

LEGION NEWS

By: Sharon Graham P.R.O. ~ Branch 197



On Saturday January 7, our Branch hosted the zone crib and we took first place. Congratulations to the winning team. The winners are Ken Edwards, Dan Jensen, Bob Harris and David McLean

On Monday at our general meeting James Feensta received his 50-year medal and his 60 and 65 year bar. Ivan Kilby received his 50-year medal

Washer toss will return on January 16. As well we hope to have an 8-ball league. If you are interested, phone the Branch to sign up. These events will take place on Monday evenings.

Winter horseshoes is on January 29. This is a good day to watch everyone playing shoes with oven mitts.

We will hold an awards ceremony on January 29 at 1 p.m. To celebrate the winners of our Remembrance Day Poster and Literary Contest.

February 11 is our lady's appreciation night. At 9 p.m. everyone is welcome to come and dance the night away with jukebox Saturday Night Peter Smith. This is an open dance and no charge. So put on your dancing shoes and come

out and join the fun.

February 20 is our family fun day. This is always a good day for the kids as well as parents. We are looking for a committee to help with this day. If interested, please leave your name at bar.

Check the boards behind the bar for upcoming events. We invite people to join our Legion. If you are 18, you are eligible to join. Pick up an application at the bar or at legion.ca under membership section.

Please do not forget to wear red on Fridays. It is very important and we need to support our troops. If you wear red on Fridays, your name will be entered for a draw and you will have a chance to win a prize. We need to let our troops know that we care and support them all over.

Members, your membership chair needs to know if you are moving or have changed your phone number. If you have and you have not let them know, can you please come into the bar and give them either your new number or address? Also, some members have not paid their 2016 dues. You can do this at the bar as

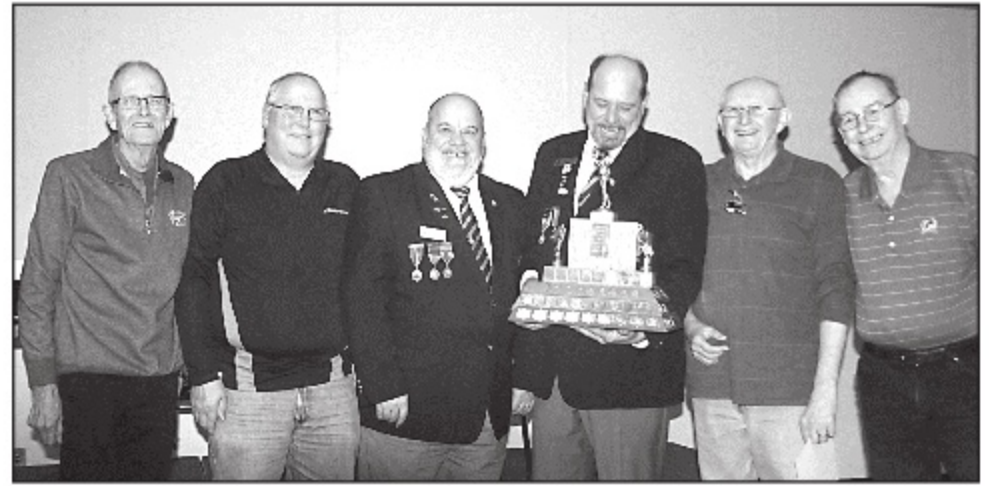
soon as possible.

If you have nothing to do on a Thursday afternoon, why not come to the Branch and play euchre? Our lady's auxiliary host the euchre every Thursday afternoon it starts at 1:30 p.m. and everyone is welcome. Not sure how to play euchre? They can show you.

Ladies Auxiliary Notes

LA members you must do three events in order to attend the appreciation dinner held in February, and this does not mean those ladies with years of service as they have already and still do their volunteer work. You know who you are, and we need your help. Remember this is a volunteer organization. Step up and volunteer. Also, we are still looking for students who need to do their community service work. We would love to have you come and work along with us. Call the Branch and leave your name with the bartender if you are willing to help the LA, and I will get back to you.

Yours in Comradeship
Peggy Harris
President of Ladies Auxiliary to Br 197
Acton



CRIB CHAMPS: Congratulations to the winners of the zone crib: Ken Edwards, Dan Jensen, David McLean and Bob Harris. - Submitted photo

HILLSVIEW REPORT

By: Julie Conroy

Frances asked me to mention that although there were only three players on Monday morning they enjoyed playing darts, and were happy to see Margaret back. Margaret was playing really well and got six outs while playing.

Frances Hogenbirk and Doug Brown each had a mooner while playing bid euchre on Thursday afternoon.

The next social dinner will be on Monday, January 16. The dinner that evening will be chicken pot pie, a perfect meal for a winter evening. Jamie Todd will be entertaining us. Tickets are available until Friday, January 13 at 4 p.m.

On Thursday, January 19 at 11 a.m. there will be a Free presentation by the Halton Hills Public Library. Did you know that

the library has a digital collection of books, magazines and movies? You can access these from home and never have to worry about late fees! They will also talk about the new service the 3M Cloud Library. Anyone who is interested is invited to attend.

Have you renewed your membership for 2017? If it has slipped your mind, remember it is no good adding your loonie to the 50/50 draw as your name will not be in the drum.

The topic for the Nutrition series number three on Thursday, January 19 from 10 to noon is *Food as Medicine* -Nutrients for Longevity. You will examine the common nutrients of concern for Seniors including Vitamin D, Calcium, Vitamin B12, Magnesium, water, Omega-3 and fiber.

The funding committee is planning another wine and cheese evening on March 3. There will be three local visual artists, Dave Gordon, Pauline Barlow and Angela Priede displaying some of their art work. Tickets will be on sale on February 1.

Dave is a member of our art group. They meet on a Wednesday afternoon at 1 p.m. to support each other. Many of our talented members won prizes at the 2016 Acton Fall Fair for their pictures.

Florence Riehl is the travel coordinator for the two Centers. She asked me to mention that seats are selling out fast for the Ottawa trip on June 29 to July 2. They are going to Ottawa to help Canada celebrate its 150th Birthday. Please contact Florence at her home number 905- 873-1210 or at the Georgetown Centre 905-873-0057 (travel desk) if you are interested.

The next Tuesday afternoon movie *Light Between Oceans* starring Michael Fassbender and Alicia Vikander will be shown on our large screen on January 24 at 1 p.m.

Friday lunch at noon on January 20 will be soup and sandwiches, desert, tea and coffee followed by Bingo at 1.30 p.m.

The winner of the first weekly 50/50 draw in 2017 was Dolores Black. She was happy to hear she had won \$129.

STAYING ALIVE FITNESS

CHOCOLATE YOGA – 8 WEEK PROGRAM CHOCOLATE + YOGA = HEAVEN

Dark organic raw chocolate affects the brain by causing the release of certain neurotransmitters, which can trigger feel-good emotions like euphoria and promotes a positive outlook!

Cocoa beans, the origin of chocolate, are also very nutrient dense! They are a wonderful source of antioxidants, minerals and healthy fats.

WHO KNEW DARK ORGANIC RAW CHOCOLATE COULD BE SO GOOD FOR YOU?

Thursdays: January 19th March 9th at 7:45 p.m.
CHOCOLATE GENTLE/INTERMEDIATE

This progressive class invites participants to deepen awareness and build on practice through mindful movement and focusing on the breath. Explore postures that will build strength and create balance while improving flexibility and overall well-being.

❖ JANUARY MEMBERSHIP SPECIAL ❖

Until the end of January

Buy a 1 month membership and receive a 10% discount

or
Buy a 4 month membership and receive your 5th month FREE!

Staying Alive Fitness
11 Main St., N.
Acton, ON L7J 1V9
519-853-2650

email: info@stayingalivefitness.com



KINDERGARTEN REGISTRATION

For parents of students who must be 4 years old by:
December 31, 2017

Robert Little P.S. Library
Tuesday, January 24, 2017
from 1:00 p.m. to 6:30 p.m.

Please bring the following original documents when registering:

- Proof of address (any two of the following current documents): lease or deed, car registration, property tax bill, utility bill, residential telephone bill, moving bill, health card, bank statement, credit card statement, correspondence with a government agency
- Proof of age: birth certificate, passport or baptismal/faith document for your child.
- Proof of citizenship: birth certificate or passport or Record of Landing (IMM 1000) or Permanent Resident card.
- Proof of immunization, or philosophical or religious exemption forms (completed medical authorization where necessary).

If you are not the child's parent, or if you have sole custody, please bring proof of custody (court order).

If your child is currently attending Junior Kindergarten, you do not need to register for Senior Kindergarten.

NOTICE OF ANNUAL MEETING OF THE ACTON AGRICULTURAL SOCIETY

Annual Meeting to be held on
Saturday January 21, 2017
starting at 9:30 a.m. in the boardroom of the
Dufferin Rural Heritage Community Centre.

The first part of the meeting is open to the public and anyone who might be interested in becoming a new member. Come out and see what we are all about.

After the break, the meeting is open to current members only. The purpose of the second half will be to receive the Financial Statements for 2016 and for the Election of Officers and Directors.

Jill Medland
Secretary/Treasurer
Acton Ag Society