



## The Royal Canadian Legion

### Kingsway Branch No. 175

14339 – 50<sup>th</sup> Street NW - Edmonton, AB T5A 0S9

Phone: 780-425-8654

Fax: 780-425-0134

[www.kingswaylegion.ca](http://www.kingswaylegion.ca)

“The Home of Hospitality”

# January 2021

### BRANCH HOURS

Mon - 5:00 pm - Close

Tue - Sat 11:00 am - Close

Sunday - Closed

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### BRANCH OFFICE

Mon - 5:00 pm - 9:00 pm

Tue - Fri 11:00 am - 9:00 pm

Saturday 11 am - 6:00 pm

Sunday – Closed

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### CANTEEN BAR

Mon - 5:00 - 8:00 pm

Tue - Sat 11.00 am - 8.00 pm

Saturday 11 am - 6:00 pm

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### KITCHEN

Mon - 5:00 - 8:00 pm

Tue - Sat 11.00 am - 6.00 pm

Saturday 11 am - 5:30 pm

Sunday – Closed

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### BRANCH GENERAL MEETING

The last Tuesday of every month  
except July, August, and December.

Effective Dec 13 the Alberta government  
announced the following changes that effect  
your Legion:

**all restaurants, pubs,  
bars, lounges and cafes  
are closed to in-person  
service.**

We hope to open Tuesday January 19, 2021

### Members in Good Standing

as of Nov 30, 2020

Life Members	26
Ordinary	496
Associate	405
Affiliate	332
<b>Total:</b>	<b>1,259</b>

# Membership



## Remember To Get Your 2021 Membership



Your 2021 Renew Sicker are now available.

During the September 24th 2019 General Meeting a motion was made, and carried that we raise our branch registration fee by \$5 effective 1 Sep 2020.

The new rates are a follows: Regular \$70.00 Senior \$62.00. (a senior is classified as any member over the age of 65 with 20 years in the Legion).

The office hours during this latest restriction Tue – Sat 12 – 4:00 pm starting Jan 4, 2021.

Feel free to drop by and pay your membership dues.

## Fallen Comrades

It is with deep regret that we announce the following members have passed on since we last gathered together.

Name	Age	Date	Service
Myers, Stan	93	28 Dec	RCN
Clifford, Kenneth	95	Nov 2020	Army
Spry, William	85	7 Dec	RCAF
Kozoriz, John	95	7 Dec	RCAF
Nault, Clarence	84	Dec 2020	Army



## Customer Service

I tried having my mother's phone disconnected, but the customer-service rep told me that since the account was in my dad's name, he'd have to be the one to put in the request.

The fact that he'd been dead for 40 years didn't sway her. Then a solution hit me: "If I stop paying the bill, you can turn off the service, right?" "Well, yes," she said reluctantly. "But that would ruin his credit."

**I can't wait till New Year's Day 2021.** Then I can say hindsight is really 2020

**My New Year's resolution is to break my New Year's resolutions.** That way I succeed at something!

## It's Your Legion Get Involved

Kingsway Legion is a safe & covid free location to enjoy a drink or a meal with your loved ones.

We run a daily special for both Lunch or Supper.

Check out our website for more information:

<https://kingswaylegion.ca/weekly-specials>

## The Legion Dispatch

### Your Legion Calendar: January — February 2021

This calendar lists upcoming commemorative days of relevance to The Royal Canadian Legion that raise awareness of an issue, commemorate a group or event, or celebrate an important topic.

Date	Event
1 Jan	New Years Day
27 Jan	<a href="#">Holocaust Remembrance Day</a>
28 Jan	<a href="#">Bell Let's Talk</a> for mental health awareness

Date	Event
FEB	<a href="#">Black History Month</a>
14 Feb	Valentine's Day
15 Feb	<a href="#">National Flag of Canada Day</a>
15 Feb	Family Day
28 Feb	<a href="#">Gulf War Ends</a> (1991)

## FOR YOUR SAFETY AS WELL AS THE STAFF

**All Members & Guests Must Wear a Mask While Being Assisted**

**By Any Staff Member**

**Thank you for your support**

# Kingsway Legion Ladies Auxiliary



As we end this crazy 2020 we would like to wish all a happy, healthy new year!

Our Annual Christmas Raffle Draw was held on Dec 19th The winners were:

1. Poppy Lap Quilt - \$225.00—**Higgins Sitybonsy**
2. Autumn Lap Quilt - \$200.00—**Jodi Lastiwila**
3. Christmas Centrepiece - \$100.00—**Rob Yeates**
4. Canteen Gift Certificate - \$75.00—**Jackie Hyshka**

As soon as the Legions are able to open again we will begin the Saturday meat raffles and 50/50's.

**Congratulations to our winners and a big thank you to all for your ongoing support.**

## Meat Draws

Our Wed Draw tickets go on sale starting at 5:30 pm with the draw commencing at 6:00 pm

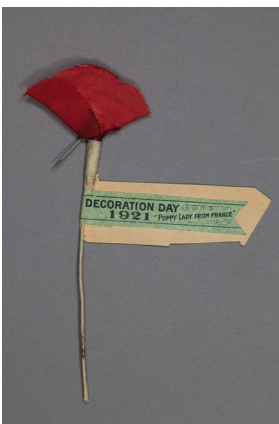
Sat Draws tickets go on sale at 1:00 pm with the draw commencing at 1:30 pm

There will be a new format and with limited seating why not come early and enjoy a meal.

## 50 / 50 Draws

Right after the meat draw is completed, we will be selling the 50/50 tickets.

There will be a new format and with limited seating why not come early and enjoy a meal.



## 100<sup>th</sup> Anniversary of the Remembrance Poppy in Canada

On July 5, 1921 the Great War Veterans Association adopted the Poppy as the flower of Remembrance. To celebrate this 100<sup>th</sup> anniversary, The Legion Dominion Executive Council approved a commemorative Poppy flower pin, currently in development, which will be available to wear on Legion dress until Dec 31, 2021

# 2020 Christmas Dinner

Covid19 has forced us to look outside the box and do things differently for 2020. The Branch would normally invite residents of Kipnes Center and Veterans Villa for a free Christmas Dinner. With the restrictions put in place we were unable to that so we decided to provide a meal and deliver it to them.

Sometimes it's not easy or worth the effort to prepare the big meal we are used to sharing with family and friends. So, when the Alberta government increased the new restrictions on Nov 27 we thought it would be a wonderful idea to offer the meal to our members as well.

It proved to be a great success with over 215 people taking advantage of the offer. That's almost twice the number we thought we would have.

**Thanks to all those who purchased a meal, we hope you enjoyed it.**

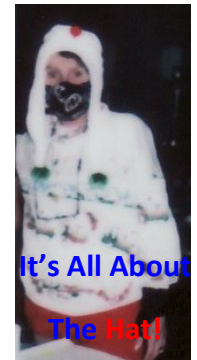
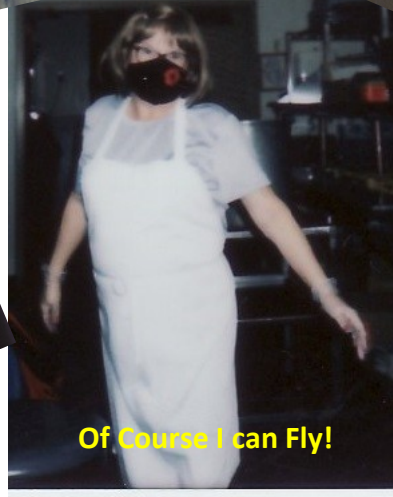
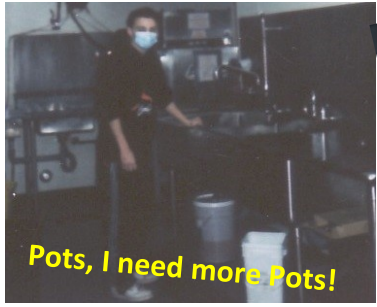
A special thanks goes out to the Staff and Volunteers that dedicated their time to prepare & deliver the meals for you. They were:

Trese	Biddiscombe
Geoff	Biddiscombe
Jeff	Biddiscombe
Frank	Colautti
Tracey	Colautti
Alan	Colautti

Kathy	Deugau
Rick	Etmanski
Bill	Fecteau
Stan	Hawkins
Dakota	Jacob
Steve	Kuervers

Kay	Marshall
Bill	O'Brien
Cathy	Peddle
Doug	Rayfield
Gary	Sharp
Maria	Sharp

Christine	Tighe
Flo	Werner
Carol	Wills
Ron	Wills





## What's Happening at the Legion?



### Mazatlán, Mexico TRIP FOR 2 RAFFLE

Due to a lack of participation this raffle has been canceled. If you purchased a ticket, you will be contacted about your refund.

Thanks to all those for supporting the Legion.

THE KINGSWAY LEGION  
LICENSE #560836

## NEXT GENERAL MEETING

January 26, 2021

## FARMERS' MARKET

The Farmers' Market has moved indoors

Sunday 11 am - 3 pm



### Looking for a place to enjoy a Sunday Lunch?

Did you know we are now offering a lunch meal on Sundays from 11 to 2:00 pm.

The main item of the meal is from one of the many vendors that participate in the Miller Crossing Framers' Market.

# Sports Schedule (Sep - May)

**Due to the Government's most recent shutdown there will be no sports activities allowed at this time.**

## BRANCH LEAGUES:

Cribbage .....	Mon	6:00 — 9:00 pm
Darts .....	Mon	6:00 — 9:00 pm
Euchre .....	Wed	7:00 — 10:00 pm
Darts (Over 60) .....	Thur	1:00 — 3:30 pm
8 Ball Pool .....	Thu	7:00 — 10:00 pm
Shuffleboard .....	Thu	7:00 — 10:00 pm
Shuffleboard .....	Fri	6:00 — 10:00 pm



## NON-BRANCH LEAGUES:

Pool (Drop in Tourney) .....	Tue	11:30 am
Darts (Drop in League) .....	Tue	1:00 pm
Pool (Drop in Tourney) .....	Thu	11:30 am
Pool (Drop in Tourney) .....	Sat	11:30 am

- All members, whether novice or expert, are invited to participate.
- All times are approximate and maybe changed to fit the requirements of the Branch.

All Sports queries should be directed to the Legion Sports Officer:

Audrey Ferguson.



# Veteran's Support



## CAF Veteran Participants Needed for Chronic Pain Study

### Criteria:

- Male CAF Veteran
- Chronic pain lasting longer than 3 months
- Served primarily in the Army
- Have been deployed internationally

### Participation:

- 1-1.5 hour **confidential** video/phone interview about factors affecting your pain
- \$20 Visa gift card provided after consent as thank you for time
- Contribute to understanding of chronic pain in CAF veterans

**For more information please contact lead researcher Jeremiah Buhler:**

[buhlerj@myumanitoba.ca](mailto:buhlerj@myumanitoba.ca)



Are you a Canadian Armed Forces Veteran living with chronic pain? You can be part of a research study that examines the different variables associated with chronic pain to better understand how it develops and is maintained.

This study focuses on a specific sub-group not yet been examined in the existing research. Studies of other sub-groups within the Veteran population are planned for a later date.

Jeremiah Buhler, 2016 recipient of The Royal Canadian Legion's annual \$30,000 Masters Scholarship from the Canadian Institute for Military and Veteran Health Research, is leading this study. If interested, please contact Jeremiah at [buhlerj@myumanitoba.ca](mailto:buhlerj@myumanitoba.ca).

## Second World War Tribute Commemorative Lapel Pin



To honour the bravery and sacrifice displayed more than 75 years ago, local Second World War Veterans can apply for the Second World War Tribute. This commemorative lapel pin and certificate of recognition were created to honour the extraordinary role Canadians played in the Allied victory 75 years ago.

If you are or know a Second World War Veteran that would like to apply for this program you can either contact your MP office or apply directly on the Veterans Affairs website:

<https://www.veterans.gc.ca/eng/remembrance/wars-and-conflicts/second-world-war/tribute>



# Veteran's Support

## Are you a veteran or family member of a veteran?

We are recruiting veterans and their family members to test the impact of self-applied hand Shiatsu on sleep. This technique is drug free and has no cost. Participants can withdraw from the study before completion and will be compensated for parking. This study is funded by Veterans Affairs Canada and supported by the Royal Canadian Legion Alberta- NWT Command, has been approved the Health Research Ethics Board of the University of Alberta. To learn more email Dr. Cary Brown, Faculty of Rehabilitation Medicine, University of Alberta at [cary.brown@ualberta.ca](mailto:cary.brown@ualberta.ca) or phone 780-492-9545.



## Get healthy with MissionVAV

Get fit this fall with The Royal Canadian Legion and MissionVAV using a FREE web-based program designed to make Veterans and their supporters stronger, healthier and happier. Register or learn more about starting a team at your Legion Branch at [MissionVAV.com](http://MissionVAV.com).

## Veterans Service Centre

The Veterans Service Centre in Edmonton is a place for veterans to get help accessing:

- financial programs and supports
- employment and training services
- housing location and supports
- crisis supports
- community services and opportunities

Supports and services are available to any veteran who is:

- homeless
- at-risk of homelessness
- struggling in the civilian community

To visit the Veterans Service Centre:  
Hours: 9 am to 12 pm and 1 pm to 4 pm (Monday to Friday)

For more information visit:  
<https://www.alberta.ca/veterans-service-centre.aspx>

## The Veterans Emergency Fund

The fund covers essential needs, such as:

- Food, Clothing, Rent, Mortgage
- Medical care/expenses
- Expenses required to maintain safety and shelter.

As this is only temporary financial relief, we will also work with you to identify your long-term needs. Together, we will look for solutions to improve your financial stability.

If you have an urgent financial need, and are:

- a former member of the Canadian Armed Forces (CAF);
- the spouse/common-law partner of the former member;
- a survivor of a deceased CAF member or Veteran;

For more information go to: <https://www.veterans.gc.ca/eng/financial-support/emergency-funds/veterans-emergency-fund>