

ROYAL CANADIAN LEGION BR. 148



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LEST WE FORGET

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**AUGUST /
SEPTEMBER 2021
BRANCH
BULLETIN**



Legion Mission Statement

Our mission is to serve Veterans, including serving Military and RCMP members and their families, to promote Remembrance, and to serve our communities and our country.

MEETINGS:

Branch 148 Executive Meeting	2nd Monday of each Month	7:00 p.m.
Ladies Auxiliary Br 148 Meeting	2nd Tuesday of each Month	7:00 p.m.
Branch General Meeting	SUSPENDED UNTIL FURTHER NOTICE	

The Branch does not have General Meetings during the months of July, August and December.

MESSAGE FROM PRESIDENT GREG WALBECK: Hello Comrades – I hope everyone has had a good summer and has stayed safe. I would like to thank Fran and all the volunteers in the kitchen for the Saturday meals and would also like to thank everyone who has donated food for the Saturday meals, and everyone who came out to enjoy a great meal and entertainment. We are hopefully close to the end of this pandemic. If everybody can work together as a team, we are all in this together and we will get through this soon. We are opening up the Branch to more events, and all the information is listed in this bulletin. ***Greg Walbeck***

FROM THE OFFICE: The office is now open from 8am to 4pm Monday to Wednesday and Friday. There is now a locked mailbox by the auditorium doors that is checked daily. Please contact the office if you are thinking on booking our hall for an event in 2021 or 2022. The Branch is set up for e-transfers for donations, hall rentals and membership renewals. If you wish to receive your Bulletin by email, please contact the office to be added to the list. If you have recently moved, please notify the office so that your information can be updated.

UPCOMING DATES

Branch Barbecue!
Friday, August 20, 1-6pm
Enjoy a Sausage on a bun for \$3.00, or a
hotdog for \$2.50 and try your luck on the
Friday Meat Draw!

September 13 – 18
Legion Week

Mondays
Tuesdays
Saturdays

Saturday September 4
Dave Palfreyman Memorial Golf Tournament
at Dragonfly Golf Links
TEAM LIMIT REACHED

September 18 & 19
Dart Tournament to fund Autism Programs in
Renfrew County
PRE-REGISTRATION REQUIRED – maximum
of 36 teams – information posted on bulletin
boards, Facebook and website

Ladies' Darts, 7pm, starting Sept. 20
Foot Care Clinic, September 14 & 28
Weekly entertainment and Meal - please check
our Facebook page or our website, listen to
Valley Heritage Radio Coming Events, or call
the Branch for more information

LAST POST: Our Deepest sympathy is expressed to the families of Ordinary Members Frank Ring, Pat Currie, and Norman Warren, and Veteran Michael ("Mick") Hebert. If you hear of a member passing away, please contact the office and let the Secretary know so that we can be sure to include them in the next bulletin.

"They shall grow not old, as we that are left grow old.
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will Remember Them."

GREETINGS TO OUR HOUSEBOUND MEMBERS: A warm hello to all of our members who are unable to visit the Branch:

Bonnechere Manor	Dan Deslaurier, Louise Snow, Elwood Stafford
Mirimichi Lodge	Cecil Code
Groves Park Lodge	
Quail Creek	Ann Hisko, Olga Llewellyn
At home	Ruth Purdie

If you know of someone who should be included, please contact the office and let the Secretary know so that we can be sure to include them in the next bulletin.

PROPERTY: All is in good shape at this time. The patio light is fixed. The tile is done in the lobby, and the small roof to be fixed shortly. ***Richard Fitzsimmons, Property Co-Chair***

WAYS & MEANS: Friday and Saturday draws are doing well. Thank you to all volunteers. ***Richard Fitzsimmons, Ways & Means***

YOUTH EDUCATION: Five local students placed in the top three in their respective category in the District G Literary and Poster Contest Winners 2020-2021 Contest. We would like to recognize the following students:

Black & White Poster	Primary 2nd Place - Caydence Armstrong
Colour Poster	Senior 3rd Place - Isabelle Dick
Poem	Junior 1st Place - Mia St Michael
	Senior 1st Place - Nikki Purvis
Essay	Junior 1st Place Lyric McIntyre

The three 1st place entries went on to compete at the Provincial level and we would like to congratulate Mia, Nikki and Lyric on this achievement. Nikki Purvis was awarded 3rd place in Senior Poem in Ontario for her entry entitled, "I will remember". Information about the 2021/2022 Literary and Poster Contest will be available in September and also mailed directly to area schools to ensure there is plenty of time to add content to their curriculum this year should they choose.

Jo-anne Caldwell, Youth Education Chair

CADET MEDAL OF EXCELLENCE: The Renfrew Legion was pleased to present FCpl John Gordon with the RCL Cadet Medal of Excellence, for his leadership and volunteer accomplishments. Congratulations!

MEMBERSHIP: It's that time of the year for your membership renewal, and the renewal stickers for 2022 will soon be in the office. Just a reminder to members who may have forgotten to renew your 2020 or 2021 dues, they can still be paid at the office or in the Lounge. Memberships may also be renewed online.

Robert Marsh, Sergeant at Arms and Membership Chair

SCOUTS: We have been busy trying to get the group running again. With Covid we can't use the schools so we have looked into the rec centre and the Renfrew Armories, and we will find out at our meeting tomorrow night where we will be going. Our next issue is leaders - we don't have enough. The camp issues are slowly getting sorted out. For the Health Unit to let us open we needed to have a 3-compartment sink, and this has been installed. We are now allowed to go to the camp to cut the grass. Scouts Canada wanted us to have a water filtration system put in place, we had the Environment Resource come to the camp to see how and where we will set everything up but because we have no electricity 24/7, we are exempt. We are now looking into replacing the outhouse because it needs to be all plastic so it can be washed down after every group has left. We had one port-a-potty donated to us, so we need one more, and a handwashing system, and then install everything. Slowly we are getting ready to rent the camp out again.

Yours in Scouting, Susan Fleming

SPORTS: There has been no change in Legion or Zone Sports – as per Dominion Command, no pool or cards are allowed, for now. I am hoping this will soon change, as Command will be looking into this in October/November. We are hoping to hold some dart tournaments or dart nights in the fall, as darts are permitted. Please watch our Facebook page or webpage for any upcoming events.

Greg Walbeck, Sports Chair

ENTERTAINMENT: Our entertainment and Saturday meals are going well, and many thanks to everyone who has volunteered food or their time and thank you to everyone who has come to the Branch on a Saturday evening for a homemade dinner and to enjoy great entertainment. At the moment, we are limited to 65 people in the Hall, and dancing is now allowed, while wearing a face covering. Please watch our Facebook page, our website or listen to Valley Heritage Radio Coming Events for upcoming events.

Fran Godin, Entertainment Chair

BURSARY: Renfrew Branch granted 6 Branch Bursaries of \$500.00 each to qualifying students at St. Joseph's High School and Renfrew Collegiate Institute. These funds were approved from the Poppy Trust Account. Due to the pandemic restrictions, both High Schools held virtual graduation ceremonies. The Branch has received some thank notes and letters from students conveying their appreciation in being granted a Bursary and how it will assist in their continuing education.

Ella Box, Bursary Chair

100TH ANNIVERSARY OF THE POPPY: The Renfrew Legion has started a "poppy project", to commemorate the 100th anniversary of the Remembrance Poppy. We are hoping to have enough hand-made poppies, either knit or crochet, to display in the Legion, or along an outside wall. We are aiming for a lofty goal of 2,000 poppies! Our patterns are now available. If you wish to have a paper copy, they are available during office hours, Mon-Wed, and Friday, from 8-4 (closed on Thursdays). Other Branches in the country have undertaken this project, and the results are wonderful! A copy of the pattern is attached, and please feel free to share with your friends! Donations of yarn or money to purchase yarn for volunteers are also appreciated.



CONSTITUTION & LAWS & RESOLUTIONS: Over the past few months we have received several amendments/updates to the General By-Laws, Poppy Manual and the Ritual/Awards Manual; under Section 101 Legion informal Dress will consist of a blue shirt, available only through Legion supply, will be embroidered with the Legion crest. Pinned below the crest will be the member designation: Veteran, Associate, Affiliate or Life Member. (Information on ordering is also available at the Legion office) No other pins, blazers, ties, epaulettes, shoulder badges, medals, including Undress Service Ribbons are to be worn with Legion Informal Dress.

Ella Box

ZONE G 7 NEWS: Zone Council meeting was held on July 18, 2021, at Branch 72 Pembroke. Branch Presidents presented informative reports on how their Branches are managing during this COVID time. Some Zone Officers gave updated reports of activities since our last meeting. Zone Bursary reported one Renfrew student was granted a Provincial Bursary. Legion Week is

September 19th to 25th. Zone Commander Wayne Bennet reported that Sports Officer Mary terHurne has stepped aside for the coming year to work on other things. Zone is currently looking for someone to fill this position. Zone Seniors/Service Officer Comrade Curley Andrews was concerned Veterans are not getting information that he presents at Zone meetings. Thus, the following is his report:

I received a message from Aubrey Callan (District SO). There is a program now available called Spousal Resiliency Program. This is designed for Veterans and first responders (paramedic service, fire service, police service, CBSA (other peace officer) spouses who have been exposed to operational stress injuries such as PTSD in their relationships.

Social distancing for seniors who live life alone can help the elderly through self-isolation. For more information you can check out the FAQ page or call toll free 1-877-801-7172.

Canadian Department of Veterans Affairs has approved live life mobile alarm as fully reimbursable. For more information call 1-877-801-7172.

As we all know Canadians United Nations Day is the 9th of August every year now. We have created a new park called Peacekeeper Park. It is registered as a military memorial and is located in Angus, Ontario. We have now 285 Canadians who were killed while serving. You can visit at any time.

VAC has a new program out called Timely Disability Benefit Decisions Strategic Direction (for improving waiting times for pensioners).

If you are a Veteran and are asking for help from a Branch Services Officer it is a big help if you have a CF90 showing how your military services caused or contributed to your disability.

There is a web site out called Let's Talk Veterans.

Ella Box

PUBLIC RELATIONS: The Branch is now starting to get a bit busier, and hopefully we will soon be back to normal. We have quite a few upcoming events, and we look forward to seeing some familiar faces around the Branch again. Please keep the August & September calendars on your fridge to keep track of our events!

Debbie McDermid, PRO

MILITARY SERVICE RECOGNITION BOOK: Ontario Command Chair Comrade Ron Goebel reports:

Plans are nearing completion for us to publish our eighth book of Remembrance in late September or early October this year. To date, we have published a total of 5173 biographies of Veterans within the Province of Ontario in the first seven volumes. With the publication of Volume 8 we will be closing in on 6,000 Veteran bio publications that will have been published. So, well done by everyone involved in sharing the memories of our Veterans in our books of Remembrance.

Ella Box

The Poppy Project 2021
Royal Canadian Legion Branch
148 Renfrew



Branch 148 is looking for donations of hand- knitted or crocheted poppies to do an art installation

in honour of our Veterans and to commemorate the 100th Anniversary of the Remembrance Poppy in Canada

Poppies will be displayed on the Exterior of the building facing Raglan Street and possibly on the interior as well.

Poppies will be collected until October 22, 2021

Poppies should be made with a bright poppy red, **worsted weight** yarn such as Caron One Pound, Bernat Super Value, Red Heart Super Saver, or Patons Canadiana, but any red yarn will do!

For the poppy, you will need approximately 17-20 yards of red yarn and 2-3 yards of black yarn. You will also need size 5mm (US 8) needles or a size 6mm (J) hook. Needle or hook size may be adjusted but finished poppy should be between 4-6 inches in diameter.

CROCHET PATTERN

Abbreviations

Ch: chain(s) | Dc: double crochet | Sc = single crochet | Sl st = slip stitch | (12) = indicates number of stitches at end of round

Pattern designed by *Hania Wojtowicz*

With black, make a slip knot with a 10" tail and ch 2.

Round 1: 12 dc in second ch from hook. Join with sl st to first dc. Fasten off and leave a 10" tail. (12)

Round 2: Using red yarn, join into the top of any of the black dc leaving a 10" tail. Ch 3 (counts as a dc). 1 dc into the same stitch. 2 dc into each of the remaining dc. Join with sl st to top of ch 3. (24)

Round 3: Ch 1. 2 dc into each of the next 4 dc, sc into next dc. *sc in next dc, 2 dc into each of the next 4 dc, sc in next dc*. Repeat from * to * 2 more times. Join with sl st into bottom of starting ch 1. (40)

Round 4: *2 dc into each of the next 8 dc, slip stitch between the 2 sc of the previous row*. Repeat from * to * three times. Fasten off and leave a 10" tail. (68)

The 4 tails will be used to attach the poppies to the art installation, so do not cut them off or weave them into the poppy.

Yarnspirations.com or YouTube have a great video tutorial by Mikey of [The Crochet Crowd](#)

KNIT PATTERN

Abbreviations

K: knit | P: purl | K2tog: knit 2 together | (Sl1, K2tog, pss0): Slip 1 purl-wise, knit 2 together, pass slip stitch over

Pattern designed by *Susan Simms*

With red, cast on 52 sts leaving a 10" tail at the beginning.

Work the next 8 rows as follows:

Right side: *K10, p3* repeat from * to * to end.

Wrong side: *K3, P10* repeat from * to * to end.

Cut red leaving 10" tail.

Change to black tying to red at needle and leaving 10" tail before starting with the black.

Next row: K2 tog across

Next row: P across

Next row: *(Sl1, K2tog, pss0)* repeat from * to* across to last 2 sts. K2 tog.

Cut yarn about 10" long and thread through the last stitches with a darning needle. Pull tight while removing from needle. Sew sides up with black, then with red using the mattress stitch, or leave for us to sew up. There should be no seam showing. Leave a 10" tail on both black and red ends.

The 4 tails will be used to attach the poppies to the art installation, so do not cut them off or weave them into the poppy.

Yarnspirations.com or YouTube have a great video tutorial by Marly Bird

Poppies may be dropped off at the Branch from 8-4 Monday-Wednesday and Friday and 12-6 Thursday and Saturday

For more information: rcfrenfrew@cogeco.net or visit us on Facebook at **Renfrew Legion Poppy Project**

August 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CIVIC HOLIDAY – BRANCH CLOSED	3	4	5	6	7
8	9	10	11	12	13	14 Celebration of Life – Hall Booked No Entertainment
15 Main Hall: Ottawa Valley Grace Ministry, 2-4pm	16	17 Silver Seniors Meeting	18	19	20 Branch Barbecue, 1-6pm Hotdogs \$2.50 Sausage \$3.00 Meat Draw in Lounge, 3:15	21 Entertainment: Last Call, in main hall, 4-8pm Meal: to be announced
22 Main Hall: Ottawa Valley Grace Ministry, 2-4pm	23	24	25	26	27	28 Entertainment: Just Country, in main hall, 4-8pm Meal: to be announced
29 Main Hall: Ottawa Valley Grace Ministry, 2-4pm	30	31 Hall: Foot Care Clinic				

September 2021						
◀ August						October ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Dave Palfreyman Memorial Golf Tournament Entertainment: Good Time Heart, in main hall, 4-8pm
5 Main Hall: Celebration of Life Ottawa Valley Grace Ministry, 2- 4pm – room to be announced	6 LABOUR DAY – BRANCH CLOSED	7	8	9	10	11 Entertainment: Spencer Scarf, in main hall, 4-8pm Meal: to be announced
12 Main Hall: Ottawa Valley Grace Ministry, 2-4pm	13 Legion Executive, 7pm, main hall	14 Foot Care Clinic	15	16	17 Possible Hall Booking	18 Dart Tournament for Autism Programs in Renfrew County No entertainment:
19 Dart Tournament for Autism Programs in Renfrew County Ottawa Valley Grace Ministry, 2- 4pm, room to be announced	20 Ladies' Darts, 7pm, main hall	21 Main Hall: Blood Donor Clinic	22	23	24	25 Main Hall: Celebration of Life Entertainment: Just Country, in main hall, 4-8pm
26 Main Hall: Ottawa Valley Grace Ministry, 2-4pm	27 Ladies' Darts, 7pm, main hall	28 Foot Care Clinic LA Meeting, 7pm	29	30		