



MANOR PARK Chronicle

The voice of the community since 1949

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Petition takes aim at busing 'crisis'

Manor Park resident calls for transit state of emergency

Recent reports on OC Transpo bus reliability will come to the surprise of few in Manor Park.

According to the city, the number 7 bus, which services this community, saw 327 trips cancelled in January. That represents close to 10 per cent of the more than 3,500 trips planned during the month. It was a similar story for nearby Route 6. In all, 9,263 trips were cancelled across the city during the month.

The ongoing struggles, which date back months if not years in Ottawa, have become too much for Julie Zhang. The new Manor Park resident has launched an online petition (<https://www.change.org/OttawaBusEmergency>) that aims

to have Ottawa declare a state of emergency for public transit. To date, close to 400 people have signed on.

Zhang, a full-time engineer and "devoted mother," says her frustration with the bus service reached a breaking point in January "when my family endured unbearable waits in freezing weather — with our young child — just to get to daycare and work. The bus delays and cancellations are really affecting our ability to plan our schedules, to be punctual for work/appointments, and to stay focused on our lives," she noted in an email exchange with the *Chronicle*. "Thousands of people are affected daily, this is

>>CONTINUED ON PAGE 7



The RCMP Musical Ride held an open house at their stables on Sandridge Road in Manor Park on Saturday, Feb. 21. Here, 10-year-old Nordic, ridden by Const. Andrew LcClair, gets a friendly pet from Rowynn Taylor, 3, who is being held by her mum Ashley. Nordic is in his fourth year on tour with the Musical Ride. PHOTO: RYLAND COYNE

Council committee expected to address sidewalks issue March 30

By Staff

A prickly issue that's dominated discussion in the community for the past year will now be addressed March 30.

That's when a staff report on the Manor Park integrated roads and sewer project is expected to be presented to the City of Ottawa Public Works and Infrastructure Committee (PWIC). It's there staff are expected to recommend the ad-

dition of sidewalks to the project, a decision that's met with stiff opposition from most residents in the community.

In September, 2025, it appeared the issue had been resolved. Rideau-Rockcliffe Councillor Rawlson King announced sidewalks would be deferred for the integrated renewal project. The work involves upgrades to sewers, watermains and roads along parts of Kilbarray Crescent,

Farnham Crescent, Arundel Avenue, Jeffrey Avenue, Finter Street and Braemar Street. Such projects, in accordance with the city's Transportation Master Plan, should include sidewalks and curbs. Construction started in the fall with estimated completion later this year.

King's decision, following a tumultuous public meeting in July as well as multiple

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FEATURED ARTICLES INSIDE...

A life-long Manor Park resident prepares to run the London Marathon as a fundraiser for MS, in honour of her father - See page 5

A fund established in memory of a former Manor Park resident aims to help make outdoor activity accessible to all - See page 9

Dave Keys explains how photography is a constant learning experience - See page 24

Meet Your Neighbour Nina Lepage - See page 27

Tax season is upon us and the Rideau-Rockcliffe Community Resource Centre is ready to help - See page 35

sports for kids

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SUMMER DAY CAMPS IN MANOR PARK

Sidewalks, cont. from page 1

opinion surveys, was to allow for more detailed studies before committing to sidewalks. These studies would examine the effect future major transportation infrastructure changes will have on the community. The deferral would likely put a hold on sidewalks for the foreseeable future.

The councillor says staff have taken a different view and wish only to defer sidewalks short term, to the point they would still be included in the project.

Issue heads to committee

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 now heads to PWIC. There, it's expected staff will present their report to move forward with sidewalk installation. If accepted, it would move to council for final approval.

The issue was initially to be addressed at PWIC Nov. 27, 2025 and then Feb. 26. It was delayed both times but is now expected to be heard March 30.

Debate

The issue has sparked an intense debate in Manor Park. At the public meeting back



There's no sidestepping the sidewalks issue. FILE PHOTO

in July, as well as in local surveys, the majority of residents opposed the inclusion of sidewalks for the project. It even sparked a 'No Sidewalks' lawn sign campaign.

Others, however, have come out in favour of the move. They side with staff who note sidewalks are needed for pedestrian safety, accessibility and connectivity.

King has insisted his recommendation for deferral "was for the ability for us to take a holistic approach towards transportation assessments. That's what I was very clear about," he noted in a previous interview. The councillor is expected to bring a motion forward in favour of deferral.

The committee meeting is open to the public and residents are welcome to speak to the motions.



Dressing up warmly was the order of the day for this year's Manor Park Community Council Skating Party and Chili Cook-Off Saturday, Feb. 7. Here, mom Ladan Musse (right) tries to ward off the cold by standing near the fire along with her children (left to right) Khari, Kaius and Caaliyah Thomas. PHOTO: RYLAND COYNE



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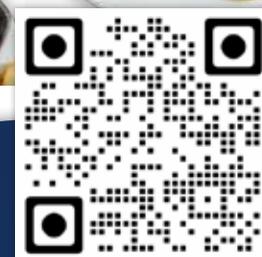
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Chilly & Chili



Manor Park Skating Party participants were greeted by these friendly volunteers indoors for the chili cook-off at the community centre. Left to right are Klara, Elizabeth, Sabrina, Anya and Andrew.



FROZEN FUN: The temperature plummeted but that did not stop many residents from taking part in the annual Manor Park Community Council Skating Party and Chili Cook-Off at the local rinks. Here, well bundled-up mum Joanna skates alongside daughters Alessandra, 10 and Scarlett, 8.



Snowshoes ready for some action. PHOTOS: RYLAND COYNE



Volunteers serve up steaming bowls of tasty chili at the Community Centre Saturday, Feb. 7.

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Helping to keep participants at the Skating Party and Chili Cook-off warm were the event's fire keepers (left to right) Cart Noonan, Peter Burpee and Matt Mulligan.



Dad Daniel joins daughter Alizée for a fun skate on the rink Saturday, Feb. 7.

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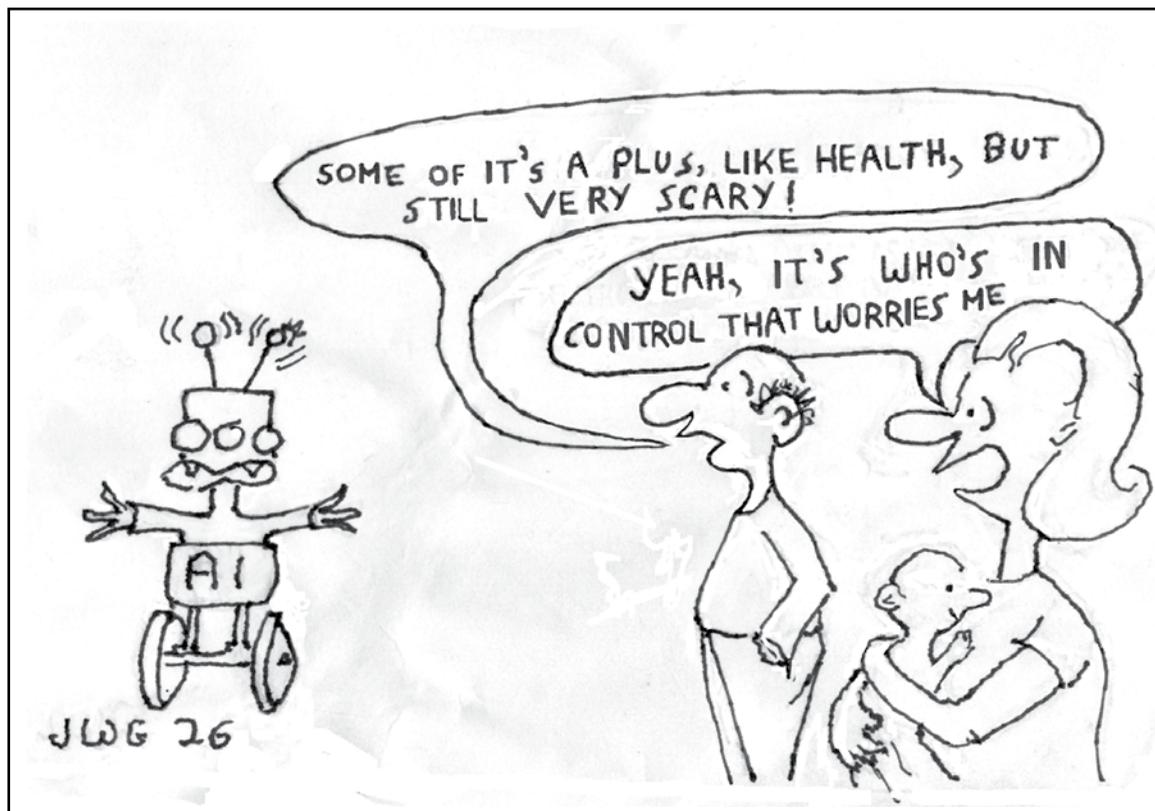
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The voice of the community for more than 75 years



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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: May-June 2026

Deadline for booking advertising: Friday, April 10

Deadline for submitting ad creative: Monday, April 20

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

Deadline for articles and photos: Wednesday, April 15

Send as attachments to
editor@manorparkchronicle.com

A warm welcome

Or maybe it's a welcome to some warmth? After what has seemed an interminable, abominable winter, we're ready to turn the page. The *Chronicle* is making preparations now for our May-June edition which publishes on Thursday, May 7, 2026.

Keep us in mind. Send us:

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

Your neighbourhood reminiscences in the form of photos and stories for publication

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

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ABOUT THE CHRONICLE

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EDITOR'S POV

A service in dire need

It's easy to shake our heads and criticize our city's struggling busing system. It's a bit harder to find solutions to get it back on track.

It was not so long ago that OC Transpo was well regarded for its service. Then came along COVID-19 and a disastrous attempt at light rail. Today, any number of issues are conspiring to turn the once-proud system into something of a joke.

The number 7 bus, which affects so many here in Manor Park, has earned plenty of unwanted attention of late. In January alone, hundreds of bus trips (more than 10 per cent of the total) had to be cancelled, leaving many scrambling to get to work or school. That only scratches the surface. Wide gaps between buses happen all too frequently. And those riders with the ability to track their bus on the OC Transpo app often have it disappear, leaving them stuck at the stop ... in the freezing cold ... waiting and waiting.

The issues are many: a shortage of buses, a shortage of mechanics and drivers, an aging fleet long past its prime, poor real-time communication with riders — the list goes on.

One positive, we're told, is the arrival of new electric buses — 110 by the end of April, a total of 234 by the end of 2026. It remains to be seen what impact these will have on the current situation.

One thing is clear, there is no easy fix. It will take a concerted effort and relentless pressure — such as the petition launched by Manor Park resident Julie Zhang — before we start to see public transit return to what most would consider an acceptable level.

Manor Park native to run London Marathon in honour of her father

Mallory Katz raising funds for MS Society prior to her UK journey in April

Hello Manor Park!

I'm Mallory, and I grew up in Manor Park, attending MPPS (class of 2012) and playing with just about every sports team along the way. I even had a stint as a contract receptionist in Grade 6 — a role I took very seriously. Recently, I got to coach the Junior NBA program at MPPS, which felt like a full-circle moment.

Manor Park has always felt like a place where people know each other, support each other, and genuinely care about what's happening in the community. That sense of connection continues to support me and my family today.

On April 26, 2026, I'll be running the London Marathon in support of the MS Society UK. I'm proud to be doing this in honour of my dad, Andrew, who has been living with Multiple Sclerosis for more than 40 years with incredible strength, resilience, and (thankfully) a good sense of humour.

This won't be my first time running for the MS community. In 2024, I ran my first marathon during the 2024 Ottawa Race Weekend while fundraising for the MS Society of Canada. That experience showed me just how powerful community support can be, both on the course and off.

Fundraising goal

For the London Marathon, I've pledged to raise £2,500 for the MS Society UK. Every contribution, big or small, helps get me closer to that goal and supports vital research, resources, and services for families living with MS.

Multiple Sclerosis is a life-long, unpredictable condition, affecting the brain and spinal cord by damaging the protective coating on nerves. It can lead to symptoms such as fatigue, vision problems, and challenges with movement, thinking, and sensation — often in ways that change from day to day.

More than 90,000 people in Canada, and close to 150,000 people in the UK, live with MS. While there is still no cure, organizations like the MS Society provide vital support services, advocate for people living with MS, and fund research aimed at improving treatments and, one day, ending the disease altogether.



Mallory poses with the dad Andrew during a birthday celebration. PHOTO: JENNIFER HEPBURN-KATZ



Mallory sets off during the Ottawa Marathon in 2024. PHOTO: FINISHERPIX

If you'd like to follow along, learn more, or support the fundraiser, you can visit:

https://www.justgiving.com/page/mallory-kata?utm_medium=FR&utm_source=CL

I'd love anyone who wants to join in — on a run, or just for some encouragement — to come along. If you're a runner, a walker, or just someone who enjoys fresh air and good company, I'll be logging plenty of kilometers around the city leading up to race day. If you'd ever like to join me for part of a training run, cheer from the sidewalk, or share a coffee after, please feel free to reach out — the more the merrier.

Thank you, Manor Park, for being the kind of place that raises people to look out for one another. This run is personal for my family, but it's also powered by the community that shaped me.

Mallory Katz

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MPCA focuses on key issues that affect the community

Learn more about what's involved in association at monthly meetings

FROM THE DESK OF:



Manor Park Community Association President

NATALIE BELOVIC

A quick update:

Did you know that you can find out what the board is up to by reading the minutes of all our meetings online at www.manorparkcommunity.ca?

Did you know that you are welcome to attend our meetings at any time which are now being held on the fourth Wednesday of the month, usually by Zoom. If you're keen, send me a note and I'll add you to our invite list.

Sidewalks

City staff will be bringing a report to the Public Works Infrastructure Committee on



Manor Park Community Association AGM

SAVE THE DATE:
April 22, 2026 at 7 p.m.
1805 Gaspé Avenue

March 30th perhaps updating their policy on sidewalk construction implementation. We are following closely.

Municipal election this fall

This fall, there will be a municipal election in Ottawa. We feel this is a crucial one

that will determine how well and how realistically our ship gets steered into the future.

With the mandated return to work, Ottawans from all corners are voicing their frustration and anger with the operating of OC Transpo and its lack of accountability. It is not only a question of funding, more robustly, our transit system but also to create an accountability and performance metric that the city and its citizens can track.

Further, as we are all too well aware in the neighbourhood, better oversight of major works projects and the budgeting to implement them must be addressed. Why does the water main on Birch Avenue keep breaking not very long after being replaced? Shoddy workmanship in the first place and no city staff oversight. Always the cheapest bid being the winner.

This sort of financing and budgeting always ends up costing more in the long run to us, the taxpayers.

Why can't we get sidewalks where we desperately need and want them?

How will each candidate prioritize these important

things are the tough questions that your association will be asking of each one and reporting back to you.

Dedicated bus lanes

There is much talk of late on having dedicated bus lanes throughout the city. This discussion must pick up steam and we urge you to let your councillor and fellow council members know your thoughts.

The number 7 is one of the worst routes in the city for cancellations and delays. Having dedicated bus lanes (even if only at peak hours to start) would help, enormously, to move this particular route more efficiently through the core.

It's important for the councillors to hear from us, as residents and transit users, and even if you are a driver. Less cars on the road will mean that your drive goes better and everyone wins.

As always, we would welcome your participation at the association whether its leading up a committee or participating on one. Message me for information at president@manorparkcommunity.ca.

Local artists can now apply to NEST 2026

By Josée Robillard

What: The New Edinburgh Artists' Studio Tour 2026
When: Saturday and Sunday, Sept. 26-27, 2026 | 10 a.m. - 4 p.m.

Where: New Edinburgh neighbourhood, Ottawa
Submission Deadline: March 31, 2026

The New Edinburgh Artists' Studio Tour (NEST) is a collective of professional and emerging local artists dedicated to building a vibrant arts community.

Through this annual tour, we aim to promote the visual arts, increase the visibility of artists in our neighbourhood, and inspire those around us. Providing an exceptional and engaging art experience is at the heart of everything we do.

If you are interested in participating in the 2026 NEST studio tour and would like more information, or would like to submit an application, please visit our website: <https://www.nestudiotour.ca>

Want to get involved?

We are seeking friendly volunteers to greet visitors, provide directions, and distribute brochures at various locations during the tour weekend. If you're interested, please contact: josee.robillard@gmail.com

Sponsorship opportunities

Local businesses interested in sponsoring the event are invited to contact Beth Stikeman at: beth.stikeman56@gmail.com

Garbage pick-up day may be changing

Trash and recycling pick-up day may be changing for many Manor Park residents this spring.

As a result of the City of Ottawa's new curbside waste collection contract, about half of Ottawa households will be putting out their items on a new day. The change will take place the week of March 30.

For example, for many who currently have their trash, organics, leaf and yard waste and recycling out on Tuesdays will now be doing so on Wednesdays.

To find out if your day is changing, visit ottawa.ca/CollectionCalendar, enter your address and click on the months of March and April.

See ad on page 26.

Curious to learn more about NEST?

Visit our website at <https://www.nestudiotour.ca>, follow us on Instagram at www.instagram.com/nestudiotour, connect with us on Facebook at <https://www.facebook.com/>

NewEdinburghStudioTour, or email us at nestudiotour.com.

We look forward to welcoming artists, volunteers, sponsors, and visitors to NEST 2026!

Bus petition, cont. from page 1

unacceptable and we need to do something about it.”

And she’s not alone. Zhang says the system “fails” vulnerable residents like seniors, youth, newcomers, injured and disabled, “many of whom lack access to smartphones and the tech savviness to use transit apps.”

In October the *Chronicle* heard from a Manor Park mother who voiced her frustrations with OC Tranpo’s inconsistent service delivery. In particular, Caroline Sullivan pointed to challenges her children face getting to and home from school.

“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.

Zhang says the petition will remain in place for the foreseeable future.

“While my capacity is limited as a working mom, I plan to keep the petition active through the end of the year. I’ll monitor progress closely and will not hesitate to re-launch another campaign whenever further public pressure is needed,” she noted.

While the number of signees is growing, that’s not the ultimate goal. Rather it’s “driving meaningful conversations with friends, communities, and city councillors. I believe the petition has already begun to engage people, stimulate conversations and raise awareness. This itself was a big success.”

Council feedback

While feedback from city councillors, at least two of whom she presented the petition to in person, has been limited, Zhang is far from discouraged. The CBC reported Coun. Shawn Menard referred to the need for an “emergency response” to the situation, an indication the effort is having an impact, she says.

While Rideau-Rockcliffe Coun. Rawson King does not have a seat on the Transit Committee, he says he’s been actively advocating for residents.

“On February 12, I attended

the Transit Committee meeting and expressed significant concern on behalf of residents to OC Transpo management over cancelled buses, long service gaps, and unreliable commutes affecting hundreds of Rideau-Rockcliffe residents,” he told the *Chronicle*. (View his presentation at www.youtube.com/live/-LORraVdiIE?si=-zLarphWWgeoJEyJ&t=10543).

“I highlighted the particular hardship faced by people relying on routes like the 7, who often wait 30, 60, or even 90 minutes in the cold.”

A motion he introduced “that would direct OC Transpo staff to implement a standardized communication protocol so that Councillors’ offices and the public are notified of trip cancellations, recurring reliability issues, and significant schedule changes,” will be considered at the next committee meeting on March 12.

“The frustration is completely understandable, and I want residents to know their reports are being heard and are actively informing the pressure I’m putting on OC Transpo management,” King said.

Declaration goal

Urgent action that effectively deals with the chronic issues at OC Transpo is what’s needed, King says.

“Whether or not Council formally declares a state of emergency, the reality is that transit reliability in our city is in crisis,” he said.

Zhang says a declaration “may open the door to federal or provincial support, but most importantly it is a promise of commitment to respond urgently.”

“A city-wide, prolonged disruption to essential transportation services clearly fits the definition of an emergency, especially when vulnerable residents are bearing the cost of a systemic failure.”

As precedent, she points to the Climate Emergency council declared in 2019.

“It would acknowledge the seriousness of the situation



Transit riders prepare to board a number 7 bus as it approaches the stop at Birch Avenue and Eastbourne Avenue.

PHOTO: RYLAND COYNE

and hold municipal leadership accountable for real action,” she noted. “Ultimately, it will help redefine the culture around transit in the city.”

Zhang says a lack of funding stands in the way of an effective service. She believes “the key issues fall into three broad areas”:

- customer service: often unreliable, infrequent, and increasingly expensive,
- operations: persistent bus shortages and ongoing challenges with employee retention, which directly affect service quality,
- governance: a city council that lacks a cohesive long-term vision for public transit. “As a result, we are in a downward cycle of declining ridership, worsening

congestion, and eroding public trust,” she said.

What’s needed

Short term, King says OC Transpo must get more buses on the road “through accelerated repairs and additional mechanics,” as well as protect “peak period trips on essential routes.”

He points to the \$443 million council has approved in the 2026 budget for transit, OC Transpo’s acknowledgment of the poor performance and the implementation of an action plan, as steps in the right direction.

“I also believe we need to pursue refunds, future free transit options or discounted fares to compensate transit users for these disruptions,” King said.

A motion to that effect was approved on Feb. 12 and staff will report back in May with potential options.

Longer term, key issues are an aging fleet “pushed beyond its limits,” chronic shortage of mechanics and delayed maintenance that just worsens year after year.

There is some light, King adds.

“The 110 new electric buses expected by April 2026, with 234 by year-end, will help, as

will the fleet and maintenance investments in the 2026 budget,” he said.

The additional vehicles are just a start, Zhang said, noting “that will only replace half the existing fleet, let alone expand it.”

The city needs to plan ahead to ensure future demand is met. “Bus manufacturing takes time,” the Manor Park resident said. “We need to act now by planning procurement in line with projected future demand rather than reacting to shortages after the fact.”

Beyond that, greater investment is needed in the recruitment of more drivers and mechanics as well as their retention “by improving working conditions and management practices.”

Rebuilding trust

Both King and Zhang agree re-establishing trust with riders will take time, effort and tangible results.

The councillor said, “rebuilding trust and reliability will require sustained investment and accountability over multiple years, not just a one-year fix.”

Zhang says both the city and OC Transpo need to be accountable.

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Remembering Tukiki (Tuqiqki) Osuitok:

Internationally known Inuit soapstone carver

By Jennifer Cook Baniczky

I had not seen my old friend Tukiki Osuitok for a long time, so I was very sad to learn a few weeks ago that he had died some time ago.

Although I still volunteer at Shepherds soup kitchen, where we first met, I don't think he lunched there anymore. We were both retired and I think he had arthritis in his hands.

In the old days, many talented Inuit artists would gather for lunch and show us their latest carvings, embroidered wall hangings and beadwork for sale. It made me think of the daily gathering of writers and artists in a Paris café. Sadly, this no longer happens in Ottawa, but one of the Inuit tenants living in the new Richcraft Hope building told me about Tukiki.

Tukiki (Tuqiqki) Osuitok was born in Cape Dorset in 1952, son of famed carvers Osuitok Ipeelee and Nipisha Osuitok. He was an exceptionally talented soapstone carver and I don't want him to be forgotten. He was a good friend for many years. My family and colleagues from work have



Inuit carver Tukiki Osuitok poses outside the author's workplace on Kent Street more than 20 years ago.

PHOTO: JENNIFER COOK BANICZKY



This lovely bear sculpture by Inuit carver Tukiki Osuitok is the author's favourite.

PHOTO: D. BURDEN

the Nova Scotia Museum of Fine Arts in Halifax. In the 1980s, he exhibited in Kingston, St. Malo in France, and in Winnipeg. In the '90s, Tukiki's carvings were displayed at the Canadian Museum of Civilization. He travelled and exhibited all over France: in Le Touquet, Thonon les Bains, La Ciotat, Le Havre, Dieppe, and UNESCO in Paris. Examples of his work are in permanent art collections including the AGO in Toronto. He became famous but finished his life as many artists and writers do, in poverty.

I miss him showing us his latest creation as it would slowly emerge from a large rough stone — perhaps a smooth, shiny bear, an owl or a walrus.

many of his pieces, large and small, which we treasure. I have included a favourite of one of them with this article.

Tukiki participated in many exhibitions in Europe, as well as in Canada and the United States. Records show that he took part in an exhibition in 1970 at the Woodget Collection of Eskimo Art and Artifacts at



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Fund aims to bring outdoor fun to all residents

Fonds Jean Boutin Fund honours former Manor Park resident

By Scott Hannant

In Jean Boutin's ideal Ottawa, all children would experience the great outdoors. They would learn to swim in a lake in the summer and skate on it in the winter. They would hike and camp and cross-country ski in the woods.

Jean was the driver, in Manor Park and beyond, for bringing together the community to participate in outdoor activities. To Jean, enthusiasm always outweighed skill level.

Since he passed in 2022, his vision has become his legacy through the Fonds Jean Boutin Fund (<https://www.ocf-fco.ca/fonds-jean-boutin-fund/>), administered by the Ottawa Community Foundation.

One of the ways the fund helps make outdoor fun a possibility for families and community organizations is through the Ottawa Outdoor Gear Library or OOGL (<https://ottawaoutdoorgearlibrary.com>). The Library provides a program to borrow equipment for outdoor recreation.

Free membership

Membership in the OOGL is free. There is no charge for borrowing equipment. People can borrow gear for up to a week.

The Library is run by volunteers and three staff members. Recently, some of Jean's friends and family visited

the OOGL. The cross-country ski boots are shelved neatly by size. The skis are sorted into bins which were purpose-built by a volunteer. Snowshoes are lined up in easily accessible order. Shelves on wheels now house XC skis, skates and helmets, snowshoes, saucer-sleds, sleeping bags, and child carriers. The OOGL looks like the family basement did when the Boutin children were growing up — well-organized and ready for winter fun. Jean would have approved. In fact, he would have loved it.

We were so impressed by how the Library is succeeding in their mission to make outdoor activities more equitable and inclusive. Not only do they lend the gear to make trying the activities possible, but they also collaborate with organizations like Britannia Woods Community Services to teach first-timers how to use the equipment. When we visited, dozens of people were already out enjoying snow sports and activities, many for the first time, using OOGL gear.

With more than 2,000 items already in its computer inventory, the OOGL is looking for volunteers to log even more equipment into its database.

Spring transition

In the spring, the winter gear comes off the shelves and the summer gear comes out of the

store room; everything from backpacks, tents and other camping gear to badminton racquets and birdies. You can check the 40 pages of inventory on their website.

I would encourage all of you to look through your inventory of gently used sports equipment. Perhaps you can even collect and donate gear from your friends and neighbours. You can donate items by first sending an email to OOGL at: ottawaoutdoorgearlibrary@gmail.com

Everyone deserves a chance to enjoy the outdoors cherished by the Boutin family!



The Ottawa Outdoor Gear Library provides a program to borrow equipment for outdoor recreation. PHOTO: CAMPBELL OSLER

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A look back on a busy 2025 and glimpse ahead to 2026

FROM THE DESK OF:



Councillor – Ward 13
Rideau-Rockcliffe
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What makes all this possible is the care and commitment residents bring to their communities.

As we settle into 2026, I extend my warmest wishes to Manor Park residents for a healthy and rewarding year ahead.

The new year offers a moment to reflect on what we've achieved together in Ward 13 and to thank residents for their continued engagement. Your participation in consultations, neighbourhood meetings, and community events helps guide our work at City Hall. I am particularly grateful to the Manor Park Community Association and the Manor Park Community Council for their leadership and ongoing contributions to community life.

The past year was a transformative one for our ward, marked by significant investments in infrastructure, parks, housing, health care, and community safety. Major infrastructure projects are underway or planned, including continued progress on the St. Patrick Street Bridge renewal and important facility upgrades at the St. Laurent Complex.

The city's 2026 budget includes significant financial investments for Ward 13. For Manor Park specifically, \$2.5 million has been secured for the planning and design of a road, sanitary sewer, and watermain integrated renewal project on Hemlock Road, between Birch Avenue and Thornwood Road. This important investment will support the long-term health of neighbourhood infrastructure while improving safety and reliability for residents.

The coming year will also bring meaningful investments in parks across Ward 13. Building on extensive planning completed in 2025, new funding will improve accessibility, expand recreation opportunities, and enhance the quality of our green spaces.

Park projects
At Hemlock Park, \$260,700

in major upgrades were completed in 2025, including new swings, junior play equipment, two new accessible benches, engineered wood fiber for ground cover and accessible pathway connections. Of that total, \$95,700 in Ward 13 Cash-in-Lieu-of-Parkland funding supported the installation of a new outdoor fitness circuit and an accessible saucer swing.

At Alvin Heights Park, I have allocated \$410,000 in Ward 13 Cash-in-Lieu-of-Parkland funding to support new double basketball keys, shade tables for the pool deck, a concrete ping-pong table, and additional benches. The city will be expanding this project to include a full pool deck replacement, upgrades to the accessible ramp, and repairs to the pool building, with construction scheduled to begin this spring.

Park renewal design concepts are anticipated to be shared publicly this spring, subject to project timelines, with updates provided throughout the process. Funding has also been secured in the city's 2026 budget for a condition audit of the Alvin Heights Park Fieldhouse storage building.

Access to health care
We have also made important progress in expanding access to health care. The new Ottawa Nurse Practitioner-Led Clinic at 214 Montreal Road opened in 2025 and is now accepting patients. The clinic will serve up to 4,000 residents from Wards 12 and 13, helping more families access primary care close to home.

Neighbourhood safety remains a key priority. At the request of my office, Traffic Services staff continue to implement 30 km/h Gateway Speed Zones throughout the ward. These zones create consistent lower speed limits within residential neighbour-

hoods, improving safety for pedestrians, cyclists, and drivers alike.

Parts of Manor Park, beginning with the neighbourhoods east of St. Laurent Boulevard, qualify for this standardized 30 km/h update, with implementation expected as early as this spring. St. Laurent Boulevard itself will remain at 40 km/h.

Work is also progressing on the Beechwood Avenue Public Realm Plan, which will guide future improvements to sidewalks, cycling facilities, lighting, trees, and public spaces. An online public engagement initiative launches this month, and residents and businesses are encouraged to participate.

Beginning with a functional design study, the project will transform Beechwood Avenue into a complete street, integrating transportation improvements, green infrastructure, and placemaking to create a more unified and accessible corridor. The study is informed by detailed traffic and safety analysis and is examining options such as protected intersections, improved sightlines, cohesive lighting, street furniture, bus stop integration, and potential opportunities to bury overhead hydro. The functional design is scheduled for completion in late summer 2026, with \$1.5 million secured in the city's 2026 budget to advance detailed design.

Householder
My annual householder report, mailed recently to community residents, provides an overview of the City of Ottawa's 2026 budget investments for Rideau-Rockcliffe Ward. An electronic version is available at https://www.rideau-rockcliffe.ca/ward_reports.

What makes all this possible is the care and commitment residents bring to their communities. I am thankful for the many voices that help guide our work, and I look forward to another year of collaboration, progress, and shared success.

As always, residents are welcome to contact my office at rideaurockcliffeward@ottawa.ca or 613-520-2483, and are invited to subscribe to my weekly e-newsletter at <https://www.rideau-rockcliffe.ca>.

Please visit www.manorparkchronicle.com for the French version of this column.



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BUSINESS BUZZ



MARK LINDENBERG



SHARLEEN TATTERSFIELD

Hello readers! Longer days, brighter skies and ever so slightly warming temperatures – March heralds the arrival of spring in our little corner of Ottawa bringing with it highly anticipated relief from a hard winter.

This Buzz has everything: a wonderful mix of business stories with columnists Marc Lindenberg and Sharleen Tattersfield profiling several current and new advertisers.

Together, we acknowledge the ongoing support of our valued advertisers with ad subscriptions starting with this edition: **ChiroHouse** (Dr. Jack Hull & Laura Evenson); **Coldwell Banker Rhodes & Co. Brokerage** (The Rhodes Barker team); **Dapne Mercado, Physiotherapist** (Dapne Mercado); **Greentree & Co. Rentals & Management**

(Aisling & Bram Boomgaardt); **Manor Park Brewery** (John Macklem, Dave Renouf and Aaron Rothney); **Mia's Indian Cuisine-St. Laurent** (Musharraf Miah); **Mood Moss Flowers** (Eric Cardinal); **Queenswood Stables** (Simone Williams); **St-Laurent Academy** (Andrea Crupi) and **Urban Ottawa Real Estate** (Natalie Belovic).

We extend a sincere 'welcome-on-board' to new advertisers: **City of Ottawa**; **Adrian de Hoog - Author**; **International Film Festival of Ottawa** (Kelly Neall); **MRP Renovate-Landscape** (Michael Paton); **Ottawa New Edinburgh Club** (Daniel Chretien); **Our Lady of Mount Carmel Parish**; **RCMP Curling Club** (Paul Adams); **Rideau Chorale**; **Rockcliffe Library Book Sale** (Carolyn Brereton); and the **Vanier**



Michael Paton, owner of MRP Landscape Renovate, specializes in small projects done right including walkway and shed designs, fencing, interlocking, hardscaping and landscaping.

PHOTO: INSTAGRAM: @MRP_RENOVATE_LANDSCAPE/

Museoparc (Yves Turbide, DG)
Read on!

MRP RENOVATE LANDSCAPE
Small projects done right!
In conversation with Michael Paton of MRP Renovate Landscape, it's his passion for his work and his field that immediately stands out.

"I was always good with my hands," says Michael. "I didn't want a desk job ... I wanted to work in a position where I had a skill."

"I started off as an apprentice carpenter; that turned into renovation which, as the years progressed, turned into landscaping. Before I started my own company, my longest tenure ... for about five years

... was with a small, personally-owned business where I graduated to being a foreman."

During the pandemic, Michael and his friend Alex decided to strike out on their own. "I really like connecting, personally," adding, "I work on relationships to a point where I can be transparent with my clients."

"At the end of the day, I want them to be happy with the product. If there's problems, you'll see me on-site. Eighty per cent of the day, I'm going to be there. It's just me and two other guys."

Michael offers a wide variety of outdoor services. "Other than roofing, anything from pergolas, to sheds, to decks; interlock paving, fences, sod-

ding and regrading landscape."

"We've worked with companies installing doors and windows, digging out and landscaping around their work. Pretty much everything landscaping- and hardscaping-related. The last couple years we've done some large projects."

"Once clients find someone they trust – that they connect with and like their work, that's how we operate. We aim to get repeat business; we don't try to spread ourselves too thin. He adds, "We choose projects within the scope and scale of our business. If we get more successful, then we'd scale up to match that, but we're not going to compromise the general vibe of our company."

He says, "Anyone can build a deck, anyone can build a fence; we do a good job, but what separates us is how we connect to people."

I inquire about some of the trends in his field. "People are investing more in usable space in the backyard. There's a lot of landscaping that's very personal; clients are more educated about what's practical. They gravitate towards lower maintenance ... coming into a project with more realistic, informed game plans."

Asking Michael about a project he's proud of, he smiles widely, and says, "I'm proud of all of them ... I'll take pictures of incomplete projects, and just stare at them, thinking about what to do next. He continues, "I'm always amazed

>>CONTINUED ON PAGE 13

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BUSINESS BUZZ

FROM PAGE 12 >>

at where Alex and Gabe and I started and where we're at, and what we've done, and think, 'A week ago, this wasn't here and now it is!'"

"A project always ends up better than we thought it would. It's an immense sense of accomplishment."

Michael tells me that many people ask if things are reusable – if steps can be refurbished? "I'll always go to that side if they want. But that requires more labour: you have to rip everything apart, clean it and then put it back. From a cost perspective, [that kind of work] is more affordable. I'll always lean that way first. We're always developing a clear game plan."

Michael tells me that MRP Renovate Landscape gives their clients three, tiered options: most cost-effective, 'in-between' and 'primo, no-budget' alternatives. He adds that things usually fall somewhere in between all three.

Got a landscape or hardscape project you need a quote on? Contact Michael and his partners at mrprenovatelandscap@gmail.com or 613-794-3547.

Mark Lindenberg

DAPNE MERCADO, PHYSIOTHERAPIST
One-on-one, client-centred care

Manor Park resident Dapne Mercado, a registered physiotherapist with some 15 years experience, practices at two Ottawa clinics: nearby at The Movement Union, 268 Du-rocher Street in Vanier and also at First Step Physiotherapy, 73 Aberdeen Street in Little Italy. In developing her own practice, Dapne says that she always knew she wanted to work in the health field, providing a service for people.

"It may sound cheesy, but I like helping people," she says. "My first idea was to become a doctor, but once I learned

what physio was, I said to myself, 'Never mind, I'm going to do physio.'"

In addition to training in Venezuela, Dapne has an MSc. in Human Kinetics, specializing in Biomechanics, from the University of Ottawa.

I ask Dapne if her experience with patients in different parts of the world has shaped her approach to patient care. She tells me, "It doesn't change too much. People struggle with the same things ... wondering if their issues are going to affect their lives forever, will they lose their independence, or not be as active as they used to be."

"People's fears and their goals, are pretty much the same," says Dapne. "But, in Venezuela, I never treated anyone who fell on ice. That's a Canadian problem!"

Dapne says that, over time, her practice has evolved as she has continuously added to her professional 'backpack' with more experience, more learning. Her one-on-one approach to client care can include global postural re-education, neuromusculoskeletal manual therapy, myofascial induction, craniosacral therapy and functional dry needling." (All described on her website).

In her practice, Dapne sees a lot of neck and low back pain, and overuse injuries. Her specialty is orthopedics (issues that have a mechanical origin). Her goal is to help people maintain their independence and to stay active for as long as possible ... "Whether you're into sports, play an instrument or want to be able to carry your grandkids."

When it comes to determining how to treat her patients, Dapne tells me that, in Venezuela, the definition of physiotherapy includes the word 'art.'

"It's the art and science of treating a person," she says. "It's having an umbrella of resources and deciding what works best with each patient, taking into consideration their



We welcome back returning advertiser, Dapne Mercado, PT MSc., a Manor Park resident with practices at The Movement Union nearby in Vanier and at First Step Physiotherapy in Little Italy. PHOTO: SHARLEEN TATTERSFIELD

age and what they do. For seniors, I wouldn't use very heavy manual techniques for example, because they tend to have more soreness after."

When I ask Dapne to explain the importance of individualized care over one-size-fits-all treatment plans she says, "We're all little universes. If you come to me because of your neck, and I have another

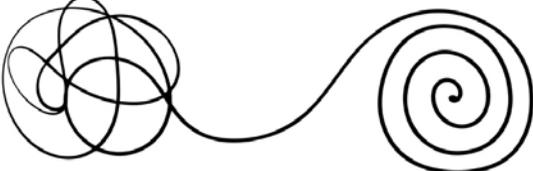
patient who's the same age, and has the same occupation, and has neck pain, it doesn't mean that you both need the same treatment. It's not just an ultrasound, a TENS machine and a massage, and there you go."

Dapne says that there can be misconceptions about physio – that the over-reliance on equipment leads treatment

to feel impersonal. In contrast, she tailors treatment to her patients' needs and to their condition, using manual therapy techniques.

The most common misconception Dapne finds is that people believe that they have to be in pain to need physiotherapy. But physio can also help prevent injuries or help

>>CONTINUED ON PAGE 14



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BUSINESS BUZZ



Pictured here with a palate warming platter of butter chicken, fresh naan and rice is Musharraf Miah, owner/chef of Mia's Indian Cuisine-St. Laurent. PHOTO: SHARLEEN TATTERSFIELD

FROM PAGE 13 >>

you achieve goals painlessly. "If you want to improve your technique when you're doing heavy lifting, physio can help with biomechanics: how your joints work and what are they doing." Want to learn more about Dapne Mercado and her physiotherapy practice? Vis-

it her website at <https://www.dapnmercado.com/> for more information or to book an appointment.

Mark Lindenberg

MIA'S INDIAN CUISINE - ST. LAURENT
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Manor Park is home to an au-

thentic North Indian restaurant now marking over 10 years in our community: Mia's Indian Cuisine at 327 St. Laurent Boulevard, corner of Hemlock Road. This family owned and operated business is deeply rooted in experience, dedication and tradition. When I ask Musharraf Miah what inspired him to

open his restaurant, he speaks about his father and family patriarch Samsu Mia, a long-time professional chef with both international and local experience, and of the foundation of skill and discipline that eventually led his family to open the first Mia's Indian Cuisine restaurant in 2013 in the west end which his brother runs.

"We opened the second Mia's Indian Cuisine restaurant in 2015, working closely with my father, my wife Sonia and other family members," he says.

"Our restaurant is open for lunch and dinner, seating about 32 to 35 patrons inside, with a summer patio that accommodates an additional 18 to 20 guests. In the winter months, our business shifts to mostly dine-in, takeout and delivery services."

Musharraf tells me that Mia's lunch-hour combo plates are a highlight. "Each comes with rice, mixed vegetables and a main dish of either butter chicken, masala, vindaloo or any type of curry." Also popular are the restaurant's wrap- and soup-combos. The wrap is made with fresh naan and stuffed with chicken tikka, beef shish kabab or vegetables.

Dinner is served *à la carte*. "Guests choose their main dish, pairing it with rice, naan, roti or paratha bread."

Mia's naan is very popular. Made with self-rising flour and baked fresh, customers can choose from four different varieties: butter, garlic, cheese and Peshwari (slightly sweet and filled with dried fruit). Appetizers include cauliflower pakora, onion bhaji, vegetable samosas, chicken tikka and beef shish kabab, along with dal and mulligatawny

soups. Musharraf says Mia's speciality is curry. "We make mild curries as well as spicy and bold vindaloo and madras curries. Our rich butter chicken and mild and creamy korma dishes are customer favourites."

Also popular are the restaurant's tandoori dishes such as masala, rogan josh and dandak, and its many vegetable selections which include sag paneer, vegetable sambar and vegetable korma.

Musharraf tells me that the key to their success is consistency and quality.

"The same chefs have been with the restaurant since the beginning, with one dedicated to preparing curries and another specializing in naan and tandoori dishes. And, I step into the kitchen when needed," he adds. "Portions remain the same whether dining in or ordering takeout - everything is prepared fresh."

Musharraf says that the Manor Park community has been welcoming and supportive. While dine-in traffic slowed after COVID, takeout and delivery have remained steady "with 90 percent being regulars from Manor Park, Rockcliffe Park, the Beechwood area and other nearby neighbourhoods."

"When someone comes to our restaurant," he continues, "we consider they've come to our house. It's a very family-friendly environment - it's cozy."

Mia's is open for lunch Tuesday to Saturday (12 noon - 2:30p.m.) and for dinner Tuesday to Sunday (4p.m. - 9p.m.). Delivery is available in the evenings and is free within 5 km of the restaurant.

In the mood for authentic >>CONTINUED ON PAGE 15

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BUSINESS BUZZ

FROM PAGE 14 >>

North Indian cuisine prepared with care, love and experience? Drop-in to Mia's Indian Cuisine-St. Laurent at 327 St. Laurent Boulevard, visit their website at www.eatatmias.ca or call 613-680-5353 to place your takeout or delivery order.

Mark Lindenberg

MANOR PARK BREWERY Craft beer at its best

Rolling easily into the taproom at Manor Park Brewing, I'm greeted by Dave Renouf, one of three co-owners and its brewmaster. He immediately makes me feel welcome and comfortable in the cozy, blue-walled taproom space at 411 St. Laurent Boulevard, in which wicker and rattan chairs and tables accent the warm atmosphere.

I ask John Macklem (co-owner) what led to the recent rebranding with a name near and dear to our community – Manor Park Brewery. John describes the company's old name (Small and Local Beer Co.) as "kind of ambiguous and a little bit generic ... it became clear the name was wrong." He tells me that the decision on the new name made itself.

"Manor Park comes here, that's who supports us now, that's who's keeping the business alive. Our day-to-day and how we spend our time became a lot more localized," he says.

"When an opportunity came up to take over this space in late fall 2023 from Good Prospects Brewing, it was a nice fit. It became a neighbourhood space; we started a trivia night and a bingo night."

Manor Park Brewing still supplies restaurants, still has its beer in the LCBO, John says. "But it became more about the taproom than about selling to the rest of the city. Our business is this space and people in Manor Park come to this space."

Highlighting the commitment Manor Park Brewing has to the community, he points me back to the company's website, which notes that

supporting local businesses is good for the environment because they often have a smaller carbon footprint than larger companies, highlighting the fact that small businesses, selecting products based on their own interests and on customer needs, guarantees a broader range of product choices.

And, looking at what's on offer, this is true. The taproom's menu includes nine different brews (hazy pale ales, fruited sours, a hazy IPA, and a stout), among them: The Blue Heart hazy pale ale includes El Dorado, Citra and Galaxy hops, and tastes of pineapple mango, and guava.

Dave's Dry Hopped Blue Crescent Belgian wheat beer includes notes of orange, chamomile and coriander, peach and mango. The brewery's original Local Lager is noted as being 'For the Budweiser drinker who likes fresh, local beer.' Flights, brewery blends and a good selection of non-alcoholic offerings are also on tap.

Looking for a bite to go with your beer? Bar bites include truffle cheddar popcorn, sweet potato fries and BBQ hot wings. Soup and salad (creamy tomato and Greek, respectively) are also available, as is a selection of melts, including pulled pork and mushroom, all served with a side of chips, Greek salad or soup.

Dave and John, along with Aaron Rothney, run Manor Park Brewing together. Head brewer Dave makes all of the beers, with the help of a brewery assistant, "but most of our staff of eight operate the taproom." John gets up from the table a number of times to greet customers as they walk in the door and get settled at their own tables.

"Having a nice, enjoyable community space where you want to spend time is a reward in itself, as is being able to work at your craft and produce really good craft beers and have people try them," says John.



"It's Trivia Night with a packed house at Manor Park Brewery - newly re-branded to align with our neighbourhood and its loyal, local clientele. What hasn't changed are its signature beers as discovered by Buzz columnist Mark Lindenberg, a craft beer enthusiast, who, without exaggeration, pronounced the Blue Heart hazy pale ale the best craft beer he'd ever tasted."

PHOTO: SHARLEEN TATTERSFIELD

Want to try a local craft beer without leaving the Manor Park neighbourhood? The taproom is open Monday (4:30 - 10 p.m.); Tuesday to Thurs-

day (4 - 10 p.m.); Fridays (1 p.m. - 10 p.m.); Saturday (2 p.m. - 10 p.m.) and Sunday (1 - 9 p.m.). Visit their Instagram page @manorparkbrewing, or email

John and Dave at info@local-beers.ca for more information.

Mark Lindenberg

>>CONTINUED ON PAGE 16

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BUSINESS BUZZ



Gathered together are members of the grooming team at Your Pet Palace, 241 Olmstead Street in Vanier, including owner Diane Campbell (back row, far right), proudly accompanied by their newly groomed personal pets. PHOTO: SHARLEEN TATTERSFIELD

FROM PAGE 15 >>

**YOUR PET PALACE
Attentive, Personalized
Pet Grooming**

Pets hold a special place in our hearts, offering companionship, endless love and joy. Just as their owners appreciate professional hair care, our fur-

ry friends also reap the benefits of professional grooming.

At Your Pet Palace, operating in Beechwood Village and Vanier for over 20 years, pet grooming goes beyond just cleanliness and aesthetics. Owner Diane Campbell believes that professional grooming is “a vital aspect

of a pet’s overall health and well-being.”

She explains that experienced groomers understand the nuances of various coats and breed styles. Given the season, Diane adds that winter grooming helps stay ahead of mats, seasonal dry skin, long nails and impacted fur.

“We’re sensitive to the pet’s needs and adapt to them, interacting with each to address any emotional or stress-related issues,” says Diane. “The groomer gets to know your pet’s character and anticipates its needs.”

Before opening her own business in the mid-2000s, Diane was the manager of pet grooming services at the Blair Animal Hospital for over 10 years. Her team at Your Pet Palace includes another fulltime groomer with six years experience as well as two parttime, apprentice groomers and two parttime shampoo staffers.

Located at 263 Olmstead Street in Vanier, Your Pet Palace has a fully fenced backyard where dogs (on leash) can get outside year-round for exercise, bathroom breaks, fresh air and water.

Grooming is offered for all breeds and sizes of dogs – cats, too. Designed with the pet’s welfare in mind, grooming is completed in stages allowing for time ‘off the table’ and stress-free rests in their cages. For seniors, grooming takes place as stress-free as possible; also for puppies who are likely a little too restless for longer grooming periods.

Once the pet has settled, grooming begins with an initial assessment, and a thorough comb-out and brushing to remove any matted fur followed by an initial clipping to trim the coat and nails, plus eye and ear cleaning. A rest period follows before bathing – at that point, dogs receive two shampoos.

Typically, an oatmeal shampoo for the body and a hypo-allergenic, tearless shampoo for the face are used. Some may need a more soothing, medicated shampoo; others a deodorizing shampoo

(especially after time spent in lakes or rivers) or flea/tic treatments as required. If necessary and requested, anal glands are expressed during the first shampoo.

Once clean, pets’ coats are thoroughly dried and then after another rest break, it’s back on the table for a final, finishing tailored trim and brush out. “When they get their colourful bandana, they know they’re done!”

Diane takes care of cats who come in for grooming providing nail trimming, ear and eye cleaning, and a comb-out or a shave – and shampooing, but only when tolerated.

In addition to full grooming, Your Pet Palace offers nail trimming (on a drop-in basis while the owner waits) and also cleaning of the eyes and the ‘derriere’ as needed.

“We encourage owners to get their pets used to being groomed at home,” she says. “Combing and brushing on a fairly regular basis – even if this means just two legs at a time – will help reduce the natural stress they likely feel at the groomers.”

Diane advises new pet owners to get their puppies used to salon grooming once they have had all their shots. “We introduce the young ones to a shorter grooming time where they can get their nails trimmed and their coat combed, brushed and shampooed.”

Your Pet Palace is open Tuesday through Friday (8 a.m. – 5p.m.); Saturday (8a.m. – 4p.m.). Diane recommends booking appointments four to six weeks in advance by calling 613-747-6568.

Sharleen Tattersfield

>>CONTINUED ON PAGE 17

ARTIST
Marlene Munroe de Montigny



“The Hoser” 6” x 8”

The hoser took care of the rink on Monday morning. People walked their dogs along the path beside the Rideau River ...

Original watercolours are now available at
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BUSINESS BUZZ

FROM PAGE 16 >>

BUSINESS BRIEFS

POSTSCRIPT

By Sharleen Tattersfield

CAFÉ MIRACLE Miracle after dark!

Café Miracle at 141 Beechwood Avenue, corner of Acacia Avenue, is now serving more than just coffees and delicious, sweet and savory treats. Customers can now enjoy a late afternoon/early evening wine and cocktail service served with delicious culinary ‘companions’ Friday to Sunday starting at 2p.m. until closing times.

“In Turkey, I always enjoyed stopping for a relaxing interlude before heading home after work,” says owner Özlem Aslan. “This is the kind of warm, connecting experience I hope to duplicate at the café for the neighbourhood.”

Café Miracle’s wine selection is Mediterranean-inspired with choices carefully selected from Spain, Italy, Greece and France. Reds include Muga Reserva from Spain and Chianti Classico and Zenato Ripassa from Italy with whites featuring a Skouras Wild Ferment Assyrtiko from Greece, a Latour Chardonnay from France and a Paco & Loa Alberino from Spain. Tempting cocktails are also on the menu: espresso martinis, old fashioned, Hugo spritzes and margaritas.

Complementing the beverage selections are menu items that Özlem calls ‘evening companions’ – tempting choices (several are vegan, vegetarian and/or gluten-free) include: a cheese trio platter served with pecans, dried Turkish apricots, Turkish sour cherry jam and artisanal crackers; Anato-

lian Lentil Balls; Carrot Cloud Gratin; Aegean Tzatziki and Silk Chickpea dip.

There are new additions to the café’s daytime: Spinel (spinach pastry served with yogurt dip); Dilly (dill feta scone); ChocoHug (soft bagel with Belgian chocolate); Miracle BLT sandwich; Miracle Rings (Turkish street bagel sandwiches) and vegan wraps (Tofu Tango and Vega).

Friday evening (5p.m. to 8p.m.) the café hosts a Fibre Arts Club where participants can enjoy working on projects of their own or on group projects led by a local maker. The group (all are welcome) is currently working with yarns and needles to create hair scrunchies in gorgeous pastel colours. In honour of International Women’s Day on March 8, these scrunchies will be available for sale with proceeds donated to support Women’s Day initiatives.

M & B - A Fine Butchery Open for business!

In recognition of our local butchery’s 10th year in business on Beechwood Avenue, the Vanier BIA recently presented owner Andrew (Andy) Muckleston with a special anniversary award – a most welcome and well-deserved surprise!

Andy wishes to let readers and his loyal customers know that the butchery is open for business as usual. Don’t let the tall ‘For Sale or Lease’ sign on the property deter you: the butcher IS in!

Andy tells the *Chronicle* that although the building and land that houses his business and that of the coffee shop immediately east are listed for sale or lease ... it’s important to note, his business is not for sale.



“Here ye, hear ye ... the butcher IS in!” Andrew Muckleston of M & B Butchery at 127 Beechwood Avenue is keen for readers to know that his butcher shop is open for business despite the large realtor sign on the edge of the property. PHOTO: SHARLEEN TATTERSFIELD



For added customer enjoyment, Café Miracle proudly offers its new Miracle After Dark Wine, Cocktail and Companion food service on Fridays, Saturdays and Sundays from 2 p.m. until closing. PHOTO: SHARLEEN TATTERSFIELD

“I’m here ... we’ve got our usual full selection of prime meats (beef, pork, chicken etc.) available in coolers in the back of the store,” he says. Although customers can’t peruse cuts in their front-of-store display cases, “we’ll happily bring out selections for them to see prior to purchase.”

Andy is working diligently on finding a new space in which to relocate his business.

“We’re staying in this community, for sure!”. Visit their website at mucklestonandbrockwell.com or call 613-745-2244.

MyLook VISION CARE Welcomes new clients

The *Chronicle* extends sincere congratulations to owners and operators Uman Nirmalan, RO and Nirmalan Vadivel (registered optician and store manager respectfully) on the occa-

sion of the official opening of their new optical store at 369 St. Laurent Boulevard in the Rockcliffe Crossing Plaza. Welcome to our neighbourhood!

Offering services for all vision needs, including frames, eyeglasses, contact lenses and eye exams, this new Manor Park business is offering several opening specials. Be sure to drop in or check out their website at mylookvision.ca.



FREE TRY CURLING EVENT FOR GIRLS AGE 9-16!

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115 St. Laurent Blvd

Saturday, March 28th

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Accomplished artist enjoys free tour of National Gallery

By Robert Sauve

Congratulations goes out to Brian Peet, the winner of the 'Elbows Up' quiz featured in the January-February issue of the *Manor Park Chronicle*. The winning response was 'Gesture' by Elizabeth Wyn Wood.

We toured the National Gallery of Canada on Feb. 12 and questioned what some artists left as legacies for artists that followed. I was pleased to learn that Brian is an accomplished artist whose works vary in style and inventiveness giving homage to great artists, past and contemporary.

In passing, I must add that I look at Wyn Wood's sculpture frequently. I study it. I wonder about it. What did she want to say about the land that inspired it?

Over time I have come to appreciate its defining lines — the strong parallels, the chevron indentation at the right hip joint, the skyward / heavenward pointing of the left elbow, the long diagonal fold of her dress that parallels the cradling effect of the joined hands and the unflinching gaze of the eyes fixed on a distant horizon. The strong determined face seems to say Upwards and Onwards.

Even the base provides a stable anchor for the next step into the future. Everything about this artwork inspires determination, mission — no distractions, no stopping. The task of nation



'Elbows Up' quiz winner Brian Peet (left) poses with National Gallery doscent and quiz co-ordinator Robert Sauve (right) next to 'Gesture' by Elizabeth Wyn Wood. Brian is an accomplished artist whose works vary in style and inventiveness giving homage to great artists, past and contemporary.

PHOTO: SUBMITTED

building is ours, we cradle it and we cherish it. That was the message of Sir Wilfrid Laurier at the beginning of the 20th Century, that the 20th Century belonged to the great Canadian experiment — bilingual, multicultural — a rare and great experiment. It is worth noting that Prime Minister Laurier (1841-1919) was a contemporary of Elizabeth Wyn Wood (1903-1966).

Evokes a young Canada

Earlier today (at the time of writing) I was at the NGC, walked by GESTURE (the name given to Wyn Wood's sculpture) and, of course, 'ELBOWS UP' came to mind, so did Mark Carney.

This sculpture evokes, for me, a young and vibrant Canada flexing its arms, with resolve and spirit. When we heard Mark Carney deliver that measured address at Davos in January, one that set forth reasons and the determination for Canada to stand out and to stand up, we at once understood that what was being said gave voice to what many of us were thinking. That speech also merited the kudos of world leaders who also were weary after 13 months of havoc emanating from below the 49th. I wondered at the time if our PM might have been inspired by this sculpture. Perhaps. Elbows up indeed.

Third 'Elbows Up' quiz features famous masterpiece

By Robert Sauve

For our third 'Elbows Up' art quiz, you are asked to name the artist and the name he 'finally' gave his masterpiece.



This artwork features a prominent 'elbow' and is considered to be one of the most revered treasures of the National Gallery of Canada and that of world art as well. This work brought instant fame to the artist and kick started an art career that lasted close to 60 years.

Do you know the answer? Email your entry to editor @manorparkchronicle.com

If ever there was an artwork that captures the momentum and the subtlety of the "Elbows Up!" rallying cry, this is it. Enough hints.

The winner of the free tour will be drawn from the names of those who have submitted the correct answers. If there are no right answers then the winner will be drawn from those who have submitted guesses.

The prize is a free tour of the National Gallery of Canada and the opportunity to get to know why our very own gallery is world class.

Submit your answer to editor@manorparkchronicle.com with the subject line 'Gallery Quiz Answer'. The draw will take place on Tuesday, March 31 and the winner will be announced in the next issue of the *Chronicle* in early May.

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RECREATION

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Annual Skating Party and Chili Cook-Off brings Manor Park community together

In spite of frigid temperatures dipping to -27°C, the Manor Park Community Council hosted a lively and well-attended Skating Party and Chili Cook-Off that brought neighbours together for an evening of winter fun and community spirit.

The festivities began with an exhibition hockey game featuring two U11 AI Ottawa North hockey teams. The young athletes put on an exciting display and helped warm up the community ahead of the main event.

The Skating Party and Chili Cook-Off, from 5-7 p.m. at the Manor Park Community Centre, drew more than 250 residents. Participants enjoyed skating on our two outdoor rinks, snowshoeing, tug-of-war, music, and warming around the fire to make s'mores.



With temperatures dipping below -25C, Skating Party participants enjoy s'mores and warm up by the fire next to the pleasure puddle rink. PHOTO: LANA BURPEE

The community centre's South Room was transformed into a welcoming warming area, where attendees enjoyed hot chocolate and sampled

the delicious chili entered into the Chili Cook-Off.

The chili cook-off was a highlight of the evening, with friendly competition and en-

thusiastic tasters. This year, winners were awarded in two categories — Best Local Resident Chili and Best Restaurant Chili — adding an exciting new twist to the contest. Recipes from your winners will be found at manorpark.ca.

Best Local Resident Chili: Credico Family.

Best Restaurant Chili: Clocktower Pub and Dante.

Winners received the coveted champ apron.

Events like the Skating Party are possible with the dedication and generosity of volunteers: food servers, fire tenders, skaters, chili makers, hockey players, and rink maintainers.

The Manor Park Community Council thanks all the volunteers, participants, and supporters who helped make this event one to remember.

What an amazing skating season!

The Manor Park outdoor rinks have just enjoyed their longest season in memory.

Base ice construction on the boarded hockey rink and pleasure puddle started in mid-December with an opening at Christmas. At time of writing, the ice was still perfect and the forecast for continued below-freezing temperatures were encouraging to the Manor Park Community Council (MPCC) to continue maintaining the surfaces into March.

Building base ice, scraping and flooding the ice surfaces is a job for many hands. We'd like to recognize and thank our Rink Attendants — Colin, Everett, Tate, Jasmine and Henry — as well as our rink volunteers. While many picked up shovels while at the rink, a heartfelt thank you goes out to volunteers, Eugenie, Joe, Andreas, Lisa and Mathieu.

When the community steps up, it often includes local businesses. The rink season was often 'saved' by the snow clearing provided by JR Lawn and Snow. In addition to clearing the ice surfaces after



This year's MPCC Skating Party and Chili Cook-Off attracted close to 250 participants throughout the afternoon and evening.

PHOTO: SHANNON BRIGLEY

a major snowfall, they plowed a laneway from the school to help some young children safely navigate their way to the community centre.

We acknowledge and thank Canadian Tire (Coventry Road) for agreeing to sharpen skates free of charge so that children could 'borrow' a pair.

The City of Ottawa provides the MPCC with a rink grant which partially covers the cost of wages and equipment (we bought a new snowblower). We appreciate the city's efforts to get us outdoors in winter.

Game Nights

Blood on the Clocktower returns

Thursday, March 26
 7-9:30 p.m.
 The Studio, 1805 Gaspé
 \$5 per person, 16+

Please ensure that any changes to the layout maintain the original formatting and structure as intended. Consistency in style and presentation is important for readability and professionalism.

Get ready for an evening of intrigue, deception, and laughter as Blood on the Clocktower returns. It is a thrilling social game of murder and mystery, lies and logic, deduction and deception. Up to 15 players will be led by a devious storyteller from board game experts, Meeple & Sheep.

No experience is necessary, but Werewolf, Mafia, or Avalon will feel familiar. Ages 16+

Come on out for a truly unique gaming experience and see if you have what it takes to outwit the demon — or survive the night!



Dungeons & Dragons for Adults

Thursday, April 30
 6-9 p.m.
 The Studio, 1805 Gaspé
 \$10 per person

Have you ever wondered what D&D is all about? Wonder no more! This game night is a perfect opportunity to try the world's most popular role-playing game. This night is designed as a one-off adventure for brand new players. Each player will play the role of their favourite pre-generated character to take on an adventure with up to four other players (5 players total).

No equipment needed, but bring your creative mind and sense of adventure!

RECREATION PROGRAMMING

ADULT PROGRAMS

SOUND BATH EXPERIENCE

Wednesdays

April 15, May 13, June 10, 2026

7:30 PM - 8:30 PM

The Studio (1805 Gaspé)

A sound therapy treatment provides a quiet and gentle space where we can be surrounded by harmonic sound, letting our brains “switch off” so that our bodies, minds and spirits can move to a place of greater health and well-being.

YOGA NIDRA

Saturdays

April 11, 18, May 2, 9, 2026

11:30 AM - 12:30 PM

The Studio (1805 Gaspé)

This class will offer you some time to set intentions and encourage your nervous system to re-set. You will be given a chance to develop an understanding of this restful practice and experience it.

BEGINNER/ NOVICE WORKSHOP PICKLEBALL

Thursdays, 6:10 PM - 7:50 PM

From Thursday, April 2 - Thursday, April 23, 2026

Large Gym (Manor Park Public School)

New to pickleball and have completed an introductory course, been playing casually with friends or attending drop-in sessions? Want to gain

more confidence in your play, improve your skills and advance your play? This 4-week workshop is for you!

INTRODUCTION TO TAI CHI

Mondays, 7:15 PM - 8:15 PM

From Monday, April 13, 2026 to Monday, May 25, 2026

Main Hall (1805 Gaspé)

Embark on a journey to enhance your physical and mental well-being. Each week, you'll discover and practice a new set of movements, gradually building upon what you've learned in previous sessions. This progressive approach allows you to master the basics while deepening your understanding of Tai Chi's calming and strengthening benefits.

TAI CHI 2

Mondays, 6 PM - 7 PM

From Monday, April 13, 2026 to Monday, May 25, 2026

Saturdays, 10 AM - 11 AM

From Saturday, April 11, 2026 to Saturday, May 23, 2026

Main Hall (1805 Gaspé)

Continued introduction to Chen Style Taiji

CYBERSECURITY FOR SENIORS

Fridays

April 10, May 8, June 12, 2026

11:30 AM - 12:30 PM

The Studio (1805 Gaspé)

Cybersecurity for Seniors helps reduce the risk of digital crime, identity theft, and financial fraud with practical

education on spotting phishing and mobile phone scams, avoiding malware, creating safer passwords, and building everyday online habits that protect what matters.

SPRING CLEAN YOUR DIET

Thursday, April 16, 2026

7:30 PM - 9 PM

The Art Space (1805 Gaspé)

This interactive workshop will help you assess your current eating patterns, eliminate foods that don't serve you, and incorporate nourishing choices that boost energy and well-being.

NUTRITION & THE AGING BRAIN

Thursday, May 7, 2026

7:30 PM - 9 PM

The Art Space (1805 Gaspé)

Learn about key brain-boosting nutrients, dietary patterns linked to reduced dementia risk, and practical strategies to support your cognitive health through everyday food choices.

BEGINNER WATERCOLOUR WITH LAURIE HEMMINGS

Sundays, 1 PM - 3 PM

From Sunday, April 19, 2026 to Sunday, June 21, 2026

The Art Space (1805 Gaspé)

Practice and learn new skills while exploring this beautiful medium in a safe and supportive environment with resident artist and course instructor Laurie Hemmings.

KIDS & TEENS

KID'S DRAWING

Wednesdays, 6 PM - 7 PM

From Wednesday, May 20, 2026 to Wednesday, June 24, 2026

North Room (Manor Park Community Centre)

Learn the basics of drawing as you explore techniques like shading, outlining, and sketching while strengthening fundamental drawing skills and gaining artistic confidence.

HOME ALONE SAFETY FOR KIDS

Saturday, May 2, 2026

9 AM - 4 PM

South Room (Manor Park Community Centre)

Help children gain confidence and skills to stay at home alone successfully. Designed for children aged 9 through 15 years old.

RED CROSS BABYSITTING COURSE

Saturday, April 11 & June 13, 2026

9 AM - 4 PM

South Room (Manor Park Community Centre)

Aspiring babysitters learn how to manage difficult behaviours, essential leadership and professional conduct and basic first aid skills.

CARDBOARD CLUB

Mondays, 6 PM - 8 PM

From Monday, April 13, 2026 to Monday, June 8, 2026

South Room (Manor Park Community Centre)

In this one-of-a-kind makers club, kids will explore building cardboard creations with the ChompSaw, a kid-safe power tool and Makedo cutting tools and connectors to bring their ideas to life. Perfect for young inventors who love to dream, build, and create!

IMPROV 101: INTRO TO YES AND

Wednesdays, 6 PM - 8 PM

From Wednesday, May 20, 2026 to Wednesday, June 24, 2026

North Room (Manor Park Community Centre)

Jump into the world of improv! Ready to think fast, be funny, and let your imagination go wild? Create wild stories, invent memorable characters, crack each other up with comedy challenges, and take on fast-paced games that keep everyone on their toes.

JR. NBA BASKETBALL

Tuesdays, 6 PM - 7 PM

From Tuesday, April 7, 2026 to Tuesday, May 26, 2026

Gym (Manor Park Public School)

The Jr. NBA program curriculum is designed by Canada Basketball and NBA Staff to teach the game of basketball to players aged (5-7) and (8-12). Equipment, nets, drills, and games will all be age-appropriate and based on the latest foundations in long-term athlete development.

MPCC continues to evolve for our community

FROM THE DESK OF:



**MPCC Chair
MARK SMITH**

Manor Park doesn't stand still, and so the Manor Park Community Council (MPCC) shouldn't either. To make sure we're putting our energy into the things that matter most to our community, we're initiating a refresh of the MPCC Strategic Plan.

For the past few years, the MPCC's work has been anchored by the four pillars outlined in our current strategy (2023-25):

- **Deepen individual experiences** by creating memorable experiences for each person we touch, by building added value into each program we offer, and practicing recognition and reconciliation.
- **Strengthen stakeholder connections** by building opportunities for collaboration, creating a visual presence (around the community on online), and by increasing inclusion and diversity.
- **Build sound operations** by having

secure financial reserves, becoming an employer of choice, achieving sustainability in each of our programming areas, governance renewal, and adopting and integrating new technology into our operations and programs.

- **Evolve through innovation** by developing a unique business stream that seeks our “own lane.”

These pillars have served us well and have framed some significant accomplishments, including:

- opening a purpose-built childcare centre at 1805 Gaspé,
- acceptance of our licensed childcare into the Canada Wide Child Care & Early Learning (CWELCC) program, which has strengthened our childcare operations and the long-term sustainability of our programming,
- new recreational program offerings and after-school programs at both the community centre and 1805 Gaspé,

- highly engaged and satisfied employees,
- strong relationships with neighbouring community associations and local businesses,
- hosting popular community events like Pints in the Park and the Holiday Market that bring the community together.

The MPCC exists for our community, which means our strategy must not be developed in a vacuum — we want to hear from you! We want to know what you value, where you see gaps, what we're doing well, and where there is room for improvement.

We are currently finalizing our approach to engaging with you, with a focus on making the process easy and accessible for everyone. In the coming months, we will share more information on how you can provide your feedback.

Thank you for your continued support.

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RECREATION PROGRAMMING

OUTDOOR SOCCER

(Ages 4-6)
Saturdays, 10 AM - 10:50 AM
From Saturday, May 2, 2026 to Saturday, June 27, 2026
(Ages 7-10)

Saturdays, 11 AM - 11:50 AM
From Saturday, May 2, 2026 to Saturday, June 27, 2026
Soccer Fields (Manor Park Sports Fields)
Learn the fundamentals of soccer to build confidence, coordination, and basic skills through age-appropriate drills, simple game play, and lots of movement.

BAKING CLUB

Saturdays, 10 AM - 12 PM
From Saturday, April 18, 2026 to Saturday, June 6, 2026
South Room (Manor Park Community Centre)

Kids will mix, measure, and bake up delicious fun! From fluffy cupcakes to homemade bread (and everything in between), young bakers will learn real kitchen skills while creating tasty treats to share.

BASEBALL

(Ages 4-5)
Mondays, 5 PM - 5:50 PM
From Monday, May 4, 2026 to Monday, June 29, 2026
Baseball Diamond (Manor Park Sports Fields)

(Ages 6-7)

Mondays, 6 PM - 6:50 PM
From Monday, May 4, 2026 to Monday, June 29, 2026
Baseball Diamond (Manor Park Sports Fields)

Fun and active program introduces young players to the basics of baseball through throwing, catching, batting, and base running. With skill-building drills and mini games, kids will learn teamwork, build confidence, and have a blast.

FLAG RUGBY

Wednesdays, 6 PM - 7 PM
From Wednesday, May 13, 2026 to Wednesday, June 17, 2026
Soccer Fields (Manor Park Sports Fields)

Introduction to the fundamentals of rugby in a fun, non-contact environment. Through dynamic drills, exciting games, and team challenges, players build strength, coordination, and confidence.

MANOR PARK COMMUNITY COUNCIL

Fitness & Movement

MON	Pilates Fundamentals 9:30-10:30am	Strong & Stable 11:00am-12:00pm	Mobility & Strength Lab 4:30-5:30pm	Tai Chi 6:00-7:00pm 7:15-8:15pm
TUE	Power Up 6:15-7:00am	Relax & Renew 10:00-11:00am	Pickleball - Intermediate 4-5 & 5-6pm	Core & Strength 6:00-7:00pm
WED	Strong & Stable 10:00-11:00am	Hatha Yoga 5:15-6:15pm		Drop-In Teen & Family Gym 7:00-8:00pm
THU	Tabata (Pop-Up) 6:00-6:45am	Pickleball - Beginner/ Novice 3:30-4:30 & 4:30-5:30pm	Pilates Fundamentals 5:00-6:00pm	Drop-In Pickleball 6:10-7 & 7-7:50pm
FRI	Strong & Stable 10:00-11:00am			
SAT / SUN	SATURDAY Hatha Yoga 10:00-11:00am	SATURDAY Tai Chi 10:00-11:00am	SUNDAY Core & Strength 10:00-11:00am	

April to June 2026
Updated February 23, 2026

manorpark.ca

RECREATION COORDINATOR



Alycia Maskiew

Spring season returns

Spring 2026 is shaping up to be an exciting season, and we can't wait to share everything we have planned with you! This spring brings a vibrant mix of wellness, sport, creativity, and community programming for all ages. Adults can reset and recharge with Yoga Nidra and Tai Chi, dive into engaging workshops like Cybersecurity for Seniors, Spring Clean Your Diet, and Nutrition & the Aging Brain, break a sweat in our Beginner/ Novice Pickleball Workshop, or tap into their artistic side with Beginner Watercolour.

Kids and teens have so much to look forward to as well! They'll build confidence and creativity in Improv 101 and our hands-on Cardboard Club, while outdoor favourites like Soccer, Baseball, and Flag Rugby return with skill-building and fun at the forefront. The Red Cross Babysitting Course and Home Alone Safety for Kids continue to support youth in developing independence and responsibility.

And new this season—after the success of Cooking Club—we're thrilled to introduce Baking Club, where kids will whip up delicious treats while learning real kitchen skills.

Summer Day Camps are back with nine themed weeks packed with adventure, creativity, and energy for children ages 4-10. Parents will also appreciate convenient lunch add-ons on select days.

Excited to kick off the season and see you out enjoying the warm spring weather!

Day Camps return this summer

WEEK	CAMP THEME
1	Jun 29-30, Jul 2-3: Edible Science Lab
2	Jul 6-10: Whodunit Detectives
3	Jul 13-17: Cardboard City Builders
4	Jul 20-24: Wizard Academy
5	Jul 27-31: Critters Crossing
6	Aug 4-7: Manor Park's Got Talent
7	Aug 10-14: Mario Kart Racers
8	Aug 17-21: Storyland Imagineers
9	Aug 24-28: Chaos Olympics

Each day is bursting with outdoor adventures, high-energy games, sports, creative crafts, hands-on science, music, and exciting themed activities. Add on hot dog and pizza lunches on select days and get ready for a summer full of fun!



Children enjoy creative fun with cardboard during the MPCC Summer Day Camp program. PHOTO: SUBMITTED



manorpark.ca

CHILD CARE AND EARLY LEARNING

Before-and-After-school in Manor Park Supervisors' Messages



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



Julie Irwin, RECE Supervisor Manor Park Child Care Centre

I am excited that registration is open for the 2026-2027 school year! Children in kindergarten through Grade 6 can sign up for our licensed Before- and After-School program.

Registering is easy! Just email us at bas@manorpark.ca to start the process.

Our program offers:

- City of Ottawa subsidized spaces,
- Canada Wide Early Learning and Child Care (CWELCC) reduced rates,
- Care for children arriving from neighbouring schools,
- Full-day care options for PA Days,
- March Break care option,
- And, all the time, engaging programming designed around the interests of each group of children.

Licensed Summer Camp

Our Licensed Summer Camps open for registration. Eight fun-filled weeks of activities, outdoor adventures, and water play!

Summer camp details include:

- City of Ottawa subsidized spaces,
- Canada Wide Early Learning and Child Care (CWELCC) reduced rates,
- Daily care from 8 a.m. to 5 p.m.,
- Optional weekly meal plans for added convenience.

I hope everyone's 2026 is off to a fantastic start, and I look forward to connecting with you soon!

A new calendar year means that the transition to school for most of our preschoolers will be here before we know it!

At Manor Park Child Care, school readiness isn't just about learning ABC's and 123s. It's about helping the children build the skills they will need to be successful in school, and beyond.

In Ontario, the Full-Day Kindergarten programs follow a play-based approach, which is also a part of our centre's philosophy. Through play, children develop the skills they will need to ask for help, and to advocate for their wants and needs.

Long before they learn to potty train or to zip up their jackets, the foundation is laid for lifelong problem-solving and critical thinking through fun and games.

While it can be a balancing act for educators to figure out when to jump in and offer help or when to take a step back, they are always nearby to offer support when needed and to help children build the confidence to want to try on their own.

These small everyday experiences – sharing toys, taking turns, joining in group play – are all part of building readiness for kindergarten.

Need a space?

We've got you covered at Manor Park!

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

We have three private rooms available, starting at just \$55/hour. The spaces are equipped with a wide range of amenities to meet your needs, including:

- Large screen monitor



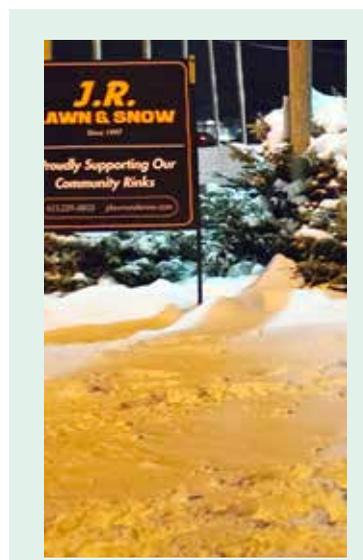
- Speakers and microphones
 - Games
 - Tables & chairs
 - Kitchenette
 - Mini Fridge
 - Free Parking
- Whether you're hosting a

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

Pictures of all spaces available can be found at manorpark.ca.

Ready to book your space?

Email us at events@manorpark.ca and let's get started!



Thanks to JR Lawn and Snow for its support of our community.

PHOTO: LANA BURPEE

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Licensed Summer Childcare

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Save the Date for Pints in the Park Saturday, July 25

Craft beer, food, local vendors, and music combine for our community's most popular event. Adult-focused but family friendly, Pints in the Park is an afternoon destination.

We're always on the lookout for new and cool food vendors, not-for-profits and small business vendors to participate. Get in touch with Ben at events@manorpark.ca and ask for a vendor application.

Happy to accept volunteers at volunteer@manorpark.ca

MANOR PARK COMMUNITY COUNCIL

2026 SUMMER Day Camps in Manor Park

Ages 4-10
Manor Park Community Centre
Weekly themes.
Splash pad. Sports fields. Grassy areas. Trees.
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Get ready for a fun-filled summer!

Registration is open! manorpark.ca

A new paradigm of living, loving and leading

By Sophia Wood Massicotte

We are standing at the threshold of a powerful turning point, individually and collectively. Old systems and structures are dissolving, making way for something brave, bold, and new to be born.

This season invites a new way of living, loving, and leading: one rooted not in fear, control, or perfection, but in truth, responsibility, and devotion to what genuinely matters.

Astrologically, 2026 carries rare and potent symbolism. Mid-February marked the beginning of the Year of the Fire Horse, an archetype associated with passion, dynamic energy, courage, forward momentum, and transformation. Around the same time, two slow-moving planets, Saturn and Neptune, entered the sign of Aries, initiating a brand-new 30-year cycle of growth, awakening, and identity re-shaping.

Whether or not astrology speaks to you, the themes it reflects are unmistakably present in our world: acceleration, disruption, a questioning of old systems, and a profound longing for authenticity, truth, and liberation.

This moment is asking us to grow up, not in the sense of becoming rigid or serious, but in the sense of becoming responsible stewards of our lives, our energy, and our impact.

Two recent eclipses intensified this call. A solar eclipse in Aquarius (February 17)



This season invites a new way of living, loving, and leading, rooted in truth, responsibility, and devotion to what genuinely matters.
PHOTO: SOPHIA WOOD MASSICOTTE

highlighted collective change, freedom, innovation, and our collaboration as a society. It urged us to release outdated rules, roles, and expectations that no longer fit, and to step into greater self-authorship. Shortly after, a lunar eclipse in Virgo (March 3) brought purification, illuminating how patterns of perfectionism, self-criticism, overwork, and martyrdom quietly drain our vitality.

Eclipse energy ushers in powerful opportunities for change, even when we didn't ask for them. We may experience moments of unraveling, where hidden truths surface and destabilize what once felt "safe." Yet these moments, like all major turning points, are catalysts for profound growth and collective evolution.

Embodied leadership

Power dynamics come into focus whenever our ego is at play. We are being asked to examine where we give our power away. Where we silence ourselves to belong. Where we hustle instead of listening. Where we seek certainty rather than trusting our inner compass.

This is the heart of the new paradigm: embodied leadership. Not leadership over others, but leadership with others. When I rise, you rise, and together we co-create a new reality. It is a devotion to truth, even when inconvenient, a commitment to responsibility, even when uncomfortable, and a willingness to open our hearts, even when it feels vulnerable.

This emerging way of living asks us to blend spiritual vision with grounded action. To dream boldly yet build patiently. To feel deeply yet choose wisely. To act courageously, guided by compassion and integrity.

In many ways, this season calls forth the archetype of the "spiritual warrior": one who stands for what matters, protects life, honours boundaries, and channels passion into purposeful creation rather than impulsive reaction.

Spring is a potent ally in this transformation. Nature teaches us how to begin again

... slowly, steadily, and in rhythm.

Here are a few simple ways to anchor these energies into daily life:

1. Simplify your mornings

Begin your day with presence rather than pressure. A few deep breaths, a moment of silence, or stepping outside to feel the air can recalibrate your nervous system and set the tone for clarity.

2. Clean and clear

Spring invites gentle detoxification. Simple shifts can create powerful change: drink more water, eat more greens, reduce heavy or processed foods, and open windows to let fresh air circulate. As we clear our spaces, we clear our minds, and open inner channels for creativity to flow.

3. Ground into the body

Nature walks, strength training, stretching, conscious movement, or moments of stillness reconnect us with instinct and intuition. The body holds wisdom beyond logic, and it is up to us to listen.

4. Ask courageous questions

Where am I living by habit rather than truth?

Where am I ready to choose myself more fully?

What would devotion to my life look like right now?

5. Create conscious boundaries

Boundaries are not walls,

they are containers for what we cherish. Protecting rest, creativity, and meaningful connection allows life to flow more freely.

As the months unfold, we will be asked again and again to choose authenticity over approval, alignment over achievement, and devotion over distraction. This is not about becoming perfect. It is about becoming present. Not about having all the answers, but about trusting the next honest step.

May this season guide us toward deeper clarity, courage, and remembrance of who we truly are.

About Sophia

Sophia Wood Massicotte is a Threshold Guide and facilitator of embodied leadership and feminine wisdom. For women feeling called to walk a deeper path of empowerment and embodiment, she offers Rhythms of Remembrance: an eight-week seasonal portal into feminine embodied leadership, an online sanctuary devoted to living, loving, and leading in harmony with the psyche, soma, and soul.

To connect, visit <https://www.alkimiahealingarts.ca>, email sophia@alkimiahealingarts.ca, or find her on Instagram @alkimiaembodiedhealingarts.



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Photography a constant learning experience for Manor Park resident Dave Keys

By Ryland Coyne

A skilled photographer has to be ready for just about anything — even a stubborn gang of wild turkeys.

Such was the case recently for Dave Keys who found himself shepherding the large birds along a path at Beechwood Cemetery. These characters were definitely ready for their close-up and allowed the Manor Park resident plenty of time to ‘shoot’ them from all sides.

“After a while I slowly kept walking alongside them and

they all decided to come walk with me,” he notes in an email exchange with the *Chronicle*. “They seemed to be quietly chatting among themselves as we moved along. After perhaps 15 minutes they lost interest and wandered off. It was quite an interesting experience.”

Dave is a talented photographer who’s generously shared some of his work with the paper for almost a decade. Pics of flora, fauna, air shows, marathoners and even the occasional lunar eclipse have graced the *Chronicle’s* pages over the years.

Early start

In a follow-up interview, Dave says his love for the craft started long before his involvement with the paper. He was encouraged at a young age by both of his parents who were avid shutterbugs.

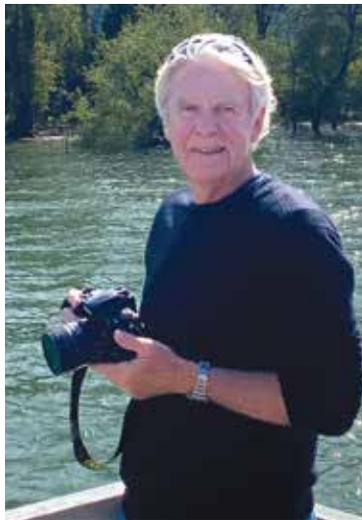
He joined the camera club at his high school here in Ottawa and learned how to make black and white prints in his father’s dark room.

“Then I went off to school in Europe for a year and my dad gave me his single-lens reflex (SLR) camera, which were the cameras to have at the time,” Dave says.

Over time, his interest in the hobby evolved — dominated by family photos and travel-ogues from different trips.

“During that time, it was really mostly snapshots like everybody else did,” he says modestly.

That interest developed into a passion during an Arc-



Dave Keys on a day cruise on Lake Maggiore a couple of years ago. PHOTO: MARY KEYS



Dave Keys offers some photography advice to grandson Louis. PHOTO: SUBMITTED

tic cruise almost 20 years ago. Professional photographer Mike Beedell, who was on-board the ship, shared tips and expertise that set Dave off in a new direction.

“I can remember one day, he and I and a couple of other guys just went for a stroll ... along a beach on Baffin Island,” he recalls. “He was describing what he was seeing ... so I was starting to look at the world through his eyes. He’s an artist, really, (and) he was seeing stuff that I did not see.”

The man turned over one of his digital single-lens reflex cameras to Dave, “and it just went from there. I’ve never gone back to film.”

Self taught

Since then, Dave has taken the time to learn all he can about digital photography. His equipment inventory has grown with the addition of

Nikon cameras and lenses. He’s also become proficient with various photo programs on his computer, even starting to take advantage of Artificial Intelligence on occasion.

“You can do so much ... the computer really is a digital darkroom,” he explains. “It’s all a learning process — all the way from the artistry, composing, understanding light. I don’t have a particularly strong artistic bent (but) the technical was fun for me to learn, I like that.”

He continued to absorb more information from an artist friend in Wyoming shortly after the Arctic cruise. While Dave showed her what he knew about digital cameras, she offered advice on the potential artistry of each shot. “The two of us had a great time together trying to learn off each other.”

Evolving subject interests

Dave says his initial interest was in scenic and landscape photography. He particularly loved the rugged terrain of New Zealand’s South Island. He and his wife Mary visited their daughter Christina and her family on several occasions when they lived there. A particularly striking photo of the territory off the west coast, overlooking the Tasman Sea, caught the attention of the *Globe and Mail* which published the shot in its travel section.

There were also birds — lots of birds — “and they’re everywhere,” Dave says.

He started photographing the feathered creatures, starting around 2013, and that has continued ever since.

“It’s interesting because I’m not a birder,” he says. “There are bird photographers and then there are birders. I’m learning about birds but I’m

not an expert. So, of course, when you get a good photo of a bird, you go to the book and figure out what it is.”

Back home, he says he doesn’t travel far to look for birds. “Around the lake (MacKay) has, on and off, been good, as well as over at Macoun Marsh and then up to the cemetery.”

Macro photography

More recently, Dave says he’s taken to ‘macro photography’, extreme close-ups of flowers, insects or other small subjects. He gets to use this technique often in his daughter’s garden. Christina moved back Ottawa and now operates Cardinal Glen Ecological Landscaping. The Manor Park resident says he enjoys getting calls to come over and capture the wide variety of plants and flowers at different times of the year. Many factors can affect the quality of such photos, he’s learned.

“Photographing a garden, you’ve got to pay attention to light. Background is also really important,” he explains.

Then there’s the wind. “A lot of these plants have long stems and they’ll just weave and bob. It’s really fun to learn about all this stuff.”

Sharing his skills

Today, Dave takes particular pleasure sharing his love of photography with his grandson Louis.

“He likes going on the expeditions with me which is fun. We’ve been off to Mer Bleue (bog boardwalk) and we often go over to the airfield and hang out at the end of the airstrip.”

Louis has taken photos of birds and aircraft though he’s not quite as interested in plants yet, Dave says with a laugh.

Processing the photos on the computer has come naturally for the bright nine-year-old, especially working on a close-up of a helicopter that passed overhead. “He just got right into it, really messing around with it. So we got some really interesting effects.”

Whether published or not, ultimately it’s the pleasure he gets from photography that makes it worthwhile. “The point is, I do it for me and I do it for learning, and I do it for fun,” Dave says. “I don’t really have to win photo contests, ... or don’t even have to send it to anybody, I just have to enjoy it myself.”

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CHRONICLE ESSAY

Streets do have names for many reasons

By Ewen Cornish

The Irish rock band U2 had success with the song (and related video), “Where the Streets Have No Name.”

The song has both a political and a psychological interpretation, but in reality, streets do have names for important reasons. A residential street name obviously pinpoints where one lives and that’s crucial for filling out forms or explaining directions to someone.

Names can sometimes fall into the status category, especially where the greater neighbourhood is concerned. People love to drop a status neighbourhood name when they’re asked where they live. Names can be good for the ego, or for socially conscious ladder climbers.

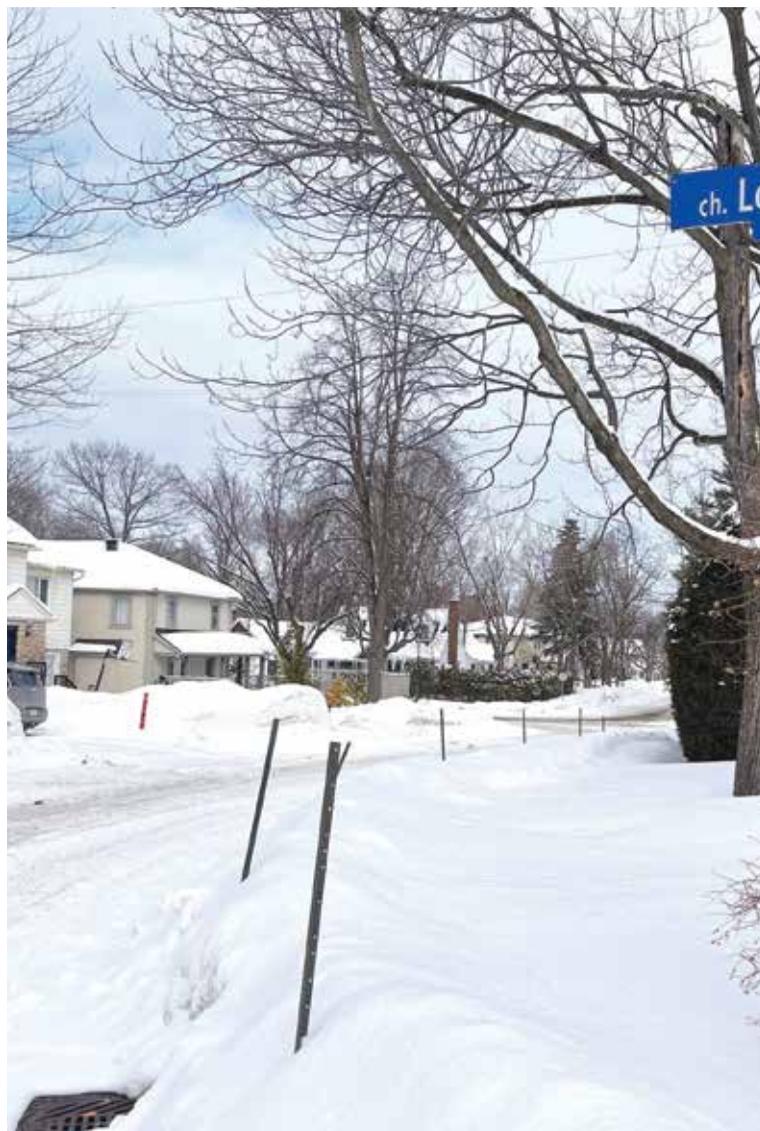
Street names can also be numbers; they are popular in cities like New York, Edmonton, or Calgary. There are numbered streets in Ottawa (none in Manor Park), but they aren’t numeric. They’re usually spelled out, as in the five ‘Avenues’ in the Glebe.

Personal level

Apart from the larger neighbourhood’s name, which identifies the area, the street name seems to register with people at their personal level. Everything is local, as they say, and one’s street name hits them where they live (or lived) because their memories are frequently attached to a particular street. It may be a street where they grew up, or where they moved to as adults. It may be a street where they raised children, or where they lived briefly but is stuck in their memory system for whatever reason. Perhaps because of the comradery of the street, the location, or simply the feeling of security they experienced when they lived there.

A street name is a convenient trigger, a memory anchor, recalling a significant time or place.

There are those who revisit a street where they once lived just for recollection. Of course, the street they come back to might not be the same street of their memories. Some visitations are just to see the change, or to reassure themselves it was better when they lived there. It’s probably not the street that’s changed (unless there’s been serious development), but perhaps the people themselves. The world doesn’t stand still.



Street names play important roles in all communities.

PHOTO: RYLAND COYNE

Even though streets are part of the greater neighbourhood, the specific local street often takes precedence. One lives in a neighbourhood, but it is their little street that’s really important to them.

There are people living on a neighbourhood street who might like to live on another street in the same neighbourhood. There are also those who move a street over from — or just down — the street where they originally lived.

Essential names

A No Name might work for grocery store products, but street names are essential for identification and emotional neighbourhood bonding. Most people don’t choose the street name unless they’re in a municipal amalgamation situation where the street name is changed because of duplication.

Some may not like the street name where they live, but they like the street and the area; the name isn’t always important. The importance lies in the emotional attachment, and sometimes the economic, historical, or social connection the name conjures up. Sometimes the street name

chooses you.

So, what’s in a street name? Probably a lot. A name often becomes an integral part of people themselves, similar to their own name. In some ways, it’s who they are, who they’ve become simply by living on a particular street.

Sometimes a street does actually lose its name in conversations with neighbours when it’s referred to simply as ‘the street’. In this instance, it only has meaning to those who live there, and the street momentarily doesn’t have a name — it’s generically referred to as ‘the street’, almost a nickname or label, of which only local residents know the meaning. Used in this sense, the street might not have a proper name, but its’ meaning is clear. It can imply an underlying feeling of ownership, as in this is ‘our’ or ‘the’ street.

In some creative song lyrics, streets may not need names, but neighbourhood streets do. Street names can become uniquely personable, clothed in special meaning, sometimes known only to those living there, or perhaps to those who wish they did live there. Neighbourhoods — where streets have a name, and a special connection.

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Talking turkey in and around Manor Park

By Diana Poitras

I doubt there is anyone residing in Manor Park — or indeed, the surrounding areas — who have not seen or encountered the wild turkeys who make their home mostly in the Beechwood Cemetery

woods.

The turkeys have been part of our neighbourhood landscape for some years now and seem to be thriving in their habitat.

As a resident of Hemlock Road, it is quite common to see traffic stopped both ways

as the turkeys make their way across the street to or from the cemetery. Recently, we had four of these large fowl in our maple and crab apple trees. That was quite a sight!

In the fall, two signs cautioned drivers to watch for turkeys crossing the road. The signs are bright orange with large print and have done an

admirable job of safeguarding the turkeys from vehicular traffic. The turkeys thank whoever created and posted these signs.

Below are some fun answers to the question: “Why did the wild turkey(s) cross the road?”

- To prove they weren't chicken(s).
- To show they had guts.

(Not with on Hemlock Road thanks to the posted signs!)

- Because it was the chicken's day off.
- To get away from the gravy train.
- They heard the food was better on the other side.
- To shake their tail feathers. (An impressive sight).



Starting March 30, 2026, your waste collection day may change.

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2026-0006



Above: A bright sign along Hemlock Road alerts drivers to the possible presence of wild turkeys.

PHOTO: RYLAND COYNE



Right: Photographer Dave Keys captured a close-up of this wild turkey at Beechwood Cemetery recently.

PHOTO: DAVE KEYS

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MEET YOUR NEIGHBOUR

Nina Lepage

Who are you?
Nina Munthe-Lepage

Where were you born?
Wimbledon, UK

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

I have taught and practiced different forms of fitness all my adult life. I became a Hatha Yoga teacher eight years ago, and a Nordic Walking master trainer 15 years ago. I am also a personal trainer and fitness trainer. I wanted to be a physiotherapist when I was younger.

What is the most important thing in your life right now?
My family and close friends.

Why do you live in Manor Park?
It is the best community that I have ever lived in.

If you could live anywhere else in the world, where would you go and why?
I have family in Sweden and like to spend time there, but Canada is my home.

What do you do to stay healthy?
I exercise daily, eat healthily and practice breathwork and meditation.

What has been one of your biggest challenges?
Each age has its challenges. The biggest challenge is finding the best way to navigate as you go along in life.



Medecins Sans Frontieres.

What is your favourite childhood memory?
Skiing in the Austrian Alps with my parents and my sister.

My favourite thing about Ottawa is....?
The great walks along the rivers and the Canal, and the proximity to the Gatineau Hills and cross country skiing. I love being outdoors in nature in all weather.

My least favourite thing about Ottawa is....?
I do not like the freezing rain.

Where do you see yourself in five years?
Still living in Manor Park.

What do you wish to teach your children about the world?
To be thoughtful, patient and understanding and to give time to their community.

When all is said and done.....?
I am so happy to have moved to Canada all those years ago and to be welcomed to such a friendly neighbourhood with my family and friends.

What was the last book you read?
Breath by James Nestor.

If you could have dinner with any three people alive or dead, who would you choose? What would you serve?
I would invite friends from Sweden and the UK, Katherine, Emma and Karin. I would serve gratin au poisson, spinach and mashed potatoes, and a green side salad, followed by an apple dessert.

Who would you cast to play you in a movie about your life?
My daughter Sophia.

If I won the lottery, I would spend my winnings on....?
I would donate a portion to our local food bank and to

Meet Your Neighbour is co-ordinated by Jennifer Morin and Jennifer Elder. If you would like to be profiled or like to nominate someone, please email editor@manorparkchronicle.com.





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Aging in place: Why it matters for seniors and our community

FROM THE DESK OF:



MPP/Ottawa-Vanier
député d'Ottawa-Vanier
LUCILLE COLLARD

As our population ages, more seniors are expressing a clear preference: they want to remain in their homes and communities for as long as possible. Aging in place is not only a personal choice; it is a public priority with important implications for health, well-being, and public spending.

For many older adults, home represents independence, familiarity, and connection. Remaining at home allows seniors to maintain routines, stay close to family and friends, and continue contributing to the neighbourhoods they helped build. It also makes financial sense. Home-based care is significantly less expensive than institutional care.

Governments have introduced measures to support this shift. In Ontario, the Seniors Community Grant Program funds initiatives that help older adults stay active and connected. Ontario Health Teams are working to better coordinate care locally. Federally, the Home Accessibility Tax Credit and the Multigenerational Home Renovation

Aging in place is not only a personal choice; it is a public priority.

Tax Credit help offset renovation costs.

Barriers remain

Despite these efforts, real barriers remain. Many seniors face delays in accessing home care due to staffing shortages. Most homes in Manor Park, and across the city, were not designed with accessibility in mind — stairs, narrow doorways, and bathrooms without mobility supports can make daily life challenging.

For seniors on fixed incomes, property taxes, rent, and renovation costs can become overwhelming. Family caregivers often shoulder heavy responsibilities without adequate respite or financial support. And as more services move online, digital barriers risk leaving some seniors behind.

There are practical solutions. We can invest more in home care staffing and wages, particularly for personal support workers. We can expand accessible and affordable housing options, retrofit older homes, and ensure new developments are age-friendly. We can strengthen caregiver supports and improve internet navigation services so seniors can more easily access programs. Expanding digital literacy initiatives is also es-

sential.

In Ottawa-Vanier, targeted local initiatives — such as the new Ottawa Nurse Practitioner-Led Clinic prioritizing underserved residents — demonstrate what focused action can achieve. But aging in place requires stronger coordination across housing, health, and community services.

As a community, we have an opportunity to lead by example, and to make Manor Park and the surrounding neighbourhoods not just places to grow up, but places to grow old with dignity, independence, and support.

Let's keep this conversation going, in our homes, at City Hall, and at Queen's Park.

—Lucille Collard,
MPP for Ottawa-Vanier

♦♦♦

Vieillir chez soi: pourquoi c'est important pour les aînés d'Ottawa et notre communauté

À mesure que notre population vieillit, de plus en plus d'aînés expriment une préférence claire : ils veulent rester chez eux et dans leur communauté aussi longtemps que possible. Vieillir chez soi n'est pas seulement un choix personnel, c'est aussi une priorité publique qui a des répercussions importantes sur la santé, le bien-être et les dépenses publiques.

Pour de nombreuses personnes âgées, le domicile est synonyme d'indépendance, de familiarité et de liens sociaux. Rester chez elles permet aux personnes âgées de conserver leurs habitudes, de rester proches de leur famille et de leurs amis, et de continuer à contribuer à la vie du quartier qu'elles ont aidé à bâtir. C'est également avantageux sur le plan financier. Les soins à domicile sont nettement moins coûteux que les soins en établissement.

Les gouvernements ont mis en place des mesures pour soutenir cette transition. En Ontario, le Programme de subventions aux communautés pour les personnes âgées finance des initiatives qui aident les personnes âgées à rester actives et connectées. Les équipes de santé de l'Ontario s'efforcent de mieux coordonner les soins au niveau local. Au niveau fédéral, le crédit d'impôt pour l'accessibilité domiciliaire et le crédit d'impôt pour la rénovation domiciliaire multigénérationnelle contribuent à compenser les coûts de rénovation.

Des obstacles subsistent

Malgré ces efforts, des obstacles réels subsistent. De nombreuses personnes âgées doivent attendre longtemps avant de pouvoir bénéficier de soins à domicile en raison du manque de personnel. La plupart des maisons à Manor Park et dans toute la ville n'ont pas été conçues dans un souci d'accessibilité : les escaliers, les portes étroites et les salles de bains sans aides à la mobilité peuvent rendre la vie quotidienne difficile. Pour les personnes âgées disposant d'un revenu fixe, les taxes foncières, les loyers et les coûts de rénovation peuvent devenir insupportables. Les aidants familiaux assument souvent de lourdes responsabilités sans bénéficier d'un répit ou d'un soutien financier adéquats. Et à mesure que de plus en plus de services sont proposés en ligne, les obstacles numériques risquent de laisser certaines personnes âgées sur le carreau.

Il existe des solutions pratiques. Nous pouvons investir davantage dans le personnel et les salaires des soins à domicile, en particulier pour les préposés aux bénéficiaires. Nous pouvons élargir les options de logement accessibles et abordables, rénover les maisons anciennes et veiller à ce que les nouveaux aménagements soient adaptés aux personnes âgées. Nous pouvons renforcer le soutien aux aidants naturels et améliorer les services d'orientation afin que les personnes âgées puissent accéder plus facilement aux programmes. Il est également essentiel de développer les initiatives en matière de culture numérique.

À Ottawa-Vanier, des initiatives locales ciblées, telles que la nouvelle Clinique dirigée par du personnel infirmier praticien d'Ottawa qui donne la priorité aux résidents défavorisés, démontrent ce que des actions ciblées peuvent accomplir. Mais vieillir chez soi nécessite une coordination plus étroite entre les services de logement, de santé et communautaires.

En tant que communauté, nous avons l'occasion de montrer l'exemple, afin que Manor Park et les quartiers environnants ne soient pas seulement des endroits où l'on grandit, mais aussi des endroits où l'on vieillit dans la dignité, l'indépendance et le soutien.

Poursuivons cette conversation, chez nous, à l'hôtel de ville et à Queen's Park.

—Lucille Collard,
députée provinciale
d'Ottawa-Vanier

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■ Looking Back ■

The Chronicle takes a glance back at some of the issues that made the news in Manor Park during the month of March from 75, 50 and 25 years ago.

March 1, 1951

In an effort to provide better bus service for Manor Park, the Ottawa Transportation Commission has put two extra unscheduled buses to work temporarily on the Manor Park route.

Lionel Tipple, Community Association chairman, and Robert Young, chairman of the sub-committee on transportation, met with W. Purdy, OTC supervisor of traffic, to discuss the possibility of improved service. He was informed that the company was running a bus from Manor Park at 8 a.m. each day, an arrangement that would be made permanent if the traffic held up after the advent of warm weather.

In addition, an unscheduled bus was being run, when available, during the rush period between 5 and 5:30 p.m. from the Chateau.

Construction of 78 houses on the last remaining sector of the "original" Manor Park area is to be started as soon as the spring thaw begins, officials of Peerless Houses of Canada Limited have announced.

The tract includes all the land, with the exception of three lots, between the school area and Birch avenue, and between Eastbourne avenue and Hemlock road.

St. Columba's Anglican Mission, continuing its rapid expansion and tireless drive forward, has set an objective of \$15,000 to be raised for erection of a parish hall in Manor Park. The committee in charge has set its sights on having such a building this year and already reports close to \$2,000 in its building fund.

SPRING, 1976

Florence Paper Co. accepts all kinds of wastepaper, not only your old newspapers. It is shredded and sent to paper manufacturers for using again. If you take a large quantity they might even pay you for it!

And while you are taking your paper for recycling, why not take your glass and tin to the City Depot on Innes Road at the same time.

Plans are being laid to arrange for a paper collection in Manor Park starting in the fall. So, please start keeping your newspapers from now and throughout the summer. Florence Paper Co. are offering \$8.00 per ton at the present time.

Samir Khouri owns André Confectionery. When he bought the store 18 months ago he decided to name it for his son, André, then a year old. He and his wife live on Alvin Road.

When Sam immigrated to Canada from Lebanon about 10 years ago, he went to Montreal to stay with his sister, but soon decided to make Ottawa his home. He first worked at the Brittany Smoke Shop and then Mac's Milk. Like so many of us in the Manor Park area, he is very happy in this particular corner of Ottawa.



March, 2001

Believe it or not, spring really is just around the corner and before you know it, Manor Park School's most important fundraiser, the Mayfair will be celebrating its 50th anniversary!

Since 1951 parents, teachers and friends in the surrounding community of Manor Park school have been taking part. The funds from this event have greatly enriched our children's educational experience and today are an integral part of the School Council's budget which helps provide essential books, equipment and services for the children of Manor Park School.

The theme in this 50th Anniversary year is "A Twenty-First Century Education".

Once again the annual Manor Park Dance at the St. Laurent Complex was an unqualified success thanks to the superior organization, attention to detail and sheer hard work of coordinators Sharleen Tattersfield, Andree Desjardins and Laura Boutin, aided by a great team of volunteers.

Thank you to everyone who helped make this event such a big success.

Among the many special features of the evening, the distribution of disposable cameras at the tables was a particularly good idea. Another highlight of the evening, once again, was the record number of wonderful door prizes. I don't think a single couple went home empty handed.

The Annual Manor Park Skating Party was held on January 20th. Beautiful weather and good crowds made the event a great success. Over 150 families came out to enjoy good food, great ice and lots of fun.

In addition to the popular "Shoot to Win" program which had eager competitors lined up the length of the rink waiting their turn, there were Snowshoe Races, a Tug of War, Hardest Shot competition, children's races, relay races and parent's races.

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OPL St-Laurent Branch programs for March and April

Adult Programs
St. Laurent English Book Club: Last Thursday of the month, at 10 a.m.
March 26: "Foster" by Claire Keegan
April 30: "The Oligarch's Daughter" by Joseph Finder

Come to the library to watch some great movies.
Movie Nights: It's time to watch a movie!
March 9, 6 p.m.: Karate Kid: Legends
April 13, 6 p.m.: The Wedding Banquet
C'est le temps pour un film ! (in French)
March 23, 6 p.m.: Tu te souviendras de moi
April 27, 6 p.m.: Kuessipan

Winter Paralympics screening
March 9, 3:35 - 5:35 p.m.: Para hockey, Canada vs. Japan
March 13, 2:05 - 4:05 p.m.: Para hockey semi-finals.
Diffusion des Jeux paralympiques d'hiver (in French)
March 6, 1:30 - 5 p.m.: Cérémonie d'ouverture
March 12, 1:35 - 4:05 p.m.: Curling en fauteuil roulant, Canada vs. USA

Armchair travel: Ireland/Scotland
March 2, 6 p.m.
Photos and narration from multiple trips via car, ship, bus. Ireland travel includes Cork, Dublin, Northern Ireland (Belfast, Londonderry, Giant's Causeway) and the west coast (Cliffs of Mohr, Connemara). Scotland trips include Hebrides, Edinburgh, Inverness, Shetland Islands. Presented by Lynda Buske

from the Ottawa PC Users' Group and the Orleans Photo Club.
Registration required.

To register for programs, follow these simple steps:
• go to the library website <https://bibliooottawalibrary.ca/en/program>
• filter your search, e.g. Locations - St. Laurent
• click "Log in to register" or "Register" if you are already logged in and enter the required information.
Most programs do not require registration, but you can add the program to your calendar.

Clinique mobile juridique gratuite (in French)
March 19, 1 p.m.
Un avocat du Centre d'information juridique de l'Ontario sera sur place pour offrir de l'information juridique spécifique à l'Ontario et répondre à vos questions.

L'avocat vous fournit des explications générales de la loi ainsi que de l'aide à comprendre vos problèmes juridiques et les moyens possibles de les résoudre. L'avocat n'offre pas de conseils juridiques ou de services de représentation.

Premier arrivé, premier servi. Rencontre de 30 minutes confidentielle et gratuite.

Présenté par Centre d'information juridique de l'Ontario.

Month of la Francophonie Movie Showing: On s'active pour l'environnement ! Forêts urbaines (in French)
March 26, 4:30 p.m.
De Montréal à Vancouver, en

passant par Varennes, Toronto, Laval et New Westminster, ce documentaire captivant nous conduit dans un voyage inspirant à la découverte d'initiatives citoyennes qui redonnent vie à la nature en pleine ville. À l'écran, des arbres qui poussent là où on ne les attendait plus, des quartiers qui se transforment et, surtout, des gens — jeunes, moins jeunes, francophones et anglophones — qui retroussent leurs manches pour verdir leur environnement.

Forêts urbaines, c'est bien plus qu'un film ; c'est le portrait vibrant d'un mouvement populaire qui fait rimer écologie avec action. Un antidote au découragement, une bouffée d'air frais, et une invitation à croire que le changement est non seulement possible, mais déjà en marche.

Children's Programs
The Box of Life Worm School
March 16, 2 p.m.
Learn about the fascinating world of composting and earthworms, about how to set up and maintain their habitat, what and how to feed them, and the importance of healthy soil and worm castings.

Family program for ages 4+. *Registration required* at <https://bibliooottawalibrary.ca/en/program>

Lego® Block Party / Ça dé 'bloc'
March 20, 10:30 a.m.
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OPINIONS AND ARGUMENTS

Vehicle engine idling: is it the world's worst choice?

By Chris Penton

Most of us have done it: sitting in the car scrolling through pointless memes and videos while the engine hums like a very expensive, very toxic heater or AC unit. You justify it by convincing yourself it's only for a short time, but it never is. If environmental destruction offered an individualized weapon, it would be engine idling.

Capital idling

According to Ottawa Public Health, idling a vehicle for 10 minutes can waste 300 to 500 millilitres, or half a litre, of fuel. Every litre of gasoline consumed produces 2.3 kg of carbon dioxide. There is a lot of math to do here to explain how this number directly affects us; sadly, I am not the man for the job. I'll offer only that every kilogram of pointless CO₂ emission is a kilogram too much.

City of Ottawa staff estimate that if every light- and medium-duty vehicle in Ottawa reduced its daily idling by just two minutes, it would cut carbon dioxide emissions by approximately 31.2 million kilograms over one year. Again, what does that mean? 31.2 kg is roughly one percent of Ottawa's total transportation emissions. That is significant.

New, stiffer anti-idling by-laws were introduced at the beginning of 2025. To date, there have been 288 complaints, 8 charges laid, 10 written warnings and 19 verbal warnings. All noble efforts on the part of By-law, but how does anyone expect this to be enforced effectively?

Idle health

Idling exhaust sticks around at ground level, meaning the people closest to it — kids, the elderly, pedestrians minding their own business — get front-row seats to an involuntary lung workout.

You know that feeling when you walk past an idling car and instantly regret all your life choices? Your throat tightens, your eyes water, and your soul briefly leaves your body.

After digging deeper, I discovered that air pollutants can damage the respiratory and cardiovascular systems, leading to asthma, COPD, lung cancer, heart attack, and stroke. They can also damage the brain, liver, kidneys, immune and reproductive systems, and can even increase the risk for diabetes — just when you cut out sugar!

Un-idling wallet

Gas ain't getting any cheaper. For every 10 minutes of idling, the average three-litre engine vehicle loses more than a cup

(330 millilitres) of fuel, according to NRCan. Depending on the vehicle, those 10 minutes, at today's prices, could range from \$0.48 to \$0.52. Mere pennies? Do that ten-minute stretch every day of the year and you're looking at \$180; roughly the cost of a decent pair of AirPods or a couples date at Le Nordik Spa.

Your house idling all day to keep you warm is already costing you a bundle. Why tack on the cost of pointlessly running your car? Idling for more than 10 seconds is generally less fuel-efficient and produces more CO₂ than turning the engine off and re-starting it.

Plus, engines hate idling. Prolonged idling is bad for an engine, not only because it wastes fuel, but it also causes excess wear on engine components like sparkplugs and cylinders, and dilutes fuel in the engine oil. The latter can lead to the reduction of lubricating properties on many other parts of your engine.

Idling is one reason why

your repairs get more expensive, and how your mechanic can afford the latest addition on his Big Rideau cottage.

Idle justification

Let's talk about the classic excuses:

"I'm just waiting for my son to finish school."

Then wait inside the already heated building.

"It's cold out!"

Your engine warms up faster when you drive it; it works much harder to heat you when sitting still. See above section on engine damage.

"It's only a minute."

No one in the history of motor vehicles has ever idled for a single minute. Ever. One minute soon becomes 10.

"I'm warming up my vehicle."

Wrong again. Since the mid '90s, cars have mostly been made with fuel injection. There is zero need to warm your car up beyond two minutes.

"I'm in a drive thru."

I'll spare you my added

rant on drive-thrus as an essential ingredient in the downfall of society and repeat only — park and go into the toasty warm building to get your doughnut.

"I'm just popping in quickly."

Perhaps the most egregious offence of them all; the person who is so selfish, they leave their empty car idling while they shop. Truly shocking behaviour.

Not-so-idle conclusion

Idling is a rude, obnoxious habit. Like not signaling or using the speakerphone in public, it continues only because no one wants to confront it.

Is it indeed the world's worst choice? Yes. The alternative is just too easy — turn off your engine.

Chris Penton is the president of Ottawa Street Markets, which includes Beechwood Market and the Farm Store, 1805 Gaspé in Manor Park.



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GOOD DOG:

Training framework and basic equipment

By Gregory Thompson

In the previous issue of the *Manor Park Chronicle*, we considered the importance of behaviour and obedience training and proposed achievable goals for each. Attention was also given to essential leadership abilities and the importance of a strong human-dog bond. Interested readers can find earlier issues of the *Good Dog* column online at <https://manorparkchronicle.com/>.

In this column, we introduce readers to a training framework that strengthens your leadership and the human-dog bond, identify common practices to avoid, and discuss basic care, housing and training equipment.

Training Framework

Firm, Fair and Friendly: How is the best way to manage the four major training elements at play: obedience, behaviour, leadership and bond? Remember, strong leadership, above all, and a strong human-dog bond are essential ingredients to the success of your training program. The best approach, I believe, is one integrating the four elements noted above. My friend and dog-training mentor, Mike Ducross, puts it quite simply: "Your training methods must be *firm, friendly and fair*." In practice, Mike says:



train your dog on obedience and behaviour (*firm*); reward and praise solid effort and success (*friendly*); and insist on full compliance only when you are certain the dog has adopted the desired behaviour and/or learned the command (*fair*).

Communication: Human-dog communication is also of critical importance to your success as a leader. But trainers should not be under any illusion that understanding and communicating with your dog is easy. Fortunately for dog trainers, Stanley Coren's book *How to Speak Dog — Mastering the Art of Dog-Human Communication* (Free Press, New York, 2000) explores this topic in detail, offering practical training guidance. For your dog to accept your leadership and want to please you, Coren advises that as pack leader your communication needs to establish you are dominant, and the dog is accepted as a pack member and can expect to enjoy a peaceful life. When we turn to the "how-to" of train-

ing (including applying the firm, friendly and fair principles noted above), human-dog communication techniques will be much in evidence.

Four Practices To Avoid

In your efforts to successfully train your dog, be aware of common "practices" that can weaken your status as leader, undermine the human-dog bond, undo your training, and even create a safety risk. Here are four very common "practices" trainers should avoid.

- Once you have taught your dog the command, do not repeat it expecting the dog to eventually comply. This simply teaches your dog to ignore you.
- In training your dog, don't rely exclusively on treats. Your dog may understand your command but will ignore you if a treat is not in the offing. And even if a treat is available, dogs often become distracted and ignore the treat.
- Don't pick up your dog when it halts and refuses to move, nor pick it up and attempt to calm barking and aggression when encountering another dog. In so doing, you inadvertently reward and reinforce undesirable behaviour.
- Finally, retractable leashes and harnesses (with one

exception discussed below) serve no useful purpose for dog training. Neither allows the handler to properly control or correct and worse, they enable the dog to make the decisions.

Grooming, Housing And Training Equipment

Among the references I recommended in our opening column, two books are of note in regard to care, grooming, training and housing: Gwen Baily, *The Perfect Puppy* and Nona K. Bauer, *The Complete Idiot's Guide to Golden Retrievers*. In the upcoming "how-to" columns we will discuss training in greater detail, including the purpose and use of the tools and equipment discussed below.

Grooming and Treatment: Basic grooming and care are well within the ability of the average dog owner. With a few simple tools and a bit of knowledge, grooming, nail trimming, ear and eye cleaning, foot care, and teeth brushing are easy. Regular dog care contributes to good health in addition to ensuring your dog is easy to handle, groom and treat, something veterinarians and professional groomers appreciate. The usual list of tools includes brushes, combs, blunt-nosed scissors, nail cutters, ear cleaning solutions, shampoo, doggy towels, food and water bowls. Your veterinarian can provide guidance on dog grooming and care and

there is plenty of great information in the two books referenced above. But don't make the mistake of trying to groom or treat your dog on the floor – you are at a considerable disadvantage. Most veterinarians and groomers rely on a waist-height table with a smooth metal surface. At home, I recommend a sturdy table, or if space does not permit, then a folding-leg aluminum work table, one with locking legs. Always help the dog on and off the table and never let them jump down on their own.

Housing and Transportation: You will need proper sized dog crates both for your home and for your vehicle. As a safe and comfortable haven, your dog should be able to stand, sit and comfortably lie down in the crate. Additionally, for puppy training and containing the antics of an adolescent dog, a portable folding wire pen is recommended. For safety reasons, specifically to avoid entanglement and choking, ensure the dog's collar does not have any dangling metal tags on it and remove all other collars before placing your dog in a crate or pen.

Training Equipment: The basic requirements for obedience training include the following items:

- A well-fitted flat collar with your name and address on a metal plate riveted to the collar.
- A training collar of your

>>CONTINUED ON PAGE 38

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DOGS IN THE 'HOOD



The Chronicle would love to feature your dog in our Dogs in the 'Hood column. Send digital photos and a brief introduction to dogsinthehood.chronicle@gmail.com



CLEMENTINE

Meet Clementine, a 10-year-old mini-poodle who shares a home, but never a bed or treat, with her long-legged rival Peaches. Champagne curls, dark eyes, a wide smile and tiny frame belie her feisty temperament. Loyal to her master, she protects home and grounds with a penetrating bark. A champion lap jumper and tireless ball chaser, she protests, with a growl, to being groomed.



MARTY

Marty is a four-month-old whoodle with an appetite for paper, socks and chasing stuffed squirrels. Marty's coat is a rich chocolate brown right now, but his vet says he'll be blonde by summer. With a complete set of vaccines and warmer weather, Marty is now hitting the park scene to socialize with dogs and people. He's happy to call Manor Park home!



AMELIA

I'm Amelia, but my friends call me Millie. My career as a guide dog didn't work out as planned, so I pivoted, found myself a family in need of a sweet, good-natured three-year-old yellow lab, and made myself right at home! I'm a foodie who loves cuddles, walkies and meeting new friends. I can't wait for everyone to come out of hibernation so I can meet more!



PEACHES

Peaches is a 16-year-old, pure white Afghan hound with dark brown eyes and a shiny black nose. The epitome of silliness and style, she loves lounging on a sofa or bed and leading her master and rival, Clementine, through Manor Park - even on chilly nights. Peaches has many thoughtful neighbours to thank for kindly herding her back home on occasions when she decides to escape.

Spring's a-coming

Like their owners, our canine companions relish the arrival of early spring. Curious and often transfixed by fresh scents and unearthened relics of winter, exercise extra vigilance and caution in the months of March and April.

Ease into exercise:

If they've been less active in winter, start slow with short walks and light play sessions before increasing intensity.

Avoid toxic plants & pesticides:

Spring blooms are beautiful, but lilies, tulips and daffodils can be toxic if ingested. Be on the lookout for the use of potentially poisonous fertilizers, herbicides and pesti-

cides in gardens and parks.

Be mindful of ticks and fleas:

Once temperatures climb above 0 C, ticks and fleas become active. Avoid the edges of cedar hedges (where ticks nest) and, if walking in grassy or wooded areas, check regularly for ticks. Now's the time to consult your vet about preventive treatments!

Monitor Allergy Symptoms:

Like their humans, pets can develop seasonal allergies. Sneezing, excessive scratching or watery eyes may be signs of reacting to pollen or other allergens. Wipe down their paws after each outing and talk to your vet if concerned.

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Federal programs aim to build stronger communities

FROM THE DESK OF:



Member of Parliament
Ottawa-Vanier-Gloucester
MONA FORTIER

The Canada Child Benefit, and the National School Food Program, has been designed to ease the cost-of-living pressures many residents are facing and to ensure everyone has access to vital necessities.

barriers to oral health care and supports overall well-being for families across our community.

Period of concern

I also recognize that many public servants and their families are experiencing a period of concern and uncertainty. Please be assured that the government will implement the budget decisions outlined in Budget 2025 in a thoughtful and transparent manner. The reorganization of the public service will occur primarily through natural attrition and voluntary departures, supported by transition measures for those affected. The federal government will continue to be a leading employer of choice in the National Capital Region.

Do you need help filing your income tax return? We're here to support you. Join me and your provincial MPP, Lucille Collard, for our free tax clinics taking place on March 28, April 11, 18, and 25 from 9 a.m. to 12 p.m. at 233 Montréal Rd. Reserve your spot by calling 613-998-1860 or emailing mona.fortier@parl.gc.ca.

■ ■ ■

Chères résidentes, chers résidents,
Alors que nous entamons

l'année 2026, nous sommes ravis de partager les progrès qui ont été introduits pour soutenir notre communauté.

L'un des points forts de cette année a été la poursuite de la mise en œuvre de programmes tels que l'initiative d'une nouvelle stratégie industrielle, qui vise à encourager des options de transport respectueuses de l'environnement. Ce programme reflète notre engagement en faveur de la durabilité et de la réduction de notre empreinte carbone, afin d'assurer un avenir plus propre et plus sain pour tous.

De plus, le gouvernement a récemment introduit la nouvelle Allocation canadienne pour l'épicerie et les besoins essentiels qui apportera un soutien significatif à plus de 12 millions de Canadiens dont plusieurs dans notre communauté. Ce programme et ceux en vigueur dont la réduction d'impôts pour les 22 millions de Canadiens permettant jusqu'à 840 \$ pour une famille à deux revenus, l'Allocation canadienne pour enfants et le Programme national d'alimentation scolaire, ont été conçus pour alléger le coût de la vie auxquelles de nombreux résidents sont confrontés et pour garantir que chacun ait accès aux nécessités indispensables.

Une autre initiative importante visant à soutenir les résidents est le Régime canadien de soins dentaires, qui contribue à assurer l'accès à

des services dentaires essentiels pour ceux qui en ont le plus besoin. Ce programme réduit les obstacles financiers aux soins buccodentaires et soutient le bien-être général des familles de notre communauté.

Période d'inquiétude

Je sais aussi que plusieurs fonctionnaires et leurs familles vivent également une période d'inquiétude et d'incertitude. Sachez que le gouvernement appliquera les décisions budgétaires telles que présentées dans le Budget de 2025, de manière réfléchie et transparente. La réorganisation de la fonction publique se fera surtout par l'attrition naturelle et les départs volontaires, accompagnés par les mesures de soutien et de transition des personnes touchées. Le gouvernement fédéral continuera d'être un employeur de choix de premier plan dans la région de la capitale nationale.

Besoin d'aide pour remplir votre déclaration de revenus? Nous sommes là pour vous accompagner ! Joignez-vous à moi et à votre députée provinciale Lucille Collard, lors de nos cliniques d'impôt gratuites qui auront lieu les 28 mars, 11, 18 et 25 avril de 9h à 12h au 233, ch. Montréal. Réserver votre place au 613-998-1860 ou à mona.fortier@parl.gc.ca.

Mona Fortier
Députée /
MP Ottawa-Vanier-Gloucester

port to more than 12 million Canadians, including many in our community. This program, along with existing measures such as the tax cut for 22 million Canadians — providing up to \$840 for a dual-income family — the Canada Child Benefit, and the National School Food Program, has been designed to ease the cost-of-living pressures many residents are facing and to ensure everyone has access to vital necessities.

Another important initiative supporting residents is the Canadian Dental Care Plan, which helps ensure access to essential dental services for those who need it most. This program reduces financial

Dear residents,

As we begin the year 2026, we continue to move forward, and we are excited to share the progress in making our community stronger and more supportive.

One of the highlights so far has been the continued implementation of programs such as the new industrial strategy, which encourages environmentally friendly transportation options. This program reflects our commitment to sustainability and reducing our carbon footprint, ensuring a cleaner and healthier future for everyone.

In addition, the government has recently introduced the new Canadian Grocery and Essentials Benefit, which will provide significant sup-



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Rideau-Rockcliffe CRC free Income Tax Clinic delivers \$5.2 million in benefits to residents

By Gabrielle Davis

When tax season arrives, it can bring stress and uncertainty for anyone. For low-income residents navigating complex forms and deadlines, it can mean the difference between being able to buy groceries or going without.

This spring, the Rideau-Rockcliffe Community Resource Centre (RRCRC), located at 815 St. Laurent Blvd., will once again offer a free Income Tax Clinic to ease that burden, helping Ward 13 residents access the refunds and benefits they depend on.

Held from March 2 to April 30, 2026, the clinic operates as part of the Canada Revenue Agency (CRA)'s Community Volunteer Income Tax Program (CVITP), which, the CRA notes, supports community organizations in providing free tax preparation for people with "modest incomes and simple tax situations."

For many individuals and families, filing taxes is the key to unlocking essential income supports — lifelines that could help with rent, groceries and other basic needs. Without a filed return, benefits such as the Canada Child Benefit, GST/HST credits, and other provin-



Members of the 2025 free income tax clinic volunteer cohort are all smiles as they join some staff members from RRCRC for a photo. PHOTO: SUBMITTED

cial and federal programs can remain out of reach.

Last year's success

Before the tax clinic opens its doors again this year, let's look at last year's success.

Thanks to the dedication of one staff member and 23 committed volunteers, the RRCRC completed 1,040 income tax returns in Ward 13. Those returns generated an extraordinary \$5,198,058.14 in direct financial benefits for residents.

Behind these numbers is a powerful story of community care.

From February through the end of April 2025, volunteers contributed a remarkable 2,230 hours of service to the Income Tax Clinic. Most of these volunteers were newcomers to Canada seeking their first oppor-

tunity to gain Canadian work experience. RRCRC welcomed them, provided training, and supported them in developing practical skills related to tax preparation, customer service, and administrative procedures.

The clinic became more than a place to file taxes — it became a space for professional and social integration. Volunteers built friendships, expanded their networks, and gained valuable Canadian experience to add to their résumés. For some, this first opportunity led directly to employment before the clinic even ended. Their success highlights how community initiatives can create ripple effects, strengthening both individuals and the broader community.

The impact was equally meaningful for residents ac-

cessing the service.

"For our community members, the free income tax clinic is a space where they are greeted with a smile and supported by a dedicated team that guides them through the process with care and professionalism," said Aline Abdounour, RRCRC Community Support and Development Lead. Aline has been overseeing the Income Tax Clinic since it started in 2020.

Flexibility

Understanding that flexibility is essential, RRCRC implemented a document drop-off procedure last year. This option allowed individuals who could not wait on-site — or who had work, caregiving, or other commitments — to leave their tax documents securely and return later. This ensured the clinic remained accessible, practical, and responsive to community needs.

Accessibility also meant bringing the service directly into neighbourhoods.

While one volunteer remained on-site at the RRCRC to assist residents at the Centre, the team travelled to various community locations throughout Ward 13. Through long-standing partnerships, the clinic operated in Ottawa

Community Housing (OCH) buildings, at co-operative housing sites, and at the Overbrook Community Centre setting up in community rooms to reach residents with reduced mobility or those unable to travel.

Positive results

The result is clear: more than 1,000 residents received free, high-quality support in filing their taxes, and almost \$5.2 million flowed back into the local economy. That money helps families pay rent, buy groceries, cover transportation costs, and manage rising living expenses. It strengthens financial stability and contributes to the overall well-being of the community.

The 2025 free Income Tax Clinic at the Rideau-Rockcliffe Community Resource Centre stands as a powerful example of what is possible when dedicated volunteers, strong partnerships, and community-focused leadership come together.

Appointments are already open for RRCRC's 2026 free Income Tax Clinic. You can learn more on our website at <https://www.crcrr.org>.

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



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Fern Hill students spread kindness, one sandwich at a time

Young people inspire school-wide movement of compassion, giving, and community service

By Kevin Kablutsiak

What began as a simple classroom conversation about food insecurity has grown into a school-wide act of giving at Fern Hill School, an independent school in New Edinburgh.

The initiative started three years ago in teacher Cindy Bennell's Grade 3 class. Students were discussing food insecurity in connection with a school food drive supporting the Ottawa Food Bank. During that conversation, one student thoughtfully asked, "What good is collect-

ing food if someone doesn't have a can opener or a kitchen to cook in?" The question sparked a deeper discussion, and ultimately, a call to action.

Another student shared that her brother had helped make sandwiches for people in need through his church group. From there, the class came up with an idea that felt practical and personal: preparing brown-bag lunches. Each bag would include a sandwich, a piece of fruit, a juice box, cookies, and, thanks to one child's suggestion, a handmade card to

bring a little extra joy to whoever received it.

Around the same time, another Fern Hill teacher mentioned Highjinx, a Centretown shop that also serves as a grassroots community hub and accepts food donations. Fern Hill reached out to ask whether Highjinx might welcome the bagged lunches students were preparing. Their team gladly accepted, and a meaningful partnership began.

Growing momentum

This school year, the initiative has grown with even more momentum. With the help of Fern Hill's parent volunteers, students have assembled more than 70 brown-bag lunches filled with food, drawings, and encouraging messages.

What started as a small classroom project has now become a school-wide tradition. Inspired by the Grade 2 and 3 students who helped carry the idea forward, every grade at Fern Hill — Grades 1 to 8 — now prepares bagged lunches throughout the year. Highjinx receives a delivery each month, creating a steady and reliable stream of support from the Fern Hill community.

Students and staff alike are proud of how far this idea has come. It is remarkable that one conversation, and one class wanting to help, has grown into an ongoing commitment to giving back. It's also a real lesson in the power of kindness, generosity, and community service.

Fern Hill students are learning firsthand that kindness has no age limit. As one student put it best: "We might

only be in Grade 2, but we can still help make the world a better place."

To support Highjinx Ottawa: highjinx@live.ca or text 613-864-4289 /613-298-8302.



Grade 2 students and parents work together to prepare sandwiches for bagged lunches. PHOTOS: CINDY BENNELL



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New play highlights challenges and joys of Ottawa seniors

Burning Passions Theatre will premiere a new play about the lives of Ottawa seniors with four performances at the wheelchair-accessible Rideau-Rockcliffe Community Resource Centre Drama Room on Thursday, March 26 and Friday, March 27, 2 and 7 p.m. each day.

A Circle Complete, written by company Artistic Producer and director Laurel Smith, is the last in a trilogy of works produced by the company's Seniors Sharing Stories project, an arts in the community training initiative which, since 2024, has produced works based on ideas from community elders, who represent Ottawa's fastest growing demographic. The plays have toured Ottawa community centres and seniors' residences.

"I love this moving and darkly humorous production," says performer Joanne Veillette, who also appeared in the trilogy's first production, *A Circle of Care*. "In this play, a dying mother's final days bring two strong-willed women face to face — her long-absent sister and the devoted daughter who never left her side. As old wounds resurface and tensions rise, sharp wit gives way to raw emotion."

Smith says she was inspired to write the play about a difficult subject shrouded in social taboos, yet which happens to every single person on the planet. "What happens when our parents are reaching end of life?" she asks. "How do we cope when powerful feelings of love, anger, denial and grief arise? How do we get through



Angela Pelly, Deborah Bolton, Janet Bowes, Sheila Knight, and Tammy Southin in *A Circle of Time*, the third in the Seniors Sharing Stories trilogy. PHOTO: JEAN-DENIS LABELLE

it with compassion, and even — dare we say it — a sense of humour and joy?"

Dutiful daughter

The play also features Tammy Southin, who plays the dutiful daughter of a crusty mother with whom relations have always been on the edge of conflict.

"Aging doesn't need punishment, it needs patience and empowerment," she says, reflecting a theme that has run throughout the trilogy, which seeks to counter the ageism and barriers faced by Ottawa seniors. "This project focuses on the nuances of a demographic all too often stereotyped at best and overlooked entirely at worst. Performing in this play is not only an honour but a wonderful opportunity to participate in a project that shines a warm and dignified spotlight on our senior community."

Playing the mother of *A Circle Complete* is Bonnie McDougall, who says, "As an aging woman, I was drawn to the well-written family dynamic between the mother-daughter-sister trio,

along with the 'almost family' caregiver. There's fear and fireworks in this show, a compelling combination that I'm happy to be part of."

The caregiver is played by Deborah Bolton, who has been involved in all three productions.

The project's goals dovetail with priorities identified in the City of Ottawa's Older Adults Plan 2025-2030: ending community invisibility while confronting social isolation and ageism and providing meaningful learning and volunteer opportunities.

A seniors "AI-art" group, which meets at the Rideau-Rockcliffe Community Resource Centre, will generate ideas for show logos and marketing materials to promote the show. They've been involved since the start of the project.

Smith notes that a large

amount of research documents the benefits of pro-social involvement of seniors in the arts, resulting in improved cognition and moods, more positive outlooks, better quality of life, and fewer medical issues arising from isolation and depression.

"We see this training project as an opportunity to build in protective care factors through the process of group work, education, outreach, and artistic creation for participants and audiences alike," Smith says. "Modeling active, engaged seniors naming and overcoming their challenges through a theatre piece has ripple effects among peers. We see the potential to engage larger groups of seniors with important messaging, building back self-esteem, empowering marginalized voices, promoting healthy and active elder years, and encouraging mutual aid networks that can tackle the obstacles that seniors face."

Burning Passions Theatre

For over 25 years, Burning Passions Theatre has led community-engaged arts projects in rural and urban areas with diverse communities, addressing social issues through theatre, dance and song.

Some examples of these projects include the following:

- a touring group of "at-risk" teens in Lanark County

addressing depression, suicide, youth homelessness, and gender identity.

- elementary students' projects involving economic inequality.
- staged play readings with communities facing racial profiling.

These endeavours run alongside the theatre company's professional activities, including productions in the Classic Theatre Festival from 2010 to 2023, and new work development for Ottawa playwrights.

"We've been blessed to work with folks who may never have been a part of a play, but who are learning new skills, sharing wonderful insights, and putting their all into a project in which they feel wholly invested," Smith says. "It's been a joy working with them."

The hour-long play will include a talkback session where audience members can ask questions of the senior performers. All performances take place in the wheelchair-accessible second floor drama room of the Rideau-Rockcliffe Community Resource Centre (the former Rideau High School) at 815 St. Laurent Blvd.

Tickets are pay what you can and available online at: <https://bpttheatre.ca> or at the door.



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Music to everyone's ears at St. Columba

By Diana Poitras

The great philosopher, Plato, said "Music gives soul to the universe, wings to the mind, flight to the imagination and life to everything." For those who have come through the doors of St. Columba Anglican Church here in Manor Park, you will have discovered the truth of that statement.

Our Music Director, Faye Grinberg Rice, brings her rich background in music to all the worship services. Each week she provides a paragraph or two about the music and lyrics of hymns as well as the prelude and postlude. She educates as well as captivates us with her playing.

Through her many contacts, including Coro Vivo Conductor, and Manor Park resident, Antonio Lluca-Buznego, we have a rota of cantors (singers) including baritones Shawn Mattas and Spencer Cripps; sopranos Sophia Nickel and Mallory Williams; alto, Alison Hamer; with the occasional appearance by Natacha Demers and Natasha Henry, both of whom have now graduated from the Montreal Conservatory of Music and are pursuing opera careers.

Faye's contacts also extended to piano tuner and violinist, Douglas Brierley, who has become our "resident" violinist. Doug has accompanied Faye for many special services, including Easter, the Advent Festival of Lessons and Music, Christmas

Eve and more.

We were blessed some years ago with the donation of a 8' Heintzman grand piano and following that, the arrival of Genie Mackay, an accomplished pianist. Most Sundays Genie accompanies Faye during the worship service.

Covid interruption

Prior to Covid, St. Columba had a small but mighty choir. That ended with the mandated temporary conclusion to in-person worship.

It was, at that time, that Faye recognized the desire and indeed, the need, for music to soothe our troubled souls and to bring us together through that medium – even though we couldn't be together in person. Each week the writer would video record Faye playing and either Shawn Mattas or Keumnim Lim singing the hymns.

Jonathan Hammel then incorporated these recordings into our on-line Zoom services which brought great beauty and solace to the many parishioners who joined the meeting/service each week.

The acoustics in the Sanctuary are excellent, and it has been the location for many of the Stairwell Carollers' CD recordings. For those who have attended worship services and/or concerts by the Carollers, you can attest to this.

You are invited to come to St. Columba on a Sunday to enjoy the beautiful music, the warm welcoming hearts of the congregation, the meaningful messages shared by Reverend Susan Lewis, the beauty of liturgy and if you have children, our incredible Sunday School.

Updates/News

On March 2, the parish of St. Columba, together with Dante restaurant owner/chef, Karim

Tayib and Massimo Donde, hosted a dinner for the veterans at the Andy Carswell Building (Veterans' House). We thank Karim and Massimo for their continued support (and amazing food). Thanks as well to Farm Boy, Hillside, for their continued sponsorship and support of this outreach mission.

The Saskatoon Blazers contacted St. Columba to use our kitchen again this year while they are in Ottawa for a Canada-wide Ringette Tournament. We are delighted to welcome them back to St. Columba and look forward to seeing them in late March.

Lent began with an Ash Wednesday service at 7 p.m. on Feb. 18. Throughout Lent parishioners have been donating boxes of cereal, pancake mix, oatmeal and other breakfast items. A "train" of these non-perishable food items has snaked its way throughout the church and will be donated to the Rideau-Rockcliffe Community Resource Centre Emergency Food Bank after Palm Sunday.

Please mark your calendars for Wednesday, March 25 at 1:30 p.m. to attend the first of a series of information sessions at St. Columba: *Let's Talk About Dementia*. This is a presentation by the Dementia Society of Ottawa and Renfrew County that "builds understanding of what dementia is, how it affects individuals and their community, and where to find support – because no one should face dementia alone."

Key highlights include:

- What is dementia?
- How does dementia affect us?
- How can dementia affect me or someone I care about?
- No one should face dementia alone.
- What can I do about dementia?

- Where can I get help?

So many families are affected by dementia, and as a community partner and support, St. Columba is pleased to provide this learning opportunity to the community. Other information sessions to come are Heart and Stroke, Epilepsy, and a variety of issues that affect people's lives. We are also in talks with a health provider to partner with them for a variety of public health topics.

This is a free event and everyone is welcome. Come and bring a friend. Refreshments will be provided.

St. Columba is also preparing a Community Cafe/Cafe Causerie to be held in April. We are inviting educators, healthcare providers, three levels of government officials and a large variety of service providers and community organizers. The goal: to talk about the needs of Manor Park and the surrounding areas and see how we can work together for the good of the whole

community. This event is by invitation so, if you would like to attend, please send an email to stcolumbaanglican@bellnet.ca and we would be happy to include you.

Our Holy Week services are as follows:

- Palm Sunday – March 29 at 10 a.m.;
- Service for the Remembrance of the Last Supper – Thursday, April 2 at 7 p.m.;
- Good Friday – April 3 at 10 a.m.;
- Easter Sunday – April 5 at 10 a.m. As mentioned above, there will be special music for this service as well as three baptisms.

There is no doubt this has been a challenging winter with much snow and many grey days. However, the death and resurrection of our Lord gives us the promise of new life. Embrace this promise and plan to join us for one or more of our Holy Week services or, indeed, on any Sunday. Our doors and arms are open to all.

Good dog, cont. from page 32

choice: martingale, slip collar, *Halti* collar, or a harness (front chest attachment only). I prefer the slip collar and find that other options, particularly the harnesses, are much less effective. All users should be trained in the proper use of any collar — here again safety is a priority.

- A five- or six-foot leather or synthetic walking leash and two synthetic check leads, 50 feet each, one made of light webbing for puppy training, and one in soft rope for adolescent/adult dogs.
- Dog boots and a protective

coat for inclement conditions.

- And finally, dog treats for training. Small pieces of Milk Bone work well — they do not stain your pockets and retain their quality.

Conclusion

In the upcoming column, we will explore in detail the fundamental working strategies for behavioural training and obedience, and in subsequent columns we will discuss how to put these strategies into practice. In the meantime, below is a training tip you may wish to practice with your dog.

Until the next issue of the *Chronicle*, my sincere thank you to the many dog owners who have provided feedback on the *Good Dog* column. Letters to the editor with your comments, questions and suggestions are always welcome.

Greg's Training Tip:

Training sessions are an opportunity to bond with your dog and should always end on a positive note. As an example, after every field training session with my dog, Axel, I always offer him a dog retrieving training bumper. Axel eagerly takes the bumper from my hand. While I clap, hoot and holler, he parades around in circles until he finally returns to the car, carrying his bumper, proud as can be, tired, thirsty and happy. We both have fun. You and your dog can too!



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Rideau Chorale closes season with powerful pairing of 20th century masterpieces

By Peter Robb

The Rideau Chorale closes its successful 10th anniversary season with a pairing of 20th century masterpieces that attempt to offer solace, solidarity and hope in uncertain times.

The concert called Solace and Solidarity will be performed on April 25 at 7:30 p.m. at Southminster Church, 25 Aylmer Ave. The choir will be joined by Matthew Larkin (organ), Sonya Sweeney (mezzo), Michelle Gott (harp), and Zac Pulak (percussion).

Tickets: zefy.com/en-CA/ticketing/solace-and-solidarity

It has been quite a year for the choir, says membership coordinator Marty McCurdy.

“Over 10 years, Rideau Chorale has fulfilled its role as a community choir.”

With this anniversary celebration ending, “we are ... actively seeking to recruit new members from students (to) those recently retired. We welcome new members just beginning to explore their singing voices and offer music that challenges our more experienced singers. We are proud of our role in the community and look forward to the next 10 years providing great music to audiences from our community and beyond.”

The pieces chosen by artistic director Kevin Reeves are the Requiem by the French composer Maurice Duruflé and *Chichester Psalms* by the American, Leonard Bernstein.

Musically they provide a distinct contrast.

“I chose Duruflé’s Requiem and Bernstein’s Chichester Psalms not only because they contrast each other stylistically, but also because they

are beautifully composed and challenging for singers,” Reeves said.

Requiem

Duruflé’s Requiem was composed in memory of his father who had died in Paris in 1945 just after liberation.

It was finished in 1947 and is considered one of the major works of the century.

The piece is built on Duruflé’s own early training in a cathedral choir where he was influenced in the haunting tradition of plainsong and Gregorian chant.

As the composer himself said in his program notes: “My Requiem is composed throughout on the Gregorian themes of the Mass for the Dead ... I have done my best to reconcile, as far as possible, Gregorian rhythm as established by the Benedictines of Solesmes with the demands of modern metre.”

The composer says his Requiem “is not an ethereal work which sings of detachment from earthly worries. It reflects, in the immutable form of the Christian prayer, the agony of man faced with the mystery of his ultimate end.”

The piece brings forward the idea of solace and hope and in turn offers comfort and a sense of solidarity.

Chichester Psalms

The Requiem is paired with Bernstein’s *Chichester Psalms*, written in 1965 in a tonal style, that contrasts deeply with Duruflé.

Bernstein was at the height of his fame in 1965 as a conductor and as a composer.

The Psalms follow in the wake of *West Side Story* and other important works, and in



The Rideau Chorale ends its 10th anniversary season on April 25 at Southminster church.

PHOTO: @PETER POLGAR

the aftermath of the assassination of John F. Kennedy and the death of a close friend.

Just after the assassination, in early December 1963, Bernstein received a letter from the Dean of the Cathedral of Chichester in England, requesting a piece for a music festival, with “a hint of West Side Story about the music,” according to the official website leonardbernstein.com.

The composer provided what he called a “suite of Psalms, or selected verses from Psalms” under the working title, *Psalms of Youth*.

Bernstein wrote the piece to be sung in Hebrew, setting the musical shape of the piece which is set in a typical four-part Christian choral piece, intentionally creating solidarity between the traditions.

The website says that in his composition, Bernstein was pleading for peace for Israel which was in the building crisis that ended up in the 1967 Six-Day War.



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AROUND TOWN

March 7: Comedy in New Edinburgh

The Crichton Community Council is excited to bring live standup comedy back to New Edinburgh! Please join us at the New Edinburgh Park Fieldhouse, 203 Stanley Ave., on Saturday, March 7 for another hilarious night featuring some of Ottawa's best professional and up-and-coming comics. Doors open at 7 p.m. and the comedy starts at 8 p.m. The show will be licensed and is recommended for ages 16 and up. Beer, wine, non-alcoholic beverages and snacks will be available. Tickets can be purchased online at: <https://comedyatthefieldhouse.eventbrite.ca/>

March 14: Local IODE fundraiser

The local IODE Laurentian Chapter is holding a Games & Goodies afternoon from 1-4 p.m. on Saturday, March 14 in the Richelieu-Vanier Community Centre on Pere Blanc Rd.

Games will include bridge, mahjong, Rummikub, Scrabble and anything attendees want to bring. The delicious goodies will be provided by chapter members, and card table covers will be available for sale.

The cost is \$25 and can be sent by Interac e-transfer to:



Members of the Ottawa North Thunder U-11 hockey team showcase some end-to-end action during the Manor Park Community Council Skating Party and Chili Cook-Off Saturday, Feb. 7.

PHOTO: RYLAND COYNE

treasureriodelaurentian@gmail.com.

For more information, visit <https://www.iodelaurentian.com>

April 1: Humane Society Auxiliary meeting

Please join the Ottawa Humane Society (OHS) Auxiliary's next monthly meeting, on Wednesday, April 1, and help them support the animals at the OHS. Guest speaker to be arranged.

The meeting takes place at the animal shelter, 245 West Hunt Club Rd. across from RONA, 1:30 - 3 p.m. Free parking and refreshments.

For more info contact Connie at: constance_nunn@yahoo.com or go to <https://www.ottawahumane.ca/get-involved/volunteer/auxiliary/>

April 17: Council on Aging Spring Luncheon

Save the date for the Council on Aging of Ottawa's Spring Luncheon on Friday, April 17.

The event takes place at the Rideau Community Hub, 815 St. Laurent Blvd. It kicks off with networking, a cash bar, photos, raffle and silent auction at 11 a.m. followed by a three-course meal at noon. Keynote speaker Dr. Catherine Donnelly will address the

crowd at 1 p.m. and share her expertise on how Naturally Occurring Retirement Communities (NORCs) support older adults to age in place and what they mean for the future of housing, connection, and community care.

For more information on Council on Aging programs and events, visit <https://coaot-tawa.ca>

April 23-25: Humane Society Spring Craft sale

The OHS Auxiliary will be selling high quality handmade crafts at its Spring Craft Sale. The sale takes place at "The Hub" between Bentley and Laura Secord, Carlingwood Mall, 2121 Carling Ave. Dates are Thursday, April 23 and Friday, April 24, 10 a.m. - 5 p.m.; and Saturday, April 25, 10 a.m. - 4 p.m.

Proceeds go to support the animals at the Ottawa Humane Society. We accept cash, credit or debit. Sorry no table rentals. Free parking.

For more info contact auxiliaryinfo@ottawahumane.ca or go to facebook.com/OttawaHumaneSocietyAuxiliary.

April 25: Time to dance!

For those who just need a place to dance, Dance Moms Ottawa has the solution.

Their next fun dance party is on Saturday, April 25, the 'Spring Fling!' with a 'Pretty in Pink' theme.

Wear something pink as you shake off the winter blues and catch spring fever with DJ Tom!

All the fun runs from 8 p.m. to midnight at the One Up Cocktail Lounge, 1 Beechwood Ave.

For tickets and other information, visit dancemomsottawa.ca or email questions to dancemomsottawa@gmail.com.

Legion marks 100th anniversary

The Royal Canadian Legion celebrates its 100th anniversary in 2026.

To recognize 100 years of Legions' and Veterans' services across Canada, the Royal Canadian Legion is offering a free membership to individuals, military and Veterans who are not existing members. This includes family, friends and neighbours.

Membership includes a free subscription to the *Legion Magazine* and a list of companies offering consumer discounts.

For more information and to complete an online application form, visit: <https://www.legion.ca> or call 613-233-7292.



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