



*He didn't tell me how to  
live; he lived, and let me  
watch him do it.*

*Clarence Budington Kelland*

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# Tribute

## DEEP ROOTS, WIDE SPREAD – A TRIBUTE TO BILL BARRIE

There could be no finer memorial to Almonte resident Bill Barrie than to plant a tree. Bill was a person whose influence spread far and wide, not unlike the canopy of a large tree. A quiet man with a spirited sense of humour, Bill left a lasting legacy for his community.

Bill's military career took him to North Africa, Alaska, Sicily, Italy, India and Europe where he specialized in radar technology. While studying Radio Physics in London he worked on the "Cold War" project to design the Arctic Radar detection system to detect trans-polar Soviet aircraft advancing on North America, later called the Distant Early Warning (DEW) Line.

Retirement for Bill and his wife Betty didn't include a life of indolence. With a lively family, a cottage at White Lake, and myriad interests. Almonte was the richer for Bill's involvement. Besides his membership in the local amateur radio club, he was an active choir member for many years, could play a mean harmonica, loved to cross-country ski, and was active in a think tank group of colleagues.



He was involved in research projects tracking Canadian military, especially those unsung heroes who were involved in secret work rarely mentioned. He was a contributor to the Pier 21 project in Halifax, and RCAF histories which are on display at the Canadian War Museum. He immersed himself in local projects, including the plan to bring Syrians to the community. Bill could speak several languages, and didn't hesitate to launch into conversation with strangers who warmed to him immediately.

The move to a retirement home offered Bill a new opportunity to share his enthusiasm for life with all who knew him. He was a gracious loving man who rose to the challenges of new adventures, no matter if they were major world-changing or small moments of joy. His sapling tree will grow and flourish like Bill himself to spread its canopy of influence over many generations while it settles deep roots in this community, fortunate to have been Bill and Betty Barrie's home.

The family and all who knew Bill and Betty Barrie are grateful that Orchard View by the Mississippi has seen fit to develop a Memorial Garden to honour beloved local residents.

# Horticultural Therapy

For those of us that love to play in the dirt, there is something to be said for the therapy that is provided by coming up with dirty finger nails, a sore back & knees. Scraped by the thorns of the roses but seeing and smelling the fruits of your labour make it all worthwhile. Gardening or horticulture can be a therapy in many different ways to many different people.

Horticultural therapy is a time-proven practice. The therapeutic benefits of garden environments have been documented since ancient times. In the 19th century, Dr. Benjamin Rush, a signer of the Declaration of Independence, and recognized as the "Father of American Psychiatry," was first to document the positive effect working in the garden had on individuals with mental illness.

With any activity, that you love and are passionate about, the therapy comes almost passively or subconsciously. We engage all parts of our body and brain; it calms our anxiety and our thoughts, it improves our memory, increases our language skills and recall ability; encourages task initiative. If you have others joining you the social aspect and/or learning/teaching comes into play as well.

Gardening is used as a therapy to;

Assist participants to learn new skills or regain lost ones.

Strengthen muscles,

Improve coordination, balance & endurance

Work independently,

Problem solve,

Follow direction,

Therapeutic gardens can come in many forms, whether the bonsai tree and sand garden, a beautiful, peaceful path to meander around or sit and ponder the world, raised beds or containers. They all have a place to meet the need of the individual that is participating in the gardening activity.

Orchard View by the Mississippi recognizes this need and wonderful therapy for seniors. Our outdoor oasis creates an opportunity to continue their love by having their own raised flower bed.

## Gardening Tips from our Residents

- ◆ Crushing eggs shells and spreading along the surface will help stop cut-worms
- ◆ Dig in mushroom compost when planting
- ◆ Prune all tomato plant branches below the first branch with blossoms
- ◆ Keep earth loose to allow air and water to access plant and help it grow





“Keep on







## Testimonial

I love my suite, with the animals right outside my window it's a great way to wake up. Everyone here is so pleasant and caring. Being able to have family and friends over anytime is really what makes Orchard View home.

## Rock Star of the Month - Lana Windsor

We would like to congratulate Lana Windsor for her dedication and willingness to help others. "Lana's soft voice, kind heart and willingness to help others make her our May Rockstar of the month." Lana has shown how much Orchard View means to her, time and time again, and for that and many other reasons, Lana is our Rock Star!

## Resident of the Month

Doris Scholes was born and grew up in Brantford Ontario, the "summer" home of Alexander Graham Bell. Doris hails from hearty stock, her ancestors were Huguenots, lace makers by trade. Two brothers who emigrated from England were given Crown Land and they settled in the Hamilton area where they started farming.

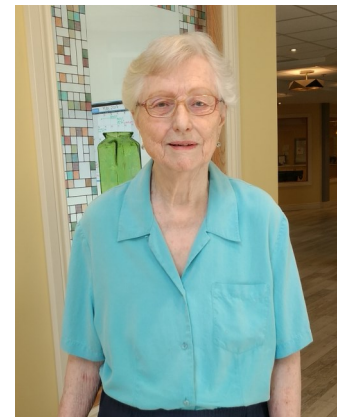
Doris as a young child during the depression years lived on a farm with her parents and grandparents, and has many fond memories of that time and also when she returned to spend summers after school was out with her grandparents. These were very happy times for Doris; her love of animals and nature in general was formulated and continued to grow during the visits and also in later life.

Doris graduated from High School and left home in 1954. She worked as a bookkeeper in Estate Planning for the Canada Trust Company and later met and married David Scholes. David's career as an Engineer with Bell Telephone took them many places; in fact, as a family they moved 9 times, twice to Montreal. In 1962, during the Kennedy "Camelot" years, Doris and David moved to New Jersey. David was part of a special task force on the development of the "transistor". It was a team comprised of 3 Canadians and one American from each State. In Doris's words, it was an incredible experience meeting people from all over the United States.

Volunteering was always a major part of Doris's life and she sought out areas of interest, and ones that would afford her the opportunity to make a difference in someone's life. She particularly enjoyed working with the Symphony Orchestra and spent 20 years as a volunteer at the Museum of Nature educating students (from kindergarten through to Grade 8) who came to visit the museum. She felt very privileged in this role. One of the many fond memories was the arrival of a group of Vietnamese children who had recently relocated to Ottawa; they couldn't speak any English but there was no problem - they used makeshift sign language and these children were like sponges, able to absorb every detail. Doris said "it was such a rewarding experience".

Doris has an adventuresome spirit, nurtured and supported by her husband David. They travelled all over England, visiting relatives with side trips to Europe. Her zest for new experiences took them to the Arctic via a Russian Research Vessel. They were stranded for two days, surrounded by icebergs in the Arctic waiting for an ice breaker. They also had the opportunity in Nunavut to pay their respects to those who lost their lives in the Franklin expedition, this was a particularly moving and emotional experience. They met many Inuit people during their travels, sampled raw seal, fresh char and absorbed the culture of these very warm and inviting people. Doris has said this was such a wonderful way to see Canada, her love for this country evident on her face.

Doris is very proud of her son Richard and her grandson Ben (who recently joined the Army and is currently in training) and her granddaughter Jane, who is a lawyer. As she reflects on her life, Doris readily says she has had an absolutely wonderful life, "every day has been filled with happiness and joy".





## Special Events of the Month

Almonte Hookers & Knitters every Wednesday

Ukaladies Practice every Monday

Almonte Daycare Children's Visits

## Residents in Action

Movies with Roy

Joanna's Book Picks

Walking Club with Joyce

Chat with Pat

Resident Talk Series

Bingo with Joanna

Orchard View Resident Chorus with Barbara

Scrabble with Ralph

For the Love of Quilting with Anne and Marie

## Musical Entertainment

June 2nd - The Diplomates

June 16th - The Barhaven Fiddleheads

June 30th - Rae Chalmers

## Amenities & Services

24-Hour Nursing Staff

Chapel Services

Wellness Centre—Physiotherapy

Emergency Response System

Esthetician

Foot Care Nurse

Full Service Dining Room

Hearing Aid Clinic

Hair Salon

Library

House Physician

Snack and Beverage Bistro

Wheelchair Accessible Bus

Pool & Shuffleboard Table

Bus Trips and Shopping Trips



## Regular Activities

### Mind

Game of Euchre & Bridge

Puzzle Corner

Trivia Thursday

Scrabble

Presentations

### Body

Fitness Classes

Walking Club

Game of Darts

Game of Pool

Gardening

### Soul

Open Art

Catholic Mass

New Resident Meet and Greet

Movie Nights

Entertainment with Joe Princiotta

Smoothie Social



**School of Support:**

***The Scoop on Powers of Attorney***

Evelyn Wheeler is a local expert on power of Attorney documents: how to create them, important wording to note and when they can be implemented. Join Evelyn for the insight into POA documents.

*Join us Tuesday June 13th  
7:00pm-8:30pm*



**Family Baseball Game Sunday**

**Sunday June 11th at 4:00pm in the Theatre**  
Join the crowd for an afternoon game cheering on the Blue Jays in tradition fashion.  
We will be serving, popcorn, hotdogs, nuts and more!  
Invite the family over to watch the game on the big screen.

Please RSVP with Michael at 613-963-5000 or [ovmrecreation@ovlc.com](mailto:ovmrecreation@ovlc.com)



**Father's Day  
Backyard BBQ**

**Sunday June 18<sup>th</sup> Join us for the best Father's Day BBQ Brunch you could ever imagine!**

**Reserve your table today for the  
11:00am or 1:00pm seating**



*Sharing with your friends how you love your new home can make everyone happy*



Receive \$750 for initiating a Friend & Family move in with us.

Contact Julie for details at  
613-963-5000 or [ovmmarketing@ovlc.com](mailto:ovmmarketing@ovlc.com)