



# The Rockcliffe News

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February 2020

## Rockcliffe Park Residents Association

[www.rockcliffepark.ca](http://www.rockcliffepark.ca)

### BOARD OF DIRECTORS

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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](mailto:secretary@rockcliffepark.ca).

## DATES TO REMEMBER

### FEBRUARY

- 4 Tuesday, 7:00 pm .....Music in the Stacks with Tobie Slippert, Rockcliffe Park Branch of the OPL, 380 Springfield Road\*
- 12 Wednesday, 8:00 pm .....Speakers Program: John Ivison on "Trudeau: Lessons for the Prime Minister," Community Hall\*
- 14 Friday, 10:30 am .....PD Day Program: Reptiles Rock!, Rockcliffe Park Branch of the OPL, 380 Springfield Road\*
- 17 Monday, 11:00 am.....Family Day Mayor's Skating Party, City Hall\*
- 19 Wednesday, 10:00 am ....Toddler Time: Storytelling, etc., Rockcliffe Park Branch of the OPL, 380 Springfield Road\*
- 19 Wednesday, 7:15 pm .....RPR Board Meeting, Community Hall
- 24 Monday, 7:00 pm .....Anthony Keith reads from *Voyage of the Yacht Dal: from Gdynia to Chicago, 1933-34*, Rockcliffe Park Branch of the OPL, 380 Springfield Road\*
- 26 Wednesday, 7:00 pm .....Annual General Meeting of the RPR and The Rockcliffe Park Foundation's Annual Report to the Community, Community Hall\*
- 26 to 29 Various times .....Elmwood Theatre presents Nancy Harris' *The Red Shoes*, Elmwood School, 261 Buena Vista Road\*

### MARCH

- 1 Sunday, 2:00 pm .....Elmwood Theatre presents Nancy Harris' *The Red Shoes*, Elmwood School, 261 Buena Vista Road\*
- 2 Monday, 9:00 am .....Registration for Rec Centre programs begins\*
- 3 Tuesday, 7:00 pm .....Music in the Stacks, Rockcliffe Park Branch of the OPL, 380 Springfield Road\*
- 6 Friday, 3:00 pm .....Toshiki Mori, Japanese Storytelling, Rockcliffe Park Branch of the OPL, 380 Springfield Road\*
- 11 Wednesday, 8:00 pm .....Speakers Program: Rt. Hon. Beverley McLachlin on "Truth be Told," Community Hall\*
- 18 Wednesday, 7:15 pm .....RPR Board Meeting, Community Hall
- 24 Tuesday, 7:00 pm .....Anthony Keith reads from *Voyage of the Yacht Dal: from Gdynia to Chicago, 1933-34*, Community Hall\*
- 31 Tuesday, 7:00 pm .....Travel Slide Presentation and Talk with Carole Gobeil, polar travel specialist, Rockcliffe Park Branch of the OPL, 380 Springfield Road\*

### APRIL

- 15 Wednesday, 7:15 pm .....RPR Board Meeting, Community Hall
- 25 Saturday, 10 am to 5 pm...Rockcliffe Park Spring Book Sale, Community Hall\*
- 26 Sunday, 11 am to 5 pm...Rockcliffe Park Spring Book Sale, Community Hall\*

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

# PRESIDENT'S LETTER



I hope that this dawn of a new decade finds you well and prospering. This will be my last letter to you as president of the RPRC, as our rules require that executive office holders step aside after a term of five years. A new president, vice president and treasurer will be elected at the Annual General Meeting, to be held starting at 7:00 pm on February 26 at the Community Hall. In advance of the AGM, included with this newsletter is the Annual Report; please take a few minutes to read through it and see what we have been up to this past year.

I also hope that you will consider attending the AGM, although conventional wisdom states that when all is well in the Village, we see only a modest turnout. I encourage you to attend because this is an opportunity to familiarize yourselves with the work of the two separate organizations that coexist in Rockcliffe Park – The Rockcliffe Park Residents Association (RPRC) and The Rockcliffe Park Foundation (formerly Friends of the Village of Rockcliffe Park Foundation). Both organizations require your support and it is worthwhile to be informed of their activities. The RPRC works to bring you community activities such as the Speakers Program, this newsletter, the Christmas Tree Lighting, Children's Christmas Party and Outdoor Movie Nights. It maintains the natural environment in the Jubilee Garden and Community Hall – tending the beds, trimming and caring for the trees – and monitors, advocates and cares for the Pond. A large part of our work is devoted to conserving the heritage character of Rockcliffe Park. The RPRC is funded through your membership dues and by grants provided by The Rockcliffe Park Foundation. There are all kinds of community associations, but the Foundation is a unique entity and one for which we should be truly thankful, as its funding allows us to do things in our community that would otherwise be impossible. Thank you to all those who have donated to this charitable organization over the years.

The Boards of the RPRC and The Rockcliffe Park Foundation work closely together, but we are separate entities. If you are in any way confused by this, please come and be enlightened on February 26. The Foundation campaigns annually for donations and every two years holds the special, immensely popular event, Dining With the Ambassadors. The RPRC's annual membership fee, at a modest \$25, has remained unchanged for many years. This subscription is rather like contributing to publicly funded television in that you can receive many, but not all, of the benefits of membership without paying, so it remains a challenge for us to encourage all residents to join and, just as important, renew memberships each year. It is now easier than ever to do this online on our website, [www.rockcliffepark.ca](http://www.rockcliffepark.ca). You may also find a renewal form with this newsletter.

Over the last five years, much has happened in Rockcliffe Park: We have terrific new skating rinks and a magnificent field house. We have a great new website that we are continually updating and improving. We have new Board members who are giving their time and energy to make our association even more relevant to the community. And there are projects that we have been working on over the last five years that I think are of great significance to our community. The first is the new Heritage Conservation District Plan (the Plan). The work began many years ago and, after a number of setbacks – most notably a legal challenge – it has now been completed. This is significant, as the Plan's standards and protections are now in full legal effect. It is a comprehensive guide for anyone interested in moving into Rockcliffe Park, or building or renovating a property within our Heritage Conservation District. Over the course of the year, we will be releasing an updated *Heritage Plan in Brief* document, but, in the meantime, you can find the Plan on our website under the Publications/Archives section. We will also hold more conversations with the community about Rockcliffe Park's special heritage character and create more opportunities for dialogue, so stay tuned. The other significant development has been the annual fundraising campaign in support of Rideau-Rockcliffe Community Resource Centre (RRCRC). Until four years ago, there had not been an RPRC-led community fundraising effort. We chose to support RRCRC because it provides essential services to over 13,000 people within our municipal ward. Though badly underfunded, the Centre manages to provide innovative and enabling services to a community with the highest rate of child poverty among Ottawa-area federal ridings and, incredibly, with the 18th highest child poverty rate in the entire country. Each year we have increased our donations, with 2019's fundraising reaching over \$30,000. I hope we can continue to generate interest within our community in the Centre's transformative work over the coming years.

It has been my great pleasure to have served as president of your residents' association for the past five years. I hope that we, as an organization, have succeeded in making you informed and interested in what goes on in our very special neighbourhood. As I say in each of my letters, I hope you will consider joining the Board or volunteering in some manner. There is plenty to do and we need your help. See you at the AGM.

*Peter Lewis, 23 January 2020*



# THE ROCKCLIFFE PARK FOUNDATION

## We Have a New Name!

In late 2019, the Friends of the Village of Rockcliffe Park Foundation received final approval to change its name to The Rockcliffe Park Foundation. This was done for the sake of simplicity, and we are now working on designing a new logo, to be unveiled in the near future.

## What We Are Funding in 2020

Through the City of Ottawa, the Foundation has approved the annual grant to the RPRA for this year. These monies will be used by the RPRA for various undertakings including:

- maintenance of the gardens, including fall and spring clean up at the Community Hall, Jubilee Gardens and the Village Green;
- signage renewal at the Pond/conservation area, supplies for annual invasive species clean up in the conservation area and water samples/analysis at the Pond;
- community events such as the Speakers Program, Outdoor Movie Night, AGM and volunteer appreciation evening, Christmas Tree Lighting & Carol Sing and Children's Christmas Party;
- communications such as *The Rockcliffe News*, sandwich board signage for promoting RPRA events, RPRA website and RPRA Annual Report;
- contribution to annual upkeep of the RPPS playing field, along with RPPS School Council and Lindenlea; and
- developing a self-guided Heritage Walking Tour, printing of an updated *Heritage Plan in Brief* booklet and a Welcome Package for new residents.

## The Annual Community Appeal is Now 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

## Please Join Us for Our Annual Report to the Community

The Rockcliffe Foundation's Annual Report to the Community will be presented on Wednesday, February 26, 2020 at 7:00 pm at the Community Hall, 380 Springfield Road. The RPRA's AGM will follow.

Please see the insert in this newsletter of the Rockcliffe Park Foundation Chair's Annual Report.

your donation in December and would like to do so this year, please mail your cheque – made out to The Rockcliffe Park Foundation – to **Jane Newcombe, 25 Westward Way, Rockcliffe Park, ON K1L 5A8**, or you may donate online at [rockcliffeparkfoundation.org](http://rockcliffeparkfoundation.org). Have questions? Call **Bonnie Robinson, 613 749-5297**, or **Jane Newcombe, 613 746-8000**.

## Call for Nominations for The Rockcliffe Foundation Board

Interested in serving on The Rockcliffe Foundation's Board of Directors? The Foundation is a registered charity established in 1996 to support projects and activities to protect and enhance the beauty, character and vitality of the Rockcliffe Park community.

The role of The Rockcliffe Foundation Board is to set direction, manage the endowment fund, and make distributions of grants for projects and activities that support its mandate. The Board meets approximately eight times per year. Board governance, investment, financial, marketing and events management experience is appreciated but not necessary as the Board prefers to be diversified with people of many different interests to contribute to our community.

Individuals interested in seeking to serve on the Board are asked to contact **Ryan Kilger**, Chair of the Nominations Committee, at [ryankilger@hotmail.com](mailto:ryankilger@hotmail.com) or **613 746-3541**.

**THE ROCKCLIFFE FOUNDATION BOARD: Executive: Bonnie Robinson, Chair**

**Ryan Kilger, Vice-Chair | Roy Williams, Treasurer | Jane Newcombe, Secretary Board Members: Sarah Baxter, Nancy Carr, Anthony Carty, Alexandra Colt, Alison Green, Heather Hickling, Fiona Murray, Jane Panet, Paul St-Louis**

THE ROCKCLIFFE NEWS • VOLUME 20 • NUMBER 1

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 RPRA website, [www.rockcliffepark.ca](http://www.rockcliffepark.ca). Editor: Cynthia Hamady, [editor.rockcliffenews@rockcliffepark.ca](mailto:editor.rockcliffenews@rockcliffepark.ca).

## 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 Foundation. Details and more information may be found at [www.rockcliffepark.ca](http://www.rockcliffepark.ca).



#### *John Ivison*

#### “Trudeau: Lessons for the Prime Minister”

One of Canada’s most popular and well-connected political journalists will speak to us about his recent book on Justin Trudeau, and the last election and its significance.

Wednesday, February 12 at 8:00 pm



#### *Rt. Hon. Beverley McLachlin*

#### “Truth be Told”

Based on her recent autobiography, the former Chief Justice of Canada invites us into her legal and personal life, and reveals the hopes and doubts, and the triumphs and losses on and off the bench which have marked her journey.

Wednesday, March 11 at 8:00 pm

## HERITAGE MATTERS

### History and Restoration of the “Dog Walk”



Image: Google Earth

The pathway that joins Lansdowne Roads South and North on the west side of MacKay Lake has long been known as the “Dog Walk.” This beautiful walk is an important part of Rockcliffe Park’s history and heritage. A landscape architect has been engaged to draw up plans to restore the pathway, particularly where it joins Lansdowne South, where it has been eroded by run-off and widened by the addition of gravel and asphalt. We will be working with our City Councillor to request that the City carry out the restoration, including changes to the road to deal with the problem of runoff.

The Dog Walk was originally a passable road connecting Lansdowne Roads North and South. It was closed to traffic in 1930 because the steep cliff-face by the lake was deemed to be too dangerous. When still a road, it was used extensively during World War I by troops to get to the Mile Circle, a staging area for the Canadian Expeditionary Force. Processions of military corteges regularly made their way along the road to Beechwood Cemetery to carry soldiers who had fallen in the war.

*Susan d’Aquino*

## Congratulations to Honours Recipients



*Anand Aggarwal*



*Sandy Smallwood*



*Michael Potter*

Two Rockcliffe Park residents, **Anand Aggarwal** and **Sandy Smallwood**, recently received the Order of Ottawa medal at a ceremony held on November 21, 2019. They join notable past Village recipients including **Tom d’Aquino**, **Jane Dobell**, **Bill Malhotra**, **Gary Zed** and **Pinkas Zukerman**.

Congratulations also go to Order of Canada recipient (and Rockcliffe Park resident) **Michael Potter**.

*Photos (from left): [www.siegelproductions.ca](http://www.siegelproductions.ca); [pmr-apm.ca/boardofdirectors](http://pmr-apm.ca/boardofdirectors); [www.skiesmag.com](http://www.skiesmag.com)*

# SPRING BOOK SALE

## Spring Book Sale Wants Your Books... and CDs, Audio Books, DVDs and Vinyl, Too!

It's definitely too early for spring cleaning but if this miserable weather is keeping you indoors and you're looking for a worthwhile project, how about a little de-cluttering à la Marie Kondo with books – and CDs, DVDs, audio books and vinyl – as your chosen category? (Although I suspect that Ms. Kondo would consider that more than one category). As you will see from the flyer included with this newsletter, the Rockcliffe Park Spring Book Sale is looking for gently used books in both English and French, and audio-visual materials.

So don't let the cold discourage you from bringing your donations to the Rockcliffe Park Branch of the Ottawa Public Library during opening hours, or, if help is needed, call for assistance at **613 580-2424, ext. 27623**.

The cut-off date for donations is not until April 9 (just before Easter) but we encourage you not to delay – our volunteers are already busy culling, sorting and pricing. Our focus on quality has established the Spring Book Sale as one of the premier used book sales in the City.

In addition to a rich assortment of high-quality non-fiction and fiction books already donated, we recently received more niche collections, including a number of books on the



*A few of the treasures that will be offered at the 2020 Spring Book Sale.*

history of jazz and jazz musicians, a wonderful packaged set of Nancy Drew novels and a very sizeable collection of books on the craft of knitting. These books are sure to “spark joy” in some new home.

Many thanks in advance for your contributions – every book counts. The 2019 Spring Book Sale broke records (again) in terms of attendance, revenue and books sold. Please help us make 2020 an even better year. If you are wondering how the revenue is spent, please read **Linda McDonald's** report on the Sale in the accompanying RPR Annual Report for 2019.

And mark your calendars for this year's Sale, which takes place **April 25 and 26** at the **Rockcliffe Park Community Centre, 380 Springfield Road**. See you there!

*Carolyn Brereton*

# LIBRARY

## Upcoming Events at the Rockcliffe Park Branch

### Music in the Stacks

Classically trained musicians come to the branch for a few hours to play as a soloist. Coffee, tea, juice and cookies are served. Drop in event, suitable for all ages.

**Tuesday, February 4 at 7:00 pm**

**Tobie Slippert**, violin and viola duet

**Tuesday, March 3 at 7:00 pm** Performer TBC

### Just for Kids

**Friday, February 14 at 10:30 am**

**PD Day Program: Reptiles Rock!**

**Wednesday, February 19 at 10:00 am**

**Toddler Time:** Stories, rhymes and songs for toddlers and a parent or caregiver. 19 months to 3 years old.

**Friday, March 6 at 3:00 pm**

**Toshiki Mori, Japanese Storytelling:** Experience a performance of *Kamishibai*, traditional Japanese storytelling. Toshiki Mori is an actor, storyteller, comedian, musician and writer.

### For Adult Adventure Aficionados

**Monday, February 24 at 7:00 pm**

**Voyage of the Yacht Dal: from Gdynia to Chicago, 1933-34**

**by André Bohomolec:** Join us for this fascinating and exciting reading which recounts the true story of a harrowing transatlantic crossing in a wooden sailboat, including surviving a hurricane that sank eleven ships. André Bohomolec was a Polish soldier, sailor, writer, diplomat, artist and veteran of WWII. Rockcliffe resident **Anthony Keith** will read excerpts from his stepfather's book, and translator **Irene Tomaszewski** will provide a few words about the unusual history. Slide-illustrated book reading.

**Tuesday, March 24 at 7:00 pm**

**Voyage of the Yacht Dal: from Gdynia to Chicago, 1933-34**

**by André Bohomolec:** Encore slide-illustrated reading in the Community Hall, with members of ONEC.

**Tuesday, March 31 at 7:00 pm**

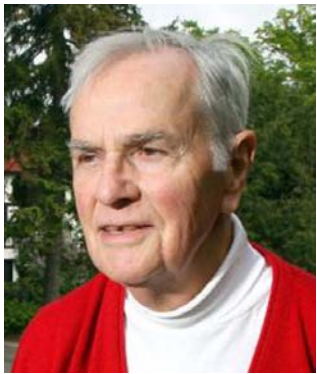
**Armchair Travel Slide Presentation and Talk:**

**Carole Gobeil**, polar travel specialist, will talk about where to see polar bears in the northern hemisphere.

For more information go to [https://bibliottawalibrary.ca/en/program?f%5B0%5D=field\\_event\\_branch%3A1440](https://bibliottawalibrary.ca/en/program?f%5B0%5D=field_event_branch%3A1440) or contact **Martha Hodgson** at **613 580-2424, ext. 27622**, or [martha.hodgson@bibliottawalibrary.ca](mailto:martha.hodgson@bibliottawalibrary.ca).

## IN MEMORIAM

We mark the sad passing of two long-time Rockcliffe Park residents and volunteers:



**Charles King** of Lisgar Road was an award-winning Ottawa journalist. He was on the first RPR Board after amalgamation – one where residents were actually voted in, much like a municipal election. As one of the first Board members of the RPR, Charlie produced our *Rockcliffe News* from amalgamation in January 2001 until the end of 2005. Charles also produced the first Rockcliffe Park Directories, with listings by owners' names and street address for all Village properties.

He was a police centre volunteer for 15 years, first with Ottawa-Carleton Regional Police and then continuing with the Ottawa Police Service. **Alison Green** remembers, "He had a great sense of humour and put his wonderful writing skills to good use benefiting the Village and the community."

Our thoughts and sympathies are with his wife **Polly**, to whom he had been married 71 years, and their children, **John** and **Terry**. Charles was 93.



**Derek Chase**, formerly of Lakeway Drive, was a founding and long-time member of the RPR's Environment Committee, retiring only last year when he moved to be closer to family in Toronto.

Derek worked tirelessly on issues relating to the Pond's water quality and quantity. He collected water samples from the Pond up to four or five times per season for many years and faithfully drove them to the analytical laboratory.

He also received the bacterial readings from the City's Health Department and then posted the results at the Pond. He wrote summaries of the significance of the findings for various reports, including for our annual report to the Village.

We send our sympathies to Derek's wife, **Pat**, and his family. Derek was 91.

*Photos: Charles King: Ottawa Citizen; Derek Chase: Legacy.com*

## HEALTH

### **New Year's Resolution** by Dr. Aly Abdulla

**Flabby Floyd Asks:** I'm overweight, overtired and starting to get borderline diabetes. Any suggestions?

**Answer:** According to the Canadian Fitness and Lifestyle Research Institute, over half of the Canadian population are just like Floyd – overweight, sedentary and unhealthy.

I asked **Alan Archer**, a certified fitness instructor, to put together a simplified, safe program of strength training and aerobics. "You'll have to eat well, minimize bad habits and put some effort into this program (about 30 minutes per day/five days a week)," says Alan. Ready? Let's get fit!

**First, consult your family physician or personal trainer to determine your initial fitness level and ensure there are no concerns.** To start, you'll need a journal, water bottle, simple weights, a good pair of shoes, patience and persistence. In the journal, record your initial fitness evaluation as well as your morning resting heart rate, weight, waist and hip size. Record the program followed each training day as a log of your progress. Recheck your stats periodically.

**Stage One: Initial Conditioning** (four weeks). Start raising your body temperature with five minutes of gentle aerobic work. The next five minutes: incorporate a series of stretches, including calf, hamstring, quadriceps, a few back-stretches, groin, shoulder and neck stretches. Each stretch should last about 15 seconds, up to a position of mild discomfort, three times for each, in slow, controlled movements. Next, the aerobic component: spend 10-20 minutes doing something you enjoy, like running, skating, rowing, etc. Last, strength training, also 10-20 minutes: work on chest, back, stomach and core, legs, shoulders and biceps.

**Stage Two: Improvement** (two to four months). Follow the same pattern of warm-up, stretching, resistance and aerobic training. Continue at the same frequency of four to five times per week, but alternate exercise days between an aerobic and weight training focus. One exercise day could spend 20 minutes on aerobic training, with 20 minutes on strength training the next time. The resistance training should attempt to train all major muscle groups and to increase the number of repetitions up to ten.

**Stage Three: Maintenance** (ongoing). Ensure that exercise is enjoyable, find a comfortable intensity, duration and frequency (at least three times/no more than five times a week). Set new goals based on the your new awareness and health.

*The preceding is meant to be informative and is not meant to replace or provide professional medical advice. Dr. Abdulla is a family and sports medicine specialist based in Ottawa.*

# MESSAGES FROM OUR POLITICIANS

Starting with this issue, the messages from our politicians, **Jim Watson**, Mayor, City of Ottawa; **Mona Fortier**, Member of Parliament for Ottawa-Vanier; **Rawlson King**, Councillor, Rideau-Rockcliffe Ward; and our future MPP, Ottawa-Vanier, will be featured in full on our website, [www.rockcliffepark.ca](http://www.rockcliffepark.ca). This decision was made in order to provide our residents with more timely and detailed reports from our representatives than we have been able to offer in print. We will also be able to post bilingual submissions. An abridged version of Mr. King's column will continue to appear in the newsletter.

This month, be sure to check out Mayor Watson's column on winter activities that may be enjoyed throughout Ottawa, which enjoys the title of "Coldest Capital City." From Winterlude to Mooney's Bay Ski Centre, you'll find many resources and tips. He also mentions where to sign up for indoor activities for those residents who prefer to hide from the frigid temperatures! Go to our website for full details.

## CITY HALL



*From desk of Rawlson King  
Councillor, Rideau-Rockcliffe Ward*

### Rockcliffe Park Updates

Happy New Year, residents! I hope you had a relaxing holiday season. I was happy to literally ring in the New Year at St. Bart's Church at its holiday gala. 2019 was a big year for us as a ward. Since taking office last April, I've been working hard to achieve the goals I promised when running for City Councillor. My staff and I have been working with residents, community associations, City staff and other councillors to create change within our community. I'm extremely proud of what we've managed to accomplish last year, which includes:

- Voting in favor of successful motion to declare a climate emergency in the City of Ottawa.
- Establishing a Ward Council that meets quarterly, which includes representatives from each community association.
- Voting in favor of a successful transit fare freeze until the launch of Ottawa's new light rail system.
- Approving \$246,500 to build Lola Park in Overbrook.
- Securing \$40,000 in crime prevention funding to support neighbourhood safety programming in Overbrook.
- Successfully advocating for the introduction of a neighbourhood policing pilot project in Overbrook.
- Securing a \$10.3 million investment in Wateridge Village for affordable housing.

- Proposing and securing the creation of an Anti-Racism Secretariat for the City of Ottawa.
- Voting in favour of successful new restrictions on short-term rental accommodations.
- Assisting with installing commemorative street signs for Lindenlea's 100th anniversary.
- Setback zoning changes for Rockcliffe Park Conservation District scheduled for 2020.

I am very pleased that many of my requests were included in the 2020 budget, a financial plan that ultimately increases investments in public transit, winter maintenance and affordable housing, while taking steps to close the City's infrastructure gap.

The approved operating budget is \$3.76 billion, a \$136.8 million increase over 2019. The budget also includes a 7.7 percent increase to the winter operations budget, adding \$5.6 million and bringing the total to \$78.3 million.

My office has been working with the RPRA on some interesting files, particularly around Heritage. Over the course of my term, we will help you advocate within the City for repairs to the path known as the "Dog Walk" and explore how we can celebrate its significance as an integral part of the history of Rockcliffe. In addition, the Heritage Committee has some compelling suggestions for standardizing the street signage within Rockcliffe to restore the beauty of the original 1947 Rosco signs. My office will support the Committee in working with the City on this file.

We will continue to move our progressive vision for the community forward in 2020!

# SCHOOL REPORT

## ASHBURY COLLEGE



### Sleeping Out for Youth

Forty-seven students spent the night outside in late November in support of the Youth Services Bureau's annual SleepOUT event to raise awareness and funds for homeless young people in our community. With their only shelter sleeping bags and tents on the field at Lansdowne Park, the experience brought home the fact that this cold night was only one of 365, and that daily life for many youth continues to involve finding shelter. The Ashbury student steering committee is to be commended for this initiative as Team Ashbury was recognized as the Top Youth Fundraising team in the City, raising over \$13K for the Youth Services Bureau.



### Romeo Dallaire Visits Ashbury

Lieutenant General (ret.) **Roméo Dallaire** spoke to students in December and reminded them that they are the generation without borders and that youth activism is fundamental to humanity continuing to survive. General Dallaire led a United

Nations peacekeeping force in Rwanda between 1993 and 1994 prior to and during that country's genocide, which ultimately resulted in more than 800,000 lives lost in three months.

Given the staggering scale of the Rwandan genocide and his role in leading UN Peacekeepers at the time, it is difficult to fully grasp how General Dallaire's message could be filled with such optimism. He emphasized for students their responsibility to get involved, become informed and challenge the world around them. His call for us to look into the lives of others, whether locally or as we travel, is a key to understanding our common humanity.

### Summer @ Ashbury

Registration for summer programs at Ashbury is now open. Visit [summer.ashbury.ca](http://summer.ashbury.ca) to view the array of camp and academic program offerings for students from ages 8 to 17. Spots are filling up fast, so sign up today!



# SUMMER PROGRAMS

Programs for children aged 8 to 17 available from June to August

[summer.ashbury.ca](http://summer.ashbury.ca)

#### Credit Courses

French, Mathematics, Physical Sciences, Social Studies, and more

#### Camps

Art, Robotics, Sports, Technology, and more

#### Academic Prep

Academic Writing, Reading Skills, IB Prep, and more

**Reminder:** Rockcliffe Park Residents Association (RPRA) membership fees for 2020 are now due. Membership remains at \$25 per household/year, with the option to renew for two years. This issue contains a renewal notice insert, or you may find the form on our website, [www.rockcliffepark.ca](http://www.rockcliffepark.ca).



# SCHOOL REPORT



## ELMWOOD SCHOOL



### Admissions Information Session

Join us for our Admissions Information Session on Wednesday, February 12 at Elmwood School, 261 Buena Vista Road. Starting at 6:30 pm, prospective parents and students will have the opportunity to meet teachers and school leaders, tour our facilities, participate in hands-on learning activities and speak to current parents and students. Find out more about how we inspire girls to reach their full potential. RSVP at [elmwood.ca/infosession](http://elmwood.ca/infosession).

### Lead Like A Girl

The Lead Like A Girl Conference is the first all-girls leadership conference in Canada's capital and brings together 250 girls between the ages of 11 to 14 from 20 schools across the region. This year's focus is on enhancing leadership skills dedicated to environmental sustainability and consciousness. Our goal through this theme is to provide girls with a specialized set of leadership skills and inspire initiatives to better equip them in becoming agents of change within their communities and beyond them. If you are a teacher interested in bringing your students to the Lead Like A Girl Conference in 2020, please visit [elmwood.ca](http://elmwood.ca).

### Congratulations Elmwood Girls!

Elmwood girls have had a very successful Fall. Below are some highlights!

**Beaver Computing Challenge:** All grade 6-8 students and twenty grade 9/10 students participated in the Beaver Computing Challenge administered by the University of Waterloo. Overall, eight students made the national honour roll from grades 6 through 10. Congratulations to **Clarissa Lauzon**, **Janet Lin** and **Emma Sidle** for getting a perfect score.

**Rotman Commerce Market Challenge:** The Rotman Commerce Challenge is a market simulation competition where high school students are educated and trained on financial industry RIT Stock Market software and compete in an afternoon of trading stocks against other high schools across Ontario. **Maya Ladki**, **Grace Saunders**, **Emily Tang** and **Mackenzie Johnson** all competed in the financial market simulation challenge, while Maya and Grace placed 2nd overall!

**Swimming Success:** The girls had a terrific City meet in December, winning the Open Girls trophy and gold in both the 200m Medley Open Girls Relay and the 400m Free Open Girls Relay. The following girls are OFSAA-bound: **Stephanie Atkinson**, **Leticia Bensebaa**, **Grace Charness**, **Madeleine Forcese**, **Olivia Howe** and **Kailey Walker**. Visit [elmwood.ca](http://elmwood.ca) for full details.

### Elmwood Theatre

What if looking into a magic-mirror-on-the-wall reveals more than you could ever want to know? Elmwood School's theatre troupe invites us to examine our own reflections in their February production of **Nancy Harris' *The Red Shoes***, an adaptation of Hans Christian Andersen's fairy tale of the same name.



Karen, a 16-year-old orphan has just lost her mother. After being adopted by a seemingly charitable family, she quickly realizes they are in fact avaricious, using her as a means to their own ends. Upon meeting a peculiar shoemaker who convinces her to purchase a pair of magic red shoes, Karen discovers they have a mind of their own, and they wreak havoc on her life.

Complete with absurd characters, boisterous dinner parties and dances, *The Red Shoes*, with wit and heart, explores themes of temptation and redemption.

Elmwood Theatre won eight Cappies for their production last year, including Critic's Favourite Play; this year they present a haunting story full of magic and mischief.

Performances will run from February 26 to February 29 at 7:00 pm, with February 29 and March 1 matinees at 2:00 pm. Tickets are \$25 for Adults/\$20 Students and Seniors. Once tickets go on sale they will be available for purchase online at [www.elmwood.ca](http://www.elmwood.ca), or telephone 613 749-6761, ext. 22.

*Maggie Fyfe and Sabrina Fan*  
Grade 11 Elmwood School students and Cappies Critics



## WILDLIFE NOTES

With the leaves off our trees the bulky summer nests of the grey and black squirrels are noticeable. Despite the squirrels' striking colour difference, these are colour morphs of the same species – Eastern Grey. The black morph becomes more common as one moves north in the range, and we are at the northern edge. As they moult into their winter coats they look very scruffy, leading to the thought that they must be ill.

The leaf nests can be well insulated to provide night time use in cool weather, but as the weather gets colder the squirrels need warmer places, traditionally in holes in trees which they line with leaves. They can go into torpor for periods in cold weather to reduce heat loss.

The much smaller Red Squirrels are a quite different species, more northerly, ranging in coniferous woodlands north to tree line in Canada and Alaska. So not surprising that they are much more active here in cold weather than

the greys who originate in deciduous temperate woodlands to the south, where no nuts stay on the branches in winter.

A wild turkey with large young has made use of the Taylor garden on Manor Avenue. This use of our gardens by turkeys in winter is now a tradition. These (delicious!) birds have no daylight predators here, despite our dogs' wishful thinking. Roosting in trees allows them to avoid our night-time foxes and coyotes.

On January 2, **Brian Dickson** watched a coyote: "It was small and scruffy and as I slowed down to observe, it launched itself with its hind legs, flew into the air and came crashing down, head in the snow, and emerged with a vole in its teeth, which quickly became lunch."

*Anthony Keith*  
14 January 2020

## NEIGHBOURHOOD WATCH

### Protect Yourself Against Crime!

Whether online or on the street, you need to take precautions to stay safe and secure. Here are some reminders and tips to help you protect yourself against crime.

Do you use e-transfer? Did you know that banks allow the person claiming the money to make four tries at the password? So a security question with just a few possible answers (such as "Who is my favourite Beatle?") is vulnerable. Also risky are questions ("What is my cat's name?") to which the answer can be found on social media, such as Facebook. If the transfer is intercepted by a thief, the bank won't pay compensation if, in their judgment, the information wasn't properly protected.

Another reason to be very cautious about personal information on social media: police are warning of a relatively new scam where the thief gains control of a victim's cell-phone account, by a process known as a 'SIM Card Swap.' With sufficient personal information to answer security questions, the thief calls the victim's cell phone service provider, claiming to be the victim, and has the number transferred to a new phone. Now the thief can access emails, contacts, etc., and can reset passwords, gaining access to financial accounts. The victim finds out only when they

notice they have lost cellphone service – if this happens to you, call your service provider and your bank immediately.

Car crime: People are stealing from cars left unlocked, or breaking windows to gain access. Unlocked cars, even in a driveway, are vulnerable to any casual would-be thief, by day as well as at night. Trying car doors on a quiet street is a low-risk strategy, and the occasional unlocked car is enough to encourage the person to continue. An unlocked car will be noted and, if there was nothing worth stealing on that occasion, will be tried again later. Let's make Rockcliffe Park known as a place where people keep their cars locked! Breaking in, by smashing a window or drilling through a lock, is more likely if valuables are visible, or if there's something that could be concealing valuables. The best course is to leave nothing interesting in sight.

Reporting incidents (including suspicious activity) to the police provides them with the information needed to identify crime patterns. Call **911** for crimes in progress and life-threatening emergencies; **613 230-6211** for non-life-threatening emergencies; **613 236-1222, ext. 7300** to report crimes that are not in progress. For additional contact info, see the Annual Report included with this newsletter. *Kay James*

# COMMUNITY

## Giving Back to Our Communities

For the past few years, the RPRC has supported the work of the Rideau-Rockcliffe Community Resource Centre (RRCRC; [www.crcrr.org/en](http://www.crcrr.org/en)) in its efforts to remedy poverty among less fortunate families and refugees living not far from our own community. The Centre runs a food bank, job bank, counselling and a variety of programmes, including after-school activities for kids. The Centre has relocated to the new Rideau Community Hub at 815 St. Laurent Blvd.

On December 6 at St. Bart's Church Hall, a large crowd gathered for our Second Annual Community Get-together and RRCRC fundraiser. We sipped Prosecco and savoured delicious Syrian-Mediterranean food prepared by **Yasmin Syrian Cooking**. As we enjoyed **Susan Sweeney-Hermon's** harp music, we caught up with neighbours we often can't



find time to see. **Nina Lepage** and her team of volunteers had assembled a fabulous silent auction and the children who attend free music classes at RRCRC (*photo, left*) delighted us with a Christmas concert.

Thank you to everyone whose contributions made this event both enjoyable and successful. Thanks to your generous support, we raised over \$30,000 for the 2019 campaign. We are already planning to make this fundraiser even better next year.

*Nicolas Temnikov*

## Thank You to Our Silent Auction Donors

Anytime Fitness	Stewart Maskell
Bellefleur Physiotherapy	Melio Guide
BG	Metro Beechwood
Books on Beechwood	Mood Moss Flowers
Bridgehead Coffee	National Arts Centre
Heather Blencairn	Nature's Buzz
Celadon	Nespresso
Coconut Lagoon	New Edinburgh Pharmacy
Colin Deacon	New Edinburgh Square
Courtney Dore, RMT	Martha Nixon, Artist
Marwan El-Rassi	One More Last Chance, Musicians
Epicuria	Ottawa Byplane Adventures
Ann Erickson, Wardrobe Consultant	Pure Kitchen
Evertrain Fitness After Fifty	Rideau Sports Centre
Farm Boy	Roxanne Joly Yoga
Fraser Café	Paper Papier
Full Cycle	Rassi Coiffure
Galapagos Tours	Senate of Canada
Mary Goldfield, Artist	Beth Stikeman, Artist
Goodies Fine Catering	Sumati Yogi
Louise Hannant, Personal Trainer	TD Bank
Mary Hickman, Artist	The Royal Oak Pub
Isabelle Boutique	The Stalk Market
Jacobsons	Trees & Champagne
Nina Lepage, Urban Polling	Triumph Triathletes
Les Fougères	Union Street Café
Lindenlea Community	Urban Element
Manor Park Community Council	Yasmin Syrian Cooking
	Younion

# ENVIRONMENT

## Pond Entrance Project Update

Some residents will have noticed that the wooden gates at the Pond Street entrance to the Pond have been removed to allow machinery to enter. Although some details remain to be clarified, the City has begun work to stabilize the badly eroded access area, reduce the width of the Pond's entry point and add stone steps. This should help to provide access to a reasonable number of swimmers and visitors that the Pond can sustainably accommodate. The project should be completed by the end of February. We continue to work with the City to protect the Pond from overuse and ensure that any changes are in keeping with the Conservation Area, of which it is the central feature. We also hope that the City will install rip rap (loose rock) on other eroded areas of the Pond, both to protect the shoreline and to deter visitors from using the eroded areas as a beach, thus contributing to further erosion. *Brian Dickson*

# END NOTES



## Join the Mayor for Family Day on Ice

Skate on over to City Hall on Family Day for Mayor **Jim Watson's** Annual Family Day Skating Party, Monday, February 17 from 11:00 am to 2:00 pm. In addition to skating on the Sens Rink of Dreams, there will be giveaways, special guests and hot chocolate, as well as indoor and outdoor activities at no cost that the whole family will enjoy!

## Thank You from the Church of St Bartholomew

The Church of St Bartholomew would like to thank the community for attending our Bazaar fundraiser in November and making it possible to support Cornerstone Shelter for Women, Centre 454 (a drop-in spot with meals) and St. Luke's Table (meals for the needy).

The Bazaar was a great success – we welcomed over 757 people. The tables of gifts, antiques, books, jewellery, baking, jams/jellies, attic treasures, knitting, crafts, toys, games and Christmas decorations were hopping! And the excellent tea room was constantly busy serving homemade tea, sandwiches and sweets served on antique china. Our thanks to our sponsors, **The Rockcliffe Retirement Residence, Chartwell New Edinburgh Square, Revera The Edinburgh, Governor's Walk Retirement Residence and Goodies Fine Catering.**

And should you have any donations for next year's Bazaar, please call our current conveners, **Linda Assad-Butcher** and **Liz Heatherington**, at **613 745-4677** after August 2020. Our thanks in advance.

## 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 included with this issue of *The Rockcliffe News*.

Registration for Aquatics and Aquafitness programs begins online at 9:00 pm on March 2 and in person on March 3 at any City of Ottawa recreation facility or Client Service Centre during operating hours. Registration for all other programs begins online at 9:00 pm on March 4 and in person on March 5.

Check out the flyer and start dreaming about warmer weather!



## Winter Stay

### *Dust of Snow*

*The way a crow  
Shook down on me  
The dust of snow  
From a hemlock tree*

*Has given my heart  
A change of mood  
And saved some part  
Of a day I had rued.*

– Robert Frost

It's a brand-new year, full of possibilities and perhaps even time for a change.

If, for example, you're considering a move into a retirement residence, the early part of the year is a surprisingly good time to do so.

Here's why: no shoveling (*billiards and cocktails!*), no laundry (*an evening at the movies!*), no dishes (*or perhaps painting with Gordon Harrison gallery!*). With a brushstroke from every resident and art inspiration by **Gordon Harrison** and partner gallerist **Phil Emond**, we will have a priceless work of art.

With a brushstroke from every resident and art inspiration by **Gordon Harrison** and partner gallerist **Phil Emond**, we will have a priceless work of art.



If you're ready to begin exploring retirement living, reach out – we're happy to help.

**Catherine Strevens-Bourque**

**Chartwell New Edinburgh Square  
35 Beechwood Avenue  
csbourque@chartwell.com, 613 744-0901**

## Save the Date: February 26

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!