

**Orchard View**  
BY THE MISSISSIPPI  
ALMONTE

# *The Monthly Review*

November, 2019



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**/orchardviewmississippi**

## Resident of the Month: Norman Fraser

On behalf of the Orchard View family, a warm welcome is extended to one of our most recent residents, Norman (Norm) Fraser. He was born in the agricultural village of Kinloss on the North East Coast of Scotland and emigrated to Canada in 1958, along with his British wife, Eileen May Bluck. The happy couple were blessed with one daughter, Rona, who had discovered the charm of Almonte, where she now resides while working for a local magazine, *the Humm*, as well as in a legal office. A tip of the hat goes out to Rona for convincing her parents to retire to an Almonte condo, where they lived until Eileen passed away recently.

Normans' otherwise successful and happy life had a tragic beginning. Sadly, at the age of five years, he lost his mother when she was killed in a bus accident. There were four boys in the family, and Norman was the second youngest. Normans' father, who worked on the railroad, was unable to care for the family alone, so the eldest boy was sent to live with his maternal grandparents, and the three remaining boys were dispatched to an Anglican orphanage in Aberlour around twenty miles from Kinloss.

In his own words, Norman described life in the orphanage which accommodated roughly 400 children:

“My brothers and I were very lucky as we had a great dad, who would try to visit us every Sunday. Eventually, he came to live with his sister (our Aunt May) so that he would be closer to us. I recall how much I looked forward to Sundays, and if I missed his visit, how broken hearted I would feel.

We attended the orphanage school [and] slept in dormitories, and I was separated from my brothers by age. I remember feeling hungry most of the time — too much water in the soup and not enough water in the gruel to help choke down the oatmeal. It was a very dark time in my life.

Then one day the sun came back into our lives, when dad showed up with a lovely lady by his side. Her name was Annie Wilson, and by the end of their visit, we were calling her Auntie Annie.

Within a few months, when I was eight years old, we left the orphanage and started our new life with our new mom, who was a cook by profession. So it was goodbye to the skinny soup and hello to our newly formed family with the added bonus of shepherds pie, neeps and tatties (turnips and potatoes), and mealy fagic (a haggis-like dish consisting of liver, onion, spices, and oatmeal cooked in a cheesecloth bag in a pot of hot soup.”

After high school, Norman spent thirteen years with the Royal Air Force (RAF) where he became an Armament Specialist, working on the maintenance of bombs and other explosive weaponry. During that time, he served proudly for three years on active stand-by duty in Singapore.

Both he and Eileen possessed a strong desire to emigrate to Canada, and at the urging and with help from a friend who earlier had made his new home in Canada, they arrived in Montreal. Eileen had already secured a job as a stenographer in Montreal before she boarded the ship in England, and shortly after their arrival, Norman found employment in the warehouse of the well-known Japanese electronics giant, Sony Canada Ltd.

The warehouse facilitated the distribution of the full range of Sony products sales to Quebec and the Maritime Provinces, and within a couple of years, Norman was promoted to Office Manager and later to General Manager, the position he held until his retirement after 24 years with Sony—Not too bad for a ‘wee Scottish lad’ from the rugged North East Coast of Scotland, who had such a rough start in life!

For those who don’t know Norman Fraser, you can find him most days relaxing in the Bistro—just look for a well-fit gentleman with a soft Scottish accent and an easy smile. However, if you decide to challenge him to a game of Ping-Pong, you do so at your own peril!

## Remembering our Veterans

To our OVM Veterans;

*Ralph Stratford, Bob Sutcliffe, Jim Scrimgeour, Glenn Johnston, Willis Gourlay, Joanna Andrews-Gillies, Ray Grant, Louis Beaudoin, Dave Cummings, Terry Hodgson, John Wellman, David Henderson, Shirley Blonski, Gordon Mackenzie*

To those who we lost this year;

*Pat Stratford, Mel Lavergne, Don Stewart, Keith Stanley, Dan Cybulski, James Walker, Doris Ward, Reg Richardson*



# Keep on Smiling





## Employee of the Month - Lance Cochrane

Congratulation to Lance on being awarded this Months Employee of the Month. Lance has been with OVM for almost a year now and has made a world of difference amongst the staff, but more importantly the Residents. He gives everything through his heart, he loves to engage the residents, is kind and gentle but isn't afraid to crack a joke. When he comes to work, he comes in early and stays late. He is a great team member and you know it will be a good day with Lance around. Thank you Lance for all your hard work and in putting the residents first.

## Testimonial - Joy Stratford

I am very grateful for all the kindness extended to my family as we transition thru my mother's passing. So many people have taken the time to make my dad feel supported in his new space. Big and small gestures from the team make it clear that dad is well cared for.

## *Remembrance Day at Orchard View*

From November 1st through till the 11th honour and show respect to our Veterans at OVM. We have been honoured to be called home for many veterans in our three years of establishment.

Starting November 1st we encourage families and our veterans to display pictures, letters, uniforms and mementos from their days of service. Many wives will bring out pictures of their husbands, for others it's an uncle or a cousin who served. Regardless we all have been touched by someone who has given so much to our country.

We are so privileged to have the Almonte Legion come in and host our Remembrance Day Ceremony. It is done with respect and admiration for these men and women.

*Should you have the time we encourage our community members, families and friends to come in and see the ever growing displays we will have in the days leading up to November 11th.*



### Special Activities / Events

Remembrance Day  
 Ceremony with the  
 Almonte Legion  
 Hub Pop Up Shop  
 Sock hop Night Fundraiser  
 for Almonte District Hospital

### Musical Entertainment

November 1st Dai B.  
 November 11th Rick L.  
 November 15th Peter B.  
 November 29th Crature

### Residents in Action

Chat with Pat  
 Bingo with Joanna and  
 Friends  
 Open Art with Audrey  
 OVM Chorus with Barbara  
 Four Hand Euchre with  
 Terry



### Regular Activities

#### Mind

Game of Euchre & Bridge  
 Puzzle Corner  
 Bingo  
 Memory Fitness

#### Body

Fitness Classes  
 Walking Club  
 Game of Pool  
 Zumba

#### Soul

Movie Nights  
 Orchard View Chorus  
 Entertainment  
 Religious Services  
 Gardening  
 Joe Princiotta



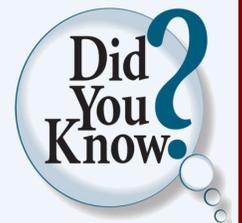
### Amenities & Services

24-Hour Nursing Staff  
 Chapel Services  
 Wellness Centre—  
 Physiotherapy  
 Emergency Response  
 System  
 Foot Care Nurse  
 Full Service Dining Room  
 Hearing Aid Clinic  
 Hair Salon and Esthetician  
 Massage Therapist  
 Library  
 House Physician  
 Snack and Beverage Bistro

Wheelchair  
 Accessible Bus  
 Pool & Shuffleboard  
 Table  
 Bus Trips and Shop-  
 ping Trips  
 Tuck Shop  
 Outdoor Raised  
 Flower Gardens  
 Duck Pond, Atrium  
 Pond and Donkey Pen  
 with assorted  
 additional animals

### JoJo's Did You Know?

Sharing thoughts helps  
 build community life. Do-  
 ing small things for the  
 love of each other or  
 maybe just a smile or  
 maybe just gentleness,  
 these are the things;  
 small thing that can become big thing.



Everything is okay in the end,  
 If it's not okay,  
 Then it's not the end.



# Join us for a Sock Hop

**November 19th at 7:00pm**

**Tickets are \$10**

**Get your Sock Hop outfits out and get  
ready to dance the night away!**

We will have plenty of fun and laughter all while  
supporting the Almonte District Hospital

- ◆ Andrews Sisters
- ◆ Best Dressed Contest
- ◆ Silent Auction
- ◆ Fun-Raising Activities
- ◆ Cash bar
- ◆ Much more!
- ◆ Dancing
- ◆ Call or stop in to purchase
- ◆ 1950's Era food
- ◆ a ticket at 613.963.5000

*All Proceeds going to the Almonte General Hospital*

