



Volume 5 Number 9

CONTACT!

September 2016

www.kanatabr638.ca

Branch President's Report

Corny Comedy Night on August 27, 2016, was close to being cancelled just four days before the ticket cut-off date, but thanks to so many coming forward to support the fundraiser, the first ever Corny Comedy Night was a success.

On September 1, Branch #638 launched the "Catch the Ace" Lottery. It is a lottery with a progressive accumulating jackpot until the Ace of Spades is drawn. A perfect opportunity to raise money and to showcase the Kanata Legion. Congratulations to the Catch the Ace Committee: Brenda Grant, Chair, Mary-Jo Gauthier, Moira Green, Clay Wheaton, Dan Knighton! We must not forget our Treasurer, George Pollock! You are all doing an excellent job! In fact, it is looking like you may be a model for other legions!

The branch hosted the annual appreciation dinner for the Ladies' Auxiliary on September 7, 2016. Sixteen ladies, including some possible new recruits, were treated to a delicious meal. A special thank you to cooks, Gaetan Chartier and Dan Knighton; to bar tender, Mark Hunter; to servers/clearers, Joseph de Lepper and Gordon McCaskill and to dishwasher and jack of all trades, George Pollock. It could not have been done without you. Thank you!

I represented Branch 638 at the fall Zone G6 convention on September 11, 2016, held at Branch #95, Smiths Falls. District "G" Commander, Stan Halliday, was the guest speaker who presented key points of information.

Come celebrate legion week (September 18 - 24, 2016) at the Ladies' Auxiliary's Fall BBQ & Dance fundraiser this Saturday, September 24!

Respectfully submitted,

Lorraine Lapensée



From the First Vice

A lot has taken place in the past month as we settle into the new season and the branch is doing just fine. It's Legion Week 2016 at the moment and the new Legion Year has begun. Our branch inspection and audit review will soon take place and we are ready for it. Thank you, George and Paul, for your many hours of preparation. The Poppy Campaign and Nov 11 ceremony are all in the preliminary stages and will soon be cut in stone. In the near future, there will be some minor price changes at the bar and with hall rentals as I'm sure will be advised further along in this month's CONTACT!.

I hope some of our readers had a chance to try last month's BBQ Drunken Chicken recipe before the BBQ season passes us by. And, as promised, I have a new recipe for you.

Oyster and Broccoli Goolash

Here's how:

- 2 bunches of broccoli, chopped into small pieces
- 3 cups cooked white rice
- 1 pint oysters - drained
- ¾ cup sour cream
- 2 tablespoons ketchup
- ¼ cup whole milk
- 2 teaspoons sherry
- 2 teaspoons lemon juice (optional)
- 1 teaspoon cream horse radish
- 1 ½ teaspoons Worcestershire sauce
- 8 drops hot pepper sauce
- 1 ½ teaspoons onion salt
- ½ cup buttered bread crumbs

Steam the broccoli and toss it lightly with the cooked rice. Spoon the mixture into a greased casserole dish. Arrange the oysters on top of the rice mixture. Combine the remaining ingredients, except the bread crumbs, and pour everything over the oysters, sprinkle with the bread crumbs. Bake at 350F for 20 minutes. Enjoy! Let me know what you think (or invite me over for dinner).

Thank you once again for your support one and all.

Dan Knighton
1st VP

From the Sports Desk

As our Sports Officer, comrade Garth, got married September 17; hence, I will write the sports page once again for him. If you recall, comrades Bob and Martin Mason won the District Golf tournament in Perth last month and had the privilege of representing our branch and District G-6 at the Provincial Tournament in Cobourg ON. They came in 2nd place in the senior division with a 4 under par 68. Congratulations once again, Robert and Martin. You have put the Kanata Legion on the score board once again. Thank you for representing our branch and for such a great performance.

Euchre will be starting back up Tues., Sept.20. Mixed darts starts on September 29. Come on out and have some fun and enjoy the evening.

Yours in good sports,

Dan Knighton, for Garth Lee
Br Sports O

From the Second Vice

Gaming

August Bingo Event Report

Bingo events conducted: 4
Total attendance: 178 (average 44.5 per Bingo)

Total Deposit to Bingo Trust: \$2,874.00
Expenses

Rent Paid to Branch	\$807.20
License Fee	\$192.00
Paper Cost \$1/attendee	\$178.00
Total Expenses	\$1,177.20

Revenue after Expenses	\$1,696.80
47.6% for Ops & Mntnce	\$807.68
Donation Fund	\$889.12

\$\$\$

50/50 Draws

50/50 Draws conducted: 13
Proceeds for August were \$765, all of which goes to donation fund.

Total monies raised for the month of August for donations: \$889.12 + \$765.00 = \$1654.12

\$\$\$

General Trust Fund Administration

This group meets once a month to distribute funds generated through the Gaming Program. Once approved by the Executive, the funds are then distributed.

Donations (once approved) for September, based on funds raised in August, are \$1,500. Each of the following organizations will receive \$500:

- The Mission
- Military Families Resource Centre
- Elizabeth Bruyère Centre

Brenda Grant
2nd Vice

SUMMER DAB 4 A CURE

Every Tuesday evening during the summer a Bingo has been run to raise money for the **Canadian Cancer Society.**

We are pleased to announce
the donation raised

- in JULY was \$ 8,500
- in AUGUST was \$17,000

Many thanks to comrade Clay Wheaton and his team of volunteers who along with those avid Bingo players raised a total of

\$2,550



Catch The Ace

CATCH THE ACE is a progressive raffle lottery, and for \$5.00 you have a chance to win a weekly prize and also to win the accumulated jackpot. Tickets may be purchased any time the Legion is open.



The draw is conducted WEEKLY at the Kanata Legion Friday Fish and Chips luncheon at 1 p.m.

Weekly prize consists of 20% of all sales in the previous week. The winner then gets a chance to pick from the 52 cards (in sealed envelopes) on the display board. If the envelope contains THE ACE OF SPADES, the winner collects the remainder of the weekly sales (total of 50% of sales) plus the accumulated jackpot. Draws continue weekly until the ACE OF SPADES is selected and the progressive prize awarded.



Participants need not to be in attendance to win.

The ticket stub has a designated area on back to record contact information and the place to record a number from one (1) to fifty-two (52). NON-WINNING numbers will be excluded on subsequent draws. Winners not in attendance at the draw will be contacted and have 14 days to collect their winnings.

We hope that everyone can and will participate in the CATCH THE ACE lottery. It is a huge money-maker for the Legion and the prize money is substantial.

Gaming Committee

Invitation to members from the editor: Anyone interested in being a "guest editor" of CONTACT! for a month or two is asked to contact branch president, Lorraine Lapensée, at lmlapensee@sympatico.ca or newsletter editor, Lorraine Elmas, at lorraine_elmas@yahoo.ca.

New ideas and new talent are always welcomed!
And I could use a break from time to time!! LE

From the Poppy Campaign Chair

Poppy and Remembrance Campaign 2016

Comrades All: The time is fast approaching! The poppy campaign begins on Friday, October 28. Letters of permission have been sent to schools, businesses, seniors homes and residences. You will receive a call in the near future from a table captain asking that you sit at a poppy table. Many of you have happily performed this task in the past and I thank you for that commitment. New and transferred members will also receive a call. Please return your call as soon as possible. Your participation is not an option unless you are physically incapacitated. It is an obligation agreed to by you upon your initiation. It is a busy time for table captains as they set up their schedules for the campaign. If you do not receive a call, please let me know. For your convenience, here is a list of contact numbers:

Sue Mclean 613-831-1068	Hazeldean Mall smclean@deadsquid.com
Dan Knighton 613-831-1920	Costco ralo02@rogers.com
Morley Connell 613-591-9797	Loblaws Centrum morley.connell@sympatico.ca
George Medinski 613-435-6033	Walmart medski@rogers.com
Sue St John 613-839-0320	Superstore su.st.john@gmail.com
Dale Northrup 613-599-5001	Home Depot dnorthrup1@hotmail.com
Jackie Terris 613-831-1438	Canadian Tire Centre jaxisnow@roger.com

Dates to Remember

Friday, October 21 Poppy Campaign kick off -
Wine & Cheese party - 7 30 p m Legion Hall
This event is for YOU! PLEASE ATTEND

Friday, October 28 Poppy Campaign begins

Friday, November 11 Parade and Reception

Saturday, November 12
Remembrance Dinner, Legion hall

Remembrance Services at Residences from
November 4, 7, 8, 9, 10
Venues, to be announced

A volunteer is needed to distribute poppy boxes at local businesses. Please contact me ASAP.

There is much to do. Please volunteer. Your participation is absolutely essential to the success of our campaign.

Please contact me at any time.

In continued service,

Moira

613-592-3376
mmgreen@live.com

Photos from Moira's trip

Battle of Britain



R.A.F. Chapel in Biggin Hill, Kent, England



Hurricane



Spitfire

Remembering in Belfast Northern Ireland, my Dad's regiment at St Anne's Cathedral.



From the Branch Secretary

Hello, comrades,

Our next branch general meeting will be held on Wednesday, **October 19**, at 7:30 p.m.

See you then,

Amanda Robbins

Cheque Presentation to RCSCC Centurion

Submitted by Lorraine Lapensée



l/r Allan Hubley - City Councillor Kanata South Ward;
Mike McKay - President, Navy League Kanata Branch;
CPO1 Tarek Bedarir - Centurion Coxswain;
Lt(N) Sue Learmonth - Centurion Commanding Officer;
Denis Pelletier - RCL Kanata Branch Cadet Liaison
Officer; Lorraine Lapensée - RCL Kanata Branch
President

As an informal kick off to the beginning of their 25th Anniversary 2016-17 training year, the Royal Canadian Sea Cadets Corps (RCSCC) Centurion hosted a BBQ on September 6, 2016, at which time Cadet Liaison Officer, Denis Pelletier, and Branch President, Lorraine Lapensée, presented a \$500 cheque on behalf of the Royal Canadian Legion, Branch #638-Kanata in support of a trip planned to Halifax for the cadets to visit the home of Canada's East Coast Fleet during March school break 2017. The Halifax trip is one of a number of special activities planned in celebration of RCSCC Centurion's 25th anniversary training year. The Sea Cadet Program provides training for youth in a variety of fields such as sailing and music, as well as travel, summer camp opportunities and fosters leadership, physical fitness and citizenship.

From the Membership Desk



Hello, everyone!

As your new Membership Chair, it will be my pleasure to assist you in the coming year.

Early Bird Campaign

The campaign runs from September 1 until November 30, and renewal reminders have been mailed. Please note that membership fees have increased. Your 2017 Early Bird rate is \$55.

Payment can be made by:

- Cash
- Cheque made payable to
RCL Kanata Br. 638
- Debit/Credit machine at the bar



Payments can also be mailed or dropped off at the Legion in the return envelope provided. If the Legion is not open, deposit your envelope in the mailbox located just to the right of the front door. Please be sure that the envelope is clearly marked Membership.

Change to Your Contact Information

Our goal is to maintain and improve communication between our members and the Legion. If you have moved, or changed your phone number or email address, please complete the orange sheet included with your Early Bird reminder. If you have not received your reminder by now, or it has been forwarded to you by Canada Post, it means that neither this branch nor Dominion Command has your current mailing address on file. Please contact me at membershipbr638@gmail.com or 613-884-7957. You can also contact this branch at rclbr638@gmail.com or 613-591-5570.

Yours in comradeship,

Jo Anne de Lepper

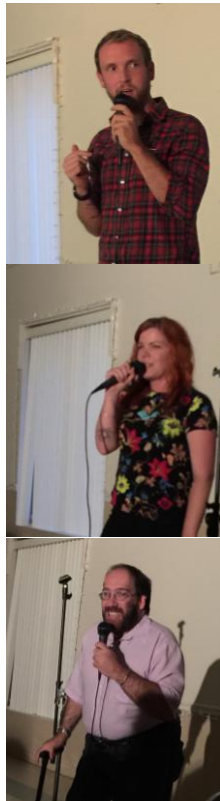


Ways and Means Entertainment

Recruitment Committee

Corny Comedy Night

The Ways and Means Entertainment Recruitment Committee introduced the first ever Corny Comedy Night at the Kanata Legion on August 27. It was something new and different to try! Ticket sales were low just four days before the ticket cut-off date and thanks to so many responding to the appeal for support, there were over 70 tickets sold! Guests enjoyed a huge pot luck supper and, of course, corn on the cob! At each table guests had a chance to win a beautiful natural floral centrepiece donated and prepared by Judy Homma. Guests experienced the hall transform into a night club atmosphere with ceiling lights turned off, table hurricane candles lit and a huge spot light focused at the stage! All set for four comedians and lots of laughter! A fun evening and a funny evening!



There are many to thank for helping make this fundraiser event happen!

Thanks again to those who responded to the appeal for support. It is very much appreciated.

A big special thank you to the volunteers and to those who pitched in

where needed. You helped make the evening the success it was.

Special thanks and much appreciation to:

- John Cher and Gene Szabo - Corn on the cob preparation
- Bill Molnar - setting tables, serving and clearing and whatever else needed to be done
- Dave McPherson and Angie Jacklin - dishwasher and miscellaneous
- Mark Hunter and Lynn McPherson - bartenders
- JoAnne and Joseph de Lepper - ticket takers and miscellaneous

- Nancy Deterding - table setting and miscellaneous
- Judy Homma - Decorations and donation of centrepieces
- Dan Knighton and June Tyrrell - miscellaneous
- Bob and John Thomson - hall set up and take down
- Amanda Robbins - poster design and promotion
- Lorraine Elmas - photographer
- George Royle - Entertainment Co-ordinator
- Clay Wheaton - Catch the Ace ticket sales
- Lorraine Lapensée, Event Co-ordinator

From the Ladies' Auxiliary

The Ladies' Auxiliary would like to thank everyone who has supported the Friday book sales. We are back from the summer holiday! 😊

Judy Homma
L.A. Recruitment



LADIES' AUXILIARY FALL BBQ FUNDRAISER

SATURDAY, SEPTEMBER 24, 2016

RECEPTION: 5:30 P.M.

DINNER: 6:00 P.M.

Chicken Shish Kabob and More!

SING AND DANCE TO:

Roxy & Don Duo

Roxy Swan is a captivating vocalist who performs with a natural air of honesty. The repertoire consists of Jazz, RnB and Pop!

EVERYONE IS WELCOME!

\$20.00/person

Advance Ticket Sales Only / Pick up by noon Sept. 21, 2016



Kanata Legion

70 Hines Road, Kanata, 613-591-5570



The following **blog** is published with permission.

THE PRICE OF GUILT: CARING FOR A SENIOR PARENT

by Amy McConnell

As parents age, the family unit shifts allowing responsibilities and routines to move to a younger generation. The question then becomes, “what if I can’t take on anymore?” I work with a female-dominated client base and many of my clients feel guilty over not being able to take on additional tasks such as Christmas dinner.

A study from Statistics Canada revealed that “nearly 6 in 10 caregivers are women between the ages of 45 and 54, the ages at which many Canadians still have children living at home. About 3 in 4 caregivers were married. Others also juggled employment with family and eldercare tasks.”

Caregivers and Guilt

Consider for a moment how busy you actually are. Between working, caring for a family and a household, women feel guilty about making time for themselves let alone trying to add in time for caring for a parent.

The top 5 reasons women feel guilty in this situation:

1. Your parents raised you so there is a sense of responsibility to help.
2. You didn’t catch on to what was happening soon enough.
3. You have to take time off work to be a caregiver.
4. You don’t visit your parents often enough or live too far away to visit.
5. You’re spending more time caregiving than with children, spouse and friends.

No one wants to see their parents struggle and would do most things in order to address the situation. This usually means taking on way more than you can for way longer than you should. Many of my clients have expressed a sense of guilt over wanting to live their own lives, and having too much on their own plate to care for their parents on top of it.

Moving a Parent into Your Home

“We are going to move mom in with us. She is relatively independent and we can help with the little things. She begged us not to move her into a home.” This is a common litany I hear from caregivers in Ottawa. Many of them feel “It’s our turn to be the caregiver.” “We promised mom we wouldn’t move her into a home.”

What many soon realize is that their parent(s) need more help than they originally thought. That what was

supposed to be limited to living in an [in-law suite](#) and sharing meals with the family has now turned into so much more including:

- Transportation to and from medical appointments and social gatherings
- Monitoring of eating (many seniors don’t eat enough)
- [Guilt](#) for having to work all day leaving a loved one home alone.

Often times when caregivers are in this situation, by the time they look for outside help they are already past their breaking point.



Suitable Substitutes

(Yes, you will still feel guilty.)

Plenty of substitute care options are available for those who wish to consider them whether as a short term fix or a more long-term solution. As said above, guilt tends to make a lot of people take on more than they should and rarely accept help.

To caregivers who choose not to ask for help, I often tell them same thing I tell my senior clients who wish to stay in their homes but require assistance. It’s all well and good to want to remain independent without additional assistance, but putting the right measures in place in a timely manner not only extends the length of time you can stay in the situation, but it also drastically reduces accidents and burnout.

Some short term options for caregivers include:

- Setting up [respite stays](#) at a local retirement residence for your loved one on a regular basis
- Bringing in [CCAC](#) to assist with in home care
- Reaching out to [home care providers](#) to bring in paid services
- Taking personal time for yourself by involving siblings and additional family members.

Longer term options include:

- Similar to short term, bringing in CCAC and/or paid home care providers on an ongoing basis
- Looking to another sibling to take over the majority of the caregiving

- Making a move to a [retirement residence or a long term care](#) home.

In the end, taking on all this guilt will lead to burnout, which will put not only you at risk but also your parent(s). Take time for yourself, put support in place and most of all respect yourself and your parents enough to know when things are getting out of hand and do something about it sooner rather than later.

Did you find this blog helpful? Many others are struggling with guilt and caring for a senior parent. Help them by sharing on Facebook or Twitter with the links on the right.

Should you require assistance, please don't hesitate to contact Tea & Toast Senior Living Counsellors. We are a complimentary, Ottawa based advisor with expertise in the retirement residence search as well as resources for the senior health care industry.



613.406.6031
info@teaandtoast.ca
www.teaandtoast.ca

The Last Post



BOTHWELL, John William Douglas
 Aug. 8, 1927 - Aug. 31, 2016

It is with great sadness that we announce the death of Doug Bothwell at the age of 89 due to complications of bladder cancer and a hip fracture. Doug was born in Ottawa, the son of John Robert and Olive Madeline (nee Thompson). He was the beloved husband of Lois (nee Wilson, D.2014) whom he married in 1948. He is survived by his brothers Bill, North Carolina; and Robert, Toronto; sons John (Sue), Greely and George (Jane), Toronto; grandchildren Tracy Lynch (Steven), Ottawa, Michael Bothwell, Ottawa, Julia Hull (Jamie), Bronxville, NY, and Christina Bothwell, Toronto...

Doug was a proud veteran of the RCAF having served in Korea, Belgium, and then with NORAD in Colorado Springs. During this time, he became involved with the RCAF pipe band and continued with a variety of pipe bands over the years. Subsequently, Doug worked with Canadian Breweries and continued his career for many years with Seagram's in Ottawa and Kingston. Doug and Lois spent very happy retirement years in Sarasota, Florida, where they had many wonderful friends. When Lois required long-term nursing care at St Patrick's Home, Doug was on the volunteer board of the hospital

and involved with the building of the new facility. Up until Lois's death, Doug rarely missed a day visiting and caring for his beloved wife.

The family would like to express their sincere thanks to all the staff at the Perley-Rideau Veteran's Home for their wonderful help and support, and as well to Dr. Dan Cameron.

Tribute to Buck Buckles

by Comrade Garry Fancy

Our Legion Branch, over the past years has seen our World War II, (and Korean War) war veterans dwindled to a precious few. So, perhaps it is now time to look not only at our own branch but other local veterans to pay tribute to those heroic few, who fought on land, sea, and air, long before post-traumatic stress disorder was conceived. It is in this spirit that the attached obituary caught my attention. Please note the highlighted sentence... he must have enlisted about the time of his eighteenth birthday!

There was much further information on the redoubtable Bob Buckles via Google, a small portion of which is reproduced below (N.B. FFYL = Fly For Your Life). YO was the squadron ident for 401 (RCAF) Squadron, the CO of which was another departed local comrade, S/L (Dr.) Buzz Kennedy of Cumberland.



Bob with Spit YO-F. Note the "F" under the nose

BUCKLES, R.J. (Buck)

February 16, 1923 - July 19, 2016

In loving memory of Robert James (Buck) Buckles, who passed away surrounded by family at home at age 93 on July 19, 2016 in Ottawa, ON. He was born in Middletown, Ohio, where his Canadian father built brick industrial chimneys. He then spent most of his youth in Whitevale and Green River outside of Toronto. Beloved husband of Elinor (Craig) whom he married in 1991 and of Doreen Ryan (married 1947, predeceased 1989). Dearly loved by sons Steve (Sarah), Ottawa, ON; Daniel (Debra), Ottawa, ON; and Casey (Hilda), Portugal Cove, NL, and stepchildren Louise and Bob. Beloved brother of Marie, Bruce and Barbara Ann.

Buck was a Spitfire pilot and veteran of World War II. He spent his 20th and 21st birthdays in Prisoner of

War camps, including the camp where the Great Escape occurred. When the war ended Buck returned to Canada, completed a Bachelor of Science degree at the University of Guelph (entomology) and studied at the Ontario College of Education. He then settled in Toronto, where he headed a high school science department. During this time, he flew Vampires with the RCAF Reserves. Upon rejoining the Air Force in 1955, he and his growing family lived in towns and cities across Canada and from 1970-72 was stationed in Lahr, West Germany. Back in Canada, he flew Search and Rescue missions before joining Transport Canada where he worked until his retirement in 1988. One of his favourite places was Island 899 on Lake Temagami. He was a man who liked to tell stories and give toasts, and will be dearly missed by family and friends.

Stalag Luft III Belaria Sagen Birthdays (Bob Buckles)
"Some birthdays have more meaning and impact than others and hence are long remembered.
For me, number 21 was one that I have not forgotten. I had been flying Spitfires from England throughout 1943 and was beginning to think that I knew what it was all about. Suddenly, on December 20, 1943, that all changed. During an attack on a Junkers 188 my aircraft burst into flames and I was forced to leave it. A surprise indeed! On a flight the previous day, the engine had given a few coughs which were reported and supposedly rectified. Earlier, on this last flight, it had also made a few strange noises but we were on our way home when the very low Junkers 88 was spotted. My section of four went after it and it turned out to be a Junkers 188 with a 20mm turret in the tail. I got in a long burst that silenced the tail turret and caused heavy black smoke in the starboard engine. At the same

did it myself by over-boosting during the chase and thus aggravating the glycol leak. At any rate, I left YO-R at that point and ended up as a POW in Belaria near the Polish border.

On February 16, 1944, my 21st birthday, Donald "Bull" MacRae from Whitney, Ontario, gave me a cigar to celebrate. Cigars were hard to find in that place and worth about \$50 each. I smoked it all the way down, although it was not easy. I was afraid not to! A most generous gift which I have never forgotten.

Dulag Solitary Confinement - Christmas Menu - 1943

- **Breakfast 8 AM:** One piece of black bread & margarine. Cup of acorn coffee.
- **Dinner 12 noon:** Bowl of potato soup.
- **Supper 5 PM:** One piece of black bread and jam. Cup of acorn coffee."



Post war RCAF Officer

Kanata Legion & Ladies' Auxiliary - Upcoming Events Sept. 24, 2016 – Dec. 3, 2016

Date & Times	Event	Details	Tickets	Cut Off
Saturday, Sept. 24 5:30 p.m. reception 6:00 p.m. dinner	Ladies' Auxiliary's Fall BBQ & dance	Chicken Shish Kebob & more Entertainment: roxy & don duo!	\$20/ person	Sept. 21
Sunday, Sept. 25 2:30 p.m. – 4:00 p.m.	September birthdays & anniversaries	Cake & Ice cream – FREE!	N/A	Drop in
Be sure to keep these dates open to not miss the opportunity!				
Saturday, Oct. 15 - Evening	Oktoberfest dinner & dance	Entertainment: International set band (same band as last year)	TBA	TBA
Friday, Oct. 21 - Evening	Poppy Campaign Kick Off Wine & Cheese	TBA	TBA	TBA
Saturday, Oct. 29 - Evening	Ladies' Auxiliary's Halloween Dinner and Dance	TBA	TBA	TBA
Sunday, Oct. 30 2:30 p.m. – 4:00 p.m.	October birthdays & anniversaries	Cake & Ice cream – FREE!	N/A	Drop in
Friday, Nov. 11 11:00 a.m.	Remembrance Day Service	At the Kanata Cenotaph Reception to follow at Kanata Legion	N/A	N/A
Saturday, Nov. 12 - Evening	Remembrance Dinner	TBA	TBA	TBA
Sunday, Nov. 20 3:00 p.m.	Decorate the legion for Xmas & Pot luck supper	Not applicable	N/A	N/A
Saturday, Nov. 26 9:30 a.m. – 3:00 p.m.	L.A. BAZAAR	Location: Hazeldean Mall Drop by		
Sunday, Nov. 27 2:30 p.m. – 4:00 p.m.	November birthdays & anniversaries	Cake & Ice cream – FREE!	N/A	Drop in
Saturday, Dec. 3 - Evening	Annual Xmas Dinner & Dance	Entertainment: Debra McCann	TBA	TBA.

may have been caused by return fire but I really think I

Royal Canadian Legion Branch #638 - Kanata

2016-17 EXECUTIVE CONTACTS

Revised September 18, 2016

PRESIDENT	Lorraine Lapensée	613-831-8319	lmilapensee@sympatico.ca
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3 RD VICE-PRESIDENT (SENIORS)	Gord McCaskill	613-286-1400	maryjogauthier@hotmail.com
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L.A. EXECUTIVE 2016-17

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