

# MANOR PARK Chronicle

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## Sidewalks deferred for Manor Park project

By Ryland Coyne

After many months of debate, a final decision has been made: No sidewalks.

Rideau-Rockcliffe Councillor Rawlson King announced his verdict online late Friday, Sept. 5. In his newsletter that day, he explained the rationale behind his choice. (Read his column on page 10 for more details).

"I will defer sidewalks related to the infrastructure renewal project in Manor Park to enable smart planning that reflects future growth," King wrote.

The integrated road, sewer and watermain project, scheduled to begin this fall, will go ahead as planned with curbs, he said. But with so many "major transportation and land-use changes" still to come, changes that will "fundamentally alter pedestrian patterns and mobility needs"

in Manor Park, putting the brakes on sidewalk installation is needed to allow for a full analysis.

"I believe this deferral is a measured decision that balances the city's active transportation objectives with the unique circumstances of Manor Park," King noted.

For Marc Patry, one of several residents to lead the opposition to sidewalks, the news comes as a relief.

"My understanding is that deferment is basically an indefinite postponement — that the sidewalks will not be installed for many years to come," he noted in an email exchange with the *Chronicle*. "I'm very pleased with that outcome."

While "a bit disappointed" that curbs will go ahead, he understands these may help with drainage.

Manor Park Community Association president Natalie

>>CONTINUED ON PAGE 3



**FUTURE FIREFIGHTERS:** The children at the Manor Park Community Council Day Camp were treated to a visit from firefighters based out of Ottawa Fire Station 57 on Beechwood Avenue. The Aug. 27 presentation included a chance to get up close and personal with one of the station's pumper trucks. Here, campers Owen and Celeste experience what it would be like to ride along, checking out all the equipment inside the impressive vehicle. PHOTO: RYLAND COYNE

## New street lights reflect changing times in Manor Park

By Ryland Coyne

Manor Park's street lighting has entered the 21st century while maintaining its 20th century look.

A year-long city program to replace the community's 144 outdated fixtures was completed earlier this summer. Gone are the aging high-pressure sodium and metal halide bulbs. In their place — modern LEDs (light-emitting diodes) packaged in a more

modern carriage-style frame.

While this will be a money saver for the city, that wasn't the only reason for the switch, explains Stuart Edison, manager of traffic operations for the City of Ottawa.

"Ultimately, it comes down to the fact they (old fixtures) were at end-of-lifespan," he told the *Chronicle* in a recent phone interview. "We identified this as a hot spot area that was having some failures. So we put it on the list for our

lifecycle replacement."

The decision to keep the carriage light-style was made to respect "the historic look of the old ones," Edison said.

### Benefits

Energy efficiency and lower maintenance costs will be the key benefits.

"Our street lights have a monitoring device on them now — a control node.

>>CONTINUED ON PAGE 2

### FEATURED ARTICLES INSIDE...

The *Chronicle* is in need of some volunteers to help deliver the paper to homes and businesses - See page 8

Manor Park Notable Robert "Bob" Gardiner's life in the arts spanned more than seven distinguished decades - See page 25

Manor Park resident Robert Sauve shares his strategy for getting through these challenging times, by reading feel-good novels - See page 26

Take a Haunted Walk through Beechwood Cemetery this fall - See page 30

Learn how a Manor Park resident has turned her interest in anthropomorphic taxidermy into a life-long hobby - See page 34

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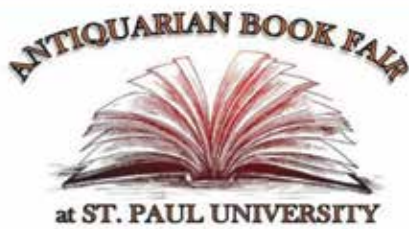
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## Street lights, cont. from page 1

It allows you to monitor the fixture — whether it's on or if it's failed, that kind of thing," Edison said.

A centralized system allows the city's maintenance provider to better monitor when something's not right (light is off at night or on during the day) and "troubleshoot" more quickly.

The cost to convert the lights was \$223,000. This included the lights themselves as well as any deficiencies and repairs. By making the switch, the city will save 62% in energy consumption. Over time, Edison says they will pay for themselves.

"The big one for us ... is the maintenance," he said. "More and more (calls for service) dealt with the fixtures being at end of life."

### Brightness

Asked about the brightness of the new lights compared to the old, Edison said there is little difference.

"The warm light would be a similar look and illumination level as the old HP sodium bulb that was there," he said.

But what was in place before had aged. "They had frosted glass on them. They weathered over time and became more yellow. That can sometimes give the perception that it's not as bright."

The new fixtures don't have glass panels, another potential maintenance saving.

"If you have the glass, that's something else that can fail or be vandalized. And, it affects the lighting over time," he said.

Another new feature of the LEDs is that they light from the top down.

"One reason we do the light from top down is that it main-



**OUT WITH THE OLD ...**A city employee removes one of Manor Park's old street light fixtures in front of a home on Dunloe Avenue. PHOTOS: EVAN BROWNE



**IN WITH THE NEW ...**A new LED light fixture is installed on that same pole. A total of 144 street lights, some possibly dating back 70 years, were updated this summer.

tains the dark sky," to minimize light pollution. "Reality, too, is that street lighting is there to illuminate the right of way, which is on the ground," Edison said. "You're getting a consistent illumination level in the neighbourhood, which makes it safe for roadway users."

Manor Park resident Evan Browne would agree. He observed the fixture replacement in front of his home on

Dunloe Avenue and submitted photos to the *Chronicle*.

"The way the lights are designed, they do not shine into peoples' windows, with the lit area rather precisely delineated on the ground," he noted in an email. "That patch of light may not be quite as big as the old sodium vapor lights delivered, but the light appears to be more evenly spread around."



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## Sidewalks deferred, cont. from page 1

Belovic says she sees the decision as “a decent compromise.”

“It (curbs)... allows the city to do the drainage that they would like (into the sidewalk sides and not the street bed) and it won’t require the same level of upkeep as sidewalks would have,” she said.

Patry said he’s relieved King listened to his constituents, “taking note that there was unanimous opposition to sidewalks amongst all those who responded to my survey and who were living on the streets affected.”

### People have their say

To help convince King to defer sidewalks, more than 150 residents jammed the community room at 1805 Gaspé Avenue for an information session on July 30. The meeting included an update on the upcoming road, sewer and watermain project. But most people were there to discuss the key issue that has sparked strong reactions in Manor Park. Some have come out in favour. The vast majority are opposed.

Multiple surveys — two online and another door-to-door — all pointed to overwhelming opposition. The councillor also conducted his own survey of residents. Of the 338 responses, 267 or 79%, were against sidewalks.

The issue even sparked a broad ‘NO SIDEWALKS’ sign campaign, co-ordinated by Pe-



**Members of the audience focus on one of several presentations during the information session, held July 30 at 1805 Gaspé.** PHOTO: RYLAND COYNE

ter Burpee.

In his presentation July 30, King explained sidewalks are automatically added to projects in accordance with the city’s newly ratified Transportation Master Plan. He said they are added for pedestrian safety, accessibility, connectivity, and could only be deferred “under exceptional circumstances.”

“What I believe ... can reach a level of exceptional consideration for deferral concerns the examination of holistic impacts to our area’s total transportation network,” he said. “In my estimation, sidewalk decisions should not happen in isolation.”

A number of projects are on the books for both the short

term and medium term, King said. These include:

- the addition of sidewalks around Manor Park Public School (a separate project),
- upgrades to the ‘five corners’ intersection at Ava Road, Braemar Street and Eastbourne Avenue which could include a traffic circle,
- the opening of Hemlock Road from Wateridge Village, in conjunction with a planned revamping of Beechwood Avenue. King explained he has secured a \$400,000 preliminary design study for Beechwood with Coun. Stephanie Plante.

Then there’s also the threat of a new bridge at Kettle Island that could bring further pressure to the transportation network in the area.

“I think that those elements create a higher bar in terms of a potential for deferral,” King told the crowd.

Elizabeth Murphy, Program Manager, Transportation Engineering Services, gave a slide presentation in a bid to explain the need for sidewalks.

While she told the audience she understands the opposition, she noted there are several reasons for approving them. Referring to the city’s Official Plan, she said, “We want to make things safe, accessible, well connected.”

### Direct feedback

Belovic told the audience the board was split on the issue and took no official position. She was personally not in favour of sidewalks, however.

“I think it’s clear, from the presentation, that nobody’s ever walked through the neighbourhood,” she said to loud applause. “We do meet on the street, we do walk together, walk in great numbers, our kids do walk to school, and it is an incredibly active neighbourhood,” she said. Following the official presentations, the floor was opened to the audience. Questions, statements and comments flowed over the next hour, almost exclusively against sidewalks.

A common theme was safety. Many people said they don’t feel it’s an issue. The

streets, particularly in the subject area (west of St. Laurent, between Hemlock and Sandridge) are quiet. Residents feel safe sharing the road with vehicles.

One voice in favour of sidewalks was that of Eugenie Waters, the chair of the MPCA Environmental Sustainability Committee. She reminded the audience Manor Park is more than the subject area but stretches from Montreal Road, running north along both sides of St. Laurent Boulevard to Sandridge Road. There is also a wide disparity in terms of demographics.

“I think it’s really important to consider the needs of all people in the community who need to be able to travel safely throughout the neighbourhood,” Waters said.

For the most part, however, those opposed dominated the discussion.

David McInnes, who lives on one of the six streets designated for sidewalks, said he knocked on every door in the subject area. “Over 90 per cent of 76 households are strongly opposed to the imposition of sidewalks on our streets,” he said.

“No to sidewalks. Please defer them and please take an evidence-based approach, then engage with us,” he said.

In the end, that’s exactly the outcome following King’s Sept. 5 announcement.

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- Your views on what's important in Letters/Your Opinion Matters
- Your suggestions for a neighbour to feature in Meet Your Neighbour
- Your suggestions for a pooch to feature in Dogs in the Hood
- Your ideas for a community volunteer whose work should be featured

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Manor Park Chronicle

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EDITOR'S POV

The right choice

It was the right decision. Some would say it was the only possible decision.

Given the level of opposition to sidewalks in this community, it should have been a given that they would be deferred at this time. And yet, it took an 11th hour verdict from our councillor before they were officially removed from the upcoming road, water and sewer project.

Better late than never.

The reasons to reject sidewalks have been well-documented — negative effect on neighbourhood character, loss of parking, questionable maintenance, even cost. Then there were the various survey results. Why go to the trouble of adding sidewalks if more than 90 per cent of the affected residents don't want them? One would think it would be easy to simply drop them and move on. Not so.

Those in favour did voice compelling arguments — accessibility and safety topping the list.

In the end, though, it came down to what Coun. Rawlson King called an "exceptional circumstance" to upend city policy and drop this particular element from the project.

At the July 30 meeting, King pointed to the "holistic transportation challenges" facing residents of Manor Park. A number of future projects — both short term and medium/long term — will impact our community. Work scheduled to upgrade the confusing 'five corners' intersection; the addition of sidewalks leading to and around Manor Park Public School; the opening of Hemlock to accommodate the ever-expanding Wateridge Village; not to mention the potential new bridge crossing at Kettle Island. When viewed collectively, he said, it would seem premature to install a few sidewalks when we don't know what the future holds for transportation in and around our community.

Until that picture becomes clearer, deferral is the only answer.



 OPINIONS AND ARGUMENTS

# Strong opposition should bring end to sidewalks debate, letter writer says

*The following open letter to Coun. Rawlson King was sent prior to the decision to defer sidewalks..*

**Dear Rawlson,**  
We hear that Pierre Poilievre’s victory in his Alberta riding by-election was a “slam-dunk” with “overwhelming support” (80 per cent). There is no dispute — it’s a clear majority.

In Manor Park, the results of two surveys show an 85 - 90 per cent opposition to sidewalks and curbs. That’s more

overwhelming than Pierre Poilievre’s victory. Yet in Manor Park it seems a decision to stop the pouring of more concrete in our neighbourhood in the form of sidewalks and curbs is still up in the air. How so?

I understand at the end of the day, the buck stops with you — you must make the call. If I’m wrong, please let me now. But it makes sense. You are our elected representative, you speak for your constituents at council, and this issue directly affects only the

While Manor Park doesn’t quite have the large houses one finds in Rockcliffe, there is a similarity in road pattern.

people living on a few Manor Park streets.

If you have the time for another visit in this neighbourhood, you will see a whole lot of “NO SIDEWALKS” signs. Some are in front of houses

with strollers in the driveway, or basketball hoops. Others are in front of houses inhabited by octogenarians — people I know. These people, residents of Manor Park, clearly do not feel their safety threatened by the absence of sidewalks and curbs.

Manor Park streets are designed with the same kind of traffic slowing patterns you will find in Rockcliffe Park. Yet over in Rockcliffe Park, the City of Ottawa has officially celebrated that neighbourhood by granting it heritage status, which was justified. In part (from City of Ottawa documents):

City Committee Report (2012) – Background/justification section characterizes the district’s “deliberately curved roads, without curbs or sidewalks,” as part of its heritage condition.

Conservation District Plan (2016) – Section 7.5 (Conserving the Public Realm) sets policy: “The absence of sidewalks will be maintained, except immediately adjacent to schools and community facilities.”

While Manor Park doesn’t quite have the large houses one finds in Rockcliffe, there is a similarity in road pattern. And the fact Manor Park is a living and thriving testament to the planners of the 1940s, who purposefully designed this neighbourhood following the emerging “garden-city” trend in those days, puts both neighbourhoods in a similar league.

Dropping sidewalks and curbs in our neighbourhood wilfully ignores its history — reduces its distinct nature, and in so doing, diminishes the City of Ottawa as a whole by homogenizing it.

Surely, when considering your decision, you can lean on the fact that the city can celebrate the absence of sidewalks when justified. I think we can say that for Manor Park — it’s justified.

## Cycling risks are reality, letter writer notes

**Dear Editor:**  
What does it take for people to face up to how dangerous cycling in traffic is? The statistics are clear. It is far and away the most dangerous mode of commuting (per kilometre traveled).

On April 7, Matthieu Gagnon was badly injured on Beechwood Avenue in a collision with a motor vehicle. Luckily, fewer than four per

cent of trips in Ottawa are made by bicycle and even fewer are made on-road in traffic.

Cycling can be a great sport on trails and bike paths, but it is not safe to commute in traffic. This is not a problem that is likely to be fixed by better infrastructure. To illustrate, Canberra (Australia) has weather that is much more conducive to cycling and has

completely separated bike and vehicle traffic and, still, fewer than five per cent of trips are made by bike because of the discomfort and the risks.

With densification in Ottawa the risks of cycling in traffic are going to increase, not decrease. It is not helpful to soft-pedal the truth.

Regards,  
Kenneth Watson

Thanks,  
Marc Patry  
Manor Park

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## Councillor earns praise for 'reasoned decision'

FROM THE DESK OF:



Manor Park Community  
Association President

**NATALIE  
BELOVIC**



Just prior to publication, Councillor Rawlson King announced the decision to defer the construction of sidewalks in Manor Park. Instead, curbs will be installed along the roadways which would, down the road, facilitate the building of sidewalks.

I'd like to thank our councillor for listening to his constituents and taking the time to analyze the data and the comments to arrive at his well thought-out and reasoned decision. In an era of communities feeling beaten up with all the rapidly evolving government policies and objectives, the majority of residents really appreciate this win.

While I appreciate that the city means well in their new directive and no one would argue that sidewalks don't have their place, I, like many others, did not agree to a "one size fits all" policy being applied.

I would also like to thank ALL the community activists on both sides of this issue for



A fundraising Ottawa River Boat Cruise has been planned for Sunday, Jun 14, 2026, between 1 and 5 p.m. PHOTO: SUBMITTED

engaging, researching, communicating and providing arguments to the community and to the councillor and staff.

### Clarify stance

As President of the Manor Park Community Association, and as a 30-plus-year resident of the neighbourhood, I wanted to clarify the board's lack of unified stance on the issue.

The MPCA Board of Directors was not unified in its stance on the sidewalk installation. As I stated publicly at the meeting held in late July, as colleagues, we have agreed to disagree and both sides have stated their opinions on the matter.

I did not call for an impossible-to-get consensus on this matter at the risk of losing some very fine members of the board. It is exceptionally difficult to get public engagement, and our already thin board could not afford to get thinner.

Our association has been lobbying for sidewalks in high-volume, high-danger locations for quite some time. In fact, the London Terrace sidewalk connection has been on the city's radar for at least six years. It just got included in the new TMP meaning that

**WHAT:** Next  
MPCA meeting  
**WHEN:** 7 p.m., Sept. 16  
**WHERE:** on ZOOM  
**TO JOIN:** send email to  
president@  
manorparkcommunity.ca

it will likely be delivered in another 7-10 years. This is not acceptable. The same goes for sidewalks around Manor Park Public School and park.

As taxpayers, it is important to send a message to the city that capping tax increases at unrealistic amounts does not make sense when trying to build our "World Class City". We need to improve transit to reduce road congestion and the need to build more of them. We must invest in fixing our decaying infrastructure before it starts causing serious issues. We need to have funds to repair and replace our aging rinks, community centres, gyms and libraries.

Newer neighbourhoods get a lot of these built through development charges while our urban buildings don't ever seem to get any attention. Your message to city councillors (all of them) is very important. It can make a difference to the direction the city takes.

### MARK YOUR CALENDARS FOR OUR FUNDRAISING BOAT CRUISE

Our Sustainable Solutions Group invite you to attend a spectacular Ottawa River Boat Cruise on Sunday, June 14, 2026 between 1 and 5 p.m., a fundraiser to support the dialogue and the search for sustainable transportation solutions in the Metropolitan region of Ottawa-Gatineau for all of its communities.

This is a cross-border initiative in collaboration with many community associations, on the Quebec and Ontario sides. We are looking to raise awareness of the issue as well as fundraise to support the committee's work and the hiring of professional consultants.

The cost of tickets starts at \$40. There are sponsorship opportunities available too.

You will be seeing more info on our MPCA Facebook page as well as our website and other social media in the coming months.

If you are interested in attending or working on this project, please send me an email to president@manorparkcommunity.ca.

## The Chronicle wants to hear from you

On occasion, it's important for a newspaper to gauge the level of interest among its readers. After all, the last thing the *Chronicle* wants to do is to appear stale, publishing articles and features that have only limited appeal within the community we serve.

With that in mind, we present a quick survey on your

*Chronicle* likes and dislikes. This is an opportunity for you to let us know what you enjoy in the paper and, perhaps, what you could do without. Maybe you have an idea for a new column? Or you have an area of expertise you would like to share?

The *Manor Park Chronicle* wants to hear from you. Please

take a moment to review the questions and submit your responses. Using your smartphone, just click on the QR code below. This will take you directly to the survey where you can answer any and/or all questions, it's quick and easy.

The survey should not take more than a few minutes to complete.





# Gardening for climate resilience

By Christina Keys

This summer, the Rideau River watershed has suffered from significant heat and lack of rain. While Manor Park's water supply from the Ottawa River hasn't been affected, we've been asked to suspend non-essential water use, including the watering of lawns and non-food gardens.

As extreme conditions become more frequent, we must redesign our home landscapes to be more resilient against drought, heat, and intense rainfall.

## Drought-tolerant plants

Key to this are drought-tolerant species that do not need watering once established. The extensive, fibrous root systems of little bluestem grass and Pennsylvania sedge and the deep taproots of purple coneflower and blue wild indigo maximize their access to water in the soil.

The fine hairs on pearly everlasting and field pussytoes reflect light to reduce water loss and create a beautiful silver-blue sheen. The protective waxy coatings on the leaves of the unique rattlesnake master have a glaucous hue. The bulbs of nodding onion and corms of blazing star store water and nutrients for times of drought.

Some of these species occur



**Hairy beardtongue (*Penstemon hirsutus*) thrives in the harshness of Ottawa's alvars through spring flooding and summer droughts. Enjoy its pale purple flowers in June and burgundy leaves in fall.** PHOTO: DAVE KEYS

naturally in the Ottawa region in upland forests or in alvars, unique rocky ecosystems. Others we can borrow from the prairies, tall grasslands, and oak savannas of southern Ontario and the wider Great Lakes region where the plants have already adapted to dry conditions.

## Drought-tolerant soil

However, drought-tolerant plants are only one aspect of creating a climate resilient garden. The other is building drought-tolerant soil. The soil in urban yards, especially in garden beds converted from lawn or near recent construction, is usually dry, compacted, extremely low in organic matter, and sometimes almost impermeable. It can neither retain moisture nor properly

absorb intense rainfall.

Prairie, meadow, and woodland soils are healthy from years of decomposing plant matter. The decomposition process creates humus, porous soil textures, and an abundance of bacterial and fungal life. The final result is healthy soil that is permeable yet retains some moisture, crucial for managing both heavy rain and drought.

The solution for our urban soils is to add organic matter, and in Manor Park, we don't need to look very far to find some.

## Leaf mould gold

The leaves of our neighbourhood's mature deciduous trees are a gardener's gold. When you leave the leaves in your garden beds, moisture is re-

tained. The fungal life slowly breaks the leaves down, releasing appropriately small amounts of nutrients over time and creating healthy, permeable soil. This mimics the natural processes of our forests.

You can also gather leaves to create a concentrated soil amendment called leaf mould. Promptly rake them up from your lawn, driveway, or walkway before any wildlife takes shelter, put them in a pile or within a simple chicken wire bin in a hidden corner of your yard, and wait for them to decompose into a fine humus.

This is not the hot, smelly bacteria-driven process of composting kitchen scraps. When a pile is only leaves, naturally occurring fungi take their time in a cold decomposition process that will not attract pests.

Great leaf mold is like a fine wine. When it's ready, you'll know. It's dark, crumbly, and earthy. While the process can take two to three years, this can be greatly sped up by keeping the leaves wet and shredding them right after raking.

## Putting leaf mould to work

Rich fertilizers and manure-based composts create overly fertile gardens with excessive growth, floppy plants, and fast-growing weeds. Leaves improve soil health

without these excess nutrients.

Top-dress your beds with leaf mould followed by mulch, or incorporate it into a planting hole, mixing with the native soil. Use larger amounts for woodland species, but take care to use only very small amounts for dry prairie or meadow species. For alvar species, consider mixing leaf mould with crushed stone.

Manor Park's beautiful deciduous trees are a treasure, and their leaves are a critical resource to help us face climate change. The soil desperately needs our local leaves to be kept here, and this is the time of year to start.

**\*Exception:** Do not leave the leaves with Norway maple leaves. Unlike native maples, invasive Norway leaves create thick mats that suppress plant growth. Use them only for leaf mould. Check the GeoOttawa map to see if your city tree is a Norway.

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 MPCA Environmental Sustainability Committee and the Butterflyway Ranger for Manor Park and Cardinal Glen.

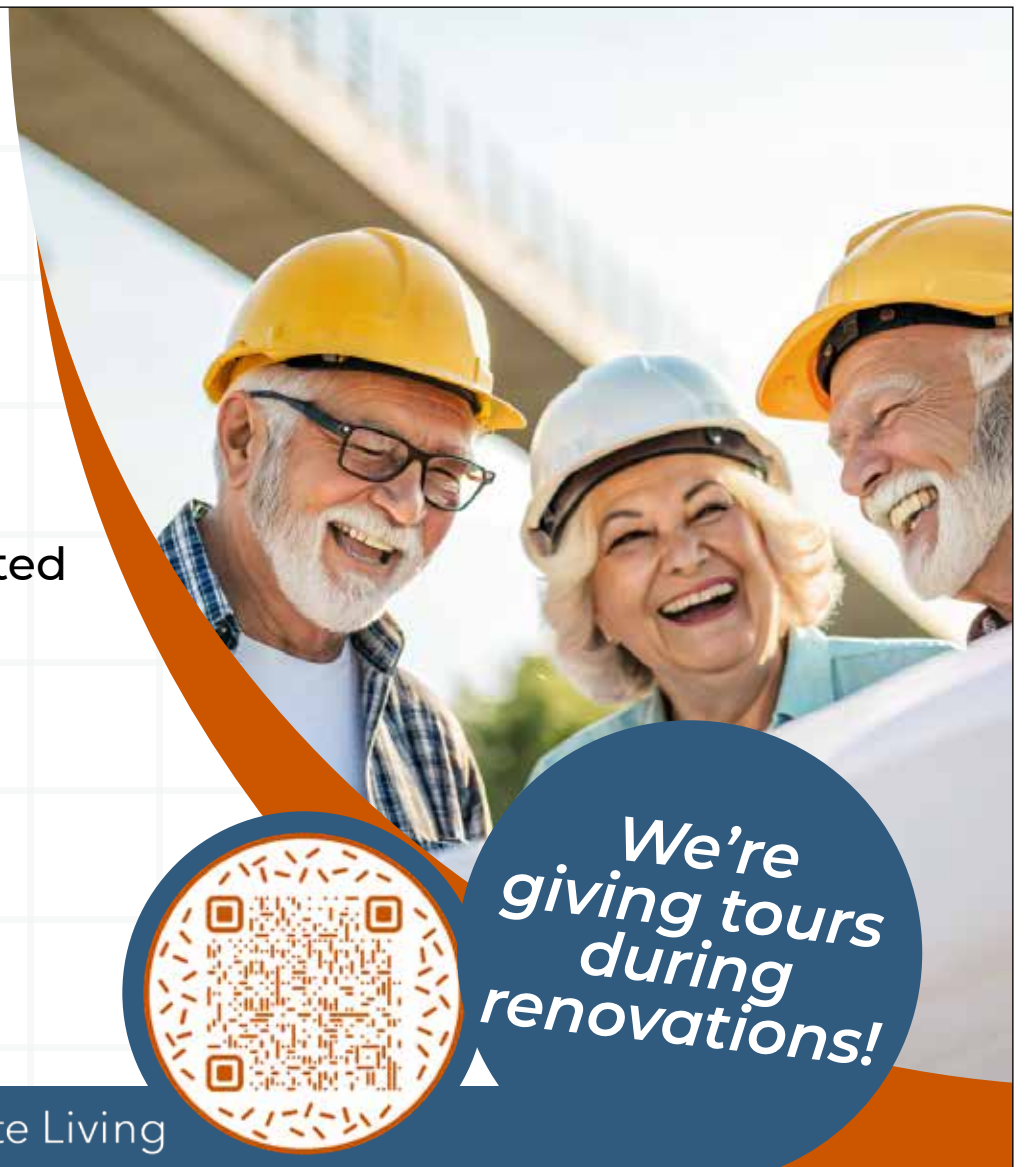
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## To help with bundle drop-offs, condo/apartment deliveries and commercial routes!

The *Chronicle* is immensely proud of its dedicated delivery team who volunteer five times a year to ensure that 5,000 copies of our community newspaper reach residents in each of Manor Park's neighbourhoods as well as local businesses, schools, libraries, churches and community centres. But now, that team needs help!

**HERE'S WHERE YOU CAN PITCH IN!**

**Route deliveries**  
Volunteers are urgently needed this fall, especially for deliveries to local apartments, condos, retirement homes, community centres and local businesses. Please step up and pitch in! You'll be helping to relieve several current volunteers from the daunting task of doubling and tripling-up on their route deliveries.

**Delivering bundles to neighbours**  
Additional volunteers are needed to assist with picking up and delivering residential route bundles to the doorsteps of volunteers who for various reasons find it difficult to collect bundles themselves.

**What's that well-known adage? Many hands make light work.**  
Are you recently retired, new to the neighbourhood and looking to get involved? Are you someone with a car or van and an hour or so to spare, five times a year (September, November, January, March and May)? Perhaps you are a high school student seeking volunteer hours. We'd love to hear from you to assist with our residential route deliveries.

**CONTACT!**  
Jacki Sachrajda, Delivery Coordinator  
613-799-7260 | [jacki.sachrajda@rogers.com](mailto:jacki.sachrajda@rogers.com)



## New look for the front page

As many of you have likely noticed, the *Chronicle* has a new look to its front page. It starts with the banner where a photo of one of Manor Park's iconic street lights has been added. At a time when those fixtures were being upgraded to new LEDs, it was felt the new look offers a link to the community's past while also recognizing the move to a more modern system — lighting the way to a bright future. Also added is a bold green bar that serves to highlight not only the date and volume of each edition, but also promote the paper's website ([www.manorparkchronicle.com](http://www.manorparkchronicle.com)). Finally, the black and white sketch of an original Manor Park house, a mainstay of the front banner for more than two decades, has been moved inside to the top of the editorial page.

### Are You Interested in Curling?

The Dominion Chalmers Curling League is looking for curlers for the 2025/2026 season. This is a recreational league for those who curl and those who are beginners alike. Each year, several spots open up and are filled on a first-come, first-served basis.



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# Many factors contribute to sidewalk deferral decision

After extensive community consultation and careful analysis, I have made the decision to defer the implementation of sidewalks as part of the current integrated infrastructure renewal project in Manor Park.

This decision affects six streets scheduled for infrastructure renewal as part of an \$18.9 million project: Arundel Avenue from Farnham Crescent to St. Laurent Boulevard, Braemar Street from Ava Road to Arundel Avenue, Farnham Crescent from Ava Road north to the dead end, Finter Street from St. Laurent Boulevard to the dead end, Jeffrey Avenue from St. Laurent Boulevard to Braemar Street, and Kilbary Crescent from Sandridge Road to Ava Road.

While sidewalks have been

FROM THE DESK OF:



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

removed from the project scope — saving \$150,000 from the budget — all essential underground infrastructure work will proceed as scheduled. This includes sewers, watermain, roadway recon-

struction, and curb installation. Importantly, no trees will be lost as part of the project.

This deferral represents a strategic approach to infrastructure planning that prioritizes long-term community benefit over immediate implementation.

I want to emphasize that Manor Park faces an unprecedented convergence of major transportation and land-use changes that necessitate comprehensive planning before implementation of sidewalks for this specific project. The Manor Park Official Plan Amendment, approved in 2021, could introduce significant density near the St. Laurent/Hemlock intersection. This level of intensification will generate substantial additional vehicle traffic, pedestrian activity, and cycling demand that will interact with the infrastructure renewal areas in complex ways.

My office and the Manor Park Community Association specifically recommended comprehensive transportation planning following the 2021 Official Plan Amendment approval, but city staff did not undertake this essential analysis. This failure to implement the recommended comprehensive transportation analysis has created the current exceptional circumstances where we find ourselves making infrastructure decisions without the foundational transportation studies that were identified as necessary for this specific area.

Several major transportation changes affecting Manor Park require coordinated consideration. The Hemlock Road Connection to Wateridge Village will create a new traffic corridor that will significantly alter pedestrian routes and

traffic volumes throughout Manor Park. The Beechwood Avenue Reconstruction project, currently in preliminary design phase, could transform the traditional main street into an active transportation spine. Proposed changes at the Braemar, Ava, and Eastbourne intersection, potentially including a traffic circle, will fundamentally alter pedestrian navigation patterns. Manor Park Public School area improvements will include pedestrian enhancements as part of the updated Transportation Master Plan, and the Secondary Plan Implementation will guide long-term infrastructure and land-use decisions that will shift pedestrian activity patterns.

## Best way forward

All of these changes must be examined in a holistic fashion in order to determine the best way forward. My decision also, in part, reflects extensive community engagement conducted over eight months, including two public information sessions, community surveys, and ongoing resident feedback. This consultation process was more extensive than typical integrated renewal projects, which usually involve only a single public information session.

Based upon concerns expressed by both affected residents and the community association, my office extended the consultation process and worked with residents, the community association and city staff to examine all options and alternatives under existing policy.

## Survey results

A community survey conducted by my office received responses from 338 residents,

revealing overwhelming opposition to sidewalk installation. Only 71 respondents representing 21 per cent expressed support for sidewalks, while 267 respondents representing 79 per cent opposed the installation. This substantial opposition indicates that more than three-quarters of community members who participated in the survey do not want sidewalks included in the current infrastructure renewal project.

The consultation process highlighted important accessibility considerations from different perspectives. My office heard from residents noting that current infrastructure forces wheelchair users into dangerous situations, and that winters make the lack of sidewalks particularly challenging for people with mobility issues. Sidewalks would also benefit parents with strollers, children walking to school, and seniors. However, I also heard from residents with mobility challenges who preferred no sidewalks due to technical requirements of specific mobility equipment and difficulty navigating sidewalks due to sensory processing challenges.

I want to emphasize that this decision is limited to this specific infrastructure project and does not impact other proposed projects. The deferral allows time for proper analysis of how multiple transportation changes will collectively impact the transportation network in this sector of Manor Park. Future planning must include comprehensive transportation analysis considering all major changes affecting Manor Park, proper coordination between different transportation projects, ground-level streetscape

>>CONTINUED ON PAGE 11



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For the second time in a year, the city has replaced a decaying bridge along the Caldwell-Carver Conservation Area trail with an expanded version, allowing for a better viewing area.

PHOTO: IOLA PRICE

# Trail gets new lookout bridge

By Iola Price

We were delighted to report that in 2024 the city's Parks and Facilities group replaced one of the small bridges on the main trail in the Caldwell-Carver Conservation Area.

Now, even better news —

the other decaying bridge has also been replaced. Like the 2024 version, it has been expanded and given a 'jut out' viewing area on the lake side.

Now it is easier for small children and adults alike to look for living creatures in the water while walkers have room to pass behind them.

There is even a sitting/contemplation/viewing bench on the far side.

In times of municipal budget restraint, it is wonderful to know city staff, who appreciate the conservation area, are able to find the resources to have this bridge replacement done.

## Sidewalks, cont. from page 10

analysis of projected pedestrian and cycling traffic, and assessment of future pedestrian demand patterns and optimal sidewalk placement.

By taking time to properly analyze the collective impact of multiple transportation changes, we can ensure that future sidewalk installations serve Manor Park optimally

and integrate seamlessly with the community's evolving transportation network. Community input will continue to be sought as future transportation plans develop, with sidewalk implementation to be revisited as part of the comprehensive planning process.

I thank all residents for sharing their perspectives through-

out this extensive consultation process. My full decision is available at [www.rideau-rockcliffe.ca/issues](http://www.rideau-rockcliffe.ca/issues). As always, you can contact my office by email at [rideaurockcliffeward@ottawa.ca](mailto:rideaurockcliffeward@ottawa.ca) or by phone at 613-580-2483. Please subscribe to my newsletter at [www.rideau-rockcliffe.ca](http://www.rideau-rockcliffe.ca) for ongoing updates about our community.



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# BUSINESS BUZZ

September arrives all too soon following the carefree days of summer, bringing the familiar return to family, recreation and school routines. Take time to reconnect with neighbours at community events, with friends at a nearby café or restaurant, and to witness mother nature turn our neighbourhood into a brilliant kaleidoscope of colour.

Read on in this September-October 2025 Business Buzz column for news about several of our current and new advertisers. Enjoy perusing their unique and often inspiring stories, and the business updates brought to these pages by columnists Mark Lindenberg and Sharleen Tattersfield.

**Café Miracle**  
*Come for coffee, stay for miracles*  
On a sunny August afternoon,

I met Özlem Aslan, owner of Café Miracle at 141 Beechwood, corner of Acacia and Beechwood Avenues. We sat at the café's colourful patio area. Having opened in June this year, it was already apparent that the café has become a neighbourhood hub.

Özlem works closely with local suppliers to bring the authentic flavours of the Anatolian and Mediterranean cultures to her café. Alongside dishes like CocoBak (chocolate baklava), Verolina (a semolina-based dessert, inspired by the city of Veria, in Greece), and Dilly (a savory pastry filled with feta cheese and dill), guests will find sandwiches, wraps and other options, along with locally baked sourdough bread, and locally



**Meet Özlem Aslan (far right), owner and the baristas at Café Miracle, 141 Beechwood Avenue. Offering all-day bites and sweets, speciality coffees and tea infusions as well as Turkish coffee served in delicate china cups. Turkish coffee, says Özlem, is known as 'Miracle Dust' - a timeless coffee ritual that whispers its own tale, crowned with sparkle and sweetness.**

PHOTO: SHARLEEN TATTERSFIELD

roasted coffee from Happy Goat Coffee Company.

Özlem and her family moved from Turkey to Canada in 2018, arriving in Toronto. Trained as a lawyer in Turkey, Özlem completed studies at Osgoode Hall Law School and her articling period in Ontario. Although prepared, she has not yet been called to the Ontario Bar. I ask her what made her decide to put aside law and open a café.

She tells me of the fulfillment she gets from living in the neighbourhood and of being within walking distance of not only her own venture, but other local amenities.

"I open the café door with joy," says Özlem. "I water the rosemary outside. I buy the flowers for the café - you'll see them in the windows. We offer many Mediterranean-inspired dishes and drinks. I put my love into whatever I serve. It makes me so happy."

From the bustle around me, it's clear that Özlem is able to pass that sense of fulfillment and happiness on to her customers, and that friendships are evolving. "Everybody knows everybody. This is a neighbourhood where we're

really connected."

I ask Özlem about the café's name. "Café Miracle was born from a deeply personal journey. Every day, I practice the teachings of *A Course in Miracles*, a spiritual path that reminds us that true miracles are shifts in perception, moments when we choose love over fear, and connection over separation," says Özlem.

A further expression of that philosophy is the café's 'Miracle Jar': "Right by the counter, there is a jar, filled with notes of peace, trust, presence and a gentle reminder to see without judgment. Our guests reach in and take a message when they need one. It's a small invitation to pause, reconnect and remember that the everyday is already full of quiet miracles," says Özlem.

A few steps away is the 'Miracle Wall,' filled with the voices of the community: words, drawings, wishes and hopes - a living reflection of Café Miracle's visitors. Nothing makes Özlem happier than seeing her guests add their own thoughts, or dreams.

Inside the café is a workshop space called 'COSMOS' designed for creativity, con-

nection and quiet transformation.

"While we are still growing into all it can be, the seeds have already been planted. We've created collages with local artists whose work hangs on our walls, and we've welcomed neighbours who gather here for breakfast or to simply connect, and watch guests enjoy long, thoughtful chess matches."

Özlem plans to host reading circles, poetry nights, journaling sessions, miniature painting, knitting circles, storytelling afternoons for kids, board game nights, handcrafting with local artisans, and much more.

Café Miracle is open Monday to Saturday from 7 a.m. to 7 p.m., and Sundays, from 7 a.m. to 5 p.m., with five part-time staff, and "I'm here, too," Özlem says. Offering customers a wide and welcoming smile, she is indeed the heart and hands of Café Miracle.

Reach the café at 613-663-2233 or check out their presence on Instagram: @beechwoodmiracle.

*Mark Lindenberg*

Continued on page 13

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BUSINESS BUZZ

FROM PAGE 12 >>

Epicuria Food Shop & Catering  
35 successful years!

This year marks a significant milestone for Epicuria Fine Food Store and Catering: celebrating 35 years of serving Ottawa with exceptional prepared meals, artisanal products and elegant catering experiences. What began as a small speciality food shop in 1989 has grown into a destination where quality ingredients, creativity and warm hospitality come together.

“What I love most about this business is the chance to connect with people through food,” says Michelle Lafrance, owner and fourth caretaker of our neighbourhood food shop and catering company.

“Whether it’s a family picking up dinner on a busy weeknight or a celebration of any kind, we get to be part of their lives in meaningful ways.”

Epicuria has always been more than a food store. From its earliest days, the vision was to create a place where people could find meals that were comforting and sophisticated – dishes made with care, designed to be shared with family or enjoyed as part of a special celebration. Over the decades, the shop has become a community staple, known for its rotating menu of prepared foods, seasonal specialties and curated pantry items.

Catering has also been central to Epicuria’s story. From intimate dinner parties and corporate gatherings to weddings and milestone celebrations, Epicuria has helped customers mark their most important occasions. Its catering team is known for details that elevate an event – elegant presentations, seamless service and exceptional menus

tailored to clients’ needs.

The secret to this longevity lies in the people and relationships behind it all. Epicuria’s chefs, bakers, event planners and front-of-house staff share a passion for food and hospitality that shines through in all they do. Many team members have been with the company for years, helping to shape its character and carry forward its traditions. Together, they’ve built an environment where creativity thrives, where customers feel like part of the family.

“Epicuria has always been about more than just great food – it’s about the people behind it,” says Michelle. “I’m proud of the incredible team we’ve built and the sense of community that has grown around us.”

Community has always been at the heart of Epicuria’s success. Its customers, some of whom have been visiting since the early days, continue to support the business, passing along the tradition to their children and grandchildren. And, Epicuria has contributed to Ottawa’s vibrant food culture and celebrated local producers, farmers and artisans along the way.

“A heartfelt thank you goes out to Cindy Riley, Heather MacLachlan and Tracey Black for laying the foundation of this truly special company,” says Michelle.

Looking ahead, Epicuria remains committed under Michelle’s leadership to the values that have defined it for more than three decades: quality, innovation and community. While food trends may come and go, Michelle says that, “the essence of Epicuria remains the same – delicious meals, beautifully presented and always designed to bring people together.”



Meet the Evertrain fitness team of success coaches (left to right): Pierre, Melissa, Alejandro, Sophia and Mahalia with their dad Andre and mom Julie, both co-owners, and membership manager Kyl. PHOTO: SHARLEEN TATTERSFIELD

“Reaching 35 years is truly humbling,” says Michelle. “I’m grateful for our loyal customers and for our staff who pour their passion into everything they do. The joy for me is knowing that we’ve created something lasting and that we still have so much more to share.”

As Epicuria celebrates this milestone anniversary, it extends deepest gratitude to its customers, staff and the partners who have made this journey possible. With pride in its past and excitement for the future, Epicuria is introducing a new loyalty program to thank its wonderful clients.

Here’s to many more years of creating memorable meals and moments.

Visit the store at 357 St. Lau-

rent Boulevard in the Rockcliffe Crossing Plaza, check out their website at epicuria.

ca or call 613-745-7356.  
Sharleen Tattersfield  
Continued on page 14



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## BUSINESS BUZZ



Club members sliding, sweeping and 'hurrying hard' during a friendly game at the R.C.M.P. Curling Club, located nearby at 115 St. Laurent Boulevard. PHOTO: COURTESY, MICHAEL BERNARDS

## FROM PAGE 13 &gt;&gt;

**Evertrain Fitness***Coaching for the over-50s*

On meeting Andre St. Amour, the owner and operator (alongside his wife Julie) of Evertrain Fitness at their 524 Montreal Road studio, corner of Montreal Road and St. Laurent Boulevard, I ask why they founded their fitness-coaching company with a focus on helping people over 50. Andre tells me that when they started ten years ago, it was not only about "what we were good at, but also, who we truly enjoyed working with."

"Our approach was always centred on injury prevention. We saw the value of putting in the work at the beginning to avoid injuries later. That foundation is really a key factor in long-term success for anyone, but especially for people over 50."

Andre explains that the over-50 demographic was highly underserved, even though they were the ones looking for this type of support.

"It wasn't easy for someone over 50 to find a person-

al trainer they could connect with and trust. We felt there was a big gap there and we wanted to fill it."

Personal experience played a big role in shaping Evertrain's fitness programs. Andre recalls: "In the past, I hurt myself through ignorance – doing things I shouldn't have, or doing them the wrong way, or not doing things to prevent injury."

"Julie and I have both had major injuries. We knew firsthand the power of the very things we now teach people: strength training, stretching and different mobility drills. A broad approach, combined with an individual plan, can make an incredible difference."

For the past year, Evertrain Fitness has offered their 'Lifelong Strong Trial' to new clients – a three-session, 'try-before-you-commit' program snapshot. Andre and Evertrain's team of four trainers – each bringing complementary professional backgrounds – don't oversell the idea of quick results with the trial. Instead,

they help clients discover whether the Evertrain system feels like the right fit before moving into a longer-term program.

The first session is a movement and longevity screen: asking clients to perform simple movements that uncover potential issues or contraindications.

"We look at whether an exercise might actually cause a problem and, if so, how we can modify it so you can still do it safely. Or, if needed, we take a different route. It tells us not just what to do, but what to avoid," says Andre.

The second session gives clients a taste of a personalized workout, starting at their own level.

"We put them through a workout that feels achievable but meaningful," says Andre. "The third session is more of a game plan meeting. We sit down, go through the client's goals in detail, discuss potential obstacles, and talk about how to overcome them. There will always be obstacles – but we don't let that get in the way."

Typically, people begin in similar places. Evertrain not only customizes exercises for each client, but also how those exercises progress over time – prioritizing what gets done, setting weekly goals, adjusting in real time and reviewing every 13 weeks.

Evertrain Fitness offers private training, semi-private training and online coaching. Whatever the delivery type, the Evertrain method remains consistent: helping clients build and maintain functional muscle, getting strong enough for daily living tasks, and focusing on joint mobility, posture and motor control to ease stiffness.

The method also emphasizes independence and longevity, covering nutrition and habit-building.

"We figure out where the gap is, where you're struggling and we close that gap," says Andre.

The last piece of the puzzle, Andre emphasizes, is consistency through coaching. "We're the motivator, we're the troubleshooter, we're the anchor for our clients."

Want to learn more about Evertrain Fitness? Visit [evertrain.ca](http://evertrain.ca), email [info@evertrain.ca](mailto:info@evertrain.ca), or call 613-703-0409.

**Mark Lindenberg**

**The R.C.M.P. Curling Club***Having fun! 'Hurrying hard!'*

Meeting with Michael Bernards, the R.C.M.P. Curling Club's new marketing and publicity representative, and Paul Adams, manager, in the club lounge, I sense the enthusiasm both have for the sport and for the history of the club itself.

"[The Club] opened in 1956, strictly for R.C.M.P. members. Their spouses rented ice. But for two years prior, they curled in the stables ... using natural ice. In 1964, they saw that ... in order to survive, they'd have to open the membership to the general public," says Michael.

I ask if there was a pivotal

moment that, or a person who, helped establish the curling program. Paul (a club member for the past 20 years) notes that many people have helped the club survive and prosper.

"We hired an ice-maker in 1992 or '93. At the time, he was fairly new to the trade, but since then he's become world-renowned. Ian MacAulay helped put our curling club on the map. It has a reputation as one of the best clubs in Ottawa, maybe in the country, with the best curling ice."

"The club includes players as young as five, and university kids often find themselves playing alongside the Deputy Commissioner of the R.C.M.P. or a Supreme Court judge, or me ... and everything in between," says Paul. The club has four ice sheets.

"The RCMP own the land and the building, and make sure the building's in good shape," says Paul. "Fifteen to 20 per cent of our 500 members are R.C.M.P. members. We have 10 rent-a-leagues per week, for another 300 players. About 800 people curl here in a week." Paul tells me of one curler who's over 90 years old.

"I was drawn to it when I came to watch family members play," says Michael. "There are leagues for different ages, women's leagues, men's leagues, open leagues. We do have a couple of strong, quite competitive youth teams. But ... by the time you're in the lounge after the game, the score no longer matters. The social atmosphere draws people in."

The curling season starts in October and ends in April. League play will see teams bump up and down the ladder depending on their performance. A club championship in the spring is open to any team in any league.

"We try to do one social event per month," says Paul. "Our golf tournament and trivia nights are a lot of fun."

**Continued on page 15**

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BUSINESS BUZZ

FROM PAGE 14 >>

The club hosts a turkey spiel at Thanksgiving; the winners take home turkeys. It also co-hosts the City of Ottawa Championship and co-hosts a women's bonspiel in February; all monies raised are donated to the Heart and Stroke Foundation."

On Saturdays, a social mixed-league plays. "There are daytime leagues, and a few community groups that run their own league; they just rent the ice here," says Michael. The club provides "consistently good ice and great atmosphere".

In terms of the club's evolution, Michael tells me, "the virtual elimination of gendered teams is the biggest change. If you were a men's league and you needed a spare, it had to be a man that filled in. For women's league, it had to be a woman. That has increasingly just shifted."

"Unofficially, every league is an open league. You'll see men and women on the ice at the same time, and nobody cares ... the important thing is the curling," he says.

During the season, the club hosts a Friday night learn-to-curl league: anybody can try curling to see how they like it. And, find out that when the skip (captain) calls 'hurry hard', he's telling the curlers to sweep the ice as hard as they can.

Interested in learning how to curl? Visit <https://rcmpcc.ca/>, email [manager@rcmpcc.ca](mailto:manager@rcmpcc.ca) or call 613-749-7086 for more information.

**Mark Lindenberg**

**Villeneuve Interiors**  
*Bringing visions to life*  
We welcome new advertiser Villeneuve Interiors whose design showroom at 179 St.

Laurent Boulevard opened in September 2021 in Manor Park. Since its inception in 2017, Villeneuve Interiors has established itself as a trusted partner for homeowners who want high quality design and renovation solutions. Founded by Denis Villeneuve, the company brings over 50 years of home renovation, design and project management experience to projects, both large and small.

From the moment clients invite them into their home, Villeneuve Interiors delivers "a seamless experience from concept to completion," says president and sales consultant Denis Villeneuve.

Whether kitchens (opening up the space, adding more natural light), bathrooms (reconfiguring the floor plan, replacing fixtures, incorporating barrier-free features), basements (maximizing usable space) or other rooms (e.g., offices, laundry rooms, bedrooms, home additions), Denis says that Villeneuve Interiors can "take care of it all, from design and project management, all the way to the renovations."

The company also incorporates universal and accessible design into almost any area in a home, "meeting all the user's needs in order to become more adaptable and comfortable," says Denis.

Villeneuve Interiors has "a dedicated team with over 50 years of combined experience in home renovations and constructions." Denis and his staff reassure clients with their commitment to quality and their attention to detail, making sure that the project is well-organized, in order to "make clients' visions come to life."

The company offers start-



Located in Manor Park on St. Laurent Boulevard is the showroom of the interior design firm of new advertiser Villeneuve Interiors. Open by appointment only, the showroom features a wide range of products and appliances for kitchens, bathrooms or other areas of the home.  
PHOTO: SHARLEEN TATTERSFIELD

to-finish project management, beginning with an initial in-home visit and ending with a final walk-through at project completion. This includes, "minimizing mess, managing the project efficiently, and providing thorough follow-up services for clients."

The Villeneuve Interiors website includes a number of interesting time-lapse videos, showing the process undertaken on various projects, from a walk-in closet renovation to a roof replacement, to the beautiful conversion of an old 3,500 sq. ft. church in Wakefield, Quebec into a home.

How does Villeneuve Interiors build and maintain such a wide-ranging project portfolio? "We surround ourselves with established and reputable trades," says Denis. "Our established client base leads to many repeat customers."

When I ask about one thing that clients should know before starting a project, I learn that

understanding the length of time to complete a project is important. "There will be a difference in how long it takes to do it yourself, and how long it takes for the professionals to do what you want done," says Denis.

Curious, I inquire about the best way to deal with the unexpected in a renovation project?

"Knowing the scope of the project beforehand leaves little room for unexpected challenges to come up. Proper planning will alleviate most unexpected delays and cost," says Denis.

Intrigued about what Villeneuve Interiors can do for your home project? Give them a call at 613-686-4689, email [denis@villeneuveinteriors.com](mailto:denis@villeneuveinteriors.com) or visit their website at <https://villeneuveinteriors.com>.

To visit their showroom, which is open by appointment only, call or text Villeneuve Interiors at 613-686-4689.

**Mark Lindenberg**

**BUSINESS BRIEFS POSTSCRIPT**

**By Sharleen Tattersfield**

We welcome new advertisers: Café Miracle (Özlem Aslan); Capital Antiques, Art & Design Fair (Ernest Johnson); Hidden InSite / The Haunted Walk (Jim Dean); MPR Renovate Landscape (Richard Paton); Ottawa Antiquarian Book Fair (Kyla Ubbink); The Edinburgh – Levante Living (Nicole Nixon) and Villeneuve Interiors (Denis Villeneuve). We thank our returning seasonal advertisers and those who have renewed as five-issue advertising subscribers with this edition.

**ChiroHouse**  
*Optimizing family wellness and health*  
Since opening just ten months ago on the Beechwood Village strip, ChiroHouse has been

**Continued on page 16**

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BUSINESS BUZZ



Nestled in our neighbourhood at 1805 Gaspé Avenue is the The Farm Store by Ottawa Street Markets. Pictured here is Chris Penton, founder and manager, with the day's fresh, colourful and wholesome, seasonal bounty. Open Monday to Friday from 3pm to 6pm and Saturdays 9am - 1pm, the Farm Store features fresh Ottawa Valley grown/produced/prepared produce, breads, local meats and poultry, eggs and local maple syrup, honey and snacks.

PHOTO: SHARLEEN TATTERSFIELD

**FROM PAGE 15 >>**

attracting families eager to explore new ways of looking at health starting with the nervous system.

“I’ve been inspired by the connection between spinal health and neurology to overall wellbeing and the fascinating research of the last 15 to 20 years,” says Dr. Jack Hull.

With five years spent working in family chiropractic clinics in New Zealand, “Jack envisioned a neurologically focused space and an environment for families to flourish here in Ottawa,” says Lauren, his wife and ChiroHouse clinic manager.

Lauren says that one of the

clinic’s biggest draws is its use of CLA INSiGHT scanning technology. She explains that these state-of-the-art scans provide a clear picture of how well the nervous system is functioning, pinpointing where stress and tension exist in the body and may be interfering with health.

“What many people don’t realize is that the health and function of the nervous system directly influences nearly everything – movement, thoughts, digestion, immune responses, emotional regulation and sleep.”

“By measuring nerve communication, the scans help families understand how hid-

den stress can contribute to challenges such as headaches, fatigue, digestive issues, difficulties with emotional regulation, delayed milestones and so much more,” says Lauren.

As part of PX Docs, a global network of neurologically focused chiropractors, ChiroHouse places special emphasis on supporting children with sensory challenges, autism, anxiety and developmental concerns.

For adults, a major update at ChiroHouse has been the addition of in-house X-ray imaging, offering a seamless way to assess spinal and neurological health together. This technology helps the team see how

the spine is influencing nerve function – an essential piece of the overall health puzzle.

Their biggest takeaway for the community? “The spine protects the nervous system, which coordinates every function in the body. When stress or dysfunction is present, it can show up in many different ways,” says Lauren. “For those searching for answers, chiropractic care may be the missing link.”

ChiroHouse, located at 125 Beechwood Avenue (second floor), is proud to serve families from across Ottawa East. To learn more, visit their website at [chirohouse.ca](http://chirohouse.ca) or call 613-229-9377 to schedule an appointment or a free consultation.

*Sharleen Tattersfield*



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MEET YOUR NEIGHBOUR

Jim  
McArdle

**Who are you?**  
Jim McArdle. I live on Kilbarry Crescent with my wife.

**Where were you born?**  
Montreal

**Why did you choose your occupation? Did you ever consider another occupation?**  
My Dad went back to law school at the same university and at the same time as I was doing my undergrad degree, so I learned a lot about the school and a law career. I was also wondering what the heck I was going to do with a degree specializing in Economics. So I decided to write the Law School Admission Test and did quite well. The rest is history.

**The other career idea** (when I realized I wasn't going to be an NBA-calibre basketball player) was as a meteorologist. I love the weather and got hooked in a Physics undergrad course that focused on all aspects of climate.

**What is the most important thing in your life right now?**  
Aside from my wife of course, it is my two daughters and our three grandkids.

**Why do you live in Manor Park?**  
When I started working in Ottawa, a work colleague and friend who lived in Manor Park recommended it so highly that we began investigating while we rented in Lindenlea. It was also close to where my Dad and stepmom lived so we had the bonus of after-school childcare help nearby! Now, it's so much about our wonderful neighbours and the sense of community I feel.

**If you could live anywhere else in the world, where would you go and why?**  
It's tough to imagine not living in Manor Park, however, it

**would have to be close to our daughters and grandkids who all live in B.C.**

**What do you do to stay healthy?**  
Physically, lots of golf in the summer, curling in the winter and chasing our grandkids when we visit. Loving salads also helps. Mentally, it's a bit of work, reading good books or watching entertaining detective series, and some good old-fashioned therapy too.

**What was the last book that you read?**  
*The Little Book of Weather* by Adam Scaife, which my daughter gave me, and *Iron Flame* by Rebecca Yaros.

**What has been one of your biggest challenges?**  
Managing the stresses in life that come from trying to prioritize full-time work, trying to be a full-time parent, and being a full-time partner at the same time. Retirement has helped a lot!

**If you could have dinner with any three people alive or dead, who would you choose? What would you serve?**  
This was a tough one, as there are so many choices. They would have to be my mom who passed away many years ago, her Dad whom I never met, and Michael Jordan. Gazpacho soup as a starter, then steak with peppercorn sauce, Caesar salad and crispy French fries, followed by strawberry shortcake.

**Who would you cast to play you in a movie about your life?**  
Tom Hanks, since I think he could convey all the aspects of my personality.

**If I won the lottery, I would spend my winnings on....?**  
My kids and grandkids, after,



of course, buying a cottage for my wife and myself.

**What is your favourite childhood memory?**  
My parents owned an old cottage on Georgian Bay when I was young and most of my favourite memories involve it. At the top of the list is a group of childhood friends gathering around our kitchen table to play a game of spoons. What made it memorable is that the loser of the game had to do whatever “torture” we had all agreed upon before the game. These were things like walking two cottages away to fill a water bucket from the artesian well and return with it full, in bare feet in the snowy winter! You can imagine that the games were full of intensity and full contact.

**My favourite thing about Ottawa is....?**  
Manor Park! Okay, and also its accessibility to everything, including the outdoors.

**My least favourite thing about Ottawa is....?**  
The traffic ...

**Where do you see yourself in five years?**  
Enjoying travel with my wife to various parts of the world, as well as spending lots of time with our grandkids, and dreaming about shooting my age in golf.

**What do you wish to teach your children about the world?**  
That it's a world full of opportunity inhabited by so many wonderful people, and they should be open to all of it!

**When all is said and done ...?**  
It's all about our neighbours!!

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# Busy times continue at St. Columba

Local church committed to reaching out and supporting local community

By Diana Poitras

Welcome September! We hope our neighbours and friends enjoyed a happy — if hot — summer.

In June, we participated in the community garage sale and welcomed a few neighbours who sold their items from the church property. It was a joy to meet so many people — both buyers and sellers. All our unsold items were brought to charity shops.

At the end of June, we once again did some fundraising by allowing cars to park in the front and back lots and even on the lawn during the RCMP Sunset Ceremonies. We met people from Ottawa and as far away as India and loved being ambassadors for St. Columba, Ottawa and Canada.

Our 4th Annual Strawberry Social was held in July and was well supported by the community. The gorgeous local strawberries and fresh whipped cream were served atop scrumptious shortcakes. Parishioner, Becky Hynes, baked over 170 of her cakes, using a British family recipe and the finest ingredients.

St. Columba was once again the east end location for the STEM camp from the beginning of July through to Aug. 22. ARC Studio School held



Becky and Mark Hynes are busy in the kitchen during the St. Columba Strawberry Social in July. PHOTO: DOUG BANKS

camp at the church during two weeks in July; with the Au gre du vent craft or Dungeons and Dragons camps running consecutively with the STEM camps. The church saw hundreds of children in its various halls throughout July and August.

**Community Garden**

The Manor Park Community Garden at St. Columba was humming with activity starting in May. Four of the 18 boxes are used to grow food for the Rideau Rockcliffe Community Resource Centre's Emergency

Food Bank. Weekly donations of herbs, tomatoes, onions, peppers, squash/ zucchini, beans and more were delivered by St. Columba parishioner, Marie Chantal Ross (there was a bumper crop of tomatoes this year).

With so little rain, gardeners were frequently at the church to water and weed their boxes. All gardeners share in the caring of the food bank boxes and keeping the rain barrels full.

On Aug. 31 we did a “blessing of the backpacks” and school supplies during our service. Students of all ages



Pentecost with many of the congregation at St. Columba. PHOTO: DIANA POITRAS

brought their school backpacks to the church where they and the supplies were blessed. Parishioners donated school supplies and gift cards for delivery to both Manor Park Public School and Queen Elizabeth Public School.

**Looking ahead to September and beyond ...**

Sept. 7 is Welcome Back Sunday — and all parishioners received a postcard invitation to attend the service and bring a friend. A BBQ lunch is planned to follow the service.

Also on Sept. 7, the Sunday School resumed for another year. Teacher, Becky Hynes (yes, the same person who baked all the cakes for the Strawberry Social) has wonderful plans for the Sunday School this year. New families and children are

always welcome.

Throughout September we look forward to welcoming back Girl Guides, Pathfinders, Embers and Sparks; Scouts, Beavers and Cubs; the Irish Seniors' Social Group; Monkey Rock; the Stairwell Carolers; Au gre du Vent; ARC Studio School; and the Outaouais Wood Carvers.

Oct. 5 is the Blessing of the Animals. Mark your calendars and bring your four legged, furry, feathery, scaly, etc., companions with you.

**Thanksgiving**

October 12 is the Thanksgiving service, and the church is always beautifully decorated with fruits and vegetables, which are then donated to the food bank.

On Oct. 20, we plan to hold our annual Harvest Chili Supper with the support of the Girl Guides.

Throughout October the church would be pleased to receive donations of cold-weather clothing (clean and in good condition) for our free winter clothing event on Saturday, Nov. 1 starting at 10 a.m. More information about this event will be shared via the ListServe and on our website [www.stcolumbaottawa.ca](http://www.stcolumbaottawa.ca).

As always, we extend an invitation to our neighbours to attend a service, enjoy the glorious music, stay for fellowship, bring the kids to Sunday School or the babies to the nursery. You are sure to receive a warm welcome.



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Annual “Pints in the Park”:  
perfect summer afternoon

Manor Park, July 19, 2025 – Under clear skies and summery 30 degree temperatures, some 750 residents gathered around the Manor Park Community Centre (100 Thornwood Road) to enjoy *Pints in the Park*.

Organized by the Manor Park Community Council, the free event offered an inviting mix of drinks, live music, shopping, and food, creating a lively atmosphere from 2-7 p.m.

The highlight was an extended three-hour live set by musician Jason Kokkovas, a returning crowd favorite. His personable performance featured popular hits from across the decades, inspiring some attendees to get up and dance!

Thank you to our vendors! Alcohol vendors included local favorites Orleans Brewing Co., Small and Local Beer Co., and Reif Winery. Crowds were fed by Amaya, 233 Flavours, Explosion Persian Style, and Firebox Pizza. Local vendors included: Prime Personal Training, Queen Spicy B,



This summer’s Pints in the Park event was another big success with close to 750 people attending throughout the afternoon. PHOTO: SUBMITTED

Tread Forward, Cool Cat Candles, Meeple & Sheep, Knotty Woods, and Spicy Riffs Hot Sauce.

The Manor Park Community Council extended their gratitude to all who made the event possible. “These events wouldn’t happen without the support of our vendors and the hard work of our 14 dedicated volunteers,” the council noted. “Thank you for helping us create such a memorable community experience.”



The crew from 323 Flavours was cooking up a storm during the annual Pints in the Park event back in July. PHOTO: SUBMITTED

Book your children’s next  
birthday party with us!

Maximum fun for kids. Minimum stress for parents!

Themed Birthday Party Packages now available to book! Each would create awesome birthday memories for children 4-8 years. Two themes are available:

Treasure Island

Ahoy matey! The birthday child and friends have finally located the lost treasure chest of Captain Shadow ... now they just need to figure out how to open it! Children will solve riddles and puzzles in this escape room-like theme. Best for kids aged 6-8 but can be scaled down for ages 4-5.

Stuffie Tea Party

A magical tea party for the birthday child, their friends and friendly stuffies. Crafts, art, games, snacks, and dances bring the party to life. Children are invited to ‘dress-up’ and bring their favourite stuffie along. This theme is best for ages 4-5, but can be scaled up to ages 6-8.

What’s included? Our birthday

parties are two hours of non-stop fun, hosted at 1805 Gaspé. Each party will be led by one of our skilled Birthday Party Facilitators, ensuring a stress-free

and entertaining experience for kids and parents alike. Visit manorpark.ca then email events@manorpark.ca to book a birthday party package.



Game  
Nights!

Looking for a fun and friendly way to connect with your neighbours? Come out for Game Nights.

- 1805 Gaspé
  - Last Thursday of each month
  - Oct. 30, Nov. 27, 7-9 p.m.
- Hosted by local board game retailers, Meeple & Sheep, it’s an opportunity to learn new games, meet fellow game-lovers, and have fun. Meeple & Sheep will offer tutorials and recommendations from their extensive game library.
- Non-alcoholic refreshments/snacks available for purchase.
  - This is a free event!

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



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Manor Park!

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

We have three private rooms available with a wide range of amenities including free parking, easy access by bus, air conditioning, table and chairs, and large screen monitor.

Whether you’re hosting a workshop, game night, reception, birthday, club meeting, or social get-together, our spaces are flexible and fully equipped to support your plans.

Pictures of all spaces available can be found at manorpark.ca. When you are ready to book, email events@manorpark.ca and get started.



MANOR PARK COMMUNITY COUNCIL • manorpark.ca

ARTS AND FITNESS PROGRAMMING

Many ways to connect and participate in Manor Park

As fall begins, the Manor Park Community Council (MPCC) once again offers a wide range of programs for residents of all ages. Each season's program guide is more than a schedule of activities — it's a snapshot of how our community chooses to spend time together, learn new skills, and stay active.

The arts programs, for example, cover everything from introductory drawing for children to workshops in composition and mixed media for adults. For some, it's about developing technical skills. For others, it's simply a chance to carve out time in the week for creativity, whether that's through painting, sketching, or even joining the self-directed *Creative Circle*.

Wellness and fitness programs also reflect a broad spectrum of interests and needs. This fall includes everything from Tai Chi and yoga to higher-energy options like a Pop-up BootCamp class or Yoga-lates. What's important here is not just the variety, but the flexibility: people can choose what fits their lifestyle and comfort level, whether that means early morning exercise, mindfulness practices, or strength training.

Sports continue to be a strong focus. New options for children — such as Flag Rugby, Tiny Tykes Soccer, and Futsal — sit alongside returning favourites like JrNBA basketball. Each introduces kids to teamwork and skill development in an environment that emphasizes participation and fun. Adults, meanwhile, have opportunities to play and learn through programs like pickleball, which continues to grow in popularity.

For children and youth, the lineup shows how MPCC combines play with learning. *Minecraft Education*, *Dungeons & Dragons*, and the *What's for Dinner Cooking Club* each provide different ways to develop creativity, problem-solving, and independence. The *After 3* program remains a reliable anchor for families, offering a mix of recreation, arts, and STEM activities after school.

Taken together, these programs reflect MPCC's values of belonging, inclusion, and creativity. While the details — dates, times, instructors — are in the program listings, the larger takeaway is that there are multiple ways to connect and participate. You might join for fitness, for learning, or for your child's activities, but in every case, you become part of the wider rhythm of community life in Manor Park.

These programs aren't just about the activities themselves; they are about creating opportunities for people to meet, learn, and enjoy their neighbourhood. That's what keeps our community strong.



MPCC Chair  
MARK SMITH

WHAT'S NEW THIS FALL?

The Manor Park Community Council (MPCC) continues to offer recreational programs, licensed child care, and community events throughout the year. This fall, there are several exciting additions to the lineup – along with the return of your favourite activities.

ART PROGRAMS

NEW! ALL ABOUT COMPOSITION (WORKSHOP)

Instructor: Lindsay Watson  
If your artwork could benefit from a stronger sense of composition, this workshop is designed for you. Delve deep into the principles and practical approaches of composition in painting and drawing. Participants will learn straightforward, effective techniques to balance the elements within their work, helping create visually engaging art.  
Date: Tuesday, October 14  
Time: 10 a.m. - 3 p.m.

NEW! EXPLORATORY DRAWING

Instructor: Vanessa Uschy Coplan  
Explore new drawing methods through themed sessions, including still life, portrait, and abstract techniques. Try out various mark-making tools, experiment with drawing to music, and discover both objective and expressive ways to unlock creativity.  
Schedule: Wednesdays, Sept. 17 - Nov. 5  
Time: 1 p.m. - 3 p.m.

NEW! MIXED MEDIA PAINTING

Instructor: Vanessa Uschy Coplan  
Engage with a range of painting techniques in this mixed media class. Work with acrylics and experiment with materials such as fabric and collage. Learn methods like dry brushing and layering to add depth and texture to your pieces.  
Schedule: Wednesdays, Sept. 17 - Nov. 5  
Time: 10 a.m. - noon

NEW! COMPOSITIONAL DESIGN

Instructor: Laurie Hemmings  
Strengthen your artistic compositions by mastering the elements of design. Practice placing subjects effectively and ensuring your work is well-organized and visually appealing. This course focuses on planning and lays the foundation for consistently strong compositions.  
Schedule: Sundays, Sept. 28 - Oct. 26  
Time: 1 p.m. - 2:30 p.m.

NEW! DRAWING FOR KIDS

Unleash the imagination of your 6-10 year old! Children will learn the basics of drawing as they

explore techniques like shading, outlining, and sketching while strengthening fundamental drawing skills and gaining artistic confidence. Kids will bring their ideas to life on paper through step-by-step lessons!  
Schedule: Wednesdays, Oct. 8 - Nov. 14  
Time: 6-7 p.m.

NEW! CREATIVE CIRCLE

Self-directed. Free!  
Join a welcoming community of creatives for a relaxing, once-a-week session dedicated to the crafts of fiber arts, needlework, sewing, quilting, painting or drawing. (Did we miss anything?) This self-directed group offers a space to connect with like-minded individuals, share techniques, exchange ideas, and simply enjoy the meditative process of creating.  
Schedule: Wednesdays, Oct. 1 - Dec. 17; Jan. 7 - March 25  
Time: 7-9 p.m.

WATERCOLOUR PAINTING

Instructor: Laurie Hemmings  
Join resident artist and course instructor Laurie Hemmings for this popular arts program. Individual style is encouraged with lots of one-on-one instruction. Specific lessons are discussed in the first session. Expect to practice and learn new skills while exploring this beautiful medium in a safe and supportive environment.  
Schedule: Saturdays, Sept. 27 - Nov. 22  
Time: 10 a.m. - noon

WELLNESS

NEW! THE WAY SHE MOVES: EXPLORING FEMININE RHYTHMS

Instructor: Sophia Wood Massicotte  
This 5-part workshop series is a journey through the Faces of the Feminine, exploring the many textures, moods, and energies that live within women. Through slow, sensual movement, gentle somatic practices and intuitive dance, you will be guided to awaken softness and strength, play and power, and stillness and expression. Not about performance or choreography but about being a safe space to reclaim the quiet power that lives within.  
Schedule: Tuesdays, Sept. 9 - Oct. 14  
Time: 7:30 - 8:30 p.m.

SOUND BATH EXPERIENCE

Instructor: Ottawa Sound Therapy  
Using voice and instruments, the instructor puts sound into each participant's body to bring them to a place of relaxation letting the

brain 'switch off' and letting work of healing begin. Each person receives something unique from each session.  
Schedule: Wednesdays, Sept. 10, Oct. 22  
Time: 7:30 - 8:30 p.m.

SPECIAL INTEREST PROGRAMS



NEW! DUNGEONS & DRAGONS - IN-PERSON!

Instructor: DM Kim  
Kids are invited to be a hero in their own story! As a player in the world's most popular table-top role-playing game, players take on the role of a fantasy-themed character within a party of adventurers. The party works together to overcome various physical and mental obstacles introduced to them by the storyteller, building their creativity, teamwork and decision-making skills.  
Schedule: Sundays, Sept. 14 - Nov. 2  
Time: 3-5 p.m.

DUNGEONS & DRAGONS - ONLINE!

Instructor: DM Doug  
Schedule: Wednesdays, Sept. 17 - Oct. 29  
Time: 6:30 - 8:30 p.m.

NEW! MINECRAFT EDUCATION

This is an exciting and interactive program! The world of Minecraft Education is explored through themed lessons and time to explore the game. Lessons may include: computer science, social sciences, science, math, language, arts, and design. Perfect for curious 9-12 year olds.  
Schedule: Saturdays, Sept. 20 - Nov. 1  
Time: 1-2:30 p.m.

HOME ALONE SAFETY

For 9-15 year olds taking their first steps towards staying home alone. Participants will gain confidence and skills to stay at home alone safely and successfully. Each participant receives a Home Alone Safety for Kids manual and Certificate.  
Schedule and time: Oct. 19 from 9 a.m. - 4 p.m.

WHAT'S FOR DINNER COOKING CLUB

Instructor: Ryan Short  
Kids get to explore new foods, new recipes and new cooking



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ARTS AND FITNESS PROGRAMMING

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  
12:00-1pm

Workouts

Early Morning  
Tuesdays  
6:15-7:00am  
New instructor!

Yoga-lates  
Tuesday  
6:00-7:00pm  
New!

Morning Bootcamp  
Thursdays  
6:00-6:45am  
POP-UP

Step & Sculpt  
Thursdays  
7:30-8:30pm  
POP-UP

Tai Chi

Tuesdays  
2:30-3:30pm  
Level 1  
Starts Sep 9

Fridays  
9:30-10:30am  
Introduction  
Starts Sep 12

Yoga

Hatha  
Saturdays  
10-11am

Fitness.  
Yoga.  
Pilates.  
Tai Chi.

CLASS SCHEDULE

July 1 to September 30

Schedule subject to change.  
August 25 2025

manorpark.ca

techniques! They will even learn how to load a dishwasher. Dinner is included as they eat the healthy, home-cooked meal they have prepared.  
Schedule: Thursdays, Sept. 18 - Oct. 23  
Time: 6-8 p.m.

**AFTER 3 IN MANOR PARK**  
A recreational after-school program for children in grades 1-4 taking place in the Manor Park Community Centre. Daily activities are themed around arts & crafts, STEM, sports, and games. The A3 team are even Cub Reporters for the Manor Park Chronicle!  
Schedule: Monday to Friday following the OCDSB school calendar  
Time: 3-6 p.m.

SPORTS

**NEW! FLAG RUGBY**  
Action-packed with running, passing, and catching – but no contact!  
Our program introduces the fundamentals of rugby to 6-10 year olds. Through dynamic drills, fun games, and team challenges, players build strength, coordination, and confidence. Like all MPCC programs, this is proudly co-ed and welcomes players for all neighbourhoods, abilities and skill levels.  
Schedule: Saturdays, Sept. 27 - Nov. 15  
Time: 10-11 a.m.

**NEW! JUST PLAY FUTSAL!**  
Instructors: Ottawa Futsal Club  
A perfect introduction to Futsal for ages 6-7 or 8-10 years! Similar to soccer, futsal is played on a smaller court with a low-bounce ball to help sharpen footwork, improve ball control, and quick decision making. It's about teamwork, sportsmanship and

loving to play the game. Like all MPCC programs, this is proudly co-ed and welcomes players for all neighbourhoods, abilities and skill levels.  
Schedule: Mondays, Oct. 6 - Dec. 1  
Time: 6-7 p.m.

**NEW! CHALLENGER TINY TYKES SOCCER**  
Every Week is an Adventure! Soccer fundamentals are taught through themed weeks like Dinosaur Discovery, Knights of the Soccer Round, or Under the Sea sparking imagination and bringing play to life. Parents are encouraged to join in on the fun – running, jumping, and kicking alongside your little one. Each player receives a jersey and soccer ball!  
Schedule: Thursdays, Oct. 9 - Nov. 13  
Time: 6-6:45 p.m.

**JrNBA BASKETBALL**  
This program is a great introduction to basketball and the perfect platform to build and develop existing skills. Your child will run, jump and shout their way into a love for one of Canada's most in-demand sports. The Jr. NBA program curriculum is designed by Canada Basketball and NBA Staff specifically for players aged 5-12 years. Equipment, nets, drills, and games are all age-appropriate. Everyone gets a player kit!  
Ages 5-7 or 8-12.  
Schedule: Tuesdays, Sept. 23 - Nov. 11  
Time: 6-7 p.m.

**NEW! PICKLEBALL SOCIAL PLAY LEAGUE**  
Outdoor pickleball games continue through the good weather. Introductory as well as novice/intermediate pickleball returns to indoor play afterwards.  
Schedule: Wednesdays, until Oct. 1  
Time: 4-5 p.m. and 5-6 p.m.

**INTRODUCTION TO PICKLEBALL (BEGINNER)**  
Ideal to get the new pickleball player started. Our instructor will guide through technique, rules and game strategy. Practice with others at your own pace and level.  
Schedule: Thursdays  
Time: 4-6 p.m.

**PICKLEBALL OPEN PLAY (NOVICE, INTERMEDIATE)**  
This session is perfect for novice or intermediate level players. Our instructor will guide you through the basics. Game play will enhance technique. Feel supported and have fun.  
Schedule: Tuesdays  
Time: 1-2 p.m. OR 2-3 p.m.

FITNESS

**NEW! YOGA-LATES**  
Instructor: Rena Argiropulos  
Join Rena Argiropulos for Yoga-lates: a mat-based workout that blends the core-strengthening focus of Pilates with the flexibility and flow of yoga. Light hand weights are incorporated to help build strength, improve muscle tone, and enhance overall body awareness. This energizing fusion is perfect for all fitness levels.  
Schedule: Tuesdays  
Time: 6-7 p.m.

**NEW! POP-UP FITNESS CLASSES**  
Instructor: Leanne Ward  
Choose from BootCamp workouts or Step & Sculpt available on a POP-UP basis. Perfect for checking out a new style of class or instructor or using up remaining classes on your 10-Class MultiPass for Fitness. All classes are co-ed.  
Schedule for Morning BootCamp: Thursdays, Sept. 11, 18, 25  
Time: 6-6:45 a.m.

Schedule for Step & Sculpt: Thursdays, Sept. 11, 18, 25  
Time: 7:30-8:30 p.m.

**TAI CHI INTRODUCTORY LEVEL**  
Participants in the six-week introductory Tai Chi program embark on a journey to enhance their physical and mental well-being through the practice of new sets of movements and gradually building session after session. Beginners and those looking to refine their skills will enjoy the welcoming supportive environment.  
Schedule: Fridays, Sept. 12 - Oct. 17  
Time: 9:30-10:30 a.m.

**NEW! TAI CHI LEVEL 1**  
Continue your Tai Chi journey in this 12-week Level 1 program designed to expand on the foundational movements introduced in the introductory class. Gradually develop a deeper understanding of form, flow, and mindfulness, while reinforcing physical strength and mental clarity. All 108 movements will be covered.  
Schedule: Tuesdays, Sept. 9 - Nov. 25  
Time: 2:30-3:30 p.m.

**EARLY MORNING TUESDAYS**  
Instructor: Leanne Ward  
A high-energy, early morning workout – perfect for all fitness levels – featuring strength and cardio fitness training that blends functional movements, core, and weight exercises. Personalized modifications available to suit individual needs. Co-ed.  
Schedule: Tuesdays  
Time: 6:15- 7 a.m.

**STAY STRONG & STABLE**  
Instructors: Cate Hachigian, Chelsea Passmore  
Becoming strong & stable means training your body in the way you use it everyday like pushing, pulling, reaching and pressing, as well as lunging, squatting, stepping. Learn how to make your muscles work for you to get you stronger and more stable. Co-ed.  
Schedule and time: Mondays at 11 a.m. - noon; Wednesdays at 11:30 a.m. - 12:30 p.m.; Fridays at noon - 1 p.m.

**PILATES FUNDAMENTALS**  
Instructor: Cate Hachigian  
Pilates is full body functional exercise. The exercises provide the basis for strength training focusing on stability, mobility and core control connecting limbs to torso. Body awareness, posture and balance improve from moving methodically, in alignment and paying attention to small movements.  
Schedule and time: Mondays at 9:30-10:30 a.m.; Thursdays at 5-6 p.m.

**HATHA YOGA**  
Instructor: Nina LePage  
Make this classical Hatha Yoga class your new favourite. Stretch, unwind, use different breathing exercising, and enjoy a relaxing cool-down. As you move from pose to pose, you will relieve stress and stiffness in your mind and in your body. Co-ed.  
Schedule: Saturdays  
Time: 10-11 a.m.

NEW FITNESS INSTRUCTOR HAS 35 YEARS EXPERIENCE



**LEANNE WARD**  
Leanne Ward is a CanFit-Pro-certified Group Fitness Instructor who's been leading cardio and strength classes for 35 years. She's pretty much seen it all in the world of fitness.  
Leanne has a soft spot for 'step' classes, where you get your heart pumping using a platform that can be tweaked for any fitness level. She's also about boot camp-style workouts, mixing in cardio, balance, coordination, and strength so you can get a top-to-toe workout.  
What keeps Leanne coming back is working with people regularly and seeing everyone make progress on their health and wellness journeys.  
But that's not all. Leanne is also a Pediatric Endocrinologist at CHEO! She lives in Manor Park with her partner, and together they've raised three children. She loves her neighbourhood and the community vibe.  
Leanne can't wait to meet you at one of her classes. Come say hi and get moving with her!



# MANOR PARK COMMUNITY COUNCIL • manorpark.ca

## CHILD CARE AND EARLY LEARNING

### A heartfelt 'Thank You' from Before & After-School in Manor Park

Over the past year, we've received some truly heart-warming messages from the families and children in our Before and Aftercare program. These kind words mean the world to us – and we're thrilled to begin another exciting year together in 2025-2026!

Here's what some of our families and students have shared:

"Thank you and the BAS team for everything. A. has two more days in aftercare next week and is done after a wonderful four years!" – BAS Family

"I wanted to applaud your support of messy play and I'm so happy you're promoting such a positive stance on this type of play for children. You rock!" – BAS Family

"Thank you so much! I really appreciate having C. somewhere that I know is responsible and can fully support her allergies." – BAS Family

From the kids themselves: "Something I like about aftercare is playing board games (there are a lot!). A fun fact is we get lots of gym time and have an equipment room full of fun things!" – T.W. (Grade 4)

"I like doing challenges and relay races. A fun fact is that the educators join in on the games!" – E.K. (Grade 3)

"I like book-themed days! A fun fact is the educators



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

are fast problem solvers." – L.B. (Grade 4)

"Dodgeball Fridays are the best! A fun fact is that you're free to express yourself." – E.D. (Grade 5)

#### Registration Update

School-Age registrations for the 2025-2026 Before and Aftercare program are still open. Our Kindergarten rooms are currently full, but we are accepting names for the waitlist and will notify families if a spot becomes available.

Our licensed program is part of the Canada-Wide Early Learning & Child Care (CWELCC) initiative and also offers spaces through City of Ottawa subsidies.

If you're interested in care for this year, please don't hesitate to reach out: [bas@manorpark.ca](mailto:bas@manorpark.ca)



Two children in our Grade 1-2 room presented the idea of collecting drawings throughout the year to make into a book to share with the other children on the last day of school. We had a blast creating this book and will look back at it fondly over the years to come! PHOTO: SUBMITTED

### Families can add their children's name to Child Care Registry and waitlist

Interested in coming to Manor Park Child Care Centre? Don't know where to start? Here are a few tips to help guide families through the waitlist application process.

#### How do I add my child to the Waitlist?

All parents wishing to enrol their child at Manor Park Child Care Centre are required to add their child(ren) to the City of Ottawa's Child Care Registry and Waitlist (CCRAW). Parents can access the CCRAW by visiting [https://onehsn.com/Ottawa/ux\\_2\\_o](https://onehsn.com/Ottawa/ux_2_o).

From there, they can create a Family and Child Care Profile. An application must be created for each child they wish to enrol in daycare, including the preferred start date parents would like their child to begin at daycare (please note preferred start dates don't guarantee a space at that time). When selecting centres, families can select 'Manor Park Child Care Centre' and set their priority accordingly. Families may also apply for City of Ottawa fee subsidies at this time, if required. When it comes to obtaining a space in licensed childcare, getting your name on the waitlist as soon as possible is key!

**Tip:** it's never too early to add your child to the waitlist.



**Young children busy tending to the gardens along Thornwood Road during the MPCC Day Camp.** PHOTO: SUBMITTED

Even expecting parents can add their little ones and add the expected due date as the date of birth.

#### When will I know if the daycare has a space for my child?

When spaces become available, parents are directly contacted by the centre via email, in the order in which they appear on the waitlist. Parents who have siblings currently enrolled in the program do obtain priority spaces. Once a space is offered to a family, they will also be invited to come for a tour of the centre.

#### Can I book a tour of the space?

At this time, tours are reserved for families who have been offered a space. A virtual tour of Manor Park Child Care Centre will soon be available on the MPCC website!



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

What a magical summer it's been at Manor Park Child Care! From splashing in muddy puddles during water play to laughter-filled outdoor adventures, our little ones have truly made the most of every moment.

Some of our most cherished moments of the summer were watching the horses and carriage go down St. Laurent Boulevard in preparation for King Charles' arrival in the Nation's Capital, and sharing in the joy of watching the Mounted Police perfect their routines for the Musical Ride. On a few sweltering afternoons, families got to beat the heat with some cool treats from the Merry Dairy truck at pick-up time.

This summer, our second cohort of preschoolers made the giant leap to kindergarten, and we have welcomed 20 new families into our toddler programs. The many goodbyes we share with our preschoolers always make for a bittersweet time for us, but we are so excited for this next chapter. Watching them grow, learn, and now move on is always a bittersweet moment – but we couldn't be more proud of the confident, curious learners they've become.

### Seeking Elves!

The Children's Holiday Market on Dec. 5, 2025 is seeking Elves! Yes, we are calling out to Santa's helpers to volunteer to help children select gifts and giftwrap them. No North Pole experience is required! Register at [manorpark.ca](http://manorpark.ca). Questions? Please email [events@manorpark.ca](mailto:events@manorpark.ca)

#### Donations appreciated!

Donations of new or gently used gift items from residents make the Children's Holiday Market possible. This is how it works. Children select gifts for family members and friends. Elves then giftwrap these purchases to take home. All proceeds go to The Opportunity Fund which provides financial support for all ages to participate in MPCC recreational programs.

**Suggested donations include:** decorative knick-knacks; candles; bath items; mugs and kitchenware; games, toys and puzzles; items for dads. Please, no food or clothing.

Donations can be dropped off at 1805 Gaspé Ave. Please email [events@manorpark.ca](mailto:events@manorpark.ca) to let us know you are coming. Thank you!

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





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>>CONTINUED ON PAGE 28





# MANOR PARK NOTABLES

## Robert “Bob” Roy Gardiner (1929-2025)

Famously debonair and astute, Bob’s life in the arts spanned more than seven distinguished decades.

Bob Gardiner was born in Winnipeg at the start of the Depression. He was deeply proud of his Manitoban roots and of his Scottish ancestry. His Edinburgh-born father was Charlie Gardiner, a Chicago Blackhawks Hall of Fame goalie, who tragically died when Bob was just five years old.

Enrolled in law at the University of Manitoba, Bob was active in university theatre productions. There, a bit part in Street Railway Switchman (a nine-minute, 1953 National Film Board documentary), forever changed the trajectory of his life. Looking tall and stylish for all of six seconds, Bob delivered drinks and a sandwich to someone at the bar. Smitten, he knew that neither the ice rink, nor the courtroom, was in his future. His career lay in the arts, where he went on to wear many hats — writer, actor, journalist, director, producer, playwright and teacher.

Bob thought of himself first and foremost as a writer — beginning as a journalist in Winnipeg before moving east for a job as night editor and columnist for the *Kings-*

*ton Whig-Standard*. He worked with Kingston’s Domino Theatre, writing *World Worth Thy Winning*, a play that won the Dominion Drama Festival. Bob was the first to bring performances into Kingston Penitentiary where he used his talents to help inmates edit their own newspaper.

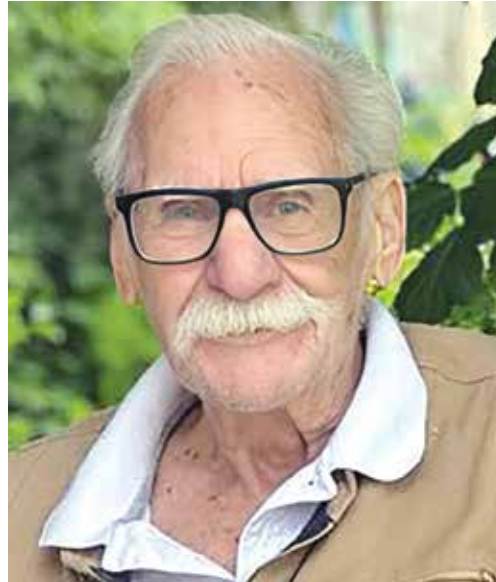
### Arrival in Ottawa

Work as a night editor and television critic took Bob and his young family to Ottawa, initially to Glasgow Crescent in Manor Park, then to the west end. He freelanced for CBC, first in radio, then in television during its infancy in Canada.

His debonair style and distinctive voice were his calling card, and were well suited for broadcasting. Working out of CBC Ottawa’s television studio, he hosted the community affairs show *Four for the Road* and wrote a centennial show and documentary history of flight, hosted by Patrick Watson.

In the 1970s, Bob wrote the beloved CBC Ottawa production *Hi Diddle Day*, a national children’s television series. He also appeared on-air as the famous Mr. Post and worked alongside puppet master Norreen Young.

An award-winning playwright, Bob immersed himself in the local arts community, writing the musical theatre play *Glengarry Days* which premiered in 1973. He was a



Robert “Bob” Roy Gardiner.

PHOTO: SUBMITTED

key figure in Ottawa’s Little Theatre, Orpheus Musical Theatre and the Dominion Drama Festival.

At Orpheus, his life took another significant turn. Playing the role of Fagan in the 1972 production of *Oliver*, Bob met his second wife (and soulmate) Marnie Edwards, a dancer in the chorus — the love of his life for 51 glorious years.

### A move back to Manor Park

Bob and Marnie married in January 1974; four years later they bought their ‘forever’ home on Braemar Avenue. In love with Manor Park, they enjoyed long walks in the Mile Circle and the company of wonderful neighbours. Their home was Bob’s refuge; his large home-of-

fice, his creative retreat.

Bob loved tending to ‘his garden of benign neglect’ with its lush borders and water features — the setting for much of his writing and the large, annual gatherings for family and friends that he and Marnie loved to host.

A pillar of MacKay United Church, Bob was known for his powerful readings and, in the early 2000s, for his annual outdoor production

of *Bethlehem in the Burg* — a nativity play that for years was the highlight of the holiday season.

Bob’s filmmaking career took him all over the globe: Italy, Cyprus, the Middle East and Northern Canada. He made video documentaries and training films for National Defence and CSIS and worked on CBC documentaries including *Flight* — the Passionate Affair and the AC-TRA-nominated *The Golden Triangle*.

Lecturing at the School of Journalism at Carleton University and at Algonquin College where he taught radio broadcasting and documentary filmmaking, Bob was a mentor for many who aspired to a career in the arts.

### A full life

A true renaissance man, Bob lived life to the fullest — at work and at play. There wasn’t much Bob didn’t do. He obtained his private pilot licence and also his commercial licence at the Rockcliffe Flying Club. An accomplished chef, Bob wrote *The Taste of History* cookbook, featuring recipes created in his Braemar test-kitchen and the cultural histories behind those dishes.

A talented and entertaining raconteur with a story for every occasion, he was always working on a ‘big project’ and loved languages, studying French, Japanese, Italian, German, Arabic and Chinese up until his passing at home in his 96th year.

Bob loved and is survived by his wife Marnie, his children Jessica, Rob and Fred Gardiner, his five grandchildren and his great-grandson.

*With kind appreciation to Marnie Edwards and her niece, Caitlin Fisher.*

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](mailto:manorparknotables@gmail.com).

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



At the R.C.M.P Curling Club  
**LEARN TO CURL LEAGUE**  
Friday evenings: 7 - 9pm

**OPEN HOUSE**  
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**All are welcome!**  
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For information contact:  
[manager@rcmpcc.ca](mailto:manager@rcmpcc.ca) | 613-749-7086

Equipment may be borrowed from the club  
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# Feel-good novels to help with uncertain times

By Robert Sauve

"Four more years! What to do?"

In January 2025, that yelp echoed throughout the landscape — north of the 49th parallel. You may have heard it, felt the emotion or yelped yourself. "What to do?" indeed.

It is challenging to simply feel good in times bereft of a clear horizon, clouded by the fogs of war and jingoistic bluster. The media's reporting on our booming, buzzing world is even more confounding when accompanied by maze-like 'rabbit holes' and seductive 'echo chambers', both of which skew perspectives. Then there's the allure of the addictive and darkening distractions of 'doom-scrolling'.

How to get some distance from it all? I lucked into a couple of gentle and refreshing oases in the form of two strategies. Both strategies are well known to boost one's wellbeing.

The first strategy focused on reading one feel-good novel every month for the next 48 months. (Note, I've already read eight — see a few titles below — as of this writing there are 40 months left).

See right for the second strategy and quiz to win a free tour at the National Gallery of Canada.

## Started in January

This past January, I had just finished a novel that simply made me feel good. I regretted finishing this story and I wanted further chapters to reveal or hint at a possible after-novel story.

When reading a feel-good novel, one is provoked to quietly cheer when things go well for the key characters or to hope for reversals when things do not. It is life affirming to feel alleluias when plot

lines inch toward redemption or resolution. The chats with others who had read that same novel had elements of that feel-good aura the reading experience had provoked.

The following month, I chanced upon a second feel-good novel. Two for two in the feel-good reading experience! It is then I embarked on a feel-good reading project: to read a feel-good novel every month for the next four years.

What does a feel-good novel look like?

Regardless of style or era, a feel-good story has relatable characters whose challenges are familiar, as these deal with events we have witnessed, have personally experienced or can easily imagine. Examples include the dips, swirls and epiphanies rooted in friendships, the setbacks and detours in pursuits of elusive goals, or chancing upon unexpected self-discovery.

The range of emotions and character traits are equally realistic and not foreign to us as they embody the many aspects of the human drama with which we can identify — the everyday hopes and fears, victories and vulnerabilities, anxieties and vindications.

The characters, themes and plot lines may involve true-to-life twists and the challenges of overcoming difficulties that are the usual fare of most novels. But, in feel-good novels the narrative tone tends to be bighearted.

The story line is on the spectrum of endearing, exuberant, passionate and life-affirming. The characters tend to be victorious personalities, invulnerable even when flawed; they are redeemable, recognizable, and realistic.

Being a story well-told also counts. Having an unaffected lit-

erary aura and an engaging narrative flow can only add to the pleasure of the reading experience.

## No mystery

There's no mystery to this. You know that you have read a feel-good novel when you've smiled that interior happy smile. When that happens, you know you have had a privileged reading experience.

Seven months in, the seven feel-good reads have been a beneficial boost; and, as a bonus, they have provoked many feel-good conversations with my neighbours and fellow dog-walkers.

To give you an idea of what qualifies as a feel-good novel, here are a few that have encouraged me to keep the project going. Perhaps you have read one or more from this list?

- *You Are Here*, by David Nicholls
- *The Year Of The Child*, by Niall Williams
- *Mr. Loverman*, by Bernardine Evaristo
- *Still Life*, by Sarah Winman
- *Three Years To Play*, by Colin MacInnis
- *Himself*, by Jess Kidd

So far, the feel-good project feels good. I've kept my resolution. Those who have joined me have also felt an uplift in wellbeing.

This is an invitation for you to join me in this 48-month feel-good project and perhaps make a suggestion or two.

With three-and-half-years to go, I need to shore up my list of feel-good novels. So, I look forward to recommendations that *Chronicle* readers may make. Please email your suggestions to [editor@manorparkchronicle.com](mailto:editor@manorparkchronicle.com) and these will be shared in a future article.



## Submit answer for chance to win free tour of National Gallery

The second feel-good strategy involves a free tour of the National Gallery of Canada. To win a free tour, submit an answer to the quiz below.

I have been a docent at the Gallery for close to 20 years and can talk about some of the Gallery's treasures — having a conversation about art is invariably life-affirming. During a mindful and purposeful meander, we will look, think and wonder about why art matters and why it makes art viewers feel good.

### Draw for a Gallery tour

The winner of the free tour will be drawn from the

names of those who have submitted the right answer to the question below. If there are no right answers, the draw will be from those who have expressed interest in a guided Gallery tour.

- Submit your answer to [editor@manorparkchronicle.com](mailto:editor@manorparkchronicle.com).
- The draw will take place on Oct. 15, 2025.
- The winner will be announced in the next issue of the *Chronicle*.

### Question:

The "elbows up" figure in this image is a blow-up from one of the National Gallery's treasures. Who is the artist?



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# Wild turkey reintroduction in Ontario: a wildlife conservation success

By Gregory Thompson

Frequent sightings of wild turkeys in Manor Park continue to generate much interest amongst neighbours, especially when these big birds suddenly show up in such unlikely places as our back yards! The reintroduction of wild turkeys in Ontario is a wildlife conservation success story that arguably matches that of many other iconic wildlife species found in North America, such as plains bison, wood ducks and muskox.

The wild turkey, North America's largest game bird, is a member of the order *Galliformes*, an order that includes other non-migratory birds such as pheasants, chickens, quail and grouse. Of the five wild turkey sub-species found in North America, two sub-species are found in Canada — the Eastern and the Merriam's.

The Eastern wild turkey is found in southern Ontario, Quebec and eastwards, while the Merriam's turkey is found in all four western provinces. All five sub-species are well adapted to their respective habitats. None, however, are particularly well-suited to frigid winters with deep pow-

dery snow, nor do the newly hatched poults fare very well during cold wet springs. Population studies confirm the lack of suitable habitat, along with coyote and other predation, continue to play a major role in limiting wild turkey range and abundance across the continent.

**Impressive**  
North America's wild turkeys are impressive animals. They have excellent vision, can run at speeds of up to 40 km/h, and can fly for short distances up to 90 km/h.

The adult tom measures up to 1.2 meters in height and can weigh more than nine kilograms. In the field, toms are easily identified by a prominent "beard" protruding from the chest, spectacular iridescent plumage and, in the breeding season, a brightly coloured head and large tail fan. The adult hen is very cryptic in coloration, slightly shorter, and lighter in weight than the toms.

Turkeys breed during the March to June period, with the hens laying up to 10-12 eggs which they incubate for about 28 days.

Wild turkeys are opportunistic foragers. The young

poults feed heavily on insects but quickly transition to an adult diet which includes grasses, buds, grains, fruits, seeds, acorns and small vertebrates. Turkey males and the females/poults remain in separate flocks over the spring and fall. But by winter they can again be found in large mixed-sex aggregations. Throughout the year, turkeys roost in open-limbed trees, affording them some nighttime protection from predators.

**Important food source**  
In pre-settlement Ontario, wild turkeys were an important component of the biodiversity of the forests in southern regions. They served as an important food source for Indigenous people. However, by 1909, wild turkeys were extirpated from the province. This was the result of both widespread clearing of deciduous forests for settlement and agriculture, and unregulated shooting. In that year, the last wild turkey in the province was sighted near Aurora, 48 kilometers north of Toronto.

In Ontario, it took until 1950 before the ecological, social, food and economic benefits of wild turkeys on the landscape were sufficiently acknowl-

edged to spark reintroduction efforts in earnest.

After many failed attempts using pen-raised birds, the first and successful release of wild trapped birds (using birds captured in Michigan) took place in March 1984, in Norfolk County in southern Ontario. Subsequent releases of wild captured birds received from other U.S. states also proved successful in repopulating southern Ontario. Within just two years, the province was able to launch its own trap and release program using live birds collected from the newly established wild flocks.

In southern Ontario, the first modern and regulated legal hunt for wild turkeys was held in the spring of 1987. As turkey numbers and their range have expanded over the decades, spring and fall hunting now occurs in many other regions of the province.

Under the leadership of the Ministry of Natural Resources, with support from Ontario Federation of Anglers and Hunters, provincial fish and game clubs, National Wild Turkey Federation chapters, and Ontario Nature, Ontario has restored wild turkeys to their known historic range

and more. Aided by the positive influences of forestry, agriculture and milder climatic conditions, wild turkeys now occupy suitable habitats throughout southern and central regions of the province and northward. Today, Ontario's wild turkey population is roughly estimated at between 70,000 and 100,000 birds!

The reintroduction of the Eastern wild turkey in Ontario is a remarkable Canadian wildlife recovery and conservation story. The growth of Ontario's turkey populations and expansion of their range are testimony to both the adaptability of these birds, and to the dedicated efforts of conservation organizations, government agencies and landowners.

Whether you are a bird-watcher, a nature enthusiast or a hunter, we all owe a debt of gratitude to those who helped put healthy and abundant wild turkeys back on Ontario's landscape. This Thanksgiving let's celebrate the return of wild turkeys to Ontario!

Gregory Thompson is a longtime resident of Manor Park and has followed closely the reintroduction of the Eastern wild turkey into Ontario.

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CHRONICLE ESSAY

Neighbourhoods are always changing,  
whether we like it or not

By Douglas Cornish

In his new memoir, *When the Going Was Good*, the celebrated former editor of *Vanity Fair* magazine, a New York City restaurant owner and multi-millionaire, remembers when he was growing up; children rode bikes everywhere, roamed their neighbourhoods all day, and exercised with near total freedom. The author also mentions, “Like many parents of their generation, mine were benign and largely absent.” You’re probably asking, my dear reader, what the heck does a New York millionaire have to do with Manor Park?

This individual, Graydon Carter, is a Canadian — born in Toronto. His family moved to Ottawa when he was 7, and he spent his formative years living in Manor Park. The key part of this little historical fact is that the Manor Park of Graydon’s day is not the Manor Park of today. The proportion of children in our population is not nearly what it was in his time. There are probably more dogs and parked cars on Manor Park streets these days than kids. Though you do see some children playing in the streets, the perception of freedom is not always evident. It could even be considered more of a parents’ neighbourhood now than a kids’ neighbourhood.

Changing neighbourhoods

For most of us, our childhood was all about the people, and the neighbourhood was the proverbial sandbox in which we played. All the neighbour-

hood was a stage!

The elements that change neighbourhoods, whether for better or worse, are not always the people. Neighbourhoods change as the world turns (no, this isn’t a soap opera). The times play a part in the history and recollection of any neighbourhood. Today, for example, status is emphasized more than it once was. There’s also a sense that people who never lived in the neighbourhood in their childhood years want to return it to what it once was, or to a bygone era. Nostalgia can be either a blessing or a curse.

Key issues

The issues of the day always play a part. Presently, in Manor Park, the subject of sidewalks is contentious.

There have been sidewalks in the area for decades (Hemlock, Birch, Sandridge, St. Laurent, Blasdell, to name a few) but installing them in the inner core gets people’s backs up. Whether or not this battle can be won, only time will tell.

The Mile Circle, where the building of the U.S. Embassy was proposed, was worth fighting over. Although that wasn’t technically in Manor Park, it was close enough to have a significant impact. The (future?) Kettle Island bridge is also probably worth the struggle. Sometimes, you have to pick your battles.

Neighbourhood soup

Neighbourhoods can be complicated; it’s like a soup in which a collection of people, issues and the focus of cur-

rent times are all thrown into the mix. Every neighbourhood soup, past or present, is unique; there isn’t a written-down recipe for it.

Graydon Carter would not recognize the Manor Park of today, but that’s okay. In an interview, he said he always tells his children that you don’t learn anything from success. The stumbles along Graydon’s journey shaped and prepared him, and I’m sure Manor Park added to and strengthened his character.

Childhood can’t be repeated. Everyone’s early years are permanently sealed in a time bubble that can’t be burst or re-created. That bubble is in one’s mind to remember and to wonder over, similar to those glass snow globes. You can shake the globe, but it can’t be changed. It portrays a permanent picture stuck inside the glass. The perception of that picture may change in the course of a lifetime, and each person’s recollections can be slightly different.

In many ways, the neighbours of today are merely custodians; chefs of the neighbourhood soup. They may produce a tasty masterpiece, or they may not get it right, but the result is passed on to the next collection of gatekeepers to add to, subtract from, or dismiss.

There is no true formula, and not every neighbourhood generation, past or present, is content with the result. It is important to try and preserve elements of the past, but also to grow into the future, whatever that may look like. No neighbourhood is an island.

RRCRC Emergency Food Bank, cont. from page 24

Always adapting

The RRCRC must constantly adapt to the strain of higher demand and reduced supply. They work to bridge the gap through food donations, their Gifts in Kind program, local partnerships and innovations such as their online booking system. Unfortunately, sometimes a decrease in the amount of food provided to each client is required.

The RRCRC also works to help its clients get out of food bank dependency and set them up for success with the help of their wraparound services and many partners that bring resources directly to the community members. These partners include the

City of Ottawa, Ottawa Public Health, YMCA Immigrant Services, Immigrant Women Services Ottawa (IWSO), Ottawa Community Immigrant Services Organization (OCI-SO), Ottawa World Skills and CCI Ottawa.

I have had many jobs in my life, but nothing compares to the feeling that I get from helping in a small way with this critical task of feeding those most in need. By far and away I get more from this work than I give out. It’s also fun and a great way to meet lots of interesting people!

The Emergency Food Bank at the RRCRC provides an essential service for our community and the volunteers are an

integral part of the success of their operations.

There are many ways to support this extremely worthy charity. One way is to donate directly to the Rideau-Rockcliffe Community Resource Centre to support the growing needs in our community. Volunteering is also a meaningful way to support the organization.

If you are interested, please visit [www.crcrr.org](http://www.crcrr.org) for more details on volunteering or making a direct donation.

David Goldfield is a Manor Park resident and former President of the Manor Park Community Association.



## ETIQUETTE MATTERS

# Keep an open mind to maintain a positive workplace

As I write this, the Gen Z stare (a blank look people aged 13-28 sometimes respond with when being asked something) is having a moment in the news.

Some view the stare as rude, while Gen Z feels it's honest, but this difference of opinion just highlights the fact that people are questioning traditional workplace norms.

We live in a time when the chances of Gen Z, millennials, Gen X, and baby boomers working side by side each other are high. And, since every generation is shaped by a backdrop of factors like world events, the economy, technology and trends of their time, those differences may lead to moments of frustration.

If that weren't enough, every workplace has their own "culture" depending on the type of business. Some workplaces may feel more formal, while others may be more casual. Then factor in everyone's own communication and work style. (I'm thinking, for example, of those who value work-life balance and those who send emails in the middle of the night). That's a lot to consider, so it's not surprising conflict in the workplace is on the rise. If left unchecked, little rifts amongst staff can lead to a stressful and resentment-rich environment. This can have a domino effect, and can lead to lower productivity,

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Etiquette Matters

especially in team-based environments. All of these factors affect morale.

At a basic level, communicating and interacting positively with one other benefits our health and well-being. Ideally, we should acknowledge any challenges without generalizing, criticizing or ridiculing the unique qualities of each generation. Only then can we work together to find what works best for each workplace.

For instance, learning the rationale behind wooing a particular client with face-to-face meetings can benefit the whole team. Then, once we have those insights, we need to be open to adapting. Resisting change can be uncomfortable, especially if we dig in our heels and let our egos take over.

A workplace should reflect all the people within it. By being open and improving how

we communicate, our interactions will become more positive and productive. If you're fortunate enough to work in a multi-generational environment, take the opportunity to learn what makes your colleagues tick.

We all have a wealth of experiences and perspectives, but no one generation is better than another, simply different. As such, no one generation should have to categorically defer or adapt to the other, rather, we should all strive to leverage our strengths and knowledge to improve our workplace.

...

### Dog walking etiquette

Neighbours often recount their manners-related experiences with me. Here's a couple I thought I'd share, in the form of public service announcements.

Not everyone loves dogs! I met a neighbour this past summer who is fearful of dogs and unable to enjoy her own front yard and garden because some are walked off leash, while owners feign control over them. These dogs explore her property, well past the city's right of way, and do their business in her gardens. Let's have some consideration and respect for neighbours. Let's keep dogs from exploring lawns as though they are public parks, and keep them on leash, as required by law

(unless otherwise indicated), so everyone can enjoy their home without fear. And, while we're at, let's remember to pick up after our dogs.

### Bike safety teachable moment

When a driver opened their parked car door and a child on his bike crashed into it, the driver asked, "Are you ok?" The driver then went on their way when the child said yes.

The child was covered in bloody scrapes, and his bike clearly damaged, but the driver never suggested the child call a parent or offer to do so himself.

Once home, mom asked her son if he had gotten a name or a licence plate. (He hadn't). Thankfully, she located the vehicle still parked and found the driver.

She had hoped they would have treated the accident more seriously by going beyond asking if he was ok, offering to contact a parent, and providing his contact information.

It's not enough to tell drivers to be more careful around cyclists. Cycling accidents are on the rise. Our children need

to know what we would like them to do if they are involved in one.

Although we ought to look out for each other, that doesn't always happen.

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# Haunted Walks continue at Beechwood Cemetery through October

By Ryland Coyne

The sun slides below the horizon, plunging the burial ground into darkness. The hoot of a distant owl disrupts the musical chirping of an orchestra of crickets as a warm late-summer breeze rustles the leaves of mature maple trees that line the meandering path. Welcome to the Haunted Walk at Beechwood Cemetery.

Led this night by experienced guide Kathryn Lyons, the group of 24 brave souls huddles together. They are here to learn some of the history of Canada's National Cemetery. They've also been promised spooky tales that speak to the murky and sometimes sordid past of some of those buried on the site.

On this night, the group is treated to a brief introduction



Haunted Walk guide Kathryn Lyons holds up a lantern to help guide visitors through the Beechwood Cemetery. PHOTO: RYLAND COYNE

under the spacious gazebo — with a warning. That while safety is utmost, Kathryn reminds everyone they are here — voluntarily — after dark, in a cemetery ...

"I've yet to lose anyone," she then says with a smile.

Over the next 80 or 90 minutes, the group makes more than a half dozen stops throughout the sprawling venue. At each location, the guide serves up a series of eerie tales with a smooth delivery that sends shivers down one's spine.

There's the farmer who would haunt a section of rail line after being struck and killed by a passing freight train; the wife of a well-known Ottawa entrepreneur, buried at Beechwood, whose spirit still walks the halls of what is known today as Watson's Mills in Manotick; there's even a Manor Park connection that's

>>CONTINUED ON PAGE 39



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# Experience the magic of art in New Edinburgh!

Mark your calendar for NEST 2025

By Josée Robillard

**What:** The New Edinburgh Artists' Studio Tour 2025, website: <https://www.nestudiotour.ca>  
**When:** Saturday and Sunday, Sept. 27-28, 2025 | 10 a.m. – 4 p.m.  
**Where:** 13 studio and gallery locations throughout New Edinburgh, all within easy walking distance.  
**Admission:** Free! Includes free street parking and door prize draws at select locations.

Get ready to immerse yourself in the vibrant world of art at the New Edinburgh Artists' Studio Tour (NEST) 2025! This self-guided tour invites you to explore the creative heart of New Edinburgh.

NEST will be showcasing the work of 31 exceptional local and guest artists, including Manor Park's own Martha Nixon, Beth Stikeman, and Sarah Hallman.

Sarah is new to the tour this year. She is a printmaker whose monoprints blend photography, drawing, and colour, driven by a love of experimentation and the surprising results of the printing press. With 30 years of experience, she fluidly crosses mediums, spanning fine art, craft, and design, including lighting, jewellery, and glasswork. Her work often evokes the natural world with a delicate, whimsical quality.

**Impressive lineup**

This year's lineup promises a rich tapestry of artistic expression in oil and acrylic, mixed media, printmaking, jewellery, photography, pottery, glass, textile, and sculpture. You will have the opportunity



**Artist and Manor Park resident Sarah Hallman holds up one of her stunning prints.**  
PHOTO: SUBMITTED

to witness live demonstrations by select artists as they share their techniques and creative processes. Enjoy one-of-a-kind art, discover unique pieces to add to your collection, and find that perfect gift.

This year we are introducing the Toureka! App featuring free Wi-Fi access, an interactive map to navigate the tour, and links to the websites of participating artists and sponsors. Additionally, a printed NEST brochure will be available at select local businesses, providing a tangible guide to the tour.

NEST is more than just an art tour — it's a vibrant celebration of creativity, connection, and community spirit!

Brought to life by a passionate group of local artists, NEST is made possible thanks to our generous sponsors, advertisers, volunteers, and donors whose support makes NEST a truly special event and enriching experience. A heartfelt thank you to our sponsors: title sponsor Natalie Belovic at Urban Ottawa, platinum sponsor Chartwell, as well as Acacia Tree Farms, Align Massage Therapy, Beechwood Auto Services, Beechwood Cemetery, Beechwood Market, Books on Beechwood, Dante Restaurant, Edinburger, Jacobsons, Linden Pizza, Metro on Beechwood, Pandore Innovations, and Schoolhouse Pizza. We also extend our sincere thanks to our advertisers: Lucille Collard (MPP Ottawa-Vanier), Mona Fortier (Member of Parliament Ottawa-Vanier-Gloucester), and Rawlson King (Councillor Rideau-Rockcliffe).

Want to Get Involved? We are looking for friendly volunteers to greet and direct visitors and to hand out brochures at various locations during the tour weekend. If this is of interest, please contact me at: [josee.robillard@gmail.com](mailto:josee.robillard@gmail.com). If you have a local business, and would like to sponsor our event, please contact Beth Stikeman at: [beth.stikeman56@gmail.com](mailto:beth.stikeman56@gmail.com).

If you are interested in learning more about NEST please visit our website at: <https://www.nestudiotour.ca> or contact us at: [nestudiotour@gmail.com](mailto:nestudiotour@gmail.com). Follow us on social media: [www.instagram.com/nestudiotour](https://www.instagram.com/nestudiotour) or <https://www.facebook.com/NewEdinburghStudioTour>.

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# Embracing the Shift: preparing ourselves for fall's gentle rest

By Sophia Wood Massicotte

As the first cool breezes of September brush through the trees and the days grow shorter, our bodies and hearts begin to sense the subtle invitation of the season: to slow down, to gather ourselves, and to prepare for autumn and winter's promise of deep rest.

After months filled with sunlit adventures, projects, and the vibrant pace of summer, this transition can feel both grounding and bitter-sweet. We may notice a quiet tug to reflect on all that has unfolded: the connections made, the experiences lived, the energy spent. The shift into fall is less about chasing the next thing, and more about integrating. It asks us to pause and breathe in the fullness of who we are right now, and all we have already cultivated.

For many women, however, this season also carries a weight. The carefree spontaneity of summer can give way to the hurried rush of back-to-school routines, the demands of work deadlines, or the pressure of juggling too many responsibilities. There may be exhaustion hidden beneath the surface, or a lingering melancholy as the warmth of summer fades. Perhaps you've noticed yourself moving faster yet feeling less present: your heart is still yearning for the playfulness



**Fall is a time to step back, even briefly, from the noise and expectations around us.**

PHOTO: SOPHIA WOOD MASSICOTTE

and ease of long summer days.

It is during this time of year that many women quietly whisper to themselves: *I feel overwhelmed. I feel unsupported. I don't even know what I truly, deeply need.* And yet, often, what we truly need is simple, though not always easy to give ourselves. Most often, we need to rest and realign. We need to be heard, felt and seen in our truth. And for that, we need to carve out intentional moments to connect with what is true within us, and to let go of what no longer serves our path.

But how do we find the time and energy for ourselves in a world that insists we keep moving, producing and achieving, reinforcing the "woman who does it all"? The answer lies in having the courage to put ourselves first and to give ourselves permission to take space. We must choose to step back, even briefly, from the noise and expectations

around us, and allow space for reflection, for listening inward, for reconnecting with our feminine rhythms and the wisdom held within our body.

Here are a few practices to support you in this seasonal transition, helping you release what is heavy, realign with your truth, and anchor more deeply into your own sense of being:

## 1. Build resiliency with routine.

Summer's full social calendar can leave us depleted and, without care, our immunity may be compromised as flu season approaches. Now is the time to simplify. Regular meal-times, earlier bedtimes, and daily rhythms signal safety to the body and free up energy for healing and restoration.

## 2. Nourish with seasonal foods.

As blood circulation moves inward toward the digestive core, our appetite naturally increases, calling us toward heavier, grounding foods. This is nature's way of strengthening our immunity for the colder months to come. Favour warm, oily, and nutrient-rich meals: roasted butternut squash, sweet potatoes, beets, and cooked apples. Add a touch of ghee, fresh lemon, or a handful of soaked almonds and warm spices such as turmeric, ginger, cinnamon, cumin and coriander to support digestion and resili-

ence as the season shifts.

## 3. Slow down and cozy up.

As daylight shortens and energy naturally shifts inward, notice how your body longs for softness and slower movement. Allow yourself to enjoy quiet evenings, perhaps curled up with a book, a warm tea, or a favorite film. Instead of resisting the call to slow down, embrace it as nature's invitation to replenish.

## 4. Reflect and release.

Write down what you've learned in the past few months. What lessons has summer gifted you? Once acknowledged, release what no longer serves your highest growth, perhaps through a simple ritual like burning your written words with reverence and gratitude.

## 5. Envision your fall.

Take time to imagine how you would like your days to feel this season. Write down affirmations embodying this energy such as "I move with ease," or "I honour my body's rhythms." Place them somewhere visible to remind yourself of your intentions.

These small but powerful practices remind us that transitions do not have to feel like a sudden halt. Instead, they can become sacred thresholds,

moments of choosing how we want to move forward, carrying only what nourishes us.

If you are longing for a supportive space to explore this kind of gentle realignment, I invite you to join me for a new class I am offering at the Manor Park Community Council: *"The Way She Moves: Exploring Your Feminine Rhythms."* This five-week journey will begin Sept. 2 and runs until Oct. 7.

Together, we will explore practices of embodiment, movement, and connection that allow us to come home to ourselves and move through life with greater ease and authenticity.

Let this fall be the season you return to your body, your truth, and your natural rhythms.

Sophia is an intuitive guide, feminine leader, and embodiment coach devoted to awakening the wisdom of the body. A multi-faceted artist and visionary, her work invites women to explore the depths of their being, alchemize emotion into power, and reclaim the joy of living, loving, and leading from their truth. She creates spaces where women can soften, expand, and move into their fullest expression. Visit her website at: <https://alkimiahealingarts.ca> to learn about her online and in-person offerings.

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**BANKSY**  
Meet Banksy, a five-year-old mini goldendoodle with a big personality and an even bigger heart. Well-travelled, Banksy's journeyed from Pennsylvania to Washington, D.C. and is now packing his toys for Qatar! He adores visits to the park where he searches for friendly faces, tasty treats, and his all-time favourite - belly rubs. While slightly obsessed with barking at the mail carrier (and all who approach), he maintains it's kept his home well-protected.



**PENNY**  
Hi there! I'm Penny - a six-month-old, black and white ranch-border collie and bernedoodle mix who just loves Cindy, our mail carrier. I hail from Alberta, leaving my litter mates behind to travel in the care of my neighbour for a new life in Manor Park. My best playmate is Hazel and, although I'm still shy, I'm looking forward to meeting other dogs in the 'hood.



**LILIBET**  
Hello! I'm Lilibet, a new Manor Park resident! My family adopted me in England, but I was originally in a shelter in Romania. I spend most of the day snoozing on the sofa, but I love to get out for a leisurely walk. I'm most recognizable by my one floppy ear and big smile. I can be nervous meeting new friends, but if you see me out and about, please say 'hello'!



**TEDDY**  
Hi, I'm Teddy, a six-year-old, white and grey sheepadoodle. I have one brown eye and one blue eye, so you'll know it's me! I love long walks in the park and eating sticks. My favourite treats are apples, oranges and bananas - go figure. I love stealing pillows from the sofa, so I am more comfortable. Ah, a dog's life!

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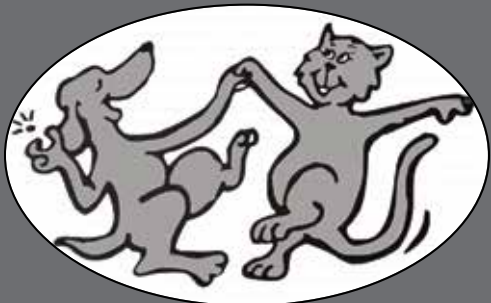
  
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# This hobby's 24 ka-RAT gold

Manor Park resident dedicates her downtime to produce unique artwork

By Ryland Coyne

She readily admits her ‘hobby’ would be considered “weird” by many people — gross even. But a closer dive into artist Émilie C-M’s world reveals a vivid imagination and dedication to her craft few would be able to match.

That hobby is anthropomorphic taxidermy, an art form that dates back to the Victorian era. What’s that, you ask? It features taxidermied animals — in this case, rats — posed, dressed and placed in scenes that speak to the creator and the viewer.

It started back in 2020 for the Manor Park resident.

The federal public servant says she always had a fascination with taxidermy and this was her chance to try her hand at it.

“It was kind of a pandemic hobby. I was only going to make one (rat) to start,” Émilie says.

That one was a loving creation she named Ernest, a medium-sized rat — a crown of flowers in his hair, carrying a bouquet of roses — presented to her husband Andrew for Valentine’s Day, 2021.

From there, things just took off. To date, Émilie has created 90 characters.



Creator Émilie C-M keeps her eyes on ‘Neil’ as he makes his way in the rain outside the Monterey Rat Cheese Shoppe. PHOTO: SUBMITTED

“I loved it ... it went so well that it just ballooned into this enormous, all-consuming hobby.”

**Self-taught**

Émilie says she taught herself how to taxidermy the small animals by reading a lot on the subject and watching videos online.

She purchases frozen feed-

er rats — used to feed snakes and lizards — from a downtown pet store and stores them in her freezer.

The taxidermy process itself takes 90 minutes to two hours to complete. It requires gently removing the pelt, cleaning it with borax, then using a wire armature along with a combination of plastic foam, Poly-fil and air-dry clay

to fill and position her subject. Once the pelt is placed on the desired form, it can take up to two weeks to dry, “and then,” explains Émilie, “they are basically eternal.”

She refreezes what was removed from the rat. A couple of times a year, Émilie takes the meat to her sister’s place in the country and feeds the wildlife. “No waste, and some

very happy wildlife!” she notes.

Her interest in rodents and taxidermy goes back to her childhood, having grown up on a farm.

“I’ve always liked rodents,” she says. “People hate them and I understand why ... but rats are actually really awesome.”

**Dioramas**

While the taxidermy process takes a relatively short time to complete, the dioramas in which the figures are placed have become much more time-consuming. Given their complexity, all based loosely on doll house scaling, each one now takes from 40 to 50 hours, from start to finish.

At first Émilie bought the accessories, “but as time went on, I became more and more particular about what I wanted.”

Certain items — like a 1950s fridge or stove in one kitchen scene — are 3D printed in her basement workshop with assistance from her husband. Tiny plates of food are cast out of resin, even the furnishings are created by hand. Émilie makes her own wigs using doll hair wefts. She painstakingly coils, styles (cuts and

>>CONTINUED ON PAGE 35

## We’re all in, so she can stand out.

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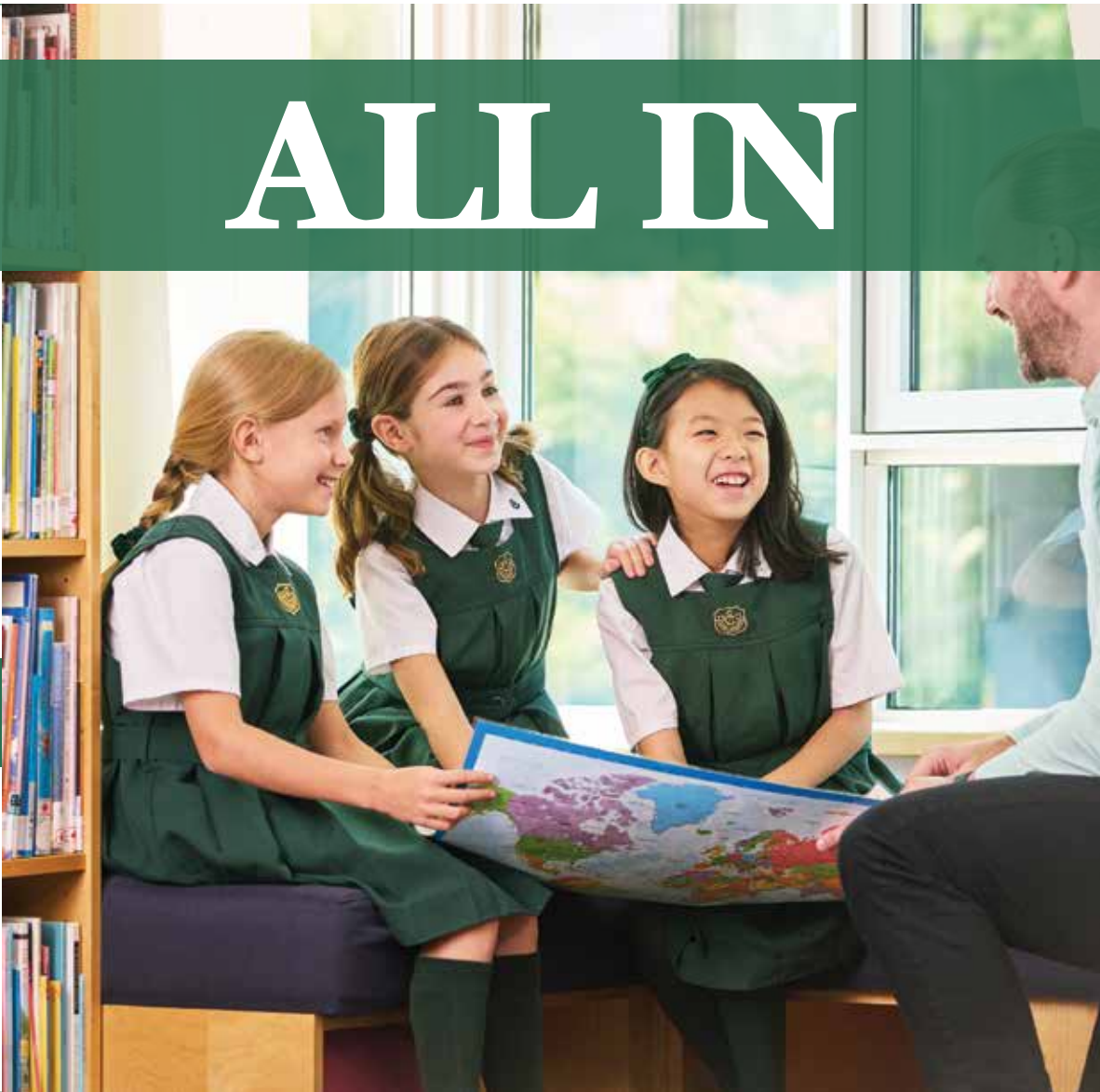
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# ALL IN







Artist,  
cont. from page 34

straightens) and glues the hair in place. And she sews pieces of material, much of it recycled, together for clothing and other outfits.

“It’s not a (single) hobby,” Émilie says. “It’s like 15 hobbies, because you’ve got to do some sewing, some woodwork, terrain building and sculpting.”

Then there’s the Photo-shopping required for the ‘authentic’ miniature wall decor. For example, a movie scene features unique tiny posters spotlighting ‘Invasion of the Space Rats’ and ‘The Rat from Planet X’.

The attention to detail is remarkable, with seemingly no limits to Émilie’s imagination.

“That’s my favourite part of all of it, just honing in on the details.”

Evolution

The designs and themes, most focused on the 1960s and ’70s, have become more complex over time. Her skills continue to evolve and improve.

“I made a conscious decision to incorporate more elaborate concepts,” Émilie says, noting she’s always learning.

The use of resin to mimic

‘Terry’ looks completely laid back, looking forward to a fun night in front of the TV. This diorama by Manor Park’s Émilie C-M is one of several on display at the Hobby House on Montreal Road. PHOTO: SHEILA COYNE



Grandma Doris is cooking up a storm with the help of little Billy. PHOTO: RYLAND COYNE

raindrops outside the Monterey Rat Cheese Shoppe is one example.

While she tells herself she’d like to keep things simple, her creativity and drive won’t allow it.

“It’s weird, this is the first time I’ve had something this regular...four-and-a-half years of the same hobby,” she explains. “It’s basically all I want to do.”

Just about every weekend and some evenings are devoted to her hobby. “It’s wonderful,” she adds.

In fact, the only thing limit-

ing Émilie’s creativity is space — or lack thereof — to store all the dioramas.

To make room, she’s given many away to family and friends. In November 2024, she started selling them through Facebook Marketplace and her Instagram account, where she goes by efromtheinternet. She also has some creations on rotation at the Hobby House on Montreal Road.

“Some people may hear about me there.”

Six have sold so far, ranging from \$100 to \$250, though money is not a motivating fac-

tor.  
“The primary point is not to make something so people buy it, it’s to make something I want,” she says. “I just need the space.”

Favourites

Each piece is special but there are several Émilie would never part with.

There’s ‘Neil’, the dashing young man walking in the rain under a bright, yellow umbrella, his bags full after shopping at the Monterey Rat Cheese Shoppe.

And stop in at the Hobby House to view another special creation.

“I managed to score the case of an old TV from the ’70s. It’s been gutted and I built a diorama inside of it. I would not sell that one.”

Hobby House owner Roger Desmarais says he’s been featuring Émilie’s pieces in his store for several years and is amazed by the complexity of her work.

“I was sort of shocked (at first) when she said exactly what it is. Then ... you see the creativity, the workmanship, and everything that goes into it,” he says. “It kind of blew me away and they (dioramas) just seem to be getting better and better.”

His customers have the same reaction, he says. ‘Lots of people come in and they’re just amazed at them.’

In the future, Émilie says she will continue to create, doing what she loves best.

“I always joke that if I won the lottery, I would basically open a museum and a workshop, then do that all day,” she says with a smile.

These would run along the lines of the Gopher Hole Museum in Torrington, Alberta. It features more than 70 stuffed gophers in a variety of poses and scenes. According to Wikipedia, it attracts close to 10,000 visitors each year.

“If nothing changes and it just keeps going the way it is, I would be perfectly happy,” says Émilie. “I’m not stopping anytime soon.”

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# Summer here can be 'for the birds'

By Frances Legault  
The Bird Corner

## Summer Highlights

Although fall is in the air, I received several photos of local birds over the summer which will be featured in this edition.

## Youth Submission: Wood Duck

Thanks to Louis Wagner Keys for this beautiful photo of an eclipse male Wood Duck.

Louis is 8 years old and is learning the art of photography from his grandfather Dave Keys.

Many naturalists consider the Wood Duck to be the most beautiful duck in North America, if not the world. The male has multi-coloured plumage, while the female is less colourful, as is common among many bird species. They are known for nesting in tree cavities and are often seen in wetlands like Petrie Island and Mud Lake. Ottawa has a Wood Duck Club that installs and maintains duck nesting boxes.

## Common Loon

The official bird of Ontario and a symbol of wilderness and solitude, Common Loons are the most familiar and the most common species of loon found in the province. Two other species are known to occasionally breed in the far



**The eclipse male Wood Duck loses its colourful plumage after breeding. It has greyish brown plumage with a whiter throat, bright red eye, and a red and white bill.**

PHOTO: LOUIS WAGNER KEYS ON THE RIDEAU RIVER

north and two more loon species may be found, rarely, in migration.

Clear water is important for Common Loons as they rely heavily on their eyesight for hunting. While they have particularly good eyesight below the water, murky water impedes their ability to locate prey.

They feed on a variety of foods including leeches, bug larvae, and fish. Small fish are an extremely important food source for growing chicks and without them, they are unlikely to survive to leave the lake.

Common Loons generally prefer to nest on lakes that are

dotted with small islands and have irregular shorelines with coves. During May and June, the loons build their nests on the ground along the shores of islands or the mainland. Boat wakes, waves and high water can be deadly for loon nests which can become flooded, and the eggs are washed away.

## Great Crested Flycatchers

Great Crested Flycatchers and their fledglings were reported throughout the neighbourhood this summer. They hunt high in the tree canopy so are difficult to see, but you can hear their distinctive call which is like a whistle.



**Adult Loons have a black and white striped collar, and a checkboard back. They are easily recognized by their red eyes.** PHOTOS: JERZY KOMOROWSKI AT WADSWORTH LAKE, ONT.



They are the only Eastern flycatchers that nest in cavities, and they sometimes make use of nesting boxes. You can identify them by their large head, peaked crown and thick bill. Their head and

chest feathers are dark grey, and they have a bright yellow belly, and a brown tail.

## Eastern Wild Turkey

Wild Turkeys are in the neighbourhood. >>CONTINUED ON PAGE 37



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Great Crested Flycatcher. PHOTO: BRIAN CAMERON IN MANOR PARK



Great Crested Flycatcher on its nesting box at the Fletcher Wildlife Garden. PHOTO: CHRISTINE HANRAHAN



Wild Turkey chicks are well camouflaged and difficult to see. PHOTO: SAM ARMSTRONG IN ROCKCLIFFE PARK

**FROM PAGE 36 >>**  
bourhood year-round but you may not have seen chicks before because they are well camouflaged.  
Male Wild Turkeys provide no parental care. Newly hatched chicks follow the female, who feeds them for a few days until

they learn to find food on their own. As the chicks grow, they band into groups composed of several hens and their broods. Winter groups sometimes exceed 200 turkeys.  
Thanks again to all our local bird photographers and enthusiasts. I have decided to pass the torch to one of you, as this is my last column. Please contact Ryland Coyne, the editor, if you are interested in taking over: [editor@manorparkchronicle.com](mailto:editor@manorparkchronicle.com)  
I am willing to share my files to get you started.

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# Work continues throughout summer for MP

## Dear residents,

As summer ends and the House of Commons prepares to return in September, I want to share updates on how our government is supporting families, youth, and Canadian workers and industries. Although Parliament has been on summer recess, work has continued in Ottawa-Vanier-Gloucester to serve our community.

The Canadian Dental Care Plan is open to all eligible Canadians without private dental insurance and with a net family income under \$90,000. This important program has already helped millions of Canadians. To see if you qualify, visit [Canada.ca/dental](https://Canada.ca/dental).

This summer, we also supported hundreds of youths through the Canada Summer Jobs program. This year, 430 young people gained work experience at more than 130 small businesses and organizations across the riding, from community centres to museums to day camps. These jobs

## FROM THE DESK OF:



**Member of Parliament  
Ottawa-Vanier  
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helped youth develop valuable skills for their future and earn a paycheck.

This summer, families benefited from an increase in the Canada Child Benefit. As of this summer, families can receive up to \$7,997 per child under 6 and up to \$6,748 per child aged 6 to 17 — up to \$500 more than last year. The CCB is a non-taxable monthly payment that helps with childcare, school supplies, and essentials.

## Trade challenges

This year brought major trade challenges, with the United States imposing tariffs on Canadian steel, aluminum, lumber, and other products. Canada responded quickly with dollar-for-dollar counter-tariffs on more than \$30 billion (as of Aug. 18, 2025) in U.S. goods to protect Canadian workers and industries. These actions come with targeted supports for lumber, manufacturing, and agriculture, plus tax deferrals and work-sharing programs to help businesses.

Supporting local businesses is one of the best ways to protect our economy. Buying groceries, furniture, or meals locally helps keep jobs in our community and money close to home. Our government remains committed to protecting Canadian industries, workers, and jobs.

Our government is also investing in industrial innovation, raising Canadian Armed Forces salaries to honour those who serve, and working with industry to keep Canadian products competitive.

As Parliament resumes on Sept. 15, I remain focused on making life more affordable, defending jobs, and helping our community thrive. My office is available to help you access federal programs. Please don't hesitate to contact us!

The summer is coming to an end, and the school year is already under way! I wish all students and teachers an excellent school year.

## Chères résidentes, chers résidents,

Alors que l'été s'achève et que la Chambre des communes reprendra ses travaux le 15

septembre, je tiens à vous informer des initiatives que notre gouvernement déploie pour appuyer les familles, les jeunes, et défendre les emplois ainsi que les industries canadiennes.

Le Régime canadien de soins dentaires est maintenant accessible à toutes les personnes admissibles qui n'ont pas d'assurance privée et dont le revenu familial net est inférieur à 90,000\$. Ce programme aide à couvrir les frais de soins dentaires essentiels. Pour vérifier votre admissibilité, visitez [Canada.ca/dentaire](https://Canada.ca/dentaire).

Cet été, nous avons également soutenu des centaines de jeunes grâce au programme Emplois d'été Canada. Cette année, 430 jeunes ont acquis de l'expérience professionnelle dans plus de 130 petites entreprises et organismes à travers la circonscription, allant des centres communautaires aux musées, en passant par les camps de jour. Ces emplois ont permis aux jeunes de développer des compétences précieuses pour leur avenir tout en gagnant un salaire.

Les familles bénéficient aussi d'une augmentation de l'Allocation canadienne pour enfants. Depuis cet été, elles peuvent recevoir jusqu'à 7,997\$ par enfant de moins de 6 ans et jusqu'à 6,748\$ par enfant âgé de 6 à 17 ans, une hausse de 500\$ par rapport à l'an dernier. Ce soutien non imposable aide à couvrir les frais de garde, les fournitures scolaires et d'autres dépenses.

## Nouveaux tarifs

En 2025, nous avons fait face à d'importants défis commer-

ciaux, notamment avec les nouveaux tarifs imposés par les États-Unis sur l'acier, l'aluminium, le bois d'œuvre et certains produits manufacturés. En réponse, le Canada a appliqué des contre-mesures équivalentes sur plus de 30 milliards de dollars (au 18 août 2025) de biens américains, afin de protéger nos travailleuses et travailleurs ainsi que nos industries.

Soutenir les commerces locaux est un moyen concret de protéger notre économie en cette période d'incertitude. Que ce soit en achetant vos produits d'épicerie dans un commerce de quartier, en choisissant des meubles fabriqués au Canada ou en prenant un repas dans un café local, vos choix contribuent à maintenir les emplois dans notre communauté.

Notre gouvernement investit aussi dans l'innovation industrielle, augmente les salaires des membres des Forces armées canadiennes pour reconnaître leur service et collabore avec les acteurs de l'industrie afin que les produits canadiens restent compétitifs sur les marchés mondiaux.

Alors que la session parlementaire reprend, je reste engagée à rendre la vie plus abordable, défendre les emplois canadiens et veiller à la prospérité de notre communauté.

Mon bureau est à votre disposition pour vous aider à accéder aux programmes fédéraux. N'hésitez pas à communiquer avec nous!

L'été touche à sa fin, et la rentrée scolaire est déjà bien entamée! Je souhaite à tous les élèves et enseignants une excellente année scolaire.

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**Interim Moderator**  
**The Reverent Blair Bertrand**



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# St. Bartholomew Bazaar and Tea Room returns Nov. 1

November 1 may seem far in the future, but as you read this, it is only weeks away!

On that date, the most popular St. Bart's Bazaar and Tea Room event takes place.

Not only is this a wonderful occasion to enjoy tea together with friends and neighbours, but it also presents great tables full of bargains, including antiques, gifts, jewellery, books, attic treasures, toys and games, crafts and knitting, Christmas decorations and a superb bake table.

You will enjoy great shopping, while helping many important community causes and global relief initiatives. The 2024 bazaar proceeds supported not only St. Bartholomew's ministries, but many others, including:

- The Rideau Rockcliffe Community Resource Centre programmes,
- "Belong Ottawa" ministries (Centre 454, The Well and St. Luke's Table) which provide safe spaces and foster dignity for those who are homeless or precariously housed,
- "Alongside Hope", (formerly Primate's World Relief and Development Fund) an agency offering aid nationally and internationally for those

affected by war, violence and natural disasters. It also joins in right relations with Indigenous peoples.

**Bazaar donations welcome**

In the past St. Bart's Bazaar has always been a success, and it is mainly due to you! We are only as good as the donations we receive! Should you be downsizing or decluttering, we respectfully ask you to please consider donating to our bazaar. We always need unique souvenirs, classic tea sets, glass, costume and fine jewellery, books, 'attic treasures', toys, games, and any special hand-made items.

Closer to the date, we would also appreciate home baking and preserves!

If you have any questions, please call Liz (613-745-4677) or Linda (613-298-9980). We would be happy to pick up boxes from you and thank you in advance for considering St. Bart's.

Looking forward to seeing you at St. Bart's Bazaar and Tea Room on Saturday, Nov. 1 from 12 noon to 4 p.m. at 125 MacKay St.

Linda Assad-Butcher and Liz Heatherington are co-conveners of the Church of St. Bartholomew Annual Bazaar.

# Autumn at MacKay United Church: backpacks, music, and a 150th anniversary

By Andy Bethune

MacKay United Church's fall season opens with a warm welcome to families and neighbours. On Sunday, Sept. 14, the church marks "Welcome Back to Church" and the kick-start to Sunday School, including a Blessing of the Backpacks for students and educators.

Music returns as a steady thread this season. Music & Meditation will run on the first Tuesday of each month at 7 p.m. A separate six-week Music & Meditation series in Advent is also planned, offering a weekly pause during the lead-up to Christmas.

Concerts anchor the calendar, too. Nick Gummeson and Peter Woods lead a concert series, opening on Sept. 23. In addition, the church will host immersive concert events on Tuesdays: Sept. 30, Oct. 28, and Nov. 25.

For those seeking quiet space, the church is introducing "Open Sanctuary" evenings on Tuesdays. The sanctuary will be open for personal reflection and stillness.

**Milestone event**

A milestone sits at the heart of the fall lineup: MacKay United Church's 150th Anniversary Celebration on Sunday, Nov.

16 at 10:30 a.m. The service is planned as a "Living Church Event" with special guests and music, followed by a reception. All are welcome to attend.

Please note details are as provided at time of writing and may be updated. For the latest information on times and access, please consult <https://www.mackayunited.ca/>

Andy Bethune lives in Vanier with his wife, young daughter, two dogs and one cat. He works in the federal public service and volunteers at MacKay United Church.

## FROM PAGE 30 >>

sure to chill.

The tour wraps up in the cemetery's historic mausoleum, with more stories of the past.

**Research**

Prior to the walk, officially known as 'Tales from the Mausoleum at Beechwood Cemetery', Kathryn told the *Chronicle* what goes into such a presentation.

"A lot," she says with a smile, noting the tours are the result of many hours of work by the research and script

team. "It's pretty extensive."

The individual guides receive their script and "can supplement with our own knowledge and background," she says.

Fact-checking is also done in conjunction with Beechwood Cemetery.

"It is very much a partnership that they're fully aware of and I'll say completely on board with," Kathryn says.

Beechwood is one of several different haunted tours in Ottawa. Other options include Hidden Ottawa Secrets Walking Tour and Ghosts of the By-

town Museum.

To attest to their growing popularity, Kathryn points to a cemetery staff member who joined her tour a couple of weeks before. While she didn't seem confident, she went on the walk for the first time. "She loved it so much that she brought her family back."

Haunted Walk Creative Director Jim Dean says the tours run most weekends and will continue through to the end of October. To learn more, visit <https://hauntedwalk.com/experience/tales-from-the-mausoleum-at-beechwood-cemetery/>.



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# AROUND TOWN

The Ottawa Humane Society's Wiggle Waggle Walk & Run, presented by Hill's Pet Nutrition, will be returning on Sept. 28 at Lansdowne Park's Great Lawn.

Registration is open and all funds raised will help provide life-saving care for the thousands of animals who need shelter and care at the OHS each year.

Participants can join a 10K and 5K run, a 3K walk, the 2K Furry Fun Run and the 1K Kids Fun Run — it's an event for the whole family. Every registration and pledge provides life-saving care for Ottawa's homeless animals. Register online at [ottawahumane.ca](http://ottawahumane.ca).

## Beechwood Market continues to Oct. 25

The Beechwood Market began its 2025 season on June 7 in New Edinburgh Park, 203 Stanley Ave. The market runs every Saturday, 9 a.m. - 1 p.m., until Oct. 25.

Join neighbours and local vendors every week at your community market. Enjoy live music and discover a new community group at the Community Table. The events are dog friendly.

For more info visit: [www.ottstreetmarkets.ca](http://www.ottstreetmarkets.ca)

## Walk of Ages Fundraising Event

Join us for the Walk of Ages



**Manor Park residents were out in force Sunday, May 25, volunteering at the Ottawa Marathon water station off the parkway at Acacia Avenue. Here, the father-daughter team of Janick and Milianne Aquilina are in position to offer much-needed refreshment to the runners.** PHOTO: RYLAND COYNE

— a meaningful event where people of all ages come together and walk to celebrate aging and shape the future with older adults.

It takes place Saturday, Sept. 27, 10 a.m. - 2 p.m. at the Rideau Hub sports fields (former Rideau High School), 815 St. Laurent Blvd.

The day will be filled with intergenerational fun, including yard games and a bounce castle, live music and a 'rockin' BBQ'.

To register, visit <https://walk-of-ages-2025.raiselysite.com>.

## Calling all 'Dance Moms'

Hey neighbours! Are you over 40 and looking for a fun night out with friends?

Tickets are on sale for three DanceMomsOttawa events this fall.

- Saturday, Sept 20 – *All She Wants To Do Is DANCE!*
- Saturday, Oct 25 – *Moms Monster Mash* (Halloween Party)
- Saturday, Nov 29 – *Last Dance!*

Dances take place at the One Up Cocktail Lounge, 1 Beechwood Ave., and feature DJ Tom.

Tickets are \$20. Reserve your spot at [dancemomsottawa@gmail.com](mailto:dancemomsottawa@gmail.com)

See you on the dance floor!

## Rock The Block

Gather up your family, friends and neighbours and head over to the Manor Park sports fields, 100 Thornwood Rd., this Friday, Sept. 12 at 5 p.m.! Rock the Block is your favourite way to get back into the school year vibe and autumn in Manor Park!

All the great music takes place from 5-7:30 p.m., followed by an outdoor movie.

Get ready for an evening of fun and enjoy: annual pie baking contest, outdoor games, local community displays, vendors, food and drink, glitter tattoos, ice cream and popcorn, music and more!

Want to enter the pie contest? Bakers are asked to submit their homemade pies to the MPCC at the community centre between noon and 2 p.m. Entries will be reviewed by a panel of prestigious judges, rated on appearance, taste and overall enjoyment. The winner will be announced during Rock the Block.

And don't forget to bring your camping chairs and cozy blankets and stay for the outdoor movie at 7:30 p.m.

## OHS auxiliary meeting

Would you like to help us support the animals at the Ottawa Humane Society? Join us at the auxiliary's monthly business meetings, 1:30 - 3 p.m. the first Wednesday of every month (no meetings in July, August and December). We meet at the animal shelter, 245 West Hunt Club Rd. across from RONA with free parking.

At the auxiliary's next meeting on Oct. 1, guest speaker will be Barbara Cartwright, CEO of Humane Canada. For more information, contact Connie ([constance\\_nunn@yahoo.com](mailto:constance_nunn@yahoo.com)) or go to [ottawahumane.ca/get-involved/volunteering/ohs-auxiliary/](http://ottawahumane.ca/get-involved/volunteering/ohs-auxiliary/).

## Community Grief Support Program

The Council on Aging of Ottawa presents ArborCare Community Grief Support Program.

This free six-week program features Dr. Bill Webster, certified grief therapist and founder of The Centre for the Grief Journey. Discover how understanding the grieving process can help you through it.

The series begins Friday, Sept. 12, 1-2:30 p.m. at 815 St. Laurent Blvd., Room 235. Register by calling 613-692-1157 or email [grief@kellyfh.ca](mailto:grief@kellyfh.ca).

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