

CARLETON SQUARE

News & Views

JUNE 2021

Happy summer!

We hope that you are enjoying the start of your summer and the early opening of the pool!

2021 pool season

After the pool notice was delivered, we learned of some new regulations that will impact the pool usage for the 2021 season due to COVID-19 safety measures:

- Face masks must be worn at all times within the pool enclosure, except while in the water.
- Please keep a distance of 2 metres between yourself and other people in the pool area.
- The shower will be closed and bathers must shower at home before coming to the pool.
- The washrooms will also be closed.
- The lifeguards will clean high touch areas such as the hand rail every 30 minutes.

Since there is a **maximum of 15 of people in the pool enclosure** at one time, including the lifeguards, if people are waiting to enter the pool enclosure, bathers will be limited to 30 minutes to allow others access.

Children under 10 always require supervision of a parent or guardian.

As the province re-opens, some of the regulations related to the pool may change.



Pool Hours

Open daily
10 a.m. – 8 p.m.

10–11 a.m. is reserved
for Seniors (age 60+),
every day

3–4 p.m. is reserved
for Adults (age 18+),
Monday–Friday

Important:

The lifeguards have noticed cats getting into the pool area. It is against health regulations for cats to be in the pool area. If you have a cat and live near the pool, please keep your cat indoors or on a leash outdoors. Thank you for helping everyone enjoy the pool.

COVID-19 vaccines:

Is there a difference between Moderna and Pfizer/BioNTech?

This information is from Women's College Hospital, OCASI, TAIBU Community Health Centre and Refugee 613 and is available in 12+ languages here: drive.google.com/drive/folders/1hw7mjQAjX-d1WCvHDklQQuFbLSJQ5E1b

The Pfizer/BioNTech and Moderna COVID-19 vaccines are essentially identical—they are both very effective, very safe, and well studied.

They are essentially the same product made by different companies. They are like two brands of bottled water – the same product but packaged by different companies.

The vaccines work the same way—they are both mRNA vaccines.

They both provide instructions (“mRNA”) to teach your body’s immune system to recognize the COVID virus so that you can fight off infection if the real virus enters your body in the future. The vaccines do not contain the virus.

Both vaccines are very effective in protecting against COVID illness.

In large scientific studies, both vaccines were found to be about 95% effective in preventing COVID illness after 2 doses.

Studies show they are both very effective in preventing COVID-related hospitalization or death in the rare event that a vaccinated person gets infected.

Both vaccines have similar side effects, which are mild and temporary.

The most common possible side effects include shoulder/arm pain at the site of injection, body and muscle pains, chills, feeling tired and feeling feverish. These side effects typically improve in about one to three days.

Neither vaccine negatively affects pregnancies or your ability to have children.

Neither vaccine causes blood clots.

Both vaccines are injected into the upper arm—very quickly and with very little discomfort. One vaccine is not more painful than the other.

Vaccination clinics and sites receive either of the vaccines, depending on which vaccine is available.

The deliveries of each vaccine to Canada can vary from week to week.

Please refer to the Ottawa Public Health website for up-to-date COVID-19 information: ottawapublichealth.ca/en/public-health-topics/novel-coronavirus.aspx



News from the Board of Directors

Cladding project update

BUCHAN, LAWTON, PARENT LTD have been selected to provide the engineering services required to allow us to begin the replacement or repair of the stucco and siding of units in Carleton Square. This activity is included in the latest reserve fund study. This project is scheduled to run from 2021 to 2025. The engineering report should be completed in 2021 with the actual work to be performed during 2022 to 2025.

This first phase of the project is the Investigation/Design Phase. This phase requires our contractor to review the existing documentation (drawings, reports, etc.) relevant to the cladding work to be undertaken, followed by:

- A review of the cladding to verify findings of previous reports and evaluate changes in condition since those reports were created;
- Evaluation of the current conditions to ensure the repair and replacement specification will adequately address the potential construction issues;
- Review of cladding replacement options (of equivalent or better cost-efficiency);
- Prepare and provide a report detailing the options and their benefits for the Board to consider;
- Prepare the construction specification (once the appropriate options are chosen) for the cladding repairs and replacement work along with the relevant drawings and sketches. It will cover the work for the four year period 2022 to 2025.

Updates on this project will be included in this Newsletter until project completion.

Winter sidewalk maintenance

The proposed request for quotation for the winter maintenance of our sidewalks has been reviewed by our Legal Advisor and will be sent out to potential bidders shortly in order to get a contract in place in the fall.

Roof inspections

These were completed in June and depending on the status report of needed repairs or replacement, a request for quotations for the work will be issued in the fall.

Yard inspections

Annual yard inspections will be conducted in June and you will receive a notice shortly. Inspections are conducted by current Board members, generally in teams of two.

- While it is wonderful to see how many of you have created a summer oasis in your private use area, the sole purpose of these inspections is to discover any small issues before they can develop into larger issues.
- If you have noticed issues with the common element, such as the stucco or siding, please bring this to the attention of our property manager (Norean Harris at or via email at norean@pmamanagement.com). Alternatively, please leave a note on the gate to your yard advising us of your concerns.

PLEASE ENSURE YOUR BACKYARD GATE IS OPEN so Board members can enter.

Sub-committees update

Thank you to those of you who have volunteered for the policy (documents) sub-committee and the website sub-committee. We are working away and look forward to launching a new website with user-friendly information and documents in the coming months!

New Volunteer Co-ordinator

The Board of Directors is pleased to announce the creation of a new Volunteer Co-ordinator role. Last year's Resident Survey informed us of the desire of several respondents to build a stronger sense of community in Carleton Square.

Many activities and events were proposed including BBQs, seniors' and children's programs, garden plant-sharing, a "take a book, leave a book" system, etc. We think it's fantastic that so many people want to contribute to our community! Of course, everything is subject to COVID-19 public health guidelines and will be done safely.

The Board received a proposal from a resident owner to take on this new role and the Board has agreed. **Richard Provost** will be our community's Volunteer Co-ordinator starting in early July of this year.

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Notes from Board of Directors (continued)

Richard, who is passionate about community building and helped with the development and delivery of last year's Resident Survey, invites any and all residents to submit proposals for a community-based activity or event.

He will help guide the process for presentation to the Board for its approval. The Board has established a small budget that Richard can draw upon to fund volunteer proposals that are approved. You are also invited to provide Richard with your interests and he can connect you with others to form a group to make a proposal, for example, if you are interested in helping with gardening, children's activities, a book library, etc.

We are hoping to approve 3 to 4 proposals per year. **Please forward your ideas and interest to Richard at: rwpovost@gmail.com.**

We look forward to hearing about your proposed activities!

Hey, the pool is open!

Here are some jokes to keep you happy in the pool, or before you get into the pool, and especially when your swim time is over.

Have fun and you can find the answers somewhere in this newsletter.

- 1 What word looks the same backward and upside down?
- 2 Why do dolphins only swim in salt water?
- 3 How do swimmers clean themselves?
- 4 Where do fish keep their money?
- 5 What did Cinderella wear on her feet when she went swimming?
- 6 Why can elephants swim whenever they want?
- 7 Where do ghosts like to go swimming?
- 8 Why did the teacher jump into the water?

If you have a joke or a riddle that will make us laugh, please send it to carletonsquare38@gmail.com and it could appear in the next newsletter.



What are those flying black and white insects hovering over our sandboxes in the summer?

They're sand wasps! They are most noticeable during July and August. Measuring less than two centimetres, they are black and yellow, or black and white. As solitary insects, they do not build nests but lay their eggs directly in the sand.

Unlike social wasps, which build nests, live in colonies and can be very aggressive, sand wasps are not aggressive at all and tend to avoid us when disturbed.

Instead of being afraid of the insect, it is important to understand that it is our ally because sand wasps help us get rid of harmful insects and play an important role in pollinating our flowers. In fact, it feeds its young on flies, bugs and ants. One sand wasp can chase away up to 15,000 insects alone! Adult sand wasps feed on nectar, which helps with flower pollination.

Source: ville.kirkland.qc.ca/sustainable-development/-/the-undesirable/sand-wasps

Although it is very rare to be stung by one of these wasps, we ask that you and the children be mindful of them and try not to step on them if you see them in the sandbox. We have been informed of someone being stung in the tot lot area, but this was likely from another type of wasp.

More info on sand wasps:

laidbackgardener.blog/2016/07/14/what-to-do-about-sand-wasps

mdc.mo.gov/discover-nature/field-guide/sand-wasps

Ever wonder where you are in the complex?



Check out this open street map of Carleton Square:
<https://www.openstreetmap.org/#map=19/45.36440/-75.71021>

Zoom in to see all the unit numbers.

The wildlife of Carleton Square

Did you know that we have a large variety of feathered and furry friends right here in Carleton Square? With patience and a bit of time, you might be able to spot them all!

Let's start with the birds

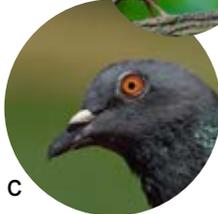
Many arrive at different times during spring and summer, and some stay year-round, so any time to bird watch is a good time. Bring this list with you to check off the birds you can find.



A



B



C

- European starling
- Northern cardinal
- Blue jay
- Common grackle
- American crow
- Ring-billed gull
- American robin
- Downy woodpecker



D

- Hairy woodpecker
- Mourning dove
- Pigeon (rock dove)
- Dark-eyed junco
- Black-capped chickadee
- White-breasted nuthatch



F

- Song sparrow
- House sparrow
- Chipping sparrow
- White-throated sparrow
- House finch
- American goldfinch
- Mallard
- Merlin



H

I

To learn more about birds that live in the Ottawa area, visit ofnc.ca/programs/birding-in-the-ottawa-area. A great resource for identification and songs/calls is allaboutbirds.org/guide.

Many baby birds leave the nest before they can fly. If you spot a baby bird on the ground, follow these steps: wildbirdcarecentre.org/CommonQuestions.html#Conflicts.

If you have an outdoor cat, please consider keeping it indoors, taking it for walks on a leash, or building it a catio (cat patio). The varieties are endless, but here are two sites for inspiration: catiospaces.com/catios-cat-enclosures/cat-behavior-enrichment/build-diy-catio-plan-for-your-cat and youtube.com/watch?v=YCCj0omOmUI.

Worldwide, outdoor house cats kill billions of songbirds and small animals each year: capitalcurrent.ca/keep-cats-inside-to-reduce-toll-on-birds-small-mammals-and-other-urban-wildlife-conservation-experts.

And now for the mammals

See how many you can spot:

Eastern grey squirrel
(believe it or not, these and black squirrels are the same species!)

Red squirrel

Eastern cottontail (the bunnies!)

Meadow vole

House mouse

Field mouse

Little brown bat

Striped skunk

Raccoon

Coyote (another reason to keep your cats indoors!)

If you see a wild animal that could be in distress, learn what to do from here: rideauwildlife.org/orphaned-or-injured-wildlife.

Disclaimer: The writer of this article is in no way a wildlife expert, but is passionate about animals. The lists shown might not be complete or accurate.



J



K



L



M



N

- | | | |
|---------------------------|----------------------------|-----------------------|
| A. Black-capped chickadee | F. White-breasted nuthatch | K. Red squirrel |
| B. European starling | G. Chipping sparrow | L. Eastern cottontail |
| C. Pigeon (rock dove) | H. House sparrow | M. Striped skunk |
| D. American goldfinch | I. Mallard | N. Coyote |
| E. Merlin | J. Little brown bat | |

Oh rats!

Speaking of wildlife, we're sorry to say that the rats are still here and are in no hurry to move out. Why should they? We provide some of their favourite food, things like birdseed and dog poop!



- Last year the Corporation spent \$8,509 on pest control for the rat problem. So far, we have spent \$4,966 of the \$7,000 budgeted for this year.
- This month, several live and dead rats were spotted, and we know they are active because the bait in the traps is gone when checked.
- Please clean up after your pets and do not leave any garbage in your backyards.
- Please inform our Property Manager if you see any rats, so that we can try to keep track of their numbers: Norean Harris, 613-742-5778 ext. 234, norean@pmamanagement.com.

2021 DATES TO REMEMBER

Pool opening – JUNE 12

Pool closing – SEPTEMBER 6

Garden contest – CANCELED IN 2021, RETURNING IN 2022

Annual General Meeting – NOVEMBER 22 (NEW DATE)



Important phone numbers

Police

Crime in progress or life-threatening emergency: **Call 911**

All other police issues: **613-236-1222, ext. 7502** for dispatch; **ext. 7300** for call centre.

City of Ottawa

311 for noise violations or bylaw questions.

Visitor parking for Carleton Square

613-720-5021. You **MUST REGISTER** your visitor vehicles with Carleton Parking by phone or online at carletonparking.com. The tickets issued for non-registration of overnight visitor parking are from the City of Ottawa and cannot be cancelled by Carleton Square CCC38.

Neighbourhood Watch Co-ordinator

Dave Dore: **613-723-7500**

You can help save water and trees here in Carleton Square!

Did you know that it can take 10 to 20 liters to produce one standard or letter size piece of paper? The pulp and paper industry is the single largest industrial consumer of water in Western countries. Save water and trees by signing up to receive this newsletter and other condominium documents electronically.

To sign up for electronic documents, please contact Norean Harris, 613-742-5778 ext. 234, norean@pmamanagement.com.

If you only want to receive this newsletter electronically (and not other notices), please contact the editors at carletonsquare38@gmail.com or leave a note at the Administration Building (515 Orkney Private).



Contact and general information

How do residents communicate with the Board?

- **By telephone:** To contact Norean Harris of PMA Realty Consulting Ltd., our Property Manager, call 613-742-5778, ext. 234.
- **For emergency issues:** (i.e. water leaks, floods, etc.) that need to be addressed immediately, call 613-239-4586. A PMA representative will return your call immediately.
- **By email:** Residents may email Norean Harris at norean@pmamanagement.com.
- **By mail:** Residents may drop off a letter for consideration by the Board outlining any suggestions or concerns at the Administration Building (515 Orkney Private).
- **By attending a board meeting:** Residents of Carleton Square are welcome to attend a monthly Board meeting, which are usually held the 4th Thursday every month. Board meetings are being held virtually.

How: Residents may raise a concern at the meeting between 6:30 and 7 p.m. and are asked to make their concern known to the Board **in writing** no later than the Monday preceding the meeting. A short letter outlining the issue should be emailed or dropped off to the Administration Building in advance.

Board of directors and portfolios for 2021

<i>President:</i> Monica McGahey	Landscape, Newsletter
<i>Vice President:</i> Jennifer Harju	Policies, Newsletter, Contracts
<i>Treasurer:</i> David Witoluk	Landscaping, Pool
<i>Secretary:</i> Matthew Symonds	Contracts, Snow Removal
<i>Director-at-Large:</i> Lorraine Neville	Policies
<i>Director-at-Large:</i> Catherine MacPherson	Policies, Pool
<i>Director-at-Large:</i> Beth Rintoul	Newsletter, Contracts, Pool

Funny-funny ha-ha! (joke answers)

1. Swim
2. Because pepper water makes them sneeze!
3. They wash up on shore.
4. In river-banks
5. Glass flippers
6. Because they always have their trunks.
7. Lake Eerie
8. Because she wanted to test it!

CARLETON SQUARE

News & Views

Contributions to the newsletter are welcome!

If you have something you would like to see covered, please email the editors at carletonsquare38@gmail.com or leave a note at the Administration Building (515 Orkney Private).

Special thank you to Sandra Hamel who beautifies this newsletter with her design skills!