



Fall 2016

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Between Us

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



Jack MacKenzie at the North Pole in 1999

A Life of Love, Adventure and Service

By Peter McKinnon

The account of Jack MacKenzie's adventures fills a book—a coffee-table book he produced that chronicles his amazing escapades. His post-retirement adventures include skiing to the North Pole, convoying across China's Gobi desert and twice travelling around the world. During the Second World War, Jack served as a radio operator and navigator, flying to many remote and exotic locations, occasionally cheating death along the way. After the war, Jack played an instrumental role in the establishment of the Canada Pension Plan, and the Social Insurance Number. Today, as a resident in the Perley and Rideau Veterans' Health Centre, the only adventure he craves is a visit with his recently born great-grandson.

Born Glenn Jackson Mackenzie into a family of 10 children in Quebec's Gaspé region (New Richmond) in 1921, Jack was bitten by the adventure bug early in life. As a child, he liked to sleep in a backyard tent. There, he'd curl up

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A Mission of Service

By Peter McKinnon

Those who knew Paul Nyznik well understood fully why he and his second wife chose to make a generous donation to the Perley Rideau Foundation in their wills. Both were of a generation that prioritized the common good: serving god, country and family was more important than satisfying their own needs. Paul and Leona devoted their lives to public service before spending their final days at the Perley Rideau.

Born in Winnipeg in 1924, Paul Nyznik trained as a navigator in the Royal Canadian Air Force (RCAF). Although he completed his training too late for active service in the Second World War, he was on the frontlines for most of the Cold War: the long-simmering standoff between Western democracies and the Eastern Bloc. Flight Lieutenant Nyznik navigated thousands of RCAF patrols over Canada's Arctic. Years later, he sat in the cockpit of Soviet planes flying

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Perley Rideau
Foundation

I Have a Will: Ensuring my Wishes for Family and Charity

Perley Rideau Foundation to Host Special Information Session

www.perleyrideau.ca

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



More and more Canadians recognize the advantages of gifting by will—including a donation to charity in their will. While most people leave the vast majority of their estate to family members, the number who donate a portion to charities that are meaningful to them continues to grow. Typically an intensely personal decision, most choose to gift by will because this final act of kindness will have a tangible impact on the lives of others. We feel good when we know we have helped others.

I often get calls from people wanting to know more about gifting by will. To help meet the need for relevant, accurate information, The Perley and Rideau Veterans' Health Centre Foundation will host a special session on September 30th featuring Elizabeth Lockhart, a specialist in estate law. Along with maintaining a private practice devoted to estate law, Ms. Lockhart teaches the *Wills and the*

Law of Succession course at the University of Ottawa's Faculty of Law. During the session, she will explain the ins and outs of gifting by will and answer the questions of participants. The Perley Rideau Foundation is proud to present the session in partnership with the National Arts Centre Foundation, Boys and Girls Club of Ottawa, Ottawa Regional Cancer Foundation, Hospice Care Ottawa, YMCA-YWCA of the National Capital Region, the Youth Services Bureau of Ottawa Charitable Foundation and the Ottawa Food Bank.

When updating a will, it can be relatively easy to include a gift to charity, although there are many factors to consider such as the anticipated savings in estate taxes. Donations to charity can also be structured in many different ways: a set amount, for instance, a percentage of the value of one's total estate, or even a residual amount—whatever's left over after other items are taken care of.

When people review their estate plans with a professional they are often surprised just how sizable their estate will become once all of their assets—real-estate holdings, life-insurance policies, etc.—have been liquidated. This helps explain why people who gift by will typically leave gifts from their estate to more than one charity, often as many as four charities.

The session is free and includes complimentary on-site parking and a light lunch. We encourage you to register early, as seating is limited. Please register by Sept. 12th by contacting Sara McIlveen at smcilveen@prvhc.com or 613-526-7173.

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

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

**Please contact Daniel Clapin
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Centre Foundation
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Estate-Planning Seminar on September 30

Event: I Have a Will: Ensuring my Wishes for Family and Charity; Estate-planning seminar with Elizabeth Lockhart, specialist in estate law

Date: Friday, September 30, 2016

Time: 9:30 a.m. registration; presentation 10:00-noon followed by a light lunch

Location: Lupton Hall, Perley Rideau Veterans' Health Centre, 1750 Russell Road, Ottawa

Registration: Sara McIlveen at smcilveen@prvhc.com or 613-526-7173

Registration deadline: September 12th

A Life of Service, A Gift of Service ... continued from page 1

with a crystal radio and tune in the outside world.

"I'd listen to WJZ New York and other faraway stations," he recalls. "That's where I first heard Lowell Thomas, the broadcaster and author who popularized Lawrence of Arabia. His adventure stories excited me to no end."

Jack soon began to experience a few adventures of his own. His father was a customs officer and the Gaspé was a popular way station for smugglers during American Prohibition (1920-1938). Alcohol from St. Pierre and Miquelon (off the coast of

Newfoundland) would make its way into Maine through rural Quebec and New Brunswick. Local authorities once seized the boat of an alleged smuggler and needed an inexpensive way to keep constant watch over it until the case was resolved.

"I have two fine strapping sons who'll guard the boat by living on it," Jack's father told the authorities.

Even though the ship never left the dock, living on it fed Jack's youthful dreams of adventure. He often swam off the boat with a young René Levesque, the

province's future premier. The court case collapsed, the boat's owner died and the ship sat there for decades, a regular target for scavengers.

After high school, Jack decided to follow in the footsteps of his older brother, who worked at the Bank of Nova Scotia. But his career, like that of so many other Canadians, was interrupted by the outbreak of war. Jack, along with three of his brothers, enlisted, served overseas and survived.

"Not many families were so lucky," Jack muses.



Jack and Nan in 1946



Jack MacKenzie in his room at the Perley and Rideau Veterans' Health Centre

Jack wanted to fly and became part of the Commonwealth Air Training Plan, the largest undertaking of its kind in history. Thousands of pilots, navigators, radio operators and support personnel from around the world trained in Canada. Jack trained as a pilot at St. Eugene, Quebec (near Hudson), but his landing skills weren't sharp enough to qualify. He became a radio operator and navigator and reported to a newly formed Army co-op squadron, at RCAF Station Debert near Truro, Nova Scotia.

During the war, he flew in a long list of aircraft—Lysanders, Liberators, Dakotas, Flying Fortresses—in a remarkable array of missions, such as artillery spotting and evacuating wounded soldiers. Jack also flew across the Atlantic dozens of times as part of Ferry Command, transferring North American warplanes to Europe. Those flights etched a line into his face from the

oxygen mask he wore.

"Ice would form around the edges of the mask and there was nothing you could do about it," he recalls. "With no heaters working in the aircraft, it's the coldest I've ever been in my life. We'd do anything to try and stay warm."

On several occasions, Jack's crew had to contend with one of the world's most hazardous landing strips, in Narsarsuaq, Greenland (BW1). In 1941, the Americans built a steel-mat runway on a glacier at the head of a fjord. The approach is virtually surrounded by high mountains and the runway lies on a 20-degree slope.

"The weather is usually bad there, too," says Jack. "One time, storms raged for three or four days, and we had to wait it out alongside dozens of other crews. Flying out was no picnic—pilots had to climb continuously and steer through the fjord to reach open ocean."

On one trip, flying a Fortress to Europe, a generator failed, forcing the crew back to Newfoundland. The landing gear then failed to deploy and the plane was ordered first to Montreal, then on to Ottawa (Rockcliffe). There, they circled until the fuel level was low enough for a belly landing.

"Everyone was fine, but the plane suffered a few injuries," Jack says with a laugh. "They repaired the plane and sent it off to war again."

At an RCAF dance in Ottawa, he met his future bride: Nan (Annie Nairn) Watson, a secretary originally from London, Ontario. They wrote to each other regularly—"She was my gal," says Jack—married in 1946 and eventually raised two sons, Richard and Jeffrey. On VE Day, Jack happened to be picking up mail from Rockcliffe.

"I had a few drinks that day—many of us did," he says with a smile. Once decommissioned,

Jack vowed that he was done with flying: he had logged about 2,000 hours in the air.

After the war, Jack returned to his banking career and then landed a job with National Revenue (now Revenue Canada). He accepted a posting to Newfoundland in 1952, where he helped implement the federal tax system in Canada's newest province.

"At the time, there was a

Plan (CPP). "We set up offices across the country with huge numbers of typists to register everyone for a SIN," he recalls. "Many people were against the idea. It was the era of the Cold War and some thought that registering citizens was something only the Soviets would do."

Jack became the first executive director of CPP in 1966 and retired a decade later. To celebrate, he and Nan embarked

Webber, who planned to lead a skiing expedition to the North Pole. As luck would have it, the United Nations had designated 1999 as the Year of the Older Person.

The expedition, known as the North Pole Dash, saw Jack cross-country ski and camp for seven days. Aged 77 years, 10 months and 13 days, Jack MacKenzie became the oldest person to ski to the North Pole, gaining him a place in the Guinness Book of World Records. His only regret? "They wouldn't let me pull a sled," he says with a glint in his eye. "I tried to convince them I was strong enough, but they wouldn't listen."

Jack's thirst for adventure travel took him through the Northwest Passage in 2001 aboard the Russian icebreaker *Kapitan Khlebnikov* and around the world again in 2005, this time aboard a chartered jet. In 2006, he fell and injured his knee while on board a ship anchored off Cambridge Bay in Canada's Arctic. He developed complications and never fully recovered. Although forced to scale back his adventures, Jack continued to live independently until earlier this year, when he moved into the Perley Rideau. Surrounded by mementoes of his travels and the book he produced in 2014, Jack still bristles with energy and shares tales of his escapades with a glint in his eyes and the enthusiasm of a teenager.

"I hope my grandson brings his son up to visit me," he says with a smile. "I don't think I'm able to travel down to Milton and I really want to meet my great grandchild." **BU**



Jack on one of his many Arctic adventures.

severe housing shortage in St. John's, so my wife and I decided to build a house. Canada Mortgage and Housing Corporation sold lots in St. John's," Jack says. "Nan and I were the first ones to get a CMHC-backed mortgage in Newfoundland. The house we built is still there."

Following the election of Lester B. Pearson's minority government in 1963, Jack was assigned to the team that established the Social Insurance Number (SIN) and Canada Pension

on a five-week, 17-airline trip around the world. They continued their travels until Nan passed away in 1995 and Jack thought his adventuring days were over. In fact, they had only just begun.

Astute investing enabled Jack to afford a wealth of exotic adventures. He sailed around Cape Horn aboard the *Pacific Princess*, drove a Chinese-made jeep across the Gobi Desert, and sailed 1,000 miles up the Amazon River. Later that year, he met renowned Arctic explorer Richard



The Foundation's Impact on the Health Centre

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

The Perley and Rideau Veterans' Health Centre Foundation may be separate and independent from the Health Centre, but it is our most important partner. The Foundation gathers funds from donors and invests them in specific Health Centre initiatives. Of perhaps greater impact, though, is the link that the Foundation forges between the Health Centre and the community.

Your donations to the Foundation enable us to purchase and maintain the equipment that supports top-quality care but that is not funded by the Ministry of Health and Long-Term Care or Veterans Affairs Canada. Equipment such as hi-lo beds, patient lifts, tilt-recline wheelchairs, and special mattresses that help prevent and heal pressure ulcers. It's hard to emphasize just how important this equipment is to Veterans and other residents, and to staff and volunteers. Being able to move and transfer seniors easily and comfortably makes it possible for them to receive care and to participate in activities: to get out into the garden, for instance, or go to

mass or a concert.

In addition, your support helps to fund the Recreation and Creative Arts Program—a program that is among the finest in the country. Your donations also make it possible for us to provide additional training to staff and volunteers.

The Foundation also builds and strengthens Perley Rideau's connection with the community. While the Health Centre remains focused on delivering top-quality care, its success absolutely depends on what happens outside these walls—on how well people know about and value the Perley Rideau. Our Senior Management team and Board of Directors devote many of their efforts to this task, of course. I think their commitment and efforts are energized by the individuals and groups who donate to the Foundation.

As we all recognize, the population of Veterans eligible for the benefits provided by Veterans Affairs Canada is dwindling. The status quo is not sustainable; Perley Rideau must evolve to remain sustainable. And the 15-year strategic plan that we began to implement

in 2010 continues to drive this evolution. I'm pleased by the progress made to date, but we have a long way to go.

To achieve our long-term goals, we must remember that the Perley Rideau is, first and foremost, a people place. Our residents and their families, along with staff, volunteers and visitors appreciate this fact. The Foundation helps to forge and nurture the meaningful person-to-person ties that are crucial to securing our future.

The roots of this place—along with our connection to philanthropy—stretch back to 1898, when a donation by lumber baron William G. Perley helped establish the original Perley Home. In 1988, the Foundation was created and has since raised more than \$25 million for The Perley and Rideau Veterans' Health Centre—an outstanding achievement. The Foundation's ongoing support fills me with confidence for Perley Rideau's future.



Paul and Leona Nyznik

to Cuba in a role that blurred the lines between navigation and intelligence gathering. After retiring from the RCAF, he took a new job with the Department of External Affairs (now Global Affairs Canada) that involved intelligence work more directly: he often debriefed defectors from the Eastern Bloc.

Paul Nyznik was also a family man; he married Elsie (Lasha) Hryhoka, his high school sweetheart, while she was still in her teens. Together, they had three sons and eventually eight grandchildren. As a military family, they moved frequently: Edmonton, Ottawa, Whitehorse and later Colorado Springs, Colorado.

Paul spent part of his RCAF career with 408 Squadron. Nicknamed Goose Squadron and celebrated for its wartime heroism, the 408 reformed at RCAF Rockcliffe in Ottawa. Their

new mission: to map the Canadian Arctic using SHORAN (SHOrt Range Aid to Navigation), a radio technique pioneered during the war. From 1949 to 1957, Goose Squadron criss-crossed the Arctic, helping to develop maps still used today.

“Airborne navigation in the Arctic was incredibly difficult,” says Cliff Kinney, who flew with Paul Nyznik in Goose Squadron. “There are virtually no landmarks to guide you—it’s a white wilderness. There’s a lot of magnetic interference and the weather is often terrible. Paul rose to the

challenge, however, and was considered a top navigator.”

This ability, combined with his language skills—Paul Nyznik grew up speaking both Ukrainian and English—paved the way to a second career in intelligence. He was posted to Ottawa, where he completed intensive training in Russian—like Ukrainian, a Slavic language—with an emphasis on military and technological terminology. The Nyzniks were then posted to Whitehorse, where Paul monitored Soviet radio transmissions picked up by DEW line (Distant Early Warning) stations. He also served at the NORAD (North American Air Defence) command facility in Colorado Springs, Colorado.

As Paul Nyznik’s career evolved, however, his marriage fell apart. The couple divorced soon after their eldest son left home. Dad fell in love with

Leona Presley, who also worked for External Affairs, and they eventually married. Paul divulged few details about his intelligence work, according to his eldest son, “I remember him telling me, ‘I’m a bit of a spy, son, let’s just leave it at that,’” says Bruce Nyznik.

One story he did share involved the first man in space: Soviet cosmonaut Yuri Gagarin. The Soviets sent Gagarin to Cuba on a publicity tour in 1961 and Paul was on the Soviet plane that flew him there. He met both the cosmonaut and Cuban leader Fidel Castro.

In his retirement, Paul Nyznik continued his public service, participating in the campaign to build the Goose Squadron memorial in Trenton, Ontario, and writing articles about the wartime exploits of aircrews for *Airforce*, the RCAF magazine.

When Leona’s health began to fail, she moved in to the Perley and Rideau Veterans’ Health Centre and he later followed. Bruce, who now lives in Texas, visited them there twice—once with each of his children—and spoke with his father often on the telephone.

“Everything about the Perley—the staff, the quality of care, the facilities—is top-quality,” says son Bruce Nyznik. “I’m sure the care they received influenced their decision to make a donation in their wills.”

Paul Nyznik passed away at the Perley Rideau in April, 2015, followed by Leona three months later. Through the gifts made in their wills to multiple charities, their public service continues. **BU**



Foundation Executive Director Daniel Clapin (left) finished second to Maintenance Worker Landon Brady in the inaugural and hugely successful Boots and Suits Challenge. The Challenge combined fundraising with competing in the 10-kilometre run during Ottawa Race Weekend. Although Dan raised more money, it wasn't enough to offset Landon's faster time. As a result, Dan and other members of the Foundation's staff dressed as maintenance workers on June 10. In all, 18 runners—many of them Perley Rideau employees—participated in the Challenge. The real winners, of course, are residents of the Health Centre, as the Challenge raised more than \$8,000 for the Foundation—well above the goal of the \$7,200, the amount needed to purchase one patient lift. The additional funds will go toward other Priority Needs.

Thank you to Canadian Family Morale and Welfare Services for their presentation of the 2017 Support Our Troops Calendar photos! The 2017 calendar will feature six Veterans who call the Perley Rideau home. Proceeds from the calendar will fund services for homeless Veterans. L to R: Valerie Noftle (artist), Jack and Norma Watts (Second World War veterans), Lt.-Gen. (Ret'd) Stu Beare (Patron, Soldiers Helping Soldiers). Photo by David Barbour



On May 16th, the North Country Veterans Association (New York) donated a flag of the United States of America to the Perley Rideau, to be used during ceremonies as appropriate. Maj. Gen Robert Kasulke was honoured to present the American flag to the Perley Rideau. Col. Thad Hunkins, U.S. Senior Defense Official and Defense Attaché to Canada, and Col. William Murphy also participated in the ceremony.



Steve Sumarah (fourth from left), coach of the Carleton University Ravens varsity football team and a few players the Perley Rideau on May 26. During their visit, they met residents who once played for Carleton. It was a great visit for everyone involved.



On June 15, The Perley Rideau Foundation celebrated the generosity of donors by hosting its annual Donor Reception and Strawberry Social. During 2015, the Foundation raised \$1,785,994 to ensure excellent care and services for those who call the Perley Rideau home. Akos Hoffer, Health Centre CEO expressed his thanks by sharing a few stories about residents.



The Royal Canadian Legion West Carleton Branch 616 presented a cheque for \$8,000 to the Perley Rideau Foundation. Of this amount, \$7,200 will fund the purchase of a special mattress designed to prevent and heal pressure ulcers; the remainder will offset the cost of renovating the dining rooms. L to R: Jim Wilson, Branch 616 Membership Chair; William Berry, Branch 616 Sergeant-at-Arms and Veteran of the Korean War; Kathryn Scott, Branch 616 President; Daniel Clapin, Foundation Executive Director.

Royal Canadian Legion Donations Provide Comfort to Veterans

Donations from the Royal Canadian Legion contribute directly to the comfort experienced by the 250 veterans who call the Perley Rideau home. During 2016, Legion District G, comprised of 63 Branches across Eastern Ontario, has donated in excess of \$38,000 to the Perley and Rideau Veterans' Health Centre Foundation.

"I'm proud of what we've accomplished so far, but we'd like to do much more," says Bill Redmond, the Legion Liaison Officer for the 10 Branches in and around Ottawa that comprise Zone 5 of District G. Bill Redmond regularly attends meetings of the Veteran Residents Council and Community Residents Council, and occasionally attends Perley Rideau pub nights.

"The Perley Rideau is a remarkable place," he says. "I'm proud to do all I can to make our veterans more comfortable

because of the service they provided Canada."

The Legion is among the Foundation's most steadfast and generous supporters. The annual Poppy campaign is its single-largest source of donations, complemented by golf tournaments, 50/50 draws, bingos and other fundraisers. Each October, the Perley and Rideau Foundation hosts members of all District G Branches for an update session, complete with tours, a question-and-answer session and a light lunch. Legion members can meet resident veterans and see the impacts of their donations.

"I hope our Branches consider the Perley Rideau in their plans for the rest of 2016 and for early 2017," says Joel VanSnick, Zone G5 Commander. "Several Priority Needs—items that aren't covered by Veterans Affairs or the province—remain to be met. The dining rooms in each of the

veteran-occupied units are in need of revitalization to ensure the comfort of veterans, for instance."

During 2016, District G Branches have directly addressed several Priority Needs, including an ultrasonic dental-scaler (462 Eastview) and special mattresses (625 Richmond, 616 West Carleton). In addition, the donations of multiple Branches were pooled to revitalize two dining rooms (462 Eastview, 641 Barrhaven, 231 Portland), maintain the Perley's "Vets on Wheels Bus" (Zone 5) and purchase a steam cleaner to prevent the spread of infections (627 Greely). Veterans at the Perley Rideau come from all parts of District G and many are also Legion members.

"Calling on all District G Branches," says Joel VanSnick. "Let's show our veteran residents that we understand the true meaning of 'Lest we forget' and increase our support." **BU**



▶ Burpee Mason and his family added a leaf to the Tree of Life in loving memory of his late wife Velda. A celebration of his 95th birthday followed, where his great-granddaughter Tara stole the show.

▶ Congratulations to Alexa Carpinteiro and Doroty Davis-Payne, winners of the 2016 Summer Youth Volunteer Award! Alexa (left) and Doroty (right) stand beside Sara McIlveen, Foundation Administrator. The Summer Youth Program is one of the many worthy programs funded by the Foundation. Thank you, ladies, for your exceptional service.



▶ The Perley Rideau Foundation was proud to host Lieutenant-Colonel (Royal Netherlands Air Force) Christa Oppers-Beumer, Defence, Military, Naval and Air Attaché to Embassy of the Kingdom of the Netherlands, Ottawa (far right); retired Airforce Colonel Peer Oppers (second from left); and Dutch student Femmeke Osinga. Terri (far right) and Bob Hanley (centre) are tenants in the Perley Rideau Seniors Village. Bob Hanley, a Veteran who participated in the Liberation of Holland, shared a few of his stories.

Illusion Doors Soothe Residents Living with Dementia

A generous grant from the Eldercare Foundation of Ottawa has paid for cosmetic renovations that improve the quality of care for residents living with dementia. For many of these residents, the sight of a door triggers anxiety. To help ease this anxiety, local artist and Perley Rideau creative-arts instructor Andrea Fabricius

(pictured) has created what are known as illusion doors in our secure units. A special one-way glass coating enables family and staff to see through door windows. Entry key-pads and fire alarms are incorporated into designs. In the photo on the right, note how the fire alarm is hidden in the painting of the radio.



Foundation Donors Support Professional Development for Health Centre Staff

Last year, the Perley Rideau Foundation invested \$10,000 in the Health Centre's Professional Development Fund. The investment—made possible by the generous support of donors—has helped more than two-dozen Health Centre workers access formal training, workshops and seminars. To qualify for funding, training must relate directly to the applicant's job and the learner must agree to share some of what they've learned with their work colleagues.

Registered Practical Nurse (RPN) Katy Lee, for example, received \$200 from the Fund



Left to right: Doris Jenkins, Director of Nursing Operations; Katy Lee, RPN; and Linda Hunter, Chief Nursing Officer

to pay some of the cost of the training she needs to become an RN. She later shared what she had learned in the course "Working with patients with dementia" with her colleagues. The Foundation's investment

also paid for a series of group-learning sessions in Gentle Persuasive Approaches (GPA) and Learning Essential Approaches to Palliative Care LEAP.

"While the Health Centre does invest in professional development, the top-up from the Foundation directly improves the quality of care we deliver," says Jen Plant, the Health Centre's Manager of Education and Projects. "The importance of lifelong learning in health care can't be over-estimated."

The Foundation's ongoing support for the Professional Development Fund is one of the reasons that many staff donate on a regular basis.

Why I Donate

Our donors cite a wide variety of reasons for their generosity. To help show our sincere appreciation for each and every donation we receive, each edition of *Between Us* features a few testimonials from donors in their own words. Should you wish to share your reasons for giving, please send them to the Foundation's administrative assistant Sara McIlveen (613-526-7173, smcilveen@prvhc.com).

"I am a 30-year veteran and I believe in veterans helping veterans. Some day, I may have to

look to the Perley for assistance." David Everett, Wendover, Ontario

"My husband has Alzheimer's and resides at the Perley. Every time I visit him, I observe the wonderful care given to everyone, not only Ted, but everyone in need. I am very impressed with everyone from the reception desk, entertainment people, caregivers etc."

Gilberte Robertson, Gatineau, Quebec

"On account of the excellent and sympathetic care I received

during my six-week stay in convalescent care following a hip replacement in 2013. While there, I was also able to appreciate the wonderful quality of the facilities and activities proved to the veterans."

M. Turner, Ottawa, Ontario

"A small way of saying thank you to the Veterans for their service to Canada and its citizens. They deserve a comfortable place to live and whatever care they need."

Fred Turcotte, Kemptville, Ontario

The Selfless Life

As with most women of her era, Barbara Goble devoted most of her life to serving others: her country, her husband, her children. Today, as a resident at the Perley and Rideau Veterans' Health Centre, she's pleased to accept the occasional help from others, although she sometimes feels a little uneasy about it.

"I grew up in a different time," she says. "God, king and country came first, followed by family."

She was born Barbara Jean Amey in 1924 to a working-class Montreal family of seven children. Dad worked for Canadian Pacific

Railway. Barbara landed her first job in the office of a clothing factory. One day, she saw a large RCAF-recruitment poster downtown and decided to enlist.

"I can still see that poster in my mind's eye," she recalls. "It said 'She serves that men may fly' and it showed a young woman in uniform. The image was so appealing to me and so was the idea of getting away from home and out of Montreal."

Barbara ended up being the only one in her family to serve during the Second World War. She took a bus up to RCAF Station

Rockcliffe (Ottawa) and completed basic training. Barbara adapted to both the good and bad of life in the air force.

"I remember that the letter the RCAF sent me started with 'please report,'" she says with a smile. "That was the last 'please' I heard from the air force for more than a few years."

Barbara was posted to an office job, sorting mail and doing administrative work at #5 Temporary Building—the future site of Ottawa's courthouse, where she would work



many years later. She lived in a barracks on Elgin Street and often went home on weekends.

"I was a little disappointed, because I'd hoped for a posting further from home," she recalls.

On VE Day, Barbara joined the massive party along Sparks Street. "Good thing the military police weren't around, because many of us were likely guilty of being 'drunk, disorderly and refusing to fight,'" Barbara jokes.

Determined to travel, Barbara pulled a few strings to earn a spot in a court-stenographer's course in Calgary. As part of the decommissioning effort, the Government of Canada contributed toward the cost of education for those who had served. To make ends meet, Barbara worked as a waitress, living at the YWCA while she finished her studies.

"Just about every night, some



man at the diner would ask to take me home—others were not even that polite,” Barbara says. “My standard answer was ‘come back when you’re sober.’”

One day, an ex-serviceman by the name of Max Goble did come back sober and walked her home. “He always said that it was the biggest mistake he ever made,” Barbara laughs. They began to date, going to baseball games and eventually to dinner with Max’s parents. He was studying to be a motor mechanic. Max’s war-service record was singularly heroic: he saw action in the Battle of Britain, as well as in Italy, Sicily, France and Holland. An infantryman, he suffered a shrapnel wound during the Battle of Ortona—the bloodiest battle for Canadians during the Italian campaign. After recovering in a Rome hospital, Max went back into action and participated in the Liberation of Holland.

Barbara and Max married in Calgary in 1946; she worked as a clerk at Woolworth’s, he got a



Barbara and Max on their wedding day.

job at a local garage. They moved a few times before settling in Ottawa, where Barbara got a job at Atomic Energy of Canada and Max initially found work in a local garage. He later landed a job in the boiler room of the Rideau Veterans’ Hospital, where he worked for 33 years.

Barbara eventually joined a law firm as a stenographer (worked for province as stenographer). They bought a home in the new Ottawa development of Pineglen, where they raised five children—two girls and three boys. Eight grandchildren would eventually follow.

Barbara and Max travelled to Holland to participate in celebrations marking the 50th anniversary of Liberation. A few years later, their celebration of 50 years of marriage attracted many local dignitaries, including Nepean Mayor Ben Franklin. After Max passed away in 2002, Barbara stayed in the family home for a few years, then moved into a retirement residence. Since moving into the Perley in March, she regularly plays bridge, crochets and goes on outings.

“The staff and other residents are very nice here,” Barbara Goble says. “This is a good place for me.”

BU



Enlistment photos of Max and Barbara (née Amey) Goble

The Perley and Rideau Veterans' Health Centre Foundation

Memorial Tributes

May 13, 2016 to August 25, 2016

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

Mr. Donald E. Alexander • Mr. Douglas Arthur • Mr. Karl Aspelund
Mr. Cameron R. Baker • Mr. John Bannerman • Mrs. Helen Baxter
Mr. Vincent R. Berlinguette • Mr. Maurice P. Bilodeau
Mrs. Evette Bowman • Mr. Kenneth C. Brown
Mr. David Calderwood • Mrs. Lorine E. Clement
Mr. Kenneth Cooper • Mrs. Anna E. Davidson • Mrs. Janina Gapski
Mr. Archibald E. Graham • Ms. Joan Harrison • Mr. Gordon K. Howard
Mrs. Iva Kirkwood • Major (Ret'd) Kenneth D. Johnson
Mr. James Johnston • Mrs. Ida Koch • Mrs. Viola Lackey
Mr. Gerard Lanouette • Mr. Norbert 'Bert' LaViolette
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