

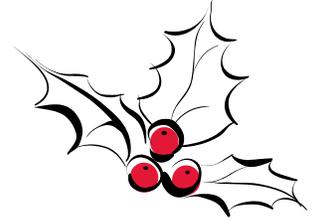


AUTUMN 2012

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

# Between Us

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



## Alban Violette: World War II radio ace

By Brant Scott



Brant Scott photo

**M**any young men dream of a career in radio, but few can claim their career started in a rumbling Lancaster bomber in the dark of night.

Alban Violette turned 89 years old in November, but he says with a wink that he won't have any words of wisdom for the younger generation "until I get old." Alban has been an upbeat resident at the Perley and Rideau Veterans' Health Centre for 10 years. He can often be found working on his personal computer, and learned many years ago that technology is not to be feared. It probably helps that he has been involved in the cutting edge of communications innovation since he can remember.

Born and raised in Mont-Joli, Quebec, Alban had his eye on being a

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## Recreation and Creative Arts Service – Part I

### The creative arts help seniors express themselves in their twilight years

By Brant Scott

**T**he beauty of the creative process isn't about the finished product – it's about the artist's journey to get there.

Most of the Perley and Rideau Veterans' Health Centre residents who enjoy the Recreation and Creative Arts Service are taking that journey for the first time. It is a popular fallacy that learning is limited to the young. But what of the young at heart? The Recreation and Creative Arts Service instructors know that seniors can discover their own hidden talents later in life -- it happens here all the time.

Few novice artists can pick up a paint brush, a lump of clay, a piece of wood, or mosaic glass fragments and create "instant art." But new

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**ALBAN VIOLETTE:** This 89-year-old veteran plied the skies over Europe with Bomber Command and later enjoyed a career with the Canadian Department of Communications.

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**PINNED BY A GOVERNOR GENERAL:** Alban Violette receives a special poppy from former Governor General Michaëlle Jean. Alban was selected to represent war veterans as a grateful nation showed its appreciation. After the war, Alban used his experience as a bomber radio operator to specialize in radio frequency research.

fighter pilot when the winds of World War II blew over Europe. His aspirations were dashed when he failed the colour-blindness test administered by the Royal Canadian Air Force. Undaunted, Alban soon settled in as a radio operator and gunner with Bomber Command. He cut his aviation teeth with Group 6 in an Avro Anson trainer and later graduated to Wellingtons and Lancasters.

“It seems like yesterday that we flew over the North Sea so high that our oxygen masks were covered in frost,” says Alban. “It was so cold, we had pure silk long-johns covered by battle dress and then covered by a flight suit. It got pretty complicated when you needed to go to the bathroom. I was trained as a radio operator, but we also trained as gunners in case we had to replace an injured man. We trained in commando forces, too, so we could fight if our plane went down in enemy territory.”

After takeoff, Alban and the crew awaited authorization to rip open their mission instruction envelopes. His plane was used for diversionary tactics, and was always exposed to enemy fire. His Lancaster made a crash landing one morning when two wheels missed the runway and plummeted into deep, sucking mud. The plane pitched sideways and disintegrated as the crew held its collective breath. There were plenty of cuts and bruises, but no serious injuries.

“I made a pact with a childhood friend from Mont-Joli when we went overseas together,” Alban recalls. “We agreed to break the news to one another’s families if one of us didn’t make it home. Well, my good friend crash-landed on a farm in enemy territory and staggered out of his plane. But, the German farmers attacked him with pitchforks and shovels and killed him. It was very hard for me to meet with his parents to tell them what happened when I returned to our

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# Doris Jenkins: A life of hard knocks and hard work

By Brant Scott

**T**here's an old saying that when life hands you lemons, you should make lemonade.

Doris Jenkins turned her sour beginnings into so much more. Her formative years conspired against her – there was her adoption, the early loss of her mother, foster home miscues, and an initial violent marriage. A couple of decades of turmoil would embitter most people and provide just cause for throwing in the towel, but that wasn't Doris's style. In fact, it was probably her plucky style that dug her out of the doldrums and set her free.

Doris is still high-spirited at 88 years old, and



**SERVING HER COUNTRY:** Doris Jenkins joined the Canadian Women's Army Corps during WWII and contributed to Canada's war effort on this side of the pond.

she has a way of not taking herself or anyone else too seriously. She laughs easily and often, and lends many a helping hand to the other residents at the Perley and Rideau Veterans' Health Centre. Doris is an organizer who tries to share her energy without placing too much stress on her bad back. She has reached out to others for many years as a life member of the Royal Canadian Legion, yet expects nothing in return.

Born and raised in Ottawa, she was bounced from pillar to post after her mother died when Doris was just eight. She was eventually adopted

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**HAPPY RESIDENT:** Doris Jenkins left the army when the war ended and worked at Loblaws, went back to school, and was hired at the Department of National Defence until she retired. She enjoys the social life at the Perley Rideau and stays in touch with friends at the Royal Canadian Legion.



**COMMISSIONAIRES OTTAWA SUPPORT CAPITAL CAMPAIGN:** Commissionaires Ottawa presented The Perley and Rideau Veterans' Health Centre Foundation with a very generous \$500,000 donation to help finance independent and assisted living apartments for seniors and veterans scheduled to open in two buildings on March 2013 and in autumn 2013. From the right are LGen Jim Gervais (Ret'd), Chairman, Board of Directors, Commissionaires Ottawa; BGen Charles Lemieux (Ret'd), Perley and Rideau Veterans' Health Centre Foundation Capital Campaign Cabinet member; Daniel Clapin, Managing Director, Perley and Rideau Veterans' Health Centre Foundation; and Capt(N) Paul A. Guindon (Ret'd), CEO, Commissionaires Ottawa. For information on how you can help, please visit us at [www.buildingchoices.ca](http://www.buildingchoices.ca).

## Alban Violette: World War II radio ace ... *continued from page 2*

home town.”

When the war ended, Alban remained in the RCAF for a short time to take on a special task. His crew made two or three trips a day to dump surplus bombs into the North Sea. Defusing the bombs was too risky, so in the post-war years before environmental stewardship gained popularity, the bombs were dropped out of sight and out of mind beneath the waves. And there they rest still.

After the war and anxious to exploit the government's education scholarships for veterans, Alban enrolled in the Radio College of Canada in Toronto. His deep working knowledge of radio frequencies fuelled his pursuits as an ionosphere observer with the Canadian Department of Transport, which would morph into the Department of Communications. Alban worked with the celebrated ionosphere pioneer

Wilbur Smith to research how long-distance radio transmissions could be bounced off the upper atmosphere to defeat the curvature of the earth. This important research would enhance international communications until satellites were invented.

Alban has been married to his wife, Françoise, for more than 60 years. They met in Mont-Joli, and Françoise makes frequent trips from her Ottawa home to the Perley Rideau to visit her husband. Together they raised a son, and Alban says his life has been a rewarding adventure without regrets.

“Life at the Perley Rideau is wonderful and the staff is very helpful,” he says. “I love to listen to opera in my room and I still enjoy my reading.”

Alban does indeed relish reading his books – in four different languages! **BU**

# Open Forum

By Greg Fougère, Chief Executive Officer  
The Perley and Rideau Veterans' Health Centre



## Convalescent Care Program expansion provides better community service

**A**s part of our continual quest to serve our community better, the Perley Rideau is adding an additional 12 beds to our Convalescent Care Program on April 1, 2013.

The program expansion is one of our priority projects that we are undertaking to broaden our spectrum of care. With the recent Champlain Local Health Integrated Network (Champlain LHIN) endorsement, we will receive an additional annual allocation of \$310,700 to operate the extra beds and capital funding of \$14,500 to defray the cost of resident care equipment.

The 12 additional beds brings our Convalescent Care Program to 34 beds. There are nine long-term care respite beds in the health centre with an ongoing trend of a 65 percent occupancy rate, so three of those beds will be converted to convalescent care. We will also convert nine beds for convalescent use. These conversions make sense when you consider that our current convalescent care unit operates at full capacity plus a waiting list. We will soon be capable of serving more convalescent residents. This supports the goal to have better access to health care, and complements the provincial government's *Action Plan for Health Care* to provide the right care, at the right time, at the right place.

This program expansion is yet another way we are fine-tuning our short-stay admissions programming to respond to community needs. With the number of beds increased to 34, the Perley Rideau will be able to further alleviate the pressures on hospitals so they can provide better access to acute care. The Perley Rideau works cooperatively with area acute care hospitals and the Community Care Access Center to help

patients, the majority of whom are seniors, transition to our short-stay services directly from hospital.

Put simply, convalescent clients will derive more health benefits from our specialized "assess and restore" approach than remaining in an acute care environment that they no longer require. The Perley Rideau's Convalescent Care Program has been offering assistance for 10 years and many of our clients return home in lieu of needing additional rehabilitation services. It is our aim to help seniors attain maximum independence so they can return home if that is their wish. I am extremely proud of the program's success rate at returning clients to independence, and the convalescent care bed expansion will help us make a difference in even more people's recovery from surgery, injury or illness.

The Perley Rideau is well known for its strong multidisciplinary team, and clients have expressed high satisfaction with their convalescent stay and the team's help to gain back their strength and endurance. The Convalescent Care Program caters mostly to seniors, but it is available to anyone over 18 years of age. Clients have access to our therapy room, creative arts studios, recreation programs, and special events. As part of the Champlain LHIN continuum, we are always searching for ways to strengthen the health system in the Ottawa area.

A handwritten signature in blue ink that reads "Greg Fougère".

Greg Fougère, CEO



**ROYAL HANDSHAKE:** Doris Jenkins introduces herself to Prince William, Duke of Cambridge during his last visit to Canada. She served in the Canadian Women's Army Corps during WWII and dedicated her time and talent to the Royal Canadian Legion for many years.

by her aunt and uncle who were the sister and brother-in-law of Doris's biological father.

By the time she was 15, Doris decided she had more to gain by setting out on her own, so she took gruelling jobs doing housework for the well-heeled. Washing floors, walls and cupboards – really washing – is a lost art, she says.

As the war approached, a life in the Canadian Women's Army Corps beckoned. Surely the work couldn't be any harder! To get into the army, Doris had to exaggerate when she filled out her application form. Her atypical childhood deprived her of the chance to make it as far as high school, so she crossed her fingers and informed the Canadian government that she had the requisite education. It turned out that Doris had sufficient street smarts that her limited education was never in question. She spent the war years helping out on the home front in Canada.

"After the war, I quit the army but probably shouldn't have," says Doris. "I was at loose ends and was basically looking for a family to call my own. I worked for Loblaws for several years

and was involved with an abusive husband who drank too much. I went out on my own again and enrolled at business college on Sparks Street in 1950. I finally got that education I was always embarrassed about."

Doris would remarry a second time and enjoy 32 wonderful years until her husband died. She was hired as a secretary with the Department of National Defence and admits it could be a bumpy ride at DND on occasion when she stood up to certain officers who tried to ride roughshod over staff. She remained at DND until retirement and left with a partial pension. Doris was happily married a third time and even now provides sage counsel to other veterans on their post-career benefits. Doris still enjoys spending time at the Legion, and is the recipient of an Order of Merit.

"I'm still an active member of the Legion and support the great work they do," she says. "I was also involved in visiting veterans in hospitals and seniors residences like the Perley Rideau. My husband was here after he got Alzheimer's and was very well treated until he passed away. I got my own room here in January. I've slowed down a bit and miss getting out more. In days gone by, I even used to play the organ at the occasional wedding.

"It's difficult for some people to come to live in a seniors' long-term care centre where they don't know anyone," she admits. "Sometimes there are tears early on, but it doesn't take long to make new friends. I enjoy the Perley Rideau staff very much and I have made friends my own age, too. I still like to take the bus around town to different events, but it's always nice to come back home. I have enjoyed watching the new independent and assisted living seniors' apartment buildings under construction this year at the Perley Rideau. They're going to be beautiful."

Check out the campaign to support the new building initiative at [www.buildingchoices.ca](http://www.buildingchoices.ca)

When Doris isn't in her room, check the pool table in the games room. But fair warning to all challengers – she owns her own cue! **BU**

# Monthly giving is affordable, simple and good for the heart!

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



I know how much pressure some people feel when they're asked to donate to worthy causes day after day. At a time when the economy is uncertain, stock markets are fickle and our savings appear meagre, you feel stretched to the limit. The solution could be to use a monthly giving plan as part of your personal budget. Then there are no surprises.

Monthly giving may appear difficult at first blush, but you know exactly when, where and how much of your money is going towards your favourite charities. I give monthly to the Perley Rideau Foundation and three other charities, and I find it to be very convenient. Monthly donations are smaller, manageable amounts that the Perley Rideau invests directly in programs, equipment and staff training to make our veterans and residents more comfortable and content. We currently have 185 donors who donate about \$4,700 per month, which amounts to \$56,400 a year. The average monthly donation is \$25.

And, there is no obligation -- you can change the amount or cancel the donation any time for any reason. The last thing I want is for you to donate money if your circumstances change. You need to take care of yourself and family first. We are very grateful to those who donate and we thank them for their generosity. Your monthly donation of any amount is your generous intention to share a small portion of your funds with us – but it is not a contract. And, you receive an annual tax credit just as though you donated a larger one-time sum.

It's easier on the pocketbook to donate a small amount with incremental monthly payments. You don't even notice it. And we can help you set up an automatic withdrawal with a voided cheque or credit card like any other banking transaction.

Why do so many donors make a monthly donation to the Perley and Rideau Veterans' Health Centre Foundation? Because our war veterans and seniors gave us a secure future, and in turn, our

donors give them security now.

We have 250 veterans who call the Perley Rideau home. There are also 200 non-veteran seniors residing with us who kept the home fires burning. Our donors believe we are indebted to all seniors, and there is no better way to show your appreciation than helping them sustain their quality of life.

To make your monthly donation, please fill out the reply coupon and return it in the prepaid envelope provided in the hard copy of this newsletter. Or visit us online at [www.perleyrideau.ca](http://www.perleyrideau.ca), click on the "Foundation" button and follow the prompts. If you have questions, please feel free to give me a call at 613-526-7173.

Wishing you all a safe and Merry Christmas!



It is the VETERAN, not the preacher,  
who has given us freedom of religion.

It is the VETERAN, not the reporter,  
who has given us freedom of the press.

It is the VETERAN, not the poet,  
who has given us freedom of speech.

It is the VETERAN, not the campus organizer,  
who has given us freedom to assemble.

It is the VETERAN, not the lawyer,  
who has given us the right to a fair trial.

It is the VETERAN, not the politician,  
who has given us the right to vote.

**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**

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Veterans' Health Centre Foundation  
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Email: [dclapin@prvhc.com](mailto:dclapin@prvhc.com)  
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Capital Campaign: [www.buildingchoices.ca](http://www.buildingchoices.ca)  
613-526-7194**

pursuits for seniors can be within reach with the right combination of professional guidance, encouragement and kindness.

Visitors to the Perley Rideau's second floor MET art gallery are constantly amazed by the artistic ability of seniors, many of whom have never created a piece of art before in their lives. And, many of those visitors to the Russell Road health centre enjoy purchasing their favourite artwork to adorn their own walls at home. The proceeds go to the resident who created the piece just like any gallery that pays artists on consignment.

"The art studios at the Perley Rideau are very inspiring for residents and the artists who help them discover their inner creativity," says Ross Imrie, Studio Lead and woodworking instructor. "We are the envy of seniors' residences everywhere because this program and our studio facilities are quite rare. Our studios were built into the original design of the health centre building and are custom-made to provide a creative ambiance with lots of natural light. All my artist friends wish they had a great space like this to work in."

### **Residents enjoy social interaction**

There are eight art instructors who support the creative process by providing group and individual assistance in an environment of camaraderie and fun. They are quick to challenge residents to use their own imagination and life experiences. Perley Rideau art instructors were recently featured in a special "Lives in Winter" exhibition at Ottawa's Shenkman Arts Centre in October and November.

"Many residents come to the studio for the social interaction as much as the activities," explains Imrie. "If they're bed-ridden or confined to their room and can't come to us, we go to them to work one-on-one. The artistic pursuit can take place anywhere, anytime, and we do our best to make it happen at the residents' convenience. And yes, we have seen some truly amazing art produced in this place that is proudly displayed in many households."

The Creative Arts program started out as the Red Cross Arts and Crafts Department at the original Rideau Veterans' Home. The arts activities were introduced there 25 years ago and later moved to the current health centre on Russell Road. The Recreation and Creative Arts Service has since become a jewel in the Perley Rideau's crown. It is funded through the generosity of Veterans Affairs Canada and Perley and Rideau Veterans' Health Centre Foundation donors. The Foundation provided \$135,000 last year to the Recreation and Creative Arts Service and hopes to have sufficient funds to do the same this year.

"We've had residents who want to get involved in the art program, but they claim they can't do anything because they're not artistic," says Imrie. "We work with them to see what kind of activity interests them and sometimes introduce them to art media they're not familiar with. I've seen families and friends visiting the gallery break into tears when they see the wonderful works that their parent or grandparent has created. We don't coddle our artists – we challenge them and they often respond with the vigour that got them through their lives so far. Some of them tap into an ancient energy they didn't realize they still had. That's very gratifying for us."

### **Creating art helps residents feel productive**

The Recreation and Creative Arts Service often attracts residents who are accustomed to being productive members of society. The program speaks to an inner need to remain vital and useful.

"Some residents come to the art studio six days a week like they're going to work," Imrie smiles. "Productivity is important to them because they have been busy all their lives. It provides a sense of purpose and accomplishment, particularly for the high functioning residents. It's difficult for some people to suddenly turn off their productivity after retirement. The art program engages them in real-world creative pursuits that show results. For the task-oriented

individual, working on a piece of art provides a sense of achievement.

“We have blind people who really enjoy themselves here, too,” he adds. “One resident loved to come and feel the clay in his hands and he would talk about things that were important to him. It’s very therapeutic. Others like to come and find out what they can do, instead of worrying about what they can’t do. Our textile and painting instructor Beth Ross has done amazing things with residents who have Alzheimer’s and other dementias. She works with them in the moment and they make some great pieces together. We don’t think in terms of limitations here – we explore the possible to create artwork that is both pleasing and challenging to the viewer.”

Most days both studios are close to their 30-person capacity during six mornings, three afternoons and one evening each week. Staff members also work with residents who can’t or choose not to leave their rooms. Every Perley Rideau resident who wants to take part in an art project is accommodated. Residents also enjoy working with several volunteer “hobby” artists who assist with woodworking, painting, ceramics and textiles.

### **Generous donors provide essential program funding**

“This is all about the quality of life for our seniors,” says Daniel Clapin, Foundation Managing Director. “There are so many Perley Rideau residents who hold these activities near and dear, and we need to keep delivering these programs. The wonderful results of the entire Recreation and Creative Arts Service are obvious. The art studios are a showcase for visiting families and dignitaries who witness first-hand the dedication of the artists who work with our residents. Many residents are currently making their Christmas presents by hand for family and friends. I hope our generous donors will continue to support the program and the great people who run it.”

The Recreation and Creative Arts Service programs and activities are coordinated by three recreation therapists in collaboration with the



**WORKING WITH WOOD:** Perley Rideau woodworking instructor Ross Imrie and resident May McGee put the finishing touches on a recent art project. The Recreation and Creative Arts Service is funded by Veterans’ Affairs Canada and the Perley and Rideau Veterans’ Health Centre Foundation through its generous donors.

eight creative arts instructors, a horticulture therapist, a dance therapist, two musicians and three music therapists, nine recreation programmers, and eight rehabilitation assistants. Programming and Support Manager Carolyn Vollicks oversees Recreation and Creative Arts Service, Occupational Therapy, Social Work and Spiritual Care.

Daniel Clapin puts the service in perspective: “The average person might not be aware that the Perley Rideau offers these important services to our veterans and community residents. The Foundation takes great pleasure in helping to fund these programs and we hope to continue to play a role in providing comfort and well-being for those who reside here. Through our fundraising efforts, we provide direct assistance to the people who matter most in the health centre – our residents.”

Recreation and Creative Arts Service at the Perley Rideau offers much more than art instruction to residents. Watch for coverage in a future edition of *Between Us* to learn how music, dance and horticulture therapy, and a variety of Recreation Therapy programs help to maintain residents’ mental, emotional and physical health. **BU**

# We have lost a great friend and booster

The following tribute to Barbara Ann Scott appeared in several local newspapers:

The Perley and Rideau Veterans' Health Centre and its Foundation are deeply saddened by the passing of one of our most generous supporters, Barbara Ann Scott King.

Mrs. Scott King was an active advocate for Perley Rideau residents for many years. She recently volunteered to act as Capital Campaign honorary co-chair to raise funds for the new independent and assisted living initiative currently underway at the Russell Road campus in Ottawa.

She often visited the health centre during her trips to Ottawa from her home in Florida, and always brought joy and encouragement to residents and staff. Her influence will live on forever at the health centre. Our country has few enduring superstars, and no one has maintained such a grand reputation since her Olympic gold medal in 1948.

Mrs. Scott King came to the Perley Rideau just

seven weeks ago to support our fundraising drive. Her enthusiasm was an inspiration to all of us working on this project. She was happy to lend her name to our endeavour and rarely hesitated to share her celebrity to help others. Details of the project she supported are available at [buildingchoices.ca](http://buildingchoices.ca).

This wonderful lady made our world a better place, and we will always remember her at the Perley Rideau. We could all stand to learn from her willingness to get involved for the greater good. The Perley Rideau Foundation has lost an extraordinary friend and she will be missed.



Greg Fougère  
Chief Executive Officer  
Perley and Rideau Veterans' Health Centre

Daniel G. Clapin  
Managing Director  
Perley and Rideau Veterans' Health Centre Foundation

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

**Purchase your ticket early!**

**It was SOLD OUT the last 11 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**

**May 3, 2013**

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



**GENEROUS QUILTERS:** Irene and Jennifer Pidgeon donated their time and materials to create beautiful quilts. They are used to welcome new residents who have recently arrived at the Perley Rideau.



**NEW SUBSTATION:** The Royal Canadian Legion, Kanata Branch 638 has generously donated to provide a new substation at the Perley Rideau. From the left are Dan Knighton, 1st Vice President and Security Officer; Doris Jenkins, Perley Rideau Director of Resident Care; Moira Green, 2nd Vice President and Branch Service Officer; and Daniel Clapin, Managing Director of the Perley Rideau Foundation.



**GIANT CHEQUE:** Peter J. Wilkins, CD, President and Anne Buckley, Poppy Chair of the Royal Canadian Legion, West Carleton Branch 616 present a generous \$17,000 donation. Recipients for the Perley Rideau are resident Guy Robitaille, Foundation chair Ray Desjardins and CEO Greg Fougère.



**RURAL ASSISTANCE:** The Stormont Cattlemen's Association presented the Perley Rideau Foundation with a \$1,000 cheque. From the left are Mike Goodfellow, Ray Beauregard, Foundation Managing Director Daniel Clapin, Brian Goodfellow and David Goodfellow.



**ORDER OF ST. GEORGE INVESTITURE:** Twelve veterans who reside at the Perley Rideau received the honour of being recently invested into the Order of St. George. The investiture ceremony highlighted the service records of veterans Ronald Buck, Moses "Moe" Cardash, Cliff Chadderton, Welsford Daniels, Tamar "Willie" Fortier, Godfrey Goodman, Louis Guertin, Ronald Hicks, Robert Campbell "Cam" Lane, William James Edward "Ted" Patrick, Guy Robitaille and Louis Sadowski.

# The Perley and Rideau Veterans' Health Centre Foundation

Perley Rideau  
Foundation

## Memorial Tributes

July 10, 2012 to November 15, 2012

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

Joseph Ananny • Norma Andrews • Arthur Bailey  
Marjorie Baxter • Cynthia Bell • Louis Bergeron  
Bill Bernhardt • Imre Bernolak • Michael Bertrand  
Robert Black • Robert Park Cameron  
Catherine Campbell • Moses "Moe" Cardash  
Robert Crozier • Rene Desmarais  
Doreen Doitte Cyr • James Dunn • Leslie Ellis  
Kyrle Farmer • Hazel Garvis • Fred Goodwin  
Clifford Green • Mary Haskett • Alan Hollingworth  
Margaret Hughes • Lloyd Hurd • Robert Hutchinson  
Robert Keefer • Lilli Klempan • Francois-Zavier L'Abbe  
John Leon Ducharme • Harold MacKenzie  
Andrew Markus • Gavin McCallum • Donald McCann  
Dorothy McCarthy • James Montgomery  
Gwen Morawetz • Aubrey Murphy • Curtis Neal  
Lillian Pinkney • Hazel Read • Clemence Regimbal  
Victor Routliffe • Alice Sauve • Fred Scammell  
John Schott • C. Smith • Major William B. Smith  
Huber J. Snow • Robert Snowdon • Eva Spires  
Vera B. Stratton • Alice Sutherland  
Margaret Sweeney • Ron Thomas

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

**Greg Fougère**  
Health Centre  
Chief Executive Officer

**Peter Strum**  
Health Centre Board Chairman

**Daniel G. Clapin**  
Foundation Managing Director

**Ray Desjardins**  
Foundation Board Chairman

**Between Us** is published quarterly by the Perley Rideau Foundation to keep the community informed of the activities of the Health Centre

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**For Capital Campaign information:**  
[www.buildingchoices.ca](http://www.buildingchoices.ca)

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.



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