

Our 100th Anniversary is Happening June 30th

COME CELEBRATE WITH US!

Lindenlea turns 100! Events are planned in our park for the entire day. Mark your calendars to come out for all the events

and enjoy the festivities. Lots to do, see and eat. The June Lindenleader will be dedicated to our Celebration. In it, you'll find listings of all the activities and our guest performers. Of course, we'd be

delighted if you come out and help. And, it's all just good fun. Contact Seanna to volunteer at lindenleacommunitycentre@gmail.com. We will still have our Canada Day breakfast on July 1st as well.

EGG-CELLENT EASTER EGG HUNT

Our second annual Easter Egg Hunt on Saturday, April 20th had lots of young ones hunting for eggs. They filled

their Easter baskets with eggs which they traded for a treat bag. They also enjoyed making some crafts. This event

was another of several free events sponsored by our community association.



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.

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.



Do you have a teen interested in cooking? We have a fabulous class starting next week. Teens will be learning about street foods - culinary delights from the streets of Sydney, Bombay, Mexico City and much more!

This class runs from Tuesday April 23rd - May 14th, 4:30PM - 5:45PM
Instructors: Nina LePage and Julie McInnes
Ages: 13-17 Cost: \$80.00
Register here: <https://bit.ly/2DgTRtE>

MINDFULNESS WORKSHOP!

Would you like to achieve greater balance in your life, feel prepared when facing difficult situations and embody a

deeper sense of happiness? Join Sharon Collins for a two hour Mindfulness workshop and experience the feeling of

calmness. This class will take place on June 3rd from 7:00-9:00PM. Please visit our website for more information.



Tennis memberships will go on sale on May 6th.

The cost is \$150 for a family membership, \$100 for an adult membership

and \$50 for a youth membership.

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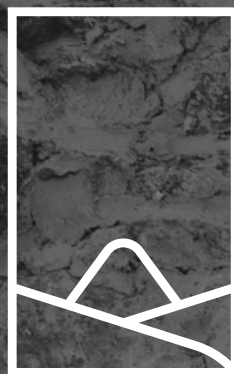
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FROM QUEEN'S PARK

On April 11th, the provincial government has announced the budget for 2019. Anyone wishing to read the budget can do so in English here: <http://budget.ontario.ca/2019/index.html> or in French here: <http://budget.ontario.ca/fr/2019/index.html>.

I have also been working on a few Private Member's Bills.

- Bill 35, Human Rights Code Amendment Act, 2018
- Bill 52, Juries Statute Law Amendment Act (Juror Eligibility), 2018
- Bill 85, Election Fundraising Transparency Act, 2019
- Bill 95, Independent Ontario Provincial Police Commissioner Appointment Act, 2019

If you would like to read about these, you can visit the Legislative Assembly of Ontario website at <https://www.ola.org/en/legislative-business/bills/current> or contact me for more details.

In more local news, I would like to congratulate Rideau-Rockcliffe ward's new city councillor, Rawlson King. I look forward to working together to tackle issues that affect the residents of Rideau-Rockcliffe.

As always, I am eager to hear from you all. If you have any upcoming activities this spring and summer, please send me an invitation. The Legislature is scheduled to rise in early June, and I would love to spend some time getting to know many more of you over the coming summer months.

Have a wonderful spring-time and I look forward to hearing from you!

-Nathalie Des Rosiers

MPP, Ottawa-Vanier

THE 58TH ANNUAL HOUSE & GARDEN TOUR

MAY 11, 2019

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Proceeds to
Youville Centre and other
IODE charitable projects.

HOUSE SHOWING
9:30am - 4:30pm

Bake Sale & Music



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\$30.00

TICKETS AVAILABLE AT EVENTBRITE AND THE
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Mood Moss Flowers
186 BEECHWOOD AVE.

Books on Beechwood
35 BEECHWOOD AVE.

Green Thumb Garden Centre
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Taing Jewellers
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Langdon's Flowers
1400 BANK STREET

Jiffy Photo and Print
420 HAZELDEAN ROAD

Flowers Talk (Tivoli)
282 RICHMOND ROAD

PHOTO CREDIT: SUSAN LECLERC



WARD 13 HAS A NEW COUNCILLOR

The Rideau-Rockcliffe ward welcomes Rawlson King as our new representative on City Council. He was sworn in on April 16th.

With 17 candidates and a 30.61% voter turnout, on April 15th Rawlson King won the riding with 1529 votes. That is 18.36% of the vote. Jamie Kwong was second with 1406 and Penny Thomson took in 851 votes for 3rd place.

King is president of the Overbrook Community Association and a board member at the Rideau-Rockcliffe Community Resource Centre. He is also co-chair of the Ottawa Police Service Community Equity Council. He has lived in Rideau-Rockcliffe for 15 years and graduated from Carleton University with a bachelor of journalism and a masters degree in communications.



Sounds of Spring

Don't miss the next performance of Les Chansonniers d'Ottawa. The chorus will fill the air with their voices and steps to celebrate their 45th

anniversary with "De traditions et d'avenir" on Friday, May 10 and Saturday, May 11, at 8PM and Sunday, May 12, at 2PM at the Shenkman Arts Cen-

tre, 245 Centrum Boulevard, Orleans. Tickets are available at shenkmanarts.ca or by phone at 613-580-2700.

FINE ARTS PHOTOGRAPHY SHOW AT OUR COMMUNITY CENTRE

From Antiquity to the Present
Solo Show

David H. Clendenning - Fine Art Photographer

Architectural, Decorative & Ornamental Images
(ceramics, sculpture, icons, stained glass, textiles, metalwork & historic sites)

Where: The Lindenlea Community Centre
15 Rockcliffe Way, Ottawa

When: Thursday May 30th to Wednesday June 5, 2019

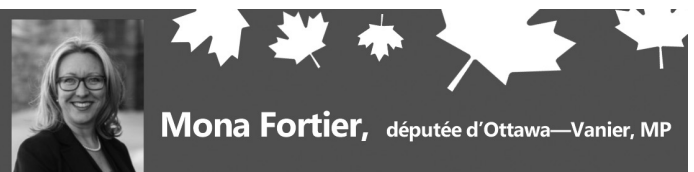
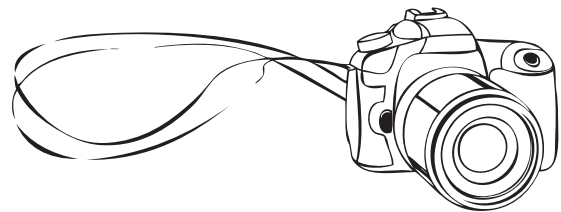
Opening Vernissage: Thursday, May 30, 2019
Time: 6pm - 9pm

Meet the Artist at Regular Open Hours
Saturday, June 1 - 2pm - 5pm
Monday, June 3 - 12pm - 3pm
Tuesday, June 4 - 6:30pm - 8:30pm
Wednesday, June 5 - 12pm - 3pm

Contact:
www.lindenlea.ca www.clendenning.com

Stop by the community centre from May 30th to June 5th to see

the beautiful work of David Clendenning. David, a fine arts photographer, will be displaying Architectural, Decorative and Ornamental Images.



Mona Fortier, députée d'Ottawa—Vanier, MP

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PROGRAMS AT THE LINDENLEA COMMUNITY CENTRE

SUMMER 2019

Tuesday July 16th to Friday August 23rd

Online Registration begins June 1st

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

15 Rockcliffe Way.

Telephone: (613) 742-5011

For more information, contact Seanna
at lindenleacommunitycentre@gmail.com

Please note that the yoga dates are different than our regular schedule.

YOUTH PROGRAMS

LINDENLEA PLAYGROUP

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

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

Coordinator: Naila Parsons

(613) 601-8336; naila_p@hotmail.com

1 Child - \$25.00 per session;

2-4 Children - \$50.00 per session*

ADULT PROGRAMS

There are no discounts for the Summer programs. With the exception of yoga, our regular fitness instructors will be rotating during the summer months.

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 schedule, 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 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

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 hour and 15 minutes long.

Wednesday 12:00PM to 1:15PM

July 3,10,17,24 and 31

Instructor: Eileen Scully

Cost: \$75

HIIT

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!

Tuesday 6:30 -7:30AM

July 16th to August 20th

Instructor: Rotating

Cost \$66

INTRO TO WEIGHT TRAINING

Because you asked! As we age, we lose muscle mass. To combat this, we are introducing a weight and re-

sistance training class in Lindenlea. This class is aimed at people new to weight training and people who have done a small amount of weight training.

Tuesday 8:00AM -9:00AM

July 16th to August 20th

Instructor: Rotating

Cost \$66

FITNESS FUSION

The focus here is functional fitness beginning with a 15 min extended cardiovascular warm up 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.

Tuesday 9:15AM -10:15AM

July 16th to August 20th

Instructor: Rotating

Cost \$66

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 and active people

Tuesday 10:30am -11:30am

July 16th to August 20th

Thursday 10:00AM -11:00AM

July 18th to August 22nd

Instructor: Rotating

Cost \$66

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**Public School Trustee
Rideau-Rockcliffe/Alta Vista**

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

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

Thursday 7:30am -8:30am

July 18th to August 22nd

Instructor: Rotating

Cost \$66

HIIT

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 8:45am -9:45am

July 18th to August 22nd

Instructor: Rotating

Cost \$66

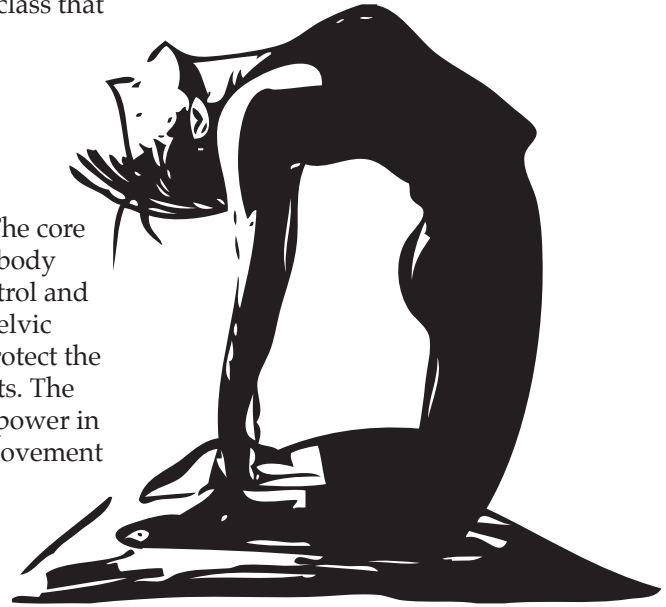
MEN ONLY CORE CLASS The core or trunk muscles prepare the body for movement, providing control and stability. An active core and pelvic floor function as a corset to protect the structural integrity of the joints. The core class focuses on gaining power in the trunk through dynamic movement and concentrated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

Thursday 11:15am -12:15pm

July 18th to August 22nd

Instructor: Rotating

Cost \$66



Area Poet Launches Book in May



Our Land, Our People is a collection of poems by Paul Malimba, who through poetry raises awareness about the Unexploded Ordnance (UXO) in Laos. The poems are about the effect of the live bombs lying around the countryside on the children, women, men and the land. Please join him on 14 May at 19:00 at the Lindenlea Commu-

nity Centre, where he will read from his collection of poems and show a short film about UXOs. Paul, his wife Lee-Anne Hermann and their son are long term residents of Lindenlea and have just returned from a three year assignment to Vientiane, Lao People's Democratic Republic.



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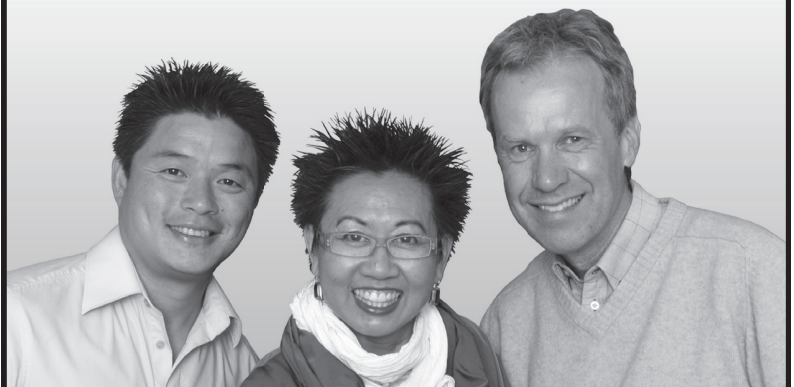
Nathalie Des Rosiers
MPP/députée Ottawa-Vanier

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ASK THE DOCTOR

This column gives general information from Dr. Aly Abdulla, our friendly neighborhood family and sports medicine doctor. It does not replace advice from your own practitioner.

Hi, Dr. Abdulla.

I am getting creakier as I age. I don't seem to be the only one with trouble getting up and down.

What can I do to stave off the stiffness?

The creakiness is quite common in all your joints but more typically in hips, back, knees and hands. This is osteoarthritis (OA) or degenerative arthritis and affects more Canadians than all other forms of arthritis combined. About 4.6M Canadians have OA and this will balloon to 7.5M in 2036

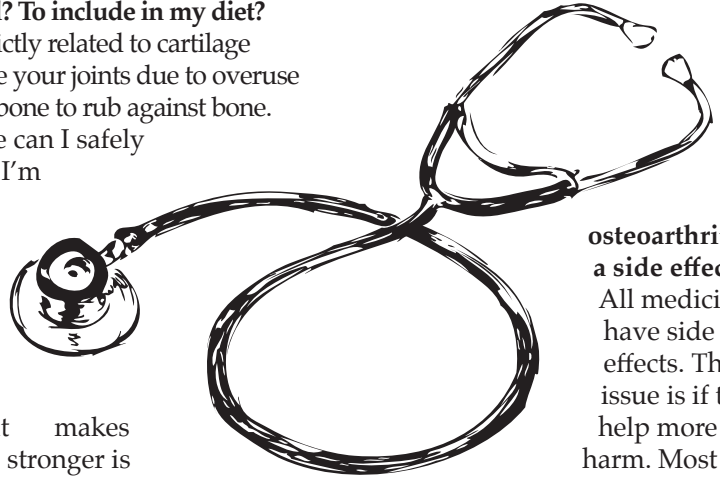
Does diet make any difference? Are there foods to avoid? To include in my diet?

No. This is strictly related to cartilage wearing inside your joints due to overuse and allowing bone to rub against bone.

What exercise can I safely do? So often, I'm

happy doing the exercise, but it comes back to haunt me later.

Anything that makes your muscles stronger is helpful. However staying away from pounding in gravity is even better like low impact aerobics or cycling or swimming and strengthening core muscles, hips, back, legs and stretching.



osteoarthritis as a side effect?

All medicines have side effects. The issue is if they help more than harm. Most medications, properly prescribed and taken,

reduce symptoms by more than 50%. The oral medication options include acetaminophen (*watch constipation and liver issues*), non-steroidal anti inflammatories (NSAIDS) like ibuprofen, diclofenac, or naproxen (*watch for stomach upset, diarrhea*), and cox-2 inhibitors like celecoxib or meloxicam (*watch for liver or heart issues*). There are topical medicine options like capsaicin (*Zostrix*) and NSAIDS (*Voltaren creme*) (*watch for local irritation*). Also consider inside joint medication options like steroid or hyaluronic acid (*collagen*).

When is surgery the only option and how helpful is it?

Surgery is the last resort for someone who has failed all of the above, has daily symptoms, and has limited mobility. It's essentially replacing the normal joint with plastic, metal, and cement. It should last 15-20 years. To ask your own questions: email: lindenleacommunitycentre@gmail.com. Use the words Ask the Doctor in your subject line.

Are naturopathic supplements useful or do they need to have been started years ago to make a difference?

The best treatment is prevention of overuse and trauma and keeping your muscles strong. The science behind naturopathic supplements for osteoarthritis is well studied. Glucosamine and Chondroitin has shown 6-7% improvement in symptoms.

Do some medicines cause

WHERE'S THE BEEF?

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- Dr. Abdulla
works and lives
in our community.

34th Annual Children's Festival Rocks On

Join us May 8-12 as we celebrate the world's finest performing arts for young audiences and their families.

Our 34th Festival has highly acclaimed Canadian and international productions from Ireland (They Called Her Vivaldi), Denmark (Fly), Germany (Kaschtanka), Spain (A Mano), Scotland (Is This a Dagger?), Australia (Paper Planet), as well as circus performers, Les Parfaits Inconnus, from Quebec.

The main Festival site is located out-

doors at LeBreton Flats Park where you'll find lots of activities on-site to keep the kids entertained. Buy your

tickets, pack a picnic (or visit one of our food vendors), and spend a magical day at the Ottawa Children's Festival (group rates also available).

CONTEST! During the month of

April, through the first week of May, we are holding a contest in your community called #OCFRocks. It is two-fold; firstly, you might win a family pass to our Festival by painting a rock and writing our hashtag #OCFRocks

on it. Then simply hide it in your local park and share a photo of it on social media, tagging us. Additionally, WE will be placing special rocks in neighbourhood parks. Kids who find a rock will also have a chance to win! Full details on our website under "Events" and "Community Contests".

The purpose of this project is to celebrate creativity, inclusion and the importance of community. Please visit ottawachildrensfestival.ca for more details and to purchase tickets.

I would love to hear directly from you and help you plan a day with us! You can reach me at joni@ottawachildrensfestival.ca.

Hope to see you at the Festival!



Photo by Sarah & Henry Hamlin

FROM THE HILL...

FIGHTING CLIMATE CHANGE WHILE SUPPORTING CANADIANS

Our government has built a plan to protect the environment and grow the economy. To ensure a cleaner, more prosperous future for our kids and our grandkids, our climate action plan seeks to invest in renewables, promote using less energy, support public transit projects, and put a price on pollution.

Putting a price on pollution is the best way to address climate change. Our government also understands the importance of supporting families to make smart, clean investments. That is why, starting this year, the Climate Action Incentive has been introduced to give money directly to you while fighting climate change. An average Ontario family of four will receive

\$307 through their Income Tax return this year.

The climate plan is ambitious, effective and makes life affordable while creating good middle-class jobs. Since 2015, we have created more than 900,000 new jobs with a significant gain in full-time work. Our unemployment rate is also at its lowest level since the 1970s. We will always focus on jobs, growing the middle class, and strengthening our economy.

Many residents and organizations of Ottawa-Vanier have taken steps towards making clean investments. From local park clean-ups to investments in renewable energy, every little bit helps. With the climate action plan, we hope to keep this momentum going to foster

a cleaner and greener Canada.

As always, my constituency office is there to help you with any interactions with federal services. It is open Monday to Thursday from 9:30 to 4:30, and Friday from 9:30 to 4:00. Give us a call at **613-998-1860**, or send an email at mona.fortier@parl.gc.ca.

-Mona Fortier, MP

JAZZ IN JUNE

Jakob Bro is a world-class jazz guitarist from Denmark where he's won numerous awards, both as a composer and as a musician.

Fresh from an Ottawa International Jazz Festival performance with his trio on Tuesday, June 25 on the National

Arts Centre's Fourth Stage, Jakob Bro will be conducting a master class at 10.30 a.m. on Wednesday, June 26 at MacKay United Church.

This special event is the result of a collaboration between MacKay's Jazz in June series and the Ottawa Inter-



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national Jazz Festival which runs between June 21 and July 1.

"The Kindness of Jazz" is a musical conversation with Jakob Bro, hosted by MacKay's own Pete Woods, concentrating on themes of composition, improvisation and compassion. There is no charge for attendance at this event — goodwill donations for

MacKay's musical work will be gratefully accepted.

MacKay's Jazz in June series is back for a fourth year. The series — every Thursday in June at noon in MacKay's sanctuary — features old favourites, as well as showcases some of Ottawa's finest young jazz talent.

As usual, it's first come, first served

for seating, including the Jakob Bro session at 10.30AM on Wednesday, June 26. Enjoy some great sounds and conversation at MacKay United Church when Jazz in June returns.

Contact: Eleanor Bates Dunn, eleanor-dunn@sympatico.ca 613-749-4510

FROM CITY HALL

BUILDING A SUSTAINABLE OTTAWA FOR FUTURE GENERATIONS

Municipalities play a crucial role in assuring environmental sustainability and in the fight against climate change. The City of Ottawa, in partnership with various stakeholders, community groups and residents, has developed a robust environmental stewardship strategy to ensure that we leave a green and sustainable legacy to our future generations.

With our Air Quality and Climate Change Management Plan, Climate Change Management Plan, Official Plan policies, Energy Evolution strategy and a variety of specific energy conservation and environmental initiatives, the City of Ottawa set a proactive environmental strategy that targets an 80% reduction in greenhouse gas (GHG) emissions by 2050.

Through key initiatives ranging from applying an energy conservation and climate resiliency lens to City policies, to greening operations, to collaborating with local and international partners, we have achieved meaningful results in GHG emission reductions and are well on our way to becoming a low-carbon economy. A great example of our long-term efforts to reduce

GHG is the implementation of light rail transit. Once Stage 2 LRT is up and running, our fully electrified LRT system will reduce GHGs by 110,000 tonnes and air contaminants by 3,000 tonnes over a 25-year period.

The City is exploring other transportation-based solutions to reduce its carbon footprint such as:

- Encouraging the public to adopt electric vehicles by installing Electric Vehicle Charging Stations at City facilities;
- Investing record amounts into cycling and pedestrian infrastructure and supporting cycling initiatives such as the Annual Bike to Work Month, and;
- Greening its vehicle fleet with the acquisition of hybrid, electric or alternative fuel vehicles.

The City is also taking a proactive approach to protecting and preserving its natural assets for future generations through initiatives such as the Combined Sewage Storage Tunnel (CSST), one of the most important projects of Ottawa River Action Plan, and the Urban Forest Management Plan. Once

completed, the CSST will reduce the discharge of waste into the Ottawa River by over 80%, the equivalent capacity of approximately 18 Olympic sized pools. And under the Urban Forest Management Plan, the City has established a structured approach to protecting and enhancing our forests which includes a tree By-law review, an inventory of forest canopy cover and tree planting and establishment guidelines.

Lastly, the City is leveraging its facilities and infrastructure assets to reduce its energy use and costs. From installing solar panels on the roofs of some city buildings to converting streetlights to LED technology to building new facilities to meet LEED certification standards, we are committed to being an environmentally responsible community.

The progress we have made to date, with many results on track or exceeding targets, demonstrates Ottawa's deep commitment to tackling climate change head-on and protecting our environment.

- Jim Watson
Mayor, City of Ottawa



Jim WATSON
Mayor • Maire

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Get Ready!

We're planning a great celebration for our 100th anniversary in 2019. Come out and enjoy all the events throughout the year!



The Lindenleader 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.

Lindenlea Community Centre, 15
Rockcliffe Way, Ottawa, Ontario
K1M 1A9
613 742-5011
Registration Tuesdays 6:30 to 8:00PM

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.

-	-	October 10
-	May 9	AGM October 17
-	June 13	November 14
-	September 12	December 12

LCA 2017-2018 EVENTS SCHEDULE

EVENT	DATE	COORDINATOR
Spring Programs	Tuesday, March 18 to June 17	
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 <i>Activities all weekend</i>	

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*

Dr. Aly Abdulla *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

May 6
July 15
September 9
November 11

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



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