

President's Message

The new executive has met and I went over the vision and outline of what actions are needed to move forward. All of the committee chairs look forward to learning more of the roles to plan and provide services for the branch.

The importance of volunteering can not be overstated and I encourage members to become engaged.

The house committee is laying out a road map for the renovations to the branch as quotes have been received for the first items to be decided upon. Look to next month newsletter how you can help in lending a hand in the renovations. Many hands make light work!

This month we will again be conducting a Superbowl Sunday event with a grand prize and many other door prizes.

We will be also be recognizing the National Flag Day on 15 February with a ceremony at 11am.

Another upcoming tasty treat is the Valentine Dinner special for two. Reserve your table now as there is limited seating.

Monique Petit
President



Photo by Glenn Miller

Saturday's can see the branch become full for a number of drop in sports such as darts, poker and pool.

Proud history Artillery in Lethbridge continues

The beginning of a Militia in Lethbridge began with the Field Artillery started by our branch name sake Brigadier John Stewart. In 1902 he established his practice as a dentist in Lethbridge.

He went in 1907 to the Royal Military College in Kingston, and was gazetted the officer commanding the 25th Battery the following year.

Upon the outbreak of WW1, he was authorized to raise the 20th

Battery, Canadian Field Artillery.

After the 20th Lethbridge raised the 39th, 61st to serve overseas. The 78th was raised as a depot Battery for reinforcements.

Since then, Lethbridge has contributed Gunners to serve.

Today that tradition continues with many community members continuing to serve with distinction and help to build Lethbridge and the gunner tradition of excellence.



25th Battery Calgary 1914

Winners announced at branch National Youth Remembrance Contests

The branch held an award night announcing the winners of the 2023 contest. Congratulations to all who participated, as well as the parents and teachers who attended the award night supporting the winners.

First place winners had their work move forward to be judged at the district level and if placed first will be judged at the command level.

Through the annual National Youth Remembrance Contests, the Legion National Foundation, with the assistance of The Royal Canadian Legion and schools across the country, annually invite Canadian youth and children to honour Canada's Veterans and foster the tradition of Remembrance through visual art, writing, and video.

All winners at the national level are awarded a cash prize for their work. First Place Senior Winners are eligible for our most prestigious award – a trip to Ottawa and an opportunity to represent the youth of Canada at the National Remembrance Day Ceremony.

Poster, literary and video contests

The contests include multiple levels of competition. Poster and literary works compete first at the Legion Branch local level, with winning entries moving forward until they reach the provincial level. Video entries compete first at the Legion Command provincial level. Provincial finalists of all contests then move forward for final judging by the Legion National Foundation to determine the national winners.



VETERANS ASSOCIATION FOOD BANK

info@vafb.ca | www.vafb.ca | Registered as a Charitable Organization with CRA – 71985 9480 RR0001

MISSION STATEMENT

The Veteran's Association Food Bank is dedicated to supporting and enriching the lives of veterans and their families.

VETERANS COFFEE

Every Tuesday
from 10-1200 at
Lethbridge VAFB
(242 12B St. N)



242 12B St. N. Lethbridge, AB

PROGRAMS OF THE VETERAN'S ASSOCIATION FOOD BANK

Food Hampers and Gift Cards

Food hamper with gift cards
(Walmart, Co-op, Safeway) – 1 a month

Pet Promise Program

Grooming, vet bills, food

Soup and Sandwich Dinner & Peer night Estate Planning

Every Wednesday (Until New Year's Day)
THEN Every Tuesday night (Starting Jan 2nd)
From 1730-2000 at Lethbridge Location
Great chance to get out and meet other Veterans!
Peer Coffee Group every Tues from 10-1200
Family Christmas Dinner (25 Dec from 1600-2000)
PLEASE RSVP before 20 Dec at John@vafb.ca

Wills, Power of Attorney,
Personal Directive

Intake Support and VAC Claims

Medical Referrals
(Doctors, Psychologists, Social Workers...etc.)
In house outreach worker to assist with VAC claims
Housing, Clothing, furniture, household goods

Volunteer Opportunities

Sorting Food
Warehouse
Thrift Store
Events
Veterans Outreach

Training and Employment

Upgrading
Forklift, WHMIS, etc.
First Aid Training

EVAC Assistance (Emergency Veterans Assistance Costs)

Rent
Household Expenses
Medical Bills

Contact Us

Veterans Association Food Bank (Head Office)

10, 820 28 St. NE, Calgary, AB, T2A 6K1
(403) 367-8387 ext. 1
info@vafb.ca
www.vafb.ca



VETERANS ASSOCIATION
FOOD BANK
VETERANS HELPING VETERANS



Photos Glenn Miller

Minister of Veterans Affairs visited the Calgary office to learn more of the programs, services and meet with some volunteers and veterans.

PLEASE JOIN THE CONVERSATION

UNDERSTANDING POST TRAUMATIC STRESS DISORDER (PTSD)

DATE: February 21, 2024

WHERE: VAFB Lethbridge

TIME: 8:00 a.m. - Noon or 1:00 p.m - 5p.m.

FEE: No Charge

The Alberta Association for Safety Partnerships is pleased to offer this 4 hour workshop for the Veterans Association, Lethbridge.

After this presentation you will be able to:

- Define Post-traumatic Stress Disorder
- Understand the History of PTSD Diagnosis
- Identify
 - Diagnosis Criteria
 - PTSD Physiology
 - Trauma
 - Stages of Trauma
 - PTSD Symptoms
 - PTSD and Genetics
 - Effects of PTSD
 - Adult
 - Children
 - Basics of Recovery
 - Adult
 - Children
 - Coping Mechanisms
 - Support
 - PTSD and Suicide
 - Resilience, and
 - Success Story

We know PTSD is not limited to veterans, emergency responders and military personnel. Teachers, medical care/treatment workers, retail workers and anyone who witnesses a traumatic event may succumb to PTSD. Those that have experienced childhood trauma, sexual assault, and/or domestic violence may also develop PTSD.

This course can improve participants understanding of PTSD, the effects of exposure and the basics of recovery from PTSD. Links to sources of support services will be provided in a resource handout.

Alberta Association for Safety Partnerships

Did you know you can order takeout from these services?



Wednesday Special
Two can dine for \$30
with a purchase of a beverage
2 Steak Sandwich with 2
french fries

ceaser salad \$1.50
mushrooms \$1.00
onions \$1.00



Photo by Glenn Miller

A street sign acknowledges Canadian participation of Peacekeepers on Hwy 90 between Base Borden to Barrie. 2023 marked the 75th anniversary of United Nations Peacekeeping.

Valetines Day 2 can dine for \$65... not included GST or Gratuity
Please reserve your table at the bar. Limited seating available.

1/2 Litre of wine \$10.50 Full Litre of wine \$20.00

Pick 1 shared Appetizer

- 1) Buffalo Chicken Dip
- 2) Spinach & Articoke Dip
- 3) Bam Bam Shrimp
- 4) Bacon Wrapped Perogies

Pick 2 Entrees

- 1) Chicken Cordon Bleu topped with mushroom gravy, served with mashed potatoes, vegetables and cheese bun
- 2) 6oz Steak Sandwich served with mashed potatoes, garlic toast and vegetables
- 3) Salmon Fettuccini with Alfredo Sauce, served with cheese bun
- 4) Mushroom Chicken Mushroom, served with mashed potatoes, vegetables and a cheese bun

Pick 1 Shared Desert

- 1) Red Velvet Cake
- 2) Cream Cheeses Crepe Cake topped with Chocholate sauce
- 3) Decadent Chocholate Cake

Minister of Veterans Affairs Commendation awarded to branch members

The Honourable Ginette Petitpas Taylor Minister Of Veterans Affairs was in Calgary to present 8 Albertans the Minister Of Veterans Affairs Commendation in a ceremony held at the Calgary Military Museums 17 January 2024. Mike Duffy and Glenn Miller of Lethbridge received the award.

The Minister brought remarks and presented each individual with their certificate clasp and pin as their citation was read aloud in a formal ceremony followed by interacting with the recipients.

In April 2001, the Governor General authorized the Minister of Veterans Affairs Commendation to formally recognize these Canadians' contributions.

The Governor General Warrant states the Minister of Veterans Affairs Commendation be "...awarded to individuals who have performed commendable service to the Veteran community and/or individuals who represent commendable role models for their fellow Veterans."

"Every day, dedicated volunteers enrich the lives of Canada's Veterans and their families. Presenting them with the Minister of Veterans Affairs Commendation is one of the ways we acknowledge the significant contributions of these individuals, who have gone above and beyond to be there for Veterans and their families. You make us all very proud."

The Honourable Ginette Petitpas Taylor, Minister of Veterans Affairs and Associate Minister of National Defence

The Commendation is awarded annually to deserving recipients and consists of a certificate, a lapel pin for civilian wear and a bar for wear with decorations.

The design is a gold maple leaf resting on a red poppy—a flower long associated with the sacrifices of war—and the Royal Crown on the top of the pin.

CITATION MIKE DUFFY

Michael "Mike" Duffy has been an invaluable member of the Royal Canadian Mounted Police Veteran's Association (RCMPVA) for 18 years. He served as a liaison and advocate for his peers in conflict resolution, he honours the legacy of fallen RCMP members by serving on the Graves Committee and was instrumental in the establishment and direction of the RCMPVA Support and Advocacy Program.

In 2005, Mike Duffy joined RCMPVA as one of the founding members of the Cypress Hills Division until

he moved to the Lethbridge Division membership. In a short time, Mike took on volunteer duties with the Lethbridge Division, soon being elected to the executive as Secretary, a position he still holds.

He was elected to the volunteer RCMP staff relations sub-representative position at "K" Division for a two-year term. He was re-elected by his peers five more times for a total of 12 years of service to his fellow officers and RCMP staff. This volunteer position allowed Mike to provide support to RCMP officers as well as civilian members who required assistance related to personal or professional issues concerning their duties within the RCMP. He was often required to act as liaison between the members, their supervisors and/or management, acting as conflict manager and advocate. His 12 years of service is a testament to the trust, respect and credibility he was afforded by his peers and RCMP management. During that time, Mike also advocated on behalf of VAC employees.

Mike currently volunteers as Director of the Graves Committee. He works with the relevant RCMP Detachment Commanders to ensure the graves, grave-stones or memorials of those who served are properly maintained. The responsibility for grave maintenance lies with the RCMP, but Mike and his committee ensure inspections are done annually by the detachments. He and his team will assist them when required. As a result of Mike's initiative, the Graves Committee also works with the Royal Canadian Legion and the Last Post Fund in the Lethbridge area.

Mike also participated as volunteer member of the Honour Guard, attending ceremonial events representing the RCMPVA at national, provincial and local memorial services, funerals of the fallen and participating in local parades, community charity events and other related functions.

For close to seven years, Mike has also been active in the RCMPVA Support and Advocacy program, both locally and nationally, from its inception. He developed a training program for the volunteer advocates and has provided expertise in developing the program policies. It provides information and guidance to RCMP Veterans and their families when dealing with VAC, the Public Service Health Care Plan, insurance companies, long-term disability issues and life insurance issues, as well as assisting with funerals, memorials, interments and regimental burial markers upon the death of an RCMP Veteran and/or spouses.

Mike has also been actively involved in other community organizations such as the Boy Scouts, United Way and Kinsmen Club just to mention a few.

CITATION GLENN MILLER

Glenn Miller has been actively helping Veterans and commemorating their sacrifices for many years. A Veteran himself, he has been a member of the Royal Canadian Legion, General Stewart Branch for 19 years, with over a decade as Branch Service Officer.

Glenn Miller volunteers with and is a founding member of the Lethbridge Military Museum. He also regularly lectures on Canada's military history through the Memory Project. Glenn serves as the president of Lethbridge United Services Institute, president of Alberta branch of the Last Post Fund and is an individual member of the Organization of Military Museums of Canada.

Glenn Miller was Branch Service Officer with the Royal Canadian Legion for over a decade. He assisted Veterans with their applications for pensions and benefits, transported Veterans to medical

appointments and visited local Veterans. He also helped members and families replace lost medals and apply for memorial ribbons, educated families on Canada's Books of Remembrance and helped obtain copies of the pages. He also participates in the honour guard at funerals as part of Gabriel Angels, offering comfort and support to families. Glenn remains actively involved in the annual Poppy Campaign working with local media and assists local schools with planning of remembrance programs leading up to Veterans' Week.

Glenn actively engages youth whenever possible to promote remembrance. He conducts field trips to cenotaphs, teaching students what a cenotaph is, how to properly lay a wreath and about the history of the poppy.

He organized the planting of 300 poppies by students for the 70th anniversary of D-Day. Glenn was the driving force behind the refurbishment of the Field of Honour and the Immortal Flame in Mountain View Cemetery in Lethbridge, Alberta. In doing so, he recruited two cadets to assist in repainting the memorial gates to the Field of

Honour monument, giving them a sense of pride in doing something positive to remember Veterans' sacrifices.

Glenn works closely with the Indigenous community and has worked to promote and acknowledge their military service. Glenn worked with elders to develop a bilingual Blackfoot and English poster of "In Flanders Fields" which was unveiled on Indigenous Veterans' Day in 2021.

Glenn played a key role in marking the 100th anniversary of the Battle of Vimy Ridge in Southern Alberta. He worked to create a Vimy Ridge display for the city of Lethbridge. He also assisted in the planning and execution of a commemorative ceremony for the community of Waterton Parks. He arranged participation by the Canadian Armed Forces, the United Kingdom, the RCMP and members of the Indigenous community.

Glenn Miller also serves as a volunteer and is one of the founding members of the Lethbridge Military Museum and regularly lectures on Canada's military history and the contribution of Canadian Veterans as a speaker for the Memory Project.



Photo by VAC

Glenn Miller and Mile Duffy left from Lethbridge stand with other Albertan recipients after the Honourable Ginette Pitipas Taylor Minister of Veteran Affairs presented the Minister of Veterans Affairs Commendation in a ceremony at the Calgary Military Museums.

National Flag Day to be marked with Ceremony at Branch

One of the symbols of the Royal Canadian Legion is the National Flag of Canada.

To commemorate this day the branch will conduct a short ceremony to change the outdoor Canadian flag at the branch on 15 February at 11:00 am.

Members and the public are invited to attend.

This date marked when the new Canadian flag flew across Canada for the first time on 15 February 1965.

The following is an explanation of a few of the emblems of The Royal Canadian Legion.

It is important that Legion members be aware of their meaning and significance.

THE NATIONAL FLAG OF CANADA – represents our country throughout the world . The red and white are the colours of Canada . The Maple Leaf has been regarded as a Canadian Emblem since 1700. Since it's inauguration in 1965, it has flown over Canada during the Gulf War, the Afghanistan War

on Terrorism and many United Nations and NATO Missions.

THE CANADIAN RED ENSIGN – holds a special place in the hearts and minds of veterans and all Canadians . The 1922 to 1957 version flew over Canada during World War II, the Korean War, the reigns of George V and George VI, and the Coronation of Elizabeth II .

THE ROYAL UNION FLAG – more commonly called the Union Jack, is a symbol of Canada's membership in the Commonwealth of Nations and of her allegiance to the Crown and our affiliation with the Royal Commonwealth Ex-Services League (RCEL)

The flags approved for use by The Royal Canadian Legion and their Order of Precedence is listed below.

- a . The Canadian Flag;
- b . The Red Ensign (1922 - 1957);
- c . The Royal Union Flag colloquially referred to as the Union Jack;
- d . Provincial and/or a Territorial flag;



Photo by Glenn Miller

Envelope to commemorate the raising of the new National Flag dated 30 June 1965 on display at the branch was donated by the RCMP Association after a previous ceremony.

- e . The United Nations Flag;
- f . NATO Flag;
- g . The Legion Banner.

Did you know the correct proportion of the Canada flag found in the charter ?

For those member who visit the branch next you can find the answer in the declaration signed by the Queen of Canada located under the TV near the stairs leading up to the second floor.

Always be proud to wear or display this great symbol of Canada.



Photo by Glenn Miller

L-R Ken Desroche, Maria Thacker, Sumi Tomiyama and Kyra Geteridge prepare for their first Crib game of the night at the drop-in Crib night. Games begin at 6:30 Thursdays with an entry fee of \$6.25. Come out and enjoy some friendship and even a meal.



Galt Museum & Archives P19780166007 Changing the Red Ensign to the Maple Leaf Flag. The ceremony was held February 15, 1965 at the Civic Centre. Members of Royal Canadian Mounted Police and Leblidge Police Force stand with the Maple Leaf Flag lowered. A Bagpiper stands behind them.

The 1908 League of Military Associations: Vimy Ridge Dinner

Save the date

6 April

Tickets \$100



The 1908 League of Military Associations: Is a not-for-profit partner with the 20IFB to assist with the organization of events, such as the Vimy Dinner. On February 1, 1908 the 25th (Independent) Battery was formed in Lethbridge. This was the foundation of our community's momentous military presence. The 1908 League's namesake is a nod to the foundation of our military heritage. The directors are Major Robert Mein, 2Lt Matthew McHugh, Treasurer Michael Gabriel.



Photo by Glenn Miller

Pool players gather just prior to the start of games during the Thursday night league.



Photo Pat McIntosh

Gary McLean presents a 50 year medal to Kent Perry on January 18 2024.



SUPER BOWL

BEST SEAT IN THE HOUSE



Free Admission
includes free ticket for door prizes
11 FEB 2024 DOORS OPEN AT NOON



Grand prize package to be drawn at kickoff time
Tickets \$20 each
Other door prizes drawn throughout the game.

FRIENDS CHEERS FOOD
DRINKS FUN PRIZES

*Watch the game in front of the big screen. Hurry limited seating available!
Reserve your seat now by putting your name on the list at the bar.
Don't be left standing by the sidelines!*