



A Big Thank You!

On June 30th, we celebrated our 100th anniversary with a party in Lindenlea Park. I had so much fun watching the day unfold, catching up with friends, working with our fabulous volunteers and enjoying the entertainment and food! I have so many people to thank that I am not sure where to start.

I would like to say a big thank you to the LCA Board of Directors and our *Lindenleader* Editor Donna Kemp for their support and help both during the event and in the planning stages. I am so lucky to work with such a lovely group of people.

I would like to thank everyone who volunteered. We had so many people step up and take a shift (or two or three). I appreciate all of the hard work that was put into making our event a success. We had people driving around

picking up last minute food, ice, coffee and items we suddenly discovered we needed. Meanwhile, other volunteers were busy helping with set up, making cotton candy and popcorn, putting out food and drinks, working on kids' art projects, cleaning up and doing a thousand other small and large tasks that needed done. We even had a group of volunteers who stayed up and watched our tent all night long!

Thanks to our food vendors, Muckleston and Brockwell and TaMaLitOs for keeping us well fed over the dinner hour and to Sconewitch for donating freshly baked scones and Bridgehead for donating coffee.

We are grateful to our performers, Monkey Rock, Brian the Cowguy, Sueños Flamencos, the Dan Dunlop Band

and our Tae Kwon Do instructors (Taylor and Alexandra) and students for keeping everyone entertained. We had the best face painters and caricature artists who shared their talents with us and we had some beautiful classic cars on site brought by Iola and Andre. We were also very lucky to have a fabulous walking tour of the neighbourhood that many people participated in. Thanks Jeff, Victoria and Ian for organizing and leading the tour for us. Lastly, thanks to everyone who came to celebrate with us! It was really nice to see so many familiar faces and meet some new people, as well. Lindenlea is an incredible community. Thanks for letting me be part of it.

-Seanna



Dan Dunlop Band



Great Face Painting

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.

CANADA DAY BREAKFAST!

This year we were able to celebrate Canada Day under a giant tent in Lindenlea Park. Approximately 300 hungry neighbours and friends enjoyed a breakfast of sausages and pancakes topped with strawberries, maple

syrup, blueberries, whipped cream and chocolate chips. Families also enjoyed a performance by Derek from Sing Song Party Time. We would like to thank our volunteers for helping with set up, cooking sausages, slicing

strawberries, flipping pancakes, running for coffee, serving, and cleaning up! The pancake breakfast is always a great way to celebrate Canada Day, and this year it was also a lovely end to our 100th year celebrations.



Canada, eh!



More Food!

WE GET A STRIKING MURAL

We first met with artist Claudia Salguero last winter, when the snow was on the ground and the trees were bare. Claudia took some time to explain the mural process and then we started our journey. We held several community meetings where Claudia asked us to share our thoughts and stories about why Lindenlea is special. After researching and listening to our community, Claudia came up with a design that represents what our neighborhood means to us. She included the four types of historical

Lindenlea trees and added silhouettes of a soldier returning from war, a dog and its owner, a couple sitting on a bench, two kids with a bike and a skateboard, and a parent and child skating on the rink. She also added in a stamp with the house design and drawing tools to represent founding designer Thomas Adams. We feel that she captured the essence of Lindenlea perfectly. In the spirit of reconciliation, we were honored to have two indigenous artists come to add a dream catcher to the mural. Doreen

Stevens and her daughter Charlotte Aki did a beautiful job painting at our community centre. A few community members, Les White, Tim Moore and Trish Moss, helped paint the poppies. The mural was installed on June 27th and was officially unveiled on June 30th at our 100th year celebration. Our Algonquin artist Doreen Stevens and her friend Ron Tenasco blessed the mural for us! The mural looks beautiful on our wall, and we hope that you will enjoy it for many years to come.



OUR COMMUNITIES SUPPORT the Annual Library Book Sale

Congratulations to everyone involved with this year's Rockcliffe Park Spring Book Sale.

The hard work and extraordinary preparation over the past year by dozens of enthusiastic volunteers ensured yet another record-breaking sale in support of the Ottawa Public Library.

Organizers are thrilled that the numbers are up yet again, despite the miserable weather of opening day

on April 27. Well over 3,000 people came to the Sale during the two-event;



24,500 books and AV material were sold, resulting in a 14% increase in

revenue over last year.

Many thanks to our brilliant community, whose different contributions make the Spring Book Sale such a success year after year: the donation of thousands of books and AV materials, the hard-working volunteers and our corporate sponsors, Chartwell New Edinburgh Square, Guardian New Edinburgh Pharmacy and Dymon Storage. Their support, both financial and material, plays a vital role in our continued success. Thanks also to other local businesses: Epicuria, for keeping sale volunteers fed during the Sale; Metro Beechwood, for donating bags; and Books on Beechwood and Bridgehead, for help with publicity. And finally, a big thank you to all those who braved the cold and came to find their treasures.

- Carolyn Breerton

Beechwood Auto Service



"Comprehensive car care for peace of mind"

613.749.6773

IMPORT & DOMESTIC AUTO REPAIR SPECIALISTS

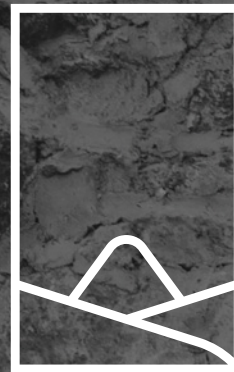
AT YOUR SERVICE SINCE 1979

A Courtesy Vehicle is Available

188 Beechwood Ave



www.beechwoodcanada.com



**compass
rose**

**Jacque
LaRocque**

compassrosegroupp.org

**Proud part of the
Lindenlea community.**

Bloomin' Gardens!

This past May we had our annual plant sale in Lindenlea Park. The weather was as beautiful as the plants that were brought by the Knipple Garden Centre. We sold a record number of colourful flowers that can now be seen blooming throughout our neighbourhood. This year Jacquie LaRocque organized a bake sale and a Mother's Day gift table for us. The bake table was filled with delicious treats and kept our shoppers and volunteers well fed. It was

sweet to see the number of kids that stopped by the gift table to find the perfect present for Mom. A big thank you to Jacquie for organizing that for us! We would also like to thank our many plant sale volunteers for helping out throughout the day. We had a lot of new helpers this year along with our usual hard working crew of Val, Moira and Mike. Everyone's help was appreciated. We can't wait to see everyone next year!



"WE DIG ROCKCLIFFE PARK" ARCHAEOLOGY PROJECT UPDATE

After a slow start due to having to deal with the snow, flood and tornado aftermath, the National Capital Commission (NCC) came on strong and provided a community dig experience on July 16, 17 and 18 in Rockcliffe Park. NCC archaeologist Ian Badgley and his team of six students planned to oversee two sites in the park. One site was the approximately 5,000-year-old Indigenous portage site, which, unfortunately, was inaccessible for the July dates due to an overgrowth of poison ivy. The other was the site of the Tea House that existed in the early- to mid-1900s. A big surprise was the discovery of pre-contact artefacts at the Tea House site, in addition to the more expected early 20th century finds. Another find was a stone wall just down the hill, along an overgrown path, from the Tea House site. The wall either accords with or predates the construc-

tion of the Tea House. The team hopes to excavate the wall in the coming months to find out more about it.

A local leadership team has been working to establish a long-term, community-based archaeology program that will include the processing and display of artefacts, the involvement of schools, and, of course, future digs in Rockcliffe Park and nearby areas. Interested in getting involved? Contact the team at WeDigRockcliffePark@gmail.com.

*-Marilyn Venner,
Rockcliffe News*



Mona Fortier, députée d'Ottawa—Vanier, MP

À VOTRE SERVICE ! WORKING FOR YOU!

Connect with me. Connectez-vous avec moi.

613 998 1860 • mona.fortier@parl.gc.ca • www.monafortier.ca

**Chris
Ellis**



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

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

Programs at the Lindenlea Community Centre

FALL 2019

Tuesday, September 3rd to December 21st

Online Registration begins

August 12th, 2019

For a detailed program listing, visit

www.lindenlea.ca

Register online with a credit card, or

register in person with a cheque

Evening office hours will be on Tues-

days August 27th,

September 3rd, 10th and 17th

15 Rockcliffe Way.

Telephone: (613) 742-5011

For more information, contact Seanna at

lindenleacommunitycentre@gmail.com

Unless noted, there will be no class on

Thanksgiving.

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 AND FAMILY 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.

Tuesday and Friday 9:00AM -11:15AM

Coordinator: Naila Parsons

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

1 Child - \$50.00 per session; 2-4 Chil-

dren - \$75.00 per session*

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

NEW!

CHILDREN'S YOGA CLASS

A fun and relaxing yoga class for children ages 4-7 years old. We will explore poses through story, games and song! Limit to 8 children.

Instructor Tanya Riley

Two sessions

Sundays: 10:00AM-10:45AM

September 16th - October 27th

Cost \$72.00

(No class October 13th - Thanksgiving)

November 3rd - December 8th

Cost \$72.00

NEW!

PARENT AND TEEN YOGA

A time for parents and their teens (12-18 years) to enjoy a posture flow together, helping to open and unwind the body and calm the mind. A short meditation will be included at the end of each class.

Instructor Tanya Riley

Sundays: 11:00AM-12:00PM

September 22nd - October 27th

Cost \$72 per person

November 3rd - December 8th

Cost \$72 per person

TEEN CUISINE:

Here's a chance for your teen to become more independent in the kitchen and impress family and friends with their cooking. The theme for our September teen cuisine is cooking with fall harvest veggies and fruits. Some of the items we will be making are

homemade pumpkin ravioli, pizza made from scratch, fall minestrone soup and apple cobbler.

Bring your apron and come and create some fun recipes together.

Instructors: Nina LePage and

Julie McInnes

Tuesdays: 4:45PM-6:00PM

5 weeks: September 17 - October 15th

12-17 year olds

Cost: \$100

Includes the cost of food.

NEW!

KID'S UKULELE

Learn chords, strums and melodies for your favorite songs on the coolest instrument. Music is provided.

No background in music is required.

Please bring a ukulele -- no toys -- and

a music stand if you have one. A few

music stands will be available to lend.

Instructor: Jamie Anderson

Monday 8 weeks: Sept 9 -- Nov 9 (no class Thanksgiving on the 14th)

6:00PM-7:00PM

Group Lesson - Ages 7-12

Cost \$120.00

NEW!

ADULT/TEEN UKULELE, 7-8 PM

Learn chords, strums and melodies for your favorite songs on one of the most easy-to-learn instruments. No formal music background is required. Music is provided. Please bring a ukulele -- any size -- and a music stand. A few music stands will be available to lend.

Instructor: Jamie Anderson

Monday 8 weeks: Sept 9 -- Nov 9

(no class Thanksgiving on the 14th)

Continues on page 8 ►

Peter Barreiro, RPh.

Pharmacist Owner

Beechwood Whole Health Pharmacy

222 Beechwood Ave.

Ottawa, ON K1L 8A7

Phone: 613-842-7455

Mobile: 613-863-3769

Fax: 613-842-7453

Email: pbarreiro@rogers.com

"here for your whole health"



Rawlson King

Councillor, Rideau-Rockcliffe

☎ 613-580-2483

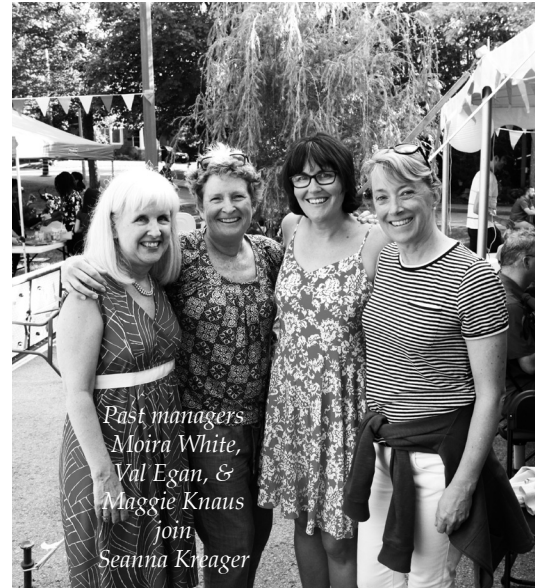
☎ 613-807-7985

✉ Rawlson.King@Ottawa.ca

Our Big 100th Bash!



Tae Kwon Do demo



Past managers
Moira White,
Val Egan, &
Maggie Knaus
join
Seanna Kreager

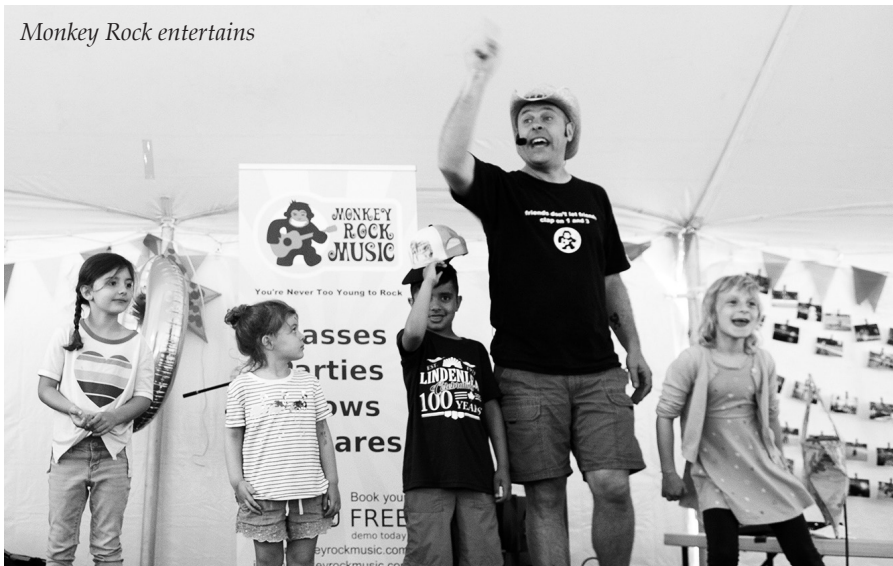


John Verdon brought
his favourite girls



Very Crafty!

Monkey Rock entertains



Victoria Angel talks about our Heritage

CLIENT
FOCUSED.
COMMUNITY
FOCUSED.



JANE DAVIS

Sales Representative
Faulkner Real Estate, Ltd. Brokerage

613.231.4663

JANE@HOMESINOTTAWA.COM

Canada Day 2019



Lots of food under the tent

WHERE'S THE BEEF?

MUCKLESTON
&
BROCKWELL

A FINE BUTCHERY

127 BEECHWOOD AVE.
OTTAWA ON
K1M 1L5



*Derek from Sing Song
Party Time plays to
the crowd*



Steve McIlroy, FMA
Financial Advisor

266 Beechwood Avenue
Ottawa, ON K1L 8A7
613-742-6811

Edward Jones®
MAKING SENSE OF INVESTING
www.edwardjones.ca

MKT-5894B-C

7:00PM-8:00PM
Group Lesson - Ages 13 and up
Cost \$120.00

**TAE KWON DO -
WORLD TAE KWON DO
Federation, Olympic Style**
Taekwondo 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 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!

beginners may start at age 5, 4 ^{1/2} if accompanied 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: \$135 Beginner (*Saturday only*)
Cost: \$279 Advanced (*twice weekly*)
**Does not include independent testing.*

ADULT CLASSES 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 a flex pass list. Please inform your instructor that you have a flex pass when you arrive and check the class off on the list. The pass is non-transferable and cannot be carried over into other sessions. There will be no refund for unused classes. This pass cannot be used for Tae Kwon Do or Yoga. You may purchase your punch card online. Cost: 5 class pass \$65.00
10 class pass \$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: September 4th - December 18th
Wednesday 7:30PM-9:00PM
Instructor: Eileen Scully
Price \$264

MEDITATION CLASS
Somatic meditation uses the body as the primary gateway to enter into the inherent wakefulness already present within. These guided lying down practices will help to connect with the inner experience of the body, releasing unconscious tensions and opening into a vaster space of awareness, peace and joy.
Thursdays: 5:30PM-6:30PM
September 5th - December 19th
Instructor Tanya Riley
Price \$176.00

LOUISE/SHARON/NINA/TRISH PACKAGE

Sign up for any one of the classes listed below and if you miss a class, you can "float" to one of the other classes offered. There is a discount offered if you take more than two classes in a session. Prices for the below classes are as follows:

One Monday course (no class Thanksgiving, Classes Start September 9th) \$154
One course Tuesday to Saturday: \$176
Discount Offered For:
Three courses: you pay \$480
Four courses: you pay \$544

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 ten minutes of stretching to enhance flexibility. It is 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

TOTAL BODY WORK-OUT
This class will help build muscular and core strength, as well as improve balance and posture. We will finish with a good stretch that will leave you feeling focused and ready to face the day.
Monday 7:30AM – 8:30AM
Instructor: Trish Moss
No Class on October 14th (*Thanksgiving*)

NEW! INTRO TO WEIGHT TRAINING
We are introducing a weight and resistance 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.
Monday 8:45AM – 9:45AM
Instructor: Trish Moss
No Class on October 14th (*Thanksgiving*)

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
Monday 10:00AM-11:00AM
No class on October 14th (*Thanksgiving*)
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 functions 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 11:15AM-12:15PM
No Class October 14th (*Thanksgiving*)
Thursday 11:30AM-12:30PM
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 cardiovascular workout with body-mind based movements.

Tuesdays 7:30AM – 8:30AM

Instructor: Louise Hannant

SUNRISE CORE STRENGTH

The core or trunk muscles prepare the body for movement, providing control and stability. The core 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 re-

sulting 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 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 7:30AM-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 cardiovascular 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 lead through 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

Straightforward · Caring · Dedicated



Janny, Jeff & Shan... The Power of Three... Working for You!™
proven performance in Lindenlea since 1986

JannyMills Sales Representative

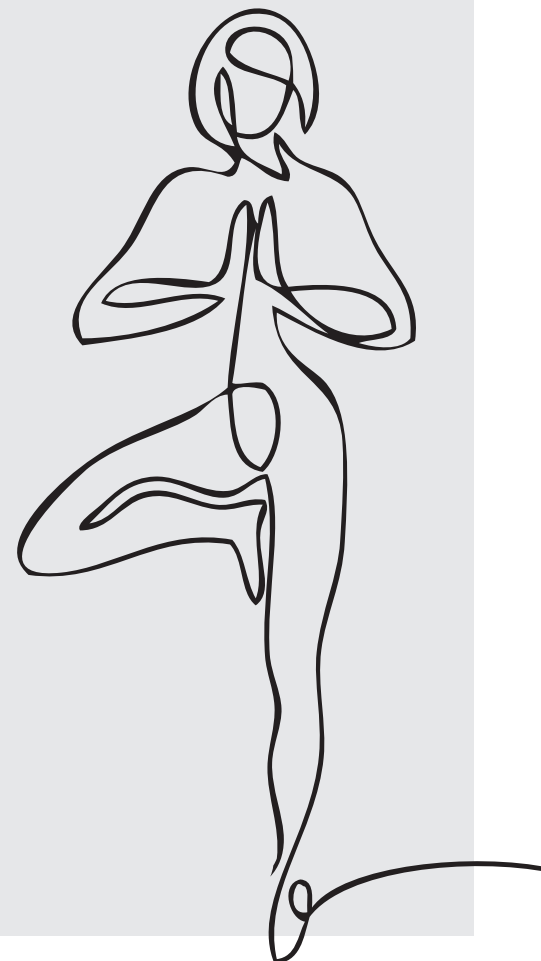
JeffRosebrugh Sales Representative

ShanCappuccino Sales Representative

613.238.2801

jannyjeffandshan.com

ROYAL LePAGE
Performance Realty
Brokerage, Independently Owned and Operated



FROM CITY HALL

SENIORS CAN NOW RIDE OC TRANSPO AT NO COST TWICE A WEEK

After witnessing the success of no-charge OC Transpo services for seniors on Wednesdays, I pledged during my 2018 Mayoral re-election campaign to extend this service for seniors to an additional day of the week. Offering seniors a second day a week on which they can get around the city on public transit at no cost is not only an opportunity for seniors to save money, but it encourages them to leave their home and take part in social outings, helping to fight widespread loneliness and isolation affecting many seniors.

Currently, seniors 65-plus can ride OC Transpo buses and trains at no charge every Wednesday. Beginning on July 7, seniors were able to take transit for no charge on Sundays, as well.

Providing no-charge transit for two days a week gives Ottawa seniors more mobility options. This is important, as transit plays a key role in

the lives of Ottawa's seniors – connecting them with medical appointments, shopping, family members and friends. This plays a big role in helping to fight the social isolation that many seniors feel in our community. Public



transit is also an affordable choice for those seniors who are on a fixed income.

And our data shows that this program works. In 2018, 180,000 seniors rode OC Transpo on no-charge Wednes-

days. We estimate that 35,000 seniors per year will ride OC Transpo on no-charge Sundays.

I encourage all seniors to take advantage of the no-charge OC Transpo service on Wednesdays and Sundays, and to get around our beautiful city by public transit and active transportation.

Seniors can also purchase their Presto card, set their senior discount, and load a deeply discounted monthly OC Transpo pass or pay-per-ride fare at various City of Ottawa and OC Transpo service centres and selected vendors including Loblaws and Shoppers Drug Marts across the city. A complete list of locations can be found at

www.octranspo.com.

Jim Watson,
Mayor

Last Chance for T-Shirts!



Did you miss your chance to buy one of our fabulous 100th anniversary T-shirts? Don't worry! You have one more chance to order. Our final order will go in on Tuesday, October 1st and the T-Shirts will be ready for pick up at our AGM on Thursday, October 17th.

Please email me at lindenleacommunitycentre@gmail.com or watch the listserv for more information. A big thank you to Daniel Hanson for designing the perfect T-shirt for our anniversary!



Jim WATSON
Mayor • Maire

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

From Team Rawlson King

Hope your summer is going well and that you are taking some time to enjoy the beautiful weather!

Happy 100th anniversary!

It was my pleasure to attend the 100th anniversary celebration of Lindenlea with the unveiling of the beautiful art installation at the community centre. To paraphrase the White family, long time neighbourhood residents, "Lindenlea is an incredible small village in the middle of our wonderful city."

I had a great time enjoying the block party and the lovely Canada Day celebrations held in Lindenlea Park! Congratulations to Stelios Toggas and the rest of the Lindenlea Community Association and resident volunteers for hosting such great events.

Official Plan Consultation

Along with fellow Councillors Jeff Leiper, Catherine McKenney, Shawn Menard and Mathieu Fleury, I was heartened to see the great turnout at our first Official Plan Consultations at City Hall last month. The Official Plan lays the foundation for all of the City's work going forward, and so it is critical to have in-depth input from residents. We will continue to consult with Ward 13 residents throughout the year.

Château Laurier

I voted in favour of Councillor Mathieu Fleury's motion at Council on

July 10 to rescind the conditional heritage permit for the Château Laurier. During the debate, I noted that while the Château Laurier owners have a fantastic opportunity to expand their property and service offerings, their proposed design is incompatible with the existing building. Given the sensitivity of this pre-emi-



nent space in our Nation's Capital, it's important that any proposed design is appropriate to the location. The proposed design is incompatible with the historic sight lines of the Parliamentary precinct as outlined by Parks Canada's guidelines. Further, the design did not meet the three conditions that were to be met prior to site plan approval.

The proposed extension on the northern side of the Château Laurier is not only incompatible with the existing structure but with the heritage context of the site near Parliament Hill, the Byward market, Major Hill's Park and the Rideau Canal, a UNESCO World Heritage site. City Council must

act as careful and informed custodians of heritage. The property owner has not respected the high value that our community places on the building. For a landmark so iconic and beloved, Council should never have delegated authority and that Council should have acknowledged this error and corrected it.

Gun Violence

I brought forward a motion to address gun related violence to City Council on June 26. The motion asked that the root causes of gun violence be addressed through greater social investments, better youth programming and strategies to tackle illegal gun ownership. The motion also asked the Mayor to write to the federal government asking for the sale and possession of handguns to be banned within the City Of Ottawa. The motion has been referred to Police Services Board where public and expert input will be solicited.

Web Site & Newsletter

My office quickly established a Web site to provide information about upcoming news and events in our Ward. You can obtain these updates at <http://www.rideau-rockcliffe.ca>. Make sure to sign up for updates on our Web site, which will ensure that you will receive our monthly newsletter. If you have any service requests, you can access Service Ottawa, also known as 3-1-1, which is the City's primary customer service tool through our Web site at: <https://www.rideau-rockcliffe.ca/311>. If you have comments, questions or concerns, please contact our office by e-mail at rideaurockcliffeward@ottawa.ca or by phone at 613.580.2483.



Nathalie Des Rosiers
MPP/députée Ottawa-Vanier

Proud to serve our community!
Fière de servir notre communauté!

Constituency Office / Bureau de circonscription
237 Montreal Road, Ottawa, ON K1L 6C7
613-744-4484 | ndesrosiers.mpp.co@liberal.ola.org
www.nathaliedesrosiers.onmpp.ca



Councillor

Rawlson King
Rideau Rockcliffe Ward 13

WE'RE STILL PARTYING!

LOOK FOR OTHER EVENTS OVER
THE NEXT FEW MONTHS.



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.

September 12	December 12	April 9
October 10	January 9, 2020	May 14
AGM October 17	February 13	June 11
November 14	March 12	

LCA 2017-2018 EVENTS SCHEDULE

EVENT	DATE
Fall Programs	September 3rd - December 21
AGM	Thursday October 17 th
RPPS Book Fair	Nov. 1-3
Sleigh Ride and Chili Dinner	December 7 th
Rink Opens	Late December (<i>weather dependent</i>)
Winter Programs 2020	January 6 th - March 14 th
Family Day Activities	February 17 th
March Break	March 16 th - 20 th
Spring Programs	March 23 rd - June 27 th
Soccer Registration	March
Easter Egg Hunt	April 11 th
Spring Park Clean Up	April 25 th
Plant Sale	May 9 th
Tennis Courts Open	Early May (<i>weather dependent</i>)
Last Day of School	June 25 th
Canada Day Breakfast	July 1 st

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

PROPOSED
DISTRIBUTION DATE

July 15
September 9
November 11

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



Ottawa's Quality Home Renovations
and Restoration Company

AWARD WINNING CONTRACTOR –
RENOVATOR OF THE YEAR



For a comprehensive overview, please visit our web site:
www.sandyhill.ca or call Nathan Gurnham at (613)832-1717

SERVING LINDENLEA FOR OVER 24 YEARS

Find the Lindenlea
Community Association online:

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