



The Rockcliffe News

February 2019

Rockcliffe Park Residents Association

www.rockcliffepark.ca

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Board meetings are held monthly and are open to all. See calendar for dates and times. Comments and suggestions are always welcome. Correspondence to Board members and any enquiries for administration purposes may be addressed by email to secretary@rockcliffepark.ca.

DATES TO REMEMBER

FEBRUARY

- 13 Wednesday, 6:30 pmCity of Ottawa Public Budget Meeting, Jean Pigott Hall, City Hall, 110 Laurier Avenue West*
- 18 MondayFamily Day Mayor's Skating Party and MPP Nathalie Des Rosiers' Bowling and Board Games*
- 20 Wednesday, 7:15 pmRPRA Board Meeting, Community Hall
- 21 Thursday, 7:00 pmHeritage Ottawa Lecture: Alex Bozickovic on "Modern History: Preserving Canada's Legacy of Modernism," Ottawa Art Gallery, 50 Mackenzie King Bridge*
- 27 Wednesday, 7:00 pmAnnual General Meeting of the RPRA and The Village Foundation's Annual Report to the Community, Community Hall*
- 28 Thursday, 7:30 pmRockcliffe Park Garden Club: Rob Stuart on "The Art of Rock Gardening," Community Hall*
- 27,28 Wed, ThursdayElmwood Theatre presents Silva Semerciyan's *The Light Burns Blue*, Elmwood School, 261 Buena Vista Road*

MARCH

- 1,2,3 Friday to SundayElmwood Theatre presents Silva Semerciyan's *The Light Burns Blue*, Elmwood School, 261 Buena Vista Road*
- 6 Wednesday, 7:15 pmRPRA Board Meeting, Community Hall
- 13 Wednesday, 8:00 pmSpeakers Program: J. D. M. Stewart on "Being Prime Minister," Community Hall*
- 20 Wednesday, 7:00 pmHeritage Ottawa Lecture: Christopher Ryan on "Meet the Developers: Apartment Building Construction in Ottawa, 1900 to the Present," Ottawa Public Library Auditorium, 120 Metcalfe Street*
- 27 Wednesday, 8:00 pmSpeakers Program: Julia Gersovitz, O.C., on "Lessons in Heritage Conservation," Community Hall*
- 28 Thursday, 7:30 pmRockcliffe Park Garden Club: Lana Doss on "Successfully Gardening in Containers," Community Hall*

APRIL

- 17 Wednesday, 7:15 pmRPRA Board Meeting, Community Hall
- 27 Saturday, 10 am to 5 pm...Rockcliffe Park Public Library Spring Book Sale, Community Hall*
- 28 Sunday, 11 am to 5 pm ...Rockcliffe Park Public Library Spring Book Sale, Community Hall*

MAY

- 1 Wednesday, 8:00 pmSpeakers Program: Richard Fadden, O.C., on "National Security Threats to Canada and the West," Community Hall*
- 3 Friday, 6:00 pmDining with the Ambassadors, Community Hall*
- 15 Wednesday, 7:15 pmRPRA Board Meeting, Community Hall

*Additional information on these events may be found in this newsletter.

PRESIDENT'S LETTER



As we enter into this second month of 2019, we are adjusting to the news that our Councillor, **Tobi Nussbaum**, who has served this community so well, will be leaving the City to take on the role of CEO of the National Capital Commission. Our loss is the NCC's gain, and we recognize and thank Tobi for his services to this community. Tobi spoke at our January RPRC Board meeting and assured us that his office will remain open and his staff will continue to provide support after he leaves. A significant number of individuals have already either confirmed or are considering running in a by-election that we expect to be scheduled in the spring.

The Thermometer outside the Community Hall is down and I would like to thank all of you who generously donated to our annual fundraising drive that this year targeted the food bank at Rideau-Rockcliffe Community Resource Centre (RRCRC). Our goal was an ambitious \$25,000, and although we did not reach it, we were able to raise over \$18,000. Thanks to everyone who attended and supported our fundraising launch at St. Bartholomew's Church on November 30. Many of those in attendance said how much they enjoyed the social get-together and reconnecting with friends and neighbours they had not seen in a while.

Another successful social event was the official opening of the splendid Rockcliffe Field House and skating rink on Sunday afternoon, December 16. Despite the balmy weather, the ice was in perfect condition and over 175 people came out to munch Timbits, drink hot chocolate and skate. Many thanks to **Louise Malhotra** for organizing this event, to **Shawn Malhotra** for taking the concept to reality, and to the many donors who generously supported this project. It was an extraordinary effort and the results are equally extraordinary. If you have not yet had the opportunity, I do encourage you to bring your family out for a skate on one of the two beautifully maintained ice surfaces.

Earlier in December, our annual Christmas Tree Lighting and Carol Sing outside the Community Hall experienced a minor hiccup as only half the tree lit up during the singing of *O Christmas Tree* by the Elmwood School Junior Choir – much to my embarrassment, as it was my job it was to ensure everything was working! Many thanks to the **Salvation Army Brass Ensemble of the Ottawa Citadel Band**, the **Elmwood School Junior Choir**, and to **Jim and Nancy Carr** for continuing to support the event with cookies, hot chocolate and hot apple cider. The annual Children's Christmas Party attracted a large turnout. The horse-drawn 'sleigh' rides and Santa's appearance kept the magic of the season alive in the hearts and minds of the children. Thanks to **Imbaw Storer**, **Mireille Boulos** and their crew for keeping this tradition going.

Included in this newsletter, as required by our bylaws, is the notice for the joint RPRC Annual General Meeting and The Village Foundation's Report to the Community, to be held on February 27 at 7:00 pm in the Community Hall. If you haven't been to one of these meetings where the Foundation and the RPRC present their reports to the public, I encourage you to do so. It would be nice to see folks in the audience other than our spouses! Prior to the AGM, we will again hold a reception to recognize and thank the numerous volunteers who come out and help with various activities and events in the Village. Volunteers are key to the successful running of our association and we are pleased to celebrate their contribution. If you volunteer for the RPRC, please join us at 6:00 pm on February 27.

Another critical element to the successful running of the association is a strong membership base. Our membership dues remain a very modest \$25 per household per calendar year and it is now easier than ever to become a member or renew a membership since we have added an e-commerce portal to our fabulous new website, www.rockcliffepark.ca. You can even sign up for two years so you don't have to think about it for a while. If you are unsure of your membership status, you may email a query to secretary@rockcliffepark.ca. Members receive up-to-date information by email about what is happening in the community, and sometimes, as with a report of break-ins in December, it can be important. From a community point of view, the more members we have as a community association, the greater our credibility when we need to petition the City on matters of concern to Rockcliffe Park. Help us to help you.

Finally, your community association could not do what it does without the generous support of **The Friends of Rockcliffe Park Village Foundation**. For 2019, the Foundation has granted the RPRC over \$26,000 to enable its work in the key areas of heritage, environment and strengthening the community. We are most grateful to the Foundation and its chair, **Bonnie Robinson**, for their continued support of the RPRC.

Peter Lewis, 17 January 2019

The Annual Community Appeal is On!

The annual community appeal is underway. All donations are tax deductible. With the lower interest rates, donations from the Appeal are even more important to help increase the endowment, which will then be used to support your community. It is not too late to donate. If you missed making your donation in December and would like to do so, please mail your cheque to **Jane Newcombe**, 25 Westward Way, Rockcliffe Park, ON K1L 5A8, or donate online on the website www.rockcliffeparkfoundation.org. Questions? Call **Bonnie Robinson** at 613 749-5297 or **Jane Newcombe** at 613 746-8000.

Dining with the Ambassadors, May 3: Tickets Now Available

Please note that with this newsletter, ticket sales for Dining with the Ambassadors are being launched. Dining with the Ambassadors raises funds for the Foundation and is the only event that does so, all while bringing neighbours together. Over the years, this community-building event has developed into one of the most-anticipated evenings in our neighbourhood. Please see below for more information, and check the insert included in this newsletter for event and order information. Do note that space is limited and reservations are honoured once payment and order information is received.

Reminder: The Village Foundation's Annual Report to the Community will be presented at the RPR Annual General Meeting on Wednesday, February 27 at 7:00 pm at the Community Hall, 380 Springfield Road.

THE 2019 VILLAGE FOUNDATION BOARD

Executive: Bonnie Robinson, Chair | Ryan Kilger, Vice-Chair | Roy Williams, Treasurer | Jane Newcombe, Secretary

Board Members: Sarah Baxter, Nancy Carr, Alexandra Colt, Jean-Guy Dumoulin, Alison Green, Jane Panet and Paul St. Louis

Dining with the Ambassadors 2019

FRIDAY, MAY 3 | A memorable evening with your neighbours at one of Rockcliffe's elegant embassy residences

Once every two years, Rockcliffe's ambassadors and high commissioners warmly open their homes for Dining with the Ambassadors, our unique fundraising event for The Rockcliffe Park Foundation. This event is a Village favourite and quickly sells out, and is also a favourite of the diplomatic community, who look forward to meeting their neighbours.

The evening will begin with cocktails at the Community Hall, presented once again by **Marilyn Wilson Dream Properties / Christie's International Real Estate**. It's one of the rare times the neighbourhood gathers together to mix and mingle with new and old friends. Here, our host ambassadors and high commissioners and their spouses are introduced. Only then do guests learn the residence where they will be spending the evening.

This year, Dining with the Ambassadors will take place on Friday, May 3. Ticket sales are limited so don't delay purchasing your tickets for this evening of fun and friendship. Thank you in advance to our neighbours and hosts who make this fundraiser for our neighbourhood so special, and to Friend of the Village sponsor **The Minto Group**.

Tickets on sale now! Please see the insert included with this newsletter for event and order information, or email dwa@rockcliffeparkfoundation.org. Sarah Baxter and Robert Collette (Co-Chairs)



Dave Dickinson, Czech Ambassador Pavel Hrnecir with his wife, Veronika Holcová, and Marilyn Wilson of Marilyn Wilson Dream Properties at 2017's Dining with the Ambassadors.

Photo: Lois Siegel

HERITAGE MATTERS

RPR Heritage Committee: Who We Are and What We Do

The Rockcliffe Park Heritage Committee is a hard-working committee of the RPR mandated to uphold the Rockcliffe Park Heritage Conservation District Plan (see the latest version at www.rockcliffepark.ca). Its members are all residents of Rockcliffe Park. The Committee assists residents with their projects, from painting to additions to renewals to replacement buildings.

Residents are encouraged to discuss their aspirations with the committee at an early sketch or concept stage, before investment in architectural drawings and meetings with City staff. Contact secretary@rockcliffepark.ca AND linda.dicaire@gmail.com for information or to request a meeting. If some members are not available to meet with proponents, follow-up discussions will involve all members in order to achieve consensus on the guidance that should be offered. All advice is based on the Rockcliffe Park Heritage Conservation District Plan.

Heritage Committee Members:

Linda Dicaire, *Chair*. Landscape Architect. Fellow, Canadian Society of Landscape Architects. Designer of the recently inaugurated four-acre Vimy Foundation Centennial Park on Vimy Ridge, France, on lands adjacent to the Vimy Memorial (illustrated on the Canadian \$20 bill), and former Chief of Design Approvals of all new federal work (at all scales) for the National Capital Commission. Knowledge and experience in architecture, landscape architecture, design, heritage and archaeology. **John Cook**, Architect, GRC Architects. Knowledge of architecture, interior design, heritage, planning and legislation. **Marianne Feaver**, Artist, former Village of Rockcliffe Park Municipal Councillor. Knowledge of design, history of and legislation particular to Rockcliffe Park. **Daniel Goldberg**, Architect, State of Craft (London, UK and Europe). Knowledge of contemporary architecture, heritage conservation, interior design, planning and legislation. RPR Board member. **Michele Collum Hayman**. Knowledge of architecture, interior design and legislation particular to Rockcliffe Park. RPR Board member. **Michael Kelen**, retired Justice of the Federal Court of Canada. Knowledge of law and legal frameworks. Served as chair of the Village of Rockcliffe Park's Committee of Adjustment for 12 years prior to amalgamation. **David McRobie**, Architect. President and founder, McRobie Architects + Interior Designers Inc. Knowledge of architecture, interior design, planning and legislation.

SPEAKERS PROGRAM

Rockcliffe Park Community Hall 380 Springfield Road

Join your neighbours for informal evenings with distinguished speakers. Presentations will be followed by questions, coffee and cookies. Admission is free.

The Speakers Program is an initiative of the Rockcliffe Park Residents Association and is supported by The Rockcliffe Park Foundation.

Details may be found at www.rockcliffepark.ca.

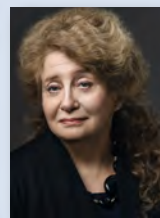


J.D.M. Stewart

“Being Prime Minister”

Author and history teacher James Stewart will speak about his new book, which paints insightful pictures of the human beings behind the headlines. Through anecdotes and stories, he reveals our leaders as they truly were.

Wednesday, March 13 at 8:00 pm



Julia Gersovitz, O.C.

“Lessons in Heritage Conservation”

Canada's leading conservation architect and professor at McGill's School of Architecture will share lessons to be learned from her long experience with major heritage projects (e.g., Rideau Hall and the West Block) and in protecting the heritage character of Westmount, where she lives.

Wednesday, March 27 at 8:00 pm



Richard Fadden, O.C.

“National Security Threats to Canada and the West”

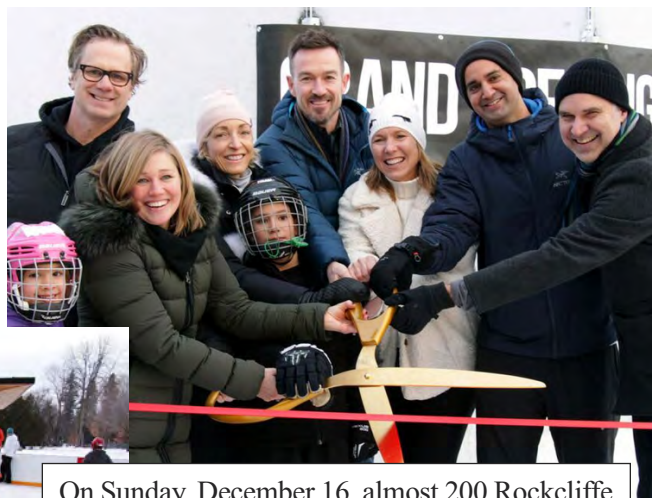
The plain-spoken former Director of CSIS and National Security Advisor to the Prime Minister will tell us about cyber threats, terrorism, espionage and other foreign influences that threaten our security, our institutions and our way of life.

Wednesday, May 1 at 8:00 pm

ROCKCLIFFE HOSERS

Grand Opening of the Rockcliffe Field House and Rink!

Right: Big golden scissors were required to mark this special occasion. From left: Madison Malhotra (age 6), Brian Montgomery, Louise Malhotra, Jacqui Wilson, Dylan Malhotra (age 8), Mike Wilson, Kathryn Tremblay, Shawn Malhotra and Councillor Tobi Nussbaum.



Above: (from left) MP Mona Fortier, Louise Malhotra, Councillor Tobi Nussbaum, Councillor Mathieu Fleury and Mark Theriault were on hand to celebrate this milestone project.



On Sunday, December 16, almost 200 Rockcliffe neighbours came out to embrace the new Field House and year-round sports facility. With beautiful crisp weather and smooth ice, the rink was packed with neighbours and spirits were high. It was a highly successful day to celebrate a true milestone in our neighbourhood.

The Rockcliffe Hosers, under the leadership of **Shawn Malhotra**, would like to acknowledge the very generous support of many **Rockcliffe Park residents, local businesses, and City of Ottawa** in the completion of this project.

The Hosers will continue ice maintenance of both the ice hockey rink and Jubilee skating rink during the winter season.

Below: Founding Family supporter Kathryn Tremblay, who donated to this project in memory of her late husband, hockey-lover Toni Guimaraes. Photo: Louise Malhotra



Above: Even the smallest neighbours in the Village enjoyed the new ice rink and Field House. Below: (from left) Jennifer Guerrero with her husband, Brian Montgomery, and Ashbury College head Norman Southward.



Right: Neighbours came together to enjoy fresh air and smooth ice.

Photo: Louise Malhotra

Inset: The wood-finished field house, designed by local architect Linebox Studio, creates a magical new gathering space in the Village.



Above: (from left) Don Cook with wife Fiona Murray Cook and her brother, Brian Murray, along with Nicholas Smith and Dylan Cook, enjoyed the day at the rink.

All photos, unless otherwise indicated: Caroline Phillips, Ottawa Business Journal

FIELD HOUSE OPEN HOURS: Monday to Friday: 4:00 to 9:00 pm; Saturday and Holidays 11:00 am to 9:00 pm; Sunday 11:00 am to 6:00 pm. Please be advised: Skating during weekday school hours, from 8:30 am to 3:30 pm, is not permitted. No parking is permitted on the driveway up to the Field House; this path is reserved for emergency vehicles only.

ENVIRONMENT

Caldwell-Carver Conservation Area: Environmental Remediation 2018

The buckthorn and other invasive plant removal team contributed 350 hours of work in the woodlot on the east side of McKay lake and shoreline of the Pond. We continued to cut off berried Buckthorn branches, marking the cut stems for later removal.

Two major areas for removal this year were at the intersections of the paths around the Pond and the main lake trail, and along the lake shore between the fence and the water. As a result, walkers can now see more of the lake from the main path. The lake water level was too high to safely work down the slope on Hillsdale Road – that area is a priority for 2019 work.

We planted understory ground-cover (Virginia Waterleaf, Ostrich Ferns and Cardinal Flowers), rooted stems of Grey Dogwood, plus two additional Bur Oaks. And, mimicking Mother Nature, we spread seeds of Sugar Maple, Grey Dogwood, Aquilegia and other flowers in places where there might be enough light for them to grow.

Students from the uOttawa Days of Service program spent two Saturday mornings rooting out Buckthorn, sweeping the paths along the lakeshore clear of leaves and moving Buckthorn brush to the central pit. Thanks to years of work, the Caldwell-Carver Conservation Area looks more and more like the upland forest it once was. **André Levert**, Western Supervisor, Roads and Park Maintenance, and his colleague, **Richard Carisse**, arranged for the Pond Monitors and City staff to carry away truckloads of Buckthorn

roots and branches over the summer and take them to a central location for chipping and eventual composting. The look of the area is much improved thanks to them.

The White Pine and Tamarack trees planted so many years ago by **Ewan Caldwell** continue to thrive and the pines are reproducing. The Trembling Aspen, Eastern Cottonwood, young Sugar Maples, Red Oaks and Chokecherry, among others, are all doing well and, in spite of the loss of the ash trees to Emerald Ash Borer, the woodlot is well on its way to recovery. We only need to keep at the Buckthorn removal and its replacement with seeds of native shrubs and trees.

Jane Newcombe graciously took over collecting water samples from the Pond and delivering them to a local laboratory, as **Derek** and **Pat Chase** have moved to Toronto. We thank them for their help over the years. The contract laboratory analysed the Pond water for Phosphorus and Nitrogen with two test samples that were collected in August and September; levels were well within the range of values of previous years. It does not appear that the pumping of water from the deep well into the Pond had any significant impact on Phosphorous and Nitrogen levels. We continue to work with the City to determine the cause of the decline in the Pond's water levels. Thanks to Councillor **Tobi Nussbaum's** intervention, the water pumping will continue for another year.

Iola Price, with assistance from John Brooks, Anthony Keith, Irene Knoepfel, Jane Newcombe and Marilyn Venner

Rockcliffe Park's Fundraising Campaign in Support of Rideau-Rockcliffe Community Resource Centre

The RPRA kicked off its campaign to raise funds for the food bank at Rideau-Rockcliffe Community Resource Centre (RRCRC) at a Gala and Silent Auction held November 30 at St. Bartholomew's Anglican Church in New Edinburgh. It was a lovely evening that brought together neighbours and friends from our community. Local businesses and individuals generously provided over 60 silent auction items. Many thanks to RPRA Board member **Nicolas Temnikov**, along with **Elizabeth Heatherington**, **Lauren Touchant** and a host of others who worked for months to make this event a success. By the end of December we received donations of approximately \$18,000. We expect to continue to support the efforts of RRCRC in helping those in need in our adjacent neighbourhoods.

Photo above: At the November 30 Gala: (from left) Councillor Tobi Nussbaum, RPRA President Peter Lewis, RPRA and RRCRC Board member Nicholas Temnikov, RRCRC Executive Director Yacouba Traoré and Lauren Touchant, RRCRC Community Development and Relations Coordinator. Photo: Carol Hart



NEIGHBOURHOOD

Winter Traffic in the 'Hood: Slow Down and Take Care!

With the recent snow events, neighbourhood roads have become especially treacherous. Drivers: Please slow things down and share the road! Pedestrians: Please don't walk with your back to traffic. While it is up to drivers not to run over pedestrians, kids walking home from school are still out at dusk these days and they would be more likely to be able to leap out of harm's way if they walked facing traffic. And, if possible, wear light-coloured clothing, carry a flashlight and/or clothing with reflective tape in the winter traffic. Parents: Advise your kids about winter safety. In fact, everyone could use a reminder and refresher. Be aware, take care and be safe!

Winter DIY

To keep your street in order during ice and snow season, please shovel the snow off street drains. When we get those winter thaws, the water needs to be able to get to the drain and if it is blocked, the street may flood. A bit of old-fashioned DIY preventive maintenance is better than waiting several days for the City to come and chip away the ice and snow. You can report blocked drains to the City via **311** but be prepared to wait for an operator and then describe the blocked drain location, giving a street name and nearby house number.



When to Call 9-1-1

With an increase in crime in our neighbourhood, please be on guard: always lock your vehicles and leave nothing visible inside that may tempt would-be thieves. And remember – report any suspicious activity to the police. For crimes in progress, call **9-1-1**. Sightings of strangers lurking around private property may be considered a crime in progress, so don't wait to phone police! For non-life-threatening police emergencies, call **613 230-6211**. And always report any incident, however minor, to the police so that patterns of criminal behaviour can be tracked and resources allocated appropriately. Call **613 236-1222**, ext. **7300**, or report online at www.ottawapolicy.ca/en/contact-us/Online-Reporting.asp. Find additional info in the RPR Annual Report included with this newsletter.



CITY HALL



*From the desk of Councillor
Tobi Nussbaum, Rideau-Rockcliffe Ward*

Thank You to Rockcliffe Park

As I write my last *Rockcliffe News* column as Councillor, I want to thank all the residents of Rockcliffe Park for twice placing your trust in me to represent you at City Hall. It has been the greatest privilege of my professional life to represent all the neighbourhoods of Rideau-Rockcliffe over the last four + years as we worked together to build an even better City and improve the quality of life for everyone. I am glad to be able to continue to work on these objectives across the national capital region, including Rockcliffe Park, home of important public assets such as the Rockeries, the Ottawa New Edinburgh Club boathouse and more, as I start my new responsibilities as Chief Executive Officer of the National Capital Commission. Although my job is changing, what remains the same is my commitment to public service and contributing to the positive evolution of our nation's seat of government.

Members of my current team will continue to staff the Ward Office at City Hall after my departure – continuing to respond to questions, action requests, and conduct the regular work of the office. On January 30, City Council will set out next steps and timing to fill the Councillor position, which I expect will be through a by-election to be held in the coming months. I also expect that Council will appoint one or more of my colleagues on Council to provide political representation when required in the interim, for example on planning applications.

I look forward to continuing to bump into residents of the Village at the Metro, at one of the growing number of nearby cafés and restaurants, or walking/cycling in the neighbourhood. When that happens, please don't ever hesitate to stop me and say hello or offer an interesting idea on how we can make our City and capital that much better.

The element I will most miss about the role of Councillor is the interactions and conversations with individual community members. It is the volunteer energy, engagement and commitment of citizens that is the most important ingredient in building successful neighbourhoods. How lucky for Rockcliffe Park that it is populated by so many people who care about its past, present and future, and are prepared to spend countless hours making it an even better community for all.

QUEENS PARK



*From the desk of Nathalie Des Rosiers
MPP, Ottawa-Vanier*

News and Upcoming Issues

Dear constituents,

Please do not hesitate to share with me your comments relating to provincial issues. The legislative session will resume shortly, and it is important for me to understand your preoccupations.

Among other topics, I have recently held roundtable discussions on seniors' issues and on housing issues in Ottawa-Vanier. Even if you were unable to participate, I am happy to receive your input.

Some of our debates for the next session will include environmental questions such as the protection of drinking water and the Greenbelt, as well as proper waste management. I will be presenting a Private Member's Bill addressing the management of plastic bags and their impact on our lakes, rivers and oceans. Other debates will be on topics such as student loans and tuition, as well as the health care system in Ontario.

Additionally, the Conservative Government's budget consultations continued in January, and they will present their budget in March. If you have made presentations during these consultations, it would be my pleasure to present them again in the House. Feel free to send them to my office. If you have any concerns with respect to the budget, please let me know.

I am at your service, and want to continue to represent you well: I actively support all institutions that are located in the riding of Ottawa-Vanier, as well as all my fellow residents of the beautiful Ottawa region.

In closing, I would like to invite you to join us for an afternoon of bowling and board games on Family Day, February 18, 2019! Please contact my office by phone or email for more details.

Constituency Office:

237 Montreal Rd, Ottawa, ON K1L 6C7

Telephone: **613 744-4484**

Email: ndesrosiers.mpp.co@liberal.ola.org

Website: www.nathaliedesrosiers.onmpp.ca

CITY HALL



*From the desk of Mayor Jim Watson
City of Ottawa*

Making the Most of Winter in Ottawa

February may be the shortest calendar month, but for Ottawa residents, it's a very busy one full of exciting activities for the whole family! Ottawa's most iconic winter attraction is undoubtedly the Rideau Canal Skateway, the world's largest naturally frozen skating rink, and a UNESCO World Heritage Site.

But did you know that Ottawa also has more than 250 outdoor skating rinks for you to enjoy in all parts of the City? This includes our beautiful, state-of-the-art, refrigerated Sens Rinks of Dreams at City Hall, the Jim Tubman Chevrolet Sens Rink in Canterbury, the Ben Franklin Place skating rink and the Lansdowne Park skating court. You can find out more information about City rinks, including opening hours, at www.ottawa.ca/en/residents/recreation-and-parks/skating.

Additionally, the City of Ottawa has over 150 km of cross-country ski trails in the heart of the City and throughout the Greenbelt. These trails are free to use, suitable for skiers of all abilities, and great for snowshoeing as well! There are also cross-country ski trails available to use for a fee at the Mooney's Bay Ski Centre and in Gatineau Park, but you can skip the fee by getting your mittens on a ski pass from the Ottawa Public Library.

The Nation's capital is also home to Winterlude, our annual winter festival. Residents can celebrate the best of what winter has to offer from February 1 to 18. This year marks two important firsts in the festival's history: special honours and tributes will be made to Indigenous culture during the first week of Winterlude, and the very first Winter Pride celebration will take place during the Festival's second week. Winterlude activities take place on numerous sites across the Ottawa-Gatineau region, including the ByWard Market, Sparks Street and the Glebe. Visit Winterlude's website for a full calendar of events and list of activities.

If the cold isn't for you, visit www.Ottawa.ca and sign up for one of the many exciting recreation programs we have available across the City, for all age groups.

And for the teenagers in your home who are anxious for the fair weather to return so that they can play outside, you can

(continued on page 9)

SCHOOL REPORT

ASHBURY COLLEGE



Ashbury SLEEPSOut

A warm well done to our students and faculty who spent a freezing night in early December sleeping outside at TD Place as part of SLEEPOut for Youth 2018. The event, organized by the Youth Services Bureau of Ottawa, raises funds and awareness to support homelessness youth in our community. Team Ashbury raised over \$8,500.00!



Inspiration Without Limits

Ashbury was lucky to host Canadian adventurer and ultra-distance runner **Ray Zahab** recently as he spoke to geography students about his amazing expeditions and experiences around the world. Zahab has completed many jaw-dropping journeys, including running 7500 km across the Sahara, the



Atacama, Gobi and Patagonian deserts. Students will be following Zahab as he completes his next long-distance challenge along the Kamchatka Peninsula, Far East Russia in February.

Skiing on Campus

It's often a challenge to be active outside in colder temperatures, but our Phys Ed students combined learning with activity as they practised some new cross-country ski skills on campus in January.



CITY HALL *(continued)*

help them channel that rambunctious energy by encouraging them to apply to the second annual 'Mayor for a Day' contest. Students from grades 9 to 12 are invited to share what they love most about Ottawa and suggest two ideas on how to improve our City, to win the chance to spend a day with me.

Last year's winners were on CTV Morning Live, chaired the City Council meeting with me, took an exclusive ride on the LRT and met Prime Minister **Justin Trudeau**. The

contest closes on February 28, 2019. Visit www.jimwatsonottawa.ca/mayorforaday for more information.

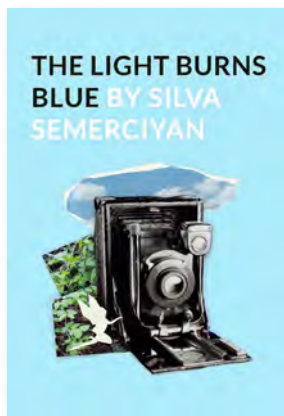
Finally, I invite you to join me for a day of fun and free activities at my annual Mayor's Family Day Skating Party on Family Day, Monday, February 18 from 11:00 am to 2:00 pm at City Hall. This popular event features giveaways, special guests and hot chocolate as well as indoor and outdoor activities for the whole family.

See you there!



Elmwood Theatre Presents *The Light Turns Blue*

Adjusting the aperture controls the light, but can it also capture the truth? With all the talk of fake news in our contemporary world, we are often left in a darkroom of deception and confusion. How is the truth ever to be exposed?



Elmwood Theatre takes on these questions with its upcoming performance of **Silva Semerciyan**'s *The Light Burns Blue*. Travelling back to 1918, a very dark period of time in which the Western world is reeling from the horrors of World War I, the play takes on the true story of **Elsie Wright** and her cousin, **Frances Griffiths**, who claim to have captured photographs of fairies.

The grieving public turns to these ethereal images in desperation, but **Winifred Douglas**, a zealous journalist, is not so easily convinced and is determined to reveal the truth.

This historical conflict involving new technology and a public that perhaps wants to be hoodwinked is one that is still with us today. With its upcoming production, Elmwood Theatre searches for the truth inside this fiction.

Performances will take place at Elmwood School, 261 Buena Vista Road, and run from February 27 to March 2 at 7:00 pm and March 2 and 3 at 2:00 pm. Tickets are \$25 for adults and \$20 for students and seniors.

Call **613 749-6761, ext. 221** for more information.

Elmwood Cappies Team



Aches and Pains? It could be Osteoarthritis...

*We're all getting older, and with age comes aches and pains. **Dr. Aly Abdulla** is a family doctor with specialties in sports medicine, palliative care and cosmetic medicine, and a former RPR Board member. Here, Dr. Aly gives us some information and statistics on Osteoarthritis, and explores treatment options for this common disease.*

Osteoarthritis (OA) is the most common type of arthritis. It's a progressive disabling disease that starts in early adulthood and leads to breakdown of cartilage and the underlying bone. It affects joints like knees, hips, fingers and thumbs, big toes and lumbar spine. It affects more Canadians than all other forms of arthritis combined – approximately 4.6 million Canadians had OA in 2017 and this will balloon to 7.5 million in 2036.

OA affects everyone differently, but common symptoms include joint pain, morning stiffness lasting less than 30 minutes, reduced range of movement in the affected joint(s) and possibly swelling. Symptoms come and go but the intensity of the pain increases over time as OA is a progressive disease.

There is currently no cure for OA. However, there are many ways to manage the symptoms and improve function. These include a combination of self-management strategies and education – weight loss; exercises like low impact aerobics, cycling or swimming; strengthening muscles of the core, hips, back and legs; stretching; local heat and/or cold; and devices like support braces, TENS units and shoe insoles.

Oral medication options may include acetaminophen, non-steroidal antiinflammatories (NSAIDs) like ibuprofen, diclofenac or naproxen, and cox-2 inhibitors like celecoxib or meloxicam. There are topical medicine options like capsaicin (Zostrix) and NSAIDs (Voltaren creme). Then there are intra articular standard medication options like steroid or hyaluronic acid. There are also nonstandard experimental intra articular options like PRP (platelet rich plasma), MSC (mesenchymal stem cells), and ACI (autologous chondrocyte implantation). And, finally, there are surgical options like osteotomy, unilateral knee replacement and total knee replacement.

Consult your physician to identify the cause and find the best solution for your aches and pains. Remember, that old saying is so true – you're only as young as you feel!

HERITAGE OTTAWA



Heritage Ottawa Lecture Series

Held September to June, the series features a wide range of speakers and topics pertaining to Ottawa's history and heritage. These lectures are free and there is no need to pre-register. For more information and the full schedule, go to www.heritageottawa.org/lecture-series.

Heritage Ottawa 2019 Phillips Memorial Lecture: Modern History:

Preserving Canada's Legacy of Modernism

Thursday, February 21 | 7:00 to 9:00 pm

The architecture of the Modernist movement once spoke of the future. Now the buildings of the 1950s, '60s and '70s are past middle age. They need work – and a critical look.

This problem of modern preservation is acutely important for Canada, which built many of its public buildings, schools and cultural facilities during the Modern period. How do we reconsider these places today? And what tools can we use to adapt them for the future?

Speaker: Alex Bozickovic is *The Globe and Mail's* award-winning architecture critic. He is co-author of *Toronto Architecture: A City Guide* (McClelland and Stewart, 2017).

Special Location:

Ottawa Art Gallery, 50 Mackenzie King Bridge

Meet the Developers:

Apartment Building Construction in Ottawa, 1900 to the Present

Wednesday, March 20 | 7:00 to 8:00 pm

Although developers of Ottawa's apartment buildings are less well-known than the architects who designed them, it was these local entrepreneurs who chose the architects, hired the contractors and took the financial risks.

This lecture looks at some of the most important apartment building developers in Ottawa and how they shaped (and reshaped) the residential landscape over the decades. Find out who they were and what they accomplished, from the construction of the City's first apartments at the turn of the 20th century through to the present.

Speaker: Christopher Ryan, a local historian based in Centretown, is a contributor to the recently published book, *From Walk-Up to High-Rise: Ottawa's Historic Apartment Buildings*, and author of his website, *The Margins of History*.

Location: Auditorium, Ottawa Public Library, 120 Metcalfe

GARDEN CLUB

Rockcliffe Park Garden Club: The Art of Rock Gardening

Speaker: Rob Stuart,
Master Gardener

Date: Thursday, February 28

Time: 7:30 pm

Location: Rockcliffe Park
Community Hall,
380 Springfield Road



Photo: Waubgeshig Rice/CBC

Rob is an avid gardener who over the years has had many vegetable and flower gardens at his homes. Since 2003 he has focused on alpine gardening and is an active member of a number of rock garden societies, where he takes full advantage of their annual seed exchanges. As a result, and being a Scot at heart, he tries to grow most of his plants from seed, including trees, shrubs, perennials and annuals – accepting the fact that success is a movable target. A wonderful way to add different elements to your own garden, rock gardening always catches the eye and Rob will show us how to augment your landscape with this popular gardening method.

Successfully Gardening in Containers

Speaker: Lana Doss, Owner,
The Fine Gardening Group

Date: Thursday, March 28

Time: 7:30 pm

Location: Rockcliffe Park
Community Hall, 380 Springfield Road

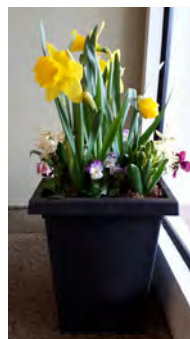


Photo: www.facebook.com/thefinegardener

Lana has relished playing in the dirt since she was a child and continues to share that delight with others. She has spent over 25 years of her career in a leadership role in horticulture, mainly for reputable garden centres. She teaches Plant Health at Algonquin College and delivers gardening workshops. She runs her own gardening company and beautifies the many gardens at the Ottawa Hunt and Golf Club. The Fine Gardening Group specializes in workshops, consulting, container gardening, teaching people to grow their own food, perennial maintenance, tropicals and culinary gardens. During her presentation she will cover selecting the right containers, best soil for planting in pots, plant selection and plant maintenance. As a highlight Lana will create a delightful spring basket as a giveaway.

For all information please contact Vera Cody, President, at 613 695-2827 or vcody1@rogers.com.

END NOTES



Check Out what the Rec Centre has on Offer for Spring and Summer!

Look for the City of Ottawa's Rockcliffe Park/Richelieu-Vanier program brochure with course details about spring programs and children's summer camps inserted in this issue of *The Rockcliffe News*.

Registration begins online at 9:00 pm on March 6 and in person on March 7 at any City of Ottawa recreation facility or Client Service Centre during operating hours.

Visit the Rockcliffe Park Community Centre registration office, located at 360 Springfield Road (inside the Community Police Centre). Hours are Wednesdays, Fridays and Saturdays, 1:30 to 4:00 pm.



Volunteer Newsletter Delivery Coordinator Needed

A Village resident is needed to coordinate distribution of *The Rockcliffe News* six times per year. The coordinator assembles a team of three or four people to 'stuff' flyers, such as the ones in this issue, into the newsletter, bundles the newsletters into the bags for each of the 30 routes, and delivers the bundles to the two drivers, one on each side of the lake.

This is a way to contribute to your community with a minimal time investment while earning the appreciation of approximately 900 Village households!

More information is available from **Ling Lu Langley** and **Marilyn Venner** at secretary@rockcliffepark.ca.



Book Sale Update

Spring may still seem a long way off, but don't let the cold discourage you from bringing us your donations of gently used books and audio-visual materials for the Spring Book Sale.

Chartwell New Edinburgh Square Retirement Residence and **Dymon Storage** are supporting us once again, and we are thrilled to welcome **Guardian New Edinburgh Pharmacy**. Their contributions are invaluable to this event, as are your donations of sale materials. So don't delay, bring them in soon to the Rockcliffe Park branch of the Library during opening hours, or call for assistance at **613 580-2424, ext. 27623**. (But please, no encyclopedias, magazines or textbooks.)

And mark your calendars for this year's sale, which takes place **April 27 and 28** at the Rockcliffe Park Community Centre, 380 Springfield Road. See you there!

Speak Your Mind on the 2019 Ottawa City Budget, February 13

On February 13, the Rideau-Rockcliffe ward office, in conjunction with four other urban Councillors, will co-host an interactive public session to discuss the upcoming 2019 City budget. The meeting will be held in the Jean Pigott Hall at City Hall from 6:30 to 8:00 pm. All are welcome to attend.

RPRA Annual General Meeting and The Village Foundation's Address to the Community, February 28 at 7:00 pm

Every year, all households in Rockcliffe Park receive a copy of the RPRA's Annual Report with the February issue of *The Rockcliffe News* in advance of the Annual General Meeting. So why, then, should you attend the meeting?

You will meet the people behind the information. Find out details that you won't read about in the Annual Report. See what's really going on in our community. And, most importantly, you will have a voice in how Rockcliffe Park is run by being able to vote on issues. So come on out!

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The Rockcliffe News, the newsletter of the Rockcliffe Park Residents Association (RPRA), is published six times each year: February, April, June, August, October and December. Submissions pertaining to the Village are welcome by mid month before publication. Copy may be edited for clarity, length and content. Paid advertising is not accepted. Current and past issues are posted on the Rockcliffe Park Residents Association website, www.rockcliffepark.ca. Editor: Cynthia Hamady, editor.rockcliffenews@rockcliffepark.ca.