

The Lindenleader

Newsletter of the Lindenlea Community Association



MARCH 2019



All Hands on Deck

Our beautiful rink



Jeff Murray helps in all weather



Rink Helpers

THANK YOU, JEFF MURRAY AND OUR TEAM OF HOSERS

I would like to thank Jeff Murray for all of his hard work on keeping our rink maintained this season. It seems that every time I look out my office window, Jeff is down at the rink shoveling or flooding. He puts in an incredible amount of effort, and we are so grateful to have him keep our rink in great skating condition. If you see Jeff around the neighbourhood, make

sure you thank him! We would also like to thank our strong team of over 20 volunteer hosers who have helped Jeff with rink maintenance. They can be seen shoveling and flooding most nights of the week. We've had some crazy weather this year and our volunteers have been kept on their toes!

Despite huge snow falls and fluctuating temperatures, our ice is smooth and beautiful! At a recent board meeting, our vice president, Tanya Allem, said that we have the best ice that she has skated on this year, even better than some indoor rinks! Congratulations, Hosers. Good job!

-Seanna

The LindenLeader — newsletter of the LCA

We would love to print your news or notices of local interest.

Contact the editor, Donna Kemp, at 744-8816 or donnakemp@sympatico.ca
Advertisements of interest to the community are accepted, space permitting.

Rates start at \$75 per issue for a business card-size space.

Design and Production by **Paul Berthelot** (613 986 1154) - Printing: **BCT Ottawa**

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

SOCCER



The sun is shining, the snow is thinking about melting and we are thinking about RPL soccer.

Our House League Soccer registration will be online from Friday, February 22nd to Thursday, April 11th. Please follow the links on the Lindenlea website at www.lindenlea.ca. If you do not have access, please come to the Lindenlea Community Centre on Tuesday March 19th and Monday March 25th from 6:30-8:00PM. There are no late registrations. The registration deadline is Thursday, April 11th, 2018. Teams fill up quickly and team size limits (*max.13 per team*) will be strictly enforced. Our main objective is to keep teams as evenly matched as possible. Thus, the teams

are balanced based on gender, age, and skill level (*where known*) of each player. No guarantee will be made as to team allocation, but we will do our best to help make this an enjoyable experience for your child and you.

PeeWee I Saturdays

9:30-10:30AM 4-5 years of age

PeeWee II Saturdays

10:30-11:30AM 6-7 years of age

Juniors Tuesdays

6:00-7:30PM 7-9 years of age

Intermediates Wednesdays

6:00-7:30PM 9-11 years of age

Seniors Thursdays

6:00-7:30PM 11-14 years of age

VOLUNTEERS NEEDED

We are always looking for volunteer coaches and assistant coaches and fun day organizers.. Please consider volun-

teering time. If you have any questions please email us at soccer@manaiakoru.com.

We can't wait to see you on the field!

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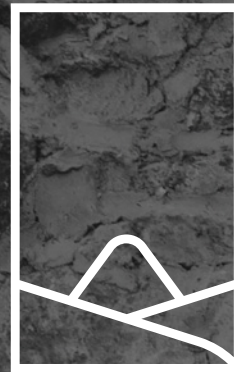
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LINDENLEA COMMUNITY ASSOCIATION

VOLUNTEERS NEEDED!



Interested in joining us?

—

We are always looking for volunteers to help us with events! Students are welcome. If you can help, please email Seanna for details at lindenleacommunitycentre@gmail.com

WE NEED HELP WITH:

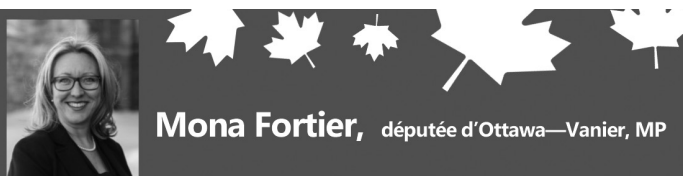
- Community Easter Egg Hunt
- Park Cleanup
- Plant Sale
- Our 100th Anniversary Party
- Canada Day Breakfast

Family Day!

We celebrated family day on Monday, February 18th with free activities at the community centre. This year, we started the day with a two hour skating party. Neighbours skated to music and enjoyed hot chocolate and treats. The ice was in perfect condition and the weather was beautiful making it the perfect day for a skate.

After skating, we moved the party indoors and enjoyed a pizza lunch and light snacks. Jacquie Larocque donated and set up a fabulous fruit water bar that was enjoyed by everyone. We also decorated cupcakes, played games and took photos at our photo booth. We were lucky to have Derek from Sing Song Party Time perform for us and the crowd was excited to see the animals brought in by Zoo Crew.

A big thank you goes out to our Taylor Haas and his Tae Kwon Do team for taking the time to demonstrate what they have learned. I would like to thank our volunteers, Mike, Jacquie, James, Sylvia, Minda, Naila and my clean up crew Caro, Nicole, and Stephanie! I was very thankful for all of the help I received. We can't wait until next year!



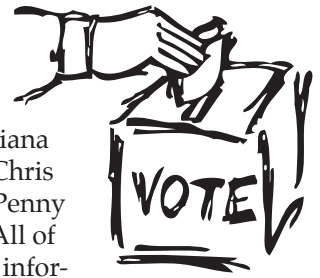
Mona Fortier, députée d'Ottawa—Vanier, MP

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ELECTION NEWS



First, we would like to thank Tobi for several years of hard work as our Councillor for Rideau-Rockcliffe Ward. We feel very lucky to have had a Lindenlea resident represent us and I'm sure we will continue to see Tobi involved in many of our neighbourhood activities. We wish Tobi the best in his new role at the National Capital Commission.

Our by-election date has been set for April 15 and advanced voting will

take place on April 5. In the meantime, if you have an issue that you would like to speak to someone about please contact our Ward 13 office at **613-580-2482** or visit the website rideaurockcliffeward.ca.

We currently have 11 Candidates running in the by-election: Marc Dordeville, Johan Hamels, Peter Heyck, Miklos Horvath, Peter Jan Karwacki, Rawlson King, Jamie Kwong, Patrick

Mayangi, Oriana Ngabirano, Chris Penton and Penny Thompson. All of their contact information and their websites are listed on the City Website (Ottawa.ca). We will be co-hosting a neighbourhood debate with Rockcliffe Park, Manor Park and New Edinburgh. A date has not yet been set.



GAMES NIGHT!

We hosted our second games night in early February and despite the icy weather it was well attended! We socialized and played games such as Go, Scrabble, Dominos and Giant Jenga. It was nice to see neighbours

making new connections while playing games. We are very thankful to Tim Moore for organizing the games night and helping us build a stronger community. We will host another social event in the spring.

Help Us Celebrate!

Do you have old photographs or stories of Lindenlea that you would be willing to share for our 100th anniversary? All photos will be copied and returned to you. Please email Seanna at Lindenleacommunitycentre@gmail.com if you have something to share!



Peter Barreiro, RPh.
Pharmacist Owner

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Chris Ellis



Public School Trustee
Rideau-Rockcliffe/Alta Vista

613-818-7350 - Chris.Ellis@ocdsb.ca

PROGRAMS AT THE LINDENLEA COMMUNITY CENTRE

SPRING 2019

Monday March 18th to Monday June 24th

Online Registration begins March 7th
www.lindenlea.ca

For a detailed program listing, visit
www.lindenlea.ca

Register online with a credit card, or
Register in person when classes are
taking place or on Tuesday March 19th
and Monday March 25th
from 6:30 to 8:00PM

15 Rockcliffe Way. Telephone:
(613) 742-5011

For more information,
contact Seanna at

lindenleacommunitycentre@gmail.com
Please note there will be no classes on Vic-
toria Day Weekend or on Easter Monday

No Scent policy

To respect the needs of those who are
sensitive to chemicals, please do not wear
perfume, cologne, scented face/body creams
or scented body care/hair care products,
or, wear clothing containing chemicals
such as: dryer sheets, perfumed laundry
soap, cologne, perfume, scented deodorant,
mothballs, etc.

YOUTH PROGRAMS

LINDENLEA PLAYGROUP

A co-operative playgroup for children
aged 0 to 4 and their parents/ caregiv-
ers. Adult participants take turns orga-
nizing crafts, snack and songs. Limited
to 25 children.

Tuesday and Friday 9:15AM -11:15AM
(no playgroup on OCDSB PA
Days/Holidays)

Coordinator: Naila Parsons
(613) 601-8336; naila_p@hotmail.com

1 Child - \$50.00 per session;

2-4 Children - \$75.00 per session*

*Please note there is no longer a single day
sign up option.

TAE KWON DO

Taekwondo is a Korean martial art that
encompasses body and mind training.
Master Taylor Haas, 4th Dan in affilia-
tion with Grand Master Tae Eun Lee
9th Dan School, has been teaching Moo
Kwang Taekwondo in the Lindenlea
community for over 20 years! Master
Haas has a philosophy to teach the
Art and Sport of Taekwondo in a fun
and structured manner that is ideal for
students of all ages!

Classes Start Wednesday March 20th
and run until June 22nd

***beginners may start at age 5, 4 ^{1/2} if ac-
companied by a parent***

Saturday 10:00AM - 11:00AM - Beginner
Family class (White-Green belts)

Saturday 11:00AM - 12:00PM - Advanced
Family class (Blue-Black belts)

Saturday 12:00PM - 1:00PM- Adults only
(White-Black Belts)

Wednesday 6:00PM - 7:00PM -Advanced
(lower belts may join with instructor's
approval)

Instructor: Taylor Haas 841-1872

Cost: \$117 (Saturday only)

Cost: \$126 Advanced (twice weekly)

*Does not include independent testing.

ADULT PROGRAMS

FLEXIBLE FITNESS PASS

If you travel, you don't have to feel
like you wasted your money on an
entire session. If you get sick, you can
take a class on another day. If you
like variety or have a flexible sched-
ule, you can try a bevy of classes to
get you in shape. You can challenge
yourself with a core class one day and
relax in Yoga the next. You choose the



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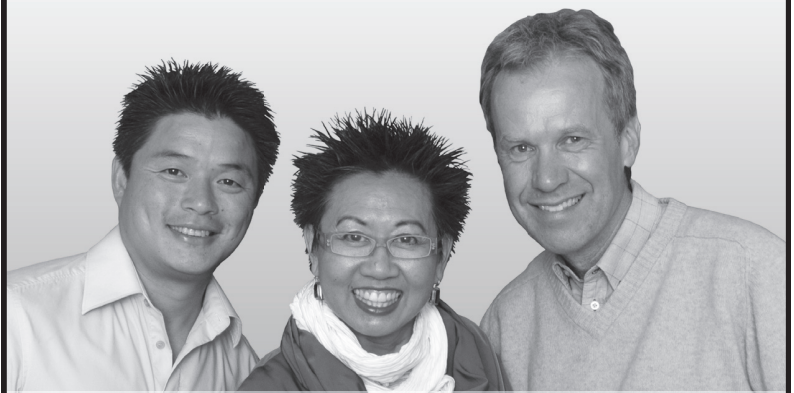
Nathalie Des Rosiers
MPP/députée Ottawa-Vanier

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right program for you.
The details: Each participant will be added to our fitness pass list. The list is kept on a table at the community centre. Please mark your classes off as you take them.

Cost: 5 class punch card \$65,
10 class punch card \$130

RELAX & UNWIND KRIPALU YOGA FLOW

This end-of-day practice facilitates calming and quieting of your body and mind while increasing flexibility, releasing tight joints and cultivating a sense of inner peace. All levels of experience welcome!

This is a no scent class. Classes are one and a half hours long.

Start Date: March 20th to June 19th

Wednesday 7:30-9:00

Instructor: Eileen Scully

Cost: \$231.00

FITNESS PACKAGE

Sign up for any one of the classes list-

ed below and if you miss a class, you can "float" to one of the other classes offered by Louise, Sharon, Nina and Trish. For those who wish to continue attending more than three separate classes per week, with the registration of three courses, the fourth class is free. And of course, we will continue to offer our Flexible Fitness Pass if you would like to mix and match classes and instructors. Prices for their package are as follows:

One Monday course(*no class Easter Monday or Victoria Day but there is an extra class on June 24*) **\$143**

One course: **\$154.00**

Discount Offered For:

Three courses: Total **\$420**

Four courses: **\$476**

SATURDAY MORNING TUNE UP

Pull it all together in one session! 30 minutes of aerobic exercise, 20 minutes of muscular endurance and strength exercise, and 10 minutes of stretching to enhance flexibility. It's fun and

you leave feeling good all over and energized to deal with the rest of your day!

Saturday 8:30AM - 9:30AM

Instructor: Nina LePage

RISE AND SHINE FITNESS CLASS

This class begins with a thorough warm up followed by training using hand weights, resistance bands, gliders and small balls to promote functional movement. The movements will increase your stability and flexibility and range of motion. Your posture and tone and flexibility will improve as we progress

through the program.

Monday 7:45AM - 8:45AM

Instructor: Nina LePage

No Class on April 22nd or May 20th

BARRE FOR BEGINNERS

This class is a full body workout taught in a supportive, high energy atmosphere. Exercises that target muscles supporting and stabilizing the body are taught at the barre and on floor mats. Barre originates from dance principles of good posture, proper alignment, muscle strength and flexibility. No dance experience needed!

Monday 9:00AM - 10:00AM

Instructor: Trish Moss

No Class on Family Day - April 22nd or May 20th

THE BALANCE AND STABILITY CLASS FOR OLDER ADULTS

This workout is designed specifically for older adults to address their specific needs. We start with a walking warm-up with arm exercises.

Using the dance bar for security we then practice balance positions interspersed with leg, core and upper body strengthening exercises. The class provides increased upper and lower body strength, increased ability and confidence, better balance and posture and social interaction with like-minded, active people.

Monday 10:00AM-11:00AM

No class on April 22nd or May 20th

Wednesday 10:45AM-11:45AM

Instructor: Sharon Collins

MEN ONLY CORE CLASS—2 classes

The core or trunk muscles prepare the body for movement, providing control and stability. An active core and pelvic floor function as a corset to protect the structural integrity of the joints. The core class focuses on gaining power in the trunk through dynamic movement and concentrated work.

Monday 11:15-12:15

No Class on April 22nd or May 20th

Thursday 11:30-12:30

Instructor: Sharon Collins

SOULFUL LOW IMPACT WORK-OUT

Target: Core strength, Flexibility, Posture, and Stress relief

A low impact class adapted to your individual needs and abilities. A gentle dance inspired cardiovascu-

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lar workout with body-mind based movements.

Tuesdays 7:30AM – 8:30AM

Instructor: Louise Hannant

EXPRESS BARRE CLASS

A 45-minute full body barre workout. Exercises target muscles that support and stabilize the body. This class is taught at the barre and on floor mats. All fitness Levels are welcome.

Tuesday 12:00 to 12:45

Instructor: Trish Moss

SUNRISE CORE STRENGTH

The core or trunk muscles prepare the body for movement, providing control and stability. This class focuses on gaining power in the trunk through dynamic movement and concentrated work.

Wednesday 6:30AM-7:30AM

Instructor: Sharon Collins

CORE IN MOTION

We start to move gently to some great music and gradually increase the pace to a moderate level interspersed with 30-second intervals of higher intensity. Then we focus on building body awareness, balance and core strength.

Wednesday 8:00AM – 9:00AM

Instructor: Sharon Collins

CORE STRENGTH

The core class focuses on gaining power in the trunk through dynamic movement and concentrated work resulting in improved posture, increased body awareness, increased digestive function and decreased injuries.

Wednesday 9:30AM-10:30AM

Instructor: Sharon Collins

FITNESS FUSION

The focus here is functional fitness. Beginning with a 15 min extended

cardiovascular warm up, we move into a fusion of Pilates, strength exercises and yoga. We will use small and big exercise balls, toning bands and a variety of breathing techniques and balance exercises. The class will finish with an extended stretch and deep relaxation for the tranquility of the soul.

Thursday: 7:30-8:30AM

Instructor: Louise Hannant

CROSS FIT

After a lively warmup, we alternate four strength building exercises for thirty seconds each followed by one minute of cardio. Three sets of intervals are repeated twice...six sets in total. For the strength building portion we use weights, bands, balls, gliders. This is a fun and challenging class that passes very quickly!

Thursday 9:00AM -10:00AM

Instructor: Sharon Collins

CORE CONDITIONING

This core class focuses on gaining power in the trunk through dynamic movement and concentrated work resulting in improved posture. The teaching approach involves connecting the mind with the body so that an increase in awareness is developed.

Thursday 10:15-11:15

Instructor: Sharon Collins

FRIDAY MORNING HIIT WORKOUT

Kick start your day with a High Intensity Interval Training (HIIT) workout. 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 car-

diovascular health, muscular endurance and have fun while you are at it! Beginners welcome.

Friday 6:30AM - 7:30AM

Instructor: Trish Moss

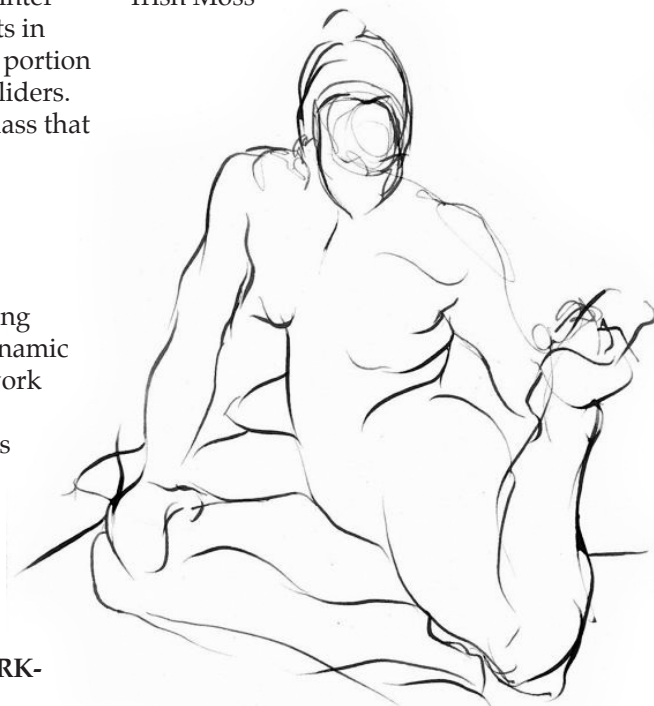
CORE, BALANCE AND STRETCH

You will be led through a series of exercises that will help increase your core body strength and improve your balance. A good stretching session at the end of class will leave you feeling great and ready for your day.

Friday 7:45AM – 8:45AM

Instructor:

Trish Moss



Thank you

for your continued business
and best wishes to you and
yours this holiday season.



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BUILDING A CITY WITH BETTER ROADS, HOUSING, TRANSIT AND SAFE COMMUNITIES

On February 6, City Council tabled the draft 2019 Budget, which, once approved, will help build a city with more affordable housing, better roads and sidewalks, expanded transit and safer communities, while keeping Ottawa affordable. The tabling of the municipal budget is the single most important discussion we have as a City and each year, I look forward to the public's input and consideration. As I knocked on over ten thousand doors during the past election, I heard loud and clear that Ottawa residents want better roads, better services for those less fortunate, and safer communities.

This is why Budget 2019 aims at reducing our infrastructure gap by boosting our spending on roads and sidewalks; providing more affordable housing for our most vulnerable residents; and making our communities safer and more resilient. Budget 2019 will invest an unprecedented \$15 million to start construction on new affordable housing units for residents, many of them near transit or light-rail stations. The City of Ottawa will also continue to work with the provincial and federal governments, as well as community partners such as Ottawa Community Housing, to fight to eradicate homelessness through programs like Hous-

ing First and the City's 10-Year Housing and Homelessness Plan. To reduce the infrastructure gap - the difference between what the City spends and what we need to spend to maintain our infrastructure in a state of good repair- Budget 2019:

- Allocates an additional \$9.8 million on roads and other municipal infrastructure, such as sidewalks, buildings and bridges, in all corners of the city;
- This increase in infrastructure funding brings the City's investments from \$118.7 million to \$128.5 million per year; This will close the infrastructure gap within the next five years, twice as fast as previously planned. Budget 2019 also aims at keeping our communities safe. It includes:
 - A 25% increase in funding for ward-led traffic-calming projects across the city, up from \$40,000 per ward to \$50,000;
 - Double the investment for red-light cameras;
 - Purchase and implementation of an additional Automated License Plate Recognition device on a police vehicle.

These technologies will generate additional revenue that can be redirected into Safer Roads Ottawa and new road safety programs such as the School Bus Stop Arm project, which will start in 2019.

Keeping your taxes low and the city affordable has been my number one priority over the past two mandates and I am proud to have worked with Council to deliver on that commitment. As we anticipate the tabling of the Provincial Budget, we must prepare for a possible change in provincial funding in many areas of municipal life. As such, we propose a tax goal of no more than 3 % for 2019, while continuing to take care of our most vulnerable residents and addressing important city-wide priorities. I believe that Budget 2019 strikes the right balance between keeping our city affordable and investing in the core services and programs that position Ottawa for continued growth, prosperity and social inclusion.

- Mayor Jim Watson
During the transition and until the election, the Ward 13 office is still available at rideaurockcliffeward@ottawa.ca or at 613-580-2483

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rideaurockcliffeward@ottawa.ca
or at 613-580-2483



**Jim
WATSON**
Mayor • Maire

☎ 3-1-1 (24h)
☎ 613-580-2496
✉ jim.watson@ottawa.ca
💻 jimwatsonottawa.ca
📱 @JimWatsonOttawa

Get Ready!

We're planning a great celebration for our 100th anniversary in 2019.

Contact Donna to have your say.

donnakemp@sympatico.ca



The Lindenlea is printed on 70LB Lynx Opaque text Forest Stewardship Council™ certified paper.

If you would like to join the Lindenlea listserv (an email service which goes out to over 750 households in our community) please contact John Verdon at johnverdon@gmail.com and ask to be put on the list.

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LCA BOARD MEETINGS

The Board meets on the 2nd Thursday of each month, except in the summer. Meetings are held at 7:30PM in the community centre and are open to the public. You are welcome to attend.

-	April 11	October 10
-	May 9	AGM October 17
-	June 13	November 14
March 7	September 12	December 12

LCA 2017-2018 EVENTS SCHEDULE

EVENT	DATE	COORDINATOR
March Break	March 12– March 16	
Spring Programs	Tuesday, March 18 to June 17	
Soccer Registration	March 2017	
Tennis Season Opens	Saturday, April 20	
Park Clean-up	Saturday, April 20 at 10AM	
Plant and Garage Sale	Saturday, May 11	
Last Day of School	Thursday, June 27	
Canada Day Breakfast	Monday, July 1	
100 th anniversary celebrations	Fri, June 29 to Mon, July 1 Activities all weekend	

LINDENLEA COMMUNITY ASSOCIATION BOARD

The new Board for 2018-2019 was voted in at the AGM on October 18, 2018. Please refer to the Lindenlea website for the newest updated listing. To register compliments or concerns, please contact our Manager.

Stelios Togias *President*
Tanya Allem *Vice President*
Daniel Hanson *Treasurer*
Seanna Kreager *General Manager*
Donna Kemp *Editor*

Aly Abdullah *Director*
Dean Frank *Director*
Kim Haaland *Director*
Jeff Rosebrugh *Director*

LINDENLEADER PUBLICATION SCHEDULE

DEADLINE FOR SUBMISSIONS TO EDITOR
Donna Kemp (donnakemp@sympatico.ca)

PROPOSED
DISTRIBUTION DATE

April 15
May 6
July 15
September 9
November 11

May 3/4
June 1/2
August 2/3
September 27/28
November 29/30

Find the Lindenlea
Community Association online:

www.lindenlea.ca
www.facebook.com/LindenleaCA
www.twitter.com/LindenleaCA