

Volume 17 | Issue 2
Summer 2020



THANK YOU
FROM OUR VILLAGE IN THE CITY

As the world has stood still for weeks and then months, we have watched in awe while countless selfless frontline workers sacrificed to keep us healthy, fed, clean, protected and moving.

This is a time we must not forget.

We, in our village within the city, have borne witness to the amazing frontline that has patiently and gracefully kept our lives running.

Thank you to all the shops along Summerhill.

Thank you to the TTC that kept the buses running.

Thank you to the City Workers
both Garbage and Recycling.

Thank you to the City and Construction Workers
both in our Parks and on our Roads.

Thank you to 53 Division that has kept us informed and protected.

Thank you for always trying to find new ways to
keep both yourselves and us safe.

Thank you for working hard to lead us into our new normal.

Thank you.



North Rosedale News
A publication of the North Rosedale Residents' Association - Serving the community for over 60 years.

Join us.

Your Membership helps support your community and our programs.

Please see inside or visit our website to renew your 2020 membership.



A Note from Our Councillor



Mike Layton

City Councillor, Ward 11
University-Rosedale

As we enter a summer like we have never seen in Toronto, I want to take a moment to appreciate what our community has accomplished so far. Whether you are part of the frontline response, or are doing your part by practicing physical distancing, this has been a challenging time. However, the sacrifices we have all been making are working and we have saved lives.

The most recent virtual City Council meeting gave us a chance to review the City's Restart and Recovery steps, as I worked with my colleagues to ensure we establish a process for consulting with Torontonians on the financial and program details of the economic recovery plan.

Council directed that any negotiations with other levels of government not only be discussions about one-time payments to deal with the 2020 financial problems, but that they also include consideration of revenue tools and/or direct financial assistance for future years for transit, housing, child care, and public health, among other priority areas. Many of which have a history of being downloaded from the province onto the municipality.

It is also critical for our future as a city and country that we invest in measures that help address, not compound, the climate crisis, reduce inequality and help build resilience. The pandemic has shown us that more than ever, with job losses and threats of eviction, individuals and families need support to secure and maintain their housing. Investment in the building of deeply affordable housing is key as it reduces inequity, insecurity and poverty among Torontonians - and is the basis of a healthy and prosperous future for our city.

In our continuing response to COVID-19, Toronto's Medical Officer of Health has diligently emphasized how crucial it is to maximize physical distancing when outside; and in situations where physical distancing is not possible, it is advisable to wear a mask.

We must stay the course, because it has been working. You have my commitment that I will do all I can to ensure that residents of Ward 11, and Toronto, are supported through this pandemic.

SUMMERHILL

MARKET

Thank you North Rosedale
for your patience and understanding
during these challenging times.

We appreciate your support!

Serving the North Rosedale Community for over 66 years and counting...

446 Summerhill Avenue
Toronto, ON M4W 2E4
(Phone) 416.921.2714
www.summerhillmarket.com
Mon-Fri 8am-8pm
Sat-Sun 8am-8pm pm

1054 Mt. Pleasant Road
Toronto, ON M4P 2M4
(Phone) 416.485.4471
www.summerhillmarket.com
Mon-Fri 8am-9pm
Sat-Sun 8am-8pm

1057 Mt. Pleasant Road
Toronto, ON M4P 2M5
(Phone) 647.748.0777
www.summerhillfloral.com
Mon-Sat 9am-7pm
Sun 10am-6pm

1014 Bathurst Street
Toronto, ON M5R 3G7
(Phone) 416.921.2714
www.summerhillmarket.com
Mon-Sun 8am-8pm

President's Message

Village in the City

COPING WITH COVID

How are you coping and what does your new normal look like?

flatten the curve. We we have tried to teach our children at home and plan for an unknown future. We know this has been a time like no other. In pulling this newsletter together we wanted to stop and examine how we in this community have been coping with Covid. We considered how we could best shift the newsletter's focus. Due to Covid we had already delayed circulation. So why not continue with a little 'out of the box' thinking for this edition?

So, in this issue we would like to introduce you to our first-time and youngest reporters Ava, Bridget and Lea. We asked them what they were doing to just have fun during Covid. They report on some of their experiences. We've partnered with Caron Irwin, founder of Roo Parenting. She provides parents of younger kids with some salient advice and links for more expansive information. Dr. Elizabeth McKeown asks us to stay vigilant as we move forward and to wear our masks while looking after each other.

These are also difficult times for our young adults. School on-line, loss of routine, not being able to see their friends, boredom, loss of milestones like prom or graduation ceremonies and spending way, way, way more time at home with family. We know their concerns often go unvoiced and some fall into isolating patterns. So, we decided, perhaps controversially, to provide several mental health links and groups' contact information specializing in young adult and kid support. We hope we have not stepped too far out of our normal lane, but these are truly times that demand new approaches to live and function in our new normal.

However, this edition is not all about Covid-19 and the new normal. We are delighted to celebrate and wish Jack Rhind Happy 100th birthday! Bravo Jack! We also celebrate the lives of the late Allan Gotlieb, Canada's former Ambassador to the United States and Justice Norman Dyson both long-time residents of North Rosedale. From the Vet's Corner ... Puppies! We've all seen the mini explosion of new four-legged furry friends to our neighbourhood. Dr. Lindsay Paterson has some great advice for all our new puppy owners. And, finally, thank you Rosedale's Finest for another yummy summer recipe! We now all have time to attempt to cook as well as Chef Jameson does... well perhaps not as well as he does.

Finally, we'd like to ensure we pass our thanks on to our local front-line workers. We try in this edition to express our gratitude for all they have done to protect us and keep us functioning. To all our advertisers who have continued to support our newsletter, we send you all our heartfelt Thanks.

We hope this edition will both inform, entertain and provide you with useful information as we continue to live with Covid and our new normal unfolds.

Thank you,

Jean Anderson & Karen Powell
Co-Presidents

We are very grateful to all those who join and renew annually. Thank you for your support!

If you have not joined or renewed this year, we've made it as easy as an Interac email transfer to payments@northrosedale.ca of \$50 per year or \$140 for 3 years.

Cheques are also accepted - Payable to North Rosedale Residents' Association and addressed to:

Kathy Falconi, NRRRA Treasurer
60 Douglas Drive, Toronto, Ontario
M4W 2B3

As we go to print the City of Toronto is gently and carefully trying to open up again. We have moved past being in our houses doing our best to

Happy 100th Birthday for Jack Rhind!



We think a 100 years young birthday celebration should go on all year long!

So, help us celebrate our wonderful neighbour Jack Rhind's 100th Birthday again!

Jack's actual birthday was May 1st, 2020.

We have also provided a link, so you can see Jack in action as he presents to the students of SOLE Alternative, as part of the 75th Anniversary of D-Day, his experiences as Captain John Jack Rhind - World War II Veteran. Jack was part of the Allied push to the north towards Germany from Italy, where he served with the 11th Field Artillery as a commander of a troop of 30 men.

<http://solealternative.ca/?p=2383>



Construction Update



North Rosedale is suffering from construction fatigue

by Joanne Wildgoose

The construction projects outlined below were undertaken to improve our infrastructure, but the attendant delays and uncertainty have taken their toll on our community. The latest updates are available at: toronto.ca/improvements/ward11.html

ROXBOROUGH

The Sanitary Main Replacement Project on Roxborough between Mt. Pleasant and Highland Avenue, and excavation in front of the Roxborough pumping station, have run into delays and caused considerable traffic disruption this spring, restricting and at times, cutting off one means of entry into and exit from the neighbourhood. The final repaving was completed in June.

BINSCARTH

The Binscarth repaving Project from MacLennan to Edgar, although briefer and not as disruptive, gave rise to concerns including absence of a designated flag person to direct traffic, and convoys of heavy trucks using Whitehall rather than the truck route on Summerhill. The NRRA communicated these concerns to our Councillor's office. His staff was extremely receptive and helpful and immediately took steps to address our concerns.

GLEN ROAD

It is the Glen Road Reconstruction Project that has caused the most disruption. Some factors causing delays were beyond anyone's control, such as weather and Covid-19 health and safety precautions. The long delays have prolonged the inconvenience and frustration in the neighbourhood, exacerbated by inaccurate and inadequate signage. However, the City's Project Manager has remained extremely open to questions and concerns and has provided as much timely information as possible.

The Glen Road project consists of two initiatives. The first was to replace the city-owned portion of substandard water services on Glen Road north from Beaumont Road.



The second initiative is the reconstruction of Glen Road, implementing the City's "Vision Zero Road Safety Plan" to reduce vehicle speed, resulting in improved pedestrian and bicycle safety. This is accomplished in part by narrowing the road by means of wider sidewalks including curb bump-outs which also reduce pedestrian crossing distances. But, as construction has proceeded, one intersection redesign has become controversial. The new turning angle from northbound Glen onto Whitney Avenue has become significantly reduced. Local residents consider this turn far too tight and a safety risk to drivers, cyclists and pedestrians, rather than improving safety as it was designed to do. Discussions are ongoing with the concerned residents, City Engineer Nora Hallett and the NRRA to try to determine whether the intersection requires further changes to reduce the sharpness of the turn and widen the entrance to Whitney.

Construction on the full length of Glen Road was to be completed by October 31, 2019. However, work extended into December, at which point work was suspended and Glen was reopened to traffic both ways until construction resumed in the spring. All reconstruction work on Glen Road up to Summerhill is now scheduled to finish by July 31, 2020. The work on Glen north of Summerhill will go on until the end of August. After that time, restoration work such as replacement of driveways and green areas will be carried out.

RE-LOCATION OF SITE SUPERVISOR'S TRAILER

In response to requests from neighbours that the construction site supervisor's trailer be moved, the trailer, generator and two portable toilets have been relocated from Whitney Park to Chorley Park near the circular drive where they are less intrusive and do not block traffic.

The details of the Glen Road Reconstruction Project continue to be available and can be accessed at Toronto.ca/improvements/ward 11.html

Summer 2020 Update

Village in the City



North Rosedale

STREET CAPTAINS

As many of you may already know, the North Rosedale Street Captain Program was started in 2019 in the wake of the Rosedale Jam as an initiative to keep our neighbourhood safe. We now have a volunteer street captain on every street. A street captain plays an important role in keeping our residents actively involved in crime prevention and reporting, and in the important process of information exchange among neighbours on safety concerns.

The street captains act as liaisons between their neighbours and the NRRA Police and Safety Lead and distribute information on reporting suspicious criminal activity. They have no enforcement authority but rather support the collection and dissemination of information. The street captain's role is limited to safety concerns; issues other than safety should be reported directly to the city at 311.

The community liaison officer from 53 Division, Staff Sergeant James Hogan attends street captain meetings and brings us up to date on crime in our neighbourhood. He also helps us with prevention strategies, such as lights on timers, locating and installing webcams, stopping newspapers and asking neighbours to pick up unsolicited mail. These tips have assisted our police as some of our residents have forwarded suspicious activity caught on their home webcams to their street captains which has in turn been forwarded to police.

Not surprisingly, well over half of Rosedale crimes are home break and enters and theft of high-end cars. Car thieves have become sophisticated and can replicate information from a car key near a front door without entering the home.

Apart from criminal activity, other safety concerns often arise. This spring there were a high number of coyote sightings and attacks on pets. Street captains were instrumental in alerting the community to this danger both through assisting with Facebook posts to our NRRA Facebook page and spreading the word within our community.

During Covid, even with more people working at home, we still have some property and vehicle crimes continuing. 53 Division urges us to remain vigilant especially as we move to phase two of the city opening up and as some of our residents travel to their cottages. So, please keep your eyes peeled, stay in touch with your street captain and as always continue to be diligent in locking your doors, removing your belongings from view and locking all vehicles both at night and during the day. Be aware and be safe!



HEAPS ESTRIN

REAL ESTATE TEAM

The Heaps Estrin Team is committed to providing our clients with a genuine, intuitive and full-service real estate experience that exceeds all expectations from beginning to end. If you are thinking of buying or selling, we'd love to discuss our strategy and how we can deliver outstanding outcomes. Working through these challenging times for us means stepping in and stepping up in any way that we can, no strings attached.



HEAPSESTRIN.COM | 416.424.4910

LIVE HEAPS ESTRIN



Living During a Pandemic

Stay Vigilant!

Dr. Elizabeth McKeown M.D.

When I was invited to write a short piece on COVID-19 my first reaction was "when will it go to press?" Timing is so important. As we learn more about the virus we adjust our treatments and recommendations accordingly. This can be confusing - especially as different countries have handled things in different ways.

I remember reading about the tourists trapped on the cruise ship Diamond Princess - in the 'eye of a storm', the skiers returning from northern Italy, the March on Women's Day in Madrid and the attendees at the Cheltenham Festival in the UK bringing the virus home with them. The heartbreaking stories of suffering in Milan, Bergamo, London, and New York. Then the anticipatory fear of COVID striking Toronto.

For many the lockdown imposed here on March 19th, 2020 was an opportunity to retreat from danger. But for others it imposed terrible hardships - isolating families - particularly the elderly and the sick and causing financial damage to those who did not have the privilege of staying home and working remotely. It also caused a lot of mental distress to individuals and families.

As a family physician what can I add that has not already been said?

The lockdown gave us time to learn more about the virus and how to treat it, gather PPE supplies, develop a vaccine and 'flatten the curve'. But, it was meant only to buy us time.

Some of us are now able to relax a little and enjoy time in the sun, but we must remain vigilant and be aware that a second wave is likely to come and perhaps even a third or fourth wave. So, we must not let down our guard too much.

Please go out for walks in the ravine and play with your children in the park but continue to 'social distance' and swerve when someone walks by you. Wear a mask when you are out shopping or likely to be close to others. Wash your hands regularly. Please talk to someone. Have a 'buddy' that you can check in with daily. If you feel stressed, download a mindfulness app, call a friend or your family doctor to share your concerns. Get tested if you have been exposed to COVID and/or have symptoms and self-isolate. If the test was negative but you continue to feel unwell then re-test since the nasopharyngeal swab test is not bullet-proof. Please do not ignore serious physical symptoms such as chest pain. Statistics have shown that in the pandemic more people have suffered silently with heart attacks as they were too frightened to go to the ER for fear of catching COVID. Please take your children to their family doctor or pediatrician for their regular vaccines so they will not catch the old-fashioned diseases. This next phase is about adjustment and learning to live with COVID, medically, socially, and economically. Once we have a successful vaccine perhaps we can return to our previous lives. But maybe it will never be the same. We must continue to stay home when we feel ill, and practice simple hygienic measures. Nurture the friendships that were rekindled over the phone and internet during the lockdown and look out for the well-being of others, especially those who are vulnerable.

Dr. Elizabeth McKeown is a Family Physician in Toronto and a North Rosedale neighbour that you just might bump into in Rosedale park walking her dog.

'The building is closed, but the church is open!'

by Rev. Roberta Howey

This phrase has been attached to every website, Facebook page and Tweet from churches across the country. We had to adapt as quickly as schools and workplaces to an

Rosedale United Church
Learn. Grow. Serve.



online, socially-distant reality to keep our communities safe. But we never closed. Our community programming and hearts are always open. Here are a few of the things we are doing and will continue to do during Covid:

Worship services are held online and can be found on our website or Facebook page. We offer archived services, audio downloads of sermons and, if you contact the office, you can request that sermons be mailed to you if technology is a concern.

Our **Children and Youth Ministries** are also online! Subscribe to our newsletter to receive the latest on when we have parent sharing circles, Messy Church (arts and crafts and other activities for families), and to access resources to encourage the spiritual and emotional well-being of our families while staying at home. We hold online pastoral youth group sessions on Zoom where we have conversations about issues such as how to confront oppression and racism. We also facilitate our youth getting together online with youth groups from other churches.

We have a variety of adult programs as well, including monthly **Monday check-ins, Wednesday morning Bible Study, Thursday Contemplative Prayer and spiritual care** that is only a phone call away. While out walking, we encourage you to come and enjoy our garden and water fountain as a place of rest amidst the busyness of our lives.

If you are looking for ways to reach out into the community, we have a list of Social Ministries available on our website. We are connected to organizations across the city that are addressing homelessness and poverty, refugees and their care, advocating for victims of domestic violence, and supporting LGBTQ youth. As we continue into the summer, these are all causes that will need our help more than ever. We encourage you to reach out and make a difference.

All of our programs can be found on our website at rosedaleunited.org, or our Facebook page.

It is because of neighbours like you that we are never closed, even as our building rests. Regardless of where you are this summer, your neighbourhood United Church wishes you all the best!

Everyone's world has been turned upside down

What does parenting look like during what has in fact turned into "a marathon" to quote Caron Irwin from Roo Parenting below. The NRRRA has reached out to a few experts to help us all cope, both the North Rosedale family and for each of our individual families.

Caron Irwin is the founder of Roo Parenting – a consulting service that provides support to parents as they navigate the ups and downs of raising their children. She is the mother of three children and a Certified Child Life Specialist with a background in Child Development and learning through play. For ten years, she has been supporting children and families through illness at The Hospital for Sick Children. She holds a master's degree in Early Childhood Studies from Ryerson University.

Follow @rooparenting for daily parenting tips and strategies.

caron@rooparenting.com

www.rooparenting.com



Everyone's world has been turned upside down, especially our children's world. The structure of their days (school, extra-curricular activities, playdates) no longer exists. It is confusing (especially for young children, 2-4 years) to be home all day with their parents in their space but not be able to spend constant time together because of other demands on parents such as working from home. Kids are also frustrated with the current situation (aren't we all!). What many thought would be short-term isolation, has turned into a marathon which has been emphasized by the cancellation of the school year and summer camp and activities. Our children are realizing that this pandemic is a lasting thing rather than a temporary inconvenience and it is difficult for them to accept and adapt to the new normal.

How can we help our kids cope?

There are two strategies that can help children cope with their new normal and manage the emotions that they are experiencing.



1 Freedom Activities!

Now more than ever, children are expected to self-regulate a lot throughout their day. Being patient and regulating your emotions is an important skill but it is also very challenging, especially for children. In order for children to learn and practice this important skill, we must provide space a few times each day for our kids to engage in self-directed activities that encourage them to just be free - no structure, rules or parameters. Some examples of self-directed play include: scribbling with crayons, running free in the park, jumping to music on the trampoline or throwing water balloons against the wall. These activities provide our kids with an opportunity to release the pent-up energy and emotions that they may be experiencing, which better enables them to be patient and self-regulate when we need them to.

2 Express Emotions

Our kids have a lot of emotions inside of them, but they may not have the vocabulary or understanding on how to share these emotions with others. It is important to find age appropriate outlets that our children can use each day to help them express themselves. Some examples could be:

- Writing or drawing about how they feel in a journal each day.
- Emojis! Print out a whole bunch of emojis and have your child pick out the one that they are feeling and share with you why they are feeling that way.
- Feeling cards or books – show your kids the many different emotions that they can feel, point to one and share why you are feeling that way and then ask your kids to do the same.

Connect with your children each day. Our kids crave time with us, it makes them feel special and connected with the ones they love and trust. Spending 10 minutes a day engaging in 1 on 1, child directed play with your kids will help your child receive the bond and connection that they need to help them cope. Or create a ritual that you do with your child each day to help them feel connected to you. The ritual should be something simple that you can consistently do each day. Maybe it is sharing a joke on your daily walk or having a pre-dinner dance party.

Follow @rooparenting for daily parenting tips and strategies.



North Rosedale Kids' Corner

COPING DURING COVID

We have added three new reporters to the NRRRA Roster:

So please let us introduce you to Bridget, Ava and Lea! They are tackling for us the question of finding new ways to have fun during Covid?

Hi! Our names are Bridget, Ava and Lea.

We live in North Rosedale and we have been finding new ways to play games, have fun and hang out while staying six feet away and following the rules to stay safe.



We didn't think it would be this easy to find ways to hang out while still staying safe. But we've managed to have so much fun and we have found so many fun activities. We are now loving this time.

Some of our favorite activities

are garage parties, biking together, water balloon fights, tie dying and outdoor crafting. We really think you should try some of these activities. You can always think of some of your own activities, just get really creative.

We have also been so lucky to have the Zoom platform. We have had birthdays on Zoom and even campfire Zooms. You can do it to!



The Rainbow Project

By Jessica England

No matter how you slice it, COVID has been tough for everyone! Life as we knew it was completely turned upside down in a matter of days: businesses closed, schools closed, professional sporting events cancelled, and everyone was told to stay home. It was a tough pill to swallow at the beginning, but we all know that this is for the greater good and that everything is going to be okay. That is exactly the message the grass-roots Rainbow Project is trying to send.

As you and your families have gotten out for a daily walk (or several walks per day with your new puppy) you have seen them by now, the adorable rainbows proudly displayed in windows and entrances throughout our neighbourhood. The initiative was sparked by NRRRA member Belise Defett, who e-mailed a number of families with the idea back in March. Belise was inspired by the images that were coming out of Italy, who at the time was

the hardest hit country. Fantastic paintings and sketches of rainbows with the tagline "Andra Tutto Bene", or "Everything Will Be Well"!



The idea caught on here in North Rosedale and is a subtle reminder of what lies ahead. The Rainbow Project is a great example of how our neighbourhood and neighbourhoods all over the world can come together and project a positive spin on a very uncertain time. Thank you Belise! And, Bravi! Brava! Bravo to all of our young artists!

ACTIVITY

Chalk Paint!



Google Images - Contributor: Sal Estero Nilahue

STEPS

1. Put similar colour chalk in a zipper bag.
2. Smash it up with a hammer - until it is dust
3. Add water to chalk dust in a bowl and mix
4. Use paint and a paint brush to decorate the sidewalks!

Adapted from a friend of Roo Parenting @kategertner

ACTIVITY

Mask Challenge

Get your markers out and draw a mask to protect each of these kids!



North Rosedale Young Adults

“I’m bored!” “I miss my friends!”

“When will this be ooooooover!”

“How long do I have to put my life on hold?”

“Yes, I’m trying to keep to a routine.

To eat, sleep and exercise.

I’m kinda limiting my social media time and exposure to the news.

My friends and I are staying connected.

And, I’m trying to be kind to myself.

BUT...

It’s hard. And, if I’m really honest, I’m angry and frustrated.”

We are all feeling differently about COVID-19. Some of us are coping and some of us aren’t coping very well.

Here are some signs of depression and anxiety to look out for in yourself and others:

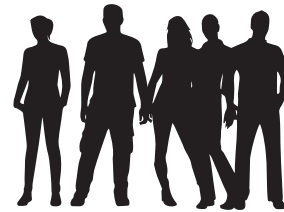
Losing interest in the things you usually enjoy.

Sleeping for many days at a time or not getting any sleep at all.

Feeling more angry or irritable than usual.

Avoiding friends or social interactions.

Feelings of worthlessness.



Some of us can talk to our parents or friends, but some of us can’t.

Here are some folks who can help.

Just reach out.

Kids Help Phone 1-800-668-6868

www.kidshelpphone.ca

Jack.org

<https://jack.org/COVID-Response>

There.org

<https://bethere.org/Home>

Post-Secondary Student Helpline 1-866-925-5454

Good2talk.ca Text: TALK to 686868 (English) or

TEXTO to 686868 (French) Live Chat

<https://good2talk.ca/>

Mind your Mind

<https://mindyourmind.ca/series/covid-19-pandemic-series>

What’s Up Walk-In 1-866-585-6486 9am-7pm

<https://www.whatsupwalkin.ca/>

Anxiety Canada

<https://www.anxietycanada.com/covid-19/>

Community Calendar

Village in the City

Upcoming Neighbourhood Events



JULY

Happy Canada Day Everyone!

Look for you Summer NRRA NEWSLETTER In your mail this month. But if you have not yet received please go to the NRRA Website to read online. www.northroosedale.ca/newsletter-archive



AUGUST

Puppy Pics

We know there are lots of new puppies in the neighbourhood. We want to meet them! Please go to the NRRA Facebook page and post a shot of your new puppy!



SEPTEMBER

It is back to school time! However we are going back! Our Roving Reporter Ava, Britney and Lea want to hear how you will be going back to school? So book a zoom call with them so we can include the best stories in our Fall/Winter newsletter. Watch NRRA Facebook for details!



OCTOBER

Halloween

We want pictures of your Halloween costumes! Post them on the NRRA Facebook page. The first 5 to post win a Halloween trick or treat surprise! Posting open Wednesday, October 28th and closes on Oct 31st Midnight. **Boo!**



NOVEMBER

Remembrance Day

November 11th, 2020

Post a picture of someone you want us all to remember on our NRRA Facebook page. We would be honoured to remember with you.



DECEMBER

CN Holiday Train

Come see the holiday train with us – For the time and place watch for a posting on our NRRA Facebook page and an eblast. Merry Merry!

NRRA ANNUAL GENERAL MEETING

Please note that due to COVID-19 the NRRA Annual General Meeting has been postponed until September. The final date has yet to be set, but we will keep you informed.



Honey Ginger Cedar Plank Salmon with Avocado Salsa

Recipe



Summer Yum

Chef Jameson says this recipe is perfect for backyard dining.



INGREDIENTS

Salmon

- 1 (2 pound) salmon filet, skin on
- 1 lemon, zested
- 1 clove garlic, grated
- Black pepper
- ¼ cup low sodium soy sauce
- 2 tbsp honey
- 1 tbsp chili paste

Salsa

- 1 nectarine, sliced
- 1 ear corn, kernels grilled and removed
- 1 avocado, diced
- 1 jalapeno, seeded and chopped
- ½ lemon, juiced
- ½ lime, juiced
- ¼ cup fresh cilantro, chopped
- 2 tbsp fresh basil, chopped

METHOD

1. Soak cedar plank in water for at least 30 minutes before grilling, but 2-4 hours is ideal to avoid charring. Heat grill to medium heat.
2. To make the salsa, combine all ingredients in a bowl and set aside until salmon is finished.
3. Lay the whole salmon, skin side facing down, on top of the cedar plank. Rub the flesh of the salmon with the lemon zest, ginger, garlic, and black pepper. Place on the grill and cover.
4. Grill for 15-20 minutes, or until the salmon is cooked to your liking.
5. Meanwhile, in a small bowl, combine the soy sauce, honey, and chili paste. During the last five minutes of cooking, brush the mixture over the salmon.
6. Using a large spatula, remove from the grill. Top with salsa and serve.

Celebrating Lives Lived

by Michael Rodger

Allan Ezra Gotlieb A VISIONARY, POWER BROKER, FATHER & NEIGHBOUR

FEBRUARY 28, 1928 - APRIL 18, 2020



Anyone who rode TTC Bus 82 to and from the Rosedale Subway station often saw Allan Gotlieb riding the bus to his many roles in Toronto and beyond. Many of his fellow travellers were unaware that this quiet, always well-dressed, polite gentleman with a great sense of humour, who responded to “hello” with a friendly nod, was one of Canada’s most visionary & shrewd diplomats. Sadly, on April 18th, this savvy diplomat passed away peacefully at home of cancer and Parkinson’s Disease. He was 92.

Born on February 28, 1928 into Winnipeg family, Allan met his wife Sondra in Winnipeg in 1955 where they were married. Allan leaves his wife, Sondra, an award-winning writer and journalist formerly with the Washington Post, The Globe and Mail, and the National Post. Allan leaves behind his sister Judith Shotten, his daughter Rachel and son Marc, along with six grandchildren. Allan is predeceased by his daughter Rebecca.

Allan was a Rhodes scholar and graduated from Berkeley, Oxford, and Harvard Law School before he returned to start his distinguished career in public service. Allan played various roles in government including deputy minister of several government departments before returning to External Affairs as Undersecretary of State. Between 1981 and 1990 Allan served as Canada’s longest running Ambassador to the US, where, with his wife Sondra, demonstrated his diplomatic and advocacy talents to charm the Washington political elite while forging some of Canada’s most important landmark agreements with the US on free trade and acid rain.

In 1987 Allan was made Companion to the Order of Canada. Upon retiring from public service Allan and Sondra moved to Toronto and he was appointed Chairman of the Donner Canada Foundation and Sotheby’s Canada. He also served as adviser to several legal firms, as director on several boards and was a trustee of the Art Gallery of Ontario (AGO). He was passionate about the arts and was a collector of important prints, drawings, books, a selection of which was gifted to the AGO, the Fischer Rare Book Library and other institutions. In his spare time, Allan wrote five books including The Washington Diaries, recounting his time in the US capital.

Allan will be missed by family, friends, colleagues and fellow TTC Bus 82 travellers.

Neighbourhood Expertise



**Vet's
Corner**
Dr. Lindsay Paterson



Rosedale - Moore Park
Veterinary Clinic

Puppies!!!

Welcome to all the new puppies in the neighbourhood. We've seen several in the last few weeks and what a joy they bring us. Nothing like an exuberant happy puppy to bring a smile to our faces and a massive surge of endorphins, which is without doubt one of the rewards of our

job. For their new owners, I'd like to give a few quick words of advice. I can't stress enough the importance of socializing for these puppies at this stage of their puppyhood, both human and canine. In the early months of their lives there is a key window in their development where this needs to happen and if missed may become lost or more difficult to do at a later stage. Given the current situation it is very challenging, so you have to put in the effort to get those puppies out there socializing and, while observing your social distancing, allow friends to touch and interact with your pup as well as allowing supervised contact with other dogs and children as much as possible. Make the effort now as they will benefit enormously from it.

Secondly, it is almost just as important to allow your puppy 'alone' time. If your pup gets used to constant human attention 24/7 during the first few months of their life, this could create problems when our lives return to normal and they are suddenly left on their own for periods of time. This could end up with your puppy experiencing severe separation anxiety problems. Have them get accustomed to it now in these early months by making a point of leaving them alone in the house for a couple hours a day especially if this is what will be their future norm.

With summer fast approaching and the promise of better weather, it is great to be thinking of getting out in the sun and the fresh air. For our pets the summer brings the longer walks, romps in the ravines and for the lucky ones, time up north - all good. However, we must remember that spring and summer is a happy time too for all the nasties - the fleas, ticks, lice, mites and heartworm that is transmitted by mosquitoes also revel in these warmer months. There are many products and options available including several all in one monthly treatment that will easily prevent these pesky insects. There are many tried and tested products suitable for the young ones too. With increased incidences of Lyme disease being diagnosed especially in people, tick prevention is becoming more important - but don't panic, not all ticks on your dog are deer ticks and not all deer ticks carry Lyme disease AND not all dogs coming in contact with Lyme get an active form of the disease. Lyme is without doubt more a concern for humans, but does not mean we shouldn't make sure our furry friends are well protected.

Giardia (an intestinal parasite) exposure also increases in the warmer weather. Many of your pets are likely to have had it especially in their younger years as our area is rife with it by virtue of all our wildlife, especially the raccoons. This troublesome little intestinal protozoan, found in standing water, causes loose stools and occasionally lack of appetite and vomiting. It is however, for the most part, relatively easily treated without any lasting complications.

Despite these minor concerns mentioned above, we hope all of you - two and four legged neighbours have a wonderful uneventful summer.

Celebrating Lives Lived

Justice Norman Dyson, Q.C.

JANUARY 7, 1932 - MAY 30, 2020



You might have heard Norm sharing his love of music as a member of the Rosedale United Church Congregation, where he regularly played the piano for the Out of the Cold program or you might have bumped into Norm at the Rosedale Tennis Club where he and his team mates were practically year-round tennis players. They could often be found in their parkas swinging their racquets just before the nets came down at the end of the season.

May 30, 2020 Norm passed away from natural causes in his 89th year after several months of declining health. He is survived by wife Rose, a former dedicated NRR board member, his son Arthur, daughter, Anna, her husband, Christopher Sharples and beloved grandson, Harrison Sharples.

Norm was a successful trial lawyer and was appointed to the Superior Court of Justice in 1995. He served on the Bench until 2007. He was an active member of the Canadian Bar Association and committed to the intellectual life of his legal community. He was a staunch advocate for strengthening democratic global institutions and was the Honorary President of the Toronto Branch of the World Federalist Movement of Canada. He was an ardent environmentalist, he supported numerous environmental associations. To the initial bemusement and general

mirth of many, long before it was fashionable, Norm was an early enthusiast of year round cycling as his principal mode of transportation to and from his law offices and the Court House, where upon arrival he would remove layers of snow-laden 'foul weather' gear to reveal courtroom attire beneath.

Norm will be missed by his family, friends, colleagues and those who enjoyed his music or a good tennis game regardless of the season.



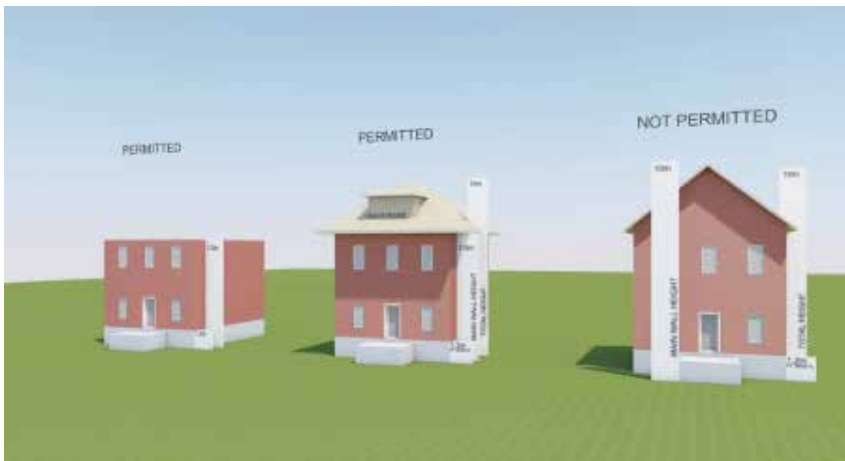
North Rosedale Heritage Update

Did you know that the City of Toronto is currently using both old and new bylaws to establish the allowable height on a property?

By Terrell Wong, Architect - Stones Throw Designs / Volunteer NRRA - Heritage

HEIGHT

The old City of Toronto bylaw calculates height from the average of grade to the midpoint of the roof in some locations and to the peak in others. In North Rosedale, the old bylaws allowed 10m height restriction for most of the properties. The new bylaw states that the height remains at 10m to the peak of the roof, but it also adds two new restrictions to the volume of the house:



1) The ground floor must be a maximum 1.2m above grade, and

2) The Main Wall Height (location of the eaves on a sloped roof) must be less than 7.5m above Established Grade.

This calculation takes the 10m maximum height and reduces it by 2.5m to get the maximum of 7.5m at the eaves.

One last thing to note, until ratification both the old and new bylaws are being used which can double the number of variances required and can be confusing for all involved. It is

recommended that you hire a professional, like an architect with heritage expertise to advise you to ensure you can leverage the correct bylaw information for your project. And, that you always try to work with your neighbours on either side of your project. It goes a long way.

This article is a small part of a much larger piece that can be found on the NRRA Website, along with the NRRA 2019 Fall/Winter Newsletter article:

Renovating a Heritage Home - How the NRRA Can Help.

Check it out at <http://www.northrosedale.ca/heritage/what-is-a-heritage-conservation-district/>

On the Wild Side

North Rosedale/Roxborough resident Dan Turko is a bird photographer has kindly agreed to share these pics, taken in North Rosedale ravine. Both the owl (an Eastern Screech Owl) and the blue bird (an Indigo bunting) photos were taken in spring of 2018.





McTAMNEY'S

Buyers & Sellers of Fine Jewellery

McTamneys.com





BOARD OF DIRECTORS 2019/20

Executive Committee:

Jean Anderson

Co-President; Governance,
Safety & Transport

Karen Powell

Co-President; Police & Security;
External Relations

Lewis Reford

Past President, Safety & Transport;
Heritage & Development

Michael Rodger

Vice President; Governance
Elections & Debates

Tim Ross

Vice-President; Parks, Ravines & Trees
Governance, External Relations

Kathy Falconi

Treasurer/Secretary:
Safety, Police & Trains

Board Members:

Jessica England

Community Engagement

Karra Greenwood

Community Engagement,
External Relations

William Herridge

Member Emeritus*

Alexandra Jenkins

Communications,
Heritage & Development

Joan Law

Communications & Membership

Normunds Mierins

Parks, Ravines & Trees;
Heritage & Development

Fern Starke

Community Engagement,
Parks, Ravines & Trees

Grace Warren

Community Engagement,
Communications

Joanne Wildgoose

Communications,
Safety & Transportation

Terrell Wong

Heritage & Development

*Non-voting members

You are welcome to contact any member of the North Rosedale Residents' Association by emailing us at info1@northrosedale.ca. Your email will be directed to the appropriate person for response.

The NRRA would like to recognize and extend its gratitude and thanks to Thom Antonio at Sketchwork for his unwavering commitment and talent in the layout and formatting of the NRRA newsletters.

NRRA ANNUAL GENERAL MEETING POSTPONED

Please note that due to COVID-19 the NRRA Annual General Meeting has been postponed until September. The final date has yet to be set, but we will keep you informed via an eblast and a facebook posting. If we don't have your current or correct email just drop email joanlaw@rogers.com and she will update your membership email address. Thank you!

We are seeking New NRRA Volunteer Board Members!

Ever wanted to understand more about why things happen in our neighbourhood the way they do? Ever wanted to help out at our neighbourhood events, but you didn't know who to talk to or where to go to get started? We would love to talk to you about a place for you as a member on the North Rosedale Residents' Association volunteer board!

The NRRA board has been in existence for over 60 years. As volunteers, we work to ensure our neighbourhood is a safe and beautiful place to live. We tackle projects that enhance and protect our parks, ravines and green spaces. We monitor heritage in our unique and historic area. We work regularly with City Hall and our Councillor's office. We have partnerships with our local police at 53 Division and with surrounding local resident's associations with similar community issues or projects. We nurture the community spirit of our "Village within the City" through organized events like the federal and provincial electoral debates, community clean up days, skating parties, holiday events and are always learning how best to keep our membership updated on our social media platforms.

If this sounds interesting to you and you're a North Rosedale resident home owner and you're able to provide a few hours each month as a volunteer, then we'd like to hear from you.

Please contact us at info1@northrosedale.ca.

Becoming a Member is easy.

If volunteering is not for you, then we hope you will consider becoming a member of the North Rosedale Residents' Association and help us keep our community safe and informed! It's really easy to become a member or to renew your membership. For details just go to our website at www.northrosedale.ca. Our annual membership fee is \$50 per year or \$140 for 3 years.

Payment is easy, too:

1. Interac E-transfer to: payments@northrosedale.ca.
2. Or you can mail a cheque made out to: THE NORTH ROSEDALE RESIDENTS' ASSOCIATION

Just pop your cheque into the mail attention:

Kathy Falconi, NRRA Secretary/Treasurer
60 Douglas Drive, Toronto, Ontario, M4W 2B3

Or if you have any questions about membership please contact:

Joan Law, our Membership Chair, directly at 416-921-4805 / joanlaw@rogers.com

Thank you in advance for your continued support of your neighbourhood and the NRRA.



MUSEUM HOUSE | 206 BLOOR STREET WEST | \$10,680,000

Direct elevator to full floor (4,276 sf.). South terrace affords extraordinary city skyline vistas. Soaring coffered ceilings. Superbly crafted finishes & immaculate details. Gallery perfect for showcasing artwork. An enviable location.



HISTORIC MASTERPIECE | 124 PARK ROAD | \$19,800,000

Sited on South Rosedale ravine lot. lovingly restored. 5 bdrms, 9 baths, 2 kitchens, wine cellar. Gallery showcasing artwork leads to coach house with apartment & office. Private gardens with pool.



1 ST THOMAS STREET | 5,702 SF
LISTED AT \$11,500,000



1 ST THOMAS STREET | 3,560 SF
LISTED AT \$8,195,000



118 YORKVILLE AVENUE | 4,240 SF
LISTED AT \$7,498,000



38 AVENUE ROAD | 3,185 SF
LISTED AT \$6,250,000



ELISE KALLES
BROKER

**PROVEN PERFORMANCE
MAKES THE DIFFERENCE!**

At Harvey Kalles our most important responsibility is to protect the safety of our clients as well as our agents, colleagues, and the general public. We are using virtual showings and digital marketing to facilitate your real estate needs. Stay safe. Stay healthy.

416.441.2888 X291 | elisekalles@harveykalles.com | elisekalles.com



2145 AVENUE ROAD, TORONTO, ON M5M 4B2
416.441.2888 | HARVEYKALLES.COM



Please call us for referrals on any of these services. We would very much like to ensure that the small business owners in our network and our community can keep their doors open. Your support is greatly appreciated.

- **Lawn maintenance**, • Furnace, • **Care-givers**, • Doctors, • **Tree maintenance**, • Exterior irrigation, • **Window & eaves cleaners**, • Painters, • **Renovations**, • Designers, • **Babysitters**, • Dog walkers, • **House sitters**, • Real Estate Lawyers, • **Insurance**, • Appliance repairs, • **Decorators**, • Cleaning services, • **Boy/Girl Fridays for groceries**, • Liquor & Pharmacy Delivery, • **Fence repairs & new builds**, • Artificial grass turf, • **Computer services**, • Hair styling, • **Mani/Pedi**, • Surveyors, • **Home Inspections**, • Photography, • **Mortgages**, • Florists, • **Veterinary**, • Financial planners, • **Accountants**, • Chiropractors, • **Dentists**, • Yoga instructors, • **Home Appliance purchases**, • Art restoration, • **Web designers**, • Landscape designers, • **Exterior lighting**, • Interior and exterior speakers, • **Wedding planners**, • Baby sitters, • **BBQ cleaners**, • Movers, • **Roofers**, • Printers, • **Asset Management**, • Catering and Seasonal care tire service, **and anything else you might need.**

WE ARE IN THIS TOGETHER SUPPORTING OUR COMMUNITY

For every referral we give out to you, we will donate to Camp Ooch/Camp Trillium (*a Camp for kids with cancer*) to send a child to camp in 2021.

Proud Supporter of



We are the #2 Team at Chestnut Park for Sales in 2019



JAMES WARREN* AND CHRISTOPHER KILLAM*

*SALES REPRESENTATIVE | CHAIRMAN'S AWARD WINNERS 2019

james@jameswarren.ca | 416.925.9191 | chris@chriskillam.ca

CHESTNUT PARK REAL ESTATE LIMITED, BROKERAGE
1300 YONGE STREET, SUITE 100 TORONTO, ON M4T 1X3

THIS IS NOT INTENDED TO SOLICIT BUYERS OR SELLERS CURRENTLY UNDER CONTRACT WITH A BROKERAGE.

AT CHESTNUT PARK REAL ESTATE LIMITED, BROKERAGE *INFORMATION IS FROM REDATUM FOR THE YEARS 2011 - 2019.

CHESTNUT
PARK
REAL ESTATE LIMITED, BROKERAGE
CHRISTIE'S
INTERNATIONAL REAL ESTATE