

ANAVETS ASSINIBOIA 283

June 2015

**FATHER'S
DAY**

Jun 19, 2011



If You Love Your Freedom, Thank a Veteran



ANAVETS ASSINIBOIA 283



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Ways & Means

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Unit Padre

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ANAVETS Unit 283

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PRESIDENT'S REPORT

Len Cook

Unit 283 was the host venue for the Vimy Ridge/Americas Cup English Billiards Tournaments from May 23rd to the 29th. I had the pleasure of witnessing some of the play and if you were also able to see some of the matches you will agree that the play was superb. If you were unable to see any of the action, you missed an incredible display of billiard playing. We were fortunate to be able to host such an event and I salute all players for their skills and professionalism. Congratulations to Jon Miller and his Committee for their hard work.

Here it is, June already. I would like to thank the Over 55 & Retired Club for, once again, tending to our Flower Beds this year. I would also like to thank them for the hanging baskets that we have on our deck. They spruce up the deck quite nicely.

The deck is now open and we will be having summer BBQ's and drink specials for the deck only. Watch for posters for upcoming events or specials.

I will be attending the Selkirk, Unit 151, on June 6th to celebrate the 175th Anniversary of our Association, the 71st Anniversary of D-Day and the 84th Anniversary of Selkirk Unit 151. On June 7th I, along with Past-President Hayden Kent, will be attending the Annual Veteran's Dinner at Charleswood Legion Branch 100. I look forward to representing our Unit at these important functions.

On May 1st and 2nd I attended the Provincial Convention. There were some good resolutions passed including a change to allow an Affiliate Member to run for Executive or as a delegate after 12 months instead of twenty-four. I am hoping that this will entice more Members to become active in the Unit. I want to congratulate Gord Kent in his re-election as Command 1st Vice-President, Sheldon Clupp on his re-election as Command Sports Officer and Rae Roberts on being elected as the Command Service Officer. Good luck to you all.

On Sunday May 17th I attended Unit #1 for the Memorial Service of Peggy Merrick. Comrade Merrick was a long serving Member of Unit #1, a past Provincial Command Executive Member and a Life Member of the Association. It was an honor for me to do the Association Service and honor her memory.

On the May long week-end we held our Western Days. This turned out to be a great success and I thank all Members who took part in the week-end. I want to thank Susan Paggett and Gord Kent for all the effort they put in to make the week-end a success. I was on the deck with Gord doing the barbequing and, although the weather did not co-operate, we managed to cook up burgers and smokies during the afternoon and a steak dinner on Monday evening. Thanks again for your help.

Our quiet months of July and August are coming up. For our cottage people, I hope you all get great weather for the summer and hope that we can all enjoy the outdoors. Please take time to come in and enjoy the Unit as well. I would like to remind everyone of the Unit Anniversary coming up in July. The date this year will be July 11th and I would like to see a full house to help us honor the members who do so much, as volunteers, to assist in getting things done in the Unit. I am looking for nominations for Member of the Year and Sports Person of the Year so if you have any suggestions please see me or any Member of the Executive about them.

I wish all Dad's a Happy Father's Day on the 21st. Enjoy your day.

A reminder to all who have an article for the Newsletter that the next issue is for 2 months (July & August) so make your submissions accordingly.

Entertainment

Susan Paggett

Hello members. I would like to start out by thanking my volunteers for the help on Western Days. It was sure appreciated. My next event will be Canada Days. Watch for posters. Thanks for all the support for RED FRIDAYS.

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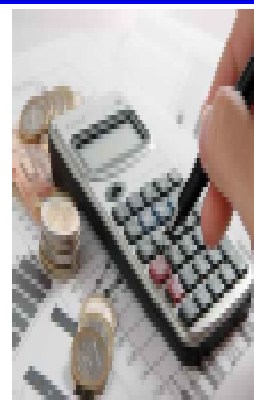
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MEN'S SNOOKER

Alan Carson

Division Play

Our league winners are as follows:

Singles

Grand Aggregate: Len Walker
High Break: Len Walker – 48

“A” Division

Winner: Len Walker; Runner-up:
Wayne Des Roche

“B” Division

Winner: Ron Henderson; Runner-up:
Mark Swendrowski

“C” Division

Winner: Greg Kovacs; Runner-up:
Rick Thain

Doubles

Grand Aggregate: Darryl Yeo & Rick
Thain

High Break: Mark Buchan - 70

“A” Division

Winner: Darryl Yeo & Rick Thain
Runner-up: Guy Smith & Ron Franklin

“B” Division

Winner: John Miller & Grant Thiessen
Runner-up: Mark Swendrowski & Jeff
Chartrand

“C” Division

Winner: Court Reyda & Greg Kovacs
Runner-up: Alan Carson & Chuck Dewey

Manley Award Memorial - most gentlemanly player
as voted by league members – Ron Franklin;

Three trophies were announced at the banquet and the winners are:

Una Stevenson Memorial –achievement award for
contributing to the league – Mark Swendrowski.

Rae W. Roberts Award – most improved player –
Graham Smith.

Thanks to everyone for a great year. Hope everyone
has a great summer. Registration for 2015-16 will be
held at the Club in August – stay tuned for more de-
tails.

Men's Snooker held its Banquet and Awards Presen-
tation on May 2 in conjunction with Ladies Snooker
and Shuffleboard. Thanks to David King, Jeff Char-
trand, Chuck Dewey, and Paul Maier for their help in
planning and during the banquet, to Ladies Snooker,
and Shuffleboard Leagues for their support and to
Lito Canlas and his staff for a great meal.

OVER 55 & RETIRED

Marg Rixen

At our May General Meeting, we had 95 members in attendance, and thoroughly enjoyed a presentation by Adele Spence, Support Services Co-ordinator, at the St. James Assiniboia Senior Center and Cory Guest, Wpg. Firefighters Education co-ordinator, who gave a presentation on ERIK- Emergency Response Information Kit. It was very informative and we will have him return next Fall. A motion was approved to donate a sum of money to the Sunshine Fund, so needy children can go to camp.

We hosted our Visitation Day last Tuesday and had visitors from Charleswood Unit #100, Rockwood #303, #1 ANAF, and several of our own members, with a total of 120. Dancing was enjoyed with the Music man, Jessie James. A lunch was served and everyone enjoyed socializing with each other. Thank you to Judy Reed and her helpers, for a job well done.

Thank you to Ed Mazur and his helpers, for planting the flowers at the Unit. We need volunteers to help water them over the summer. Please call me if you are able to help. It will really be appreciated. 204-837-6467, even if it is only one day a week. We purchased flower baskets for the Unit deck, and they look lovely. The staff will keep them watered. Summer is fast arising, so we only have one more meeting until September. Golf Season has begun every Thursday morning at Blumberg Golf Course. Enjoy your summer.

UPCOMING EVENTS

2-JUNE-15-Executive Meeting- 1:30 pm

9-June-15- General Meeting- 2:00 pm

12-June-15- Over 55 Meat Draw-6:30pm-Come out and enjoy the buffet.

22-24-June-15- Dakota Magic Casino- \$139.00 (bring your golf clubs)

7-July-15-Executive Meeting- 1:30 pm

Please call Doug Lloyd, if you know anyone on the sick list 204-688-2677 or 204-831-7176 anavetsover55andretired@gmail.com

President Marg Rixen- 204-837-6467 dmrixen@mts.net

Vice-President Roger Briand-204-895-2739 rbriand@shaw.ca

HAPPY FATHER'S DAY TO ALL FATHERS

Over 55 & Retired Bowling Winners



Grand Aggregate Winners



"A" Side Winners



"B" Side Winners



Alice Lang receives Certificate of Appreciation
From Over 55 & Retired President Marg Rixen



Ann Korniat receives Over 55 & Retired
Member of the Year Award From President
Marg Rixen

ANAVETS 175th Anniversary Commemorative (Challenge) Coins



Coins on sale now at the bar for \$20 each. Proceeds going to the Manitoba & N.W. Ontario Provincial Command for the 2016 Biennial Convention held here in Winnipeg



MEMBERSHIP

Leo Barron

1000 members have renewed their membership at Unit 283.

We wish to welcome the new members who have chosen the friendly Unit. Please take the time to enjoy the facility and what it offers.

The Provincial Command held its convention on May 1 & 2nd at the Canad Inn in Polo Park. The Command business and resolutions were handled very efficiently. I wish to thank our members and delegates for their assistance. I greatly appreciate their consideration. A special thanks to Comrade Dave Walker.

The Membership committee hopes that everyone takes the time to enjoy the summer weather.

Chase the Queen



of Spades



&

Tri-Service Veterans



Meat Draw



Every Tuesday 6 - 8 pm

Accumulating Jackpot

Winner takes home half

50/50 Draw

Meat Draw

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WAYS & MEANS

Bill Sadler

It is hard to believe June is here already. We have been so busy the months are just flying by and at the end of this month, half a year has gone.

There has been a lot of excitement around the club and a lot of members wanting to sign up for volunteering or just saying if "you ever need me to help just call".

I personally would like to thank all the volunteers for helping with all our fund raising efforts. Without your help our fund raising efforts would not be possible.

The sales of tickets on the meat draws, 50/50 draws and cake table sales continue to do well.

For Western Days this year we tried something new. It was a barbecue hamper draw. The hamper included everything that might be needed for a good barbecue which included groceries, T-bone steaks, smokies and potatoes, but no barbecue.

I would like to thank Terry Murray and her crew which included Wally and Gerri Hamsey for stapling the tickets together then folding each ticket ready for the drum. To all the ticket sellers I just wanted to say a special thank you. This project has proved to be one of our best efforts. I have never seen that many tickets in the drum. If you keep selling like this we will need a bigger drum.

Special thanks must also go out to all our ticket buyers.

With the summer months approaching many of our volunteer will be heading out to their cabins and that means we will be looking for more volunteers. If you should like to join the fun and excitement please contact my co-chair Terry Murray or Barb Sadler.

Proud to be a Member of #283 ANAF

On Monday May 18, 2015 I had the pleasure of attending the Monday Western Day events. The well planned events was put on by Susan Paggett of the social committee and her volunteers.

The afternoon began with a mini meat draw with six volunteers, followed by donkey races, using twelve volunteers for each race. In total of forty eight volunteer for the donkey races.

While this was going on there were volunteer Executive Members braving the north wind barbecuing and getting the steak supper ready.

A real good dance band came on at 4:30 and was still playing when I had to leave at 8:00pm.

During the 7:30 break, draws were made for the hamper and the three silent auction prizes.

My main reason for this writing, I wanted you to know where my joy and pleasure came from. My pleasure came from seeing the number of people who were volunteering and having a lot of fun and laughs while doing their volunteer jobs. All those members worked together for the betterment of their club.

Bill Sadler

J U N E 2 0 1 5						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7	1	2	3	4	5	6
		Over 55 & Retired Exec. Meeting 1:30pm Tri Vet Meat Draw & Chase The Queen 6-8pm	Bingo 7:00pm	Bingo 1:15pm Cribbage 7:30pm	5 Bingo 7:00pm Pipe Band 50/50 Sports Meat Draw 6:30 (Masters Snooker) Rockets	Meat Draw & 50/50 3pm
	8	9	10	11	12	13
		Over 55 & Retired General Meeting 2pm Ladies Aux Meeting 7pm Tri Vet Meat Draw & Chase The Queen 6-8pm	Bingo 7:00pm	Bingo 1:15pm Cribbage 7:30pm Exec. Meeting 7:30pm	Bingo 7:00pm Pipe Band 50/50 Sports Meat Draw 6:30 (Over 55 & Retired) Ricki Redbone	Meat Draw & 50/50 3pm
14	15	16	17	18	19	20
			Bingo 7:00pm Cribbage 7:30pm	Bingo 1:15pm Unit General Meeting 7:30 pm	Bingo 7:00pm Pipe Band 50/50 Sports Meat Draw 6:30 (Darts) Dominos	Meat Draw & 50/50 3pm
		Tri Vet Meat Draw & Chase The Queen 6-8pm				
21	22	23	24	25	26	27
			Bingo 7:00pm	Bingo 1:15pm Cribbage 7:30pm	Bingo 7:00pm Pipe Band 50/50 Sports Meat Draw 6:30 (Shuffleboard) Whiskey Bent	Meat Draw & 50/50 3pm
		Tri Vet Meat Draw & Chase The Queen 6-8pm				
28	29	30				
		Tri Vet Meat Draw & Chase The Queen 6-8pm				

Saturday Meat Draw Starts at 3:00pm

June 6	June 13	Date	June 20	June 27
BERYL TORGASOWS	BILL SADLER	MC	SUSAN PAGGETT	RAE ROBERTS
ELVIA FURUTANI SHARON BUGDEN	BARB SADLER JUDY REED	Main Lounge Table	MARG RIXEN MAXINE BEATTY	ALINE SUTHERLAND KEN SCARFF
JACKIE MCDOWELL	ANN KORNIAT	Runner	LINDA ALBERTS	CHUCK BLACK
MARG POKORNIK STEINI JOHASSON	STELLA PEDERSON WILMER ANTONIO	Games Room Table	MARY PRYMA DONNA MEGARRY	DEB HEMLOW SANDRA SEAL
LINDA EVERALL	ELLY ST. PIERRE	50/50 Sales	ELLY ST. PIERRE	ELLY ST. PIERRE
GERRI HAMSEY WALLY HAMSEY	TERRY PAGGETT MARILYN BROWN	Cake Table	ADELE BETTS JUDY REED	LADIES AUXILLARY LADIES AUXILLARY
JACK BELAIR Gordon Watt	RODNEY BLUE STEVE KORNIAT	Drum	WILF BETTS GEORGE BONNEFOY	JACK CALLUM LES BOYCE

SPORTS

Sylvia Shaler

Summer is just around the conner. I would like to thank to sports leagues for all the invites to their banquets.

It was great to watch and meet the English Billiards players. Hope they had a great time here in Winnipeg and at Unit # 283. I would like to thank Jon Miller for bring the English Billiards to our club and for all the work he has done to make it happen.

On May 1 & 2 we had Command Convention. On May 1st we had a sports meeting were we voted on sports for the year 2015-2016. Unit # 283 will be hosting the Biathlon in November & the Triathlon in April. At the convention President Len Cook and myself were presented with the command shield.

The next event coming up is Can-Am golf with our American friends on June 13th at Scotswood link Golf Course in Elm Creek tee time is 10 AM we will have a bus to drive the golfers. The cost is \$75.00 and \$20.00 for guests. Signup sheet is in the games room.

Command Regular and Ladies golf will be on July 25th in Selkirk. Tee-off time is 11:00 am. Watch for signup sheet in games room.

The Over 55's against Unit # 283 Golf tournament will be on Sunday July 26th at John Blumburg Golf Course tee at 1 PM. Dinner later at the club. Watch for signup sheet in games room.

Can-Am in Grand Forks will be the weekend of August 21st watch for the signup sheet in the games room.

Winnipeg West

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SENIOR SNOOKER

Dunc Manson

The 2014-15 Senior Snooker season officially ended with our annual meeting on May 13th. 24 members were in attendance, less than half of our membership. While disappointing I appreciate everyone who showed up. Len Cook was in attendance and presented our financial statement to the group. Since he is president of 283 he is stepping down from duties in our league and Alan Jones was elected secretary-treasurer. The chair and vice chair were elected by acclamation (yours truly and George Bonnyfoy). Thanks to all the members (I think!).

I hope everyone will have a great summer and we'll see you next season. Watch for the notice for the sports sign-up in August. It will be in an upcoming newsletter.

BINGO

Monday, Wednesday
and Friday 7:00pm



Card Bingo Thursday 1:15pm



Sharon Blady
MLA for Kirkfield Park
204-832-2318 | www.SharonBlady.ca

Planning an Event?



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LADIES SNOOKER

Carol Reid

Another season of fun and games has come to an end. We had a couple of nail-biter play-off games but, unfortunately, there is always one winning team and one second place team.

The winners this year are as follows:

Grand Aggregate Cindy Johnston and
Bev Cronin

“A” Group Winners Sue Maxwell and Dorothy
Hollins

“A” Group Runners-up Bea Aymont and
Diane Lenchuk

“B” Group Winners Mina Orchard and Shannan
Casey

“B” Group Runners-up Bertha Risbey and Gail
Karman

High Run Lynn Sydor

High Run Runners-up -Gail Karman, Sue Maxwell,
Janice Reid Diane Lenchuk, Linda Greenwood

Congratulations to all the winners and to all our players for making this such a fun league to be a part of.



Happy Father's Day to all our Dads, Grandpas, and Great-Grandpas. We hope you have a great day and may we all have a wonderful, warm, sunny summer.

LOTTERIES

Dave Walker

Chase the Queen Jackpot on the 2nd June 2015 will be \$5,578, with 40 cards in play. I thank the volunteers for assisting with Chase the Queen. The Unit Bingo jackpots as of 25th May 2015 are Loonie Pot \$461, Lucky Star \$499, Lucky 7 21# \$250, , Mini Loonie \$2,059 and the Jackpot 54# \$2,000. We will not be selling the following Break open cards Call of the Wild, Card Shark and Amazing 8s. We will only have McPhillips Street, Lucky Lines \$1 each and Winners Circle, Criss Cross \$.50. **The New Andrew Mynarski VC Memorial will be Dedicated at Winnipeg Vimy Ridge Memorial Park during a public Ceremony at 1300hrs (1PM) on Friday, June 12th, 2015.**

Jim Rondeau
MLA for Assiniboia



204-888-7722
JimRondeau.mb.ca

Tri Service Military Veterans Association of Canada 1MB

R.G. Hemlow

Well the sun is here and GOLF has started. I know this as my nephew just got a hole in one and I have heard about this numerous times!!! We as a group have been keeping ourselves busy with other upcoming fundraising efforts besides our own such as Prostate Ride for Dad and Breast Cancer Ride. It seems no matter the motto "Shoulder to Shoulder", "Brothers Forever" etc, when it is time to help we are all on the same page. To all ANAVET and Tri Service Veteran Association Members **Take a bow and a big round of applause.**

Our Tuesday meat and bake draws have been going very well thanks to all of the support. To date the Tri Service Military Veterans Association of Canadian 1MB has donated \$7,884.00. The following groups were recipients of these donations and have shown us lots of appreciation and thanks - Military Family Resource Center Winnipeg, Courageous Companions Manitoba (service dogs), Veterans Emergency Transition Services Manitoba and ANAVETS #283.

The Tri Service Military Veterans Association of Canada is a group of Canadian Veterans and supporters who gather together to renew the bonds of Military Service and promote camaraderie between all Veterans and Veteran Groups of the Canadian Forces, past, present and future. We are a Not-for-Profit group whose goal is to aid and assist Veterans by raising awareness through events and fundraisers in support of Canadian Military/Veteran Charities. If you have any questions or would like information please feel free to ask anyone of us.

Look at the picture you may recognize someone.

“FRATERNITAS AETERNUS”





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Benefits for Veterans, before and after the New Veterans Charter

The New Veterans Charter is a more complete approach to helping our men and women injured in the line of duty.

	Benefits	Services 19 Pension System	Services 30 New Veterans Charter
Financial Support	Disability Award	✓	✓
	Disability Pension	✓	✓
	Earnings Loss Benefit	✓	✓
	Exceptional Incapacity Allowance	✓	✓
	Attendance Allowance	✓	✓
	Treatment Allowance	✓	✓
	Permanent Impairment Allowance (PIA)	✓	✓
	PIA Supplement	✓	✓
	War Veterans Allowance	✓	✓
	Canadian Forces Income Support	✓	✓
	Supplementary Retirement Benefit	✓	✓
Rehabilitation for Injured Veterans	Case management	✓	✓
	Medical rehabilitation	✓	✓
	Psycho-social rehabilitation	✓	✓
	Vocational rehabilitation	✓	✓
Mental Health Services	Operational Stress Injury (OSI) clinics	✓	✓
	Peer support	✓	✓
	24/7 help line	✓	✓
	Pastoral outreach	✓	✓
Health Care	Treatment benefits for injury/illness	✓	✓
	Veterans Independence Program	✓	✓
	Long-term care	✓	✓
	Access to Group Health Insurance	✓	✓
Career Transition Services	Career counselling and training	✓	✓
	Job-search training and support	✓	✓
	Peer support	✓	✓
	Access to OSI clinics	✓	✓
	Survivor's Pension	✓	✓
	Job search training and career counselling	✓	✓
	Veterans Independence Program	✓	✓
	Vocational Assistance	✓	✓
Support for Families	Death Benefit	✓	✓
	Monthly financial benefits	✓	✓
	Retirement benefit	✓	✓
	Educational grants for children	✓	✓
	Access to Group Health Insurance	✓	✓



HEALTH AND WELFARE

The original reason for fluoridating water (to prevent cavities) is no longer valid. According to research from around the world swallowing fluoride at concentrations found in our water has no significant effect on reducing cavities. Concentrations of fluoride found in water are simply insufficient to provide any significant topical benefit. At current concentrations, fluoridated water is causing many health problems in susceptible individuals, especially young children. The most common form of fluoride in drinking water is hydrofluorosilicic acid, classified as a Class 1 hazardous waste. This acid is a by-product of emissions from the phosphate fertilizer industry. A solution containing 23% hydrofluorosilicic acid is extracted for the phosphate industry and is contaminated with arsenic, lead, mercury, chromium, cadmium, hydrogen fluoride and barium. An analysis of hydrofluorosilicic acid in Alberta found the following heavy metal concentrations:

Arsenic	57	mg/L
Lead	3	mg/L
Mercury	0.01	mg/L
Chromium	0.1	mg/L

Certain members of society develop teeth, bone, skin, thyroid, reproductive, gastro-intestinal, neurological and pancreatic problems. All are associated with fluorides in drinking water.

Since the advent of water fluoridation, municipalities have been an important customer for these industries by buying fluoride-containing solutions to add to drinking water. Dwindling supplies of fluorosilicates used in water fluoridation means that the replacement product could be shipped to us from China.

As quoted by Dr. Hirzy (Senior Vice-President of EPA Headquarters Union:

“If this stuff gets into the air, it’s a pollutant

If it gets into the river, it’s a pollutant

If it gets into the lake, it’s a pollutant

BUT

If it goes right straight into your drinking water system, it’s not a pollutant

Essentially, we are removing pollution from the air and putting it into our water and adding toxic chemicals to our water, is this beneficial, legal or ethical? You decide.....

(excerpts taken from Mercola Inc)

SOCIAL SERVICES (cont)

From Veterans Affairs Canada

Légion d'honneur

Do you know a living Canadian Veteran of the Second World War who served in France? They may be eligible to be awarded the French Légion d'honneur.

The Légion d'honneur is the highest distinction awarded by the Republic of France and they would like to pay tribute to those living Canadian Veterans who took part in the campaign to liberate France, mainly between June 6th. and August 31, 1944.

The deadline to nominate a Veteran has been extended. All nomination forms must be submitted to Veterans Affairs Canada no later than July 10, 2015.

Nomination forms [/pdf/remembrance/legion-d-honneur-eng.pdf](#) are now available. Completed forms must be submitted to:

Veterans Affairs Canada

Commemoration Division

66 Slater Street

Ottawa, ON

K1A 0P4

Nominations can be submitted by colleagues, associations or family members and should include details on previously awarded decorations, history of military service with a small biography and vital statistics. The above forms are also available at the Unit upon request.

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RUDY DYCK BETTY BOYES

JACKIE MCDOWELL KIM WALLIN

Support Our Troops

Wear Red On Friday's



Remember
Everyone
Deployed



In Remembrance

A. R. Henderson

RCAF 402 Sqn– 1956-1965

Active Member– 1970-2015

William (Toe) Fanjoy

RCAF– 1950-1974

Active Member– 1975-2015

Unit Executive– 2002-2010

Provincial Command Executive– 2009-2010

*They shall grow not old, as we that are left grow old,
Age shall not weary them, nor the years condemn,
At the going down of the sun, and in the morning
WE WILL REMEMBER THEM*

Silver Heights

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