

CHAMPLAIN SPEAKER

Fall programs / for body & soul



Yoga

This session runs from **Sept. 9** to **Dec. 16** inclusive (15 classes for a cost of **\$105**).

(An additional \$15 will be collected if you are not a current member of *Champlain Park Community Association*).

Please consider joining us for a free sample class. We are also allowing drop-in classes for \$10 each, subject to space availability. Please call first.

Hatha Yoga classes introduce yoga poses, movements, breathing, and relaxation techniques to help improve posture, strength, flexibility, balance, concentration and provide stress relief.

Instructor: Debbie Wallace, a Certified Yoga Teacher, a Personal Fitness Trainer and a Natural Health Counselor. For more info, contact **Adrian or Suzanne Bradley** 613-722-2248 or adrian.bradley@sympatico.ca

Please complete and print off a copy of the [Yoga Liability Waiver form](#) and bring to the first class. (Form available on CP website.)

Aerobics

This program begins **Sept. 14** and is held every Monday evening, from 6:45 to 7:45 p.m. (Thanksgiving excepted.)

It runs until **Dec. 21**.

The cost will be reasonable, to be based on the number who sign up.

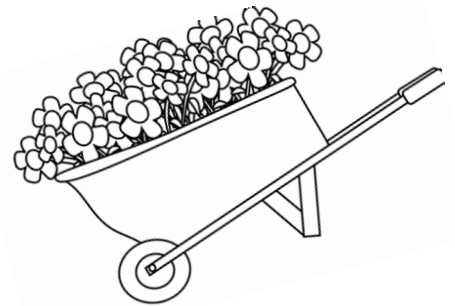
An additional \$15 is required if you are not a current member of Champlain Park Community Association.

Please come and try a class and see how you like it!

Remember to bring a pair of comfortable shoes. The instructor is Rosi.

If you are interested in joining, please contact Shelagh Jane Woods for additional information at shelaghjane@gmail.com

Please print and complete a copy of the [Aerobics Liability Waiver form](#) and bring with you to the first class of the session. (Forms available on website.)



Garden Club

The Garden Club meets the second Tuesday of every month at **7 p.m.**, in the fieldhouse, starting **Sept. 8**.

Come see guest speakers, take garden tours, take part in how-to's and workshops and enjoy slide shows.

The cost is \$25 plus an additional \$15 if you are not a current member of the association. If you are a member, it works out to \$2.50 per talk.

CBC gardening guru **Ed Lawrence** is the speaker on **Oct. 13**.

Please bring a cheque or cash to the first session, payable to the *Champlain Park Garden Club*. Or, you can pay a \$5, one-night drop-in fee.

For more information, contact **Laurie Fagan, 613-728-1945**.

Afternoon Bridge

The fall session begins on **Sept. 9** and runs to **Dec. 16**.

A small friendly group meets at the fieldhouse on **Wednesday afternoons at 2 p.m.** to play 'kitchen bridge'. While we attempt to play well, we are not a duplicate group.

We enjoy conversation as well as bridge, tea or coffee and cookies.

So don't be shy, don't worry that your bridge is rusty! We will help you get back into form. For further information, call **Amy Kempster at 613-722-6039** or email Amykempster@bell.net



Federal all-candidates meeting Oct. 1

Champlain Park co-sponsoring with five neighbouring community associations

When: Thursday, Oct. 1. **Where:** St. George's Parish Hall, 415 Piccadilly Ave. **Start time:** 7 p.m., doors open at 6:30.

Host: Amanda Pfeffer, CBC journalist, will moderate the debate.



Ottawa Centre candidates:

Green Party: Tom Milroy.

Web: www.greenparty.ca/en/riding/2013-35075

Phone: 613-558-8378.

Twitter: @TomMilroyGPC

Conservative: Damian Konstantinacos.

Web: www.ottawacentreconservative.ca

Twitter: @votedamianpc

Email: oc.conservatives@gmail.com

Campaign office: 20 Pretoria Ave.

Phone: 613-237-0020

NDP: Paul Dewar, incumbent MP.

Web: pauldewar.ndp.ca

Phone: 613-232-6111

Twitter: @pauldewar

Email: paul.dewar@ndp.ca

Campaign office: 725 Somerset St.

Liberal: Catherine McKenna.

Web: catherinemckenna.liberal.ca

Phone: 613-728-2015

Twitter: @cathmckenna

Email: office@catherinemckenna.ca

Campaign office: 1098b Somerset St. West

Libertarian: Dean T. Harris.

Web: www.libertarian.ca/candidate/dean-t-harris

Phone: 613-288-9089

News? You bet we got news! Don't miss out, go digital

Here's how you can keep on top of news in the neighbourhood in the most timely way:

To receive emails about community events and other news items posted to the website, subscribe or **"follow"** us. Just visit <http://champlainpark.org/> and enter your email address into the small subscription section at the bottom of every page.

If you are logged in with a WordPress account, you get the equivalent operation of "following" the website.

For general discussion, for now just use Twitter with the **#ChamplainPark** identifying text or hashtag. We have a spot on our web page that shows recent Champlain Park tweets.

Please keep in mind that tweets are public to the whole world, where our mailing list was restricted to just people with some connection to the neighbourhood.

To post notices, such as advertising things for sale and other matters, write them up and send them to the webmaster (champlainpark@hotmail.ca).

They'll be posted to the website, usually in the Advertisements category.

Please make an effort to subscribe. The communications committee has invested a good deal of time in the site and would like everyone informed in a timely way.

For those without computers, we plan to publish the printed Speaker periodically.