MANOR PARK
Chronicle
The voice of the community since 1949
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Integrated renewal project nears completion

Finishing work will be done in the spring, city says

By Chronicle Staff

It's almost over.

The more than year-long integrated renewal project in Manor Park has entered the home stretch.

Heavy equipment, dug-up roads and inconvenient detours have been the norm for residents living on six local streets. But for those along Finter Street and Jeffrey Avenue, as well as parts of Farnham Crescent, Kilbarry Crescent, Arundel Avenue and Braemar Street, the end is now in sight.

"Most work is anticipated to be complete by the end of November," notes Josée Vallée, City of Ottawa Manager, Design and Construction - Municipal, in an email exchange with the Chronicle.

The $1.8 million project launched in July 2025 and was the subject of a protracted community-wide debate over the installation of sidewalks. It wasn't until April 2026 that city council finally voted to have them included.

Vallée notes other work completed as of October 15 includes:

- installation of new sanitary and storm sewers and wa-

>>CONTINUED ON PAGE 3



Volunteer Alex Burris serves up a tasty bowl during the Church of St. Columba's annual Harvest Chili Supper. The popular event attracted a full house to John Stewart Hall on Monday, Oct. 19. Hungry participants could eat-in or take-out a hearty bowl of beef or vegetarian chili, along with a side dish, beverage and dessert. PHOTO: RYLAND COYNE

King returns as Rideau-Rockcliffe councillor

Sutcliffe re-elected mayor of Ottawa

By Ryland Coyne

Residents of Ward 13 (Rideau-Rockcliffe) voted overwhelmingly to return Rawlson King to Ottawa City Hall as their councillor.

King was re-elected to the position in the Oct. 26 municipal election. Now entering his third term in this ward, King received 8,181 votes or 81.5 per cent of the ballots cast.

His only opponent, Peter Karwacki, himself a veteran of three municipal election campaigns, received 1,853 votes or 18.5 per cent.

At his victory celebration, held at The Bridge Public House, King thanked his volunteers, campaign workers, staff and wife Dr. Linda Grussani. And he thanked ward residents for putting their trust in him once again.

"Rideau-Rockcliffe is an extraordinary place … we are a community of enormous diversity and enormous heart. What unites us is a shared belief, that where you live should not determine the quality of your life, and that city government, when it works well, can make a difference."

In his pre-election profile, King pointed to his seven-year record, having facilitated close to $400 million in infrastructure work and another $120 million in funding for affordable housing.

"I championed Ottawa's first

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FEATURED ARTICLES INSIDE...

A local resident donates her artwork to support Montfort Hospital - See page 10

With cold weather setting in, check out the MPCC's wide variety of programs - See pages 22-23

Test your art knowledge to win a free tour of the National Gallery - See page 30

Meet Your Neighbour, outdoor enthusiast Leighton Brown - See page 37



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King re-elected, cont. from page 1

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."

Despite the accomplishments, he told the crowd on Oct. 26, the work must continue.

"Too many residents cannot afford to stay in the communities where they have built their lives," he said. "Too many mornings begin with a bus that does not show up. Too many people are sleeping outside when the temperature drops. Too many families are one rent increase away from displacement. I hear you. I see you. And I'm going back to city hall on your behalf."

His priorities for the coming term include "transit that actually works," attracting more funds for affordable and non-profit housing, and "stronger protections for tenants.

"I'm committed to honest budgeting. No more deferring infrastructure costs onto the next generation while pretending that we are fiscally responsible."



KING CELEBRATES: Rideau-Rockcliffe councillor Rawlson King is all smiles as he addresses the crowd gathered at The Bridge Public House Oct. 26. King enters his third term at Ottawa City Hall with a strong mandate from local voters.
PHOTO: RYLAND COYNE

Race for mayor

The race for mayor came down to two candidates — incumbent Mark Sutcliffe and former councillor Jeff Leiper.

In the end, Sutcliffe received a second mandate from voters, receiving 139,354 votes (44.65 per cent). Leiper finished second with 105,819 votes (33.9 per cent). Neil Saravanamuttoo and Alex Lawson were third and fourth respectively among a field of 14 candidates.

Among Sutcliffe's priorities for the coming term are building a stronger economy, improved infrastructure and transit, more housing and making life more affordable for residents.

Trustees

There were also three races for school trustees.

Jennifer Moroziuk (4,619) edged out Chris Durrant (4,285) for the position in Zone 6 of the Ottawa Carleton District School Board.

Cameron Bonesso will be the trustee for Zone 10 of the Ottawa Catholic School Board. Former city councillor Mathieu Fleury easily won the trustee position for Zone 10 of the French public board and André Thibodeau was acclaimed to the post with the French Catholic school board.

Turnout

Overall voter turnout was low, with just 36.2 per cent of eligible voters choosing to cast a ballot. According to the CBC, that's down from the 43.8 per cent who voted in 2022 and the lowest turnout in Ottawa since 2003.

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Integrated renewal project, cont. from page 1

termains, including service laterals to affected properties, catch basins and fire hydrants,
- installation of new streetlights on all streets,
- placement of base-course asphalt on Finter Street and on Farnham Crescent between Sandridge Road and Arundel Avenue,
- start of driveway and pathway reinstatement.

An update later in October showed asphalt also laid on the other local streets.

"Work is continuing across the project area, with additional reinstatement and finishing work required before the streets are considered complete," Vallée says.

More specifically, she adds work still to be done includes:
- sidewalk and curb connections at St. Laurent and Sandridge, and at Kilbarry and Ava,
- final asphalt on Arundel, Farnham, Braemar, Jeffrey and Kilbarry south of Arundel, as well as final asphalt on Finter and Kilbarry north of Arundel,
- installation of new signs, adjusting maintenance hole frames and covers, and completing temporary line painting,
- completion of landscaping and property reinstatement, including driveways, walkways and yards,
- removal of the old streetlights and bringing the new streetlights into service.

"Final asphalt, maintenance hole frame and cover adjustments, and permanent line painting are scheduled to be completed this spring on Arundel, Farnham, Braemar, Jeffrey and Kilbarry south of Arundel," the city manager notes.



Cavanagh Construction crews are busy laying the base-course asphalt along Jeffrey Avenue on Oct. 15. PHOTO: RYLAND COYNE



The Manor Park Community Council's annual Rock the Block was another big success. Held on Friday, Sept. 18, the event attracted hundreds of residents to the sports fields at the Community Centre off Thornwood Road for food and other vendors, games and an outdoor movie (The Secret Life of Pets) at the ball diamond. PHOTO: DOUG BANKS

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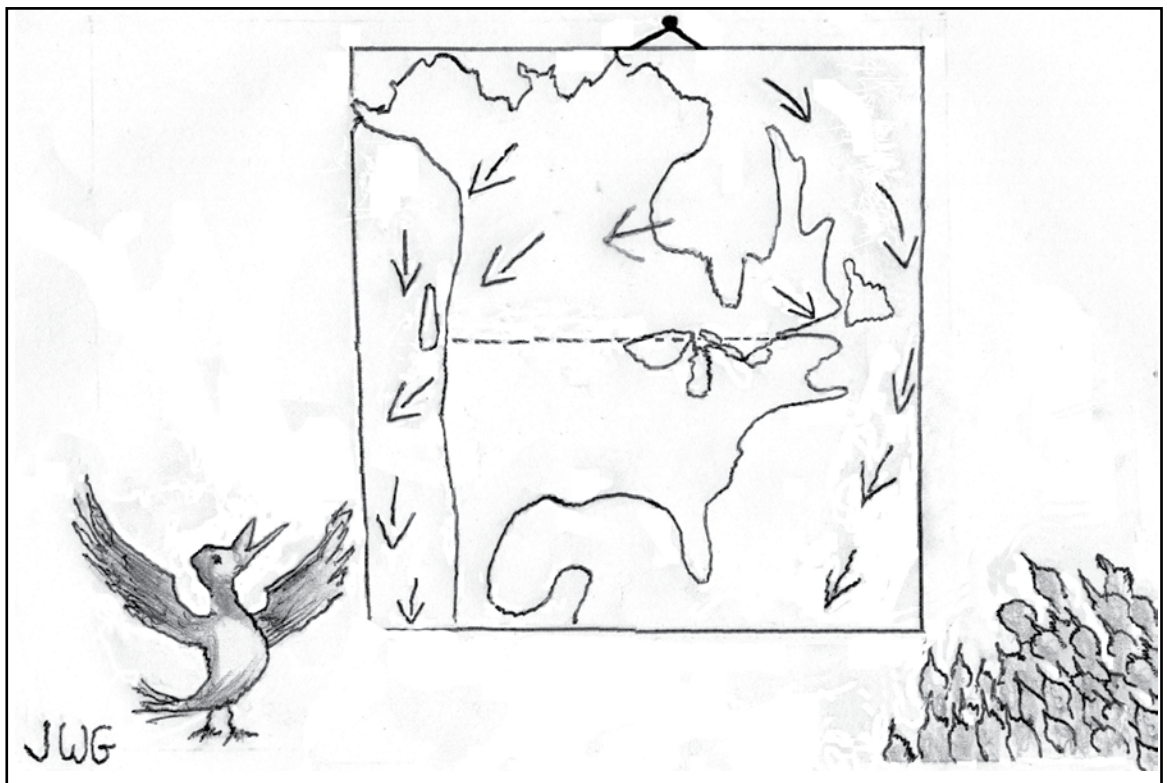
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"The new routes are longer, but safer."

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Send submissions articles, photos, letters to the editor, notices) to:
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Please ensure that:
- articles do not exceed 800 words;
- letters do not exceed 300 words;
- event listings do not exceed 50 words;
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PHOTOS:
The *Chronicle* is always interested in receiving photos. Large, clear photos work best and must be sent in jpeg format to the editor. Send high resolution [300 dpi], uncropped digital images [as separate email attachments – not embedded in the body of your email]. Please submit with your articles and include a caption and photo credit.

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

MANOR PARK NOTABLES:
Submit suggestions for future column profiles to manorparknotables@gmail.com

BULLETIN BOARD NOTICES:
Submit notices for community events to the editor.

Next Issue: January-February 2027

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

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

Winter prep

As the days grow shorter and cooler, we're not only preparing for winter's arrival but for our next edition of the *Chronicle*, to be published early in 2027.

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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EDITOR'S POV

It just won't go away

50 years ... Think about that ... 50 YEARS!

That's how long the Kettle Island bridge debate has been waging. And it probably dates back even longer than that.

A report in the October 1976 *Manor Park Chronicle* newsletter was eye-opening to say the least. On page 2, we found the 'Report of the Planning Committee' for the Manor Park Community Association. It outlined its objections to the expansion of Hemlock Road to the Rockcliffe Air Base (now Wateridge Village) and the proposed Kettle Island bridge.

Unlike today, which finds the community arguing its case against the federal government, back then it was the city's regional government which sought to have the bridge included in the Official Plan.

The MPCA committee noted:"... one can well imagine the effect on Manor Park of an immense traffic flow on St. Laurent and Gatineau Point ... over the proposed Kettle Island bridge: the noise and air pollution factor will rise sharply, "spin-off" traffic through the Park will increase, together with the accident rate, and, in short, we will probably find Manor Park not quite the place we hoped it would remain." While this opposition was five decades ago, the arguments against such a structure remain unchanged.

In September, the Impact Assessment Agency of Canada (IAAC) — a federal body which reviews major projects to ensure the environment and Indigenous Rights are protected — invited public comments on the "Eastern Bridge Project". If this most recent commenting window provided by IAAC is any indication, Manor Park residents are no less passionate in their stance against the project than they were back in 1976. Perhaps, more so.

Comments shared by some area residents on the community Listserv highlighted how ineffective such a bridge would be in diverting truck traffic from King Edward; the creation of chaos on already busy local roads; unnecessary noise, vibrations and pollution; and the massive financial and ecological costs. There were many more.

Why the federal government continues to pursue this obviously flawed proposal is beyond us. But the fight must remain — until this bridge plan is put to bed once and for all.

COMMENT

Kettle Island Bridge consultation an exercise in false choices

It identifies the wrong problem, applies the wrong lesson, and proposes wrong solution

By Patrick Bendin

Like the interminable litigation in Charles Dickens' Bleak House, the federal government's pursuit of a Kettle Island bridge is a project that has acquired a momentum of its own, surviving long after the circumstances that gave rise to it have changed. The plan is dogmatic, trying to solve a 21st-century transportation problem with a 20th-century solution. A solution rejected more than a decade ago reintroduced despite being even less suitable now than before.

Rather than fixing the original proposal's flaws, federal insistence has only compounded them.

It ignored crucial shortcomings: reviving a 2013 cross-river joint initiative after Ontario withdrew precisely because it failed to properly address local air and noise pollution, spillover traffic, and the loss of neighbourhood amenities.

It forged ahead alone: abandoning the essential provincial partnership that originally underpinned it, leaving the project out of joint from the start.

It recycled outdated thinking: "refreshing" earlier studies from the joint initiative — which also examined two other crossing options — under the same evaluation framework, producing the federal government's preferred outcome.

It ignored changed reality: routing a heavy transport corridor through established Ottawa neighbourhoods experiencing residential densification and onto a highway corridor that regularly reaches capacity during peak hours, worsening regional gridlock.

It defied modern planning: pushing an intrusive 20th-century roadway into an era where cities are actively dismantling urban highways to restore community integrity. This runs counter to Ottawa's own recent decision to remove a segment of a proposed transportation corridor that would run through established neighbourhoods (Alta Vista and others), to protect green space, air quality and neighbourhood livability.

Where's the province?

Though Ottawa is Canada's capital, it is also an Ontario city. Interprovincial infrastructure is not built by federal decree. Without provincial willingness to build the necessary arterial connections, and no apparent reason for Queen's Park to change its stance, a new crossing seems destined to remain a mirage.

Nonetheless, Ontario's silence throughout the process raises questions about how the federal initiative could have advanced so far without any transparent provincial support. At worst, this may breed suspicion of a back-room arrangement that trades a new crossing for enhanced federal funding that could otherwise go toward practical, efficient transit and freight solutions.

Beyond the potential fiscal waste, this lack of transparency inflicts a deeper harm on public trust. When governments engage in performative consultations while fueling concerns that behind-the-scenes bargaining will dictate the outcome, public participation is reduced to a meaningless ritual. This not only alienates the communities most affected but fundamentally undermines faith in the integrity of regional planning itself.

Start clean

The time has come to start from a clean slate and prioritize real, actionable alternatives: integrating any new crossing into a coherent regional strategy, connecting it to a perimeter bypass to divert heavy through-traffic away from the urban core, and using underground segments where necessary to balance mobility with livability.

Every year spent avoiding a broader regional solution is another year that interprovincial freight traffic remains trapped on Ottawa's downtown streets, choking commercial and local movement. It is also another year of uncertainty for businesses trying to make sound long-term capital decisions, undermining the region's competitiveness.

Failure in any endeavor is an exacting teacher, but only if we are prepared to learn from it. Understanding why this project has failed can help us abandon a dead-end plan and start anew

---

Patrick Bendin is a Manor Park resident. He is an occasional contributor to Ottawa-area and Quebec media on public-policy issues.

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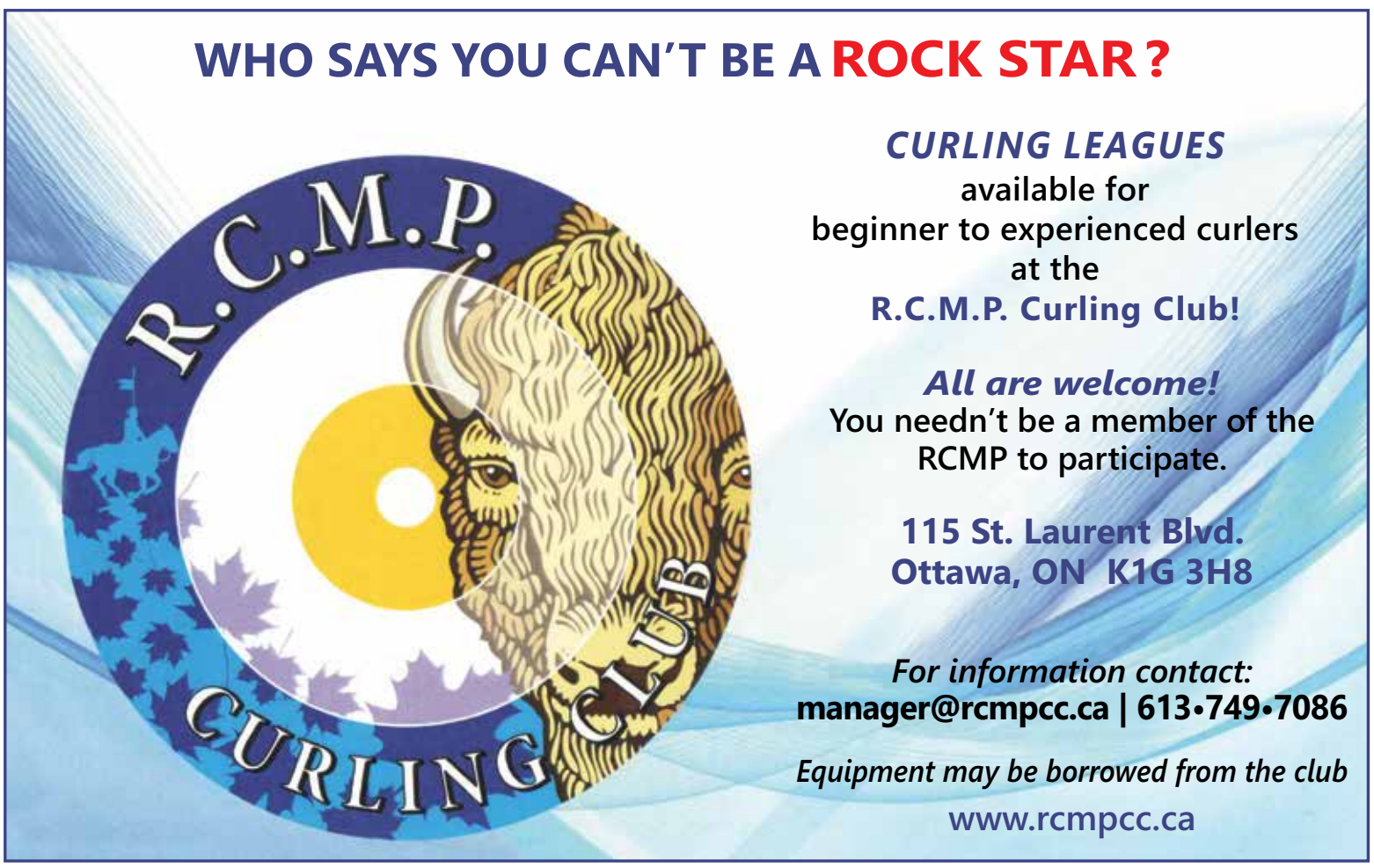
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As one of our neighbourhood's oldest institutions, the *Chronicle* plays an important role in keeping our community connected and informed. Joining the Board is an opportunity to help ensure its continued success and sustainability while making a meaningful contribution to the community.

The Board oversees our highly professional and established production team, along with our large team of dedicated delivery volunteers. Directors meet once a month for approximately one hour, from September through May.

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To express your interest, please email board@manorparkchronicle.com.



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Looking back on a busy year for Manor Park

As the year comes soon to a close, I reflect on life in Manor Park and in Ottawa this year.

FROM THE DESK OF:



Manor Park Community Association President
NATALIE BELOVIC

We just made it through a disappointing election, disappointing because of how apathetic our citizens seem to be when all we heard all year was dissatisfaction with, well, almost everything.

Congratulations to Rawlson King who will continue to be a fantastic advocate for Ward 13. We are grateful for your hard work, dedication, and the ability to be collegial on a council that isn't always that way...

We battled un-necessary sidewalks this year. We didn't win that. We continue to push for the ones to improve safety on London Terrace, on Eastbourne from St. Laurent to Braemar and around Manor Park School. They are slated now in the Transportation Master Plan but that means 7-10 years from now. There is some movement to make school zones safer so we may be able to accelerate the school area ones.

Beechwood

We are making progress on the Beechwood redesign. A committee is in place of multi-community reps working with city staff to drive the future of this important street for our communities. The city also asked for feedback from the public and we are now at the "what we heard" stage of things.

One thing we found was that the City didn't seem to really take into consideration the impact of opening Hemlock from Wateridge and the future redevelopment of Manor Park Estates OR, the impact of the proposed 6th crossing.

Kettle Island Bridge

On the Kettle island Bridge Corridor project: there has been much chatter on the listserve lately leading residents to think that not much has been going on there from an MPC lobbying perspective.

There has been an active group of multi-community associations both from the Quebec side and the Ontario side. They are working behind the scenes to change the direction of this project and try and inform residents, both directly impacted (in terms of proximity to their own homes and places of business) and to those who will suffer with the impact of the additional car volume on the roads they use to commute from Orleans and beyond. Residents on the Quebec side think this crossing will get them to work faster but they don't understand the current state of the 174/417 traffic.

The federal government created a "consultative" group in 2025 so they could say they had "ticked that box." It was pushing this project along without providing any real plan, only general concepts which we were being asked to comment on. And although they had us slated for a January meeting asking us to comment on a whole bunch of materials, we heard nothing throughout this year until now, as the "committees" are being reconvened on the Ontario side Wednesday, Nov. 4.

Until we see what is on the table at this meeting, it is hard to comment on what specific actions need to be taken. I will report on the listserve after this meeting.

In the meantime, why don't you follow No Plan, No Bridge on Facebook and as well at www.noplanobridge.ca. This is a creation of one of the members of our multi-community Crossing Group.

If you are interested in this issue and want to help, please connect with me and I will add you to the list for the next meeting.

I'll take this opportunity to wish everyone a happy and healthy holiday season and look forward to connecting again in January.

First Joshua Qiyuk Memorial Funds awarded

Algonquin College has partnered with C'est Bon Ottawa, a local cooking school, to create two new funds in memory of Joshua Qiyuk.

Established by C'est Bon, these new Joshua Qiyuk Memorial Scholarship and the Joshua Qiyuk Memorial Bursary, will support Indigenous learners in a variety of Culinary Arts programs.

Qiyuk was a young Inuk man from Baker Lake, Nunavut, who moved to Ottawa at a young age. At 17, he attended a cooking program at C'est Bon through the Inuuqatigiit Centre for Inuit Children, Youth and Families. He was a dedicated student of the craft, always showing up early, always the last to leave.

At the end of the program, Chef Georges Laurier, C'est Bon co-owner and one of Joshua's mentors, hired Joshua to work at C'est Bon as a kitchen assistant. Eventually, seeing he showed much promise and interest in the culinary arts, Chef Georges advised Qiyuk to enrol in Algonquin College's Indigenous Cook Pre-Apprenticeship program.

Joshua followed this advice, completed the program, and started a promising cooking career at Absinthe restaurant on Wellington. However, in October 2025, Qiyuk was the victim of a violent attack and his life was tragically ended.



Algonquin College and C'est Bon announced the first recipient of the Joshua Qiyuk (shown above) Memorial Scholarship. PHOTO: C'EST BON OTTAWA

Ottawa Police continue to investigate the homicide that took place in the 400 block of Meadow Park Place.

First recipients

This June, C'est Bon announced the first-ever recipient of the Joshua Qiyuk Memorial Scholarship to be chef Sierra Conboy!

Sierra was awarded the $1,000 Scholarship, applicable to Level 3 of her Algonquin College Culinary Arts program. She maintained an above-average grade level in the first year of her program and continues to show a commitment to excellence in her craft. Bravo Sierra!

The bursary in Joshua's name, worth $1,500, was also distributed for the first time to an Indigenous learner who will enter the Culinary Arts program in the coming school year.

The Joshua Qiyuk Memorial Funds were established by C'est Bon Ottawa with the help of Absinthe Café, Chef Trudy Metcalfe-Coe and many generous community donors in March 2026.

Nakurmiik!

A THEATRICAL MILESTONE

Manor Park residents play important role in Linden House Theatre Company's 20-year history

By Janet Uren

This is community theatre at its most neighbourly.

Though the founder of the Linden House Theatre Company lives in New Edinburgh, the people of Manor Park have played a part right from the beginning. For 20 years now, Barbara Merriam and Bob McKellar have taken on the roles of stage manager and light and sound technician respectively. Linda Marchand has both acted and worked as hostess. Mary Keys was front of house manager for many years. And that is not to mention all the people in this neighbourhood who come out to see the plays!

A central factor allowing me to dip my toe in the theatrical pool in 2007 was the opportunity to rent a stage at Elmwood School. There is lots of talent in Ottawa, but not enough stages. The Elmwood space was heavily used by the school community, but, as an alumna, I had privileged access, and that has continued.



Janet Uren (left), George Stonyk and Manon Dumas, from the cast of "Lettice & Lovage", 2009. PHOTO: REDA SEDKI

What's in a name?

One of the more surprising conversations I had with our founding director, George Stonyk, was what to name our "company." I had not been thinking in terms of a "company." I simply wanted to produce a play. George insisted, however, and we settled on Linden House — mostly in honour of our first director's home neighbourhood, Linden Lea, and the huge old linden tree that stood beside his house. That was also the time when I seized upon the company's motto, "Theatre for the Joy of It."

We produced our first play in October 2007. In retrospect, we could hardly have chosen a more difficult play. The Lady's Not For Burning is a verse play written in the 1950s, and it tells the story of a disillusioned 14th-century soldier and a forward-thinking woman accused of witchcraft. I had loved this romantic play since I first read it at age 15.

We did our best, but it was a heavy-duty acting challenge with 13 characters crowded on to a tiny stage, and with a text that would challenge Stratford actors today. The only person in the audience that I can honestly remember being pleased was a 15-year-old student. Big surprise there.

For some reason, we didn't give up. We wanted to try again, to build on what we'd learned. Certainly, I had not appreciated all the difficulties of production, most of all the importance of choosing the right play. In the second year, we staged Arms and the Man by George Bernard Shaw. The results were promising.

Turning point

The third year was a turning point. I wanted to produce Blithe Spirit by Noel Coward, believing that its light-hearted nonsense would please both actors and the audience. I applied for the rights, only to be told that Angela Lansbury was doing the play in New York, so no other licenses would be let. "You would compete with the New York show," the licensing agent told me. "Oh, but we wouldn't," I wailed. "We really wouldn't!"

New York did not relent, and I was left very late in the planning season with no show. That might have been the end of us, if George hadn't said, "What about Lettice and Lovage?" a play by British playwright Peter Shaffer. "No," I cried. "It's much too difficult, too brainy."

George encouraged me, and we tried it, and that is the year — 2009 — that Linden House began to find its feet and its voice, producing plays allowing audiences to laugh even as they were moved to feel or driven to think.

Often, in choosing a play, I have found myself turning to the theme of friendship, as in the deeply silly and very funny Savannah Sipping Society or the profoundly moving Steel Magnolias.

Audience participation

Not everything happens on stage. I always had an idea the audience were participants in the creative act. I also wanted the audience to feel they were my guests. Hence, the importance of the front of house and hospitality team, complimentary refreshments and the annual invitation for the audience to attend our opening night reception.

Linden House has been a bit of a miracle, and our audiences have slowly grown from year to year. The recipe for success has included the choice of good plays, the best talent we can attract, high production values in costumes and sets and, finally, a real sense of being in service to our audiences.

This year's play, The Boadicea of Britannia Street, is quintessential Linden House. Four strangers meet, they have a few laughs, they become friends and together they explore the meaning of courage. It's a story about love and friendship and ordinary old workaday heroism.

To learn all about the show, visit lindenhousetheatre.ca

We invite you to please come and join in our celebration of 20 years of laughter and tears and of learning our business at Linden House.

Elmwood Preview ($25): Nov. 12 at 7:30 p.m. Proceeds to the Old Girls Scholarship Endowment Fund

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CHRONICLE ESSAY

Holiday lighting comes in different shapes and styles

By Douglas Cornish

Christmas lights brighten the upcoming festive season. They add panache to a shop window, a home, or a lonely outside tree. The season centres around home life, and home holiday lighting features three main types: home-style, the light fanatic and the shop window/NCC method.

Home-style

Home-style Christmas lighting, probably my favourite, is the multi-coloured light string usually following the perimeter of the house, or around the door. This type has a wonderful amateur look to it, where the father takes out the long ladder and spends an afternoon (under family supervision) doing the seasonal duty.

Home-style lighting has the look of someone who might not make it as a decorator. The light strings aren't always straight, the odd light bulb is out and the occasional light socket doesn't work (even with a bulb in it), but the overall look is one of dedicated love.

It won't win any seasonal designer awards. It's a typical Mom and Pop operation, a 1950s retro, but it's a marvellous Norman Rockwell look.



Light fanatic style

There's one in every neighbourhood. It's the neighbourhood fanatic, the ego-driven, out-of-control, doesn't know when to stop decorator. This house requires sunglasses and stands out for blocks.

It doesn't have just one string across the front of the house; it might have three, or more. Each window is lit up. The roofline is lit up. The front porch is ablaze with colour. The front step railings are covered. There's an awkward blend of new icicle and rope lights with traditional light strings.

It doesn't stop there. There might be seasonal light-up or inflatable yard decorations: Santa and his sleigh on the roof complete with fake wrapped presents, reindeer out grazing on the lawn, the odd elf about the property. Some in this category might even have sound systems playing seasonal jingles!

This style attracts the tourists, even media. Neighbours aren't generally amused. This decorator has never heard the word "restraint", or "timer"; the house is aglow all night long. The hydro bill probably also goes through the roof.

Shop window/NCC style

The National Capital Commission (NCC), or shop window, style looks uncannily like the NCC had a hand in decorating. It's just a little too professional looking, slightly designer-like, often bordering on elitism.

These homeowners don't want their house decorated and lit up like regular folks, no sir, they want 'em to stand out. Multi-coloured lights are considered to be in poor taste. These homes belong to strictly one-colour light people, often favouring all white, sometimes all red, all green, or all blue. In this style, the actual house is rarely decorated, it tends to favour leafless deciduous trees, lit up in a swirl-like fashion. There might also be electric candles shining from upstairs windows.

The result is one colour, understated, often looking more like a shop window or a museum than a home.

This homeowner is usually the same type who doesn't allow the neighbourhood kids to traipse across their lawn. It's a showpiece. No fun Disneyland effect here.

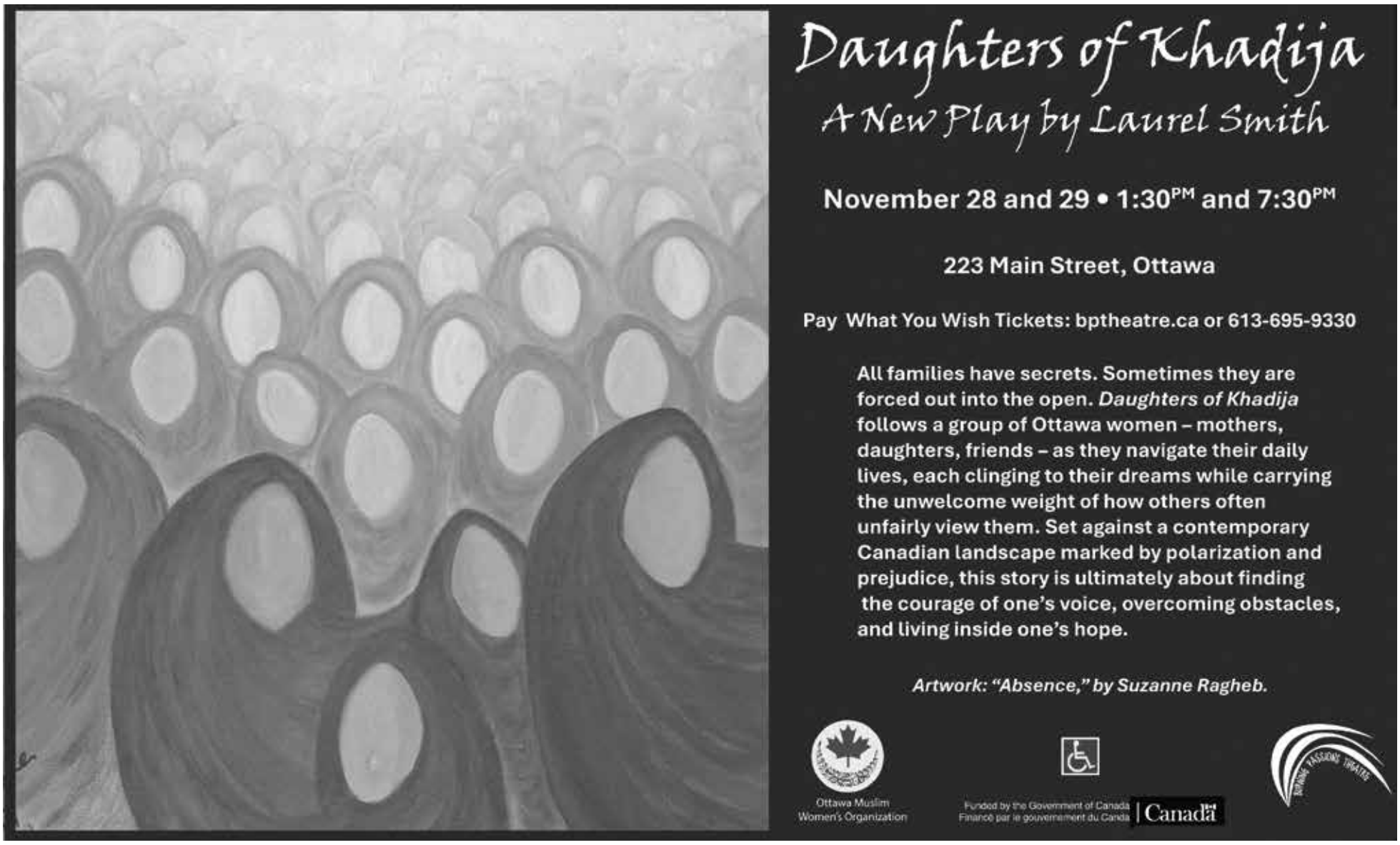
The lawn is immaculate in summer and the seasonal lights show no dangling cords or excess extension cords running all over the lawn. The front porch light is still tastefully turned on, and is not used as an outlet to plug in holiday lights.

Festive

Festive lighting is part of the season, often remaining up well into the New Year. Some are left up all year around, while others take them down in the spring.

Whatever your lighting style, whether it's the high-end designer look, or the low-budget "same old, same old," there's room for every pattern. You can buy a timer for your holiday lights, so they shut off at a scheduled time, in case you forget.

Lights showcase neighbourhoods, encouraging people to take a traditional holiday lights drive or walk-through, checking out the lit-up neighbourhood. Holiday lights not only reflect a homeowner's individual taste but also make a long winter brighter.





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Eastern Bridge Project: The Impact on Manor Park

The proposed Eastern Bridge Project risks fundamentally changing Manor Park and surrounding east-end communities, bringing thousands of additional vehicles, heavy trucks, noise and pollution into established residential neighbourhoods.

In my recent submission to the Impact Assessment Agency of Canada, I made clear that I remain firmly opposed to the Kettle Island bridge. It is not a priority for our city, it does not align with Ottawa's sustainable transportation goals, and it represents a misallocation of public resources.

I am also disappointed that the impact assessment was opened in the middle of a municipal election campaign. Council voted 23 to 2 in favour of a motion I moved, asking the agency to extend the public comment period until the newly elected Council could establish a formal position. The agency declined the request, despite the importance of meaningful municipal and public participation in a decision of this magnitude.

The central justification offered for this project is the removal of heavy trucks from King Edward Avenue. A 2021 study commissioned by the National Capital Commission found that only about 15 per cent of King Edward truck traffic would be diverted by 2050. A bridge built without enforceable truck restrictions would leave most heavy trucks travelling through downtown while adding new traffic to the east end.

Aviation Parkway, which is closed to trucks today, is forecast to carry between 47,000 and 50,000 vehicles a day by 2050, including up to 2,300 medium and heavy trucks. The proposed closure of Hemlock Road to general traffic would further redistribute traffic onto neighbourhood streets.

The health consequences for nearby residents are serious. The height of the bridge may also push take-offs from the Rockcliffe Airport south over homes instead of north over the river, adding aircraft noise over Manor Park. Residents also face the prospect of increased traffic, noise, air pollution and years of construction.

The environmental costs cannot be ignored either. Kettle Island is a protected nature reserve holding the largest deciduous swamp in the National Capital Region. Some of these impacts can be mitigated, but they cannot be entirely avoided or offset.

I am also concerned about cost and about the public's ability to judge it. Public estimates have placed the cost of the Kettle Island bridge anywhere between $2 billion and $6 billion, yet the Initial Project Description contains no cost estimate at all. Residents are entitled to know what this project will cost and what it will displace. In my view, a sum of this size would deliver far more for residents if invested in public transit, affordable housing and urgent social needs.

Ottawa deserves sustainable, community-focused transportation solutions, not a costly and divisive bridge that benefits few at the expense of many.

■■■

FROM THE DESK OF:



Councillor – Ward 13
Rideau-Rockcliffe
RAWLSON KING

Projet du pont de l'Est : les répercussions sur Manor Park

Le projet de pont de l'Est risque de transformer profondément Manor Park et les collectivités avoisinantes de l'est d'Ottawa, en entraînant une augmentation importante de la circulation automobile et du camionnage lourd, ainsi que du bruit et de la pollution dans des quartiers résidentiels bien établis. Dans le mémoire que j'ai récemment soumis à l'Agence d'évaluation d'impact du Canada, j'ai réaffirmé ma ferme opposition au pont de l'île Kettle. Ce projet n'est pas une priorité pour notre ville, ne cadre pas avec les objectifs d'Ottawa en matière de transport durable et constitue une mauvaise utilisation des fonds publics.

Je suis également déçu que le processus d'évaluation d'impact ait été lancé en pleine campagne électorale municipale. Le Conseil municipal a adopté, par 23 voix contre 2, une motion que j'ai présentée pour demander à l'Agence de prolonger la période de consultation publique afin de permettre au nouveau Conseil de prendre officiellement position. L'Agence a rejeté cette demande, malgré l'importance d'une véritable participation de la ville et du public à une décision d'une telle envergure.

Le principal argument avancé pour justifier ce projet est la réduction du camionnage lourd sur l'avenue King Edward. Or, une étude réalisée en 2021 pour le compte de la Commission de la capitale nationale révèle que seulement 15 % environ des camions empruntant cette avenue seraient détournés d'ici 2050. Sans restrictions obligatoires sur la circulation des camions, la majorité d'entre eux continueraient de traverser le centre-ville, tandis que la circulation augmenterait dans l'est d'Ottawa.

La promenade de l'Aviation, actuellement interdite aux camions, pourrait accueillir de 47 000 à 50 000 véhicules par jour d'ici 2050, dont jusqu'à 2 300 camions moyens et lourds. La fermeture proposée du chemin Hemlock à la circulation générale risquerait également de détourner davantage de véhicules vers les rues résidentielles.

Les conséquences sur la santé et la qualité de vie des résidents sont préoccupantes. La hauteur du pont pourrait modifier les trajectoires de décollage des avions de l'aéroport de Rockcliffe, les obligeant à survoler les habitations de Manor Park plutôt que la rivière des Outaouais. Les résidents pourraient également subir une augmentation du bruit, de la pollution atmosphérique et de la circulation, sans compter plusieurs années de travaux.

Les répercussions environnementales ne peuvent pas non plus être ignorées. L'île Kettle est une réserve naturelle protégée qui abrite le plus grand marécage de feuillus de la région de la capitale nationale. Certaines répercussions pourraient être atténuées, mais elles ne pourraient pas toutes être évitées ou compensées.

Je suis également préoccupé par le coût du projet et le manque d'information permettant au public de l'évaluer. Selon les estimations rendues publiques, le pont de l'île Kettle pourrait coûter entre 2 et 6 milliards de dollars, alors que la description initiale du projet ne présente aucune estimation des coûts. Les résidents ont le droit de savoir combien coûtera ce projet et quelles autres priorités pourraient en pâtir. À mon avis, une telle somme serait beaucoup plus utile si elle était investie dans le transport en commun, le logement abordable et les besoins sociaux urgents.

Ottawa mérite des solutions de transport durables, axées sur les besoins de ses collectivités, et non un pont coûteux et controversé qui profiterait à un petit nombre au détriment de beaucoup d'autres.

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That stinks: Don't drop dog waste bags into path garbage bins

Bylaw requires owners to properly dispose of their pets' feces

By Ryland Coyne

Manor Park dog walkers are on notice — please don't be dropping your animal's poop bags into the open trash receptacles placed along the walking paths and neighbourhood parks.

That's the message — both on the trash bins themselves and from City Hall.

Compliance with that directive has been a challenge. All too often, dog owners deposit their pets' waste into the bins rather than carry the bags home for disposal. The end result, especially during summer, is a lingering, unpleasant odour along the paths that spreads into the nearby community.

According to the city's Animal Care and Control By-law, dog owners are required to dispose of dog feces on their own property. Enforcing that rule is another matter, however.

"Compliance with waste disposal requirements relies primarily on public cooperation and awareness of the posted rules and relevant bylaws," notes Ian Ferguson, City of Ottawa Program Manager, Waste Collections.

In a recent exchange with the *Chronicle*, Ferguson explains the city "encourages residents to follow posted signage regarding dog waste disposal ... Instead, residents should flush pet waste down their toilet or place it in their green bin, properly wrapped and sealed in a leak-proof bag."

He says the bins "are currently emptied twice per week, on Tuesdays and Thursdays." Even at that, the stench remains.

Possible solution

A possible future solution is a three-stream waste station. These, Ferguson says, are being installed in city parks in accordance with the Parks Waste Diversion Strategy. But given the "relatively small size of this greenspace," Manor Park is not likely to see one in the near future.

Green bins, on the other hand, could be in the plans, he notes.

"As staff explore placing green bins in dog parks in 2027, this pathway will be reviewed as part of that work."



Despite city signage, the trash bins along Manor Park's walking paths and parks are often filled with dog poop bags. PHOTO: RYLAND COYNE

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BUSINESS BUZZ



MARK LINDENBERG



SHARLEEN TATTERSFIELD

Change is in the air – brilliant hues of early fall have faded, days are shorter and cooler weather all herald the approach of another winter. In keeping with these seasonal changes, we bring you the Buzz with its intertwined themes of rehearsal, remembrance, renewal and resolve.

Read on for news about several of our advertisers who share a commitment to entrepreneurship and great service. Enjoy perusing their unique and often inspiring stories along with timely business updates brought to these pages by columnists Mark Lindenberg and Sharleen Tattersfield.

A LOVE LETTER PAPER BOUTIQUE
World's only totally recycled and Next-Gen paper shop

When I chat with Carol Steuri, owner of A Love Letter in early October, I asked her how the vision for her store has changed since she first opened in fall 2025. Carol replies, "The vision [hasn't] changed, but it's evolved."

She continues, "I couldn't do it all at once when it was important to get the shop underway. I had my environmental mission; I had my sourcing policies; it was important to fill the boutique with stock – that was the priority. But I'd set forth my values from the beginning: delight, transparency, and community."

Carol tells me about all the different rooms in her shop.

"The main floor is the stationery store. I've brought in more gifts, all very local or chosen for sustainability. I have this back room I call La Forêt that I didn't open until early winter. It's set up like an old library with a big antique desk; everything is laid out on the desk, and an old chandelier leaves it darker and cozy."

Originally, Carol had planned on renting out both upstairs rooms but ended up renting just one. "For the first nine months Kiosk Boutique was upstairs: the owner used my space as a pop-up shop – a marketing driver to her larger store in Chelsea," she says.



Welcome to A Love Letter Paper Boutique, a space to explore, inspire and connect. Owner Carol Steuri invites readers to check out the shop's array of environmentally curated paper products and featured collections. PHOTO: SHARLEEN TATTERSFIELD

"In September, Heather Bloomberg, a designer and collector, moved in with her shop Ludo's Friend Antiques, a cool antique shop with rare pieces. Vintage and antiques lend themselves well to my ecological mission: reusing things from the past, as opposed to buying new. I like that parallel."

Starting this past February with a Valentine's card-making workshop for kids, Carol used the front room for workshops. "I did drop-in sessions from 3 to 6 p.m., mostly for kids and their parents ... I was making things and inviting people to come make it with me." By the end of March, interest was high enough for her first adult workshop, attendees registering and paying in advance.

"We've done different types of creative writing courses, journal-making, poetry, calligraphy – everything that aligns with something you'd think would happen in a stationery shop, or something super-crafty," she says. The workshops have attracted people from as far away as Kanata and Stittsville.

Carol mentions the upstairs writing nook with its, "Little antique desk, a typewriter and a comfy chair."

"A few regulars come into the shop and just use the typewriter to write poems and letters, for example. A lot of kids love typing on the typewriter because it's a novelty and they've never seen one before."

A Love Letter is also part of the Sunday Letter Project. A gallerist Carol knows first alerted her to the project's existence, but she'd seen it on Instagram, too.

"Started by a stationery shop in the UK, the project encourages people to write a letter every Sunday," she says. "You go to the website [www.thesundayletterproject.com], sign a pledge and they give you a prompt every week [to write one letter, every Sunday]."

"Another aspect to the project is the Letter Keepers network. A Love Letter is an official Letter Keeper. People can write letters to our shop, looking for connection, a pen pal. People who visit my shop can then read through these letters and write return letters using the shop as their home address. You don't have to give away personal details; we're the go-between, in this relationship that develops. You can also connect with people across the world."

Intrigued by all that A Love Letter at 137 Beechwood Avenue has to offer? Drop by the store, visit the website at https://www.aloveletter.co/ or give Carol and her friendly staff a call at 613-741-1115.

Mark Lindenberg

>>CONTINUED ON PAGE 13

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BUSINESS BUZZ

FROM PAGE 12 >>

BALANCE HEALING CENTRE
A holistic approach to whole-body health

Earlier this fall, registered acupuncturist Emily Dunn, R.Ac., moved her formerly home-based clinic, Balance Healing Centre, to new premises at 16 Beechwood Avenue, Suite 201. Her newly located practice is kitty-corner to The Scone Witch at the corner of MacKay Street, where we met for a chat. As the lunch crowd leaves, she tells me about the new location.

"It's got two great treatment rooms and lots of light," she says. "There'll be a third room, once I put a wall in."

Emily tells me that the move hasn't changed the way she practises, but notes that it will change the way she runs her clinic as she'll now be working with other practitioners and managing staff. Perhaps one of the biggest changes is that her dogs Jenny and Ollie, once a familiar sight in her former location, will not be regularly present at the new clinic.

Emily's clients so far have responded well to her new location. "People like the natural light," she says.

I ask Emily how her practice has evolved since Balance Healing was last profiled in these pages (September-October 2024 *Chronicle*). I learn that Emily has been overseas to Dublin, Ireland on a number of occasions this year to train with Sérgio Ferreira, a Portuguese acupuncturist.

"Sérgio teaches the Balance Method and the Master Tung point system," she says. Emily has practiced the Balance Method of acupuncture for more than 15 years.

"Because Sérgio gets into the 'whys' of choosing one point over another [for example], rather than trial-and-error, it was a very comprehensive course. Sergio is coming to Ottawa in May 2027 to teach an intensive masterclass."

Emily says that she has seen some patients with long COVID in her practice. She has also seen an increase in patients with fertility issues explaining that the prevalence of chemicals and plastics in our daily lives can interfere with our endocrine systems.

"Allergies are a common thing I see, and I'm treating a lot of plantar fasciitis [conditions]." Emily tells me that it's gratifying to make a difference in peoples' lives quickly, when it comes to treating the latter, "especially when they've been trying different treatments [that haven't worked]."

When I ask Emily how her recent training has changed the way she treats patients, she tells me that she uses fewer needles. She also tells me that acupuncture is still the treatment most clients ask for, but that cupping is pretty popular.

Cupping, a treatment during which glass cups are suctioned onto the body, "feels and acts like a deep tissue massage, increasing blood flow, which makes it an effective therapy to treat muscle knots, tension, and cellulite, to release tension in the fascia, to treat chronic coughs or respiratory conditions, and digestive issues."

Now that Emily has her own clinic space, in addition to welcoming new clients, she is also looking forward to expanding, welcoming other acupuncturists and other health practitioners.

"Working with colleagues would be great, being able to bounce ideas off of each other with professional interaction," she says.

Are you interested in learning more about what conditions Balance Healing Centre can treat and the ways in which Emily offers a holistic approach to whole-body health, using practices that include acupuncture, acupressure, and Tui Na massage?

Visit ottawaacupunctureclinic.com/ for more information. You can also book an appointment by emailing emilydunnacupuncture@gmail.com or by calling 613-400-6284. Clinic visits are by appointment only.

Mark Lindenberg



Emily Dunn, Registered Acupuncturist, is thrilled to announce that she has moved her Balance Healing Centre clinic into new, expanded premises at 16 Beechwood Avenue, Suite 201. PHOTO: SHARLEEN TATTERSFIELD

BEECHWOOD CEMETERY MAUSOLEUM
Preserving a light-filled legacy

Nick McCarthy, Director of Marketing, Communications and Community Outreach at Beechwood Cemetery, tells me on a glorious, golden-yellow fall day that the glass windows in the cemetery's famed

>>CONTINUED ON PAGE 14

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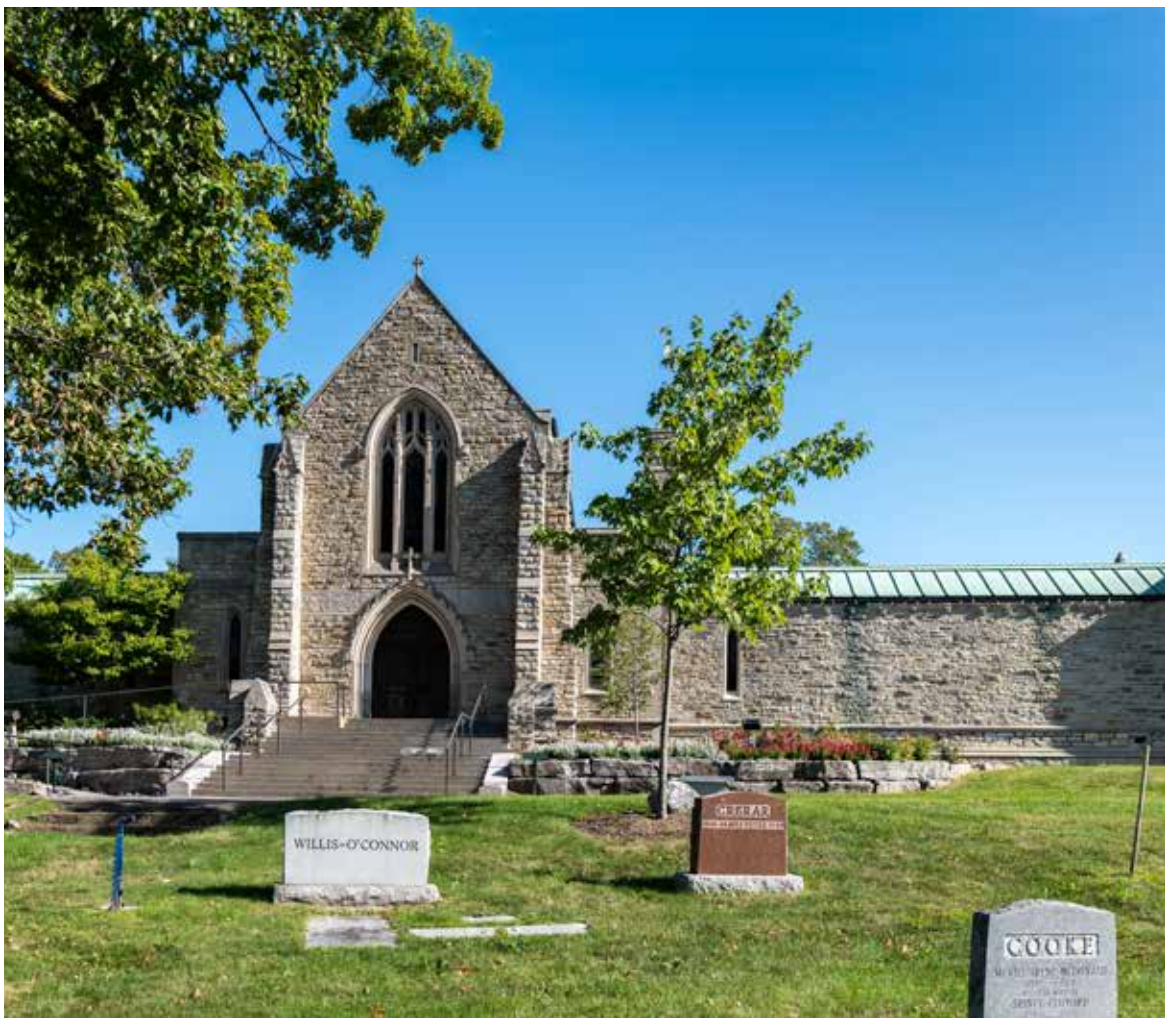
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The Beechwood Mausoleum, situated on a hill overlooking Beechwood's main entrance and the Beechwood National Memorial Centre, is nearly a century old. Its beautiful, stained glass windows are deteriorating and in need of urgent restoration. PHOTO: BEECHWOOD CEMETERY ARCHIVE COLLECTION – RICHARD LAWRENCE PHOTOGRAPY

FROM PAGE 13 >>

mausoleum need urgent restoration.

"It's the 100-year-old stained glass that we're at risk of losing," says Nick. "Over the course of the years, the glass has developed bubbles and has moved. Beechwood Cemetery's main fundraising campaign this year is about preserving nearly a century of beauty."

Nick tell me that the artisans who crafted the glass were some of the better-known stained glass makers: James Blomfeld and his brother Charles, based in Toronto. Really reputable craftsmen, they "came to Canada in 1887, then studied with art glass firms in Chicago, New Orleans and Canada."

They worked in Victoria, BC, completing stained-glass windows for the Provincial Parliament Buildings in 1899, writes Elizabeth Raymont Heatherington, a cemetery tour guide, in The Beechwood Magazine, the cemetery's in-house publication.

"It's really a two-fold problem: we need to redo the mausoleum stairs. But, in order to do that, we need to jackhammer the stairs. If we jackhammer the stairs, we lose the glass. If we fix the glass, then we can fix the stairs," Nick says of the process to save the historically significant artworks.

"They're beautiful examples of mid-1920s-era glasswork." Nick describes the windows as "the most religious, Christian imagery at Beechwood Cemetery."

"When the mausoleum was built, it served as a chapel at the centre of the cemetery. It's the beautiful images of the angels and the ascension of Christ, and some of the really early Christian symbols, like the anchor cross; there's a great picture of the different forms of the trefoil; the holy trinity." But in this context, the focus is on the history of the artwork, rather than its religiosity.

"The images are unique and you don't really see them in too many places," says Nick.

When I ask Nick what he wants people to understand about the importance of the stained glass to the mausoleum and to the community, he says, "It's a lost art; it's getting people interested in stained glass again. [Otherwise] we're going to lose these natural pieces of art that are found in old buildings; society is losing its colour in a lot of ways."

He continues, "To have items like this preserved and protected to remind us of that bygone era, of that beautiful colour that we've lost, and can only be seen in heritage buildings, is our goal."

Nick notes that the mausoleum would have been one of the major builds in Ottawa's history in the 1920s. The mausoleum was very much a 'new' feature of Beechwood Cemetery that other local cemeteries did not have. The building also contained a crematorium, "So community members would have been part of that legacy."

When it comes to preserving that legacy, Beechwood Cemetery has, "... taken the time to document the look and feel of these windows, and to take a lot of photos."

"We found the original, hand-drawn drawings for the windows," says Nick. "We took the time to preserve those as well. The question we asked at Beechwood was, 'How can we preserve this beautiful light that would otherwise not necessarily be available to us?' "

The priority for repair, within the next two years, will be the large main windows in the centre chapel. Following that, windows on the eastern and western ends of the mausoleum will be repaired, as will windows on the north and south sides of the building.

Interested in learning more about the mausoleum itself? Interested in supporting the campaign to restore this landmark glasswork? Contact Beechwood Cemetery at: 613-741-9530 or info@beechwoodottawa.ca.

Mark Lindenberg

PHOENIX PLAYERS STAGE SKIN FLICK
A naughty, entertaining comedy!

When I spoke to Stephanie Haines, the director of the up-

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BUSINESS BUZZ

FROM PAGE 14 >>

coming Phoenix Players' production of Norm Foster's Skin Flick, I was primarily interested in getting a director's perspective on the production of a play.

"When I look at a script, often the first question I ask is, 'What can I possibly bring to this particular script that would give it a creative signature?' In this case, it came to me right away. One of the characters, Rollie, speaks directly to the audience, telling the story as it is happening with him and behind him."

"I envisioned a live piano player, representative of what's going on in Rollie's mind. That's what drew me in: a way to bring music to this character's interaction with the audience."

Canadian playwright Norm Foster is an audience favourite. Stephanie tells me that Skin Flick is almost, but not quite, a farce, given that it moves so quickly. The play centres around out-of-work husband and wife (Rollie and Daphne Waters), who, with their friend (Alex Tratt), decide to film an X-rated movie in their living room. Then, singing telegram out-of-work actress, Jill ends up on the wrong doorstep by mistake.

"With what's going on in the world right now, I find it really important that people can just go somewhere and laugh and forget everything else going on around them," Stephanie says.

None of the actors who were cast knew each other. Part of Stephanie's process, thanks to a suggestion from her stage manager, Val Bogan, was to bring in an intimacy advisor to ensure that the subject matter was handled with sensitivity, while keeping the actors' comfort and well-being top of mind as they navigate intimate scenes with people they had only just met.

"I want all of the actors to feel comfortable. If everybody is comfortable and having fun, the audience is comfortable and having fun." Stephanie notes that promotional materials include a 16+ age-restriction for the audience.

"Skin Flick is quite silly! But I do my best to make sure these characters come across as real," says Stephanie. "Even though it borders on unrealistic, if the actors play their characters as multi-dimensional, real people, the audience goes along for the ride."

"The play is not about the set or the costumes; it's about these people. Audiences are entertained because the characters are so different from each other. Distinctions and contrasts between the characters amplify the humour."

"There are also a few surprises that may or may not have been in the script," she adds, saying nothing more.

When I ask Stephanie about the particular challenges of directing a play like this, she tells me that although there were quite a few challenges to figure out (e.g., getting props back and forth to each rehearsal), she and the cast took time outside of rehearsals to have some fun, get to know each other, and to feel comfortable and connected.

"Directing is also just about being really mindful – paying close attention to what's going on and how everyone is doing, daily."

The set is designed by David Magladry, well-known in the Ottawa area.

"He did an amazing job, and I can't wait to see it come to life. And when the audience joins us, that will be add so much fun."



A wife and husband making ends meet... on camera! Meet Mo Tait as Daphne and Jarrod Chambers as Rollie in Skin Flick by Norm Foster, presented by Phoenix Players at The Gladstone Theatre. COURTESY OF PHOENIX PLAYERS

Phoenix Players' production of Skin Flick runs at the Gladstone Theatre, 910 Gladstone Avenue, from November 20 to 28, 2026. Tickets can be purchased at: https://thegladstone.ca/ or at the box office. Call 613-233-4523 for further information.

See you there!

Mark Lindenberg

THE LOOM SCHOOL
Child-led, inquiry-based learning in Manor Park

Welcome to The Loom School, where education for the 21st century happens for children aged four to 13. Based on the core principles of Agency, Purpose and Community, The Loom has evolved from roots established three years ago by ARC Studio School at 24 Sandridge Road.

To Megan Lelli, school co-founder and head of school, a loom – a structure that holds many threads together and weaves them into something no single thread could accomplish – represents what a school should be.

In conversation with Megan and lead guide Penny Mo-

>>CONTINUED ON PAGE 16



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BUSINESS BUZZ

FROM PAGE 15 >>

ran, I learn that The Loom's mission is to support young people in developing the confidence, skills and experience to lead a life that's genuinely their own. By igniting a lifelong love of learning through open-ended challenges and collaborating on purposeful work, learners develop the curiosity, confidence and self-awareness needed to realize their full potential.

"Our aim at The Loom is to equip young people to drive their own learning and lives, while showing them that by valuing the diverse perspectives of those around them, they can achieve far more together than alone," says Megan.

"We are guides, not teachers," she adds. "We ask questions to help a learner think and find their own way forward."

A not-for-profit school, The Loom is built on three pillars: Agency, Purpose and Community.

Megan explains that Agency is a developmental process that starts with creating a learning environment that is safe and protects risk-taking—where, with guidance and a chance to try, learners develop the mindsets and skills to direct their own learning.

Purpose is all about ensuring that a learner's work matters beyond the school—where they solve real problems and thinking goes deeper.

Community is central to creating not only a school that supports learners and guides, but also a community of parents who can support one another, where learning to collaborate and build together makes the school stronger.

The Loom year is organized into three terms, each made up of two five-to-six-week sessions that run from September to June. With a week off school between each session, there are no additional PD days. Children of different ages work together in studio settings, taking a collaborative approach to purposeful challenges.

Currently, there are three mixed-age learning studios. Studio 1 (Early Years) for ages 4 to 7 (JK – Grade 1); Studio 2 (Elementary) for ages 7 to 11 (Grades 2 – 5); and Studio 3 (Middle School) for ages 11 to 13 (Grades 6 – 8).

Studio 1 learners spend mornings inside in English exploring stories and songs through play and learning basic reading, writing and numeracy skills; afternoons are spent outside in French engaging in child-led, forest school-inspired play.

"Through play, children learn to make choices for themselves, building social-emotional skills and confidence," says Penny.

Studio 2 learners engage in core academic skills with enhanced times outdoors. In Studio 3, learners build strong academic foundations in reading, writing and math with more in-depth collaborative work. Currently, several homeschooled learners attend this studio in the afternoons.

Every studio session begins with a project. "Our studio projects – open-ended, multi-disciplinary challenges which increase in complexity for older learners – start with a problem and move through a design process involving research, brainstorming, prototyping, testing, sharing and reflecting," says Megan.



At a recent end-of-studio session at The Loom School, middle-school learners Sophie and Alexa proudly present their accessible Alvin Heights playground project. Their detailed, natural resource-based project took nine days and over 25 hours to complete – a remarkable accomplishment. PHOTO: SHARLEEN TATTERSFIELD

In the weeks before my October visit, the current session's project challenged Studio 2 and 3 learners to design a new, accessible playground for the Alvin Heights housing complex using all natural resources, culminating in an afternoon Open House where pairs of learners presented their design ideas.

For more information, check out their website at theloom.school, plan a visit to the school or attend the next Open House on December 2 at 6:30 pm.

Sharleen Tattersfield

BUSINESS BRIEFS
POSTSCRIPT
By Sharleen Tattersfield

BEECHWOOD MARKET FARM STORE
Upcoming Fall & Winter Events

Chris Penton is keen to let readers know that the Farm Store, the main hub of Ottawa Street Markets, is open to serve customers all year long at 1805 Gaspé Avenue in Manor Park! Open six days a week (Monday to Friday, 3 – 6p.m. and Saturday, 9a.m. – 4p.m.), the store offers the best of local: farm fresh eggs, fresh bread, local meats and poultry, pantry staples, baked goods and seasonal produce.

Visit in person or shop online at beechwood-market.localline.ca/beechwood-market-1.

Mark your calendars for the market's special upcoming events. For one night only, Beechwood Night Market at Mackay United Church, Saturday, November 14 from 5p.m. to 8p.m. with jazz, dinner op-

>>CONTINUED ON PAGE 17

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BUSINESS BUZZ

FROM PAGE 16 >>

tions, bake sale, artisans, local wine and craft beer. There'll even be a Book Fair this year.

Other events include a Saturday Market at the Farm Store on November 21 from 9a.m. to 2p.m. and a Holiday Night Market on Friday, December 4 from 5p.m. to 8p.m.

FRESH Salon
A complete 'fresh' new look

This September, Margot Robinson, owner and sole hairstylist at FRESH located at 75 Beechwood Avenue retired, selling her salon to Jennifer and François Lanthier. Jennifer, who owns another salon in Kanata, brings great experience and a new staff of talented hair stylists to FRESH.

"While my chapter here has wrapped up, I am thrilled that Jennifer and François, and stylists Alexia, Regan and Madi have chosen FRESH for their next big adventure! I know this wonderful neighborhood will welcome them with open arms, and I wish them nothing but the absolute best," says Margot.

Margot tells the *Chronicle* that it has been an absolute joy calling this space her home away from home for the past 17 years. "It has a serious soul, and I'm convinced its magical history and good vibes guided me to success – love and thanks to the Bertorelli family (her landlord) who poured their own hearts into this space long before I did."

Margot adds, "The absolute highlight of my 17-year ride has been tailoring something original and personal for every single client. I've been incredibly lucky to cross paths with so many from all walks of life who have truly enriched my world. It's been an absolute blast!"

Now under new ownership with a new, Boho décor and a slight twist on the name and optics, FRESH Salon Beechwood is open Tuesday to Saturday offering "boho-chic cuts, Sicilian colour (with a switch to Rica Haircare products) and a full range of services (for ladies, men, children and brides) available in English or French.

Here you'll meet Alexia, precision stylist and team lead; Reagan, master colourist with 25 years experience and Madison, junior stylist with an eye for a fresh look. Walk-ins are welcome anytime a chair is free. Appointments, which can booked by texting or calling, open with "a real consultation about a client's hair".

Get in touch by calling or texting 613-680-6315, visit our website at www.freshsalon.ca or check out what's happening on Instagram at @fresh_salon_beechwood.



Margot Robinson (CENTRE) retired and sold her Beechwood Avenue hair salon FRESH this September. We extend a fond farewell to Margot and a warm welcome to Jennifer Lanthier (FAR RIGHT) and new salon stylists, Regan McNally, Madison Renaud and Jennifer Lanthier.
PHOTO: SHARLEEN TATTERSFIELD

Chew-That
Growing something special!

It never fails to amaze me when I come across the most creative, entrepreneurial ideas right in our own neighbourhood. Take for instance, the ingenuity and entrepreneurial mojo Renée Turcotte, Manor Park resident and owner of Chew-That at 139 Beechwood. Renée's professional dog grooming business accumulates lots and lots of brushed-out dog hair every day, every week, every month.

Taking this on board as a challenge – "There's got to be something I can do with all this hair!" – Renée developed a new and more renewable and sustainable soil additive she calls Groom and Grow. This new product uses recycled dog fur from her grooming salon mixed with sheep wool to create natural garden pellets meant to help retain the soil's moisture and nitrogen content. Acting the way peat moss would, her tested product is a much more renewable soil additive with higher nitrogen levels with the added benefit of also being a pest deterrent.

Taking her idea from conception, to finding a sheep farmer and pellet maker, to testing and product packaging, Groom and Grow is now available for sale in 1kg bags at Chew-That. Congratulations, Renée!

The *Chronicle* looks forward to catching up with Renée in spring 2027 to learn more about this amazing, local and natural garden supplement.

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Local artist donates works to Montfort Hospital Birthing Centre

Marlene Munroe de Montigny celebrated during Oct. 8 reception

By Chronicle Staff



Marlene Munroe de Montigny poses with her donated works.
PHOTO: MONTFORT FOUNDATION

The worlds of art and medicine joined together for a special ceremony at Montfort Hospital on Oct. 8.

That evening, Manor Park-area artist Marlene Munroe de Montigny was celebrated for her generous donation of two of her paintings. Appropriately, the works — titled *Mère, enfant & amour and Les débuts de la vie et de l'amour* — have a new home in the Birthing Centre.

Addressing the audience gathered at the hospital for the occasion, Marlene's granddaughter Laurence de Montigny St-Onge said, "Granny spent her career painting children and generations. Now her work will hang in the place where generations begin, the place where my own children began. New moms and dads will walk past these paintings during some of the biggest moments of their lives."

The evening reception was hosted by Marlene's daughter Lisa and husband Walter, long-time Montfort supporters. Laurence, herself a "Montfort baby," said it was an opportunity to pay tribute to her grandmother for all the love and joy she's brought to so many through her art.

"Granny, look at the life you've lived: the art, the travels, the curiosity, the joy. I think I speak for everyone in this room when I say we all hope to be just like you when we're 90."

Still active

The accomplished artist reached the milestone birthday on Oct. 15. She remains as active as ever, Laurence told the crowd.

"Even now ... not a day goes by without her creating something," she said. "Some days it's a painting on canvas. Other days it's a quick sketch from a park bench, which she sends by email to her family and friends with a little description of the scene and how it made her feel. Those emails are like little treasures that land in your inbox in the middle of a busy week."

A native of New Brunswick, Marlene obtained her Bachelor of Fine Arts degree in 1973 from the Université du Québec (in Trois Rivières) prior to continuing her studies at the Center for Advanced Visual Studies at the Massachusetts Institute of Technology in Cambridge, Massachusetts. "Yes, that MIT," Laurence noted.

Later, there was studio work and seminars in San Francisco, California and Montréal, Québec. She spent 11 years painting in her studio in Vence, in the south of France, and later opened a studio and gallery in Boca Raton, Florida.

"In 1993, Amnesty International chose one of her paintings *(The Barriers)* for their poster. It was launched at the Musée du Québec and shown on television in 60 countries. Today her work hangs in public and private collections across North America and Europe," Laurence explained.

In a remarkable career spanning more than six decades, Marlene's artistic journey has seen her explore a wide range of styles — from abstract art to sculpture and, most recently, watercolours. A key theme permeates throughout each artistic period, she explained in an interview with the *Chronicle* earlier this year.

"What delights me most is capturing and getting the emotion across in each of my works,"

>>CONTINUED ON PAGE 29

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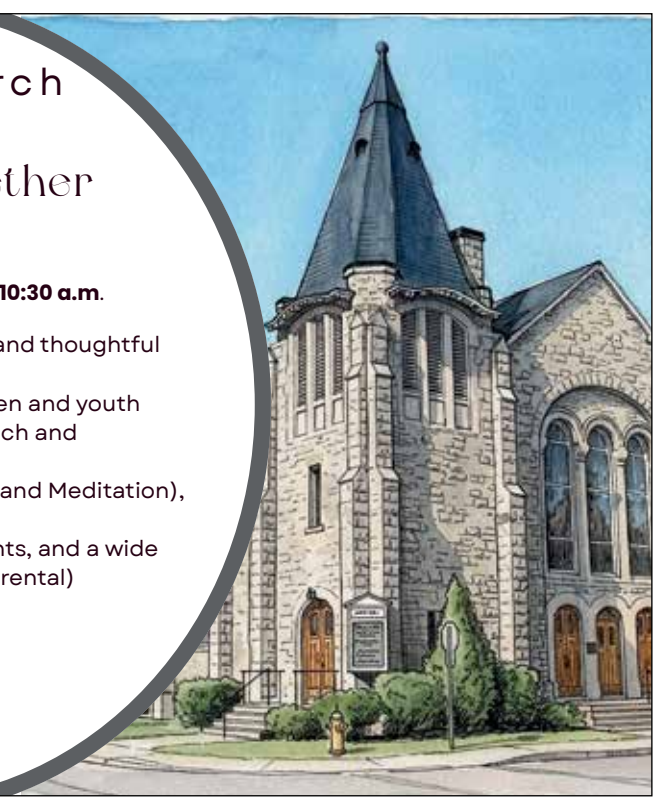
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Fostering a welcoming community for four decades

FROM THE DESK OF:



MPCC Chair
MARK SMITH

As the Manor Park Community Council (MPCC) marks its 40th year serving the neighborhood, we are taking a steady look at how we support our community.

For four decades, the council has anchored itself in local childcare, recreational programs, and gatherings that bring neighbours together. Reaching this milestone gives us a natural opportunity to ensure our programming and our website continue to reflect what residents actually need.

Over the past year, we have updated our visual identity and rolled out a redesigned website to make navigating our offerings simpler. Building familiarity with a new look takes time, but as we celebrate this milestone, our focus is simply on keeping our programs and community connections welcoming and easy for everyone to take part in.

With the new site up and running, we hope it is now easier to learn about and find our offerings and register — especially when it comes to getting involved with our fitness programs this season. To make staying active work around busy or changing schedules, all of our fitness classes now accommodate both full-session registration and convenient drop-in options. We've also updated the website with straightforward guidance to help you weigh the formats and choose the option that best suits your routine. Whether you are looking for the consistency of a full session or the freedom of dropping in when your schedule permits, participation is flexible and straightforward.

As we move deeper into the holiday season, our calendar once again brings the opportunity to gather as a community. We are gearing up for the annual Holiday Night Market on December 4, a festive evening featuring local makers, community shopping, and seasonal treats. Alongside the Night Market, we are excited to once again host the return of the Children's Holiday Market, where younger family members can select gifts for family and friends with the help of one of our "elves".

To make the Children's Holiday Market a success, we are currently seeking donations of new or gently used items — think of books, toys, puzzles, clothing, items for the home — that children will love giving as gifts. Donations can be dropped off at the Manor Park Community Centre (100 Thornwood Rd.) on weekdays between 3 and 5 p.m., or at 1805 Gaspe between 9 a.m. and 5 p.m.

As always, the council relies heavily on community support to sustain our programs, and community events. Whether through volunteering your time, sharing expertise, donating items for the market, or simply participating in our classes and community events, community involvement remains central to everything we do.

We invite everyone to check out the updated website, find a fitness class that fits your routine, and mark your calendars for the upcoming holiday night market. Thank you for your continued support as we celebrate 40 years of community together.

Rock the Block brings the community together

By Katherine Solomon,
Experience & Engagement Coordinator

Rock the Block was a wonderful celebration of community, with neighbours and families coming together for an evening of fun, food, and connection at the community sports fields next to the community centre turned outdoor movie theatre.

The event was well attended, and there was plenty to enjoy throughout the evening. Local vendors shared their goods, young entrepreneurs showcased their ideas at the BIG IDEA tent, and families gathered for the outdoor screening of The Secret Life of Pets. The food on offer was delicious as ever, adding to the festive atmosphere.

Special thanks to our vendors for continuously showing up for our community: Anatomy Physio, Happy Lab, Lilly's Crochet Wonders, Manor Park Brewing, Meeple and Sheep, Nat's Bread, Papa John's Pizza, and Quelque Chose.

The pie-baking contest was another highlight. Congratulations to this year's winner, Zuri, who kindly shared her sweet recipe with us. Be sure to try it yourself at home and let us know how it goes! Regretfully, the only items you may not be able to get that were used in the recipe are the apples that were grown on her property.

An event like Rock the Block depends on the generosity and hard work of its volunteers. From helping behind the scenes to welcoming guests and keeping things running smoothly at the cash, their care and enthusiasm helped make the evening such a success. I personally extend a heartfelt thank-you to the volunteers who hustled tables and tents, worked the point of sale, set up bunting flags, and stayed to the very end to make sure the site was as clean as we found it.

Thank you to all who volunteered, participated, attended, and helped bring the event to life.

Rock the Block is a reminder of what makes community events special: good food, local talent, and the chance to spend time together. We're already looking forward to the next one.



Manor Park Girl Guides were on hand to sell cookies and raise funds. PHOTO: MPCC



Manor Park Pie Baking champion Zuri Epp is all smiles at Rock the Block.
PHOTO: MPCC



MPCC
MANOR PARK COMMUNITY COUNCIL

manorpark.ca

ARTS AND RECREATION PROGRAMMING

ADULT RECREATION

CREATIVE CIRCLE
Wednesdays, 7:30 – 9:30 PM
October 7 – December 16
The Art Space, 1805 Gaspe Avenue
Join a welcoming community of creatives for a relaxing weekly session of fibre arts, needlework, sewing, quilting, painting, drawing, and more. This self-directed group is a place to connect, share techniques and ideas, and enjoy the pleasure of making something by hand in the company of other skilled individuals.

WATERCOLOUR PAINTING WITH LAURIE HEMMINGS – ALL LEVELS
Sundays, 1 – 3 PM
October 13 – December 13
The Art Space, 1805 Gaspe Avenue
Join resident artist and instructor Laurie Hemmings to explore watercolour in a safe, supportive setting, with one-on-one guidance and room to develop your individual style. This popular class is full, but you can request to join the waitlist.

WATERCOLOUR PAINTING WITH LAURIE HEMMINGS
Saturdays, 10 AM – 12 PM
October 17 – December 12
The Art Space, 1805 Gaspe Avenue
Join resident artist and instructor Laurie Hemmings for a welcoming arts program that encourages individual style and offers plenty of one-on-one guidance. Build your skills and explore this beautiful medium in a supportive setting, with lesson topics discussed during the first session.

NEW - HOLIDAY PAINT NIGHT WITH CARO GALAND!
Friday, November 13, 6 – 9 PM
The Art Space, 1805 Gaspe Avenue
Join artist and instructor Caro Galand for a festive painting night and create a gnome on an 11 × 14-inch canvas, with step-by-step guidance and individual support. Beginners and intermediate painters are welcome, and no experience is needed; bring friends or family for a fun evening and take home a painting you'll be proud of.

FITNESS & WELLNESS

Power Up
Tuesdays, 6:15 – 7 AM
October 6 – December 15
The Studio, 1805 Gaspe Avenue
Power Up with instructor Leanne Ward is an all-levels Tuesday morning workout combining strength, cardio, functional movement, core work, and light weights, with modifications to suit your needs. Certified CanFitPro trainer and Manor Park resident, Leanne brings energy and encouragement for a motivating start to your day.



TABATA
Thursdays, 6 – 6:45 AM
October 1 – December 17
The Studio, 1805 Gaspe Avenue
Tabata is a fast-paced interval workout that alternates 20 seconds of exercise with 10 seconds of rest to build strength, endurance, and cardiovascular fitness. Using bodyweight, light equipment, and functional movements, each round can be adapted for beginners and experienced participants alike.

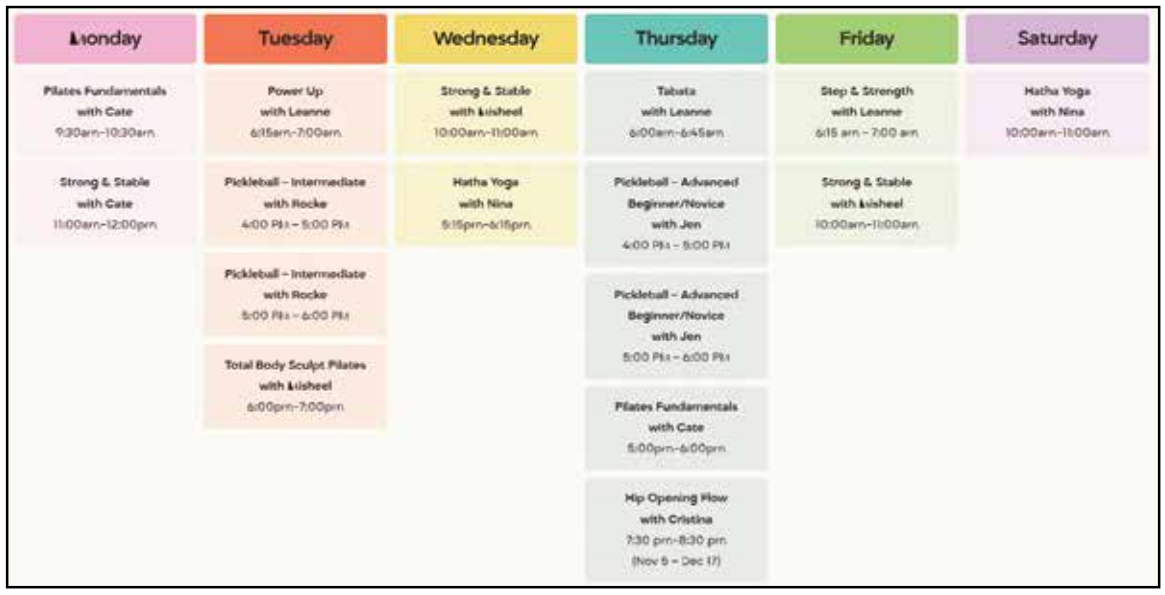
STEP & STRENGTH
Fridays, 6:15 – 7 AM
October 2 – December 18
The Studio, 1805 Gaspe Avenue
Step & Strength with instructor Leanne Ward combines step aerobics and full-body strength training with light weights and bodyweight exercises. This all-levels Friday morning class offers modifications to help you work at a pace that feels right for you.

PILATES FUNDAMENTALS
Mondays, 9:30 – 10:30 AM
October 5 – December 14
Thursdays, 5 – 6 PM
October 1 – December 17
The Studio, 1805 Gaspe Avenue
Pilates Fundamentals uses functional, bodyweight exercises to build core stability, mobility, control, and greater awareness of how you move. With resistance bands and weights, you'll develop strength and practice challenging exercises that support everyday movement.



NEW - TOTAL BODY SCULPT PILATES
Tuesdays, 6 – 7 PM
October 6 – December 22
The Studio, 1805 Gaspe Avenue
Try Total Body Sculpt Pilates, a mat-based workout led by Misheel that combines controlled Pilates movements, core exercises, and functional strength work to build endurance, balance, stability, and flexibility. Props such as light weights, Pilates balls, and resistance bands add variety, with modifications available for all fitness levels.

STRONG & STABLE
Mondays, 11 AM – 12 PM
October 5 – December 14
Wednesdays, 10 – 11 AM
October 7 – December 16
Fridays, 10 – 11 AM
October 2 – December 18
The Studio, 1805 Gaspe Avenue
Build strength, balance, posture, and endurance while learning foundational exercises that support everyday movement and help you move more efficiently. Resistance bands, weights, and individual modifications make the class adaptable to your needs.





NEW – HIP OPENING FLOW
Thursdays, 7:30 – 8:30 PM
November 5 – December 17
The Studio, 1805 Gaspe Avenue
Join Cristina for a mindful yoga class featuring hip-opening poses, gentle movement, stretching, and breath awareness to help release tension and improve mobility and balance. Suitable for all levels, with options to adapt or deepen poses, the class offers time to slow down, stretch, and reset.

HATHA YOGA
Wednesdays, 5:15 – 6:15 PM
October 7 – December 16
Saturdays, 10 – 11 AM
October 3 – December 12
The Studio, 1805 Gaspe Avenue
Stretch, unwind, and practice calming breathing exercises as you move through poses designed to ease stress and stiffness. Suitable for all levels, the class makes poses accessible and encourages you to build alignment, strength, and flexibility through regular practice.

SOUND BATH
Wednesday, November 25, 7:30 – 8:30 PM
The Studio, 1805 Gaspe Avenue
Experience a relaxing sound therapy session with Jennifer, who uses her voice and instruments to create a gentle, immersive soundscape. Each session is unique and offers a quiet space to unwind, ease everyday stress, and reconnect with your sense of well-being.

ADULT SPORTS

PICKLEBALL FOR INTERMEDIATE LEVEL
Tuesdays, 4 – 5 PM, 5 – 6 PM
October 6 – December 15
The Main Event, 1805 Gaspe Avenue
Intermediate players can develop their technique, strategy, and consistency through directed coaching and practice in a small-group session. Choose either 4-5 p.m. or 5-6 p.m.; registration is by the hour, with up to four participants per time slot.

PICKLEBALL – ADVANCED BEGINNER/NOVICE
Thursdays, 4 – 5 PM, 5 – 6 PM
October 15 – December 17
The Main Event, 1805 Gaspe Avenue
For players with some experience, this small-group session offers directed coaching and practice to build technique, strategy, and consistency. Sessions run from 4-6 p.m., with registration by the hour and space for up to five participants.

MPCC MANOR PARK COMMUNITY COUNCIL

manorpark.ca

SPORTS PROGRAMMING

SPECIAL INTEREST

LEARN AMERICAN MAH JONG
Thursdays, 10:15 AM – 12:15 PM
October 15 – November 5
The Art Space,
1805 Gaspe Avenue
Discover American Mah Jong, a lively tile game of strategy, pattern-building, and chance that's easy to learn and fun to play with others. The instructor will purchase a National Mah Jong League card for each player; please bring $21 cash to the first class, as new cards are issued each April.

KIDS & TEENS ARTS & CREATIVITY

NEW – LITTLE HOLIDAY WONDERS – CLAY MAGNET WORKSHOP
Saturday December 12, 10 AM – 12 PM
South Room,
100 Thornwood Road
Get creative with polymer clay and sculpt your own miniature holiday magnets, from festive trees and snowmen to mittens, ornaments, and other seasonal designs. Learn simple shaping and detailing techniques, then take home your handmade creations to decorate your fridge or give as gifts.



HOME ALONE SAFETY COURSE FOR KIDS
Sunday December 13, 9 AM – 4 PM
The Studio, 1805 Gaspe Avenue
The Home Alone Safety for Kids program helps children aged 9–12 build confidence and practical skills for staying home safely, covering topics such as online, kitchen, fire, and emergency safety, basic first aid, and more. Participants who successfully complete the course receive a take-home manual and certificate.



RED CROSS BABYSITTING COURSE
Saturday, December 5, 9 AM – 4 PM
The Main Event,
1805 Gaspe Avenue
Designed for youth aged 11–16, the Canadian Red Cross Babysitting Course covers caring for children, leadership, preventing accidents, and responding to emergencies, including basic first aid. Participants who successfully complete the course receive a Red Cross babysitting manual and certificate.

SPORTS

BASKETBALL
Jr. NBA Basketball (Ages 5-7)
Tuesdays, 6 – 7PM
October 6 – November 17
Small Gym,
Manor Park Public School
The Jr. NBA program introduces children to basketball and helps them develop their skills through age-appropriate drills and games based on a curriculum from Canada Basketball and NBA staff. This co-ed program welcomes all abilities and experience levels, and each player receives a reversible jersey and basketball to keep.

JR. NBA BASKETBALL (AGES 8-12)
Tuesdays, 7 – 8 PM
October 6 – November 17
Large Gym,
Manor Park Public School
Young players can learn basketball fundamentals and build their skills through age-appropriate drills and games in the Jr. NBA program, developed by Canada Basketball and NBA staff. The co-ed program welcomes children of all abilities and experience levels, and each participant keeps a reversible jersey and basketball.

Find your fit: A guide to your adult fitness classes

Looking to get moving but not sure which fitness class is right for you? Whether your goal is to improve balance, build strength, increase flexibility, or challenge yourself with a higher-energy workout, Manor Park Community Council offers a variety of adult fitness classes to help you reach your goals.

Strong & Stable
Looking to improve your balance, stability, and everyday strength? Strong & Stable is particularly well suited to older adults who want to maintain mobility and confidence in their daily activities. Classes focus on functional strength and balance exercises, with many movements performed seated in a chair or adapted to individual needs.

Pilates Fundamentals
New to Pilates or prefer a slower-paced, instructional approach? This class breaks down the foundations of Pilates, helping you develop body awareness, core strength, alignment, and control. Open to all ages and experience levels, it's a great place to start building your practice.

NEW! Total Body Sculpt Pilates
Ready to take your Pilates practice up a notch? Total Body Sculpt Pilates offers a more energetic, strength-focused workout designed to challenge your muscles and build full-body strength. With a faster pace than Pilates Fundamentals, this class is ideal for those looking for a more active Pilates experience.

Hatha Yoga
A welcoming practice for all ages and experience levels, Hatha Yoga combines physical postures, breathing, and mindful movement. Whether you're new to yoga or looking to maintain your practice, it's a wonderful way to work on flexibility, balance, strength, and relaxation.

NEW! Hip Opening Flow
Feeling tight through your hips or looking to move more freely? Hip Opening Flow focuses on movements and stretches that support hip mobility and flexibility. Open to all levels, this class is a great option for anyone looking to improve their range of motion and feel more comfortable in their movement.

Step & Strength, Tabata & Power Up
Ready to sweat? These higher-energy classes are designed for those looking to challenge themselves, build strength, and improve cardiovascular fitness. Depending on the class, expect a combination of strength exercises, cardio, step-based movement, and high-intensity interval training (HIIT)-style workouts. They're great options for participants looking for a more dynamic and energetic fitness experience.

Your fitness journey starts here!
Whether you're just getting started or looking for your next challenge, there's a class to help you move, feel, and live well. Explore Manor Park Community Council's adult fitness offerings and find the class that works for you!

Drop-in sessions are available for fitness classes. Ready to make a commitment? Sessions already in play are pro-rated. Register at manorpark.ca.



MESSAGE FROM RECREATION & COMMUNITY MANAGER



Maria Walsh

As we settle into the fall, I'm excited to share the variety of recreation programs and activities we have planned for the coming months!

Our fall and winter programming offers something for everyone, from children's recreation programs and PA Day camps to adult fitness classes, yoga, art classes, and special workshops leading up to the holidays.

New this fall are Total Body Sculpt Pilates and Hip Opening Flow – two great new additions that complement a great variety of skill levels and abilities. Our instructors are trained to recognize where participants may need adjustments and options in their movements, making for a safe and welcoming atmosphere for everyone. Whether you're looking to try something new, build your fitness, explore your creativity, or connect with others in the community, we have opportunities for all ages and experience levels.

We're always looking for new ways to bring people together through recreation, and we welcome your ideas for future classes and workshops. You'll notice some new opportunities coming up, so I encourage you to try a class or two and see how you like it! Connect with me by email at recreation@manorpark.ca or stop by the Community Centre at 100 Thornwood in the afternoons.

Take a look on our website at manorpark.ca to see all the different offerings and find what's best for you.

MPCC MANOR PARK COMMUNITY COUNCIL

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CHILD CARE AND EARLY LEARNING

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



Amy Mombourquette, RECE Supervisor Before- and After-School

There is something special about fall in Manor Park! While we know the colder days are just around the corner, we are making the most of every last bit of sunshine and warm weather. Our Before & After School children have been taking every opportunity to get outside, play, explore, and enjoy our beautiful community.

One of my favourite parts of working in our program is running into children who have graduated from Before & After School care. Seeing them walking home from school, playing at a neighbourhood park, or simply passing by with a big smile and a "Hi!" never gets old. It is such a wonderful reminder of how quickly children grow, and how lucky we are to be part of their lives for even a small part of their journey.

Our afternoons outdoors have come with quite the soundtrack this fall! Our participants have enjoyed watching pickleball games, cheering on tennis matches and soccer games, and even listening to the occasional trombone concert from a young musician. There is always something happening around here!

And, of course, we are already looking forward to one of our favourite community events, the Children's Holiday Market on December 4 at 1805 Gaspe Avenue. Details are at manorpark.ca.



Julie Irwin, RECE Manor Park Child Care Centre

After recently celebrating our third year since opening our doors, I can say without a doubt that we now feel deeply rooted in the Manor Park community.

Our daily walks have given us the opportunity to get to know many of our neighbours, who our children love greeting whenever they cross paths. We have even had the pleasure of meeting quite a few neighbourhood pets along the way – Hi, Mitsy and Millie!

Thanks to our daily excursions, we have also become quite familiar with the parks and green spaces throughout the surrounding area. Our children developed a few favourites of their own, which they have renamed to their liking.

At the top of our list is the "Musical Bridge" (properly known as the Sumac footbridge). Our toddlers and preschoolers frequently visit the bridge and LOVE creating their own symphony of footsteps and echoes as they stomp their way across. Another fan favourite is the Canadian Police College, or as our children call it, "Pinecone Park." This green space brings so much joy, thanks in large part to its abundance of pinecones. Naturally, they love collecting as many as we can and bringing them back to the centre, where they become materials for play, exploration and creativity.

These everyday adventures have become such an important part of our program. They allow our children to explore the neighbourhood, connect with the people and places around them, and develop a genuine sense of belonging within the community we are so fortunate to call home.



In honour of Early Childhood Educators Day Oct. 21

Words of kindness from day care parents

Where do we begin? We have SO MUCH appreciation for all the ECEs and ECAs at Manor Park Child Care Centre. They are among the most significant figures in N's life. They are the ones she talks about nonstop, the names she incorporates into her stories and that get special mentions in our goodnight songs, the people who we use as incentive to brush her teeth, the ones she wants to share exciting news with.

There really aren't words to explain the depth of impact they have had on N's life (and will continue to have!) so we thought we'd share an example of how their care extends far beyond the walls of 1805 Gaspe.

N is deep into imaginary play these days and one of her favourite games is taking care of her bears — changing their 'big poops', putting them to bed, reading them stories, doing circle time with them, etc. It has been amazing to watch this from the sidelines because we can see the level and quality of care and thoughtfulness that she experiences at daycare reflected back to us so clearly!

She talks to her bears in a very caring way, telling them she will be right back and assuring them that they are okay. She changes their diapers with tenderness and rubs their bellies to put them to sleep. She gives them each a turn to sit on her lap, be picked up, or carried around, and she reads to them and sings them songs until circle time is over.

She is emulating the care she receives and, let us tell you, those bears get the highest quality of care out there ;-) So know that every little encouraging word, rub on the back, or smile shared is nurturing some thoughtful, kind, beautiful humans.

Important years

And this gives us so much joy and great hope because we hear time and again that N and all her toddler buds are in their most important years of development and what they experience now will have a significant impact on creating the adults they will become.

While things in the world can seem bleak these days, the incredible staff at MPCC is making a HUGE difference by nurturing a new generation of compassionate and curious humans who will go on to shape the world in their own wonderful ways. Every small gesture and supportive word has a ripple effect far greater than we will ever know, and there is surely no more meaningful and noble work than this.

We celebrate the incredible staff and all your tireless work today and every day! Thank you, thank you, thank you!!

J & C

Water Works+ Art Show

Saturday, Nov. 21 - Vernissage 1 - 4 p.m.
Sunday, November. 22 10 a.m - 4 p.m

Discover something beautiful this month at 1805 Gaspe Avenue!

Explore more that 130 original works by 11 local artists, featuring watercolour, acrylic and oil paintings in a variety of styles and subjects, from florals and landscapes to portraits, still-life and animal studies. With artworks 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.

Mark your calendar and come experience the creativity in our community!



WaterWorks+

A Collection of Watercolours & More
November 21st & 22nd 2026

Vernissage
Saturday, Nov. 21st, 1-4

Art Show
Sunday, Nov. 22nd, 10-4

The Studio, Manor Park
1805 Gaspe Avenue



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Manor Park photographer inspired by the Old Masters

By Hind Aliliche

Having lived in Manor Park for the past year, I am happy to call this Ottawa neighbourhood home as I continue to develop my artistic practice.

Originally from Morocco, I studied graphic design and illustration in France and Morocco before turning to photography in 2016. My background in drawing continues to influence my work. I see photography as a continuation of drawing. Today, I draw with light.

My fine art portrait photography is inspired by the Old Masters, particularly Rembrandt and Caravaggio. I am fascinated by their dramatic use of light and shadow, their attention to human expression, and their ability to give portraits a timeless quality.

Through my work, I explore different artistic approaches, from dramatic studio portraits inspired by classical painting to more poetic and colourful images. I see portraiture as more than capturing someone's appearance; it is an opportunity to express individuality, emotion and identity through light, composition and atmosphere.

Milestone

Earlier this year, I was delighted to exhibit my work in Ottawa as part of the ART+ Summer Exhibition, organized by MAC-CAM at Arts Court. Being selected for this exhibition was an important milestone and an opportunity to share my artistic vision with the local community.

As I continue building my presence in Ottawa, I hope to participate in more exhibitions, connect with fellow artists and share my passion for fine art portraiture with a wider audience.

Hind Aliliche is a fine art portrait photographer based in Manor Park, Ottawa. Her work can be viewed at hindaphoto.com and on Instagram at @hind_aliliche.



Photographer Hind Aliliche has called Manor Park home for the past year.



I am here. PHOTO: HIND ALILICHE

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St. Columba offers thanks and asks for help again with winter clothing

We at St. Columba Anglican are known for our warm welcome and open, inclusive community. We love and serve our neighbours and invite you to be part of that effort.

I would like to extend a huge thank you to all for your support of our Winter Clothing Drive and Free Pop-Up Shop. It is amazing to see the beautiful clothing items that come in to help others.

We are asking for your help again this year too. I know the time is short. We will accept clothing until November 6.

The need is even greater this year with so many homeless and underhoused. Fortunately, the weather is still warm but this is Canada and it will change any day.

If you can drop off clean gently used warm winter clothing in the next week, we would really appreciate it and so will others in our neighbourhood. (We will gladly accept anything except underwear.) Nothing goes to waste. Once the Free Pop-Up Shop is over, we distribute clothing to agencies in our neighbourhood and across the city.

Let's Talk Series

I also want to invite you to join us for our Let's Talk Series this fall and winter.

We have a wide range of topics. Come and have a cup of tea or coffee and hear from experts about things that will affect us all at some point.

These talks are open to anyone, moms or dads with little ones, seniors and everyone in between. Bring your friends. Please join us for an afternoon and Let's Talk.

If there is a topic you would like to hear about, please ask. We are happy to accommodate.

Or join us Sunday mornings at 10 a.m. We have some special services coming up.

Everyone is Welcome at St. Columba. Everyone!

Save the dates below and please join us...

October 28: Let's Talk Financial Planning for Seniors, 1:30 p.m.

November 2: Monday Let's Talk Parkinson's, 1 p.m.

November 7: FREE POP-UP SHOP for winter clothes, 10-4 p.m.

November 1: All Saints/All Souls Come Celebrate the life of a loved one. Bring a photo, 10 a.m.

November 18: Let's Talk Respiratory Illness presented by Ottawa Public Health, 1:30 p.m.



St. Columba hosted another successful Harvest Chili Supper on Monday, Oct. 19, one of many events held at the Manor Park church. PHOTO: RYLAND COYNE

November 25: Let's Talk Epilepsy, 1:30 p.m.

November 30: Advent Festival of Readings & Music A beautiful telling of the Christmas story in words and music, 10 a.m.

December 17: Quiet/Blue Christmas, 7 p.m. for those finding the season difficult for any reason.

December 19: Holly & Bake Sale – 10 a.m. Beautiful bags of holly and wonderful treats.

December 24: Christmas Eve Service for families and children of all ages, 4 p.m.

Christmas Eucharist: 7:30 p.m. a traditional Christmas Service.

December 25: Christmas Day Eucharist 10 a.m.

Curious? Come try us out

Seeking? Come try us out *Wanting to learn more about Jesus?* ... Come learn with us

You are welcome to any service or to any event. Children and families are very welcome. Sunday School information is available at stcolumbaottawa.ca

Looking forward to meeting you,
The Reverend Susan Lewis.



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St Columba Anglican Church

Everyone Welcome!



WORSHIP SERVICE
Family Eucharist Sunday, 10am (with Sunday School)

UPCOMING EVENTS:
November 7 FREE POP-UP SHOP 10 - 4pm
(Featuring Winter Clothing & Accessories)

November 18 Let's Talk Respiratory Illness 1:30pm
(Ottawa Public Health)

November 25 Let's Talk Epilepsy 1:30pm

December 19 Fresh Holly & Bake Sale 10am

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MPP's bill sparks Kids' Online Safety and Privacy Month

FROM THE DESK OF:



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

Starting this year, October is designated Kids' Online Safety and Privacy Month in Ontario, following the passing of my bill. This month is an opportunity to highlight the importance of digital supervision, education and responsibility.

Children use the internet every day to learn, connect with friends, and explore their interests. While digital technology provides tremendous opportunities, it also presents risks, including cyberbullying, online predators, scams, and the collection of personal information.

Parents, schools, and community organizations all have a role to play. Regular conversations about online activities, clear expectations for device use, and good privacy practices can help children stay safe online. Teaching young people to protect their personal information and seek help when something feels wrong is essential.

Online safety is built on trust. Children should know they can turn to a trusted adult if they encounter harmful or concerning content or behaviour online.

Kids' Online Safety and Privacy Month is a reminder that keeping young people safe online is a shared responsibility. By working together, we can ensure children have the tools and knowledge they need to enjoy the benefits of technology while staying safe and informed.

The Legislature returned to Queen's Park on October 27, and I continue advocating for the residents of Ottawa-Vanier. I will hold the government accountable for how taxpayers' dollars are spent and push for investments where they are needed most.

Too often, we see significant spending in some areas while urgent priorities such as health care, education, and community services do not receive the support they deserve.

■■■

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

À partir de cette année, le mois d'octobre est désigné le Mois de la sécurité et de la protection de la vie privée des enfants en ligne en Ontario, suite à l'adoption de mon projet de loi. Ce mois-ci est l'occasion de mettre en avant l'importance de la surveillance numérique, de l'éducation et de la responsabilité.

Les enfants utilisent Internet pour apprendre, communiquer et se divertir. Bien que les technologies numériques offrent de nombreux avantages, elles comportent aussi des risques, notamment la cyberintimidation, les escroqueries, les prédateurs en ligne et la collecte de renseignements personnels.

Les parents, les écoles et les organismes communautaires ont tous un rôle à jouer. La communication régulière avec les jeunes de leurs activités en ligne, établir des règles claires et encourager des pratiques sécuritaires, comme l'utilisation de mots de passe robustes et la protection des renseignements personnels, peut être une moyenne de faire une grande différence.

La sécurité en ligne repose aussi sur la confiance. Les jeunes doivent savoir qu'ils peuvent se tourner vers un adulte de confiance s'ils vivent une expérience inquiétante ou inconfortable sur Internet.

Le Mois de la sécurité et de la protection de la vie privée des enfants en ligne nous rappelle que protéger les jeunes est une responsabilité partagée. En travaillant ensemble, nous pouvons leur donner les outils nécessaires pour profiter des avantages de la technologie tout en restant en sécurité.

Alors que l'Assemblée législative a repris ses travaux à Queen's Park le 27 octobre, je continue de défendre les intérêts des résidents d'Ottawa-Vanier. Je veille à ce que le gouvernement rende des comptes sur ses décisions et sur la façon dont l'argent des contribuables est dépensé.

Trop souvent, nous voyons des dépenses importantes dans certains secteurs alors que des besoins urgents demeurent insuffisamment financés, notamment en santé, en éducation et dans les services communautaires.

Lucille Collard
MPP for Ottawa-Vanier |
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UPCOMING EVENTS

Beechwood Night Market at Mackay
39 Dufferin Rd.
Saturday November 14th
5pm-8pm

Market at the Farm Store
1805 Gaspé
Saturday November 21st
9am-2pm

Holiday Night Market
at 1805 Gaspé
Friday December 4th
5pm-8pm

Even though financial planning is a year round activity, certain issues become especially important as year-end approaches.



Have your retirement income needs changed?

Would income splitting opportunities improve your overall tax situation?

Did you or will you reach age 71 this year?

Are you considering a donation to a charity this year or next?

Is it the right time to trigger capital gains/losses?

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Art Quiz 2: The 'Hand' tells the tale

By Robert Sauve

Have all countries and traditions known of the havoc that usurpers bring in their tailwind? History does not record. But throughout history there have been enough such autocrats and dictators who have encroached on the good will and ignorance of their fellows that we are right to dread their presence.

A story, dating back approximately to the 7th c. BCE, is found in the Tanakh and tells of one such individual. His story is an age old morality tale to end all morality tales. It hangs in the National Gallery and is a warning to all about the havoc that usurpation brings.

Talk about a hand that tells a tale of arrogance.

That hand is at the centre of this Baroque era masterpiece. It tells the tale of lust, greed and unchecked power. Sounds familiar, doesn't it?

Clues aplenty to set art sleuths loose.

Name the artist and the title of the painting.

See a partial blow-up of the painting.

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

The prize: a tour of the national gallery.

(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.)



Local artist, cont. from page 18

Marlene told Sharleen Tattersfield. "Drawing has always been my strong point. And, being continuously passionate about life and my work."

Special exhibit

Laurence recalled a particular exhibit her grandmother held in Trois-Rivières in 1996, entitled Générations d'enfants *(Generations of Children)*.

"The paintings showed children from different eras side by side, and they carried one idea: inside each of us, there is still a child," she said.

Marlene shared her love of the arts with Laurence and now does the same thing for her great-grandchildren. No matter the creation, there's always love and encouragement.

"That's Granny. It's never about perfection. It's about expression. She isn't only a painter, either. She's creative in everything."

On Oct. 8, it was the community's chance to express their appreciation for her generosity to a hospital that means so much to so many families.

"I hope they feel what I feel when I look at Granny's work: warmth, love, and a reminder that every child has something beautiful to express," Laurence said.

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Previous art quiz sparks strong response from readers

By Robert Sauve

The Art Quiz from the September-October issue of the *Chronicle* — Robert Harris' 'The Meeting of the School Trustees' — generated the largest response to the art quizzes yet.

Many submissions included fond memories of parents who were trustees or teachers; this gives credence to the National Gallery's claim that this painting is a national treasure. It is well remembered as it evokes the challenges and the importance of teachers.

This early Canada narrative painting is a treasure in two senses. First, Robert Harris' technique not only reveals that he benefitted from the most thorough fine arts training an artist of that era could have, he learned and developed his skill at the foremost art academies of the world — in Boston, Paris, London and Rome.

Nods to that training are found in the compositional support of this masterpiece; these include the subtle use of a textured brush stroke, the warm earthy colours and the light-dark contrast he brings to the canvas. This is the chiaroscuro technique that dates back to the Renaissance and Baroque eras. It heightens the drama of the moment depicted — a climactic point is being stressed.

All of this makes this painting aesthetically appealing; it also affirms the importance of learning and of those who champion education. To dwell on this painting for a few minutes brings a smile of recognition that this painting is about us.



The winner of the Art Quiz Peter Zanette (on the right) and I chat about the deep connections we all have with art.
PHOTO: SARAH AT CAFÉ MIRACLE

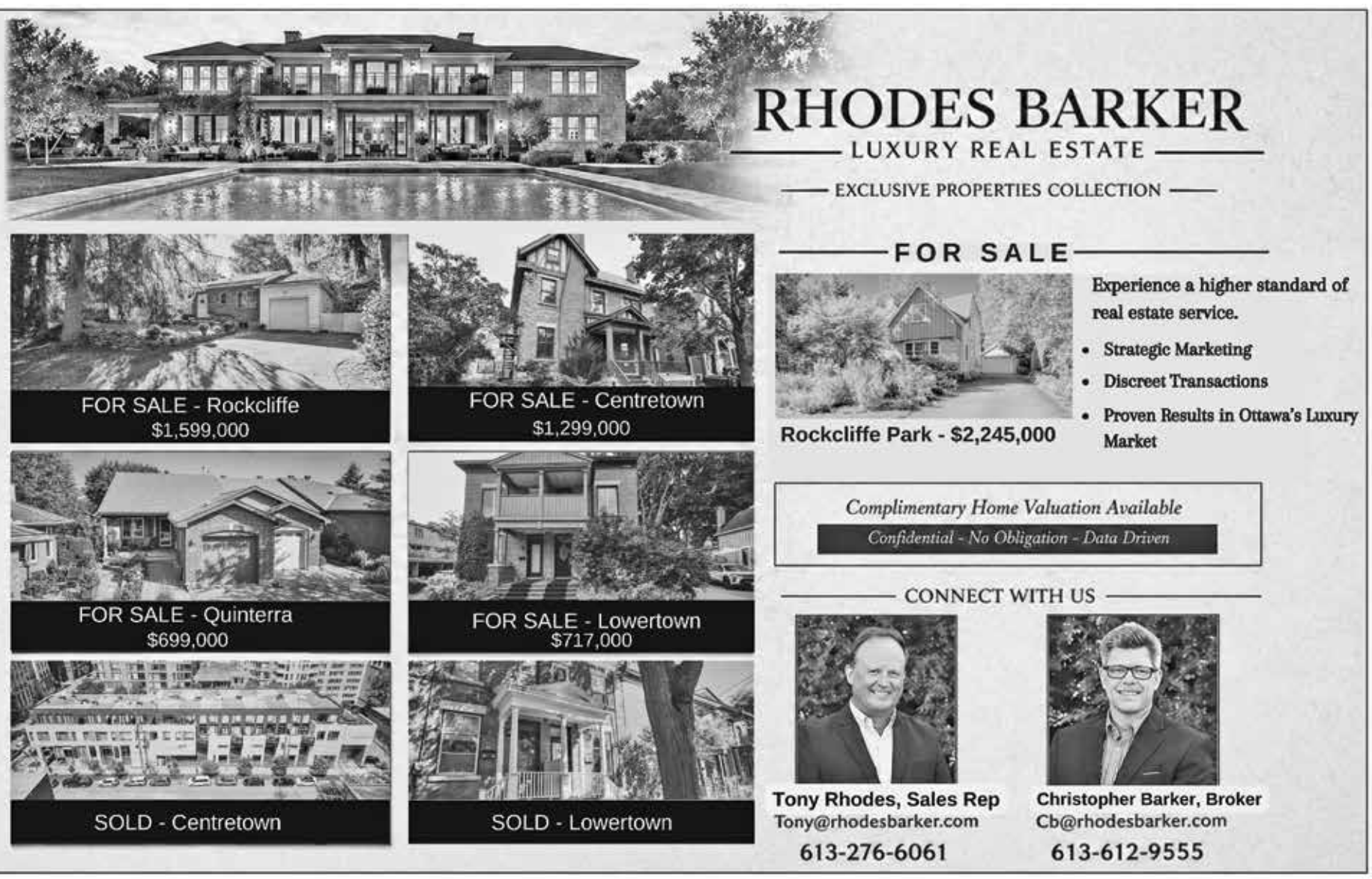
The climax being depicted is better captured by the original title given to this painting: "A meeting of the trustees of a back settlement school Canada the teacher talking them over". The teacher's protective left hand over a student's desk is balanced by her right hand's appealing gesture to the hardened and skeptical trustees. Is there any doubt about the trustees being "talked over" to the needs of the day, whether it be school supplies or simply sending children to school?

In farming communities throughout the land, children were an important source of labour. It would take a great deal of will to make regular class attendance a reality.

There is a second sense that The Meeting of the School Trustees is an iconic treasure. Harris painted the famous collective portrait of the 'Fathers of Confederation' in 1883, paying tribute to the delegates who paved the way to Confederation. As a balance to that picture, Harris paid tribute to the women who were, in a manner of speaking, the 'Mothers of Confederation', the teachers in back settlement one-room schools. From this picture we can readily understand the challenges of teaching in these early homesteaders communities during the era that led to Confederation. Robert Harris intended this to be praise for the skill and determination of those teachers, most of whom were women.

Notice the light streaming into the room from the top left window and the halo effect it gives to the pleading teacher; notice as well the darkness behind the trustees and beyond the door and behind the trustees. What does this say? It's a dark world out there and there is a need for enlightenment, for values and for clarity. Great chiaroscuro effect!

One can't have too much Enlightenment to mitigate the dark corners that surround us! Harris' intention cannot be clearer — PRAISE.



Federal government working to keep expenses down, MP says

FROM THE DESK OF:



Member of Parliament
Ottawa-Vanier-Gloucester
MONA FORTIER

Dear Residents,

As the Member of Parliament for Ottawa-Vanier-Gloucester, I remain committed to advocating for your interests and advancing our community's priorities: affordability, support for families and seniors, and a strong local economy.

The global landscape is rapidly changing, leaving economies, businesses, and workers under a cloud of uncertainty. In response, Canada's new government is focused on what we can control: building a stronger economy to make life more affordable for Canadians.

Our government continues to take action to ease everyday household expenses.

The Canada Child Benefit provides monthly financial support to eligible families to help cover the costs of raising children.

The Canadian Dental Care Plan is already helping eligible residents access essential dental care. This program is making a real difference for seniors, children and families across our riding.

The First-Time Home Buyers' GST Rebate eliminates the Goods and Services Tax (GST) for eligible first-time homebuyers, allowing them to save up to $50,000.

The Canada Groceries and Essentials Benefit provides additional financial support to eligible households to help manage the cost of living. Delivered during the week leading up to Thanksgiving, this payment helps ease the cost of groceries and other essential items. According to reported figures, this measure has already helped 77,000 people escape poverty, while the 25% increase in quarterly payments is expected to provide an additional $8.6 billion in support to Canadians over the next five years.

These measures are complemented by the extension of the suspension of the federal excise tax on gasoline and diesel until January 31, 2027. The deferment is aimed at reducing transportation costs for households and businesses.

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Small and medium-sized enterprises account for 99% of Canadian businesses and employ approximately 64% of our private-sector workforce. Local companies create jobs, drive innovation and contribute directly to the vitality of our communities.

With the tariffs imposed by the United States creating additional challenges, supporting our businesses and choosing Canadian products and services is more important than ever.

The Government of Canada continues to strengthen our domestic market, support Canadian businesses, and diversify our international trade relationships. In Ottawa–Vanier–Gloucester, every local purchase helps support our entrepreneurs, workers and neighbourhood economies.

More Energy-Efficient and Affordable Homes

The federal government has announced a $2 billion investment to support home renovations and

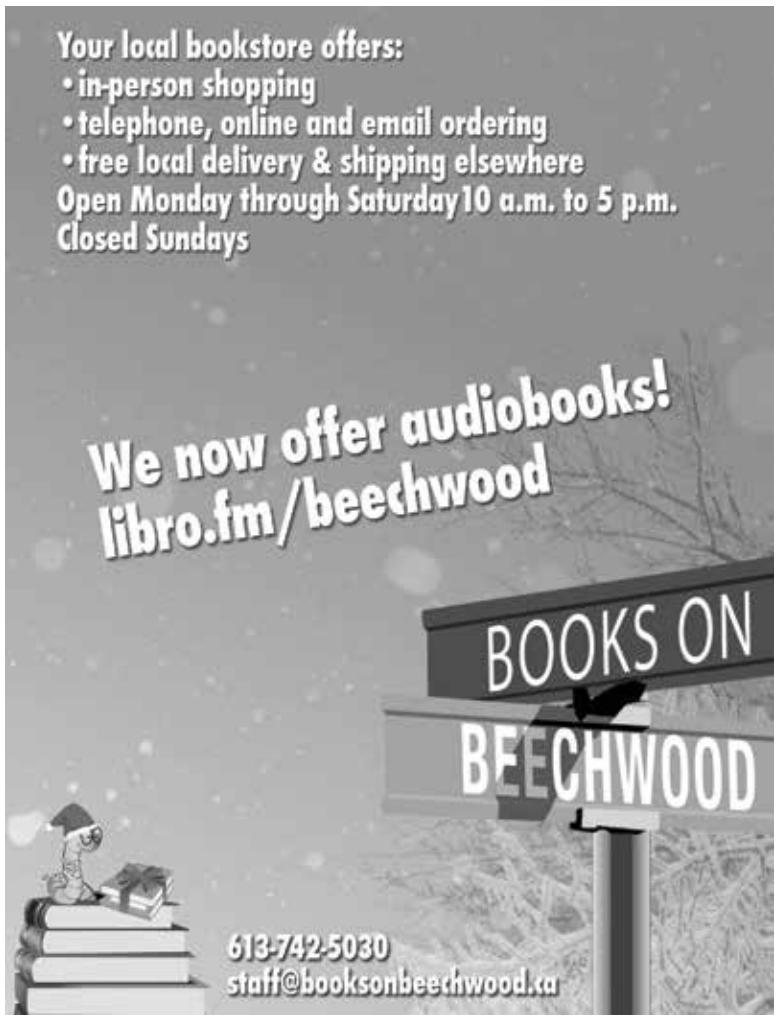
help households lower their energy bills.

Among the initiatives announced, the National Heat Pump Rebate Program aims to make it easier for eligible households to install high-efficiency heating systems, helping them reduce energy costs while improving comfort at home.

My team and I remain available to answer your questions and assist you in accessing federal programs and services.

You can reach my office at 613-998-1860 or by email at mona.fortier@parl.gc.ca.

Mona Fortier
Member of Parliament for Ottawa–Vanier–Gloucester



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Into Me, See: The Heart of Love and Connection

By Sophia Wood Massicotte

As November settles in, we may spend more time with the people we love or find ourselves longing to do so. More evenings around the table. More cozying up on the couch. More space to become present with each other.But being in close proximity to someone does not always mean feeling close.

We can share a home, raise children, exchange messages, or know how someone takes their coffee, and still feel unseen. We talk about schedules, groceries, work and what needs fixing. Yet beneath the routines, we might wonder: *Do you really know what is happening inside me? Am I allowing you to truly see me?*

Into me, see

What becomes possible when we allow ourselves to be more deeply known?

This opens the door to something we all long for unconsciously or consciously: intimacy.

I think of intimacy through the phrase "into me, see." An invitation to see beneath our roles, responsibilities and the version of ourselves that seems easiest to love.

It asks us to move beyond assumptions and the hope that someone will know what we need. It requires clear communication and self-honesty: recognizing what feels true within us, then finding words to express it. We cannot control how someone receives our message, but we can choose how we share it.

Intimacy extends beyond romantic partnerships into friendships and family relationships. Each relationship has its boundaries and level of depth. What we share with a partner may differ from what we share with our neighbour.

Intimacy can mean laughing together or sharing a moment. Other times, it means saying, "I have been feeling lonely," or "This matters to me more than I have let on."

And yes, this kind of honesty can feel vulnerable.

The parts we keep hidden

Many of us have learned to preserve connection by keeping our truth to ourselves. We say we are fine, soften our needs, make a joke, or stay busy. Perhaps we fear being too much, disappointing someone, or hearing an answer we do not want.



Sophia Wood Massicotte explains how intimacy grows when honesty meets care. PHOTO: SOPHIA WOOD MASSICOTTE

These protections are understandable. They may have helped us navigate moments when openness was met with criticism, dismissal, or distance.

The irony is: ***the more we hide to preserve closeness, the harder it becomes to feel close.*** Someone may love the version of us they see, while we long for them to know the parts we hide.

Making room for emotional safety

Emotional safety means there is room to speak honestly, disagree, have boundaries, and say no without being humiliated or punished. It does not mean every conversation feels comfortable. It means our feelings are treated with respect, even when things are difficult.

We build that safety within ourselves by honouring our own needs, and for another through our presence: listening before reacting, asking rather than assuming, and respecting a boundary. After a misunderstanding, we can take responsibility: "I can see how that hurt. I want to understand you better."

Vulnerability needs discernment, too. We do not owe everyone access to our tender places! Sometimes, the next best step is a clear and clean boundary.

A small practice for connection

Pause somewhere quiet. Feel your feet on the floor and notice the support beneath you. Let your breath move.

Bring to mind someone who has shown they can meet you with care. Ask: *"What is one thing I wish this person knew about my inner world?"*

A feeling? A hope? A need you have been brushing aside?

If sharing feels right, choose a calm moment. Ask: *"Do you have space to hear something that has been on my mind?"* Offer one honest sentence. You might add: *"I would love you to listen before we look for solutions."*

Then make room for their world: "How has life been feeling for you lately?"

A little more room for truth

Intimacy grows when honesty meets care. It asks us to share what is true, listen with curiosity, and respect each other's boundaries. With emotional safety, we can begin to loosen the protections keeping us apart. One conversation at a time, we create space for love to be felt, and for both people to belong as they are.

Sophia Wood Massicotte is an Embodiment Mentor & Threshold Guide and founder of Alkimia Embodied Healing Arts. Through private mentorship, community gatherings, and retreats, she supports people in cultivating self-trust, authentic expression, and deeper connection. Explore her world and find a warm, welcoming space to reconnect with yourself at alkimiahealingarts.ca

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DOGS IN THE 'HOOD



The *Chronicle* would love to feature your dog in its Dogs in the Hood column. Please send digital photos (landscape orientation / high resolution please) and a brief description (max 65 words) to dogsinthehood.chronicle@gmail.com.



BANDIT
Bandit is a 1 1/2-year-old potcake rescue from Barbados, adopted by her Manor Park family through 'Sit with Me' in December 2025. Not to brag, but we think she's the cutest and sweetest dog in the world! Bandit's favourite activities are cuddling, chewing on her bone, sleeping and playing outside. She also loves meeting people and other dogs from around the neighbourhood.



RIVER
"Hi! I'm River, a two-year-old Airedale terrier who is very happy to be living in Manor Park. My litter mate and sister lives nearby in the neighbourhood. My tribe thinks that I bark too much but I'm just happy to see people and their dogs walking by. I have big shoes to fill as my predecessor, Zoey, was also an Airedale and she was well-known and loved."



SIRIUS
Our wonderfully good boy Sirius ran over the rainbow bridge this past August. A retired, husky mix sled dog, Sirius was almost 12 years old. He was very happy in his adoptive home for more than six years. Deeply loved by his family, Sirius will also be missed by so many of his human and furry Manor Park friends, alike.



SNOWBALL
Meet Snowball, a 10-year-old white Schnauzer mix with the personality of a tiny, opinionated celebrity. He's not exactly a people person but absolutely loves other dogs. A committed foodie and professional napper, Snowball prances like a horse whenever winter and the dreaded booties arrive.

Cold weather tips for pets

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

Limit outdoor exposure:
When the mercury plunges, limit their exposure to freezing temperatures, blustery winds and sleet which hurts can their eyes.

Be mindful of sensitive paws:
After a walk, wipe down their paws to remove snowballs and salt, to avoid the temptation of lucking them clean.

Avoid contact with antifreeze:
Watch for antifreeze spills and leakages as animals find it tasty and will consume if given the chance.

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Manor Park block parties build community connections

Have you ever considered organizing a block party with your neighbours? Here are two examples of block parties that are quickly becoming local traditions in Manor Park.

The Lonsdale Lights Block Party

In early September, the residents of Lonsdale Road gathered for the 3rd annual 'Lonsdale Lights' party.

The idea of organizing a neighbourly gathering was hatched by a few residents during an impromptu front-lawn meal when their households were without electricity for over 11 days after the Derecho storm of 2022. It took a couple years to get from idea to execution, but since 2024 two neighbours, Eugenie and Todd, have coordinated the evening event, during which the street is temporarily closed to vehicle traffic from Thornwood Road to Justin Avenue.

Every household on Lonsdale is informed and invited, people are encouraged to bring snacks and desserts to share, lawn chairs and tables come out, and kids play while neighbours get to know each other and re-connect. For a few special hours each year, the street is transformed from a space primarily for cars into a place for people.

The event is fondly named Lonsdale Lights — a gathering at the end of summer as the sun sets under a couple of strings of outdoor lights. The lights are securely hung using climbing ropes stretched across the street (supplied and hung under Todd's expert guidance).



For the first two years the street was informally closed to cars, using a strategically parked VW van at one end (thanks Joe!) and a couple of hockey nets at the other. This year, we made it a bit more official — having learned that the city has a new and easier process to get a Residential Block Party Permit. This is straightforward. Apply online with at least 15 days notice, sign a waiver, ensure everyone directly affected is notified of the event, and go to the Hurdman Road Yard in advance to pick up some orange barricades.

One year, a newly arrived diplomatic family commented on how lucky we were to be able to safely gather on our street and meet with neighbours. They remarked that this freedom was not the norm, having lived in other parts of the world.

We appreciate that we can have such an open, safe and multi-generational event. Neighbours who have lived on the street for decades have had the opportunity to share stories with newer residents. For example, hearing about living in the second house built on Lonsdale in the 1950s, back when it was a dirt road and a farmer's field with backyard sightlines all the way to the cemetery!

Lonsdale Lights has become a much-loved annual event for the life of our street. We hope sharing our experience organizing this event might inspire more neighbours to organize their own street or block parties throughout Manor Park and beyond. It's easier than you might think and a real pleasure.

Submitted by Eugenie Waters with contributions from Todd Lamont.



The Riviera Drive & Apple Tree Lane Block Party

On the second Saturday of July for the past two years, residents of Apple Tree Lane, Riviera Drive, and Chelsea Drive have gathered to eat and be merry together. After moving to this hidden gem of Manor Park in 2023, I was determined to build community and connection amongst our neighbours. It is highly important to me to build and maintain relationships within my community so we can support each other, whenever needed. I genuinely want to know and support the people I live by!

While our house shares a cozy corner of closely connected and loving neighbours, I knew that I wanted that feeling to extend beyond just our intersection. I had organized "driveway dinners" before in other communities I'd been a part of, and I'd heard in years past there was a Potluck in the Park organized by other neighbours that hadn't continued. I was really keen to create a celebration for our community and to reclaim the space that is so often used by (speeding) vehicles to bypass nearby construction or traffic.

Now after two successful years, our block party has seen fantastic attendance by many of our neighbours, usually beginning at 12 p.m. and finishing long after the sun has gone down. Backyard furniture or camping chairs are brought to the street, barbecues are rolled out, and loads of food is brought to share.

While many adults sit, chat, and connect about life (including complaints about the traffic issues and the blind corner on our street!), the children play safely on the closed road. This past year, we brought out a splash pad, bouncy castle, and face painting for the kids which was a blast all around. We even had a local, young entrepreneur (Lilly MacDonald) come to teach the children crochet, which was a huge hit!

I find the process to apply for the (free) block party permit from the City of Ottawa quite straightforward. The city offers free barriers, if they have them available. Our dates usually line up with Bluesfest and therefore, there are none available. We've made do with pylons and caution tape or I've rented barriers from Beacon Lite.

Each year, I create and print an invite which doubles as a road closure notice, engaging our local kids to deliver one to all of our neighbours.

I know our block party helps to build and deepen connection and community amongst our neighbours. It is fantastic to know our neighbours by name and stop to chat when we see each other. Our block feels extremely connected and supportive — a "village" type of community many long for!

Our block party remains one of my favourite parts of the summer. There's been a request for a winter version for a block party, including a block-wide snowball fight, but perhaps I'll allow someone else to plan and organize that.

Any Manor Park neighbours are welcome to join us for our next block party on the second Saturday of July next year!

Submitted by Megan Underwood

Note: If these stories have inspired you, search for 'Residential Block Party Permit' on Ottawa.ca to see how easy it is to get a permit for your next block party.



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New play *Daughters of Khadija* explores family secrets and a quest for justice

By Matthew Behrens

In a story inspired in part by disturbing Ottawa headlines, a new play, *Daughters of Khadija*, is premiering on Nov. 28 and 29 at Saint Paul University Amphitheatre (223 Main Street, Ottawa) by Burning Passions Theatre. Burning Passions Theatre is a professional theatre company known for producing the award-winning Classic Theatre Festival, as well as a recent trilogy of plays about Ottawa seniors.

Written and directed by Ottawa theatre artist Laurel Smith, *Daughters of Khadija* is co-sponsored by the Ottawa Muslim Women's Organization and supported in part by the Government of Canada.

"This play follows a group of Ottawa women — mothers, daughters, friends — as they navigate their daily lives, each clinging to their dreams while carrying the unwelcome weight of how others often unfairly view them," says Smith. "This story is ultimately about finding the courage of one's voice, overcoming obstacles, and living inside one's hope."

After a series of consultations to discuss community concerns, a diverse troupe of performers came together to develop, rehearse and perform the play.

Troupe member Suzanne Ragheb's painting, "Absence," is the signature image for the production.

"As a visibly Muslim Palestinian woman, my lived experience has taught me what it means to be judged before being known, overlooked before being given a chance, and to carry the quiet fear of being targeted simply for who I am," explains Ragheb, an artist, community advocate, and architecture graduate. "I was drawn to this play because I wanted to help tell stories that statistics cannot capture and stereotypes cannot explain: the fears we carry, the opportunities we lose, the dignity we fight to preserve, and the resilience it takes to keep showing up in a world that does not always see us for who we are."

Unique space

Fellow performer, healthcare professional and emerging poet Jamilah Bah, states, "Theatre offers a unique space where difficult realities can be explored openly, without judgment, and made accessible to audiences from all walks of life. Daughters of Khadija encourages us to challenge our perceptions, fosters meaningful conversations, and, above all, cultivates empathy, because sometimes, understanding another person's reality begins simply with being willing to witness it."

For Smith, putting together a group of first-time performers has been "a real joy. Seeing each actor come into their role has been exciting and rewarding. Writing the show has also been a wonderful journey. All families carry secrets. Suppressing them can be harmful. But how, why, and when we address them can prove liberating, lifting a weight and deepening our relationships."

Another performer, Nadia Firoz, a veteran of international development, research, and community engagement work across Canada and South Asia, is currently completing a PhD focused on the experiences of Rohingya refugee women.

"As someone who has spent years researching questions of identity, belonging, exclusion, and displacement, I was drawn to this play because it explores how easily our sense of safety and belonging can be shaken," Firoz explains. "What I find particularly powerful about my character is her belief that if you work hard, live respectably, and avoid trouble, you will be safe. Yet life does not always work that way, especially when prejudice and fear shape how others see you."

Confront Islamophobia

In early October, Ottawa Police announced it was "aware of threatening and hateful emails sent to Muslim Association of Canada schools and centres in Ottawa." An attack on a young Muslim woman riding an OC Transpo bus in 2025 drew national attention.

Heritage Minister Marc Miller remarked at the October 1 start of Islamic History Month that, "We must continue to confront the scourge of Islamophobia that affects Muslim communities across the country." The United Nations Special Rapporteur on Racism, Ashwini K.P., recently released concerns about "high levels of Islamophobia in Canada and unacceptable rises in anti-Muslim hatred ... fuelled by misinformation and disinformation, which also all too often leads to real-life violence. I heard harrowing accounts of attacks against mosques, vehicle attacks against Muslims, and violence directed toward Muslim women, including those of African descent, when they are wearing head scarves in public."

Smith reminds audiences that Daughters of Khadija "is a play about people, not politics, even though all of us are deeply impacted by what happens in the political arena. We love theatre because it builds empathy and understanding, reminding us of what it means to be human, to live in community, to recognize our commonality."

Daughters of Khadija will run for four performances: November 28 and 29, both days at 1:30 p.m. and 7:30 p.m., with pay-what-you-wish tickets available at bptheatre.ca and 613-695-9330.

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Montfort Hospital Foundation launches $10 million fundraising campaign

By Ryland Coyne

It's an investment in health care to last generations. That's the message from the Montfort Hospital Foundation as it embarks on an ambitious fundraising initiative this fall.

The Montreal Road health facility kicked off its $10 million campaign on Oct. 14 at the nearby Porsche dealership. To date, a total of $5.5 million has been raised. That includes $1,117,000 in donations that evening.

With the public announcement last month, the foundation invites area residents to join what it terms "a shared vision," one that allows the hospital to take advantage of the latest technological advances and equipment.

"To continue offering Montfort patients the best possible care and providing our teams with the tools they need to excel, we must invest now in state-of-the-art equipment," notes Lise Parent, Chair of the Board of Directors of the Montfort Foundation. "This campaign is a concrete investment in the health of our community, today and for generations to come."

The money raised through the campaign will assist in upgrading equipment in a dozen hospital departments.



Valérie Dubois-Desroches, Senior Vice-President, Patient Care, takes a look at one of the Montfort Foundation's campaign posters. PHOTO: RYLAND COYNE

Valérie Dubois-Desroches, Senior Vice-President, Patient Care, has been with Montfort for 24 years. She knows just how important it is for the hospital to maintain up-to-date equipment and services. And that's where this campaign comes in.

"It's helping us by covering the cost of specialized equipment in very different sectors that are used, either by physicians, by specialists or by team members. But it is 100 per cent for patient care," she told the *Chronicle* in a recent interview.

Caring for community

"The equipment we're looking to raise money for is for all sectors. It could be the Emergency Department as well as the Imaging department, surgery."

A growing focus is the Montfort Birthing Centre, "another big entry point," according to Dubois-Desroches. "A lot of babies are born here (including her own three children), we're going to reach 3,500 babies this year."

Beyond the actual day of birth, the more than 3,000 families access the hospital multiple times leading up to the big day. "I mean, there's a lot of clinic appointments, ultrasound and imaging and blood tests that are done throughout."

Laurence de Montigny St-Onge gave birth to both of her children at Montfort. Speaking Oct. 8 at a ceremony in honour of her grandmother Marlene Munroe de Montigny (see separate story), she said she could not have asked for better care.

Her son was born in December, 2020, at the height of the pandemic.

"It was an uncertain time to be having a baby. But here, I felt completely at ease. The team created a little bubble around us, as if we were sheltered from everything going on outside these walls. I'll never forget that," she said. "... I've recommended Montfort to anyone who will listen: pregnant friends, coworkers, friends of friends. I'm a bit of an unofficial ambassador.

Campaign benefits

Orthopaedics will also benefit from campaign funds.

"There are lots of procedures being done here at Montfort," Dubois-Desroches says. "For example, knee replacement, hip replacement or other types of joint surgeries. We see them (patients) in advance when they need consultations, sometimes when they need physiotherapy and surgery. This is another big program of ours."

She notes this area of health care has evolved over the years. "For joint replacement, you used to be admitted in to hospital for multiple days when I first started. Now, you actually go home on the same day."

Another area of focus is ophthalmology.

"With the aging and growing population, eye surgery and cataract surgery is definitely a need. It does have a very big impact on quality of life, if you get the procedure you need right," Dubois-Desroches says.

According to information provided by the foundation, funds raised will also be used to:

- completely modernize diagnostic imaging in the radiography room,
- provide the latest in technology for dialysis patients,
- build three negative pressure isolation rooms,
- the purchase of 40 new medical beds (including one bariatric bed),
- invest in an advanced imaging system for the Urology department,
- modernize the nurse-call system,
- create and fund a research chair in mental health and AI,
- purchase a wide variety of specialized equipment.

"We're definitely looking to offer excellent care to all and I think the specialized equipment like this enables us to be able to offer the best care possible," Dubois-Desroches says.

Campaign

With the campaign having reached more than half its goal to date, the push is on to raise the remaining $4.5 million.

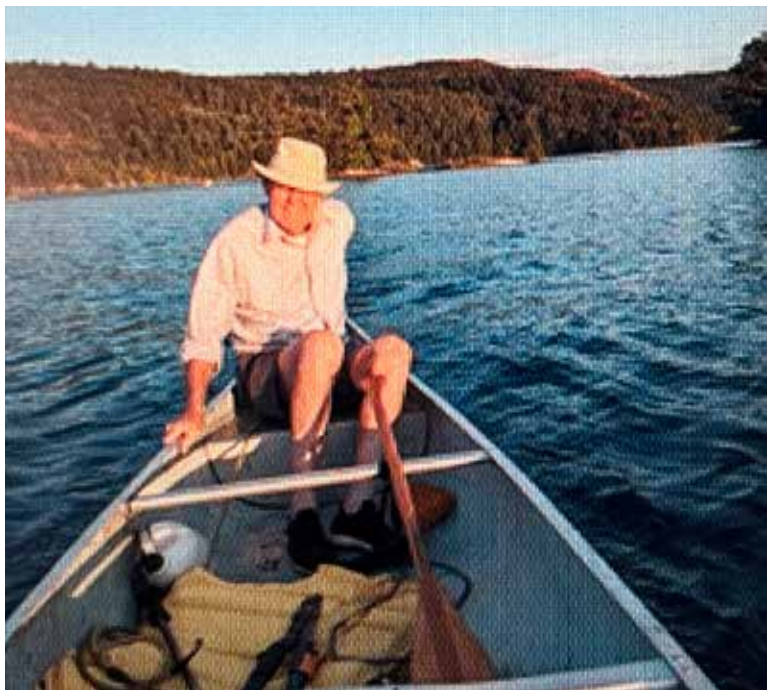
Josée Turcotte of the Montfort Foundation says anyone can contribute to the campaign by visiting its website: www.foundationmontfort.ca or by calling the foundation's office at 613-748-4920.

"With this campaign we talk about the generations because for us it's important," Turcotte explains. "As Valerie mentioned, lots of babies are born at Montfort, so we want to make a bridge between the generations. Yes, we have older patients but it's important to say you can start your life at Montfort as well. We advance care at Montfort for the new generations, we're thinking about the future."





MEET YOUR NEIGHBOUR: LEIGHTON BROWN





Leighton Brown, a 50-year Manor Park resident, enjoying some time on the water (left photo) and on the open road (right).
PHOTOS: SUBMITTED

Who are you?
My name is Leighton Brown and I live on Birch Avenue.

Where were you born?
I was born in Ottawa at the Ottawa Civic Hospital.

Why did you choose your occupation? Did you ever consider another occupation?
I was interested in working with kids and in how they learn best. I considered several other occupations but found opportunities to try new work experiences as a teacher.

What is the most important thing in your life right now?
The most important thing in life right now is watching my grandchildren grow into interesting people and finding ways to enjoy a variety of outdoor experiences.

Why do you live in Manor Park?
I have lived in Manor Park for over 50 years. It is a wonderful area with its beautiful neighbourhood and it was also very close to where I worked, on CFB Ottawa (North), most of my working life.

If you could live anywhere else in the world, where would you go and why?
I have often thought New Zealand would be an interesting place to live: close to the water and great outdoor opportunities.

What was the last book that you read?
The last book I read was published by The Gatineau Valley Historical Society, *The Story Of An Irish Pioneer Family*, about a family who settles in Low, Quebec in the 1850s, by Martin Lamontagne.

What do you do to stay healthy?
To stay healthy, I stay very active mostly outdoors all year and try to eat as healthy as possible.

What has been one of your biggest challenges?
One of my biggest challenges has been to learn as much as I can about the early settlement of the Upper Gatineau Valley.

If you could have dinner with any three people alive or dead, who would you choose? What would you serve?
I would like to have dinner with Philemon Wright, Marshall Brooks and Mary Sweeney who were prominent settlers of the Upper Gatineau Valley. I would serve a typical meal of pioneers in the 1850s in the Gatineau Valley.

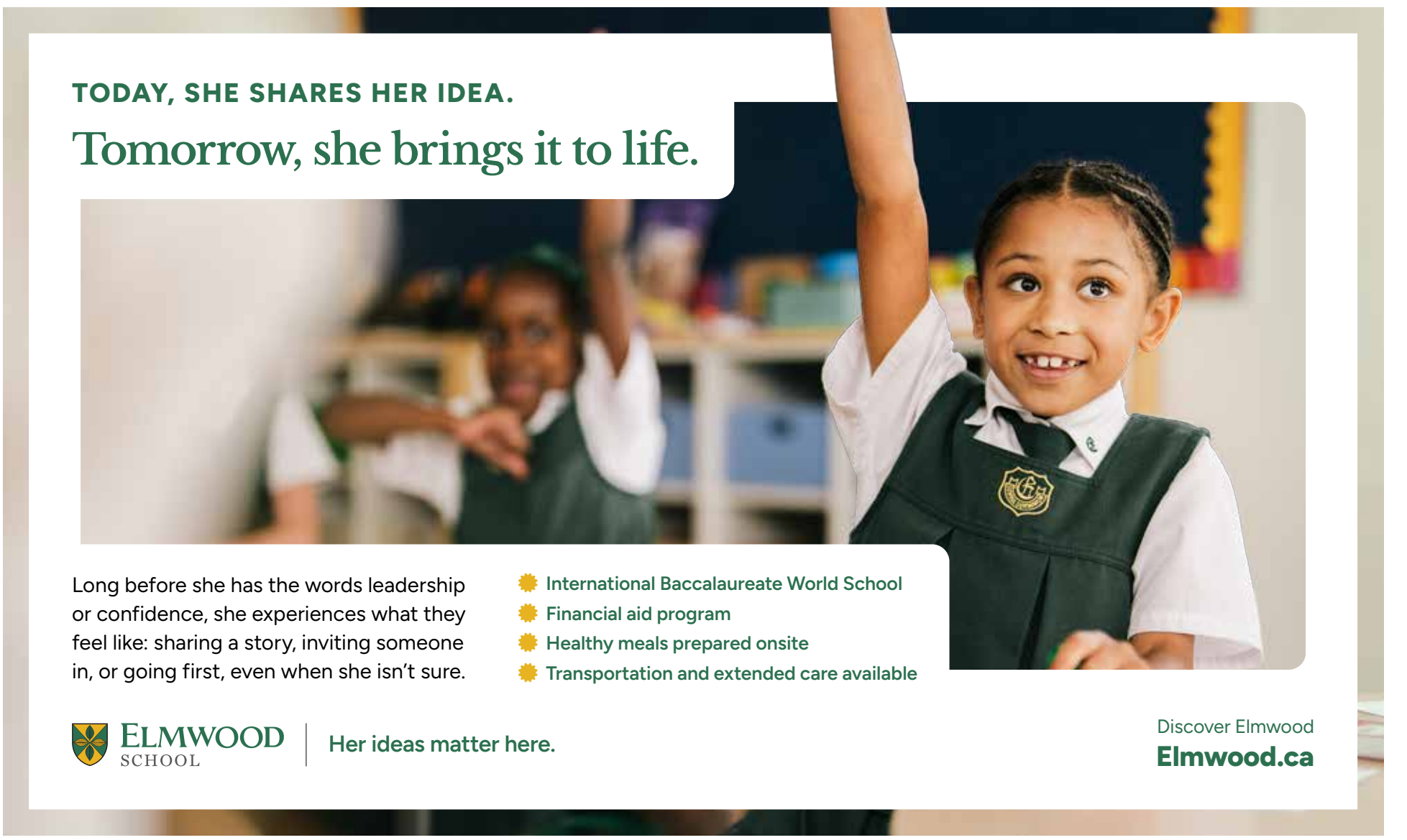
Who would you cast to play you in a movie about your life?
I would cast Pierre Trudeau to play me in a movie about my life, for our shared interest in Mercedes sports cars and canoes!

If I won the lottery, I would spend my winnings on....?
If I won the lottery I would spend winnings on helping other people who deserve it.

What is your favourite childhood memory?
My favourite childhood memories are of growing up in the country outside Ottawa and having adventures with my Collie dog named "Collie".

My favourite thing about Ottawa is....?
My favourite thing about Ottawa is its beauty and the numerous opportunities for outdoor adventures it offers.

My least favourite thing about Ottawa is....?
I dislike the increase in traffic and the unskilled drivers.



Giving back close to home

Husband and wife team up to assist RRCRC Community Food Bank



Mike Wilson and Stephanie Meyer volunteer with the RRCRC Community Food Bank. PHOTO: GABRIELLE DAVIS

By Mike Wilson and Stephanie Meyer

After a fall hike in Gatineau Park, my wife and I were reminded that Giving Season is upon us. Soon our inboxes will be filled with appeals from organizations doing important work. This year, we'd like to make the case for one especially close to home: helping our neighbours build better lives through the Rideau-Rockcliffe Community Resource Centre (RRCRC).

Last year, we retired and began thinking about how we wanted to spend this next chapter. We wanted to give back in ways both practical and local. We wanted to get to know our community better and help where we could.

We knew that Rideau-Rockcliffe includes some of Ottawa's wealthiest neighbourhoods alongside some of its most financially vulnerable. Still, knowing that, and understanding what it means in people's daily lives, are two very different things. It's easy to live comfortably in one part of our ward without appreciating the pressures facing families just a few streets away.

RRCRC's Community Food Bank became our entry point. We started volunteering one afternoon a week, working directly with community members and helping to distribute food. We also helped to develop an inventory management system.

There is something grounding about this work. Whatever your professional background, there are groceries to organize, shelves to stock and people to welcome. You have a useful job to do, alongside staff and volunteers who care deeply about the community they serve.

Sobering numbers

The scale of the need is sobering. Nearly 15 per cent of our ward's residents accessed its food bank in 2025, including more than 2,000 children. Annual food bank visits were four times what they had been in 2020.

Those numbers describe people in our own community. Parents trying to keep their children fed. People trying to make limited incomes cover rent, utilities and groceries. Neighbours for whom an unexpected expense can upset an already precarious balance.

As we became more involved, we joined the centre's Community Champions Circle to help raise awareness about RRCRC's work and support fundraising efforts. That opened our eyes to how much more the centre does.

Food is an immediate need. But helping a family find stability often means working through several connected challenges; this could include housing, income, employment, health and/or isolation. RRCRC helps people navigate these challenges and connect with support offered by the centre or one of its partner organizations.

Other services

One example particularly struck me. In 2025, its free Community Tax Clinic helped more than 1,000 residents file their returns and access more than $5.2 million in tax credits, benefits and refunds. That is money they are eligible for, but people may need help completing the paperwork to receive it. A little practical assistance can make an enormous difference.

RRCRC also offers counselling, crisis intervention, and help navigating government services. Its community meals, gardens, and programs for children, youth, adults and seniors create opportunities for people to connect. Skills development and leadership opportunities help residents build confidence and take their own next steps.

Taken together, these services help people meet today's needs while building greater independence and connection. They give families more room to breathe, more options and a better chance to thrive.

That matters to all of us. A community's well-being depends partly on how willing we are to look beyond our own households and invest in one another.

Giving season

As you consider your giving this season, please consider the Rideau-Rockcliffe Community Resource Centre. A financial donation helps sustain this work as demand grows. If you can, a monthly contribution gives the centre dependable support throughout the year.

And consider volunteering. There are many ways to contribute your time, skills and experience. You don't need to arrive with all the answers. We certainly didn't. You can start by showing up and being willing to help.

To donate or learn more about volunteering, visit www.crcrr.org. This giving season let's help more of our neighbours thrive.

Mike Wilson and Stephanie Meyer are RRCRC Community Food Bank volunteers and Community Champions.

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Problem dog behaviour in Canada: issues and solutions (PART 2)

By Gregory Thompson

In the previous issue of the *Manor Park Chronicle*, we discussed the frequency and seriousness of problem dog behaviour. In this issue we will explore causes and solutions. Readers can find previous issues of the *Manor Park Chronicle*, including this column, online at: https://manorparkchronicle.com/

Problem Dog Behaviour – findings

This past summer I undertook a series of over 25 informal interviews in and around Manor Park with dog walkers, home owners, and city bylaw officers. I inquired as to whether or not they had experienced or had any anecdotal information concerning aggressive dogs. Many described attacks, bites and charging incidents that injured persons and/or their dogs, including some that resulted in major wounds, serious falls and broken bones. Some also pointed to off-leash areas as being particularly dangerous for both dogs and their handlers.

As the number of dogs has increased in Canada, so has the incidence of problem dog behaviour. The resulting injuries to people and their pets range from minor to life-altering, to sometimes fatal. Although we would wish it otherwise, Manor Park and surrounding neighbourhoods are likely experiencing the same increasing levels of dog attacks and bites as is every other community in Canada. A serious dog attack this past September at a nearby off-leash area underscores the need for owners to better understand, train and actively manage their dog's behaviour.

Aggression: Causes, Management and Prevention



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

Aggression, according to B. Kilcommons in *Good Owners, Great Dogs,* is a dog's most powerful survival tool, one that they will rely upon throughout their life. Aggressive behaviour comes in two forms: *dangerous dog behavior,* which involves attacks and bites; and, *"friendly" dog behavior,* which, despite reassurances from the handlers that their dogs are friendly, involves charging, jumping and biting.

Some dogs have a reputation for being aggressive, particularly those bred for security purposes. But given the right set of circumstances, all breeds — from the massively-built Cane Corso to the diminutive Chihuahua — can and do bite. Those dogs that are prone to biting will bite again. Aside from injuries, muzzle restraints, fines and lawsuits, an aggressive dog with a history of biting, or worse, will end up being euthanized. In the end the dog pays the price for our negligence.

Causes: What causes dog aggression? Aggression can be triggered in many ways. Fear of unfamiliar objects, larger dogs and other people are very common triggers, as is guarding of food or home territory. Injuries, mistreatment and genetics can also play a role. Further, some dogs use aggression to establish and maintain "pack" dominance in the household. Aggressive behaviour can also be unintentionally rewarded and encouraged. For example, instead of firmly correcting unwanted behaviour, some owners pet, feed or pick up their aggressive dogs in an effort to calm them down. Similarly, well-intentioned individuals looking to pat your dog can undermine your dog's obedience training while rewarding undesirable lunging and jumping. Further compounding the problem is the widespread use of extendable leashes and body harnesses. The leash rewards and enables pulling and lunging, and the harness hinders effective correction.

Management and Prevention:

Since aggression comes with every dog regardless of the breed, as the owner what are you going to do to manage your dog's aggression?

In a few instances dog aggression may not respond well to training. If your dog remains highly aggressive and difficult to manage, all off-leash activities should be restricted to a secure and fenced area, well away from children and other dogs.

Fortunately, in the majority of cases dog aggression can be successfully managed through leadership, socialization and obedience training. My friend and dog-training mentor Mike Ducross often reminds me, "You can't build horsepower into a dog. But you can direct their energy to positive outcomes." Building on Mike's advice, the owner's challenge here is one of directing their dog's aggressive energy to calm, obedient, well-mannered and safe outcomes. While this is not an easy task, your chances of success in achieving this goal can be improved immensely by paying close attention to the following:

- **Leadership & training:** As the "pack" leader you are responsible for setting the boundaries on all your dog's behaviour. Bite inhibition, socialization and basic obedience training will ensure your dog is well-mannered around family, neighbours, other dogs and pets. The operative training principles remain; *firm, fair* and *friendly*, with priority given to training the *no, heel, sit* and *here* commands.
- **Managing people/dog interactions:** During the interviews I heard numerous dog-bite stories and saw the damage these bites had inflicted on both people and dogs. In some instances, the victims were actually given assurances by the owners that their dog was friendly.

Improved management of dog encounters by all parties, owners and passers-by alike, would help enormously to reduce the frequency and severity of attacks and injuries. Adoption of safe practices would be especially helpful in protecting children.

- **Respecting local by-laws:** On City of Ottawa and NCC property, dogs are required to be leashed except in designated off-leash areas. Whether on or off-leash, dogs must always remain under the full control of their handler. As I learned from my interviews with City bylaw officers, lack of public compliance is the problem. Dogs-at-large and dog bites form the majority of dog-related complaints received from the public. Owner compliance with leash and control requirements would aid immensely in preventing dog attacks and injuries.

Conclusion

In Part 3 of this series, we will explore each of these three management and prevention elements in detail. In the subsequent column we will show how understanding the origin of the domestic dog and their life history can guide dog training and improve the outcome. In the meantime, below is a training tip designed to strengthen the bond with your dog.

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

Greg's Training Tip:

Feeding time is also bonding time!

Make it a routine at the end of every meal to congratulate your dog on yet another empty food bowl. With lots of praise, pats and belly rubs your dog will soon be performing figure-eighters between your legs and looking for more. If you encounter any inappropriate bite pressure, immediately end the play with a sharp NO! Done consistently, bite pressure will soon not be an issue and the bond with your dog will strengthen. Have fun!

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AROUND TOWN

Remembrance Day

The community is invited to join military members, along with their families and friends, at the annual Remembrance Day Ceremony, starting at 10:30 a.m. on Wednesday, Nov. 11. It's being held at the National Military Cemetery of the Canadian Armed Forces, at Beechwood Cemetery.

"We welcome all who wish to show their support for the Canadian Armed Forces and join in this solemn moment of national remembrance," notes beechwoodottawa.ca.

For those heading downtown, the National Remembrance Day Ceremony takes place at the National War Memorial, 30 Wellington St.

OHS Christmas Craft Sale

Looking for holiday gifts? The Ottawa Humane Society Auxiliary will be selling high quality handmade crafts at its Christmas Craft Sale. They will also be selling tickets to win a beautiful quilt, handcrafted by one of their members (the draw takes place at the OHS Holiday Open House in December). The quilt is now available for viewing at the OHS Buddy & Belle boutique. The sale takes place at "The Hub" next to Bentley, Carlingwood Mall, 2121 Carling Ave. on Thursday, Friday and Saturday Nov. 19, 20, and 21, 10 a.m. – 5 p.m., and Sunday, Nov. 22, 10 a.m. - 4 p.m. Proceeds go to support the animals at the Ottawa Humane Society. Sorry, no table rentals. Free parking. For more info, contact auxiliaryinfo@ottawahumane.ca or go to facebook.com/OttawaHumaneSocietyAuxiliary.



This fun photo shows a bald-faced hornet (Dolichovespula maculata) exiting its nest earlier this summer. The nest was in a maple tree in front of a Manor Park home's front porch. These hornets are a species of the yellowjacket wasp and are very aggressive, particularly in the late summer and fall. PHOTO: DAVE KEYS

Vanier Museopark exhibit

The Vanier Museopark is proud to present its upcoming temporary exhibition dedicated to The Ordre de Jacques-Cartier: 100 Years of Mystery and Influence.

The exhibition kicked off on Thursday, Oct. 29, 2026, and will be presented to the public until spring 2028.

Kitchen Brigades

Local students who love to cook now have an opportunity to learn from a certified chef while earning a high school credit. The Rideau-Rockcliffe Community Resource Centre is hosting 'Kitchen Brigades', every Thursday from Oct. 22, 2026 to April, 2027, at 815 St. Laurent Blvd. Earn a Food and Nutrition credit while building skills in the kitchen. For more information, email Mijanou.Gravelle@crcrr.org.

Children's Festival

The Ottawa Children's Festival de la jeunesse is pleased to present the Black Bird Festival of the Arts for Young People, taking place Nov. 12–17, 2026, at the Canadian War Museum in Ottawa.

The program offers children and families opportunities to experience live performance, circus, movement, and imaginative storytelling. Most productions are recommended for ages four and up, with the program featuring both English-language and non-verbal performances.

Tickets are available through Showpass (https://www.showpass.com/o/ottawa-childrens-festival/) via the Ottawa Children's Festival.

55 Alive driver refresher

This program helps older drivers (55 years and up) to keep their independence and to improve their driving skills. It takes place at the Rideau Hub, 815 St. Laurent Blvd., on Nov. 16 and 23.

The 55 Alive course will help you:

- feel safer behind the wheel,
- improve social ties,
- stay healthy and active,
- update yourself on traffic laws and new technology,
- know how to react to the actions of other drivers,
- identify bad driving habits,
- voice your concerns in a friendly and relaxed environment.

To learn more about 55 Alive and the Council on Aging in Ottawa, visit www.coaottawa.ca.

Christmas at St. Columba

With the Christmas season around the corner, Manor Park's St. Columba parish hosts a number of events and services. It starts on Nov. 30 with the Lessons and Carols service at 10 a.m. On Dec. 17, the church hosts a Quiet/Blue Christmas service at 7 p.m., for those finding the season difficult for any reason.

St. Columba holds its annual Holly & Bake Sale starting at 10 a.m. on Saturday, Dec. 19.

There are two services on Christmas Eve, the Family Service at 4 p.m. and Christmas Eucharist at 7:30 p.m. The Christmas Day Eucharist takes place at 10 a.m. on Dec. 25.

Humane Society meeting

Would you like to help us 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, Nov. 4. Our guest speaker will be Sharon Miko, Ottawa Humane Society CEO, who will give us an update on the Community Veterinary Clinic. We meet at the animal shelter, 245 West Hunt Club Rd., across from RONA. Free refreshments and parking. For more information, contact auxiliaryinfo@ottawahumane.ca.

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