

# Breakfasts are back at the Waterloo legion

By Mable Hastings

Legions have long been the social hub for many communities; especially those active in the small rural areas where they provide for many social gatherings and much

community involvement and exchange. Legion Branch 77 in Waterloo, Quebec is no exception to this. Deeply affected by the pandemic, small local branches have found themselves struggling to survive and support their projects and causes. The efforts of legion members are proudly focused on supporting fellow veterans however their outreach is far beyond this role with many becoming a focal point for

community activity.

With close to 250,000 members in 1,350 branches, the Royal Canadian Legion reaches across the vast country and abroad to connect us to the past, the partake in the present and to reach into the future. The non-affiliated legion is not associated with any political party or organization and they do not accept financial assistance from any government party for their operations. Branches can however pursue grants through federal, provincial and municipal government programs for projects outside of their normal operations.

As a community link, in some small areas the Legion building might host local weddings, funerals, barbecues, dances and music evenings, bingos, fundraisers and any number of other community events. The legion often supports local sports programs and volunteer projects instilling fun, participation and community implication. Christmas baskets, supporting families and participating in projects to better the community might also be projects in which a local legion might become involved or even take the lead in seeing through.

For the Waterloo Legion 77 located on Lewis Est in Waterloo, Quebec, the ease in restrictions due to the pandemic means the return of a much-loved community gathering with its legion breakfast that will re-start on Sunday, February 20th from 8:30 a.m. to 12:30 p.m. For anyone who has ever attended a legion breakfast they will assure you that you will not go away hungry! The ample servings, visit with friends and neighbours and the welcome from the legion members is the perfect way to enjoy a Sunday morning.

"We are so anxious to get some of our activities going again after this long Pandemic," shares Rose Everett who is responsible for the hall rental at the Waterloo Legion. "We are looking forward to greeting our friends and those who come from all over the townships for our breakfasts," she added.

Despite all of the challenges the pandemic has put upon them, legion volunteers have been out helping in their communities. Some cooking and delivering meals, checking in on seniors and veterans and some have even been making masks and distributing them. During this difficult time, local legion branches have had to find ways to help, support and encourage their communities.

"Like so many others, we are just looking forward to returning to normal," said Everett. "The breakfast on Sunday, February 20th will be a great place to start!"

Everett stressed the fact that volunteers are always needed to help with activities and anyone interested in lending a hand is encouraged to call those listed below. As with most things, "many hands make light work," and working alongside these volunteers may be just the thing to fill a few hours of someone's free time.

For more information about the Waterloo Legion Branch 77 contact: Doug Ashleigh, President at 450-539-2930, for information on the hall rental contact: Rose Everett at 450-539-2988 and for breakfast info contact: Carol Padner at 450-539-1253.



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Karine Cantin, Jean Des Rosiers

## Auberge Le Sunshine

Industry: **Lodging, food store, café bistro**

Form of financing: **Working capital, new projects**

Location: **Stanstead**

« The personal loan that I received through the Youth Strategy program allowed me to replenish the working capital of Auberge le Sunshine and to carry out certain projects such as online commerce and the acquisition of a bread oven," explains Karine Cantin. »

Karine Cantin, co-owner of Auberge le Sunshine, received a personal loan through the Youth Strategy program. It allowed her to maintain a working capital and to carry out certain projects such as the acquisition of an oven to cook bakery products on site. It was also an opportunity to update the website and implement online commerce. Mrs. Cantin explains that "our objective is to diversify our products and services to consolidate and develop our business."

Ms. Cantin notes that "the Youth Strategy program procedures are really simple and fast. As always, I received impeccable and personalized service from the CAE Memphrémagog consultants. This support allows us to keep our business afloat and to look forward to the future with optimism."

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