



The Rockcliffe News

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NEW EDINBURGH SQUARE
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April 2020

FROM YOUR EDITOR

In this unprecedented time, when we are “social (or physical) distancing” to prevent the spread of COVID-19, when most events are cancelled, and we all fear for what the future will bring, it’s essential to keep your spirits up. Here from just the past few days, shared through social media, email, etc., are a few laugh-inducing, COVID-19-related items. Events promoted in this issue are tentatively scheduled to go ahead until further notice; check with the organizers closer to the date. FYI – we have also compiled some helpful information and resources for you on pages 5 through 8 of this newsletter. Take care, stay safe!

Rockcliffe Park Residents Association
www.rockcliffepark.ca

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



Montreal dog cheering people up amid COVID-19 pandemic: Pluto and her human have started creating viral videos giving wisdom from the perspective of a dog amid the COVID-19 pandemic. Pluto now has her own Facebook page and YouTube channel. Go to <https://youtu.be/p8oxndup1QM>.

Something you may need, according to Pluto: <https://toiletpapercalculator.com/>



Courtesy of The Baxter Family



This man’s name was Stanislav Petrov. Stanislav was a hero, and if you want to – you can be just like him. Check out this great, thought-provoking tweet from the Doncaster Council, a tiny government office in the UK: <https://twitter.com/MyDoncaster/status/1242089510067986433>.

Courtesy of Terry Milewski, @CBCTerry

The UK Reaction to COVID-19

The English are feeling the pinch in relation to recent virus threat and have therefore raised their threat level from “Miffed” to “Peeved.” Soon, though, level may be raised yet again to “Irritated” or even “A Bit Cross.”

The English have not been “A Bit Cross” since the blitz in 1940 when tea supplies nearly ran out.

The virus has been re-categorized from “Tiresome” to “A Bloody Nuisance.” The last time the British issued a “Bloody Nuisance” warning level was in 1588, when threatened by the Spanish Armada.

The Scots have raised their threat level from “Pissed Off” to “Let’s Get the Bastard.” They don’t have any other levels. This is the reason they have been used on the front line of the British army for the last 300 years.



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PRESIDENT'S LETTER



As I write this, the Rockcliffe Park Residents Association (RPR) Executive is working on plans to assist Rockcliffe residents who may be challenged by self-isolation due to COVID-19 concerns. Our hope is that residents who are able to lend support to their neighbours will offer assistance to those in need. But we also have asked you to notify us if you know of a neighbour in need who you cannot help yourself. Check our website, www.rockcliffepark.ca, for more information. In addition, see the centre four-page spread in this newsletter for some helpful information. Remember, the situation is changing rapidly, so be sure to keep checking with merchants and other sources listed to confirm that information is up to date.

The March RPR Board meeting was cancelled because of the closure of the Community Centre where we hold our Board meetings, and to align our association's response to the COVID-19 pandemic with the best public health advice available from local sources. The City of Ottawa, as owner of the Community Centre, advised that the Rockcliffe Park Community Centre and Library would be closed until Sunday, April 5, due to the pandemic. Our By-laws permit the RPR to conduct meetings of the Board using electronic means so we are carrying on our activities notwithstanding the cancellation of our March meeting.

By the time this newsletter is delivered, I will have written to the Historic Sites and Monuments Board of Canada seeking the designation of Rockcliffe Park as an historic district of national significance. Although there is no special legal status accorded from this designation, our community's recognition as such would be the first for a community or district in the City of Ottawa. We are grateful to **Martha Edmond**, Village historian, for the extensive work she has done to support this submission. (See page 4 for details.)

The RPR recently received new funding from The Rockcliffe Park Foundation to develop enhanced communications with its members. As always, our communications and programs support and reinforce the core values of conservation of our natural environment, preservation of the heritage character of Rockcliffe Park, and promotion of a sense of community within Rockcliffe Park. I encourage those who are not already members of the RPR or who have not renewed their membership for 2020 to do so online via our website, www.rockcliffepark.ca, or by sending a cheque for the membership fee of \$25 (per family, per year) to RPR, 380A Springfield Rd, Rockcliffe Park ON K1M 0K7. Residents may also enrol for two years for \$50. As a membership-based organization, your support encourages and informs our volunteer work.

Spring is here and the rinks are closed after another successful winter at the new Field House and in the Jubilee Garden. Thank you to the **Rockcliffe Hosers** and to **Marc Theriault** and his group for their hard work. I am pleased to report that the City undertook, over the winter months, the work necessary to stabilize erosion at The Pond and install rock along the shoreline. These improvements will address a number of concerns expressed by members to the RPR. Hopefully, spring activities, including the Rockcliffe-Lindenlea Soccer League, will proceed on account of the COVID-19 pandemic having subsided.

In closing, I look forward to serving as your new president of the RPR and to doing my best to contribute to our residents' association continuing to make a positive difference in Rockcliffe Park for its members. The new Executive elected at the 2020 Annual General Meeting in February is comprised of myself as president, **Daniel Goldberg** and **Darrin Reesal** as vice presidents, **John Butterfield** as treasurer, **Michele Collum-Hayman** as secretary and **Peter Lewis** as past president. **Jean-Guy Dumoulin** and **John Butterfield** joined the Board as new directors. The By-laws of the Association and articles of the corporation are posted on our website, together with contact information for the new Executive and all Board members. Thank you to our outgoing treasurer, **Angie Bolitho**, for five full years of organizing RPR finances, and to outgoing Board members **Bea Hampson** and **Nicolas Temnikov**, for their contributions to our community.

Russ Gibson, 25 March 2020



Changing of the Guard: Russ Gibson (left) with Peter Lewis at the Volunteers' Appreciation event before the 2020 RPR AGM in February. Peter retired as president this year after four years of service; Russ stepped up from his vice president position to take over the helm of the RPR.

Photo: Louise Malhotra



THE ROCKCLIFFE PARK FOUNDATION

Changes to the Board

At the Rockcliffe Foundation Annual General Meeting in February, the 2020 Board of Directors was elected. **Bonnie Robinson** (at right in photo) completed her term as Chair after many years and **Sarah Baxter** (at left in photo) has stepped in to assume this position. Congratulations to Bonnie on a very successful tenure and thank you to Sarah for taking over this important role.



Thank You to the 2019 Community Appeal Donors

Thank you to the following individuals who generously donated to the 2019 Annual Appeal of the Rockcliffe Park Foundation and to those other donors who have chosen to remain anonymous. The appeal has raised \$22,500 to date as of March 2020. It is not too late! If you would like to donate, please mail your cheque made payable to The Rockcliffe Park Foundation to 25 Westward Way, Rockcliffe, ON K1L 5A8 or donate online on our website, www.rockcliffeparkfoundation.org.

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|------------------------------------|----------------------------------|--------------------------------|--------------------------------------|
| Stephen and Sandra Assaly | Brian and Kate Dickson | Mrs Joan Kingstone | John Richard |
| Sharon and David Appotive | Marilyn Donoghue | Doug Laizier | Bob and Donna Roberts |
| Ashbury College | Mark Ellis | Vic and Marilyn Lanctis | Bonnie and Andy Robinson |
| G.W. Babbitt | Philip and Linda English | Tim and Rosemary Lane | Rockcliffe Park Garden Club |
| Howard and Liani Ballock | Dieuwke-Renske Eyre | Rita and Imants Lauks | Gordon and Margo Roston |
| Cynthia Baxter | Leigh Fraser-Roberts | Dennis and Andrea Laurin | Natalie Runoff |
| Sarah and James Baxter | Sheila Farquhar | Patrick Leblond | Greg and Tani Sanders |
| Roderick Bell | Harley Finkelstein | Lejla Levy | Dr. Susan Smith and Dr. Matthew Suh |
| Paul Beale | John and Louise French | Cricket and John Lindgren | Philip Smith and Alexandra Colt |
| Christina Bilyk and Michael Miller | Dr Robert and Dagmar Forget | Ainslie Malhotra | Anne Stanfield |
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| and Julie Vandershot | Ted and Jayne Gibson | Robert McElligott | Alison Surette |
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| Nancy and Jim Carr | Anthony Ham Pong | Thady and Pamela Murray | Hans K. Uthoff |
| Anthony Carty | David and Zoya Halton | Yolanda and John Nabwangu | Marilyn and Gordon Venner |
| and Valerie LaTraverse | R. Scott and | Joanne and Rob Nelson | Frank Vermaeten and Heather Hickling |
| Elly and Bill Clarke | Elizabeth Heatherington | Jane Newcombe | Joan and David Waiser |
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| Robert and Marilyn Collette | Randy Hicks and Laurie Legallis | Louise Ouimet | John and Arlene Weekes |
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| David Cuthbertson and Neva Bruce | Alice Hunt | Gordon Peters | Rem Westland |
| John Davis and Nancy Dorigo | Anthony and Joan Kellett | Maira Phillips | Earl and Elena Weybrecht |
| Suzanne Dawes | Hon. Michael Kelen | David Pigott | Roy Williams and Julianne Parfett |
| Linda Dicaire and Peter Fallis | Joan Matthews Khan | Maria Raletich-Rajcic | Banafcheh Youseffi |
| David and Jill Dickinson | David and Laura Kilgour | Darrin Reesal | and Shahram Akhavan |

The Foundation is a unique charitable organization established at the time of amalgamation with the City of Ottawa to manage an endowment, the interest from which is used to help fund community projects and program in three areas of focus: the conservation of the environment; preservation of the heritage character of the Village; and promotion of a sense of community for all residents.

THE 2020 ROCKCLIFFE FOUNDATION BOARD: Executive: Sarah Baxter, Chair
Ryan Kilger, Vice-Chair | Roy Williams, Treasurer | Jane Newcombe, Secretary Board Members: Anthony Carty, Alexandra Colt, Alison Green, Heather Hickling, Fiona Murray, Jane Panet, Bonnie Robinson, Paul St-Louis, Donna Taucer

HERITAGE MATTERS

Nomination of Rockcliffe Park as a National Historic Site

The Rockcliffe Park Residents Association has written to the Historic Sites and Monuments Board of Canada seeking the designation of our community as an historic district of national significance. While this honour carries no legal protection of any kind, it is a singular distinction.

Created in 1864, Rockcliffe Park is a rare and significant surviving example of early suburban design in Canada and of historical themes relating to planning, settlement patterns, and the important event of Confederation. It has a rich history and a distinctive cultural landscape resulting from the careful and harmonious integration of both its buildings and its landscape design. Its park-like setting, narrow winding roads without curbs or sidewalks, its architecture, and its general quietude are among its defining characteristics. It is thanks to decades of active vigilance on the part of its residents that it has preserved its historic sense of place.

Among the towns and communities in Canada that enjoy the distinction as national historic sites are Lunenburg, La Malbaie, the Gastown area of Vancouver, Powell River, St. Andrews, Senneville (Quebec), Annapolis Royal, Marysville (N.B.), Niagara on the Lake, Arvida, Westmount, and Town of Mount Royal (in Montreal).

We are enormously grateful to **Martha Edmond**, Rockcliffe Park's historian, for doing the extensive research and writing required for this submission. Our City councillor, **Rawlson King**, has been asked to obtain the formal support of the City for this designation. While there are several indi-

vidual buildings in Ottawa that are recognized as national historic sites, this would be the first community or district in the City to earn this distinction.

Proposed Lighting of Tennis Courts in Rockcliffe Park: A Heritage Issue and a "Good Neighbour" Issue

Those of us who walk the roads of Rockcliffe Park after dark know the Village has always been softly lit. This is recognized in our Heritage Plan, which says that bright lighting is incompatible with the heritage character of Rockcliffe Park.

The Rockcliffe Lawn Tennis Club is planning to light two of its courts to extend its playing hours after dark in an effort to be more competitive with other tennis clubs in Ottawa. Noting that the Rockcliffe Club has for close to 100 years been a valued part of the community, the Rockcliffe Park Residents Association has written to the Club asking it to respect Rockcliffe Park's long-standing heritage character and the legitimate interests of close neighbours who would suffer the direct and detrimental effects of an unprecedented level of light pollution. The Club is set right next to the houses surrounding it.

In a petition to the Club, close neighbours of the Club have also voiced their deep concerns about the light pollution and the sound that extended hours of play would entail throughout the summer and fall. They have shared their concerns with **Councillor King**. Understanding that the Club nonetheless intends to proceed with its plans, the neighbours have reluctantly engaged legal counsel.

Susan d'Aquino



April Rockcliffe Park Spring Book Sale Cancelled

We are sorry to announce that we have made the difficult decision to cancel the Rockcliffe Park Spring Book Sale scheduled for April 25 and 26, 2020. We are looking to reschedule and would like to be able to hold the Sale in early September. All planning, however, will depend on how the COVID-19 behaves. We hope to have an answer by the next issue of this newsletter in June. **We have had to suspend all donations, so please do not leave any books/AV materials outside the Community Hall or Library as nobody is available to deal with them.**

As you can all understand, we need to be proactive in our approach so have no choice but to cancel the event in April. In these uncertain times, the safety and health of our community is paramount. Our Sale is all about community, from our donors to our sponsors and our patrons, and above all our volunteers. We thank everyone for all the donations received to date. Indeed, we have enough books and AV material already to have a successful Sale, so can hit the ground running if able to proceed in September. We would also like to thank all our volunteers for their hard work so far in preparing for this year's Sale. We hope that this is a temporary hiatus and we will be back culling and sorting before the end of the summer. In the meantime, we wish everyone a safe and healthy spring. *Carolyn Brereton*



A Message from the Rockcliffe Park Residents Association: Helping Us All Through COVID-19

From Russ Gibson, RPRA Board President

The RPRA is committed to doing whatever it can as a community association to be of assistance to its members. The purpose of the RPRA is to provide any service or carry out any activity, tending to the benefit of the residents of the Heritage Conservation District of Rockcliffe Park.

We will share information regarding local services and resources available to our members, such as the contact information for local grocery delivery services, local pharmacy delivery services, and other useful contact information that may not be readily available from other sources. As president, I am in communication with the other community associations in our surrounding area to share information.

For those among us who are experiencing difficulties coping with the impact of COVID-19 due to unique circumstances, we may be able to be of greater assistance on an exceptional basis, such as providing help with ordering supplies or arranging grocery pick-up from your neighbours. In these instances, members may contact us at **membership@rockcliffepark.ca**, email me directly at **president@rockcliffepark.ca**, or phone me at **613 858-3391** (cell). We have plans in place to coordinate assistance to residents.

The RPRA will continue to update residents through email (to members who have supplied their contact information), through posts on our website, **www.rockcliffepark.ca**, and through our newsletter. Please consider joining the RPRA to receive information in the most timely manner. You may sign up and pay online at **<https://rockcliffepark.ca/product/one-year-household-membership>**.

COVID-19: What's All This About? *By Dr. Aly Abdulla*

Novel Coronavirus 2019 (2019-nCoV) is the virus that leads to Sudden Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2) or Coronavirus Infectious Disease 2019 (COVID-19). It is a virus that is associated with the present pandemic and is related to SARS1 from 2003. COVID-19 appeared in Wuhan, a city in China, in December 2019. Although health officials are still tracing the exact source of this new coronavirus, early hypotheses thought it may be linked to a live animal market in Wuhan, China. The first reported case became ill on December 1, 2019, and had no link to the market. Investigations are ongoing as to how this virus originated and spread.

Common symptoms include fever, cough, shortness of breath, headache, runny nose, sore throat, muscle aches and pains, fatigue and diarrhea – worse for some and milder for others. We know that those infected spread to 2.3 other people because this virus is only fatal in 1-15 percent, depending on age (older people are more likely to get really sick) so the infectivity rate is higher than SARS1 (which was more fatal). If you are over 65, watch out. Stay away from sick people! Infection spreads from one person to another by respiratory droplets or *fomites*, which come from sneezing and coughing. That's why social isolation reduces spread, as does coughing into your sleeves, washing your hands often with soap or alcohol-based hand sanitizers, and not touching your face. This virus has no legs and no wings so we help it move and infect others.

It takes two to 14 days to incubate, respond to the illness, and recover for most people. We are not sure if there is a longer shedding period post. We recommend self-isolation for all travellers and those who may be exposed or ill due to any such illness. You don't actually need to get tested; there are not enough nasopharyngeal swabs anyway. If you stay away from others, you will protect them from infection, recover yourself, and all will be well.

If you are really ill, you should go to the hospital or call 911. You do not need to use masks unless you are ill. The masks are to protect others, not you. There is no vaccine or specific antiviral treatment for COVID-19. Management of the worse cases involve supportive care in hospital. There are currently not enough resources to treat the potential number of cases in Ottawa so prevention is more important.

It will likely take until mid to late April to allow the effects of social isolation to reduce the number of new cases. It took three to four months of very aggressive measures in China to be successful. Be patient. Be kind. Be well. Stay home.

Resources *(As of 25 March 2020)*

Please Note: *As a community association working with volunteers, we compile information from online sources, by calling various establishments, receiving and sharing information with other community associations, and occasionally based on visiting establishments or our own personal knowledge, but we cannot warrant the accuracy of all the information we are sharing. We endeavor to provide up to date and accurate information, but you are advised to verify for yourself and exercise your own judgment in placing online orders, in particular.*

Public Health Information

Stay updated through **Ottawa Public Health** at <http://www.ottawapublichealth.ca> or call your family doctor or **Telehealth Ontario** at 1-866-797-0000. Check COVID-19 information with reliable sources to be sure it is accurate.

Is it the flu, a cold, allergies or coronavirus? Find a helpful “Symptoms Comparison Chart” on the website <https://www.ynhhs.org/patient-care/urgent-care/flu-or-coronavirus>.

Grocery Delivery/Online Orders

Metro Beechwood offers delivery and online shopping only through <http://www.inabuggy.com>, which has an app as well and claims to offer deliveries from **FreshCo**, **Costco**, and **Petsmart**, as well as other local businesses. It appears from the current website information that orders of \$100 or more may qualify for free delivery.

Loblaws (corner of Vanier and McArthur, 613 744-0705) offers online ordering with express pick-up, ideally for seniors or those in isolation. Go to <https://www.loblaws.ca/pcexpress> and sign in at the top of your screen with a PC ID (or create one). You may then drive in to collect your bagged order for a small fee. Loblaws will also deliver your online order if you sign up at <https://www.loblaws.ca/delivery>.

Epicuria (<https://epicurial.ca/food-delivery-epicurial-fine-foods-catering>, 613 745-7356, ext. 225) is open with slightly reduced hours (closed Sunday and Monday). They can take online or telephone orders, arrange for curbside pickup or will deliver. They will serve you but no longer offer self-service.

Jacobsons (<https://jacobsons.ca>, 613 746-6002) is open daily; check their website for hours. Online shopping is available.

Muckleston & Brockwell (<https://www.mucklestonandbrockwell.com>, 613 745-2244, andrew@mucklestonandbrockwell.com) opens at 11:30 am Tuesday through Sunday, closed Mondays. They welcome orders and can deliver to your car.

Byward Fruit & Vegetable Market (<http://www.bywardfruit.com>, 613 241-6542) and **Saslove's Meat Market** (<https://saslovesmeat.com>, 613 241-9266) have teamed together to offer telephone shopping and delivery. Call them or email bfm1@on.aibn.com to place your order. They will put it together and phone you back for your payment by phone. For a small fee, you may have your order delivered.

Nature's Buzz (<http://www.naturesbuzz.ca>, 613 842-0280) has slightly reduced their hours: Monday to Saturday 9:00 am to 6:00 pm and Sunday 11:00 am to 5:00 pm.

Bread and Roses Bakery (<https://breadandrosesbakery.ca>, 613 745-2087) is open for take-out only and will close an hour earlier daily, 8:00 am to 6:00 pm. Online shopping is available.

Walmart (<http://www.walmart.ca>) offers online ordering and delivery through <http://www.walmart.ca/en/scheduled-shopping/pickup>, and appears to offer a mobile app from their website for free curbside pick up at its Trainyards location or delivery for \$9.97 on a minimum \$50.00 order (before taxes).

Ottawa Organics (<https://ottawaorganics.com>, 613 234-1515) is an online-only service that offers certified organic fruits, vegetables and more from Ottawa farms and producers, with delivery in our area on Fridays.

Instacart (<https://www.instacart.ca>) offers orders and deliveries arranged online and appears to cover **Loblaws**, **Your Independent Grocer**, **Shoppers Drug Mart**, **M&M Food Market** and others.

To the best of our knowledge, **Farm Boy** does not offer delivery or online shopping, but restocks shelves daily.

Please consider supporting local businesses through online shopping, drive through, pick up and/or delivery options.

Seniors-only Shopping to Reduce Risk of Exposure

Metro Beechwood offers a seniors (65+) shopping hour from 7:00 to 8:00 am daily (no ID required but best to have it).

Loblaws on McArthur offers a seniors (65+) shopping hour from 7:00 to 8:00 am daily (no ID required).

Hess' Your Independent Grocer, 596 Montreal Road, offers a seniors shopping hour from 7:00 to 8:00 am daily, with ID proof of age (65+).

Walmart at Trainyards, as of March 23, is temporarily dedicating 7:00 to 8:00 am exclusively for seniors, the disabled, and those with vulnerable health conditions.

Prescription Deliveries

Guardian Drugs (Beechwood at Crichton, 613 749-4444) offers telephone prescription fulfillment and free delivery. Deliveries of store and over-the-counter items is \$5 for delivery on orders less than \$20, unless you are also buying prescription drugs with the other items, in which case delivery is free. Wednesday is Seniors Day (55+) offering a discount of 20 percent on store items.

The new **Beechwood Whole Health Pharmacy** at the Kavanaugh Building (613 842-7455; ask for **Peter**) will fulfill prescriptions and deliver free.

You can order prescriptions from **Costco Pharmacy** online at **Costcopharmacy.ca** (<http://click.online.costco.ca/?r=5901&c=8434&l=1368&ctl=15B56E:9E6A6F5067EED080787F8E212439E76CE64C4D27A1BCAB19&>), 24 hours a day. Your order will be delivered free to your home via Canada Post Expedited Parcel, which takes three to five business days. To register for this service, go to <https://www.costcopharmacy.ca/Login.aspx>.

How to Help

Only if you are healthy, have no symptoms, have not been exposed to anyone who might have had contact with COVID-19 and have not travelled outside of Canada (including no travel to US) within the last 14 days, please:

- Check on your neighbours and friends who might need help;
- If you volunteer, monitor yourself for symptoms. If there is any question of your exposure, follow Ottawa Public Health guidance for self-isolation;
- Practice social distancing – for guidance, see **Ottawa Public Health**: <https://www.ottawapublichealth.ca/en/public-health-topics/self-isolation-instructions-for-novel-coronavirus-covid-19.aspx>; and
- Wash your hands often and for at least 20 seconds.

Mental health can be an issue during stressful times. The **Distress Centre of Ottawa and Region** (<https://www.dcottawa.on.ca>, 613 238-3311) is available 24/7 for anyone of any age, anytime.

Diversions

The **Ottawa Public Library** has been closed until further notice but has tons of things to read/do online and on your phone, for both adults and children. Visit <http://ottawa.overdrive.com>.

Thanks to our neighbours of **Manor Park Community Council** for a comprehensive directory of resources for children, parents and grandparents who are self-isolating or social distancing at home! See <http://manorpark.ca>, where you will find links to podcasts, educational links, live streams, museum tours, science experiments, how to build a blanket fort, etc.

Security – Stay Alert!

Familiar phone and email scams are being updated to take advantage of COVID-19 anxieties. Do not click on links, call a provided number or give out personal information unless you know the provider. When in doubt, call the verified number of your bank or institution for confirmation.

If you have concerns or observe suspicious activity, you may contact our community's police officer, **Constable Vianney Calixte**, at 613 236-1222, ext. 5823. For an emergency or immediately threatening activity, such as a stranger lurking around your car or property, call **911**. Please report even minor incidents at <http://www.ottawapolice.ca/en/contact-us/Online-Reporting.asp> or by calling 613 236-1222, ext. 7300.

Thinking About Volunteering?

@ottawahealth Has Issued Some Key Messages:



Key Messages COVID-19 – Volunteering

- If you are looking to support your community during this critical time, you can help by checking in with neighbours and friends who may be vulnerable, overwhelmed, lonely or in need of help. Please be mindful of social distancing recommendations given by Ottawa Public Health at OttawaPublicHealth.ca/Self-Isolate to help lower your risk.
- It is important to note that if you are volunteering, you could be exposed to the virus. Please make sure to monitor for symptoms, and when in doubt, please follow the guidance about self-isolation provided by Ottawa Public Health OttawaPublicHealth.ca/Self-Isolate.
- Please do not volunteer if you have symptoms (fever, new onset of cough or difficulty breathing), if you have been in close contact with a confirmed or probable case of COVID-19 or if you have travelled anywhere outside of Canada, including the United States. In this case, it is recommended you self-isolate for 14 days.
- Ottawa Public Health and the City of Ottawa are NOT seeking volunteers to help at this time with the response to the novel coronavirus, COVID-19. We recognize the generosity of those looking to volunteer and thank you for your offer to help as the people of Ottawa deal with the spread of COVID-19.
- Please consider social distancing to help decrease transmission of COVID-19. Social distancing involves limiting the number of people you come into close contact with by avoiding non-essential trips in the community. Where possible, maintain a one to two-metre distance from others.
- The best way to help with the response is to follow the advice of Ottawa Public Health to decrease transmission:
 - Wash your hands often with soap and water, or use hand sanitizer
 - Avoid touching eyes, nose and mouth unless you just cleaned your hands
 - Cover coughs and sneeze with a tissue or into your arm, not your hand
 - If possible, stay home if you are sick
 - Get your flu shot if you haven't already as the flu virus is still circulating
- If you have symptoms, visit the [Ottawa Public Health page](#) for more information about what you need to do, depending on the severity of the symptoms.

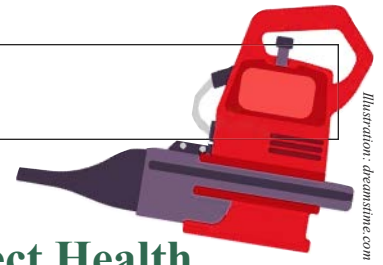


Illustration: dreamstime.com

Ban the Leaf Blower: A Sensible Step to Reduce Emissions and Protect Health

The City of Ottawa declared a climate emergency over one year ago, but no one is acting as if there is a problem. Ottawa needs to respond with urgent action to reduce greenhouse gas (GHG) emissions. This will require many changes in our City. The following are crucial first steps: hold the line on urban sprawl; get the LRT and public transit right; make walking and cycling safe and appealing; retrofit buildings; install more EV charging stations; divert more waste from landfills; ban single-use plastics; protect and expand our tree canopy. These all need to be pursued ambitiously!

But what about our highly unsustainable measures, both environmentally and economically, in the maintenance of both public and private outdoor spaces? We should stop and consider the small but disproportionately polluting two-stroke leaf blowers and other gas-powered lawn-maintenance machines. More sustainable approaches could include simply leaving the leaves on the ground or raking them into gardens or under trees. Mulching leaves using an electric mower or incorporating them into backyard composting bins are other options. Maintaining a layer of leaf mulch on our lawns can provide crucial protection to wintering insects and small animals and thus help to sustain the much-needed food for our declining bird populations. While widespread uptake of a paradigm shift of this scope is not likely in the immediate future, eliminating one aspect of our unsustainable yard practices is a great place to start. Many people are unaware of the high level of pollution and emissions produced by the average gas-powered leaf-blower. In terms of reducing smog-producing pollution and greenhouse gas emissions, transitioning away from using the two-stroke engine leaf blower should be considered.

In a study by **Edmunds.com** titled *Emissions Test: Car vs. Truck vs. Leaf Blower*, the findings comparing the emissions of vehicles to the gas-powered leaf blower were astounding: “The two-stroke leaf blower was worse, generating 23 times the CO and nearly 300 times more NMHC [Non-Methane Hydrocarbons] than the crew cab pickup. Let’s put that in perspective. To equal the hydrocarbon emissions of about a half-hour of yard work with this two-stroke leaf blower, you’d have to drive a Raptor [pickup truck] for 3,887 miles, or the distance from Northern Texas to Anchorage, Alaska.”

How can we be serious about reducing emissions if we ignore these prevalent, polluting and inefficient machines? There are equivalent battery-powered alternatives for the

landscaping industry and many homeowners have already moved away from these polluting behemoths. In terms of rapidly reducing GHG emissions, transitioning away from these dinosaurs makes sense and should be part of a multi-faceted response to the climate crisis by the City of Ottawa.

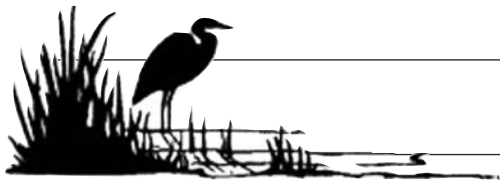
Like most transitions we can make to mitigate climate change, there are health and societal benefits to be had. Banning gas-powered leaf-blowers can dramatically improve air-quality which is especially important for those who suffer from asthma, chronic obstructive pulmonary disease (COPD), or allergies. Our children will benefit the greatest, as their growing lungs put them at most risk. Many of the pollutants released by leaf blowers are significant contributors to ground level smog, known carcinogens linked to leukemias and lymphomas, and have more recently been associated with certain neurological disorders.

Leaf blowers cause noise pollution, and the gas-powered machines are by far the most offensive. Protecting work crews and vulnerable members of the public, including children and the elderly, from hearing loss represents another important benefit from such a ban. There are definite mental health and social consequences to decreasing noise pollution as well. We know that time spent in nature can decrease symptoms of anxiety and depression, just like increased social connectedness improves wellbeing. Nothing kills the peace and tranquility of the outdoors or a pleasant conversation quite like the startling and continuous rev of a leaf blower.

Banning gas-powered leaf blowers is a focused intervention with potential for significant reduction of smog-producing compounds and GHGs. It is a move that could be accomplished rapidly and with minimal cost to the City and taxpayers while gaining many health benefits. While we continue to work on the many complex and difficult transitions needed to eliminate fossil fuel use and reduce GHGs in the City of Ottawa, we must always prioritize the stewardship of our health and the environment – banning leaf blowers is an easy choice.

Eugenie Waters and Mary Lapner

Eugene and Mary are both mothers, health care professionals and local residents who are hoping to help find ways to make our communities healthier, happier, and more sustainable.



WILDLIFE NOTES

All summer we notice crows around Rockcliffe gardens, in winter we don't. The difference may be food. A pair in summer, with perhaps six gardens as its territory, probably can find sufficient food for the two adults and their growing young without having to stray beyond the territory boundaries. So it pays to stay.

In winter, there is no tie to a breeding territory, so best to go where the food is easiest to find. Unlike summer food that is widely distributed, winter crow food is concentrated at specific spots – corn fields with spent grain visible through the snow, garbage dumps, etc. And without a territorial tie, it would be profitable to listen, and to follow crow calls that indicate that the caller has found something, even if a mile away.

The lake ice has allowed me to walk up to, and clean out, the nesting boxes for Tree Swallows spaced around the lake edge. Opening them also uncovers what happened in each box last summer. Each of four boxes showed that a brood of young had flown in the summer of 2019. Four broods of young is a useful addition because our region's population of this species has been greatly reduced in recent decades.

Before the nesting boxes were put up, it is unlikely that many Tree Swallows were produced at the lake because we remove the dead or dying trees in which woodpecker holes provide the natural source of Tree Swallow nesting places.

Anthony Keith

16 February 2020

RECREATION PROGRAMS



Rockcliffe Lawn Tennis Club

Registrations are now open for memberships, after-school spring programs, and summer camps at the Rockcliffe Lawn Tennis Club.

Come discover the great programming for Adults and Juniors, including private lessons, round robins, match play ladders, in-house tournaments, and social events. Our family-friendly club warmly welcomes every age and level of play.

This summer we are pleased to be welcoming back **Coach Zhenya Kondratovski** as Head of Junior Development. With more than 30 years of experience, Zhenya is designing and supervising both the Recreational Program for beginner and low intermediates juniors, and Advanced Junior Program for kids interested in more competitive play. The Recreational Program, based on the Tennis Canada progressive tennis curriculum, includes skills, drills, lots of on- and off-court games to help develop physical literacy and tennis knowledge. The Advanced Junior Program is for U10-U14 juniors who would like to develop technical, tactical, physical and mental aspects of their game. Players must be able to serve, rally full court, and have some match play experience. Players in both programs will be grouped based on both ability and age.

Spring after-school Sessions: May 18 to June 26 (six-week session); Summer Camps weekly from June 22 until August 28. Sign up online at www.rltennis.ca.



Ottawa New Edinburgh Club (ONEC)

Located in a stunning natural environment just minutes from downtown Ottawa at 501 and 504 Sir George-Étienne Cartier Parkway, ONEC offers rowing and sailing out of an historic Boathouse on the Ottawa River, as well as tennis and pickleball just opposite on the south side of the Parkway. Single, multi-sport and social memberships are available. Sports are offered at competitive and recreational levels. Learn your sport(s) of choice in a relaxed environment and enjoy the social side, too.

ONEC also offers great Summer Day Camps! Designed for kids aged 7 to 17 of any skill level, ONEC is the only camp in the Ottawa area that offers tennis, sailing, rowing, canoeing and stand up paddleboard in various combinations. All instructors are certified.

Camps run weekdays from July 6 to August 28, 2020, 9:00 am to 4:00 pm, on a half- or full-day basis, for one to four weeks. Pre- and post-camp supervision is available. For details, rates and to register online, go to www.onec.ca or contact ONEC at **613 746-8540** or info@onec.ca.

Please Note: Due to the COVID-19 pandemic, be sure to check with the clubs before registering to determine the current status of their programming.

MESSAGES FROM OUR POLITICIANS

Messages from our politicians – **Jim Watson**, Mayor, City of Ottawa; **Mona Fortier**, Member of Parliament for Ottawa-Vanier; **Rawlson King**, Councillor, Rideau-Rockcliffe Ward; and **Lucille Collard**, our new MPP, Ottawa-Vanier – will be featured in full on our website, www.rockcliffepark.ca, as we receive them. An abridged version of Mr. King’s column will continue to appear in the newsletter.

Check out Mayor Watson’s column on preparing for spring flooding in Ottawa. Learn about what his office is doing to help prepare for the upcoming season. Go to our website for full details.

CITY HALL



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

Rockcliffe Park Updates

The City of Ottawa is experiencing a public health emergency due to the Novel Coronavirus (COVID-19) pandemic. COVID-19 is known to cause infection in the respiratory system. Those who are infected with COVID-19 may have few to no symptoms or may not know they have symptoms because they are like a cold or flu. Symptoms include fever, cough, difficulty breathing and pneumonia, and may take up to 14 days to appear after exposure.

During this public health emergency, I encourage all residents to take care of their health by staying at home, with the exception of essential visits to supermarkets, pharmacies or takeout restaurants. Please, if you can, check on elderly neighbours or those who might be vulnerable and help them if you can: you can still leave food or supplies outside the front door.

If you are concerned about your personal health, I encourage you to seek information from **Ottawa Public Health** at

OttawaPublicHealth.ca/Coronavirus or from **Ontario Telehealth** at **1-866-797-0000**. During this difficult time, I remind you that it is okay to not be okay: Please call the **Distress Centre of Ottawa and Region** at **613 238-3311** if you require mental health support.

Built Heritage Sub-committee

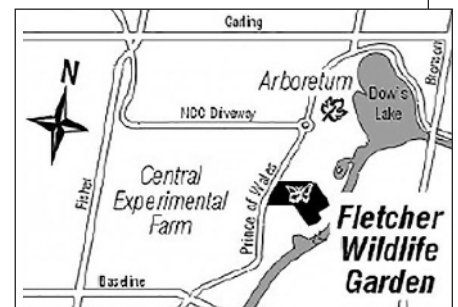
Before the pandemic outbreak, I was named Chair of the Built Heritage Sub-committee in a unanimous vote by Council. I am looking forward to the task of promoting our City’s rich heritage. The Sub-committee is the main vehicle that considers key development applications in Rockcliffe Park. Due to COVID-19, the province has currently suspended all timelines with regards to planning applications, including heritage permits, so I look forward to focusing on this work when the urgency of this pandemic subsides.

Stay in Touch – Remotely

During this pandemic, my office staff will adhere to advice concerning “social distancing” and will work from home. The City’s goal has been and continues to be to keep providing required essential services while ensuring everyone’s safety. Thanks to technology, we will continue to respond to residents by phone at **613 580-2483**; by email at rideaurockcliffeward@ottawa.ca; and online at www.rideau-rockcliffe.ca.

Fletcher Wildlife Garden Annual Native Plant Sale Saturday, June 6, 9:30 am to 12:30 pm

Hundreds of beautiful wildflowers are native to the Ottawa region. We can tell you which ones suit your backyard! • See our demonstration backyard garden; • Pick up free “how-to” info on gardening for butterflies, attracting birds, building a backyard pond and more; • Support our efforts to create a wildlife oasis in the city. For details and updates go to <https://ofnc.ca/programs/fletcher-wildlife-garden>.



END NOTES

Keep Your Spirits Up and Your Hands Washed!

And perhaps we can help. We believe exercising your brain every day is important for good brain health.

Fit Minds® is a stimulating program offered by Chartwell that allows for lifelong learning, exploring new ideas and interests while actively using the mind.

A few examples from March Sessions:

Language Warm Up: Riddle: I have a head but no body, a heart but no blood. Just leaves and no branches, I grow without wood. What am I?


Visual Special: Map of Finland with orientation questions to work the frontal and parietal lobes.

Memory and Critical Thinking: Decode the proverbs. Decode: “closeness gives rise to a feeling of disdain.” Answer: Familiarity breeds contempt. This an exercise to combine long-term memory with analysis and problem solving.

Computation: Multiplication table, with mistakes and misses. Complete in three minutes.

Quote or Poem of the Day: For discussion – see below.

I Wandered Lonely as a Cloud



*I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.*

– William Wordsworth

Catherine Strevens-Bourque

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

Jane's Walk: Discover Hidden Gems

Jane's Walk is a pedestrian-focused event that improves urban literacy by offering insights into planning, design, local history and civic engagement through the simple acts of walking, observing and discussing. Last year, 3,000 people joined us for this community-driven festival featuring dozens of walking tours in celebration of the ideas of late author and urbanist **Jane Jacobs**.

Originally scheduled for May 2-3, the event has been postponed to September 12-13. In the meantime, we will be working with walk leaders to capture the essence of Jane's Walk through alternative channels that allow us to maintain physical distance. This could mean self-directed walks, scavenger hunts, or online tours. Please stay tuned for more on this in the coming days. Check our website for details.

There are also volunteer opportunities! Find out more and sign up at [janeswalkottawa.ca](https://www.janeswalkottawa.ca).

Stories in the Garden Fundraiser, June 23

One World Grannies invites you to join them for a magical evening to raise funds for the Stephen Lewis Foundation, featuring stories and musical memories in a Rockcliffe garden. This organization supports grandmothers in Africa who are caring for millions of children orphaned by that continent's AIDS epidemic. Tickets are \$25; go to <https://www.stephenlewisfoundation.org> for details and updates.

Embassy of Latvia Hosts “Song to Freedom” Benefit

Please join us at the Church of St. Bartholomew, 125 MacKay Street for “Song to Freedom,” a benefit concert in support of the Latvian Paralympic Team. The programme includes organ, piano, vocal and cello works by Latvian, Canadian and German composers. A reception hosted by the Embassy of Latvia will follow. You will enjoy this melodic and unusual music!

Tickets are \$25. **Originally scheduled for Saturday, May 9; the event will be rescheduled when possible.** Contact **Liz Heatherington** at **613 745-4677** for tickets and details.

THE ROCKCLIFFE NEWS • VOLUME 20 • NUMBER 2

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