



Royal City Men's Club

RCMC Newsletter

March 2020

Meetings:

Thursday March 5th.

Bonnie M. Durtnall: Bawdy Houses, Illicit Booze, Prostitution....Guelph 1870-1953

Bawdy Talk:

History tends to be treated seriously. Its topics are weighty and writers often focus on the mighty and the great. Although, locally, a fair amount of research is available on Guelph industrialists, major persons of the community, the development of Guelph and its cultural life, little has been written about the flip side of respectability. Bawdy Houses takes readers on a romp through Guelph's underbelly. It introduces people to Lena: the Unrepentant Madame as well as Guelph's strict Magistrate, Frederick Watt and the notorious Veronis.

Join Bonnie Durtnall as she takes a walk on the Wild side of Guelph's history.

Bio:

Bonnie M. Durtnall, a local labour/working class/union/industrial historian was born in Toronto. She graduated with a BA in English/Latin and a Masters in History from the University of Guelph. Her career has included a stint as a waitress as well as music director and programmer at two campus radio stations. She has also co-curated a major exhibit at the Guelph Civic Museum – Labouring All Our Lives, as well as provided the material for several case exhibits on Guelph industries. In addition, she has provided research items on her favourite area of expertise and was influential in having the current museum include aspects of 19th century working class conditions and the darker side of Guelph in its permanent displays. Bonnie has written several prize winning articles for the Guelph Historical Society as well as material for Guelph: Perspectives on a Century of Change. She was commissioned by the Guelph & District Labour Council for a limited run of a labour history of Guelph. Her written contributions include articles/blogs for the now defunct Guelph Mercury, her web site www.labouringallourlives.ca and for various online websites and hub pages. Her latest effort - Bawdy Houses, Bums and Illicit Booze: Prostitution, Vagrancy & Murder, Guelph 1953 represents a break from her usual focus – local labour history.



9:30 Refreshments – 10:00 Speaker

Thursday March 19th. CANCELLED

Alexandra Elliot: The Importance of Footcare for Health

Presentation:

This discussion will outline the importance of foot health in the aging population. Foot health can help to improve mobility, balance, and is critical for fall prevention as we age. We will discuss circulation, compression socks, footwear and those "weird" symptoms you think may be exclusive to you but are actually pretty common.

Bio:

Alexandra Elliott is a chiropodist at the Royal City Foot Clinic. Alexandra first became interested in healthcare after pursuing a Biology Degree with a Specialization in Health Science from Trent University located in her hometown of Peterborough, ON. Following her undergraduate studies, Alexandra relocated to Guelph to pursue her Masters Degree in molecular biology, in which she studied influenza virus (the Bird Flu). After completing her graduate studies and realizing that life in a lab was not for her, she enrolled in the Chiropody Program at the Michener Institute for Applied Health Science and graduated in June of 2016. Throughout her time at Michener she gained clinical experience working at the Michener Chiropody Clinic, Downtown Kitchener Community Health Centre and Rainville Health (Timmins).

Alexandra became interested in Chiropody because of her love for working with seniors and helping them stay mobile and engaged in their communities. In Guelph she has been involved in several volunteer programs including the Feeling Better Move Well program for the Guelph Wellington Seniors Association, in which volunteers lead gentle exercise in the homes of seniors to promote mobility and enable them to remain living at home for as long as possible. She also acted as a volunteer feeder at the Elliott Community.

Alexandra is dedicated to working with her patients to get them mobile and pain-free. She is committed to keeping her knowledge current, and regularly researches new treatment modalities and options to help her patients feel better. Some of her specific podiatric interests include: diabetic education and foot care, addressing issues of access and improving care to remote communities, pediatrics, and biomechanics.



9:30 Refreshments – 10:00 Speaker

Future Meetings

Meetings for April 2020:

Thursday Apr. 2nd. **CANCELLED** - Thursday Apr.16th. and Thursday Apr. 30th.

Activities & Events

Coffee/Breakfast 10:am

CANCELLED

This is an informal get together and all RCMC members are welcome.

Events:

Contact for Events & Activities - Ken Marchant: marchjack@rogers.com

Other News

There is a new What's New section on the Home page of our website. This will give you quick links to any new information which has been posted on the website.

If you have any new content for the website, please send to Ritchie Zelk at edna.ritchie@sympatico.ca

Membership

Please send any updates to your entry in the Membership Directory, including any change in email address, to Del Campbell, 519-826-0679, susan-delcampbell@sympatico.ca

Members are encouraged to invite male friends and acquaintances to our meetings.