



Winter 2017

Together we improve the well-being of the people we serve

# Between Us

The Perley and Rideau Veterans' Health Centre Foundation ♦ OTTAWA, ONTARIO

## 73 Years Together and Counting

By Peter McKinnon



For Becky and Arthur White, the 2016 move into the Perley and Rideau Veterans' Health Centre was just the latest step in the life journey they have shared for more than 70 years. They met in their early 20s, married while on leave from their units during the Second World War, and went on to raise three sons. Along with longevity, what makes their story so compelling is a constant dedication to service—to their country, to their family, to their faith and to each other.

Born Mary Rebecca Brimacombe in Aug 1923, Becky grew up on the family's 800-acre farm in Sundridge, Ontario. She milked cows, drove horses and helped with whatever chore needed doing. She remembers her father building a few cottages

*See page 4*

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**Perley Rideau  
Foundation**

## Giving Back to the Perley Rideau

By Peter McKinnon

Given a lifetime of service to his country, Charles Zinck's decision to include the Perley Rideau Foundation in his will comes as no surprise. Charles spent his career in the Canadian Forces and saw action during the Korean War. Now 86 years old, Charles resides at the Perley and Rideau Veterans' Health Centre, where he keeps busy with a dizzying list of activities: sculpting clay, singing in the choir and painting.

"I've never felt so good in my life," says Charles Zinck with a wry smile. "I just wish I could walk so I could get there faster."

Born in Halifax in 1930, Charles became an orphan when both of his parents passed away during his childhood. He moved to Lunenburg, where his widowed grandmother raised him alongside the youngest of her children.

*See page 3*

# On Celebration and Honour

## The Canada 150 Challenge

[www.perleyrideau.ca](http://www.perleyrideau.ca)

By Daniel Clapin, ACFRE, Executive Director  
The Perley and Rideau Veterans' Health Centre Foundation



Happy 150<sup>th</sup>, Canada! We can expect to hear that phrase often this year, as Canadians and visitors alike celebrate the 150th anniversary of Confederation. Important anniversaries such as this one present a valuable opportunity to consider how far Canada has come as a nation and why it is so respected around the world.

Respect and honour are central to our identity as Canadians. We recognize that previous generations faced tougher challenges than most of us do today and we appreciate the sacrifices that they made. We believe that taking care of the sick and vulnerable is a collective responsibility and that fulfilling this responsibility strengthens society as a whole. In 1897, these ideas led to the establishment of what would eventually become the Perley and Rideau Veterans' Health Centre.

Today, the Perley Rideau is home to 250 Second World War and Korean War Veterans from across Canada, along with another 200 seniors. Throughout its history, the Perley Rideau has continually pushed the boundaries in providing top-quality care and in building ever-deeper connections with the community.

Every working day, I get the privilege of talking with people who knew Canada as a much younger country; many of them put their lives on the line to defend that

country and the values that inspire it. I never fail to take advantage of these opportunities to express my thanks to our Veterans and seniors—the so-called greatest generation—for the contribution they made to the quality of life we enjoy today. And each one of these conversations inspires my work to fulfill the Perley Rideau Foundation's mission to fund the items that provide so much comfort and joy, but are excluded from the Health Centre's restricted budget.

I describe this as "life-giving support," because it ensures that Canada's Veterans, along with other residents, can live out their final years in the comfortable, caring and stimulating environment that they so richly deserve. Donations to the Perley Rideau Foundation pay for many of the therapeutic items and recreational activities that make our residents feel at home. The Foundation also contributes to the cost of volunteer programs and staff training. As the success of the Perley Rideau makes clear, it takes a community to provide excellent care. Thousands of people donate to the Foundation each year. In 2016, more than 390 volunteers contributed a total of more than 38,000 hours of their time. Each and every donor and volunteer makes a difference in the lives of our residents.

We must remember that 2017 also marks several other

important anniversaries: 100 years ago, Canadians fought valiantly in the Battles of Vimy Ridge and Passchendaele; 75 years ago, Canadian soldiers fought in the Dieppe Raid, a failed probe of Nazi defences that generated valuable intelligence for the eventual liberation of Europe. These anniversaries inspire me to challenge everyone to join me in donating at least \$150 (or a multiple of \$150) to the Perley and Rideau Veterans' Health Centre Foundation this year. As the list of Priority Needs on page 6 makes clear, the Foundation has a tall order to fill for 2017. Meeting this challenge is a great way to not only celebrate Canada's 150<sup>th</sup> birthday, but also to honour the men and women whose sacrifices paved the way for the exceptional country we enjoy today.

**The Perley Rideau Seniors Village is comprised of a 450-bed long-term care centre (including 250 beds for veterans), 139 specially designed seniors apartments and community health care services.**

*We appreciate your support in making a bequest in your will and/or making a donation*

**Please contact Daniel Clapin  
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### Giving Back to the Perley and Rideau ... continued from page 1

Charles went to school in the building that now houses the local museum. In his teens, he signed up for the Reserves: "They used to call us 'after-supper soldiers,'" Charles recalls. "I worked weekends in the Reserve and handed all of my pay to grandma. She didn't have much and took in boarders to make ends meet."

Charles Zinck became a full-time soldier at the age of 19 and soon shipped out for Korea. The Korean War was a civil war that pitted the communist north—supported by the Soviet Union and China—against the capitalist south—supported by 21 countries, including the United States and Canada. Japan, as part of its surrender at the close of the Second World War, agreed to end its occupation of Korea. As an interim solution, the Soviet Union and the United States agreed to oversee separate parts of Korea until the country regained its independence. The two parts soon established separate governments and each claimed legitimacy over the entire territory. In 1950, North Korean forces invaded the south and the United Nations called on member countries to repel the incursion.

Charles Zinck was posted approximately three kilometres behind the front lines, where he maintained supplies and large artillery cannons. Of the more than 8,000 Canadians who saw action during the two-year war, more than 500 died. For several years after the 1953 ceasefire agreement, Canada maintained a military presence in the region as peacekeepers and observers.

Between 1950 and 1957, more than 26,000 Canadians served in Korea.

When armistice was declared, Charles decided to continue his military career and joined the Canadian Airborne Regiment, training as a paratrooper at Canadian Forces Base Rivers, near Brandon Manitoba. His Aunt Sylvia, whom he had grown up with, lived there. In 1954, Sylvia was admitted to hospital and asked Charles to chaperone a young woman who lived with her—Irene Harris.

"That first night Irene and I just played cribbage," recalls Charles. "She was the quietest woman I'd ever met."

The two soon fell in love and married within a year—a union that would last 62 years. Charles completed a long string of training courses in the military—more than 30 in all—and eventually became a master driver. "I learned to handle just about anything on wheels: from a forklift to a low-bed tank carrier." He and Irene moved a number of times to various bases, including a two-year stint in Germany. They had no children.

In 1966, the Canadian Forces transferred Charles to CFB Uplands in Ottawa. Much of his work was secret and Charles continues to respect the



Charles Zinck

confidentiality entrusted in him.

After retiring, Charles served as a Commissionaire for several years. Along with playing many games of cribbage with Irene, Charles also curled and bowled, and sang in choirs most of his life. As advanced age and illness caught up with the couple, they moved into the Perley and Rideau Veterans' Health Centre. Irene passed away there in 2016, in her 90<sup>th</sup> year. Although confined to a wheelchair, Charles continues to keep as busy as possible.

"The Perley Rideau has been so good for me and Irene during our final years on this earth," he says. "We discussed it before Irene passed, and we're proud to leave the Foundation something in our will." **BU**



where the farm sloped down into Lake Bernard. The region had already begun to attract Torontonians keen for weekend escapes.

Her final year of high school, Becky's life took a new turn. No local school offered Grade 13, so Becky did her last year of high school in St. Mary's (near London) and lived with an aunt, as her older sister had done. "Being away from home opened my eyes a bit," she remembers. "And I saw that my future likely wasn't going to be in Sundridge."

Little did Becky recognize that her future—and the future of millions around the globe—would soon be disrupted by events brewing in Europe. After declaring war on Germany in 1939, Canada transformed the National Research Council (NRC) in Ottawa into a hive of research

and development activity in support of the war effort. There were plenty of jobs, but a shortage of accommodation—and a respectable woman could simply not live on her own during that era. Becky's uncle knew a family in Ottawa with an extra room, though, and she landed a job with the NRC in 1942.

Arthur Patrick White was also born in 1923—in New Liskeard, a few hours north of Sundridge. Arthur's father was equal parts handyman and eccentric; a talented mechanic, he made his living fixing things that others couldn't. He also built his own airplane from a kit—in the dining room of the family home. Arthur's father and uncle flew a Gypsy Moth into the bush to search for gold. Arthur accompanied him on many camping adventures, learning to hunt, fish and survive

in the bush.

"At first, dad didn't know how to fly," recalls Arthur. "He couldn't land well and broke many propellers trying. So I learned how to make new ones by laminating and shaping kiln-dried wood. Uncle Percy—my dad's brother—was also a pilot and taught my dad how to pull back on the stick and land properly."

Arthur finished high school and got a job at a factory in Galt, Ontario that machined customized parts. He became a highly skilled and experienced machinist—skills that earned him a job at the NRC in 1941. He worked in labs on a number of technologies directly related to the war, including range finding using optical equipment. Arthur boarded with a family that one day hosted a dinner for another family with a boarder of their own—a young woman who also worked at NRC.

"I was smitten right away," Arthur recalls. "She was so pretty."

"I was impressed that he had a car and a sailboat," says Becky. "I later learned that he shared them with a friend of his, but that didn't matter to me."

As their love grew, so too did their sense of duty. Things were not going well for the Allies, and Becky and Arthur yearned to make a larger contribution to the war effort. Arthur wanted to enlist for active service, but the NRC, in need of bright young men like Arthur, convinced the Army to delay his basic training until he had finished a particular project. On his way to Europe, Arthur encountered another snag:



Arthur White

the doctor who gave him a final check-up in Halifax determined that he was underweight and must remain in Canada.

"I could do all of the physical stuff—climb walls and run for miles with a full load on my back—but I weighed only 108 pounds," says Arthur. The Army sent him for training in radio and radar technology, and assigned him to install and maintain radio facilities along the Pacific Coast.

In the meantime, Becky had also enlisted. "A girlfriend of mine and I decided that our lives were dull and we should join the Navy," Becky recalls. They enlisted in the Women's Royal Canadian Naval Service (Wrens), completed basic in training in Galt, Ontario and radio training in Saint Hyacinthe,

Quebec. In 1943, Becky was assigned to monitor the telegraph transmissions of Nazi submarines from a new facility in a farm field outside Ottawa: Number 1 Station HCMS Bytown (see page 7). She also became one of the few who trained to operate the direction-finding equipment used to locate enemy vessels.

"We knew exactly what we were doing," says Becky. "We had to help stop U-boats from destroying ships and killing our men. I don't think what we did was anything to brag about; it was my job, I accepted it and did it."

In 2016, the British High Commission awarded her the Bletchley Park Commemorative Badge.

Arthur also proved to be remarkably adept at his craft—he inherited his father's ability to troubleshoot problems effectively.

"One time, a barge loaded with radio gear capsized off the coast," Arthur says. "Salt water had seeped into the gear and nearly wrecked it. Headquarters gave us two months to get it up and running, but we managed to do it in two weeks."

As a Grade A Telecom

Mechanic, Arthur worked with cutting-edge, top-secret radar technologies, including the cavity magnetron and klystron.

Becky and Arthur wrote each other often and managed a brief telephone conversation on New Year's Eve. They arranged a short leave together in Sundridge, where they married in 1944. Soon after they returned to their posts, the tide in the war turned.

When the war ended, Arthur chose to stay in service for another year. Following her discharge from the Navy, Becky joined him in Prince Rupert, where their first son was born in 1946.

Arthur's skills were a perfect match for Canada's rapidly evolving aviation industry. The family moved to Roxboro, a new suburb of Montreal, where they built their own house and had



Becky White



Becky and Arthur White with His Excellency the Right Honourable David Johnston, Governor General and Commander-in-Chief of Canada

two more sons. The pond adjacent to their property provided an ideal playground—games of shinny in winter and frog-hunting adventures the rest of the year.

Arthur spent most of his career with Aviation Electric, where he repaired and overhauled avionics equipment. His sense of adventure remained strong: he got his pilot's licence and bought a two-seater plane—a 1946 Aeronca Champ. Arthur also built a houseboat for family vacations on the water. Becky was a homemaker and occasionally stayed in touch with a few fellow Wrens. The family went to church, skied in the Laurentians and visited Sundridge nearly every summer. Arthur and Becky emphasized the importance of

education and all three boys became engineers.

As the boys grew into men, Arthur and Becky became increasingly active in the Shantymen's Christians Association, today known as SCA International. The two travelled extensively for Christian fellowship and to help fellow members overcome their woes. Arthur often checked the wiring in their houses, rewiring those that were potential fire hazards. Becky counselled many young couples.

When Arthur retired in his mid-50s, the two built a house in Sundridge, not far from where Becky grew up. The years flew by; now, there are five grandchildren and three great grandchildren—"All of the fun and none of the

work," jokes Becky. They often travelled south to Texas or Florida in winter; they were well into their 80s before the drive became a bit too much for them. About 10 years ago, they began to spend more and more time in a rented apartment in a seniors' building in Ottawa.

Becky first came to the Perley to convalesce from surgery; in 2016, she moved in full-time and Arthur followed soon afterwards. Although they have separate rooms for the first time in 70 years, they have meals together every day.

"We really enjoy it here," says Arthur. "All of our needs are taken care of and we still have each other." **BU**

## Why I Volunteer

Nearly 400 men and women volunteer regularly at the Perley Rideau and significantly improve residents' quality of life. We are pleased to share, in their own words, why volunteers choose to donate their time and skills. Think you might be interested in getting involved?

Please contact Rachel Stoparczyk, Coordinator Volunteer Services, at 613-526-7170 ext. 2356 or by email [volunteer@prvhc.com](mailto:volunteer@prvhc.com). More information and an application form are available at [www.perleyrideau.ca](http://www.perleyrideau.ca).

"Volunteering at the Perley is very rewarding, as there is a great variety of places where one is needed. You have that feel-good feeling when you leave, as you have made a difference in someone's life and perhaps put a smile on their face."  
- Gerald McGrath

"You cannot but feel warmth in your heart as you provide assistance and companionship to the residents during their twilight years. There is an awakening in one's soul, bringing out the desire to help and give of oneself to help resolve some of the issues facing the elderly."  
- Roy and Jean Berlinquette

"Volunteering at Perley Rideau is very rewarding; it's so nice to see the seniors smile and hear about their journeys."  
- Lynn Kitchen and Avalon, St. John Ambulance Therapy Dog Program



## Radio and the Battle of the Atlantic

The Battle of the Atlantic was among the most important of the Second World War. Great Britain relied on supplies of food, armaments and other materials shipped from North America. Without these supplies, Great Britain would not have survived long enough to serve as the staging ground for D-Day and the liberation of Nazi-occupied Europe. The Nazis exploited this weakness by using submarines (U-boats) to attack convoys of ships crossing the Atlantic. During the course



Wren operates direction-finding equipment in Coverdale, NB. Library and Archives Canada PA142540.

of the war, the Nazis sank some 3,500 merchant ships, along with 175 Allied warships, killing more than 70,000 merchant sailors and Navy personnel. The Allies also lost more than 700 airplanes during anti-submarine sorties. The Nazis eventually lost nearly 800 submarines and approximately 30,000 sailors.

Innovations in communications—particularly in radio and cryptography—played a decisive role in the

Battle. Initially, the Allies faced a huge disadvantage: some coastal stations and American merchant ships did not follow security measures when transmitting telegraph messages, while Nazi U-boats encrypted theirs using Enigma machines. Naval Radio Station Gloucester, officially known as Number 1 Station HMCS Bytown during the war, was one of dozens established across North America, and in Africa and the U.K., to support the Allied effort. In each facility, operators fluent in Morse code monitored the frequencies typically used by the Nazis. Upon detecting a transmission, the operators would transcribe the encrypted message and send it on to Washington, D.C. or to Bletchley Park, U.K. for decoding and analysis.

Two breakthroughs gave the Allies the upper hand in the Atlantic: breaking the Enigma code and refining the ability to pinpoint the location of ships using radio direction-finding (DF) equipment and techniques.

Number 1 Station HMCS Bytown was one of many stations equipped with DF equipment. Early in the war, DF technology could provide only an approximate position of a target; the Allies would then dispatch aircraft to hunt for U-boats, which surfaced regularly. Later in the war, the Allies improved



Wrens undergo basic training in Galt, Ontario. Library and Archives of Canada PA146020.

their ability to locate U-boats with sonobuoys—buoys equipped with sonar and radio technologies—dropped and monitored by patrol planes.

Almost all of the operators at the Naval Radio Stations were Wrens—members of the Women's Royal Canadian Naval Service. Established in 1942, a force of 7,000 Wrens worked in a total of 48 trades, including radio operator and maintenance technician. Great Britain awards the Bletchley Park Commemorative Badge to Wrens who worked in signals intelligence, such as Becky White.



Gloucester Station #1 in 1944. Photo by Joan Pelly, a Wren who served there and now lives in Toronto.



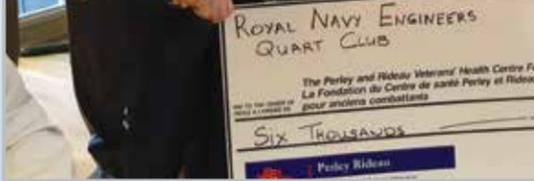
On November 4, MD Financial Management generously donated 12 new Bios manual wheelchairs to the Perley Rideau Foundation. The donation was part of Wheelchairs for Charity, a team-building charitable exercise hosted by Canadian Outback Adventures & Events. During the exercise, participants assemble wheelchairs and experience the challenge of getting around in them. Thanks to all participants and to MD Financial Management (md.cma.ca).



Thank you to the Korean War Veterans Association of Canada – Unit 7 for your generosity and kindness! L to R: George Guertin, Korean Veteran Association of Canada – Unit 7; Daniel Clapin, Foundation Executive Director; Delphine Haslé, Foundation Development Officer; Bill Black, Korean Veteran Association of Canada – Unit 7 President.



Members of the RCN Curling Club, Senior Men's Division, presented a cheque for \$2,550.00 at their annual bonspiel in support of the Foundation. Thank you to all members for 'hurrying hard' to support our Veterans and seniors! L to R: Keith de Bellefeuille Percy, Foundation Board Director; Doug Brousseau, Foundation Board Director, Daniel Clapin, Foundation Executive Director; John Mayes, Senior Men's Division representative; Delphine Haslé, Foundation Development Officer.



On Remembrance Day, The Royal Naval Engineers Quart Club (RNEQC) presented its annual donation to the Perley Rideau Foundation. Thank you for your generous donation of \$6,000.00 for life-giving support! L-R: Arnold Eyre; Brig-Gen (Ret'd) Charles Lemieux, Foundation Board Chair; Gerry Lanigan, RNEQC Vice Pres.; Gilbert 'Gib' McElroy, Veterans' Council President; Daniel Clapin, Foundation Executive Director; William Broughton; David McCracken, RNEQC Hon. Sec.



To follow through on its commitment of \$300,000.00 toward the cost of an updated Nurse Call System, The Foundation provided the Health Centre with its first instalment of \$200,000.00 during its December 2016 Board Meeting. The project will take two years to complete. L to R: Akos Hoffer, Health Centre CEO; Brig-Gen (Ret'd) Charles Lemieux, Foundation Board Chair; Vice-Admiral (Ret'd) Ron Buck, Health Centre Board Chair; Daniel Clapin, Foundation Executive Director.





◀ Crew members of *HMCS Ottawa* visited the Perley Rideau to sip tea with Navy Veterans and present the Foundation with a cheque for \$6,550.00. Thank you to all who contributed! L-R: Daniel Clapin, Foundation Executive Director; Lieutenant-General (Ret'd) Marc Caron, Foundation Board Director; Cdr/Capt Sylvain Bellair, Commanding Officer, *HMCS Ottawa*; crew members of *HMCS Ottawa*; Navy Veteran Clifford MacDonald (seated).

▶ Thank you to members of the Royal Canadian Legion Branch 462 Eastview for the very generous gift of \$10,000.00. The donation will purchase five new adjustable-height tables for refurbished Veteran dining rooms, and two new Tilt-Recline Wheelchairs. L to R: Tom Lavergne, President, Royal Canadian Legion Branch 462 Eastview; Delphine Haslé, Foundation Development Officer; Daniel Clapin, Foundation Executive Director; Bill Redmond, Perley Rideau Legion liaison.



▶ Members of the Watson family came together to remember June Watson – a dearly loved wife, mother, and grandmother. L to R: Richard and Judy Hamley; E. Ray Watson, Perley Rideau resident; Margaret and Doug Watson.



▶ On December 1st, *HMCS Huron Association* presented a cheque to the Foundation during its annual Christmas Party for Korean War Veterans at the Perley Rideau. The afternoon featured carolling, delicious cake and Christmas gifts. Thank you *HMCS Huron Association* for your generous donation! L to R: Major (Ret'd) Gerald "Jerry" Bowen, Perley Rideau resident; Ken Snider, Korean Veterans Association of Canada (KVAC) – Unit 7; Bill Black, KVAC – Unit 7 President; Daniel Clapin, Foundation Executive Director; George Guertin, KVAC – Unit 7; Peter Wilkins, KVAC – Unit 7; Dave Petry, KVAC – Unit 7.



▶ Once again, members of the Ottawa Police Association spread some Christmas cheer at the Perley Rideau. Thank you for your donation and good will! Members of the Ottawa Police Association and their families join Delphine Haslé, Foundation Development Officer (far right) and Robyn Oraziatti, Health Centre Recreation Coordinator (second from right).



▶ Long-time Foundation supporter Joan Olinik (right, alongside Delphine Haslé, Foundation Development Officer) celebrated the holidays with a generous donation to purchase a Tilt-Recline Wheelchair—the last one on the 2016 Priority Needs List. Thank you, Joan, for demonstrating the true spirit of philanthropy!

▶ A big thank you to Tony Battista, CEO of The CDA Institute, who donated four tickets to the 2016 Vimy Award Gala Dinner. Perley Rideau Recreation staff Stephanie Deschamps (top left), Perley Rideau Foundation Board Director Colonel (Ret'd) Dominic McAlea (top right), and WWII Veterans Jim Peck and Claude McKenny (bottom left and right) attended.



# Giant Tiger Stages Christmas Party for Veterans

On November 29<sup>th</sup>, Giant Tiger Stores Limited staged a Christmas party for 80 Veterans at Perley Rideau's Lupton Hall. A group of about a dozen Giant Tiger employees served food and drinks, and provided gifts of blankets and chocolate. Among the highlights was a

performance by four talented carolers. Giant Tiger produced a stirring video of the event; it's posted to the Foundation's Facebook page ([facebook.com/prvhc/](https://facebook.com/prvhc/)). The Foundation hopes the event marks the beginning a strong and lasting partnership with Giant Tiger.



On November 13<sup>th</sup>, a group of Perley Rideau residents, veterans and staff attended the Ottawa Senators-Minnesota Wild game thanks to the generosity of The Trinity Development Foundation! Although the Wild won in overtime, everyone had a great time. Go Sens Go!

# Why I Donate

**O**ur donors cite a wide variety of reasons for their generosity. To help show our sincere appreciation for each and every donation we receive, each edition of *Between Us* features a few testimonials from donors in their own words. Should you wish to share your reasons for giving, please send them to Sara Francis, the Foundation's Administrative Assistant (613-526-7173, [sfrancis@prvhc.com](mailto:sfrancis@prvhc.com)).

My husband was a veteran of the RCAF. His last bombing

run over Germany finished in the North Sea. The survivors were rescued by a ship and brought back to England.

- Jeanine D'Amours, Ottawa, Ontario

What greater love does a service person have than to lay down their life, that his fellow being may live and enjoy life?

- Bernie Langill, Ottawa, Ontario

I have supported the Perley Rideau for many years in part because so many friends and family members served in the

armed forces. My father, who had married my mother in 1937, was not in the military, but worked as a skilled carpenter on the expansion of Gander Airport, a facility crucial in the war effort. Of my four uncles who served during the Second World War, one was killed in action and one returned with injuries that plagued him for the rest of his life.

- Twila Niemi, Kitchener, Ontario



# Priority Needs 2017

**T**he Perley and Rideau Veterans' Health Centre Foundation appreciates your contribution! As a donor, you may direct your contribution; otherwise, we are pleased to allocate on your behalf to life-giving support. Here are a few of our priority needs for 2017:

## Enriching Lives

\$135,000 to continue much-appreciated programming in therapeutic arts and crafts, theatre, concerts, music and dance therapy

## Equipment and Furnishings

Replace 20-year old furniture and flooring in eight dining rooms; each dining room accommodates an average of 40 residents. Per dining room:

- 10 adjustable-height tables @ \$1,000
- 20 armchairs @\$660
- Blinds @\$5,000
- Flooring @ \$5,750

Three bariatric mattresses @ \$700 and seven specialty mattresses that help prevent and heal

pressure ulcers:

- 2 RIK fluid mattresses @\$7,000
- 3 pressure-relief mattresses @\$2,400

Purchase positioning devices to help slow the progression of joint deformities and rigidity, and skin wounds:

- 5 cushion wedges @ \$400
- 5 foot supports @ \$230

## Leadership in Caring

\$10,000 for the education and bursary fund for staff training

## Enhancing the Outdoors

\$30,000 for furniture and greenery outside the Rideau Home patio to enhance the outdoor experience of veterans and their loved ones, adding to their well-being

## Improving Community Services

\$3,500 to fund our Summer Youth and other volunteer programs



# Teamwork and a Sense of Community

By Akos Hoffer, Chief Executive Officer  
The Perley and Rideau Veterans' Health Centre

One factor explains why residents of the Perley and Rideau Veterans' Health Centre enjoy such exceptional care: teamwork. Our success is the consequence of expert and attentive staff, dedicated volunteers, generous donors and supportive members of families and the community. I was reminded of this in November, when the Honourable Kent Hehr, Minister of Veterans Affairs, presented me with a certificate recognizing the Perley Rideau's excellence in care. I was proud to accept the certificate on behalf of everyone who helps make excellence an everyday reality at the Perley Rideau.

Delivering excellent care requires more than nurses, personal-support workers, dental hygienists and specialists trained in all types of therapies. It also requires family members and volunteers who will take our residents onto the grounds or to get their hair done. I wish I could spend more time with residents—to learn more about them and listen to their stories—but I recognize my role. My role is to create the conditions needed for success—to ensure that our staff of more than 750 and our volunteer corps of more than 390 are able to do their best. These women and men lead with their heart and their spirit—and that, in turn, inspires my leadership. I want to do my best for them and for our residents.

Minister Hehr first visited us in June, during the Perley Rideau's 20<sup>th</sup> Anniversary Celebration. At that time, he was so impressed by the quality of care Veterans receive here that he decided a certificate was in order. For the past decade, ministers have awarded certificates to those who make exemplary contributions to the care and well-being of Veterans or to the remembrance of Veterans.

On November 9<sup>th</sup>, Minister Hehr returned and presented the certificate during a special ceremony in Lupton Hall marking Veterans' Week. The ceremony attracted approximately 50 residents and special guests, including General (Retired) Walt Nantnyck, Deputy Minister of Veterans Affairs Canada, and a contingent of CAF soldiers in uniform. The ceremony also featured the presentation of a special poster

depicting the memorial statue at Vimy Ridge in France—2017 is the 100<sup>th</sup> anniversary of Vimy Ridge. Also part of the ceremony was a performance from a chorus of seven Veterans from the Perley Rideau Choir. In his remarks, Minister Hehr recognized that the Choir, along with the Perley Rideau's Recreation and Creative Arts Program, make vital contributions to the health and well-being of residents.



The Minister, who also serves as Associate Minister of National Defence, also extended his personal thanks to Veterans and their families, along with Perley Rideau staff and volunteers. "I've lived in peace and security every day of my life because of men and women, and families like yours," said Minister Hehr. "Since Confederation, some 2.3 million Canadians have served in our armed forces. We owe them so much. And I commend the staff for ongoing efforts to keep our veterans and seniors contributing. I feel that sense of community every time I come here."

The Minister's mention of that sense of community means much more to me than any certificate or award. It means that many people share not only a place but also a goal and a vision. Together, we can maintain the sense of community that defines the Perley Rideau.

A blue ink handwritten signature, likely of Akos Hoffer, the Chief Executive Officer.



## 16<sup>th</sup> Annual Perley Rideau Night at the Races

Thursday, May 4, 2017

Buffet dinner 6:00 p.m. Post time 6:30 p.m.

Rideau Carleton Raceway and Slots

\$60 includes \$20 income tax receipt, live race program, \$2 betting voucher, \$10 slot token  
Silent auction and great raffle prizes to win!

Purchase your **TICKET** today online at

[www.canadahelps.org/en/charities/PerleyRideauFoundation/events/2017NATR](http://www.canadahelps.org/en/charities/PerleyRideauFoundation/events/2017NATR)  
or phone 613-526-7173. Deadline is Friday April 21 for tickets.

## Perley Rideau Runners Go for 150!

Determined to build on last year's Ottawa Race Weekend achievements, the Perley Rideau's Race Team has set an ambitious goal for 2017. In 2016, Perley Rideau runners raised more than \$8,000 – enough to pay for a new lift and make life easier for staff and residents alike. This year, the Team plans to raise at least \$10,000 – enough to refurbish two of the courtyards by purchasing new furniture and umbrellas. These outdoor spaces provide a great deal of enjoyment to residents and their families. In honour of Canada's 150, any

team member who raises at least \$150 in pledges will receive a special commemorative t-shirt. Three members of the team took time out from work and training - to pose in one of the courtyards: (L to R) Dan Clapin, Foundation Executive Director; Sara Francis, Foundation Administrative Assistant; Landon Brady, Perley and Rideau Maintenance. To



sponsor a runner or learn more, contact Sara Francis, the Foundation's Administrative Assistant (613-526-7173, [sfrancis@prvhc.com](mailto:sfrancis@prvhc.com)).



# The Perley and Rideau Veterans' Health Centre Foundation

## Memorial Tributes

October 26, 2016 to January 15, 2017

Honour someone special with a donation to  
The Perley and Rideau Veterans' Health Centre Foundation

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Publications Mail Agreement No. **40069406**

Return Undeliverable Canadian Address to:

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Perley Rideau  
Foundation

Together we improve  
the well-being of  
the people we serve

The Perley Rideau Seniors Village is comprised of a 450-bed long-term care centre (including 250 beds for veterans), 139 specially-designed seniors apartments and community health care services.

**Charles Lemieux**

Foundation Board Chair

**Daniel G. Clapin**

Foundation Executive Director

**Ron Buck**

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Health Centre

Chief Executive Officer

*Between Us* is published quarterly  
by the Perley Rideau Foundation

Writer/editor: Peter McKinnon

Layout: André Campeau

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