



Enough space to share on sidewalks? 2



CCHC chawks games for kids of all ages, 11

THE CENTRETOWN BUZZ

Farmers market offers fresh tastes

Jack Hanna

At the newly launched Elgin Street Farmers Market, Namrata Tilokani decided to try a vegetable entirely new to her: callaloo. Callaloo, native to the Caribbean islands and with big kale-like leaves, is grown at Foster Family Farm in North Gower. Tilokani came upon it at a produce stall in the market, and planned to sauté it with garlic, onions and maybe rhubarb as an experiment.

She was enthusiastic about the new once-a-week farmers market.

“It’s nice to have something like this in Centretown,” she said, “a market so close it’s walkable.”

The market, in Boushey Square at Elgin and Waverley, was launched last month. It is slated to run Sunday mornings from 9 a.m. to 1 p.m. until October.

“We wanted to create a community gathering place,” said Chris Trivisonno, of the Centretown Community Association, which spearheaded the market. “We want people to have access to locally grown food and other things made locally.”

The CCA partnered with an experienced operator of farmers markets, Chris Penton. Penton handles the nuts and bolts of running the market. **cont on page 5, Farmers Market**



Matt Viciulis serves customers at the Foster Family Farm booth at the new weekly Elgin Street Farmers Market in Boushey Square. Vendors sell everything from beer to bread and pretzels, cupcakes to honey, and apples to pies. **BRETT DELMAGE/THE BUZZ**



An impromptu depot demonstrated the huge demand for a hazardous waste drop-off in Centretown. **BRETT DELMAGE/THE BUZZ**

Councillors sponsor impromptu hazardous waste drop-off

Alayne McGregor

On August 8, Ingrid Arcand and Todd Pentland took a Sunday morning bike ride to get rid of an broken fire extinguisher, old light bulbs, and dead batteries that had been accumulating in their

downtown home.

With their 2½-year-old daughter Florence looking on, they dropped off these items – labeled hazardous waste by the city – to a truck parked behind Ottawa City Hall.

cont on page 3 Councillors

New hospital site creates serious concerns for west Centretown

Alayne McGregor

523 trees chopped down. The well-used Trillium pathway severed. A garage with 2500 parking spots added and a park moved four storeys above ground on the roof of the garage. No convenient connection to the LRT included.

These details have made the proposed design of the new hospital in the Experimental Farm highly controversial. So many objections have been raised that city consideration of the design has just been delayed for a month, to early October.

The new location, replacing the current Civic cam-

pus, will be at the edge of Centretown, in the area covered by the Dalhousie Community Association (DCA).

DCA President Catherine Boucher said that the hospital will offer real benefits in terms of employment and access to medical services nearby.

But she was concerned that it be built so that it will “benefit everybody in the long run. And we look at it and think there are some pieces missing.”

The association has been consulted on the plans and continues to meet with the hospital and city planners, Boucher said.

She was particularly concerned at the removal of old

growth trees (523 are proposed to be chopped down to make space for buildings and parking). She also called for reducing the number of cars going to the hospital in order to decrease its greenhouse gas production. And she questioned the need for a parking garage with 2500 car spaces beside an LRT station.

“Parking around hospitals as always a fractious debate, but we have an opportunity here to build something that hopefully would attract people to not always drive to the hospital. And I’m not seeing that reflected even the latest iteration of the transportation study.

cont on page 10 New hospital

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101-210 Gloucester St.
Ottawa, ON
K2P 2K4
Phone: 613-565-6012

centretownbuzz.com
twitter.com/centretownbuzz
facebook.com/centretownbuzz

BUZZ Staff

Managing editor: Alayne McGregor
editor@centretownbuzz.com

Associate editor: Eleanor Sawyer

City Editor: Robert Smythe
cityskyline@centretownbuzz.com

Distribution manager: Archie Campbell
circulation@centretownbuzz.com

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The Lighter Side of the Pandemic, by Karen Munro-Caple



The Good, the Bad, and the Bumpy: Patios are not always sharing sidewalks

Ryan Lythall

Earlier this summer, a friend and I went for a roll along Elgin Street. Our mission: to see how wheelchair-accessible restaurant patios were in the age of COVID-19.

In its 2021 patio guidelines, the City of Ottawa requires they meet legislated provincial accessibility standards, including a minimum of two-metre clearways. Would these guidelines be followed?

Much to our surprise, most of the patios that we encountered were wheelchair-accessible. We based our opinion on the space between tables, the table heights, and the entranceway. I should note that we only parked at one patio. The rest were done strictly by eye, and our experiences with different sized wheelchairs.

As good as our experience was, we know full well that people with disabilities often face challenges when it comes to navigating the sidewalks and patios, especially if there are signs on the sidewalk advertising those patios.

People with disabilities, specifically

those with mobility issues, face challenges on regular sidewalks. We need to be mindful of the people around us, the traffic on the road, and the occasional irresponsible bike or e-scooter rider. Then, on top of that, we need to look out for patios and patio signs on an already-congested sidewalk.

Recently, I've read articles recounting how visually impaired people had to walk into oncoming traffic due to a patio taking over an entire sidewalk. To me, that's extremely dangerous, and it shouldn't happen. What would happen if the person got hit by a car? Would the restaurant admit guilt and remove their patio? My guess is not, unless they're forced to.

Personally, there have been several times where I've had to cross the street because I saw a large patio located in the next block. If I hadn't noticed, I would have had to circle back and cross the street. I can do that relatively easily, but not all people with disabilities would be able to do so as easily.

Don't get me wrong. I do enjoy sit-

ting on a patio with friends, and have many fond memories of doing so pre-COVID-19. I'm also aware that restaurant owners are doing what they can to stay afloat, and it also depends on what the city allows.

But this isn't a new problem.

The issue of patios and signs blocking sidewalks has been around for decades, but nothing has been done about it. Why? I don't know the exact answer, but I think part of the reason is that restaurant owners want to have as many guests as possible. It's all about the money, not the people.

This issue doesn't just affect people with disabilities. The issue of patios overtaking sidewalks affects seniors, parents with strollers or young kids, and pedestrians in general. I've seen people nearly trip on signs due to a lack of space.

What needs to happen for City Council and the Mayor to give pedestrians and people with disabilities enough space?

Follow Ryan on Twitter: @rolling_enigma

Letter: Clouds of choking dust from Bronson demolition

Early morning. Saturday August 7. Crash! Bang! It sounded like a WW2 battle. But instead of smoke, there were huge clouds of dust. The two-storey duplex at 501 Bronson was being demolished. A house that could have been a home to two low-income families, or to students.

I wondered. Why was the weekend chosen for this work? Because regulators were away until Monday?

The dust made it hard to breathe, and I have good lung function. What about nearby residents who have COPD? I wondered if there was asbestos in that dust. Asbestos was often used in house construction until 1985.

I emailed Mayor Jim Watson, who told me the appropriate contact for concerns relating to the handling of designated substances, including asbestos, during demolition is the Ontario Ministry of Labour. He also said he alerted the City's Building Code Services and "they have informed me that they will be sending an inspector for good measure."

By Sunday evening, work had temporarily stopped. Wearing a N-95 mask to partially protect myself from the dust, I darted to the end of a fence. Attached to the fence was demolition permit #2107103. It had been issued to owner Zhaokun Wang.

Also attached to the fence was a document issued by the Ontario Ministry of Labour entitled "Registration of Constructors and Employers". It had been issued to a partnership of Zhaokun Wang and Guiqin Zou. The form listed their business address as the site of an expensive house in south Nepean, far away from the dust.

On Sunday, I wrote to the Deputy Minister of Ontario's Ministry of Labour, which is concerned with workers' health and safety. On Monday, Patrick Sheridan of that ministry e-mailed me the following:

"I have attended the project and they did have a Designated Substance Report (DSR) for the demolition which is occurring on site today. The DSR states that of the several materials tested on

site in areas where asbestos is common found there are no asbestos-containing materials in the materials tested. The dissemination of dust was, however, an issue and there were orders issued to address the contraventions observed at the time of my investigation. If you have any questions or concerns please do not hesitate to contact me."

Clearly there was a dust problem, and contravention of Ministry requirements which caused work orders to be issued.

Ottawa residents can expect many more clouds of choking dust in their future. The earth may be burning up. Economic development destroying the planet. However, the Trudeau Liberals believe in continuous economic growth.

Big business is kept happy. When thousands of desperate people are competing for jobs, it keeps wages low, and profits high. Executive bonuses then rise. Guess who contributes to political parties?

Russell Delgan

So, there's an election...

As *The BUZZ* went to press, the Liberals called a federal election for Monday, September 20. The September issue of *The BUZZ* will be published the week before the election. Look for stories about the campaign and the candidates in Ottawa Centre in that issue.

We have so far been informed of four candidates:

- Conservative: [Carol Clemenhagen](#)
- Green: [Angela Keller-Herzog](#)
- Liberal: [Yasir Naqvi](#)
- NDP: [Angella MacEwen](#)

We will also provide coverage online for those who are voting early, including updated lists of candidates. Check centretownbuzz.com throughout next month. Sign up to our subscriber list (subscribe@centretownbuzz.com) to receive email updates.

What are your concerns about this election?

Please let us know what you think are the top issues affecting Ottawa Centre. Drop us a note, or send us a letter to the editor for publication, at editor@centretownbuzz.com

Has the pandemic affected how you'll vote? Will you vote by mail or not vote at all? We'll let you know the options and are interested to know your choices and reasons.

Councillors haul hazardous waste in impromptu event

cont from page 1

They said they really appreciated how convenient and accessible the drop-off location was.

Unfortunately, this was a one-off event – organized by City Councillors Shawn Menard and Catherine McKenney in order to show the need for more and more frequent [hazardous waste](#) drop-off points in central Ottawa, for material that's not safe to put in regular garbage.

The city only schedules four Household Hazardous Waste Depots each year, and only one is anywhere near Centretown, at Tunney's Pasture. That depot will be held this year on Sunday, September 12 from 8 a.m. to 4 p.m.

Otherwise, residents must drop off hazardous waste at the Trail Road landfill, 30km from downtown. Some hazardous waste is also accepted for recycling by "Take It Back" retailers.

The councillors rented the truck in order to transport the waste to that day's depot at the Innes Snow Dump on Mer Bleue Road in Ottawa's eastern suburbs, and advertised that it would be at City Hall from 9:30 to 11:30 a.m. McKenney said she and Menard only planned the event two days before – but the turnout was high.

Even before the scheduled end time, the truck was filled to the back with boxes containing paint cans, fluorescent tubes, aerosol cans, chemicals – "a little bit of everything," McKenney said. There was a steady stream of people coming from the Glebe, Old Ottawa South, and Hintonburg as well as Centretown, they said.

These items had been sitting in storage rooms with no easy way to transport them to Trail Road or inaccessible waste depots, they said. "We

often get calls in our office about no place downtown to drop off this waste."

Volunteers, including Mel Boyer, Jonathan McLeod, Greg Erickson, and Julie O'Brien, helped the two councillors load the material. The team kept trying to close the truck door, and then another person arrived by bike or on foot with more waste. They reopened and reopened and accepted it all – except for the person who arrived late in a car, who was told to deliver their waste to the Mer Bleue depot themselves.

The city is currently developing a Solid Waste Plan, to be completed by 2023, which could deal with hazardous waste pickup.

Comments can be left to city staff at engage.ottawa.ca/solid-waste-master-plan

As part of that plan, staff are currently surveying citizens on possible new restrictions to curbside pickup: paying for extra garbage, reducing the number of items allowed every two weeks, or forcing everyone to use clear garbage bags in order to shame people to not put recyclable items in the garbage (a small "privacy bag" would be allowed.)

City staff are also running online workshops on these options from August 31 to September 9.

These restrictions do not deal with institutional or commercial waste, or waste from multi-unit residential buildings like apartments and condos.

Staff say they will present ideas to improve collection of waste in multi-residential buildings and parks later this fall. For example, only 36 percent of the 1,700 multi-residential properties which have waste collected by the city were registered for the green bin program as of March 2020.

Neighbourhoods is counting trees in Centretown

Darlene Pearson

The Centretown tree canopy is at risk.

Development has not planned for adequate root space for trees to thrive. Older trees are not being protected. Replacement trees are not given the care they need to survive. Increased summer heat due to climate change adds additional stress.

A new group of keen volunteers has already started to do something about this.

The Neighbourhoods Centretown Team is now actively collecting data on trees in Centretown. The data will be used to assess the state of Centretown's tree canopy and to develop a stewardship plan for its protection and enhancement.

In June, the team members spent a day in McNabb Park being trained in the Neighbourhoods model developed by University of Toronto professors Andrew Kenney and Danijela Puric-Mladenovic. They learned the fundamentals of tree identification and how to gather data on about 30 criteria, including tree height and various conditions ranging from reduced crown and defoliation to scarring and branch attachment.

The survey work does not harm the trees. The only equipment used is measuring tapes and cellphone apps.

The work starts by distributing flyers to alert residents to when volunteers will be carrying out their survey work. They will survey trees on both public and private land. Over half of Centretown's tree canopy is on private property, and the team hopes that owners and tenants will be willing to grant permission to allow them access to back or side yards.

The team is beginning with a focus in two sections of Centretown: an area west of Lyon Street and south of Somerset Street West, and in the Golden Triangle. Volunteers will work in August and September when tree identification is easiest.

In addition to identifying current trees, the team will also note spaces where new or replacement trees can be planted.



Rob McAuley explains the use of the special diameter tape measure to Neighbourhoods volunteer Drina Wethey.

LIZ RUDDICK/THE BUZZ

For more information or to join the team, you can contact the Neighbourhoods Centretown coordinator at Neighbourhoods@centretowncitizens.ca

NCC looking for – and trying out – new pathway ideas

Alayne McGregor

Are you comfortable on the the National Capital Commission (NCC) multi-use paths?

Or do you wish cyclists would stop whizzing by your ear, pedestrians would stop stepping in front of your bike, and dog-walkers would stop stretching their leashes across the path?

The NCC, which owns most of the major multi-use pathways in Ottawa/Gatineau, is currently conducting a survey to better understand how its pathway network is used. NCC paths in Centretown include those along the Rideau Canal and the Ottawa River and leading into the Experimental Farm.

The 10-minute survey will be available until September 15 at ncc-ccn.gc.ca/places/capital-pathways-survey

The survey asks how residents use the pathways and for what reasons (commuting, recreation, exercise), how often they use them, and which pathways they use. It also asks how satisfied they are, and if they've encountered any barriers. And most importantly, it requests suggestions on how to improve the pathway experience.

One improvement that's been frequently requested is to separate pedestrians and cyclists. That will be included in the NCC's latest pathway.

Starting this month, the NCC will build a pathway through LeBreton Flats, to connect the Ottawa River pathway to the Pimisi and Bayview O-Train stations.

The segment leading from Pimisi to the Ottawa River will run along a historic aqueduct and through the Sir John A. Macdonald Parkway underpass, reusing part of the former Transitway road.

The NCC says the bike-way and pedway will be separated by a landscaped median.

The NCC is also planning a slow zone west of Pimisi Station, whose design will "encourage users such as cyclists to slow down as they approach the LRT station



One improvement frequently requested for the NCC paths is to separate pedestrians and cyclists, as is done here in La Baie, Quebec.

MATT PINDER/BEYOND THE AUTOMOBILE

plaza, where all users mix."

The pathway is expected to be open to users in late fall. The work will include planting 21 new trees, installing planting beds, and seeding with native and naturalized species, as well as installing wood fencing and seating areas and lighting.

During the winter, the

section of the pathway from Pimisi to the Trillium Pathway will be groomed as part of the SJAM winter trail as a pilot project.

The NCC says it will determine future winter maintenance plans based on public consultation and the 2021 pilot project.



Volunteers with a truck full of waste

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NCC recommends above-ground tramway for STO link - Wellington Street plaza next?

Alayne McGregor

The National Capital Commission (NCC) has picked its recommended route for a tramway to Gatineau – above-ground on Wellington Street.

If that choice is accepted, it could lead to a massive realignment of downtown traffic and accesses to Parliament Hill, as Wellington Street is turned into a pedestrian/cyclist/tram plaza.

The NCC's recommendation to the federal government, announced last Friday shortly before the federal election call, was endorsed by outgoing Ottawa Centre MP Catherine McKenna.

She described it as “an incredible opportunity to transform our community and make it the greenest capital in the world.” NCC CEO Tobi Nussbaum said it “offers a unique opportunity to enhance the natural and cultural character of Canada's Capital.”

The commission said it has consulted with federal, provincial, and municipal

partners and other key stakeholders, as directed in the most recent federal budget. The budget also directed the NCC to create an interprovincial transit project office to study and plan for potential interprovincial tramway connections between Ottawa and Gatineau.

The Société de transport de l'Outaouais (STO) has proposed two options for the Ottawa section of its electric tram/streetcar system linking Gatineau and Ottawa: a tunnel under Sparks Street, or tracks in front of Parliament Hill on Wellington. In either case the line would cross the river on the Portage Bridge and end at Elgin Street. In a submission to the NCC, the STO estimated the construction costs for the tunnel would be three to five times higher than the on-street route. Ottawa City Council said it preferred the tunnel but would accept the Wellington route.

The non-profit [Supporters of the Loop](#) then took the idea one step further - and proposed to continue the line over to the Alexandra

Bridge, which is currently scheduled for replacement. That bridge would take the tram back to Gatineau, creating a bidirectional interprovincial loop ([see the November 2020 BUZZ](#)). This would “connect Ottawa and Gatineau's rapid transit systems, as well as link Canada's main National Capital assets and attractions.”

The group envisioned removing motor vehicle traffic in front of Parliament Hill, increasing physical security for that precinct as well as creating a pedestrian, cyclist, and tourist-friendly zone.

Last November, [Nussbaum published an op-ed](#) in which he extolled the benefits of a Confederation Boulevard transit loop.

The STO, which used to run its buses on Wellington, has recently moved them to Albert and Slater Streets, and OC Transpo buses have been moved to Queen Street.

On August 12, *The Hill Times* reported that Public Services and Procurement Canada has concluded that the Wellington route would necessitate the removal of



A concept drawing of a pedestrianized Wellington Street, prepared by McRobie Architects for the Supporters of the Loop.

traffic from Wellington Street entirely and the conversion of the street into a pedestrian plaza. This was based on documents obtained through access-to-information laws by researcher Ken Rubin. The PSPC was also quoted as saying the route would require closing four access points to the Judicial Precinct north of Wellington Street, as well as implementing a left-turn ban at the intersection of Wellington and Bank streets, which is the main access point to the Parliamentary Precinct.

In January, the NCC's board of directors endorsed the Wellington Street route,

with conditions, saying that “it aligns with the long-term plans for Canada's Capital, acts as an integral part of

Confederation Boulevard, and represents a more affordable and technically sound solution than a tunnel.”

Comment: A disservice to multiculturalism in Ottawa

Amy Yee

The City of Ottawa recently announced the launch of seven new French kiosks at recreation centres in Ottawa. This is yet another example of racialized languages being left out of the equation.

Two of these kiosks will launch in Kanata and Barrhaven. The two suburbs have approximately 8,000 Chinese residents each and have long struggled to serve some of their Chinese clients—often seniors—who are not as fluent in English.

I served a regular French client at Minto Recreation Complex where one of these kiosks is now located. Dozens of Chinese seniors, however, went without service in an area where the majority languages were noticeably English and Mandarin. The city could print their swim schedules in Traditional Chinese, a quick and inexpensive fix.

None of these requests are necessarily new. The same ones were made more than 10 years ago in a *Reflecting Diversity in Parks and Recreation Services* report put together by Ottawa non-profits and racialized women.

The Ottawa Public Library removed barriers decades ago, according to offering books in Simplified and Traditional Chinese among other languages. Library collections are community driven and according to the policy that the “OPL collects materials in different world languages to meet the needs of Ottawa's diverse population. Languages are selected if they represent a critical mass of new immigrants to Ottawa, reaching more than 2,000 people.”

The false dichotomy of bilingualism in Canada leaves managers unwilling to do anything. But according to the 2016 census, the two dominant mother tongues in Ottawa-Gatineau are Arabic at 34,295 and Chinese at 31,130. There are 12,680 residents who solely speak French. Access to language is also gendered with more women than men neither fluent in English nor French.

The French settlement of Ottawa mandates the maintenance and preservation of the French language. But we remain stagnant and in opposition to diversity. French also creates inequality in power, class and employment. Emphasizing English and French shows that other languages don't matter and that they are lesser. This creates a hierarchy of languages.

A study by the Canadian Council of Learning showed that English and French speakers made 10 percent more than English-only speakers. According to the report, knowing both languages is more important for work opportunities in provinces such as Ontario and Quebec and less—but still significant—in cities like Vancouver and Toronto where about half the populations are racialized.

In Ottawa, the conversation on French Immersion peaked in 2019, when a study prompted by Trustee Rob Campbell showed schools mostly put newcomers and those in lower-income areas into English and applied programs that did not lead to university.

Those, who understand the leverage French gives to employment in Ottawa, often place their kids in French Immersion, while those unfamiliar with it do not, leading to what some call a “two-tiered system” and early seeds of careerism.

With language loss, we lose identity and culture. The residential school system, for example, took away Indigenous languages from many still trying to reconnect with them today.

The city's kiosks show that there is opportunity for multilingual systems. So can we not expand on the status quo? The city's cross-departmental policies are contradictory and inconsistent, and we are decades late.

Distraction works to stop street harassment

Jack Hanna

Being a clumsy klutz can be something of a super power – in a certain situation.

You see someone being harassed in a public place, perhaps a woman being followed and pestered on the street, and you don't want to be a useless bystander. You want to take action to help.

One idea is to stage a distracting accident close to the target of the harassment, by pretending to drop something or spill your coffee.

Everyone pays attention to you being a klutz, and the interaction between the harasser and the target is disrupted.

“Trip, drop something, spill something,” said anti-harassment instructor Julie Lalonde.

Having broken the dy-

namic between the harasser and the target, you can quickly set up a new interaction – between you and the target.

“Then be chatty. Go up to the target and engage in conversation – “Oh my God! Aren't you so-and-so...”

“Allow the target to pay attention to you and not to the harasser.”

No need to confront the harasser. “Do not draw attention to the harassment or the harasser.”

Earlier this summer, the Anti-racism Working Group of the Centretown Community Association offered a workshop on how to deal with harassment when you see it, or when it happens to you. The instructor was Lalonde, who is director of Hollaback! Ottawa, the local chapter of an international

group combating street harassment.

Creating a distraction has the big advantage of avoiding confrontation. “You can be effective,” Lalonde said, “without being intense.”

But maybe you judge you are going to have to confront the harasser. That's an option, Lalonde said, as long as you think it safe to do so.

If you confront, keep it brief; don't allow an opening for a shouting match to start.

hollaback!

OTTAWA

“Speak to the harasser. ‘Leave her alone.’ Then immediately turn to the victim. ‘Are you okay? Should I get help? Do you want me to walk out with you?’”

There are other actions. You can ask someone to assist, such as a bus driver, a store manager, or another bystander.

You can pull out your cell phone and video what's going on.

Almost always, it is comforting to the target if, in the aftermath, you check with them: “Are you okay?”

Harassment in public places can take many forms: whistling or comments, stares, unwanted touching, crowding the target's personal space.

It can be aimed at all sorts of targets: women; the young; black, brown or indigenous individuals; LG-BTQ+; those of certain faiths or cultures.

And harassment can be more than a momentary annoyance.

“The reality is people who are targeted get targeted multiple times in a month, a week, a day,” said Lalonde. “It happens over and over, damaging the individual's self-worth and feeling of

safety.

“It happens often. As a result, the individual can feel stressed and become hypervigilant whenever they are outside.”

If harassment happens to you, she said, there's one thing you need to be clear about: “Street harassment is never your fault. It is that person, their actions, and the culture that lets it happen.”

If you feel unsafe, “trust your instincts, and make choices accordingly.”

There are choices. Maybe you make a clear statement. “I don't know you. Stop talking to me.” “You have been following me for five blocks. Leave me alone. I am going to call the cops (even if you don't really intend to).”

Maybe you feel the wisest choice is: Do nothing. “Just sit there, if that is the safest move.”

However, added Lalonde, do something to recover from the experience afterwards. Right away, take a few deep breaths. A little later, talk to someone, or go for a workout or listen to music.

“This stuff is hurtful, mean and demeaning. Take care of yourself, so that you can fully put yourself back out there.”

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A young vendor shows off one of the cupcakes that her mother, Kasia Gryczon, was selling in her booth at the Elgin Street Farmers Market.

BRETT DELMAGE/THE BUZZ

Farmers Market attracts diverse vendors, shoppers

cont from page 1

However, on market days, Penton is at his own stall proffering eggs, fruits and vegetables from three Ottawa-area farms. The stall showcases a diverse range of veggies, both conventionally grown and organic. He carries not just callaloo but also Chinese cabbage and fennel, “which you don’t find very often,” he said.

One busy stall was

and on the kids.”

Morrell and her partner both recently landed jobs providing client support at Shopify, but will continue to hand-make their dish and body soaps, because they are enjoying “amazing” success.

“I’m happy to support local people who make things,” said Keith Williams, lugging bags of purchases. “And the price difference (compared

stall, Kayla Anderson, visiting Ottawa from Whistler, B.C., purchased a T-shirt with the logo of Bicycle Craft Brewing. “It’s a present for my fiancée,” she said. “He loves cycling and he loves craft beer, so this is perfect.”

Anderson’s betrothed is a kindred spirit to the pair who started Bicycle Craft Brewing a half dozen years ago, passionate about beer and bikes. The brewery’s signature IPA is Velocipede, the 1800s term for the earliest bicycles.

At the Nat’s Bread stall, the item that sells out every Sunday is the soft pretzels. For Hall’s Apple Orchard, a family business for three generations near Brockville, the big sellers are the pies and doughnuts. At Snack O’ Shack, the veggie spring rolls fly off the table.

“For a small market,” said customer Vanessa Mayville, “there is a really great variety of really great things.”



Vanessa Mayville and Nick Smith sell bike-inspired brews at Bicycle Craft Brewery

BRETT DELMAGE/THE BUZZ

Soaper Club, selling soaps made strictly from plants. The artisanal business was born during the pandemic, when the two founders lost their jobs at a ski resort in B.C. and retreated back home to Ottawa in need of a source of income.

“People want things that are sustainable, simple and safe,” said owner Rachel Morrell. “Our products have no chemicals or fragrances, so they are safe for the drain

to a supermarket) is not all that great.”

Most Sundays, the market has live music. Violinist Erik Johnson-Scherger in recent weeks played Bach and fiddle music, including pieces of his own composition.

“Folks seem happy to hear the music,” he said, “and it has made me feel part of the community.”

Beekeeper Dave Lyons sells honey and beeswax candles at his table. And while making change, he also bends customers’ ears about his environmental passions.

“This gives me a pulpit,” he said. “I’m concerned about the volumes of pesticides we are pumping into the atmosphere. They have a really bad effect on the bees, butterflies and bugs, and on the birds that eat the bugs.”

His hives are on land near Perth that’s distant from farms, so his bees are buzzing around plants untreated with chemicals.

Over at the craft beer



Erik Johnson-Scherger serenaded shoppers

BRETT DELMAGE/THE BUZZ

Official Plan debate moved to October

Alayne McGregor

The City of Ottawa has delayed debate on its new Official Plan until mid-October, giving citizens and community groups more time to go through the revised final draft.

It will also give community coalitions like the People’s Official Plan (POP) more time to connect and strategize about ways to improve the plan.

The start date for public hearings at the city’s Planning Committee and Agriculture and Rural Affairs Committee is now October 14. Citizens can present their comments in writing or in person to that meeting, and ask for amendments. City Council is set to debate the plan on October 27.

Starting July 26, the city has been releasing the final draft of the plan in stages – with change tracking included – on engage.ottawa.ca/the-new-official-plan/. City staff are still continuing to receive comments at newop@ottawa.ca, and have been updating the plan in response.

On September 29, the city will also hold a public open house on the plan; the

exact format and location will be announced later.

The People’s Official Plan (POP) is taking advantage of the delay to hold a workshop on political mobilisation to improve the plan, likely on September 15. The coalition, formed in 2019, is “an informal alliance focused on bringing greater urgency and ambition on climate and social justice issues” to the development of the Official Plan, and includes individuals from groups involved in issues ranging from homelessness to the environment to seniors to transit to gender equity.

POP Organizer Cheryl Randall, of Ecology Ottawa, said that the delay will give POP activists “time to go through the revised draft OP in detail (which we have started the pretty enormous process of, but it’s really too early for initial comments)” and highlight “those areas which really need to be

amended before the draft can be approved.” The plan contains “extensive and technical documentation” which takes time to read and understand, she said.

She said POP’s September workshop will discuss how to get councillor support for specific changes through letters and visits by concerned residents.

The coalition is also sending out a survey to councillors, asking them to support including targets in the plan. “How can we know whether progress has been made over the next 10, 20 and 25 years if there is no monitoring system in place, no measurements or goals included? We will be reviewing the responses from that survey in the workshop as well.”

On July 26, the POP held an online workshop with speakers outlining diverse issues raised by the plan.



Justine Bell
School Trustee
Zone 10 Somerset/Kitchissippi
justine.bell@ocdsb.ca
613-858-2275



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Planet of the Scares: Let's scape a meal together



Scares
Pearl Pirie

It's harvest. Is your fridge is as chock-full of scares and carrots as mine?

A bit daunting, isn't it? How many ways can you eat carrots? Or scares? Fresh from the garden or the mar-

ket they have so much flavour, it's best not to overdo flavourings.

Scares are hit-or-miss around here. When treated like a green beans, cut in lengths, and mixed into a stir-fry or steamed dish, they usually go over well.

I couldn't believe how good baked carrots are. The baking is power-intensive but easy, needing little for prep and no attention while cooking.



Pearl Pirie/The BUZZ

Side Dish: Baked carrots for two

- 3 to 4 scrubbed baby carrots per person, depending on size of carrots and person.
- 1 small onion, chopped
- 1 Tbsp olive oil

- Thyme, oregano, and/or sage leaves

Place the oil, then herbs and onion in a casserole with lid. Brush carrots with oil. Cover and bake at 400°F (200°C) for one hour. I bet

you could put scares in there halfway through.

Next time...



Pearl Pirie/The BUZZ

Drink: Rhubarb Juice

- 2 cups chopped rhubarb
- 2 cups raspberries
- 1/3 to 1/2 cup white sugar
- 1 cup water

Cook on medium heat for a 30 minutes. Mash. Press through a sieve and

can while hot for later. Chill. This produces two cups of concentrate.

Dilute by half (or to taste) with water or something sparkling. Refreshing for those hot days.

Topping:

Whisk together

- 1/2 Tbsp toasted sesame seeds
- 1 Tbsp sesame oil
- 1 Tbsp low-salt tamari

Serve over rice.



Steam-fried Veggies
Pearl Pirie/The BUZZ

Main Dish: Steam-fried Veggies (serves 4)

- 1 onion, chopped
- 1/2 head of cauliflower, roughly cut
- 2 large carrots
- 1 bunch scares, cut in lengths
- 1 bunch kale, chopped

Add the veggies to frying pan, on medium-heat. Add 1/4 cup water and cover. Let it steam until tender to your liking. (You can add a nub of butter or margarine if you like.) When cooked (about 15 minutes), test for doneness.

Pearl Pirie's fourth poetry collection, footlights, is getting good reviews! Get your copy at Perfect Books. Check out her author site at: www.pearlpirie.com

Most importantly, keep washing your hands and phones and wearing masks to protect your neighbours. Two immunizations isn't complete enough for the Delta variant.

Please wear a mask and stay safe!

Joel Harden

MPP, Ottawa Centre
joelhardenmpp.ca

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Is there enough greenspace around Elgin Street School for outdoor classes? BRETT DELMAGE/THE BUZZ

Centretown public schools to reopen with improved ventilation this fall

Alayne McGregor

Justine Bell has received a flood of questions from concerned parents this summer about school reopenings this fall, and they only increased with new provincial guidelines. Bell is the Ottawa-Carleton District School Board (OCDSB) trustee for Zone 10, which includes six schools attended by Centretown children: Lisgar Collegiate Institute, and Elgin Street, Cambridge, Centennial, Devonshire, and Glashan public schools. “Parents want to know what’s happening in the school that their child goes to. Is it safe? They’re hearing a lot about a lot of things they probably didn’t have in their vocabulary beforehand

– ASHRAE requirements, HEPA filter units. They want to know what that means and whether their children have that in the classroom. “A lot of parents have also asked whether masks will be used and what sort of precautions will be put in place now that extra-curricular [activities] have been given the green light by the province.” On August 4, Education Minister Stephen Lecce announced the guidelines for reopening. They encourage studying in-person, and require masks for students in grades 1 to 12. They do not mandate vaccinations for either students or staff; current vaccines are only available for students 12+, with vaccine clinical trials on younger children not expected to yield results until late fall or winter.

Bell said that significantly more Centretown students have returned to in-person classes than in 2020, although she didn’t have exact numbers. Parents were asked to make this choice several months ago. Recently more parents have asked, “if things get worse, can I have the opportunity to switch back to online schooling?” Bell said the OCDSB had announced it could not do this except in exceptional circumstances: for example, if the family included someone severely immunocompromised. One important part of the guidelines is improved ventilation in schools, to reduce the spread of the COVID-19 virus on aerosol particles expelled by breathing, coughing, or talking. This is being

done by upgrading school HVAC units, changing their filters more often, and using highest-quality filters. In addition, standalone HEPA filtration units have been placed in classrooms, including all kindergarten classes, and in particular those without mechanical ventilation. Lecce announced that the province would allocate another \$25M to purchase another 20,000 filtration units to add to the current 50,000 units in the province. Bell said this would amount to 780 for the OCDSB, which will likely still be being installed in September. At Elgin Street PS, Bell said, the school HVAC unit doesn’t meet all the ASHRAE standards [for ventilation system design and acceptable indoor air quality], in terms of purging the school air on a regular cycle. So the OCDSB is putting HEPA units into every classroom, to go beyond the standards recommended by ASHRAE and the province. In addition, the HVAC units will be upgraded to use MERV-13 filters, which filter out particles down to 0.3 to 1.0 microns in diameter. While viruses are smaller than that, they are spread by being attached to water droplets or aerosols, which are at least 1 micron in diameter according to a [National Institutes of Health study](#).

Bell said that the OCDSB had already installed the HEPA units in all kindergarten and all isolation units last year, and has continued to add the units over the year and “are really well-placed to ensure that every single classroom has a HEPA filter unit come September.” New rooftop HVAC units are being installed in a number of schools, she said. OCDSB engineers also continue to consult with ASHRAE professionals, Ottawa Public Health, and local hospitals, she said. Lecce also recommended taking classes outdoors. Bell said that some central-area schools “are better set up for that than others. Some of our schools have the space. Some of them have the tree cover to be able to do that. And some do not. There’s usually one or two spaces in most schoolyards that classes can access outside.” Lisgar could not possibly move all its classes outside, she said. “Devonshire has two outdoor teaching spaces. On a sunny day that’s not too sunny you could have kids out in the field. But I just don’t think that’s realistic. We’re not set up for it right now.” Lecce announced that each board would be required to have an online dashboard giving each school’s ventilation status, ready before school starts on September 9. Bell said staff

are still waiting for the provincial template, but have begun compiling the information that they’re assume will be there based on provincial guidelines. Bell expected that the OCDSB would have the guidelines “that are absolutely essential and important” implemented by the start of school. “With ventilation, OCDSB was already ahead of the game. So I believe we will meet those standards come September but I’m not going to commit to the beginning of September.” The OCDSB is adding staff for high-touch surface cleaning, especially in the largest elementary schools to continue the cleaning protocols introduced last year, she said. Bell advises parents to pay most attention to expert advice from Ottawa Public Health and the Children’s Health Coalition. And to get vaccinated, as she and her husband have. Bell said that forcing her young daughter to study at home last spring “was definitely not the best for her education and her growth. I saw the change in [her] demeanour quite vividly. All of the experts agree the best place for children is in school, and so it is our responsibility – it is part of the social contract – to prioritize schools over bars. Ultimately education is a right!”

Catherine McKenney • City Councillor for Somerset Ward

Keep up to date on Ottawa's COVID-19 vaccination plan

For updates on COVID-19 vaccinations in Ottawa, please visit: www.ottawapublichealth.ca. Until vaccines are widely available, please take steps to protect yourself, your loved ones and our community.



Keep in touch!

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Questions? We can help!

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Skyline: The mysterious case of the missing trees

Does the urban forest have a future?



Place Bell Canada's fabled Little-leaf Linden trees have survived for 50 years. *ROBERT SMYTHE/THE BUZZ*

Robert Smythe

They dot the sidewalks surrounding many of Ottawa's downtown developments: telltale squares of asphalt, weed-filled depressions in the concrete, and haphazardly-patched craters.

These are the silent tombstones of the missing. They were once street trees. They died or were cut down and were never replaced. They're victims of minuscule budgets, poor planting practices, and a lack of maintenance.

Today the City of Ottawa counts on private develop-

ers to landscape much of the public realm (the sidewalks that abut any new office or apartment building) as part of the legal agreements that go along with the project.

At the same time, our Official Plan is full of statements that extoll the social, economic, and environmental benefits of the urban forest. Trees are meant to foster well-being, increase property values, reduce the city's heat island, and absorb run-off.

The story on the ground is much more murky and best illustrated by some case studies.

At L'Esplanade Laurier,

almost forty black patches mark previous tree locations along the O'Connor, Gloucester, and Laurier frontages. They are a sad reminder of the foliage that once ringed this development when it opened in the 1970s. Their fate was sealed when the sidewalk was subsequently rebuilt by the project's owners, shrinking the openings around each tree to barely more than the trunk diameters, thereby consigning their root balls to a waterless concrete tomb which may have been inadequately sized to begin with.

As the trees steadily succumbed, the question arose – who owned the trees, and who was responsible for their replacement? They had been planted by the original developer (long since departed) in the city-controlled right-of-way. In some instances, city/developer maintenance and operation agreements spelled out which party was responsible for ongoing tree care. In this case, it was unclear who was legally required to fulfill this task.

After some agitation from the then-City Councilor's office, the city attempted to replant trees in a few of the tiny openings, which given their size would only permit sapling-sized specimens, and none survived this well-meaning experiment.

Nearby, just across O'Connor Street, the former EDC Building is in a similar condition. Empty tree pits now line its Laurier Avenue frontage, although a few sport tufts of weeds, which is at least some form of greenery. And there are numerous other examples of developments big and small along Metcalfe, Albert, Queen, and Slater Streets, all haunted by ghost trees.

Sadly at Place Bell Canada, one rare instance where the developer-planted Little-leaf Linden trees have survived for close to 50 years, the owners have recently felled a number of their trees and replaced them with shallow planters placed atop the stumps to disguise the carnage.

Today downtown Ottawa is a largely treeless desert, which is situated at the centre of a ward that unfortunately already has the smallest percentage of tree cover in the entire City of Ottawa.

However there are larger environmental issues than city/developer confusion. Ottawa's very narrow rights-of-way result in skinny sidewalks with fewer planting opportunities. Roots are constrained by underground utilities. Road salt, traffic fumes, and concrete are additional barriers to tree growth. The average lifespan of a freshly planted street tree can be just seven years.

Planting slower-growing forest-type species in tiny tree pits creates a bonsai-like training that further stunts them. This is worsened by a lack of experimentation and



Asphalt patches mark the spots of L'Esplanade Laurier's 40 missing trees. *ROBERT SMYTHE/THE BUZZ*



Sprouting weeds green up one of the EDC Building's former tree pits. *ROBERT SMYTHE/THE BUZZ*

research into more radical tree types that are urban-hardy. These are termed "weed trees" by the current crop of professional landscape architects, who shun their use.

For decades (see the accompanying historic photo) neither the City of Ottawa nor the NCC has maintained its own nursery where trees can become acclimated to local growing conditions. They now rely on private sector landscaping companies sourcing from commercial nurseries from far away to supply a limited and predictable range of species.

Tracey Schwets, the manager of the City's Forest Management Branch, says that the City of Ottawa is aware of numerous hard surface downtown locations where trees have not been replaced. She says that inadequate soil volumes and poor planting conditions "have led to repeated tree mortality" and that due to the harsh urban environment the few attempts at replacement have not been successful.

Schwets points out that the typical budget for planting one new street tree is only \$400 and cautions that creating healthy growing conditions in existing streets can cost tens of thousands

of dollars per tree. This frequently involves relocating underground utilities and building special subsurface pits containing structural soil or protective containers known as Silva Cells. For now, the only opportunity to indulge in these expensive practices is when an entire roadway allowance is being dug up for a major sewer line and watermain replacement.

To quote Toronto's former Chief Planner Jennifer Keesmaat, "There is a broad consensus that we need dramatically more trees in cities. But keeping trees alive in the city is tricky and it's not cheap to plant trees right. Too often cities underestimate the investment needed to keep them alive."

Of course, the City of Ottawa is responding with an upcoming "Tree Planting Strategy" which is intended to shift us towards the "more proactive tree targeting areas" needed to increase forest cover in areas like the downtown core. It is also undertaking a "Tree Plantable Spaces Study."

The urban environment anxiously awaits the day when the City finds the will to turn these potentially tree-friendly strategies and studies into action.





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The historical perspective

It's 1962 and a worker readies a tree and its seriously large root ball for transplanting from the NCC's Alta Vista Drive nursery to a building site. Would that we could practise such tender loving care today.

(Photo: Library and Archives Canada)





CCA report

Jack Hanna

More at farmers market

The launch of the Elgin Street Farmers Market in July was successful beyond expectations. The first day, vendors sold out of pretzels, bread, vegetables, eggs, and spring rolls.

The market will be in Boushey Square, at Elgin and Waverley, Sunday mornings from 9 a.m. to 1 p.m. until October.

Building on its success, the market, a CCA-led initiative, has been expanding, with more vendors and street musicians.

Serious TLC for trees

The CCA has launched a sophisticated program to nurture existing trees and identify good spots for new ones.

The program, developed by the University of Toronto, is called Neighbourwoods.

Twenty volunteers received a day of training and now are mapping and measuring trees, beginning in the west of Centretown and the Golden Triangle. They will record a variety of measurements to monitor the health of individual trees, from the height and extent of the crown, to scarring and how well branches are attached.

They also will identify spots for new trees. “It’s tough being a tree in the heart of the city,” said leader Darlene Pearson. “Neighbourwoods will do an organized job of looking out for Centretown’s trees.”

Neighbourhoods welcomes new volunteers: Neighbourwoods@centretowncitizens.ca

Serious TLC for gardens in parks

The CCA’s approximately two dozen volunteer gardeners are having a busy summer.

The crew that gardens all the beds and planters in Dundonald Park, at Lyon and Somerset, put in 46 shrubs and 78 perennials, partially funded by \$500 from the office of

Councillor Catherine McKenney. They also weeded, pruned, and staked.

Soon the gardeners will put in some asters, for fall colour. In preparation for spring, they will plant tulip bulbs.

The volunteer gardeners in St. Luke’s Park, at Elgin and Gladstone, have expanded the big flower bed which was started last summer.

More parks badly needed

Downtown residents have far less access to parks than those elsewhere in Ottawa. And that’s only going to get worse.

The CCA responded to the city’s recently-released draft Parks and Recreation Master Plan, pointing out that downtown residents are vastly underserved for parks, ice rinks, and basketball and tennis courts. According to city data, the downtown has about one-third the parkland per capita compared to the rest of Ottawa.

With explosive increases in population density coming to the core, the city’s documents predict there will be even less outdoor recreational space per capita downtown.

The CCA argued the city’s new plan does too little to help downtown folks get outdoors. It called on the city to use small parcels of vacant land to tuck in new playgrounds, rinks, and basketball, tennis and pickleball courts.

Outdoor festivals return

Look for the CCA’s Fall Festival on Saturday, September 18 in Dundonald Park at Somerset and Lyon. Saturday, September 25, is the rain date.

There will be displays on pollinators, growing micro-gardens, recipes for pulses, and aboriginal teachings about autumn.

For the children, there will be beading, story-telling, the opportunity to plant tulip bulbs in the gardens, and, of course, the hallmark of all CCA festivals: free popcorn.

Dalhousie Community Assn report

Ed McKenna

Not On The Internet! Meeting IRL (In Real Life) in Dalhousie

It’s been a busy summer for the DCA, with online meetings in abundance as the new working committees get organized and address a multitude of local issues. But the highlights of the summer have been IRL - people getting together in person (and observing the pandemic protocols, of course.)

Plouffe Park

The Public Realm Committee held its inaugural meeting outdoors at Plouffe Park on June 5, and walked the future parkland at 1010 Somerset Street West. Alix Corey from Councillor McKenney’s office provided an update on the City’s purchase of the land and explained the zoning for the area under the Corso Italia Station District Secondary Plan.

Plouffe Park will extend west from Preston to the Trillium Pathway. Twenty-five percent of the new parkland will be dedicated to passive recreation (informal and non-competitive activities.)

Committee members dreamed about the possible future of the new community space: picnics, performances, an outdoor pool, community gardens, a fountain, playgrounds for young and older, and many, many trees – indeed, an urban forest!



Somerset viaduct planters. ERIC DARWIN/THE BUZZ

Somerset Street Viaduct

Eric Darwin has led the effort to beautify the Somerset Street Viaduct, and helped persuade the City to install a watering system for the large planters on both sides of the street. But they must be planted, weeded and mulched, and a crew of Dalhousie volunteers tackled the job IRL at the beginning of the summer.

Dalhousie Bilingue

Catherine Boucher met last month with the Association des Communautés Francophones d’Ottawa to discuss how we might recognize the role of the Francophone community in the development of Dalhousie. Currently about ten percent of the local population in Centretown and Dalhousie speak French as a first language, many fewer than in the past before the razing of LeBreton

Flats in the 1960s.

One suggestion from the meeting: AFCO Ottawa might assist with the installation of historical plaques celebrating the contribution of francophones to our community.

NCC’s Plans for LeBreton Flats

Laura Mueller is the Chief, Planning and Engagement, of Building LeBreton for the National Capital Commission, as well as DCA member. She provided a comprehensive update on the implementation of the LeBreton Flats Master Plan at July’s regular Board meeting via Zoom.

Highlights included the NCC’s support for Albert as a “complete street,” and the construction this year of the LeBreton Flats pathway, which will provide a much-needed additional active transportation link from the Pimisi and Bayview LRT stations to the Ottawa River.

More Trees

The DCA has agreed to support the Community Associations for Environmental Sustainability (CAFES Ottawa) in their advocacy for 40 percent canopy cover per neighbourhood. The Greenbelt has many trees, but we need trees in Dalhousie! To that end, we note that the developers of 93 Norman Street now have committed to planting street trees, as requested by the DCA during recent consultations. Thanks to all, including Councillor McKenney, for pursuing these positive changes.

What We’re Watching – Development in Dalhousie

The DCA is providing comments on the plans for the Ottawa Hospital’s New Campus Development Project, to be located in the Experimental Farm. In common with other neighbouring community associations, we’re concerned about the loss of trees (again), vehicular traffic (including massive parking facilities on-site), and the need to strengthen connections to the LRT.

The DCA’s “Planning Our Neighbourhood” Committee has commented on the draft Plan of Subdivision for 933 Gladstone (Gladstone Village). In particular, we’re watching the treatment of the new parkland (including the extension of Plouffe Park) and open space across the subdivision, as well as the development of new roads and pathways and their interconnections with the existing neighbourhood.

The Committee also has written to the City about DCA’s concerns with a proposal to rezone the property at 18 Louisa (at Bell Street North), which could permit the construction of a 10-storey apartment building in a low-rise, established, residential neighbourhood.

The DCA Board will not meet again until early September, but our Committees will remain active throughout the summer. More news in the fall!

Comment: My Third Place

Patricia Willoughby

Cafés are the urban places I have missed the most during the pandemic. I live alone, so when I felt the need of being around other people, I used to go to one of the cafés in my neighbourhood. Living in downtown Ottawa meant that I had “l’embarras du choix”; it could be Starbucks, Second Cup, Ministry of Coffee, or Tim Horton’s.

Often I would meet a friend there. Sometimes I brought my iPad and checked my emails. Other times I worked on a piece of writing. Or I would just watch people and, I have to admit, eavesdrop. A café is my third place, after my home and place of work.

I first learned to love cafés and café culture when I went to Paris at the age of 19. Because apartments there tend to be small, Parisians treat cafés as an extension of their living spaces. They are the centre of social life, involving espressos, pastries, red wine,

demis of beer, bread, and cheese. They are ideal places to relax in or to refuel, to debate, flirt, or simply watch the world go by. Parisian cafés allow the habitué to sit quietly for a couple of hours, watching things happening. Sidewalk cafés were my personal favourites for people-watching, even in winter when they were enveloped in coverings of thick plastic.

I often noticed lone older women lingering over a verre de vin or a café-au-lait with patisserie. This struck me as unusual because in those days in Ireland, where I came from, no unescorted woman of any age could go to a public place.

Fast forward to Montreal where I subsequently lived for many years and happily indulged my café habit. But when I relocated to Ottawa at the end of the 80s, I was dismayed by the dearth of cafés here. There were coffee shops with seats at the counters or waitress service at tables. Many were of the greasy spoon variety. The

turnover of customers was fast and lingering was not encouraged.

These days Ottawa has a café on every street-corner. They are mostly frequented by young students with their laptops and cell phones. Before COVID-19, they lingered for hours, sometimes entire days, taking up all the tables and discouraging other customers.

With lockdown some of the cafés closed down; others offer only take-away orders. The problem has become lack of places to sit and enjoy the coffee. Last fall, restrictions were modified, and cafés spread out onto the sidewalks. Customers could sit down once again. Some cafés installed heaters and heavy plastic coverings on their patios, reminding me of Paris, but I doubt that they will survive the Ottawa winter.

Without outdoor wi-fi connections it remains to be seen if Ottawa’s café culture will still be alive by the time this virus has run its course.

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When a raised cycle track was installed in this section of Bay Street near Laurier, it was treated like the adjoining sidewalk. The “traditional” (aka rollercoaster) design was applied to the cycle track and sidewalk to accommodate frequent driveways.

ALAYNE MCGREGOR/THE BUZZ

The wibbly-wobbly Bay Street cycle track

Alayne McGregor

When cyclists advocated for raised cycle tracks on Bay Street downtown, they may not have realized the implications of the many driveways in that area.

The just-installed cycle tracks run from Wellington Street to the segregated bike lanes on Laurier Avenue. They replace the existing regular bike lane in that area, and also include a

second contraflow track running southbound against traffic.

But unlike the Laurier lanes, they’re raised to the same level as the sidewalk, separated from it by a small line of bricks.

Both the sidewalk and the cycle track have been built to the city’s “traditional” (rollercoaster) standard. The result: a very uneven and possibly slippery ride as the track constantly goes up, down to the ground, and sideways – which would not have happened if the bike lane had been left at road level.

Palliative care - shifting focus from cures to providing comfort

Stephen Thirlwall

With a steadily-aging population in Centretown, there is a growing need to provide special care for the elderly, especially when they approach the end of their lives.

The focus of our medical system and hospitals is solely on curing individuals as quickly as possible so they can enter back into normal life. However, there are illnesses and conditions that cannot now, or perhaps ever, be cured and which will end soon in death. They require a different kind of care, support, and medications to assist individuals to live as best as possible and, at peak times, to allow them to transcend the pains and constraints they live with.

We have also created within Canadian culture a dilemma: as a population we live longer. When I was 20 years old, life expectancy was 70. On reaching 70, I feel like a very young senior. As life expectancy increases, we have failed to provide sufficient means to socially include and care for those who are older. The older you get, the less society pays attention to you.

We have also changed laws to permit early assisted dying in certain cases. We do not fully know where this change will lead. A very small number of individuals face excessive long-term pain that cannot be overcome. For them, assisted suicide may be the chosen option.

However, for most people there is much left to experience in life, even if only briefly. To achieve this, professional and caring help is required. This is where palliative care makes a real difference.

Explaining palliative care

The purpose of palliative care is to bring meaningful moments of ease, clarity, and functionality to someone in the last stage of life. This allows the dying individual to fully appreciate their life, right to its end; spend quality time with their relatives, friends, and community; explore memories; and make better plans for their death. Often, it is a unique time for families and groups of friends to reunite.

Anne Merriman, an international leader in palliative medicine, states “the patient is the centre of all we do, from top-level decisions to the care on the ground. Our key word is ‘hospitality’ to all who come to us.

“Our Ethos calls us to know the patient; to know the patient’s needs, wants, values, joys, expectations and these are often controlled by their economic state. We try as much as possible to allow him/her, and the family, to have an improved quality of life ... regardless of race, gender, education or status.”

Merriman says that palliative care emphasizes care being provided in appropriate locations where patients wishes can be met. “Many, perhaps most, patients with a life-threatening illness will live longer with palliative care” and their remain-

ing quality of life is significantly improved.”

Palliative care comes into play once a person is medically diagnosed with a “life-limiting illness,” i.e., due to the illness, they are expected to die much earlier than normal. It could be in a few years, months, or weeks. The individual could be of any age, but more often elderly.

Practitioners are well trained and operate in two main ways:

(1) to provide holistic patient care to aid the patient to maintain the highest possible quality of life during the remaining period of their physical life through managing of pain and providing comfort.

(2) to create a space where close family members and friends can grieve and find new peace, tranquility and love. The care may be given in a hospital, a smaller care centre, or even the person’s home.

To control pain and discomfort typically specific drugs are used in a controlled manner as directed by experts. The type of drug, dosage and method of administration are adapted to the specific needs of the patient based on sex, age, type of illness, and the patient’s functional status. More commonly used drugs include acetaminophen, haloperidol, lorazepam, morphine, and prochlorperazine, and atropine. This changes with country and region. An accompanying care regime is established to meet the patient’s needs – help with sleep, eating, taking medications, bathing, toileting, and care of mouth, hair, face, etc.

The personal side

The experience of dying is quite diverse throughout our population, ranging from almost instantaneous to very prolonged, from peaceful to extremely painful, from prepared to chaotic and fearful. Here are some personal examples. One day, after doing one of the things he loved best (gardening), my father collapsed unconscious, dying quickly. Very differently, my mother, whose body was steadily declining but whose mind remained sharp, lived well for several more years spending a lot of time with all her children and their families. Only in the last few weeks of her life was there rapid decline from advancing cancer. She received palliative care within a lovely care home in Old Ottawa South. Within this



New hospital site creates concerns

cont from page 1

“Over a third of the site is still being used as surface parking lot, which from our perspective is not a very good use of land.”

Current designs do not include a convenient connection to the Corso Italia LRT station, forcing people to “cross Carling at -40 weather.” Planners have said it might be included later, but “if it’s not planned now, it’s not going to happen, is it?” She said the connection should be included in the project’s first phase.

Moving Queen Juliana Park to the top of the garage will not be a good place to grow real trees, she said, because there won’t be a deep enough layer of soil. “When I ask them what kind of trees would they grow on the parking garage and what kind of growth with those trees have, I got a very, ‘we’ll see’ response.”

Boucher expected the new hospital would increase traffic coming into the Dalhousie community. Preston – which the hospital study identified as having a higher than normal number of collisions – is already crowded with restaurant patrons as well as residents. Adding hospital visitors to that “becomes problematic.” Nor does the association want to redirect that traffic onto Booth or Rochester Streets, either.

She suggested the plan should be rethought to put the parking garage underground, as was originally proposed, and put the buildings closer to the LRT station.

“If it’s a cost issue, we have an opportunity to pay more and get a better [outcome]. We should invest to have the best possible. We can build something that will be sustainable and will reflect climate crisis and pandemics and the needs of hospitals and the needs of communities. And if it means we have to put a little more money on the table and go further down so that we can have our parks and forests back, then I think we should seriously look at that.”

To view the full hospital design and add comments see: engage.ottawa.ca/the-ottawa-hospital-master-plan

environment, she could die on her own terms – when she felt sure all her children were safe and stable. My mother-in-law also underwent palliative care for several weeks at the Elizabeth Bruyère Hospital before dying from cancer. Treatments up until then had extended her life several years. Palliative care allowed her to exchange a lot of information with her daughter and bring a greater sense of peace.

I also know of some instances where a dying person under care became the caregiver of their family, preparing them for the death, sorting out family matters, and helping them to grieve. Furthermore, being in palliative care doesn’t necessarily mean the patient is always in bed. One friend with aggressive cancer stayed at home and managed to join in various activities with her family and friends, as long as the pain was controlled and she was not overly tired.

Community is also very important, to have around you, especially when one that believes in the power of prayer and in afterlife. Prayer gave me the ability to grieve gracefully for my parents and other family and friends who have left this life. As one ages, many contemporaries pass away around you. I have as a senior been to lots of funerals. Fortunately, most have been filled with great love and joy (as well as tears) and a celebrating of life. This way everyone faces grief together, and much help continues for the surviving spouses and children. Palliative care is intimately intertwined with spirituality and community, whether God based or just in the sense of belief in some deep-centred meaning in life.

Change of focus

What makes a difference with the palliative care is that a high level of humanity, empathy and attentive care is provided throughout the dying process. The patient is treated as a person and each person matters until the last moment of their life. The approach is holistic (the total person and their environment and social network). Care is compassion based, not based on profit-centred care or on curing. In this precious time, memories are raised, plans are made, questions are asked and answered and love is shared with close family and friends.



Somerset Ward: new hospital has more parking, fewer trees

Catherine McKenney

The Ottawa Hospital recently submitted the Master Plan for the new hospital campus adjacent to the Experimental Farm, the Dominion Arboretum, and Dow’s Lake and the Rideau Canal. The master plan includes a four-storey above-ground parkade and the removal of over 500 mature trees. It also does not provide adequate details on an efficient connection to the Dow’s Lake LRT station.

The hospital site selection process in 2016 was not handled well, and this site was not the first option for the relocation of the hospital. Due to the destruction of hundreds of mature trees and the loss of valuable public greenspace, I don’t believe this is the best site for our future hospital.

However, this is the site that the Federal Government and the Ottawa Hospital ultimately supported and chose. I continue to work with residents, fellow Councillors, and stakeholders to mitigate the most harmful aspects of the plan.

The above-ground parking structure in the eastern portion of the site is an inappropriate use of the current Queen Juliana Park. The master plan proposes to relocate this park space to the top of a parking structure, but this will greatly decrease the general accessibility of the park and make it more difficult for residents, hospital visitors, and tourists to use. Locating a public greenspace to the roof of a four-storey parking structure creates an unnecessary barrier to access and would impact use of the space.

The trees on this site provide valuable ecosystem services such as habitat for local wildlife, improving air quality, and protection against the urban heat-island effect. The proposed tree removal is unacceptable and does not align with the City’s declaration of a climate emergency in 2019. This scale of tree removal doesn’t respect the importance of preserving and growing our urban tree canopy.

We must ensure that active and public transit are viable transportation methods for reaching the new hospital.

An integrated, protected, and efficient transit link to Dow’s Lake Station is vital to ensure both visitors and staff can access the site via our LRT system. The Transportation Impact Assessment in the masterplan application shows 45 percent of trips to and from the hospital will be made by transit by 2048, which is not realistic without ensuring transit travel is safe and effortless.

I cannot support this project without

- a commitment to bury the parking garage (and reduce the number of parking spaces) and retain the publicly accessible greenspace on the eastern portion of the site,

- a major review of the site’s layout to ensure the retention of as many trees as possible, and

- a detailed plan on linking the Dow’s Lake LRT station to the hospital site.

The public consultation process is ongoing, and you can submit your comments on the proposal to the City’s planner on the file, Sean Moore, at Sean.Moore@ottawa.ca Please copy me at Catherine.McKenney@ottawa.ca



Heart hopscotch on a Centretown park pathway. CCHC

CCHC chinks up fun for kids

Alayne McGregor

The Centretown Community Health Centre (CCHC) is encouraging outdoor games and fun for children of all ages this summer – using chalk!

Each Tuesday morning (weather permitting), CCHC staff pick a location in Centretown and bring out their multicoloured chalk. They pick a patch of pavement, and draw games which children can play together or alone. The games have included hopscotch, an obstacle course, stop-and-go, and an alphabet long jump.

Jennifer Thériault, the centre’s early years coordinator/health promoter, said the chalk drawings have appeared in Dundonald Park, Minto Park, the parkette near the YMCA on Argyle, a local street corners. “We try to pick different areas so families in different areas have the opportunity to play.” The locations are announced on Facebook and Twitter.

They ask kids to physically distance, and the activities are available “until the rain washes the sidewalk.”

Thériault said they started the program last year to encourage families to play outside with their children during the pandemic, getting fresh air and physical activity and doing something fun. “A lot of people were staying in their homes, increased isolation, people not coming out to our [indoor] playgroups or our programs.”

The reaction has been very positive, she said. “When we’ve been out in person drawing, people are like ‘Hey what are you doing? This looks like fun!’ People are happy and saying ‘I like what you’re doing. Great work!’”

MPP report: Paved paradise, put up a parking garage

Joel Harden

On August 3, the government claimed to offer a back-to-school plan for September.

I know many of us have enjoyed reading a novel this summer, but we don’t expect governments to write fiction in their public policy. There is no serious plan for schools for the fall, and we deserve so much better.

Is the government tracking vaccination rates for staff and kids aged 12 and older? Is the government ensuring proper ventilation in all schools? Will class sizes be at a manageable level to ensure every child has the best start this September? Will adequate levels of mental health support be in place? Are resources being allocated to ensure facilities are clean and safe?

Will the government ensure COVID-19 vaccines are put on the mandatory vaccination list? Will they create vaccination hubs at our schools to ensure all staff and children can be safely vaccinated? These are the questions being posed in other provinces, and they must be posed here too.

But we have very few

answers. We have a Minister of Education intent on offering platitudes and press conferences instead of the leadership required for this moment.

We need your help in urging this government to ensure a Safe September: email or call Premier Ford or Education Minister Lecce to demand better for our schools, staff, and kids. This is not the time to wing it. This is a time to ensure our schools get the support they deserve.

They paved paradise, and put up a parking garage?

Our city is buzzing with debate over the site of the new Civic Hospital.

Sadly, it’s not about the quality of the facility, or the way in which the hospital will position Ottawa as a leader in health care. It’s about cars, and parking. TONS of parking.

It’s about a proposal to locate a massive, above-ground parking garage across the street from the hospital in what is now Queen Juliana Park, and the city parking lot adjacent to the park, comparable in size to the parking lot at the Ottawa Airport.

The original plan was to put this parking lot underground, for good reason.

This is next to a UNESCO World Heritage Site – Dow’s Lake and the Rideau Canal – and an important part of Ottawa’s urban tree canopy.

Instead, we now learn that over 600 trees will be uprooted for a sprawling above-ground parking facility. And developers are promising a green space will be plopped on the roof of the parking garage to compensate. People are not amused.

This is another case of arbitrary planning. The decision to put the new Civic Hospital in Dow’s Lake went against the wishes of a 200-page report prepared by the National Capital Commission, and over 7000 community members who contributed to that process. The consensus was to locate the hospital at Tunney’s Pasture, but that didn’t sit well with local developers who wanted to build high-priced condos.

So after that botched process, we are now being told to accept a massive parking garage in the middle of urban greenspace. Reflecting on that, I thought immediately of the great Joni Mitchell, and her timeless song “Big Yellow Taxi”:

Don’t it always seem to go

That you don’t know

What’s on in Ottawa and beyond

cont from page 12

Labour Day 2021

On Monday, September 6, labour activists will gather for the annual Labour Day parade and BBQ.

For updates, please RSVP at: ottawalabour.nationbuilder.com/labour_day_2021

The National Film Board of Canada (NFB)

The NFB adds new films

to its website regularly. The latest is a selection of 23 films about the experience of Indian Residential Schools: www.nfb.ca/channels/residential-schools/

National Day of Reconciliation

Wednesday, September 30 is now the National Day for Truth and Reconciliation.

To mark the event, look

for to a series of events to honour the legacy of the residential schools.

Check here for updates: reconciliationcanada.ca

Tony Wohlfarth is an Ottawa-based freelance film, and entertainment writer. He visited the CMN, the NGC, the CWM and the CFMF on behalf of The Centretown BUZZ.



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What's on this month in Ottawa and beyond

Tony Wohlfarth

This month, *The Centretown BUZZ* viewed the reopened Canadian Museum of Nature. I also viewed the Rembrandt in Amsterdam exhibit at the National Gallery and participated in the Calgary Folk Music Festival. And I review the premiere of *Pig*, a film which premiered at the Mayfair Cinema.

Canadian Museum of Nature

The CMN (240 McLeod Street) reopened on July 16 to sold-out crowds. Visitors were eager to see the amazing collection of mammals, fossils, birds, insects, rocks and minerals on display. The museum is open 10 a.m. to 4 p.m. Wednesday to Sunday (Thursday until 7 p.m.) Visitors must reserve at: www.nature.ca and wear a mask. The museum is child-friendly, incorporating a scavenger hunt with matching sounds in each gallery.

I was impressed to see an electronic counter in each gallery, automatically recording the number of guests and the capacity. The elevators are also arranged to enhance safety: one to ascend and the other to descend.

On July 28, the CMN welcomed back *Owls Rendez-vous* (included with admission). The outdoor exhibit featured five owls and one magnificent bald eagle.

The National Gallery of Canada

The NGC (380 Sussex Drive) has reopened with its first exhibition of art by Rembrandt van Rijn, *Rembrandt in Amsterdam*, which runs until September 6.

Rembrandt was born in Leiden in 1606 and moved to Amsterdam, where he died in 1669. He created many portraits, landscapes and sketches over his lifetime. One of his portraits is captured here.

What is remarkable about the exhibition



Rembrandt van Rijn/Portrait of a Standing Man, 1639
NATIONAL GALLERY OF CANADA

is that it reinterprets Rembrandt's art in the context of Dutch colonialism and the history of slavery. The intriguing links are captured in a video with the curators available online at www.gallery.ca/whats-on/exhibitions-and-galleries/rembrandt-in-amsterdam-creativity-and-competition (the talk runs 1.5 hours.)

The NGC is open daily (except Tuesday) from 10 a.m. to 5 p.m. and on Thursdays until 8 p.m. Evening admission on Thursdays is free. Visits must be booked in advance at: www.gallery.ca

The Canadian War Museum (CWM)

The CWM (1 Vimy Place) reopened in mid July. Highlights of my visit included *Forever Changed*, stories from World War II, and the annual World Press Photo travelling exhibition. The WPP exhibit contains the best of photojournalism in 2020, including both spot news like the riots at the US Capitol

and the massive explosion in Beirut, and also extraordinary sports, nature, environmental, and feature series on everything from frogs' eggs to American gun collectors. The Ottawa showing of these large-format photos closed August 15, but you can see all 159 photos online at: <https://www.worldpressphoto.org/collection/photocontest/2021>

The Calgary Folk Music Festival

Live music returned to Calgary in mid-July. Tom Wilson and iskwē performed at the fest in July. After their set, I interviewed the duo. They met at the Indspire Awards in 2020, where they performed onstage (with Chuck Copenance): www.youtube.com/watch?v=RkfsY1avGHc

The Ottawa Jazz Festival

Wilson and iskwē will also headline the Ottawa Jazz Festival on August 19.

The jazz festival – live and virtual – runs from August 18 to 22. The live shows, at locations ranging from Confederation Park to the NAC to Sparks Street to local clubs, are free. The virtual shows can be booked at: ottawajazzfestival.com with a festival pass or individually. All of the virtual shows are available to screen anytime for up to two weeks. Almost all the in-person shows must be reserved in advance.

The festival wraps up on the Sunday with a virtual "Swing Swing Swing!" show with some of the best of Ottawa's jazz musicians backing star vocalist Kellylee Evans in infectious bright arrangements of classic swing tunes. This show was a hit at the National Arts Centre and previously at the jazz festival.

ByTowne Cinema is back (325 Rideau)

The [ByTowne Cinema](http://ByTowneCinema.com) is under new ownership. Andy Willick and Daniel Dem-

ois, who also operate independent cinemas in Toronto and Kitchener, have taken over. They are currently renovating the concessions area, and the projection booth, as well as obtaining a liquor license. No screenings have been announced, but in a July email to subscribers, the owners said they hoped to reopen in early September. Watch this space for news and updates.

The Mayfair (1054 Bank Street)

On July 16, [the Mayfair](http://theMayfair.ca) reopened with a reduced capacity of 90 persons.

The Mayfair has launched a weekly podcast with its programmer, Josh Stafford. Edition #333 coincided with the theatre's reopening and talks about the world premiere of *Pig*: soundcloud.com/mayfair-theatre#.

Pig

Nicholas Cage stars in this survivalist thriller, which was released on July 16 and premiered the next day in Ottawa at the Mayfair.

Rob (Cage) lives with his pet pig in a remote wilderness cabin. Rob survives by harvesting truffles – which his pig is uniquely equipped to find. Once a week, a friend Amir (Alex Wolff) shows up to buy his rare fungi.

Rob's solitary existence is turned upside down when the cabin is attacked, and his pig kidnapped. Rob is forced to return to the city (Portland, Oregon) to search for his missing companion. The film has some brutal scenes as Rob confronts characters from his past. It also has some poignant moments, when he visits his childhood home and listens to a tape of an unknown woman.

Pig is directed by Michael Sarnoski, his feature directorial debut. The running time is 1h32m. Cage's performance is the highlight of this film.

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