

Forever YOUNG's Over The Back Fence...

Volunteer Profile . . . Marc Cappelli

Taking on another challenge is no big deal for Marc Cappelli, who has donated more hours to volunteering than he can count. His involvement in Leadership Ottawa, a non-profit community organization devoted to identifying, selecting and developing community leaders to create the healthiest possible community is his latest challenge.

As well, he has spent years volunteering with the Fallingbrook Community Association, and served as Vice President, developed a Neighbourhood Watch program, and was instrumental in organizing the highly successful Canada Day program in the Orleans area. Marc also has a continuing role as MC for debates at candidate meetings for all level of government, and expects to do so at all the upcoming elections.

He has served at, and helped celebrate the 50th Anniversary of the Muscular Dystrophy Association of Canada, and his deep interest in the history of his community has had him work tirelessly for the Cumberland Heritage Museum.

Marc is an old hand at raising money for various charities and he does so willingly and successfully, gaining much gratitude from the countless people who benefit along the way.

One of his major accomplishments as a volunteer took place last year when he spearheaded a fund-raising drive to send a team of young athletes, representing Ottawa and Orleans, to a competition in the Maritimes. He helped raised much money needed to send these young people on a trip of a lifetime.

Forever Young honours Marc Cappelli's continuing efforts as a volunteer, enriching the lives of others in his own community and beyond.

Remember When...

If your memory goes back sixty-eight years ago, you will recall a devastating day in February when history took a turn for the worse. It was on February 15th, 1942 that a two-week siege of Singapore by the Japanese came to an end.

It happened when the British lost control of the waterways, and the Japanese poured down the Malay Peninsula from Thailand. They actually traveled on

bicycles making their way into Singapore, and used watercraft, mostly small boats, to navigate the rivers and streams behind the British positions.

The British learned a valuable lesson that was to cost the Singaporeans dearly. Unless they could master the jungle, they had little hope of winning over the Japanese.

It was a costly and brutal time for the peaceloving Singaporeans when the attack took place 68 years ago this month.

Where Is It Now?

The Paul Henderson puck from the 1972 Summit Series

As the Olympics approach and some thrilling hockey games approach, it's worth looking back to the legendary '72 Summit Series won by Team Canada over the Soviet Union. One of the enduring mysteries of Canadian sports for years was the whereabouts of the puck Paul Henderson banged into the net to win the final game for Canada.

Team Canada defenceman Pat Stapleton was seen making off with what many have said is the most valuable piece of hockey memorabilia on the planet as the buzzer sounded to end the eighth and final game in Moscow.

But for years Stapleton denied it was in his possession. When videotape surfaced showing him picking it up off the ice, he was coy about whether he still had the disc, telling reporters he thought it might be somewhere in his garage.

The riddle was solved in November, 2008 when Stapleton, a three-time National Hockey League all-star, brought the fabled puck to the Sarnia Arena and dropped it in a ceremonial face-off prior to the start of a Jr. 'B' game between the Sarnia Legionnaires and St. Thomas Stars.

Stapleton, who played for the Legionnaires in 1958, decided to end his silence about the puck's whereabouts in order to help the team promote a banner-raising ceremony it was holding in honour of a former manager of the Sarnia team.

That night, Stapleton said that when Henderson scored with 34 seconds left in the deciding game of the Summit Series to give Canada a 6-5 lead, he had no thoughts of retrieving the puck. In fact, the referee scooped it out of the net while the Canadians were celebrating and took it to centre ice for the face-off.

“I don’t know that we appreciated the significance of the goal because we were right in the middle of the battle at that time,” he said at the time in an interview with the Sarnia Observer. “Our biggest thing was to hold on. When we went back to centre ice Bill White (his defensive partner) said, ‘they’re going to come at us now.’ But I didn’t think they competed hard in those last 30 seconds. I think they cashed it in.” When the horn sounded to end the game, Stapleton instinctively picked up what would become a cherished memento.

Asked where he keeps it, he said, “It’s been all over the place. It’s a secret.”

Who Said What...

“How would like a job where, every time you make a mistake, a big red light goes on and 18,000 people boo?”

- legendary NHL goalie Jacques Plante

Gearing Down

For decades you have lived in the same house. This is where you raised your family, and it has been home to everyone when celebrations were held for Christmas, birthdays, and any other holiday that happened to come along.

As happens, families scatter. Now this big house seems empty and has far more rooms than you need or can care for. It’s time to gear down. Your children agree. They loved the old homestead, but after establishing their own digs, they no longer have the attachment they once had to the house they grew up in.

The problem is, you love the old neighbourhood. You wouldn’t mind gearing down to smaller quarters, but you don’t want to leave the area which has been home to you for decades. Here your friends are around you, your church, and you are close to all the amenities you need. However, there are no high-rise, retirement homes, or condos (which are probably beyond your reach financially anyway). Yes, there actually are very upscale communities where there are no high-rise or condos. What is in the area, (they are scarce, but they are there) are small apartments in some of the elegant old homes you have lived amongst for years.

In order to remain in the area you have called home for decades, is it wise to look for one of these small self-contained apartments where you can spend the rest of your days?

There are many things to consider first. Here are some questions to ask yourself:

Is the apartment on the main floor? As you get older, you may not want to climb stairs.

Can I get a lease? Is it flexible? How secure is it? Will I have to move again in a few years?

Would there be annoyances in the house which might affect my peace of mind? Small children, animals, loud music for instance?

Is my entrance private?

Are there appliances in the apartment?

Where can I park my car?

No doubt there are other concerns you will come up with before you decide to rent an apartment in an older home in your community. And remember whatever you do, get a signed lease, and do have your lawyer look it over.

This Month in History

February 1949

On Feb. 12 in Ottawa, the federal government announced creation of a far northern radar chain called the Distant Early Warning (DEW) Line.

Funny You Should Ask

Q: When did nurses stop wearing their lovely crisp white uniforms and caps, and is there a nurse anywhere in our region who still goes on duty in full regalia?

A: This turned out to be a fun question to research. Nurses who come on duty in full dress are few and far between, but we were able to find a couple throughout Eastern Ontario. First of all though to answer the first part of your question. Switching to coloured and patterned “smocks” and pants of every hue, and leaving their caps at home, took place in the early to mid eighties. Someone told us it was because the all-white uniforms and caps frightened children. We weren’t able to confirm this story. But it would appear it was in the eighties that the changeover took place.

However, there are a few places where the all-white uniform and starched caps are still the order of the day. Lila Bradley, who nursed at the Carleton Place and District Memorial Hospital for years and retired only a decade ago, came on duty wearing her whites and caps until the very last day.

A call to the Ottawa Civic Hospital also has at least two nurses who are clinging to tradition and come to work in their white uniform and caps. Likewise at Hotel Dieu in Kingston, one nurse who has retired but fills in on an occasional basis comes in full nurses' regalia...white uniform and starched cap.

Although the nurses who have given up the uniform and cap say they are happy with the change, many people with whom Forever Young talked miss the uniform and cap which spoke of efficiency and professional training. As one person said, "I can't tell the nurses from the cleaning people...I really miss seeing them in their caps and uniforms. When I was sick and had to go to a hospital, I felt I was in good hands when a nurse treated me who was dressed in a spanking white uniform and cap and wore the pin presented to her when she graduated. I don't like the change one bit."

The Farm Scene

The Ontario Endangered Species Act, although meant to protect certain species at risk of extinction, could mean a great loss to the farming community, and the Ontario Federation of Agriculture, according to Mark Wales, vice-president, feels the farmer should be compensated for the costs incurred protecting these species.

The wide definition of what the government classifies as endangered, and what is defined as habitat, is up for debate. The Ministry listed nine species it believes to be at risk of going extinct, which includes the American Badger Barn Owl, Jefferson Salamander, Wood Turtle, Peregrine Falcon and the Eastern Prairie Fringed Orchid.

Mark Wales recently noted that in the case of the American Badger, woodchuck and Franklin's ground squirrel dens, an area of about 560 acres would be lost to production if the habitat becomes protected. As the Ministry of Natural Resources develops the criteria protecting these areas, farmers are finding certain areas of their very farms would become off limits to production.

It has been learned that the Ministry's restrictions even apply to man-made structures...everything from barns to silos where the Barn owl may have chosen to build its nest.

The Wood Turtle habitat is another concern for farmers. If a wood turtle is shown to be present in a stream on an existing farm, the land on both sides of the stream, river or waterway is being designated for protection. That can extend from 200 metres or 500 metres above the high water level, and could take between 200 and 14,800 acres out of production!

The Jefferson salamander creates another concern for the farmer. The MNR has designated the area within 300 metres of farm pools as protected and off limits to any farming activity, another loss of farmland.

Continuous attempts to get details from the Ministry about how normal everyday farm practices in the designated habitat areas will be viewed have met with no success, according to the Ontario Federation of Agriculture. If these restrictions are not altered and adjusted to cause the least loss of farmland, the Federation feels the farmers affected should be compensated for their loss.

Contributors to Over The Back Fence include: Mary Cook, Randy Ray and Mark Kearney. Please send us your questions and suggestions for future pages.

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