

# CHAMPLAIN SPEAKER

## Fieldhouse Fall programs

### Aerobics

This program begins **Sept. 12** and is held every Monday evening, from **6:45 to 7:45 p.m.** until **Dec. 19**.

(Thanksgiving, Halloween excepted.)

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](mailto: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.)



### Yoga



This session runs on Wednesdays from **Sept. 14 to Dec. 21** inclusive, from **6:45 to 7:45 p.m.**

There are 20 classes for a total cost of **\$140**. 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, due to space concerns.

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

**Instructor: Frances Finnigan**, 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](mailto:adrian.bradley@sympatico.ca)

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

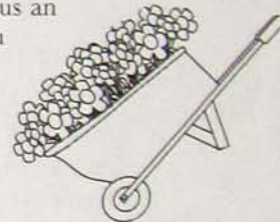
### Garden Club

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

The CBC's fabulous gardening guru, **Ed Lawrence**, kicks off the season on **Sept. 13**.

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.



Please bring cash or cheque 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. 7** and runs to **Dec. 14**.

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](mailto:Amykempster@bell.net)



# Supporting trees, green spaces in Champlain Park

Got a shovel? We could use you Sept. 17 and 18

Our neighbourhood trees offer the best option for maintaining a green canopy that cools the air, reduces the risk of flooding, and provides habitat for the many birds in our backyards. This fall presents several opportunities to contribute:

- **Plant trees Sept 17-18.**

The National Capital Commission and the Urban Forest and Green Spaces initiative chaired by Adrian Bradley have struck an agreement to foster a healthy forest north of Pontiac Avenue. In the spring, the NCC removed buckthorn and felled dead trees that were possible hazards along pathways. You are invited to plant trees in these cleared spaces and support the gradual succession of the flora and fauna towards a mature forest. Join us in the forest from **9 a.m. to 4 p.m.** on Sept. 17 and 18. Bring a shovel and contact Daniel Buckles (613-807-8048, [dbuckles@sympatico.ca](mailto:dbuckles@sympatico.ca)) to let the team know what you can do.

- **Assess tree health.** Neighbourwoods is another community initiative to foster neighbourhood stewardship of trees in public and residential



areas. In August, Cowley Avenue resident Catherine Shearer coordinated a tree inventory and health assessment for the park and the school. Next for the inventory are the residential blocks on the north side of Clearview Avenue. Contact Catherine ([metshag@gmail.com](mailto:metshag@gmail.com)) to see how you can learn about tree identification and contribute to the inventory.

- **Recover spaces.** This spring, Eloise Holland (Patricia Ave) organized the “**Little Woods**” project at Patricia and Clearview. The small plot of land on the northwest corner is a city-owned property now planted with young Bur Oak, Sugar Maple, Hackberry and White Pine seedlings.
- **Contribute independently.** Plant a native tree in an open front yard space on your property (spring and fall are best) or adopt and water any of the newly planted trees in the park, the schoolyard or the NCC forest. They will grow and help to recover the tree canopy so important to our neighbourhood.

For more information visit [champlainpark.org](http://champlainpark.org)

## Kitchissippi Ward Forum Sept. 18 @ McKellar Park

Please bring a blanket and come to the next ward forum to connect with Coun. Jeff Leiper and members of your community.

Expect updates on:

- LRT
- Planning and Development
- Info about tree preservation
- Community events

This is an outdoor event, please dress accordingly. Washrooms and chairs are available. In the event of rain, the event will move indoors.



The agenda so far:

- 9 to 9:30:** Coun. Leiper welcomes everyone, provides updates, followed by brief staff updates.
- 9:30 to 10:30:** Community Association and BIA networking.
- 10:30 to 11:30:** Group Q & A.
- 11:30 to Noon:** Guest speaker **Guy Laflamme**, executive director, Ottawa 2017

Bureau.