

The Lindenleader

Newsletter of the Lindenlea Community Association

March 2022

Thank you, Hosers!



I'd like to thank "Ice Man" Olivier Cullen and all our volunteer Hosers for keeping our rink beautifully maintained this season. This group of dedicated volunteers goes out in frigid temperatures to scrape, shovel, and flood.

Our Hosers are always ready to deal with whatever challenges the cold weather throws at them – including frozen pipes! We're lucky to enjoy the fruits of their labour: skating is one of our community's favourite winter activities and the Lindenlea rink is very well used.

We hope you had fun and enjoyed the rink this year – we look forward to skating again next winter!



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.

What's Happening at the Former Rideau High School?

Like me, you might drive by the former Rideau High School on St. Laurent Boulevard and wonder why there are cars and trucks at a building that's no longer functioning as a high school. Well, I decided to find out.

Rideau-Rockcliffe Community Resource Centre

When the Ottawa Board of Education gave up the space, it needed tenants to keep the place viable. That's when the Rideau-Rockcliffe Community Resource Centre (RRCRC) found that this space would serve its needs. They had been looking for a larger, more central, and easily accessible venue. They started the process in 2018 and finally moved over from the Hardini Centre on Donald in 2020. The RRCRC together with the Odawa Native Friendship Centre were able to rent most of this larger building and begin their charity work. Grant money was allocated to renovate parts of the building to better suit the services they wanted to offer. So now, 19 charities under the RRCRC umbrella and several from the Odawa group use the building.

The core service of the RRCRC is poverty reduction. But it also serves seniors and youth especially. Seniors, many with mobility issues, can get hot meals delivered or attend an active seniors club. The centre also offers youth skills programs and entrepreneurship opportunities. A Baby Cupboard offers baby-care supplies. There is a crisis intervention program, as well.

There was a big jump in need for all their services from 2019, when they served 12,000 individuals, to 2020, when 26,000 people took up their help. Another 27,000 people were helped in 2021.

Many of us are not really aware of the food insecurity issues right here in our backyards. Food security is part of our quality of life, and we want that for all of our citizens.

"If there is a silver lining to the pandemic, it is that the situation challenged us to rethink how we deliver our services and what else our clients need in these

challenging times," says Yacouba Traore, Executive Director of the RRCRC.

What does he see in the future for the centre? Maybe an innovation centre to discuss and solve complex social problems, workshops for skills building, and a gathering space for the community at large.

Whatever it becomes, it will continue to enhance life for the vulnerable in our community.

The Odawa Native Friendship Centre

The Odawa Native Friendship Centre is also housed in the same former high school. They offer a wide range of programs supporting the Indigenous community from babies to seniors, early childhood education, community justice, housing, and health and wellness. The I Love to Dance program keeps kids on their feet. There's a track and field club and a weight room under the supervision of a pro. The native food bank delivers on Wednesdays to those in need throughout both Ottawa and Gatineau.

Jennifer Kohoko, Program Coordinator of Indigenous Healing and Wellness, explains that one of her many programs deals with visiting men in jail and setting up a diversion circle to create a healing plan for the man. She also oversees a creative writing therapeutic group, addictions groups, trauma groups for men and individual counselling for women. Ms. Kohoko also works with the human trafficking and violence hotline. Through 311, an emergency shelter is also available.

Ceremonies and feasts are held onsite. These could be talking circles or religious events for those who come from near and far to participate. An annual Pow Wow is also a chance to teach natives and non-natives about their culture, although it hasn't been able to happen during these past two years.

There are four sites under the Odawa umbrella, with 35 employees. Along with the services at 815 St. Laurent, there is a shelter for the homeless on Rideau, an office at

the courthouse that supports people through the justice system, and an alternate high-school housed in the former Ottawa Tech school.

“Hundreds of people are accessing our services even while we are working from home these days,” says Ms. Kohoko. “We partner with several services to meet the needs of our clients. There’s a strong sense of community among us and we keep in touch through social media like Twitter.”

Other Programs

Along with the two major social services groups mentioned above, the RRCRC building also houses the Work Skills Development Centre; Volunteer Ottawa; the Social Planning Council of Ottawa; Orkidstra; and Employment Services for People with Disabilities.

815 St. Laurent Blvd. is one very busy building.

Donna Kemp

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From Queen's Park

The first months of the year are often the coldest, so we spend more time at home, which gives us the opportunity to reflect on our plans and expectations for the rest of the year. This is the best time to decide what we want to improve and what we want to continue to do even better, based on what we have experienced in the past year.

Personally, I remember that taking care of each other is more important than our personal success. Thus, strengthening our health care system, enriching our educational network and ensuring access to a home for all are my priorities for the year 2022.

The year 2022 will also be a very important year for reflection, political decisions and the improvement of our communities because of the provincial election this spring and the municipal election this fall. These democratic processes are the perfect opportunity to voice your priorities and make your voice heard. Elections are an excellent opportunity to demand that the politicians who represent you do so with bold ideas for the future. Every citizen has an important role to play in this process, and that is to vote in an informed manner.

I invite you to contact my office so that I can listen to and represent your priorities in the New Year.

Hon. Lucille Collard
MPP, Ottawa-Vanier



Lucille Collard
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From Councillor King's Desk

Public Realm Plan

Residents may recall that in my last column, I signalled an upcoming paper concerning Beechwood Avenue. I am pleased to have now released my position paper on a public realm policy for Beechwood Avenue. I will seek a 2022-2026 Term of Council priority to create a Public Realm policy that can be applied to Beechwood Avenue to ensure that we can transform Beechwood Avenue into an inviting, safe, and usable public space that meets the needs of our community. Beechwood Avenue is one of Ottawa's last traditional main streets, and therefore requires a unique approach in its preservation.

Over the course of the last two years, Beechwood Avenue has generated the most resident inquiries across the Ward, with inquiries particularly regarding pedestrian and cyclist concerns.

Since the amalgamation of the City of Ottawa in 2001 there has been 20 years of consultation. While the milestones achieved in this time have been important, some aspects, such as the Community Design Plan, approved in 2006, now read as out of date. To address this, I successfully introduced a Direction to Staff to initiate a Secondary Plan process for the Beechwood Avenue - Hemlock Road corridor and St. Laurent Boulevard North. Although a secondary plan has more substantive weight in determining planning priorities for local development, a Public Realm Plan is much more proactive rather than reactive. A Public Realm Plan will be able to guide comprehensive future upgrades, replacements, and new elements on the public street. To read my full position paper, visit rideau-rockcliffe.ca/beechwood.

Our Grocery Store

In further developments tied to Beechwood, residents may have heard that the Metro is here to stay. When the land initially went up for sale, understandably there was much concern emanating from the community. When this news broke, my office immediately reached out to Councillor Fleury's office, keeping each other informed

and in close collaboration. I echoed the surrounding community's concerns as the exit of this major grocer would have had far reaching impacts in terms of amenities, accessibility, and walkability, all things that do not complement the goals and work undertaken in the sphere of active transportation. This is why I am relieved and happy that ultimately Metro Inc. decided to purchase the land back in December.

Controlling Moths

Now that March is upon us, many residents may be eagerly awaiting the arrival of spring. In anticipation of the warmer weather and the arrival of long missed greenery, I am pleased to inform residents that a response plan will be in place this year to address the *Lymantria Dispar Dispar* (LDD) moths that affected our tree canopy last year. In the spring and summer of 2021 Ottawa experienced higher than anticipated populations of LDD moths. Infestations of these moths lead to the defoliation of many mature trees, threatening our tree canopy and contributing to increased heat where an area might have otherwise been covered by the canopy. Last summer at the height of infestations and issues with LDD moths in the city, I successfully introduced a motion at Environment Committee to direct City staff to establish a response plan to the increased infestation of trees by LDD moths. Ultimately, the response plan received funding in the 2022 City Budget, putting the city in a good position to tackle this issue and preserve our tree canopy.

Rawlson King

City Councillor, Rideau-Rockcliffe Ward 13

Mayor Jim Watson and Hon. Mona Fortier, MP have been busy with current events recently. They will write for the next issue.

Lindenlea That Was

Neighbourhood Homes Circa 1919



The following is a condensed and edited article from the guide for Heritage Ottawa's September 2021 walking tour of Lindenlea.

Lindenlea's neighbourhood character was formed in large part by the styles of the original houses. Many of these remain, and most retain that intended aesthetic. Construction began on the first homes in 1919.

The underlying Lindenlea concept was to provide housing for the working poor and for returning veterans of the Great War. It was a period of growing demand for housing – especially affordable stock – in urban Canada. Four generations later, that demand remains. Lindenlea was conceived as a pilot project for a pocket neighbourhood and a demonstration of “garden city” principles. Renowned Scottish urban planner Thomas Adams, lured to Canada by the federal government, was the catalyst.

The pocket neighbourhood comprised approximately 44 acres located at Ottawa's 1919 northeast edge, bounded by Springfield Road, Maple Lane, Lambton Road (now Lambton Avenue) and Rideau Terrace. The 160-plus lots and associated buildings were designed

to provide families access to light and clean air, with minimal changes to the natural landscape. Mature trees were preserved wherever possible. In 1919, the most common types of trees were maple, butternut, and elm. The latter two species have largely disappeared from the neighbourhood. Sadly, a majestic, mature butternut between Rock Avenue and Lambton died this year and had to be cut down.

The first Lindenlea homes were completed in 1920 and construction continued for most of the decade. Adams prescribed a maximum 50 per cent building footprint on individual lots. The lots were relatively small: typically 40 feet of frontage and 80 feet deep. The building styles were approved by Adams and, later, the Ottawa Housing Commission's architect. The assumed occupancy of the homes was five, meaning Lindenlea would have had a population of 840 residents.

Four or five basic house design types dominated, with gambrel (Ontario barn-style vernacular), English cottage (hip roof), and stripped-down Arts and Crafts styles. The crescent off Rockcliffe Way, opposite the east side of

Lindenlea Park, offers good examples of the gambrel and Arts and Crafts styles, and displays symmetry when viewed from the park. These five houses were built in the mid-1920s as rent-to-own homes. Rooflines in the neighbourhood were to be compatible, but setbacks could vary because Adams liked to create clusters of home styles and wanted to accommodate quirks of the local topography.

Exterior materials were brick, stucco, and clapboard, or a combination. Some buyers complained about having to accept all-brick homes, but the post-war cement shortage made stucco more expensive than the equivalent brick.

The homes were almost all single-family, two-storey buildings: square in plan, with a 550 sq. ft. footprint, well within Adams's maximum footprint of 800 sq. ft. (i.e., 1,600 sq. ft. for a two-storey house). The basic house would have had one bathroom and three bedrooms upstairs. The only built-in storage was the main-floor kitchen cupboard.

The main entrance was generally at the front of the house, offset to one side. However, some houses – as seen on Lindenlea Road and Rockcliffe Way – had a main entrance on the side. All rooms had to have at least one window, sized at no less than one-tenth of the room's floorspace. To maximize light and air in the homes, living rooms were oriented to south or southwest of the lot, and kitchen and dining areas to the north or northeast.

According to several current Lindenlea residents, as well as City records, some of the earliest homes were located on Rideau Terrace, Middleton Road, Lindenlea

Road east of the park, and Maple Lane near Rockcliffe Way. Some City correspondence shows that the quality of construction varied enormously: one resident on Middleton lamented he burned more than 10 tons of coal in addition to several mature trees from his lot in his first winter. By comparison, a Ms. Reid on Lambton reported complete satisfaction with the construction of her residence around the same time. Contractors in both cases were City-approved. By 1928, most of the neighbourhood homes were completed – the most notable addition to the neighbourhood since the '20s is the Community Centre, built in the early 1950s. (More on that in a future newsletter.)

Take a stroll in the neighbourhood and look at the houses to see some of the features described above. See if you can identify the one structure comprising semi-detached residences and the one remaining bungalow that has not been heavily modified!

Ian Naish


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Fitness Programs

Our spring fitness session runs from March to May. We have a wide variety of programs to suit everyone! Most of our classes will continue on Zoom until May, but we look forward to running some outdoor and indoor classes later this spring. We're currently running light TMC & Core; Balance & Stability for Seniors; Chair Yoga; HIIT; Gentle Stretch; Mobility & Introduction to Meditation; Fitness Fusion; and Core Strength.

Our in-person classes include Nordic Walking and Tae Kwon Do, and we will be bringing back indoor Yoga classes later in the session. Monkey Rock Music also runs classes with us every Thursday morning.

For more information about our classes, please visit our website or email lindenleacommunitycentre@gmail.com. We always accept late registrations and allow you to try a class for free to make sure it's a good fit before you register. We hope to see you in one of our classes!

RPL Soccer 2022



We're hoping (fingers crossed) to bring back RPL soccer late this spring. We're following all government regulations and if everything looks okay, we will open registration in April.

We need volunteers to help with the program: parent coaches and organizers. If you're interested in helping organize or coaching your child's team, please email:

lindenleacommunitycentre@gmail.com.

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Food Security Measures in Our Community

We often forget that some folks are unsure where next week's groceries will come from. However, the Rideau-Rockcliffe Community Resource Centre (RRCRC) – located in the former Rideau High School on St Laurent – offers some options for neighbours in need.

The Ottawa Food Bank

The Ottawa Food Bank's main goal is to provide emergency food relief to people in need across the city.

An astonishing 14 tons of food are delivered daily to 112 Food Bank locations throughout the city. Sadly, more than 41,500 people must turn to a food bank every month. Through its Food for Thought Café, the Food Bank works to provide meals to immigrants waiting in hotels, to shut-ins, seniors' homes, and vulnerable clients.

Under the capable leadership of social worker Patricia Lau, the RRCRC branch at 815 St. Laurent is very busy. They handle pickups from 60 families each day and manage deliveries via Ottawa Care to 17 families each day.

Clients may access the Food Bank once a month, and on Wednesdays, can also pick up a hot meal from the Ottawa Mission's Food Truck (see below for more). While onsite at RRCRC, they can seek help with other challenges.

On their scheduled day, clients can pick up a prepared hamper, frozen foods, and extra foods rescued from grocery stores that are throwing it out because it's near its best-before date. Restaurants, bakers, and farmers also donate extra food. "We have some halal foods and are waiting to see if we win a grant to buy from local ethnic grocers," says Lau. She explains that they help 800–850 individuals per month.

"The Food Bank is a pillar of the community. Everybody involved feels it is an honour to serve the community of Ward 13." Lau adds: "We are all proud to be able to serve our clients with respect and dignity." And clients in turn express their appreciation for the support.

Lau says the Food Bank is currently seeking four more volunteers. "The volunteers are the engines of the Food Bank," she says. Learn more or apply to volunteer: ottawafoodbank.com.

The Ottawa Mission Food Truck

The hardworking team from the Ottawa Mission also rolls up weekly to help at RRCRC. "The Food Truck has 19 rotating stops and serves [more than] 3,000 meals per week, or [more than] 200 meals at each stop. Two people work in the truck and many people – about 30 staff and volunteers – work at Chef Ric's, our social enterprise, to prepare all the meals that the food truck serves," explains the Mission's communications officer Ashley Chapman.

Clients can pick up fresh meals from the Food Truck at RRCRC every Wednesday between 2:30 and 3:30pm. Each meal is served with a smile and received with gratitude.

The Ottawa Good Food Box

In addition to an immediate meal, RRCRC offers a set of services offering healthy foods clients can prepare themselves. Project Officer Faheem Khan helps us explain the Ottawa Good Food Box (OGFB) program.

The OGFB was created in 1996 through the Coalition of Community and Health Resource Centres. Led by the Centretown Community Health Centre, it began as a wholesale buying club with monthly deliveries to sites across the city.

In April 2019, OGFB operations moved to the RRCRC in collaboration with the MarketMobile, to improve both services by combining efforts and resources.

In July 2020, they launched Good Food on the Move, a "click-and-collect" online store. The store now offers fresh produce and Good Food Boxes for weekly pick-up at locations throughout Ottawa.

Both OGFB and MarketMobile operate as "social

enterprises,” using a cost-recovery model: they buy food from wholesalers and local growers at competitive prices and sell it on at a minimal markup. They also collect donations that they pass on directly to neighbours in need, using a pay-it-forward model called “Share Some Good.” Both programs rely on core funding from the City of Ottawa to cover additional costs, like salaries, equipment, etc.

Generally, these programs finish each year with zero profits. Any extra revenue generated through sales or donations subsidizes orders for neighbours with financial challenges. They also regularly donate leftover food to the local Food Bank.

Says Khan: “We delivered 19,389 kg (19.4 metric tons) of food in 2021, through the OGFB. Really though, this is a conservative figure for how much food we actually delivered. The MarketMobile, although difficult to weigh, provided nearly twice (196%) the amount of food as OGFB, in terms of dollar value.”

Ottawa Good Food on the Move

In response to the pandemic in March of 2020, the Ottawa Good Food Box and Market Mobile combined to form Good Food at Your Doorstep: an extensive home delivery service with approximately 500–800 boxes a week.

The current iteration is called Good Food on the Move, offering drop-offs at other resource centres, in addition to home deliveries. Good Food on the Move offers the OGFB program and the shopping for individual food items, representing the Market Mobile model of quality and selection.

Guy Price, the logistics officer responsible for the product selection, pricing, packing, and shipping has more than 20 years’ experience in the food industry. Whether dealing with local farms or wholesalers, Price has shared his knowledge, creativity, and direction.

Adapting to market fluctuations and trends through the present uncertain climate, Price works with suppliers and farmers to meet the mandate of Good Food on the Move, offering affordable and great-quality healthy produce in the Ottawa area.

“I’m happy to work with all our fresh produce,” says Price. “Fruits and vegetables have their own life energy and should be – and are – treated with respect.” They’re certainly in good hands with him.

Keep up with this social enterprise at [**marketmobileottawa.com**](http://marketmobileottawa.com).

Social Harvest

Don’t have space for a garden? Living in an apartment? No worries. Social Harvest is a fledgling gardening venture planted within RRCRC.

Led by Jessica Souto, a gardener with impressive credentials in International Logistics and in Agriculture from her native Brazil, Social Harvest offers 20 garden plots and all the help folks need to learn about and cultivate food plants.

Those who qualify for the opportunity by having insufficient space at home to garden, and being food insecure, are entered into a lottery to win one of the plots. Winners get soil, seeds and seedlings, the use of gardening tools, and help to maintain the plot – all for just \$20 for the entire season. Herbs and leafy vegetables, tomatoes, cucumbers, and okra are available to grow.

This harvest goes to each gardener, with any extra produce donated to the Food Bank. Another space produces more vegetables and herbs for the Food Bank.



The program started in 2019 and will continue this summer. For physical distancing purposes, a garden schedule will ensure that only a few people will be tending their plots at the same time.

Social Harvest also offers guidance to schools and communities on setting up community gardens and helping them thrive. They hold a seedling swap once a year and sell Market13 microgreens kits for growing radishes and broccoli. Plus: internships are available for neighbours ages 18–30 who are not currently enrolled in full-time education.

You can support this busy initiative by buying a microgreens kit, by donating time or money, or taking part in a seedling swap.

Learn more at socialharvestottawa.ca.

Donna Kemp



Children's Festival

OCF Returns May 19–29: Save the Dates!

The Ottawa Children's Festival de la jeunesse (OCF) is bringing its full festival back to LeBreton Flats Park and beyond! This year we will have shows running May 19–29 at Arts Court, the Canadian War Museum, and LeBreton Flats Park.

Shows include:

- *How to Catch a Star*, Branar Téatar do Pháistí, Ireland (Ages 4+, non-verbal)
- *A Story of a House That Turned Into a Dot*, Teatret Gruppe 38, Denmark (Ages 7+, English)
- *Countries Shaped Like Stars*, Di Gaetano and Pearlman, Ontario (Ages 6+, English)
- *The Librarian*, Brú Theatre, Ireland (All ages, English)
- *Tweet Tweet!*, Femmes du Feu, Ontario (Ages 0–5, English)
- The original “*Machine de Cirque*” show, Machine de Cirque, Quebec (All ages, Non-verbal)
- *La grenouille au fond du puits croit que le ciel est rond/ The frog, at the bottom of the well, believes that the sky is round*, Vélo Théâtre, France (Ages 6+, will be offered in English and French)

Find full details at ottawachildrensfestival.ca.

The OCF family is thrilled to be back and to welcome audiences once again to the best in professional theatre for the very young and the young at heart. In addition to our productions, we will be offering workshops and activities to enhance your visit and make artists out of each and every one of you. Let the magic of the Ottawa Children's Festival welcome you back to in-person events in a safe, family-friendly environment.

Contact Joni Hamlin, Festival Coordinator, for tickets, group sales, Festival birthday parties, special events and all other info:

joni@ottawachildrensfestival.ca.

RPPS 100th Anniversary



1922-2022

**A century of learning at
Rockcliff Park Public School**

Rockcliff Park Public School is celebrating a century of learning during its 2022–2023 school year! We are excited to share the rich history of community and learning with all of you. Miss Jean Stirling Austin, the principal in 1924, said that RPPS was “the opening of a door to a lifetime of happiness...” One hundred years later, we could not agree more! Our logo represents the happy faces and stories that have come through the doors of RPPS.

If you have a special connection or a story to share of RPPS, our beloved neighbourhood school, please visit rockcliffeparkps.ocdsb.ca/100th_anniversary to sign up for the event mailing list.

Also mark your calendars for opening day 100th anniversary celebrations on Friday, September 16, 2022, and for a community celebration in Jubilee Park on Saturday, May 13, 2023. For more information, please email 100th-rockcliffeparkps@ocdsb.ca



Tennis in Lindenlea

Tennis registration will open in early May. We're very excited to announce that we will be carrying out some much-needed maintenance this spring: replacing our nets and having repair work done on our courts. This means that the courts will be closed for about a week, but we will keep our members informed of the maintenance schedule. We look forward to seeing you back on the courts this year!



Donations Needed

Gloucester High School is seeking donations of Chromebooks for refugee students. The school currently has some Chromebooks for use at school but not at home, so very motivated students are hitting a roadblock. Best Buy has put together a package offering the school a reduced price (\$290) when they purchase 50 Chromebooks. If you are interested in donating to this effort, please contact Sarah Wright at sarah.wright@icloud.com.

Lindenlea Community Association Board

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LCA Board meetings take place virtually on the second Thursday of every month and are open to all residents. Please contact lindenleacommunitycentre@gmail.com to receive a meeting link if you would like to join us.

Upcoming meeting dates:

Mar 10 • Apr 14 • May 12 • Jun 09



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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.



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