



The Royal Canadian Legion

Kingsway Branch No. 175

14339 – 50th Street NW - Edmonton, AB T5A 0S9

Phone: 780-425-8654

Fax: 780-425-0134

www.kingswaylegion.ca

“The Home of Hospitality”

November 2020

BRANCH HOURS

Mon - 5:00 pm - Close

Tue - Sat 11:00 am - Close

Sunday - Closed

BRANCH OFFICE

Mon - 5:00 pm - 9:00 pm

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

Saturday 11 am - 7:00 pm

Sunday – Closed

CANTEEN BAR

Mon - 5:00 - 8:00 pm

Tue - Sat 11.00 am - 8.00 pm

Saturday 11 am - 7:00 pm

KITCHEN

Mon - 5:00 - 8:00 pm

Tue - Sat 11.00 am - 8.00 pm

Saturday 11 am - 6:30 pm

BRANCH GENERAL MEETING

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



**EARLY BIRD
REGISTRATION**

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

Please note: new member will be required to pay an additional \$10 administration fee.

Members in Good Standing

as of Oct 20, 2020

| | |
|---------------|--------------|
| Life Members | 26 |
| Ordinary | 486 |
| Associate | 397 |
| Affiliate | 326 |
| Total: | 1,235 |

Membership



Membership Year Pins

Congratulations to the following members
who received their Service Year Pins

| Name | Years |
|--------------|--------|
| Gary Forner | 50 yrs |
| Terry Triska | 25 yrs |
| Marie Sharp | 5 yrs |

Congratulations to All!

Our Newest Members

If you see our new members in the Legion please take a moment out and welcome them.

| | | |
|--|--|--|
| | | |
| | | |

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 |
|------|-----|------|---------|
| | | | |
| | | | |
| | | | |
| | | | |
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2020 REMEMBRANCE DAY CEREMONIES

Remembrance Day Ceremonies

November 11, 2020

As I'm sure you are aware, this year's Remembrance Day Ceremonies will be quite different from previous years.

At the last General Meeting, on 27 Oct, the members make a motion from the floor that due to the new AHS Guidelines that we do not hold any activities outside of the ceremony, and the Legion remain closed on Remembrance Day. That motion was **Carried**.

A ceremony will take place at the Kingsway Legion Cenotaph on November 11 and will follow the standard format as laid out in the Ritual, Awards & Protocol Manual. In addition, we will be following AHS outdoor gatherings regulations, which means we are very limited in the number of people who can attend.

For the first time, spectators are discouraged from attending in person, due to the limited space and requirement to physically distance. The smaller number of people participating will be required to remain 2 m apart and will need to wear masks unless performing certain duties related to the ceremony.

Our format for this year will be as follows:

- **Veterans' Parade** - There will be no Veteran's parade. All participants will make their own way to the cenotaph.
- **Canadian Armed Forces** - There will be no CAF in attendance this year.
- **Colour Party**: There will be no Colour Party. All Flags will be prepositioned.
- **Other**: All required music will be from a CD and played over the speakers.
- **Wreath Bearers**: The majority of wreaths are to be pre-placed at the memorial prior to the ceremony. Those wanting to place the wreath personally can do so after the ceremony concludes. Acknowledgement of preplaced wreaths will be placed on our website.

Spectators: We are discouraging spectators from attending due to the limited space and the requirement to physically distance.

The modifications we as Legionnaires will experience in our planning and conduct of a Remembrance Day Ceremony are difficult, but not insurmountable. Following the local area restrictions imposed due to the pandemic needs to be paramount in concern of the safety of all involved. However, with a reduction in people at the ceremony location, and an adjustment in the format will allow us to honour our Veterans and the sacrifices made regardless of the pandemic.

DUE TO COVID19 CONCERNS, THE LEGION WILL NOT BE OPENING THEIR DOOR FOR ANY PRE/POST-CEREMONY EVENTS.

2020 POPPY CAMPAIGN

Volunteers Needed!!!

Once more we are looking for Volunteers.

- We have approx. 280 positions to fill
- Friday 30 Oct, 9 AM driver & helper to deliver to business. 12 runs.
- (Enter thru door #2)
- Friday Nov 1 we start manning Northgate Shopping Center, & Londonderry Mall
- Londonderry & Northgate 2 shifts, 2 people per shift for 10 days.
- (Enter thru door #2) (see clip board for times.)
- Driver and vehicle needed for 3 runs per day for 7 days. (See clip board)
- (Enter thru door #2)
- Starting Monday Nov 2 we need to visit several business to swap buckets and add poppies. This requires 2 vehicles with driver and helper. This will occur Monday, Wednesday & Fridays.
- Tag Day has been eliminated for this year.
- Ladies Auxiliary is also eliminated for this year.
- Sign up sheets are available on the table in the Lobby.

Thank You

Bill O'Brien (780) 222-6111 or Geoff Biddiscombe (780) 819-1247

Tag Day

Due to Covid19 the Cadet Units will not be available to assist in Tag Day. Unfortunately this means Tag Day will be cancelled this year.



2020 POPPY CAMPAIGN

2020 Remembrance Day Ceremonies

At the last General Meeting, on 27 Oct, the members make a motion from the floor that due to the new AHS Guidelines that we do not hold any activities with the exception of the ceremony, and the Legion remain closed on Remembrance Day.

That motion was **Carried**.

DUE TO COVID19 CONCERNS, THE LEGION WILL NOT BE OPENING THEIR DOOR FOR ANY POST-CEREMONY EVENTS.

- 10:57** Arrival of Dignitaries
- 10:58** Singing of National Anthem
- 11:00** Last Post
- 11:02** Two (2) Minute Silence
- 11:04** Lament
- 11:06** Rouse (Reveille)
- 11:08** Act of Remembrance
- 11:10** Prayer by Padre
- 11:12** Reading of "In Flanders Field"
- 11:14** Wreath Laying
- 11:35** Benediction / Blessing by Padre
- 11:37** Singing of Royal Anthem (God Save the Queen)
- 11:42** Dignitaries Depart



ONCE AGAIN, DUE TO COVID19 CONCERNS, THE LEGION WILL NOT BE OPENING THEIR DOOR FOR ANY POST-CEREMONY EVENTS.

SORRY FOR THE INCONVENIENCE!

Lest We Forget

Kingsway Legion Ladies Auxiliary



Our Annual Christmas Raffle tickets are now on sale for the following Prizes:

- 1. Poppy Lap Quilt - \$225.00**
- 2. Autumn Lap Quilt - \$200.00**
- 3. Christmas Centrepiece - \$100.00**
- 4. Canteen gift certificate - \$75.00**

Tickets are available from Auxiliary members or at the front desk. There are only 600 printed and they sell for \$5.00.

Our ladies are now busy collecting some items for a gift bag to the veteran's at the Kipnes Centre for Remembrance Day, as they cannot have the usual events.

Thank you to all making it out to our Saturday meat raffles. Tickets now go on sale at 1 pm. Tickets are sold at your table for all twelve draws. The draws begin at approximately 1:30 and finish at approximately 2 pm.

The Ladies Auxiliary still has some Kingsway #175 License plates for sale. There are a number of the regular car size and 1 scooter size one left. They are \$15.00 and can be purchased on Saturdays at the meat raffles. Just ask one of the LA members.

The Ladies Auxiliary are in need of volunteers. If you would like to give us a hand, please think about dual membership as it would benefit both the Legion and the Auxiliary.

Thank you in advance for your support and good luck.

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.

What's Happening at the Legion?

14 Feb 2021 CCR Tribute

21 Mar 2021 Eagles Tribute

All events are subject to AHS approval at this time

Sorry dancing is still not permitted

GENERAL MEETING

There will be general meeting Nov 24, 2020 starting at 7:00 pm

The general meeting gives you a chance to let us know how we are doing and what we can do to make it better for you the members. Please attend the General Meetings and help to keep the Legion running.

Nominations for Branch Officers & Executive Members

The nomination box is located in the foyer. Nominations for next years executive will be accepted up to Sat 21 Nov by 1600hrs. The following positions are open:

President

Vice President x 2

Executive Committee (min of 5 positions)

Election Date: November 24, 2020 at the General Meeting

FARMERS' MARKET

The Farmers' Market has moved indoors

Sunday 11 am - 3 pm



It's Your Legion Get Involved



KINGSWAY LEGION Mazatlán, Mexico TRIP FOR 2 RAFFLE

LOTTERY CONTEST RULES

Ticket prices are \$5 per ticket.

There will be 1 Prizes drawn.

Trip for 2 for 7 days to Mazatlán, Mexico.

The Draw Date is Dec 31, 2020.

The Mexico Trip Raffle will have a total of 1000 tickets printed.

The Kingsway Legion reserves the right to cancel this lottery if less than 500 tickets are sold by June 1, 2020.

The Prize is a “\$2500 Gift Card” package toward a 7 day Mexico Trip.

The Prize is “Transferrable”. The winner may redeem the full value of the Gift Card at the Kingsway Legion “ONLY”. If the winner is an AMA member, the card can be used toward any AMA product, including another trip other than the one in the raffle. A non-member winner can also forfeit the Mexico Trip and apply the Gift Card toward another holiday at the AMA. Prices for the trip is determined at date of Raffle. Prices does not reflect any increase that may occur in the future.

The winner will be required to pay the applicable Travel

Consult-

ing fees at AMA. The Kingsway Legion is not responsible for booking travel arrangements, applicable insurances or Passport issues. These remain the sole responsibility of the winner.

The Kingsway Legion is not responsible for any lost or stolen gift cards after being received by the winner.

Sports Schedule (Sep - May)

BRANCH LEAGUES:

| | | |
|-----------------------|------|-----------------|
| Cribbage | Mon | 6:00 — 10:00 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 Area and Command Events have been cancelled until further notice.
- 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.



There will be no Area, District, or National Sports Events for 2021!

**Together We Can Make Our Legion
a Safe Place to Visit**

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



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.

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 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.

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>

The Legion Dispatch

Your Legion Calendar: November—December 2020

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 |
|---------------|--|
| 30 Oct | 2020 Poppy Campaign Starts |
| | Legion Early Bird 2020 Campaign Continues |
| 1 Nov | Announcement of National Silver Cross Mother |
| 8 Nov | Aboriginal Veterans Day |
| 11 Nov | Remembrance Day |
| 11 Nov | First World War ends - Armistice Day (1918) |
| 12 Nov | Passchendaele ends (1917) |
| 18 Nov | Battle of the Somme (1916) |

| Date | Event |
|--------|--|
| 1 Dec | GivingTuesday |
| 3 Dec | International Day of Persons |
| 5 Dec | International Volunteer Day |
| 6 Dec | Halifax explosion (1917) |
| 10 Dec | Nobel Prize for Peace Awarded to |
| 25 Dec | Fall of Hong Kong (1941) |
| 25 Dec | Christmas (Legion supports Operation Santa Claus) |
| | |



A woman in labour suddenly shouted, “Shouldn’t! Wouldn’t! Couldn’t! Didn’t! Can’t!”

“Don’t worry,” said the doctor. “Those are just contractions.”

