



BEHIND THE WHEEL

Carol Waters: A Vibrant Member of the Ottawa Community

By Terri Morgan

I was thinking of a way to describe Carol and instantly came up with energetic and crazy fun! I first heard about Carol fifteen years ago when she wrote a cookbook “for fun” along with her friend Janice Friis, called *The Cookbook: A Breakfast Companion of Whispered Secrets*. She donated the proceeds of the sales to Meals on Wheels where she had been a delivery volunteer since 1985 along with her daughter Olivia and husband Brian (who still has a regular weekly route). My copy of this cookbook has gotten so much use it is literally held together with tape. Of course, Carol is a great cook, serving up great food at her bed and breakfast, which she also runs “for fun.”

Carol is always helping others and is quick to lend a hand, items for a fundraiser, or a scrap of material whenever asked. Claire Fitzpatrick, a past Board member describes Carol as “quick to laugh and enjoy a moment; get into character or roll up her sleeves to help; and then go glamour for an event all in the same breath.” Of course, I remember her having two different shoes on at one of those events!

And connections... who doesn't Carol know in Ottawa? Active with the Rotary Club since 1994, Carol realized that MOW could benefit from the Rotarians' programs and network. In 1998, she was instrumental in getting MOW involved in their Mums for Thanksgiving Campaign. This is now MOW's biggest source of non-government support and Carol has been a driving force behind its increasing success over the years.

I asked Carol about some of her best times at MOW. Of course, she talked about

volunteering on Christmas day, which she and her husband Brian have been doing for five years. She likes talking to people and is so animated that she always makes people around her feel good.

She came to the MOW Board ten years ago; how could she not? When I heard that she was leaving the Board, I instantly thought, “What am I going to do without Carol?!” The question is—what is she going to do when she leaves the MOW Board? LOTS! She has already been to Africa twice setting up a woman's co-operative and teaching women to sew. She lugged thirteen wedding dresses to Africa last month and paid the \$200 duty out of her own pocket. These dresses will be rented to women wanting to look special on their big day and will be a source of income for the co-operative. Of course, she says she could not have done it all without Brian's help.

We deeply and sincerely thank Carol for all her hard work, energy, and enthusiasm over the years. We will miss her on the Board of Directors but look forward to our continued relationship with her on other projects.



Carol Waters and MOW Executive Director Baudouin St-Cyr at the November 2011 Volunteer Reception
Photo: Jill Dodd

Dates to Note:

- May 21**
Victoria Day - NO MEALS
- June 9**
Walk of Ages
- July 2**
Canada Day - NO MEALS
- August 6**
Civic Holiday - NO MEALS
- September 3**
Labour Day - NO MEALS
- September 28/29**
Delivery of Mums plants
- October 8**
Thanksgiving - NO MEALS
- October 24**
Volunteer Reception

2011–2012 Board of Directors

- Stuart McLeod: *President*
- Donna Crabtree: *Vice-President*
- David Gray: *Secretary*
- David Brearley: *Treasurer*
- Charlotte Davidson: *Past-President*

- Jacques Bédard, Yolande Cremer, Sue Flockton, George Hermanson, Terri Morgan, Doreen Murthy, Ann Perron, Maroun Rehayem, Carol Waters.

Welcome to Our Team! Volunteers joining Meals on Wheels since Fall 2011:

Nick Ayre
Cynthia Ball
Lise Bourassa
Marlene Brandenburg
Ryan Dwarka
John Ferguson
Tim Fu
Jennifer Gaumont
Yasmine Guillaume
Gerry Halpin
Jeanette Halpin
Carola Herget
Jaqueline Jesty
John Jesty
Bojana Joksimovic
Sylvia Kozub
Christopher Leo
Diane Logan
Bill Mitchell
Cathy Madigan
Robert Moeller
Charles Morrow
Mara O'Brien-James
John Oram
Lauren Ott
Maria Peake
Remy Poulin
Barrie Reynolds
Nash Roufaïel
Allyson Slate
Sothea Soun
Nicole Tachereau
Devan Twinney
Melissa Watkins
Calvin Young
David James Younger

2011 Meals on Wheels Volunteer Reception

The Volunteer Reception was held on Wednesday November 9th at The Good Companions Centre. Thank you to kitchen manager Frank Bowie and his staff for a delicious lasagna dinner. Pianist Eric Vincent-Patry provided the musical entertainment.

Special guests included Mayor Jim Watson and MPP Yasir Naqvi. They both congratulated the volunteers on their dedication and commitment to making a difference in the City of Ottawa. Thank you to guest speaker Claire Marshall of Volunteer Ottawa. Claire spoke about the importance of volunteerism and acknowledged the great work done by the Meals on Wheels volunteers.

Many volunteers were recognized with a pin and certificate for milestones of hours or years of volunteering. There were also a number of door prize winners. Thank you to the local businesses that donated prizes for this event. Thank you to all of the volunteers who attended. We're always pleased to have the opportunity to show our appreciation to all of you who work so hard at providing this service!

We hope to see you at the 2012 reception!



Standing left to right Bill Logan, Barry Strayer, Don Bedier, Curtis Duquette, Brian Waters, John Farmer
Seated left to right Louise Gallagher, Eleanor Parlee, Barbara MacIntosh
Photo: Baudouin St-Cyr

Award Recipients

500-hour awards

Donald Bedier
Dana Clark
Curtis Duquette
John Farmer
Louis Gallagher
Janet Holgate
Bill Logan
Barbara MacIntosh
Frank McCallum
Joyce Moore
Tom Moore
Eleanor Parlee
Pam Nelson
Dorothy Shigeishi
Ron Shigeishi
Lesley Sibthorpe
Graham Sibthorpe
Barry Strayer
Bill Timlin
Brian Waters

1000-hour awards

Jean Halstead
Matthew Spencer
Sara Wiebe
Catherine Williams

1500-hour awards

Naomi Kuhn

Volunteer Notes

Firstly, we would like to extend a sincere thank you to all volunteers. Without your dedication to our program, we could not operate. We also want to remind volunteers who use their own vehicle for meal delivery not to forget to send in mileage claim forms for reimbursement by either cheque or donation receipt. We have a donation line and an expense line in our yearly budget

expressly for this purpose and we ask that you take advantage of this and help us to meet our budget targets. This also helps us to keep an accurate picture of how many kilometres our volunteers log every year. You can find the mileage claim form on our website or we would be happy to send you some by mail.

Come Walk With Us!

Meals on Wheels and The Good Companions Centre share the same goal of supporting and enhancing the well being and independence of seniors and adults with physical disabilities in the community. The Good Companions Annual Walk of Ages is coming up on Saturday, June 9th, and we invite our Meals on Wheels volunteers, clients, families, and friends to join us for this great fundraiser.

The day's events kick off at 10:30 a.m. with The Highland Pipers followed by a 4 km walk along the beautiful NCC pathway by the Ottawa River. After the walk, enjoy a BBQ lunch, entertainment, and great prizes at the Centre. It's a fun day for the whole family.

As part of the Meals on Wheels Equal Partner Team, the funds you raise support both Meals on Wheels and The Good Companions. When you obtain your pledge forms, be sure to fill out the Equal Partner Section so that Meals on Wheels will benefit from your participation. You can obtain this pledge form by contacting us at the MOW office.

With a minimum pledge of \$30, you will be eligible for the BBQ lunch. A pledge of \$50 will also make you eligible for great prizes. Members of the Meals on Wheels Equal Partner Team who raise a minimum pledge of \$30 will also receive one of our



Meals on Wheels Staff
From left to right Pamela Beauchamp, Jill Dodd, Renée Langille, Shelley Lergen, Baudouin St-Cyr, Terry Moaness, Cathy Shaw
Photo: Baudouin St-Cyr

new MOW T-shirts hot off the press. T-shirts will also be available for purchase in sizes small to extra large for \$10 by contacting the MOW office.

Thank You!

President of the City Union of The King's Daughters and Sons, Richmond Wilson, presented a donation cheque to MOW Vice-President Donna Crabtree at the KDS Annual General Meeting held last January 14th. For more information on the King's Daughters and Sons, see their website at www.thekingdaughtersandsons.ca.



Richmond Wilson and Donna Crabtree
Photo: Patrick Chen

Welcome Care Canada Team

Care Canada joined Meals on Wheels in the Fall of 2011. They are a leading aid and development organization fighting global poverty through long-term development and emergency relief. The Care Canada corporate delivery team delivers meals every Wednesday from St Patrick's Home on Riverside Drive.

"The CARE Canada Human Resources team is so happy to volunteer with Meals on Wheels! Being able to give back and help support the communities we live in is something important to each one of us. The experience has been so rewarding and we have truly received so much more in return!"—Nick Ayre, Vice-President Human Resources.



Back row from left to right Tim Fu, Mara O'Brien-James, Nick Ayre, Bojana Joksimovic
Front row left to right Melissa Watkins, John Oram, Jennifer Gaumont, Sylvia Kozub
(absent: Maria Peake)
Photo: Sparrow McGowan

New Frozen Food

We're excited to introduce a new line of frozen entrées from Ottawa-based TimeSaver Foods to supplement our existing product line from Apetito. The cost per entrée is \$5.75. These new meals provide our clients with even more choice than before!

The same ordering deadlines apply for all frozen orders. Delivery days are Tuesdays

between 12 noon and 2 p.m. for clients in the West end of Ottawa, and Fridays between 9 a.m. and 11 a.m. for clients in the East end of Ottawa.

Please give us a call if you would like more information or would like to try out these new meals.

Nutrition Corner

By Renée Langille

Myths & Facts About Sugar

Nearly everyone enjoys the taste of sugar, but recent news reports may raise questions about sugars and their impact on health. Here are some common myths and facts about sugar:

Myth: Naturally occurring sugars are better for you.

Fact: Contrary to popular belief, there are no nutritional differences among sugars. Our bodies use all types of sugars in the same way. During digestion, all sugars such as sucrose (table sugar) and lactose (milk sugar) and other carbohydrates such as starches break down into simple sugars. Simple sugars then travel through the bloodstream to body cells where they provide energy, are stored for future use, and help form proteins.

Myth: Sugars cause diabetes.

Fact: Diabetes is a disorder in the way the body handles sugars. Researchers do not know why diabetes occurs, but they know sugar intake does not cause it. People with diabetes either do not make enough insulin—a hormone required to use most sugars—or they cannot use the insulin their bodies make. Diabetes treatment includes a balanced diet, regular exercise, and medication when prescribed. Most people with diabetes can enjoy sugars in limited amounts.

Myth: Sugars cause weight gain.

Fact: Sugars themselves do not cause weight gain. Excess body fat results when a person eats more calories than are needed. Extra calories may come from any caloric nutrient (proteins, fats, alcohol, and carbohydrates), not just sugar. Lack of physical activity also plays a significant role in obesity.

Client Profile: Rudi Haas

By Pamela Beauchamp

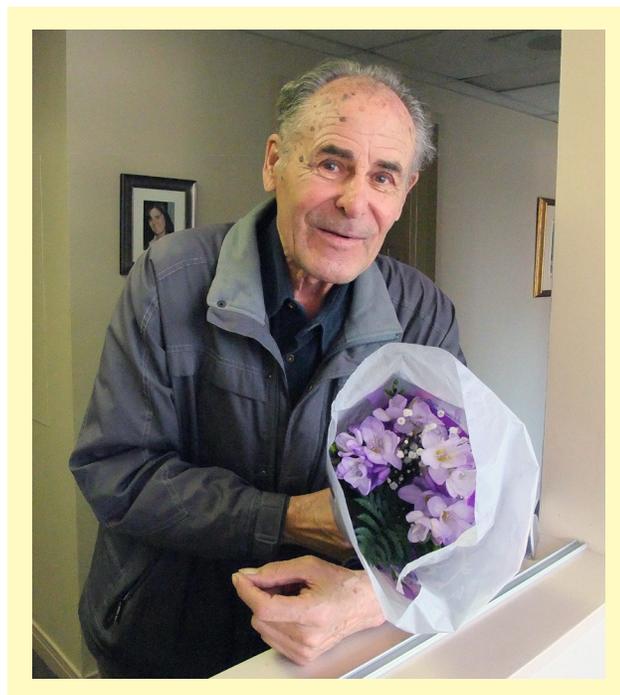
Over the years, the Meals on Wheels office has been made a little brighter thanks to the beautiful flowers brought in by one of our longstanding clients, Mr. Rudi Haas. Every so often, when he visits to pay his bill, he hands over a bouquet for us—always with a smile.

His generosity does not stop there. At Christmas, we've received cards made from prints of his original art. One in particular is fascinating—a reindeer amongst snow-covered trees—created almost entirely from maple seeds. His love of nature is apparent throughout his work.

Mr. Haas is an artist in many forms—through photography, film, and mixed media art. His photographs in the book *Tamarack and Clearcut* show some of his favourite scenes in Ottawa—the Experimental Farm, ByWard Market, and along the Rideau River. David Suzuki, in an introduction to one of Mr. Haas' books, described him as an artist with a “magical touch.” He has won numerous awards, and has photographs in the National Gallery of Canada.

Hailing from Austria, he moved to Montreal in his twenties, and took photos for the promotion of Expo '67. He has travelled to parts of Africa, and throughout Europe for art projects.

After being injured in a car accident, Mr. Haas began receiving our meals. He said he is very grateful for our service and volunteers, and appreciates the variety of frozen meals. Following recent cancer treatments, he remains optimistic and hopes to continue pursuing his art.



Rudi Haas

Photo: *Renée Langille*