

MANOR PARK Chronicle



The voice of the community for more than 70 years • September-October, 2020 • Vol. 72, No. 1



Manor Parkers gather (with social distancing in place) to thank Lucy and Nick Saikaley, owners of our community's longest-surviving grocery and confectionary store! Photo: Damien Boland

Neighbours rally to thank a special couple

Saluting Nick and Lucy Saikaley
By Damien Boland

Manor Park, our lovely little neighborhood; the quiet community filled with my heart and childhood with amazing memories. My family and I moved to Wingham Place in 1983 when I was four-years-old to await the birth of my brother, Chris. Chris and I were fortunate to be able to explore our surroundings, which included such Manor Park staples as: feeding the horses at the RCMP stables, playing in the creek at the end of Blasdell Ave. and, of course, our walk to Nick's Manor Park Grocery (179 St. Laurent Blvd.) to buy 5-cent gummies.

As little boys it was always pretty cool to be greeted by name when we entered.

CONTINUED ON PAGE 12

Housing Lab underway in Rideau-Rockcliffe and Rideau-Vanier Wards Addressing family homelessness in our neighbourhoods

By Allan Martel
Community Collective Team Member
Family Homelessness Lab,
Core Team Member

In 2019, the Community Collective, an initiative of the community associations in Rideau-Rockcliffe (Ward 13) and Rideau-Vanier (Ward 12), began discussions to address a "sticky" problem within their wards. The problem is family homelessness, particularly families forced to rely on emer-

gency shelters, often in hotels or other venues with woefully inadequate facilities (no kitchens, no laundry facilities, unsafe neighbourhoods, etc.).

Based upon experience in England, Housing Labs took root in Canada several years ago and, now, Canada Mortgage and Housing Corporation (CMHC) makes one or more annual calls for proposals, through its National Housing Strategy Solution Lab Program that are consistent with federal

government priorities, but operating at any federal, provincial, city and even neighbourhood level.

The McConnell Foundation Centre for Social Innovation supports Social Labs in many sectors in Canada:

Labs begin with a focus on defining problems, mapping systems and gaining a deep understanding of the dynamics that hold systems in place. By supporting multi-stakeholder engagement and prototyping,

labs are particularly effective for addressing complex challenges.

The Community Collective has been concerned with
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Re-Imagining Manor Park Estate lands ... Pg 8

Beechwood Market finds silver lining ... Pg 17

Summer travels without leaving Manor Park ... Pg 30

Sugar Shack vows to rebuild ... Pg 33

Afternoons in the park



See Pg 21 for 'new' after-school MPCC recreational activities for children 6-10 years.

Ottawa Cares

Your community-wide Covid-19 response.

See Pg 20

Editor Wanted

The Manor Park Chronicle is looking for a Managing Editor to join the team!

Identify & cover community events, manage the production team, recruit and manage writers, build ties within the community.

Compensation to be negotiated.

Preference will be given to Manor Park residents.

Send resumé to dtay555@gmail.com



A warm welcome to Jacki Sachrajda, the *Chronicle's* new Distribution Coordinator. Photo: courtesy, Jacki Sachrajda

The *Chronicle* has a new Distribution Coordinator Meet Jacki

Jacki Sachrajda is excited to be the new Distribution Coordinator for the *Chronicle*. Born in the UK, she and her family have lived in Manor Park for 25 years (has it really been that long?). Jacki recently retired from teaching JK at Fern Hill School and is looking forward to getting more involved in the community.

Says Jacki, "Thanks so much to Colin Chalk (past Distribution Manager) and Sharleen Tattersfield (Circulation Manager) for all your help in 'learning the ropes!'"

Editor's note:

As Distribution Coordinator, Jacki has enthusiastically pitched-in to serve as the main point of contact for the *Chronicle's* 70-member volunteer delivery team. In liaison with the Circulation Manager, she will help oversee bundling operations for route deliveries; help ensure that volunteer carriers are in place and, as required, for assisting re volunteer absences and attrition during the publication year. And, we can't thank Jacki enough for all her assistance in getting ready for the distribution of this issue!

To sign up as a new carrier or to let Jacki know of times when you will be away, please call her at 613-799-7260 or email: jacki.sachrajda@rogers.com .

Ottawans discover Manor Park's "urban oasis"

By-law officers follow

By Alison Crawford

Lockdown-weary, overheated Ottawans have discovered The Pond. In droves, people from all over the city arrived at the 'secret' swimming hole on the boundary of Rockcliffe and Manor Park this summer to take a quick dip or do laps outdoors. The increase in visitors caused the City of Ottawa to assign a by-law officer, in addition to the part-time staff who patrol the area every summer.

"Since July 1, by-law and regulatory services (BLRS) has issued more than 120 verbal warnings for infractions including bringing bicycles down to the water, swimming after 2p.m., consuming alcohol, entering restricted areas, dogs off-leash and failing to practice physical distancing," said BLRS Acting Director Tania McCumber.

The presence of a by-law officer did not put off Daniel Weiss, who arrived for a swim on an especially sticky humid day. He said he never knew about The Pond, even though he has lived in Ottawa for 39 years.

"I've been here twice now but I'm planning on coming back every day this week and start my workday this way. It's really nice, there's nothing like it. I mean, all the beaches have buoys to cordon things off. Here, you can get a 300-metre swim by just doing one lap," Weiss explained, before finding a spot to put his towel.

"The by-law thing doesn't bother me at all. We just accept it is part of reality to ensure this place shuts down at two o'clock."



The Pond by Mackay Lake seen as an idyllic "urban oasis".

Photo: Alison Crawford

Manor Park resident Alexis Graham has also accepted the presence of by-law. She has been going to what she calls the "urban oasis" with her two sons all summer.

"Obviously people won't want to be chaperoned, ideally, but I think it's necessary. People just don't respect the rules," said Graham. "It's also for respecting the people who live there. I can understand not wanting to have people in the water next to your house, especially in the evenings if people are drinking and smoking weed. I get it."

As part of shoreline restoration, truckloads of large rocks have been installed around the pond to prevent further erosion. Graham said the rocks have reduced the size of the beach but they certainly deter people from tramping around prohibited conservation areas. People have packed the beach since it opened in July with fresh landscaping and signs clearly telling people

to stay 2-metres apart.

"I'm glad the city is taking care of it. If people are not complying it means we won't have access to it, potentially. It is incredible to have this in your neighbourhood," she said.

Despite its start as a sand-and-gravel quarry from 1890 to 1949, The Pond is part of the Caldwell-Carver Conservation Area. Especially popular with birdwatchers, the area is home to protected flora and fauna. Swimming is only permitted between 7 a.m. and 2 p.m., and the area lacks facilities such as washrooms, which deters people for staying all day.

Avid swimmer Megan Shoemaker lives in the area but had never dipped a toe in The Pond until this summer.

"I've known about it for years and I never took the time until this year. The pools are closed. I mean, some are open, but my favourite one is closed due to COVID-19. This is way-more relaxed than the pool. It's nature in the city!" she said.

UrbanOttawa.com



330 Boudreau \$599,000 Tidy, chic, Urban Ottawa townhome located in Quartier Vanier. Spacious, well laid out, bright and cheerful. Walkable to shops on Montreal Road or Beechwood. Next to lovely Nault Park and steps from community center, library and North America's only urban sugarbush! Well appointed kitchen. Connect with family and guests in this great open living space. Two spacious bedrooms on the top floor, each with bath. Main floor swing space perfect as home office, gym, family room or more private guest suite. Small scale rear courtyard delivers a big punch: loads of room to relax and entertain. Convenient balcony on south side off kitchen for morning coffee and to BBQ.



959 North River Rd. \$450,000 Superb unit with amazing fenestration and space in Urban Ottawa's quiet and cool "Overbrook by the River". Boutique condo keeps things simple and intimate: get to know your neighbours! Ultra spacious 1300 "real" sq. ft of living space. Entertainment sized principal rooms where you can receive friends and family. Spacious kitchen open to the main living area. Two generous bedrooms and two full baths. Underground parking and storage locker are included. Looking west toward downtown. Lots of green out the window. Easy walk to downtown over the Adawa bridge, walk to Loblaws, Beechwood and Montreal Rd. Perfect home for those who desire a little more personal kind of living.



225 Alvin \$220,000 Sparkling unit in Urban Ottawa's Manor Park, worth a look for those who like a green, peaceful setting yet a quick bike/bus ride, even a walk, downtown. Large windows letting in loads of natural light. Open concept, 615 sq. ft. of well thought out living. Spacious bedroom. Efficient kitchen. In suite laundry plus laundry on each floor. On the eastern (less hot) side of the condo. Outdoor parking included, so is a storage locker. Great \$/square foot value! This building has great facilities with a party room, exercise room, a large patio area in the back with BBQs and lovely roof top terrace with views of the Gatineau Hills. Hydro average of \$105 per month. Pet friendly building.

Natalie's
URBANOTTAWA
the art of urban living

Invasive species spotted

Gypsy moths threaten Manor Park's beautiful trees

By Natalie Sachrajda

What are gypsy moths?

Gypsy moths are an invasive species of moth originally native to Europe. They were introduced to Massachusetts in the 1860s to make silk but quickly spread throughout North America. Gypsy moths are not new to Ottawa. However, in 2020 Ontario has seen the worst outbreak of gypsy moths in over 30 years.

The gypsy moth life cycle

Gypsy moths lay their eggs in clusters on the trunks and branches of trees. Eggs are laid in late July/early August. The eggs are covered in a coating of hairs that usually appears yellow, orange or brown. Once the eggs are laid, they enter a stage called "diapause", which allows them to last over the winter months.

When spring arrives, the larvae (caterpillars) emerge from the clusters of eggs. The caterpillars then disperse by hanging on a thin silk thread and waiting for the wind (or an unsuspecting pedestrian!) to carry them to other trees. The caterpillars then start to feed, chewing small holes in the leaves.

They are nocturnal feeders,



Cluster of gypsy moth eggs on a neighbourhood tree. Photo: Jacki Sachrajda

climbing to the foliage overnight to feed, and then descending back down to the base of the tree during the day. Caterpillars reach full maturity in July when they begin to form pupae. After two to three weeks, the adult gypsy moth will emerge from the pupae. Interestingly, female gypsy moths cannot fly, so they will lay their eggs on the same tree on which they themselves hatched.

Why does this matter?

Gypsy moths kill huge numbers of trees every year! They prefer deciduous hardwood trees, especially oak, birch, sugar maple, beech and aspens. Caterpillars can destroy a tree's entire canopy. Gypsy moths have destroyed an estimated 80 to 90 million acres in North America, decimating huge sections of

forest.

What can you do?

Gypsy moths and egg clusters have been noted around Manor Park Public School and along Hemlock Rd. between Thornwood Rd. and St. Laurent Blvd. (in front of the Manor Park Estate townhouses). Occasional sightings have also been noted along Thornwood Rd. and Eastbourne Ave.

Check your trees regularly for gypsy moths or egg clusters! Egg clusters should be scraped off and either thrown into soapy water or burned. To prevent more eggs being laid, tie burlap or a piece of cloth around the base of the tree. Female gypsy moths and caterpillars tend to crawl up into the burlap to avoid the midday heat, which makes them easier

to find and remove. Some insecticides can also be successful against gypsy moths.

To report sightings, call the Invading Species Hotline at 1-800-563-7711. For more information, visit www.ontario.ca/page/gypsy-moth.

Sources:

- Ontario Invasive Species Awareness Program (<http://www.invadingspecies.com/gypsy-moth/>)
- Government of Ontario (www.ontario.ca/page/gypsy-moth)

The Chronicle looks ahead

In an age where independent journalism is shrinking and larger media outlets are dropping local coverage, the *Manor Park Chronicle* stands out. For more than 70 years it has sustained coverage of community issues, institutions, people and businesses that our readers care about. The strong support of our readership and advertisers bears that out.

It is a privilege to share our neighbourhood's news, views and photos. It is an honour to spark dialogue and make connections throughout Manor Park. However, just ponder how interesting our coverage could be if we had more volunteers involved.

You may be asking yourself, "How can I help?"

Well, we need your ideas as well as your contributions. Tell us what you want to see in the paper and if you can pitch in. Are you interested in:

- helping build a web presence? A current priority!
- sharing a story idea?
- responding to something you've read?
- reporting on civic affairs?
- becoming a columnist?

This is your community newspaper. No experience is required, but we would certainly welcome the neighbourhood's many former and aspiring journalists!

Please contact **Sharleen Tattersfield** at editor@manorparkchronicle.com with your ideas of what you want to see in the *Manor Park Chronicle* or how you would like to **get involved**.



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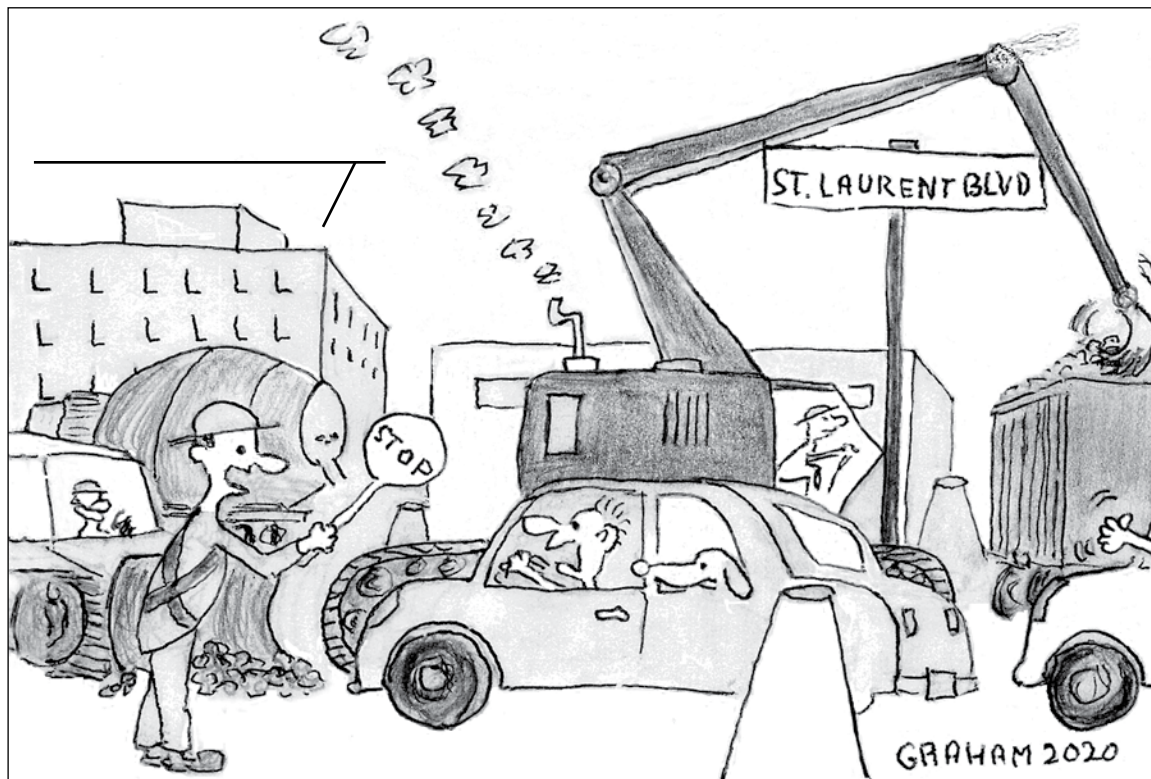
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MANOR PARK Chronicle

The voice of the community for more than 70 years



"Who knows! Once this end's finished, we head back to the other."

SUBMISSIONS

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:

The Chronicle is always interested in receiving photos. Large, clear photos work best and must be sent in **jpeg format** to the editor. Send **high resolution (300 dpi), uncropped** digital images (**as separate email attachments - not embedded in the body of your email**). Please submit with your articles and include a caption and photo credit.

LETTERS TO THE EDITOR:

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

MANOR PARK NOTABLES:

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

BULLETIN BOARD NOTICES:

Submit notices for community events to the editor.

Next Issue: November-December, 2020

Deadline for booking advertising: October 10, 2020

Deadline for submitting ad creative: October 20, 2020

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

Deadline for articles and photos: October 16, 2020

Send as attachments to
editor@manorparkchronicle.com

Don't let the fall fade away

Contribute your news, stories, opinions and photos

By early October, the *Chronicle's* production team will be working on the November-December, 2020 edition.

Keep us in mind. Send us your:

Views on matters of importance for **Your Opinion Matters**

Contributions for **Where in the World is the Chronicle?**

Suggestions for a pooch to feature in **Dogs in the Hood**

Recommendations for a neighbour to profile in **Meet Your Neighbour**

Late summer and fall photos and stories to share with readers in our next issue.

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

Manor Park Chronicle

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The *Chronicle* is available in PDF format at:

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

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ABOUT THE CHRONICLE

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Interim Editor

Sharleen Tattersfield
editor@manorparkchronicle.com

Advertising Manager

Sharleen Tattersfield
ads@manorparkchronicle.com
613-749-9922

Production Manager

Patti Moran

Community Photographer

Marie-Frédérique Caron

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David Bruce
John Graham

Distribution Coordinator

Jacki Sachradja
613-799-7260

Mallings

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EDITOR'S WRAP

"Life starts all over again when it gets crisp in the fall."
F. Scott Fitzgerald

September has arrived, launching a new publication year for the *Manor Park Chronicle*. For many, this is a time to re-engage with life's less spontaneous routines and to catch up on neighbourhood summer news.

For me, the past few months have been a time to rekindle old relationships and forge new bonds in my role as Interim Editor ... a position I enthusiastically embraced following the departure of Debbie Gervais who has moved on to other opportunities. *The Chronicle's* Advisory Board continues its search for a new editor. Might you be that special person to take over the helm? A warm welcome awaits!

On behalf of our amazing editorial team, I trust you will enjoy this issue. Catch up on news from Manor Park's Community Association and Community Council and the many initiatives they are working on for the benefit of our community. Check out the inaugural report by the Community Collective on homelessness in Wards 12 and 13 and the latest news from the management of Manor Park Estates – our neighbourhood's largest landlord. Find out about what's been happening at The Pond by MacKay Lake, at the Beechwood Market and at our Community Centre.

Read on to find out about the pastimes of nature photographer, David Keys and those of your neighbours in Around the Park. Discover Manor Park's generosity in Damien Boland's story on neighbours rallying to support the Saikaleys (Manor Park Grocery). See what our youth have been up to during this COVID summer – with stories from grade-6 student Abella Vasquez and about high-school student and *Chronicle* photographer Marie-Frédérique Caron. Also, check out the bountiful book recommendations — wonderful companions as we continue good practices of maintaining our appropriately sized social bubbles.

I wish all our readers continued and abundant good health.

Sharleen

Sharleen Tattersfield, Interim Editor

YOUR OPINION MATTERS

On which side of the cycling paths should I walk?

By Monique P. and Gilbert B.

Nice weather is back and with it the outdoor pleasures, walking or biking, alone or with family members and or friends. But with the return of the nice weather, there is also a rise in incivility on the cycling paths.

Some cyclists, despite the speed limit of 20-km per hour indicated on a signboard, seem to believe that they are on racetracks where they can practice for the Tour de France. They even dress like the professionals too!

Needless to say, that this behaviour is dangerous to themselves, other bikers and pedestrians. Sometimes, two or

three cyclists may bike head-to-head using the whole path, talking with one another to the detriment and attention of the ongoing traffic. Often enough, cyclists will go back in a single file at the very last minute causing much distress to oncoming traffic.

Bikers are not the only one to exercise incivilities. Pedestrians are also doing it because they are convinced that walking on the right side of the path is correct without realizing that in doing so they put themselves at risk because they don't see who is coming behind them. There are even joggers who not only use the right side of the path, but wear earphones and are consequently unresponsive to the noise of bikes. Bikers, ringing

their bells in an attempt to alert them, are of course not heard.

It appears that most pedestrians are not aware that they must walk on their LEFT side of the path so that they can see cyclists coming their way, and eventually be able to depart further on the side should the need arise.

Those who respect that simple common-sense practice are often criticised by ill-informed bikers and other walkers as well who direct them to walk on the right side of the path! Civics matters are everyone's business.

Should readers be interested to find more information on the subject, they can visit the following websites:

- Verywellfit.com – Walk facing

incoming traffic by Wendy Bumgardner, January 13, 2020;

- Thehealthy.com by Marissa Laliberte, April 21, 2020; and
- Oasisfinancial.com – Top 11 pedestrian safety tips: Walking safety rules.

[Copy editor's note: This dog-walker agrees: As one who grew up handling horses on roads in England, we always faced the oncoming traffic so that the animals could see what was coming. Here, I walk on the left of the path, or roadway, with my dog on my left, which is the side to which most puppies are first trained to heel. Jane B]

What's worse than COVID-19? Climate change

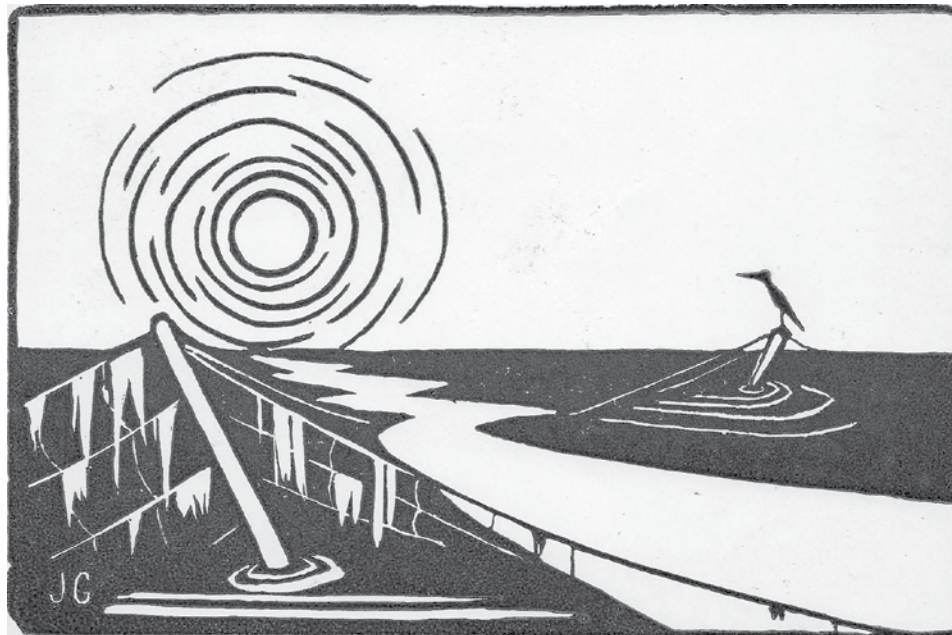
By John W. Graham

It's a popular cliché to say that COVID-19 has changed our lives and, of course, it's perfectly true. The disruption of education, obstacles to social and mental growth for children, losses or reductions of income, and loss of life to a new and demonically resilient disease are just some of the consequences. The cumulative impact has been thorough and universal.

COVID-19 is bad news, but a bigger and more dangerous monster lurks and, not surprisingly, our attention has been diverted from this beast: *climate change*. To the extent that we think about climate change, we imagine that one benefit of lockdown (apart from painting the garage door or cleaning the basement), must be that reduced CO2 emissions from vehicles, planes and factories have enabled the world to reach its Paris Accord target of holding warming down to no more than 2° Celsius.

Sadly, that's a myth – and, a perilous one because it promotes complacency. COVID-19 has marginally slowed the beast, but it has not stopped it. Scientists tell us that CO2 emissions continue to grow and that the catastrophic nightmare that it portends is real. Examples include: drowning of low-lying land with rising oceans; widespread loss of arable land through flood/desertification; major losses of marine life as oceans warm; acute drought in many areas; accelerated extinction of endangered species; and massively destructive storms. All these evolving conditions are more hospitable to new viruses.

One scientist (David Wallace Wells) calculates that a rise of 2° Celsius would mean death for 150 million people from the effects of pollution, floods, drought and storms and that dwellings for billions people would be uninhabitable. In sum, this new global environment would loosen the cohesion of many societies and sharply widen the enormous gulf between wealth and poverty. There are signs that these appalling outcomes are beginning to appear.



However, there is also evidence of advances in wind, solar and other non-fossil energy sources. Battery storage capacity is improving. Technology is being developed in British Columbia and elsewhere that will suck carbon from the atmosphere and store it underground. Trees are our best and easiest natural remedy, which means massive increases in planting and a global halt to deforestation.

Green energy is a huge and growing industry, but so far, the beast is bigger and more voracious than the new technology is efficient. Can we ignore the risk that irretrievable damage will outpace green innovation?

Our far north is an immediate concern. Unless warming in northern Canada and Russia is checked, melting permafrost will release a devastating infusion of methane gas (which has a warming potential 28 times that of CO2) into the atmosphere. Signs of thaw are already evident with the collapse of winter roads built over ice and permafrost – the basic lifeline of Arctic communities.

Active sources of escaping methane are Canada's huge herds of beef and dairy cattle. Science has shown not only that methane released from cattle is a major contributor to rising carbon lev-

els, but also that different feed can significantly lower emissions. One statistic indicates that the volume of methane released from cattle over 1 year is equal to emissions from 6.9 million passenger cars over the same period.

President Trump has been singularly irresponsible. But worse than the enormous damage inflicted on US environmental controls, has been his erosion

of international collaboration. Change may come in January, but the damage will not be easily repaired.

And as for Canada? Some scientists will evaluate more harshly, but in relation to many other countries, our record appears to lie somewhere between a C- and a C+. And, that is not good enough – not at the level that would be appropriate for Canada to meet the Paris goal.

If this conclusion is fair, how do we persuade governments at all three levels to take necessary measures. Equally important, how do we persuade citizens to accept the associated discomforts, limitations and rise in living costs – less flying, fewer gas guzzling machines, more expensive insulation, and more veggie meals? Heftier carbon taxes – are we ready for that?

The answer should be better education; determined, courageous leadership; and clarity about the horrendous implications of failure.

There is still a chance to make changes in the way we live, eat, work and play. As an affluent country, Canada will not experience the worst impacts of climate change as early as poor, vulnerable countries. We know from COVID-19 that we are intimately connected to the world and we will share its pains.

Your Opinion Matters...

is where readers of the *Manor Park Chronicle* can share their opinions with the community. We shall consider all submissions for **Your Opinion Matters** providing they are respectful in nature and tone and are no longer than 700 words. Topics must be relevant to community living and articulate an opinion. As always, *Chronicle* staff reserve the right to edit for legal considerations, space, grammar and ease-of-reading. We hope you'll take the opportunity to let the community know what you're thinking about. Please send your submissions to editor@manorparkchronicle.com

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FROM THE DESK OF:



Manor Park Community Association President
ELIZABETH McALLISTER

What a glorious summer that let us once again safely visit friends and family! I hope you all were able to take full advantage of the long days.

As we head into September, the abiding undercurrent is vulnerability – our own and others. We grieve the loss of our normal lives. Can we bear this pandemic through a Canadian winter? We can!

Manor Park has done a great job so far of being kind to each other and generous to those who have been hit the hardest. We will get this through winter by keeping up our momentum on caring.

Back to School: lobbying for safety!

We are in an educational *crisis*. A crisis demands the highest priority by governments, the private sector and community organizations. Use all available space for smaller classes in churches, community and office buildings! Hire substitute teachers! Help parents to support learning! Target vulnerable kids with special learning supports! What can be more important?

MPCA has called on the Mayor, OCDSB and elected officials to take quick and specific action to protect kids getting to school. More parents will be driving kids along with buses and more kids walking and biking to avoid buses. MPCA committees have made specific recommendations to make active transportation safer for our school kids (See [Manorparkcommunity.ca](https://www.manorparkcommunity.ca)).

The Story behind the story: Housing and Development

Housing is part of the urban ecosystem. It is a “social determinant” of health. The Ca-

nadian Medical Society recommends that health impact studies be part of all urban planning.

Social factors – such as the ability to distance and isolate yourself, feel safe in your home, have access to safe transit, healthy food, primary health care – are fundamental determinates of good health. Health, housing and environmental sustainability are interconnected and can be mutually reinforcing. They constitute one system and need to be addressed as such.

Communities need to get involved early on with *each* project to advocate for design elements that incorporate human needs. Each project requires the same tiresome negotiation and trade-offs between the size and design of the buildings and community concerns for adequate setbacks, safety, climate protection and vital retail space.

City Densification Plans

In the city’s planning for densification or in its planning regulations, we have yet to see serious consideration of environmental, mental and physical health, safety factors or inclusiveness. The city plans its densification with water and waste, transport, transit and road plans.

For densification to work, we also need social infrastructure plans to ensure adequate access to green space and other public services like clinics and libraries.

There is insufficient appetite for overarching community-level plans that simplify and harmonize downstream construction decisions. Solid community-driven plans for main streets developed across



Manor Park has done a great job so far of being kind to each other and generous to those who have been hit the hardest. We will get this through winter by keeping up our momentum on caring.

the city have been ignored because they are not “legal” documents.

The building-by-building planning approach is exhausting for communities. It cannot be cost effective for the city.

It is not good for developers either. Project approvals can take two or three years at a cost of 8 to 10 percent of overall costs according to Mazyar Mortazavi, a Toronto developer. Some developers know that the foundation of strong democracies is resilient communities whose infrastructure design creates relationships among a range of demographic and income groups.

But designs that integrate amenities, environmental services, schools, cultural opportunities and workplaces within walking distance often cannot compete with profit-driven developments that do not prioritize design of resilient communities. Progressive developers cannot build resilient communities alone or one building at a time.

Public interventions are necessary. CMHC, provinces

and municipalities need to collaborate to create a vision for resilient communities with specific measures that benchmark health status, diversity, environmental assets, safety and well-being. They need to lower the costs of housing construction (up 20 to 30 percent over the last decade) through a more innovative and integrated vision of housing within a simpler regulatory framework.

Governments need to encourage research on sustainable and more affordable building products and adopt funding policies that level the playing field for those builders who want to leave behind a positive legacy.

Manor Park development

Lalit Aggarwal will introduce his approach to the redevelopment of Manor Park Estates in this edition of the *Chronicle* and Charl-Thom Bayer, MPCA’s Chair for Development, will present MPCA’s thinking and describe our role in his companion article.

I am encouraged by Lalit’s recent collaboration with our counterparts in Vanier, his articulation of his family’s commitment to Manor Park and his early consultation. As Charl-Thom says, “Let’s work hard and constructively to make changes for our community that are as healthy, safe, climate-smart and inclusive as is possible ...within our fragmented policy environment.”

Gratitude

MPCA thanks **Mike Coxon**, Third Sector Consulting, for facilitating a productive MPCA retreat!

MPCA applauds **Nic Fortier** and **his neighbours** for taking the initiative to convince the city to implement additional traffic-calming measures on Sandridge Rd.

Thanks to the **Beechwood Village Alliance**, led by **Tony Stikeman** with representatives from communities bordering Beechwood Ave. and Hemlock Rd., for its hard work to bring back vitality to our main street and to ensure our communities have a say in the future.

Now... go and see your friends outside while you still can!

Manor Park’s tennis courts are busy at all hours with players coming in pairs or with their families to enjoy a safe, fast-paced game.

Photo: Marie-Frédérique Caron

FIND US AT
[manorparkcommunity.ca](https://www.manorparkcommunity.ca)

Visit our Facebook page:
<https://www.facebook.com/ManorParkCommunityAssociation/>

Email us at:
manorparkcommunityassociation@gmail.com




MANOR PARK COMMUNITY ASSOCIATION

Manor Park Estates re-development

MPCA's Development Review Committee responds; seeks community input

**By Charl-Thom H. Bayer,
Chair, MPCA Development
Review Committee**

If we consider the words of Nelson Mandela who has said, "Our strength as a community lies in our differences, not in our similarities", then Manor Park should consider itself very lucky indeed. We have relied on our strength in diversity through the challenges of the COVID-19 pandemic and its related social and economic headwinds. But, even amidst COVID-19, new opportunities and challenges are appearing on the horizons for our diverse community.

The re-development of the Manor Park Estates, as described by the developer, Mr. Aggarwal, in his article which runs on page 8 is going to have a significant impact on the Manor Park community. We will have the opportunity to, once again, come together as we have during the current pandemic and use this re-development to improve our neighbourhood.

The Manor Park community, through the Manor Park Community Association (MPCA), will have the opportunity to participate and provide input into the proposed development over the next few months. We are pleased that MPCA has been briefed by Mr. Aggarwal and his agents as well as the City of Ottawa, and thus opened a dialogue between community partners on the future development and its potential impact on Manor Park as a whole.

MPCA's position

Given the anticipated scale and scope of the redevelopment, MPCA has expressed to Mr. Aggarwal and his team of con-

sultants, that it is our opinion that the development should explicitly prioritize existing tenants and occupants and provide opportunities for sale and rental units in a variety of sizes and price-points.

This should create the starting point for a community that is 'socially just' and that provides a variety of safe and affordable housing opportunities to residents. The expected increased density brought about by the development should be an opportunity for diversified housing opportunities.

At the same time, MPCA would like to ensure that the future development in the Manor Park Estate community is sustainable with increased greenspace, community gardens and incorporating green design. We envisage increased and safer pedestrian and bicycle transport. Finally, providing spaces for social interaction, such as playgrounds for children, commercial/retail spaces for essentials including groceries, and other social infrastructure, will create the conditions for a prosperous street life in a safe and vibrant environment.

Supporting a thriving community

The design and arrangement of structures (the buildings and the spaces in between), through their form (how they look) and function (how they are used), create opportunities for the required social interaction that contributes to community resilience. Thus, social infrastructure may be considered as the set of investments into our social (parks and playgrounds), economic (shops), environmental (trees) and cultural (libraries and art instal-

lations) infrastructures, which MPCA believes are critical to support a thriving community.

We are pleased to advise that Mr. Aggarwal has also indicated that he embraces these principles for the proposed re-development, and we look forward to the next steps. MPCA expects that the re-develop-

MPCA expects that the re-development of Manor Park Estates would provide the opportunity to preserve and honour the character, heritage and design of this unique community and integrate it with the future needs of the neighbourhood.

ment of Manor Park Estates would provide the opportunity to preserve and honour the character, heritage and design of this unique community and integrate it with the future needs of the neighbourhood.

MPCA is encouraged by Mr. Aggarwal's plans to consult directly with residents including those currently living in the affected properties. The association intends to work cooperatively with Mr. Aggarwal and his consultants and, while we do not expect agreement on everything, we hope that the input of the community and MPCA

will signify our strength, and lead to better solutions.

The developer, the City of Ottawa and the MPCA have embraced the idea of the "fifteen-minute neighbourhood" as proposed in the draft New Official Plan for the City of Ottawa. Our goal is to be able to support a development based on the principles of the "fifteen-minute neighbourhood" that will be a flagship for Manor Park Estates, the City of Ottawa and the Manor Park community and leave a last-

ing legacy for all of us to look upon with pride.

MPCA seeks community input

MPCA needs to hear from you, and we encourage community members to reach out to us in connection with the Manor Park re-development at development@manorparkcommunity.ca and visit our website at manorparkcommunity.ca/home/

Are You Interested in Curling?

The Dominion Chalmers Curling League is looking for curlers for the 2020/2021 season. This is a recreational league for those who curl and those who are beginners alike.

Each year, several spots open up and are filled on a first-come, first-served basis.



Saturday Mornings: 8:30 am -10:30 am
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Editor Wanted

The Manor Park Chronicle is looking for a Managing Editor to join the team!

Identify & cover community events, manage the production team, recruit and manage writers, build ties within the community.

Compensation to be negotiated.

Preference will be given to Manor Park residents.

Send resumé to dtay555@gmail.com

Re-imagining Manor Park estate lands

By Lalit Aggarwal

A look back in history tells us that Manor Park Village was developed more than 70 years ago. It was an exciting postwar time with the developer, Manor Park Realty Ltd., marketing the neighbourhood as the “first completely coordinated home making project of its kind in Canada”.

In 1990, my parents, Anand and Saroj Aggarwal, operating as Manor Park Management (MPM), purchased the lands known as Manor Park Estates and three years later, added Manor Park Gardens. Our family have been your neighbour for more than 30 years, managing these properties from a rental office on Brittany Dr. Half of our residents have been with us for longer than six years and 10 percent have lived in an MPM home for an astonishing 22 years! Manor Park Estates and Gardens is a strong community with deep roots, something we value and respect.

Since the late 1940s, Ottawa’s population has quintupled. The city’s new Official Plan posits further growth of some 400,000 over the next 25 years. While Manor Park has continuously evolved over the past 73 years and, although we continue to invest and strive to maintain our buildings with a dedicated ground-staff of 12, we feel now is the time to start a dialogue about the renewal of our properties and what it might look like in the future.

This will now become my life’s work and, initially, I know that this will be unsettling for some. To that end, we are com-



Photo: Suzanne Valiquet

mitted to listening to everyone who would like to engage with us and to working with the Manor Park Community Association as we commence developing concept plans to re-imagine estate lands.

Areas poised for renewal

While generally referred to as Manor Park Estates, the planning area is actually two quite distinct communities, which are more accurately identified as “Manor Park Gardens” (north) and “Manor Park Heights” (south). The Gardens are located north of Hemlock Rd. on both the east and west sides of St. Laurent Blvd. The Heights are located primarily along both sides of Brittany Dr. extending from St. Laurent Blvd. to Montréal Rd. In total, the redevelopment area is approximately 35 acres and contains about 650 dwelling units in a mixture of low-rise building forms.

Enhancing the community

Most importantly, we begin these discussions, motivated to enhance our community, not to disrupt it. We will not displace any of our residents and will ensure a Manor Park home for everybody that wants one. Our family wants to remain as your neighbour for at least another 30 years. Together, we will create a comprehensive, multi-generational, phased plan that will serve as the basis for a vibrant community. It is our shared responsibility.

Recently, we have taken steps towards redevelopment concept planning. Residents may have noticed surveyors and engineers conducting studies on the grounds. These first steps are needed to better understand the geography, topography and capacities of existing infrastructure such as sewer pipes and to create a starting point for concept planning.

Our guiding principles:

- a) **Affordable housing:** Create a compact and complete community that integrates and provides diverse affordable housing to accommodate a variety of residents.
- b) **Community and remembrance:** Draw from and build on the legacy of the original plan for Manor Park. The existing character of housing styles, greenspace, connectivity and street layouts will define the future of the community.
- c) **Mobility and ease of movement:** Develop a 15-minute neighbourhood and emphasize a pedestrian-oriented community. Encourage walking and cycling by providing safe and comfortable infrastructure to and from transit and existing pathways.
- d) **Connectivity:** Create a network of private and public open spaces and parks to reconnect the site with the surrounding neighbourhood and existing natural features.
- e) **Sustainability:** Promote a culture of sustainable living and encourage active, sociable lifestyles inspired by One Planet Living principles of health and happiness, equity and local economy, culture and community, land and nature, sustainable water, materials and products, travel and transport, zero waste and zero carbon energy.
- f) **Built form and scale:** Ensure that proper building height transitions will be carefully designed. Separation between high-rises and mid-rises will ensure privacy for residents, sunlight exposure and views to the NCC Aviation Parkway trail.

Keeping in touch!

We are developing a robust public engagement strategy and would like to hear from you! To start the ball rolling, MPM’s new, bilingual website – visionmanorpark.ca – will launch on **September 15**, featuring milestones for the Concept Development Plan. As a window on the project, it will allow anyone to interact with us and our Project Team specialists. Residents will be able to sign up and be placed on the project distribution list to stay current on meeting schedules

and get answers to their questions. In addition, critical to our communication, will be to meet one-to-one with all our existing residents.

To start the conversation, we have established principles to guide our master plan. From our family to yours, we thank you for engaging and look forward to working collaboratively with you to strengthen our community.

For more information, please contact: info@visionmanorpark.ca

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Housing lab, cont. from page 1

child poverty for some time, recognizing the links to family homelessness. This subject is woefully un-researched, and no one understands in any wholesome way, what's happening within Wards 12 and 13 to either cause families to seek emergency shelter or the factors that lead families out of shelters and into more appropriate and more stable housing.

We worked-up a proposal to CMHC for housing lab funding with Lansdowne Consulting Group under the leadership of the Rideau-Rockcliffe Community Resource Centre (RRCRC) and, our submission was approved. We are already up and running with several groups active in developing the research plan for the work ahead. Our first, and arguably most important task, is to define clearly the problem statement – what exactly is within and not within the study boundaries.

We have assembled a robust team of dedicated folks representing: the City of Ottawa; NGOs such as The Alliance to End Homelessness; representatives from the Wabano Centre to deliver the indigenous perspective; researchers from both Ottawa and Carleton universities; community resource centres from wards 12 and 13, as well as landlords and property managers; developers and builders (with a focus on infill development).

Our objectives can be simply stated (if not simply achieved!):

1. Define the problem (and the study boundaries) in order to address it within available resources;
2. Consult with those folks with “lived experience” to understand their personal histories;
3. With all pertinent parties present, hammer out some possibilities for action to be tested;
4. Set up “no lose” experiments in several as-yet-unknown areas to address family homelessness;
5. Evaluate experimental results and highlight those that hold promise for implementation and broader application;
6. Share the study results, both successes and failures, to contribute to the base knowledge available to any entities wrestling with similar issues;

The McConnell Foundation Centre for Social Innovation recognises that people affected by the problem must be part of the Lab:

Traditional approaches to social or environmental challenges have often been top down, led by government or other powerful actors. Labs are based on recognition that no one actor group can solve complex problems, and the people most impacted by a social chal-

... no one understands in any wholesome way, what's happening within Wards 12 and 13 to either cause families to seek emergency shelter or the factors that lead families out of shelters and into more appropriate and more stable housing.

lenge often hold the key to better solutions.

Experimentation is another key element in the process:

Labs can unleash the creativity of people, organizations and systems that are stuck or fragmented. Designing new approaches requires great research and pooling knowledge and perspectives to generate novel insights. To give form to new insights, prototypes are created and applied. People collectively learn from trying interventions and iterate interventions further based on lessons learned. Taking an experimental, time-bound approach can help minimize the risks in trying something new, while in-



creasing the possibility that a creative response will be available the next time, for the next problem.

And, finally, they emphasize a systemic approach:

Innovation in social labs comes from seeing new connections between the parts, taking a systems view. Poverty, racism, environmental degradation, inequality and homelessness: these are examples of complex challenges that cannot be solved through a single approach, because they are the result of overlapping systems that produce adverse effects for people and the natural world. Labs look for opportunities to illuminate these relationships. Whole systems approaches help people re-frame the nature of

the problem, create a radically new repertoire of responses, and build the confidence necessary to implement transformative solutions to collective problems.

We look to complete the work within an 18- to 24-month period. As a core team member, I shall update residents on our progress through articles in the Chronicle.

EDITOR'S FOOTNOTE:

The McConnell Foundation is a private Canadian foundation that has developed and applied innovative approaches to social, cultural, economic and environmental challenges to advance social innovation approaches in Canada for almost two decades.

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CARDINAL GLEN COMMUNITY ASSOCIATION

Allan Martel
President

COVID-19 has certainly made life challenging for everyone, and Cardinal Glen is no exception. The relatively small size and pre-existing cohesiveness in the neighbourhood has made it possible for us support those in need of assistance as well as to make efforts to sustain morale during these trying times.

Recognising that we have several older singles and couples in the neighbourhood, we put into place rapidly secure pickup and delivery arrangements for those either not comfortable or indeed unable to shop for their own food and other essential items.

Neighbourhood 'security blanket'

We also developed a "security blanket" for our potentially vulnerable households by linking them to a corresponding group of capable volunteer homeowners in the Glen who agreed to keep a watchful eye on and to offer help as needed to potentially vulnerable neighbours.

Dunbarton Library, Basketball

Recognizing that the Ottawa Public Library (OPL) would remain closed for an extended period, we developed the Dunbarton Library. A large table at the end of the driveway at 135 Dunbarton Crt. holds dozens of books each encased in a Ziploc bag with the date that the book was delivered displayed on a sticky within the bag. All new or returned books were quarantined for three days before being placed out for borrowing. When you return a book, you are expected to update the

date of return on a sticky inside the book bag and place it in the quarantine box under the table. In three days, the returned book comes out of the box and is again available to library patrons. The library has proved to be so popular that it continues to operate even though the OPL has reopened on a limited basis.

We resituated basketball nets into safe areas on the street and then publicised their availability to all resident families. The take up has been substantial with groups of kids and families taking advantage of outdoor recreation, while respecting physical distancing protocols.

Balcony concerts

One of our residents Lauren Hall, a professional musician, has staged concerts from her balcony on many occasions to the delight of the attendees from all over Cardinal Glen. Lauren's blend of country favourites, jazz standards and pop classics has made a huge contribution to positive morale as neighbours have been dancing and singing along, all the while respecting COVID-19 requirements.

CTV Ottawa News carried a snippet of one of the concerts when the postman delivered mail to the group mailbox during a concert. Lauren (whose stage name is Lucie) switched almost instantly to "Wait a Minute Mr. Postman" which prompted our mailman to dance his way to and from the mail-

boxes – what a blast that was!

Dunbarton Bistro

Then there's the new Dunbarton Bistro, offering meals on a pick-up basis to residents across the neighbourhood two or three times a week and spawned from Christine's Cuisine, a neighbourhood-based catering operation. I am personally involved in the Bistro with Christine and we have also offered Dunbarton Bistro cooking classes for many neighbourhood children. This has consisted of them making cookies, cakes, and other items as well as sessions on cake and cookie decorating.

Community residents have also staged impromptu bike and foot races around the circle that is Dunbarton Court as well as pickup soccer or baseball sessions, all aimed at keeping our kids from climbing the walls.

A growing community

Cardinal Glen remains a neighbourhood in flux. Many of our older residents have decided to move to apartments close to the neighbourhood, thereby opening housing for new arrivals. Almost all of our new residents are young families with young children, a real breath of fresh air into the community. As a group, Cardinal Glen residents are grateful for the cohesion and community spirit that so pervades the neighbourhood making it such a desirable place to call home.

Cardinal Glen Garage Sale – September 19
Residents will hold a community garage sale on Saturday morning at select, participating homes along Dunbarton Crt. COVID-19 precautions in effect: social distancing required with the maximum number buyers assembling at one sale sight to be capped. Mask wearing is obligatory.

Dollars\$ for Dog\$

Dog owners and dog lovers are invited to participate in the 36th annual Dollar\$ for Dog\$ Fundraising Dog Walk on Sunday September 20.

Check-in will be at Andrew Haydon Park, 3169 Carling Ave., anytime between 8:00 a.m. and 11:00 a.m. Walk the 4-km. route on your own or with those in your bubble. Or, if you'd rather isolate, you can still raise pledges and go for a walk in your own community or neighbourhood on the same day.

To attend Andrew Haydon Park in person

Please register your attendance in advance. Physical distancing and adherence to local bylaws is in full effect, including hav-



ing your dog on-leash.

All monies raised through this year's Dollar\$ for Dog\$ are directed towards the training of

guide dogs and assistance dogs.

Register in advance at www.guidedogs.ca or phone 613-692-7777.

A remarkable SHAD summer experience!

Marie-Frédérique Caron's Irrigation Nation team places in top 10

By Sarah McCabe

As we are all well-aware, most communication is now being conducted virtually. My introduction to busy and successful grade-12 student, Marie-Frédérique Caron, reflects this current reality and I look forward to meeting her in person, in the future.

Marie-Frédérique has been a much-appreciated volunteer photographer for *The Chronicle* this past year. She is a "lifer" at Lycée Claudel having attended since Grade 1. She will complete her French Baccalaureate by 2021.

The discipline of science obviously appeals to Marie-Frédérique and this past summer she participated in the 39th session of SHAD¹. This program's high standards are based on solid research, instilling respect for scientific data and creative experimentation. The SHAD website quotes a student's comment that the experience was "life-changing". Apparently more than 18,000 high-school students have been involved over the years with an impressive 55 percent female-participation rate.

"I had so much fun," says



Photo: courtesy Marie-Frédérique Caron

Marie-Frédérique. "My main take away relates to the power of group work. I learned so much about group dynamics,

proper communication, support and efficiency when all members are giving 100-percent effort."

Designing for space

According to Marie-Frédérique, the online theme this year was space. She was in a group of 10 and their team was one of 60 groups. Their challenge was to have their experiment selected to fly on the Blue Origin's rocket *New Shepard*. The rocket is named after Alan Shepard who was the first American to go into space. It is designated for space tourism and it circles about 100 km above the earth. Amazon-owner, Jeff Bezos, and aerospace engineer Rob Meyerson own Blue Origin.

She writes, "Knowledgeable specialists narrowed the 60 projects down to 10. My design team, in the span of 4 weeks, proposed and designed a self-sustaining microgravity activated irrigation system in order to help grow crops in space. The entire project was done online." She added that this included "numerous, (very) late-night video calls and panicked communication through various social media."

And, she adds, "It's insane to think that in only four weeks, I finalized an entire design project with a group of initially complete strangers."

Irrigation Nation in top 10

Her design team, aptly named *Irrigation Nation*, has managed to place in the top ten proposals. Marie-Frédérique commented, "We will learn [soon] which one of these ten projects will be chosen as SHAD's payload for the New Shepard rocket."

This high ranking is a significant achievement. No matter what the eventual outcome will be it seems that Marie-Frédérique's team's creativity and scientific talents have already been recognized and their results might well make a significant contribution to future space habitation.

¹Shad Canada is an annual, month-long Canadian STEAM and entrepreneurship program for students in Grades 10 and 11. The summer program (a mix of lectures, workshops, labs and group projects) runs in July with a focus on science, technology, engineering, arts, and/or mathematics (STEAM). Due to COVID-19, the Shad administration cancelled this year's on-campus experience, pivoting to an online platform for the first time ever.

Ecology Ottawa's Bioblitz 2020

Ecology Ottawa has launched Bioblitz 2020 and is calling on all Ottawa residents – young and old, tall and small – to document the diversity of nature around them. Bioblitz, a dedicated timeframe in which to head outside and document nature's biodiversity, was launched this May and runs until December 31, 2020.

There is a naturalist in all of us, from those of us viewing birds and squirrels in our backyards to biologists, from

hikers to city strollers, from school kids collecting leaves or rocks to experts collecting museum specimens. Each sighting provides extremely valuable information on biodiversity!

Where does one go?

Anywhere and everywhere! Some like to go for a hike and document what they come across, others like to head out into their backyard and discover a whole new world.

How does one start?

Many record sightings with their phones, in notebooks or random Facebook postings. Another good way is to record sightings using the iNaturalist Canada app.

iNaturalist.ca is a tool that makes it easy: image recognition software instantly provides suggestions of what you just took a photo of, and it's amazingly accurate. Observations are then reviewed by experts in the iNaturalist

community to help confirm the identification. You can look up what species have been seen nearby and keep track of all your sightings with your personal species list.

Download the iNaturalist.ca app on your phone or tablet to join Ecology Ottawa's Bioblitz 2020 to help them better understand Ottawa's ecosystems while learning about your own nearby nature.

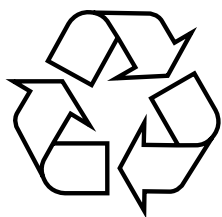
Getting involved

RSVP for each monthly bioblitz here: <https://ecologyottawa.ca/online-events-series/>

Need more information?

Visit Ecology Ottawa's webpage at <https://ecologyottawa.ca/biodiversity/> or visit the Canadian Wildlife Federation for information on iNaturalist.ca at <https://cwf-fcf.org/en/explore/inaturalist>.

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Saluting the Saikaleys, cont. from page 1

Countless trips for last-minute bags of milk or bread, maybe even a VHS movie from the wall if we were lucky. As we grew older, we began to go to Nick's with our friends. We were 10-year-old kids with pilfered parent pocket-change for purposes of playing some Street Fighter II or maybe some Bubble Bobble on their arcade console, while those waiting for their turn munched on freezies sitting on the steps out front.

Fast forward 35 years or so, now, I'm no longer a kid, but the father of three energetic boys and husband to an amazing woman where we are now the adult chaperones to our treat-hunting boys. The experiences I had so many moons ago are now proudly being shared with my sons.

It was with these memories in mind when I happened across a devastating post in 'The Friends of Manor Park', Facebook group mentioning that someone had seen Nick's for sale on a real-estate website. My heart dropped. Now



Nick and Lucy Saikaley – the heart and soul of Manor Park Grocery. Photo: Sharleen Tattersfield

it may have been the nostalgia or the red wine, or both, but I immediately imagined a Manor Park without Nick and his wife, Lucy. As I finished my thought and glass of wine, I responded to the Facebook post by mentioning that we should organize a special "Thank You" for them both before heading off to bed.

The next morning, I awoke to over 30 messages showing support for this idea and more

than a few suggestions. One of which was to start up a GoFundMe, which I had never done before. So, my wife, Lindsay, helped me create a GoFundMe page and we began sharing on Facebook and by word-of-mouth in the neighbourhood – all the while, hoping to keep Nick and Lucy from finding out.

With almost no experience organizing a fundraiser or community event, Lind-

say was instrumental in making this project a success. She helped streamline the dozens of suggestions and ideas from the hundreds of Manor Park residents, past and present, all pulling together from Victoria to Halifax to show our appreciation for Nick and Lucy.

With so much support and an amazing, if not unsurprising, outpouring of generosity, we were able to raise more than \$3,400 dollars! The community also rallied together to hold a large, but socially distanced gathering outside of the store in July. We surprised the couple with a parade of current and past residents, complete with cards and balloons.

The scene was reminiscent of a high-school reunion, with old friends sharing a few laughs, while catching up before buying some chips and soda. Presenting Nick and Lucy with a cheque for more than \$3,000, was the cherry on top.

Manor Park is the best little neighborhood in Ottawa, and the fact we were able to come

together during a pandemic to show appreciation for two of the most beautiful, hardworking and kind souls our community has ever known, only further supports my claim.

The success of this project reflects the impact that Nick and Lucy have had on Manor Park and, also, their tireless work ethic. I'd also like to personally thank all the Manor Parkers for uniting to contribute their time, ideas and of course hard-earned money to such a great cause. Way to go MP!

Dear friends,
We would like to thank everyone who contributed to our generous gift and dropped in to celebrate with us. Thank you as well to those who donated their time to make it such a memorable day. The nice comments and the lovely cards were very much appreciated.

Love you all,

Nick and Lucie

The Republic of Childhood is coming to Manor Park

By Neil Wilson

Thanks to an invitation by the Manor Park Community Association (MPCA), the Republic of Childhood is exploring the possibility of setting up a pilot project in September to offer free writing workshops for young people between the ages of 8 and 18.

The Republic of Childhood is part of the Ottawa International Writers Festival, which grows out of over 20 years of working with schools and public libraries to empower young people to have fun with words and to discover their own voices.

The writing workshops will take place over five weeks for two hours once a week, either on a Saturday afternoon from 2-4 p.m. or as an after-school program from 4-6 p.m. If the pilot project is success-



ful, we will expand the program to run more than one workshop at a time in different locations.

Workshops will be led by local professional writers who have experience working with

young people. The writing by the young people will be collected and published in a chapbook so that each participant will have a souvenir of their experience.

The pilot project will cover

the basics of the craft of writing and no experience is required except a desire to explore and have fun with words. Sharing stories in a safe and non-judgmental environment is foundational to child development.

There is ample research that shows that practicing self-expression builds confidence and deepens social and emotional learning, which in turn encourages young people to participate more fully in community building.

Last year more than 171 young people participated and showcased their work during the Republic of Childhood Youth Forum, November 20-22, at the Carleton Dominion-Chalmers Centre to commemorate the United Nations Convention on the Rights of the Child. The writing of the participants is online at republicofchildhood.ca.

Over the next few weeks, we shall be in discussion with the MPCA and other interested parties and shall share details once the project is mapped out. We are hoping that the pilot project will be offered in person possibly outdoors or indoors in a space that will allow for physical distancing and other safety protocols. We are also looking at online writing workshops.

Space will be limited to no more than 15 persons per workshop. Stay tuned!

Neil Wilson is the Founder and Development Director of the Ottawa International Writers Festival and the Republic of Childhood & Youth. Further information can be found at: <http://republicofchildhood.ca>; writersfestival.org; and on Twitter: <http://twitter.com/writersfest>.



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BUSINESS BUZZ

FROM THE DESKS OF:



LISA FENDT and JASON MYERSON

Activa Physiotherapy Education, Relief, Prevention

BY LISA FENDT

Comfortably nestled at Champlain Towers, Activa Physiotherapy is celebrating 25 years of service. This nearby physiotherapy clinic provides a peaceful and quiet environment, apt for those who need time to recover.

Barbara Stefanska and her team, including their sweet dog, Lola, provide relief, education and prevention to patients. As an Activa client, you will first notice that time and attention are invested to determine the most accurate diagnosis and decide on effective therapy.

Barbara has more than 40 years of experience in movement rehabilitation and, in the process, has created a clinic that offers a wide array of therapy alternatives. Through it all, she has come to understand that the process of healing

implies “empowering people to improve themselves”. An effective recovery indicates that the client has learned to “self-manage and improve themselves”. Client education



Barbara Stefanska, RPT, MA, physiotherapist and owner of Activa Physiotherapy Clinic.

Photo: Lisa Fendt

regarding how to move in a healthy way is a fundamental goal of physiotherapy.

The clinic offers manual therapy, modern electrotherapy and modalities, including shockwave therapy, which accelerates the healing process by stimulating metabolism to enhance blood circulation and regenerate damaged tissue. Access to massage therapy, personal training and aqua classes (the latter not available during the pandemic), rounds out Activa’s professional services. Individuals suffering from tendonitis, bursitis, pain, knee injury, repetitive injury, sprains, whiplash, scoliosis, those recovering from surgery and other conditions will find personalized solutions.

At Activa, work begins with an extensive assessment that includes health history, evaluation of posture, balance, gait analysis, pain and movement patterns, strength, joint range of motion, reflexes and sensation — important inputs for a thorough diagnosis. Next, a personalized treatment program is tailored to the patient’s preferences and needs. This includes therapy treatments at the clinic (visit the website to check out the full list of therapies) as well as personalized videos of exercises to perform at home.

Clients benefit from deepening their understanding about how to improve posture and movement for the rest of their life. A video with tailored exercises is instrumental in building gradual training, strengthening and improving movement and ultimately providing autonomous capacity to

improve.

Due to COVID-19, the clinic shut its doors in mid-March, but video consults were available with ongoing therapy throughout the shut-down, completely free-of-charge. Its doors re-opened on June 1, strictly abiding by the guidelines of the College of Physiotherapists of Ontario. Now, one client at a time is treated, using equipment recommended by the Public Health Authorities and maintaining a strict hygiene protocol.

For information or to book an appointment, call 613-744-4188 or visit <https://activa.com/contact-us/>.

Edward Jones welcomes new advisors

BY LISA FENDT

The Edward Jones branch office at Rockcliffe Crossing Centre welcomed two new financial advisors Danette Hanneman and Matthew Elliot mid-summer following the untimely death of the branch’s former advisor, Karim Gwaduri. Their aim is to honour Karim’s work by maintaining his elevated standards — not only as a financial advisor, but also as a community supporter.

Karim’s unexpected passing moved the community and the company. His ‘big’ shoes are now filled by Danette and Matthew — both experienced financial advisors. Karim’s passing reminds us that being prepared for the foreseeable future can be an advantage when the unforeseeable takes place.

Edward Jones’ financial

advisors are trained to offer personalized support, using a vast knowledge-base of investment strategies and technology, paired with the ability to adapt to their clients changing circumstances. It offers wealth management services, investment funds for retirement and education, investment services for businesses and employers, insurance and annuities, cash management as well as referrals for credit services. These services are designed to help clients to get the most out of life, at every stage — a cornerstone of which is understanding clients’ needs and developing personalized financial strategies.

Danette Hanneman and Matthew Elliot are a good fit for the community. Their most urgent task has been to connect with branch clients to ensure a sense of continuity and care for their financial needs.

A “seamless transition” is what Danette described as their immediate goal. This would not have been possible without the experience and support of Laura Young, the branch’s senior office administrator.

Danette has worked in banking for 20 years. As a financial advisor, she devotes time and attention to each client, working with them to develop a relationship and to understand personal and family priorities. Her aim is to “help her clients create financial certainty”.

Matthew is originally from London and has set his roots

>>CONTINUED ON PAGE 14

IS THIS YOUR HOUSE?

by Catherine Willis O’Connor



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FROM PAGE 13 >>

in Ottawa. For Matthew, being a financial advisor is a way to “make a meaningful difference in the lives of the people in the community”. And, this community, in which there was such an established, constructive relationship, and which Matthew intends to serve to the highest standards.

Together with Laura, they have formed a team, motivated to serve the Manor Park community and to contribute to its growth and well-being. They look forward to meeting you. Clients can program video calls or visits with the advisors by calling 613-741-6262.

Tribute to Karim Gwaduri (1976–2020)

Karim Gwaduri, financial advisor at the Rockcliffe Crossing branch of Edward Jones, passed away unexpectedly on June 25. Karim joined Edward Jones more than 12 years ago and had been serving clients at this branch since 2008. Known for creating a culture of trust and friendship amongst the people he worked with and served, he was the recipient of the firm’s prestigious Partner’s Award.

He devoted his life of service to both the Ismaili Muslim Community and the greater Ottawa community. As President of the Ismaili Muslim Council of Ottawa, he provided leadership, guidance and mentorship. In Manor Park, he was a proud sponsor and supporter of Rock-the-Block, the annual back-to-school fundraising event.

Originally from Edmonton, he was a proud Oilers superfan who enjoyed debating about his beloved team! Our heart-felt condolences go out to his fiancée, Shemin Fakirani, and to his parents and siblings.

Sew-Jo’s during “I-sew-lation”

BY LISA FENDT

If you sew you know that Sew-Jo’s is a treasure trove of materials and gadgets where you

could spend a lot of time. More than that, it is a learning community where people have fun while they learn new things.

Opening in September 2018 at 405 St. Laurent Blvd. (in the strip-mall south of Rockcliffe Crossing Plaza), the store specializes in after-sale service and classes that inspire creativity and the masterful use of their sewing and embroidering machines. In March, it had to close as a non-essential business even though its customers consider it essential — if only to their mental health.

It is amazing how Sew-Jo’s adapted and continued its many activities with help from their friends, and to the benefit and well-being of their customers. They offered an online sewing machine sale (the store represents Husqvarna Viking). They organized curbside pick-up of Covid-related supplies and materials, while continuing to offer machine tune-ups.

Most importantly they enhanced their web-page presence and newsletter to keep in touch with customers. With information from their website, customers can email or call-in their orders and then drop-in for pick-up. Website information is available for its software learning club for embroidery machines, special projects and Kimberbell club.

Sew-Jo’s donated material to sewers (through Sewing for Ottawa) who, in turn, provided masks, gowns, scrub hats and headbands for community use. In addition, they have all the materials needed to sew face masks and have added masks to their inventory.

Sew-Jo’s is thankful to customers who have continued to support them. Having the store closed was difficult, but stay-at-home guidelines also inspired the sewing community to start new projects or complete old ones.

New fabrics have arrived and there is a sale for embroidery machines complete with



Sew Jo’s window display pays tribute to those sewing for the community’s health and safety. Photo: Lisa Fendt

an amazing package opportunity. Sewers who need help can call or email to schedule a one-on-one class, even during the weekend.

On August 10, they launched Sew-Jo’s “Mystery Masterpiece Challenge” — a contest to develop a unique personal project following specific guidelines — for completion by October 31.

The store is open for one customer at a time from Tuesday through Friday from 10 a.m. to 4 p.m. Please call 613-748-7878 or visit www.sew-jos.ca.

Time Sharpening is back

BY LISA FENDT

Time is quite scarce at this welcoming shop in the Rockcliffe Crossing Plaza. I manage to steal some minutes with Ashkan Zandi while he installs new watch batteries — something he easily does while chatting with me.

After his shop was destroyed by thieves last March, he has come back with renewed enthusiasm and, believe it or not, gratitude. He has slowly been making repairs, which is taking longer than expected due to material shortages and delays caused by the pandemic.

He has installed a new security system, new, stronger window bars and has repaired much of the vast damage. Apparently, the search for culprits has not yet reaped benefits.

The shop was closed until May 25, due to it being a non-

essential business. Tell that to his customers who, since then, have formed a steady incoming stream. One by one and wearing masks, they gain access to his unique services and warm welcome. At present he is not selling new merchandise, however, his repair service is in such demand that he has hired help.

Time Sharpening seems like a small neighbourhood watch and jewellery repair shop, but Ashkan’s work is well-known and appreciated by many who come from far away precisely because of the quality of his workmanship. No one can steal that from him!

I scarcely spend seven minutes with him and already there is someone waiting at the door. As I prepare to leave, he reflects on how lucky he is. He has enough life experience to overcome obstacles with optimism: “I am a lucky fish in a big river, lots of things can happen, but I know the ocean is waiting for me”.

Abuzz in Beechwood Cemetery

BY JASON MYERSON

We all know the feelings we get when we think about a cemetery. There’s a contemplation of the humility, humanity, and humour life serves to us; a bitter sweetness. Sweet and tasty are not among the sensations I typically get when entering cemetery gates, however, at Beechwood Cemetery, there exists a continuum where

life is still very much abuzz.

In an environment free of pesticides, tens of thousands of flowers in bloom, and covering more than 160 acres; bee keeping in Beechwood Cemetery is thriving. The Bee Program in Beechwood Cemetery is in its fourth year and part of their green initiative.

“We are a firm believer that it could help the local community,” Apiarist Ben Bazinet explained to me. Bees and other pollinating species are responsible for about one-third of all our food production. If you’ve ever walked through the national historic cemetery on Beechwood Ave., you would be in awe of its floral diversity. In such serene surroundings bees should have the perfect home in a place where we find a peaceful rest.

The cemetery offers more than just a peaceful rest for our loved ones. It offers many programs for people to participate in, as well as guided walks. Ben explained to me that visitors can attend an educational demonstration and wear their own bee suit as he shows the success of their busy bees. Even the Lieutenant Governor of Ontario went up on the roof to zip on a bee suit for an impromptu chat.

When I asked how I could get my hands on the honey, Ben said that most is sold internally, given as gifts to Beechwood Foundation members, or given away to support charities. Last year, a local retirement home made honey cookies and ice cream to support Habitat for Humanity. They ended up selling out of everything in a matter of hours!

The yield depends on the success of the hives, which translates to around 40 to 50lbs of honey in a good year. Anything that’s made from the sale of their honey is reinvested back into the program.

“We hope to one day be able to distribute a small amount to local shops in the area,” Ben optimistically tells me. This year the program has introduced a fifth hive. “There’s a limit to the amount of hives you can have. You don’t want the bees to be disturbing people and we need to leave room and food for other pollinating insects in the area.”

Thoughtfulness is found throughout Beechwood Cemetery and it’s visible in their programs, services, and the lively chat I had with Ben and Nicolas McCarthy, Director of Marketing, Communications and Community Outreach.

“It’s all about respecting the environment, celebrating people, and normalizing the

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Ben Bazinet, Apiarist, holds up his bounty as the bees buzz in Beechwood Cemetery.

Photo: courtesy, Beechwood Cemetery Foundation

fact that death is very much a part of life.”

I couldn't think of a better way to honour our ancestors but to host a pollination program that aims to help life live in fruitful relationship with its environment and to the contrast and continuum that persists beyond the scene.

If you'd like to know more about the Bee Program, email Ben at bbazinet@beechwood-ottawa.ca or head out for a beautiful walk through the National Historic Site, Beechwood Cemetery at 280 Beechwood Ave.

**Full Cycle
A one-stop bike shop**
BY JAYSON MYERSON

For me, biking is a form of meditation in motion. Setting out on the road and discovering aspects of my neighbourhood I never really knew existed always ignites my imagination and dissolves any stresses of the day. “Rubber side down!”, as it's phrased in the cycling community, is a cautionary statement made as we embark on an adventure or celebration. The community of cyclists that Full Cycle serves is one of many. From fat bikes, commuters, mountain or road bikes; Full Cycle has it covered and it's right in their name.

The friendly folks at Full Cycle have been working feverishly to get people out of their houses and back playing outside. When COVID-19 struck, business owners feared alongside the rest of us, uncertain of how this would all play

out. Luckily, Full Cycle was deemed an essential service and has been roaring into action as people have revitalized their youthful endeavours.

“Late March is when it started going off the chain,” co-owner Matti Pihlainen recalls. “The bike shop was able to adopt online orders and quickly focused on the customer experience.”

Matti explained that they switched to online purchases and free delivery back in March.

“We would deliver any part,” Matti remembers, “even a \$7 part we delivered once to a customer in Kanata.”

Currently, they take online orders for pick-up and in-store servicing. However, the showroom is still closed. Full Cycle has three staff working remotely, answering the enormous influx of emails that have gone up fifty-fold and live chats to answer all customer inquiries. It would be hard pressed to find any bike shop to be able to special-order a bicycle for anyone, as nothing is left in warehouses across North America.

“No one expected this,” Matti explained. I agreed with him while remembering having sold a used bike online in April that had twenty 20 offers in the first hour. Demand globally went through the roof, especially when gyms closed, hanging out with friends became faux pas, and movie theatres were dark.

Exceptionally service-based, Full Cycle aims to deliver the best customer experience

for their 27th season in a row. Their experienced staff work hard and take the time to give you the choices that best suit your needs. Things still haven't normalized as they are waiting to safely reopen the showroom and the line-ups can still be seen.

“We just want to thank all our customers for working with us through these strange times and for being so understanding,” Matti says with sincerity.

Full Cycle is getting ready to sell from their 2021 inventory. You can find Full Cycle at two locations: 401 St. Laurent Blvd and 7 Hamilton Ave. N. Their hours of operation are Tuesday-Saturday, 10 a.m. - 6 p.m. for bicycle repair and in-



Catherine Willis O'Connor's painting, entitled “Painting with joy from fond stories told”. *Photo: courtesy, Catherine Willis O'Connor*

store pick-up of online purchases.

Check them out online at fullcycle.ca for a list of bikes, apparel, accessories, and components.

Rubber side down!

**Catherine Willis-O'Connor
Canadian folk artist paints
with joy**

BY JAYSON MYERSON

When you're wandering through our community's small businesses and shops, keep a keen eye to your surroundings

and you may spot the wonderful artwork of oil or acrylic by Catherine Willis-O'Connor. Catherine has been painting as far back as she can remember, and it's always been something that she's enjoyed. Joy is the motivation and theme in Catherine's undertakings, and she works with enthusiasm to bring the joie-de-vivre out onto the artwork and into your homes.

“I love seeing and hearing children laughing, dancing

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BUSINESS BUZZ

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and having fun,” Catherine explains. When she was a child, Catherine remembered it was tougher for her to read as the desire to express herself through visual communication kept bringing colours to the pages. Since then, Catherine has always kept coloured stencils stashed away in a pocket or purse.

Formerly a graduate of the Ottawa School of Art, Catherine has attended exhibitions in Ottawa and abroad for more than two decades. She currently has found her passion in painting people’s houses, as well as personalized Christmas cards.

“I like to deliver a sense of humour and lightness to the paintings,” she tells me with an audible smile over-the-phone. Her creative style has the uncanny ability to pull from an individual’s story or memory and cast it into an image of thoughtful reverence. Catherine is on her 18th commission for her custom house paintings.

As a standing member of many art associations, Catherine admits it’s not all work,

but also fun to meet other artists and join them in shows and exhibitions. Many times, people paint the picture of the struggling artist as one who stays within and keeps to themselves, but Catherine is neither within nor without. As an active supporter of many local charities, Catherine serves her community through donations of her expressive artwork.

“Hearing and seeing how happy people are with my personalized paintings makes it all worth it,” Catherine reminisces. As an out-and-about community member, Catherine is inspired by the people she meets and the stories of not just their house, but of their home.

In these unprecedented times, many people have been forced to reconsider their approach to life and livelihood. This year the shows have all had to be presented virtually, but Catherine explains that doors open when you step or, in this case, click outside the box.

“If you’re positive something good will come out of it. With the new times now, you just have to find way to adapt.” One thing we all know is true,



Even local legend Daniel Alfredsson patiently waits for a Full Cycle service. Photo: Matti Pihlainen

despite the new global events, is that creativity as well as giving to others never changes.

Gift-giving time starts early for Catherine, so do get your personalized requests in early! You can check out her artwork, as well as her limited-edition acrylic art on her website. Share your story and your memories by connecting with Catherine on LinkedIn or find her on Facebook or through her website: cwillisoconnorfolkrt.weebly.com.

businesses were shuttered this spring due to COVID-19 guidelines. It’s so good to see you back! We wish all our advertisers a safe, steady and successful return to ‘new normal’ routines this fall (in many ways, easier said than done).

Furnish Property Styling

New *Chronicle* advertiser Nancy O’Brien officially launched Furnish Property Styling this summer. A Manor Park resident, Nancy has a passion for decorating and has been staging and furnishing homes on a part-time basis for years. Now, with her fulltime business, she can focus her talents and energies on decorating, helping homeowners with renovation projects, styling their properties and getting the best value for money. Contact Nancy at fancy-nancy@sympatico.ca or 613-558-5856.

Sole Healer, Reflexology and Therapeutic Touch

Karen Leslie, also from Manor Park, is launch-

ing her new “Cabin Fever” brand on her littlewhitelantern.ca website this fall. Her line of organic soy wax candles – with unique mood enhancing fragrances such as Woody Leather and Brandy (Library Afternoon); Ocean Rose; Eucalyptus-Mint, and Balsam Fir & Juniper Spruce (her biggest seller), are designed to help relax, meditate or energize depending on personal needs. Karen makes organic chemical-and preservative-free body products (scrubs, body butters, lotion and massage bars). Her products can also be found online at the Beechwood Market. New items coming this fall include Cracked Feet Salve and a line of beard grooming products. Karen reports that she is again taking reflexology clients — two per day in order to stay on top of sanitizing protocols. Contact Karen at karen-leslie@rogers.com or 613-793-9080.

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BY SHARLEEN TATTERSFIELD

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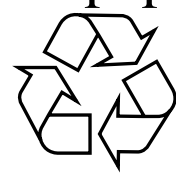


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Beechwood Market finds silver lining

By Chris Penton

Much has been made about farmers markets not faring too well during COVID-19. Picture a marketplace with vendor interactions at a minimum; mingling with neighbours discouraged (nerve-racking at best), and produce handling not permitted. Pretty soon, the average market goer would find fewer and fewer reasons to venture out to shop at their local market.

Between vendors, customers and local businesses, we have received many requests to open-up the Beechwood Market on-site. I believe these requests are derived mostly from a need to return to normal – to the busy, interactive Beechwood marketplace that was a Saturday destination in our community. I, too, share this need in spades!

I started the Beechwood Market as a spot for the community to mingle, shop, and engage with local business owners. We created the Beechwood Breakfast, prepared by a different chef each week, geared up a great line up of local musicians, moved to kid-friendly Optimiste Park and assembled the best roster of small businesses Ottawa has to offer. We have spent the last seven years creating a ‘chill’, fun community event.

I also want all that back,

but it has to make sense!

Before I share the happier story of this season’s online market success, I must first clarify why we chose not to open-up on-site in the first place. Picture what things might have looked like in order to comply with provincial regulations. All quite sensible – here are a few examples:

- The entire market portion of Optimiste Park roped off;
- Customer numbers limited;
- One-way circulation (no doubling back, no crossing the site) in effect;
- Vendor numbers hovering around 10 to 12 (our vendor survey showed participation interest from just eight vendors (four full-time, four part-time));
- Handling of produce forbidden; tasting not allowed (including coffee by the cup and all eat-on-site food);
- No communal areas (including seats, our eating area and Community Table).

With these conditions in place, as we saw it, and still see it, it would be impossible to duplicate the allure and atmosphere patrons had come to expect. Should we have brought back a robotic, sparse, dull version with cattle prods to move customers along? Or keep a safe, healthy, successful model until we could see a sensible light at the end our



Loaded with delivery orders, Beechwood Market’s van is ready to roll out across Ottawa’s east end.



Individual bags filled with market orders and flowers ready for delivery. Photos: Mary Ellen Cavett

shared tunnel?

Moving successfully to Click-and-Collect

Our move to go completely Click-and-Collect was swift

and definitive. We spent April and May informing vendors, gearing up the store and marketing the concept to customers. June 6, opening day, was still a hot date for

infections and trepidation. Sales took off, dipped a bit throughout June, but have grown steadily since the beginning of July. We now have two pick up points, deliver to 13 city postal codes and are acquiring new customers from areas of the city we probably wouldn’t reach in a regular year.

We support 20 small businesses. Not all of them are making as much money as they would in a regular year. However, they understand that this is the safe choice – their Saturdays are less taxing, and the model is sustainable. This will translate well into the winter.

Although not as sexy, the Beechwood Market is working well in its virtual format. The quality is top notch, the ordering process is streamlined, and our customers are happy. Where is the urgency?

Like everyone else, we hope for a return to regularity. With such a proven alternative, rushing it seems irresponsible.

You can find all the information required to sign up, order and ask for delivery at beechwoodmarket.ca.

Chris Penton is the manager of the Beechwood Market (beechwoodmarket.ca). He has been creating and running markets in Ottawa for more than 10 years.



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Kids in quarantine

By Abella Vasquez

Quarantine has lasted for about six months now, and some of us might be fretting that it'll last much longer. But why not lighten up our stay at home with the thoughts of some Manor Park kids? Some of them may be relaxing on the couch, or playing in the garden, and maybe figuring out a safe way to hang out with their friends.

I reached Claire Todd of the Manor Park area, who's 11, over Zoom to ask her some questions about quarantine.

Q How's your quarantine been?

"It's been okay, but it's not ideal. We've stayed at home a lot lately. It's strange sharing a house with four people, and we sometimes lash out at each other."

Q What have you been doing in quarantine lately?

"Well, I started working on writing some fanfictions and short stories about Harry Potter. I use the website Quotev."

Q Has anything bad happened during quarantine?

"Not necessarily. It's been pretty normal."

Q How did you like the online school classes? Were they tough?



My quarantine birthday party on Zoom - May 1, 2020. Photo: Nicole Vasquez

Q What do you think will happen with school in the September?

"Sort of. They were a bit hard because you can't ask the teachers directly for help. You have to email them or plan a Zoom Meetup."

Q How's your relationship with your family members during quarantine?

"My parents have been pretty fun. They're reading us lots of stories. It's been interesting though. Sometimes I get frustrated. And sometimes my parents ask me to do something, and I'm busy, and then it turns into a feud. It's been back and forth."

Q What do you think will happen with school in the September?

"Maybe schools will re-open and once or twice a week we'll go in person. But that would be hard, so I hope they will keep it online."

Q How's your quarantine been?

"A bit boring. You just sit down like you're waiting for something that will never come."

Q Do you have your own mask? Are you okay with wearing it?

"Yes, I do. I have my own mask. My grandparents made masks for us. But the mask bugs me a lot. It hurts behind the ears and its super uncomfortable."

Q Has anything bad happened during quarantine?

"Nope. I've just been sitting in the house."

Q I'm guessing your stay at home has been pretty laid back for you.

"Oh yeah. There's barely anything to do! Except for watching some movies on the TV. I watched a couple of them."

Q Have you been anywhere outside of Ottawa?

"Yes, we've been to Stratford to visit my grandparents."

Q What did you do in Stratford?

"I went on long walks and hung out with my grandparents. It's nice being at someone else's house than your own."

Q How long do you think quarantine will last for?

"My parents think it'll be a year or two. But I think it'll be a couple months, because I want Halloween and Christmas to happen."

Q What do you think will happen with school in September?

"I miss school because it was better than doing nothing at home. So, I hope they re-open fully and we can go inside the classrooms."

Thanks to Claire and Katie for their opinions. Personally, my quarantine has been very uneventful. Nothing big has happened, but on Canada Day we did have dinner with my grandma. Bruno, my goldendoodle, has sparked joy in my family's hearts this whole quarantine. A funny thing he does, is when someone comes through our front door, he greets them like it's been forever since he's seen them and goes straight through their legs! We call it 'Peek-a-boo'.

For me, I kind of miss going to school. I can relate with Claire for the online homework, but you can get more resources online. I also had my birthday during quarantine, and it was quite strange. I hosted a Zoom meeting with some of my friends, including Claire and Katie.

I hope everyone is doing great! Together, we can get through this.

Abella Vasquez entered Grade 6 at Manor Park Public School this September.

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For more information about what we do:
manorpark.ca



A new “normal”

FROM THE DESK OF:



MPCC Chair
ALLISON SEYMOUR

The MPCC wrapped up its 2019 fiscal year with a virtual AGM on May 27th, which was an opportunity to reflect on the year and all that has been accomplished. Pre-COVID, the MPCC was in terrific shape with registrations at an all-time high and new programming being regularly introduced. The team was well established, and operations were running extremely well under Lana's leadership. Details can be found in our 'Year in Review' posted on the MPCC website.

Then the pandemic hit and as I reported in the May-June

2020 *Chronicle*, we had to shut down programming, lay off staff and rethink our operations. Through the support of federal grants and other subsidies we have slowly been transitioning to a new operation model, adjusting to the various phases of reopening and looking for ways to keep our “doors open”. As the situation continues to evolve, we will need to remain flexible to adjust and adapt.

Additionally, at the AGM we hold elections for open positions on the board of directors. I'd like to congratulate **Mike Kremmel** on his re-election as treasurer for another term and thank him for his continued contributions. Mike has played an instrumental role in the past two years strengthening our financial operations and has provided essential expertise to the team during the past few months as we responded to the crisis and the challenges it presented financially.

We also said goodbye to two long-serving directors – **Jennifer Thiessen** and **Erin Yoshida**, who have served on the MPCC Board for 10+



Jennifer Thiessen

years in various capacities. We thank them for their time, energy and ideas which have helped the MPCC grow and evolve. We will miss their voices at the board table but know they will turn up with a pie and/or chili when we are able to gather at our community events again!

As we head into the fall, I hope that people have had the opportunity to unplug and unwind – enjoy a “staycation” and an Ottawa summer. MPCC's team has been active throughout the past few months running programs as Ottawa Public Health protocols permitted, including summer camps and various other recreational activities. We have had good participation



Erin Yoshida

and great feedback and very much appreciate the support of the community as we continue to explore our options for services and programming.

In some ways it was “business as usual” but in most regards we have entered a new normal and I commend MPCC staff for their creativity and dedication as they have reinvented fun and engaging programs that are above all else – safe. We are well prepared for the return to school and continued community programming, and I encourage you to visit our website manorpark.ca for further details.

To quote Dr. Bonnie Henry, BC's chief provincial health officer “*Be kind. Be calm. Be safe.*”

MPCC's COVID-19 SAFETY PLAN: A Snapshot

MPCC has developed this Safety Plan to help ensure the health and safety of our employees, and program participants. The Plan will be updated as necessary to reflect the directives of the Ministry of Health, Ministry of Education and Ottawa Public Health.

KEEPING OUR EMPLOYEES SAFE FROM EXPOSURE TO COVID-19

- Employees are trained on Covid-19, its transmission, symptoms, and prevention using reliable sources of information, such as Ottawa Public Health.
- Information on Covid-prevention is displayed in the workplace.
- Employees and program participants must submit a clear Active Screening Questionnaire daily.
- Employees and program participants who are ill are asked to stay home.
- Outdoor or online programming will be delivered as much as possible.
- Masks will be worn indoors and when physical distancing is not possible.
- A protocol has been developed for

illness at work for an employee or program participants.

- In the event of illness, the MPCC will follow the instructions provided by Ottawa Public Health.

SCREENING

- Active Screening, a review of fever, symptoms, recent travel and close contact with a confirmed or probable case of Covid-19, is completed daily by employees and participants BEFORE arrival.
- Only employees or participants with a clear Active Screening are permitted.

CONTROLLING THE TRANSMISSION

- Transmission controls include elimination, substitution, engineering, administrative and PPE.
- Elimination includes working from home where possible, and exclusion of persons who are ill or with symptoms.
- Substitution includes outdoor or online programming, where possible.
- Examples of engineering controls include hand sanitizer, masks,

physical distancing markers, traffic patterns, and dedicated, space and equipment.

- Administrative controls include electronic communication; training and tracking of cleaning protocols, scheduled hand washing, and sharing important information.

HANDLING A POTENTIAL OR SUSPECTED CASE

- An employee or participant who becomes sick, will be required to leave for home immediately.
- The sick employee or participant must self-isolate, complete a Covid self-assessment and follow its instructions for Covid testing, as well as any instructions from Ottawa Public Health, Telehealth Ontario or their primary health care provider.
- Information to support contact tracing will be maintained and provided, when requested, to Ottawa Public Health.
- Employees and program participants will be aware of protocols for post-illness safe return to the MPCC.

KEEPING THE SAFETY PLAN WORKING

The Safety Plan to manage re-opening during the Covid pandemic establishes new ways of working. However, these are untested and may require modification or improvements, especially when new guidance is provided by Ottawa Public Health.

- Employees may send their comments on the Safety Plan to the Joint Health & Safety Committee (JHSC).
- Changes to the Plan will be shared electronically.



Turn to Page 23:
MPCC's Summer Day Camps:
Physically
Distanced and Fun!

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SPORTS & FITNESS PROGRAMMING

SUPERVISOR'S MESSAGE



Josh Cassidy and baby Owen

Hello Manor Park!

What an incredible journey 2020 has been so far— both at home and at the Manor Park Community Centre. In August, my wife and I welcomed our first child, Owen Cassidy, and we are so grateful that everyone is home, happy and healthy.

A big part of my 2020 journey has been the launch of Ottawa Cares as our community response to the pandemic. We have been able to coordinate the delivery of food hampers from local food banks to residents. None of which would have been possible without support from our amazing team of local volunteers.

It is wonderful to be back at the community centre and to be slowly re-opening programming. Stephanie and I have missed your smiling faces coming through the doors everyday. We have been hard at work adapting programming to suit the new normal. I hope you can join us this fall in one of our Physically Active and Physically Distanced programs!

FOR ADULTS

FITNESS

Location for all adult fitness programs:
West Lawn, Manor Park
Community Centre

STAY STRONG & STABLE

This training can help prevent falls, add years of independent living and help manage chronic conditions.

Louise Hannant & Nina LePage

Thursdays

10:30 – 11:30 a.m.

\$60 / 5-week session

Drop in:

\$15 OR MultiPass



CORE AND FULL BODY WORKOUT (FOR EVERYBODY!)

Warm-up with high intensity intervals. Exercises for arms and shoulders. Squats, push-ups and planks. Workouts tailored to individual needs.

Louise Hannant

Wednesdays

6:30 – 7:30 p.m.

\$60 / 5-week session

Drop in:

\$15 OR MultiPass

FULL BODY WORKOUT (FOR WOMEN)

Mix of cardio training and weight exercises. Adaptations available for all exercises; everyone will work out comfortably. Changes to class formats will keep you moving towards your fitness goals.

Cheryl Moreau

Tuesdays & Thursdays:

7:00 – 7:45 a.m.

Thursday Evenings:

7:00 – 7:45 p.m.

Saturdays:

7:30 – 8:15 a.m.

\$60 / 5-week session

Drop in:

\$15 OR MultiPass

FITNESS MULTIPASS!

Provides great flexibility. Try different classes. Attend when it suits you. Enjoy a discount on drop-in fees. 5-class pass: \$60

We are developing more virtual and in-person programming. Watch manorpark.ca for updates

YOGA

Stretch, relax and renew with classes suitable for all abilities.

HATHA YOGA – ALL LEVELS

Nina LePage

Wednesdays:

6:30 – 7:30 p.m.

Hatha Yoga – All Levels

Rebeca Rondon

Saturdays:

10:00 – 11:00 a.m.

FOR CHILDREN

MULTI-SPORT FOR KIDS

Saturdays

September 12 to October 31

Parents! Dust off your children's running shoes. The kids are getting out of the house!

MPCC is excited to get back onto the sports fields and prove that kids can be physically active AND physically distanced.

This program will feature a mix of warmups, skills, drills and exercises aimed to get your child back into those fundamental movement patterns – running, jumping and twisting!

Ages 4-5

9:00 – 9:50 a.m.

Ages 6-9

10:00 – 10:50 a.m.

Ages 10-12

11:00 – 11:50 a.m.



COMING SOON!

Lego Programming (virtual)

Dance Club with Taynikua

(virtual)

Babysitting Workshops

(outdoors, in-person)

Dungeons & Dragons (virtual)

Ottawa Cares

Your Community Response to COVID-19

By Josh Cassidy

COVID-19 has affected our community in ways we could never have predicted. In March, the Manor Park Community Council (MPCC) with the support of the Manor Park Community Association and community associations across Wards 12 and 13, launched Ottawa Cares – our community response to the needs of neighbours during the pandemic.

Ottawa Cares has a website (OttawaCares.ca) and operates with part-time staff and volunteers. It has coordinated with Food Banks in Wards 12 and 13, recruited volunteers and scheduled home-deliveries of food hampers. The need for food delivery has always been great, but Covid-19 highlighted previous limitations.

Food security is the primary objective – heightened by growing demands at Food Banks and the requirement to self-isolate. Seniors, large families and residents unable to carry large boxes of food have been particularly vulnerable.

The opportunity to make delivery of food hampers a legacy captured the imagination of local high-tech company InitLive. With encouragement



and seed money from the city, we are now working together on the development and testing of an app which would roll out Food Bank deliveries across Ottawa (and beyond!).

A most recent initiative is the drive to put used cell phones into the hands of residents who do not own one. Having a mobile phone, would enable booking of Food Bank appointments; calling for help or providing contact information for job applications. After a factory reset, phones will be distributed by the Rideau-Rockcliffe Community Resource Centre (RR-CRC).

At OttawaCares.ca, information about community resources – both business and not-for-profit – are collected and curated. This supports the

needs of residents while helping to keep local businesses viable. And, true to its roots as a recreation provider, MPCC refreshes lists of activities to keep every age active and engaged.

With thanks!

There are so many organizations without whom this project would not be possible.

- The Community Collective: community associations of Cardinal Glen, Lindenlea, Manor Park, New Edinburgh, Overbrook, Rockcliffe Park and Vanier;
- Staff at the CSC Vanier and RRCRC Food Banks.

Behind the scenes:

- Rahul Chandran, David Megginson and George Parkanyi who are sharing their expertise and driving the project forward;
- Councillors Matthieu Fleury and Rawlson King, and from their offices, Erin Woods and Susan Ong, for their support.

And, the **biggest thank you** goes to our incredible volunteers, including our volunteer drivers, many of whom are Manor Park residents!

Without the support from our community, this project would simply not be possible!

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ARTS PROGRAMMING

SUPERVISOR'S MESSAGE



Stephanie Sears

When life gives you lemons, make lemonade.

Staying positive and finding the silver lining in something unpleasant is good for the mind and body. Covid-19 certainly threw us an unpleasant curveball this year, but we've been working together as a team to pull through and continue offering you excellent, safe and reliable programming.

No one expected 2020 to go this way, but here we are. Looking for new solutions, doing things with an open mind and creative approach.

Although programming does and will continue to look different than it has in the past, community members can continue to trust MPCC to deliver safe and engaging programs for all ages and interests.

This fall we will be re-introducing our arts programs into the community centre. (Watch manorpark.ca for updates!) With new HEPA air purifiers, open windows, extensive cleaning, sanitizing and seating spaced 6-feet apart, participants will feel comfortable participating inside.

As we continue to find our footing during Covid-19, you can be confident that we are doing everything we can to keep our staff, families and community safe.

I am looking forward to connecting with you again soon.

All indoor arts and recreational programs will be physically distanced. Extensive cleaning and sanitizing will be done before each class or workshop. New HEPA air purifiers, and a focus on open windows and air circulation will support air quality.

We trust you will feel comfortable attending fall and winter programs in person. Please let us know if any additional precautions could be taken to improve your experience.

FOR ADULTS

All classes held at the Manor Park Community Centre

IMPROV COMEDY: BASICS (IN-PERSON)

This 4-week class will have you feeling comfortable being on stage, developing authentic characters and creating a complex narrative. Learn to think on your feet in a safe and supportive environment.

Mondays

Sept 28 – Oct 26
7:00 – 9:00 p.m.
\$80

IMPROV COMEDY: NARRATIVE IMPROV (IN-PERSON)

This 4-week class will have participants building their narrative skills through world-building and character evolution.

Mondays

Nov 2 – Nov 23
7:00 – 9:00 p.m.
\$80



WATERCOLOUR PAINTING WITH LAURIE HEMMINGS (IN-PERSON)

In this program, individual style is encouraged with lots of one-on-one instruction. All levels welcome. Supplies not included.

Saturdays

Oct 17 – Dec 5
10:00 a.m. – 12:00 p.m.
\$180



ACRYLIC PAINTING WITH ANTONIA WEETMAN (IN-PERSON)

Enjoy painting and building on techniques for mixing colour and making an appealing composition. Classes will look

at tone, focus on colour mixing and landscape, before exploring techniques like palette knife painting and abstract. All levels welcome. Supplies not included.

Antonia Weetman is an alumna of the Diploma program at the Ottawa School of Art and has an Masters Degree in Art History.

Wednesdays

Sept 30 – Nov 4
10:00 a.m. – 12:00 p.m.
\$140



THE MANOR PARK KNITTING CIRCLE (IN-PERSON)

Returning this fall!

FOR CHILDREN

NEW! AFTERNOONS IN THE PARK

Introducing a program of recreational activities for children aged 6-10 years – right after-school – at the **Manor Park Community Centre, 100 Thornwood Rd.**

Tuesdays, Wednesdays and Thursdays

September 3, 2020 to June 25, 2021
2:45 – 5:45 p.m.

\$205 / month
\$50 registration fee

What to expect?

- Small groups that support family bubbles.
- Thoughtfully planned outdoor fun with friends.
- Safe and supervised!



- Physical distancing, masks, hand washing and protocols to reduce Covid-19 transmission.
- Daily Active Screening of children and staff health.
- Covid-19 Safety Plan and Response Plan in place.

What else do parents need to know?

- Transportation to and from the community centre must be arranged by parents.
- Children from all schools accepted, including home schooling and virtual schooling.
- Activities modified to be done outdoors – children should be dressed appropriately for all types of weather.
- Washrooms and hand washing available in the community centre.
- Indoor space provided during

- inclement weather.
- Physical distancing will be encouraged. Masks are required indoors. Hand washing will be scheduled. This program is not suitable for children unable to adhere to Covid-19 prevention protocols.
- Parent Handbook will be provided upon registration.
- This program may change without notice, including temporary shutdown, when required by Ottawa Public Health or the Ministry of Health.

Sound great?

Please express your interest to ssears@manorpark.ca. Please note that registration is limited and on a first-come, first-served basis.



PARK ART SALE

New work from local artists on display now at the community centre!
All art is for sale.

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CHILD CARE AND EARLY LEARNING

SUPERVISOR'S MESSAGE



Megan Noonan, RECE

A big welcome back to all our Before- and After-School in Manor Park families!

I must say, that felt like the longest March Break ever!

I am so excited to be back now with the children and our staff. Although our program looks a bit different, our staff have stepped up to the plate and found creative ways to make these changes not only fun, but part of our new normal.

Manor Park Playschool and the Manor Park Play Group will be put on pause during the pandemic.

In the meantime, please check out our 'My Little Learning Bags' that will be available for purchase on manorpark.ca. These bags are filled with lots of learning activities for children aged three to five years old.

Although these 'learning bags' can't truly take the place of Playschool and Kindergarten, they will help children to develop skills that will benefit them when they do return to playgroups and school – enhancing their fine motor skills, spatial reasoning, logic and problem solving, as well as reading and writing skills.

Thank you!

The Manor Park Community Council gratefully acknowledges:

Elizabeth McAllister – for donating a rain barrel to the community gardens. Gardens along Thornwood Rd. were made available to local gardeners this summer. The challenge? No access to running water. The rain barrel helps solve this problem.

Bambi Ross – for sending out a daily, dedicated list of activities and diversions! Through the Manor Park Listserve, Bambi inspired us to dance, sing, explore, engage and create. Her daily post was a *must see* each day of the Covid lockdown. Visit her blog on OttawaCares.ca for Bambi's suggestions.

Volunteer drivers – You know who you are! An army of 40 residents in and around Manor Park have been delivering hampers from the Food Bank to residents. Can you believe that this service was not previously available to our neighbours in need? Thank you for being an important part of a permanent solution.

Sponsors – Could it have been just last fall when local businesses stepped up to sponsor our community events, rink, sports, and camps? These vital and generous businesses did not fail during Covid. Thank you for your unfailing support of your community: Natalie Belovic (Natalie's Urban Ottawa); Align Massage Beechwood, Beechwood Farmers' Market and Andrew Dings (Anatomy Physiotherapy Clinic).

Opportunity Fund donors – So many residents transferred the fees from their Covid-cancelled recreational program to the Opportunity Fund. The Opportunity Fund was established by the Manor Park Community Council to create opportunities in recreation for individuals and families for whom participation is a financial barrier. Thank you for building a sharing – and caring – Manor Park.



Mask Sewists Rock! – Reusable, cloth masks are this season's must-have accessory! Thank you to the sewists who made masks for our employees – Eugenie Waters, Terry Lee Chisholm and Joanne – working to keep our community safer.

Donors of electronics – Each person who donated their old cell phone, laptop or tablet has helped make a difference for a resident. With a cell phone, they can book an appointment to visit the food bank, call for help or provide contact information for a job. Well done, everyone! (Donations of electronics – please no laptops, monitors or keyboards – visit OttawaCares.ca or call the MPCC at 613-741-4753.)

Discussion Group participants – Last fall, well before anyone had heard of Covid-19, the MPCC undertook a review of our organization with the aim of ensuring we meet community needs. Participants in our discussion (focus) groups have provided invaluable information. Thank you for helping shape the future.

After a very long break, BAS is back!

By Meagan Noonan,
Supervisor, Child Care &
Early Learning

While MPCC's Before-and-After-School program was suddenly put on hold during the pandemic the educators you know, and love remained in contact through virtual meetings. This was our chance to gush over how much we missed your children.

In weekly Zoom chats, we brainstormed new and exciting programming and shared personal stories about how each of us were keeping busy while isolated. We even hosted a virtual baby shower for one of our team members and celebrated the end of school with an online game of trivia. My favourite part was sharing all the kind and supportive messages from our children and parents!

We took the closure as an opportunity for professional development. One memorable webinar was 'Taking Learning Outdoors with Outdoor Play Environments' presented by Scholar's Choice. We'll be

sharing these new ideas with the children in our program as we increase our outdoor play.

Re-opening before- and after-school programming has taken a lot of planning. The Ministry of Education, Ministry of Health, city, school boards and Ottawa Public Health have all provided guidance. Of course, we have been watching with interest the return to school of children in other jurisdictions. The result is a comprehensive set of policies and procedures to reduce the transmission of Covid-19, keeping our staff and children healthy and safe.

During the break, we said goodbye to Nancy Carisse, Manager of Child Care and Early Learning. As sad as saying goodbye is, we are all so excited for her new career in real estate! Nancy will be missed but will always be part of our BAS family and I am forever grateful for the guidance I received from her. It will continue to help me in my role as supervisor of this amazing program.

Good-bye!

With quite a bit of sadness, we say good-bye to Nancy Carisse, Manager of Child Care and Early Learning.

Nancy leaves the Manor Park Community Council, retiring from childcare to begin a career in real estate. She leaves behind a strong and talented team that have helped the program grow year-over-year – while achieving 100 percent compliance with licensing requirements. That's what you call going out on a high note!

MPCC's Before- and After-School programming, the Manor Park Playschool, and our new play groups will continue to be under strong leadership.

Meagan Noonan, Supervisor of Child Care and Early Learning, will continue to support and encourage their growth.

Together with her team, we are already seeing the best response to Covid-19.



Physically Distanced Summer Day Camps

Blue skies, green grass, warm sun – and physical distancing!

By Stephanie Spears

Day camps in Manor Park looked much different this summer than years prior. However, after gallons of hand sanitizer and eight weeks of talking to kids about what six feet of distance looked like, we completed another successful summer!

Covid-19 shook us to our core in March. And, after three months of isolating, it was still unclear if we would be able to open our doors at all. Parents were thrilled when we began registration for our full-day camps – just two weeks before our official start date.

We knew the Summer Day Camps were what families needed when the weeks filled up quickly and wait-lists were long.

With what felt like endless safety protocols – which seemed to change daily – from the Ministry of Health, the city and Ottawa Public Health, we wondered: how was this going to work? Our mission was to build a camp that had everyone's health and safety top-of-mind. Staff feeling safe and protected; and parents feeling confident – knowing that kids could come and enjoy being kids!

After sourcing enough personal protective equipment and additional cleaning materials as well as completing a lot of meticulous planning and training, we opened our doors on July 6, 2020 amidst a global pandemic.

Campers were placed into camps based on family groupings, and those who attended for multiple weeks were kept in a cohort with the same kids and the same counsellors to minimize contact.

This summer, camps took place entirely outdoors – with exception of hand washing and bathroom breaks! Our campers enjoyed playing in the splash pad, participating in weekly dance-offs, crafts, sports, feet painting, scavenger hunts and

more – all physically distanced, of course!

We said farewell to camp themes, including cooking camps, but all the freezies made up for it, if only a little bit. There were mad-libs and trivia, storytelling and show-and-tell, and when Phase 3 allowed us to open the play structures, the children were ecstatic!

Although we couldn't accommodate as many participants this year as we had wished, we are proud to have been able to offer this amazing opportunity to families. We were thrilled to have been able to create a camp where parents felt safe and confident in bringing their kids week-after-week.

We are so glad that we had the privilege of providing such a valuable service and experience in our community. Seeing grass stained clothes, sandy shoes and tired, smiling faces – even at a distance – made it all worthwhile.

We certainly can't wait for next year. Hopefully, things will be different for everyone.



Sophie Merkley and Miles Zollinger bubbled together. Photo: Stephanie Spears



Kiara and Anya Slumkowski with their frog art. Photo: Stephanie Spears



"Campers gather for a game of noodle tag."

Photo: Stephanie Spears



Fenton Hammell and his jellyfish craft. Photo: Mo Cheikhezzein



Giselle McElwain, Theo Smyth, Gael Tranjan with their suncatchers. Photo: Stephanie Spears



Nancy O'Brien, Decorator

"Without a doubt the best value for my money during my home renovation was Fancy Nancy. Every design step was creative and practical. I would not tackle any renovation project without Nancy". Jane R.




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Travelling with my camera

By David Keys

These photos were all taken in the Manor Park and Rockcliffe areas, both the double-crested cormorant and the pied-billed grebe at McKay Lake, and the Northern Cardinal in my Lonsdale Rd. backyard. All the photos were taken in the months of April and May 2020.

Like my father and grandfather, I have been interested in photography from a young age. With the availability of digital photography, high-quality equipment and the digital darkroom in recent years, the potential of photography has exploded!

Since retiring more than 10 years ago, my wife Mary and I have been travelling to such places as New Zealand, Europe, Alaska and California as well as within Canada. My camera equipment always travels with me and helps me see the beauty, diversity and wildlife of the places we visit.

Birds, which are always fast moving and challenging to keep up with, provide a never-ending way to learn and improve photographic technique. Fun too!

We welcome new contributor David Keys and look forward to featuring more of his wildlife photography in future editions.



Double-crested cormorant flying low over McKay Lake.



Pied-billed grebe on the waters of McKay Lake.



Northern Cardinal perched in David's Lonsdale Rd. backyard. Photos: David Keys

Supporting small businesses through the fall

FROM THE DESK OF:



Ottawa Mayor JIM WATSON

This summer in the nation's capital has been much different than in years past – one that has presented Ottawans with the most significant challenges and setbacks in a generation due to the COVID-19 pandemic. While most major events have been cancelled, many residents have found creative ways to enjoy the outdoors and rediscover the spectacular sights in the region. The new normal has also given many an opportunity to relax, recharge and reconnect with loved ones.

Now, as our youth enroll in online courses or return to classrooms across the city, and our workforce braces for a busy fall, we must remember that the virus is still very much present in our community. I want to once again thank the caring residents who have worked so hard to flatten the curve by respecting public health guidelines. The actions we all take will change the impact that this pandemic has on our city. Let's continue to protect ourselves and our neighbours by practicing physical distancing, wearing masks, washing our hands frequently and finding safe alternatives to large-group activities.

While we are all focused on limiting the spread of the virus, I'd like to take this opportunity to remind residents that our local businesses are still fighting each and every day to

If possible, head to your neighbourhood deli for a sandwich, buy a book by an Ottawa author, or purchase a gift for a friend from a local artisan.

remain open, providing goods and services that our community needs. And as the winter weather quickly approaches, restaurants will soon have to close their patios, and businesses will have to find new ways to generate revenue. It is vital that we continue to support these local entrepreneurs through these difficult times. If possible, head to your neighbourhood deli for a sandwich, buy a book by an Ottawa author, or purchase a gift for a friend from a local artisan.

There is no doubt that this has been a stressful period for everyone in our city and across the globe. However, with every day that passes, we are one step closer to a vaccine. Let's be patient, vigilant and hopeful that our collective actions will result in a safe and prosperous future for all.

Stay current on COVID-19
The COVID-19 situation continues to evolve very quickly. To stay up-to-date on the latest information, please refer to: OttawaPublicHealth.ca/Coronavirus.

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Visit ottawa.ca/bylocal for more on how to #BuyLocal and support local stores, restaurants and services.

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Louis with his virtual-trial qualifying ribbons and CARO Novice Magna Cum Laude title rosette seated with his owner Alexandra Wood at his recent ribbon ceremony. Photo: Heather Hunter

Rally-Obedience during the pandemic

By Alexandra Wood

In January 2020 I signed up for an Introduction to Rally-Obedience class at Best Friends Dog Training with Louis, my younger Cavalier King Charles spaniel. My goal at that time was to continue building on our previous training and prepare him for Rally-O trials (competitions) later in the year.

Rally-O is a sport that combines obedience work and fun to promote a positive relationship between a dog and its handler. A Rally course consists of a series of signs that instruct the participant to perform certain obedience behaviours with their dog, sort of like Simon Says.

By the time COVID-19 reached Ottawa, with the necessary strict protocols (which put a sudden halt to all in-person dog training and trials), we had fortunately completed the class, had attended a workshop on preparing for trialing, and had even done our first Fun Match in Obedience (a practice trial). It was mid-March, Louis and I were on a roll, and I was keen to keep on learning!

Thankfully, Maggie Bird, our Rally-O instructor, decided to take on the technology challenge and offer online training. She experimented with us pro-bono using different platforms and listening carefully to our feedback. Starting with Facebook Live, Maggie eventually settled with a combination of Zoom for classes and a dedicated FB Group for our homework, on

which she commented.

Within a few weeks, formal online classes were being offered. The format certainly worked for me and several other dedicated dog trainers, so much so that we were able to broaden and deepen our foundation skills, which are key building blocks. This would enable us to progress more easily to higher levels of difficulty. Time was my friend as I had few competing priorities, especially after retiring in the spring, so I was consistent with practicing and posting videos of weekly homework.

This new experience enabled me to finally discover the power of videos as a learning tool. Seeing and hearing oneself on screen in action training and performing with one's dog is both humbling and exciting. The screen doesn't lie! I was able to self-critic, and, together with feedback from Maggie, I would then try again with little Louis and post another video proudly showing the progress made.

By late spring, Maggie decided to pilot a couple of virtual Rally-O Fun matches. Each participating team had a week to set up the course in an outdoors location of their choice and submit a video of their best runs. Setting up the signs for the courses certainly added to the learning. This prepared us well for the first virtual Rally-O Trial, organized by the Canadian Association of Rally-O (CARO), which we were fortunately able to perform at the Best Friends Training facility under Maggie's able guidance,

following COVID-19 protocols.

The CARO virtual trial was an amazing opportunity to demonstrate the culmination of all our training in challenging circumstances as well as a great bonding experience with fellow students. I'm so proud of Louis who achieved his CARO Rally Novice Magna Cum Laude title!

This is just the beginning of our Rally-O journey. I encourage those of you who wish to learn and grow with your pet dog to try out Rally-O – it's lots of fun!

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CHRONICLE ESSAY

Free Little Libraries: curbside, accessible, constantly transforming

By Douglas Cornish

Take a book, leave a book. That's the simple idea (and official motto) behind these Free Little Libraries in bird-like houses that, over the past 10 years or so, have appeared in neighbourhoods. There are probably 1,000,000 worldwide.

In Ottawa they're in New Edinburgh, Sandy Hill, Vanier, the Glebe (some Glebe streets have more than one), West-end neighbourhoods, etc. In Manor Park, there's one on Hemlock Rd. near Birch, and one on Meadow Park Place at Plum Tree Cres.

The idea began in Hudson, Wisconsin, by Todd Bol who built one (using wood from his old garage door) in the shape of a one-room schoolhouse for his late mother (a school teacher), a spiritual gesture. Technically, they aren't actually free because you can buy one from the official website (littlefreelibrary.org) for a few hundred dollars. The site also includes information on building one, including how to winterize them, or you may choose to build your own. You can register your little library, as an option.

Interestingly, "Little Free

Library" is a legally trademarked term. The movement is also working on a future Mobile APP (LFL). Pictures of these little libraries in the Ottawa area can be viewed at: ottawavelooutaouais.com.

As with many things, they're not without their critics. A Toronto study suggested these little libraries are primarily in wealthy, upscale neighbourhoods, stocked with obsolete books that no one wants and in neighbourhoods that are in close proximity to a public library. What do critics know? They're not really meant to replace the public library – nothing could do that.

It's elementary (my dear Watson) that these little libraries can't match the large volume and subject range of a public library. Andrew Carnegie, the father of the public library, called these "places for the people". Even 90 percent of schools contain a library. Public libraries are free too, although they are funded by tax dollars; a library card may cost a minor fee, and late books are charged.

These Free Little Libraries are legitimately free (once you build or buy one), and be-



One of Manor Park's Free Little Libraries, Meadow Park Place at Plum Tree Cres. Photo: Sharleen Tattersfield

cause of their small size, they lack bureaucracy, and their deficiency of stringent rules often bring a smile to those who see them. Some people scratch their heads, but any place containing books, no matter how small, can't be bad.

Each is unique; they're not simply full of popular best sellers, children's books or out-of-date computer books, but contain unique collections of books. With each taking of a book or leaving of a book, the library constantly transforms and reinvents itself into a new

and different book experience. In other words, they never become predictable, or stale.

These little libraries aren't merely decorative; they are functional. The decorative aspect, though, is icing on the cake, so to speak. They do bring a certain visual friendly, nostalgic look to any neighbourhood. There's something Norman Rockwell-ish about them, like large trees or a flag gently waving over a front porch.

There's a community feel to them. They're also curbside accessible, not stuck in the backyard. They're meant to enhance and build community, not in a branding sort of way like a fire hydrant that you look at once, but then ignore, but in a folksy way.

Some even have a bench nearby, but the idea is not to turn them into a place to hang out, or a book-like chatty water cooler, but a brief place to stop, 'take a book', then when you wander back, to return the book or to leave another. No library card, no fines for late or delinquent books. It's a simple book fountain to stop at, take a drink of book knowledge, then continue on your way.

The idea is not to read the book onsite, but to take a book with you back to your home or quiet place. They're also meant, in a silently humble and non-coercive manner, to convert a non-reader, or help someone who can't afford a book, or perhaps can't afford a library card or doesn't want to frequent a Public Library. It's a no-questions-asked invitation to enrich yourself, no matter what your situation is.

Some are even COVID-19 friendly, with a little note inside explaining that for your protection: wash your hands when you return home and keep your book in a plastic bag for 3 days before reading it.

It's the world's largest book-sharing movement, and if you're in a home without a book (yes, they exist), then Free Little Libraries provide a wonderful, perhaps even a life-changing option.



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WHAT YOUR NEIGHBOURS ARE READING

MANOR PARK ECLECTIC BOOK CLUB



The Dutch House By Ann Patchett

At the end of WWII, Cyril Conroy combines luck and a single, canny investment to begin an enormous real-estate empire, propelling his family from poverty to enormous wealth. His first order of business is the purchase of the Dutch House, a lavish estate outside of Philadelphia. Meant as a surprise for his wife, the house sets in motion the undoing of everyone he loves, including his son, Danny, and his brilliantly acerbic and self-assured sister, Maeve.

Satō hires Kaitarō, a wakaresaseya agent, to have an affair with his wife, Rina, he assumes it will be an easy case. But Satō has never truly understood Rina or her desires and Kaitarō's job is to do exactly that ... until he does it too well.

collar crime and moral compromise. A woman disappears from a container ship off the coast of Mauritania and a massive Ponzi scheme implodes in New York. The story moves between the financier, the ship and its shipping-line owner, Manhattan and British Columbia and paints a picture of greed, guilt, fantasy, delusion, art, and ghosts from the past.

lives (and deaths) of other detainees, the daily routines and various incidents, and reflects on the system in which they are trapped, up to the point of the prison riots in early 2014.

brilliant Shakespeare expert Elizebeth Smith went to work for an eccentric tycoon on his estate outside Chicago. The tycoon had close ties to the US government and soon asked Elizebeth to apply her language skills to an exciting new venture: code-breaking. Though she and her husband, William Friedman (a groundbreaking cryptologist), are in many ways the "Adam and Eve" of the NSA, Elizebeth's story, incredibly, has never been told.

DUNBARTON COURT BOOK CLUB

The Woman Who Smashed Codes By Jason Fagone

In 1916, at the height of WWI,

The Murder Pit By Mick Finlay

Submitted by Allan Martel
1896: Sherlock Holmes has once again hit the headlines, solving mysteries for the cream of the aristocracy. But among the workhouses and pudding shops of South London, private detective William Arrowhead is presented with far-grittier, more-violent, and considerably less well-paid cases. Arrowhead's London is a city of unrelenting cruelty, where evil is waiting to be uncovered. A downscale Sherlock Holmes for the rest of us!

The Bernie Gunther series By Philip Kerr

Submitted by Serge April
The first three in the Bernie Gunther series, *March Violets*, *The Pale Criminal* and *A German Requiem* are true crime classics that transport readers to the rotten heart of Nazi Berlin and introduce the cynical, wise-cracking private eye who sought justice within it. Bernhard Gunther is a private eye specializing in missing persons and, in Hitler's Berlin, he's never short of work.

No Friend but the Mountains: Writing from Manus Prison

By Behrouz Boochani
Submitted by Denise Rackus
Written in prose and poetry, *No Friend But the Mountains* chronicles Boochani's boat journey from Indonesia to Christmas Island in 2013 and his subsequent detainment on Manus Island. It describes the

Madame Foucades By Lynn Olson

Submitted by Linda Assad
Why the heck have we never heard of Marie-Madeleine Fourcade – the only woman to lead a major French-resistance network? A woman elected to the European Parliament, and who, upon her death in 1989 at the age of 79, became the first woman to be granted a funeral at Les Invalides where Napoleon Bonaparte and other French military heroes are buried.

The Book of Negroes By Lawrence Hill

Submitted by Suzanne Ouimet
Abducted as an 11-year-old child from her village in West Africa and forced to walk for months to the sea in a coffin (a string of slaves) Aminata Diallo is sent to live as a slave in South Carolina. Years later, she forges her way to freedom, serving the British in the Revolutionary War and registering her name in the historic *Book of Negroes*.

The Glass Hotel By Emily St. John Mandel

Submitted by Adele Dion
Set in a 5-star, exclusive palace on Vancouver Island, *The Glass Hotel* is about money, white-

READERS OF MANOR PARK

Dragon Springs Road By Janie Chang

Jialing, a half-French Shanghai girl, sold sexual favours and flowers to survive until she married a wealthy man. Set in Shanghai at the turn of the 20th century, the novel traces the journey of Jialing, abandoned by her mother at seven-years-of-age in a courtyard of a sprawling estate. Taken in as a bond servant by the Yang family, Jialing forms a friendship with the eldest daughter, Anjuin, and befriends Fox, a spirit who has been haunting the courtyard for centuries.

DUNBARTON COURT

What's left of me is yours By Stephanie Scott

Submitted by Grashina von Finkelstein
In Japan, a covert industry has grown up around the "wakaresaseya" (literally "breaker-upper"), a person hired by one spouse to seduce the other in order to gain the advantage in divorce proceedings. When

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St. Columba – keeping the faith

By Diana Poitras

At the time of writing this article, the congregation at St. Columba is looking forward with great excitement to the re-opening of our church for worship services on September 6 at 9:30 a.m. The Ottawa Anglican Diocese has taken a careful and cautious approach to re-opening its churches. With the guidance of an epidemiologist as well as following the safety protocols established by federal, provincial and municipal health ministries and departments, the Diocese has a comprehensive plan in place to guide parishes as we re-open for Sunday worship services.

Worshipping via Zoom

St. Columba, along with other churches and “non-essential” businesses, closed its doors in mid-March as a result of the COVID-19 pandemic. Soon thereafter, on-line services via Zoom took place each Sunday morning at 9:30.

Video recordings of hymns played on the church organ by **Faye Grinberg Rice** form part of the Zoom services. **Judy Graham** beautifully writes and leads the Prayers of the People. Various parishioners read the Scripture lessons, and our Priest, **Karen Coxon**, delivers her sermon and leads us through Morn-



St. Columba's native flowering pollinator garden attracts butterflies, bees and other flying pollinators. The new bird feeder welcomes local birds, including gold finches and sparrows. Photo: Diana Poitras

ing Prayer. **Jonathan Hammell** is our Zoom host and does an amazing job showing the order of service, prayers, readings and videos of the hymns (with words) all at the right time. Our Sunday worship services have definitely been a group effort and source of comfort and joy.

An exciting new addition has been a Zoom Sunday School, led by **Brandon Rabideau**, on Sunday afternoons.

Community outreach

During these difficult months, the congregation at St. Columba provided an

outreach program of Metro grocery gift cards to families in need. This was done in coordination with the Manor Park Community Association. Through the generosity of parishioners, over \$1,000 in gift cards were distributed to those in need.

St. Columba's pollinator garden

It has been a great pleasure for many Manor Park residents to see the native pollinator garden at the church thrive and grow. Through faith and the common good, and Manor Park resident, **Katherine Forster**, native pollinator plants were provided last year and again this year. The garden is a beautiful sight with many flowering plants, birds, butterflies (including a Monarch or two) and lots of bees and other flying pollinators.

A new addition this year is a double bird feeder – which attracts gold finches, sparrows and other birds to our mini-meadow. The bird feeder is in memory of a much-loved parishioner, Donald Hogarth, who passed away in December. Don's love of God's creation and creatures is manifested in our little garden.

The COVID-19 pandemic has changed our lives and our world, but some things remain constant. As Romans, Chapter 8, verses 38 and 39 tell us: *“For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord”*.



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Fall is that time of year when the leaves let go of their branches and flutter about in the cool crisp air before they nestle on the ground, creating a blanket of beautiful reds, yellows and oranges. It's almost as though Mother Nature is bestowing us with one last gift of loveliness before hiding it all under snow. Yes, Manor Park is our cozy corner of the world where we share gorgeous scenery, requisite raking, and considerate neighbours.

During our many, many, walks around the neighbourhood in recent months, I've noticed a welcoming trend. When strangers approach one another, they step aside, cross the street or briefly tuck into a driveway, to create a safe distance between themselves and

others. Sometimes, there's that feeling of "Are they going to move, or should I?" You might even share a funny moment when you realize you're both moving in the same direction. People may also exchange a slight nod, gentle smile or even a cheery hello, all appreciative acknowledgements. We're modelling the right behaviour out of a sense of consideration and respect for one another, and even an abundance of caution.

In pre-pandemic times, overtly moving away from someone coming towards you on the sidewalk would be considered rude and offensive, but even though it's the right thing to do these days, it may still feel a little awkward. It's an adjustment but, hopefully, people understand that we're giving each other space because we care about everyone's health and safety, and our intentions are good.

In an ideal world, I agree to follow the rules and try not to annoy or irritate you, and you agree to do the same. Unfortunately, we may sometimes run into people who aren't as considerate as we might wish, and that quid pro quo doesn't happen. Then, our frustration rises along with our blood pressure. At times like these, I remind myself that all we can do is control our own behaviour, not what others do, or don't do. To

that end, if you find yourself in a tricky situation while you're out and about, why not remove yourself or step back, especially if you feel unsafe?

After the year we've had, the last thing we need is more confrontations, and conflict, don't you think? So, let's keep doing what we're doing, neighbour. And, when it all gets to be too much we can take comfort in Mother Nature's generous designs. Did you know that being surrounded by nature can calm the senses, and rejuvenate and comfort us? Wouldn't it be something if all the trees that dominate our neighbourhood were working a little magic on us and we've been unknowingly reaping the benefits?

Speculations aside, fall is a time to appreciate our nation's beauty and bounty and remind ourselves to be grateful and giving. We also get our fill of pumpkin-spice everything and indulge in too much candy on that one night when it's expected. I don't know about you, but I hope to carve out some time to indulge in a little cuddle-under-a-blanket-with-some-hot-cocoa-and-a-good-book activity too, especially on rainy days. In the meantime, I look forward to seeing you around the neighbourhood, and wish you many blessings, happiness and health.

Recollections: the schools of Manor Park

By Jane Panet (nee Wilson)

Manor Park School at 100 Braemar St. is the third school with that name in Manor Park's history. I know because I went to all three!

In 1948, a garage on Sandridge Rd. was converted into a school for children who lived in the first 100 houses built in the park. There were about 15 or 20 students in that first school with different grades all in the one room, each grade in a different row. I was in Grade 2.

Garage doors with a lot of windows ran down the east side of the room. Our teacher, Mr. Willard, roomed in a house on Kilbarry Cres. In wintertime, he would go to school early to light the wood stove, which was our only source of heat. I remember that sometimes school would be cancelled because our classroom was too cold.

Manor Park was built in a series of tranches, which started along Sandridge Rd., then worked south, 100 houses at a time. There were three designs in the first 100 houses

and with each successive tranche, the houses got bigger.

By the fall of 1949, another 100 houses must have been completed, because by then, the garage was too small.

An old stable just to the east of the garage was quickly converted into Manor Park School Number Two, now with three-rooms. Mr. Willard was still my teacher and our classroom still held multiple grades, organized by rows.

My most poignant memory of that school was when our teachers laughed at a painting I had done to commemorate Remembrance Day. It depicted rows of crosses in a graveyard, each cross bearing the name of one of my dearest friends. *This humiliation was never to be forgotten!*

In January 1951, a new Manor Park School at 100 Braemar St. opened. The initial building ran from where the principal's office is now located north to what were then kindergarten rooms.

And, ever since, that school (Manor Park Public School) has kept growing.

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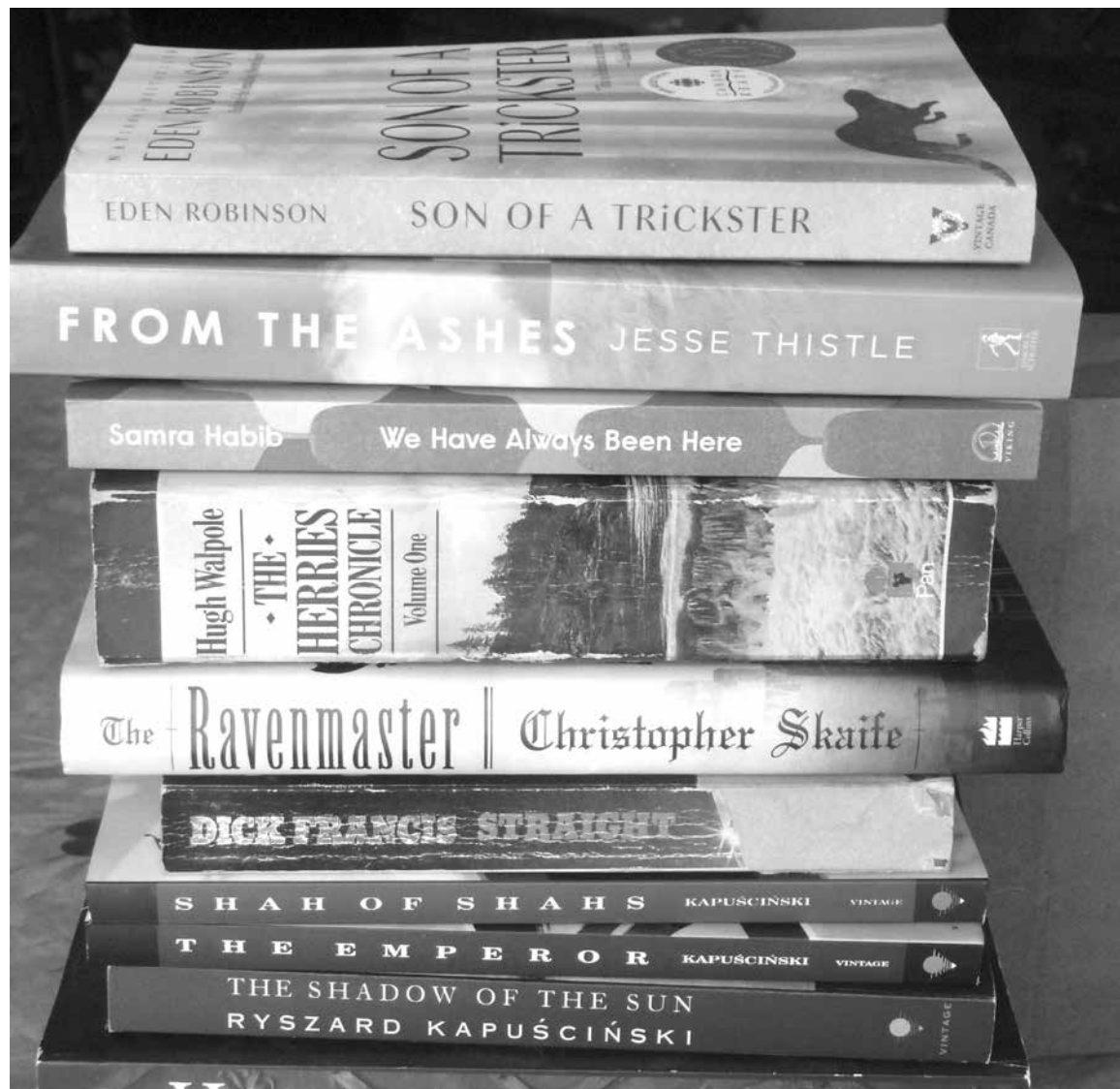


Photo: Jennifer Cook Baniczky

Summer travels without leaving Manor Park

By Jennifer Cook Baniczky

2020 was the year that I had planned on introducing my eight-year-old grandsons to Africa, but this has not happened because of COVID-19. To give them a tantalising taste, I gave them the gift of fostering two orphaned baby elephants, Naboishu and Rohu, in Kenya. Throughout the year they will receive emails and videos of the two. Perhaps next year we will be able to visit them.

For my son and daughter-in-law, I gave books about Africa – *Cry of the Kalahari* and *Eye of the Elephant* by Delia and Mark Owens. The real-life adventures of a young couple roughing it in the bush for years to become acquainted with the animals. By the way, Delia Owens latest book is *Where the Crawdads Sing* – an excellent novel about the “marsh girl” in North Carolina.

In the meantime, I am not moving far from Manor Park, but this has been a wonderful opportunity to spend time travelling the world with books. To continue in Africa, I read a fascinating African memoir by Polish journalist Ryszard Kapuscinski, *The Shadow of the Sun*, which led me to his other books: *The Emperor – Downfall of an Autocrat*. This is Emperor Haile

Selassie, King of Kings, Lion of Jud ah and His Most Pius-sant Majesty and Distinguished Highness of Ethiopia. This slender book covers the history of his country and his later years before his downfall – years when I was at school with some of his granddaughters. This intimate view of his world in the royal court in Addis Ababa is very different from some of the stories I heard after lights out in our school dormitory.

Again, another book of interest to me by the same author is *Shah of Shahs* – Mohammed Reza Pahlavi – the last Shah of Iran. Again, it took me back to the time we lived in Tehran in the early '70s, when my young son and I would stand on our terrace to wave at the helicopter that flew overhead taking the Shah home to lunch.

Books on Beechwood has kept me well-stocked in reading material through the Pandemic with Hilary Mantel's huge tomes – *Wolf Hall*, *Bringing Up the Bodies* and *The Mirror and the Light*. Mantel's books describe minutely the life and times of Thomas Cromwell, Henry VIII and a few of his wives, but these are not for the faint hearted. After this marathon, to clear my head, I returned to an old favourite author, Dick Francis (a favourite

of the late Queen Mum as he was her jockey), and his book *Straight* – horses, racing and diamonds!

Also, *The Ravenmaster* by Christopher Skaife, a Yeoman Warder at the Tower of London, about his life caring for the ravens. As the legend goes, should they leave, the Tower will crumble into dust and great harm will befall the kingdom. At the moment, I have fallen back on another old, old favourite, Hugh Walpole's *The Herries Chronicles* about a family dynasty in the English Lakes.

For the fall, I have books from CBC's Canada Reads: *Son of a Trickster*, by Eden Robinson; *From the Ashes: My Story of Being Metis, Homeless, and Finding My Way* by Jesse Thistle; *Small Game Hunting at the Local Coward Gun Club* by Megan Gail Coles; *Radicalized* by Cory Doctorow; and the winner *We have always been Here: A Queer Muslim Memoir* by Samra Habib.

Here I give a shout out for our Canadian authors, please buy and read Canadian books as we move from hot summer days into cozy winter reading tucked away at home!

Happy reading.

Jennifer Cook at:
<http://jennifercook.ca>

MEET YOUR NEIGHBOUR

Who are you? What do you do?

I'm Nancy O'Brien – or Nancy Richard, depending on who you talk to. I live on Kilbarry Cres. with my husband Tom O'Brien, my daughter, Ava (11), and one of my two stepsons Liam (24). My other stepson, Jesse (29), lives close by on Blasdell Ave. We've a dog called Chewie and a cat called Halo.

Where were you born?

I was born in Toronto. At 11, we moved to Moncton, NB where my parents' families lived. It was during the recession in the 80s; my parents wanted to be close to family. Moncton and Fredericton were home, until my grade-10 year, when we moved to Ottawa.

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

After 18 years in the government, I became a stay-at-home mom following Ava's birth. Shortly after, I started working on my true passion – decorating and staging homes. I've always been creative; even in government I had creative projects on the go. In my 20s (after university), I spent a year in Italy. Being in Milan, the fashion capital of the world, allowed me to grow creatively. I've decorated and staged homes part-time and now have a company called Furnish Property Styling that allows me to focus my energy on decorating.

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

Family! I've an elderly father and a sister with developmental disabilities who live close by. Along with Tom and the kids, they're a huge part of my life, as is my sister Kathy in NB. Being happy, without wor-



ry or anxiety, is very important to me now, having previously dealt with a generalized anxiety disorder.

Why do you live in Manor Park?

Tom knew Manor Park – he'd lived here before we were together. It was a long search that included other neighbourhoods before we finally settled on Dunloe Ave. I remember sitting in that living room and deciding I could live there – I had a good feeling about the house and the neighbourhood. We bought that house the next day!

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

I often think I want to live somewhere else, but it's really winters (so cold – for so long) that I'd like to avoid. Escaping to Europe – France, Spain and Portugal – would be good places.

What was the last book you read?

I'm currently reading *The Forgotten Sister*, by Jennifer Paynter. Can't say I'm really enjoying it, but I'll finish it to find out what happens in the end!

Who would you get to star as you in your memoirs?

When I was younger, people thought I looked like Cameron Diaz. I could never see it but was happy to take it. Julianne Hough would also be great, or Leslie Mann. She's very funny and a little flighty, which is kind of how I feel sometimes!

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

My grandmother passed away when I was 12; I'd love to have dinner with her now I'm an adult. She was interesting and strong; I think of her often. I'd invite the Obamas as they're so

cool and he's so 'chill'. I'd also invite the Dalai Lama (Tom and I volunteered as part of his security detail during his Ottawa visit about 15 years ago). If, I could invite one more, it would be Joe Biden's wife, Jill who epitomizes elegance and wisdom.

What would you serve?

Assuming there were no seafood allergies (ha!), I'd serve seafood lasagne with salads – a personal staple and hence a safe choice.

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

First, I'd make sure that my extended family was taken care of. I'd spread the rest among my top 10 charities, and oh, I'd probably buy a nice car as I love luxury vehicles!

What do you do to stay healthy?

Not enough, especially during COVID-19. I practice yoga, walk, bike, and play tennis. We play pickleball in the driveway and swim at the cottage.

What is your favourite childhood memory?

It's hard to choose, though I have great memories of our backyard in Toronto with people, including cousins, aunts and friends, around the pool. We didn't really travel, but we always had lots of visitors.

My favourite thing about Ottawa is...?

Lifestyle! It's so beautiful; a great size – so green with great access to activities and sports.

My least favourite thing about Ottawa is...?

The length of winter!

Where do you see yourself in 5 years?

Hopefully still on Kilbarry Cres! We've been moving about every 5 years and feel that we're here for the long haul. I just love this street, the corner we have. I hope to be working part-time doing decorating.

Do you have a motto that you live by?

Well, I could say something like "Don't sweat the small stuff" but honestly, that's not me! I like Tom's expression: "See it, do it" – whatever 'it' is. Also, remembering to "be kind" as we never know what others are experiencing.

What do you hope to teach your children?

To be kind to others like you yourself would like to be treated; to pay attention to and help our community – as it takes a village. Also, to be confident as you maneuver through life. Having a daughter with high-functioning autism, I worry that people she confronts won't always understand her behaviours or intentions. I feel that if she has confidence in herself and her decisions, she'll ultimately be happy.

This interview has been edited for length and clarity.

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We write to taste life

by Anna Rumin

For the past five years I have been designing and teaching memoir-based writing courses at Carleton University. In 12 courses I designed for the “Writing Stories from Our Lives” series, the common thread is our shared understanding of memoir, which we differentiate from autobiography and biography that are linear in form. That is, an autobiography starts at a certain date, and the story that unfolds is generally one with a focus on what someone did from beginning to the end date.

At the heart of memoir is a focus on what I know now because of what I did. No story is too small when it sheds light on a shared experience, just as no story gets old: your story of looking after a dying par-

ent is unique because it is your story. If you have a quiet place to write, be it on paper or on a computer, you too can begin recording and collecting the stories from your life.

To get you going, here are some prompts about memoir-based writing – remember, write with abandon, don’t stop to edit and don’t overthink anything.

1. Make a list of the things you have learned to do: tie your shoes, dive, drive standard while smoking a cigarette and drinking a coffee, milk a cow, ski, bake a cake, play the violin, build an outhouse, make bread, make wine, make beer, speak a third language, sew, knot pearls, sail, skin a fish, catch a fish, train a dog, train a toddler, pluck a chicken – now write the story.
2. How about all the stuff in your house that has a story but nobody wants? Take photos of the teeth-marks on the dining room table, the Royal Dolton figurines your mother collected, the paintings your great Aunt Margaret gave you, the stamp collection left to you by your grandfather, the maroon velvet footstool found in the attic of your house ... What is the story of that table and who has sat around it, and what are its happiest memories? Write the story – and even if nobody wants that old table, tell the story of what you know from having kept it for so long.
3. How about your clothes and jewellery? Tell us about your scarf collection and why you have so many shoes and why you insist on keeping that damn bathrobe? What are the stories hidden there?
4. Put a photo of your mother in front of you. Make a list of the things she held in her hands – choose one thing each day and write the story. Do the same for your father, for yourself.
5. What animals have played a role in your life? What do you know from having had a pet that you didn’t know before? What do you know from having watched wild animals – write about that racoon you found hiding under the kitchen sink, the fox that waited outside your door, and the crows that wake you up every morning.
6. Where and from whom did you hide when you were little? When were you most scared? Most excited? Most in love?
7. Have a look at your library – the one you have and had – what are the books that have played a role in our life?
8. Make a list of strangers you have encountered. Now write the story.
9. Look out the window, go down memory lane and write about the first time your heart was broken.
10. Make a list of all the roommates you’ve ever had. Choose one and write about what it would have been like to live with them during a pandemic.

The key is to recognize that even the smallest of things can carry huge stories; things like the stuffed animal you still have, the letters from your first love, and the wooden spoon your grandmother used to stir the applesauce in the years before she forgot what applesauce was.

If you’re cocooning and thinking about writing, just start and remember: keep everything, honour every single story you write. And remember to pay attention to the stories that you want to give as gifts – gifts that you created during that time Mother Nature demanded us all to cocoon.

Dr Anna Rumin is a lecturer in Learning in Retirement at Carleton. In her spare time, she enjoys skiing and hiking in the Gatineau, consuming books or writing short stories that have received various awards.



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Sugar Shack vows to rebuild

By James Fitz-Morris

With smoke still rising from the collapsed roof of the Vanier Museopark's Sugar Shack, Executive Director Jean Malavoy was looking squarely at the future.

"We will make it a little bigger, the new one," Malavoy said on the morning of the fire.

Nestled among 1,500 sugar maples on 17 acres directly south of Beechwood Cemetery, the Museopark bills itself as the only sugar shack in an urban centre in Canada. Malavoy says local residents are already rallying to make sure it is rebuilt. "For everybody, it's a treasure, everybody loves it," he said.

"The community will be backing the rebuilding of the sugar shack."

Pierre Lacasse is one of the many volunteers who keep the syrup and history flowing at the Museopark. On the morning of the fire, he called it a "day of mourning," for himself and the community, "Everybody is here, every year when we have our events, everybody comes out and loves this place."

Mayor Jim Watson and Rideau-Vanier Ward city coun-

cillor Matthieu Fleury have vowed that the city will help with reconstruction efforts.

This isn't the first time this location has suffered a disaster. In the ice storm of 1998, many of the sugar maples in the park were destroyed. However, some of those fallen trees were milled into lumber and used in the construction of the existing structure which opened in 1999.

Although the walls survived the fire, the inside of the building was gutted. Malavoy says they will likely have to tear the whole structure down and start over. "It's hard to believe we lost all of it in one night," Malavoy said.

At the time of publication, little was known about the cause of the fire.

A local resident walking their dog in the early hours of Thursday, August 27 spotted flames shooting from the sugar shack and called 911 just before 6a.m. Malavoy says he was called at about 6:30 a.m.

Ottawa Fire Services indicated it believes the fire started on the outside of the building and was conducting a further investigation. Ottawa Police Arson Unit has also been called in.

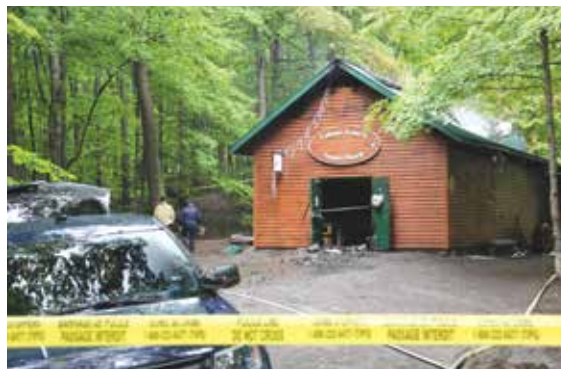


An iconic Ottawa landmark blazes in the early hours of Thursday, August 27. Photo: Scott Stilborn / Ottawa Fire Services



Ottawa Fire Service in action.

Photo: Scott Stilborn / Ottawa Fire Services



The aftermath. The Vanier Museopark is committed to rebuilding its treasured sugar shack.

Photo: Emmett Fitz-Morris

While it is too early to know what form the rebuilt sugar shack will take, Malavoy already has a lot of ideas. "We had only 40 seats, maybe we can expand it to 60, we could move the sugar boiler outside and make a small museum," he suggested.





Lucille Collard
MPP/Députée provinciale
lcollard.mpp.co@liberal.ola.org
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DOGS IN THE 'HOOD
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 Send digital photos (high resolution please) and a brief introduction to editor@manorparkchronicle.com.



WALDI
 I'm Waldi, a standard wire-haired dachshund with a German name. I came to Ottawa from Harbour Deep via Toronto. I've had disc disease so I walk slowly around Manor Park; when I'm tired my "Daxie Taxi" carries me. I'm a bit fearful, so please admire me from afar. In my spare time, I enjoy my favourite toy, Lamb Chop – not one to brag, but I have four of them!



AXL
 Ambertrail's Atlas Axl is an energetic 15-month-old male golden retriever. His obedience training is well in hand and his owner, Greg Thompson, is now training him for the field. On Kilbarry Cres. and surrounding streets, neighbours know Axl well, particularly the kids who enjoy patting his head and tugging on his oversize ears.

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LISA & MYA
 I'm Lisa (Simpson), a friendly 4-year-old Shih Tzu. Early in my life, I spent time on Vancouver Island, enjoying the ocean and the West Coast beauty. Now, I live here with my best friend, Mya, a kind and gentle 10-year-old standard poodle. We love fishing, canoeing, hiking, and watching for squirrels out the window together. Mya and I love our wonderful Manor Park community!



AVA
 Ava is a 5-year-old small Rottweiler (Rottie). She is extremely spoiled and gets whatever she wants. She loves people, demanding their attention and affections as soon as she meets them. She enjoys swimming and playing with toys in the water for hours. She likes walks in the woods and loves to lie on top of whoever is sitting on the couch.

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CANINE CHRONICLES

Separation-related problem behaviour

FROM THE DESK OF:



CHANTAL MILLS
B.Ed., CSAT, CPDT-KA

The road to recovery involves carefully desensitizing the dog to one piece of the puzzle at a time.



When I was just starting out as a dog trainer, I met a couple whose dog Jasper, when left alone, would spend his time pacing, barking, howling, drooling and scratching at the door. I will never forget how worried they were about their dog and how much distress they felt every time they left the house.

I will also never forget how powerless I felt to help them and vowed then and there that I would dedicate my dog training career to learning all I could about separation-related problem behaviour. I wanted to be able to help dogs like Jasper and provide guardians the help they so needed.

True to that promise, I have not stopped learning about separation anxiety and today am a proud CSAT (Certified Separation Anxiety Trainer). Since meeting Jasper over 15 years ago, I have helped many dogs like him, including my own dog.

Recovering from separation anxiety

It is a myth that Separation Anxiety is “unfixable”. There is hope! Your dog CAN recover from separation anxiety and you CAN condition your dog to accept being left alone. The treatment may not be quick and easy, but it is simple and

achievable.

One key element in the recovery protocol is to gradually and systematically desensitize your dog to all the things you do that broadcast your departure. Your pre-departure routine likely involves things such as grabbing your bag, picking up your keys, putting on your shoes and opening the door. These are some of the cues that may trigger your dog’s anxiety.

Anxiety-triggering clues

You may notice your dog start pacing when you open the closet door or jump on you when you put your hand on the door-knob, or perhaps start whining when you grab your keys.

My dog Everest would start panting when I put on socks since they are a clear sign that I am going to be leaving the house. Your pre-departure routine is composed of these different elements, like pieces of a puzzle.

The road to recovery involves carefully desensitizing the dog to one piece of the puzzle at a time. Here’s a boot! Here’s a door handle!

All of these little pieces of the puzzle will gradually be put back together until your dog

can be comfortable with your entire pre-departure routine.

One step at a time

When helping dogs recover from separation related anxiety, it’s important to take it one small step at a time, starting with what your dog can handle, then progressing from there in a planned and systematic way, always making sure that your canine companion is comfortable and relaxed.

Separation anxiety is a debilitating condition. The fear of being left alone can be paralyzing. If your dog is distressed when you leave or panics when left alone, know that your dog isn’t giving you a hard time. Your dog is having a hard time.

It may appear to you as an irrational fear, but separation anxiety is a true panic disorder and not something that will just “go away” on its own. A Certified Separation Anxiety Trainer will guide you through effective and carefully constructed protocols, using only kind, science-based techniques.

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FROM THE DESK OF:



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

Dear residents,

I know these past few months have been difficult for you and your families, and the COVID-19 pandemic has posed many challenges. Knowing this, I am confident that everything

will be okay if we continue to work together as a community.

The health and safety of Canadians remain our priority, and our government is working diligently to minimize risks associated with the spread of COVID-19. Since the beginning of this pandemic, our government has stood firm in its commitment to supporting Canadians through emergency response financial and economic measures that are helping everyone overcome the crisis of our generation. Please visit www.canada.ca/en/department-finance/economic-response-plan.html for more information about the support offered to Canadians and businesses facing hardship as a result of the outbreak.

As we begin to safely revitalize our economy, our government

is committed to supporting communities with \$31 million in federal funding to support community-led solutions to the immediate and ongoing needs of the pandemic. This initiative will fund smaller-scale local projects under three main themes: creating safe and dynamic spaces, improving mechanisms that promote mobility, and digital solutions.

I encourage local governments and Indigenous communities, as well as Ottawa-Vanier's not-for-profit community partners, to apply for project funding that respects the three main themes. More information on the call for proposals will be available in the near future at <https://www.infrastructure.gc.ca/chci-iccs/index-eng.html>.

I am delighted to see people working together from a distance to keep our social and dynamic community together. Rest assured that my constituency office is always there to support you with all aspects of federal services.

Give us a call at 613-998-1860 or email us at mona.fortier@parl.gc.ca.

Chers résidents et résidentes,

Je sais que ces derniers mois ont

été difficiles pour vous et vos familles et que la pandémie de Covid-19 a posé de nombreux défis. Malgré cela, j'ai la ferme assurance que tout ira bien si on continue de travailler ensemble comme communauté.

La santé et la sécurité des Canadiennes et Canadiens demeurent notre priorité; et notre gouvernement travaille avec diligence, pour faire en sorte de minimiser les risques liés à la propagation de la Covid-19. Depuis le début de cette pandémie, notre gouvernement a tenu fermement son engagement à soutenir les Canadiens, par le biais de mesures économiques et financières d'urgence, qui aide chacun à surmonter la crise de notre génération. Je vous invite à consulter www.canada.ca/fr/ministere-finances/plan-intervention-economique.html pour plus de renseignements au sujet des mesures pour appuyer les Canadiens et les entreprises qui sont aux prises avec des difficultés en raison de l'écllosion.

Alors que nous commençons à relancer notre économie en toute sécurité, notre gouvernement s'engage à appuyer les communautés en fournissant un financement fédéral de 31 millions de dollars, pour soutenir

des solutions communautaires répondant aux besoins immédiats et continus découlant de la pandémie. Cette initiative financera des projets locaux à plus petite échelle sous trois thèmes principaux: la création d'espaces sûrs et dynamiques, amélioration des mécanismes qui favorisent la mobilité et les solutions numériques.

J'encourage les administrations locales et les communautés autochtones, ainsi que les partenaires communautaires à but non lucratif d'Ottawa-Vanier, de demander du financement sur des projets qui respectent les trois thèmes principaux. Des renseignements supplémentaires sur l'appel des propositions vous seront communiqués très bientôt sur <https://www.infrastructure.gc.ca/chci-iccs/index-fra.html>.

Je me réjouis de voir les gens s'entraider à distance pour garder notre communauté dynamique et sociale.

Soyez assurés que mon bureau de circonscription est toujours là pour vous appuyer avec tous les aspects des services fédéraux.

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FROM THE DESK OF:



**MPP, Ottawa-Vanier
LUCILLE COLLARD**

As a mother, a former school trustee, and your provincial representative, I am disappointed by the Conservative plan for reopening schools. Ontarians waited and hoped for a safe return to school with a clear plan, developed in consultation with school authorities and health experts. Instead, Ford's government unveiled a back-to-school plan with inconsistencies and insufficient resources.

This shortage of resources leaves school boards with the burden to do their best to implement a plan to ensure that students can practice social distancing, wash their hands frequently, and learn in an environment that is cleaned effectively.

My biggest concern and criticism of the government's plan is the lack of meaningful consultations with school boards, education partners and local medical authorities. Involving those institutions that need to support parents, students

and school personnel for a safe return to school is instrumental in finding solutions that take into consideration their knowledge, expertise and capacity.

Investing in our education system is the best way to ensure the successful recovery of a vibrant and inclusive economy. Now, more than ever, we need to speak up and work to protect students, education workers, and the families they return to at the end of the day.

With public-health guidelines changing frequently, don't forget to stay up to date and follow best practices. As always, thank you for doing your part in fighting COVID-19.

My team remains available to help at 613-744-4484 or by email at lcollard.mpp.co@liberal.ola.org.

En tant que mère, ancienne conseillère scolaire et représentante provinciale, je suis déçue par le plan conservateur de réouverture des écoles. Les Ontariennes et Ontariens attendaient et espéraient un retour à l'école en toute sécurité avec un plan clair, développé en consultation avec les autorités scolaires et des experts en santé. Au lieu de cela, le gouvernement de Ford a dévoilé un plan de retour à l'école avec des écarts et un manque de ressources.

Cette pénurie de ressources laisse aux conseils scolaires le fardeau de faire de leur mieux pour mettre en œuvre un plan

permettant aux élèves de pratiquer la distanciation sociale, de se laver les mains fréquemment et d'apprendre dans un environnement bien nettoyé.

Ma plus grande préoccupation et critique à l'encontre du plan du gouvernement est l'absence de consultations significatives avec les conseils scolaires, les partenaires de l'éducation et les autorités médicales locales. La participation des institutions qui doivent soutenir les parents, les élèves et le personnel scolaire pour un retour à l'école en toute sécurité est essentielle pour trouver des solutions qui tiennent compte de leurs connaissances, de leur expertise et de leurs capacités.

Investir dans notre système éducatif est le meilleur moyen d'assurer le recouvrement efficace d'une économie dynamique et inclusive. Maintenant, plus que jamais, nous devons prendre la parole et travailler pour protéger les étudiants, les travailleurs de l'éducation et les familles dans lesquelles ils retournent à la fin de la journée.

Les directives de santé publique changent fréquemment, n'oubliez pas de rester à jour et de suivre les meilleures pratiques. Comme toujours, merci d'avoir fait votre part dans la lutte contre COVID-19.

Mon équipe reste disponible pour vous aider au 613-744-4484 ou envoyez un courriel à lcollard.mpp.co@liberal.ola.org.

FROM THE DESK OF:



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

I hope that, despite everything that has happened, many of you have had a chance to take a break over this summer. My staff and I have been still working for you but also caring for our mental and physical health by building in breaks and taking time to catch up with friends and family in a safe way. The latest at the time of writing is that Ottawa cases, outbreaks and hospitalisations are going down, so all our sacrifices are working.

I know many of you are anxiously contemplating the upcoming back-to-school, which is very stressful with the number of unknowns. But on that topic, I want to thank all of you who so generously gave to the electronics drive. Education is the panacea for so many in our society that can work against those who are vulnerable. Access to computers is vital for a 21st-century education and your donations of so many computers and tablets really helps, going to kids that cannot afford these vital tools and equipment and in turn relieving some of the stress on their parents.

This is community caring for one another, which makes me proud to be your Councillor. In addition, where you can,

I encourage you to please consider volunteering, if you're able to, for food bank delivery. As the opening of businesses has started and people have started to go back to work, getting volunteers has been difficult. But there are many in the community who can't get to the food bank and need our support. You can sign up at <https://www.ottawacares.ca/volunteer>.

88-99 Beechwood

Another example of the community coming together was the recent announcement of changes to the proposed development at 89 to 99 Beechwood Ave. where the old Caisse Populaire building was. After a hiatus, the proposal has come back with amendments, notably the removal of the commercial space on the ground floor. This is, of course, problematic given that Beechwood Ave., being a traditional main street, is in critical need of quality commercial space in order to revitalise and harness the power of the main street.

My thoughts on the matter are available on our website at rideau-rockcliffe.ca. Due to the combined efforts of many who wrote to me and to the planner, city staff made the decision to send the revised site plan control application to Planning Committee.

Public meeting:

September 17, 6-9 p.m.

This also means a public meeting will be held on September 17 from 6 to 8 p.m. Due to the ongoing state of emergency, it will be held via Zoom. Please email my office at rideaurockcliffeward@ottawa.ca for the link.

Alvin Heights Park

During these last few months,

my office also asked city staff to conduct a Crime Prevention Through Environmental Design (CPTED) assessment of Alvin Heights Park (off London Terrace in Manor Park East) to improve the safety and usability of the park. As part of an official city assessment, there have been some changes made in the area, including cleaning, updated signage and vegetation management. We will continue to focus on improving valuable outdoor recreation spaces for residents in Manor Park.

Recent appointment

Since I last wrote in your May edition, a big cultural shift also took place with a historical social movement emerging with the death of George Floyd in the United States. Out of that tragic incident, I was very pleased to have been unanimously confirmed by council as the Council Liaison for Anti-Racism and Ethnocultural Relations Initiatives. It cements the work that I was already doing with the establishment of the Anti-Racism Secretariat within the city, as called for by the Black community following an incident of racist graffiti in our ward, shortly after I took office last year.

The most recent statistics out of both Ottawa Public Health and the provincial health ministry indicate that COVID-19 is disproportionately affecting racialized communities. Now, applying an equity lens to everything we do at the City has never been more important.

As always, while we continue to work from home, my staff and I are here for you. Please call us at 613-580-2483 or email us at rideaurockcliffeward@ottawa.ca.



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AROUND THE PARK



Looking out over the cooling waters of The Pond – a much enjoyed summer-time haven. *Photo: Marie-Frédérique Caron*



The Pond! Such a popular gathering spot for families this summer. *Photo: Marie-Frédérique Caron*

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A neighbourhood family enjoys cool ice cream treats on a hot summer day. *Photo: Marie-Frédérique Caron*



The perfect treat for this mask-wearing, satisfied customer! *Photo: Marie-Frédérique Caron*



Manor Park residents Pilar and Ed Doe biking with their granddaughter Rosa. She lives in The Hague and loves to go for a bicycle ride with grandpa and grandma. *Photo: Sharleen Tattersfield*

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AROUND TOWN

ENGLISH TUTORING FOR NEWCOMERS

Based nearby on McArthur Ave., English Language Tutoring for the Ottawa Community (ELTOC) supports 200 students annually, providing English language tutoring to newcomers free-of-charge. A registered charity (#: 131666448RR0001), ELTOC gives newcomers skills to manage in their new home country and build connections in their community. Immigration, Refugees and Citizenship Canada provides major funding with ELTOC fundraising covering some \$5,000 in program delivery and teaching material costs. Under new COVID-19 rules, ELTOC is working to provide tutoring on-line and to expand the use of software and teaching aids. For the latest ELTOC news or to make a donation (tax receipts available for gifts over \$20), please visit: <https://eltoc.ca/>. For more information, please call ELTOC board member Liz Heatherington at 613-745-4677.

KIDS' HELP PHONE

Looking for ways to volunteer while staying at home during the pandemic? Kids' Help Phone is in desperate need of volunteers for its texting service. A vital resource for youth at anytime, now vulnerable youth are at heightened risk for seriously worsening mental health issues. Kids' Help Phone has extended services to youth over 25 who are former youth-in-care and who are particularly vulnerable to social isolation. No experience is required however, volunteers are asked to commit to four hours per week. Go to kidshelpphone.ca and click on "Get Involved."

OTTAWA PUBLIC LIBRARY (OPL)

Discover a world of opportunities, events and seminars for all ages at <https://bibliooottawa.library.ca/en/program>, including, among others:

Online Tutoring and Homework Help for Children

Find information and sign up your child for online tutoring and homework help. Volunteer tutors from Frontier College will meet one-on-one with learners (grades 1 – 6) for activities that support learning and literacy. Meetings will take place once a week using Zoom from a computer or mobile device. To get started, please fill out the Consent Form from Frontier College: <https://frontiercollege.wufoo.com/forms/consent-form-online-tutoring-of-children-ottawa/>.

Hiking Basics

Online: Thursday, September 17, 12:30 p.m. Learn hiking basics, safety tips and ideas to make hiking an accessible activity for everyone. OPL is partnering with the Ottawa Club – Rideau Trail Association.

Hiking in and around Ottawa

Online: Thursday, October 1, 12:30 pm. Join local travel writer, Laura Byrne Paquet, to learn about great places for walks, short hikes and longer excursions. Discover paths, trails and destinations to get outside, experience nature and see new places.

STAY CURRENT ON COVID-19

The COVID-19 situation continues to evolve very quickly. Stay current COVID-19 at

Ottawa Public Health. Visit: www.ottawapublichealth.ca

SUPPORT LOCAL BUSINESSES

Shop local. Eat local. Spend local. Enjoy Local. Visit ottawa.ca/buylocal for more on how to #BuyLocal.

SUPPORT THE UNITED WAY

Ottawa Public Health has asked the United Way to help support the social needs of Ottawa residents during COVID-19. The following needs have been identified, while anticipating these will continue to grow, including help for seniors; basic needs capacity for community services; and mental health support. If you wish to volunteer, donate to support this work, or if you require assistance from the United Way, please visit their website: unitedwayeocovid19.ca.

UNSAFE AT HOME OTTAWA

Unsafe at Home Ottawa is the text and online chat tool that allows victims and survivors of domestic violence and abuse to get help and support. The service was created for those who may find it impossible to reach out by calling a crisis line when trapped at home with their abuser due to the ongoing COVID-19 pandemic and physical distancing measures. Text and online chat services are available 7 days a week from 8:30 a.m. to midnight. Safe, encrypted technology ensures conversations are confidential and secure.

Trained counsellors provide advice, referrals and support in English and French. **Text: 613-704-5535 Chat online: unsafeathomeottawa.ca**

MARK YOUR CALENDARS

TERRY FOX RUN

Sunday, September 20: One Day. Your Way

Help celebrate a favourite Canadian fall tradition by participating, not in person, but in spirit. Join in the first-ever virtual Terry Fox *One Day. Your Way* fundraiser for cancer research. In neighbourhoods across Canada, walkers, runners, bikers and hikers will participate safely in this year's virtual run – a run with a different look, but the same heart. Supporters can register to participate or to donate online at terryfox.org.

HERITAGE OTTAWA WALKING TOURS

Fall walking tours are back – socially distanced, with face masks in place for friends in their separate bubbles. To ensure that tour guides are heard in a more spread-out format, Heritage Ottawa is limiting the number of participants per tour to 20. Pre-registration required for all tours with all registrants asked to pre-pay in advance using the group's secure online platform. Tours, each approximately 1.5 hours, take place on Sundays – rain or shine. Members: \$5; non-members: \$10. For more information, visit www.heritageottawa.org

Sandy Hill, The Golden Years of a chic Ottawa neighbourhood

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still embodied in several of the grand mansions gracing Laurier Ave. and Wilbrod St. Hear anecdotes about former residents including prime ministers, leaders of political parties, prominent businessmen, diplomats and members of Ottawa's old high society.

September 27 (2 p.m.) – in French

October 11 (2 p.m.) – in English

VIRTUAL BAZAAR

St. Bartholomew's Church, November 12, 13 & 14

For the best part of 153 years, St. Bartholomew's Church Bazaar has been an almost annual occasion. This fall, the church (125 MacKay St.) will host its first-ever Virtual Bazaar to continue its support for its Refugee Programme, Cornerstone Women's Shelter, the Mission to the Gary J. Armstrong Centre and St. Luke's Table (weekly lunches). During October and November sale items will be posted online at www.stbart-sottawa.ca. In advance of the actual 3-day, 'first-come, first-served' sale. **Donations/Inquiries:** Should you have treasures to donate or would like to speak to the co-convenors for more information or to arrange for pick-up of bazaar sale items, please contact **Liz Heatherington** at 613-745-4677 or by email at elizmaryh@gmail.com. or **Linda Assad Butcher** at lassadbutcher@gmail.com.

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