



Volume 5 Number 4

CONTACT!

April 2016

www.kanatabr638.ca

President's Report

Branch elections were held today, I thank all who have agreed to stand for the Executive Committee and wish the new executive good luck in the upcoming Legion year.

Our annual St. Patrick's dinner and dance was sold out and was a complete success. I heard nothing but congratulations for over a week after the party. Thanks to Lorraine and the Ways and Means Committee for a job well done. Thanks also to all of the volunteers who worked to make this a great evening.

We require new volunteers to learn to cook fish for our weekly fish and chips. In the last couple of months, we came close to cancelling two Friday lunches at the last minute. Anyone interested, please call me at the branch and leave a message.

The new 2016-2017 branch executive is:

President	Lorraine Lapensee
Immediate Past President	John Cher
1st Vice President	Dan Knighton
2nd Vice President	Brenda Grant
3rd Vice President	Gord McCaskill
Treasurer	George Pollock
Secretary	Amanda Robbins
Padre	To be appointed
Members	Gaetan Chartier, Mary Jo Gauthier, Moir Green, Judy Homma, Bruce Judge, George Royle
Sgt. At Arms	Bob Thomson

John Cher
President



From the First Vice

Firstly, congratulations to our President Elect, Cde Lorraine Lapensee, and to all newly elected members of the branch executive. In the same breath, I must commend Cde John for his very successful terms, five years. Cde John, you have accomplished some very harrowing tasks within your multiple terms and we are all very thankful of your hard work. I certainly hope you will not be far from the branch in future. And,, once again, thank you to those who supported me one more time as your 1st VP. I promise to do the best I can to support and serve you, the members, and our branch to the best of my ability. I look forward to the challenge with confidence and eager anticipation.

All the best,
Cde Dan Knighton

From the Sports Desk

As I have been away for the past three weeks and one more week to go, I will simply say, that I am looking forward to the summer of golf and outdoor sports within the branch and Zone. More next month.

Yours in good sports,
Cde Dan



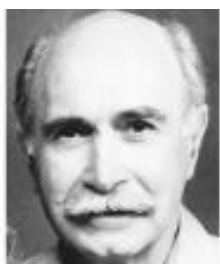
Honours and Awards

Everyone on your H&A Team is ready and looking forward to our H&A Night May 29, 2016. Thank you for your support and submissions. See you there.

Cde Dan Knighton
Honours and Awards Chair

The Last Post

Robert Eric Rae STANFIELD



Passed away peacefully at Hastings Manor, Belleville on Wednesday March 23, 2016. Loving and devoted husband for 50 years to the late Kathleen Isabel (Latimer) Stanfield and brother to the late Norman Stanfield. He is

survived by his only son Peter, daughter-in-law Sherry and his three grandchildren Lauren, Elizabeth and Jordan, the three treasures in his life. Born in Northern Ireland he immigrated to Canada with Kathleen to start anew but never forgot his heritage, his brother, nieces, nephews and friends living in Northern Ireland. In lieu of flowers memorial donations can be made to the Hastings Manor Foundation, whose staff treated him with great caring and compassion. At the family's request there will be no visitation. Robert was laid to rest at the Niche Wall, Belleville Cemetery.

You will be missed.

From the Second Vice

March Bingo Event Report

Bingo Events conducted: 4; ~ 40 people per Bingo

Total Deposit to Bingo Trust **\$2506.00**

Expenses

Rent Paid to Branch **\$750.70**

License Fee **\$192.00**

Paper Cost \$1.00/attendee **\$158.00**

Total Expenses \$1100.70

Revenue after Expenses **\$1405.30**

47.6% for Operations & Mntnce **\$ 668.92**

Donation Fund \$ 736.38

50/50 Draws

50/50 Draws conducted: 10

Proceeds for March were \$ 580, all of which goes to Donation Fund

Total monies raised for the month of March for donations: **\$736.38 + \$580.00 = \$1316.38**

General Trust Fund Administration

This group meets once a month to distribute funds generated through the Gaming Program. Once approved by the Executive, the funds are then distributed to the respective recipients.

Donations (once approved) for April, based on funds raised in March, are \$2,000

Camp Maple Leaf	\$250
Camp Musquah	\$250
Camp Smitty	\$250
Soldier Ride Therapeutic Riding	\$250
Canadian Red Cross	\$500
Needy Family Vets Widow	\$500

Brenda Grant
2nd Vice

Fitminds Program



Fitminds®
Active Living Series





April 26th • 10:00 am – 11:00 am

Join us for a stimulating 8 week brain fitness program at the Royal Canadian Legion Kanata Branch 638 located at 70 Hines Rd. Engage in exercises for your mind to promote a better brain healthy lifestyle. [Discover how we are making people's lives BETTER!](#)

To sign up, please contact Brenda Grant at: 613-863-4051 By April 22nd
Brought to you by: Chartwell Stonehaven Retirement Residence

LEARN
CHARTWELL.COM

This is a program that we are piloting at the Legion for Chartwell. They are looking for 15-20 people and will be providing the booklets, pens & snacks. It is an eight-week program, seven weeks at the Legion and the final week at Chartwell Stonehaven for the evaluation. If you are interested, please contact Brenda Grant by April 22 or asap thereafter. There is also a sign up sheet in the lounge.

Brenda Grant

Poppy Trust Fund Donations



March 2016, at Dominion Command - Poppy Trust Chair, Doug Rowland; Poppy Chair, Moira Green, from Kanata Branch 638 Royal Canadian Legion, present a cheque for \$12,000 to Patricia Royle, Provincial Service Officer, Ontario Command. The funds help veterans and their dependents.



April 2016 - Doug and Moira present a cheque to The Ruddy Shenkman Hospice.



April 2016 - Doug and Moira present a cheque to The Salvation Army.



April 2016 - Doug and Moira present a cheque to The Queensway Carleton Hospital Foundation.



April 2016 - Moira and Doug present a cheque to The Military Family Resource Centre.

Attention all veterans

The branch cordially invites all veterans to a special lunch in your honour on Tuesday, June 7, at 11:30 a.m.

The menu comprises Chicken Kiev and trimmings. Entertainment by members of The Highland Mist Pipe Band and Moira and friends.

A sign up sheet will be posted shortly and there is no cost to veterans. Please sign up and come out to greet our veterans in house, from the Perly Rideau Veterans Centre and from our community residences.

Look forward to seeing you then.

Yours in service,
Moira



April 2016 - Moira and Doug present a cheque to Don Ermen at Kanata's Living Living Hope on Castlefrank. We were privileged to add a third leaf to The Living Hope Tree for a total of \$8,000 so far.

2016-2017 Executive RCL Branch 638 Kanata



Back Row, L to R

Exec. Judy Homma,
Gaetan Chartier;
Secretary. Amanda
Robbins; Exec.
George Royle, Bruce
Judge, Mary-Jo
Gauthier; Treasurer.
George Pollock;
Exec. Moira Green;
Sgt-at-Arms, Bob
Thomson

Front Row, L to R
2nd Vice, Brenda
Grant; President,
Lorraine Lapensee;
3rd Vice, Gord
McCaskill

Absent: Immediate
Past President,
(getting a beer 🍺)
John Cher; 1st Vice,
Dan Knighton (in
B.C.)

Photo credit: Cde. Terry Jenkins



Comrades,

Thank you for your vote of confidence by electing me as your new branch President.

I look forward to serving the Kanata Branch, veterans and community in my new role and working with the new Executive as we continue to build on the success of our Kanata Branch.

Congratulations to the new Executive!

Lorraine Lapensée

From the Ladies' Auxiliary

The Ladies' Auxiliary 21st Annual Fundraiser will take place on Saturday, June 11, 2016.

We are seeking your help for donated items such as jewelry, gift certificates, collectables, gift sets... you name it, for the silent auction!

Also...we're looking way ahead of time, but the Ladies' Auxiliary would very much appreciate donations of yarn to make mittens, hats, slippers or blankets for the Ladies' Auxiliary Bazaar on November 26, 2016.

All donated items are in support of our veterans and our community!

For further information, please contact Angie Jacklin, at 613-720-6737.

Ladies' Auxiliary Kanata Branch 638 is recruiting new members!



Do you enjoy, community service, helping veterans? If so, we need your help. The Ladies' Auxiliary exists to lend assistance to the Legion branch, to help veterans and their dependents wherever possible and to participate in, and assist with, the Annual Poppy Campaign.

What do we do? The Ladies' Auxiliary organizes events, as a separate group and also in conjunction

From the Branch Secretary

A friendly reminder, our Kanata Legion's next general meeting is:

Wednesday, May 18, 2016 7:30 p.m.

Hope to see you then!

Lorraine Lapensée

Last veteran of his WWII battle group marching alone in Victory Day Parade.



Submitted by John Cher
Source: Facebook

with the Legion itself. Funds raised from events are donated to a number of charities and organizations such as the Ontario Command Veterans Wish Fund, Ontario Command Charitable Foundation, Ontario Command Homeless Veterans, Ontario Command Bursary Fund, Kanata Food Cupboard, Easter Seals, Alzheimer's Society of Ottawa, The Humane Society and families in need. We also support the Branch by donating funds for the building and grounds maintenance.

The Ladies' Auxiliary provides an annual dinner for our local Sea Cadet Corps and a luncheon for veterans, visiting troops and the community on Remembrance Day. The ladies also provide refreshments for family birthday celebrations, anniversaries and funeral receptions. A book sale is on the go each Friday at our Friday Fish 'n chips... the best fish and chips in Kanata!

Interested persons, please contact the L.A. President, Angie Jacklin, at 613-720-6737.

Lest We Forget

Ways and Means Entertainment Recruitment Committee

Was it the luck of the Irish or was it a leprechaun...

that made the Kanata Legion's St. Patrick's Day celebrations on March 19th a big success?



Legion has ever had!

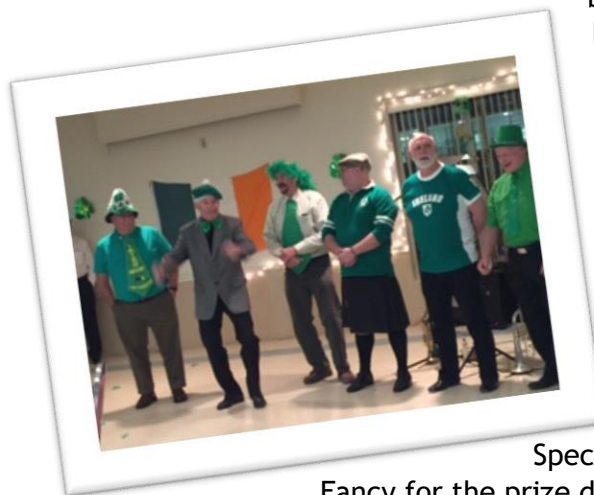
There were green decorations and wearing of the green! Everyone was Irish for the day! The sold-out crowd enjoyed a delicious Irish buffet,

including Irish stew and corned beef and cabbage! Guests were invited to participate in some good Irish fun by posting their Irish family



name, meeting the challenge of a St. Patrick's Day quiz and competing in the best Irish dressed ladies and gents contest. To top the evening off guests sang and /or danced to great Irish music by the International Set Band! There was even a basketball player dancing with a leprechaun! It was an evening of good Irish fun!

Many thanks to all those who came out to celebrate! A sold out event contributes to the success indeed!



Special thank you to Lydia Fancy for the prize donations.

As always, an event's success is largely due to the hard work and dedication of our volunteers.

Special thanks to the following volunteers:

- Amanda Robbins, Lorraine Lapensée - poster and ticket production
- Pat Cher, Brenda Grant, Amanda Robbins, Lorraine Lapensée - event promotion
- Various bar tenders for selling the tickets
- Lynn McPherson, Volunteer Co-ordinator
- Rene Leroux and Suzanne St. John -ticket takers (photo, left)
- Mark Hunter and Clay Wheaton - bar tenders on duty
- Bob Thomson and John Thomson - hall set up and clean up

- Judy Homma, Jackie Terris and June Tyrrell - decorations
- Yvette Clark and Bev Connell - table setters
- John Cher - chief cook
- Pat Cher - kitchen co-ordinator, cook, server
- Adrianus Cornelisse, Brenda Grant, Angie Jacklin, Garth Lee - cooks



- Adrianus Cornelisse, Brigitte Deering, Moira Green, Judy Homma - servers/clearers
- Gaetan Chartier and Brenda Grant - dishwashers
- Lorraine Lapensée event co-ordinator and emcee
- Lorraine Elmas - Photographer

And thank you to those who pitched in wherever help was needed!

Submitted by Lorraine Lapensée

The Seasonality of Moving



to a Retirement Residence

There never seems to be a right time to move. Over the last 11 years, I've worked with many seniors looking to move into retirement residences. The question of when is the best time to move is often a deciding factor. Not only when in your life but also the best season may need to be taken into consideration.



During the winter months, many seniors are snow-birds. They pack up in November and go someplace warmer --any place warmer-- until spring.

For those who remain in Ottawa, many become more isolated as winter creeps in, ice and snow tending to reduce mobility and, therefore, socialization. Often times, these folks need to rely on friends and family for groceries and transportation because they don't want to take the risk of going out alone.

With increased isolation coupled with slower housing sales, many seniors decide to hunker down for the winter and consider a move in the spring. Thus, most moves in the winter relate to a crisis situation or moving a distance to be closer to family.



Each year, spring brings new beginnings and this is true for seniors looking to move, as well. As they start to emerge from isolation and get back into old social and daily routines, many turn their thoughts to moving.

Snowbirds are just returning home and many find out that this is the year that they will have to give up travelling. Perhaps things did not go as planned; the trip might have been all around harder on them. Additionally, many are coming home to a list of chores. Repairs need to be done on the house and sometimes this alone leads people to start the discussion of making a move. Whether they stayed home this year or are just returning, people who move in the spring have often had a difficult "last straw" type of winter. With housing sales starting to pick up often times the combination makes for a good moving situation.



"One more summer in the house!" This is what many of my clients tell me. They've made it to summer when there is a lot of green, sunshine and everything is a lot easier to accomplish. Why would they want to move now? Regardless of how well houses are selling, many seniors that I've worked with have fought tooth and nail to stay in their homes over the summer and start to look in the fall. Ideally, if it's safe to do so, this is a great idea.



However, most will wait to as close to winter as they can in order to claim all of the good weather they can while in their homes.

Regardless of the season, moving in general has to be for the right reasons. Make sure to look at all aspects to make for the best transition.

Tea & Toast is a complimentary, Ottawa based advisor with expertise in the retirement residence search as well as resources for the senior health care industry.



Amy McConnell
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“I can’t do another winter like last year.” This is the most common phrase I hear in the fall. Flashbacks of how hard things were last year creep in. I think people, in general, start to dread winter in the fall. Many of my clients create a mental checklist of what they couldn’t do last year and ponder if it’s time to move: Are they heading south this year? Were they able to get groceries in the winter? Were they bored staying inside most days?

With housing sales still in good shape, many seniors decide that fall is the best time to move.

Kanata Legion & Ladies’ Auxiliary Upcoming Events

April 23, 2016 - June 11, 2016

DATE & TIMES	EVENT	DETAILS	TICKETS	CUT OFF FOR TICKETS
Saturday, May 14, 1:00 p.m. Reception 2:00 p.m. Fashion Show	HIGH TEA & FASHION SHOW	HORS D’OEUVRES SERVED TEA, SANDWICHES, DESSERT AND MORE AFTER FASHION SHOW - SWIRLICIOUS FASHION – CASUAL WEAR	\$20/PERSON OR TWO FOR \$35.00	MAY 10, 2016
Sunday, May 29, 2016 5:00 p.m.	HONOURS & AWARDS PRESENTATIONS & DINNER	SPAGHETTI DINNER	DONATIONS WELCOME	N/A
Tuesday, June 7, 2016 Reception: 11:30 a.m. Luncheon: 12 noon	ANNUAL VETERANS LUNCHEON	TO BE ANNOUNCED (TBA)	(TBA)	(TBA)
Saturday, June 11, Reception: 5:30 p.m.	L.A.’S ANNUAL COUNTRY FAIR	TO BE ANNOUNCED (TBA)	(TBA)	(TBA)

CONTACT! is published monthly by RCL Branch 638 in Kanata, Ontario. The views expressed in this newsletter are those of the contributors or the editor, and not necessarily those of the Royal Canadian Legion or Branch 638.

Anyone from the branch can write a tribute regarding members both living or past. **CONTACT!** is an opportunity to capture some of our veterans’ stories from yesteryear.

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