

MANOR PARK Chronicle

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MPCA offers input on Beechwood study

Wants 'public realm plan' to include Hemlock Road

By Ryland Coyne

Beechwood Avenue — re-imagined! That is the focus of City of Ottawa's 'Public Realm Plan' for this area's key transportation and commercial corridor.

Home to a growing number of residential developments and businesses, this emerging hub has, for too long, been inadequate — even dangerous — for motorists, cyclists and pedestrians.

The city embarked on the current plan to revitalize the roadway back in March. It held public consultations throughout the summer with one more coming up at Beechfest on Sept. 12. It expects to produce a finalized design by this fall, according to engage.ottawa.ca/beechwood.

Before reaching that finish line, each of the community associations in the affected area (New Edinburgh, Vanier, Lindenlea, Rockcliffe and Manor Park) contributed their own reports. They include observations of the current situation, what's been proposed to date as well as a wish-list.

In its Aug. 11 assessment, the Manor Park Community Association (MPCA) calls the plan/project "a generational opportunity to improve this important artery to the benefit of all of these neighbourhoods, and indeed, the City at large."

A key 'ask' from the MPCA is to have the plan extend to Hemlock Road.

"It is important that the City get this right, and that it avoid its usual nickel and dime compromises that so often lead to uninspiring or mediocre outcomes," notes the MPCA report. "It is also critical that the City scope this project properly, and include the entire length of Beechwood and Hemlock Avenues (Road), from and including the intersection with the Vanier Parkway, to the Aviation Parkway and the eventual connection with Wateridge Village."

Neglected

Calling the corridor's current condition "very much less than the sum of its parts," the MPCA submission notes it has been neglected for too long.

Its shortcomings are many. The community association report lists "poor design, awkward flow, and lack of public amenities," as key areas for improvement.

But top of mind is the plan's scope, specifically the exclusion of the Vanier Parkway intersection and Hemlock Road.

"Looking at Beechwood alone misses the opportunity to review the entire corridor, which is functionally one route," MPCA emphasizes.

Hemlock, it argues, is a natural extension that should be

>>CONTINUED ON PAGE 3



The Rideau-Rockcliffe Community Resource Centre hosted a free Community Barbecue the evening of Friday, Aug. 28 at London Terrace Park. The event included games, music and the showing of the movie Zootopia 2. Here, the barbecue team of (left to right) Will Varas, Stephen Sauppe and Danny Roberge prepare to serve up dozens of hotdogs to hungry participants. PHOTO: RYLAND COYNE

PSPC tests for parkway widening

Feds now invite public comments on bridge project

By Chronicle Staff

Crews with Public Services and Procurement Canada (PSPC) have drilled boreholes in multiple sites along the Aviation Parkway. The work is to test the feasibility of widening it to four lanes, as PSPC, working alongside the National Capital Commission (NCC) works to advance the Kettle Island bridge project.

PSPC conducted this work

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FEATURED ARTICLES INSIDE...

Cardinal Glen resident Jackie MacDonald remembered for her amazing Olympic and Commonwealth Games career - See page 9

Alvin Heights Park is poised to receive some significant upgrades - See page 18

Meet Your Neighbour Mary Pigott, a seventh-generation Ottawan - See page 26

Read about a young resident making his mark and setting provincial records on the track - See page 27

The Ottawa Humane Society needs the public's help to bring a community veterinary clinic to the area - See page 38

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PSPC tests, cont. from page 1

without actively informing local residents, even those whose houses are meters away from the parkway.

When asked about the reasons for the work, workers on site said they had been told “not to disclose anything.” Only when pressed did they reveal the work was part of the Eastern Bridge Project.

Asked for comment by the *Chronicle*, PSPC spokesperson Jeremy Link said the federal department, along with NCC “and other project partners, is undertaking technical studies to support the planning and design phase of the Eastern Bridge Project.”

He noted the “geotechnical drilling activities” were done on public lands, adding “PSPC and its partners obtained all required permits and approvals before commencing this work.

“Given that these temporary field investigations are taking place on lands owned



Workers have drilled bore holes at various sites along the Aviation Parkway to determine the feasibility of widening the road to four lanes. PHOTO: SUBMITTED

or managed by project partners and are being conducted under the required permits and approvals, a dedicated notification process for nearby residents was not undertaken.”

Design principles

In June of this year the NCC published its first design principles for the bridge and connecting roads. The proposed design expands the existing two-lane portion of the parkway to four lanes with a swathe of vegetation in the middle, more than tripling its current width.

PSPC says it has not yet determined what, if any, noise and air quality mitigation measures will be used to protect residents near an expanded parkway.

The proposed route would place a four-lane highway mere meters from the popular RCMP Musical Ride performance grounds on one side, and the runway of the Rockcliffe Flying Club on the other. Other impacted sites would include the Our Lady of Mt. Carmel (elementary) School and

the emergency access point for the Montfort Hospital.

Rideau-Rockcliffe councillor Rawlson King reiterated his position opposing the Kettle Island bridge, saying, “I remain opposed to a bridge at this location and believe our future transportation investments need to focus on reliable public transit and other sustainable ways of moving people across the region.

“We also know that a sixth crossing on its own will not solve the broader transportation challenges facing our region. Traffic patterns and transportation needs are changing, and there are many ways to respond to those pressures. We need to look at the full picture, including reliable public transit, active transportation, and how we move people and goods across the region, rather than assuming another bridge is the solution.”

In a previous *Chronicle* story, Manor Park Community Association president Natalie Belovic said the federal government has done nothing to address how this “disaster of a

project” will impact not only Manor Park but many other communities.

Public comments invited

On Sept. 1, the federal Impact Assessment Agency of Canada (IAAC, former Canadian Environmental Assessment Agency) announced it now invites the public to comment on the proposed project.

“Comments should be based on local, regional, or Indigenous Knowledge of the site or surrounding environment, or provide any other relevant information that may support the conduct of this assessment,” it notes on its website. “Comments received will help IAAC prepare a summary of issues, help determine if an impact assessment is required and refine its focus.”

Comments will be accepted until 11:59 p.m. on Oct. 9, 2026.

For more information or submit a comment, visit iaac-aeic.gc.ca, click on Canadian Impact Assessment Registry, then enter Eastern Bridge Project in the Search box. Or, log on to iaac-aeic.gc.ca/050/evaluations/proj/90709

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Beechwood Avenue is the focus of a proposed city-led redesign, with input from residents and community associations. PHOTO: RYLAND COYNE

Beechwood study, cont. from page 1

included in any project designs. It lacks:

- proper sidewalks,
- public furniture,
- bus stops,
- adequate crosswalks (to serve “orphaned” bus stops on south side).

The future extension of Hemlock to Wateridge Village and how that would impact the Beechwood project also requires study.

“Any redesign of Beechwood which does not take into account its impact on Hemlock is at best partial, and at worst doomed to fail,” the report notes.

Despite their request, MPCA president Natalie Belovic told the *Chronicle* extending the scope may be a long shot.

“I am not optimistic that the east end of Beechwood past the cemetery becoming Hemlock will be added at this time,” she explained. “At the end of the day, the city will decide but they are asking for input and listening.”

MPCA also expresses a similar concern regarding the dangerous Vanier Parkway intersection, calling its omission “unacceptable.”

“To leave the intersection unexamined and unimproved would represent a lack of vision and a huge lost opportunity.”

Other MPCA priorities

The number of vehicles on the road will only increase over time, according to the MPCA

report. With the expansion of Wateridge Village, the densification of Manor Park Estates, the potential sixth bridge at Kettle Island, and extension of Hemlock to the east of St. Laurent Boulevard, these will significantly impact any Beechwood redesign.

“This has to be expressly integrated into the City’s plan.”

Cycling and pedestrian safety must also be a key priority. MPCA advocates for fully segregated bike lanes along the entire Beechwood/Hemlock corridor as well as additional crossings, wider sidewalks and improved intersection designs.

Other observations/requests include the need to bury existing hydro infrastructure, which MPCA calls a “non-negotiable”; side street restrictions for Putman, Chapleau, Champlain, Commanda and Douglas; more consideration of the need for more (off-street) parking to support local businesses.

Plan outline

An outline of the plan can be found on the Engage Ottawa website (engage.ottawa.ca/beecewood).

It notes the goals of this exercise are to:

- improve sidewalk and cycling facilities,
- update/improve benches, street lighting, bike parking,
- determine additional space for plants, trees, patios and seating,

- examine possibly burying electrical utilities (remove hydro poles),
- improve bus stops.

No property would be acquired as a result of these improvements meaning there are likely limits to what can be accomplished. “The goal is not to prioritize one mode exclusively, but to create a safer, more predictable, and more comfortable corridor ...,” the website notes.

One key way to improve public realm spaces would be to introduce partial one-way traffic for several small streets that intersect with Beechwood (Douglas Avenue, Commanda Way and Champlain Avenue). It’s proposed that Chapleau Avenue be closed to traffic off Beechwood.

Belovic says she’s concerned what impact this would have on Putman Avenue which already struggles with traffic pressures.

Overall, there are still too many “unknowns” to be able to make any final determinations, she says.

“They like to focus on the bench design but I think there are still some very fundamental issues to be worked out” including hydro line burial, Belovic notes. “I feel like they are rushing to make these big decisions without having all the facts. I don’t like that.”

The MPCA president believes the city should take the time to get it right, “not just ‘good enough’.”

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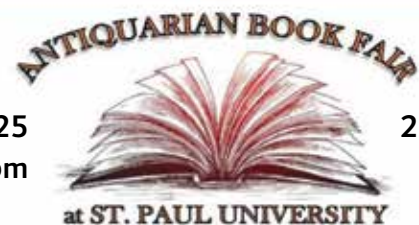


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Send submissions articles, photos, letters to the editor, notices) to:
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Please ensure that:

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- event listings do not exceed 50 words;
- submission is in by deadline, or earlier;
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The **Chronicle** is always interested in receiving photos. Large, clear photos work best and must be sent in jpeg format to the editor. Send high resolution [300 dpi], uncropped digital images [as separate email attachments – not embedded in the body of your email]. Please submit with your articles and include a caption and photo credit.

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Falling fast

It was hardly an 'Endless Summer' but it was a warm break from what was a harsh winter. Now, as the leaves start to fall and cooler days return, we're preparing for our next edition in early November.

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*
- Your ideas for a community volunteer whose work deserves to be featured.

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

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ABOUT THE CHRONICLE

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EDITOR'S POV

Good news, anyone?

It seems the world is spinning out of control these days — bad news everywhere you turn. It doesn't always have to be that way.

This edition of the *Chronicle* features plenty of stories to put a smile on your face. A chance to take a break from today's turbulence and reflect on some good things happening in our backyard.

Start with the story of a young athlete who is turning heads on the track. Eric Combasson won the tetrathlon event at both the provincial indoor and outdoor championships (see Young Cardinal Glen athlete excels on the track on page 27).

Then there are the plans by the Ottawa Humane Society to open a new community veterinary clinic next door in Vanier. A major fundraising drive is now under way to ensure the doors can open by early 2028 (see Ottawa Humane Society em-'barks' on ambitious project on page 38).

There's the amazing work being done by the Rideau-Rockcliffe Community Resource Centre to help build a more resilient local food system for those most in need (see David Goldfield's story on page 28) and the planned improvements to Alvin Heights Park (see City plans upgrades to Alvin Heights Park on page 18).

Among our columnists, Jennifer Morin introduces us to 'Neighbour' Mary Pigott whose family has deep roots in Ottawa (see page 26). Our essayist Douglas Cornish addresses the many paths in Manor Park and the different roles they play in our day-to-day lives (see 'Manor Park dog paths can go by many other names, page 10). And dog owners can benefit from some helpful advice thanks to our resident expert Greg Thompson (see Good Dog, page 32).

Find out how you could win a free tour of the National Gallery of Canada (page 20), the Manor Park artists taking part in the New Edinburgh Studio Tour (page 39) and get a unique perspective from a paddler along the Ottawa River (page 42).

If nothing else, this edition proves there must be more to the news than doom and gloom.

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FROM THE DESK OF:



**Manor Park Community
Association President**

**NATALIE
BELOVIC**

Welcome to September, it's been quite a year!

Our sidewalk battle yielded a small result, not enough to impact the current project on some of our streets, but at least, the commitment from the City to review the policy and determine whether a "one size fits all" formula is the best plan forward. The next tranche of work to be done in our neighbourhood is in the distance so we will keep monitoring the situation and the decisions made at City Hall.

We have had several communications regarding the implementation of the new community mailboxes in the neighbourhood. Some of the locations chosen don't make sense to residents nearby nor to the MPCA, so we are working with Canada Post to optimize the locations in and around Manor Park. If you are aware of a location that has been chosen but would cause safety issues, please let us know and we will add them to the list. The boxes are inevitable this time so we are just trying to optimize the choice of locations.

Bridge back again

The Sixth Crossing aka, the Kettle Island bridge, is sadly rearing its ugly head once again. The NCC and Public Works have asked for feedback as part of their "consultation" process.

We are dammed if we do and dammed if we don't. The questions, like on most of these surveys generated by government, are all lopsided and the only answers pos-



sible are the ones that they want to hear. This is why it's SO important for you to fill out the surveys and add LOTS of commentary.

The government is asking us to accept a half-baked idea as the plans for where all the traffic would disgorge is still unclear.

It's important to engage our eastern friends and neighbours into this discussion because this crossing will hugely impact their commutes to work by clogging up Ogilvie Road (the consultants are already referring to it as an already designated truck route) and that would cause the trucks to snake east to the Montreal Road on-ramps or west to cross St. Laurent and get on the 417 there. The other option is for a westbound interchange at the Aviation Parkway and 174 which will also be a nightmare.

It seems that one of the likely exits is at Hemlock Road. Imagine Wateridge having access to Hemlock (which they will shortly) and then the 3,000 or so Manor Park Estate units existing AND the cars and trucks coming off the Aviation Pkwy on to Hemlock!!! Do the trucks get to go down Beechwood? Do they snake down St. Laurent to the Queensway, a route already clogged at peak hours?

Ottawa has a truck problem and the Gatineau sitting MP and Cabinet Minister thinks that they have a commuting time problem. Commute times from the far suburbs in Ottawa are just as long. A bridge would induce sprawl on the Gatineau side which they are trying to bill as economic development.

They are also saying that

Fall, 2026, brings old and new issues to our community

As sidewalk issue fades, the proposed Kettle Island Bridge continues to cause headaches



Elizabeth McAllister (right), Past President of the Manor Park Community Association, accepts a well-deserved Certificate of Recognition from the Federation of Citizens' Associations of Ottawa. PHOTO: SUBMITTED

there will be transit on the bridge. Both the STO and OC Transpo have said that they have no capacity to add routes so there will not be public transit on this bridge in the foreseeable future.

If you can do some fundraising/communications/deep-dive ATIP-type research/ engineering skill set to review studies, etc.... NOW is the time to get involved. Please connect with me directly.

Deserved recognition

Lastly, I would like to acknowledge my friend, neighbour, mentor and volunteer extraordinaire Elizabeth McAllister who recently "officially" retired from our MPCA Board as well as from the Federation of

Citizens' Associations (FCA) where she was recognized for her hard work at their AGM this summer.

Elizabeth has devoted countless hours to improving the lives of ALL our Manor Park residents and pushing the city to just "do better" by advocating for them to implement performance metrics and evaluations of their systems and programs. A big thank you from the bottom of our hearts.

Our Board is growing and I will introduce each member next issue. If you are interested in participating, on the board or on a committee, please let me know and I'll connect you to the right person.



The Manor Park Community Council's Pints in the Park was another tremendous success with great food, drink and music under warm, sunny skies July 25. See report on page 21. PHOTO: DOUG BANKS

Switch to community mailboxes continues

Target date for Manor Park conversion still late 2026 or early 2027

By Chronicle Staff

The conversion from door-to-door mail delivery to community mailboxes continues for Manor Park.

On April 16, Canada Post announced the community (postal code K1K) would make the shift in late 2026 or early 2027.

According to the latest information from the Crown corporation, work behind the scenes has continued through the summer.

“Work is underway in these communities (Manor Park, Overbrook, Wateridge Village, Carson Grove and others) to identify and finalize communi-

ty mailbox sites,” notes a June 11 press release. “As sites are finalized, residents will be notified of the location of their community mailbox. They will also receive notice and keys before any change to their delivery.”

In his regular newsletter in early August, councillor Rawlson King noted community mailboxes would be installed starting this fall. “Property owners adjacent to proposed locations are targeted to receive notices from Canada Post regarding proposed locations on August 7.”

Manor Park Community Association president Natalie Belovic says anyone who

doesn’t agree with the location Canada Post has chosen should contact the corporation. On the community Listserv, she offered the following addresses:

• Canada Post – Delivery Accommodation & Community Mailbox Support

Canada Post Corporation
2701 Riverside Drive Ottawa, ON K1A 0B1
Phone: 1-866-607-6301 (for safety concerns such as traffic, sightlines, winter hazards; accessibility issues; placement disputes; requests for relocation or reconsideration, community association input).

Ask to be connected to De-

livery Operations or Community Mailbox Support.

• If unresolved after a customer service complaint, one can also reach out to the Canada Post Ombudsman, 2701 Riverside Drive, Suite No800 Ottawa, ON, K1A 0B1, email: ombudsman@canadapost.ca.

First wave

Manor Park, as well as other neighbouring communities, is part of the first wave of addresses to convert from door-to-door mail delivery.

Canada Post has incurred billion-dollar losses in recent years. An Aug. 28, 2026 press

release notes the corporation recorded a \$277 million loss (before tax) in the second quarter of this year alone.

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.

What you need to know about the upcoming municipal election

The Ontario municipal election takes place on Monday, Oct. 26, 2026. Here’s what Manor Park residents need to know.

VOTING DAY: Monday, Oct. 26
WHERE: Manor Park Public School, 100 Braemar St.

WHEN: 10 a.m. to 8 p.m.

In addition to the actual election day, there will be five other opportunities to cast a ballot:

• Special advance voting days — 10 a.m. - 8 p.m. from Oct. 1 to Oct. 4, 2026 — at various locations across the city including

St. Laurent Complex, 525 Coté St.

• Advance voting day — 10 a.m. - 8 p.m. on Friday, Oct. 16, 2026 — at Rockcliffe Park Community Centre, 380 Springfield Rd.

An eligible voter can also vote by proxy and by special mail-in ballot. See ottawa.ca/en/city-hall/elections for full details.

CANDIDATES Councillor

For Manor Park residents,

there are two candidates running for Ward 13 (Rideau-Rockcliffe) councillor: incumbent Rawlson King and candidate Peter Karwacki. See both of their profiles on page 34.

Mayor

There are 14 candidates for mayor in the City of Ottawa. They are: Mark Sutcliffe (incumbent), Jeff Leiper, Alex Lawson, Neil Saravanamuttoo, Zed Chebib, Peter Westaway, Suraj Harish, Queen Divine Priya Amber Bakshi, Bernard Couchman, Ali Shayvard, Jacob

Solomon, Amjad Ali Syed, Josh Rachlis and Geoff Nicholas.

Trustee

The four candidates running for trustee in Zone 6 (Wards 12 and 13) in the Ottawa Carleton District School Board are: Jennifer Moroziuk, Scott Walker, Chris Durrant and Dean Rusland.

Two candidates are vying for trustee in Zone 10 (Wards 12, 13 and 14) in the Ottawa Catholic School Board. They are: Cameron Bonesso and Cindy Desclouds-Simpson.

For Zone 10 (Wards 12 and 13) of the Conseil des écoles publiques de l’est de l’Ontario, there are two candidates: Mathieu Fleury and Roda Lounis.

The lone candidate for trustee in Zone 11, Conseil des écoles catholiques du Centre-Est, is André J. Thibodeau. He has been acclaimed to the position.

For more information, review your Voter Notification Letter, visit ottawa.ca/vote or contact 613-580-2660 or email elections@ottawa.ca.



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LETTERS

Letter writer bemoans state of residential streets

Dear Editor:
While debate rages endlessly about whether sidewalks should be added in certain areas of Manor Park, and new sewers are disrupting the daily lives of many of our neighbours, another chunk of our infrastructure gets barely a notice.
I speak of the residential streets from Sandridge in the north to Coventry Road in the south. The conditions of these streets are an abomination. I like to ride my bike for certain errands, such as making a trip to Canadian Tire. The safest way to go is to take the residential streets rather than the highly-traveled St. Laurent.
While such an itinerary is fairly safe traffic-wise, it is fraught with a multitude

of horrible road conditions. A cycling trip entails nothing less than an Olympic-level slalom among potholes, crumbling pavement, and deteriorating patch jobs. While you may avoid contact with an automobile, you can easily find yourself flying head over heels if you happen to take your eye off the roadway for even an instant.
What I don't understand is why this section of the city of Ottawa has suffered through years of neglect. I lived for many years around the Hogs Back area and made many cycling trips between Prince of Wales and Merivale, using residential streets. I never encountered such a miserable excuse for streets as we find in this neck of the Ottawa woods. Why is that?!

Just to be clear, here are just a few of the streets I'm talking about: Coté, De l'Église, Belisle, Lafontaine, Presland, Lola, etc. I'm sure readers can add more to the list.
(One exception to this list is Morin St. It was recently re-paved and now is as smooth as a baby's bottom! How did that come about?)
I have contacted our councillors about this situation; but nothing has happened that I'm aware of.
Perhaps a petition would help bring more attention to the awful condition of our local residential streets. .

Tim Schobert
Manor Park

It was a picture perfect day at Beechwood Cemetery for the 25th anniversary ceremony of the Canadian National Military Cemetery on June 25. Here, Chief of Defence Staff, General Jennie Carignan salutes, having laid a wreath at the cenotaph. The event included the Governor General's Foot Guards and Band as well as a fly-past from a CH-147 Chinook helicopter.
PHOTO: DOUG BANKS



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MANOR PARK NOTABLES

Jacqueline (Jackie) MacDonald (1932-2026)

Record-holding athlete lived by her own rules

For Jackie MacDonald, Toronto-born in 1932, there were no barriers to success, only mountains to climb. She broke through glass ceilings to achieve fame as a Canadian athlete, national champion and Olympic competitor. Disciplined and strong-willed, Jackie excelled in shot put and discus, defying both limited opportunities and stereotypes of women athletes in the 1950s.

Jackie's love of physical activity started early; she mastered acrobatics and ballet before joining a swimming and diving club. At 16, Jackie won the Ontario Junior Diving Championship. A year later, playing basketball in the Toronto Women's Basketball League, she set a game-record of 38 points.

Her discovery of the community library influenced Jackie's lifelong love of books and reading. This launched her journey to becoming an independent, renaissance woman. Jackie not only embraced different cultures, languages, art and music, but also, by the age of 19, the thrill of riding her own Harley-Davidson.

Athletic prowess

By 1953, Jackie started putting the shot (her passion) and throwing the discus. Searching for a place to train, she met with some eyebrow raising — a local gym told her, "Ladies



Jackie MacDonald proudly participated in the 2010 Olympic Torch Relay.

PHOTO: CHRONICLE ARCHIVES

don't do that!" — which only made her more determined. She qualified for the 1954 British Empire and Commonwealth Games, winning silver in shot put and setting a new Canadian record!

The 1955 PanAmerican Games in Mexico City were held without a women's shot put event, leaving Jackie to concentrate on discus. Coming in fifth, she caused a sensation when a local newspaper published an article and photo of Jackie pressing a barbell entitled, 'A Lady Who Lifts Weights.'

By the end of 1955, Jackie ranked first in shot put and third in discus in the Western Hemisphere.

Mexico left a lasting im-

pression with its sunshine, history and culture. Jackie returned there many times, even learning Spanish.

In 1956, Jackie placed 10th in shot put at the Olympic Games in Australia. Competing against Soviet and Eastern European athletes, who had more extensive training, was challenging. Without a coach since 1954, she practiced alone in public parks.

Embracing adventure

The following year, Jackie took a leave from her teaching job to travel to England and Europe. In Paris, she saw her first opera; in Italy she was captivated by Florence and learned Italian. Reaching Switzerland, Jackie was invited to compete in The World Youth Games in Moscow, where she revelled in its culture. The only Canadian, she placed sixth in shot put.

In 1958, Jackie married Bill Gelling, a University of Toronto aeronautical engineering student. That summer she competed at the British Empire and Commonwealth Games in Wales, winning a bronze in shot put.

Following the games, Jackie rejoined Bill, now an officer with the Royal Canadian Air Force in Ottawa. They had two sons, Steve in 1959 and Andy in 1961. The young family moved often with many an in-between posting back to

Ottawa.

When her boys registered with a competitive swimming club, Jackie joined a masters' swimming group. Later, she became a member of the Ottawa Bicycle Club (OBC). In the 1985 World Masters Championship, riding in the 50 to 54 age group, she won a gold and two silver medals. Outside competitions, Jackie stayed active; she played water polo and, at 61, took up rowing.

Cardinal Glen becomes home

In the 2000s, Jackie and Bill finally settled in Cardinal Glen, quickly becoming part of the community with Jackie serving as a board member of the Cardinal Glen Community Association from 2008 to 2010 and enthusiastically joining the neighbourhood book club.

Jackie brought her love of linguistics and attention to detail to articles she wrote for the Manor Park Chronicle and to her seven-year stint as its volunteer proofreader (2006-2013), working diligently with hard-copy printouts in the rush to press.

Staying active and engaged

Despite frequent moves, Jackie completed a B.A. at Carleton University, a B.Ed. at uOttawa and an M.A. in Linguistics from l'Université de Montréal.

Professionally, Jackie taught elementary school

and English as a Second Language. Among her many volunteer activities, she taught English to Syrian refugees, drove for Meals on Wheels, mentored clients for Citizen Advocacy, coached swimming and taught evening quilting classes.

In 2010, Jackie proudly carried the Olympic Torch in Trail, B.C. (see photo) and two years later donated the scrapbooks she kept about her athletic career to the Archives of Ontario. In her 80th year, Jackie rode in the 80+ OBC Women's Time Trials and she continued riding her bike until she turned 87. In 2023, she published her book, *Ladies Don't Do That! Memoir of an Olympian*.

Predeceased in 2010 by her son Steve, and following a long illness, Jackie died on her own terms, peacefully taking control of her life, as she had always done.

With kind appreciation to Bill Gelling and family friend, Sandra Wickham.

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 suggestions for candidates or submissions to manorparknotables@gmail.com.

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CHRONICLE ESSAY

Manor Park dog paths can go by other names

By Douglas Cornish

Dog walking is all about the dog, correct? Well, it depends on who you ask.

From the dog's perspective, of course it's the dog. From the master's perspective, you may get a different answer, and just who is considered the actual master? It may not be you! You don't always walk the dog;

sometimes the dog walks you. Dog walking, whether on an NCC path or off trail on an unofficial but well-used path, can open up other non-dog related experiences. The dog path can even assume other names.

Last spring I was walking the dog on a less-travelled grassy path near an NCC path. We encountered a Manor Park

author (non-fiction) I know walking his dog with a friend. (These days the area seems to be somewhat populated with published and aspiring authors, real estate agents, lawyers, and journalists.) I hadn't seen him for some time, so I mentioned his published book and said I hadn't read it. He immediately pulled out the book from his jacket and

offered me a free autographed copy. That's where the dog path suddenly turned into a writer's path! I suppose promotion is part of the writer's game, so carrying a spare copy doesn't hurt when opportunity presents itself.

Water cooler-type path

Other times the path may become a water cooler-type of path, where you meet someone you've lost touch with (not necessarily an author) or perhaps a stranger, and you casually strike up a conversation, gossiping and settling all the world's problems in 10 minutes. The dog usually lies down or patiently pauses as the conversation ensues. Dogs seem to know when the dog walk is on temporary hold until the conversation ends.

Depending on where you dog walk, the process can turn into a nature path, where you can't help admiring the abundance of trees, or wildflowers, or the variety of wildlife scurrying about their daily tasks. If your dog likes to chase squirrels, gophers, rabbits, etc., the walk could turn into a chase through nature. There's something very Robert Frost-like about walking a dog through wooded areas, especially in the fall.

Racetrack path

Dog walking along an official NCC bike path sometimes turns into a racetrack path. Here, you dodge the various amateur Tour de France wannabe cyclists whizzing past without polite bell ringing or voice warning (as per NCC path rules), parents out with kids, strollers, joggers, eclectic bikes, electric scooters, electric wheelchairs, off-leash dogs (which NCC doesn't allow), people paying more attention to their phone than their eyes on the path, cyclists simultaneously using both sides of the path, and so forth. It can at times seem too much like an outdoor circus. Temper can flair, igniting uncomfortable confrontations.

NCC pathways (they're not exclusively "bike" paths) can be frustrating at times, but

they are seasonal so that's a pleasant consolation. Winter always shuts down busy path traffic, to the point where there might just be a narrow snow path frequented by dog walkers, a few pedestrians and the very rare winter cyclist with studded fat tires. Winter definitely calms path rage, lowering the temperature, literally. There's nothing like a calm winter outing with decreased traffic void of unnecessary path drama!

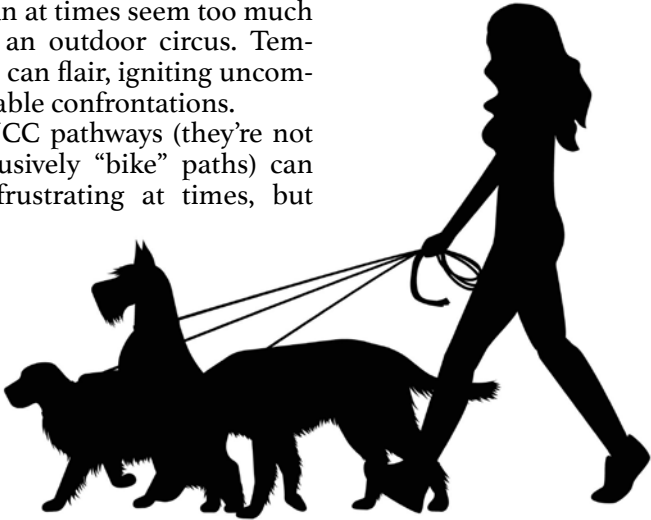
Litter paths

Dog paths can also turn into garbage paths, where littering is too common, be it strewn chocolate bar wrappings, empty beverage containers, partially eaten fast food remnants, discarded lip balm tubes, various pieces of lost clothing, or charging cables.

Speaking of dogs, there are dog walkers (no names mentioned) who neglect the courtesy of picking up their dog's poop, just leaving it on the path or even going to the trouble of scooping it yet curiously leaving the tied-up plastic dog poop bag without disposing it in a garbage container. The NCC often places trash containers along paths, so education is needed. A path covered with leaves combined with hidden dog poop isn't an attractive stepping place. The dog might be innocent, but sometimes the dog owner isn't.

Lastly, why, when walking a leashed dog you encounter a bicycle coming towards you on the sidewalk even though there's a designated and secure bike lane right beside it, could be another puzzling conversation!

Dog walking paths can take on different names; it's not always a dog trajectory. The meaning and experience may vary, but it sometimes goes beyond the dog. Sorry dog!



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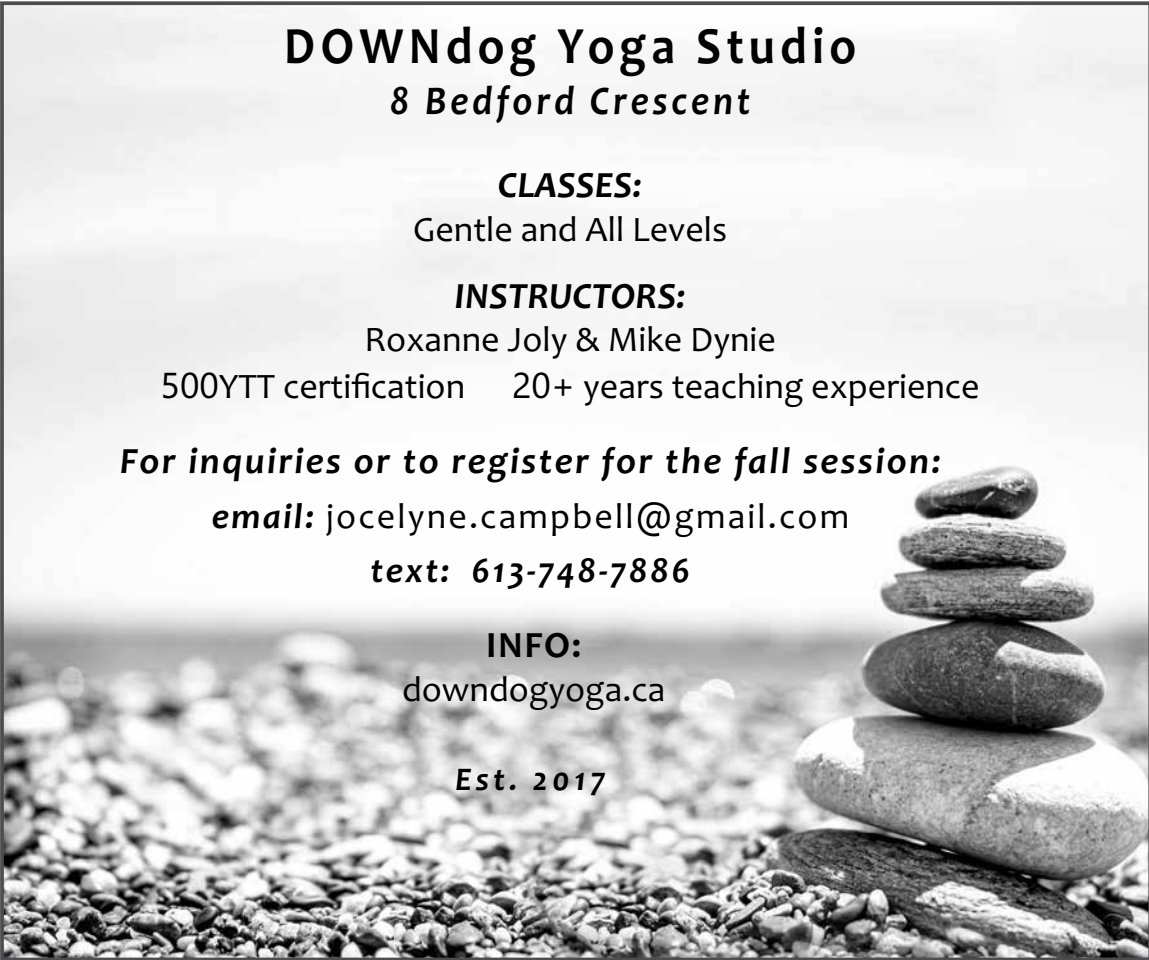
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COMMENT

Fixing public transit starts with fixing Rideau Street

Transit priority measures on key stretch can improve the bus 7 commute for Manor Park residents

By Julie Zhang and Nick Grover

Rideau Street has a reputation for being busy, chaotic and congested. Many of us have accepted this frustration as an inevitable reality of downtown living. But it doesn't have to be — and leaving it in its current state is making transit unreliable across the city.

Rideau is a transit artery, carrying half a dozen critical bus routes (the 6, 7, 12, 14, 15, 17, and 18). But as any bus rider knows, traveling down this road is a slog, taking seemingly forever to get from one end to the other. Many of the residents in Manor Park are directly affected on their bus 7 commute.

Transit priority is badly needed. This involves dedicating one lane in each direction to exclusive use by buses. It's a simple, cheap, and effective way to let buses bypass traffic so they can show up on time and on schedule.

Lack of reliability is one of the biggest issues plaguing OC Transpo. On the busiest routes in the city, buses are more than five minutes late 40 per cent of the time. By contrast, cities who implemented bus lanes reduced travel time significantly: by about 20 per cent overall and double that during hours of peak traffic delay. Ideally, bus lanes can be combined with "traffic signal priority"; sensor technology

Lack of reliability is one of the biggest issues plaguing OC Transpo. On the busiest routes in the city, buses are more than five minutes late 40 per cent of the time.

that gives buses an early green if they are waiting at the intersection.

The kicker is, Rideau Street already has bus lanes, in a way. The fact that they are only in effect temporarily (from 6-9:30 a.m. and 2:20-6 p.m. on weekdays) leads to two problems. First, buses still must bob and weave around parked cars during the afternoon and evening, while riders endure horrible traffic on the weekends. And second, their temporary nature means they often aren't effective during peak hours, likely because the instructions are lost in a mess of overhead signage. Cars are constantly driving and parking in bus lanes.

One of the best things the city can do immediately is paint the bus lanes red, so all road users know what they are, and cars stay out of the lanes. San Francisco measured the

impact of this simple change and found hundreds fewer car violations.

Permanent 24/7 bus lanes are the answer. The tradeoff is that a relative handful of cars lose street parking in exchange for faster, reliable transit connecting people to the rest of the city.

But won't fewer auto lanes make traffic worse? Cars slowing down to park is probably a worse offender for this but taking the long view we can see that functional transit means higher ridership as people opt not to drive in the first place.

But what about the small businesses who rely on street parking? Research shows buses on a dedicated lane can bring three times more people to an area than mixed traffic, so there's actually a huge opportunity here for the local economy.

Right now, most people drive because OC Transpo isn't a viable option. The longer the mayor and city council fail to fix the dire state of Ottawa's bus service, the worse traffic, emissions, air pollution and commuting headaches will become.

October 26 is voting day for the municipal election. Let's ask for this one small but significant change in our backyard to get transit moving again.

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MARK LINDENBERG



SHARLEEN TATTERSFIELD

BUSINESS BUZZ



Located at 425 St. Laurent Boulevard, Anatomy Physiotherapy offers physiotherapy and massage therapy for a variety of injuries, pain and conditions. Clinic owner and physiotherapist Andrew Dings, FCAMPT, opened his first physiotherapy clinic in Manor Park in 2019 and will soon open his sixth in downtown Ottawa. PHOTO: SHARLEEN TATTERSFIELD

After a restorative summer, the Buzz is back, covering the latest and greatest in our corner of the world.

Read on in this September-October 2026 column for news about several of our current and new advertisers. Enjoy perusing their unique and often inspiring stories, and business updates brought to these pages by columnists Mark Lindenberg and Sharleen Tattersfield.

ANATOMY PHYSIOTHERAPY Relief from pain and injuries

On a recent visit to Anatomy Physiotherapy Clinic at 425 St. Laurent Boulevard, I met with physiotherapist Andrew Dings, the clinic's founder. Andrew, bilingual and a physiotherapist since 2011, tells me that he had a vision of what good physiotherapy services can do, and what they should

look like in the National Capital Region. "I wanted to create a space for that. I also wanted to do something that was my own."

His first clinic was open for just 10 months in Manor Park before it had to close for 10 weeks due to the pandemic. Since then, Andrew has expanded Anatomy Physiotherapy, replicating his concept in different areas of the city, "to be able to help more people." He takes time with new staff in areas of clinical education and to mentor them to ensure that patients receive a consistent standard of care, whichever Anatomy Physiotherapy clinic they may choose to attend.

"We currently operate five clinics and are opening two more in the next six months – one downtown, and one in Nepean," says Andrew.

"Patients have one-on-one

time with their physiotherapist; we don't send them off with an assistant, he says. "You could have the same injury as someone else, but some treatments may work better for you, than for that other person. We personalize treatment based on your past history and current presentation."

When I ask Andrew at what point someone might consider booking a physiotherapy assessment, he replies, "If pain isn't going away or dissipates in six to eight weeks, there's a problem. Also, if you know you have a problem because, for example, you rolled your ankle, you can come in earlier. If you're not sure what happened and there wasn't an acute onset, physiological healing is in that eight-week range."

When I ask Andrew about the wide range of injuries and clientele he and his staff serve, he tells me, "We see a lot of neck and low-back pain. We also see people with hip, knee

and shoulder pain, but we are well-versed to treat any musculoskeletal issues."

Physiotherapists at the clinic are all bilingual with some speaking more languages. Andrew says that the clinic is able to work with people very easily from diverse communities. "We ask that people bring a family member or friend, and if they cannot ... typically, we use basic vocabulary and body language to infer where they are in pain."

An initial 60-minute assessment allows the clinic to build a client profile so that the therapists understand why the patient has come in, along with their past medical history. After that, the client will have a conversation with the physiotherapist to determine a treatment plan.

"We perform an exam to see how much you're moving, how well you're moving and your strength," says Andrew. "Based on that we can come up with a diagnosis and

a prognosis related to how many sessions may be necessary. It's a process, not an instant in time."

To get the best results from treatment, Andrew says, "Make sure you communicate very clearly with your physiotherapist how you're feeling, how you feel your treatment is going: what's working well, not working well. Are you doing your exercises, or not?"

That communication will guide your therapist to try to alter the treatment plan accordingly. "We'll be able to use our clinical reasoning to help you progress, or to help you stabilize what you have gained."

Feel like you might benefit from Anatomy Physiotherapy's wide range of services? Book an appointment online at <https://anatomyphysioclinic.com/>. You can also call the St. Laurent location at 613-680-4477 or email info@anatomyphysioclinic.com.

Mark Lindenberg

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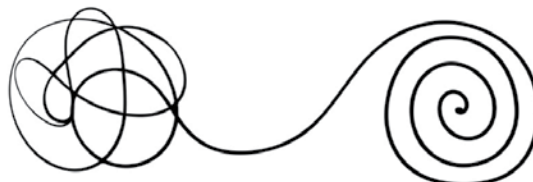


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BUSINESS BUZZ

FROM PAGE 12 >>

DOWNDOG YOGA STUDIO Celebrating 10 amazing years!

How fortunate to have a home-based yoga studio located right in the heart of Manor Park! DOWNdog Yoga offers small class sizes amid a vibrant, welcoming community. The studio was established in 2017 by dedicated yoga practitioner and teacher Jocelyne Campbell at her Bedford Crescent home.

A former high school teacher and guidance counsellor, Jocelyne practiced yoga for over 20 years. She became certified as a Hatha Yoga Instructor in 2012.

"I discovered yoga as a tool to live a more balanced life, to relieve stress and promote well-being," says Jocelyne.

Her love of sports, especially boxing, nourished Jocelyne's belief in the importance of having a strong body, mind and spirit connection. A strong and flexible body strengthens and calms the mind and the spirit. "It empowers daily living," she explains.

Jocelyne taught at different venues including the Rideau Sports Centre and the RA Centre before remodeling her home and opening her own studio where she also taught for the first four years.

"I knew early on in my yoga teaching career that I wanted to create a special venue that was conducive to the best possible yoga experience," says Jocelyne. "My goal was to promote a sense of community in a warm, welcoming and healing space."

"Every detail, from the simple décor, paint colour, lighting and fireplaces were carefully chosen," says Jocelyne. "Gentle and All Level classes are small with a maximum of eight to nine students."

Jocelyne is fortunate to have

Michael Dynie and Roxanne Joly, two of the most highly regarded yoga instructors in the Ottawa region, leading classes at DOWNdog Yoga.

"Their positivity, compassion and sense of humour transpire through their teachings," says Jocelyne. "Both have been, and continue to be, an inspiration to me. I'm so grateful they are now teaching in my studio."

Michael joined DOWNdog in 2021. He teaches Hatha-Vinyasa Fusion classes on Monday evenings and Yoga for Functional Strength and Flexibility on Friday mornings. These practices invite students to experience yoga as a breath-centred practice that brings balance to our energy systems, the mind and our bodies.

Michael has led many yoga teacher training certification programs. He considers himself, "a lifelong student, humbled by the depth of the great yoga tradition."

Roxanne came to DOWNdog in 2022. She teaches a Gentle Hatha class on Monday and Wednesday mornings. Roxanne first discovered yoga in her early 20s. She was drawn to the practice by its transformative effects of deep relaxation, healing and overall well-being.

Roxanne's goal is to encourage her students to bring the steadiness found on the mat out into the real world, to help them find joy and peace in all aspects of life. Roxanne has been sharing her yoga wisdom and knowledge for well over two decades.

Today, as always, Roxanne and Michael provide DOWNdog students with challenging, energizing and relaxing practices. Their vast experience, dedication and care keeps students coming back year after year.

For more information, please visit DOWNdog Yoga's



Manor Park is home to DOWNdog Yoga on Bedford Crescent, now celebrating its 10th year in business. Congratulations to owner and yoga teacher Jocelyne Campbell pictured here on her front steps with Dr. Maxi, her Aussie Shepherd mentor-in-training.

PHOTO: COURTESY OF JOCELYNE CAMPBELL.

website at <https://downdog-yoga.ca>. It is rich in reflection, motivation and inspiration!

In closing, Jocelyne wishes to dedicate this article to Dr. Jake, her beautiful Aussie mentor and partner who taught with Jocelyne for four years when she first opened her studio.

Sharleen Tattersfield

ELEGANT HAIR AND SKIN CARE A welcome, professional expansion

Being able to serve clients in the best possible and most beautiful way has been a guiding principle for Giti Mirshahi, owner of Elegant Hair and Skin Care.

Her salon, at 631 Montreal Road at Brittany Drive, is a client-oriented space with an emphasis on comfort, offering haircuts, colouring, highlights, colour corrections and hair treatments as well as perms and threading. Esthetic services include waxing, pedicures, manicures, facials, and

>>CONTINUED ON PAGE 14



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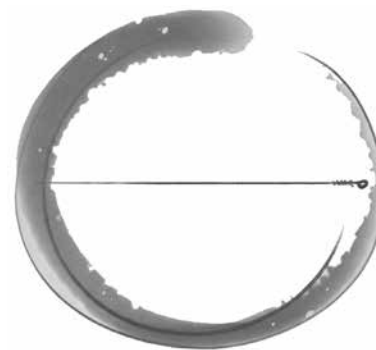
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BUSINESS BUZZ



Giti Mirshahi, hairstylist and owner of Elegant Hair & Skin Care at 631 Montreal Road (corner of Brittany Drive) welcomed stylist Saba Mirshahi (LEFT) to her salon this summer. Elegant Hair is now open on Wednesdays for appointments and warmly welcomes new clients.

PHOTO: SHARLEEN TATTERSFIELD

FROM PAGE 13 >>

ear piercings.

And, new for clients, Giti is excited to have added a premium healthcare massage chair designed for advanced

wellness and relaxation to her salon. Featuring patented robotic leg technology, full-body heated massage and stretching programs, the BODY-FRIEND Pharaoh NEO chair

is designed to help users relax, recover and care for their body. Ask Giti about promotional specials for this unique treatment experience.

This summer Giti wel-

comed Saba Mirshahi, a professional stylist. Saba has over 20 years experience in the beauty industry, with extensive experience in cutting, styling, colouring, highlights, keratin treatments and up-dos.

Since moving to Canada, Saba has specialized in men's and boys' haircuts and particularly enjoys working with children.

"I am very happy to be working alongside Giti," says Saba. "The salon has a warm and welcoming atmosphere, and I truly enjoy working with my cousin and close friend."

"I love helping people look and feel their best," she says. "I especially enjoy creating hairstyles that suit each client's personality and lifestyle, and I always strive to make children feel comfortable and relaxed during their visit."

Giti is thrilled as having Saba at the salon means that Elegant Hair is open on Wednesdays (9a.m. – 5p.m.) for appointments and welcoming new clients. She says that now she may even have a little more time to spend with her granddaughters, Azure now 4 and Payi just 2 months old.

"My focus is on accentuating and complementing the client's natural beauty using top-of-the-line, eco-friendly products," says Giti, a hair stylist and esthetician with over 30 years experience.

Giti and Saba understand that clients want to feel pampered and relaxed while they perfect their looks; their warm and welcoming personalities complement their professional skills. They know that the most important thing for a hair stylist is to focus on listening to their clients – taking the time to get to know them, to understand what they want and to manage expectations while communicating clearly about what can be achieved.

"We want our clients to feel welcomed, pampered and relaxed – also understood and respected," says Giti.

The salon uses chemically clean, ammonia-free formulas which carefully balance affordability with great and lasting results. For hair, Giti's favourite lines are Kevin Murphy and Nook. She says that not only are these products clean, great for the hair and environmentally sustainable, they produce wonderful results. Facials include deep cleaning and rejuvenation with the exclusive line of Mila d'Opiz Skin Care products from Switzerland which are highly effective and environmentally friendly.

Giti is very thankful to the community and her clients who, through the years, have become loyal customers.

"I have clients who moved many years ago and every time they come back to visit the area, they make an appointment," Giti tells me, as she explains that her clientele extends farther than Manor Park and its surrounding neighbourhoods.

Elegant Hair and Skin Care is open on Tuesday to Saturday (8a.m. – 5p.m.) and on Sundays (8a.m. to noon). Appointments can be booked by calling 613-746-0262.

Sharleen Tattersfield

MCCONVILLE'S GARAGE One-stop vehicle care

We welcome new advertiser, McConville's Garage, the nearby neighbourhood, one-stop garage for vehicle servicing, preventative maintenance and repairs.

Located in the heart of Vanier at 306 Montfort Street, McConville's Garage has been in business for over 30 years in the same location. Today, the garage has seven service bays with 12 hoists for working on vehicles.

Operating under new management since 2019 with its original staff, crew of licensed technicians and service advisors, McConville's is a CAA approved garage and Krown facility. It is also a member of the NAPA AUTOPRO program and the Used Car Dealer Association.

New owner May Hachem, CPA, bought the business seven years ago. She knew the business and the staff well, having been the garage's accountant for many years.

"Although the ownership has changed, our staff has stayed the same with some loyal employees working here for 15 to 20 years," says May. Garage manager Majed Mantache is proud of the garage's focus on top quality service for its customers.

"My background is in customer service with many years of previous experience as a Hilton hotel manager in London, England," says Majed. "I love cars having grown up around them in my father's garage. I also have a keen interest in rallying and F1."

"We care for customers' cars as if they were our own providing information on service options with safety as a first priority." Courtesy cars are also provided for customers who need to leave their vehicle with McConville's mechanics for servicing and repairs. "This is complementary

>>CONTINUED ON PAGE 15

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BUSINESS BUZZ

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service – all we ask is that the customer refrains from smoking, travels within the area and replaces the fuel used.”

Majed explains that the garage provides a 300-point inspection for vehicles, recommending that this inspection be done every 20,000 kilometres or once a year.

“This inspection will show us the full history of the car so that we can prioritize service and preventive maintenance recommendations based on a safety-first approach.” Majed recommends that drivers have their oil changed every 5,000 kilometers, mentioning that the number one cause of car problems is likely a dirty filter and/or dirty oil in the engine.

Majed and May tell me that McConville’s 300-point inspection is bumper-to-bumper covering everything from accessories to electrics and mechanics. Other services include Krown rust-proofing, body work and painting, interior and exterior vehicle detailing as well as seasonal tire change and storage.

“Our staff complete safety checks and inspections of general vehicle mechanic systems such as electrical, cooling, heating and air conditioning, suspensions, brakes, engine and exhaust functions,” says Majed.

When I ask how McConville’s technicians and staff stay up-to-date, Majed says, “Our mechanics complete a lot of courses with our suppliers to adapt to new technologies whenever available, and they use updated databases as resources.”

“We are here to serve our customers,” says May. “Our customer relationship is transparent and built on honesty; we’re upfront about any

required work and guarantee our repairs for 20,000 kilometers or a full year for both parts and labour.” And, adds Majed, “We’re happy to answer customer questions.”

“We try to give our customers the very best value, explaining what we plan to do and why before we start working on their vehicles.”

Got a repair issue you need someone to check? Preventive maintenance, detailing or rust-proofing to consider?

Get in touch with May, Majed or their service team at 613-748-7731 or by email at info@mcconvillegarage.com. To check out their website, head to: www.mcconvillegarage.com.

Mark Lindenberg

MYLOOK VISION CARE Finding perfect eyewear

On a recent visit to MyLook Vision Care I speak with Umaa Nirmalan and Nirmalan Vadivel, optician and store manager respectively, owners and operators of Manor Park’s optical store at 369 St Laurent Boulevard in the Rockcliffe Crossing Plaza. It’s about eight months since the grand opening of their business.

“We’re building a good clientele base and relationships in our community, and close connections with our patients,” Umaa says, when I ask how things have been going since January’s opening.

“It’s not like we’re a chain store – people know we’re here to help,” says Nirmalan. “We’re establishing trust within the community.”

MyLook Vision Care’s mission is to provide “accessible vision care, including contact lenses and designer frames” and their team does this through its “commitment to quality and customer satisfac-



Proudly serving the local community for over 30 years is McConville's Garage & Krown – a full service auto repair facility in the heart of Vanier. Pictured here are Majed Mantache, general manager and new owner May Hachem. PHOTO: SHARLEEN TATTERSFIELD

tion.” Nirmalan tells me that MyLook Vision has contacted many insurance companies and government income support programs. “We take down the customer’s information and bill the provider directly.”

“Until we hire our own in-house optometrist at MyLook Vision, Dr. Alf Bhanghi, of Gloucester Eye Care at 1980 Ogilvie Road is taking care of our clients,” says Nirmalan. “And, that hiring process is ongoing.”

Both Umaa and Nirmalan have been pleasantly surprised by customer reaction to their new business. Nirmalan says that one customer acknowledged their hard work by declining the discount that My Look Vision Care offers new patients, saying, “You are

a new business. Don’t give me a discount.” As Nirmalan explains, “This person was adamant, and wanted to support our long-term success.”

“Customers want to see us grow; they are happy to have a service in the community that they don’t have to go far to get,” says Umaa. “When they walk in, they really want to see the same person looking after them.”

Nirmalan tells me that some customers want a certain type of lens or a certain type of frame. “As indepen-

dent operators, if we don’t have it, we can get it.”

“That’s the best thing about being independent in a community like this: we can satisfy most people,” says Nirmalan. MyLook also offers specialty products such as myopia control lenses for children.

When I ask them about the customer experience, both share how they find ways to express the passion for what they do for their customers. “We provide a well-lit store for browsing, and a no-pres-

>>CONTINUED ON PAGE 16

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BUSINESS BUZZ

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sure experience,” they say. “We want people to come back, so this is what we do,” says Umaa.

We chat about trends in eyewear. Umaa notes that people want to be able to see clearly, and comfortably, and that they look for frames that suit their face.

“Some people ask for acetate frames, which are known for having hypoallergenic properties,” says Nirmalan. “And, titanium frames are lightweight. Our goal is to educate people, depending on what they need their lenses for.”

Both Umaa and Nirmalan are actively engaged in finding ways to build the success of their business and to establishing ties to the community from being a sponsor for Ottawa Street Markets (The Beechwood Market) to standing outside their store and handing out flyers.

Need a new pair of glasses? Visit MyLook Vision Care’s website at <https://mylookvision.ca/>, send them an email at: mylookvisioncare@gmail.com, or give them a call at 613-748-1375.

Umaa and Nirmalan welcome you at their store Monday to Friday (9:30 a.m. to 6 p.m.), and on Saturday (10 a.m. - 5 p.m.).

Mark Lindenberg

THE HAUNTED WALK Spooky, fun, haunted ghost tours

Ready for some history and spine-tingling ghostly tales? The Haunted Walk has local, guided tours to pique your curiosity and love of nostalgia and adventure. From nighttime tours of the city, to discovering the hidden stories of the Chateau Laurier, the Billings Estate, the Bytown Museum, or right in our neighbourhood, Tales from the Mausoleum at Beechwood Cemetery. Talented storytellers lead the way to discovering hidden histories.

The first thing that Jim Dean, creative director of Haunted Walks tells me is that, “The Haunted Walk, at its best, is an opportunity for the past to meet us in the present.” He says, “Through our storytelling and the physical location we’re in, whether that be standing outside the Chateau Laurier, or in Beechwood Cemetery on a quiet calm night, it’s a chance to, subtly, learn a lot of history... as it’s packaged in an entertaining, intriguing fashion.”

“Haunted Walk tours provide two chances that we don’t normally have in life: to confront death in a meaningful way and the opportunity to have someone tell us a story as the connection between the story-teller and the listen-



Pictured here in his podcast studio is Jim Dean, creative director of Haunted Walk tours. The Tales from the Mausoleum at Beechwood Cemetery is just one of several local guided haunted walks featuring haunting stories of the past. COURTESY OF THE HAUNTED WALK

er, is [itself], a very intimate act.” Jim goes on to say, “We don’t often afford ourselves the luxury of someone telling us a story – it’s very different when another human being is standing in front of you.”

He explains that just as ghosts are ethereal, each

Haunted Walk tour is unique and one-of-a-kind, made up by the stories, the atmosphere, the events, the weather, the people in the group. “It’s a fun night out; not boring or institutional in its approach.”

Haunted Walks’ genesis goes back to 1993 when founder Glen Shackleton, attending Queen’s University, took a semester abroad and toured around. One thing, popular in England particularly, were ghost tours. As a history student, Glen knew there were lots of great ghost stories about Kingston, Ont. In 1995, he launched Kingston’s Haunted Walk.

“There was a learning curve,” Jim acknowledges.

“People had never heard of this [before]. One lady came up to Glen, indignant, and said: ‘You’re going to charge me \$5, just to walk around?’ We’d have to explain the concept a little bit.” In 1996, Haunted Walks expanded to Ottawa and later in 2012, it began offering tours in Toronto.

The Haunted Walk has spooked close to two million guests across all three cities. “The way we think about storytelling, the paranormal, is evolving. We’re continually learning and finding new approaches. More recently we’ve been adding in investigations that are more immersive [and include] spooky experiments

>>CONTINUED ON PAGE 17



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BUSINESS BUZZ

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at various sites.”

Jim says that when he first started at The Haunted Walk in 2003, there were approximately 30 tour guides in Kingston and Ottawa. “Now we have close to 100 awesome storytellers that we work with across the three cities.”

Not surprisingly Jim says, “Halloween is our Christmas. Everybody wants to hear a ghost story!”

I learn that the Tales from the Mausoleum tour at Beechwood Cemetery is a lot of fun. That people start realizing that they can relate to the stories they are hearing: ‘Oh, this is the person O’Connor Street is named after!’ As Jim says, “All these places that only exist on our maps suddenly have a real life, real challenges.”

Jim tells me that one of best experiences occurs when they are walking around without their cloaks and lanterns and hear someone else telling one of our stories to their friends. “Stories are meant to be shared.”

Is your regular walk feeling a little routine, a little dull? Why not try a Haunted Walk, instead? Book your Ottawa-area Haunted Walk, Paranormal Adventure or Public Investigation tour at <https://haunted-walk.com/>.

Mark Lindenberg

BUSINESS BRIEFS POSTSCRIPT

By Sharleen Tattersfield

We welcome new advertisers: McConville’s Garage (May Hacham) and Hidden In-Site/The Haunted Walk (Jim Dean). Welcome also to seasonal advertisers: Dominion Chalmers Curling League (Fred Hosking); DOWNdog Yoga Studio (Jocelyne Campbell); Author Adrian de Hoog; Ottawa Antiquarian Book Fair (Kyla Ubbink); Prime Personal Training (Leslie Robertson); the RCMP Curling Club and The Edinburgh – Levante Living (Denise Stubbs). We thank our current advertisers, especially those who have renewed as five-issue advertising subscribers with this edition.

LINDEN PIZZA
Neighbourhood dining,
take away

At Linden Pizza, 119 Beechwood Avenue, dining in or enjoying takeaway is in full swing with great pizza as well as seasonal, local starters, salads, cocottes and desserts accompanied by wines, cocktails and zero proof refreshments. Of note, Linden’s patio is open for al fresco dining well into the fall – as long as the weather holds (no frost



Manor Park’s new optical store, MyLook Vision, is a family-owned business providing comprehensive vision care and eye care services. Pictured here in their bright, accessible store are Nirmalan Vidal, store manager and Umaa Nirmalan, optician. PHOTO: SHARLEEN TATTERSFIELD

on the pumpkin!) - Sunday to Tuesday (5p.m. – 8:30p.m.) and Wednesday to Saturday (5p.m. – 9:30p.m.). Owner Tracey Clark tells the *Chronicle* that when the weather is good, the restaurant accepts early seating reservations made for the same day. Otherwise, it’s first-come, first-served.

This cozy neighbourhood spot is also open Saturday and Sunday for lunch (12 noon – 3p.m.). New on the menu are delicious panuozzo sandwiches which Tracey describes as a folded-over pizza sandwich. Takeaway and delivery are available; Linden Pizza encourages its guests to order direct from lindenpizza.ca.



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Care, Connect, Celebrate!

City plans upgrades to Alvin Heights Park

Work to include new pool deck, basketball courts and outdoor ping-pong table

By Ryland Coyne

One of Manor Park’s popular recreation spots will soon be getting a makeover. Alvin Heights Park, located off London Terrace Road, welcomes residents every day but

is overdue for an overhaul. Councillor Rawlson King hosted a public event in July to outline improvement plans and gauge public feedback. “Alvin Heights Park is a valued gathering place for Manor Park families, and these

improvements reflect what I have heard from residents,” he says. According to information provided by the councillor’s office, the extensive work includes:

- replacing the aging pool deck (concrete),
- adding new shade seating and tables around the pool,
- new accessible ramp to the washroom building,
- completing pool building repairs,
- installation of a new outdoor ping-pong table,
- replacing the single basketball court with dual asphalt keys that allow two groups to play at the same time.

Cost
The city has allocated \$59,000 for the pool deck improve-

ments. These are expected to be completed in the spring of 2027 before the wading pool opens to the public. The majority of the work — \$410,000 — is being funded through the councillor’s Ward 13 Cash-in-Lieu of Parkland (CILP) Fund. This fund is collected by the city from those developers whose projects don’t include actual public park space. According to City of Ottawa policy, eligible CILP projects include “additional park facilities, for example play equipment, splash pads and site furniture.” “I’m pleased to support this project through the Ward 13 Cash-in-Lieu of Parkland Fund,” King says. “These funds are being reinvested directly into the community to renew local parks and create more

opportunities for residents to gather, play and stay active.” While a detailed timeline for the rest of the project has not been announced, it’s hoped the upgrades to the basketball courts can take place this fall. Residents could provide feedback to the proposed plan at the July event or via online survey until July 31. “By renewing aging infrastructure while adding new amenities like a second basketball key, shade seating and an outdoor ping pong table, we’re creating a more accessible, welcoming and enjoyable park for people of all ages.”

For more information about the project, visit bit.ly/AlvinHeightsRenewal.

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September 13 Welcome Back Service (with Sunday School & Light Lunch)

Month of October - Winter Clothing Drive (Drop off at Front Door)

October 19 Chili Supper 6 - 7:30pm

November 7 FREE Winter Clothing Pop-Up Shop

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welcome@stcolumbaottawa.ca



Manor Park residents learned more about the city’s planned upgrades for Alvin Heights Park on July 11. Here, Morteza (left) chats with Ward 13 councillor Rawlson King as Mary Goldfield looks on. PHOTO: COURTESY OF THE OFFICE OF COUNCILLOR RAWLSON KING



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Strawberry Social highlights busy summer at St. Columba

By Diana Poitras

Here it is September already, with the days getting noticeably shorter and the evenings cooler. We hope that all the readers of the *Chronicle* enjoyed a lovely summer.

Summer at St. Columba was incredibly busy. In June we celebrated the Feast of St. Columba (and our 66th anniversary) by using a liturgy from Columba's original settlement on the Island of Iona. It was a beautiful service with wonderful music.

A second *Let's Talk* session — Fall Prevention — was offered in June by Ottawa Public Health. Further *Let's Talk* sessions are in the planning process.

On July 4 we had our annual Strawberry Social, offering fresh-made tea cakes, local strawberries and fresh whipped cream. This year the tea cakes were made by parishioners Debbie Christie-MacDonell, Nicole Christie and Diane Delorme. The gluten-free cakes were made by Quelque Chose. It was a delicious and delightful afternoon.

The STEM Camps returned to St. Columba for eight weeks in July and August, offering fun and educational opportunities for the participants. Services Communautaires au gré du vent once again offered their French language summer art camp at St. Columba. This group offers ongoing French-language activities for children and youth at St. Columba. For more information visit Services Communautaires Au Gré du Vent - Services jeunesse pour la communauté francophone.

The Manor Park Community Garden at St. Columba had a busy and productive growing season. Thank you to Chris Penton and the Beechwood Market, Marie Chantal Ross and St. Columba for sponsoring four garden boxes dedicated to the growing of fresh herbs and vegetables for the Emergency Food Bank at the Rideau-Rockcliffe Community Resource Centre.

Four days into her holidays, Reverend Susan Lewis had an accident and broke her leg. As a result, her summer cover-off, Reverend Canon Laurette Glasgow was with us for six weeks and will be returning on September 20. We hope to have Reverend Susan back with us on September 27.

Welcome back

As always, we look forward in September to welcoming back all our various user groups, including:

- Girl Guides of Canada (Monday and Thursday



St. Columba volunteers (left to right) Anne Stairs, Diana Poitras, Barb Sproule, and Nicole Christie are all smiles during the Manor Park church's annual Strawberry Social on July 4.

PHOTO: DIANA POITRAS

evenings) — Pathfinders, Guides, Embers, Sparks. For more information, contact Gail Somers at gailsomers@rogers.com or visit girlguides.ca;

- Irish Seniors Social Group of Ottawa (Tuesdays) – for more information about this lively group please go to their Facebook Page;
- Scouts Canada (Tuesday evenings) — Beavers, Cubs and Scouts. For more information, please visit scouts.ca;
- Stairwell Carollers on Wednesday evenings. For more information, please visit stairwellcarollers.com/en/home;
- Monkey Rock on Thursdays. For more information please go to monkeyrock-music.com;
- Outaouais Wood Carvers (every other Friday plus occasional Saturday events). This group will be offering some introductory sessions.

For more information, please visit owcarvers.com;

- ARC Studio School has become "The Loom", a wonderful and unique school with Megan and Penny returning as instructors. For more information, please visit theloom.school.

Looking ahead

Welcome Back Sunday will be on September 13 with guest preacher, Reverend Linda Wheeler. Everyone is invited/welcome to attend the service and stay for refreshments/potluck. Sunday School will resume that week, and we look forward to welcoming the children back after the summer break.

Plans are under way to

hold additional Ottawa Public Health Let's Talk sessions on the Canada Food Guide/Nutrition and Cold/Flu Season. Manor Park's own Sandi Reggler will provide a talk on epilepsy, likely in September. Many other sessions are being planned over the course of the next six months so please check our website: stcolumbaottawa.ca and the Listserve for updates.

Throughout October we will once again hold a winter clothing drive. We have already been the recipient of boxes of new items from Giant Tiger. We will happily accept (drop off at the front door of Church) your good condition, gently used warm clothing during the month of October. Our free pop-up shop

will be on Saturday, Nov. 7. This was a successful and much appreciated event last year and we hope to be able to continue to provide this service each year.

October 19 is the date for our Harvest Chili Supper and we look forward to welcoming the community to this annual event. Thanks to the 99th Ottawa Guides, we have servers to look after diners at the supper.

St. Columba has been part of the Manor Park Community for well over 60 years. If you haven't attended a service before (10 a.m. every Sunday), why not plan to do so soon? You will find amazing music and musicians, a nurturing Sunday School, a faith-based community and service, and a warm welcome.



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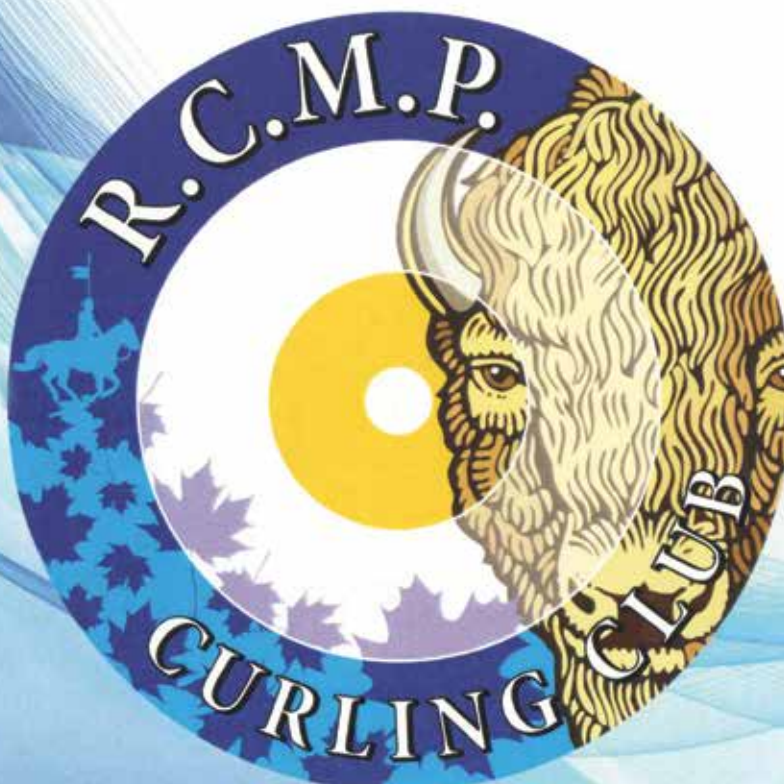
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ART QUIZ: The 'Hand' tells the tale

Identify the work for a chance to win free tour of National Gallery

By Robert Sauve

The art quizzes are back!

Last year a few of the art treasures from the National Gallery of Canada provided the backdrop showcasing the ever popular and dynamic rallying cry — “Elbows Up!” We're not done yet.

Still, while we need to keep a defensive posture, we need to also move forward with solutions. Hence the hands.

This year the theme of the art quizzes focuses on the 'hand'. The hand points the way. The hand carries the spark of creation. The hand makes things happen. IT'S THE 'HAND' THAT TELLS THE TALE.

I've chosen artistic gems

from the National Gallery of Canada that depict in poignant ways how the theme of 'Hands Telling the Tale' comes to life.

The quiz for this September/October issue:

Name the artist and the title of the painting. See blow-up clue.

Submit your answers to the editor of the *Chronicle* (editor@manorparkchronicle.com) by September 30, 2026.

The prize: A tour of the National Gallery of Canada.

The winner of the free tour will be drawn from the names of those who have submitted the correct answers; if there are none, then the draw will be from those who have submitted guesses.)



Who is the artist and what's the title of this painting? Submit your answer to editor@manorparkchronicle.com.

OPL St-Laurent Branch: Programs for September and October

The St-Laurent library is located on 515 Côte, in the St-Laurent Complex.

For full programming, please visit our website: <https://bibliooottawalibrary.ca/> and click Programs and Events.

ADULT PROGRAMS :

English Conversation Group | Groupe de conversation en anglais

Every Thursday 6:30 p.m. to 8 p.m. Drop-in.

Groupe de conversation en français | French Conversation Group

Chaque mardi de 18 h 30 à 20 h. Aucune inscription nécessaire.

In honour of the National Day for Truth and Reconciliation, the Ottawa Public Library

is offering free sessions of the **KAIROS Blanket Exercise**

Saturday, September 19, 1-4 pm

The Exercise seeks to educate and deepen understanding of the historical and ongoing impacts of colonization on Indigenous Peoples through experiential learning. The experience guides participants through key historical events, such as pre-contact, treaty-making, colonization, and resistance. After the Exercise is complete, participants will be invited to discuss and share their experience in a Sharing Circle.

For more information: <https://booking.bibliooottawalibrary.ca/en/kairos-blanket-exercise-st-laurent-branch> Registration required.

CHILDREN'S PROGRAMS:

Family Storytime and Playgroup

Every Monday at 10:30 a.m. (except for Thanksgiving on Oct. 12).

Stories, rhymes, and songs for preschool children and a parent/caregiver. After the program, meet and connect with other parents while your children find an assortment of toys and free play opportunities. In English. Drop-in.

Babytime and Playgroup | Bébés à la biblio et groupe de jeu

Every Tuesday at 10:30 a.m. from Sept 15 to Oct 20. Songs, rhymes and stories for babies and a parent or caregiver, followed by some social and baby play time. 0-18 months. Bilingual. Drop-in.

Heure du conte et groupe de jeu Chaque mercredi à 10h30 du 16 sept au 21 oct. Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien. Joignez-nous après notre Contes en famille pour jouer et socialiser. En français. Aucune inscription nécessaire.

More programs to come!

Check the library's website (BiblioOttawaLibrary.ca) to see what other special programming we're planning for this fall, including Lego programs, PD day activities, and Halloween shenanigans!



Visitors to the RRCRC's community barbecue at London Terrace Park on Aug. 28 were invited to learn more about St. Laurent library and take a selfie with Véro and friend Pesto. PHOTO: RYLAND COYNE

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Coding and VR
Workshops
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613-741-4776

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613-741-4776

Manor Park Child Care Centre
1805 Gaspé Ave.
613-725-6587

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100 Thornwood Rd.
613-741-4776

SPACE RENTAL
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The Arts Space
The Main Event
1805 Gaspé Ave.
events@manorpark.ca

PROGRAM REGISTRATION
manorpark.ca

GET IN TOUCH
mpcc@manorpark.ca

MAILING ADDRESS
100 Braemar St.
Ottawa, ON K1K 3C9

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what's going on at MPCC!



Facebook.com/
ManorPark
Community
Council



@mpcc_official

MPCC marks 40 years serving community

Updates include new visuals, website and strategic plan

FROM THE DESK OF:



**MPCC Chair
MARK SMITH**

As we move into the fall, the Manor Park Community Council (MPCC) is marking a major milestone: our 40th year serving this community.

For four decades, the MPCC has supported Manor Park and surrounding communities through childcare,

recreational programs, and events that bring neighbours together. Entering our 40th year gives us a chance to build on that foundation and set a clear path forward.

Over the past year, you may have noticed our updated logo and visual branding appearing in our newsletter, at 1805 Gaspé and around the neighbourhood. While this hasn't been a sudden reveal, this fall marks the official rollout as we fully adopt the new look across all our platforms and materials.

The logo is inspired by people, connection, and togetherness. Shapes come together to subtly represent two figures gathering and supporting one another.

Alongside our updated look, we are launching a com-

pletely redesigned website this fall. Our objective is simple: make a modern, inviting website that makes it easier for residents to find program information, register for activities, and stay informed about community initiatives.

Strategic Plan

Beyond our brand and digital presence, our focus this fall is developing a new Strategic Plan. This strategy will guide the MPCC's priorities and decision-making over the coming years.

A good plan requires direct input from the community.

Over the summer, many residents completed our community survey, sharing valuable perspectives on what is working well, where we have gaps, and where we should di-

rect our energy. We are actively compiling this feedback to ensure our strategic goals line up with what matters most to neighborhood residents.

If you have not had a chance to complete the survey yet, **it is still open and we want your input.** Whether you are a long-time resident or new to Manor Park, your perspective helps shape our work. You can access the survey link through the Manor Park Listserv, our regular email newsletters, or directly on our website. Please take a few minutes over the next weeks to share your thoughts.

Thank you for your continued support as we mark 40 years of the MPCC. We look forward to continuing to serve Manor Park and our neighbours for many more.

Pints in the Park: A perfect summer day experience

By Katherine Solomon,
Experience & Engagement
Coordinator

What a first day on the job! I jumped into MPCC just at the right time: Pints in the Park!

It was everything I could have hoped for. With perfect summer weather, great food, cold drinks, and an incredible soundtrack, the Manor Park community came together to enjoy one of our favourite summer traditions.

The food was a huge hit, the music was incredibly on point, and the park was filled with neighbours, friends and families enjoying the afternoon together. There was a wonderful energy throughout the event that made it clear just how special community gatherings like this can be.

I lingered to listen to the music, meet the vendors, and greet the volunteers for the first time. I even bought plenty of fresh fruit and baked goods to bring home. I cannot confirm or deny that some of them may have been consumed before arriving home.

Pints In The Park could not have been done without the dedicated volunteers who guided guests, doled out ice cream sundaes, and kept the day running without a



single hiccup. Thank you, volunteers!

We also extend our thanks to the following businesses who supported the good vibes: Manor Park Brewing, Happy Lab Brewing, Kin Vineyards, The Char-Bar, Firebox Pizza, Tread Forward, 4 Corner Art, Artist Elizabeth Metcalfe, Prime Personal Training, Nat's Bread Co., The Farm Store, Meeple & Sheep, Anatomy Physiotherapy, Bike Ottawa, Chew-That, and the music by Leo Rodriguez & Double Barrel.

A big thank you goes to all of our volunteers, vendors, musicians, and everyone who came out to make Pints in the Park 2026 such a memorable day. We are already looking forward to doing it all again next summer! I can't wait to see how this grows in 2027!

MANOR PARK COMMUNITY COUNCIL

ROCK THE BLOCK

FRIDAY, SEPTEMBER 18
100 THORNWOOD RD
FOOD 5:30 PM | MOVIE 7:30 PM

manorpark.ca

ARTS AND RECREATION PROGRAMMING

ADULT PROGRAMS



TABATA
Thursdays, 6am-6:45am
October 1 - December 17
The Studio, 1805 Gaspé Avenue
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. Rotate through simple but effective exercises using bodyweight, light equipment, and functional movements. Every round is customizable, making it accessible for beginners while still challenging for seasoned participants. Join us for an energizing session that keeps you moving, sweating, and feeling accomplished – one Tabata at a time!
Please bring your own exercise mat, indoor shoes and water bottle.

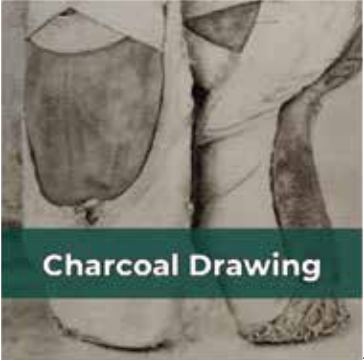
POWER UP
Tuesdays, 6:15am-7am
October 6 - December 14
The Studio, 1805 Gaspé Avenue
Jumpstart your morning with a high-energy workout led by instructor, Leanne Ward! This all-levels class blends strength and cardio training with functional movements, core work, and light weights – plus personalized modifications to meet you exactly where you are. Leanne, a certified CanFitPro trainer and proud member of the Manor Park community, brings her passion and motivation to every session. Her dynamic approach will leave you feeling strong, energized, and ready to take on the day. Whether you're new to fitness or looking to level up your routine, Power Up is your boost for a powerful Tuesday morning!

HATHA YOGA
Wednesdays, 5:15pm-6:15pm
October 7 - December 16
Saturdays, 10am-11am
October 3 - December 12
The Studio, 1805 Gaspé Avenue
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. These classes are for all levels with an emphasis on making poses accessible for all. Alignment, strength and flexibility come with regular practice and patience.

SOUND BATH
Wednesday October 12, 7:30-8:30pm
Wednesday November 25, 7:30-8:30pm
What is sound therapy and how does it work? The stress of daily living affects us all and can prevent us from functioning at our full potential. A sound therapy treatment provides a quiet and gentle space where we can be surrounded by harmonic sound, letting our brains "switch off" so that our bodies, minds and spirits can move to a place of greater health and well-being. Using the voice and instruments, Jennifer puts sound into the client's body and works to bring a client to a place of relaxation so that the body, mind and spirit can begin to do their own work of healing. Different clients need different things and every treatment session is unique.



STRONG & STABLE
Mondays 11am-12pm
October 5 - December 14
Wednesdays, 10-11am
October 7 - December 16
Fridays, 10-11am
October 2 - December 18
The Studio, 1805 Gaspé Avenue
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. You will also increase your self-awareness about how exercises should feel and be done. We use resistance bands and weights in this class. Modifications are provided for individual needs so everyone can feel success.



CHARCOAL DRAWING STUDIO
Mondays, 6pm-8pm
October 19, 2026 - December 7, 2026
The Art Space, 1805 Gaspé Avenue
Discover the joy of drawing with charcoal! Join local artist and instructor, Lindsay Dumas-Boland, for a welcoming charcoal drawing studio designed for all skill levels. Explore the rich, expressive qualities of charcoal while developing your own project with personalized guidance and support. Learn techniques for shading, texture, contrast, and realism in a relaxed and creative environment, and create artwork you can be proud of. All levels welcome!

WATERCOLOUR PAINTING
Sundays 1-3pm
October 18 - December 13
Saturdays 10am-12pm
October 17 - December 12
The Art Space, 1805 Gaspé Avenue
Join resident artist and course instructor Laurie Hemmings for this popular arts program. Individual style is encouraged, with lots of one-on-one instruction. Specific lessons are discussed in the first session. Expect to practice and learn new skills while exploring this beautiful medium in a safe and supportive environment.

CREATIVE CIRCLE
Wednesdays, 7-9pm
October 7 - December 16
The Art Space, 1805 Gaspé Avenue
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!) This self-directed group offers a space to connect

with like-minded individuals, share techniques, exchange ideas, and simply enjoy the meditative process of creating.

KIDS & TEENS
AFTER 3 (A3)
Weekdays 3pm-6pm
OCDSB Calendar Days
Ages 4-5 & 6-10
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

BASKETBALL
Jr. NBA/WNBA Program for Kids Ages 5-12
We're excited to be bringing the Jr. NBA/WNBA program to MPCC this fall! This Canada Basketball program is designed to introduce children to the game of basketball in a fun, welcoming, and development-focused environment. The program will be facilitated by myself, Maria Walsh, Founder and Skill Development Coach of MWTraining. As a player development coach here in Ottawa, I work primarily with female basketball players, from those just beginning their basketball journey through to USports level athletes. I'm very excited to bring that experience and passion for the game to MPCC and create a positive, high-energy environment where young players can learn the game, build confidence, and have fun with some new friends!

Whether your child is picking up a basketball for the first time or already has a love for the game, Jr. NBA/WNBA is a great opportunity to develop the fundamental skills while learning the values of sportsmanship, determination, and being part of a team. Keep an eye out for registration details and come join us on the court this fall!

MANOR PARK COMMUNITY COUNCIL



Children's Holiday Market
Gift giving made easy for children.
Friday, December 4, 2026
4-8pm at 1805 Gaspé
manorpark.ca

RECREATION PROGRAMMING

CARDBOARD CLUB

Fridays, 6pm-8pm
 October 1 - November 26
 South Room, Manor Park Community Centre
 Love turning cardboard into awesome creations?
 In this one-of-a-kind maker's club, kids will explore building with the ChompSaw, a kid-safe power tool and Makedo cutting tools and connectors to bring their ideas to life. They'll learn safe, effective techniques for cutting, joining, and shaping cardboard while drafting their own designs and building everything from wearables to structures to arcade-style games. This program fuels creativity, problem-solving, and imagination – perfect for young inventors who love to dream, build, and create!



MINIATURE FOOD MAGNETS

Thursday October 1, 6-8pm
 South Room, Manor Park Community Centre
 It's time to play with clay! Design and sculpt your own miniature food magnets using polymer clay, from detailed charcuterie boards and cozy bowls of ramen to slices of cake and other delicious creations. Learn simple shaping and detailing techniques, then leave with your very own handcrafted magnets that look good enough to eat!

BABYSITTING & HOME ALONE COURSES

Home Alone Safety Course for Kids
 Saturday October 17, 9am-4pm
 Sunday December 13, 9am-4pm
 South Room, Manor Park Community Centre
 Is your child prepared to take the first steps towards staying home alone? The Home Alone Safety for Kids program helps children gain confidence and skills to stay at home alone successfully. This safety program is designed for children aged 9 through

12 years old. Safety and awareness are the common themes in this program. All information is current, so it reflects what today's children are facing when home alone. Each participant will take home a Home Alone Safety for Kids Manual and Certificate upon successful completion of the course.

RED CROSS BABYSITTING COURSE

Saturday December 5, 9am-4pm
 Sunday October 25, 9am-4pm
 Top Choice Award 2022 - Best Babysitting Training Services
 The Red Cross Babysitting Course will provide the training they need. This Babysitter

training course is designed for youth aged 11-16. The Canadian Red Cross Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. Aspiring babysitters also learn basic first aid skills. Each participant will take home a Red Cross Babysitting Manual and Certificate upon successful completion of the course.

DON'T MISS THESE!

- Dungeons & Dragons
- Baking Club
- Cooking Club
- Soccer
- Improv
- Drawing

Save the Dates, Manor Park!

The MPCC brings fun for everyone the whole year through! You won't want to miss these upcoming events:

Rock The Block

Friday, Sept. 18 5:30 p.m.-9:30 p.m.
Location: Sports fields of the Manor Park Community Centre, 100 Thornwood Road.

Grab your family, friends and neighbours and get ready to Rock the Block! Join us for an evening packed with local food, community fun, and plenty of reasons to stick around. Come early to grab dinner from local food vendors, then treat yourself to a slice of something delicious from our annual Pie Baking Contest.

As the sun goes down, grab a spot under the stars and settle in for a free outdoor movie starting at 7:30 p.m. It's the perfect way to celebrate the community, enjoy a summer evening and make some memories together. Bring your crew, bring your appetite, and come Rock the Block!

Children's Holiday Night Market

Friday, Dec. 4, 4 p.m.-8 p.m.
Location: 1805 Gaspé Avenue
 Let the kids do the holiday shopping! Join us at the Children's Holiday Market, where little shoppers can choose a special gift for someone they love, with a little help from our cheerful MPCC elves. While the kids shop, parents can explore the Holiday Night Market, enjoy local vendors

and warm drinks, and soak up the holiday spirit.

Water Works + Art Show

Saturday Nov. 21 — Vernissage 1 p.m.-4 p.m.
 Sunday Nov. 22, 10 a.m.-4 p.m.
Location: 1805 Gaspé Avenue

Discover something beautiful this November at 1805 Gaspé Avenue! Explore more than 130 original works by 12 talented local artists, featuring watercolour, acrylic and oil paintings in a variety of styles and subjects, from florals and landscapes to portraits, still lifes and animal studies. With artwork available for purchase, it's the perfect opportunity to find something special for your home or get a head start on holiday gift shopping.

A portion of every sale will support the MPCC Opportunity Fund and People, Words & Change, a local literacy organization. Plus, don't miss the raffle featuring four original works by two renowned artists, valued at \$2,400. Mark your calendar and come experience the creativity in our community!

Want to get involved in any of our events?

Vendors: email Katherine Solomon 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. We encourage volunteers of all ages to join us!

Maria Walsh joins MPCC as new Manager of Recreation



Maria Walsh

New Staff Profile:

I am so thrilled to have joined the MPCC team as the new Manager of Recreation and Community Building! My background is very strong in sport and recreation – from my education to my experience as an entrepreneur and coach. MWTraining is my business that I operate out of Ottawa. I work primarily with female basketball players from beginners to USports athletes to develop their skillset and confidence in the game. I am also the Player Development Coach for both the University of Ottawa women's basketball team and the ONL-X girls U16 and 19 teams, and head coach for the ONL-X U16 girls spring team. My passion from the age of six all the way up to the CCAA and USports level has evolved into my passion for sharing sport with young players. Outside of basketball, I have a love for all things fitness – from yoga and pilates, to Hyrox competitions, running, and more!

Exciting opportunities

With MPCC, there are lots of exciting recreation opportunities in store for the fall and winter seasons, and I'm looking forward to continuing to explore new and exciting classes and programs to bring to our community.

For adults, we have plenty of ways to stay active and have fun, including Power Up and Tabata, our new Step and Strength class, Pilates Fundamentals, and Yoga. Our Sound Bath Experiences are also a must-attend for anyone looking to slow down, recharge, and take a little time for themselves. On the arts side, we are so fortunate to have some wonderful instructors offering Watercolour Painting, Charcoal Drawing, and more.

For our younger community members, we have some great arts and creativity programs to help kids explore their interests, try something new, and have fun along the way. We're also excited to offer a revamped Jr. NBA/WNBA program, along with many other opportunities for kids to get active, creative, and involved in their community.

As we continue to grow our recreation offerings, we are always looking for instructors interested in sharing their skills and passions with our community. If you have a skill or area of expertise that you'd love to teach – whether to children, adults, or both – I would love to hear from you! Please feel free to reach out to me anytime, and we can explore the possibilities together. I'm excited to be here and can't wait to see you around MPCC this fall!

Maria Walsh

Manager, Recreation & Community Building



CHILD CARE AND EARLY LEARNING

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



Amy Mombourquette,
RECE Supervisor
Before- and
After-School



Julie Irwin, RECE
Manor Park
Child Care Centre

New school year has arrived

It's hard to believe we're already settling into another school year! As children reconnect with friends, meet new classmates, and settle into familiar routines, I'm reminded how fortunate we are to be part of such a wonderful community.

This summer, we worked closely with Children's Services and the Ministry of Education and Child Care to expand our licensed Before and Aftercare program. We were approved for 14 additional Canada-Wide Early Learning and Child Care (CWELCC) spaces, giving more families access to high-quality licensed childcare at reduced fees.

Our Kindergarten and School-Age programs remain in high demand, but I encourage families to join our waitlist, as spaces can become available throughout the school year. Our program participates in both CWELCC and the City of Ottawa Fee Subsidy program.

Curiosity

One of my favourite parts of the job is seeing the excitement and curiosity children bring each day. Whether creating artwork, exploring science, building an obstacle course, playing outdoors, or working on a new project, our educators create opportunities for children to learn, explore, and simply enjoy being kids.

Above all, we want every child to feel that they belong. We celebrate the cultures, traditions, interests, and experiences that make our community special, while helping children build confidence, friendships, and a genuine sense of belonging.

Thank you to the families who trust us to be part of their children's day. It is a privilege to support them as they grow and learn.

Connect with us at bas@manor-park.ca to learn more about our Before and Aftercare program or join our waitlist.

Have a wonderful start to the new school year!

Children participate in weekly Kindness Challenge

At the core of our beliefs and teaching practices within the day-care is one guiding principle: love and kindness make the world go round. For our preschoolers, this has been the focus of many story times, conversations, art projects, and creative activities of all kinds.

The preschool program has started something quite unique to our centre: spreading love, joy, and kindness throughout our community. With the children at the heart of every activity, the team has introduced a weekly Kindness Challenge. Each week, they plan and carry out an act of kindness for people in our community.

The first of these challenges involved painting individual squares to create a collective kindness quilt, which was then donated to La maison de l'Est on Montréal Road.

The following week, the entire class prepared lemonade, which they personally delivered to the construction workers who have been hard at work for months resurfacing St. Laurent Boulevard and the surrounding streets.

We are so excited to continue these weekly Kindness Challenges, and we hope you'll keep an eye out for our preschool superstars as they sprinkle love and kindness throughout Manor Park!



Children from the MPCC childcare centre demonstrate kindness by delivering tasty lemonade to thirsty construction workers on a hot summer day. PHOTO: JULIE IRWIN



Children in the preschool program created this 'kindness quilt' which was donated to La maison de l'Est. PHOTO: JULIE IRWIN



Katherine Solomon
MPCC Experience & Engagement Coordinator

MPCC welcomes Katherine Solomon

The Manor Park Community Council (MPCC) is pleased to welcome Katherine Solomon as our new Experience & Engagement Coordinator.

Katherine brings more than 20 years of experience working with community members and clients, along with a strong background in marketing, communications, social media and event planning in both private and not-for-profit organizations. She is passionate about creating experiences that bring people together and helping organizations tell their stories in ways that feel authentic, engaging, and meaningful.

In her new role, Katherine will lead MPCC's marketing and communications efforts while helping to strengthen community engagement across our programs, events, and initiatives. She is especially excited about finding new ways to connect neighbours, celebrate the people and stories that make Manor Park special, and encourage more residents to get involved.

"I'm thrilled to be joining MPCC at such an exciting time," says Katherine. "Manor Park has such a strong sense of community, and I'm looking forward to getting to know more of our neighbours, hearing their ideas and helping create experiences that make people feel like they truly belong here."

Please join us in welcoming Katherine to the MPCC team. If you see her around the community, be sure to say hello!

In support of Manor Park Community Council Opportunity Fund, and People, Words & Change



WaterWorks+

A Collection of Watercolours & More

Featured Artists

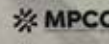
- Laurie Hemmings
- C. Leslie Lambert
- Josée Bourassa
- Joanne Burke
- Calvin Diepenveen
- Yu-Fang Fritzen
- Terri Gleason
- Lisa Johnson
- Jenny Kalantzis
- Cheryl Mattice
- Gerard Miner
- Lynne White

Vernissage
Saturday Nov. 21st 1-4

ArtShow
Sunday Nov. 22nd 10-4

The Studio, Manor Park
1805 Gaspé Avenue

Featuring a Raffle of Original Art by Artists Laurie Hemmings & C. Leslie Lambert



Tables set for St. Bartholomew Annual Bazaar and Tea Room

November 7 may seem far in the future, but as you read this it is only weeks away!

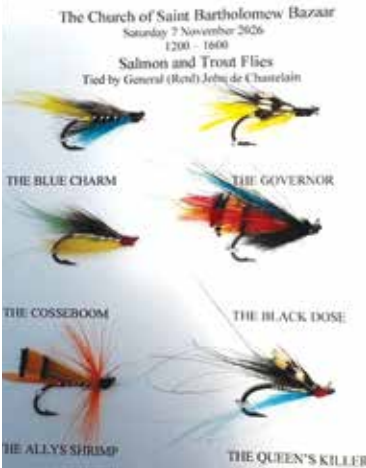
Mark your calendar for one of the most popular events in the fall, the St. Bart's Bazaar on Saturday, Nov. 7 from 12 noon to 4 p.m. at St. Bartholomew's Church, 125 MacKay St.

It's a great place to meet friends, enjoy tea together and see your neighbours. It also presents great tables of bargains including antiques, gifts, jewellery, books, preserves, attic treasures, toys and games, crafts and knitting, Christmas decorations and a superb bake table.

You will enjoy great shopping, knowing that you are helping many important community causes and global relief initiatives.

In 2025, proceeds from our bazaar contributed to more than \$25,000 of outreach funding. St. Bartholomew's issued support to the following aid organizations:

- St. Margaret's Anglican Church, Vanier, to support their parish ministries.
- The Rideau-Rockcliffe Community Resource Centre, for their programs to enhance the well-being of vulnerable residents in Ward 13.



- Inuuqatigiit Centre for Children, Youth and Families in Ottawa,
- Alongside Hope, for their international development work and aid.
- St. George's College, Jerusalem, to help rebuild their programming and pilgrimage offering in the Holy Land.

Other recipients in the past have included Cornerstone Housing for Women and Belong Ottawa.

Community support

The St. Bart's Bazaar has always been a success and it is mainly due to you! We are only as good as the donations we receive!

Should you be downsizing or wanting to dispose of

items in your home, please consider donating to our bazaar. We always need unique souvenirs, classic tea sets, glass, costume and fine jewellery, books, "attic treasures", toys, games and any special, hand-made items. Closer to the date we would also appreciate home baking and preserves.

This year there are two new items for sale which will make excellent gifts! Unique handmade fly fishing lures in several designs will be available, and beautiful Advent candles will be available to give light to your families and friends during the darkest time of the year.

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

Looking forward to seeing you on Saturday, Nov. 7 at 125 MacKay St., from noon to 4 p.m.

Submitted by Linda Assad-Butcher and Liz Heatherington, Co-Conveners of the Church of St. Bartholomew annual Bazaar.

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MEET YOUR NEIGHBOUR

Who are you?

I'm Mary Pigott, and I live on Bedford Crescent with my partner, Luke.

Where were you born?

I'm a seventh-generation Ottawan. Luke moved here from Toronto almost 14 years ago, but he still pronounces Rideau funny. Fortunately, he says Gloucester correctly – phew!

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

I'm a Heritage Conservation Coordinator on the Centre Block (CB) Rehabilitation Project with PCL/EllisDon, and it's the best job I've ever had. I love being on site, I know CB like the back of my hand.

I grew up in and around old houses, so a love of built heritage was probably inevitable. After several years working in government, I went back to school to study Museum Studies at Algonquin College. Looking back, I think I always knew I wanted to work with art, history, and architecture, I just took the scenic route to get there.

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

My better half, Luke, along with my family and friends.

Why do you live in Manor Park?

I grew up in Rockcliffe, so moving here feels a bit like coming home after 15 years in Centretown. I have a lot of family in the area, including my cousin Erica, who lives around the corner with her family and, most importantly, her dog, Monty.

We adore living here. Our neighbours have been incredibly welcoming and kind. The

Mary Pigott



Mary Pigott poses with her partner Luke. PHOTO: SUBMITTED

gentleman who owned our house before us was a retired firefighter who had lived there since he was a small child. Luke is a firefighter as well, so I love that he's continuing that tradition and connection to the home.

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

At the moment, I'm still in the honeymoon phase with Manor Park, so I'm perfectly content to stay right here. That said, I wouldn't say no to a few pied-à-terre apartments in Rome, Paris, and Cartagena. Each city has its own distinct character, and I've always been drawn to places with deep layers of history.

What do you do to stay healthy?

I bike to work and I love it; so much better than taking the

bus. We're lucky to be so close to the river pathway.

In the spring, I was taking classes at DOWNdog yoga studio on Bedford. Having it right down the street means I really have no excuse not to go! I can't wait for classes to resume in the fall.

What was the last book that you read?

The last book I finished was *The Other Bennet Sister* by Janice Hadlow, which I read in anticipation of the recent BBC adaptation.

I'm currently reading *Hidden Patrons: Women and Architectural Patronage in Georgian Britain* by Amy Boyington. It explores the important role women played as patrons, tastemakers, and designers of architecture and interiors in eighteenth-century Britain. I ordered it from Books on Beechwood!

What has been one of your biggest challenges?

Losing our beloved Basset Hound, Milly, two years ago. She would have absolutely loved living beside the park and all the wonderful dogs passing through it. We know we'll get another dog someday, but for now we're content with dog-sitting for family and friends. We're also thrilled to live next door to the lovely Hazel, who is a canine celebrity in the neighbourhood.

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

My two late grandmothers, Jean Pigott and Boo Leslie. I miss them both so much. They would insist that a good-looking gentleman join us, so Luke would be the third.

We'd spend the evening on our back deck, enjoying beef bourguignon, fresh bread, a good bottle of red wine, and hot fudge pudding with vanilla ice cream for dessert.

Who would you cast to play you in a movie about your life?

Robin Williams à la Mrs. Doubtfire.

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

Renovations both here and at the cottage. I'd also love to help out family and friends and support charities that are close to my heart. And, perhaps most excitingly, I'd go back to school to learn a traditional heritage trade, like stone carving or cabinetmaking.

What is your favourite childhood memory?

I'm very fortunate to have a

family cottage and more cousins than I can count. Running wild with them every summer was absolute heaven. Our parents would drop us off with my sweet grandmother, who had very few rules, and we essentially lived outdoors. We were completely feral, and it was amazing.

My favourite thing about Ottawa is ...?

I'm very proud to live in Ottawa. It's a capital city that somehow still feels like a small town. I also live for the lattes at Little Victories across from the National War Memorial; they are pure ambrosia.

My least favourite thing about Ottawa is ...?

Our ongoing struggles with public transit and the addiction crisis downtown. They're complex issues, and I hope we continue working toward compassionate, long-term solutions. It feels as though every level of government has fallen short in addressing these matters, and I think our city deserves better.

Where do you see yourself in five years?

On our front porch, sitting on the porch swing I'd like to install, with a dog on one side, Luke on the other and, ideally, very few mosquitoes.

What do you wish to teach your children about the world?

If you give away enough bread, it might come back to you buttered. In other words, kindness and generosity always enrich both the giver and the receiver.

When all is said and done ...?

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Young Cardinal Glen athlete excels on the track

Eric Combasson captures provincial gold medals in tetrathlon events

By Ryland Coyne

Many track athletes may focus on one or perhaps two events. A young Cardinal Glen resident excels at four and has set a new provincial record in the process.

Eric Combasson, 13, set the new mark in the Under-14 boys tetrathlon event on Feb. 22, 2026. The Ontario indoor championship took place at the Toronto Track & Field Centre.

Tetrathlon sees the athlete compete in four events: high jump, shot put, 60-metre hurdles and 200-metre dash. Competitors earn points based on their results (times, distance, height).

According to an Athletics Ontario Instagram post, Eric earned “an impressive 1,249 points” from his events. That broke the record of 1,216 points set in 2019.

More success

The Ottawa Lions Track & Field Club member followed up his winter success with an equally impressive showing at the provincial outdoor championships at St. Catharines July 24-26, 2026.

Facing a field of strong competitors from across Ontario, Eric took home the gold medal with a total of 1,445 points. That



Eric Combasson

was 30 more than his closest rival. He earned top spot by finishing first in the 80-metre hurdles, and second in shot put, high jump and 200 metres.

Continuing his busy summer, Eric was right back at it the following weekend. While there was no tetrathlon, he competed in several individual events at the Ontario Summer Games in Waterloo Region. As a member of the regional ‘Valley’ team, Eric brought home a silver medal in the U14 boys long jump (4.61 metres).

He also joined three Ottawa Lions team members for the sprint medley relay. According to the club website, they set a new club record for their age class with a time of 4:44.47.

In recognition of his strong



Eric Combasson flies through the air in the 60 or 80-metre hurdles – one of four events that make up the U14 tetrathlon – at this summer’s Athletics Ontario Outdoor Championships. PHOTO: WWW.ACTIONCLICKPHOTOGRAPHY.CA

results on the track, Eric was named an Athletics Ontario All-Ontario athlete earlier this summer.

Started at young age

Eric, the son of Rémi Combasson and Sarah Strapps, tells the *Chronicle* he’s been involved in track and field since age five.

“After a bit, I was good at a lot of events, so I just thought I could probably do well in multiple events. I just tried

out the tetrathlon and kept going,” he said.

He says the hurdles are probably his best event.

“It’s because I’m fast and I can jump high. With that together, I can do well,” he said.

At the indoor championships in February, Eric was the lone entrant in the tetrathlon. But he knew the record number to beat heading in and was determined to achieve his goal.

“I just focused on one event

at a time and wasn’t thinking to the future or the past, just thinking in the moment,” he explained.

Eric’s mother Sarah says her son is determined, no matter how many others are registered.

“He had his eye on the provincial record. It’s a point system so you get points for everything that you do. It was very much him trying to reach his own goals — he’s competitive with himself,” she said.

Well-rounded

In addition to track, Eric, who enters Grade 8 at Samuel-Genest Catholic School this fall, says he enjoys playing handball, soccer, volleyball and flag football. Sarah notes her son also participates in Reach for the Top, and he joined Cadets in January.

“He’s a very gifted, natural athlete,” she said. “He always has fun. He needs to move and get out there. He just keeps going and keeps doing things.”

Eric continues to set a good example for his younger brother Nicolas, age seven.

“We are very proud of him,” Sarah said. “My view is you’ve got to play the long game ... you want to stay excited and interested in sports and the activities that you do.”



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Helping your neighbours in need

Please consider giving to our local food bank

By David Goldfield

More than 25 per cent of the residents in Rideau-Rockcliffe Ward 13 live in community housing; nearly double the citywide average. This might be hard to believe if you haven't seen or experienced the need firsthand. Food insecurity is also very high and growing across Ottawa, and our ward is no exception.

One of the great hidden treasures serving Rideau-Rockcliffe and helping to alleviate some of the stress on our community members in need is the Rideau-Rockcliffe Community Resource Centre (RRCRC). Located on St. Laurent Blvd., in the venerable Rideau High School building, it has been converted over the last number of years into a Community Hub.

Many services

In 2025, RRCRC reached more than 33,000 residents through more than 81,000 service interactions. The stories are innumerable and inspiring, showing resilience, a sense of belonging, and hope.

Through a variety of community support programs for everyone from older adults to youth and newcomers to Canada, the centre plays a vital role in our community. That



Esther is one of the many dedicated volunteers at the Rideau-Rockcliffe Community Resource Centre Food Bank.
PHOTO: HIND ALILICHE

support might look like families accessing healthy food, newcomers filing their taxes in Canada for the first time, a senior finding friendship and connection, a young person discovering new skills and confidence or a resident taking on a leadership role within the community.

Volunteers are critical to making this support possible by dedicating their time and hard work on a regular basis. Last year, RRCRC had close to 600 volunteers who contributed more than 22,700 hours of

service in all aspects of program delivery.

Relying on food banks

There have been many reports about the dramatic growth of people in Ottawa and our community who are increasingly relying on food banks. RRCRC has seen an alarming trend, with crisis numbers regularly being surpassed. While our food support programs continue to respond to growing community needs, demand has reached a level that exceeds available

resources, making it increasingly difficult to meet the basic food needs of all families.

The final numbers for 2025 paint a sobering picture. RRCRC's Community Food Bank saw nearly 17,000 visits, more than four times the number in 2020. Nearly 15 per cent of Ward 13 residents accessed the Community Food Bank during the year, including more than 2,000 children under the age of 18.

To meet the growing demand, RRCRC has continued to expand both emergency food assistance and long-term

food security solutions. The centre is strengthening existing programs while also investing in innovative approaches to address the root causes of food insecurity and to improve access to healthy food.

Together, initiatives such as the Community Food Bank, Good Food Box, Community Meals, Social Harvest Urban Farm and Chez-13 Community Kitchen are helping to build a more resilient local food system. A food system that not only responds to immediate needs but also creates opportunities for connection, learning and long-term community well-being.

RRCRC needs your help to sustain and grow these programs. Thank you to the many in Manor Park who already give their time generously year after year as volunteers and also support through financial contributions.

Please consider donating directly to the Rideau-Rockcliffe Community Resource Centre. Your support helps us continue in strengthening our beautiful community. Visit crrc.org for more information.

David Goldfield is a Board Member of RRCRC. He referenced the RRCRC 2025 Annual Report, Ottawa Hunger Report 2025 and Statistics Canada census profile for this article.

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Different look, same appeal to Beechwood Cemetery entrance

By Christiane Kirkland

Puzzled by the change in overall look and feel of the Beechwood Cemetery entrance? To find out more about what is happening there, I met with Nicolas McCarthy, Director of Marketing, Communications and Community Outreach. He gracefully accepted to answer our queries and provide a background for the work being done with trees.



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The cemetery’s Chief Horticulturist and his team evaluated the health of the trees at Beechwood. Their findings revealed that the majority of the trees along the entrance were dead or dying from the outside or the inside. Most of them were at the end of their life cycle. In order to give the area a uniform look, it was determined it would be more beneficial to clean the site up. The project would include the planting of new trees that would survive over a 25-year period at least. Weather patterns, like stronger winds, are evolving, and there is a definite need to adjust to this new reality, for safety reasons, Nicolas said.

To help the team manage this important endeavour in the long term, the cemetery is investing in tree management by using an arboretum software to catalogue the health of the trees and create a public touring program.

Beechwood Cemetery is being proactive by cleaning up, on the one hand, what could be problematic. On the other hand, it is also planting new life.

As Nicolas pointed out: “Cutting a tree is the last



Significant change has taken place at the entrance to Beechwood Cemetery. According to the cemetery website, the tall aged and dying pine trees were replaced back in the spring with young Montrose Charm Spruce and Stowe's White Pine trees. See beechwoodottawa.ca for more details. PHOTO: RYLAND COYNE

thing we want to do. We are trying to manage our growth and canopy, ensuring that trees will be there 100 years from now, dealing with climate change.”

Seeing what Beechwood Cemetery is doing to keep this wonderful landmark healthy and ecologically friendly is, without a doubt, remarkable.



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FLYING FAREWELL: The Canadian Forces Snowbirds bid farewell to Ottawa with an extended flypast over the city on Canada Day. The fleet, which features aging CT-114 Tutor aircraft, is being grounded at the end of 2026 with an eye to their possible replacement early next decade. Their final performance will be at the 113th Grey Cup in Calgary on Nov. 15. PHOTO: RYLAND COYNE

Come join the Canadian and African Grandmothers on Oct. 6

By Jennifer Cook Baniczky

The Stephen Lewis Grandmothers to Grandmothers Campaign is 20 years old. We are gathering for this landmark occasion on Tuesday, Oct. 6, at the National Archives Building on Wellington Street.

There will be a Market Place and exciting entertainment. The fun includes rocking with Steven Page of the Trans Canada Highwaymen (formerly a founder of the Barenaked Ladies), and dancing with the Ugandan/Canadian Kamengo Cultural Troupe as they drum, sing and dance up a colourful storm!

The Grandmothers from all parts of Canada and Africa invite you to join us from 4-8 p.m.

Over these past 20 years we have raised more than \$40

million with concerts, lunches, mountain climbing, bike rides and many different sales.

All the funds raised go to the grandmothers in Sub Saharan Africa who have been raising their orphaned grandchildren whose parents died of AIDS. Much progress has been made, medically, but the need is still great. AIDS continues to spread and funding has been drastically cut with the end of US-AID support.

However, we continue as best we can as we and the African grandmothers grow older.

Many successes

There have been many successes as the grandchildren move on to jobs, universities and raising their own families.

We pledged to support them right from the first gathering in Toronto in 2006, and since then at many gatherings in Africa attended by the Canadian grandmothers.

To begin with, the African grandmothers were overcome with grief and struggled. Over the years, however, they have become strong and resilient. We invite you to come and support us all as we continue to fight AIDS.

Soon a poster and an Eventbrite site will be set up to register for this free event. Please email jcookbaniczky@sympatico.ca and it will be sent to you.

Thank you all for your support over these 20 years. Your help has been amazing and is much appreciated. We hope to see you on Oct. 6.

Jennifer Cook Baniczky is a Manor Park resident.

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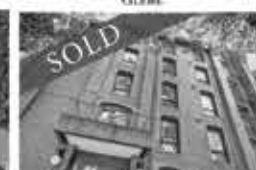
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GOOD DOG

Problem dog behaviour in Canada: issues and solutions (PART I)

By Gregory Thompson



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

In the previous issue of the *Chronicle*, we elaborated further on our training framework by introducing the importance of both socialization/habituation and humane treatment. In this issue, a number of readers have asked that we explore the challenges and solutions associated with problem dog behaviour, including aggressive dogs and dog attacks. Here we will discuss the frequency and seriousness of problem dog behaviour. In the next issue we will explore in more detail the causes and solutions.

Readers can find previous issues of the *Manor Park Chronicle*, including this column, online at: <https://manor-parkchronicle.com/>

Problem behavior: A growing concern

As the *Ottawa Citizen* report-

ed this past April, Canadian households are welcoming dogs into their homes in record numbers – enabled in part by work-at-home circumstances arising from the COVID crisis.

Canada is now home to approximately 8.3 million dogs. Collectively we spent approximately \$7.4 billion on pets and pet food in 2024 (up from \$5.7 billion in 2019). At the same time our spending on veterinary, training and other services for pets increased from \$3.9 billion to \$6.6 billion.

The benefits Canadians receive in return from this investment in our dogs extend well beyond companionship, human health and happiness. Yet for all this investment, Canadians are facing a very significant and growing problem. As the number of dogs increases, so has the incidence of problematic dog behaviour, including attacks and bites, with injuries to people and their pets ranging from minor to life-altering, to fatal.

Unfortunately, there is no comprehensive source of data on the frequency of dog attacks and bites in Canada. Hospitalization and other records account for only the most serious incidents. Most likely, the number of dog-related attacks and less serious incidents are orders of magnitude greater than what is reported. However, dog owners and other residents alike should find what little we know about these dog-related problems to be very troubling. And here is why. Canadians suffer an estimated 500,000 dog bites annually. In the ten-year period between 2010 and 2020, dog attacks resulted in over 6,600 hospitalizations, many of which were for children. One or two fatalities occur every year, and of the 28 human fatalities between 1990 and 2007, over half of these were children under the age of 12!

Dog behaviour in Manor Park

What do we know about problems with dog behaviour in Manor Park? How widespread

are the incidents and how serious are the injuries? What is the nature of these problems?

To help answer these and other questions, over the past few months I undertook a series of informal interviews with fellow dog walkers. I inquired as to whether or not they had witnessed or had anecdotal information of dog-related incidents including attacks and bites. Here is what I learned.

Most interviewees described incidents of trespass, defecation, damage to lawns and other property, incessant barking, aggressive behaviour, and dogs running at large. Interviewees also pointed to off-leash areas as particularly dangerous to themselves and their dogs. A surprising number of interviewees also described attack and bite incidents that have caused serious physical injuries to persons and/or to their dogs, including major wounds, serious falls and broken bones.

Collectively these stories make it very clear, as one interviewee put it, that dangerous dog behaviour consists of two discrete elements. The first are dangerous dog problems, those resulting in attacks and bites. The second are “friendly” dog problems. These are dogs that the owners claim to be friendly, but once off-leash that run up to, charge and/or jump on adults and children causing serious impacts and fall injuries. Clearly this is an issue all dog owners need to pay attention to.

When the interviewees were asked to describe what happened in the aftermath of these incidences, I learned that while some dog owners apologize and take responsibility for the damage, others assume no responsibility at all. Most state emphatically that their dog is friendly and not a problem. Some proudly claim, “My dog has never acted like this before.” Others even place the blame squarely on the injured party’s dog. A few interviewees also reported their newfound fear in the presence of any strange dog, regardless of whether it showed aggres-

sion or not.

When asked about possible solutions, interviewees pointed out that dog ownership involves responsibility not only for the dog’s care, but also for the safety of family members and neighbours.

They called for negligent dog owners to:

- recognize when their dog’s behaviour is risking the safety of their family and their neighbours;
- take full responsibility for correcting their dog’s problem behaviour through training and other preventative measures;
- comply with on-leash requirements in public settings; and
- maintain full control of their dog in both on- and off-leash areas.

Finally, many also called for stricter enforcement of local dog control regulations, noting that dog owners who are found liable for dog-related injuries are subject to fines and other enforcement measures.

My friend and dog-training mentor Mike Ducross adds, “The solution to these problems starts with the owners recognizing they are the problem, not the dog. Don’t make excuses for your dog. Correct it!”

Conclusion

In our next column we will explore causes and prevention of problem dog behaviour. In the subsequent column, we will learn how to improve dog-training outcomes through a better understanding of the origins and life history of the domestic dog. In the meantime, below is a training tip you may wish to practice.

Until the next issue of the *Chronicle*, my sincere thanks to the many dog owners who have provided feedback on the Good Dog column and also to those I interviewed over the summer. Letters to the editor with your comments, questions or suggestions for future topics are always welcome.

>>CONTINUED ON PAGE 41



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FRANKI
Hello! I'm Frankie, a vivacious 3-year-old Pomeranian, named by my mom after the singer Aretha Franklin. I'm a wee bit small and sometimes a bit of a 'nervous Nelly', but love playing with my 'Pom' pal Johnny. Our coats are luxurious with a signature frill all around our faces. My favourite season is fall - it's the perfect time of year for a little, close-to-the-ground guy like me.



JOHNNY
Meet Johnny - the inseparable, litter mate who with Frankie, brings such joy and companionship to his owners. With a trademark smiling face, Johnny was the second pup to join his family. A Pomeranian with a big personality and lots of confidence, Johnny is a little bit bigger, a little bit fluffier and a lot more adventuresome than his pal Frankie. He loves cuddling and long walks in Manor Park.



MAXI
Mr. Maxi, AKA Maximiliano, is an affectionate 18-month-old Australian shepherd. Bursting with energy right from the get-go, Maxi was an exuberant bundle of puppy joy - and trouble. He has slowly matured becoming a wonderful canine companion who thrives with attention. The best dog with a big heart, Maxi loves belly rubs and everyone he meets - especially the circle of neighbourhood children that he plays with in the afternoons.



OLLIE
Cheers! I'm Ollie enjoying the summer hols with my pack in Prince Edward County. Life here is just grand ... cruising around the picnic table for tasty bites, beach walking, digging for rocks underwater and catching the awesome waves of Lake Ontario when I go swimming. I've travelled here for my past five summers, taking in all the sights, sounds and fine wines that my pack seem to enjoy.

Fall's a-coming:

As summer winds down, the days start to get darker earlier. If you are out walking in late afternoon or early evening, be mindful of being visible in lower light levels. Consider reflective collars, harnesses or leashes for your pet; carry a flashlight or wear reflective clothing yourself.

Changing household routines:
For many pet families, September means heading back-to-school and work. And, busier weekends! More predictable routines may help reduce seasonal stress and anxiety for pets. Gradually adjust alone-time, plan for daily play and affection periods and be as consistent as possible with your pet's routines.

Be mindful of ticks and fleas:
These pesky parasites are still active in fall. Until temperatures plummet to oC - and that can take us into early December - keep up with flea and tick prevention routines. Pay attention to your pet's ears, between their toes, under collars and harnesses, and around their belly.

Grooming!:
Many pets continue to shed into the fall. Regular brushing helps remove loose fur, keeps coats healthy and shiny, and provides owners with the chance to check for skin irritations and parasites. They'll love the extra attention.

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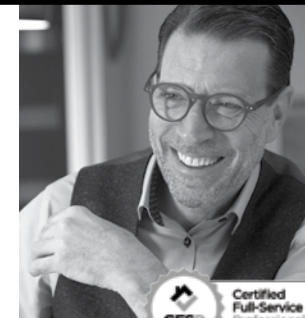
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ELECTION CANDIDATES

Rawlson King

Councillor candidate, Ward 13

With the 2026 municipal election coming up Oct. 26, the Chronicle reached out to candidates with a series of questions, in a bid to help readers get better acquainted with those vying for their votes. Those who replied by our print deadline appear in this edition.

The following is a profile of Ward 13 (Rideau-Rockcliffe) councillor candidate Rawlson King (incumbent).



Ward 13 Councillor candidate, Rawlson King. PHOTO SUBMITTED

Who are you?
I'm Rawlson King, and I've had the honour and privilege of serving the residents of Rideau-Rockcliffe as their City Councillor for the past seven years. I have used the opportunity to articulate a strong and effective voice at City Hall to tackle the complex challenges confronting our neighbourhoods. Over seven years, I've produced real results through dedicated advocacy, collaborative leadership, and an unwavering commitment to listen to Ward 13 residents.

Why am I running?
The work is not finished. During my time in office, I've helped facilitate nearly \$400 million in infrastructure investments and \$120 million

for affordable housing within the ward. I championed Ottawa's first anti-racism office and strategy, advanced poverty reduction and food security policies, and successfully advocated to extend the ANCHOR (Alternate Neighbourhood Crisis Response) program to our ward. I'm running to build on this foundation, because Ward 13 deserves a councillor who shows up, listens, and delivers.

Key issues in Ward 13
If re-elected, I will continue to fight for the priorities that matter most to Ward 13 residents. I will keep working to improve affordability in housing and for better efficiency and reliability in transit, and encourage good development and responsible land use that serves our

communities. Road safety and transportation remain critical, and I will continue pushing for meaningful improvements across the ward. I am committed to creating more green space and better recreational amenities so that families and seniors have vibrant places to gather and thrive. And I will continue to advocate for holistic community safety, including crime prevention, improved police interactions with racialized and faith-based communities, and better City responses to homelessness and mental health crises.

Three city-wide issues that will be my continuing key areas of focus will include:

1. **Effective Transit:** Ottawa residents depend on reliable public transit, and the LRT system and bus network must be held to a higher standard. I will continue pushing for a transit network that is more frequent, dependable, and accessible to all.
2. **Affordable Housing:** The housing crisis demands bold action, including non-profit housing development and sustained city investment.
3. **Mental Health and Homelessness:** Programs like ANCHOR (Alternate Neighbourhood Crisis Response) prove that compassionate, community-based crisis response

works. Ottawa must expand these models city-wide and improve support systems for vulnerable residents. I look forward to many pro-

ductive conversations I will have with residents over the course of this election campaign. You can learn more about my platform at www.rawlsonking.ca.

Peter J. Karwacki

Councillor candidate, Ward 13

The following is a profile of Ward 13 (Rideau-Rockcliffe) councillor candidate Peter Karwacki.



Ward 13 (Rideau-Rockcliffe) councillor candidate Peter Karwacki. PHOTO SUBMITTED

Who are you?
I am Peter J. Karwacki, a longtime Overbrook resident and certified Project Management Professional.

I spent 15 years in hospital administration in Northern Ontario as financial director and more notably, as CEO, responsible for budgets, boards, hiring/firing, strategy, and public accountability. I later worked in business intelligence and OLAP (online analytical processing) modelling at Cognos/IBM, then as an independent project manager on federal contracts with Health Canada, CBSA, Export Development Canada, and Natural Resources Canada.

I now run PeerMetrics, a software company focused on performance measurement and benchmarking. I will bring analytical, no-nonsense experience to City Hall rather than

event-circuit charm.

2. Why run?
Rideau-Rockcliffe and Ottawa face real problems — basement flooding without coordinated protocols, transit that improves only on paper, weak oversight of multi-hundred-million dollar decisions, and capital spending that too often lacks line-by-line scrutiny. I am running for a third

>>CONTINUED ON PAGE 41



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Work continues for federal government during summer break, MP reports

FROM THE DESK OF:



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

Dear residents,

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

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

There was also an increase to the Canada Child Benefit at the beginning of July. Eligible families can receive up to \$8,157 per child under six and up to \$6,883 per child aged six to 17. The CCB is a non-taxable monthly payment that helps with childcare, school supplies, and essentials.

This summer, we also supported hundreds of youths through the Canada Summer Jobs program. This year, 551 young people gained work experience at over 167 small businesses and organizations across the riding, from community centres to museums to day camps. This investment represents \$2.56 million in salaries for participating com-

panies. The jobs help youth get paid work experience and develop valuable skills for their future.

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

As Parliament resumes on Sept. 15, I remain focused on making life more affordable, defending jobs and helping our community thrive.

My office is available to help you access federal programs. Please don't hesitate to contact us at 613-998-1860 or by email at mona.fortier@parl.gc.ca.

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

■ ■ ■

Chères résidentes, chers résidents,

Alors que l'été s'achève et que la Chambre des communes reprendra ses travaux le 21 septembre, je tiens à vous informer des initiatives que notre gouvernement déploie pour appuyer les familles, les jeunes, et défendre les emplois ainsi que les industries canadiennes.

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

Les familles bénéficient aussi d'une augmentation de l'Allocation canadienne pour enfants. Depuis le début juillet, elles peuvent

recevoir jusqu'à 8 157\$ par enfant de moins de six ans et jusqu'à 6 883\$ par enfant âgé de six à 17 ans. Ce soutien non imposable aide à couvrir les frais de garde, les fournitures scolaires et d'autres dépenses.

Cet été, nous avons également soutenu des centaines de jeunes grâce au programme Emplois d'été Canada. Cette année, 551 jeunes ont acquis de l'expérience professionnelle dans plus de 167 petites entreprises et organismes à travers la circonscription, allant des centres communautaires aux musées, en passant par les camps de jour. Cet investissement représente 2,56 millions de dollars en salaires pour ces organisations. Ces emplois ont permis aux jeunes de développer des compétences précieuses pour leur avenir tout en gagnant un salaire.

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

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

Mon bureau est à votre disposition pour vous aider à accéder aux programmes fédéraux. N'hésitez pas à communiquer avec nous au 613-998-1860 ou par courriel au mona.fortier@parl.gc.ca.

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

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Ottawa Humane Society em-'barks' on ambitious project

Fundraising drive under way for community veterinary clinic in Vanier

By Ryland Coyne

It's a dream scenario — a 'local' veterinary clinic established to assist vulnerable residents and their pets. But it will take strong community support to turn it into reality.

Earlier this spring, the Ottawa Humane Society (OHS) announced plans to branch out. The organization, headquartered at 245 West Hunt Club Road, purchased the former post office building at 258 Durocher Street in Vanier. The goal is to retrofit the structure for a vet clinic accessible to all pet owners, regardless of circumstance.

To make that happen, however, the public is being asked to step up in a big way. The OHS has launched a \$15 million fundraiser — dubbed its 'Compassion Campaign' — inviting residents to help make a difference in their community.

"We're so excited to have purchased this building but there's still so much work to be done to turn it into the vet clinic it needs to be," Sharon Miko, OHS president and CEO, told the *Chronicle* in a recent interview.

People are encouraged to visit the OHS website (www.ottawahumane.ca) for full details on ways to participate.

"We cannot bring this proj-



Sharon Miko, Ottawa Humane Society President and CEO, poses with Siku in front of the future community veterinary clinic on Durocher Street in Vanier. PHOTO: RYLAND COYNE

ect to life without our community support. Little bits here and there, larger donations — we have naming opportunities for larger gifts — to be able to move forward and be able to buy everything that we need," she said.

Beyond the building purchase and retrofitting, the list includes surgical equipment, x-ray, prep and surgical tables, microscopes and more.

"Everything that a vet clinic would have to be able to serve the animals that we're going to be seeing."

Timeline

Miko says the OHS is in the

process of selecting a builder for the renovation work "and we anticipate that we'll have designs ready by the end of the year."

If all goes according to plan, that work would begin in early 2027 and be completed in time for an April 2028 clinic opening.

"We've been very careful with our planning to ensure that this seems to be a realistic time frame."

Currently, the 9,000-plus square-foot building is an open space, a blank canvas from which to work. The CEO estimates two-thirds of the area will be used for the clinics. The

remainder will house other services such as pet food bank, small retail and training spaces.

"It is not going to be a state-of-the-art and super high-end clinic. We have to look at ensuring that we have the bare basics to be able to do the best for the most. Our money is really being put into helping more animals, that is our goal."

The clinic's location is ideal, Miko says, for reaching as many people as possible.

"... When we looked at demographics, there is a higher density of population here, it's more central, and it's an area that's more easily accessible. So we're seeing a need for service in this area but also in an area that is able to service the rest of the city."

Services

The clinic will take a "walk before we run" approach, with appointments Monday to Friday to start.

The focus will be on such things as pet sterilization (largely to help with the cat overpopulation) and micro-chipping. Too often, pets are brought into the shelter without proper identification, Miko says. "Sadly, we're often not able to return those animals to the owner because there is just a lag between the time someone realizes an animal is missing and makes efforts to try to find it."

Wellness visits will be another service offered at the clinic, allowing families to have their pet checked on a more regular basis. Miko says it's "absolutely heartbreaking" when an animal is brought in with a chronic health condition that could have been prevented with earlier intervention.

Emergency service will not be provided but there will be some day surgeries.

And end-of-life appointments will also be available. Currently, a pet owner can sur-

render their pet to the shelter with a request for euthanasia but can't be with the animal. "What we really want to create here is a service where we can ensure every animal has access to end-of-life services when they need it."

Cost

The cost of services will depend on a pet owner's economic status, Miko explains.

The OHS developed a successful income qualifying service when it ran its mobile program a decade ago.

"Based on the guideline that we set, for example we will be offering sterilization (available to the general public) at a rate that will still be competitive but that accessible rate will be available to everybody in the community. However, we will offer a lower rate for income-qualified population."

Other services, such as wellness visits, will be limited to those who qualify for a lower rate "because these are individuals who otherwise would not have access to veterinary care."

Big step

Miko says this is a big step for the OHS and an important one for the community.

"We're not going to be everything for everybody ... but our goal is really to elevate animal welfare in Ottawa by ensuring that animals are receiving the support they need to be taken care of, to be free from pain, free from injury or disease — and have good lives."

She remains optimistic the fundraising goal will be met.

"What separates us from a lot of charities, is that so many people have pets," she said. "We know that Ottawa supports this project. We've got some tremendous opportunities for people to demonstrate that commitment and to help us make sure we do more for animals."



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Celebrating creativity: NEST 2026 marks 10 years in the community!

By Josée Robillard

- **What:** The New Edinburgh Artists' Studio Tour 2026
- **When:** Saturday and Sunday, Sept. 26–27, 2026 | 10 a.m. - 4 p.m.
- **Where:** 12 studio and gallery locations throughout the New Edinburgh/Beechwood neighbourhood in Ottawa
- **Admission:** FREE! Bring your friends!

The New Edinburgh Artists' Studio Tour (NEST) returns this month. You are invited to explore a vibrant, self-guided celebration of creativity in one of Ottawa's most charming neighbourhoods.

The tour takes place across 12 studio and gallery locations, all within easy walking or biking distance. Thirty-two talented local and guest artists will open their doors to the public to share original works spanning oil and acrylic painting, mixed media, printmaking, jewellery, photography, pottery, glass, textiles, and sculpture. Featured among the artists are Manor Park's Martha Nixon, Beth Stikeman, and Sarah Hallman.

This year also marks an exciting milestone: a decade since NEST was first established in 2016. While the tour was paused for three years due to the COVID-19 pandemic, the organizing committee eagerly relaunched the event in 2023. Now, three years later, the studio tour is

once again thriving and in full swing as a cornerstone of the local arts community.

Immersive experience

This free event offers an immersive experience, providing an opportunity to step inside artists' studios and exhibition spaces, watch live demonstrations, and explore unique pieces available for purchase. As you make your way through the studios, you'll gain a behind-the-scenes look at the artistic process, learn about the inspiration behind the works, and connect directly with the artists themselves. Visitors can also enjoy an interactive tour experience through the Toureka! App. This includes maps, artist profiles, and sponsor links. Free street parking is available, and visitors can enter to win door prizes at various stops along the way.

NEST is powered by a collective of artists dedicated to fostering a thriving arts community. With the generous support of sponsors, advertisers, volunteers, and donors, the tour continues to grow as a welcoming, inspiring event for all. A special thank you to our title sponsor, Natalie Belovic at Urban Ottawa; our platinum sponsor Chartwell New Edinburgh Square Retirement Residence; and our advertisers, The Hon. Mona Fortier, MP for Ottawa-Vanier-Gloucester; Lucille Collard, MPP for Ottawa-Vanier; and Rawlson King, councillor for Rideau-Rockcliffe.

NEST's mission is simple yet impactful: to connect art-

ists, engage the public, and support creative talent by bringing art directly into the community.

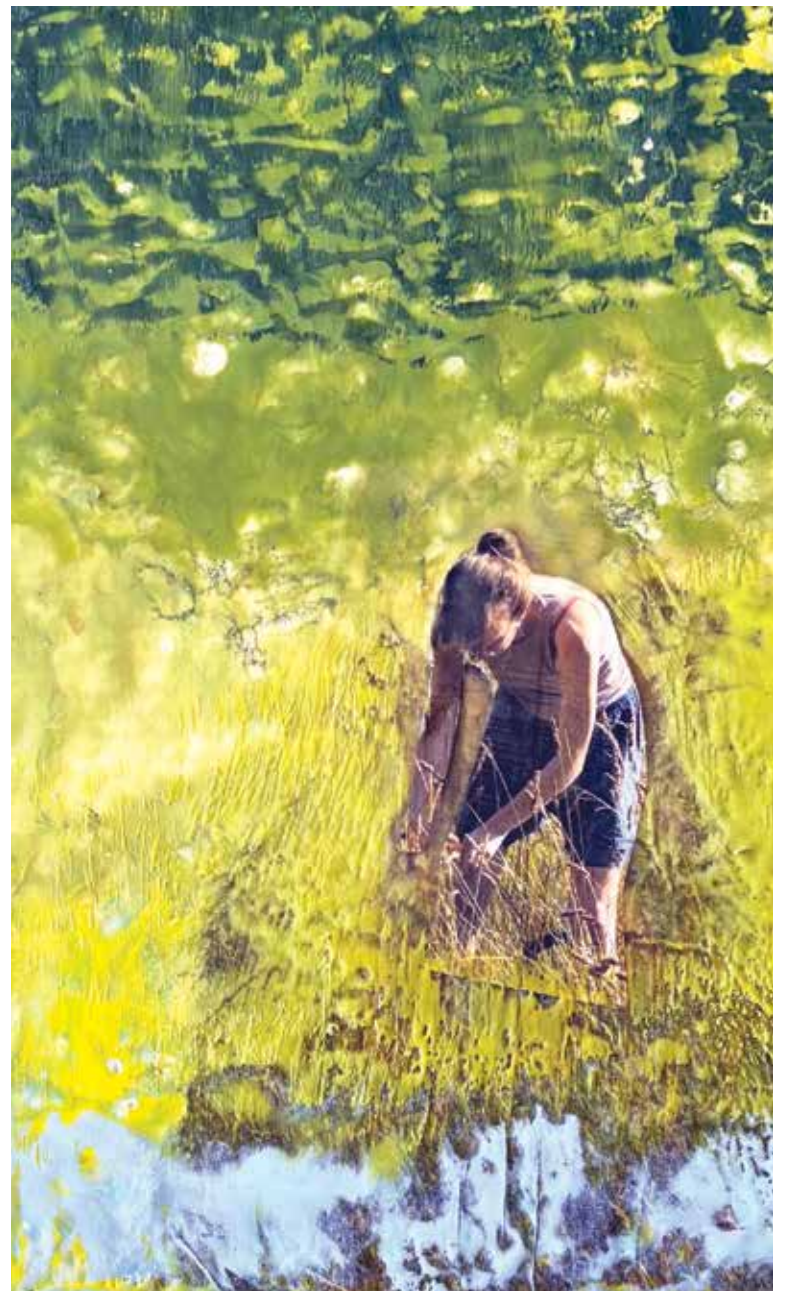
Explore some options on how to get involved:

1. We are seeking friendly volunteers to help welcome and guide visitors, as well as distribute brochures at various locations throughout the tour weekend. If you're interested in taking part, please contact josee.robillard@gmail.com.
2. If you're a local business interested in supporting our event as a sponsor, we'd love to hear from you. Please reach out to Beth Stikeman at beth.stikeman56@gmail.com to learn more about partnership opportunities.

Discover more about NEST

Please visit our website at www.neststudiotour.ca, follow us on social media www.instagram.com/neststudiotour or www.facebook.com/NewEdinburghStudioTour, or contact us at neststudiotour@gmail.com

Whether you're an art enthusiast, a curious explorer, or simply looking for a meaningful way to spend a fall weekend, NEST offers a unique opportunity to experience art up close and be part of something special.



This encaustic painting by Manor Park artist Martha Nixon is called 'In the Field'. PHOTO: COURTESY OF NEST

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MPP seeks community feedback through online survey

FROM THE DESK OF:



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

Dear residents of the Manor Park neighbourhood,

I hope you have enjoyed a wonderful summer. For me, it has been a great opportunity to spend more time in the community, recharge my batteries, and enjoy some extra time with my family.

One of the best parts of summer is having more opportunities to connect with residents and hear what matters most to you. To help guide my work as your MPP, I have launched a short Community Priorities Survey, and I would greatly appreciate your participation.

The survey asks about issues such as affordability, healthcare, housing, community safety, and quality of life, but I also encourage you to share any other concerns or ideas that are important to you. Your feedback helps shape my work and ensures the priorities of Ottawa-Vanier residents are reflected in the conversations taking place at Queen's Park.

Simply scan the QR code below to share your ideas and help make our neighbourhoods even stronger.

Thank you for taking the time to share your thoughts and experiences.



Kids' Online Safety and Privacy Month

I am proud that, with the passage of my Private Member's Bill, Ontario now officially recognizes October as Kids' Online Safety and Privacy

Month.

The internet offers young people incredible opportunities to learn, create, and connect. It can also expose them to serious risks, including cyberbullying, online exploitation, scams, and the misuse of personal information.

That's why this new annual recognition matters. It encourages families, schools, governments, technology companies, and community organizations to work together to help children stay safe online.

As parents, caregivers, educators, and community members, we all have a role to play. Open conversations, digital literacy, and practical tools can help young people navigate the online world with greater confidence, while giving families the information they need to make informed decisions.

I was especially proud to see Bill 66 pass unanimously at Queen's Park. That unanimous support sends a powerful message: protecting children online is a shared responsibility that brings us together across party lines.

Stay tuned for information about resources and community events taking place throughout October.

Lucille Collard
MPP for Ottawa-Vanier

...

Chères résidentes, chers résidents de Manor Park,

J'espère que vous avez profité pleinement de l'été. Pour ma part, cette période m'a permis de passer davantage de temps dans notre communauté, de reprendre des forces et de profiter de précieux moments en famille.

L'un des grands plaisirs de l'été est d'avoir davantage d'occasions d'échanger avec vous et de mieux comprendre les enjeux qui vous préoccupent. Afin d'orienter mon travail comme députée provinciale, j'ai lancé un court sondage sur les priorités de notre communauté, et j'aimerais beaucoup connaître votre opinion.

Le sondage porte notamment sur le coût de la vie, les soins de santé, le logement, la sécurité communautaire et la qualité de vie. Je vous invite également à nous faire part de toute autre préoccupation ou idée qui vous tient à cœur. Vos commentaires orientent mon travail et me permettent de

porter la voix des résidentes et résidents d'Ottawa-Vanier dans les discussions qui ont lieu à Queen's Park.

Balayez simplement le code QR ci-dessous pour partager vos idées et contribuer à rendre nos quartiers encore plus agréables et notre communauté encore plus forte.

Je vous remercie sincèrement de prendre le temps de partager votre expérience et vos suggestions.

Le Mois de la sécurité et de la protection de la vie privée des enfants en ligne

Je suis très fière que, grâce à l'adoption de mon projet de loi d'initiative parlementaire, l'Ontario reconnaisse désormais officiellement le mois d'octobre comme le Mois de la sécurité et de la protection de la vie privée des enfants en ligne.

Internet offre aux jeunes d'immenses possibilités d'apprendre, de créer et d'échanger. Il les expose aussi à des risques bien réels, comme la cyberintimidation, l'exploitation en ligne, les fraudes et l'utilisation abusive de leurs renseignements personnels.

Cette nouvelle reconnaissance annuelle est l'occasion de mobiliser les familles, les écoles, les gouvernements, les entreprises technologiques et les organismes communautaires afin d'aider les jeunes à évoluer en toute sécurité dans l'univers numérique.

Comme parents, proches aidants, éducateurs et membres de la communauté, nous avons tous un rôle à jouer. Des conversations ouvertes, une meilleure littératie numérique et des outils concrets peuvent aider les jeunes à naviguer en ligne avec plus de confiance tout en donnant aux familles les moyens de faire des choix éclairés.

J'ai été particulièrement fière de voir le projet de loi 66 être adopté à l'unanimité à Queen's Park. Cet appui unanime envoie un message fort: la protection des enfants en ligne est une responsabilité collective qui nous rassemble au-delà des partis politiques.

Restez à l'affût! Je partagerai prochainement des renseignements sur les ressources et les activités communautaires qui auront lieu tout au long du mois d'octobre.

Lucille Collard
Députée provinciale
d'Ottawa-Vanier



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A new season arrives at MacKay United Church

By Andy Bethune

September always brings a renewed sense of activity to MacKay United Church after the quieter pace of summer.

At the end of August, members of MacKay joined thousands of others in Ottawa's Capital Pride Parade. MacKay is a welcoming congregation. Participating in Pride is one way we seek to demonstrate our welcome and support for LGBTQ+ people in our church and in the wider community.

With September now under way, our minister, Peter Woods, and music director, Nick Gummeson, have returned from their summer vacations. The familiar rhythms of worship, music, learning and community life are beginning again.

Sunday School returns

For families — Exploring Faith — MacKay's Sunday School program, returns this Sunday, Sept. 13. Exploring Faith gives children an opportunity to encounter Bible stories, learn about Christianity, ask questions and explore what faith can mean in their own lives. New children and families are always welcome, including those with little or no previous church experience.

Music is also an important part of life at MacKay. With our music director back for the fall, we look forward to another season of music in worship and the return of our broader musical programming. Our Music and Meditation program is also expected

to resume this fall, with further details to come.

September can sometimes feel like a second New Year. Schools reopen, summer holidays end and familiar routines return. It can also be an opportunity to begin something new.

For some, that might mean returning to church after a summer away. For others, it might mean visiting a church for the first time, reconnecting after many years, or simply looking for a place for reflection and community.

Whatever brings you through the doors, you are welcome at MacKay United Church this fall.

Andy Bethune can often be found walking his two little dogs throughout Manor Park.

Good Dog, from page 32

Greg's Training Tip: Feeding time is training time!

Building obedience commands into the daily feeding routine is an excellent way to reinforce your leadership and reward obedience. Make sure you use your voice command as the trigger, not your hand. If your dog breaks, then calmly re-sit the dog and continue.

- Call your dog to the feeding area with the 'HERE' command.

- SIT the dog nearby while you refill both water and food bowls and place them on the floor.
- Using the command 'Watch Me', bring your pointer finger to your eye. This helps to ensure your dog makes solid eye contact with you — a key to all communication.

Point to the food bowl, pause momentarily, and release the dog with a 'TAKE IT' command.

- Pat the dog while it begins

to feed. Food guarding should be addressed with a very sharp 'NO!'

- Step away and allow the dog some space to enjoy their meal.

Election candidates, cont. from page 34

time because the ward needs a councillor skilled in oversight of a \$5.5-billion organization, not just popularity. If elected, I commit to a single term so my focus will stay on results, not re-election.

Key Ward 13 issues

Four important concerns in Ward 13:

1. Socioeconomic gaps (especially Overbrook housing need and food security).
2. Unreliable local transit (Routes 6, 7 and 12) and active-transportation safety on St. Laurent, Beechwood/, Hemlock.
3. Balanced intensification that respects heritage in Rockcliffe/New Edinburgh while delivering housing, localized public safety and youth supports.
4. Deferred maintenance of infrastructure (roads, sewers, stormwater, tree canopy, riverfront).

These require transparent data, measured capital priorities, and a councillor who documents patterns and demands

accountability rather than accepting "something needs to be done."

Three city-wide issues

The City of Ottawa faces three major challenges:

1. First, rigorous financial and performance oversight — strengthening the Auditor General, publishing open data by default, and scrutinizing large projects (Lansdowne-style spending, landfill deals) before they are approved.
2. Second, transit resilience and reliability, including proper hydraulic and stormwater fixes so the LRT and bus network actually perform.
3. Third, honest infrastructure renewal and climate adaptation that ends the quiet deferral of costs onto residents' basements and property values.

I will read the budget line by line, ask uncomfortable questions, and treat the Municipal Act role of councillor seriously.

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Finding my place on the river

By Susan Johnston

My first Wednesday night on the water was a windy one; paddling toward Rideau Falls felt like a good workout, though the return trip was all glide. The evening light was sinking gold over Rockcliffe Marina as we passed the bays, and then Rideau Falls came into view; my first time seeing it from below. I'm glad I'd tucked my phone into a waterproof case; the pictures are ones I'll keep. I've paddled plenty of lakes, but kayaking on the Kichi Sibi was new territory; the currents are real, and I'm learning to read the traffic of sailboats, rowing sculls, and jet skis along the way.

I own an inflatable kayak, so joining the Ottawa New Edinburgh Club (ONEC) initially felt unnecessary until a fellow parent described the joy she gets from her rowing membership. I love the ease of booking a boat through the club's system and appreciate their group chat where I can make plans to paddle with a buddy, always, for safety. Then I simply bike over to the River House and hop on a boat.

The ONEC Waterfront Room at the NCC River House is a hive of activity, with paddlers, rowers and sailors preparing for activities.



A view of the Ottawa River from the writer's kayak. PHOTO: SUSAN JOHNSTON

Grounding experience

I've become a regular at the River House for the swimming dock, gelato, and long stretches of just watching the water and boats go by.

There's something grounding about the boathouse itself, picturing generations

of ONEC members who've passed through it, and paddling at the confluence of three rivers where, as the Historical Society of Ottawa acknowledges, "members of Indigenous communities gathered for thousands of years before colonial times."

I missed my first few Friday night BBQs at ONEC's tennis courts pavilion — a club fixture — until my friends Valerie and Cassandra raved about the sausages and let me in on a secret — the canteen is licensed and open daily. I sat watching the tennis, knowing

little about the game, mostly enjoying watching the people watching tennis.

A tennis aficionado at our table tells me that one of the highlights of the season is the annual club championships. They find the weekly round robins a great way to meet new people, enjoy some friendly competition, and build connections across the club. The club has also offered summer camps for generations, with former campers becoming instructors, and youth from the neighbourhood finding summer jobs along the river.

Friendly community

The Ottawa River is so central to our city, yet puzzlingly absent from daily life. The Ottawa New Edinburgh Club has become my way back to it, and into a genuinely friendly, active community. One of the paddlers showed me her photos of the Gatineau Hot Air Balloon Festival from the water, and I'm building my skills to take in every moment of it.

Susan Johnston is passionate about stories, and about helping people build relationships with the places in which they live. She has a particular interest in all things relating to the Ottawa River.

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October 1 to 4

 **Advance Voting Day**
October 16

 **Voting Day**
October 26

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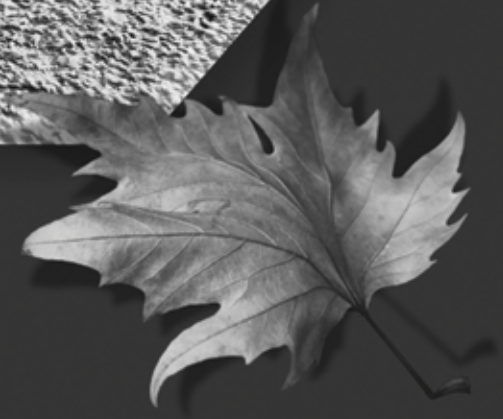
During Special Advance Voting Days, you can vote in person at any of the 10 voting places across the city. For Advance Voting Day and Voting Day, you can cast your ballot at your designated voting place.

- **Where do I vote?**
Starting September 1, use the "Where do I vote?" tool on ottawa.ca/vote to learn where and when you can vote.
- **Who's running in my ward?**
Use the "Who is running in my ward?" tool on ottawa.ca/vote to verify your ward name, ward number and view the list of candidates running in your ward.
- **Can't make it to the polls?**
You may apply for a special mail-in ballot from September 1 to 15 at 4:30 pm. You also have between September 1 and 4:30 pm on Voting Day to appoint a proxy to vote on your behalf.

Visit ottawa.ca/vote for more information about these voting options.

Questions? Elections Ottawa
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AROUND TOWN

Walk of Ages

The Council on Aging of Ottawa's annual Walk of Ages returns this Saturday, Sept. 12. It takes place from 11 a.m. to 2 p.m. at the Rideau Hub sports field (former Rideau High School), 815 St. Laurent Blvd. The Walk is an intergenerational fundraiser that brings people together to celebrate and support older adults while recognizing that aging is a shared journey across every stage of life. Participants can walk or roll a distance that best suits them (from 1k to 10k) while enjoying live music, tasty food and friendly encouragement.

For more information, visit walk-of-ages-2026.raiselysite.com/

Beechfest returns this Saturday

Beechfest, a celebration of all things Vanier, returns this Saturday, Sept. 12, 3-9 p.m.

Beechwood Avenue will be closed from Loyer Street to Marier Avenue from 1-11:30 p.m., for this popular Block Party. It features plenty of live music, street eats, local art displays and family fun. Visit vanierbia.com/beechnfest for more information.

New Edinburgh Garage Sale

IODE Laurentian is partic-



Emmanuel Benoit (left) encourages Ottawa Marathon runners to grab a cup of fresh water alongside Laissah Benoit (right) during the event on Sunday morning, May 24. The pair were part of the volunteer crew at the Manor Park hydration station positioned at the intersection of Acacia Avenue and Sir George-Étienne Cartier Parkway. PHOTO: RYLAND COYNE

ipating again in the annual New Edinburgh Garage Sale on Saturday, Sept. 19. Visit us in the MacKay United Church Hall for home baking, a cafe and items for sale such as games, puzzles, books, jewellery, treasures, clothing, accessories and more. Doors open at 8 a.m.

OHS Auxiliary meeting

Would you like to help support the animals at the Ottawa Humane Society (OHS)? Feel free to join us as a guest at the Auxiliary's monthly business meetings the first Wednesday of each month (except July, August and December), 1:30-3 p.m. Our next meeting is Wednesday, Oct. 7. We meet

at the animal shelter, 245 West Hunt Club Rd. across from RONA. Free refreshments and parking. Our guest speaker will be from Penny Lane Farm Sanctuary and Sharon Miko, OHS CEO, gives us the latest news about the shelter.

For more information, contact auxiliaryinfo@ottawahumane.ca or go to ottawahumane.ca/get-involved/volunteer/auxiliary/

Rock the Block is back

A great community event — Rock the Block — returns on Friday, Sept. 18 from 5-9:30 p.m. It takes place on the sports fields of the Manor Park Community Centre, 100 Thornwood Road.

The fun evening opens with games and face painting for children, plenty of food, and a pie contest. Grab some popcorn and cotton candy ahead of the outdoor movie, which will be shown starting at 7:30 p.m. For more information, visit manorpark.ca.

Trivia event

IODE Laurentian's Second Annual Trivia Event will be held on Saturday, Oct. 17 from 1 to 4 p.m. (location to be determined). Tickets are \$25 and can be purchased by e-transfer to the treasureriodelaurentian@gmail.com. There will

be a 50/50 draw, a raffle and snacks.

All proceeds will go to Nelson House. IODE is a registered charity.

For more information: www.iodelaurentian.com

Ottawa 200 celebration

Ottawa turns 200 this year. To mark the historic occasion, the city plans a full day of celebrations on Saturday, Sept. 26, highlighted by the Ottawa 200 Block Party at Marion Dewar Plaza.

From 10 a.m. to 10 p.m., there will be live performances, public art displays and exhibitions, Ottawa-themed trivia, food and much more, culminating in more high-energy musical performances from Duava, Cody Coyote and a 'special headliner' to be announced closer to the date. For more information, visit: ottawazoooblockparty.ca

Beechwood Market continues

The popular Beechwood Market runs every Saturday, 9 a.m. - 1 p.m. at Stanley Park in New Edinburgh, 203 Stanley Ave., through Oct. 31.

Enjoy live music as you browse the many stalls featuring fresh produce, baked goods, and a wide variety of other food and drink. For more information, visit www.ottstreetmarkets.ca.

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Beechwood is home to dedicated sections for members and veterans of the **Canadian Armed Forces, RCMP, CSIS and Ottawa Police Service.**

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