



Winter 2015

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Between Us

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



Judy Andersen's Final Act of Kindness

By Peter McKinnon

For much of her life, Judith (Judy) Andersen was known as a kind and altruistic soul. She furthered her reputation by preparing a will that left all of her estate to two charities: the Perley and Rideau Veterans' Health Centre Foundation—where she lived out her final years—and the Ottawa Humane Society.

"Judy was a caring person who liked to help people," says long-time friend and work colleague Barb Stewart, "so I'm not surprised that she would choose to give back to the community in this way."

Judy and Barb both worked at Canada Revenue Agency (CRA), both became active in the Public Service Alliance of Canada (PSAC) and both

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Fraternity Brothers Reunite at Perley Rideau

By Peter McKinnon

Ever since moving into the Perley and Rideau Veteran's Health Centre in 2013, Bill Baskerville has looked forward to Wednesday afternoons, when the pub serves ice cream. Bill, age 101, joins the line of residents eager for some of their favourite flavour, served in a cone or bowl. One day, Bill got a special treat along with his chocolate and vanilla.

"I heard a voice behind me say: 'Hello, Jim Peck,' and I turned around right away," he says. "I used to know a Jim Peck back at McGill University and wondered if it was



Jim Peck and Bill Baskerville

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eventually rose to full-time executive positions with the Union of Taxation Employees, part of PSAC. Judy began her career in the public service in her teens and served as a shop steward before rising to local president, representing the interests of more than 1,200 CRA employees.



Judy in the Dominican Republic, March 2003

"Judy got along well with management," recalls Barb. "As a result, it sometimes made it easier for her to help to resolve issues for employees."

Judy also grew close to Barb's youngest daughter, and the three of them occasionally vacationed together, including a girls' trip to the Dominican Republic, where Barb says "we enjoyed a lot of laughs together."

André Lafleur, another long-time friend and work colleague, who also served as executor of Judy's will, recalls fun visits to a friend's cottage in Constance Bay, and to Toronto. "Friends were really important to Judy," says André.

In her 50s, Judy's health took a turn for the worse. When it became clear that she was unlikely to return to work, Barb helped her bridge from long-term health leave to medical retirement so that CRA would grant her a full pension.

After several months convalescing at St. Vincent's Hospital, Barb turned to another friend—Wendy Hall—to help regain her independence. Judy's health continued to decline, however, and despite Wendy's assistance, she eventually moved into the Perley and Rideau Veterans' Health Centre. While at the Perley, Judy discovered and nurtured a love of painting in the craft studio.

"She gave me one of her works—a painting of my dog," says André. "She loved pets and owned cats

all of her life. I'm sure that's why she included the Humane Society in her will."

Judy divided her estate between the Ottawa Humane Society, and the Perley Rideau Foundation. To help get her financial house in order, Judy contracted the Ottawa legal firm McMillan LLP. Attorney Jennifer Ward (now retired) and legal clerk Doris Corneau arranged direct deposits and payments, along with income-tax returns and other matters, for a number of years before Judy's death in 2013. They also helped draw up a will that fulfilled her wishes.

"She was clear about her goals," recalls Doris Corneau, "and recognized the importance of working with professionals to get all of the details right. Many people don't appreciate that it takes much more than a simple statement in a will to ensure that a gift such as this actually takes place."

In 2015, the Perley Rideau Foundation received a cheque for more than \$75,000 from Judy's estate. "Judy's generous donation will go a long way toward ensuring that our residents get the best possible care," says Foundation Executive Director Dan Clapin. "And by making an unrestricted gift, Judy gave us the flexibility to address our current needs."

As her health worsened, Judy's time in the craft studio at the Perley became increasingly important to her; creating art became a preoccupation.

"It's thanks to gifts like Judy's that we can provide arts and recreation programming such as the craft studio, music, dance and more," says Dan Clapin.

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

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Lots of Love in the House

www.perleyrideau.ca

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

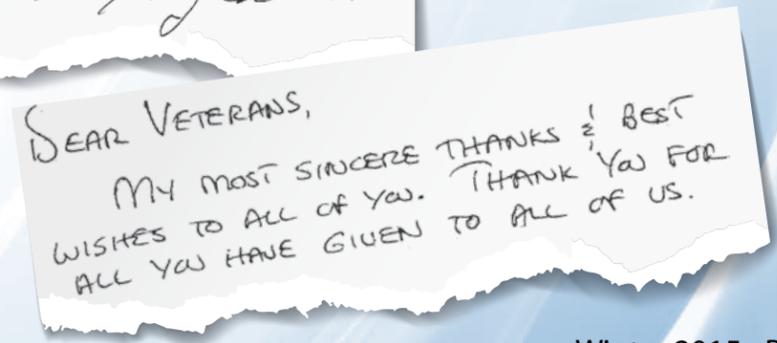
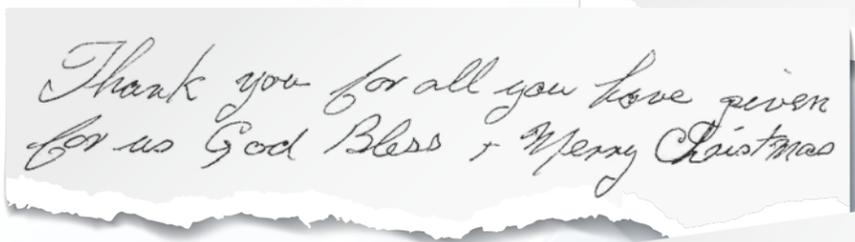
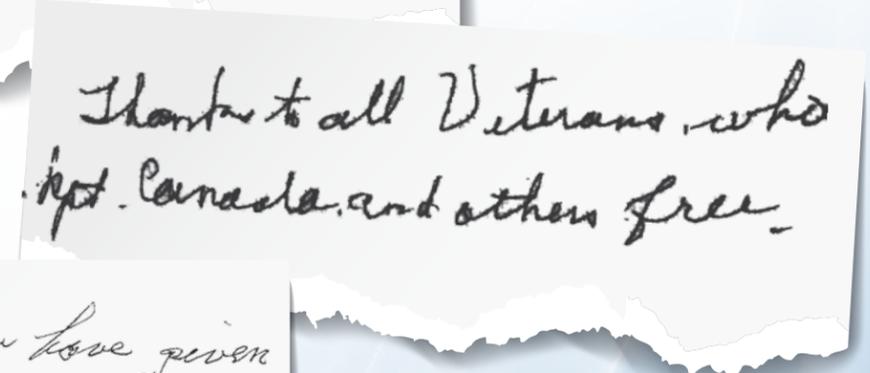
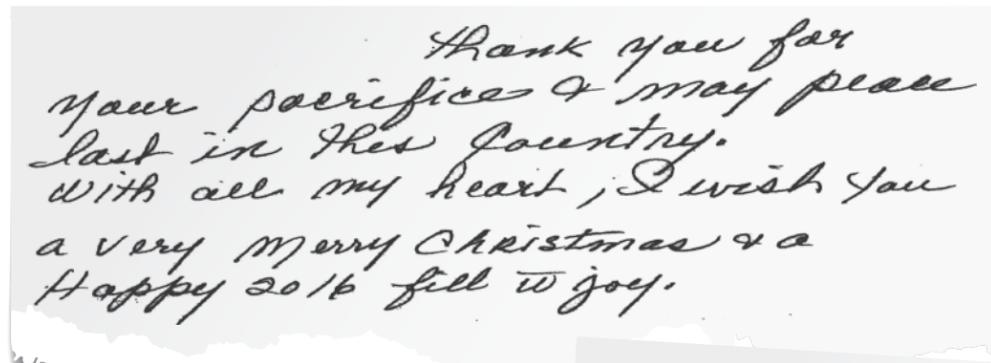


During my five years working at the Perley and Rideau Veterans' Health Centre, I've noticed a significant change takes place each December. And it's not just the decorations, new menu items and increased numbers of visitors. There are more smiles, hugs and laughter. Staff and residents have more jump in their step. I like to describe it as "lots of love in the house."

Ultimately, Christmas and Hanukkah are all about love and family. We reminisce about holidays past

while appreciating the opportunity to spend time with loved ones. This spirit descends upon the Perley each December and touches each and every one of us, filling us with gratitude, kindness and love.

Adding to the spirit are the many cards we receive from families and donors. By sharing a few excerpts, I hope to help spread a little of that spirit outside these walls. Merry Christmas, Happy Hanukkah and thank you for your support throughout the year!





Holidays at the Perley and Rideau a Time for Reflection, Celebration and Thanks

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

For most of us, the holiday season is a time for getting together with family, for reflecting about old times and for looking toward a brighter future. All three are true for residents and staff here at the Perley and Rideau Veterans' Health Centre.

During 2015, the Perley Rideau adopted some new practices reflecting our commitment to continuous improvement: delivering quality care and protecting the safety of residents. In June, managers began regular check-ins with staff in a process we call rounding (much like a physician does rounds at a hospital). The goal of rounding is to create opportunities to communicate openly about potential issues and concerns, to quickly identify and implement solutions and recognize outstanding efforts highlighted by co-workers. To identify these outstanding efforts, we created a unique Perley Rideau Thank You Card featuring a resident's art that has become a valued keepsake.

We have also introduced Comfort Care Rounds as a pilot project. This initiative involves staff members checking in with each resident at least once an hour (during the day) using a formal process that has been shown to improve the quality of life of residents. While checking regularly on residents is not new—our Personal Support Workers have been doing this for many years—the specific steps involved are. And research studies show that following these steps helps reduce falls and skin problems, and improve resident satisfaction. In November, we began to pilot Comfort Care Rounds on three units. We plan to evaluate the results and make whatever adjustments are needed before implementing the practice more broadly.

Perley Rideau is an exceptional place because of the people who live and work here. It is a privilege for me to be part of the love, caring and respect that permeates these walls. I want to thank our staff, along with our residents and their families, for

maintaining the spirit of the holidays throughout the year, your outstanding efforts are noticed by residents and their families.

Letter from the Family of a Resident

I always knew that the staff at the Perley Rideau were special. I just didn't know how special until my own father moved in. I would like to say that they were more caring and dedicated because they knew he was my father but they didn't. They remained the same caring, dedicated, loving staff they always were.

His last few days were filled with stories of something he did or said, residents and staff from all over the facility coming to say good-bye or to just impart a kind word about him to his family.

One of the PSWs, Astin, told his family: "He's not just your family, you know, he became our family also."

I would like to mention every person who came into my dad's life this last year but I'm afraid I would miss someone. Every one of them should be very proud of the work they do day in and day out. No matter how small you think it was it was noticed and appreciated by my father.

If I could I would clone these wonderful caring and dedicated people to staff every nursing home and hospital. I cannot think of any other place I would want my father to be and no other people I would want to look after him.

There is a special place in our hearts for all of you.

The George St. Denis family

Fraternity Brothers Reunite at Perley Rideau ... continued from page 1



Bill Baskerville in Greenland in 1945.

enlist, but was ruled ineligible due to weak eyesight. So he joined the McGill chapter of the Canadian Officer Training Corps and was later assigned to logistics with a new service known as Ferry Command (see sidebar). Based in Montreal, Ferry Command delivered warplanes manufactured in North America to Europe and other theatres of war.

"I was an operations officer and my primary role was to decide when conditions were safe enough to ferry planes across the North Atlantic," Baskerville says.

As Ferry Command expanded—it later became 45

the same man."

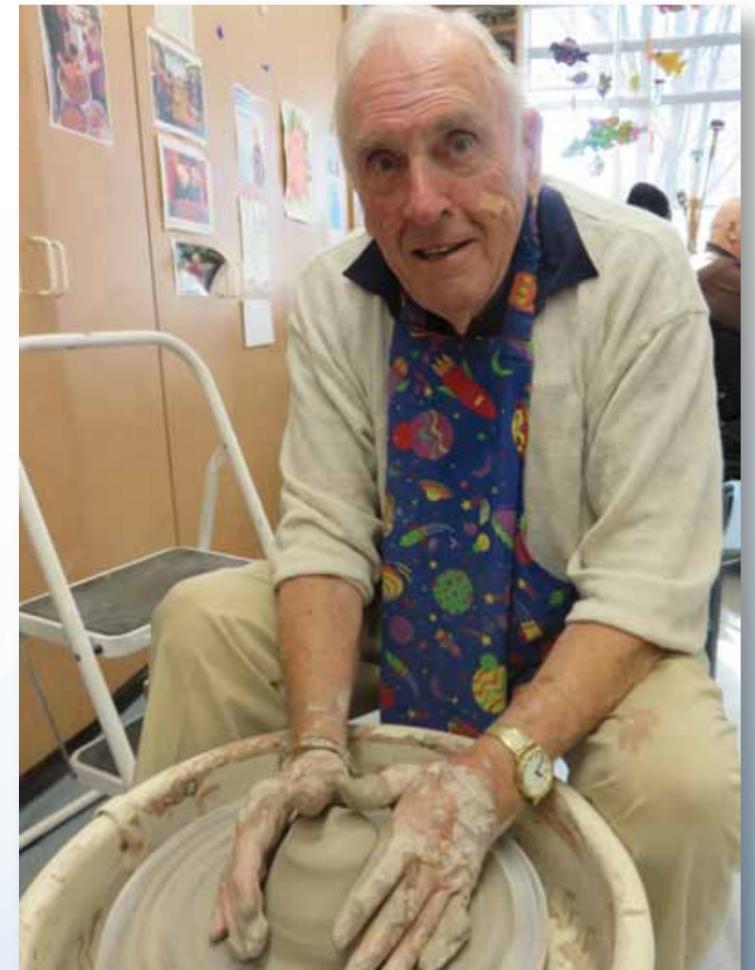
Jim Peck was just as surprised to reconnect with someone he lived with at Zeta Psi fraternity house in Montreal some seven decades ago. These days, the two men often eat together, swap tales of their families, wartime experiences and career accomplishments, and reminisce about fraternity hijinks. They have a deep appreciation of the value of friendship.

"When I moved in here a few months ago," says Jim Peck, "I suddenly realized just how lonely I had been living elsewhere. It's a great pleasure to reconnect with Bill and there's so much to do here at the Perley."

As near as they can recall, the two men last spent time together at the fraternity house near McGill in Montreal in the late 1940s. Both had served in the Second World War, although in different circumstances.

Jim Peck, 90 years young, spent two years at various army bases across Canada, assigned to general duties. He had originally hoped to train as a pilot, but by the time he was old enough, the Allies had begun to curtail pilot training.

Born in Ottawa's Sandy Hill neighbourhood, Bill Baskerville tried to



Jim Peck in the Perley's craft studio.

Group (Atlantic Ferry) of Transport Command—Bill's role took him to Greenland, Bermuda and Africa. After the war, he teamed up with a former bush pilot who was also in Ferry Command and formed a company that took advantage of a unique



opportunity: the Allies wanted to sell off surplus planes, which were scattered around the world. Bill's company, Worldwide Aviation Agency and Sales Inc., delivered the planes to their new owners.

After a few years, Bill left the company for a job in finance with engine manufacturer Pratt & Whitney in Montreal. He eventually rose to the position of Senior Benefits Specialist and retired in 1977. Bill moved back to Ottawa, where his brother had an apartment, and spent winters in the Caribbean.

After the war, Jim Peck pursued a career in air-pollution control equipment, with various companies in Toronto and Montreal. He married Darryle DeWolfe—who he first met at the age of 16—and together they raised two children. His wife passed away in 2002, but his son—along with two teenaged grandchildren—live in Ottawa, a big reason he decided to move there. Jim recognizes

that his quality of life has improved considerably since moving into the Perley.

"Staff here are outstanding," Jim says. "They help make this a happy place. Their positive, optimistic outlook benefits all of us residents—or inmates as

some of us like to call ourselves. Some staff are from other countries and have a special appreciation for Canada."

Jim spends much of his days in the craft studio, working with wood and clay. Bill Baskerville indulges in a different passion—his collection of dozens of scale-model vintage cars, displayed prominently in his room.

"Every one of these models represents a car that I have a personal connection with," says Bill. "Each car was owned by either me, a member of my family or a close friend. Having them here gives me great comfort."

Rekindling a friendship from seven decades ago is also a great comfort to both men. The Perley's ice-cream Wednesdays have taken on new meaning in recent months. 🍦

Ferry Command: another vital component of the Allied effort

One of the keys to victory in the Second World War was wresting control of European skies from Nazi Germany. And while Great Britain had a strong aircraft industry, gaining air superiority over Europe would require deploying aircraft built in North America. Standard practice was to send them by ship, but



Gander, Newfoundland, 1942

Nazi submarines made this option increasingly dangerous. Flying across the North Atlantic was risky, due to the relatively long distance and typically poor weather. At the time, only about a hundred aircraft had attempted a North Atlantic crossing in good weather, and only about half had made it.

From today's perspective, the solution seems obvious; in the 1940's, though it was incredibly complex to implement. Like so many of the solutions developed during the Second World War, success involved a mix of collaboration, innovation and hard work. Lord Beaverbrook, the Canadian-born press magnate serving as Britain's Minister of Aircraft Production, with the help of Sir Edward Beatty, President of Canadian Pacific Railway, led the way.

The plan involved transporting aircraft to Montreal (initially at the city's St. Hubert airport, then at newly-built Dorval airport), where they were fitted with extra fuel tanks. The planes were then flown to Gander, Newfoundland, and when

the weather forecast was favourable, on to Ireland. The first planes (Hudsons) completed the journey in November, 1940 using British aircrews. The program quickly expanded, recruiting additional pilots, navigators and crews, and establishing new routes. By war's end, more than 9,000 aircraft followed, helping to usher in the era of commercial trans-Atlantic service.

An interesting side note: While Canadian companies manufactured some of the planes (e.g. DeHavilland Mosquitos and Avro Lancasters), many others were built in the United States—a country that didn't declare war until 1941. And under U.S. law, American planes could not be flown out of the country for the use of a nation at war. The solution involved flying newly-built American planes to airports near the Canadian



Dorval, Quebec, 1941

border, then towing them—sometimes using horses—into Canada. Ferry Command relied on similar types of subterfuge to get around U.S. laws restricting American pilots from participating in war service for other countries. 🇨🇦



Order of St. George Investiture for 2015: Fifteen residents, tenants, volunteers and friends of the Perley Rideau who were placed in "harms' way" in serving their country were honoured with being invested into the Order of St. George on November 2, 2015



The Royal Canadian Legion Pointe-Gatineau Branch 58 donated \$3,000 to allow The Perley and Rideau Veterans' Health Centre Foundation to carry on the tradition of outstanding care of veterans. L to R: Daniel Clapin (Foundation Executive Director), Clive Weagant (Foundation Director), Germain Leduc (Committee member Quebec Command representative Perley and Rideau Veterans Liaison Committee), André Bérubé (Br 58 Welfare Officer), Paul Gendron (Committee Chairman Quebec Command representative Perley and Rideau Veterans Liaison Committee), Charles Lemieux (Foundation Chair), Herman Croteau (WWII Veteran and Br. 58 Member), Delphine Haslé (Foundation Development Officer)



The Ottawa Masonic Association made a generous donation to the Veterans' Council during the Remembrance Ceremony at the Perley Rideau. L to R: R.W. Bro. Angus Gillis, D.D.G.M., Ottawa District 1, W. Bro. Richard Reeve, President, Ottawa Masonic Association, Mr. Bill Cooper, President of the Veterans' Council, Daniel Clapin, Foundation Executive Director, and R.W. Bro. Richard Loomes, D.D.G.M., Ottawa District 2





Candlelight Tribute on November 4th

This year's Candlelight Vigil was held at the Canadian War Museum, co-hosted by the Museum, Veterans Affairs Canada and the City of Ottawa. Veterans hand candles to youth during the event as a symbolic passing of the torch of remembrance. The moving tradition, now in its 16th year, pays respect to the many brave men and women in uniform who have served Canada throughout the years to protect our shared values. During this year's ceremony, Mrs. Diana Hennessy received a duplicate of the street sign named in honour of her late husband, former Perley Rideau resident Vice-Admiral Ralph L. Hennessy, DCS, CD, RCN.

Afterwards, Daniel Clapin, Perley Rideau Foundation Executive Director congratulated The Honourable Kent Hehr, Minister of Veterans Affairs and Associate Minister of National Defence on his appointment.



On Remembrance Day, The Royal Naval Engineers' Quart Club presented a record donation of \$7,000 to the Perley Rideau Foundation to purchase an urgently needed lift, essential equipment used constantly throughout the day to make everyday activity a lot easier.

Gen. Jonathan Vance, Chief of Defence Staff visited the Perley Rideau veterans who attended the Senators Game on Canadian Armed Forces Appreciation Night. A special thank you to Trinity Development Foundation for hosting us that evening.



HOPE Volleyball Summerfest donated \$25,000 to the Foundation. L to R: Fred Logan, HOPE Co-founder; Laura Andrews, HOPE Operations Manager; Daniel Clapin, Foundation Executive Director; Delphine Haslé, Foundation Development Officer; Holly Tarrison, HOPE Executive Director

The Eldercare Foundation of Ottawa presented the Foundation with a cheque for \$4,000. The funds will be used to create murals that provide helpful visual cues to residents with dementia. L to R: Daniel Clapin, Foundation Executive Director; Clive Weagant, Foundation Director; Cathleen Cogan Bird, Eldercare Executive Director; Kim Bourassa, Eldercare Director; Delphine Haslé, Foundation Development Officer, Doug Brousseau, Foundation Director



Paul Beaubien's Passion for Invention

By Peter McKinnon

At the age of 101, Paul Beaubien is reinventing himself again—as a resident of the Perley and Rideau Veterans' Health Centre, where he moved in June. It's the next logical step for a man who's devoted his life to innovation. As a chemist, he



Paul with his son Conrad.

contributed to dozens of breakthroughs, including a few—naval smoke screens, blackout curtains and odour-absorbing bandages—that contributed to the Allied victory in the Second World War.

Paul Beaubien was born in what was then known as Shawinigan Falls; his father, forced to leave a job in a Vermont granite quarry due to ill health, opened a barbershop next door to the family home. And yes, his father did cut the hair of the family of future Prime Minister Jean Chrétien.

At the time, Shawinigan Falls was something of a company town; Shawinigan Water and Power established a hydro-generating station on the St. Maurice River and the town later earned the

nickname *Cité de l'énergie*. Canada's first aluminum smelter began production in 1901 and would eventually become known as Alcan. Shawinigan Water and Power built homes for workers and managers, along with an arena, hotel and a technical high school. The region became a thriving industrial centre. When the Great Depression hit, however, Paul was a teenager and his job prospects were bleak.

"In those days, there were not many options," Paul Beaubien recalls. "Maybe you could get a factory job. If you stayed in school, you might become a curé, notary or a lawyer."

Paul attended Shawinigan Technical

Institute, where his curiosity and aptitude for science led to his first job, with Shawinigan Chemicals Ltd. Founded in 1927, the company employed about 400 workers, including 35 in a laboratory that specialized in developing materials and applications for the rapidly growing industrial sector.

"We were always working on solving problems," says Paul, "such as developing materials that would remain strong and flexible at high temperatures or that could withstand a great deal of friction. We worked with carborundum (silicon carbide) and made all kinds of plastics."

Paul continued to study as his career took shape; Shawinigan Chemicals brought in a teacher once a

week to further the lab workers' education.

When the Second World War broke out, Paul enlisted, but once word got out about his background, he was diverted from the ranks.

"An officer took me into a room, shut the door and showed me a blackboard that had a few chemistry-related problems written on it. He asked me if I could solve any of them, and I told him that I could figure out at least two. He immediately had me transferred to the Army's Chemical Research Division, based in Ottawa."

For the rest of the war, Paul worked on top-secret projects; he's still reluctant to divulge all of the details. One of the most important innovations was an inexpensive process to make blackout curtains. The process met an urgent and dire need: Great Britain had established blackout regulations in 1939 to make it harder for Nazi bombers to hit their targets. Paul Beaubien's group developed a method that involved dipping cheesecloth or gauze in an emulsion of carbon black. That innovation soon led to another: gauze bandages that absorbed odours—a godsend for wounded troops and the nurses and doctors who cared for them.

"We also developed a naval smoke screen to help protect convoys of ships from Nazi submarines," says Paul. Twice during the war, Paul was sent to England to study specific problems: one involved cockroach infestations in army barracks. His team developed a powder laced with a new chemical known as DDT.

When the war ended, Paul continued to work in the same building, but for a different employer: the National Research Council. The nature of the job, though, didn't change.

"The challenge remained the same, but the nature of the problems changed from military to industrial," says Paul. He specialized

in materials research—corrosion-resistant alloys, for instance. In the late 1950s, he helped develop and test an alloy that was used in Alouette 1, Canada's first satellite. He wears a sample of the metal on his bolo tie.

Innovation was also a theme of his personal life. When he was smitten by a young woman selling war bonds at a concert near Shawinigan Falls, he developed a plan to help win her over. He knew she played tennis, so he bought a racquet and quickly learned how to play. The plan worked: he married the woman—Dorothy Brown—and the two raised three children, and were further blessed with seven grandchildren.



Paul Beaubien and Dorothy Brown, 1942



Paul Beaubien (far right) at the National Research Council, 1977

"My dad always has a project on the go," says son Conrad. "He designed and built a family cottage on Lac Sinclair in the Gatineau Hills using logs he identified on and near the property. He also made jewellery."

When Dorothy fell ill in the mid-2000s, Paul learned to cook and run the household. She eventually moved into a long-term care residence and Paul spent his days there. When he saw that wheelchair-bound residents were eager to play pool, Paul designed a special device for them. When Dorothy passed away in 2011, Paul helped install a butterfly garden in her honour on the property.

With Dorothy's death, Paul began a new chapter of his life. He continued to live on his own and maintain the house he'd lived in for more than 50 years. Last year, when his health began to fail, he and his son Conrad began to scout out a new home

for him. In June, he moved into the Perley Rideau—located only a few blocks away.

During a recent music workshop, he was reminded of his contribution to the development of blackout curtains during the war when the group began to sing a tune popularized by Vera Lynn in 1942:

*When the lights go on again all over the world
And the ships will sail again all over the world
Then we'll have time for things like wedding
rings and free hearts will sing
When the lights go on again all over the world.*

These days, Paul Beaubien has reinvented himself as a busy Perley resident: attending mass in the chapel, participating in the music and exercise programs, and helping fellow residents in every way he can. 🍷

Christmas Tree Sale



All proceeds go to local charities, including the Perley and Rideau Veterans' Health Centre Foundation

1877 Innes Road (between Cyrville and Blair)
3798 Bank Street (between Lester and Conroy).

Prices start at \$45



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The Perley and Rideau Veterans' Health Centre Foundation

Memorial Tributes

September 24, 2015 to November 26, 2015

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

Cpl. Lorne Banning (Ret'd) • Mr. Abraham Bookman
Mrs. Evette Bowman • Mr. Albert Burton
Mrs. Cathryn Francis Carter • Mrs. Rejeanne Charron
Mr. Peter N. Clark • Mr. Blake Denyes • Mr. Mark DiCesare
Mr. René Dumoulin • Mr. Ralph Emerson • Mr. Gilbert Finnie
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Perley Rideau
Foundation

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For Capital Campaign information:
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.

