

The Lindenleader

Newsletter of the Lindenlea Community Association

Summer 2023

Canada Day Breakfast!



The spirit of Canada Day was alive and thriving in our beloved neighborhood as we came together to celebrate this special occasion with a delightful Pancake Breakfast at our community centre. The event was a resounding success, bringing families, friends, and neighbours together for a morning filled with delicious food, warm camaraderie, and the celebration of our shared Canadian heritage.

The Pancake Breakfast, organized by our dedicated team of volunteers, was a testament to the incredible community spirit that thrives in our neighborhood. From the early hours of the morning, volunteers worked tirelessly to prepare and serve mouthwatering pancakes and sausages, accompanied by fresh strawberries and blueberries and a variety of delicious toppings.

We want to thank our volunteers who dedicated their time, effort, and culinary skills to make this Pancake Breakfast a roaring success. Without their unwavering commitment and hard work, this event wouldn't have been possible. They exemplify community spirit and the values that make our neighborhood so special.

Equally deserving of gratitude is our wonderful community, whose enthusiastic participation and warm presence made the Canada Day Pancake Breakfast a memorable occasion. It was so nice to see familiar faces mingling with new ones as we celebrated

We look forward to future opportunities to celebrate with all of you.

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.

Summer in Lindenlea

Summer is in full swing, and our community is buzzing with anticipation for some fantastic upcoming events! Whether you're a movie enthusiast, an art lover, or a sports enthusiast, there's something for everyone to enjoy. So, mark your calendars and prepare for some fun and excitement. Let's explore the upcoming events that will bring us all together for unforgettable moments...

Movies in the Park: "Under the Stars Cinema"

Nothing beats the magic of watching a movie under a starlit sky with family and friends. We are excited to announce our final movie of the year will be shown on September 8th at dusk. We will be showing the movie *Elemental*. Admission is free, and there will be tasty snacks and beverages available. Don't forget to invite your neighbors and make it a community gathering to remember!

Drop-In Art in the Park for Kids: Unleash Your Creativity

We will be running some crafts for kids in Lindenlea Park during the month of August. The dates will be posted on our listserv, website, and social media pages.

Free Soccer Drop In to kick start the Fall!

We would like to invite kids in grades 5-8 for a drop in soccer game on August 30th at 6:00pm at the Rockcliffe Park Public School Field.



Kids Corner

Welcome to Kids Corner!

Does your child have a joke, short story or some art that they would like to share with the community? Please email your submission to lindenleacommunitycentre@gmail.com to be featured.



By: Elliot Fraser

SUMMER JOKES

Which letter of the alphabet is the coolest?
Iced T!

What do sheep do on sunny days?
Have a baa-baa-cue!

What did the pig say on a hot summer day?
I'm bacon!

What did the air conditioning say to the man?
I'm your biggest fan!

What do you call a witch who lives on the beach?
A sandwich!

When do you go at red and stop at green?
When you're eating a watermelon!

Why are fish never good tennis players?
Because they never get close to the net!



By: Annabelle Bernice LaRocque Patsula

RPL Soccer

We would like to thank our incredible volunteers who made our Spring soccer program a success. From the very start of the season, our volunteers selflessly devoted their time and energy to ensuring that kids aged 4 to 14 had an unforgettable experience on the soccer field. Their commitment to coaching, teaching, and mentoring these budding soccer stars has been nothing short of inspiring. We witnessed laughter, growth, and endless smiles throughout our wonderful soccer season. We would also like to thank our little participants and all of the caregivers who came to cheer them on. We hope to see you again this Fall!



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New Housing Development

A series of legislative actions and policy initiatives in Ottawa and in Ontario have significantly affected the manner in which new housing development can proceed in our neighborhood. The core philosophy behind these initiatives is “intensification”; a process by which there are more housing units available within an area. The City of Ottawa developed a “New Official Plan” to address the need for intensification to accommodate the expected rise in population. As part of this new plan, the city was broken into various transects. Lindenlea falls within the “Inner Urban Transect”, an area that is viewed as a high priority for intensification in that its location is close to the downtown core and thus provides residents with good transportation options. In the “New Official Plan”, buildings up to four stories in height and housing sixteen separate living units can be built in any part of Lindenlea. More recently, the provincial government passed “Bill 23, (the) More Homes Built Faster Act”, which allows the provincial government to override local Official Plans, By-Laws, and Zoning Ordinances including green-space designations, in order to expedite housing development.

To put it broadly, developers have greater latitude to build what they want, and the capacity for the community at large to challenge any new construction has been notably reduced. Whereas the need for more housing is clearly present, it appears that a deliberative process of checks and balances in order to meet such needs has been diminished.

In effort to present and formalize a reasonable approach to new development along the Beechwood-Hemlock corridor, the Beechwood Village Alliance (BVA) was established, comprising representatives from Lindenlea, Manor Park, New Edinburgh, Rockcliffe Park, and Vanier. The BVA is seeking to influence the particulars of a “Secondary Plan” that is being developed by the City Planners of Ottawa. This “Secondary Plan” can offer specific guidance, initiatives, and restrictions on development along Beechwood-Hemlock and adjacent streets. The BVA presented a proposed framework for the upcoming secondary plan that emphasizes reasonable development. The goals include the following: foster

a healthy and inclusive community; manage growth from rapid intensification; establish a sustainable transportation grid and network; support climate change initiatives; build affordable housing; establish an urban forest canopy and ensure access to greenspace; and, protect heritage conservation measures and spaces.

City planners have received a detailed document from the BVA to address the seven goals outlined above. But the degree to which city planners will incorporate the proposals is questionable. And even if the Secondary Plan does include ideas from the BVA, it is still unclear if Bill 23 can simply override any City Plan, including specific Secondary Plans.

What can the average person do? The first thing is to become informed and/or join a committee. It would be useful to read the City Plan and the BVA Proposal referenced in this article. The Official City Plan is available on-line and you can obtain a copy of the BVA proposal from the LCA. There are also various committees that you can join with opportunities to influence proposed developments. This includes being a member of the “Pre-application Consultation Group”, a group that hears about proposed new developments being considered. Other groups are associated with Transportation Development or Heritage Protections. Contact Councilor King’s office for information regarding such groups.

Another course of action is to be an advocate. On any given election, state to those running for office your concerns about development. Find out the names of city planners and write to them about your concerns about any specific project involving the community.

There will always be a tension between the need for development and the hesitancy of those in the community to embrace it. Good laws seek to create a fair balance between the concerns of both parties. I am convinced that this balance has tilted away from the needs and concerns of the community. It is up to us to re-establish a fair equilibrium.

Ralph Hesse


From City Hall


I am pleased to continue my commitment to improve local recreational facilities by working with the community on enhancements to the Lindenlea Community Centre. My office is currently working with the Lindenlea Community Association towards the installation of a new backyard deck at the community centre, facing the adjoining street, Rockcliffe Way. The association is currently working with City staff on the design of the deck, with the goal of expanding the use of the community centre and providing additional programming options for patrons. The Lindenlea Community Association is matching a \$10,000 minor capital grant it secured from the City of Ottawa for the project. Any additional costs incurred by the project that are eligible will be covered by Ward 13's cash-in-lieu of parkland fund.


My office also continues to work with residents, the community association and City staff on traffic calming improvements in Lindenlea and surrounding



Rawlson King
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neighbourhoods. Traffic calming measures help to address vehicle speeding to make streets safer for all road users and are an important part of encouraging safe and healthy communities. We are working with City staff towards the implementation of both short- and long-term solutions that will involve improved visibility at intersections, the introduction of all-way stop controls at problematic intersections, and additional speed reductions in existing residential speed gateway zones.

Please feel free to reach out to my office at 613-580-2483 or by email at rideaurockcliffeward@ottawa.ca.

Rawlson King
City Councillor, Rideau-Rockcliffe Ward 13

From Queen's Park

I am pleased to share the following updates on my work to champion the rights and well-being of the citizens of Ontario, and more specifically, the constituents of Ottawa-Vanier.

Francophonie: During Francophonie Month, I had the privilege of joining a gathering of women parliamentarians from various francophone countries. This momentous occasion provided a platform for fruitful discussions on crucial issues and solutions affecting women worldwide.

Ottawa funding: I have been actively raising concerns about inadequate funding in Ottawa from the province through various channels, such as questions, statements, petitions, and press conferences. The announcement of \$24.1 million in funding for a supportive housing project in Vanier by the provincial government strengthens my determination to be your strong voice at Queen's Park.

Healthcare: After hearing feedback from residents, I have spoken in opposition to the passage of Bill 60, a controversial legislation that introduced a for-profit healthcare component. I firmly believe that it disregards the needs of Ontarians and exacerbates the shortage of healthcare professionals, compromising the quality of care provided that every Ontarian deserves.

Education: In addition, I successfully proposed amendments to the Better Schools and Student Outcomes Act, which were passed in the committee to which it was referred (a rare privilege afforded by the

government to a member of the opposition).

Engaging with our community is one of my primary objectives as your representative. I make it a point to attend numerous local events and actively organize community gatherings. With my team, I have successfully organized a Mother's Day celebration, an introductory Nordic walking session, and interactive coffee chats, which were well-received. Moving forward, I will continue planning and hosting various community events, and I invite you to participate. By signing up for our newsletter, you will stay informed about future events and receive updates on the progress of my work.

I am committed to continuing to work with you to strengthen our social bonds and ensure that everyone in Ottawa-Vanier feels welcomed and included.

Hon. Lucille Collard
MPP, Ottawa-Vanier



Lucille Collard
MPP / Députée Ottawa-Vanier

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Fall Programs at the Lindenlea Community Centre

We believe that fitness is for everyone, regardless of age, and that's why we've curated a diverse set of classes catering to seniors, adults, and kids. So, let's come together as a community to prioritize our health and well-being this season.

We have a good variety of classes, some are online and some are in person. You can register for our programs online or by calling us at 613-742-5011. More information about specific classes, including pricing, is available on our website: www.lindenlea.ca.

ADULT FITNESS CLASSES

Early Morning Fitness (In Person)

Get your day off to a great start! Following a warm up, we will complete a circuit of strength exercises including lower body, upper body and core and finish off with stretches. All levels welcome.

Instructor: Chelsea Passmore
Mondays 6:30–7:30am

Balance & Stability (Online and In Person)

This workout is 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 the dance barre or chair for safety, we then practice balance positions interspersed with leg, core and upper-body strengthening exercises

Instructor: Michelle Elston
Mondays 10:15–11:15am (Online)

Instructor: Marie-Lyne Desjardins
Wednesdays 10:15–11:15am (In Person)

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
Fridays 7:00–7:50am

Find Your Groove (In Person)

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

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 & Introduction to Meditation (Online)

A revitalizing chair class suitable for all ages and levels of fitness. Introducing exercises that activate the vagus nerve. By increasing our vagal tone we activate the parasympathetic nervous system and stimulate healing and recovery whether from stress, chronic disease, or injury. We focus on slow, deep breathing to stimulate “relaxation response” known as the “rest and digest” mode.

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

Pilates (In Person)

Pilates is a low impact exercise that creates optimal strength through muscle balance and fine-tuning neuromuscular patterns. It helps you move and breathe

through your daily activities with more freedom and power and less pain.

Instructor: Yanina Rusenchyk

Tuesdays 6:30–7:30pm

Thursdays 6:00–7:00pm

Fitness Fusion (In Person)

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 8:30–9:30am

Hatha Yoga (In Person)

This class will start slowly and build in the middle to assist with further relaxation as we finish in savasana. We will use traditional yoga asana and other gentle movement. There will be a focus on breathing, strength and flexibility. All levels welcome.

Instructor: Chelsea Passmore

Fridays 9:00–10:00pm

Barre Class (In Person)

Barre fitness is a super-energizing, whole-body workout that's great for everyone, from beginners to pros. Each class is meant to build alignment, strengthen your core, and tone and elongate muscles. Using a barre for balance this class will challenge you.

Instructor: Marie-Lyne Desjardins

Wednesdays 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 10:30–11:30am

Artist Group – Free (In Person)

We have some great talent in our community! Do you create your art at home and miss the community support of fellow artists? Or, are you toying with a project but just can't get it started? Come join fellow artists for an informal 'work' session. Coffee and tea will be provided, so bring some food in case you get hungry.

Wednesdays 12:30–2:30pm

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! Please visit <https://monkeyrockmusic.com/> for more information and to register.

Kids Dance – Creative Movement

This class will focus on kids exploring their own ways to move with inspiration from animals, weather, music and more!

Instructor: Chelsea Passmore

Tuesdays 3:30–4:15pm

Ages: 3-5

TikTok Dances

Chelsea will learn popular TikTok dance videos so your child can have a blast learning them without the added screen time. Let's get moving and have some fun!

Instructor: Chelsea Passmore

Mondays 3:30–4:30pm

Ages: 7-11

Play Group

A co-operative play group for children and their parents/caregivers. Adult participants take turns organizing crafts, snack and song time.

Since we are just starting back after a pandemic pause, we ask that parents bring a snack for their own child. We can discuss how we would like to move forward as a group.

Tuesdays 10:30am–12:30pm

Ages: 4 and under

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.

Beginners may start at age 7 (or younger if accompanied by an adult registrant; please contact for more information).

Saturdays

White to Green Belts – 10:00–11:00am
 Blue to Red Belts – 11:00–12:00pm
 Black Belts – 12:00–1:00pm

Wednesdays

Blue to Black Stripe – 6:00–7:00pm
 Black Belts – 7:00–8:00pm



RPL Kids Soccer

RPL Soccer Returns! We had so much fun running RPL Soccer that we have decided to return for the fall. We will be running soccer for 6 weeks on Saturdays from September 16th to October 28th. There will be no class on Thanksgiving weekend.

PeeWee (Kindergarten): Saturdays 9:00–10:00am
 Primary (Grades 1-3): Saturdays 10:00–11:00am
 Juniors (Grades 4-6): Saturdays 11:00–12:00pm

Transforming Spaces

New Patio Project at the Community Centre

The Lindenlea Community Centre is about to undergo a transformation that will bring a breath of fresh air to our outdoor gathering spaces. The upcoming backyard improvement project is set to turn the previously underutilized area into a vibrant hub for outdoor activities, events, and relaxation.

The driving force behind this project is the goal of fostering inclusivity and accessibility for everyone in our community. Recognizing the importance of making our spaces welcoming to all, this initiative will create a fully wheelchair-accessible environment. The addition of a brand-new patio will allow everyone to enjoy the beauty and functionality of the outdoor space. Detailed plans for the patio improvement project will be posted on our website for all interested community members.

We hope to have this project completed next year, so we can enjoy the space!



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:
 Sep 14 • Oct 12 • Nov 09 • Dec 14



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Donna Kemp	<i>Editor</i>
Mike Kreager	<i>Layout</i>
BCT Ottawa	<i>Printing</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.





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