



MANOR PARK Chronicle

The voice of the community since 1949

May-June, 2026 • manorparkchronicle.com • Vol. 77, No. 5



SPRING TRADITION: With ideal conditions to wrap up this year's Vanier Sugar Festival, the 41st annual event attracted huge crowds to Richelieu Park on Sunday, March 29. Here, visitors line up patiently for a taste of fresh maple taffy on snow, handed out by friendly volunteers (inset). PHOTOS: RYLAND COYNE

Council confirms sidewalks for Manor Park project

By Ryland Coyne

Ottawa City Council has voted to include sidewalks in the Manor Park integrated renewal project.

The final decision, at the April 8 meeting, brought an end to the protracted debate that has divided the community for more than a year.

The issue focuses on the local infrastructure project currently underway on Jeffrey Avenue, Finter Street, and parts of Kilbarry Crescent, Farnham Crescent, Arundel Avenue, and Braemar Street. The work involves:

- excavation of the entire width of the roads,
- separating combined sewers into sanitary and storm,
- replacing old watermains,

- repaving the roads with curbs and sidewalks on one side (no sidewalks for Finter and the Farnham cul-de-sac).

When the project was announced in the fall of 2024, affected residents sought to block the inclusion of sidewalks. But city policy (Transportation Master Plan and Official Plan) dictates all such infrastructure renewal projects must add sidewalks and curbs.

Committee meeting

The issue came to a head, first at the March 30 Public Works and Infrastructure Committee (PWIC) meeting, then at full city council a week later.

>>CONTINUED ON PAGE 2

Birch Avenue watermain on city's radar for renewal

By Ryland Coyne

If it seems Birch Avenue has seen more than its share of watermain breaks in recent years, you're not wrong. In fact, there have been nine breaks in the past decade, attendees at the Manor Park Community Association AGM learned on April 22.

"We know there's an issue here," Scott Laberge, Manager, Linear Asset Management

Group, told the audience. "We acknowledge we have to renew this pipe."

The latest issue occurred in February following multiple breaks in 2025. The resulting work has left a patchwork of repairs between Sandridge Road and Pond Street.

Laberge explained the line was installed in 1989-90 and should have a life expectancy of 80-100 years. Various factors — corrosion, weather,

soil conditions, poor installation, among others — could force replacement sooner than that.

That is the case for Birch Avenue, he said. In 2027, a capital budget submission will be made for the design of the line renewal. Construction could start by 2028 or 2029.

In an email exchange with the *Chronicle*, Cheryl >>CONTINUED ON PAGE 3

FEATURED ARTICLES INSIDE...

Community mailboxes are coming to Manor Park by the end of 2026 - See page 8

The community celebrated the completion of a three-year project to revitalize the Macoun Marsh at Beechwood Cemetery - See page 9

Manor Park's Ralph Sullivan is remembered as someone who found joy and meaning in every encounter - See page 18

The *Chronicle* offers thanks to the more than 80 volunteers who help deliver the paper to homes and businesses - See page 19

Meet some of the brave firefighters from Beechwood Avenue's Station 57 - See page 26

MANOR PARK

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Sidewalks, cont. from page 1

The committee meeting opened with 18 delegations from the public (see separate article with quotes from the presentations).

Following these, Rideau-Rockcliffe councillor Rawlson King sought a deferral for the \$180,000 project sidewalks as part of the city's Road Modification Agreement (RMA) process. He read several motions, one of which sought the delay in order to have staff conduct a detailed study on the impacts future development and transportation projects could have on Manor Park.

Another motion asked to have staff reallocate funds from the project, or find other funding sources, in order to place sidewalks where they would be more useful — around Manor Park Public School on Eastbourne, Thornwood and Braemar for example.

Both motions were defeated by a vote of 7-5.

Two other motions brought by King were approved, however.

One corrected errors and omissions in the staff report presented to the committee. The other directed staff "to develop a scoped work plan and resource estimate for a neighbourhood-level transportation assessment for the Manor Park community, encompassing traffic projections, pedestrian and cycling demand, cumulative impacts of all planned transportation changes, and a prioritized pedestrian infrastructure investment plan." Staff are to report back to committee by

Q4 of this year, according to the motion.

"I think it's important, with all the changes, if we're serious about the holistic impacts of the transportation changes as well as the potential land-use changes, we need to be able to examine that, I think, in a neighbourhood-wide context," King told the *Chronicle* in a subsequent interview.

"So, despite the fact the sidewalks are being implemented, the reality is that there is the prospect of some transportation study work being undertaken in the community which I think is a very important element that needs to be examined."

At committee, King said Manor Park is facing more changes to its transportation infrastructure in the next 10-15 years than it has seen in the past 50. The opening of Hemlock Road to Wateridge Village and potentially 10,000 residents "will introduce an entirely new traffic corridor into the heart of the community," King said.

Then there's the proposed traffic circle at Braemar, Eastbourne and Ava, as well as the potential rebuild of Beechwood Avenue.

"These are coming," he said.

Council meeting

At the council meeting on April 8, the motion introduced by King was a modified version of the one he had brought forward the week before at committee.

"My motion at council really reflected the analysis from the city's own prioritiza-



The integrated road/sewer project will cause traffic disruptions through much of the summer. PHOTO: RYLAND COYNE

tion criteria which focused on maintaining sidewalks where the city determined that they added real value and reconsidering those where the network value is limited," he told the *Chronicle*.

While sidewalks would proceed on Kilbarry north of Arundel, Arundel east of Kilbarry, Jeffrey and Braemar, they would be removed for Kilbarry south of Arundel and Arundel west of Kilbarry.

Most councillors around the table refused to support King's motion. It was defeated by a 16-7 vote. Several noted providing an exception would set a potential precedent for other city neighbourhoods earmarked for integrated projects. It would also send the wrong message regarding promoting accessibility and pedestrian safety.

Still, many agreed with King there should be more flexibility in how sidewalks are being built to ensure sequencing is done more effectively.

While his own motion was defeated, he supported a second motion from councillor Laine Johnson. It calls on staff to review how it implements city policy for new sidewalk construction "across the TMP and integrated renewal program to improve accessibility, connectivity, and safety for pedestrians." The staff report would be presented during the next council term.

Frustrations

The sidewalk debate created friction and frustration within the community.

Those in favour of the sidewalks felt the city policy was in place for a reason and should not be altered. The benefits — safety, accessibility and connectivity — should far outweigh the desire to maintain the status quo. Those against argued the streets are actually safer as they are. Sidewalks, some noted, create a hindrance for those in wheelchairs or walkers and potential hazard for

falling.

As explained at council, the sidewalks leading to the school are listed in the Transportation Master Plan but won't be installed for another seven to 10 years. King says, unfortunately, funding for this project comes from a different treasury account. With the city facing "limited resources," the work has to wait its turn on a city-wide priority list.

"I understand the frustration of residents when they say, 'we've been advocating for more than a decade to have infrastructure around the school, we see the real problems there, and we don't feel our advocacy is getting anywhere.'"

Silver lining

While the project sidewalks are going ahead without the studies, King says there is a silver lining in that the debate shone a light on some policy deficiencies.

Hopefully, a review of the RMA process will result in changes to allow more flexibility in how certain policies are carried out.

"The reality is we do have a process to renew and improve our infrastructure, I just don't think that approach should be as mechanistic as it is," King said. "You need to have flexibility in policies to ensure that they are the right fit for community members."

"What we were just saying is that we need to get the sequencing right. We need to actually study what we're doing so that the neighbourhood that we start to build out is done right."

What was said ...

A total of 18 individuals offered their opinions on the sidewalk issue during the March 30 meeting of the Public Works and Infrastructure Committee. The *Chronicle* has compiled some quotes from those presentations that best reflect the sentiments expressed to the committee.

“One of the few places we’ve found to be fully accessible is our neighbourhood Manor Park.”

— Ellis Westwood, Manor Park father. His nine-year-old son Alfred has a serious, complex medical condition and uses a wheelchair and adaptive tricycle.

“If the city skips putting these sidewalks in now, you’re all voting to lock in known safety deficiencies for decades. In addition to being inequitable, that’s fiscally and operationally irresponsible.”

— Rob Attwell, Orleans resident speaking for a consortium of advocacy organizations.

“I followed this debate over sidewalks with a mix of disbelief and deep frustration. Sidewalks may seem like an unnecessary thing for some but to many of us they are the difference between independence and

isolation.”
— Mark Lindenberg, wheelchair user, resident (presented by Christina Keys)

“I ask, why do people with disabilities like Mark have to keep struggling for inclusion when it’s already in our policies?”

— Christina Keys, resident

“I really hope these sidewalks are implemented, because this is a safety concern for the children in the neighbourhood and for residents who need to use them.”

— John Gomes, resident

“Children’s needs have not been prioritized during this process ... it’s their future at risk if we as adults don’t work to mitigate the effects of climate change and make their city more sustainable, healthy and safe.”

— Eugenie Waters, resident, representing For Our Kids Ottawa-Gatineau

“We are asking for what the city already promised. We are asking for what the city’s own planners, engineers and public health experts have said is the right thing to do.”

— Ayse Comeau, resident

How do six street segments represent a connected, ac-

cessible network? They don’t. The proposed sidewalks would, in fact, create a disconnected network ... and would leave a bunch of orphaned sidewalks for decades.”

— Peter Burpee, resident

“Councillors, this is not an entitlement. You are being asked to decide on sidewalks without having accurate and complete information of community feedback, on an understudied plan, and without workable alternatives or proper evidence. Deferring sidewalks is the appropriate decision.”

— David McInnes, resident

“...as a community association we have been pounding to try and get certain sidewalks installed where they are actually needed and wanted (London Terrace and Manor Park Public School).”

— Natalie Belovic, MPCA president, speaking as individual resident

“Even the opposition said themselves they do want more sidewalks as well. What they really don’t want is one in front of their house. It’s important to stay integral to the Transportation Master Plan.”

— Julie Zhang, resident

Birch Avenue watermain, cont. from page 1

Beam, Director of Water Services-Linear, Infrastructure and Water Services, confirmed the work “would address the underlying issues contributing to the breaks.”

Watermain break response

For watermain breaks — usually called in via 3-1-1 — the city follows “a well-established response process,” Beam noted. The goal is to restore service as quickly and safely as possible.

Once a crew arrives on scene, they assess the situation and secure the area “with traffic control measures or lane closures as needed, including coordinating with transit services if detours are needed.”

The following steps are then followed:

- the crew isolates the damage and either reduces or stops the water flow,
- before excavation, underground utilities (gas, hydro, telecom, sewers) are

marked to prevent damage, once the pipe is accessed, repairs or replacement are done,

- crews then disinfect and flush the system “to meet our water quality standards” before service is restored,

- with work completed, the area of the road is patched. “Permanent repairs, including final paving and any restoration to sidewalks or surrounding areas, are completed when weather conditions allow,” Beam explained.

Birch condition

Beam acknowledges the current condition of Birch Avenue is not ideal and empathizes with frustrated residents.

“The current patches are temporary measures to keep the road safe,” she wrote. “The road will be permanently repaired once the asphalt plant re-opens for the season, which is expected in early May. Crews will complete full repairs as soon as possible at that time.”



An OC Transpo bus navigates around the patched area on Birch Avenue to pick up passengers near Farnham Crescent.
PHOTO: RYLAND COYNE



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“Artemis, this is Mission Control – landing is re-routed to the pool at Mar-a-Lago”

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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:
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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:
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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:

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MANOR PARK NOTABLES:

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

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Submit notices for community events to the editor.

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Deadline for articles and photos: Wednesday, August 12

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Ready for summer

After what seemed like an endless winter, the *Chronicle's* production team is looking forward to a brief summer break. Still, it won't be long before the wheels start rolling again toward our next edition in September.

Please keep us in mind and send us:

Your views on local issues in *Letters/Your Opinion Matters*
Your suggestions for a Manor Park resident to profile in *Meet Your Neighbour*
Your requests for your favourite canine to feature in *Dogs in the Hood*
Your tips for stories or features you'd like to see covered in the *Chronicle*

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

Manor Park Chronicle

ISSN: 1188-2271

Read the *Chronicle* online at: www.manorparkchronicle.com

The *Manor Park Chronicle* is an independent not-for-profit publication funded predominantly by advertising by local businesses and supported with grants from the federal government. Distributed free-of-charge to Manor Park residents, *Chronicle* advertisers and business on local main streets, it has a circulation of more than 5,000 copies. Five editions are published in a year: September-October; November-December; January-February; March-April; May-June.

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Printed by Hebdo-Litho Inc.

We acknowledge the financial support of the Government of Canada.

Funded by the Government of Canada
Financé par le gouvernement du Canada

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EDITOR'S POV

Optics

We heard it all during the lengthy sidewalks debate.

The roadway infrastructure is needed for connectivity, accessibility and for pedestrian safety. Or, they're unnecessary in Manor Park — a quiet community with wide streets and little to no through-traffic.

Say what you will about either side, one thing is certain. The optics for the city — at least in our little corner — were terrible.

Sure, let's follow policy. Regardless of the fact it makes little sense to install certain sidewalks that will remain orphaned — likely for decades to come — let's spend that \$180,000 now. It will ultimately save money down the road. Besides — *It Is Written* — all integrated renewal projects must include sidewalks.

Meanwhile, let's continue to hold back truly vital sidewalk infrastructure — along London Terrace and more importantly, around Manor Park Public School — for another seven to 10 years. These, we're told, are on a city-wide priority list and will be funded via a different fund than the integrated road projects. Manor Park will just have to wait its turn — a bit of a head-scratcher to be sure.

It's not like the city hasn't been aware of these local priority areas. Advocates have been begging for these sidewalks for years. Credit to councillor Rawlson King (see his column on *page 10*) for getting them to the first phase of implementation within the Transportation Master Plan. But those sidewalks were needed yesterday and they're still not even on the horizon.

To their credit, and with King's urging, council did see the folly of this situation. At committee, staff was directed to look into the feasibility of a neighbourhood-level "transportation assessment" for Manor Park. And council gave the green light to a review of the road modification agreement process with an eye to allowing more flexibility to policy implementation.

How those reports will affect the current situation is open to debate. They're not expected to be presented until the end of the year or sometime in the next term of council.

OPINIONS AND ARGUMENTS

‘Wildlife Crossing’ sign needed on Hemlock Road, writer suggests

Dear Editor:

The following letter was received in response to Diana Poitras’ submission on the presence of wild turkeys in and around Manor Park.

Dear Diane,

Thank you for featuring that handmade sign on Hemlock warning drivers about wild turkeys crossing in your article in the latest *Chronicle*. I really wonder who made it as it shows residents in MP care about local wildlife, safety on Hemlock, and taking matters into their own hands. This sign reflects that as it has stayed up all winter.

During the pandemic lockdowns, the entire turkey flock that live in Beechwood Cem-

etry seemed to take longer strolls, away from the cemetery, likely due to calmer traffic at the time. To my delight, they would sunbathe on a green patch near my house. My husband regularly enjoys watching them hop along on his walks.

Recently, I recall the *Chronicle* wrote an article about the turkeys’ benefit to the local ecosystem as birds indigenous to this area.

I feel like more people are talking and loving turkeys than we may know.

Anyway, as political instability in the world feels more overwhelming each day, I was inspired by the local person who made that handmade sign. I thought I would write to 311 and see if a permanent

city-made sign could be put in its place. Just my own small attempt to make good somewhere.

I often drive Hemlock west to east and regularly see turkeys crossing in the mornings, as well as raccoons and a fox or two in the evenings. The pattern I have noticed is that they all seem to cross in different spots along that stretch, though each species uses the same spot each time I see them. Could be coincidence. It’s a wildlife-crossing corridor, nonetheless.

Back to my request to 311, I was shocked by this rather silly reply:

“Unfortunately, the City is limited to installing only “Deer Crossing” and “Moose Crossing” warning signs.

These signs are placed only on roadways where there have been a minimum number of recorded deer or moose collisions in recent years, in accordance with standard criteria for warning sign placement.

“I have reviewed the collision history for Hemlock Road over the past three years and found no recorded deer or moose collisions that meet the criteria for installation of these signs.”

This response had me laugh at this city’s bureaucracy policies and complete disconnection from residents’ feedback. Of course, there wouldn’t be moose or deer crossing Hemlock.

This shows me that other wildlife doesn’t matter enough

for a city ‘Wildlife Crossing’ sign. But wildlife does matter, maybe not according to the city, but it does to this Manor Park resident. It also matters to the person who made that sign, and perhaps more who have their own turkey-spotting experiences.

This city policy also suggests that animals’ lives don’t count until they are road-kill and reported. But I digress ...

Maybe there is more this community can do by talking about turkeys, such as getting a permanent ‘Wildlife Crossing’ sign up along Hemlock.

Any ideas of where I can go next? Maybe a Part 2 to your “Talking Turkeys” article is a good place to start.

Thanks for your time,
Amanda

Manor Park resident receives award from Ecology Ottawa

A Manor Park resident’s strong advocacy for sidewalks in the community has earned her deserved recognition from Ecology Ottawa.

Eugenie Waters was named one of the recipients of the group’s fourth annual Eco Awards. The announcement was made on April 25.

“Eugenie risked personal and volunteer relationships to lead the fight to keep [side-

walks in a road rebuilding project],” reads her nomination for the Active and Accessible City Award.

“Over more than a year, she wrote for the community newspaper and for Ecology Ottawa, spoke at public meetings and to the media, and consulted city councillors, legal experts, and countless policy documents.

“Eugenie’s public commu-

nications brought together themes of inclusivity and accessibility, walkability and sustainable transportation, children and intergenerational equity as well as safety and freedom of movement. Most importantly, she gathered a diverse group of people from across the neighbourhood and across the city, supporting them to bring their perspectives forward ... Our fight for

sidewalks in one tiny pocket of the city led to the core principles of accessibility, connectivity, and safety being strongly defended by City Council.”

A total of 11 residents from across the city received recognition from Ecology Ottawa. In announcing the awards, the group noted the city “is unusually blessed with an outstanding heritage and individ-

uals dedicated to preserving it. We think it’s critical that those who inspire us to take ecological action in Ottawa be appropriately recognized, and it’s our privilege to do this.”

While it was difficult to choose from among the many “thoughtful and generous nominations,” the award recipients “distinguished themselves” with the selection committee.

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Many topics covered during Annual General Meeting

New board members, Beechwood project,
municipal election top list, president reports

FROM THE DESK OF:



Manor Park Community
Association President

**NATALIE
BELOVIC**

As I write this, I can't help but be grateful for the warmer temperatures (mostly) and sunnier days. It's been a long winter and a long spring so far ...

Thank you to all who attended our recent AGM. Here is a recap and more.

I will take this opportunity to remind all my neighbours of the role of the association. It is:

To promote and articulate the interests of the residents of Manor Park and work co-operatively with civic organizations and other public or community associations to ensure responsible community planning and development for all.

Nous représentons les résidents de Manor Park de la rivière Outaouais jusqu'au chemin Montreal et de la rue Birch jusqu'à la promenade de l'aviation.

This large geographic area includes our friends on Brittany Drive, Thomson Street and our condo buildings on St. Laurent Boulevard as well as on the east side of that street including Dunbarton Court, although now officially part of Ward 12.

We work with our partners from the Rideau-Rockcliffe Community Resource Centre — who I would like to publicly thank and acknowledge, Sebastian Gaisert, Executive Director, and Jennifer Corsh, Community Development Co-ordinator — to improve the lives of residents in Ward 13 and deliver meaningful programming and events.

We are also grateful to our



elected representatives for supporting us and addressing our community concerns.

Board members

I would also like to thank the Board members who are so devoted to making our community the best it can be. We have such a talented group with diverse backgrounds and interests.

From Elizabeth McAllister, Past President, Louise Jones Secretary, Diana Poitras Treasurer/Outreach, Sean Shuck Planning and Zoning, Eugenie Waters Environment, Mary Goldfield, Member at Large, to our newest members, Patrick Hill, BVA liaison, Amanda Rosenstock Transportation, Joe McAllister Safety and Security, and Scott Hannant Member at Large. I am so grateful to work with all of you.

Our list of volunteers who participate in committee work or who help with events is robust! Thank you to all who give their time, energy and expertise.

We work in concert with our sister communities as well, to better our Manor Park experience on issues such as the Beechwood Avenue redesign and the 6th Crossing and their impacts to us all.

Beechwood reimagined

On the Beechwood Village Alliance, I'd like to give a very big shout-out to Tony Stikeman who has been spearheading this committee for some time now. He and I have been active on this file. Patrick Hill, as a new member of the board, will be taking my seat at the table on this committee.

The street is undergoing a reimagining, and the group

is making sure the city gets it right! We are hopeful there could be construction in the "nearer" future.

Communication

We are striving to be better communicators, and we would love to find someone — a tech savvy teen or young adult — who would be willing to take over our social media and web page as well as work on creating an electronic newsletter.

Although the Listserv is a great tool and we would not stop posting there, many residents opt out because of the volume of messages. So, we would like to find alternates for our messaging.

Si vous connaissez quelqu'un qui pourrait être intéressé a nous donner un coup de main avec nos communications, svp, mettez-les en contacts avec nous.

Construction

In Ottawa, "they say", there are two seasons: winter and construction. This year will be very real for us in that department!

Expect snags and construction on:

- the designated infrastructure renewal streets directly in Manor Park west. PLEASE, make sure you email the councillor's office to report excessive noise, dust, speeding of construction vehicles,

- St Laurent/Brittany/Sandridge (gas main improvement),
- Montreal Road near Cummings (more infrastructure renewal).

Municipal election

This is a municipal election year. Stay tuned for opportunities to meet with your local candidates and to hear what they have to say.

If you don't feel you are getting good "bang for your buck," make sure that your voice that loudly this election season. We need a council that understands that managing our meagre revenue wisely is most important and that having the sufficient revenue generated is equally important to deliver basic services.

Transit is one of the hot topics of this election cycle. We all know how terrible the #7 route is. Public transit is an essential service: it gets students (our kids) to school and to their part-time jobs, it gets those who can't afford to drive and who want to be environmentally mindful to their workplaces or to their important appointments. Ottawa MUST do better. Which candidates will help deliver?

A tous mes voisins, je vous souhaite en bel été. On se ratrape cet l'automne.

Wishing everyone a wonderful summer 2026.



Enbridge Gas has already begun to replace the gas line along St. Laurent Boulevard. Here, this work was taking place between *Quelque Chose Patisserie* and *Bread and Roses Bakery* on May 1. PHOTO: RYLAND COYNE

Manor Park resident completes London Marathon, continues fundraising in honour of her father

By Mallory Katz

Hello again, Manor Park,

In March, I wrote about my journey training for the London Marathon. I am happy to report that I made it to the finish on Sunday, April 26, although I just got back and am still feeling the effects.

I arrived in London three days early and managed to fit in some sightseeing, including the Tower of London, London Bridge, Big Ben, the London Eye, and walks along the Thames. I also visited the race expo, where I met members of the MS Society UK and connected with other runners supporting the

cause.

Race day was incredible. With over 66,000 finishers, the energy was unlike anything I have experienced. Collectively, runners raised well over £60 million for charities, which speaks to just how powerful the event is beyond the race itself. Participants took on the course in all kinds of ways, including in costumes, barefoot, and even carrying fridges, many of whom were somehow still passing me.

The heat and crowds were a challenge, but I was proud to finish with a personal best time of 4:09:31. It was especially exciting to be part of a

historic race at the elite level, where both Yomif Kejelcha and Sabastian Sawe ran under the two-hour mark, an incredibly rare achievement that shows just how fast the sport is evolving. On the women's side, Tigst Assefa set a women only world record of 2:15:41.

Finishing near Buckingham Palace was unforgettable, even if I crossed the line completely out of breath.

I am now halfway to my fundraising goal for the MS Society UK and would love to make one final push. If you were thinking about donating, it is not too late. I am still accepting donations, and every contribution continues to make a meaningful difference.

Thank you, Manor Park, for all the support. It truly carried me through the race.

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



Left: Manor Park's Mallory Katz makes it clear who she's running for in London.

PHOTOS: EMMA KIESEKAMP

Right: Mallory poses with her London Marathon medal following the event on April 26.



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Community mailboxes could come to Manor Park later this year, Canada Post says

By Staff

The shift to community mailboxes in Manor Park could happen as soon as the end of 2026.

The community will be part of the first wave of addresses to convert from door-to-door mail delivery, according to a Canada Post press release. It's part of an overall plan "to restore and renew the country's postal service."

In the April 16 release, the Crown corporation announced it is moving ahead with its transformation this year.

Canada Post has incurred billion-dollar losses in recent years. Mailbox "conversions" are one way, it notes, to help it meet "its dual mandate of delivering for all Canadians without being a recurring burden on taxpayers."

According to the release, almost three of four Canadian addresses get their mail "through some form of centralized delivery." Approximately four million addresses still get home mail delivery; these are to be converted to community mailboxes over the next five years.

Where to start

Canada Post has initiated discussions with 13 communities, including Ottawa, as it prepares to begin converting the first 136,000 addresses in late 2026 and early 2027.

In Ottawa, affected addresses include the following postal codes:

K1B, K1G, K1H, K1J and K1K (Manor Park).

Other communities earmarked for early conversion are:

- Moncton and Riverview, N.B.
- Sept-Îles, La Prairie and Candiac, Que.



Community mailboxes, similar to this one in Carson Grove, will be established in Manor Park by the end of 2026 or early 2027. PHOTO: RYLAND COYNE

- Etobicoke, Ont.
- Winnipeg, Man.
- Abbotsford, Mission, City of Vancouver, District of North Vancouver, and West Vancouver, B.C.

In the press release, the company states: "Converting an address from door-to-door delivery to a community mailbox typically takes months. Canada Post notes it will engage with communities as it identifies suitable

locations for community mailbox sites.

Most of the addresses selected for this phase of conversion are adjacent to areas that already receive delivery to community mailboxes."

In his regular newsletter, Rideau-Rockcliffe councillor Rawlson King noted once the community mailbox details are final, Canada Post will notify residents of the switch-over date and provide mailbox keys.

Secure and consistent

"Community mailboxes provide secure, locked compartments for mail and parcels, offering residents consistent, reliable access at any time of day," the statement continues. "They have been part of Canada's delivery network for more than 40 years and are used by millions of Canadians.

More than 80 per cent of parcels delivered by Canada Post fit into a community mailbox's individual compartment or a dedicated parcel compartment. Parcels that don't fit or that require a signature are delivered to the door or held for pickup at a nearby post office.

Canada Post is responsible for maintaining and servicing all community mailboxes to ensure they remain safe and accessible. This includes clearing snow and fixing or replacing locks as required.

Ensuring everyone can access their mail

Canada Post's Delivery Accommodation Program provides free support to help residential customers with functional limitations access their mail and parcels. More than 17,000 households across the country currently benefit from some form of accommodation.

The program offers accommodations that make mailboxes easier to use, such as sliding trays, Braille features or a more accessible compartment. In some cases, weekly home delivery may be provided on a seasonal, temporary or permanent basis.

Applying [for accommodation] is easy and can be done online. For more information or to apply, visit Canada Post's Delivery Accommodation Program website or call 1-844-454-3009."

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A natural jewel revitalized

Beechwood Cemetery unveils restored Macoun Marsh

By Christiane Kirkland

Finally, after a long planning process, the Macoun Marsh has been revitalized and restored for wildlife and people to enjoy. Beechwood Cemetery's restoration plans had to be carefully designed to respect its nature as well as the surrounding community.

The results of that work were officially unveiled during a reopening event on Earth Day, April 22.

Nicolas McCarthy, Director of Marketing, Communication and Community Outreach, says: "We had to find a

sustainable way to remove cattails and invasive species, just enough to maintain balance, support wildlife, and preserve the natural flow of water. We are hoping all this work will show long-term results, even for another 25 to 50 years."

The next phase will be to reshape the adjacent forests, by removing invasive trees without sacrificing the full canopy.

On the western side of the marsh, Beechwood is developing a green burial site that will look more pastoral and natural, to attract birds and pollinators. On the eastern side, a very original and eco-friendly

idea emerged looking at the rules in the city for natural removal of invasive plants.

McCarthy and his team are pleased with their project and how people are embracing it. The support has been wonderful.

"The cemetery has to be part of the community and the community has to be part of the cemetery; this is our philosophy."

Credit

At the April 22 ceremony, McCarthy gave credit to Beechwood Program Manager and Fundraising Specialist Erika Wagner.

"It was really her vision, her dedication and her attention to detail that ensured every element of this project was approached with care and purpose," he told the crowd. "This was a passion project for her over three years."

In her address, Wagner explained why the project was necessary.

"Over time, the marsh became overgrown with invasive cattails, limiting its ability to support diversified wildlife," she said, adding it was needed "to return balance to this ecosystem."

The marsh was "responsi-



Macoun Marsh reopening ceremony emcee, and project coordinator, Erika Wagner addresses the crowd on Earth Day, April 22. PHOTOS: RYLAND COYNE



This character made sure to have an unobstructed view of the Macoun Marsh reopening ceremony on April 22.

bly drained" in the fall to give wildlife — "especially the turtles" — the chance to relocate safely. The work was completed over the winter. It included the cattail and invasive species removal and the installation of a rock wall which will help control the spread of cattails in the future.

Today, she said, Macoun Marsh is home to 1,500 species

including, for the first time, a pair of hooded merganser ducks.

"It's so exciting to see the immediate effects of the marsh's restoration," Wagner said.

As noted, people can proudly and thoroughly enjoy this little jewel they have at their doorstep, taking in the beauty nature offers all around them.

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Lack of study left community in challenging position

Sidewalks will be installed for project, but not where they're needed most

FROM THE DESK OF:



Councillor – Ward 13
Rideau-Rockcliffe
RAWLSON KING

As early as 2021, during consideration of the Official Plan Amendment for Manor Park, my office and the Manor Park Community Association explicitly recommended that the city undertake a holistic transportation study to understand the current and future needs of the neighbourhood. That study was never undertaken, and that planning gap has

substantively impacted decisions concerning the implementation of new integrated infrastructure in the neighbourhood. It is what put this community in the position of spending the past year-and-a-half reacting to a process and policy that did not reflect the realities on the ground.

Manor Park is facing significant change. The future reopening of Hemlock Road, a potential full reconstruction of Beechwood Avenue, proposed intersection redesigns at Eastbourne Avenue, Braemar Street, and Ava Road, and implementation of the Manor Park Secondary Plan will all directly impact pedestrian patterns and needs.

Sequencing matters, and these changes, along with potential intensification, will affect where sidewalks are needed most. The community has consistently asked for sidewalks where they matter most,

particularly connections to schools, parks, and transit.

Important improvements

From the beginning, I was clear that infrastructure repairs and the upgrading of aging infrastructure were integral to maintaining quality of life in Manor Park. I did not reject this project that would address recurring flooding and poor road conditions. This was never about opposing sidewalks. I support sidewalks and pedestrian safety. It was about getting the placement, sequencing, and prioritization right based on how people actually move through the neighbourhood.

My office undertook an extensive eight-month consultation process that included two public information sessions, community surveys, and ongoing resident feedback — significantly more engagement than the single

public information session typical for integrated renewal projects. Based on survey data from 338 respondents, 79 per cent opposed the proposed sidewalk installation, with Kilbarry Crescent, Arundel Avenue, Farnham Crescent, Finter Street, Eastbourne Avenue, and Braemar Street all showing unanimous or near-unanimous opposition. I also heard from residents with mobility challenges on both sides of the issue, reflecting competing accessibility needs that further underscore the importance of comprehensive planning rather than a uniform approach.

Presented with options

In April 2025, my office was presented with three options by staff: proceed with sidewalks, bring a motion to remove them, or defer sidewalks pending further planning. I confirmed my preference for deferral, with the understanding that it was within policy and would allow time for proper analysis. Staff initially agreed, then reversed that position, clarifying that any deferral beyond summer 2026 would remove sidewalks from this capital project entirely and require a future council-approved process.

Given their unwillingness to undertake the comprehensive transportation analysis required, staff brought this matter to Public Works and Infrastructure Committee and Council for decision.

At committee, I brought motions forward to remove the sidewalk implementation since proper study had not been undertaken and I also brought a motion to expedite the creation of sidewalks

around Manor Park Public School. Unfortunately, both motions were defeated.

Through follow-up discussions after committee, I worked with staff to develop a motion grounded in the city's own prioritization criteria. That work confirmed what I had been hearing from the community: not all sidewalk segments contribute equally to connectivity. Some segments were identified as having limited network benefit, while others would clearly improve access to transit, schools, and key destinations. My motion reflected that analysis, maintaining sidewalks where they add real value and reconsidering those where the benefit is limited. It was about making smarter, more strategic infrastructure investments. Unfortunately that motion failed at council and the project was ultimately approved despite my objections.

Approved motions

Committee and council, however, did approve motions that recommended that staff determine the feasibility of a holistic neighbourhood-level transportation study for Manor Park as well as a full city-wide review of the "road modification agreement" process that governs integrated renewal projects.

At Council, the discussion extended beyond Manor Park. There were broader concerns about consistency, accessibility, and citywide sidewalk policy. While my motion was site-specific and grounded in local conditions, some councillors viewed it through the lens of precedent and citywide consistency, and that perspective ultimately

>>CONTINUED ON PAGE 11



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This promises to be a busy construction season in and around Manor Park. In addition to the ongoing integrated renewal project on six streets (Finter, Arundel, Kilbarry, Jeffrey, Farnham and Braemar), Enbridge will be working to replace gas pipelines along Sandridge and St. Laurent Blvd. over the next several months. This photo shows road work at the intersection of Kilbarry Crescent and Arundel Avenue.

PHOTO: RYLAND COYNE

Rawlson King, cont. from page 10

mately shaped the outcome. I understand the frustration from residents, particularly around the lack of sidewalks around Manor Park Public School. Funding for integrated infrastructure projects and new sidewalk programs comes from different sources and cannot simply be reallocated. That lack of flexibility is a real gap when priority needs like school connectivity are clear, and it points to a broader problem: we are making long-term infrastructure decisions without a complete, evidence-based, neighbourhood-wide transportation analysis.

Better understanding

I submitted a formal inquiry to staff to better understand how connectivity and prioritization are evaluated in these decisions. The next step is for staff to report back on the scope and cost of a neighbour-

hood traffic study, and my hope is that this work moves forward to better inform future decisions.

My office will continue to monitor construction of the integrated renewal project and work with staff to address issues as they arise. This conversation has made clear that city policies must be applied with greater flexibility and responsiveness to local conditions. That is the standard I will continue to advocate for, not just in Manor Park, but citywide.

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 www.rideau-rockcliffe.ca.

For the French version of this column, please visit www.manorparkchronicle.com.

Expect some traffic delays on St. Laurent this summer for gas line work

By Staff

Beware of traffic disruptions along St. Laurent Boulevard this summer.

Enbridge Gas has announced it will be replacing close to 14.4 kilometres of its “natural gas distribution network,” company spokesperson Chris Brennan wrote in a letter shared recently on the community listserv by the Manor Park Community Association.

“This year’s scope will include work along St. Laurent Blvd., from Ogilvie Road in the south (including work on Cummings Avenue and Brittany Drive), all the way up to Sandridge Road and along the Parkway into Rockcliffe Park,” noted Brennan, Enbridge Senior Advisor, Municipal &

Stakeholder Affairs.

Local residents should receive postcard notices alerting them as to when the work will start. Brennan notes the project “will be carried out in phases over the next several months.”

As a result of the work, lane reductions may be required along St. Laurent and other roads, “but access to area homes and businesses will be maintained,” he wrote.

Vital line

A project synopsis posted on enbridgegas.com notes the St. Laurent Pipeline “is a vital part of Enbridge Gas’ distribution network,” supplying gas to close to 168,000 customers “directly and indirectly.”

“The St. Laurent Pipeline Replacement Project will involve the installation of ap-

proximately 13 km. of new 6-inch (15.2 cm), 12-inch (30.5 cm) and 16-inch (40.6 cm) extra high-pressure steel pipeline segments, approximately 4 km. of 4-inch (10.2 cm) and 6-inch (15.2 cm) diameter intermediate pressure polyethylene pipeline segments, and some ancillary facilities.”

Enbridge notes it first applied to the Ontario Energy Board (OEB) for approval in March 2021. After conducting further testing to determine the pipeline’s condition, the company submitted a construction application in 2024 which the OEB approved March 18, 2025.

For more information, visit <https://www.enbridgegas.com/about-enbridge-gas/projects/st-laurent-pipeline-replacement-project>.

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Submit election profiles for September edition

The Ontario municipal election returns this fall with Ontarians heading to the polls on Oct. 26, 2026.

For those who plan to seek a position — either as Ward 13 (Rideau-Rockcliffe) councillor, or trustee with one of the four local school boards

— be sure to submit your profile (maximum 350 words) to editor@manorparkchronicle.com by Monday, Aug. 24 in order for it to appear in the September-October edition of the *Manor Park Chronicle*. Be sure to include a high-resolution headshot photo with your

submission.

The nomination period for candidates opened on Friday, May 1, 2026. The deadline is 2 p.m. on Friday, Aug. 21.

For more information, visit the candidates’ guide at ontario.ca.

BUSINESS BUZZ



MARK LINDENBERG



SHARLEEN TATTERSFIELD



A brightly coloured carpet of tulips heralds the arrival of spring at Beechwood Cemetery. Beechwood's many gardens and park-like areas will soon be full bloom as seen in this photo of the iconic Beechwood Gazebo located in Beechwood's Botanical Cremation Garden.

PHOTO: COURTESY OF THE BEECHWOOD CEMETERY FOUNDATION ARCHIVES.

This Buzz feels like summer might just be around the corner in Manor Park: patio season for lingering over lattes and weekend brunches, verdant vistas for re-acquainting with nature and enjoying neighbourhood pastimes and the farmers' market for discovering the flavours of local, fresh goodness – all moments from home.

We begin with the warmest welcome to those advertisers who have renewed their ad subscriptions this month: *Chew-That* (Renée Turcotte); *Lucille Col-lard, MPP for Ottawa- Vanier*; *Dr. Luc Ducharme and Associates*; *Elegant Hair and Skin Care* (Giti Mirshashi); *The Hon. Mona Fortier, MP_Ottawa-Vanier-Gloucester*; *Full Cycle* (Phil Brun del Re) and *Ottawa Physiotherapy and Sports Centre* (Mathew Pulickal). Thank you all!

We extend a sincere 'welcome-on-board' to new and returning advertisers who have joined us with this issue: *Cardinal Glen Ecological Landscaping* (Christina Keys); *Evertrain Lifestyles* (Andre St. Amour); *Mayor Mark Sutcliffe and The Poop Squad* (Paul & Karen Rodier).

Have a great summer, Manor Park. And remember, locally owned businesses build strong communities. Shop Local, Eat Local, Enjoy Local!

Read on as *Mark Lindenberg and Sharleen Tattersfield* present profiles of several current advertisers!

Sharleen Tattersfield, Ad Manager

BEECHWOOD CEMETERY - CANADA'S NATIONAL CEMETERY Winding vistas invite contemplation and remembrance

On a rainy day, when spring hasn't quite sprung, I talk with Nick McCarthy, Director of Marketing, Communications and Community Outreach at the Beechwood Funeral, Cemetery and Cremation Services (Beechwood Cemetery to locals) located at 280 Beechwood Avenue

It's not quite fit for a stroll in the cemetery, just yet. I do this often when weather permits and, as I soon find out from Nick, the cemetery was built to be walkable. First though, Nick tells me what it means to be Canada's National Cemetery.

"There was a real push on to create this National Cemetery, reflective of all that Canadian society is. The bill to create it went through Parliament with unanimous consent." [This happened in the spring of 2009.] "Beechwood

Cemetery is Canada's only national cemetery."

Nick continues, "Tommy Douglas' grave site overlooks Parliament. He's the father of modern healthcare, but there are lesser-known people here that we like to highlight: Supreme Court Justice Bertha Wilson, who interpreted the Charter of Rights and Freedoms to focus on individual (especially women's) rights. Also Chow Quen Lee who fought the government as a senior citizen and got them to apologize for the Chinese Head Tax."

Hockey and baseball players are buried here; people who had a hand in creating the first trans-Atlantic cables

to the person who figured out how to use microwave waves for bombing, to an internationally-ranked violin maker, and a who's who of the people who built Ottawa up from a Bytown lumber town to a modern capital.

"It's a wonderful amalgamation of what it means to be Canadian. Everyone has a story. It might be a bit of lore; it might be fact-based, but we have conversations with people that are just incredible."

Beechwood Cemetery is "the epitome of the rural American cemetery movement," says Nick.

"We're one of the best examples in North America. In the 1830s, there was this idea that cemeteries needed to be moved out of urban centres. In churchyards you had cemeteries, and municipal, smaller cemeteries also existed," Nick tells me. City land was

being built on; cemeteries got pushed out into the countryside.

"The idea of the rural, pastoral movement was to create a parklike feeling: winding roads, hills, rolling valleys, lots of trees, landscaping, gardens ... people could mourn and they could grieve, but it could also be a place for the public to walk through. We've never lost that essence."

I ask Nick what role the National Military Cemetery and sections set aside for RCMP, and police play in the life of Beechwood Cemetery as a space of remembrance and public memory. He says, "When you bring a student into a cemetery to lay a wreath at a monument or a poppy at a headstone for an event like No Stone Left Alone, there's a resonance, a reality that sets in. Cemeteries play a key role

>>CONTINUED ON PAGE 13

THE FARM STORE 4th Anniversary Market



Celebrate 4 years of the Farm Store!

On Saturday May 16th, we will be hosting a market at the Farm Store at 1805 Gaspé. Come meet and shop with some of your favourite vendors, grab ice cream from the Merry Dairy Truck, shop for seedlings with Plant-a-Patch, enjoy live Music and more.

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BUSINESS BUZZ

FROM PAGE 12 >>

in commemoration.”
Talking about the diversity of the cemetery, Nick mentions, “The tradition [of] American rural cemeteries on one side [and] a 1920s Buddhist cemetery on the other - two very different design elements, but we have a tremendous staff that really understands the intricacies of what individual cultures need.”

“We’ll build sections for people from different churches, different cultural backgrounds, professional associations and religious groups. You work with the communities and find out what they think they’ll want 100 years from now.” He continues, “This includes understanding what type of burial they want, understanding who gets buried on the right and left sides of a plot, understanding that there are certain colours that can’t be used in certain cultures.”

Beechwood’s Sacred Space is built so that it can be used by everyone and is meant to be reflective of whoever’s having the service there.

“A national cemetery can conduct programming that typical cemeteries couldn’t: anything from holding citizenship ceremonies to tours, to reconciliation programs,” says Nick. “Funeral services, celebrations of life, educational events and panel discussions are held here.”

“It’s very much a place where people can come and connect with each other.” Nick says. “You find out how your loved one affected so many lives, of which you may not have been aware.”

Want to learn more about Beechwood Cemetery and the services or programs it offers? Visit <https://www.beechwoodottawa.ca/>, email info@beechwoodottawa.ca, or call 613-741-9530.

Mark Lindenberg

**THE FARM STORE
4th Anniversary Market -
Saturday, May 16**

Early in April, I met with Chris Penton, president of Ottawa Street Markets (OSM) and owner of The Farm Store,

and Helena Chouchani, operations manager on site at 1805 Gaspé Avenue in Manor Park. I asked Chris how he came to found Ottawa Street Markets and The Farm Store.

“In 2014, I started the Beechwood Market at 99 Beechwood Avenue as a gathering space. There for two years, we then moved nearby to what is now the St. Charles development, to Optimist Park in Vanier [and] then to New Edinburgh Park,” says Chris.

“During those years COVID-19 hit: we started a pickup location and doing everything online. In 2021, I wrote an op-ed in the *Ottawa Citizen* about how we managed COVID. I said, ‘If there are any other communities out there that want a farmer’s market, give me a shout.’”

Chris continues, “The Centretown Community Association got on the phone and said [yes] - the Elgin Street market opened in 2021; also in 2021, Marty Carr, Alta Vista Councillor said, ‘Get me one of these markets!’” In 2022, we opened Alta Vista market and moved into 1805 Gaspé Avenue mainly to be an assembly point for our online orders. When COVID ended, we opened The Farm Store there.”

Chris tells me, “We’ve got 75 to 80 vendors on our roster. We wondered, ‘How do we help them out all year round?’ We created OSM to bring everything under one roof.”

Sponsored for the first two years, Chris faced a choice when that sponsorship was pulled: “Continue this thing or let it fold. All of a sudden, I had an incorporated business, and it took off very quickly - Manor Park, New Edinburgh, Overbrook, Sandy Hill - people come from across the bridge,” says Chris about OSM’s customer base.

The Farm Store stays attuned to the seasons with its offerings. “Right now, we’ve got a lot of root vegetables that keep well: parsnips, carrots, cabbage, potatoes. We also get a lot of Ontario greenhouse produce including tomatoes, cucumbers, spinach, kale, mixed greens, chard and



Setting up for a busy weekend at The Farm Store, 1805 Gaspé Avenue are Helena Chouchani, operations manager and Chris Penton, founder and president of Ottawa Street Markets. Save the date: May 16 (10a.m. - 2p.m.). Come celebrate their 4th Anniversary Market with live music, a seedling sale, artisan vendors with the Merry Dairy Truck on site (from 11a.m. to 2p.m.) PHOTO: SHARLEEN TATTERSFIELD

heads of lettuce.”

“As spring comes in, it’s asparagus, broccoli, cauliflower, corn.” With a smile, Chris says, “People are crazy for peaches!” Also on our store shelves, customers will find honey, fresh bread, salsas, eggs, dairy, jams, and much more.

Chris and Matty, his dedicated delivery driver, deliver online orders (customers should have those on Thursdays) right to their doorsteps, as well as to six different pickup points on Saturdays: The Farm Store, Maverick’s Donuts, Pot and Pantry, Fringe and Foliage, Chew-That and the Britannia Bake Shop.

“The pick-up points are all in small businesses: we want to bring traffic into these small businesses. The customer comes in, grabs their box, maybe gets a donut at Maverick’s Donuts in Alta Vista, or at the Britannia Bakery, where I just picked up the hot cross buns we sell here,” says Chris.

>>CONTINUED ON PAGE 14



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BUSINESS BUZZ



The team of Malcolm (right) and John Harding (left) of Compu-Home have been helping people with their home and professional technology needs for more than 25 years. Their company motto - "Helping You Choose and Use Your Technology" - says it all.

PHOTO: COURTESY OF COMPU-HOME.

FROM PAGE 13 >>

"It's symbiotic. It's important to keep the circular economy solid."

Ottawa Street Markets has a strong presence in the community, sponsoring the KinderKicks soccer team over in Vanier; it has also sponsored the New Edinburgh Studio Tour (NEST) for a number of years. OSM also sponsors community gardens at St. Columba Church in Manor Park and another in Vanier. These markets include community tables, where community groups and other or-

ganizations can set up, free of charge, for their own community outreach.

On May 16th, The Farm Store will host a fourth anniversary celebration at its Gaspé location, which will include the Merry Dairy truck (11a.m. - 2 p.m.) and music, and reflect its roots as a gathering place. "Something a little different for people to do," Chris says.

Interested in discovering everything that Ottawa Street Markets and The Farm Store have to offer? Visit their website at <https://www.ottstreetmarkets.ca/>, email ottawastreetmarkets@gmail.com, or call Chris and Helena at 613-883-1012.

Mark Lindenberg

**COMPU-HOME
Help with tech needs -
home or office**

John Harding started Compu-Home Ottawa in 1998 to help solve personal and professional computer-related problems. After the first 15 years in business, the ownership of Compu-Home passed on to his son, Malcolm. John, a former schoolteacher, says that the business began when he started helping fellow teachers adapt their computers for their own uses, and in the classroom.

"I found myself going to a lot of homes in the evenings, when colleagues were upset about the possibility of losing months of report cards. Eventually, it occurred to me

that there might be a business possibility here among the general public."

John tells me that Compu-Home has a number of people in its customer base who have used the company's services for more than 20 years. "We try to emphasize the small and the personal aspects of our relationships to people. We're the 'mom-and-pop' geek squad."

John and Malcolm's primary clientele are private customers, largely seniors. They travel to their customers' homes, though they do have a number of small businesses that call on them, as necessary.

"Malcolm has a knack for explaining to people what's happening," says John. "If it's a situation in which people want to be able to care of something themselves, we try to make sure that customers understand what's happening and what's required. Malcolm has a way of being able to put these things in down-to-earth language."

I ask John about some of the most common problems they see.

"The vast majority of computers we help clients with are Windows machines. As of last fall, Microsoft wasn't going to support any Operating System older than Windows 11. An awful lot of people needed their computers to be upgraded or, if their computer could not be upgraded, they needed to buy a replacement - and a lot of them asked us for guidance."

Compu-Home goes beyond just guidance, offering expert set-up of new equipment (tablets, smartphones, and televisions included), diagnosis and correction of slowdowns and malfunctions, software optimization, and small business technical support. John tells me that they also take care of the secure disposal of their cus-

tomers' old computers.

John says, "Another focus has to do with the epidemic of fraud in a variety of manifestations. Things like email and popups in which people are threatened that their computer has been infected. We receive an awful lot of calls from people who fear that they have been hacked or really have been hacked. We try to put things in context, explain what is really happening, and what they really need to be concerned about, or if it's just a phishing message they can delete, and forget."

When I asked John how he and Malcolm work, he says, "Our Plan A is always to go to your place and fix what's wrong on the spot, but some jobs take such a long time that we can do them faster, more efficiently, and less expensively by getting the computer into our workshop."

During COVID, he and Malcolm instituted a remote assistance option to help customers. It's less expensive per hour, because neither Malcolm nor John incur the travel expenses to provide in-home service. When this approach can be used, it has the advantage of dealing with the problem immediately.

"Because we don't sell any products, and our service is always based on an hourly rate, we can tell you reasonably accurately what a service call is likely going to cost. Our rates are competitive, and we do our best to keep costs down and stay affordable."

Interested in learning more about how Compu-Home can help you optimize your technology? Visit their website at <https://compu-home.com>, email info@compu-home.com, or call 613-731-5954 to talk to John or Malcolm.

Mark Lindenberg

>>CONTINUED ON PAGE 15

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BUSINESS BUZZ

FROM PAGE 14 >>

BUSINESS BRIEFS POSTSCRIPT

By Sharleen Tattersfield

BEECHWOOD AUTO SERVICE Farewell et Bonne Chance!

After 47 years of offering auto care with expertise and a personal touch in the same location at the corner of Marier and Beechwood Avenues, Beechwood Auto Service will permanently close its doors in mid-June.

A mainstay business in Beechwood Village serving customers from Manor Park, Lindenlea, New Edinburgh, Rockcliffe Park and Vanier, this long-standing automotive shop embodies the essence of community and service.

“I’ve really enjoyed managing my business in this community, says owner Pierre Fortier, “and I’m grateful for the loyalty of all my customers over the years.”

During a recent visit on a Friday afternoon when the shop was closed, Pierre reflected on being a local businessman and the culture of operating in a tight knit community.

“I was fortunate to be part of the vibe of Beechwood Village – to build up my clientele and to work constantly at creating a culture of individualized customer service.”

“My father believed in the potential of Beechwood,” says

Pierre who, in turn, appreciates just how much personalized, relationship-based service helps support the community as a whole.

This level of service was evident that very afternoon – even though the shop had closed at noon. A customer arrived unexpectedly in a vehicle that would not accelerate properly making his drive to the shop hazardous and worrying. Pierre assessed the situation and with a minor, ‘on-the-lot’ adjustment and a subsequent test drive, got the customer safely back on the road, with a reminder to drive slowly through puddles of water.

A little bit of local history: Pierre grew up in this business. His father Gilles bought the original BP station in 1979. By 1984, it had become a Petro Canada station serving gas until the pumps were removed in 1996.

Pierre, who has degrees in criminology and public administration, started working fulltime at the station after graduating from university. He had never really planned to take over the business, but as his father tired from the rigours of ownership, Pierre stepped in and found it was a job he really enjoyed.

“We deal with our customers on a first-name basis, and I’ve known many since I was a kid,” he says. And he acknowledges with gratitude the loyalty of his staff, several of whom had worked there for decades.

Although Pierre is not certain what the future will bring,



The *Chronicle* extends best wishes and farewell to Pierre Fortier with the approach of June 2026 and the closing of his auto repair shop Beechwood Auto Service. This independent, owner-managed business has been in operation in the same location at the corner of Beechwood and Marier Avenues in Beechwood Village for some 47 years. Salut et bonne chance, Pierre! PHOTO: SHARLEEN TATTERSFIELD

the garage property will eventually be re-developed. To help customers who wish to transition to another nearby community-based garage, he has facilitated arrangements with McConville’s Garage in Vanier.

As for himself, Pierre says he will be exploring new opportunities because “I really don’t believe in retiring.”

The *Chronicle* wishes Pierre well in his future endeavours and extends its thanks for be-

ing a loyal advertiser for the past 12 years. Bonne chance, Pierre!

LINDEN PIZZA It’s patio season

Patio season is officially here at Linden Pizza, 119 Beechwood Avenue, with the opening of their brand new outdoor, two-level dining area – a combined 400-sqaure-foot sunny space that accommo-

dates 22 patrons on the upper level with banquette and table seating, and an additional six patrons on the fully accessible lower-level deck.

Owner Tracey Clark and her staff have comfort in mind for cooler spring-like temperatures with their ready supply of warm blankets and heaters that ensure a pleasant and enjoyable fresh air dining experience.

>>CONTINUED ON PAGE 16

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Photo by Sergey Shmidt on Unsplash

BUSINESS BUZZ

FROM PAGE 15 >>

Patrons will be able to select their favourites from the pizzeria's full menu featuring tempting appetizers; salads; gourmet red and white pizzas (with the thinnest crusts in Ottawa); creative cocottes; seasonal desserts and, of course, hand-crafted cocktails and mocktails, wines, beers, digestifs, iced tea and colas.

Check out Linden's Mother's Day Wine Tasting event on Sunday, May 10 (1:00-2p.m. or 2:30 - 3:30 p.m.). Enjoy snacks, wine and sunshine!

Dine in Sunday to Tuesday (5 - 8:30p.m.) and Wednesday to Saturday (5 - 9:30p.m.). Reservations recommended, but walk-ins and same day reservations available on a

first-come, first-served basis. Take-out also available. Get in touch at 613-913-7997 or by email at: hello@lindenpizza.ca

**QUELQUE CHOSE PÂTISSERIE
Highly anticipated Coffee Shop/ Tea Room to Open**

It won't be long before Manor Park residents can linger over a warming latte or savour a delicate cup of tea in the newly refurbished and specially appointed Coffee Shop and Tea Room located in the upper level of *Quelque Chose Pâtisserie* at 311 St. Laurent Boulevard., just north of Hemlock Road.

This brand new venue - a dream-come-true for owners Julia Dahdah and her husband David Seba - has been



Thanks to Julia Dahdah, the *Chronicle* was fortunate to have a sneak-peek at the almost-ready-to open upper-level coffee shop and tearoom at *Quelque Chose Pâtisserie* at 311 St. Laurent Blvd. Keep watch for the official opening - as close to Mother's Day weekend as possible!

almost a year in the making. Since they first opened the pâtisserie shop in Manor Park last fall, plans for having an exclusive bistro space for customers to enjoy all that they offer were underway.

Now, with the months of dealing with permits, construction, décor and supplies behind them - and if everything goes ahead as planned - Julia and David hope to welcome guests to their new bistro space as close as possible to Mother's Day weekend, May 9 to 10.

On a recent visit to the shop, Julia and David shared their excitement and anticipation.

"Decorated in our trademark colours of blue and pink, our upper room will offer seating for 20 guests at tables of four and two," says Julia. "There'll be cozy elements throughout, and, with advance bookings, we will be able to accommodate larger groups -

especially for our popular afternoon tea service."

Quelque Chose Pâtisserie's upper room is indeed inviting with comfy banquette seating and custom tables and chairs. The walls are painted a calming, deep blue tone and hung with gilded mirrors and complimentary framed artwork. David has constructed several of the room's custom-built service units and counters and most are already installed.

"With the arrival of warmer, more summer-like weather, we'll be opening an outdoor patio at the back of the store with seating for 12 to 15 guests," says David. "Take-out sales of our macarons, scones, pastries and specialty orders will move upstairs - the lower level of the shop will become an exclusive area for preparations and baking."

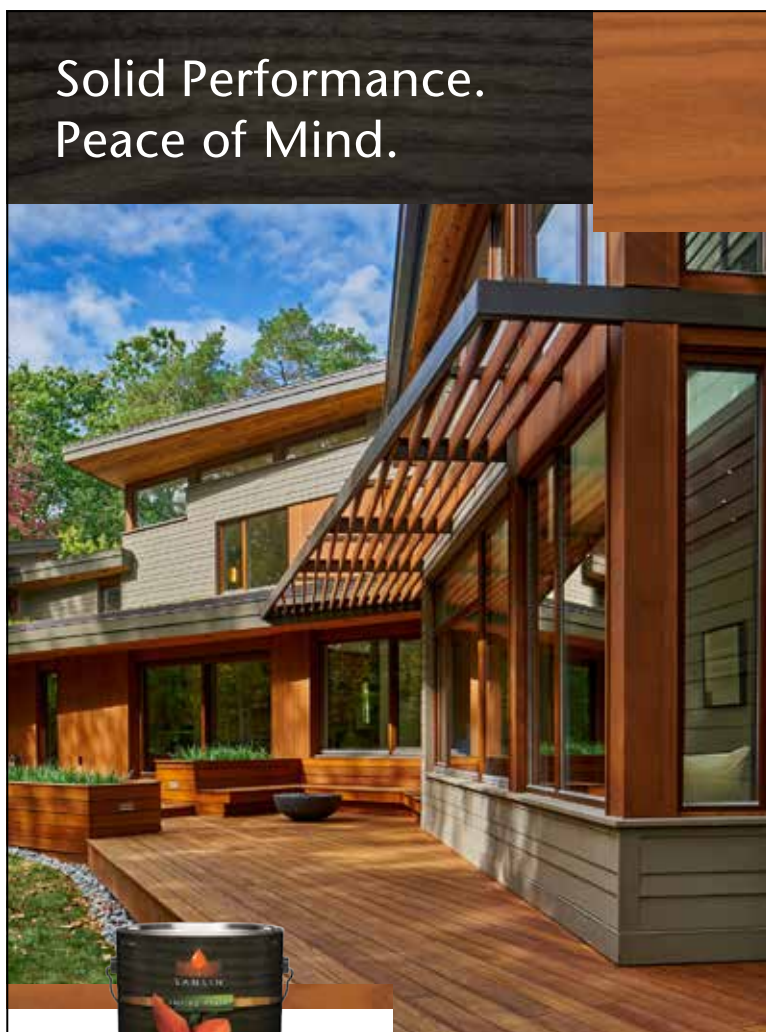
The menu will offer a delectable array of specialty cof-

fees and teas, sweet and savory treats, sandwiches, salads and a quintessentially British afternoon tea service. Afternoon Tea at *Quelque Chose Pâtisserie* includes an assortment of finger sandwiches, freshly baked scones and croissants served with crème fraiche and jam, macarons and mini desserts. Oh, my! Advance bookings required.

Julia tells me that customers will be able to enjoy raspberry Danish lattes, one of the newest, world-wide taste sensations, and the latest in pure chocolate confections and oven-fresh baking.

"Now it will be easier to focus all our energies in this one location and offer the very best in service quality for our Manor park friends and neighbours," says Julia.

Open Tuesday to Saturday (9a.m. - 5p.m.) and Sunday (9a.m. - 4p.m.). Visit: <https://quelque-chose.ca>.



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MANOR PARK NOTABLES

Ralph Sullivan (1943-2025)

Curious by nature and outgoing, Ralph found joy and meaning in every encounter

Ralph Sullivan was curious, outgoing, and deeply engaged with his community and the world around him. He had an easy way with people and a genuine interest in ideas, which made conversation central to his life. Whether with neighbours, colleagues, friends, or strangers, he was always ready to talk, to listen, and to learn.

Born in Toronto in 1943, Ralph was the second eldest of five siblings. At 19, he left home to travel the world, setting off by boat from San Francisco with his best friend. What followed was a two-and-a-half-year journey through Australia, New Zealand, India, the Middle East, and Europe.

He worked as he went — on docks, in factories, and later, on a kibbutz in Israel after his papers were stolen, picking oranges while arranging a replacement passport. These formative adventures 'opened his eyes and ears' and shaped a lifelong interest in travel, geopolitics, and the wider world.

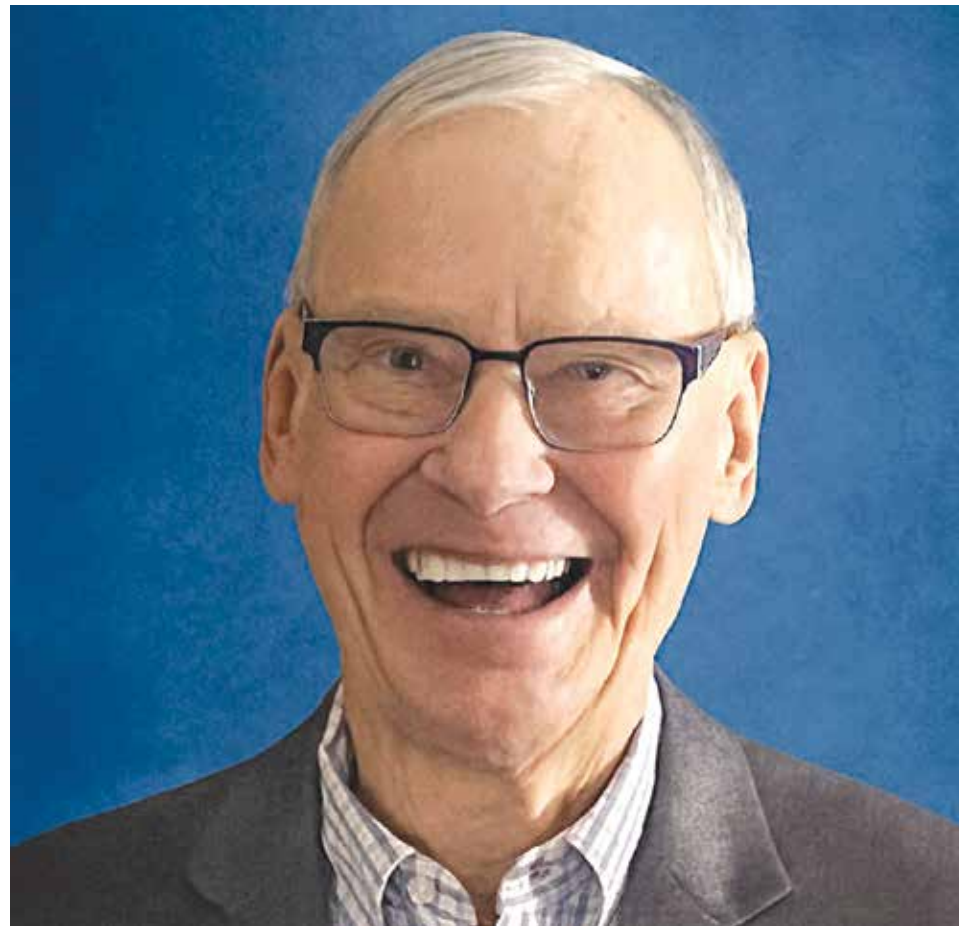
Back in Toronto, Ralph met Irene Pfund, a young Swiss woman working for a Swiss investment firm. Introduced by mutual friends, he proposed just three months later.

Married in 1976, Ralph and Irene soon relocated to Manor Park Hill, buying their first house on Apple Tree Lane. Before long, they moved 'up the hill' to a house on Chelsea Drive, which became the family home for decades. Ralph's and Irene's daughter Corene was born in 1977; their son Michael in 1979.

Avid walker

A career federal public servant, Ralph worked for many years in the Department of Immigration before moving to Access to Information. He walked daily to and from work at his Place du Portage office in Gatineau — year-round and regardless of the weather.

Both Ralph and Irene were avid daily walkers, journeying around the



Ralph Sullivan

neighbourhoods of Manor Park and Rockcliffe Park. Their many kilometre outings were highlighted by chats with neighbours. Ralph not only walked around the neighbourhood but 'kept the community conversation going.'

Ralph was exceptionally well read and broadly informed. You could talk to him about almost anything, and he would have something insightful to say. He also had a great sense of humour — his beaming smile and infectious, boisterous laugh easily drew people in.

Community involvement

Community was important to Ralph. He fostered connections, becoming

involved in neighbourhood issues by supporting Manor Park committees rallying against early proposals for a bridge at Kettle Island.

In the mid-2000s, when a proposal to re-zone vacant land to build an 18-storey high-rise and three-storey condo complex on Karen Way (in Manor Park Hill) roused the community, Ralph secured the hall at St. David and St. Martin Church for a well-attended, pivotal public meeting.

Ralph was also a strong advocate for including Manor Park Hill in the broader Manor Park conversation. He believed that 'community' should encompass broader neighbourhood perspectives.

For over 40 years, Ralph and Irene volunteered as carriers and route captains overseeing a team of seven neighbours to deliver more than 300 copies of each *Manor Park Chronicle* issue in their neighbourhood, retiring only in the fall of 2019 after successfully recruiting their successors.

Around that time, they organized 'Meet Your Neighbour' events each June in nearby Hemlock Park, encouraging 'Hill' residents to come out, have a coffee, meet new friends and neighbours, and renew old acquaintances.

Loved gardening and travel

Ralph loved to garden. He took care of the roses and the perennials, Irene the annuals. The Sullivan home was always colourful and vibrant in summer with its large backyard garden, climbing Clematis vines near the house and a mix of perennials and strategically placed annuals running up to their front door.

The Sullivans enjoyed travelling to sunnier climes in winter, with trips to Mexico, Australia, and New Zealand. With their adult children and grandchildren Coco and Kai living in Italy and Switzerland, there were many family trips including stops in nearby Spain, Portugal, and Greece.

Ralph passed away peacefully in September 2025. He is remembered for his curiosity, his love of conversation, and his steady, generous engagement with the world around him.

With kind appreciation to Irene and their children Corene and Michael.

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

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Dedicated delivery volunteers are the life-blood of our community newspaper! The Chronicle is very proud of its circulation of over 5,150 copies hand-delivered by its team of 88 volunteers! We thank each and every one of you for bringing this newspaper to your neighbours' doors and beyond to local businesses, churches, community centres, libraries and our advertisers this publication year.

By Jacki Sachrajda and Sharleen Tattersfield

CENTRAL MANOR PARK

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

Elinor and Mark Mueller (ROUTE CAPTAINS), the Guilfoyle family, Heidi Hallman, Susan Logan and Paul Massel, and Nancy and Ava O'Brien on Birch, Farnham, Ava, Bedford, Kilbarry, Eastbourne and Dunvegan.

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

Sandy Ritchie (ROUTE CAPTAIN), Michael Keleher and Kevin Sharma, Tomomi Matsuoka, Sylvia Munroe, Alison Peters and Caroline Wiley on Kilbarry, Sandridge, Finter, Arundel, Braemar, Jeffrey, Ava, Barclay, Eastbourne and St. Laurent.

Lynn Teeple (ROUTE CAPTAIN), Jean-Guy Baribeau, Denise Conway, Denise Groleau, Marianne Van Der Jagt, Moyra Kenward-Park and Katie Todd on St. Laurent, Eastbourne, Braemar, Hemlock and Glasgow.

Ian Brown (CAPTAIN), Roxanne Joly and Steve Zemplak on Birch, Blenheim and Westward Way.

MANOR PARK EAST

Jacki Sachrajda (ROUTE CAPTAIN), Jean-Guy Baribeau, Bridget Curran, Sam Grantins, Kristin Goff, Marc

Lajoie, Karen McClure, Lynne Murtagh, Melissa Rousseau and Ben Baxter, and Katie Todd on St. Laurent, Blasdell, Gaspé, Mart, Camelia, Mafeking, Martin, Wingham and Juliette.

Jacki Sachrajda (ROUTE CAPTAIN), José Alves, Samuel Fowler, Kristin Goff, Marta Tkaczyszyn and Erin Yoshida on Mart, St. Laurent, Alvin, Davenport, Jardin, Georgetown and Knightsbridge.

Emily Beedell (ROUTE CAPTAIN), Martin McCallum, Sandy Reid, Lisa Sheehy and Gillian Troop on Mart, Blasdell, Crispin, London, Alvin, Blue Moon, Sheba and Anjou.

The Hammell family, Natalie Sachrajda and Erin Yoshida on St. Laurent and London Terrace, and Sharleen Tattersfield to The Lancaster.

MANOR PARK HILL

Julie Brunet (ROUTE CAPTAIN), Ewen Cornish, Celine Couture, Robert Des Rosiers, Mathieu Fortin,

Rhys Fowler, Keith MacDonald, Simon and Kate Richer and Pierre Saint Laurent in Manor Park Hill.

BRITTANY / ST. LAURENT AREA

Scott Stilborn (ROUTE CAPTAIN), Margaret Dupee in Hillside/Oasis and Lise Gagnon at The Highlands.

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

Sarah Wright to condos/apartments on Brittany, Kristin Way and St. Laurent.

CARDINAL GLEN / NEIGHBOURING AREAS

Celine Couture and Christina Keys in Cardinal Glen.

Benji Fitz-Morris on Pauline Charron.

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

Robert Todd to condos/apartments in Beechwood Village.

LOCAL BUSINESSES / ADVERTISERS

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Teresa Rozkiewicz, Sharleen Tattersfield and Robert Todd to our advertisers, local businesses, libraries and community hubs.

DISTRIBUTION / CIRCULATION SUPPORT

Ian Brown, Celine Couture, Maurice Glaude, Jacqui Sachrajda, Sharleen and Tony Tattersfield, Sean Tattersfield, Lynn Teeple and Robert Todd for Route Bundling and Distribution.

Jim Kenward (Mailings), Jacqui Sachrajda (Distribution Coordinator), Sharleen Tattersfield (Circulation Manager) and Diana Poitras and St. Columba Church who have so kindly provided access to their hall to bundle *Chronicle* route deliveries.

COMINGS AND GOINGS

A big welcome to residential delivery volunteers Ava and Nancy O'Brien, Ben Baxter and Melissa Rousseau, Moyra Kenward-Park, Katie Todd, Caroline Wiley and Sarah Wright, and to commercial delivery volunteers Graeme Beamish, Kirk Dougherty, Patrick Hill and Teresa Rozkiewicz.

We say goodbye to long-time volunteers Sam Grantins, Thu Li, Lynne Murtagh, Helen Robertson and Marta Tkaczyszyn and their families. A huge thank you for your many years of dedication!

ARTIST
Marlene Munroe de Montigny



“Canada Geese” 8.25” x 9”

As I sat on my favourite bench overlooking the Rideau River in New Edinburgh Park in the morning, all was quiet ... then geese on the other shore got into a squabble ...

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Contact: **Jacki Sachrajda**
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MP reflects on first year of Carney government

FROM THE DESK OF:



Member of Parliament
Ottawa-Vanier-Gloucester
MONA FORTIER

Canada continues to strengthen its industries and support workers. Re-skilling programs provide training for Canadian workers, while support funds assist businesses in adapting and growing.

After one year in office, the government led by Prime Minister Mark Carney is now a majority government. I want to reflect on the issues that continue to shape our community and our economy.

In a context marked by global trade dynamics, rising cost of living, and affordability pressures, it is necessary to adopt a united approach focused on practical solutions.

Families continue to benefit from essential federal support programs. The Canada Child Benefit was increased this year, with amounts reaching up to \$7,997 per child under 6 years old, and \$6,748 for children aged 6 to 17, providing important support to help ease daily expenses and improve children's well-being.

The National School Food Program, now permanent, aims to provide nutritious meals to more than 400,000 children across Canada. This initiative helps improve student health, supports academic success, and reduces food insecurity affecting many

families, while also strengthening communities.

The Canadian Dental Care Plan continues to support eligible Canadians without private insurance and with a net family income under \$90,000, making essential care more accessible and affordable. In the riding of Ottawa-Vanier-Gloucester, 22,087 people are enrolled.

The Canadian Benefits Program remains an important support, helping approximately 12 million people have more income to manage the cost of living and improve financial stability.

On the economic front, Canada continues to strengthen its industries and support workers. Re-skilling programs provide training for Canadian workers, while support funds assist businesses in adapting and growing. Measures promoting procurement from Canadian suppliers also help support

jobs and supply chains.

Liquidity support is maintained for small and medium-sized businesses, along with targeted programs in sectors such as agriculture and renewable energy. These initiatives aim to protect jobs and ensure Canada's competitiveness on the global stage.

In this difficult period, to support Canadians and ease the cost of living for households across the country, our government is also reducing the tax on gasoline until Labour Day (September 7, 2026).

In addition, our government is working hard to support young people and provide more opportunities to gain work experience. Recently, the government announced the creation of 100,000 new jobs under the Canada Summer Jobs program. In our region, this represents 540 jobs with 167 employers.

I invite you to contact my office if you have any questions or would like more information about the programs available in our community.

♦ ♦ ♦

Après un an au pouvoir, le gouvernement dirigé par le premier ministre Mark Carney est désormais un gouvernement majoritaire. Je tiens à réfléchir aux enjeux qui continuent de façonner notre communauté et notre économie.

Dans un contexte marqué par les dynamiques commerciales mondiales, la hausse du coût de la vie et les pressions sur l'abordabilité, il est essen-

tiel d'adopter une approche unie et tournée vers des solutions concrètes.

Les familles continuent de bénéficier du soutien des programmes fédéraux essentiels. La Prestation canadienne pour enfants a été bonifiée cette année, avec des montants pouvant atteindre 7 997 \$ par enfant de moins de 6 ans et 6 748 \$ pour les enfants âgés de 6 à 17 ans, offrant un appui important pour alléger les dépenses quotidiennes et soutenir le bien-être des enfants.

Le Programme national d'alimentation scolaire, désormais permanent, vise à offrir des repas nutritifs à plus de 400 000 enfants à travers le Canada. Cette initiative contribue à améliorer la santé des élèves, à favoriser leur réussite scolaire et à réduire l'insécurité alimentaire qui touche de nombreuses familles, tout en soutenant les communautés.

Le Régime canadien de soins dentaires continue de soutenir les Canadiens admissibles sans assurance privée et dont le revenu familial net est inférieur à 90 000 \$, afin de rendre les soins essentiels plus accessibles et abordables. Dans la circonscription d'Ottawa-Vanier-Gloucester, 22 087 personnes sont inscrites.

Le Programme canadien de prestations demeure un soutien important, en aidant environ 12 millions de personnes à disposer de plus de revenus pour faire face au coût de la vie et améliorer leur stabilité financière.

Sur le plan économique, le Canada poursuit ses efforts pour renforcer ses industries

et soutenir les travailleurs. Des programmes de requalification permettent d'acquérir de nouvelles compétences, tandis que des fonds de soutien aident les entreprises à s'adapter et à croître. Des mesures favorisant les achats canadiens contribuent aussi à soutenir l'emploi et les chaînes d'approvisionnement.

Un soutien en liquidités est maintenu pour les petites et moyennes entreprises, ainsi que des programmes ciblés dans des secteurs comme l'agriculture et les énergies renouvelables. Ces initiatives visent à protéger les emplois et à assurer la compétitivité du Canada sur la scène mondiale.

En cette période difficile, nous réduisons également la taxe sur l'essence afin de soutenir les Canadiennes et les Canadiens et d'alléger le coût de la vie pour les ménages partout au pays pendant cinq mois.

De plus, notre gouvernement travaille fort pour soutenir les jeunes et leur offrir davantage d'occasions d'acquérir de l'expérience. Récemment, le gouvernement a annoncé la création de 100 000 nouveaux emplois dans le cadre du programme Emplois d'été Canada. Nous allons aussi avoir 540 emplois et 167 employeurs plus précisément.

Je vous invite à communiquer avec mon équipe pour toute question ou pour en savoir plus sur les programmes disponibles dans notre communauté.

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Please consider donation to Opportunity Fund

Residents can have a say in MPCC's Strategic Plan

FROM THE DESK OF:



**MPCC Chair
 MARK SMITH**

These days, we're all feeling the pinch of the rising cost of living. For families across this city and in our community, it's pushing the costs of registering their kids for activities out of reach.

So, my message this issue is

The MPCC will be inviting residents to share their feedback through a community survey.

a simple one: please consider donating to the MPCC's Opportunity Fund.

The Opportunity Fund pools voluntary donations to help make the MPCC's recreational programs accessible to those who need financial support. This past year, your generous donations helped six adults register for arts and fitness programs and helped 11 children take part in sports and art classes.

Right now, we're experienc-

ing unprecedented requests for Opportunity Fund support to send kids to our outstanding Summer Day Camps. To meet this demand, our goal is to raise \$5,000 — enough to send two children to Summer Day Camp each week of the summer (nine weeks).

You can contribute by going to manorpark.ca and clicking "CLICK HERE TO REGISTER ONLINE," which will take you to our program registration page. From there, you can make a direct donation from the "Opportunity Fund Donations" tab or add a small donation when you register for one of our programs. Either way, every little bit helps.

As a community, let's ensure that no child misses the chance to participate because

of financial barriers.

Strategic Plan update

Before signing off, I want to share a quick update. In the March-April issue of the *Chronicle*, I wrote about the MPCC's initiative to refresh our Strategic Plan, and how we would like to hear from you to help shape it.

Over the next few weeks, the MPCC will be inviting residents to share their feedback through a community survey. The survey will be distributed through the Manor Park Listserv and to our newsletter subscribers, and it will also be available on our website. We would be grateful if you would take a few minutes out of your day to participate.

Save the dates, Manor Park!

The Manor Park Community Council is bringing the fun from spring until fall. You won't want to miss these events:

Ottawa Marathon Hydration Station

Sunday, May 24
 6 a.m. - noon
 Location: At the intersection of Acacia Avenue and Sir George Etienne Cartier Parkway

Join the MPCC as thousands of runners take to the course in the city's iconic Ottawa Race Weekend. Hydration stations are an essential part of the marathon as runners require refueling throughout the race. Be a part of something truly inspirational as a Hydration Station volunteer! Go to manorpark.ca to sign up! Ages 10+.

Manor Park Garage Sale

Saturday, June 6
 8:30 a.m. - noon
 Location: at the Manor Park Community Centre, 100 Thornwood Road and lawns, driveways, and garages of the surrounding neighbourhood.

Spring is here ... so it's time to clear out the clutter! After a one-year hiatus in 2025, the Manor Park Garage Sale is back. The MPCC is offering space on the lawn of the

Community Centre for \$10/lot. Refreshments and treats will be available at the Community Centre. Book your lot at manorpark.ca before they're all gone!

Pints in the Park

Saturday, July 25
 2 - 7 p.m.
 Location: West lawn of the Manor Park Community Centre, 100 Thornwood Road
 Manor Park's favourite adult-focused (but family friendly) event is back for the seventh year! At Pints in the Park, enjoy cold pints from local craft breweries, delicious eats and treats, shopping at local vendors, and live entertainment all afternoon. Non-alcoholic options

available as well! This inclusive celebration welcomes everyone from across the city. Event and community centre are fully accessible. Admission is free!

Rock the Block

Friday, September 18
 5 - 9:30 p.m.
 Location: Sports fields of the Manor Park Community Centre, 100 Thornwood
 Bring your crew and enjoy a night of food, fun, and an outdoor movie. Come early to grab dinner from local food vendors and treat yourself to a slice of pie from our pie-baking contest. Stick around for lawn games and an outdoor movie starting at 7:30 p.m. Admission is free!

Want to get involved in any of our events?

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

Come celebrate with your community—we can't wait to see you there!



ARTS AND RECREATION PROGRAMMING

Submitted by Alycia Maskiew

ADULT PROGRAMS



CREATIVE CIRCLE
Wednesdays, 7 PM - 9 PM
From April 1, 2026 to June 24, 2026
The Art Space (1805 Gaspé)
Self-directed. Free!
Join a welcoming community of creatives for a relaxing, once-a-week session dedicated to the crafts of fiber arts, needlework, sewing, quilting, painting or drawing. (And anything else we missed!)



CYBERSECURITY FOR SENIORS
Fridays
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.



SOUND BATH EXPERIENCE
Wednesdays
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

MANOR PARK COMMUNITY COUNCIL

Fitness & Movement

| | | | |
|------------|---|---|--|
| MON | Pilates Fundamentals 9:30-10:30am | Strong & Stable 11:00am-12:00pm | Tai Chi 6:00-7:00pm 7:15-8:15pm |
| TUE | Power Up 6:15-7:00am | Pickleball - Intermediate 4-5 & 5-6pm | |
| WED | Strong & Stable 10:00-11:00am | Hatha Yoga 5:15-6:15pm | |
| 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 |
| FRI | Strong & Stable 10:00-11:00am | | Drop-In Pickleball 6:10-7 & 7-7:50pm |
| SAT | SATURDAY Hatha Yoga 10:00-11:00am | | |

April to June 2026
Updated April 24, 2026

manorpark.ca

spirits can move to a place of greater health and well-being.



ESSENTIAL FIRST AID
Tuesday, June 9, 2026
6 PM - 8 PM,
The Art Space (1805 Gaspé)
Emergency situations can happen at any time – and often involve someone you know. Introducing practical, lifesaving skills in a supportive and accessible way, helping participants feel comfortable and confident responding to common emergencies.

LEARN AMERICAN MAHJONG!
Thursdays, 10:30 AM - 12:30 PM,
From May 7, 2026 until May 28, 2026,
The Art Space (1805 Gaspé)
American Mah Jongg is a lively, strategic tile game that

blends pattern building with just the right touch of luck. It's easy to learn, endlessly engaging, and perfect for sparking connection around the table.

CORE & STRENGTH
Tuesdays, 6 PM - 7 PM
The Studio (1805 Gaspé)
A dynamic, mat-based workout that blends the core-strengthening power of Pilates with light weights, body-weight exercises, and the flexibility and flow of yoga and stretching.

HATHA YOGA
Wednesdays, 5:15 PM - 6:15 PM
Saturdays, 10 AM - 11 AM
The Studio (1805 Gaspé)
Stretch, unwind, use different breathing exercising, and enjoy a relaxing cool-down. As you move from pose to pose, you will relieve stress and stiffness in your mind and in your body.

PILATES FUNDAMENTALS
Mondays, 9:30 AM - 10:30 AM
Thursdays, 5 PM - 6 PM
The Studio (1805 Gaspé)
Pilates fundamentals are functional and body-weight exercises focusing on core stability,

mobility and control. In this class you will increase your self-awareness, build bone and muscle mass and strength and learn how to master functional exercises challenging yourself in multiple ways.

POWER UP
Tuesdays, 6:15 AM - 7 AM
The Studio (1805 Gaspé)
Jumpstart your morning with a high-energy workout led by instructor, Leanne Ward! This all-levels class blends strength and cardio training with functional movements, core work, and light weights – plus personalized modifications to meet you exactly where you are.

STRONG & STABLE
Mondays, 11 AM - 12 PM
Wednesdays, 10 AM - 11 AM
Fridays, 10 AM - 11 AM
The Studio (1805 Gaspé)
Improve everyday functional movements, balance, postural alignment, and build bone and muscle endurance, mass and strength. You will learn the core foundational exercises for strength training in order to

use your body more efficiently and avoid injury.

TABATA
Thursdays, 6 AM - 6:45 AM
The Studio (1805 Gaspé)
Get ready for a fast, fun, and focused workout! Tabata is a high-intensity interval training style that cycles through 20 seconds of work and 10 seconds of rest – perfect for boosting strength, endurance, and cardio fitness in a short amount of time.

KIDS & TEENS



AFTER THREE (A3)
Monday - Friday, 3 PM - 6 PM
OCDSB Calendar Days
North Room (Manor Park Community Centre)
Learn, lounge, play and socialize – do it all After Three! Welcoming children in grades K-4 from Manor Park Public and surrounding community schools. Each week has a new theme for kids to explore and create through arts, cooking, dance, music, sports or STEM activities. Choose from 3 or 5 days of programming after school each week.

DUNGEONS & DRAGONS (ONLINE)
Wednesdays, 6:30 PM - 8:30 PM
From May 6, 2026 until June 17, 2026
Online - Zoom
In D&D, players take on the role of a fantasy themed character within an adventuring party of up to 7 characters. Players will be required to go on a weekly adventure cultivating their creativity, teamwork, decision-making, commitment, and character development skills.

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 fun-



RECREATION PROGRAMMING

SUMMER DAY CAMPS IN MANOR PARK

WEEK CAMP THEME

| | |
|-----------------------------|-------------------------|
| June 29-30, July 2-3 | Edible Science Lab |
| July 6-10 | Whodunit Detectives |
| July 13-17 | Cardboard City Builders |
| July 20-24 | Wizard Academy |
| July 27-31 | Critters Crossing |
| August 4-7 | Manor Park's Got Talent |
| August 10-14 | Mario Kart Racers |
| August 17-21 | Storyland Imagineers |
| August 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!

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.



VOLUNTEER OPPORTUNITIES

Volunteers are needed to support a variety of Kids and Teen programs. Opportunities in arts, baking, baseball, cooking, Dungeons & Dragons, flag rugby, improv, and soccer. Get involved, build experience, and make a positive impact! Visit our website to view current volunteer opportunities.

RECREATION COORDINATOR



Alycia Maskiew

With longer days and warmer weather ahead, I'm excited to welcome everyone back for another great season of programs!

ny, 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.

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 gameplay, and lots of movement.

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.



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.



RED CROSS BABYSITTING COURSE

Saturday, 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.



FLAG RUGBY

Wednesdays, 6 PM - 7 PM
From Wednesday, May 13, 2026 to Wednesday, June 17, 2026



Need a space? We've got you covered!

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

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

- Large screen monitor
- Speakers and microphones
- Games
- Tables & chairs
- Sink
- Mini Fridge
- Free Parking

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

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

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

Adult programming features a blend of learning and wellness opportunities, including Cybersecurity for Seniors, Learn American Mahjong, and Essential First Aid. If you're looking to stay active, our fitness classes offer something for every level – from the slower, functional approach of Strong & Stable to the high-energy pace of Power Up.

For kids and teens, outdoor fun returns with popular spring sports like baseball, flag rugby, and soccer. These programs focus on skill development and teamwork – while helping burn off that extra energy.

I'm also inviting community members to get involved by volunteering with our Kids & Teen programs. It's a rewarding way to give back, connect, and support local youth. High school students can also earn valuable community involvement hours!

Have any programming ideas you would love to see at MPCC or feedback to share? Please reach out.



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CHILD CARE AND EARLY LEARNING

Before-and-After-School, and Child Care Centre Supervisors' Messages



Amy Mombourquette, RECE Supervisor Before- and After-School

Before- and After-School in Manor Park has had an exciting and active year!

From soccer games and science experiments to celebrating the Olympics, enjoying busy PA Days and March Break Camp, and getting creative with snow painting, there has been no shortage of fun. Dodgeball Fridays have also been a highlight for many of our children.

As the school year begins to wind down, we are gearing up for another exciting season – our licensed summer camp!

Summer day camps

Our licensed summer camp will run from July 2 to Aug. 21, offering weeks filled with engaging activities, water play, and new experiences. To make things a little easier for families, we'll also be offering hot dog days and pizza days to help lighten lunch preparation.

Summer camp is a wonderful opportunity for children who will be starting Kindergarten in the fall. It allows them to become familiar with the school environment, connect with educators (many of whom also work during the school year), and get comfortable with what a typical Kindergarten schedule may look like come September.

Program registration

Registration for the 2026-2027 Before and Afterschool in Manor Park program is now open. We were pleased to host a successful Kindergarten Information Night in February and look forward to welcoming new families.

Our programs serve children from JK through Grade 6 and include both morning and aftercare, as well as full-day programming for PA Days and March Break.

At this time, our Kindergarten program is full; however, we encourage families to join our waitlist.

Our licensed childcare programs participate in the Canada-Wide Early Learning and Child Care (CWELCC) initiative and accept City of Ottawa childcare subsidies. For more information or to inquire about care, please email us at bas@manorpark.ca.

We look forward to welcoming your family into our programs this summer and in the coming school year!



Julie Irwin, RECE Manor Park Child Care Centre

As educators and partners in learning, it is so important to have the opportunity to connect with families regularly. Even a quick one-minute chat at pick-up or drop-off helps us build strong, trusting relationships with families. This is a core value we hold within our centre, and is ultimately the foundation of quality child care.

When sharing anecdotes or highlights of a child's day with families, we often hear, "My child isn't like that at home!" (for better or for worse!). Such conversations really emphasize what a different environment daycare is compared to home life.

Our centre is a bustling, dynamic environment. Here, they get to participate in social interactions and engage in experiences that they may not get to encounter elsewhere.

We love to hear what home life is like, and incorporate our families' values whenever we can, allowing the children to feel a strong sense of belonging at the daycare.

In each classroom we have a family wall adorned with family pictures. It's not uncommon for children to ask to carry around their family photo, or to fall asleep hugging it tightly at naptime.

Of course, nothing compares to the comfort of home, which is why it is so important for us to create a space that feels like a home away from home. With time, educators and peers become like a second family. It's a beautiful thing to see a child running into a teacher's arms at drop-off – and an even more beautiful thing to see them running into their parent's arms after a long day.

Our centre is a bustling, dynamic environment. Here, they can participate in social interactions and engage in experiences they may not encounter elsewhere.

Ottawa Race Weekend Hydration Station
Sunday, May 24 2026
volunteer@manorpark.ca

MANOR PARK COMMUNITY COUNCIL

ROCK THE BLOCK

FRIDAY, SEPTEMBER 18
100 THORNWOOD ROAD

| | |
|---|--|
| 6:00 PM | 7:30 PM |
| <ul style="list-style-type: none"> • GAMES & FACE PAINTING • FOOD, PIE CONTEST, BEER • AND MORE! | <ul style="list-style-type: none"> • POPCORN • COTTON CANDY • OUTDOOR MOVIE |

manorpark.ca

MEET YOUR NEIGHBOUR

Roz Ross



Who are you?

I am Roz Ross, I've lived in Manor Park for 18 years.

Where were you born?

I was born in southern Ontario and moved to Rockcliffe Park when I was 10.

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

I am a person who has had a "serial career." I am naturally curious and always eager to learn new things — or perhaps I am just easily bored. After graduating from uOttawa, there were very few jobs available in Ottawa, so I moved south and taught scuba diving in Florida and the Bahamas. When I returned to Ottawa, I worked at the House of Commons and also as a court reporter.

In the late 90s I was deciding between going to law school or into Information Technology. I chose the latter. My IT career in the private and public sectors led to my eventual appointment as an executive in the Federal Public Service.

I'm now preparing for my life as a retiree and have trained to be a certified executive coach and yoga instructor.

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

My health. Having a major health scare really puts life in perspective. It has been a difficult year, but I'm so happy to live in such a great community and close to friends and family.

Why do you live in Manor Park?

I spent a lot of time on realtor.ca and when my little house showed up I fell in love with it. The neighbourhood is so close to the places I love — the dog park, the river, the stables. Manor Park is like living in the country in the middle of the city.

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

I would love to live in Scot-

land. The beauty of the landscape is a huge draw.

What do you do to stay healthy?

I walk my dog, take Pilates, do yoga, kayak and swim. I also believe in life-long learning so

I am always trying new things.

What was the last book that you read?

I just finished the Astral Library by Kate Quinn. It was a departure from her traditional historical novels and was more in the genre of speculative fiction. In a nutshell, the book asks: if you could choose to live inside of a book which one would you pick?

What has been one of your biggest challenges?

The 2020s have been challenging so far, first we had the pandemic and now with the current state of the world, I find myself perplexed.

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

David Bowie, Jacques Cousteau and the Dalai Lama. I would serve some vegetarian food.

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

Well, there is a house for sale at the bottom of Mariposa with a dock on MacKay Lake ...

What is your favourite childhood memory?

Running around at the Doon School of Fine Arts outside of Kitchener-Waterloo. It was

such a creative and interesting place full of people making art.

My favourite thing about Ottawa is....?

I love that Ottawa is a city that feels like a small town. It is a beautiful city and we are so lucky to have museums, galleries and outdoor spaces. Best of all, I can be in the wilderness in minutes.

My least favourite thing about Ottawa is....?

At this time of year, it would have to be the potholes and construction.

Where do you see yourself in five years?

Perhaps right here ... or maybe a kilometre to the west ...

What do you wish to teach others about the world?

I think everyone is different and it is our differences which make us special. I would want people to learn to trust their instincts, follow their ideas and learn what creates a spark for them.

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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ON CALL: Fire Station 57 crews dedicated to protecting local residents

By Ryland Coyne

They are firefighters, first and foremost. But after speaking with one of the crews of Ottawa Fire Station 57, it's clear the job is so much more than that.

"You never know what the day's going to bring," says Capt. Tracey Fields. "Sometimes we get in (to the station) in the morning, we make a plan and it goes right out the window, depending on how the day goes."

The 27-year veteran of Ottawa Fire Services (OFS), five years as captain, leads the four-member 'D' crew, one of four teams working out of the Beechwood Avenue location.

They work a 24-hour shift, from 7 a.m. to 7 a.m. Over that time, they will respond to an average of eight to 12 calls, traveling aboard the familiar P57 pump truck. If the call requires the ladder truck, additional staff is called in.

Those calls can range widely throughout the day, Fields explains. Fires, alarms (probably the most common), and medical situations top the list. "Medicals can be for a variety of different things — chest pain, someone breaking their leg, falling off a bike, things like that," she says.

(On this day, the interview was delayed as the crew rushed to assist a pedestrian struck by a vehicle just two blocks from the station.)



One of the four dedicated crews working out of Ottawa Fire Station 57 on Beechwood Avenue are, left to right, Capt. Tracey Fields, Laurence (Larry) Lemieux, Chris Lee and Tim Bernardi. PHOTO: RYLAND COYNE

Then there are motor vehicle collisions, elevator calls, gas leaks — the list goes on.

"When people don't know who to call, they call us," notes Laurence (Larry) Lemieux, an 11-and-a-half-year veteran of OFS.

"We went to a call last year for a fishing lure that got stuck in the lip of a cat, a kitten, so they called us to go," Fields confirms.

While not their specialty, they have also attended hazmat calls and water rescues on MacKay Lake and the Rideau River. "We don't generally get them but we've certainly been to four or five in the past year," Fields says.

Coverage area

Station 57 covers an area that includes New Edinburgh, Rockcliffe Park, Manor Park and Vanier. Their district also stretches over the St. Patrick Street Bridge to Cobourg Street, the fire captain explains.

"We also back-up stations around us (Byward Market, Overbrook and Montreal Road). We help out with a larger district than just our own here."

Alarm calls, for example, require two pumper trucks and a ladder. "So, for downtown in the market, their two trucks would go and then we would support them," Fields

says.

False alarms are an ongoing issue that could result in fines for landlords who don't maintain their systems. "It's (City of Ottawa by-law) really for the repeat offenders."

The new regulations, introduced in 2024, have had the desired effect.

"We were going to a couple of buildings very regularly. Now they've been fined and ... they sorted themselves out," Fields says.

Life in the firehouse

Life at the fire station is very much like a family.

"It's mostly spent tolerating your colleagues," firefighter Tim Bernardi says with a laugh. "We're here 24 hours so we're living together."

A typical day, according to Fields, would start with a debrief with the previous crew. A check of the pumper truck and all equipment follows.

"I usually check the training calendar and what we're required to do for the day.

Then we have a meeting, have a coffee, and talk about the day, what we want to do and what we have to do."

The crew makes various stops throughout the district, "especially if there's been construction going on or road closures," Bernardi says.

"So, we try to get out in the district regularly, every shift, and check out a different area, to see what's going on," Fields adds.

Returning from a call, especially one requiring the hose, requires a significant clean-up, which can take from 60 to 90 minutes.

"We have a big tower in the back where we hang it (hose) to dry. Then we have a spare hose ... we put on the truck," she explains. "But all of our gear, all of our packs, everything has to be cleaned after a fire ... just trying to keep the contaminants out of the truck, so we wash everything after."

>>CONTINUED ON PAGE 27

By the numbers

The following fire-call statistics cover from Jan 1, 2003 to March 30, 2026 in Station 57's response area.

- 576 fires (Ontario Fire Marshal Response Type "01 Fire")
- Of those:**
 - 129 had a dollar loss greater than \$30,000
 - 89 had a dollar loss of between \$10,000 and \$30,000
 - 196 had a dollar loss of less than \$1,000
 - 63 were vehicle fires
 - 45 were in 57's Manor Park area

SOURCE: Ottawa Fire Services

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On call, cont. from page 26

Shift cycle

Ottawa firefighters work off a 28-day cycle, Lemieux explains.

“Within 28 days, we work seven (24-hour) shifts, which actually equates to 42 hours of work per week,” she says.

And those shifts occur in clusters, with five of the shifts within a 12-day period. The crew gets along well, Bernardi jokes, but by the end of that fifth shift, “We’ve had enough of each other.” He then says with a smile, “It’s good. We have lots of fun.”

Serious training

Firefighter training is a daily occurrence.

“It could be a matter of taking the truck out and flowing some water through it or taking the ladder truck out and setting it up, going through scenarios on the computer or reviewing our policies,” Fields explains.

The crews also undergo regular medical training as well as training to refresh skills that may not be used on a daily basis — if ever.

“Let’s say, rescuing a firefighter in a burning building,” Lemieux says, noting it’s an occurrence they hope never happens but are well prepared to handle.

Backgrounds

Crew 57D is certainly not short on experience.

Fields was one of the first

three female firefighters hired by the service 27 years ago. She is also Ottawa’s first female fire captain.

“For me it’s just my life, it’s who I am,” she says. “I don’t think I did anything special or different than anybody else. But I do think representation is important. I think it’s important for other young women and young boys to see it.”

The number of women in OFS continues to climb slowly, Fields notes.

“It’s growing for sure. We were at three or four per cent for many years and now I think we’re up to six or seven per cent,” she says. “It’s still not a lot but it’s certainly more than it was.”

Female firefighters bring a different perspective to the position, not just due to gender but through different life experiences, she says.

“All the experience everybody brings makes the team better,” according to Fields.

Bernardi, who has nine years with OFS under his belt as well as years of volunteer service in Thunder Bay before that, takes it one step further.

“It may sound hokey but our diversity is our strength,” he says. “We’ve got electricians on the job (including fellow crew member Chris Lee, a five-year OFS veteran). We have people who are able to speak multiple languages and, in an area like this that’s

bilingual and trilingual, that’s incredible.”

Then, with tongue planted firmly in cheek, he adds, “I still haven’t figured out what I bring,” sparking laughter around the table.

“You just never know what kind of a call you’re walking into so I think having a variety of diverse backgrounds and experiences just makes sense,” Fields adds.

Highlights

Asked for a highlight of their time with the service, they all come to the same conclusion — it’s the people.

“It doesn’t matter where you go or what station you’re in, or what shift you’re on, firefighters are all generally really good people,” Fields says. “The people are really what it’s all about. We’re lucky to come to work every day.”

Lemieux adds she’s appreciated the opportunity to see the city from a different perspective and make a difference in people’s lives.

Of course, getting to drive the truck is pretty cool too, they admit.

Their work may not always be wall-to-wall excitement, as often portrayed in movies or on TV. But it’s reassuring to know these dedicated individuals are on duty and ready to help all those in our community who find themselves in a vulnerable situation.

Fire prevention efforts aim to keep everyone safe

By Ryland Coyne

sleeping areas, she says.

A key duty for firefighters in Ottawa is fire prevention. For more than 20 years, that part of their job has been run through the ‘Wake Up!’ program, operated across the city.

“The first week of June and last week of September, our crews from every station go on tour in their communities and knock on doors,” says Gwen Lewis, Division Chief of Fire Prevention with the Ottawa Fire Service (OFS). “We want to make sure you have a working smoke and CO (carbon monoxide) alarm.”

The law regarding smoke alarms was first enacted in 2006. In Ontario, the devices must be placed on every storey as well as outside all sleeping areas. The onus is on the homeowner to install the alarms and maintain them. The same rule applies to landlords.

As of January 2026, Ontario passed a similar law for carbon monoxide detectors, Lewis explains.

“It affects any building that has an attached garage, fireplace or fuel burning appliance ... and that’s a lot of residences in Ottawa.”

For these buildings, the alarms must be placed on every storey and adjacent to all

Education program

The next fire prevention community outreach takes place in early June. “It’s an education program for our residents,” Lewis explains.

Questions a homeowner might be asked could include the following:

- Do you have a smoke/CO alarm installed?
- Do you test it regularly?
- Do you replace it every 10 years?
- Do you change the batteries regularly (if battery operated)?
- Do you practice your home escape plan?

The success of the local program is due to the support of Ottawa firefighters.

“Firefighters want to engage in education before they have to show up on the worst day of someone’s life,” Lewis says.

The new laws are designed to do just that; keep Ontarians safe.

“With CO, you can’t see, smell or taste it. So, you have to be aware of the effects on your body,” such as dizziness or nausea, Lewis explains. “That’s why it’s important to have a CO alarm because you may not recognize these

>>CONTINUED ON PAGE 41

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UPCOMING EVENTS

June 9 Let’s Talk Fall Prevention 1:30pm
(with Ottawa Public Health)

June 21 National Indigenous Day of Prayer

June 25-28 RCMP Musical Ride Parking Fundraiser

July 4 Strawberry Social 2-4pm

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Holy Week services highlight busy spring at St. Columba

By Diana Poitras

It has been an incredibly busy spring thus far at St. Columba.

March 17 marked the 66th anniversary of the consecration of the Church building. While last year's milestone 65th anniversary was marked with celebratory services and a dinner, this year, we have chosen to combine the anniversary with the Feast of St. Columba on June 7.

On March 25 we held our first in a series of "Let's Talk" presentations — this first one focused on Dementia.

The community was and is invited to these presentations on various topics. We hope to have a second talk on Dementia, this one focused on resources available to those with or caring for someone with dementia.

Ringette team welcomed

March 28 saw the arrival for a second year in a row of the Saskatoon Blazers U18 ringette team. City of Ottawa Ringette hosted the National Tournament in 2025, with Nepean hosting this year. Some of the coaches/parents of the team once again utilized the kitchen at St. Columba to cook meals for the girls and their parents. Members of the congregation baked and brought everything from pancakes to sandwiches to squares/cookies/loaves.

Holy Week

March 29 was our Palm Sunday



Reverend Susan Lewis (left) prepares to baptize young Beatrice Trudeau (centre front) and her brother Niall (back) during the Easter service. Looking on (left to right) are the children's grandparents Brian and Mary Wolff, and parents Ciara and Mike Trudeau.

service — starting off our Holy Week. Services took place on Maundy Thursday, Good Friday and, of course Easter Sunday (April 5). Our Lenten project of collecting cereal for the food bank resulted in more than 70 boxes of cereal (as well as other non-perishable and household items) delivered to the Emergency Food Bank at the Rideau-Rockcliffe Community Resource Centre before Easter.

Easter was extra special this year as we welcomed singers Natacha Demers and Natasha Henry (graduates of the Montreal Conservatory of Music and budding opera performers), along with our Cantors Alison Hamer, Spencer Cripps, Sophia Nickel, Mallory Williams and Shawn Mattas. Violinist, Doug Brierley, accom-



Francis (Chips) Filleul and daughter Francesa Filleul pose together at the church on Palm Sunday. PHOTOS: DIANA POITRAS

panied Genie Mackay on the grand piano and Faye Grinberg Rice, our Music Director and organist.

We also welcomed three new members into our community of faith as baby Thomas McCord Aulhouse and "big kids" Niall and Bea Trudeau were baptized. While baby Thomas was baptized in the very traditional way, at the Font, Niall and Bea CHOSE to be baptized in a pool. Needless to say, there were some logistical issues getting a (small) pool into the Church sanctuary, but when all was said and done, it was beautiful to witness.

Niall and Bea's grandmother, Carolynne Pynn Trudeau, a well-known potter, made jugs to hold some of the water used in the baptisms (and now keepsakes for her grandkids). Family and friends of the singers and baptism candidates filled the church alongside parishioners.

April 29, St. Columba hosted a facilitated Community Café,

where community service providers could meet and discuss services being offered, identify gaps and explore partnership opportunities.

Community Garden

The Manor Park Community Garden at St. Columba will be back in action once the weather warms up a little more. Two of the 18 boxes are designated to grow food for the food bank, with all of the gardeners sharing responsibility to plant, weed, water and harvest the produce.

Two further garden boxes are rented by St. Columba parishioners specifically for the purpose of growing food for the food bank. Many thanks to our City Councillor, Rawlson King, who provided a great many packages of seeds to the Community Garden.

Big Give

June 6 is The Big Give (thebig-give.ca). "Each year, churches across Canada bless and love their neighbourhoods through a day of giving extravagantly where everything is free!" At the time of writing this article, St. Columba is exploring the idea of participating in this event, which coincidentally is on the "usual" Manor Park Community Garage Sale weekend. If we do participate in the Big Give, we will share more information via the ListServe.

Some communities have people who will donate haircuts, cat/dog nail trimming, bicycle check-ups, seedlings, etc. If there are service providers who are willing to donate their time, talent, treasure, please get in touch with the Church office, 613-749-5103 or stcolumbaanglican@bellnet.ca.

On Wednesday, June 10 at 1:30 p.m., Ottawa Public Health is presenting a session on Fall

Prevention. As with the Let's Talk series, the community is invited to attend this first of four presentations from Ottawa Public Health to be held at St. Columba's John Stewart Hall. Parking is available at the front and back of the church, with easy access to the John Stewart Hall from the back parking lot.

St. Columba will be commemorating National Indigenous Day of Prayer on June 21.

The Canadian Sunset Ceremonies (Musical Ride) will take place June 25, 26, 27 and 28. As usual, St. Columba parish will use our close proximity to the Musical Ride to offer parking (for a modest donation). We are usually able to fit approximately 60 cars/trucks in our front and back property. This is a wonderful form of outreach (meeting new people and offering a service) as well as an important fundraising event.

Strawberry Social

Close on the heels of the Sunset Ceremonies is our Strawberry Social, to be held this year on July 4 from 2 to 4 p.m. This has become an annual tradition both for the Church and the community.

We are hoping that warmer weather will bring a great crop of local strawberries. As usual we will offer homemade shortcake, local/Ontario strawberries, fresh whipped cream and choice of beverage. Take out orders will be available as well. Mark your calendars and save the date for this scrumptious event!

At the start of July we will also welcome back the STEM camps to St. Columba; filling the Church hall and grounds with the joyful laughter of the children.

As always, you are invited to join us on a Sunday. A warm welcome awaits you here.

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Tiny Forest takes root in Manor Park

By Ryland Coyne

They say good things come in small packages. How about the gift of a Tiny Forest — like the one at Manor Park Public School (MPPS)?

The special tree planting project took place in the fall of 2025, a coordinated effort led by Forêt Capitale Forest (FCF) and EnviroCentre. Both local non-profit organizations are focused on taking concrete action on climate change.

The program, explains Jodi Newman, Afforestation Program Manager with FCF, dates back to 2022. It has grown consistently across the region since then and has built strong partnerships along the way.

One of those partners is the Ottawa Carleton District School Board (OCDSB) which proposed MPPS as one of several potential Tiny Forest sites.

EnviroCentre project lead Stephanie Benoit says while the Manor Park plantings took place in October, work to prepare the site started months earlier. After choosing a location on the school property in the spring, they “amended the soil” over summer “by adding compost, mulch, and other organic matter and mixing it in a metre deep.”

Once school returned, they coordinated a planting day with school faculty and staff. The goal was to involve as many students as possible in the project.

As things turned out, Newman says Manor Park was the largest school planting to date.

“We had 700 student volunteers come out throughout the day to plant and water! A handful of parent volunteers also helped out in shifts by giving direction and keeping all the kiddos in line. It was such a fun-filled day!”

Educational opportunity

Newman says the school projects are opportunities for students to learn the role these plantings can play in mitigat-



Kavitha Galle Kankanange (left), Community Sustainability Program Coordinator at EnviroCentre and Jodi Newman (right), Afforestation Program Manager at Forêt Capitale Forest pose together during the Tiny Forest planting at Manor Park Public School. PHOTOS: VITA SGARDELLO

ing the negative effects of climate change.

“The majority of kids feel a lot of pride in what they are creating, and they often vow to remember which tree they planted so they can come back and take care of it,” she noted.

In all, there are 45 species in the Manor Park tiny forest, which is located behind the school near Hemlock Road. Newman says canopy trees, such as Basswood, Yellow Birch, and White Pine, “understory trees and shrubs” such as Chokecherry, Spicebush, and Highbush Cranberry, and forest floor perennials (Boreal Yarrow, Anise Hyssop, and Lanceleaf Coreopsis) were among those included that day.

“The goal with a tiny forest is to incorporate native species that compromise all layers of a natural forest, at a high planting density (three to five species per square metre),” Newman explained.

And the learning doesn’t stop on planting day. Newman says a teacher asked her questions in order to “incorporate the concepts of the planting into a biodiversity component of their science curriculum.

“Tiny Forests can help stu-

dents connect theory to real world experiences,” she notes.

Forest monitoring

Monitoring of the trees is done by FCF and EnviroCentre staff, especially during the summer when school is out. During the school year, maintenance staff will often assist. Parent and student volunteers are also encouraged “if they are interested,” Newman says.

Benoit notes the work involves weeding, watering, and health checks. They also identify trees that need to be replaced and check for damage to the temporary fence.

The two non-profit organizations will continue to visit the site through the fall of 2028 “to ensure the tiny forest is establishing and thriving.”

With the proper care, the trees should grow as one would expect, Newman says. “The close proximity means they may grow taller a bit faster to compete for light, and the individual crowns may be a bit narrower than a standalone tree of the same species. But the canopy is expected to fully close within the first 10 years of growth, and the end result is a multi-layered planting.”



Close to 700 student volunteers participated in the Tiny Forest project at Manor Park Public School.

Support is growing

The local project was supported by the Josette Robertson and the Joan Johnson Family Foundation — a fund out of the Ottawa Community Foundation — as well as Trees for Life and the OCDSB. With the foundation’s support, Benoit says they expect to plant 12 more tiny forests over the next two years. There are already more than 20 across the city.

Newman notes FCF also launched ‘Tiny Forests Together’ last year. This program invites interested community groups to submit applications.

“We saw a lot of passion in community groups to plant tiny forests, but they often lacked the resources, funding, and industry expertise to be

able to do them on their own. We planted one at Westboro Beach through this program, and have more coming in 2026 and 2027,” she explains.

While each individual tiny forest is small in size, their collective impact can be far greater.

“While they are just one piece of the puzzle of addressing climate change, each one builds momentum, strengthens community, and makes our cities more resilient,” Benoit explains. “The strong community advocacy behind Manor Park’s forest is proof of that. It’s been an incredibly rewarding project to be part of, and we look forward to watching it grow and thrive for years to come.”

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Finding your centre in a world that won't slow down

5 Pathways Back to Yourself

By Sophia Wood Massicotte



When life feels overwhelming, taking a moment to pause and breathe allows the body to settle before responding.

PHOTO: SOPHIA WOOD MASSICOTTE

In a world that continues to accelerate, many people are feeling increasingly stretched mentally, emotionally, and physically. A quiet fatigue has become familiar: doing more, managing more, and processing more, while feeling less connected to oneself and to others.

Even when life appears “fine” on the outside, it’s common to feel overwhelmed beneath the surface. Over time, this internal buildup makes it harder to think clearly, rest deeply, or be fully present to the simple pleasures of life.

This is not a personal flaw, but a reflection of the pressure placed on the nervous system in modern life.

Finding your centre is not about having everything figured out or perfectly organized. It is about cultivating a *reliable relationship with yourself*, especially in moments of stress, uncertainty, or transition. It is the ability to return to an inner sense of grounding as life continues to change.

One of the most supportive

ways to do this is by *reconnecting with natural rhythms*.

It’s important to note that not all bodies function in the same way. Female bodies, in particular, move through cyclical hormonal patterns across the month, influencing energy, focus, and emotional capacity. Rather than operating at a constant pace, energy naturally rises and falls.

Yet many women have been conditioned to override these rhythms and maintain steady output regardless of how they feel. Over time, this can lead to burnout, irritability and anxiety, severing her from the

pleasure, aliveness and wisdom available to her through her body.

Learning to work with these natural cycles (rather than against them) can restore clarity, ease, and trust in her inner knowing.

Below are five pathways to support a return to centre, especially for those who recognize patterns of over-functioning and pushing beyond their natural capacity.

1. Pause, breathe, and release before you respond

When life feels overwhelming, the instinct is often to

react quickly, solving, deciding, or pushing through. But clarity is rarely available in a heightened state. Taking a moment to pause and breathe allows the body to settle before responding.

Practice: Take three slow, deep breaths and bring your attention to your body. Notice where there is tension, then gently soften your awareness in that area.

2. Listen to and honour your body's signals

The body is constantly communicating, through sensation, energy levels, tension, or fatigue. Learning to notice these signals can guide more supportive choices around rest, movement, and pacing.

Practice: Check in each morning and name your energy: low, steady, or high. Let this inform how you move through your day.

3. Simplify and protect your energy

Not everything requires your attention. Reducing unnecessary commitments, digital input, or emotional overextension can create space for clarity and ease. Often, support begins with doing less.

Practice: Ask yourself, “What can I do less of today?” and remove one non-essential task.

4. Stay rooted in what matters most

External expectations and constant comparison can easily pull you off course. Returning to your own values helps guide your decisions and reduces internal conflict. When your actions align with what truly matters for you, life feels more coherent.

Practice: Before saying yes, pause and ask, “Is this true for

me right now?”

5. Create small daily anchors

A reliable and trusting relationship with yourself is not built through force or perfection ... it’s built through love and devotion. Simple rituals, like a morning check-in, stepping outside, eating unplugged in a peaceful environment, or moving your body in a way that feels good, creates a nourishing rhythm instead of one which depletes you.

Practice: Choose one small daily practice and commit to it for a week. Let it become a point of return in your day.

This approach is not about doing more or getting it “right.” It is about relating to yourself differently, recognizing that energy shifts, needs change, and that honouring those changes is a form of intelligence.

As the relationship with self and body deepens, many people find they feel less reactive, more present, and more connected to their inner guidance.

In a fast-moving world, learning how to return to yourself is not a luxury ... it is a necessity.

And it is always available.

For those who feel called to explore this work more deeply, Sophia Wood Massicotte is an embodiment mentor and threshold guide supporting individuals (particularly women) in reconnecting with their bodies, their rhythms, and their inner truth. Her work focuses on helping people move out of cycles of burnout and over-functioning and into a more grounded, embodied, and sustainable way of living. To learn more or stay connected, visit <https://www.alkimiahealing-arts.ca/> or find her on Instagram @alkimiaembodiedhealingarts.



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Ontario's budget: Are we setting the right priorities?

FROM THE DESK OF:



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

As the province tables its latest budget, many Ontarians are asking a simple question: *are we making the right choices?*

In a community like Manor Park, where residents are engaged and forward-looking, the discussion is often less about immediate hardship and more about direction, and whether today's decisions will serve us well tomorrow.

Doug Ford promised to make life more affordable. Yet this year's budget raises questions about whether the government is focusing on what matters most.

There are a few measures residents may notice directly. The government plans to cap ticket resale prices at the original cost plus fees, a practical change for those attending events. It also proposes to override municipal bylaws requiring retail closures on certain holidays, raising questions about local autonomy and workers' rights.

For small businesses, a modest tax adjustment is coming in 2026, though many may wonder whether it goes far enough.

Broader picture

Beyond these measures, the broader picture is more concerning.

Even in stable communities, we all depend on strong public systems. In health

care, emergency room closures continue, wait times are growing, and more than two million Ontarians still lack a family doctor. These pressures affect all of us, whether for our children or aging parents.

In education, long-term choices matter. Schools across Ottawa are facing larger classes, increasing student needs, and ongoing gaps in special education funding. Families connected to Manor Park Public School have seen these pressures firsthand, from access to supports to strain on educators. Our schools are doing their best, but are they being given the resources they need?

At the postsecondary level, the shift from grants to loans means students are taking on more debt. This shapes access to opportunity for the next generation.

Housing is another shared concern. Rising costs and limited supply affect the entire region, including young families and essential workers trying to stay in our communities.

This brings us back to a central question: *are we setting the right priorities?*

A budget reflects values. It shows what a government chooses to invest in, and what it does not.

At a time when Ontarians are looking for stability and long-term planning, this budget feels incremental where it should be more ambitious.

So I would ask:

Are we investing enough in the systems we rely on?

Are we preparing the next generation?

Are we building a province that remains accessible and resilient?

I welcome your thoughts on these important questions.

...

Budget de l'Ontario : faisons-nous les bons choix?

Alors que le gouvernement présente son budget, une question s'impose : *faisons-nous les bons choix?*

Dans une communauté comme Manor Park, la réflexion porte surtout sur l'avenir, et sur la capacité de nos institutions à répondre aux besoins à long terme.

Le gouvernement avait promis de rendre la vie plus abordable. Or, ce budget soulève des doutes.

Certaines mesures peuvent sembler positives, comme le plafonnement de la revente de billets ou l'ajustement fiscal pour les petites entreprises. D'autres, comme l'intervention dans les règles d'ouverture des commerces, soulèvent des questions sur le respect des décisions locales.

Mais ce sont surtout les grands enjeux qui préoccupent.

En santé, le système est sous pression : fermetures d'urgences, délais prolongés, et plus de deux millions de personnes sans médecin de famille.

En éducation, les défis sont bien réels. Les familles liées à l'école publique Manor Park constatent la hausse des besoins, le manque de soutien spécialisé et la pression sur le personnel. Nos écoles font beaucoup, mais avec des moyens limités.

Pour les étudiants, la transition des bourses vers les prêts augmente l'endettement. Et en matière de logement, la hausse des coûts continue d'affecter toute la région.

Un budget est un choix de société.

Investissons-nous suffisamment dans nos services publics? Préparons-nous adéquatement l'avenir?

Ce sont des questions importantes pour notre communauté.

Je vous invite à partager vos réflexions.



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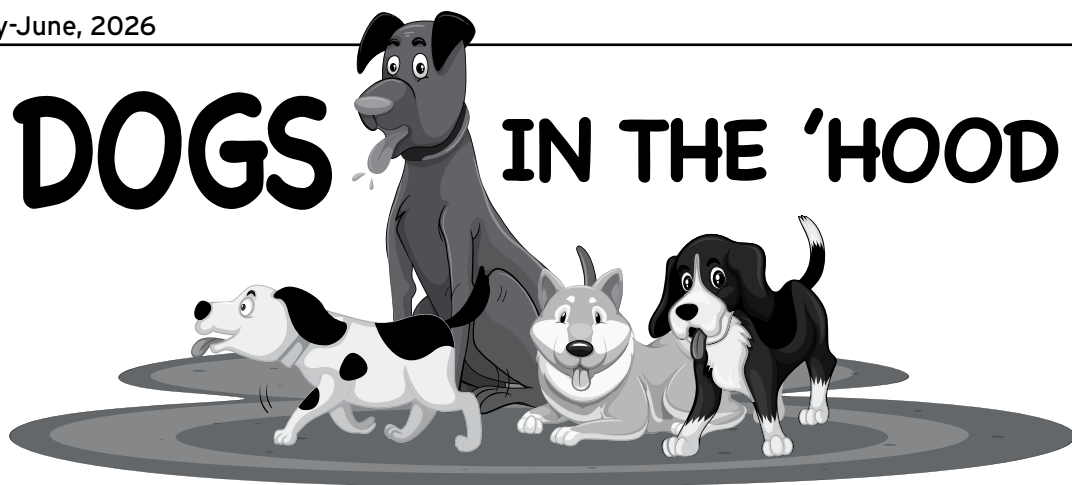
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DOGS IN THE 'HOOD



LILLY
Meet Lilly - a gentle and very sweet nine-year-old Pomeranian mix. Petite with dark black, silky fur, she enjoys playing catch and being outside, although she is often nervous around other dogs. Rescued as a tiny pup after a difficult start in life, she loves living in Manor Park and enjoys her many daily outings. As her owner likes to say, "I walk her and she walks me."



MAYBEL
Introducing Maybel, a wirehaired Griffon - the leader of the 'Savaginas', a close-knit group of three neighbouring female pooches (including Raya and Willow) who get together several times a day in their common backyard for fun, playtime and mayhem. Maybel, with her black coat and distinctive white crest on her chest and 'lady beard', is the boss, CEO and self-appointed ruler of the backyard.



RAYA
Say 'hello' to Raya, the tiny tornado and member of the Savaginas pack. At just seven months, she's the youngest of the group. Raya with her black coat and its distinctive blue tint is a Forkie - a French Bulldog and Yorkshire Terrier mix. She proudly sports her own lavender coloured pack sweater. She loves joining in the fun complete with zoomies, wrestling matches and random digging projects.



WILLOW
Meet Willow - the middle child of the Savaginas pack. Always affectionate, Willow is a Cane Corso and Bulldog mix who hails from Cornwall. Her coat is a luminous silver grey - darker in winter becoming much lighter in the summer. A year old, Willow is the group member with no personal space. She loves joining her friends in their full-blown dog amusement park and sharing in all the puppy love.

Summer's a-coming!

It may seem that the 'dog days of summer' are a long way off. However, before long, the days will warm up, and the sun will be a lot stronger. Here are several tips to keep in mind.

Car travels:

Even if the temperature is only 26°C outside, the inside of your car can heat up to more than 49°C in just minutes. Leaving the windows partially rolled down will not help. Never leave your dog unattended in a closed vehicle or in direct sunlight.

Insect bites:

Beware of stinging insects! Bees, hornets,

yellow jackets and wasps can cause significant discomfort. If your dog is bitten or stung, remove the stinger and apply an ice pack to the area for five to 10 minutes to provide comfort and reduce swelling. Watch the site for allergic reactions (facial swelling, hives, intense itchiness) which may need to be seen by a veterinarian.

Sunburn:

Dogs can get sunburn too, especially short-haired dogs and ones with pink skin and white hair. Limit your dog's exposure when the sun is strong and consider applying sunblock to their ears and nose 30 minutes before heading outside.

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CHRONICLE ESSAY

Battle with winter has finally been won

Now it's time to clean up what's been left behind

By Douglas Cornish

Has Manor Park ever gone to war? It's an absurd question, unless you consider NIMBY (Not In My Back Yard) challenges. These might have caused those involved to think of a full-scale war.

The reality is that there is war waged every year — Mother Nature's seasonal war: winter. It's at this time of year when we finally take a breath of release once the seasonal winter trauma is over. It's at this time of year you feel an emotional war has actually been battled, fought and won. There is a great sigh of relief, like a great weight has been lifted off your shoulders.

Seeing winter in the distant rear view mirror, its challenge has been defeated, and newer and better horizons are beginning. It's at this time of year we might even wonder how we survived winter's icy grip. In fact, there's sort of a seasonal satisfaction that 'Ya, High Five, we made it through!'

Seasonal amnesia kicks in and you've forgotten all about winter, except of course for winter's mess that is unpleasantly staring at you and requires your attention. Even though the seasonal page slowly turns to the next season — spring — the remnants and debris of winter remain.

Traces remain

It's never a seasonal on/off switch, though. Traces of winter remain and linger.

I recall a conversation with a woman whose husband was a professional auditor. He described his job as one who goes in after the battle and shoots the wounded! (You may have to be an auditor to get that one.) The idea is the war is over but there are still unpleasanties to be handled.



Even though the seasonal page slowly turns to the next season — spring — the remnants and debris of winter remain.

The blame shouldn't really be on something that's already been resolved.

The comparison of the end of winter to an auditor's job, or even a war, may be far-fetched and difficult to grasp. At this time of year, there aren't any bodies left behind, but there are the ghosts of winter. Un-sightly debris must be cleared away to make way for an acceptable and seamless transition to spring, then summer.

Winter leftovers might be your child's trike forgotten on the front lawn last fall. Or, it's that potted plant, long past its bloom time, or even a discarded pizza box from garbage collection. Yes, now you realize where that lost shoe ended up!

Picking up after winter's lengthy stopover usually involves trying to erase any signs of winter's footprint. But Old Man Winter was here, and the spring landscape is usually littered with its remains.

Cleaning time

The snow melts, true, but what the disappearing snow leaves behind is sometimes too evident. Winter doesn't take its mess with it; it leaves it behind for you to deal with. The so-called 'bodies' of winter — the unsightly debris and damages left behind — are the necessary 'work' of spring that must be tackled. The face of spring has to go through a necessary

cosmetic makeup routine just to look presentable.

There is sweeping up to do. There is tree trimming. There is fence mending. There is window opening. There is window cleaning. There is planting anew and garden preparing and leaf raking you neglected to do last fall.

Spring is the traditional clean-up period. It's an opportunity to clean, throw out unneeded things, put your house — and indirectly, perhaps, even your life — in order. Thoughts flow through your brain much easier now when your frozen thoughts have had time to thaw out, becoming clearer. The air is fresher and softer. Moving around is easier. Dressing to go outdoors, without time consuming layers, is quick and effortless.

Your mission now is to go onto winter's battlefield, not to shoot the wounded, but to clean, reorganize, and regain civility after the uninvited intruder. Make things look better, brighter, more normal.

Putting winter out of sight and putting spring into its place is the plan. Spring is a busy time, an action period, and also a time to begin again. It's a seasonal rebirth each year.

Perhaps winter and spring teach us you can always begin again. Spring is our second chance from Mother Nature.



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GOOD DOG

Socialization/habituation and humane treatment

By Gregory Thompson

By way of introduction to readers who have recently joined us, *Good Dog* is founded on three key precepts: human beings are fortunate to have such a cooperative and sociable species as our canine companions; domestic dogs have proven themselves very capable of high levels of good behaviour, obedience and companionship; and, with a little guidance, well-motivated dog owners can bring out the true nature of their dogs.

Readers can find *Good Dog* column online at: <https://manorparkchronicle.com/>

In the previous issue of the *Manor Park Chronicle*, we introduced readers to most of the major elements of a training framework. We identified common handling practices to avoid, and concluded with a discussion on basic care, housing and training equipment. In this column, we elaborate further on the training framework, introducing the importance of socialization/habituation and humane treatment.

Training Framework: Socialization/Habituation & Humane Treatment

So far, we have established that leadership, obedience, behavior, human-dog bond and communication are key elements of a comprehensive canine training framework. But there are two additional and equally important elements of this framework to introduce, namely, socialization/habituation and humane treatment.

Socialization/Habituation: *Socialization* refers to familiarizing your dog with the living world and *habituation* refers to familiarizing your dog with their physical environment.



The author shown here with 'Diesel' in a marked retrieve.

The strategies and tactics for your dogs' socialization with humans, cats, other dogs, etc., differ immensely from those called upon to habituate your dog with households, kennels, water, vehicles, travel crates and so on. What links socialization and habituation training is the role each plays in helping prevent, manage and overcome fear and insecurity in social and other circumstances.

A lot depends, of course, on the age and breeding of your dog. Selecting a pup from well-socialized parents, one with good eye contact, is comfortable around humans, enjoys physical contact, and joins its littermates in the daily scrabble for mom's attention, goes a long way to ensuring a confident and outgoing mature dog. At the same time, fear and anxiety shown by an adolescent or mature dog is much easier to manage if the dog is well-trained. Here, solid obedience can, with repetition, overcome negative stimulus. But as we will see in the upcoming *Good Dog* column, capitalizing on that brief dog socialization/habituation window, very early in

their relatively short lifespan, is a training opportunity. If missed, it adds significantly to the challenge of raising a confident, obedient, safe and outgoing dog.

Humane Treatment of Dogs:

Earlier we introduced the principles of "firm", "fair" and "friendly" as the core of our training approach. But what do these three words mean when it comes to humane dog training? We know that dog owners who are too heavy-handed in the treatment of their dogs are as bound to fail, as are those who ignore their responsibilities as pack leader. Both extremes create fear and confusion on the part of the dog and diminish the quality of the human-dog bond.

Lending credit to this analysis, in *Let Dogs Be Dogs* (2017) the Monks of New Skete observe:

- harsh compulsion training and bullying a dog into submission is not artful dog training;
- positive training, alone, cannot correct bad behavior; and
- ignoring problem behavior will not cause it to go away.

They conclude there must be an appropriate amount of discipline in any healthy relationship between owner and dog. By way of solutions, they offer a compelling argument for a balanced, compassionate and authoritative approach combining guidance, positive encouragement and rewards. Following this approach, once having been taught a command the dog should be held accountable for compliance, with firm physical corrections called for only when the dog ignores what it has been taught and understood.

This is at the heart of what constitutes the humane training of dogs, a well-considered approach that serves as a foundation for the training of a decent companion dog to the mutual benefit of dog and owner alike. To do otherwise is to fail to prevent the behavior and temperament problems that will inevitably arise. As my friend and dog training mentor, Mike Ducross, would say "To train is to create. But, equally important, it is to *prevent*."

Conclusion

As the author Desmond Morris (*Dogwatching*, 1986) so eloquently put it, man's best friend is simply a wolf in dog's clothing.

In our next column we will consider how a better understanding of the origins of the domestic dog, and of their development from puppy to adulthood, can help guide our training and improve training outcomes. In subsequent columns, we will start exploring the fundamental working strategies for all seven elements of our training framework. 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 thanks to the many dog owners who have provided feedback on the *Good Dog* column. Letters to the editor with your comments, questions or suggestions for future topics are always welcome.

Greg's Training Tip: Hide and Seek - Recall

Owners who incorporate this drill into their training routine, particularly for puppies, will reap enormous benefits. It is best played on cut grass with widely dispersed trees of a size that you can hide behind. For our purpose your dog should be off-leash. If necessary for ease of recovery attach a light check cord to the collar.

When the dog is distracted, hide behind a nearby tree. Your dog will start running around looking for you. When that happens, step into full view (being careful not to frighten the dog), start clapping, call the dog's name and say "HERE". The dog should immediately come to you. But if not, then continue your encouragement by offering a treat and backing up until the dog starts to chase you. Once the dog returns, quickly bend down, and reward the dog with a small treat and lots of pats!

In addition to recall, this drill has many other training applications for both obedience and behaviour. Here are the six steps to follow: 1) observe the desired behavior; 2) mark the behavior (use a clicker); 3) name the command ("sit", "stand", etc.); 4) direct the dog with your new command; 5) reward compliance; and 6) repeat.

In no time at all your dog will understand and respond to your instruction. This is artful dog training at its best! Have fun!

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Far From Home: Bringing an extraordinary chapter of Elmwood's history to the stage

This spring, Elmwood School will bring a powerful and deeply personal story to life with *Far From Home*, a two-act play written by Elmwood Old Girl Janet Uren.

Created in honour of the school's 110th anniversary (1915–2025), the production draws from Uren's book of the same name and tells a remarkable true story rooted in both global history and local community.

Set between wartime England and Ottawa in the 1940s and 2004, *Far From Home* follows the journey of one young evacuee, Polly, whose story anchors the emotional heart of the play. Audiences meet Polly as a seven-year-old arriving in Canada, follow her through her formative years at Elmwood, and encounter her again in her early 70s as she returns to Ottawa to reflect on a life shaped by that experience. Through Polly's eyes, the play explores themes of displacement, belonging, and the lasting impact of compassion.

Second World War

The events that first brought Polly to Canada began in the early days of the Second World War, as London faced the growing threat of bombings.

Cairine Wilson, an Elm-

wood parent at the time and Canada's first female senator, extended an invitation intended for family friends to send their children to safety. The scope of the invitation was misunderstood, or ignored, and instead an entire school group — one young teacher, Leonora Williams, two assistants, and 23 children between the ages of three and 12 — set sail across the Atlantic.

The journey was long and difficult. Many of the children became ill during the crossing, suffering severe seasickness and harsh conditions at sea. When they finally arrived in Ottawa in June 1940, they were welcomed by Elmwood's then-headmistress, Edith Buck, who quickly made space for the unexpected group while the borders were home on summer holidays.

Soon after their arrival, the situation became even more uncertain. England closed its borders to the export of currency and suspended transatlantic crossings after a ship was torpedoed, leaving the children and their teachers stranded in Canada without financial support.

Navigating uncertainty

The play traces how these young evacuees navigated un-



certainty far from home, relying on one another and the compassion of those around them to find connection in unfamiliar surroundings. In the face of displacement, relationships begin to take shape, and a sense of belonging slow-

ly emerges — one that would leave a lasting impression on their lives.

The upcoming production reflects that same spirit of connection. Staged at uOttawa's Academic Hall between May 29 and 31, the play brings

Production tells a remarkable true story rooted in both global history and local community.


together past and present members of the Elmwood community in a truly intergenerational collaboration. The cast includes alumnae, faculty, and current students, each contributing to the retelling of this important chapter in the school's history.

More than a historical drama, *Far From Home* is a tribute to the power of compassion and the enduring impact of community. As Elmwood marks 110 years, the story of Polly — and the many children like her — serves as a reminder that in moments of global uncertainty, small acts of generosity can shape lives for decades to come.

Performances:

- May 29 at 7:30 p.m.,
- May 30 at 7:30 p.m.,
- May 31 at 2:30 pm


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■ Looking Back ■

The Chronicle takes a look back at some of the issues that made the news in Manor Park during the months of May and June from 75, 50 and 25 years ago.

June 1, 1951

Likelihood that Sandridge Road, St. Laurent Boulevard and Blasdell Avenue will all be paved to 30 feet width, the first two on concrete base, the latter on stone base like Manor Park interior roads, was seen as a result of Works Commissioner Irvine's recommendation to Board of Control this week.

Final approval can come only after the Ontario Municipal Board has completed study of the petition of a group of St. Laurent Boulevard property owners who are opposed to paving because of its extremely high cost.

The city had first proposed to pave St. Laurent to 40 feet width, Sandridge and Blasdell to 30 feet, all on concrete base.

The Manor Park (55th) Boy Scout Troop will hold a waste paper collection on the first Saturday of each month in future. Residents of the Manor Park area are asked to aid the boys in this fund-raising effort by seeing that their bundles of waste paper are securely tied or placed in cardboard boxes.

Mrs. W.G.S. Miller was re-elected President of the Manor Park Home and School Association at their annual meeting held May 1.

It was decided to spend half the amount of the funds on hand on books to begin a school library. This would provide a start for suitable reading material for various ages.

Spring, 1976

We are pleased to report that close to 250 eager youngsters participated in hockey, hockey school, and learn-to-skate during this past winter. Children in the 6-7-8 age group enjoyed professional hockey instruction in our second year of a new development programme, while house league teams were involved at the mosquito, pee-wee, bantam, and midget level.

The Manor Park Community School Council has been in existence since the fall of 1974.

It was formed to be responsible for the "Lighthouse" pilot programme of the Ottawa Board of Education in order to increase the use of the school facilities by the community. It also helps the school serve the needs of the community.

Many programmes are not taking place at Manor Park School. Our heaviest registration is during the winter months, but continuing education and recreation programmes are still well filled.

London Terrace Park: City Parks and Recreation Department have reported to us that no funds are available in 1976 for further development of the Park.

Tree Planting: The Co-ordinator of Grounds and Tree Maintenance Division will consider the provision of trees on Braemar in front of the row housing for inclu-



sion in the 1976 fall planting program.

Stop/Yield Signs & the Five Way Intersection at Eastbourne & Braemar: We are still awaiting a reply from the Director of Physical Environment to our request for information.

May, 2001

A well-attended public meeting last fall allowed residents of Manor Park to voice their concerns regarding traffic issues on Hemlock Road.

At the end of this meeting, residents decided on a traffic calming approach that included: a parking lane demarcated by street painting, on the north side; removal of on-street parking on the south side of Hemlock — west of Birch Avenue; additional oversized speed limit signs for both eastbound and westbound traffic; and increased police surveillance.

The Manor Park Community Association was pleased to offer a public information session on May 3, held at the Manor Park Public School. The agenda included development and traffic-related issues of importance to our community including the development of the Rockcliffe Air Base, the proposed development of Beechwood Cemetery, the future National Capital Ring Road and the Kettle Island Bridge Issue.

On Monday, March 5, 2001, the Minister of National Defence, the Honourable Art Eggleton, announced that the new National Military Cemetery of the Canadian Forces would be located in Beechwood Cemetery.

Beechwood contains three existing veterans' sections, one of which is amongst the largest in Canada. This makes the creation of the National Military Cemetery a symbolic link connecting members who have served in the past to those who serve today.

Since 1951, parents, teachers and friends in the surrounding community of Manor Park School have been taking part in the school's most successful fundraiser — Mayfair.

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 to 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".

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Answer quiz for free tour of National Gallery

The theme is again the rallying cry: ELBOWS UP. With what seems to be two 'elbows up' and an evocative title, this masterpiece is an apt end to this year's series of quizzes.

For the first time I am showing the full work. For as much as the artist is a Canadian artist of note, he/she is not as well known as her/his monumental sculpture which is known and praised internationally. This is an instance of the creator's fame being outshone by the creation. Hint enough.

Who is the artist and what is the name of the work of art?

Submit your guess to the *Chronicle* editor by May 29. The winner will be announced in the next issue. The prize is a free tour of the National Gallery of Canada.

The Age of Bronze: a Rodin masterpiece

By Robert Sauvé

We've all been there! Between the intention and the follow through, between the memory and the reflection, between the nostalgia and the smile, between a deed and the regret, between the compass and the horizon — we seem to ask why, what, when, where.

There are countless ways in which Rodin's THE AGE OF BRONZE puts the viewer into the in-betweens of the human dilemma — the existential realities that are ever with us. In viewing Rodin's earliest masterpiece, and ostensibly the first modernist sculpture, no one is indifferent; here the viewer's share of art appreciation is huge.

We not only view this work as we walk around it, appreciating it from all angles, but we also absorb it and participate in the conversation that Rodin initiated 150 years ago.

We find ourselves quizzically wondering, seemingly at a loss, what this is all about. And indeed, if we stick around for the conversation, we then find ourselves when we recognize the 'everyman' standing in front of us. Sticking around is key if we are to lose ourselves and find ourselves again.

How did Rodin manage this modernist artistic feat?

There are many reasons why this sculpture stands out as a modernist masterpiece. To begin with, it defied the strict expectations of the 19th Century art academies, the figure's stance emphasized an intense realism that ran counter to noble or heroic postures; it also presents a destabilizing emotional and cognitive ambiguity. The viewer is



Age of Bronze sculpture (bronze cast 1901, National Gallery of Canada)

left wondering what this stands for or what's happening here. This ambiguity was further emphasized by the fact that Rodin's sculpture was destined for a military cemetery honouring the many French soldiers who, in resounding defeat, were lost during the Franco-Prussian war a few years earlier.

Initially Rodin did not give it a name which further confused the viewers. The name, Age of Bronze, was agreed to as a compromise after discussions and arguments and after six or so other names had been proposed.

Contrapposto also explains its mod-

ernist appeal. Contrapposto was an innovative sculptural technique developed at the beginning of the Greek Golden Age around 480 BCE. What contrapposto gives the viewer is the impression that the sculpted figure is in motion. When viewing the sculpture one can see the human figure's bent knee in one leg, a slight forward lean of the body and the weight resting on the other unbent leg. This posture creates a slight s-curve from head to feet (see image of The Age of Bronze). This stance — without motion, without walking or a next step being taken — is unsustainable. Without motion the figure would fall down.

So, the viewer's impression is that the figure is in motion, and thus 'alive', 'real', to be 'encountered.' To this Rodin added a second, if metaphorical, contrapposto moment. The elbow up, the hand reaching above the head, as it were pulling upward as the figure moves forward. The other hand seeking to grasp something, a something beyond the reality of the moment, perhaps? Onwards and upwards it seems to say.

At any rate, the winner(s) of the March-April quiz, are our very own Suzanne White and Martha Hodgson from the Rockcliffe branch of the Ottawa Public Library. They will be getting a full presentation of this work and of others. I was pleased to find out that Suzanne is an experienced sculptor. When we do our meandering tour we will dwell on the Gallery's sculptures, of which there are many.

Robert Sauvé is a long-time Manor Park resident and docent at the National Gallery of Canada.



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Sweet success at Vanier Sugar Festival



LEFT: Nothing says spring like maple taffy on a stick. Here, left to right, Arthur and Sasha enjoy their tasty treat at the 41st Vanier Sugar Festival on March 29.



This year's Vanier Sugar Festival, which ran from March 16-29, gets thumbs-up from visitors (left to right) Juba and Nelya.

BELOW LEFT: Young Nelya tries to entice one of the Ojibwe Spirit Horses to come closer with some tasty hay at the Vanier Sugar Festival March 29. The rare and beautiful horses are based at Madahoki Farm in Ottawa's west end.



BELOW RIGHT: Erica Brighthill and her band share a little Johnny Cash with the audience during the 41st annual Vanier Sugar Festival March 29.



The 41st Vanier Sugar Festival wrapped up on March 29 with the fun Lumberjack competition. Here, Nick from the Maple Men team takes aim in the ax throwing event. PHOTOS: RYLAND COYNE



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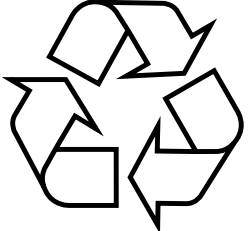
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2026-0050

REVIEW: Ode to Ottawa seniors offers compelling message

By Gavin Murphy

It's said that if you don't have an audience, you don't have a show. In the case of the Burning Passions Theatre production of *A Circle Complete*, it had both.

The play was staged at four well-attended performances over two days in late March at the Rideau Rockcliffe Community Resource Centre (formerly Rideau High School). *A Circle Complete* is Part 3 of the Seniors Sharing Stories trilogy, written and directed by Laurel Smith, which highlights the challenges and rewards of Ottawa seniors.

For more than 25 years, Ottawa-based Burning Passions Theatre has directed arts projects with diverse communities addressing social issues through theatre, dance and song. *A Circle Complete* considers the difficult subject of elderly parents and features a group of women as they deal with aging and death. The performances were followed by a question and answer session between the audience and the company. The session not only explained the actors' reasons for embracing live theatre but also offered insight into the no longer taboo topic of death.



A Circle Complete cast members are (left to right) Deborah Bolton (Anne), Bonnie McDougall (Donna), Tammy Southin (Laura) and Joanne Veillette (Elizabeth). PHOTO: GAVIN MURPHY

Storyline

A Circle Complete focuses on Donna (Bonnie McDougall), her dutiful and largely unfulfilled daughter Laura (Tammy Southin), and their rocky relationship as matters such as finances, old age, assisted living, denial and death rear an unwelcome but timely head. Thrown into the mix are caregiver Anne (Deborah Bolton) and Donna's fair-weather sister Elizabeth (Joanne Veillette), who only serve to heighten the intensity. Donna and Elizabeth appear to have a love/hate connection that only reaches a modest reconciliation as Donna's death beckons.

The actors' performances

were stellar and sharp witted. This is especially remarkable as some of them are new to 'treading the boards' and only took up acting after answering Smith's Facebook request. A special shout-out also goes to Joanne, who battled through all performances while fighting a nasty virus.

Explains Smith in her program notes:

'Extensive research documents the pro-social benefits of involving 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.'

Older Adult Plan

The city of Ottawa's *Older Adult Plan 2025-2030* articulates the need to end social isolation for seniors and provide them with the necessary tools to thrive in their communities by offering constructive and relevant learning and volunteering opportunities. City council's co-liaisons for older adults, Theresa Kavanagh and Allan Hubley, said in the report:

'This plan is about more than just services, it's about connections, opportunities and overall well-being. It reflects a shared commitment to ensuring that older adults in Ottawa can live with confidence, comfort and a strong sense of belonging. Whether it's through improved access, inclusive programs or stronger neighbourhood networks, we're focused on making a real difference.'

Against this backdrop, *A Circle Complete* builds on the notion that seniors face considerable challenges as they age, particularly with respect to health care. But they also have a wealth of knowledge to contribute to the city's happiness with their wisdom and experience.

Seniors aged 65 or older make up close to 20 per cent of Ottawa's population, and there are now more seniors than children under 15 years of age.

For more on Burning Passions Theatre company, go to: bpttheatre.ca.

A different kind of lunch hour:

Jazz in June at MacKay Sanctuary

By Andy Bethune

There aren't many places left in the city where you can step out of the day for a moment and simply listen.

On Thursdays in June, MacKay United Church is opening its sanctuary for Jazz in June, a series of free midday concerts offering something increasingly rare: an hour that doesn't ask anything of you except your attention.

The format is simple. The doors are open at noon. The music begins. You can arrive late, leave early, or stay the whole time. Some people come in with coffee or lunch, others just sit quietly for a few minutes before heading back out. The point is to include an unstructured hour in your life.

What makes the series distinctive is not just the musicians — though the line-up features some of Ottawa's most thoughtful and expressive players — but the setting itself. The MacKay Sanctuary is a space designed to carry sound: open, calm, and resonant. In that environment, even small musical moments have room to unfold.

The program this year includes:

- June 4 — Erik Johnson-Scherger & Kyle Jordan
- June 11 — Atcheleh Aryee, Peter Woods, Kyle Jordan, Jacob Clarke
- June 18 — Emmanuel Simon, Sophie Simon, Nick Gummesson
- June 25 — Peter Woods,

Nick Gummesson, Alex Mastronardi

Each performance begins at 12 p.m., and admission is free, with donations welcomed.

There is no requirement to be a jazz expert, or even a regular listener. The appeal of Jazz in June is more basic. It's an opportunity to sit in a space that encourages listening, to share a quiet experience with others, and to take a short break from the pace of the day.

When so much of life happens in motion, a type of pause can be surprisingly valuable.

Andy can frequently be found in Manor Park walking his two Pomeranians.

Grand-Friends Program brings generations together in New Edinburgh

By Cindy Bennell

New Edinburgh is thriving with friendship thanks to an inspiring initiative connecting some of the youngest learners at Fern Hill School, an independent school in New Edinburgh, with retired residents in the neighbourhood.

The Grand-Friends Community Connection Program pairs Grade 2 students from Fern Hill School with residents of The Edinburgh Retirement Residence to build meaningful friendships through music, conversation, reading, and shared activities.

The program has long been a cherished part of Fern Hill's community outreach. In pre-

vious years, senior kindergarten students visited residents to share songs and piano performances. This year, the program has expanded to include more interactive opportunities for connection, including Colour and Chat, Show and Tell, and shared reading time.

During their visits, Grade 2 students read aloud to their Grand-Friends, proudly sharing their developing literacy skills. Residents have been impressed with the students' reading ability, fluency, and expressive voices. The reading sessions offer a special moment for both generations to enjoy stories together.

The initiative helps students develop confidence,

kindness, and strong listening skills while learning about community and empathy. For residents, it provides a joyful opportunity to connect with younger generations, share memories, and enjoy the creativity and energy of children.

Students are already full of excitement about the program. Aila shares, "I like the partnership program because I get to spend time with my grand-friends." Isaac enjoys meeting new people, saying, "I get to spend time with people I might not have met before."

For Aaron, the program included a delightful surprise when he met a little service dog named Taffy. "Taffy was very cute, and when I pet Taf-

fy, the fur felt very soft," he says.

Making connections

Several activities help spark conversation and connection between students and residents.

In Colour and Chat, students and residents colour together while using fun question prompts to start conversations. In Show and Tell, students bring a small item or photo from home and share its story, while residents often respond with memories of their own or bring their

own items to share with the children. These moments are often filled with laughter, curiosity, and the joy of discovering shared experiences across generations.

Through stories, creativity, and conversation, the Grand-Friends Program continues to strengthen the bonds between Fern Hill students and their neighbours in New Edinburgh, proving meaningful friendships can grow at any age.

Cindy Bennell is a Grade 2 teacher at Fern Hill School.

Ottawa community can step forward for the Give a Breath 5K

Annual event raises funds in fight against lung cancer

On June 6, Ottawa residents are invited to gather at Britannia Park for the Give a Breath 5K — part of a growing national movement supporting Canadians affected by lung cancer.

Open to participants of all ages and abilities, the Ottawa event offers a chance to walk, run, or simply come together along the scenic waterfront in support of a cause that touches thousands of families each year.

Lung cancer remains one of the most significant health challenges in Canada. It is the most commonly diagnosed cancer in the country and the leading cause of cancer death. According to the Canadian Cancer Society, this year alone lung cancer will be diagnosed in an estimated 32,900 Canadians, with, and approximately 19,400 lives will be lost to the disease. Despite important advances in treatment, outcomes remain closely tied to when the disease is detected, yet many cases are still diagnosed at a later stage.

There is also a notable shift in who is affected. Today, more women than men are diagnosed with lung cancer in Canada, reflecting changing patterns in the disease and underscoring the importance of broader awareness.

Lung cancer does not fit a single profile — it can affect anyone, and symptoms are often subtle or mistaken for other conditions.

Change the narrative

Events like the Give a Breath 5K are helping to change that narrative. By bringing communities together, the event raises awareness, challenges stigma, and supports efforts to improve early detection and access to care across the country.

Funds raised through the Ottawa walk will support Lung Cancer Canada's national programs. These include patient support initiatives like Airways of Hope, and investments in research through the Give a Breath Research Awards. Importantly, event costs are covered through

sponsorships and registration fees, ensuring all funds raised by participants go directly toward patient support and research.

More than a fundraiser, the Give a Breath 5K is a moment of connection and purpose. It's an opportunity to honour loved ones, support those currently facing a diagnosis, and stand alongside others committed to improving outcomes for people living with lung cancer.

Ottawa residents are encouraged to register, form a team, volunteer, or donate.

To learn more or to register, visit giveabreath.ca.

(symptoms), especially when you're sleeping."

While it's the homeowner and building owner's responsibility to install and maintain the alarms, a tenant also has a role to play. They should notify a landlord of any problem with the devices, whether a dead battery, malfunction, or if it's in need of replacement.

"If they don't get a response, they can follow-up with our fire prevention team," Lewis says.


The team can be reached at fireprevention@ottawa.ca.

"We will follow up with the landlord, or building owner, to do that."

Failure to comply with the laws can result in charges and fines, she says.

For more information on fire prevention efforts in Ottawa, visit <https://ottawa.ca/en/health-and-public-safety/ottawa-fire-services>.

While it's the homeowner and building owner's responsibility to install and maintain the alarms, a tenant also has a role to play.



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Children of Ottawa, get your summer read on!

Programs for May and June at St. Laurent library branch

If you were a fly on the wall at your library this June, you would see Monica, a library worker, going through a supply closet in search of the perfect materials to use for a craft activity. You would also see her colleague, Véro, at her desk, browsing the catalogue for great books to recommend to children, while Martha is perching on a chair hanging decorations in the Children's department.

They are preparing for the most exciting time of the year at the library: summer!

Every year, more than 2,000 Canadian libraries participate in the free TD Summer Reading Club (SRC) program. The objective is to get kids excited about reading throughout the hot season and to help them retain the skills they gained during the school year.

The Summer Reading Club (SRC) is really three things rolled into one:

- First, to encourage children to read over the summer, we give each 4-12-year-old visitor a kit which includes a notebook, stickers, and reading recommendations.
- Second, the SRC website offers a way to pass the time on those rainy days (or a long drive, using a phone or tablet).
- Third, children can participate in fun activities at their local branch — or throughout town. Each library branch hosts different programs.

Visit OPL's Programs and Events page at: <https://booking.biblioottawalibrary.ca/>, near the

end of May, to see what's happening. Kit distribution starts on June 8, and activities start on June 29.

Ottawa Public Library (OPL) St-Laurent Branch:

Programs for May and June
For full programming, please visit our website: <https://biblioottawalibrary.ca/> and click Programs and Events.

The St-Laurent library is located on 515 Côté St., in the Don Gamble (St-Laurent) Community Centre complex.

Adult Programs

On Monday nights... It's Time to Watch a Movie!

- May 11, at 6 p.m. "Freaky Friday"
- June 1, at 6 p.m. "Freakier Friday"
- July 6, at 6 p.m. "If I Had Legs, I'd Kick You"
- August 10, at 6 p.m. "Good Fortune"

Les lundis soir... C'est le temps pour un film!

- 25 mai, à 18h: « Vil & Misérable »
- 15 juin à 18h: « Le Club Vinland »
- 20 juillet à 18h: « Le Jeune Karl Marx »
- 24 août à 18h: « L'Histoire de Souleymane »

Drop-in.

Collecter les ordures: le point de vue d'un vidangeur sociologue avec Simon Paré-Poupart

Le mercredi 27 mai à 19h, nous parlerons d'ordures! Simon Paré-Poupart, auteur de l'essai Ordures! Journal d'un vidangeur, discutera avec Hugues Beaudoin-Dumouchel et présentera un point de vue unique sur le monde de la collecte des déchets. En français.

Self-Care through Journaling

Saturday, June 20 and June 17 at 1:30 p.m. A 45-minute guid-

ed journaling session with Lori Rosove, followed by an optional 15-minute open conversation: a safe space to breathe, release mental clutter, and start to uncover deep thoughts.

Registration required on the OPL Programs and Events website: <https://booking.biblioottawalibrary.ca/program>

Children's Programs

Toddler Stay and Play

Mondays at 10:30 a.m. from May 18 to June 29. Meet and connect with other parents while your children find an assortment of toys and free play opportunities. For ages 1-3. Drop-in.

Babytime Stay and Play

Tuesdays at 10:30 a.m. from May 19 to June 30. Join other parents and their 018-month babies for some social moments and baby play time. Drop-in.

Jouons à la biblio

Les mercredis à 10h30 du 20 mai au 24 juin. Nous fournissons les jouets pour un moment de jeu et de socialisation. Aucune inscription nécessaire.

Family S.T.E.M. Fair

Saturday, May 23 at 2 p.m. Engage those busy minds in play-based learning. For ages 4-12. Drop-in.

Family Storytime | Contes en famille

Saturday, June 20 at 10:30 a.m. Samedi 20 juin à 10h30. Stories, rhymes, and songs for preschool children and a parent/caregiver. Drop-in.

Teen Program

Teen Tuesdays | Les mardis ados

Tuesdays at 3:30 p.m. until June 23. Find a quiet place to do homework, activities with new people, or just a place to chill and play video games on the big screen. For teens 13-17. Drop-in.



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Ottawa Police warn distraction theft attempts on the rise

Incidents reported in neighbourhoods, parking lots, and near community mailboxes

The Ottawa Police Service (OPS) is asking residents to stay alert and help spread the word about distraction thefts that continue to occur across the city.

In a recent incident, a resident was approached while checking a community mailbox by a group of individuals in an SUV asking for directions.

The interaction quickly shifted, with the driver offering “gifts” such as jewellery and attempting to get physically close. The resident trusted their instincts, avoided physical contact, and left safely.

These types of incidents are often distraction theft attempts.

What’s happening

Distraction thefts typically involve individuals posing as friendly strangers or salespeople. They may:

- ask for directions or strike up a conversation,
- offer “free” jewellery or try to place items on you,
- attempt to shake your hand or touch you,
- work in pairs or small groups, sometimes from a vehicle or including a youth.

While one person keeps

you engaged, another may try to steal jewellery, wallets, or other valuables.

Who is being targeted

Anyone can be approached, but suspects often target people who are alone, particularly seniors, or those wearing visible jewellery.

Where and when

These incidents are happening across Ottawa, often in:

- parking lots
- residential streets
- near homes or community mailboxes
- other public spaces

How to protect yourself

- Keep your distance from strangers, especially if they approach from a vehicle.
- Do not accept unsolicited gifts or jewellery.
- Avoid physical contact.
- Trust your instincts — if something feels off, walk away.
- Keep valuables out of sight.

Check in on seniors and loved ones

These scams often rely on people being polite and helpful. Take a moment to:

- talk to older family members, neighbours, or clients about this tactic,

- remind them it’s okay to disengage and walk away,
- encourage them not to accept items from strangers

What to do if it happens

If the suspects are still nearby, call 911. Do not follow them. Try to note details like: vehicle description and direction of

travel, physical descriptions, clothing.

How you can help

Anyone with seniors in their lives — businesses, families, community groups, friends, and personal support workers — is asked to talk to them about distraction thefts and

how to stay safe.

To report an incident after the fact, contact the Ottawa Police Service at 613-236-1222, ext. 7300, or report online at ottawapolice.ca/report.

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



WHERE'S THE CHRONICLE?
The *Manor Park Chronicle* travels all around the world. Here, our community paper makes a stop in London, England. Editor Ryland Coyne, who traveled overseas with his wife Sheila to visit family and friends in January, poses with the latest edition below Big Ben, outside the British Houses of Parliament in Westminster.

PHOTO: SHEILA COYNE

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AROUND TOWN

Avoiding frauds and scams

The Council on Aging in Ottawa hosts 'Frauds and Scams: How to Recognize, Avoid, and Recover'. The information session runs 1-2:30 p.m., Friday, May 15 in Room 235 at the Rideau Hub, 815 St. Laurent Blvd.

Attendees will learn how easy it can be to fall victim to a crime and learn tips to avoid becoming a victim of scams including romance, identity theft, distraction, grandparent/emergency, as well as phone, email and phishing scams. For more information, visit coaottawa.ca.

Tiptoe around the tulips?

The long winter is finally over and the tulips are back in Ottawa. The 74th anniversary of the Canadian Tulip Festival returns May 8-18. Walk through Commissioners Park at Dow's Lake and take in the million colourful blooms on display, what organizers call "a living tribute to a historic bond of international friendship."

For more information on this National Capital tradition, visit tulipfestival.ca.

Race weekend

The 2026 Tamarack Homes Ottawa International Marathon makes its return to the



Beautiful butterflies were all around at the Canadian Museum of Nature back in March. This one was photographed by young Louis Wagner Keys during a visit. His grandfather Dave Keys reports the museum had a display with live butterflies in one of the rooms. Visitors could wander about the room among the butterflies which were free to fly among them. "The room was warm and humid and had an abundance of tropical plants and food for the butterflies. I understand that they were imported from Costa Rica and the Philippines – they were very colourful," Dave writes. Cardinal Glen resident Louis sent some of his photos to the museum which subsequently published them on social media. PHOTO: LOUIS WAGNER KEYS

capital on Sunday morning, May 24. It's all part of the annual Tamarack Race Weekend, May 23 and 24.

While the route won't be passing through Manor Park, it will run along the Sir George Etienne Cartier Parkway and travel up Acacia Avenue into Rockcliffe Park. The runners will then make their way along Coltrin Road, Minto Place and Lisgar Road, into New Edin-

burgh and onto Sussex Drive back toward downtown. The marathon begins at 7 a.m. from Ottawa City Hall.

For more information, visit <https://www.runottawa.ca/races-and-events/ottawa-marathon/>

Join OHS auxiliary

Take in the Ottawa Humane Society Auxiliary's last monthly business meeting before

the summer break, Wednesday, June 3, 1:30-3 p.m., at the animal shelter, 245 West Hunt Club Rd. across from RONA. Free parking. Guest speaker is Sarah Bercier, Executive Director of the Council on Aging of Ottawa. For more information, contact auxiliaryinfo@ottawahumane.ca or go to ottawahumane.ca/get-involved/volunteer/auxiliary/.

Manor Park Garage Sale

The popular Manor Park Garage Sale is back, taking place Saturday, June 6 from 8:30 a.m. to noon. For full details, see the Manor Park Community Council report on page 19 (Save the dates) or visit manorpark.ca.

Sunset Ceremony returns

Manor Park residents will have multiple opportunities to take in the RCMP Musical Ride this summer, right in their own backyard.

The annual Canadian Sunset Ceremony, which takes place at the Musical Ride Centre, 1 Sandridge Road, will take place June 25, 26, 27 and 28.

The popular event will kick off at 7 p.m. each evening. In addition to the world famous performance, visitors can expect a blessing from an Algonquin Elder, music from the Governor General's Foot

Guards Band as well as the RCMP Pipes and Drums.

Sunset Ceremonies are free so be sure to arrive early to get a good spot.

For more information, visit rcmp.ca, scroll down the page and click on 'The Musical Ride'.

Fundraiser for youth services

Your local IODE chapter is celebrating 120 years of serving the citizens of Ottawa on May 20 with a luncheon at the Royal Ottawa Golf Club. The cost is \$70 with all the profit going to the Youth Services Bureau's Room to Grow program which aims to provide safe housing for homeless youth. For more information, visit www.iodelaurentian.com and [Facebook.com/IODE-Laurentian](https://www.facebook.com/IODE-Laurentian)

Garage sale/silent auction

As part of the Cityview/Ryan Farm Community Sale, the Ottawa Humane Society (OHS) Auxiliary will host a garage sale and silent auction to raise money for the OHS animals Saturday June 13, 9 a.m. - 2 p.m., 75 Côte-des-Neiges Rd. in Nepean. Cash only. Sorry, no table rentals. For information contact auxiliaryinfo@ottawahumane.ca or go to [facebook.com/OttawaHumaneSocietyAuxiliary](https://www.facebook.com/OttawaHumaneSocietyAuxiliary).



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