



# Your COMMUNITY Voice

STITTSVILLE

FREE

August 27, 2026

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## Flea market era coming to an end

50 years of treasure hunting  
will be just a memory

### COMMUNITY VOICE STAFF

The owners of the Stittsville  
Flea Market announced the  
indoor and outdoor sales

centre will soon close.

They shared the news in an  
Aug. 9 posting on Facebook.

**PLEASE SEE MARKET, PAGE 2**

## Our city election coverage begins

Meet your council contenders

### COMMUNITY VOICE STAFF

Voters in Stittsville will elect  
a new city councillor in the  
Oct. 26 municipal election,  
as incumbent Glen Gower is  
not seeking re-election.

There will be nine names to  
choose from when eligible  
voters cast their ballots.

Your Community Voice  
posed questions to the can-  
didates and their responses  
begin on page 16.



Nevil Hunt photo

Excuse me, myth. Amberwood's pool had a special visitor on Aug. 15, as Rowan Babb appeared in her mermaid tail, representing Fairytale Princess Parties. Youngsters couldn't get enough of swimming with her on the sunny day.



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VOTING DAY:  
**OCTOBER 26, 2026**



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**MARKET FROM PAGE 1**

"It is with heavy hearts that we are announcing the closure of our beloved Stittsville's Carp Road Flea Market. After over 50 years in business, due to many reasons, Stittsville's locally owned and operated, Kondruss Gallery/Stittsville's Carp Road Flea Market/Barbie Museum will be closing its doors."

The indoor vendors are expected to open every Sunday until the end of September. The outdoor vendors will remain until the end of October, weather permitting.

One staff member quoted in a media report said the closure is in part due to the construction planned to widen Carp Road, which is expected to cause traffic challenges.

The Facebook posting went on to thank customers.

"From all of the vendors (past and present) and the owners, we want to thank you all from the bottom of our hearts for supporting local and keeping the flea market life alive and well."

**ANOTHER MARKET?**

There appears a good chance that a new location will open.

"We will miss you all and keep you updated on a new flea market that Elizabeth plans to open and all of those plans when info is available. But that won't be for a while."

editorial@ottawavoice.ca



Nevil Hunt/File photos

**ABOVE:** Shoppers packed the flea market soon after the imminent closure was announced.

**RIGHT:** Elizabeth Kondruss's Barbie Museum is one attraction that people will miss. The indoor market is open Sundays until the end of September and outdoor stalls will stay open into October.



**GEORGE DAROUZE, MPP**  
Carleton

**1128 Mill Street,  
Manotick, ON K4M 1A4**

**Mailing Address:**

**PO Box 51, Manotick Stn Main,  
ON K4M 1A2**

**613-838-4425  
george.darouze@pc.ola.org**

## YOU'RE INVITED: MPP Darouze's 2nd Annual FREE Community BBQ!

I am excited to invite you and your family to my 2nd Annual Free Community BBQ, a chance for neighbours from across Carleton to come together before the start of a new school year. Bring the whole family and enjoy free hot dogs and treats, face painting, balloons, entertainment and activities, fun for all ages.

**Date: Saturday, August 29, 2026**

**Time: 11:30 A.M. to 2:00 P.M.**

**Location: Centennial Park, 5572 Doctor Leach Drive, Manotick**

My team and I can't wait to welcome you for this fantastic community event. We hope to see you there!

## Applications now open for the next round of Ontario's Community Sport and Recreation Infrastructure Fund

Ontario has opened applications for the next intake of the Community Sport and Recreation Infrastructure Fund (CSRIF), making \$100 million available to support the construction and repair of local sport and recreation facilities. Applications are open from August 17 to December 22, 2026.

As part of the province's record \$500 million investment in community infrastructure, CSRIF was expanded from \$200 million to help communities modernize facilities, create jobs, promote active and healthy living, and provide future generations of Ontario athletes with quality spaces to train and compete. This latest intake represents the largest investment in Ontario's sport and recreation sector history.

To help organizations learn more about the program and application process, the Ministry of Sport will host an information webinar on August 26, 2026, at 11 a.m. A recording will also be made available for those unable to attend live.

**For more information, visit <https://www.ontario.ca/document/community-sport-and-recreation-infrastructure-fund>.**

# Swimming options dry up as outdoor pools close

Early end to  
summer activities  
has swimmer  
seeking extension

BY DEREK DUNN

Mark Robertson travels from his Stittsville home of more than 15 years to the Glen Cairn Pool in Kanata several times a week. It is the closest and best for him of the nine outdoor pools in the city. The activity is a major component of the former competitive swimmer, lifeguard, swim coach and instructor's overall health and well-being. "There are a number of us who enjoy swimming outdoors and want to enjoy summer while it lasts," he said. "It is important physically and mentally."

That is why it came as a surprise and major disappointment when he recently learned the pool would close for the season on Aug. 23.

Glen Cairn, in his opinion, is among the better pools in Ottawa in

part because it offers six lanes, with 25 metres of swimming, aside from the children's section. And it is busy, he added, saying it is common to see 60 people in the pool at any given time, and when lessons are included, 30 people rotating throughout the morning on the lanes' side alone. Those are among the reasons it was kept open one week later the last two years in a row.

It is one thing for Glen Cairn and the other outdoor pools to be closed. The City of Ottawa primarily hires university, college and high school students as seasonal lifeguards.

PLEASE SEE POOL, PAGE 4

Mark Robertson, middle right, with a group of regular swimmers at Glen Cairn's pool, was surprised to learn of the Aug. 23 outdoor pool closings across the city. He's suggesting the city keep at least the Glen Cairn one open well into September.

Photo provided



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**POOL, FROM PAGE 3**

By late August, many student staff must leave.

But the CardelRec Complex on Shea Road was also closed, as well. That same day marked the end of the seasonal summer drop-in and group fitness schedule before the deep-clean and maintenance period continues through Sept. 7.

The Kanata Leisure Centre's wave pool doesn't offer the workout swim Robertson and about 10 other friends enjoy. The severe limitation on swimming options in a catchment area of at least 153,000 people, and growing, strikes Robertson as insufficient.

Given that Septembers are growing warmer every year, he said it is time the city starts leaving at least Glen Cairn open for another month or so. "It doesn't make any sense," he said.

That's when he started emailing area councillors and staff.

Robertson has held management-level positions with

responsibility for developing and running swim programs, hiring and scheduling staff, managing payroll, co-ordinating maintenance and organizing day-to-day operations.

So when city staff emailed him to say it costs \$504,000

**"There are plans and capital funding to construct additional aquatic centres."**

*Dan Chenier*

per year to run the city's nine outdoor pools, and that it would cost an additional almost \$55,000 to keep Glen Cairn open in September, he grew suspicious. It is closer to half that number, going by Robertson's calculations.

**MORE POOLS PLANNED**

Dan Chenier is the City of Ottawa manager of recreation,

cultural and facility services. He said keeping Glen Cairn open with full programming is not possible for several reasons. Robertson insists that he is not asking for that; he simply wants to keep it open for lane and public swimming alone.

Regardless, Chenier said the city is addressing the issue.

"We are keenly aware that the demand for access to pool programming is high and exceeds availability," he said. "An important part of the solution is the development of new pools. There are plans and capital funding to construct additional aquatic centres."

A new 25-metre pool is in the final stages of design for Riverside South with construction planned to begin in 2027. The city is also in negotiations with Carleton University to form a

partnership to construct and operate a 25-metre and 50-metre pool on their campus. The city is also rebuilding one of its outdoor pools this year.

Meanwhile, Kanata South Coun. Allan Hubley raised an eyebrow when he heard of Glen Cairn's Aug. 23 closure.

"I was surprised to see that it wasn't open this year (into September)," he said. "I worked hard the last few years to have it open."

**NEXT YEAR**

While also disappointed, Hubley isn't worried that next year will see the pool close early. On a \$4-billion budget, "It's not a big expense" for it to remain open for at least an extra week. He isn't committing to keep it open during all of September for fear it will encourage students to skip school in favour of a swim. Council will have to pass a motion giving Glen Cairn ongoing funding.

"It shouldn't be a big deal to get it in next year," Hubley said. "It's just an oversight."

Aside from Robertson, he said he hadn't heard a second complaint about the Aug. 23 closure.

*derek@ottawavoice.ca*

# ParaTranspo adds late-night services

**COMMUNITY VOICE STAFF**

ParaTranspo service will be extended to 2 a.m. on Friday and Saturday nights, beginning Sept. 4, as part of a one-year pilot project.

The new service hours will match those of O-Train Line 1 on Fridays and Saturdays, and is intended to support more spontaneity for ParaTranspo customers. OC Transpo general manager Rick Leary said this pilot responds to customer feedback that providing late night service will allow for more participation in community events.

Customers wishing to travel between midnight and 2 a.m. should book their trips

by calling 613-560-5000 on the previous service day, the same as current customer service policy. Last trips must be booked for 2 a.m. with last rural trips at 1:30 a.m.

**BOOKINGS**

The online My ParaTranspo booking platform is not available for this project, although Leary said staff are working to allow for this in the future.

Customers can share their feedback in person at a ParaTranspo Talk event, or by email to [parlons\\_paratranspo\\_talk@ottawa.ca](mailto:parlons_paratranspo_talk@ottawa.ca). The results of this pilot will help inform future service, Leary said.

*editorial@ottawavoice.ca*

## HEARING LOSS – RISKS & SOLUTIONS

**Did you know that ignoring hearing loss has risk?  
If not, you are not alone...read on.**

The most common hearing loss results from damage to hearing cells. This typically leads to a greater difficulty hearing treble tones in comparison to base tones. Speech therefore becomes unclear, not unheard. Consequently, understanding others is not impossible, but requires more effort and attention. Surprisingly, some choose to struggle for years before correcting the problem, but there is compelling evidence for acting sooner rather than later.

Studies repeatedly reveal the importance of maintaining good hearing levels. Imaging studies reveal the brain quickly reorganizing with untreated hearing loss of the mildest degree. The Lancet published a report identifying hearing loss as a risk factor for dementia. And these newer findings are in addition to the longstanding link between untreated hearing loss and depres-

sion, anxiety, falls and relationship problems.

The good news is that hearing loss is a modifiable risk factor – meaning if addressed, the negative impacts can be minimized. In fact, studies show that wearing hearing aids not only improves hearing, it can help preserve the brain and mitigate the negative consequences of untreated hearing loss. And, with today's technology advancements, user satisfaction is higher than ever!

The key to success is customization. With nearly a dozen manufacturers, each offering their unique hearing devices, there is a great variety of options. Considering all these products, not just one or a few brands as done in manufacturer-owned chains and retail settings, is how you will find the solution that suits you best.

Offering just that is Hearing Freedom. Their approach has set them apart for over 20 years. "Yes, providing each patient their unique intervention plan requires more of our clinicians. It entails more thorough assessments and requires a detailed review of

every manufacturer for every single patient. But, customization leads to an undeniable difference in patient satisfaction," explains Rosanne McNamee, Doctor of Audiology and owner of Hearing Freedom.

In addition, at Hearing Freedom, patients are seen by Audiologists - the most qualified professionals in the hearing rehabilitation field. They are proficient at servicing both children and adults, whether they are private pay or third party supported.

"Not only is hearing complex, so are today's hearing aids," McNamee explains. "Dealing with the most qualified health care professional, in the most independent setting, is crucial."

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# Reforest idle fields for the same cost as mowing them

Now booking site visits ahead of planting season

## RIDEAU VALLEY CONSERVATION AUTHORITY

If you're tired of paying high gas and equipment costs to maintain idle fields, tree planting may be the answer.

For the same price as maintaining a hectare of fallow land, the Rideau Valley Conservation Authority can reforest that field so you can gain back all the time, money and effort you would have otherwise spent on it.

"At 40 cents a tree or less, it's an incredibly economical way to protect your property," said Ian Cochrane, RVCA's forestry manager. "It's about the same cost as mowing for the year, and it keeps your land working without having to do the work yourself."

Thanks to generous funding partners and grants, the RVCA's program offers native tree seedlings for 15 cents each within the City of Ottawa. Flat rates are available for larger projects.

These prices include customized tree planting plans that suit the landowner's vision and needs, on-site technical advice, ordering and handling of trees, site

preparation, tree planting, tending and refills for five years.

Elizabethtown-Kitley farmer Tom Ronan said he was spending several weeks each year mowing his fallow fields with a brush hog – costing him time, fuel and equipment maintenance. He planted more than 4,000 trees to give himself a break while also leaving a legacy.

"It's to put some of the scrub land back into use, to cut down on the work a little bit, but also to help the environment," Ronan said.

As a bonus, planting trees on unused fields can indirectly reduce costs by creating windbreaks, reducing soil erosion, improving drainage, providing natural cooling and filtering contaminants from local water sources.

Trees can also reduce the impacts of extreme weather while absorbing carbon to slow the rate of climate change.

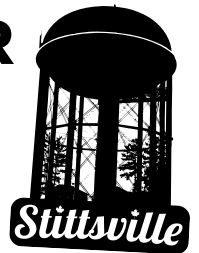
RVCA's forestry staff are now booking site visits for this summer and fall to prepare for tree planting in spring 2027. Eligible Ottawa landowners must have at least 0.25 hectares of suitable land.

To book your site visit, contact Ian Cochrane at [ian.cochrane@rvca.ca](mailto:ian.cochrane@rvca.ca) or visit [www.rvca.ca](http://www.rvca.ca).

or visit [www.rvca.ca/stewardship-grants/tree-planting](http://www.rvca.ca/stewardship-grants/tree-planting) to learn more.



**GLEN GOWER**  
City Councillor  
Stittsville (Ward 6)  
[glengower.ca](http://glengower.ca)



## September 18-27, 2026

We're launching a new Stittsville event called "Stittsville Neighbour Days" to encourage residents to organize small get-togethers in their neighbourhood.

Get to know the people on your street with a potluck, a movie night, a park clean-up, or anything else that brings your street together.

**The goal:** Encourage new connections between neighbours, and build community spirit in Stittsville. Because strong neighbourhoods – and strong connections – are incredibly important for our overall health and well-being.

## Getting started

1. Talk to a few of your neighbours on the street, and pick a date and time for your event. It can be any day between September 18-27.
2. Pick a location.
3. Register your event. Go to [glengower.ca/neighbour/](http://glengower.ca/neighbour/). We'll provide you with a lawn sign, plus design templates so you can create a flyer or poster.

## A few activity ideas

Bike parade • Sidewalk chalk drawing • Park clean-up • Potluck or BBQ • Coffee & donuts • Scavenger hunt • Help a neighbour with a chore • Pick-up basketball game • Water fight • Photo contest • Adults vs kids soccer game • Outdoor movie night • A small concert • Face painting • Outdoor board games • Yoga or tai chi • Line dancing • Paint night • Neighbourhood stories (walk or collecting and sharing) • Games like tug-o-war (street against street, kids versus adults) or musical chairs • Bottle collection to fundraise for a local charity • Non-perishable food drive for the Food Bank • Ice cream truck visit • Request a fire truck to visit • Ask a bird watching expert to do a talk about frequent flyers • Ask an expert gardener to do a walk / talk around the neighbourhood • Book exchange or plant swap

## Info & resources

We have more information posted at [glengower.ca/neighbour/](http://glengower.ca/neighbour/) or you can contact us at [glen.gower@ottawa.ca](mailto:glen.gower@ottawa.ca) or 613-580-2476.

We love letters! Email your thoughts to:  
[editor@ottawavoice.ca](mailto:editor@ottawavoice.ca)

Contact Glen with your questions and feedback.

613-580-2476 [glen.gower@ottawa.ca](mailto:glen.gower@ottawa.ca)  
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# Eastern energy investments benefit all Canadians

BRUCE FANJOY  
MEMBER OF PARLIAMENT  
FOR CARLETON

On Aug. 17, Prime Minister Mark Carney, alongside Quebec Premier Christine Fréchette, Newfoundland and Labrador Premier Tony Wakeham, and the CEOs of Hydro-Québec and Newfoundland and Labrador Hydro, announced the largest clean energy investment in North American history.

Canada’s future prosperity will depend on our ability to build more clean electricity, strengthen our critical mineral supply chains and create good jobs in communities across the country. That is why the agreement to unlock nearly \$70 billion in clean energy and infrastructure projects in Labrador is so significant.

At the heart of the agreement is the development of the Gull Island hydroelectric project, backed by a federal financing guarantee. The 2,700-mega-watt project is expected to come online in 2036-37 and would substantially increase the supply of reliable,

clean electricity available to Atlantic Canada and central Canada.

The agreement will also support major upgrades to the Churchill Falls Generating Station, increasing its capacity and extending the life of this important facility. New transmission infrastructure will connect these projects to Quebec and expand electricity capacity in Labrador, helping power homes while enabling new mining and critical mineral development.

Together, these projects will generate 14,000 megawatts of clean energy. This is enough power to satisfy the energy demands of every home in Toronto, Montreal and Vancouver combined, all the while supporting 23,000 jobs and contributing \$31 billion to Canada’s GDP through 2040.

It will also build critical clean energy infrastructure, helping support our goal of doubling the capacity of our electric grid by 2050.

The federal government is also referring the Labrador Trough Clean Power, Critical Minerals and Infrastructure Corridor to the major projects office for co-ordinated federal review. Nearly \$20 million in federal funding will support feasibility work for infrastructure needed to unlock further mining investment.

These investments build on several projects already receiving support through the federal First and Last Mile Fund, including transmission planning in Labrador West and infrastructure studies to expand the Port of Sept-Îles. Together, these projects will



BRUCE FANJOY

help move Canadian resources to markets while creating opportunities for workers, communities and Indigenous partners.

Most importantly, the agreement between Hydro-Québec and Newfoundland and Labrador Hydro replaces the historic 1969 Churchill Falls contract with a new long-term partnership. It provides a foundation for both provinces to benefit from abundant, reliable clean power while supporting economic growth in Labrador.

Canada is entering a period of rapidly growing electricity demand. We need to build the generation and transmission infrastructure required to power new homes, businesses and industries while strengthening our economic sovereignty.

The projects announced in Labrador demonstrate what is possible when governments, Indigenous communities and industry work together to build for the future. They represent a major investment in clean energy, critical minerals and Canadian jobs.

If you have any questions about the recent announcement please reach out to my office at [bruce.fanjoy@parl.gc.ca](mailto:bruce.fanjoy@parl.gc.ca) or 613-692-7900 and we would be happy to provide more information.

Your

# COMMUNITY VOICE

Your Community Newspaper

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# New approach to calm traffic around schools

Pilot project will temporarily close some Rideau-Vanier roads at dropoff, pickup times

BY DELANEY SMITH

As Ottawa prepares to launch a School Streets pilot project this fall, two west-end councillors agree that improving safety around schools is a priority but differ on the right solutions for suburban communities.

The city's pilot, introduced by Rideau-Vanier Coun. Stéphanie Plante, will temporarily close roads outside Hopewell Avenue Public School, Devonshire Community Public School and Trille-des-Bois elementary school during morning dropoff and afternoon pickup times. The goal is to reduce

vehicle traffic around schools and encourage active transportation, which is expected to result in safer spaces for students walking and cycling to school.

Stittsville Coun. Glen Gower said he supports the pilot and believes it could work in his ward under the right conditions.

"I was glad city staff looked into this, and I was glad with the recommendations as well," Gower said. "I think it's a good program."

However, he said any future School Streets location would need strong support from the local school community.

"It's not something that I would want to impose on a school, but if it's something that a school community wants to explore and wants to try out, that would be what we would need."

Gower said school zones remain one of the biggest traffic safety concerns in Stittsville



File photo

If a School Streets pilot project in Rideau-Vanier ward is successful, schools such as Stittsville Public could be added one day, if the school community supports the idea. The pilot will see streets adjacent to three schools closed during peak dropoff and pickup times.

and across Ottawa.

"We just have far too many vehicles in school zones when kids are being dropped off or picked up for it to be safe," he said.

"The real problem is we just have far too many cars going through school zones."

He said the city should consider factors such as traffic

patterns, transit routes and community support before expanding the pilot. While he said a school like Holy Spirit Catholic School on Stittsville Main Street would likely not be suitable because of its location on a major corridor, quieter streets such as those near Stittsville Public School might be better candidates.

No schools in Stittsville have been identified for future phases of the program, but Gower encouraged interested parents, teachers and school staff to contact him if they would like their school considered.

Kanata South Coun. Allan Hubley also said school safety remains a priority but questioned whether the School Streets model would work in most suburban neighbourhoods.

"I am always looking for ways to improve safety in our community, especially in school zones," Hubley said in a statement.

He pointed to speed cushions scheduled to be installed at several school zones this fall, funded through provincial support, as a measure he believes will help slow traffic.

While Hubley said he supports Plante's efforts to introduce the pilot in her ward, he said road closures would

be difficult to implement in Kanata South because many neighbourhood streets do not have alternate routes.

"Closing McCurdy, McKittrick, Steeplechase or Stonehaven for any period of time to all traffic would create more issues than it might solve," he said.

"Unlike downtown, there are no alternative routes to these streets that we can direct traffic towards."

Hubley said he believes targeting dangerous driving, through enforcement, will have a greater impact on school safety.

He highlighted the Ottawa police district traffic unit, which focuses on speeding, aggressive driving and other traffic violations.

"The bottom line is that there are a few dangerous drivers who continue to create unsafe conditions and need to be caught," he said.

smit2195@algonquinlive.com

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# Pickleball players paddle for two good causes

Sept. 9 tournament marks end of season in Stittsville and Kanata

## KANATA STITTSVILLE PICKLEBALL

Kanata Stittsville Pickleball hosts its fourth annual end-of-season tournament on Wednesday, Sept. 9.

It will be a fundraiser for CHEO and a collection of non-perishable food items and toiletries for the Kanata Food Cupboard.

Our tournament has grown from 40 registrations in 2023 to 84 registrations in 2026. It is a 55-plus mixed doubles seniors tournament and is held at six different locations in the Kanata-Stittsville area.

Our goal has been to raise money through the \$20

registration fees and through the sale of raffle tickets. We are seeking donations for our raffle, be it a monetary donation or a gift prize for the draw.

Anyone is interested in making a donation, please contact Richard Chauvin or Lori Ciaralli at [kanata.stittsville.pb@gmail.com](mailto:kanata.stittsville.pb@gmail.com).

All proceeds from the draw will be donated to CHEO.

If you wish to make a donation to the Kanata Food Cupboard, you may do so by dropping off monetary donations or non-perishables and toiletries at Howard McGuire Park in Stittsville, 560 Parade Dr., on the morning of Sept. 9.



Kanata Stittsville Pickleball players at the 2025 end-of-year tournament. The club's membership continues to grow and they'll be playing in six locations around Kanata and Stittsville on Sept. 9

Photo provided



Sunday, September 13  
from 1:00-3:00 p.m.

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Nevil Hunt photo

The Royal Canadian Legion is celebrating its 100th year in 2026, and Legion halls across the country have been hosting parties to mark the occasion. The Stittsville Legion hosted a party all day on Aug. 16, with live music during the daytime and a dinner in the evening. Above, past-president Michael Ostafichuk, left, and president Garth Lee were on hand to welcome guests. For information about the Stittsville Legion and the opportunity to join for free during the centennial, visit [rcl618.ca](http://rcl618.ca).

## Discover something new at Kanata Expo 55+

### COMMUNITY VOICE STAFF

The annual Kanata Expo 55+ takes place on Thursday, Sept. 3 from 1 to 4 p.m. at the Mlacak Centre, 2500 Campeau Drive.

Kanata North Coun. Cathy Curry hosts the community event to bring together seniors and local organizations

to showcase the wide range of programs, services and resources available to older adults in Kanata.

It's an opportunity to learn about health, wellness, recreation and social services, while connecting with community organizations and meeting others.

With roughly 200 attendees each year, the expo has proven to be a valuable event for both residents and participating agencies, fostering community connections and highlighting the many supports available to help seniors stay active, informed and engaged.

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# Hearing Health is Brain Health

By: Sean Lennox, Doctor of Audiology and Audiologist.  
AuD. MSc. BSc., Bright Hearing and Tinnitus Centre

***"I think I will just wait; I mean I have lived with this hearing loss for so long what is the big deal?"***

This is a refrain used by some people looking to get out of our office after we recommend hearing aids. The long-term consequences of untreated hearing loss are sometimes overlooked and underestimated by those noticing a hearing problem.

## 4 Controllable Keys to Optimizing Brain Function

There are four keys to maintaining your brain health that are within our control, these include: social engagement, dance/music appreciation, and exercise. The fourth and final key is optimizing your hearing as much as possible. Hearing health is brain health.

## Hearing Loss and Social Engagement

Have you ever felt exhausted after a night out with friends or family? When you have a hearing impairment it is much more difficult to filter out background noise and focus on a conversation. The effort level to communicate becomes straining and listening fatigue sets in. This mental strain causes many people with hearing loss to stop going out and engaging socially, which may begin to negatively affect overall mental health leading to social anxiety and depression. The good news is, that hearing aids help, and are withing your control! Hearing aids will help relieve listening effort, and help you to hear better in noise. They help to keep your brain active, and it is often reported that they improve quality of life.

## Hearing Loss and Cognitive Functioning

Hearing loss affects your cognition and memory. It is exceedingly difficult to understand and remember something you are not hearing properly. You ask for many repetitions but still cannot get that last digit or understand a name. Your ability to process information through hearing slows as you try to piece the puzzle together and you can get lost during a conversation. Hearing loss in real-time slows down your processing speed, limits your short-term memory which leads to poor long-term memory recall. What some people don't realize is that hearing aids are less visible to others than your hearing loss is.

## Auditory Deprivation: Long-term Effects of Hearing Loss

Auditory deprivation is the lack of stimulation to our brain resulting from a hearing loss. Hearing loss at the end of the day is an information loss meaning you are picking up less and activating your brain much less than a person with normal hearing. The current line of thought regarding hearing loss and probability of all-cause dementia is a lack of auditory stimulation or use of neural pathways leads to a degradation of those same pathways. When it comes to our brain it really is use it or lose it. Research by Lin et al (2011 and 2013) found that your probability of all-cause dementia is 3-5 times higher if you have an untreated moderate to severe hearing impairment. Hearing better is not just going to help you right now, but it helps you control a rather significant risk factor in protecting your long-term brain health.

Take control of your hearing health today by contacting Bright Hearing and Tinnitus Centre today at 613-270-3013 or visit our website to book online at [brighthouse.ca](http://brighthouse.ca).

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**Hearing Health is Brain Health.**

# Wrestler shares Olympic memories

## COMMUNITY VOICE STAFF

Stittsville Olympian Erica Wiebe marked 10 years since her gold-medal performance by stopping in her hometown for some celebrations on Aug. 15.

She met hundreds of residents – young and old – inside the gymnasium at the CardelRec Complex that bears her name.

An early afternoon session brought her back to the mats, and she ran a wrestling clinic for young rookies.

She was later introduced by Coun. Glen Gower, Mayor Mark Sutcliffe, MP Bruce Fanjoy and MPP George Derouze.

Today, Wiebe works at the Canadian Olympic Committee.

[editorial@ottawavoice.ca](mailto:editorial@ottawavoice.ca)



Chizzy Ufodike, 7, couldn't stop laughing during a fast-paced wrestling drill. Wiebe provided encouragement to many kids who were trying the sport for the first time.



Nevil Hunt photos

ABOVE: Wiebe sets up a boy for a drill on the mats inside the gym that bears her name.

BELOW: Some of Wiebe's medals she earned in wrestling, from high school to the Olympics.



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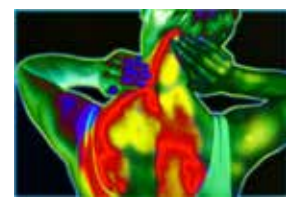
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# On the buses: Seniors' group grapples with 'dramatic' rise in fuel prices

BY DEREK DUNN

An organization dedicated to the wellbeing of seniors may have to cancel travel events that don't come close to selling out, all due to the recent spike in fuel prices.

The Kanata Seniors Council hires a company to bus participants to baseball games, theatre plays and the recent puppet festival in Almonte. It does about three to five outings per month. But according to Mike McMahon of the council's travel and lifestyle team, the bus carrier has recently included a diesel fuel surcharge which marks a 22.4 per cent increase; that spike is passed onto passengers.

"That's pretty dramatic," McMahon said. "Over the last couple of years diesel had gone up a little. But it has gone up dramatically this year."

A disruption in oil shipping from the Middle East is to

blame.

While the organization hasn't scaled back on events just yet, that day may come. McMahon said that in the past, they would go ahead with a trip such as that to Almonte regardless of how many people signed up. Now he has to pay close attention to the numbers. "We need to keep an eye on participation rates," he said.

If it costs \$30 per person to attend the puppet festival – which includes travel and a \$25 ticket – the whole thing could be cancelled if only 20 of 40 people climb aboard. He doesn't want to see that happen.

"Our mandate is to provide an environment where seniors can get out and make new friends," he said. "Many seniors feel isolated and stay at home. This offers something different and interesting. They start seeing the same people and build up friendships."

However, ensuring the events are affordable to all income levels is also important.

"It becomes an economic strain on people when we want everyone to have these experiences."

Revenue is generated from the organization's cafe, corporate sponsors and area councillors' offices.

"Cathy Curry has been a fantastic sponsor of ours," he said of the Kanata North councillor.

Still, there is a noticeable strain felt at the council, which is known for "seniors helping seniors" with computer training, offering health seminars and medical clinics.

Anyone living inside or outside Kanata can participate in the travel. Membership is completely free, and you do not need to be a member to join the activities. Every person who signs up for the free e-newsletter helps secure more

corporate sponsorship.

September will be a special time. Kanata Seniors Council celebrates its 30th anniversary with a gala event. Then, on Saturday, Oct. 17, they will hold a health fair. McMahon is keen on that one.

"It's such a good thing for the community," he said. "It had such a good turnout the last two years."

Whether it's a lunch before a matinee at the Ron Maslin Playhouse, an OCTranspo information session geared specifically to seniors, or a simple chilli dinner among new friends, the events tend to prove impactful for seniors and McMahon's team of 15 volunteers.

"It's a wonderful group to work with," he said. "At almost every event, some senior will come up to one of us and say how important it is in their lives."

derek@ottawavoice.ca



Kanata Seniors Council photo

Among the many recent travel events organized by Kanata Seniors Council is an Ottawa Titans baseball game, where the travellers met the team mascot, Cappy.



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Photo provided

The Grassroots Grannies will head out for a long cycling trip on Sept. 2, raising funds for the Stephen Lewis Foundation for the 17th year.

## Grannies welcome riders, donations

### COMMUNITY VOICE STAFF

The Grassroots Grannies are ready to roll, holding a fundraiser for the Stephen Lewis Foundation called the Ride to Turn the Tide.

It will be held Sept. 2, starting and finishing at the Bushtukah store, 5607 Hazeldean Rd.

The fundraising for the grandmothers in Sub-Saharan Africa is as important as ever as the fight to end HIV-AIDS is not over. Decades of progress in this area is at risk due to global funding cuts.

The Grandmothers to Grandmothers Campaign not only raises funds but also educates and advocates for

human rights, health and social justice.

People who have registered will either cycle 50 or 80 kilometres, rain or shine! This is the 17th year for the cycling fundraiser, and over the past 16 years the Grannies have raised \$1,037,474 though the Ride to Turn the Tide alone.

In order to participate in the ride:

- register by contacting Stella Val at stella-val@rogers.com. There is a registration fee of \$50.
- safe cyclists of any age who can cover the distance are welcome to participate and e-bikes are permitted.
- participants are expected to set up a fundraising page through a link that will be provided, and to ask friends and family for donations.

### DONATIONS

The public is invited to donate to the Stephen Lewis Foundation by going to the Grassroot Grannies website at grassrootgrannies.com and clicking the link for "Events."

editorial@ottawavoice.ca



Nevil Hunt photo

The cast of *Rough Crossings* between rehearsals at the Ron Maslin Playhouse. From left they are Dave McIntyre, Favour Shittu, Kane O'Donnell, Sarah Hegger, Shawn Ancil and Chisholm Pothier. *Rough Crossings* opens the Kanata Theatre's 58th season on Sept. 9.

## Theatre cast all at sea for season's opener

### BY NEVIL HUNT

It's full steam ahead for the Kanata Theatre, and you're invited to embark on season 58. The ship departs on Sept. 9, bound for New York City.

*Rough Crossing* promises "laughter, romance and delightful chaos."

The play, by British playwright Tom Stoppard, takes place on a trans-Atlantic liner in the 1930s, bound for New York. On board, frantic actors and writers try to finish a play before their arrival.

"There's singing, dancing and comedy," said director Rob Johnstone.

The play within a play incorporates mistaken identity and over-the-top jokes, he added.

"It hinges on miscommunication – or was it? They are rehearsing the play and the stakes start to get higher and higher. It's really a lot of fun."

Johnstone said that being

based in the 1930s, *Rough Crossing* is very much "a loving tribute to the Golden Age of Cinema."

It's not his first time directing at the Kanata Theatre but Johnstone has spent most the last few decades acting instead of being in charge

**"It hinges on miscommunication – or was it?"**

*Rob Johnstone*

of other actors. He said he read *Rough Crossing* when it first came out in 1984, and submitted it many times, hoping the Kanata Theatre would take it on. He eventually gave up.

But after all those years, he said he put it forward once again "as a kind of lark."

"And they loved it."

Johnstone is working alongside his very experienced father-in-law, Jim Holmes, in setting the direction.

The cast includes one female and five male actors.

"They all have really terrific experience," Johnstone said, adding that there was great interest within the city's acting community. "In the auditions, we could have cast four times over and still had some left over. There were a lot of strong people (auditioning)."

He suggested that the plot of *Rough Crossing* is somewhat complex, and suggests it may be best for age 12 and up.

*Rough Crossings* will be performed at the Kanata Theatre on the Ron Maslin Playhouse stage from Sept. 9 to 19, with a matinee on Sunday, Sept. 13 at 2:30 p.m.

For tickets, visit kanatatheatre.ca, where you can also purchase tickets for the complete 58th season.

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# 9 candidates vying for Stittsville's council seat

City election day is Oct. 26

BY NEVIL HUNT

The next municipal election is scheduled for Oct. 26. Eligible electors will have the opportunity to vote for their choice of mayor, city councillor and school board trustee.

The nomination period has now closed and this issue of Your Community Voice includes profiles of the city council candidates who will appear on the Stittsville ballot.

Future editions will feature one-on-one interviews with the council candidates, as well as profiles of the seven candidates for mayor.

## THE ELECTION

There will be six in-person opportunities for electors to cast their ballot:

- special advance voting days from Oct. 1 to Oct. 4
- advance voting day on Oct. 16
- voting day on Oct. 26

Electors will also have the option to vote by proxy or by special mail-in ballot.

For official voter

information, visit [ottawa.ca](http://ottawa.ca) and search for "Information for voters."

In addition to the profiles in this issue, Your Community Voice will publish one-on-one interviews with the city council candidates prior to the Oct. 26 municipal election. We will also profile the candidates for mayor.

## HEAR THE CANDIDATES ON SEPT. 17

The council candidates have been invited to speak and answer questions at Stittsville United Church, 6255 Fernbank Rd., on Thursday, Sept. 17 at 7 p.m. We will have all the details in the Sept. 10 issue.

Moderator Stittsville Village Association president Deanna Paolucci

## STITTSVILLE

The current, two-term city councillor in Stittsville ward is Glen Gower, who is not seeking re-election. Profiles of the council candidates are presented here in random order.



**MARIE-ANGE YINDAKI AHINFUL**

### 1. Why are you running?

I am running because I believe Stittsville deserves leadership that listens, brings people together and puts residents first.

As a mother, community advocate and founder of Leading Ladies Canada, I have seen what can happen when people feel heard and empowered to participate in their community. I want to bring that same approach to city hall: accessible, collaborative leadership focused on practical solutions and ensuring every voice has an opportunity to be heard.

### 2. What past experience and/or education do you have that will help you serve as a city councillor?

My experience has centred on leadership, community engagement, advocacy and building relationships.

Through Leading Ladies Canada, I have worked to create opportunities for women and families, organize community initiatives and connect people with resources and one another. These experiences

have taught me how to listen to different perspectives, identify needs, mobilize people around common goals and turn ideas into action.

As a mother, I also understand firsthand many of the everyday concerns families face and the importance of building communities where people can thrive.

### 3. What are the most important municipal issues for Stittsville residents?

Stittsville is growing quickly, and our infrastructure and services must keep pace. Residents are concerned about responsible development, traffic and road safety, public transit, infrastructure, access to recreation and community services, and protecting the quality of life that makes Stittsville special.

Affordability is also affecting families, seniors and young people. Growth should be well planned, sustainable and supported by the services residents need.

### 4. City councillors must build consensus among their peers and must compromise on some decisions. Can you provide any examples of situations you have dealt with that demonstrate these abilities?

My community work regularly brings together people with different backgrounds, priorities and perspectives.

Through Leading Ladies Canada and other community initiatives, I have learned that consensus begins with listening. I focus on identifying what people have in common rather than beginning with where they disagree.

There have been times when I have adjusted plans or my own approach after hearing concerns from others. For me, compromise does not mean abandoning your values; it means being willing to find a practical path forward that serves the broader community.

### 5. Where can voters find more information about you, and how can they contact you with questions?

Voters can learn more about my campaign and upcoming community activities through my campaign website at [marieangeahinful.ca](http://marieangeahinful.ca).



**TANYA HEIN**

### 1. Why are you running?

I have been part of Stittsville's advocacy story for almost 21 years, and I want to channel that energy into serving Stittsville in the more focused context of city council.

This term is going to be full of big changes and tough decisions. My combination of practical experience, skills and enthusiasm is the right

mix to effectively represent Stittsville.

I know the challenges of raising a family and running a business here. I am familiar with city hall, its processes and how decisions can be influenced and moved forward. Mostly, I feel like I have a strong connection with Stittsville residents and a solid grasp on the community's issues. I want to help.

### 2. What past experience and/or education do you have that will help you serve as a city councillor?

My professional and education background spans print journalism, office administration, legislative analysis and legal services.

I am a frequent observer of city council and committees, and have presented as a delegation multiple times.

I started volunteering with the Stittsville Village Association in 2010 and spent several years as president. It was a tremendous opportunity to learn about municipal governance. I still actively monitor planning and development issues and work alongside other residents to try to get our concerns heard and addressed. It's an uphill battle, but one worth pursuing.

### 3. What are the most important municipal issues for Stittsville residents?

Mobility, money and meeting needs.

Everyone knows Stittsville's commuting and even local travel challenges. Huge new developments are meant

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## FROM OPPOSITE PAGE

to rely on transit capacity we simply don't have, commuting can take hours, and active transportation routes are scarce and disconnected.

Citywide, spending has to be mindful and balanced, with an eye to transparency, accountability and affordability.

Locally, many Stittsville businesses are struggling. Investment in streamlined administrative processes, unbundled city procurement contracts, dedicated support staff and investment in the public realm can help boost business.

Stittsville is growing in a way it never has before. We are seeing rapid, dense development, but supporting infrastructure and services are years behind. We need more timely provision of both and to ensure that existing resources are maintained and needs are met.

*4. City councillors must build consensus among their peers and must compromise on some decisions. Can you provide any examples of situations you have dealt with that demonstrate these abilities?*

I work as a paralegal, largely in landlord and tenant disputes, so advocacy, building consensus and working on compromise are daily occurrences.

I have training in alternative dispute resolution. The best resolution in most situations is often one that meets as many needs on all sides as possible but also leaves everyone a little unsatisfied.

Similarly, I have also spent decades serving and in leadership positions on local community associations, school councils and not-for-profit or charitable boards of directors.

*5. Where can voters find more information about you, and how can they contact you with questions?*

My website is [VoteTanya.ca](http://VoteTanya.ca), email [Tanya@VoteTanya.ca](mailto:Tanya@VoteTanya.ca) or phone/text 343-202-8261.



KEVIN HUA

*1. Why are you running?*

Stittsville is facing many challenges at a critical stage in its development that will likely define how our community will look in many years to come.

I believe my vision for Stittsville can help our community to navigate these challenges and allow us to further build on making Stittsville an even greater community to live in.

Furthermore, I want to give back to the community that raised me and has given me so much by serving and representing it at city council, advocating and fighting for its interests and needs.

*2. What past experience and/or education do you have that will help you serve as a city councillor?*

My background is largely in public policy, where I've worked in the federal public service for multiple years in various departments including Environment and Climate Change Canada, Crown-Indigenous Relations and Northern Affairs Canada, and Service Canada.

I also hold a bachelor of public affairs and policy management and a masters of public policy and administration from Carleton University. Additionally, the leadership and organization skills I cultivated in my time with West Side Pride will help me to provide robust and engaged representation for Stittsville at city council.

*3. What are the most*

*important municipal issues for Stittsville residents?*

Prior to this election, I conducted a listening tour in the community, meeting with numerous community groups and individual residents to discuss priorities and issues in the community for the municipal election.

From those conversations, I identified transit, community planning and road safety as the top concerns for our community.

This is why my campaign has put these three issues as priorities in my vision for Stittsville, where I am pushing for a bus station for Stittsville on transit, a community design plan for Hazeldean Road on community planning, and a vision zero action plan for Ottawa on road safety.

More importantly, all three of these issues reflect the challenge we've had in having city planning of infrastructure and service keep pace with our growth.

*4. City councillors must build consensus among their peers and must compromise on some decisions. Can you provide any examples of situations you have dealt with that demonstrate these abilities?*

When I was on the board of West Side Pride, we had to sometimes navigate contentious issues and matters that divided the board. We worked to resolve these disagreements through compromise that all could accept, trying to come to a unified consensus on all our decisions as a board.

I've always preferred reaching decisions by consensus whenever possible, working through co-operation to achieve goals, and I am prepared to work with whoever is elected to city council and as mayor to further the interests of Stittsville and Ottawa.

*5. Where can voters find more information about you, and how can they contact you with questions?*

On my website, [kevinhua.ca](http://kevinhua.ca).

ca, by email: [kevin@kevinhua.ca](mailto:kevin@kevinhua.ca). Also by phone at 613-859-5380.



DEVIN O'BRIEN

*1. Why are you running?*

You already know who I am. I'm Devin from Devin's Hidden Shop. I built a platform with 1.5 million views right here in the Ottawa Valley, but my roots in this city go back to the potato famine – before Canada was even a country.

*2. What past experience and/or education do you have that will help you serve as a city councillor?*

My first job was delivering the local paper to the Stittsville trailer park when I was six years old. I've worked at the Glen. I've run my shop in the flea market.

I served on the Stittsville Village Association board, helped run the Christmas parade, and founded the local infrastructure coalition because I was sick of watching our neighbourhoods get ignored. I have the university degrees in history, business and project management to handle the bureaucracy, but my boots are on the ground.

*3. What are the most important municipal issues for Stittsville residents?*

Right now, Stittsville isn't getting her fair share. We are sick of footing the bill for the LRT disaster and backroom deals for Lansdowne 2.0.

We need a councillor who owes absolutely nothing to

the developers or the downtown political machine, and everything to the people of Stittsville ward.

Infrastructure before density: I will say no to skyscrapers in Stittsville. We do not accept one more high-density development without the roads to support it.

Fixing our streets: I will fill every darn pothole in the ward. I am demanding three extra teams dedicated solely to Stittsville potholes, and one team exclusively assigned to removing wild parsnip from our public lands.

Protecting our community: I will secure a new Stittsville fire truck. The Kanata-Stittsville Health Hub cannot stall – I am making it my top-tier priority. I will protect our library funding, prioritize community centre renovations and actively promote Stittsville for local tourism and business.

Transit equity: I will vote to cap bus fares and secure extra express buses. I will demand dedicated bus services so our seniors can get to church, the mosque and the local markets. And I will demand a hard freeze on Stittsville property taxes funding OC Transpo until they fix the "ghost buses" and stop slashing our off-peak routes to pay for free transit downtown.

*4. City councillors must build consensus among their peers and must compromise on some decisions. Can you provide any examples of situations you have dealt with that demonstrate these abilities?*

My godfather is my cousin, former archbishop Brendan O'Brien, and my sense of morality and right and wrong was shaped by him.

Stittsville needs its culture and tourism promoted. As I have reached 1.5 million views on my videos and am recognized at all the coffee shops from my Pokemon and anime videos, think of how good I would be for tourism and business.

At the end of the day, I will only serve one term. I will do

it for the moms in Stittsville, who I owe all my sales to (70 per cent of my customers were Stittsville moms). Then I will go back to being extremely successful in business.

Throw me in the ring. Also, Stittsville is not for sale, Minto. And Stittsville has a culture, Mr. Gower.

*5. Where can voters find more information about you, and how can they contact you with questions?*

My email address is [devobrien48@gmail.com](mailto:devobrien48@gmail.com).



PAUL MEEK

*1. Why are you running?*

I am running as I want to give back to Stittsville.

I am a strong believer in public service and feel this is the ideal time for me to contribute to this community that has given so much to me and my family. I believe strong communities are built by people who care, get involved and work together.

Throughout my 24 years of living in Stittsville, I've been fortunate to volunteer with numerous organizations, fundraising initiatives, charities and community events. Those experiences have given me a deep appreciation for what it takes for a community to grow, thrive and remain a great place to call home.

*2. What past experience and/or education do you have that will help you serve as a city councillor?*

**FROM PAGE 17**

I have a bachelor of commerce degree with a major in human resources from Saint Mary's University. This education, combined with my early career in financial services and founding/operating two local businesses gives me a strong perspective on ensuring people are heard and respected while prioritizing responsible budgeting for required services.

**3. What are the most important municipal issues for Stittsville residents?**

From what I have heard at the front doors in Stittsville, I feel the most important issues are:

**Affordability:** I want to ensure that Stittsville residents receive good value for the municipal services they fund.

**Safety:** I am committed to making safety a priority in every Stittsville neighbourhood, with practical solutions for safer streets and communities.

**Better services:** I want to ensure that infrastructure and city services keep pace with Stittsville's growth, including roads, transit, parks, trails, recreation spaces and sports facilities.

**4. City councillors must build consensus among their peers and must compromise on some decisions. Can you provide any examples of situations you have dealt with that demonstrate these abilities?**

In regard to building consensus, this practice was a fairly regular occurrence both from my time as president and owner of Kichesippi Beer Company and with my time as a board member with the Bells Corners Business Improvement Area.

In both environments, building consensus is best achieved by open conversation, regardless if it is a business meeting, planning a community event or working on a long term strategic plan for the organization.

**5. Where can voters find more information about you, and how can they contact you with questions?**

At [paulmeek.ca](mailto:paulmeek.ca), email [hello@paulmeek.ca](mailto:hello@paulmeek.ca), text or phone 343-297-6057.



**SHEETAL NARWAL**

**1. Why are you running?**

I'm running because I looked at what this job requires and what I've spent my life doing.

Council maintains the municipality's financial integrity. I've built, defended and cut real budgets.

Council ensures accountability and transparency in city operations. That's 20 years of my career; I was the one whose name was on it.

Council decides which services get delivered and puts controls in place to make those decisions stick. I ran a Canadian security company as CEO. The payroll, the budget, the teams – every hard call was mine.

Council represents the public and considers the wellbeing of this place.

I walk Hazeldean most mornings. I see new builds in Blackstone, Edenwyld and Fernbank, and roads built for half the community living on them.

That isn't a pitch. It's the basic job description and it's my resumé. You don't learn that on the job. You bring it.

I know this can be fixed. That's why I'm running: to hold our system to the standard you're held to at your own job.

**2. What past experience and/or education do you have that will help you serve as a city councillor?**

I hold a bachelor's and master's in computer science, and a certificate in wireless networking.

The experience that matters ranges from building datacenters to management, to eventually leading companies.

I led and scaled a security firm across multiple provinces and created jobs doing it: negotiating contracts, managing partners, delivering for clients who couldn't afford a failure, built cybersecurity and risk programs for organizations.

At Ontario Health I have managed teams, defended budgets and managed moving critical systems our hospitals depend on. As a former board director at YWCA Durham, I supported initiatives that empower women, promote equity and strengthen families and neighbourhoods.

All this combined will help me serve.

**3. What are the most important municipal issues for Stittsville residents?**

(a) Traffic and transit: We grew. The roads didn't. Build infrastructure with development, not a decade after.

(b) Safe, liveable neighbourhoods: Sidewalks, crossings, traffic calming, policing, recreation.

(c) Value for our taxes: Stittsville is a higher-contributing ward. We should see that in our services.

**4. City councillors must build consensus among their peers and must compromise on some decisions. Can you provide any examples of situations you have dealt with that demonstrate these abilities?**

As CEO, a client needed a secured solution on a timeline my team called unsafe. I couldn't order either side to move.

So we negotiated. I showed the client the risk in their terms and heard what my team needed. We landed on

the secure approach and I put more people on it to make the date work.

It cost me more than I'd planned in manpower. But they kept the deadline and we kept the standard that mattered.

I've also lost arguments and made the winning option succeed anyway. Disagree honestly, then commit.

**5. Where can voters find more information about you, and how can they contact you with questions?**

At [www.sheetalnarwal.ca](http://www.sheetalnarwal.ca).



**MANI SHARMA**

**1. Why are you running?**

I am a software engineer by profession and come from a farming background, so hard work and problem solving are part of who I am. Both taught me that when a problem arises, you listen, find a solution and get the job done.

I am running because Stittsville needs practical action on the issues residents are raising. I want to bring a solution-focused and accountable voice to council and build a better Stittsville together.

**2. What past experience and/or education do you have that will help you serve as a city councillor?**

My career in software engineering has taught me to analyze complex problems and develop practical solutions.

I have called Ottawa home since 2012 and have been living, working and contributing to this community for more

than a decade. I also ran for councillor in West Carleton-March ward in 2022, giving me firsthand experience with municipal issues.

I have served as vice-president of development and continue as a community director with a local community association. I have also served as president and director of not-for-profit and charitable organizations, and organized volunteer efforts supporting food banks and seniors.

Before moving to Ottawa, I worked in retirement homes and at a children's hospital in Winnipeg. These experiences taught me the importance of listening to seniors, families and vulnerable members of our community.

**3. What are the most important municipal issues for Stittsville residents?**

After nearly a year of research and conversations with residents, the message I hear most often is that housing development is moving faster than the infrastructure needed to support it. Stittsville needs roads, transit, schools and services to keep pace with growth. Traffic congestion and school crowding are clear concerns.

Growth is inevitable, but it must be managed responsibly so we protect the safe, close-knit community that makes Stittsville special.

**4. City councillors must build consensus among their peers and must compromise on some decisions. Can you provide any examples of situations you have dealt with that demonstrate these abilities?**

A strong example was the proposed Sprung Structure at Eagleson Road and Highway 417. I helped bring residents together and organize a rally where more than 500 people participated.

By bringing people together and presenting their concerns constructively, the city ultimately stepped back from that location.

As councillor, I want to take that approach further. I will

establish a community value engineering team, bringing together local residents, professionals, business owners and subject matter experts to help evaluate major community priorities and proposed projects.

I also plan to hold monthly town halls to hear concerns, provide updates and report back on actions taken. Residents should not simply be consulted after decisions are made. They should have a meaningful role in shaping our priorities.

**5. Where can voters find more information about you, and how can they contact you with questions?**

At [www.nagmanisharma.ca](http://www.nagmanisharma.ca) or by phone at 613-663-9292.



**CHELSEA WALTON**

**1. Why are you running?**

I'm running because I love Stittsville and care deeply about its future.

Like many families, I chose to raise my kids here because of our close-knit community, great schools, green spaces, trails and vibrant local businesses.

My passion for serving this community is backed by years of dedicated public service, from supporting families in social services to working directly inside city hall. That past experience fuels my desire to be a strong, effective advocate for our neighbourhood.

As Stittsville continues

**CONTINUED OPPOSITE**

## FROM OPPOSITE PAGE

to grow, I want residents to have an experienced, engaged voice that listens, understands municipal operations and advocates fiercely for our ward.

*2. What past experience and/or education do you have that will help you serve as a city councillor?*

My career has always been rooted in public service. I hold a bachelor of social work from Carleton University and a diploma in assaulted women's and children's counselling and advocacy from George Brown College.

I began my career in social services, working in affordable housing and supporting women and children escaping violence. Over the past eight years, I brought that community insight into municipal government, serving in two Ottawa councillors' offices, including right here in Stittsville, and delivering operational and program planning projects within traffic services in public works.

Combining community advocacy with operational experience gives me a complete view of city hall. I know how policies affect residents on the ground, and I know exactly how to navigate the bureaucracy to deliver practical results for our ward.

*3. What are the most important municipal issues for Stittsville residents?*

Our main challenge is ensuring infrastructure and services keep pace with rapid growth.

That requires reliable transit, reduced congestion, safer roads and smart investments in roads, sidewalks, pedestrian connections, cycling networks and pathways.

Equally essential is expanding the local amenities that define a thriving neighborhood, including vibrant parks, recreation, youth and senior programming, and access to health and social services. Stittsville residents deserve to know their priorities are being heard and acted on at city hall.

*4. City councillors must build consensus among their peers and must compromise on some decisions. Can you provide any examples of situations you have dealt with that demonstrate these abilities?*

Traffic calming is a clear example. Working both in councillors' offices and later within traffic services, I collaborated with residents, elected officials and city staff to address neighbourhood traffic safety concerns.

There was rarely one solution everyone agreed on. My role was to listen to different perspectives, understand technical and budget constraints, and work with everyone involved to find practical solutions. That experience taught me that consensus doesn't mean everyone gets everything they want. It means listening, finding common ground and moving toward a solution people can support.

*5. Where can voters find more information about you, and how can they contact you with questions?*

Visit [votechelsea.com](http://votechelsea.com) or at [info@votechelsea.com](mailto:info@votechelsea.com).



**THERESA QADRI**

*1. Why are you running?*

Stittsville has been Theresa Qadri's home for decades. As a wife, mother, grandmother, entrepreneur and community volunteer, she has dedicated her life to helping people, strengthening local organizations and building a community where everyone feels welcome, connected and

supported.

Theresa brings a unique combination of business, leadership and community experience. Her professional background includes human resources, corporate training, management, franchising, small business ownership, real estate and customer service leadership. Through these roles, she has gained practical experience working with employees, customers, families and business owners, giving her a strong understanding of the challenges and opportunities facing a growing community.

Theresa has been honoured as Retailer of the Year, recognized as a Canadian Woman Retailer of the Year, and her family business received the Goulbourn Business of the Year Award. As a successful real estate agent, she has also earned gold, platinum and master sales awards, reflecting her commitment to professionalism, service and results.

She believes the best leaders listen first, bring people together and focus on solutions rather than division. Known for her collaborative and people-first approach, she has spent years building relationships, creating partnerships, and helping others succeed.

Her volunteer record reflects that commitment. Theresa has served as chair of the Stittsville Food Bank, first female president of the Rotary Club of Stittsville, vice-chair of the Stittsville Village Association, treasurer of the Goulbourn Historical Society, and has supported numerous community organizations and initiatives. Through her leadership, she has helped strengthen community connections and support projects such as the W.J. Bell Rotary Peace Park.

Her contributions have been recognized with the Governor General's Sovereign Medal for Volunteers and the Communitas Award for Excellence in Community Service and Social Responsibility.

Today, Theresa is seeking the privilege of serving as

Stittsville's city councillor. She is committed to responsible growth, strong neighbourhoods, thriving local businesses and ensuring residents have a strong voice in the decisions that shape Stittsville's future.

Her promise is simple: listen, collaborate, and deliver. Because leadership is about service, and every resident deserves to be heard, respected and represented.

*2. What past experience and/or education do you have that will help you serve as a city councillor?*

Retail management, effective communications (Cornell University), and Ontario Real

Estate College - licensed real estate agent.

*3. What are the most important municipal issues for Stittsville residents?*

Infrastructure.  
Transit.  
Safety.

*4. City councillors must build consensus among their peers and must compromise on some decisions. Can you provide any examples of situations you have dealt with that demonstrate these abilities?*

As chairperson of the Stittsville Food Bank, I worked with fellow directors to find room in a limited budget to provide school supplies

for families while protecting our core food programs.

By listening to different perspectives and building consensus, we reached a solution that supported both priorities.

The experience taught me the value of collaboration, compromise and finding solutions that work for everyone, which are skills I would bring to city council.

*5. Where can voters find more information about you, and how can they contact you with questions?*

Email [voteheresaq@gmail.com](mailto:voteheresaq@gmail.com), phone/text 613-620-0539, or visit [TheresaQadri.com](http://TheresaQadri.com).

## UPCOMING ISSUES



Publication Date ..... Advertising deadline

**Sept 10 ..... Sept 3**

**Sept 24 ..... Sept 17**

**October 8 ..... October 1**

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