

## **JUNE 2022 NEWSLETTER**

Happy July, we had a lovely Canada Day Celebration after a two year hiatus, due to covid, here at the branch. Thank you to everyone involved who put in their hard volunteer time/efforts before, during, and after the 1st. It was a great success. We hope you all enjoyed yourself, and we look forward to hosting this annual and community celebrated event again next year.

**Summer Meetings:** General Membership Meetings are taking their annually scheduled break for 2 months (July-August), returning September 28th at 7pm. The executive will continue to meet monthly. Minutes from the most recent of both meetings can be found posted in the clubroom. If you have any questions or concerns please do not hesitate to speak with one of the executives in the office. The current executive is listed at the top of the membership board, please contact the office if you're unsure who to speak to or how to reach them.

### **Thank you June 4 to Members from the President, Al Howse (emailed June 17/22)**

Comrades, I want to personally thank everyone who made the effort to turn out for our parade to commemorate our cenotaph, and to show the Lieutenant Governor of Ontario that we are true to our mission of Remembrance. I was impressed with the effort that everyone made to be on parade in appropriate dress, whether in uniform or not. Her Honour was pleased to be a part of the service, and was impressed with all aspects of the parade. Our mission is to Serve Veterans, which includes serving military and RCMP members and their families, to promote Remembrance, and to serve our country and our community. We met our mission on that day. Yours in Comradeship, --Al Howse, President



### **Last Post** - Comrade Veteran Norris Newton

*Norris Henry Newton passed away June 27, 2022, peacefully at his home surrounded by his kids Terri Bone and Tom Newton and friends that loved him. Norris was in his 85th year when he had a short battle with stage 4 lung cancer. He has gone but won't be forgotten. He is with the love of his life Ann who passed away November 12, 2020. They will always be together now. Love you Mom and Dad. - Tom and Terri*

The branch and town cenotaph were lowered on June 28th until the morning of July 1st in his honour.

**Padres** - Friendly Reminder of the branch's padres, Reverends Sheldon & Judy Kofsky's availability contact: [jordanvillagechapel@gmail.com](mailto:jordanvillagechapel@gmail.com)/  
905-562-8269

### **Sick & Visiting Officer / Service Officer**

Do you know a Veteran in need of assistance?

Please contact the branch and see how our Service Officer can help.

## **Membership**

**DID YOU KNOW?** Our branch has one of the lowest annual membership prices around AND the branch only keeps/benefits from \$5.13 of that \$40 per member? Dominion/Provincial Command's administration fees take up the remaining \$34.67. With an additional annual fee per capita of # of members x .25 per year to District/Zone.\*waved during Covid. Please encourage more people to join!

### Clubhouse Rules - Approved at the General Meeting 24 March 2010

1. Head Dress
  - A. In respect to our fallen comrades head dress will not be worn in the branch.
  - B. HeadDress may be worn on religious grounds in all areas of the branch by anyone who has been accepted as a Legion member or has been invited as a guest by the Branch. Tradesmen and delivery personnel and deemed to be invited.
2. All members shall:
  - A. Have knowledge of, and at all times comply with OLG regulations while in or about the Branch premises.
  - B. Carry at all times and produce to the Steward or Executive Officer, as required, their Branch membership card or other identification as proof of entitlement to the Branch facilities.
  - C. All guests must sign the official register book as well as the sponsoring member and they must leave with the sponsoring member.
  - D. No member shall sign in or sponsor a guest who enters the Branch premises alone.
  - E. Conduct themselves in a civil, courteous and respectful manner and refrain from conduct which may bring or tend to bring the Branch into discredit.
3. Profanity, drunkenness, quarrelsome, violent and disorderly conduct will not be tolerated and members involved will be denied bar privileges and directed to leave the premises.
4. Members shall not engage in violent arguments or verbal conflicts with the Branch employees, IE. Stewards, etc., nor personally reprimand them.
5. Members are required to be properly dressed: NO SHOES, NO SHIRTS AND NO SERVICE
6. A member shall be responsible for any damage he may do to Branch property.
7. The Steward on Duty shall be responsible for the conduct of the members and guests and are required to caution members regarding language, etc., deny further bar service, request the member involved to leave the premises and to take any further action. Note: The Steward may ask any executive member to help enforce these rules.
8. The above rules shall be strictly enforced and all members and guests must cooperate in keeping the Branch a place of comradeship



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410 King St. P.O. Box #714 -Niagara on the Lake, ON L0S1J0  
Contact: 905-468-2353/legion124@gmail.com/[www.legion124.ca](http://www.legion124.ca)

**Poppy**

Donations: At the last General Membership Meeting it was motioned and voted that we donate another \$5000 to the Leave The Streets’ Behind Initiative as part of the Ruck to Remember Fundraiser and \$2,500 to our local Meals on Wheels, pending approval.

Team Ruck 2 Remember President Road 2 Recovery 2022 - Ruck the Bruce Trail for Veterans

This year the Ruck will be ending at our branch on August 7th and we will be holding a small finale/celebration for the participants and for the announcement and conclusion of their event. Ruck 2 Remember is a non-profit organization that works with existing charities to serve and support the Veteran and first responder communities. From July 5th through to August 8th in partnership with the Royal Canadian Legion’s Ontario Command they are marching 900km covering the entire Bruce Trail, from Tobermory down to Niagara Falls. This initiative is in support of a Legion program called “Operation: Leave the Streets Behind” Which aims to get and keep veterans off the streets.

Please Support With A Donation Here: [www.gofundme.com/f/road-to-recovery-9-ruck-the-bruce](http://www.gofundme.com/f/road-to-recovery-9-ruck-the-bruce)

For More Information on Operation: Leave the Streets Behind:

[www.on.legion.ca/veterans-seniors/homeless-veterans-assistance](http://www.on.legion.ca/veterans-seniors/homeless-veterans-assistance)

Correspondence Forwarded by Command:

**BREATHING-BASED MEDITATION, DELIVERED VIRTUALLY, FOR CANADIAN VETERANS WITH POST-TRAUMATIC STRESS DISORDER: A RESEARCH STUDY**

Researchers affiliated with the Bridgepoint Research Collaboratory for Sinai Health are conducting an online, non-medication treatment option for Canadian Veterans living with PTSD. This study will examine the effectiveness of delivering Sudarshan Kriya Yoga (SKY) virtually (i.e., via video call). SKY is a breathing-based meditation that may help to improve symptoms of PTSD. The findings from this study will help several organizations that work for Canadian Veterans better understand how the SKY program can benefit their clients and members. Results from this study will be used to further research. It will also help to support future programming and treatment planning for Veterans across the country. Please visit the study website at <https://subjectmatter.ca/ptsd-study/> for more info.

**Fish Fry - Reminder:** The weekly Thursday Fish Frys are on all summer long 4-7pm!

On June 30th the branch collected for the local Niagara Regional Native Center in honour of June’s *Indigenous History Month*, as we did last year in memory of the unmarked graves. \$2 from every order was also pledged resulting in a collective donation of \$744 that will be presented to them soon. Our welcomed support helps to fund their youth Summer Programs.

**Bar Chair - Bar Hours Remain:**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed	Closed	2-7	2-8	2-9	2-9	2-7

**Sunday Hours:** Open Mic Sundays are GREAT for the bar numbers, however other Sunday's numbers are down. As discussed by our treasurer, Rick at the last meeting, the Sundays will stay open for the remainder of the summer, however members are requested to come in and even bring a friend if possible on Sundays to help these revenue numbers, and to prove for next year's executive that Summer Sundays are wanted by the members.

### **BRANCH 124 – PART TIME BAR STEWARD NEEDED**

Branch 124 is looking for Part time Bar Steward starting in August for long term employment.

Bartending experience and Smart Serve Certificate required.

Applicants must be able to:

- Enforce provincial liquor and regional smoking laws, as well as our clubroom rules.
- Interact with the Legion Membership to ensure respectful behavior and a welcoming environment.
- Positive attitude and excellent communication skills.
- Ability to keep the bar and clubroom organized, stocked and clean.
- Be accurate with cash deposits and inventory control.
- Be available to work part time shifts as assigned on afternoons, evenings and weekends.
- Ensure Legion draws and events are promoted during shifts.
- Must be bondable and pass a Criminal Records Check through the NRPS.

Applicants can apply at RCL Branch 124, 410 King St. Niagara on the Lake

Phone: 905-468-2353 Email: [legion124@gmail.com](mailto:legion124@gmail.com) - ATTENTION: M. VANDERLEE

### **Entertainment**

*Open Mic Sundays* on the last Sundays of the month have been quite successful and well enjoyed by all in attendance. Next one is scheduled for July 31st 2-5pm. Come on out and show your stuff or enjoy the local talents, we have great turnouts and great fun!

Frequent *Saturdays afternoons* our patio is/has been graced with live music via acoustic guitar thanks to the local Jeff Seburn, come on out and enjoy the serenade.

### **Hall Rentals - Hall Available (with Member Discounts)**

*Ride for Dad* - Saturday June 18, 2022 - This annual event has taken place at our Branch for 12 years. Our donation to the organization has always been the fee waiving of the hall cost, opening at 6am and putting on a breakfast BBQ. The Ride organization since its beginnings has raised over \$37 million for research and awareness regarding Prostate Cancer, this year raising more than \$54K locally. A large number of participants are Veterans and/or Legion members and their families. A Huge thank you to the great branch volunteers who assisted with this important community event: Stan, Henri, Jackie, Allan M. Joe & Elizabeth. It was a great day, and a wonderful community event that is always extremely well received by all in attendance.

**House (Building)**  
Volunteers Needed

*If everyone is moving forward together, then success takes care of itself. - Henry Ford*

Let us work together for the betterment and future of the branch! Sign up using one of the volunteer sign up forms today and we'll add you to our Volunteer Binder, located in the office.

*Please*, if you have spare time you're willing to put into the branch, please come into the office (or go online), fill out a Volunteer form with your contact information and advise in which areas you'd like to help. Areas include: Fish Fry (Upstairs, Bussers, Cash), BBQ (Cooks,Preps), Building (Parking Lot, Ceiling Tiles, Lawn Work), and more!

Beautifying the Branch - Thank you to community member Rick Leitch, comrade/past president Amber Holliday, Executive member Henri Adamowski and comrade Joe Richards for all your graciously donated hours/days of hard work on the yards, gardens, and berm.

June 25 Work Party - A BIG thank you to our work party volunteers on Saturday morning, 10 Branch members came out and donated 3 hours of their time and put some hard work in on the property that hot morning! In that time a good half or more of our large Parking Lot was cleared, picked up, swept, blown, etc. It looks great! More work is to be done, and more hands on deck are needed. Another work party will be established to help finish removing any loose gravel/debris so that we may 'Cold Patch' the remaining holes and seal the lot to preserve the investment longer. Shout outs to branch President Al, Executives Rick and Henri and to members Lou-Anne, Linda and Grant Brooks, Elizabeth and her dad Joe, Paul Dolby, and Mary Corrick for taking the time to help improve the branch.

**Community & Seniors Outreach** *\*Please contact 905-246-4739 if you require assistance.*

Our Legion Branch's Senior Outreach Program was able to donate to the local Public Library (2) two-year Internet Hot Spots available for reservation for Seniors only and a Daisy Reader Program to assist reading for those with visual impairments as well, thanks to the NHSP grant as previously budgeted. We thank the Library for all of their assistance in helping our seniors learn and feel more confident online. Contact the Library at 905-468 -2023 to book an appointment to learn more today.

NOTL Palliative Care had their Butterfly Release in honour of those that were lost these past 2 years on the 18th, which was a big success. The branch was able to be of community assistance by loaning 100 chairs for their event over the weekend (plus drop off/pick up - thank you to Joe R. & Stan H. for also moving the chairs downstairs)

**Youth Education** - Awards distributed to the schools - Great Response

**Seniors** - Our branch is looking at creating our own Seniors Literary Contest, more info to come! Speak with Executive member Henri for more information.



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## Ladies Auxiliary

The branch is lucky to have a Ladies Auxiliary as not all branches do, they continue to welcome new members, applications available in office. A full explanation of what the lovely ladies do is listed on our website and a snippet is posted here:....Like the Legion, we are here to help veterans and their families. Our ladies meet the first Tuesday of each month to catch up with each other and see what's on our agenda...We assist in the weekly coleslaw preparations of Fish Fry...We hold fun annual golf tournaments, BBQs, and attend auxiliary socials around our zone. If you are interested in learning more or if we can be of any assistance please contact us. Lately, the Ladies Auxiliary have hosted a successful yard sale of sorts in the branch parking lot on June 26 from 8-12pm, and they have a fully booked golf tournament on Sunday August 17th, and are coming back to the branch for a BBQ.

## Calendar of Events

### July

*Clubroom (Bar/Patio) Open Wed-Sun*  
*Office Open Monday - Friday 10am-2pm*  
Sat 10<sup>th</sup> – Corvette Club of Ontario + BBQ  
Sun 17th - LA Golf Tournament + BBQ  
Sat 30th - Pig Roast  
Sun 31st - Open Mic + BBQ

### August

*Clubroom (Bar/Patio) Open Wed-Sun*  
*Office Open Monday - Friday 10am-2pm*  
Sun 7th - Ruck the Bruce Finish Celebration  
(Time TBA)  
Week of 7-13<sup>th</sup> – Canada Summer Games  
Events (More Info TBA)  
Sat 27<sup>th</sup> – Classic Niagara Reunion + BBQ

**Stay tuned for more activities as the summer goes on!**