



April 2014

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

Between Us

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



Brant Scott photo

THE GOLDEN BOY: Tony Golab is still remembered as a star with the Ottawa Rough Riders in the 1940s. A Grey Cup winner and Spitfire pilot shot down twice during WWII, he remembers the action from the comfort of his room at the Perley Rideau.

Football is coming to Ottawa you say? It's already here at the Perley Rideau!

By Brant Scott

As football fans anxiously await the rebirth of professional football in Ottawa this summer, the Perley Rideau Seniors Village is already well-stocked with gridiron talent from yesteryear.

Our health centre is home to a well-known Ottawa Rough Riders star player and a talented chiropractor who worked with Canadian Football League (CFL) warriors to speed the post-injury recovery process. In addition to their exploits with the Roughies, both Tony

Golab and Daniel Komesch earned reputations as capable World War II pilots with the Royal Canadian Air Force.

Tony "Golden Boy" Golab was raised in Windsor, Ontario and played for Kennedy Collegiate before he became the pride and joy of the Rough Riders in the 1940s. Still a sizeable and gentle man at 95, Tony is the youngest of six children. He tore up the turf for nine seasons with the Rough Riders during 1939-41 and 1945-50. He played in four

See page 9

Perley Rideau resident wills \$50,000 to Capital Campaign project fund

By Brant Scott

Margaret Stott lived a quiet and meaningful life after she came to Canada from England, and since her death on July 12, 2013, her legacy lives on at the Perley Rideau Seniors Village.

Ms. Stott fended off multiple sclerosis in her twilight years and was a resident for three years at the Perley and Rideau Veterans' Health Centre. She derived great comfort from the care that the health centre staff provided and left \$50,000 to the Perley Rideau Foundation in her will. Ms. Stott wanted her donation

to help pay for the new independent and assisted living apartments that opened last year at the Perley Rideau Seniors Village on Russell Road.

The Foundation has a mandate to raise \$5 million for the 139 apartments through its Perley Rideau Capital Campaign, and Ms. Stott's generous contribution brings the campaign closer to its goal. Donations from foundations, corporations, organizations and individuals have raised nearly \$2.5 million so far to help finance the brand new apartment buildings that house

See page 4

BU Contents

- 2 2014 Priority Needs
- 3 Daniel Clapin column
- 5 Akos Hoffer column
- 6 Mercedes-Benz lottery
- 8 Foundation photos
- 12 Memorial Tributes

Perley Rideau
Foundation

Perley Rideau Foundation 2014 Priority Needs

By renewing your support today for 2014, donors can help the Foundation ensure that the best care is always available for our residents. This is just a partial list of Foundation purchases that your generosity can help deliver this year:



- \$135,000 for residents' much-loved Recreation and Creative Arts activities that include arts and crafts, theatre, concerts, music and dance therapy
- \$10,000 for staff Bursaries that enhance healthcare education to benefit residents
- \$124,200 to purchase three types of specially designed mattresses to help prevent and heal pressure ulcers. (11 fluid overlay @ \$7,200 each, 5 pressure guards @ \$1,000 each and 100 comfort type @ \$400 each)
- \$10,600 for a fully adjustable, power-operated shower chair for residents with mobility issues
- \$100,000 to renovate our 10 dining rooms and replace 20-year-old furniture and flooring
- \$35,000 for 10 commercial microwaves at \$3,500 each
- \$50,000 to purchase 10 new sub-station hubs at \$5,000 each
- \$42,000 for 12 Unit Communication Station Furnishings where residents meet visitors @ \$3,500 each
- \$100,000 to upgrade four outdoor courtyards for residents and families to enjoy
- \$25,000 for furnishings, greenery and patio renovations at Rideau veterans' entranceway
- \$3,000 to fund our important Summer Youth and other Volunteer Programs.

To see the complete list, please visit us at: www.perleyrideau/priorities

Building Choices, Enriching Lives \$5 Million Dollar Capital Campaign: <http://www.buildingchoices.ca>

13th Annual Perley Rideau Night at the Races

Tickets are selling fast! • It was SOLD OUT the last 12 years
**We invite you to support this event by getting together with
family, friends and colleagues and purchase a table for 4 or 6 people**
Thursday, May 8, 2014

Dinner — 6:00 p.m. • Post time — 6:30 p.m.
Rideau Carleton Raceway and Slots, 4837 Albion Rd.

Have fun and support a great cause! There will be a silent auction and lots of great raffle prizes to win.
Tickets are \$60 (includes a \$25 income tax receipt)

Please see us at the Foundation office to purchase tickets or phone 613-526-7173
Or send a cheque made payable to
Perley Rideau Foundation at 1750 Russell Road, Ottawa ON K1G 5Z6

Buffet dinner features over 100 fine foods
Live race program - Entertainment vouchers for slot machines and races
Complimentary parking and valet parking • Gratuities included

Perley Rideau Seniors Village evolved from 116 years of dedicated health care

www.buildingchoices.ca

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



Our wonderful Perley Rideau Seniors Village has evolved from a proud tradition of helping people.

The Perley Hospital for Incurables opened its doors in 1898 at 415 Wellington Street in Ottawa. That unfortunate name would never pass the test of political correctness today, but all these years later the Perley Rideau means so much more to so many.

The Perley Rideau is widely known for its legacy of caring for Canada's dedicated war veterans. We continue to provide top-notch accommodations and health care services for those who served in World War II and the Korean War. Veterans have exclusive access to 250 of 450 health centre beds and no fewer than 30 percent of the new 139 independent and assisted living apartments are committed to Canadian Forces personnel. No limit has been placed on the percentage of Canadian Forces personnel who are invited to live in the new apartments on our Russell Road campus in Alta Vista.

And so it is that the Perley Rideau Seniors Village has evolved. It is a daily pleasure for me to stop and chat with the seniors who live here. I hear so many interesting stories from seniors who helped to build our nation. We are pleased to see that the specialized apartment clusters for new tenants with Alzheimer's and related dementias are nearing capacity, too.

Excellence doesn't happen by accident. The Perley Rideau Foundation helps to purchase important goods and services that cannot be provided from the standard operating budget. Many programs and health centre items are furnished strictly through the generosity of Foundation donors. None of the things purchased by the Foundation in 2013 would reside at the Perley Rideau without your help. And, none of the equipment and services for 2014 will be possible without your ongoing donations. You are bringing so much comfort and quality of life to so many seniors – I see it every day in the smiles here at the Perley Rideau!

The Foundation has taken on the additional task of raising \$5 million to help finance our fabulous new independent and assisted living apartments. Both apartment buildings are filling quickly with new tenants. The Perley Rideau hallways were well-used by folks this winter who enjoyed the exercise of walking or wheeling indoors in any weather.

And, what a delight to see recently arrived tenants mingling with health centre residents. Seniors are engaging in new social activities, enjoying coffee in the cafeteria and visiting in the pub. They also enjoy the convenience of the Perley Rideau's in-house pharmacy, hairdresser, dental care, physiotherapy, hearing clinic, with so much more to come.

Isn't this the definition of a

village? In tandem with the Perley Rideau's convalescent care and community health care programs, the seniors village is a social hub for seniors entering the phase of life when access to personal assistance is welcome. Our donors can take credit for helping seniors to make that change more positive.

The Foundation is very grateful to receive your gifts and pass them along to those who reside at the Perley Rideau Seniors Village. With an additional \$5 million to raise for the Perley Rideau Capital Campaign fund, the need has never been greater – and the benefits never more appreciated.

Please visit us at www.buildingchoices.ca to see how you can help.

The Perley Rideau is home to 450 residents, 250 of whom are war veterans

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

**Please contact Daniel Clapin
The Perley and Rideau
Veterans' Health
Centre Foundation
1750 Russell Road,
Ottawa ON K1G 5Z6**

Email: dclapin@prvhc.com
Internet: www.perleyrideau.ca
**Capital Campaign:
www.buildingchoices.ca
613-526-7194**

Perley Rideau resident wills \$50,000 ... continued from page 1

Ottawa area seniors.

Before Margaret Stott died at 84 from pneumonia, she loved to sit by the window in her room at the Perley Rideau and watch the birds. She had worked at Bristol University early in her career interpreting information from weather balloons, then came to Ottawa when the Research Unit moved here. She met one of her best friends in 1954 in the labs of the National Research Council (NRC). Clare Wylam (later Morgan) was also a British ex-pat, working as a Post-doctoral Fellow at the NRC for a year before she returned to the UK. They forged a friendship that would last for many decades.

"When we met, Margaret worked in the NRC physics department where she performed meticulous measurements using a microscope," explains Clare. "Her work reflected her character as a shrewd and careful observer. She was a very modest and private person, keenly interested in geography and the countryside, and she enjoyed music.

"I used to go cross-country skiing with her, and remember how much we both enjoyed the beautiful snowy scenes in the Gatineau Hills. We also had a fantastic holiday together in the Rockies and



A GENEROUS LADY: Margaret Stott is a former Perley Rideau resident who left \$50,000 to the Foundation in her will.

travelled by boat up the west coast of B.C. to Alaska. We remained life-long friends. During Margaret's trips to England, she would visit me in Cambridge, and I visited her at her former home in Bristol."

Ms. Stott also became fast friends many years ago with Margaret Bennett, who also worked for the Canadian government. It wasn't long before Margaret Stott, Clare and Margaret Bennett had cemented a close friendship. When Clare Morgan came to Canada, she was always welcome to stay with Ms. Bennett in her Ottawa apartment. As Clare's visits became less frequent over the years, and with Margaret Stott becoming

increasingly incapacitated, Margaret Bennett gradually assumed the role of friend, confidant and power of attorney to Margaret Stott.

Ms. Stott acquired an unexpected substantial legacy from England, and given her enthusiasm for the Perley Rideau and with her multiple sclerosis progressing, she decided to will \$50,000 as a gift to the Foundation's Capital Campaign.

"Margaret was delighted that she was looked after so well for the three years at the end of her life," explains Margaret Bennett. "She remained

calm, serene and courageous right until the end. When I visited her at the Perley Rideau, she was always very content and well cared for. So, it made good sense for her to support the Seniors Village in her will."

Foundation Executive Director Daniel Clapin is grateful to her: "Bequeathing funds to the Foundation is a wonderful gift to leave behind. It is the most selfless kind of giving, because the donor is directly supporting other seniors they will never meet. Ms. Stott, with the support of her friend Ms. Bennett, deserves heartfelt thanks from all who will benefit from this altruistic act of charity and humanity."

BU



FAST FRIENDS: Margaret Bennett (left) and Margaret Stott spent many days visiting at the Perley Rideau before Ms. Stott passed away with pneumonia at 84. Ms. Stott's donation to the Capital Campaign leaves a wonderful legacy.



Accreditation with Commendation sends Perley Rideau to the head of the class

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

Over the last few years, Perley Rideau has made tremendous progress towards achieving our vision.

We have been expanding, launching new programs and completing our new independent and assisted living apartments. I am very proud of the growth and pleased with the great accomplishments in our core business of caring for 450 long-term care residents.

Every four years, Perley Rideau's long-term care programs, and our management and governance practices are reviewed by Accreditation Canada, an independent third party. Through a four-day on-site survey in February, Accreditation Canada compared our practices to standards of excellence applied to similar organizations across the country. As a result of the survey, we were awarded with the impressive standing of Accreditation with Commendation.

This award is a level above the one we received in 2011 and reflects our collective dedication to innovation, engagement and quality. To support our ongoing journey to improve, the report also helps us identify areas where we can further strengthen our practices to provide the best

possible care and quality of life. A summary of our Accreditation report can be found on our website.

The real proof of success is the satisfaction of our residents. We will soon be releasing the results of our *2013 Resident and Family Survey*. Preliminary results suggest we are maintaining the very positive results we saw last year. Accolades from our residents and their families are the most important indicators of all.

Never content to rest on our laurels, however, we are executing plans this year that include significant investments in our communications and information technology infrastructure. These added benefits have a direct link to improving the quality of life for our long-term care residents. Later this year, work will start on a state-of-the-art emergency call bell system. The existing system is functional, but audible to residents at all times of day.

The new system will eliminate noisy alarms through the use of pagers and smart phones using our newly upgraded wireless infrastructure. In addition to this investment, we will be rolling out the Point of Care system to provide secure access to residents' electronic charts to all nursing staff, including Personal Support

Workers. The new system enables more timely access and updates to residents' plan of care. Our quest never ends to innovate, engage and improve.

As we have expressed many times in the past, government funding does not always fully cover the cost of all investments. Your donations make all the difference between standing still or moving forward to give better and better care.

I urge you to take a look at the Perley Rideau Foundation's *2014 Priority Needs* partial list in this issue of *Between Us* on page 2. Each item on that list is crucial to enhancing the quality and comfort that our seniors enjoy. And each item can only become a reality through your donations. Our seniors village would be a more austere place without all the wonderful things your donations provide.

We are proud of our recent Accreditation with Commendation – and it is a feather in the cap for all Perley Rideau staff, volunteers, and our generous donors.

Happy spring at last!

Tickets for Barbara Ann Scott's beautiful Mercedes-Benz are selling like \$100 hotc

By Brant Scott

See if you can successfully answer the follow skill-testing questions. (Hint – the answers are all the same):

1. Who is the only Canadian woman in history to win an Olympic gold medal in singles figure skating?
2. Who is the two-time World Figure Skating Champion and four-time Canadian National Champion from Sandy Hill in Ottawa?
3. Which skater was awarded a Buick convertible by the City of Ottawa in 1947, but had to give it back to retain amateur status in the 1948 Winter Olympics?
4. Which Canadian gold medal skater became a distinguished horse trainer and equestrian in her 40s?
5. Who returned to Ottawa to carry the torch into an ecstatic House of Commons to celebrate the Vancouver 2010 Winter Olympics?
6. Who named her beloved, Florida-driven 1988 Mercedes-Benz "Bennie" and bequeathed it to the Perley Rideau Foundation lottery after her death in September 2012?

Answers for Questions 1 - 7: Barbara Ann Scott, who will forever be known as "Canada's Sweetheart."

"Bennie" is a red 1988 Mercedes-Benz 560-SL two-passenger coupe roadster professionally appraised at \$40,000. The roadster was owned by a person whose has acquired a reputation for altruism, charity and perfection. Barbara Ann Scott was a dedicated athlete and humanitarian who donated her "brand" to many charitable causes.

Ms. Scott's husband, Tom King, donated Bennie to raise funds for the Perley Rideau Foundation's Capital Campaign. The only thing you need to call Bennie your own is a winning lottery ticket.

Everyone who knew Barbara Ann Scott could see her quest to help those who deserve it most. For this reason, she didn't hesitate to jump at the chance to be one of three Capital Campaign Honorary Co-Chairs along with Ottawa charity icon Grete Hale and General (Ret'd) Rick Hillier.

Tickets to win "Bennie" are on sale and moving quickly at just \$100 each. The lottery is limited to 1,948 tickets, to commemorate the year that Barbara Ann Scott was featured on the world's front pages with her thrilling Olympic gold medal performance. The draw



will take place at the Perley Rideau Foundation on September 9 to commemorate Ms. Scott's birth in Ottawa 86 years ago on March 9, 1948.

Many Ottawans have fond memories of Ms. Scott's early days in Ottawa and more recent visits she made to her home in her twilight years. She was a Rideau resident Lou Guerin who drove the lead car in the parade when Ottawa welcomed the newly minted gold medalist in 1948. The Reverend

who is a tenant in the

Rideau seniors apartments, has

extensive Barbara Ann Scott photo gallery

presenting her with flowers at the 1953 Minto Foundation

Convalescent care client Stephanie MacGregor was

of Minto Skating Club at the same time as Ms. Scott. Perley

Foundation Board Member Merv Beckstead has known

and her husband for many years and made arrangements

Bennie to Ottawa for our important fundraising lottery

lottery," says Foundation Executive Director Daniel Clapton

the charities there are, Barbara Ann Scott and Tom King

Perley Rideau Capital Campaign to benefit from her bequest

It's hard to imagine that some lucky person will take the

Mercedes-Benz home for a hundred dollars. The car has

checked and put in top running order by community-

dealerships in Ottawa.

"The other 1,947 people who buy tickets but don't

be winners, too," he adds. "They will have the pleasure

they are supporting the community seniors and veterans

paved the way for our generation. The generosity of Mr.

Mr. King places every ticket holder in a position to contribute

make life a bit more comfortable for our residents and

The Perley Rideau Foundation would like to thank

Motors, Skate Canada, Ottawa Mayor Jim Watson, Ogilvy

Mercedes-Benz and Star Motors Mercedes-Benz for their

promotional assistance.

To purchase a ticket before they're all gone, visit: perleyrideau.ca/mercedes or call 613-526-7173.

Then cross your fingers! **BU**

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Support the Perley Rideau and have your chance to

Win



...a red convertible roadster 1988 Mercedes Benz 560 SL previously owned by 1948 Olympic Champion Barbara Ann Scott King (value \$40,000). To celebrate her gold medal, only 1,948 tickets will be printed.

The Perley and Rideau Veterans' Health Centre Foundation received Barbara Ann Scott's Bennie



Mayor Watson shows his support for Barbara's Bennie Lottery. Left to right: Foundation Executive Director Daniel G. Clapin, Capital Campaign Co-chair Merv Beckstead, Foundation Development Officer Delphine Hasle and Mayor Jim Watson

Barbara's husband, Tom King has given the roadster to the Foundation to help in our fundraising initiatives.

The late Barbara Ann Scott-King was an honorary co-chair of the exciting \$5 million Building Choices, Enriching Lives Capital Campaign. The initiative is addressing the need for independent and assisted living for seniors including veterans.

Daniel G. Clapin, ACFRE
Executive Director

- Tickets \$100 each
- Draw to take place May 9, 2014 at 10:00 a.m. at The Perley and Rideau Veterans' Health Centre

To order your ticket today, visit: www.perleyrideau.ca/mercedes or call (613) 526-7173

Ottawa Licence Number M669430

Ticket holder must be at least 18 years of age.

All proceeds are dedicated to the **Building Choices, Enriching Lives Capital Campaign**



Perley Rideau

The Perley and Rideau Veterans' Health Centre



LEGION BRANCH 593: On December 24, 2013, Joel VanSnick, President of the Royal Canadian Legion Bells Corner Branch 593 presented a cheque of \$5,000 to Bill Cooper, President of the Perley Rideau Veterans' Council and Dan Clapin, Executive Director of the Perley Rideau Foundation. The funds will go towards a new staff sub-station designed to be more efficient for staff and more accessible for our residents.

GLOUCESTER LIONS' GENEROSITY: From the left, Perley Rideau Executive Director Daniel Clapin, Theresa Whalen, Gloucester Lions Vice-President Howard Keck, Heather Christy, Dave Brush, Bob Kemp, and Gloucester Lion President Fred Barrett present \$1,000 to the Foundation.



TED PATRICK'S STORY: At the book launch of *For Love and Country, A Canadian Soldier's Story* at the Perley and Rideau Veterans' Health Centre. The book tells the tale of Ron Lawruk's beloved cousin and Perley Rideau resident, Private William J.E. "Ted" Patrick. From the left are Captain Tim W. Brown, Dan Clapin, Ted Patrick, and Harold Pretty.



THE FOOTBALL PILOT:

Tony Golab somehow managed to merge two courageous careers in the 1940s. He was a standout on the field and in the cockpit.

WWII hiatus from the CFL, he played football for Ottawa Uplands in 1942 as a member of the RCAF.

After the war and back in the CFL, the 1948 record books show Tony scored nine touchdowns in 11 games. The Ottawa Citizen ran a headline dated September 1955 that noted, "Golden Boy's" Number Retired When Tony Did." The subsequent story explained that his famed #72 was retired and



COLLECTOR CARD:

Ottawa children in the '40s all wanted a football card like this one. Tony Golab was mobbed after games for autographs from admirers young and old.

Grey Cups and helped the Ottawa Rough Riders bring home the coveted silver mug in 1940.

The Golden Boy graced the sports pages everywhere during his career and won the Jeff Russel Trophy in 1941 as the outstanding player in the Big Four. That same year, The Canadian Press named him Canada's top male athlete and gave him the Lionel Conacher Award. During Tony's

WWII hiatus from the CFL, he played football for Ottawa Uplands in 1942 as a member of the RCAF. After the war and back in the CFL, the 1948 record books show Tony scored nine touchdowns in 11 games. The Ottawa Citizen ran a headline dated September 1955 that noted, "Golden Boy's" Number Retired When Tony Did." The subsequent story explained that his famed #72 was retired and hung up for good. Many of the photos from Tony's playing days bear another name of distinction – Ottawa's Yousuf Karsh.

A man of eclectic talents

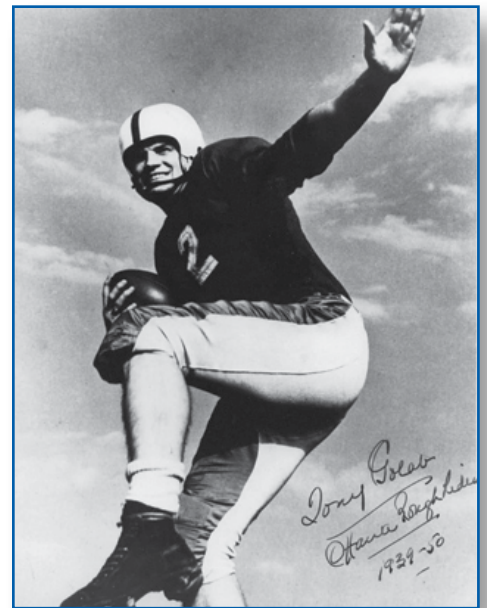
Tony still loved the game after he left the CFL and enjoyed developing the young bodies and minds of players on the Hamilton Panthers semi-pro football team. He went on to coach the Royal Military College team in Kingston and was later appointed vice-principal of St. Paul's High School in Winnipeg.

Tony was inducted into the Canadian Football Hall of Fame in 1964 and the Canadian Sports Hall of Fame in 1984. He was named general manager of the Montreal Alouettes in 1968 and '69 and the cake was properly iced when Tony Golab was made a member of the Order of Canada in 1985.

The Canadian Football Hall of Fame and Museum posts the following tribute: "Anthony (Tony) Golab was known as the "golden boy" during his football career. He was one of the game's finest backfielders and was All-Canadian almost every year he played. Golab appeared in four Grey Cup games, but the 1941 contest was the most memorable. After kicking a high, short punt, Golab rushed up and recovered the ball, then ran it in for a touchdown. After being seriously wounded during the Second World War, Golab returned to star on the gridiron for several more seasons."

The Great Canadian Book of Lists places Tony Golab on the top 10 list of the best pre-1950 CFL players. It gushes, "Ottawa's "Golden Boy" (was) a powerful runner who could carry a team with his play or on his back." The CFL web site notes that Tony was 6'2" and weighed 210 pounds in his prime.

Tony's wartime record was no less impressive than his CFL career. He flew tactical reconnaissance over war-torn landscapes in Egypt, North Africa and Italy for four years. One day, flying at 5,000 feet taking photos of German troops on the move in Egypt, a plane slid



GRIDIRON PERFECTION: In the 1941 Grey Cup final, Tony Golab booted a high, short punt and received his own kick for a touchdown. The feat still stands in the record books.

See page 10



HALL OF FAME BOUND: Tony "Golden Boy" Golab was inducted into the Canadian Football Hall of Fame and the Canadian Sports Hall of Fame. When he retired from the Ottawa Rough Riders, so did his famed jersey number 72.

forced once again to bail out, this time taking shrapnel in his right knee. Tony was reported missing in action as he was receiving quiet care from the Italian resistance movement. Sitting in his room in the Perley Rideau's dementia unit all these years later, Tony rolls up a pant leg and points to his misshapen knee. Heaven knows how he built a football career on that knee when he returned to Canada.

"This knee has hurt since that day I bailed out," he says with a smile. "I had a brace on it. But, the photos were important. Our intelligence people passed them on to the army generals so they knew exactly what they were going to run into on the ground."

Returning to Canada and sports

When Tony's war years ended, he returned home to his wife, Frances, on King Edward Avenue in Ottawa. Canadian newspapers announced his return to Ottawa and local Rough Riders cheering fans turned out in droves when their favourite gridiron hero and war veteran took to the field once more.

"I was a fullback, so I carried the ball a lot and got

in behind Tony's Spitfire. The pilot lit up the Spitfire with his guns and Tony had to quickly bail out and hit the silk.

He cursed aloud when he saw his plane had been shot down by an inexperienced and confused American pilot. Tony was flying tactical reconnaissance in Italy later in the war when his plane was hit by German ground fire and exploded just behind the cockpit. He was

a lot of touchdowns," he chuckles. "I used to spend nearly an hour signing autographs after every game. There was always a big crowd outside the stadium that went right down the stairs. There were a lot of pretty girls there, too, looking for dates. They tried everything, but I was married man."

Tony enjoyed his dual career as an RCAF pilot and Rough Rider after the war and retired from CFL action in 1950. He worked with the RCAF in Ottawa and Hamilton as he made his way up through the air force chain of command. By 1958, Tony was Chief Administration Officer at RCAF 14 Wing Greenwood in Nova Scotia.

In 1960, he became Chief Administrative Officer at the advance flying school in Saskatoon and was named Commanding Officer just two years later. By 1966, Wing Commander Tony Golab joined the planning staff for the Western NORAD Region at McChord Air Force Base in Washington state and Hamilton Air Force Base in California as battle commander.

In his advanced years, Tony fondly recalls his passion for both the RCAF and the pursuit of excellence in sports. He says he was driven by a role model he admires to this day – his own sister.

"I was always striving to follow in the footsteps of my sister, Genevieve," says Tony. "She won an award as Canada's outstanding female athlete in basketball and track and field. She was about four years older than me and she was tremendous, always making headlines in the sports pages. I always said I



PROUD AIRMAN: Star football players don't get medals, but seasoned RCAF airmen do. Tony Golab was a WWII pilot who enjoyed a productive Canadian Forces career for several decades.



PILOT AND INSTRUCTOR:

Daniel Komesch was an RCAF pilot and flight instructor during WWII. He later worked with the Ottawa Rough Riders as team chiropractor.

wished I could do that.”

And so he did. When asked if he has any advice to share with the new Ottawa Redblacks players soon to descend on the nation's capital, Tony paused for a moment, then offered. “I would tell them to play for the love of the game, instead of only thinking about their own career. You play better when you love the game.”

Playing from the sidelines

Dr. Daniel Komesch travelled with the Ottawa Rough Riders a decade after Tony Golab hung up his cleats. Dr. Komesch ran a well-known chiropractic clinic in Ottawa, and could often be found hovering over damaged CFL players on and off the field. His parents came to Canada from Romania in 1912 and he was born in Swift Current, Saskatchewan four years later.

As a teenager, Daniel made his way to Trail, B.C. and still holds the record for the 400-yard dash at his old school. He went on to play hockey with the scrappy Trail Smoke Eaters in 1935-39, and the team still cranks out talented young players today.

Daniel Komesch joined the RCAF to do his part in WWII and is a popular figure in the Perley Rideau dementia unit. He got his wings in Regina in 1940 and trained pilots in Canada throughout the war to prepare them for action. In addition to being a test pilot, he trained new recruits in Harvards and Tiger Moths serving in Regina, Moose Jaw, Portage la Prairie, Trenton and then Pendleton Airport just east of Ottawa.

“He used to fly eight hours a day every day,” says his proud son, Donald Komesch. “The Canadians trained American pilots, too. One time Dad heard that a young American student pilot was hungover from drinking the night before, so that was the day he

taught him him loops and rolls.”

Daniel married his wife, Mary, in 1944, who was a chartered accountant. Mary had a stroke in recent years and lives at the Longfields Manor in Barrhaven now. She was the engine behind putting Daniel through five years of Toronto Chiropractic College after the war.

Graduating in 1950, the Komesches moved to Ottawa and Daniel opened a clinic on Metcalfe Street. He hooked up with the Ottawa Rough Riders and worked the sidelines at home and out-of-town games for many years. His reputation for helping athletes spread quickly and soon there was a steady stream of players into his private clinic from other CFL teams. Daniel also treated a who's who of ballerinas, politicians and other local celebrities before he retired.

Dr. Komesch won his own Grey Cup ring in 1960 when a young Russ Jackson led the Rough Riders to a 16 to 6 victory over the Edmonton Eskimos. Dr. Dan later became part of the medical staff with the Ottawa Gee Gees football team and won a Vanier Cup ring in 2000. He worked with the Ottawa Bootleggers semi-pro team during their short 1988-92 tenure.

Staying on his feet all day took its toll over the years and Dr. Komesch collapsed in his clinic when his legs gave out from flesh eating disease. When specialists wanted to amputate, his son Donald asked them to explore any other possible solution. After extensive surgeries, Daniel still has his legs and continues to enjoy visits with friends and family at the Perley Rideau.

The Perley Rideau Seniors Village welcomes the Ottawa Redblacks to town. We are pleased to provide all the comforts of home for two former Rough Riders who helped to pave the way before you.

Have a great season! **BU**



Brant Scott photo

THE CHATTING DANS: Dr. Daniel Komesch discusses his illustrious career with Perley Rideau Foundation Executive Director Daniel Clapin. Dr. Komesch won a Grey Cup ring in 1960.

The Perley and Rideau Veterans' Health Centre Foundation

Memorial Tributes

November 18, 2013 to March 25, 2014

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

Corinne Alp • Andre Bard • Clayton Beattie • Reginald Bennett

Hugh Brigden • Albert Brunette • Jo-Ann Bruton

Virginia Cameron • H. Clifford Chadderton • Julie Collier

D. Stuart Conger • Betty Copithorn • Francis Curry • Elizabeth Doe

Patrick Dugas • John Ellis • Mary Fanthome • Joyce Fels

Thomas Flink • Joan Green • Kenneth Hall • William Hoffman

Marshall Howard • Dorothy Hoyt • Charles Hurst • Jack Jarvis

Howard Jenkins • George Kastner • Stanley Katz • John Keddy

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Between Us is published quarterly
by the Perley Rideau Foundation

Writer/editor: Brant Scott

Layout: André Campeau

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Publications Mail Agreement No. **40069406**

Return Undeliverable Canadian Address to:

Perley and Rideau Veterans' Health Centre Foundation, 1750 Russell Road, Ottawa ON K1G 5Z6
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