

# CHAMPLAIN SPEAKER

## It's a new season: let's get busy



### Yoga

This session runs from **Sept. 10** to **Dec. 17** 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](mailto:adrian.bradley@sympatico.ca)

### Aerobics

This program begins **Sept. 8** and is held every **Monday** evening, from 6:45 to 7:45 p.m.

It runs until **Dec. 22**.

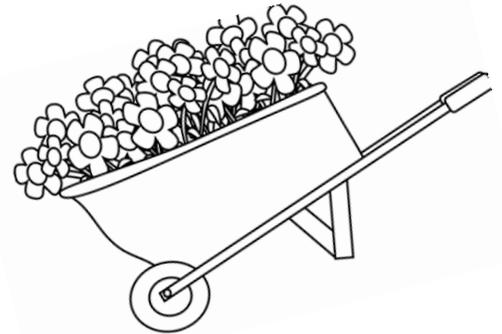
The cost will be reasonable, to be based on the number who sign up.

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)



### Garden Club

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

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

There are refreshments and light snacks. There is a membership fee. For more information, contact **Laurie Fagan, 613-728-1945**.

The season begins on **Sept. 9** with guest speaker **Ed Lawrence**, noted author and guru to a generation of CBC phone-in callers.

### Afternoon Bridge

The fall session begins on **Sept. 10**.

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**.

# All-candidates meeting here Sept. 18

See, meet those running for **Kitchissippi Ward** councillor

The Champlain Park Fieldhouse on Cowley Avenue is the site of an all-candidates meeting planned for **Thursday, Sept. 18**.

There are currently four candidates registered for the position of city councillor in Kitchissippi Ward, including the incumbent, Katherine Hobbs.

The list may grow as Sept. 12 is the deadline for nominations and withdrawals.

To see a full list of candidates and obtain contact information, follow this link to the city of Ottawa's website and look for Ward 15.

<http://ottawa.ca/en/city-hall/your-city-government/elections/councillor>

The meeting is being organized in conjunction with our neighbouring community associations, Island Park and Westboro Beach.

The meeting will include a question period and is to be moderated by Champlain Park resident Laurie Fagan, a member of the executive.

It begins at **7:30 p.m.**

Municipal elections are only held every four years and there is no shortage of issues to discuss. Please consider taking part in this important democratic process.

The election will be held **Monday, Oct. 27**.

There are, however, special advance polling days, on **Oct. 1, 2 and 3**, from 8 a.m. to 8 p.m.

The city of Ottawa has more details on its website.



## Annual General Meeting scheduled for Oct. 16

The annual general meeting of the Champlain Park Community Association is scheduled for **Thursday, Oct. 16**, at the fieldhouse.

The agenda is still being worked on but count on reports from the association's many committees and the election or confirmation of officers.

Please consult the website,

<http://champlainpark.org/>

as we get closer to the date for more details.

And, hands and time willing, look for another Speaker with more information in October.

## 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](mailto: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 hope to continue to publish the printed Speaker periodically.