

MANOR PARK Chronicle



The voice of the community for more than 60 years • March 2017 • Vol. 68, No. 4



With a love of being outdoors and making the very best of our record winter snowfall, Leo Kondratovski, 6 and his dad, Evgueni set out to build the best-ever Manor Park snowman on Sunday, February 19 during Family Day weekend. Photo: Sharleen Tattersfield

Manor Park celebrates winter!

Manor Park residents celebrated winter at our annual Skating Party on the first Saturday of February. Young and old, skaters, hockey players and walkers came out to the Manor Park outdoor rinks for an evening of fun and friendship.

The Atom team from the Ottawa East Minor Hockey Association kicked off with an exciting 'Winter Classic' hockey game. Well-played, high-scoring excitement kept the crowd cheering from the drop of the puck after *O Canada* to the final minutes of the game — enough hockey to earn each player a hot dog and hot chocolate!

As the sun set, the bonfire roared and the music played. Skaters took to the hockey rink and skating oval. The more adventurous played broomball, snowshoed, or played tug-of-war. The dinosaur mascot danced through the crowd giving high-fives and bringing smiles to all the children.

A tradition at the skating party is the annual Chili Cook-Off during which another chili champ is named. Elizabeth Ainslie took the honour in this twelfth annual event, with a recipe that won the judges unanimously. Judges reported on its excellent texture and colour and correctly identified the mystery ingredient as cocoa! And, the winning chili was cooking in an Instant Pot — an Ottawa invention! You can prepare this winning recipe too. Please see Page 21 for Elizabeth's winning recipe.

Thank you to a wonderful community that comes out to this annual event. A big crowd resulted in food and drink sell-outs before the night was over. Great ice — especially when preceded by melt-freeze temperature variations and an abundance of snow — was made possible due to great MPCC rink staff. Special thanks to each skater and volunteer who shovels whenever possible. MPCC staff took care of rink-side games and food service. Thank you to our volunteers, who were our chili judges, tended the fire, tidied the kitchen or played mascot.

Ottawa-Vanier by-election set for April 3

Residents of Manor Park will vote for a new Member of Parliament on April 3 during the Ottawa-Vanier by-election.

The position will have been vacant for seven months by the time voters go to the polls this spring. Long-time serving Ottawa-Vanier MP, Mauril Bélanger, died in August 2016 as a result of ALS, also known as Lou Gehrig's disease, leaving the position empty.

Mr. Bélanger was an eight-term MP who represented Ottawa-Vanier from 1995 until his death last year. Following the 2015 federal election, Mr. Bélanger was considered

the frontrunner for the position of Speaker of the House of Commons but withdrew his bid upon his diagnosis of ALS. He continued to serve the federal riding of Ottawa-Vanier until his death at 61.

At the time of printing, four declared candidates are running to fill this seat. They include:

- Nirmala Dookeran for the Green Party;
- Mona Fortier for the Liberals;
- Adrian Papara for the Conservatives; and
- Emilie Taman for the NDP.

The by-election takes place April

3, but advance voting is available March 24 to 27. The Elections Canada website (www.elections.ca) has everything you need to know about voting such as registration, information for first-time voters, identification required at time of voting and location. You can also call Election Canada toll free in Canada and the United States at 1-800-463-6868, Monday to Friday from 9 a.m. to 5 p.m., or email them at info@elections.ca.

Remember to exercise your right to vote on April 3. Please see pages 28 and 29 for the Chronicle's special by-election coverage.

Manor Park Community Council Annual General Meeting

Wednesday, March 22 at 7 p.m.
Manor Park Community Centre
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Providing recreational programs in Manor Park for more than 35 years!

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Get to the point: Is acupuncture right for you?



ALTERNATIVE MEDICINE

By Sandie McArdle

What if 30 minutes of life-changing energy manipulation of the body could result in reduced pain? What if you could have an 80 per cent guarantee that over time your body would find it's way back to harmony and you'd be relatively pain free. Would you try it?

The World Health Organization (WHO) recommends acupuncture as an effective treatment for more than 40 medical problems, including allergies, respiratory conditions, gastrointestinal disorders, gynecological problems, nervous conditions, and disorders of the eyes, nose and throat, and childhood illnesses, among others. Acupuncture has been used in the treatment of alcoholism and substance abuse. It is an effective and low-cost treatment for headaches and

chronic pain, associated with problems like back injuries and arthritis. It has also been used to supplement invasive Western treatments like chemotherapy and surgery. Acupuncture is generally most effective when used as prevention or before a health condition becomes acute, but it has been used to help patients suffering from cancer and AIDS. Acupuncture is limited in treating conditions or traumas that require surgery or emergency care (such as for broken bones).

Defined as a system, ac-u-punc-ture involves pricking the skin or tissues with sharp, thin needles that are inserted in the body at specific points. It is used to alleviate pain by adjusting the flow of "chi" through the organ system, which restores the flow of en-

ergy and returns the body to a state of harmony. It is also used to treat various physical, mental and emotional conditions.

Chi (pronounced *chee*, also spelled *qi*) is a fundamental concept in Chinese Medicine.

Imagine, if you will, chi or energy moving along the rivers or channels of the body as water does in a river, lake or other body of water.

It is the basic life energy of the universe, an invisible vital force that creates and animates life. The level and quality of a person's chi depends on the state of physical, mental and emotional balance. Chi travels through the body along channels called *meridians*. The entranceway into each meridian is

called an acupuncture point.

Imagine, if you will, chi or energy moving along the rivers or channels of the body as water does in a river, lake or other body of water. If the body of water is polluted, full of debris, cluttered, or blocked then the water will be hindered in its flow. This is what happens when we have blocked meridians, which may be caused by internal factors like emotions, external factors like the environment and weather, and other factors like injuries, trauma, diet and germs.

Another fundamental concept revolves around the organs. There are 12 main organs: the lung, large intestine, stomach, spleen, heart, small intestine, urinary bladder, kidney, liver, gallbladder, pericardium and the "triple warmer," which represents the entire torso region. Each organ has chi energy associated with it, and each interacts with particular emotions on the mental level. Symptoms are caused by yin/yang imbalances in one or more organs, or by an unhealthy flow of chi to or from one organ to another. Yin is the earth energy that signifies the feminine qualities on this planet and is cool in nature. Yang is the heavenly energy that represents the masculine side and is hot in nature.

Information learned by evaluating the client's chi as well as the organ systems and elements provide the practitioner information on which they base their session.

Not all acupuncture sessions are the same as each in-

dividual and their imbalances are unique. Needles may be manipulated in various ways, including spinning, flicking, or moving up and down relative to the skin. Pain is minor and most pain is felt in the superficial layers of the skin. Often the needles are stimulated by hand to cause a dull, localized, aching sensation as well as "needle grasp," a tugging feeling felt by the acupuncturist. The average visit to an acupuncturist takes about 30 minutes. The number of visits to the acupuncturist varies as well, with some conditions improved in one or two sessions and others requiring a series of six or more visits over the course of weeks or months.

If you're considering acupuncture, take the same steps you would to choose a doctor:

- Ask people you trust for recommendations.
- Check the practitioner's training and credentials.
- Interview the practitioner; ask what's involved in the treatment, how likely it is to help your condition and how much it will cost.
- Find out whether your insurance covers the treatment.

Tell your doctor you're considering acupuncture. He or she may be able to tell you about the success rate of using acupuncture for your condition and recommend an acupuncture practitioner.

So, would you invest 30 minutes of your time to realign your body's energy, reduce your pain and give you more energy? Give acupuncture a try and decide for yourself.

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International students from the University of Ottawa are all smiles as they head out to tap the trees.
Photos: Andrew Sommerfeld



What an armful! Helping their dad, Rich, are daughters Noemi (left) and her younger sister, Marie-Lou.



Go girls go! Volunteers Sarah Simkin and Natalia Easton prepare to hang buckets.



Peter Wigen, his wife, Yuko, and their son, George, enjoy breakfast before the work begins. Peter heard about the tapping event from the Ottawa Tool Library, which provided drills for the tree tapping.



Ottawa Tool Library volunteers in action: Kevin (left to right) with Jill, Bettina and Christine. Bettina Vollmerhausen, a "Tool Goddess," is co-founder of the Ottawa Tool Library.

Tapping for the sweet taste of spring

By Sharleen Tattersfield

More than 100 volunteers were busy in the Richelieu forest on Saturday February 25 tapping trees for the highly anticipated, sweet harvest of liquid gold known as maple syrup. Following a hearty pancake breakfast and hands-on instruction from Vanier Museopark staff, they headed out to measure trees, install taps and hang buckets. The day may have been overcast with light rain, but the spirits and smiles of the volunteers (families; UOttawa international students; Hidden Harvest and Ottawa

wa Tool Library members — who brought along drills for the tapping) and the organizers, made it a truly sunny experience. Just blocks away from Manor Park, the 14-acre park (accessed from des Pères Blancs Ave. in Vanier) is home to the only urban sugar bush and sugar shack in North America. Operated by the Museopark since 2012, trees are tapped in the traditional manner ... just as they were when the first sugar shack was built in the forest by the White Fathers who made syrup for their religious community. Dorine Drolet, Museopark General Di-

rector, reported that more than 700 taps were installed this year. Depending on the weather, she hopes that once the sap starts running, sugar shack operations will produce about 500 litres of syrup. Bring on spring! During the season, volunteers help all aspects of "sugaring off": collecting and boiling the sap, sterilizing, filing and labelling the maple syrup bottles, as well as helping with sugar shack meals and selling maple taffy. Dorine welcomes new volunteers during March and April: please contact benevoles@museopark.ca . They'd love to hear from you!

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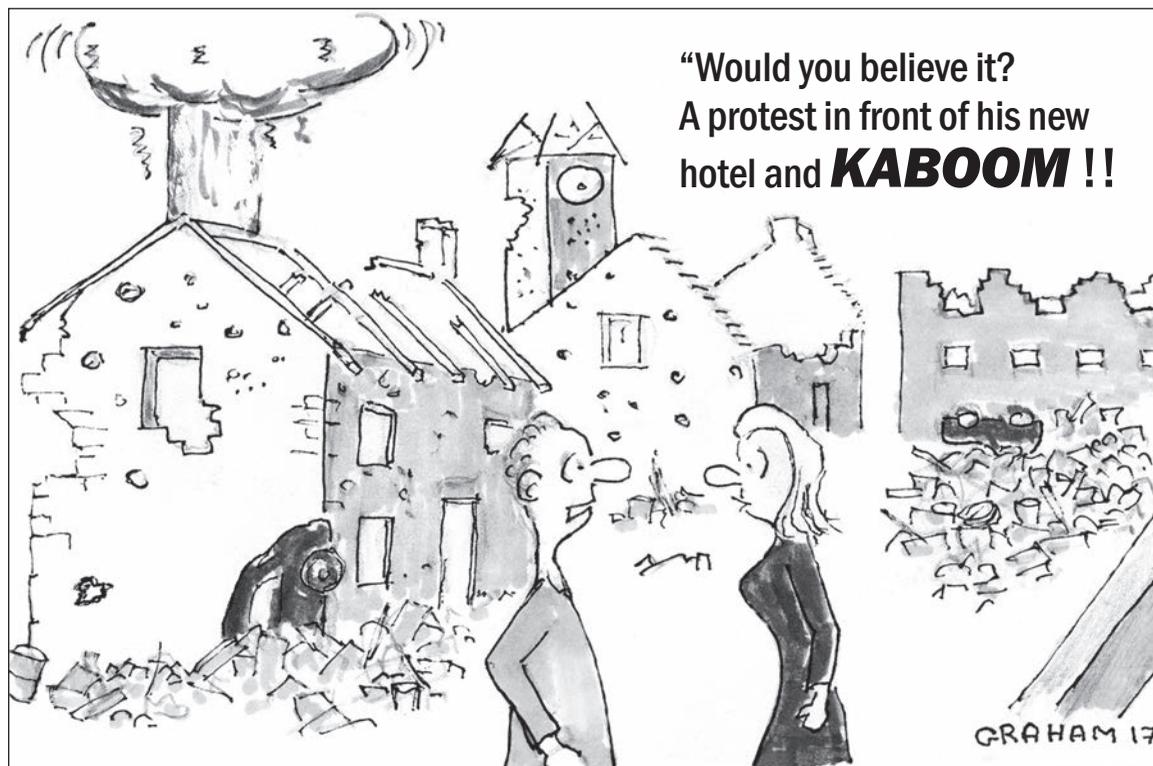
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The Chronicle welcomes for consideration information on community news, profiles, opinion pieces, essays, letters, photographs and art work but does not guarantee publication. We reserve the right to edit for length, clarity, grammar and legal considerations.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

Send submissions to
editor@manorparkchronicle.com

Please ensure that:

- articles do not exceed 800 words;
- letters do not exceed 300 words;
- event listings do not exceed 50 words;
- submission is in by deadline, or earlier;
- electronic files [.doc or .rtf] are sent to: editor@manorparkchronicle.com
- photos [high-resolution: 300 dpi uncropped] are submitted with articles as separate email attachments and accompanied by a caption and photo credit.

Letters to the Editor:

Senders must include 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 names to manorparknotables@gmail.com

PHOTOS:

The *Chronicle* is always interested in receiving photos. Consider sharing your photos with our readers. Digital images (high resolution, please) can be sent by email to the editor.

BULLETIN BOARD NOTICES:

Submit notices for community events to the editor.

NEXT ISSUE

May 2017

Deadline for booking advertising:
April 5, 2017
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April 20, 2017
ads@manorparkchronicle.com
613-749-9922

Deadline for articles and photos:
April 18, 2017

Send submissions to
editor@manorparkchronicle.com

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Every edition of about 5,000 copies of the *Manor Park Chronicle* is printed and distributed free-of-charge within the community. In addition to home delivery to Manor Park, Manor Park East, Manor Park Hill and Cardinal Glen, here's where you can find copies of our community paper:

Beechwood Ave.: Art House Custom Framing; Arturo's Market; Beechwood Auto Service; Beechwood Village Chiropractic Centre; Books on Beechwood; Bridgehead; Clocktower Brew Pub; Da Bombe; Edward Jones; Fresh; Kavanaugh Garage; Kelly's Barber & Beauty; Metro; Monson Deluxe Cleaner; Nature's Buzz; New Edinburgh Pharmacy; Ola Cocina; Red Door Provisions; Rockcliffe Park Branch, Ottawa Public Library; Second Cup and Your Pet Palace.

St. Laurent Blvd.: Bread & Roses Bakery; Celadon Salon & Spa; Edward Jones; Epicuria; Kalyana Yoga Shala; Koffee Korner; Lebrun Service Centre; Mac's Milk; Nick's Manor Park Grocery; Profit Tailoring; St. Laurent Branch, Ottawa Public Library; Service Ontario Centre; St. Laurent Community Centre and Time Sharpening.

Montreal Rd.: Adams Orthodontics; Elegant Hair & Skin Care; Halley's Service Centre; Maison Baguettes; Paris Shoe Repair; Quartier Vanier BIA; Quelque Chose Pâtisserie; Steadfast Dental; St. Laurent Dental Centre; The UPS Store; Vanier Branch, Ottawa Public Library and Vanier Community Service Centre.

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LETTER TO THE EDITOR



Dear Editor,

When out walking my dog after a snowstorm, I encountered Kathy Southee who was shovelling steps into the big snow banks at the entrances to the path. What a great neighbour! All of us older-kneed dog walkers, and moms with kids in tow, certainly owe her our thanks. It is thoughtful gestures like Kathy's that make this such a wonderful neighbourhood.

Karen Sauvé
Lonsdale Rd.



ONEC scullers on tour taking in the Toronto skyline from a coastal double.

ONEC rowers celebrate Canada's 150th and help fight blindness

By Richard Vincent and Claire Schofield

For the first time, Ottawa New Edinburgh Club (ONEC) members are joining forces with three other rowing clubs to participate in the Canada 150 Row3Capitals Relay in support of the Foundation Fighting Blindness (FFB).

This 500-km-long relay runs from June 15 to July 1. It celebrates the 150th anniversary of Canada's Confederation by including the three cities that have been named capitals of the Province of Canada in Canada West during the mid 19th century: Toronto (alternating capital from 1849 to 1859), Kingston (from 1841 to 1844) and Ottawa (1866-67).

"We've never collaborated in a rowing tour on this scale," said Richard Vincent, ONEC's Director of Rowing. "And we're delighted to support the FFB, which through sports and other fundraising initiatives has now funded over \$28 million in research into the causes, treatments and ultimately the cures for retinal eye diseases."

While distance rowing requires knowledge of sculling (rowing with two hands and two blades), the Canada 150 Row3Capitals Relay will accommodate participants with differing levels of experience. Advanced scullers can join one of the following four tours:

- Lake Ontario, June 15 to 18 (160 km) organised by the Hanlan Rowing Club
- Bay of Quinte, June 19 to 22 (140 km) organised by the Quinte Rowing Club
- Rideau Canal South, June 23 to 27 (100 km) organised by ONEC
- Rideau Canal North, June 28 to July 2 (100 km) organised by ONEC.

Intermediate scullers can share a seat and row alternate days. Accommodation and rowing equipment will be organized by the club responsible for each section of the relay.

Other distance rows offered by ONEC in 2017 include the Canadian Sculling Marathon (CSM) on the Ottawa River at 21 and 42 km. Held on August 27, it starts and finishes at ONEC's historic boathouse. In 2016, the CSM attracted rowers from Germany, Switzerland, Mexico, the U.S. and Canada.

For those interested in sampling the sport, sculling is an excellent low-impact, total-body fitness activity for all ages. ONEC offers seven-session learn-to-scull courses in June and July in a friendly relaxed environment.

For further information and registration for the Canada 150 Row3Capitals Relay and ONEC's sculling programs, go to www.onec.ca/rowing.

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Meet Kathy

I grew up a very tiny person and was a 'light-weight' until I hit menopause in my early 40s. By age 50, I had gained 70lbs. Even though I exercised at the gym 3-5 times per week, I was still gaining weight and wanted to get back to a 'respectable weight'.



Since starting with Evertrain, I've lost 30lbs in 6 months and not only do I feel better about myself, I can do things I took for granted before. My proudest achievement so far is not having to visit my chiropractor every month. Since I've lost weight, my back has stopped hurting. What I like best about my program is that I can achieve results at my own pace without pressure. Being accountable to someone I respect helps motivate me to get results.

Before Evertrain I'd never had a personal trainer before, but I do know that I've tried several times on my own to lose weight, without success. To be honest, I haven't really had to work that hard at it because my coach taught me proper eating habits and gave me regularly scheduled, detailed workouts aimed at losing fat and building muscle. I was working out all wrong before but didn't know it.

If you are on the fence about Evertrain, then you are wasting precious time that could be spent losing weight and getting fit. Every day counts in this process. I wouldn't have believed 6 months ago that I could have lost 30lbs, let alone be on my way to losing another 20lbs to reach my goal in 1 year of losing 50lbs. I had such little faith before I joined Evertrain that I gave away all of the beautiful clothes that I had outgrown.

I have absolutely no reservations that I will reach my goal of losing the remainder of my weight in the next 6 months and will now have to buy new clothes. It will be well worth it! - Kathy B. 51



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CARDINAL GLEN COMMUNITY ASSOCIATION

By Allan Martel

December 2016 saw the inauguration of the Cardinal Glen Impromptu Choir, a group of at least 25 intrepid wassailers who braved the winter cold and serenaded the neighbourhood for several hours on December 23. We had carolers ranging in age from 7 to 70 and several homes openly welcomed the group with hot apple cider, Christmas cookies and appreciative audiences for the more than 30 carols on offer.

At the annual AGM of the Association, great interest was expressed in making the Garage Sale an annual event on the first Saturday in October, so mark your calendars now — both buyers and sellers, and get ready to see why one man's trash is another's treasure. It was great to see the number of children who participated in this year's event.

I fear that I have destroyed all hope for mathematics for one young lad who returned after his family had passed by to buy some of the many toys that my nieces had up for sale. At between 10 cents and a quarter, his twoonie stretched pretty far and I confess that when he showed up with \$1.90 in purchases, I gave him a loonie in change. Looking very perplexed, he did more shopping, this time arriving with 90 cents in purchases. After presenting his loonie he received 50 cents in change — and so it went until

he had about \$5-worth of toys and a completely befuddled sense of subtraction!

I am given to understand that sales were brisk throughout the Glen and that more than 25 families participated as sellers. Still a far cry from the annual Manor Park event but given time we might grow into a small version of this ever popular sale.

Parking on Dunbarton Court by construction workers became a concern for residents close to the building site but this problem has largely disappeared thanks in no small part to the generosity of Our Lady of Mount Carmel Church in providing flexible and reasonably priced parking spots for weekday daytime use.

Cardinal Glen residents are looking forward to the renovation of the Cardinal Glen mini-park. Construction is slated to begin just after our Annual Canada Day picnic, which is expected to be a more significant celebration given the added 150th year anniversary of Ottawa (and Canada).

Councillor Tobi Nussbaum recently convened a meeting of the presidents of most of the Community Associations within the Rideau-Rockcliffe Ward. Most attendees found the session to be both interesting and informative and we look forward to further more substantive interaction on several community-related issues of common interest. Cardinal Glen is committed to collaboration with all its neighbourhood equivalents.



20th Annual Spirit of the Capital Youth Awards

Nominations are now open for the 20th Annual Spirit of the Capital Youth Awards. These awards honour young people who have made a difference in the lives of their peers, who have used their talents and creativity to tackle some of our community's most pressing challenges, and who have overcome adversity and shown remarkable courage.

Since 1997, Youth Ottawa (formerly Child and Youth Friendly Ottawa) has been the proud host of the Spirit of the

Capital Youth Awards. The Spirit Awards Night is an annual event that celebrates the extraordinary accomplishments of youth who are making our community, and the world, a better place.

On June 5, Youth Ottawa will honour two young people at Ottawa City Hall in each of the following categories: Academic Perseverance; Arts & Culture; Entrepreneurship & Innovation; Service & Caring; Strength through Diversity; Take A Stand and the Max Keeping Personal

Courage Award.

The winners will receive \$700 each to be used for the advancement of academics or social enterprise in line with the values of Youth Ottawa.

Deadline for nominations is March 31. To nominate an Ottawa youth visit www.spiritawards.ca or send an email to info@youthottawa.ca or call 613-422-0916.

You can also keep up to date on the Spirit Awards by following the awards on Twitter and Facebook.

Mackay United Church

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FROM THE DESK OF:



**Députée / Member of Provincial Parliament
NATHALIE DES ROSIERS**

It has been my life's work to stand against all forms of discrimination. I believe that discrimination undermines the human dignity of people and has profound effect on our society. Injustices that go un-remedied constitute an attack on the moral fabric of society, particularly a society like Ontario that believes in the rule of law.

History has shown us that when we do not stand against

hatred and discrimination we are implicitly condoning it. That is wrong! We owe it to ourselves and to Ontario to reaffirm our commitment to the equality of all before and under the law.

On December 1, 2016, I tabled a motion denouncing Islamophobia. I did it because in the past few months the Muslim community has been the target of hatred. There were incidents here in Ontario where young women wearing the hijab were harassed. Others described being pushed, spat at and discredited. Some were told to go back where they were from, even though they were born here. People were refused employment. There were graffiti on Mosques and schools teaching Islam. Finally, there was the terrible tragedy in Quebec City where six people lost their lives.

So this Motion is about reaching out to the Muslim community, which is targeted

because of international events and discourse elsewhere in the world. This is not about singling out a religion but extending our compassion to a community that hurts. It is also

We need to stay vigilant in our fight against intolerance

about standing up for equality for all.

On February 23, members of the Ontario Legislative Assembly voted unanimously in favour of the Motion that stated the following:

In the opinion of this House, the Legislative Assembly of Ontario should reaffirm that diversity has always played an important part in Ontario's culture and heritage; recognize the significant contributions Muslims have made, and continue to make, to Ontario's

cultural and social fabric and prosperity; stand against all forms of hatred, hostility, prejudice, racism and intolerance; rebuke the notable growing tide of anti-Muslim rhetoric and sentiments; denounce hate-attacks, threats of violence and hate crimes against people of the Muslim faith; condemn all forms of Islamophobia and reaffirm the support for government's efforts through the Anti-Racism Directorate to address and prevent systemic racism in all forms across government policy, programs and services, and increase anti-racism educa-

tion and awareness, including Islamophobia, in all parts of the province.

The provincial government is committed to building a province where people of all religions live, work and worship in harmony. It is our responsibility to speak up when we witness acts of racism or discrimination against any group.

We need to stay vigilant in our fight against intolerance and hate and renew our commitment to learn from each other. We must stand firm against discrimination. Let's not be indifferent. Let's not be silent.

FROM THE DESK OF:



**Councillor for Rideau-Rockcliffe
TOBI NUSSBAUM**

modifications to transit priority lanes are being considered along with the addition of cycling facilities. I thought this may be of interest to Manor Park residents who have shared with me their commuter experience along this corridor.

An open house where you will have the opportunity to review the proposal will be hosted on March 9 from 5:30 to 8 p.m. at the Wabano Centre, 299 Montreal Rd. To receive further details and share your thoughts on this project, please contact my office.

be available on my website, tobinnussbaum.ca, or you can call my office to confirm dates and locations at 613-580-2483.

Better Beechwood 2017

Beechwood Ave. is evolving. In an effort to see it become an even better main street, I launched the Better Beechwood 2017 initiative in fall 2016. I wanted to thank residents for submitting their ideas for a permanent street art installation on Beechwood Ave. I have brought together a working group composed of local artists, local volunteers and City staff who have taken these ideas and developed three concepts for the community to vote on. The concept with the most votes will be used to create a call for artists to bring the concept to the street in 2017. You can follow this initiative at tobinnussbaum.ca.

Montreal Road Transportation Planning and Functional Design Study

Montreal Rd., between North River Rd. and St. Laurent Blvd., is being reviewed through a transportation planning and functional design study. Through this study,

Drop-ins

This year I shall be hosting monthly drop-ins on the first Friday of every month, at various locations and times throughout the ward. These will be an opportunity for residents to share with me their ideas, concerns or questions. Drop-in details will

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FROM THE DESK OF:



**Manor Park Community Association President
SÉBASTIEN LAROCHE-CÔTÉ**

As President of the Manor Park Community Association (MPCA) I have to report on the issues that impact our neighbourhood, including the ones that concern the organization of the school system and school boundaries. Recently, after two long days of debate and delegation, the Board of trustees of the Ottawa-Carleton District School Board (OCDSB) voted to recommend the closure of Rideau High School, and to

relocate students to Gloucester High School. The parents who send their children to OCDSB have expressed their concerns to us, in good part because many families in Manor Park have a long-lasting and deep connection with Lisgar Collegiate, given that not all programs (such as French or immersion programs) were available at Rideau HS during the past years.

In addition to the loss of Rideau HS — an important institution that serves communities with various needs — relocating our students to Gloucester HS would raise a logistical challenge, because that school is located relatively far away from our neighbourhood and away from the downtown core. Interestingly, an attempt by our school trustee, Chris Ellis, to bring an amendment to change the school boundaries so that students of Manor Park would be redirected to Lisgar was ruled out of order at that meeting. The last word has not been said on the closure of Rideau HS. The official vote

will take place on March 7, so there is hope. Please make your views known to the OCDSB on this important file, and you do not have to be a parent to have an opinion!

Another issue of importance that I would like to raise is community safety. At the AGM of the MPCA, held this past November, safety and security issues were discussed vigorously by members of the audience. Manor Park can be considered a relatively quiet neighbourhood, so it is important to maintain the social capital and relationships with the city and key stakeholders that served us well in the past. But as is the case in any community, we do have weak spots and we are not immune from social problems seen elsewhere in centrally located communities. What else could we do to address these challenges?

One way of doing this is to undertake a community safety audit, which is done with the support of WISE Ottawa — a city-funded organization aiming to foster the creation and sustainability of safe social

and physical environments, with a focus on women safety. A community safety audit is a process by which people come together and evaluate the safety of a designated space using various evaluation criteria. The community walks through the space, and areas of concerns are then noted. The whole idea is to empower the community to make their own recommendations and measures to improve or solve the concerns identified. All the information is then documented in a safety audit report that is shared with key stakeholders, including the city, which can take action on the recommendations when possible.

MPCA would like to undertake such an audit in 2017. However, this will take volunteers, some degree of organization, and your good ideas and suggestions for possible safety and preventive measures. If you are interested to participate in such a process, please join us at mpca@manorpark.ca. We will keep you posted via our Facebook page.

Floorball ain't no joke!

By Matt Smith

This is what nine teenagers from Ottawa are thinking right now, but for a good cause; they are inviting you to come laugh it up at Yuk Yuk's Elgin St. on Thursday April 13, 2017.

If you have not heard, Ottawa, and specifically Manor Park, is the hotbed for floorball in Canada. Nine local players have been selected to play for Canadian Men's U19 Team at the upcoming U19 World Floorball Championships taking place in May 2017 in Växjö, Sweden. The players include Cameron and Innes Buck, Adrien Matthews, Duncan Miller, Francis Lavergne,

Matthew James, Felix Robillard, Cedric Grenapin and Justin Lacquerre.

A tournament of this magnitude comes with great costs. The players are responsible to cover their share of the tournament, training costs, flight, hotel and food. Total fees are about \$2500 per player. Unfortunately, for most players this amount is no laughing matter.

To help cover the costs we have partnered with Yuk Yuks on Elgin St. to host a Comedy Show Fundraiser on April 13. Doors open at 7 p.m. and the show will start at 8:30 p.m. The headliner will be Sunee Dhaliwal from Vancouver. You can reserve tickets for \$20 by email-



Ottawa Blizzard Under-19 Ottawa International Champions.

Photo submitted by Matt Smith

ing Matt.Smith@OttawaBlizzard.com or contacting any of the players mentioned above.

For more information about floorball in Ottawa, visit www.OttawaBlizzard.com



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What Rideau High School can be

An achievable vision

FROM THE DESK OF:
OCDSB Trustee, Zone 6
CHRIS ELLIS

Editor's note: At the time of printing, a final decision had yet to be rendered regarding the closure of Rideau High School.



On February 16, 2017, Ottawa-Carleton District School Board (OCDSB) trustees voted 7 to 5 in Committee of the Whole to close Rideau High School and redirect students in its catchment to Gloucester High School as of next September. A final vote will be held during the Board meeting on March 7.

I have said before in this space that I believe that it is in the best interests of students and the community to keep Rideau High School open. What follows is a vision of what could happen at Rideau HS if at least five other trustees were to join me in voting to keep it open on March 7.

March 2017 to June 2017

Starting from an option developed by Trustee Shawn Menard, OCDSB staff and the community focus on increasing enrolment at Rideau High School through an array of measures:

- introduce French Immersion into Rideau HS, the only OCDSB high school not to offer this option;
- bring the Urban Aboriginal HS to Rideau HS to take advantage of location, the opportunity for students to transition from one program to the other and the strong FNMI culture and understanding already growing at Rideau;
- the Rideau-Rockcliffe Community Resource Centre's Youth Strategy committee connects with the administration at

Rideau HS to work out how to support each other in the common goal of supporting at-risk students;

- the Vanier, Manor Park and Overbrook Community Associations and the school and District staff start a working group to identify why students and/or parents in some areas of Rideau's catchment are not choosing Rideau HS and what can be done to address those concerns. Examples of what can be done include:
- hold sporting/arts/multicultural events at Rideau HS for the elementary schools feeding into Rideau;
- introduce more indigenous programming in conjunction with the FNMI community and the Truth and Reconciliation Commission;
- explore indigenous, multicultural and social justice equivalents of Specialist High Skills Major (SHSM) programs (open to students from other schools);
- engage with parents at Manor Park, Queen Elizabeth, Queen Mary and R.E. Wilson public schools to understand what those parents are expecting in a high school;
- fund a coordinators staff position for outreach and communications, as is done for specialty programs like the Arts and International Baccalaureate;
- pursue student support initiatives such as Students Will All Graduate (SWAG) and/or Pathways to Education.

2017/18 school year

- Rideau HS hosts Inuit games. Manor Park, Queen Elizabeth, R.E. Wilson, Rockcliffe Park and Queen Mary students participate. It's so successful other schools ask to be included next year. District staff put together physical activity curriculum highlighting Inuit games in preparation for this event to be used by any school in the board;
- The board recognizes that Rideau HS will have a specialty focus on indigenous and multicultural studies;
- The board undertakes anti-racism pilot initiatives at Rideau HS;
- Ongoing focus groups with parents and community indicate that supports and enhancements for the grade 7&8 school in the area are needed to retain students at that level.

2021/22 school year

- Rideau HS enrolment has levelled off at 700 to 750, which meets the needs of students, especially when another 50 to 75 students come for a semester to take the specialty FNMI and social justice courses offered at Rideau.
- Rideau HS is recognized provincially and internationally for advancing the success of FNMI, newcomer and low-income students. It is also studied for how it meets the challenge of serving the lowest- and the highest-income neighbourhood.



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Tuesday/Mardi 14, 11 a.m.
Babytime / Bébés à la biblio
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comptines et chansons pour les bébés et un parent ou un gardien. 0-18 mois.

Tuesday/Mardi 14, 2 p.m.
Move your body, tell a story! / As-tu le sens du rythme?
Explore storytelling through music and movement. Ages 7-9. / Agite-toi, remue-toi! Découvre comment raconter une histoire en mouvement et en

musique. Pour les 7-9 ans.

Wednesday/Mercredi 15, 10:30 a.m.
Stories with Anne of Green Gables
Join friends from the Cumberland Heritage Village Museum as we act out and illustrate some of our favourite stories from the Anne of Green Gables books. For ages 7-12.

Wednesday/Mercredi 15, 2 p.m.
Puppet palooza / Marionnettes en vadrouille
Bring your story to life with your own puppet creation. Ages 7 - 12. / Viens créer ta propre marionnette et fais lui vivre toutes sortes d'histoires. Pour les 7-12 ans.

Thursday/Jeudi 16, 10:30 a.m.
Press Play / Chut ... ça commence
Fun family friendly films and hands on craft activities. All ages / Des films familiaux fabuleux suivis de bricolages fantastiques. Pour tous.

Thursday/Jeudi 16, 2 p.m.
No ordinary Story! / Pas une histoire ordinaire!
Inspired by Annie Pootoogook drawing, participants will learn how to draw a very ordinary moment or their own domestic life and turn it into a great illustration. Ages 8 to 12. / Inspirés par un dessin d'Annie Pootoogook, les participants apprendront à dessiner un moment très ordinaire de leur propre vie domestique et à le transformer en une formidable illustration. Pour les 8-12 ans.

Friday/Vendredi 17, 2 p.m.
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Bundled up and eager for one of their very first sleigh rides at London Terrace Park are two Manor Park little ones with their patient, energetic moms: Christine (left to right) with her son Julian and Ronan with his mom Renee.

Photo: Sharleen Tattersfield



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BUSINESS BUZZ

FROM THE DESK OF:


Business Buzz
DANNA
FARHANG

This issue focuses on the growth and success of local businesses, many of which help to improve our health and wellness through art, personal care, diet and activity: perfect to accompany a springtime thaw!

Personal trainer helps clients attain their best selves

George Sabbagh, known as “George the Personal Trainer”, enjoys his large home-based fitness centre that features a full workout area and a meditation and yoga room. This lifestyle guru helps clients attain mind, body and spiritual harmony through rigorous exercise, yoga, meditation and mindfulness exercises.

By pushing clients to their limits, George helps them open up their chakra (energy centres) and reduce stress. “I don’t just have an aesthetic purpose; I’m

more about health leading to aesthetics. Health is all encompassing: spiritual, psychological and physical and they are all intertwined,” he says: “Training is an emotional release and, eventually, I try to show clients how it all goes together”.

Many clients have been with George since he started his service 17 years ago. “I think what keeps clients with me is that I like to have fun. I’m very intense and my clients are very much “A” types but they all have a sensitive quality. . . They have a strong feminine quality, whether male or female and I think I have that too and that’s why we vibe well and can talk openly.” He has become a confidante to his clients and, through his spiritual and physical regime, says he has helped them open up about their feelings, but not necessarily their problems. “If they feel stressed, I say: ‘let’s train, let’s talk’ . . . Whether we do intense cardio or intense training, it takes away your defense mechanisms and you’re much more open.”

George graduated in psychology from Carleton University and later became interested in “parapsychology”, a field of study related to paranormal and psychic phenomena. Having earned his personal training certificate from the YMCA, he then mastered reiki studying with two reiki masters. Reiki is a Japanese stress reduction and relaxation method that



George in his home studio. Photo: Danna Farhang

promotes healing. Practitioners enable students to tap into “life force energy” to improve health and happiness. He says his workout approach also has a meditative and mindfulness quality: by physically pushing his clients to their maximum physical potential during a

workout, they are only capable of feeling their body and focusing on breath. When that occurs, “that space is open to either think or just experience, thereby giving you a fresh slate,” says George, who also offers lithotherapy, which uses stones and minerals to help patients restore balance to the body.

George has big plans, having recently purchased his dream home in Aylmer that took five years to find. With a massive indoor pool, outdoor space and NCC trails, he wants to create a private yoga retreat for clients. However, he will continue to serve local clients out of his current home studio. His clients have given rave reviews for his methods and results.

To find out more, visit www.worldpersonaltrainer.com or call 613-748-6925.

Big success at Gourmet Xpress

Owing to major growth over the last five years, Gourmet Xpress, a social non-profit catering company launched by the Vanier Community Service Centre (VCSC), will soon move to a much larger commercial kitchen facility in Orleans.

Launched in 2008, the program helps the VCSC community, some of whom are stuck in a cycle of “no job, no experience”, as well as individuals with disabilities both physical and mental, and people who may lack soft skills or Canadian work experience benefit. Through a three-month internship, participants learn basic techniques — food preparation, customer service and skills useful to employers. The interns work side-by-side with a devoted staff to learn basics such as food safety, how to

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BUSINESS BUZZ



Pierre Laframboise and Sandra Marsters at home on Peabody Farm. Photo: Peabody Farm

handle knives and understanding how a commercial kitchen operates.

In tandem, the interns are supported by job coaches and employment councilors who help them write resumes, do mock interviews and enhance their communications skills. The councilors and staff then help participants land jobs that match their personal circumstances. The upcoming move to Orleans, with support from a like-minded organization, will enable Gourmet Xpress to help even more people. The program currently accommodates about 24 interns each year.

According to Sylvie Belair Scharf, Director of Employment and Community Services at the VCSC about 70 per cent of clients who take the program then enter the job market. However, says Sylvie, there are other qualitative results that aren't as measurable. "We have recruited people from food banks who have turned their lives around or people living in isolation and have to come to this program . . . [and are] making connections with other individuals. Some people have been able to reduce their intake of medication by 50 per cent. We know that we are making a difference because many come back regularly to tell us what they are doing or come back to volunteer for big events and tell us about their success."

As a business, Gourmet Xpress is highly successful: revenues have increased by 300 per cent over five years.

The catering company started in 2008 by accessing their partners in the non-profit community to generate business. As it grew, the business expanded to larger events, which increased its visibility. "We can open a lot of doors with social enterprise, but if the quality does not measure up, we won't be able to get repeat business. We make sure to provide something that is good quality and that's what the clients appreciate," says Sylvie. "We offer something that is comparable to other catering services but they also reinvest the money in the community."

To book your event or to learn more, contact Sylvie at sbelair@cscvanier.com or visit www.gourmet-xpress.com/en/.

Local esthetician issuing receipts for foot-care

Local esthetician Sylvie Sauvé can now issue receipts for insurance or tax purposes. Sylvie, a specially trained foot-care provider (podologist) for more than 15 years, brings her experience and skill to grateful clients. She is passionate about helping people improve both their foot health and their quality of life. "Each time people come, they say, 'I wish I had discovered you before.' Lots of people suffer so much with their feet," says Sylvie who has many clients with health issues related to circulation and diabetes that result in callouses, ingrown toenails, thick nails and other

problems that hamper mobility. Many clients mistakenly visit estheticians in the belief that a pedicure will help, however, as Sylvie notes, "Pedicures are about the beauty of the feet but podology is all about the problems of the feet. Yes, it's beauty too, but first it's the health of the feet."

First-time clients at Sylvie's in-home salon (54 Dunvegan Rd.) receive a thorough, 90-minute consultation in which she reviews their health and determines a foot-care plan. With spring coming, now's the time to take care of your feet! Contact Sylvie at 613-748-0352 to set up your appointment.

Manor Parkers have become heritage pig farmers

Former Manor Park residents Pierre Laframboise and Sandra Marsters left their home on Kilbarry Ave. to take up farming heritage pigs at Peabody Farm, in Low, Quebec. Located about 30 minutes from Wakefield, Pierre and Sandra sell pork derived from humanely raised, antibiotic-free Tamworth pigs. This breed originated in England and is known for their red-gold hair, long snouts, inquisitive nature, ruggedness and adaptability to cold climates.

Pierre and Sandra first experienced farm life after staying for a few weeks at a friend's farm and realizing how much

they enjoyed the experience, despite having to cope with a sick horse and daily farm chores. When they decided to buy their own hobby farm, Pierre suggested Tamworth pigs and Sandra fell in love with the breed. Tamworths are pasture-raised pigs that do well outside. "We totally love them and they have a great life. We feed them oats and they don't get antibiotics, they live outside and come in to sleep," says Sandra. In summer the pigs sleep in cabins the woods.

Their ample diet is varied. "The meat is great because of what we feed them; they only eat oats and pasture grass and whatever is around." This includes hops donated by a Manor Park neighbour and, in the fall, Sandra may drive around collecting pumpkin for her pigs. They also eat apples, peanuts and other extras that enhance the quality of the meat, ensuring that it is lean and "tastes very different from pork in the store." Moreover, the pigs enjoy attention and human touch, making them gentle to handle.

Peabody Farm is home to about 90 pigs that are raised from birth to around 8 months. The sows are kept for longer. The pigs spend their lives living and roaming together, which helps them thrive. They are free to wander around the farm "running in a group and

>>CONTINUED ON PAGE 14



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BUSINESS BUZZ

FROM PAGE 13 >>

checking things out.” When the time comes for them to go to the abattoir, they are taken the morning of, so they spend no time waiting overnight with other animals. Rather than prodding the pigs off the trailer, they are enticed with peanuts in the shell, the same way they are moved around the farm. “The process is quick and calm, which reduces the fear and stress that results in lower-quality meat,” says Sandra.

Sandra and Pierre welcome farm visitors so that people can learn how their meat is raised. The meat can be picked up at the farm or delivered within the city. To place an order, contact Sandra at 613-601-3329 or sandramarsters@yahoo.ca or Pierre at 613-558-4517; or visit their Facebook page @ Peabody Farm for photos and more details.

Give your pet a vacation at Place for Paws

Place for Paws provides a safe, caring and fun environment for dogs, with plenty of playtime and individualized care. Cats are also welcome guests. Located in Rockland, Place for Paws is owned by lifelong animal-lover Angela Zorn who lives on the property and keeps a watchful eye on her four-legged guests. Boomer, her be-

loved Chihuahua and chief dog is her constant companion at the kennel.

The property features a large, grass-covered outdoor area for supervised playtime and exercise, which the dogs enjoy six times a day. The temperature-controlled kennel features 20 indoor pens that lead to outdoor pens used in the spring and fall. Each pen is a generous 8.5 by 5 feet, with an open roof. Dogs are enclosed in their own space and owners are encouraged to bring items like beds, blankets and treats to make their pets feel at home.

A typical day at Place for Paws begins around 7:15 a.m. when dogs, divided into groups according to “what works” for the guests, go outside to do their business and return to their pen for a cookie. Breakfast follows; then some rest to ensure digestion and another outing while pens are cleaned. Naptime happens between 11:30 a.m. and 3 p.m., followed by supper. The last outing is between 9:30 and 11 p.m. when the dogs are let out to do their business. Most of the outings are 30 minutes long but if the weather is bad, dogs may go out for shorter periods, more frequently.

Three additional employees work at the kennel, which includes on-site grooming that ensures your pet is fresh and



Angela Zorn with Boomer at Place for Paws. Photo: Amelie Houle

shiny upon pick up. Besides the grooming, everything else is included in the price. “It’s like an all-inclusive resort,” says Angela, who notes that she’s not interested in charging additional fees. “If it’s \$28 dollars a day, it’s easy for me to remember how much I’m charging and for you to remember how much you’re paying so that you can plan your vacation with an understanding of how much caring for your dogs is going to cost.” All payments are done upon pickup. Place for Paws does not do online bookings. First-time canine and feline visitors must spend a night at the kennel (free of charge) for everyone to get acquainted and to put the animals at ease.

For information, visit placeforpaws.ca or their Facebook page @placeforpawsboardingcamp for photos.

Queenswood Stables summer camps help build children’s confidence

Queenswood Stables is located in Navan, 20 minutes east of Manor Park, on 50 acres with easy access to the Trans Canada Trail. They offer a variety of equestrian programs, including summer camps and a year-round pony ride program for curious kids.

For summer 2017, the Stables offer a regular camp for children as young as 7, while an advanced camp for children 10 and up is designed for kids

who have some experience with horses. The campers learn basic concepts, improve awareness of their bodies and develop comfort around the animals. The camps and lessons have proven to be particularly helpful to children struggling with social and behavioural challenges, says Simone Williams, whose parents founded Queenswood Stables in 1978. “Animals always listen and they are always a good friend. There is an emotional connection and kids get so much confidence from being able to handle a large animal, like a 1500-pound horse. It’s really empowering,” she says.

The pony-ride program for children as young as 2

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years old gives them a one-on-one opportunity to prepare and groom a horse and take a 15-minute pony ride, all in the care of an experienced trainer. “We’re very welcoming . . . and we’re pretty open to anyone who wants to be around horses,” says Simone, adding that even people who don’t want to ride but wish to handle them have an opportunity to engage the animals. Queenswood Stables also offers year-round clinics, hosts international trainers and offers full show preparation clinics and other events for members.

They have complete boarding facilities as well as five outdoor rings and two indoor arenas. One arena is designed for young horses and to teach safety to beginner riders. The other, much-larger arena permits the training of horses and riders to the international level.

For more information, visit www.queenswoodstables.com.

Local painter featured at Crichton Street Gallery

Local artist Barbara Saville will feature her paintings at the Crichton Street Gallery (299 Crichton St.) on Saturdays, from March 11 to 25 from 11 a.m. to 4 p.m. Her paintings are primarily of Canadian landscapes in her “loose and expressive style”. Having obtained a Fine Arts degree at the Nova Scotia College of Art and Design, Barbara focused primarily on printmaking and graphic design and spent much of her career as a graphic designer. She started painting 12 years ago, beginning with courses at the Ottawa School of Art. She took several classes with artist Blair Sharpe and, for 10 years, has attended weekly painting sessions with fellow artists. Unlike graphic design, which Barbara says is “tight and precise,” she says that her painting is the “complete opposite”. “It’s just a real freedom . . . I start and I lose myself and it’s very spontaneous,” she explains.

Barbara is thrilled to be exhibiting at Crichton Street Gal-

lery. “I’ve walked by it many times and have peaked through the windows,” she says. “It’s a dream come true. It’s a full circle: from me peaking in the window to Mary (gallery co-founder) reaching out to me. It’s great that they’re highlighting local artists.”

Visit the gallery or the website at <http://the-crichton-street-gallery.myshopify.com>.

Local chef wins silver at national cooking championships

Congratulations go to Coconut Lagoon (853 St. Laurent Blvd.) owner Joe Thottungal who won silver at the Canadian Culinary Championships in Kelowna, B.C. Thottungal presented judges with a dish that highlighted the ingredients of the Kerala region of India, where he was born. His dish, halibut poached in spiced oil, with fish curry crumbs, woodland mushroom aviyal and a lentil emulsion wowed the judges. His sous-chef Rajesh Gopy and cook Sudeep Jose helped him prepare his dish. He plans to display the medal in his restaurant, which is undergoing major renovations that will be completed in the next couple of months.

Wellness and beauty events at Celadon Salon & Spa

Celadon Salon & Spa (373 St. Laurent Blvd.) invites readers to attend their Winter Beauty Event on Thursday March 23 from 1 to 7 p.m. The Esthederm de Paris skin-care educator will present Celadon’s new Intensive Anti-Aging Collection; guests can learn about their own unique skin-care needs.

On April 20, the Spa will host an event to celebrate women over 50 with the help of the region’s Jane Iredale educator who will demonstrate make-up techniques from the book *The Grace Factor — How to Look and Feel Your Best in Midlife*, which will also be for sale.

Please RSVP at 613-746-3500 to attend these events. Note that the infrared sauna is back up and running and all are



Barbara Saville in action at Crichton Street Gallery. Photo: Danna Farhang

invited for a complimentary, 30-minute session to experience the benefits of deep infrared therapy. For more information, visit www.celadonspa.ca.

Free retirement and estate-planning seminars for spring

Karim Gwaduri, Financial Advisor at Edward Jones, 361 St. Laurent Blvd., will present “Preparing your Estate Plan” at the Ottawa Lifelong Learning for Older Adults (OLL) group on March 14 at 10 a.m. at St. Timothy’s Presbyterian Church, 2400 Alta Vista. Dr. Karim’s topic will include the value of having an estate plan; four key building blocks for an effective estate plan and what to consider when creating or updating an estate plan. Karim will also present “Making your Money Last” at the Abbotsford Seniors Centre on Bank St. on May 3, which will help individual investors successfully transition into and live their life in retirement.

For information, visit oll-foro.ca or call Branch Office Administrator Laura Young at 613-741-6262.

Local fitness company customizes online training

Andre and Julie, co-owners of Evertrain Lifestyles, continue to expand their innovative, structured and results-based fitness and nutrition coaching for clients over 50. Last year was a big success for Andre, Julie and their clients, who benefited from private and online training programs.

Evertrain Online is a remote training program where by Andre and Julie develop a customized training program that clients can do at their convenience. Clients can access their workouts anywhere and the programs are uniquely designed for each person. Video tutorials, results-tracking, ongoing coaching advice and troubleshooting are just some of the benefits of Evertrain Online. The program also offers nutrition and lifestyle choices that rely on habit-based learning (no meal plans), a coaching program designed for long-term sustainability and coaching strategies geared towards a

client’s current levels, as well as other benefits.

Evertrain Lifestyles continues to build its early morning (6:45 a.m.) small-group training program. There are three spots currently available for early risers who enjoy a fun, effective and structured fitness routine. Andre and Julie have also begun to offer in-home Fascial Stretch Therapy to local residents. This form of treatment improves mobility, reduces joint pain and increases range of motion. This option is ideal for people who want to have therapy at home.

For information, visit www.evertrainlifestyles.com, email info@evertrainlifestyles.com or phone 613-295-8080.

Sunday hours at New Edinburgh Pharmacy

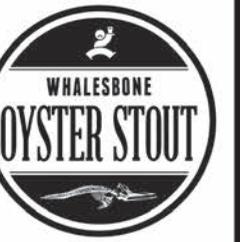
New Edinburgh Pharmacy at 5 Beechwood Ave. now has extended Sunday hours from 10 a.m. to 4 p.m. The store is open from Monday to Friday 8:30 a.m. to 8:30 p.m. and Saturday 8:30 a.m. to 6 p.m.

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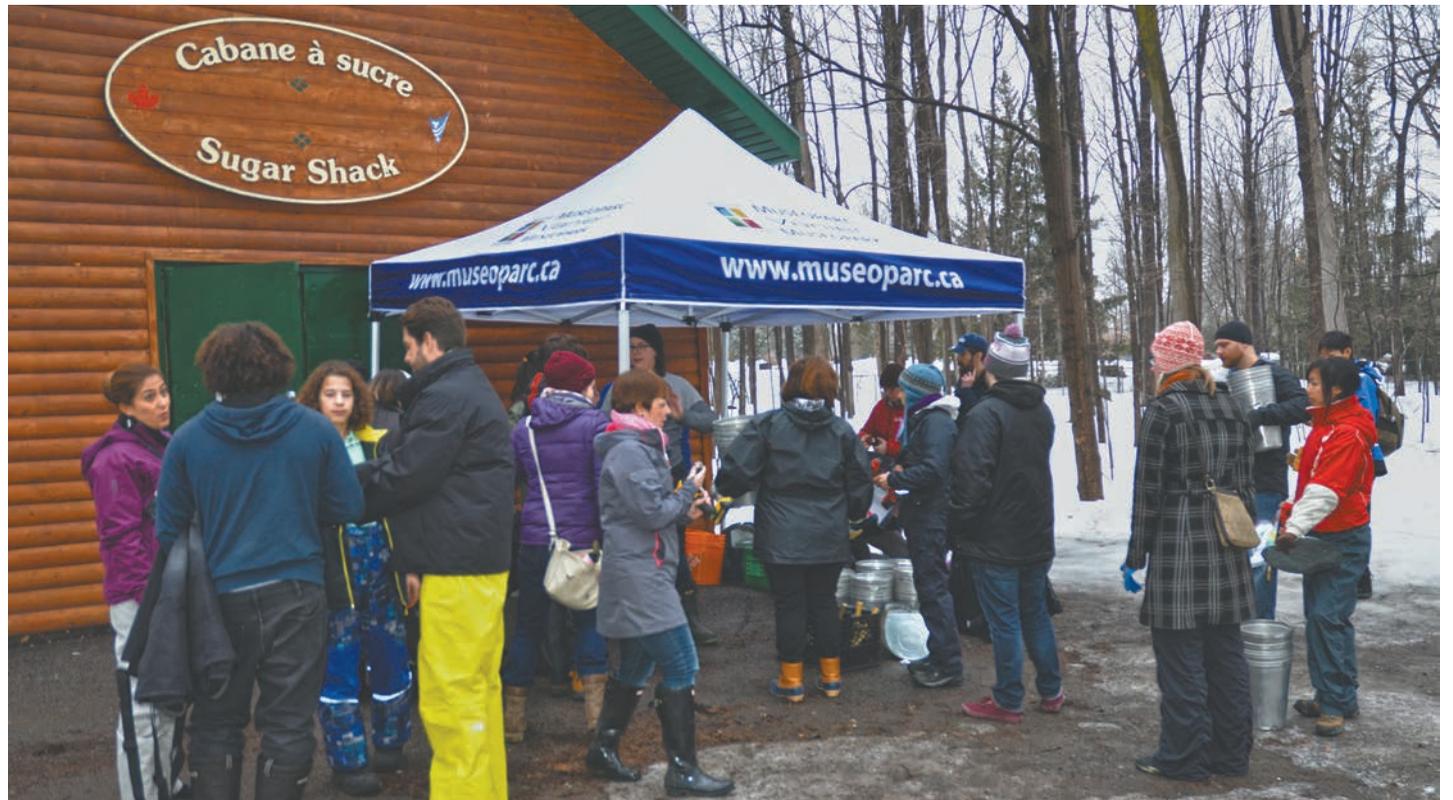
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Save the day for 2017 Sugarfest

The 2017, five-day SugarFest festival with its program of popular outdoor activities and entertainment for all ages runs from Thursday, March 30 to Wednesday, April 5. The festival begins with its annual Soup Splash in which local chefs compete for the coveted Cuillère d'érable prize with their maple soup creations.

SugarFest's weekend favourites include outdoor brunch and taffy on snow; sleigh, pony and carnival rides; public entertainers and craft fair; roving animation artists, jugglers and face painters; petting zoo and sled dogs, and its trademark lumberjack and axe-throwing contests all taking place on Saturday, April 1 and Sunday, April 2.

The sugar shack is open to customers on Saturdays and Sundays, 9 a.m. to 2 p.m. until April 30. Reservations are recommended. To make a reservation or to book the sugar shack for your special event, please contact the Museoparc at: communication@museoparc.ca or at 613-842-9871.



An enthusiastic crowd of some 100 tree-tapping volunteers gathered outside the Sugar Shack before heading out into the woods.

Photo: Andrew Sommerfeld

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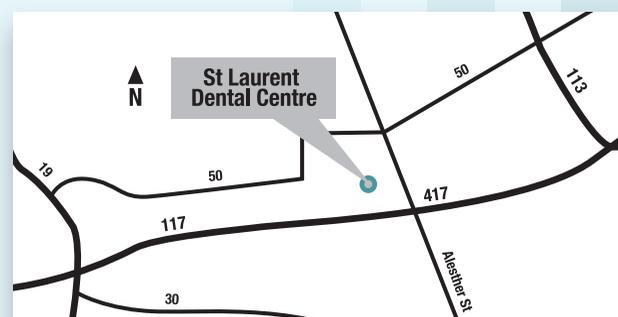
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MANOR PARK NOTABLES

Robert (Bob) Charles Butcher (1944 - 2017)

Family man, Scouter with a sense of wonder and discovery



Born and raised in Peterborough, Ont., Bob was the only son of Charles and Elsie Butcher. Scouting was in Bob's blood. Growing up he was actively involved in the movement, becoming a Queen's Scout in his youth. Bob attended Queen's University in Kingston, graduating in 1967 with a Bachelor of Arts degree in Psychology. At 23, he joined the local Boy Scouts organization in Ottawa — it was his first job and the start of a life-long career in scouting.

Bob met his wife-to-be, Linda Assad, at an outing with friends in Ottawa. Linda had been seeing someone else, but Bob, ever-persistent, chased after her and won her heart. They were married in Buckingham, Quebec, her home town, in 1970.

Bob worked for the local Ottawa Scouting office from 1967 to 1973, serving for four summers as senior camp director for Camp Opemikon near Perth, Ont. He moved on to the National Scouting office in Ottawa working from 1973 to 1979 as editor of *Scouting Life Magazine*. In 1979 Bob was promoted to his dream job: Executive Director of International Relations and Special Events for Scouts Canada. It was in this position that Bob really excelled and all his talents came to the forefront. This job was, in many ways, tailor-made for Bob, for he was an excellent organizer, a people-person and he loved to travel. It also nurtured his innate sense of discovery and wonder. He served the Boy Scouts faithfully for 35 years, until his retirement in 2006.

Bob travelled the world organizing World Scout Jamborees in Holland (1995), in Chile (1999), and in Thailand (2003) to name but a few. Bob was lit-

erally an international citizen also taking part in jamborees held every four years in far-away places such as Argentina, China, Czechoslovakia, Denmark and South Korea, as well as national conferences held in Iran and Russia. The last jamboree that Bob attended was the Kananaskis Jamboree, in Alberta. These jamborees were not merely 'show-up' affairs; these were events that required

Bob's comprehensive understanding of international scouting continually advanced Scouts Canada's role — even beyond its geographic borders.

at least two years of his advance preparation and coordination.

Bob's comprehensive understanding of international scouting continually advanced Scouts Canada's role — even beyond its geographic borders. His diplomatic skills and management of major scouting events, primarily national conferences and international jamborees, led to highly successful operations that continue to be benchmarks for the movement.

Throughout his distinguished scouting career, Bob received many awards, among them the Silver Maple Leaf award in 2007 for outstanding service to scouting by a scout executive. In his non-scouting activities, Bob was honoured in 2010 by the Rotary Club of Ottawa with the Paul Harris Fellowship Award in recognition

of his 25 years of service as a Rotarian.

An avid reader with a dry wit and calm demeanour, Bob was a devoted husband to Linda, loving father to Sarah and Amy, and grandfather to Sam, Jack and Charlie. He loved spending time at the cottage near Buckingham, just hanging out with family — fishing, canoeing and even camping outdoors in the winter. He also was a keen photographer with an amazing collection of cameras. Bob loved music and loved to dance.

Bob, Linda and their girls moved to Cardinal Glen in 1990 — they were one of the community's first residents. Living beside Notre Dame Cemetery was unusual at first, but the peace and quiet soon became one of the golden linings of their Cardinal Glen home. Bob was an avid walker and could frequently be seen walking around Manor Park, even walking to the By Ward Market, or to Beechwood Village for a 'cuppa' at Bridgehead.

Due to complications from an aneurism in the early 2000s, Bob suffered from progressive dementia, eventually needing care and support at Governor's Walk Residence in New Edinburgh and later at the Gary Armstrong Long Term Care Facility on Porter's Island until his passing this past January.

There are those that distinguish themselves through local community work and then there are those who perform extraordinary work out in the world-at-large. Bob was one of those who made his mark both in his community and in the world through his dedication to young people and scouting — but above all, with his family.

With kind appreciation to Linda Assad Butcher.

Manor Park Notables are snapshots of individuals (now deceased) who lived in Manor Park and who made a difference either through their career or their Manor Park community involvement. The March 2017 Chronicle marks the 10th anniversary of the launch of the Manor Park Notables column. If you have a candidate in mind, please send your submission or ideas to: manorparknotables@gmail.com

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Rockcliffe Park Public School places in regional reading competition

For the second year in a row, Rockcliffe Park Public School (RPPS) placed in the top three in the regional Kids Lit reading competition held at Ashbury College. On January 26, RPPS continued its strong presence by capturing third place amongst 13 schools entered. The quiz promotes reading and motivates readers. It builds team-

work and consensus-building skills. It provides a meaningful and engaging activity for middle-grade students aged 10 to 13 years. Principal Shari Brodie is a proud supporter of the Kids Lit competition. Grade 6 teacher Alex Alexopoulos has been the team coach for the past two years.



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Julie McInnes, Cooking
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Lindsay Watson, Art

Manor Park Outdoor Rinks

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Katie Dodsworth
Dylan Jones
Chris Hannant
Vuk Vukajlovic

FROM THE DESK OF:



MPCC Co-Chairs
**JENNIFER THIESSEN
& TOM GOLEM**

About a year ago, in this very column, we wrote about how

2016/17 was going to be a very exciting year for the Manor Park Community Council (MPCC). While we did not meet all of our entire capital objectives last year, we have made significant progress.

Our before-and-after-school, licensed, childcare program that includes dedicated arts and drama specialists, reading activities, sports and games continues to be robust. The parents and children who use the program have commented back to us that the program is fun, well-managed, friendly, and provides exciting opportunities for the participants. We are very

proud of the before-and-after-school program and the dedicated staff.

While the thoughts of winter are still with us, we would like to thank the staff and volunteers who made the Manor Park Annual Skating Party a success. The weather was great and the event provided a wonderful opportunity to get out and reconnect with our neighbours in Manor Park. In our September column, we made a call out for **volunteers:** as a not-for-profit organization, **we need your help.** It is difficult and costly to run quality events, such as the skating party, without the support of folks in the

neighbourhood.

Moving forward to spring, it is a time to plan for outdoor sports and the MPCC is excited to offer some favourites like soccer. We are also changing up the program and offering new sports, such as rugby. This year we will be introducing rugby sevens rules and format to the participants. We are also planning for tennis instruction after the tennis courts are resurfaced this spring.

To get a better understanding of the MPCC operations, please take the time to read through our financial report, which will be released in March.



Atom team players from the Ottawa East Minor Hockey Association during Manor Park's "Winter Classic". Photo: Lana Burpee

ADULT ART PROGRAMS – Register at manorpark.ca**Watercolour Painting**

Find your wings in watercolour painting! This course will inspire confidence in creativity and help you understand the intricacies of watercolour. Special focus is on compositional elements and techniques in the medium. Individual style is encouraged and plenty of one-on-one instruction will be provided. Specific lessons will be discussed in the first session. All levels welcome.

Supply list:

10 or #12 size soft bulb brush for watercolour
Medium-sized white palette
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Watercolour paper (3 sheets 22 x 28) or 16 x 20 watercolour block of paper
Watercolour paints – colours (suggested only): Gamboge, Burnt

Sienna, Raw Sienna, Alizarin Crimson, Scarlet lake, Viridian, Ultramarine Blue and Pthalo Blue.

Instructor: Laurie Hemmings, OWS Laurie has painted in watercolour for the last 35 years and has taught art to the local Ottawa community for 30 years. Winner of president's, Jurors' and Public Choice awards at juried exhibits with the Ottawa watercolour Society and Artest, Laurie was also represented by Galerie d'Art Nicholas Art Gallery from 1982 to 1997. Now representing herself, Laurie enjoys painting rural landscape and animal subject matter. Her next project will be a study of canines that she hopes to launch in her next solo show in the 2018, The Year of the Dog.

Saturdays
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Drawing from both sides of the brain**

Learn essential drawing skills both formally and informally. This course will address various drawing techniques, perspective, as well as enhancing light and shadow. Various exercises will be presented to improve drawing skills. All levels welcome. This class can be taken alone, or is great for people who want to continue from the previous class.

Supplies:
Sketch pad (minimum size 9 x 12")
HB Pencil
2B pencil
White eraser

Instructor: Lindsay Watson
Lindsay puts her Bachelor of Fine Arts in Visual Arts from the University of Ottawa to good use as an instructor for the City of Ottawa and The Ottawa School of Art. As well as making and exhibiting mixed-media oil paintings in several venues in the region, she is the art instructor for the Before- and After-School in Manor Park program delivering projects to over 150 children weekly.

Wednesdays
March 22 to April 26, 2017
12:30 to 2:00 p.m.
Manor Park Community Centre
100 Thornwood Rd.

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MANOR PARK COMMUNITY COUNCIL

Meet the Board of Directors

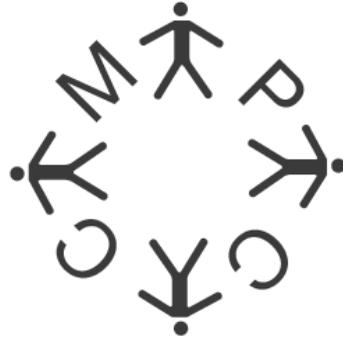
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Meeting Schedule

The Board of Directors of the Manor Park Community Council (MPCC) meets every 4th Wednesday (September to June) at 7 p.m. in the Manor Park Community Centre, 100 Thornwood Road.



www.manorpark.ca
The Annual General Meeting (AGM) takes place on Wednesday, March 22, 2017 at 7 p.m. in the Manor Park Community Centre.

Volunteer coaches needed for sports in Manor Park

We welcome enthusiastic (parent) volunteers as coaches for our children's soccer, baseball and floorball programs. Sport experience is not necessary, but a positive and patient attitude is! Volunteer coaches work beside MPCC staff to help practices and games run smoothly. Sometimes that means tying a shoe for a 4-year old, or giving a pep-talk to an 8-year-old novice, or helping chase down those run-away balls.

We guarantee that volunteering will brighten your day because you will have made a difference to a child. If this is for you, let us know at jobs@manorpark.ca.

Ottawa Marathon: Hydration Station volunteers

Volunteers are a key part of the Ottawa Marathon Race Weekend! You can be part of the action — right here in Manor Park — by volunteering to help at the 'Hydration Station' location on Birch Ave. Each year, it takes nearly 70 volunteers to fill and serve 15,000 cups. And it's fun!

Get more information at manorpark.ca/work-or-volunteer.



Summer Day Camps in Manor Park – staff

Our talented camp staff makes the magic happen for children ages 4 to 10! If you have lots of energy, are creative and love working with kids, a summer job at our day camps might be for you.

Apply with cover letter and resume at jobs@manorpark.ca by March 31. Find more information at manorpark.ca/work-or-volunteer.

Summer Day Camps – Junior Leader volunteers

Need experience for that first summer job? Looking for a fun activity this summer? Want to share your camp memories with others?

The MPCC is recruiting Junior Leader volunteers for its popular Summer Day Camp program. Junior Leaders will be mentored by experienced staff on a range of topics from program planning to implementation. They will gain hands-on experience by providing volunteer hours as part of the camp staff (perfect for high-school volunteer requirements!).

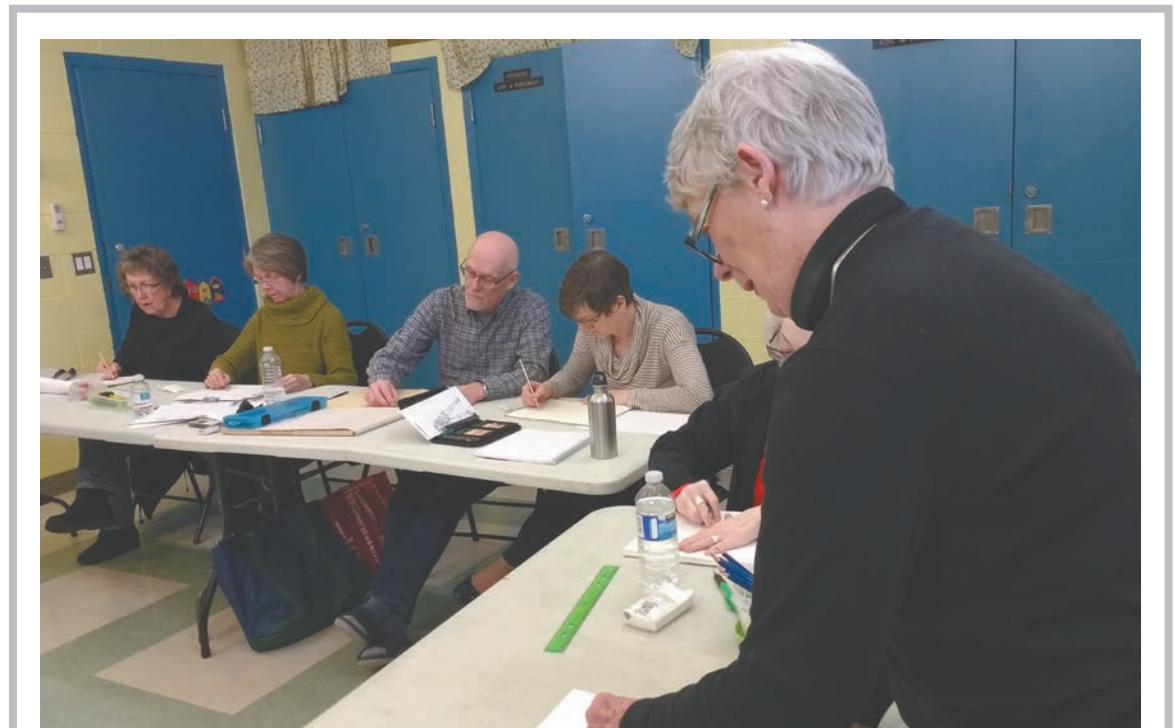
Teens interested in participating on either a full- or part-time basis this summer should forward resumes to the MPCC at jobs@manorpark.ca.

IS THIS YOUR HOUSE?

Catherine's WATERCOLOUR PAINTINGS

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<http://cwillisoconnorfolkart.weebly.com/>



"Drawing from both sides of the brain" is just one of many popular art classes offered by the Manor Park Community Council.

TODDLER TIME
"Where children laugh, learn and play."

For children aged 18 to 30 months.

THE MANOR PARK PLAYSCHOOL
"Where children laugh, learn and play."

For children aged 2.5 - 5 years old.

OPEN HOUSE

Thursday, March 23, 2017
9:00-10:00am, 5:30-7:00pm
Manor Park Community Centre, 100 Thornwood Road.

Parents and their children are invited to visit us!

Manor Park Community Council
mpcc@manorpark.ca | manorpark.ca
613-741-4776

Before- and After-School in Manor Park program

'Before- and After-School in Manor Park' is licensed child care in the Manor Park Public School, welcoming children from Junior Kindergarten to Grade 6. The program provides quality care to many families in the area, with children returning year after year. Our qualified Educators focus on programming that builds on the interest of the children to provide a stimulating and engaging environment that enhances children's natural sense of curiosity. Art, sports, science, literacy and drama are just a few of the areas that Educators explore with children in the program as they foster social connections among the children and their families.

Does your child require after-school care?

We have room in our two oldest age groups! If your son or daughter is in grades 3 to 6, we can offer a space for after-school care. Please visit manorpark.ca for Frequently Asked Questions, and a registration form and package.

September 2017 to June 2018 registrations

Registration for the Before- and After-School in Manor Park program, for the 2017/2018 school year, will begin in March. The website, manorpark.ca, will have registration details and a complete registration package.

Registration is on a first-come, first-served basis. Spots will be reserved when a fully completed registration form and payment is received by the MPCC office. New! Families can take advantage of an easy and secure payment system, 'Pre-Authorized Debits'!

We look forward to another successful year for Before- and After-School in 2017/2018.

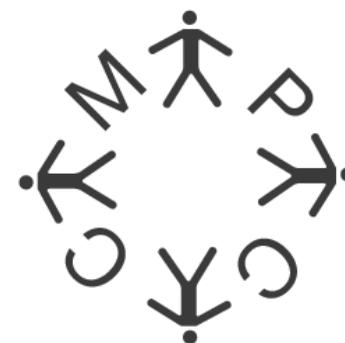
Follow us on Social Media!

Follow us on Twitter @ManorParkcc for up-to-date rink conditions as well as for fun details and reminders regarding Before- and After-School in Manor Park.

MANOR PARK COMMUNITY COUNCIL

Manor Park Chili Champ 2017 — Elizabeth Ainslie

Champ reveals her recipe



www.manorpark.ca

This year's chili champ, Elizabeth Ainslie, centre, pictured with Jennifer Thiessen and Tom Golem, MPCC Co-Chairs.

Photo: Lana Burpee



For this year's MPCC Chili Championship, I used my new favourite kitchen appliance, an electric pressure cooker / multi-cooker. Using an Instant Pot (de-

veloped right here in Ottawa), I was able to cook in under an hour a savoury chili that tasted as if it had been simmering all day on the stove. I adapted a recipe

found on the pressure cooker recipes website (<http://bit.ly/2jQmBlg>). The same ingredients could be used to make a delicious chili in a slow cooker or on the stovetop.

Ingredients

- 1 to 1 ½ pounds lean ground beef
- 1 medium onion, diced
- 6 garlic cloves, minced
- 2 cans (540 ml each) red kidney beans, drained & rinsed
- 1 large red pepper, diced
- 1 can (796 ml) crushed tomatoes
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 teaspoon dried oregano
- 1 tablespoon olive oil
- 1 tablespoon brown sugar
- 1 tablespoon apple-cider vinegar
- Hot sauce, salt and black pepper to taste

Umami stock

- 1 cup low-sodium beef stock
- 2 tablespoons fish sauce
- 1 tablespoon light soy sauce
- 3 tablespoons tomato paste
- 1 teaspoon unsweetened cocoa powder

Instructions

Heat up your pressure cooker over medium-high heat (or Instant Pot: press Sauté button and adjust once to Sauté More function). Ensure your pot is as hot as it can be (Instant Pot: wait until indicator says HOT). Season ground beef generously with salt and freshly ground black pepper. Add olive oil to

pressure cooker. Add ground beef in pressure cooker. The ground beef will start to release moisture. At the 5-minute mark, remove the ground beef juice and reserve it in a small mixing bowl. Allow the ground beef to brown.

Stir occasionally until it is slightly crisped and browned. Taste and adjust the seasoning with more salt and ground black pepper.

Mix the umami stock: while the ground beef is browning, mix beef stock, fish sauce, light soy sauce, tomato paste and unsweetened cocoa powder in a measuring cup.

Add diced onions, minced garlic, cumin, chili powder, and oregano to the ground beef. Sauté for about 5 minutes until the spices start to release their fragrance. Stir frequently.

Pour in ½ cup of the umami stock and fully deglaze the bottom of the pot by scrubbing all the flavourful brown bits with a wooden spoon.

Add in the reserved beef juice and the remaining umami stock. Add drained red kidney beans. Mix well. Add the diced red pepper; then pour in the can of crushed tomatoes with all the juice on top. Do not mix. Close lid and pressure cook at High Pressure for 10 minutes; then allow the pressure cooker to naturally release pressure, about 20 minutes. Open the lid carefully.

Taste and season the chili with brown sugar and apple-cider vinegar; then add hot sauce, salt and black pepper to taste.

www.edwardjones.com

All RRSPs may look the same – until you retire.

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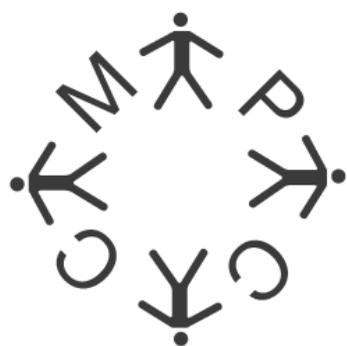
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MANOR PARK COMMUNITY COUNCIL



www.manorpark.ca

FLAG RUGBY SEVENS

NEW!

Our NEW format will focus on the same game that the Canadian women's team played at the recent Rio Games. This fast paced, non-stop action game will be loved by all new and returning players.

The program will still be about passing, running, kicking and scoring through teamwork. Nothing – except the tackling – is missing from this introductory format of the game. Flags replace tackling so that players quickly learn the basics and can put them into practice during game play.

\$115 – New players receive ball & t-shirt

\$ 85 – Returning players

Fridays, May 5 to June 23

Ages 5 – 8 yrs 6 – 7 p.m.

Ages 9 - 13 yrs 6 – 7:30 p.m.

Manor Park sports fields
100 Thornwood Road

Register at manorpark.ca

MANOR PARK SOCCER

Teams will be established, a schedule set for friendly league-style games and a year-end festival. Each player receives a t-shirt!

When registering your child for a soccer program, you are taking an important step towards the health and fitness of your child – for life! You also become a partner of the Manor Park Community Council (MPCC) in teaching your child the fundamental movements and skills – running, jumping, twisting, kicking, throwing and catching – appropriate to their age. This program is open to boys and girls and welcomes parents to volunteer along with our experienced coaching staff.

\$75

Manor Park sports fields
100 Thornwood Road
Register at manorpark.ca

'First Kicks'

Ages 4-5 years
Saturdays, May 6 – June 24
9 – 10 a.m.

'Fun with the Ball'

Ages 6-7 years
Saturdays, May 6 – June 24
10 – 11 a.m.

'Learning the Game'

Ages 8-9 years
Wednesdays, May 3 – June 21
6 – 7 p.m.

'Fun for Life'

Ages 10-12 years
Wednesdays, May 3 – June 21
6 – 7 p.m.

TENNIS

Learning the fundamentals of tennis in a progressive, game-based environment. Adjusted court size and slower balls will make learning how to play tennis fun and successful from the beginning. Players are encouraged to bring their own racquets but we always have some on hand.

\$75

Tuesdays, May 2 to June 20
Ages 6 – 8 yrs 6 – 7 p.m.
Ages 9 – 11 yrs 7 – 8 p.m.

Saturdays, May 6 to June 24
Ages 6 – 8 yrs 10 – 11 a.m.
Ages 9 – 11 yrs 11 – noon

Tennis Courts
Adjacent to the Manor Park
Community Centre
100 Thornwood Road

Register at manorpark.ca

OUTDOOR FLOORBALL

We're taking one of our traditionally indoor sports outside!

\$75

Floorball is a fast-paced, exciting, safe and low-cost type of ball hockey but is played with advanced lightweight sticks. A great cross training alternative to hockey! Get outside and improve fitness and stick handling.

Players will enjoy a mini-league of games and the size of the courts will be adjusted just for them! Sticks will be provided. Co-ed.

Thursdays, May 4 to Jun 22
Ages 5 - 8 yrs 6 – 7 p.m.
Ages 9 -12 yrs 7 – 8 p.m.

Adjacent to Manor Park Community Centre
100 Thornwood Road.

Register at manorpark.ca

MANOR PARK BASEBALL

Manor Park Baseball emphasizes fun and team spirit. Smaller teams, more game time, and experienced coaches will help your child learn the basics incrementally through game situations. Parents are encouraged to become volunteer coaches.

Each player receives a t-shirt. A glove is required. Co-ed.

'Blastball' (Ages 4-5 yrs)

The perfect introduction! Designed to introduce the basics of baseball (hitting, throwing, catching and running) players hit a soft ball off a tee and run to a (squeaky!) first base. As the players progress and learn the concept of safe or out after running, the second base is added and so on.

'Intro to Tee Ball'
(Ages 6-7 yrs)

Players will practice various aspects of baseball. Hitting, throwing, and catching techniques will be taught through a variety of drills at each session. After practice, a game will help players put skills

learned into gameplay situations. Smaller groups and two baseball diamonds will maximize coach/player interaction time. No prior baseball experience required.

'Intro to Coach Pitch'

(Ages 8-11 yrs)
For players who know the basic techniques and rules of baseball, Intro to Coach's Pitch is a great way to fine tune hand-eye coordination. It will also help further develop game knowledge and strategies through lots of gameplay situations.

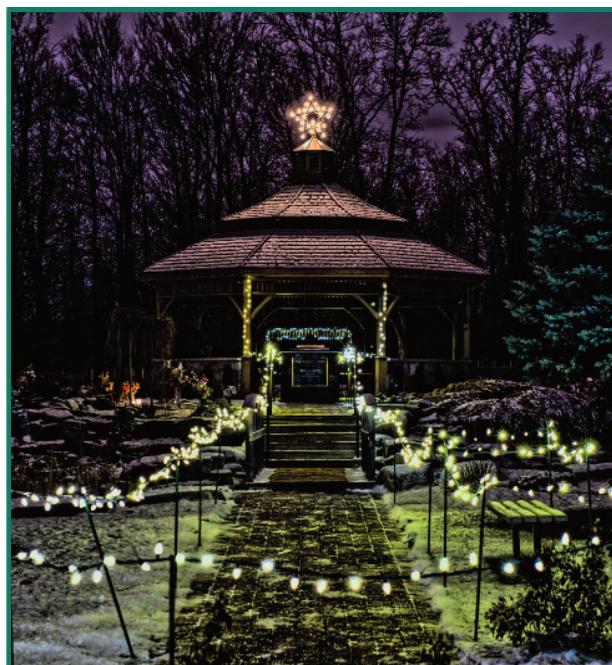
\$75

Mondays, May 1 to June 26 (except May 22)

Ages 4-5 yrs: 6 – 7 p.m.
Ages 6-7 yrs: 6 – 7 p.m.
Ages 8-11 yrs: 6 – 7:30 p.m.

Manor Park diamonds
100 Thornwood Road

Register at manorpark.ca



Beauty in your Neighbourhood

FIND COMFORT IN THE BEAUTY OF BEECHWOOD – While people appreciate Beechwood's full range of bereavement services, many visit for other reasons: to enjoy our botanical gardens, including our annual spring display of 35,000 tulips and our spectacular fall colours. Others come for historic tours or to pay tribute in our sections designated as Canada's National Military Cemetery and The RCMP National Memorial Cemetery. School groups visit Macoun Marsh, our unique urban wetland. Concerts are hosted in our architecturally-acclaimed Sacred Space. Please join us for the many special events that take place throughout the year and discover the beauty of Beechwood, right in your neighbourhood!

WHATEVER YOUR WISHES – visitation, informal gathering, life celebration, memorial service, funeral, catered reception, cremation, burial, monument or other memorialization – Beechwood has everything you want in one beautiful location. You can choose all of our services or only those that you want. Meet with our certified pre-planning specialists to create the plan that's right for you.

BEECHWOOD OPERATES ON A NOT-FOR-PROFIT BASIS and is not publicly funded. In choosing Beechwood, you can take comfort in knowing that all funds are used for the maintenance, enhancement and preservation of this national historic site. That's a beautiful thing to be a part of and comforting to many.

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2017 SUMMER DAY CAMPS

MANOR PARK COMMUNITY COUNCIL

Ages 4-5

MESSY ART

Finger painting, tie dye and mosaics are some of the activities that the campers will make. Campers will discover and develop their creative passions—and get a little messy!

Celebrate CANADA

Celebrate Canada with the RCMP's Musical Ride in our very own neighborhood. Kids will sing and wave their homemade flags, while having fun. Interesting facts, landmarks and the history of Canada will be explored.

CANADA SUMMER GAMES

The Canada Summer Games are in Winnipeg –and Manor Park! Campers will run, throw and jump in this active camp. Children will play soccer, track and field, along with traditional cooperative games and get wet in the splash pad.

PAWS AND CLAWS

Fuzzy and cute...small and scaly...big and hairy! Animals of every kind set the theme for arts & crafts, dramatic play, stories, and games. Campers will be invited to bring a pet for show and tell.

Ages 6-10

MAKE IT! WITH WOOD

Campers will try hammering, drilling, sawing and measuring to complete their own check list of how to do's. Kids will build projects such as a LEGO™ coat rack or a wooden flag. Teams of campers will build a major project together—a "Go Kart"—that campers will be able to ride and enjoy at camp.

MAKE IT! IN THE KITCHEN

Discover the pleasure of food and cooking through taste, touch and smell. Locally grown produce might lead to fresh jam and other tasty treats. Each camper should bring their own apron.

MAKE IT! IN THE GARDEN

Get dirty and learn all about gardening. Planting, mapping the beds, weeding and watering will get the gardens growing. Looking at seeds from the inside out, by making art projects like 'seedy socks' will round out the fun.

Ages 6-10

CANADA SUMMER GAMES

Soccer, tennis, volleyball, flag rugby sevens, lacrosse, ultimate and the water splash pad...this camp has it all! Introducing a variety of summer sports that will be show cased in Winnipeg during the Canada Summer Games. Children of all abilities are welcomed to this co-ed camp where fun and friendship are emphasized.

ART IT UP!

A time to imagine and create – and get a little wild! Camp activities are ramped up with paint, dancing and plasticine. A time to imagine and create.

Celebrate CANADA

Campers will celebrate the history, and accomplishments of Canadians, "visit" our natural landmarks and taste some of our unique flavours of Canada.

FREE!

Picnics in the park! Games, songs, activities! Supervised lunchtimes are available for children registered in both the morning and afternoon camps. Meals are not provided.

General Information

- Registration information is available at manorpark.ca
- **Register early!**
- Camps take place in and around the Manor Park Public School, 100 Braemar Street will be used as the home base. Campers will also use the water splash pad, sports fields and Manor Park Community Centre, 100 Thornwood Road.
- Campers receive a free souvenir T-shirt!
- Snacks and lunches from home must be 'nut free'.
- All camps include use of the water splash pad. Campers should bring a bathing suit and towel. Water shoes are recommended.
- Campers should apply sunscreen prior to arriving at camp.

CAMPS 2017	Jul 4-7*		Jul 10-14		Jul 17-21		Jul 24-28		Jul 31-Aug 4		Aug 8-11*		Aug 14-18		Aug 21-25	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Ages 4-5 yrs																
Celebrate Canada	\$80					\$90				\$90			\$90			
Canada Summer Games									\$90		\$80				\$90	
Paws and Claws			\$90					\$90								\$90
Messy Art		\$80		\$90	\$90		\$90					\$80		\$90		
Ages 6-10 yrs																
Art it up!		\$80					\$90					\$80	\$90			
Canada Summer Games					\$90				\$90		\$80				\$90	
Celebrate Canada	\$80			\$90				\$90								
Ages 6-10 yrs																
Make It! with Wood						\$110								\$110		
Make It! in the Kitchen			\$110							\$110						\$110
Make It! in the Garden					\$110				\$110							

*Four day week

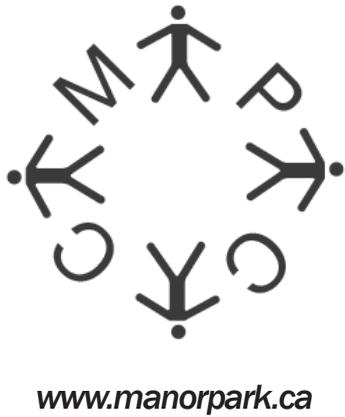
Extended Care offered from 8-9am and 4-5pm, \$30 (Four day weeks) and \$35 (Five day weeks).



Manor Park
Community Council

100 Braemar Street Ottawa, ON K1K 3C9 | 613.741.4776
mpcc@manorpark.ca | manorpark.ca

MANOR PARK COMMUNITY COUNCIL



www.manorpark.ca



Why play locally? Team sports are back for 2017!

This spring, teams are back in our soccer, baseball and outdoor floorball; and new this season Flag Rugby Sevens will be included! Teams will be formed and a schedule for each sport will be available. Along with warm-ups and drills, teams will encourage friendly games and meaningful competition!

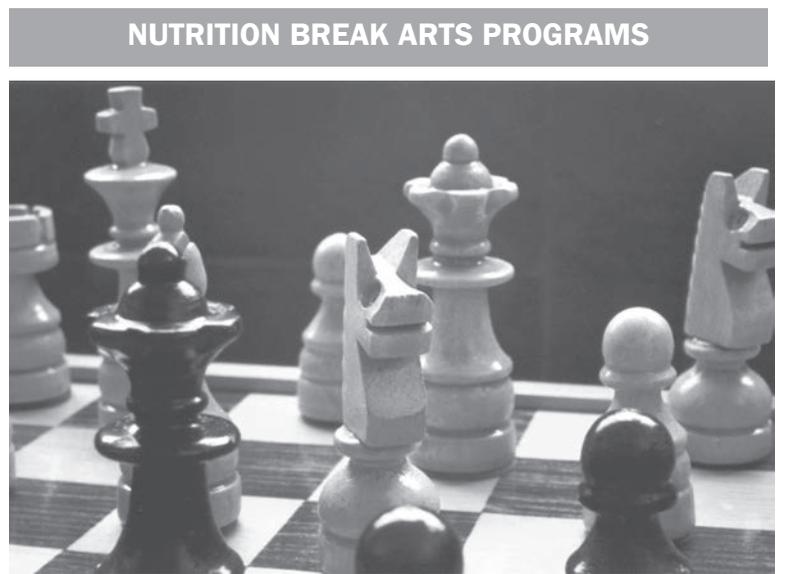
Coaches at the Manor Park Community Council (MPCC) know that team sports are fun, but also that they help develop players into well-rounded individuals. Sports help children with learning life skills like patience, hard work and to win- or lose-like a champ.

Team sports help your child by:

- teaching how to deal with teammates — good and bad
- introducing friendly and age-appropriate competition
- encouraging respect for players, coaches and parents
- improving leadership skills
- developing self-esteem and building confidence on and off the playing field
- teaching co-operation with others.

All our children's sport programs continue to promote physical literacy and long-term athlete development (LTAD), as these tools help keep people active for life. Physical literacy is "learning how to move" and LTAD is defined as "the principles to get the most out of the development of athletes at all ages and stages of their development." Our coaches use the fundamentals of both to guide young children as they develop. And we can't forget the main reason why children play sports — to have fun!

Register: manorpark.ca



NUTRITION BREAK ARTS PROGRAMS

For more than 10 years, the Manor Park Community Council (MPCC) has provided arts programming to students at Manor Park Public School during their meal breaks. Today, the balanced school day provides for two meal breaks: 10:30 a.m. and another at 1:15 p.m. We invite students to pick and choose their favourites.

NEW! A five-week format allows us to offer your popular choices more often and at a reduced price of \$40! To register: manorpark.ca .

NEW! Make it! in the Garden
Get dirty and learn the ins and outs of gardening. Planting seedlings, mapping the beds, weeding and watering will get the gardens growing. Looking at seeds from the inside out and art projects like 'seedy socks' will round out the fun.
(Feb 22 to Mar 29) and (Apr 5 to May 3)

NEW! Make it! in Code (grades 1 to 3)
Even the youngest children can learn the basics that introduce writing computer code! A curriculum drawn from President Obama's 'code.org' initiative and tested with children in grades 1 to 3 will bring mazes and games alive. Age-appropriate instruction lays the foundation for digital literacy. Oh, and did we mention that it will be a lot of fun too?
(Mar 7 to Apr 11)

Make it! with Meccano
Make all sorts of amazing structures using Meccano metal parts.

No need to know anything about building — with Meccano you will learn it here! Both boys and girls love this program. (Note: suitable for grades 3 to 6.) Meccano sets provided. Projects are not taken home.
(Mar 6 to Apr 10)

Chess: The World's Most Popular Strategy Game
Learn the basics of chess or master the skills. Players of all levels are welcome in this popular class.
(Mar 2 to April 6)

Art: Ancient Egypt
Delve into the land of Pharaohs and pyramids! Draw hieroglyphics, sculpt Egyptian figurines, and paint pyramid scenes.
(Mar 1 to April 5)

Healthy Cooking: Snappy Appies and Sweet Treats
Come and join us in the kitchen to make delicious and nutritious starters and treats including a few twists on your favourite dips, comforting soups, and some tasty and healthier versions of some classic desserts.
(Mar 20 to April 24)

Science Club
Let's experiment! How do animals keep warm in the winter? What is a density tower? Why do certain objects sink and others float? Why does soap work well to wash off dirty hands or to do the dishes? You'll be hands-on to answer these questions. Science is exciting!
(Mar 9 to Apr 13)



Manor Park Community Council
Annual General Meeting
Wednesday, March 22 at 7 p.m.
Manor Park Community Centre
100 Thornwood Road
Providing recreational programs in Manor Park for more than 35 years!

CHRONICLE ESSAY

March conversations are therapeutic: Can we talk?

By Douglas Cornish

Mental health is an important topic these days, and it should be. There is a national, corporately sponsored day, near the end of January, that raises millions for the cause of mental health and there are other campaigns, some family sponsored, which throw light (and money) on the issue.

Seasonally, March is sort of a let's talk kind of month. It's a conversation month, and whether you think you have mental health issues or not, the conversations of March are important for the health of one's seasonal and general outlook. Most of this is due to the abyss of winter. In March winter is waning, retreating (however slowly). It's in March when conversation becomes more prevalent. People are willing to talk more. Their vocal chords have thawed a bit. Their bones are less stiff. Their gait is more relaxed and easy.

In winter the chats are quick (except for dog walkers — they seem to be a hardy and friendly lot). Even in close neighbourhoods when you know who your next-door neighbour is it's usually a quick hi, then into the house, or a quick wave as you have your hand on the garage door opener remote button, then your car (and you) disappear into the garage, and the garage door closes. We are house creatures, cave dwellers in winter. That's why March conversations are important. The chats get us out of our caves. In March our hibernation is nearing an end. We're slowly waking up, and we begin to talk.

The talk is neighbourhood talk — 'how was your win-



“Talk is the communication blood that flows through, and contributes to, our general wellness. People are meant to communicate.”

ter vacation in the Barbados’? Winter talk — ‘boy, that was quite a winter we just had, wasn't it? Even summer talk - of hopefully what might lie ahead (even though we have to first get through spring). It's not the talk that's actually im-

portant (it's typically just gabbing), but the important thing is that we are talking. It's 'catch up' talking, which gets us up to speed on the neighbourhood, on family occurrences and on life. Talk is sometimes therapeutic and serves many purposes. Talk is good for our general wellbeing and good for relations with others.

This time of year is similar to when films transitioned themselves from silent films to talkies. Winter is silent film (in fact it might even require subtitles!). Now that we're leaving winter we're into the talkies. It's show time, folks!

The chattering of March prepares us for what is ahead.

It oils up our brains, and it brings fresh air and ideas into our minds. It unclogs our spirits. After the frozen, shivering nods and grunts of the winter months, human com-

munication is beginning. It's like the dawn of time. We're emerging from our caves — out into the world. The sun is shining, the snow is melting. Civilization is before us. There are places to talk to, there are people to see, experiences and things to do.

In March our seasonal mental health is at stake. It is talk that acts as a catalyst. Talk is the communication blood that flows through, and contributes to, our general wellness. People are meant to communicate. We need to talk to each other (even if, at times, we might not want to). It is the King's Speech time. It's chattering, blabbering, verbal diarrhea time. It's the ebb and flow of thought and of feelings.

March talk gets us to speed with that new baby that was born in the winter, or the new late-fall puppy who is now almost fully grown, or neighbourhood kids who seem taller now than when you last saw them. The world is older now, and even though we've been in a frozen state for months, the world hasn't stopped. Only our current memory systems need to be updated through talk.

It's March. It's that time of year. Can we talk?

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MEET YOUR NEIGHBOUR

Barbara Merriam



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

We got Chris just before I retired. He keeps me quite busy. I also am the Chair of the Board for Heartwood House, a charity that accommodates 18 non-profit organizations and promotes working together to help people help themselves. We have a great Executive Director and I enjoy working with members of the board. Amateur theatre is “in my blood” too. My mother was an amateur director in Sudbury and my sister started a musical theatre program at a high school in Toronto that is a great success. I often will go to Toronto to help her and my niece with musical productions. In Ottawa, I was involved with the New Edinburgh Players and now I work with the Linden House Theatre Company and also the Ottawa Little Theatre every now and then.

Currently, I am involved in the production by Linden House of *Role Play* by Alan Ayckbourn, which will play in November at Elmwood School. In June, I am part of the production of *Old Love* by Norm Foster at the Ottawa Little Theatre. I will also get involved with my sister and niece with something they will be showing at the Toronto Fringe Festival.

Why do you live in Manor Park?

What can I say?! Bob and I originally lived at the Highlands on St. Laurent Blvd. when he was first at the NRC. We started taking walks and discovered Manor Park. We loved it, so we bought a house, put on an addition and raised our kids here. Where else would we go? Now the house seems too big, but where else would you want to be?

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

I wouldn't want to live any-

Who are you?

I am Barbara Merriam. I live on Eastbourne Ave. with my husband, Bob McKellar, and our West Highland terrier, Chris, who is 3 years old. We have lived in this house for 40

years and raised our two children here. Our son, Ian, is a lawyer in Toronto. He is married to Cliona and they have a 7-month-old son, Darragh, who is our first grandchild. Our daughter, Ann, and her partner

live in Saskatoon where Ann is a wildlife biologist specializing in the study of birds.

Where were you born?

I was born in Sudbury. It was a lovely place to grow up, close to Lake Ramsey. My dad worked for INCO and was transferred to Toronto. I did an undergraduate degree in history at the University of Toronto and then met my husband. Bob was moving to Ottawa to work at the National Research Council, so I went to Carleton and did my Master's in Social Work. Being in Ottawa was supposed to be a temporary thing!

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

It started when I did volunteer work that I really enjoyed at U of T. So I decided to do gradu-

ate studies in social work. I first started working at the Ottawa-Carleton Children's Aid Society. Then I took a term position for the federal government working three days a week at the International Adoption Desk. After 13 years at Health & Welfare in various areas (e.g., Family Violence Prevention Division), I went to work at the Justice department primarily in social justice programs. I was at Justice for 17 years and ended my career as Director General of the Programs Branch. I loved my job and the people I worked with, so retiring 2 1/2 years ago was difficult. I was quite ambivalent about it. I never really considered anything else but becoming a social worker although I have lots of teachers in my family, so that might have been an option.

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where else but Manor Park. We own the main floor of my son's home in Toronto, so we can stay there when we are in Toronto visiting.

What do you do to stay healthy?

I regularly go to Curves near Canotek Rd. I like to carpool there with a neighbour. I also walk Chris through the off-leash areas in Stanley Park and Rockcliffe Park. In the winter I ski with the Snowhawks Ski and Snowboard School. Snowhawks provides two buses that go to the Laurentians for the day every Wednesday for six Wednesdays, and also offers three-day and six-day trips. It's great for retired people, although there are also some younger people who arrange to be off work to go.

What was the last book that you read?

I just read *My Brilliant Friend* by Elena Ferrante. I will be presenting on it at the St. Laurent library book club this week.

What has been one of your biggest challenges?

It was quite difficult when both my parents were failing and my sister and I were also responsible for my mother's two elderly sisters. Thankfully, my daughter was just finishing high school so I wasn't part of the "sandwich generation". We were constantly making trips to Toronto and I was just feeling worried all the time.

If you could have dinner with any three people alive or dead,

who would you choose? What would you serve?

I would invite Alan Ayckbourn, the British playwright who wrote *The Norman Conquest* series of three plays. Bob and I have been able to see these plays several times and always laugh so hard that we are in tears.

I would also invite Mark Rylance who is an actor that was born in England but grew up in the United States and now goes back and forth. I have been lucky to see him both in New York and in London. He is a phenomenal actor.

Then of course, I would invite Bob, my husband, and he would cook. He loves to research meals and look through cookbooks. He would try to figure out what they would like and take care of the main course. I would be responsible for the vegetables, salad and dessert. Then we would both clean up.

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

Well of course I would love to cast Meryl Streep. She can do anybody!

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

I don't normally buy tickets but I used to be part of a pool at work that did buy them. If I did win, I would help Heartwood House. Then of course there are the charities that I help support for family reasons.

What is your favourite childhood memory?

My mom would take us to her rehearsals when she was directing and she was so happy. It would be in a high school auditorium and my dad would be building sets to help my mom. My sister and I would run up and down the aisles having a wonderful time knowing how happy our parents were.

My favourite thing about Ottawa is...?

I love the seasons in Ottawa. Winter goes quickly when you ski, and spring, summer and fall are all lovely. You can really do anything in Ottawa.

My least favourite thing about Ottawa is...?

I don't like how long winter can sometimes be. You can't ski the whole time and often March can get really messy.

Where do you see yourself in 5 years?

Still at our house on Eastbourne Ave. It would be wonderful. Trying to figure out where to go next is really hard.

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

I think it is important to teach them that the world is an incredible place but life is short and it is important to be happy and healthy and not to wait to do things.

When all is said and done...?

I hope that other young families will continue to enjoy the wonders of Manor Park.

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Ottawa-Vanier By-election candidates



NIRA DOOKERAN

**Candidate for the
Green Party of Canada**

Nira Dookeran has been a high school teacher of English as a Second Language with the Ottawa-Carleton District School Board since 2000. She earned her BA in Philosophy and French from the University of Winnipeg in 1984, and completed an MA in Philosophy at the University of Toronto in 1985, finally earning a B.Ed./OTC in 1988. Nira taught secondary school English and history for four years with the North York Board of Education before moving to Ottawa in 1992, where she has resided ever since.

Nira has always been committed to the power of collective action, in her professional capacity as a leader in district-wide instructional coaching, team leadership, school greening, diversity and equity, and

parental engagement. Nira has been an active member over the past 23 years in various cultural and community organizations, including the Ottawa-Central America Solidarity Committee, the Trinidad and Tobago Association of Ottawa-Carleton, the Eastern Ontario Caribbean Committee, First United Church and the Council of Canadians. She brings a strong commitment to the power of diversity, equality, excellence, negotiation and compromise to the efforts of ordinary people working collectively for transformation toward more sustainable, peaceable and healthful ways of living.

Nira was born in St. Boniface, Manitoba to parents who immigrated to Canada from Trinidad and Tobago in 1953 and 1958 respectively. She is the eldest of five children. Her great-grandparents arrived from Northern India to the Western hemisphere as part of the British system of indentured labour designed to replace freed African slave labour on Caribbean sugar plantations after the slave trade was abolished in the British Empire in 1833.

The Green Party of Canada is excited to have Nira Dookeran as our candidate in the riding of Ottawa-Vanier.

Pour la version française
veuillez voir ottawavanier.
greenparty.ca



MONA FORTIER

**Candidate for the
Liberal Party of Canada**

Mona Fortier is a successful local businesswoman and tireless advocate for families in our community. Born and raised right here in Ottawa-Vanier, Mona brings a proven track record of fighting for local jobs and improved social services.

As the Team Trudeau Liberal candidate for Ottawa-Vanier, Mona brings leadership in the areas of health care, education, job creation and francophone affairs. Now she is committed to working with Justin Trudeau to grow our middle class, and to support every family working hard to join it.

Mona's roots run deep in Ottawa-Vanier, where she and her husband Olivier, are raising their three children, Émilie, Miguel and Isabelle. After earning her Bachelor of Arts in Sociology and MBA from the University of Ottawa, Mona's

extensive community experience includes having served on the Shaw Centre Board of Directors, the Provincial Advisory Committee on Francophone Affairs, and the Montfort Hospital Board of Directors.

After working with her mentor Mauril Bélanger on eight different campaigns, Mona Fortier has firsthand experience with the challenges that face middle-class families every day, and she understands what it takes to create good jobs. Our community needs a trusted voice at the table that will be a champion for a stronger middle class, and Mona Fortier will never stop working hard to build a better future for families in Ottawa-Vanier.

•••

Mona Fortier est une femme d'affaires accomplie qui a démontré son leadership dans les domaines des soins de santé, de l'éducation, de la création d'emplois et des affaires francophones.

En tant que candidate de l'Équipe Trudeau dans Ottawa-Vanier, elle a démontré à maintes reprises son leadership dans les domaines des soins de santé, de l'éducation, de la création d'emplois et des affaires francophones. Elle s'engage aujourd'hui à collaborer avec Justin Trudeau pour renforcer notre classe moyenne et soutenir toutes les familles qui travaillent fort pour en faire partie.

Mme Fortier a des racines profondément ancrées dans Ottawa-Vanier, où elle réside avec son époux et leurs trois enfants, Émilie, Miguel and Isabelle. Titulaire d'un baccalauréat ès arts (sociologie) et d'un MBA de l'Université d'Ottawa, Mme Fortier possède une vaste expérience dans le milieu communautaire. Elle a notamment siégé au conseil d'administration du Centre Shaw, au Comité consultatif provincial sur les affaires francophones (Ontario) et au conseil d'administration de l'Hôpital Montfort.

Elle est née et a grandi ici, et a travaillé avec son mentor Mauril Bélanger dans le cadre de huit différentes campagnes. Mme Fortier a une expérience directe des difficultés auxquelles les familles de la classe moyenne font face chaque jour et sait quelles conditions doivent être réunies pour créer de bons emplois. Les citoyens de notre communauté ont besoin d'une personne de confiance qui les représentera et qui défendra avec vigueur les intérêts de la classe moyenne. Notre communauté a besoin d'une personne de confiance qui défendra les intérêts de la classe moyenne. Mona Fortier travaillera sans relâche afin de bâtir un avenir meilleur pour les familles d'Ottawa-Vanier.

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Ottawa-Vanier By-election candidates



ADRIAN PAPARA

Candidate for the Conservative Party of Canada

I am the only candidate who can hold Justin Trudeau and the Liberal Government accountable for their out-of-control spending, tax hikes and broken promises. Once in office, my first priority will be lowering your taxes and saving your hard-earned money by supporting lower taxes on families, students, and small businesses. I will also ensure that we make it easier for new home buyers to save money and afford their dream home in places like Manor Park.

I will commit to working with community leaders to keep our streets safe for our children and support affordable projects, making Ottawa-Vanier and Manor Park a better place to live and raise a family.

My background reflects our community. Born in Romania, and raised in British Columbia, I graduated from Simon Fraser University, and earned a M.B.A. from the University of Ottawa. I then worked in financial services and real estate marketing, and enjoying writing, narrated my Master's experience in a series of blogs for the *Globe and Mail*. I have since worked

for various Conservative MPs, most recently as the Director of Operations for one of them.

As your MP, I will work hard for all the residents of our great community. But to do so, I need your help. Join my campaign and help me serve you in Parliament. Please contact me at email@adrianpapara.ca and together we will give Ottawa-Vanier, along with Manor Park, the better choice on April 3rd!

...

Je suis le seul candidat qui puisse tenir le gouvernement libéral responsable de ses dépenses, ses taxes outrageantes, ses fausses promesses. Une fois élu, je serai un représentant infatigable, et votre champion afin de réduire les impôts des familles, des étudiants et des petites entreprises. De plus, je m'engage à faciliter l'achat d'une première maison tout en assurant des économies afin que ces derniers puissent construire leur chez-soi de rêve dans Manor Park et ses environs.

Je m'engage à assurer la sécurité de notre milieu en collaboration avec nos élus municipaux, tout en supportant des projets accessibles qui assureront que Manor Park et Ottawa-Vanier demeureront un endroit de choix où il fait bon vivre et élever nos enfants.

Mon historique est un reflet de notre collectivité. Né en Roumanie, j'ai grandi en Colombie Britannique et complété mes études à l'université Simon Fraser et j'ai obtenu ma maîtrise en administration de l'université d'Ottawa. Depuis, j'ai oeuvré dans les domaines des services financiers et du marketing immobilier. Aimant écrire, j'ai produit un narratif sur mes ac-

tivités lors de mes études de maîtrise en créant une série de blogues pour le journal *Globe and Mail*. J'ai ensuite travaillé pour quelques députés conservateurs, mon emploi le plus récent étant celui de directeur des opérations pour un d'entre eux.

Comme député je travaillerai sans relâche au profit de notre collectivité. Mais j'ai besoin de votre aide pour m'y rendre. Joignez mon équipe. Faites-moi parvenir un courriel à : email@adrianpapara.ca et ensemble nous pourrons assurer que Manor Park et Ottawa-Vanier adopteront enfin la meilleure option dès le 3 avril prochain.

environmental and fisheries violations and fraud. Like her parents, former Supreme Court Justice Louise Arbour and former Ontario Deputy Attorney-General Larry Taman, Emilie is dedicated to public service. She and her spouse, criminal defense lawyer Michael Spratt, are the proud parents of three children, all born at the Montfort Hospital. Together Emilie and Mike host a popular podcast called *The Docket*.

Emilie's skill and passion will make her an effective advocate and a true leader here in Ottawa-Vanier and for our entire country.

We need to strengthen the progressive opposition to protect the Canada we believe in.

On April 3:

- vote for someone who will stand up for everyone, not just the well-connected;
- vote for someone who will push back against Trump's policies and Trump-style politics the Conservatives are using;
- vote for the best candidate to hold our government to their commitments to build a fair and inclusive Canada. Vote for Emilie Taman and the NDP.

...

Professeure de droit à l'Université d'Ottawa, Emilie est une ancienne procureure de

la Couronne fédérale chargée de la poursuite d'infractions comme l'évasion fiscale, le trafic humain, les violations en matière de pêche et d'environnement et la fraude.

Comme ses parents, l'ancienne juge de la Cour suprême, Louise Arbour, et l'ancien sous-procureur général de l'Ontario, Larry Taman, Emilie consacre sa vie au service public.

Avec son conjoint, Michael Spratt, avocat de la défense, Emilie a une famille de trois enfants tous nés à l'hôpital Montfort. Ensemble, Emilie et Mike animent un balado populaire appelé *The Docket*.

Les compétences et la passion d'Emilie feront d'elle une leader excellente pour Ottawa-Vanier et pour le pays entier.

Il faut renforcer l'opposition progressiste pour protéger le pays auquel nous croyons.

- Le 3 avril prochain :
- votez pour celle qui va travailler pour tous les citoyens, pas seulement pour les amis du pouvoir;
 - votez pour celle qui va s'opposer aux politiques de Trump importées par les conservateurs ici au pays;
 - votez pour celle qui va forcer le gouvernement à honorer ses engagements pour bâtir un pays plus juste et plus inclusif.

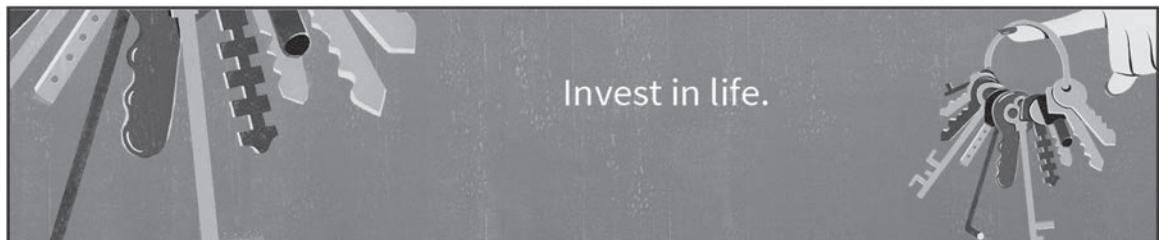
Votez pour Emilie Taman et le NDP.



EMILIE TAMAN

Candidate for the New Democratic Party

A law professor at Ottawa University, Emilie is a former federal Crown Prosecutor who fought against corporate tax evasion, human smuggling,



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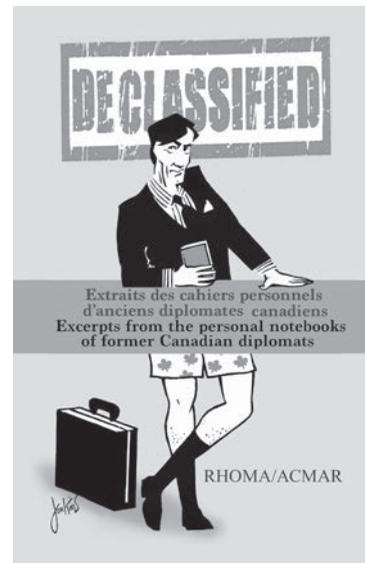
Editor's Note: The 25 authors include two Manor Parkers: Gar Pardy and John Graham.

Review by Louis Delvoie

Most of us have at least one thing bred into our bones. Which quality or defect that is will depend largely on family background or occupation. For diplomats it is discretion. Whether in guarding the secrets of their own government or the confidences of foreign officials and sources, diplomats are daily reminded of the need to be discreet. I can well remember that early on in my career, after I had given an interview to a reporter, one of my superiors said, "Remember Louis that no Foreign Service officer was ever fired for not speaking to a journalist." That represented a traditional view of things and now diplomats routinely speak to reporters, but the message was loud and clear — be discreet.

Against this background, it is something of a surprise to discover a book in which some 25 former Canadian diplomats have thrown discretion to the winds and discussed hitherto well-guarded episodes in their careers. The book is entitled *Declassified*; its cover depicts a Canadian diplomat in jacket, shirt and tie but no pants. In lieu he is sporting white shorts dotted with red maple leaves. This gives a clue to the contents which are both humorous and serious. (Full disclosure: two chapters are by your humble reviewer.)

Two of the most poignant stories concern the rescue of



children and their eventual arrival in Canada. In one case a child was being held hostage by the government of a communist country. In another two children had been kidnapped by their father and taken abroad. In both cases the Canadian diplomats concerned had to display great imagination and audacity to achieve a happy outcome for they were breaking the laws and defying the authorities of the countries where the children were living. Had they failed the consequences would have been tragic for them and for the children.

One chapter dwells on the sheer courage of one Canadian ambassador (now deceased). Captured by the guerillas of the Tupac Amaru Movement of Peru at a reception at the residence of the Japanese Ambassador, he was released by his captors on condition that he pass a message to the Peruvian government and then return to captivity. He gave his word that he would do so and kept his

word. Despite warnings from all and sundry, he returned to the Japanese residence and to his terrorist captors. He explained that he hoped to be able to save the lives of other innocent prisoners. And on being released once again he became an intermediary in negotiations between the terrorists and the Peruvian authorities. His actions earned him the respect and appreciation of both the Canadian and Japanese governments.

Perhaps the most substantive and interesting chapter is entitled "Waiting for Mandela". It recounts how a senior Canadian diplomat and his wife became engaged in providing support to a wide array of South Africans actively opposing the apartheid regime. As the author notes, he and his colleagues at the embassy were told by ministers in Ottawa "to test the outer bounds of acceptable diplomatic activity to support South Africans working to bring down apartheid. It was a job description unique in Canada's diplomatic history." It certainly was, and the author and his wife carried out their task with a rare combination of empathy, imagination and determination. They also displayed remarkable courage given the South African government's strong opposition to all they were doing. Their endeavours were eventually rewarded with a hand-written message from Nelson Mandela, which read in part "Through your warmth and understanding and positive contributions you have won many friends not only for yourself, but also for Canada."

This is a collection of vivid memoirs and anecdotes, some hilarious, some less so. It features an interesting cast of characters, including Pierre Trudeau, Joe Clark, Brian Mulroney and Jean Chretien. World statesmen such as Mikhail Gorbachev and Nelson Mandela also make appearances. So too do reprobates like Idi Amin and Saddam Hussein. All in all, it makes for a fascinating read, highly recommended for anyone with an interest in international affairs and/or a reasonably well-developed sense of humour.

Louis Delvoie is a retired Canadian Ambassador and Fellow at the Centre for International and Defence Policy, Queen's University. The book is available at Books on Beechwood.

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Canadian Citizenship Ceremony tops great week at Encounters!

By Jasmine Ouellette

Canada's newly appointed Minister of Immigration, Refugees and Citizenship, the Honourable Ahmed Hussen, graced Encounters with Canada (EWC) with his presence at the February 15 citizenship ceremony held at the Terry Fox Canadian Youth Centre. With retired Senior Judge George Springate presiding, Encounters participants joined in the spirit, welcoming some 20 new Canadians to our country, with rousing applause and words of praise. It was a good day for all Canadians!

Director General Linda Brunet was moved. "It always touches me so much to shake hands with new Canadians; to see the pride and hope in their eyes. Especially the kids, they have such a way of expressing themselves! It gets me every time," she said. "It truly is a humbling experience and I am proud and honoured that Encounters with Canada is a part of it."

A citizenship ceremony has become somewhat of a tradition during the twice yearly offered International Relations week. Always very moving, Encounters' participants from across Canada are fortunate to have the opportunity to join the family and friends of these new Canadians, as well as to reaffirm their oath of allegiance to our country.

International Relations week also saw EWC participants attend *Agriculture Day* at the Ottawa Marriott, sponsored by Farm Credit Canada. They heard from a host of speakers, notably The



Minister of Immigration, Refugees and Citizenship, the Honourable Ahmed Hussen (centre), graced Encounters with Canada with his presence at the February 15 citizenship ceremony. Photo submitted by EWC

Honourable Lawrence MacAulay, the Minister of Agriculture and Agri-Food. Encounters' students had previously met him in 2016.

Participants were also honoured to have the following distinguished guests on site at the Centre for International Relations week's diplomats' panel: His Excellency Nicolas Chapuis, Ambassador of France; His Excellency Henk van der Zwan, Ambassador of the Netherlands; Ms. Dinie Arief, Second Secretary for Economic Affairs, Embassy of the Republic of Indonesia; and Robert Hage, a former Canadian diplomat, who has served all over the world and was Ambassador to Hungary and Slovenia.

All in all, it would be hard to top this week.

How to deal with boundary busters

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We've all encountered someone who just won't take no for an answer. Consider the child who wants another treat, an exuberant friend who wants to go out when you'd rather stay in, a pushy co-worker who wants to be friends outside work or even a well-meaning family member who insists on taking charge of your love life.

Their efforts are relentless, even after you've declined. They may rephrase, use tactics involving guilt and make every effort to get around or tear down your "no" so that they can get what they want. Inevitably, you feel bad, pressured or even coerced and are left to deal with the stress it causes you.

Now, children need to be taught boundaries because they're not born knowing how to cope with not getting what

they want. With them, I encourage patience, composure and explanation.

However, dealing with adults who don't respect your boundaries is more challenging. If they didn't learn this skill, they may be unable to manage their own behaviour or language to honour and respect your boundaries. They want what they want at any cost and they're determined to get it, regardless of your feelings or wishes. They may not even realize that they're demanding more than is appropriate or realistic from you. This makes it difficult to have a mutually respectful relationship.

So, what's a well-mannered person to do? Well, that's entirely up to you. I've found that people with healthy boundaries have a quiet assertiveness about them. They're able to say a gentle "no" with strength and not stress about the rest. I've also met people who choose to simply eliminate or reduce contact with people who cause them this type of stress.

Whatever you choose to do, here are some strategies to keep in mind:

1. Always be kind, courteous and calm. With this mindset, you should be able to assert and explain yourself and, if necessary, walk away.

2. Be honest, not just with yourself, but with the other person. What does a mutually respectful relationship look like to you? Can you articulate your feelings and specifics about how the relationship isn't working? Are you prepared to offer solutions? Sometimes, people are just clueless about how they're treating others so it's up to us to shape the relationship and teach people how we want to be treated.

3. Be fearless. Find your courage and explain that your self-respect, sense of self-worth and integrity are important to you and non-negotiable. With as much love in your heart as you can convey, further explain that you would like these things honoured. If you can't come to an agreement, you may want to suggest taking a breather or even parting ways.

When you're considering how to deal with a boundary buster, remember that you deserve to be respected and appreciated and it is possible to assert yourself while still being polite. Only you can protect your time, energy and resources and, at the end of the day, whatever you allow will continue.

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63rd Ottawa Scout Group update

The 63rd Ottawa Scout Group held an all-section winter camp at Camp Awacamenj Mino in Low, Quebec from February 10 to 12. Over the weekend 35 youth aged 6 to 13 enjoyed a number of winter activities.

Some highlights included snowshoeing, cooking outdoors and building snow shelters called quinzhees. Six Scouts took up the challenge and slept Saturday night in their quinzhee, claiming it to be "Not too cold." The Beavers showed their creative side by painting snowflakes and the Cubs continued to learn about winter survival by making snow goggles. And no Scout camp would be complete without a campfire and songs. Finally, everyone had a great time

destroying the quinzhees Sunday morning before heading back to Ottawa.

The 20 accompanying adults also had a wonderful experience. A heartfelt thank you goes out to the parents who kept both adults and youth well fed throughout the weekend, including bottomless mugs of hot chocolate. When asked what their favourite moment of the camp was, many of the parents commented on how great it was to watch the youth work together, problem solve and build friendships, which is what the base of the Scouts Canada program is all about.

For more information on Scouts Canada and the Ottawa 63rd group, please contact Steve Close, Group Commissioner at 63rdottawa@gmail.com .



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New leaders and guest speakers needed

By Gail Somers

The Manor Park area of Girl Guides, consisting of Sparks, Brownies and Guides, continue to be actively involved in the neighbourhood. All units have had their enrolment ceremony, badge testing, sold minty cookies, shopping at St. Laurent, program activities in each Unit, presentations in each unit, a sleepover at St. Columba Church, camping at MacSkimming Outdoor Centre, and skating at the Governor General's. Many more activities are planned before we finish in June: serving dinner for Shrove Tuesday at St. Columba Church, learning archery, more badge testing, and selling our chocolate and vanilla cookies in March, to name only a few.

We invite our Manor Park neighbours who have special skills/hobbies, to let us know if you are interested in visiting one of the units to talk with our girls about your skill/hobby.

If you have some spare time every week and are a female 18 years of age or more, we would

love to have you as a Leader in one of our units. Sparks are girls ages 5/6, Brownies ages 7/8 and Guides are 9/11. We are hoping to change our Guide Unit to a Guide/Pathfinder Unit shortly, attracting girls 12/15. A few more leaders will allow us to do this and allow more girls to join our units. For safety reasons unit sizes are limited to the number of leaders per girl ratio.

Girl Guides of Canada
Guides du Canada



New leaders are needed. You only have to make an application, provide references, have a Police record check and take Safe Guide Training both of which are provided by Girl Guides to all members. You are also provided with unit-specific training based on the level of guiding you wish to be in. We would appreciate you coming forward and volunteering. The more the merrier and our team approach makes volunteering more fun. In less than a month you could be a Guider! Please call me to discuss or to volunteer.

For information contact Gail Somers, Administrative Community Leader and Contact Guider, 99th Ottawa Guides, 613-741-7486.

WHAT YOUR NEIGHBOURS ARE READING

Young readers' selections are encouraged and welcomed. Please submit titles to Denise Rackus at drackus@gamma.ca

MANOR PARK ECLECTIC BOOK CLUB

Night Train to Lisbon
by Pascal Mercier

Night Train to Lisbon is a compelling exploration of consciousness, the possibility of truly understanding another person, and the ability of language to define our very selves. Raimund Gregorius is a Latin teacher at a Swiss college who one day – after a chance encounter with a mysterious Portuguese woman – abandons his old life to start a new one. He takes the night train to Lisbon and carries with him a book by Amadeu de Prado.

BOOKS ON BEECHWOOD BOOK CLUB

Thirteen Shells
by Nadia Bozak

Spanning the late 1970s to the late 1980s, Nadia Bozak's thirteen stories are narrated from the perspective of Shell, the only child of bohemian artisans determined to live off their handicrafts and uphold a left-wing lifestyle. Each segment voyeuristically peers into a different year in the lives of Shell, her parents and her friends, but always from Shell's perspective.

READERS OF MANOR PARK BOOK CLUB

Blue Poppies
by Jonathan Falla

The year is 1950 and, as the world recovers from the ravages of World War II, the Chinese army is perched on the border of a fragile land awaiting its destiny. Jamie Wilson, a young Scottish wireless operator and veteran of the war, has just arrived in the remote Tibetan village of Jyeko to establish a radio outpost, but his journey will resonate much more deeply.

DUNBARTON COURT BOOK CLUB

Hag-Seed
by Margaret Atwood

When Felix is deposed as artistic director of the Makeshiweg Theatre Festival by his devious assistant and long-time enemy, his production of *The Tempest* is canceled and he is heartbroken. Reduced to a life of exile in rural southern Ontario — accompanied only by his fantasy daughter, Miranda, who died 12 years ago — Felix devises a plan for retribution.

The Promise of Canada: 150 Years — People and Ideas That Have Changed Canada
by Charlotte Gray

Submitted by Jackie MacDonald
Charlotte Gray, well known for her biographies of many prominent Canadians, has chosen to illustrate what it means to be a Canadian by writing about nine individuals who have left their mark on Canada. They range from George-Étienne Cartier and the important role he played in Confederation through others whose worth and ideas have helped to define what our country is about.

The Girl on the Train by Paula Hawkins

Submitted by Suzanne Ouimet
Rachel takes the same commuter train every morning and night. Every day she rattles down the track, flashes past a stretch of cozy suburban homes and stops at the signal that allows her to watch daily the same couple breakfasting on their deck. She's even started to feel like she knows them. Jess and Jason, she calls them. Their life – as she sees it – is perfect. Not unlike the life she recently lost. UNTIL TODAY.

Inferno by Dan Brown

Submitted by Bob Milling
Dan Brown masterfully fuses history, art, codes and symbols in this riveting new thriller. In the heart of Italy, Harvard professor of symbology Robert Langdon is drawn into a harrowing world centred on one of history's most enduring and mysterious literary masterpieces, *Dante's Inferno*.

The Shoe Boy
by The Duncan McCue

Submitted by Denise Rackus
Duncan McCue's memoir of a season spent hunting on a Northern Quebec trap-line as a teenager is frank, funny and evocative. It's also a beautiful rendering of a landscape and culture few people know. McCue is Anishinaabe – a member of the Chipewas of Georgina Island First Nation in southern Ontario – and currently lives in Vancouver.

Speaking in Cod Tongues
by Lenore Newman

Submitted by Adele Dion
What is Canadian cuisine? Lenore Newman distils much of the current thinking into the erudite and elegantly readable *Speaking in Cod Tongues*. Her odyssey across the country provides a wealth of culinary detail. Newman recognizes that our food is intrinsically linked to the land and the sea, where foraging and fishing sustained and comforted many generations.

Wateridge Village Parks

The City of Ottawa wants your input on the proposed design for two new parks that will be built in the Wateridge Village community in the coming year. The parks will provide a range of passive and active recreation amenities that will be geared for all age ranges as part of the redevelopment of the former Canadian Forces Base at Rockcliffe. The parks will also provide a plaza, green open space, landscaped areas and the preservation of existing trees. You will be able to view draft plans for the proposed parks and provide feedback at an upcoming public information session on Tuesday, March 21 from 6 p.m. to 8 p.m. at the East Gate Alliance Church at 550 Codd's Rd. The plans will also be posted online at ottawa.ca.



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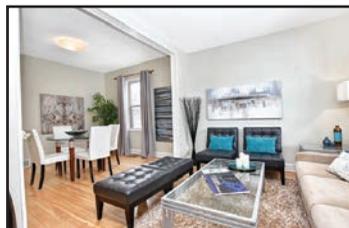


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What Our Clients Say:

Thank you both for your hard work and sound advice over the past 6 weeks. In the past 8 years I have purchased 5 properties and sold 2 using 6 different agents and firms. I have consistently found myself disappointed in work ethics, attention to detail, and communication skills during previous transactions. However, these weaknesses I had experienced were not present during this transaction. I want to thank you both for being so thorough and making sure we looked at everything. I'm sure it was not the largest nor the simplest deal you've ever done but I feel this property was the perfect fit for my humble real estate portfolio. TJH.



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What to do when your pet goes missing

CANINE CHRONICLES



BY
CHANTAL MILLS, CPDT-KA
Owner/Head Trainer,
Ottawa Canine School

My dog Everest, now 11 years old, is not one to shy away from an opportunity to explore his neighbourhood. Some might say that he's an escape artist.

What's that? Someone didn't close the front door properly? See you later! The Gate in the backyard was left open? Why yes, I do think I will explore the neighbourhood, thank you very much.

During his adventures, Everest has ended up on front porches, in back yards, in a garage and in the park. He even went as far as going into someone's home. Thankfully these kind folks didn't mind the unexpected visit and invited him to come back any time. His most memorable adventure happened shortly after we'd adopted him. He ran to the Superstore, waited for the magic doors to open and went in, running around the produce like a kid in a candy store.

If you have a pet, you too probably have stories about the time they escaped from the house or backyard. Often, all's well that ends well, but sometimes, days go by and we're still searching for our beloved furry companion.

Here are some things you can do if you lose your pet:

Search the neighbourhood:

Check the local park, trails and your regular walking route. Take a picture (or have one on



your phone) to show other dog owners. Bring a leash with you, squeaky toy and treats. I have a special toy that I bring for these occasions. It's my emergency toy that Everest NEVER gets to play with. It looks like roadkill and it squeaks. By waiving it around and making it squeak, my hope is that Everest will see or hear it and come to me.

Utilise the power of Social Media :

Helping Lost Pets Ottawa (helpinglostpets.com) and the *Ottawa and Valley Lost Pet Network* (ottawaandvalley-lostpetnetwork.ca) are great resources and have many followers on Facebook and Instagram. Social media will be key in quickly spreading the news of your pet's disappearance. Include a picture or a description, the street or area you last saw him or her and tell folks how to contact you should they find your pet. Don't forget to include its name. Indicate any special markings and any particular medical or behavioural issues. Ask folks to share the information. The more people who know about your lost pet, the more likely you are to recover him. You may also want to consider posting an ad on Kijiji.

Make eye-catching posters:

Choose one or two clear and recent pictures of your pet and put the posters in as many public places as you can think of. Include important and relevant information, such as your contact information and where the pet was last seen and its name.

Check with veterinary hospitals:

In the event that your furry one is brought there, they can contact you.

Report your pet as lost or stolen:

Contact the Humane Society as found animals are sometimes brought there. You can fill out a report online at: www.ottawahumane.ca/services/lost-and-found/claim-your-lost-pet/lost-animal-report/ or email landf@ottawahumane.ca.

Report, report, report!

If you suspect theft, report it to your local police station.

If your dog is microchipped, report your dog to the microchip database. They will then know to inform you if anyone tries to re-register the chip number associated with your pet.

Last, but not least, don't give up hope. Keep sharing the information about your pet.

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The *Chronicle* would love to feature your dog in our Dogs in the 'Hood column. Send digital photos (high resolution please) and a brief introduction to editor@manorparkchronicle.com. We look forward to including your pooch in a future issue.



Gigi
An April Fools' Day puppy, Gigi hails from Kingston, Ont. A stately, black standard poodle, she is 2-years old and bursting with energy and puppy-like mischief. An affectionate, playful girl, Gigi loves receiving treats, destroying her squeaky toys and going for long walks and runs. She especially enjoys playing with other neighbourhood dogs and chasing after cats.



Mocha
Five-year-old Mocha is a café-au-lait standard poodle with gorgeous, big brown eyes. She is the unmistakable boss (and best friend) of her canine companion Gigi and of their home in Cardinal Glen. A tall girl, affectionately known as the 'toy queen' she loves playing with her many squeaky toys, other canine friends and her walks to the nearby Richelieu-Vanier woods.



Noodle
Noodle is a 5-year-old Maltipoo who completely rules the house. Born in Canning, Nova Scotia, he's been a resident of Manor Park since the summer of 2015. Noodle loves chasing squirrels, making crazy runs, going for long walks, and meeting new dogs and people in the neighbourhood. He's an affectionate little dog who dispenses hugs and kisses to everyone he greets!



Taffy
Taffy is a 12-year-old Nova Scotia duck-tolling retriever; she was born in Mahone Bay, Nova Scotia. A gentle soul, she moved to Manor Park in 2015 with her pal Noodle and her family. Taffy loves to run and explore, which often gets her into trouble with porcupines and burrs! She is obsessed with food, snuggles, belly rubs, long walks, fetching sticks and swimming.

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Could the Ottawa Newcomers Club be for you?



Members of the Ottawa Newcomers Club visit Notre Dame Cathedral.
Photo submitted by ONC

friends while doing so. Being a friendly group we also include those women who find themselves in a change of their life circumstances, such as widowhood or divorce, when new friends can make such a difference.

We are part of a national non-profit organization, the National Newcomers Council of Canada. Each city's group has its own governance, under the Council's guidelines, by a volunteer Board elected by members. Our members come from all parts of greater Ottawa and currently number 102 women of all ages.

The Ottawa Newcomers Club offers a slate of regular activities each month circulated to members in our newsletter. There are also extra seasonal outings, which get added as and when they happen. Current activities include monthly lunches out, monthly pot-lucks, book clubs, (one afternoon and one evening), bridge (three groups), mahjonn, scrabble, art tours, walking groups, craft and chat, fun photography, dining out, movie buffs going to movies and also "Out and About" to visit local places of interest. Members can participate as often or little as they like. Many, but not all activities, take place in members' homes.

Our mandate is to create

a social setting that eschews commercial activity or causes of any sort where women can share their interests with others. Annual membership costs \$30, which covers administrative costs and entitles members to all the activities offered.

The length of stay permitted in the club is three full years plus an optional fourth year. After that a member is entitled to join the Ottawa Newcomers Alumni Club (ONAC).

All that said, we have an interesting group of enthusiastic people having a good time in the company of others and making new friends while exploring much of what this wonderful city of ours offers. A recent quote from one of our established members:

"Kudos and applause to the Ottawa Newcomers Club for providing friendship and a wide range of interesting activities ... major transition can be difficult to navigate, but this very welcoming organization eases the way by providing ample opportunities to get to know the city and everything it has to offer while making new friends with women experiencing similar situations."

For information check out www.ottawanewcomersclub.ca or email us at newcomersclubottawa@gmail.com to request an application form.

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By Sue Wheeler

"Welcome to Ottawa" is the message our organization, the Ottawa Newcomers Club (ONC), wishes to impart to women newly arriving in our city within the past two years.

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State of the City 2017

FROM THE DESK OF:



Ottawa Mayor
JIM WATSON

Weeks into 2017 we had already played host to record-setting events like Skate Canada's National Championships and the Davis Cup tennis competition. Signature events like Red Bull's Crashed Ice World Championship, which began on March 3, will be taking place throughout the year as well. So you don't miss any of these exciting events, sign up for Ottawa 2017's newsletter at ottawa2017.ca.

The year 2017 is the start of a new page in Ottawa's history, and we must continue this momentum into 2018 and beyond. Not only is the Confederation Line Light-Rail project scheduled to begin service in 2018, we are also planning for Stage 2. We have pushed ourselves beyond the original scope of the project to include the Trim extension, a link to the Airport — and will undertake an environmental assessment to Kanata.

We are also partnering with Ottawa Tourism strategy to attract more major sporting and cultural events to Ottawa. Just last month, alongside my Council colleagues and Sports Commissioner Jody Mitic, we announced Ottawa's bid to host the 2021 Canada Summer Games.

As the largest multi-sport event in Canada, the Summer Games, would bring more than 20,000 visitors to Ottawa and generate about \$165 million in economic activity, not to mention a legacy for our next generation of athletes as well as our sport facilities.

I encourage you to visit Jimwatsonottawa.ca to read the full State of the City address and to share in the many successes of 2016, while looking toward to the excitement of 2017 and beyond. Together, let's celebrate and continue moving our great city forward with optimism and confidence.

Early this New Year, I was honoured to deliver my sixth State of the City address. I take this opportunity to reflect on the progress we have made together over the last year, and set the course for 2017.

The year 2016 was important in the City of Ottawa. Not only was it a year filled with planning and preparations for 2017, it was also a year of measured and steady achievement. From balancing our budget to maintaining my 2 per cent tax cap commitment to residents, 2016 was a year of rolling up our sleeves and getting things done.

Much of this renewal has been in preparation for the additional 1.75 million tourists expected throughout 2017, which is great news for our city and for our local economy. That's why I believe that 2017 will be a year of celebration — a celebration that Ottawa residents truly deserve and have worked hard at creating. In fact, we have already begun to be recognized for our efforts.

Earlier this month, the *New York Times* described Canada as the #1 country to visit in 2017 and ran a feature article about the wonderful places to see and things to do during a weekend in Ottawa. *The Lonely Planet* awarded Canada the same award last October, as well as WestJet naming Ottawa the #1 place to visit in the world in 2017.

How to plan the perfect winter getaway

Whether your travel style is more sun, sand and fun or learn, explore and history, everyone can use a vacation this time of year. Check out these tips for a memorable, stress-free adventure.

Do your research. Want a break from it all, but don't know where to go? Sunny destinations are popular, but do some research on what else cities and countries offer, like shopping, cultural attractions, and favourable currency exchange rates. Many airlines and travel sites also have great savings at this time of year for flights and hotel packages. Take time to compare (a great deal may be all it takes to make your decision).

Think outside the box. Most vacationers are heading south, but do you actually enjoy winter weather and activities? If so, don't be tempted to hop on the bikini weather bandwagon. European cities are often slightly warmer than here, and are beautiful in the snow with plenty of museums, attractions, and events to keep you busy. Or visit a Canadian destination for days filled with skiing, snowboarding, or skating and cozy evenings by the fireplace.

Check out clothing sales. Visiting somewhere new often requires a bit of a wardrobe overhaul, adding key pieces like swimsuits or

sturdy walking shoes. Most retailers suffer a slow season after the holidays, meaning great sales on upcoming spring and summer collections for you. Depending on where you're headed, you can also take advantage of clearance winter items or basics that you can wear almost anywhere.

Pack smart. Always include your contact information and your destination contact information inside and outside each piece of checked baggage. This helps identify baggage if any outside tag is damaged or lost. Always keep essential and valuable items with you on board, such as your passport, identification and return tickets, medicines and medical devices, money, jewellery, electronic equipment, and essential overnight items.

Know where to go for air travel help. Unfortunately, sometimes the perfect winter getaway can turn into something less than ideal if you experience flight disruptions and delays; lost, delayed or damaged baggage; or denied boarding or bumping due to overbooking. If you have one of these problems, you can file a complaint with the Canadian Transportation Agency. Their job is to help resolve complaints between passengers and airlines. Find more information online at cta.gc.ca/air-travel-complaints.

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Vanier investor night attracts business professionals

By **Jamie Kwong**
Executive Director, Quartier Vanier BIA

Vanier, a community pulling itself up by the bootstraps, is often compared to Westboro in the 1990s. It's a developer's dream, with prime locations at eye-catching prices. This is also true for startups looking to open a business but which are understandably cautious of high commercial rents during their first few years of operation. This neighbourhood is also attractive for young professionals and couples wanting to invest in their first home and live in an urban area. There just isn't another neighbourhood so close to downtown Ottawa that offers such untapped potential for mixed-used development, building a business, or putting down roots to grow a family.

On Thursday, February 16, we hosted an investor night at Metro Ottawa-Carleton Realty on McArthur Ave. The goal that evening was to bring together prospective investors, those interested in purchasing commercial properties or those interested in starting up a business, with our commercial property owners and managers. About 70 business professionals joined us as we addressed the question: *Is the Quartier Vanier Ottawa's next 'it' neighbourhood?*

We were delighted to be joined by four business leaders in Ottawa:

Jamie Hurst, Economic Development Officer with the City of Ottawa, discussed the key themes about Vanier, namely its sense of community, its walkability, its affordability and its proximity to downtown.

Subhir Uppal, Broker/Manager at Metro Ottawa-Carleton Real Estate Ltd. and a Director on the QVBIA's Board, presented comparisons of real-estate prices across the city to demonstrate how Vanier's commercial and residential options offered greater value in terms of price compared to other neighbourhoods.

Bruce Lazenby, Head of Business Develop-

ment at The Regional Group of Companies Inc. and the former CEO of Invest Ottawa, talked about seeing the potential of Vanier and why it shouldn't be overlooked.

Janak Alford, CEO prototypeD TEAM Inc. who oversees the Innovation Centre at Bayview Yard's MadeMill (a makerspace and digital media lab), demonstrated how property owners, realtors and developers could use 3D mapping and virtual reality to provide a more interactive and engaging manner in which to showcase their properties to prospective tenants.

One of our key roles at the QVBIA is to promote the area with the aim of attracting more economic investment and development into the general commercial zone. Each of our three main streets (Beechwood Ave., McArthur Ave. and Montréal Rd.) has its own opportunities and challenges. The key focus of the QVBIA right now is on addressing the gaps in services on our main streets so that we have a diverse and attractive commercial mix to ensure that our community has a rich and diverse array of attractive businesses to serve their needs. We envision each main street to be an attractive and animated area with unique shops. And in the years to come, we hope to see Vanier as a destination area. This area has already experienced some exciting major developments such as the Minto and Kavanaugh developments, both adding vitality and more commercial opportunity to the area. The general Quartier Vanier area has a number of major redevelopments that will be occurring over the next few years including the former St. Charles' Church and the re-construction of Montreal Rd. Thus, right now is the time for prospective investors to invest into the Quartier Vanier.

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Celebrating Canada's 150th Birthday

Art show to feature local Ottawa Garden Club members

By Sharleen Tattersfield

They're artists, gardeners and friends — each with an invigorating zest for life and nurturing ties to Manor Park. As members of the Ottawa Garden Club, Ann Clayton, Mary Pratte, Marion Robertson and Beth Stikeman are preparing for the 5th Ottawa Garden Club art show along with eight other club members/artists. The show, "Celebrating Canada's 150th Birthday", will be held at Chartwell Rockcliffe Retirement Residence from April 27 through May 7 (Vernissage reception: April 27, 6 to 9 p.m.) and will feature a variety of media including pastels, oils, acrylics, watercolours, encaustics, jewellery, photography, toile painting and quilting.

Each artist commits to displaying one work of art that reflects this year's sesquicentennial celebration of Canada. The new "Commemorative Garden of Remembrance" at the Canadian War Museum, designed and built by the garden club, will be the beneficiary of a percentage of the show's proceeds. Beth Stikeman's encaustic painting of Sir John A. (held by Beth in the photo) sets the mood as the show's promotional poster. Sir John is ready to party ... with his bemused expression, colourful, origami

party pants and red balloon held high!

Gathering at Beth's Manor Park home, the ladies exchanged stories of their friendships and artistic passions, weaving a living tapestry of shared experiences. They've been friends for ages and agree that being an artist 'makes you look more closely, see patterns more clearly and understand how other artists speak through their work'.

"When you live in Manor Park [43 years before moving in 2002], it reaches out to you," says Ann Clayton. A life-long gardener, weaver and sewer, Ann (who turns 90 in May), is drawn to intense colours, light and shadows. Contrast and reflections are central to her work. Ann loves watercolour for its vibrancy and unlimited possibilities. Each painting is an adventure: she uses pencil, ink and watercolours to paint flowers, drawing inspiration from landscapes near and far. Her show contributions include paintings of a 150th birthday party, landscapes and flowers.

Mary Pratte, a former teacher and trained horticulturist, is passionate about digital photography of nature. A former close neighbour, Mary shared a love of gardening with Beth dating back to the late 1980s when they participated in the



Ottawa Garden Club members Mary Pratte (Left), Beth Stikeman, Ann Clayton and Marion Robertson will display their art at the April 27 - May 27, 2017 art show entitled "Celebrating Canada's 150th Birthday. Beth is holding her exhibition piece (and event poster) — an encaustic painting of a dapper, party-ready Sir John A. Macdonald. Photo: Sharleen Tattersfield

Ottawa Botanical Garden Society and the Rockcliffe Garden Club. Mary's captures light and patterns, going to great lengths to get pictures — to China to photograph peonies, to Italy for landscapes and to England for the flat, late-afternoon light.

"Photography is interesting because you see the real thing as it actually is," says Mary. Her show-themed pieces include photographs of Parliament Buildings from Nepean Point and of Champlain.

Marion Robertson, a Manor Park resident since 1974, has always loved sewing, design and art. Her sewing evolved into large, abstract, quilted wall hangings. Four years ago, she

began making hand-sewn jewellery with her exotic fabrics scraps and her extensive bead collection. A 20-year walking companion of Beth's — their walks are discovery adventures in which they find discarded junk, metal scraps (which she burnishes with fine sandpaper) and odd bits (wire, plastic and even Lego) — used by Marion to create her signature, eclectic fabric-jewellery pendants.

"I don't throw out anything," says Marion. "With a talent for the miniature, Marion knows what to put with what," says Ann. Marion's contributions showcase a maple-leaf pendant and a red-and-white pendant with sterling silver.

Beth Stikeman, a retired architect and a long-time Manor Park resident, now concentrates on painting. From her home-based studio, she works in acrylics and encaustics, with her subjects arising from observation and discovery of the natural world. Beth's encaustics often grow directly from her photography, while her acrylic paintings are more abstract. Beth is a member (with Marion) of the Clarence Street Five painting group, and an avid gardener and traveller. Her art delights in colour and texture. Among other themed-contributions, Beth will exhibit her painting of Sir John A. as well as other works of art.

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Community Bulletin Board

Heads Up for Healthier Brains

Mar. 19, 12:30 p.m.
 St. David and St. Martin Church, 444 St. Laurent Blvd. is hosting a Lunch and Learn Seminar. The guest speaker is Su Gordon, a volunteer with the Speakers Bureau of the Alzheimer Society. She will talk about the brain and good health. As well as how making healthy lifestyle choices may reduce your risk and improve your brain's ability to sustain long-term health. Event is free; bring your own lunch. Coffee/tea provided.

MPCC Annual General Meeting

March 22, 7 p.m.
 The Manor Park Community Council Annual General Meeting takes place at the Manor Park Community Centre, 100 Thornwood Road. The MPCC is responsible for providing recreational programs in Manor Park and have been doing so for more than 35 years. Come out to the AGM – show your support and get involved.

SugarFest

Mar. 30 – Apr. 5
 Festival begins with its annual Soup Splash in which local chefs compete for the coveted Cuillère d'érable prize with their maple soup creations. SugarFest's weekend favourites include outdoor brunch and taffy on snow; sleigh, pony and carnival rides; public entertainers and craft fair; roving animation artists, jugglers and face painters; petting zoo and sled dogs, and its trademark lumberjack and axe-throwing contests. The sugar shack is open to customers on Saturdays and Sundays (9 a.m. to 2



p.m.) until April 30. Reservations are recommended. To make a reservation or to book the sugar shack for your special event, please contact the Museoparc at: communication@museoparc or at 613-842-9871.

Ottawa-Vanier by-election

Apr. 3
 By-election in Ottawa-Vanier on April 3. Advance voting days: 24, 25, 26 and 27. If you're registered to vote you will receive a voter information card by mail. It will tell you where to vote. You should receive it by March 16. You can also visit the Elections Canada website at www.elections.ca for more information.

Ottawa Humane Society Auxiliary monthly meeting

Apr. 6, 1:30 to 3 p.m.
 The Ottawa Humane Society Auxiliary welcomes new members to help raise money to support the animals. Join us at our monthly business meeting at the

animal shelter, 245 West Hunt Club Rd behind Hunt Club Nissan. A Tupperware fundraiser will be held at the end of the meeting. Refreshments are served and all are welcome. For more information, call Linda 613-823-6770 or go to facebook.com/OttawaHumaneSocietyAuxiliary.

Baked goods and craft sale

Apr. 9, 11 a.m. to 2:30 p.m.
 The Ottawa Humane Society Auxiliary will be selling homemade baked goods and crafts at the OHS Easter Open House on Sunday April 9, 11 am to 2:30 pm at the animal shelter, 245 West Hunt Club Rd behind Hunt Club Nissan. Admission and parking are free. For more info call 613-823-6770 or go to facebook.com/OttawaHumaneSocietyAuxiliary.

Fundraiser for Ottawa Blizzard floorball

Apr. 13, 8:30 p.m.
 Laugh it up at Yuk Yuk's and help raise

money for local players selected to play for the Canadian Men's U19 Team at the upcoming U19 World Floorball Championships in Växjö, Sweden in May. To help cover the costs the team has partnered with Yuk Yuks on Elgin St. to host a Comedy Show Fundraiser. Doors open at 7 p.m. and the show will start at 8:30 p.m. Reserve tickets for \$20 by emailing Matt.Smith@OttawaBlizzard.com.

Celebrating Canada's 150th Birthday art show

Apr. 27 through May 7
 "Celebrating Canada's 150th Birthday" at the Chartwell Rockcliffe Retirement Residence, 100 Island Lodge Rd. Twelve artists, many of them professional, will be displaying art in a variety of media including pastels, oils, acrylics, watercolours, encaustics, jewelry, photography, tole painting, and quilting. The new "Commemorative Garden of Remembrance" at the Canadian War Museum, designed and built by the Ottawa Garden Club, will be the beneficiary of a percentage of the show's proceeds. Join the artists at the vernissage reception on Thursday, April 27, 6 to 9 p.m. The show is open from noon until 4 p.m. through to May 7. Participating artists include Dianne Breton, Ann Clayton, Marianne Feaver, Patsy Fyfe, Pam Gibb-Carsley, Mary Hardwick, Bev Hyde, Joan Kellet, Mary Pratte, Bea Robertson, Marion Robertson, Beth Stikeman.

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