

The Lindenleader

Newsletter of the Lindenlea Community Association

August 2021

Summer in Lindenlea



We hosted our first movie in the park on August 6th – a screening of **Raya and the Last Dragon**. This was a free event, but we did limit ticket numbers to ensure that we were able to stay distanced and watch the movie safely. Everyone had a great time and enjoyed the show!

We have also had a great time doing some outdoor art with kids in Lindenlea Park and we gave away free ice cream to celebrate national ice cream day. This summer we were able to run some outdoor classes including Tae Kwon Do, Yoga, Soccer for kids, and Nordic walking. It was nice to see our participants connect in person while exercising outdoors.

Tennis was also popular this year and our participants were able to book their court time with our new booking system. Thanks to our instructor Andrew Clark-Alfaro for helping our tennis members get better at the game. We are looking forward to Fall and plan to show another

movie in the park on September 10th. We also hope to run our annual pumpkin carving workshop in person again.

Follow us on social media or visit our website for more information on our events and activities.



If you have news or notices of local interest, contact our team at lindenleacommunitycentre@gmail.com.



The Lindenlea Community Association gratefully acknowledges the financial support of the City of Ottawa.

I ♥ Book Fair!



November 2021 will mark the 60th anniversary of Rockcliffe Park Public School's Book Fair and our theme is "I ♥ Book Fair"!

We will not be able to have our much loved in-person sale to mark this amazing achievement, but we're hard at work planning for different ways to celebrate. Due to continuing restrictions at RPPS, we will go VIRTUAL! The Book Fair Committee is hard at work and will share more on the plans to celebrate the 60th in the coming months, so please keep checking our website – rockcliffeparkbookfair.com.

Our Communications Team is putting together a 60th Anniversary presentation, both in print and video. We are interested in YOUR memories of Book Fair. Have you attended in the past? Have you volunteered? Did you or your parents attend RPPS and now have a child in the school? We are on the hunt for stories from Book Fair lovers – past and present! Contact Hart Shouldice (hartshouldice@gmail.com), Communications Team Leader, with memories, photos, and fun Book Fair tales.

We want to thank everyone who came out to our book drive in July. It was a great success! As soon as we can have access to our storage rooms inside the school, we will schedule another one.

Joni Hamlin
Chair, Rockcliffe Park Book Fair

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Save The Date!

The Lindenlea Community Association's Board of Directors will host its Annual General Meeting on October 21st at 7:30pm on Zoom.

We will be updating the community on what we accomplished this year, sharing our future plans and announcing our volunteer of the year award winners.

If you are interested in attending, please send an email to Seanna at lindenleacommunitycentre@gmail.com for the Zoom link.



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From Queen's Park

The place of our education system in our society has been highlighted in many ways during this pandemic. Education plays a bigger role than just teaching subject matter to our children and makes an impact beyond the classroom. Schools are not only spaces to learn, but spaces to make meaningful connections, develop thoughtful citizens, and spend time outside of the household.

Changes to our education system are long overdue and the pandemic has highlighted this further. We need a system that is responsive to the needs of our children to prepare for the reality of the world beyond graduation. We need honest education about our history, and we need to inspire students to build a better future. We need significant investment in infrastructure to create safe learning environments that allow students to thrive and reach their full potential.

Having four children, I have been passionate about education for 20 years. That is why, over the last few months, I have reached out to all our local school boards to stay informed of their current challenges. It has been very valuable to discuss how we can work together to create a safe return to school and improve our education system. I have also attended numerous parent protests to hear from the community directly on the difficult toll the pandemic has taken on parents and children.

Rest assured that I remain committed to putting pressure on the government to carry out a thorough plan for this academic year and beyond. The government has had long enough to learn from their past mistakes and children, parents, and education workers deserve to finally have peace of mind.

As always, thank you for doing your part in fighting COVID-19. My team remains available to help. Please feel free to give us a call at 613-744-4484 or send us an email at lcollard.mpp.co@liberal.ola.org.

Hon. Lucille Collard
MPP Ottawa-Vanier

From City Hall

Recognizing exceptional residents with the Order of Ottawa

Since 2012, I have had the honour of meeting and inducting 125 of Ottawa's most exceptional residents into the Order of Ottawa and awarding seven outstanding amateur coaches with the Brian Kilrea Award for Excellence in Coaching.

I established this prestigious civic award as a way to recognize residents who, through their extraordinary work and commitment, inspire those around them and help make our city a better place to live.



Photo: Order of Ottawa medals. (credit: City of Ottawa)

The Order of Ottawa, now in its tenth year, recognizes the professional achievements and outstanding service of exceptional Ottawa residents – those who have made significant contributions through their professional endeavours, to life in the city in any of the following areas: arts and culture, business, philanthropy, health care, education, public service, labour, communications and media, science, sports and entertainment and other fields that benefit Ottawa.

They are trailblazers in their fields and inspire others to become community builders as they give back to help build our city. They advocate for minority rights and the rights of women, for the equality and interests of Indigenous peoples, marginalized groups and for

LGBTQ+ rights. They are also champions for our Francophone community, and leaders in the areas of diversity and inclusion.

They have supported charities and fundraising campaigns and have improved the quality of life of our neighbours, colleagues, and friends. What is equally important is that they serve as exceptional role models for their fellow residents.

I invite you to think about the remarkable neighbours, friends and community leaders who have made a significant impact in your lives or the lives of those around you, and to recognize their contributions by nominating them for the Order of Ottawa or the Brian Kilrea Award for Excellence in Coaching.

To submit your nominations for either award, visit Ottawa.ca/OrderofOttawa. The deadline for nominations is Friday, September 10, 2021.

It is truly a privilege to recognize the accomplishments and contributions of these influential individuals who have gone above and beyond in their professional work, who enrich our communities and make a difference in the lives of others. I look forward to receiving your nominations for the 2021 cohort of the Order of Ottawa.

Mayor Jim Watson
City of Ottawa

Jim WATSON
Mayor • Maire

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☎ 613-580-2496
✉ jim.watson@ottawa.ca
📧 jimwatsonottawa.ca
📱 @JimWatsonOttawa

From Parliament Hill

Dear neighbours,

I hope you're doing well, enjoying the warm weather, and spending time outside with your families in these early weeks of summer as vaccinations ramp up, businesses safely reopen, and the warm weather sets in.

Over the past few months, my colleagues and I have been hard at work passing and debating important legislation in the House of Commons, including Budget 2021: a historic document which invests directly in Canadian families, communities, and in a green, inclusive, and feminist post-pandemic recovery.

At the same time, we adopted more ambitious targets for a clear path towards a prosperous net-zero economy by 2050 (Bill C-12), adopted the United Nations Declaration on the Rights of Indigenous Peoples Act (Bill C-15), and tabled legislation to modernize the Official Languages Act (Bill C-32). I was also very proud to see Prime Minister Justin Trudeau select Her Excellency the Right Honourable Mary Simon to be our next Governor General, and I trust that she will be an important voice today and in the future for reconciliation and justice.

Recently, I also had the pleasure of announcing important investments in our national capital region that will create new jobs, keep Canadians safe, and put Ottawa-Vanier on a path to a full recovery. Some of these announcements include, among others, the new High-Frequency Rail line connecting Quebec-City to Toronto with service to Ottawa; \$3.8 million for 16 infrastructure projects such as the Beacon Hill North Community Centre; and an additional \$4.4 million to extend Pathways to Recovery's Safer Supply Ottawa project, which will put more resources in place to reduce the risk of overdose and keep people safe.

Lastly, we have been working hard to accelerate our vaccination campaign and end this pandemic in Canada. With almost 79 per cent of eligible Canadians having received their first dose, and more than 57 per cent having also received their second dose, Canada is now a world leader in COVID-19 vaccinations – being

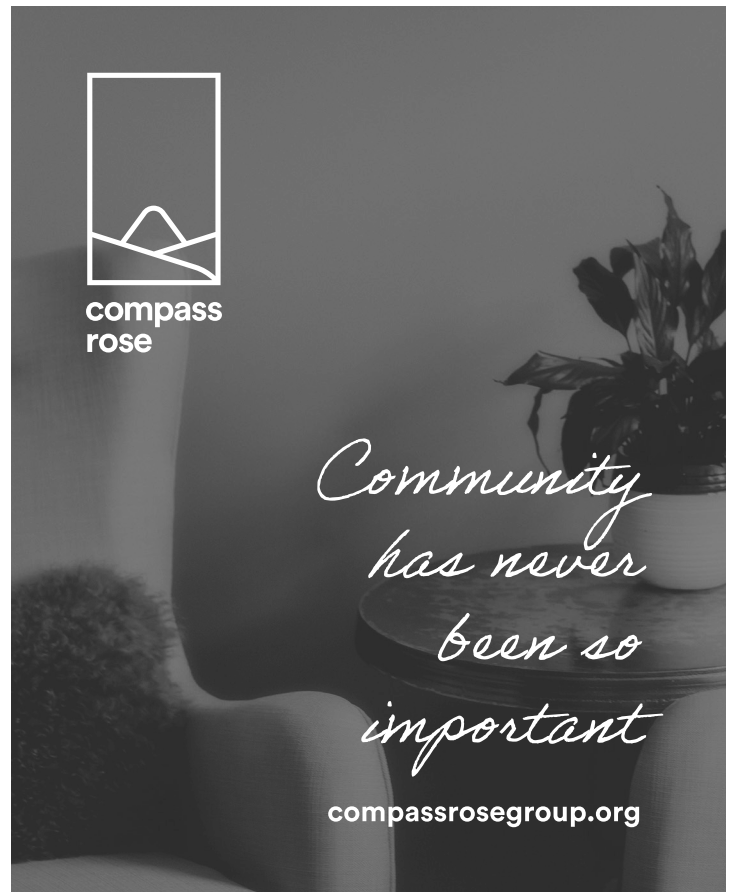
placed in the top two countries of the G20 for total doses administered. This is incredible progress and, as we get closer to the end of this pandemic, I encourage you to also get your vaccine if you're eligible so that you can protect yourself, your loved ones, and everyone around you.

As always, you can contact my office at 613-998-1860 or via email at mona.fortier@parl.gc.ca for assistance or information regarding government programs and services.

Stay safe, healthy, and enjoy the summer!

Warm regards,

Hon. Mona Fortier
Member of Parliament, Ottawa-Vanier



From the Councillor's Desk

I hope you are all enjoying your summers. As I write this, the City of Ottawa has surpassed the 80 per cent mark of adults with one dose of a COVID-19 vaccine, and nearly 70 per cent have their full two doses. This is a tremendous accomplishment for our city and our public health teams. It is so encouraging to see the increasingly low rate of new cases, with few to no new outbreaks.

Because of these impressive numbers, the State of Emergency has been lifted as of July 22. Important public health measures remain in place, and it is still important to remain cautious. That being said, we are seeing some normalcy return, and I am excited to reunite with you all in person very soon.

Finally, my role as City Councillor is, first and foremost, to represent the best interests of the residents of Rideau-Rockcliffe Ward. I have taken the time over the past few weeks to examine the hundreds of comments received

concerning the application for Manor Park Estates, along with visiting groups of numerous residents to directly listen to their concerns.

It is important to note that an Official Plan Amendment is one of the most complex planning scenarios that we can deal with at the City, as it seeks to change the municipality's Official Plan, which determines where new housing, industry, offices and shops will be located; what services like roads, water mains, sewers, parks and schools will be needed; when, and in what order, parts of the community will grow; along with community improvement initiatives.

In this situation, the change has been requested by a property owner, Manor Park Management, who owns a large swathe of land in Manor Park. A request for an amendment by a landowner is permissible under Ontario's planning process. It is important to note that the City is in receipt of the landowner's application, but that the City has not yet approved anything. We are in a process, and that process includes a technical review of the submission by City staff, along with continuing discussions with both the community and developer. In this instance, the developer has committed to listening to community input in order to reflect it in a revised version of their submission later this autumn.

I have developed a position paper to benefit both Ward residents and the developer by providing an outline of my impressions of the application, as currently proposed. It is important to note that my views are unencumbered as I have never, and will never, accept electoral donations from property developers. To read my full statement, please visit rideau-rockcliffe.ca.

As always, you can contact my office by calling 613-280-2483, or by emailing rideaurockcliffeward@ottawa.ca



Rawlson King

Councillor / Conseiller
Rideau-Rockcliffe



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www.rideau-rockcliffe.ca

Rawlson King
City Councillor, Rideau-Rockcliffe Ward 13

The Very Hungry Caterpillars

Lindenlea resident Anne Galipeau's plea to neighbours to help control the *Lymantria dispar dispar* (LDD) moth* caterpillars in area parks and greenspaces quickly grew into a grassroots movement spanning four neighbourhoods. LDD moths in the caterpillar stage eat leaves and needles of up to 500 species of trees, shrubs, and flowers. Our local tree canopy was in serious peril.

Residents sprang into action to adopt local trees, wrapping them in burlap, garden cloth, or tape, and working hard daily to remove and dispose of the many thousands of caterpillars before they could do their worst. Some residents even sucked up the caterpillars with shop vacs!

Later in the pest's life cycle, neighbours worked together to create and distribute moth traps throughout the



community. Homemade bottle and pan traps popped up everywhere and were amazingly effective at catching and drowning the male moths. Many residents reported seeing birds and small mammals hopping into pan traps to eat the dead moths: nature in action!

Of course, the female moths laid many eggs, which will begin to hatch in April 2022 – and we'll be ready! In late March, we can begin wrapping and monitoring our trees, and disposing of hatched caterpillars.

What can you do now? Look for eggs on tree trunks and limbs, on the ground, or at ground level on the walls of your house, in vehicle wheel wells, etc. You have two options: leave the egg masses until fall, when tiny parasitic wasps that lay their own eggs within the moth egg-masses complete their life cycle, reducing the number of moth eggs. You can also remove egg masses now: find tips on ensuring that no eggs escape at rockcliffepark.ca/environment-and-outdoor-spaces – go to “Invasive Species Control” and download some helpful hints from Iola Price.

In the meantime, please remove any remaining wrap from the trees. Soak the burlap or cloth in a bucket of soapy water for at least two days to kill any remaining pupae, moths, and eggs. Leave moth traps and lures in place until there are no more male moths flying around. **Regrettably, it seems the lures will be unavailable in 2022, so please don't throw them out!** Put them in a plastic bag and then put the bag in a jar in your freezer for possible re-use in 2022.

We're so thankful to Anne for her original call to arms, as well as to Rockcliffe Park resident Iola Price who provided such detailed information on control strategies and the moths' life cycle. Thanks also to New Edinburgh resident Tracey Clark who donated burlap sacks from the Bridgehead roastery. How wonderful to see our community come together to care for our trees.

*The Entomological Society of America has withdrawn the former common name “gypsy moth,” but hasn't yet adopted a new name.



Congrats, Miss Kerr!

Lindenlea resident Emma Kerr recently earned her 3rd Dan black belt in Tae Kwon Do following a two-hour physical test held via Zoom at the community centre. Emma started studying Tae Kwon Do under Master Haas at age six and has worked diligently for the past twelve years.

Though COVID slowed down training for many, Emma was dedicated in continuing her journey and attended virtual classes at the Tae E. Lee Main School on Carling Avenue in addition to her classes at the Lindenlea school. Emma not only studies hard, she has also become a great assistant instructor. We've been lucky to have her as part of our team.

Thanks to Master Taylor Haas, Ms. Alexandra Vincent, and all our Tae Kwon Do students for their ongoing support of our Lindenlea school. When the pandemic began, there were 40 Tae E. Lee branch schools in Ottawa; only five – including ours – have continued training via Zoom.

We're extremely proud of Emma's accomplishments and the accomplishments of all our Tae Kwon Do students and staff.

Seanna Kreager
General Manager



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Fall Programs at the Lindenlea Community Centre

To keep participants safe, we continue to run most of our classes online. Explore our wide variety of programming to suit your fitness needs. We appreciate everyone who has continued to support our community centre by attending our programs.

ADULT FITNESS CLASSES

The Fall class session runs from September 6 to October 31, with no classes on the Thanksgiving weekend. Individual class prices range from \$77 to \$104. Please visit our website for details.

All-Access Pass

Access to all our online adult fitness classes for the eight-week session. Nordic Walking and in-person classes are included, but you must register for them separately.

Price: \$240

You will receive a link to your class meetings before the session begins.

Light TMC & Core (Online)

Combine strength-training movements with balance and core exercises to improve muscular strength and mobility. This program uses body weight and light dumbbells.

Instructor: Michelle Elston
Mondays 9:00–10:00am

Balance & Stability (Online)

A workout designed to address the specific needs of older adults. We start with a warmup to increase the heart rate, including arm exercises to improve the range of upper-body movement. Using a chair for safety, we then practice balance positions interspersed with leg, core, and upper-body strengthening exercises. The relaxed atmosphere of this class allows participants to connect with other students and discuss the exercises.

Instructors: Michelle Elston and Marie-Lyne Desjardins
Mondays 10:15–11:15am
Wednesdays 10:15–11:15am

High Intensity Interval Training (Online)

Kick-start your day: this training technique focuses on quick, intense bursts of exercise followed by a short recovery period. This class is designed to introduce you to interval training and gradually build up your threshold to handle

more intensity over time. Increase your cardiovascular health and muscle endurance – and have fun while you're at it! Beginners welcome.

Instructor: Michelle Elston
Tuesdays 7:00–7:50am

Find Your Groove (Online)

Drills and thrills in the company of friends. We will warm up to mobilize the joints and muscles for the first 15 minutes. Then be ready for strength exercises that engage the whole body. The focus is on alignment, posture, and core stabilization. We finish the class with gentle stretching and relaxation.

Instructor: Louise Hannant
Tuesdays 9:00–10:00am

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Gentle Stretch (Online)

Nina will guide you through a variety of stretches designed to provide strength, and stability and better alignment. Each class finishes with a lovely relaxation period to leave you ready for your day. All levels welcome.

Instructor: Nina LePage
Tuesdays 10:15–11:15am

Mobility & Intro to Mindfulness (Online)

Improve your range of motion, focusing on alignment, and alleviate some everyday aches and pains. Through mindfulness we aim to decrease muscle tension and improve circulation with an introduction to breath work. Learn to turn off stress and worries, and deal with life's challenges in a calmer manner.

Instructor: Louise Hannant
Wednesdays 8:00–9:00am

Zumba Time (Online)

Zumba is a dance + fitness + cardio exercise that combines Latin music and a variety of movements to express yourself with the powerful rhythm. Feel the beat in an exhilarating experience that will make you feel full of energy and life.

Instructor: Sonia Arenas
Wednesdays 9:15–10:15am

Fitness Fusion (Online)

The focus is general conditioning and functional fitness. We'll start with an extended cardio warmup and move into mobility training for the muscles along the spine to prepare for a fusion of Pilates and core strength endurance exercises. We use a variety of breathing techniques and incorporate balance exercises. The class will finish with a stretch and relaxation period for tranquility of body and soul.

Instructor: Louise Hannant
Thursdays 9:00–10:00am

Nordic Walking – Beginner (Outdoors)

Learn how to use Nordic walking poles along fun routes in our neighbourhood, in a small, physically distanced group setting. The first two lessons focus on posture and form. We then start to add distance and pole exercises. These classes are geared to beginners. Space is limited. In the event of inclement weather, we will convene a replacement Zoom class.

Instructor: Nina LePage
Thursdays 10:30am–11:30am

Hatha Yoga (Outdoors)

This evening class focuses on breath, grounding poses, and deep relaxation to prepare you for the week!

Instructor: Nina LePage
Thursdays 6:30–7:30pm

Core and More (Online)

This class emphasizes strengthening core muscles, and mixes in a little something else, like Balance, Cardio, Lower- or Upper-Body exercises, to bring you a new challenge each week.

Instructor: Michelle Elston
Fridays 9:00–10:00am

Chair Yoga (Online)

This class is good for all levels, providing stretches and strengthening exercises together with yoga breath work. All you need is a chair, a yoga block or book, and a yoga strap.

Instructor: Nina LePage
Fridays 10:15–11:15am

Nordic Walking (Outdoors)

Join us Saturdays for Nordic walking in a small, physically distanced group setting. The classes will include cardio, resistance and strength training using the poles. Discover our neighbourhood and enjoy the benefits of a full body workout for your mind, body and soul. Space is limited. In the event of inclement weather, we will convene a replacement Zoom class.

Instructor: Nina LePage
Saturdays 8:30–9:30am

FAMILY & KIDS PROGRAMMING**Monkey Rock Music**

Monkey Rock Music is a fun, entertaining, and creative participatory music program for young children and their caregivers. Come and sing along with us on Thursday mornings! Registration information available at lindenlea.ca.



TAE KWON DO – World Tae Kwon Do Federation

Tae Kwon Do is a Korean martial art that encompasses body and mind training. Master Taylor Haas (4th Dan), in affiliation with Grand Master Tae Eun Lee (9th Dan) School, has been teaching Moo Kwang Tae Kwon Do in the Lindenlea community for more than 20 years! Master Haas teaches the art and sport of Tae Kwon Do in a fun and structured manner ideal for students of all ages. Classes will take place in the Community Centre in reduced numbers with physical distancing, and online. Beginners may start at age 5 (or 4½ if accompanied by a parent).

September 8–October 30

Prices:

\$70 for Saturday classes

\$80 for Wednesday classes

Prices do not include independent testing.

Beginner Family Class (White–Green Belts)

Saturdays 10:00–11:00am

Advanced Family Class (Blue–Black Belts)

Saturdays 11:00–12:00pm

Adults-Only (White–Black Belts)

Saturdays 12:00–1:00pm

Advanced (Lower belts may join with instructor's approval)

Wednesdays 6:00–7:00pm

RPL Kids Soccer

We are excited to have Quinn Keenan back to run 6-week sessions of soccer this Fall! (We hope to be able to run our regular RPL soccer program next Spring.)

**Mini Kickers (Age 2)**

Kids will be introduced to the basic skills of soccer, such as following directions, making choices, fundamental

movement skills, as well as moving and interacting with the ball. Sessions will also incorporate other games to prepare young kids for group activity. The main focus: building kids' confidence in active play and participation. Each session will involve a warmup and stretching, followed by some games and activities, and finishing with a cool down. Sessions will run approximately 45 minutes, depending on the kids' engagement each week.

Sundays 8:15–8:55am

September 12–October 17

Price: \$100

Tiny Kickers (Ages 3–4)

Kids will be introduced to and build on basic soccer skills like dribbling, shooting, and passing techniques through activities, games, and scrimmage-like situations. Children will practice their skills in problem solving, teamwork, and listening. By following instructions and participating, kids will gain confidence and develop fundamental movement and conditioning skills. This program is a fun and active way for kids to move their bodies, interact with other children, and develop a love of soccer.

Sundays 9:00–10:00am

September 12–October 17

Price: \$100

Little Kickers (Ages 5–6)

This program challenges kids to develop and enhance their soccer skills. Sessions incorporate a warmup, stretching, drills, and activities, and finish with mini-games. Kids will work on improved ball control, passing ability, and shooting ability, while gaining confidence and connecting with other kids in the community.

Mondays 6:00–7:00pm

September 13–October 18

Price: \$100

Junior Kickers (Ages 7–9)

Kids will develop their soccer skills in game settings. We'll continue to build on individual skills while incorporating team-play fundamentals. Kids will finish the program with a deeper understanding of the game and what team success means – on and off the field. Each week kids will be challenged to build dribbling, passing, defensive, and offensive skills.

Tuesdays 6:00–7:00pm

September 14–October 19

Price: \$100

Lindenlea Community Association Board

To register compliments or concerns, please contact our Manager

Tanya Allem	<i>President</i>
Kim Haaland	<i>Vice President</i>
James Patsula	<i>Treasurer</i>
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Renaude Bender	<i>Director</i>

Next meetings

Sep 9
 Oct 14
 Nov 11
 Dec 9
 Jan 13
 Feb 10
 Mar 10
 Apr 14
 May 12
 Jun 9

Seanna Kreager *General Manager*

The Board meets on the 2nd Thursday of each month, except in the summer. Meetings are normally held at 7:30pm in the Lindenlea Community Centre and are open to the public, however during the Covid-19 crisis and until further notice, the Board is meeting via Zoom video conferencing.



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The Lindenleader is made possible through the efforts and contributions of the following:

Donna Kemp	<i>Editor</i>	Daniel Hanson	<i>Design</i>
Adrienne Blair	<i>Editor</i>	BCT Ottawa	<i>Printing</i>
Seanna Kreager	<i>Editor-in-chief</i>		

If you would like to join the Lindenlea listserv (an email service which goes out to over 900 people in our community) please contact John Verdon at johnverdon@gmail.com and ask to be put on the list.

Lucille Collard

MPP / Députée Ottawa-Vanier

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