

MANOR PARK Chronicle



The voice of the community for more than 70 years • May-June, 2022 • Vol. 73, No. 5



On Earth Day (April 22), members of the community organized to perform spring clean-ups in parks and green spaces around Manor Park, including Hemlock Park, Manor Park School, Macoun Marsh and other areas. Left to right, Maranda Patterson, Mary Hickman, Alex Duong, Eugenie Waters and Megan ApSimon helped spruce up Alvin Heights Park. Photo: Doug Banks

Neighbourhood park still awaiting safety fixes

by Wes Smiderle

On any given day, there's activity at Alvin Heights Park and it's easy to see why.

Compact and well-shaded, the park is set snugly among the residences of the Yule Manor Housing Co-op along London Terr. There are swing sets, play structures, a basketball net and, further up-slope, a wading pool with picnic tables and a set of field house.

In many ways, Alvin Heights is an ideal urban park. As a bonus, it's steps away from London Terrace Park, an open field that often hosts children's soccer games.

However, the park has also been neglected. Many of the park's features once considered amenities have been red-flagged as safety issues or simply aren't up to standards.

In 2017, at the request of the Manor Park Community

CONTINUED ON PAGE 7

Bridge office has \$1.4 million

By Michael Trudeau

The federal government has allocated money and staff to the office dedicated to "addressing the need" for a sixth interprovincial bridge, the *Chronicle* has learned.

According to Public Services and Procurement Canada (PSPC), the new office employs two full-time public servants, with a third due to begin this spring. Twenty more public servants are also contributing

part-time to the project that will determine whether and where a new Ottawa-Gatineau bridge will be built.

In the 2020/21 fiscal year, the office spent approximately \$1.4 million on salaries, studies, and operational costs.

When asked if a sixth bridge spanning the Ottawa river was being treated as a foregone conclusion, PSPC spokesperson Stéfanie Hamel said "At this point no decision on a potential additional crossing in the National

Capital Region has been taken.

"Further planning work would require an impact assessment that provides for comprehensive consultation with the public and stakeholders, including Indigenous partners."

If situated on Kettle Island, the sixth crossing would funnel interprovincial truck traffic down the Sir George Etienne Cartier and Aviation Parkways, impacting the operation of the Rockcliffe Airport, Montford Hospital, and RCMP Musical Ride.

FEATURED ARTICLES INSIDE...

Why the MPCA won't appeal city's approval of Manor Park Estates OPA Page 6

Douglas Cornish reminisces on the benefits of volunteering Page 26

John Graham's memories of Ukraine Page 35

The caterpillars are rested and ready. Are you? Page 8

ONTARIO ELECTION 2022

**Voting day is
Thursday June 2**

The *Manor Park Chronicle* asked Ottawa-Vanier candidates to identify their three top priorities for the riding.

See their answers on pages 17 to 19

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Prince Charles and Camilla to visit Manor Park

by Michael Trudeau

Prince Charles and his wife Camilla, Duchess of Cornwall, plan to stop by in Manor Park as part of their packed three-day Canada-wide tour.

On Wednesday, May 18, Their Royal Highnesses will tour the RCMP stables and attend a special performance of the Musical Ride.

The Prince of Wales was appointed Honorary Commissioner of the RCMP in 2012.

Their visit to the stables, a longstanding landmark of Manor Park, takes place after the pair visit an elementary school to discuss their favourite books and the importance of literacy – although the school has not been revealed and it is not clear if it is one of the schools in our neighbourhood.

Following the visit to the stables, His Royal Highness will have meetings to discuss sustainable finance and green jobs, followed by meetings with Prime Minister Justin Trudeau and Governor General Mary Simon, the first Indigenous person to serve as Canada's official representative of Queen Elizabeth II.

The royals' day in Ottawa will end with a black tie gala at Rideau Hall before the two proceed to the Northwest Territories for the third and final day in their tour.



Prince Charles, pictured here during a visit to Washington D.C. in 2005, was named Honorary Commissioner of the RCMP in 2012. Photo: Pixabay

Lab begins trial program to reduce homelessness

By Allan Martel, Family Homelessness Lab Core team member

The Family Homelessness Lab is getting ready to test a program that could not only shorten the housing waiting list for homeless families but also prevent them from becoming homeless in the first place.

The lab is in its final phases, drafting the final report and testing its suggested prototypes.

In collaboration with the City of Ottawa and several social agencies working in the homelessness area, we have built a Rapid Results Table where cases of families in imminent threat of shelter admission will be reviewed and, hopefully, diverted into housing as opposed to shelter.

To do this, we have the cooperation of several of the city's largest landlords and we have a group of volunteers searching for available units while another part of the group assists the families to prepare for landlord vetting interviews.

Equally important, as of early May, we have access to housing subsidy funding that will enable us to house those families in need without undue financial hardship and in a sustainable manner.

If this experiment works as we hope it will, we will begin to reduce the number of families needing housing at both ends – the city getting folks out of shelters and the lab slowing the intake rate to shelters through eviction prevention and diversion to sustainable and appropriate housing.

This is exciting news and our experiments should bear fruit over the next few months, perhaps changing the paradigm of how family homelessness is addressed in Ottawa.

If you would like to be part of this process, we would love to have you as a team member. Please contact me, Allan Martel, Family Homelessness Lab Core team member at either allanmartel@allanmartelconsulting.com or at 613-890-3651.

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MANOR PARK NOTABLES

Nicholas Saikaley (1939 – 2022)

“A good man”

Nicholas Saikaley, more fondly known as ‘Nick,’ passed away this March, leaving a legacy of kindness to one and all, a groundswell of growing-up memories for generations of Manor Park children, and the respect and admiration of their families and neighbours for his steadfast service to our community.

Nick, along with his wife Lucie, ran Manor Park’s longest-surviving, independent convenience store. For 56 years, Manor Park Grocery, at 179 St. Laurent Blvd. N., was a community anchor where residents could dash seven days a week, all year long, for necessities (milk, bread, eggs, and tinned goods) and a well-stocked supply of treats (pop, chips, candy, and ice cream), newspapers and lottery tickets. It was a place that Nick called “home” in a community where he and Lucie “felt at home”.

“It’s very hard knowing that we’ve just sold the store and that we won’t be here to serve our customers,” Nick told the *Chronicle* in June 2021. “We’re so attached to the place and to the people. Retirement will be hard.”

Nick and/or Lucie were always present – one or the other was always there “minding the store”. They knew their customers if not by name, then by face. They saw Manor Park children grow up and come back to the neighbourhood to raise their own families – many of whom took part in a heart-warming community “Thank-You” gathering organized for the couple in the summer of 2020.

What brought Nick to Manor Park and enabled his becoming an integral part of our community? It was most likely something to do with the man himself.

In an archival edition of the *Chronicle*, Nick recalled leaving Lebanon in 1956 at the age of 17 and heading out on his own for Canada. Initially, he planned to stay for a short while before returning – perhaps a year or two. Yet, 66 years later, Ottawa remained his home – a place where his four brothers also settled.

Nick’s Ottawa journey started with employment at his uncle’s restaurant, the Sugar Bowl (then located on Dalhousie St. in the ByWard Market). After three years of learning the tools-of-the-trade, Nick opened his own restaurant; Chateau B-

B-Q in Gatineau (then Hull) prospered well. However, after seven years, Nick concluded that owning his own grocery store would be a lot simpler and more enjoyable – launching a search for the right place in the right location.

He’d been looking for some time, when Mr. Joe’s on St. Laurent Blvd., came on the market. Nick purchased the grocery store immediately and he, Lucie (who quit her government job to work there) and their daughter Chantal moved to Manor Park in 1965. Their son Daniel was born later; the family lived in the apartment above the store for some 25 years!

In many ways, Nick’s Grocery remained a throwback to a simpler era before big box stores and large carts began dominating the grocery shopping marketplace. The layout hadn’t changed much since Nick first bought the store – three aisles stocked with boxed and tinned goods/foods and freezers lining the back and side walls. In the late 1960s and the 1970s, a huge supply of Hespeler and Sherbrooke hockey sticks lined the store window in slots near the door and all the way down the stairs to the basement.

“Manor Park kids loved outdoor hockey and I’d sell a couple of hundred sticks a season in the late 1960s and the 1970s,” said Nick.

Nick had a knack for serving the community, knowing his customers, and stocking not only grocery essentials and last-minute food items for families, but also for carrying plentiful and enticing supplies of candies, comics, and model car kits that neighbourhood kids saved their allowances for.

“I loved the people that came to the store,” said Nick. “There was nothing else that I really wanted to do.”

And, as evidenced by the many online tributes and recollections following his passing on March 19, the community loved him back. Messages for Lucie and their children touched on ways in which the community remembered Nick and the ways in which going to his store shaped their childhood: “Going to Nick’s was a destination – buying penny candy, sweets in little brown bags, cream soda in a bottle, hockey magazines and hockey sticks and toy cars.”

Recollections mentioned his support for children’s sports in Manor Park, including: the

free drinks and ice cream for the Manor Park Braves if the team won their baseball games; and, a tip-of-the hat to Nick for being ahead of his time in the early 1970s with his sponsorship of one of the first girls’ hockey teams in Ottawa.

Customers and neighbours have paid tribute to Nick’s kind, cheerful and thoughtful manner, noting how his smile would be missed along with his trademark greeting: “How are you doing my friend, you’re a good man.”


Nick, who passed away at the age of 83, was indeed a “good man”. He is survived by his immediate family: his wife

Lucie, his children Daniel (Johanne) and Chantal, and his four granddaughters.

With files from the Manor Park Chronicle archives, past interviews, and online memorial tributes. Photo by Sharleen Tattersfield.

A Manor Park Notable is a snapshot of an individual (now deceased) who has lived in the manor Park area, and who made a difference either through career or community involvement. If you have a candidate in mind, please send your submission or ideas to: manorparknotables@gmail.com





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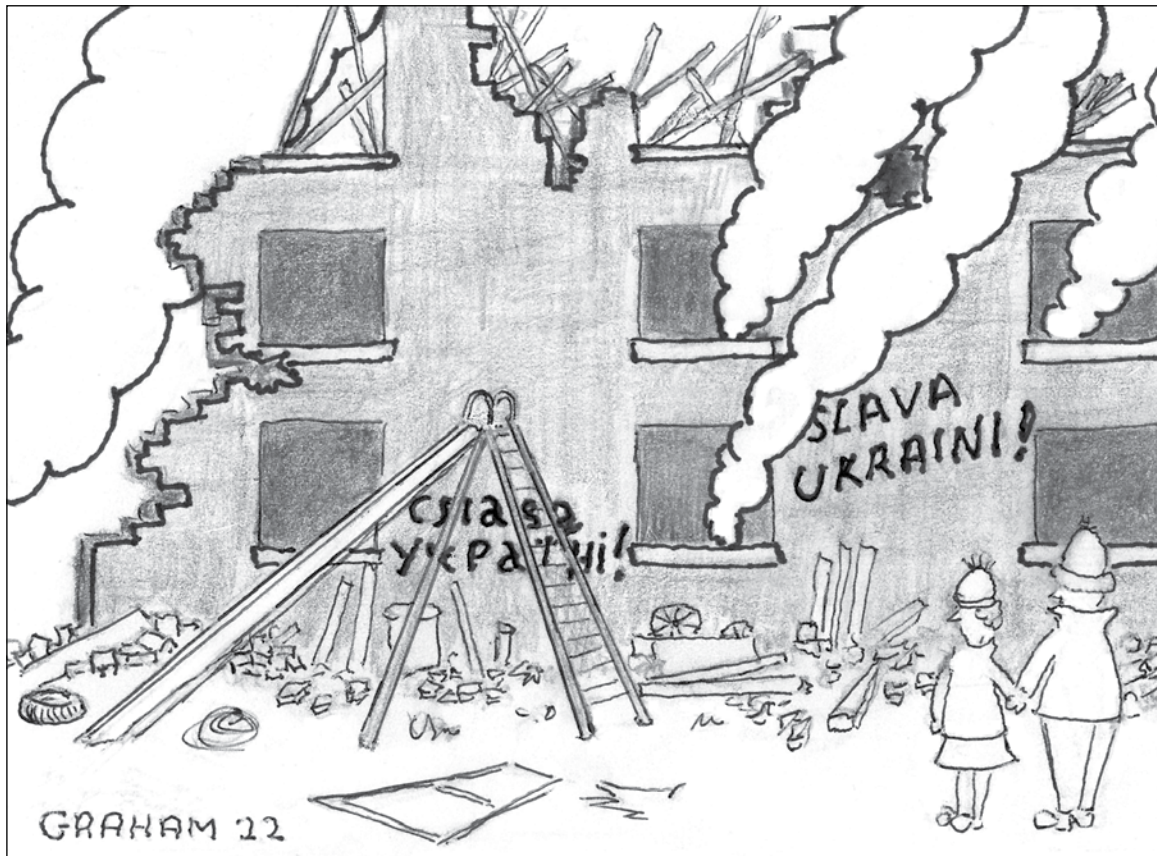
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MANOR PARK Chronicle

The voice of the community for more than 70 years



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

Send submissions articles, photos, letters to the editor, notices) to: editor@manorparkchronicle.com

Please ensure that:

- articles do not exceed 800 words;
- letters do not exceed 300 words;
- event listings do not exceed 50 words;
- submission is in **by deadline, or earlier**;
- all submissions are sent as electronic files [Microsoft Word or RTF] to: editor@manorparkchronicle.com

PHOTOS:

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LETTERS TO THE EDITOR:

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

MANOR PARK NOTABLES:

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

BULLETIN BOARD NOTICES:

Submit notices for community events to the editor.

Next Issue: September-October 2022

Deadline for booking advertising: Wednesday August 10

Deadline for submitting ad creative: Monday August 29

Send to: ads@manorparkchronicle.com
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Deadline for articles and photos: Wednesday August 17

Send as attachments to
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Falling into routine

Contribute your news, stories, opinions and photos

After a summer break, the *Chronicle's* production team will be doing some back-to-school shopping in preparation for the September-October 2022 edition.

Keep us in mind. Send us:

- Your views on what's important in **Letters/Your Opinion Matters**
- Your suggestions for a neighbour to feature in **Meet Your Neighbour**
- Your suggestions for a pooch to profile in **Dogs in the Hood**
- Your late spring and summer **photos** and **stories** for publication

Have a fun and safe summer and see you in September!

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

Manor Park Chronicle

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<https://manorparkcommunity.ca/home/the-chronicle>

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ABOUT THE CHRONICLE

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EDITOR'S POV

Voting daze

This summer will be bracketed by two significant elections.

Voting day is Thursday June 2 in the current provincial election campaign (see **pages 17 to 19 for Ottawa-Vanier candidates identifying their top three priorities for the riding**).

A few short and sunny months later, it will be followed up, as it always is, by municipal elections. Monday October 24 is the date voters choose their mayor, local councillors and school board trustees.

This year, the city will see a new mayor elected while the provincial election will be the first since the COVID-19 pandemic.

Even without those factors, the consequence of both elections will have a huge impact on your life.

There's almost nothing the two levels of government don't touch. The degree and reliability of a service (see **page 2 "Lab begins trial program to reduce home-**

lessness"), the density of a neighbourhood (see **page 6 for why "The MPCA will not appeal city approval of Manor Park Estates OP amendment"**) and even the look of your street (see **page 30 "Montreal Rd. lane closure and construction will last until late fall"**).

If you enjoy walking through a park (see **pages 1 and 7 "Neighbourhood park still awaiting safety fixes"**) and relaxing under the shade of a tree (see **page 8 "Manor Parkers gird their trees for a new squirming wave"**), then you have a stake in both of these elections.

Cities make decisions that affect neighbourhoods, yet cities are creatures of the province. They can only do what provincial governments allow (or compel them) them to do.

So when casting your vote in June, don't overlook the election coming up in October and the impact both will have on the neighbourhood around you.

LETTERS TO THE EDITOR

Rockcliffe Airport should be preserved

In the March-April edition of the *Chronicle*, there is a letter complaining about noise from nearby Rockcliffe airfield. Manor Park residents, beware! That airfield may be all that prevents the construction of a far noisier four-lane highway to a new inter-provincial bridge. Over the past several decades we have successfully defeated efforts to ram that project through our community.

Undeniably, aircraft necessarily produce loud noise during takeoff. Hours of operation however are restricted by flying club schedules, bad weather and other considerations. Flying training is limited to one night per week and is finished well before midnight.

Manor Park is a peaceful community blessed by wide areas of green space but it is far from silent. Chainsaws, leaf blowers, tree pruners, trucks and motorbikes contribute their din. Nail guns, hammers, and bench saws engaged in repeated cycles of renovation add their burden. Birdsong and the cheery notes of children at play also shatter the silence. Closed windows and doors of my moderately-insulated bungalow near the button of runway 09 muffle

such noise rendering it mostly inaudible, hardly a cause for complaint.

Rockcliffe airfield has a long and storied history. In the 1930s, tri-motor propeller aircraft were frequent visitors. Huge flying boats churned the Ottawa river near smaller Westland Wapiti seaplanes moored close by. The Lindbergs took off from here developing the North Atlantic route to England used by four-engine Liberator bombers during the war. Noisy Harvard trainers, some flown by my brother, blasted their unmistakable howls seven days a week preparing young Canadians for Bomber Command.

Postwar, during the infancy of Manor Park, powerful North Star engines occasionally added the thunderous roar from their four Merlin engines as did converted Lancaster bombers of 408 and 414 Squadrons occupying two hangars where the National Aviation Museum is now located.

My first posting as a radio officer took me to the 413 Squadron hangar beside the seaplane ramp now used by the Rockcliffe boat club. One of my first flights was in a Canso Amphibian that took me to Lac la Ronge, Saskatchewan, where my arrival

was greeted by an SOS from another Canso that hit a rock and was sinking.

Thousands have congregated at Rockcliffe Airport to watch annual air shows featuring vintage and modern aircraft, military parachutists and static displays. General aviation aircraft from across Canada and the U.S. are frequent visitors throughout the year bringing with them valuable tourist dollars.

The Canadian Aviation and Space Museum, now run by Ingenium, the body looking after several national museums in Ottawa, makes use of the airstrip to fly in some exhibits and is an essential adjunct. Tourists Google enthusiastically about their experience on sightseeing trips in the museum's 1930s vintage bi-plane over the national capital region. Rockcliffe Airport is a storied slice of our heritage that should be preserved.

The writer lodging the noise complaint would prefer to have the field be sold off to condominium developers. That would remove the extensive green spaces on the runway approaches now used for hiking and cycling. Would the noise pollution from a large condominium development be less

than that from the airport? Do we want a four-lane inter-provincial expressway through our community? Would the people of Manor Park be the better for it? I think not.

DC Farrell

Congratulations, Isabelle

What a wonderful write-up of Isabelle's achievements in long track speed skating at the Beijing Olympics. (See March-April edition of *Chronicle*.) Yes, indeed, we all can be very proud of her. She represented Canada very honourably. She is presently at the Netherlands to represent Canada at the World Cup Finals.

Manor Park is her roots, Isabelle's Dad John as well as his two sisters grew up in Manor Park and attended Manor Park School.

On another note: As mentioned, we are Manor Park residents since 1968. At that time the *Manor Park Chronicle* had four pages on letter-sized paper. Now it is 44 pages on a 20" x 12" layout, professionally written. You have come a long way! We congratulate you and your entire team for such magnificent community service.

Thank you,
Marianne and Hans Weidemann

Dog bite prevention

I am writing to caution neighbours about safety when approaching strange dogs. A man was seriously bitten on the arm on February 1 when walking on Sandridge Rd. He approached a woman who was walking two Great Danes (who were leashed) and reached out to pet one of the dogs. The dog grabbed his arm and, although the teeth did not tear through his winter jacket, he sustained two areas of injury in addition to bruising.

The woman was surprised and stated that the Great Dane who bit him had been in her foster care for two weeks. The man's wounds started to heal after a course of antibiotics, and a large hematoma has been aspirated twice after several doctor's visits.

To prevent dog bites, the Ontario Society for the Prevention of Cruelty to Animals advises to avoid strange dogs and always ask permission from the owner before petting them. Avoid petting the dog's head. Dog owners are responsible for preventing bites and can be prosecuted under the Ontario Dog Owner's Liability Act. Owners with foster dogs are advised to muzzle their dogs if uncertain about their behaviour.

Frances Legault



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MPCA will not appeal city approval of Manor Park Estates OP amendment



FROM THE DESK OF:



Manor Park Community
Association President

**NATALIE
BELOVIC**

“The truth about a city’s aspirations isn’t found in its vision. It is found in its budget.”

I read this quote by Vancouver, B.C.’s former chief planner Brent Toderian recently and it really stuck with me as the perfect way to describe what is going on in the City of Ottawa these days. With a mayor having been so set on minimal property tax increases, we got the cheapest light-rail transit (LRT) system available, the most mundane public/private developments (Lansdowne to name one) and, according to the city’s own Transportation Asset Management Plan, 42 percent of city roads are in “fair” or “poor” condition just to name a few.

With the city councillors and mayor being led by the nose by the development industry (check out the report “Follow the Money” by Horizon Ottawa at www.development.money), it is no surprise that the predominantly “Watson Club” Planning Committee approved the Manor Park Estates official plan amendment (OPA) in its present iteration.

Planning staff is pressured by council and private planning consultants (a lot of them ex-city employees) to approve all kinds of projects whether or not the department always sees them as best practice.

The city’s planning department believed that the

OPA plans met the criterium for proper urban intensification and that may be true, if the other parts of the puzzle required to make it a desired proposal were also in place such as:

- community infrastructure,
- schooling,
- park, and, most importantly
- transit.

The MPCA maintains that the plan approved still went beyond the city’s own intensification policies, even those of the brand new official plan especially without all the other moving parts listed above securely in place.

The city operates in silos and departments don’t seem to connect and work together to figure out plans and solutions that are realistic and most importantly “fundable”.

The “brokenness” of the city is so profound at this point, that it is almost impossible to see how it might improve.

Developer pressures

Do councillors vote in favour of a development not in their ward, hoping that if the densification goals are met elsewhere, their own communities won’t be as assaulted? Do they sway to the pressures of the development industry like in the case of the Tewin Development (in the city’s west end)? Is the point of so much downtown high-rise development to create a bigger tax base to fund and subsidize the suburban developments which we know cost the city far more than the fees and taxes collected?

It is all well and good to espouse the concept of 15-minute neighbourhoods but in reality, the city has no mechanism to force developers to ensure that these happen.

I point to the Claridge development at the former Caisse Populaire site on 99 Beechwood Ave. On the main shopping street for five communities, the developer is free to build a building without having retail space on the ground floor. That is left to the goodwill of the developers.

On top of that, we, as citizens must also make the effort to *use* our community retail and services and shop less online and from big box stores. I feel like the city is coming to the table too late in trying to create these “walkable communities” and that it will be next to impos-

sible to reverse the trend. Even suburban dwellers are pining the loss of the neighbourhood “mini-malls” that housed the Mac’s Milk, the drycleaner, the pizza place and so on... These small businesses are not surviving due to our changed shopping habits.

No appeal

So, with all that in mind, the odds being against us, the MPCA has decided not to formally appeal the Manor Park Estates OPA. We lack the resources, both in terms of humans willing to put in the time to do this *and* the lack of funding which would be in excess of \$100,000. We felt that it would be more productive to work *with* the developer on a site-by-site basis and try to mould the outcome in that way.

Another reason for the MPCA’s decision not to appeal the OPA is the PC government’s Bill 109 and the push to make development easier than ever with less public consultation. The political climate these days is not in our favour.

We urge you to vote in June and to encourage your friends in different communities to get out and vote as well for the future of our province. The current government is one of sprawl and highways, not one of sustainable living and community building.

In the fall, we will go to the polls to elect a new city council and this is where you will need to make your voice heard. We will need to choose a new mayor who will be a true leader and visionary to put Ottawa back on track. Much has changed since the pandemic and a lot of priorities of the past council are now in question such as the need for LRT.

We need city councillors who will work as a team for the betterment of the entire region and a mayor who can facilitate that. Encourage all those you know to get behind the importance of this election and the choices they make . . . or don’t bother to make.

I attended a forum last week held by Capital Coun. Shawn Menard and one suggestion he made to rectify the issues of sometimes careless decisions at Planning Committee was to separate it in to three committees: urban, suburban and rural. The city did this with the Committee of Adjustments so that councillors whose wards

are affected are the ones who are making the decisions.

This, I thought, seemed so easy to achieve and had so much value! Ottawa needs some “outside the box” thinking!

Stay tuned for information on all candidate meetings being organized by your local community associations. They will be advertised on the Manor Park Listserve and our social media venues.

Find space for the common good

We held an online town hall meeting recently, our first one, and we had over 40 participants. We had a civilized and interesting discussion on many topics and we will certainly do it again. Although we asked for more participation from community members on the many dossiers that we deal with, very very few people came forward willing to give of their time. Any time . . .

It seems that the MPCA is not alone here and that volunteerism is down everywhere. We don’t take it personally, but we really wonder what is the root of this apathy?

We live in a community, and we need to do good in it. We are all busy with jobs, raising families and looking after aging parents but we also must carve a little space for the common good.

I invite you to try and find a few hours per month to participate on a committee, do some outreach, clean up the neighbourhood, deliver flyers, translate, post for us on social media, administer our Facebook page, be our webmaster... There are many things that would be of value and that have little time commitment. Of course, there is always need for help researching and analyzing information and data on the larger files like the proposed sixth crossing, development applications, etc... We would welcome help in any capacity you can fit in.

I urge you to join the Manor Park Listserve for the most timely messaging on what is going on in the community. Email pilardoe@gmail.com to join. You can always join our Facebook page: Manor Park Community Association, connect on Twitter @manorparkca and of course our website at www.manorparkcommunity.ca .

MANOR PARK COMMUNITY ASSOCIATION

Safety fixes,

cont. from page 1

Association (MPCA), a community safety audit was conducted on the park, and the stretch of London Terr., by the Women's Initiative for Safer Environments (WISE).

Safety issues were identified at over a dozen areas, including in Alvin Heights Park and surrounding neighbourhood. The safety issues in the park include:

- Old playground equipment that does not meet accessibility standards
- Unlit area between the pool field houses
- Park and pool area is "run-down and has not been maintained"
- Sand underneath play structures used "extensively" as a litter box by cats (wood chips have replaced sand in most playgrounds)

Other safety issues cited for the general area are a lack of crosswalk between the park and the London Terrace Park field, the lack of a sidewalk along the length of London Terrace (the current sidewalk only extends from Hemlock Rd. to the park) and speeding cars.

Michele Proulx, who has lived in the area for 15 years, notes a pathway extends in a roughly straight line from the top of the park down to where it meets London Terr. Kids on bicycles have a temptingly smooth downhill to ride through the park and then cross London Terr., which can be cluttered with parked cars during the summer when the field is being used for soccer games.

"We are so lucky we haven't had a child run over here."



Despite a safety audit in 2017 and minor repairs since then, safety issues in Alvin Heights Park continue to accumulate. A railing has been torn off a staircase near the wading pool, while paint has been splashed on nearby benches, picnic tables have been painted and a recently-planted tree was cut down. Last summer, a sign was installed to identify Alvin Heights Park more clearly. *Photos: Wes Smiderle*

According to MPCA's Community Outreach Chair Mary Hickman, the park had been identified as a priority by the city to be essentially completely upgraded and brought up to code either this year or in 2023.

However, nearby Hemlock Park, which is in good shape and with relatively few safety concerns, has since been prioritized over Alvin Heights.

Some fixes

Since the WISE audit was compiled, two fixes have been implemented by the City of Ottawa. Lighting was increased to improve visibility and a sign identifying Alvin Heights as a public park was installed.

Mary says that some other cosmetic fixes have been implemented, including repainting the field houses, the swing sets and the basketball pole, with a new

backboard installed. The thick greenery blocking the view of the park from London Terr. was trimmed back while cracks in the asphalt have been repaired and the concrete around the wading pool has been parged.

However, these were all maintenance-level fixes, and some didn't even last long. Although well-used, the park is also sometimes used roughly. Picnic tables and benches have

been splashed in paint while a tree planted by the city last year was sheered down to a stump.

Further, a railing leading down the steps from the field houses has been torn away, creating more safety issues.

Mary and Michele worry that problems will continue piling up and, as residents see the park deteriorating and nothing being done, they will treat the area with less respect.

Christian Proulx

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Manor Parkers gird their trees for a new squirming wave

By **Iola Price, Andrea Stewart and Eugenie Waters**

The spongy moth caterpillar tree-wrapping season began with a demonstration of the burlap tree-wrapping technique in Stanley Park on Earth Day, April 22.

Last year, trees across Manor Park were heavily impacted by the spongy moth, despite the community's best efforts.

This spring, the Manor Park Community Association Environmental Sustainability Committee is looking to recruit volunteers to wrap trees in Manor Park's public spaces with the burlap that will be supplied by the City of Ottawa.

Andrea Stewart will be sharing volunteer signup information via the Manor Park List-Serve and distributing burlap and twine when it arrives from the city.

Anyone interested in volunteering can also reach out to Andrea at doglegmedia@gmail.com. Information will also be shared on social media – follow @ManorParkEnviro on Instagram and Facebook.

When wrapping trees, make sure that the burlap has pleats at the fold-over so that the burlap is sufficiently loose

Previously known as the "gypsy moth," the Entomological Society of America changed the name of the now infamous invasive caterpillar last year to remove the use of what has generally become recognized as an ethnic slur. For most of 2021, the moth was known by its Latin scientific classification, *lymantria dispar dispar* or LDD. In March of this year, the Society officially adopted the name of "spongy moth" or "spongy caterpillar".

that it can be lifted to expose the caterpillars hiding beneath.

The city has provided burlap and twine to our area community associations to wrap city park trees and, we assume, any leftover burlap could be used on city street trees.

Thanks to former owner Tracey Clarke, the Bridgehead Roastery on 130 Anderson St., just off Preston St. will also provide, free of charge, empty burlap coffee bean bags that can be opened up for use in wrapping private trees. Call ahead 613-231-5488 to arrange pickup.



On April 22, (left to right) Jan Goth, Paul McConnell, Richard Aubrey and Bev McConnell wrapped a memorial oak tree in burlap with a tag indicating that Richard will monitor and remove the caterpillars each day until the end of the spongy moth caterpillar season, expected to be mid-July-August this year. Photo: Iola Price

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Beechwood Market sees a 'community hub' in Gaspé location

By Chris Penton

The Beechwood Market's move to 1805 Gaspé, the former Terry Fox Centre, was recently announced with a decent serving of confusion.

In a tiny nutshell, the Beechwood Market will move only its online market hub to Gaspé. The outdoor market, as you have known it for the last nine years, will continue in Beechwood Village.

On that note, please stay tuned for news on the precise 2022 Beechwood Market location.

This past fall, our umbrella brand – Ottawa Street Markets – was created. The umbrella brand was designed to gather together four outdoor markets – Beechwood, Elgin Street, Alta Vista, Richmond Road – as well as our growing online market. With much equipment, logistics and product to consider, our nomadic lifestyle had to be amended in order to afford us a smoother trip into the future. We needed a home.

The site at 1805 Gaspé presented itself as a community hub in the making. The concept was a perfect fit for our efforts; create a space for a variety of like-minded organizations to provide services, host events and welcome the public. We snapped up the lease on the commercial kitchen, activity rooms and the old portable structure just outside the door.

The commercial kitchen is now under the watchful eye of Chef Resa Solomon-St. Lewis of Bacchanalle, taste of the Caribbean lifestyle. Under the Ottawa Street Markets banner, Chef Resa will run Bacchanalle out of Gaspé, promote local food and will host themed

events on site.

The rear activity rooms (including a garage door) will act as the Beechwood Online Farmers' Market operation. Over 40 local vendors will drop their goods each week from their farm, bakery or restaurant. We will assemble them into orders for home delivery and pick up at various locations... including Gaspé itself.

The portable structure must undergo some compatibility tests, but it is pinned to be transformed into a hydro/aquaponic grow area and learning zone. In relation to that, we are looking at the viability of building a greenhouse on the grounds.

As early tenants, we were also offered the opportunity to play a role in the bigger picture. At the time of our induction, the Manor Park Community Council had already been running programs at the property for some time. With their strength leading the way, we got together to envision a venue for community events, children's programming and a shared garden.

All those efforts are remarkable, but we must also fund the operation of the building. Therefore, the hunt is in full gear for tenants. Gaspé is equipped with office space, classrooms, two large upper floors, a shared auditorium, outdoor space and a heap of parking.

Although there are a few of us involved in the recruitment,



Beechwood Market Manager Chris Penton says the market, with its tables of produce and flowers pictured above, isn't relocating to 1805 Gaspé, but intends to house its online market there and hopes to see the site develop as a 'community hub.'

Photo: Mary Ellen Cavett

interested parties can email me at ottawastreetmarkets@gmail.com.

Ottawa is in need of some good news, and the hub at Gaspé is due to become a destination for the neighbourhood and beyond.

Chris Penton manages the Beechwood Market, the Elgin Street Market and the Beechwood Market online (all year round) at www.beechwoodmarket.ca



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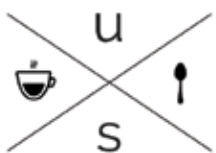
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OPINIONS AND ARGUMENTS

More work needed to phase out gas-powered lawn equipment in Ottawa

By Frances Legault

In April, 2022, City of Ottawa council approved a motion by Rideau-Rockcliffe Coun. Rawlson King to begin phasing out the use of small, gas-powered lawn and yard equipment by city staff in parks, gardens and on city property.

The aim is to reduce air and noise pollution generated by gas-powered lawn and yard equipment. These will be replaced with electric alternatives by six crews starting this summer. Various battery-powered lawn equipment will include string trimmers, hand-held blowers, pruning chainsaws and hedge trimmers.

The National Capital Commission (NCC) is banning the use of gas-powered leaf blowers, line trimmers, hedge trimmers and small chainsaws on NCC lands starting on April 1, 2023.

Loud and toxic

Most gas-powered leaf blowers are powered by a two-stroke engine. These engines burn fuel inefficiently and release emissions directly into the environment, nearly 300



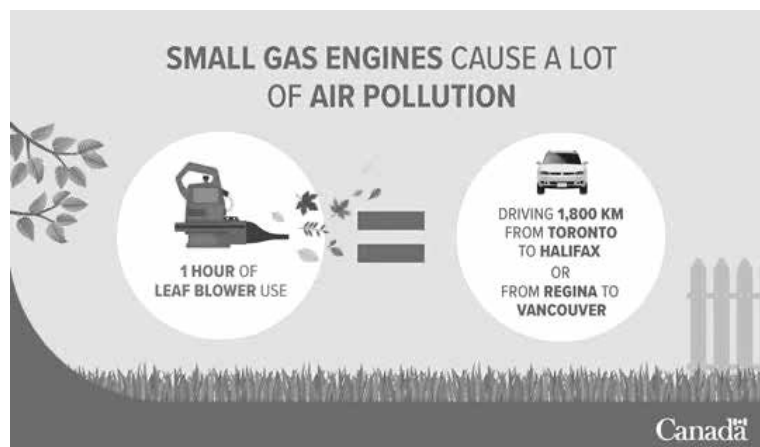
The diesel roar of leaf blowers in the morning has become a ubiquitous sound during springtime in neighbourhoods across the city. Photo: Julie LaPalme

times more than a pickup truck, according to a 2011 study by a US. automobile magazine.

According to the same study, pollutants include:

- carbon monoxide, which contributes to ground-level ozone,
- nitrous oxides, which contribute to smog formation,
- hydrocarbons, which can be carcinogenic, and
- nitrous oxides, which can cause acid rain.

Not only do leaf blowers emit toxic fumes, they also blow dust at over 300 km/hr. At that rate of speed, dust and dirt is broken down into microscopic bits that infiltrate people's lungs and bloodstreams.



The two-stroke engines that power leaf blowers aren't just incredibly noisy, they also emit toxic pollutants. Illustration: Government of Canada Environment and Climate Change Canada.

Leaf blowers kick up chemicals, fungi, spores, animal fecal matter, moulds, diesel soot, allergens and other toxic substances into the air.

At 115 decibels, according to *Canadian Audiologist*, a leaf blower is noisier than a motor-

cycle, just 5 decibels below an indoor rock concert, and causes hearing damage in 30 seconds. Not all workers wear protective ear equipment and if you are outside, beware! I keep my ear protectors readily available inside and outside the house.

What homeowners can do

Healthy Neighbourhoods Ottawa is a citizen's group advocating for a ban on gas-powered lawn equipment. We formed an alliance crossing local neighbourhoods to provide a stronger voice in our goal of educating the public and ultimately modernizing municipal by-laws and provincial regulations. Councillor King has been very supportive. The Rockcliffe Park Association has a number of initiatives planned for this year.

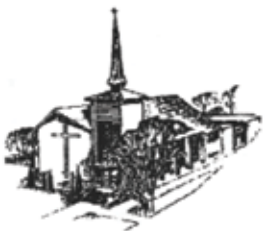
What can you do as a homeowner?

- If you have a contract with a lawn service company, ask for electric equipment. Some companies have started going green.
- Get out that rake so that everyone can enjoy a quiet neighbourhood while you clean up your lawn and garden.
- Leaf blowers were never designed to clean driveways and walkways of dirt. A broom works just fine!

Let's all enjoy the warm weather by creating a healthy neighbourhood where people can meet as they walk, run, and cycle, and children can play outdoors.

Frances Legault is a member of Healthy Neighbourhoods Ottawa.

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The Ottawa Safety Council (OSC) is hiring for its flagship Adult Crossing Guard program in our community. Pictured here is OSC Executive Director Jamie Kwong with crossing guard Nancy Millen. Photo: Stephanie Dotto

Ottawa Safety Council: Making our roads safer

By Sharleen Tattersfield

This year features many milestones for the Ottawa Safety Council (OSC). Not only is the organization celebrating its 65th year of operations, but it is also marking several key program and service anniversaries.

Many of us do not think about road safety until something happens to us or someone we love. At the OSC, they believe that collision-related fatalities and injuries are preventable – that communities can be guided towards making roads safer, no matter the method of travel.

As a registered, not-for-profit organization, the OSC's mission is to deliver best-in-class road safety services, education, training, and awareness throughout our community.

"As a cyclist, transit user, avid dog walker and occasional motorist, I want a community where everyone can get where they need to go and safely," says Jamie Kwong, OSC's new executive director. "Motorists, cyclists, and pedestrians of all ages – children, adults, and seniors – all have a vital role to play in the safety of their fellow

citizen. Everyone needs to get home safely."

Motorcycle training

The council's well-known motorcycle training program – now in its 55th year – takes riders with little or no experience in handling motorcycles through its specialized courses to graduate as confident and safe drivers. OSC is also recognized as a testing authority for the Ontario Ministry of Transportation in the M1 Exit and M2 Exit programs. Course participants not only get evaluated to obtain their licenses, but completion of the OSC program makes them eligible for lower insurance rates.

"What's neat about this program is that it is completely run by our 40-plus certified instructors, all of whom are volunteers with a great passion for introducing people to the love of riding motorcycles," says Jamie.

Adult crossing guards

It is also the 20th anniversary of the OSC's flagship Adult Crossing Guard program, provided through a partnership with the City of Ottawa. The

program serves over 260 intersections across the city, helping children and youth from major school boards get safely to and from school.

OSC employs over 300 crossing guards. Every day, its guards ensure that 20,000 safe crossings are happening across the city (which amounts to almost four million crossings annually!). The program serves all four major school boards in Ottawa, representing some 150 schools!

Hiring in our neighbourhood!

The OSC is hiring! It is always looking for community-minded individuals to join the OSC's crossing guard team! The council provides a terrific way for people to work outdoors, connect with the community, and make supplemental income!

"We welcome everyone to reach out to the Ottawa Safety Council to see how you can join us in making Ottawa's roads safer for all," says Jamie.

For more information about joining the adult crossing guard team in our neighbourhood, or to learn more about OSC's various road safety programs, visit: ottawasafetycouncil.ca.



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We thank advertisers who are renewing or signing on as **five-issue advertisers** with this edition: **Balance Healing Centre** (Emily Dunn, R.Ac.); **Aimy Bryden, CFP & Mary Egan, CFP** (IG Wealth Management); **Chew-That** (Renee Hamilton); **Elegant Hair & Skin Care** (Giti Mirshahi); **Full Cycle** (Phil Brun del Re and Matti Pihlainen) and **New Edinburgh Dental** (Dr. Lokesh Malik).

We welcome new and returning advertisers this issue, including **Chartwell New Edinburgh Square Retirement Residence**; **Classic Theatre Festival** (Matthew Behrens); **Ottawa Light Rail Transit Authority**; the **Ottawa Safety Council** (Jamie Kwong), and Ottawa-Vanier provincial election candidates: incumbent **Lucille Collard** (Liberal) and

Christian Proulx (Green Party).

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

Balance Healing Centre By Liza Fendt

Acupuncture, a therapeutic treatment used to balance the flow of vital energy or 'Qi' through the body, is a key component of Traditional Chinese Medicine (TCM). Manor Park is home to the Balance Healing Centre where Emily Dunn, a registered acupuncturist with more than 10 years of experience, offers acupuncture and other related services to reduce pain and to promote natural healing and symptom relief. Her home-based clinic is located at 745 Hemlock Rd.

Therapy starts when patients may be greeted by one or two of the clinic's therapy dogs, Jenny and Jack. Emily is in the midst of hiring an office manager – all being well, Katie from Sage Wellness, where Emily works on Thursdays, will soon join the centre. During the initial acupuncture treatment, Emily collects the information required to make an assessment to determine a client's TCM diagnosis.



Manor Park resident, Emily Dunn, R.Ac., operates her home-based Balance Healing Centre clinic in Manor Park. Pictured at her clinic is Jenny, her therapy dog. Photo: Courtesy, Emily Dunn

This is a thorough process where questions ranging from dietary habits to sleep are asked, as well as a short physical examination of the client's posture, tongue, and pulse; then a recommended treatment is given. Qi Gong exercises may also be suggested as take-home, self-care exercises. Follow-up appointments, depending on what they entail, may vary from 30 to 90 minutes.

"Every case is different but usually the benefits of the style of acupuncture that I practice, called the Balancing Method, are seen within the first session," says Emily.

Emily is passionate about supporting her clients in reaching their health goals through treatments that may also include cupping, dry needling, acupressure, Tui Na massage, heat therapy or moxibustion (another TCM therapy), facial rejuvenation acupuncture, nutrition and importantly, education. She has a special interest in pain management and autoimmune disorders.

Common conditions that may be alleviated include back pain or pain due to muscle strains, pinched or irritated nerves, as well as posture stress, office-work related injuries, even pregnancy-related

muscle pain without the potential side effects associated with oral medications.

Acupuncture treats autoimmune disorders, arthritis, hormonal (endocrine) imbalances in both men and women as well as reproductive issues, insomnia, migraines, and allergies – even the difficult, lingering symptoms of long COVID.

"Acupuncture has shown amazing results for disorders that are difficult to treat otherwise," says Emily.

She explains that for children, acupuncture is a safe treatment option according to the American Academy of Pediatrics, and that issues can also be addressed with acupressure instead of acupuncture needles.

Community acupuncture services are now offered at the clinic. At the Balance Healing Centre, the community or group acupuncture session is preceded by a short meditation and a Qi Gong exercise. The therapeutic acupuncture treatment is offered in group sessions and complemented with qui-gong and guided meditation. Provided in a large room where patients lie comfortably in recliner chairs, this treatment can be offered for a fraction of the cost of a private

acupuncture session, enabling more people to have access to acupuncture intervention on a more continuous basis.

Community acupuncture is provided on a sliding scale that ranges from between \$40 to \$70 per session. It can be helpful for those on a budget or for those looking to stretch out their insurance benefits.

"With our community acupuncture service, we hope to reach people who feel that they can't access acupuncture treatment and to offer them a sense of overall well-being," says Emily.

Balance Healing Centre's web page offers a wealth of valuable resources and information including service options, articles, healthy recipes as well as booking and treatment costs. Visit: <https://www.ottawaacupunctureclinic.com/services>.

Chew-That By Liza Fendt

There is a new and wonderful place to visit on Beechwood Ave. at the corner of Acacia (the former home of Le Suq and before that Jacobsons). It is called Chew-That, a locally owned and operated pet store for owners of dogs, cats, and critters that is aiming to become a welcoming place for the com-



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A warm neighbourhood welcome to Chew-That, our newest pet locale and its owner Renee Hamilton. Photo: Liza Fendt

munity to hang out with their pets, share a treat and make friends. And, for those who do not own a pet, the welcome mat is out inviting visitors to pop in and enjoy a coffee and, coming this summer, some ice cream.

Beechwood's newest pet 'boutique,' which opened this past February, is the third location for owner and entrepreneur Renee Hamilton. It has a welcoming, 'boutique feel' with ample room for people to browse and shop plus space for personal and group training sessions as well as nail trimming.

Renee launched Chew-That in 2013 with a focus on optimizing pet nutrition and overall wellness. Like her first store in Riverside South and her second in Almonte (complete with a kitchen for preparing cookies/treats, freezies and fresh, home-cooked meals for the three locations), Chew-That Beechwood specializes in finding and stocking the best, high-quality pet food, enrichment treats, exercise toys and accessories. It carries products that may be hard to find else-

where, and its knowledgeable staff are committed to helping customers make informed decisions when choosing food for their pets.

"I look into every product I carry in my store to select the best quality products I can find out there," says Renee. "But rest assured, high quality does not mean more expensive."

Renee's particular interest and passion for optimizing pet care and well-being developed while growing up on a farm where she gained experience breeding and raising horses and dogs, and from assisting veterinarians. She invests time not only in finding and producing the best pet products, but also in providing information, guidance, and educational tips/insights to promote a healthy pet lifestyle, well-being and a long life that may reduce the need for vet visits.

"We treat your pets like they are ours, so we carry only the products that will be beneficial for them," says Renee.

Chew-That stocks grain-inclusive and grain-free foods, raw diet selections and whole



Classic Theatre Festival audience favourites Alison Smyth and Scott Clarkson in the gripping thriller, Wait Until Dark.

Photo: Jean-Denis Labelle

dehydrated foods as well as products to assist with seasonal allergies and digestive matters. Their own products are the result of research to address customer needs and the sourcing of local ingredients. At their kitchen in Almonte, Chew-That bakes limited-ingredient cookies and prepares bone-broth freezies and home-cooked meals with exotic meats such as lamb, elk, and bison.

"Being a small-business owner, I support local farmers because I appreciate the support of the community myself," says Renee. "Our team goes through intensive training such that pet owners can find the assistance they are looking for."

Customers can shop at Chew-That's extensive online

store at <https://chew-that.ca> – a service that opened in response to the COVID-19 pandemic – where they can shop by categories, order, and arrange for in-store pick-up or for delivery.

For owners interested in training exercises, Chew-That Beechwood has offered scent-training classes and sessions for pups to exercise both their brain and their bodies. Renee tells the *Chronicle* that soon she will be posting an activity calendar on the website. There will be information for the community to learn about periodic adoption opportunities at the Beechwood location and other group sessions and training classes.

Chew-That is located at 141 Beechwood Ave. Check

out its Facebook page at facebook.com/chewthatfriends/ for activities and updates or visit its website at chew-that.ca for product information, online shopping, and customer service.

Classic Theatre Festival comes to Ottawa

By Julie Ann Levett-Kiala Buloki

Among the many wonderful summer theatre offerings in the region, Perth's Classic Theatre Festival has stood out not only as a delightful destination, but a reliably satisfying theatre experience. From 2010 to 2019, the festival has staged well-known plays from Broadway and the London Stage, including hits

>>CONTINUED ON PAGE 14



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BUSINESS BUZZ

FROM PAGE 13 >>

by Neil Simon and George Bernard Shaw, to full houses and enthusiastic reviews.

Such works have stood the test of time, continuing to provoke laughter and insight wherever they are staged. The festival is a seasonal project of parent company Burning Passion Productions, which has operated year-round since its inception in 1999.

Like so many smaller theatre companies, Classic Theatre Festival had to halt production since the beginning of the COVID-19 pandemic. Artistic Producer Laurel Smith and Associate Producer Matthew Behrens, along with the parent company's governing board, took the time to deeply consider if a new path was opening for the future direction of their enterprise.

The company decided that the appeal of being part of a close-knit arts community was strong enough to start a fresh chapter for the festival and have chosen their new home at Arts Court in downtown Ottawa.

During a lively and wide-ranging conversation in the modern coffee-shop (Zoom), Matthew, Laurel and I dove into the community-building heart of their theatre work, speaking about the past and future of the Classic Theatre Festival.

Matthew and Laurel shared their desire that people feel at home in the theatre. Through

the festival's "Save-a-Seat" program, they have been able to provide hundreds of complimentary tickets over the years to those on modest incomes. In addition, they have hired and trained dozens of young people in theatre craft, and annually welcome volunteers for everything from set-building to ushering. Community engagement is at the heart of the company.

Matthew told me proudly that Classic Theatre Festival contributed \$1.5 million in economic activity to the Perth economy ever year in the 10 years they were there. These benefits will now be available to the city of Ottawa and enrich the theatre community as a whole. The festival regularly puts on benefit fundraising performances for a range of organizations, and Matthew's pre-show talk focuses on that group's goals and aspirations.

There are gains and losses with all changes; Lauren and Matthew said goodbye to Perth with sadness and gratitude. Classic Theatre Festival's Perth home was a church hall which required retrofitting every season. Now in Ottawa, Arts Court offers a permanent, purpose-built space, ready to go for them year after year.

The festival's summer offering, which runs from August 5 to 28, is *The Fourposter*, by Jan de Hartog. A hit with festival audiences in 2011, this



Here's a sneak preview of the new design concept for the front service area at Epicuria Food Shop and Catering in the Rockcliffe Crossing Plaza. Photo: Courtesy, Tracey Black

comedy is set in the bedroom of a marriage across 35 years. Audiences will see themselves and their partners in the bittersweet and hilarious ups and downs of married life.

Afternoon performances are staged Wednesday to Sunday (1:30 p.m.) with evening performances on Wednesday, Thursdays and Saturdays (7:30 p.m.). Each show begins with a half-hour pre-show talk by Matthew, and the theatre hosts a permanent book sale. Arts Court is fully accessible and extends a warm welcome to all.

Matthew and Laurel are excited to be more tightly knit into Ottawa's theatre community, noting that while the viability of the scene has waxed and waned over the decades, the current moment is a very good one.

One of their many dreams is to have a weekly drop-in for young artists, and they are discerning the shape that may take in the months ahead. Check the website for employment and volunteer opportunities <https://classictheatre.ca/>.

For festival tickets call 613-695-9330 or visit: classictheatre.ca.

Epicuria: Renovations underway

By Julie Ann Levett-Kiala Buloki

What lies beyond the papered-over windows at Epicuria? The answer: there is a major renovation taking place at 357 St. Laurent Blvd. (Rockcliffe Crossing Plaza) in the unit home to Epicuria Food Shop and Catering.

Owner Tracey Black was most kind to answer some *Chronicle* questions by email, between the excitement of renovations and still running the business! It is the public-facing part of the shop that is getting

the attention as its kitchen is in good shape. I asked Tracey what her hopes are for the business in the next decade and beyond. "We want to continue to serve the growing local community, create healthy food customers want and provide meaningful work for foodservice professionals," she says.

Many readers may recall Epicuria's earliest iteration on MacKay St., first as Ryley MacLachlan in 1990, becoming Epicuria later in the decade. The shop offers vegan and gluten free-options and does their utmost to accommodate restricted diets, upon request.

How did get Epicuria get to where it is today?

"Simply, a group of hard-working food professionals creating quality food and being mindful about the details. We have been thoughtful about creating food that works for our customers for all meals and occasions. We love to be there for clients when they need us.

We provide healthy food and a side of lifestyle management. At its core, our food is seasonal and classic, but we have always innovated and responded to changes in how people eat."

What has carried you through the pandemic?

"Hands down the wonderful people who walked through our door everyday, and our dedicated team. We have been through difficult times before with the Beechwood fire and were prepared for managing the uncertainty. I have learned to look for the silver linings, and to focus on the positive to keep moving forward.

Losing 55 per cent of your business [during the pandemic] is daunting but we continued to

pivot with every change, cook the food we love and focus on getting to know and serve our customers.

Hearing how our food made a real difference to our customers' lives and how they depended on us helped a lot, as did their genuine concern about the business and the team. Some gave gifts to our kitchen team to express their gratitude. We were all looking out for each other."


How did you become a food entrepreneur?

"I was not planning a career in food; however, I did grow up in a food-focused family and loved to eat. A few chance opportunities led me into food and entrepreneurship.

My love of food was always present but working in a kitchen allowed me to uncover strengths that would lead me to being an entrepreneur. I can easily toggle back and forth between big picture and operational detail. I am naturally curious, love numbers and am a bit of an operations geek. This is helpful in a production kitchen environment and business where logistics and numbers are everything. Also, food is a wonderful way to be in service and to connect with people."

Reflecting on a career in food Tracey notes, "Our trade has gone from celebrity status to being de-valued during the pandemic. It is a trade that plays a very important role in our society and those that work in it should be proud. I have observed some incredible resiliency in the face of real hardship during the pandemic. Despite the difficulty, there is real value and meaning to be found in the responsibility of entrepreneurship."

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BUSINESS BUZZ



Owners Phil Brun del Re and Matti Pihlainen stand beside the first-in-North America bike-part vending machine located at their St. Laurent Blvd. location. Stocked with commonly needed inner tubes sizes and the like, it's a nifty addition to the store. Photo: Sharleen Tattersfield

der the challenge of entrepreneurship, with such delicious results, you have our gratitude. Thank you, Tracey and your talented team. We look forward to seeing your refreshed space!

Visit: <https://epicuria.ca/> for news, menus and temptations and for placing orders from its online shop.

Epicuria invites you to contribute to the Rideau Rockcliffe Community Resource Centre Food Bank by purchasing a community meal donation for \$10, online or in-person.

Full Cycle By Julie Ann Levett-Kiala Buloki

Full Cycle is a neighborhood bike shop serving our local area, the city at large, and well beyond. It sells and services anything on two wheels.

Operated by business partners Phil Brun del Re and Matti Pihlainen, the store has been a dynamic member of our local business community since opening in 1994 – close to 30 years! You may have noticed their northward progression along the mall which they now

anchor on St. Laurent Blvd., across from Beechwood Cemetery.

Apart from their sunny “showroom”, their current location boasts a large stock-area filled to the ceiling with bike parts, a repair shop, an outdoor repair area (bring your flat ties and squeaky chains), and one hardworking espresso machine.

The sibling store at 7 Hamilton St. N. is the Hintonburg outpost, smaller in footprint, but equal in spirit, selection, and service.

Like any worthwhile enterprise, Full Cycle began as a labour of love. Phil, and later Matti, did not plan to grow the pre-eminent bike shop in the region, but their passion and dedication has led to exactly that. The driver behind the store's success is their singular focus on selling and repairing bikes.

Instead of going wide, Full Cycle has gone deep; deep product knowledge and thorough stocking of components, parts, and accessories. Fancy? Not necessarily. Though you could spend \$8,000 on a bike – and be delighted to do so,

you could also do very well for around \$700. Phil maintains “the best bike is the one underneath you”.

What makes the enterprise sing is the total dedication of the staff. All of their employees, and there are close to 30 of them, are really, really into bikes. Whether in the repair shop in the back, the sales floor, or the office where the online orders are taken, there is a contagious joy in the air. They have no part-time staff. All their staff are fully committed to the store and deeply engaged with all aspects of cycling, and many have been at the store for over a decade.

How has the pandemic affected the store's operations? Adaptability and resourcefulness led to expanding their on-line business – no shipping fees ever, no matter how large or small the purchase. Phil and Matti have been surprised and pleased with how viable the store's online sales have become, including clientele who might hesitate to come into the store for any number of reasons.

Full Cycle has shipped to destinations all over Canada and in Europe. Two remote staff manage online orders and dispense advice all over the world. There are no chat-bots here, just friendly, responsive folks who offer the same great service as in the store.

Having reduced the store's hours due to staffing issues in the early days of the pandemic, they have not gone back. The store used to run seven days/week, including three evenings until 8 p.m., but business is just as healthy within their newer hours of 10 a.m. to 5 p.m. on Tuesdays through to Saturdays.

If you do need something before or after opening hours, check out the first-in-North America bike-part vending machine!! Stocked with commonly needed inner tubes sizes and the like, it is a nifty addition to the store's business channels. Their Camp Fortune repair shed is also now open to meet the needs of Gatineau Park cyclists.

Whether you are a commuter, an off-road cyclist, Saturday-afternoon-around-the-neighborhood type, novice or hard-core cyclist, adult, or child

– you will be well-served by the enthusiastic team and outstanding product line at Manor Park's own Full Cycle. Come in for an espresso!

Dr. Lokesh Malik New Edinburgh Dental By Liza Fendt

The *Chronicle* welcomes new advertiser, New Edinburgh Dental and its owner and dentist, Dr. Lokesh Malik. The dental clinic is located in Beechwood Village at 200 Beechwood Ave., corner of St. Cécile St. Dr. Malik assumed ownership in spring 2021 following the retirement of its former owners and dentists, Drs. Martins and Prud'homme.

Shortly after an extensive interview process, he was selected to take over the clinic and to continue looking after its patients. Dr. Malik tells the *Chronicle* that he was particularly interested in this practice due to its excellent reputation and the alignment of its treatment philosophy with that of his own.

Dr. Malik continues to offer the same quality dental ser-

>>CONTINUED ON PAGE 16

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BUSINESS BUZZ



Welcome to Dr. Malik and his team at New Edinburgh Dental, located at 200 Beechwood Ave. Photo: Sharleen Tattersfield

vices at the clinic, now known as New Edinburgh Dental, and proudly operates with the assistance of the same, familiar team of administrative staff and dental assistants that its patients had come to know and trust over the years.

His cohesive team includes

two hygienists, two dental assistants and two administrative staff. Together with Dr. Malik, they help ensure the best possible outcome for each patient – be they adults, children, teens and/or seniors - adapting to individual needs, availability, and financial constraints.

“Every patient has unique needs,” says Dr. Malik. “I like to make sure that all my patients are comfortable while we solve their issues.”

Dr. Malik’s passion is to help his patients feel more comfortable with dental care, especially those who may fear going to a dentist. And, to help all his patients to learn how to take care of their teeth such that they do not need more than a periodic, regular cleaning.

“There can be individual issues faced by each patient, but we work around those to make sure each one gets the treatment that they need.”

Dr. Malik tells the *Chronicle* that growing up with dental issues as a child has led to an abundance of understanding and empathy for his patients today. His uncle, a dentist, looked after him and it was his help that inspired Dr. Malik to follow in his professional footsteps. In 2018, Dr. Malik started practicing general dentistry in Canada and, since then, his emphasis has focused on prevention and education.

He teaches clients about the importance of having healthy teeth for their overall health and supports their efforts to boost self-esteem through a healthy, beautiful smile. He explains that his clinic, in response to the COVID-19 pandemic, provides increased infection prevention and control measures and that it is able to cater for patients who might still be hesitant to visit a dentist.

New Edinburgh Dental is now offering Invisalign® aligners to complement its ser-

vices. Dr. Malik explains that these are transparent orthodontic devices, customized for each client to adjust the position of their teeth to achieve an aligned bite pattern and to improve their smile. He says the aligners can be an alternative to braces for clients who need to resolve orthodontic issues that can lead to sleep apnea or teeth grinding.

The dental clinic also offers an alternative way to evaluate teeth grinding or clenching (known as Bruxism) by customizing a temporary night guard that can later be used to diagnose the patient’s needs. Dr. Malik says that Bruxism is quite common, and that prevention is important before teeth are damaged or other symptoms such as headache, jaw soreness and/or sleep disruptions develop.

“If you haven’t seen your dentist recently, do so,” says, Dr. Malik. “Make it a periodic visit to ensure that your teeth have as long a life as yours – it’s important for your health.”

For more information, contact New Edinburgh Dental at 613-742-8016 or by email at info@newedinburghdental.ca.

BUSINESS BRIEFS

By Sharleen Tattersfield

Good Prospects Brewing Co.

With great excitement, Duncan MacKay tells the *Chronicle* that our local brewing company will soon open the doors of its highly anticipated and long-awaited tap room. In the

planning stages for ages, Good Prospects Brewing Co., our neighbourhood craft brewery, will be serving beer on tap come early June.

Duncan says beer aficionados will be able to sit back and relax as they raise a glass from a choice of five different beers that will be on tap – just in time for patio season and warm summer weather. The tap room, taking shape now, will be able to accommodate up to 50 patrons. This is indeed exciting news for the company which recently celebrated its first year in business at 411 St. Laurent Blvd. Congratulations! Visit: <https://www.goodprospects.ca/>.

Revival Bistro/Coffee House

Longing for a latte or savouring a sweet and/or savory treat, then be sure to check out our neighbourhood’s local coffee shop located on the ground floor of the Brigid apartment building at 460 St. Laurent Blvd., corner of Dunbarton Crt. Open Mondays (9 a.m. to 3 p.m.) and Tuesdays to Fridays (9 a.m. to 5 p.m.), Revival Bistro patrons can enjoy delicious eats and treats prepared from scratch by chef/owner Ryan Edwards and his culinary team from the Le-St. Laurent restaurant.

This sister café of the penthouse restaurant is a great find – spacious, comfortable and light-filled – a relaxing place to meet and enjoy not only its selection of barista coffees, but daily soups, pastas, paninis and rice bowls, including vegan and gluten-free options.

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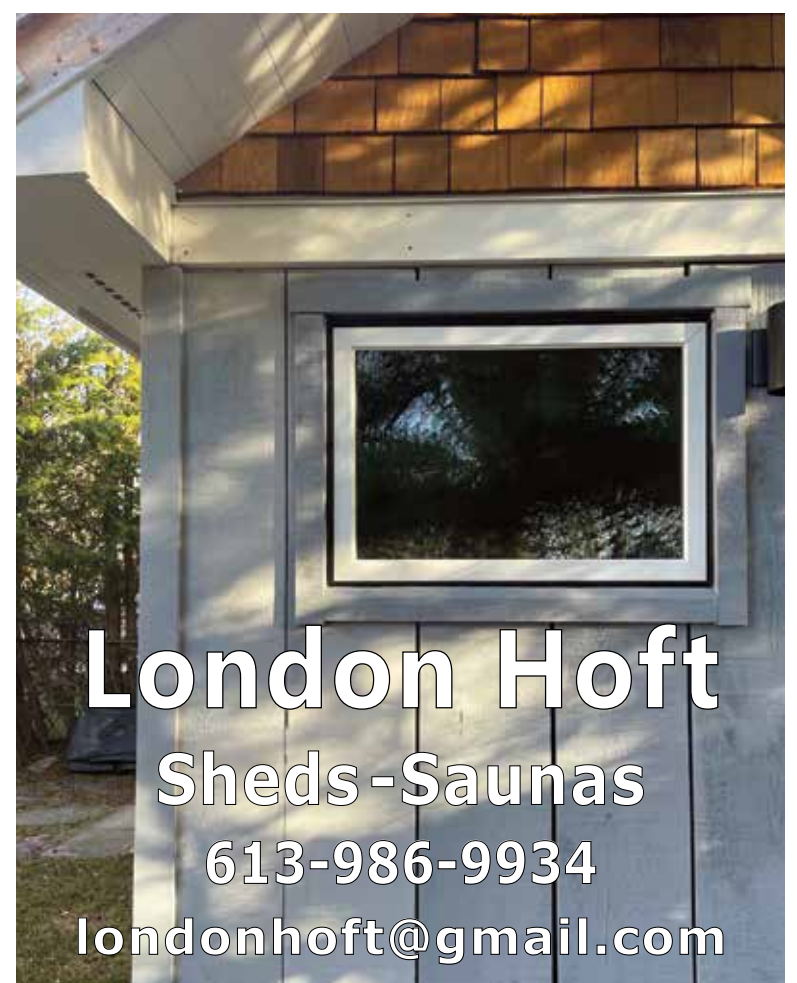
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ONTARIO ELECTION 2022

Voting day for the Ontario provincial elections is Thursday June 2, but visiting polling stations from 9 a.m. to 9 p.m. on that date is only one of several ways to vote. Registered voters can also vote at an advanced voting station from 10 a.m. to 8 p.m. during a 10-day period before election day, and vote by mail.

For more information on the various ways to cast your ballot, visit the Elections Ontario website at www.elections.on.ca.

In order to help inform your vote, the *Manor Park Chronicle* approached all of the registered candidates running in Ottawa-Vanier and asked them to submit a brief profile of themselves while also identifying what they felt were the three priorities for the riding.

Ottawa-Vanier Progressive Conservative candidate Patrick Mayangi did not respond to the request. The following responses from the other four candidates are in alphabetical order by party and edited slightly for style and clarity.



**Green Party
CHRISTIAN
PROULX**

Photo supplied by campaign office

How do we create a community that is vibrant, accessible, caring and fair?

For residents of Ottawa-Vanier and beyond, it's been a tough couple of years. Affordable housing was already an issue. With the COVID-19 pandemic – we have lost loved ones, and lost jobs, we have experienced burnout and mental health issues. Now, we're also seeing increased costs for food, fuel and housing, and uncertainty about what lies ahead.

I'm Christian Proulx. As a lifelong resident of Ottawa-Vanier and a franco-Ontarian, I'm concerned about how we create vibrant and sustainable

communities. I'm running in the upcoming provincial election as your Green Party of Ontario (GPO) candidate because I'm inspired by GPO Leader Mike Schreiner's integrity and vision, and the practical roadmaps for addressing our issues.

My top priorities for Ottawa-Vanier are:

1) Housing affordability / Homelessness

Decisions we make today about how we build places to live and work will have lasting impacts on our economy, prosperity, health and environment for generations. In Ottawa-Vanier it is increasingly difficult for many people to find affordable housing options. And with the plans to build new apartment buildings to replace older rental properties, many tenants are concerned about their future housing security. Chronic and temporary homelessness is a growing issue. Sadly, we even find people sleeping in the streets because they don't find shelters to be safe spaces.

The Green Party has an ambitious and practical roadmap to building livable communities that are connected, affordable, and sustainable. There are nine strategies in the Green Party's affordable housing plan. Some highlights are:

- **End chronic and tempo-**

rary homelessness by fully implementing a housing-first approach. This approach starts with addressing the housing need before connecting to other supports, including mental and physical health care, education and employment services.

- **Immediately build** more affordable housing, renew existing community housing homes, and protect the current supply from "renovictions" and investor-focused development to provide stability and security for renters.
- **Fund** Indigenous-owned and operated homes under an urban and rural Indigenous housing strategy led by Indigenous communities.
- **Expand pathways** to home ownership to reduce inequality and ensure that people can live in the places that best suit their families through down payment support programs, and by expanding income opportunities through secondary suites.

2) Sustainable communities and 15-minute neighbourhoods

Densification can be done well with good planning and community input. However, communities need real clout with development plans to make sure

this happens. Neighbourhoods should be designed with people in mind. As we move towards urban densification, we need to make sure we have safe, walkable neighbourhoods, green space, tree canopies, and easy access to essential services such as grocery stores and schools. The many benefits include reduced social, health and environmental costs over time.

The best way to transition to cleaner energy is to use less of it! We lower our carbon footprint by decreasing the distances we travel.

3) Mental health is health care and should be available for everyone

Early support and treatment prevent more costly problems later. Ontario Greens have a detailed plan to make mental health care more affordable, accessible, and comprehensive. Some highlights are:

- Immediately decrease wait times.
- Expand access to mental health and addition care under OHIP.
- Expand the Telehealth system such as adding a #7-1-1 crisis support line.
- Increase funding to ensure no young person waits longer than 30 days for mental health care, and

CONTINUED ON PAGE 18





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ONTARIO ELECTION 2022

FROM PAGE 17 >>

- Support Indigenous-led clinics and healing programs for mental health.

I'm here to listen to you, and here for the long term. In this election, vote Green for the sustainable future you and your children want.



**Liberal Party
LUCILLE
COLLARD**

Photo supplied by campaign office

Nous revoici en campagne électorale et les attentes des Ontariens envers le prochain gouvernement sont de taille. De mon côté, j'ai enrichi encore davantage mon bagage au cours de ces deux dernières années de

pandémie et le bilan que je fais du travail que j'ai pu accomplir m'encourage à persévérer. Je suis motivée plus que jamais à être une voix forte pour vous.

L'éducation, l'environnement et le logement ne sont pas les seules priorités mais elles sont incontournables pour un Ontario inclusif et prospère.

L'éducation est le fondement de notre société et pour améliorer la vie pour tous il faut prioriser nos fondations. Les élèves et leurs familles gagneraient à ce que notre système d'éducation soit adapté aux différents styles d'apprentissage plutôt que d'essayer de faire rentrer tout le monde dans le même moule.

Nous avons besoin d'une éducation qui soit honnête à propos de notre histoire et nous devons inspirer les étudiants à construire un avenir meilleur. Nous avons besoin d'investissements importants dans nos infrastructures pour créer des environnements d'apprentissage dynamiques, sécuritaires et inspirants qui permettent aux étudiants de s'épanouir et atteindre leur plein potentiel.

Les changements climatiques nous affectent tous. Nous avons un devoir impératif de protéger l'environnement.

Modifier nos habitudes de vie pour moins et mieux consommer au niveau énergétique et alimentaire, densifier la création de logements en équilibrant l'accès aux espaces naturels et aux services pour éviter l'étalement urbain ou protéger l'eau et la nature sont autant de moyens à privilégier pour le respect de notre planète et des générations futures.

Depuis mon élection, la question du **logement abordable** et de l'itinérance a occupé une place prioritaire. Toute la consultation, recherche et analyse effectuées confirment que le droit au logement pour tous est la voie vers la réussite d'une société inclusive et prospère. Les refuges ne sont pas une solution et je vais continuer à lutter pour le droit à un logement.

J'espère que vous m'accorderez à nouveau votre confiance et le privilège de continuer le travail commencé il y a deux ans.

...

We are back in an election campaign and the expectations of Ontarians for the next government are high. For my part, I have further expanded my knowledge and experience over the past two years of the pandemic and the assessment that I make of the work I have been able to accomplish

encourages me to persevere. I am motivated more than ever to be a strong voice for you.

Education, the environment, and housing are not the only priorities but they are key in the pursuit of an inclusive and prosperous Ontario.

Education is the foundation of our society, and to improve life for all we must prioritize our foundations. Students and their families would benefit from our education system being adapted to different learning styles rather than trying to fit everyone into one mould.

We need education that is honest about our history, and we need to inspire students to build a better future. We need significant investment in our infrastructure to create dynamic, safe, and inspiring learning environments that allow students to thrive and reach their full potential.

Climate change affects us all. We have an undeniable duty to protect the environment. Modifying our lifestyles to consume less and better in terms of energy and food, increasing the density of new housing while balancing access to natural spaces and services to avoid urban sprawl, and protecting water and nature are all means to be favored for the respect of our planet and future generations.

Since being elected, the issue of **affordable housing** and homelessness has been a priority. All the consultation, research, and analysis that has been done confirms that the right to housing for all is the path to a successful, inclusive, and prosperous society. Shelters are not the answer, and I will continue to fight for the right to housing.

I hope you will give me your trust again and the privilege to continue the work started two years ago.

homeless teenager, my education and work as an environmental chemist, my LGBTQ [Lesbian, Gay, Bisexual, Transgender, Queer community] and homelessness advocacy, or my work as a public school board trustee, please see my website: www.LyraEvans.ontarioNDP.ca.

The first issue is that general affordability has decreased, and specifically the **cost of housing** has become too high for everyday people. Unregulated ghost hotels, such as Airbnb, and large multinational corporations purchasing all the housing stock to rent out has caused the housing market in Ontario to skyrocket, bringing rising rents and soaring property valuations.

As the price of housing has risen the ability to charge more for rent is causing "renovictions" where a landlord evicts a tenant to charge more for the next tenant. Further, the increasing property valuations push folks on a fixed income, such as pensioners, out of their homes as property taxes rise.

The rising cost of housing is also causing a crisis in younger generations, as the housing stock is being bought out by international corporations and people seeking multiple rental properties. The younger generations are unable to start the real estate ladder, forestalling the stability often required for new families.

There are solutions to this. In this election platform the NDP has proposed a speculation and vacancy tax to reduce the profit for purely speculative investors purchasing homes they do not intend to rent or live in. The NDP has also proposed a rent freeze between tenants to remove the motivation to evict a tenant to get more rent out of a future tenant.

These are reasonable responses which should slow the problem. Personally, I feel that a faster response would be warranted, and that housing should be less commodified in general. Within caucus I would advocate that future election platforms propose steps to limit corporate ownership of residentially zoned housing entirely.

The second issue facing the citizens of Ottawa-Vanier is the ongoing **funding crisis in education**. The K-12 education sector has been chronically underfunded, with the existing funding model for students being predominantly a flat fee per student. Rising numbers of students seeking help with mental health issues, and an increasing willingness to try to help, rather than ignore, special education needs has resulted in too many students

Mona Fortier

Députée / Member of Parliament
Ottawa-Vanier

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**NDP
LYRA EVANS**

Photo supplied by campaign office

I have been asked for three policies impacting Ottawa-Vanier, so I have limited my submission to policy. For more information about me, my time as a

ONTARIO ELECTION 2022

needs not being met, or are being met on a delayed timeline.

This delay often results in worse outcomes. For example, if a student needs the services of a speech language pathologist or enhanced reading support, the earlier the intervention the more effective it will be. The pandemic has exacerbated the mental health of students and to properly help them we need to invest in the future generations, hire more staff, and address the hundreds of millions of dollars of backlogged repairs to our buildings. Many schools were built in the 1950s and '60s to accommodate the population boom with a 50-year lifecycle, and we're currently patching these over when the actual solution is an overhaul.

The NDP has not proposed doing so for this election, but if elected I would push for future platforms to include ending of the public funding of the Catholic school systems. This would allow more students to stay in their neighbourhoods and travel less distance for school.

A third issue is the **City of Ottawa has systemically ignored the needs of this community.** Ignoring the desires of the community when it comes to public transit, the failure to appropriately address homelessness, poverty, and crime.

If elected I would move that the City of Ottawa be granted an equivalent set of powers as the City of Toronto was granted through the City of Toronto

Act (2006), with the expectation that it uses the new powers granted to appropriately fund services and more adequately meet the needs of people.

Lyra Evans @LyraEvansOTT (Twitter, Instagram, Facebook)



None of the Above Party **BLAKE HAMILTON**

Photo supplied by campaign office

A long-time resident of Vanier, I served as a deputy returning officer here during the 2018 provincial election. Currently working in technical support for a major non-profit, I'm a staunch advocate for democratic reform and greater government accountability. The big parties and their representatives are failing us, now more than ever. They serve themselves more than they serve us. We need to reclaim our power. If elected,

I will be your champion, acting with the utmost integrity to make sure that all your voices are truly heard and respected. Without being corrupted or hobbled by party politics.

My three main priorities for Ottawa-Vanier are:

1) Electoral reform

Give all voters a truer, fairer voice at Queen's Park. Aban-

don our failing first-past-the-post, winner-take-all system and replace it with proportional representation.

2) Referendums

Actively involve constituents in the decision-making process. Send out information packets on all proposed legislation, seeking their direct input on how their MPP should vote on

each one. The MPP will then always vote accordingly, based on the majority consensus in the riding.

3) Recall

Make our leaders truly and totally accountable at all times. Enact voter recall laws, to give people the power to remove bad politicians sooner, without having to wait for the next election

Ontario



St-Laurent Academy Summer Programs!

JK- Grade 8 and High School Registrations NOW Open!

St-Laurent Academy is pleased to be offering summer camp programs for Elementary Students JK- Grade 8 and High School Credit Courses for students Grade 9 - 12.

Elementary Summer Camp (JK - Grade 8)

Dates: July 4 - August 19

Cost: \$375 for full day/ per week

Camps will focus on Multi-Sports, Interactive Games, Art Adventures, Cooperative Drama Activities and Dance with our team of amazing teachers and staff

High School Summer Credit Courses (Grade 9 - 12)

Dates: July 4 - 29

Cost: \$1500 for full day/ per course

Continuing education throughout the summer is conducive to students retaining the learning skills and work habits that are required for success in secondary school and beyond.

Visit our website, www.St-LaurentAcademy.com, or contact admin@st-laurentacademy.com for more details and information.



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 Rahul Chandran Vice-Chair
 Michael Kremmel Treasurer
 Vessela Zaykova Secretary
 Kailey McLachlan
 Kelsey McMahon
 Mark Smith

Child care office:

In Manor Park Public School
 100 Braemar Street
 613-741-4776

Recreation office:

In Manor Park Community Centre
 100 Thornwood Rd.
 613-741-4753

email: mpcc@manorpark.ca

website: manorpark.ca

Follow us on social media:

Facebook.com/
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 Instagram: @mpcc_official
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How to volunteer:

manorpark.ca/work-or-volunteer

Apply for a job:

manorpark.ca/work-or-volunteer

Sponsor an event or program:

specialevents@manorpark.ca

To register for a program:

amilia.com/store/en/manor-park-community-council/shop/programs

For information about what we do:

manorpark.ca

Meet the MPCC board of directors

FROM THE DESK OF:



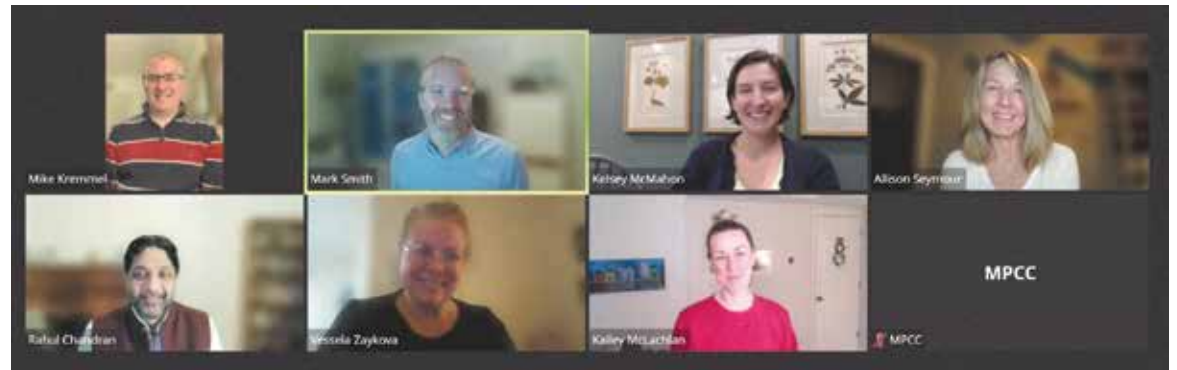
MPCC Chair
ALLISON SEYMOUR

At the Manor Park Community Council (MPCC) Annual General Meeting last month, we welcomed a new director to the board, **Kelsey McMahon**.

Kelsey is relatively new to Manor Park, relocating in 2019 to a new home with her husband. This federal government manager has demonstrated her commitment to volunteerism and community through successful events such as Dress for Success, Ottawa Bluesfest, and Kemptville Live Music Fest. The MPCC welcomes her skills in content creation, user experiences, and analytics which will be directed at our website, and events.

Vice-chair **Rahul Chandran** returns to the MPCC board for a second term.

Rahul's leadership skills are informed by an empathy and understanding of the diversity that is found in an inclusive community. These skills have been honed through international work with well known organizations such as



CARE International and the United Nations. Recently, Rahul guided the MPCC team development of Ottawa Cares, the food bank hamper delivery program to fight food insecurity during the pandemic. He shares his Manor Park home with enthusiastic and curious young daughters.

Treasurer **Michael Kremmel** remains for another two-year term on the board.

During the last two years of the COVID-19 pandemic, unprecedented challenges to the financial security of the MPCC have presented themselves. Under the prudent leadership of Mike, our organization finds itself ready to meet the opportunities ahead. Mike has taken a leadership role in bringing the exciting project of a community hub at 1805 Gaspé to life. He owns a company specializing in business audits.

Secretary **Vessela Zaykova** continues into her second two-year term.

Vessela's marketing consultant expertise has been put to good use as the MPCC embarks on a re-branding. Many readers may have already participated in focus groups she moderated

or answered surveys she guided. In addition, she brings the skills of a business entrepreneur! Vessela's new business in the Byward Market continues to be going strong in spite of pandemic challenges. As a neighbour of the Gaspé hub, she helps bring a needed perspective to planning for the community.

Mark Smith has been a director since 2019.

Mark continues to provide thoughtful advice to the deliberations of the board. His professional skills with the federal government help translate ideas into actions. An active sport enthusiast — think cycling, tennis, hockey — Mark is a welcome promoter of MPCC sports, and as beer connoisseur and brewmaster is a strong Pints in the Park advocate!

Kailey McLachlan joined the board in 2019.

Kailey's work in COVID-19 communications with the Public Health Agency of Canada has provided a valuable perspective to the MPCC through the navigation of changing policies and restrictions associated with the pandemic. As a parent of young

children and teens, she has helped keep our focus on meeting the needs of growing families. Her energy and ideas foster great board discussions and will be welcome as we kick off strategic planning this spring.

Finally, I'm entering the final year of my third term as MPCC president and board chair.

As chair of this talented and dedicated board, I am extremely committed to the success of the MPCC. My executive leadership experience across various sectors, and specific expertise in strategy, philanthropy and business management have supported the MPCC to advance its ambitions, evolving to meet the changing needs of our community and take hold of exciting new opportunities for growth presenting themselves through the Gaspé property. Board meetings are always engaging and productive, and I love the connection this work provides to the community. We are heading into a busy summer with lots to offer by way of programming and events, and will be refreshing our strategic plan.

Have a wonderful summer!

Manor Park Community Council 'opts in' to federal child care program

By Meagan Noonan
Supervisor, Child Care & Early Learning, MPCC

Ontario has finally agreed to a deal with the federal government to create more child care spaces and to eventually bring the cost of child care down to \$10/day for children ages 5 and under. Licensed child care centres must choose to either opt in or out of the Canada-wide Early Learning and Child Care plan (CWELCC).

This is very exciting news for our child care and early learning

team at the Manor Park Community Council (MPCC). We know that licensed, affordable, quality childcare is important for our community to thrive.

The MPCC is thrilled to share our intent to opt into this program.

Once we are approved, our families currently enrolled in both our licensed before and after-school in Manor Park program and our licensed Manor Park Playschool, will see their fees cut by up to 25 percent, to a minimum

of \$12 per day, retroactive to April 1, 2022.

Further child care cost reductions will take place with the goal of reaching \$10-per-day child care by September 2025.

With the rising costs of groceries and living expenses, parents deserve a break that the CWELCC will help provide. Registered early childhood educators (RECE) who work in daycares also deserve a living wage. Child care providers who have "opted in" must ensure that their RECE employ-

ees are paid according to a published wage scale.

Although the implementation of a base salary of \$18 per hour for an educator who has graduated with a diploma in early childhood education and is a member of the College of Early Childhood Educators is disgraceful, it is a start. We will continue to advocate for our professionals.

The provincial-federal deal also includes grants to open an additional 86,000 daycare spaces by 2026. MPCC will be applying for this grant with plans to open

a full-day childcare centre for children ages 6 months to 5 years. Our goal has always been to meet the needs of our community and if our application is successful, we will proudly offer multiple childcare options.

Currently, MPCC offers the following licensed child care programs:

- Before- and after-school care,
- Playschool for pre-schoolers, and
- Summer child care for children ages 3 ½ -12 years.

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SPORTS & FITNESS PROGRAMMING

SUPERVISOR'S MESSAGE



Josh Cassidy

Spring has sprung! We have so many fun things planned for this summer.

Spring sports programs are gearing up to start and it is never too late to register! Soccer, baseball and multisport programs will bring all the action for kids to the Manor Park sports fields. Our newest baseball program, Parents Play Ball, will give older children and families a chance to get in on the fun.

Registering your child for an MPCC sports program is a great step towards fueling a lifelong love for sport. Our enthusiastic, experienced coaches develop program plans that focus on inclusivity, engagement, and fun. As quickly as possible, skills and drills transition to games, games, games.

Look for many programs to take advantage of the warm weather and head outside at 1805 Gaspé. Hybrid programs for Stay Strong and Stable and yoga will continue through the spring before heading outside.

Tartan Ottawa International Marathon – Eastbourne Ave. Hydration Station

Ottawa Race Weekend returns to the streets of Ottawa Saturday May 28 and Sunday May 29! And, the Tartan Ottawa International Marathon runners will be on the streets of Manor Park on Sunday May 29. Volunteers are a key part of the Ottawa Marathon Race Weekend! You can be part of the action – right here in Manor Park – by volunteering to help at the hydration station location on Eastbourne Ave.

Each year, the marathon needs over 50 volunteers to fill and serve 20,000 cups of water or electrolyte replacement. And – it's fun!

FITNESS – TEENS AND ADULTS

Something for everyone! Our new location at 1805 Gaspé provides the perfect setting for your next fitness and/or yoga adventure. Contact us for your first trial class today – on us!

Worried you won't make every class? Want to try different classes? Attend as a drop-in participant (\$20) or purchase a multipass and attend the yoga or fitness class of your choice.



STAY STRONG & STABLE

Let instructor Louise Hannant guide you through a series of exercises that strengthen the 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 a.m. – 12:30 p.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.



CORE AND 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 – 7 p.m.



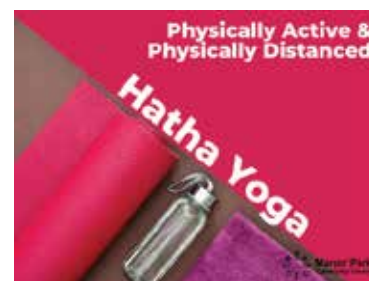
FULL BODY WORKOUT

Everyone age 16+ 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 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. Participants can 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 enjoy a relaxation cool down.

Join Anytime!
Tuesdays, 5:30 – 6:30 p.m.

Saturdays, 10 – 11 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, 9 – 10 a.m.

1805 Gaspé

CHILDREN'S SPORTS



MANOR PARK SOCCER

Look for a high energy program that will nurture a fun-filled, inclusive atmosphere where children can thrive and fuel their love for sport! Sessions will start with

skills and drills designed to meet your child's age and promote physical literacy. Skills and drills will transition quickly into games, games, games!

Saturdays, May 14 - July 9

'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. – 12 p.m.



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 (squeaky!) 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 – 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 – 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!

Wednesdays, May 18 - July 6

Ages 4-5, 5:30 – 6:30 p.m.

Ages 6-9, 6:30 – 7:20 p.m.

Ages 9-12, 7:30 – 8:20 p.m.

\$100

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 firepit Access to games / activities for all ages!

Available starting May 1

Book online at www.manorpark.ca.

\$200 for the first two hours and **\$75** for each subsequent hour



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ARTS PROGRAMMING

SUPERVISOR'S MESSAGE



Stephanie Sears

The snow is gone, the rink boards have been taken away, the robins have returned – we're ready for warmer weather! We're excited to welcome the spring, which means a return to outdoor programming and events!

New this spring! Introducing the Manor Park Makers' Market! An opportunity for local makers and sellers to showcase their handmade goods right here in Manor Park.

There are many talented crafters, makers and artisans in Ottawa, and we're creating a safe and fun atmosphere for you to come shop their goods, hang out and socialize with friends and neighbours. We're hoping to create a very welcoming and inclusive space where makers and shoppers can come together and discover new talent. Food and drink will be available on site to sweeten the deal and keep the "hanger" at bay while you shop.

This outdoor market will offer a safe place for families to convene, as playgrounds will be open.

Come join us for our first ever outdoor market. Watch for details on our socials and website.

Don't forget about new art classes coming up – Kids' Art with Antonia Weetman will start May 14 and Drawing: Fundamentals with Lindsay Watson on May 30. Small class sizes help you get the most out of the class with more one-on-one attention from instructors.

We're also excited to welcome you to the community center for Family Games Night! A new offering this spring in partnership with our pals at Meeple & Sheep! Read on for more details, hope to see you this spring!

ARTS PROGRAMMING For teens and adults (Ages 16 and up)

**All art courses are suitable ages 16 and up and take place in-person. All skill levels are welcome. Supplies are not included.*



DRAWING: FUNDAMENTALS WITH LINDSAY WATSON

Dive into the learnable skill of drawing accurately and expressively! Hone your understanding of form building, shading, rendering, and perspective, through landscape, still-life, and figure drawing. Pencil, pen, and conte will be explored. All skill levels welcome. Ages 16+.

4 weeks

Mondays May 30 - June 20

1 - 3 p.m.

\$88



SEW AMAZING SUNDAY: ALL-DAY-SEW-A-THON

Kick off a new year of sewing with a Sew Amazing Sunday All-Day-Sew-A-Thon! Set up your machine for the day at the community center and sew until your heart's content! Workspaces, iron and board, extension cords provided. A fun and social day of sewing. Self-guided. Ages 18+.

Sunday, May 15

9 a.m. - 4 p.m.

\$20

FOR KIDS AND FAMILIES



KIDS' ART: PAINTING & MIXED MEDIA EXPLORATION

Join in for a four-week children's art

class where exploration and creativity will take shape! Each week, the class will explore a new theme. Expect finger painting, printing & print-making, collage and drawing! An excellent introduction to the world of mixed media - for kids! Inexpensive materials mean the freedom to explore each medium, zero mistakes and no judgment. A safe space for young artists to explore creativity and art making. Some supplies included. The class is lead by local artist and art instructor, Antonia Weetman.

Ages 5-10

Saturdays 4 weeks (no class May 21)

May 14 - June 11

1:00 - 2:30 p.m.

\$80



FAMILY GAMES NIGHT

Discover new family-friendly table-top adventures! From strategy to puzzle games, to dice and dexterity - plus everything in between! Join Ben and Casey of Meeple & Sheep for Family Games Night at the

Manor Park Community Centre. Ben and Casey will be introducing family friendly games in May and June, along with full instruction on how to play each game. Register in advance to reserve your table. Register a family or come as a single. Loved your game? Games will be available for purchase through Meeple & Sheep. Come for games, and stay for the FUN!

May and June

Dates and pricing coming soon to manorpark.ca

MANOR PARK ART SALE

New art for 2022 is now on display at the Manor Park Community Center. Drop in or schedule a time to view the newest display. All art is by local artists and for sale. Want to show your art? Email ssears@manorpark.ca for opportunities! All ages and skill levels accepted.

Manor Park Makers' Market

A new celebration of local makers. Welcome to the Manor Park Makers' Market. An outdoor spring market featuring goods from local makers and vendors. Showcasing apparel, home goods, jewelry, bath & body, artisanal food & drink, knits, ceramics and more! Through this new community event, we hope to connect local small businesses with new and re-

turning customers, in a safe and positive environment. Food and beverages will be available on site for purchase from local businesses. Shop, stay and socialize, safely outdoors this spring.

NOW ACCEPTING VENDOR APPLICATIONS!

Be a part of MPCC's growing list of community events and be seen in Manor Park. Find our vendor application and requirements on manorpark.ca. This event will be held in May. The date is coming soon to manorpark.ca and MPCC social media accounts.

Follow us on all your socials.
Stay up to date on what's going on at MPCC!



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CHILD CARE AND EARLY LEARNING

SUPERVISOR'S MESSAGE



**Meagan Noonan,
Registered Early Childhood Educator (RECE)**

With the school year coming to an end, I wanted to take this opportunity to recognize the incredible educators at Before- and After- School in Manor Park and Manor Park Playschool. This year, their commitment and dedication to our families, children, and programs has been nothing short of extraordinary! As we moved to fewer COVID-19 restrictions, our educators and organization took a cautious approach to ensure that the children in our care were safe, happy, and having fun, which our families appreciated very much.

I know that I can speak for our entire childcare team when I say that our families have been amazing, and we cannot wait to continue the fun in our licensed Summer Child Care program. To those not joining us this summer, we look forward to welcoming you back in September!

Summer Day Camps in Manor Park

Be part of something extraordinary this summer — Summer Day Camps in Manor Park, for children aged 4 to 10 years!

Register early to secure your preferred weeks in advance. Registration is on a first-come, first-served 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. to 4 p.m. Parents may add extended hours from 8 to 9 a.m. and/or 4 to 5 a.m. for an additional fee.

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 creativity.

Camps run Monday, July 4 to Friday, August 26 for a total of eight weeks.

We're hiring camp counsellors!

Applicants must love sunshine, playing outdoors with kids and working as part of a fun and flexible team. Successful candidates will be fully vac-



Registration is open at manorpark.ca. Spaces are limited and camps are almost sold out!

nated against COVID-19 (i.e., three doses). Please email your resume and cover letter before May 13 to Camp Supervisor

Stephanie Sears at ssears@manorpark.ca.

Volunteer opportunities are back!

Want to build your resume, gain valuable experience, and meet new friends? Volunteers are ideally 12+ years and are available during July and August. Volunteers, once accepted, can select their preferred weeks, half-day or full-day. Must love sunshine, playing outdoors and working as part of a fun and flexible team! Please email your resume and cover letter before May 13 to Camp Supervisor Stephanie Sears at ssears@manorpark.ca.

Licensed summer child care program offered at Manor Park

**By Jenna Sylvester, RECE
Assistant Supervisor, Child
Care & Early Learning**

This summer, Manor Park Community Council (MPCC) is offering its first licensed child care program!

Our recreational summer camps are so awesome that we thought we would extend the fun into our child care and early learning programs.

The licensed summer child care program is offered to children ages 3 ½ to 12 years. It will run daily from July 4 to September 1 (except for the Monday August 1 Civic Holiday) from 8:30 a.m. to 5 p.m.

Our program is facilitated by registered early childhood educators (RECEs) and child care workers. There is no additional cost for extended

hours!

We will build our program based on the children's interests and explore exciting topics weekly, including: "Superheroes Unite!", "Let's Go to the Zoo", and "Video Games". Not only will we be going for outings in the community, but we will also welcome special visitors to our program, including: "Magic Show" by Chris Pilsworth and a petting zoo from the Zoo Crew. On top of all that cosmic chaos, we will have "Bring in your bike" days, water-play days and a summer festival day!

If you're interested in licensed summer child care, please give us a call at 613-741-4776 or email us at bas@manorpark.ca. Join us for a summer filled with lots of sun and fun for everyone!

WE'RE HIRING!

Registered Early Childhood Educator

Join our licensed child care team for an unforgettable summer!

How To Apply
Please send your resume and cover letter to:
mnoonan@manorpark.ca
manorpark.ca

Duration of Employment
July 4 - September 1, 2022

Qualifications

- Registered member in good standing with the Ontario College of Early Childhood Educators;
- Early Childhood Education diploma/degree from a recognized community college or university or other equivalent education qualifications;
- Valid Standard First Aid & CPR - Level C certification;
- Clean and current Police Record Check (Vulnerable Sector);
- Full vaccination against Covid 19 (including available boosters);
- Caring, compassionate and respectful attitude towards children and families;
- Ability to communicate well in English, both orally and written;
- Ability to work as a team member with professionalism, shows initiative, reliability, and an eagerness to learn;
- Ability to meet the physical demands of the job, and
- Experience working with children ages 6-12 years.

Ottawa Cares update

We are excited to announce that the Ottawa Food Bank assumed operational control of Ottawa Cares — home delivery of food bank hampers — effective April 1.

We are so proud of everything that our incredible volunteer team has accomplished over the past two years. With the development of a successful model in Ottawa Cares, we knew that the delivery service was best placed back in the hands

of the social services agencies it supports. Through our incredible volunteers and staff, Ottawa Cares had a *big* impact on our community:

- 55,000+ Food hampers delivered
- 3000+ Delivery routes
- 14,000+ Prepared meals delivered

We are also proud to say that the

incredible Michelle Ruel, Ottawa Cares Volunteer Coordinator, has been hired by the Ottawa Food Bank to continue in her role. Michelle has been an invaluable asset to the MPCC.

A big thank you to everyone who contributed to the success of Ottawa Cares over the past two years. You have made a direct and immediate impact on your community and your city.

Asphalt to be replaced with greenery at Yule Manor Co-op

By Lisa Gander

This June, a Depave Paradise project is coming to Manor Park. The concept behind Depave Paradise is simple – citizens transform impervious urban surfaces into beautiful green spaces by removing pavement.

Manor Park Community Council (MPCC) and Manor Park Community Association (MPCA) are working with EnviroCentre to transform old asphalt into gardens in Manor Park as part of the Depave Paradise initiative. Depave Paradise is a project of Green Communities Canada, where community organizations and volunteers convert unused asphalt into beautiful green spaces.

Over the last decade, Depave Paradise has greened 14,000 square metres of paved surfaces across Canada. That's the equivalent of two and a half football fields!

EnviroCentre, MPCC, and MPCA worked with the Yule Manor Housing Cooperative and identified three areas of unused asphalt that can be removed and turned into living green space.

The Yule Manor Housing Cooperative is located on London Terr. just east of St. Laurent Blvd. and north of the former Dairy Queen.

On June 11, volunteers will use pry bars and shovels to break up and remove pre-cut pavement, replacing it with gardens. Music will be playing, snacks will be provided, and commu-



These before and after photos show the impact of removing old pavement at École élémentaire publique Marie-Curie in 2019. Photo supplied by EnviroCentre

nity members will get to know each other as they work together to green our community.

There are many reasons to remove the asphalt pavement from unused areas. Hard surfaces prevent rainwater from soaking into the ground, which increases the risk of flooding. Rainwater runoff collects pollutants and carries them to rivers and streams, impacting our aquatic ecosystems.

Urban hardscapes, such as asphalt and buildings, also create heat islands. Sun reflecting off of buildings and pavement can increase urban temperatures by several degrees compared to surrounding green spaces. According to a 2019 City of Ottawa report, the annual mean air temperature of a city with one million people can be 1 to 3 degrees Celsius warmer than its surroundings during the day, while in the evening, the difference can be as high as 12 degrees.

Removing unused asphalt



and replacing it with native plants, trees, and shrubs, helps to mitigate some of these environmental impacts.

Removing unnecessary pavement is a win-win for the community and the environment. During previous projects, EnviroCentre has found that people who come together and volunteer their time as they transform asphalt into beautiful gardens feel empowered and have a greater sense of stewardship of their neighbourhood.

EnviroCentre will coordinate the preparatory work for the project in Manor Park. This includes:

- hiring contractors to cut asphalt into pieces that can be removed by hand,
- arranging for the delivery of bins to collect the asphalt (a recyclable material),
- providing tools and safety

Benefits of replacing asphalt with native gardens include:

- reducing flooding risks,
- filtering pollutants from runoff before they reach delicate aquatic ecosystems,
- creating habitats for native birds, pollinators, and animals, thereby increasing biodiversity in our city,
- reducing the urban heat island effect by providing shade and releasing moisture into the atmosphere, and
- mental health benefits that are associated with greenery and beautification.

gear for volunteers, and

- creating a garden plan for the selected site.

Videos of projects at Elgin Street Public School and École élémentaire publique Marie-Curie can be seen at <https://vimeo.com/envirocentre>

For the Manor Park project, teams of volunteers will be

needed to remove the pre-cut asphalt and also plant new gardens. Both tasks would be done the same day.

If you are interested in volunteering to help with the Depave Paradise project at Yule Manor Housing Cooperative, please contact Lilian Andrade at events@envirocentre.ca.

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CHRONICLE ESSAY

The benefits of volunteering can be subtle, but long-lasting

By Douglas Cornish

In 2017, the Conference Board of Canada estimated that volunteers worked a total of two billion hours and contributed the equivalent of \$55.9 billion to the economy just for that year.

I've volunteered a lot — with the Shepherds of Good Hope every Saturday morning for 15 years, the Canadian Cancer Society yearly for 15 years, and various other volunteer ac-

tivities. One favourite was the Canadian National Institute for the Blind (CNIB). Sight is a treasured faculty.

Attending a CNIB workshop, I was introduced to the difficulties of the blind, including a film. I filled out an application and waited. CNIB has numerous volunteer activities, from taking the blind shopping, to preparing talking books, to reading.

Eventually, CNIB phoned,

explaining that there's an initial month-long trial period. After the trial, both parties are contacted individually and asked if the arrangement is satisfactory. If yes, the arrangement remains and CNIB stays out of it as long as things are running smoothly.

A man in his 80s lived with his wife up the lane from me (I was living in New Edinburgh at the time). A Polish engineer, he had immigrated to Canada during the Second World War.

I phoned; we agreed on Fridays at 7 p.m.

That Friday, his wife greeted me and showed me to a back den where her husband was sitting in a comfortable armchair in the dark surrounded by books, a TV, and the orange glow of his cigar. His wife turned on a lamp. He stood up. Smiling in his broken Polish accent, he welcomed me. Did I mind if he smoked? Not crazy about cigar smoke, I nonetheless said I didn't mind. His wife asked if we wanted some tea.

And so began a long tradition of reading, tea, cookies, and his cigar. We discussed politics and life. That first evening he mentioned his wife was reading *Maclean's* and *Time* magazines to him since he'd lost his sight, but he wanted to read a novel. He had one picked out; we could begin the next week.

It took us a year to get through that novel (Salman Rushdie's *The Satanic Verses*). I read two novels to him and the occasional current event article. Every week he'd be in his back den smoking his cigar and listening to CNN or CBC Newsworld.

After the second novel, he died.

I kept in touch with his wife (I had borrowed one of her books) but then she died, and their house went up for sale. CNIB asked if I wanted someone else. I was hesitant; I felt like I'd lost a friend.

The next blind person was the engineer's opposite. He was single in his 50s and experienced many ups and downs in life. He was born blind and was living in a Centretown low-rent apartment. He wasn't interested in books. The odd time I'd bring a newspaper to him, but mostly he wanted to go through the mail. He'd been trying to get back to Toronto where he was happy. He did have a sense of humour, though. Eventually, he moved back to Toronto.

My next interim assignment was for an elderly blind man in Vanier who needed his unpublished French novel computerized. I met him, picked up the manuscript, then spoke briefly by phone every so often relaying the progress.

His novel was in longhand on slowly disintegrating paper. It was written 40 or 50 years previously in his youth. After a tedious process, I finally gave him the computer disk and a hard copy. He offered to pay me; I refused. That was the last I saw of him.

Time lingered. Finally, CNIB called, saying a young



A 2017 study by the Conference Board of Canada concluded that volunteering helps provide essential services and can help forge bonds within communities, while also improving happiness and even health for the volunteer.

Photo: Liza Summer, Pexels

blind physiotherapist needed someone to go through her bills and other various readings. She had a volunteer, but he had moved to Europe. I phoned; we agreed on Mondays at 7 p.m.

An amazing woman, she carried on a full, rich life. She skied, socialized, travelled, was a professional holding down a career and with a good sense of humour. She had a guide dog, who was her lifeblood.

She brought out tea and munchies each week. We'd go through the mail, write out a few bill cheques, then read from newsletters or journals so she could keep up, professionally. We also tried to keep up with the latest blind-related inventions. One year she bought a 'talking' computer and a money reader which verbally reads out money denominations.

I came full circle because this woman was young, so I thought I'd probably be volunteering a long time. She opened my eyes to what it's like being a young blind woman trying to make a living in an often-cold, sighted world. She had patience and compassion. I felt I was doing some good.

Without intention, though, I lost this volunteer job one day while reading to her from a physiotherapy journal. There was an ad for a physiotherapist in the Okanagan Valley, B.C. She was intrigued, and ever the adventurer, she applied for the position, was successful, and moved out west. She gave me a farewell gift. I receive a Christmas card from her every so often. She loves B.C.!

Volunteering for the blind made me more aware, educating me about a world new to me. As Martin Luther King Jr. said, "Life's most persistent and urgent question is, what are you doing for others?"

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Michele Proulx

Who are you?

I'm Michele Proulx and I've been living in Manor Park for the last 15 years at the Yule Manor Housing Co-op. I have a small dog called Patch who is an 11-year-old Bichon/Shih Tzu who never barks. Currently I'm trying to get a new playground for the kids at Alvin Heights.

Where were you born?

I was born in Sudbury, Ont. but grew up in Timmins. My sister-in-law used to babysit Shania Twain! I moved to Ottawa many years ago.

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

I studied political science at University of Ottawa. I started at the City of Ottawa as a receptionist and later worked for Councillor Lynn Smyth [Capital Ward councillor from 1988 to 1991]. When she became deputy mayor, I worked as her executive assistant. I loved it – although it was very challenging, it was very interesting, too. During that time, I learned of an elderly woman who lived on her own who couldn't take out her own garbage. I spent a couple of days trying to figure out how to help her and then I thought of the Boy Scouts of Canada. I called them and they agreed to go and help her every week.

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

My three beautiful daughters and their boys (eight in total) who all live in the Ottawa area.

Why do you live in Manor Park?

I was able to get into a co-op

and have lived here ever since. It's a caring community and I'm currently working with the community association to provide a handicap swing for the local park [Alvin Heights Park]. I've been working on this for a few years now.

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

I would go to Bora Bora because it's a woo-hoo.

What do you do to stay healthy?

I am in a wheelchair and I try to exercise when I'm cooking. When I stand at the stove and wait for the water to boil, I do squats. I've been working closely with our board at Yule Manor Co-op which is challenging and gives me a sense belonging. The people here are wonderful. We are poor, we are not bad people.

What was the last book that you read?

I haven't been able to read because of an eye condition that prevents me from seeing white pages, white screens, etc. The co-op provides me with all my documents on coloured paper. I did my last painting in 2017, only because my hands are full of arthritis now. It was a beautiful white swan and today hangs in my living room.

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

My parents, who are both deceased. My mother passed away 11 years ago and my dad seven years ago.

I'd serve King Crab with a Caesar's salad, and baked pota-



Michele Proulx has lived in Manor Park East in the Yule Manor Housing Co-op for 15 years where she's advocating to have a wheelchair-accessible swing installed in the area playground and working with the co-op board. "The people here are wonderful. We are poor, we are not bad people." Photo: Wes Smiderle

to with all the fixings. For dessert I'd serve a pecan pie which my father always loved. My dad was a justice of the peace, and I grew up very privileged although I didn't know it at the time.

What has been one of your biggest challenges?

My reading disability which started when I was a teenager after I was hit by a truck while riding a bicycle. I suffered multiple injuries including a con-

cussion. It wasn't until I went to university that they found my disability and gave me my exams orally. Once I got that sorted, I was a high 90s student. Adjusting to being poor was also a tough challenge and getting old is also hard.

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

Julianne Moore. I wrote a book about my life, so I've thought about it already. She has red hair just like me.

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

This would depend on how much of course, but if it was \$60 million, I'd...

- Keep \$5 million for myself,
- Give \$10 million to each of my daughters,
- Give \$10 million to the co-op here,
- And the rest I'd save for gifts for friends.

What is your favourite childhood memory?

When I was 18 years old, I was crowned Miss Timmins and, looking back, I know why I won. I had turned 18 during the contest, and when I was asked what I most liked about turning 18 I replied "Because I can vote". That was the question that did it.

My favourite thing about Ottawa is...?

The people.

My least favourite thing about Ottawa is...?

The people. The people here are either quite nice, or quite snobby.

Where do you see yourself in five years?

Still fighting for my community.

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

Be kind and polite, and I did a good job with my girls.

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Yay, team!

87 volunteers ensure *Chronicle* delivery!

By Jacki Sachrajda and Sharleen Tattersfield

Delivery volunteers are the life-blood of a community newspaper; the Chronicle is especially blessed. Just imagine, 87 of your neighbours working together to bring this newspaper to your door.

We thank each and every one for their dedication and perseverance! We are especially grateful for the support of St. Columba Anglican Church and Diana Poitras, parish administrator, for facilitating the use of John Stewart Hall as the Chronicle's bundling and distribution hub during this 2021-2022 publication year.

Central Manor Park: Jean-Guy Baribeau, Aidan Finnie, Mary Pat and Michael Froislie, Denise Groleau, Shelly and Kevin Guilfoyle, Heidi Hallman, Marianne van der Jagt, Michael Keleher, Mary and David Keys, Mike Leblanc and Kim Thompson, Susan Logan and Paul Mas-sel, Tomomi Matsuoka, Barbara Merriam, Elinor and Mark Mueller, Sylvia Munroe, Susan

Noble, Matthew Oliver and Marie-Claude Osterrath, Alison Peters, Samuel Fowler, Eliza Reggler, Sandy Ritchie, Helen Robertson, Marion Robertson, Robert Sauvé, Lynn Teeple and Helen Walsh.

Manor Park East: José Alves, Emily Beedell, Joan Blanchard, Bridget Curran, Aidan Finnie, Kristin Goff, Sam Grantins, Jonathan, Fenton and Hunter Hammell, Marc Lajoie, Martin McCal-lum, Karen McClure, Lynne Murtagh, Sandy Reid, Bia Piza Maia Dos Santos, Sharleen and Thomas Tattersfield, Emily Torrens, and Gillian Troop.

Manor Park Hill: Julie Brunet, Ewen Cornish, Céline Couture and Mathieu Fortin, Keith MacDonald, Dan McNaughton, Robert Des Ro-siers, and Pierre Saint Laurent.

Cardinal Glen/Richelieu-Vanier: Céline Couture and Mathieu Fortin, Benji, Emmett and Rory Fitz-Morris, and Mat-thew, Elliott and Levi Solheim.



Oasis, Hillside, Highlands, Le Parc, Brittany Developments: Alexandra Diebel, Margaret Dupee, Lise Gagnon, Natalie Sachrajda, Scott Stilborn and Robert Todd.

West of Birch/Lindenlea Ian Brown, Peter Montgomery, and Adam Robb.

Local Businesses, Libraries, Advertisers: Sam Armstrong, Jean-Guy Ba-ribeau, Colin Chalk, Mike and Sarah McCabe, Juliette Hunter, Sylvie Moncion, Mary Ellen Porter, Darlene Rodda, Tom Rodda, Sharleen Tattersfield and Robert Todd.

Bundling and Distribution/ Circulation Support: Jacki Sachrajda (Distribution Mgr.); Jim Kenward (Mailings); Sharleen Tattersfield (Circulation Mgr.). Our Bundling/Distribution team: Ian Brown, Céline Couture, Maurice Glaude, Jacki Sachrajda, Natalie Sa-chrajda, Sharleen Tattersfield, Lynn Teeple and Robert Todd.

CONTINUED ON PAGE 29



Elliot and Levi Solheim help deliver the *Chronicle* in Cardinal Glen.
Photo: Sharleen Tattersfield



Robert Sauvé delivers the newspaper around Central Manor Park. Photo: David Keys



Anna Rodda (centre) with her grandmother Darlene and father Tom deliver the *Chronicle* to local area businesses. Photo: Sharleen Tattersfield



Fenton and Hunter Hammell help deliver newspapers to Yule Manor Co-Op in Manor Park East. Photo: Sharleen Tattersfield

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The Church of St. Columba’s John Stewart Hall has served as the *Chronicle*’s bundling and distribution hub throughout 2021 and in 2022. *Photo: Sharleen Tattersfield*



Ian Brown is part of the bundling and distribution team. *Photo: Sharleen Tattersfield*

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Susan Noble, shown here on Lonsdale Rd., delivers in Central Manor Park.
Photo: David Keys



Natalie Sachrajda delivers along Brittany Dr. *Photo: Andrew Sachrajda*



David and Mary Keys are among the volunteers delivering the *Chronicle* in Central Manor Park.
Photo: David Keys (with assistance)



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Montreal Road Revitalization

Traffic Impacts | April 24 to mid-September 2022



Montreal Rd. has been reduced to one westbound lane from St. Laurent Blvd. to Vanier Pkwy. This is expected to last until about mid-September. Illustration: City of Ottawa

Montreal Rd. lane closure and construction will last until late fall

by Wes Smiderle

Montreal Rd. has been reduced to one westbound lane from St. Laurent Blvd. to Vanier Pkwy. due to a construction project expected to be completed by mid-September.

The City of Ottawa’s Montreal Rd. Revitalization project began in 2019 and its final phase is scheduled to be completed throughout this summer.

This phase includes:

- complete underground sewer and surface works (sidewalk, cycle track and road) up to St. Laurent Blvd., and
- complete landscape and streetscape work as well as final lift of asphalt pavement on Montreal Rd.

While Montreal Rd. is reduced to a single westbound lane, eastbound traffic, including cyclists, will be detoured

via North River Rd. and Vanier Pkwy. to McArthur Ave. and St. Laurent Blvd.

Most side streets will close temporarily, with access provided at key intersections (Olmstead, Marier, Lacasse and Cantin).

According to the city website, the lane closure is expected to continue until “about mid-September” or late fall of this year. The project itself is expected to be completed by the end of the year.



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The Manor Park Chronicle is seeking a new copy editor

The *Manor Park Chronicle* is a not-for-profit community newspaper representing and advocating for the interests of Manor Park. Five editions are published throughout the year: January-February, March-April, May-June, September-October and November-December.

The copy editor proofreads articles before pagination, focusing on details and ensuring an article or column is:

- grammatically correct,
- consistent and in accordance with *Chronicle* and Canadian Press style,
- accurate (dates, factual references, etc.), and
- complete (sources cited, illustrations and photos have cutlines and credits, etc.).

The copy editor would need a personal computer and software that could open Word documents and track document changes.

Experience as a copy editor isn’t necessary but strong English skills and an eye for detail are a must. A knowledge of French is an asset.

The copy editor reports to the editor. The position includes a small honorarium and would require about 15 hours per edition. Most of the work would be done across a two-week period during the latter stages of production.

Anyone interested in the position, please contact *Chronicle* Editor Wes Smiderle at editor@manorparkchronicle.com.

STEM camps come to Manor Park this summer

By Diana Poitras

The acronym STEM is short for science, technology, engineering and mathematics. It's used everywhere and, this summer, it will be heard even more in Manor Park.

STEMP Camp is a not-for-profit organization founded in 2013. The camps offer an opportunity for kids between the ages of 5 and 13 to have a great time and loads of fun – all while learning more about science, technology, engineering and math. What could be better?

The summer camps offer a variety of themes, depending on the week. Kids might learn about coding with Minecraft or programming a robot or building models or . . . the possibilities are endless.

Weekly camps are available from the beginning of July through to the end of August – and have a capacity of 40 students each week. Before and after care is also available.

The STEM Camps will open in a new location this summer – at St. Columba Anglican Church, right here in Manor Park. Andrew Downing, Director of Operations has expressed his enthusiasm for this new location, and forging a long-term relationship with St. Columba Church.

STEM camps are also available in Westboro, Nepean, Ottawa Centre and now, happily, Manor Park (serving Ottawa East/Vanier).

In preparation for the arrival of the camps, the church has undergone extensive technological upgrades – bringing

the basic technology of the past sixty years into this millennium. The upgrades were possible thanks to the partnership with the STEM camps and parishioner, Jason Wright, who did all of the necessary wiring and access point installations.

For more information about the Ottawa STEM Camps – please go to <https://stemcamp.ca/ontario-camp-locations/summer-camp-ottawa/>



STEM Camp designs its activities to put fun and curiosity at the forefront.

Photo supplied by STEM Camp Ottawa

STEM Education, at its core, simply means educating students in four specific disciplines, namely, Science, Technology, Engineering, and Mathematics



STEM Camp is a non-profit organization with a mission to inspire an interest in STEM among Canadian youth through hands-on activities and engaging programming. Photo supplied by STEM Camp Ottawa

The Manor Park Chronicle Board of Directors is seeking a new volunteer treasurer

The *Manor Park Chronicle* is a not-for-profit community newspaper representing and advocating for the interests of Manor Park. The *Chronicle* is managed by a board of directors who are currently seeking a new volunteer treasurer.

The treasurer plays a critical role in sustaining the newspaper, keeping it engaged with the community and seeking new opportunities for growth.

The duties of the treasurer include attending board meetings (about six per year) as well as maintaining the *Chronicle's* financial records and entering income and expenses for each edition (five per year).

This is currently done using QuickBooks, but continued use of this specific software isn't mandatory.

Other duties include

- providing the board and senior production team with financial reports
- replying on behalf of the *Chronicle* board to financial queries (infrequent)
- ensure archiving of annual financial records (infrequent)

The ideal candidate would have a background in finance and administration but the most important quality is a willingness to tackle the duties and a desire to participate in the community.

Anyone interested in this role, please contact board@manorparkchronicle.com

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I recently met with a client looking for the best way to approach her dog's unwanted behaviour. She wondered if she should continue to say "no" to her dog when she wanted her dog to stop doing something. She was saying "No!" when her dog jumped up on people, bit at her clothing, barked at other dogs, counter-surfed and chewed her slippers.

Although using "no" was providing feedback to her dog, it wasn't providing any direction.

Prevention first

The problem with using the word "no" is that it doesn't teach your dog what to do instead.

The very first step is to manage the dog's environment in or-

der to prevent the unwanted behaviour from happening. If your dog is jumping up and stealing food from the counter, consider keeping all countertops clear of any temptations and using barriers to prevent your dog from entering the kitchen.

Sometimes we have to get quite creative with these management solutions.

My new puppy, Bug, thought it quite enjoyable to sink his teeth into my clothing and my skin. I started wearing a pair of fuzzy slippers that protected my toes from his sharp teeth. When he would leap at my clothing, I wiggled my slippered feet and he would enthusiastically go after them. Wiggly slippers are much more interesting than pant legs or bare arms. I also have some of his favourite toys easily accessible that I use to redirect his attention. He still gets to sink his teeth into something, but that "something" is an approved item.

Reinforce appropriate behaviour

Time spent teaching your dog a few important cues is time well spent.

The "drop it" can come in quite handy when puppy has decided to pick up your sunglasses with his teeth.

Teaching your dog to relax on his bed with a chew toy can come in handy when you want to enjoy a quiet dinner at the table. Perhaps treats fall from the sky when your dog is on his bed near the kitchen. Since counter-surfing is generally all about getting some yummy treat, getting yummy treats for relaxing on the floor serves the same function and is a much more desirable behaviour.

Be proactive

When I see someone coming our way, I get off the path, ask my dog Bug to sit and offer him a steady stream of really yummy treats while the person or dog walks by. He knows what he has to do and I make it worth his while by giving him his favourite treats.

Now when he sees people during our walks, he often sits, looks up at me and waits for his treat.

Use a positive interrupter

A positive interrupter is a sound or a word, said cheerfully, that means "disengage from what you are doing and come to me". The word, or sound is paired with your dog's favourite treats. Teach your dog that the word or sound means an extra yummy treat is coming. Then, start practicing with some distractions.

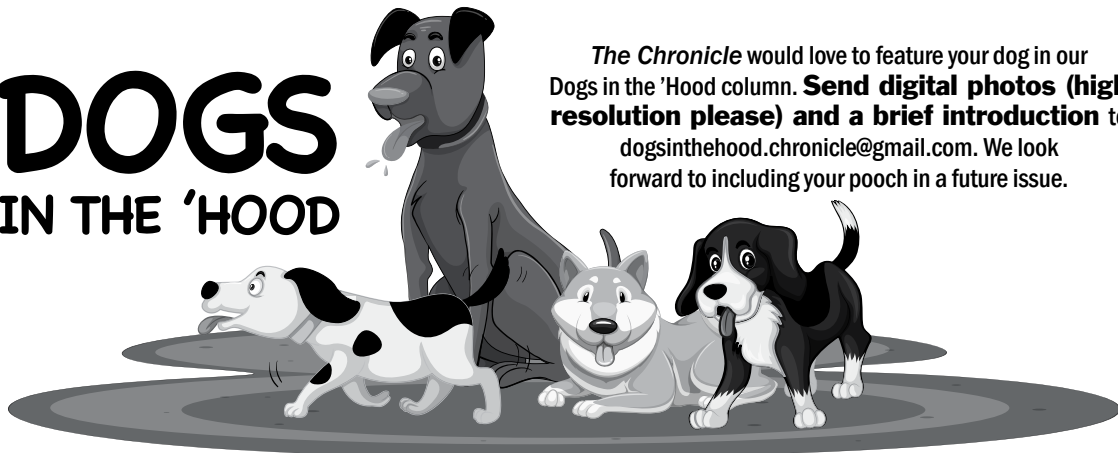
The positive interrupter will come in handy to help your dog stop what he or she is doing and orient towards you. You then have the opportunity to give your dog direction and guide him or her to a more appropriate behaviour.

I'm happy to report that my puppy, Bug, has lost interest in sinking his teeth into my clothing and my skin. The slipper game and fun toys are much more fun! There are alternatives to using "no!" which are kinder, more humane and more effective ways to stop unwanted behaviour.

Interrupting, redirecting and teaching an alternative behaviour are ways to set your dog up for success.

Chantal Mills is owner
and head trainer of
The Canine School

DOGS IN THE 'HOOD



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



Angel

Angel is a one-year-old longhair Chihuahua. She came to her forever home in Cardinal Glen on Valentine's Day 2021. She is an indoor dog, but you may see her out in her stroller or in a pouch on her mommy. Angel loves everyone she meets and is a real 'kissy' monster. Weighing only 4 pounds she is fast and full of energy.



Maggie

Greetings from Maggie, a 16-month-old merle tricolour Border collie. Since joining them last June, she is much loved by her owners, the Todd family. She loves chasing tennis balls and, with the warmer weather, a frisbee. Maggie can often be found playing fetch at the Rockcliffe dog park with her friends Archie, Basil, and Zoe. If you see her out on her daily walks, say hello.



Lila

Lila is a six-month-old whoodle - a mini poodle crossed with a Wheaten terrier. The result is a smart, funny and courageous dog with super soft, hypoallergenic hair. She loves to dig, chase squirrels and play with her many big dog friends at Richelieu Park. She enthusiastically greets everyone she meets.



Blue

I'm Blue Radcliffe, a Lab/Husky mix. You might have seen me at my observation post, staring out my front window? When I'm not doing surveillance from the sofa, I love to run through the Mile Circle, or play at the Rockcliffe dog park, ideally with friends. I'm turning two this summer and live in the best 'hood' that a dog could ask for. See you in the mud puddles.



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Prevalence of dementia underscores need for grace and patience

FROM THE DESK OF:



CECILIA PITA
Etiquette Matters

Have you seen the recent commercial of a woman in the check out line at a grocery store becoming very distressed because she isn't able to find her shopping list? Well, no one around her seems to know what to do, until a young employee offers to help her find her list. This commercial was part of an effort to raise awareness about dementia and this employee clearly had some understanding of the situation and the disease.

Dementia is an umbrella term for a number of conditions affecting memory and cognitive abilities and behaviour, like for example, Alzheimer's.

When people think of dementia, the first thing that often comes to mind is memory loss. However, as someone with an elderly family member living with dementia, I can tell you that that's just one piece of the puzzle and that this disease affects everyone differently.

So far, we've had to deal with things like forgetfulness and misplacing or losing things. We also deal with the anxiety that results from receiving incessant scam tele-

phone calls. We continue to encounter new situations, so I'm constantly trying to educate myself about how best to help. As an advocate for civility, how we treat one another and how we speak to one another is the foundation of a polite and courteous community so when I learned about the lack of social filter that some people living with dementia can develop, it piqued my interest because it's a variable I'd never considered in this context.

I've read stories about how people with dementia can say some pretty odd things. It can catch you off guard and, in public, it can feel embarrassing.

Sometimes, with the loss of short-term memory and/or inhibitions, an otherwise polite person can unintentionally let an inappropriate comment slip.

Some say that when it happens in public, people stare in disbelief or judgment and you may feel compelled to apologize and explain, but sometimes a kind smile and redirecting the conversation is all that is needed. Others say that you may have to do some damage control but once you explain that this is part of the disease, and that they're not saying these things on purpose or even with malicious intent, people are generally more patient and understanding.

Chastising our elders for making these types of comments would be useless and I would even go so far as to say cruel.

You cannot reason with this disease and you can't take things personally.



According to an Alzheimer Society of Ottawa and Renfrew County study from 2017, 87 percent of caregivers wish that more people understood the realities of caring for someone with dementia. Photo: Pexels

We can, however, diffuse uncomfortable situations by redirecting and talking to the people around them to ensure they understand that dementia can affect judgment and behaviour. We can also raise awareness.

I share this experience with you because before my relative's diagnosis, I didn't realize there were so many people affected by dementia and I knew very little about the disease. According to the Alzheimer Society of Ottawa and Renfrew County, there are over 500,000 Canadians living with dementia today but by 2030, there is projected to be 912,000. Not only that, but one in five Canadians are caring for someone living with dementia.

I'm always advocating for kindness, but a lot times I think that seniors are dismissed.

The commercial of the woman in the grocery store

resonated with me because it paints a hopeful picture, one where if my relative finds themselves in a similar situation, there will be someone with awareness and understanding to help them too. Although it's a fictitious scenario, it's based in reality, and knowing that awareness exists out in the community gives families like mine the peace of mind that we're not alone.

Why is this relevant? Well, according to Statistics Canada, we have over 7,000,000 seniors (65+) living in Canada.

We need to start learning more about the aging process, how it can affect us and the challenges that our elders face so that we can better appreciate their needs and limitations to keep them fully engaged as valued members of the community.

Sometimes we just don't

know what we don't know. So, my wish is simple. Now that you have a new perspective, if you encounter an elder who appears to be struggling or having a difficult time, please treat them with grace and patience. You don't know their story or what they might be dealing with.

If they say something inappropriate to you or to someone around you, try not to take it personally or be judgmental and please don't dismiss them. They may simply be living with dementia.

If you have a difficult conversation, etiquette-related problem or a social dilemma that you would like help and advice in resolving, please send your queries to Etiquette Matters columnist Cecilia Pita courtesy of editor@manorparkchronicle.com



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Ukraine: Reminiscences of troubles with the neighbour and of an intrepid people

By John W. Graham

I was in Ukraine for two election observations in 2004 – not enough time for in-depth insight, but enough to reveal the extent of Russian intervention and the early stages of determined popular resistance to that intervention.

I participated in the November run-off as an observer for the Organization for Security and Cooperation in Europe (OSCE), and in the December re-run election as an observer for an all-Canadian team (sent despite sound warnings that a one flag observer team runs major credibility risks).

The first election in October failed to give either of the two candidates the 50 percent or more necessary to gain the presidency. Run-off elections were called for November.

Contaminated by massive fraud, and to the surprise and irritation of the Kremlin, these elections were annulled by the Ukrainian Supreme Court, which called for fresh elections to be held December 26.

Discreet guidance from a few Western NGOs, but most of all, popular reaction to the scale of fraud, especially among the young, powered the impressively successful Orange Revolution and gave the presidency to Yushchenko over Russia's candidate, Yanukovich.

The most troubling aspect of my Ukraine experience was the invisible (then), but constantly menacing presence of its neighbour.

It had become clear from their interventions that Moscow, and Putin particularly, obsessively regretted the loss of a pliant satellite, bread basket and a buffer state against NATO. For Putin, there is also active narcissism fed by nostalgia for both the Soviet Union and czarist Russia at the height of their powers.

In 2004, Russia was targeting Ukraine's recently formed and still fragile democratic progress. We soon found that little effort had been made to veil meddling from Moscow. In my oblast (district) of Ternopil, the most credible information came discreetly from strong and gallant women administrators.

Three out of five senior election officials had been dismissed and replaced by more "acceptable" candidates because the government (pro-Russia) candidate, Viktor Fedorovich Yanukovich, had not received enough votes in the October election.

When told that political persuasion was being exercised



As part of its invasion of the Ukraine in February, Russian Armed Forces attempted to capture the country's capital, Kyiv. After over a month of fighting, they were forced to retreat and regroup, although much of the city was heavily damaged, especially the suburbs. Photo: Алесь Усцінаў, Pexels

through the Ukrainian Orthodox Church, we (my Lithuanian colleague, a lady with purple hair and a scintillating personality, and I) set off to visit the Holy Archimandrite of Pocheav, a splendid monastery from the fourteenth century. We had been warned by the opposition that the abbot and his monks had been invoking both divine and secular powers to persuade the villagers to vote for Yanukovich. "Why?" we asked our interpreter.

She explained that the head of the Ukrainian Orthodox Church in Kyiv is the Patriarch of the Russian Orthodox Church in Moscow, adding that he is connected to the KGB. Later, as we trudged through the snow, a farmer took our interpreter aside and explained that the church and party officials had threatened the village with "reprisals" if the population did not vote heavily for Yanukovich.

Later the OSCE and other observers revealed that massive fraud had taken place – 1.3 million votes had been added to Yanukovich's total. Over 600 party loyalists from the eastern region, where Russian is spoken, spread out through our oblast with instructions to boost the Yanukovich vote by fair means or foul.

The following day the government declared that Yanukovich had won – confirming what most pundits and embassies had forecast – that the election would be stolen.

They had also expected that a compliant population, with no solid democratic tradition, would allow the government to close its eyes and ac-

cept the fabricated result. That a significant percentage of the population were outraged and that in the end the government rejected the fraud constitutes the astonishing saga of the Orange Revolution.

It is probable that some Soros, European and U.S. money and counsel helped to sustain the logistics of the demonstrations, but is highly doubtful that outside finance and advice wholly explains the success of what became quickly styled the Orange Revolution.

A sophisticated and well-orchestrated operation sprang from nowhere. The logistics for the Maiden (Independence Square) in Kyiv were astonishing. I roamed through it late at night: illuminated stages, sound and video systems, a tent city, a secure environment despite the absence of police, parked buses with engines running for warmth and sleep and, not least, the generally resilient, good natured and non-provocative behaviour of the demonstrators in the cold and almost non-stop snow.

The close of my time in Ukraine was upbeat. Now, aside from extraordinary military achievement against all odds and the infectious statesmanship of President Volodymyr Zelensky, the darkness of devastating tragedy engulfs the country.

The Ukrainian people deserve much better.

John Graham is a retired diplomat and Manor Park resident. His memoir, *Whose Man in Havana, Adventures from the Far Side of Diplomacy* is available at Chapters and Amazon.

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Council approves secondary plan for Manor Park

FROM THE DESK OF:



**Councillor – Ward 13
Rideau-Rockcliffe
RAWLSON KING**

In April, City of Ottawa council approved a new secondary plan to guide proposed development in Manor Park.

The plan sets area-specific policies, land-use designations and maximum building heights for lands that will eventually house about 3,800 residential units along with commercial and park space.

The applicant plans to redevelop about 13 hectares of property over several decades, which would add nearly 10,000 square metres of commercial space and more than 16,000 square metres of park space.

I opposed the planning application since I shared the concerns of most community members, after extensive consultation, who noted it would dramatically alter Manor Park through its inappropriate scale and scope and impacts on transportation and existing green space.

The secondary plan however will only take effect after the applicant signs a memorandum of understanding committing them to not displace any residents living in the 650 townhouses that exist on the site. Also, after strong advocacy by my office, the memorandum of understanding will also support the creation of a community benefits agreement.

A community benefits agreement will allow residents and community organizations to work with the applicant to address a broad range of community needs over the lifetime of the redevelopment, which will provide safeguards to ensure that residents share in the development benefits.

While I opposed the secondary plan at council, I support the memorandum of understanding which will enable the creation of the community

benefits agreement.

A working group of residents has been created and has begun cursory work on an agreement framework.

Beechwood Ave. development

This May, a site plan application for 99 Beechwood Ave. is scheduled to be considered by the Planning Committee. While the applicant did compromise to introduce “live/work” suites in the proposed development, I shared community concern that the concept was not backed by detailed research or serious depth concerning its potential to successfully animate the streetscape.

It is my preference to have full-fledged commercial space on the entire ground floor facing the street. The current zoning however does not require ground floor commercial on this property. The zoning by-law also does not have any tools for the city to compel the applicant to build commercial

space.

Despite this challenge, I have reversed withdrawal of delegated authority on this site plan application and wanted this matter brought before the committee because there is a need to have a larger policy discussion concerning what tools the city can employ to insist that proposed developments in a traditional main street setting offer commercial space on the ground floor and facing the street.

Gas-powered yard equipment

This spring, I am pleased to highlight environmental initiatives that I have undertaken that I anticipate will be of great benefit to this city and its residents. In April, council approved my motion to phase out the use of city-owned gas-powered lawn and yard equipment, to be replaced with electric alternatives where operationally feasible. The aim is to reduce air and noise pollution generated by gas-powered equipment, such as leaf

blowers. The phase-out will begin this summer and staff will report back with a detailed plan to reduce emissions and the environmental impact of equipment later this year. The Environment Committee also responded to my inquiry concerning moth infestation and published its response plan.

This response plan outlines the major activities to be undertaken between 2022 and 2024, which is the anticipated duration of the current spongy moth (also known as the LDD moth) outbreak. The comprehensive plan incorporates communication efforts, insect monitoring, an egg mass survey, a defoliation survey, protection through tree injection, spraying, as well as community outreach activities which will include burlap distribution, training activities, as well as an online reporting tool.

For more information about my office’s initiatives please go to www.rideau-rockcliffe.ca.

Stories in the garden bounces back

By Val Swinton

After a two-year COVID-19 pause, Stories in the Garden is back. You are invited to set aside the evening of June 21 to enjoy marvellous stories, music, hors d’oeuvres, and desserts in a beautiful Rockcliffe garden for a worthy cause: the Stephen Lewis Grandmothers Campaign.

This year, as Ottawa begins to tentatively emerge from pandemic suppression, the stories and music are on the theme of resilience. Three of our four tellers are booked: Kim Kilpatrick, a popular Ottawa storyteller, Phil Jenkins, celebrated for his local history tales, and Ted Ginsberg with a tale from his many years in Africa. Music

is being contributed by Local Colour, a singing group known for its catchy rhythms and sing-a-long-able lyrics.

The organizers are One World Grannies, one of close to 200 Canadian grandmother groups who advocate and raise funds in support of their counterparts in sub-Saharan Africa. African grandmothers have been caring for millions of children orphaned by the HIV and AIDS pandemic and are now resiliently coping with COVID-19 and the undeniable effects of climate change. In the face of discrimination based on gender, age, and HIV status, they have become courageous advocates for their families and communities.

Over the 16 years since

its launch, the Grandmothers Campaign has raised \$40 million in Canada and has expanded to the U.S., U.K., and Australia. Today, this international movement amplifies the voices and expertise of African grandmother leaders and shows the world that grandmothers have a critical role to play in reclaiming hope and rebuilding resilience.

There are many grandmother groups in the national capital region and most welcome new members. “You don’t have to be a grandmother to join us,” says Sarah Archer, a One World Granny. “We have many ‘Grand-others’! Join us at Stories in the Garden for a very special evening and find out more.”

Stories in the Garden 2022 will be held June 21 (rain date June 22) from 6:30 to 9:00 p.m. Tickets are \$30 on Eventbrite or can be booked by calling 613-864-6442. Seating is limited to 100. Did we forget to mention there will be door prizes too?

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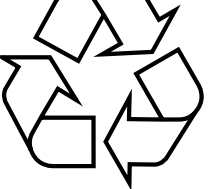
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Summer exhibition will celebrate the history of the Aberdeen Pavilion

One-day July 2 event will harken back to the days of the Ex

FROM THE DESK OF:



Ottawa Mayor
JIM WATSON

Yes, the old Ottawa Ex is being revived for one day this summer!

After decades of being nothing more than a parking lot surrounded by crumbling infrastructure, we revitalized Lansdowne Park and made it a real people place with new sports teams, retail, restaurants – not to mention a tremendous amount of greenspace, trees, gardens – and even an apple orchard.

Lansdowne is a jewel in Ottawa's crown – and it's in no small part because of the wonderful heritage buildings we have preserved on that site and once again made available to the public.

Both the Aberdeen Pavil-

ion and the Horticulture Building have become very popular venues.

The Aberdeen Pavilion is a one-of-a-kind structure that dates back to 1898, when it was built to welcome the Central Canada Agricultural Exhibition.

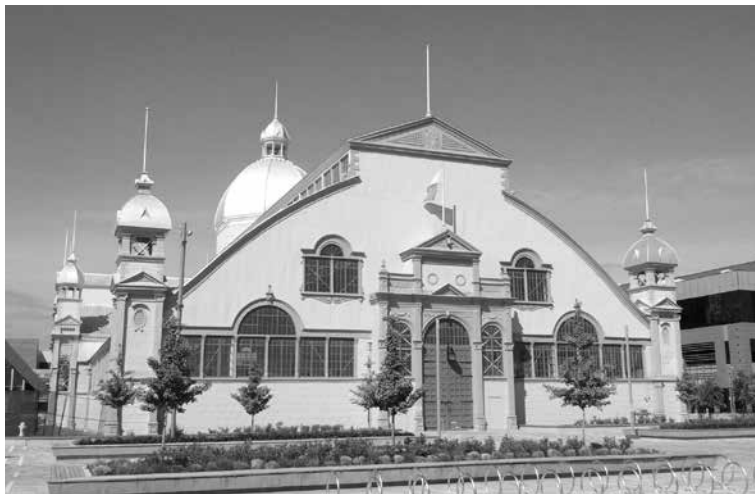
In the following years, it also served as a meeting point for soldiers heading to combat in the Boer War and the First World War – but also as an ice pad where the original Ottawa Senators won the Stanley Cup in 1904.

That building has seen it all – and it remains today the only unsupported building of its kind in North America.

Unfortunately, after decades of neglect in the second half of the 20th century, the Aberdeen Pavilion was abandoned and taken over by thousands of pigeons before being condemned for demolition.

On July 2, 1992, city council voted to reverse that decision and to invest the funds required to save the building and to restore it to its former glory.

I was pleased to work with councillors Peter Hume and Joan O'Neill to put together a package to save and restore the



According to Heritage Ottawa, the Aberdeen Pavilion is "a rare surviving example in Canada of specialized late-Victorian exhibition halls designed to display agriculture, livestock and manufactured goods." Known as the "cattle castle," its design was inspired by the Crystal Palace in London, U.K.

Photo supplied by City of Ottawa

pavilion.

I am proud that we've worked with the Central Canada Exhibition Association and a number of key partners to mark the 30th anniversary of that important day on July 2 this summer.

For the occasion, we will host an old-fashioned exhibition at Lansdowne that will undoubtedly bring back some good memories for many residents who enjoyed the Ex – and probably create some new ones

for those who weren't around at the time.

This one-day event promises to be a great time for guests of all ages, with a number of attractions that will be available free of charge.

These include:

- an Ottawa Archives exhibit on the Ex,
- live entertainment in English and French throughout the day,
- an antique Ferris wheel,
- carousel rides,

Lansdowne is a jewel in Ottawa's crown – and it's in no small part because of the wonderful heritage buildings we have preserved on that site...

- carnival games,
- buskers,
- local fair booths and food vendors,
- a classic automobile demo, a farmers' market,
- a petting zoo, and
- a TD Place "fun zone" that involves locker room visits with local athletes and mascots... and much more!

I hope to see many of you out on July 2nd to celebrate the history of Lansdowne Park and the Aberdeen Pavilion from 9 a.m. to 5 p.m., beginning with a Freedom of the City ceremony at 9:30 a.m. featuring various dignitaries.

Please visit www.Ottawa.ca/AberdeenHeritageFair for more details ahead of this fun exhibition!






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FROM THE DESK OF:



Member of Parliament
Ottawa-Vanier
MONA FORTIER

Budget 2022, summer jobs and Canada-Ontario agreement for \$10-a-day childcare

Dear Residents,

I hope you are doing well in this period of spring. COVID-19 is still present, and we must continue to follow public health guidelines and do our part to keep each other safe.

While the impact of variants continues to be monitored throughout Canada, we know that vaccination in combination with public health and individual measures remains our best

defence against COVID-19 and its variants.

We will continue to make decisions and adjust public health advice based on science to best keep communities safe. We are fortunate to have safe and effective vaccines and a highly vaccinated population in Canada as we continue to be an international leader on vaccination rates.

On April 7, the Minister of Finance, the Hon. Chrystia

Freeland, tabled Budget 2022, a plan to grow the economy and make life more affordable by investing in people, our communities, and environmental initiatives for a clean future.

Budget 2022's priorities are focused on helping Canadians recover from the COVID-19 pandemic. This includes

- making housing more affordable for young people,
- moving forward on a dental care plan for those who need it most, and
- investing in local small businesses to allow them to start strong and flourish by reducing taxes for small businesses.

We are fighting climate change and investing in a green future while encouraging the use of electric cars and protecting green open spaces and reducing the use of petroleum products.

Summer jobs

In more good news, there are over 700 unique and exciting summer work opportunities for youth between the ages of 15 and 30 with Canada Summer Jobs in Ottawa-Vanier. You can find more information and apply at the following website: www.jobbank.gc.ca/youth.

On March 28, Prime Minister Justin Trudeau along with

We will continue to make decisions and adjust public health advice based on science to best keep communities safe.

the Hon. Karina Gould, Minister of Families, Children and Social Development signed a long-awaited five-year agreement with the Government of Ontario to reduce childcare fees in the short term, deliver \$10-a-day childcare for families and create 86,000 new licensed early learning and child care spaces in the province.

As always, you can reach my office by phone at 613-998-1860 or by email at mona.fortier@parl.gc.ca for help or information on federal programs and services.

Editor's note: See page 21 in this edition for Manor Park Community Council's plan to "opt in" to the new funding program for its child care services.

CONTINUED ON PAGE 39



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SUITE DE LA PAGE 38 >>

Chères résidentes et chers résidents,

J'espère que vous vous portez bien en ce début de printemps. La COVID-19 est toujours présente et nous devons continuer à suivre les directives de santé publique et faire notre part de garder l'un et l'autre en bonne santé.

Bien que l'impact de tous les variants continue d'être surveillé au Canada, nous savons que la vaccination et d'autres mesures de santé publique sont notre meilleure défense contre la COVID-19.

Nous continuons à ajuster les directives de santé publique et prendre des décisions guidées par la science dans le but de protéger nos communautés. Nous avons des vaccins efficaces et sûrs et sommes parmi les meilleurs pays avec le plus haut taux de vaccination dans le monde.

Le 7 avril dernier, la ministre des Finances, l'hon. Chrystia Freeland a déposé le Budget 2022, un plan pour faire croître l'économie et rendre la vie plus abordable en investissant dans les gens, nos communautés et les initiatives environnementales pour un avenir prospère.

Les priorités du Budget 2022 visent à aider les Canadiens à se remettre de la pandémie de la COVID-19. Cela comprend rendre les logements plus abordables aux jeunes,

Nous continuons à ajuster les directives de santé publique et prendre des décisions guidées par la science dans le but de protéger nos communautés.

faire avancer un plan de soins dentaires pour ceux qui en ont le plus besoin, et investir dans les petites entreprises locales pour leur permettre de démarrer du bon pied et de prospérer en réduisant les impôts des petites entreprises.

Nous luttons contre les changements climatiques en investissant dans un avenir vert tout en encourageant l'achat de véhicules électriques, protégeant les espaces verts et réduisant l'utilisation de produits pétroliers.

D'autres bonnes nouvelles, plus de 700 emplois d'été sont offerts pour les jeunes âgées de 15 à 30 ans à Ottawa-Vanier avec le programme Emplois d'été Canada. Pour en savoir davantage, il suffit de se rendre au www.guichetemplois.gc.ca/jeunesse.

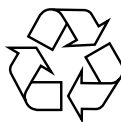
Emplois d'été

Sans oublier la merveilleuse nouvelle de l'accord tant attendu annoncé par le PM Justin Trudeau et la ministre de la Famille, des Enfants et du Développement social avec le gouvernement de l'Ontario sur l'apprentissage et la garde d'enfants qui s'échelonne sur cinq ans et qui permettra de réduire les frais de garde d'enfants à court terme, d'offrir des services de garde de 10 \$ par jour pour les familles et créer 86 000 nouvelles places accréditées dans la province.

Comme toujours, vous pouvez rejoindre mon bureau par téléphone au 613-998-1860 ou par courriel à l'adresse mona.fortier@parl.gc.ca pour obtenir de l'aide ou des renseignements sur les programmes et les services fédéraux.

Note du rédacteur: Veuillez consulter le page 21 de ce journal pour en savoir plus du plan de Conseil communautaire de Manor Park de s'inscrire au nouveau programme pour ses services de la garde d'enfants.

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Charlie welcomes all of you!

Stairwell Carollers seek to expand repertoire with new voices

By Wes Smiderle

The music ascends to the rafters, the choral voices surging from moments of delicate precision to a rousing, vigorous force. Whether it's a medieval carol, or a wry French chanson from the Renaissance, or more modern music, the Stairwell Carollers know their way round a song.

Although impressive, it isn't surprising. The Ottawa a capella choir, who have been rehearsing at the Church of St. Columba in Manor Park since 2008, have been at this for a while. Choir Director Pierre Massie, also a published composer and arranger, knows what it takes to perfect a song and get his singers to put the work in.

"I'm not strict as a director," Pierre insists. "I'm fussy about the music part of it."

Like many choirs, and everyone else, the Stairwell Carollers have been challenged by the pandemic over the past two years. They've performed online (check out the Youtube Stairwell Carollers channel) and even held online rehearsals – not an easy task. ("Singing alone in a room is not for everybody," notes Pierre.)

As of earlier this year, they're back to live rehearsals "I have a seating chart so everyone knows where they're going to sit in the church," says Pierre.

They're also planning for concerts in the fall and, with



Pierre Massie (in yellow hoodie) leads the Stairwell Carollers in one of their weekly rehearsals at the Church of St. Columba. Pierre notes that all choir members practice while masked and socially-distanced and that the choir itself is "fully vaccinated".

Photos: Doug Banks

that in mind, are looking to replenish their voices.

Seeking tenors and basses

Pierre started the choir in 1977 but admits the pandemic has made it harder to keep it going on an annual basis. The choir is now low on tenors and basses and is actively seeking more through auditions that will continue until July, or until the positions are filled.

With its current complement of three tenors and four basses, the choir loses flexibility in the type of songs it can perform.

"When you have fewer numbers, the separation of

voices is more difficult," he says. "If I have to break the tenors into two groups, and that leaves me alone, I have to re-work the piece."

"With three more tenors and at least two or three more basses, we could get back into doing more complex music, a more contemporary style."

Storied history

Pierre recalls the choir's beginnings in the 1970s when he was a University of Ottawa student working on his Bachelor's of Music. He and a small group of students started singing Christmas carols in the stairwells of

the residence buildings. This simple gesture created connections with students, some perhaps a little homesick during the holidays. Pierre recalls a "hulking big football player asking for 'The Little Drummer Boy'".

"Back then doing that kind of thing was easy," recalls the Timmins, Ont. native. "Nowadays, it would be a bit more difficult."

Stairwell concerts became four-part harmonies performed at the back of buses. Soon, groups as big as eight or 10 of them were meandering around Parliament Hill singing "really simple, Dickensian carols."

The momentum kept rolling and soon the ad hoc group of singers became a more formal choir performing "20 some odd gigs" from November through Christmas, basically appearing "everywhere we could." The Carollers sang at the Santa Clause Parade, CHEO Telethon, Tulip Festival and at churches in Ottawa and beyond, achieving international recognition.

In the 1990s, the Stairwell Carollers recorded an album that helped raise over \$50,000, which sparked their philanthropic goals. According to the Carollers website, they've since donated almost \$144,000 in music scholarships and donations to local charities.

Meanwhile, Pierre's original compositions have been a fixture in the repertoire of Do-

minion Carillonneur Andrea McCrady, who performs the Peace Tower's 53-bell carillon. (Aside from online recordings, the carillon has been silent since February and won't be heard for another five years as the carillon shuts down due to reconstruction of the Peace Tower and Centre Block.)

Now, as the Carollers plan for concerts in their 45th year, Pierre is focused on recruiting more voices, a move that will expand the choir's vocal toolbox and allow the group to tackle a more diverse range of music.

"There are some beautiful pieces out there," he says. "We do want to produce and sing and work on pieces that are more challenging... It's more fun for us. Everybody loves that stuff."

Auditions continue

Pierre says anyone interested in trying out needn't worry about being a professional singer or even being able to read music (although that is considered an asset). Noting that Stairwell Carollers are a "fully vaccinated choir," he says his goal is to find enthusiastic people who can pick up music fast, have a good ear and are able to work, and sing, with a group.

Auditions are held online through Zoom, Skype or Facetime. For more information on auditions, visit the Stairwell Carollers website at www.stairwellcarollers.com/en/auditions/.

Register for the Ottawa Light Rail Transit Commission's Public Meetings

The Commission invites the public to share their views on the light rail transit system.

May 25 and 26, 2022 | 7 – 9PM (EST)

Shaw Centre, 55 Colonel By Drive, Ottawa

To learn more and register to attend the meetings and deliver a statement, visit www.ottawalrtpublicinquiry.ca/public-meetings. The meetings can be watched on the Commission's website and on Rogers channels 22 (EN) and 23 (FR).

You can also contact the Commission at info@OLRTPublicInquiry.ca or by calling **1-833-597-1955** if you have any general enquiries or to submit information that will serve the Commission's investigation.

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Signs of spring blossoming at St. Columba

By Diana Poitras

*"See! The winter is past;
the rains are over and gone.
Flowers appear on the earth;
the season of singing
has come..."*

— Song of Songs, 2:11-12

It was with great joy that St. Columba Anglican Church opened its doors for in-person Holy Week celebrations in April. The seemingly now endemic COVID-19 kept us in lockdown for much of the past two years, including Easter 2020 and 2021 and Christmas 2021. It was, thus, with tremendous happiness that we forged ahead with a Palm Sunday procession – Monday Thursday and Good Friday services – with it all culminating in a joyous Easter celebration.

As mentioned in the March-April article in the *Chronicle* about the church, music plays an important role in our services. Solos and duets by Keumnim Lim and Shawn Mattas graced all of the Holy Week services. The Easter celebration postlude (concluding musical piece) was an organ and grand piano duet by Music Director Faye Grinberg Rice and our soprano, Keumnim. Our Altar Guild decorated the church with hydrangeas, Easter lilies, Calla lilies and Star of Bethlehem potted plants plus vases of tulips. The church was a vision of new life and beauty with all the spring flowers on display.

At Easter, the church continued its support of Manor Park Public School through the provision of WalMart and Metro/Food Basics gift cards. There is a tremendous need within our community and we are happy to be able to help in a small, but meaningful way.

We have forged a wonder-



ful partnership with the school and our primary contact, Susan Steele, and look forward to continuing to provide this support to them.

Garden growth

The Church pollinator garden is showing signs of new growth and the bird feeder has seen more activity with the warmer days. It won't be long now before the Manor Park Community Garden @ St. Columba is built and planted. We look forward to seeing this previously unused space thrive and grow as a community and communal garden space.

For more information about this community-driven project, please visit the Manor Park Community Association website - at <https://manorpark-community.ca/home/gardening-home/>, or e-mail manorpark-communitygarden@gmail.com.

Spring cleaning

The Manor Park Sparks, Brownies, Guides, Pathfinders, Beavers, Cubs and Scouts have all offered their assistance with indoor and outdoor cleaning and clearing of our church

buildings and grounds. These groups are based on the principle of service to the community – and we feel so fortunate to have all of them meeting here at St. Columba.

Stairwell Carollers

The Stairwell Carollers have

called the church home for decades. They have recorded many of their CDs right here, taking advantage of the excellent acoustic properties of the sanctuary. This coming fall will mark the Carollers' 45th year singing in the National Capital Region. In order to proceed, they need tenors and basses. Auditions are taking place now till this June, so please visit their website at stairwellcarollers.com for details. (Also, see page 40 of this edition of the *Chronicle*.)

STEM camps

Come July and August, St. Columba will be a busy place as we become home base to a STEM (science, technology, engineering and math) camp for the Ottawa East/Vanier area. We are looking forward to welcoming this new user group to our buildings and also our community. For more information on these camps, please see the STEM Camp article on page 31

in this issue of the *Chronicle* or go to <https://stemcamp.ca/ontario-camp-locations/summer-camp-ottawa/>.

Sunday school

We are hoping to establish a Sunday school at the church in the very near future. If you are interested in having your children attend the Sunday school, or know of possible teachers (we are recruiting for this paid position), please contact Parish Administrator Diana Poitras, at 613-749-5103 or stcolumbaanglican@bellnet.ca.

As stated in Ecclesiastes, "There is a time for everything and a season for every activity under heaven . . ." We wish our friends and neighbours a happy and blessed spring and summer seasons and as always, invite you to join us for Sunday worship service at 9:30 a.m., with a time of fellowship (plus refreshments) following the service.

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Children's festival returns to live performances

By Kaitlynn Steele

The Ottawa Children's Festival (OCF) is bringing its full slate of performers back to LeBreton Flats Park and beyond!

The OCF features award-winning artists from around the world, taking the stage to inspire audiences of all ages to ignite their creativity and imagination through thought-provoking performances.

This year we will have shows running from Thursday May 19 to Sunday May 29 at Arts Court (2 Daly Ave.), the Canadian War Museum (1 Vimy Place), and LeBreton Flats Park. Tickets for this multi-day theatrical extravaganza are now on sale.

The OCF family is thrilled to welcome audiences back to in-person events in a safe, family-friendly environment. In addition to captivating performances, the festival also includes a variety of on-site educational workshops and activities to enhance your visit and make artists out of each and every one of you.

The OCF's full schedule can be found on our website, www.ottawachildrensfestival.ca. Featured shows include:

How to Catch a Star

Branar Téatar do Pháistí, Ireland (45 minutes, Ages 4+, non-verbal)



Vélo Théâtre's *The frog, at the bottom of the well, believes that the sky is round* tells a half-remembered tale of dreams through objects, light and magic.

Photo: Vélo Théâtre

This adaptation of one of the world's best-loved children's books combines puppetry, a magical original score, and the award-winning Irish theatre company, Branar's, signature storytelling to remind us all to follow our dreams.

A Story of a House That Turned Into a Dot

Teatret Gruppe 38, Denmark (40 minutes, Ages 8+, English)

Gruppe 38 brings their unique storytelling to life with this intimate shadow-play about how long the road home is when you run away in anger.

Countries Shaped Like Stars

Di Gaetano and Pearlman, Ontario (45 minutes, Ages 6+,

English)

A love story for adults and precocious children, Gwendolyn Magnificent and Bartholomew Spectacular use a tin-can telephone to share with audiences their whimsical love story.

The Librarian

Brú Theatre, Ireland (40 minutes, All ages, English)

A one-person tour de force that celebrates the love of reading, the joy of language, and the sheer delight of words!

Tweet Tweet!

Femmes du Feu, Ontario (40 mins, Ages 0-5, English)

Two performers take on the roles of young birds, exploring



The Kif-Kif Sisters bring their physical style of comedy to the conveyor belt of a returns department, where they find themselves grappling with a steady march of objects, errors and dysfunctional accessories. Photo: Adrien Taret

the relationship between babies and their parents in this interactive show. A performance for the wee ones!

The original "Machine de Cirque" show

Quebec (90 minutes, All ages, Non-verbal)

The best in Nouveau Cirque, six acrobats and musicians amaze with their breathtaking and hilarious, reckless acts.

La grenouille au fond du puits croit que le ciel est rond (The frog, at the bottom of the well, believes that the sky is round)

Vélo Théâtre, France (75 minutes, Ages 5+, offered in English and French)

Vélo's "memory" play introduces us to a world half forgotten, half remembered, a world of half dreams and half being wide awake, a universal story teller who takes us by the

hand through his world of collected dreams and memories – a story told through objects, light, and magic!

Returns Department

The Kif-Kif Sisters, Quebec (50 minutes, Ages 5-10, Bilingual production - French/English)

Combining physical theatre, circus, visual arts and puppetry, Returns Department is a playful look behind the scenes of a production line.

For ticket information, visit www.ottawachildrensfestival.ca. The OCF is proud to offer great discounts for schools, day cares, and any group of 10 or more. For more details contact Festival Coordinator Joni Hamlin at joni@ottawachildrensfestival.ca.

Kaitlynn Steele is the OCF's digital and outreach specialist.



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Jazz returns to MacKay United Church

By Eleanor Dunn

Springtime jazz music returns to MacKay United Church this year in a slightly different format.

Each Tuesday in June will feature a jazz concert at The Jazz, but there will be only one evening concert. The other three will take place at noon.

The Jazz in June series kicks off at noon Tuesday June 7 with world-renowned guitarist Rodd Ellias, a Juno award-winner who makes his home in Ottawa, playing with saxophonist Peter Cancura, who is also the artistic director of the Ottawa International Jazz Festival.

The evening Jazz Music and Meditation performance of the series features the Tom Reynolds Trio at 7 p.m. Tuesday June 14. In addition to Tom on piano, the group include George Koller on bass and Lorne Nehring on drums. Mackay United Church Rev. Peter Woods will also make on appearance on saxophone.

The Kindness of Jazz Quintet will perform at noon



The Kindness of Jazz Quintet, featuring MacKay United Church Rev. Peter Woods, performs at the church’s Tuesday jazz series at noon June 21.
Photo supplied by MacKay United Church

Tuesday June 21. Musicians in the quintet include, along with Rev. Peter Woods, Tim Jackson on guitar, Chris Pond on bass, Lu Frattaroly on percussion and spoken word performer Carolyn Sutherland.

The series concludes Tuesday June 28 with the Edra Silva Duo performing at noon. Edra Silva is a vocalist and guitarist.

Admission to these concerts is free but the audience is asked to make a donation at the end of each concert to help de-

fray expenses.

MacKay United Church follows provincial pandemic directives. While masks are no longer mandatory, MacKay welcomes those who still feel more comfortable masking for indoor events. Should the province change its directives, MacKay will follow suit.

The latest information from the church can be found on MacKay’s website (www.mackayunited.ca) or on MacKay’s Facebook page.



Tom Reynolds, of the Tom Reynolds Trio, plays piano along with George Koller on bass and Lorne Nehring on drums. The trio will be performing at MacKay United Church’s evening concert Tuesday June 14. *Photo supplied by MacKay United Church*

Spies in the Cemetery

When: June 22, 2022, at 7:00 PM
Where: Beechwood’s Sacred Space
Tickets are \$50. Tickets are available.

Join us at Beechwood Cemetery, home of the CSIS National Memorial Cemetery for a night of Cold War Espionage and the FBI’s longest open espionage case.

Thirty-two years after former NSA employee (and NSA spy) Robert Lipka sold vital military secrets to the KGB, Retired Supervisory Special Agent John Whiteside was able to gather the evidence that finally exposed the betrayal. In *Spies in the Cemetery - FBI edition*, John will review his investigation of the longest open espionage case ever brought before the U.S. courts.



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AROUND TOWN

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 day-long 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.

July celebrations with the RCMP Musical Ride

The Royal Canadian Mounted Police is proud to present the return of the Musical Ride to Ottawa for a weekend of Canada Day celebrations.

From Friday July 1 to Sunday July 3, a troop of police officers and their horses will delight



Guitarist and singer Edra Silva is one of several acts participating in the popular at MacKay United Church. The talented musician, originally from Chile, performed in March as part of the Women in Music and Arts festival at the National Arts Centre. She'll be performing at MacKay United as part of a duo June 28.

Photo supplied by Mackay United Church

audiences with a truly spectacular showcase of equestrian skill through formations and cavalry drills set to upbeat music.

If you’re looking for a truly Canadian experience for Canada Day weekend, come see the

iconic Musical Ride – it will fill you with pride! Bring a blanket or lawn chair and enjoy the show!

The show starts at 2 p.m. Friday July 1, 6 p.m. Saturday July 2 and 6 p.m. Sunday July 3 at the RCMP Rockcliffe Stables,

1 Sandridge Dr.
Note: Start times are subject to change.

Visit the RCMP website in June for details, www.rcmp-grc.gc.ca.

Jubilee Garden Party

The Laurentian Chapter of IODE is hosting a garden party to celebrate the 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. Tickets are \$30.

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

Smart Aging

The “Smart Aging Core Program” is designed to prepare

seniors for making “significant life decisions” ahead of time, before crisis moments arise. The program comprises eight weekly, interactive workshops covering topics facing seniors, including staying socially connected, planning for health crises, financial concerns, housing options and more.

The Smart Aging program takes place from 9:30 to 11:30 a.m. **Wednesdays beginning May 4** until June 22 at the Bearbrook Retirement Residence, 2645 Innes Rd. Registration is free. In order to register, visit the Council on Ageing of Ottawa’s website at www.coaottawa.ca and click on “Events”.

Stairwell Carollers

An a capella choir, the Stairwell Carollers have been a fixture of the local scene and currently conduct their rehearsals at the Church of St. Columba on Sandridge Rd. They’re currently seeking tenor and bass voices. Visit their website at www.stairwellcarollers.com for more information and see page 40 of the *Chronicle* for more information about the Stairwell Carollers. Qualifications include “a good ear, a solid voice and a good attitude”. Auditions will continue until July.



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