

# Behind The Wheel

MORE THAN JUST A MEAL!

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## A Visit with a Decorated Veteran

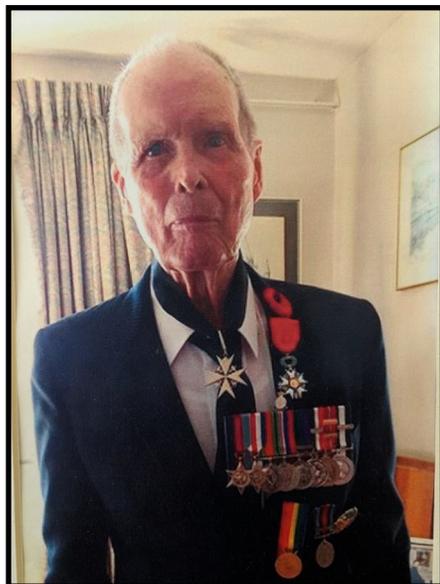


Photo: Mr. Lyndon Sheedy

By: Jessica Neil

My visit to Mr. Lyndon Sheedy's home featured an impressive array of medals, awards, photos and memorabilia from his time serving in both the British and Canadian army. I snapped a copy of the photo above to demonstrate how well decorated Mr. Sheedy is from his military career. Next, he drew my attention to a large certificate declaring his appointment as Commander of the Order of St. John, presented in 1993 by then Governor General of Canada The Right Honourable Ray Hnatyshyn. In the photo above, this is the white and silver, eight pointed Maltese cross worn on a wide ribbon about the neck.

Mr. Sheedy first joined the 56th Independent Infantry Brigade in the United Kingdom during the Second World War, where he saw action as a sniper in the 2nd Battalion, South Wales Borderers (SWB). His brigade took part in the Normandy landings on June 6, 1944, and aided in the liberation of the city of Bayeux. Mr. Sheedy was recently honoured by Ambassador Chapuis of France, and presented the insignia of Knight of the National Order of the Legion of Honour for his division's part in the liberation of France.

After World War II ended, he served in Palestine and Sudan, to which he travelled by naval ship - unfortunately during a large storm. He joked that he was "as sick as a dog" during the trip, but the sailors did not seem to be affected. More pleasantly, he recalls travelling up the Nile during his travels, and still marvels over the magnificent works he saw in the Valley of the Kings in Egypt. After ten years of hands-on military service, Mr. Sheedy said that he was ready for a change of pace, and, because of his in-depth knowledge of military weaponry, was invited to move to Canada to work as a warfare instructor. Although he originally took a lower position than he had held in the British army, he was

proud to say that he was quickly promoted to Warrant Officer. Mr. Sheedy spent 20 years in the Canadian army working in many different cities before finally retiring here in Ottawa. During our talk, he often mentioned the people he had met along the way and how so many of them were truly stand-up individuals. I was truly awed by the impressive history he has lived to tell.

Mr. Sheedy is one of approximately fifty veterans to whom we deliver meals each month.

### Notes:

**MAY 21 VICTORIA DAY**  
- NO MEALS

**JULY 2 CANADA DAY RECOGNIZED**  
- NO MEALS

### Reminders:

- MEALS CANNOT BE LEFT AT THE DOOR FOR ANY REASON! PLEASE CALL US IF YOU NEED TO MAKE ALTERNATE DELIVERY ARRANGEMENTS.
- THE HOT MEAL DELIVERY TIME IS BETWEEN 11 AM -1 PM. ALTHOUGH YOUR MEAL MAY OFTEN COME AROUND THE SAME TIME, DON'T FORGET THAT THIS COULD CHANGE FROM TIME TO TIME.

## Big Red to the Rescue!

Here at Meals on Wheels we are always working to get the meals to you, our clients, as hot as possible. There have definitely been days when we surpassed our goals and some meals were handed out with mittens as potholders! Winter is particularly troublesome, as Mother Nature works quite hard against us with blustery temperatures and icy wind. Summer can be a tricky time as well though – with the AC cranked in the car to combat our hot and humid months, the thermal delivery bags are essential.

A significant portion of our meals are made in one particular kitchen – The Good Companions Seniors' Centre where our main office is also located. If you live west of the Rideau Canal, chances are you've received a meal from The Good Companions' kitchen. This particular kitchen sends out around 100 meals each day, Monday through Friday, more than any other kitchen. That's a lot of meals to serve up and keep warm! To help get all these meals extra warm before they head out the door in thermal bags with our volunteers, they've invested in a new piece of equipment. I call it Big Red, because although you can't tell from the picture, the exterior is a vibrant shade of red. This warming oven is bigger than their previous one, so the meals have more room to soak up the heat before being packed into thermal



Photo: From left to right: Good Companions' Chef Frank Bowie, Big Red the meal warmer, and Gabrielle Béland Mainguy our Client Coordinator.

bags. It's even taller than our Client Coordinator Gabrielle! We are always trying to improve our service, and welcome your feedback. If you have something to say, complimentary or constructive, please don't hesitate to reach out!



### Did you know?

**THIS YEAR IS OUR 50TH ANNIVERSARY! SINCE 1968 WE'VE DELIVERED ALMOST 4.5 MILLION MEALS! WE WILL BE CELEBRATING IN JUNE WITH THE FOCUS BEING ON THE WONDERFUL WORK OUR VOLUNTEERS HAVE DONE OVER THE YEARS—AND CONTINUE TO DO EACH AND EVERY DAY! IF YOU HAVE SOMETHING YOU WOULD LIKE TO SAY TO THANK THE VOLUNTEERS WHO DELIVER YOUR MEALS, OR WOULD LIKE TO SHARE WITH US WHAT THE MEALS ON WHEELS SERVICE MEANS TO YOU, WE HAVE INCLUDED A FORM WITH THIS MONTH'S INVOICE PACKAGE.**