



Branch 4
Lethbridge

GENERAL STEWART BENEFICIAL SHRAPNEL G.S.B.S.

OCTOBER 2026

PRESIDENT'S MESSAGE

It has been a whirl-wind of events over the past few weeks to say the least! We hosted the second Veteran Dinner of the year on September 20th with over 100 guests in attendance! That was my goal in this 100th year of the Branch. The Tree of Remembrance held their moving ceremony on September 27th with many on hand to pay tribute to the Veterans who passed away over the last year. And the Gala Evening marking our centenary – what a great event! Everyone who organized and volunteered for these events is commended for their hard work in giving us these special occasions – thank you.

It is my hope that our new centenary members are taking part in the offerings of the Branch. I would love to hear from you with your thoughts and experiences of being a new Legion member –
president@lethbridgelegion.ca

And now our focus moves to the Remembrance period. Many of you will be involved with activities and events as we gear up for November 11th. Thank you in advance for the efforts that will be required during this time. I invite everyone to get involved with/attend these events. And I know all of you will mark Remembrance Day in a meaningful way. Lest we forget.

Dave Martin, President

Gala Evening Caps Off Centenary Events



Saturday, October 3rd, saw over 100 guests gather at the Sandman Signature Hotel for a special night marking the 100th anniversary of the Branch. Emcee Jeff Carlson introduced many dignitaries who brought greetings of celebration. A number of items were on offer in the silent auction, and a 50/50 made the rounds. The Travellin' Will-Dory's provided music through the cocktail hour before a wonderful buffet meal was served. And then the feature entertainment of the night – the play Jake's Gift. Written and performed by Julia Mackey, the story is of a World War II Veteran who returns to Juno Beach on the 60th anniversary. Mackey's portrayal of 4 distinct characters enthralled those in attendance. Many shed a few tears during this heart-wrenching and moving production.

Commenting on the Gala, and the two other events held earlier in the year, Centenary Committee Chair Sheila Heinrich said "These were three events and three overwhelming successes because of the volunteers who believe in the Legion and in serving our Veterans. I thank the Committee, the volunteers, the Executive and those who attended or sponsored these events. Your support was tremendous!"

Veteran Coffee - every Wednesday and Friday from 8:00 to 11:00 a.m.
at the Branch



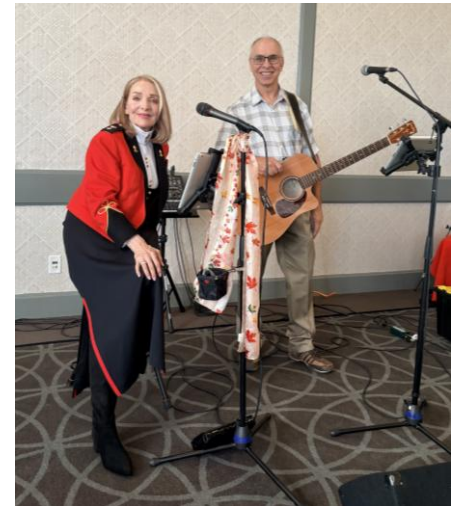
More Highlights from the Gala...



Above – Centenary Committee:
Glenn Miller, Chair Sheila
Heinrich, Cal Heinrich, Kim
Martin, Dory Rossiter and Brad
Martin



Above - District Commander Gail Pontarollo accepts
a contribution from the Branch Poppy Committee in
support of the Command Service Bureau.



CENTENNIAL PARTNERS

1. President Dave Martin
2. Wesbridge Construction
3. Cornerstone Funeral Home
4. Martin Brothers Funeral Services
5. Martin Geomatic Consultants
6. Vanee Farm Center
7. Japanese Canadian Association

SILENT AUCTION SPONSORS/DONORS

1. FeeSimple Law
2. Rona+
3. Heinrich Knives
4. Western Tractor
5. Sandman Signature Hotel
6. Lyal Sakamoto
7. High Level Law
8. Auto Value
9. Dory Rossiter
10. David and Dory Rossiter
11. Char Peck
12. Lethbridge Hurricanes
13. Evergreen Golf
14. Shear Persuasion Salon
15. Pat McIntosh
16. Rick Neudorf
17. London Drugs
18. Glenn Miller
19. MLA Nathan Neudorf
20. Jules McKay

WINE SPONSORS

Cal Heinrich & Tina McAlister



Above – The Travellin'
Will-Dory's
entertaining before
dinner.
Left – President Dave
Martin with Jake's Gift
Director Dirk Van
Stralen and Writer &
Performer Julia
Mackey

Hallowe'en Karaoke Party

Friday, October 30
7:00 p.m.





Poppy Trust Fund Chair Gary Cook presents a Cheque for \$2,100.00 to Grace Geatros from the Calgary Military Family Resource Centre, for the Lethbridge Military Family Appreciation Day. The members and families attended.



Rene Guenette picked the Joker on August 14, 2026 winning himself the jackpot of \$1,190.80

Life Membership Presented

Further to our announcement at the Annual General Meeting in November 2025, we were finally able to present Comrade Glenn Miller with his Life Membership award at the Veteran's Dinner on September 20th. Comrade Miller's significant contributions to our Branch and Veterans in general never seem to slow down, making him a very deserving recipient of this honor. A huge thanks and congratulations to Comrade Miller. – Bill Scales, Chair Rituals & Awards



Veterans Gather at Start of Legion Week

The call was put out and it was answered. In this, the centenary year of the Branch, President Dave Martin invited Veterans at the dinner held in May to get 100 out for the September 20th Veteran Dinner, symbolic of the Branch's 100th years, and it was achieved. Just over 100 Veterans and their spouses or caregivers were on hand for an evening of camaraderie and fine food. Chef Penny prepared a turkey feast with stuffing, mashed potatoes, carrots, salad and pumpkin desserts. And Tammy kept everyone in beverages. Comrade Glenn Miller received a Legion Life Membership – a deserving honour. Pat McIntosh presented a history of the Branch over the past 100 years complete with slideshow. Special thanks to Henry Heinen, Andy and Kristyn Schalk for their unexpected gift of 100 gladioli to mark the occasion with everyone able to take some home. And thanks to the volunteers and staff that helped with making this a great evening.

Toonie Draw Winners September and October

Congratulations to:

September winner – Holly Beattie \$79
October winner – Annette Bermack \$97

Legionnaire of the Year Nominations

Don't forget to get your nominations in for Legionnaire of the Year for 2025! There are many great members out there. We want to hear about them! Tell us WHO you think deserves to be selected, and WHY!

Submissions can be provided to the office, to an Executive Member or to Bill Scales. Include your name and contact information.

Weekly Activities in the Branch

- | | |
|------------|--|
| Tuesdays | - toonie pool 12:00 p.m. to 7:00 p.m. |
| Wednesdays | - shuffleboard 1:00 p.m. to 4:00 p.m. |
| | - poker 5:30 p.m. to 9:00 p.m. |
| Thursdays | - crib 6:00 p.m. to 9:00 p.m. |
| Fridays | - meat draws, 50/50, Joker's Wild at 5:00 p.m. |
| | - jitney pool 7:00 p.m. |
| Saturdays | - poker (2 nd and last Saturdays) |
| | - jitney darts 3:00 p.m. |
| | - meat draws, 50/50 at 5:00 p.m. |

Poppy News - submitted by Gary Cook

Annual Poppy Campaign Ready to Go - The Poppy Campaign will kick off with Poppy Day October 24th with Cadets and Youth participating. Volunteer drivers will also begin delivering poppy boxes to businesses. Poppy Volunteers will be at a table in the Branch from 11 a.m. to 3:00 p.m. on regular Branch days (Tuesday to Saturday) from October 27 - November 9 to take donations and sell wreaths, crosses and poppy centers.

Because of our successful 2025 Poppy Campaign, the generosity of our fellow citizens, and the support from local businesses and organizations, the General Stewart Branch Poppy Trust Fund was able to meet all requests from Veterans and their families. These contributions supported:

- The purchase of medical equipment
- Funding for two Veterans Dinners
- Coffee & Donuts for the Veterans Friday Morning Coffee
- Donations to local cadet organizations in support of our leaders of tomorrow
- Funding for service dog training
- Cash prizes for local winners of the Youth Remembrance Contests



Tree of Remembrance

By Bylinda Mason

A Tree of Remembrance ceremony is a powerful way to honor those who served, providing a lasting living monument to their sacrifice and dedication.

“...I could not feel the full weight of their sacrifice, but standing there, I understood just how deeply we owe them our thanks.”

The tribute was a moving affirmation for those who served our country. It provided a powerful space for the community to process grief and truly celebrate life. The dedicated work of the Tree of Remembrance Committee and the involvement of the Navy League Cadets (50 NLCC Lethbridge), and all who participated in the program created a lasting, meaningful way to honor our veterans.

SPECIAL APPRECIATION

Thank you to the funeral homes in our community for assisting with invites to the families.

To all the volunteers, we appreciate your contribution to the Tree of Remembrance.

To the committee for your countless volunteer hours to make the Tree of Remembrance possible this year.



Thank you to Tree of Remembrance sponsors (left) and to the following for their support:

Donna Willis, Gary Wittebolle, Lorne Hickey, David Rossiter, and Joe Manio, for the wonderful coverage of our event in the Lethbridge Herald.

Photos courtesy of David Rossiter.



Committee Susan Andrews, Joanne Cancilla, Char Peck-Chair, Daphne Gugala, Carolyn McLennan. Missing-Penny Wittebolle



As another Centenary event, on August 18, 2026, the first Branch float in many years made its way down the Whoop Up Days parade route. Centenary Committee Chair Sheila Heinrich, along with Zoe Seeman flanked the float handing out candy to parade watchers while Honored Guests Herb Johnson and Les Harrington, both Veterans and Branch members, rode with President Dave Martin, Ladies Auxiliary Past President Helene Gartner, Office Administrator Andrea Seeman and Zander Seeman.

The float was built and towed by Cal Heinrich and decorated by volunteers Kim Martin, Brad Martin, Diana Neal, Sheila Heinrich, Dory Rossiter, Tina McAlister, Cal Heinrich and Glenn Miller.



Congratulations to the Branch!

On October 8th, the actual anniversary of the Branch, Pat McIntosh presented the history of the Branch and cake - baked and decorated by Chef Penny – was enjoyed by all.

Membership Renewal

It's time to think about renewing your membership. Memberships are due January 1st. Branch membership is \$60.00, Ladies Auxiliary membership is \$30.00 unless you are 65 years of age or older and then it is \$25.00. The first year of a Ladies Auxiliary membership is no charge.

Those who renew before the end of November will be entered into the **Early Bird Draws**. The Branch is giving away two free memberships for 2028. The LA is giving away \$30.00 cash. Don't miss out!

Each year, the Legion National Foundation, with support of the Royal Canadian Legion and schools across the country, invite Canadian youth in Kindergarten thru Grade 12 to honor Canada's Veterans and foster the tradition of Remembrance with visual art, writings and video through the

NATIONAL YOUTH REMEMBRANCE CONTESTS

Poster and Literary works compete first at our local General Stewart Legion Branch. (Video entries compete first at the Legion Command provincial level.)

Deadline for 2026 Poster and Literary entries to be submitted to General Stewart Branch #4 is Thursday November 26th.

Winners at all levels are awarded a cash prize for their work! For more information, complete rules and entry forms, log onto

remembrancecontests.ca



The Lethbridge Salute Our Veterans banners have once again appeared on light standards around the city. We thank the citizens of Lethbridge and Veterans' families for their support of the program, along with the City of Lethbridge. Southland Trailers is also a generous sponsor. The program is currently at full capacity with 191 banners placed. The banners will remain in place through the 11th of November. Details of this program and locations of individual banners can be found at www.lethbridgeveteransbanners.ca

ANNUAL GENERAL MEETING
Sunday, November 29, 2026, at 2:00 p.m.

NOTICE OF BRANCH ELECTIONS

Branch Executive Elections will be held during our Annual General Meeting. If you have an interest in becoming a member of the Executive or would like further information on the role of an Executive Member please contact Nominations Committee.

Please Contact: Gary McLean at: mcleang001@gmail.com or 403-360-0551

We are looking for the following positions:

SECOND VICE PRESIDENT - 2 yr term

3 MEMBERS AT LARGE – 2 yr term

It is crucial for our members to not only come to this meeting but to step up, join the Executive Committee for our Branch to remain viable.

Something New in the Canteen - Supper Club!

Chef Penny is trying something new on the 3rd Friday of the month. It is Friday Supper Club. Patrons will be treated to a plated dinner – one option only. The price is only \$19.95 plus GST. For food prep planning, please call the office at [403-327-6644](tel:403-327-6644) or let your server know by the Friday prior if you will be partaking. No prepayment is required. As we only have a small kitchen staff, regular menu items will only be available until 3:00 p.m. that day (this may be adjusted as necessary) as they put their efforts into bringing you the best dining experience.

October 16 - roast beef dinner with Yorkshire pudding, mashed potatoes, seasonal vegetables and gravy

November 20 - ham and scalloped potatoes, seasonal vegetables and dinner bun

December 18 – traditional Christmas turkey dinner – mashed potatoes, stuffed turkey, gravy and cranberry sauce

Please spread the word, make it a date night or invite a friend or neighbor out for a tasty meal!

Other exciting news from the kitchen....

Chef Penny attended a food show at the end of September and has a lot of items she's looking into for future food options for The Veterans Garrison (our kitchen). Stay tuned.

And watch for flyers from Chef Penny on what options she will have available for Christmas baking to purchase.

Draws

Friday nights, 5:00 – 6:00 p.m. – Meat draw, 50/50, and Joker's Wild

Saturday nights, 5:00 – 6:00 p.m. – Meat draw and 50/50

Monthly Toonie Draw – 1st of every month, barrel available for entries in Canteen

Branch Hours

Tuesday 11:00 – 7:00 p.m.

Wednesday, Thursday 11:00 – 9:00 p.m.

Friday 11:00 – 11:00 p.m.

Saturday 11:00 – 10:00 p.m.

Service Pin Presentation at General Meeting August 30, 2026



*Tina McAlister
Ordinary Member 10 years*



*Carolyn McLennan
Ordinary Member 10 years*



*William (Bill) Mason
Ordinary Member 50 years*



*Eugene Low
Associate Member 50 years*



*Brad Martin
Associate Member 5 years*



*Ron Bergen
Ordinary Member 50 years*

Plaque Presentation to Promote Awareness of the Defense of Hong Kong

An emotion-packed presentation was made to the Branch on September 25th. Kathie Carlson, of the Hong Kong Veterans Commemorative Association, gifted the Branch a plaque illustrating the history of the Defense of Hong Kong during World War II by Canadians in December 1941. The Canadians were part of a contingent to defend Hong Kong, a British Crown Colony, against a Japanese Attack. While launching a valiant effort over 17 days of harsh fighting, the soldiers were unable to capture victory. They had no choice but to surrender on Christmas Day 1941. Those who survived became prisoners of war enduring torture and starvation for more than 3 ½ years. The Canadians numbered 1975 soldiers. They were the first Canadian Army unit to fight in World War II. 290 were killed in the fighting and 493 were injured. Many died as prisoners of war. The remaining were among the last to come home after the war. More than 550 didn't come home.

As the daughter of Hong Kong Veteran Leonard Corrigan, Carlson knows the effects firsthand of this battle, the scars – physical and mental – that these soldiers who were lucky enough to come home brought with them. Cynthia Melanson, daughter of Joe Michalkow, also a Hong Kong Veteran, was on hand for the plaque unveiling. The Association is placing these plaques in Legions and Museums to ensure the story of the Defense of Hong Kong, one that many don't know, is never forgotten.



How Did Our Branch Come to Be? - By Pat McIntosh

When Veterans began returning home from World War I, some as early as 1915, many were wounded or disabled. Canada had no medical plan to support them. These Veterans began forming local associations to advocate for medical care, financial support and social services. The largest association to form was the Great War Veterans' Association (GWVA). The Lethbridge Branch of the GWVA was formed in 1918.

In the mid-twenties, Field Marshall Sir Douglas Haig, a senior officer of the British Army during World War I and founder of the British Empire Service League, was encouraging Veterans' groups to unite to become one strong voice for Veterans. In November 1925, the Unity Conference was held in Winnipeg and led by the GWVA they formed the Canadian Legion of the British Empire Service League. The Canadian Legion was incorporated by an Act of Parliament on July 17, 1926.

In Lethbridge, membership opened for this newly formed Canadian Legion, and on June 29, 1926, the first meeting was held to elect officers and conduct other business. Previous GWVA members were encouraged to attend.

G. Reber became the first president of the Lethbridge Legion. He had been president of the GWVA in Lethbridge. Brigadier-General John Smith Stewart was elected Honorary President. Stewart was a much-esteemed Veteran, politician and local dentist.

The Branch's charter was granted on October 8, 1926. The Branch was designated No. 4 as it had been under the GWVA. This is the charter that hangs on the wall by the canteen entrance.



Lethbridge
Herald
June 29, 1926



Renovation Update

Dave Martin, House Chair

With the completion of infrastructure work necessary for the upstairs in the ceiling area of the old office, that area has been finished off, adding 60 seats to the canteen. The trades workers are now making headway, and things will be falling into place quicker upstairs. Plumbers are in the process of relocating the hot water tank and plumbing both bathrooms which were redesigned for greater mobility access. The ceiling painting will be commencing soon, and we are just awaiting final quotes to relocate airducts. We are still waiting on the elevator company to finish the control panel that experienced component issues when they were last on site.

Upcoming Calendar of Events

- October 16 – First Dinner Club
- October 24 – Poppy Day
- October 30 – Hallowe'en Karaoke
- November 4 – Poppy Flag Raising
- November 11 – Remembrance Day
- November 15 – Grey Cup Watch Party
- November 20 – Supper Club

The Branch is pleased to acknowledge receipt of a matching grant from the Alberta Government Community Facility Enhancement Program (CFEP) to support our Branch renovations.

Alberta

50th Dominion Convention Attended – provided by Tina McAlister and Dave Martin

Comrades President Dave Martin and Tina McAlister attended Dominion Convention in Winnipeg August 22-26th. There were informative sessions and many special events for the 100th anniversary of the Legion in Canada. Some of the sessions attended included Service Officer, Poppy Fund, Membership, and Resolutions. The most interesting was the Equity, Diversity and Inclusion session that focused on everyone that comes to the Legion feeling welcomed and involved. Many resolutions were addressed related to uniform dress and adornment.

The Honorable Philip Astor, grandson of Field Marshal Haig of Britain spoke at the convention about his grandfather. Haig was founder of the British Empire Service League. The special 100th anniversary banquet was held on the Saturday night and featured a performance by the Winnipeg Police Pipe Band and HMCS Chippewa and was crowned by a sparkly fireworks display showering down outside the Winnipeg RBC Convention Centre. On the Sunday morning, over 900 delegates paraded from the Manitoba Legislature to the Cenotaph for a moving Remembrance ceremony. The youngest delegate in attendance was 20 years old, and the oldest was a 99-year-old female Veteran and 104-year-old male Veteran. Len Van Roon was the 104-year-old Veteran. He landed with the first wave on D-Day as part of the 19th Regiment. This was especially poignant to Dave Martin as his father also landed as part of that first wave, with the same Regiment.

The Royal Canadian Mint unveiled a commemorative, circulation toonie at the convention, designed by Vladyslava Pashchenko, a former National Youth Remembrance Contest winner from Alberta. The coin features the Legion Royal Crest, poppies and the Latin motto *Memoriam Eorum Retinebimus* – We Will Remember Them.

The Branch was presented a certificate of congratulations on its 100th. Many new friends and contacts were made, along with visiting some local branches.

Tina McAlister and President Dave Martin in Winnipeg at the Dominion Convention.



Are you a new member to the Branch?

Welcome! There are many ways to make the most of your membership. Come out for weekly activities – pool, shuffleboards, darts, crib, poker. Enjoy a meal and some hospitality. The Branch is open Tuesday through Saturday each week, and the kitchen is open from 11:00 a.m. to 7:00 p.m. Try our draws on Friday and Saturday evenings. Ticket sales open at 5:00 p.m. with draws starting at 6:00 p.m. Attend general meetings. Watch for notices of commemorative ceremonies at the Cenotaph. And don't forget our upcoming extra events.

The General Stewart Branch's success is largely due to committed volunteers, and one of the best ways of meeting other members is by becoming one of those volunteers. We invite you to experience the rewards of becoming involved with your Branch:

- Poppy Campaign
- Manual Labour Work Bees
- Social Events
- Colour Party - Uniform required
- Weekend Draws
- Caterings
- General Committee Work
- Gabriels Angels – Uniform required

For more information or to express your interest in volunteering, please call 403-327-6644. We are excited to have you as a member of our Branch!