

SPENCERVILLE LEGION BRANCH 604 GENERAL MEETING OCT 4, 2023

Present: Mary Moore, Tom Lillico, Rob Duda, Susan Moreau, Dave Richardson, Lyle Skuce, Bill Johnson, Koren McDonald, Christine Hayter, Andy Hammond, Anne Hammond,

START: 7:00

Minutes from previous: Motion to accept, Rob, second Sue

Deviation of agenda to present bursary to Sophia Duda. Motion moved, Sue, second Chuck

Presentation by Andy Hammond

Talked about program at First Responders United, a Residential Retreat for operational stress injuries operating out of Cardinal. Open to Nurses, doctors, veterans, paramedics, firemen. Started over 3 decades ago by Fire station chief Jim Grant. Adam recounted a story that initiated the beginning – a terrible train crash, killing most of the volunteer crew. PTSD was not well understood. Dr Edward Murray was a new minister in St John's, and wanted to start the program. What the church hall offers accommodations, showers, kitchen. Retreats are non-religious. Want participants to have the best lives they can have.

5 day experiential retreat based on evidence based best practices. Qualified staff, ex-first responders, all volunteers. Group therapy. Attendees are significantly better. The metric of evidence is that overwhelmingly attendees remain much improved. The impact is also felt by their families. Recovery is unique to each individual.

Institutional betrayal...stigma around injuries...psychological injuries can be seen to be a weakness by some. What do we do with them? Let's have a story of recovery.

What makes the organization unique: not allied with any organization, complete confidentiality.

Ongoing support, every Tuesday they meet. Retreats are ladies/men separately. Many come back for a 'topper'. Simple to follow program. Evidence based. It truly works.

Questions: how often are retreats offered: 4+ men's retreats per year, 4 woman's. No one is turned away. They are expanding.

There is a screening process, you can be self-referred. Interview process, to know more about applicant, and to explain the program.

Funding: self-funded - get donations. Word of mouth is how people get to know about the program. There is a cost to attend, but much less than other programs. WSIB does fund. Important to avoid any political involvement.

PRESIDENTS REPORT: welcome to Andy, no other report

FINANCE: Mary presented bank statement. New treasurer ad has been posted.

BAR: small increase in prices warranted. Koren is reviewing.

HOUSE: toilet issues, consider purchasing 2 new toilets. Jim put in new moldings and flashing. Portico scheduled for fixing. Dishwasher needs repairing. Lyle to look into the servicing the United Church is hiring. Dave will also look at the dishwasher.

MEMBERSHIP: early bird. November 30.

PR: membership campaign focus.

WAYS AND MEANS:

- Roast beef dinner.
- Wing Night and Music Oct. 13
- Koren needs contact from the Spencerville play.
- Chase the Ace discussion. We feel we do not have enough volunteers.
- Hall rentals coming in.
- Fitness donation \$700.
- SBCC Trunk and Treat Sunday 29th.

SPORTS:

Sports. 2 teams represented Br 604. One team
Seniors darts, Oct. 14, Kempville. Zone sports. Member in good standing.

YOUTH. Looking for a representative.

POPPY: run a strong campaign starting October 27. Poppy Convention October 14, Mary and Sue will attend. Mary will delegate some Campaign Duties (boxes, wreaths). Looking for Cadets to help in our campaign, Mary will write Squadron to check.

VETERANS: Prov. Serv. Officer visited. Christine noted how they helped a veteran in need.

BYLAWS: change meeting date to third Thursday once approved. Executive 2 year Chuck, moved to accept. Sue second.

NEW BUSINESS:

- Have executive look into supporting First Responders. Andy second. Moved
- Lyle Certificate of recognition presented.
- Dishwasher required for health and safety. Look into fixing/pricing.
- Correspondence: food bank looking for help. We will have a bin.
- Food bank: Next year golf tournament we could sponsor.
- Bayfield Manor contacted re visit. No plans to follow up.
- School lunch program. We did it once. Hot dogs.

Adjourn 8:30 PM