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Lowertown will rise to the occasion

By Norman Moyer

Lowertown, like the rest of the world is struggling with the COVID-19 pandemic. The Lowertown Community Association (LCA) will have to hold its monthly meetings in April and May on the internet. April was supposed to be a special LCA meeting on a long-term vision for our community. We have put that on hold for now, but this crisis is a great chance to focus on the opportunities to make our community better.

After COVID-19

Can we even pronounce these words? Will there be an “after” to this pandemic and when will it arrive? Yes, this is a serious pandemic and we must do everything we can to practice social distancing, to wash carefully and to stay at home when possible. But, we can also allow ourselves to be confident about the longer term.,

This virus will pass. Our economy will recover. We have had higher levels of debt before and seen a strong return to prosperity. Will we use this crisis to improve our society and economy? Will we learn to moderate our headlong rush to consumerism? Will we accept the higher levels of taxation needed to build a new society?

This crisis can make us better. Today I want to explore ways in which I would like to see Ottawa and especially Lowertown improve. These are not things that individuals or the LCA can do alone, but we can work with our elected representatives and other community associations to help ensure that progress is made.

Lowertown is already a vibrant downtown community and a great place to live. The residents can walk to almost every service that they need in less than 15 minutes. We are a community of great diversity in income, age, gender and race. We have a mix of housing options from shelters to high end residences. We are organised to act together and we do speak out on key issues of the day. As we emerge from this crisis, we have the chance to build an even better community.

We should have more people living in Lowertown. Through well planned densification Lowertown should have more market priced residences and more affordable housing. We should seek the creative efforts of planners, architects and developers to build mixed income communities that promote healthy interaction among all residents. We need more housing units and services suitable for young families. Why not put two or three-bedroom units in some of the vacant lots in Lowertown?

At the same time, we must improve the services for those who have the least. Our shelter model is not meeting the needs of our most vulnerable. The homeless need housing and they need services. The response of governments to the housing crisis has been wildly inadequate. As governments look for ways to get Canadians back to work, let's remember our collective success in the decades after WWII building affordable housing, and make sure that investments in housing are at the top of the list, not just in Lowertown but across the city.

commercial activity, we should make sure that there is a real diversity of businesses. The ByWard neighbourhood can be a vibrant focus for tourism and entertainment and still be a place where people want to live and do business.

What a great time to bring back a vibrant farmer's market to ByWard. Markets Ottawa must now make a ten-year plan to bring back a lively and commercially successful farmer's market. They should cooperate with local producers to provide a durable option to



A scene like this one might not happen next week, but it will happen again. Count on it.

Photo is from the LCA website taken by Michelle Ramsay-Borg

As we build more and better housing, let's plant more trees and gardens. We know that they are good for the environment and good for the health of people. We should be able to double the number of trees in Lowertown even as we increase our population. All surface parking lots should have to incorporate trees along streets and at the rear. Parks should be planted with more and more varieties of trees. Owners should be encouraged plant trees on their lots.

As we design the mixed communities of residents, we should plan to encourage a wide variety of small shops and businesses. Even before this crisis hit, market forces had already begun to change the make-up of the businesses in Lowertown. As we see a return to

“buy local”. The development of LRT once again puts the ByWard Market at the centre of Ottawa's commercial activity. We need to capitalize on that. Ottawa residents want to buy local. They prove it every week by their attendance at other farmer's markets. This is a golden chance to reinvent Ottawa's oldest farmer's market.

When this crisis ends, Lowertown will have even greater need of a strong community association. The Annual General Meeting of the LCA is still scheduled for June 8. Please plan to come and help us build our community.

*Norman Moyer is president of
The Lowertown Community Association*

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The Echo, a non-profit community newspaper, is supported financially by its advertisers and the Lowertown Community Association. Opinions expressed are those of contributors and advertisers and do not necessarily represent those of the volunteer editorial staff.

In 2020, the Echo will be published in February, April, June, September and November. 8,000 copies are printed and distributed free of charge to residents of Lowertown. Additional copies can also be picked up at the Routhier Centre, the Lowertown Community Resource Centre, the public library, and various public and commercial locations in Lowertown.

The Echo welcomes articles, letters, photographs, notices and other material of interest to its readers in the Lowertown community. Name and telephone number of contributor must be included.

If you'd like to write articles, draw cartoons or other illustrations for stories, or take photographs on assignment, please email and leave your name and telephone number at echo@lowertown-basseville.ca. No age restrictions. The Echo reserves the right to edit in part or in whole all contributions.

L'Echo est un journal communautaire à but non lucratif dont les seuls revenus viennent des annonceurs et l'Association communautaire de la Basse-Ville. Les textes n'engagent que leurs auteurs et annonceurs respectifs et ne reflètent pas nécessairement l'opinion de l'équipe de rédaction, qui est composée de bénévoles.

En 2020, l'Echo sera publié en février, avril, juin, septembre et novembre. Son tirage est de 8000 exemplaires. Il est distribué gratuitement partout dans la Basse-Ville. On peut également l'obtenir au Centre Routhier, au Centre de Ressources Communautaires de la Basse-Ville, à la bibliothèque et dans plusieurs commerces du quartier.

Tous les articles, lettres, illustrations, photos et autre matériel qui peuvent intéresser les lecteurs de la Basse-Ville sont les bienvenus. Leurs auteurs doivent indiquer leur nom et leur numéro de téléphone.

Les personnes qui aimeraient collaborer avec l'Echo sont invitées à envoyer un courriel au echo@lowertown-basseville.ca en indiquant leur nom et leur numéro de téléphone. Nous apprécions la contribution de tous, quel que soit leur âge. L'Echo se réserve le droit de modifier en tout ou en partie les documents.

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Deadline

Reserve your advertising space or submit your contribution to echo@lowertown-basseville.ca by May 31, 2020

Questions regarding delivery? If you live in Lowertown, the Echo is delivered free to your door. Please email if you are aware of anyone or any business in our neighbourhood who is not receiving their community newspaper.

Date de tombée

Publicité, articles, photos et autres soumissions à echo@lowertownbasseville.ca avant le 31 mai 2020

Questions au sujet de la distribution? L'Echo est distribué gratuitement dans la Basse-Ville. Veuillez envoyer un courriel si vous connaissez quelqu'un qui ne le reçoit pas.

Editorial

The effects of COVID-19 are the worst scenario imaginable. In Lowertown, where we pride ourselves on living in a ten-minute community, the carnage that the virus is wreaking on the many small businesses is evident. Walking down Dalhousie Street or around the ByWard Market is like walking through a ghost town. Shop windows carry the familiar signs "Sorry we're closed." Some end on a hopeful note, "until April 15" while others are not so sure, "until further notice."

For many small-business owners, the shops represent not merely an investment of their life savings, but also the fulfillment of a lifelong dream, something they always wanted to do – open their own salon, shop, restaurant, bar — whatever. Does this mean the end of that dream?

One thing we can all be thankful for is the vigour and determination of the various levels of government in confronting this challenge. It takes considerable courage to take the monumental decisions with all the risks these entail. Our governments could have gambled and let the virus run its course. We need only look to Italy, Spain, and New York to see how that would have worked out for us.

When the decision to essentially shut down the economy was taken, the politicians entered into the ultimate paradox. The more successful their actions were in curbing the spread of the sometimes deadly virus the more likely it was that they would be accused of over-reacting, of destroying the economy for the sake of saving a few lives. If you have followed the news and commentary over these past few weeks, you have probably already heard this criticism from some quarters.

When the decision to essentially shut down the economy was taken, the politicians entered into the ultimate paradox. The more successful their actions were in curbing the spread and deadliness of the virus, the more likely it was that they would be accused of over-reacting, of destroying the economy for the sake of saving a few lives.

Winning the battle to contain COVID-19 will be the easiest part. Winning the war of economic recovery represents a much greater challenge. While the health sciences can tell us what needs to be done to contain the virus and limit its damage, we do not have the same scientific certainty on how to bring the Canadian economy back to life afterwards. Nor, in this interdependent world, will the recovery depend solely on actions taken here at home.

It doesn't promise to be easy, and everyone will have a part to play in bringing us back to normal, whatever that may be, in the days ahead. If we in Lowertown want to maintain the benefits of our ten-minute city, we will need to go out and support our local merchants. Some of you may be in a position to do that right now, and you will see ways to do that in the stories and ads in this edition of the paper.

The Echo is most grateful for the help provided by our elected representatives and local BIAs. They all stepped up and bought extra ad space to help defray the costs of printing and distributing so that we could bring these stories to you. Some of our regular advertisers also insisted on carrying part of the load and to them we owe a special thank you.

During January and February, the Echo conducted a special blitz in an effort to attract new advertisers. There were some successes, but when the Ides of March came along, most had to back out of their commitments. Those that had ads already prepared will see them in this edition. It is our small way of helping and hoping we will see you when this is all over.

Some of our restaurants are attempting to stay in business by introducing or expanding take-out options. You will find a list of these on page 20, a story on page 11 and a contact listing on the LCA website. Remember to contact the restaurant before ordering, as conditions have been changing rapidly.

These businesses are the lifeblood of our community. They provide support to our community in numerous ways, backing for community events, donations to our social agencies and advertising revenue to support the Echo.

The Lowertown Community Association--Association communautaire de la Basseville (LCA-ACB) and the Lowertown Echo de la Basseville Écho will be posting information and notices of services that members in our community are providing. Check our website for updates. If you wish to use the services of the LCA-ACB to notify the community or notify residents of who to contact or where to obtain or provide services, send this information to info@lower-town-basseville.ca

Lowertown and the 1918 epidemic

By Michel Rossignol

In 1918, many Ottawa neighbourhoods, notably Lowertown, suffered the full impact of the Spanish Flu epidemic which killed millions of persons around the world. Between 1914 and 1918, over 60,000 Canadian soldiers were killed during the First World War, but Canada lost more than 50,000 citizens in just one year because of the epidemic.

After the first wave during the spring of 1918, Ottawa was hit by the second wave between September and early November. Thousands of this city's citizens became ill and over 500 of them died. It was noted that working class neighbourhoods near railway yards suffered many deaths, notably the areas around the railway yard on McTaggart Street (today the road parallel to Boteler Street which links King Edward Avenue to the Macdonald-Cartier Bridge). Indeed, compared to other Ottawa neighbourhoods, Lowertown suffered the highest number of deaths due to the Spanish Flu.

Over 500 contagious patients were treated by the Grey Nuns of the Cross at the Ottawa General Hospital on Water (now Bruyère) Street at the corner of Sussex. In his book published in 1921, *L'Hôpital public d'Ottawa* (rue Water), Jules Tremblay stated that during the epidemic, there were beds with patients in every nook and cranny of the hospital. The Protestant Hospital (now Wallis House) on Rideau Street and the small hospital on Porter's Island no doubt experienced a similar situation.

Because of the growing number of patients in the hospitals and in the emergency hospitals set up here and there across the city, public health officials decided on October 4, 1918, to close schools, theatres, cinemas, and places of worship for a few weeks to limit the spread of the flu.



In 1918, volunteer seamstresses, including members of the Canadian Club, made items for hospitals.

En 1918, des couturières bénévoles, dont les membres du Canadian Club, ont fabriqué des accessoires pour les hôpitaux.

William James Topley/Library and Archives Canada/Bibliothèque et Archives Canada/PA-800006

As in 2020, members of the community rallied to help the sick. For example, Lillian Freiman, wife of A.J. Freiman, owner of the store (now The Bay) on Rideau Street, coordinated relief efforts to help families of the sick. Many women volunteered to provide care to sick persons confined to their homes. Groups of volunteer seamstresses produced gowns and other supplies for the hospitals.

After the epidemic, the two main hospitals in Lowertown did not share the same fate. The epidemic convinced Mayor Fisher of Ottawa that the city needed a new hospital far from what was then the downtown area. When construction of the Civic Hospital on Carling Avenue was completed in 1923, the Protestant Hospital was closed. Meanwhile, at the General Hospital, the Grey Nuns quickly set in motion plans to build a new hospital wing and contributed half of the funds needed for construction. In December 1920, a public campaign was launched to raise funds to cover the remaining half of the costs of the new building which was built in the 1930s.

La Basse-Ville et l'épidémie de 1918

Par Michel Rossignol

En 1918, plusieurs quartiers d'Ottawa, notamment la Basse-Ville, ont été durement éprouvés par l'épidémie de la grippe espagnole qui a tué des millions de personnes à travers le monde. De 1914 à 1918, plus de 60 000 soldats canadiens ont été tués pendant la Première Guerre mondiale, mais le Canada a perdu plus de 50 000 citoyens en une seule année à cause de l'épidémie.

Après la première vague de grippe au printemps de 1918, la seconde vague a frappé Ottawa de septembre jusqu'au début novembre. Parmi les milliers de personnes qui sont tombées malades dans cette ville, plus de 500 sont décédées. On a remarqué que les quartiers ouvriers autour des gares de train ont été le plus durement éprouvés, notamment ceux autour de la gare de la rue McTaggart (aujourd'hui la route parallèle à la rue Boteler qui relie le pont Macdonald-Cartier à l'avenue King Edward). En effet, de tous les quartiers d'Ottawa, c'est dans la Basse-Ville qu'il y a eu le plus de morts à cause de la grippe espagnole.

À l'Hôpital général d'Ottawa sur la rue Water (aujourd'hui Bruyère) au coin de Sussex, les Sœurs Grises de la Croix ont soigné plus de 500 contagieux. Dans son livre publié en 1921, *L'Hôpital public d'Ottawa* (rue Water), Jules Tremblay dit qu'il y avait des lits avec des malades partout dans l'hôpital pendant l'épidémie. L'Hôpital protestante (aujourd'hui Wallis House) sur la rue Rideau et le petit hôpital sur l'Île Porter ont sans doute connu le même problème. À cause du nombre croissant de malades dans les hôpitaux, ainsi que dans les hôpitaux d'urgence créés ici et là dans la ville, les autorités de la santé publique ont décidé le 4 octobre 1918 de fermer pour quelques semaines tous les écoles, théâtres, cinémas et lieux de culte pour limiter la propagation.

Comme en 2020, les gens de la communauté se sont mobilisés pour aider les



malades. Par exemple, Lillian Freiman, l'épouse de A. J. Freiman, propriétaire du magasin (aujourd'hui la Baie) sur la rue Rideau, a coordonné les efforts pour aider les familles des malades. Plusieurs femmes se sont portées volontaires pour donner des soins aux malades encore à la maison. Des groupes de couturières bénévoles ont fabriqué des blouses et autres accessoires médicaux pour les hôpitaux.

Après l'épidémie, les deux principaux hôpitaux dans la Basse-Ville n'ont pas connu le même sort. L'épidémie a convaincu le Maire Fisher d'Ottawa qu'il fallait construire un nouvel hôpital loin de ce qui était alors le centre-ville. Lorsqu'on a terminé en 1923 la construction de l'Hôpital civique sur l'Avenue Carling, on a fermé l'Hôpital protestante. À l'Hôpital général, les Sœurs Grises ont vite proposé la construction d'une nouvelle aile et ont contribué la moitié des fonds nécessaires. En décembre 1920, on a lancé une levée de fonds publique pour payer l'autre moitié des coûts de l'édifice construit dans les années 1930.

The Typhus Epidemic of 1847: compassion in action in Bytown

By Louise Charbonneau S.C.O.

The year 1847 is blessed for Mother Élisabeth Bruyère and her fledgling congregation, which would become the Sisters of Charity of Ottawa. (*The Sisters of Charity of Ottawa began the celebrations of their 175th anniversary of foundation on February 20, 2020.*) They joined the citizens of Bytown to combat the typhus epidemic in 1847, a year of compassion in action in Bytown.

In 1847, Ireland is battling a contagious disease following the great famine. The Grey Nuns of Montreal sound the alarm in February. Thousands of Irish immigrants seek exile for their survival. Ships sail from Liverpool, Dublin, Cork and Limerick with passengers weakened by famine and illness. Journeys last as long as twelve weeks. Hundreds of passengers are buried at sea. These floating mausoleums begin to reach the Grosse Isle quarantine station in May 1847.

Bytown prepares to receive its first immigrants. Mr. Burke, Deputy for Immigrants, confides to Father Adrien Telmon OMI his difficulty in finding a place to build a hospital. Mother Bruyère courageously accepts to care for the sick. The Immigration Bureau entrusts the plague-stricken to the Sisters for 12 shillings (\$2.40 per patient per week); medications, wine, fruit and burial expenses are extra.

The construction of the hospital does not progress fast enough. At her own expense, Mother Bruyère prepares Carney House, located on her property at the corner of Water (now Bruyère) and Sussex streets. Mr. Burke, assisted by Father Telmon, follows Mother Bruyère's example and begins construction of the hospital for immigrants.

Approximately three thousand immigrants arrive via the Rideau Canal during the stifling hot summer of 1847. The most seriously ill are cared for by the Sisters, who relinquish their straw mattresses, beds and blankets. The epidemic takes on a terrifying form. So great is the fear of contagion that the Sisters have difficulty finding staff to assist them. Charitable young men from the lumber camps are paid by the Sisters to assist with the night watch. The Sisters become overwhelmed by work and fatigue as they ensure the well-being of those entrusted to their care. Mother Bruyère fears the sisters will not be able to hold out and begs the Grey Nuns of Montreal to pray for them as they endeavour to accept God's will. Seventeen members of the religious community contract the virus but not one succumbs. The Sisters use their own financial resources to support the services provided to their patients when promised funds are not forthcoming. A deceptive financial report presented to the Board of Health resulted in denied reimbursement of debts incurred for providing services to the Irish immigrants. Mother Bruyère successfully refutes the deceptive report. The Sisters receive their just due.

The Admission Register of the General Hospital of Bytown, one of the most reliable documents available after the typhus epidemic, reveals that between June 5, 1847 and May 31, 1848 619 patients were admitted, of which one 167 succumbed to the illness. Ultimately, Providence provided, for both the Irish immigrants entrusted to the Sisters' care and for the Sisters who never hesitated to respond to the epidemic with compassion in action!

In closing, let us draw a comparison: 2020 is also a year of compassion in action across the world and in Canada's capital as citizens come together to fight the COVID-19 epidemic with creativity, generosity and solidarity!

Sister Louise Charbonneau is with the Sisters of Charity (Grey Nuns) of Ottawa. This text was inspired by the book written by Sister Paul-Émile, S.C.O. entitled Mother Élisabeth Bruyère – Her Life and Her Work, Volume 1, The Grey Nuns of the Cross – General Thrust 1845-1876, published in 1945 by the S.C.O. and translated by Sister Gabrielle Jean, S.C.O. in 1989.

L'épidémie du typhus de 1847: compassion en action à Bytown

Par Louise Charbonneau sco

L'année 1847 est remplie de bénédicitions pour Mère Élisabeth Bruyère et sa jeune Congrégation qui deviendra les Sœurs de la Charité d'Ottawa. (*Les Sœurs de la Charité d'Ottawa ont commencé les célébrations de leur 175e anniversaire de fondation le 20 février 2020.*) Elles combattent l'épidémie du typhus avec les citoyens de Bytown : 1847, une année de compassion en action à Bytown.

En 1847, l'Irlande fait la guerre à la maladie contagieuse suite à la grande famine. Les Sœurs Grises de Montréal sonnent l'alarme en février. Des milliers d'immigrants irlandais s'exilent pour leur survie. Des voiliers quittent Liverpool, Dublin, Cork et Limerick. Les passagers à bord sont affaiblis par la famine et la maladie. Les voyages transatlantiques durent jusqu'à douze semaines. Des centaines de passagers sont ensevelis en mer. Ces mausolées flottants atteignent le poste de quarantaine de Grosse-Île en mai 1847.

Bytown se prépare à accueillir ses premiers immigrants. M. Burke, député pour les immigrants, partage avec le Père Adrien Telmon o.m.i., les difficultés à trouver un endroit où bâtir un hôpital. Mère Bruyère accepte courageusement de soigner les malades. Le Bureau de l'immigration confie aux Sœurs les patients atteints du typhus et ce pour 12 shillings (2.40 \$) par patient par semaine; médicaments, vin, fruits et dépenses d'ensevelissement en sus.

La construction de l'hôpital ne progresse pas assez rapidement. Mère Bruyère prépare, à ses propres frais, la maison Carney, située au coin des rues Water (maintenant Bruyère) et Sussex. M. Burke, assisté du Père Telmon, s'inspire de l'exemple de Mère Bruyère; il entame la construction d'un hôpital dédié aux immigrants.

Environ trois milles immigrants arrivent via le canal Rideau au cours d'une canicule étouffante de l'été de 1847. Les immigrants les plus sérieusement atteints du typhus sont soignés par les Sœurs qui cèdent leurs paillasses, leurs matelas et leurs couvertures de laine. L'épidémie atteint une envergure terrifiante. La peur de la contagion est tellement grande que les Sœurs éprouvent une pénurie de personnel pour les assister. Des jeunes hommes charitables en provenance des chantiers sont rémunérés par les Sœurs lorsqu'ils acceptent des quarts de travail de nuit. Les Sœurs deviennent surchargées par le travail et la fatigue alors qu'elles s'assurent du bien-être des bénéficiaires confiés à leurs soins. Mère Bruyère craint que le fardeau devienne trop lourd. C'est alors qu'elle implore les Sœurs Grises de Montréal de prier pour elle et ses compagnes afin qu'elles puissent accepter la volonté de Dieu. Dix-sept membres de la communauté religieuse contractent le virus mais aucune ne succombe. Les Sœurs utilisent leurs propres ressources financières pour de subvenir aux besoins des patients alors que les remboursements des frais de soins promis tardent à entrer. Un rapport financier trompeur est soumis au Bureau de santé. Il en résulte un refus de rembourser la dette encourue durant la période de soins aux immigrants irlandais. Mère Bruyère réfute ce rapport avec succès. Les Sœurs reçoivent ce qui leur est dû.

Le registre des noms des patients de l'Hôpital Général de Bytown, un des documents les plus précieux disponible suite à l'épidémie du typhus, révèle les données suivantes : entre le 5 juin 1847 et le 31 mai 1848, six-cent-dix-neuf patients ont été admis, parmi lesquels cent-soixante-sept ont succombé à la maladie. En définitive, la Providence pourvoit – et pour les immigrants irlandais confiés aux soins des Sœurs et pour les Sœurs qui n'ont jamais hésité de répondre présente avec compassion en action durant l'épidémie!

En terminant, nous pouvons tirer une comparaison : 2020 est aussi l'année de la compassion en action à travers la planète et dans la capitale nationale du Canada alors que les citoyens se donnent la main pour combattre l'épidémie de la COVID-19 avec créativité, générosité et solidarité!

Sœur Louise Charbonneau fait partie des Sœurs de la Charité (Sœurs grises) d'Ottawa. Ce texte est inspiré par le livre écrit par Soeur Paul-Émile, s.c.o., Mère Élisabeth Bruyère et son œuvre – Les Sœurs Grises de la Croix, tome 1, 1945.



Elizabeth Ritchie, nurse for smallpox and other contagions

By Nancy Miller Chenier

The year is 1900. The place is Lowertown Ottawa. Smallpox cases are quarantined on Porter's Island as well as in the community. Lizzie Ritchie is living at the Lady Stanley Institute for Trained Nurses at the north east corner of Rideau and Wurtemburg streets. This young woman from a farm near Pakenham has decided to become a nurse. She is 23 years old and is in her second and final year of training at the first nursing school in Ottawa.

At the Lady Stanley Institute, she abides by the strict rules of the school that include certain times for meals, restricted outside visitors and being in her own room by 10 each evening. She is working 12-hour shifts in the nearby Protestant General Hospital or if directed by the Superintendent, with private patients in the community. She now receives \$8 per month, a raise from the \$5 per month of her first year. If she does private duty or work in contagious diseases, the Institute charges \$2.00 per day for her services. Because the Protestant General Hospital adjoins an isolation hospital, the student nurses receive training in the methods for isolation from contagious diseases.

A year later, Elizabeth Ritchie is 24 years old, a graduate nurse and still lodging at the Lady Stanley Institute. By December 26th of 1901, the Ottawa Journal reports that she is working on Porter's Island and that day is distributing donated items for smallpox patients as well as attending to new arrivals. She is in charge of about 50 cases of smallpox in a situation widely acknowledged as overcrowded and inadequate.



Smallpox tents on Porter's Island c 1896

By April 5 1902 the Ottawa Citizen states: "Smallpox under control" and reports that the staff on Porter's Island is being reduced. However, Miss Ritchie, the head nurse, is to stay on with the 15 remaining cases. The Annual Report of the Medical



Elizabeth Ritchie was in this graduating class of the Lady Stanley Institute for Trained Nurses 1901 LAC

Officer of Health to the provincial government notes that only one death occurred on the Island that year and asserts that this speaks volumes about the care given to the patients.

When the new municipal Isolation Hospital situated on Range Road is completed in December 1902, scarlet fever and diphtheria are raging in the city. On opening day of the facility, Elizabeth Ritchie, as the Lady Superintendent, escorts Governor General Minto and Lady Minto around the premises.

Within a year, Ottawa's medical community is pointing out that the City's board of health had committed a colossal blunder in agreeing to this new hospital's design. Its report emphasizes the inability of the staff to adhere to good isolation techniques given the layout and structural defects. At the time, it notes that Miss Ritchie and her staff are conscientious, extremely competent and as efficient as possible given the situation.

Nonetheless, at this point, Elizabeth Ritchie's career takes a downward turn, not because of ill health caused by contagious diseases but because the city auditor does not approve of her management of expenditures. She has permitted the use of too much tea and cream from hospital supplies and has allowed the contractor responsible for delivering food to overcharge the city. Her written defence does not satisfy the aldermen, who decide to reorganize the entire institution. Having survived exposure to smallpox, diphtheria and scarlet fever, and possibly other infections, by 1904, she is dismissed from this employment, a victim to municipal politics.

In 1906, she re-emerges into public life, now married to Dr. Charles Thomas Ballantyne, a young physician with an established medical practice at 199 Rideau Street. Over the following years, as Mrs. C.T. Ballantyne, she raises a family, serves for many years as President of the Lady Stanley Institute Alumnae Association, volunteers with the Ladies Auxiliary of the County of Carleton Protestant General Hospital, and assists her husband at his medical events. The Elizabeth Ritchie who risked her own health to restore that of others faded into Ottawa's history.

Hospice Ste-Anne (the Catholic contagious hospital)

By Elizabeth Gibb

There were frequent smallpox epidemics in Ottawa in the late 1800s. The Sisters of Charity (also called the Grey Nuns) cared for the victims clandestinely in the former typhus hospital that was still standing in the courtyard of the motherhouse at Sussex and Bruyère. It was called Hospice Ste-Anne so as not to alarm the people in the neighbourhood.

The old building was in danger of collapsing. It had to be replaced with a structure spacious enough to accommodate cases of other infectious diseases as well. In 1871 Sister Bruyère had approved a project of the municipal Board of Health to establish a hospital specializing in the treatment of contagious diseases. Bishop Duhamel donated the land on the site of the former Catholic cemetery at 95 Cobourg Street (between Heney and Tormey). The four earlier cemeteries on the sandy hill--Catholic, Wesleyan Methodist, Presbyterian, and Anglican--had closed in 1872, so isolation from the neighbours was possible.

The residents of the area did not see it the same way, however. On 8 July 1875, in the Ottawa Citizen, Dr. Hamnet Hill, consulting physician at the nearby Protestant General Hospital, gave the opinion that "[T]here is no danger to the people of Sandy Hill in the Nuns erecting a smallpox hospital in the vicinity. The neighbourhood is unnecessarily alarmed." Two policemen were deployed to the building site to prevent threatened disturbances.

After an unsuccessful attempt was made to blow up the building on 14 July 1875, the Citizen claimed, "No further sapping and mining operations have been tried. Building remains status quo." A later attempt to burn down the building resulted in damage of \$500 and a delay in construction.

Hospice Ste-Anne was not completed until January 1880, when again residents protested against the construction of the hospital on lands originally designated for cemetery purposes only.

Finally, on 21 January 1880, a three-storey hospital, 30 by 40 feet, opened its doors to victims of contagious diseases. It was situated on Lot four of the seven lots formerly occupied by the Roman Catholic Cemetery. The property was approximately 67 by 200 feet. Dr. Adolphe Robillard was named medical director of the new Hospice Ste-Anne. English-speaking physicians in the area willingly collaborated in this new charitable venture.

During the same year, in his inaugural address, the recently elected mayor of Ottawa stated that "above all, however, I am not alone in holding the opinion, our duty will be, if possible, to remove the smallpox hospitals to some isolated district, to erect a commodious building..."

Between 1880 and 1895, the nuns recorded that they cared for 936 patients. Hospice Ste-Anne remained open until December 14 1903, the year after the municipal Isolation Hospital opened near Strathcona Park on Range Road. The hospice building remained at 95 Cobourg Street until 1910. City Council paid \$500 to Sister Demers for all claims on the former Catholic Contagious Hospital, although the value of the building and property was \$7,000 according to the 1895 assessment roll. Sister Demers was allowed to keep possession of the building until 31 March and the order to clear the old Sandy Hill Cemeteries was approved by Council in May 1910.

Elizabeth Gibb is a resident of Macdonald Gardens and author of the 2017 booklet that provided a historical perspective on Macdonald Gardens Park.

Staying social in a time of social distancing

By Hannah Manning

These are new and unfamiliar times. The usually bustling ByWard Market has never been quieter as Ottawa battles COVID-19. Many of our favourite local shops and restaurants have closed. It feels odd that warmer, sunnier days are coupled with instructions to stay home, but it is clearly within everyone's best interest to follow the advice of medical professionals and do just that.

While this is a difficult time, there have been some incredible stories of kindness and innovation in our communities and across the country. With the future unknown, here are some ways to stay social in a time of social distancing.

Even though you can't stop in for a visit, now is a great time to reach out to your friends, family and neighbours to see how they're doing. If you're able, offer to pick up some groceries next time you're out, or help with online ordering. Swap your favourite recipes and try something new, then enjoy a virtual meal together while staying safe at home.

Virtual connections

There are plenty of ways to stay connected while observing the recommended physical distancing rules. Skype, Zoom, FaceTime, Gone are the days of sending a letter to a loved one

and waiting days or weeks for a reply. That said, Project Local Love [<https://www.projectlocallove.com>] (@projectlocallove on Instagram) is an easy way to send a free postcard featuring an Ottawa scene to a friend or family member across the country.



Getting around while staying home

Many museums in town are offering virtual tours or sharing photos of their exhibitions. In Lowertown, the National Gallery of Canada, the ByTown Museum and the Royal Canadian Mint are sharing photos and videos online. Take a virtual tour [<https://bytownmuseum.com/virtual-tour/>] of the Commissariat, Ottawa's oldest stone building and home to the ByTown Museum.

Concerts on demand

Ottawa is rich in arts and culture, and some local musicians have reacted to the closure of event spaces by offering live streams. The National Arts Centre is hosting a new series called #CanadaPerforms [<https://nac-cna.ca/en/series/canadaperforms>]

have made the difficult decision to close, many are still open for takeout or delivery. In addition to the usual delivery choices of Uber Eats and Skip the Dishes, many local businesses are opting into new ways to reach their customs. Love Local Delivery [<https://responsiblechoice.ca/lovelocaldelivery/>] is a new local delivery service that connects neighbourhood gems with the Ottawa community.

At last check, a few of Lowertown's great restaurants were already on board: Das Lokal, Khao Thai, Ahora, Bistro Ristoro and Zak's Diner.

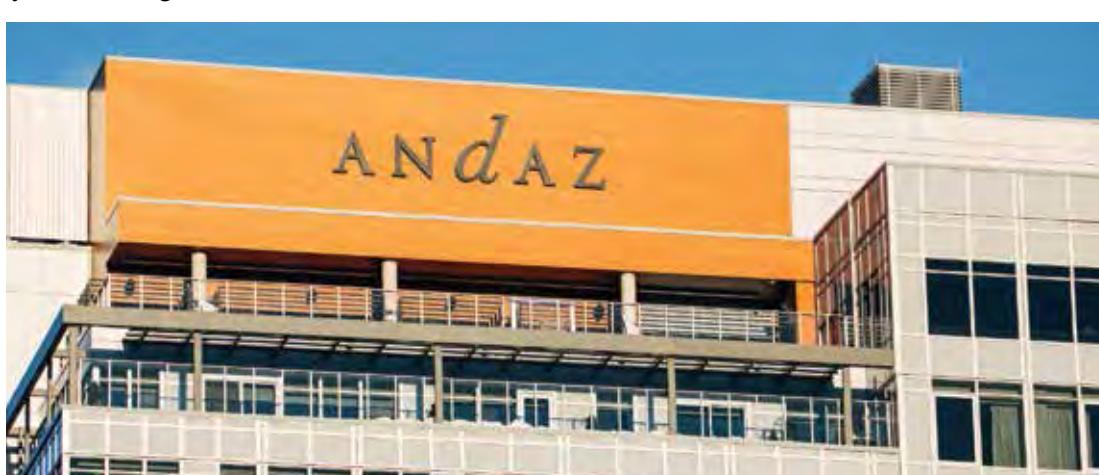
Keep informed

Ottawa Public Health, known for their great sense of humour on social media, is an excellent source of information related to COVID19 in Ottawa. As they have noted, things change rapidly during a pandemic. Find a trusted source of information and follow it.

The time will come to visit our favourite spots again, but until then, support local businesses by purchasing gift cards or placing online orders.

We know this is an uncertain time but one thing is certain: you are not in this alone.

We can do this! Stay home, stay safe, stay healthy!



HOTEL HELPS THE HOMELESS

Heading into the holiday season, Andaz Ottawa hosted its third annual Shoebox Party. Light refreshments and snacks were provided to all attendees who came together to wrap and fill shoeboxes with little luxuries for local women experiencing homelessness. The goal of donating to the Shoebox Project is to help homeless women feel that they are receiving a bit of luxury beyond daily necessities. The Shoebox Project for Shelters Ottawa program, run entirely by volunteers, is supported by generous Ottawa business partners like Andaz Ottawa ByWard Market who host the charity's nearly 30 drop-off locations throughout the city.

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Retour de voyage en période de pandémie

Par Caroline Lavoie

Me voici à la moitié de ma quarantaine (ou plutôt « quatorzaine ») mandatée par la loi depuis quelques jours au Canada. En Éthiopie depuis le tout début mars, je me trouvais en parfaite sécurité, dans un logement d'ambassade, en compagnie de proches. Là-bas, seuls quelques rares cas étaient rapportés.

Le 16 mars, discours coup de poing de Monsieur Trudeau : « Rentrez tous au pays le plus vite possible! » nous enjoint-il. « Malgré la totale absence de danger immédiat, là où je me trouve? » ai-je été tentée de lui répondre. Pendant plusieurs jours, j'ai résisté à l'idée de me précipiter d'un endroit peu touché, l'Éthiopie, vers un pays où la pandémie frappait de plein fouet, le Canada. Et quel meilleur endroit pour attraper la COVID-19 que dans un avion, où l'on respire dans un espace confiné le même air que des dizaines de personnes entassées comme des sardines?

Mais bon... Les nouvelles alarmantes martelées quotidiennement, le départ de tout le monde autour de moi, et la perspective de passer des mois loin de chez soi, sans protection légale, ont fini par faire leur chemin. Je me suis retrouvée à l'aéroport international de Bolé le 23 mars, billet en main pour le vol direct d'Ethiopian Airlines pour Toronto.

Dans les files pour l'embarquement, je laisse un mètre entre moi et mon prédecesseur. Des passagers protestent et me prient d'avancer plus vite. Au moins, on nous prend notre température à l'aide de ce petit fusil, même si des passagers passent à côté sans s'arrêter...

Dans l'avion, plein à craquer, il faut oublier la distanciation sociale! Mon coude touche celui de mon voisin à tout moment. Il me parle, son visage à trente centimètres du mien, et me montre des photos de sa blonde nigérienne. Je hoche la tête en me couvrant la bouche et le nez de mon châle. De crainte de me montrer impolie, je fais semblant de dormir pendant la presque totalité du vol de seize heures...

Arrivée à l'aéroport Pearson, c'est presque business as usual! Quelques employés avec gants et masques nous distribuent un papier avec les symptômes et un numéro de téléphone, en nous disant qu'il faut se mettre en quarantaine pendant 14 jours. Le flot de voyageurs est continu et personne ne fait vraiment attention. On prend le papier en hochant la tête. À l'immigration, on pèse sur « OK » quand la machine nous demande de nous isoler. Personne ne prend notre température.

Ensuite, nous sommes relâchés dans la nature. Certains prennent des vols de correspondance vers Ottawa ou ailleurs. À l'aéroport d'Ottawa, même chose, il n'y a pratiquement personne. Pourquoi ne pas simplement nous faire passer un test de dépistage? J'aimerais bien le savoir, si je l'ai attrapé, ce fichu virus!

Comme mon appartement est loué, j'essaie d'abord de prendre un logement sur Airbnb ou d'aller à l'hôtel. Mais là, on me traite comme une pestiférée! Quel contraste avec la désinvolture dans les aéroports! Heureusement, ma locataire décide de partir prématurément, de crainte de ne pouvoir franchir les frontières provinciales, qui vont fermer sous peu, selon les rumeurs.

Voilà l'histoire d'une bonne citoyenne qui écoute les injonctions de son gouvernement, mais qui atterrit dans un contexte de manque de préparation flagrant, sans dépistage, sans contrôles, et sans systèmes pour ceux et celles qui n'ont pas de chez soi où retourner. Sans suivi non plus, jusqu'ici. M'enfin... comme dirait Gaston Lagaffe, prenons tout cela avec un brin d'humour, pour rire un peu, pendant que nous ne pouvons pas mettre le nez dehors.

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Let's talk real estate: COVID-19 real estate

By Lynda Cox

This is truly a challenging time. The real estate market in Ottawa is decreasing in activity as COVID numbers ramp up. This is typically a time when new listings are increasing daily as we head into the busy spring market. All real estate offices are now closed to staff and the public. Open houses are forbidden, virtual visits are encouraged and real-home viewings are strictly monitored for social distancing and sanitizing practices. Many home owners do not want strangers in their home at this time and have decided to wait until the threat of COVID-19 is past before listing again.

Sellers that have just sold their home are actively looking for their next home in a market of dwindling new listings. Anxiety levels are high. All transactions are being completed electronically. The few sales that are still happening are often multiple-offer situations, proof that buyers are still out there and willing to offer. How long this will last is anybody's guess as the number of COVID-19 cases in Ottawa increases.

This epidemic has left Lowertown eerily silent with all the bars and restaurants closed and residents staying at home. But there is a silver lining: I have learned to order groceries and wine on-line. Merchants in the ByWard Market have been fantastic about co-ordinating my requests and organizing home delivery. Try it, you'll love it.

I am reflecting on the effect of this virus on our families, old and young, near and far. On a personal note, my husband and I were scheduled to visit our new grandson in Italy on March 1st. Of course we cancelled. The anxiety we feel for their safety is great.

How are you coping? I'd love to hear from you. I wish our apartments were closer together so we could

Real Estate Update

| | |
|------------------------|---------------------------------|
| January Sales | 9 Condo, 4 Residential |
| February Sales | 10 Condo, 3 Residential |
| March Sales | 4 Condo, 6 Residential |
| Conditionally Sold | 2 |
| Active Listings | 33 Condo, 14 Residential |

Sold

| | |
|---|-----------------------------|
| 4 | - range \$100. - \$95K over |
| 8 | - range \$11K - \$90K over |
| 8 | -range \$1K - \$71K over |

Sold over asking price

have a sing-a-long from our balconies. It's time to raise each other's spirits as we safely wait out this crisis. Drop me a line and share your COVID-19 story. I'd love to hear from you.lynda@coxhometeam.ca.

Important Fact

In March the average days on market was 8.6 days. Wow! If you must sell, oddly enough it looks like a very good time. There are few listings but plenty of buyers. But I wouldn't I recommend selling now. In this time of social distancing and flattening the curve, I would suggest waiting. BE SAFE.

Lynda Cox is a realtor with Royal Lepage Performance Realty.

Condo Corner: COVID-19 and condominiums

By Nancy Houle and David Lu

Concerns about COVID-19 are in the forefront of all of our minds. We have received numerous questions about what this means for the condominium industry.

For many residential condominium owners, their unit is both their primary investment and, more importantly, their home. Many condominiums are close communities, with frequent contacts between members of the community. Also, condominium communities hold meetings: in fact they are legally required to meet! Therefore, the potential sharing of infectious agents is a key concern for all condominium communities and their directors and managers. For these reasons, we need to turn our minds to certain key issues which will impact the day to day lives of those living in, and servicing, the condominium community.

Meetings: Formal and informal gatherings

The most common recommendation to help mitigate risk and spread is social distancing. As of March 15th, Ottawa Public Health has urged residents to:

- strengthen their social distancing measures;
- cancel any planned events or gatherings of all sizes;
- not go out for non-essential reasons.

What does this mean for a condominium corporation's legal obligation to hold board of directors, or owners, meetings?

With current technology, urgent matters can still move forward without a full-scale physical meeting. A board can resolve to hold all board meetings by teleconference or a similar means of concurrent communication until, or unless, the Board resolves otherwise. [This is already authorized by the Condominium Act if all Directors agree. In our view, in current circumstances this can be required if the Board so resolves.]

Alternatively, the Board can resolve to suspend Board meetings and instead reach decisions by email exchange between Board members on the understanding that such decisions will be ratified by formal Board resolution at the next Board meeting.

For other meetings such as AGMs however, if the meeting cannot be held by other means (i.e. by way of proxies or other electronic forms), they will likely need to be postponed. A board can decide to suspend owners' meetings, even if this means that the condominium corporation fails to hold its AGM within six months of the year end, as required by the Condominium Act. In our view, the six-month time period can be legally exceeded where the delay is reasonably justified in the circumstances, which certainly is the case during the current crisis.

We defer to boards and managers on the practical possibilities of arranging for electronic attendance or other alternative arrangements. In our view, if a condominium corporation provides advance notice and there is no objection at the meeting, a technical breach of the Condominium Act would not make the meeting invalid.

Messaging: Communications to owners

In times such as these, effective and timely communication within the condominium community can help provide comfort to owners that the Board of Directors and Management are giving these matters proper attention. We have prepared a draft initial notice to residents; anyone wishing to have a copy can send us an email (david@davidsoncondolaw.ca) and we would be happy to provide one.

As events in the community unfold, and particularly as meetings of owners arise, ongoing situation-specific messaging will assist in providing owners and residents with some comfort that the condominium cor-

poration is actively engaged in taking all reasonable steps to deal with the evolving situation.

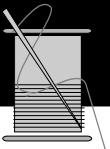
Maintenance

While the condominium corporation cannot, of course, guarantee that spread of the infection will be prevented, the condo corporation should take steps to mitigate the potential for the spread of infection on the common-element areas. Such steps may include:

- Increasing the availability of hand sanitizers or soap in common elements (bathrooms, gym, etc.), where possible;
- Augmenting the cleaning and disinfecting of common areas;
- Installing signage on the common-element areas with reminders to owners of the steps which owners can take to assist in mitigating the spread of infection (i.e. the recommendations from Ottawa Public Health set out above);
- Possibly prohibiting social activities and gatherings on the common elements and/or closing down the amenities altogether;
- Allowing owners who have tested positive for COVID-19 to report their status, on a confidential basis, to the condominium corporation, so that appropriate measures can be taken.

Please note that condominium boards likely don't have the right to prohibit residents from inviting others to the property and/or having deliveries made to their units. Nonetheless, condominium boards should enact arrangements and/or restrictions that are appropriate to their community to help mitigate the spread of infection. By working with owners and residents, condominium corporations can play a helpful role in trying to limit the negative effects of this virus in their communities.

Nancy Houle is a Partner and David Lu is an Associate at Davidson Houle Allen LLP, a boutique Condominium Law firm



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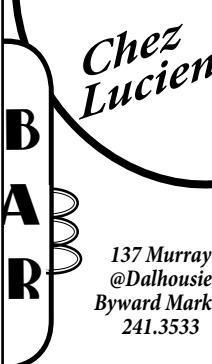
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Ottawa Markets braces for COVID-19 impact

By Luke Barry

Ottawa Markets closed public access to the interior common spaces of the ByWard Market building on March 18 at the direction of the Government of Ontario and Ottawa Public Health in response to the COVID-19 pandemic.

While many issues still remain to be determined, it's perhaps wise to start with what is known. Marché Ottawa Markets (MOM) is the entity that manages the ByWard Market, the Parkdale Market and the building at 55 ByWard Market Square. The rest and by far greater part of the ByWard Market precinct is made up of over 600 independent businesses. On average, the Market has 50,000 visitors every weekend in the summer months.

Over 51% of the total direct tourism-related employment in Ottawa --which amounts to over 15,600 jobs-- stems from the retail and the food and beverage businesses in the ByWard Market precinct.

COVID-19 has now become the ultimate disrupter.

What is unknown is how long the restrictions on businesses and on mass gatherings will last, what the social and economic fallout will be, or the legacy this crisis will leave behind.

It's not exactly a scenario newly minted MOME executive director Zach Dayler envisioned having to grapple with in his first few weeks at the helm. "We're going to see this work its way through our operations, I think, for a long time to come," he said. "Like any business, we're taking this two-week period that's in front of us to evaluate the situation. We're considering what things we can do if it's to go for another two-week period or a month or if it's to go on."

MOM's objective is clear: to maximize the Markets' potential to be unique year-round destinations for the purchase of local produce, products, goods and services that meet the needs of local and city-wide residents as well as tourists.

Dayler stated that the plan moving forward will focus on being flexible.

"There's the making sure that those who have food offerings can still do that within the context of what's allowed," he said. "But also we're going to be living with this rule around gatherings for I don't know how long and so what does that mean for the Market?"

The executive director maintains an optimistic outlook and is hopeful that this situation will be a short-term speed bump.

"I have really a lot of excitement for what the Market can be, where we're going with the Market; the future is really bright," Dayler said. "So I don't want to lose sight of the larger vision, but in the interim we are looking at how

we can still provide a Market experience even if we do have those distance requirements and what does that look like."

A key point of emphasis for Ottawa Markets will be on the producers who shape the Market.

"In this time, everybody needs support but we're also going to have to make sure that those local producers are feeling supported as well," Dayler explained. "Those folks are going to be hit with no temporary foreign service workers, or even just having the local kid coming and working the farm. They're not doing that because of isolation or whatever it is, so we don't even really fully know what the impact is going to be on that side of the equation."

Unfortunately, but understandably, it seems that at this point there are a lot more questions than answers swirling.

"Best case scenario, we wake up in another week and we're slowly getting back to normal and we have a bit of a stalled experience," the director said. "Worst case scenario would be obviously that you're seeing these mass gatherings closed down for months, through to the summer. At that point, I think we need to be creative and we need to make sure that we're doing

what we can to make sure people can access the products."

Dayler noted he would like to see the businesses in the building at 55 ByWard Market Square open so that income and employment continues, but health and safety are paramount.

"At the end of the day, I just want people to be safe and if we can't provide a safe experience then we have to absolutely heed the guidance of public health and that's our overarching direction," he said.

When normalcy resumes, tourism numbers may take quite a while to reset but Ottawa Markets anticipates a real

appetite for what the Market offers to the local community in particular.

"We have to do an extra special job at making people feel comfortable in that environment because I think people are going to still take some time to come around to hanging out with each other in public space," Dayler said. "We need to make sure that we're setting up a product in a place for locals to come back to; that's going to be really important. I think that's going to be the first step is rebuilding that community pride and if people see the community out and about, they too will come out."



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Those BIA Blues

By John Chenier

Whew! Who could imagine when they took on a job with a Business Improvement Area (BIA) organization that they would be confronted by a situation like this? Both the ByWard Market and the Downtown Rideau BIAs are being stretched to the limit as they try to react to the desperate needs of their members while, at the same time, think about plans that will help their members to recover once the current situation comes to an end.

According to Jasna Jennings, Executive Director of the ByWard Market BIA, her staff is spending a lot of time acting as conduits between members and the various levels of government. They are examining measures as they are announced and asking: "How will this help, or what is it missing?"

While she does not have sufficient staff or expertise to help the members navigate the many government programs established to help businesses and employees, her staff have been collecting feedback on problems and forwarding it to people who can do something about them, like Mayor Jim Watson and MP Mona Fortier.

The BIAs also are acting through their umbrella group the Ottawa Coalition of Business Improvement Areas (OCoBIA). They have appointed members to serve on the task force created by Mayor Watson to propose measures to help small businesses get through these difficult times.

The big issues, of course, are rent for the tenants and property taxes for the landlords. The BIAs have been active in efforts to find solutions to satisfy both parties.

Good fortune

As luck would have it, at the beginning of year the ByWard Market BIA launched an initiative to help its members venture into the digital realm. It contracted with Digital Main Street to work with member businesses to develop their on-line sales capability through Shopify. For the BIA and its members, this could not have come at a better time. Early results of these efforts can be viewed at <http://byward-market.com/en/byward-market-retail-businesses-online-shopping-gift-cards/>

Hopefully, this will help some businesses survive, maybe even thrive, through these trying times. The potential danger for the local community, however, is that on-line sales will work so well that the storefronts in the Market would no longer be considered necessary.

How to close shop

The ByWard BIA has been passing along advice from the Ottawa Police Service to its members. Businesses have been advised to leave some lights on; if possible, make it obvious that the cash drawer is empty; and ensure there is a suitable lock on the door. The Ottawa Police Service has increased patrols on the deserted streets and are asking the public to be especially vigilant. If they see suspicious activity around a business they know to be closed, call it in. "If you see something, say something."

Then there are things people often overlook, like messages on the phone service and directions on their websites. Many businesses still have old messages about opening hours that no longer apply. Restaurants still have messages on websites taking reservations. Where

possible, these should be changed to reflect the current state of the business.

Looking ahead

Ms. Jennings and her staff have not had a lot of time to develop a vision of what a recovery might need. However, the BIA has been focusing on adding attractions to bring people down to the Market. The plan is to expand the efforts to beautify and promote the precinct.

One of the issues the BIA is working on is a waiver on rental fees for patios. Ms. Jennings is concerned that ongoing social distancing requirements will reduce the indoor capacity of restaurants once they are permitted to open. Also, patrons might prefer breathing outdoor air as a safety precaution. Her members are pushing for reduced patio fees this year.

Maybe the City could use this as a way to standardize the size and appearance of patios in the heritage district. In many places, especially along Clarence Street, the pedestrian walkways are too narrow and are not conducive to social distancing.

Meanwhile, Ms. Jennings has some advice for employees of businesses that are closed, especially hair salons.

"Rest up. There is going to be a lot of pent-up demand once you are open for business again."

According to one humorous COVID line in circulation at the moment: "As a result of social distancing, women are only three weeks away from showing their true colours."



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Lowertown restaurants step up to the COVID-19 challenge with great food.

By Liz MacKenzie

Restaurant service just got more complicated during the COVID-19 restaurant shutdown. Many local restaurants have closed, some posting heartfelt notes on their windows and on social media citing concerns for their staff and customers. Benny's Bistro is taking advantage of the closure to renovate the companion bakery, the French Baker before Easter. The Heart and Crown gang are promising the best St. Paddy's Day party "sometime in the future" and Food Mood has announced they are taking their first long "staycation" in two years.

The streets are empty, offices are deserted and people are working from home. Students have all gone home. This is the new reality and it is devastating for restaurants. They have relied on students and workers for breakfasts, lunches, takeouts and after-work drinks.



If you're working at home and missing your favourite burger or pita or pizza or shawarma or charcuterie board or gourmet feast, worry not – it's still available. It will be one of your best mood changers, so order soon and order often. There is no better way to ensure that these restaurants will still be there when you are back to your old routines.

Lucky for us, some of Ottawa's favourites in the ByWard market and Lowertown are carrying on, offering everything from fabulous cakes and fine dining fare to comfort food like pizza, burgers, poutine and shawarma. They're enhancing cleaning and disinfecting, requesting that customers do not use cash and routinely wiping down cash machines and door handles. You will be encouraged to pay on-line when ordering and you can request contactless payment for pickup and delivery.

Some restaurants will provide a table outside the store for "curbside pickup" so you don't have to enter the store. The King Eddie on Clarence has two take-

out windows where you can pick up your order contact free. The Lone Star is limiting customers to five awaiting in-store takeout. Others like Pili Pili, Mr Osmow's, Shawarma Palace, Kebab House have delivery only, while Ahora is offering takeout only.

As we dig deeper into our weeks of distancing, quarantine and illness, food may become one of greatest challenges and one of the most necessary comforts. We urgently need to support the restaurants that are meeting the challenges to keep their businesses afloat and to feed the city. In the event of a shutdown of delivery service, it might be wise to order a few extra dishes to freeze as back-up.

Many restaurants have changed opening hours, and they may continue to make changes, so it's best to check ahead. And be patient with delivery times. Establishments are working with skeleton staffs and delivery companies are busy. The big delivery companies are most popular; however Das Lokal is using a new local delivery service called Love Local Delivery. Watch for discounts offered by some restaurants and delivery services.

Sur Lie and Das Lokal have developed special menus for takeout and if you need a fabulous cake to celebrate a special event, to fuel your binge watching or just to lift your spirits, Oh So Good will make it happen, and provide their coffee to brew as well. Luxe Café is providing a takeout menu for pickup or delivery, as well as private, no-contact pick-up or delivery of staples to help keep your pantry stocked. The details are on their website.

Restauranteurs and cooks love food and they love to feed people. They continue to offer great food even if we can't enjoy their hospitality. We need each other: their business needs our support and we really need their food.



Uber eats, Door Dash, Skip the Dishes, Foodora and Ottawa Menu are very much on the front line and they have had to adapt to the cashless economy, tighter deadlines, enhanced sanitation and the new contactless or air gap delivery. Contactless or air gap delivery you ask?? This is how it works.

When ordering, you can specify a pickup spot for the driver to leave your order (e.g. porch, front door, lobby). The driver will follow your instructions, then wait at a two-metre distance until you pick up your parcel. It adds a bit of extra time and stress to the delivery, so be sure to give your driver a little love and a generous tip.

In these COVID-19 times, making food-access choices is a very personal decision, and research will provide differing opinions about safety. However, Ottawa Public Health has not closed delivery services and has provided enhanced hygiene protocols for restaurants. A website review of some local restaurants and delivery companies gives considerable comfort that they are serious about your safety and the safety of their employees.

SO: Go Home, Stay Home and Order Out.

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Turning point for Marchés d'Ottawa Markets

By Zach Taylor

The ByWard Market is at the heart of Ottawa with a rich history dating back to 1829. Since that time, 55 ByWard Market or Byward Market Square, has been dismantled, burned down, lasted the hardship of two world wars, a depression, experienced the ebbs and flows of tourism, and the closing and opening of many an art installation, businesses and City reconstruction.

In the first of what I hope will be a regular article from Ottawa Markets, I want to introduce myself as the new Director, and reintroduce Ottawa Markets to the community. The ByWard area is fantastic and full of discovery, and I genuinely believe the area will come back from the extraordinary sit-

uation that is COVID19. We do not yet know what the future of public space will look like, and the lasting impacts on individuals, families, business, and the community as a whole are yet to be understood. Even with the uncertainty, I am optimistic that the next chapter of history will be written with a renewed understanding of the importance of connecting in our communities.

As Ottawa Markets transferred from City of Ottawa management to a Municipal Service Corporation in 2018, there have been some growing pains, but as we turn the page to the next chapter, the next decade of history for the area, we have a significant opportunity to re-focus our offerings for the community, and that is what we are doing. A vital

first step will be aligning our work with the forthcoming public realm study.

To achieve this, Ottawa Markets is putting our head down and working hard to strategically develop an action plan that will refocus our offerings and reignite the passion for local produce and products. We also hope that as we move forward, we will establish a new platform for thought-provoking, exciting, and engaging programming for the area. First, however, we have to get through the immediate public health challenge. As a business, we are evaluating what federal, provincial, and municipal programs are available and we are also talking with partners and exploring how we can safely provide a market experience for the community of Ottawa in the 2020 season. Stay

tuned, as I hope we can share those details with you all very soon!

In addition, the Government of Canada is taking steps to assist small business. Numerous programs also support individuals, and I would encourage everyone to review the information on the Government of Canada website and don't be shy reaching out to your local MP. Their constituency offices are great resources of information and can help connect residents and businesses with the programs on offer. Finally, I want to encourage you to shop as local as you can during this time; every little bit can help.

Zachary Dayler is Executive Director, Marchés d'Ottawa Markets

Where is this mystery work of art? If you are down, you must look up. But the best view is from the second storey.







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What a difference a day makes!

By Steve Ball

Hotels function on a pretty simple economic principle. They measure their performance based on the average occupancy and the average room rate. Hotel investors, including the people that own and/or finance hotels look at RevPAR as a measure of property value, which is basically the revenue per available room to rent over the year. But when there is no business to be had due to a worldwide travel ban and the closing of international borders to the travelling public the model goes out the window.

In Ottawa, we have seen multiple hotel closures in the month of March and those properties that remain open are operating with a skeleton staff and providing reduced services. The Hotel Association of Canada predicts as many as 90% of hotels in Canada will close before this crisis is over.

In Ottawa, we have seen multiple hotel closures in the month of March and those properties that remain open are operating with a skeleton staff and providing reduced services. The Hotel Association of Canada predicts as many as 90% of hotels in Canada will close before this crisis is over. Most hotel closures will be temporary but there will likely be some casualties that won't survive.

During normal time there are over 300,000 people employed in the hotel industry in Canada and approximately 6000 in Ottawa and Gatineau. Most of these frontline workers have been laid off. Never could one predict such a rapid and absolute decimation of an industry in such a short period of time.

But hotels are resilient. Several are providing accommodation for Canadians looking to self-isolate upon their return to Canada. Some are housing emergency-shelter clients and people who are the most vulnerable and disadvantaged in our community. Others provide shelter to healthcare workers and frontline staff who are afraid of going home and possibly infecting their families. Quebec is planning to move relatively healthy non-critical patients out of hospitals and into hotels to make room for serious COVID-19 patients.

Hotels have a great track record for helping out when called upon during a period of crisis. Examples of this can be found during ice storms, severe flooding, tornadoes and other emergency situations. There will be heroes once this COVID-19 virus passes, but they will likely go unnoticed because hotels don't generally look for accolades. I'm proud

of the properties that donated their perishable food items to the Shepherds of Good Hope once they were forced to close their food and beverage operations a few weeks ago. Thank you.

Hotels are part of the fabric of our community and we are lucky to have the variety of brands and properties that we do. What may surprise people is that most hotels are small and medium businesses that operate on very slim margins. Many are family owned and operated and don't have access to capital resources when revenue dries up. People assume the brand name, like Marriott, is the owner of the property but that is not the case. The brand is hired to run the operation on behalf of the owner. A prolonged reduction in business can be devastating and very quickly impact their ability to survive.

Fairmont
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We currently live in a world that is changing rapidly – by the day and by the hour. As we navigate through these times of change and uncertainty, we do so with the safety of both our loyal and valued guests and employees as our highest priority. We must support our local authorities as they work to halt the spread of COVID-19. And so, we have made the difficult decision to temporarily close the doors of our hotel effective Saturday, March 21, 2020 at noon, this also includes Zoe's and Wilfrid's. This certainly isn't goodbye, it's farewell for now. We'll be in touch with updates through our social media channels to ensure that our dedicated community is informed, connected and supported through these trying times. We'll be back as soon as we can, and look forward to welcoming each of you in the near future!



By Andrijko Z. - Own work, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=24517051>

We hope the measures put in place through self-isolation will reduce the spread of the virus and that this crisis will end quickly. And when it is safe to do so, most hotels will open their doors again and welcome visitors to our beautiful city. In 2019, tourism generated over \$2.2 billion in revenue in Ottawa and it is our third largest business segment. Visitors contribute a substantial amount to the economy of the By Ward Market. Fortunately, we have a range of hotels serving different clienteles that helps us a very competitive global marketplace.

How can you help? Look at travelling within Canada once this crisis is over. Encourage your friends and relatives to visit Ottawa and experience all the great things our Capital has to offer. The faster our economy gets back on track the better we will all be as a vibrant community.

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Meet your neighbour: Dr. Vera Etches, the doctor in our house



As the first female medical officer of health in Ottawa, Vera joins a long history of women leading in medicine in Ottawa. Many know the story of the mother superior, Sister Bruyère, whose congregation of Sisters of Charity founded Ottawa's first hospital on St. Patrick Street next to the cathedral. However, it took a while before women overcame barriers to becoming doctors. According to the Canadian Institute for Health Information, the overall proportion of female physicians has grown from 11% in 1978 to 41% in 2017. Vera's appointment to chief medical officer is indicative of this new recalibration of representation.

Like most social services of the 19th century, medicine was a private matter and one that was to be funded through charity. Lowertown was a crowded and low-income place at that time, and sanitary conditions were a problem. People forgot that the nuns worked for free to help care for the sick in our city. Thankfully, medicine has come a long way since those days and is now recognized a right that should be supported through public funding. However, as many of us in Lowertown see on a daily basis, there are still people, like the homeless, that suffer from very complex issues, including many related to health. That requires the City to have a plan to deal with the overall health of its citizens.

Vera is at the centre of Ottawa's public-health strategies. Ottawa Public Health is the lead organization in the city in the provision of health programs and services. Among its files are health promotion, the opioid crisis, the health response to the legalization of cannabis, floods and infection control, not to mention the current Covid-19 epidemic. As many of you know, Vera is the leading public face at the municipal level here in Ottawa. The experience she has gained throughout her entire career in medicine and her commitment to cooperative approaches have left us in good hands as we face this challenge.

By Marc Aubin

Lowertown is known for its early history as home to a large part of Ottawa's working class. But there have always been a handful of professionals living among us. At first it was out of convenience and due to ethnic divides, but nowadays, it is more by choice. Dr. Vera Etches, the City of Ottawa's Medical Officer of Health, is among those who have chosen to adopt Lowertown as their home. In fact, she lives in the house of one of Lowertown's former doctors and just a stone's throw from the first hospital opened in the city.

It was just three years ago that Vera hit the headlines: "Vera Etches becomes Ottawa's first female medical officer of health". The April 2018 article in the Ottawa Citizen described her initial interest in public health coming out of her experiences working as a medical student in Malawi. Those early experiences in Africa brought home the realization that health is part of a set of interrelated problems. The availability of healthy food, mental health support, stable housing and many other things contribute to overall health.

Vera joined the Ottawa health unit in 2009, becoming deputy medical officer of health in 2014. She had previously held similar roles in Sudbury, Ontario. Originally from a small town in northern British Columbia, she studied at BC universities, and obtained additional qualifications at the University of Toronto. Her biography indicates that she focuses on addressing rural, Indigenous, and urban health issues, and that she's passionate about building bridges between the private, public and volunteer sectors.

I first met Vera as a member of the board of the Lowertown Community Association. She joined soon after arriving in Ottawa. Her personality was similar to the one you see on television, a kind and informed presence. She was not someone who wore her credentials on her shoulders, but shared her expertise whenever it would be helpful to our community. She did this while married and working at the health unit, with two children a few years later, as well as undertaking significant renovations to her heritage home.

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**Stay home,
Save lives**

**Restez chez vous,
Sauvez des vies**

Everything has changed – except kindness

By Deirdre Freiheit

Life has changed rapidly in less than 21 days. For those on the front lines of this pandemic, there's hardly been time to reflect as we work around the clock to support vulnerable individuals who need us now more than ever. For others, new found time through forced isolation and job losses has hit hard.

The current housing crisis looms large. People on the streets are at risk every day. Their health is compromised because they're homeless and now they are at great risk. Those who don't have a home can't self-isolate.

In times of uncertainty, Shepherds of Good Hope is a beacon of hope for many. For those who have lost connections to families and friends, we are there to help. In times like this, community support becomes even more crucial.

In ten short days, we've changed how we operate every program and service in our five locations. We've cancelled our evening drop-in program that was open to the community seven days a week and provided not only food, but social supports. We can no longer offer soup and sandwiches in the evening to get people through to the next day. In addition to food poverty, the poverty of loneliness is high among people who are experiencing homelessness.

Gathering each evening in our evening drop in and participating in activities that were offered there helped people to feel part of a community. It was a difficult decision to cancel this program a time when so many other community supports have been removed.



We now offer meals in “to-go” containers and serve people outside. No visitors are allowed into our supportive-housing residences to see their loved ones. People need to leave the shelter en masse so that we can do a deep clean daily. We must do our part to stop the spread of this virus.

Despite the monumental challenges we face, we are beyond grateful for the kindnesses shown during this time of uncertainty. Here are some of the heartwarming things our community has done to support us:

- Our neighbours on St. Andrews Street made meals for our residents in supportive housing;

- Family Foundations have donated funds to help alleviate increased costs;
- Businesses--many who are negatively affected by this pandemic-- have reached out and made donations;
- Individuals have signed up to be new monthly donors;



CEO Deirdre Freiheit admiring the work of volunteers and staff preparing the boxes of take-away meals.

- Our loyal donors have increased donations and new donors have come forward;
- People have sent kind messages to our staff and clients to let them know they are not forgotten and our community is with us;
- Distilleries have made hand sanitizer to address the shortages
- Volunteers are sewing hospital gowns for our staff;
- The Lowertown Community Association supported our need to set up an isolation centre for homeless individuals at the Routhier Community Centre, which is crucial in assisting our community during this state of emergency.

This is kindness at its best, and this list is by no means exhaustive.

We are working tirelessly to ensure that those who access our programs and services are looked after to the best of our collective abilities. We are in awe of the work carried out by our front-line staff and facilities services team; our finance, human resources, community and volunteer services, client services, information technology, shelter and supportive housing teams; our managers, fundraisers, communications and senior leadership teams. We simply couldn't do this without them.

Although the number of volunteers who assist has decreased for health-and safety reasons, many still make meals in our soup kitchen every week. Those who are able have increased their hours, new volunteers are being on-boarded and our loyal volunteers who have to stay home are reaching out to help in many other ways.

We are used to adapting at SGH, but COVID19 may be our greatest challenge. From adversity comes hope, and kindness reaches new heights. To paraphrase a quote I love, “Remember there's no such thing as a small act of kindness. Every act creates a ripple”.

Thank you from the bottom of our Shepherds' hearts, Ottawa. We appreciate your kindness. We are overwhelmed with gratitude.

Deirdre Freiheit is President and CEO of the Shepherds of Good Hope

Notre personnel et nos bénévoles sont toujours en poste et on prend toutes les mesures de sécurité.

Le besoin est plus criant que jamais pour de l'aide avec la nourriture, les couches et l'aide-répit pour les proches-aidants.

Soutenez votre quartier. Aidez vos voisins de la Basse-Ville!

Veuillez visiter notre site web www.crcbv.ca/fr/ pour en savoir plus et pour faire un don.



Centre de ressources communautaires de la Basse-Ville
Lowertown Community Resource Centre



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Our staff and volunteers are still on the front lines and we are taking all the necessary precautions.

The need is greater than ever for food and groceries, diapers and respite care for caregivers.

Help your fellow Lowertowners. Help Lowertown!

Please visit our website www.crcbv.ca to learn more and to make a donation.

We are Lowertowners : At our post for our neighbours

By Catherine Mageau-Walker and Matthew Beutel

As is everybody these days, we at the Lowertown Community Resource Centre (LCRC) have been thrown for a loop by the COVID-19 crisis. All of our programs have been affected one way or another. While some, like our after-school activities, have been temporarily halted, others are considered essential services, so we plough ahead with adjustments in alignment with guidelines from Ottawa Public Health and the other two levels of government.

Our counselors remain available on a drop-in basis for people in vulnerable situations. They reach hundreds of residents by phone to check in on their well-being and to offer a helping hand (or a sympathetic ear). Our youth workers are carrying out phone outreach with families and are offering support with school-work. Some of our activities, such as the food bank at the Community House at 45 Beausoleil St., are rolling on more than ever. And we couldn't make sure that households in need have access to healthy food without the contribution of our invaluable volunteers...like Michel (Mike) Joanisse and Estelle Séguin.

For over 40 years, Estelle has been a Lowertowner—she raised her kids here. Her husband, Bob, has two children from a prior marriage and together they have four grandchildren.

She has been a volunteer at the Community House since it first opened its doors 25 years ago. One of her friends was the coordinator and helped start the food bank. She asked Estelle if she would volunteer and the rest is history!

"I love Lowertown. It's where I live. I want to be here to serve people. I like folks and I like being at the Community House...you make friends...it becomes a family."

Mike has been a Lowertowner for 15 years. One day outside the Community House, Estelle stopped him and convinced him to try volunteering. Seven years later and he's still there!

"Mike's a great guy! He's always trying to make us laugh. And he often has good ideas for how to improve the programming."

Mike is a jack-of-all-trades and helps out with tasks such as unloading the delivery truck, stocking shelves and taking care of the garbage and recycling. "I really like lending a hand. It's part of life."

Estelle shares this can-do philosophy. "The people who come to the food bank are shy...we put them at ease", she states. "I was once told 'If it wasn't for you, I wouldn't come back!' They're everyday folks, like you and me. It gives me such a good feeling."

The Community House is a haven for many. Estelle describes it as having "just the right mix: respect, love, confidentiality, and good listening (which I sometimes find hard because I love to chat!)."

Mike's mom lives in a care home and he can only pay her infrequent visits these days and from the other side of a window, at that. He finds it tough but as he says, "We are all in this together. We have no choice."

The COVID-19 crisis has meant that Estelle has had to stop coming to the Community House the past couple of weeks. She is considered at risk since she had a serious operation in the last year. However, she still finds a way to contribute: we were able to set her up with a laptop at home from where she can do some data entry for the food bank. Still, there's nothing quite like welcoming folks in person and getting to chat. It's this resourcefulness and shared will that are hallmarks of the LCRC. In an exasperated voice, she says, "I can't stand this! I can't wait for it to be over!"

You and us all, Estelle, you and us all! A BIG thank you to you, to Mike and to all of our staff and volunteers.

Nous sommes Basse-Villois : En poste pour nos voisins

Par Catherine Mageau-Walker and Matthew Beutel

Comme tout le monde, nous, au Centre de ressources communautaires de la Basse-Ville (CRCBV), avons été ébranlés par la venue de la crise du coronavirus. Tous nos programmes sont affectés d'une manière ou d'une autre. Certains, comme nos programmes parascolaires et pour aînés, ont été mis sur pause. D'autres sont considérés essentiels et nous continuons à les livrer tout en s'adaptant aux consignes de Santé publique Ottawa et des deux autres paliers gouvernementaux. Nos intervenantes demeurent disponibles pour des rencontres ponctuelles pour aider les gens en situation vulnérable. Elles rejoignent aussi des centaines de nos résidents par téléphone pour de leur bien-être et leur tendre la main. Nos employés qui travaillent avec les jeunes font aussi de l'approche téléphonique auprès des familles, offre des sacs-collation prêt à apporter et un soutien avec le travail scolaire. Certaines de nos activités se poursuivent encore plus que jamais telle la banque alimentaire à la Maison communautaire au 45, rue Beausoleil. Sans l'apport de nos précieux bénévoles, comme Estelle Séguin et Michel Joanisse, nous ne pourrions pas assurer que les ménages en besoin aient accès à une saine alimentation.

Depuis plus de 40 ans, Estelle habite à la Basse-Ville où elle a élevé ses deux enfants. Son mari, Bob, a aussi deux enfants d'un premier mariage. Ensemble, leur vie est enrichie de quatre petits-enfants. Estelle fait du bénévolat à la Maison communautaire depuis ses tout débuts, il y a 25 ans. Une de ses amies coordonnait la Maison et a aidé à démarrer la banque alimentaire. Un jour, elle a demandé à Estelle si elle voulait donner un coup de main et « hop ! », le reste s'est fait tout seul !

« J'aime la Basse-Ville. C'est ici que je reste. Je veux être là pour servir le monde. J'aime les gens. J'aime la place où je suis ici à la Maison communautaire...tu te fais des amis...ça devient une famille. »

Pour sa part, Michel, vit à la Basse-Ville depuis 15 ans. C'est Estelle qui l'a accroché un jour devant la banque alimentaire et l'a convaincu de faire un peu de bénévolat. Sept ans plus tard, il est toujours là ! « Michel est un [très] bon gars ! [Il est] toujours en train de nous faire rire. Il a souvent des bonnes idées pour comment on peut améliorer le fonctionnement du programme. »

Michel est un homme à tout faire et aide avec des tâches comme décharger les aliments du camion de livraison, remplir les tablettes et gérer les poubelles et bacs de recyclage. « J'aime donner un coup de main. Ça fait partie de la vie. »

Estelle partage cette philosophie de faire ce que l'on peut. « Les personnes qui viennent sont générées...on les met à l'aise », raconte-t-elle. « On m'a déjà dit : « Si ce n'était pas pour toi, je ne reviendrais pas ! » C'est du monde comme toi et moi. C'est payant mentalement—c'est ça mon bonheur ». La Maison communautaire est un havre pour plusieurs. Estelle la décrit comme ayant « de tout : le respect, l'amour, la confidentialité, l'écoute (ce qui est parfois dur pour moi, car j'aime ça, jaser !) ».

La mère de Michel habite dans un foyer et, ces temps-ci, il ne peut la visiter qu'à travers une fenêtre. Il trouve ça difficile mais, comme il dit, « Nous sommes tous pris dans cette situation. Nous n'avons pas le choix ».

Dû à un défi de santé pour lequel elle a subi une intervention chirurgicale dans la dernière année, Estelle doit éviter de venir à la Maison communautaire durant cette période COVID-19. Par contre, elle trouve quand même une façon de contribuer : on l'a installée avec un ordinateur portable à la maison d'où elle peut faire l'entrée de données reliées à la banque alimentaire. Quand même, il n'y a rien comme accueillir le monde en besoin en personne. C'est cette débrouillardise et cette volonté qui sont la marque de commerce du CRCBV. Exaspérée, elle dit : « Je déteste ça ! J'ai hâte que ça finisse. »

Nous autres aussi, Estelle, nous autres aussi ! Un énorme merci à toi, à Michel et à tous nos employés et bénévoles.



Community House food distribution volunteers. Picture was taken before the onset of COVID-19.

Chers résidents et résidentes d'Ottawa-Vanier,
Merci de la confiance que vous m'accordez
en tant que votre nouvelle députée provinciale.
Je me considère privilégiée d'être à votre service.

Le bien-être de tous les gens d'Ottawa-Vanier est ma priorité. En ces temps d'isolement et d'adaptation quotidienne, je vous invite à suivre les conseils de nos autorités en santé afin que nous puissions passer à travers cette crise le plus rapidement possible.

Soyez assurés que je suis à votre écoute et que j'interviens de façon proactive afin d'apporter à l'attention du gouvernement nos préoccupations. Les services à mon bureau demeurent disponibles par téléphone ou par courriel et je vous invite à communiquer avec nous si vous avez des questions quant aux ressources, services et programmes provinciaux qui sont disponibles, ou pour me parler des enjeux qui sont les plus importants pour vous.

Les gens d'Ottawa-Vanier sont résilients et solidaires. Dans l'épreuve, nous nous retroussons les manches et nous faisons preuve d'entraide. Face à cette pandémie mondiale, la collaboration est notre meilleure alliée.

Au plaisir de travailler avec vous!

Lucille Collard
Députée provinciale d'Ottawa-Vanier
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Dear constituents of Ottawa-Vanier,
I would like to thank you for the confidence
you have shown me by electing me as your
new Member of Provincial Parliament. I consider myself privileged to be at your service.

The well-being of everyone in Ottawa-Vanier is my priority. In these times of isolation and daily adaptations, I ask you to please follow the recommendations of public health authorities so that we may all overcome this crisis as quickly as possible.

Rest assured that I am listening to your concerns and that I am actively working to bring them to the attention of the government of Ontario. Services at my office remain available by phone or email, and I invite you to contact us if you have questions regarding provincial resources, services or programs that are available, or to talk to me about what issues matter most to you.

Ottawa-Vanier's constituents are resilient and show solidarity. When faced with obstacles, we pull up our sleeves and help each other. In the face of this global pandemic, collaboration is our greatest ally.

I look forward to working with you!

Je voudrais commencer par dire «Joyeuses Pâques! Je sais que c'est une période difficile pour tous.

La santé et la sécurité de tous les Canadiens et Canadiens demeure notre priorité absolue. Aucune personne ou famille ne devrait craindre de ne pas pouvoir se nourrir, de conserver son foyer ou de perdre son revenu à cause de la COVID-19. Le Canada est l'un des pays les mieux préparés au monde pour répondre à la situation actuelle. C'est pourquoi, nous avons annoncé une série de mesures progressives visant à répondre aux défis auxquels les Canadiens font face et à prévenir l'escalade des problèmes économiques et ceux liés à la santé au cours des prochains jours, semaines et mois.

Je tiens à vous assurer que la réponse de notre gouvernement a été et continuera d'être fondée sur la science et les données probantes, et qu'elle est guidée par des professionnels et des autorités de la santé de classe mondiale.

Les choses évoluent si rapidement qu'il est probable que la situation ait changé depuis cette publication. Je voudrais donc vous diriger vers le canada.ca/le-coronavirus. Ce site web contient les informations les plus récentes sur les mesures prises par notre gouvernement pour assurer votre santé et sécurité. Veuillez également consulter les sites web de ontario.ca et sanctepublieottawa.ca pour obtenir des informations sur les mesures supplémentaires prises aux niveaux locaux et provinciaux.

Ensemble, nous pouvons ralentir la propagation de la COVID-19 en faisant un effort pour maintenir une distance physique entre nous. Je sais que si nous agissons tous avec la prudence qui s'impose, si nous suivons les conseils des experts et si nous comptons sur le soutien de nos familles, de nos voisins et de nos proches, nous traversons les périodes difficiles qui nous attendent. Notre gouvernement sera à vos côtés à chaque étape du processus et nous ferons tout ce qui est nécessaire pour vous appuyer. Personne n'est laissé pour compte.

Pour réduire la propagation de la COVID-19, mon bureau de circonscription est fermé pour les rendez-vous en personne. Mon équipe de circonscription demeure disponible pour vous aider avec tous les aspects des services fédéraux. Vous pouvez nous joindre au 613-998-1860 ou mona.fortier@parl.gc.ca. Inscrivez-vous à notre infolettre à mfortier.liberal.ca

pour recevoir les dernières nouvelles concernant la COVID-19.

Au cours des dernières semaines, j'ai pu voir notre belle communauté d'Ottawa-Vanier demeurer résiliente, serviable et innovante. Je me réjouis de voir les gens s'entraider à distance pour garder notre communauté dynamique et sociale malgré la distanciation physique.

C'est en se serrant les coudes en tant que familles, en tant que communauté et en tant que pays que nous pourrons affronter ces temps difficiles!



L'honorable Mona Fortier C.P./P.C.
MP- Députée, Ottawa -Vanier

Iwant to start by saying Happy Easter!

I know this is a difficult time for all. The health and safety of all Canadians is our top priority. No one should have to worry about putting food on the table, keep a roof over their head or losing their income because of COVID-19.

Canada is among the best-prepared countries in the world to respond to the situation we're facing, and we will get through what comes next together. That is

why, we have been announcing a progressive series of measures responding to current challenges Canadians are facing and preventing the escalation of economic and health-related problems for the coming days, weeks and months.

I want to assure you that our response has been, and will continue to be, based on science and evidence, and is guided by world-class health professionals and authorities.

With matters changing so quickly, it is likely that the situation has changed since writing. I would therefore like to direct you to our government's canada.ca/coronavirus. This website is maintained with the most up-to-date information on the measures our government is taking to keep you healthy and safe. Please also consult ontario.ca and ottawapublichealth.ca for information on additional measures taken by local and provincial health authorities.

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. I know that if we all act with the appropriate caution, follow expert advice, and rely on the support of our families, neighbours, and loved ones, we will get through the difficult times ahead. Our government will be there with you every step of the way, and we will do whatever it takes. No one is being left behind.

To prevent the spread of COVID-19, my constituency office will be closed for walk-ins and appointments. My constituency team remains available to help you with your federal inquiries. You can reach us at 613-998-1860 or mona.fortier@parl.gc.ca. Subscribe to our newsletter at mfortier.liberal.ca to receive the latest news regarding COVID-19.

Over the past few weeks, I have been humbled by the beautiful community of Ottawa-Vanier being so resilient, helpful and innovative. I am delighted to see people helping each other from a distance to keep our community vibrant and social despite the physical distancing measures we are taking.

It is by pulling together as a family, as a community and as a country that we can get through these difficult times!

First and foremost, I want to thank the community for taking precautions including physical and social distancing to prevent the spread of the Coronavirus. This is obviously uncharted territory and we know there are many impacts, but we are all in this together, and as a community, I know we care for one and other. As the information continues to evolve, I am offering you updates of the most recent information on my website, MathieuFleury.ca and for the most up-to-date numbers and the latest and more in-depth information please visit Ottawa Public Health.

A lot of information has changed since the beginning of social isolation has begun, so I encourage you to continue to check out the provincial and federal websites on the situation, to help you address some of your specific concerns.

It is important to remember as the number of cases grow in Ottawa, people should continue to practice physical (social) distancing, limit leaving the home unless for essential reasons and that anyone who is not experiencing signs of illness should go outside for fresh air and exercise to help maintain their health. Please note, according to Ottawa Public Health, passing someone on a sidewalk is not considered a high-risk activity for infection with COVID-19.

Also, given the greater risk of severe outcomes to Ontarians who are elderly, Ontario's chief medical officer is strongly recommended that individuals over 70 years of age self-isolate.

(This also applies to individuals who have compromised immune systems and/or underlying medical conditions.)

New Enforcement Measures

Ottawa By-law Officers have been given the ability to enforce new rules under the Ontario Emergency Management and Civil Protection Act related to physical distancing. Dedicated team of officers at By-law and Regulatory Services will be proactively monitoring and enforcing calls related to:

- Gatherings of more than 5 people in public or private residences;
- People congregating in parks/using park facilities or equipment;
- Restaurants that continue to offer dine-in services; and,
- Non-essential retail businesses continuing to operate.
- Residents who witness these issues should report them by calling 3-1-1.

By-law Officers will be taking a progressive enforcement approach; with the initial goal to educate residents and businesses about these laws and their importance to public health.

As time goes on, failure to comply could result in fines under the provincial Act of up to \$100,000 for individuals, \$500,000 for a director of a corporation or \$10-million for a corporation itself.

OC Transpo changes

With ridership levels down due to COVID19 changing, OC Transpo service have been reduce as of March 30th. For those in our community who are essential workers and continue to need to take transit, we realize these changes may impact your travel. If you have concerns, please communicate with me via mathieu.fleury@ottawa.ca so these concerns can be passed along to OC Transpo.

Keeping busy

There are some amazing resources for Adults and Teens or children on Ottawa Public Library's website to keep us busy, learn, read, come up with some activities etc. I encourage all of you to check out the new features.

How to stop the spread

- Self-isolate immediately if you have returned from travel outside Canada.
- Practise physical distancing – stay 2 metres away from others.
- Wash your hands with soap and water thoroughly and often.
- Clean phones and other devices regularly.

Buy Local

There is a new way you can help support your local shops and businesses during these challenging times. By clicking on ottawa.ca/buylocal residents will find links to sites listing businesses serving customers virtually or providing takeout and meal delivery.

Businesses can also visit this web page on ottawa.ca for access to essential information and support programs.



*Mathieu Fleury
Councillor, Rideau-Vanier*

Avant tout, je tiens à remercier la communauté de prendre des précautions, notamment de pratiquer la distanciation physique et sociale afin de prévenir la propagation du coronavirus. Il s'agit évidemment d'un territoire inexploré et nous savons que les incidences sont nombreuses, mais nous sommes tous dans le même bateau et, en tant que collectivité, je sais que nous nous soucions les uns des autres. Alors que de nouvelles informations se font jour, je vous propose les nouvelles les plus récentes sur mon site Web, MathieuFleury.ca. Pour obtenir les tout derniers chiffres et les renseignements les plus à jour et les plus complets, je vous invite à consulter le site de Santé publique Ottawa.

De nombreuses informations ont changé depuis le début de l'isolement social; je vous encourage donc de continuer à vérifier les sites des gouvernements provincial et fédéral concernant la situation afin de trouver des réponses à vos inquiétudes.

À la lumière des cas qui augmentent sans cesse à Ottawa, il est important de continuer de respecter les consignes de distanciation physique (sociale), de limiter les sorties à l'extérieur de la maison, sauf pour des raisons réellement essentielles, et de sortir à l'extérieur pour prendre l'air et faire de l'exercice, si vous ne ressentez aucun symptôme de la maladie, pour votre bien-être personnel. Veuillez noter que, selon Santé publique Ottawa, le fait de croiser une autre personne sur un trottoir n'est pas considéré comme une activité à risque élevé pour la transmission de la COVID-19.

Aussi, étant donné que les aînés courent un plus grand risque de développer des symptômes graves, le médecin-hygieniste de l'Ontario recommande forte-

ment aux personnes de plus de 70 ans de s'auto-isoler. (Cette recommandation s'applique également aux personnes dont le système immunitaire est affaibli ou qui souffrent de problèmes médicaux sous-jacents.)

Nouvelles mesures d'application de la loi

Les agents des règlements municipaux d'Ottawa ont le droit d'appliquer les nouvelles règles en vertu de la Loi sur la protection civile et la gestion des situations d'urgence de l'Ontario associées à la distanciation physique. Une équipe d'agents des Services des règlements municipaux se consacrera de façon proactive à la surveillance des signalements liés aux cas suivants et interviendra en conséquence :

- rassemblements de plus de cinq (5) personnes en public ou dans des résidences privées;
- regroupements de personnes dans les parcs ou qui utilisent les installations et équipements des parcs;
- restaurants qui continuent d'offrir le service aux tables;
- commerces de détail non essentiels qui restent ouverts.
- Les résidents qui sont témoins de ces infractions doivent les signaler en téléphonant au 3-1-1.

Les agents des règlements municipaux adopteront une approche progressive pour assurer l'application des règlements. L'objectif initial sera de sensibiliser les résidents et les entreprises aux nouvelles lois en vigueur et à leur importance pour la santé publique.

Au fil du temps, le non-respect de ces lois pourra entraîner des amendes aux termes de la Loi provinciale atteignant jusqu'à 100 000 dollars pour un particulier, 500 000 dollars pour le directeur d'une société et 10 millions de dollars pour une société.

Modifications au service d'OC Transpo

Les niveaux d'achalandage baissant en raison de la COVID-19, le service d'OC Transpo a été réduit à partir du 30 mars. Nous comprenons que ces changements peuvent toucher les travailleurs essentiels de notre communauté qui doivent prendre le transport en commun. Si vous avez des inquiétudes, communiquez avec moi par courriel à mathieu.fleury@ottawa.ca afin que je puisse en faire part à OC Transpo.

S'occuper

Il existe de nombreuses ressources fantastiques pour les adultes, les ados et les enfants sur le site Web de la Bibliothèque publique d'Ottawa qui vous permettront de vous tenir occupés, d'apprendre, de lire ou de trouver des activités à faire. Je vous encourage tous à découvrir les nouvelles caractéristiques du site.

Comment arrêter la propagation

- Isolez-vous immédiatement si vous revenez d'un voyage à l'étranger.
- Pratiquez la distanciation physique – tenez-vous à 2 mètres des autres.
- Lavezvous soigneusement et fréquemment les mains avec de l'eau et du savon.
- Nettoyez les téléphones et autres appareils régulièrement.

Acheter localement.

Il existe une nouvelle façon d'aider les commerces et les entreprises de votre région en ces temps difficiles. Les résidents trouveront sur ottawa.ca/acheterlocal des liens à des sites qui fournissent une liste d'entreprises qui servent les clients virtuellement ou qui offrent des services de livraison ou de repas à emporter.

Les entreprises peuvent également consulter cette page Web sur ottawa.ca afin d'obtenir des renseignements.



Lucille Collard, Députée/MPP

Ottawa-Vanier

237 ch. Montréal Rd. Ottawa, ON K1L 6C7

613-744-4484

Lcollard.mpp.co@liberal.ola.org

Au plaisir de travailler avec vous !

C'est avec honneur et fierté que j'entreprends mon travail en tant que nouvelle députée provinciale afin de représenter les intérêts et défendre les droits des citoyens et citoyennes d'Ottawa-Vanier.

En travaillant ensemble, nous pouvons faire mieux. Merci de votre confiance!

Mon bureau de circonscription d'Ottawa-Vanier est également à votre service pour vous guider concernant les programmes et services provinciaux, en plus des ressources locales dont vous pourriez avoir besoin. Notre préoccupation première est la santé et la sécurité de chacun. J'encourage les gens d'Ottawa-Vanier à suivre les conseils de nos autorités de la santé. Ensemble nous relèverons ce défi.

N'hésitez pas à communiquer avec nous si vous avez besoin d'aide.

Votre députée provinciale,

Lucille Collard

I look forward to working with you!

I am honoured to begin my work as your new Member of Provincial Parliament (MPP) to represent the interests and defend the rights of the citizens of Ottawa-Vanier.

By working together, we can do better. Thank you for your support!

My Ottawa-Vanier constituency office is also available to guide you regarding provincial programs and services, as well as local resources which you may need. Our primary concern is the health and safety of everyone.

I encourage the people of Ottawa-Vanier to follow the advice of our health authorities.

Together we will meet the challenge. Do not hesitate to contact us if you need help.

Your MPP,

Lucille Collard



ByWard Market Serving the Community

Serving Ottawa for nearly 200 years, most businesses have temporarily closed their doors to maintain the health and safety of our community during COVID-19. ByWard Market restaurants/grocers listed below are offering delivery and/or takeout. Shops and services are offering online shopping and gift card/certificate options.

Business operations are subject to change, list below was updated April 1, 2020.

Take care of yourselves and your neighbours, Ottawa.

RESTAURANTS / GROCERS

Ahora Mexican Cuisine
Atari
Aux Delices Bakery
Bistro Ristoro
ByWard Fruit Market
Dal Moro's Fresh Pasta to Go
Das Lokal
Dunn's Famous Deli
El Taco De Oro
Grand Pizzeria
House of Cheese
International Cheese Inc
India Curry & Kebab House
Khao Thai
LA LA NOODLE

Luxe Bistro
Oh So Good Desserts
Osmow's Mediterranean
Pho By Night
Pili Pili Grilled Chicken
Saslove's Meat Market
Shafali Restaurant
Surlie Restaurant
Sushi Fresh
Swizzle's Cafe
Tea Store
The King Eddy
TINGZ Restaurant
Zak's Diner

Visit ByWard Market BIA website for updated info and details:
byward-market.com
#bywardmarket

