

the Corridor magazine

A Place for Everybody

The Amazing World of the Rideau-Rockcliffe Community Resource Centre



The Corridor is currently a sole proprietorship, available online and aimed at approximately 50,000 homes, businesses, and organizations in the Eastern Ottawa communities of Overbrook, Castle Heights, Forbes, Cummings and Vanier South.

We are digitally produced six times per year, for the periods of December/January, February/March, April/May, June/July, August/September, and October/November.

Each issue, we will publish 500 print copies that will be distributed to specific area locations, and at special community events.

The *Community News & Current Events* section of our digital issue is updated on the second Wednesday after publication.

Opinions and information published through letters, articles or columns are those of the author and do not necessarily reflect the opinions of this publication.

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OUR MISSION

The Corridor Magazine is committed to disseminating quality news, current events, and feature writing, with a goal to promote communication and understanding between people of different cultural traditions, languages, faiths and ideologies who reside in our community.

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 www.corridor.news

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The deadline for the December/January edition of *The Corridor* is November 21, 2025

Letters to the Editor

editor@corridor.news

Ottawa Traffic

I moved from Vancouver to Ottawa during Covid to be closer to family. I've lived most of my life on the West Coast and knew there would be some adjustments, but the largest by far is the very sad state of public transit, the abomination of heavy truck traffic down a main street, and the occasional times I've been caught in gridlock on the 417, a highway that bisects the city neighbourhoods, something I had never seen before.

I don't own a car and didn't need one in Vancouver as the transit there is safe, efficient, and dependable. There, I could arrive at the airport, catch the Canada Line, then Seabus, then a bus to visit a friend in North Van, all with great connections and superb scenery.

For the four years I have lived here, I have witnessed a steady deterioration in public transit where my half hourly Number 18 bus is either almost a half an hour late or simply doesn't show up.

For six months of the year here, I ride my bike and although I appreciate some excellent bike lanes, others are precarious with the lanes separated from heavy traffic by flimsy metal poles, or like the newly created ones on Donald Street, suddenly ends and I'm forced onto the sidewalk.

I understand the geographical challenges of waterways in this city, but Vancouver understood its challenges and its rapid transit includes R4 express buses down major east-west

arteries on bus lanes in addition to its many north-south trains.

I watch the clog on Vanier at rush hour; the hundreds of illegal turns onto North River Rd every day as people try to shortcut through my neighbourhood.

Exceptional public transit is the only answer, but I fear that time has long ago passed for this city. Frankly, for a national capital, the state of traffic and lack of good transit is embarrassing.

Susan Declerck, Overbrook

Speed Camera Ban

I am appalled by yet another senseless decision to impose restrictions on municipalities. I am a consistent voter in this area, and an active volunteer at the Ottawa Technical Secondary School.

The absurdity of this ban is painfully clear in Rideau-Rockcliffe Ward. As an example, a new speed camera was recently installed on Donald Street near both Ottawa Technical Secondary School and St. Michael School—the result of years of advocacy from a former school principal responding to legitimate safety concerns from parents and teachers. The camera was physically installed a week ago, but the City will not be able to activate it due to the impending provincial ban.

After years of community advocacy and investment of public resources, this critical safety measure will potentially sit idle while students continue to remain at risk from speeding drivers.

Deborah Doherty (K1K IS8)



The Editor

David Ferguson

Editor@corridor.news

Places like the *Community Resource Centre of Rideau Rockcliffe* are for those other people — the poor, those immigrants and anyone who can't manage to live within an average Canadian's means.

Our job is to financially support and volunteer our time to those groups and facilitate their job of caring for those less fortunate.

If that's your understanding, you are an idiot.

I can make that harsh statement without guilt because I was that idiot.

When I turned 65 a little more than a year ago, I was ill-prepared for the financial tsunami that quickly followed the aging earthquake.

For a few short months, my income temporarily dropped by more than 40 percent, primarily because I was "too busy" to take the time and research what happens when retirement rears its prematurely wrinkled head.

I didn't, and suffered the conse-

quences in the most humiliating way possible.

Expecting everything would just "work out", I went on with business as usual, only without paying bills because I genuinely be-

lieved my finances would sort themselves out in a matter of days, not the three-and-a-half months that ultimately left me without internet, and worse, electricity. In my home, no hydro means no heat, and with the early Fall weather just beginning to cool, things were starting to look dire.

I had never before been unable to shop for groceries whenever I wanted. I am not a drinker and I had smoked my last cigarette more than 15 years prior to this auspicious time, so there were no issues there.

I have often reflected on how growing up in "government housing" in Montreal-North, I somehow knew we were poor.

It had nothing to do with going hungry or wearing threadbare clothing, as my parents were industrious enough to make certain that all nine of us ate regularly and were never without the necessities.

I do remember thinking that *my* adult life would be different.

I have never had children of my own,

so I rarely thought about the future. My career was on fire, until Covid 19 took over the world and my partner's health deteriorated.

But everything would be alright, right?

When the pandemic hit in 2020, I could not work, and as a freelancer, I was ineligible government assistance, so for the next five years I watched my savings dry up until my pension kicked-in.

As it happens, I had nothing close to what I needed to retire.

Flashing back to the day my electricity was cut off (*by a company that we Ontarians already own, but that's a story for another time*) I had no idea what to do.

Ottawa Hydro was, frankly, useless in suggesting ways to help*. Then a friend told me to call the CRCRR. I looked at her with a blank stare. I had lived in Overbrook for three years and I had no idea what that was.

After explaining it, I stared at my phone for the rest of the day before I conceded defeat. At least, I needed to ask, I thought.

I sheepishly visited them and within 12 hours my houselights were ablaze.

We need the CRCRR because, even if we think we would never use their services, we, I, am glad they were there.



Centre de ressources communautaires
RIDEAU-ROCKCLIFFE
Community Resource Centre

Overbrook • Forbes • Carson Grove • Manor Park
Lindenlea • Rockcliffe • New Edinburgh

Rideau Community Hub
815 St. Laurent Blvd.

Everyone is welcome in our programs and in our spaces.



A Life in Bronze

I attended a delightful lecture last night given by internationally recognized, Canadian Sculptor Ruth Abernethy.

The lecture was organized by Overbrook's own Alexandra Pope, Editor-in-Chief of Canadian Geographic, on Sussex Drive.

Ms. Abernethy is an extraordinary Canadian with a rich story to tell.

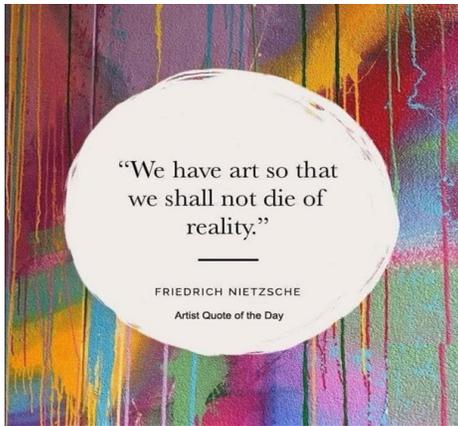
Ruth Elsie Abernethy was born in Lindsay, Ontario. She is also an exceptional sculptor whose work includes pianist *Glenn Gould* at CBC Broadcast Centre in Toronto, and *Oscar Peterson who proudly sit outside of Ottawa's National Arts Centre*.

In 2016, she wrote *Life and Bronze: A Sculptor's Journal in 2016*.

Listening to her describe her creative process, and the thoughtful process was fascinating.

Understanding the intense effort that she puts into honouring great Canadians in particular, got me thinking about the importance of public art.

Art works that reflect local culture and values help communities develop a sense of identity.



Bronze sculpture of Glenn Gould at the CBC Broadcast Centre in Toronto.



Public art fosters community pride, and can lead to a stronger sense of belonging.

Clever designs can promote interaction and engagement, and it can connect us. To learn more about Ruth Abernethy, [visit her website](#).



Our sister town of Overbrook in Osage County, Kansas.



Ruth Abernethy with her sculpture of pianist Oscar Peterson on Elgin Street, in front of the National Arts Centre.

Wayne Cuddington / Ottawa Citizen

Community News & Current Events

For Overbrook, Castle Heights, Forbes, Cummings and Vanier South



Ontario Proposes Speed Enforcement Camera Ban

On September 25, Ontario Premier Rob Ford called speed enforcement cameras a “cash grab” and subsequently vowed to ban them.

In 2019, the Ontario government led by Premier Doug Ford granted municipalities authority to use the technology through the *Safer School Zones Act*. Since then, the City of Ottawa has operated the program using sixty cameras, with fifty of those in school zones.

Automated Speed Enforcement (ASE) uses cameras and speed measurement devices to monitor drivers' speed in community safety zones, including schools, parks, and high-collision locations.

Data from Ottawa's program shows driver compliance with posted speed limits has increased from 16 percent before camera installation to 87 per-

cent four years later, a 200-percent increase in compliance and a 72 percent decrease in drivers traveling 15 km/h or more over the limit.

A 2024 survey found that more than 80 per cent of Ottawa residents support speed cameras in school zones, and 69 per cent of people who received tickets said it changed their driving behaviour.

The Premier's comments leave the city's speed camera plans in limbo.

After years of advocacy by parents and teachers at nearby schools, a speed enforcement camera was installed on Donald Street near Ottawa Technical Secondary School in early October. However, it has not been activated due to the impending provincial ban.

Ottawa allocates approximately \$29 million, 100 percent of ASE revenue

beyond operating costs, to the Road Safety Action Plan (RSAP). By policy, these funds that cannot be used for the general budget. RSAP funds intersection upgrades, enhanced signage, pedestrian improvements, and other critical safety infrastructure.

Councillor Rawlson King notes: “If this ban proceeds, Councillors' annual budgets for temporary traffic calming measures will be cut by 50 per cent, Ottawa Police will lose funding for traffic safety work, projects planned to improve safety around schools will be shelved, and speeding in school zones, already the number one complaint received by Councillors' offices, will likely increase when cameras are deactivated.”

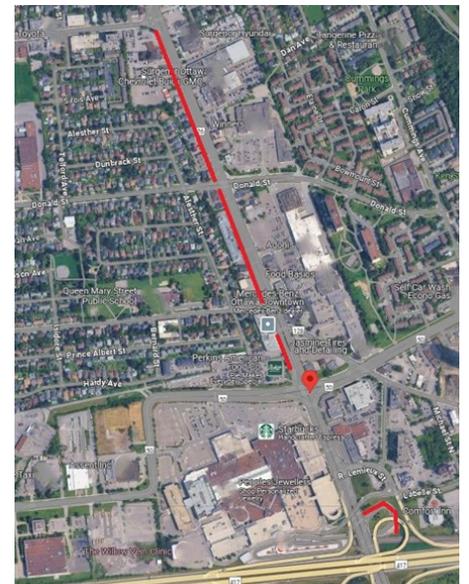
The Association of Municipalities of Ontario has called the Premier's action “provincial overreach.”

St. Laurent Boulevard Fibre Network Installation

Until late October, contractor JWK Utilities & Site Services Ltd., under contract to the city of Ottawa, will be working on a traffic duct installation project. This work is being done to enhance communication links to existing traffic signals and increase the communication capacity and efficiency of the city's *Traffic Signal System* and *Traffic Camera System Network*.

The affected areas will include the west sidewalk/boulevard between McArthur Avenue and Ogilvie Road, as well as at the east Transitway Ramp across from the St. Laurent

Shopping Centre. To accommodate the proposed work, sidewalk closures along the west side of St. Laurent Boulevard are expected, as well as lane reductions and delays. Pedestrians will be directed to use the adjacent sidewalk along the east side. During the construction, residents of the area can expect on-street parking to be restricted. In the event of reduced access to driveways, affected residents will receive 24-hours notice and will be provided with a Temporary On-Street Parking Permit (orange form), allowing on-street parking within two blocks of their res-



SURVEY RESULTS

Eastern Ontario-Quebec Bridge via Kettle Island

Our recent survey asking Ottawa residents five “yes or no” questions and one location question received a total of 103 responses. The following are the results:

1 Do you agree that truck traffic travelling through downtown/Lowertown is a problem that should be addressed?

Yes: 90
No: 10
Did not reply: 3

2 Do you think the addition of a bridge east of downtown would help solve the problem?

Yes: 66
No: 33
Did not reply: 4

3 Should Quebec/Ontario cross border traffic over a new bridge be directed along the existing Aviation Parkway?

Yes: 101
No: 1
Did not reply: 1

4 Do you support federal government plans to build a new bridge to Quebec in the east at Kettle Island?

Yes: 56
No: 47
Did not reply: 0

5 Do you support a different bridge location? If so, where?

Lemieux Island (new): 40
Champlain Bridge (rebuild) 38
Did not reply: 17
Petrie Island (new): 8

6 In which Ottawa community do you live?

Overbrook: 68
Sandy Hill: 30
Gloucester: 4
Forbes: 1
Did not reply: 0

What do you know about invasive plant species?

Invasive plant species are non-native and are introduced by human activity.

They are harmful, spread aggressively and have a tendency to reproduce quickly, often without the natural checks and balances (like pests or diseases) that keep them in check in their native habitat.

Invasive plant species outcompete native species and form *monocultures*, displacing native plants that provide essential food and shelter for local wildlife.

They will reduce biodiversity by crowding out native vegetation that can severely impact local ecosystems and the animals that depend on them.

They can seriously impact the economy and damage agriculture by out-competing crops. Once established, they can be costly and difficult to remove.

They will alter soil chemistry and water availability, further disrupting the balance of local habitats.

Some will contribute to erosion and diminish the habitat quality for pollinators and other important wildlife.

Control and prevention efforts are crucial for protecting native biodiversity and maintaining healthy ecosystems.

It is our responsibility to not grow, plant, trade or buy these high risk, invasive plants in order to protect the natural diversity of Canada’s landscapes.



Garlic Mustard



Dog Strangling Vine



Siberian Elm

Shown are only three of many invasives species infesting Ottawa.

Ottawa Family Cinema Celebrates its 45th Season

The Ottawa Family Cinema, a [non-profit registered charity](#), is celebrating its 45th season. The cinema is run entirely by volunteers.

Since 1977, all proceeds from the box office have been donated to other charities like *Kids up Front*, *Make A Wish Foundation*, *CHEO*, as well as local food banks, community centres and schools.

They also offer free movie tickets to underprivileged families in the area. The theatre serves reasonably priced, freshly popped popcorn, hot dogs and other treats at its snack bar.

Some of the featured films during October and November include: *Bad*



Guy 2 in 3D, *Superman (2025)* in 3D and Disney's *Enchanted*. The Halloween show features Disney's *Hocus Pocus*.

Upcoming features include *Jurassic Park Rebirth* 3D, Disney's *Lilo and*

Stitch, Disney's *Freakier Friday*, *The Polar Express* 3D Disney's classic *Mary Poppins*, and many more new and classic family films. There is also a cartoon and door prizes at every show.

Tickets and memberships are available at [Ottawa Family Cinema](#), located in the theatre at the Rideau Community Hub at 815 St Laurent Blvd.

The Ottawa Family Cinema is located in the theatre of the Rideau Community Hub, the former Rideau High School.



St-Laurent Branch
515 Côté Street

Hours
Monday to Thursday from 10 am to 8:30 pm
Friday from 1 pm to 6 pm
Saturday from 10 am to 5 pm
Closed Sunday

ADULT PROGRAMS

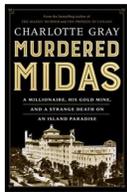
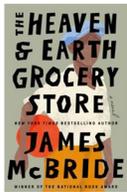
St-Laurent English Book Club

October 30, at 10 am

The Heaven & Earth Grocery Store
by James McBride

November 27, at 10 am

Murdered Midas
by Charlotte Gray.



French Conversation Group

Tuesdays, at 6:30 pm

English Conversation Group

Thursdays, at 6:30 pm

Practise French and English in a friendly, relaxed environment.

On Tuesday, October 28 (in French) and Thursday 30 (in English) 6:30 pm

Practise your French or English while taking part in a pumpkin carving workshop!

Knitting and Crochet Club

Tuesdays, at 1 pm.

Bring your knitting or crochet project and share advice, ideas and conversations with fellow enthusiasts.

Movie Nights

October 6, 6 pm

Mrs. Harris Goes to Paris

November 3, 6 pm

Learning to Drive

Introduction to Vermiculture Composting

October 18, 1 pm — 90 minutes

Gardening with birds in mind will provide food and resting spots for migratory birds and offer safe nesting sites for others. Make your garden more welcoming to birds and pollinators. Presented by *Bird Friendly Ottawa* and *Wild Pollinator Partners*.



Registration required.

Quick PC Tips: Enhancing capabilities and performance with free tools

November 10, 6 pm, 90 minutes

Learn to extend the battery life of your PC, discover Microsoft PowerToys, detect fake USB flash drives, learn to avoid PC "fix-its", and embed music in PowerPoint.

Chris Taylor, President of the Ottawa PC Users' Group, will teach quick and effective remedies.



Registration required [here](#).

CHILDREN / TEEN PROGRAMS

Family Storytime + Stay and Play,

October 18 and November 15 at 10:30 am (English)

Stories, rhymes and songs and crafts,

for children of all ages accompanied by parents or caregivers

Babytime + Stay and Play, Tuesdays, at 10:30 am (Bilingual) *Stories, rhymes and songs for babies aged 0-18 months and a parent or caregiver. Stay after to socialize and play with our fun toys!*

Homework Club | Wednesdays, 5 PM | 90 minutes

At the library, children aged 6-12 can get help with homework from United Literacy volunteers.

LEGO Block Party, October 11 at 3 pm

Come and create something unique!

Family S.T.E.M. Fair, October 25 and November 22 at 3 pm

Ages 4 to 12 Problem-solve, build and create. Try coding with Sphero Indi or Dash robots. Solve the puzzle and build a roman arch!

Kids Crafternoon

November 29, at 3 pm

Unwind and get inspired at the end of the week with our relaxed, hands-on creative sessions! This program is all about exploring your creativity in a fun and welcoming space. All materials are provided—just bring your imagination!





L'HONORABLE | THE HONOURABLE

MONA FORTIER

Députée | Member of Parliament

Ottawa-Vanier-Gloucester

Bureau de circonscription | Constituency Office
233, chemin Montréal Road, Ottawa, ON K1L 6C

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📘 @EquipeTeamMona

☎ 613-998-1860

✂ @MonaFortier

🌐 MonaFortier.libparl.ca

📷 @MonaFortier



The library's two *Bookmobiles* each has its unique collection.

An appointment is not required to return items or pick up holds at the *Bookmobile*.

Browsing our small collection is permitted at all stops. For our current schedule and stops, please read check the [Bookmobile](#) website.

To ensure fairness, Bookmobile items are not-holdable.

To see whether an item you want is available, please call 613-580-2424 x32629 or [email](#).

Special Event Attendance request form [here](#).



StopOverdoseOttawa.ca

Ottawa Public Health and Ottawa's Overdose Prevention and Response Task Force are working to advance Ottawa's Overdose Response Strategy.

Anyone interested can register to receive email alerts from the *Stop Overdose Ottawa Alert System*, or sign up by visiting our [website](#), then click "Subscribe to Drug Alerts" and fill out the form.

A confirmation email will be sent to ensure that any future alerts sent out

through the new system are received.

Stop Overdose Ottawa alerts are issued when Ottawa's Overdose Prevention and Response Task Force becomes aware of issues related to toxic drugs circulating in the community, including :

- increased risk of overdose;
- new drug toxicity risk and contaminants;
- new or noteworthy drug trends presenting in the local unregulated drug supply.



The Rideau-Rockcliffe Community Resource Centre

Of the People, By the People, For the People.



By David Ferguson

You may have driven or walked passed the former Rideau High School on St. Laurent Blvd and did not give the 1950's-era building a second thought. Some people know the unassuming former Rideau High School building as “The Hub”, or the Rideau Community Hub, a network of social service agencies that run a wide variety of programs and operations.

But also entrenched at 815 St. Lau-

rent Blvd is the Rideau-Rockcliffe Community Resource Centre (CRCRR), a non-profit organization that has provided bilingual community services to the neighborhoods of northeast Ottawa since 1982. Its focus is empowering individuals and improving the quality of life for its community, particularly for vulnerable residents facing barriers related to income, ethnicity, age, language, or ability.

Ottawa City Councillor Rawlson King, who represents the Rideau-Rockcliffe ward, has high praise for the CRCRR.

DISCLAIMER: The photo above was photo-shopped and did not threaten the safety of anyone ‘on the roof’ nor did it present a safety issue to anyone at the Hub.

“At the heart of the community, the Rideau-Rockcliffe Community Resource Centre is making a meaningful difference. In the lives of local residents.

“Whether it’s through food programs, activities for children, youth, adults, and seniors, or support services for families and newcomers, the Centre is a place where people can find help, connection, and hope.”

“Thanks to the dedication of staff, volunteers, and community partners, the Centre continues to bring Rideau-Rockcliffe residents together and build a stronger, more caring community for everyone.”

The CRCRR was born when, after four years of study, the Overbrook Community Council (now the *Overbrook Community Association*), made a proposal to the Regional Municipality of Ottawa-Carleton (RMOC)(now the *City of Ottawa*) to enlarge the recreation centre to include a satellite health clinic of the Ste-Anne Clinic (now the Ste.-Anne Medical Centre) to provide easily accessible medical and social services.



Sebastian Gaisert
Executive Director



Luc Lalande
Innovator in Residence



Gabrielle Davis
Communications and
Fund Development Lead



Rasha Sweidan
Program Officer, Gifts in Kind



Jennifer Coorsh
Community
Development
Worker



Edanur Songur
Program Officer
Children and Youth





Tym Stepanchuk
Program Support

Maddie LeBlanc
Program Officer, Social Harvest

Eight years later, the Recreation Centre was renovated to serve as a multi-service centre.

The RMO provided the coordination and the clerical support, home management services, a “special care” service, and a team of nurses from Ottawa Public Health, and

Catholic Family Services (now *Counselling and Family Services*) provided a social worker.

Known then as the *Overbook-Forbes Community Service Association*, the CRCRR was incorporated under Federal Charter in 1984 and recognized as a registered charitable organization. In 1990 CRCRR became an independent body, answering to a Board of Directors

Throughout the 1990’s, the Centre added a variety of services, including a food bank, a crisis intervention program and programs specific to children and youth.

In celebration of its 30th Anniversary, in 2012, the Centre adopted a new name and incorporated the Rideau-Rockcliffe ward in an effort to reach out to all the residents of its catchment area.

As the organization expanded and grew, it moved to larger and larger facilities until finally settling at The Hub where it has created fully functioning garden where the edibles are prepared in a modern cooking area. ➔



Destiny Carter
Seniors Program Coordinator and
Chez-13 Community Kitchen Project
Officer

Ngozi Omofuma
Omofuma Family and Friends
Association



**Marie Grace, Volunteer
Emergency Food Bank**



**Gabriel Martel
Emergency Food Bank Worker**



**Esther, Volunteer
Emergency Food Bank**



The CRCRR will provide a quiet working space for anyone who needs access to a computer and a productive space to work, and it can advise anyone who has the next great idea and wants to take it further.

Services are offered in financial management, crisis management and emergency food distribution.

It will link residents to free services available to Ottawa residents, including dental care, LGBT services, and language and settlement skills for New Canadians.

The Centre is also recognized for its innovation in creating programs and partnerships that respond to evolving community needs, from strengthening food security to providing entrepreneurship and skill-building opportunities for youth and young adults, and much more.



**Guy Price
Project Logistics Officer and
Driver, Ottawa Good Food Box**



**Aline Abdulnour
Program Pillar, Community Support &
Development Lead with Shirley, Volunteer**





Sophie Lamarche
Administration and Program Support Officer



aging well sessions, ensuring residents can access preventive care close to home.”

“Alongside initiatives such as the Emergency Food Bank, Carson Community Laundry Service, and events like coffee days, community barbecues and the annual FABFest artist and maker showcase, these efforts reflect the Centre’s deep commitment to resilience, inclusion, and improving quality of life across Rideau-Rockcliffe.”

Given the limited space allotted here, it would be impossible to effectively list all the programs and services offered by the CRCRR, but luckily the CRCRR’s website, www.crcrr.org, does that best.

But through these few photographs, masterfully taken by the Corridor’s Hind Aliliche, we can illustrate the dedication of the staff, and marvel at what the CRCRR has created.



Gaela Mvula
Crisis and Support Worker



Siham, Volunteer
Gifts in Kind



Jordan Konan
Crisis and Support Worker

Adds Councillor King, “The Rideau-Rockcliffe Community Resource Centre also works closely with Ottawa Public Health to host dental screenings, vaccination clinics, and

Rideau-Rockcliffe residents only
Résidents de Rideau-Rockcliffe seulement

704 CHEMIN CARSON'S RD., SAMUEL-GENEST
GYMNASIUM | GYMNASÉ

BASKETBALL

**EVERY TUESDAY
CHAQUE MARDI**

**FOR AGES 12 - 16
POUR LES 12 - 16 ANS**

**6:00 PM - 7:00 PM
18H00 - 19H00**

**SEPTEMBER 16 - DECEMBER 16
DU 16 SEPTEMBRE AU 16 DÉCEMBRE**

Please scan for the registration:
Veuillez scanner pour l'inscription :
murielle.mfem@crcrr.org
613-745-0073 poste/ext. 123

Centre de ressources communautaires
RIDEAU-ROCKCLIFFE
Community Resource Centre

Overbrook • Forbes • Carson • Grose • Manor Park
Linderoo • Rockcliffe • New Edinburgh



Assita, Brishna and Youline
Volunteers
Hub Ambassadors



Camila Pastran
Program Pillar Lead,
Poverty Reduction





Ottawa Police Service

MAKE THE RIGHT CALL

ONLINE + BY PHONE



ONLINE REPORTING

Don't wait on the phone, save time and use our online reporting service for non-emergency reports such as:

- Theft (excluding theft of passports)
- Theft from Vehicle
- Traffic Complaints
- Mischief/ Damage to Property
- Drug Complaints
- Fraud Complaints



REACH US BY PHONE

Some incidents require an officer in person, while other reports can be taken over the phone by a Police Reporting Unit Agent.

9-1-1 for emergency

For non-emergency reports:

613-236-1222 ext. 7300

TTY 613-760-8100

service for the Deaf, Deafened and Hard of Hearing

For anonymous tips, contact Crime Stoppers



1-800-222-8477 (TIPS)
crimestoppers.ca

**Have you got something to say?
We want to hear it!**

the Corridor
magazine

www.corridor.news

Tell us about your locally-based business, your favourite local restaurant, or comment on something you have read here.

If you have an event to promote, an idea to pitch, or you need to vent, this is the place to do it.

Get in touch:

Editor@corridor.news



OTSS “Free Lunch” Program Warms Hearts and Fills Stomachs



Head Chef Graham Anderson and his Hospitality class are hard at work preparing another lunch service for the school’s staff and students.

Unlike most high schools, at Ottawa Tech the Hospitality students prepare all of the school lunches from scratch under the watchful eye of Chef Anderson. His background as a chef is impressive, having worked at many area restaurants, as well as a lead chef on Parliament Hill. These days, he’s hard at work at OTSS teaching the next generation of chefs about how things are done in a professional kitchen.

At the beginning of the school year, when he was approached by Vice-Principal Matt Armstrong to collaborate on a Free Lunch Program, Anderson never hesitated to rise to the challenge. “This is such a critical issue and I want to do everything I can to help make sure our students are not going hungry. It should not depend on whether they have a few dollars in their pocket or not,” said Anderson.

OTSS serves many lower income families who struggle with food insecurity, and the school wanted to provide students in need with a free lunch for a few days, a few weeks, or even every day for the full school year.

Anderson made a commitment to increase the number of lunches his Hospitality classes would cook each day so that students in need could

access free food on site and be ready to head back to class in the afternoon with a full stomach. This is already making a substantial difference for approximately two dozen students who are being provided with free lunches.

Through the generosity of donations from the community, OTSS has already been able to raise more than \$6,500 since the beginning of the school year. The school hopes to be able to raise \$15,000 in total so they are nearly halfway to their goal. “At our end, it costs about \$2.50 to produce each meal. This means we can feed a student every day for a month with a \$50 donation, or every day for the whole school year with a \$500 donation,” said VP Matt Armstrong.

For individuals or businesses interested in making a contribution, please [click here](#).

Note that once you open the link, you will need to select Ottawa Technical Secondary School from the list of OCDSB schools to ensure your donation goes to the correct school.

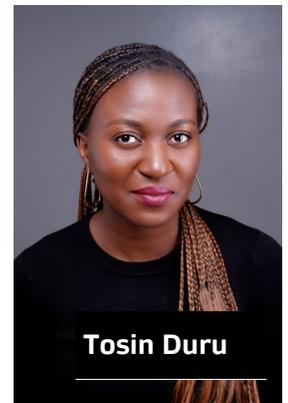
If you have questions or would like more information on the Free Lunch Program, please reach out to matt.armstrong@ocdsb.ca.

Hair Grooming for Black Girls and Women

By Tosin Duru

In many Black communities, hair is more than style—it is identity, culture, and confidence woven strand by strand.

Recognizing this, I organized two grassroots hair grooming initiatives aimed at uplifting young Black girls through accessible, affirming beauty experiences.



Tosin Duru

The Uberized Hair Initiative

Our first event which was held in April 2025 reimaged hair care access by offering free hair-making services to five Black girls from low-income households using an “uberized” model—connecting them to stylists in their neighborhood. This approach eliminated barriers like transportation and cost, while creating a safe, personalized space for each girl to feel seen and celebrated.

Back-to-School Pop-Up Hair Salon

The second initiative was a self-funded back-to-school pop-up hair salon, held on August 23rd, 2025, at the Overbrook Community Centre.

Continued on page 15



OUR LOCAL COMMUNITY

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When?
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Fun Games
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Provincial Politics
MPP Lucille Collard
collard.mpp@ontlhb.org

Federal Politics
The Honourable Mona Fortier, M.P.
mona.fortier@parl.gc.ca

Both the Honourable Mona Fortier's and MPP Lucille Collard's regular column will return next issue.

Hair Grooming

Continued from page 14

With a team of eight hair stylists and nine youth volunteers from ACAO, a total of 11 Black girls received professional hair braiding at 80% off. Beyond affordability, the event fostered joy, self-esteem, and readiness for the school year—because every child deserves to walk into a classroom feeling proud of who they are.

Looking Ahead

These events were not just about hair—they were about healing, heritage, and hope. This is the initial phase of our progress.

Upcoming plans include:

- Launch hands-on hair styling workshops and structured training programs for Black youth to foster skill development, enhance confidence, and create pathways to careers within the beauty industry.
- Expanding to multicultural initiatives that celebrate and support diverse hair textures and traditions—not just within African communities, but across all underrepresented groups.
- Creating coaching and mentorship opportunities that connect young people with professionals in beauty, wellness, and entrepreneurship.
- Partnering with schools and community centers for seasonal grooming drives and cultural education workshop
- Providing affordable hair services for low-income families to prioritize dignity and accessibility.

Join the Movement

We are seeking sponsors, volunteers, and collaborators to help us scale this mission. Whether you are a stylist, educator, brand, or community leader, your support can braid beauty into belonging.

For more information or to get involved, please contact Tosin Duru, zinoasolutions@gmail.com, or call 437-231-7382.

CENTRETOWN CITIZENS OTTAWA CORPORATION (CCOC) IS COMMITTED TO HOUSING JUSTICE

Using innovative approaches to deliver the housing that residents need.

By Regan Girard

As trusted, experienced organizations with decades of commitment to housing justice in Ottawa, *Centretown Citizens Ottawa Corporation* (CCOC) and *Ottawa Community Land Trust* (OCLT) have come together to launch the Housing Forever Bonds 2025 campaign.

CCOC and OCLT believe that one powerful way of preserving and creating more affordable housing, permanently, and without relying on government funding, is to invite the community to play a vital role in their continued growth by investing in community bonds. Through sales of community bonds, CCOC and OCLT are inviting residents, businesses, organizations, and institutions to invest directly in their local community to build and protect affordable homes in Ottawa.

Working with Tapestry Capital, CCOC and OCLT will raise \$25 million through community bonds, a proven social finance tool that generates both a financial and social return. Through purchasing Housing Forever Bonds, investors pool their capital with others to contribute to housing solutions that improve our city. With investment minimums as low as \$1,000 and interest rates up to 3.5%, Housing Forever Bonds are designed to appeal to a wide range of investors who can choose from four options.

This year, CCOC and OCLT are together bringing **community-based solutions** to the housing crisis in Ottawa by raising capital to protect existing affordable rental homes and build more mixed-income homes. In Ottawa, “Incomes have not kept pace with rents and housing supply hasn’t kept pace with need. Ottawa needs at least 5,700 to 8,500 housing units for low-and moderate-income households by 2029, and government funding programs alone are insufficient to create and preserve long-term affordability,” explains Sarah Button, Executive Director, CCOC.

Of the \$25M goal, CCOC will issue \$15M in bond sales, to acquire



and preserve more than 50 affordable homes in Ottawa and move forward with the pre-development and development costs of new affordable homes and will act as a low-interest second mortgage financing.

Of the \$25M goal, OCLT will issue \$10M in bond sales, to be used as capital for OCLT’s revolving acquisition fund - empowering it to make rapid acquisitions when affordable rental properties come up for sale and are at risk of becoming unaffordable if purchased by other investors.

CCOC’s next project in the development pipeline is the 240 Presland site in Overbrook, which CCOC acquired in 2024. In 2023, a fire damaged the previous 32-unit apartment building owned by CCOC at that site. As the building was damaged beyond repair, the former tenants were rehoused, and the remaining structure was demolished. Now, CCOC is seeking to redevelop the site into a new apartment building. The new structure will have 64 new homes in a mix of unit types, ranging from one-bedroom to three-bedroom units.

With two elevators, a range of attainable rents, and incorporating fully accessible homes, the new building at Presland Road will help accommodate the needs of the diverse population that CCOC houses, including families, seniors, youth, and newcomers. CCOC expects to break ground on this 64-unit building by early 2026.

By investing in the Housing Forever Bond, you’re not only earning a financial return—you’re

creating lasting change. Non-profit organizations like CCOC and OCLT not only develop and acquire affordable housing, but they also preserve and protect it – forever. The Housing Forever Bond is more than an investment opportunity; it’s a commitment to building a stronger, more inclusive city for generations to come.

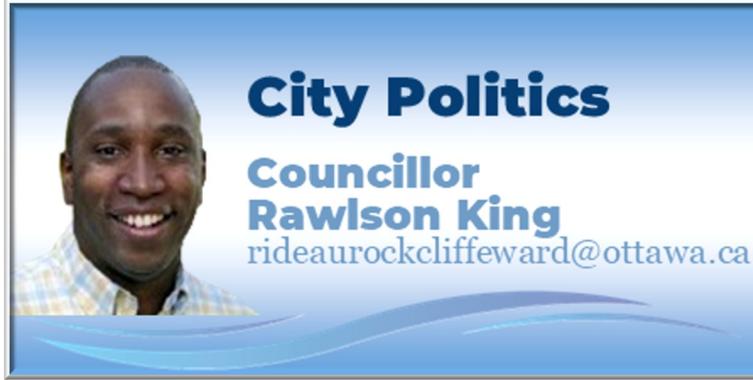
To learn more about investing in Housing Forever Bonds, please visit housingforeverbonds.ca.

I am delighted to share exciting news that will make a real difference for residents of Overbrook, Castle Heights, Wateridge Village, Manor Park, the Quarries, parts of Carson Grove, the Cummings/Forbes/Borthwick community and Vanier. The Ottawa Nurse Practitioner-Led Clinic has officially opened its doors at 214 Montreal Road, Suite 500. This new facility will provide much-needed primary care for families in the K1K and K1L postal code areas who have faced significant challenges finding a family doctor.

As your City Councillor, I have seen first-hand how difficult it has been for so many residents to access timely, quality health care. Too many families have been left without a regular provider, forced to rely on walk-in clinics or even emergency rooms for everyday needs. The arrival of this clinic is a turning point. It represents not only new healthcare services close to home, but also hope, stability, and a healthier future for our community.

What makes this clinic so important is its innovative model of care. Nurse practitioners lead a dedicated inter-professional team that includes consulting physicians and other healthcare professionals. Together, they deliver comprehensive primary care in a way that is accessible, coordinated, and centred on patients. This means shorter wait times, extended hours, and more emphasis on prevention and education. It is care that supports the whole person, not just the illness.

For families in many Rideau-Rockcliffe communities and Vanier, the benefits will be felt immediately.



Clinique dirigée
par du personnel
infirmier praticien

Parents will have reliable access to preventive care for their children. Seniors will have consistent support to manage their health as they age. Residents living with chronic conditions will no longer have to navigate a fragmented system on their own. This clinic will provide the ongoing, coordinated care our community has been asking for.

The opening of this clinic is also a story of persistence and partnership. The Board of Directors and leadership team of the Ottawa Nurse Practitioner-Led Clinic deserve enormous credit for bringing this vision to life. Their tireless efforts to build partnerships, secure resources, and advocate for this facility are a true example of what can be accomplished when community leaders and health professionals work together.

I also want to acknowledge my colleague, Councillor Stéphanie Plante, for her leadership at City Council in pushing for expanded primary care options across Ottawa. Her motion helped set the stage for projects like this one. The Provincial funding that made this clinic possible shows that our collective voice is being heard and that municipal advocacy can

lead to tangible results for local residents.

This clinic is more than just a new building. It is an investment in the health and wellbeing of Vanier and Rideau-Rockcliffe residents. It shows what is possible when communities and governments commit to ensuring that every resident, regardless of circumstance, has access to quality primary care.

I encourage residents without a family healthcare provider to contact the clinic to

learn more about registration. Families with young children, older adults, and anyone managing ongoing health needs will benefit most from the stability and support this clinic can provide.

The Ottawa Nurse Practitioner-Led Clinic is a victory for our community. It represents compassion in action, care close to home, and a brighter, healthier future for communities in Wards 12 and 13. I am proud to celebrate this milestone with all of you, and I look forward to the difference it will make in the lives of our residents.

For more information about clinic services, please visit www.ottawanplc.org.

The clinic's new patient registration form is available at www.ottawanplc.org/patient-information.

As always, you can contact my office by email at rideaurockcliffeward@ottawa.ca or by phone at 613-580-2483.

Please subscribe to my newsletter at www.rideau-rockcliffe.ca for ongoing updates about our community.

When Our Memoirs Teach Us Valuable Lessons

I am sitting in the den of our new apartment on a hot, sunny August day.

For the past few weeks, we have been unpacking, choosing what to keep and what to 'ditch'. Seven years ago, we sold our home in just one week and had only four weeks to pack. I will always remember our friends and neighbours offers to help, but this time, we used *Darling Solutions* to move us. I'm now 81 years old, with severe arthritis and other health issues. We chose to pack a few boxes and bins ourselves because I have several musical items, my poetry from long ago, memoirs, photos and other memorabilia that is important to me. It has been a long slow, interesting, exciting, shocking, poignant, quiet, confusing, and memory-prickling, experience.

One particular memoir excerpt made me realize some of the mistakes I made when, as a single mother, I worked at multiple jobs to make ends meet. Not only was I a supply teacher, I worked a few 'down to earth' jobs. It was the 80's during a recession, and work was difficult to find. My music studio suffered.

Last week, I was glancing through my 2012-2013 journal and found an entry about a student I lost because of her parents' attitude. At eight-years-old she was a beginner, but an eager learner and a promising musician. Her parents were both busy executives and made little time for



her and her younger brother. They hired people to be with the children when they came home from school. An airline executive, their mother was away most weekdays, and their father had two businesses, including a restaurant, so he could be away at



any time of night or day.

Within a few weeks I watched my promising young student transform from a happy, ebullient child, to profoundly sad and introverted. The parents were overcompensating by putting her into several after-school and weekend activities.

An incident occurred with one of the children's new caregivers and as a consequence, I received a rather insulting e-mail from the mother. After I replied, their father e-mailed back telling me that they were cancelling the music lessons.

My last post to this family was this

warning: "I hope you adapt your lifestyle very soon. I've had enough teaching and parenting experience to know what is likely to happen if the children continue to live without their parents as primary caregivers."

I never heard from them again.

The 1980's included the hardest days of my life. I spent hardly any time with my children. My son was a severe asthmatic and my daughter had a milder form. They were "latch-key kids", almost seven years apart and coped as best they could with a mother who worked too much and a father who, after all was an ex-husband, but help them with homework and would often read them a story before bed. But mostly, they were on their own. I was unable to give them the affection they needed – and deserved --, nor did I find the time to sit with them every evening for supper.

My ex-husband took the time to share his love of them. By the time I finished teaching, about 9 pm, I was exhausted. I did not take the time to hug my children. Most days, I had to be outside the home, either teaching, housekeeping for someone else, or working as a Personal Support Worker (PSW).

That memoir excerpt reminded me that I was no better a parent than those parents I had chastised.

Continued on page 22



OVERBROOK • CASTLE HEIGHTS
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magazine

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Crosswords "Social Services"

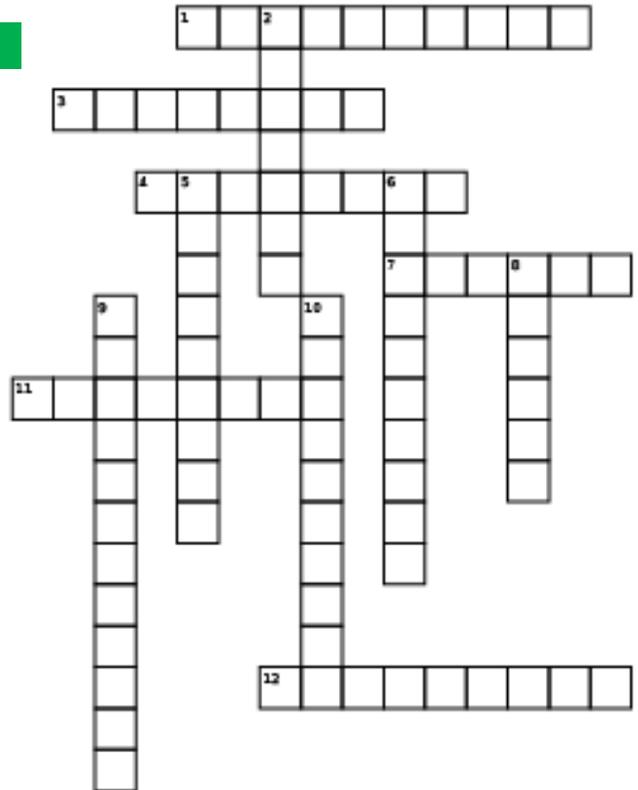
Answers on Page 22

Across:

1. refreshment by a pastime or exercise.
3. a group that collects food and distributes it to people experiencing food insecurity.
4. The practice of vigorous action or involvement to achieve political goals.
7. a condition of instability or danger.
11. the quality or state of being healthy in body and mind.
12. small children, especially preschoolers. organized for supervised play or activities.

Down:

2. generous actions or donations to aid people.
5. a social group whose members reside in a specific locality.
6. organized work directed toward the betterment of social conditions in the community.
8. athletic activity
9. using or able to speak several or many languages easily.
10. characterized by. or showing politeness or deference.



Lucille
COLLARD

MPP | Députée provinciale
Ottawa-Vanier



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- lcollard.mpp.co@liberal.ola.org
- lucillecollard.onmpp.ca

Constituency | Office Bureau de circonscription
237 chemin de Montréal Road
Ottawa (ON) K1L 6C7



Kiosk Project Fundraising Campaign Continues



The Hurdman's Bridge 150th Anniversary Commemorative Kiosk Project was funded, in part, by the government of Canada through the Department of Canadian Heritage, and by the City of Ottawa, through both heritage and environment programs. The City also donated a bicycle stand that will be installed at the site.

Many other individuals, organizations and businesses also contributed to the project through volunteer efforts, cash donations or in-kind services.

Through its [GoFundMe](#) page, the group will continue to accept donations to help with ongoing maintenance and planned additions to the kiosk.

Contributions may be made at the link above or by using the QR code .

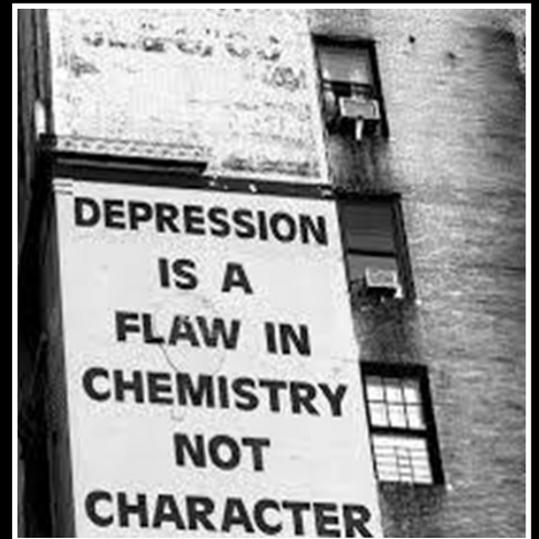


The next time anyone you care about

- begins isolating themselves
- becomes uncharacteristically angry for no apparent reason,
- argues "everything is fine", when it clearly is not,
- avoids any human interaction.

The next time, reach out and keep reaching out. There may be nothing you can do immediately, but just knowing you are there will be a great help to them.

KNOW THE SIGNS OF DEPRESSION



Ontario Holidays and Observances

October 2025

October 1 National Seniors Day in Canada is celebrated annually to recognize and appreciate the contributions of older adults to Canadian society. It is an opportunity to acknowledge and honour seniors whether they are friends, neighbours or family members.



October 2 Yom Kippur is a Jewish holiday known as the Day of Atonement. Many Canadian Jews spend the day fasting and praying.



October 4 The Feast of St. Francis Assisi commemorates the life of St. Francis, who was born in the 12th century and is the Catholic Church's patron saint of animals and the environment. It is a popular day for pets to be "blessed".

October 7 The first day of Sukkot is celebrated by many Jewish communities in Canada. This period, also known as the Feast of Tabernacles and lasts for about seven days.

October 11 International Day of the Girl Child is a day to celebrate the voices and power of girls, championing their rights worldwide, and reflecting on the challenges they continue to face because of their gender.



October 13 Thanksgiving Day is an annual Canadian holiday held on the second Monday in October. Outside the country, it may be referred to as Canadian Thanksgiving and has been celebrated in Canada since November 6, 1879. While the date varied from year to year, it was most commonly the second Monday in October.



October 13 Hoshana Rabbah (or Hoshana Raba) is celebrated as the last day of Sukkot (Succot, Succoth, Sukkoth) in the Jewish calendar.

October 18 Persons Day marks the day in 1929 when the decision to include women in the legal definition of "persons" was handed down by Canada's highest court of appeal.



October 31 Canadians celebrate **Halloween** on October 31 with costumes, trick-or-treating, pumpkin carving, and festive decorations.

November 2025

November 1 All Saints' Day is a celebration of Christian saints, particularly those who have no special feast days of their own, in many Christian denominations.

November 2 Daylight Savings Time. Turn your clocks back by one hour.



November 2 All Souls' Day is a day of alms giving and prayers for the dead.

November 11 Remembrance Day in Canada is an annual day of memorial on November 11th at 11 am and honours those who have served and died in the nation's military service. It is a day for Canadians to pause in two -minutes of silence, wear a poppy, and reflect on the service and sacrifices made to defend peace and freedom.



November 5-11 Veterans' Week in Ottawa culminates with the National Remembrance Day Ceremony on November 11th at the National War Memorial, and in Overbrook at Riverside Memorial Park. Events and ceremonies include public gatherings around the memorial, and a fly-past by CF-18 fighter jets.

November 8 Indigenous Veterans Day in Ottawa is commemorated by visiting the National Aboriginal Veterans Monument in Confederation Park, which was unveiled in 2001 to honour First Nations, Métis, and Inuit veterans.

November 20 National Child Day marks the adoption of the *UN Convention on the Rights of the Child* and is a time to promote the dignity, respect, and potential of every child.



November 20 Transgender Day of Remembrance (TDOR) in Ottawa, and worldwide, is an annual event to memorialize transgender individuals who have been victims of violence and to raise awareness about the ongoing prejudice they face. Local events, such as vigils, are often hosted by LGBTQ organizations.



November 22. Holodomor Memorial Day is usually on the fourth Saturday in November. It is an annual commemoration of the victims of the Holodomor, the manufactured 1932–33 famine that killed millions in Ukraine.



November 30 Many Christians in Canada celebrate the beginning of the **Advent season** on the first Sunday of Advent. It marks the start of the Christian year in western Christianity.





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Memoirs Continued from page 18

We live in difficult and precarious times. Often parents find it difficult to obtain or hold down jobs. Young families often face challenges meeting rent or mortgage payments, paying the exorbitant grocery costs today, or feel the financial pressure of buying their children any of the products marketed to children.

In the 1990's, the home-based business was a popular notion where, in addition to their paying jobs, people became inspired to create a home-based business, working at their own pace and availability. From the early 2020's, the pandemic taught us the discipline of working from home. As a society, we began to understand the importance of creating a sustainable work/home balance.

At the risk of using a well-worn cliché: If I knew then what I know now! My journaling has been one of the best teachers I've ever had. I realise now that my harsh words to that couple were true, but not sincere. I was a hypocrite.

My children needed me. Taking on several jobs was important to pay for necessities of life, but it should never have usurped my main job as my children's caregivers. The main reason why I separated from children's father was my feeling that he lacked a strong work ethic and dedication to his work. But he had it right.

Take time to write a journal entry every day and refer to it often. Your own memoirs will teach you a lot more than any self-help book or movie.

Crosswords

ANSWERS

Are you enjoying the crossword puzzle feature?

Let us know if you are, or if you'd like us to explore other games!



All Across Ottawa, the Gardening Community is Declaring War on Invasive Plant Species

It was a full house at the Jim Durrel Rec Centre in Alta Vista for a community dialogue on Invasive Plant Species Community Dialogue



On Wednesday, September 3, a strong community turn-out and offered a lot of feedback. Also participating were Ottawa City Councillors Marty Carr, Shawn Menard and David Hill who all expressed delight in the wide range of participants from across



Beginning with a roundtable discussion about everything going on with the city and focussed on what they are working on and what we need from them. The aim was to emphasize the development, maintenance, and expansion of pollinator gardens and broader greening strategies within our city's parks, boulevards, and public spaces.

OCA and Carleton University



Again this year, the Overbrook Community Association (OCA) will be working with students from Carleton University.

This year's topic is, you guessed it, Invasive Species and Community Engagement.

Watch for more in the next edition of *The Corridor*.

Cleaning Up the Capital takes a new spin



Ottawa.

From this event, a report will be prepared that will include all participants' suggestions and input. The report was presented by Community Action for Environmental Sustainability (CAFES) at the September 16 City Environment & Climate Change Committee (ECCC).

Collaborative Meeting:

Native Pollinator Gardens and Greening Initiatives on City Land

On September 26, the Bel-Air Community Association (BACA) and the Maitland Area Pollinator Project (MAPP) group co-hosted a meeting with city staff to talk about



the [Community-led Greening Initiatives and Gardening Program](#) at the Trinity United Church on Maitland.

Previously, the groups met with the city to discuss native pollinator gardens and innovative greening initiatives that are taking place across city-managed land. The September 26 meeting was much bigger and included some of the city's key players.

This year, along with the traditional garbage clean up at parks and roadsides, OCA will be "cleaning up" invasive species, particularly the ominously named dog-strangling vine.

Clean-up Day will be October 4 from 9 am until 11 am. All materials will be provided, but if you have clippers, please bring them along.



For more information about CAFES and its initiatives, please contact Erica Shardlow at eshardlow@cafesottawa.ca.

GRAPHICS & PRINT

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