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Resident of the Month: David Anstruther Henderson & Anna Patricia (Paddy) Henderson

Written by: Brent Connelly

Writing for the OVM newsletter over the past couple of years has given me the opportunity to meet many of the wonderful people of Orchardview by the Mississippi and the chance to learn about their life experiences. The one thing I have discovered through the process is this: Behind every walker or wheelchair being pushed around the campus on a sunny spring morning, there is a ton of information—and best of all, amazing stories and yarns—that should be recorded so that they can be shared with friends, current or future family members, or even the casual recreational reader. It needn't be a published book; it could be something as simple as a few paragraphs in a scribbler tucked away in a shoe box under the bed.

This month we are meeting our townhouse neighbour, David & Paddy Henderson. David has already covered his past when he wrote his own biography, *My Story*, and gave it to each one of his three daughters to be kept with their copies of a limited-edition book—*Records of My Family*—which had been researched and written by his own grandfather, Ralph Anstruther Henderson.

First let's meet David Anstruther Henderson:

I was born on January 30, 1928, in the town of Kohat in the North West Frontier Province of India. My father, who was in the British army, was serving in India at the time.

On returning to the United Kingdom in 1933, I began my schooling in England by attending, first, a preparatory school at Aysgarth in Yorkshire and, second, Winchester College in Hampshire. Winchester College was founded in 1382. I left Winchester in 1945, and having decided to be a professional soldier, I enlisted in the British army. I applied for a commission and was enrolled at the Royal Military Academy Sandhurst (RMAS). My main memories of Sandhurst were "ceremonial." I was appointed as an Ensign to the Colour on the occasion of the Presentation of Colours to the college by King George VI. This was an event that involved me having a very short conversation with a king. I was kneeling on one knee when the king handed me the Colour. He then stepped back and said, "Are you not supposed to stand up?" As I wasn't supposed to stand up until after he had presented another Colour to a cadet a few yards away, I replied, "No sir." And that was the end of a very short conversation!

I was commissioned into the Royal Artillery and served in the Far East, first in Hong Kong and later in South Korea during the Korean War. On returning to the United Kingdom, I decided to leave the army and resigned my commission. Finding work in "civvy street" was difficult, so I decided to emigrate to Canada and set sail from Liverpool on the *SS Sydney* in August 1953.

On my arrival in Montreal, I found employment opportunities equally difficult and decided to join the Canadian army. I ended up arriving at Fort Osborne Barracks in Winnipeg and joined the 2nd Regiment Royal Canadian Horse Artillery (2 RCHA).

It was in Winnipeg where I met and later married Diane Harrington on January 2, 1958. We had three daughters: Cathie in 1959, Davina in 1961, and Rebecca in 1963. In February 1964, the regiment was ordered to move to Hemer in Germany. It was during our stay there that Diane had a heart attack, which, in retrospect, we realized was the start of a deterioration in health. Sadly, this led to her untimely death in 1995.

In January 1974, I had completed twelve years of service in the Canadian military, which, together with my eight years in the British army, meant I was entitled to a full pension. I could not foresee any chance of further advancement, so I decided to retire.

We decided to buy a house in Almonte. Having retired, I needed to find something to keep me busy, so when a vacancy came up in the community council in Almonte, I successfully applied to fill it. Around this time, two programs became available to local councils. One was the Neighbourhood Improvement Programme, and the other was the Ontario Home Renewal Programme. The council decided to apply for both of them, and I was hired by the council to be the coordinator for them.

Unfortunately, it was around this time that my relationship with Diane deteriorated, and we agreed to divorce.

Now we learn a bit more about Paddy Henderson's early life from Paddy herself:

I was born in Ottawa in 1938, the second of six children. I grew up in the Parkdale Avenue area and attended École St Antoine and École St Conrad—both French elementary schools close to our home. Later on, I went to Fisher Park High School. After graduating from the high school's commercial course, I worked at Ottawa City Hall. At that time in 1955, City Hall was in the Transportation Building at the corner of Rideau and Sussex streets. A few years later, we moved into the new City Hall on Green Island. I was secretary to the first traffic engineer in Ottawa, who was hired by Mayor Charlotte Whitton.

In 1959, I married Kenneth Sweeney, who was a high school science teacher. We lived in Peterborough, where our sons Michael and Steven were born. When Ken became department head, we moved to Smiths Falls where our third son, Timothy, was born. Then Ken became principal of Almonte and District High School, and sadly, in 1973 he died suddenly of a heart attack.

David sheds some light on how he and Paddy met:

While living in Almonte, I had become friends with a neighbour, Patricia Sweeney, who was a widow with three young sons, Michael, Steven, and Timothy. This friendship soon developed into something deeper, and we married at the United Church in Almonte on April 2, 1976.

David continues with a few highlights of their married life:

During the next few years, Paddy and I made a number of trips to Scotland to tour the countryside and visit my sister, Elizabeth, who lived on the Isle of Mull. Finally, in July 1984, we decided to move there and make Scotland our home. It was during this period that I became a hill-walking enthusiast, and, together with my border collie, Luath, I completed the round of 277 Munros, hills more than 3,000 feet. I joined the local Mountain Rescue Team where Luath was training to be a search and rescue dog, while my very patient wife spent many hours in the wet heather waiting to be found.

In July 2012, we moved back to Canada to be closer to our children and grandchildren, with our most recent move—in fall 2018—into an independent-living townhouse in a well-managed retirement complex on Paterson Street in Almonte called "Orchard View by the Mississippi."

So, now what do you think about the suggestion that you should write a book about the history of your family? You can always plan on it being a retirement project when you will surely have lots of spare time. Spare time?? Spare time?? What the hang is that? I have been retired for more than twenty years now, and I haven't seen a trace of spare time—not even a split second. However, it won't be a surprise for you to hear what I have on my Dollar Store shopping list—a scribbler!! So, while you stay safe, stay tuned, folks.



Keep on



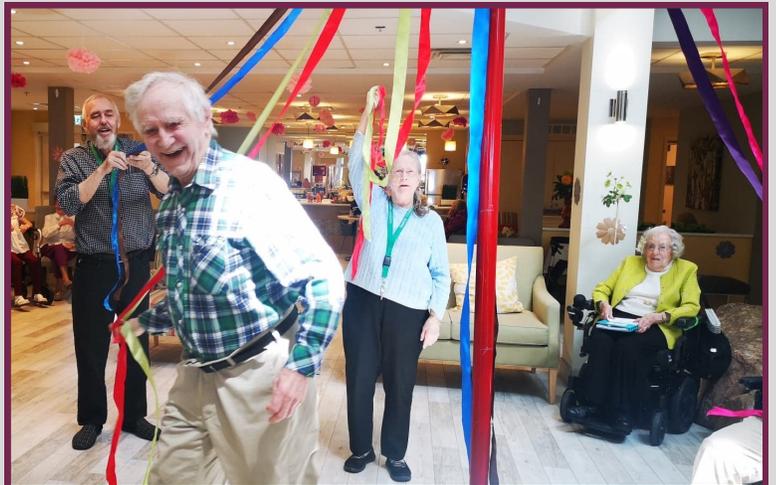
We were blessed to have Ramsay Creek Nursery all to ourselves for residents to go and do their garden shopping!



Smiling



Outside on our roof top patio! Summer at its finest.



Every year we celebrate May 1st by dancing around the May Pole.



OVM Resident were able to partake in one of Carebridge's community contest. Helga won herself some Baker Bob Bucks for her beautifully decorated bird house!

Employee of the Month - Shannon

Shannon started with us for about a year now, she braved the COVID storm and came to work in the health care team. She is more than just an amazing server, she a caring and intuitive member of our team. Shannon loves to make the residents happy, knows the ins and outs of the dining room and what the residents may like, need or veer away from. She has spent a lot of time getting to know the residents, what goes on around the building and how to help the residents even outside the Dining Room. With the summer months upon us, Shannon and fellow team member Kim are eager to care for the Kitchen garden plants! They have been turning the soil, weeding, waiting for better weather and looking for what is best to grow this year! We are all lucky to have Shannon a part of the team, from Residents to staff. Congratulations, Shannon on being June's Employee of the Month, continue to shine and show us all the talents that you have.

Testimonial - Helga Henning

A place to call home among friends and dedicated staff. They have worked tirelessly in keeping us safe and happy during this covid time. They create special events for us to enjoy and keep up the morale. Our Mother's Day was so special and it warmed out hearts.

Summer is coming and our gardens are already colourful with flowers. There will be so much more fun things to do in the sunshine. OVM truly has that feeling of home. I am so glad I made it mine.

Laugh out Loud with Orchard View

I started out with nothing, and I still
have most of it.

My wild oats have turned into prunes
and all-bran.

I finally got my head together, and
now my body is falling apart.

Funny, I don't remember being absent
-minded

If all is no lost, where is it?

It is easier to get older than it is to
get wiser.

Some days, you're the dog, other days
you're the lamp post.

Open Activities

- ~ Bistro ~ Puzzle Tables
- ~ Wellness Centre Bike and
Walking Bars
- ~ Joe on the Piano ~ Adult Colouring
- ~ Social Distanced Bingo with
Joanna and Friends
- ~ Massage Chairs (Wellness Centre/ 3rd Floor
Lounge)
- ~ Docking Station for phone calls or Video Calls on
the computer
- ~ Library ~ Tuck Shop
- ~ Church Services / Rosary Prayer
- ~ Fitness classes on Main, 3rd and 4th Floor from
Almonte Physio

Which Would your Dad Rather?

Should your dad be with you today, or if you are remembering all the Dad moments, here is a fun way to honour all our Dads



Would your Dad Rather...

Change a poomageddon dirty nappy once? ... OR stack the dishwasher for a week?

Would your Dad Rather...

Have a romantic date night? ... OR go to a local fair/tractor pull

Would your Dad Rather...

Listen to Country Music all day? ... OR spend the day at an Art Gallery?

Would your Dad Rather...

Go camping or fishing? ... OR go somewhere warm or tropical?

Would your Dad Rather...

Eat a big meat and potatoes meal? OR ... spend the night snacking on some sweets or salty snacks?

Would your Dad Rather...

Go back and live 100 years ago? OR ... Live 100 years from now?

Would your Dad Rather...

Say I love you in words? OR in the actions he made?

JoJo's Did You Know?

A Dime has 118 ridges around the edge

A cat has 32 muscles in each ear

A crocodile cannot tick its tongue out

A dragonfly has a life span of 24 hours

A goldfish has a memory span of three seconds!

A "jiffy" is an actual unit of time for 1/100th of a second!

all about my **DAD**

My dad is _____ years old.

My dad is really strong, he could lift
a _____.

My dad's favorite color is _____.

My dad's favorite food is _____.

My dad always says " _____
_____."

My dad is the best at _____.

My dad's job is _____.

My dad laughs when _____.

If my dad had time, he would love
to _____.

My dad & I like to _____
_____.

My dad really loves _____
_____.

I LOVE my dad because _____
_____.

By _____