



Brigadier O.M. Martin Branch 345 ROYAL CANADIAN LEGION NEWSLETTER, FEB./MAR. 2010

81 Peard Road
Toronto, Ont., M4B 1T8

Phone Number: 416-759-5231

PRESIDENT'S MESSAGE

Dear Comrades,

I hope that you and your families had a very good Christmas and that the New Year has started off well for everyone.

I have attended several meetings at the zone and district levels, at which a lot of things were discussed with regards to other branches, sports, Veterans' Affairs and many other items. We had a General Meeting in January at which out of a membership of 440 we only had 40 in attendance. This becomes discouraging to our Executive. I would like to thank those who attend the meetings and voice their concerns or offer suggestions to help The Branch. I would like to mention that with all the comments and rumors that members state, it would seem that we had 150 members present at our meetings. If you have concerns or suggestions come out to the meetings and even better join some of our committees.

I know it is a little early to think of elections but they are only 4 months away. If you would like to run for The Executive, please contact me and I will provide you with information

about these positions and the responsibilities that go with them.

I would once again like to say thanks to everyone who supports The Branch and The Executive.

Yours in Comradeship,
Dominic Capalbo
President

Officers and Executive 2009-2010

President:	Dominic Capalbo
Past President:	Ernie Maddocks
1st Vice President:	Eric Reynolds
2nd Vice President:	Molly Bakalar
3rd Vice President:	Linda Marsh
Secretary/Treasurer:	Eileen Argatoff
Veterans Service Officer:	Ken Maslen
Membership:	Norma Smith
Track & Field/Walkathon:	Alex Burns
Canteen/Zone Chair:	Joe Wheatley
Executive	Gordon Fraser
Financial	Bill Gordon
Sports:	William Small
P.R.O.	Carol Rigby
Sgt. At Arms	Brian Nichols

IMPORTANT MESSAGE

There have been numerous rumors circulating that our branch has been sold, will be torn down, relocated, amalgamated with another Branch etc. As your President I have a responsibility to our members and there are procedures to be followed before any of the above can be done.

We have an old building, expenses keep going up, and revenues have been in decline due to many reasons. As well, we are located in a residential neighbourhood that has changed over the years.

Yes, I have been in contact with our Provincial Command and I have had a meeting with our Executive and a representative from Dominion Command. This was stated at a General Meeting.

There are guidelines that must be followed and contrary to what is being said by some members, it is the membership of The Branch that have the final say.

In every case where a Legion Branch is contemplating the use and/or development of Branch property or is considering the acquisition of real property for development purposes, the Branch must establish a Property Development Committee. There must be a motion to establish this committee and the motion must be recommended by the Branch Executive and approved by the General Membership.

At this time no motion has been made, only discussions about the future of our Branch. If at any time it is felt that we must look at any alternate changes, action will be taken.

Dominic Capalbo
President

SECRETARY/TREASURER

I would like to say that it has been a pleasure to be on The Executive of Branch 345, and at times a great learning experience. As you all know, there are many protocols within The Legion that one must be aware of. I hope you and your families had a great Christmas holiday.

Yours in Comradeship,
Eileen Agratoff
Secretary/Treasurer

East York Concert Band

The 3rd annual Spring Concert will be held on:

***Sunday April 11th, 2010 at:
The Royal Canadian Legion
Branch 345
81 Peard Rd. Toronto, Ont.***

The performance starts at 2:00 p.m. and concludes at 4:00 p.m. The music performed will vary from classical to contemporary. Doors open at 1:00 p.m. A light brunch will be available. Tickets are \$10.00 and are available at the bar or at the door on the event day. Tickets can also be mailed to you.



Canteen Report



As of January 31st, 2010, I wish to advise you that all of our Bar Stewards will have their Smart Serve Certificates. As well, we have several personnel who have their Smart Serve Certificates and work behind the bar.

A meeting is being called for our Canteen Committee and Bar Stewards to discuss responsibilities and other issues.

The Financial Committee and the Canteen Committee will be having a meeting to discuss what we will be charging for all goods.

If anyone would like to have any issues discussed, please contact me or one of the committee.

Joe Wheatlley
Canteen/Zone Chair

Leafs vs. Hurricanes Tickets

A draw is being held for the game on Tuesday March 2, 2010 at 7:00 p.m. The cost for the draw tickets is: 1 ticket for \$3.00 3 tickets for \$5.00 10 tickets for \$10.00.

Our thanks to the anonymous donor who provided these tickets. Please see the bar steward for tickets.

This draw is a sport's fundraiser.

SERVICE BUREAU REPORT

On two occasions I have asked for volunteers to assist in visiting long-term facilities. Initially there were no replies. Then suddenly two fine 345 members stepped forward. Both are not retired and made themselves available for evenings after work. Comrades like these reflect much credit but with the greatest respect my enquiries at the Health Facilities indicate that visitors are not readily encouraged at that time. Usually they have family visits then or it interferes with mealtime.

Thank you Paul and Shawn for your outstanding dedication. My enquiries at the Branch reveal that you are both great comrades.

At the meeting of Jan 26 I made another plea for assistance. Luckily we now have 5 more comrades willing to help and they have already made 4 visits. Thank-you Gord Frazier, Lynn Barger, James Smith, Roger Vieno and Marg Elson. It is recommended that you do not make any freelance visits without notifying the Service Officer, unless you are a relative. It is hoped that eventually we will have regular legion members visit the same group of veterans because these visits will be all scheduled. If possible, it's advisable to wear your blues and greys because this identifies you as representing the Legion and you get a little more respect from the staff. Anyone else who can volunteer in this necessary task for just a couple of hours a week should please contact me. I will do all the necessary out of town visits.

Any comrade requiring Allied Veterans' Assistance should please contact me to arrange a personal meeting.

Ken Maslen
Veterans' Service Officer
416-733-4190
mycharlton@hotmail.com

CHRISTMAS TOY DRIVE

The 2009 Christmas Toy Drive was a great success. Our thanks to the Metro Police and Branch 11 as well. A special thanks to Ernie Maddocks and his dedicated team of Christmas elves for all their work in coordinating the toy drive for our legion.



Molly Bakalar, Ernie Maddocks, PC
Sue Mundy, PC Jill

FROM THE MEMBERSHIP OFFICE

Please check at the bar if you are waiting for your 2010 membership card. If you have not paid your dues for 2010 please do so now. The dues for 2010 are \$45.00 for existing members.

The Early bird draw was held on January 1st at the President's Levee. The winners are as follows:

1st prize: (\$50.00 Mandarin gift certificate) **W. Gault**

2nd prize: (\$25.00 Cara Restaurant gift certificate) **R. Bickerstaff**

3rd prize: (25.00 Cara Restaurant gift certificate) **R. Barnes**
Car Washes: **John Waddell, Stan Alperon, and J. Waugh**
Congratulations to the winners!

We are working to update our records in the membership office. You may receive a phone call from Diane or Norma. We will be checking to make sure all our information is correct. This information is confidential and is used for no other purpose than Branch business and will not be passed on to any other agency.

As it is the Membership office that generates the Branch Newsletter mailing list we would like to know if you have an e-mail address. If you do, we will send the Branch newsletter to your e-mail address; rather than send it by the federal mail. This of course saves the Branch postage and printing costs. At the present time we have approximately 70 e-mail addresses which save the branch about \$40.00 each time we send out a newsletter. When you are in the Branch you can leave your e-mail address at the bar, or you can phone it in, or if you wish you can mail it to us.

Norma Smith, our membership chairperson will be away for a while in late February. While she is away Diane will be dealing with issues relating to Branch Membership.

Norma Smith, Diane Reynolds
Membership Committee

SENIORS' CLUB REPORT

We are presently looking into a trip to Myrtle Beach from May 22nd to May 31st. The approximate cost would be \$1000 per person. The trip would include transportation, hotels, and some shows. Further details will be available soon. In order to proceed with planning, we need a commitment from interested members. Please call Molly Bakalar at 416-694-6691 if you would like to participate.



We continue to have our regular trips to Seneca on the last Friday of the month and to Rama on the third Thursday of the month. Please contact Molly Bakalar to participate in the Seneca trip and Darla Cecil at 416-755-8677 for Rama.

The euchre on Sun. Feb. 7th turned out to be a good day. Thanks to everyone for all their efforts. Another Sunday euchre day is being considered for March.

Our next Senior's meeting is on Tues. March 9th at 1:30 p.m.

Wishing you and your loved ones a Happy 2010.

Yours in Comradeship,
Molly Bakalar
Chairperson, Seniors' Club

Around The Branch

Recently our Branch had a visit from the City of Toronto water inspectors. After doing some testing they notified us that part of our plumbing system was emptying into the storm sewers and consequently from there into Taylor Creek. Needless to say this is not allowed as it pollutes Taylor Creek. At present we are contacting various plumbing companies to find out just what must be done to correct this problem and of course, how much it is going to cost.

We have recently had a pipe fitter in the Branch to replace leaking pipes in the boiler room. We are hoping this will have a positive effect in two areas of the Branch. It is expected that the heating will increase in the "A" Hall and that our water bill will decrease as we were losing approximately 20 gallons of water per day because of the leaks.

Comrades Gert Chandler and Diane Reynolds have spent the past two weeks cleaning and organizing the kitchens and the storage areas in the "A" Hall and "B" Hall. They have cleaned, sorted and scrubbed everything from dishes and sinks to stoves, air vents and cupboards. Comrade Chandler purchased a new set of shelves for the storage room in the "A" Hall which has made it a lot easier to find the pots, pans and serving dishes. In the past it used to be a real adventure trying to find anything in that crowded storage room. On behalf of all the Branch members I would like to extend a hardy "Well Done" to Gert and Diane.

Eric Reynolds
1st Vice-President

Dec. Mini Mystery

The answer to the December Murder in the Country mini mystery is as follows: The police charged the ticket taker because he said in his statement to police that he saw the victim sitting alone in the centre of her seat with a horrible look on her face and when he shook her she slumped over in the corner. The motion on the merry-go-round would have made it impossible for a dead body to remain upright. She would have slumped over before the ticket taker touched her.

There were no winners on this one.

Mini Mystery – London Night



Detective Inspector Gordon was coming near the end of his lecture to students at the Detective School, Hendon U.K. The Inspector said he had some extra time and invited his students to ask any questions.

One of these students, Detective Constable Bill Lynch, quickly said, "Guvnor. Why not tell about one of you own thief catching stories?"

The class all agreed this was a good idea. The Inspector said, "O.k." and

seemingly thought to himself for a couple of minutes and then said, "O.k., but you better listen carefully...It was way back when I was a Detective Constable like you blokes and walking along Victoria St. near Victoria Station. I remember it well because it was the foggiest evening in the history of London. The fog was actually so thick one could hardly see 2 feet ahead. I wanted to get to Piccadilly Circus to join some friends and drink some beer. Public transport was completely out of the question so I decided to walk.

When I reached the centre of the block a shot rang out and I came across a group of people nervously standing around and gazing at a prostrate figure.....Suddenly a shout went out.....'There he comes!'....as the figure came out of the fog about one foot from me. I tripped him and quickly handcuffed him. A bobby arrived and conveyed the prisoner to Rochester Row Police Station. He was later charged with murder."

Detective Inspector Gordon said that if any of you embryo detectives can't tell what is **WRONG WITH THE STORY** you will not get far in the job.

Can you tell me? Leave your answers at the bar or e-mail me at: mycharlton@hotmail.com

At the February meeting all correct answers will be put into hat and the first drawn out will collect a big prize. Come on. Don't be shy. Have a go.

Submitted by Ken Maslen



Health check



By Doug Bowers – Branch 345
To your Health – Let's get Crackin' !
(Arthritis)

Maybe I *should* say – let's try to **stop** that cracking. As we age most of us tend to feel our joints stiffen a little and the creaks and cracks become more common when we move. A few nutritional changes may possibly help reduce that, making movement a little easier.

Along with reducing your sugar intake and avoiding fast foods – try these tips to give your joints a little treat this New Year. Remember - every little bit counts.

- 1) Ginger* – Used for the past 4000 years as an anti-inflammatory. Always take with food. 2-4 grams (1 tsp) of fresh root daily or steep 2 tsps for a nice tea.
- 2) Curcumin* – the active ingredient in Turmeric commonly used in curries. Take supplement with food since it can be harsh on the stomach if taken alone. Great for reducing inflammation.
- 3) Omega 3* – you've all heard of it by now since it's advertised on almost everything. However, for us human types, a mammalian source (seal), is best for us since it is almost identical to our molecular structure. Omega 3 is considered most effective at reducing joint stiffness and reducing inflammation. It also has many other benefits. Check out www.Auum.ca
- 4) Vitamin D – Studies all over the world are now showing the real benefits of Vit. D. Since we don't get a lot of sun here in Canada (Our skin produces Vit. D from the sun) supplementation is encouraged – try for 3000 IU's per day.
- 5) Berries!! Eat as many of these as you can (be careful with cranberries if you have a history of kidney stones)...**all** berries are rich in a class of antioxidants called Anthocyanins...which acts just like the ASA or Aspirin the doctors recommend.
- 6) Extra Virgin Olive oil – 2 to 3 tbsps actually help inflammation where as all other cooking oils *cause* inflammation. An easy switch for great benefits.
- 7) Selenium – taken as a supplement or regularly eat Brazil nuts – lean beef, turkey and oatmeal. That one was easy...
- 8) Proper foot wear. Poorly fitting footwear can put your whole skeletal system out of alignment.
- 9) Heat and Cold therapy – This may take a little trial and error to see which works best for you. Heat dilates the blood vessels and reduces muscle spasms. Cold can reduce swelling and constricts blood vessels.
- 10) Exercise – not necessarily hitting a gym; a brisk walk, a short swim, even stretching can help deliver the nutrients that help reduce inflammation.

* Always consult your physician if you are taking blood thinners.

Think you're too old for this stuff? Think about Bette Calman – 83 years young and still teaching 11 classes of Yoga each week!

“You know you're a bad cook if you use the smoke alarm as your timer.”

Questions or comments? You can reach me at Coachdougbowers@gmail.com ...or find Ken Maslen – he'll track me down.

Have a great New Year everyone!!

Please note: The opinions and viewpoints published in this article do not necessarily represent the viewpoints of the newsletter publisher or the Branch 345 Executive.

LITTLE THINGS COUNT

WANTED: Plastic knives, forks, spoons, Canadian Tire money, pop tabs, pop cans, pennies for the Support Our Troops fund. Please leave at the bar.

District and Zone Competition

Lately our Branch has had many teams entered in the various sports events offered by the Zone and District levels of the Royal Canadian Legion. Various teams entered in card and snooker competitions have been successful at the Zone level and have earned the right to move on to represent our Branch at the District level. On behalf of all the members at Branch 345 we wish to congratulate our comrades on their success.

The rules of play at these events are enforced quite rigorously and it is the responsibility of the competing teams to ensure that they know whether they are eligible to play at the next level of competition. The penalty for failure to appear at a District event, at the scheduled time and place, is exclusion, for those players, from all future events in that sport for a period of one year. Unfortunately one of our teams has been censured for failure to appear at a District level event.

For those players who are entered in future events at the Zone and District level please make sure you know whether you are eligible to play at the next level in that event. The Branch Sports Officer will try to remind you before the event but please remember that none of us is infallible and sometimes communications do break down.

Submitted by Eric Reynolds
Vice-President

**THE NEXT GENERAL
MEETING IS ON TUES.
FEBRUARY 23RD AT 7:30 P.M.**

Just Wondering

**When someone wins why do we say
hands down?**

**Where does the order toe the line
come from?**

In golf where does 'fore' come from?

Submitted by Ken Maslen

St. Patrick's Day Party



**Where: Branch 345 (end of the
rainbow)**

**When: Saturday March 13th at 7:00
p.m.**

**Plans are underway for a fun-
filled St. Patrick's Day
Celebration. The cost is \$6.00 and
includes live music and food.
Please come out and join your
comrades for a great evening.**

A Short Course In Human Relations

**The 6 most important words: I admit I
made a mistake.**

**The 5 most important words: You did a
great job.**

**The 4 most important words: What is
your opinion?**

**The 3 most important words: If you
please.**

**The two most important words: Thank
you.**

The most important word: We

Submitted by a member (name withheld by
request)



IN MEMORIAM 'LEST WE FORGET.'

The following Members have passed on
since our last Bulletin. Our condolences
to their families and friends.

Comrade F.S. Currie

At the going down of the sun,
And in the morning,
We will remember them.