



Snow Mole Report 2019

Winter Walking in Ottawa



Produced by:

Age-Friendly Pedestrian Safety and Walkability Committee

A sub-committee of the Ottawa Seniors Transportation Committee



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Introduction

“I had to walk on the road at various points on the route because the sidewalks were icy, or had water on top of ice, and I didn’t feel safe walking on them.”

Ottawa Snow Mole, 2019

About This Report

In the winter of 2019, the Age-Friendly Pedestrian Safety and Walkability Committee at the Council on Aging of Ottawa launched the Snow Mole Project—a winter walkability audit program that encourages seniors and other residents to report on winter walking conditions. Snow Moles are volunteers who report on what it’s like to walk outside on a winter day in their neighbourhoods and routes to work, school and public transportation, as well as destinations such as shops, recreation facilities and libraries.

This report contains a description of the project and its implementation and promotion, a summary of the collected data and analysis of common trends. It discusses what we learned and gives a list of recommendations for improved winter walkability in Ottawa.

The Appendices provide the Snow Mole Questionnaire, Tips for Winter Walking, the Hot Spots Map for Focused Winter Maintenance, and Media Coverage of the 2019 Snow Mole Project.

The findings in the 2019 Snow Mole Project, and the aging of our population suggest there is an urgent need to become more sensitive to the challenges and impacts of winter weather on mobility – especially for older populations and people using mobility aids.

Acknowledgements

Thank you to all the individual Ottawa Snow Moles who told us about your winter walks, and to Snow Mole Community Leaders: Anna Cuyllits in Old Ottawa South, Mary Gick in the Glebe, Jayne Belanger in Fisher Heights & Area, Sue McCarthy in Hunt Club, and Alton Legault in Orléans.

Thank you to the volunteer members of the Age-Friendly Pedestrian Safety and Walkability Committee: Dianne Breton (Chair), Peggy Edwards, Karen Scott, John Woodhouse, Les Whitney, Alton Legault, Mary Gick, Bonnie Schroeder (Director, Age-Friendly Ottawa), and representatives from the City of Ottawa, Bryden Denyes (Public Works, Environmental Services), Anna Valliant and Sandra Majic, (Planning, Infrastructure and Economic Development Department).

A special thank you to Nicole Vanderveen, a Social Work student at Carleton University, who worked with the Committee, collected and analysed the data and produced a report of the findings.

The Age-Friendly Pedestrian Safety and Walkability Committee

The Committee's purpose is to raise awareness and promote improvements in walkability, pedestrian safety and accessibility for all ages, but especially for valuable, vulnerable pedestrians including older adults, children and those using mobility aids (e.g. walkers, wheelchairs and canes). The Committee is one of the first groups in Canada (and perhaps the world) to conduct age-friendly walkability audits in winter.

Winter Walking and Vulnerable, Valuable Pedestrians in Ottawa

A Winter City

Ottawa is a winter city. For almost half of every year pedestrians of all ages and abilities navigate across, over and around snow, ice, slush, snow windrows and deep puddles. This is the result of what can be called ‘new normal’ swings in temperatures that make predicting the freeze-thaw cycles difficult and the reality of a lot more ice on sidewalks, pathways and roads.

The winter of 2018/19 was particularly brutal. Ottawa had a record amount of snowfall, with snow on the ground from mid-November to mid-April. City staff reported there were 48 freeze-thaw cycles that led to icy and treacherous roads, pathways and sidewalks, particularly in residential areas.



Inaccessible Crosswalk Button
Photo Credit: Alton Legault

Effects on Vulnerable, Valuable Pedestrians

These kinds of conditions make it particularly difficult and dangerous for older people and can lead to:

- **Social isolation.** Older adults can become housebound and isolated – fearful of falling on ice and unable to climb over snowbanks. Older people are unable to clear the heavy snow windrows left by the ploughs at the end of driveways that freeze to ice. People using wheelchairs and other mobility aids as well as those pushing strollers are challenged by snow windrows and curb cuts covered by ice.
- **Falls.** According to reports from Ottawa Public Health:
 - In an average year, there may be as many as 500 to 600 emergency department visits per month due to falls on ice and snow from January through February.

- Although the highest number of falls overall occur among those aged 45 to 59, those aged 70 to 79 are at highest risk of a fall on snow and ice. Older people are also most likely to be hospitalized after a fall. Broken hips often have consequences, including the need to move to a long-term care.
- Falls on snow and ice are serious. Between 2015 and 2017 almost 50% of emergency department visits due to falls on snow and ice were urgent. Twelve percent were a potential threat to life, limb or function and required rapid medical interventions.

(Source: National Ambulatory Care Reporting system

2015-2017. Ont. Ministry of Health and Long-Term Care, IntelliHEALTH ONTARIO)



Courtesy of Dave Coverly
(www.speedbump.com)

- **Traffic and Road Safety Injuries:** High snow banks that limit visibility for drivers on city streets are dangerous for all, but particularly for school children who are shorter than adults, pedestrians in wheelchairs, and older adults who take longer to cross streets or may not hear approaching cars. Streets and intersections with snow/ice banks and parking on one or both sides of the road mean that pedestrians who are forced to walk down the middle of the road (because there are no sidewalks or they are impassable) are in danger of being hit by cars.

“On January 31st, 2019, I fell on what was a snow cleared but very slippery Sparks Street Mall. The outdoor mall, a designated place for walking, should have been better maintained. I broke my right arm in 3 places which resulted in 2 days in hospital and 3 hours of surgery. I now have a metal plate from my wrist to my elbow. The other consequences of my fall were an unnecessary cost to Ontario taxpayers for ambulance, hospital stay, x-rays etc. I lost my independence for several months, had to cancel a winter trip, and feel my health and general mobility were compromised.”

Ottawa Snow Mole, 2019

The Snow Mole Project

Goals of the Project

- Encourage seniors, people with mobility problems and others to audit and report on their experience of winter walking in Ottawa, Ontario
- Raise awareness and identify common themes and concerns, and the effects of hazardous winter walking on the well-being of older residents
- Use this information to provide recommendations to the City and the community on how to make walking in winter safer and more accessible to seniors and other vulnerable, valuable pedestrians.



Snow Mole in Action
Photo Credit: Sara Miller Llana, Christian Science Monitor

Development and Implementation

To find out how Ottawa pedestrians are coping with winter walking, the Committee developed a questionnaire/survey about safety and accessibility on local sidewalks, pathways and roads in winter weather.

The winter walking audit tool was piloted in 2016-17 by inviting Ottawa residents to become *Snow Moles* and report on their experiences. Despite our outreach efforts, the uptake was limited. However, the data collected was used in advocacy efforts.

In 2018/19 the project was made more accessible by having the questionnaire available in both English and French on the COA website, with the ability to download to a smart phone using Survey Monkey for data entry or to print a paper copy. Outreach was expanded with local media stories, collaboration with community associations, presentations to local groups, and inviting city councillors and staff to participate.

Participating walkers, called *Snow Moles*, are all ages and abilities. Older adults, children, and those using mobility aids are especially encouraged to record their experiences of walking a route in their neighbourhood.

The project was launched at the end of November 2018 at a community event at the COA, called “WALK ON! Age-Friendly Walkability”. It featured a panel of speakers discussing the safety of Ottawa streets in all seasons, the age-friendly community audits completed in 2017/18, the status of key issues and recommendations in the 2017 Report, and the use of ice grips and walking poles for winter walking. A presentation about the 2019 Snow Mole project was given, and community Snow Mole leaders were introduced with fanfare.

Snow Mole 2019 collaborated with several community associations (Old Ottawa South, the Glebe, Fisher Heights & Area, Hunt Club and Orléans). A Snow Mole leader from each community organized group audits on pre-arranged dates during the project. Local seniors’ centres, community associations and several city councillors encouraged people from across the city to participate as Snow Moles. The project was promoted through personal email, direct contact with neighbours, the CAO newsletter, website and Facebook page and in community newspapers. Flyers in both languages were distributed at community events, the COA office and in some libraries.

The Snow Mole Project ran from January 1 to March 31, 2019. The questionnaire was available in English and French on the COA web site, and downloadable on smart phones. Data was sent directly to the COA Age-Friendly Ottawa office where it was collected and analyzed weekly throughout the 3-month project, by a social work student from Carleton University. An analysis was completed by the end of March with common trends, numerical data, photos and personal experiences showing the impacts of winter weather and sidewalk snow clearing on pedestrians from all across the city.



Snow Mole in Orleans



SNOW MOLES 2019

Age-Friendly Winter Walkability and Pedestrian Safety Audits
for Seniors and Other Valuable Pedestrians

An initiative of

The Council
on Aging
of Ottawa



Le Conseil sur
le vieillissement
d'Ottawa

Snow Moles are volunteers who report on what it's like to walk outside on a winter day in Ottawa. The information they gather will be used by The Council on Aging of Ottawa (COA) to inform the City and others of ways that winter walkability can and should be improved. Anyone can be a snow mole, but we are particularly looking for seniors and children to participate, as well as people who use mobility devices (e.g. canes, walkers and wheelchairs).

There are two ways you can be a snow mole:

1. On your own (as an individual)

Pick a time of day when you need to go out (best after some winter weather has occurred such as a snowfall or freezing rain), and a destination (e.g. bus stop, grocery store, school, bank, seniors centre, library).

Use the Snow Mole questionnaire to audit your walk.

Fill in the questionnaire online (www.coaottawa.ca/snowmoles) or mail/drop off a completed paper copy to the COA, 1247 Kilbourn Place, Ottawa, ON, K1H 6K9

To access the questionnaire, go to:

www.coaottawa.ca/snowmoles

to download a paper copy or use it on your mobile device.

2. With a neighbourhood group

In 2019, several community associations will participate:

Old Ottawa South Community Association, Seniors Watch:

Anna Cuyllits, swoos2018@gmail.com

Fisher Heights Community Association: Jayne Belanger,

jayne.belanger1957@gmail.com

Orléans: MFO-CSMO, Village Bruyère, Jardin Royal, Belcourt and

Chapel Hill, Alton Legault, alegault10@hotmail.com

Your community contact will let you know dates, times, locations and routes.

For more information contact us at

snowmoles@coaottawa.ca

or 613-789-3577 ext. 103

Thank you for joining the Snow Mole team!



Participation by Ottawa Residents and Communities

A total of 255 snow mole audits were completed by individuals from neighbourhoods across the city. Together the audits give a clear picture of the difficulties and dangers encountered by Ottawa pedestrians.

Number of questionnaires received by area

Alta Vista (9)	Barrhaven (3)	Bay Ward (1)	Bells Corners (1)	Borden Farm (1)
Carlingwood (3)	Carp (2)	Centretown (42)	Fisher Heights (3)	Glebe (31)
Gloucester (4)	Hintonburg (10)	Hunt Club (2)	Kanata (5)	Lowertown (9)
Manotick (2)	Nepean (5)	Old Ottawa East (9)	Old Ottawa South (34)	Orléans (46)
Osgoode (1)	Rockcliffe (2)	Sandy Hill (5)	Vanier (10)	Westboro (7)
Other (8)				

- Group audits completed: 59 (Orléans, Old Ottawa South, Fisher Heights, Glebe, Hunt Club)
- Individual audits: 191 (from all across the city)

About the respondents

- 65.8% of walkers were seniors
- 17.7% used a mobility aid
- 65.1% were female

Key Findings from the Snow Mole Survey

- **80.6%** said their sidewalks were unsafe – not well sanded or salted.
- **53.9%** said they could not get to their destination or bus stop (walking or with a mobility aid) because of dangerous sidewalk, pathway or road conditions.
- **66.8%** said that snow thrown or fallen on sidewalks interfered with walking.

Common trends and issues:

- Ice and snowbanks blocking sidewalks forced pedestrians to walk on the road
- Many bus stops were inaccessible due to ice and snow banks
- Icy sidewalks on hills were particularly dangerous
- Crosswalk buttons were not accessible because of high snow banks or ice surrounding the post
- Many people fell on their walks; some went to Hospital Emergency, but many others were not reported
- Drains were covered and not cleared causing water and ice buildup and restricting water clearance during thaws
- Sidewalks were “solid ice, deeply rutted and very thick”
- Residents reported the need to “slide to my mailbox, which is very unsafe”
- Residential sidewalks were often “impassible” to people with mobility concerns
- Most older residents needed to wear ice grips on their boots and use ski poles to walk in residential areas and on pathways. They called them “necessary mobility aids”
- Most pedestrian access routes to City parks, recreation facilities and walking trails were icy and dangerous. While cars could get to recreation centres via ploughed roads and parking lots, pedestrians could not



Snow covered bench at bus stop

“High snow banks cause blind corners for kids.”

“I cannot see past snowbanks at intersections with my wheelchair.”

“I saw a man in a wheelchair unable to get through an intersection without someone pushing him.”

Ottawa Snow Mole, 2019

Media Interest and Support

The Snow Mole project drew unprecedented media interest and coverage on local radio shows and in local newspapers, community newspapers, national publications and even international publications. One particularly effective coverage was a CBC radio report where the journalist reported on her own fall during a Snow Mole walk! Some City Councillors also promoted and reported on the project on their Facebook pages. Please see Appendix D for a list of the coverage for the 2019 Snow Mole project.

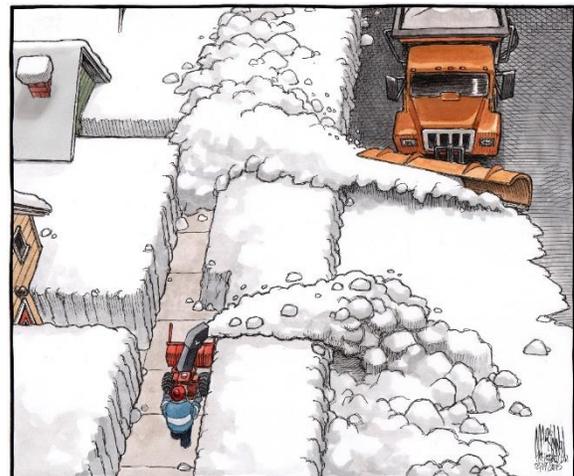
Sharing Information and Advocacy Work

The committee developed “*Tips for Winter Walking*” and with the help of a volunteer graphic designer and translator, the one-page bilingual Tips sheet was featured in the COA e-newsletter and web site. (Appendix B)

The Snow Mole winter walkability story will be shared by committee members giving presentations in the Fall of 2019.

Presentations promoting safe winter walking were made to the City’s Transportation Services Department Stakeholders meeting on January 24, 2019 and the City Transportation Committee pre-budget meeting on March 1, 2019. The requests for consideration included:

- Prioritize safety and put pedestrians first.
- Propose an additional budget consideration to City Council for a complete review of the current Winter Maintenance Quality Standards (2003).
- Align snow and ice clearing practices with changing weather patterns and pedestrian needs.
- Improve snow-clearing priorities on all sidewalks and plough to bare pavement on high-density residential streets to prevent ice build-up and improve ice clearance, especially in Hot Spot areas.



Courtesy of The Chronicle Herald

A **‘Hot Spot’** Map was developed in 2017, in collaboration with the Public Works-Environmental Services Department for focused winter maintenance. It identifies areas of the city that have a high percentage of senior residents, key transit stops, as well as community services and amenities that seniors need. Accessibility to these services and public transit are crucial in these areas. The map is a visual reminder of where increased snow and ice clearance is especially needed. (Appendix C).

The following criteria were considered in the development of the Hot Spot map:

- Census track showing at least 40% of the population aged 65 and over
- Bus stops near senior homes/residences (within 250 m)
- Areas with community centres, seniors’ centres, community health and resource centres, health care facilities, hospitals, libraries, long-term care homes, school zones and shopping centres.



Pedestrians waiting for the bus on uncleared sidewalks
Photo credit: lezumbalaberenjena via Flickr

Recommendations

To the City of Ottawa, the COA, and the Ottawa Community

1. Review and update the city's Winter Maintenance Quality Standards (2003) and separate winter street maintenance and winter sidewalk maintenance. (City)
2. Develop a *Pedestrian First* approach for snow clearance from Class B (snow packed) to Class A (bare pavement) on high-density residential sidewalks as well as Hot Spots identified priority areas. (City)
3. Remove snow banks on residential streets before they become hazardous to pedestrians, and before thawing and freezing into ice buildup that is difficult to remove and dangerous to walk on. (City)
4. Develop realistic solutions to ice build-up problems due to plowing and freeze-thaw cycles, e.g. residential street drain location mapping by ward and ensuring that drains are kept clear. (City/Community)
5. Better prepare for episodes of freezing rain or rain followed by a drop in temperature. Research shows that severe outdoor falls are highest under these conditions. Source: Morency P, et al. Outdoor Falls, Weather and Location. *CJPH*, May/June 2012. (City)
6. Explore the use of new technologies for addressing icy conditions brought on by climate change, e.g. heating sidewalks through the recapture of waste energy as is done in Norway. (City)
7. Adequately plow to connect sidewalks to transit stops; corners and curbs to pedestrian crossings; and residential streets to pathways. (City)
8. Develop and pursue measurable goals for improving safe winter walking in the Older Adult Plan, the Pedestrian Plan and the Master Transportation Plan. (City)
9. Improve walking access to city parks throughout the winter months. (City)
10. Improve data collection (age and gender disaggregated) on the incidence of outdoor winter falls and injuries (City-Public Health) and conduct a survey with older residents about their experience and concerns regarding winter walkability. (City Public Health and COA)
11. Continue to encourage and participate in winter walk audits organized by local community associations and neighbourhoods and respond to the results and recommendations. (City, COA, Community)
12. Become a Snow Mole and continue to advocate for safe winter walking. (Community, Individuals and Families).

Acting on Winter Maintenance Standards

The Maintenance Quality Standards define the desirable level of winter maintenance and the executed outcome of each winter service by defining the timing and extent of each winter maintenance activity in the context of achieving the overall objective of safe and passable roads and sidewalks by reducing hazards caused by snow and ice accumulation.

The Committee is pleased that the City's Transportation Committee has passed a Motion to begin the process of reviewing the 2003 Winter Maintenance Standards (WMS), for budget approval by City Council in 2021. According to City staff, the review of the WMS should be completed and ready for approval by City Council, for implementation in the winter of 2022-23.

The City's Transportation Committee also approved a Motion for staff to carry out an operational review of snow clearing operations before the 2019 – 2020 winter.

We believe that while the consultation and review of the WMS is being carried out, serious efforts must be made to improve winter walkability and safety for all citizens in the upcoming winter (2019-2020). Ottawa pedestrians cannot wait 3 years to see a change.

We also note that after fighting a second year of massive flooding, on April 24, 2019, Ottawa City Council voted overwhelmingly to declare a climate emergency. Dealing with walkability in winter must be part of the actions taken to show that the municipality is serious about protecting citizens from the impacts of climate change, and that Ottawa is indeed an Age-Friendly city.

Conclusion

The Snow Mole project gave a voice to people who are often not heard about the dangerous walking conditions they face through the winter months in Ottawa. The project results, including photos, personal stories as well as area, age and mobility data show the severity of sidewalk maintenance and walkability issues across the city. They speak to the urgent need for changes to snow clearing and removal standards, and for addressing the build-up of ice.

Priority must be given to safe walking in winter. Clear sidewalks, pathways and walking routes (including walking on residential streets where there are no sidewalks), are essential for preventing falls and social isolation when vulnerable pedestrians are unable to safely leave their homes and walk outside. Winter walkability is a public safety and human rights issue. This report is a call to action.



Pedestrian at bus stop on unplowed street
Photo Credit: lezumbalaberenjena via Flickr

Appendix A: Snow Mole Questionnaire

You are invited to be a **SNOW MOLE** and complete a Winter Walkability and Pedestrian Safety Audit. **SNOW MOLES** are volunteers who report on what it is like to walk outside on a winter day.

A. Instructions to Age-Friendly Ottawa SNOW MOLES

1. **Pick a time of day** when you need to go out, preferably a day or two after winter weather (e.g. snow, freezing rain).
2. **Pick a destination:** e.g. school, grocery store, bank, drug store, transit stop.
3. **Use** the Snow Mole questionnaire to audit your walk.
4. Complete the questionnaire online (www.coaottawa.ca/snowmoles) or drop off/mail it to: The Council on Aging of Ottawa, 1247 Kilborn Pl, Ottawa, K1H 6K9. If you are with a community group give your completed questionnaire to your community association leader.

B. Questions about you and your winter walk

Date (day/month/year): _____ Time of day: _____ a.m. _____ p.m. _____

Describe winter conditions (i.e. snow, freezing rain, slushy) _____

City/ Neighbourhood of walk audit: _____

Names of main streets on route: _____

Approximate distance: ___ less than 1 km, ___ 1 km, ___ 1.5 km, ___ more than 1.5 km

C. About you:

Age ___ Female ___ Male ___

I have a mobility aid: Yes No

I walk this route for (check all that apply):

- Transportation: to reach a specific location
- Recreation: for enjoyment and/or physical activity
- To question safety and accessibility of this route

D. Snow Mole Checklist: (Please circle or highlight your answer)

1. Have the sidewalks and streets in front of your house, residence or school been:
Plowed? Yes No Not applicable
Sanded? Yes No Not applicable
Salted? Yes No Not applicable
2. Are the sidewalks on your route **well** sanded or salted?

Yes No Not applicable

3. Does snow thrown onto the sidewalk from snow plows or people's snow blowers interfere with walking?

Yes No

4. If there are paths or walkways on or near your route, are they well plowed?

Yes No Not applicable

5. Are the snow banks shorter than your waist?

Yes No

6. Can you walk (or use a mobility device) to safely get to your destination or to the nearest bus stop?

Yes No

7. Is the closest bus stop area clear of snow/ice?

Yes No Not applicable

8. Is the bus stop area fully accessible?

Yes No Do not know

9. Is any seating on this stretch of road kept clear of ice and snow?

Yes No Not applicable

10. Are you able to get to your destination and back home safely?

Yes No

11. Do you have any other safety concerns?

Please report any hazards or problems needing immediate attention, call the City of Ottawa at 311.

Appendix B: Tips for Winter Walking

TIPS SHEETS

The Council
on Aging
of Ottawa



Le Conseil sur
le vieillissement
d'Ottawa

Tips for Winter Walking

There is nothing like taking a walk to enjoy the beauty of the season — and walking is one of the best ways to keep healthy. On the other hand, winter can be a challenging time of year to get out and about. Icy surfaces and snow can pose a hazard for pedestrians, especially for seniors and people using a mobility device. A fall can mean a painful injury and sometimes long-term consequences, including chronic pain or a disabling condition that may mean loss of independence. Fear of another fall discourages an active lifestyle and can lead to isolation and a fear of going out.

Whether you are walking for pleasure or with a dog or to get to a needed destination, here are some tips for safer walking outdoors in winter.

1 Plan ahead.

Check the weather before you go. Give yourself extra travel time so you can walk without being rushed.



2 Choose a good pair of winter boots.

For warmth and stability look for these features: well-insulated, waterproof, thick non-slip tread sole made of natural rubber, wide low heels, light-weight.



3 Consider wearing ice grippers when walking on packed snow and ice. Before buying the grippers, be sure that you can easily attach and remove them from your boots (or keep them on a pair you only use for outdoor walking). Most grippers become dangerously slippery when you step indoors and must be removed before walking on smooth surfaces such as stone, tile and ceramic.



4 Use supports to increase stability. Use handrails when available and steady yourself on the door frame of a vehicle when getting in and out. Nordic (urban) walking poles with tips that dig in on icy surfaces can also help. Take some instruction on how to use these poles.



5 Be cautious in all temperatures. In cold temperatures, assume that all wet, dark areas on pavements are slippery and icy.

6 Look for good traction. If you encounter a snow- or ice-covered sidewalk or driveway, especially on a hill, travel along its edge for traction.

7 Increase your centre of gravity and stability. Do the Penguin Shuffle: point your feet out slightly like a penguin and take small steps while walking on slippery surfaces. Keep your knees loose — let them bend a bit. Place your whole foot down at once—this breaks through a crusty surface and also slows your walking speed.

8 Keep your balance. Walk with your arms swinging at your sides. Keep your hands out of your pockets (remember your gloves).



9 Stay on maintained routes. Walk on walkways, paths and sidewalks that receive winter maintenance. Taking shortcuts over snow piles and other frozen areas can be hazardous.



10 Salt or sand your stairs, driveway or walkway. Make use of grit boxes in public places.



Call 3-1-1 to report hazardous pedestrian conditions.

Be a snow mole and help us report on winter walking conditions.



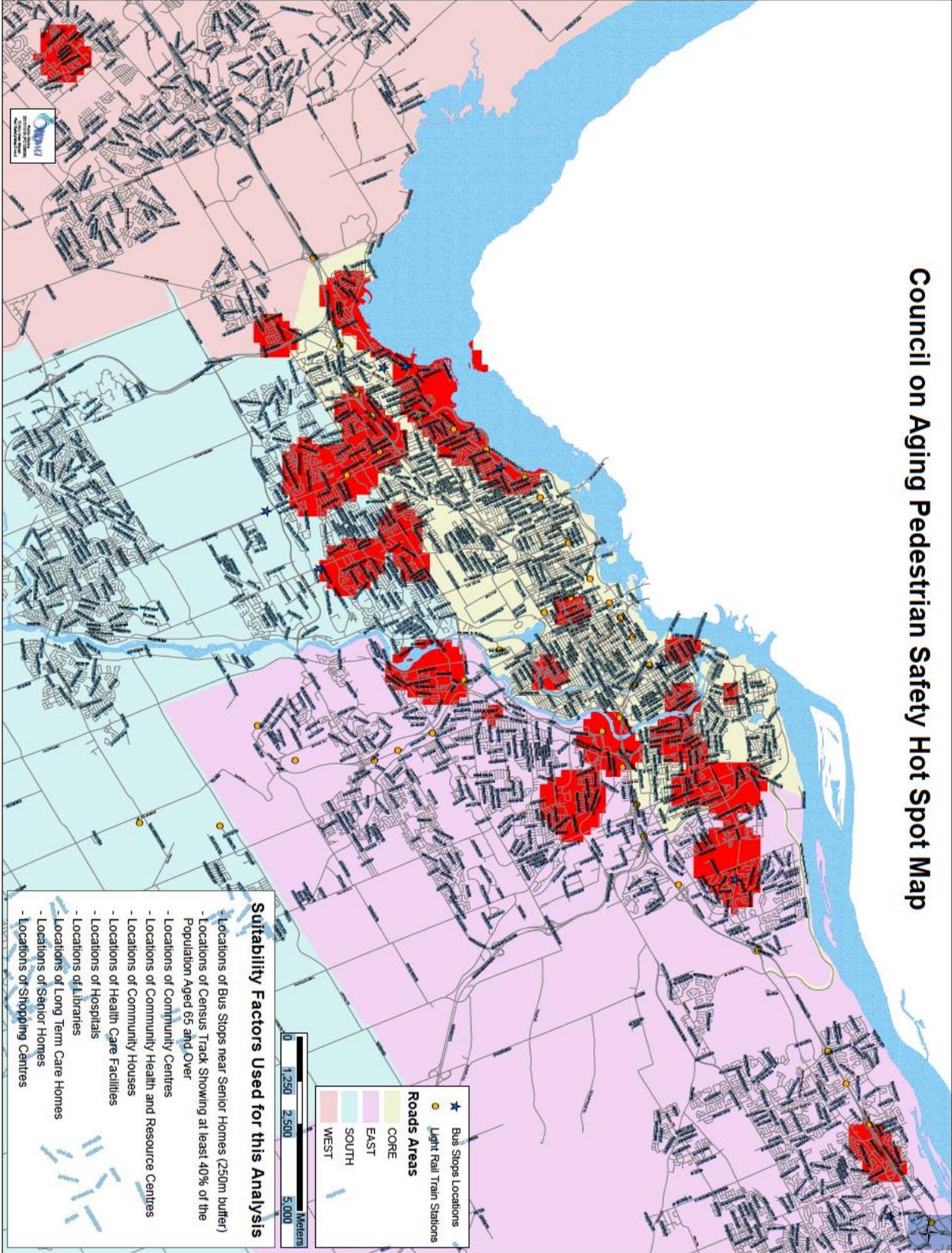
Go to www.coaottawa.ca/snowmoles for full information and the snow mole audit questionnaire.

 www.coaottawa.ca  [/COA_Ottawa](https://twitter.com/COA_Ottawa)
 [/coaottawa](https://www.facebook.com/coaottawa)  613-789-3577
 snowmoles@coaottawa.ca

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Appendix C: Hot Spot Map

Council on Aging Pedestrian Safety Hot Spot Map



Appendix D: Media Coverage

Media Coverage

CBC News: January 20, 2019: “Snow Moles rooting out poor conditions on city sidewalks”: www.cbc.ca/news/canada/ottawa/snow-moles-ottawa-winter-sidewalk-accessibility-1.4973298

CFRA Ottawa Today: “January 21, 2019: “Snow Moles survey slippery Ottawa sidewalks”: www.otawamatters.com/local-news/snow-moles-survey-slippery-sidewalks-1205334

The Christian Science Monitor: February 26, 2019: Snow Moles on patrol: Volunteers prowl city’s winter walkways”: www.csmonitor.com/World/Americas/2019/0226/Snow-moles-on-patrol-Volunteers-prowl-city-s-winter-walkways

Radio-Canada CBC, dimanche 20 janvier 2019 à : <https://ici-radio-canada.ca/nouvelle/1147936/ottawa-taupes-neiges-trottoirs-neige-glace>

Community newspaper articles

Old Ottawa South OSCAR (www.oldottawasouth.ca)

The *Glebe Report* (www.glebereport.ca/wanted-glebe-snowmoles)

RiverviewPark Review (www.riverviewparkreview.ca)

Centretown Buzz (www.centretownbuzz.com)

Old Ottawa East *Mainstreeter* (www.mainstreeter.ca)

Orléans Star (www.orleansonline.ca)

L’Orléanais (Orléans) (www.orleansonline.ca/Orleanais)

Other Coverage

City Councillor Catherine McKenney Facebook page: www.facebook.com/mckenneycatherine/photos/pb.790602747616884.-2207520000.1551993431./2819517551392050

Age-Friendly Innovation Exchange (AFIX) Spring newsletter, 2019. Supported by the International Federation Ageing: www.ifa-fiv.org

MIFO : le Mouvement d’implication francophone d’Orléans (MIFO) a affiché à plusieurs reprises l’information et l’invitation dans son **Infolettre** électronique envoyée aux membres.



For additional copies of the *Winter Walking in Ottawa Snow Mole 2019 Report*

or further information contact:

**The Council
on Aging
of Ottawa**



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