

Branch #123 Waterford

Executive

President/Leadership& Development/ Service Officer	Ian Simpson
Past President/Nevada/ Sick & Visiting	Ruth Anne Massecar
1 st Vice President/Pavilion/ Co House	Scott Hooper
2 rd Vice President/ Poppy/P.R.O./ Nevada Co Chair/Treasurer	Norma-Jean Kennedy
Sgt.-at-Arms	Henry Zalefski
Secretary/Membership/Bylaws/ LA Liaison	Barb Taylor-Gagné

Executive Committee

Seniors/Events Co-ordinator	Sharon Anderson
Honours&Awards	John Toms
Sports/Bulletin House	Herb Taylor
Grounds	Gord Barnett
Youth Education/T&F	Wayne Lyons
Artifacts	Peggy Taylor
	Monica Hooper/ Alex Wozniak
Web Master	Matthew Taylor
Padre	Rev. A. Burr
Entertainment	Chad Sandison
Bar Chair	Mike Bishop

Ladies' Auxiliary Executive

President	Evelyn Babineau
1st Vice President	Lynda LaPlante
2nd Vice President	Carolyn Mural
Secretary/Treasurer	Elaine Woloshyn
Sick/Visiting Convener	Evelyn Babineau
Social Convener	Sheila Harding
Sports Officer	Marie Innes

The Royal Canadian Legion Waterford Branch #123

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“They serve till Death! Why not we?”

**News Bulletin and Calendar
January/February 2023**

President's Report

Happy New Year to all. We look forward to upcoming events, starting with the President's Levee that will be on New Year's day starting at 2:00 PM. We will be entertained by the music of Donnie Dunham as we greet the New Year and enjoy comradeship.

We are going to have our first attempt at a Robbie Burns Night on January 21st at 6:00 PM in the clubroom. We will be doing the Odes and have Haggis for everyone. Scotch Eggs will be available for those who do not like Haggis. I will cover the cost of the dinner.

A reminder, after December's meeting there are only 2 General Meetings left for members to attend. Three meeting attendance is required to be eligible for election.

President, Ian Simpson

Senior's Report

The Seniors' Christmas Party was a wonderful time for the 73 guests that attended. A Seniors' Account Balance Sheet has been provided to our Secretary and Bookkeeper. This Senior's Account is held within the General Account and is made up of donations made from the Seniors and other individuals so that parties might continue with expenses covered. The balance is now \$812.57.

If you require foot care assistance, please call me at 519-443-7567. Happy Feet are Healthy Feet!

Senior's Chair, Sharon Anderson

General Meeting

There will be a General Meeting held on February 23rd at 6:30PM. Come, be informed and participate in the governance of your Legion.

Poppy Campaign

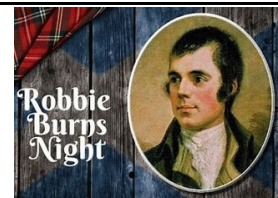
The total Poppy Campaign donation for this year was \$12,582.12. Thanks to the community for their donations and to all of the volunteers who gave of their time.

The Poppy Committee will meet at the beginning of 2023 to decide on the distribution of the Poppy Funds.

Poppy Chair, N.J. Kennedy

Robbie Burns Night Supper

Get your Scottish on and join in the celebration at the Legion on Saturday, Jan. 21st in the Club Room at 6:00 PM



There will be the traditional Piping in of the Hags, recitation of the poem "Address to a Hags", "A Toast to the Lassies", "A Reply to the Toast to the Lassies" and conclude by singing "Auld Lang Syne." Scotch Eggs available for the Non Hags among us. Great tradition, food, poetry and probably some Scotch.

Treasurer's Report

	Nov 24,2022	Dec 13, 2022
General Account	\$1 25 867.62	\$ 136 924.12
Building Account	\$ 763.98	\$ 759.03
Nevada Account	\$ 9 638.85	\$ 10 412.85
Investment	\$ 86,382.07	\$ 86 382.07

Note: The Investment Acct is in place to fund Building repairs and updates. The Funds can be accessed on demand with no charges.

Treasurer Chair, N. J. Kennedy

Youth Report

Congratulations to our poster winners who represented Br 123 at Zone; The results are:

Kenzie Kokonyk 1st Primary B/W Poster (WPS)
Olivia Valentine 3rd Junior Colour Poster ((St. Bernard's)
Cameron Slaman 2nd Intermediate Colour Poster (WPS)
Caleb Holdsworth 3rd Senior Colour Poster (WDHS)
Kenzie's work will be sent along to Zone B for further evaluation. Congratulations!

Next event will be Public Speaking on Sunday, February 5th at the Branch in the Front Hall.

Youth Chair, Peggy Taylor

Corn Hole for Everyone!

Our first foray into this lawn chair sport was a great success. We will resume playing on select Sundays at 2:00 PM.

January on Sunday the 8th and the 22nd

February on Sunday the 5th and the 19th

This is an easy sport to learn and to enjoy. Low impact and lots of fun. All are welcome. Just bring a smile.

Nevada Report

Nevada sales continue to be very slow and therefore the future of the Nevada Program is in jeopardy. From the tracking of sales over the past few months, I predict that it will take at least another 6 months for the license to be completed. That means another license extension. It also means that this license will have taken us well over 2 years to complete.

Unless things improve drastically, I will be making a recommendation to cancel the Nevada Program, at the end of this license.

Ruth Anne Masecar, Nevada Chair

Coming Soon to a Parking Lot Near You!

Starting on Wednesday, May 10th and continuing until Fall (Except June 10th and Sept. 7th), there will be **Cruise Night** in the Br 123 Parking Lot. It runs from 4:00PM till Dusk.

Classic Cars, Trucks, and Bikes are all welcome.



Trunk Sale

On Saturday, May 6th from 7:30AM until 12:30PM, there will be a Trunk Sale. Load up with goods to sell and earn some cash while you recycle and make some room in your garage for maybe a vehicle.



Cost is \$10 per vehicle with a limit of only 30 spots.

Text "Gord" to save spot. 905 749 3792

Sport's Report

Pool, darts and playing cards are available to the membership for your enjoyment at any time. Ask at the Bar.

Sunday Corn Hole happens on select Sunday afternoons at 2:00 PM. Check Bulletin Board in Club Room for dates. Updates will appear on FaceBook and watch for more info on the dates/times in the Club Room. Thanks to Wendy for keeping us updated.

Zone B1 Sports for 22/23

Darts	Norwich	Jan 14 th
Sr Darts	Hagersville	Jan 21 st
Mixed Darts	Norwich	Jan 28 th
Shuffleboard	Hagersville	Mar 18 th
Washer Toss	Hagersville	May 6 th
Golf	Pt Rowan	May 27 th

Sport's Chair, Herb Taylor

Membership

Congratulations to the winners of the Early Bird Draw - John Townsend and Marlene Thompson. These members will have their 2024 dues pre-paid by the Branch.

It is time to renew membership for 2023. You can pay your dues in person at the Club Room Bar, or mail it to the branch Box 609, Waterford. Members who signed up for auto-renewal on the Legion.ca member services website will have been billed on their credit card using valid credit card information on file at Dominion Command.

Do you know a spouse, child over 18 years of age, parent or guardian of a Canadian Veteran who has not yet joined the Legion? Let them know that the Legion offers the first year of membership free to Veteran's Family Members. Encourage them to register and get to know their Legion.

If you have questions regarding your membership status, please call Barb 519-443-7149

Membership Chair, Barb Taylor-Gagne

Br 123 Pub Quiz Night



Next Pub Quiz Nights will be
**Friday, January 20th &
February 17th at 7PM** in the
Club Room.

All are welcome.

Theme for January is Winter,

Robbie Burns and all things Scottish.

Theme for February will be Love, St. Patrick's Day
and all things Irish.

A Message From Dominion Command

Combatting Veteran Isolation through Operation VetBuild

The conditions of military life that help create such close connections may also make veterans much more susceptible to social isolation and loneliness after they've left. There are inherent stresses, dangers and potential trauma in military service, which can leave physical and emotional scars that can also contribute to loneliness afterward.

"It's important for us to have these conversations so folks don't feel like they're on their own, and that there is support available for them, that there is a community that's trying to get them to a place that is better for their recovery journey," said Fardous Hosseiny, president and chief executive officer of the Atlas Institute for Veterans and Families, which works to bridge the divide between research and practice.

Many researchers say loneliness has become an epidemic.

More Canadians are living alone than ever – 4.4 million people in 2021. The census found that 23.1 per cent of veterans live alone. It is a rate much higher than Canadians overall, with 28.1 per cent of female veterans living alone compared with 16.9 per cent of woman over all and 22.2 per cent of male veterans living alone compared with 14.7 per cent of men over all.

Social isolation and loneliness are associated with both increased mortality and morbidity and are also connected to significant risk factors for chronic disorders, such as heart disease, lung disease, cardiovascular disease, hypertension, depression, anxiety, PTSD, alcohol and substance-use disorder and suicide and suicidal ideation.

Operation VetBuild brings Vets together to participate in Model Building but the hobby leads to more important results like building community and friendships.

Participation in programmes such as Op VetBuild has proven to help people alleviate feelings of loneliness and to begin to feel more connected to other comrades.

Branch Events

Events for January

1	2:00 PM	President's Levee
4	5:30 PM	Wednesday Dinner (Cabbage Rolls)
8	9:00 AM	Brunch
8	2:00 PM	Corn Hole (Front Hall)
13	5:00 PM	Fish and Chips
15	10:00 AM	Youth Darts resumes at this time weekly
20	7:00 PM	Pub Quiz Night
21	5:00 PM	Robbie Burns Night
22	2:00 PM	Corn Hole (Front Hall)
26	6:30 PM	Executive Meeting
27	5:00PM	Wings/Karaoke with JCS

Events for February

1	5:30 PM	Wednesday Dinner (Roast Beef)
5	12:00 PM	Public Speaking (Front Hall)
10	5:00PM	Fish and Chips
12	9:00 AM	Brunch
12	2:00 PM	Corn Hole (Front Hall)
17	7:00 PM	Pub Quiz Night
23	6:30 PM	General Meeting
24	5:00 PM	Wings/Karaoke with JCS
26	2:00 PM	Corn Hole (Front Hall)