



What's on: films from Ukraine and more, 8



Community gardens to sprout in Dalhousie, 7

THE CENTRETOWN BUZZ



Snow waves decorated an (alas) completely unskateable Rideau Canal this month. For the first time ever there were not enough below-zero days to freeze the ice. *BRETT DELMAGE/THE BUZZ*

Analysis

How did the Ottawa Police Services Board fail during the convoy? Can it improve?

Alayne McGregor

The Ottawa Police Services Board (OPSB) did not do its job of holding the police to account during the 2022 convoy occupation of Centretown – and, in fact, had difficulty figuring out what its job was.

That's the conclusion of both the federal Public Order Emergencies Commission (POEC) and the city auditor-general, both of which released their reports on the occupation in February. Both blame the police and then-Chief Peter Sloly for not giving the board necessary information, but also the board for not insisting.

This is particularly important given that the OPSB is the primary way for the public to control the police. By law, the board is supposed to establish objectives and priorities for the police, and direct the chief and monitor his or her performance. The board cannot direct the day-to-day operation of the police service, or order the chief to make specific operational decisions.

However, if a "major event" – i.e. an "event that

has the potential to significantly disrupt public peace, order or security" like the convoy, the OPSB is supposed to be informed as soon as practicable and given relevant operational and other information so it can properly ensure police actions are consistent with the event's mission and objectives.

Auditor-General Nathalie Gougeon released two reports, one specifically on the OPSB's role. POEC Commissioner Justice Paul Rouleau included his analysis of the OPSB within his larger analysis of the occupation.

Both concluded that the OPSB was not properly informed. "The Board Chair was notified January 24, 2022, and the full Board the following day, only three days before the convoy protesters were scheduled to start arriving in Ottawa, and twelve days after the OPSB was first aware of the event. As a result, the Board's ability to fulfil its responsibility of helping to establish the mission, objectives, and priorities of the event response was severely impeded," Gougeon wrote.

Rouleau's report describes **continued on page 8 Board**

Stuck in a high rise without power: what's the solution?

Alayne McGregor

What happens if you're living in a high rise and the power goes off – and stays off for days? Can you even get out with no elevator service and no emergency lighting? Will you have water?

That's the situation some Ottawa residents faced after last year's derecho, and it's one that may become more frequent with extreme weather caused by the climate crisis. And with Centretown's many high rises and increasing intensification, it's an issue of particular concern here.

One solution, supported by the City Council in Toronto, but not in Ottawa, is to require high rises to have emergency generators to power elevators, lighting, and water pumps. Ottawa West MPP Chandra Pasma has made this a crusade after seeing the effects of the

derecho on high-rise residents in her riding.

Worst affected were people in wheelchairs or with other disabilities, frail seniors, and parents of small children, she said. "I heard heartbreaking stories of people who didn't have family and friends to bring them food. One senior spent five days after the pandemic subsisting on the jar of peanut butter that she had in her apartment because nobody came to check on her."

Others faced serious danger going up and down many flights of stairs in the dark, she said, particularly if they had to carry food or water. One senior evacuated his two neighbours by carrying them down eight flights of stairs. A senior who uses a walker went down 18 flights of stairs on her bottom, one step at a time.

continued on page 8 Generators



Organizer Martha Musgrove dries donated pots in the First Baptist Church kitchen for the *Come Cook at Our Place* program, which gives a place for people to cook. *ALAYNE MCGREGOR/THE BUZZ*

Churches open kitchens to thwarted cooks

Alayne McGregor

Not everyone can fix their own supper in their own kitchen. In Centretown, rooming house residents, refugee families living in hotels, or people living in shelters, may not have a place to cook.

But now local churches are providing a *Come Cook at Our Place* program.

Starting this month, First Baptist Church at Laurier and Elgin is opening its kitchen on Wednesdays from 11 a.m. to 3 p.m., and the Glebe-St. James United Church on Tuesdays from 11 a.m. to 2 p.m. The program

is an initiative of the Centretown Churches Social Action Committee (CCSAC).

Organizer Martha Musgrove gave *The BUZZ* a tour of First Baptist's well-equipped kitchen, with a wide selection of pans and knives and cooking implements available. With two stoves, it can accommodate two cooks at a time. The program will also provide staples like rice, lentils, cooking oil and some seasonings, she said.

The kitchen will allow people to cook favourite meals they might not otherwise get, as well as more nutritious meals to follow specific medical diets, she said.

"And if you're a refugee and you're traumatized, how nice to be able to do a little bit of home cooking to kind of make things familiar again."

Cooks are asked to bring their other ingredients like vegetables and proteins, and containers to carry away the prepared food. They will be expected to clean up after themselves, but the kitchen has a commercial dishwasher.

They need to book in advance at 613-234-3261 (First Baptist) or 613-236-0617 (Glebe-St. James).

Musgrove said the program was inspired by a study CCSAC undertook last year **continued on page 8 Kitchens**

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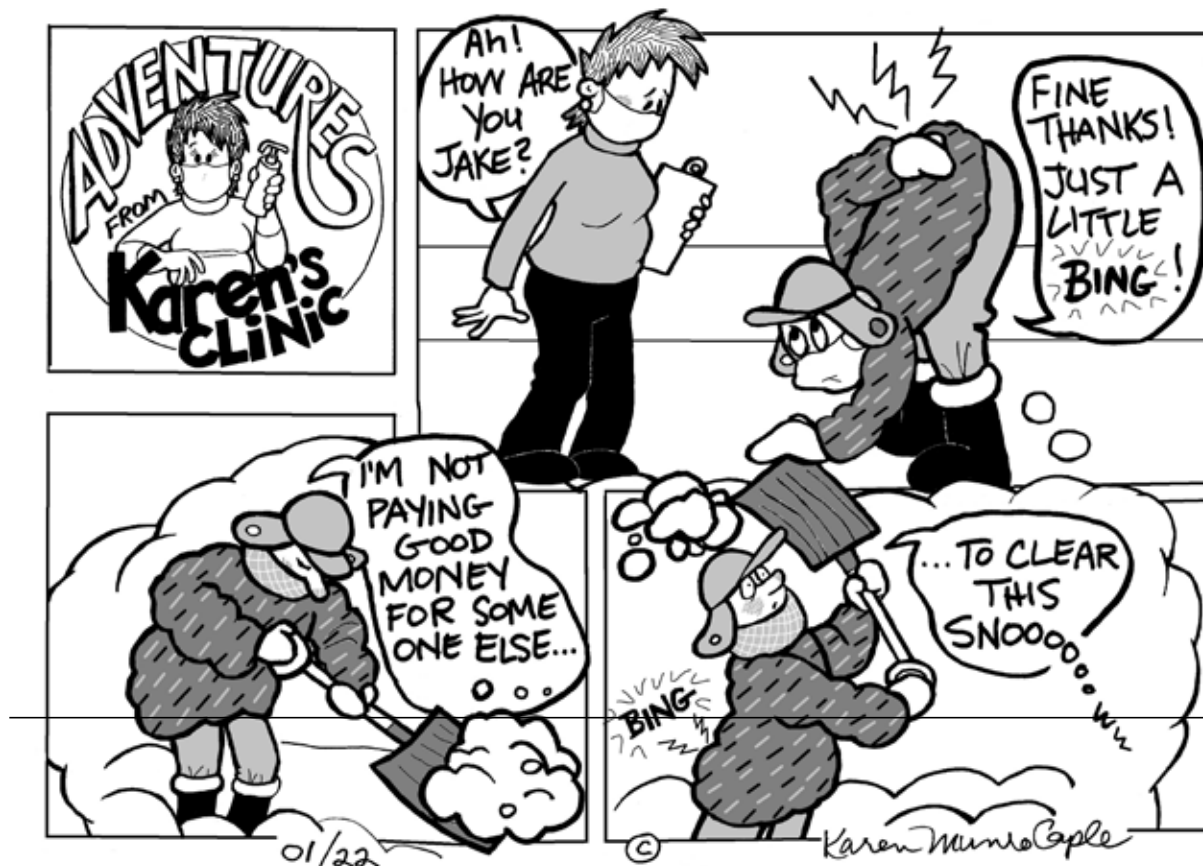
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The Lighter Side of the Pandemic, by Karen Munro-Caple



Analysis: From food security to food resiliency

Raheleh Sazgar

Food insecurity – not having enough food that is safe, nourishing, and culturally appropriate – is a major concern around the world and in Canada.

How can this be prevented? Two types of interventions are currently used: traditional and alternative.

Traditional interventions deliver instant and short-term solutions by distributing food to those who need it such as prepared meals, food banks, and grocery supplies.

Centretown examples include:

- **Drop-in Centres:** Prepared meals are usually available several times a week and, in some cases, multiple times per day at drop-in centres. The centre also serves as a hub for socialization, access to resources, and connection to additional services available at the centre or in the community. For people who have limited or no access to cooking facilities, these meals can be a valuable resource. In Centretown, Centre 507, St. Luke's, and The Well are the primary drop-in centres.

- **Food Truck Program:** As part of its city-wide operation, the Ottawa Mission's Mobile Mission Food Truck program provides prepared meals weekly at several locations in Centretown. People line up at the window to receive their food, just like a standard food truck. There are multiple stops that these trucks make throughout Ottawa daily, so they only have a limited amount of time to spend at each location.

- **Weekly suppers:** Prepared meals are offered on a limited schedule at Knox Presbyterian Church's Out of the Cold, St. Peter and St. Paul's Anglican Church A Place to Go. In the winter, more meals are offered consistently, as their operation is seasonal.

However, as a result of the deconsecration of St. Margaret Mary Parish in Centretown, these services have been reduced in recent years. Moreover, due to the pandemic and ongoing renovations, the Centre 507's Out of the Cold Program is also on hold.

- **Food Centres:** In partnership with the Ottawa Food Bank, the Centretown Emergency Food Centre and the Dalhousie Food Cupboard offer food to residents or those who do not have a fixed address. Both organizations pro-

vide a variety of food and other staples to clients. Ottawa Inncity Ministries also delivers groceries and food requirements through the organization's Door Outreach Program.

- **Community Fridge:** Ottawa Community Food Partnership operates the community fridges in Centretown with support from other organizations. Public Foods Centretown is an open 24/7 outdoor community fridge and pantry located at 415 MacLaren Street.

- **Demographic-Specific Services:** There are also organizations that cater only to specific demographics. The Well, for instance, provides prepared meals and other services to women and their children. Three organizations exclusively cater to youth. Operation Come Home has a food bank open during drop-in hours for youth. In addition, the shelters Restoring Hope Ministries Haven Youth Shelter and Fourth Avenue Baptist Haven Too offer additional drop-in hours at which prepared meals are delivered.

But barriers still exist

Despite all of these services, barriers exist that make it difficult for people to access food in a secure way:

- **Hours of operation:** Most services are offered during the day on weekdays and the operating times are not diverse, so many people may not be able to take advantage of them. The lack of availability of services in the evenings and on weekends is another obstacle to accessibility.

- **Limited or reduced funding:** The majority of these services are staffed by volunteers and operate on a tight budget. It is possible that some organizations do not have the resources to provide more volunteer and service hours.

Alternative food resiliency models

This leads to the conclusion that traditional food security models are hampered by a lack of funding. However, do alternative models also face obstacles and challenges?

Alternative models emphasize strengthening people's capabilities to fulfil their own nutritional needs over time, such as community gardens which are closely associated to food resiliency.

One way to achieve food resiliency is for community gardens to donate and

distribute all the harvested products to food centres to enhance the fresh produce given to clients, and to organizations to be incorporated into prepared meals.

Collaborating with local businesses that strive to improve communities is another strategy to promote food resiliency.

In addition, the concept of food resiliency is consistent with the goals, strategies and outcomes in the city of Ottawa's *Community Safety and Well-Being Plan 2021-2023*: to reduce poverty by fewer residents relying on food banks and the ability to access local, culturally appropriate food.

It has not been easy to build food resiliency via alternative models like collaborating with local businesses. Despite Centretown's many shops, as food prices continue to rise, neighbourhood members may not be able to shop there. In addition, large supermarkets may not be stocked with culturally appropriate food items, despite maintaining a large inventory.

Even though there seems to be plenty of food, not everyone can access it.

Not an isolated issue

It is important to note that food insecurity is not an isolated issue. The reasons people experience it and who experiences it depends on many factors.

Structural inequality plays a crucial role in affecting the food security status of an individual. Food insecurity is a symptom and result of many varying social inequalities.

Individuals' social identities and social locations, such as race, gender, level of education, stable employment, and access to affordable housing, all impact those who experience food insecurity.

Consequently, there is no one or ideal solution. But developing community care frameworks that are effective in various ways to address the needs of diverse people is a great place to start.

The services and programs which are available in Centretown offer a variety of support. By collaborating and communicating, this network can continue to improve food security in neighbourhoods in a resilient manner.

Raheleh Sazgar is a member of the Advocacy and Communication Action Committee of the Centretown Community Health Centre.

Skyline: Recent new-build and restoration proposals, big and small

Robert Smythe

As heritage-adjacent developments go, it's a honking big project. A full block of historic buildings on downtown Bank Street is to be rehabilitated with fully restored façades and street level storefronts, surmounted by a new nine-storey apartment building.

The site, on the east side of Bank between Nepean and Lisgar Streets, currently comprises four distinct structures all dating from the decades to either side of 1900. Two are mixed-use residential and two commercial.

Rezoning and site plan applications have been submitted by Smart Living Properties, which until now has primarily been a Sandy Hill-based developer specializing in dramatic renovations of or additions to existing buildings. Its projects have frequently been controversial because of the large number of renovations involved.

The project's heritage consultants are Commonwealth Historic Resource Management Inc., and the project is being designed by Woodman Architect & Associates Ltd.

The city summarizes the proposal as: "The existing buildings will be retained and serve as the podium of a residential addition stepped back from the [historic] building[s]' edges." The residential building will contain 263 units, mostly bachelor

units with a sprinkling of one, two, or three-bedroom apartments. A height increase from 19 to 29.17 metres is being sought.

All but one of the existing street level spaces fronting Bank would remain commercial. The ground floor of the finest of the historic buildings, originally constructed as an early movie theatre, would serve as the principal entrance to the apartment levels above.

Because of site constraints, communal amenity areas are limited to indoors on the ground floor, and the podium and ninth-floor rooftops. Finally, there's a whopping 434 bicycle parking spaces in the basement. Although the city's summary states that "on-site vehicular parking is proposed," none is evident on the plans, and there are no fixed requirements to provide any car parking for this development.

Is it possible to mix old and new?

How is it possible to locate a massive new building directly above a collection of elderly structures?

The heritage consultants promise that: "Smart Living plans to restore the buildings' exterior façades, replicating missing elements of the ground floor retail shopfronts and enhancing the existing upper heritage façades.

"The current planned approach for the rehabilitation



This full block on Bank from Nepean to Lisgar Streets may receive a major addition on top. A skilful blending of new and old?

Photo: Woodman Architect & Associates

of four buildings is to seismically upgrade each of the buildings by restoring existing elements and adding new structural elements to improve the lateral load path of the building and reduce load demands."

Sounds complicated. Most developers would chose to demolish all but the historic façades, keeping them up with bracing as a new building is constructed behind. And, in fact, drawings for external

shoring are appended.

The applicant contends that the new building is very sympathetic "in its overall design... [and] considers proportions, architectural ratios and elements that are of similar language to the heritage buildings below." This is difficult to see because the new addition lands on top of the historic properties with a thud.

But anyone willing to take on such a challenge should be allowed to foster such illusions.

Replacing a small worker's cottage - enough peakiness?

At the other end of the spectrum, the "small" that was promised in the headline.

On February 14, the Built Heritage Committee approved the demolition of a small worker's cottage at 41 Arlington Avenue. Although it was somewhat derelict, this building was designated for protection by virtue of its being in the Centretown Heritage Conservation District.

The developer gave a tied-up-in-knots rationale for replacing the old building with a three-storey flat



The site of the proposed development after its 1950 fire. The buildings have been little altered in the intervening years.

Photo: City of Ottawa Archives

roofed structure.

"Arlington Avenue is defined by consistent grouping of two to two-and-a-half storey gable-front dwellings constructed at the turn of the 20th century. The subject property's heritage character is heavily eroded, and its contextual value is limited to its form and scale, which [will] be replaced through an appropriately designed new building. Although the subject dwelling is historically linked to its surroundings, its contribution to the character

of the streetscape no longer stems from its heritage character and its contextual value is accordingly low."

To its credit, the new building adds eight "very small" (according to the developer) units to the area, although you will have to decide if the defining heritage character of this block of Arlington — peaked-roof gabled-fronted two-storey houses — has really been honoured with the replacement building's slight gesture to peakiness.



The new build at 41 Arlington Avenue (middle building). Does it meet the context test?

Photo: City of Ottawa Development Information Files

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People's Commission to recommend on Apr. 4 how to prevent a future occupation

Ottawa People's Commission

Three independent inquiries, including the Ottawa People's Commission (OPC), have now concluded that 2022's convoy occupation was not the peaceful celebratory gathering portrayed by convoy organizers and participants.

OPC Commissioner Alex Neve (former secretary general of Amnesty International Canada) noted similarities between OPC's findings and findings from the Public Emergency Order Commission: "We talk about it being marked by violence and human rights abuses. Justice

Rouleau talks about it being unsafe, lawless, and chaotic.

"I think it's very important for people to hear that. It's validation especially after many weeks during the convoy when their concerns were dismissed, not only by convoy organizers but by police themselves."

The OPC will release part two of its report on the community impact of the convoy occupation on April 4. This report will provide further analysis, insight into human rights considerations, and recommendations to prevent such incidents in the future.

The commission has also convened meetings with the Inner-City Stakeholders

Group, comprising members from community associations, local businesses, community health and resource centres, faith communities, unions, and organizations representing diverse communities, in order to review the existing public resources and community support available and determine how we can expand them to prepare with our neighbours for the next emergency.

OPC relies on donations to document the long-lasting impact of the convoy occupation on the community. Support its work and sign up for its newsletter at opc-cpo.ca

Read more about the OPC report at centretownbuzz.com



The outdoor area in front of the World Exchange Plaza is now being rebuilt. The WEP website says it will return to a landscaped area with cultural events and concerts. ALAYNE MCGREGOR/THE BUZZ

Creating a brave and safe space for youth

Li Xiu Guo

When you think of Ottawa, you may envision a multicultural city that offers equal opportunity to all. In some cases, that may be true. However, for Black, Indigenous, and People of Colour (BIPOC), racism continues to present itself in the city's institutions, structures, and everyday life.

In order to uplift BIPOC voices so their experiences,

struggles, and realities can be heard, a community initiative called *Brave and Safe: A Place for Courageous Conversations* will hold a free event on Saturday, March 25 from 10 a.m. to 4:30 p.m. It will be held at Julian of Norwich Anglican Church in Ottawa, and will also be available virtually.

All youth in Ottawa aged 14 to 22 are welcome. Several local speakers from the BIPOC community will share their stories and expe-

riences and participate in a moderated panel Q&A.

The event will also feature performances from local Black, Indigenous and Asian artists, and will include discussion of sustainable tools and resources youth can use to expand the conversation and think more critically about their motivations for engaging in anti-racism work and their actions.

Register at "[Brave and Safe](https://www.eventbrite.com)" on [eventbrite.com](https://www.eventbrite.com).

MPP report: save the Rideau Canal and save our planet, too

Joel Harden

On February 24th, you could hear the sounds of hearts breaking across Ottawa. Why?

Because we learned that our beloved Rideau Canal Skateway would not open for the current winter season. The National Capital Commission concluded the ice wasn't thick enough.

This was the first time the world's largest skating rink was closed since it opened in 1971. No skating to work, school, or fun times uptown. No crowds huddling by firepits. It's a big loss, and not only for local tourism and outdoor adventure seekers.

It's yet another reminder that Ontario refuses to take our climate emergency seriously. As we bide our time, the situation gets worse.

Our city has been tested by recent extreme weather events. Two "once-in-a-century" floods, two massive windstorms, the latest of which (the May 2022 derecho) downed over 400 hydro poles, levying damage in excess of \$875 million province-wide (and \$19.5 million in Ottawa).

Meanwhile, in its environmental plan, the Ford government acts like a communications agency for industry. The plan's highlights are to assist more sustainable steel production (a good thing), and promote the expansion of electric vehicles (also a good thing).

But these measures aren't enough, and that's why Bonnie Lysyk, the auditor-general of Ontario, has criticized Ontario's lack of climate action. In 2020, she noted the absence of a cross-government plan to ensure

Ontario met its Paris Agreement climate targets. In 2021, she said Ontario is on track to meet only 20 percent of its emissions reduction goal by 2030.

Despite the evidence, the Ford government thinks Ontario "is doing its part" for climate change.

CBC News has asked David Piccini, Ontario's environment minister, if he "could look Ontarians in the eye and say that the government will hit its 2030 targets."

This was Piccini's response:

"I can look Ontarians in the eye and say Ontario is a leader in greenhouse gas emissions reduction in [Canada] ... we are the only province responsible for Canada's progress. That is Ontario, and that is thanks to the action Premier Ford has taken."

What nonsense. The major emission reductions in Ontario came with the closing of coal-fired electricity under previous governments, and we've been sliding back ever since under the Ford government. It's time for Ontario to be part of the solution, not the pollution.

We don't need unnecessary highways or mega-homes paving over greenbelt lands. We don't need secretive transit projects that don't work, are delayed, or massively over-budget. We don't need more gas-fired electrical plants that will take us backward, not forward, in meeting our emissions targets. We don't need more suburban sprawl that promotes car-based development.

We need movement on green energy, housing, transportation and jobs. But it's long past time for words. Now is the time for action.

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It takes a community!



A new sidewalk is to be added on Metcalfe from Argyle to McLeod.

KATHRYN HUNT/THE BUZZ

City plans new sidewalks, bike lanes in Centretown

Alayne McGregor

The city has just released an updated list of sidewalks, paths, and cycling facilities it plans to build starting in 2024.

In Somerset Ward, this includes:

- the Metcalfe Street sidewalk from Argyle to McLeod, beside the Canadian Museum of Nature
- a crossing of the Queen Elizabeth Driveway at Argyle
- a westbound (contraflow) bike lane on Gilmour Street from Percy to Cartier
- an extension of the O'Connor Street segregated bike lane from Laurier to Wellington
- segregated bike facilities on Wellington Street in front of Parliament Hill, from the Portage Bridge to Sussex Drive

City staff will also examine the feasibility of

- adding cycling facilities on Gladstone Ave-

nue from Percy to the Corso Italia LRT station. This project would also include converting the southbound bike lane on Percy Street to a northbound contraflow bike lane from Flora to Gilmour, and “options west of Corso Italia.”

- a bridge crossing the O-Train corridor at Laurel Street
- adding cycling facilities on Elgin Street from Laurier to Wellington

Just south of the ward, the city plans to build a westbound bike lane on Hawthorne Avenue with a connection to Lees. It will also consider “improvements” to cycling facilities on Bank Street from the Queensway south to Lansdowne, and from the Rideau Canal to Riverside Drive.

And it will look at modifying the Rideau Canal crossing at Hartwells Locks (to Carleton University) to improve accessibility, in collaboration with Parks Canada.

MP report: our community deserves quality health care

Yasir Naqvi

As Ottawa Centre residents, we are so fortunate to have a dynamic selection of winter activities in our neighbourhoods and across the city! I encourage you and your family to get out and get active.

Personally, I love to run – in rain, snow and shine, this is how I get active and keep my physical and mental health in check. The [Ottawa Tourism website](#) has more ideas on how you can enjoy this winter season outdoors in our community.

Health Care Investments

Recently, the Government of Canada announced major investments to strengthen Canada’s health care system. The federal government will fund provinces and territories by \$196.1 billion over 10 years, including \$42.2 billion in new funding. Included in this funding is an immediate \$2 billion to address immediate pressures on the health care system, particularly pediatric hospitals and emergency rooms, and long wait times for surgeries. \$1.7 billion to go towards raises for personal support workers, and \$2 billion over 10 years to address the unique challenges Indigenous peoples face when it comes to fair and equitable access to quality and cultur-

ally safe health care services.

Overall, this investment means a new focus on primary care and mental health, and our government’s work to improve the health care system for all Canadians.

Celebrating the work of the Canadian Women’s Heart Health Centre

International Women’s Day on March 8 recognized the social, economic, cultural and political achievements of women. This month, I would like to highlight the incredible work carried out by the Canadian Women’s Heart Health Centre and the University of Ottawa Health Institute. I announced a federal investment of just over \$568,000 to the Heart Institute which they matched, allocating over a million dollars to the Canadian Women’s Heart Health Centre to create a cardiovascular prevention and care network. This care network will further prevent, screen, and treat cardiovascular disease in women. I commend the incredible work of Dr. Thais Continho and Dr. Mullen for spearheading this effort to bridge the gap in adequate care for women’s heart health. Learn more at [YasirNaqviMP.ca](#)

Affordable & Social Housing in Ottawa

Housing is a continuous topic of dis-

cussion and priority for me as your MP. Last year, we announced that the Rapid Housing Initiative would launch a third round. This includes a Project Stream of \$1 billion that allows for provinces, municipalities, Indigenous governing bodies, and not-for-profit housing agencies to apply directly for federal funding to create more social and affordable housing for vulnerable residents in our community.

Additionally, Ottawa will receive an investment of \$18.5 million as part of the Major Cities Stream to create 48 new units across our city. The previous rounds funded units built through Ottawa Community Housing, the Shepherds of Good Hope, and the John Howard Society among others. To end chronic homelessness we need sustained, consistent funding. We are doing just that through the Rapid Housing Initiative – to help Canadians access safe, affordable and social housing that meets their needs, while also creating jobs for the local economy.

Thank you for adding your voices to these discussions as it is your advocacy that has led to better outcomes in our community. My team and I are here to help and work together on advancing Ottawa Centre priorities.

BUZZ at the Door: On getting it done

Charles Akben-Marchand

I’ve decided to revive my column about volunteering to deliver *The Centretown BUZZ*, last seen in December 2019, after a particularly pleasant delivery day gave me some inspiration...

On a recent Thursday, I returned home from a mid-day errand to find a little bundle of newspapers on my doorstep awaiting delivery to my regular monthly *BUZZ* route.

In a normal month, I might tell myself that if I wait a day or two, I might be more in the mood to do my route, or maybe the weather might be better. Or maybe I’m too busy to do it right now. Don’t tell Archie, but some months I’ll put it off for the entire weekend, each day with the task nagging me in the back of my mind.

This particular month, it wasn’t hard to convince myself that I should deliver these papers right away.

It was a beautiful, sunny winter day – the last before a forecasted weekend-long snowstorm. And, I posited,



BRETT DELMAGE/THE BUZZ

the sooner I deliver the papers, the more likely they will be retrieved from mailboxes before the big snow arrives.

So out I went.

Along the way, I saw that a new coffeehouse had opened along my route. I popped in to say hello. The staff were happy to take a couple of copies of *The BUZZ* to put on the counter, and I snapped a photo of the newly opened business for the next issue.

I finished off my route, and before I knew it, my bag was empty and I was back

home with the job done.

I’m glad I did. The brisk walk in the sun was excellent exercise to get me in a good mood to resume my work-from-home job in the afternoon. And I wouldn’t have to spend the weekend thinking up excuses not to do my route!

“*BUZZ at the Door*” is a recurring column about being a volunteer delivering *The Centretown BUZZ*. To join our carriers, please call 613-565-6012 x2 or email circulation@centretownbuzz.com

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Joel Harden

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Water, water everywhere

A crossword by Cassandra Morton

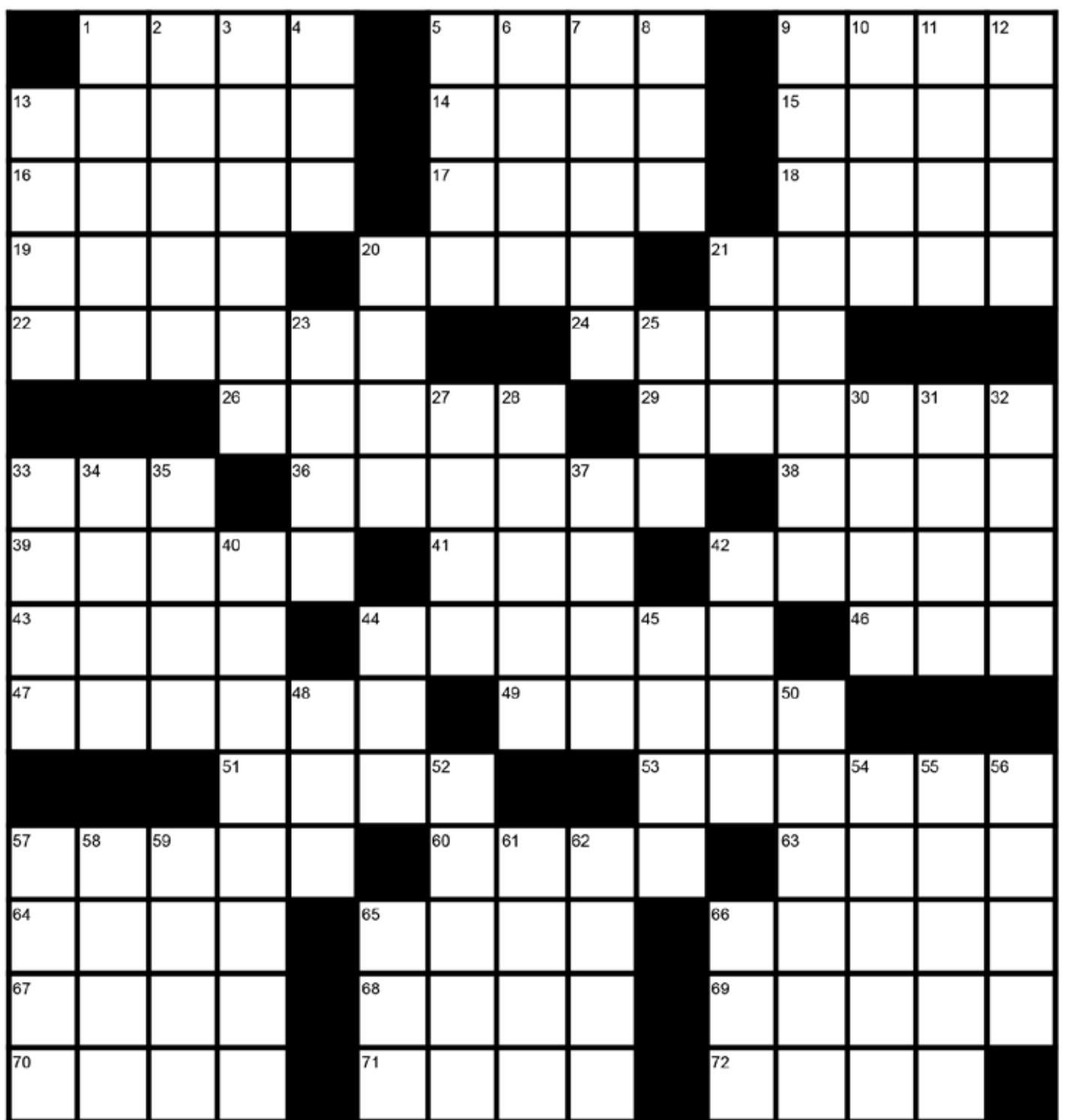
The key to this crossword will be published on centretownbuzz.com

ACROSS

- 1. Mixed up directions?
- 5. Cries
- 9. Not Sirius but serious
- 13. Venice's Bridge of _____
- 14. Faddish superfood from Brazil
- 15. Verdi opera that premiered in Cairo
- 16. Bar mitzvah reading material
- 17. True identity of Jason Bourne and Tom Ripley?
- 18. Driving aids
- 19. Aid's partner in crime
- 20. An ending that kills?
- 21. Fly
- 22. Part of the eye
- 24. Cast out
- 26. Bird that comes in gold and rosy varieties
- 29. A feeling that something is off
- 33. Spot to get some \$\$\$
- 36. One with Titanic fame
- 38. Folk musician Guthrie
- 39. An ovine collective
- 41. "Bed-In" protester
- 42. Source of back aches?
- 43. A duck that's not yellow
- 44. River whose name comes from the Algonquin word for to trade
- 46. Not no
- 47. Kanata or Barrhaven
- 49. Sew fabric in gathers
- 51. ENG discipline
- 53. Hang around aimlessly
- 57. How Alice's Hatter acts
- 60. How one might sarcastically describe a temperamental toddler?
- 63. Singer sampled on Eminem's Stan
- 64. Sunburn salve
- 65. QR preceders
- 66. Follows, with advice or warnings
- 67. With 68 Across, where there used to be a Great Swamp
- 68. See 67 Across
- 69. Notre Dame?
- 70. Mafia heads
- 71. Kane's Rosebud
- 72. Edie Sedgwick to Andy Warhol

DOWN

- 1. Woman whose 14 children were killed by Apollo and Artemis
- 2. White wading bird
- 3. Source of inventions and ER visits?
- 4. Internet protocol for remote logins
- 5. Nordic reindeer-herding people
- 6. TO school with a crayon stilt building



- 7. "Psycho" who runs a motel?
- 8. Command for a dog
- 9. River whose name comes from French attempts to pronounce the Anishinaabemowin word for river
- 10. Metis leader of the Red River Colony
- 11. Design consultancy that created the Apple mouse
- 12. One of two on the Bluenose
- 13. Component of Cassiopeia
- 20. Candy or sugar follower
- 21. Heart of a dad joke
- 23. A small cut
- 25. Colour
- 27. What platelets help blood do
- 28. What a 40 Down person might need?
- 30. Aesthete's adjective
- 31. Berry used in gin-making
- 32. Lots of time
- 33. Post-morn's
- 34. One-third of the Tricolore
- 35. Utah city near Arches and Canyonlands national parks
- 37. White Noise director Baumbach
- 40. 90's teen comedy based on Austen's *Emma*
- 42. City of the Algarve
- 44. Honour rejected by David Bowie and John Oliver, among others
- 45. Devious and cunning
- 48. TXT disbelief
- 50. River named for its curtain-like waterfall
- 52. Where you might see skaters, weather permitting
- 54. Levels
- 55. Vedder or Van Halen
- 56. A sweet smelling thing, by any name
- 57. Org. that advocates for sober driving
- 58. Indian dish ____ Gobi
- 59. With first or touch, a QB's goal
- 61. What might start with walking into a bar?
- 62. Type of article in the Citizen
- 65. Fury's league
- 66. An uncertain sound

The Climatarian: More fun, less food waste

Cathy Woodgold

Turn apples inside-out – having fun while reducing food waste. Getting the most pleasure and nutrition out of the food we have is an enjoyable way of reducing our resource use and helping the planet. We can eat more parts of vegetables. While rhubarb leaves and tomato stems are not advisable, many vegetables have multiple edible parts.

The green tops of root vegetables such as beets, radishes and turnips can be added to soup or used in a variety of other ways, according to Jill Lightner in *Scraps, Peels and Stems: Recipes and Tips for Rethinking Food Waste at Home*. She also gives a recipe for roasted cauliflower leaves and stems.

I cut off the hard outer layer of thick broccoli stalks, but the middle is tender and can be cooked along with the florets.

Many vegetables can be freshened up by soaking in water, or by standing them with the bottom of the stem in water like flowers in a vase, but in the fridge and with a plastic bag over them, first cutting a tiny bit off the bottom of the stem if the end has dried.

I often do this to leafy greens or celery for a day as soon as I buy them, so they stay crunchy longer.

If your lettuce looks wilted, soaking the torn-up leaves in cold water for as little as 15 minutes can bring it back for a crisp salad.

Lightner suggests storing leftovers in transparent containers at the front of the fridge where they keep calling out to be eaten. All the better if the containers are microwaveable and just the right size to grab and bring for lunch.

When there are a lot of leftovers, we can put some in single servings in the freezer right away instead of the fridge, or try to find someone to give them to.

Did you buy too much spaghetti sauce on sale? Unopened packages of most commercial foods can be donated at Public Foods at 415 MacLaren Street. What are you unlikely to eat before it expires?

For fun as well as for efficiency, I use a method of cutting up apples devised by the geometer Donald Coxeter.

If the stem is the North Pole, cutting the apple in half along the equator reveals the core as a five-pointed star corresponding to the five petals of the apple blossom. In each half-apple you make five cuts from the edge towards the middle, each cut through a point of the star. The core becomes nothing more than two hard flat bits on the outside of each piece, where they can easily be removed with a knife with very little waste.

Because the core is on the outside of each piece of apple, Coxeter called this turning the apple inside-out.

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Jack Hanna

Hey, big developer, why so secret?

A skyscraper of about 27 storeys is being proposed at Metcalfe and Gladstone, a few dozen metres from the front doors of the Canadian Museum of Nature.

The developer, Claridge, proposes a design competition for the building, but says the entire competition will be conducted in secret, entirely away from public scrutiny. The public would see only the winning design.

The CCA strongly opposes a competition conducted behind closed doors, arguing a secret process is not a design competition at all.

The public should be able to view all designs, and compare and contrast possibilities. For such an important building at such an important site, there needs to be public dialogue about design options.

A building neighbouring the Museum of Nature must be beautiful

A second big building adjacent to the Museum of Nature will be discussed at a public meeting on Tuesday, March 21.

Councillor Ariel Troster is hosting the get-together to discuss the latest design proposed for 283-285 McLeod, across the street from the front of the museum.

The meeting on the proposed six-storey building gets underway at 6:30 p.m. The Zoom link is on the events page of [Troster's website](https://www.troster.ca).

The CCA has formally opposed past design iterations, insisting only first-rate architecture is appropriate to a site facing the museum, "one of Ottawa's most breathtaking architectural gems."

A mural to honour Centretown's saviour

Donations are being collected for a mural near Bank Street to celebrate the trail-blazing urban planner who worked fiercely in the 1970s to save Centretown from bulldozers.

John Leaning passed away last year, aged 95.

He worked with residents to create the first Centretown Plan in 1974. The plan was pivotal to preserving Centretown as a neighbourhood of heritage houses and residential streets.

"You can credit John with saving Centretown," says activist Brian Bourns.

The mural and an accompanying plaque are planned for the wall of 433 Cooper

Street, where Leaning set up an office in the 1970s to ensure residents were integral to planning Centretown's fate.

Leaning also served as chief architect of the NCC and was instrumental in shaping Sussex Drive, the Sparks Street Mall, the Greenbelt, and much else.

You may donate to the project (with charitable receipt) at [YSB.ca/John-leaning-mural/](https://www.youthservicesbc.ca/John-leaning-mural/)

Retaining all the good things the Y does in Centretown

The CCA is forming a new working group to consider the closure of Centretown's YMCA-YWCA, slated to happen within two years.

The CCA hopes Centretown will be able to keep the many community services provided by the Y, including a family emergency shelter, a child-care centre, transitional housing for youth, and supportive housing.

Interested in helping the CCA explore the future of the Y site? Email: ccca@centretowncitizens.ca

Earth Day party in the park

On Earth Day, Saturday, April 22, come to the CCA's annual party in Dundonald Park (Somerset and Lyon).

There will be plenty of activities for kids, including a read-aloud story time, arts and crafts, and free popcorn.

For grown-ups there will be booths with information on: how to green a house in the face of climate change; creating a pollinator garden; the drive to protect mature trees in Centretown; and the volunteers who garden Dundonald Park, the Frank Street verge and other public places.

Dalhousie CA report: gardens, parks, Booth Street

Ed McKenna

Think Spring! Think Community Gardens!

Let's start from a happy place! Imagine the snow is gone and the earth is warm.

It will soon be time to plant in the Dalhousie Community Association community garden at the corner of Somerset and Preston.

At the DCA's regular meeting this month we learned that garden plot fees are rolling in as gardeners make their plans for the coming growing season.

On March 7, the DCA Community Garden annual general meeting was held at the Plant Recreation Centre. Ten members attended this in-person gathering, the first in several years. Everyone agreed that, after the pandemic, it was now time to renew relationships and work together to maintain and improve the garden.

Gardeners will meet again once the snow has melted, and a date for spring cleanup has been scheduled: Saturday, May 13. More information: dcacommunitygarden@gmail.com

The DCA Community Garden will again support the Agricola Cooperative Farm, serving as a pick-up location for their weekly Community Supported Agriculture vegetable baskets. For program details see: fermeagricola.com/csa/

The DCA's public realm committee also reported that plans for a new community garden on Rochester, at the site of the former Sweet Willow Community Garden, are proceeding.

Canada Mortgage and Housing Corporation, the owners of the property at 31 Rochester, have requested a site plan for the future garden. The DCA is preparing one.

New Parks for Dalhousie, But When?

The DCA public realm committee also reported that the city is holding a healthy Parkland Reserve Fund for Somerset Ward (which Dalhousie shares with Centretown). Resources are available for park development.

The DCA has its collective eye on three current city park proposals.

First, there's the expansion of Plouffe Park. The DCA is a member of the Plouffe Park Plant Pool Expansion Coalition (P4X), which is working to ensure community input in the design and development of what is and will be the largest public park in Dalhousie.

Then there's the Norman Rochester Park, a small but much-needed public park to be located adjacent the Booth Street Complex under development by the Canada Lands Company.

Finally, there's the Aqueduct Park on Lett Street on LeBreton Flats, also known as Land Bridge Park, because it will occupy the property where the Canada Atlantic Railway (later the CNR) once crossed over the aqueduct.

The development of public parks in Dalhousie, where green space and tree cover are very limited, is an excit-

ing prospect. But since last summer, the city has been very quiet about its plans, and community consultations have stalled. The DCA is working to find out why.

The Booth Street Corridor: the Left Turn, and the No Entry

On February 1, the DCA's mobility committee wrote to Councillor Ariel Troster to request her support to ensure "that temporary infrastructure changes affecting southbound traffic on Booth Street be made permanent." A month later, the committee was able to report to the DCA board that the councillor had responded.

And so it was that on March 3, a chilly but sunny Friday afternoon, a large, bundled-up group gathered at the corner of Booth and Fleet: Councillor Troster and her two staff, three staff from the city's transportation department, and five Dalhousie residents (three of whom are DCA board members).

We stood in a wide circle on the sidewalk as four-lane traffic zoomed back and forth over the Booth Street Bridge. Community members explained, passionately, why the changes made last year to allow vehicles to turn left from the Parkway south on to Booth, and then to re-

strict that traffic from travelling across Albert into the adjacent residential neighbourhood, made us happy.

Transportation staff described the challenges we will face in the attempt to extend this happiness beyond Labour Day this year, when the Chaudière Crossing rehabilitation project will be completed.

OK, this type of advocacy is difficult, and the results never certain. But we've been heard, and while standing in our neighbourhood where the issue is most evident. And there will be follow-up when city staff provides more information about traffic management on Booth.

How long have we been at this? Well, the Booth Street Corridor Study Summary Report was published in May 2004. It's been at least that long! And as the development of LeBreton Flats promises even more vehicular traffic in Dalhousie, our advocacy to protect the established residences in our neighbourhoods will continue.

The DCA will hold its next regular meeting on Wednesday, April 5. Join us!

Contact: president@ottawadalhousie.ca, and check out our website: [ottawadalhousie.ca](https://www.ottawadalhousie.ca)

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What's on in Ottawa and beyond

Tony Wohlfarth

Superpower

Actor Sean Penn made a highly publicized trip to Ukraine when the Russian invasion was still a possibility. Penn's involvement became a catalyst for growing western resolve to support Ukraine. He went on talk shows, met with politicians of all stripes, and commanded a huge presence on social media.

Penn made two more visits to Ukraine, meeting with President Zelenskyy and exposing Russian lies about their special operation in Ukraine. He has now made a feature length film, which screened in Berlin. *Superpower*, directed by Sean Penn and Aaron Kaufman, is 1h55m long. Distribution is pending.

In Ukraine

When the Russian invasion began last February, two Polish filmmakers got in their car and drove to the besieged cities of Odessa and Mykolaiv. They filmed how the civilian population were coping – capturing images of emergency food distribution, makeshift border crossings and (perhaps inevitably) children taking up arms to defend their country.

In Ukraine captures these moving images, without narration, for 1h23m. All we hear are the sounds of war and the voices of its victims. Screening the film left me despondent in ways the nightly news did not. How Russians can treat their neighbours this badly is unfathomable. *In Ukraine* is a moving account of how this war is affecting ordinary people in Ukraine. It should get distributed.

During my stay in Berlin, I met with Igor Storchak, executive director of the Organization of Ukrainian Producers. The OUP is working on a new project, *Art at War*. A trailer is available via [its YouTube channel](#).

International Film Festival of Ottawa (IFFO)

The IFFO is currently underway at various locations until March 19. This year it includes a special series, *The Female Gaze*. Details at: [www.iffocanada.ca](#)

Irish Film Festival of Ottawa

The Irish Film Festival is back on April 14-16 in its familiar venue, Arts Court (2 Daly Avenue). Organized by a dedicated group of volunteers, the festival features films and talks from the Emerald Isle. It is an authentic and welcoming event. [www.irishfilmfestivalottawa.ca/](#)

What's New from the NFB?

The National Film Board of Canada has digitized three made-in-Ottawa films by film pioneer Judith Crawley for public streaming. All the films are free. Check out [nfb.ca](#)

The Ottawa Choral Society

The OCS is offering the music of war and peace on March 19 at 3 p.m. at 20 Fairmont Ave. The pieces are by women composers, many Canadian, including Eleanor Daley and Joni Mitchell. [www.ottawachoralsociety.com](#)

Ottawa Grassroots Festival

The 11th Ottawa Grassroots Festival will be held on April 20-23 at St. Andrew's Church, 82 Kent Street and at Irene's, 885 Bank Street. The headliners have been announced: Benji Rowland, Moonfruits, Mia Kelly, Ken Yates, the Alireza Tarvijji Ensemble, and Polky. Tickets and lineup: [ottawagrassrootsfestival.com](#)

Canadian Museum of Nature (240 McLeod)

The Museum has a special exhibit underway about the iconic Canadian wildlife, wolves. It includes 11 large images by the renowned wildlife and landscape photographer, Michelle Valberg, featuring wolves from the Pacific coast and Yellowstone National Park. Check out: [www.nature.ca](#)



Myself by Paraskeva Clark is one of the paintings featured in *Uninvited*, an exhibit of women artists at the National Gallery (NGC)

National Gallery of Canada (380 Sussex)

The Gallery has just unveiled *Uninvited: Canadian Women Artists in the Modern Moment*, which celebrates a generation of extraordinary women painters, photographers, weavers, beadworkers and sculptors from a century ago, and challenges the notion of the quintessential Canadian artist through nearly 200 pieces of art. Details: [www.gallery.ca](#)

National Arts Centre (1 Elgin)

This month, the NAC stages come alive with an abundance of entertainment:

- March 17-19: Shen Yun, the ballet and music of China;
 - March 15-18: Northern Cadence 2023 International Jazz Series (free/online);
 - March 21-26: Disney's Aladdin;
 - until March 25: *Fall on Your Knees*;
 - March 25: Danny Michel;
 - March 31-April 1: Blue Rodeo;
 - April 1-2: *Alma Mia* with Claudia Salguero and the Miguel de Armas Quartet;
 - April 5-6: Angela Hewitt Plays Mozart with the NAC Orchestra;
 - April 6: The Canadian Jazz Collective;
 - April 13-15: the NAC Orchestra performing *Harry Potter and The Chamber of Secrets*;
 - April 13-15: Matriarchs Uprising;
 - April 16: Matt Andersen: The Big Bottle of Joy.
- More info: [nac-cna.ca](#)

Live on Elgin (220 Elgin)

Jason Lang is the son of Penny Lang, one of Canada's foremost folk musicians. On April 6, Jason performs songs from his tribute CD, *Handled with Care*. Guests include Ball & Chain. On April 28-30, Lost Baggage Musical Theatre presents *Putting It Together*, a musical revue showcasing the songs of Stephen Sondheim. See [liveoneelgin.com](#)

Redbird Lounge (1165 Bank Street)

A new venue in old Ottawa South presents folk, bluegrass, and singer-songwriters. You can see Lynn Miles there March 18 and Brock Zeman March 23. [www.redbirdlive.ca](#)

The Gladstone (910 Gladstone)

Sherri Harding debuts her first original album, *A Million Pieces*, at The Gladstone on March 25, with a 10-piece band and special guest Jeff Rogers. Tickets: [thegladstone.ca](#)

Out of Town

The 30th Hot Docs film festival will take place in Toronto from April 27 to May 3. Hot Docs brings together the best documentary films from around the world. More info: [www.hotdocs.ca/festivals/hot-docs-festival](#)

Tony Wohlfarth is an Ottawa-based freelance film and entertainment writer. He covered the 73rd Berlinale in February and is accredited to cover Hot Docs in Toronto next month.

Churches open kitchens to those who want to cook

continued from page 1
of food insecurity in Centretown. "We knew there were a lot of food delivery programs but we suspected that there might be some gaps."

One of the gaps that was identified is the lack of cooking facilities for people who live in temporary housing or rooming houses without adequate cooking facilities. The Overbrook Community Centre had recently made its kitchen available to people who wanted to come in and cook, and the CCSAC decided to follow that example.

The CCSAC decided to run it during the day because they thought parents would probably want to cook while children are in school, she said.

Musgrove said the CCSAC will run the program as a pilot for six months. "Quite frankly, we don't know how it's going to work or how well it's going to work." They will ask

Who will pay for generators a major issue

continued from page 1
The lack of water meant not only no drinking water or showers, but also no way to flush toilets. In one building, she said, Ottawa Fire Services came on the seventh day to fill bathtubs so people would have water to flush.

If this had happened in the winter, she said, "we would have had a massive humanitarian disaster. People's homes would have been completely uninhabitable without power."

Ottawa Centre MPP Joel Harden said that, when he helped deliver food to an apartment building at 507 Riverdale which lost power after the derecho, he had to wear a headlamp for safety.

"It ran on reserve supply for two days but then it was like a coal mine in there, and people fell down the stairs."

Pasma introduced a private member's bill to make backup generators mandatory in residential buildings with elevators. The bill required that the generator run an elevator, emergency hallway lighting, and water pumps for a period of two weeks.

Outages will happen: Conrad

Bryce Conrad, the president and CEO of Ottawa Hydro, said the utility supported the bill. He noted that Ottawa is now "the weather alert capital of Canada." Despite millions of dollars of investments in the power grid, "that doesn't stand up to Mother Nature when she wants to kick our ass."

"Climate change is here. It is happening. Multi-day outages are not a question of if they're going to happen; it's when they will happen."

Dr. Lynn Ashdown, who uses a wheelchair, was one of the people who urged Pasma to introduce the bill. She

social service agencies to let their clients know about the opportunity, she said.

She said St. Andrew's Church on Kent will likely join in on Thursdays; that church is near a hotel where many refugee families are staying, she said.

"This is just one small piece of the jigsaw puzzle dealing with food insecurity

Reports show board was ineffective

continued from page 1
how Sloly resisted providing the OPSB with relevant information about plans and what was happening, and it didn't insist.

"It was within the OPSB's authority to request the details of the operational plan. It was also open to the Board to set priorities for the OPS, such as ensuring continued effective policing in the areas of the city not affected by the protests. ... In light of the conflicting information received by the OPSB ahead of the

in Centretown," Musgrove said. "It's an intractable problem, caused by low incomes and expensive housing. We do have two excellent food centres that give people groceries when they need it, and we have several organizations that provide really good hot meals but it's a patchwork, and so this is just one more piece to that puzzle."

convoy's arrival... the Board should have ensured that the OPS had contingency plans in place in case the protest turned into a more protracted demonstration. The OPSB did not do this."

Rouleau also strongly criticized how the police communicated with the public by not providing accurate, timely, or consistent messaging. He also said Sloly should not have released confidential details like the number of officers required to end the occupation.

would be unfair to them to give subsidies to others. She also contended this was a basic safety requirement on the order of smoke alarms.

But funding and cost have become big issues.

Sarah Button, the executive director of the non-profit Centretown Citizens Ottawa Corporation (CCOC), told *The BUZZ* that existing generators aren't designed to operate for two weeks, but just for safe evacuation. "The generator provides power to 'park' the elevator at the ground level, and provide emergency lighting (typically for an hour or less) so folks can evacuate safely and quickly."

CCOC recently retrofitted a generator to current requirements for emergency use. The project took many months and cost over \$700K for an 87-unit building, she said. "Upgrading CCOC elevators to the specifications proposed by the private member's bill would likely cost CCOC over \$20 million."

On February 13, the city Emergency Preparedness Committee voted against endorsing Pasma's bill by a vote of five yeas to six nays. Several councillors asked instead for a full staff report on and costing of the proposal.

The committee did approve a motion to ask staff to review Toronto's voluntary standards for backup power for multi-unit residential buildings, and report back on what would be needed to prepare an Ottawa version. Pasma noted that Toronto has had the voluntary standard for seven years and "they've recognized that voluntary isn't nearly enough."

Last month, Pasma's bill was defeated in the Ontario Legislature on second reading, but she said she plans to reintroduce it again.