

CONTACT!

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Branch President's Report

With summertime being a little slower, it is an opportunity for the executive, committees and volunteers to prepare and plan for the upcoming months, for which I know they have been working diligently to build and improve on the service and support the Kanata Legion provides for veterans and the community; lots to look forward to.

I wish to take this opportunity to thank comrade Brenda Grant for the great job she did filling in as Treasurer during the four weeks George Pollock was on leave. Thank you, Brenda! Welcome back, George!

Sadly, I make mention of the loss of another one of our comrades, Winnie Ponto who passed away on July 23, 2016. Thank you to comrades John Cher, Bob Thomson, Sgt.-at-Arms, and members of the Colour Party for their participation in the Legion Tribute on July 29 and to the many Legion and Ladies' Auxiliary members who attended.

Volunteers are always needed in many ways. How much time one volunteers is up to the individual. The more volunteers, the lighter the work; two to four volunteer hours a month is a big help! Volunteering at the Kanata Legion is a means of supporting our veterans and community and an opportunity to meet people and have fun! On-thejob training is available where necessary. Some volunteer choices are bartenders, colour party, cooks, servers/clearers, dishwashers, various bingo duties, administration, committees, yard work & much more! To learn more, please contact Lynn McPherson, volunteer coordinator at 613-315-0953 / mlmcpherson@sympatico.ca.

This past month the Kanata Legion's presence in the community was made in several ways:

☑ the Colour Party participating in the opening ceremonies of the annual Scott Tokessy ball tournament on August 6, a fundraiser for the Children's Hospital of Eastern Ontario, and at a Stittsville Legion's tribute for comrade John Herbert Wall, WWII veteran, on August 11. Many thanks to comrade Bob Thomson, Sgt.-at-Arms, comrade John Cher, Legion Tribute Chair, and the Colour Party members for representing the Kanata Legion and, in turn, supporting the Stittsville Legion in this duty.

✓ the Tuesday night bingos through to the end of August raising funds for the Cancer Society and the regular Sunday afternoon bingos raising funds for a number of charities. A big thank you to comrade Clay Wheaton for his ongoing dedication as bingo coordinator and thanks to the volunteers.

✓ the Kanata Legion served as the site for a very successful Blood Donor Clinic on August 16. Was an opportunity to give the gift of life!

Congratulations and a special thank you to comrade Dan Knighton and the Annual Ray Ponto Golf Tournament Committee for a very successful August 11th golf tournament raising funds for the Homeless Veterans Program. A job well done! Upcoming events - (Further details in the Ways and Means Entertainment Recruitment Committee section)

- I invite everyone to come out to the Kanata Legion's first time ever Corny Comedy Night fundraiser, August 27. Tickets by August 22.
- Invitation to the Kanata Legion's June, July, August Birthday and Anniversary celebrations -FREE cake & ice cream on Sunday, August 28.

Respectfully submitted,

Lorraine Lapensée President



From the First Vice

To be perfectly honest, being 1st Vice can be pretty boring when you have a great crew working in the branch doing a great job, and most of it all done in the background. When everything goes well, all I can do is thank everyone for a job well done and I do - but then, everyone is doing exactly what they are supposed to do, 'a great job and doing it well.' So, I can honestly report that from the operations standpoint, 'all is well.' There seems little point in me commenting on what all of the other reps are already commenting on. So, if the editor says that we have space, I would like to share an old BBQ recipe: (We have space!!)

The Swampman's Drunken Chicken

Take a couple of chickens, (cleaned and plucked), a can of beer (your choice) - one for each chicken; cut the tops off the beer, leave half the beer in the can, drink the other half. Pour a teaspoon of salt and pepper in the can of beer. Add 1 teaspoon of Worcestershire sauce, 2 tablespoons liquid crab boil and 1 teaspoon of (Creole) seasoning or 3 drops of Ghost Pepper Juice. Then shove the can into the whole chicken. Set it upright on the grill and cover with tinfoil on medium heat; let it cook till the chicken 'gets drunk' (cooked), uncover to brown as required. Takes about 1 hour. Enjoy! Let me know what you think (or invite me over).

Thank you once again for your support one and all.

Dan Knighton 1st VP

From the Sports Desk

First off I would like to congratulate comrades Bob and Martin Mason for winning the District G-6 golf tournament in Petawawa. They are moving on to Provincial golf in September. Good luck to them both.

Euchre will be starting Tuesday, September 20. Mixed darts starts on September 29. Come on out and have some fun and enjoy the evening.

Ray Ponto Golf Tournament Report

Congratulations to all who played, all the winners and everyone on the Committee, for a very successful golf tournament! A great job! Thank you, one and all!

The winners: Robert (Bob) and Martin Mason, Brian Fritsch and Brian Floyd (Score -16)

Closest to the Rope/Longest Drive: Will Lester and Karen Ensing

Closest to the Pin: Bob Mason and Joanne Corby

Putting Contest: Mark Sullivan and Amy McConnell

- Thank you to our 2016 Committee Barb Dennison, Paul Dennison, Amy McConnell, Brenda Grant, Garth Lee, Terry Ponto, Lorraine Lapensée, Dan Knighton
- Promotion Brenda Grant, Terry Jenkins, Amanda Robbins, Lorraine Lapensée
- Golf course volunteers Bev Berry, Lynn McPherson, Tara Jackson, Barb Dennison, Nancy Deterding, Lori Frederick and Lorraine Lapensée
- Bartenders Jane Cane, Moira Green
- Cooks John Cher, Gene Szabo
- Table setters Jane Cane, George Royle
- Dishwashers Dave McPherson, Angie Jacklin
- Servers/clearers Angie Jacklin, Lorraine Lapensée, Lynn McPherson
- Prize and award assistants Barb Dennison, Paul Dennison, Garth Lee, Dan Knighton, JoAnne de Lepper
- Check-in table 50/50 tickets Gord McCaskill

Yours in good sports,

Garth Lee Br Sports O





Photo credit: Jeanette Mason

L. to R.: Brian Lloyd, Brian Fritsch, Martin Mason, Robert Mason, Dan Knighton (tour organizer and chairman) and Garth Lee (new sports officer and next year's chairman)

From the Second Vice

Gaming

July Bingo Event Report

Bingo events conducted: 5 Total attendance: 215; average 43 per bingo

Total deposit to Bingo Trust Expenses Rent paid to branch License fee Paper cost		\$2,690.00 hch \$ 932.15 \$ 240.00 <u>\$ 215.00</u>
Total Expe	\$1,387.15	
Revenue after Expenses		\$1,302.85
•		\$620.16 \$682.69

50/50 Draws

Draws conducted: 14

Proceeds for July: \$ 807.50, all of which goes to donation fund

Total monies raised for the month of July for donations: \$682.69 + \$807.50 = \$1,490.19

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 selected recipients.

August donations, based on funds raised in July, total \$2,000. Once approved, the following organizations will each receive \$500:

- Lion's Club Guide Dog Fundraiser
- Navy League Kanata Branch
- Hospice Ottawa Rudy Shenkman Centre
- Crystal Bay Centre for Special Education

Summer Bingo - Dab for a Cure

Every Tuesday evening during the summer a Bingo has been run to raise money for the **Canadian Cancer Society**. We are pleased to announce the donation raised for the month of July is \$850. Many thanks to Clay Wheaton and his team of volunteers.

Yours in service,

Brenda Grant 2nd Vice

From the Sgt-at-Arms

Sovereign's Medal for Volunteers

Congratulations to comrade **Betty-Ann Pollock** and comrade **Gerry Dore** for being awarded the Sovereign's Medal for Volunteers.

The Sovereign's Medal for Volunteers recognizes the exceptional volunteer achievements of Canadians from across the country and celebrates a wide range of voluntary contributions.

As an official honour created by the Crown, the Sovereign's Medal for Volunteers is part of the Canadian Honours System. The program has incorporated and replaced the Governor General's Caring Canadian Award, which was created in 1995, by then-Governor General the Right Honourable Roméo LeBlanc. The Chancellery of Honours, part of the Office of the Secretary to the Governor General, administers the program.

Well done, Betty-Ann and Gerry.



From the Poppy Campaign Chair

Poppy and Remembrance Campaign 2016

An early reminder to each and every member that poppy duty is not an option. It is your sworn duty "to actively participate in poppy campaigns" as sworn by you on becoming a member of The Royal Canadian Legion. In October you will receive a phone call from a table captain asking you to participate. Unless you are physically unable to do so, it is expected that you will answer the call. I will be in Belfast and London from August 28 to September 16 with friends and family celebrating my birthday and will be back in plenty of time to fulfill my duties as Poppy Chair. Please feel free to email or call at any time if you have questions or positive suggestions for improvement.

Dates to Remember

Tuesday, September 27, Legion Hall, 7:30 Meeting for table captains only re membership lists update.

Friday, October 21, 7:30 Legion Hall Wine and Cheese Campaign Launch 2016 This event is for you! Come out and meet your fellow members and veterans. Say hello and meet some new people or renew old acquaintances.

Friday, October 28 Poppy Campaign begins

Friday Nov 4 Monday to Thursday Nov 7 to 10 Remembrance Services in local residences and nursing homes

Friday, November 11 Remembrance Day

Saturday, November 12 Remembrance Dinner

150 Canada Birthday Celebrations Please email or call if you have any ideas.

Yours in continued service,

Moira

Perly Rideau Veterans Centre



Moira visiting our branch's first PR officer, Connie Taylor. Connie was 92 in May 2016.

Ways and Means **Entertainment Recruitment** Committee



Welcome To Kanata Legion's CORNY COMEDY NIGHT



Sat. August 27, 2016 5:00 p.m.

FEATURING

COMEDIAN VETERANS OF THE OTTAWA COMEDY CIRCUIT POT LUCK SUPPER - CORN ON THE COB PROVIDED FOLLOWED BY 90 MINUTES OF LAUGHTER!

Tickets: \$10.00/Person Advance Ticket Sales Only / Pick up by August 22, 2016 70 Hines Road, Kanata, 613-591-5570

From the Branch Secretary

Hello, comrades,

Our next branch general meeting is scheduled for Wednesday, September 21, 2016, at 7:30 p.m.

See you then,

Amanda Robbins

Happy Canada Day! - photos by Terry Jenkins, PR Officer Guess who!!! When do we eat?! Visitors from Calgary Left: Canada Day volunteers: Gaetan Chartier, Gene Szabo and Terry Homma Right: Branch's two WW II vets cut Canada Day cake. Jack Edelson and Bert Fox

Editor's note: Insufficient space to include all these photos in the July issue. My apologies to our readers.

From the Ladies' Auxiliary



LA year-end dinner

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 assist with the Annual Poppy Campaign.

We meet monthly on the first Wednesday at the Legion Hall in Kanata, 70 Hines Road, at 7:30 p.m. Membership is \$20.00 per year.

If you are interested in helping or joining the Ladies' Auxiliary, please contact the LA Immediate Past President, Angie Jacklin, at 613-720-6737.

Veterans' Comforts

This year, we are trying something a little different. Two things actually.

Last year, we identified 101 vets in the 10 seniors' residences and long term care homes in Kanata alone!

We expect roughly the same number this year, <u>and</u> we are attempting to identify our own "senior" members still living independently in their own homes who can no longer attend meetings and functions. So far, I have *guestimated* that we could have 140 people to see.

The members of last year's committee agreed that some of the folks that we visited in the residences and LTC homes would benefit from more than just one yearly visit. And I'm sure those members still living at home, but unable to get out, would benefit as well. We are also thinking of widows/widowers of our past members. Once the spouse passes on, these people are often forgotten.

Conclusion: we need more people to do these visits! Are you interested in "adopting a vet?" The number of visits will be up to you and your adoptee. All you have to do is befriend and visit. Just your time will be involved. (We still have to hammer out some do's and don'ts.) The Vets' Comfort committee, and the Sick and Visiting committee will be "sharing" interested members, but will still be in charge of their own areas.

All Branch and LA members are welcome. We could use more men on the visiting committees! After all, the majority of vets are male, and would have more in common with another male.

For those of you interested, please contact Sue McLean, Vets' Comfort chair, at smclean@deadsquid.com or 613-291-1038

The Last Post



Winnifred May Ponto May 17, 1931 - July 23, 2016

Legion life member Winnie attending LA yearend dinner August 2013

Photo credit: L. Elmas

Peacefully in her sleep, on Saturday, July 23, 2016, at the age of 85. Loving wife of the late Raymond (2004). Devoted mother of William, Karen (Ricky), Terrance (Janet) and the late Douglas.

Cherished grandmother and great grandmother of many. Predeceased by her sisters Amelia, Ethel and Gladys. Winnifred will also be deeply missed by her many nieces, nephews, extended family and friends. The family would like to thank long time friend Sharon Roper, the Royal Canadian Legion branch 638, and the caring staff at Granite Ridge retirement residence. Winnifred can be remembered for the endless love she shared with her beloved husband, her sense of humor, love of laughter and being surrounded by those she cared for.

In lieu of flowers, memorial donations to the Kanata Legion, Branch 638, Poppy Trust Fund, are appreciated.

Good to Know

The branch was asked to provide this link to our readership. Comrade Peter Wilkins agreed that information on mesothelioma should be given the widest coverage. It is covered in other sites but there are veterans who do not have a computer. The disease is something that many veterans suffer from unknown to them. Sailors in ships where the deck heads / ceilings were covered with asbestos as a sound absorbent and when the main armament was fired asbestos dust rained down in the mess decks meaning that the men occupying those messes constantly inhaled the dust. This is only one example and there must be more. Many of us veterans suffer from this in various stages and the medical profession are rather lax in diagnosing the disease. Please visit the following website.

www.mesotheliomaprognosis.com/mesothelioma

Tribute to Ivan Hawley

Submitted by Garry Fancy

Our Kanata Legion Branch 638 has lost another of its valued and esteemed comrades, past president and executive member with the passing of comrade Ivan Hawley on May 27, 2016, at the age 80. Ivan was very active in the branch as President, (2001-2005), Past President, chair of the Trust Funds Committee, the Trillium Funds chair, etc. For his unstinting work in the Legion, Ivan was awarded a RCL lifetime membership.

He and his wife Kathleen could be counted upon to attend almost every event, as the pictures show, in spite of a fairly lengthy drive from Gatineau/Aylmer.

Ivan was a valued legion member, honoured veteran, fine family man, and true gentleman. He never had an enemy. *Per ardua ad astra.* Ivan, we all miss you.

The following is based upon information from the eulogy given by Ivan's daughter Sue, for which we thank her; providing some of the details of Ivan's earlier years and family life.

Young Ivan

Ivan grew up farming in the prairies, loved it and was good at it. Unfortunately, his future as an independent farmer looked bleak, so on a whim he joined the Royal Canadian Air Force. As it turned out, it was a perfect fit and he blossomed with the challenge and camaraderie.

Military

After receiving his Navigator's wings Ivan flew in Maritime Command aircraft, first as a Radio Officer and then as a Navigator on the Neptune and Argus aircraft and finally in Transport Command in the C-130 Hercules aircraft. After his flying years, Ivan was picked to instruct at the Air Navigation School in Winnipeg, in the art of air navigation,



Ivan Hawley Branch 638 President 2001-2005



Oktoberfest 2007



Ivan & Kathleen St. Paddy's Night 2008



Honours & Awards Chair 2009



Ivan & Kathleen Oktoberfest 2009

particularly celestial navigation, (long before the days of GPS). As an instructor, Ivan set an example and inspired confidence in students. He later worked at NDHQ as Foreign Liaison Officer, organizing visits and social functions for visiting foreign military VIPs from other countries.



Ivan & late Tom Dick, St Paddy's 2010

Ivan always maintained a professional outlook toward his duties - as an RCAF officer, navigator, parent, husband and community volunteer. He was a staunch supporter in fellowship organizations. Early on he organized curling, started the P2000 Neptune aircraft club and was a founding member of the Ottawa Branch of the VP International club, and MAVA (Maritime Air Veterans Association). For the past 25 years Ivan was very active in the Legion, acting as president and past president in Kanata.

Likes

Ivan loved dancing, partying, corny jokes, camaraderie, curling. Above all, Ivan loved vacations and travelling, and took many trips with his family. They took countless trips together and toured every attraction in whatever area they lived, exploring back and forth all over Canada and the U.S., seeing big and little sights, travelling back roads whenever possible. Sometimes while travelling people would assume he was an author, hard at work. He planted bountiful gardens in the many places he lived. He was talented at paperwork and organizing and finances. He could fix just about anything. He loved meeting people and seeing new places.

Character

Ivan was strong, big strong arms - don't let that slim build fool you! He had moral independence. He seemed to have a natural calmness (that other people have to meditate to get). He had a calming influence on others as well. He had inner strength and a peaceful, positive nature. He knew that life was for living and enjoying, he was never one to let it pass him by. He was known to be a gentleman in all things. He did things right, didn't take shortcuts and he finished his jobs. Ivan was a long time friend to many, and an esteemed military comrade.

Illness

When his illness came, he never complained. Ivan got himself up and dressed every day, right up to the last week. He fought the good fight. He was determined to win. But when the time came to concede, he did so with grace.

Sue's Story

"There are really no words to express his loss and suffice to say he will be missed as part of the fabric of friendships in so many of our lives. Most of all, my father was known as a true gentleman - despite the corny jokes. Growing up I remember him teaching me flawless crop identification from the car window during our numerous hours driving prairie roads. He taught me to look at what I saw. When I was in my 20's and in the military myself, he was considered father to many of my friends who were often far away from their own families. At Christmas times I liked it when we would go on an evening car tour of the best Christmas lights. Speaking of Christmas, he made the BEST roast turkey, gravy and stuffing. I loved the stuff he helped me with at my property. He planted vegetables with me, drilled mushroom logs, and helped with making maple syrup. And every thing he did with me. I learned from him. So. I like to think that my father has gone on another journey, one that he can't take us on. Bon Voyage, Daddy."

Family

Ivan met his first wife Sharon at a dance, and they were married when he finished his navigator training. Sadly, Sharon passed away some twenty years ago. Subsequently, Ivan met and married Kathleen. They were a match made in heaven. She was absolutely the love of his life. They played cribbage together every evening they were so evenly matched at wins and losses. The new family was big and loud and they loved him. Ivan was never so happy and was an awesome grandpa. He loved travelling with Kathleen in the Motorhome. They took a big trip every year and many little trips as well. They also made sure to visit new places abroad every year, too. There are still places he wanted to go.

The following **blog** is published with permission.



"Family Conflict can happen when family members have different views or beliefs that clash. Sometimes conflict can occur when people misunderstand each other and jump to the wrong conclusion. Issues of conflict that are not resolved peacefully can lead to arguments and resentment." This and additional information on family conflict can be found at <u>Better Health</u> Here's the situation: mom and dad are living in a twostorey home and slowly things are unraveling. You start noticing that they're eating a lot of tea and toast, not going out to their social events any longer, and now while visiting one day, it has become apparent to you that they're sleeping in the living room.

When you ask why they aren't going upstairs, their response is "we get tired and fall asleep here." However, you know mom has problems with her knees and dad is about to go in for hip surgery. The conversation of next steps and moving has been broached many times, but it's always met with "we're fine here, we'll look at a move when something happens."

In this scenario, all three children are worried for their parents. One believes that they should get some help to come in. Another thinks it's time to move to a retirement residence and the third insists that "we should just check in on them more, they'll be fine."

Regardless of which stance you take, it's important to find compromise and that everyone get on the same page. Most often parents don't want to move as it brings more chaos around this issue and definitely seals the deal of doing nothing.

Over the last 11 years, I've worked with many families who have done just that -nothing. They go through the first steps but the situation becomes too overwhelming and they give up thinking it'll be easier to make a decision once a crisis happens. I can tell you from my own experience, it is not. Instead, they have a situation of urgency wrapped in emotion.

Most often, family conflicts come down to one of three scenarios:

- 1. Siblings all believe they know what's best for mom and dad.
- 2. Siblings who live out of town choose to weigh in heavily with the least information against those who see mom and dad regularly.
- 3. One sibling is counting on an inheritance and doesn't want to spend the extra money.

I Know what is Best for Mom and Dad

This is possibly one of the most frustrating and common situations, even for a professional. The lack of insight is very hard to reason around and I've often sat down with family members to help them "hash it out." In order to get all of the children on one page, we first need to weigh out the pros and cons of each opinion. Once done as a group, it's usually easier to see which solution fits best.

I find that the most challenging situation always involves a sibling who is trying to "child from afar." This is a toxic situation as they most often don't have eyes on the

situation and when they are in town, their parents are able to hide most things from them. I've seen this situation over and over. They can't get a true read on a parent's situation unless they see it frequently.

Organize or Keep Order

As family dynamics like this often require a mediation, it may be helpful for each sibling to begin with this short Pre Planning Questionnaire

Additionally, here are a few steps to help organize in order to make the best decision possible for your parents:

- 1. There tends to be one main leader amongst siblings. Without being bossy, it's a good idea to propose two to three meeting times so that everyone can fit it into their schedule.
- 2. Meet with siblings in person, perhaps via Skype, in a quiet place without distraction. This situation requires full attention.
- 3. If possible, it's usually a good idea not to include spouses in the first discussion if there is any animosity amongst the group.
- 4. Write down and discuss the options, and
- 5. Come to an agreement which could take a while.

It's very important to gain the support of your siblings. Bonnie Lawrence offers some terrific tips including "Accept your siblings for who they are. Not everyone thinks, feels or acts the same way, especially when a situation is this emotionally charged. Try to keep your own expectations and expressions of "should" in check, and instead, strive to accept and work with your siblings' personalities and abilities."

Oftentimes these conversations are difficult and require siblings to put their own feelings aside and really dig down to figure out the best situation for their loved ones.

If you and your family are struggling to move a loved one to a retirement residence, please call Tea & Toast Senior Living Counsellors. We are a complimentary, Ottawa based advisor with expertise in the retirement residence search as well as resources for the senior health care industry



Invitation to members from the editor: Anyone interested in being a "guest editor" of CONTACT! for a month or two is asked to contact branch president, Lorraine Lapensée,at <u>Imlapensee@sympatico.ca</u> or newsletter editor, Lorraine Elmas, at <u>lorraine_elmas@yahoo.ca</u>.

New ideas and new talent are always welcomed! And I could use a break from time to time!! LE

Kanata Legion & Ladies' Auxiliary Upcoming Events	Ongoing Events: Fish & Chips - Fridays 11:30 a.m 1:00 p.m. Bingo - Tuesday evenings until the end of August
August 27, 2016 - November 12, 2016	Bingo - Sunday afternoons

Date & Times	Event	Details	Tickets	Cut Off Date for Tickets	
Saturday, Aug. 27 Reception: 5: p.m.	Corny Comedy Night	Corn on the cob, pot luck dinner Comedy by 3 comedians!	\$10.00/person & pot luck	Tickets by August 22,	
Sunday, Aug. 28/16 2:30. – 4:00 p.m.	June, July, August birthdays & anniversaries	Cake & Ice cream – FREE!	Not applicable	Drop in	
BE SU	BE SURE TO KEEP THESE DATES OPEN TO NOT MISS THE OPPORTUNITY!				
Saturday, Sept. 24, Evening	Ladies' Auxiliary's dinner and dance	To be announced	To be Announced	To be announced	
Saturday, Oct. 15 Evening	Oktoberfest dinner & dance	To be announced	To be Announced	To be announced	
Friday, Oct. 21 Evening	Poppy Campaign Kick Off Wine & Cheese	To be announced	To be Announced	To be announced	
Saturday, Oct. 29 Evening	Ladies' Auxiliary's Dinner and Dance	To be announced	To be Announced	To be announced	
Friday, Nov. 11 11:00 a.m.	Remembrance Day Service	At the Kanata Cenotaph; Reception to follow at the Kanata Legion	Not applicable	Not applicable	
Saturday, Nov. 12 Evening	Remembrance Dinner	To be announced	To be Announced	To be announced	

Royal Canadian Legion Branch #638 - Kanata

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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 living or past. CONTACT! is an opportunity to capture some of our veterans' stories from yesteryear. Visit our website www.kanatabr638.ca for a wealth of additional information.

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