



CONTACT!

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www.kanata638.ca

President's Report

On behalf of the Branch Executive Officers we wish you all a Joyous and Very Merry Christmas and a Happy New Year. May you enjoy and spend a wonderful time during this holiday season.

New Year's Day Levee will be held between 11:30 a.m. to 2:30 p.m., and all are invited.



This year's Poppy Campaign was a total success with the collections surpassing the last few years. Thank-you all, for a great job.

Robbie Burns' night will be held on January 25, 2014. More information will follow.

The next birthday party will be held on January 26, 2014. Come on over and have some coffee and cake.

New Year's Eve tickets are on sale at the bar and they are almost sold out.

John Cher
President



Lyall Gow
1912-2013

From the First Vice

The floors in the hall, hallway and office have been washed, waxed and polished by Comrade Bruce McBride's crew, and all looks really good. It's nice to have the place all 'spruced up' for the season; especially since the L.A. did such a fine job during its decorating event. Well done, all who worked on it.

Our Shuffleboard Table has been sold to Branch 95, Smiths Falls. They have two shuffleboard tables already and have room for more. They plan to host Zone Tournaments in the future. The table will be picked up as soon as possible in the New Year. We have a narrow serving table to take its place; therefore, it will be easier to manage the space in our lounge.

Submitted by

Dan Knighton

From the Sports Desk

The Zone Cribbage Tournament was held here at the branch November 30. Two teams from Branch 638 entered and they both won. Comrades Morley Connell, Ivan Hawley, Terry Jenkins, Gordon McCaskill, Bob & Sue Adkins, Mike Atterbury and I can be congratulated on a job well done. However, only one team is going to be available to play in the District Tournament, January 25 in Chalk River.

Up Coming Sporting Events
(See schedule on page 7.)

Zone Darts

January 4, 2014, at Branch 192, Carleton Place
Our branch is permitted to send 4 teams of 4 players, 4 teams of 2 players and singles players.
Deadline for entries is December 28. To date no one has come forward; therefore, I am canvassing here via CONTACT! If anyone is interested, please contact me.

Zone 5 Pin Bowling

January 18, 2014, at Branch 95, Smiths Falls
Our branch is permitted to send 4 teams of 6 players.
Deadline for entries is December 28.
Once again, to date no one has come forward; therefore, I am canvassing via CONTACT! If anyone is interested, please contact me.

Please note that players who enter into Zone Sports must be a "Member in Good Standing."

Yours in Good Sportsmanship,

Dan Knighton



From the Second Vice

Sincere thanks to all branch members in whatever capacity they chose to help out at this year's Poppy and Remembrance Campaign. An interesting and successful wind-up meeting was held at the legion with much good discussion generated as to how to be more successful next year.

Don Raven and team—Colin Aird, Carl and Barbara Hennigar, Norma Raven, Reg Redknapp, George Pollock, Rick Raven and Harry Needham—successfully and effortlessly worked approximately two hours each day over 11 days counting box donations.

Special thanks to George Pollock and Gerry Dore for their work with poppy supplies and to George for supplying coffee to the money counters and for the added responsibilities as treasurer.

At time of writing \$80,000 has been deposited in the Poppy Trust Fund and that amount will ultimately be dispersed back to the community and an amount set aside for next year's supplies.

Thanks to those who responded to Don's call to man six games at The Canadian Tire Centre.

This amount swelled the account as we missed that venue last year due to the lockout.

Thanks to John Cher, Gene Szabo, Mark Hunter, Nancy Medynski, Dave and Lynn McPherson for canvassing local businesses.

The following table captains and their teams are to be commended for their dedication over the period from October 25 to November 11— an extra-long campaign this year!

Home Depot: Brian Wattie & Dale Northrup
Walmart: George Meydinski
Costco: Dan Knighton
Loblaws Centrum: Morley Connell
Superstore: Suzanne St. John
Hazeldean Mall: Ursula Seyler

Thanks also to The Kiwanis Sage for their support in manning the tables.

To those Cadet Corps and their leaders, thank you for helping out. Positive comments are always forthcoming when these smartly dressed young men and women are seen to be assisting at poppy tables.

If your name has been missed, please accept my sincere apologies. A new system will be in place for next year re table captains calling list. Thanks to those five who responded with their lists. Poppy appreciation certificates will be available soon for our store venues. All in all, it was a great effort.

Well done, Kanata Branch 638!

Moira Green

Poppy and Remembrance Chair 2013

This Month's Donations

Thanks to the feverish addiction to gambling of you and other Kanatans, this month we are donating a record \$1,500 from our gaming revenues, as follows:

DONATIONS

\$500

The Salvation Army

\$250

The Ottawa Mission

The Kanata Food Cupboard

The CHEO Foundation

The Alzheimer Society

Thank YOU for doing so much to help our fellow citizens.

Poppy Trust Fund

This year's poppy campaign was so successful that we have a record amount of money to donate to worthy causes in our community. The PTF Committee met on December 12 to prepare recommendations for the use of the money and we expect to present these at the January General Meeting for YOUR approval. Please plan to attend. It's not every day that you are asked to approve a budget of more than \$90,000!

Submitted by

Harry Needham

From Honours and Awards

The Government of France wishes to issue their Highest Honour to Canadian Veterans who participated in the liberation of France anytime during the period June 6 to August 31, 1944.

A nomination form must be sent to Veterans Affairs before **December 31** this year for vetting and forwarding to the Embassy of France. If you are eligible or know of an eligible veteran (living) please contact me at 918-684-1397 or ikhawley@sympatico.ca for assistance.

Ivan Hawley

Honours and Awards Chairman

From the Ways & Means Committee

The Ways & Means Committee will be hosting a second round of **Electronic Waste Disposal Days** on **April 11 and 12, 2014**. Please consider holding onto your e-Waste items until then (vacuums, fans, computers, radios, phones, to mention a few).

On **Saturday, May 10, 2014**, the Ways & Means Committee is planning to host a **Fashion Show and High Tea**. A fun way for women to spend time together the day before Mother's Day - Mothers and daughters, sisters, friends, etc. and support the Kanata legion!

Please watch for further details to follow in months to come. Thank you!

Lorraine Lapensée
Chair

From the Ladies' Auxiliary



The Ladies' Auxiliary's Annual Christmas Dinner Party held on November 29, 2013, was a **BIG SUCCESS!** A good turn-out + good food + good entertainment + great decorations all added up to **SUCCESS!** At the same time donations were collected for the Kanata Food Cupboard and, of course, funds were raised for the Ladies' Auxiliary and the Legion's General Trust Fund.

Approximately 90 guests enjoyed a delicious turkey dinner with all the trimmings prepared by the Ladies' Auxiliary and after, guests thoroughly enjoyed entertainment by Debra McCann, singing along or dancing to Christmas carols and favourites from years ago. Debra made such a good impression for her first time at Branch 638-Kanata that she has been invited

back to entertain at the Ladies' Auxiliary's Valentine's Day evening on February 14, 2014.

On behalf of the Ladies' Auxiliary, special thanks to all those who came out, for their support and particularly those who rounded up enough people to fill a table or two! Events such as the Annual Christmas Dinner Party would not be the success it was without the volunteers who made it happen. I wish to take this opportunity to recognize these volunteers. A **BIG THANK YOU** to: Marg Burton, John Cher, Bev Connell, Nancy Deterding, Martha Dormor, Lydia Fancy, Moira Green, Angie Jacklin, Dan Knighton, Craig McKeen, Lynn McPherson, Nancy Medynski, Dale Northrup, Marilyn Northrup, BettyAnn Pollock, George Pollock, Liz Richards, Pat (P.J.) Rose, Bob Thomson, John Thomson, June Tyrrell.

With much appreciation,

Lorraine Lapensée
Event Co-ordinator

After a busy holiday season, consider treating yourself and maybe a friend or two to a fun and enjoyable evening at...

The Ladies' Auxiliary's

Pub Night

Saturday, January 11, 2014
5:30 p.m. reception ☞ 6:15 p.m. dinner

Tortière • Baked Beans • Salad •
Dessert • Tea/Coffee

FEATURING...

John Henry Lacasse

Recording Artist and a Member of
the Ottawa Valley Country Hall of Fame

Sing-a-long or/and Dance to Country,
Classic Country, Classic Rock 'N Roll

PAYMENT IN ADVANCE ONLY

\$15.00/person

Those 12 years of age and under \$8.00/person

We ask all those interested in attending to pick your tickets up on or before January 7, 2014, 8:00 p.m., at the Royal Canadian Legion, Branch 638-Kanata, 70 Hines Road, Kanata. For hours of operation, directions, etc., please call the branch at 613-591-5570 or check our website at www.kanatabr638.ca.

A Message from the Legion President and the L.A. President

NEW YEAR, NEW BUSINESS PRACTICE: PAY IN ADVANCE

Commencing in 2014 a new business practice—payment in advance—for both Ladies' Auxiliary and Legion functions will be implemented to minimize loss of costs. This decision is based on a history of events where guests signed up in advance, did not attend, and a loss was incurred as a result of food being purchased and prepared based on numbers expected.

A most recent event, the Ladies' Auxiliary's Annual Christmas Dinner Party, is an example of a loss incurred as a result of no-shows (approximately 12).

From the Kitchen Corner

Thank you to all those that have volunteered and assisted to make our Friday Fish & Chips the success that it is!

A note to those using the kitchen: the fry pans (with the exception of the cast iron ones) have been replaced. The new ones have the newer "non stick" finishes. Please do not use steel wool to clean them!

Merry Christmas and Happy New Year to all!
Sue McLean

General Interest

Humidifiers

Humidifiers are essential in the winter months to keep our living quarters supplied with moist air, to alleviate coughing, skin cracking, cracking of wooden furniture or musical instruments caused by air that is too dry, annoying static discharges (particularly when walking on carpets), and helping to prevent nose bleeds. It is in connection with the latter, after several visits to clinics and emergency wards years ago, that I got serious about keeping the house relatively humid in winter.

If you are not sure that you really need a humidifier, you may want to measure the humidity level (relative humidity) in your home with a hygrometer. They cost about \$20-\$25 and are available at most hardware stores. Most experts advise keeping the relative humidity between 40% and 60%. I keep my house at a constant 50%, and have three humidifiers, plus a furnace humidifier.

Types of Humidifiers

- **Cool mist** humidifiers blow air through a damp sponge. They put the most humidity into the air so they can handle larger rooms; however, they require costly new filters every year or more often, and breed bacteria that can get into the air.
- **Warm mist** humidifiers boil water. They produce the most pure water vapour, killing any bacteria in the water. Therefore, they are the healthiest! The warm mist can warm a room by a couple of degrees (perfect for a bedroom in the cold winter). However they make a noise similar to a pot of boiling water on a stovetop.
- **Ultrasonic** humidifiers vaporize water—along with anything that's in the water. If you are concerned about your health, use distilled water! They are the quietest, but the water vapour can condense making the table or floor around it wet.

Of course there are also the furnace models that are highly effective (a flow-through

bypass unit installed on the home's furnace duct system.

I recently purchased the Cadillac of the fleet, an Air-O-Swiss model made in (where else?), Switzerland. It is ultrasonic, cool or warm mist, and ultra-quiet for the bedroom. It was not cheap, \$160 on sale at Home Hardware, but there are less-expensive models, and other manufacturers such as Bonaire seem to make a pretty good ultrasonic model.

Determine Capacity

Capacity may be expressed in different ways: room size, reservoir capacity, water/mist output per unit of time. Sizing the humidifier to the room size is most important. If the humidifier is too large for the room, condensation may appear on the inside of the windows, and bacteria and mildew could grow in this environment. Capacity it should not be confused with moisture output which is rated in litres or gallons per hour and will be more than the water tank capacity.

While some humidifiers are basic in moisture control with only two or three variable fan speeds, others may have a built-in hygrometer to indicate the moisture level in the room and a humidistat that you can set for the unit to cycle on/off to maintain the proper level. Unless you want to monitor the room's moisture level and adjust settings to maintain it, these measurement features are handy and worth the extra cost.

Refilling Convenience

Portable room units are sold in varying sizes of water reservoirs, from 1 litre to 5 gallons or larger. This is a convenience factor—how often do you want to refill it? A 2-gallon will usually run for 12 or more hours on low, but a 1 litre may require refilling every 8 hours or so. Run time will decrease substantially if the unit is operated on high and how dry the air is will also affect how fast moisture is added to the room.

Ease of Handling & Maintenance

Some water tanks are a little harder to remove and refill, some lift off easily. Take time to

inspect the unit to see how easy the water tank removes from the base. Also note if the model will require filter changes, (they can be very expensive over a winter's season) check on availability, as well as how easy they are to change.

Yours for a comfortable winter season,

Garry Fancy
613-836-2829

P.S.: Subsequent to writing the above, I noted another newer type of humidifier at Home Depot. This model fits over the warm air vent, and has two small water containers that dispense water to the warm furnace air as it exits the vents. Sounds interesting...

Recap of Coming Events

Tues, Dec. 31 New Year's Eve Celebration

Wed., Jan 1, New Year's Levee

Sat., Jan. 11, Ladies' Auxiliary's Pub Night

Sat., Jan. 25, Robbie Burns' Night

Sun., Jan. 26, Birthday Celebrations

Fri., Feb. 14, Ladies' Auxiliary Valentine's Celebration

Sun., March 9, 2014, Zone Convention, Smith Falls Branch

April 11/12, 2014, Electronic Waste Disposal

Sat., May 10, 2014, Fashion Show and High Tea

CONTACT! is published monthly by the Kanata Branch 638 in Kanata, Ontario. The views expressed in this newsletter are those of the contributors or the editor, and not necessarily those of the Royal Canadian Legion or Branch 638.

CONTACT! is edited by Lorraine Elmas (lorraine_elmas@yahoo.ca)



ROYAL CANADIAN LEGION SPORTS SCHEDULE ----- FOR THE YEAR 2013 TO 2014

EVENT	ZONE	DISTRICT	PROVINCIAL	DOMINION
CURLING - REG	N/A	N/A	N/A	N/A
CURLING - SR	N/A	N/A	N/A	N/A
SNOOKER	N/A	N/A	N/A	N/A
CRIBBAGE	N/A	N/A	N/A	N/A
DARTS	30/Nov/13 - Br.638 Kanata	25/Jan/14 - Br. 662 Chalk River	01/Mar/14 - Br. 601 Pickering	25 - 28 Apr/14 - Br. 23 North Bay
8 - BALL	04/Jan/14 - Br.192 Carleton Place	08/Feb/14 - Br. 632 Orleans	09/Mar/14 - Br. 136 Milton	02 - 05 May/14 - Br. 632 Orleans
10-PIN BOWLING - SR	07/Dec/13 - Br.240 Almonte	11/Jam/14 - Br. 632 Orleans	22/Mar/14 - Br. 6 Owen Sound	23 - 26 May/14 - Br. 261 Tecumseh
10-PIN BOWLING - REG	N/A	N/A	12/Apr/14 - Br. 201 Essex	N/A
YOUTH DARTS	N/A	N/A	12/Apr/14 - Br. 201 Essex	N/A
EUCHRE	N/A	TBA	22/Mar/14 - TBD	N/A
5 PIN BOWLING - REG	15/Feb/14 - Br.244 Perth	22/Mar/14 - Br. 662 Chalk River	05/Apr/14 - Br. 201 Essex	N/A
5 PIN BOWLING - SR	18/Jam/14 - Br.95 Smith Falls	01/Mar/14 - Br. 95 Smiths Falls	17/May/14 - Br. 95 Smiths Falls	N/A
SHUFFLEBOARD	18/Jam/14 - Br.95 Smith Falls	01/Mar/14 - Br. 95 Smiths Falls	17/May/14 - Br. 95 Smiths Falls	N/A
MIXED DARTS	N/A	05/Apr/14 - Br. 137 Napanee	07/June/14 - Br. 623 Bath	N/A
NEW DARTS - OPEN	22/Feb/14 - Br.616 West Carleton	26/Apr/14 - Br. 631 Amherstview	31/May/14 - Br. 508 Everett	N/A
LAWN BOWLING	15/MAR/14 - BR. 174 ARNPRIOR	ZONE ONLY TRIAL EVENT		
HORSESHOES - REG	N/A	N/A	09/Aug/14 - Br. 156 Seaforth	N/A
HORSESHOES - SR	24/May/14 - Br.616 West Carleton	14/Jun/14 - Br. 472 Hawkesbury	23/Aug/14 - Br. 99 Belleville	N/A
GOLF - REG	24/May/14 - Br.616 West Carleton	14/Jun/14 - Br. 472 Hawkesbury	23/Aug/14 - Br. 99 Belleville	N/A
PEE WEE BASEBALL	07/Jun/14 - Br.95 Smiths Falls	26/July/14 - Br. 589 Osgoode	06/Sep/14 - Br. 201 Essex	N/A
PEE WEE HOCKEY House (boys)	07/Jun/14 - Br.95 Smiths Falls	26/July/14 - Br. 589 Osgoode	06/Sep/14 - Br. 201 Essex	N/A
PEE WEE HOCKEY Rep (boys)	N/A	TBA	N/A	N/A
PEE WEE HOCKEY House (girls)	N/A	TBA	N/A	N/A

LIST OF LEGION ZONE G6 SPORTS OFFICERS - FOR - YEAR 2011 TO 2012

BRANCH	SPORTS OFFICER	BRANCH / HOME PHONE	SPORTS REGISTRATION TIMES
Almonte - BR. 240	Rob Madore	613-286-2142 / 613-293-8248	11:00 AM
Arnprior - BR. 174	Richard Slater	613-623-4722 / 613-623-6912	9:00AM
Carleton Place - BR. 192	Joann Voyce	613-257-1727 / 613-253-6383	(Reg.) 8:00 AM / (Mixed) 9:00 AM
Kanata - BR. 638	Dan Knighton	613-591-5570 / 613-864-1920	9:00 AM
Lanark - BR. 395	Bob Gilles	613-259-3249 / 613-259-3221	10:00 AM
West Carleton - BR. 616	Tom Watters	613-832-2082 / 613-832-1143	12:00 PM
Perth-Upon-Tay - BR. 244	Don Buker	613-267-4400 / 613-267-5563	7:30 AM
Smiths Falls - BR. 95	Ken Johnston	613-283-2690 / 613-283-7098	

Wayne Foster
613-283-0591
e-mail: wayne.foster@love.ca

*** ZONE EVENTS REGISTRATION TIMES ***

POOL (Snooker & 8-Ball)
CRIBBAGE
DARTS / MIXED DARTS
EUCHRE
HORSESHOES
BOWLING
GOLF