communicate our boundaries, we say “no” without guilt, we try new things without fear, we cry when we need something, we throw a tantrum, we shake, we dance, we ask questions, we are soft and open in our body.

Then we experience our first “separations” from our natural essence. We learn what “bad” and “good” are, we are told to “shut up and be quiet,” to “be a good girl/boy.” We are told things like “that is a stupid question,” “stop, you are making a fool of yourself,” “you will never be a x, y, z, etc...” We start suppressing



Take the time to create more authentic alignment in your life.

PHOTO: SOPHIA WOOD MASSICOTTE

our authentic expression in exchange for the love and approval of primary caregivers and peer group.

When we stray from our authenticity, we inevitably suffer. When we lose connection to our body, we suffer. When we suppress our emotions, we suffer. When we deny our desires, we suffer. When we hold back from sharing our voice, we suffer. When we resist our soul's calling, we suffer. Every single time we abandon our own authentic self-expression, we suffer. In the name of what? Love and approval from our parents and peers.

Living authentically

So, what is the solution to this disheartening disconnection?

Living aligned with our authentic nature requires us to go on an inner journey of reclaiming our gifts we've kept hidden out of fear or shame. It invites us to remember our worth and to value ourselves enough to share our light. It asks us to offer ourselves the unconditional love and acceptance we all crave and deserve.

To live authentically is to allow yourself to fully express who you are in each moment. To be present to what is alive within your body, to what is

true for you — the rawness, crunchiness, juiciness, joyfulness, aliveness. You get to feel it all and experience it all regardless of external expectations and pressures. And the best part? People will get to know the real you as you show up in the world with more honesty and vulnerability, in turn fostering deeper connection and intimacy.

Below are six tips to start creating more authentic alignment in your life.

1. Explore the root causes that led you to want to avoid being yourself. Perhaps it was outside expectations? Or fear of judgment or failure? Fear of rejection, or of being hurt?

2. Create a safe sanctuary in your life. A sanctuary is a place of peace in which you can leave the distractions, interruptions, and chaos behind and be present in silent, deep reflection. It could be a quiet room at home, a place of worship, or a quiet spot in nature.

3. Get curious about your emotions. Pay attention to how you're feeling. Tune into your body and your emotions. Is it frustration? Shame? Anxiety? Something else? Also, pay attention to the situations where it arises: what are you doing and who are you with? See if there are patterns.

4. Practice disciplined self-care regularly. It's easy to become misaligned when you're tired, overworked or burned out. Maintain healthy habits and rituals that bring you back to your heart and a

state of inner peace.

5. Discover your core values. Your values are what you consider most important in life, what's most worthy and valuable to you. Are you living in accordance with your values?

6. Discern what you are saying “yes” and “no” to. Without some sort of criteria or filter for the requests coming into your life, you can end up with days filled with things that are far afield from what you want to do. Feel into your body for what a full body “yes” and “no” feel like.

The key here is to be honest with yourself. If you can't admit to yourself that you're out of alignment, you're unlikely to get it back. It also does not help if you're too hard on yourself when you do stray. A little self-compassion will go a long way.

Remember that authentic alignment is an ongoing process. Expect to have ups and downs! The importance is to be self-aware, and to course correct when you feel yourself drift.

Sophia Wood Massicotte is a woman empowerment coach and feminine wisdom teacher. She has devoted her life's work to supporting the reclamation of the Divine Feminine Power to experience more pleasure, joy & harmony. To find out more about Sophia and her offerings, visit her website at <https://alkimiahealingarts.ca/> or email her directly at sophia@alkimiahealingarts.ca

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Manor Park residents receive King Charles III Coronation Medal

The following highlights two Manor Park medal recipients. See the next edition for more profiles.

Two members of the Manor Park community were recently recognized with one of Canada's newest and most prestigious honours — the King Charles III Coronation Medal.

The Hon. Mona Fortier, Member of Parliament for Ottawa-Vanier-Gloucester, presented the awards during a special ceremony and reception held on March 16 at the Sir John A. Macdonald Building.

Established to commemorate the coronation of His Majesty King Charles III, the medal is awarded to Canadians who have made exceptional contributions to their communities and the country. It is also notable as the first Canadian honour to bear the Canadian Royal Crown approved by the new monarch.

Among the 26 recipients celebrated that day were Major Anthony DiCarlo and Nicole Mary Thibault — two individuals whose dedication and service have had a meaningful impact both locally and beyond.

Major DiCarlo

Major Anthony Di Carlo was honoured for his work supporting the UN Peacekeeping Defence Ministerial through the creation of the Vancouver Principles on Peacekeeping and the Prevention of the Recruitment and Use of Child Soldiers.

His ongoing efforts with the Dallaire Institute and the Canadian Forces Reserves reflect a deep commitment to protecting vulnerable populations worldwide.



Major Anthony Di Carlo receives the King Charles III Coronation Medal from MP Mona Fortier during a March 16 ceremony at the Sir John A. Macdonald Building. Major Di Carlo is joined by his sons Ismael Orion Di Carlo (front left) and Michael Acacia Di Carlo (front right). PHOTO: SUBMITTED

Closer to home, Major Di Carlo is also a leader in Manor Park's Scouting community, helping to empower and inspire local youth.

Nicole Thibault

Nicole Mary Thibault received the Coronation Medal in recognition of 35 years of tireless advocacy for bilingual education in Canada.

As both an educator and activist, she has championed the rights of parents and the promotion of a bilingual Canada for all. Her work has left a lasting legacy in classrooms and communities across the country.

The King Charles III

Established to commemorate the coronation of His Majesty King Charles III, the medal is awarded to Canadians who have made exceptional contributions to their communities and the country. It is also notable as the first Canadian honour to bear the Canadian Royal Crown approved by the new monarch.

Coronation Medal will ultimately be awarded to 30,000 outstanding Canadians. We extend our heartfelt congratulations to Major Di Carlo and Ms. Thibault for this well-deserved honour.



Nicole Thibault (left) accepts the King Charles III Coronation Medal from Ottawa-Vanier-Gloucester MP Mona Fortier during a ceremony held on March 16, 2025. PHOTO: RENÉE DAVIES

Bridge impacts, cont. from page 11

principles provide a framework for understanding and implementing the duty to consult and accommodate, and in particular ensure that Indigenous perspectives are meaningfully integrated into decision-making processes. The implications of the Court decision in relation to Kettle Island or any other major project are clear: UNDRIP applies across the country to all levels of government; and, the obligation of the Crown to consult and accommodate must be interpreted to conform with UNDRIP.

Changes are urgently needed both to Canada's wetland-related policies and methodologies, but also to the conduct of Crown consultations with Indigenous Peoples.

We will soon see if governments and agencies are adapting the processes for consultations and assessment of major projects in Canada in a transparent fashion that meets the duty to consult obligations with Indigenous Peoples and that directs funding to projects that truly solve problems while successfully mitigating the attendant social and environmental impacts.

Meanwhile, a bridge at Kettle Island is not a solution to the core problem. Instead, it is simply a solution looking for a problem.

Gregory Thompson is Principal of Thompson & Mortimer Consulting and a long-time resident of Manor Park.

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MPP sets out priorities for third term at Queen's Park

FROM THE DESK OF:



**MPP, Ottawa-Vanier
LUCILLE
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I'm deeply grateful for the opportunity to serve as your MPP for a third term. Your continued confidence in my advocacy for our community means the world to me. Thank you for your trust!

Spring is a time of renewal. I feel a renewed passion to serve Ottawa-Vanier and being a strong voice for you at Queen's Park as the Legislature resumes its work.

Many residents of Manor Park are facing serious challenges accessing healthcare — whether it's not having a family doctor, enduring long emergency room wait times or having to choose between using a health card or a credit card to receive timely specialized care. I hear you. I remain committed to advocating for

practical, sustainable solutions. Securing funding for a new Nurse Practitioner Clinic in Ottawa-Vanier was an important step forward, but our community still needs far more access to primary care services.

We're also seeing a shortage of qualified professionals across many sectors. One key solution lies in better integrating immigrants into Ontario's workforce by recognizing foreign credentials. Evaluating expertise, creating clear pathways, and supporting bridging programs are smart, efficient ways to tap into the talent already present in our province.

The situation unfolding south of the border is on many people's minds. Now more than ever, it's critical all levels of government and all parties work together to protect Canadian jobs, industries, and small businesses. I'm encouraged by the spirit of collaboration we're seeing at Queen's Park, and I'll continue to do my part to build on that momentum.

Education remains one of my top priorities. I firmly believe that a stronger, more just society starts with a world-class education system, and there's clear potential for Ontario to lead the way.

Over the next few months, I look forward to seeing you

I firmly believe that a stronger, more just society starts with a world-class education system, and there's clear potential for Ontario to lead the way.

at local events and hearing directly from you. Strong representation starts with being present in the community. If you see me, say hello!

As your MPP, I'm here to represent you and listen to you. If you have any questions, concerns, or ideas, don't hesitate to reach out to my office.

■ ■ ■

Je suis profondément reconnaissante de l'occasion qui m'est donnée de vous représenter en tant que députée provinciale pour un troisième mandat. Votre confiance renouvelée en mon engagement envers notre communauté me touche énormément. Merci de votre appui!

Le printemps est une saison de renouveau! Je ressens un

regain d'énergie et de passion pour servir Ottawa-Vanier et porter votre voix avec force à Queen's Park alors que nous reprenons les travaux législatifs.

De nombreux résidents de Manor Park font face à des défis importants en matière d'accès aux soins de santé: que ce soit l'absence de médecin de famille, les longues attentes aux urgences ou encore la nécessité de choisir entre utiliser sa carte santé ou sa carte de crédit pour accéder à des soins spécialisés en temps opportun. Je vous entends. Je continuerai à plaider pour des solutions concrètes et durables. L'obtention d'un financement pour une nouvelle clinique de praticiennes et praticiens en soins infirmiers à Ottawa-Vanier est une avancée significative, mais notre communauté a encore besoin de bien plus de services de soins primaires.

La pénurie de professionnels qualifiés dans plusieurs secteurs pourrait être efficacement atténuée en facilitant l'intégration des personnes immigrantes à l'économie ontarienne, notamment par la reconnaissance des diplômes et compétences acquis à l'étranger. Évaluer l'expertise, mettre en place des passerelles et soutenir des programmes d'intégration est une façon logique et judicieuse de tirer

parti des talents déjà présents dans notre province.

La situation préoccupante chez nos voisins du sud est dans tous les esprits. Plus que jamais, il est crucial que les trois ordres de gouvernement et tous les partis travaillent ensemble pour renforcer l'économie canadienne, protéger nos emplois, nos industries et nos petites entreprises. Je suis encouragée de voir les travaux à l'Assemblée législative ont commencé sous le signe de la collaboration.

L'éducation demeure pour moi une priorité essentielle. Je crois fermement que le progrès de notre société passe nécessairement par un système éducatif fort. Il n'y a aucune raison pour laquelle l'Ontario ne pourrait pas offrir un système d'éducation de calibre mondial.

Au cours des prochains mois, j'ai hâte de vous rencontrer lors d'événements locaux. Une représentation efficace commence par une présence active dans la communauté. Si vous me croisez, venez me saluer!

En tant que votre députée provinciale, je suis là pour vous représenter et vous écouter. Si vous avez des questions, des préoccupations ou des suggestions, n'hésitez pas à communiquer avec mon bureau.

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Busy times for St. Columba parish

By Diana Poitras

The past two months have been extremely busy for the parish of St. Columba.

On March 16, we celebrated the 65th anniversary of the dedication of the church building. Chef David Regler (with support from his family) provided an amazing roast beef dinner with all the trimmings. A delicious vegan Wellington was available as a non-meat alternative.

The celebration included a "beautiful baby" contest — with baby photos provided by many of the congregation and visiting clergy. A trivia book was produced and challenged our knowledge of one another — who knew that one of our parishioners' hidden talents is speaking pig latin; and that one of the "beautiful babies" was pictured alongside actor, James Garner?

There was great conversation and much laughter as we celebrated together and welcomed back many of our former Priests at St. Columba. We look forward to being part of the Manor Park community for another 65 years!

Ringette team welcomed

Notwithstanding freezing rain and ice pellets, the Saskatoon Blazers turned out in full force for our worship service on March 30 and stayed for a chili lunch, before heading to Lansdowne Park for the opening ceremonies of the Canadian Ringette Championships. This delightful group of girls/young women and their coaches and parents received a warm welcome from Ottawa via St. Columba — even if the weather didn't cooperate.

Holy Week

It seemed we had barely said

farewell to the Blazers before it was time to begin preparation for Holy Week, which started with Palm Sunday. A procession around the church took place on that day with both adults and children participating. Our spring bake sale took place the day before and for those who were able to get to the church, you saw a wide variety of delicious and beautifully decorated items.

The evening service on Maundy Thursday included foot washing by Rev. Susan Lewis, with several parishioners (including a father and son) participating. Good Friday was a beautiful, and solemn service. The Altar Guild and other volunteers worked with Rev. Lewis to decorate the Church on Saturday in preparation for the Easter morning service.

The Easter Sunday service was glorious, in large part to the amazing music provided by Cantors Shawn Mattas, Spencer Cripps, Mallory Williams, Keumnim Lim and Alison Hamer, all of whom were joined by sopranos Natacha Demers and Natasha Henry. Accompanying these marvelous and talented singers were Douglas Brierley on violin,



Among those taking part in the anniversary celebrations on March 16 were Don and Gloria Wilson, the church's eldest parishioners.

PHOTO: DOUG BANKS

Eugenie Mackay on the grand piano and all under the direction of our Music Director/organist, Faye Grinberg Rice.

As a side note, Natacha and Natasha have been guest soloists at St. Columba since they were in Cégep. Both these young women have just received their Masters degrees from the Montreal Conservatory of Music and both will be studying opera this summer — Natacha in Prague and Natasha with the Canadian Opera Company. What a privilege to have been part of the journey of these amazing young women. We also hope to have them continue to be with us for special worship services in future.

Following the joyous Easter service, the children (of all ages) participated in an Easter egg hunt. Such fun!

Election polling station

St. Columba was a polling location for the Federal Election on Monday, April 28. We were happy to welcome Elections Canada to our space.

On the horizon for St. Columba:

- We remember Battle of the Atlantic Sunday on May 4.
- We plan to participate in the community garage sale this year and already parishioners are starting to put their items aside as spring cleaning begins.
- We will be offering parking at St. Columba for a modest donation during the RCMP Musical Ride and Sunset Ceremonies.
- The Manor Park Community Garden at St. Columba will be up and running in late May, with all 18 garden boxes rented.
- We hope to participate in the Multifaith Housing Initiative's Tulipathon at the end of May.

However, instead of joining the walkers along the Canal, our plan is to walk from the Church to Veterans' House — a Multifaith Housing Initiative project now under the administration of Veterans' Affairs.

- Watch for information about our annual Strawberry Social in late July.
- The STEM Camps will be operating out of St. Columba commencing the first week of July and through

to the end of August. ARC Studio School will also be running two one-week camps in July.

As always, our neighbours are welcome to join us on a Sunday morning for worship service at 10 a.m. The music is always amazing, the sermons informative and thought-provoking and the fellowship warm (and the food delicious)! We have an active and engaged Sunday School and nursery care for the children/toddlers. Hope to see you soon.

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St. Columba celebrated the 65th anniversary of the dedication of the church building with a special service on Sunday, March 16. Guests in attendance included former members of the St. Columba clergy (left to right) Rev. Kenneth Spear, Rev. Richard Vroom, Rev. Susan Lewis (current minister), Right Reverend Peter Coffin and Canon Laurette Glasgow. PHOTO: DOUG BANKS



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Construction season

There's always something to maintain, fix or upgrade in our homes. While sometimes it's just a minor project and the disruption to our neighbours is minimal or non-existent, other times, a larger project will affect your neighbours.

Whether it's noise, increased traffic, or parking of trucks on the street, being a good neighbour means being considerate of the effects of your project on others. So, be proactive and let your neighbours know early on what to expect. Doing so mitigates potential conflict, manages their expectations and shows you value your relationship with them. Keeping them up to date with how the project is progressing and conveying your apologies for any inconveniences that come up can also help smooth over any frustrations.

If you want to do a little something extra, gifting your neighbour a bottle of wine or token gift to show your appreciation for their patience is always appreciated.

Finally, being transparent and approachable about your project will make your neighbours feel comfortable coming to you, if something does come up. And, if it does, deal with it promptly. Contractors come and go, but relationships with neighbours should be prioritized.

Phone-distracted friends

Having a meaningful conversation shouldn't be that



difficult, but it can be if one person keeps looking down at their phone while you're speaking. You may feel frustrated and even tempted to respond with a snarky comment like, "Am I boring you?" Resist the urge to be unkind in your response and be honest instead. You may want to consider saying something like, "I really enjoy talking with you, but when you scroll through your phone, I feel ignored/unheard/invisible." Or, "This is really important to me, and I need you to be there for me 100 percent."

We all check our phones out of habit but doing so around others can impede the conversation and make you seem uninterested. So, be mindful of this habit, and try to be fully present with others.

Barbecue manners

The warmer weather is approaching and with it, barbecue season. If you're a guest, please arrive on time, and bring the host a little something to show your appreciation. An extra side dish, dessert or beverage is often welcome.

Juicy burgers, saucy ribs, buttery corn, loaded hot dogs all have the potential to be messy, but can be eaten with our hands. This is casual dining, after all. Just make sure there are lots of napkins handy and try not to overload on sauces.

One trick I like to use with corn is to butter, season and eat a section at a time to avoid getting it all over my face. With foods like ribs or chicken, I like to put out an empty dish for guests to discard bones so that their plates don't get

crowded. If there are communal foods like salads and sauces, please use the designated serving utensil to place it on your own dish, not your own cutlery. It's also preferable to serve yourself seconds rather than overload your plate.

And, while we should avoid licking our fingers and sucking on bones, if you're in the privacy of your own home, I promise I won't tell!

Flag etiquette

There's a renewed sense of pride in our Canadian flag and, as a consequence, many people have been hanging them outside their homes and businesses. It is probably the most recognizable symbol representing Canada, so it's important we treat it with the utmost respect.

How do you do that, you might ask? Well, you could visit the Government of Canada's website for a comprehensive list of flag protocols, but most of us will never need that level of detail. Still, there are some basic rules to consider if you choose to fly or hang the National Flag of Canada.

For instance, please make sure the flag isn't faded or torn. Similarly, there shouldn't be anything sewn or attached to, written on, or covering it. Furthermore, at no time should the flag ever touch the ground or be stepped on. Finally, as a symbol of our sovereign country, the National Flag of Canada should never be used as a tablecloth, seat cover, or turned into a piece of clothing. It's a symbol of pride and strength and should be treated as such. Happy (early) Canada Day!



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BRONX
Meet Bronx! We like to think of Bronx, our affable 8 1/2-year-old black lab, as the prototypical Manor Park resident: friendly, an avid walker, happy to make frequent stops to survey and sniff around for the latest neighbourhood scuttlebutt. Be sure to say "hi" to Bronx and our son Kevin during their frequent rounds at the RCMP Stables.



CUDDLY & ROSIE
Introducing best friends Cuddly and to her right, Rosie. Both girls are Cavalier King Charles spaniels and although a year apart in age, they are inseparable and share the same birthday month. This June, Cuddly will turn three and Rosie will turn two. They love being outdoors and going for walks on the Aviation Parkway bike trail, right next to their apartment home.



SCARLETT
Hello! I'm Scarlett a gentle lab/beagle mix, but also 100 per cent good girl. My favourite hobbies include begging for treats and, more recently, napping. Although I'm just a few weeks away from celebrating my 15th birthday, I still do my daily walks in my Cardinal Glen neighbourhood to the Beechwood and Richelieu Park in the hope that I'll see old friends or make new ones!



TEDDY BEAR
I love my Peach Tree Lane home and gazing out the front window - from the very moment I arrived here in January as a 16-week-old pup. My family takes me to the doggie run at Riverain Park, where I stretch my legs (paws) and watch my big brother play softball. I'm great at fetch and love all my squeaky toys. I weigh almost 20 lbs. - pretty big for a small doggie.

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ARC school learners present their deep dive on oceans

By Ryland Coyne

Our vast oceans are under constant threat. Whether from pollution, overfishing or climate change, their health continues to deteriorate, with humans largely at fault. And yet, it's not a lost cause. Actions are being taken to turn the tide, bringing new life to these vital bodies of water. These were just some of

the key messages presented by the young learners at Manor Park's ARC Studio School during their public exhibition on April 2. "This was totally put on by the students," said ARC co-founder and Head of School Megan Lelli. "Everything was done by them." The exhibition, one of six presented throughout the school year, involved each of

the 11 elementary-age learners. This particular 'quest' focused on marine science, with the young people displaying what they've discovered through word and art. The youngest produced a collaborative art display, telling the story of Ocean the turtle, the search for their friend Willow the mermaid and the different marine animals encountered along the way. Studio 2 featured writer's workshop books, with a wide range of stories from 'Awesome Universe' to 'All About Art' and 'Creative Drawing'. The afternoon also featured several speeches. The young people explained what they had found out about the challenges facing our oceans,

and what could and should be done to better protect them. They then unveiled a three-panel work of art, a collaborative effort that resulted in a colourful and meaningful illustration. Panel 1 focused on the issues facing oceans, such as microplastics and the absorption of too much carbon dioxide (CO₂) from the atmosphere. The latter leads to ocean acidification and negatively impacts shellfish and coral. The centre and right panels outlined what should be done to help, and how the oceans function when those good works are put into practice. "It's really amazing to see the growth in these learners," Megan said, noting some would not have had the con-

fidence to present in front of an audience at the start of the school year. The ARC Studio School was started in 2023 by Megan and Michael Lelli. It has found a warm and inviting home at St. Columba Church on Sandridge Road. The venue could not have worked out better, Megan said. "It's been amazing to be at this site, it's a real community hub," she said. "Everyone's been very welcoming." This is the second full year for the school, which has grown to 11 learners and is expected to add more in the fall. For more information, visit <https://www.arcstudioschool.ca/>.

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ARC Studio School learners (left to right) Nora and Matteya take a close look at one of the colourful creations during the Manor Park school's exhibition on April 2. PHOTO: RYLAND COYNE



Creative young people proudly display their three-panel work of art during the ARC Studio School exhibition on Wednesday, April 2. Shown here (left to right) are Raya, Alexa, Vivienne, Ayla, Savannah, Joshua and Sophie. PHOTO: RYLAND COYNE

Here are Ottawa's most beautiful plants for butterflies

By Christina Keys

As an ecological landscaper, I work with beautiful native plants every day. Yet many of Ottawa's most remarkable native species are unfamiliar to the public and underused in home gardens.

The five plants featured here stand out not only for their essential role in supporting wildlife, especially butterflies, but also for the visual interest they offer and specific design functions they serve.

Spotted Joe Pye Weed

Spotted Joe Pye weed (*Eutrochium maculatum*) is most remarkable for its height — up to two metres — and its enormous flowers. Each vanilla-scented flower is made up of many clusters of tiny pinkish-purple florets. Use its statuesque height strategically to add vertical structure and create a natural focal point. Its sturdy stems will remain upright well into winter, adding visual interest and welcoming birds to forage.

It is also one of the busiest flowers in my garden, frequently visited by many species of bees and butterflies, including monarch, swallowtail, and azure butterflies. While it naturally grows in moist environments, it is surprisingly adaptable and can thrive in dry or average soil and is drought tolerant. Plant in full to part sun conditions.

Rough blazing star

Rough blazing star (*Liatris aspera*) is another star in my garden. Grown from seed from the Ottawa Wildflower Seed Library, it took two years to see flowers. Yet those first flowers attracted black swallowtail and monarch butterflies for extended periods of time last summer. Out my kitchen window, I would watch up to four monarchs at a time drinking nectar from a cluster of rough

blazing stars.

Blazing stars are not native to the Ottawa region and are found mainly in remnants of southern Ontario's tallgrass prairies. I've included them to highlight their critical significance for monarch butterflies. Their late summer, long-lasting purple flowers provide nectar before migration. In addition, dense blazing star (*L. spicata*) is listed as a threatened species in Ontario.

All blazing stars are drought tolerant. Cylindrical blazing stars (*L. cylindracea*) stay under 60 cm, making them suited to dry, sunny boulevard gardens. Rough and dense blazing stars can grow to 1.5 metres, so plant them at the back of a border to take advantage of their showy, dramatic height. Plant them among a matrix of little blue-stem grass to mimic their natural prairie habitat and keep them upright. Dense blazing star also suits rain gardens, as it thrives in both dry and moist soils.

Morning star sedge

One of Ottawa's most unusual plants is the morning star sedge (*Carex grayi*). Its spiky, star-shaped seed heads add unique texture and bold shapes to summer gardens. It prefers part sun to part shade and moist to average soil.

Sedges as a group are an especially overlooked and underused genus in landscape design, especially for shady gardens. They are semi-evergreen, flower in spring, and can be used as a living mulch to create lush woodland gardens even in dry conditions.

Wild and Woodland Strawberry

Two beautiful and very effective native groundcovers are wild strawberry (*Fragaria virginiana*) and woodland strawberry (*F. vesca*). Similar to sedges, use these as a green mulch between larger plants, where they suppress weeds

and create a soft, living carpet.

Wild strawberry thrives in sunny spots while woodland prefers shade. Both suit dry soil and have delicate white flowers and tiny, edible fruit — though birds and other wildlife will likely beat you to the harvest! Native strawberries are also a host plant for silver-bordered fritillary butterflies and dozens of moth species.

Cardinal flower

Cardinal flower (*Lobelia cardinalis*) is the most stunning plant I've ever grown. Its vivid red flowers stand out in any garden. It attracts swallowtail butterflies, but its primary pollinator is the ruby-throated hummingbird. It grows best in part sun to full shade with medium to moist soil.

To enjoy its dramatic, vibrant flowers and have the best chance of spotting hummingbirds, plant it in view of a window. Surround it with shorter species like golden Alexander, fox sedge, and blue flag iris.

I've chosen the cardinal flower as the logo for my new business, Cardinal Glen Ecological Landscaping. To me, it represents the striking and often unexpected beauty that native plants can bring to our landscapes.

Find these plants at my own micro-nursery or from A Cultivated Art, Trinkets & Thyme, Nursery for the Earth, Fletcher's spring sale, or Ottawa Wildflower Seed Library giveaways.

Christina Keys is the owner of Cardinal Glen Ecological Landscaping, specializing in the design and installation of native plant gardens. She is a volunteer with the Manor Park Community Association Environmental Sustainability Committee and the Butterflyway Ranger for Manor Park and Cardinal Glen.



Morning star sedge has large, spiky seed pods that add unique textures and shapes to summer gardens.

PHOTO: DAVE KEYS



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Joe Pye weed's vanilla-scented flowers have many clusters of tiny pinkish-purple florets. Use its height strategically in the garden to add structure and create a focal point.

PHOTO: DAVE KEYS

Help shape future of transportation in Ottawa

FROM THE DESK OF:



**Councillor - Ward 13
Rideau-Rockcliffe
RAWLSON KING**

The City of Ottawa recently unveiled its draft Transportation Master Plan (TMP) Update, a comprehensive blueprint that will guide the development of our city's transportation networks for decades to come.

Ottawa has grown into a city of one million residents. Over the next two decades, Ottawa will gain approximately 400,000 new residents and

160,000 new jobs. With that kind of projected growth, the city needs to plan for a flexible, dependable, safe and efficient transportation network.

The draft update, which includes a capital infrastructure plan, identifies the transit and road projects that are needed to accommodate planned growth to the year 2046 and to achieve the city's mobility objectives. It also identifies a subset of projects that should be prioritized for implementation. This phase of public consultation on the TMP Update also includes prioritization of the active transportation projects that were approved by council in April 2023.

Significant focus on Montreal Road

For Rideau-Rockcliffe residents, the Montreal Road corridor emerges as a significant focus area in the plan.

The draft TMP recommends implementing contin-

uous bus lanes along Montreal Road from St. Laurent Boulevard to Blair Road, with an estimated investment of \$90 million. These dedicated bus lanes are designed to improve transit speed and reliability for several routes with high existing ridership. The plan estimates this improvement could result in up to a 20 per cent travel time improvement for riders along this busy corridor. Additionally, this infrastructure is expected to promote redevelopment and revitalization along Montreal Road, bringing new economic opportunities to Rideau-Rockcliffe Ward.

The TMP also addresses improvements to the Blair Road corridor, which forms the eastern boundary of our ward. The plan proposes continuous bus lanes from Blair Station to the new Cumberland Transitway, providing faster and more reliable service for riders travelling between downtown and Orleans. This \$53-million project ranked third among continuous bus lane initiatives in the city's evaluation.

For residents who rely on the O-Train, the plan includes significant expansions of the light rail network, though

most major rail expansions are focused on the city's south, west, and east ends. However, the improved reliability and connectivity of the overall transit network will benefit Rideau-Rockcliffe residents who transfer between buses and the O-Train system.

Manor Park investments

In terms of active transportation infrastructure investments for Manor Park, the TMP Update recommends the installation of sidewalks along London Terrace between Alvin Heights Park and Alvin Road, as well as sidewalks along Mart Circle from St. Laurent Boulevard to Jardin Private.

The TMP Update also recommends the installation of sidewalks surrounding Manor Park Public School along Thornwood Road from Hemlock Road to Eastbourne Avenue and along Braemar Street from Hemlock Road to Eastbourne Avenue.

Due to the cost and the long-term impact of this policy, I strongly encourage all Rideau-Rockcliffe residents to review the plan and provide feedback. The total cost of the Priority Transit Network is estimated at \$2.2 billion for city-funded projects, plus additional costs

for the O-Train extensions that would require federal and provincial funding. Consequently, your input will be valuable in shaping the final version of the Transportation Master Plan that will go to council for approval.

You can provide feedback on the city's website at: <https://engage.ottawa.ca/transportation-master-plan>. On the website, residents will be able to complete surveys on the road and transit projects recommended by staff, as well as on the prioritized list of active transportation projects, and other components of the capital infrastructure plan. Surveys will be open until May 12.

By providing your input, you will be able to indicate your priority for transportation and transit improvements that will benefit our community. As your councillor, I'll continue pushing for investments that make both transit and transportation more accessible, efficient, and sustainable for Rideau-Rockcliffe residents.

As always, you can contact my office by email at rideaurockcliffeward@ottawa.ca or by phone at 613-580-2483. Please subscribe to my newsletter at: <https://www.rideau-rockcliffe.ca>.

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Special event takes place
May 24-25 at
Rideau Community Hub

The Odawa Native Friendship Centre is proud to announce its annual Traditional Powwow, celebrating a milestone year — '50 Years of Odawa'.

Taking place on May 24 and 25, the event will be held at Odawa's home location of 815 St. Laurent Blvd. (Rideau Community Hub).

This vibrant two-day gathering promises a powerful celebration of Indigenous culture, community, and resilience. As the longest running Indigenous community centre in Ottawa, Odawa has been a pillar of support and cultural revitalization for five decades, serving generations of Indigenous Peoples in the region.

Under this year's theme, "50 Years of Odawa" attendees will experience the heart of Indigenous traditions from traditional dances and drumming, to storytelling, live music, and a rich variety of authentic cuisine.

All are welcome to join the celebration, whether to hon-



our ancestors, connect with community, or experience Indigenous culture in a meaningful and inclusive way.

HIGHLIGHTS Traditional dances

Dancers in vibrant regalia perform time-honoured dances that embody cultural pride and shared history.

Culinary delights

Enjoy an array of delicious cuisine reflecting the diverse culinary traditions of Turtle Island.

Life music and entertainment

Be moved by powerful performances of drumming, singing, and music throughout the weekend, including a Round Dance on Saturday evening.

Cultural connection

An opportunity to deepen connections with each other and the land, and reflect on the importance of environmental stewardship for future generations.

Children's activities and specials

Baby Welcoming, Walking Out Ceremony, and lots of fun activities for children of all ages!

Admission is free although donations are greatly appreciated. Everyone is encouraged to take part in this unforgettable celebration of spirit, culture, and community.

Powwow details

- **Event name:** Odawa's Traditional Powwow — 50 Years of Odawa
- **Location:** 815 St. Laurent Blvd. (Rideau Community Hub)
- **Dates and times:** May 24-25, 12-6 p.m.

For more information, please visit www.odawa.ca.

Traditional Powwow marks '50 Years of Odawa'

Dining Distantly was often memorable

By John Graham

There is an assumption that one of the agreeable features of diplomacy is the frequency of fine dining. In London and in posts in Latin America and the Caribbean my wife, Judy, and I found that there was often substance to this epicurean image. However, in my post diplomatic career with international organizations, I found that while this perk sometimes applied, it was not the norm. To illustrate this point I have excerpted a few passages from my memoir (Whose Man in Havana - Adventures on the Far Side of Diplomacy) and added them to fresh text.

Bihac, Bosnia, the centre of what became known as the Bihac Pocket during the Bosnian war, became my base for the better part of two years (96-97). The climate is not unlike that of Ottawa. The winter is long but not as cold, which is just as well as there was almost no central heating. The food is *haut cholesterol* — fried beef, mutton, veal and fat-laden french fries. Because of the demented driving, the roads are more dangerous than the minefields. But the setting is splendid.

On the occasion when I invited General Atif Dudakovic, Bosnia's most celebrated military leader, to lunch, he came in a newish Mercedes 300, accompanied by a brigadier general and a colonel. Armed bodyguards were posted nearby — at that time, a sensible precaution.

Lunch was set on a terrace on the edge of the Una River. I suggested that he select the dishes. The general, clearly in good spirits, was pleased to do this and ordered a ventricle-clogging succession of local dishes: soup with bits of mutton, Bosanki Lomax, a heavy stew consisting of steak, mutton, turnip and other root vegetables and garnished with pickled cabbage — all washed down with good Dalmatian wine. (Several years later the general was imprisoned by a UN court for war crimes).

Kyrgyzstan (2000)

From the balcony of the Hotel Pinara in Bishkek, I looked out on rows of yellowing poplars and bare hills. Beyond was a white wall of high mountains, hazy in the bright sun, but gorgeous in the evening and in the early morning light. Breakfast was very much like that in Bosnia: fish, cheese, salami, fresh pomegranate and wonderful yogourt. In the evening I dined at a Siberian restaurant with an enterprising young Swiss colleague.

He knew Canada better than I, having cycled from Vancouver to Newfoundland three years before. The daily special was “meat a la French”, which my Swiss friend identified as horse.

Bihac (again) and an improbable feast

With months of confusion, stress and frustration behind them and with the Bihac-based international election team packing up, our Bosnian associates decided that it was time to celebrate. Initially the cantonal and municipal officials had regarded our team from the OSCE (Organization for Security and Cooperation in Europe) resentfully as interlopers. Some of their colleagues had threatened to blow us up. Our response had been a lighter reciprocal threat: to apply penalties from our small quiver of sanctions.

Over time, at least in the cantons for which we were responsible, the relationship thawed. Our role, backed up by NATO (including British and Canadian forces in Bosnia) was to prevent the resumption of civil conflict. It also meant that we were cementing in power ethnically based belligerents – meaning in our Canton that the mayors and other senior officials could keep their jobs. Cause enough for celebration – a special party was planned.

My invaluable deputy Tom, a Californian, was in recovery from an early farewell offered by his team at a local trout farm. When told of this invitation he muttered, “Beware of Bosnians bearing booze.”

“OK,” I said. “I will be careful.”

I was not alarmed, but I should have been.

The venue was a decrepit, grey clapboard bungalow. There were no signs, which appeared to indicate that it was an unlicensed and therefore illegal restaurant. A T-shaped table, accommodating about thirty-five people, took up most of the space.

As the “feast” began, I recalled Tom’s warning and told myself to stick to a few glasses of the smuggled Slovenian wine. The plan failed for a number of reasons. First was the quality of the wine. Second, the organizers had assigned a waiter to keep my glass topped. And finally, it failed because my companion opposite, approximately three feet from my nose, was a freshly grilled sheep — or its head, the glistening eyeballs of which were staring at me.

With little risk of causing

offence, I persuaded the mayor on my right to take the eyeballs — a delicacy reserved for me as guest of honour.

With the plates cleared away, four musicians arrived with a fiddle and an assortment of curiously shaped stringed instruments. The skinny version of a bouzouki may have been a “saz” and the squatter version of a fiddle was possibly a “bugaryo”. The musicians fiddled while the Bosnians sang mournful Balkan ballads, pausing frequently for lubrication.

When the mood shifted to a lively canter, several couples got up to dance, but the already crowded floor could only accommodate five colliding couples. “Nema problema” said one of the mayors, and clearing away a few dishes clambered onto the table with

his wife. They were swiftly joined by other table dancers and the ominous creaking of the tables joined the squeaking of the strings.

Already well advanced into the spirit of the evening, I took one or two turns on the table with someone’s wife. Eventually the cacophony of fiddles, song, laughter and crashes faded and the musicians packed up their instruments. At some point in the evening, I gave a speech. Dressed up with a few Bosnian phrases, it was essentially wine-soaked English — bits of which were translated.

Mercifully, I retain only the vaguest recollection and the sense that it did not shake the acutely fragile relationship, so recently established between the locals and our segment of the international community.

Celebrate spring at Sunshine Fair

Everyone is invited to Polaris School and Centre’s annual Sunshine Fair! Join in on Saturday, May 31 from 11 a.m. to 3 p.m. at 1805 Gaspe Ave. in Manor Park East.

We will have magical children’s activities to celebrate spring — live music, puppet shows, flower crown-making, a strawber-

ry boat, sand treasures, boat making, a bubble station, and skip rope-making.

Enjoy immersive activities with local performance artists, seed a new meadow, and help to plant a hackberry tree to mark Earth Day.

Support local vendors like Ottawa Farm Fresh, who will be there with

their springtime veggie seedlings.

Purchase activity tickets for the children on arrival with cash or card. Some activities range in price from \$1 to \$6 while others are free. All funds raised will help to keep Polaris School accessible for children and families in our community.

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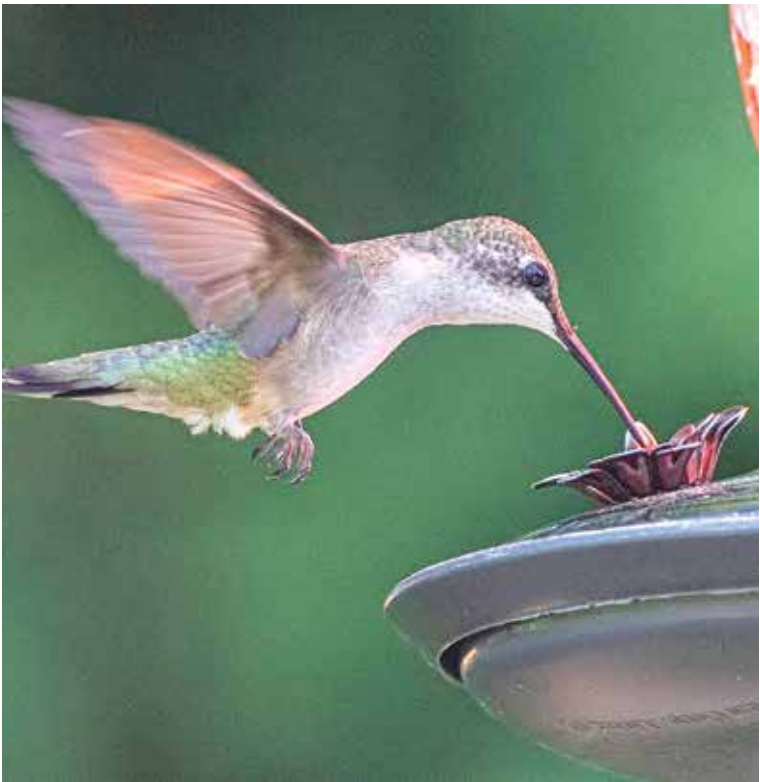
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Fuchsias are some favourites. Female Ruby-throated Hummingbird feasts on these fuchsias.
PHOTO: CATHERINE HANRAHAN



Female Ruby-throated Hummingbird at a bird feeder.
PHOTO: SAM ARMSTRONG

Continued from page 38
Fuchsias and Geraniums are some favourites.
If you have a hummingbird feeder, make sugar water mixtures with about 1/4 cup of plain table sugar per cup of water. Food coloring is unnecessary. Change the water before it grows cloudy because during hot weather, sugar water ferments rapidly to produce toxic alcohol. Be careful that your feeder is out of reach of cats, which are the largest predator of these birds.

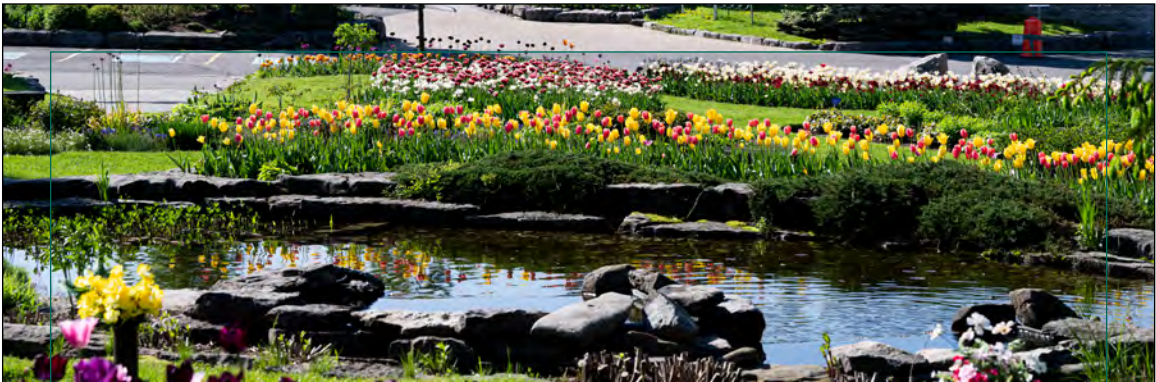
- References
- Canadian Wildlife Federation: <https://www.hww.ca/wildlife/birds/red-winged-blackbird/>
 - Cornell Lab: All About Birds: https://www.allaboutbirds.org/guide/Red-winged_Blackbird/maps-range
 - Hummingbirds Canada: <https://hummingbirdscanada.ca/hummingbirds/migration>

This column marks the third year of sharing our neighbourhood bird photos and stories.



Geraniums also attract curious Hummingbirds.
PHOTO: RYLAND COYNE

Next column: I would like to invite the youth of Manor Park to take bird photos during the summer and submit them to me by August 1. Please submit photos anytime to flegault52@gmail.com Thank you!



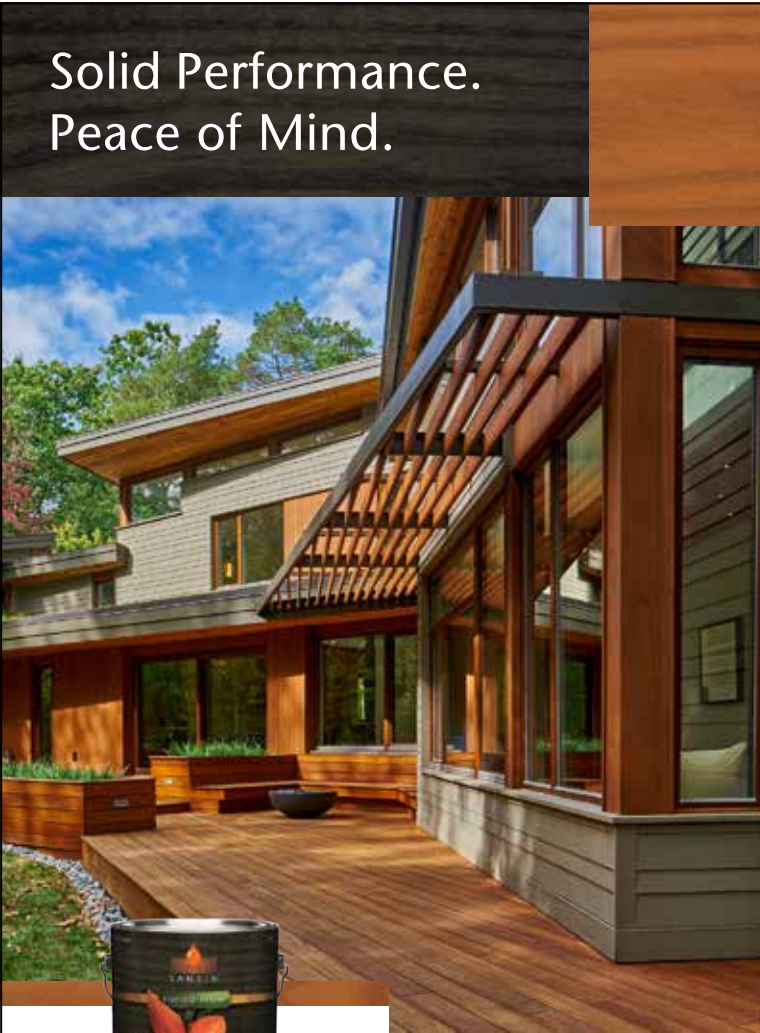
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Hats off to the *Chronicle's* 80-member delivery team

Helen Walsh (CAPT), Marion Robertson, Alison Peters, the Froislie family, Matthew Oliver and Marie-Claude Ostrath on Sandridge, Birch, Kilbarry, Farnham, Bedford, Dunvegan and Arundel.

Elinor and Mark Mueller (CAPTs), the Guilfoyle family, Heidi Hallman, Susan Logan and Paul Massel, and Natalie Sachrajda on Birch, Farnham, Ava, Bedford, Kilbarry, Eastbourne and Dunvegan.

Mary and David Keys (CAPTs), Barbara Merriam, Susan Noble and Robert Sauve on Birch, Eastbourne, Lonsdale, Dunloe, Justin and Hemlock.

Sandy Ritchie (CAPT), Michael Keleher, Tomomi Matsuo, Sylvia Munroe, Alison Peters Helen Robertson and Kevin Sharma on Kilbarry, Sandridge, Finter, Arundel, Braemar, Jeffrey, Ava, Barclay, Eastbourne and St. Laurent.

Lynn Teeple (CAPT), Jean-Guy Baribeau, Denise Conway, Denise Groleau, Marianne Van Der Jagt and Erin Yoshida on St. Laurent, Eastbourne, Braemar, Hemlock and Glasgow.

Jean-Guy Baribeau, Bridget Curran, Sam Grantins, Marc Lajoie, Karen McClure and Lynne Murtagh on St. Laurent, Blasdell, Gaspé, Mart, Camelia, Mafeking, Martin, Wingham and Juliette.

Jose Alves, Samuel Fowler, Kristin Goff, Thu Le and Marta Tkaczyszyn on Mart, St. Laurent, Alvin, Davenport, Jardin, Georgetown and Knightsbridge. Emily Beedell (CAPT), Mar-



Simon Richer delivers the *Chronicle* to businesses at the Rockcliffe Crossing Plaza. In Grade 8 at Louis-Riel Public Secondary School, he also delivers a residential route in Manor Park Hill.

tin McCallum, Sandy Reid, Lisa Sheehy, Sharleen Tattersfield and Gillian Troop on Mart, Blasdell, Crispin, London, Alvin, Blue Moon, Sheba and Anjou.

Jonathan, Fenton and Hunter Hammell, Natalie Sachrajda and Erin Yoshida on St. Laurent and London Terrace.

Julie Brunet (CAPT), Ewen Cornish, Robert Des Rosiers, Mathieu Fortin, Rhys Fowler, Keith MacDonald, Simon and Kate Richer and Pierre Saint Laurent in Manor Park Hill.

Scott Stilborn (CAPT) and Margaret Dupee in Hillside/Oasis.

Robert Todd to condos/apartments on Brittany, Kristin Way, St. Laurent and in Beechwood Village.

Lise Gagnon at The Highlands.

Benji Fitz-Morris on Pauline Charron.

Natalie Sachrajda and Alison Surette on Brittany, Kristin Way, Quarry and Rockledge.

Celine Couture and Christina Keys in Cardinal Glen.

Ian Brown (CAPT), Roxanne Joly and Steve Zmlak on Birch, Blenheim and Westward Way.

Sharleen Tattersfield to Ottawa Community Housing Apts., Giovanni Housing Co-op, and Champlain Towers.

Sam Armstrong, Juliette Hunter, Sarah and Michael McCabe, Sylvie Moncion, Mary Ellen Porter, Simon and Kate Richer, Darlene Rodda, Tom Rodda, Sharleen Tattersfield and Robert Todd to advertisers, local businesses and community hubs.

Ian Brown, Celine Couture, Maurice Glaude, Jacki Sachrajda, Sharleen and Tony Tattersfield, Thomas Tattersfield, Lynn Teeple



Brothers Rhys (left) and Samuel Fowler are both residential route carriers: Rhys, in Grade 8 at Louis-Riel for the past year and Samuel, in Grade 11 at De La Salle, for the past four years.



It's a splendid community outing and mutually enjoyable team effort with Michael Keleher (left) accompanying his neighbour Kevin Sharma (right) on their residential delivery route.

and Robert Todd: Route Bundling and Distribution.

Support Team: Jim Kenward (Mailings), Jacki Sachrajda (Distribution), Sharleen Tattersfield (Circulation Manager) and Diana Poitras of St. Columba Church who has so

kindly provided access to their hall to bundle for *Chronicle* route deliveries.

A big welcome to Rhys Fowler who delivers on Manor Park Hill, and goodbye to Elaine MacDonald. A huge thank you for your dedication!



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Elinor Mueller (shown here) and her husband Mark are route captains for their residential block, delivering bundles to their five-member team and to their Kilbarry neighbours.

PHOTOS: SHARLEEN TATTERSFIELD

True team effort ensures *Chronicle* gets to your door

By Ryland Coyne

Five times a year, the *Manor Park Chronicle* arrives on your doorstep (or in your mailbox). While most residents appreciate receiving it, few may know about the small army of volunteers it takes to organize, sort and deliver the paper — winter, spring, summer and fall.

Led by Circulation Manager Sharleen Tattersfield and Delivery Coordinator Jacki Sachrajda, the work begins as soon as the bundled papers arrive from the printer in Winchester, Ont. That's usually around 2 p.m. on the first or second Wednesday of each publication month.

Thanks to generous support, St. Columba parish serves as the *Chronicle's* distribution centre. The 50-paper bundles are stacked in the centre of the church hall. From here, Jacki and Sharleen — along with assistants Celine Couture, Robert Todd, and Lynn Teeple — set to work, preparing separate bundles for the more than dozen route captains.

"This takes us two-and-a-half hours, more or less," Sharleen said.

During that time, the papers are hand-counted and re-bundled for each area and route, with every bundle marked and highlighted to ensure an accurate count.

By 4:30 p.m., route captains arrive to collect the bundles of papers they will either deliver themselves or bring to their own delivery volunteers for distribution to homes and



Chronicle distribution team members pose with raw bundles at the St. Columba church hall. Left to right are Circulation Manager Sharleen Tattersfield, bundling team members Celine Couture and Lynn Teeple. PHOTO: RYLAND COYNE

businesses over the next day or two.

In all, 80 Manor Park residents generously volunteer their time to ensure every residence — more than 3,000 — receives a copy of the *Chronicle* in a timely manner.

In addition, there are dozens of commercial locations, in and around Manor Park, where around another 2,000 copies get distributed. Again, this requires the dedication of volunteers who drop off the papers to wherever they are welcome.

Finally, there are more

than 30 copies mailed to out-of-area advertisers who might not otherwise receive the paper. This work is done by long-time volunteer Jim Kenward.

"They all get a copy, and I know they appreciate it," Sharleen said.

Bundling team

Jacki says she took on the coordinator's role in 2020 "after

a lovely chat" with Sharleen.

"I was very apprehensive at first, but I got loads of help from Sharleen and the team!" she said.

One key duty is closely monitoring "who can or cannot deliver each issue to make sure it all gets delivered in a timely way!"

The challenges are many, with so many moving parts, but Jacki wouldn't have it any other way.

"I enjoy feeling part of the Manor Park community, meeting and working with amazing volunteers and being part of bringing something special to Manor Park residents."

Celine Couture says she started volunteering with her son Mathieu about five or six years ago.

"He was in high school and needed the volunteer hours," she recalled.

Today, her son is set to complete his Master's degree but still finds time to help out with delivery of the paper with his mother.

Celine says she's enjoyed the role she plays preparing the bundles for the route captains, and the friendships she's developed over that time.

"It's a great group," added Lynn Teeple, another five-year bundling volunteer.

She says she joined when a neighbour asked if she'd like to volunteer. She didn't

know what was involved but enjoyed the work right away. She also doubles as the Area E Route Captain and delivers papers in the Hemlock and St. Laurent area.

Most challenging

The most challenging, and perhaps most rewarding, distribution of the *Chronicle* came during the first winter of the pandemic.

With restrictions in place due to COVID-19, the intrepid distribution group, dubbed the "Chronicle Garage Gang," gathered outdoors. It was -20C, "so really, really chilly," Jacki recalls. There, the masked crusaders spent several hours in an open garage at a residence on Thornwood Road, preparing the bundles for route captains and their volunteer distributors.

"To keep warm while awaiting the truck, the team gathered outside the garage to catch whatever warmth they could absorb from the distant January sun — and resorted to "some pretty weird calisthenics" to restore circulation in numbed extremities," noted the report in the *Chronicle's* March-April 2021 edition.

It's a memory the team says will stay with them forever.

For more information on how to volunteer, please see pages 5 and 40.

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Finding alternatives in times of food insecurity

By Gabrielle Davis
Rideau-Rockcliffe Community
Resource Centre

With rising grocery prices, supply chain disruptions, and growing economic uncertainty, local food production is more than just a trend — it's becoming essential. At the Rideau-Rockcliffe Community Resource Centre (RRCRC), it already is.

Operating one of the busiest Emergency Food Bank programs in the city, RRCRC has seen a sharp rise in demand for food assistance in recent years. This means we are always looking for innovative ways to get more food for the increasing number of community members in need.

Recent reduction of deliveries by an average of 50 per cent from our supporters at the Ottawa Food Bank have only deepened the urgency. With demand up and resources down, community-based innovation has never been more important.

Social Harvest Ottawa

One of our homegrown responses is Social Harvest Ottawa, a social enterprise focused on food security and environmental education, launched in 2019.

What began with a now-retired urban greenhouse at the



From left to right: Jacob, weekly Social Harvest volunteer and Maddie Leblanc, Social Harvest Program Officer.

PHOTO: JENNIFER, WEEKLY SOCIAL HARVEST VOLUNTEER

Rideau Community Hub (formerly Rideau High School) has since grown into a full-scale, year-round urban farming operation. Today, Social Harvest includes a hydroponics farm in the building's former woodshop, indoor vertical grow towers, and a vibrant outdoor community garden — all located in the heart of Ward 13 along St. Laurent Boulevard.

Considering recent supply

cuts, the Social Harvest team quickly adapted. They shifted their crop plans to focus on growing high-yield greens like lettuce, ensuring the Emergency Food Bank is stocked with fresh produce throughout the year. This in-house supply not only reduces our reliance on external shipments but also frees up limited funds to purchase other essential items such as dairy and proteins.



Lettuce growing for the RRCRC Emergency Food Bank in Social Harvest's urban farm. PHOTO: GABRIELLE DAVIS

With hydroponics enabling winter production and traditional garden plots flourishing through the warmer months, Social Harvest has shown that sustainable local food production is not only possible in Ottawa — it's already happening.

Volunteers

The impact of Social Harvest extends far beyond food. Each week, volunteers from all walks of life — including students from Ashbury College — roll up their sleeves and get involved. Together, they nurture seedlings, tend crops, and build community. The program creates meaningful connections across age groups, cultures, and backgrounds. It's a reminder that food can do more than nourish the body — it can bring people together.

In today's global context, local food production is also a strategic necessity. Given the uncertainty regarding tariffs and the resulting higher grocery store prices, there is a growing need to support local agriculture.

Good Food Box

If you are looking for fresh and affordable produce, check out the Ottawa Good Food Box, RRCRC's very own community-driven social enterprise with multiple pickup locations and convenient home delivery options.

Through its innovative model, the Good Food Box delivers low-cost fruits and vegetables directly to community members, helping families stretch their budgets without sacrificing nutrition. Everyone is welcome to order through the platform, and every purchase supports individuals and families facing barriers to healthy food access. Donations are also welcome (see link below) and go directly to provide food for households facing barriers to food security.

We believe that fresh, healthy food is a right, not a luxury. Whether it's growing your own, volunteering in a community garden, supporting local initiatives, or simply choosing to shop with purpose, there are countless ways to help strengthen food security right here in Ottawa.

Together, we can build a more resilient, self-sustaining future — one harvest at a time.

Learn more, donate, volunteer, or order your own Good Food Box at:

<https://www.ottawagoodfoodbox.ca/>
<https://www.socialharvestottawa.ca/>
<https://www.crcrr.org/>

This article was written by Gabrielle Davis, Communications and Fund Development Lead, RRCRC, in collaboration with Sebastian Gaissert, Executive Director, RRCRC.



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Sport of ringette focuses on teamwork

Manor Park church hosts team participating in Canadian championships

By Natasha Poitras-Vant

For more than a decade, I have been proudly showing off my ringette pride through team jackets, tournament hoodies, and “broken hockey sticks.” Although a sport unique and unknown to most, it has been able to offer me more than I ever could have dreamed. It has given me a passion, a voice, and lifelong friendships.

Invented in Ontario in 1963, ringette has quickly grown in popularity throughout the country and even the world. In Canada, the development of young players is highly regarded and always a top priority for the head organizations.

Each year, the winning teams from the various provinces throughout the country gather in a selected town to compete for the title of Canadian champions. This year, the City of Ottawa was lucky enough to temporarily house the flourishing young talent.

A sport that prides itself on teamwork and girl power has been a fundamental part of the lives of countless young Canadians. The sport puts an emphasis on each position where separate from hockey (its usual comparison) it forces teamwork and passing



Natasha Poitras-Vant, a ringette goalie with the Nipissing University Lakers, makes a save during a game in December, 2023. PHOTO: ANDRE VANDAL/RINGETTE CANADA

through the rulebook. From the first game played at five years old, players are passing the ring to one another over the blue line and working to-

gether to score goals and win games!

Over the last two years I have been given the opportunity to continue my ringette

experience while playing with my university crest on my jersey. This sport continues to connect me with friends from across the country and never

fails to brighten up my day. The sport was created to encourage active thinking, and constant problem solving. Distinct from hockey, a special zone is created on the ice utilizing a free play line (on the top of the two circles) and down to the end boards. Within this zone, each team may only place three skaters. This unique 3 on 3 circumstance fosters elaborate plays and creates shifty skaters.

Although typically a winter sport, ringette has expanded into the warmer months. The sport has quickly grown to include spring tournaments (“springette”), countless summer camps and non-stop training sessions. A ringette player is an ideal athlete, with a combination of speed, power, endurance, and a smart mind. It is no surprise that ringette is often referred to as the “fastest sport on ice!”

Ringette is the hidden gem of winter sports; an underground band, an underrated restaurant in your small town, or your favourite song no one has ever heard. Like that special secret you cannot wait to share, it brightens up my life! I hope you will not hesitate to head out to your local arena to catch some action next fall!

chances r.

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AROUND TOWN

Quilt show just around the corner

The Ottawa Valley Quilters Guild presents the annual Valley Blooms Quilt Show at the Nepean Sportsplex, 1701 Woodroffe Ave.

The event runs Friday, May 9, 10 a.m. to 7 p.m., and Saturday, May 10, 10 a.m. to 5 p.m., and includes quilt displays, a merchant mall, judged competitions and viewers' choice awards. The cost is \$10 per person, paid at the door.

Open house at Stanley St. Workshop

Visual artists are invited to meet our friendly group of independent painters at the New Edinburgh fieldhouse, 203 Stanley Ave. on Monday, May 12, 10-11:30 a.m.

For more information, please email: rhapsodyinhues@rogers.com

We have openings for next year.

Plant-a-patch returns

Plant-a-patch, a small seedling nursery in neighbouring Vanier, is again busy growing seedlings for their upcoming sales. Their seedlings are local, high quality and grown with love. This year you'll find them:

- selling spring greens and herbs on Saturday, May 10 at



The conditions were ideal for capturing photos of the total lunar eclipse overnight March 13-14. Manor Park photographer Dave Keys spent close to one-and-a-half hours in the crisp night air to track the eclipse as it progressed to totality. Dave explains, "The red colour is caused by the earth's atmosphere refracting the sun's light as it passes through the atmosphere. The red colour of the spectrum bends the most and causes the moon to appear red." In November of 2021, Dave traveled out to his sister's farm near Metcalfe to photograph the partial lunar eclipse. Those photos and story were published in the January-February, 2022 edition of the Chronicle. This time, he didn't have to travel nearly as far, positioning himself on his driveway for the spectacular overnight event. PHOTO: DAVE KEYS

The Farm Store at 1805 Gaspé, • selling summer veggies, herbs and flowers on Saturday, May 24 at 433 Pauline Charron Place.

Like and follow Plant-a-patch to see what we're growing — we're grateful for your support of our small business!

Sunset ceremonies

Again this summer, the RCMP Musical Ride will host their cherished Sunset Ceremonies at the Rockcliffe Stables, 1 Sandridge Rd. here in Manor Park. The free events will take place the evenings of June 26-29, starting at 7 p.m.

According to the website, the public is encouraged to arrive early, bring a blanket or lawn chair and leave their pets at home. Service animals are permitted.

Accessibility Expo May 31

A trio of organizations focused on accessibility have joined together for a one-day expo in Ottawa.

The Adaptive Living Expo; Ottawa Inclusive & Para Sports Expo; and Access Expo will bring residents the biggest expo in Eastern Ontario for all ages and abilities. The event takes place Saturday, May 31, 11 a.m. to 4 p.m., at the Carleton University Fieldhouse and Raven's Nest, 1125 Col. By Drive.

Ottawa's Accessibility Expo creates a unique opportunity to unite our communities, making it easier for busy individuals to connect with organizations and services. Be sure to visit the Council on Aging booth while you are here!

This event is free to attend.

OHS Auxiliary meeting

Would you like to help support the animals at the Ottawa Humane Society? Join in at the Auxiliary's last monthly business meeting before the summer break. It takes place 1:30-3 p.m. on Thursday, June 5.

We meet at the animal shelter, 245 West Hunt Club Rd. across from RONA. Free parking. For more information, contact Connie, constance_nunn@yahoo.com or go to ottawahumane.ca/get-involved/volunteering/ohs-auxiliary/.

Ottawa Marathon

Once again, a total of up to 4,000 runners will make their way through the area as part of the Tartan Ottawa International Marathon on Sunday, May 25. The event kicks off at 7 a.m. and winds its way along a 42.2 km. route, throughout the National Capital Region.

While Manor Park won't be part of the route this year, marathoners will make their way through Rockcliffe via Acacia Avenue, Coltrin Road, Minto Place and Lisgar Road.

IODE celebration

IODE Laurentian Chapter is celebrating IODE Canada's 125th anniversary with a tea, silent auction and entertainment by the band called "We're Not Dead Yet" at St. Bartholomew's Church on Saturday afternoon, June 14. Tickets are \$35, at Books on Beechwood or etransfer to treasureriodelaurentian@gmail.com.

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