



Volume 3 Number 8

CONTACT!

August 2014

www.kanatabr638.ca

President's Report

The July 25th BBQ was well attended with a sold-out crowd. Profit toward paying off the mortgage was \$1,043. Mike Fahey and Gerry Dore did a fantastic job on the music. Thanks to Gene Szabo for BBQing and Terry Jenkins for the fries. The silent auction went well thanks to Pat Cher with the help of Mary Szabo and Lynn McPherson. Thanks to Brenda Grant, Moira Green, Angie Jacklin and Lorraine Elmas for serving and clearing; to dish washers, Dan Knighton and June Cane; table setters, Barry Briggs and Bev Connell; ticket takers, Lydia and Garry Fancy.

Thank-you to the Branch Ladies' Auxiliary for donating one month's mortgage payment of \$2600 and \$500 to purchase items needed in the kitchen.

Judy Homma came through again by washing the branch facility's windows and sweeping around the outside of our building. Thank you, Judy.

Thank-you to Allan Foget of Sobeys for donating the hamburgers and hotdogs for the Ray Ponto golf tournament.

John Cher
President



From the First Vice

There have been several changes to the Operations within the Branch, and I've been told they will appear later in the newsletter. I wish to congratulate our newly appointed executive members and thank the out-going ones. To all who work and participate within our Branch, your continued support is what it takes to successfully run the day-to-day operations and everyone appreciates these efforts. Thank you.

From the Sports Desk

The Annual District Golf Tournament held at the eQuinelle G&CC on July 19th was well represented by Brenda Grant and myself, with a very honourable score of 85, but alas the top scores were all in the seventies; thus, we will be unable to go forward. However, it was a great day and we all had an enjoyable event.

Congratulations go out to Jim Miller, Scott Finley, J. LaHaey and Stan Clantwell, winners of this year's Ray Ponto Memorial Golf Tournament at Greensmere G&CC. It was a "dark and stormy day", but for the most part the rain was held at bay, and I don't think anyone truly got soaked. My sincere thanks to all 64 players, the Ponto Family, our many Sponsors and to those who made this event possible and successful. A special thank-you to Terry Jenkins, Gord McCaskill, Mark Hunter, Nancy Deterding, Beverly Berry, Samantha & Abbey from Don Cherry's and our Kitchen staff: Cooks, John Cher and Gene Szabo, servers June Tyrrell, Yvette Clark; and our bar keeps, Moira Green and Gord McCaskill. And... to

anyone else working so fast and furiously that I didn't see them: Thank You All!

Our new Zone Sports Year will begin in October with all events posted next month. Our branch **Euchre** will start up again on September 16 and **Darts** on September 26. Both members and non-members are welcome to join, so any interested players, please come out and enjoy. Start times are 7:00 pm.

Yours in good sports,
Dan Knighton

Ray Ponto Memorial Golf Tournament Photos by Terry Jenkins



Gord McCaskill, Registrar



Lined up ready to start the
11th Annual Ray Ponto Golf Tournament



Prize Table



This year's winners: Jim Miller, Scott Finley,
J. LaHaey and Stan Clantwell



Mystery 65th Birthday Boy ☺

Honours and Awards

Please keep an eye out for anyone who does that little extra bit at the Branch that you feel deserves an award for doing so. Your H&A Team will record it for our 2015 H&A night.

Dan Knighton
H&R Chair

The Arctic Star

Merton A. Bowen, V55673-WW2 Telegraphist HMCS Algonquin, and father of Branch 638 member Bruce Bowen, was posthumously awarded The Arctic Star on July 21, 2014. The family wishes to thank the staff of the Department of Veterans Affairs for their help and timely response.

From the Second Vice

25th Anniversary Charter Dinner

TICKETS ON SALE AT THE LEGION
RESERVE YOUR TABLE NOW!

Date: Saturday, September 13
Tickets: \$25.00 per person
Dress: Legion Dress/Business Suit
Menu: Roast beef and trimmings
Cocktails: 5:30 p.m.
Dinner: 6:15 p.m.
Speaker: Dominion Command Immediate
Past President, Gordon Moore
Music: Stittsville Legion Concert Ensemble
Dedication: Chaplain's Wall
Branch History Slide Presentation
25 years Overview
Cadet Drill Display

Remembrance Dinner

Please note change of date to Friday,
November 14. Details to follow.

Poppy Campaign 2014

The campaign begins on Friday, October 31 to
Monday, November 10. Only 12 days this time
around.

REMEMBER that it is "your bounden duty to
actively participate in poppy campaigns" as
sworn to by YOU upon initiation. If you are
physically unable to participate or sit at a
table, then of course you are
excused; however, if this is not
the case - expect a call from
your table captain or, better
still, call them in advance. A
list of table captains, etc., will be in the next
CONTACT! I am assuming that those who
performed specific tasks last year are
continuing to do so this year. If not, please
advise me ASAP.



Letters to stores and schools en route shortly.
Four games at The Canadian Tire Centre
coordinated once again by Don Raven

Table Captains

Please remember to show up on Tuesday,
September 9, at 7:30 p.m. re membership list,
with your personal calling list.

Foot Soldiers

Desperate need for persons to drop off and
pick up poppy boxes at stores. Please email
me if you can help.

Artifact

Still no word from Veterans Affairs.

Princess Patricia's Canadian Light Infantry

Congratulations to all on the 100th
Anniversary.

100th Anniversary WW1

Great ceremony at Carleton Place cenotaph on
Aug 9. Thanks Bob and Dan for colour party
duty.



Events

Much time and effort goes in to the planning of
branch events. Please try and make time to
support your exec's efforts. If these events are
not to your taste, then please tell us what you
would like to see happen.

Yours in service,
Moir

From the Third Vice

Tea and Toast

Seniors make the move to retirement communities for a multitude of reasons. House maintenance, health, social and food are the main culprits. But where do you start the search, and how do you know what all the terms mean? Why not consider using a Seniors Living Counsellor to reduce stress and help you navigate the retirement industry!

Amy McConnell is not only an active member of the Kanata Legion, she also runs a company called **Tea and Toast**. Some of you might know her from Friday Fish and Chips. With 9 years' experience in the retirement industry, Amy can help you figure out your needs, narrow down the research and choose the community that best suites you and your family.

Tea and Toast offers this service free of cost to seniors and their families. Please refer to the ad in this issue for contact information. In addition, Amy will be holding an information session on the retirement industry at the Kanata Legion from 2pm-3pm on Wednesday, August 20th. Please RSVP directly to Amy at 613-406-6031.

Gordon McCaskill
3rd Vice-President

July Birthday Bunch



Photo by Terry Jenkins

Trust Funds

Editor's Note: **Clay Wheaton** has been appointed to the Executive and as the Chair of the General Trust Account, and **Doug Rowland** has been appointed to the Executive and as the Chair of the Poppy Trust Account.

We will continue informing you of the donations awarded from the trust funds, and other related activities, in the September edition of CONTACT!

Membership Update

We are fast approaching the Early Bird Renewal Campaign for 2015. Your membership fee is distributed as shown below:

- \$32.37 to Dominion Command and Ontario Command
- \$ 0.70 to District Command
- \$ 0.80 to Zone Command

The total money paid out from your membership fee is \$33.87. As you can see, this does not leave the branch with much to work with for the year. The branch relies on the membership to volunteer their time to help keep the doors open, and is a great opportunity to get to know everyone.

Our total membership to date is 284. I would like to take this opportunity to welcome the 15 new members for 2014:

- | | |
|------------------|---------------------|
| ➤ William Casely | ➤ Henry Dopler |
| ➤ Robert Farrell | ➤ Michel Gagnon |
| ➤ William Hoy | ➤ Ian Lowrie |
| ➤ Amy McConnell | ➤ Ron Messett |
| ➤ Valerie Ogden | ➤ Terry Lynn Pearce |
| ➤ Salman Rafi | ➤ Robert Reynolds |
| ➤ Jody Smith | ➤ Jacqueline Terris |
| ➤ June Tyrell | |

Branch 638 would again like to have a successful Early Bird Campaign, so I would encourage everyone to respond early.

Yours in comradeship,
Brenda Grant
Membership Chair

Membership Report



We are quickly approaching the start of the Early Bird Campaign for 2015. Our aim is to have 100% of membership renew early so we can win the certificate again this year.

The campaign runs 12 weeks, starting on September 1 and ending November 30, 2014.

Take advantage of the reduced rate of the \$50 for the Early Bird fee. After November 30, dues go back up to \$55.



You will be receiving a notice of the campaign in the mail at the end of August.

Brenda Grant
Membership Chair

From the Branch Secretary

This is a reminder that there is no legion general meeting in August!

The next general meeting is Wednesday, September 17, 2014, at 7:30 p.m.



From the L.A. Secretary

Mark your calendars for a **Harvest Dinner** on **Saturday, October 18th**. Details will be announced next issue.

Editor's note: Don't know yet what's on the menu, but I sure hope there'll be pumpkin pie!!!



Ways & Means / Entertainment Committee

invites you to a

CAR RALLY & DINNER
Sunday, August 24, 2014

Car Rally registration time: **3:00 p.m.**
(at the Kanata legion)
Registration fee: **\$5.00**

How does the CAR RALLY work?

Upon registration, drivers of licensed vehicles draw a playing card from a deck of cards which is the first of five cards towards getting the best poker hand; each participant will receive a copy of the route to follow including four stations/posts to check-in at to get a playing card. Each participant's departure time from the legion is recorded and arrival time back at the legion is recorded.

Two Challenges:

- #1 - Get the best poker hand and you win a \$50.00 gas gift card
- #2 - Get the closest completion time to the car rally coordinator's time and you win a surprise prize!

DINNER: Corn on the cob, poutine or fries, hamburgers, hotdogs and a Special Dessert

TIME: 5:45 p.m.

PRICE: \$14/person or
\$12/person with your \$5.00 car rally registration fee!

Get your tickets early, on or before Wednesday, August 20, 2014! Only 75 tickets available

This is the Kanata legion's 2nd pay-down-the-mortgage fundraiser!

Dates to Mark on Your Calendar!
(Watch for more details in the coming weeks!)

Friday, September 19, 2014: **Friends Night**

- Chinese Food, Chinese Auction
- Bring a Friend night

Saturday, October 4, 2014 - **FALL HIGH TEA & FASHION SHOW**

- Jockey Person 2 Person Fashion
- Doors open at 12:00 noon
- Show starts at 1:00 p.m.
- \$18.00/person or \$30.00 for two

Friday, October 10, 2014: **Friends Night**

- Bring a Friend night

Lorraine Lapensée
Ways and Means Committee

Silent Auctions

Thank you to all who contributed to our silent auctions in the past.

Did you know that a silent auction is one of the very few ways we can raise money at functions and keep the proceeds for the Branch? Proceeds from fundraisers such as Nevada tickets and 50/50 draws go back into the community.

The silent auction at our July 25th fundraiser raised over \$600 to help pay down the mortgage. (See photos below, by Lorraine E.)

Two other fundraisers are planned: the Chinese night in September and our Christmas party, at which we will be having a silent auction. Donations for these two occasions can be dropped off at the Branch office, care of Pat Cher.

Hoping to see you at these fundraisers, for some great events and awesome company.

Pat Cher, Member
Ways and Means Committee



Fish & Chips

Submitted by Garry Fancy

Friday Fish & Chips at the Branch is not only a place to enjoy good food, it is also a place where old friends and, on rare occasion, where old and honoured veterans meet. Such was the case on Friday, August 15, when at least four WWII veterans were present.

Two are shown below: Dr. Roly Armitage was in the Artillery, and landed just after D-Day. He was wounded, but continued in the European theatre till the wars end. Russell McKay trained as a pilot, and survived the deadly night skies over Germany. They were both old family friends in the Ottawa/West Carleton area before the war, and went overseas on the same ship, the Queen Elizabeth, along with some 18,000 to 20,000 others. Roly Armitage became a well-known area veterinarian and Russell was involved in land assessments. He also wrote of his time in Bomber Command, "One of the Many."

Russell is now 93, and still drives his car, and has an excellent recall, Roly is closing in on 90, and still has an avid interest in horses.

Congratulations to both!



From the Kitchen Korner

July was a slow month for the kitchen, but our Fish & Chips Friday has been setting records apparently!

For that, I would like to thank all the F & C volunteers who have kept the show running in my absence... especially those that have assisted with the buying!

Summer months are always hard to staff because of vacations, but this year even more so than usual. I usually try and pick up any slack, but due to my fracture, this hasn't been possible. That means that many of our regular workers have been doing "over time." Thank you for your commitment!

NB: Fish & Chips is considered Bar revenue, and as such is very important to our liquor license - not to mention how much that revenue is needed to keep the Branch running in the red.

For those of you who don't realize how important the revenue from Fish & Chips is, let me quote a figure from the month of July:

Fish & Chips accounted for **46%** of the total revenue! That includes bar sales from the Hall as well.

We always need more volunteers. If you think you can commit to 4-5 hours a month, please contact me personally at smclean@deadsquid.com.

Sue McLean
Kitchen Manager

The following is a paid advertisement. LE



With more than 70 retirement residences in the Ottawa area, how do you decide which one is best for you and your loved ones?

How do you find the time to do all the research?



Stay in the driver's seat, but trust the research to me. With over 9 years hands on experience, I can help you arrive at the right choice for you and your family!

Amy McConnell
www.teaandtoast.ca
613.406.6031

Tea & toast



You are cordially invited to join Wally Kasper to celebrate the launch of his new book, Letter to a New Grandson, The Story of a WW 2 Lancaster Bomber Pilot

Kanata Legion Branch 638
70 Hines Road, Kanata
September 12th, 2014, 7:00 to 9:00 pm

Enjoy a special beer tasting event presented by Thwaites Brewery featuring their *Lancaster Bomber Beer*

On display, Wally's original book, a museum quality piece.

Wally will share his poem, *Tomorrows*. It touches the heart comparable to the poem, *In Flanders Fields*.

Please RSVP if you will be attending and to reserve signed copies.
Pat Cher
613 831 0298
patricia.cher@sympatico.ca

Your Hearing Loss and Veterans Affairs Canada

- The Squeaky Wheel gets the Grease!

Submitted by Harry Needham

Many ex-service men and women do not know they are entitled to a variety of benefits from VAC for service-related hearing loss. Many more are not aware that these benefits can be increased, as hearing progressively worsens (I have never heard of it improving!) What follows applies to both kinds of persons.

If you have a loss of hearing which you think might have been caused by your military service, you should immediately contact your branch service officer. It does not matter whether your medical records record such a loss; what counts are the kind and degree of loss and the kinds of service you have had. ANY exposure to loud noise can damage your hearing - and it is only in the recent past that the Canadian Forces recognized this and began to provide protective devices.

The most common kind of loss is the inability to hear the higher frequencies. Can't understand people whispering? Or calling from any distance away from you? Or when there is much background noise? In such circumstances, only the high frequency sounds help your ears to tell you what is being said and, if you can't hear those frequencies, you have a problem.

Many kinds of service involve exposure to noise that damages hearing. Think about your own service and be prepared to describe it when you apply for benefits.

The first step is to go to an audiologist and have him/her test your ears and produce an audiogram - a kind of graph that accurately identify the frequencies you have trouble hearing - and how bad the problem is in each ear. Don't try to fudge the results when you are being tested; your audiologist will be able to tell if you do. The audiologist may also supply a letter expressing his/her opinion as to the consistency and reliability of the examination results.

Give the audiogram and any attached report to Peter Wilkins, who will help you fill out THREE forms.

The first is your detailed application to VAC. Be as detailed in your statements as possible and, if you need to, add a covering letter.

The second form is a "quality of life" (QOL) form. In it, you describe how the hearing damage is affecting your everyday life. Points (and dollars) are added to your disability assessment on the basis of this form, so take its completion seriously. Be as specific and detailed in your description as possible and give specific examples of how the condition has reduced the quality of your. In both these forms, you can attach letters providing more details and you should do so.

The third constitutes your consent to have the Legion represent you. You can take a case forward by yourself, but almost everyone gets better results when the Legion service officers help. Believe me; they can do a better job representing you than you can yourself.

Peter will forward your application and the other documents to Provincial Service Officer Pat Royle at Legion House and she will pass it on to VAC. She will monitor its progress through the system and advise you of any further information you may need to provide. She can also help you if you are not satisfied by the results.

Now, there is a second condition that usually accompanies high frequency hearing loss - tinnitus, or ringing in the ears. VAC treats this as a SEPARATE condition and, if you have it, you must apply for a separate decision. In addition to the other forms, there is a special form that must be completed by your audiologist.

You will therefore, in a few months, receive one or two decisions - one for your high frequency hearing loss and (if you applied for it) one for your tinnitus. Each decision will, if VAC accepts your argument that your problem was caused by your military service, express your loss as a percentage. The percentage is a total of two factors.

The first is your hearing loss, expressed in increments of 5%. The second is an additional amount for the impact of your condition on your quality of life. You can receive anywhere from one to three percentage points for this.

Let's say that your hearing loss is assessed at 22% - 20% for the hearing loss and 2% for QOL. Your benefit, which you can take in a lump sum or as a series of annual payments, will be based on the

total. A total of 6% will result in a benefit of about \$15,000. Please note that the maximum that VAC will assess for tinnitus is 10% plus QOL. Much higher percentages can be assessed for high frequency hearing but, for either condition, the maximum that can be assessed for QOL is 3%.

Were you expecting a lifetime monthly benefit? Sorry, the only people receiving those are those who applied before the Veterans Charter came into effect.

There are other valuable benefits. If your high frequency hearing loss is assessed at 5% or more, you are entitled to hearing aids for one or both ears, depending on your loss. All your batteries, cleaning and repairs are free and, every four years, your audiologist will retest you, and VAC will buy you new hearing aids. This is a reasonable time delay, as four years is about the time it takes for the next major improvement in hearing aid technology to find its way into production.

If your tinnitus is bad enough, you may be entitled to tinnitus “maskers” - devices that are small “white noise” generators that reduce, but never eliminate, the noise of tinnitus. Some hearing aids, such as certain Siemens models, are also tinnitus maskers.

What if you have already received VAC benefits for your hearing loss?

First, if you have tinnitus, but have never received benefits for it, apply immediately. If you receive a benefit, it will be a lump sum payment, not an additional monthly payment. You have nothing to lose and much to gain.

Second, make sure to have your hearing checked every four years. You need this to get new hearing aids. BUT, get a copy of the audiogram. Give it to Peter who will forward it to Pat Royle. VAC has a mathematical formula for calculating the percentage loss from an audiogram and Pat can do the calculation. If your hearing has deteriorated by 5%, you will be asked to complete a new QOL form and she will submit both to VAC asking for your case to be reassessed. Assuming there is no change in your QOL assessment, this will give you either another large cash payment or a couple hundred extra dollars a month for the rest of your life.

When you receive a decision letter, you can always appeal the decision you don't like, if you feel it is unjust. You can do this formally - OR you can make

your case to Pat and she can try for a more informal assessment - and she has a VERY good batting average. The important thing is that, if you feel you have not been treated fairly, NEVER give up. Fight the case as long as you can.

Men and women with service-related hearing loss have a LOT of benefits waiting for them. But you need to know how the system works so you can access them AND the staying power to ensure you gets everything to which you are entitled.

NEVER FORGET THIS: TOO MANY VETERANS ARE NOT FAMILIAR WITH THE BENEFITS TO WHICH THEY ARE ENTITLED - OR ARE AFRAID TO ROCK THE BOAT TO GET THOSE BENEFITS - OR LACK THE STAYING POWER TO FIGHT THEIR CASES THROUGH TO THE PROPER DECISION. BE PREPARED TO FIGHT FOR YOUR RIGHTS, AS LONG AS IT TAKES.

Recap of Coming Events

Wed., Aug. 20, 2-3 p.m.: Retirement Industry Information Session

Sun., Aug. 24, Car Rally & Dinner

Fri., Aug. 29, Pizza Night

Sun., Aug. 31, 2-4 p.m.: Birthday and Anniversary Celebration

Fri., Sept. 12: Book Launch, Wally Kasper

Sat., Sept. 13: 25th Charter Anniversary Dinner at the branch

Fri., Sept. 19: Friends Night

Fri., Sept. 26: Pizza Night

Sun., Sept. 28, 2-4 p.m.: Birthday and Anniversary Celebration

Sat., Oct. 4: Fall High Tea & Fashion Show

Fri., Oct. 10: Friends Night

Sat., Oct. 18: Harvest Dinner

Sun., Oct. 26, 2-4 p.m.: Birthday and Anniversary Celebration

Fri., Oct. 31: Poppy Campaign Launch

CONTACT! Is published by the Kanata Legion, 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 Loraine Elmas (lorraine_elmas@yahoo.ca).

2014-15 BRANCH EXECUTIVE CONTACTS

President	John Cher	613-831-0298	j.cher@sympatico.ca
Immediate Past Pres.	Ivan Hawley	819-684-1397	ikhawley@sympatico.ca
1 st Vice-President	Dan Knighton	613-831-1920	ralo02@rogers.com
2 nd Vice-President	Moira Green	613-592-3376	mmgreen@live.com
3 rd Vice-President	Gord McCaskill	613-286-1400	no email
Treasurer	Gene Szabo	613-836-1529	guszabo@gsci.ca
Secretary	Lorraine Lapensée	613-831-8319	lmlapensee@sympatico.ca
Chaplain	Rev. Craig Bowers	613-253-6286	priest@stpaulshk.org
Sgt-At-Arms	Bob Thomson	613-831-8221	dieseljohn@sympatico.ca
L.A. President	June Tyrrell	613-599-5037	kityrrell@hotmail.com
Veterans Services	Peter Wilkins	613-832-3761	peterwilkins664@yahoo.ca
Membership	*Brenda Grant	613-832-4127	brenda.grant@opera.ncf.ca
Public Relations	Terry Jenkins	613-828-4699	oldord@msn.ca
Kitchen & Catering	*Sue McLean	613-831-1068	smclean@deadsquid.com
Bylaws / House Rules / Training	*Bruce Judge	613-599-3553	bwjudge@outlook.com
Cadet Liaison Officer	*Bill Wilson	613-591-0102	wilson.bill@outlook.com
Bldg. Grounds & Mntnce	*George Pollock	613-836-2530	geo.pollock@rogers.com
*Executive Committee	*Mark Hunter	613-592-2270	userhunt759@aol.com
Poppy Trust Acc't Chair	*Douglas Rowland	613-592-4036	kierlandbrae@gmail.com
Lottery/General Trust Account, Chair	*Clayton Wheaton	613-592-5417	claywheaton@rogers.com

OTHER CONTACTS

Bar Manager	Mark Hunter	613-839-5465	userhunt759@aol.com
Foot Care Clinic	Betty Ann Pollock	613-836-2530	ba57pollock@rogers.com
Hall Rental	John Cher	613-831-0298	hallrentalsbr638@gmail.com
Newsletter Editor	Lorraine Elmas	613-729-8695	lorraine_elmas@yahoo.ca
Volunteer Coordinator	Lynn McPherson	613-821-7450	mlmcperson@sympatico.ca

LADIES' AUXILIARY

President	June Tyrrell	613-599-5037	kityrrell@hotmail.com
Immediate Past Pres.	Marg Burton	613-592-5198	marg1944@hotmail.ca
1 st Vice-President	Angela Jacklin	613-720-6737	jacklinac@bell.net
2 nd Vice-President	Suzanne St. John	613-839-0320	su.st.john@gmail.com
Treasurer	Betty Ann Pollock	613-836-2530	ba57pollock@rogers.com
Secretary	Lorraine Elmas	613-729-8695	lorraine_elmas@yahoo.ca
Sgt-At-Arms	Nancy Medynski	613-839-5465	medski@rogers.com
Executive 1	Bev Connell	613-591-9797	morley.connell@sympatico.ca
Executive 2	Judy Homma	613-592-9627	no email
Executive 3	Lorraine Lapensée	613-831-8319	lmlapensee@sympatico.ca