



A Note from the Executive Director

When I look back over the past 20 years at Unitarian House I think about what has made an impact on my life and what will I take away from this experience.

Life Lessons

1. If you don't believe in yourself, nobody will. I will always remember moving back to Ottawa after a personal loss and thinking to myself that things are going to be better. I started saying positive affirmations every morning and when anyone asked how I was I would say I was "perfect". I believed that I could do anything and I did. I chose to wear "many hats" at Unitarian House and each experience was in preparation for the Executive Director's Position

2. Attitude determines attitude. If you think that life is a gift to be treasured and enjoyed, then wonderful things happen. I have met so many amazing people since I started working at Unitarian House. People who have been my mentors, my friends, my confidants and I have learned so much about myself and more. I will have these friendships forever and a treasure chest of memories to review when my life becomes still.

3. The more grateful we are the more we have to be grateful for. I have an amazing family, a crazy dog that keeps me active and healthy, a beautiful home, a cottage close by and plenty of dreams. I am not lonely when I am alone because I like myself and I am happy with my solitude.

4. Always have a smoldering drawer. When I first took over as the Executive Director one of the Board Governors told me about the smoldering drawer solution. This is the drawer where you shut problems away for a while so you can "pause and think" about the best solution. He told me that sometimes the worst thing you can do is act. So, I have learned to "pause and wait" for the emotional reaction to go away before responding and I have learned that most mistakes are lessons I needed to learn.

And last but not least, when I am with someone who is dying I treasure that time. I listen to their life stories and when their time with us ends I can look back and say that I was a part of their journey. I believe that everyone in my life is there for a reason, the fun part is figuring out why.

Christina O'Neil
Executive Director



Resident Spotlight - Betty Campbell

Mrs. J.F. Fleming (aka Betty Campbell) was the first woman and the first Canadian to win an award from the American Society of Photogrammetry. Her paper, on the mathematical relation between air photography to map surveying, was submitted to the society under the name E.A. Fleming. Imagine the surprise of society members when they

discovered E.A. Fleming was a woman! At the award ceremony, members were greeted by the Chair, "Welcome gentlemen and Mrs. Fleming."



Honored – and by Men!

Betty was born in Penticton, B.C., the daughter of an auto mechanic father and a dressmaker mother. As the first child in her family to go to university, she continued to surprise her family by studying Math and Physics, usually the preserve of men. On graduation, she found work in the National Research Council (NRC) developing Canada's support for the International Temperature Scale. "I got to measure the melting point of large chunks of gold," she reports gleefully.

During this period, Betty also obtained her pilot's license – and married her instructor, Jack Fleming. Together they worked at mapping and photographing. Together they also went for two years to Holland where they studied at an international survey company. Upon her return to Canada, Betty joined the Surveys and Mapping Division of the Department of Energy, Mines and Resources (EMR). In spite of her experience she began work at the bottom of the income scale as the only woman with high school graduates as colleagues.

"How did you manage as the only woman in this male preserve?" I asked. "With thick skin

and deaf ears!" she replied. During her 30 years working at EMR, Betty gradually acquired seniority until she managed to be promoted to the Engineering staff. In 1972, NASA launched its first satellite which was to have an important influence on the mapping and surveying functions with which Betty was involved. As a result, in 1980, Betty was responsible for finding an island off the north coast of Newfoundland – the first woman to extend the boundaries of the Dominion! This time, the Citizen reported that Betty Fleming, not Mrs. J.F. Fleming, had used the satellite to find the tiny island.

Since her retirement, Betty has taken many trips to see the parts of Canada she saw as aerial photographs during her work on the mapping of Canada – Baffin Island, the Northwest Passage, Newfoundland. She moved into Unitarian House in 2012 and contributes to the Unitarian church as well as Unitarian House. She has also received an award from the Ottawa Field Naturalists' Club for her devoted service to the Fletcher Wildlife Garden.

- Janice Tait

Join Unitarian House May 9th for our Annual Fundraising Dinner with Special Guest Anne Nagy



Anne is a member of the Ottawa Storytellers, Storytellers of Canada, and First Unitarian Congregation next door. Her first venture into

storytelling came when she was a member of Toronto First, where she was recruited into a storytelling team for the services. Since then she has told stories in museums, cafes, and festivals, as well as at the NAC Fourth Stage. Anne and her husband Phil collaborated to create a telling of their journey on the Camino de Santiago, and again to tell the lives of five jazz musicians, enhanced by the musical talents of her sisters and friends.

Anne loves all kinds of stories – histories, epics, creation myths, and personal stories – but May 9th she will bring you wit and wisdom from the tried and true realm of folklore.

**Silent Auction & Reception at 6 p.m.
Dinner at 7 p.m.**

Tickets: \$130.00/person
Tax Receipt for \$100.00

R.S.V.P. by May 1st 2017
613-722-6690

Kristy's Restaurant Fundraiser

Good News! Kristy's owner, Walter Boyce, has offered again to sponsor a dinner at his restaurant as a fund-raiser for us – Unitarian House! The date has been set, so write June 5th on your calendars and tell your friends and families. They want to make it bigger and better than last year so watch for announcements on the notice boards for further details.

- Sandy Castledine

Celebrating Our Neighbours – The First Unitarian Congregation of Ottawa

Fifty years ago, our congregation moved into their beautiful, award-winning building.

I'd like to share with you some words written in 1967 by the building's architect, James B. Craig:

"We placed Worship Hall high on a podium created by the classroom block, so that it might enjoy the fine view across the river. The adjacent functions of fellowship, study and administration were then gathered under the sheltering arms of a wide-spreading roof. To give the building grace and unity, the ridges were then swept up into a towering spire which, although traditional in concept, is an expression of contemporary technology.

"To bring the congregation as close as possible to the minister, no seat in Worship Hall, which holds 330, is more than 45 feet from the platform. To ensure people - when inside - will feel they are still united with the outside world, we have left large glass areas looking on to this pleasant site. The entire building makes great use of western red cedar which imparts warmth and humility, and creates a subtle tie with the surroundings."



And so, we begin our celebration of this building can we remember each day what James B. Craig's thoughts were.

- Kindest Regards Kathy Yach
Chair of the Funding Support Committee for
Unitarian House

- Chair of the 50th Anniversary Committee
for the First Unitarian Congregation of
Ottawa

Farewell Bev Ross



Bev Ross RN retired December 20, 2017. After 28 years of countless miles navigating the hallways of Unitarian House administering medications, completing health assessments, providing compassionate care, offering hugs and humor (usually in high heels!) Bev has retired. Her colleagues and family celebrated her years of service on January 27, 2017 at Cyrano's restaurant. The evening was full of laughter and memories. We will miss you Bev but know that your caring personality, energy and enthusiasm for life will not retire. We wish you continued health and relaxing times with your family and friends.

- Nadene Keon
Director of Care

Notable Dates to Remember!

May 9th 2017 – Unitarian House Fundraising Dinner! **R.S.V.P. by May 1st 2017**

June 5th 2017 – Kristy's Restaurant Fundraiser for Unitarian House!

June 21st 2017 - Celebrate Laughter Day with Unitarian House at the Unitarian Congregation! Come laugh with us from 10am – 12pm!

September 23rd 2017 – Fall Fair at Unitarian House. Join us 10am – 2pm for our outdoor sale of the year!

Celebrate Ottawa's Official Laughter Day and Canada's 150th Birthday on June 21st, 2017 at 10am!

FREE & OPEN TO THE PUBLIC

Location:
First Unitarian Congregation of Ottawa
80 Cleary Avenue (in Westboro)
Free OC Transpo for Seniors on Wednesdays

Why Join Us?

For laughter, fun, music, theatre, socialization & refreshments! Did you know Laughter...

- Reduces Pain
- Lowers Blood Pressure
- Reduces Stress Hormones
- Improves Cardiac Health
- Produces a Sense of Well-Being

Presented by:
RETIRE-AT-HOME
YourHealth.
YourHome.
YourChoice.

Hosted by the
"Unitarian House of Ottawa"

Unitarian House of Ottawa "We call it home"

Thank you to the following contributors of this issue: Christina O'Neil, Janice Tait, Kathy Yach, Sandy Castledine, Nadene Keon & Jessica Veysey.

About Us is published twice each year with a Spring/Summer issue and a Fall/Winter edition. These two newsletters keep friends of Unitarian House informed of the ongoing activities and needs of our home.

President of the Board: Al Clark
Executive Director: Christina O'Neil

You may contact us at:
Unitarian House of Ottawa
20 Cleary Avenue
Ottawa, Ontario K2A 3Z9

Tel: 613-722-6690 Fax: 613-722-6695

Email: retire@unitarianhouse.ca

Web: www.unitarianhouse.ca

Facebook: www.facebook.com/UnitarianHouse

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