

MANOR PARK Chronicle

The voice of the community since 1949

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Community commemorates new Sumac Footbridge

By Ryland Coyne

The 'new' walking bridge has been in place at the east end of Blasdell Avenue since 2022. Already it has catered to countless pedestrians, cyclists, and running enthusiasts in Manor Park.

And after the adjoining, paved pathway was completed by the National Capital Commission (NCC) this summer, the stage was set for a commemoration. That special ceremony took place on the evening of Tuesday, Sept. 23.

Under ideal early fall skies, the picturesque 'Sumac Footbridge' — linking Blasdell Avenue to the Capital Pathway trail network — was officially unveiled.

With dozens of residents, officials and stakeholders in attendance, the event opened with words from Anita Tenasco, a member of Kitigan Zibi, an Algonquin First Nation north of Ottawa. She, along with her mother Jenny, a residential school survivor, performed a smudging of the bridge. This is a traditional act to cleanse the steel structure of any negative energy.

"When we do this, it's like we're welcoming all to this space and we're honouring this beautiful structure," Tenasco told the crowd.

Jenny then shared a prayer in the Anishinaabemowin language.

Naming process

Manor Park Community Council naming committee member Kelsey McMahon explained how the name was determined.

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A large group of Manor Park residents and officials gathered Sept. 23 for the inauguration of the Sumac Footbridge, located at the eastern end of Blasdell Avenue. Cutting the ribbon to officially open the structure are Ismael Orion Di Carlo and Michael Acacia Di Carlo, whose father Anthony (standing behind) was a member of the Manor Park Community Council (MPCC) bridge naming committee. Also shown here (left to right) are Émilie Girard-Ruel of the National Capital Commission; Kelsey McMahon of the bridge naming committee; Mrs Saroj Aggarwal; Di Carlo: Rideau-Rockcliffe Councillor Rawlson King; Mr. Anand Aggarwal; Anita Tenasco and her mother Jenny Buckshot Tenasco of Kitigan Zibi. PHOTO: RYLAND COYNE

Police investigating two homicides

By Staff

Ottawa Police are investigating a pair of homicides that occurred within the boundaries of Manor Park in October. Both cases remained unsolved as of press deadline.

The first was on Thursday, Oct. 2. A man was found injured with apparent stab wounds just after 7 a.m. that morning, in the 500 block of St. Laurent Boulevard. He was later pronounced dead in hospital.

The Ottawa Police Service (OPS) Homicide Unit has identified the victim as 55-year-old Justin James Weir,

of Ottawa.

Investigators would like to speak with anyone who was in the area of St. Laurent Boule-

vard, Montreal Road and Brittany Drive between 11:30 p.m. Wednesday, Oct. 1 and 1:30 a.m.

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Rideau-Rockcliffe councillor King explains city staff's decision on sidewalks - See page 10

A Manor Park resident says she couldn't be happier to be a firefighter in Ottawa - See page 29

The *Chronicle* bids adieu to one columnist and welcomes a new one - See pages 23 and 32

Meet Your Neighbour John Dodsworth - See page 36



Footbridge, cont. from page 1

After being gifted the naming rights by the bridge's anonymous donors, the committee — which included Anthony Di Carlo and Megan Underwood — sought submissions from the public. They received 50 suggested names in response.

"It was really exciting to see the passion of the community," McMahon said.

The committee also consulted with Elders and Knowledge Keepers from Kitigan Zibi. Together with the NCC, they landed on 'Sumac Footbridge'.

"We chose that name as an homage to the forest surrounding the bridge ... as well as for the Sumac's relevance and significance to Indigenous culture," McMahon said.

Tenasco said the elders had many questions for the committee — where the bridge is located, who would use it, what it would connect to — among others.

"Once we got through those questions, we talked about the land surrounding this community and the bridge, and that's really what inspired the name," she said.

The plaque affixed to the bridge features three languages — English, French and Algonquin (Kagagiminaganj Ajogewin).

"Community members and elders were very happy when our language and Sumac was selected for the name of the bridge. Even 'Ajogewin', the word for footbridge in our language, was selected to be included."

Thanks all round

Émilie Girard-Ruel is Director,



Anita Tenasco (right) and her mother Jenny Buckshot Tenasco (left) were special guests at the inauguration of the Sumac Footbridge. Together they performed a traditional smudging ceremony to remove negative energy and create a sense of welcoming to all those who use the structure. Jenny attended the St. Mary's Indian Residential School in 1958 and is also an Indian Day School survivor. PHOTO: RYLAND COYNE

Public and Corporate Affairs with the NCC. She thanked all involved in bringing this project to fruition.

"We're so very grateful to everyone who contributed to making this happen," she said.

"It's very significant that the community worked with Kitigan Zibi, have a name that has deep meaning for them and that the language is also present."

Rideau-Rockcliffe Councillor Rawlson King echoed those sentiments.

"It's important for us to always recognize that we are on the unceded territory of the

Algonquin Anishinabeg people who have been the traditional custodians of this land since time immemorial," he said.

King noted it was "really joyful to be standing on this bridge."

The councillor used the bridge as an analogy for building stronger communities. "This is necessary infrastructure that is definitely required to link our communities together."

Manor Park Community Association president Natalie Belovic said the bridge has

already been getting plenty of use. It just adds to the "pretty magical place" Manor Park is for people to live and play.

Truth and Reconciliation

Tenasco, who is the Director of Indigenous Initiatives at Algonquin College, said she would promote the bridge to the more than 1,100 Indigenous students at the school.

"Many of them do ... explore different parts of this beautiful city that we share with everyone," she said.

"True reconciliation is building partnerships, having

communication, getting to know one another and building trust. And a project like this is one step in that important work," Tenasco told the crowd. "For residential school survivors, to be a part of these types of events, to see our work come to life and language to be present, that's truly meaningful, that's very powerful."

So, I say, Miigwech (thank you)."

Following the ribbon-cutting ceremony, Manor Park resident Marie-Claude Quessey was on hand to discuss all things sumac with attendees.

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Residents voice frustration with bus service

By Ryland Coyne

It was billed as the most significant change to OC Transpo's bus system. Titled 'New Ways to Bus' (NWTB), the public service made changes to 100 of its routes back in April, 2025, designed to improve a system seemingly plagued by inconsistent service delivery.

But frustration with the service continues for many users in Manor Park.

Caroline Sullivan says her two sons, Marleau, 17 and Remy, 14, rely on OC Transpo to get to and from school each weekday. They also use public transport to see friends on the weekends.

She says there are very few buses on the route during peak hours, making them late for school and late getting home in the afternoon.

"In the mornings, they (buses) are not on time at all, often 30+ minutes apart, then sometimes there will be two or three in a row," she noted in an email exchange with the *Chronicle*.

It's often more challenging in the afternoon. Buses are full with students from other schools and don't stop.

Sullivan feels the situation "has become a lot worse" since the NWTB changes went into effect back in the spring.

OC Transpo responds

Contacted by the *Chronicle*, Katrina Camposarcone-Stubbs, public information officer with OC Transpo, said Route 7 did undergo a "minor adjustment" in the spring. "Specifically, peak-period service along Brittany Drive was removed and replaced with Routes 17 and 20. This change is intended to improve service reliability during peak periods."



Manor Park resident Marleau Brown prepares to board the 7 (Carleton) bus at a stop off Hemlock Road. PHOTOS: RYLAND COYNE

Asked how students could be left to wait 45 minutes to an hour for a bus after school, she noted there can be "overcrowding" at that time of day.

"When buses reach capacity, they may bypass stops, which can unfortunately lead to extended wait times," Camposarcone-Stubbs noted. "These occurrences are taken seriously and are being monitored to help inform future adjustments."

Both Marleau and Remy say it should take about 25 minutes to get to school. That is achieved only about a quarter of the time. More often than not, it's 45 minutes to an hour.

Asked if service has been reduced during peak hours on Route 7, the OC Transpo spokesperson explained, "As part of the spring 2025 changes under NWTB, the removal of the Brittany Drive routing led to reduced service during peak hours between downtown and Manor Park. Frequency in this corridor changed from approximately every eight minutes to every 15 minutes."

There have also been "temporary trip cancellations due to bus availability." This has

resulted in some headways — the time between buses on Route 7 — to increase to 30 or 35 minutes.

In his Substack newsletter, Ottawa Councillor Glen Gower, Chair of the Ottawa Transit Commission explains the two key reasons for cancelled or delayed buses "is a shortage of buses and on-street traffic congestion."

Ottawa has what Gower called an aging fleet and should have 519 buses on the road. That actual number is 511 which leads to cancelled runs and "limited spares available for when something goes wrong. There's no margin for error," he notes.

He adds there is a "three-part plan to make sure that:

- there are enough operators

and buses on the road to deliver service,

- there are buses ready to start every trip on time,
- road conditions are created that allow for consistent travel times.

Read Gower's full report at glengower.ca/notebook

Wants changes

Sullivan says she would like OC Transpo to survey riders and ensure "there are enough buses during peak school and work hours."

Camposarcone-Stubbs noted many factors go into route planning.

"Decisions to add service are based on ridership demand, available fleet and operator resources, and net-



Some local residents have expressed frustration with inconsistent service provided by OC Transpo along Route 7.

work-wide priorities. We continually monitor ridership trends and feedback to adjust service where it's needed most, subject to available resources."

Sullivan says she has filed complaints with OC Transpo but with no response.

The spokesperson wanted to assure riders their feedback is taken into account. "While not all feedback can result in immediate changes, it plays a key role in shaping future service adjustments during OC Transpo's quarterly service change process."

Riders can provide feedback via octranspo.com, and use the Transit app or OC Transpo Travel Planner "for real-time trip planning and service updates."

ARTIST
Marlene Munroe de Montigny

The Dog Path, Mackay Lake

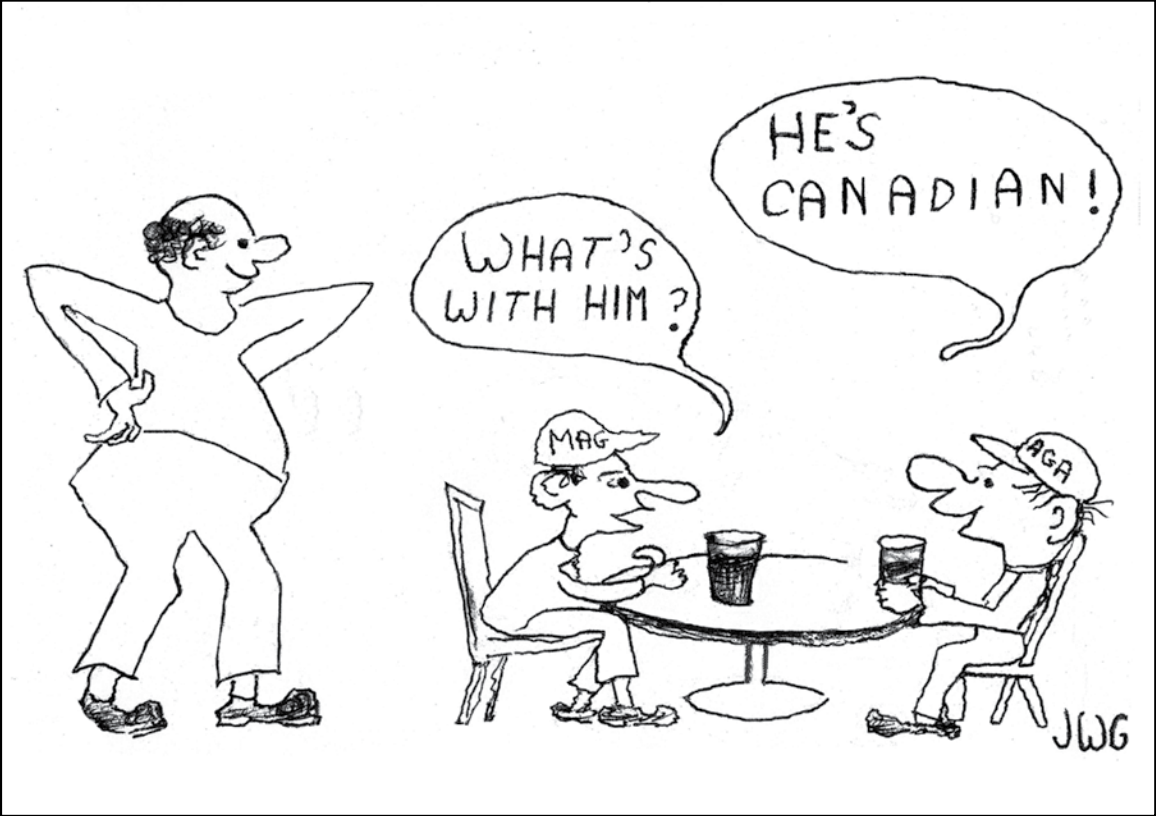
10" x 7"

On a beautiful fall day, a little boy quietly walked his small dog along the path as his Mother watches over.

Original watercolours are now available at
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MANOR PARK
Chronicle

The voice of the community for more than 75 years



SUBMISSIONS

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

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

Please ensure that:

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

PHOTOS:

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

LETTERS TO THE EDITOR:

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

MANOR PARK NOTABLES:

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

BULLETIN BOARD NOTICES:

Submit notices for community events to the editor.

Next Issue: January-February 2026

Deadline for booking advertising: Wednesday, December 10

Deadline for submitting ad creative: Friday, December 19
Send to: ads@manorparkchronicle.com
613-749-9922

Deadline for articles and photos: Wednesday, December 10
Send as attachments to editor@manorparkchronicle.com

New Year approaches

The clocks may have fallen back one hour last Sunday with the end of daylight saving time, but the *Chronicle* continues to move ahead and is already getting ready for the first edition of 2026.

Keep us in mind. Send us:

- Your suggestions for a neighbour to feature in *Meet Your Neighbour*
- Your views on what's important in *Letters/Your Opinion Matters*
- Your questions and suggestions for the new 'Good Dog' column
- Your ideas for a community volunteer whose good work should be featured
- Your profiles and photos for *Dogs in the Hood*

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

Manor Park Chronicle

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ABOUT THE CHRONICLE

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EDITOR'S POV

Column changes

In recent months, the *Chronicle* has had to say goodbye to two of its columnists.

The September-October issue was the final *Bird Corner* column by Frances Legault. This was a fun and educational article that focused on our fine feathered friends in and around Manor Park.

Regular reporting on our avian neighbours has been a regular feature for many years.

So, this edition, we put the call out to anyone who might like to pick up the baton and continue this tradition. Please reach out to editor@manorparkchronicle.com if this might be of interest.

We are also saying farewell to columnist Cecilia Pita. After 17 years, Cecilia has decided this edition's *Etiquette Matters* article will be her last. At a time when courtesy and good manners seem to be running in short supply, hers was an excellent reminder how we should be behaving — at home and in public.

The *Chronicle* thanks both columnists for their thoughtful dedication to the paper and to their community, over so many years.

On a different note, the paper also welcomes a new columnist with this edition. Greg Thompson, a long-time resident of Manor Park, has agreed to share his decades of expertise training canines in a new column he's called 'Good Dog'.

Many residents will be familiar with Greg who can be seen walking the neighbourhood with his beautiful (and well behaved) retriever Axle at his side. He says he looks forward to sharing what he knows with readers. He also invites anyone with questions to pass them along so he can address specific topics of interest. You can find 'Good Dog' on page 32.

Finally, a thank you goes out to all our regular contributors (please see above for a complete list). You are what makes the *Chronicle* as special as it is and will help ensure its success for years to come.

LETTERS TO THE EDITOR

Motorists should take greater care, reader notes

Dear Editor:
I am writing in response to the letter from Kenneth Watson (*Chronicle* Sept.-Oct. 2025).
Mr. Watson's argument is that cycling in traffic is dangerous and therefore commuting by cycling should be stopped.
In my opinion, this is a clear case of victim blaming. Of course safety needs to be improved, and cyclists should always obey the rules of the road and maintain awareness of their surroundings. But is there not an onus on motorists, driving a vehicle 1,000 times heavier at higher speeds than a bicycle, to minimize the risks through greater care? For example:

- take extra care and check blind spots when turning right across a designated cycling lane (e.g. on Laurier Ave. W.);
- never block a cycling lane by stopping, parking or loading/unloading a vehicle. (This is a common occurrence on Beechwood);
- where cycling lanes are not parking-protected (i.e. the cycling lane is between the traffic lane and the parking lane, as in front of Bridgehead on Beechwood), do not open the vehicle door without first checking the mirror for a passing cyclist.

Finally, I would note that even motorists who have no intention of ever commuting by bicycle are better off when cycling commuting increases. Apart from the environmental gains, every commuter on a bicycle means one fewer car congesting the traffic lanes.

John Forsey

Reader responds to cycling dangers letter writer

Dear Editor:
I would like to respond to Kenneth Watson's letter about the dangers of cycling.
It seems Mr. Watson is concerned with the safety of cyclists when forced to be in vehicle traffic. As a bicycle commuter, it is something I wish I did not have to ever do. I hope Mr. Watson and all other drivers advocate for bike lanes so that cyclists can be separated from traffic.
I would like to point out that cyclists pay taxes and have every right to use the roads as vehicles do, despite our car-centric culture that seems to believe that vehicles have more rights than cyclists.
Mr. Watson's point that safety "is not a problem that is likely to be fixed by better infrastructure," is incorrect according to statistics on cycling infrastructure below (source, Google: statistics of how bicycle infrastructure decreases injury).

- Protected Bike Lanes: Streets with protected bike lanes see a ~90 per cent fewer injuries per mile than streets without any bike infrastructure.
- Intersection Injuries: Protected bike lanes can reduce bike-related intersection injuries by approximately 75 per cent.
- Fatalities: A 13-year study found that protected bike facilities resulted in 44 per cent fewer deaths and 50 per cent fewer serious injuries.
- Specific Infrastructure: Elevated and protected bike lanes are among the safest options, with one study indicating that protected lanes with heavy separation can be particularly effective.

On his point of a five per cent cycling commutership in Canberra, Mr. Watson's assumption is that it's "risk and discomfort" that the numbers aren't higher. Considering the climate, it's probably due to Canberra being built as a car-centric city that has more to do with it. The numbers there have been increasing with the building of bicycle infrastructure. As for the risk, Mr. Watson is concerned with cycling, this assumption is incorrect, source, Google: *is cycle commuting or driving more dangerous?*
"Driving is statistically more dangerous than cycle commuting when considering the overall risk of death and illness over a lifetime, as cycling provides significant health benefits that far outweigh the risks of road traffic injuries, according to several studies. While cyclists face a higher risk of serious injury in a crash per mile, the overall risk of dying from any cause is significantly lower for cyclists due to improved cardiovascular health and mental well-being."
As for discomfort, I cycle year-round, and, with proper clothing, have yet to experience discomfort; only happiness and satisfaction derived from exercise, fresh air, saving money on gas and reducing my carbon footprint on our beautiful planet!

Alan Cissel



Christmas Candlelight Service

You are invited to participate in **Beechwood's Christmas Candlelight Service on Sunday, December 7, 2025 at 6:00 pm.**

A special way to remember loved ones, our service features a non-denominational candlelight memorial service with carols and a tree-lighting ceremony.

We are happy to welcome back the **Ottawa University Choir** to lead the carols.

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Our event is outdoors, please dress warmly.

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



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Sidewalks, zoning and bridge top agenda

President says MPCA would welcome more participation from community

FROM THE DESK OF:



**Manor Park Community
Association President
NATALIE
BELOVIC**



Hello Neighbours, these are the highlights of what's going on in our community.

SIDEWALKS

As of press time, the fight regarding sidewalks has returned to the forefront. City staff decided to use their delegated authority and bypass the councillor's request for further study and a deferral of the sidewalk component of the project. We think that partly because of a threatening lawyer's letter received by the city and partly due to the fear of future difficulties in enforcing the policy, staff decided to take this hard-line approach. I can tell you that a committee of dedicated residents are working on this situation and to come up with a more cohesive approach to decision making in individual communities.

To be clear, no one is trying to say that sidewalks don't have an important role to play with respect to safety. However, it has been maintained by most residents that the sidewalks where currently proposed will not improve safety for pedestrians and will not "connect" the neighbourhood as touted.

We argue that with the city operating on a shoestring budget, our roadways — which are already not priority streets — will now get built

up with snow banks separating sidewalks and the street. These banks get cleared usually once a season and will now require more clearing. Now add to that the cost of sidewalk clearing and salting ... these are costs the city can't really afford now. We'll end up with bad streets AND bad sidewalks.

I must note here, that support for not installing sidewalks is not unanimous on the MPCA board. I am working to respect all views on this matter. It has not been easy to navigate.

Stay engaged, continue to make your voices heard and consider attending the committee meeting on Nov. 27 where staff will be presenting their decision. We are organizing a concise group of speakers for this event. More will be posted on the listserve or please reach out to me directly if you would like to discuss further.

ZONING

The Zoning and Planning committee, made up of Sean Schuck, Elizabeth McAllister and myself, will be meeting with the councillor to provide him with our comments to the proposed changes. He will use all the feedback he has received from different communities to publish his own zoning bylaw comments to the city staff and to Ward 13 residents.

In short, our main points for Rawlson are as follows:

1. Why, despite the huge increase in density approved by the city for the Manor Park Estates, must the city upzone the entire neighbourhood without thought to community fabric when the granted upzoning in the OPA exceeds by far the city's goal of units per hectare. There is no need to upzone the rest of the neighbourhood based on a 25-year or so window that this zoning bylaw will be in place.
2. To continue with point 1, every lot in Ontario is now allowed to have up to four units per lot. This means there is already built-in intensification permitted without it getting too crazy.
3. There is a lack of community infrastructure to support such intensification and there is also the lack of land to build it in the future. There is a lack of allowance for greenspaces and the city is misleading the public (and themselves) by counting the greenery along the Aviation Parkway as greenspace — given the plan for the Kettle Island truck route — as well as counting Manor Park (at the school) as greenspace. All that space is owned by the Ottawa Carleton District School Board (OCDSB),

not the city. And now the province is trying to pass legislation that THEY can decide what happens to "surplus" school sites such as, Let's sell it to our developer buddies."

4. The front yard setbacks now stated are too small to provide meaningful room for healthy trees to grow. Rear yard setbacks are also too small, again, removing hugely needed greenspaces and ability to absorb runoff.
5. Lastly, the city is not measuring outcomes of intensification and refuses to evaluate its effectiveness. Their "build baby build" will create unliveable communities and continue to push residents to opt for suburbs where the above noted are not an issue.

KETTLE ISLAND BRIDGE

There is a dedicated group still working on this issue and trying to pose the question to the NCC, the federal government and voters: is THIS the best solution for our problems? Are there better solutions going into the future?

SERVICE

The weight of all these issues falls on a very small group of individuals and we would truly welcome more participation from the community. As they say: "Many hands make light work."



ARMY RUN PASSING THROUGH: Supporters turned out in big numbers to cheer on the runners at this year's Army Run half marathon, held Sunday, Sept. 21. This year's event brought athletes from across the country to Manor Park with the route running up Birch Avenue from Hemlock. PHOTO: RYLAND COYNE

OPINION

New sewers, watermains and road rehabilitation in Manor Park: Will you pay?

By Robert Hage

This summer, the City of Ottawa launched a series of additional road improvements to those already made in Manor Park.

In July, the city sent a “Notice to Residents” to the 2025-26 “affected areas” of Arundel, Braemar, Farnham, Finter, Jeffrey and Kilbarry streets. There are currently temporary closures of Finter and a portion of Kilbarry Crescent.

Ottawa retained Cavanagh Construction, located on Cavanagh Road in Ashton, Ont., as the contractor to complete the work. As communicated in the Notice to Residents, Ca-

vanagh has full responsibility for the construction work until the project is completed, as well as any damages to private property. Unfortunately, this has proven not to be the case.

A resident has already advised the city that cracks and problems have appeared in their house when heavy trucks started rolling up and down Kilbarry Cres., shaking their home. We had a similar experience where the roadwork resulted in our home on Kilbarry Cres. shaking and then the front door was almost impossible to open. Our locksmith diagnosed that the top of the door had moved up, requiring us to pull the door strongly

to open it. Unfortunately, the locksmith’s repairs lasted no longer than a day before the house was shaking again and the front door is now, once again, impossible to open.

To investigate our case, a Cavanagh contractor representative engaged the President of Blastek Engineering to provide written advice. He carried out a site visit to examine the door and its surrounding area to determine whether the construction vibration has caused what he referred to as the “alleged damage.” He stated, however, that “it was difficult to open the front door without force and there was evidence of jamming in the

door frame.” He noted that the door itself is solid wood.

Blastek advised Cavanagh that the “door jamming case is due to the door being solid wood. Wood shrinks and expands based on weather and temperature and adjustments are required frequently.” I note the front door was made “of solid wood” from the 1950s. Since we purchased our home in 1988 we have had no difficulties with the front door.

Blastek concluded “the alleged damage is not the result

of construction activities or vibrations carried out by Cavanagh. These are maintenance items that unfortunately are common with or without the presence of construction.”

Cavanagh’s contractor representative sent us the outcome of Blastek’s damage claim investigation stating that he trusted “the inspection and subsequent recommendation is sufficient to close out the issue.”

In other words, “Manor Park Resident Pays.”

Gallery quiz winner announced

Congratulations goes out to Chris Schaller, winner of the free tour of the National Gallery with Manor Park’s own Robert Sauve.

In our last edition, Robert asked readers to try to identify an image showing a small part of a famous portrait that hangs in the gallery.

In an email, Chris wrote, “I think this is a detail of “The Smiths” by W. Blair Bruce (1894).” Chris was one of many entries received. A draw of the names of those with the correct answer took place Oct. 31.

Robert wishes to thank everyone who took the time to read his article and submit entries.



St Columba Anglican Church

Advent Festival of Readings and Music
Nov 30, 2025 at 10:00am

Quiet, Blue Christmas
Dec 17, 2025 at 7:00pm

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Sidewalks issue set for
debate at committee

By Ryland Coyne

It's a matter of interpretation over a single word — deferral. A disagreement between the local councillor and city staff has thrust the issue of sidewalks for Manor Park back in the spotlight.

In early September, Rideau-Rockcliffe Coun. Rawlson King announced sidewalks would be deferred for the ongoing integrated roads project. That project involves upgrades to sewers, water-mains and roads along parts of Kilbarry Crescent, Farnham Crescent, Arundel Avenue, Jeffrey Avenue, Finter Street and Braemar Street. Work has now started with estimated completion in 2026.

King's decision, backed by a large majority of Manor Park residents, was to allow for more detailed studies. These studies would examine the effect future major transportation infrastructure changes will have on the community.

"Because we were asking for deferral — it was for the ability for us to take a holistic approach towards transportation assessments. That's what I was very clear about," he told the *Chronicle* in a recent interview.

City staff, however, have taken a different view. King says they want deferral only to be "within the scope of the construction contract" which runs until summer, 2026. He calls this "a very narrow interpretation ... effectively removing the

opportunity to defer the sidewalks in a meaningful way."

Delegated authority
Under normal city procedure, staff has delegated authority to proceed without returning to council for approval — on two conditions. One of those is concurrence provided by the ward councillor. Because King disagrees with their interpretation, the issue will now head to the Nov. 27 Public Works and Infrastructure Committee.

There, staff will present their report to move forward with sidewalk installation. If accepted, it would move to council for final approval.

King says he intends to present a motion to counter the staff report.

"I can't speak for my colleagues but I do think there's a strong case to be made that the decision deserves more time and community input," he said. "There are so many changes coming to Manor Park."

Among those, he noted:

- the reopening of Hemlock Road,
- a new traffic circle for the five-corners intersection,
- new infrastructure around Manor Park Public School,
- potential rebuild of Beechwood Avenue.

This isn't a matter of simply blocking sidewalks from being built due to aesthetics or neighbourhood character, he added.

"There are exceptional circumstances here ... that

should require greater holistic input and analysis."

Procedural issue
Asked if a potential legal challenge to the deferral of sidewalks by several Manor Park residents had a role to play, King emphasized the conflict with staff is procedural only.

"Residents can always question the authority of council and councillors, and I welcome them to do that. At the end of the day ... based on this policy (Delegation of Authority), it's coming back to council for a decision anyway — and that would have occurred with or without threatened legal action," King said.

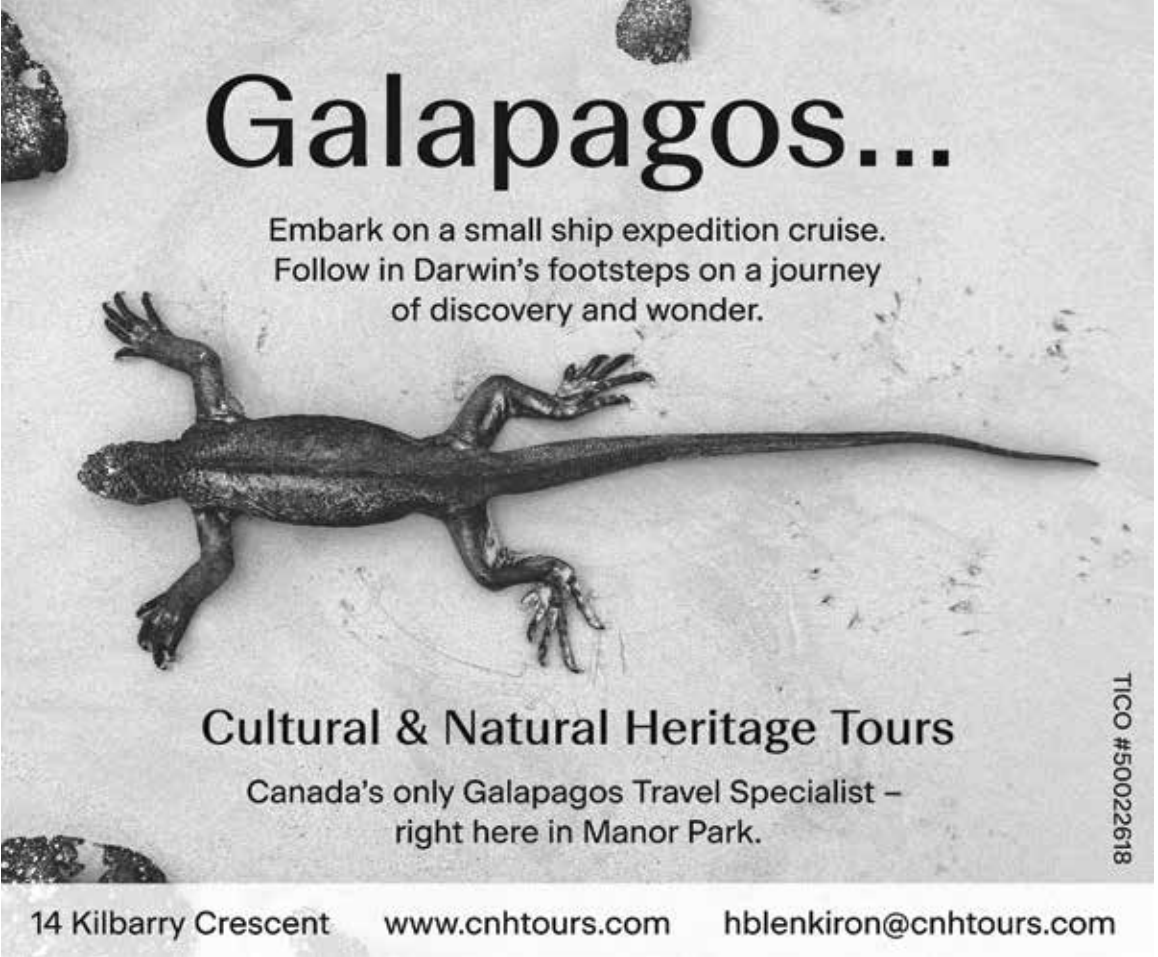
At the July 30 public meeting, staff addressed the importance of sidewalks. It was noted these elements are automatically added to integrated renewal projects in accordance with the city's Transportation Master Plan and Official Plan. Pedestrian safety, accessibility, and connectivity were listed as key reasons to support their inclusion.

"We're looking toward accessibility, to be inclusive, to treat people respectfully, equally, and sidewalks help people realize their opportunities," noted Elizabeth Murphy, Program Manager, Transportation Engineering Services.

King said the Nov. 27 committee meeting is open to the public. Residents are welcome to speak to the motions.

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Movie Nights: It's time to watch a movie!

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December 8, at 5:30 p.m.: "Wicked"

Le cinéma : C'est le temps pour un film ! (in French)

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November 17, at 6 p.m. «Petite Maman »

December 22 at 6 p.m. « Le Fabuleux Destin d'Amélie Poulain »

St-Laurent English Book Club

November 27, at 10 a.m.

"Murdered Midas" by Charlotte Gray.

January 29, at 10 a.m.

"The Other Valley" by Scott Alexander Howard.

Special Events

Épopée maritime des Raftsmen (in French)

November 1, from 1- 2:30 p.m.

Plusieurs générations se sont enracinées dans les chantiers forestiers. Ces hommes abattaient d'immenses pins blancs. Au printemps, le bois équarri était assemblé en

radeaux pour former des billes de 500 mètres de long. Les cageux naviguaient dans ces cages de bois de la rivière des Outaouais au fleuve Saint-Laurent. De Québec, la précieuse cargaison était expédiée outremer pour approvisionner les chantiers navals britanniques. Plongez dans l'histoire de ces marins atypiques du XIXe siècle, les Cageux!

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Drop-in program

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November 6, from 10 - 11 a.m.

Delivered by a friendly, experienced cyclist, this workshop will teach you what you need to know to feel comfortable biking year-round. You will learn tips, tricks, and tools to extend your cycling season into the fall, or beyond!

We will review route planning, techniques, and simple suggestions for winter bike maintenance. The goal of this workshop is to help riders discover opportunities to cycle year-round.

Registration required on the Ottawa Public Library Programs and Events website: <https://bibliooottawalibrary.ca/en/program>

Lego® Block Party

November 8, from 3 - 4:30 p.m.

Kids and parents can drop in and create something unique with Lego blocks.

Drop-in program

Quick PC Tips: Enhancing capabilities and performance with free tools

November 10, from 6-7:30 p.m.

Learn how to extend the battery life of your PC laptop, discover the handy Microsoft PowerToys, detect fake USB flash drives before you lose data, learn why you should avoid PC "fix-it" utilities, and embed music in PowerPoint presentations.

Chris Taylor, President of the Ottawa PC Users' Group, will help you with these quick and effective remedies.

Registration required on the Ottawa Public Library Programs and Events website: <https://bibliooottawalibrary.ca/en/program>

Family S.T.E.M. Fair

November 22, from 3-4:30 p.m.

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Drop-in program

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November 29, from 3-4:30 p.m.

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Sidewalk issue heads to committee Nov. 27

The option to defer the sidewalk component of the Integrated Sewer Renewal Project was originally presented to my office by staff as a viable alternative. This would allow additional time for a comprehensive review of the neighbourhood's transportation needs and for proper holistic transportation planning to be communicated to the community.

However, city staff have since withdrawn the deferral option and indicated their preference to proceed with sidewalk installation under the City's Integrated Renewal Policy rather than undertake further studies. My office had understood "deferral" to mean postponing the work to allow for the comprehensive neighbourhood transportation analysis I have been requesting.

Under the city's Delegated Authority By-law, senior staff can approve road modifications independently without bringing the matter to Committee and Council, provided two conditions are met: there are no outstanding written objections from the public, and the Ward Councillor has provided concurrence, or approval, of the modifications.

Because I did not provide concurrence for the sidewalk component of this project — as I believe further comprehensive study is needed — one of the required conditions for staff to proceed under delegated authority was no longer met. When a ward councillor does not concur, delegated authority can no longer be exercised, and the decision must go to committee and council for a vote. This is a procedural requirement under the city's bylaws, not a decision made by my office.

The matter will therefore go before the Public Works and Infrastructure Committee on Nov. 27, 2025. Staff will present a report outlining the project history, the reason the matter is being brought forward (the withdrawal of ward councillor concurrence), and relevant bylaw and policy

FROM THE DESK OF:



Councillor - Ward 13
Rideau-Rockcliffe
RAWLSON KING

considerations. I will provide comments in that staff report.

The committee will vote on whether to accept the staff-initiated recommendation to proceed with the project as planned, including the proposed sidewalks, or support a motion I intend to bring forward to defer the sidewalk portion until all extenuating circumstances have been properly reviewed in the context of this growing community.

Ongoing discussion

Over the past several months, the community has been engaged in discussion about the appropriate placement of sidewalks. I have heard clearly from the community there is broad support for the inclusion of sidewalks where they belong and where they contribute to a safe, connected, and liveable neighbourhood — particularly near schools, community centres, and parks.

However, residents have expressed concern that staff did not demonstrate that the current proposal for sidewalks within the Integrated Sewer Renewal Project for Jeffrey Avenue, Arundel Avenue, Farnham Crescent, Braemar Street, Finter Street, and Kilbarry Crescent takes a holistic planning approach, as it addresses only the listed streets in isolation.

Throughout this process, I have consistently advocated for a more holistic and forward-looking approach — one that integrates infra-

structure renewal with the many other changes coming to Manor Park, including the Hemlock Road connection to Wateridge Village, the full reconstruction of Beechwood Avenue, the Manor Park North and South Secondary Plan, school-area pedestrian improvements, and possible intersection changes at Braemar, Ava, and Eastbourne. Sidewalk planning should be informed by that full picture, not just one segment at a time.

Worked toward solution

During the last 10 months, I have been in regular contact with staff to find a constructive solution, supported by substantial community input through emails, calls, meetings, and surveys. I support the goals of the city's Transportation Master Plan, Complete Streets Policy, and Vision Zero principles. These aim to enhance long-term pedestrian safety, accessibility, and connectivity. I also support residents who have made thoughtful, reasonable requests for better alignment between local realities and city policies.

Staff have advised that any postponement beyond summer 2026 would effectively remove sidewalks from this capital project and require council to approve a future standalone sidewalk initiative. I communicated this information clearly at the July 30 information session and in my office's survey issued in the spring.

Staff have now indicated they are constrained by a construction contract for this project that requires a final decision — either to install the sidewalks following standard city policy or to remove them.

Disappointed

Staff continue to recommend proceeding with sidewalk installation in line with council's approved master plans and policies, concluding that no further study is necessary at this time.

While I am disappointed in this outcome and in staff's decision not to undertake a comprehensive transportation analysis, I remain fully committed to ensuring that the community's voices continue to be heard through my motion at committee.

More information will be shared by my office once the staff report is released, along with details on how residents can engage constructively in the committee process in the coming weeks.

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Simple blood test leads to early cancer diagnosis

By Ryland Coyne

For more than a decade, I've participated in Movember. It was a bit of a joke at first, just a fun way to raise some money for a good cause.

For those unfamiliar with the 'Mo' movement, it's pretty straight forward. Men grow a moustache from Nov. 1-30, all the while building awareness of and collecting funds for men's health — physical and mental.

Until recently, I restricted my fundraising circle to family members only. With so many causes out there, I wasn't eager to pester colleagues, friends and neighbours with this one.

This past year, though, my involvement took a more serious turn when I was diagnosed with prostate cancer. Suddenly, an amusing campaign — which simply involved NOT shaving above my upper lip for 30 days — took on a whole new meaning.

My story

The first hint that something might not be quite right came following my biennial physical at age 61. Over the previous few years, I had been consistently losing weight. Nothing drastic but a steady five or six pounds per year.

At the time of the physical exam, I had lost a total of 30 pounds — from my 'normal' 185 to 155.



To my brother's dismay, I grew 'The Trucker' style moustache for Movember, 2024. PHOTO: JOHN COYNE

This time, a routine blood test revealed an elevated PSA (prostate-specific antigen) level. Not an alarming number but it was high enough for my family doctor to refer me to the Ottawa Hospital Cancer Centre at the General campus — just to be sure.

At first, I admit I thought this was a little much. After all, there was no cancer in my immediate family and I wasn't feeling ill. Still, with the support of my wife Sheila, I followed through, meeting a surgeon who specializes in prostate cancer and treatment.

It was possible, he said, the higher PSA was the result of an enlarged prostate and not necessarily a sign of cancer. The only way to know, for certain, was to undertake a series of tests, starting with a cystoscopy, a procedure to examine



the bladder for abnormalities.

After meeting with the surgeon again, it was agreed that a prostate biopsy would also be needed to determine if cancer was indeed at play. The procedure, while a bit uncomfortable, was quick and mostly painless, taking about a half-hour from start to finish.

Within the next couple of weeks, I had my answer. Cancer was detected in two of the samples taken. These were 'intermediate' risk, meaning that while the disease was present, my life was not in imminent danger.

Options

My surgeon spelled out a number of options — surgery to remove the prostate, radiation to kill off the cancer cells, or hold off and kick either procedure sometime down the road.

It did not take long to make a decision.

On Feb. 21 of this year, I underwent a Robotic Radical Prostatectomy. As with any surgical procedure, there is

some risk involved. But for us, this was the most effective way to remove the cancer before it had a chance to spread.

The surgery took place at the Ottawa General and lasted about five hours. I remained in hospital overnight for observation.

I was discharged by around noon the following day but only after showing the nurses I could get out of bed and walk, albeit gingerly, around the hospital hallways.

Recovery was slow but steady. While there's some pain around the incisions, it's important to get up and move around, making sure your lungs and muscles get some activity.

I was almost "back to normal" within a few months. Two follow-up blood tests have shown no sign of cancer which is a huge relief. And while my urologist will continue to monitor me for the foreseeable future, all signs are positive.

Of course, none of this could have happened without incredible support. Before leaving the hospital, Sheila had to learn how to empty the drainage bag attached to the catheter, which remained in place for about a week following surgery. She was my amazing nurse, chef, driver (to and from follow-up appointments) and cheerleader. All the while keeping her business going and looking after our dog Charlie.

Get checked

All this to say to our male readers during this Movember, get checked out. If you sense something might not be quite right, don't delay. Talk to your doctor. A simple blood test could well lead to early detection and stop cancer in its tracks.

The Ottawa Hospital has all kinds of resources for anyone impacted by cancer. Visit their website at www.ottawahospital.on.ca/en/cancereducation.

Specific to men's cancers, I've also found the Movember site incredibly helpful. It can be found at ca.movember.com.

This Movember, I'm growing yet another moustache, only this time with a little more meaning behind it. If you're so inclined to make a donation, feel free to visit my page at <https://ca.movember.com/donate/details?member-Id=5279033>

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Together, we acknowledge with gratitude the ongoing support of our valued advertisers. We thank those who have renewed as five-issue advertising subscribers with this edition: *Bread & Roses Bakery* (Chris Green); *Ian Brown, Realtor*; *Marnie Edwards, RMT*; *Epicuria* (Michelle Lafrance); *Fern Hill School* (Deborah Gutierrez, Principal); *Goodies Fine Catering* (Pierre Mineault); *Manor Park Barber Shop* (Laura Goyos); *M & B: A Fine Butchery* (Andrew Muckleston); *Polaris School & Centre* (Dina Cristino, Director); *Toasty Arepas* (Pierre Mineault); and *Union Street Kitchen Café* (Christine Garand & Craig Ped-

ersen). We extend a warm Chronicle welcome to new and returning advertisers joining us this issue: *CNH Tours* (Marc Patry); *Hillary's & Monsons Cleaners* (John Murray); *Linden Pizza* (Tracey Clark) and artist *Marlene Munroe de Montigny*. Read on!

LINDEN PIZZA

Local Pizazz
It's all about, "People coming together, being at ease and sharing good food around the table ... connecting to create and build community," says Tracey Clark, the impetus and experienced businesswoman behind Linden Pizza, one of the newest dining spots at 119 Beechwood Ave., corner of Chapleau. Readers may recognize Tracey as one of the founders and former CEO of Bridgehead Coffee. This is her neighbourhood and Tracey, as always, is dedicated to creating social opportunities for neigh-



Pictured here (left to right) are Camille Hopper-Naud, manager, Tracey Clark, owner and Mackenzie Coomb, head chef - the enthusiastic, creative team behind Linden Pizza, the new cozy, dine-in/take-out restaurant at 119 Beechwood Avenue. PHOTO: COURTESY OF TRACEY CLARK

bours and friends to come together. Located in extensively renovated and custom-retrofitted premises, this cozy, intimate restaurant seats 24 comfortably inside. And, close to opening, is Linden's side-patio (accessible from inside the restaurant) with additional seating for 24. Tracey tells the *Chronicle* that patrons can look forward to enjoying fall outdoors this month and for as long as the weather 'cooperates' wrapped snugly in provided blankets and the warmth from the patio's outdoor heaters. Creating Linden was a rewarding, collaborative effort involving Tracey along with Camille Hopper-Naud, restaurant manager, and Mackenzie

Coombes, head chef. They're a close knit, creative team focused on providing a cozy atmosphere and a fun, casual experience. "We designed Linden to make guests feel at home, and to feel like they received a hug when they visited," says Tracey. "Our small space is comparable to that of a ship's galley," say both Camille and Tracey. Everything is compact and totally functional from the front reception area to the bottle shop, bar and servery on to the open kitchen at the back. The basement space accommodates Linden's prep kitchen, washrooms and wine storage. Linden's menu? Well, there's something for every

taste and inclination from different starters (warm olives, escabeche, salads and carpaccio) to small plates featuring Cocottes (baked options such as Morels E Manzo and poached Fogo Island cod), to eight different signature pizzas and desserts as well as innovative alcoholic and zero-proof mixed drinks, wines, craft beers and sodas. Suppliers are local – all part of creating a neighbourhood, village-like place. The pizzas: Linden's pizzas are known for their thin, Roman-inspired dough (without oil or sugar) resulting in an airy, chewy crust with a nutty flavour capped off with a variety of unique red, white and
Continued on page 13

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BUSINESS BUZZ

FROM PAGE 12 >>

green toppings like the Valentina, with La Cultura peppero-

ni and hot honey
Camille, who is also Linden's beverage manager, has curated a selection of unique alcoholic and zero-proof cocktails, an extensive list of mainly Canadian and Italian wines (bubbies, rosés, whites and reds) as well as craft beers, ciders and colas.

"Our wine list features consignment wines (by the glass or bottle) that you won't find in the LCBO," says Camille. "We carry guest favourites including Revel cider from Guelph, Ont. as well as non-alcoholic Annex sodas from Alberta that are exclusive to Linden in Ottawa."

Linden has a bottle shop, where guests can purchase beverages to-go with their take-out pizzas at a discounted price. Guests can also bring their own wines and enjoy them for a corkage fee.

Wishing to celebrate something special? Once a month on the full moon Linden holds 'Lunar Nights' featuring exclusive dishes and pairings. The next one is the Cold Moon on December 4, 2025.

Or perhaps, you'd like to celebrate your next milestone or private event at Linden. Options include a full restaurant buyout with exclusive use of the restaurant and staff taking care of all details.

Linden is open Monday to Saturday for dining-in from 5 p.m. to 9:30 p.m. and for take-away and delivery from 4 p.m. to 9:30 p.m. Contact 613-913-7997 for reservations and orders or visit: lindenpizza.ca.

Sharleen Tattersfield

MANOR PARK
BARBER SHOP

Friendly, neighbourhood service

The Manor Park Barber Shop, now owned and run by barber and hairstylist Laura Goyos, has been located at the

north-end of the Rockcliffe Crossing Plaza (Unit 347-A) for over 30 years.

"The barber shop itself was actually one of the first businesses that opened in this plaza," says Laura. "Today, it continues to serve the community like it did years ago." My mom, Aleisis Avila Rodriguez, bought the business some 20 years ago and ran it ...basically on her own ... for many years."

"I first went to hair styling school while working with my mom part-time. During the pandemic, I had to make a decision: I decided to come work for her full-time," she says.

When I ask Laura what sets her barber shop apart from others, she tells me it's the clientele who have kept coming back over the course of 20 years.

"We operate as a traditional barbershop, offering options like hot shaves. Appointments are not necessary ... walk-ins are welcomed."

"This is our bread and butter. Nobody's a number," says Laura. "We take the time to talk to the customer, to figure out what they want," she says.

"We also operate from the hair-styling background that both me and my mom have, where our job is to not only cut hair ... you have to know how to do everything; you need to cater to different ethnicities."

Laura tells me, "If you have any anomalies on your scalp, if you can do things to improve your scalp health, we give advice."

"We try to be an inclusive business, so we specialize in different techniques. We love being able to run a business where we can change somebody's day. Hair is important. We offer a personal service, we would be nothing without our customer's loyalty."

Laura loves people. She tells me that when she moved to Canada from Cuba with her



Getting a trim at the Manor Park Barber Shop (Rockcliffe Crossing Plaza) by barbershop owner Laura Goyos is Manor Park resident Ryan Davidson. PHOTO: SHARLEEN TATTERSFIELD

family, she wanted to become a chef, going so far as to do her chef's apprenticeship working as a cook for a time.

"But I'm social. I need to be interacting with people," she says. "I found in winter, I didn't see daylight. My mom said, I'm going to teach you [to be a barber]."

Laura ended up going to school first to learn hairstyling. "In school you study psychology, you learn business, marketing. You learn a lot of things that it would have been challenging for my mother to teach me while she was working."

Laura tells me that she liked colouring hair and had a good opportunity working part-time at Salon Rouge where they were "very good with colour". Once she graduated,

Continued on page 14



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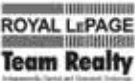
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BUSINESS BUZZ



Monson Deluxe Cleaners, our local, solvent-free dry cleaner, has been operating in Beechwood Village since 1988. Meet (left to right): store manager Anna Kaninska, Hillary's/Monson's president, John Murray and recently retired, long-term employee JP Bleau.

PHOTO: SHARLEEN TATTERSFIELD

FROM PAGE 13 >>

she specialized in colouring at that salon, working there for three years.

After a time, Laura decided to go back to school to specialize and acquire certification as a barber. Then, one day a week, she started working at the Manor Park Barber Shop with her mother.

This past December Laura's mother decided to step back with Laura taking over full op-

eration of the shop. "My mom still comes here, whenever she can – it was a part of her life for so long."

If you're in need of a haircut or a good barber and wish to keep it local, why not visit the Manor Park Barber Shop. Or, check out the shop on Facebook. Stop by Tuesday to Saturday from 11a.m. to 4 p.m. – no appointment required.

Mark Lindenberg

MONSON
DELUXE
CLEANERS

One-stop dry cleaning & laundry

Monson Deluxe Cleaners, at 110 Beechwood Avenue, in Beechwood Village, has a 90-year history in Ottawa. Speaking to John Murray, the owner of Monson, now under the Hillary's Cleaners banner (also a well-known

city dry cleaner) located in the west end, and Jean-Paul ('J.P.') Bleau, a recently retired Monson employee, it soon becomes clear why this shop has been around for so long.

"It used to be strictly dry cleaning and shirt laundering. Over time, with new equipment, we offered other services, whether dry-cleaning drapes, rugs, or wedding gowns," John tells me the latter have become big business.

"Attention to detail is always important because brides want to either sell, or wear, or box their gowns."

"In the 1950s and 1960s, everyone would wear a hat, coat, suit and tie. Now, we clean maybe 40 ties in a year. Our shirt-cleaning departments have shrunk since COVID. With Zoom meetings and everything else, people don't travel as much," says John.

"Our pick-up and delivery service was a bit of a pivot. We also started our wash-and-fold service thanks to COVID. Customers can put any of their clothes that don't need dry cleaning in a bag, and we'll pick it up at their house or at their office. We also serve businesses (massage therapy and dentists offices, for example) that use lots of towels. We'll clean your laundry, dry it, and fold it back into bags and bring it back to you within 48 hours."

When John took over Monson's, acquiring new dry-cleaning machines was a priority.

"We had been using a not so environmentally friendly

dry-cleaning solvent. We did a lot of research and came up with Solvon K4 by Kresseller which we felt was the most environmentally safe option. It's plant-based [solvent-free] with great cleaning results," he says.

"We had employees that we wanted to make sure were safe as well. We made that decision back in 2011. It was the best decision ever," says John.

Monson's environmental awareness goes even further.

"We re-use 99 per cent of our hangers. We take our plastic covers back, send them to our waste management company; they recycle them. We have many customers who bring back hangers and plastic covers to make sure that we're doing our part."

Given that there are few family-run businesses left in the community that have Monson's longevity, community involvement is important.

Of past initiatives, John tells me of the time the Ottawa Senators parking staff were wearing old jackets that needed replacing. "We picked up all those jackets, cleaned and then stitched them up (where needed), took the logos off, and donated warm coats to the Ottawa Mission. That stood out."

When it comes to staffing, John points to Jean-Paul.

"We hire for enthusiasm. We want somebody that wants to engage people. People's clothes are very personal to them; we want them to look great," he says.

Continued on page 15

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BUSINESS BUZZ

FROM PAGE 14 >>

"We want staff to understand what the customer's needs are. You get to know your customers. We want our staff to be confident and comfortable."

Monson Deluxe Cleaners is open Tuesday to Friday (8 a.m. to 5 p.m.) and on Saturdays (9 a.m. to 3 p.m.)

Want to know more about the cleaning services that Monson's offers? Give Monson a call at 613-749-5969 or visit these websites: <https://www.monsondeluxe.ca/> or www.hillarys.ca, or email them at info@hillarys.ca.

Mark Lindenberg

SEW-JO's

Celebrating 7 years!

I meet Jo-Ann Raven, owner/operator of Sew-Jo's at 405 St. Laurent Blvd. in her shop, a cozy, bright space. Open Tuesday to Saturday from 10 a.m. to 4 p.m. and Thursday from 10 a.m. to 6 p.m., Sew-Jo's is full of warmth and energy. She introduces me to Cathy, whom she calls "store manager, webmaster, software guru, and just an extremely good friend."

I ask Jo-Ann what inspired her to open the store. "The Yarn Forward store was closing down, and I had a customer following from the sewing community that supported that store," she says. "I also had a Husqvarna Viking [sewing machine club] ... and I wanted to keep the clubs and sewing classes going, because people had been loyal for a long time."

"You promise these classes and two years free service ... and then you disappear? I didn't feel good about that," she adds.

Jo-Ann asked her club members what they would think if she opened her own store. "They stood up, cheered and said, we'll help you! And, they literally did." Jo-Ann opened Sew-Jos in 2018.

"I had no difficulty taking over the Husqvarna dealership. I already had almost 20 years experience with the machines. I had planned to be teaching classes, carrying enough fabric to support those classes and workshops. COVID happened shortly after that."

Jo-Ann adds, "We couldn't hold classes, we sold all the sewing machines. We started bringing in fabric because people were looking for fabric to sew masks."

Jo-Ann sold her fabrics through the store's window: "People would be on their phone outside; we'd be on our

phone inside and showing them fabric and supplies."

Jo-Ann tells me that Sew-Jo's has always been a creative outlet for people.

"It's amazing what happens in our Thursday classes. Our instructor Diane will help anybody, from someone who's never used a sewing machine before to someone who's made a flashy suit."

She tells me that Diane also teaches kids, after school, and that a group of girls, went from one set of classes to another, the whole season through.

"They started off making scrunchies to sell to their friends at school, or making Halloween costumes, and ended up making their prom dresses. One girl even designed her own dress," says Jo-Ann.

"We get executives who sew to release tension. All kinds of ages come into the store. Our clubs are intended for anybody."

There's no charge to attend the clubs Jo-Ann runs. "People come to get inspired. I teach ... we have show-and-tell. What I ask is a donation for the food bank."

A few years ago, she'd created a Christmas gnome sewing kit. When people bought the kit, it meant that she could donate six pairs of socks to the Ottawa Mission.

"We ended up donating



It's all about having fun and getting together to create beautiful things at Sew-Jo's, 405 St. Laurent Blvd. PHOTO: SHARLEEN TATTERSFIELD

over 300 pairs of socks. The community is amazing here. There's a heartbeat to this place."

Sew-Jo's still sells basic mechanical sewing machines, but it's clear they've come a long way since my grandmother's time.

Cathy says, "The software used with embroidery machines [for example] was DOS-based; top-end machines now use touch-screens, are Wi-Fi-enabled and have AI-capable interfaces."

Want to know more about sewing, sewing machines, clubs and the community that

Sew-Jo's has built up around itself? Contact the store at info@sew-jos.ca or call them at 613-748-7878, visit their website at <https://www.sew-jos.ca/> or simply drop in for a visit.

Mark Lindenberg

THE EDINBURGH

A caring, connecting community

On a crisp fall morning, I met with Nicole Nixon, retirement living consultant, and Sarah Laflamme, the executive director of Levante Living's The Edinburgh Retirement Residence, located at 10 Vaughan Street in New Edinburgh.

The hint of a chill in the air contrasted nicely with the warmth of the people and surroundings in the residence which is undergoing an extensive renovation of its common areas and rooms.

When I ask Sarah what The Edinburgh's continuum of care for residents looks like she says, "we do everything from providing no care at all to providing supportive memory care for individuals with dementia."

The residence can accommodate 63 residents offering independent, enhanced and as-

Continued on page 16



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BUSINESS BUZZ



Enjoying a cup of tea in one of the newly renovated alcove suites at The Edinburgh Retirement Residence, 10 Vaughan Street, is Sarah Laflamme, executive director and Nicole Nixon, retirement living consultant. PHOTO: COURTESY OF THE EDINBURGH.



As the leaves fall, a lone Tommy silhouette stands sentry in Beechwood's military cemetery. Poppies will soon adorn the lapels of Canadians in a communal act of remembrance. On November 11 (10:45 a.m.), Beechwood will host its annual Remembrance Day Service at the National Military Cemetery. On December 7 (6 p.m.), neighbours are invited to Beechwood's Annual Christmas Candlelight Service.

PHOTO: SHARLEEN TATTERSFIELD

FROM PAGE 15 >>

sisted living options, as well as respite and convalescent care. Nicole notes that, "Of the 24 properties owned by Levante, most focus more on independent living. We're more focussed on care, here."

Sarah tells me that The Edinburgh's 'Thrive for Wellness' program "encourages independent living, but as your needs change over time, you can add à la carte care services, enabling our residents to 'age in place' without having to move."

Nicole continues, "We encourage residents to do things

on their own, until or if they struggle. Then, absolutely, our professional care team is here to help."

From getting up in the morning and getting ready for the day, to helping with medications and more, The Edinburgh care team emphasizes a step-wise approach (using schedules and reminders as an initial step, for example), before deciding to physically assist residents with their tasks of daily living – decisions being driven by residents' own needs and wants.

Levante Living provides a nutritionally balanced menu

across all of its retirement homes, including The Edinburgh, with flexible options available.

"Our residence has always had hand-dipped fish and chips on Fridays ... because that's what our residents want," says Sarah, noting that menus also accommodate regional tastes and special diets. "If you tell us you want something, we're going to do our best to provide it."

The Edinburgh's most popular recreation activity? A once-a-month meal in the eighth-floor penthouse, taking in 360-degree views of the city. Residents pick the fancy dinner's theme, invite guests, and many dress 'to the nines'

for the occasion.

"People sit upstairs in the winter, enjoying the views of the Gatineau hills. The lights are beautiful at Christmas," says Sarah. "We love pets here and children's visits are always special," says Nicole.

"We partner with Fernhill School down the road, so we see the kids for Christmas. If they're presenting something at school, they'll often present it here. We have bingo, fitness every morning, trivia ... people bring their own interests with them [to share with other residents]."

Nicole and Sarah tell me, "from arts and crafts to political conversations, to entertainment, we have a large variety of activities for such a

small residence."

The Edinburgh also offers respite care, from 30 to 60 days. "Our reputation for professional care is excellent. Referrals come from hospitals, physicians and surgeons. With the renovation that we're undergoing, the updated and fresh aesthetic of the building will complement the level of care we provide," says Nicole.

To learn more about the experience of living at The Edinburgh Retirement Residence, visit: <https://levante-living.com/residences/the-edinburgh/> or contact Nicole Nixon at 613-747-2233 to ask for a tour.

Mark Lindenberg



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Homicides, from page 1

on Thursday, Oct. 2. Police are asking individuals to check their surveillance cameras or vehicle dash cam footage to determine if any persons were captured during that time.

They would also like to speak to an individual who may have lost an earbud case and one earbud around the same area, on or about Oct. 2. The case is dark blue with the brand logo 'ONN' on it.

The second homicide occurred Wednesday, Oct. 22. Investigators arrived on scene at approximately 8:13 a.m. in the 400 block of Meadow Park Place east of St. Laurent Boulevard. There, they located the body of Joshua Qiyuk, 21. His death has also been determined to be a homicide as the result of a stabbing.

Chef Georges Laurier, who mentored Qiyuk, says his death came as a shock to everyone.

"Such a good person is leaving us; a young chef, kind, polite, calm, and dedicated," Laurier noted. "His passing leaves a void in the culinary community, but his memory will remain forever in my heart."

An Inuk man from Baker Lake, the post notes Qiyuk graduated from Algonquin College's culinary management program. He had been working at Absinthe Café at the time of his death.

"Josh was building a great life in this community and was no doubt a shining light and role model for his Inuit community," noted the C'est Bon post. "Our hearts, prayers and thoughts are with his mother and family."

Contact police with information

Homicide unit investigators would like to speak with anyone with information regarding this incident or who may have dash cam footage and was traveling on the Aviation Parkway between 7 p.m. on Oct. 21 and 7 a.m. on Oct. 22.

Investigators are also looking to speak with anyone who observed pedestrians on the Aviation Parkway in the area between Hemlock Road and Montreal Road during that time.

Anyone with information about either incident is asked



Ottawa Police issued this image, asking for the public's help to identify a person of interest in connection with the Oct. 2 stabbing death on St. Laurent Boulevard. PHOTO: OTTAWAPOLICE.CA

to contact the Ottawa Police Service Homicide Unit at 613-236-1222, ext. 5493. Anonymous tips can be submitted by calling Crime Stoppers toll-free at 1-800-222-8477 or at crimestoppers.ca.

An OPS spokesperson told the *Chronicle* said they cannot speculate whether the two homicides are related as they are both part of ongoing investigations. "We have no information to suggest they were related at this time," Acting Media Relations Manager, Maeghan McGaraughty, said.

The OPS shared the following personal safety tips, especially for those walking at night:

- Call 911 in an emergency.
- Be aware of your surroundings. Avoid distractions and stay alert to what's happening around you.
- Let someone know your plans. Tell a friend or family member where you're going and when you expect to return.
- Travel with others when possible. There's safety in numbers, especially

during late-night walks.

- Use headphones safely. Keep the volume at a level that allows you to hear traffic, people, or other sounds nearby.
- Report suspicious activity to the police.
- For updates on this ongoing police investigation, visit www.manorparkchronicle.com

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Josh Qiyuk is being remembered as a friendly, hard-working and talented individual and chef. PHOTO: C'EST BON OTTAWA

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Crisis Support Workers bringing hope to our community

By Gabrielle Davis

Every day, community members walk through the doors of the Rideau-Rockcliffe Community Resource Centre (RRCRC) for different reasons: to take part in a program, access the Emergency Food Bank or simply connect with their neighbours. No two stories are the same.

In the hallways of the former Rideau High School at 815 St. Laurent Blvd., you'll meet people of all ages, backgrounds and experiences — many of whom are searching for hope and support during a difficult time.

That's where the RRCRC team steps in.

Among them are the Centre's two Crisis Support Workers — dedicated frontline staff who provide guidance, stability and compassion when community members need it most. For someone in crisis, that conversation can be life changing.

I recently sat down with one of them, Gaela, to learn more about the critical, often unseen work happening every day in our community.

Despite the heavy issues she encounters daily, Gaela greets everyone with a warm smile and a calming presence. Her laugh fills the room. This is Gaela's story and a glimpse behind the scenes at the RRCRC.



Gaela Mvula is a Crisis Support Worker with the Rideau-Rockcliffe Community Resource Centre. PHOTO: HIND ALILICHE

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Tell me a bit about yourself.

I've been working as a Crisis and Support Worker at the RRCRC for almost two years now. I'm passionate about helping people navigate challenging life circumstances and connect with the resources they need to regain stability and hope. My background is in social services and community support, and I'm committed to building strong relationships with clients based on trust, empathy and empowerment.

Can you describe what a typical day looks like for you at the Centre?

Every day is different. Much of my time is spent meeting with individuals and families in crisis — providing emotional support, assessing needs and connecting them with essential resources

such as housing support, food assistance, counselling and financial aid. I also do outreach in the community, advocate on behalf of clients and collaborate with other service providers to ensure holistic support.

What kinds of crises do you help people with most often?

Many clients reach out for support with housing instability, financial hardship, mental health challenges or family stress. We also help individuals dealing with food insecurity, domestic violence or barriers to accessing government benefits and community resources.

What are some of the biggest challenges your clients are facing right now?

The demand for crisis sup-

port has grown significantly; more individuals and families are seeking help than ever before. The biggest challenges include finding safe and affordable housing, managing financial strain, and accessing mental health services in a timely manner. Many clients are also coping with feelings of isolation and uncertainty about their future.

Can you share an experience that reminded you why this work matters?

One moment that stands out is when I helped a client who was facing a lack of secure safe housing after months of uncertainty. Seeing the relief on their face and knowing they finally had a place to call home was incredibly rewarding. It reinforced how essential our work is and how much of an impact accessible and compassionate support can have on someone's life.

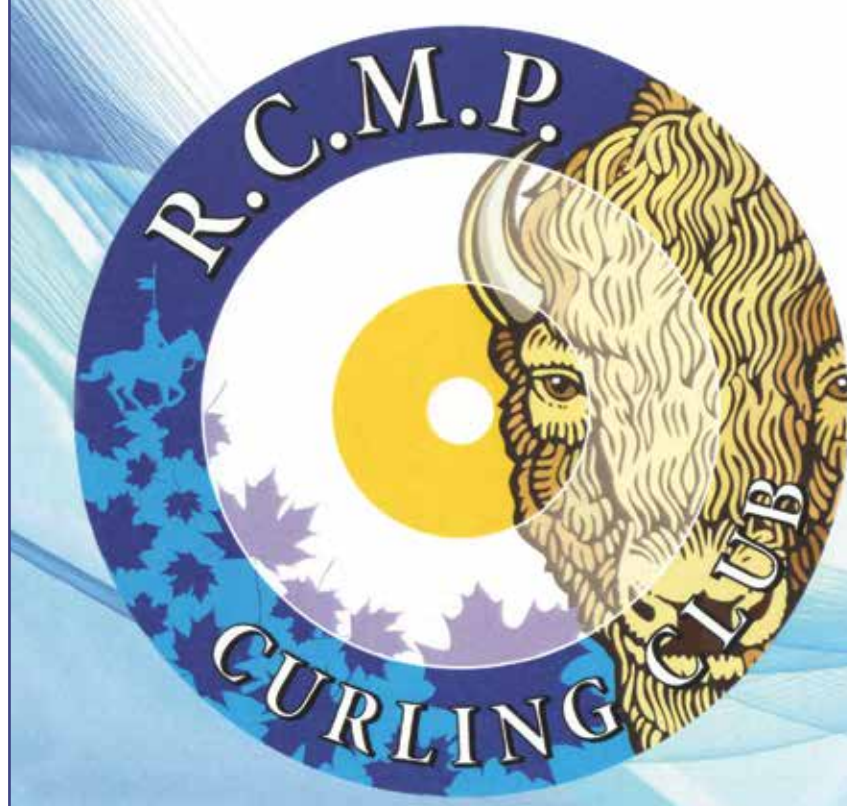
What keeps you motivated on difficult days?

Knowing that even small actions can make a real difference keeps me going. Sometimes just listening to someone or helping them take the next step toward stability can have a lasting impact. The strength and resilience of the people I work with remind me why this work matters.

Your support helps Gaela and the RRCRC continue their critical work in our neighbourhood. To learn more, donate or book an appointment, visit www.crcrr.org.

Gabrielle Davis is the Communications and Fund Development Lead, Rideau-Rockcliffe Community Resource Centre.

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Getting ready for skating!

Lana Burpee, Executive Director

Over the past months, residents responded to our survey about the Manor Park outdoor skating rinks.

The Manor Park Community Council (MPCC) builds, maintains and supervises two outdoor skating rinks adjacent to the Manor Park Community Centre at 100 Thornwood Road: a night-lit and board-ed hockey rink, and pleasure puddle on the west lawn.

The survey aimed to discover how often Manor Park residents come out to skate as anecdotal evidence pointed to fewer hockey players each year. It questioned whether we need to have a hockey rink with boards which is an extremely challenging ice surface to maintain. Lastly, the survey asked whether residents would volunteer to come out for scheduled rink maintenance shifts. Survey and results are available at manorpark.ca.

- Key insights include:
- pleasure skaters outnumber hockey players by a ratio of 2:1,
 - skaters came out weekly and most often used the hockey rink,
 - walking distance from home was the popular reason to use the rinks,
 - nearly half helped to clear the ice surfaces (shovels are left out for easy access),
 - over 60% of respondents said that they would volunteer to be on a rink maintenance team (We'll be calling on you!),
 - consensus was that a hockey rink is needed but could be without boards provided it could be managed for safety and better ice conditions.

The rinks are the site of the annual Skating Party & Chili Cook-off (Feb. 7, 2026), skating lessons plus hours of pickup hockey and free skating. Rink atten-

dants are hired to build base ice, shovel and flood the ice surfaces and supervise skating when the change room in the community centre is open. The city of Ottawa provides a stipend grant for expenses, including wages. However, the rink grant amount does not cover the costs — and has not been increased in a decade. Last year, our rinks benefitted from JR Lawn and Snow which generously donated their time and equipment to build base ice and clear surface during major snowfalls.

Our strategy this winter is to 1) recruit and schedule teams of volunteers to help with ice maintenance; 2) hire a snow clearing company; 3) record the number of hockey players. With the help of our hired Rink Attendants, we hope this will give you better ice conditions, and establish a sustainable way to keep the boards on our hockey rink.

Applications are now open for volunteers and Rink Attendants. Manorpark.ca

Rock the Block brings our community together!

By Ben Slumkoski, Event Maestro

Manor Park was buzzing with energy on Thursday, Sept. 12, as hundreds of residents came out to Rock the Block — an evening with food, beer, games and an outdoor movie. And, Pie Baking Contest, of course!

From 5:30 to 9 p.m., families and neighbours gathered to enjoy delicious local eats, lively conversation, and outdoor entertainment. The highlight of the night came at 7:30 p.m., when everyone settled in with lawn chairs, blankets, and sleeping bags to watch the family-favourite film *Encanto* under the stars.

Community members connected with one another. They enjoyed a variety of treats including popcorn, cotton candy, pizza, and refreshments. There were displays, vendors, lawn games, flag rugby, face painting.

The Pie Baking winner was Elizabeth Ainslie with a beautiful and tempting peach pie. Judges (Davis Musseau and Barry McLoughlin) agreed that its unique and seasonal flavour was a winner. The recipe is available on the homepage of manorpark.ca

The event wouldn't have been complete without the wonderful lineup of local vendors, who displayed their

products throughout the evening. A big thanks to Small and Local Brewery, Papa John's Pizza, The Farm Store, Nat's Bread Co., Lilly's Crochet Wonders, Meeple and Sheep, Spicy B, and Instiches Headbands.

A huge thank-you to the 17 dedicated volunteers who made the event run smoothly. Their hard work and enthusiasm helped make Rock the Block 2025 another unforgettable community celebration!

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Needed:
Rink volunteers

Can you volunteer a few evenings this winter to help with maintenance of our outdoor rinks?

We are putting together teams of 3 to work along side our Rink Attendants on scraping and flooding the hockey rink and pleasure puddle.

Volunteer at manorpark.ca

manorpark.ca



MANOR PARK COMMUNITY COUNCIL • manorpark.ca

ARTS AND WELLNESS PROGRAMMING

STILL LOTS HAPPENING!

The Manor Park Community Council (MPCC) continues to offer recreational programs, licensed child care, and community events throughout the year. Watch for new additions to the lineup – along with the return of your favourite activities.

ART PROGRAMS



NEW! CHARCOAL REALISM TECHNIQUES

You don't have to know how to draw! Talented, local realism artist will share techniques and tools to guide the beginner or enhance the work of experienced artists. Watch manorpark.ca for drop-in classes which will focus on specific themes.

Schedule: Mondays, November 3-December 22
Time: 6-8 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

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

Workouts

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

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

Tai Chi

Fridays 9:30-10:30am Introduction

Yoga

Hatha Saturdays 10-11am

New time! Fridays 9:30-10:30am New instructor!

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

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

Fitness.

Yoga.

Pilates.

Tai Chi.

CLASS SCHEDULE

October 1-December 31

Schedule subject to change. V2 October 2 2025

manorpark.ca

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, October 1-December 17; January 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, January-February 2026
Time: 10 a.m. - noon

WELLNESS

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 the work of healing begin. Each person receives something unique from each session.

Schedule: Wednesday, November 26
Time: 7:30-8:30 p.m.

NEW! NUTRITION STRATEGIES FOR STRESS MANAGEMENT AND BETTER HEALTH

Instructor: EatWell BeWell

Feeling stressed and overwhelmed? While we can't eliminate stress from our lives, we can use food as medicine to help our bodies handle stress better. Feel more energized and balanced with simple, practical ways to eat your way to better health.

Schedule: November 25
Time: 7-8:30 p.m.

NEW! NORDIC WALKING

A beginner-friendly workshop with master trainer, Nina LePage. Balance your body, mind, and spirit.

Schedule and time: November 6; 1-3 p.m.

SPECIAL INTEREST PROGRAMS

RED CROSS BABYSITTING WORKSHOP

The Canadian Red Cross Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional

Continued on page 21

The Gift of Community: Celebrating Connection in Manor Park



MPCC Chair
MARK SMITH

As the holiday season approaches, we are reminded of the power of coming together — giving, sharing, and celebrating with neighbours.

Whether you're looking to give back or gather with others, here are some wonderful opportunities to connect this winter.

Help maintain our outdoor rinks (ODR): Our outdoor rinks are a winter treasure — kept in shape each year by a mix of Rink Attendants and volunteers. If you enjoy working outside, don't mind a bit of shoveling, or simply love skating culture, consider joining the team that brings the ODR to life.

Donate to the Children's Holiday Market: The Children's Holiday Market was a huge hit last year, and returns on Friday, Dec. 5. This event gives kids the joy of selecting gifts for family

and friends. Donations of new or gently used gifts — books, toys, puzzles, clothing, jewellery, and small household items — are welcomed and can be dropped off at the Manor Park Community Centre on weekdays.

Support the Opportunity Fund: Supporting the Opportunity Fund is an easy way to give this holiday season. Your contribution — no matter the amount — goes a long way toward building a stronger, more inclusive community. With your help, we hope to raise enough money to register 25 kids into our 2026 outdoor soccer program.

Volunteer at a special event: The season comes alive with community events — and volunteers make them unforgettable! The Holiday Market needs elves to help young shoppers,

and our Skating Party always benefits from extra hands. Volunteering is a fun way to meet neighbours and contribute to shared celebrations.

Game Night – Nov. 27: Join us for an evening of friendly competition and community. We'll feature stocking-stuffer-sized games — easy to learn, fun to play, and perfect for the whole family.

Creative Circle – Free! A welcoming social space for crafters of all kinds — knitting, crochet, embroidery, hand-sewing, or whatever you're working on. Bring your project and enjoy relaxed time with neighbours.

Thank you to everyone who helps make this community vibrant, welcoming, and full of spirit. Wishing you and your loved ones a joyful, restful holiday season.

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SPORTS AND FITNESS PROGRAMMING

Continued from page 20
conduct as a babysitter. Aspiring babysitters also learn basic first aid skills.
Schedule and time: January 25, 2026 from 9 a.m.-4 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.

FITNESS
NEW! YOGA-LATES
Instructor: Rena Argiropoulos
Join Rena Argiropoulos for Yogalates: 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, November 6, 13, 20 and December 11, 18
Time: 6-6:45 a.m.

Schedule for Step & Sculpt: Thursdays, November 6, 13, 20, 27 and December 11, 18,
Time: 7:30-8:30 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 9:30-10:30 a.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.

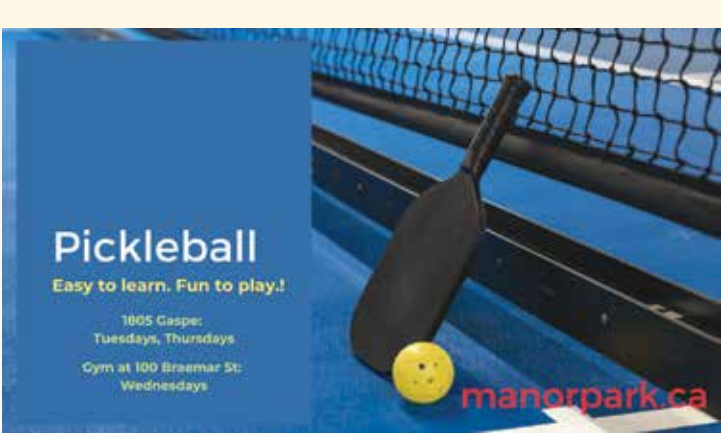
Schedule and time: Mondays at 9:30-10:30 a.m.; Thursdays at 5-6 p.m.

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.



PHOTO: GREG CLAGG

Pie baking champion!
The Rock the Block Pie Baking winner was Elizabeth Ainslie with a beautiful and tempting peach pie. Judges (Davis Musseau and Barry Mcloughlin) agreed that its unique and seasonal flavour was a winner. The recipe is available on the homepage of manorpark.ca



NEW! LEARN PICKLEBALL WORKSHOP
We're opening 3 courts for Pickleball at the Manor Park Public School. Pickleball is Ottawa's fastest growing sport! Your chance to give this easy-to-learn and fun-to-play sport a try with professional instruction. Equipment provided.
Schedule: November 20 at Manor Park Public School gym
Time: 6-8 p.m.

NEW! BEGINNER/NOVICE PICKLEBALL INSTRUCTION
Build your game with other beginners and professional instruction.
Schedule: Fridays, November 27-December 18 at Manor Park Public School gym
Time: 6-8 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 at 1805 Gaspé
Time: 4-5 p.m. OR 5-6 p.m.

PICKLEBALL SKILL BUILDING (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 at 1805 Gaspé
Time: 4-5 p.m. OR 5-6 p.m.



ALICIA MASKIEW
Recreation Coordinator

Alycia Maskiew is new to Ottawa but brings over a decade of experience creating inclusive programs, community events, and youth initiatives. She's passionate about building spaces where people of all ages and abilities can connect, grow, and thrive through recreation.
With a strong background in program management and community engagement, Alycia combines organization, creativity, and collaboration in everything she does. Her programs focus on accessibility, connection, and fun – helping people feel a sense of belonging and confidence. She believes recreation is for everyone and encourages trying new things to find what truly clicks.
Outside of work, Alycia is a certified Pilates Instructor and fitness enthusiast who loves exploring Ottawa, traveling, and playing pickleball with her spouse.
Alycia can be found at 1805 Gaspé most mornings and the Manor Park Community Centre on weekday afternoons. Please welcome her to the Manor Park Community Council!
recreation@manorpark.ca

Game Nights: Stocking Stuffer Games

Looking for some holiday fun that fits right in your pocket?
Stocking stuffer games are a collection of small, easy-to-learn, and quick-to-play games that are as much fun for new players as they are for seasoned board game fans. Meeple & Sheep — local board game experts — will showcase a variety of clever, compact games that prove good things really do come in small packages!

Game Night: Stocking Stuffer Games
Thursday, November 27
The Studio at 1805 Gaspé 7-9 p.m.
Come out for a fun night of gaming, to meet fellow players, and to discover your next favourite stocking stuffer!
Game Night is a monthly, no-fee event in partnership with Meeple & Sheep. Snacks and refreshments available for purchase.

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CHILD CARE AND EARLY LEARNING

SUPERVISOR'S MESSAGE



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

As we begin the 2025-2026 year, I've been truly inspired by the kindness and cooperation I've witnessed in our School-Age rooms. From children helping each other learn the rules to games like dodgeball, to stepping in to support one another through problem-solving and peer conflicts, it's clear that our community spirit is thriving.

At Before and After-School in Manor Park, we are more than just a program; we're a place where children grow not only in skill, but in empathy and teamwork. The care and respect our kids show one another is a reflection of the strong, supportive environment we've built together.

Thank you to our families and staff for fostering such a positive and inclusive space. It's already shaping up to be a wonderful year!



Julie Irwin, RECE Manor Park Child Care Centre

As we begin the 2025-2026 year, I've been truly inspired by the kindness and cooperation I've witnessed in our School-Age rooms. From children helping each other learn the rules to games like

dodgeball, to stepping in to support one another through problem-solving and peer conflicts, it's clear that our community spirit is thriving.

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NICE AIM: (Left) Theo tosses a bean bag during one of the many games offered during the Rock the Block event Friday, Sept. 12. The popular event, attracted hundreds of people to the community fields off Thornwood. PHOTO: RYLAND COYNE

Children's Holiday Market returns Dec. 5!

The holiday season in Manor Park is about to get a little brighter! Join the MPCC on Friday, December 5 from 4-8 p.m. for the Children's Holiday Market — a heartwarming family event happening alongside Ottawa Street Market's Holiday Night Market, which runs from 5-10 p.m. Both markets take place at 1805 Gaspe.

The Children's Holiday Market gives kids the joy of personally picking out a gift for someone special — all with a little help from one of our cheerful MPCC elves! Here's how it works: each child purchases one or more gift tags (\$5 each), then heads to the gift room with an elf to choose a special present for a friend or family member. While the kids are shopping, parents and guardians can browse the artisan vendors at the Holiday Night Market in the main space. Once the perfect gift is chosen, it's bagged and tagged in the wrapping

area, ready to be taken home and tucked under the tree.

All of the children's gifts have been donated by our generous community, and donations of lightly used or new items are still being accepted. If you have items you no longer need, consider giving them new life this holiday season!

Throughout the evening, enjoy mulled wine, hot chocolate, and hot apple cider, along with the sights, sounds, and scents of the festive season. It's the perfect opportunity to shop, sip, snack, and celebrate with friends and neighbours.

Bring the whole family and join us for this magical, family-friendly night of giving, community, and holiday cheer!

MANOR PARK COMMUNITY COUNCIL

Children's Holiday Market

Gift giving made easy for children

Friday, December 5

4-8pm at 1805 Gaspe

Proceeds help support recreation in Manor Park.

manorpark.ca



This year's Rock the Block event, held Sept. 12 on the ball fields off Thornwood Road, attracted hundreds of Manor Park residents. Under ideal conditions, families enjoyed games, face painting and music, capped off by the showing of the movie *Encanto* at dusk.
PHOTO: RYLAND COYNE

Columnist bids a fond farewell after 17 years

Dearest Chronicle Reader,
They say Basset Hounds have the second-best nose in the canine world. Well, back in 2008, my very social hound Luna sniffed out a fantastic opportunity when, during one of our walks, she used her low centre of gravity to drag me towards a couple of Corgi brothers, Winston and Andrew. That chance meeting led to this column. Well, technically it was their dog mom Paula, who introduced me to Sharleen Tattersfield, editor of the *Manor Park Chronicle* at the time. However, if it hadn't been for Luna's determination to meet some fellow short-legged, long-backed friends, who knows if I would have gotten the opportunity to write for my community?

Over the years, my goal has been to connect the dots about the importance of manners in today's world by sharing personal and professional stories. I've conveyed my belief that while it's always good to know the rules, like which fork to use, it's more important to be kind, courteous and considerate. If you act this way, most people will overlook your mistake if you do happen to make a faux pas.

Treating each other with kindness and respect does have a ripple effect. It does make a difference. It does make our days better and it

FROM THE DESK OF:



CECILIA PITA
Etiquette Matters

does improve relationships.

Thoughtfulness

In that same vein, I've encouraged thoughtfulness, courtesy and self-improvement, and the golden rule of treating others as you would like to be treated. Manners, or how we treat one another, are intrinsically linked in our everyday interactions and can make us stand out in a positive way.

This column has also been a vehicle for sharing business and dining etiquette rules. My hope is that it has helped people move through life with a little more polish, perhaps get noticed for all the right reasons, and maybe even get promoted.

Manners evolve

It's been important to recognize manners evolve with the times. Certain rules have lost

their relevance, and technology is ever-changing. But when in doubt about how to act, we should always go back to the basics and ask ourselves if our actions are respectful and considerate.

It's easy to get caught up in life and have blinders to the outside world, but being self-centered weakens our connections and ultimately leaves us alone. Sometimes we just need to step outside of our comfort zone, let others in, and be social. We are social creatures, after all!

To that end, I don't have the words to express how much I appreciate and am grateful for meeting readers in person. It might be a neighbour, someone at my exercise class, or a chance meeting with someone from another neighbourhood who happened upon the *Chronicle* who gives me feedback about an article that spoke to them. It fills my heart to know there are like-minded people out there who genuinely enjoy *Etiquette Matters*. Your enthusiasm is my motivation. Thank you so much for your readership these past 17 years. Truly.

Time to step back

After much reflection, I've decided to take some time and step back from writing this column. I'm approaching that age when life is nudging me

to reflect on past experiences, re-prioritize, and start musing about what the future holds. It was a difficult decision because this column has been part of my identity for so long, but while shaking things up feels necessary (and a little scary), I'm excited for the future.

Whatever the next chapter brings, know that I will *always* be an ardent advocate for kindness and manners. Who knows where and when we may meet again?

Until then, take really good care of each other. Start each

day with a few calming deep breaths so it's easier to be kind and patient throughout the day. And, finally, scroll through your countless photographs, print out those wonderful moments with friends and family that make you smile and put them up as reminders of all the good in our lives — we need more of that.

Wishing you warmth, love and joy this holiday season, and beyond.

With heartfelt appreciation,

Cecilia

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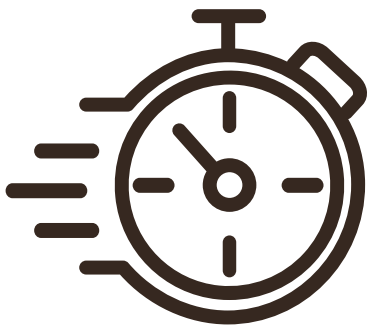
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CHRONICLE ESSAY

Special bonds help keep neighbourhoods together

By Douglas Cornish

People move into neighbourhoods for a sundry of reasons, but why do they stay for decades, becoming intrinsically attached over time? What's the staying power of a neighbourhood? Why do people stick with a neighbourhood? What's the neighbourhood glue? No, it's not crazy glue! Perhaps a combination of elements contribute to the adhesive gum of a neighbourhood, which neighbours continually chew on and enjoy.

A neighbourhood's look or brand is an influencer. Appearance not only sells houses, but markets neighbourhoods, and branding works. Westboro used to be a normal middle-class neighbourhood. Then it was turned into a high-end neighbourhood people brag about (Bestboro!). Traditional 'hoods like the Glebe, Rockcliffe, and New Edinburgh are sought-after neighbourhoods. In these areas, it's the look of the house people want; they may renovate inside, but they generally keep (with some exceptions) the original façade.

Manor Park, 'the first planned suburb in Ottawa,' has too often been suscep-

ble to the original house being torn down and replaced by another one, sometimes not in keeping with the original neighbourhood style. Here, it might not be so much the house that attracts, but the streetscape. For some buyers, their intent is definitely 'planned'. In fairness, though, other neighbourhoods fall prey to someone decisively 'buying the dirt' and then putting up the house they want.

Perhaps a written Community Architectural Plan Agreement would provide architectural legacy protection, but that's another conversation.

Landmarks

Neighbourhood landmarks are important. The Glebe has a canal running through it. New Edinburgh has a river flowing beside it, as well as a historic former lumberman's house and impressive grounds (now owned by the government), sitting near it. Rockcliffe has the Rockeries (a Southam family donation) and the picturesque meromictic McKay Lake within its midst. Manor Park features the RCMP horses and the newly constructed and named Sumac Footbridge (Kàgàgiminaganj Àjogewin), a generous donation from the

Aggarwal family, located at the end of Blasdell Avenue. Tell me, what neighbourhood can boast horses still living in it, as well as a fancy bridge!

A neighbourhood's look or brand is an influencer. Appearance not only sells houses, but markets neighbourhoods, and branding works.

Longevity and personality

The longevity of residents is a pulling factor. Newcomers are impressed by long-standing or even generational residents. This signals stability but can be a double-edged sword. Newcomers are initially intrigued by historical family neighbourhood links but may also find these make it more difficult to establish themselves in the neighbourhood. The irony is, some day they too will be confronted by

a new neighbour concerned with authenticating their own neighbourhood citizenship.

The personality of neighbourhoods is important. If people don't feel at home, they might think about eventually relocating. Recognizing neighbourhood personality takes time but is considered a staying power. People have to feel comfortable in their surroundings, including amongst their neighbours. The deciding factor for a neighbourhood's character is usually the residents themselves.

The neighbour dynamic can be complex. Some neighbours keep to themselves, and that's fine, while others are friendly and contribute to the neighbourhood's character. Some neighbours become friends, or part of the neighbourhood family. As long as neighbours are confident with neighbourhood interactions, the neighbourhood functions. Most neighbours just want to feel content within the neighbourhood.

Neighbourhoods are family places, although the family concept and approach aren't always easily defined. Depending on the street, it's ideal if kids can easily play and roam without fear. However,

that's not always possible in today's society.

Accessibility

Neighbourhood accessibility to the downtown core and other amenities is important. Manor Park has this advantage; it's "10 or 15 minutes" from everything. The only catch is that you're close to your neighbour, especially today when people expand their original house footprint.

Newly constructed suburbs of today have less space between neighbours due to intensification policies; more houses get constructed. This pleases developers, and some people actually like close quarters, because there's less yard work than on larger properties.

Reasons neighbours remain vary, but without longevity, neighbourhoods lose momentum and appeal or are susceptible to development. New residents who remain strengthen the brand, but there's no frozen neighbourhood. Each one is a never-ending story yet to be written by neighbours yet to enter who will dig in, hopefully contributing to a neighbourhood's permanent continuity and resplendent architectural glow.

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Many events highlight season of giving at St. Columba

Manor Park church welcomes Rev. Canon Aigah Attagutsiak

By Diana Poitras

This is the season of giving and thanksgiving. At the time of writing this article, Canadians have just celebrated Thanksgiving — perhaps with family or friends, or maybe by volunteering at The Ottawa Mission or other locations that serve meals to those in need. How very blessed we are to live in a country with bountiful harvests and where kindness and compassion are celebrated as virtues and strengths.

At the Church of St. Columba, we started off October with a service celebrating God's creation, and we were honoured to have Reverend Canon Aigah Attagutsiak as our guest speaker. Reverend Aigah is well known within the Inuit community in the Montreal Road area where each week she is the celebrant at worship services at St. Margaret's Anglican Church. Did I mention that Reverend Aigah does the services in the Inuktitut language?

On Oct. 6, Reverend Aigah shared some of her story and her spiritual connection to the land. At that same service there was a blessing of the animals, which acknowledged the comfort and joy they bring to their human guardians.

Harvest Sunday

The following week was Harvest Sunday, giving thanks for the bounty in the community garden and farmers' fields. The service featured a lovely



St. Columba was honoured to have Reverend Canon Aigah Attagutsiak as its guest speaker on Oct. 6. Canon Aigah shared some of her story and her spiritual connection to the land. PHOTO: ANGELA D'ORAZIO

duet by cantors Sophia Nickel and Alison Hamer and a piano/organ duet by pianist Keumnim Lim and organist Faye Grinberg Rice. The church was beautifully decorated with fruits and vegetables — all of which were then delivered to the Rideau-Rockcliffe Community Resource Centre (RRCRC)'s Emergency Food Bank.

The annual Harvest Chili Supper on Oct. 27 was assisted by the 99th Ottawa Guides, who acted as servers. This

year, in addition to our St. Columba chili (beef and vegetarian), we enjoyed the amazing apple crisp prepared by Chef Dave Reggler for dessert. As a bonus (and fundraiser), a bake sale table was filled with loads of favourite sweet treats.

Cold-weather clothing drive

Starting on Oct. 12, St. Columba initiated a cold-weather clothing drive. Donations were welcome throughout the month and into November with winter jackets, hats,

scarves, mittens, sweaters and other gently used clothing needed. Posters were distributed and messages sent through the Listserv and on our Facebook and website pages advertising the clothing drive and giveaway. Donations may still be dropped off at the front entrance to the church until Nov. 12.

On Saturday, Nov. 15 there will be a FREE winter clothing pop-up shop at the church's John Stewart Hall from 10 a.m. to 1 p.m. Everyone in the community (and beyond) is welcome to shop for needed warm clothing for all ages. The clothing is being offered to anyone in need — no money needed, no obligation to attend a service, no strings attached! We hope that this might become an annual — or at least a regular — event at St. Columba.

Season of Advent

The season of Advent begins at the end of November and starts with the Festival of Readings and Music on Nov. 30 at 10 a.m. This is a special service and the music is beautiful.

Advent 2, 3 and 4 are on Dec. 7, 14 and 21.

New to St. Columba this year is "Blue" or "Quiet" Christmas on Wednesday, Dec. 17 at 7 p.m. Christmas can be a difficult time for those who have experienced a loss — whether it be someone in their life, a relationship, or a job. St. Columba's Blue

Christmas service will allow a space to simply come, sing a couple of hymns, meditate, light a candle and just be together with others who are experiencing feelings of sadness.

On Christmas Eve we will have our usual two services: at 4 p.m. a service for "Children of all Ages" and at 7:30 p.m. a Eucharistic service.

On Christmas Day there will be a worship service at 10 a.m.

We hope you will find time to visit St. Columba for one or more of these services. For families, we offer toddler care and have an active and engaged Sunday School.

It feels strange to be writing a year-end message in October. However, having just recently celebrated Thanksgiving, perhaps the timing is perfect. St. Columba Church is thankful to be part of the vibrant, diverse, inclusive and welcoming community of Manor Park. We are thankful for our many partnerships — with the RRCRC Food Bank, Manor Park Public School, Manor Park Community Association, the community garden, *Manor Park Chronicle*, and our many education, community and social groups utilizing our space.

In 2026, we look forward to continuing and expanding our presence and partnerships in Manor Park and beyond. ALL are welcome at St. Columba, at 24 Sandridge Rd.

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Music, Milestones, and Meditation at MacKay United

By Andy & Hersha Bethune

MacKay United Church welcomed neighbours and friends on Oct. 14 for its first Open Sanctuary Music Night — an evening of food, friendship, and live music.

The night began with a shared meal in the reception hall before moving into the sanctuary for performances that filled the space with warmth and connection. The church is considering making Music Night a regular event.

Looking Ahead:

A Joyful Season at MacKay

November and December bring a full lineup of community gatherings and musical celebrations:

- Music and Meditation Advent Series: Tuesdays, Nov. 4 to Dec. 2 at 7 p.m. A quiet, reflective series using music and guided meditation to prepare for Advent.
- Beechwood Night Market at MacKay: Saturday, Nov. 15, 5–8 p.m. Local vendors, food, and entertainment will fill the church grounds.
- MacKay's 150th Anniversary Service: Sunday, Nov. 16. A celebration of the congregation's long history, followed by a community reception.
- First Sunday of Advent: Sunday, Nov. 30. Worship marking the start of the Advent season.
- Christmas at MacKay: Sunday, Dec. 14 at 7 p.m. Join Leanne Ward, Tea

Mamaladze, Peter Woods, Nick Gummeson, and other musical friends for an evening of community carol singing and holiday music.

- Christmas Eve Family Service: Tuesday, Dec. 24 at 4:30 p.m. Carol singing, special music, and traditional Christmas readings — one of MacKay's most beloved community events.
- A Candlelit Concert of Classics and Carols: Tuesday, Dec. 24 at 8 p.m. Presented by the Phosphor String Duo — Erik Johnson-Scherger and Renée Dahn — with special guests. This one-hour program will feature classical gems by Mozart, Bach, and Stamitz, along with original arrangements of timeless carols and Celtic airs. A warm, candlelit evening in MacKay's beautiful sanctuary, open to all.

Exploring Faith: Programs for Young Congregants

MacKay's "Exploring Faith" program runs every Sunday, offering:

- nursery care (babies – junior kindergarten),
- classroom activities (senior kindergarten – Grade 5),
- clubhouse discussions (Grade 6 and up).

All are welcome at MacKay United Church, 39 Dufferin Rd., to share in worship, music, and community life this Advent and Christmas season.

By Ludovic Viger

As a Manor Park resident for over a decade, I've watched the economic tides rise and fall. Our community, with its vibrant mix of shops on St. Laurent and Beechwood, is built on connection and small-town grit.

Yet, that connection is fraying. Skyrocketing commercial rents, economic contraction, and precarious work are putting the squeeze on our beloved local businesses and the people who run them.

We need more than just temporary fixes. We need a fundamental shift toward community-driven economic ownership.

The solution isn't abstract or complicated. It's democratic, time-tested, and already thriving globally: cooperative businesses.

Co-ops — enterprises owned and governed by their members, whether they are customers, workers, or producers — offer a powerful way to build stability, create sustainable jobs, and spark real growth right here in Manor Park. Models like commercial land trusts, producers' co-ops, and worker-owned enterprises can protect our neighbourhood's identity and make us a model for Canada's economic future.

1. Protecting our core: The commercial land trust

Manor Park's small businesses are the heartbeat of our community, but they face a crushing, existen-

tial pressure: unpredictable commercial rent. A beloved café or bookstore that serves as a community anchor can be priced out overnight by a speculative landlord.

A commercial land trust is our shield.

By collectively owning key commercial properties — imagine a trust owning a block on St. Laurent or a storefront on Beechwood — we can take property out of the speculative market. The benefits of this model include the following:

- Stable rent: rents remain affordable for local businesses, protecting them from displacement.
- Prioritized needs: commercial spaces serve community needs, not just maximum profit.
- Local endowment: a Manor Park land trust would reinvest profits back into local social projects, like green spaces or youth programs.

We can stabilize our commercial core by funding a local trust through community investments, municipal grants, and local crowdfunding. It's an act of collective self-defense for our local economy.

2. Empowering creators: Producers' Co-ops

Our local farmers' markets, artisanal bakers, and craftspeople showcase immense

local talent. But individual producers often lack the scale and infrastructure to grow their business beyond a weekend stall.

A producers' co-op unites these creators, allowing them to share resources, dramatically cutting costs and increasing reach.

Imagine Manor Park's bakers, urban farmers, and soap makers pooling resources for a refrigerated storage facility, or a shared delivery network across the city. The co-op could establish a collective storefront; a permanent, year-round "Made in Manor Park" hub, offering a consistent marketplace for local goods. From the Antigone Movement in Nova Scotia, to modern examples like Ontario's SolarShare, co-ops have proven they can organize small players into a powerful economic force.

This model is a direct way to keep more of the transaction dollar local, meeting the growing consumer demand for sustainable, locally-sourced products.

3. Securing jobs and wealth: Worker-owned co-ops

What happens when a long-standing Manor Park retailer or service provider faces an ownership crisis or decides to close? The jobs and the local anchor are lost.

In a worker-owned co-op, >>>CONTINUED ON PAGE 37



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Shepherds features new community kitchen

By Jennifer Cook Baniczky

The Shepherds of Good Hope's old soup kitchen has moved to a spanking new building on the other side of Murray Street — the eight-story Richcraft Hope Centre.

There have been many changes over the years. Forty years ago, when I first started volunteering at the soup kitchen, it was in the old St. Brigid's school building on the corner of Murray and King Edward. Large windows let in the sun and fresh air, and a greeter at the door welcomed the clients at lunchtime with a handshake and a chat for those who felt like it.

The clients in those days were a friendly lot with bright smiles and a bottle in a back pocket.

Then there were the babies. Many babies were born to proud moms who would wheel them in to be admired and cooed over. Everyone loved the babies. As they grew up, some of the children continued to come regularly for lunch, usually with a single mom or dad, until they were teenagers. We watched them grow. I would attend their concerts or visit Indigenous families at their homes in the Prairies.

Old men would meet for

lunch every day and sit together at their table.

Our Saturday volunteers were a tight group yet, inevitably, they slowly started to retire and, over the years, some died. We were a diverse mix who came to help faithfully each week, some in a wheelchair or blind. Many hands made light work.

New quarters

In May 2025, Shepherds moved to the new building at 216 Murray Street. The dining area is at ground level and the community kitchen one floor above. The upper six floors have 48 bachelor style apartments for clients. The hope is everyone will be housed with no need for a shelter eventually.

The kitchen equipment is super efficient and modern — equipped for slicing, dicing, cooking, heating and freezing food. Of course, the dishwasher never stops. The noise level this last Saturday was amazing, with the clatter of dishes, the whirring of machines, and the loud chatter of the young volunteers and their music. The windows are ceiling height, small and don't open, so we are all squeezed into a small space without windows to throw open for fresh air. Modern life.

The dining area is at street level and is open all day, with air conditioning, a TV and light from large windows. Three hot meals are served daily. A locked door separates each area, and the security booth is at the entrance.

Sadly clients, staff and volunteers are now separated, so it is difficult to interact and get to know each other. The Saturday chef, though, is quietly efficient and friendly. Our present day Saturday volunteer groups have been coming for years, so we are old friends. And newcomers from Algeria and Cameroon have joined in, too.

Arriving for my shift before 8 a.m., I park my car and navigate around traffic to cross Murray Street. On the sidewalk, there is the occasional person asleep and the night's litter around my feet.

Last Saturday afternoon, when I left the new building at the end of my shift and walked around wavering groups, I was happy to feel a gentle touch on my shoulder and hear a "thank you sweetheart" from a young client. For an old woman, it made it all worthwhile.

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Distraction thefts on the rise

The Ottawa Police Service (OPS) is warning residents about an increase in distraction thefts targeting seniors across the city, with more than 120 incidents reported since the spring.

These thefts often involve suspects approaching victims from a nearby waiting vehicle — usually seniors — under the guise of asking for directions or help, and then offering a "gift" such as placing a necklace around the victim's neck as a thank-you gesture. In doing so, the suspects discreetly remove the victim's real jewellery.

Recently, police have seen an escalation in these incidents, including reports of violence. In one case, a firearm was pointed at a 74-year-old victim who was out walking in his own neighbourhood.

Suspects are targeting both public and private locations, including these most common areas:

- **West:** Merivale Road, Grant Carman Drive, Fish-

er Avenue, Stittsville Main Street, Foxfield Drive, and Berrigan Road.

- **Central:** Montreal Road, Somerset Street West, McArthur Avenue, Bay Street, and Bank Street.
- **East:** Ogilvie Road, Cyrville Road, Montreal Road, Riverside Drive, Bank Street, and Heron Road.

Important: Victims are often approached while out for daily walks, attending religious services, or in shopping mall parking lots. Some incidents have occurred directly on victims' private property.

"We want to remind residents that it's okay to be cautious if someone approaches you unexpectedly," said Sgt. Andrew Worth, Community Policing. "If a stranger tries to give you a gift or get physically close, trust your instincts, create distance, and report it. A simple reminder to your loved ones—especially seniors—can go a long way in preventing these thefts."

How to protect yourself and others:

- keep expensive or sentimental jewellery covered when out in public,
- stay alert, especially in parking lots or quieter areas,
- never let strangers touch you or place objects on you,
- walk away. Seek help if someone's behaviour feels off.

If you or someone you know becomes a victim, call 911 immediately. Do not chase or confront suspects. Remember their description, vehicle details, or licence plate information.

Please take a moment to remind the seniors in your life to stay cautious—one quick conversation could prevent a theft.

If you were a victim of a distraction theft or personal robbery involving jewellery, please report it to the Police Reporting Unit at 613-236-1222, extension 7300.

Anonymous tips can be submitted via Crime Stoppers at 1-800-222-8477 or crimestoppers.ca.



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Firefighter thrives on helping those in need of assistance

By Ryland Coyne

She didn't always know she would be a firefighter. But once she got her first taste of this potential career during a high school Co-op placement, there was no turning back.

"I loved it," says Marta Tkaczyszyn.

She still does.

The 37-year-old Manor Park mother of two is in her eighth year with the Ottawa Fire Service. She says she could not have chosen a better career.

"I just wanted to be in a position where I could assist anybody who needed any kind of help, in any circumstance," she tells the *Chronicle* in a recent interview.

Still, she says the road to her chosen occupation was anything but a clear path.

After graduating from the University of Ottawa with a Bachelor of Fine Art and minor in History, she took a desk job and soon "realized that just wasn't for me."

It would take another four years — gathering experience, tailoring her resume — to qualify for firefighter training.

Looking back, she knows the jobs she took on that offered related experience — motor manufacturing in Cambridge; driving public transit in Guelph; and Personal Service Worker — have all been valuable influences in her life.

"Speaking to many firefighters, that seems kind of the way to go. It gave me a lot of the skill sets that I use in my profession right now."

Even the drive and perseverance it took to become a sprint kayaker — a sport she excelled at in her teens and during her university days — has helped shape the person she is today.

"I loved how I felt wearing my team singlet which made me feel like I was part of something bigger than myself. When I put on my bunker gear or Ottawa Fire Services (OFS) uniform, I have the same sensation and the same sense of pride."

Formal training

Marta traveled to Texas, U.S.A., where she attended TEEX Fire Training Academy. There she earned her pre-service qualifications (Firefighter 1 and 2 certification).

"Texas, at the time, was a good place to go because they offered a lot of hands-on components," Marta recalls.

She then also went to paramedic school in Barrie, Ont. There, she received her Primary Care Paramedic (PCP) certification through the CTC Canadian Career College's ac-



Ottawa firefighter Marta Tkaczyszyn poses with her infant son Leo in 2021. PHOTO: CHRISTINA STAPPER

celerated program.

After receiving her qualifications, Marta served as a volunteer firefighter in Erin, Ont., for six months.

"But my aspiration was to work in Ottawa, just because I went to school here, my partner's family is from here and Ottawa's always felt like home," she says.

Marta was brought onto the Ottawa Fire Service in March, 2018 at which time she completed one year probationary service. She rotated stations every three months and eventually landed at Fire Station 33 (McCarthy Road in Ottawa South) where she continued to serve for the past seven years. She just transferred to Station 56 on Coventry Road on Nov. 3.

While some people may not be comfortable with shift work (firefighters put in 24-hour shifts, seven or eight days on per 28-day period), she was already accustomed to it. For 40 years, her mother did exactly that as an ER (Emergency Room) nurse.

She knows the scheduling is a challenge for her husband



(D'Arcy Belyea) but it works for their family. "I didn't mind it when I was a kid and I hope my kids don't mind it."

Count on one another

Marta says her previous station averaged five to six calls per 24-hour shift. In addition to their designated district, Station 33 also backs up the Ottawa International Airport with a crew that's well trained and ready to tackle any emergency.

Unlike dramatic television shows like '9-1-1' that portray harrowing scenes on every episode, Marta says she's been fortunate not to have faced many dangerous calls.

"I've been in situations where I was doing a search (at a structure fire) and the floor was

a little spongy — there's always a risk of going through the floor — but our training ensures that we test before we advance and make sure there's structural integrity to the buildings."

Working together ensures everyone stays safe on site.

"I think a lot of that comes down to trusting my crew. I know I won't let anything bad happen to them and they won't let anything bad happen to me."

Calm professionalism

Capt. Mark Hatfield says Marta plays a vital role within the station. "Her calm presence and professionalism set the tone for the team, and her dedication ensures that every member of the crew — and every patient or community member we serve — gets the best care possible," he tells the *Chronicle*.

Marta says she thrives on providing relief to those who find themselves in difficulty.

"I really like the fact that no matter who the person is in the community or what their problem or ailment is ... we show up in any and every capacity to improve the situation," she says.

That positive attitude and drive to succeed is contagious, Capt. Hatfield says. "It's not forced optimism — it's genuine care for her teammates and confidence in their ability to handle whatever comes their way. Beyond her skills, she brings heart — and that's something you can't teach."

Chances for growth

Another positive aspect of the profession is the opportunity for advancement.

"It's one of those careers — there are a lot of learning opportunities, a lot of leadership opportunities — and it's built on mentorship," she says. "My job as a junior firefighter is to keep everyone in my crew safe and mentor other junior firefighters that come into my station too."

By year 11, Marta says a junior firefighter can start working on their qualifications for senior firefighter. From there, one can work toward Junior Captain and, beyond that, Station Captain as well.

"That's something I'd like to work towards. It's a great way to pay it forward within the service."

Capt. Hatfield says Marta has "a natural leadership quality that helps others stay focused and protected. It's not just training, it's instinct and genuine concern for others."

Women in the service

The number of women in the Ottawa Fire Service has been growing slowly but steadily, she says.

Marta knows this, having recently headed up a project through the Bytown Historical Society to document women firefighters in the capital. Today, she says, nine per cent of the service is comprised of women and that number is climbing.

She notes women do bring different physical attributes to the position, and they also offer "different approaches, and that's what you need in order to be proficient and effective. I'm the only female on my crew right now, and I like to think that I balance things out at the station."

Manor Park life

For the past four years, she and her growing family have called Manor Park home. Today, however, they have outgrown their house and are moving to Beacon Hill later this year.

"We tried very much to stay," she says. "It was a great place to start a family."

She's looking forward to her new assignment so close to home.

Keep doors closed for safety, firefighter says

Do you sleep with your bedroom door open?

Before she became a firefighter, that's what Marta Tkaczyszyn used to do. Not anymore.

"Now, I really try to advise my friends to make sure they sleep with their bedroom door closed, just in case there is a fire in your home. It (closed door) blocks the (fire's) flow path quite severely," she said.

Studies have been conducted by national fire prevention agencies, she says, testing fires in structures with doors open and doors closed.

"It (having the doors closed) decreases the temperature which also increases survivability," Marta said.

And it's not just for bedrooms. In case of a house fire, keeping all doors shut can make "a huge difference."

"Most people, when they're running out of their home when they have a fire, leave all the doors open as they're exiting. But even closing your front door, it gives us more time to search your dwelling but also preserve the contents of your dwelling because it is blocking the oxygen from getting into your home and feeding the flames."

Do you want to become a Grandma or have a Grandma in your child's life?

Chosen Grandma Ottawa (CGO) has begun making some heartwarming matches. These are between children (5-14) who lack the attention and support of a grandmother and senior women volunteers (55+) who do not have grandchildren in their lives, or not nearby.

CGO is initially recruiting families and seniors in Vanier and surrounding areas, including Manor Park, who wish to join its intergenerational program focusing on meaningful, safe and fun relationships, either as a "chosen grandma" or as a recipient child.

So many families lack that valuable extended family sup-

port. Our current families appreciate the connection to a supportive, caring senior who wants the joy of a child in her life. As is well known, these relationships can be instrumental in enhancing the well-being of both the children and the seniors.

First of its kind in Ottawa

This type of non-profit volunteer initiative is the first of its kind in Ottawa.

The grandmothers go through a rigorous screening, training and matching process to promote safe, healthy and engaging activities. The procedure is carefully managed by the three Directors — Dr. Peg Herbert, Mary Ann

CHOSEN GRANDMA OTTAWA



Chosen Grandma program is recruiting candidates in Manor Park. PHOTO: SUBMITTED



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Turnbull and Marilyn Collette — each with extensive careers in the fields of educational psychology, education, social work, and non-profit child-centred organizations. As a result, they have strong standards for child protection, well-being and positive interactions. Their bios can be seen at chosengrandma.ca.

Regular follow-up with the child's parents and chosen grandma supports a positive match. Monthly meetings with the grandmas provide a support network to share re-

sources and discuss topics on child behaviour and development.

Wealth of experience

CGO's current chosen grandmas share a wealth of experience, talents, warmth, and some special attention with their matched child. The children were eager to meet their "chosen grandma" once the match was carefully made.

The commitment is for 12 months, which helps to build relationships of trust and caring. Each month, the chosen grandma makes one in-person connection and one by other means, such as a phone-call or Zoom. Of course, they may decide to do more, in agreement with the family. Even if other commitments or travel take the grandma away, CGO has fun ideas for staying connected.

After the first year, it will be up to the family and grandma if they wish to continue.

Chosen Grandmas does not

provide babysitting or other services within the home. In fact, all activities take place either in the child's local community, or around Ottawa to experience the wealth of resources in our city.

The grandmas and children can visit museums, parks or libraries, play cards, do crafts, go to a movie or simply chat over an ice cream. These are all engaging interactions that grandmas so love doing. The options are endless.

If you are interested in becoming a chosen grandma, you will be giving the gift of undivided time to a child — an amazing opportunity to make a difference and bring that special joy into both your lives. For more information on becoming a "chosen grandma," or on having one for your child, visit: chosengrandma.ca, Facebook at Chosen Grandma Ottawa or email at chosengrandmaottawa@gmail.com.



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Manor Park resident receives King Charles III Coronation Medal

Cardinal Glen resident Linda Assad-Butcher was presented with one of Canada's newest and most prestigious honours — the King Charles III Coronation Medal. The presentation was made this spring during a ceremony with Ottawa-Vanier MPP Lucille Collard.

The following is the profile of the medal recipient presented during the ceremony.

Linda Assad-Butcher is an experienced, fluently bilingual executive with extensive management experience in the public and not-for-profit sectors. She has significant governance experience on boards in the healthcare, education, community and social services sectors as board chair and director. She retired from her Director's position at La Cité Collégiale in 2006.

Linda était depuis 2002 directrice du Consortium national de formation en santé (CNFS) pour la Cité collégiale. De 1989 à 1990, elle a été membre de l'équipe de transition pour la création de la Cité collégiale, et a occupé par la suite à ce collège communautaire le poste de directrice des sciences de la santé et des services communautaires. Auparavant, elle était professeure en soins infirmiers au collège Algonquin. Elle a été membre de plusieurs organisations professionnelles, dont l'Ottawa-Carleton Nursing Executives, l'Association du personnel administratif



Linda Assad-Butcher (left) displays the King Charles III Coronation Medal she received from Ottawa-Vanier MPP Lucille Collard (right). PHOTO: SUBMITTED

des collèges de l'Ontario et le Groupe des infirmières et des infirmiers francophones de l'Ontario. En 2003, elle a reçu le prix Capital Educators.

Linda's governance experience spans several years. In 2006, she was appointed by the Government of Ontario as a founding member of the board of the Champlain Local Health Integration Network (LHIN) where she served for five years and gained a significant understanding of the hospital and community care sector, particularly from a financial perspective. She sat

on the Liaison Committee between the Champlain LHIN and le Réseau des services en français de l'est de l'Ontario that resulted in the first accountability agreement between le Réseau and the LHIN.

She has served on the boards of numerous community organizations including the United Way, the Academic Operations Committee at the Montfort Hospital, the Council on Aging, and the Eastern County Clinical Distribution Plan Steering Committee. She is currently a board member of Saint Paul's University.



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GOOD DOG: An introduction

Chronicle presents a new series of columns focused on dog training

By Gregory Thompson

This issue of the *Manor Park Chronicle* features the first in a new series of articles on dog training. The aim is to help owners ensure that their four-legged family members are obedient, well-mannered and happy.

The inspiration for this series comes from you — the many dog owners in Manor Park and surrounding neighborhoods. All of those I spoke with this past year, without exception, responded enthusiastically to the idea of a regular series on dog training. Many kindly offered excellent story ideas. Many also shared the same concerns respecting their dogs — like barking, house training, jumping, biting and chewing, recall and heeling on leash.

Training

Dog owners are finding that dog training can be a difficult and time-consuming exercise, often with disappointing results. But it need not be this way.

This series is based on three simple premises:

- firstly, that every dog is a good companion dog candidate;
- secondly, dog owners need to apply workable strategies that bring out the best in their dogs;
- and thirdly, should the services of a professional trainer be required, it is critical that they train not only the dog, but the owner and family members too.

My 50-plus year dog training apprenticeship has taught me that mistakes are inevi-



The author, Gregory Thompson, handling Diesel in a marked retrieve. PHOTO: SUBMITTED

table, as are the occasional train wrecks. But what human psychology teaches us is that it is best to face life's challenges head-on, build resilience, learn from failure and repair the damages. If you avoid challenges, your life, including living with your dog, does not get any easier.

Personal experience

There have been a lot of dogs in my life. I grew up with various mutts, beagles, and two hounds named Sam. As a student I held part-time and summer jobs with various small animal veterinary clinics, in Burlington, Ont. I started as a kennel boy but soon advanced to grooming, treatment, X-ray and surgical assistant.

After graduation Alison and I moved to Ottawa and soon-after welcomed our first golden retriever into the household. Judge was followed in subsequent years by Teal, Diesel and now Axle. All

of our dogs were trained as both companion and working dogs — finding and retrieving downed grouse, woodcock, ducks and geese for the family table.

While dog training required a lot of time and hard work, it paid off, and not just in the field! In a series of judged tests, sanctioned by the Canadian Kennel Club (CKC), Judge was awarded his Companion Dog Obedience Certificate in 1984, placing first and second in two of the three qualifying tests. This was followed in 2013 when Diesel qualified for both Working Certificate and Working Certificate Intermediate in separate back-to-back CKC-sanctioned retriever hunt tests. His subsequent field performance over the years (he and I hunted waterfowl together) well-exceeded the requirements of these two awards. It was an honor to train and handle such a hard-working retriever.

Today my dog-training apprenticeship continues, now with Axle. At six years of age, he is an excellent companion dog and is well on his way to becoming a very respectable working retriever.

Throughout it all, we have benefitted tremendously from the advice of many others for

There have been a lot of dogs in my life. I grew up with various mutts, beagles, and two hounds named Sam. As a student I held part-time and summer jobs with various small animal veterinary clinics, in Burlington, Ont. I started as a kennel boy but soon advanced to grooming, treatment, X-ray and surgical assistant.

which Alison and I are eternally grateful. We particularly want to acknowledge our dear friend and mentor Mike Duncross, the owner of Ambertrail Kennels. Having trained with Mike, I can attest to the fact that he is a remarkable retriever trainer. Mike is also very highly qualified, being the sole holder in the world of a World Class Triple Crown in dog obedience and field trials, accomplished with an exceptional dog named Push! We also want to thank our long-time veterinarian, Dr. John Swatman of Alta Vista Hospital. John has an affinity for working dogs and has played a critical role in helping us keep our dogs healthy!

Literature

In addition to mentors and veterinarians, dog training literature is also an important information source for both training and care. A lot has changed in the world of dog training since James Lamb Free, for example, first published "Training Your Retriever" in 1949. What we now know about dog learning, bonding and behavior, thanks to people like Dr. Ian Dunbar and others, is that early socialization and obedience training is critical to the successful development of any dog. The four books I recommend below are based on this contemporary understanding and are suitable for all breeds:

- The Complete Idiots Guide to Golden Retrievers, Nona Kilgore Bauer, 1999. Alpha Books, New York. (GT notes: Ignore the unfortunate title. This is a very compre-

hensive work on selection, training and care, though a copy may be hard to find).

- *Let Dogs Be Dogs* and *The Art of Raising a Puppy*, The Monks of New Skete, 2017/2011. Little Brown & Company, New York. (GT notes: Explores the good, bad and ugly of various training methods and lands on a balance that strengthens the dog/human bond while maintaining the essential leadership role that humans must play. The puppy text is full of how-to. Both are well illustrated.), and
- *The Perfect Puppy*, Gwen Bailey, 2024 edition, Octopus Publishing Group (GT notes: A very how-to book with wonderful illustrations and photos. Excellent, excellent, excellent!).

Future topics

In the coming issues of the *Chronicle*, we will explore: the human-dog bond; the attributes of a good companion dog; essential training equipment; the why and how of human leadership; training fundamentals; and, the how-to of basic obedience; and problem solving.

Of course, much will depend on reader feedback — with letters to the editor being encouraged. Additionally, Axle and I always have time for a road-side chat and impromptu demonstrations during our many daily walks in the neighborhood.

Until the next issue of the *Chronicle*, happy reading and keep up your training.



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CHANEL
Just like her famous fashion namesake, Chanel is a real princess! Tan coloured with white markings, Chanel is a six-year-old American pocket bully rescue. She's great with kids, other dogs and her two feline roommates. Quite laid back, she enjoys taking in everything happening around her. And, she just loves sitting in the front yard - sun-tanning. Interestingly, she's not a big fan of winter!



FRECKLES
Freckles is an English springer spaniel from Nova Scotia with a predominately dark-brown coat and white markings. Roz says that he was named by her late father who was 92. She likes to say he was either named by a 92-year-old or a 7-year-old! Freckles really is the perfect name! Since arriving in Manor Park, he's been keeping a close eye on neighborhood birds and squirrels.



HICCUP
Meet Hiccup, a four-and half-year-old shichi (a chihuahua/shih tzu mix). This little guy is tan coloured with flashes of white around his face and paws. Named Hiccup by Jonah, the grandson of his owner, he loves everything outdoors - rides in the car and long walks in the neighbourhood and Beechwood Cemetery. Sensitive and fun-loving, he loves visiting long-term care homes, especially the LTC Montfort.



TIBERIUS
Hi! I'm Tiberius, a border collie and Australian shepherd mix and a weekly visitor to Manor Park. My tail, with its signature white tip, is known as a 'shepherd's lantern'. I love the water - especially when it pours out of the garden hose. Rides in our kayak are the best, and mud puddles, a huge favourite. I love car rides, long walks and off-leash play in Rock-cliffe Park.

Winter Tips for Pets

Although our pets have a built-in fur coat and enjoy being outside, they are not immune to the harsh realities of winter.

- **Limit outdoor exposure:** When the mercury plunges, limit their exposure to freezing temperatures and blustery winds.
- **Be mindful of sensitive paws:** After a walk, wipe down their paws to avoid the temptation of licking them clean.
- **Avoid contact with antifreeze:** Watch for antifreeze spills and leakages as animals find it tasty and will consume if given the chance.

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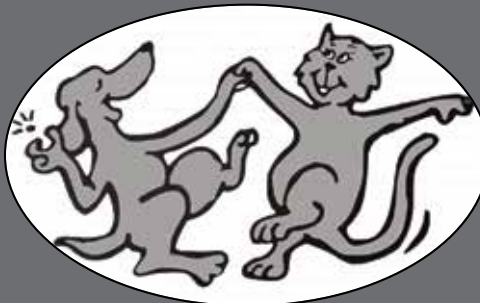
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Federal programs in place to assist those most in need

FROM THE DESK OF:



**Member of Parliament
Ottawa-Vanier-Gloucester
MONA FORTIER**

As autumn is in full swing and we have just celebrated Thanksgiving, I hope everyone is enjoying this beautiful season in our neighbourhood.

Since my return to the House of Commons in mid-September, I have been busy working on measures that matter most to our community, such as making life more affordable for families, building more homes, as well as protecting Canadian businesses and strengthening our economy.

beyond continue to benefit from federal programs. The Canada Child Benefit has increased this year, up to \$7,997 per child under 6 and \$6,748 per child aged 6 to 17. The Canadian Dental Care Plan, covering essential dental care, is also available to eligible Canadians without private insurance and with a net family income under \$90,000.

On October 10, the Prime Minister announced measures to reduce the cost of living, including automatic fed-

million low-income Canadians, the permanent National School Food Program to provide meals for up to 400,000 Canadian children receive, and the renewal of the Canada Strong Pass for the 2025 holiday season and summer 2026, allowing children and young families to visit parks, museums, and travel by train for free or at reduced rates.

Our government is taking action to make housing more attainable. The new federal agency, Build Canada Homes (BCH), will focus on building affordable housing at scale, using Canadian materials and workers, and providing flexible financing. With an initial \$13 billion investment, BCH will partner with developers, governments, and communities to accelerate construction, aiming for 500,000 new homes per year over the next decade.

Whether for first-time buyers, young families, or those most in need, Build Canada Homes will help ensure Canadians have access to safe, affordable housing while supporting the local economy. It's time to build!

To support small businesses facing challenges from tariffs and global trade disruptions, the Regional Tariff Response Initiative (RTRI) is now open, helping small- and medium-sized enterprises (SMEs) invest in growth, diversification, and innovation. For more information or to apply: feddev-ontario.canada.ca.

Let's help our local entrepreneurs turn challenges into opportunities!

My office remains available to assist residents in accessing federal programs and services. Together, we can build a strong and connected community.

■ ■ ■

Chers résidents et résidentes

Alors que l'automne bat son plein et que nous venons de célébrer l'Action de grâce, j'espère que vous profitez pleinement de cette belle saison dans notre quartier.

Depuis mon retour à la Chambre des communes à la mi-septembre, je travaille activement sur les mesures qui comptent le plus pour notre communauté — rendre la vie plus abordable pour les familles, construire davantage de logements, protéger les entreprises canadiennes et renforcer notre économie.

Les familles de Manor Park et d'ailleurs continuent de bénéficier des programmes fédéraux. La Prestation canadienne pour enfants a aug-

menté cette année, jusqu'à 7 997\$ par enfant de moins de 6 ans et 6 748\$ pour les enfants de 6 à 17 ans. Le Régime canadien de soins dentaires est disponible pour les Canadiens sans assurance privée et avec un revenu familial net inférieur à 90 000\$, afin de couvrir les soins essentiels.

Le 10 octobre, le Premier ministre a annoncé des mesures pour réduire le coût de la vie, notamment le versement automatique des prestations fédérales pour 5,5 millions de Canadiens, le maintien permanent du Programme national d'alimentation scolaire pour que 400 000 enfants reçoivent des repas, et le renouvellement du Laissez-passer Un Canada fort pour la période des fêtes 2025 et l'été 2026, permettant aux enfants et jeunes familles de visiter gratuitement ou à prix réduit nos parcs, musées et voyager en train.

Notre gouvernement prend également des mesures pour rendre le logement plus accessible. Le nouvel agence fédérale Maisons Canada se concentrera sur la construction de logements abordables à grande échelle, avec des matériaux et des travailleurs canadiens, et offrira des financements flexibles. Avec un investissement initial de 13 milliards de dollars, BCH collaborera avec des promoteurs, gouvernements et communautés pour accélérer la construction, visant 500 000 nouvelles habitations par an au cours de la prochaine décennie.

Que ce soit pour les premiers acheteurs, les jeunes familles ou les personnes les plus vulnérables, Maisons Canada aidera à assurer l'accès à un logement sûr et abordable tout en soutenant l'économie locale. Il est temps de bâtir !

Pour soutenir les petites entreprises face aux nouveaux défis liés aux tarifs et aux perturbations du commerce international, l'Initiative régionale d'intervention tarifaire (IRRT) est maintenant ouverte. Elle offre un soutien aux PME pour investir dans la croissance, la diversification et l'innovation. Pour plus de renseignements ou pour présenter une demande : feddev-ontario.canada.ca.

Aidons nos entrepreneurs locaux à transformer les défis en opportunités !

Mon bureau demeure disponible pour aider les résidents à accéder aux programmes et services fédéraux.

**Mona Fortier, P.C., députée
Ottawa-Vanier-Gloucester**

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MEET YOUR NEIGHBOUR



PHOTO: LIGHT DEPICTION

John Dodsworth

Who are you? What do you do?
My name is John Dodsworth. I am a lawyer. I have worked for the government my entire career, mostly in environmental and Indigenous law. I am currently a member of the Immigration and Refugee Board. I decide appeals of refugee claims.
I live on Kilbarry Crescent, with my wife Jennifer Morin. We have three children, Sarah, Katie and Patrick, who are all grown up!

Where were you born?
I was born in Toronto but moved to Ottawa when I was young. I lived in Kanata growing up.

Why did you choose your occupation? Did you ever consider another occupation?
I knew that a law degree would provide me with the opportunity to have an interesting and fulfilling career, which it has. I briefly thought of being a teacher, but I don't think I have enough patience to be good at it.
What is the most important thing in your life right now?
My family is always number one! I have a fantastic wife and three wonderful children. Oh...and then there is Gus, our doodle.

Why do you live in Manor Park?
We used to live in Lowertown and would go to the Swiss Chalet on Montreal Road on Friday nights with the children. On occasion we would drive through Manor Park on the way home and absolutely loved it! It reminds me of the Beaverbrook part of Kanata where Jennifer and I grew up, with lots of trees, wonderful community and ... no side-walks!
If you could live anywhere else in the world, where would you go and why?
I don't know if there is any one place, but living in other countries for a short period of time has always appealed to me. We love to travel, and I have thought that Quito Ecuador, Paris, London and New York might be interesting places to spend an extended holiday.
If you could have dinner with any 3 people alive or dead, who would you choose?
My father — who died just before Jennifer and I were married. So much to tell him! Paul

McCartney, who has led the most incredible life. I have seen him in concert and am seeing him perform again in Montreal next month. And Abraham Lincoln, as I have a great interest in the US Civil War.
What would you serve?
For my father, steak and kidney pie (he was from Yorkshire). Something vegetarian for Paul and a big steak for Abe and me.
What was the last book you read?
The Song of Achilles by Madeleine Miller. It is a novel that tells the story of the Trojan war.
Who would you get to star as you in your memoirs?
My son Patrick could play me pretty well!
If I won the lottery, I would spend my winnings on....?
I don't need anything at all, so I would give it all away to my family and charity.
What do you do to stay healthy?
I try to keep up with Jen-

nifer, who's a marathon runner, so I run a bit (more modest distances)! But I much prefer swimming in The Pond and at the Lowertown pool.
What is your favourite childhood memory?
Family vacations to a cottage on Bennett Lake near Perth.
My favourite thing about Ottawa is....?
It is such a liveable city, with access to lots of green space and the Ottawa River.
My least favourite thing about Ottawa is....?
February!
Where do you see yourself in five years?
Living in the same house on Kilbarry, enjoying my family.
Do you have a motto that you live by?
Never give up!
What is the best thing that has ever happened to you?
Jennifer! Hands down!!
■■■

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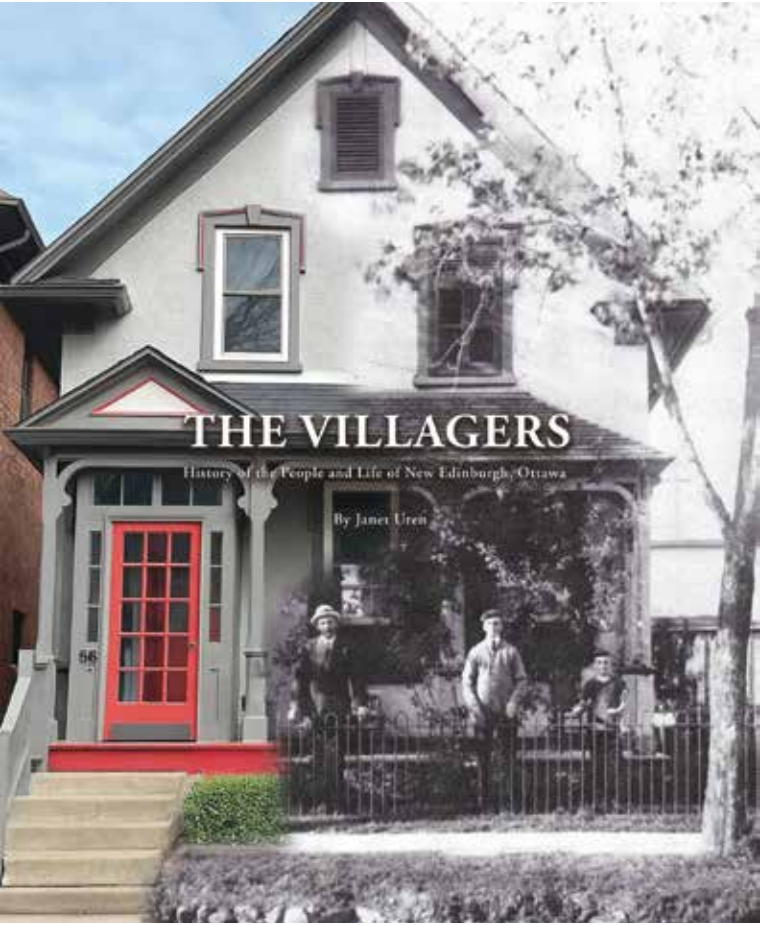
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This is the front cover of Janet Uren's book entitled, "THE VILLAGERS: History of the People and Life of New Edinburgh, Ottawa". PHOTO: SUBMITTED

13 years of work culminates in a history of neighbouring New Edinburgh

Author to launch new book at Elmwood School Nov. 29

By Janet Uren

An urban collective lies just east of the Rideau River, comprising Manor Park, New Edinburgh, Rockcliffe and Lindenlea, with each arguably forming part of a larger whole. Together, we make up a varied and rather wonderful neck of the woods in Ottawa. And, though New Edinburgh pre-dates Manor Park by well over a century, residents in the younger community may well be interested in an upcoming book that tells the 200-year-old story of its near neighbour. The history culminating this year, after 13 years of work, has been a labour of

love on my part. I started to feel excited about the history of New Edinburgh on a beautiful spring day some years ago. I was walking down Crichton Street in New Edinburgh. The sun was shining warmly. I had a dog on a leash and a song in my heart. As I strolled along, I saw a young man coming out of an old house with a large, flat object folded in a towel. As I passed, I couldn't help smiling and carolling out joyfully, "Isn't it a beautiful day?" And he answered, "Yes, and I've got a portrait of granddad here, taken down from the wall for the first time in a century." How interesting! I screeched to a halt, fell into animated conversation and ended up with an invitation to talk to his mother and aunt, who were closing down the house after the recent death of their sister, Mary McElroy. That interview was an early event in a long, engaging and fascinating journey to uncover the story of New Edinburgh. I have talked to many dozens of people since then and read everything I could find to help me understand where New Edinburgh fits into our larger Canadian story. I had moved to the village in 2001 and almost immediately found myself listening to the stories of people and families who had lived there for a long time. As a professional writer, I have a long background in writing about local history. I live in a heri-

tage house in New Edinburgh. I am curious about people and passionately interested in the past. In 2012, Joan Mason — then president of the New Edinburgh Community Alliance — approached me to undertake a comprehensive history of the village. This history would make the heritage of the neighbourhood better known to and appreciated by Ottawa people. The resulting book is essentially a people's history. By that, I mean it focuses not just on the history-makers, the likes of Thomas McKay, but even more importantly on the "little" people — the carpenters, the doctors, the artisans, the mill foremen, the civil servants. I have tried to capture the flavour of what life was like in the past. I have wanted to entertain as well as inform. The book, over 300 pages in length and heavily illustrated, will be launched at Elmwood School (261 Buena Vista Road) on Saturday, Nov. 29 at 2 p.m. Please join me for afternoon tea and to help me celebrate the culmination of so much work and so much joy.

Reserve your copy!

I am printing a fairly limited number of copies at first, with a view to reprints if the first run sells well. If you want to be sure of getting a copy (\$45 plus tax) on Nov. 29, please email me at janet.uren@wordimage.ca so I can reserve a copy in your name.



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Bill 33 continues troubling trend at Queen's Park

FROM THE DESK OF:



**MPP, Ottawa-Vanier
LUCILLE
COLLARD**

It was a real pleasure to reconnect with neighbours at the now-legendary "Pints in the Park" event this September. These moments of community are what fuel my work at Queen's Park, especially now that the fall legislative session is under way.

As your representative, I remain focused on the priorities that matter to residents of Ottawa-Vanier: access to quality health care, strong public education, and decent housing for everyone. At Queen's Park, I use every opportunity to raise these issues and to press the government to reverse course on the chronic underfunding which continues to affect families and communities across our riding, including here in Manor Park.

Education: A question of local voice and oversight

If you care about education, and I know many in Manor Park do, you may want to keep an eye on Bill 33, *Supporting Children and Students Act*, 2025. On its surface, the bill aims to increase transparency and accountability across child welfare, education, and post-secondary institutions. That is something I support in principle.

But Bill 33 also grants sweeping new powers to the Minister of Education, including the ability to unilaterally review school board opera-

tions, intervene in children's aid societies, and dictate merit-based admission policies at colleges and universities.

My concern is that this marks yet another step in the centralization of decision-making at Queen's Park, a trend we have seen across multiple sectors under this government. Local voices, including trustees, educators, and community leaders, risk being sidelined. In the post-secondary sector, institutions already struggling with governance and transparency — like the University of Ottawa — could see less room for independent oversight.

As this bill moves forward, I will continue to push for a more balanced approach, one that values both provincial oversight and community input. Our students, families, and institutions deserve nothing less.

A season of reflection and engagement

As the days grow shorter and the holiday season approaches, I want to thank you for staying engaged with provincial politics and your local democracy. Your feedback, whether at community events, over email, or through social media, remains vital to my work.

Please don't hesitate to reach out to share your concerns, ask a question, or just say hello. My office at 237 Montreal Rd. is here to help, and I am always proud to be your voice at Queen's Park.

*Warm regards,
Lucille Collard*

...

C'était un plaisir de retrouver les résidents de Manor Park lors de l'incontournable événement *Pints in the Park* en septembre dernier. Ces moments de convivialité sont ce qui motive mon travail à

Queen's Park, surtout maintenant que la session législative d'automne est en cours.

En tant que votre représentante, je reste concentrée sur les priorités qui comptent pour les résidents d'Ottawa-Vanier : l'accès à des soins de santé de qualité, une éducation publique solide et un logement décent pour tous. J'interviens régulièrement à Queen's Park pour exiger des investissements à la hauteur de ces enjeux, car le sous-financement chronique entraîne des conséquences bien concrètes dans notre communauté, y compris ici à Manor Park.

Éducation : préserver la voix locale

Si l'éducation vous tient à cœur, je vous invite à suivre de près le Projet de loi 33, *Loi de 2025 sur le soutien aux enfants, aux élèves et aux étudiants*. Ce projet introduit des changements importants dans la supervision des sociétés d'aide à l'enfance, du système scolaire et des établissements postsecondaires.

Bien que l'objectif affiché soit d'améliorer la transparence et la reddition de comptes, le projet de loi accorde au ministre de l'Éducation des pouvoirs élargis pour intervenir directement dans les finances et les opérations des conseils scolaires, imposer des modèles d'admission fondés sur le mérite dans les collèges et universités, et réviser unilatéralement le fonctionnement des organismes publics.

Je suis préoccupée par cette nouvelle étape dans la centralisation des décisions à Queen's Park, qui se fait sans véritable consultation et qui marginalise les voix locales. Dans le secteur postsecon-

daire, où certaines institutions comme l'Université d'Ottawa traversent déjà des crises de gouvernance, un tel recentrage risque d'aggraver les problèmes.

Je continuerai de défendre une approche plus équilibrée, qui respecte à la fois le besoin de surveillance provinciale et l'importance de la participation communautaire. Nos élèves, familles et institutions méritent d'être écoutés.

Une saison de réflexion et d'engagement

Alors que les jours raccourcissent et que les Fêtes approchent, je tiens à vous remercier de rester engagés et à l'écoute de la politique provinciale. Vos commentaires, vos courriels et vos discussions lors d'événements communautaires nourrissent mon travail chaque jour.

N'hésitez pas à me faire part de vos préoccupations, à poser des questions ou simplement à dire bonjour. Mon équipe et moi sommes là pour vous à 237 rue Montréal, et je suis fière d'être votre voix à Queen's Park.

*Avec toute ma reconnaissance,
Lucille Collard*

Co-ops, from page 27

the employees purchase and manage the business, sharing the profits and decision-making power.

Worker co-ops foster economic democracy, ensuring Manor Park's businesses remain anchors of stability, not victims of corporate consolidation.

This model directly addresses job insecurity and counters the wealth inequality that often accompanies economic downturns — a central argument of my book, *The Great Canadian Reset*. When the workers own the business, they are incentivized to invest in its long-term success, ensuring the profits and wealth generated stay right here in the community.

The Aron Theatre Co-op in Campbellford, Ontario successfully saved a historic cinema through this transition, proving that community and employees can be the best possible owners.

Ludovic Viger is a Manor Park resident, bilingual author, and advocate for cooperative businesses. His book, *"The Great Canadian Reset"*, explores how co-ops can transform Canada's economy.

Read More at: <https://thegreatcanadianreset.substack.com/>

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Rideau Chorale to perform Handel's Messiah as it marks 10 years of music

Community choir includes
long-time member from Manor Park

By Peter Robb

A 10th anniversary is something worth marking.

For a community choir, the gift of music is what matters on these important dates, and Rideau Chorale's 10th anniversary gift is a December performance of *Handel's Messiah*.

Rideau Chorale began as the Tuesday Choir in the Ottawa Folklore Centre, an informal collection of interested singers working mainly on pop and folk pieces.

In 2014, Roland Graham, director of music at Southminster Church, assumed leadership of the group. Within a year the Folklore Centre had closed, but, after discussion with the singers, Roland led the group's new incarnation, called the Rideau Chorale. The group pivoted to focus on classical works, beginning with a 2016 performance of

Carmina Burana by Carl Orff.

Since then, the choir has grown to some 60 members from across Ottawa and West Quebec.

"The Rideau Chorale is a lovely community of people, and I really enjoy stretching my abilities and technique," says tenor Janice Manchee, the current Chair of Rideau Chorale.

Manor Park contribution

Manor Park resident Tim Schobert says the choir provides a great addition to his retirement activities.

A member since the early days, he says he has "enjoyed classical music since early childhood, and the choir enhances and broadens my experience of this wonderful genre of music."

To prove his commitment to the form, Tim started and maintains classyusic.ca



Rideau Chorale celebrates 10 years of singing with a performance of *Handel's Messiah*. PHOTO: @PETER POLGAR

which offers a comprehensive listing of classical performances in the city.

His personal musical highlight with Rideau Chorale was a performance of Brahms' *A German Requiem*, "a truly spiritual journey."

He adds he is looking forward very much to performing *Messiah*.

The choir has tackled a wide range of repertoire from composers such as Handel, Mozart, Duruflé, Fauré,

Palestrina, Rutter, Haydn, Vaughn Williams and Charpentier, not to mention pieces written or arranged for them by local composers.

Roland stepped away from the choir in 2022. After a brief job search, Kevin Reeves, who founded the Seventeen Voices ensemble and has worked with several choirs in the Ottawa area, took the baton.

For the 10th anniversary, Kevin decided to return to *Messiah*. Despite being performed many times by many choirs in many venues since its debut in Dublin, Ireland in 1742, the oratorio seems new and fresh in every performance.

For Kevin: "There is so much nutrition within those couple of hundred pages. This is the beginning of my third season with the ensemble, and I'm constantly buoyed by the sheer enthusiasm of its singers. When I announced the prospect of singing *Messiah* for the anniversary, I was worried about a lacklustre response. But no, I received a chorus of poly-

phonic cheers."

Janice was one of those cheering, in part because Rideau Chorale will be partnering with the De La Salle dance program to involve young dancers in the interpretation of the "Pastorale". The choir will also be joined by soprano Ania Hejnar, counter tenor Mark Donnelly, tenor Jean-Philippe Lazure, bass Alisdair Campbell and a small orchestra.

"We know this work is a crowd-pleaser, but we wanted to make this a particularly special event, for our anniversary and for our audience."

Rideau Chorale will perform *Messiah* on Saturday, Dec. 13 at 7:30 p.m. in Southminster United Church, 15 Aylmer Ave. Doors open at 7 p.m. Tickets are available on zeffy.com.

Information about Rideau Chorale and its upcoming performances can be found at rideauchorale.com. Peter Robb sings tenor with Rideau Chorale.



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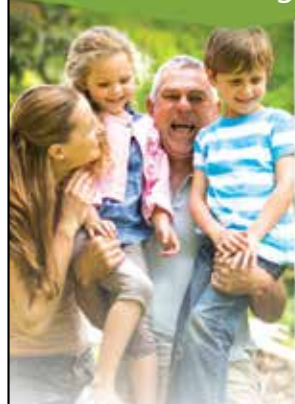
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Friends raise a glass on the tennis court in memory of Jean Tanguay. PHOTO: SUBMITTED

Friends pay tribute to Jean Tanguay

The following tribute was made by Frank Koller to the late Jean Tanguay on Aug. 23, 2025.

Two weeks ago, Jean Tanguay would have been in this picture.

But this morning, at 7:25 a.m. before we started play, we toasted his memory with a glass of good Scotch and told stories of our decades of good memories and friendship with him.

this week. A long time resident and lover of Manor Park, Jean was one of the founders of this Saturday morning tennis group in 1993 (along with Barry Frewer, Tony Stikeman and myself) and seldom missed a match.

He was with us on all three courts for the next two hours. And will be as well on Saturday mornings to come. We miss you.

Jean passed away earlier F.

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AROUND TOWN

Rockcliffe Book Sale

The Rockcliffe Park Public School Book Fair returns for a 64th year this weekend — Friday, Nov. 7 to Sunday, Nov. 9.

This fall tradition is one of Ottawa's oldest and most cherished school fundraisers, with a legacy rooted in community, connection, and a shared love of reading.

The event takes place in the school gym (Queen Juliana Hall, 360 Springfield Rd.), and will run from 10 a.m. to 9 p.m. on Friday; 10 a.m. to 6 p.m. on Saturday and 10 a.m. to 4 p.m. on Sunday.

OHS Christmas Craft Sale

Looking for holiday gifts? The Ottawa Humane Society Auxiliary will be selling high quality handmade crafts at its Christmas Craft Sale. The sale takes place at "The Hub" next to Bentley, Carlingwood Mall, 2121 Carling Ave., on Thursday, Friday and Saturday, Nov. 20, 21 and 22, 10 a.m. - 5 p.m. and Sunday, Nov. 23, 10 a.m. - 4 p.m.

Proceeds go to support the animals at the Ottawa Humane Society. Cash, credit or debit. Sorry no table rentals. There is free parking.

For more info, contact Connie constance_nunn@yahoo.com or go to facebook.com/OttawaHumaneSocietyAuxiliary.



Young César (right) is the picture of concentration as he gets his face painted with a big blue dinosaur by volunteer Naomi Gaucho. Face painting was just one of the many activities taking place during the annual Rock the Block event, held Sept. 12 at the community fields off Thornwood Road.

PHOTO: RYLAND COYNE

Hospice Ottawa House Tour

The wait is over ... the 23rd Homes for the Holidays house tour is just around the corner.

Tour eight breathtaking homes — two of which are located in Rockcliffe Park and New Edinburgh — all beautifully decorated for the season, and spark your holiday spirit. Step inside, be inspired, and make this holiday season truly magical.

A key fundraiser for Hospice Care Ottawa's palliative

care services, the event runs over three days — Friday Nov. 14 to Sunday, Nov. 16, 10 a.m. to 4 p.m. each day.

Ready to kick off the season in style? To learn more, visit <https://www.eventbrite.com/e/homes-for-the-holidays-les-maisons-des-fetes-tickets-1716366942729?>

RCMP Curling Club Artisan Craft Show

Check off all those on your Christmas list at the 2025

RCMP Curling Club's Artisan Craft Show. The event returns on Sunday, Dec. 7, from 10 a.m. to 4 p.m., at the curling club, 115 St. Laurent Blvd. (beside the RCMP Musical Ride stables).

Handmade crafts include jewellery, greeting cards, woodworking, preserves, knitting and crochet, buttons, centrepieces, soaps and bath products, diamond art and more!

Admission is free. For more information, visit <https://rcmpcc.ca>.

Beechwood Cemetery Candlelight Service

The community is welcome to attend the annual Christmas Candlelight Service at Beechwood Cemetery. This non-denominational outdoor event takes place on Sunday, Dec. 7, starting at 6 p.m.

This is a wonderful service offering participants a chance to remember loved ones with carols — led by the Ottawa University Choir — and tree-lighting ceremony.

Please bring a non-perishable food item to be donated to the food bank, and remember to dress warmly.

Holly Tea and Marketplace

The Holly Tea and Holiday Marketplace, coming up on

Saturday, Dec. 6 from noon to 4 p.m., is one of Elmwood School's most cherished seasonal traditions — a joyful celebration that brings together our community and beyond in the true spirit of the holidays.

Guests are invited to explore a vibrant selection of artwork, jewellery, crafts, baked goods, and more, all lovingly created by talented local artists, artisans, bakers, alumni, and student entrepreneurs!

If you'd like a table, please fill in this form: <https://www.elmwood.ca/parents/registration-pages/holly-tea-vendor-registration-2025>

Understanding Healthy Aging

The Council on Aging of Ottawa hosts the presentation 'Understanding the Recipe for Healthy Aging'. It takes place Wednesday, Dec. 10, 1-3 p.m. at the Rideau Hub (former Rideau High School), Room 235, 815 St. Laurent Blvd.

Participants will learn about changing dietary needs and eating habits as we age, reflect on their own eating habits, needs and challenges, discuss healthy eating, and explore opportunities to expand their options.

To register, visit <https://sa-understanding-the-recipe-for-healthy-aging-2025.raiselysite.com>.

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