



Markham District Veterans Association Newsletter

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February 2021



President's Remarks – David Smith

Well another month has gone by, we're still in lockdown, and not sure when it will be lifted as we now have new variants of the virus to contend with. To make matters worse, we are not getting an adequate supply of vaccines to help us move towards herd immunity. With that said, Spring is around the corner and with that hope that things will start to improve.

As you know our Veteran member, Rob Kowalski, was seriously injured in a fall and continues rehabilitation at the Sunnybrook rehab facility. Our thoughts and prayers go out to Rob for a speedy recovery. Karen Kearns stays up to date on his progress and will keep the membership updated when required.

As I mentioned to you in the January newsletter, 3 Directors have stepped down from the Board. As we are in a lockdown situation, there is not an immediate need to replace them, however, I am looking at the membership list to see who may be a good candidate to put forward to the membership for ratification. If any of you have any suggestions, please send an email to markhamveterans@rogers.com with the name(s) so that I can reach out to them.

Super Bowl Sunday is this weekend and the famous MDVA Super Bowl Squares had 2 sheets sold out in record time. The 2 sheets have been forwarded to all members so that they can join in the fun of seeing who the lucky winners will be as we can't get together for our usual pot luck and camaraderie. Good luck to all.



February 14th is Valentine's Day . Last year we had a FANTASTIC sold out event. This year we can only reflect on the GREAT TIME, we had last year and look forward to next year! Order takeout and support a local restaurant this Valentine's Day.



For the last 9 months, we have been providing the highlights of our monthly Board meetings to you through email in lieu of being able to hold in person General Meetings. From here forward, we will include them into the monthly newsletter, & attachment, instead of a standalone email.

Some good late breaking news to share....thanks to the terrific work by our Treasurer, John Craig, following the Board meeting on February 1st, we received confirmation of the approval of the Ontario Small Business Grant which we applied for. This Grant, along with the others received so far, are a tremendous help with our monthly operating expenses while the club is closed. We have also applied for the CEBA expansion which, if approved, will provide the MDVA with additional funding. We are waiting on a response to some other grants that we have applied for as well.

Tuesday February 2, 2021 the world mourned the loss of Captain Sir Tom Moore but let us always remember his motto "Please always remember, tomorrow will be a good day". RIP Captain Sir Tom Moore.

Until we can meet again...stay safe, stay healthy, stay home, socially distance when you have to go out, wear a mask and wash your hands frequently. Don't I sound like Doctor De Villa???

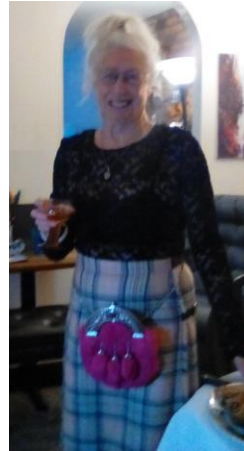
Until next month...

.....David

Entertainment & Fundraising Director – Shara Carr

Hi All! Obviously we still can't plan any real entertainment but please know we're missing you and thinking of you all!

Robbie Burns challenge ! well, not too many accepted the challenge to celebrate the poet's big day but we'd like to thank those who did & recognized it in some way **.....Shara**



Betty & Bobby McInnes went all out with decorations, kilts, & the traditional meal of Haggis, Tatties, & Neeps ! Thanks for sharing !



From Nicky Anthony – a photo of David & Nicky & a Robbie Burns plate



From- Karen Mooney (nee Sinclair) My mother's kilt, my claw (kilt pin) the Sinclair crest pin, & a "Quaich" derived from Gaelic is a drinking cup used as a toasting cup of welcome in Scotland or good wishes upon farewell or parting. "Cup of Friendship". Although I don't like scotch we have several types & poured a wee dram!

Secretary – Bridget Wells

Dear Members,

MDVA, February Board meeting highlights are as follows:

- **Treasurer's Report**, including Covid-related grant loan applications status, is attached at the end of the newsletter.
- **Additional uses for the Club upper hall and kitchen.** Building on our Ontario Trillium Fund Resiliency Grant, which focuses on boosting innovation, it was put forward that we could explore additional uses for these spaces which could be revenue generating. A committee was formed comprising John Craig, Shara Carr, Richard Whiz Kelly, and Karen Kearns to assess options and report back to the Board.
- **“Till Victory”.** John Leslie Harris, founding Member and Past President of the MDVA, is featured in the book **Till Victory**. John was in the 11th Tank Regiment and was a member of the Ontario Regiment (RCAC) in Oshawa. Should you wish to purchase a copy, **Till Victory** is available on [Amazon](#). The Club will purchase a copy for our Library. More information available in the newsletter Pages 6/7
- **Membership renewals.** We continue to remind those members not yet paid for 2021 that payments are due. To date we have 285 active members, with 76 members outstanding for payment.
- **Honourary Members.** Cliff Blundell, a local lawyer who has been assisting the Club with our work with the Lynde Clinic regarding the parking area, has been put forward by the Board to receive an Honourary Membership in recognition of his support. Per our Constitution we will put this forward to the Membership for a vote, in a separate communication.
- **Life Members.** Bill Guiler and Rick Paci have been instrumental to our Poppy Campaign for over 18 years. We owe them a debt of gratitude for managing this campaign for us. As such, the Board has put forward that Bill and Rick should receive a Life Membership for all of their service to the Club. Per our Constitution we will put this forward to the Membership for a vote, in a separate communication.

.....**Bridget**

Publicity & Communications Director – Karen Mooney

Happy February everyone ! Members, times are tough & we're not able to see each other or socialize the way we're use to, so I thought it might be a good idea to return to sharing people's birthday's or special anniversaries. Hopefully this will give us all a good reason to pick up our phones & reach out to our friends who can't celebrate their special day !

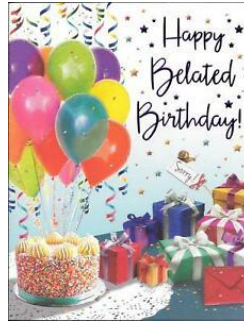
As a matter of fact, reaching out to someone who lives alone or can't have visitors in a Long Term Care facility, why not make that phone call ? I guarantee the person receiving the call will most definitely appreciate that you did !

You might make someone's day & it's not like we have a lot of other things going on!



Birthday's & Anniversaries !

- **Be-lated congratulations go out to:**



January:

- **7th – Don Rattle & Shelley Fazackerley**
- **13th – Jackie Lawton**
- **15th – Bobby McInnes**
- **19th – Terry Hoshowsky**
- **22nd – Dirk Mooney**
- **25th – Janet Morgan**
- **26th – Nancy Lavender**
- **28th – Rob Libby**
-
- **31st – Myrtle McCalmont – Happy 90th Birthday Myrtle !!!**



February:

- **1st – Glen Maw**
- **16th – Howard Elson**
- **18th – Brian Keen**



Do you have a Birthday in March ? please let me know – e-mail the club or me directly
mooneykaren@hotmail.com

Dates to Remember – February

- **Saturday Feb. 2nd - Ground Hog Day**
- **Sunday February 7th – SuperBowl 55 – Host Tampa Bay**
- **Saturday February 13th – National Wear Red Day – in support of Women's Heart Health (please go to very last page of this newsletter – Page 11)**



- **Sunday February 14th – Valentine's Day**
- **Monday February 15th – Family Day**



**Quarter back – Patrick Mahomes
Kansas City Chiefs**



**Quarter back – Tom Brady
Tampa Bay Buccaneers**

Did you know ?

This will be the first Super Bowl in 37 years without an in-game Budweiser commercial. And, it's the first time in 20 years that neither Coke nor Pepsi bought an in-game Super Bowl ad for their marquee brands.

So why are so many all-star brands skipping one of the most-watched television events of the year? Their parent companies claim to be shuffling their playbooks for several reasons, such as reallocating their ad spending toward COVID-19 relief, or re-evaluating the best way to use those millions as the pandemic continues to take an enormous human and financial toll.

Anheuser-Busch announced that it is foregoing its traditional in-game Super Bowl airtime, and plans to use that money to support COVID-19 vaccine awareness, instead. While the company wouldn't give an exact dollar amount, a spokesperson told MarketWatch that the total donation to vaccine education and awareness will be on par with the cost of advertising in the Super Bowl, calling it a "multimillion-dollar commitment." That figure could be around \$5 million or more.

Pepsi is funding the Super bowl halftime show of "The Weeknd" & will be advertising different products they sell such as Mountain Dew & Frito Lay.

Coke has been trimming expenses and products after the pandemic largely shut down the restaurants, bars, movie theaters and stadiums that would normally drive sales of its drinks around the world. The company announced it was cutting 2,200 jobs globally last month, including 1,200 in the U.S.

SuperBowl Party – well we can't be together but party on, in your own homes !

Pretend you're at the MDVA, where we typically bring "pot-luck" of football types of food ! so why not make a pot of chili (if you need a recipe – email me) !

AND / OR - support your local pubs & restaurants & order in chicken wings, burgers, hot dogs & pizza, whatever ! Our local pubs & restaurants are all suffering so appreciate your business ! It's not like we've been getting out so have been at home eating our own home-cooked dishes & I'm sure we are missing & craving all the naughty foods we love, so why not splurge !!!

Super-Bowl 2020



Update : UK's – Captain “Sir” Tom Moore – “Captain Tom”

Last year we profiled in our newsletter the story of Captain Tom Moore, a 100 year old WWII veteran, who had taken to walking to raise money for Covid research. His intention was to raise \$1000 £ and he stole the hearts of so many, he ended up raising \$33 million £ – in Canadian dollars an over-whelming \$50 million + dollars. He was knighted by the Queen for his efforts !



Unfortunately, the man who did so much, was taken into hospital suffering from pneumonia & Covid 19 & we just received word, that he has passed away. What an inspiration, & how very sad

Karen M.

Service Bureau – Karen Kearns

February is a short month with only 28 days and the days are getting brighter so hold on to that thought!

On January 31st, Myrtle McCalmont turned 90 years young ! Happy Birthday!

We lost a member Stephen McCleod passed on Jan 21st our condolences to his children Chris, Julia ,Stacey and Elizabeth and their partners. Stephen was a long time member who showed up with a smile and a kind word for everyone. He was very involved in the community and the club, he will be missed.



This week I had a great conversation with Robert Kowalski, he is still at Lyndhurst Rehab Centre and will remain there for a while getting treatment for his injury. He is making slow progress and has such a positive attitude toward getting better. His next step will be going to a Transitional House, which will be in Toronto, and he could be there for up to 6 months depending on how things go for him.

Robert wanted me to say a Big Hello to everyone at the Club, and said thanks for everything we are doing. He can't wait to get back to the club and hopes it will be open when he is better.. I will keep you informed on his progress.

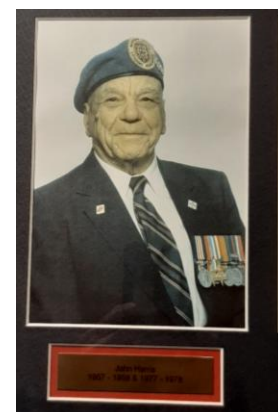
If you know anyone that need help please call. Stay safe !
Cell is 416-885-0908 **OR** Home 905-471-5913

....Karen Kearns

Members !

As President David mentioned in his opening notes to you –

Not sure how many of you remember John Harris, MDVA member for many years as well as a Past President from 1957-1958, and again 1977-1978 . John was also a founding member of the MDVA & served in many different positions at the club over his tenure with us. The gentleman below, Clement Horvath, wrote a book by the name of “**Till Victory**” & we wanted to share the e-



mail & contents of the book with you because John Harris is featured in it, from Pages 122 to 129. We thought you would be interested in knowing !

Once the club is open again, you may want to review the plaque shown here to read of all of his accomplishments.

E-mail received :

From: **Clément Horvath** <clementhorvath@gmail.com>

Dear families and veterans,

This is the day I promised you would come eventually... Pen & Sword Books released it in the UK / Europe last November, and the American distributor Casemate has just received his stocks this week, so it's official: the English version of **Till Victory** is now out worldwide!

As you know, this is a project that took me half my young life, it was quite an endeavour and it's so weird to have it in my hands today. But, you made those 15+ years an incredible adventure too and I can't thank you enough for your help and your trust, allowing me to tell these incredible stories of heroism and sacrifice on yours and your loved ones' behalf.

I wish I could buy and send you all a copy, to each and every one of you, but I really can't afford it and I am sorry about that. However, I hope that someday, I can meet those of you I haven't greeted in person yet, to express my gratitude.

These are strange times and it is particularly hard to have journalists talk about a new release, as Covid takes all the media space these days. Still, I hope that the stories of these extraordinary men and women will be read by many, and if you know anyone that can help me get the word out about the book, please let me know!

Till Victory is available on Amazon [here](#) and can be ordered at your favourite bookstore, or directly from Pen & Sword and Casemate - however, I have been told by some of you that you have to be very patient with P&S and that the shipping costs to Canada with Casemate were huge... So I guess it's better to get it from Amazon, and why not leave a review there if you like it?

I have made a short video to present the book, if you are curious or want to share it around, <https://youtu.be/vJKqT7omSi4>

Till next time, thank you again for your friendship and I'm wishing you all the best for another historic and hopefully much better year...

Your friend in France, Clément.

Membership Director / Sgt. @ Arms – Larry Lau

Dear Members,

As of end of Jan. 2021

- Life/Honorary 22
- Regular 57
- Relative 102
- Associate 104

A total of **285 Active members** on list



For those members who have not yet paid their dues, we are asking you to do so by one of the following three methods:

- Mail a cheque to the MDVA, 7 Washington Street, Markham, ON L3P 2R3
- Drop off a cheque in the mailbox outside the MDVA front door (located to the left of the door)
- E-transfer the funds to markhamveterans@rogers.com (in the notes section indicate it is for membership)

Membership dues are \$45 for Regular & Relative Members, \$50 for Associate Member.

A **late payment charge is now applicable** so please add \$5. on top of your regular due payment.

To keep our mailing costs down, we would ask members to pick up their 2021 membership cards at the bar when the MDVA is allowed to reopen. If you prefer us to mail your card, please send an email request to markhamveterans@rogers.com. We will mail out the cards when we have received your payment.

Thank you in advance for your support.

.....**Larry Lau**

THE MONTH OF FEBRUARY

From the Latin word *februa*, "to cleanse." The Roman calendar month of Februarius was named for Februalia, a festival of purification and atonement that took place during this period.

Please stay safe, wear a mask & continue to social distance !

..... **Karen M.**

Let us all continue to be thankful to



Thank You
FRONTLINE WORKERS

Cadet Corner !!

Cadets are continuing their virtual training.
Nothing new to report
Cheers,
Roger Carlsen

Please - please support these businesses!



SOON.

We're so grateful for the efforts of our community when it comes to prioritizing the health and safety of our residents. When the time is right, we will once again open our doors to families and friends and to everyone interested in senior living at Amica Swan Lake and Amica Unionville. Until that time comes, we're here to answer any questions you may have.

For the latest updates and re-opening information, please contact us.

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AMICA
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Happy
Valentine's

DAY



Karen
Rea

Ward 4 Councillor

Tel. 905.479.7751

To keep informed on Markham and Ward 4 issues, visit:
www.karenrea.ca or email: krea@markham.ca

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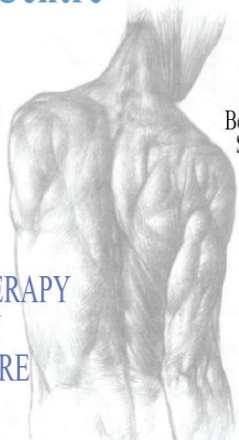
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Elliot Tse

Registered Physiotherapist
(Canada, UK, Australia, HK)



Best Community
Service Award

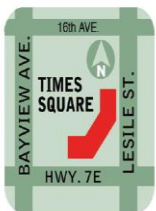


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Saturday February 13th, 2021

WHAT IS WEAR RED CANADA?

At the MDVA, we're use to wearing Red on Friday's in support of our troops, however every February there is National Wear Red Day

Proudly hosted by the **Canadian Women's Heart Health Alliance** and funded by the **Canadian Women's Heart Health Centre**, **Wear Red Canada Day** is celebrated annually across Canada on February 13th to raise awareness about women's heart health. Events are held across the country to serve as a reminder for all Canadians, but especially Canadian women, to be mindful, curious, and proactive in the management of our heart health and wellness.



Heart disease is the number one killer of women worldwide and the leading cause of premature death in Canadian women. Globally, cardiovascular diseases affect 1 out of 3 women, yet women everywhere are under-studied, under-diagnosed, under-treated, and under-aware when it comes to their heart health. Worse, considering that 80% of a woman's risk factors are within her control, heart disease is largely preventable.

SYMPTOMS

Not Your Typical Heart Attack

Symptoms for Women

What does a heart attack look like? An overweight man doubled over with chest pain, gasping for air? How about a retired woman with a deep ache between her shoulder blades, or a 35-year-old new mom with shortness of breath and tiredness she just can't shake?

Know the early and immediate symptoms of heart attack in women, and see a doctor if they appear in you or someone you love.

Early Symptoms of Heart Attack

Some women live with the signs of a looming heart attack for as long as a year in advance, partly because many of the symptoms are easy to attribute to stress or busy lives. Here are some of the early warning signs of a heart attack, according to how common they are among women who have heart attacks:

Fatigue: A significant change in energy level, something out of the norm that lasts more than a few days. At 70 per cent, unusual fatigue is the single most common long-term symptom for women.

- **Sleep difficulties:** Trouble falling asleep, or waking up in the night more than usual, often because of an ache or pain that won't let you sleep.
- **Shortness of breath:** Becoming winded doing the most basic activities, but especially during exercise.
- **Indigestion:** Feeling uncomfortably full soon after eating, sometimes with pain or burning in the upper abdomen.
- **Chest discomfort:** It may be mild discomfort, it may seem like indigestion.
- **Anxiety:** Feeling nervous or apprehensive for no apparent reason, or more than usual.

CANADIAN WOMEN'S HEART HEALTH CENTRE

SYMPTOMS OF HEART DISEASE FOR WOMEN

KNOW AND PAY ATTENTION TO THESE SYMPTOMS OF HEART DISEASE

BECAUSE HER HEART MATTERS TOO • FOR MORE INFORMATION VISIT YOURHEART.CA

COMMON SYMPTOMS

- Chest pain or discomfort. This can feel like a pressure, tightness, heaviness, squeezing, burning, or gripping pain or discomfort
- Pain radiating from chest to the neck, jaw, left arm and/or back, stomach
- Stomach pain or discomfort, or feelings of indigestion
- Unusual shortness of breath
- Unusual or extreme fatigue
- Dizziness or lightheadedness
- An irregular heartbeat (arrhythmia)
- Nausea and/or vomiting

UNCOMMON SYMPTOMS

- Pain in the jaw, neck, shoulders, arms, back and/or stomach but not in chest
- Flu-like symptoms
- Generalized scared or anxiety feeling
- Generalized weakness
- Unusual sweating

WHAT CAN I DO?

WHEN IN DOUBT, CHECK IT OUT!

Never delay getting help for your symptoms.

Download the top 5 questions to ask your healthcare provider at yourheart.ca

Copyright © University of Ottawa, Heart Institute

Less common long-term symptoms include:

- **Discomfort:** In the shoulder area, sometimes painful.
- **Headaches:** More frequent or more severe.
- **Dizziness:** Feeling lightheaded or woozy.
- **Vision problems:** Blurred vision.

Continued

Immediate Symptoms of Heart Attack

In addition to the early warning signs above, here are some of the symptoms women most commonly report experiencing immediately before a heart attack:

- **Chest pain:** While men having a heart attack often report a crushing or stabbing pain in their chest, many women say they felt pressure, tightness or aching in their chest or back.
- **Fatigue:** More than feeling tired, this overwhelming fatigue makes it hard to do anything.
- **Breathing difficulties:** It's suddenly a struggle to take a full breath.
- **Radiating pain:** Pain spreads **across the jaw, arm, shoulder or radiating across the back**

Less common:

- **Cold sweat:** Suddenly sweating even though your skin is cool. Some women also report feeling flushed or going red in the face.
- **Nausea:** Feeling queasy for no apparent reason. May be accompanied by vomiting.
- **Dizziness:** Feeling lightheaded or woozy.

Please go on-line to learn more !