

# BRANCH No. 197 LEGION NEWS

By Wayne Young  
P.R.O.

**Wayne is on vacation, back next week.**  
Comrades,

Last Sunday saw the annual visit to the Branch by our veteran comrades from Sunnybrook Hospital. As always our guests were catered to by our Branch executive, and a good number of our general membership.

Kent Tocher was on hand to provide just the right kind of entertainment to get a lot of voices singing and toes tapping. Some of these old-timers still know how to cut the mustard on the dance floor as well. We had one gentleman who has just turned a Century; I should look so good today! The Ladies Auxiliary prepared an excellent lunch for all present, and the time flew by, and we had to send our guests back to Toronto all too soon for some of us. A special thank you to Buy Wise Windows & Blinds, for donating the bags we used for the veterans gifts.

### Acton Fall Fair

Fall Fair weekend is upon us, and we will be serving breakfast on Saturday morning.

7-11 a.m. in the auditorium. The Fall Fair Parade will start at 12 p.m., and Sgt.-at-Arms Tom Grant requests Branch members to march behind the Colour Party, and if possible wear red clothing to visually display support for our troops. Starting at 3 p.m., on Saturday afternoon we will have the return of Brett Baker, and his live rockin' country music. If that isn't enough, John Wagg tells me we will be having the barbeque on the patio and a corn roast; it's going to be a busy day at the Branch.

### Membership

There will be an Initiation of new members on Friday, September 24 at 8 p.m. Why not come down and welcome your new comrades?

### Sports

The Legion Masters golf tourney last Saturday at the Acton Golf Club, had 86 entries vying for bragging rights for yet another year. It was as always a winner for everybody.

Our thanks to the culinary artists who presented such wonderful steaks: - John and Barry McNabb, and Jim Thornhill. To all who donated prizes, or contributed in any way to the success of the day - our sincere thanks. It won't work without your support.

### Results

Low Gross Men - Chad Rowsell and Jack Thibault.

Low gross Ladies - Lois Lawler.  
Low Net Men - Dave Windsor and Troy Winters.

Low Net Ladies - Keri Kuechler and Anna Marie Lowin.

Closest to the pin (#2) - Bob Doyle and Amy Newman.

Closest to the pin (#14) - George McPhail and Amy Newman.

Most Honest Golfer - Karen Hughes.

Longest Drive - Rod Leach and Cathy Regular.

*Yours in comradeship, Jim Hayes*

### Ladies Auxiliary Notes

Greetings from Sault Ste Marie. In this wonderful world of e-mail we are able to communicate from miles away. By the time you read this, we should be home. Lucy, Helen and I are attending the 54<sup>th</sup> LA Provincial Convention. As we formed up to parade on Sunday, with the sun shining, we enjoyed some comradeship with ladies we have not seen for two years. We get that proud feeling of being an LA Member. The most beautiful sight is the colour party with over 138 flags parading into the Essar Convention Centre.

Last Thursday, we held our General Meeting with 31 members present, an excellent turnout. Ashley Uiterwyk & Diane Mitchell were initiated.

### Dates to Remember

**September 25:** Singles and Double Darts Acton Hosting registration at 8:30 a.m.

October 4: LA Executive Meeting at 7 p.m.

October 7: General Meeting

October 17: Zone B7 Convention - Cooksville - I would like to see as many ladies out as possible to this meeting, especially the Executive.

October 30: Zone Fun Darts - Georgetown call Norma for Sports or let her know at the meeting that you would like to play.

Thank you to all the LA and Branch members who volunteered on Sunday with the Sunnybrook Veterans visit.

Get well wishes to the LA members who are not feeling well and recuperating at home from operations, and a special hello to Edna Rippon who is in hospital.

*Yours in Comradeship*

*Peggy Harris*

*President*

*Branch 197 Ladies Auxiliary*



**VETERAN LUNCHEON:** Twenty-four WWII Veterans from Sunnybrook Hospital in Toronto visited the Acton Legion on Sunday. The Legion's Ladies Auxiliary prepared and served lunch, an annual tribute to those who fought in the wars. Seeing the men off were, from left: Legion 1st Vice President Dave Malony, Ladies Auxiliary President Anne Marie Loewen and Legion President George DeRabbie. Front from left: WWII Veterans John Slater and Charles Heron.

*- Denise Paulsen photo*

## Walk or bike Region suggests

Halton Region is joining Green Communities Canada in challenging residents to make a pledge at [www.icanwalk.ca](http://www.icanwalk.ca) to walk, bike, or use any other form of active transportation instead of travelling by car for short trips, for one month, for a chance to win a prize.

"We are pleased to partner with Green Communities Canada in launching this challenge," said Gary Carr, Halton Regional Chair. "It takes only about 10 to 15 minutes to walk a kilometre. When you use active transportation instead of driving, you help to protect and enhance our natural environment, create and improve safe, healthy, liveable and inclusive communities and boost your physical activity levels."

According to Green Communities Canada, if every driver in Ontario replaced just one kilometre per week of driving with active transportation, it would eliminate 135,626 tonnes of carbon dioxide from being released into the atmosphere every year. Research shows that there is a lot of potential to make the shift to active transportation as the majority of car trips are short and can easily be walked or biked. Even in more rural areas where it may be necessary to drive a long distance to the closest community, you can choose to park in town and walk to your destinations.

"Active transportation allows you to build physical activity into your daily routine," said Dr. Bob Nosal, Medical Of-

ficer of Health for Halton Region. "Current provincial recommendations are for 30 minutes of moderate intensity exercise, such as brisk walking, swimming or raking leaves, five days a week. Regular activity can help reduce your risk of chronic diseases such as type two diabetes, stroke, heart disease, osteoporosis and hypertension."

Take the iCANwalk Pledge to be eligible to win prizes such as Urban Poles, pedometers, an iPod Nano or Canada Walks merchandise.

Green Communities Canada is a national association of non-profit organizations that deliver innovative, practical environmental solutions to Canadian households and communities ([www.gca.ca](http://www.gca.ca)).

## New Member Registration at the ACC

The Acton Curling Club, located on Churchill Road north of Highway 7 at the east end of Acton, is open from October to mid-April. It has curling programs for people of all ages, 6 days weekly. Something for everyone from 6 to 96.

Day leagues. Night leagues. Leagues for experienced players. Leagues for beginners and novices. Leagues for seniors. Leagues for couples. Leagues for singles. Leagues for kids!

We offer free instruction to beginners and novices -- before leagues start. Refresher and individualized help too is available throughout the curling season! Practice-ice times are also available to members.

Little Rock, Bantam and Junior curling programs, now on Tuesdays, have weekly training modules --- as well as game play!

All Saturdays are typically reserved for club tournaments, out-of-club bonspiel rentals, or provincial competitions.



### Four easy ways to sign up for curling at the Acton Curling Club:

1. Register online via the internet, following the links at [www.actoncurlingclub.com](http://www.actoncurlingclub.com)
2. Call the club's New Member Hotline -- 1-866-542-0539
3. Send an email to -- [membership@actoncurlingclub.com](mailto:membership@actoncurlingclub.com)
4. Come to the curling club in person on Saturday, September 25th -- 10:00am to 3:00pm

**Beginner instruction provided.  
No experience necessary.  
New leagues opening.**

## Acton Curling Club

242 Churchill Rd N • Acton • 519-853-0110

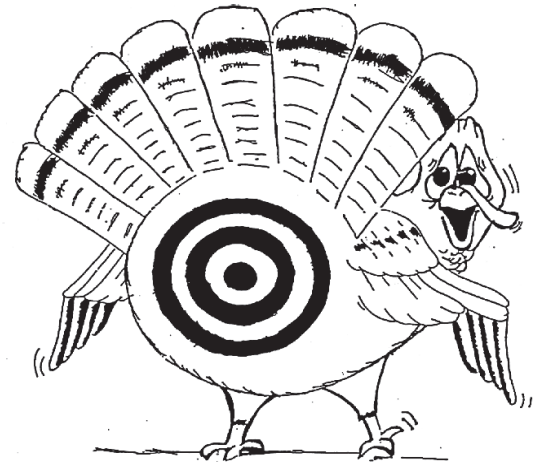
For more information visit: [www.actoncurlingclub.com](http://www.actoncurlingclub.com)

**"It's fun throwing rocks at the ACC"**

### GEORGETOWN ANGLERS & HUNTERS ASSOCIATION

# TURKEY SHOOT!

**NOON START**



- |                 |                |
|-----------------|----------------|
| 1) September 19 | 4) October 31  |
| 2) October 3    | 5) November 14 |
| 3) October 17   | 6) November 28 |

**Fall 2010**

**8th Line, Erin**

1.6 Km north of 32 Side Road. Halton-Wellington Line