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‘Father of Kanata’ remembered as area pioneer

BY PATRICK UGUCCIONI

The man who originally sketched out Beaverbrook more than 50 years ago in what would become Kanata has laid down his pen. Bill Teron died March 12. He was 85.

He was an Officer of the Order of Canada and in 2013 received the Jane Jacobs Lifetime Achievement Award from the Canadian Urban Institute. The tributes and recollections of the man known as the “Father of Kanata” started almost immediately upon news of his passing.

PLEASE SEE TERON, PAGE 6

Transplant recipient runs half-marathon in donor’s hometown

BY JESSICA CUNHA
PHOTO BY JOHN CURRY

The heart of a 22-year-old Katimavik man beat strong in the chest of a 55-year-old runner from Welland, Ont. during the Hypothermic Half Marathon in Kanata earlier this month. The family of Adam Prashaw was on hand to cheer as donor recipient John Dickhout ran his first ever half-marathon.

“It’s hard to find words to really express Saturday. He’s such a good man, John. So humble, so modest, so grateful,” said Rick Prashaw, Adam’s father. “I’m thrilled to see him being John and living to the (fullest) and doing something like this incredible race, embracing life and being able to do so through my son’s extraordinary gift. To be there Saturday was really special.”

Adam died in January 2016 following a massive seizure. For Dickhout, it was an incredible accomplishment, considering he had never run 10-kilometres before and only started training for the half-marathon five weeks before.

“It went well. It couldn’t have not gone well,” he said in an interview following the race. “I completed it. I was standing. And it was just an awesome day.”

PLEASE SEE ADAM, PAGE 14

Muirhead running again

BY PATRICK UGUCCIONI

Matt Muirhead is out to prove the third time’s a charm. The runner up in 2010 and 2014 behind Marianne Wilkinson for the Kanata North seat on city council confirmed this week he will throw his hat in the ring again in 2018.

The Catholic high school teacher follows former Ottawa Champions president David Gourlay, who was first out of the gate, and one-time Kanata North BIA Executive Director, Jenna Sudds, into the race.

PLEASE SEE MATT, PAGE 12
> ADAM PRASHAW

There are many facets to Adam’s story but two are important to highlight, said his father Rick. The first: his son was a transgender male living as his authentic self. “There’s so many Adams out there. If we could just do our part to let people be who they are and live as they are, it would be so good,” said Rick. “Adam has a story to tell and he shines that light on this great commitment to become who he is.”

The second: his son was an organ donor. When he received his driver’s licence at age 16, Adam saw the organ donor request and asked his mother, Suzanne Corbeil, what it was. She explained and without hesitation he said, “Absolutely I’d do that.” And that was the end of the conversation,” Rick said.

That brief exchange would change the lives of four families six years later. Adam had his first seizure when he was five years old. From then until age 10, the seizures continued but they were small and controlled with medication, said his father. And from 10 to 17, the seizures appeared to have disappeared.

That seven-year window allowed Adam to play hockey and get his G1 licence. But the seizures came back. While working a shift at the Farm Boy on Hazeldean Road, not far from the family home, Adam had his first big seizure. He underwent two brain surgeries, one in 2011 and the other in 2015.

Things were looking good after the second surgery. The doctors were pleased and Adam hadn’t had a seizure in two months. Living downtown and having started a new job as a chef’s assistant at the Museum of Nature, Adam was working on his transition and things were moving right along.

He was in the fast lane, he was enjoying life,” said Rick. “Adam felt he had it beat … Until that day on Friday, the 22nd in January, it looked really good.”

Adam was soaking in a hot tub with friends when they left to get some things from inside, said Rick. “In the minutes they were gone, he had this big, big seizure and they found him in the water.”

Adam was rushed to hospital. He died Jan. 24, 2016.

JOHN DICKHOUT

Dickhout was living and working in the Philippines when he woke up the morning of March 17, 2013, with his heart beating erratically and racing out of control. He took deep breaths, feeling a little off, but the episode didn’t stop him from getting out on the golf course with his wife Lynn and some friends.

Sometime during the game, Lynn, an ER nurse, said he didn’t look right. Dickhout agreed to go to the hospital and get checked out. “They said I had a massive heart attack, which didn’t make sense,” he said. He was healthy and fit with no history of heart problems.

Within a week, doctors were saying he was “at risk of sudden death” and needed a defibrillator. Dickhout crashed once in the hospital, losing vital signs for six-to-eight seconds. When he stabilized, he was sent home.

There, he crashed again. Lynn performed CPR. He was readmitted. When he was stable enough, the family returned to Canada where Dickhout was put on the waiting list for a heart transplant. Doctors and family recommended he update his will and make funeral preparations, just in case.

“It was too difficult and I didn’t want to think about it,” he said. “I said, ‘No, what I’m going to do is create a list of things to do after I survive.’”

On that list were seven goals, which included getting an acting agent and running 10 kilometres in under 60 minutes. Dickhout received his new heart on Jan. 25, 2016.

BE A DONOR

The need for organs far outweighs the availability, according to the Trillium Gift of Life Network.

One donor has the potential to save up to eight lives and help 75 more through tissue donation but every three days in Ontario, a person dies waiting for a transplant.

“Sometimes I get frustrated, I just don’t understand why people wouldn’t register,” said Dickhout.

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with Karen McCrimmon
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Sunday, March 25th 2018
6:30-8:00pm

Richcraft Recreation Complex
4101 Innovation Drive, Kanata

To register, visit KarenMcCrimmonMP.ca

Karen.McCrimmon@parl.gc.ca | 613.592.3469

The 10th Annual
Stittsville Appreciation Awards
Nominations Now Open!

Categories include: The Roger Griffiths Memorial Citizen of the Year, Youth Citizen of the Year, Senior Citizen of the Year, Business of the Year, and the NEW Teacher of the Year Award.

Nominations due: April 8th

Awards banquet: 7:00 PM, May 17th at the Goulbourn Recreation Complex (1500 Shea Road)

For more information, please visit shadqadri.com/ssa or contact City Councillor Shad Qadri at Shad.Qadri@ottawa.ca
“If you were in a position where you or a loved one were on death’s door and the only thing that would keep them alive … is an organ transplant, would you accept that gift?” he asked. “If you answer yes, then why in the hell wouldn’t you offer that gift to someone else who needs it? Why bury the most valuable thing you have to give?”

Statistics for 2017 published on Trillium’s website indicate:

• More than 1,520 people were on waiting lists for an organ;
• There were a total of 719 organ donors;
• Only 32 per cent of the population is registered to donate - 3.9 million people have signed up, yet 12.3 million Ontarians are eligible.

Almost all families of registered donors honour their loved one’s end of life wishes, said Rick, quoting statistics provided to him by Trillium. But in cases where a person isn’t registered and families must decide, consent is typically given only half of the time.

“Usually the circumstances, a horrible weekend like that weekend, it’s the worst time to be talking about this, making a decision,” said Rick. “For his mother to know what he wanted made it so easy for us to say yes.”

Dickhout’s heart, liver and kidneys were donated, saving four people on waiting lists.

**A LEGACY TO HONOUR**

On March 3, Dickhout completed the Hypothermic Half Marathon, crossing the finish line with a time of 1:03. His story will be featured in a documentary being produced by a group of students at Niagara College.

“For all the right reasons it was the perfect place to do it,” Dickhout said, crediting the students with the idea to run a race in Adam’s hometown. Although he didn’t quite hit his goal of running 10K in one hour, he vowed to knock the extra minutes from his time.

“I’m going to do it. I have to check it off the list,” Dickhout said. “I’ve got Adam and his legacy to honour. It makes it important that I keep checking them off.”

The race and connection between the families has helped bring awareness to the need for people to register as organ donors, said Rick. Plus, Adam would have gotten a kick out of all the attention.

“He loved the centre stage. In some ways, the media around John and his race and his story, I enjoy it thinking of Adam enjoying it,” Rick said. “Adam would just so have loved Saturday.”

Registering to become an organ donor takes two minutes. Sign up at beadonor.ca.

John Dickhout, a heart transplant recipient, ran his first 10-K in Kanata, where his donor lived.