



THE MAPLE LEAF

FEBRUARY 2021 EDITION

Newsletter of Royal Canadian Legion Branch 270 Coldwater

(705) 686-3388 • 2 Michael Anne Drive, P.O. Box 89, Coldwater, ON, L0K1E0

branch270@rogers.com • www.coldwaterlegion.com • www.facebook.com/ColdwaterLegion



MENTAL HEALTH AND POST-TRAUMATIC STRESS DISORDER: HELP IS OUT THERE

The exceptional roles and responsibilities Canada's military and RCMP members undertake while in service can lead to mental health difficulties. The Legion understands the toll serving for our country can have on individuals and we are here to offer our support. Though we cannot assist directly in the specialized area of mental health, the compassionate professionals from the Service Officer Network can assist you in finding the help you need. There are numerous programs and services available for Veterans and their families to get the help they deserve.

Immediate, emergency help is available

*** For an emergency or crisis situation, call 911 ***

24 Hour Bilingual Telephone Support

The Employee Assistance Services of Health Canada, in partnership with the Canadian Armed Forces and Veterans Affairs Canada, is a voluntary and confidential service to help serving and retired members (Regular Force, all Reserve Class Members, RCMP, Cadets, Veterans), their family members as well as primary caregivers, who have personal concerns that affect their personal well-being and/or work performance.

- Phone: 1-800-268-7708
- For the hearing impaired, dial 1-800-567-5803 (TDD)

Family Information Line

The Family Information Line is a confidential, personal and bilingual service offering information, support, referrals,

reassurance and crisis management to the military community. Trained Family Information Line Counsellors are available 24 hours a day, 7 days a week to assist you. Phone: 1-800-866-4546

Long term help and support available

The Legion supports for Veterans and their families. The Legion's Service Officer Network can help you access the supports you and your family need. Our trained Command Service Officers can guide you and help you find the resources and supports you need.

A Legion Command Service Officer can help Veterans and their family members access disability benefits and services and get referrals to specialized programs and resources such as:

- mental health services and resources
- family counselling and peer support networks
- programs that support successful transition to civilian life
- health and wellness programs, and more.

Legion services for Veterans and their families are always free and you do not need to be a Legion member to benefit from these services. Contact a Legion Command Service Officer for more information and to request assistance.

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FROM THE PRESIDENT

Happy Groundhog, Valentine's, and Pancake Day everyone!

I wish I could invite you all to come and celebrate those (and other) events in great company, in a festive ambiance at the branch. Unfortunately, it's not going to happen. Not yet. I'm not going to speculate as to when we may be allowed to reopen, but at least the introduction of the vaccines should give us some hope that things will soon take a turn for the better.



Even with the closure, we do have some positive developments. The roof repairs are pretty much done, and preliminary work on the HVAC replacement should begin soon, thanks to the grant from the Ontario Trillium Foundation. The official period for the work to be done is between February 19 and November 20.

We obviously don't have any sport or in-house activity to report on, but we do have the annual Seniors Literary Competition opening up on February 15, with a deadline for submissions on May 1, 2021. Just like last year's, the competition will be completely contact free, with submissions to be accepted by email in electronic format only. This is a great initiative to keep our seniors involved, especially during this lockdown period.

I also remind you that the deadline for nominations for the 2020 Branch Legionnaire of the Year Award is extended to February 7. So, please don't be shy and send us your nomination as soon as possible.

Unfortunately, we have once again unpleasant news with the passing last month of Ladies Auxiliary member Marcia LeBlanc. Marcia was well known among the Ladies and Branch members. She was a regular at our darts nights and special events. She will be missed by many. You can read an obituary and a tribute to Marcia from her friend Brenda Yule inside this issue of The Maple Leaf.

I want to thank again our members for their support throughout this very challenging period, particularly the members of our Executive who continue to find ways of keeping the branch alive and well through the hardships. Thank you!

Yours in comradeship,
Norm Marion, President

MEMBERSHIP REPORT

Submitted by Comrade Wayne Tutt, Membership Chairman
Good day Comrades.

Our membership is at 193: Life 3, Ordinary 34, Associate 103, and Affiliate 53.

The reason for the drastic decline is that if a member has not paid by the end of January, that member is removed from the membership list. I know this is a difficult year because of the COVID-19 restraints. If you have not paid your 2021 membership, you could mail a cheque in the amount of \$60.00 to the "Coldwater Legion P.O. Box 89, Coldwater L0K 1E0" and I'll look after it

Welcome to new Associate member Carol Tutt. Carol has wanted to join for many years, but the VETTING process that I had to put her through was very rigorous and lengthy. Thank you all for your membership. Hope to see you soon.

SICK & VISITING REPORT

Submitted by Comrade Betty-Anne Burnie, Sick and Visiting Chairperson

I have been keeping in touch with those I know are ill or not well. If there are any issues that require my attention please let me know. Home phone (705) 686-3270 or email bburnie6@hotmail.com.

THE MAPLE LEAF

The Maple Leaf is the award-winning newsletter of Royal Canadian Legion Branch 270 Coldwater, published each month in the first week of the month. It is primarily an internal communication tool through which the Branch Executive and Committee Chairpersons disseminate information and report to the membership on their respective activities. Opinions expressed in feature articles are those of the writers and do not imply endorsement by the Branch or the Legion.

Committee reports and pre-arranged articles must be received no later than the 21st of each month in order to be published in the following month's issue. Please submit by email addressed to: Branch PRO – Maple Leaf at branch270@rogers.com.

GENERAL MEETING

Due to the COVID-19 virus pandemic emergency, **General Meetings are suspended until further notice.** Branch General Meetings normally take place on the fourth Wednesday of each month, from September to June, in the upstairs hall at 6:30 p.m.

PUBLIC RELATIONS REPORT

Submitted by Comrade Norm Marion, Public Relations Officer

During the branch closure we continue to update the branch website and Facebook page, and we continue to publish our monthly newsletter *The Maple Leaf*. *The Maple Leaf* is published electronically on the first business day of the month. A limited number of B&W hard copies are made available. If anyone requires a hard copy during the branch closure, please contact the branch and leave a phone or email message so we can arrange pick-up or delivery.

TREASURER REPORT

Submitted by Comrade Norm Marion, President

The General Account bank balance at January 28, 2021 is \$21,023.29. This figure is after allowing for outstanding cheques. The Building Account is at \$20,408.60, and the Nevada Account at \$237.

ENTERTAINMENT/WAYS & MEANS

Submitted by Comrade Carol Baird, Entertainment/Ways & Means Chairperson

We now have our account set up to get our bottles picked up by the Beer Store. Our pickup day will be on Wednesdays.

Before she passed away, our good friend Rosalie Pratt left me some sports lithographs to see if I can make some money for the branch sign or the Bottle Drive. They are called Peritrate Sports Originals. There is a full set and other individual prints. They feature scenes of hockey, lacrosse, fishing, golf and soccer. In the 70's they were given to doctors by drug and medical companies to promote Peritrate, which was Canada's most prescribed drug for angina pain. I am going to investigate more on Amazon and eBay. Whichever way we go, the money will go back to the branch.

POPPY REPORT

Submitted by Comrade Betty-Jean Murray, Poppy Chairman

The Poppy Fund bank balance stands at \$12,423.28.

There are no activities for Poppy in the near future and I haven't heard from any Veterans or Veterans' families needing assistance at this time.

SPORTS REPORT

We are still looking for someone to take over the duties of Sports Officer. Please contact the Branch office if interested, 686-3388, email: branch270@rogers.com.

JOKE OF THE MONTH

Teacher: "Anyone who thinks he's stupid may stand up!"

Nobody stands up

Teacher: "I'm sure there are some stupid students over here!"

Little Johnny stands up

Teacher: "Oh, Johnny you think you're stupid?"

Little Johnny: "No sir, I just feel bad that you're standing alone!"

SERVICE OFFICER REPORT

Submitted by Comrade Randy Rice, Branch Service Officer

As last week was Bell Let's Talk Day, I think it is appropriate to list what services provided by Veterans Affairs Canada (VAC) are available to veterans and their families.

Crisis line: 1-800-268-7708

MOBILE APPS FUNDED BY VAC

PTSD COACH:

www.veterans.gc.ca/eng/etools/ptsd-coach-canada

OSI Connect:

www.veterans.gc.ca/eng/mental-health/osi-app

Operational Stress Injury Social Support (OSISS)

www.osiss.ca

Member Assistance Program 1-800-883-6094

VAC Pastoral Outreach 1-800-268-7708 (leave a message to be called back within 2 business days)

I have also provided the following additional resources.

NATIONAL

Veterans Affairs Canada (VAC):

www.veterans.gc.ca 1-866-522-2122

Mental Health Commission of Canada:

info@mentalhealthcommission.ca
www.mentalhealthcommission.ca

Centre for Addiction and Mental Health www.camh.net

Canadian Mental Health Association www.cmha.ca

Canadian Coalition for Seniors Mental Health
www.ccsmh.ca

ONTARIO

Mental Health Help Line www.mentalhealthhelpline.ca 1-866-531-2600 (national access)

The first step is to reach out, these services are free and fully confidential. IT COULD SAVE YOUR LIFE, OR THAT OF A LOVED ONE.



J.A.D. McCurdy in the Silver Dart, in which he made the first powered, heavier than air flight in Canada.

THIS MONTH WE REMEMBER

THE SILVER DART

The Silver Dart, the first powered, heavier-than-air machine to fly in Canada, was designed and built by the Aerial Experiment Association under Alexander Graham Bell. After several successful flights at Hammondsport, NY, early in 1909 the Silver Dart was dismantled, crated and brought to Baddeck Bay, NS, the Bells' Canadian home.

J.A.D. McCurdy was the principal designer and pilot. Pulled on to the ice of Baddeck Bay by horse drawn sleigh on Feb 23, 1909, the silver-winged machine rose on its second attempt, flying at an elevation from 3 to 9 m for 0.8 km. This was the first flight of a British subject anywhere in the Empire. The Silver Dart flew more than 200 times before being damaged beyond repair during military trials in Petawawa, Ont., August 1909.

Source: The Canadian Encyclopedia

BRANCH HISTORIAN REPORT

Submitted by Comrade Norm Marion, Branch Historian

This month we remember the first official flight in Canada on February 23, 1909 (see *This Month We Remember.*) To be more precise, what we commemorate on February 23 is the first manned, controlled flight of a powered, heavier than air, machine: the Silver Dart. There were many balloon and kite flights before, some manned, and some controlled. Even though it was very much an experimental aircraft at the time, an attempt was made to sell it to the Canadian Army. For various reasons this was unsuccessful. Like most aircraft of the time, it appears to have had poor control features. It was made of steel tube, bamboo, tape, wire, wood, had no brakes, and was covered with rubberized silk balloon-cloth, of which the silver colour inspired the name "Silver Dart". An airworthy replica built by RCAF volunteers in 1958 – and flown in 1959 on the 50th anniversary of the original flight - can be viewed today at the Canada Aviation and Space Museum in Ottawa.

LEGIONNAIRE OF THE YEAR

Yes, it is time to nominate a member for the Branch Legionnaire of the Year award. Just send us an email at branch270@rogers.com giving us your recommendation for this award, with substantiation to support your choice.

The deadline for nominations is extended to February 7th, 2021.

SENIORS LITERARY COMPETITION

Submitted by Comrade Betty-Jean Murray, Seniors Literary Competition Chairman

I have put some posters up around town to advertise this upcoming event. I will put out more info just prior to the start date. I have sent the information far and wide hoping for greater exposure and many more entries.

MY FIRST REMEMBRANCE DAY

As we are about to launch the 3rd annual Seniors Literary Competition, we thought you might enjoy a sample of what we received last year. The following is an essay written and submitted by Mr. Ron LaCombe as an entry into last year's Legion Seniors Literary Competition. The essay tied for 1st place in its category.

My First Remembrance Day

By Ron LaCombe

I watched the Union Jack flutter in the wind. Snowflakes, big fluffy ones fell slowly to the ground. A man was talking, it was hard to hear him. A bugle began to play, we all closed our eyes and bowed our heads. I peeked and watched the snowflakes land on the shiny shoes of the man beside me. The snowflakes melted and water drops formed.

I looked up at the man and saw a tear drop slowly trickle down his cheek. Strange I thought men don't cry. I looked up to my right to my Dad's face. A single tear rolled down his cheek. My dad, a tear. Nah, not my Dad!

I leaned a little forward to see, just then the bugle went silent. I could hear the wet snow tapping or was it splattering on the flat surfaces, mixed with muffled sniffles. Suddenly the bugle's sound blocked all that out. I watched the drooping flag begin to rise ever so slowly. The man speaking said something about the sun rising and we will remember them. I can still remember men, like the Mayor, setting wreaths in front of the cenotaph. There were more speeches, but I was interested in the falling snow hoping it would stay and be enough to build a snow fort.

Walking home with my Dad, I asked him about the tear on his cheek. We stopped he lit a cigarette. He seemed uncomfortable. He said, "That was no tear, it must have been a snowflake that melted on my cheek." He put a hand on my shoulder and said, "Someday you'll understand." We continued our walk home in silence.

That was 1958, I was five. Since then whether watching Remembrance Day services on TV, the radio or in person, no matter inside or out, raining, snowy or in bright sunlight. A melted snowflake runs down my cheek.

We will remember them.

IN MEMORIAM - Marcia LeBlanc (1951–2021)

With deep sadness we announce the sudden passing of Marcia LeBlanc on January 6, 2021 at St. Michael's Hospital. Marcia was 69 years old. She will be sadly missed by all who knew her. Left to mourn are daughter's Anne-Marie and husband Brendon, Tania and husband Rob. Second mother



to nephew Chris and Jen. Loving sister to brother Paul and wife Yolanda. Sisters, Marie and husband Doug, Gloria. And loving aunt and great aunt to their children. Grandmother to Josh, Jade and Taylor who will deeply miss their Nana. Marcia will always be in our hearts and never forgotten. No memorial events are currently scheduled.

Quote of the Month

"Life is really simple, but men insist on making it complicated."

Confucius



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WRITE A POEM, ESSAY, SHORT STORY, MEMOIR

Info – branch270seniorsliterary@gmail.com



From the files of Dominion Command

LEGION RESPONDS TO OFFICE OF THE VETERANS OMBUDSMAN REPORT

Ottawa Jan 19, 2021 - "The Royal Canadian Legion supports all recommendations released in the Office of the Veterans Ombudsman's report. Of particular note, we ask Veterans Affairs Canada to push for legislative and financial changes to ensure that family members including former spouses, survivors and dependent children, can access federally funded mental health care when their illness is related to the conditions of a Veteran's service. This should happen whether or not the Veteran is in treatment. We believe mental health care must extend to family members in their own right who provide a crucial support system for our Veterans."

Thomas D. Irvine, CD,
Dominion President
The Royal Canadian Legion



Veterans Affairs
Canada

Anciens Combattants
Canada

OFFICE OF THE VETERANS OMBUDSMAN'S REPORT - JANUARY 29, 2020

Executive Summary

On January 29, 2020, Veterans Affairs Canada (VAC) introduced a new guideline to clarify the intent of its policy

Royal Canadian Legion Branch 270

on family member access to funding for mental health services. In some cases, this resulted in limiting mental health services previously provided to family members. There was also a lack of transparency with respect to how these significant changes in interpretation were implemented. The lack of clear communication caused confusion and frustration among some Veterans and their families, especially since some family members only found out about the changes during their mental health appointments.

The January 2020 restrictive guideline reinforced the Office of the Veterans Ombudsman's (OVO) 2016 recommendation that VAC provide funding for mental health treatment for family members in their own right; i.e., not based solely on the needs of the Veteran. This recommendation was not implemented, and the January 2020 guideline exacerbated the situation. In February 2020, the OVO urgently requested that the January 2020 guideline be reversed, and at the same time initiated an investigation into the need for access to mental health treatment benefits for families in their own right, as a result of the unique and challenging conditions of military service. On May 6, 2020, the guideline (January 2020) was revised, but it was not reversed. The OVO maintains that this guideline continues to be too narrow and that families should receive better access to the mental health supports that they need. VAC's current interpretation of the guideline reinforces that:

- the treatment has to have a positive impact on the Veteran's mental health;
- the treatment must be a part of the Veteran's treatment or rehabilitation plan;
- the need for family access to the services must be established by the professional treating the Veteran; and,
- family members can only access one health professional or service at a time.

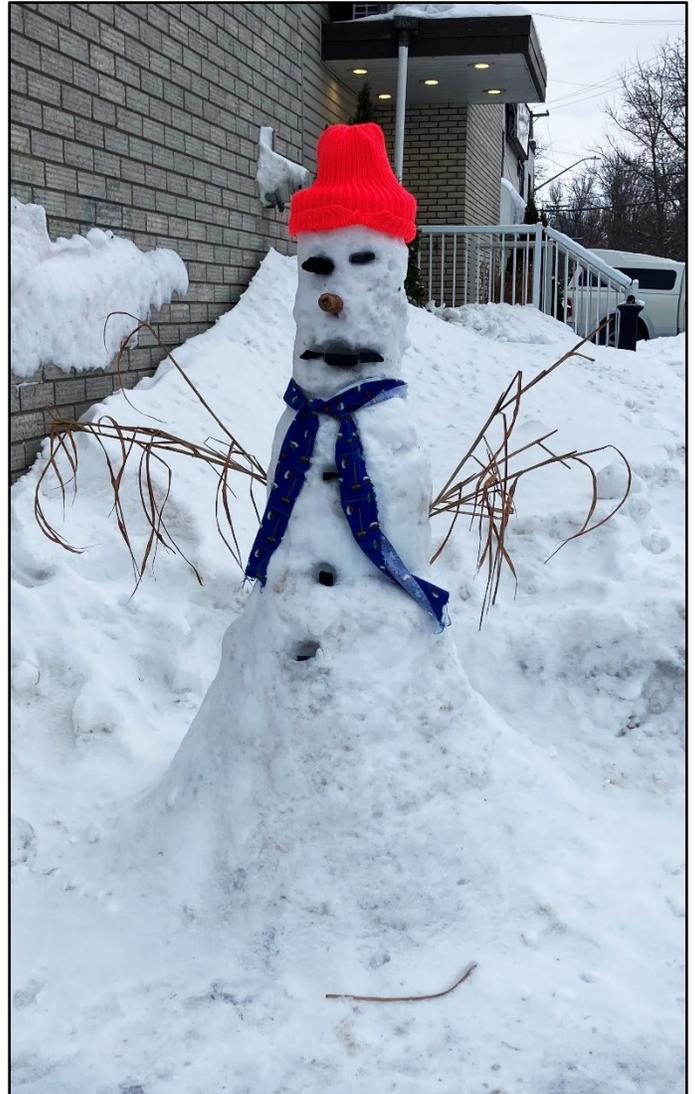
Further, it states that it limits all mental health services to 25 sessions per family member in a one-year period.

This report examines whether access to mental health treatment benefits should be provided to the families of CAF Veterans in their own right, as a result of the unique and challenging conditions of military service.

In the OVO's assessment, when a family member suffers from an illness or injury related to the unique conditions and challenges of military service, they should have access to mental health treatment, independent of the Veteran's treatment or rehabilitation plan. Current research indicates that military service affects the health and well-being of both Veterans and their family members for a number of reasons, including frequent postings and deployments as well as the inherent risk of military service. Therefore, the family member's request for mental health care should be considered regardless of whether the Veteran is engaging in mental health treatment or not.

The report concludes with the following recommendations:

- Considering the unique impact of military service on the mental health and well-being of both Veterans and their family members as a result of frequent postings, long and multiple absences, and the inherent risk of military service resulting in illness, injury or death, the Government ensure that family members, including former spouses, survivors and dependent children, have access to federal Government funded mental health treatment in their own right when the mental health illness is related to conditions of military service experienced by the family member, independent of the Veteran's treatment plan and regardless of whether the Veteran is engaging in treatment.
- That VAC conduct and publish a Gender Based Analysis+ of the accessibility to mental health treatment benefits and services to family members, including spouses, former spouses, survivors and dependent children, to determine if there are barriers which make it difficult for certain groups to access the mental health care they need.
- That VAC continue to demonstrate flexibility to address the urgent mental health needs of family members. Further, we encourage VAC to explore expanding and obtaining additional authorities to minimize the significant financial costs of obtaining mental health treatment for family members that some Veterans and their families experience. This may include expanding access to treatment sessions for family members.



Yes folks! The Township of Severn has proclaimed January the Month of the Snowman! Congratulations to our bar steward (among other volunteer jobs) Cheryl Barr, and Pamela Planting, owner and chef at The 270 Bistro, who found time to contribute to the township's initiative by getting outside and building our very own branch snowman.

We're not sure where our snowman ranked in this very high profile competition, but we can certainly give it an Honourable Mention!

As proclaimed on the Township's website, "We may not be able to gather together, but we can fill Severn with snowfolk!"

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LADIES AUXILIARY

Submitted by Comrade Anne McArthur, President of the Ladies Auxiliary Branch 270



February has arrived with an extremely cold start. Let's hope that Warton Willie doesn't see his shadow, and the winter weather will be gone in 6 weeks.

Our condolences go out to Marcia LeBlanc's family. Marcia was very active within the Ladies Auxiliary, holding the

office of 1st Vice President and catering chair, in the past. She will be missed by the members of the Ladies Auxiliary Branch 270.

As the Government continues to mandate restrictions due to COVID, we will not be doing anything active at the Branch.

Currently the Ladies Auxiliary account, has a working balance of \$3, 588.07. Thank you to Gaetanne Robinson for continuing to do a great job as Treasurer.

The Provincial Sports Officer, Kelly Scott, has sent out a letter to all Ladies Auxiliary. The letter states "there will be no sport qualifying events at all levels for the province until further notice" "we will only proceed when the entire province is in a position to do so as per each local unit of health."

We hope to be able to socialize soon, but to do so we must follow the restrictions mandated by the Government.

Stay safe: Maintain social distancing, wear a mask, wash hands and stay at home as much as possible.

"Never give up, for that is just the place and time that the tide will turn." - Harriet Beecher Stowe

Anne McArthur
President
Ladies Auxiliary Branch 270

REMEMBERING MARCIA

Submitted by Brenda Yule, Ladies Auxiliary Membership Chair

Dear Members of Branch 270 and Ladies Auxiliary:
I have been asked to write a " little something" about Marcia LeBlanc, a Ladies Auxiliary Member for more than 10 years and whom we just recently lost in a tragic accident. You see, I can't just write something "little" because there was nothing little about my friend Marcia. She had a heart as big as Coldwater, and everything she did encompassed that.

She started her contribution to the Branch LA in 2008 and was very dedicated to supporting her Community. She took her first position with the Auxiliary in 2011 becoming an Executive Committee Member.

She joined with me in our Color Party in 2012 and her detail to presenting herself and her responsibilities were impeccable. You see, her dedication to any responsibility she took on was paramount to what defined her. She always, with great pride, gave her whole heart.

She held several positions during her 10 plus years with the Auxiliary, 1st Vice President in 2013, 2nd Vice President in 2014, and then again in 2015 she was elected back to 1st Vice President and remained in this position until 2017.

Marcia always to her fullest, supported branch functions, from Steak Darts on a Friday night to Canada Day Celebrations to Remembrance Day Ceremonies. She helped correlate our Ladies Auxiliary Fall Fair Breakfasts, Bazaars, and so much more.

Marcia was loyal to her people and loved with all her heart. She was well liked in her community, and I will miss her vibrant smile and her kindred spirit. I was blessed to call her my friend.



REMEMBER YOUR FOODLAND RECEIPTS!

Getting frustrated that branch activities are on hold, and you can't help the branch?

Looking for ways to contribute?

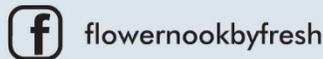
One simple way is to save your Coldwater Foodland receipts and drop them off at the branch whenever you stop by. Ladies Auxiliary member Jane Lauder will take them to Coldwater Foodland for cash.

Help Jane help the branch. Bring in your receipts!



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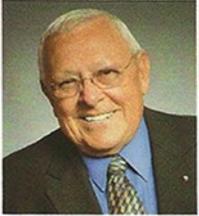
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INTRODUCING VETERAN TIM BEAUDOIN

By Comrade Rosalie J. Pratt [From a Sept 2020 interview]

The early 1980's economic downturn necessitated our Comrade Tim Beaudoin to look for a new career. As an auto mechanic and machinist he knew he wanted to continue in this field of work. A look-see at the Canadian Air Force brochure led to a new opportunity as an Aircraft Aero Engine Technician. Insight into military life was enhanced with two siblings already in service to our country.

Comrade Tim shares that his time in Basic Training was more than performing tasks in double-time. It is here that you learn to work as an integral part of a puzzle. If one piece is missing the picture is incomplete. It is imperative that every person learns to work as part of a team, and that the team works as a unit of one.

In Cold Lake, Alberta, Comrade Tim was initially posted to F404 – an American afterburning turbofan (F18 Hornet) engine bay where they completely disassembled, reassembled, repaired and test ran engines which required major repair, rework or inspection. From this posting he moved to 441TFS (Tactical Fighter Squadron) where he worked as a Crew Supervisor in a front-line fighter environment. The opportunities to travel were present as were the various levels of alert status based on world political situations. Master-Corporal Tim also worked as an Instructor at Canadian Forces Base Borden, ending his time there in the Standards Cell responsible for course material and assessing students to ready them for their required Standard of Training.

In 1984, Comrade Tim's primary military occupational specialty was working as an Aero Engine Technician in the air force. In 1996 a trade amalgamation combined Safety Systems, Air Weapons, Airframe, Instrument Electrical and Aero Engine to form one trade – Aviation Technician, the occupation he enjoyed until retirement.

Our Comrade Tim is recipient of eight commendations for exemplary performance and conduct. He has been presented with the Canadian Forces Decoration for twelve years with a Good Record of Conduct and in 1991 was recognized as Airman of the year. He is proud to share that he was part of a crew that travelled around the world in a Boeing 707 on a humanitarian flight which served as a World Trainer for aircrew and supporting staff.



Master-Corporal Tim Beaudoin of Coldwater, in his Air Force uniform around 2000.

Now retired, Comrade Tim firmly believes that the strict discipline and training provided by the military equips you to embrace new opportunities when transitioning into civilian life.

Comrade Tim shared the following: *"The more you know, the more you don't know. There is more to a situation than what is immediately apparent – be open-minded as you proceed. When everything is said and done, more is said than done."*

This Veteran's closing interview comments are profound. We are all Canadians. Having had the opportunity to travel around the world, you appreciate Canada. We are unique in our cultures, traditions, ethnicities, and geographic ways of life. *"The Military has provided me a sense of pride in both what I did, and for what I did it for, being a Proud Canadian."*

Comrade Tim Beaudoin, we thank you for your service.

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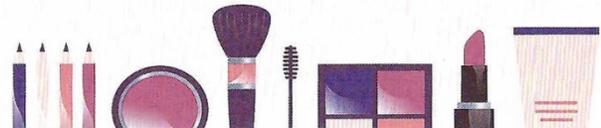
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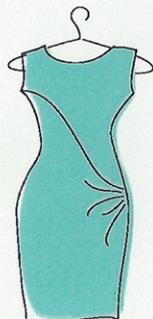
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7 CLOSED	8 CLOSED	9 CLOSED 270 Bistro open for take-out	10 CLOSED 270 Bistro open for take-out	11 CLOSED 270 Bistro open for take-out	12 CLOSED 270 Bistro open for take-out	13 CLOSED 270 Bistro open for take-out
14 CLOSED <i>Valentine'sDay</i> 	15 CLOSED	16 CLOSED 270 Bistro open for take-out	17 CLOSED 270 Bistro open for take-out	18 CLOSED 270 Bistro open for take-out	19 CLOSED 270 Bistro open for take-out	20 CLOSED 270 Bistro open for take-out
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28 CLOSED						

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