



Riverview Park under the microscope

by David Knockaert

For its new Official Plan, the City promises that by following “policies based on neighbourhood context”, future growth will reflect the character of each community. In other words, growth will be guided by the unique characteristics of each neighbourhood. But the City also says the Plan “establishes a policy framework that will inform the shape of communities”. Seemingly we face a contradiction. But it is an understandable contradiction given the lack of clarity as to where the character of a neighbourhood originates. Does it arise organically from the residents or is it the grand design of planners, developers and corporate bodies?

Certainly Riverview Park hosts externally created urban features which define our area; the health sector, Hydro corridor, Trainyards, and the Queensway/LRT. But do we residents also have a role in expressing our neighbourhood character? Part of the answer may lie in answering the question posed in the old Sesame Street song, “Who are the people in the Neighbourhood?”



This panoramic scene along Frobisher Lane, off Riverside Drive, shows the westernmost section of Riverview. Photo credit: Geoff Radnor

Whether we like or trust statistics, getting to know people in the neighbourhood demands we dip into demographics. For this we can refer to the Ottawa Neighbourhood Study (ONS). This is a team based out of the U of Ottawa but connected with officials at the City and community organizations which collects and aggregates demographic data to inform and support evidence based decision making. Their data base is available

on line at: <https://www.neighbourhood-study.ca/>. In viewing their or other demographic data bear in mind that the collection, coding and disaggregation of data is laborious. As a result, instead of seeing “real time” data our view is somewhat akin to astronomy, we see the world as it appeared in the very recent past.

Differing government jurisdictions divide the city into anywhere from 8 to 23 units. In comparison,

the ONS divides the city into 107 “natural” neighbourhoods. They employ Statistics Canada data to identify neighbourhoods that are geographically adjacent and which bear socioeconomic & demographic similarities. In fixing neighbourhood boundaries they also incorporate natural & environmental elements and follow advice from both residents and the Ottawa Real Estate Board.

While I possess no statistical expertise, natural curiosity led me to explore their data base with a focus upon 26 different indices covering 8 general fields: housing, income, education, transport, age groupings, family structures, diversity and crime. The results are interesting, if not illuminating. But let’s have an overview of Ottawa before moving onto Riverview Park specifically.

While I don’t expect neighbourhoods to be identical I was surprised at the extent of dissimilarity within Ottawa. This is most apparent in the fields of housing and diversity. By way of example, within 11 neighbourhoods more than 70% of their residents rent accommodation. Conversely there are 50 neighbourhoods

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Noella and Ron

Another small street - but this one is making itself heard

by Geoff Radnor

We are all suffering in our different ways because of being confined inside our houses for most of the day. Little Cluny Street, in Riverview Park, however, is definitely making itself heard.

Since, almost from the start of the lock-down on March 23rd, Carleen Ridley has, along with many other neighbours, formed a group that wishes to be known as the “Cluny Street Chorus”. Carleen’s daughter is a nurse and in response to a request by the Registered Nurses Association of Ontario they

started to make all kinds of noise outside the house at 7:30 every evening. This is to show support and recognize the essential work that the people on the front lines are doing to fight this pandemic. Nurses, cashiers at the supermarkets and the drug stores are just some of the

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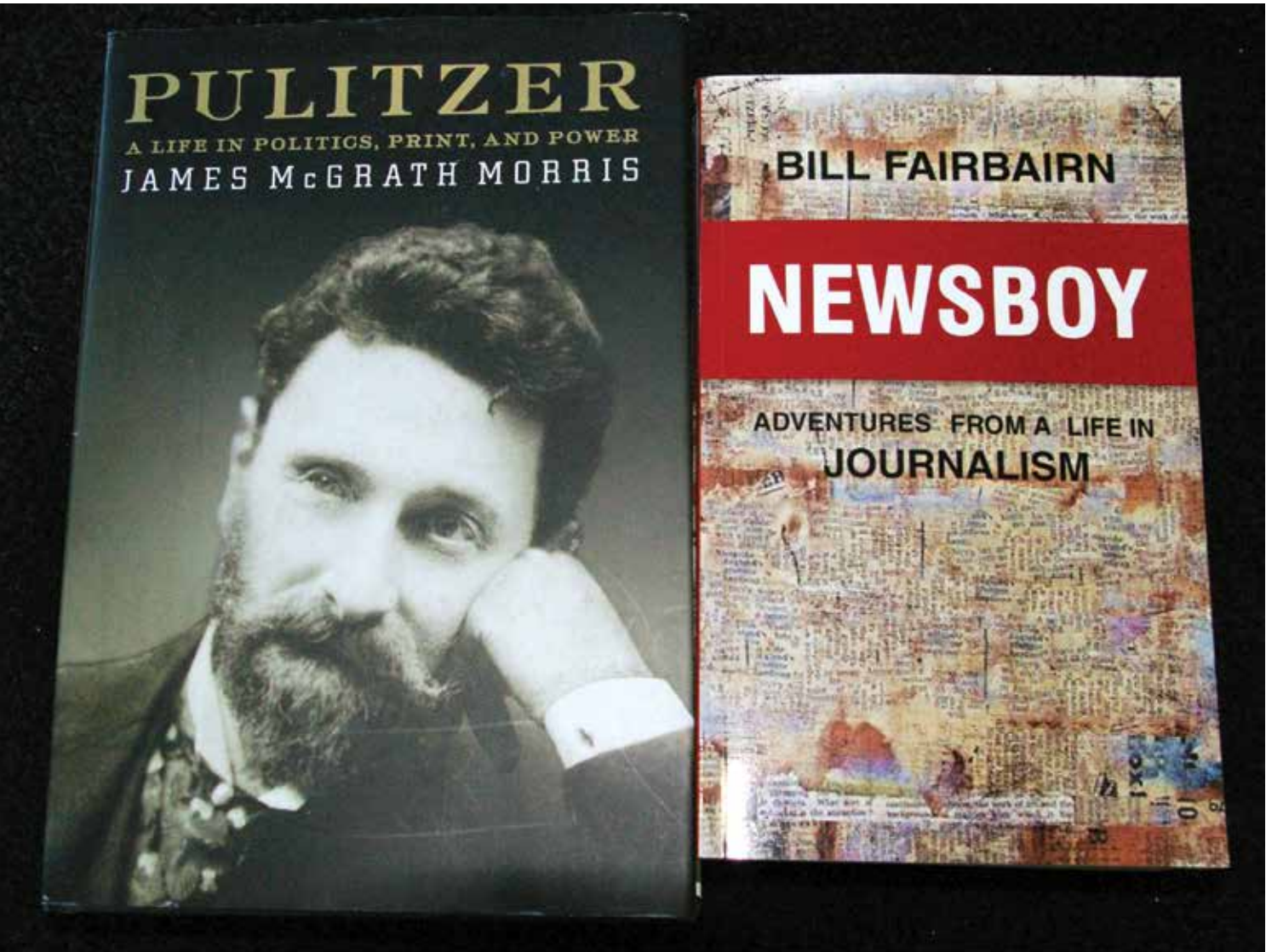
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A tale of two books

by Bill Fairbairn

Joseph Pulitzer is better known today for the prize that bears his name than for his contribution to history. In 19th century industrial America, while Carnegie provided the steel, Rockefeller the oil, Morgan the money and Vanderbilt the railroads, Pulitzer ushered in the modern mass media. The 1898 Spanish-American war had been a boon for newsboys who sold every copy of Pulitzer’s World or William Randolph Hearst’s Journal they could carry even when the papers increased their press runs. Inside the Pulitzer building, however, the World’s managers desperately sought ways to comply

with the publisher’s orders to make more money. Raising the World’s price was out of the question because that would be a signal of defeat in the struggle against fellow icon newspaper rival Hearst. Cutting salaries was also rejected. Reporters would jump to rival newspapers. Unionized printers and compositors were untouchable. **Newsboys targeted** The newsboys who sold the newspapers became the target of choice. The World raised the wholesale price of the paper from 50 cents per 100 to 60 cents. Taking a dime out of a newsboy’s take might not seem like much. But when this amount was spread over the pa-

per’s vast circulation it could make up an entire annual deficit of nearly \$1 million. Pulitzer bet that the ragtag collection of mainly immigrant children with no single language could hardly put up much resistance. He was wrong! The newsboys might not qualify for Pulitzer prizes but they had clout. At first the newsboys tolerated the price increase. Then, when their shouts of “Extra, Extra!” ran dry after the Spanish-American war ended and the attention grabbing headlines the newsboys used to call out on the streets of New York to sell their papers paled, they grew anxious. Who could improve on Kid Blink’s rallying call to fellow news-

boy strikers? “Ain’t that ten cents worth as much as it is to Hearst and Pulitzer who are millionaires? Friends and feller workers. Dis is a time which tries the hearts of men. Dis a time when we’ve got to stick together like glue. We know what we want and we’ll get it even if we is blind.” So I, as author of Newsboy, and 75 years after my delivery days ended to be editor-emeritus of The Riverview Park Review at age 84, prefer in this article to support Kid Blink rather than the many publishers on three continents I worked for. I don’t say the publishers were elitist slave-drivers though many of the striking American newsboys must have hidden that thought. But few supported real compassion as seems the case in America today where profit from papers sometimes even tops belief in the freedom of the press. The rebel New York newsboys demanded that the World and Journal return to their Spanish-American war wholesale prices. Pulitzer and Hearst refused. A 12-day newsboy strike ensued. Pulitzer, himself once a teenager living on the streets of New York, showed no mercy over a dime, but had to fight for his life against some prominent New Yorkers and newspaper readers who supported the newsboys. Pulitzer suffered greatly as circulation of the World dropped by 70 per cent, a fact that probably encouraged him and Hearst to concede to the newsboys union. The strike was settled in early August 1899 when the World and Journal offered the newsboys a compromise; the price would remain the same but they would buy back unsold papers. Pulitzer didn’t actually buy the papers back; he gave the newsboys credit for the papers. The Newsboys Strike is credited to have inspired future child worker movements and, eventually, the creation of child protection laws that granted children safe working conditions and encouraged them to earn an education. Young people have an extraordinary power to influence their future if listened to. The success of the newsboys strike is testament to this power. Pulitzer, A Life in Politics, Print, and Power by James McGrath Morris is a 556-page biography and gripping portrait of the American icon. Newsboy, Adventures from a Life in Journalism by Riverview Park’s Bill Fairbairn defends the importance of himself delivering papers in his home town in Scotland during World War II yet going on from there to journalism all over the world.

104 year-old Pulitzer prizes awarded

In the latter part of the 19th century Joseph Pulitzer stood out as the very embodiment of American journalism. He had at first shunned the idea of professors teaching journalism. “It is as absurd to talk of it as to talk of a professorship of matrimony,” he told a meeting of publishers. Most of all next to power later in his life, Pulitzer sought respectability from the crass, sensational yellow journalism he had once for a while been involved in competing for readers against rival publisher William Randolph Hearst. Near the end of his life setting up a journalism school was first in Pulitzer’s plans on how to use his wealth for his legacy. So, a fortune left in his will after his death in 1911, financed the world’s first graduate journalism school at Columbus University in New York. The 104th annual Pulitzer Prizes for journalism and arts were awarded last month by Columbus University. Among the scores presented were the Newspaper Public Service Award to the Anchorage Daily News; the Editorial Cartooning Award to Barry Bitt; the Investigative Reporting Award to Brian Rosenthal of the New York Times; and the Breaking News Award to the Courier-Journal of Louisville, Kentucky.

Riverview

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where less than 25% of residents are renting. This implies a highly divergent concentration of apartment buildings. Perhaps intensification could be delivered and our municipal shortage of rental properties be resolved by extending future development beyond the 10% of neighbourhoods where apartments and rental properties already abound.

In regards diversity, Mayor Watson has said “Our city is one of the most diverse and multicultural cities in Canada”. But the data indicates this may rather depend on where you go. There are 22 neighbourhoods where visible minority residents make up at least one-third of the population. Yet, fully half of Ottawa’s neighbourhoods have a visible minority population below the Canadian average. Likewise, while Ottawa’s overall rate of immigration from 2011 to 2016 was above Canada’s average, 70% of Ottawa’s 107 neighbourhoods were below average. Other indices which reveal stark differences between neighbourhoods are: the frequency of unsuitable housing, availability of subsidized housing, prevalence of low income earners, single parent households, facility in official languages, non-Canadian resident population and crime against persons. I was most disappointed to find certain neighbourhoods consistently appearing at opposite ends of data sets, which implies a level of ingrained segregation.

Now to our neighbourhood of Riverview Park.

Many readers will be surprised or disappointed to find that ONS does not treat Riverview Park as a homogenous entity. Our neighbourhood has been divided into east/west areas. Westward from Station Boulevard to Riverside Drive the community is labelled “Riverview” while the area east of Station to Russell Road is incorporated into “Elmvale/Canterbury”. A further separation occurs north of Cor-

onation with Industrial Avenue/Trainyards folded into a large community named “East Industrial”. I cannot answer as to why these lines of demarcation were made, but the demographic data is revealing.

Elmvale/Canterbury is demographically atypical, in that it holds closely to Ottawa averages. Of the 26 indices examined, it only differs more than 30% from the Ottawa average on three occasions (low level of subsidized housing, high level of commuting by bike/on foot, and high level of facility in official languages). It, along with Arlington Woods are the neighbourhoods least frequently at significant odds with Ottawa averages. Riverview is the polar opposite. It is the neighbourhood which most frequently exceeds this 30% variance, across 21 of the 26 indices. This is not to say that one neighbourhood’s results are good and the other is bad. It is simply worth noting that the two neighbourhoods reflect very different data. Given that Elmvale/Canterbury does not have many unique demographic characteristics, I will focus upon Riverview.

Although it is not a data set likely to draw immediate attention, the single most peculiar demographic about Riverview is that it possesses the largest population, by far, of residents (and family members) residing on a work visa, student visa or on refugee status - at 17.4% of the population. In comparison, more than half the neighbourhoods in Ottawa are below 1% and only 6 of Ottawa’s 107 communities are over 5%. Attempts to verify which, if any, of the three “visa” categories is dominant proved unsuccessful. However there are reasons to suspect the population is weighted towards international students. Were that to be the case it would likely bear influence upon the income, affordable housing and youth population results presented below. It also perks my curiosity as to the impact, current and continuing, of COVID-19 upon this population.

Housing: Of the 107 Ottawa neighbourhoods, Riverview has the 5th highest rate of rental ten-



ure (77.4% residents rent), the 5th highest rate of unsuitable housing (# of bedrooms relative to household size) as well as the 3rd highest rate of unaffordable housing (shelter cost > 30% pre-tax income). The latter detail serves to demonstrate that affordable housing is about more than homelessness. It may also indicate the cure is not likely to be found solely in increasing rental stock. Despite the preceding it is curious to note that almost half of Ottawa neighbourhoods have a higher rate of subsidized housing than Riverview. Indeed, one neighbourhood just outside our Ward with an average household income 76% higher than that of Riverview is allocated subsidized housing at a rate 400% greater than in Riverview.

Income: Riverview residents have the 4th lowest resident income, the 4th lowest household income and the 4th highest prevalence of low income earners (below 50% of median after-tax income). While I am leery about interpreting data, I suspect this is very much a consequence of other demographic results - Riverview has a young adult population, low rate of marriage, high rate of persons living alone and potentially a high student population.



Education: While the above detail may bear negative connotations, Riverview residents are 14th most likely to hold a Bachelor’s degree or higher and 33rd most likely to at hold a high school diploma.

Transport: Data collection would almost certainly have pre-dated the LRT. But as of data collection Riverview residents were the 2nd most likely to use public transit to commute to work and 21st most likely to bike or walk to work. Hopefully by the time this article goes to print we will have learned how Ottawa plans to manage public transit post-COVID 19, as it is an issue important to Riverview residents.

Age Groupings: Only 6 of the 107 neighbourhoods have a lower percentage of children (0-14) in the population and only 14 have a lower percentage of seniors (65+). But Riverview also had the second largest percentage of youth (15-24) within its population.

Family Structures: Riverview residents are the 5th least likely to be in a marriage or common law relationship and 16th most likely to be living alone.

Diversity: Riverview had the 9th highest rate of immigration from 2011-2016 and the 10th highest rate of visible minorities within the resident population.



Crime: Riverview unfortunately has the 4th highest rate of crime against persons (per 1000 residents), though this status declines considerably for crimes against property. A reason for the high rate may be found in the fact that youth statistically are the most common victims of crime and Riverview has the 2nd highest youth population rate in the city.

So, did this dive into demographics tell us anything about ourselves? At least it seems to tell us that residents of Elmvale/Canterbury are “conventional” while those of Riverview are anything but.

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Jane

Small street

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many people that are helping us survive these difficult times. There are only 15 houses on Cluny Street but it certainly has its share of front line workers, nurses, health care workers and employees at CHEO.
Carleen's family is one of 11 families

on Cluny Street who are continuing to make noise every evening and they are into their third month of noise making. There are now a few megaphones helping to add to the noise. The kids join in too with their special noise makers. They can also sing along to the tune of Edelweiss. If you want to join in here are the words:
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You look happy to meet me
Blossom of snow, may you bloom and grow
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Today more of Riverview Park’s local businesses and services have re-opened after their curtailment to the Covid-19 virus. Now they are going through a healthy effort to welcome customers back. In the not too distant future, other shops will be joining their ranks in opening up their doors to serve customers as well. One way to show our appreciation is to plan on shopping locally.

Many independent or franchise owners, who entered business possibly for the social aspect of the job, are about to feel challenged. Face to face contact and establishment of a personal relationship with shoppers has been made difficult by the virus. These businesses nevertheless look forward to familiar faces coming back through their doors, so let’s show up and meet them with a smile! The experience will be different, as well as difficult on both sides of the till, but we can do it.

The cost of implementing signage and stickers for appropriate health distances; of plastic barriers protecting shoppers and retail staff; plus needed cleaning supplies is being met with the greatest of efforts. Extra staff is also frequently being employed to ensure that we are all doing our part in being careful.

Consumers can reward the business owners’ attention to their health by patronizing their local businesses. After the end of three long cold winter months of discontent, this can be a warm way to acknowledge the work that they are putting in to keeping both shoppers and staff safe.

As of now, many of our business owners in essential services have already opened up responsibly and that signifies that it is to be safety first for all. It also means the customer side must be patient when spending time locally in these businesses. That combination on both sides means everyone wins.

Local businesses and services advertise in this paper and are really going to welcome your active support. Look at the pages having advertisements and make your plans. Then look forward to dropping in on some great old friends of pre-Covid- 19.

About the RPRReview community newspaper

Riverview Park Review is a non-profit community newspaper paid for solely by advertising. It is published five times a year. It is distributed free.

NOTE TO READERS: Information about COVID-19 continues to change. Businesses advertised in this paper may or may not be open and/or hours impacted due to the coronavirus. Please contact them for updates.

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Contributions can be e-mailed to editor.riverviewrpr@gmail.com in **Micro-soft Word** or **RTF**. Please *do not format* your documents. We may edit for grammar and brevity. Photographs must be e-mailed in **jpeg format** to editor.riverviewrpr@gmail.com. All photographs must be accompanied with the **name of the photographer and a caption** describing the subject.

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Viruses, evacuations, and advertising

by James Radnor

I am here, and my husband is there; here being a little north of Pittsburgh in Western Pennsylvania, and there being Kigali, Rwanda. Then there is you, the reader, in Ottawa. By now, you must be wondering why this article is coming to you from south of the border, and making reference to three countries and two continents.

Well, my parents lived in Ottawa South for many years. I should also mention that my father volunteers with this paper, and as I know the editor, she asked if I would like to contribute to the latest edition. I could elaborate further that our children and grand-daughter live in Western PA, but still I have not explained why I am here, and my husband is there. We are one of the many Foreign Service families separated by an evacuation due to the global Covid-19 pandemic.

Under normal circumstances when we return to North America for visits, we enjoy watching a bit of network TV. We have a TV in Rwanda, but we use it exclusively for DVDs and Netflix. Coming back re-introduces us to the great big world of conspicuous consumption and TV advertising.



These two masks are made from material from Rwanda

Years ago, I read an interesting article examining how the subject matter of commercials can reflect the priorities of any given society. Here in the Pittsburgh area, I find the TV commercials fall into four categories: new car sales, medicine (from hair replacement to male enhancement), lawyers and law offices, and then everything else. Even now, Covid-19 is stealthily, and systematically, invading the network body of commercials on our local airwaves.

I found the first several weeks of “united but standing alone” advertisements to be interesting. I appreciated that companies recognized the importance of projecting a social message that together we are stronger as a community, and how company “X” was watching out for my health and well-being. Now, I am tired of

the jingoism, the happy puppies, and the affirming orchestral music. I am tired of being reminded of the virus. I have only to look out the window, walk down the street, or make a hurried trip to the grocery store to know that I am living through an event of historic proportions.

Instead of virtual TV hugs and pats on the back, I want something more from these companies. I want them to make a giant leap towards a greater commitment to social responsibility. What are they doing to make our world a better place? I would like Big Muscle Car Company to truthfully tell me they are investing in sustainable energy systems to make their cars non-polluting so that our lungs are not weakened and our bodies sickened. I would like the drug companies to tell me they will

place lives before profit and not patent a Covid-19 vaccine because that is the human compassionate thing to do. I would like the lawyers to tell me they will be prosecuting the businesses and politicians who allow known carcinogens to enter the water, or are rolling back environmental protections. And, for all those other companies that fall into the “everything else” category, please tell me how you are finding alternate packaging solutions so that plastic does not fill our lakes, rivers and oceans. That is what I would like. Am I going to see it? I can always hope.

After two months of quarantine, the novelty of TV commercials has worn off. I am ready to see my husband, but I know there are still months to go before I can safely return to an airport, get on a plane, and journey half-way around the world. Evacuations are one of the possibilities of life in the Foreign Service, and this is my second, the first was due to a civil war that lasted for six months. I must admit that of all the possible reasons to be evacuated from a country - social unrest, environmental disaster, war - a global pandemic did not even make my mental list. Life is sure full of surprises - just like being in the Foreign Service.



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TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

Taking a look at the 10 movies that came in at number 2 for the last decade

by Peter Thompson

The last time an article was published, we celebrated the turning of the calendar to 2020 by looking at the top movies of the year for the last decade. Now, months have passed and we've all had our share of trials and tribulations, but one thing remains constant: we need to be entertained! So, with that in mind (and an overwhelming response to the previous article), we'll take a look at the 10 movies that came in at number 2 for the last decade.

2010 - Fantastic Mr. Fox
Wes Anderson's work is so quirky and filled with dry humour, that when he did a stop-action animated film it was either going to be excellent or it would be lost in translation. From the opening scene to the end credits, it's clear that this is another Anderson triumph. Based on the Roald Dahl story, this is a wonderful gem of a film, brilliantly voice-acted by George Clooney and Meryl Streep (among others). Delightful!

2011 - A Separation
One of the world's greatest directors, Asghar Farhadi, tells this searing tale of a couple at an impasse in their marriage. One wants to leave the country, the other won't because of his ailing father. Like all great films and filmmakers, one thing leads to another and the ending will remain with you far after the credits roll.



Fantastic Mr. Fox

2012 - The Intouchables
An aristocrat who is paralyzed in an accident challenges a young man from the projects to be his caregiver which results in a friendship that is impossible to forget. Subtly directed and impeccably acted, this was the easiest choice on this entire list and a must see!

2013 - Rush
Ron Howard directs this with such precision, that even though I couldn't care less about the world of Formula One racing, this movie had me engaged from start to finish. Fast paced, well acted and exciting, the bitter rivalry between James Hunt and Niki Lauda is brought to the screen with a bang.

2014 - Interstellar
In the future, the Earth is becoming uninhabitable and it's up to a scientist to find a new world to live in using a wormhole. But words



The Hunt for the Wilderpeople



Interstellar

don't really do justice to master director Christopher Nolan's masterpiece. This is a sprawling epic that demands attention.

2015 - Spotlight
Hard to argue that this deserved the Best Picture Oscar. A stellar cast and deft direction takes us through a dangerous exposé on how the *Boston Globe* uncovered a huge scandal of child molestation and the subsequent cover-up within the local Catholic Archdiocese - which in turn shook the Catholic Church to its core.

2016 - The Hunt for the Wilderpeople
Some directors just have 'it', a talent that sees every film that they make become something special. Taika Waititi is one of those directors. In this whimsical comedy (with a touch of drama), a manhunt begins when a child and his foster uncle go missing in the New Zealand bush. Great film, see it!

2017 - Call Me By Your Name
A beautifully shot drama about a romance that blossoms between a seventeen-year-old student and the older man hired as his father's research assistant in Italy. Such superb acting (including a performance by Timothée Chalamet that would make him a star), a great script and a great soundtrack make this one of the year's best films!

2018 - Leave No Trace
When an incident derails a father and daughter's ideal life off the grid, they must come to terms with their increasingly different wants from life. This lyrically written and directed film hits all the right notes.

2019 - Parasite
So...this would be number one if I was to go back and re-write the last column. It starts as a fairly straightforward foreign film about the struggles of the lower class and evolves into a dynamic thriller where I couldn't believe what was happening! Believe the hype, this is awesome.

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Discover these *Small Streets* in Ottawa

by Geoff Radnor

In our neighbourhood of Riverview Park there are two *Small Streets*. Crestwood Place is between Bloor and Penhill Avenues. It must be a very exclusive place to live with only two houses on it. Opposite these houses is the beautiful forest that is part of Coronation Park, home to many squirrels and other wild life.

The other *Small Street* is Thirsk Street, just off Pullen Avenue. That street has three residences; a double on one side of the street and a single house on the other. Thirsk Street residents can say they have easy access to Russell Road.

Currently, with many of us being locked in for much of the day, we do have a brief chance to get outside for a bit of exercise. Joggers and bicyclists as well as dog walkers are becoming more visible on our streets these days. Well I am of an age where I get my exercise by walking at a leisurely pace, very leisurely.

On my walks in my new neighbourhood, some other very small streets have come to my attention. The strangest one is Olga Street. It is a short *cul de sac* with no houses, but it has a stop sign just like those that we see on very busy streets. Nor does it have any traffic to stop at the sign. It ends with a barrier that allows pedestrian and cyclists access to Riverain Park on the eastern bank of the Rideau River. Who was Olga to get this little piece of road named after her? Can anyone hazard a guess? Why, as well, in June 1962 did the NCC want this 2½ storey duplex and garage. house at No. 5 Olga Street demolished and removed? Who used to live there?

Just a few steps along North River Road there is another *Small Street*. This one has an intriguing name, Prindiville Street. This too is a dead end street leading into Riverain Park and the Rideau River. It has two houses, Nos. 7 & 10; pretty ex-



Sylvester Street



Olga Street



King George Place



Crestwood Place

clusive and a bit longer than Olga, or about 75 metres. It also has its own Stop sign. The Prindiville family were early residents of Ottawa. Does anyone know about them?

To see one of the most remarkable *Small Streets* in Ottawa, walk from Olga Street across North River Road along King George Street towards the busy four lane Vanier Parkway. There you will find Sylvester Street, separated from the Parkway by only a chain link fence and some bushes. It is two blocks long, and stretches from King George past Glynn Ave to Columbus Ave. Only one eight foot wide lane, no sidewalk, not paved with black top but with brick pavers and there are no houses. A most unique street. Was its

shape and format the result of the construction of The Vanier Parkway in 1976 that cut through the old neighbourhood of Overbrook?

At New Edinburgh the Parkway construction came to a halt. A four lane “express” road wasn’t going to sully the tranquility of that neighbourhood. Its residents fought and they won. So the Parkway had to turn left at Beechwood and cross the river to reach King Edward, the route to Gatineau, Quebec.

Walk a few minutes eastwards on Prince Albert Street and you will find Hart Avenue off Lola St. Hart doesn’t seem to have anything except a street sign, a Stop sign and a No Exit sign. No houses and not even a white line at the stop sign, pretty minimal.

There is also one unique *Small Street* in Ottawa that is listed on the maps but has no street sign. It is located at the far eastern end of King George Street. Is this a *Street*? If it is, it sure doesn’t look like any other street in our city. It is not paved but has a fine row of mature trees. There is only a paved pathway going from Queen Mary Street to King George Street. This strip of land has an official name, King George Place. On one side there is a chain link fence belonging to the Queen Mary Public School. Could it just be possible that because of the fine stand of mature trees the city decided to let them be and only allowed access to pedestrians? If so, that, indeed, would be gratifying to know.



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The 1924 Premiere of Gershwin’s Rhapsody in Blue

by Brain McGurkin

On the evening of January 3, 1924, while George Gershwin was playing billiards with his lyricist pal Buddy De Sylva, their game was breathlessly interrupted by George’s brother Ira, informing them of a report in the *New York Tribune*, announcing that George was currently, “at work on a jazz concerto,” which was to be presented at NYC’s *Aeolian Hall* by Paul Whiteman’s *Palais Royale Orchestra* on the afternoon of February 12 - in other words, in about five weeks time.

Gershwin and Whiteman had previously discussed such a composition only in general terms, and the formal announcement, likely originating from Whiteman himself, came as something of a shock to Gershwin, who had not even set a note to paper, and who was at that time still putting the finishing touches to the score for *Sweet Little Devil*, a show that was due to open on Broadway on January 21st. Undeterred, Gershwin set to work!

Gershwin’s biographer, Charles Schwartz, says that the overall outline of Gershwin’s jazz concerto only began to take shape in his mind, “while he was travelling by train to Boston for the out-of-town tryout of *Sweet Little Devil*.” Gershwin himself is quoted as saying: “It was on the train, with its steely rhythms, its rattle-ty bang, that is often so stimulating to a composer... [that I] suddenly heard - and even saw on paper - the complete construction of the rhapsody, from beginning to end. ... I heard it as a sort of musical kaleidoscope of America - of our vast melting pot, of our undiluted national pep, of our blues, our metropolitan madness.”

During late January and early February, while Gershwin was working feverishly to compose what would be titled his *Rhapsody in Blue*, spending long hours on his battered upright piano in the back room of the Gershwin family home on 110th Street,



George Gershwin

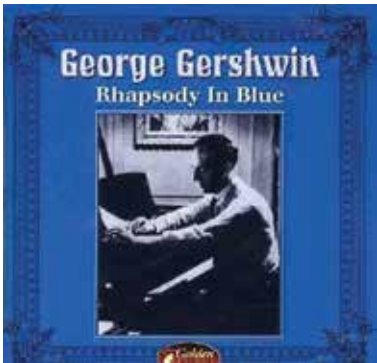


George Gershwin composing

Paul Whiteman was busily promoting the imminent concert, holding press conferences, distributing hundreds of free tickets to noted music personalities, and hiring extra musicians to enlarge his regular *Palais Royale* jazz band of nine men up to an orchestral ensemble twenty-three.

Whiteman blew eleven thousand dollars on these elaborate preparations and only got a box-office return of four thousand! But his gamble paid off, because the following year Whiteman earned six hundred and eighty thousand dollars as a band leader, largely due to the prestige that he gained through his presentation of Gershwin’s *Rhapsody*. Of course, Gershwin also profited handsomely through earned

royalties beyond his wildest dreams, amounting to more than a quarter of a million dollars over the following decade, and continuing long after his death.



The *Rhapsody* premiered at New York’s *Aeolian Hall* on February 12, near the end of a long afternoon program that Whiteman had grandiosely promoted as “An Experiment in Modern Music.” Truth to say, the twenty-six selections were hardly experimental and not exceptionally modern. They included everything from Elgar’s *Pomp and Circumstance March No. 1* to Eddie Cantor’s latest hit song, *Yes, We Have No Bananas*, and highlighted popular composers such as Jerome Kern, Irving Berlin and Zez Confrey (who was on hand

to perform his ragtimey *Kitten on the Keys*). The standing room only audience included important and influential musicians such as Sergei Rachmaninoff, Igor Stravinsky, Fritz Kreisler, Leopold Stokowski and John Philip Sousa.

When Gershwin finally appeared, striding confidently to the piano, he and Whiteman exchanged knowing glances. After completing several days of rehearsal they knew exactly what to expect from each other as well as from the expanded *Palais Royale Orchestra*. Right from the initial soaring glissando of the clarinet, the audience was transfixed. Gershwin had decided in advance that he would improvise the long middle-section cadenza so as to be free to make changes as the mood seized him. In fact Whiteman’s arranger, Ferde Grofe, had inserted a blank page into the score with a note saying “wait for nod from Gershwin” so as to remind the musicians that Gershwin would signal them at the end of his solo cadenza.

Perhaps not surprisingly, the critical reviews of Gershwin’s *Rhapsody* covered a wide range of opinions from the highly favourable to the downright hostile. But in retrospect, the editors of the *Cambridge Music Handbooks* remind us that, “The *Rhapsody* established Gershwin’s reputation as a serious composer and has since become one of the most popular of all American concert works.” Leonard Bernstein also gave a very balanced assessment, declaring that, “the themes, or tunes, or whatever you want to call them, in the *Rhapsody* are terrific, inspired, God-given... They are perfectly harmonized...songful, clear, rich, moving...I don’t think there has been such an inspired melodist on this earth since Tchaikovsky. But if you want to speak of a composer, that’s another matter... You can make cuts within a section or add new cadenzas... it can be a six minute piece or a twelve minute piece. And in fact, all these things are being done to it every day. It’s still the *Rhapsody in Blue*.”

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Pandemic Pups – avoid separation anxiety and creating a clinger!

by Jonathan Sumner

The COVID-19 pandemic has brought with it an unexpected wave of change that has affected every corner of our lives. For most people, this has meant spending a lot of time at home. This is the best thing that your dog could have imagined, but it can come with unwanted effects if you are not careful.

Although your routine was likely turned upside down, it doesn't mean your dog's routine needs to go out the window. Dogs are creatures of habit and it is important to keep your dog in their pre-pandemic routine and schedules for walks and dinner. This will help regulate their digestion and bathroom needs while balancing their expectations for a walk. Your dog is less likely to demand its walk and bark at you in the middle of your web conference!

With all this time you get to spend with your dog they might have a hard time seeing you leave without them. Separation Anxiety happens when a dog that is very attached to its owner gets extremely stressed when left alone. This can result in their excessive barking, howling and quite possibly being destructive.

How do you avoid this? A good first step is to leave the house for short periods of time to make sure they don't forget how to be alone. Depending upon your dog's response and level of 'separation anxiety', gradually increase the length of time you are gone. This is incredibly important to avoid having your dog go cold turkey when you go back to work and taking it out on your couch.

I also recommend using a pen or a crate to help manage your dog's behavior while you are gone. A crate is a safe place for your dog if they are trained and introduced properly. The best time to introduce a crate is when your dog is a puppy, but older dogs can be taught to love their pen as well. This crate or pen will become their bedroom and comfort zone while being an absolute saving grace for you. There is a misconception that 'caging' your dog is cruel or unnecessary. I would argue that it is a place where your dog learns to self soothe and be comfortable being on their own. It also helps manage any destructive behavior they might

have that can be harmful to them such as electrical cords or random items they can swallow.

Dogs that have a lot of confidence will also do better. You can build confidence through training. Not only will this help with self-soothing and help address

separation anxiety but it will help with all other unwanted behaviors like barking and jumping on strangers!

COVID-19 has definitely presented all of us with many challenges but if we look at this as an opportunity to work with our dogs

and address their needs, you might just come out of the break with a better pup than you imagined!

Jonathan Sumner is head trainer and owner at the Ruff House where you can request a full list of grooming services for any breed of dog. Visit the website at www.ruff-house.ca to register



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Hit by a pandemic was *DINING OUT*

by Carole Moul

Late last summer a new book was published by two academics, Katie Rawson and Elliott Shore. Reviewers looked at their book, *DINING OUT A Global History of Restaurants*, and as frequently happens, responded with a variety of positive comments, addressing as well the many numerous topics of this hard cover book of almost 250 pages.

A review of that book and how it relates to today’s local restaurant scene now remains in the Document’s folder of this laptop computer, since that article is no longer at all relevant to our world today. The unprinted story for our April paper was written in early March, just three months ago.

No doubt, in the not-too-distant future, there will be more books to be appraised as these relate to our ‘new’ dining experiences. Written by different authors, perhaps, these books will delve into what is fast becoming the ‘new’ norm that we live in. Yes, the chapters could certainly examine the topics that are part of the evolution of our dining history, however, today’s narrative, by necessity, will have to include vocabulary until recently unknown



to us. New terms such as physical distancing and infection avoidance have now become part of the mainstream of today.

When Katie Rawson and Elliott Shore wrote in their book’s introductory paragraph, they noted that ‘the number of restaurants in the world likely exceeds 15 million’. It would be hard to tell if and how that number has changed since the hospitality industry has been the hardest hit with this COVID-19 pandemic.

Here in Canada, Chris Elliott, Senior Economist of Restaurants Canada, a national, not-for-profit association representing Canada’s diverse and dynamic foodservice industry, responded in a late win-


ter email to this paper about the total number of restaurants in this country. He noted that although they have yet to have the total unit count in for 2019, what he could share with us was, “in the first half of 2019, the total commercial food-service count was 98,529, including 44,707 Table-service restaurants; 39,176 Quick-service restaurants; 9,738 Caterers; and 4,908 Drinking places (pubs, bars, taverns, night-clubs).” Needless to say, that’s a tremendous number of businesses having to change drastically to carry out their day-to-day activities.

When we began exploring *DINING OUT A Global History of Restaurants*, it was with the confidence that one of our favourite

past times, eating out, was evolving as it should be for 2020. Today we know differently.

We were grateful when take-out ordering and delivery services were provided as options to our daily food menus, we applauded the idea that patios would soon be open come mid-June to try something different, and we excitedly anticipate when we can dine inside our favourite local restaurants once again, even as we know that there will be challenges for everyone.


No, the year 2020 did not move forward as we had hoped it would. But today we are just very thankful to those making the tremendous efforts that they are to keep us safe.










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The virus that hit our 75th Dutch anniversary parade

by Bill Fairbairn

A key fact of the national history of the Dutch people was lost this month to the coronavirus. The Royal Canadian Legion decided it unwise to journey to the Netherlands to commemorate the 75th anniversary of the WWII German surrender of its 120,000-strong garrison to Major General Charles Foulkes of the 1st Canadian Corps.

An estimated 90,000 Canadians served in the Netherlands during WWII. Thousands lost their lives fighting for Dutch liberation. That price has not been forgotten, especially in the city of Wageningen, where Foulkes faced Generaloberst Johannes Blaskowitz over a wooden table and having been assured by Foulkes that he would not be sent to Russia, nodded his understanding at each item of the surrender document.

Fortress Holland

Blaskowitz had been ordered by Hitler to defend to the last Fortress Holland.

I was present as a writer for *Legion Magazine* in 1995 when the scene was



German surrender



British Lancasters drop food in Holland



A Foulke's salute of eternal friendship



General Foulkes is honoured left and right by Dutch dignitaries and allied soldiers at war's end

re-enacted in Wageningen on the 50th anniversary of liberation. The moving re-enactment seemed to this observer as though it was the real thing.

Earlier, veterans from the Netherlands, the United States, Britain and Poland marched through the streets. But the smaller Canadian contingency was the sentimental favourite with the local crowd. The Canadians led the parade marching past Prince Bernhard, father of Queen Beatrice, who had safely given birth to her second son in wartime Ottawa. I

couldn't define the parade's order. I thought Canada was first because Canada, while not so enormously international as the U.S. or Britain, had played a liberation role in the war much closer to Dutch hearts.

An estimated 2,500 Canadians were in the country for the 50th anniversary. Many were guests of Dutch families. Their pilgrimage would be highlighted with a ceremony at Groesbeek, where 2,300 Canadians are buried, and by a huge parade at Apeldoorn, where I

was told every second Dutch home was flying the Maple Leaf.

After the parade at Wageningen, the Hotel De Wereld (the world) was jammed with the curious viewing photographs of original war scenes and knowledge that American and British troops were halted in the Netherlands trying to take three bridges from the Germans. This episode was turned into the British film *A Bridge Too Far*.

Street after Foulkes

The 17 conditions in the three page liberation document, written in English and German, included this Foulkes demand of the Nazi forces: "You will disarm all your personnel when ordered by me and drop war materiel in places within your area." Another read simply: "You will continue to assist in arrangements to feed the Dutch civilian population."

After the liberation one of Wageningen's streets was named after General Foulkes. In Ottawa, he was named Chief of the General Staff. He died here on Dec. 20, 1968. Among his awards the Order of Canada but, in my opinion, short of real praise for his WWII role in the Netherlands.

Generaloberst Blaskowitz broke guard at his German war trial in Nuremburg and committed suicide by jumping through a window. He had been informed that he was to be exonerated.

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Jean CLOUTIER

Thank you, Alta Vista, for doing your part in planking the curve. I understand the last two months have not been easy for many members of our community as we all adjust and adapt to this new normal. To all those who have continued to work in essential services, I thank you for your service. To those whom have done their part by staying home, thank you. Your efforts practicing physical distancing is working.

Thank You !!

Sharing the road

A bicycle is a vehicle and must be treated the same as buses, large trucks, motorcycles and cars. This means that cyclists need to operate their bicycles like other vehicles on the road.

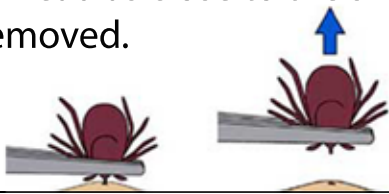


Motorists are reminded to provide adequate space for cyclists and to use extra caution where these signs are posted. Motorists must always share the road, whether these signs are displayed or not.

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- Checking your pet daily for ticks, especially if it spends time in wooded or overgrown areas
- Removing ticks as soon as possible. If you find a tick on your body, using fine-pointed tweezers, grasp the tick's head as close to the skin as possible and pull slowly until the tick is removed. Do not twist or rotate the tick. Do not use a match, lotion or anything else on the tick.



Ottawa's current residential waste flow *Is this good enough?*

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The City collected more than 338,000 tonnes of waste in 2019, and diverted 44 per cent of it through green bins, yard waste bags, blue boxes and black boxes. Still, nearly 60 per cent of the waste being sent to the landfill in garbage bags is recyclable or organic.

The status quo dictates that our current Trail Waste Facilities will reach their capacity by 2041. With that in mind, many of us have found extra time at home during this pandemic. Please consider using some of that 'found time' disposing of your waste responsibly so we can divert trash from ending up in our landfills.

Please get engaged online and share your insights with City staff working a plan that will guide how the City manages solid waste over the next 30 years:
<https://engage.ottawa.ca/solid-waste-master-plan>



Conseiller / Councillor Jean Cloutier



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As we prepare to re-open our doors, we can give you a glimpse behind the scenes as to what steps registered massage therapists are taking to protect you in a post COVID-19 world.

We have received a great deal of direction and support from our professional College, the College of Massage Therapists of Ontario,

as well as from public health authorities including the Ontario Ministry of Health.

As expected, a few things will be different when you come to our clinic.

Prior to scheduled appointments all clients will have to complete COVID-19 pre-screening. Our clinic has incorporated this into our booking reminder process. It is critical that you not attend any professional office (dentist, physio, RMT) if you are symptomatic or have had any recent exposure to COVID-19. Talk to your treatment provider for more direction. This applies to your therapist as well! Any treatment provider that has any signs or

symptoms, appointments will also obviously be cancelled.

We want to minimize the number of people in the clinic, and especially in the waiting area, so we are staggering appointment start times, and limiting appointments to 60 minutes. We will be asking everyone to wait outside, or in their car (weather permitting). Your therapist will make arrangements with you to call, text or come to meet you at the door. We will be scheduling more time between each client in order to sanitize our treatment rooms and the public spaces of our clinic thoroughly between each appointment. We will be restricting procedures and treatments like TMJ and hot stone treatments.

Our clinic will have a hand sanitizer pump at the front door so that you can sanitize your hands upon entry into the clinic. There will also be available in the treatment rooms for you to sanitize at the end of your treatment.

Therapists AND clients will wear masks for the duration of the appointment. Personal Protective Equipment (PPE), including face masks have been challenging to source and purchase due to increased demand. With that in mind, our clinic is encouraging all of our clients find and purchase a washable/reusable cloth face mask (get something fun to reflect your personality!) Clients that wear their own masks will help us stretch our existing stock of PPE and will help us manage the cost of acquiring new PPE moving forward. Other clinics may have different policy or direction, so check with your treatment provider.

All regulated health professionals want you to feel safe when you attend our clinics – hopefully this look at our procedures gives you confidence that we are always focused on your health and safety in these unprecedented times!

If you would like to learn more about your body and conditions you have, please subscribe to our newsletter through our website at www.essential-health.ca.

If you have any questions about how massage might be able to help you, or about psychotherapy, please email info@essential-health.ca.



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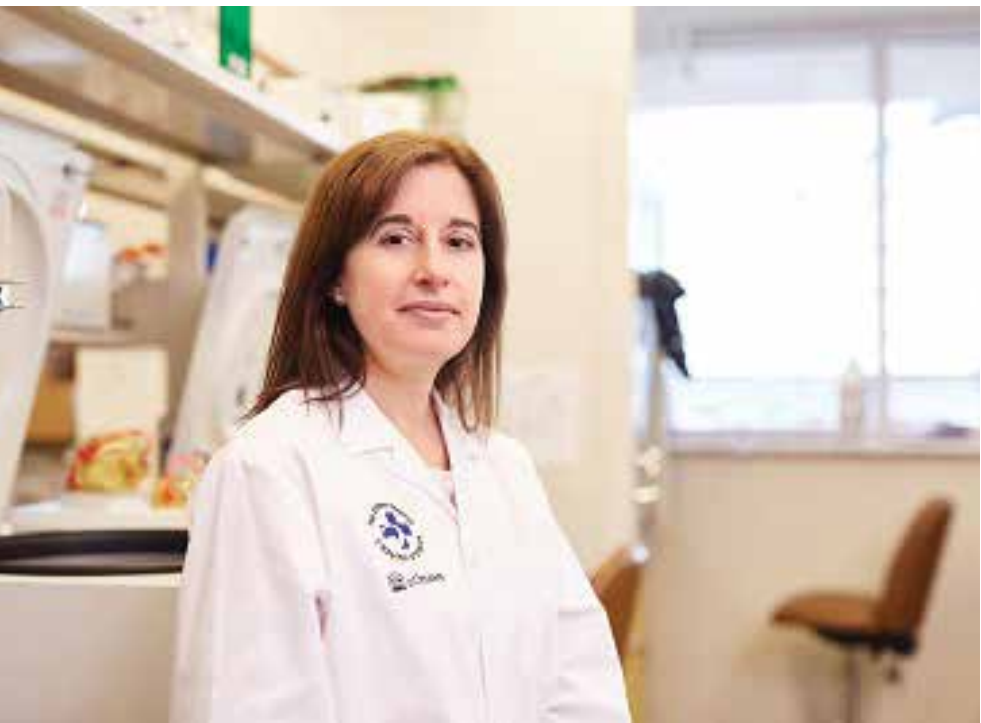
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Dr. Carolina Ilkow



Dr. John Bell

Cancer-killing viruses provide inspiration for COVID-19 vaccine

Ottawa researchers awarded \$250,000 from Fast Grants in partnership with the Thistledown Foundation

Submitted by Amelia Buchanan, Senior Communication Specialist, Ottawa Hospital Research Institute

“COVID-19 is a novel virus, so we don’t know which vaccine strategy will work best. We need to try everything we have.” - Dr. Carolina Ilkow. While physical distancing has slowed the spread of COVID-19, the vast majority of people around the world remain susceptible to the virus. That’s why most experts believe we won’t be able to fully find a new normal until a vaccine is developed.

At The Ottawa Hospital and the University of Ottawa, Dr. Carolina Ilkow and Dr. John Bell are harnessing their pioneering research on cancer-fighting viruses to create a vaccine for COVID-19, in partnership with colleagues across the country and around the world.

“Over the years we’ve developed a number of cancer-killing viruses that can replicate inside cancer cells, bust them open and spread throughout a tumour, without harming normal tissues,” said Dr. Bell. “One of the key things we’ve learned is that the best cancer-killing viruses also stimulate the body’s own immune system – in effect, training the immune cells to recognize and help attack the cancer cells. We’ve developed a

number of viruses that are very good at this kind of immune stimulation, that have already been tested safely in people.”

It turns out that a harmless virus that stimulates a strong immune response is also exactly what’s needed to create a vaccine for COVID-19.

“Our immune system can learn to recognize and fight COVID-19, but this process takes time,” said Dr. Ilkow, a scientist at The Ottawa Hospital and assistant professor at the University of Ottawa. “A vaccine would expose the body to tiny harmless bits of COVID-19, so that the immune system can build an army that will be ready to attack if the real virus comes along.”

Dr. Ilkow and Dr. Bell and their colleagues have developed at least four different cancer-fighting viruses that they think could be repurposed as vaccines for COVID-19. They are now genetically engineering those viruses so that they produce small pieces of the COVID-19 virus, to stimulate the required immune response. “We’ve developed a number of viruses that are very good at immune stimulation, that have already been tested safely in people.”- Dr. John Bell

“COVID-19 is a novel virus so we don’t know which vaccine strategy will work best,” said Dr. Ilkow. “We need to try everything we have.”

The team also includes Dr. Douglas Mahoney and his team at the University of Calgary, and Dr. Zhou Xing and Dr. Brian Lichty and their teams, both at McMaster University. Many of the researchers are working around the clock, carefully practicing physical distancing while in the lab. They hope to begin testing their vaccines in humans by the end of the year.

“It is so inspiring to be part of this global vaccine effort,” said Dr. Ilkow. “Researchers around the world are working together and sharing ideas and data so we can save lives and help people get back to normal.”

Once a promising vaccine is created, the team will be able to make large quantities in The Ottawa Hospital’s Biotherapeutics Manufacturing Centre. This facility is the only hospital-based lab in Canada capable of producing virus-based vaccines and therapies for clinical trials.

Fast Grants has awarded \$250,000 to Dr. Bell and Dr. Ilkow for this research. It is just one of 23 COVID-19 grants issued to Canadian research institutions, after a rapid review by a panel of biomedical experts. The Thistledown Foundation, established by Fiona McKean and her husband Tobi Lütke, founder of Ottawa-based Shopify, provided \$5 million to back these awards. Funding was awarded and transferred to researchers within days compared to the many months usually required for traditional grant competitions.

“We are fortunate in Canada that the federal government is investing in COVID-19 research, but this is a time for all hands on deck,” said McKean. “Tobi and I jumped at the opportunity to support Canadian research institutions through our partnership with Fast Grants. Dr. Bell and Dr. Ilkow’s project went from approved to money in the bank within 24 hours – that’s the speed by which things need to happen right now.”

“It is incredible to receive a grant like this,” said Dr. Ilkow. “This comes at a crucial time when

we really need funding to advance our research, and it motivates the team to work even harder.”

As the researchers carefully walk through The Ottawa Hospital Cancer Centre every day on the way to their lab, they are also motivated by the patients in the waiting rooms.

“Most of our cancer researchers are working from home due to the need for physical distancing and it is hard for us to see all that cancer research slow down,” said Dr. Bell. “But we know that people with cancer who get COVID-19 are much more likely to die, so we think that working on a vaccine is the best thing we can do right now to help them. And we’ll get back to all the other cancer research as soon as we can.”

This project is just one of more than 50 COVID-19 research projects currently being explored at The Ottawa Hospital. These projects rely on shared research equipment, resources and facilities that have been developed over many years, thanks to generous support from donors through The Ottawa Hospital Foundation.

The Ottawa Hospital is one of Canada’s top learning and research hospitals, where excellent care is inspired by research and driven by compassion. As the third-largest employer in Ottawa, our support staff, researchers, nurses, physicians, and volunteers never stop seeking solutions to the most complex health-care challenges. Our multi-campus hospital, affiliated with the University of Ottawa, attracts some of the most influential scientific minds from around the world. Backed by generous support from the community, we are committed to providing the world-class, compassionate care we would want for our loved ones.

INTERESTING

The Game of Games

by Bruce Ricketts

This COVID-19 pandemic has been tough on everyone, especially the kids. On a normal day, kids play outside with their friends, go to sleepovers, play soccer, ride horses, go to summer camps and more.

COVID has put a damper on all that activity. Your kids have been stuck indoors. If your kids are anything like my grandchildren, they have taken to reading, playing video games (*ROBLOX* is big around our family) or talking on Facetime.

I am pleased to report that, also in our family, board games have made a resurgence. *Scrabble*, *Monopoly* and Checkers have been joined by *Exploding Kittens* and *Flushin Frenzy*.

Would you be surprised to learn that the oldest board game on record involved a series of 49 small carved painted stones which were found at the 5000-year-old *Başur Höyük* burial mound in southeast Turkey? Similar pieces have been found in Syria and Iraq and seem to point to board games originating in the Fertile Crescent, comprised of regions around the Nile, Tigris, and Euphrates River in the Middle East. This same region invented booze, papyrus, breath mints, and calendars.

Around 3000 BC the Egyptian pharaohs played a game called *Senet*. In drawings found in a number of burial tombs, the game appears similar to modern day Chess.

The Royal Game of Ur, from India, had been dated back to 2600 BC. A set was found in Tutankhamen's tomb. It was similar to Backgammon, which itself goes back over 2000 years.

The modern military strategy game, *RISK*, probably had its roots in a 13th century Roman game of

tactics called *Ludus latrunculorum*. It is variously called *Latrunculi* or just *Latrones*. It is easy to imagine Roman general's planning their next battle over a game of *Latrones* and some meade.

Hopscotch, a venerable old game that requires a piece of chalk and a weighted sock, has its roots with Roman children around 500 BC. The term Hopscotch can be found back in the 1600s in England.

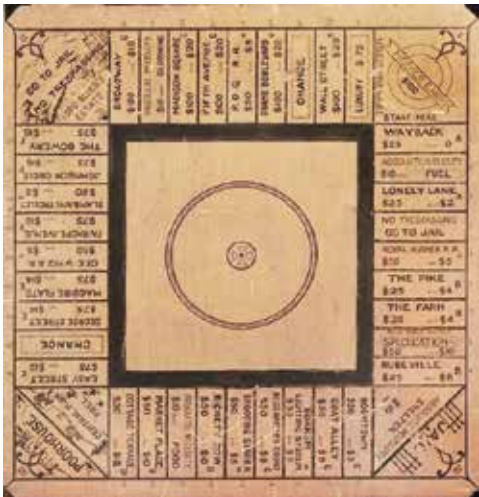
The Chinese Han Dynasty existed from 206 BC to 220 AD. It was considered the golden age in Chinese history. The seismograph, ship rudders, papermaking, and the use of negative numbers in mathematics, were among the many technologies which were produced during the Han Dynasty. And so too was the most popular game in the world. The game of *Go* is played throughout the globe. In 2016, the seventy-five-nation International Go Federation boasted that there were over 46 million people playing *Go*.

In 1903, an inventor by the name of Lizzie Magie developed a game consisting of a square track, with a row of properties around the outside that players could buy. The game board had four railroads, two utilities, a jail, and a corner named "*Labor Upon Mother Earth Produces Wages*," which earned players \$100 each time they passed it. She developed *The Landlord's Game* to demonstrate, to mostly illiterate persons, how rent makes property owners rich while leaving the renters impoverished. Ms. Magie sold her patent, in 1935, to Parker Brothers who edited it and relaunched it with a new title... *Monopoly*.

The board game market is growing. It is forecast to be a \$12 billion market by 2023. However, there is a potential glitch in the system... online games.



Senet.



The Landlord's Game

You can now play *Monopoly*, *Battleships*, Chess, Checkers, Mahjong and Backgammon online. And that is just the start of it. As technology grows so too will the world of on-line board games.

Finally, let me just say, that, through my research, I could find no ancient counterpart for either *Exploding Kittens* or *Flushin Frenzy*.

Bruce Ricketts is a historian, researcher, and author. Readers are invited to suggest topics for his column at: bruceericketts@gmail.com



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People come first at Trinity Church

by Pastor Franklin Chouinard

We find ourselves in the midst of interesting days. The COVID-19 Coronavirus began as a disease that spread quickly and became a pandemic. The stock market plunged. Governments acted—some more quickly than others. Near panic spread so much so that essential items such as hand sanitizer became a black market item. Self-isolation was a strong suggestion that soon went from recommendation to expectation; social and physical distancing has become the norm. Life in general has been very much affected, and church life (and life at a church) has not been immune from change.

Many of the church’s spring activities were cancelled or postponed. The spring celebration of music and worship was to be held the morning of May 24. The second annual motorcycle breakfast, blessing, and rally were as scheduled for May 31. A music night and a youth service were also cancelled. All summer activities are on hold until further notice, including the outdoor lawn chair service in August.

These decisions were made because people are more important than programs. At the same time, there is great need for community in a world that is becoming more technologically based. One can only self-isolate for so long before s/he craves companionship and personal interaction. It is the church’s role and responsibility to offer a place of safety for those within the neighbourhood and to offer community for those who seek spiritual fulfilment.

City health recommendations
The groups meeting at Trinity Church—the Alta Vista Cooperative Nursery School, the Hispanic congregation, the community garden, and the Trinity congregation itself—initially took measures using the recommendations of the Ottawa Health department. The nursery school was closed for March break and has not reopened, which affects many parents. Neither the Hispanic congregation nor the Trinity congregation have met “in house” since mid March. And the garden was forced to delay its opening due to worries about the spread of the COVID-19 virus. All groups have been forced to adapt.

The Cooperative Nursery School is closed until September. The Hispanic congregation is recording services and posting them on Facebook for the congregation



Photo credit: Geoff Radnor

to view. The Trinity congregation meets via ZOOM each Sunday morning at 11:00 to share with one another and to hear a brief message and discuss it. While everyone is welcome to join the “service”, ZOOM unfortunately underwent some problems with privacy so a password (which can be obtained by e-mailing the church office) is now necessary to log in.

Trinity Community Garden is now operational, with strict limits as to participation. Once the Government of Ontario decreed that community gardens were an essential service the garden’s leadership committee met via Google Hangout and ZOOM meetings to develop a needed COVID-19 protocol, which has been accepted as adequate to protect gardeners through the 2020 season by the City of Ot-

tawa. Gardens have (finally) been planted and are now weather-dependent for growth.

Leadership roles
Trinity Church celebrates those who are leaders in the church. Two of her young people have been encouraged to take leadership roles as they continue to search for their places in the future of the church. On the other side of the spectrum, the church celebrated Marg Shurtliff’s almost sixty-year ministry of teaching children about the work of the church internationally.

Trinity Church is primarily a spiritual centre even while she attempts to be a community hub. Before the coronavirus began to spread, the church opened her doors to the community Ash Wednesday, to allow those who desired to find a qui-

et place for contemplation, reflection, and meditation as Lent began, and will continue to offer this service once phase 3 of the recovery plan is underway.

Trinity Church is glad to be part of and to offer spiritual services to the Riverview Park/Alta Vista community. Denominationally part of the Church of the Nazarene (a Protestant church with Wesleyan roots that holds traditional Christian teachings and values), Trinity Church responds to the love of God for all people by loving and caring for others. When the congregation meets in the building, services are a blend of the traditional and the contemporary in structure and format, incorporating both hymns and praise and worship songs. Prayer is an important part of the times together, and a Biblically based message relevant to Christian living is also central to the Sunday service. Everyone is welcome to all church events and activities.

More information about Trinity Church can be found at the church web site (www.ottawatrinity.ca) or Facebook page, by following Pastor Frank on Twitter @TheFrankPastor; by e-mailing the church at ottawatrinity@rogers.ca, or by calling the church office at 613-731-8926. Pastor Frank’s *Thursday Thoughts* and a number of past services can now be found on the “Ottawa Trinity” YouTube channel. And some day soon join the congregation in worship Sunday mornings at 480 Avalon Place (at Braydon).

From the Mayor’s Newsletter June 2020

Ottawa Public Health has developed an infographic to provide additional guidance to the public. This infographic illustrates the level of risk associated with various activities.

Reducing the risk		
LEAST SAFE OPTIONS <p>Gathering in groups of more than 5 people who live outside of your household unit, where physical distancing is difficult, both indoors and outdoors. Examples include:</p> <ul style="list-style-type: none">• Sharing meals or snacks (indoors or outdoors like at a BBQ or picnic).• Having guests over.• Going to crowded places (especially indoors and also busy beaches and parks).• Participating in team/contact sports.• Visiting the family cottage, if with more than one household.	USE CAUTION <p>When you are in a public setting (indoors or outdoors), it is important to maintain physical distancing of at least 2 metres and wear a cloth mask when necessary.</p> <p>OUTDOORS</p> <ul style="list-style-type: none">• Sidestep, pass quickly and courteously, and/or stagger yourselves to not be directly behind others when walking, running, cycling, and other outdoor activities.• Spending time outdoors (including your backyard or driveway) with people who are not part of your household. <p>INDOORS</p> <ul style="list-style-type: none">• Using public transportation including buses and taxis.• Grocery and retail shopping and farmers’ markets.• Attending medical appointments.• Ordering take out food.• Allowing service providers in your home for renovations, cleaning, maintenance, etc.	SAFER OPTIONS <p>Either alone, or with members of your household only AND keep at least a 2-metre distance from others.</p> <ul style="list-style-type: none">• Going to less crowded beaches and parks.• Gardening and yard work.• Personal hobbies such as bird watching, stargazing, painting, nature journaling, and photography.• Picnics, playing catch, kicking a soccer ball.• Shopping online with home or curbside delivery.• Staying in touch with loved ones by phone, electronically or drive by visits while maintaining physical distance.

THE PLANNING AND DEVELOPMENT UPDATE



KRIS NANDA
Chair, RPCA Planning & Development Committee

The Riverview Park Community Association (RPCA) tracks and advocates for the community on planning and development matters in and around Riverview Park, as well as broader city-wide issues. The RPCA is following the review of the City’s Official Plan and discussions about changing ward boundaries as well as the recent controversial decision by City Council to expand the urban boundary to open up 1350-1650 new hectares to development to meet projected 400,000 new Ottawa residents by 2046.

Issues of interest to the RPCA and Riverview Park residents include the following items:

Proposed Apartments for 355 and 374 Everest Private (across from Perley Rideau)

Last summer, an application was submitted to erect two eight-storey apartment buildings at 355 and 374 Everest Private (between Russell Road and St. Laurent Blvd.) which would add another 293 units and 354 parking spaces to the existing complex. Concerns were raised by the RPCA and others about greater congestion on Russell Road and insufficient pedestrian crossings. No further information is available on this proposal.

Condominium Conversion for 1489 Weyburn (Between Coronation and Chadburn)

Byron Rental Properties has proposed conversion of the existing 10 building apartment complex at 1489 Weyburn into 10 separate vacant land condominium units. The proposal would see each condominium contain the six apartment units that currently exist in it, and individual apartment units could not be sold individually. No construction or changes to the existing property is being contemplated at this time. An on-line consultation was scheduled for the evening of June 11.

Trainyards High-rise Residential Development (Steamline Street)

The construction date for the first phase of a high-rise rental apartment complex along Steamline Street, across from the Post Office building on Sanford Fleming, is still on hold. This project features two 20-storey buildings and 400 units. However, the developer Controlex recently advised that the project is still with the City Planning Department awaiting final approval.

Trainyards Developments/ Industrial Avenue Issues

Construction continues on the new, larger Farm Boy Store backing onto

Belfast Road, at the far northeast of the Ottawa Train Yards parcel. The new store is planned to open later in 2020. The expected opening of Terra20 Eco-Department Store (located between Kettleman’s and Pet Valu) has been postponed until later in the year. The five-story Dymon Storage facility at 851 Industrial Avenue is expected to be completed by summer 2020.

Official Plan Issues

The City of Ottawa is currently in the middle of the exercise for its next Official Plan. RPCA Board members and others have provided input on several aspects, including a call to remove from the Official Plan the remaining links of the AVTC (from Conroy to the Hospital Link and from the Link across the Rideau River to Nicholas Street).

City Council’s May 27 vote to expend the urban boundary by up to 1650 hectares was opposed by many local organizations and community leaders concerned about biodiversity, greenspace protection and the costs of building and maintaining infrastructure for new subdivisions in the former greenspace. There were also questions as to how expanding the boundary for new development was consistent with the City’s 2019 climate emergency declaration and Climate Change Master Plan goal to reduce 100% of community GHG emissions by 2050. <https://ottawa.ca/en/living-ottawa/environment/climate-change-and-resiliency>

Proposed ‘mixed-use community hub’ near Via Rail and Tremblay LRT Stations.

Colonnade BridgePort recently announced it had purchased a five acre industrial site off Tremblay Road, just east of the Via Rail terminal and the Tremblay LRT station. It reportedly plans to develop a “mixed-use, high-density community hub” that will include rental apartment high-rises, retail space, parkland and possibly a hotel. While located north of the VIA tracks and outside the Riverview Park boundaries, this complex could give further impetus for the City to appropriately leverage construction of the proposed pedestrian overpass across the Via tracks, between Tremblay LRT and the Trainyards.

...

Information on some project proposals can be found at the City of Ottawa website at: <https://app01.ottawa.ca/postingplans/home.jsf?lang=en>. The RPCA welcomes your input on these proposals and any other potential developments in the area.

...

If you are interested in joining the RPCA P&D group or would like further information, you may contact the Committee Chair, Kris Nanda at krpp1415@gmail.com. For more information on this and other activities in Riverview Park, please see the RPCA website at www.riverviewparkca.com or email the RPCA at riverviewparkca@gmail.com



Gloucester Township Hall at Billings Bridge.

Coronation Park ... a follow up

Shared by Glenn Clark, President Gloucester Historical Society

Coronation Park was located next to the old Gloucester Township Hall at Billings Bridge. The township hall was located right at the corner of the

south branch of Riverside Drive and Bank Street and was demolished in the early 1960s. There is an office building on the site today. The brick building on the north branch that now houses a fashion shop was the old Billings Bridge Orange Hall.

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Riverview Park Review

SECTION TWO

JUNE 2020

A Voice of Riverview Park

JULY 2020

Rainbow Children

submitted by Lynne Bezanson
and Alan Landsberg

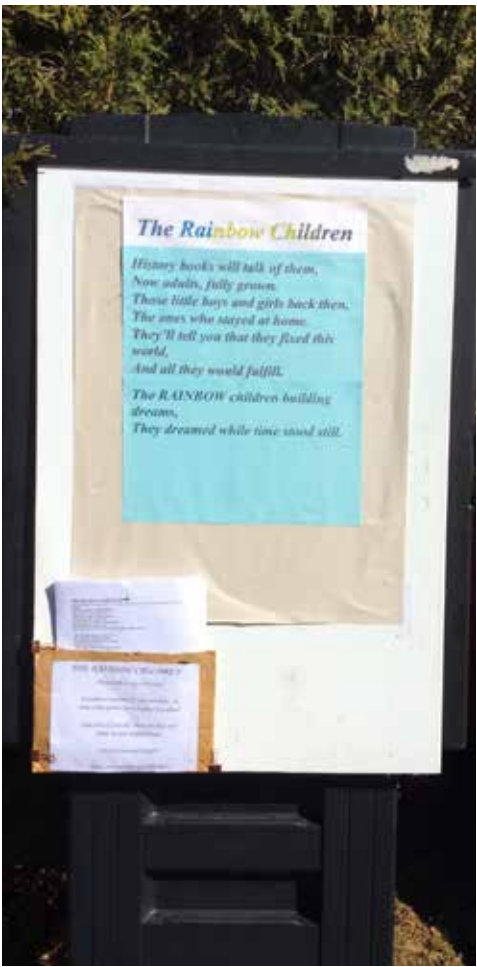
Across the UK, people have been putting rainbows in their windows as a sign of hope and perhaps a pot of gold (preferably in the form of a vaccine!) at rainbow's end. This initiative inspired an anonymous British bard to write a poem in honour of the rainbow and its hidden meaning. We found it very touching to imagine what small ones now will tell their own children about this time many years into the future. I asked the very talented daughter of a dear friend to make us a rainbow. Then we went a step further and prepared a poster with the last verse of the poem and copies of the entire poem for passersby to take. It was on an easel at the end of our driveway. We hoped it would encourage others to take a moment and think of the children and also to consider doing some-

thing similar on their windows— anything positive and hopeful. So this small contribution was an effort to encourage thinking of the children and rainbows.

The Rainbow Children ♥

The history books will talk of now,
That time the world stood still.
When every family stayed at home,
Waved out from windowsills-
At those they loved but could
not hold,
Because they loved them so.
Yet, whilst they did they noticed all
the flowers start to grow.

The sun came out, they can recall,
And windows, rainbows filled.
They kicked a football in their yards,
Until the night drew in.
They walked each day but
not too close,
That time the world stood still.
When people walked straight down
the roads,
That once the cars did fill.



They saw that people became ill,
They knew the world was scared.
But whilst the world stood still
they saw,
How much the whole world cared.

They clapped on Thursdays from
their doors,
They cheered for the brave.
For people who would risk
their lives,
So others could be saved.

The schools closed down, they missed
their friends,
They missed their teachers so.
Their Moms and Dads helped
with their work,
They helped their minds to grow.
The parents used to worry that,
As schools were put on hold,
Their children wouldn't have
the tools,
They'd need as they grew old.

But history books will talk of them,
Now adults, fully grown.
Those little boys and girls back then,
The ones who stayed at home.
They'll tell you that they fixed
this world,
Of all they would fulfill.
The RAINBOW children
building dreams,
They'd dreamed whilst
time stood still.

Anonymous

by Monique Doucette

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RIVERVIEW PARK PRESIDENT’S REPORT



BRYAN ORENDORFF
RPCA President

Hope amidst uncertainty
What a last few months it has been. For some, it has been nothing but boredom; for others fear; for others absolute madness as we try to cope with what has come to be our new, and hopefully temporary reality. The Riverview Park Community Association (RPCA) has changed as well. We continue to conduct meeting virtually, but so much of what we normally do has been put on hold. Development applications are down, construction has slowed, and our events have generally been cancelled or postponed. Even our Annual General Meeting, scheduled for October, is in doubt as we do not currently know what type of gathering will be permitted. The uncertainty frustrates everyone.

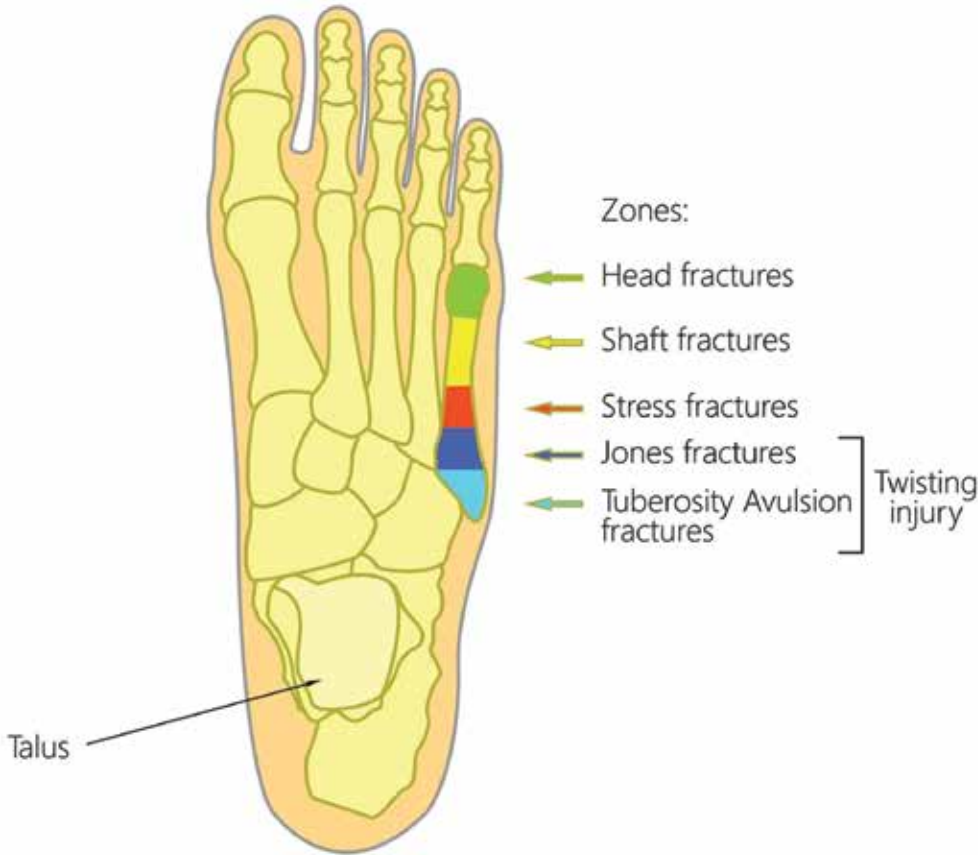


During my previous column, I was writing as lockdowns were just beginning. Now, I write as lockdowns are hopefully lifting. But hope is the word. We don’t know. This pandemic may change not just our community, but the entire world. I don’t know when I’ll be going back to the office, or even if I ever will. I’m sure many others will be faced with a similar new reality. How will that affect our mass transit system, our plans for transit oriented development, our need for cars and traffic and congestion in our community? How will it change how we shop? How will it change how we use our

parks and how we interact with our neighbours? Ironically, in the midst of all this uncertainty, the City carries on with its official plan update. Perhaps they have the answers. But in the midst of all this uncertainty, I take a moment to reflect. While I know that I have become more stressed and indeed more cynical, I think about not just how things have changed, but how they might change back. I hope that we can keep the good things we had, but drop away the baggage that was weighing us down. While I don’t miss my daily commute and being stuck in traffic, I do miss listening to the radio (something I did while stuck in traffic). I hope to keep the radio and ditch the car. While I’m not missing being crowded out of looking at tulips, I am hoping that we continue to grow them and take beautiful pictures of them. While I’m not missing long lines at Costco, I am hoping that the convenience of curb side pickup remains. While I’m hoping that we can eventually ditch social distancing, I’m hoping we can all do better to help keep each other healthier.

Hope is the light in this dark and vast place of uncertainty. Cling to what you know, what makes you smile, and what you live for, and don’t let it go. If right now it feels that it is shaded in the unknown, cling to that hope to help light your way. Reach out to those around you to help foster that light. The RPCA is here to help, as is the City and the community. Times are tough, but we are not alone and we remain strong together. This will change us, but it will not unmake us. As I noted before, please check in with the RPCA website to see the latest on what RPCA events are happening and where, though expect a slow summer. Similarly, while the next RPCA board meeting is scheduled for early June (we will then be on break until September), it will be conducted virtually or by phone with no availability for visitors at this time. For more information, check out our website at www.RiverviewPark.ca, drop me a line at bryan.orendorff@rogers.com with your questions or thoughts.

Fifth Metatarsal Fractures



by Susan Reive, Physiotherapist

A fracture is defined as a break in the bone. There are 4 types of fractures: a stress fracture involves a crack in the bone but there is no displacement; a displaced fracture is

where the two adjacent ends of the bone separate at the fracture site. A pathological fracture occurs when the bone breaks due to an underlying condition such as osteoporosis which weakens the bone. Finally, a compound fracture occurs when the bone breaks and comes out of the skin. The fifth metatarsal fracture is an injury that you don’t want to miss. The fifth metatarsal is a long bone in the outside of the foot extending up from the little toe. It is the most common metatarsal bone to be fractured. Early diagnosis is key to proper treatment and a successful outcome. The fifth metatarsal fracture can occur from trauma such as a sprained ankle. The twisting force cracks the bone when the ankle rolls inward. Sometimes the repetitive force of jumping or dropping a weight onto the foot can cause

a fracture. Runners are at risk of a metatarsal stress fracture due to the repetitive stress and pounding. Underlying conditions such as osteoporosis can increase the risk of fracture. Fifth metatarsal fractures can be hard to heal depending on where the fracture is located. An avulsion fracture of the fifth metatarsal occurs when the tendon (peroneus brevis) that inserts into the tip of the metatarsal pulls a small piece of the bone off usually as a result of an ankle sprain. Symptoms include pain, swelling, and difficulty weight bearing. An X-ray will usually confirm the diagnosis. Sometimes a bone scan is needed. Treatment of an avulsion fracture includes immobilization in a walking boot for 4-6 weeks. Often doctors will want the patient to use crutches. Patients will sometimes require surgery if the fracture is displaced and not uniting. A Jones fracture is also a fracture of the fifth metatarsal but further down towards the little toe. Fractures in this area of the fifth metatarsal are harder to heal due to its poor blood supply. Treatment also involves cast immobilization but the patient is non-weight bearing with crutches for 6 weeks. Jones fractures sometimes require surgery to allow bony healing. Physiotherapy can commence once there is sufficient healing of the fracture. Treatment includes mobility exercises, stretching, strengthening, and gait re-education. Modalities which relieve pain and swelling plus encourage healing are also incorporated. Gait re-education is provided as the patient weans out of the boot. Both an avulsion fracture and Jones fracture take time to heal. Usually 8-12 weeks for an avulsion and 12+ weeks for a Jones fracture. What is important is early recognition and detection such that the foot is immobilized in a boot and protected to allow sufficient healing. If you sprain your ankle and have considerable pain weight bearing it is best to seek medical attention to rule out a fracture. Susan Reive is the owner of Kilborn Physiotherapy Clinic.

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FINANCIAL PLANNER

It's Not Easy, But Look Past the Market Selloff

by Bob Jamieson

These are challenging times. Like everyone, you are concerned about keeping your family safe and healthy, and you're doing your part to help protect your community from the effects of the coronavirus. And if you're an investor, you must also address your financial situation. How should you respond to the current market volatility and recent declines in investment prices?

For one thing, try to avoid what many others seem to be doing: panicking. The market selloff may feel unsettling, but it appears to partly be driven, by fear and panic than by economic or financial reality.

Uncertainty is high, but there are reasons that provide more confidence in the longer-term outlook, suggesting that conditions still warrant an eventual rebound. Canadian unemployment entered this situation near a 40-year low, with solid wage growth. We will see a temporary, but material, disruption to the labour market, of course, along with a decline in economic activity, but households entered this period in generally good shape. Interest rates remain near historic lows supporting the housing market, and policymakers have acted swiftly to stabilize the economy in the near-term and support a recovery once the virus is brought under control.

It seems likely that the investment world will finally calm down only when the health situation shows signs of containment – and this will inevitably happen, despite the grim reports we are seeing these days. As a country, we have the motivation, the will, the solidarity and the resources to defeat the coronavirus and its effects, despite the pain and trauma it is now undoubtedly causing.

So, back to our original question: What should you do? Here are a few suggestions:

Remember why you're investing. Given the market decline, you may be tempted to change your investment strategy. But keep in mind that your financial goals, such as a comfortable retirement, are longer-term than the shelf life of the coronavirus. These goals, not today's headlines, should guide your decisions.

Re-evaluate your risk tolerance. The recent volatility provides a good test of your ability to weather short-term swings in your portfolio. If you're having a hard time coping with these losses, your portfolio may be positioned too aggressively for your risk tolerance. If so, you might want to adjust your portfolio mix to include more fixed-income securities, which can help provide more "downside" protection. However, this would also affect your long-term growth potential.

Look for good buying opportunities, because they are certainly out there. A well-managed company with a solid business plan that produces quality products and services is going to be that same company after the coronavirus and oil price panics subside – and right now, that company's stock shares may literally be "on sale."

While it's not easy for you to look at your investment statements today, remember that you're investing for goals that may begin or last decades away. By keeping your eyes on the horizon, so to speak, you'll be less likely to over-react to the news of the day – and more likely to follow a long-term strategy that can work for you.

If you would like some advice in reviewing your investment portfolio at this time, please feel free to give me a no-obligation call at 613-526-3030.

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Trinity Garden is grateful for The Community Gardening Network



Pierre, Rick, Ken & Jacob constructing the borders.
Photo credit: Stew Bailey



Stew and Joseph put the borders in place.
Photo credit: Anna Tjepkema.



Anna T happy with the result.
Photo credit: Rick Tjepkema.

of different ages and made of various materials. Additional plots have been added throughout the years, and consistent spacing of pathways has not always been achieved.

The placement of new cedar borders along with careful measuring and leveling will enhance the accessibility of the garden. Anna T completed the application process and along with fellow committee member Pierre organized a work team. On Saturday May 30th nine people worked together to build and install 42 cedar borders. They will greatly enhance the accessibility and appearance of the garden, and they make weed maintenance easier and also help with water retention. Members are very grateful for the grant.

This year during the Covid Pandemic JustFood and the Network have been invaluable. On March 30th, the provincial Government included Community Gardens as one of the recreational activities designated for closure due to the Pandemic. JustFood worked to organize concerned Ottawa citizens to write to the Government asking that the gardens be designated as part of the essential food services. There are currently over 100 community gardens in the city and they provide a significant amount of fresh produce to the gardeners as well as the food banks which many gardens, including Trinity, donate to.

It was with enormous relief and appreciation that we learned in mid April that the Province agreed to allow gardens to open. At that time, JustFood worked with Ottawa Public Health and all the co-ordinators for the Community Gardens to create a Protocol for all gardeners to follow to ensure their safety and inhibit the spread of the virus. Members will tend their plots according to a schedule to ensure that appropriate physical distancing is possible. For this year they are asked to bring their own tools rather than use the shared ones and to sanitize all common surfaces such as water taps. Also, the Community Gardens are closed to the public during this time, and only members are permitted amongst the plots.

Even with these restrictions, members recognize how fortunate they are to be able to grow their own food during this time. All of our 42 plots are occupied and we have a short waiting list.

If you would like to learn more about JustFood you can visit their website at justfood.ca. If you have questions about Trinity Community Garden, please write to us at trinity.garden@rogers.com

by Bernadette Bailey

A new gardening season has begun and members of Trinity Community Garden are glad to be able to be here during this time of the Pandemic. We are grateful to JustFood and

The Community Gardening Network is one of the initiatives of JustFood, a local, non profit community based organization that works on food issues in Ottawa and the surrounding area. In part it envisions “a vibrant, just and sustainable food system where all people, at all times, have physical and economic access to sufficient, safe, nutritious and culturally acceptable food for an active and healthy life”.

The Community Gardening Network contributes immensely to the realization of this vision. It offers assistance to those interested in creating community gardens and it also builds gardening skills through workshops and offers support and information to garden co-ordinators and gardeners. Through its Community Garden Development Fund it provides grants to establish new gardens and to make necessary improvements to existing gardens.

Trinity Community Garden received a grant in 2012 which enabled us to become established. This past winter an application for a grant was made to allow for the building of consistent borders. Since the inception of the Garden the plots have been in ground, and borders of 6 inches in height have been allowed if gardeners chose to build them. This has resulted in some plots without borders, and others with borders

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The Governor General's Foot Guards Band plays the Milanollo March.



Maud Powell, one of the first artists to record for the Victor Talking Machine Co. in 1904.



Corey Cerovsek plays the "Dragonetti" Stradivarius violin.

Violin players, some with close connections

by Geoff Radnor

Last time in this journal, we learned about the growing number of young female violinists, however there were a few women who were just as famous way back in the 19th and early 20th centuries.

The American violinist virtuoso Maud Powell was at the height of her powers in the 1910s. Born near Chicago she was only 13 when she travelled to Europe to further her musical education. That was before jets made the flight from New York to Europe in just a few hours. She travelled by ship and that took a few

days. She became one of the most famous violinists of the era, while just about all the others were men. Even earlier there was Wilma Neruda, born in Brno in 1838, now in the Czech Republic, one of the finest violinists of her time. There were also two sisters from Italy who

CONTINUED ON PAGE 35



Teresa Milanollo the elder of two sisters, to whom the tune Milanollo was dedicated.

Coronavirus Information

COVID-19 is something that we are all facing together. Our primary concern is the health and safety of Ontarians.

Thank you to all the province's essential services workers and those on the front-line.

You step up every day to ensure individuals, families and seniors have what they need to stay safe and healthy.

Thank you to everyone else who is staying home and practicing physical distancing.

It is important to listen to the advice of Public Health experts:

- Wash hands frequently
- Avoiding touching eyes, nose and mouth
- Avoid contact with people who are sick
- Practice social-distancing
- Stay home if you are not feeling well
- If you are concerned or suspect you have the virus, call: **Telehealth Ontario: 1-866-797-000** or **Ottawa Public Health: 613-580-6744**

These are important measures to protect ourselves and the ones we love. This is a time for all of us to work together, individuals, families, government, business, and if we do this, we will meet this challenge.

To use Ontario's self-assessment tool visit: <https://covid-19.ontario.ca/self-assessment/>
As this is a fluid situation, please monitor our website or call us for up to date information.

We are here to help

Please feel free to contact me at my community office if there are any provincial issues I can assist you with. My staff and I will always do our best to help you.



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Going it *almost* your own way

by Bill Fairbairn,
With appreciation to the Canadian
Franchise Association.

“Owning a franchise means being in business for yourself, but not by yourself,” says Sherry McNeil, Canadian Franchise Association (CFA) president and chief executive officer.

“Franchises provide everyday Canadians with the opportunity to become self-employed small business owners while benefiting from an established brand.”

To support her words McNeil says Canadian franchising is the 12th largest industry in Canada with more than 1,200 franchise brands, 76,000 franchise locations across the country and, in Ottawa, its more than fair share right down to Riverview Park.

The CFA’s 2020 Directory of Franchise Opportunities lists food service entrepreneurs as the largest group of CFA’s membership. Almost 40 per cent are in quick service, casual dining or full service restaurant categories. However, 60 per cent can be found in a broad range of industries and sectors from automotive to fitness,

hair and beauty to health services and education to pet supplies and other services.

“As a business model, franchising can be successful in almost any kind of business,” McNeil claims.

The CFA directory lists the Triple O chain, established in 1928, as the first CFA member restaurant in Canada. It notes that Dairy Queen franchised in 1940.

The pioneer

However, the magazine *Franchise Canada* published an article about Martha Matilda Harper stating that she should be considered the pioneer of franchising. According to the article her first Canadian franchise location was in Toronto in 1905.

Harper was born in Oakville, Ontario, in 1857. An entrepreneur and inventor who built an international network of franchised hair salons that emphasized healthy hair care, she had worked from age seven as a domestic servant and saved enough money to start work full time producing a hair tonic she invented. The product and creation of her own salons were so successful that she began franchising her salon model to low income women.

At its peak the company included 500 franchises and an entire line of hair care products.

2 million jobs

Franchising has gone a long way since Harper’s days! It gave jobs to 2 million Canadians at 76,000 locations in 2019. It contributed more than \$100 billion to the Canadian economy before the current virus invasion. Over the past five years brands grew 23 per cent and the number of Canadian establishments, franchised and corporate, grew by four per cent. The forecast is that the franchise mammoth will soon be back at full force again.

From enjoying a morning coffee out of home to dropping kids off at day care, to getting houses cleaned, to having lunch, to picking up dry cleaning, to buying food, to staying at a hotel while on vacation or on a business trip, to having hair cut or styled, the franchise model is an important part of normal Canadian day to day life.

And, hopefully in the not-too-distant future Canada *will* get back to normal and we will be there to provide even more support to our local franchises.



Martha Matilda Harper

168 Sushi is a local franchise located at 1760 St. Laurent Blvd., between Smyth Road and Industrial Avenue. Open for take-out 7 days a week + holidays. Telephone: 613-523-1680. Or, check 168SushiBuffet.com



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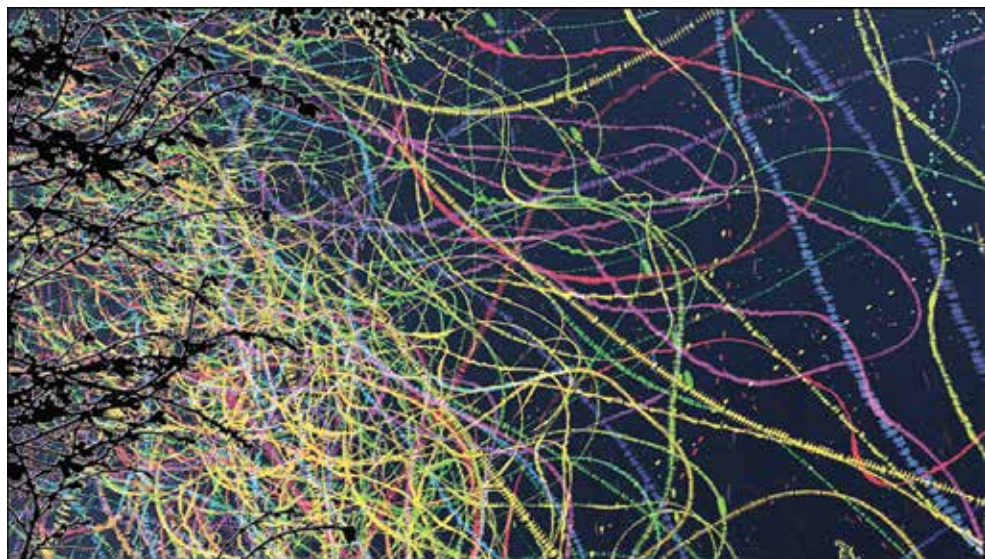
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AIKIDO JISEIKAN Adapting



by Winking Owl

The other evening, I put my camera on a tripod, pointed it at the sky and shot eight minutes of video. From it came the image above. Gulls circling in the blue left bright trails, each coloured according to what time they flew over. Such creative endeavours are what you get from a cooped-up human. It's not so bad.

Oh yes, and I have also learned the complete sequence of one hundred eight movements of the Tai Chi Chuan *Long Form*. I started learning it in 2011, when Sensei suggested that Tai Chi would help my Aikido. Later I got side-tracked by two shorter forms, and the Sword form, and the Fan form. Last October, Sensei suggested that I return to the 108 form, so I did, but mostly I've learned it since the pandemic hit and the dojo closed. Without my teacher to follow along to, I had to learn it now, or never. If I let it slide and forgot it, it would be such a pain to re-learn *again*.

Everyone is adapting to our new circumstances in their own way. Here are some other reports.

RL

In all this craziness, I take great comfort in knowing that we are all in this together: a great global unity and a sense of belonging with everyone, everywhere.

I am reading a lot - one of my favourite hobbies since I was a child. For a scientist, the coronavirus, the Covid19 disease and all the intertwined issues in this pandemic are fascinating to study. Ironically, learning about the uncertainty, and how to cope with it, is helping to fill the voids.

I spend some time most days, going for walks, and gardening. I visit my favourite white pines by the Ottawa River - old friends. The promise of home harvest is something to look forward to!

CF

Our family has always been a tightly knit threesome. My son is a bit worried as he has graduated from University, but they cancelled convocation and he has lost his summer

job. This causes some family stress, but we are working through it.

Guess what! The Visa bill is half its normal size! No shopping! For an accountant who loves to save, this is big!

I miss my Aikido a great deal. It is hard to just stop cold turkey. It may be quite a while before we can again practice with contact. I miss my friends and I miss the training. I can't change this situation. So, I make the best of things and keep on trucking!

IN

Aren't we lucky to have Tai Chi? Isn't it amazing how the practice reflects how we really are doing? If my mind is wobbly, my balance is too! Doing a few sets settles me when I need it. As one day rolls into another I find that I am OK alone, with time for self-reflection, for considering what is really important in life. I miss HUGS! I celebrated my birthday, and mother's day, with family in my GARAGE so we could keep our distance. I go out every day for nordic walking. Such a lovely time of the year to be out. Not long now and the trees will be green, time to plant flowers too! Can't wait. Little things like that seem so much bigger now.

SY

I wake up early. I eat meals at regular times. I walk and greet my neighbours. I clean the house. I check on my friends. I listen to podcasts that make me laugh. I enjoy spending time out in the yard. I exercise. I relax.

FL

The amount of time I spent in front of a screen has increased dramatically. I am getting used to connecting electronically with friends and family. I've been taking more walks and breathing fresh air every day. More people are spending time outside, so I get to meet neighbours I never knew I had!

No commuting means more free time. Time to refine my coffee making! Time to declutter and do deeper spring cleaning. Time to listen to the birds. Time to meditate.

I can get used to that! What is more challenging is to keep up regular physical training. I look for-

ward to going back to the dojo! Meanwhile I have signed up for some great online Tai Chi lessons.

YK

"Stay Home" actually means "Stay in the kitchen" to me. I feel like I'm living in my kitchen to feed two growing teenage children. Their school has been closed since the middle of March. It was a big change for them, suddenly not being able to meet their friends. Not knowing when they can do that again is tough. It is a scary time. I decided to support and comfort my family with tasty food. I spend a lot of time planning what to make. The other day I cooked Japanese, so today maybe Italian or Thai? My son has grown over fifteen centimeters in the past year, and his stomach seems not to have a bottom. I always underestimate his appetite. I feel he would be happy with whatever I prepare.

MC

Do you remember wishing each other a Happy New Year, Health, Success?. And now, well, l'homme propose, et Dieu dispose, as they say...

Our new objectives are: making do with less, exercising our creativity, appreciating the simple things in life, and plain old survival. This year has turned into a time for contemplation.

We reflect on different things as we age. This is a chance for me to see afresh my place in the great scheme, as it unfolds in sloooooow motion...

I observe the courtship of two cardinals. I befriend a five-inch cucumber seedling, whose first tendril literally jumps at my finger, taking it for a support. I water my plants; I garden next to the chickadees who flit around our very red birdhouse; I play with my little grandchildren, at the beginning of their lives. From where I stand, it is all so beautiful and perfect and moving.

As Much as Possible from as Little as Possible. Let this be my ethos in all things now.

JT

My family has wondered why I would often spend vacations training in uncomfortable conditions

at odd hours? Cold mornings, sore joints, blistered hands, extra chores. Why would I *choose* to do that?

"This" is the reason. This time of change, and how to cope. I find that these months of disruption call on the discipline I've learned over the years. I rise early, I work, I care for the people I'm with and the space that we share. I'm less busy, still I get more done.

SP

I worry about my friends and colleagues, about my daughter and her boyfriend who have returned to work, my Aikido partners, my hair dresser. I have been visiting my Mum who's health is very fragile. We both feel that the companionship outweighs the risks. This pandemic has forced us to make difficult choices.

I am so glad we have a good public health care system, and politicians who listen to the advice of their experts. As a former civil servant, this makes me so grateful to be Canadian.

Despite my best intentions, the only exercise I am getting is walking the dogs twice a day and the occasional solitary Tai Chi practice. On the plus side, I feel less stress because I am not rushing off to appointments and commitments.

CC

Enjoying nature, breathing the fresh air and getting some sun, are good for my spirit. Light green leaves unfurling, Birds flitting around. A fresh breeze in my face. The noise of children playing outside. The scent of magnolias. Spring.

Something else that lifts my spirit, is to move, walk, exercise. But, I am not very good at disciplining myself to it. So Aikido practice was important to me. My partners supported the healthy habit. Now I am on my own. So I remind myself of how good I will feel after. I pay attention to my body relaxing as I walk. I breathe deeply. I notice how my mood changes as I move. When I return, I always feel better.

The essence of Aikido is
Flexibility Overcoming Stiffness.
Bend like the Willow

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Check out what your friends and neighbours have been doing during the period of physical distancing



Teddy bear hunts are taking place all over the world, including Riverview Park and they are unbearably fun! Marian O'Connor and her Mother, Norma O'Connor, set up one at their house.



Liz went to fly a kite



Greg Money discovered this painted rock hiding in the Riverview Alternative School fence.



Bernadette Bailey is meeting with a volunteer group on one screen and a Zoom for volunteers on another. Our kids (in Montreal) have also been doing this.



These two kind girls are Chelsea and Aynsley. Chelsea painted the permanent Thank You sign and Aynsley changes the message every day,



Penny Turnbull did the design of the beautiful arbour and her husband, Ken Church, put the unit together.



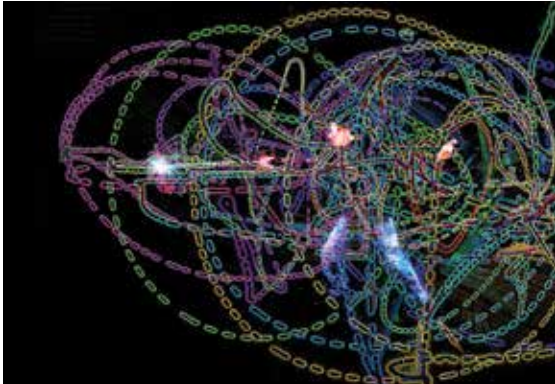
"I have been writing a new book during this time. To be honest with you, it started out as my autobiography but my sense of humour stepped in and turned it entirely into a work of fiction," replied Bruce Ricketts, shown here with his wife Anna.



Zara painted the ceiling



Denise Kennedy looks after the Riverview Alternative School garden as a volunteer. Most plants were donated for the garden by members of the Master Gardeners of Ottawa-Carleton and members of the Ottawa Horticultural Society. The bridal wreath hedge was removed last August. Some of the shrubs were purchased this spring, and hopefully all will survive.



"I call it ChronoChrome, not to be confused with Chrome," noted Norm Dimock, who made a comment about the dramatic photo.



Peter Bishop probably had some of the earliest flowers on his street.



Garden decor got a fresh coat of paint after Pierre set to work.



Erin had

Neighbours have physical separation....



Stewart Bailey took a photo of her husband Stewart Bailey volunteer committee that he is part of. "I'm zoom- and taking minutes on the other. We both use er meetings, as well as staying in touch with real and Berlin, Germany), other family, and ing virtual book clubs," noted Stewart.



Susan Ross had time to get back to her art work.



Dianne, Marie and Ron supervised the raccoon mother's relocation project



In addition to making masks for family and friends, Jan Hynes joined other volunteers to provide masks for vulnerable groups in the city.



Janina Nickus beat husband, Bill Fairbairn, in one famous Scrabble match.



Bill Fairbairn was the winner in a re-match with his wife, Janina.



A serger on the right, regular machine in the middle and new heavy duty on the left, helped Anne Stairs get some jackets made.



With a little extra time on his hands George Stairs was able to get in some heavy reading. Lots of deep thought in all those books.



used with Coro- responding to



d new nails



This rainbow has been in the window of Lynne Bezanson and Alan Landsberg ever since they heard about the initiative taking place across the UK. Ella Hopkins Bryan created their rainbow. The story and poem are on another page of the paper.



Kathy tried to clean up her closet. We wonder how this project went?



Taryn and Tessa at their piano recital done remotely using Zoom and held outside so their Grammy could attend.



Norm Cameron was able to celebrate his 92nd birthday in style thanks to his daughter, Carol Ann. Here he is on the front porch with wife Jean, watching as friends and neighbours wish him well.

TECHNOLOGY TIPS & TRICKS

Minimize the risk to your communications

by Malcolm and John Harding,
of Compu-Home

With every thinking person carrying out the greatest degree of self-isolation that their personal circumstances can allow these days, our ways of staying in contact with the outside world have become more important to us than ever before. Here are suggestions for keeping your communication tools and practices safe and reliable:

Physical damage is a worse danger than usual, because repair or replacement is challenging, slow, or sometimes impossible. Mobile devices like tablets and laptops tend to be shifted around the home as needed, and they are sometimes set down in precarious locations. Tablets and phones are pretty robust, but if you drop one on its charging port, that could be the end of it. Leave the teacup on another table. Special care is the order of the day.

Fraudulent scammers are working overtime. In addition to all of the usual phone calls and brows-

er attacks, the crooks have come up with some pandemic-related schemes such as official-looking communications related to virus testing, employment opportunities and government assistance programmes. Suffice to say that everyone must be absolutely certain never to divulge personal or financial information when you are not 100% certain who is on the other end. Watch <https://www.tv.org/video/crooks-cybercrime-and-covid-19> for a thorough treatment of this subject.

Zoom has very suddenly become immensely popular with lots of us who had never heard of it a few weeks ago and we were not surprised to hear that their attempts to keep secure have been at times overwhelmed. For that reason we would never say or display something on Zoom that we wanted to remain confidential or that could be potentially embarrassing in any respect --- just as we would never post that sort of content on social networking such as Facebook, or in an email. That having been said,

it does seem possible that some of the dire warnings about the use of Zoom may have been overblown – or the weaknesses have since been corrected. Here are two websites that we think could be helpful:

<https://www.digitaltrends.com/computing/how-to-increase-your-privacy-security-zoom/>

https://blog.zoom.us/wordpress/2020/03/20/keep-uninvited-guests-out-of-your-zoom-event/?_ga=2.254181899.248630181.1586782817-744306039.1586023598

Availability of replacement equipment is a bigger issue than usual. As of this writing most retail stores are offering “curbside” service, which involves an advance purchase in their hastily-organized website and then visiting the parking lot or doorway of the store to have the item brought out to you. Patience in navigating the website is the biggest challenge; we have found the actual delivery at the store to be invariably cheerful and efficient.

Some equipment is in short supply. The explosion in online

meetings has apparently gobbled up every single webcam in North America. Users of desktop computers with no built-in camera and microphone have found it is impossible to buy them and have had to resort to tablets and smartphones or old retired laptops. Others are finding that equipment in general is limited in stock at the stores and you have to act quickly before the gem you have decided will be just right for you, is sold out.

Smartphones are in heavier-than-usual service and your usage may be nearing the limits of your “plan” for data or voice. You may be tempted to contact the company about moving up to a higher level but you should calculate instead the cost of paying for overage for what will probably be just a few months, vs the cost of a more expensive plan for a 2-year contract.

Compu-Home is still open and assisting you in any safe way that we can with your computers and all technology-related issues. Call us at 613-731-5954 or write to info@compu-home any time.

Schools and the considerations to re-opening



CHRIS ELLIS
Chris.Ellis@ocdsb.ca

The closures of schools have brought to light many of the challenges that were already in the system. More and more the need to have technology and access to the internet was necessary to do school work and there

were gaps even before Covid-19. It is expected that any re-opening will be phased in with only a percentage of students in schools at one time. There will be the need for continued online remote learning. The OCDSB distribut-

ed 7000 Chromebooks from our schools and purchase 1700 Internet hotspot devices. Students will still need these devices so it will be necessary to purchase chromebooks to use in the schools.

The province hasn't given any indication what re-opening schools might look like. However discussions are taking place between the Education Ministry, Directors of school boards, the Trustee organization Ontario Public School Board Association (OPSBA) and education unions. The Province has stated that by the end of June they will release a “framework” for re-opening. I'm concerned that there will be few details.

Schools and social distancing. For buses that hold 70 students only 17 could ride if the 6 foot distancing were to be implemented. To have 6 feet between desks would mean very low class sizes. I have seen some class rooms where there are partitions on desks but that raises other issues such as the time to add partitions and then what would be the effect on learning?

Should students and staff wear masks? How will the younger children react to that? There are many unanswered questions. The Dis-

trict is monitoring those jurisdictions that have opened schools to learn from them what works.

Certainly extra-curriculars such as sports and clubs will be drastically scaled back if they take place at all as schools re-open.

Budget for 2020-2021
Usually the Provincial Govt. releases the funding for the next year early May but this year not even general info has been released. Staff is hoping to have enough info to table a budget June 22. According to law School Boards need to pass a budget by the end of June.

There have been times in the past where due to the Province not sharing the funding till into June that passing a budget takes place during the summer. That will be the case this year I'm sure.

Complicating this is what additional costs will be incurred for more and more intensive cleaning, masks for staff and students and as mentioned earlier will partitions on desks be required?

Unfortunately the opportunities for consultation that has been the norm at the OCDSB will be limited.

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Chris Ellis

Public School Trustee
Alta Vista/Rideau-Rockcliffe
Zone 6 Ottawa-Carleton District School Board

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COMMUNITY BULLETIN BOARD

Rideau Park United Church

Online Activities and Events, Mid June - Mid September 2020
The Rideau Park United Church building continues to be closed, as a Public Health requirement during the Pandemic, and likely will be for some time yet. However, a number of church events & activities are happening online for spiritual & social connection over the summer months. For information, please contact us at 613-733-3156 ext. 228 or www.rideaupark.ca
These activities include:
* Sunday 10 am Worship Services, with a welcoming message, hymns, prayers, videos, scripture, soloists, and a thoughtful reflection, live streamed at www.rideaupark.ca Please join us!
* Weekday Prayers posted each day on the Rideau Park United Church FaceBook page, by Rev Elizabeth or Rev Steve. No need to join the FaceBook Group to view the postings.
* Camp Awesome 2020, a day camp for children aged 4-12 years, will be offered as an online experience this summer. A work in progress, current thinking suggests that the Camp will become a one-hour, age-specific online event, meeting on weekdays for several weeks in the summer. Participants would receive an “at home camp package” to help them take part in camp activities. Watch the church website, www.rideaupark.ca for more info as the program develops, and also for registration.

Emmanuel United Church

691 Smyth Road. For information contact our office at 613-733-0437 or e-mail office@emmanuelunited.ca. Website: www.emmanuelunited.ca
Sundays, 10:00 a.m. - 10:45 a.m.: Join our Live-Streamed service at <http://emmanuelunited.ca/worship/webcast.php>.
Online Archive of Sermons and Services: www.emmanuelunited.ca/worship/sermons.php.

Blair Court Community Food Bank (formally Nativity Parish Food Bank)

The local food bank is now located at Blair Court Community House, 1566 Station Boulevard in Riverview Park. The Food Bank is operating every second week by appointment only. To book an appointment you must call by Monday or by noon on Tuesday the week of food bank to book their appointment.
July dates 7, 8, 21, 22;
August dates 4, 5, 18, 19
There is ongoing registration for new program users. Please bring identification for first time users. For further information, please call 613-736-5058.

Friends of the Central Experimental Farm

Agriculture and Agri-Food Canada have reopened all roads and parking lots to vehicles in the Central Experimental Farm. However, please note that physical distancing rules remain in effect, and only walkthroughs are permitted. Please continue to respect COVID-19 guidelines while enjoying our beloved common space, and practise appropriate behaviour for the safety and comfort of all human, plant, and animal life.
The Friends of the Central Experimental Farm offices remain closed for the time being, but you can still reach us by email or on Facebook!

St. Aidan’s Anglican Church

Although our church building is closed our church community continues to flourish. Please visit our website www.staidansottawa.org if you would like to receive Rev. Linda’s weekly Pastoral Update and weekly Prayer Guide. Join us for Sunday Worship with the people of St. Bartholomew’s at www.stbartsottawaca. The liturgy is posted at approximately 9 am. each Sunday and can be accessed at any time after that. For more information contact the church office at 613-733-0102 or by email at staidans@bellnet.ca.



Wilma Neruda, (Lady Hallé) married Sir Charles Hallé in 1888. The Hallé Orchestra still plays in Manchester.

Violin

CONTINUED FROM PAGE 29

both played the violin and became famous. Teresa Milanollo born in 1827 and her sister Maria, who was five years younger, were the wonders of the musical world. They toured all the cities of Europe, playing for the crowned heads in Europe including Queen Victoria in 1845.
Teresa played a Stradivarius violin that had originally belonged to Domenico Dragonetti. This “Dragonetti Strad” was one of the violins that Vancouver-born violinist Corey Cerovsek played during his world wide appearances in the 1980s.
The German composer, Johann Valentin Hamm, wrote a piece of music for the Milanollo sisters. They played it in England in 1848 during one of their tours of Europe. In 1880 the War Office in London authorized the tune as the official march of The Coldstream Guards, the “Milanollo”. It is also now the official march of The Governor General’s Foot Guards of Canada. So there are at least two connections of the Milanollo sisters to Canada.
To hear the *Milanollo March* click on https://www.youtube.com/watch?v=px_k_Jbdn2M
To hear *Corey Cerovsek* play Click on <https://www.youtube.com/watch?v=2ds63mp6wNk>




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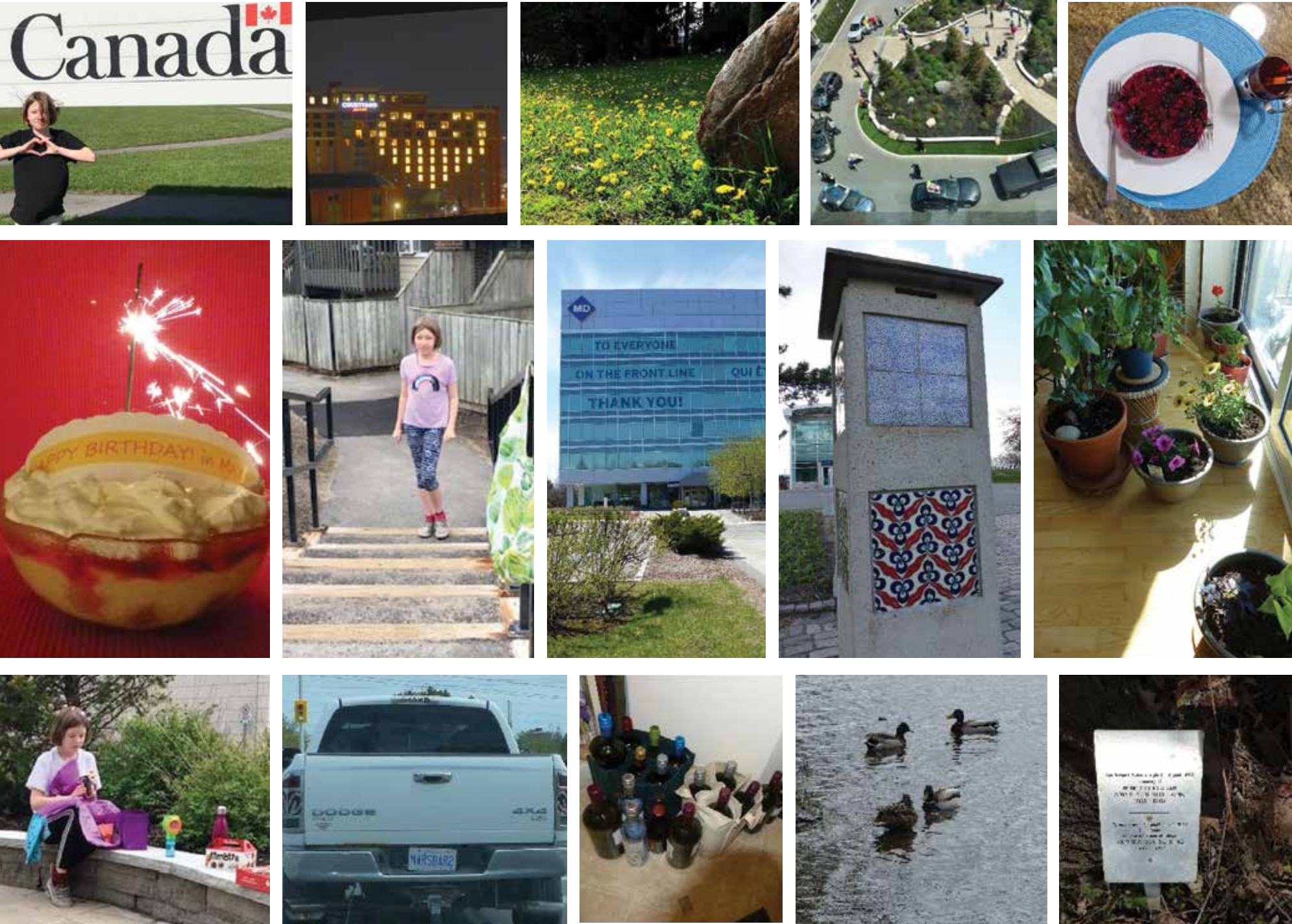
Lost and Found Pet Recovery Network

We all miss our pets when they become lost. A missing pet is a stressful situation for both the guardian and the animal.

Orrin and Pam Clayton have set up a confidential e-mail list of pet owners (and those who care) in Riverview Park. If you wish to participate, please e-mail letterit@rogers.com with your e-mail address, postal address and phone number.

When letterit@rogers.com is notified of a lost pet, all participants will be sent a confidential e-mail with a description of the lost or found pet. When a pet is found, Orrin and Pam will notify the owner and arrangements can be made for the pet to be returned.

Your participation may result in a lost pet being returned to their grateful owner.



When the RPR Staff Photographer was asked what he did during his time in isolation... Geoff Radnor replied, “Only fifteen of the hundreds of pictures that I have taken during our 3 months of isolation.”



Member of Parliament | Député

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David McGuinty

Ottawa South | d'Ottawa–Sud



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Mon bureau vous renseigne sur les services offerts par le gouvernement du Canada, notamment:

- » le Régime de pensions du Canada / la Sécurité de la vieillesse
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If I can ever be of assistance to you, on any federal matter, please do not hesitate to contact my office.

Si jamais je peux vous aider, n'hésitez pas à contacter mon bureau.

David McGuinty, MP | Député

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DEAR FRAN

Food growing and old wives' lore



FRAN DENNETT
dearfrangardener@gmail.com

The current Covid-19 pandemic is stimulating people's interest in growing their own food. Growing sufficient food so that you do not have to shop for fresh produce for your family is a whole other project. To harvest a fresh tomato, some green beans, cucumbers, and a few tasty herbs is very easy to do whether you have a garden with space or just a balcony. Think small for your first endeavor-- a square yard for a small garden and no more than 10 square feet in a large garden. Then next year you know what you are capable of doing and can increase your growing area accordingly.

Concerns for those living in apartments are: if you are away for a period of time who will water your plants; check on the rules apartment buildings have regarding plants on balconies and water dripping on units below; high floors in apartment buildings have high winds, so you will have to consider solutions or your plants may perish or blow away; and no matter how high you are the squirrels will find your food!

Small condo/garden home dwellers can still grow a few tomatoes either in the ground or a few containers, a bush type cucumber uses 2-3 square feet of space, herbs can be tucked into any small space among flowers or in an herb container that has "pockets" (strawberry planter) thus utilizing your vertical space. Containers can be moved to follow the sun.

If you are keen to grow your own food but do not have the space consider joining an Allotment Association. There are several around the city.

Ottawa Allotment Gardens are operated by the City of Ottawa, Department of Recreation, Cultural and Facility Services, and is administered by different communities, e.g. Kilborn Allotment Association, Gloucester Allotment Association. Contact the individual association.

That leaves the people who have a backyard with lots of space and are prepared to do the work to

grow their own food. Please refer to my article on vegetable gardening that appeared in the June/July 2018 issue of the RPR (<https://riverviewparkreview.ca/archives/>) so I will offer other information here.

The elements for successful vegetable growing are 5-6 hours of sun, water and harvesting your vegetables and, of course, eating them. Vegetables left on the plants for too long continue to ripen and will eventually go to seed, because a chemical message is sent within the plant to stop producing fruit and start producing seed (preservation of the species). This is why you need to continue to pick your beans or cucumber or whatever at the size recommended on the seed packet to encourage more blooms, ergo more new veggies.

Many years ago I was given a booklet written by two British spinsters, Maureen and Bridget Boland titled "Old Wives' Lore for Gardeners" (published 1976) and I found myself referring to this booklet both for a good read and to see how they handle a similar situation. In particular I found their information on vegetable gardening very interesting.

Also, I have read the Farmers' Almanac and especially their charts on planting by the moon phases (<https://www.farmersalmanac.com/why-garden-by-the-moon-20824>). The sisters also referred to this age-old practice as old wives' lore.

Basically you only plant seeds when the moon is waxing never when waning. A waxing moon is when the moon is new until it is full and its light is the brightest. This is when you plant annuals and vegetables that bear their fruit above the ground.

Plants that grow their crop below the ground, e.g. flowering bulbs, biennial and perennials and vegetables the produce fruit below the ground level, are planted when the moon is waning or dark. This means you may plant these plants from the day after the full moon until the day before the next full moon. Old wives and farmers believed that planting by the moon produced a larger, tastier harvest.



This is why every Farmers' Almanac includes a calendar with the date for planting by the Moon. Science has known that the moon affects the water whether in the sea or inside a plant, and that statistically there are heavy rains after a full moon, which is exactly when newly sown seed need water.

The temperature of the soil is important. Cool weather vegetables, such as radish and peas, germinate when the soil is cool, others especially beans will not germinate when sown in cold soil. The sisters tell of the Lincolnshire barley farmer who removes his trousers and sits in the soil. If it is comfortable for him then the barley would germinate--something to be considered. So plant your beans in warm soil. You could test the soil temperature with your elbow or as the barley farmer did.

A few miscellaneous bits of lore:

- Plant French marigold (*Tagetes minuta*), as they are good for everything, an old French gardener told the sisters. It turns out that marigolds kill the nematodes in the soil, deters whitefly, and are needed by to-

matoes and potatoes. Also marigolds will control horsetail and goutweed.

- Plant the biennial foxglove in or near a vegetable patch as it stimulates growth and helps with disease resistance in vegetables, and when planted near potatoes, tomatoes and apples will improve the storage quality.

- Plant chamomile near ailing plants for a short time to improve their health but remove it when plant improves, or near mint to intensify the mint flavour. It is good for cabbage and for onions, only if planted three feet away.

- Plant parsley seed everywhere. It is notoriously slow to germinate which is why you plant it on Good Friday to prevent going back to the devil, not sure what that means, but parsley is good to eat and sweetens the breath, deters whitefly and aphids on roses and tomatoes. Lore claims that if the wife sows the parsley seed and it grows well it is the man of the house who wears the trousers!

This article is a bit different but the information is good. I hope you found it interesting.

Stay healthy and safe during this pandemic and get out and garden it is good exercise for mind, body and soul.

- Master Gardeners of Ottawa-Carleton (MGOC) check our website for gardening information <http://mgottawa.mgoi.ca>.
- To receive TROWEL TALK, our free monthly electronic gardening newsletter, contact: <troweltalkeditor@rogers.com> to be added to the list.
- Email Help Line: mgoc_helpline@yahoo.ca

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Separation

CONTINUED FROM PAGE 33



Erin baked buns.



Could that be the Olympic Torch that Janina Nickus is holding? No, it is the water bottle she has been taking with her as she cycles around the community.



Neighbours truly appreciated the time that Alison Nanda put into making her curbside garden bloom. Many hours of work, but great results.



Mrs. E baked desserts for her husband and son.



Tanya also made bread



Gail made Sourdough bread



Many people in isolation tried out different recipes for making bread. One of Elga Radnor's treats was called Beer Bread.





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