

THE MERITTONIAN

Royal Canadian Legion Merritton ~ Branch 138



Labour Day Parade



Apparently the Members of Branch 138 set a speed record this year as they marched.

Reports have it that they had to be stopped by police and made to wait for the rest of the parade to catch up!



WHAT'S INSIDE

In Flanders Fields ~ 3

Last Post ~ 4

In Remembrance ~ 5

Legion & Ladies Auxiliary Executives ~ 6

Presidents Message ~ 7

Merritton Memories ~ 8

Labour Day ~ 10

Ways & Means Report ~ 11

Membership & Sports ~ 12

Legion Week ~ 13

An Ode to Beer ~ 14

Ladies' Auxiliary ~ 20

What's Happening? ~ 21

A note from the Editor ~ 23

Stirring the Pot ~ 24



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MERRITTON BRANCH 138**

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FLANDERS FIELDS



John McCrae IN FLANDERS FIELDS

In Flanders Fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.
Take up our quarrel with the foe:
To you from failing hands we throw
The torch, be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



LAST POST



LIFE: William Marshal—Jan 19

ORDINARY: Annie Woodhouse ~ Jun 2
Larry Krupa ~ May 19
Frank Kaupp ~ Feb 18
John Travers ~ Feb 5
James Sloper Jan 7

ASSOCIATE: Val Locke ~Aug 31
Stuart Murray~ Apr 21
Walter Currie Mar 15

AFFILIATE VOTING: George Soper Mar 30

AFFILIATE NON-VOTING: Diana Ward ~ Mar 29

All Canadian Soldiers from all conflicts past and present
who have lost their lives for the benefit of us and others.

WE WILL REMEMBER THEM



In Remembrance

Earlier this month we suddenly lost a dearly loved and valued member of our Branch. Val Locke was not only a steward, she was a member who loved to help out and work for her Legion. No matter what day or time you could depend on Val to come forward and volunteer.

No job was too big or small for Val. If you needed to know where something was or how something was done you could usually find out from her. The Legion was like her second home.

Val loved to work at the bar, especially outside on Canada Day and Labour Day. You could see her out there in the sun working away. During her break she would be dancing her heart out with her daughter Kim and other friends. At the end of the day you would find her looking exhausted but with a big smile on her face.



Canada Day 2013 –One of Val's favourite days of the year

I am happy to say that for myself and for many of us our last memories of Val are from the Merritton Memories party that was held in our yard on August 30th. The last pictures that were taken of her were of her dancing and celebrating with her family on the patio and in the yard. I know that that is how she would want us to remember her—dancing, singing, having a drink and enjoying family and friends.

You will be missed Val— not only your helping hands but your cheerful smile and your compassionate heart. Keep your feet dancing and a song in your heart till we all meet again.

BRANCH EXECUTIVE 2014-15



President—Wayne Haslam
1st Vice President— Robert Weir
2nd Vice President— Robert Mussell

Membership—Kevin Froats
Treasurer—Pat McCabe

Colleen Bradshaw	Vera Strickland
Pat Dickinson	Bill Borden
Evelyn Froats	Jim Froats
Margaret MacGregor	Jack Gemmell

Sgt At Arms— Mary Novarro

LADIES AUXILIARY EXECUTIVE 2014-15

President — Patricia Dickinson
1st Vice President — Pat McCabe
2nd Vice President — Vera Strickland

Secretary/Treasurer — Angie Reid
Sgt. At Arms — Colleen Bradshaw
Sports Officer — Jennifer Tophen

Charlotte Broadley
Donna Carley
Tonica Clements
Linda Clugston
Evelyn Froats





PRESIDENT'S MESSAGE

Now that the summer is officially over for us (and it has been a strenuous one), it is time to reflect on what has happened at the branch. To say that it has been a slow time during June, July and August would be stretching things. Attendance at the branch itself has dropped off and that shows in our daily revenue receipts.

Our Friday night toonie draw seems to survive alright, but as soon as the draw is over, the canteen downstairs all but clears out. We have put on food; BBQ, pizza, and the Ladies Auxiliary has put on mini dinners but this does not get our members and guests to stay around later. Hopefully the autumn months will generate some enthusiasm in our membership. It is tough to pay the bills and to run the branch, when support from you as members is what we need most. We have faithful members who are there to help out whenever it is asked of them. But while being a volunteer is rewarding it is a "feel good feeling" that you can only achieve by offering your help to your service club.

We have Legion Week coming up, entertainment nights, Bingo Bowling, a poker run, trivia, Thanksgiving, and weekly football get-togethers. We hope that you will have a look at the calendar of events and make time to come out and enjoy some of these events.

The most important event coming up is our ***Poppy Campaign***. I can not stress to you, our executive and membership how important it is to work together and make this branch flourish again. We are still making changes to better the branch and if you have any ideas, let us know. It is not helpful to be one of those who sit and pick things apart, along with the volunteers that work on their own time.

In the meantime, Branch 138 will continue on with the legacy that has been left to us by the hundreds of veterans that have come before us. They showed us that a little hard work can produce results and then its time to relax and enjoy the branch's good times. When renewing your membership, just remember how lucky we are as a country, that we are able to make our own choices.

Yours in comradeship,

Wayne Haslam
President

PROUD TO HAVE BEEN A **MERRITTON** *Kid*



From left, Bev Damiano, Sandra Bissonnette and Pat McCabe hold up the original Merritton town flag at the Legion in advance of the Merritton Memories reunion taking place there this Saturday.

OUR FIRST
MERRITTON MEMORIES
"KID" DAY WAS HELD ON
AUGUST 30/2014,
HERE AT BRANCH 138.

IT WAS A GREAT DAY
AND EVERYONE EN-
JOYED THE DAY CRE-
ATING NEW MEMO-
RIES AND REMINISC-
ING OLD MEMO-
RIES...



**THANK
GOODNESS
WE HAD
NAME TAGS!**



**WE HOPE TO MAKE THIS AN ANNUAL
EVENT SO KEEP THE SATURDAY BEFORE
LABOR DAY OPEN NEXT YEAR!**



**MANY THANKS TO ALL WHO HELPED MAKE THE
DAY A GREAT SUCCESS!**

Labour Day



WAYS AND MEANS REPORT

Well it has been a fast and interesting start to this year, moving from one event to the next. I sometimes feel like I am riding a runaway train but then the Members kick it into gear and it all comes together. I owe so many thanks I really do not know where to start so I am just going to say Thank You to all. Whether you donated time, gave donations to the yard sale, cooked a burger or offered up great ideas, or managed to get out and support, the Executive and Myself say “Thank You”!

We have had yard parties, yard sales, Bar B Q’s and most of all a lot of good fun. I wish to continue that trend, and work to gaining back support for our Branch and our Community. In that vein I am asking you to step forward, talk to me, tell me what you want to see happen event wise, entertainment wise, special draws? Ideas are wanted and needed, after all it is you we are trying to attract and keep coming back. You’re the members, you have the right to ask and give your ideas.

Now having said that, we are going to have more than just entertainment.... Mark your calendars for Oct10th. There is going to be entertainment and dancing in the canteen once again. Call it the Harvest Dance, the Fall Ball, the Thanksgiving Turkey, I do not care just come out and attend! We will be asking a donation of a small canned good (or small cash donation) for Community Care as the shelves go bare at Thanksgiving and they can use our help. The entertainment will be Ken Musson (remember the guy from Labour day?), well you responded so well he has agreed to come back and let you hear and dance to him in canteen comfort. (By the way he thanked US for the opportunity to play in our yard.... What a concept!) Oh yeah and if you need a kicker... I will do up a few burgers on the grill for your dining pleasure beforehand.

Need more begging?? Show up have fun and we will try to do it monthly through the winter. Ah before you say it.... no it will not be the same guy time after time.... I have had some success in locating reasonable entertainment for us and plan to be able to change it up. All you need to do is come out and “set a spell” As old Jed Clampett use to say.

Okay I have rambled on enough for one column! Lots more good reading to be had in this little paper!

Bill Borden

Ways and Means

MEMBERSHIP & SPORTS REPORT

Hello Comrades:

I hope you all have had a safe & enjoyable summer. I'd like to thank you all that have assisted me with various activities here at the Branch.

The 2015 Early Bird Renewal has already begun and I thank all that have renewed your 2015 membership at Br 138. I am also looking to secure Email addresses for members that wish to be contacted & updated with Branch events & news. Please feel free to fill out the slip on the back page of this newsletter and return it to me if you would like to be added to the Membership Email List.

As of the Executive meeting on Wednesday, September 10th I reported our membership roster as follows;

Life members = 7	Affiliate Voting = 88
Ordinary members = 62	Affiliate Non-Voting = 1
Associate members = 276	<u>TOTAL = 434</u>

Several members have represented our Branch at various sporting events this year and I appreciate that support from them. Let's continue that support through the fall & winter of this year. I encourage you to bring a friend out to cards, darts or any other Branch function. I am always notify Dominion Command of address changes but cannot do so if I'm not made aware of this. I try to keep the Legion magazine delivered without interruption. If you know someone that has moved, please ask them if they have made me aware of this new information.

At one of our General Membership meetings recently, I was asked why so few new members show up at the Branch and especially to the General Membership meetings. I can't answer that as I don't see the members that I'm being questioned about. I do know that each & every one of them completed the Membership Application and indicated that they would volunteer.

I would encourage all members to advise me what this Executive can do to get more member participation. Please let me know what it is that would bring you out to our social club on a more regular basis.

This Branch is our social club, so let's all do a little to support it! The same 15 people can't continue to do the volunteering at this Branch without getting burned out. Without volunteers, this Branch cannot survive- thank you all once again for your assistance, time and efforts.

Kevin Froats
Membership & Sports Chairman

Legion Week



Spaghetti & Meatball Luncheon

Thursday September 25th, 2014
1 pm in the Canteen

Veterans Eat Free!

\$5.00 for everyone else
Please wear your Blues and Greys
to honour our Veterans!



AN ODE TO BEER

We here at the Legion drink a lot of beer. Yes, I did say it! **We drink a lot of Beer!** You can't really deny it. Sure we drink other stuff too; some wine, some rye, some rum... even some tequila but you have to admit it! Beer takes the cake when we are talking about quantity.

You might think that this is the last topic that I would take on to discuss as I am not a beer drinker and to be sure, that is true! But I must admit that the drink has been one that has fascinated me especially since coming to join the Legion.

So join me on an informative but possibly irreverent journey to the intrigues and mysteries of Beer!

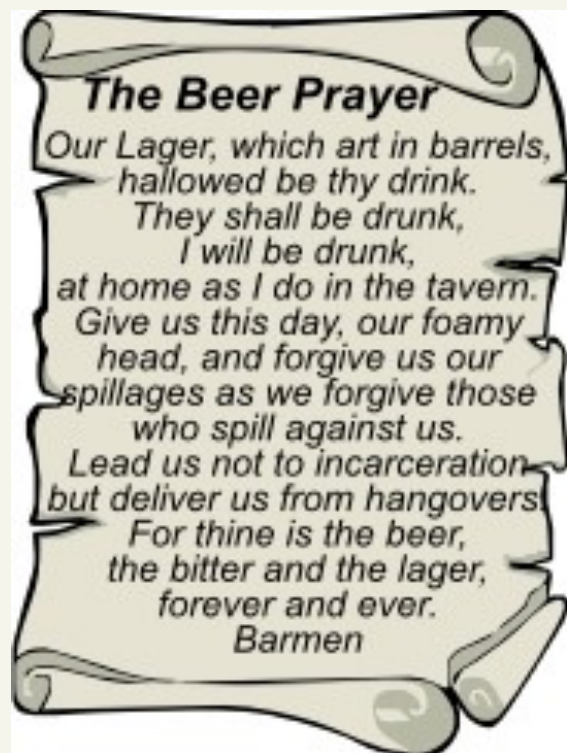
So raise your glass and let us start with the beer prayer:

A SHORT RANDOM HISTORY OF BEER

You know it's not really that easy to figure out who or even what time period you should attribute the invention of beer to. The world's first fermented beverages most likely were discovered as a by-and-by of the first cereal agriculture back some 12,000 years. Makes sense that as the hunter-gatherer tribes started to settle down into communities that grew crops like wheat, rice, barley and maize that they somehow stumbled on the process of fermentation and started brewing beer. Some anthropologists have even argued that these early people had such a great love of hooch that this may have inspired them to develop new agricultural technologies.

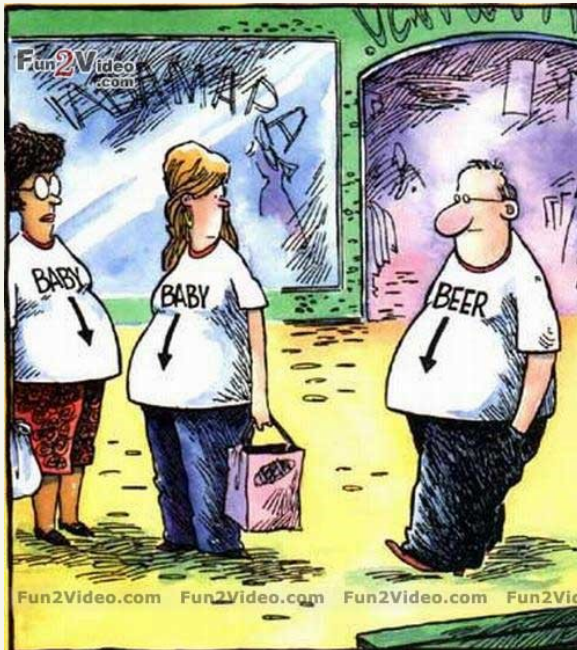
The earliest known alcoholic beverage is most likely a 9,000 year old Chinese concoction that they made from honey, fruit and rice. Speculation is that the first barley based beer was most likely birthed in the Middle East but there is lots of evidence that they were imbibing much earlier than that. The Sumerians of ancient Mesopotamia left behind ceramic vessels (from about 3400 B.C.E) that apparently were still sticky with beer residue. In 1800 B. C. E. there was a "Hymn to Ninkasi" who was a Sumerian Goddess of Beer and it describes a recipe for the brew that she made. Good think they did have beer back then because in some instances it was probably a safer alternative to drinking the local water which was often contaminated by bathing and by animals.

Beer drinking continued to grow in popularity under the Babylonian Empire, but some say that there was nobody who enjoyed it as much as the Egyptians. It is said that a



sweet brew was used to pay workers and that even the Pharaohs enjoyed it. I am not sure that I would want to taste some of those beers as they seem to have added some weird stuff: dates, olive oil, and mandrake. More modern tasting recipes didn't come until the Middle Ages when the Christian monks and other artisans experimented brewing beers with hops.

Now I am sure that a lot of this is part speculation but I thought it was interesting to see how beer started. Now on to the fun stuff!



WEIRD BEER FACT No. 1: DIAMOND MINERS IN SIERRA LEONE SOAK DIAMONDS IN BEER TO DETERMINE THE VISUAL QUALITY OF THE STONES.

WEIRD BEER FACT No. 2: BEER & MARIJUANA ARE COUSINS: THE HOPS USED IN BEER ARE FROM THE SAME FAMILY OF FLOWERING PLANTS AS MARIJUANA.

WEIRD BEER FACT No. 3: IN MOST ANCIENT SOCIETIES BEER BREWING WAS THE RESPONSIBILITY OF WOMEN.

WEIRD BEER FACT No. 5: SCIENTISTS USED SLOW-MOTION PHOTOGRAPHY TO PROVE THAT BEER BUBBLES "FLOAT DOWN" THE WALLS OF GLASS MUGS.

WEIRD BEER FACT No. 6: A SMALL BREWERY IN THE NETHERLANDS MAKES THE ONLY KNOWN "BEER FOR DOGS", KWISPELBIER.

WEIRD BEER FACT No. 7: MANY HOSPITALS IN THE UNITED STATES OFFER BEER TO THEIR PATIENTS.

WEIRD BEER FACT No. 8: SUMERIANS USED THE OLDEST KNOWN STRAWS TO DRINK BEER SO THEY DID NOT HAVE TO INGEST SOLID REMNANTS OF THE BEER-MAKING PROCESS.

WEIRD BEER FACT No. 9: SIR JOHN LUBBOCK FED BEER TO ANTS IN THE 1880S AND DOCUMENTED THAT NEST-MATES CARRIED DRUNKEN ANTS BACK TO THEIR COLONIES.

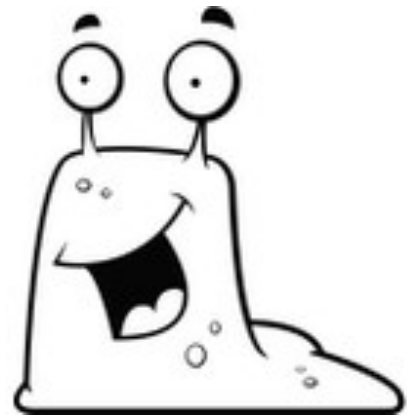
WEIRD BEER FACT No. 10: IN 1989 THE ANCHOR BREWING COMPANY MADE NINKASI BEER, WHICH WAS BASED ON A 5,000-YEAR-OLD SUMERIAN RECIPE. HOWEVER, THEY COULD NOT USE THE ORIGINAL YEAST. THE BEER WAS NAMED FOR A 4,000-YEAR-OLD SUMERIAN RECIPE DEDICATED TO THE GODDESS NINKASI.

WEIRD BEER FACT No. 11: LOUIS PASTEUR TESTED HIS BACTERIA-KILLING "PASTEURIZATION" PROCESS ON BEER BEFORE HE TURNED TO MILK.

WEIRD BEER FACT No. 12: IN 1814 A BREWERY VAT CONTAINING 388,000 GALLONS OF BEER RUPTURED CAUSING A TIDAL WAVE OF BEER THROUGH A LONDON PARISH. TWO HOUSES WERE DEMOLISHED AND NINE PEOPLE DIED.

WEIRD BEER FACT No. 13: APPARENTLY SOME VIKINGS BELIEVED THAT A GIANT GOAT WHOSE UDDERS PROVIDED AN ENDLESS SUPPLY OF BEER WAS WAITING FOR THEM IN VALHALLA (VIKING HEAVEN.)

WEIRD BEER FACT No. 14: SLUGS LIKE BEER!



Quotable Beer!

"YOU CAN'T BE A REAL COUNTRY UNLESS YOU HAVE A BEER AND AN AIRLINE—HELPS IF YOU HAVE SOME KIND OF FOOTBALL TEAM, OR SOME NUCLEAR WEAPONS, BUT AT THE VERY LEAST YOU NEED A BEER." ~FRANK ZAPA~

"NOT ALL CHEMICALS ARE BAD. WITHOUT CHEMICALS SUCH AS HYDROGEN AND OXYGEN FOR EXAMPLE, THERE WOULD BE NO WAY TO MAKE WATER, A VITAL INGREDIENT IN BEER!"

~ DAVID BARRY ~

"MOST PEOPLE HATE THE TASTE OF BEER—TO BEGIN WITH. IT IS, HOWEVER, A PREJUDICE."

~ SIR WINSTON CHURCHILL~

CENOSILLICAPHOBIA

THE FEAR OF AN EMPTY GLASS - MANIFESTS ITSELF IN A NUMBER OF CIRCUMSTANCES AND THE SYMPTOMS CAN BE UNCOMFORTABLE AT BEST, DOWNRIGHT TERRIFYING AT WORST

MAN: I HAVE CENOSILLICAPHOBIA!

BARKEEPER: NO WORRIES, I'LL REFILL YOUR BEER.

MAN: BEER IS THE BEST!



THE MENU: CARAMEL APPLE BROWN ALE CAKE

FOR THE CAKE LAYER:

- 1 1/3 CUP AP FLOUR
- 1 TSP CINNAMON
- 1/4 TSP GROUND NUTMEG
- 1 TSP BAKING POWDER
- 1/2 TSP SALT
- 1 CUP WHITE SUGAR
- 1/2 CUP BROWN SUGAR
- 1 LARGE EGG
- 2/3 CUP BROWN ALE
- 1/4 CUP HEAVY CREAM
- 1/4 CUP MELTED BUTTER
- 1 TSP VANILLA

FOR THE CARAMEL LAYER:

- 3 TBS BUTTER
- 1 CUP WHITE SUGAR
- 1/4 CUP BROWN ALE
- 2 TBS CREAM
- 2 LARGE SWEET TANGO OR GRANNY SMITH APPLES, SLICED



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DIRECTIONS

ADD THE BUTTER, WHITE SUGAR AND BROWN ALE TO A SAUCEPAN OVER HIGH HEAT. STIR UNTIL BUTTER IS MELTED AND SUGAR IS DISSOLVED. ALLOW TO BOIL WITHOUT STIRRING UNTIL DARK AMBER COLOR, ABOUT 5 MINUTES. REMOVE FROM HEAT, STIR IN THE CREAM, AND ALLOW TO COOL UNTIL THE BUBBLING STOPS.

ARRANGE THE APPLES SLICES IN A CAKE PAN OR DEEP DISH PIE PAN THAT HAS BEEN WELL GREASED. POUR THE CARAMEL OVER THE APPLES.

INA LARGE BOWL STIR TOGETHER THE FLOUR, CINNAMON, NUTMEG, BAKING POWDER, SALT, WHITE SUGAR AND BROWN SUGAR.

MAKE A WELL IN THE DRY INGREDIENTS, ADD THE EGGS, BEER, CREAM, MELTED BUTTER AND VANILLA, STIR UNTIL JUST INCORPORATED.

POUR BATTER OVER APPLES.

BAKE AT 325 FOR 45 MINUTES OR UNTIL GOLDEN BROWN AND TOP SPRINGS LIGHTLY WHEN TOUCHED.

THE MENU: BEER STEAMED CLAMS

INGREDIENTS

1 12-OUNCE BOTTLE PALE LAGER
5 POUNDS HARD-SHELL CLAMS
(SUCH AS LITTLENECKS), SCRUBBED
LEMON HALVES (FOR SERVING)

PREPARATION

BRING BEER TO A BOIL IN A LARGE HEAVY POT. ADD CLAMS. COVER POT, REDUCE HEAT TO MEDIUM, AND STEAM CLAMS UNTIL THEY OPEN, 6–8 MINUTES. USING A SLOTTED SPOON, TRANSFER CLAMS TO A LARGE BOWL OR PLATTER (DISCARD ANY THAT DO NOT OPEN). SERVE



THE MENU: CARBONNADE BEEF AND BEER STEW

INGREDIENTS

3 1/2 LBS CHUCK ROAST, CUT INTO 1-INCH PIECES
SALT AND FRESHLY GROUND BLACK PEPPER
4 TBSP BUTTER
3 MEDIUM YELLOW ONIONS SLICED ABOUT 1/4 INCH THICK (ABOUT 8 CUPS)
3 TBSP ALL-PURPOSE FLOUR
1 1/2 CUPS CHICKEN OR BEEF BROTH
1 1/2 CUPS (12 OZ BOTTLE) BELGIAN BEER
4 SPRIGS FRESH THYME
2 BAY LEAVES
1 TBSP WHOLE GRAIN MUSTARD
1 TBSP BROWN SUGAR



1 PAT BEEF DRY WITH PAPER TOWELS, THEN SEASON WELL WITH SALT AND PEPPER. ON THE STOVE TOP, HEAT 2 TABLESPOONS OF BUTTER IN A LARGE HEAVY BOTTOMED DUTCH

OVEN OVER MEDIUM-HIGH HEAT UNTIL HOT, ALMOST SMOKING. WORKING IN BATCHES, BROWN THE MEAT, WITHOUT STIRRING, ABOUT 3 MINUTES ON EACH SIDE (DO NOT STIR, GIVE THE MEAT AN OPPORTUNITY TO BROWN WELL). TRANSFER BROWNE

2 ADD 2 TABLESPOONS BUTTER TO DUTCH OVEN; REDUCE HEAT TO MEDIUM. ADD THE ONIONS AND 1/2 TEASPOON OF SALT; COOK UNTIL ONIONS ARE BROWNE

3 DISCARD THYME AND BAY LEAF. ADJUST SEASONINGS WITH SALT AND PEPPER TO TASTE AND SERVE. CAN SERVE PLAIN, WITH POTATOES, OVER NOODLES, OR OVER FRENCH FRIES.
WHATEVER ALE YOU HAVE USED IN THE COOKING MAKES FOR A GREAT DRINK ACCOMPANIMENT TO THE STEW.

We Need You!



LADIES; AUXILIARY
ROYAL CANADIAN LEGION

A COMMUNITY NON-PROFIT ORGANIZATION

We want to continue to serve our community. We support Youth Education; Youth Sports: Track & Field; Seniors and Veterans.

Our Criteria is:

Must Be of legal age.

Must enjoy having fun.

Must enjoy working together.

Must enjoy working for the community.

Join our Ladies' Auxiliary to Branch 138 and savour the good feelings you get by helping someone else.

For more information Contact: Patricia Dickinson 289-213-9292
or Patricia McCabe 905-684-2590

What's Happening

September 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1 Labour Day Celebration</i>	<i>2</i>	<i>3 Ladies Auxiliary Meeting</i>	<i>4</i>	<i>5 Toonie Draw</i>	<i>6 Meat Draw</i>
<i>7</i>	<i>8</i>	<i>9</i>	<i>10 Executive Meeting</i>	<i>11</i>	<i>12 Toonie Draw</i>	<i>13 Stu's Memorial Dinner</i>
<i>14</i>	<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>	<i>19 Toonie Draw</i>	<i>20 Meat Draw</i>
<i>21</i>	<i>22</i>	<i>23</i>	<i>24 General Membership Meeting</i>	<i>25 Spaghetti & Meatball Luncheon</i>	<i>26 Toonie Draw</i>	<i>27 Meat Draw</i>
<i>28</i>	<i>29</i>	<i>30</i>				

Don't forget that September 21st through 28th is Legion Week! Lets see what new ways we can think of to show our support to our Veterans and our Branch!

WATCH THE BOARDS FOR MORE EVENTS

What's Happening

October 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Ladies Auxiliary Meeting	2	3 Toonie Draw	4 Meat Draw
5	6	7	8 Executive Meeting	9	10 Harvest Dance with Ken Musson	11 Meat Draw
12	13	14	15	16	17 Toonie Draw	18 Meat Draw
19	20	21	22 General Membership Meeting	23	24 Toonie Draw	25 Poker Run Meat Draw
26	27	28 LA Euchre Tournament	29	30	31 Poppy Campaign Begins	

Don't forget that our Poppy Campaign starts October 31st with the Kick Off Parade at the Pen Center Saturday November 1st.

Keep your eyes open for the sign up boards. Lets see if we can make this year the best year yet for the Poppy Campaign!



From the Editors Desk

I wanted to take a moments to give a big thank you to Bob Mussell who has been the Editor of the Merrittonian for some time now. Bob has decided that it is time to step back from the news letter and pursue other things. I have the privilege of stepping into his shoes, (I had to undo them because I actually have bigger feet than he does!) I hope that you will take a moment the next time you see him in the Canteen or around the Hall to thank him for all his hard work and the great contribution that he has made.

Each editor brings their own flare and style to the news letter and I hope that you will enjoy what is to come. As we move forward you will see some changes in the Merrittonian. You will still find some humour, lots of information and perhaps some challenging thoughts in the coming editions. Some things that you can look forward to will include some interviews with our Veterans, and a look at projects and ideas for us individuals and as a Legion that will help our veterans and our communities, information about our Branch events and of course some entertainment and laughter.

I would like to put out a call for submissions as well. Perhaps you have some pictures you would like to share with the membership, or perhaps you have an article, a poem, a joke or even a recipe. I would love to be able to add contributions from all of you.

Well it is time for me to put this baby to bed! I hope that you have enjoyed reading this edition as much as I enjoyed putting it together. I look forward to hearing from you with your submissions, ideas and of course your feed back!

Renée



STIRRING THE POT

Every good cook knows that in order to get a good soup you have to stir the pot. Let's take a minute or two to bring our thoughts, concerns and ideas to the executive so that they know what you would like to see happen in OUR Legion.

This is **YOUR** page!

This is where you can put your concerns, questions, thoughts and suggestions. If you want to volunteer you can list it here.

Please use it!

Write it down and submit it to your Executive.

Do you want to be updated on the events happening at our Branch?

Do you want to be on the Membership Email List?

Please list your name and email address and hand in to Kevin Froats or leave it with the Steward.

Name: _____

Email: _____