



December 2013

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

Airman George Monson was a free spirit from an early age



By Brant Scott

Some people seem to have been born to accept responsibility early in life.

George Monson is that kind of individual. Born and raised in Mattice, Ontario in 1922, it was readily apparent that he couldn't attend high school without leaving home. Mattice is located between Hearst and Kapuskasing on Highway 11 in the northern reaches of Ontario. Given the dearth of northern high schools in the 1930s, George headed southward

down that highway until it ended at Lake Ontario.

At just 14, George settled into a Toronto boarding house where he had to cook and clean for himself. He enjoyed city life and proceeded to study at Central Technical School to learn a trade. George knew that airplanes were the wave of the future, so he set his sights on becoming an aircraft mechanic. His range of subjects was akin to an aeronautical engineer's studies today.

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GEORGE MONSON: This intrepid 91-year-old Perley Rideau resident was an aircraft mechanic who threatened to join the army if the RCAF wouldn't let him fly during WWII.

Foundation board member —

Gail Nicholls has rich history as active community builder

By Brant Scott

Ottawa lawyer Gail Nicholls was visiting her mother when she discovered the Perley Rideau Veterans' Health Centre.

Her interest in the Perley Rideau began a decade ago when her late-mother, Sheila, was a rehabilitation resident for about eight months. Gail witnessed first-hand the important role that the health centre plays as a short- and long-term care home for seniors.

The mandate at the Perley Rideau fits hand-in-glove with the

community-building philosophy that Gail shared with her late-husband, Dr. C.B. Petrie, who passed in 1997. They recognized the need for an efficient health care system that would benefit everyone in Ottawa. Dr. Petrie served as the Chief of Staff at the Ottawa Civic Hospital for many years and Gail has immersed herself in a host of charities for decades.

"My husband was a physician and I shared his interest in hospitals and medical issues," explains Gail. "My mother was a resident at the Perley

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Perley Rideau
Foundation

Rideau a few years before her death and I was very impressed by the care she received. While she was waiting for accommodation elsewhere, I could see how important it is to have a place for seniors to recuperate who don't require a hospital bed. My mother got very good rehab care for injuries sustained in a fall and she liked it there. So, given my interest in medical care and my mother's experience, when I was asked to join the Foundation board of directors, I said yes."

Campaign seeks generous donors

Gail is working hard with the rest of the Foundation board to raise funds for the Perley Rideau



GAIL NICHOLLS: This Ottawa lawyer and Foundation board member notes that bequeathing wealth through a will can result in substantial tax-saving benefits.

Capital Campaign. In addition to seeking annual donations for the goods and services that bring comfort to seniors, the Foundation has pledged to raise \$5 million to help defray the cost of 139 new apartments that opened this year on the Russell Road campus. Gail says that introducing the Seniors Village concept is an essential strategy as baby boomers approach their senior years. She has noticed that fundraising for seniors can be a difficult task compared with many other high-profile charities.

"It's a bit frustrating that seniors as a group don't seem to attract as much sympathy in the hearts of some potential donors," she explains. "Raising money for

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13th Annual Perley Rideau Night at the Races

Purchase your ticket early!

It was a SELLOUT 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

We promise a new much faster dining room admission process this year.

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 apartments result from bold vision for local seniors

www.buildingchoices.ca

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



As the Perley Rideau Veterans' Health Centre Foundation works hard to raise funds for the 139 new apartments in our Seniors Village, some people ask why we didn't wait for government funding to cover the entire cost.

The project would have taken many years to complete if we relied on cash-strapped governments to provide the total cost of approximately \$44 million. Many seniors would have been left without a comfortable place to live if the Health Centre board of directors hadn't opted to take out a secured loan to cover the cost. The board members showed real moxie when they elected to forge ahead and build the independent and assisted living apartments at our Russell Road campus. From the outset, the Foundation board of directors embraced this bold vision. Instead of waiting several years for scarce public funding, many seniors are already comfortably settled in their new apartments.

Our Capital Campaign has secured about \$2 million of the \$5 million we have pledged to raise for the apartments. As Foundation board member and Ottawa lawyer Gail Nicholls noted in an interview featured in this issue of *Between Us*, raising funds for the elderly can be a "tough sell." There are myriad wonderful charities in Ottawa that need funding, yet I would remind prospective donors

that the most fortunate among us will grow old and need a helping hand later in life. And the need to house the elderly is escalating as the baby boom generation matures.

The bold step to build sooner rather than later gives seniors a choice now – they have access to the exact level of assistance they need. Many of them would instead be occupying a hospital bed they are not ill enough to need. We built them a new home on time and on budget. All we need now is the generosity of donors to help the Perley Rideau Foundation deliver on our commitment.

Building B near Russell Road is already near capacity and Building A attached to the health centre is more than 80 percent subscribed. We have reserved 20 to 30 percent of the apartments for former Canadian Forces personnel, and we are proud that they are currently filling more than 40 percent of the new spaces available. We are often reminded on November 11: "Lest we forget." We continue to remember our forces and the important role they continue to play. "At the Perley Rideau we shall not forget."

The Seniors Village at the Perley Rideau is poised to become the wave of the future in seniors accommodations. Our village is expanding – we are equipped to handle seniors for short- and long-term care, convalescent

care, dementia respite and independent living. We have our own pharmacy, dentistry services, hearing services, rehabilitation services, day program, home care, hairdressing, religious services, recreation and creative arts services, pub and much more.

For information on how you can donate, please see www.buildingchoices.ca or give me a call at 613-526-7194. It is an honour for me to work with our veterans, community residents, administrators, staff members, board members, volunteers, and suppliers at the Perley Rideau. I wish them and our new tenants a joyful Christmas with friends and family. And to our dedicated donors, I am sincerely grateful for your generous spirit and genuine regard for others. To one and all a Merry Christmas and Happy New Year!

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

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www.buildingchoices.ca
613-526-7194**

With WWII well under way, George wanted to broaden his horizons and serve his country. He applied for enlistment in the Royal Canadian Air Force (Special Reserve) before his 18th birthday and was accepted six months later. George was putting his schooling to good use by working at the British Commonwealth Air Training Plan pilot training base in Mount Hope, Ontario. But, he was miffed that he hadn't been called for wartime duty. The RCAF recruiter told him he wasn't eligible for combat because he was "working in essential war service" and needed at home.

But young George wasn't buying.

"When the air force refused to recruit me for active duty, I threatened to walk down the street and join the army," says George, perched in his electric wheelchair in the comfort of his room at the Perley and Rideau Veterans' Health Centre. "They knew I had an intimate understanding of how airplanes were put together, and they knew it would be a waste to lose someone to the army with an aviation background. So, four days later they signed me up and I was off to Manning Depot in Toronto. I joined hundreds of other recruits who were bunked in the livestock barns at the Canadian National Exhibition. They gave us uniforms, inoculations, rifles and told us who to salute and when. I was in."



YOUNG RCAF AIRMAN: This handsome sketch of George Monson was a gift from an acquaintance during WWII. George joined a bomber crew and travelled to the Middle East before returning to fly aerial survey missions in unmapped regions of northern Canada.

George Monson didn't plan to spend the war on the ground fixing airplanes – he wanted to go upstairs. He was rushed out of Toronto with other recruits and headed for St. Thomas, Ontario during a polio epidemic to await training. The novice airmen were soon shipped to Initial Training School in Belleville and after four weeks of instruction and assessment, they were assigned to be pilots, observers or wireless/radar operators.

George was pleased to be streamed into Observers training in St. Johns, Quebec to prepare him as a navigator. He studied magnetic variation, stars and constellations, meteorology and Morse code, as well as engaging in flying exercises in Avro Anson aircraft. He attended bombing and gunnery school at Mont Joli, Quebec and flew training missions over the St. Lawrence River in Fairey Battle fighter/bombers.

Additional training took place in Manitoba and Prince Edward Island to ready the boys for overseas assignment. Even as George was learning ship recognition, tactics and procedures in PEI, German submarines were busy sinking ships in the Gulf of St. Lawrence. The RCAF was determined to protect the ships and in the absence of proper anti-sub airplanes, the Anson Arrow crews were pressed into action over

the gulf from dawn to dusk. Although the bombers could carry two depth charges, they had no radar, so targets had to be detected by alert crew members with good eyesight. The crew in George's airplane didn't spot any U-boats, and a month later in the summer of 1942, he boarded a ship to cross the Atlantic Ocean.

"There were 20 ships in our convoy of passenger liners and fast freighters," he recalls. "We were guarded by American

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New occupants in Perley Rideau apartments enjoying many amenities

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

Our wonderful new seniors apartments started as little more than an idea back in 2008.

After six years of planning, consulting, budgeting, designing and constructing, we welcomed tenants to our first building in February of this year and to our second phase in September. In addition to our 462 long term care, convalescent and respite beds, we now have 139 brand new apartments to meet the needs of seniors.

It is gratifying to consider the response we have received to our new apartments. Within a few short months of opening phase one in February, it was 90 percent occupied. As I write this in late November, our second phase is already 80 percent leased, with 50 percent occupancy. In spite all of the meticulous planning and study that was done prior to construction, all of which showed a high demand for the apartments, you never really know if the concept is a success until the buildings are completed and people start moving in. We now know that we made a sound investment that will provide a community setting in which seniors can have many of their care needs met. We are

also continuing our tradition of community building, starting with our veterans.

Perley Rideau has made a long term commitment to meeting the needs of veterans. This commitment comes to life in many ways, not the least of which is a priority-access policy for our new apartments, which reserves up to 30 percent of

“Our new tenants have a remarkable scope of amenities at their doorstep”

the units for former Canadian Forces personnel. We have been delighted with the response to this policy – to date, roughly half of our new tenants have had service in the Canadian Forces.

Our new tenants have a remarkable scope of amenities at their doorstep. Without leaving our campus, you can visit our pharmacy to have a prescription filled, stop by our pub for a drink and visit our gift shop, where your proceeds benefit the Perley Rideau Foundation! You can also visit our dental clinic, go to a physiotherapy or massage

appointment, or grab a bite to eat in our cafeteria. Recreation and creative arts programs are also available right here, along with the opportunity to attend church services.

But we are not done yet!

In order to achieve our vision, we will soon be providing a new seniors' fitness and physiotherapy centre on the ground floor of Building A. And we will continue to advocate for a primary care and family medicine centre right here in the Village.

None of what we have accomplished to date could have happened without the support of our partners and donors to date. The Perley Rideau Foundation is mounting the Capital Campaign to raise funds for this important new development located on our Russell Road campus.

Please consider making a donation – and thank you for believing in our vision and helping to make the Seniors Village a reality.

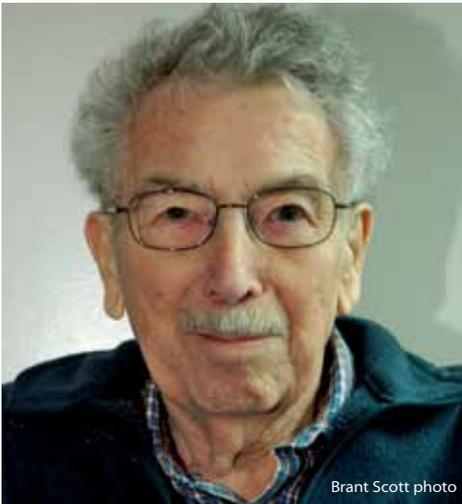
Have a great festive season!

The "ins and outs" of convalescent care — Bill McLachlan enjoys Perley Rideau care before returning home again

By Brant Scott

Lots of residents at the Perley and Rideau Veterans' Health Centre are just passing through.

They need some special care and attention, but they aren't ill enough to require all-inclusive hospital care. The Convalescent



IN THE PINK: Convalescent Care resident Bill McLachlan, 90, spent a month at the Perley Rideau to build up his strength.

Care program at the Perley Rideau attracts mostly seniors who need supportive and rehabilitative care to enhance physical recovery and overall well-being, usually following an illness or surgery. Most return home when their health is sufficiently improved.

The Community Care Access Centre (CCAC) is responsible for determining client eligibility. Once admitted, the majority of program fees are covered by OHIP for up to 90 days a year.

Bill McLachlan is a 90-year-old veteran who joined us at the Perley Rideau in mid-October and stayed for about a month. He has had a recurring artery blockage problem and doctors have advised that previous surgeries on other patients for this malady have not proved successful. The blockage tends to create a cycle of ill health and, unfortunately, Bill's doctors suggest he is unlikely to live longer than another year.

The news that Bill could be nearing the beginning of the end leaves him undaunted. He was a radar technician on Canada's east coast and in Britain during WWII, an electrical foreman at a pulp mill, a volunteer firefighter and a high school electricity and electronics teacher. Life has been good.

The Royal Canadian Legion presented Bill with a Meritorious Service Medal, and he served as Deputy Commander of the Legion Colour Party. His lengthy association with the Legion set the stage for Bill to attend hundreds of funerals for veterans over the past several years. One of his duties includes reciting by heart the moving poem, "Our Heritage" by Helen Middleton for the family and friends who attend the veterans' funerals.

Royal Canadian Air Force

– OUR HERITAGE –

They tell us the twilight is falling,
Falling on heads turning grey,
That soon there will be no remembrance
Of warriors long gone away.

They say we romanticize killing,
That War is a curse and a blight.
Dear Father in Heaven, they knew it!
They knew it, but still went to fight!

Why prate of ideals when the goose-step
Was heard from behind bolted doors?
They poured from this land in their thousands
To keep all that hell from our shores.

Perhaps it is twilight for veterans.
It comes to us all with the years.
At least we have rich, hallowed memories,
And poppies, and crosses, and tears.

— Helen Middleton

In 1941, Britain was desperate for technicians to repair the all-important radar facilities that foretold the approach of enemy airplanes and submarines. Canada rose to the occasion and assigned five high schools and 13 universities to provide training for young radar repair techs. After six months of training, Bill was inducted into the Royal Canadian Air Force and sent to Nova Scotia and Newfoundland where he would help establish a new radar station to watch for enemy movement on this side of the pond.

Bill landed on Quirpon Island near Cape Bauld, on the extreme northern tip of Newfoundland's Great Northern Peninsula. There were about 40 young RCAF radar technicians and maintenance helpers on the wind-swept, one-by-three mile island sleeping in tents for months while they built pre-fabricated nissen huts. There was one privy for 40 men and the cooks had to prepare meals out in the driving wind and rain.

"We travelled to Cape Bauld in a boat skippered by a rum runner," says Bill. "We bobbed up and down in huge waves and had to transfer our supplies to smaller fishing boats that could land at the cape. We hauled huge diesel electric sets up the rocks by hand and there was no water to drink or wash our clothes. There was no electricity until the diesels were set up. We had to carry our rifles at all times because the Germans were all around us in their U-boats and had good reason to prevent us from erecting a radar tower. The local folk say the Germans landed frequently to steal food and fuel. Our guys were always on edge and afraid they would attack, and we had orders to shoot anything that moved.

"There was no wild game on the small island and the meat we took with us went rotten," he recalls. "The cook refused to feed us the rotten meat, but the officers forced them to serve it to us because it was in the regulations. When the cook served us our meals, he mumbled, 'Dump your plates boys,' to warn us, and we listened. We communicated by wireless, so when a tower blew down and the northern lights flared up, we were without any communications at all for a



PROUD LEGION MEMBER: Bill McLachlan received a Meritorious Service Medal from the Royal Canadian Legion for services rendered. Bill convalesced at the health centre this autumn and was pleased that some of his former students came to visit.

month. And we got mail just twice during the 10 months we were there. It was easy to feel like we'd been forgotten. As the saying goes, you gets what you gets."

Christmas at the orphanage

At this time of the year, Bill fondly thinks back to the Christmas of 1942. There wasn't much going on in the small camp on the small remote island, so Bill and a few buddies decided to

hit the mainland and make the 35-mile trek on foot to the town of St. Anthony. They walked from before sun-up to past sun-down along coastal dog trails through a couple of feet of snow. They arrived at St. Anthony and fell into a deep and dreamless sleep. When they awoke mid-day on Christmas Eve, their muscles and bones felt like they were on fire from the gruelling trek.

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ORDER OF ST. GEORGE INVESTITURE FOR 2013: Several Perley Rideau veterans who were placed in "harm's way" in serving celebrating its 10th anniversary and is pleased to recognize the efforts of Perley Rideau veterans and induct them as new members.



◀ LEGION BRANCH 625:

The Foundation received \$5,000 from the Richmond Legion branch. From the left are Perley Rideau CEO Akos Hoffer, Shirley Morris, Perley Rideau board Chair Michael Jeffery, Jane Louks, Foundation chair Ray Desjardins and Executive Director Daniel Clapin.



◀ LEGION BRANCH 616:

Arleen Morrow of the West Carleton Branch 616 inspects the \$17,000 Dolphin tub that their generous donation made possible. The Foundation and our residents say thank you!





Members of the Order of St. George were honoured with being invested into the Order on November 4, 2013. The Canadian Priory is the largest in the Order.



◀ **ANAVETS:** The Army, Navy & Air Force Veterans in Canada (ANAVETS) donated \$5,000 to the Foundation. From the left are Foundation Executive Director Daniel Clapin, Dominion Secretary-Treasurer Deanna Fimrite, Dominion Administrative Assistant Julie Landry and Ontario Provincial President Robert R. Cassels.



◀ **ENERGY DAY:** Perley Rideau staff and Honeywell raised \$444 for the Foundation. From the left are staffers Robin Tremblay, Lori Stuckless, Hai Tran and Luis Rodrigues, Dominion Administrative Assistant Julie Landry and Ontario Provincial President Robert R. Cassels.



◀ **ORDER OF ST. LAZARUS:** John Saikaley presented a donation to Perley Rideau CEO Akos Hoffer in July. The Order has donated nearly \$28,000 during the past 20 years.



◀ **RANDOM ACT OF KINDNESS DAY:** Ottawa lawyer Ron Stein of Low Murchison Radnoff LLP (left) volunteered to turn coins into cash for Daniel Clapin of the Perley Rideau Foundation. Health Centre staff, volunteers and visitors contributed \$465 during the 2013 Penny Drive.



ROYAL INSPECTION: Flight Lieutenant George Monson proudly greets Princess Elizabeth and the Duke of Edinburgh during their first official Royal Visit to Canada in 1951. George remained in the RCAF after the war and was posted with the 404 (Maritime Patrol) Squadron in Nova Scotia in 1953. He patrolled Canadian waters from the air to guard against hostile submarine activities during the Cold War.

escorts, including the battleship New York. There were 108 of us in the steerage cabin stacked like cord wood in bunks six high. There was barely enough room to crawl in, out, or walk between. In the middle of the third night, there was a loud explosion and the alarms bells rang to proceed to the lifeboat station. We soon got the all-clear, but next morning we found the troopship that was immediately behind us was gone.

Only after the war did I learn that one of the American destroyers, in the dark and out of position, was hit by the troopship and cut in half. As both sections of the destroyer sank, its depth charges exploded. That was the explosion we heard. The troopship was severely damaged, but made it back to Halifax."

George was processed through the RCAF Overseas Reception Centre in

Bournemouth, England and posted to a unit in Ireland. His crew finished its specialized anti-submarine training for nighttime torpedo attacks on ships. He was part of a top secret training mission to use modified Wellington bombers for shipping strikes. It was risky work and three crews were lost one stormy night and George's plane would have been the fourth were it not for his skilled pilot and "jolly good luck."

Next, it was off to the Middle East. The crew picked up a brand new Wellington at a factory in England and "shook it down" to make sure it was airworthy.

Testing our mettle

"Before we flew this Wellington to Cairo, Egypt, we tested it from an RAF base at Stornoway, Scotland," explains George. "We had to determine its maximum range with two extra fuel tanks slung into the aircraft's bomb bays. Two legs of the flight to Cairo required us to stay airborne for more than 10 hours. It was tricky switching from the empty tank to the main tanks without creating an air lock to the fuel-starved engine. The switching cocks were located at the navigator's table, so I was one of the crewmen who did the switch. We lost a Wellington at Stornoway and we think it was the air lock problem that took her down.

"We got sidetracked before Cairo and suddenly had to report to 303 Ferry Training Unit HQ at Portreath, Cornwall," he chuckles. "I was uneasy when I was met there by military police and taken by car to the Commanding Officer. I tried to recall any misadventure that might have landed me in this hot water. The Adjutant greeted me gruffly and asked why I wasn't properly dressed. Then, he smiled and congratulated me for being a newly-minted commissioned officer. He told me to get over to the station tailor to have my Pilot Officer's rank strip sewed on my uniform. My commission was backdated to the day I was awarded my Observer's badge in May 1942."

George would eventually defend the island of Malta in the middle of the Mediterranean Sea below Italy. No simple task, either, since the Germans and Italians

captured most of coastal North Africa from Tunis to Alamein. Enemy aircraft had already sunk entire convoys trying to make the trek from Egypt, forcing stripped-down British subs to travel beneath dangerous waters to deliver food and war supplies to Malta.

By May 1943, the torpedo-equipped Wellingtons weren't finding many targets in the central Mediterranean. The surrender of Italy a few months later kept most of their ships tethered to shore. George's bomber carried extra fuel tanks and flares to illuminate nighttime targets if there were any. His war evolved into long nighttime patrols to keep the Italian ships honest and out of action. There was a growing sense that Italy's heart wasn't really in the war any more, and its effort against the Allies was approaching tepid.

Playing hide and seek

"Two Italian destroyers came out to sea for a peek one night but scurried back to safety when we broadcast our sighting report," says George. "We were shot at on occasion, but we didn't have much to worry about. During the night flight on August 4, 1943 one of our main tires blew up with a loud bang in flight. Wellingtons don't land well on one wheel, so we crash-landed and crumpled up the plane pretty well. Except for a few bruised bodies and egos, it wasn't that bad. In seven months on the squadron, our crew flew 43 sorties and totalled 370 operation hours. Our war went better than it did for so many others."

George Monson stayed in the RCAF after the war and returned to a posting with the 414 Photo Squadron. The squadron resumed its work cut short by the war and continued its important

photo survey of Canada's vast unmapped north. George was promoted to Flight Lieutenant in 1949 and to Squadron Leader in 1953. He transferred to 404 (Maritime Patrol) Squadron at Greenwood, Nova Scotia as Squadron Navigation Officer and was suddenly back in the anti-submarine business during the Cold War. He moved to Maritime Air Command HQ in Halifax and was posted to Vietnam in 1959 on the International Control Commission.

Rescue missions

George's favourite posting came in 1960 when he served as Officer Commanding with 107 Rescue Unit in St. John's, Newfoundland. His unit assisted ships and aircraft in difficulty in the northwest Atlantic, Quebec and the Arctic. He was later posted to Air Material Command in Rockcliffe, Ontario to "fly a desk" until his military career ended in 1969 at the age of 47. He went on to work with Veterans Affairs Canada at various postings across the country and retired in 1982 at 60 to take up permanent residence in Ottawa.

George and his wife, Eleanor, didn't have children, but they managed to travel much of the world. Eleanor is also living at the Perley Rideau with advanced dementia and the couple visits daily. In the meantime, George enjoys mapping out his family's genealogy on his computer. He remains a fan of the outdoors, too, and doesn't hesitate to negotiate the local neighbourhoods in his electric wheelchair. He is also a fan of Para Transpo when he sets out farther afield in Ottawa.

George Monson's legs may not work as well as they once did, but this 91-year-old airman likes to stay on the move. **BU**

seniors can be difficult, yet we're all going to be there one day. Our parents have been there before us, and it should be something that resounds with people. I have helped to raise funds for other popular charities and it's a harder sell to raise funds for seniors. It could be that while we are younger we are reluctant to face our own aging and mortality, and some try to ignore it.

"But, we all need to realize that our medical and health care system is broke," she adds. "One of the reasons there is a financial crisis in health care is there are so many elderly people taking up beds in hospitals who shouldn't be there. But, they have nowhere else to go. The Seniors Village apartments at the Perley Rideau which allow people to live independently with some supervision and support is at the cutting edge of where our health care system should be heading. We're not going to have fewer seniors in five years – we're going to exponentially have more. If we're in crisis now, we're going to be beyond crisis in five years if we don't do something. The Perley Rideau model is just a start."

Gail Nicholls is a lawyer at Tierney Stauffer LLP and has considerable expertise in the specialized areas of Wills and Trusts, Estate and Tax Planning, Estate Administration and Wealth

Management. She has been an instructor at the Bar Admission Course in Estate Planning, and the Chair and Lecturer at numerous Continuing Legal Education Programs sponsored by the Law Society of Upper Canada, the Canadian Institute, and the County of Carleton Law Association. She is the author of numerous continuing legal education papers and articles, and has lectured in public forums. In 1996, she received the distinction of being invited to participate in the Estate Special Lecture Series presented by the Law Society of Upper Canada.

Charity inspires warm feeling

Gail says giving money to charities can provide significant tax benefits before and after death.

"About 30 percent of the people in our society do not have a will," she points out. "Once you have a will set up, you can provide for anything you like after you are gone. A bequest to a registered Canadian charity in your will gives you income tax relief in the year of your death. It works the same way when you give to a charity when you are alive. People do estate planning to help their beneficiaries by minimizing the bite of income tax and other expenses. This is one way of directing your wealth to those you want to have it, rather than just letting the government take it.

"People who make a specific

bequest of securities in their will get additional tax relief in the year of death, since they get a tax receipt for the market value of the securities and they don't have to pay capital gains tax on that same security donated to a charity," adds Gail. "So, there are ways to increase the extent of the tax relief to benefit the beneficiaries of your estate. The incentive for the donor is benevolence and enjoying the warm feeling of giving, as well as the tax credit. A good tax planning lawyer can help you maximize that credit."

Gail believes that volunteering is a community responsibility: "To whom much is given, much is expected. I consider it an obligation to give back. I've been fortunate in my life and there are others who need help. I feel obliged to provide that help where I can."

Beyond her valuable guidance to the Perley Rideau Foundation, Gail's community work includes serving as Co-Chair on the Advisory Committee on Small Business to the Mayor of Ottawa, President of the Ottawa-Carleton Small Business Council, Vice-President of the Ottawa Women's Credit Union, Member of the Lawyer's Advisory Circle to the Community Foundation of Ottawa-Carleton, and Chair of the Board of the Canadian Guide Dogs for the Blind. **BU**



The Perley and Rideau Veterans' Health Centre Foundation is grateful to our generous donors – Merry Christmas and Happy New Year to all!

Christmas greetings from the Perley Rideau

During this the season of Advent (the four weeks before Christmas) we often get caught up in the hustle and bustle of the Christmas season preparations. Advent is an opportunity for us to take stock as we prepare for the birth of the Saviour – the coming of hope. It is a time to look inwards and reflect on how we care for others. Are we too busy to notice others? Do we gossip? Are we short with people because we feel that our busy-ness cancels out the importance of being kind to them?

Advent is a great opportunity (whether you are a person of faith or not) to take the time to have a second look at what we do and consciously work at being our best selves. In our home, we have an Advent calendar but instead of us “getting” something like chocolate or a treat, there are little notes with suggestions of something nice we can do for someone on that particular day. So, while we all rush around getting ready for Christmas, try to make some time to look inwards and find the good in you and others. God bless you all.

Roshene Lawson
Interim Multifaith Chaplain,
Perley Rideau Veterans' Health Centre

During the season of Advent, our wreath and lighted candles, prominently displayed, serve to remind us that we are preparing for something monumental – the coming into our world of God's own Son – Jesus the Christ. The four Advent candles, representing hope, peace, joy and love, symbolize those very qualities by which Christ would live His life among us; qualities he encourages us to exhibit in our life as His followers.

By coming into our midst, Jesus reminds us that our God is a God who loves us, who walks with us, who cares for us, who encourages us and is always there with us in our struggles; eager to share our burdens. May the peace of Christ, which is beyond all understanding, be with each one of you during this holy season and indeed each and every day of your life. Merry Christmas to one and all!

Father Paul Tennyson SCJ
Roman Catholic Chaplain
Perley Rideau Veterans' Health Centre



"We visited the local hospital to meet the staff and then headed over to the orphanage at Grenfell Mission," says Bill. "Those poor kids almost never had visitors and when they saw us, they climbed all over us like we were trees. I was just 19 and wasn't sure how to react. The children finally had someone to watch their Christmas pageant. They performed it for us and did themselves proud. When we walked the 35 miles back, we were sure glad to see the lights at camp twinkling in the cold, black night.

"I was pleasantly surprised to recall that night recently," Bill continues. "Every year I represent the Legion distributing poppies at Billing Bridge Shopping Centre. I was chatting with a fellow and asked him where he was from. He proudly told me he was from St. Anthony, Newfoundland. I told him I once spent a Christmas there during the war, and I mentioned my visit to the orphanage. He smiled, looked at me and said, 'I remember you guys coming to visit. I was raised in that orphanage. Thank you.'"

A new career at 45

Bill McLachlan stayed at the top of his game as an electrician and electronics expert, and at 45 years old, he transformed those talents into something of a legacy. Bill had successfully exploited his electronics background to earn a Bachelor of Science degree and soon picked up diplomas at a McGill University satellite campus in Hull, Quebec. He attended classes on Saturdays for years to become qualified in Special Education and

Reading. He had already spent a few terms as a Board of Education trustee and was determined to plunge further into the education process -- he wanted to teach.

"I worked at a Protestant high school in Hull teaching practical electricity and electronics for 17 years," says Bill. "It was the first time these courses were taught in Quebec. I must have done something right, because I had two of my students visit me here at the Perley Rideau yesterday. I taught them 32 years ago. When I was at the General Hospital this summer, I had six former students visit me. They're all around 54 years old now. It's very flattering because they say they'd be different people right now if they hadn't had me as a teacher."

Bridging the learning gap

Bill McLachlan says teaching came naturally to him and he resorted to using unusual teaching methods on occasion to get through to sub-par students. He said a typical private conversation with underachievers in his office often went like this: Bill: "George, please sit down." George: "Yes, sir." Bill: "George, please tell me what's wrong with me." George: "Pardon me?" Bill: "What's wrong with me?" George: "Er, I don't know what you mean, Mr. McLachlan." Bill: "You're not learning, George, and I'm the one teaching you. So, there's got to be something wrong with me. I need you to learn, so tell me what I need to change."

George: "But, sir, it's not your fault. It's mine. I need to change."

The student was encouraged

to accept responsibility for how the changes should transpire. An empowered student is more likely to effect their own improvement, and that incentive usually led to higher marks. Small wonder that Bill was hired to teach new educators how to be the best they could be. Small wonder, too, that references to Bill McLachlan were aired recently in Ottawa when a radio call-in show invited listeners to name the best teacher they ever had. Bill was working at the Legion when someone told them they just heard his name on the radio.

Bill is safely back home now on Cartier Street in Ottawa with his wife, Phyllis. They were married in August 1945. He is grateful to her for the help he gets at home, and he was pleased to be a part of the Perley Rideau Convalescent Care program when he needed it most.

Health much improved

"This is just a fabulous place," he beams. "I went from coming here sick to going home feeling so much better. I wasn't eating much when I arrived, and they helped me to get back some strength by eating solid food. This morning I had a couple of boiled eggs, a couple pieces of toast, some oranges, and at noon I had shepherd's pie. My health has returned, but I don't know how long it will last because it didn't last before. We'll see what happens once I get home. But, I'm not at all worried how it turns out because I've had an interesting and wonderful life. I guess it really is true -- you gets what you gets." **BU**

Perley Rideau's own Guy Robitaille receives Mayor's City Builder Award

Ottawa Mayor Jim Watson and Alta Vista Ward Councillor Peter Hume presented the Mayor's City Builder Award to Lieutenant Colonel (retired) Guy Robitaille for a lifetime of community service and service to his country on November 13.

Guy Robitaille, 93, received the award for a lifetime of community service and his valorous leadership in battle while very seriously wounded in Sicily in July 1943. He was born in Lévis-Lauzon, Québec, in 1920. He and his seven siblings were orphaned in 1936, and soon after, at age 16, he joined the army and was transferred into Québec's Royal 22^e Régiment, the Van Doos.

Guy became an officer in 1941 and was sent to the battlefields of WWII in July 1942, just after marrying his childhood sweetheart Annie Fox.

In July 1943, as he led three platoons up Santa Maria hill in central Sicily, he was hit three times with bullets and shrapnel, but continued to command his troops as they over-ran four German defensive positions near the summit. He was awarded the Military Cross for Bravery. The citation that accompanied the medal reads: "for bravery, courage and leadership in battle".

After five operations and a year of recovery in various hospitals, Guy returned to service in the army. After duty in France, Belgium, Kansas, Washington D.C.



SPECIAL MAYORAL RECOGNITION: Ottawa Mayor Jim Watson (left) presents Perley Rideau veteran Guy Robitaille with the Mayor's City Builder Award on November 13. Guy is joined by his son, Guy, and Alta Vista Councillor Peter Hume, who represents the ward where the Perley Rideau is located.

and Montréal, he was posted to Ottawa. He and Annie bought a house on Bonnie Crescent in Ottawa's west end, where they raised two daughters and a son. He retired from the Forces in 1960 and joined the federal civil service, working for the Official Languages Commissioner.

After retiring from the civil service in 1971 at age 65, Guy became a much-loved volunteer at a daycare for pre-schoolers in Copeland Park.

He moved to the Perley and Rideau Veterans' Health Care Centre in 2010, where he is Past-President of the Veterans' Council. He delivers newspapers to fellow residents and helps wherever he can. The children from the Copeland Park daycare still visit him at the Perley and Rideau

Centre. His wife of almost 70 years, Annie, passed away in March 2012.

The Mayor's City Builder Award is a civic honour created by Mayor Watson to recognize an individual, group or organization that has, through outstanding volunteerism or exemplary action, demonstrated an extraordinary commitment to making our city a better place today and for the future. This may include lifelong service, outstanding acts of kindness, inspiring charitable work, community building or other exemplary achievements. Individuals, groups or organizations may be nominated by members of City Council or the public. The award is presented at the beginning of each City Council meeting. **BU**

The Perley and Rideau Veterans' Health Centre Foundation

Memorial Tributes

September 11, 2013 to November 18, 2013

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**Perley Rideau
Foundation**

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

The Perley and Rideau Veterans' Health Centre is a 450-bed long-term care home with 250 beds designated for veterans

Akos Hoffer

Health Centre
Chief Executive Officer

Michael Jeffery

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Foundation Executive Director

Ray Desjardins

Foundation Board Chair

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The poppy, as a symbol of remembrance, is a trademark of The Royal Canadian Legion. It is used here with the kind permission of the Legion.

