



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”



Dec 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 - 6:00 pm

Sunday – Closed

CANTEEN BAR

Mon - 5:00 - 8:00 pm

Tue - Sat 11.00 am - 8.00 pm

Saturday 11 am - 6:00 pm

Sunday – Closed

KITCHEN

Mon - 5:00 - 8:00 pm

Tue - Sat 11.00 am - 6.00 pm

Saturday 11 am - 5:30 pm

BRANCH GENERAL MEETING

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

On Tuesday Nov 24 the Alberta government announced the following changes that effect your Legion:

- No Indoor Social Gatherings in any setting
- Maximum of six people from the same immediate household at a table and no movement between tables.
- People who live alone can meet with up to two non-household contacts as long as they're the same two throughout the duration of these restrictions
- Only seated eating and drinking is permitted. No other services or entertainment will be allowed, including billiards, games or darts.
- Liquor can be sold until 10 pm and food-serving establishments must close to in person-dining at 11 pm.
- No festivals or events
- Mandatory masks for indoor workplaces

These changes are in effect until Dec 15

Members in Good Standing

as of Oct 20, 2020

Life Members	26
Ordinary	496
Associate	405
Affiliate	332
Total:	1,259

Membership



The follow members were recognised for their time & work with the Legion:



Certificate of Merit

Geoff Biddiscombe

Certificate of Appreciation

Trese Biddiscombe

Jeff Biddiscombe

Bernie Jolly

Membership Year Pins

Congratulations to the following members who received their Service Year Pins

Glenda Rimmer 10 years

Brian Carlson 35 years

The following members of the Executive were presented with their Executive Medal / Bars

Steve Criss Executive Medal

Carol Wills Membership Bar

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
Stewart, Jean	83	16 Nov	



From Your Executive Committee Members and Staff we wish you all a safe

Merry Christmas and a Happy New Year

What's Happening at the Legion?

At the last General Meeting, Tuesday, Nov 24, 2020 the 2021 elections for Branch Officers & Executive Members was held.

Your Executive Committee for 2021

President:	Bill Fecteau
1st Vice President:	Steve Kuervers
2nd Vice President:	Audrey Ferguson
Past President:	Ron Wills
Executive Committee:	Geoff Biddiscombe
	Steve Criss
	Kathy Deugau
	Paddy Earles
	Rick Etmanski
	Gary Forner
	Bob Weibe
	Carol Wills
	Doug Rayfield

FOR YOUR SAFETY AS WELL AS THE STAFF

Effective 23 Nov 2020 All Members & Guests Must Wear a Mask While Being Assisted By Any Staff Member

Thank you for your support

Let us Prepare your Christmas Dinner



Cooking a turkey might seem a big task this year so let us help make your Christmas Day a little easier.

Our Take Out/ Delivery Christmas Dinner is available December 23 & 24 from 12:00-4:00 pm.

Place your order your by Dec 19 and pick it up or have it delivered. All you have to do is reheat the dinner to make your Christmas Day stress free!

Cost: \$17.00 per person

(delivery fee is an additional \$5.00)

Your meal includes:

Slow Roasted Turkey Fully Cooked Carved White and Dark Meat

or Glazed Baked Ham

Creamy Yukon Gold Mashed Potatoes

Honey Glazed Baby Carrot

White Wine-Spiked Green Peas

Traditional Savory Stuffing with Candied Cranberries (gluten free option available upon request at no extra charge)

Gravy from Home Made Turkey Stock. (gluten free option available upon request at no extra charge)

Assorted Cookies or Squares

**Call 780-425-8654 to place your order or
drop off the order form below at the office.**

Christmas Dinner Order Form

Name: _____ Phone # _____

Address _____

City _____

Pickup or Delivery

Date Required: 23-Dec or 24-Dec
(between noon & 4:00 pm)

Time: _____

Number of Meals Requested: _____

Cost per Meal: \$17.00 (delivery fee is an additional \$5.00)

Total Cost: \$ _____

Menu (please indicate your choices)

Slow Roasted Turkey White and Dark Meat _____

or Glazed Baked Ham _____

or Turkey & Ham Mix _____

Creamy Yukon Gold Mashed Potatoes _____

Honey Glazed Baby Carrot _____

White Wine-Spiked Green Peas (peas served with shallots & a little white wine) _____

Savory Stuffing with Candied Cranberries _____

or Gluten Free Savory Stuffing with Candied Cranberries _____

Gravy from Home Made Turkey Stock _____

or Gluten Free Gravy from Home Made Turkey Stock. _____

Assorted Home Made Cookies or Squares _____

Special Instructions: _____

Call 780-425-8654 to place your order or drop off the order form below at the office.

(office use only)

Order #

Payment Method:

Credit Card

Interact

Cash

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: December 2020—Jan / Feb 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 Dec	Giving Tuesday
3 Dec	International Day of Persons with Disabilities
5 Dec	International Volunteer Day
6 Dec	Halifax explosion (1917)
10 Dec	Nobel Prize for Peace Awarded to Peacekeepers (1988)
25 Dec	Fall of Hong Kong (1941)
25 Dec	Christmas (Legion supports Operation Santa Claus)

Date	Event
1 Jan	New Years Day
27 Jan	Holocaust Remembrance Day
28 Jan	Bell Let's Talk for mental health awareness
FEB	Black History Month
14 Feb	Valentine's Day
15 Feb	National Flag of Canada Day
15 Feb	Family Day
28 Feb	Gulf War Ends (1991)

Three men die in a car accident on Christmas Eve. They all find themselves at the Pearly Gates waiting to enter heaven. On entering they must present something relating to or associated with Christmas. The first man searches his pocket, and finds some mistletoe, so he is allowed in. The second man presents a cracker, so he is also allowed in. The third man pulls out a pair of stockings. Confused at this last gesture, St Peter asks, 'How do these represent Christmas?' He replied 'They're Carol's.'



2020 POPPY CAMPAIGN

Thank You

As I watched the Remembrance Day ceremony in Ottawa. A WW2 veteran was asked about his memories of the war and he simply said “We had a job to do and we did it.” For me that sums up the 2020 Poppy campaign for Kingsway Legion, in order for us to honour our veterans, we had a job to do and we did it. Due to the pandemic, we had to cancel Tag and the Ladies Auxiliary days. Some businesses chose not to participate, but many others welcomed us with open arms. On several occasions I was thanked by someone for carrying on the tradition of making poppies available to the public.

Due to our **Wonderful Volunteers** we were able to provide over 300 Business with poppy kits to promote the campaign. Many of our volunteers also donated their time representing our branch by sitting at a table in Northgate mall or Londonderry Mall accepting donations. It truly is impressive watching the public react with a veteran who is sitting at a table wearing their medals. We also provided 70 schools with poppy kits and information on how they can learn more about Remembrance Day. Its critical that young people learn about the sacrifices made by our veterans and why we celebrate Remembrance Day.

One of my favorite memories during the campaign was watching five young High School students stop by the Northgate Mall table to pay their respects to the veteran who was sitting there and make a donation.

Each and every volunteer hour is greatly appreciated, the work parties to put kits together, packaging poppies for distribution, stepping in last minute when called upon. As well as all the other tasks that made the 2020 Poppy Campaign a success in these trying times.

Our first year of having a Poppy Office in the Kingsway branch was very successful. We received in excess of 100 calls, we estimate 20,000 Poppies were requested this way. The Poppy office also processed donations received through mail, phone and in person.

After seven years of being the Poppy Chairman at Kingsway Legion Bill O’Brien has decided this will be his last campaign at the helm. His contribution to the Poppy campaign has helped many veterans and I would like to personally thank him for his dedication. He has been a wonderful mentor to me and I will miss his guidance going forward.

Thank You Volunteers for making the 2020 Poppy Fund Campaign a success.

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



Lest We Forget

2020 Remembrance Day Ceremonies

A ceremony took place at the Kingsway Legion Cenotaph on November 11. Due to Covid19 restrictions just over 100 people attending.

Thanks to all those who came out to remember our fallen comrades. Also thanks to those who stayed home and remembered in the own special way.

Last Call for 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.

UPLIFTING CANADIAN VETERANS WITH A
BEACON OF HOPE
NATIONAL CONTEST AWARDING
DESERVING VETERANS WITH A NEW ROOF

HELP VETERANS FACING ADVERSITY. NOW IT'S UP TO US!

DO YOU KNOW A CANADIAN VETERAN WHO NEEDS A NEW ROOF?
We are giving away one roof to a deserving candidate and three runners up will receive \$2500 towards roof repairs.

STARTS NOV 2

#BEACONOFHOPECANADA

NOMINATE A VETERAN IN NEED!



TELL US WHY

Provide a brief explanation of why the nominee is a deserving candidate



TAKE 4 PHOTOS

Submit three photos of the home and one photo of the Veteran you are nominating



SUBMIT YOUR NOMINATION

Submit your application between November 2, 2020 - December 7, 2020

Submit your nomination today

go.becn.com/BeaconOfHopeCanada

No purchase necessary to enter or win. Nominees must be at least 18 years of age or older, a legal resident of a province of Canada other than Quebec, and qualify for Veteran status as defined by Veterans Affairs Canada. Other terms and conditions apply. For complete contest rules and eligibility criteria, please visit go.becn.com/beaconofhopecanada. Void outside of Canada and within the Province of Quebec, and wherever else prohibited by law.



BEACON-CANADA.COM



DO YOU KNOW A CANADIAN

VETERAN WHO NEEDS A NEW ROOF?

We are giving away one roof to a deserving candidate and three runners up will receive \$2500 towards roof repairs.

Nominations are being accepted from November 2 - December 7, 2020.

Further information can be found on Beacon of Hope's website link at:

<https://go.becn.com/beaconofhopecanada>

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.

The Ladies Auxiliary is happy to have helped the Legion with money towards room dividers, a portable oil filter and a donation. This totalled over \$8700. It is with the wonderful support of the Legion members that we are able to raise these funds through the Saturday meat raffles and 50/50's as well as our other fundraisers.

We were also able to donate \$1200 to the Kipnes Centre along with other donations for activities. We hope to have a Christmas parcel for each of the 120 residents and intend to deliver them in plenty of time.

We will be holding our Christmas Raffle on December 19th. Tickets are \$5.00 each and are available through a Ladies Auxiliary member or the front desk. On Saturday the 19th, two of our members will be in the foyer selling any tickets that are left. Only 600 are printed. Prizes are two lap quilts, a Christmas centerpiece and canteen gift certificates.

Dec 19th is also our Ham & Turkey Meat Raffle Draws. We will not have meat raffles on December 26, or January 2nd.

Merry Christmas to all and a safe, healthy New Year!

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?



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

GENERAL MEETING

There will is no general meeting in December. See you 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



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>