Ottawa

- **With a population of:** 895,000

- **Your Water Comes From:**
  - The Ottawa River. Water is filtered and cleaned at the Lemieux Island or Britannia filtration plants before being pumped throughout the city.

- **Taking Stock....Critical Local Water Concerns**
  - Nine pulp mills operate along the Ottawa River. These mills generate millions of litres of industrial waste annually. In addition, sewage, accidental spills from local industrial facilities, chemicals from local agricultural fields, and toxic run-off from old dumps all contribute to further pollution in the river.
  - The Chalk River nuclear facility has had leaks of tritium into the Ottawa River. This contamination has been detected downstream in the Ottawa-area.
  - Hydro-electric dams are being expanded along the Ottawa River. Hydro-dams can negatively affect the biodiversity and health of the river because migration patterns of fish are interrupted and habitats of other species are destroyed.

- **Keeping Track...Initiatives and Actions In Your Community**
  - **Campaign to Ban Bottled Water on school and city property. Get involved!**
    Check out: <www.insidethebottle.org/re-fresh-re-jaillir>
    
    And...

  - The Ottawa Riverkeepers supports efforts to keep the Ottawa River healthy and encourage ecologically sustainable uses of the water. <www.ottawariverkeeper.ca>

  - First Nations elders are seeking to re-vitalize the Victoria Island as a sacred meeting place. Plans are in place to build a National Aboriginal Centre, a Peacebuilders Meeting Centre, an eco-park, a research institute based on traditional Algonquin knowledge, and an Interpretive Centre. Check it out! The Community Coalition to Honour the Heritage of Victoria Island: <www.asinabka.com>

  - **Sustainable Food Initiatives: Just Food** coordinates local community gardens in the city that can provide fresh veggies for everyone! Get involved: <http://www.spcottawa.on.ca/ofsc/en/community_garden_network.asp>

- For references and more resources, contact the Polaris Institute:
  <www.insidethebottle.org/contact>