NCC urges truck ban with bridge

By Michael Trudeau

A sixth crossing coupled with a ban on trucks downtown would be the way to solve the problem of big-rigs jamming central Ottawa streets, the National Capital Commission (NCC) has said.

In the version of its long-awaited Long Term Integrated Interprovincial Crossings Study presented to the NCC board in early 2022, the NCC seems to lean heavily towards not only building a new bridge across the river, but also introducing policies forcing trucks to use it.

This marks a significant change of direction compared to the draft report that circulated for community feedback in summer 2021. That earlier report was more cautious in its recommendations and stated that a new bridge coupled with a truck ban would not be built in the short term.

Working group mulls Manor Park community benefits agreement

By Wes Smiderle

In what would be a first in the City of Ottawa, the redevelopment of Manor Park Holdings might include a community benefits agreement (CBA) as a tool to ensure the concerns and needs of local residents are addressed throughout the planning process.

CBAs are legal agreements between property developers, municipal governments and residents. They are intended to specify what benefits the community will derive from residential construction projects.

They are legal documents and can cover everything from greenspace, ecologically-friendly building practices and community centres to ensuring under-represented groups are part of the workforce developing the site.

Ultimately, what exactly is agreed upon in a CBA depends on the needs of the community and the discussion between the three groups.

The promise to develop a CBA was included with the memorandum of understanding that Manor Park Management has already put forward to ensure affordable housing and no displacement of residents during what will be a major transformation of 35 acres of the neighbourhood. Over 3,800 rental units would be built, including mid and high-rise buildings.

“This [the CBA] would give the community a tool to have a continuing voice in that development,” says Rideau-Rockcliffe Coun. Rawlson King, who introduced the idea of seeking a CBA as a result of community consultation and concern, over the redevelopment.

He says he’s confirmed with the city’s planning and >>CONTINUED ON PAGE 10
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Congratulation to Olympic medal-winner Isabelle Weidemann—and her grandparents

By Wes Smiderle

Most grandchildren are infants when they keep their grandparents up all hours. However, the grandparents of Isabelle Weidemann, Hans and Marianne, were kept awake into the wee hours three times—during each of her three medal-winning competitions during the 2022 Beijing Winter Olympics. The 26-year-old speed skater earned a bronze, silver and gold medal for, respectively, the 3,000-metre, 5,000-metre and team pursuit competitions.

The difference in time zones meant Hans and Marianne, Manor Park residents since 1968, were both on the edge of their seats and struggling to stay awake during the competitions.

“We tried to sleep during the day,” says Marianne. Hans notes that the many calls of congratulations, from all over the world, have been welcome but also wearying. “We are very proud and very exhausted,” admits Hans. Isabelle herself didn’t get much rest and had no chance to visit home. After serving as Canada’s flag-bearer during the closing ceremonies, she jetted off to prepare for the world championships in the Netherlands.

Since skating from a young age, Hans recalls Isabelle advancing steadily from provincials to nationals to world competitions. She competed in the 2018 Winter Olympics, earning sixth and seventh place in the 3,000 and 5,000-metre competitions.

Hans says the whole family was hoping for big things in these Olympics. “We were expecting it, yes,” he says, “but in that sort of activity, when counting one one hundredth of a second, anything can happen.”

Blasdell bridge will span 20 meters, make biking a breeze

By Michael Trudeau

The new bridge spanning the stream at the end of Blasdell Ave. will be 3 meters wide, 20 meters long, and delivered whole on the back of a flatbed truck, the National Capital Commission (NCC) has revealed.

The bridge will be manufactured and welded together into a single piece of weathered steel, with burred non-slip steel surfaces on the walkway and railings. It will have a gentle curve and join the shore at grade, meaning people will not have to descend and then climb the banks on either side.

Walid Chaarani, manager and project lead for the bridge, told the Chronicle the NCC is eager for the bridge to open in time for the summer.

“We need to provide a high-quality low maintenance bridge, and also to ensure a safe crossing,” he says, emphasizing the desire for a bridge that does not rot, rust, or deteriorate.

How to physically deliver the 20-meter steel bridge to the site is another question, and the NCC is considering all possibilities. Permission from the RCMP to go through the site is another question, and the NCC has a long-term plan to further improve the trail through the woods that was created by decades of use by residents and visitors to the area.

The bridge will replace a resident-built wooden one that the NCC tore down last autumn out of concerns that it may be unsafe.

While the NCC initially said it had no foreseeable plans to replace the footbridge, it changed its tune after a strong community outcry.

The Chronicle understands that a portion of the funding for the bridge was provided by a local donor who wished to remain anonymous. But Walid says the NCC had decided to prioritize replacing the bridge even before the donor came forward.

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EDITOR'S POV

Thanks, Jane!

Jane Buckley and her husband Mike live on a very central corner of Manor Park, which is appropriate as Jane’s contributions to the Chronicle have been just as central.

Jane, an editor by profession, turned her hand to helping the Chronicle in the mid-1990s, stepping in to help the volunteer editorial team as both editor and copy-editor for various editions.

Her home is recognizable for its lovely and organically-maintained garden that blossoms brilliantly in spring, summer and fall.

A dedicated Manor Park Chronicle mailbox was located in their closed-in front foyer — accessible to one and all for dropping off their hand-written or typed copy of material for publication: articles, photos, announcements, submissions by columnists, community programming lists and special event notices.

It all landed on the Buckley’s doorstep to be retrieved by the editor for processing.

With the advent of digital publishing and the ever-increasing use of email for communicating, by 2003 to 2005, fewer and fewer submissions were made by hand and the Chronicle mailbox became less and less central to the paper’s operations.

The same was not true for Jane’s knowledge and skill in editing, writing, and copy-editing. She was ever more in demand by a paper that was challenged by the growing pains of becoming a fully digital production led by a small editorial team that was “learning on the job”.

Jane provided willing advice and much welcomed editorial help for the editor of the time and by 2010 had formally joined the editorial team as the paper’s copy editor — becoming an invaluable resource and dedicated team member.

Jane has also been a frequent contributor sharing with readers the adventures and joys of training and competing with her border collies in dog agility championships.

Earlier this year, Jane was forced to step away from the duties and newspaper that she has had such love and passion for the years.

We offer this humble thanks for her eagle-eyes and indefatigable contributions.

A more fulsome thanks for Jane’s knowledge and skill in writing and copy-editing. She was ever more in demand by a paper that was challenged by the growing pains of becoming a fully digital production led by a small editorial team that was “learning on the job”.

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LETTERS TO THE EDITOR

Rockcliffe Airport—Time to take off?

“WHEREAS it is in the public interest to reduce the noise level in the City of Ottawa, so as to preserve, protect and promote public health, safety, welfare and peace and quiet of the inhabitants of the city…” (City of Ottawa noise-by-law introductory statement).

Manor Park is truly a gifted neighbourhood — we enjoy the greenery, open spaces, the river and bike paths while being just next to all the amenities of downtown.

But it’s not as quiet a neighbourhood as some of us like to think it is.

We are subjected to the frequent and loud droning of planes taking off from the Rockcliffe Airport.

In my estimation, on nice days, when we like to be outside (and when pilots like to fly), there can be as many as 200 take-offs from the Rockcliffe airport (an email sent to the airport asking for confirmation was unanswered). Prevailing winds mean that these small planes are mostly taking off in the direction of downtown.

Some are attached to the airport for its heritage value. The first flights there were in 1918, and it was used for military purposes in the first half of the last century. But beyond the tract of land on which it is located, to my knowledge, there is no built heritage on site warranting any official heritage designation.

While it’s important to have a small civilian airport for pilots-in-training and for the pleasure of hobby pilots, does it have to be so close to town? The land is owned by the Aviation Museum, which itself is managed by Ingenium, a Crown corporation governed by a board of trustees, who are appointed by the minister of Canadian Heritage.

That land must be worth many millions of dollars, depending on what it could be used for. What if a state-of-the-art mixed-use senior’s community or long-term care facilities were located there, or other such use that would not detract from the otherwise peaceful nature of the area?

Some of the funds obtained from its sale could be used to install a new civilian airport further away from residential areas, complete with modern amenities and upgrades that current Rockcliffe Airport users would appreciate.

Noise pollution has always been the last kind of pollution to which a people focus their attention. In Manor Park, we are subjected to needless noise-pollution precisely on those days we all like to be outside. There appears to be an elegant solution to this problem. Perhaps it’s time to start talking about it…

“… be it resolved that the lands on which the Rockcliffe Airport is located be sold to the highest bidder and limited to uses that preserve the peace and quiet of the area. Furthermore, be it resolved that the funds from the sale be used to establish a new civilian airport located further removed from human habitation areas”.

Marc Patry

War in Ukraine

On Feb. 25, Russian President Vladimir Putin unleashed a massive attack on the country from all directions, and has been relentlessly pushing toward Kyiv, Ukraine’s capital, with the goal of overthrowing the Ukrainian government.

The government and the people, while clearly outnumbered and out-gunned, have nevertheless been demonstrating incredible bravery and unity in defending their country, and their freedom to live as they choose.

But do not be mistaken — this is not a local conflict. By standing up to the Russian aggressor, Ukraine is defending all European democracies. No region in the country is spared. Strategic points and cities are being bombed while tens of thousands of women and children are fleeing the country across its western borders. Those who are left have been hiding in shelters or preparing to fight in the street.

The images of one of the oldest and the most beautiful European capitals with burning buildings are truly surreal.

Every war, especially in the 21st century, is senseless. This cruel attack on a peaceful nation has to be stopped as soon as possible before it, like a raging fire, completely destroys Ukraine and its people.

It is why my family and I joined thousands of other people outside the Russian embassy in Ottawa on Feb. 27 in a public protest against Putin’s mad war.

We marched because, like many of them, we have family and friends huddled in underground shelters fearful for their lives and future. But we also marched for everyone who finds themselves in a similar plight for different reasons, for we are as much their brothers’ and sisters’ keepers as we are for family and friends.

We encourage everyone therefore to donate whatever they can to the cause of their choice and especially, in Ukraine’s hour of greatest need, to organizations and charities supporting the people of Ukraine.

Donations can be made at https://savelife.in.ua/en/donate/ and https://ukrainewar.carrd.co/.

The Canadian Red Cross is also raising money to address humanitarian needs generated by almost eight years of conflict in Ukraine. Visit https://www.redcross.ca/.

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MP community association needs your participation to achieve goals

Manor Park Community Association Executive President
Natalie Belovic

At the time of writing, our city is just creeping out of a chaos never seen before and rhetoric so unbelievably divisive in and amongst communities and friends here, and in all parts of our country. It’s disheartening to say the least.

As I take the helm of the community association, I am grateful to continue to work with an amazing and positive board and I am looking forward to forging new relationships and collaborations with many more neighbours.

In January, we had a fantastic turn-out at our online annual general meeting (AGM) with over 70 people logged in! We are fortunate to have a great level of engagement but...I’d like to see it grow.

I wanted to thank Elizabeth McAllister for having been at the helm for these last five years and leading the board on so many new and diverse projects. Hers will be hard shoes to fill.

Natalie, a real estate broker, has lived in Manor Park and infill but nothing like some other urban communities and certainly not anything like what is coming at us.

The City of Ottawa recently presented its plan for the next 20 years of Ottawa via its newly minted official plan (OP). The city is extremely aspirational in creating its “15-minute neighbourhoods” yet doesn’t seem to have a very clear road map or enforcement ability on how to get there.

Densifying is on the agenda for the transportation and safety committee; the environmental sustainability committee; and the transit master plan. You have skills such as marketing, communications, IT, web design/management, translation, and a background in urban planning, architecture, design — we need you.

If time is absolutely not an option, consider making a financial donation to the MPCA. Unlike most community associations, we don’t have the means to generate revenues through programing because that is what our sister organization, the MPCC, does. By building up our financial resources, it will enable the MPCA to hire experts to help with our projects.

And let’s not forget the possibility of another interprovincial crossing. This file has reared its ugly head once again and Michael Trudeau is leading the charge here and getting ready to fight against the possibility of making a truck route out of the Aviation Parkway.

Our community outreach committee has done and continues to do some amazing things in and around the neighbourhood. Mary Hickman has been at the helm of this group for the last several years making amazing inroads with our more vulnerable citizens and would welcome some new members who share her passion.

John Forsey and the Transportation Committee have submitted an extensive commentary on the city’s new transportation master plan. You can read it on our website and I encourage you to do so.

Eugenie Waters has done an incredible job with our Environmental Sustainability Committee. Her group has hosted seminars online on various top- ics, applied for multiple “green” grants, helped create some community garden opportunities with Mary at the Yule Co-op and the OPH building at 500 St. Laurent Blvd. to improve resiliency of our community.

I also want to thank MPCA Secretary Diana Poitras, who gathers and collates and distributes reports and minutes of all our goings on, as well as MPCA Vice-President Adam Robb, who quietly steers the ship, keeps meetings in check and facilitates our “team” meetings on Facebook. Nous allons faire plus d’effort de communi- quer dans nos deux langues offi- cielles à partir de maintenant. J’ai hâte de communiquer avec vous tous plus régulièrement.

Consider joining the Manor Park Listserve as a great news source. Send an email to pilarrodeo@gmail.com to subscribe. Check out our FB page, Twitter and of course, our website at www.ManorParkCommunity.ca

Manor Park Community Association needs your participation to achieve goals

from the desk of:

Natalie Belovic

Manor Park Community Association

Contact us at info@manorparkcommunity.ca

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Manor Park redevelopment proposal to be submitted to city committee

by Wes Smiderle

The Manor Park Estates application for the redevelopment of its Manor Park North and South properties will be submitted to the City of Ottawa’s Planning Committee March 10.

The application going to committee is the version modified in late October after consultation and will include a memorandum of understanding (MOU) guaranteeing no displacements for residents, secured affordable housing and a community benefits agreement (CBA) with the community at large.

If approved, the redevelopment would take 50 years to complete and would be a major change to the area. Currently, there are about 640 rental units in Manor Park Estates and Manor Park Heights.

The proposed redevelopment would increase that number to over 3,800.

The MOU will be submitted to the committee March 10 as part of an amendment to the city’s official plan, which must be approved for the development to go forward.

The MOU states that Manor Park Estates (the name used to refer to the entire redevelopment area) commits conditions on how construction will be “phased”. As stated in the MOU:

a) In Phase 1, Manor Park Estates intends to focus on block 4 of Manor Park South, with construction beginning no sooner than three years from the date of this Official Plan Amendment coming into force.

b) In Phase 2, Manor Park Estates intends to focus on block 2 of Manor Park South as well as Block 3 for the construction of a city park, with construction beginning no sooner than six years from the date of this OPA coming into force.

c) Manor Park Estates agrees to work with the City of Ottawa regarding parkland dedication and the construction of a city park, as long as existing Manor Park residents are not displaced from Block 3 (Manor Park South), per the no displacement strategy.

d) The complete buildouts of Phases 1 & 2 may overlap depending on market and economic conditions.

The MOU also commits to no displacement of current residents, and that the community at large will be provided a “heads up” of at least three years before construction begins on a particular phase.

Further, it commits to offering residents relocation to “a dwelling unit of similar size, including number of bedrooms, as the one vacated for the same or lesser rent,” while prioritizing units in Manor Park North and South but making available properties its owns elsewhere. Manor Park Estates will also cover all moving costs.

The full MOU can be viewed on the city’s website.

Written comments from residents can be submitted to the committee up to March 10. Anyone wishing to speak to the committee must register before 4 p.m. Wednesday March 9.

Ottawa City Hall is currently closed to prevent the spread of COVID-19 but the meeting can be viewed live on the city’s Youtube channel.

Whatever the planning committee recommends, the proposal would have to receive approval from full council at a scheduled meeting March 30.

Family Homelessness Lab still seeking volunteers

By Allan Martel, Homelessness Lab core member

There are currently about 300 families living in shelter and or overflow accommodation in Ottawa.

The Family Homelessness Lab hopes to reduce the flow into shelter by:

• preventing evictions for those precariously housed,
• rehousing evicted families rapidly without recourse to shelter, and
• finding housing quickly for newcomers to Ottawa requiring housing for their families.

We have examined past cases of families entering shelter and found that, in many cases, early intervention might well have prevented shelter admission.

We already have a small but experienced group of volunteers offering their assistance. As we start to bring forth active case of families precariously housed or already homeless, we are seeking additional volunteers within the key neighbourhoods that make up Ward 13-Rideau-Rockcliffe and Ward 12-Rideau Vanier who would be able to take on the role of assisting families in their efforts to find suitable housing.

Volunteers will operate as an extension of Action Loge- ment, the social agency responsible for housing resettlement in the wards 12 and 13 areas. This might mean several different activities including helping prepare the family for the landlord interview, database and online searches for available and affordable units, and so forth, all in collaboration with the family.

Volunteers can select those components where they believe they can add value and where they are most comfortable working.

We will work in small teams and will supply several tools and checklists along with training to enable volunteers to assist families in this regard.

If you are interested in joining us on this journey, please contact allanmartel@allanmartel-consulting.com or phone 613-890-3651.
Two community gardens coming to Manor Park

By Margaret Truesdale, Chantal Hurtubise and Eugenie Waters

Since last year, Manor Park residents have been optimistically awaiting the approval of a community garden project at St. Columba Anglican Church. The project was submitted to Just Food, an organization that provides funding for the development of community gardens in Ottawa.

Although we were clearly overly optimistic about the timing, the great news is that the hard work of dedicated community volunteers has paid off. Not just one, but two community garden projects being approved for funding by Just Food — the Manor Park Community Garden at St. Columba and the Seeds of Change Community Garden at 500 St. Laurent Blvd.

There are many benefits, both to individuals and to overall community gardens as a whole, including providing an additional source of fresh produce with a lower ecological footprint to families and food banks, providing education about organic gardening through community involvement, and providing healthy outdoor activities.

The Manor Park Community Garden at St. Columba will have 12 raised beds built this year and serves a dual-purpose. Local families and individuals will be able to apply for the chance to rent a plot and grow organic vegetables and other edibles for their own tables. Some plots will be tended by volunteers to grow organic vegetables to share with community food banks.

The Seeds of Change Community Garden will operate as a garden club open to those of all ages, including children who live at the 500 St. Laurent Blvd. building. It will feature six raised beds and over 18 square metres (almost 200 square feet) of gardening space. The residents of 500 St. Laurent Blvd. were already busy last summer beautifying their courtyard, in collaboration with MPCA and community volunteers.

They planted drought-resistant native plant gardens and had 32 thriving tomato and pepper plants which they received as seedlings together with soil from Just Food and the Rideau-Rockcliffe Community Resource Centre. They also welcomed garden tools and a generous delivery of mulch for the gardens as donations from a few Manor Park residents.

There is still lots of work to be done to get both the Manor Park Community Garden at St. Columba and the Seeds of Change Community Garden at 500 St. Laurent Blvd. up and running. Many Manor Park residents have already given their names to volunteer to get the garden at St. Columba up and running and to get involved in gardening once it is built — thank you!

Both garden sites will need lots of community helpers in the spring to prepare the areas and build the actual raised garden beds! We hope the community can enthusiastically support both community gardening projects in Manor Park in order to make our community more inclusive and more food sustainable.

To express interest in volunteering to help build the gardens or for more information on the Manor Park Community Garden at St. Columba, please send an email to Margaret Truesdale at manor-parkcommunitygarden@gmail.com.

If you are a resident at 500 St. Laurent Blvd. and wish to join the Seeds of Change Garden Club, please contact Chantal Hurtubise at gardentheseedsowchange@gmail.com.
OPINIONS AND ARGUMENTS

Manor Park Heights redevelopment—Have residents been heard?

by Sean Schuck

The Manor Park Management Group (MPG) has stated many positive things during community meetings, through press releases and videos on their “Vision Manor Park” website. The revised official plan amendment (OPA) that MPG submitted to the city for its proposed development does not align with these statements.

The proposed revised OPA does not show sensitive transitions to adjacent properties. Buildings on the south side of Brittany Dr. should not be taller than existing buildings on the south of Brittany. Sensitive transitions step down in building heights, not up towards mature neighborhoods.

MPG’s video for “Vision Manor Park”, which can be found at https://visionmanorpark.ca/MPG_contemplating housing topography while showing background footage of four to six-storey buildings, but the OPA includes buildings up to 30 storeys.

MPG talked about sustainability, and again proposed tall buildings, which use more than double the energy to run than mid-rise of eight storeys and less. MPG talk about walkability, but are not submitting plans that “frame” the streets to create a pleasant walk. In its video, MPG talks about built form and scale, where they state, “We will be extremely careful when it comes to building height and make sure it is appropriate and where it’s not, the idea is to ensure privacy for residents, allow for sunlight and offer scenic views all while not oppressing pedestrians.” Yet the amendment plans for six to 30 storey buildings overlooking people’s backyards.

Residents are worried, as the revised Manor Park Heights Plan ignores their concerns. In presentation #4, the representative of Fotenn Planning + Design spent 30 seconds talking about block 1 building height reductions, one minute on the community garden relocation, then four minutes justifying the building heights using the 45-degree angular plane all the while not commenting on the increased heights and denitrification of blocks 3, 4 and 5.

The overall unit counts for Manor Park Heights have stayed similar, with the reduction of 33 residential units from 2,464 units to 2,437. There was a gain of 312 square metres of retail space for a new total of 3,460 square metres.

The proposal ignores the community comments of too much density.

In Block 1, a 12-storey building was removed because it did not meet the City of Ottawa’s high buildings policies, as outlined in MPG’s own application. Building B gains a six-storey podium that now runs the depth of the property behind the adjacent homes. Three-storey townhomes are the preferred option, as mentioned in Rideau-Rockcliffe Coun. Rawlson King’s response. Building A is lowered to 25 storeys from 30. Councillor King’s recommendation was for a maximum of 10. Eight storeys would be the maximum preferred with the noted grade change towards the residential homes for residence. Building B is lowered to 12 from 15 storeys.

Six storeys would be the preferred maximum height, but townhomes would be the preferred choice on the east side of Block 1.

The proposal for Block 2 has not changed except for the replacement of the townhomes with the community garden. The community asked for either three-storey town homes, or switch the park from block 3 to block 2.

Block 3 is denser than previously. The 18-storey building is replaced by a 25-storey building, which is closer to existing residential. Podium height is increased to six storeys for the 30-storey tower. Six storeys should be the maximum height on this parcel to frame the street of Brittany Dr.

In Block 4, building A has the addition of a six-storey podium and its footprint elongated. Buildings B and C are elongated with building C receiving a smaller small step-back of the podium. Members of the community asked for a park to be part of Block 4 because it’s in the first phase of the schedule and the current planned park is in the last phase. New residents will have no green space.

In Block 5, building A is reduced from 25 storeys to 15, but this is still not a sensitive transition to the four-storey building across the street. Building B, now renamed D, remains the same, though three storey townhomes would be preferred. Building C splits into two buildings. Building B increases the 20-storey tower to 25 storeys. Building C is an entirely new tower of 18 storeys.

Again, these towers are much higher than the neighboring buildings, the tallest being an eight-storey tower on the corner of Brittany Dr. and Kristin Way. Eight storeys should be the maximum acceptable height along Brittany Dr. on Block 5, with three storeys along Rockridge Rd. and six along Quarry Rd.

Constructing high-rises in Manor Park provides no positive outcomes for its residents.

Have we been heard? Maybe, but we certainly have not been listened to.

Sean is a resident of Manor Park and has worked in architecture and project management for over 20 years.
legal staff that a CBA would be workable. During previous community meetings, Manor Park Management President Lalit Agarwal has said he’s open to the idea.

A recent innovation, there have only been a handful of CBAs implemented in Ontario and none before in Ottawa, CBAs are a chance for residents to provide “meaningful input” into a process that leaves many feeling frustrated and alienated.

“People have become very cynical about the process and feel their voice doesn’t matter when they go through it and the end result wasn’t what they were advocating for,” he says. “This [CBAs] allows for a continuing dialogue, for more reflexivity.”

There have been no site plans drawn up yet for any of the proposals and the official plan amendment (OPA) submission required for redevelopment has not been approved. It was scheduled to be addressed by the city’s planning committee March 10 but would then have to be approved at a subsequent meeting of full council.

An early working group to discuss the CBA was scheduled to meet March 5.

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Excerpts from the NCC’s “Long-Term Integrated Interprovincial Crossings Plan for the National Capital Region”

Diverting heavy truck travel will require more than a new crossing

Heavy truck travel is concentrated in the downtowns and core area of the region, a combined effect of being the most direct route for both through traffic and the destinations of goods deliveries in the urban areas within the region. A new interprovincial crossing in the east combined with municipal measures to prohibit heavy trucks from the KERWN corridor will be effective in the diversion of heavy trucks from the core area.

A collaborative approach among the three levels of government is needed to reduce trucks from the Macdonald-Cartier Bridge and associated Gatineau and Ottawa approaches.

Position and delay are projected to increase by 2050 on the interprovincial crossings. Major new infrastructure is shown to have limited added benefit from a delay perspective; however, it would have the advantage of offering a route for goods movement outside the core area.

Under all scenarios, delay is expected to increase for autos. Strong demand measures or new infrastructure have similar potential to limit the increase.

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Analysis Highlights:

A new interprovincial crossing combined with municipal measures to prohibit heavy trucks from the KERWN corridor will be effective in the diversion of heavy trucks from the core area.

A collaborative approach among the three levels of government is needed to reduce trucks from the Macdonald-Cartier Bridge and associated Gatineau and Ottawa approaches.

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Reduce heavy truck infiltration and impacts

Trucks are essential to the National Capital Region’s economic well-being, but truck traffic must be managed to support quality of life. In the NCR, interprovincial truck traffic currently uses downtown streets, primarily in Ottawa, to connect between the Quebec and Ontario provincial highway networks. This has negative noise, pollution, and safety impacts on surrounding neighbourhoods. A new interprovincial crossing combined with municipal measures to prohibit heavy trucks from the KERWN corridor will reduce heavy truck infiltration and impacts in this busy area.

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Bridge, cont. from page 1

Bridge would only draw away 15 percent of the trucks that use the Macdonald Cartier bridge and go through downtown.

Instead, the version submitted to the board in January suggests more than once that “a new interprovincial crossing combined with municipal measures to prohibit heavy trucks from the King Edward-Rideau-Waller-Nicholas corridor will be most effective in the diversion of heavy trucks from the core area”. It adds that these considerations will be examined by the Sixth Interprovincial Crossings Office within Public Services and Procurement Canada, the formation of which was announced in the 2021 federal budget.

In autumn 2020, a report emerged in which the NCC identified Kettle Island as the technically preferred option.

Currently, up to three heavy trucks per minute use downtown streets during peak hours.

Michael is the chair of the Manor Park Community Association’s interprovincial crossings committee.
Rêverie picturale

Si j’étais Matisse,
Je peindrais, dans la baie de Tanger, une voile qui glisse
Lentement, entre deux palmiers, sur l’eau marine et lisse.

Si j’étais Gauguin,
J’écroquerai Nini Patte-en-l’air, d’un coup sec,
Et ferai danser avec ardeur
La Goulue et son mec.

Si j’étais Lautrec,
Trempe mon pinceau dans de fortes couleurs,
Je croquerai Carmen
Dansant pour plaire à Bizet,
Dans les coulisses, bôbas, Caramba!
J’épierai un tutu blanc qui s’en va,
Gracieusement, à petits pas.

Mais si j’étais Picasso?
Avec du jaune, du bleu, du rouge et un vert d’eau,
Un tas de cubes et la fureur d’un taureau,
Ferais-je le portrait du grand Miró?

Mais pourquoi prolonger ainsi cette rêverie,
Puisque, émule de Rodin,
Je peux, à loisir, te sculpter à deux mains.

—Danièle Séguin

Danièle Séguin habite à Manor Park. Elle est née en France et elle a vécu au Maroc où elle a continué ses études en Français avant de s’installer à Toronto.

Elle aime la littérature, les arts en général, les voyages...Le jardinning, l’apprentissage de l’Espagnol et la création poétique font partie de ses activités favorites.

En lisant le MNC de Janvier-Février, elle a remarqué, à nouveau, l’absence d’articles en Français, alors que, lorsque elle va dans les magasins sur Beechwood ou lors de ses promenades dans le voisinage, elle entend beaucoup de personnes s’exprimer en cette langue.

Elle nous a envoyé ce poème qui permettra aux lecteurs de profiter de quelques moments d’évasion salutaire pendant lesquels leur imagination leur fera oublier les temps difficiles que nous traversons.
BUSINESS

LIZA FENDT and JULIE ANN LEVETT-KIALA BULOKI

Longer days, brighter sunshine and the occasional milder breeze have signaled the start of spring. With the arrival of March, this season’s steady-three-month transition from cold to warm has begun, bringing hope, reawakening and a welcome reminder of better things to come. And, in step with the dropping of the majority of COVID-19 measures this month, the Chronicle extends a sincere wish to our local business community for a much-needed and highly-anticipated renewed vibrancy and a steady return to normalcy. May this spring season bring about long-awaited prosperity and growth.

We warmly welcome new advertisers: Manor Park resident London Hoft and CEC Electrical Services Ltd. (Pedram Zandi), Coeur de Pian (Christian Djioshosso) and Dr. Luc Ducharme and Associates; also, returning advertisers Brigit (460 St.-Laurent), the Ottawa Internationals Soccer Club, the Ottawa New Edinburgh Club (OneC), Randall’s and the Rockcliffe Tennis Club (R/T/C).

Thanks to Business Buzz columnists Liza Fendt and Julie Ann Levett-Kiala Bulokki, we profile several current and new advertisers who share a commitment to entrepreneurship and great service.

BIBI’S MIDDLE EASTERN KITCHEN

By Julie Ann Levett-Kiala Bulokki

Adam and Kelly Weiss are the proud owners of BIBI’s Middle Eastern Kitchen, the vibrant Beechwood quick-service establishment that opened just weeks before the start of the COVID-19 pandemic. “It’s been a wild ride!” says Adam.

While an incredibly challenging time to start a business, somehow BIBI’s hit the “sweet spot” by filling an unmet need in the neighborhood. The food is delicious — we know that Ottawa loves shawarma! The demand for BIBI’s delicious and healthy take-out grew more pronounced during the long months of restrictions.

Crediting a neighbour- hood website for early publicity, one day in 2020 Adam looked out the window on the Putman Ave. sidewalk and saw a line-up. What an affirmation! Filling out the menu with finger-lingers for snacking — slow-roasted chicken instead of cooked on a spit — tabbouleh is made with quinoa in lieu of bulgur. It’s all bright, juicy, healthy and “more-ish”; as in, it tastes like more! Tempting photos and descriptions can be seen on their website www.eatatbibis.com.

Adam has been in the restaurant business since the age of 18, starting on the bottom rung as a dishwasher. He moved up in the industry through roles as assistant manager, food and beverage at Brookstreet, a stint at e18hteen as wine director, and most recently as the front-of house manager at the re-imagined Fairouz on Clarence St. Having studied business early on, and later completed a culinary management program, it was just a matter of time before Adam ventured out on his own.

“Growing up in Orleans, I was eating shawarma from the time I was six,” said Adam, explaining the choice of chef-inspired middle eastern cuisine. Adam’s time at Fairouz clarified for the couple the type of food they wanted for their restaurant. BIBI’s food is made fresh from fresh ingredients, including 60 pounds of chicken and 60 gallons of yogurt. The resulting gold is very different from fresh ingredients, including 60 pounds of chicken and 60 gallons of yogurt. The resulting gold is very different from.

Adam ventured out on his own. Fortunately for Adam, he married Kelly. Kelly is a serial entrepreneur with expertise in digital marketing and event planning. Together they had what it took to build a business that they themselves would want to patronize, for families like themselves. “We get along really well,” laughs Kelly, while holding the couple’s 8-month-old baby boy Harrison. The young family are Manor Park residents and plan on sending Harrison to Manor Park Public School, establishing themselves for the long haul. A second location for BIBI’s is not out of the question someday.

Among the many projects that opening the business entailed, one of them was painting. The modest-sized seating area featured a textured wall which was red when the couple secured the location. “We did it with a brush. It took two days! We came in after the first day, and it had dried paler than we’d thought and we had missed so many spots, we had to do it all over again!”

The resulting gold is very chic indeed, a touch of luxury which contrasts nicely with the fresh white and blue used elsewhere in the space. This dynamic young couple understands the desire for something familiar with a touch of unexpected — a winning formula for food and décor. BIBI’s is open seven days/week from 11 a.m. to 9 p.m.

CEC ELECTRICAL SERVICES

By Liza Fendt

We welcome new advertiser Pedram Zandi, proud owner of Charles Szlizik, #1 Royal LePage Realtor in Eastern Ontario 2020. 43 +/- Offices, 1150 +/- Realtors, based on GCI commissions.

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CEC Electrical Services Ltd. His company, in business for four years, is expanding thanks to its well-established reputation for quality workmanship and customer service.

As a fully licensed and insured electrical contractor, CEC Electrical Services Ltd. offers residential and commercial services, including service calls for a complete range of electrical trouble shooting and for new electrical wiring and installations.

Eleven years ago, Pedram, already a master electrician with an engineering degree in electrical power systems, migrated to Canada as a skilled worker. By 2018, he had completed the requirements for his Ontario Master Electrician’s license and had started his own company.

As a master electrician, Pedram has extensive experience and expertise in working with electrical systems, the interpretation of building codes, safety measures and project management.

For home or business owners planning work that entails more complex configurations or that require proper electrical permits and inspections, the services of a master electrician like Pedram and a licensed electrical contractor like CEC Electrical Services are needed to oversee the work.

“Electrical work is mathematical, demanding and requires hands-on problem-solving skills,” says Pedram. “That’s where the rewards come … using your talents to enjoy what you do.” And that is where the job satisfaction lies for Pedram, who also enjoys playing the violin for both pleasure and for relaxation.

Pedram says, “CEC Electrical Services specializes in providing the highest quality material and workmanship and provides free estimates for all major projects.” He cautions, “I wouldn’t necessarily recommend that homeowners try to troubleshoot electrical problems on their own. Call a licensed electrical contractor if there is an electrical issue, both for your own personal safety and to ensure that your home’s electrical system remains up to code.”

“Whether customers need a small wiring fix or the installation ofstate-of-the art smart home systems, CEC Electrical can help.” Pedram explains that his company will complete a thorough consultation to help the home or business owner in selecting the scope of the work that fits their overall project plans.

“I look at what I do as helping people, not just operating a business.”

CEC Electrical offers free quotes for major projects and guarantees for all its work. The company’s electrical services for residential and commercial premises include but are not limited to service upgrades to 200 amps, electric vehicle (EV) chargers, hot tubs, saunas, jacuzzies and pool equipment, and the installation of pot lights and light fixtures. It also provides electrical services for basement renovations, kitchen upgrades and wiring for custom built homes. It provides services to replace aluminum wiring with copper, to install smart switches, plugs, timers, dimmers, and under-cabinet lights, isolated ground plugs for medical equipment as well as the installation of surge protectors, generators, transformers and 600V systems.

Currently, CEC Electrical offers its services in Ottawa and Pedram has an affiliation for Manor Park where his brother Ashkan Zandi owns and operates Time Sharpening Electrical Services.

Pedram says, “I am following my passion to build my professional company … to serve and to help.”

CEC Electrical is a young business with a mission to offer the highest quality, professional services to all its customers — its vision is the natural consequence of Pedram Zandi’s accumulated life experience of studies, discipline, focus and effort.

To reach CEC Electrical, contact Pedram at 613-709-7087 or visit his website at www.electricalcec.ca.

Coeur de Pion
By Liza Fendt
Welcome to new Chronicle advertiser, Coeur de Pion and its creative designer and owner, Christian Djohossou. Coeur de Pion, an authentic entrepreneurial initiative and brand brings distinctive and quality lifestyle and street wear to the marketplace through its

>>CONTINUED ON PAGE 14
BUSINESS BUZZ

The wall of Dr. Ducharme’s office boasts a striking painting, all the more intriguing when looked at closely. Commissioned for the doctor’s 50th birthday as a gift from friends, the collage-style piece incorporates special items, including his University of Montreal student card, a graduation photo taken with his parents and a script for fun and laughter written on his own prescription pad by his sweetheart, among many other charming finds. Photo: Julie Ann Levett-Kiia Buloki

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Dr. Luc Ducharme and Associates Dentistry
By Julie Ann Levett-Kiia Buloki

In July of 2022, Dr. Luc Ducharme will have been practicing dentistry for 27 years. Graduating from the University of Montreal, he began his career under the tutelage of Dr. Walk-er on Montreal Rd. whose office was located across from the Jean Coutu pharmacy.

Purchasing the practice from his mentor, Dr. Ducharme moved to his first Beechwood Ave. location in 2004, next to the Subway restaurant. Joined by Dr. Olivier Julien, Dr. Ducharme grew the practice in that location for close to 20 years. Their welcome success led to the business outgrowing the location, and, by 2021, it was high time for a move.

If you haven’t had a chance to visit Dr. Ducharme’s new office yet, you may think you are stepping into a chic restaurant, or an art gallery. The corner location on the main floor of The Kavanagh condominium building is flooded with light and sparkles with clean, modern design. A dramatic original abstract painting by Ottawa’s Dominik Sokolowski hangs in the waiting area, fully at home in the industrial-inspired space with its 14-foot ceilings. The furnishings are spare, and the waiting area offers plenty of room to manoeuvre, welcoming clients who use a walker, wheelchair, or stroller! A retro ‘wink’ in the form of an old Pac-Man arcade machine sets off the foyer.

After looking around for a location to expand into for several years, “...the stars seemed to align...”, says Dr. Ducharme when the former Epic Fitness commercial space became available. Though sor-ry to see a business fold under pandemic pressures, Dr. Ducharme was thrilled to finally be able to secure a larger location along Beechwood.

“There was no question about leaving the area. I wanted to stay on Beechwood — I love this street!”

Having more space has been a sigh of relief. From six treatment rooms at the former location, the practice now boasts 10, each with opaque, sliding-glass doors. Dr. Ducharme was pleased to show me a galley-style sanitation area where two or more staff can comfortably work putting instruments and dental appliances through a multi-phase sterilization process. The process even involves a digital date/time/employee stamp to facili-tate total traceability should any concern later be identified.

His associate, Dr. Julien, can breathe more easily in his very own office, which, while no bigger than his former one, is no longer shared with two other staff!

Luc Ducharme wanted to be a dentist from the age of seven. When one encounters his energy and drive, it’s easy to see how that single-minded desire brought him to where he is today. I would not have wanted to be the parent or teacher who attempted to dis-suade him!

His commitment to excel-

FROM PAGE 13 >>

online store as well as at various nomadic pop-up events.

Each Coeur de Pion fashion collection is unique and different from any previous collection, varying by inspiration and inherent design. Each begins with a stimulus that drives the creative process into action, leading Christian to collaborate with the best possible production resources in Ottawa and from as far away as West Africa or Europe. Although he may work with other collaborators, Christian says that Coeur de Pion does not delegate the actual design of the pattern in its collections. “Our design pattern carries a message — its colouring and shape is integral to our brand and to the passion we carry within.”

As Christian says, “Beauty is more than external satisfaction from wearing clothing. When it comes to fashion, I would like people to feel a light in the heart — it’s intrinsic to the origin of his creative drive. The music he writes is all about social commentary — about pursuing a dream, pondering its roots, and experiencing the freedom to create and, of course, love — and communicating with poetry and rhythm.”

Christian’s interest in clothing developed early on when he was a teenager living in Benin, West Africa. Immigrating to Canada at 16, he completed his professional education and began following his artistic passions.

Christian sold his first fashion designs in 2014. Growing organically over the next four years, Coeur de Pion held its first pop-up on Rideau St. in downtown Ottawa in the summer of 2018. “That pop-up experience established us,” says Christian. He likes taking part in pop-ups, the most recent being a holiday-themed market for crafters and creators held at Zibi House on the banks of the Ottawa River this past December.

To keep tabs on his next pop-up and to check out his line of casual, comfy athleisure and street wear (and his music), visit his online store at: www.coeurdepion.com.

Le R Premier, a rapper, singer, songwriter and music producer, “Music was my first passion, and then clothing caught up,” he explains as he refers to the origin of his creative drive. Each Coeur de Pion fashion collection, varying by inspiration and inherent design. Each begins with a stimulus that drives the creative process into action, leading Christian to collaborate with the best possible production resources in Ottawa and from as far away as West Africa or Europe. Although he may work with other collaborators, Christian says that Coeur de Pion does not delegate the actual design of the pattern in its collections. “Our design pattern carries a message — its colouring and shape is integral to our brand and to the passion we carry within.”

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BUSINESS BUZZ

Manor Park resident Louise Hannant, our community’s highly regarded fitness instructor and personal trainer whose delight in movement is inspiring and not a little bit contagious. Photo: Julie Ann Levett-Kiala Buloki

Louise Hannant —
Optimal health at any age
By Julie Ann Levett-Kiala Buloki

Louise Hannant is a long-time Manor Park resident, with her staff as part of the Beechwood business community for many years to come.

Louise Hannant —
Optimal health at any age
By Julie Ann Levett-Kiala Buloki

Louise Hannant is a long-time Manor Park resident, fitness instructor and personal trainer whose delight in movement is inspiring and not a little bit contagious. Beginning as a professional figure skater in her native Sweden, Louise has a rich and varied wellness “tool-kit” developed over decades of study and exploration. She brings a depth and breadth to her teaching not always found in the fitness industry. While still living in Stockholm, she completed a year of pre-med nutrition studies, received an offer to attend law school, and while raising her children in Ottawa earned a degree in philosophy, theology and ethics at St. Paul University. (Light on her feet — yes. Intellectual lightweight — no.)

Her personal training certification is through CanFit Pro, one of the most respected certification bodies in Canada. Louise has taught in our neighbourhoods for decades; at the

Manor Park Community Centre, the Lindenlea Community Centre as well as over Zoom for both groups classes and personal training clients. She is pleased to come to your home. Among her popular classes is “Stay Strong and Stable”, which focuses on balance. In Louise’s words, “It’s really a fall prevention class, but who wants to go to a ‘fall prevention class’! Focus on what you want to have happen, not what you want to avoid!”

Louise describes her work thusly, “I am a passionate holistic personal trainer with expertise in general and specific health/fitness concerns. I teach classes of HIIT (High Intensity Interval training), stability ball, and Fusion (a mix of low-impact cardio, weights, yoga, and mindful breathing exercises, along with rehabilitation stretch, and flexibility). I use applied kinesiology, food and environmental muscle sensitivities, activity testing, and work specifically with brain and amygdala rewiring using EFT (Emotion Freedom Technique) in connection with stress, anxiety and PTSD.”

Her wide-ranging and solidly grounded approach is inviting and accessible. As a teacher she is at ease with twentiesomethings, seniors and the wide swath of mid-life people in between, including people living with Parkinson’s disease.

Heart-Brain Coherence is a meditation technique Louise has recently incorporated into her personal practice, and shares with those who are interested. Through breath, and recalling felt experiences of gratitude, appreciation and love, the heart rate and brain waves are brought into closer alignment. Such alignment increases feelings of wellbeing with a host of measurable effects, such as reducing the secretion of flight/fight hormones that lead to wear and tear on the body, and relationships. Like many meditation techniques, it is deceptively simple and surprisingly powerful.

In the early days of the pandemic, Louise wondered how or if she could adapt her work to the demands of teaching during lockdowns. At one point she said to herself, “That’s it, you’ll be turning 70, time to get out of the tights”. Many of us shared that feeling of “travelling blind”, wondering how we would continue to do the things that were most life-giving for us, at a time when they had become so much more difficult.

It would be no exaggeration to say that hundreds of people are deeply grateful that she kept those tights at hand, and continued teaching. Louise welcomes you at 1805 Gaspé Ave., the former Encounters with Canada building — now a Manor Park Community Council site for classes Tuesdays, Wednesdays, and Thursdays — and at the Lindenlea Community Centre on those same days.

For times and registration information, please visit the Manor Park Community Council website at www.manorpark.ca or the Lindenlea Community Centre website at www.lindenlea.ca.

>>CONTINUED ON PAGE 16

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Students at St-Laurent Academy enjoy a day at the Macoun Marsh on the grounds of Beechwood Cemetery with their science teacher Michael Lévéillé. Photo: courtesy, St-Laurent Academy

FROM PAGE 15 >>

St-Laurent Academy Programming for student success
By Lisa Fendt

Seventeen years ago, St-Laurent Academy launched its enhanced and diversified educational services for students in our community. Once located in the heart of Manor Park, it is now settled at 641 Sladen Ave., just south of the intersection of St. Laurent Blvd. and Montreal Rd.

Offering enriched personal learning from daycare through to high school, St-Laurent Academy continues to grow and works to accommodate all learning styles in both English and French with programs approved by the Ontario Ministry of Education. Its state-of-the-art facilities and educational equipment allow the school to adapt to the constant changes and challenges in education.

In total, the school welcomes approximately 550 students of all ages in small groups of 15 students per class. Students follow an academic pathway designed to flow from one level to the next — from early childhood, on to elementary and high school programs. Andrea Crugi, Assistant School Director, says the academy’s Grade 12 students who have chosen the academic pathway of post-secondary have a 100 percent success rate on their admission acceptance.

The academy’s educational focus optimizes students’ educational experiences and academic successes through a personalized approach.

“We truly do understand that every student is different and learns differently,” says Andrea. “We make an effort to ensure that we meet the student’s needs by enhancing alternative ways of learning.”

In the classroom, St-Laurent Academy provides a personalized approach for its students, enriching the learning process with diverse approaches and opportunities. One essential element of this academic approach (inspired by the multiple intelligences theory) is that each level is designed to bridge to the next.

Every year, teachers start by creating a profile (a diagnosis of sorts) to identify where each student is at for each area of learning. The profile enables teachers to “pick up” the teaching process at the student’s individual level, building a strong base for the acquisition of further knowledge.

Once established, teachers and parents meet to keep the family informed of the educational plan for their child and to strengthen collaboration and communication.

“The small size of the class groups, the high quality of teaching and the devoted attention students receive contribute to building a welcoming atmosphere of friendship, joy and fun while learning,” says Andrea.

Colleen Long, Elementary School Principal and Tim Mook Sang, High School Principal, play key roles in leading a culture of excellence in education.

One example of the academy’s successful educational strategy is its environment science program where a hands-on approach is realized through project-based learning at the Macoun Marsh Outdoor Classroom. Science teacher Michael Lévéillé, founder of Biodiversity Matters, an NGO initiative for engaging youth in biodiversity, was instrumental in helping to develop the marsh at Beechwood Cemetery. Each year, students engage in one key biodiversity project which provides valuable opportunities for students to engage, participate, lead, and learn.

Another fundamental aspect of its educational program is the academy’s focus on developing “soft skills” through its character development and social skills classes, which promote an inclusive multicultural community with strong values. Time is devoted to the physical activity of younger students with enriched daily physical education activities (tennis, swimming, yoga, golf, archery, rock climbing, etc.) and an array of arts program for every level. It also offers ESL programs.

For those students who for any reason cannot attend in person, St-Laurent Academy has developed an online-learning platform for all students up to Grade 12. A synchronous learning approach, the platform uses video or voice communication to connect with students in real time. Teachers integrate online students to the classroom and continue to offer individualized assistance as classes evolve.

As a community, St-Laurent Academy is geared toward promoting students’ wellbeing, confidence, self-advocacy, independence, communication, and leadership as fundamental skills toward their educational success. For inquiries, please visit: www.st-laurentacademy.com; call: 613-842-8047 or email: admin@st-laurentacademy.com.

BUSINESS BRIEFS

Recreational Canine Agility course
By Sharleen Tattersfield

Fumie Watanabe, CPDT-KA, the owner of Happy Fido Company, has taught recreational canine agility at Keshet Kennels/Rescue for the past four years. She will be teaching the beginner and intermediate levels again this spring/summer (from April to July 2022) together with her dog trainer friend, Claudia.

The classes are offered by the Keshet Rescue at their kennel in Carlsbad Springs, about a 20-minute drive from downtown Ottawa. A portion of the proceeds goes to the rescue. Keshet Kennels’ full-sized (80’ x 160’) sandpit agility arena is fully enclosed and equipped with various agility equipment.

Recreational agility is a fun activity to do with your dog. The sport challenges energetic dogs, helps shy dogs build confidence and the teamwork involved helps strengthen the human-canine bond.

In the beginner class, dogs and the handlers will learn to maneuver through: jumps, tire jumps, tunnels, A-frames, bridges, pause tables, weave poles, and other associated foundation skills.

In the intermediate class, a teeter will be introduced, and dogs and their owners will learn to refine their teamwork efforts.

All breeds are welcome! Dogs must be over eight months old, fully vaccinated, and dogs and their owners will need to bring their own agility equipment.

Frankie Watanabe, CPDT-KA, will teach a recreational agility class for those dogs and their owners who wish to participate, lead, and learn.

Please visit Keshet Kennels’ website www.keshetkennels.com/events-board/ to register, and contact them directly at info@keshetkennels.com for any class inquiries, including the course prerequisites and their class policy.

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How do I describe the Elmwood experience?

In a word: community.

Science enthusiasts, art lovers, athletes, math whizzes, and writers all have a place here.

Each student is encouraged to explore and discover their own passions—and see just how far they can take them.

- Financial aid program
- Transportation available
- Healthy meals prepared onsite
- Before and after care

An independent day school for girls from Pre-Kindergarten to Grade 12.

Visit us to see why you belong here. Elmwood.ca
Winter biking, cont. from page 17

I feel totally comfortable because it might be sunny and not that cold and the roads are actually quite often completely bare so that you don’t even encounter as much snow or ice as you might think.

Will I fall? Will my bike slip? There have been times where I get that slippery feeling like I might fall. I think there’s a lot to be said for practice. I’ve never fallen on my bike. There’s technique, practice, and getting used to that feeling (of handling your bike in snow or slush). But there are more clear roads and paths than you might think. Definitely loose slush is quite hard — it’s easier when it’s very cold and packed snow or bare ground.

Ok I’m considering this... What do I need? The most important thing you need is a bike that you want to ride and the clothes that you feel comfortable in outside — that’s definitely the first thing. I find that a balaclava is nice. I don’t really use hand warmers or anything like that. I just find mittens that are comfortable. Studded tires took it to the next level for me, feeling like I can be more comfortable on some actual snow and ice.

Where do you bike in the winter? Mostly to the grocery store not too far away, we’ve also been riding the bike to the canal to go skating, about a 20-minute ride.

How do you find bike routes that are winter-maintained and that you feel safe riding in the winter? This is super important and mostly trial and error! Bike Ottawa has a good winter cycling map (https://maps.bikeottawa.ca/winter/) where they’ve crowdsourced a list of which segments of paths and bike lanes are plowed and which are not. There are some paths that are really well-maintained that I was surprised by. But there are definitely times where I go out thinking that something is going to be maintained, for example Beechwood Ave. - Hemlock Rd., which are supposed to be part of the Winter Cycling Network, and the bike lanes are poorly cleared. I did ride there once recently and the bike lane was just completely covered in snow — as if there was no bike lane! And it’s hard when you get out there and it’s not cleared because it’s too late — you’re already there, you’re already biking on it. There are definitely variable infrastructure and maintenance issues.

Tell us about your electric cargo bike This is the first year we have the e-bike (a Tern Electric Bicycle), and my first year biking in the winter, so I am also looking forward to seeing what happens! But I did get an e-bike that in theory is designed to be ridden in winter. It doesn’t have a chain — it has a belt drive and the idea is that the chain is really the weak link for winter biking, that’s what gets rusty and gums everything up. We have an e-cargo bike. I knew we wanted a cargo bike because we wanted to carry our kid in it and get groceries and things like that. Once we decided to get a cargo bike it made sense to also get an e-bike because cargo bikes are bigger and heavier. I knew that I wouldn’t want to do it if it was hard to ride. So I have not regretted it — I love the e-bike feature. I reject all claims that e-bikes are cheating! Not true! Even on a day when I don’t feel like riding my bike, I can just get out there. The e-bike makes for a low barrier to entry, it doesn’t have to be hard to bike.

There are two main styles for electric cargo bikes — the bucket style cargo bike and what we have, which is the long tail style. The long tail was our pick because I test drove a couple of types and this is the one I had the most fun with! I do like that ours is quite compact. I have a two-year-old and he loves riding on the bike too, which is really fun. He does ride it in the winter — we’ve taken him to the canal to go skating on the back of the bike. The big difference is that we have this big plastic cover that goes over the part where he sits, so once you zip that up it’s quite cozy. I just dress him as if we’re going outside and he’s totally fine.

Do you feel safe locking your e-bike up in public spaces? It is super heavy so it would be hard for someone to carry away. It has a built-in wheel-lock and then I also lock it with a chain, so that’s two locks. And it has a little ‘alarm’ as well. It has a locking mechanism for the kickstand so you couldn’t just drive it away, so those layers of protection do reassure me, but definitely it is a concern. I also registered this bike with the 529 Garage Project (https://project529.com).

Last thoughts I don’t think riding your bike in the winter should be a niche thing or a hard thing — any amount that you do is great. You don’t have to commit to the entire winter. You can just go out on days that feel nice. I don’t want to be exclusive — there’s no membership card or rules to biking in the winter. Just try it out — pick a nice winter day and try it out!

This interview has been edited for space and clarity.
A stroll through the Manor Park mosaic

By Douglas Comish

Akin to the boroughs of New York City, Manor Park could be considered to be a collection of mini-boroughs. Each has its own look and mood, and those living in each one has their own sort of ‘borough pride’. There’s the section bordered by Hemlock Rd., Braemar St., Sandridge Rd., and Birch Ave., which was the first planned suburb in Ottawa, and which many think is Manor Park. It has a quintessential 1950s look to it, although in the past few years it has been subjected to modern residences which have replaced the original one. It also is undergoing a potential future change with new development on the horizon.

Broken down further, the east side of Birch is designated as Manor Park, whereas the west side of Birch, with basically the same architectural house but with higher taxes, is mapped as Rockcliffe. Go figure!

What they call today Manor Park East includes the quiet streets of northern St Laurent Blvd., Blasdell Ave., Camelia Ave., Wingham Place, Maple Ave., Juliette Ave., Gaspé Ave., etc. There are even houses along the end of St Laurent towards Sandridge that actually predate the suburb of Manor Park by many decades.

Manor Park East also includes many condos and some freestanding detached homes between London Terrace and Blasdell with many designated as private streets and roads. This area years ago used to be called Alvin Heights and was a very low-rent district, notorious for fires and police visits.

The condos that have since replaced the low rental units are a considerable upgrade, but the trade-off was that there are probably twice (perhaps even more) the number of residences that there were in the original Alvin Heights, and far less land. The apartment building along Alvin Road has further increased the number of people in this small, concentrated area. In terms of density, this Manor Park East development that replaced the Alvin Heights rental units was probably aA marvelous architectural townhouse development.

Further south of Hemlock on the north side of St Laurent is Manor Park Hill (behind the Rockcliffe Crossing Plaza). This is a sort of under the radar area which many don’t know even exists, with upscale individual homes on large lots and a few apartment buildings sprinkled throughout. It has an almost Greta Garbo-like tag to it — it’s discreet and the residents just want to be left alone to their quiet streets on and below the hill. I live and grew up in this area, went to Manor Park Public School, played Little League and hockey at Manor Park, was in the Manor Park Cubs and Scouts, etc., so I suppose that you could say that I have long standing Manor Park roots.

Up towards Bangs St. and Carpenter Way and along Britannia Dr. to Montreal Rd. there are interesting Manor Park Estates row houses, apartment buildings and affordable rentals. Along St Laurent south of Britannia there are tall high-rises with a rental and condo mix, which flow down to the Montreal Road with the Highlands and Le Parc.

Cardinal Glen, behind Akin and St David & St Martin Presbyterian Church, is a one street area that circles around Dunbarton Inner Court and Dunbarton Outer Court. This quiet area borders two cemeteries, Notre Dame and Beechwood, and is an interesting architectural townhouse development some of which are two and three storey walk-ups. It’s a village-like atmosphere in ‘the Glen’, and in some respects could be viewed as a gated community, but without the gates! The entrance is a large rock with the Cardinal Glen name on it as well as a colourful Cardinal bird embossed image. Cardinal Glen also has its own community association.

In New York the boroughs are very distinctive with unique personalities, but at the end of the day — they’re all New Yorkers. Manor Park is a very diverse community, intellectually, linguistically, and economically, but this is a plus, for it provides a nice eclectic mix, rather than a predictable cookie cutter blandness. No matter which borough you’re in, we are all, nonetheless, Manor Parkers, part of the larger Manor Park whole. So, burrow into your particular borough and enjoy the unique and great sense of community found there.
Does our community need a food co-op?

Local residents Shoshana Freedman, Helin Burkay, Dez Dessureault, Jennifer Manning, Clara Sellers, Amenemhet Sanchez, and Jeff Haga are exploring the possibility of creating a community-owned and community-run food co-op. Below, they explain why this could be the right time and place for such a venture.

What if there were a food co-op in your neighbourhood? It could provide a myriad of benefits to its members, enhance nearby shopping options, support local food producers, and gather and grow community. After a robust online conversation in February attended by 15 participants, five of us formed a working group to further explore the potential for a local food co-op. That number has since grown to seven.

We have committed to researching what type of co-op would best meet the needs and interests of our community. Some of you may already belong to a co-op, such as a credit union, or an insurance, housing, or daycare co-op. Or perhaps you are familiar with the Funeral Co-operative of Ottawa, located right here in Manor Park.

What’s a co-op?
For those of you who are unfamiliar with community food co-ops, they can exist in various forms, including grocery stores, bulk food buying clubs, and pop-up market stalls. Whatever their format, they are all independent businesses, fully owned by the community members who shop there, although shopping is open to non-members as well. All profits go back into the co-op. Co-ops are democratic — every member gets a vote and participates in decision-making. Members can also contribute through monthly work shifts or serving on the board of directors. Every co-op worldwide is guided by common principles, and these inform the mission and values of each individual co-op.

Community food co-ops tend to be resilient. Karma Co-op Food Store in Toronto, Kootenay Co-op Grocery Store in Nelson, B.C., and Park Slope Food Co-op in Brooklyn, N.Y. have all thrived for over 45 years, contributing to community solidarity and well-being.

Grocery vacuum
The idea for a community food co-op and the subsequent brainstorming session coincided with the recent closure of two local grocers: the decades-old, much-loved Manor Park Grocery, whose owners retired last year, and Nature’s Buzz, the popular health food store that was a fixture on Beechwood Ave. for 20 years before closing its doors this February.

The loss of these neighbourhood grocery stores led some of us to wonder what we could create in their place, and prompted us to think more about how we want to shop for food, what we want to be buying, and what we want to support with our dollars.

Some of the priorities identified by participants at the February meeting included:
• providing healthy, affordable, and sustainable food,
• ensuring it is accessible to community members living with food insecurity,
• purchasing bulk foods to reduce cost and packaging, and
• creating opportunities for neighbours to meet.

Most participants expressed a strong preference for starting out with a co-op that would not require a fixed storefront location. Resembling a buying club, the proposed alternative would still build and maintain a community presence through various regular pop-ups, working in partnership with farmers, local producers, makers, and community organizations.

The initial invitation to participate in a conversation about a community food co-op garnered 40 responses from two local listservs. We find this encouraging, and hope it means that more of you will join us as we shift into action and concretize our exploration of this exciting idea. It has the potential to nourish our community in so many ways.

If you would like more information, or if you have time to offer and want to get involved (no co-op experience or special skills needed), please contact us at: communityfoodcoopinfo@gmail.com.

Resembling a buying club, a proposed area food co-op with no brick-and-mortar storefront could still build and maintain a community presence through various regular pop-ups, working in partnership with farmers, local producers, makers, and community organizations. Photo: Scott Warnon on Unsplash

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• Manor Park Chronicle March-April 2022

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Year in review — the top 10!

FROM THE DESK OF: ALLISON SEYMOUR

1. MPCC Team thriving. The Board of Directors could not be prouder of the talent, enthusiasm, creativity and dedication of the MPCC team under the leadership of Lana, Meagan, Steph and Josh! COVID-19 forced many changes to the work environment, and with every turn we found ways to support employees and ensure morale remained strong. The team never faltered in delivering fun, dynamic and safe programming.

2. New delivery model with virtual and in-person programming. Having become expert in virtual programming in 2020, and with the return to in-person programming in 2021, MPCC was able to leverage both methods to offer fitness, recreation and activities for all ages. Residents embraced both outdoor and zoom programming: @Home Activity Kits & My Little Learning Kits continued to be in high demand, and home deliveries of treats from the Easter Bunny, Santa Claus and Valentine’s Day were a big hit.

3. Licensing of Manor Park Pplayschool. This important milestone strengthens MPCC’s ability to offer programming to preschoolers, which will enhance our Child Care & Early Learning Pillar. It also provides new employment opportunities at MPCC for early childhood educators. We also saw an increase in our before and after school registrations which was very welcome after taking such a hit with closures in 2020.

4. HUGE participation in summer day camps. These were the first “re-opening” activity and they sold out in minutes! Enthusiastic participants and creative staff made for lots of summer fun.

5. 1805 Gaspé begins to take shape. Planning began for a phase in of programming to develop this site into a thriving community hub. This is an amazing opportunity gifted to MPCC and the greater community by Manor Park Development, and we are excited to be a lead partner.

6. Ottawa Cares volunteers delivered 34,000+ food hampers. Initially launched in response to an increase in food insecurity in many communities across Ottawa when the pandemic hit in 2020, the program grew in 2021. With the dedication of an incredible volunteer coordinator, working with food banks and a network of volunteer drivers, this has been a very impactful program, and has created a blueprint for the Ottawa Food Bank to continue home delivery of hampers in 2022.

7. Pints in the Park (Winter Edition) brings together 500+. A fresh snowfall set the scene beautifully for friends, families and neighbours to come out and connect — and they did! Little did we know that the next wave of omicron would hit Ottawa shortly after, so the timing was perfect and the event was a huge success.

8. The Rink. MPCC was able to negotiate with the Manor Park Public School to permit use of the rink in winter 2020-21 and provide the community with access to this beloved recreational activity. New uses of the rink were introduced from “pond hockey” to The Backyard, and the addition of twinkly lights, fire pits and a pleasure rink on the west lawn made it an even more magical experience.

9. Health as a priority and COVID-19 prevention. The MPCC worked diligently to prevent the spread of COVID-19. The board and senior leadership responded quickly as public health measures evolved through the year to ensure the health of staff, volunteers, and participants. We had zero cases reported last year.

10. Financials stay strong. COVID-19 continued to put a strain on our traditional programming revenue due to shut downs and/or restrictions. Thankfully government support, including wage enhancement subsidies, and other grants, ensured the continued viability of the MPCC and our strength as an employer in the community. Full audited financials will be shared at the annual general meeting (see below) and provided in our annual report.

Easter Bunny preparing to spring into MP

What could be a better way to welcome the spring than with an at-home visit from the real-life Easter Bunny! The MPCC and the Easter Bunny will be hopping through your neighbourhood this spring delivering Easter “baskets” brimming with treats, and taking outdoor photos with kids and families!

Your visit will include:
• An outdoor visit and physically distanced photo with the real-life Easter Bunny!
• A special Easter “basket” filled with chocolate eggs and goodies!

The Easter Bunny will be hopping down a street near you — make sure to reserve your visit early!

Visit and delivery date between 10 a.m. and 5 p.m. Saturday April 16.

We’ll snap your yearly Easter Bunny photo with a professional digital SLR (single lens reflex) camera, and send it straight to your email inbox! We’ll be outdoors, safely and distanced. Set up your own photo display or add your own props!

An Easter to remember with MPCC!

Annual General Meeting

Wednesday March 23, 2022
7 pm
Virtual meeting via Zoom

Everyone welcome.
RSVP: mpcc@manorpark.ca to receive link.

For information about what we do:
manorpark.ca
**SPORTS & FITNESS PROGRAMMING**

**MANOR PARK COMMUNITY COUNCIL • manorpark.ca**

**SUPERVISOR’S MESSAGE**

Josh Cassidy

Another great winter was winding to an end—and what a memorable winter it has been! In spite of rain and challenging weather, this has been a great year at the outdoor rinks. Our team built and maintained a night-lit, boarded hockey rink and twinkle light pleasure puddle at the Manor Park Community Centre. Plus, this year, we put down an ice surface at 1805 Gaspé. Ice quality was better than ever thanks to our wonderful team of rink attendants and dedicated volunteers. A huge thank you to our local business who sponsored the rink this year.

Programming the ice was fun this year, too! Over 80 children joined us for skating lessons in January and February. As of this writing, the verdict is still out on who will host the MPCC Pond Hockey League championship but the Manor Park Dragons, led by Ian Brown, seem to be in great form.

Our newest venture, The Backyard, has been an incredible experience. The rink we build at Gaspé was magical with twinkle lights and outdoor fire pits. A big thank you to all the groups who joined us for private skating, bonfires, music and more! We will be back next year, but don’t wait because The Backyard will be available year-round for private rentals.

March is always an exciting time for the MPCC. Preparations are underway for a great roster of warm weather programming. Look to the sports fields for the turn of soccer, baseball and multi-sport programs. Look to the beautiful space at 1805 Gaspé for some of your favourite outdoor fitness and yoga programs.

**FITNESS — TEENS AND ADULTS**

**FULL BODY WORKOUT**

To help everyone stay motivated towards their fitness goals.

Join Anytime!

Tuesdays: 6:30 — 7:15 a.m.

Thursdays: 6:30 — 7:15 a.m.

1805 Gaspé

HATHA YOGA WITH NINA LEPAGE

Make this Hatha Yoga class with the wonderful Nina LePage your new favourite Tuesday night tradition. This hybrid class allows participants to attend in-person or virtually.

This is a classical Hatha flow class for all levels. You will stretch, unwind and use different breathing exercises as well as a nice relaxation cool down.

Join Anytime!

Tuesdays: 5:00 — 6:30 p.m.

Saturdays: 10:00 — 11:00 a.m.

Classes are livestreamed so you can choose to attend virtually OR in person.

**CORE CONTROL THROUGH PILATES**

This class uses Pilates principles to help you move with fluid and precise core control, and to feel the ease and strength that comes from moving as an integrated unit. Individual attention makes this class fun, safe and a benefit for everyone.

Join Anytime!

Mondays: 7:00 — 8:00 a.m.

1805 Gaspé

**STAY STRONG & STABLE**

Stay Strong & Stable

Let instructor Louise Hamant guide you through a series of exercises that strengthen legs and work on balance and coordination. This training can help you prevent falls, add years of independent living, and help manage chronic conditions.

Join anytime!

Tuesdays: 11:30 — 12:30 a.m.

Thursdays: 10:30 — 11:30 a.m.

1805 Gaspé OR virtually

Classes are livestreamed so you can choose to attend virtually OR in person.

**SECONDARY BACKYARD**

1805 GASPÉ

COMMUNITY BOOKINGS AT

1805 Gaspé

**FULL BODY WORKOUT FOR ALL**

Classes begin with a warm-up with high intensity intervals followed by balance and strength exercises for your arms and shoulders. Squats, push-ups, and planks all strengthen your essential core muscles.

Join Anytime!

Wednesdays, 6:00 — 7:00 p.m.

**FULL BODY WORKOUT**

Everyone age 14+ is welcome to join in this energizing, early morning workout class. The class focuses on high intensity intervals that offer a mix of cardio, core, and weight exercises. Class formats are mixed up to keep you on your toes and

**THE BACKYARD**

Everyone’s favourite winter wonderland becomes your new favourite year-round hangout! Rentals include:

- Exclusive use of the concrete, boarded, outdoor hockey rink + outdoor basketball court
- Outdoor wood burning fire pit
- Access to games / activities for all ages!

Available starting May 1

Book online — manorpark.ca

$210 for the first two hours and $75 for each subsequent hour

**YOUR PERSONAL WINTER WONDERLAND AWAITS...**

THE MANOR PARK COMMUNITY COUNCIL PRESENTS

**THE BACKYARD**

Every child’s love for sport! Sessions will start with skills & drills designed to meet your child’s age and promote physical literacy. Skills and drills will transition quickly into games, games, games!

**FIRST KICKS** (AGES 4-5) $100

9 — 10 a.m.

‘Fun with the Ball’ (Ages 6-8) $100

10 — 11 a.m.

Dribble, Deke and Kick’ (Ages 9-12) $100

11 a.m. — Noon

**MANOR PARK BASEBALL**

Baseball is back! Each program is adapted to your child’s age, to ensure that they are learning and growing a love for the sport in a supportive environment. No prior baseball experience required.

Mondays, May 16 — July 4

**BLASTBALL** (AGES 4-5) $100

6 — 7 p.m.

The perfect introduction! Blastball! features soft bats, soft baseballs and just one (squishy!) base.

**INTRO TO TEE BALL** (AGES 6-7) $100

6 — 7 p.m.

Drills and gameplay sessions to build confidence and improve skills.

**INTRO TO COACH PITCH** (AGES 8-10) $100

6:00 — 7:30 p.m.

Drills quickly transition into game scenarios and gameplay to make learning the game fun for all!

**PARENTS PLAY BALL** (AGES 10+ AND PARENTS WELCOME!) $100

Wednesdays, 6:00 p.m. — 7:30 p.m.

The perfect combination of drills and gameplay. Parents can join the fun, making this the perfect family program!

**MULTISPORT FOR KIDS!**

Why play just one sport when you can play all the sports! What can your child expect? Capture the flag! Track and field! Soccer! Games and program plans that are developed with input from your child!

**AGES 4-10**

‘MIXED UP TO KEEP YOU ON YOUR TOES AND WEIGHT EXERCISES. CLASS FORMATS ARE MIXED UP TO KEEP YOU ON YOUR TOES AND

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**MANOR PARK SOCCER**

- dribble, deke and kick (ages 9-12)
- first kicks (ages 4-5)
- fun with the ball (ages 6-8)
- blastball (ages 4-5)
- intro to tee ball (ages 6-7)
- intro to coach pitch (ages 8-10)
- parents play ball (ages 10+ and parents welcome!)
- multisport for kids!

**MANOR PARK BASEBALL**

- baseball is back! each program is adapted to your child’s age, to ensure that they are learning and growing a love for the sport in a supportive environment. no prior baseball experience required.

**MARDI GRAS IN FRENCH**

- mardi gras in french

**MANOR PARK SOCCER**

- dribble, deke and kick (ages 9-12)
- first kicks (ages 4-5)
- fun with the ball (ages 6-8)
- blastball (ages 4-5)
- intro to tee ball (ages 6-7)
- intro to coach pitch (ages 8-10)
- parents play ball (ages 10+ and parents welcome!)
- multisport for kids!

**THE MANOR PARK COMMUNITY COUNCIL PRESENTS**

**YOUR PERSONAL WINTER WONDERLAND AWAITS...**

THE BACKYARD

Everyone’s favourite winter wonderland becomes your new favourite year-round hangout! Rentals include:

- exclusive use of the concrete, boarded, outdoor hockey rink + outdoor basketball court
- outdoor wood burning fire pit
- access to games / activities for all ages!

Available starting May 1

Book online — manorpark.ca

$210 for the first two hours and $75 for each subsequent hour
March Break camps, summer camps and more! I’m so thrilled about the many exciting things coming up at the Manor Park Community Centre! We’ve got plenty for you to look forward to and help get you through the rest of the winter!

March Break camps are new to our roster of programming. And Manor Park has spoken! After selling out all spaces in under an hour, and with some provincial COVID-19 restrictions being lifted, we’ve added spots to accommodate more children and families. Don’t miss out on what is sure to become an annual Manor Park favourite!

With warmer weather come the annual Manor Park favourite! Hard to believe it, but summer is just around the corner. Registration for summer day camps in Manor Park opened March 1 at manorpark.ca! We’re looking forward to another safe and exciting season of camp. Campers are guaranteed to have a blast playing outdoors on one of our many play structures, frolicking in the splash pad on hot days, and enjoying the shade in our grassy lawns.

All of our camp counsellors are experienced, fully vaccinated (three doses!) and first aid, CPR certified! We’re known for our high level of organization, safety, with rave reviews from campers from all over!

With warmer weather come special events! Stay tuned to our social media for the news about visits from the Easter Bunny and the return of “Pints in the Park” in July. Hope to see you there!

March 1 at Manor Park Community Centre! We’ve got plenty for families. Don’t miss out on what is sure to become an annual Manor Park favourite!

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With warmer weather come special events! Stay tuned to our social media for the news about visits from the Easter Bunny and the return of “Pints in the Park” in July. Hope to see you there!
Please join me in welcoming Jenna Sylvester, registered early childhood educator, to our Child Care & Early Learning team as its new assistant supervisor.

Jenna is an early childhood educator honours graduate (2013). She then earned her BA Honours with a major in child studies and minors in psychology and sociology, followed by a Master of Education degree from the University of Ottawa (2019). Her previous work experience includes assistant supervisor at a local EarlyON Centre and lead educator of an early learning centre.

Jenna is kind and truly understands the importance of empathy and understanding when working with children, families and staff. She looks forward to bringing her vast knowledge and background in education, childcare, management, and parent and child programs to our team in Manor Park. She is enthusiastic, positive, and eager to begin this new adventure.

A mom of two children herself, Jenna is excited to get to know the children and families in our community, and we are elated to welcome her as part of our team!

MORE SPACES ADDED TO MARCH BREAK CAMPS

We’ve added additional spaces to our Manor Park March Break camps to accommodate more kids and families! Join us this March Break for an in-person day camp for children. Expect a small group size, with a focus on outdoor play. Arts, crafts, music, movement and more. Quiet time and free play will be interwoven into the day. Our incredible, experienced and fully vaccinated staff will have plenty of activities, projects and games to keep kids busy all week long! Registration is on a first-come, first-serve basis! With a stellar reputation for fun and safety, our popular camps have sold out for the past five years! Camps run Monday to Friday from 9 a.m. – 4 p.m. Parents may add extended hours as well from 8 a.m. – 9 a.m. and/or 4 – 5 p.m. for an additional fee. Siblings and family members may be grouped together and we will be following safety guidelines from the City of Ottawa and Ottawa Public Health to ensure that we are providing a safe environment for all participants, staff and family members.

Children can expect to enjoy the vast sports field, shaded grass covered lawns, climbing structures, splash pad and swings. Active sports and games will be included along with art, crafts, music, dance, quiet and story time. Experienced and fully vaccinated counsellors bring the magic and inspire creatively.

Manor Park Community Council welcomes Jenna Sylvester
Who are you? What do you do?
I'm Paul Massel, and I live on Kilbarry Cres. I moved to Manor Park 26 years ago to finish a career in the public service and raise a wonderful family amongst great friends.

Where were you born?
I was born in Kitchener, Ontario, some many years ago.

Why did you choose your occupation? Did you ever consider another occupation?
As a young man I always wanted to go to sea, possibly because I read too much Joseph Conrad. Much of my career was spent in the Royal Canadian Navy, and in total I spent 25 years in the Canadian Armed Forces. It was a challenging and eventful experience working with interesting people from all over Canada. When I was 12 years old, I was sure I was going to make the NHL. I could see a clear path to being drafted by the Montreal Canadiens, late on a cold starry night, on an outdoor rink playing shinny!

What is the most important thing in your life right now?
Living every day and enjoying it as best I can.

Why do you live in Manor Park?
When we moved here, we really liked the fact that the kids would walk to school. In time, we realized that Ottawa and Manor Park were wonderful places to raise a family.

If you could live anywhere else in the world, where would you go and why?
Vancouver Island — it’s a beautiful place and holds lots of memories of when we lived there years ago.

If you could have dinner with any 3 people alive or dead, who would you choose?
I would invite my high school biology teacher, who introduced me to the science of life and the magic of outdoor backpacking, the captain of my fourth ship who gave me a second chance when I needed one, and Jean Beliveau, a hockey hero of my youth and a remarkable Canadian.

What would you serve?
I’d serve charcuterie by the fire, lobster bisque, and then leg of lamb with a potato, tomato gravy, with asparagus. For dessert, I’d serve Silver Palate’s chocolate cake.

What was the last book you read?
Cod: A Biography of the Fish that Changed the World by Mark Kurlansky. It was given to me by my daughter who knew I would love it. It’s very revealing in its historical presentation of the impact of the East Coast fishery on the economy and history of North America and its growth . . . and there are some great fish recipes in it!

Who would you get to star as you in your memoirs?
Tom Hanks, because of his portrayal of Captain Phillips! At one point, our kids named our van Captain Phillips because it looked like a vehicle in the movie.

If I won the lottery, I would spend my winnings on....?
Sailing the world with my true love!

What do you do to stay healthy?
I bike, cross-country ski, swim, and lose badly at golf to my lovely wife, Susan, whenever I can.

What is your favourite childhood memory?
Nature walks, swimming, and sailing at Camp Wabanaki on Beausoleil Island, in Georgian Bay.

My favourite thing about Ottawa is....?
The seasons, museums, the trails, and the rivers.

My least favourite thing about Ottawa is....?
It’s too far away from the sea!

Where do you see yourself in five years?
On that sailboat after I win the lottery!

Do you have a motto that you live by?
Hope for the best in the people you meet. Trust and respect the decisions they make.

What do you hope to teach your children?
I hope to teach them to live by the motto above and to somehow learn to be happy in their skin.

This interview has been edited for space and clarity.
In Manor Park, birds count

By Wes Smiderle

The Great Backyard Bird Count (GBBC) 2022 took place Feb. 18 to 21 and Manor Park birders were out in force. The GBBC helps researchers at the U.S. National Audubon Society, the Cornell Lab of Ornithology and Birds Canada learn more about how birds are doing, and how to protect them.

Manor Park birder Jerzy Komorowski recently launched a mailing list for area birders to submit photos of their observations. According to Jerzy, 14 people signed up initially. Now there are about 45 people on the list.

February into early spring is a great time for birdwatching. Here are some samples of photos taken from the bird watcher list members. All were taken around Manor Park backyards and the bike path near Marina Rd. (See page 44 for another photo.)

CONTINUED ON PAGE 27

Plump and round, male pine grosbeaks are rosy red and grey. One of their favourite birdfeeder meals is black oil sunflower seeds.

Photo: Chantal Samson

Strikingly large with its unmistakeable hooting cry, the pileated woodpecker can be seen quite often in the mature wooded pockets of Ottawa’s central neighbourhoods.

Photo: Jerzy Komorowski
Birds count, cont. from page 26

A dark-eyed junco comes in for a landing and a snack.
Photo: Jerzy Komorowski

American tree sparrows often visit bird feeders with dark-eyed junco.
Photo: Jerzy Komorowski

A male pine grosbeak goes the extra millimetre to nab a berry on a wintry day.
Photo: Joanna Komorowski
Music to our ears
Song and spirit go hand-in-hand at St. Columba

by Diana Poitras

The importance of music in Christian religion is evident by the fact that the verb to sing is one of the most commonly used words in the Bible. It occurs 309 times in the Old Testament and 36 in the New Testament.

As a result, it is little surprise that the music ministry at St. Columba is an integral part of our worship services and celebrations. We are extremely blessed to have three gifted musicians at the core of this ministry: Faye Grinberg Rice as our organist and music director, and Shawn Mattas and Keumnim Lim as Cantors. According to Wikipedia, “a cantor or chanter is a person who leads people in singing or sometimes in prayer. In formal Christian worship, a cantor is a person who sings solo verses or passages to which the choir or congregation responds.”

During the various Diocesan stages of COVID-19 restrictions, music — especially singing — was largely prohibited or limited. The liturgy of a service, minus the music, is a bit like eating cereal without milk — edible but not satisfying. At St. Columba I am happy to say we had our cereal — with milk — thanks to Faye, Shawn and Keumnim.

While worship services were limited to online only, the weekly hymns were recorded and uploaded so that they formed part of the overall service. When in-person services were permitted, Shawn and Keumnim, with Faye at the organ, sang hymns and parts of the liturgy from behind their masks.

There was great joy when restrictions permitted congregational singing. Think back to those years at school or sitting around a campfire or in a Brownie circle and remember the feeling of singing together. Pure joy!

In addition to Faye, Shawn and Keumnim, we also have enjoyed the musical talents of sopranos Natasha Henry and Natacha Demers, two young women who have been singing at our Christmas Eve services for the past four years. Both Natasha and Natacha are currently studying at the Montreal Conservatory of Music. At Christmas, recordings of

CONTINUED ON PAGE 29
St. Columba music, cont. from page 28

hymns, carols and anthems by the three sopranos, Natasha, Natacha and Keumnim brought great joy to over 50 people who attended our online service.

Shawn and fellow baritone, Spencer Cripps, sang a beautiful anthem at our Indigenous Day of Prayer in June, taking that service to another level.

Faye Grinberg Rice gives great thought and consideration to the choice of hymns for each worship service—aligning the music with the scripture readings for that Sunday. Recently, Faye has begun providing background information about the chosen hymns including the author or origin of the lyrics and composer of the music. Everyone agrees that this information makes the music even more meaningful.

Faye also has a wonderful sense of humour and recently provided us with the following:

**John Wesley’s Directions for Singing from John Wesley’s Select Hymns, 1761 (Note: John Wesley was a British cleric who was a leader of a revival movement within the Church of England known as Methodism).**

1. Learn these tunes before you learn any others; afterwards learn as many as you please.
2. Sing them exactly as they are printed here, without altering or amending them at all; and if you have learned to sing them otherwise, unlearn it as soon as you can.
3. Sing all. See that you join with the congregation as frequently as you can. Let not a slight degree of weakness or weariness hinder you. If it is a cross to you, take it up, and you will find it a blessing.
4. Sing lustily and with a good courage. Beware of singing as if you were half dead or half asleep; but lift up your voice with strength. Be no more afraid of your voice now, nor more ashamed of its being heard, than when you sung the songs of Satan.
5. Sing modestly. Do not bawl, so as to be heard above or distinct from the rest of the congregation, that you may not destroy the harmony; but strive to unite your voices together, so as to make one clear melodious sound.
6. Sing in time. Whatever time is sung be sure to keep with it. Do not run before nor stay behind it; but attend close to the leading voices, and move therewith as exactly as you can; and take care not to sing too slow. This drawing way naturally steals on all who are lazy; and it is high time to drive it out from us, and sing all our tunes just as quick as we did at first.
7. Above all sing spiritually. Have an eye to God in every word you sing. Aim at pleasing him more than yourself, or any other creature. In order to do this attend strictly to the sense of what you sing, and see that your heart isn’t carried away with the sound, but offered to God continually; so shall your singing be such as the Lord will approve here, and reward you when he cometh in the clouds of heaven.

As a result of the recent donation of a grand piano, we are looking forward to bringing more music to the worship community at St. Columba as well as the broader community.

With our doors closed for in-person worship the past two Easters, all of us at St. Columba, look forward to being together in person this year. Faye has promised some amazing music to celebrate Easter and the resurrection, so please plan to join us for what promises to be a special service.

Finally, I think Plato needs the last word: “Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.”
Cooperative care: striving for stress-free pet care

by Alexandra Wood

What dog owner wouldn’t like to make grooming and visits to the veterinarian less stressful? I imagine that, like me, most of you would like to achieve this but the next question would probably be, “How?” That is what I will answer in this article by sharing my experience with the Deb Jones virtual Cooperative Care Certification Program (CCC), which was launched in 2020 during the pandemic.

The goal of cooperative care is to reduce the fear and stress experienced by some dogs in a veterinary setting or when receiving physical care.

Cooperative techniques comprise handling skills and behaviours taught to dogs in order to help them accept and better tolerate physical care of various types, also known as “husbandry”, that is often needed in grooming and veterinary procedures.

The cooperative care program is designed to prepare you and your dog for husbandry and assess your dog’s readiness and comfort for the most common procedures. There are three levels of titling with 10 exercises to perform at each level. These are: 1) the chin rest, 2) lying on the side, 3) the restraint, 4) wearing a muzzle, 5) nail clipping, 6) teeth brushing, 7) giving medication orally, 8) simulating injections and drawing blood, 9) eye care, and 10) ear care. The challenge and complexity increase with each level.

Before starting the program I read Cooperative Care: Seven Steps to Stress-Free Husbandry by Deb Jones. A key objective is the importance of giving, to the extent possible, your dog a choice to cooperate, and when that is not feasible the goal is to increase tolerance for the procedure. The training approach uses food reinforcers. The seven steps are: 1) Place conditioning (dedicated place from which your dog can safely freely get onto and leave), 2) Impulse control (learning stillness), 3) General body handling, 4) Working with the head, 5) Foot and nail care, 6) Tools (for training husbandry), and 7) People and Places (comfortable with different people and away from home).

Throughout the book we are reminded not to rush, and to start from the beginning rather than jump to the popular chapter on nail trimming. I quickly realized how true that was.

Each exercise at each level was a building block that could only be achieved with my dogs by developing trust, and clearly communicating the desired behaviour with lots of positive reinforcement. Some exercises were easier than others, and some were particularly challenging so we progressed slowly but surely over most of last year.

The program, which can be accessed at cooperativecarecertification.com, is well explained with demo videos and a dedicated Facebook group that I used on several occasions when I had questions about a particular exercise. The CCC is part of the Fenzi Dog Sports Academy (FDSA) suite of virtual titling programs. The process is simple: you register your dog (once for all programs), and for each level you submit a video to an expert who assesses whether you and your dog have achieved a reasonable level of comfort and competency performing husbandry procedures, and awards a passing score and certificate or a “not yet” score.

Although I only submitted videos for CCC titling for my younger cavalier spangled Louie, I also practiced with my older dog Harry who certainly benefitted from the training. Both cavaliers are therapy dogs which require immaculate grooming including weekly nail trimming which I can now confidently do myself. I am so grateful to have discovered this self-paced online program which you may wish to explore too, or as a first step read Deb Jone’s excellent book on cooperative care.
Chair Lift Chats—
Encounters with ‘fellow travelers’ up the ski slope

by John Graham

Skiing, unless you are doing cross-country, is mostly about sliding downhill. Shuffling in line and then hopping onto a chair lift means that only about 7 percent of your outing is actually spent swooshing majestically (or erratically) to the bottom. Sounds like a recipe for boredom? Well — not always. I have been surprised by the number of times that my hitherto unknown companion on the lift has been fascinating and/or entertaining. Here is a short glossary of encounters with ‘fellow travelers’ up the slopes of Camp Fortune in Chelsea, Que.

Near the top of my list, because he became a friend, is a professional harrier (a harrier shoes horses), a survivor in a vanished profession and whose expertise is in demand across the country. Our conversations are almost always about the dark and curious turns of politics in Ottawa and beyond.

A Chinese-Canadian skier taught me the Chinese, to say, “Good Evening” in Cantonese — enabling me to greet the owner of our favourite Chinese take-out. Uniformly, my companions grumbled about the truck invasion.

Another discussion was with a young woman who is a grievance analyst with Corrections Canada. I learned much from a person whose heart as well as mind is focused on difficult responsibilities.

Possibly the most unlikely conversation was with a Texan, a recent transplant to Canada. He has developed a company which does geological surveys from the air with specialized cameras that can peel through surface layers to uncover the otherwise hidden geological and archeological formations below. Hired by the government of Peru he has been doing archeological surveys in the Andes near Machu Picchu (an Inca citadel built in the 1400s on a 2,400-metre high mountain ridge). With a touch of excitement, he told me that his cameras had revealed the outlines of ancient structures — apparently one of the first new discoveries of the Inca culture.

Flying was the theme of a different conversation. A former pilot reminisced about flying one of the last of the RCAF’s wartime Lancaster bombers — at that time adapted for anti-submarine warfare.

I was able to reciprocate with a story about hitchhiking (in a Canadian Naval uniform) across the continent in American military aircraft. In part to accommodate me, and in part to entertain his crew, the pilot assigned the horrified Canadian cadet to the nose cone of one of the last Boeing B-17 Flying Fortresses still in service — the landing was hair-raising.

A young woman, who may have subsequently regretted her question, asked me how long I had been skiing at Camp Fortune. The early ’50s, I said, and described the evolution of ski lifts at Camp Fortune over time.

I will skip the poma lift (pole with a disc placed carefully under the crotch and the T-bar, which is occasionally in use on the Alexander hill, and which is, as its configuration suggests, a two-person lift).

I did mention to her the 12-person sleigh, used in the ’40s and ’50s at Collingwood. Powered by a farm tractor and, attached to an approximately 244-metre (800-foot) chain, the sleigh was hauled to the top of the escarpment.

I explained the rope tow — the primitive means of upward propulsion at Camp Fortune in its early years and into the ’50s.

The main rope tow served Slalom, Clifford and Marshall slopes and was an infernal machine. It was, in fact, two rope tows set up in tandem. The first took you to the top of Pineau (the learner’s slope) where you slid into a gully to clutch the rope that would take you to the top of Marshall/Clifford.

At the best of times, it was tricky. When the temperature rose above zero, the rope became slick with moisture causing it to slip through leather mittens and you to crash. To cope with this hazard a pile full of crumpled pine resin was placed at the foot of the tow. Skiers would rub their mitts in the pile and try for the best.

If you were skilled or lucky it worked…until you collided with someone whose mitts had lost their grip.

No one regrets the fact that the rope tow is gone, except on a mountain in Bolivia where rope is replaced by metal chain. Terrifying — I’ve seen it.

Camp Fortune’s rope tow from the 1950s.
Some labels are very useful. When verifying how much fibre is in the box of cereal you are holding, for example, the nutritional information on the label comes in handy. When doing laundry, labels can indicate if you really should put that cashmere sweater in the dryer. Labels can inform and sometimes even spare you a lot of disappointment. When it comes to describing animal behaviour, however, using labels can get in the way.

A label doesn’t explain the behaviour
When a cat is labeled as “lazy”, a dog as “stubborn”, a squirrel as “aggressive”, the focus is on what that animal is versus what it does. An over-reliance on labels can be quite detrimental to the pets we share our life with. Categorizing a dog as “territorial” for example, may well shape how we behave with him, how we choose to train him and how we decide to interact with him. If Bella the Beagle is labeled as “dominant”, we have automatically ascribed her a personality trait which will likely influence our interactions with her. We will be focused on making sure that Bella the Beagle understands who is the “boss”.

Labels can influence which strategies are used in training. One may be led to think that more forceful or coercive techniques must be used.

Instead of focusing on trying to control the animal, it is more efficient to explore what may be motivating the behaviour. It is helpful to look at what triggers the unwanted behaviour and what the history of reinforcement is. An animal’s behaviour will change in different surroundings, in different contexts and even around different people.

Un-labeling
Next time you catch yourself using a label, practice reformulating your statement so that it describes what your pet is doing. Instead of saying “Loki is fearful”, describe what Loki does. Does he cower, look away or try to back up when you approach him? Does he tuck in his tail and pin his ears back? Those would be great examples of what Loki does.

Try to be as objective as you can when you describe specific and measurable behaviour. You may even start to notice that your dog’s behaviour is related to his environment. You may notice that there is a correlation between Loki’s behaviour and yours. Removing the label will allow change to be possible. The reason for the dog’s behaviour is not in their DNA, it is not “who they are”.

Labels aren’t only used to describe unwanted behaviours. How many times have we heard people describe their dog as “friendly”? This is a label, and labels don’t tell us how your dog will behave in certain situations. Will your dog still be “friendly” if a stranger runs towards her, picks her up and blows in her face?

Round and round we go
Labels are a magnet for circular reasoning. I’ve recently had a conversation with a new client who described his dog as “confused”. I then asked him why he thought this. His answer was “because she is confused”. What a great opportunity I had to help him focus less on the labels and more on observing his dog’s behaviour. We were able to get to the sequence of her behaviour, identifying the trigger. He understood that her behaviour has a function and that she is not, in fact, “confused”.

Labels can change the dynamic of the relationship you have with your animal, and not in a positive way.

Without the label, you can focus on what your animal does, use efficient strategies that address this behaviour and get away from a false sense of having explained the behaviour.

Chantal Mills and her family recently welcomed a new puppy to their home, a Nova Scotia duck tolling retriever named “Bug.” Photo: Mathew Ellis
**Dogs in the 'Hood**

The Chronicle would love to feature your dog in our 'Hood column. Send digital photos (high resolution please) and a brief introduction to Columnist Sharleen Tattersfield at dogsinthehood.chronicle@gmail.com

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**BEAU**

Beau is truly a sweetheart being born on Valentine’s Day! She is affectionate and loves children but is very shy with other dogs. This energetic and stubborn 20lb. dog lives up to her wire hair fox terrier traits. She loves toys and is particularly obsessed with balls! A wonderful family dog.

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**COOPER**

Cooper is a two and half year old, mini goldendoodle. He likes to eat, play fetch and tug-of-war, and go for long walks. Besides his regular dog food and treats, cheese and bacon are two of his favorite foods. Cooper loves both people and dogs and will loudly express himself as he barks hello.

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**GUS**

Hi! I’m Gus and so happy to be part of the Manor Park community. I’m a Havanese and although I’ll be nine in June, I’m still a young guy at heart. I’m a cool and laid-back character unless you’re a squirrel in one of my trees! For my size, my bark is deep and impressive — which I only use occasionally. I love walks, snuggling on the couch and mealtimes. Life is good!

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**OLLIE**

Six-month-old Ollie (AKA Oliver) is the sweet-natured, black tri-Aussie shepherd puppy who recently joined the Tattersfield clan. Our family’s pride and joy is an energetic and affectionate little fella who loves to play with soft toys, chew sticks and family “treasures” that mysteriously find their way to his crate. Always ready for a cuddle or belly rub, he loves his daily walks and meeting new dogs in nearby Richelieu woods.

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**Thali Coconut Lagoon**

We are back and eager to serve you. We are in this together. See you soon!

Open Daily
11am - 8pm
136 O’Connor St., Ottawa
613-594-4545 thaliottawa.ca
The single most important key is to become more conscious and pay attention. Here are six areas warranting our focus and a few examples of things we might try in each area. If we put our heads together, I am sure we could come up with many more.

**Pay attention to what we buy:** Do we really need that new article of clothing, and if so, could we find a previously loved version at a charity shop? Could we buy groceries that are not wrapped in multiple layers of plastic? And is our city water so bad that we must use bottled?

**Pay attention to what we eat:** Do we really need those eggs, fish, or dairy at every meal? We all know what CAFOs (Concentrated Animal Feeding Operations) do to the environment. Could we take one day a week to show some animal love?

**Pay attention to what we keep:** Do we really need those books that we have not looked at for 20 years? And if we got rid of some books, would we need to keep the empty shelves? If we reviewed our cupboards and drawers one at a time, how much could we find that is being wasted in our homes? And the space would be so nice!

**Pay attention to how we travel:** Do we really need to use the car today? Could we walk instead, or if the weather is unbearable, will it be nice tomorrow?

**Pay attention to the earth:** Could we compost more? So much of what we throw into the garbage doesn’t need to be there. Food waste in landfills stinks and releases methane into the atmosphere. Manor Park is fortunate to have curb-side composting on most streets. And for those of us who live in a condo that does not compost, could we take our bags of compost to a neighbour’s bin?

By becoming more conscious, there is always something we can do. Let us help our fellow Manor Park residents, who are already community minded, to become even more environmentally conscious. Like the doubling effect in Jack’s story, if we each did two things and we told two friends and they each did two things and told their friends, our impact on our community and on the planet could be exponential. Won’t you join me?

Sharon Letovsky, PhD, is a visiting leadership professor at the Telfer School of Management with the University of Ottawa and ambassador for GentleWaysForOurPlanet.org, a website devoted to restoring the “ecological balance” to the planet. Her vegan, minimal waste lifestyle demonstrates her solid commitment to the planet, animal welfare and personal well-being. As a best-selling author, professor and leadership consultant over many years, her mission has always been to work with people who want to be their best, make a difference and lead others to do the same. She now turns her attention to guiding people to do their best for our planet.
Queen Elizabeth’s platinum jubilee
Celebrating 70 years of service

By Jennifer Cook Baniczky

Although 70 years sounds a very long time, that is how long Queen Elizabeth II has been our Queen! Her reign began in 1952, while she was on a royal tour in Kenya, on the death of her father, King George VI. Many of you have only known the Queen as our monarch, but I remember the late King and Queen Victoria was on the throne for my father.

Succession Day is February 6 and this year it was the start of the Queen’s Platinum Jubilee year. A year for much celebration.

At Queen’s Park, in Toronto, there was a ceremonial raising of the Canadian Platinum Jubilee flag introduced by the provincial Lt. Governor, the Honourable Elizabeth Dowdeswell.

In the Queen’s letter to the people in the United Kingdom and the Commonwealth, written the day before, she wrote, “As we mark this anniversary, it gives me pleasure to renew to you the pledge I gave in 1947, and to keep it simple, subtle and elegant.

The competition is open to home cooks aged eight and above in the United Kingdom and the winning pudding will be served at the Big Jubilee Lunch, a network of community parties to be held across the country on Sunday, June 5.

Baking a special dessert is something we could plan to do. I know my nine-year-old grandsons love cooking, so I hope they will be planning on making something scrumptious to celebrate.

Another idea is the Queen’s Green Canopy initiative to “Plant a Tree for the Jubilee” and children in the United Kingdom are encouraged to work towards their Junior Forest Award.

As has been the custom over the centuries, beacons will be lit at key points throughout Canada as various events have been planned in Britain to celebrate the Platinum Jubilee.

The festivities in Britain begin on May 12 with a 90-minute outdoor spectacle called “The Platinum Jubilee Celebration — a Gallop Through History” in Windsor. There will be more than 1,000 performers from many countries, including Canada, and 500 horses. On Thursday, June 2, the Queen’s Birthday Parade (Trooping the Colour) by the First Battalion Irish Guards and 1,200 officers and soldiers from the Household Division will take place on Horse Guards Parade (a large parade ground off Whitehall in central London).

As has been the custom over the centuries, beacons will be lit at key points throughout the Channel Islands, the Isle of Man and U.K. overseas territories, including Canada. On Friday, June 3 there will be a Service of Thanksgiving for the Queen’s reign at St. Paul’s Cathedral in London, and on Saturday, June 4 a Platinum Party at Buckingham Palace — a night of music and entertainment.

This summer we will be able to celebrate the Queen’s Platinum Jubilee whether quietly at home, in the neighbourhood or nationally.

God save our Queen.

To conclude, I am delighted to remind you of the attached beautiful portrait commissioned by the Government of Canada to celebrate the Queen’s Diamond Jubilee 10 years ago. It was unveiled in London for the Queen at Buckingham Palace and again at Rideau Hall, when this photo was taken. Presently the portrait is on a cross country tour and is hanging in the Manitoba Legislature in Winnipeg, it will then move on to Regina, Saskatchewan, then Alberta and British Columbia.

The Canadian portrait painter, Phil Richards, was selected by the Queen. To learn more and to see Phil Richards painting in his Toronto studio, you can go into the National Film Board website to see the film made of The Portrait. It is a 45-minute film and absolutely fascinating.
Desperately seeking civility in a frustrated world

FROM THE DESK OF:

CECILIA PITA
Etiquette Matters

When I was growing up, I never saw any signs posted at the store or at the doctor’s office letting me know that abusive language and behaviour wouldn’t be tolerated.

There weren’t any signs asking that staff be treated with respect and this messaging certainly wasn’t included in the recorded loop you’re stuck listening to while on hold with some organizations.

This messaging is a direct response to the recurring problem of aggressive language and behaviour and is intended to remind people to govern themselves accordingly. While speaking politely used to be an unwritten societal rule, it’s sad that we have had to resort to unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking politely used to be an unwritten societal rule, it’s sad speaking polit....
WHAT YOUR NEIGHBOURS ARE READING

Please submit titles to Denise Rackus at denise.rackus5@gmail.com.

MANOR PARK ECLECTIC BOOK CLUB

**Braiding Sweetgrass**
by Robin Wall Kimmerer

As a botanist, Robin Wall Kimmerer has been trained to ask questions of nature with the tools of science. As a member of the Citizen Potawatomi Nation (a tribe of Potawatomi in Oklahoma, U.S.), she embraces the notion that plants and animals are our oldest teachers.

**All the Tea in China**
by Sarah Rose

Robert Fortune was a Scottish gardener, botanist, plant hunter — and industrial spy. In 1848, the East India Company engaged him to make a clandestine trip into the interior of China — territory forbidden to foreigners — to steal the closely guarded secrets of tea. For centuries, China had been the world’s sole tea manufacturer. Britain purchases this fuel for its empire by trading opium to the Chinese — a poisonous relationship Britain fought two destructive wars to sustain.

**The Lighthouse Keeper’s Daughter**
by Hazel Gaynor

1838: Northumberland, England. Longstone Lighthouse on the Farne Islands has been Grace Darling’s home for all of her 22 years. When she and her father rescue shipwreck survivors in a furious storm, Grace becomes celebrated throughout England.

1938: Newport, Rhode Island. Nineteen years old and pregnant, Matilda Emmerson has been sent away from Ireland in disgrace. She is to stay with Harriet, a reclusive relative and assistant lighthouse keeper, until her baby is born.

**What a Strange Paradise**
by Omar El Akkad

Told from the point of view of two children, on the ground and at sea, of a child who has survived the sinking of a migrant ship. The story astutely unpacks the us-versus-them dynamics of our divided world that it serves to be an instant classic.

**Francis of Rome & Francis of Assisi**
by Leonardo Boff

Submitted by Helen Zettel

In his choice of a name, did Pope Francis also indicate an agenda, a vision and a sense of mission? As Leonardo Boff observes, the spirit of St. Francis, the most beloved of all saints, invites the church to embrace the poor, to promote peace, and to adopt an ecological consciousness. In embracing these values, Pope Francis has unleashed enormous hopes. In this enthusiastic work, Boff explores the connections between the two Francisces — and the promise they hold for the church and the world today.

**Off the Record**
by Peter Mansbridge

Submitted by Bob Zettel

Peter Mansbridge invites us to walk the beat with him in this entertaining and revealing look into his life and career, from his early broadcasting days in the remote northern Manitoba community of Churchill to the fast-paced news desk of CBC’s flagship show, The National, where he reported on stories from around the world.

**The Lincoln Highway**
by Amor Towles

Submitted by Adele Dixon

It is 1954, and 18-year-old Emmett Watson has just finished a spell at the Kansas work farm where he was sent after accidentally killing a bully. His father has died, and his younger brother, Billy, is keen for the two of them to head to California in search of their mother, who walked out eight years ago.

**Breaking Night**
by Liz Murray

Submitted by Suzanne Ouimet

Liz squeezed four years of high school into two, while homeless, won a New York Times scholarship, and made it into the Ivy League. Breaking Night is an unforgettable and beautifully-written story of one young woman’s indomitable spirit to survive and prevail, against all odds.

**Every Living Thing**
by James Herriot

Submitted by Nellie Thalman

Every Living Thing shines with the storytelling magic that has made him a favourite the world over. It also reveals more of the real James Herriot than ever before.

Here is a book for all those who find laughter and joy in animals, and who know and understand the magic of wild places and beautiful countryside.

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Developing the city’s first anti-racism strategy

FROM THE DESK OF:

Ottawa Mayor
JIM WATSON

This year, the City of Ottawa will develop its first anti-racism strategy, which will include strategic actions, key performance indicators and expected outcomes to address and confront systemic racism in Ottawa’s systems and structures.

To help inform the strategy, the anti-racism secretariat held virtual town halls with residents in January, completing a series of public engagement sessions that were launched last year. These town halls gave residents and community stakeholders the opportunity to respond to the “What We Heard” report, which summarizes the recommendations and feedback received on how the city can address systemic racism within the six priority areas previously identified by the community: employment equity, governance, housing, economic development, health outcomes, and youth development.

The secretariat will incorporate the town hall feedback into the anti-racism strategy before presenting it to council later this year.

Under the guidance of Rideau-Rockcliffe Coun. Rawlson King, who is city council’s first liaison for anti-racism and ethnocultural relations initiatives, we are listening and acknowledging all comments provided at these consultations.

I want to thank Coun. King for his ongoing leadership and for his firm support towards the communities across our city that need it most.

As the Mayor of Ottawa, I remain committed to making our city a better place to live for all residents. Change is necessary in all our public service institutions.

If we remain steadfast in our resolve, we can create a more inclusive and responsive community that is welcoming to all residents. Only together will we make meaningful change to build a more equitable community.

I also want to give a shout-out to the amazing BIPOC (black, Indigenous and people of colour)-owned businesses in our nation’s capital for Black History Month. As we continue to battle through this pandemic, I encourage every resident to visit the @BlackOwnedOttawa Instagram page that features many of our city’s impressive entrepreneurs and community groups. A local favourite is Pili Pili Grilled Chicken located at 205 Dalhousie St. and 2136 St. Joseph Blvd. — I look forward to getting some take-out from them very soon!

Finally, one of the themes for Black History Month 2022 is “Black Health and Wellness”. This is all too fitting, as I know the pandemic has taken a heavy toll on us all, but it has disproportionately impacted our BIPOC community.

Please take care of your mental and physical wellbeing; a simple walk in the park with a friend to clear your mind can go a long way.

Thanks to the success of our vaccination campaign, the light at the end of the tunnel is truly getting brighter. I appreciate all of your ongoing efforts, patience and determination.

For more information about the Anti-Racism Secretariat’s work, please visit: www.engage.ottawa.ca/anti-racism-and-ethnocultural-relations-initiatives

FROM THE DESK OF:

MPP, Ottawa-Vanier
LUCILLE COLLARD

The first months of the year are often the coldest, so we spend more time at home, which gives us the opportunity to reflect on our plans and expectations for the rest of the year. This is the best time to decide what we want to improve and what we want to continue to do even better, based on what we have experienced in the past year.

Personally, I remember that taking care of each other is more important than our personal success. Thus, strengthening our health care system, enriching our educational network and ensuring access to a home for all are my priorities for the year 2022.

The year 2022 will also be a very important year for reflection, political decisions and the improvement of our communities because of the provincial election this spring and the municipal election this fall. These democratic processes are the perfect opportunity to voice your priorities and make your voice heard.

Elections are an excellent opportunity to demand that the politicians who represent you do so with bold ideas for the future. Every citizen has an important role to play in this process, and that is to vote in an informed manner.

I invite you to contact my office so that you can listen and represent your priorities in the new year.

... Les premiers mois de l’année sont souvent les plus froids, donc nous passons plus de temps chez nous, ce qui nous donne l’occasion pour réfléchir sur nos projets et nos attentes pour le reste de l’année. C’est le moment propice pour décider ce qu’on a envie d’améliorer et ce que l’on souhaite continuer à faire encore mieux, en se basant sur ce qu’on a vécu dans la dernière année.

Personnellement, je tiens que prendre soin des uns des autres est plus important que notre succès personnel. Ainsi, renforcer notre système de soins de santé, enrichir notre réseau éducatif et assurer à tous l’accès à un chez soi m’apparaissent comme les priorités de l’année 2022. L’année 2022 sera d’ailleurs une année très importante pour la réflexion, les décisions politiques et l’amélioration de nos communautés en raison de l’élection provinciale, ce printemps et de l’élection municipale cet automne. Ces processus démocratiques sont l’occasion parfaite pour véhiculer vos priorités et vous faire entendre.

C’est ainsi que les élections deviennent une opportunité en or de revendiquer auprès des politiciens qui nous représentent de le faire avec des idées audacieuses pour l’avenir. Chaque citoyen joue un rôle important au sein de ce processus, celui de voter de manière informée.

Je vous invite donc à communiquer avec mon bureau afin que je puisse être à l’écoute et représenter vos priorités pour cette nouvelle année.

UrbanOttawa.com

What our clients say!

What did you like best about working with us?

“The house was marketed and staged very well without using a big budget to get it done.”

Looking back on your transaction, what stands out the most in your mind?

“The people supporting Natalie,” Peter

Ce que nos clients disent de nous!

Pour quelles raisons nous avez-vous choisi comme courtier?

“Natalie est visible, engagée, présente dans notre communauté. Elle connaît bien le quartier et peut répondre à nos besoins. Natalie est bilingue et nous voulons faire affaire en français.”

Quel aspect de votre transaction se démarque dans votre esprit?

“Natalie avait les ressources et les contacts pour faciliter notre achat.” Lucie et Johanne
City reinvigorating businesses following downtown protest

FROM THE DESK OF:

Councillor — Ward 13
Rideau-Rockcliffe
RAWLSON KING

The city was subject to countless disruptions because of the unprecedented demonstration that affected the downtown core over the past month.

As residents may know, as a municipal elected official I have no power to legally prevent demonstrations or give operational direction to the Ottawa Police Service (OPS). Enforcement during the protests was the sole responsibility of the OPS.

As a public official, however, I did ask very pointed questions regarding the hateful and racist acts and displays related to the occupation, and as a result I worked with both community groups and council to denounce and condemn the unconscionable extremism, racism, intolerance and xenophobia that was present at the protest.

Working with municipal, provincial and federal colleagues, I personally called upon both the Government of Ontario and the Government of Canada to provide all necessary financial and logistical supports needed to bring the protest to an end and allow the City of Ottawa to return to normal.

At council, I introduced a successful motion seeking permission from the province to recover demonstration-related policing costs from any persons deemed responsible for such costs.

I moved a successful motion asking the province to revoke the use of the provincial Staycation Tax Credit so that so-called “protest tourists” could not take advantage of the tax break.

As we recover, I worked with council colleagues to consider the potential for interim tax payments for businesses impacted by the occupation. I also supported initiatives that would provide added funds to downtown business improvement areas (BIAs), including the Vanier BIA which represents Beechwood Ave., Montreuil Rd. and McArthur Ave., to jumpstart economic recovery.

We know that over 40 percent of businesses in the affected areas closed due to concerns and obstructions arising during the protest, and over 75 percent of businesses lost revenue directly because of the illegal occupation.

The economic impact of the illegal occupation over the past four weeks is estimated at $200 million in Ottawa and the reputational damage due to the impact of the protest is incalculable. Due to the overwhelming challenges that businesses have been experiencing over the course of the pandemic, it is important that the city do everything within its power to reinvigorate these businesses. That is why I encourage you to come together to Ottawa’s small businesses, restaurants, tourism operators, and special events.

The city, along with other levels of government, will be undertaking a full review to ensure type of public safety failure does not happen again.

Beechwood Ave.

As winter is slowly left behind, residents of Manor Park can look forward to a number of things going on in the community and at the city level. Early this year I released my position paper on a public realm policy for Beechwood Ave. I want to let residents know that I will seek a 2022-2026 term of council priority to create a public realm policy that can be applied to Beechwood Ave. to ensure that we can transform that street into an inviting, safe, and usable public space that meets the needs of our community.

A public realm plan will be able to guide future upgrades and the evolution of the public street. Additionally, it will complement ongoing efforts concerning well-connected active transportation networks. To read my full position paper, visit rideau-rockcliffe.ca/beechwood.

Blasdell bridge

The NCC has confirmed that the new bridge would be a prefabricated weathering steel bridge, with a galvanized anti-slip steel decking, measuring 20 metres long, and 3 metres wide.

Tree maintenance

This summer, residents can expect the City of Ottawa’s Forestry Services to commence neighbourhood operational work, also known as the “N.O.W” program for short in the neighborhoods of Rockcliffe and Manor Park. City crews and contractors will be dispatched within these neighborhoods to undertake a full review to ensure type of public safety failure does not happen again.

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Tree maintenance

This summer, residents can expect the City of Ottawa’s Forestry Services to commence neighbourhood operational work, also known as the “N.O.W” program for short in the neighborhoods of Rockcliffe and Manor Park. City crews and contractors will be dispatched within these neighborhoods to undertake a full review to ensure type of public safety failure does not happen again.
The last month been deeply challenging for our community. While we work through the toll this occupation has taken on our community, these resources are here to help residents through this difficult time. There are also volunteer opportunities if you have the capacity to help out.

When in doubt, call 2-1-1 for help navigating city and Community services

RIDEAU ROCKCLIFFE COMMUNITY RESOURCE CENTRE

Emergency food bank access
Book an appointment for delivery or pick up by calling 613-745-0073 ext. 206 or 207: Monday and Wednesday 9AM – 4PM, Tuesday 9AM – 12PM

Market Mobile (www.marketmobileottawa.com)
Shop for affordable, local fresh food online Wednesday 9AM-Monday 9AM

Phone Crisis Counselling/Interventions and community support
Call 613-745-0073, Monday to Friday, 8:30AM-12PM, 1PM-4:30PM.

EMPLOYMENT SUPPORTS

Resources for residents who have lost wages or job security due to the disruptions caused by the occupation.

City of Ottawa Employment and Social Services
Contact Kelly Ford (kelly.ford@ottawa.ca or 613-580-3434 ext 15142) for assistance with:
• Food
• Rent or rent arrears
• Heat, hydro, water costs, insurance, or arrears

City of Ottawa, Employment Ontario
Contact Jay Clark (jay.clark@ottawa.ca or 613-580-2424 ext. 26420) or call Employment Ontario Referral and Information Line (613-580-2424 ext. 14372) for assistance with:
• Job hunting
• Improving interview skills or writing resumes
• Upgrading skills

MENTAL HEALTH SUPPORTS

Distress Centre of Ottawa and Region
Support available 24 hours a day, 7 days a week, at 613-238-3311

Counselling Connect (www.counsellingconnect.org)
Free counselling sessions via phone or video call, the same day or the next day.

The Walk-In Counselling Clinic (613-755-2277)
Free counselling without an appointment.
• French and English services available in Vanier through https://cfottawa.ca/
• English, Arabic, and Spanish services available in Ottawa South through www.seochc.on.ca/

AccessMHA (www.accessmha.ca/)
Mental health and substance use health services for residents over 16 years.

1Call1Click (https://1call1click.ca/)
Mental health and addiction services and resources for children, youth and their families (from birth to 21 years of age).

Support line for African, Caribbean, and Black community (343-571-0097)
Practical and emotional support including resource navigation, health coaching and advocacy.

OPTIONS FOR REPORTING INCIDENTS

Please note, reporting incidents to the police is the best way to see enforcement, but if you are not comfortable reporting to the police please use an alternate reporting method

To report incidents to OPS
File a report online or call 613-236-1222, ext. 7300

To report a hate-motivated incident to the police
Call 613-236-1222, ext. 5015

To file a report anonymously call Crime Stoppers
1-800-222-8477 or online at www.crimestoppers.ca

To record an incident without contacting the police

Call 3-1-1 to request by-law services relating to
• property damage
• noise complaints
• trespassing
• animal welfare
• other civil issues.

ACB WELLNESS CENTRE

Supports for the African, Caribbean, and Black community

General contact: acbottawa@gmail.com or 613-801-7426

Community Food Cupboard
Wednesdays 1PM-4PM, register via general contact information

Walk in COVID vaccine clinics
Wednesdays 1PM-4PM and Saturdays 11AM-2PM, ACB doctor available to consult

Additional services include mental health resources, yoga classes, seniors recreation, after school care and more.
Irish seniors gather in Manor Park for potluck and camaraderie

by Kay O’Hegarty
Chair of the Irish Senior Social Group Ottawa (ISSGO)

In September 2021, The Irish Senior Social Group Ottawa (ISSGO) became tenants of St. Columba’s Church Hall and so for three hours every Tuesday we have become part of the Manor Park Community and your neighbours.

The Irish Seniors Social Group Ottawa was formed in 2006 with the assistance of the Government of Ireland Emigrant Support Program and Embassy of Ireland, Ottawa. This support continues.

With a membership of 82, the group is governed by a steering committee and is member-driven.

The objective of ISSGO is “To keep seniors born in Ireland and seniors of Irish descent in touch with each other with their culture and heritage.”

Our group meets weekly when a potluck lunch is served with camaraderie and good conversation.

Typical agenda for weekly meetings includes “Hot Topics”, stories and poetry, trivia, bingo, music days, reports from the Irish community and from the Ottawa community at large, as well as guest Speakers on a variety of subjects.

In addition, the ISSGO’s day trips, theatre outings and local dining are popular attractions.

We are in close contact with the other Irish Groups in Ottawa and with our sister Group in Toronto, The Emerald Isle Club. Some members are part of a pen friend program with a local school.

With a generous donation from a local Irish businessman, we set up Cuntas Cairdeas, a friendship fund that enables us to give some financial relief to members undergoing health issues.

We have annual fundraising events and members contribute $3 weekly.

New members are always welcome. Anyone interested can reach the ISSGo at 613-829-8457.

Health workers preparing for privatization election battle

by Wes Smiderle

A coalition representing local health care workers is preparing to participate in a broad campaign to fight back against what members see as a creeping influence of privatization of health care services that they feel has grown more pronounced during the COVID-19 pandemic.

The Ottawa Health Coalition held an online press conference Feb. 23 during which several representatives of the coalition spoke out to express fears the provincial government intends to privatize more health care services over the next decade.

Last summer, the provincial government released a report last year concluded that Ontario was unprepared to handle a pandemic and identified “deficiencies” in its plan to protect residents.

Michael Hurley, president of the Ontario Council of Hospital Unions and a health care worker at the Perley Health, says the majority of long-term care residents who died of COVID were staying in privately-run, for-profit facilities.

Those for-profit facilities were understaffed going into the pandemic and significantly under-staffed relative to non-profit peers.

He notes staffing dropped further over the course of the pandemic, resulting in some residents “who died of heartbreak and loneliness, isolated in their rooms.”

The March 2021 edition of Canadian Public Policy published a study concluding that residents in government-run long-term-care homes had far better outcomes than those in for-profit (and non-profit) homes.

Yet, according to Michael, “the expansion of long-term care is happening in the for-profit area.”

He and other members of the Coalition fear the province will be looking to the private sector to tackle its backlog of surgeries and procedures, resulting from the pandemic, when the capacity to handle that backlog does exist in public sector clinics and hospitals.

The Ottawa Health Coalition will be holding an “emergency summit” online about the issue at 7 p.m. Monday March 21.

Voting day in the next provincial election is Thursday June 2.
Ottawa floorball club eyes world competition qualifier in April

By Wes Smiderle

After a two-year drought caused by the pandemic, local floorball enthusiasts savoured the return to their sport in a big way last winter when they participated with Team Canada in the world championships in Helsinki, Finland.

The group included nine players from the Ottawa Blizzard floorball club, as well as several players from Manor Park.

This spring, they’ll be travelling to the U.S. for a qualifier this summer in the world games.

Because of COVID-19 travel restrictions, until this winter there hadn’t been a world championship played since 2018.

Stuart Bowden, general manager of the men’s national team and a resident of Manor Park, spoke to the Chronicle during an online interview from Helsinki.

“It’s been great here,” he said. “The atmosphere has been very welcoming. We had the Canadian ambassador to Finland come by.”

Fluid, fast and fun

Floorball is a variation of floor hockey that was developed mainly in Europe during the 1970s.

It’s played in a gymnasium using lightweight sticks and pickle balls (plastic balls about 70 mm in diameter and riddled with holes).

The game involves rapid end-to-end plays and lightning passes, while also encouraging safety and good sportsmanship.

The sport is dynamic, yet described by Hockey Canada as much safer than traditional floor hockey. The organization views floorball as a great introductory sport, but also a useful way for current players to develop their skills.

Yet it’s a sport with qualities of its own. Goalkeepers wear helmets but don’t use sticks, only gloves. The ball is always played below knee level and sticks must always remain below the waist.

Stuart said he’s been involved in sports but was drawn to floorball when his son started playing it. He was eventually coaxed into coaching the under-19 men’s team.

His son is taking a year to focus on school studies, but Stuart is still at it as a player. “I stay involved for love of the sport.”

According to Stuart, speed is what makes floorball unique. “It’s a lot of tic-tac-toe plays. Sometimes you just don’t where the ball’s going.”

Although safe, the sport is rigorous. Stuart noted that blocking shots is a major component of the game. (His son’s highlight reel include several.)

And although they might appear funny and harmless, pickle balls are solid enough to leave welts.

COVID travels

Another appealing aspect of the sport is meeting new people and the travelling.

Floorball’s roots are in the Scandinavian countries and world competitions are often held there. However, last winter, Stuart noted that the travel situation was fluid, before even the omicron variant of COVID-19 led to a general retraction of the gradual re-opening that had been happening until then.

For example, testing requirements changed after the players left Canada. Requirements for pre-game testing shifted from more rapid and simple antigen testing to PCR tests, while quarantine requirements for travellers returning to Canada were extended.

“Everyone has had to adjust,” said Stuart. “Travel wasn’t too bad.”

Manor Park floorballers will be packing their pickle balls later this spring, and hopefully again for the world games this summer.

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The Ottawa Rowing Club (ORC) is in the midst of renovating its headquarters thanks to a provincial grant of $149,900. The funds were provided by the Ontario Trillium Foundation’s resilient communities fund and will allow the club to realize a “longstanding dream” become reality by winterizing the upstairs of the main clubhouse.

The grant helped the organization rebuild and recover from impacts of COVID-19 by covering the costs of architect’s design fees, acquiring City of Ottawa building permits for renovations, purchasing materials for construction, insulation, drywall, and electrical materials, installing ventilation, plumbing, heating, and plexiglass partitions to provide year-round facilities for retention and recruitment of new members.

In a released statement, Ottawa Rowing Club President Peter Thompson said the work would allow the club to expand from summer-only to year-round programming, with COVID-safe spaces for athlete training (weights, rowing machines, rowing testing facility), washrooms, change rooms, conference rooms, and office space.

“Refurbished IT infrastructure also lets us develop new, remote, and virtual coaching programs to reach a wider audience.”

The club traditionally moves its docks from the river in November and closes the buildings until April. The docks will still come out, but the renovated building will now be able to host year-round athlete training as well as winter indoor learn-to-row for juniors and adults of all ages, rowing league programs and winter indoor rowing regattas for the whole family as well as social gatherings, meetings and coach and umpire training and development throughout the off season.

“It’s a wonderful start for the additional fundraising we will need to develop fully a top-notch training environment for all our members year-round,” added ORC head coach Zak Lewis.

It marks an extraordinary boost for the club after a difficult 2020, operating under pandemic constraints that have continued into the first month of this year’s rowing season. Last year, the club could accommodate only one quarter of its usual 700 annual members due to provincial and Ottawa Public Health distancing restrictions. As a result, revenue fell by 60 per cent.

The ORC, founded in 1867 is Canada’s oldest continuous rowing club, a non-profit, volunteer-driven, community organization annually serving approximately 700 members from 12 to more than 80 years of age from the Ottawa and Outaouais regions.

In the summer, the ORC offers weekly day camps and junior development programs to introduce and further developing skills as well as adult programming for all abilities: Learn to Row and Adult Rowing League focusing on team building with friendly competition, a Master’s program focusing on competition, and a Recreational program for general fitness.

In addition, the ORC partners with Carleton University and University of Ottawa rowing teams who use the facilities. The ORC also accommodates adaptive rowing in all programs and hosts the Head of the Rideau, an annual fall regatta bringing rowers to Ottawa from across Ontario and Quebec. Furthermore, the ORC’s heritage building has rental space for summer weddings or other event gatherings, where all proceeds go directly back into the club operations. More info is available at https://ottawarowingclub.com.
Jubilee Garden Party
The Laurentian Chapter of IODE is hosting a garden party to celebrate the Platinum Jubilee celebration of Her Majesty Queen Elizabeth II, marking an historic 70 years on the throne. Please wear your prettiest hat and join IODE to celebrate this special occasion with wine, sandwiches and sweets! There will also be interesting speakers and an exhibit featuring the Queen’s 70-year relationship with Canada and especially with the Canadian North. Beautiful necklaces by Penny’s Pearls will be featured and all proceeds will support the Inuuqatigiit Centre for Inuit Youth in Vanier.

The event takes place from 3:30 to 5:30 p.m. Thursday, June 23 in the grounds of Elmwood School, 261 Buena Vista Rd.

For more information, please contact Liz Heatherington at 613-745-4677.

Happy Cats
The Ottawa Humane Society (OHS) has been hosting a series of webinars to teach pet owners how they can keep their companions happy.

Award-winning author and animal behaviour specialist Zatie Todd has written books and has a blog devoted to helping people resolve behavioural issues with their pets. The final two OHS webinars, offered through Zoom, focus on cats, take place in March. She discusses “Tips and Tricks to Making Cats Happy” from 6:30 to 7:30 p.m. Monday March 14. From 6:30 to 7:30 p.m. Monday, March 21, she explains “How to Prevent Common Behaviour Issues in Cats.” Tickets to attend are $25 each. Register at www.ottawa-humane.ca.

Heritage StreetFest
The Laurentian Chapter of IODE is holding a street festival celebrating the heritage of New Edinburgh.

Come explore the rich history of one of Ottawa’s most charming and historic neighbourhoods. The day will include speakers on the history of the borough, a daylong program of music at MacKay United and on verandahs in the village, a parade and display of antique cars, a self-guided walking tour and volunteer interpreters telling the stories of historic houses. As well there will be vendors featuring a bake sale and other delights. Tickets include a colourful souvenir book with all proceeds going to the Inuuqatigiit Centre for Inuit Youth in Vanier.

The streetfest takes place from 10 a.m. to 4 p.m. Saturday, September 10.

For more information, please contact Janet Uren at 613-842-4913.

Snow Mole Patrol
The Council on Aging of Ottawa is inviting all pedestrians to ensure walking conditions in Ottawa are accessible and safe by volunteering to become a “snow mole.” Whenever you go out for an errand or a walk, please use the Snow Mole Questionnaire (available at www.coaottawa.ca) to note features and conditions that are “safe” (e.g., a bench cleared of snow) as well as “unsafe” (e.g., snow piled up in intersections).

The Council on Aging encourages you to take and submit photos of both safe and unsafe features and conditions. Send photos to snowmole@coaottawa.ca.

Complete the questionnaire online or drop off/mail it to The Council on Aging of Ottawa, 815 St. Laurent Blvd #217, Ottawa, Ont., K1K 3A7.

Your observations will be used to compile the 2022 Winter Walking in Ottawa: Snow Mole Report, which will be shared with the City of Ottawa. For more information, and to get a printed copy of the questionnaire, contact snowmole@coaottawa.ca or 613-789-3577 ext. 103.

Spring festival
Indigenous Experiences, organizers of the Summer Solstice Indigenous Festival, are holding A st’gwian (spring) festival at the end of March at Madahok Farm at 4420 Hunt Club Rd.

The festival is an opportunity to learn more about Indigenous culture and includes vendors, workshops, meals inspired by Anishinaabe Sugar Moon (when the sap begins to run), storytelling, rare and endangered Ojibwe spirit horses (driven to the brink of extinction in the 1970s), make-your-own maple taffy and more.

The festival takes place from 10 a.m. to 5 p.m. Friday, March 25 to Sunday, March 27. Admission is free but attendance will be staggered. Visitors must pre-register in 30-minute arrival windows. For more information, see www.indigenous-experiences.ca.