



## 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”

## May 2023

### BRANCH HOURS

Mon - 5:00 - 11:00 pm

Tue - Wed 11:00 am - 11:00 pm

Thu - Sat 11:00 am - 12:00 pm

Sun - Closed

### BRANCH OFFICE

Mon - 5:00 - 11:00 pm

Tue - Wed 11:00 am - 11:00 pm

Thu - Sat 11:00 am - 12:00 pm

Sun - Closed

### CANTEEN BAR

Mon - 5:00 - 11:00 pm

Tue - 11:00 am - 11:00 pm

Thu- Sat 11:00 am - 12:00

Sun - 11 am - 2:30 pm

### KITCHEN

Mon - 5:00 - 8:00 pm

Tue - Wed 11:00 am - 8:00 pm

Thu - Sat 11:00 am - 9:00 pm

Sun - 11:00 am - 2:30 pm

### BRANCH GENERAL MEETING

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

### PRESIDENTS MESSAGE

Just a short note to say I had a great reunion with a lot of old Field Engineers with some good stories of our time in uniform. The weather was great (28 C on Saturday) and rainy on Monday.

Sorry we missed the Ukrainian Dinner and hope everyone enjoyed their meal. We are looking forward to the High Tea on Mother's Day.

With the sports/cards wrapping up, I'll be looking for you dropping in for a bite to eat and enjoying a brown coke.

That's it for the moment and don't forget that in June the Branch is CLOSED on Mondays for the summer hours.

Stay safe.

RM Torrie. MMM, CD

President

### NEXT GENERAL MEETING

May 30, 2023

# Membership

## 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
Norm Henderson	75	April 9	Associate
Lloyd Kratky	75	April 16	Associate
Ken Hindman	71	April 19	Associate



## Our Newest Members

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

Ordinary	Associate	Affiliate
	Preston Houston	Douglas Ruelling
	Louise Chernenko	Cruz Pinzon
	Daniel Moyles	David Serbu
	John Thomas Strachan	

Members in Good Standing as of April 18, 2023	
Affiliate	348
Associate	497
Life Members	27
Ordinary	515
<b>Total:</b>	<b>1360</b>

We are offering a **free first year of membership** to all serving and retired CAF and RCMP members who have not yet joined the Legion.

The **free first year membership** is also open to all parents or guardians, spouses and children age 18+ of serving, retired or passed CAF and RCMP members who have not yet joined the Legion.

**Join generations of Veterans, military families and supporters. Become a member today.**

# 1873—2023



## 150<sup>th</sup> Anniversary of the RCMP

May 23, 2023, marks the 150<sup>th</sup> anniversary of the Royal Canadian Mounted Police.

[Visit the RCMP website](#) for a list of upcoming events in your area as the RCMP marks this milestone.



# **Membership Recognition**

## **Thank You Volunteers**

**This is a special thank you to all the volunteers who came in on a Sunday morning, April 16th to help make perogys for the Ukranian Dinner on April 30th**

**A special thanks goes out to**

**Debbie Langille**

**Laura Williams**

**Rick Etmanski**

**Deb Doyle**

**Dan Doyle**

**Phyllis Moldown**

**Carol Wills**

**Ron Wills**

**Jackie Hyshka**

**Wes Hyshka**



**AS A CF VETERAN YOU'LL BE  
IN VERY GOOD COMPANY.**

## **Commissionaires. Work with like-minded people in new opportunities.**

### **Commissionaires:**

- > **Providing rewarding employment to veterans for over 80 years.**
- > **Canada's leading security provider, based on a solid reputation of integrity.**
- > **Diverse opportunities, full & part time shifts, competitive pay, and benefits for full-time employees.**

### **You:**

- > **Work alongside other former members of the Canadian Forces.**
- > **Continue doing what you do best – protecting Canadians.**
- > **Belong to an organization with a real purpose.**

**Visit [www.commissionaires.ca/veterans](http://www.commissionaires.ca/veterans) or contact recruitment at [780-451-1974](tel:780-451-1974) ext 239 today for immediate opportunities!**





# Membership

## 2023 Membership's Are Now Due

Your 2023 Membership Sticker is now available:

You have three choices to pay:

In person;

By phone;

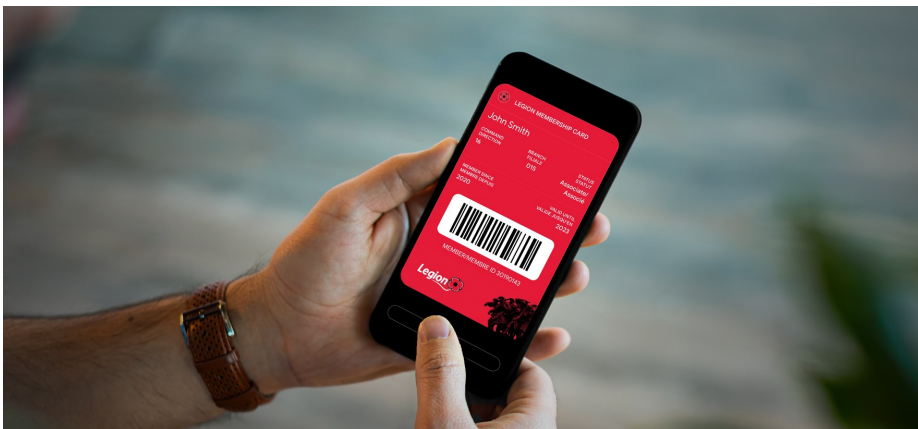
or on line at: <https://portal.legion.ca/renew>

## Next General Meeting

Tuesday, May 30, 2023 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.

## New Digital Membership Card Now Available!



[Get More Details](#)

The Dominion Command Membership Committee is pleased to announce the launch of the Digital Membership Card! A Member can now choose a traditional plastic card or a Digital Card.

The Digital Card meets the needs of Members who prefer the option to store and carry their card on their mobile device. Additionally, the Digital Card offers considerable administration savings for the Legion

# Kingsway Legion Ladies Auxiliary

## A Message from the Ladies Auxiliary



Check out our display in the Legion foyer. We are proud to be celebrating our 75<sup>th</sup> anniversary in 2023. With some Ladies Auxiliaries across our province and Canada handing in their charters we are so grateful for the support from our Legion.

Thank you for your support at our Easter raffle, bake and craft sale, ham and turkey meat raffle and 50/50. We had a very successful day!

Our last “Button Bingo” until September is on Saturday May 13<sup>th</sup>. It is held right after the Meat Raffles & 50/50. There is no cost and prizes are donated items. It is just for some fun so come out and enjoy!

Need a new item for your wardrobe? Why not a red t-shirt? Have you heard of “Red Fridays”? RED is more than just a color on Fridays. People in Canada wear red on Fridays to show support for troops serving in the Canadian Forces. Red was chosen because it is an official Canadian colour, and historically it is a colour of remembrance because it symbolizes the red poppies in Flanders Fields and the loss of life that the country has endured. The Canadian Red Friday tradition was started by two military wives, Lisa Miller and Karen Boire in Petawawa. They wanted to do something significant to show their beloved soldiers how much they honour and love them for their courage and loyalty to their country. Wearing Red on Fridays is a symbolic gesture to show fellow Canadians and our troops that we care and honour those who fought for our freedom, our peace, our resolve. Let’s bring this back as there are veterans who appreciate the support as well as those serving away from home.

On a final note, I was voted in as our District #2 Ladies Auxiliary Commander on April 23 at the District #2 Rally. I will continue on as President to the Kingsway Br 175 Ladies Auxiliary.

President Kim Earles

# *Saturday Afternoon Meat Draw Everybody Welcome*

Ticket on sale  
1:00pm  
Draw 1:30pm  
12 Draws



Sponsored by :  
Kingsway Legion  
Ladies Auxiliary

50 /50 Raffle  
Ticket on sale following  
the Meat Draw  
10 Tickets for \$5.00



**Now at the Branch**  
**The Last Wednesday of**  
**Every Month**



**\$100.00**

**Worth of Assorted Meats**

**Tickets are 3 for \$5.00**  
**Can only be purchased**  
**on the day of the draw.**

**The winning ticket will be drawn**

# MEAT DRAWS

EVERY WEDNESDAY & FRIDAY NIGHT



**Ticket on sale 5:30pm**

**Draw 6:00pm**

**12 Draws**

**Tickets \$1.00 each**

**Everybody**

**Welcome**

**50 /50 Raffle**

**Ticket on sale following  
the Meat Draw**

**10 Tickets for \$5.00**

**Legion** 

*Kingsway Branch 175*

14339 50th Street, Edmonton 780.425.8654



# Sports Schedule

## 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:

Roger Nelson.

## LOVE POOL ?

### VOLUNTEER(S) NEEDED

The Tuesday/Thursday/Saturday Pool Tournaments need a new Scorekeeper/s.

If you are interested please contact:

Brian @ 780-938-2105 or

Tanya @ 780-902-3687

# Summer Activities

We will be holding a number of activities starting in May.

They will be walk-in, some starting in May, some in June

Darts: Thursday afternoon—May 11, at 1:00 pm  
Thursday evening—May 11, at 7:00 pm

Canasta: Tuesday afternoon — May 2, at 1:00 pm  
Thursday afternoon--- June — date to be announced

Eucre: Wednesday evening - starting June 14, at 7:00 pm

Pool will continue as before

Mahjong — every Wednesday afternoon at 1:00 pm  
(Christine is willing to teach you how to play this game)



# Legion Dispatch

## Your Legion Calendar: May—June 2023

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	Date	Event
	<b>May 2023</b>	May 15	<a href="#">International Day of Families</a>
May 1-7	<a href="#">CMHA Mental Health Week</a>	May 19	Canadian Army founded (1855)
May 3	John McCrae wrote <a href="#">‘In Flanders Fields’</a> poem	May 21	<a href="#">National War Memorial</a> unveiled (1939)
May 4	Royal Canadian Navy founded (1910)	May 22	Victoria Day
May 5	<a href="#">Liberation of Netherlands</a> (1945)	May 25	<a href="#">Ypres</a> (1915)
May 8	<a href="#">Battle of the Atlantic</a> (1945)	May 28	<a href="#">Tomb of Unknown Soldier</a> (2000)
May 8	VE Day (1945)	May 29	<a href="#">International Day of UN Peacekeepers</a>
May 14	Mother’s Day	May 29	US <a href="#">Memorial Day</a>
		May 31	<a href="#">End of South African (Boer) War</a> (1902)
	<b>June Pride Month</b>		
Jun 1	Canadian Armed Forces Day	Jun 14	World Blood Donor Day
	<a href="#">Legion Riders</a> Promotion	Jun 17-27	<a href="#">Memorial Cup</a>
Jun 4	<a href="#">Miracle at Dunkirk</a> (1940)	Jun 21	<a href="#">National Indigenous Peoples Day</a>
Jun 6	<a href="#">Normandy Invasion</a> (D-Day) (1944)	Jun 24	<a href="#">St-Jean Baptiste Day</a> (Quebec only)
Vertual	<a href="#">Navy Bike Ride</a>	Jun 27	<a href="#">Canadian Multiculturalism Day</a>
			13

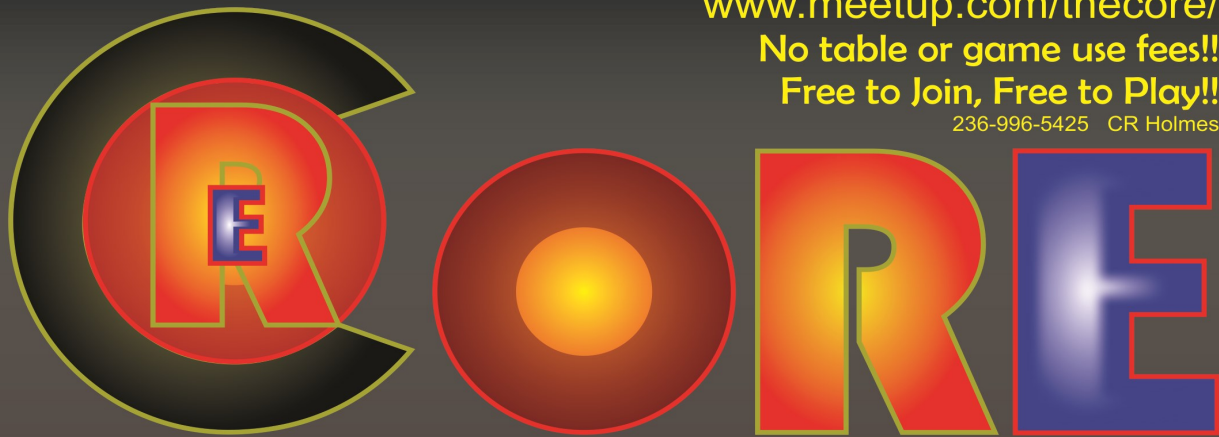
**Looking for Gamers!!!**

[www.meetup.com/thecore/](http://www.meetup.com/thecore/)

**No table or game use fees!!**

**Free to Join, Free to Play!!**

236-996-5425 CR Holmes



**Gamers to the core**

**Do you like ANY kind of gaming?  
Card, Dice, Roleplay, Minis, LARP ....**

**Join up.**

**If we don't play it;  
I will connect you with a group that does.  
Or help you start one so that you can  
enjoy playing what you like to play.**

**The key is to get together  
"Face to Face"  
and enjoy the times together.**

**Memories will last forever.**

Come and join us every Saturday at Kingsway Legion #175 located  
at 14339—50 Street, NW, Edmonton, AB



The Edmonton Police Service meet every Wednesday at 1:00 pm. A peer support group of old Warriors telling old stories. Come and Join us in the Juno Room. Bring your fiends.

Contact: Frans van Ooyen at [billol@telus.net](mailto:billol@telus.net)

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For updates on this event checkout our website:

[millercrossingfm](http://millercrossingfm)

or on Facebook

[facebook.com/millercrossingfarmersmarket](https://facebook.com/millercrossingfarmersmarket)

Over 45-50 Vendors,  
Lunch Specials at the Legion

Open Saturday 12 noon to 3:00 pm

May 13, 2023





# Command Sports Schedule

## 2022-2023 Sports Schedule District 2 AB/NWT Command AREA B

Sport	Area – B	District	Command	Dominion
<b>EUCHRE</b>	Fort Sask. # 27 Sept. 10, 2022	Norwood 178 Nov.13,2022	District # 9 Jan.20 – 21, 2023	
<b>CRIBBAGE LEGION</b>	Kingsway # 175 Sept. 17, 2022	Fort Sask. # 27 Nov.19, 2022	Norwood # 178 Jan.27 – 28, 2023	Men of Vision Cochrane, AB. TBC
<b>DARTS LEGION</b>	Strathcona # 150 Sept. 24, 2022	Fort Sask. # 27 Nov. 20, 2022	District # 6 Feb. 3 - 4, 2023	Br.# 265 Aldergrove, BC. TBC
<b>SHUFFLEBOARD MEN'S &amp; LADIES</b>	Norwood # 178 Oct 1, 2022	Kingsway # 175 Nov. 26, 2022	District # 1 Mar.17 – 18, 2023	
<b>SHUFFLEBOARD MIXED &amp; SR.</b>	Norwood # 178 Oct. 1, 2022	Kingsway # 175 Nov. 26, 2022	District# 9 Feb. 17 – 18, 2023	
<b>8 BALL POOL (DOUBLES)</b>	Strathcona # 150 Oct. 2, 2022	Norwood # 178 Nov. 27, 2022	District # 6 Mar. 24 – 25, 2023	
<b>DARTS SR. MIXED</b>	Fort Sask. # 27 Oct. 15, 2022	Gibbons # 226 Dec. 3, 2022	District # 5 Feb. 24 – 25, 2023	
<b>DARTS MIXED</b>	Kingsway # 175 Oct. 29, 2022	Athabasca # 103 Dec. 10, 2022	District # 4 Mar.10 -11, 2023	
<b>CRIBBAGE PRS.</b>	Norwood # 178 Oct. 22, 2022	McGrane # 28 Dec. 4, 2022	Strathcona # 150 Mar. 3- 4, 2023	
<b>8 BALL POOL (SINGLES)</b>	Norwood # 178 Nov. 5, 2022	Westlock # 97 Dec. 11, 2022	District # 8 Mar. 31/Apr.1, 2023	Branch # 104 Innisfail, AB. TBC
<b>CRIBBAGE SR.</b>	Gibbons # 226 Nov. 12, 2022	McGrane # 28 Dec. 17, 2022	District # 1 Jan. 13 – 14, 2023	
<b>SPRING RALLY</b>		Norwood # 178 Apr. 23, 2023		
<b>FALL RALLY</b>		Strathcona # 150 Sept. 11, 2022	Kingsway # 175 Sept. 10, 2023	



# A Talk with the Padre

## A note from your Padre, April/May 2023

### Kindness & Graciousness

As I do with most of my articles, I begin by saying thank you to all who have served, and to all who are currently serving either in our Canadian Military, as First Responders and other Front Line Workers. Your service to us cannot be expressed in words, so suffice it to say, we appreciate each of you and honour you for your service.

Today I pay special tribute to the two Edmonton Police Service Officers who recently paid the ultimate price in their service to their community. Our prayers are with the serving members of the EPS, and the families of the fallen officers. Thank you for your unselfish sacrifice.

There have been several events or incidents that have occurred which have directed my attention to the topic of this article. On April 05, 2023 I officiated the Funeral Service of a young man 47 years of age, and while that event may not be out of the ordinary, for me anyway, something struck me as we heard about this man's life, which was incredibly difficult during the past ten years because of severe medial issues which brought on much pain which it seemed could not be controlled well. Despite that significant pain he experienced one main word kept coming through, "--- was kind, --- showed kindness all the time, even in the midst of his suffering, --- just seemed to have a kindness gene in him, and despite all he endured, he was gracious with people around him.

His life caught my attention, not because he left many tangible memories behind, but the words, "Kindness" and "Graciousness." I reflected much on those words and realized that as we look around our society it just seems that in many ways we have lost something, that used to be much more visible. We have little patience with people who are difficult or act different than we think they should act. One does not have to drive around the city for long before we realize that there are many drivers out there who are anything but kind in how they drive, and we have only to make a mistake on the road and as happened to my wife and I just a few days ago, (we did not have or come close to causing an accident) but we sure realized the "Beamer" behind us has an amazing horn which blasted for pretty much a whole block. Were we in the wrong, for sure, but there just seems to be a dearth of kindness out there.

Most of us are well aware of the "Golden Rule," which is actually a passage of Scripture found in Matthew 7:12 and are the very words of Jesus:

**"In everything, do to others what you would have them do to you."**

Not only do we want others to treat us well and with kindness, we also want them to speak to us in the same way. I know, sometimes it is necessary to challenge others, and to say hard things, but I will never forget a former colleague with whom I co-pastored a church in Brandon, Manitoba saying to our staff, **"it is not so much what you say to people, but it is important how you say it."** So true.

# A Talk with the Padre

I remember well our “immediate past president,” regularly reminding us at Executive Meetings, to “Keep it civil.” I think what he was saying is, try using a little kindness in the way we treat others. Kindness is just showing respect to those around us, and who does not like to be respected.

One dictionary defines kindness as: **caring about others; by being gentle, friendly and generous.** Webster’s definition, **“treating people with respect.”** And then a further definition if we still need one, “Being kind means responding to the needs of others.”

I think we get the picture, kindness is a much missed yet needed way of treating others, both in how we speak to them, and in how we treat them.

But lest you think it is all negative and no one is kind anymore, that is not the case. Not long ago I became aware of an act of kindness shown by another past president of our Legion. My wife and I had the pleasure of selling tickets at “meat draw,” on a Friday night, and said couple won several of the draws. We were then informed and not just informed but shown, that when they win more than one or two draws they give the meat to someone who has not won. Now that is an act of showing kindness that we are talking about.

Kindness in a world that seems not to know the definition of is getting more and more difficult, but we have the best example to follow that I know of, and that is the Life of Jesus Himself. Just a few weeks ago we stopped and were once again shown the ultimate picture of kindness as Jesus gave His life for us, all of us, as He allowed Himself to be crucified on a Roman Cross, not because He had done anything to deserve death, but because of our sin. Giving Himself was without doubt the greatness act of kindness ever bestowed on any human being.

But it was not only this unimaginable act of Kindness, Jesus demonstrated kindness as He walked the dusty pathway of His earthly life, before going back to Heaven where He came from.

His Kindness caused Him to stop and heal a paraplegic man who had lain on a mat for some 38 years. **Mark 2:1-12**

His Kindness caused Him to stop and play and listen to children, who His followers tried to shoo away. **Matthew 19:14**

His Kindness caused Him to stop and heal ten lepers, when society had rejected them as being fit to be around, and only one returned in gratitude. **Luke 17:12-19**

Reading the Gospels of Matthew, Mark, Luke & John will reveal literally dozens of examples of Jesus stopping and showing kindness to a society desperately in need of some. And that makes me think, maybe that is the society we live in today. So, let’s not leave being kind to others, when we can show kindness to others.

# EXTREME BINGO

Saturday May 27, 2023

80'S (ver # 4) Music Bingo

*Doors open at 5:30 pm*

*Games start at 7:00 pm*

*Cards: \$2.00 ea*



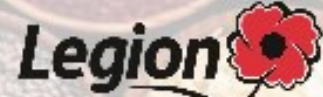
**Scan for more  
information**

*Kingsway Legion 14339 50th St. Edmonton 780-425-8654*





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Kingsway Branch 175

14339 50th Street, Edmonton

**Invites You to Join us on a  
Culinary Adventure  
Across the Globe**

**Saturday May 6**

**Our Destination this trip  
will be:**

**Morocco and Libya**

**Tickets: \$25.00**

**Family Special: \$75**

**(two adults & two children)**

**Reserve Seating Only - No Refund**



**SCAN ME**

**Order on**

**Eventbrite:**

**Dinner \$27.96**



**Aaron Halliday's**

**Alan Jackson &  
Friends**

**Friday May 12<sup>th</sup>**

**Doors: 5:00**

**Dinner: 5:30**

**Show: 7:00**



**Dinner: BBQ Ribs, Baked Potato,  
Country Beans , Mexican Style Corn,  
Salads, Apple Pie with Ice Cream,  
Coffee, Tea**

**SOLD  
OUT**

**Call for more info: 780-425-8654  
Kingsway Legion 14339 50th St.**



# *Treat Your Mother Like Royalty*

## *Mother's Day Special High Tea*

*Sunday May 14, 2023*

*Freshly Baked English Raisin Scones*

*Maple Shortbread*

*Slow Roasted Alberta Striploin Beef*

*Key Lime Tart*

*Traditional English Cucumber*

*Chocolate Coated Phillo Fingers*

*Cold smoked Sockeye Salmon*

*Decadent Chocolate Mousse*

*Lillibett's Chicken Salad*

*Prestige Macarons*

*Egg Salad Fingers*

*2 Sitzings*

*12:00 pm*

*2:00 pm*

*Reserve Seating Only*

*\$25.00 per Guest*

*Glass of Mimosa Cocktail \$10*

*Gluten Free Menu Available - Children Menu (under 12) - \$15.00*

*(menu subject to change)*





**Joe** Stage Comedy  
**Francis** Hypnosis

Stage  
**COMEDY**  
Hypnosis

Ladies Night June 9th

Drink Specials

Snacks Available

Prizes to be Won

Doors 7:00 pm

Cost \$25.00



**Order on  
Eventbrite:  
\$27.96 ea**





**JOIN US FOR  
CANADA DAY 2023**



**STAY TUNED FOR  
MORE INFORMATION**

**TOONIE PANCAKE BREAKFAST  
GAMES**

**BBQ DINNER**

**CONCESSION STAND**





Home Care

## Need Care Services?

Let us help with:

- Personal care
- Housekeeping
- Medication assistance
- Appointment support
- Companionship
- Support with government funding



**780.328.6500 Northwest**

**780.423.9100 South**

**780.328.6655 East**



**Serving Edmonton and Area**

# The 360° Approach

At Qualicare, we view home care through a holistic lens, with the goal of improving quality of life from every possible angle. In keeping with this view, we offer four different types of complementary home care services, covering a full spectrum of caregiving needs directed by our local Care Experts.

## Care Expert

Our Care Experts have an extensive background in home or health care, and many are Registered Nurses. They'll be there every step of the way guiding and/or providing access to local resources. Care Experts play an important part in every aspect of our 360° Approach, including leading the planning process, managing the client's 360° Care Plan, and coordinating with caregiving staff and family members.

## Daily Tasks & Household Management

Our caregivers offer a helping hand around the home and assist with activities of daily living. These activities include:

- Dressing & Grooming
- Bathing, Toileting & Hygiene
- Mobility & Transfer Assistance
- Medication Reminders
- Exercise Assistance
- Grocery Shopping
- Prescription Pickups
- Meal Planning & Preparation
- Housekeeping & Laundry
- Transportation Services
- Wellness Monitoring

## Specialized Health Care

As we work together, we'll discuss your loved one's health and well-being along with additional services that may be needed or specialized for their care. Including but not limited to:

- Alzheimer's & Dementia Care
- Hospital to Home Care
- Hospice & Palliative Care

## Companionship & Outings

We incorporate emotional care into each client's 360° Care Plan. This way, we're always finding ways to make life more enjoyable and joyful. We support this with:

- Conversation & Companionship
- Leisure Outings
- Mindful Activities
- Errand Services
- Appointment Assistance

## Family Care Coordination

Designed to support the entire family, this type of care provides a truly consultative approach to home care services. We offer:

- Family Care Planning
- Family Care Scheduling
- Family Care Monitoring
- Respite Care
- Family Caregiver Support
- Medical Equipment & Supplies





The purpose of the Greater Edmonton Poppy Fund, is to supply financial assistance and support to Veterans, including Canadian Armed Forces and RCMP, and their families who are in need. Poppy Funds may be used for:

- Grants for food, heating costs, clothing, prescription medication, medical appliances and equipment, essential home repairs and emergency shelter or assistance
- Housing accommodation and care facilities for Veterans
- Funding for Veteran Transition Programs that are directly related to the training,
- Education and support needs of Veterans and their families
- Comforts for Veterans and their surviving spouses who are hospitalized and in need
- Veterans visits, transportation and day trips
- Accessibility modifications to assist Veterans with disabilities
- Support of cadet units

We also provide educational bursaries for children, grandchildren and great-grandchildren of Veterans living in Edmonton and surrounding areas

To apply for a bursary  
download a copy of the

[Download a copy of the](#)

click on the link and  
application form

Greater Edmonton Poppy Fund  
14339 50th Street NW  
Edmonton, AB  
T5A 0C4



Tel: 780-456-6518  
Email: [info@poppyfund.ca](mailto:info@poppyfund.ca)  
Web: <https://www.poppyfund.ca>

## **Veteran's Support**



**Are you a Canadian veteran who has been experiencing pain longer than 3 months?**

### **We want to hear from you!**

Resilient Valor is a study lead by the University of Waterloo. The aim of this study is to provide opportunities for Canadian veterans to express which evidence-based values and resources are most meaningful in terms of navigating and negotiating for their chronic pain management needs. These opportunities include a **25 minute** online survey (link below) and a group dialogue.

### **Interested in sharing your experience?**

**Complete our online survey by clicking [here](#)**

For more information about this research study: please contact our Study Coordinator Sarah Versteeg at [sarah.versteeg@uwaterloo.ca](mailto:sarah.versteeg@uwaterloo.ca)

This study has been reviewed by, and received ethics clearance through the University of Waterloo Research Ethics Committee.

This project is funded by: Chronic Pain Centre of Excellence for Canadian Veterans



# Veteran's Support



LAST POST FUND  
FONDS DU SOUVENIR

## Looking for financial aid?

The Last Post Fund's mission is to ensure that no Veteran is denied a dignified funeral and burial, as well as a military gravestone, due to insufficient funds at the time of death.

Our Veterans Affairs Canada Program provides financial assistance for the funeral, burial and headstone of eligible\* Canadian and Allied Veterans. If you know someone who could benefit from this aid, please contact us or visit [lastpostfund.ca](http://lastpostfund.ca).

1 (800) 465-7113 | [info@lastpost.ca](mailto:info@lastpost.ca)



Follow us! @Lastpostfund

\*Certain conditions apply.



# Veteran's Support

## 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>

Wounded Warriors Canada is a national mental health service provider utilizing clinical best practices and evidence-informed care to create an environment of compassion, resiliency and hope for Canada's Veterans, First Responders and their families. Our programs are designed to provide support in the following areas:



- Trauma Informed Workplace Training
- Operational Stress Injury Group Based Programs
- Spousal & Youth Programs
- K9 Assisted Therapy



**Oiler Warriors**



## Kingsway Legion Branch No.175

14339 – 50<sup>th</sup> Street NW,  
Edmonton AB T5A 0S9 780-425-8654



### MAY 2023

**Branch Hours** Sunday Closed Monday 5 pm – 10:00 pm, Tuesday- Saturday 11 am – Close  
Closing time varies depending on number of people in the Canteen

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Opens at 5 pm Crib 6:30 pm Darts 7 pm	<b>2</b> Canasta 1 pm	<b>3</b> Meat Draw 5:30 pm Peggery 6:30 pm Euchre 7 pm	<b>4</b> Pool Tourney 1 pm Pool League 6:30 pm Jam Session 5 pm Old Tyme Fiddlers City Darts 7 pm	<b>5</b> Meat Draw 5:30 Entertainment 7-11 pm Steppin Out	<b>6</b> Pool Tourney Noon Meat Draw 1 pm Entertainment: 7 – 11 pm Steppin Out
<b>7</b> <b>CLOSED</b>	<b>8</b> Opens at 5 pm Crib 6:30 pm	<b>9</b> Canasta 1 pm	<b>10</b> Meat Draw 5:30 pm Peggery 6:30 pm Euchre 7 pm	<b>11</b> Pool Tourney 1 pm Pool League 6:30 pm Jam Session 5 pm Trick Ryder Drop In Darts 7 pm	<b>12</b> Meat Draw 5:30 <b><u>ALAN JACK-SON</u></b> <b><u>5 PM</u></b> Entertainment 7-11 pm D J Joe Luce	<b>13</b> Pool Tourney Noon Meat Draw 1 pm Entertainment: 7 – 11 pm D J Joe Luce
<b>14</b> <b><u>MOTHERS DAY HIGH TEA</u></b>	<b>15</b> Opens at 5 pm Crib 6:30 pm	<b>16</b> Canasta 1 pm L.A EX Meeting 12:30 pm	<b>17</b> Over 60's Club Noon Meat Draw 5:30 pm Euchre 7 pm	<b>18</b> Pool Tourney 1 pm Pool League 6:30 pm Jam Session 5 pm Old Tyme Fiddlers Drop In Darts 7 pm	<b>19</b> Meat Draw 5:30 Entertainment: 7 – 11 pm Dean Henry	<b>20</b> Pool Tourney Noon Meat Draw 1 pm Entertainment: 7 – 11 pm Dean Henry
<b>21</b> <b>CLOSED</b>	<b>22</b> <b>CLOSED</b>	<b>23</b> Canasta 1 pm L.A EX meeting 6:30 pm	<b>24</b> Meat Draw 5:30 pm Euchre 7 pm	<b>25</b> Pool Tourney 1 pm Over 60 Darts 1pm Pool League 6:30 pm Jam Session 5 pm Kingsway Cowboys Drop In Darts 7pm	<b>26</b> Meat Draw 5:30 Entertainment: 7 – 11 pm Trick Ryder	<b>27</b> Pool Tourney Noon Meat Draw 1 pm Entertainment: 7 – 11 pm Trick Ryder
<b>28</b> <b>CLOSED</b>	<b>29</b> <b>CLOSED</b>	<b>30</b> Canasta 1 pm Gen Meeting 7pm	<b>31</b> Meat Draw 5:30 pm Drop In Euchre 7 pm			