



# Manor Park Community Council

# 2019

## ANNUAL REPORT

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# Manor Park Community Council

The Manor Park Community Council (MPCC) aims to help build a strong and livable community by providing residents with activities that develop their bodies, minds, and community spirit.

The MPCC provides recreational and licensed child care programs to participants from the greater community. The MPCC manages the Community Centre and takes pride in our parks and sports sites. We draw on local talent for volunteers and employees while collaborating with others whenever possible. As co-publisher of the Manor Park Chronicle and through [manorpark.ca](http://manorpark.ca), the MPCC supports the exchange of ideas in a well-connected community.

## **OUR VALUES:**

- Fostering community spirit
- Meeting needs
- Promoting healthy living
- Building social capital
- Maintaining inclusivity
- Bringing people together

# CHAIR'S MESSAGE

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## A Year of Growth!

Our Community Centre recreation office opened in September 2018, post the renovation of the "Fieldhouse", which was an important step in the execution of our strategic plan and the desire to expand our services and programming to increase our reach and community support. In addition to an improved facility we were committed to continuing to build our exceptional team of talented staff and volunteers.

This past year we added the positions of Arts Supervisor and Sports Supervisor, and through the focus and creativity of Stephanie and Josh (respectively), have seen our program offer and enrollment exceed our expectations.

We saw a 12% growth in our summer camp enrollment, in fact most weeks were sold out this past summer; and close to a 20% increase in enrollment in our recreational programs. The team asked for and listened to the community's suggestions and feedback and introduced an expanded selection of adult programs which saw the addition of new workshops such as gluten-free baking, essential oils, yoga of all kinds, and many new arts programs.

We also saw an increase in volunteers from the community - individuals of all ages offering their time and energy to support various special events and MPCC initiatives. From the addition of several new Directors to the Board and Junior Leaders at summer camps to rink maintenance and Pints in the Park volunteers - we appreciate every minute people are willing to give to ensure Manor Park thrives!

Our child care services led by our team of Early Childhood Educators continued to offer a reliable, fun, friendly and safe environment for children from across Manor Park and surrounding communities to learn and play.

This past year we added Early Learning services including Manor Park Playschool and a Play Group in response to feedback from families in the neighbourhood.

The MPCC Opportunity Fund was also launched this past year and through the generous donations of the MP community we raised approximately \$3000 which translated into 16 subsidized summer camp spots, 11 participants in sports and 6 in arts programming during Nutrition Breaks (run by the MPCC during the school day).

As a not-for-profit the MPCC is not focused on making money rather we are dedicated to supporting the community of Manor Park and its ever expanding recreational and child care needs. This past year we tested and learned from a variety of new programs in order to expand our revenue streams beyond the current base. Strategically, we do not want to be overly dependent on any one source of revenue. In addition, we have been moving away from relying on government grants so we are more financially independent and can sustain our operations for many years to come.

Of course, the best way for you to ensure MPCC's success is to participate!

There are many ways to support MPCC and your community: suggest new programming ideas, register early and often, bring a friend, donate to The Opportunity Fund - volunteer!

# MPCC

## Allison Seymour

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# ENGAGING OUR SENIORS

## A SUCCESS STORY

Our success in reaching and engaging our senior residents represents living MPCC Values of meeting needs, bringing people together and promoting healthy living.

Manor Park is a mature community. While young families are moving into the neighbourhood, there are still many seniors living in their family home. In fact, 23% of our residents are 65 years of age or older while in Ottawa, as a whole, just 15% of residents are over 65.

The opening of the newly renovated Manor Park Community Centre provided programming space ideal for serving our seniors: close to home, accessible, free parking, and open during daytime hours

We offered Heart Wise fitness programs, in cooperation with the uOttawa Heart Institute. Heart Wise fitness classes are ideally suited to keeping an aging population mobile and active. Our instructors are certified by the Heart Institute for their ability to recognize and adapt programming to the individual needs of participants.

Nothing says success in engaging our seniors in Heart Wise fitness than a 160% increase in participant hours and 327% increase in programmed hours in 2019 vs 2018.

This increase can be attributed, in part, to a full year of operation of the community centre. But more importantly, the growth is because our new recreation team has an office right at the front door. They work on their goal to 'open the doors'.

Our seniors are greeted upon arrival and someone is always available to answer questions or complete a registration. We ask about what they need – and how we can help.

Sometimes, the small gestures make all the difference. In celebration of Valentine's Day, the children in our after-school program made paper heart cards to offer to our seniors at the community centre. One woman lamented upon arrival that she was too old for Valentines. Imagine the delight when each of them received a hand-written card. A photo of the group was the front cover of the March 2019 issue of the Manor Park Chronicle.

We encourage sharing a coffee or tea following a Heart Wise workout to mingle and get to know one another. It is also an opportunity for them to learn about other activities in the community centre – like free speaker-series, for example.

Our latest venture is the Opportunity Fund where donations from residents are pooled to make recreation possible for anyone in financial need. In 2019, we brought children into sports programs and summer camps. The Opportunity Fund is open to seniors so that financial need does not exclude anyone from participating fully in the community.



A warm summer sun, children laughing and playing in the splashpad, and a beautiful lush green space make Manor Park Community Centre the perfect place for children to spend their summers. Children came for fun, friendship and to make memories.

2019 saw a host of exceptional counsellors, volunteers and Focus on Youth (OCDSB & OCSB) staff. Staff were always focused, organized, kind and caring.

Guiding camp themes such as: *Cardboard Kingdom*, *Active Adventures*, *Urban Farming* and *Astonishing Animals*, staff planned engaging and exciting activities, while ensuring campers felt supported, free to explore each theme and make choices based on their own interests.

### **Summer Day Camps in Manor Park are very special.**

Staff even brought children on a fun field trip to the RCMP stables to meet the horses and learn about the RCMP.

With singing, games, sports, friendly visitors (Ottawa Therapy Dogs, Ottawa Public Library, Ottawa City Police) children and parents alike, provided positive and enthusiastic reviews.

Flexible half- or full-day options, plus extended care and a free supervised lunch - dance parties included! - made our camps a Manor Park family favourite.

# SUMMER DAY CAMPS

"MOST  
EXCELLENT"





# EARLY LEARNING

## MANOR PARK PLAYSCHOOL PLAY GROUP

### **Perfect preparation for kindergarten! Manor Park Playschool**

Manor Park Playschool provided quality half-day recreational programming to children eligible to start kindergarten the following year.

Guided by experienced Educators, children enjoyed attending Playschool to explore the world around them through indoor and outdoor play, art, stories, games and more.

Manor Park Playschool families appreciated the flexibility to choose two or three mornings per week -- Tuesday, Wednesday, Thursday -- for their child.

The Child Care and Early Learning team began the process of seeking a licence from the Ministry of Education for the Manor Park Playschool which would allow for an expansion of programming days and hours to a greater age range of children.

### **Get ready to play! Play Groups**

*Monday Mingle* and *Friday Fun* have seen a variety of participants -- parents, grandparents, caregivers and friends -- bringing their tots and preschoolers to the weekly sessions in the Manor Park Community Centre.

Guided by an exceptional Educator, the environment has a various activities to meet the interests of these infants, toddlers and preschoolers.

Children enjoy spaces for creativity, dramatic play, building, sensory play, literacy, and tabletop activities including puzzles and games. Parents enjoy sharing conversation over coffee!

Play Group is supported by the Child Care and Early Learning management team and is designed as an environment to introduce children to group activities and socialization, while the adults enjoy the interactions as well. The team supports transition from Play Group to the Manor Park Playschool.



Before- and After-School in Manor Park served over 210 children, JK to grade 6, with the participants attending Manor Park Public School and five other area schools. To meet community needs, additional before- and after-school groups were added.

Educators continued to focus on engaging families, building connections and fostering community partnerships. With their guidance, children prepared and sold refreshments at their Winter Carnival. The money was donated to our Manor Park Community Council (MPCC) *Opportunity Fund* to provide community children in need with access to free recreation.



Through the *Good Food Box* initiative, the older children practiced resume writing, interviewing for volunteer jobs – and in their new volunteer jobs – successfully launching Manor Park as a new distribution and pick-up site for fresh fruits and vegetables!

Highlights included: pumpkin decorating contest; chili making; Claymation Festival; talent show, and year-end fun in the sun celebration.



# LICENSED CHILD CARE

## BEFORE- AND AFTER-SCHOOL IN MANOR PARK



General Operating Grant funding was received from the province and city, along with the mandated Wage Enhancement Grant of \$2/hr, part of Ontario's commitment in support of child care professionals.

For second year in a row, child care licensing guidelines outlined by the Ministry of Education were met with 100% compliance during the annual inspection.



The administration team was restructured to include a Manager, Supervisor and Coordinator of Child Care and Early Learning. The modernization of the existing positions permitted seamless support to the children, families and Educators across all of MPCC's Child Care and Early Learning programs.

The robust selection of programs – delivered by experienced instructors – increased traffic, served the community and allowed for the establishment of multiple and meaningful partnerships.

### Sessional arts

Art classes such as *Watercolour Painting*, instructed by Laurie Hemmings, were popular with enthusiastic participation. Lindsay Watson continued to teach and enhanced her offerings of artistic programs with *Acrylic Painting, Portraiture, Pastels and Drawing Fundamentals*. Art classes filled daytime hours at the community centre.

### New partnerships

*Hearts Lunch Club* brought community members together to share a meal and donate a portion to the food bank at the Rideau Rockcliffe Community Resource Centre (RRCRC). *The Terrarium Workshop* allowed us to partner with The Urban Botanist, who delivered with extremely professional instruction. Some other partnerships included: *The National Gallery of Canada, Safety Tree Canada, Natalie Belovic, and Mood Moss Flowers*.

### Eco-friendly focus

The community's interest in reducing their eco-footprint was apparent. Members of the community helped to organize and deliver a *Zero-Waste Workshop*. The first ever *Manor Park Clothing Swaps*, kids and adults, were also a hit, diverting clothing items away from landfills and into the closets of local families.

### Manor Park Art Sale

The Manor Park Art Sale was introduced in 2019. Four local artists were selected to have their artwork on display in the community centre. The artwork showcased their talents and brought new colour and light into the space. Each piece of art was available for sale and shown for a total of six months, before the next submissions were to be hung.

### Let's not forget

Memorable programs in 2019 included: *Sew Amazing Sundays, Nutrition Break Arts Programs, Science & Technology Day in Manor Park, Gluten-Free Baking, The Manor Park Knitting Circle, Easter Bunny Cake Topper, KAIROS Blanket Exercise, Flower Nite*, etc...

# ARTS PROGRAMMING

NEW LIFE FOR THE  
COMMUNITY CENTRE





# SPORTS & FITNESS PROGRAMS

LET'S PLAY!

## Fitness and Yoga

The uOttawa Heart Institute continued its Heart Wise designation of *Stay Strong & Stable* and *Party Hearty* classes for older adults. *Stay Strong & Stable* was not only our most popular Heart Wise program, but also our most popular fitness program! (But who doesn't love dancing at *Party Hearty* with Micheal?) Other successful fitness programs included: early morning *Full Body Workout* (for women), and *Core & Full Body Workout* (for men).

Yoga classes moved outside to Anthony Vincent Park in the summer. Residents stretched and reconnected with nature weekly during *Yoga in the Park*. And on special nights, during *Full Moon Yoga*.

Participation was easy with the choice of sessional or drop-in fees. The Fitness MultiPass provided added convenience, flexibility -- and a discount!

It was a great year for sports and fitness!

We are proud of our roster of classes, and the new activities that were added!

So much to choose from!

## Instructors

Instructors are the common denominator of our success. It takes a unique individual to instruct. Each of our instructors possesses that rare combination of proficiency in their field, and the ability to create a nurturing environment in which participants feel comfortable -- and learn. We are proud of our talented roster of instructors. (Many are local residents!)

## Team Sports

In flag rugby, relationships were strengthened with the Bytown Blues and Ottawa Irish rugby clubs, bringing over 125 players to the Manor Park sports fields in spring and fall.

With exceptional coaching, drills, games and festivals, flag rugby was redefined on a whole new level under the name of *East Ottawa Flag Rugby League*.

Futuro Soccer returned providing high energy coaches to guide children to the most fun in a soccer experience anywhere.

New relationships were formed with other local organizations. The Ottawa Champions Baseball Club generously supported our baseball program with free game tickets for our players and their families, and with enthusiastic visits from their mascot, Champ. Prezidential Basketball Training brought their dynamic, creative approach to our brand-new children's basketball program.





# COMMUNITY EVENTS

PINTS IN THE PARK  
ROCK THE BLOCK  
SKATING PARTY & CHILI COOK-OFF  
MANOR PARK TALKS  
OTTAWA MARATHON HYDRATION STATION

Could 2019 be the most amazing year for Community Events, ever?

*Pints in the Park*, our newest event, was an instant hit - with breweries selling out of beer 30 minutes before closing time! What began as a conversation about craft beer, blossomed into a successful, mid-summer afternoon with over 700 visitors.

It was the perfect way to bring together people from across Ottawa and establish important partnerships with local businesses. Two breweries, 3 restaurants, 2 craft vendors and 2 musicians rounded out the event. This was the first special event hosted in partnership with local sponsors, whose generous contributions ensured success!





Manor Park came out to *Rock the Block* with food, activities, Pie Baking Contest -- and an outdoor movie. Pie Baking Champs were teens Aiden and Nathan Finnie. Bravo!

The annual *Skating Party and Chili Cook-Off* was a hit in February. The ever-popular chili cook-off brought in chili entries from community members and local businesses. Local hockey teams took to the ice in the 'Winter Classic', followed by families and friends. Chili cheese dogs were introduced to the menu and the community centre was open to those who wished to sit, eat and chat with neighbours. Congrats to Clocktower Brew Pub - 2019 Chili Champs!

The National Gallery of Canada provided some of the most inspiring *Manor Park Talks*. The monthly speaker series included topics of art, health & wellness, and public speaking.

Running a *hydration station* along Birch Avenue during the Ottawa Marathon has become a tradition. Volunteers fill and serve some 20,000 cups of water or electrolyte replacement! And did we mention, they cheer on each runner?





# EXECUTIVE DIRECTOR'S REPORT

Nothing describes 2019 for the Manor Park Community Council (MPCC) better than the word 'new'. It was a year of firsts.

A new organizational structure, new staff positions, new offices, new technology – and a whole new attitude.

The doors were open at the renovated Manor Park Community Centre. Formerly known as 'the fieldhouse', the building welcomed people dropping by with questions, families rushing in to use the bathrooms, residents sheltering against the weather, and seniors enjoying tea and fitness. For the first time, residents had a community building open all week long.

Staff in the newly created positions of Arts Supervisor and Sports Supervisor were challenged to test programming ideas that would reinvigorate recreation. The Board of Directors provided strategic direction for the entire organization which included: creating operational excellence; engaging in outreach to increase community involvement, and innovating to meet the programming needs of all of our community.

Challenges included how to make our programs visible in a very full and diverse recreational market; how to find out what community needs are, what will bring the community into our doors rather than seek that recreational opportunities elsewhere, and how to measure success. The new opportunities were exciting: broaden our programming to adults; collaborate and develop partnerships, and identify new programming spaces.

The new Child Care and Early Learning team, operating licensed child care program Before- and After-School in Manor Park, added responsibilities for Manor Park Playschool and Play Group in a strategic effort to create an early learning pathway. To provide the community with new opportunities, Playschool licensing is underway and Play Groups were introduced. Of course, the team continued to operate one of the biggest after-school programs in the city!

Please drop by our recreation office in the community centre or child care office in the school.

Say hello to the dedicated team that works for you -- our community.

**Lana Burpee**

# TREASURER'S REPORT

THANK YOU  
FOR BUILDING  
A SHARING  
-- AND CARING --  
MANOR PARK!

Donations from residents like you  
open opportunities!

6 children did arts programs,  
11 children played sports, and  
16 spots at summer camp were filled.

Thank you!

If you, or someone you know, could benefit  
from **The Opportunity Fund**,  
just let us know.

(Yes, it is just that easy.)

**MANOR PARK COMMUNITY COUNCIL**  
[manorpark.ca](http://manorpark.ca)

The Manor Park Community Council (MPCC) continues to be in a good financial position.

The annual net revenue was \$21,630 compared to \$11,165 the previous year. Our program revenue was \$716,289 which represents a 20% increase from the previous year. In addition, MPCC was supported by grants totaling \$153,141 for an overall revenue of \$869,430.

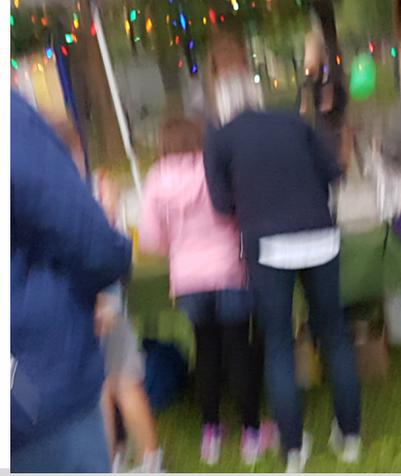
We continue to invest strategically in our recreational programs (both in the Arts and Sports) to meet the needs of our community. Before- and After-School in Manor Park', and Summer Day Camps remain our strongest revenue sources with a nice momentum coming from the recreation programs - recreation revenue has grown by 109% versus last year.

We hope our strategic plans put in place will eventually balance out our revenues with less reliance on our key revenue sources.

Full financial statements are available by contacting MPCC offices.

**Michael Kremmel**

# VOLUNTEERS AND EMPLOYEES



## Board of Directors

Allison Seymour - Chair	Kailey McLachlin
Rahul Chandran - Vice-Chair	Mark Smith
Mike Kremmel - Treasurer	Jennifer Thiessen
Vessela Zaykova - Secretary	Erin Yoshida

## Employees

Lana Burpee - Executive Director  
 Nancy Carisse - Manager, Child Care & Early Learning  
 Josh Cassidy - Sports Supervisor  
 Charmaine Harrison-Farquharson - Coord., Child Care & Early Learning  
 Meagan Noonan - Supervisor, Child Care & Early Learning  
 Christa Ramonat - Bookkeeper  
 Stephanie Sears - Arts Supervisor

Brad Ackert	Dylan Jones	Sonny Raina
Sydney Andrews-Finn	Brittany Juelich	Mehrnaz Riaz
Halime Ayata	Iqbal Karim	Rebeca Rondon
Sophie Bifield	Dawn Kirkbride	Christian Sargusingh
Stuart Bowden	Kayla Kirkbride	Eric Satura
Innes Buck	Andreanne Lachapelle	Scott Sharma
Liam Buck	Hanieh Langroodi	Shahana Sharmin
Noah Carisse	Nina LePage	Jakob Spink
Kathleen Casselman	Maddy Mackay	Mark Tyhurst
Mohammed	Shannon McDougall	Marianne van derJagt
Cheikhezzein	Julie McInnes	Vuk Vukajlovic
Stephanie Chin	Michael Markov	Lindsay Watson
Caitlin Crichton	Tanya Marr	Jenn Watt
Ted Donaldson	Katarina Mathiesen	Meghan Wright

## Volunteers

Deb Abbot
Kent Aiken
Issac Andrews
Caroline Barker
Max Barker
Lacey Batalov
Nikita Batalov
John Bernard
Jean Boutin
Theo Bowes

Christine Bloch	Joe McAllister
Laurence Bracq	Tim McIntyre
Marie-Frederique Caron	John McKay
Katrina Cassidy	Steven McKeown
Toby Chen	Jenn McMullen
Chloe Cook	Sheila McMillan
Martin Couet	Juan Morales
Annick Credico	Ashley Mulroney
Riley Creido	Sarah Murphy
Danielle Crivello	Dorianne Naneff
Ed Doe	Martha Nixon
Pilar Doe	Cart Noonan
Axelle Dolan	Ella Noonan
Alexia Dunphy	Drew Noonan
Marine Dupuy	Nancy O'Brien
Jen Feschuk	Meghan Oliver
Aiden Finnie	Shacha Parker
Chloe Gladu	Morna Patterson
Andrew Godfrey	Cam Pelda
Clara Gragg	Diana Poitros
Kate Gragg	Eliza Reggler
Anne Haley	Graeme Rogers
Michaela Haley	Jane Rooney
Sebastian Hay	Bambi Ross
Hongsheng Huang	Jim Shaw
Christopher Hudson	Lisa Sheehy
Robbie Hughes	Evan Sider
Pamellah Ilenya	Sophia Sisstie
Andreas Janse	Lori Small
Eric Janse	Erin Stach
Marinella Janse	Susan Steele
Marion Kruegel	Craig Storey
Nate Kalabric	Jeff Stoss
Michael Keleher	Colin Sweeney
Chris Knowlton	Hakim Taha
Todd Lamont	Salim Taha
Denise Lascelle	harlotte Thompson
Scott Lancelle	Pat Thompson
Sonia LeRoy	Danielle Velandia
Larissa MacDonald	Eugenie Waters
Emma Manderville	Michael Wolff
Lynn Markell	Sophia Wood
Carole Massicotte	Massicotte
	Otis Zollinger

# THANK YOU

The Manor Park  
Community Council  
gratefully acknowledges the  
supporting organizations,  
businesses, and families that  
contribute to our success.

The Manor Park  
Community Council  
gratefully acknowledges:

The financial support of the  
City of Ottawa, and

The support of the  
City of Ottawa and  
Ontario Minister of  
Education through the  
'Wage Enhancement'  
contribution to  
'Before- and After-School  
in Manor Park'.

## SUPPORTERS

City of Ottawa  
Manor Park Public School  
Manor Park Home & School Association  
Manor Park Chronicle  
Ottawa Catholic School Board  
Ottawa-Carleton District School Board  
Ontario Ministry of Education  
Manor Park Community Association  
Ottawa Public Library  
Focus on Youth - OCDSB, OCCSB  
Rideau-Rockcliffe Community  
Resource Centre  
Lindenlea Community Association  
Lieutenant James Hogan, 33 Cdn  
Brigade Group Headquarters  
Rockcliffe Community Centre  
Ottawa East Minor Hockey Association  
Scouts  
Guides  
Prezidential Basketball Training  
Futuro Soccer  
Rugby Canada  
Rugby Ontario  
Bytown Blues Rugby Club  
Ottawa Irish Rugby Club  
Ottawa Champions Baseball Club  
uOttawa Heart Institute (Heart Wise)  
Mood Moss  
Urban Botanist

## SPONSORS

Baccannalle  
Beechwood Auto Service  
Celadon Spa  
Clocktower Brew Pub  
Edward Jones  
Golden Crust Pizzeria  
Halley's Service Centre  
JR Snow Plowing  
LaFontaine & Company  
Mia's Indian Cuisine  
Muckleston Brockwell  
Butchery  
Natalie's Urban Ottawa  
Rhodes Barker Luxury Real  
Estate  
Sunflower Soaps  
Tamarack Race Weekend  
The Works  
Westburne Rexel Group



# Manor Park Community Council

Trusted provider of licensed child care  
and recreational programs.

Child Care & Early Learning office  
in Manor Park Public School  
100 Braemar Street  
Ottawa, ON K1K 3C9  
613-741-4776

Recreation office  
in Manor Park Community Centre  
100 Thornwood Road  
Ottawa, ON K1K 4Y1  
613-741-4753