

August 2021

*I'll tell you how the Sun rose –
A Ribbon at a time –
The Steeples swam in Amethyst –
The news, like Squirrels, ran –
The Hills untied their Bonnets –
The Bobolinks – begun –
Then I said softly to myself –
'That must have been the Sun!'*

Emily Dickinson,

'I'll tell you how the Sun rose'

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Resident of the Month: Russell (Russ) Suitor and Mary Lou (Tarte) Suitor

Written by: Brent Connelly

The many friends of the *Suitor* family can tell you that Russ and Mary Lou are well *suited* to their current lifestyle of living in a townhouse as part of the OVM retirement “continuum of care” concept. And if you happen to be out for a stroll around the OVM campus on a nice sunny day, you will likely find them sitting on their front porch (#27), probably chatting with their next-door neighbours, Gary and Carol Collins. Be sure to stop in for a visit or bid them a “G’ Day”—you will be glad that you did.

As Russ puts it, when asked how they like living at Orchard View, “We both like it here very much; the amenities provided at our fingertips are very impressive, as well as the tough-minded determination shown by all involved in coming together in the successful fight against COVID-19. But it is the friendliness of the community at large—not to mention the residents and staff here at our new home—which we are most taken by. It makes us feel very safe to be living here. Add to that, the fact that three of our six sons live nearby makes it quite comforting for us.”

Here is a list of the couple’s six sons and their current location in Ontario (July 2021) in order of age, beginning with the eldest: Kevin, Pickering; Kim, Carleton Place; Christopher, Castleford; Craig, Nepean; Kent, Georgetown; and Kirk, Toronto. Two years separate the first five boys, with seven years between the fifth and the youngest, Kirk, who was commonly teased by his older siblings and affectionately given the label “Mom and Dad’s little *afterthought*.”

Russ Suitor was born in 1934, in a farmhouse where he was raised along with three brothers on a large family dairy farm in the small village of Huntingville, Quebec, which is only about 5 kilometres from the larger centre of Lennoxville, Quebec. And where was the *Suitor* family farm located in this part of the country? Well, you guessed it! The *Suitor* farm was, and still is, located on *Suitor* Road, where it had been worked by Russ’s younger brother, Allan, until 2019, when, as he approached the age of eighty, he wisely began to wind things down by selling off the remaining livestock and equipment. However, Allan still resides on the farm, and Russ tells us that after their dad had purchased the farm in 1918, a full generation of his family had worked the land and had been supported by this patch of ground, now known by many as the *Old Suitor Place*.

For the record, Russ wants all to know (especially his six sons) that while he lived on the farm he had to walk “to and from” school every day (rain or shine)—or through gypsy moth infestations—over a one-way distance of more than 3 kilometres. And believe it or not, it was uphill every step of the way, in every and all directions.

It seemed that Russ had agriculture in his blood, and since, as a young lad growing up on a farm, he had experienced the working-man side of being a farmer, he decided to make a career out of the science end of the business. So in 1953, he enrolled in the Agriculture program at Macdonald College in Sainte-Anne-de-Bellevue, Quebec. One day, while he was enjoying a cup of coffee with some of his friends in a college coffee shop, he walked a group of girls who were attending the teachers’ college on the Macdonald campus. But there was one girl who really stood out for Russell, and he scooped her up as soon as he could. She was the former Mary Lou Tarte, an attractive young English lady from Montreal, whose father took the first ship he could find to return to England in 1914 to join the British army during the First World War, after which he returned to his family in Canada. Mary Lou fulfilled her dream by acquiring a teaching certificate, and she then took a teaching job in Montreal.



In the meantime, Russell had completed his textbook education in the field of high-tech agriculture at Macdonald College, so it was now time for this eager young fellow to fetch his boots from “inbacka” the driver’s seat of his pickup truck and begin working on a career. He first spent two and a half years with the Macdonald College Seed Farm. However, shortly after that Russell hit the jackpot when he found regular employment as a research assistant with the federally run and internationally renowned Central Experimental Farm (CEF), known by some as the “fields of dreams.” The farm was, and still is, located in the middle of the nation’s capital, 2 miles from the Peace Tower, where it struggles valiantly, and so far successfully, to fight off the threats of encroachment brought on by the pressure of city development—and others who simply don’t understand or care about the need to grow more food, more safely, on a global scale.

Russell Suitor worked at the Central Experimental Farm as a research assistant until his retirement thirty-four years later in 1991. (A footnote: Since Russell had been with the CEF for thirty-four years and has been retired since 1991, as of the present day in 2021, he will have received thirty years of pension benefits. In only four more years, his service years will equal the pension years. That might give some of those pension actuaries on Parliament Hill something to fret about as they doodle with the numbers.)

Russell’s special interest was in the development of new varieties of grasses and other ground vegetation for cattle feed. Initially, the job involved outside fieldwork in the summer months, while during the non-growing parts of the season he was assigned to the lab and to the greenhouses to conduct various cross-pollination projects. During the latter part of his career, Russ was deployed as the supervisor of an annual tour of Ontario to facilitate the assessment of previously established sample plots throughout the province by CEF technicians.

At this point, the lights came on for me. While listening to Russ describe the methods of improving cattle feed, I recalled my own quite sketchy knowledge on the subject. During my own undergraduate years, I had worked for a couple of summers at the now defunct Eastern Canada Forest Products Lab formerly on Montreal Road in Ottawa. During that time, I had heard about some scientists at the CEF who had talked an old Holstein cow into having a window with a sliding door installed in her rib cage to allow the programmed removal of her stomach contents to be analyzed for research purposes. At the input end of the process, old Bessie was treated to a buffet of homegrown CEF grasses and a sawdust-wood-chip casserole, compliments of the Forest Products Lab. Since that experimentation was done about sixty years ago, both Russell and I have lost track of the results, so if anybody reading this can provide an update on the matter, we would appreciate hearing from you. However, with a slight flavour of *pun*ner, along with a dash of sarcasm, we both speculate that the old bovine *wood* have gone down hill shortly after she had been converted to such a highly fibrous diet as *would* chips.

Now we will return to visit with Mary Lou, who sadly was the victim of a stroke that she suffered in 2005, but in no way did it take away from her very fine sense of humour. It only took Heather and me about a minute to figure out that there was much more to her than being an excellent mother of six hungry boys and the supportive wife of a hard-working husband.

For the most part, Mary Lou didn’t work away from home while the boys were growing up. She was content to watch over other people’s children, as well as her own, while she worked at mastering her various crafts. However, she did do some supply teaching along the way, while helping Russell build a beautiful new family home on Big Rideau Lake near the Narrows lock system.



Celebrate the season with some delicious watermelons!

The residents were thrilled to have the Ukeladies back to perform as well!

Auntie Inappropriate Designs
DO THE WATERMELON CRAWL
Auntie Inappropriate Designs



On Smiling



We love the summer! We are very fortunate to have all our outdoor space and community members to help us enjoy the sights as well.



Our Memory Living Residents sure do know how to have fun! You never know what the day may bring, but there will sure be a smile!



Employee of the Month - Megan Hoban

Congratulations to Megan for being our employee of the month for August! Megan works in the Recreation Dept. however does so much more than just that, she is a great partner to the Nursing Dept and Dietary Dept. with her quick steps and the most polite approach. Megan is an amazing asset to the team as she is extremely cheerful, accommodating and understanding of the residents. She quickly became an adored employee amongst the residents. The staff loves working along side Megan as she is a true team player and won't stop until the job gets done! A big thank you to Megan for all her hard work and effort in making OVM that much better for all. Congratulations Megan and keep on smiling!

Testimonial - Margaret Dunn

When my mother, Marie Dunn, heard there was a retirement home to open in Almonte, she was excited: "I always said this is just what the town needs". She moved in in November 2016.

She was proud of the beautification inside and raved about the poinsettias in the atrium at Christmas. She enjoyed arranging displays of artwork by residents in the exhibit space on the second floor.

When mom's health declined in June, Orchard View stepped in with palliative care services. This meant her family could remain by her side in her cherished suite to the end of her journey. All OVM staff showed compassion and caring in those difficult days, which was a great comfort to the family..

Laugh out Loud with Orchard View

**DID YOU HEAR ABOUT THE CAT
WHO SWALLOWED A BALL OF WOOL?
SHE HAD MITTENS!**



**WHAT DOES
A HOUSE
WEAR?
ADDRESS.**

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

Resident of the Month Continued

But when she finally was able to let out the clutch, she started up a catering business and worked as a district manager for the Avon company for a decade in a job that took her to several large commercial centres in Canada and the United States. On top of that, in recognition for her success as a top-producing district manager, Avon rewarded her with a trip to Hawaii.

It was during this time that Russell very willingly learned the ins and outs of the child rearing business while still showing up every day for work in the “fields of dreams.” It was also a time for Russell and Mary Lou to drive 10 million miles annually to deliver their kids—and oftentimes their friends and teammates—to hockey, ball, and soccer games, as well as other activities that they were committed to.

Here is how Russell and Mary Lou recall those crazy days, first in the words of Russell: “Five of our six kids played hockey—two with competitive teams and three in various house leagues—so I’m proud to tell you that I have had my ass frozen off in every arena from Hawkesbury to Hawk Junction.”

And as Mary Lou puts it, while sporting a huge smile, “Those were crazy times, for sure. I remember one time when there were so many games and tournaments scheduled that we had to take both of our cars, which meant that Russell would be spending his weekend in Hamilton, while I would be in Brockville, and that wouldn’t be very much fun for either of us. And it wasn’t.

“But,” she added confidently and with her customary smile, “we did it! We got the job done, and we would do it all over again, without making too many changes, except for having to choke down those man-killing—oops, person-killing—Big Macs from McDonald’s. We would have to do something better than that!”

And so as the last words are left to my wife Heather and me, we would like to say to Russell and Mary Lou that you folks certainly got the job done, and then some!

And you did it your way—with lots of heart and with much back-home humour. Good for you, and may God bless you both.

JoJo's Did You Know

Babies are born without knee caps. They don't appear until the child reaches 2 to 6 years of age

Butterflies taste with their feet

Cats have over one hundred vocal sounds. Dogs only have about 10

“Dreamt” is the only English word that ends with the letters “mt”

February 1865 is the only month in recorded history to have not had a full moon.

In the last 4,000 years, no new animal has been domesticated.

VenDemmia at KIN

Weekend of September 17-19th

**Come enjoy a weekend away from the city, in a beautiful Carp Vineyard
With live entertainment, grape stomping, amazing food and great wine, this is the place to be.**

Various events and live entertainment will be on all weekend long.

