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Information

*Jamie Morris*  
EVENT DJ

[www.jmeventdj.com](http://www.jmeventdj.com)



# January

**O.C.N.V.A. Executive July 2023 – June 2024**

<b>President.....</b>	<b>Karen Sutherland</b>
<b>Past President.....</b>	<b>Val Masson</b>
<b>1<sup>st</sup> Vice President.....</b>	<b>Dennis Beattie</b>
<b>2<sup>nd</sup> Vice President.....</b>	<b>Bryan Bucholtz</b>
<b>Treasurer.....</b>	<b>Lyle Ball</b>
<b>House.....</b>	<b>Peter Keith</b>
<b>Entertainment.....</b>	<b>George Spilak</b>
<b>Membership.....</b>	<b>Dick Henshall</b>
<b>Publicity.....</b>	<b>Sandra Lightbody</b>
<b>Grounds.....</b>	<b>Gerrie &amp; Bill Arthurs</b>
<b>Sports.....</b>	<b>Harold Craib</b>
<b>Secretary.....</b>	<b>Marilyn McNeil</b>
<b>Master at Arms.....</b>	<b>Jeff Scheerer</b>
<b>Directors.....</b>	<b>Rick D'Entremont Nancy Wettlaufer Carlene Smith</b>
<b>RCNA Director.....</b>	<b>Ron Young</b>

**Oxford County Naval Veterans Association  
(Woodstock Navy Club)**

959 James Street, P.O. Box 20001,  
Woodstock, Ontario Canada N4S 8X8  
Phone: 519-537-8991  
Email: [office@ocnva.ca](mailto:office@ocnva.ca)



## **President**

A new year is ahead, Welcome 2024!

Our membership has grown so quickly, that it is a good time to remind our members of expectations. First and foremost, your membership is a privilege and should be treated with respect. The expectation of membership is clearly laid out in our By-Laws, and it is your responsibility to know them. We are a “Members Only” Non-Profit Organization with a small employee base. We are governed and facilitated by volunteers. Although we serve alcohol and have live entertainment and events, we are NOT a bar. Harassing, offensive, and/or inappropriate behavior toward volunteers, staff, or other members will not be tolerated.

Please ensure you read your By-Law Book.

- There is a keypad code required to enter the premises. The membership chair or bartender will provide this to you.
- You are required to attend, at minimum, 1 General Meeting. You must sign the book and have your membership card stamped. Your card should be with you any time you are inside the club.
- A personal guest or more is permitted to join you at the club. You must sign them in, our guest book is located just outside the main club room door. If a personal guest attends the club regularly, they should become a member.
- It is your club please help keep it clean. Bring your empties and glasses back to the bar or where indicated.
- Absolutely no drinks on the dance floor.
- There are leagues you can join like shuffleboard, darts, etc.. Sign-up sheets are in the gangway. You must be a member to join any league.
- Our volunteers run the Galley and we welcome new volunteers to help with lunches and dinners.
- The club is always open to its members (except Sundays). Should there be a private event you are expected to respect their space. If there is a ticketed event, you will be permitted to sit in the sports room and use the sidebar.
- Port & Starboard is our monthly publication advising you of activities going on at the club. Hard copies are in the gangway, and it is also posted on our website [www.ocnva.ca](http://www.ocnva.ca). You may also request it be emailed to you by contacting [publicity@ocnva.ca](mailto:publicity@ocnva.ca)
- If you have suggestions or any issues you can speak to a member of the Executive or fill out a complaint form.
- Executive email addresses:
 

• President – <a href="mailto:president@ocnva.ca">president@ocnva.ca</a>	Secretary – <a href="mailto:secretary@ocnva.ca">secretary@ocnva.ca</a>
• Treasurer – <a href="mailto:treasurer@ocnva.ca">treasurer@ocnva.ca</a>	Publicity – <a href="mailto:publicity@ocnva.ca">publicity@ocnva.ca</a>
• Membership – <a href="mailto:membership@ocnva.ca">membership@ocnva.ca</a>	Office – <a href="mailto:office@ocnva.ca">office@ocnva.ca</a>
• House Chair – <a href="mailto:house@ocnva.ca">house@ocnva.ca</a>	

Rental of the club room. -As a member, you will need to donate to the club for use of the premises (birthdays, showers, family gatherings, etc.). Sign-up forms and rules can be obtained from the bartenders or the office.

We have a dress code. You will be asked to leave immediately should you be seen wearing any of the following:

Hats (unless a head covering is for medical reasons or religious requirements).

Halter tops. Tops need to cover your midriff “belly shirts” are not acceptable.

Cut-off jeans, shorts, skirts, or dresses need to come to mid-thigh at a minimum.

Bathing suits, board shorts, bathing suit cover-ups, or other beach attire.

**Karen Sutherland**

This meeting is dedicated to .....

## HMCS Raccoon - Armed Yacht



September 6<sup>th</sup>, 1942

HMCS Raccoon was escorting a merchant ship when it was attacked and sunk. The captain of the lead escort observed the Raccoon zigzagging in search of the submarine. Two explosions were heard, which the other ships believed were depth charges from the Raccoon. It was only later that it was established that the explosions were the sound of Raccoon's boiler exploding after being hit by a torpedo from U-165.

37 crew went down with the ship.

**We must never forget their sacrifice.**

### **Note:**

**The Battle of the Gulf of St. Lawrence**, which saw German U-boats penetrate the Cabot Strait and the Strait of Belle Isle to sink 23 ships between 1942 and 1944, marked the only time since the War of 1812 that enemy warships inflicted death within Canada's inland waters. The battle advanced to within 300 kilometers of Québec City. A war that pervaded people's lives but was still somehow remote, had become immediate, threatening, and very real. The Battle of the Gulf of St. Lawrence was part of a larger conflict called The Battle of the Atlantic which included all of the Atlantic Ocean between North America and Europe and was fought between 1939 and 1945.



[www.veterans.gc.ca/public/pages/publications/system-pdfs/battlegulf\\_eng.pdf](http://www.veterans.gc.ca/public/pages/publications/system-pdfs/battlegulf_eng.pdf)





## Membership

[membership@ocnva.ca](mailto:membership@ocnva.ca)

This will be the first report for the 2024 membership year, and I look forward with some trepidation to this coming year. I use the word trepidation as in 2023, our membership grew so rapidly that we had to increase our membership cap from 800 to 1000 members, and we are already at 845 members. New member applications received in November and December were held until the 1st of January 2024 and I then had to process another 43 applications at that time, which could increase our numbers up close to 900 members. 2024 shows promise of being another exciting year for membership.

As I clean up the membership list at year-end and prepare the sign-in book for 2024, I would again ask that if you know of any members who are unable to attend a General Meeting through illness, mobility, work schedules, etc. please let me know and I can mark the book accordingly.

Our current membership is now at 845 members and the breakdown is as follows:

**Navy -22 Associate – 30 Affiliate – 362 Social - 402 H/L/P - 29**

2023 saw the introduction of the new POS payment system in the Club and as part of that, the membership database has been added to the Clover system as well. If you need to make updates to your personal information, address, phone numbers, etc. please contact me at [membership@ocnva.ca](mailto:membership@ocnva.ca) or Judy at [office@ocnva.ca](mailto:office@ocnva.ca) and we can easily make the corrections.

To all the returning members, all the best wishes for 2024, and to all the new members, welcome to the Club and I look forward to seeing all of the members in 2024.

**Dick Henshall**

☞ If you are a **#4 Social member** and have or had a parent, son/daughter, sibling, grandparent, or great-grandparent in the Armed service, please submit their service number to the office or Membership Chairperson so we can make room for more Social members. If you don't know how to obtain the number, contact, Steph J. Smith, historian researcher, and collector [Stephjsmith1978@rogers.com](mailto:Stephjsmith1978@rogers.com) or call 519-536-9524



***When attending a General meeting for the first time this year, make sure you sign the attendance book and get your card stamped for proof of attending your yearly meeting.***





# January Meeting Dates



Executive Meeting  
Sunday January 21<sup>st</sup> @ 10am



**General Meeting**  
**Wednesday January 31st**  
**@8pm**

*Last meeting date to attend a yearly meeting to ensure your 2024 membership.*

Steak Dinner 5:30pm- 7pm

## **Pre buy or purchase the day of.....**

You will have the opportunity to pre- buy your steak dinner ticket. Starting the week before the meeting you can pre-buy  
OR come meeting night and buy your dinner ticket.



Guests are permitted to steak dinners but only members can attend the general meetings.

## *e-transfer available*



*Available to pay for your membership, pre-buy your General Meeting Steak Dinner tickets, club's dinner & dance tickets, or pay for club rental. Tickets will not be held until confirmation of payment is received.*



## 2nd Vice

I'd like to thank all the galley volunteers for their help this season. We have had a very successful year and it was because of these people who stepped up and gave so much to help. Great Job!  
Cheers to the New Year! May 2024 be an extraordinary one.

**Bryan Bucholtz**

## **Friday Lunches**

**\$13.00                      12noon**



January 5	Ham & Scalloped Potatoes
January 12	Spareribs
January 19	Lasagna
January 26	Roast beef
February 2	Pork Schnitzel
February 9	Krispy Chicken
February 16	Roast Turkey
February 23	Lasagna
March 1	Shepherd's Pie
March 8	Spaghetti and Meatballs
March 15	Irish Beef Stew
March 29	Good Friday
April 5	Roast Turkey
April 12	Pork Schnitzel
April 19	Krispy Chicken
April 26	Roast Beef
May 3	Ham & Scalloped Potatoes
May 10	Lasagna



**All Lunches are subject to change or cancellation! Check the Gangway for notices.**  
**A minimum donation of \$2.00 for take-out containers**

## **Friday Night Dinners**

**5-7 pm                      \$13.00**

Friday, January 5 <sup>th</sup>	Wings or Smashed Burgers with fries
Friday, January 12 <sup>th</sup>	Wings or Pulled Pork on a bun with fries
Friday, January 19	Wings or Lasagna
Friday, January 26	Wings or Flat Bread Pizza







## Weekly Sandwich Crew

available from the bar

Janis Devries & Vonda Bullock  
Deb Hurley and Mabel Brown  
Deb & Barry Wilkins

Madeline Douglas & Pat Irwin  
Rick Porter

## Celebration of Life Food

Vonda Bullock  
Karen Eckart  
Cheryl Kornaker  
Pat Rolston

Pat Colley  
Fran Hewson  
Linda Jackson  
Heather Werby

Janis Devries  
Tammy Hewson  
Mert McMahon

*A big shout out to the guys and gals who  
volunteer their time to  
prepare some great meals.*



## Friday Lunch Galley Crew

## Friday Night Dinner Galley Crew

## General Meeting Steak Dinners

## Saturday Lunch Volunteers



Volunteers who help with ticketed events meals

*Thank you so much!*



## 1<sup>st</sup> Vice

### **Keep the Club Informed!!!!**

When you know of a Veteran, club member, or club member's spouse, or parent, who has "Crossed the Bar" or is in the hospital ..... Please let us know by contacting the club's office 519-537-8991 or Email – [office@ocnva.ca](mailto:office@ocnva.ca)

May the New Year bless you with health, and happiness. Happy New Year.

**Dennis Beattie**

**Sympathy donation were made in the name of:**

### **Member**

#### **Non-Member**

Mary Margaret Leis

November 30, 2023

Sister of Rick Porter

### **2023 OCNVA MEMBERS**

#### **"Crossed the Bar"**

**(alphabetically)**

Robert James (Jim) Aspden  
Wes Heslop  
Wendy Morrison  
Ralph (Bud) Reeves  
Glenn Vollmershausen  
James (Jim) Woodend

Antonius "Tony" DeKrauw  
Edward Wayne Leonard  
Thomas (Bud) Norman  
Floyd Scott  
Bill Walton

## **RCNA Director**

A petition to have a day of Observation placed on the National Calendar, to recognize the contributions of Naval Veterans in World War 2.

<https://www.ourcommons.ca/petitions/en/Petition/Sign/e-4639>

**Ron Young**



## Directors

The Directors hopes every member had a great Christmas and onto a great 2024.

It is great to see our club is swelling with so many new members. The new year brings more dinners, entertainment, and special events.

Bring your husband/wife or friend down to the club for a drink, meal, or to enjoy the entertainment, please make sure you sign in all guests.

The club offers weekly sporting events like shuffleboard, darts and snooker or come down with friends and enjoy your time with these events.

The new washrooms look great, all three rooms.... ladies, men, and the universal washroom.

**Rick D'Entremont**

**Nancy Wettlaufer**

**Carlene Smith**



## **Master at Arms**

Have a joyful new year.

**Jeff Scheerer**



## **Grounds**

May the New Year bring you happiness, peace, and prosperity. We are wishing you a joyous 2024!

**Gerrie Arthurs & Bill Arthurs**

## **NO SMOKING**

You cannot smoke or vape on the **patio** or **within 9 meters** of the patio or front doors.

No smoking or vaping on the grass area adjacent the patio when music, BBQ, or a sporting event taking place. The ideal place would be at the side (east) of the building.

**PLEASE DISPOSE OF YOUR CIGARETTE**

**BUTTS IN THE CANS PROVIDED AND **NOT** ON OUR PROPERTY!**

Please make sure your guests follow these rules.



to  
is



## **Secretary**

[secretary@ocnva.ca](mailto:secretary@ocnva.ca)

Wishing every one and their families a very Happy and healthy Holiday and New Year.

**Marilyn McNeil**



## **Publicity**

[publicity@ocnva.ca](mailto:publicity@ocnva.ca)

Publicity is accepting email addresses from any club member wanting to receive notices on upcoming events, meeting reminders, club news and the Port and Starboard. Please email to [publicity@ocnva.ca](mailto:publicity@ocnva.ca) your name and club number (members only)

## **Are you receiving our emails?**

To be sure our emails always make it to your inbox, add us as a contact!

[publicity@ocnva.ca](mailto:publicity@ocnva.ca)

Check your "Junk Mail" - some email providers are filtering emails!

Want to be on our list- email publicity with your name, membership #, and email address.

Oxford County Naval Veterans Association  
Like our Facebook page.... meals and events are posted daily/weekly



CHECK OUT WHAT'S HAPPENING AT YOUR CLUB

[www.ocnva.ca](http://www.ocnva.ca) Oxford County Naval Veterans Association "the Navy Club"

**Sandra Lightbody**



## **REMINDER**

All guests must be signed in, the guests are the responsibility of the member who signed them in

Guests are NOT permitted to come earlier than the member, nor stay later!





## House

The washrooms are completed, and the universal washroom is up and running. Thank you to our members for their patience and cooperation during renovations.

Health and happiness to you and yours in the new year ahead.

### **Peter Keith**

## **Oxford County Naval Veterans Association**

Bartenders

Daytime..... Dan Wilkins

Evenings and Weekends

(Alphabetical)

Jamie Dixon  
Gary Docherty  
Mark English  
Heather Ewen\*\* new  
Steve Gilbert  
Sean Jackson  
Shelley Norton  
Nicole Reeves



## Every Wednesday

## Bluegrass and Old Time Country Jam



For Your Enjoyment, every Wednesday from 7 to 9 PM the Thames Valley Bluegrass & Old Time Country Pickers will be here to play for you. Anyone can join in and play with us, it is an open microphone Jam, and we welcome all who wish to play.

There are no electrical plug-ins only acoustic instruments.

Please microphones onstage only..



## Sport's Chairperson

Winter games day is filled up, thanks to those who signed up, we still need volunteers to help with the games, sign up sheet in the gangway by the universal washroom. Curling Bonspiel Feb 17<sup>th</sup>, sign-up sheet will be available after January 1<sup>st</sup>. Get yourself a team of 4 and enjoy a day of curling. Thanks to the members who have offered to help with these events.  
Have a safe and happy new year.

**Harold Craib**

### **Winter Games Day at the Navy Club Saturday, January 20<sup>th</sup>**

**Volunteers are needed to help man the games and keep score.  
Signup sheet in the gangway.**



CONGRATULATIONS!  
*Winners!*



**Navy Vet Hockey Jersey winner**  
Tim Wettlaufer

**4 Tickets to Navy Vet Home Game winners**

John Drennan, Nancy Kropf, Tim Wettlaufer(8 tickets), Sidney Wilford







## **Treasurer**

The November financial statements are posted in the gangway on the bulletin board. We will be starting on our audited year-end financial statement very shortly at the end of this month. I will keep everyone posted as we get closer to having this completed. We welcome Chris Martin and his team from Symons, Wearn & Smith LLP on board for our financial reporting needs and assistance throughout the year.

I would like to thank everyone who did their part in raising money for the Navy Club over the past year and all of you who supported the various events that were hosted throughout the year. Please keep supporting these events and activities, that's what makes us such a successful Navy Club.

The new Universal Washroom is complete, and we have passed the final inspection by the City of Woodstock. Please keep watch for the upcoming announcement regarding an official open house and ribbon cutting in a couple of months once it has all been arranged and approved through the Ontario Trillium Fund people.

I wish everyone a Healthy and Happy New Year and all the best in 2024.

**Lyle Ball**



# JANUARY

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
	1 Levee Day 11 am - 8 pm	2	3	4	5 Lunch 12noon Dinner 5-7 pm No Entertainment	6
7	8	9	10 Bluegrass and Old Time Country Jam	11	12 Lunch 12noon Dinner 5-7 pm Angelo Unplugged 7:30- 10:30pm	13 Horse Races 1:15 pm start
14	15	16	17 Bluegrass and Old Time Country Jam	18	19 Lunch 12noon Dinner 5-7 pm No Entertainment	20 NO HORSE RACES  Winter Sports Day 12 – 6 pm
21 Executive Meeting 10 am	22	23	24 Bluegrass and Old Time Country Jam	25	26 Lunch 12noon Dinner 5-7 pm DJ Jamie Morris 8-11pm	27 Horse Races 1:15 pm start
28	29	30	31 Meeting 8 pm Steak Dinner 5:30-7 pm			

All Lunches and Events are subject to cancellation or change!



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## **Entertainment**

[entertainment@ocnva.ca](mailto:entertainment@ocnva.ca)

**George Spilak**

Friday, January 6<sup>th</sup>  
No entertainment

Friday, January 12<sup>th</sup>  
Live entertainment  
7:30- 10:30 pm

**Angelo Unplugged**



Friday, January 19<sup>th</sup>  
No entertainment

Friday, January 26<sup>th</sup>  
DJ entertainment  
8-11 pm

**DJ Jamie Morris**



## **SAVE THE DATE**

**Saturday, Feb 10<sup>th</sup>  
Valentine Party**

**Live Entertainment 8-11 pm**

**No admission fee**







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Wishing You a  
Very Merry Christmas!  
and a Safe & Happy New Year!

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*Not Intended to solicit those currently listed or under contract.*



## Saturday Lunches

**The Club needs volunteers  
to prepare a Saturday lunch!  
Sign-up sheet in the gangway**

**Especially with the horse races every Saturday,  
it would be nice to have lunch before.**

**A great way to support your club and have fun with friends.**



**Sunday, Feb 11, 2024**

**Tasting & Judging 12noon – 2pm**

**Sign yourself up or  
get a group together (max 4)**



- \$10.00 Entry fee- to be paid at the time of sign-up.  
Includes entry fee and chili tasting.
- All food must be prepared at the club, in the galley!  
(A Board of Health requirement).  
Check with Janis Devries for available galley time.
- 1<sup>st</sup> place, Best Presentaion, People's Choice award.
  - Sign-up sheet in gangway





OCNVA

# Super Bowl Bash



&

## Chili Cook Off



Sunday, February 11, 2024

\$10.00 Entry Fee for chili cook-off

(Chili tasting & entry fee)

CHILI COOK OFF

SIGN YOURSELF UP OR GET A GROUP TOGETHER

TASTING & JUDGING 12NOON- 2PM

Signup sheet in gangway

CLUB OPEN

11AM – END OF GAME



Food  
will  
be  
available  
for  
purchase



Chili, Sausage on a bun, Nachos supreme, Fries, Poutine

Kick off 6:30 pm

# Colour Party Christmas Dinner Galley Crew

Thanks to the Sports Committee for cooking a great Christmas meal



Jim, Tim, Troy, Steve, Paul, Rob, Stan, Harold,  
Sean, Terry, Bucky, & (George)



*Great Job!*

## Sport's Committee Christmas Dinner Galley Crew

Thanks to the Colour Party & Friends for cooking a great Christmas meal



Bob, Kevin, Mary Lou, Nancy  
Dick, Carol, Glenn, Deb, Aaron, Mary, Candy, Jason



Good Job



## Sport's Committee

The Sports Committee would like to thank everyone who attended our Christmas Party on Saturday, December 9th. A special thank you goes out to the Colour Party for the preparation and serving of our Christmas meal, it was fantastic as always. The winner of the special Christmas Centre Piece was Marnie Cuthbert. The winners of the LCBO gift certificates were Lynne Burrill & Sue Carter. Congratulations to all the winners.

The Sports Committee will once again be hosting the Woodstock Minor Hockey Coaches Breakfast on January 7th. As always, we look forward to hosting this group again this year.

The Sport Committee is hopeful that everyone had a happy and great Christmas season and we wish everyone all the best for 2024.

Lyle Ball  
Secretary

If anyone is interested in joining the Sports Committee, please contact either Jamie Dixon (chairperson), George Spilak (membership), or any Sports Committee member.

OCNVA Colour Party

# Horse Races

Saturday, 1:15 pm post time

Sat Jan 13<sup>th</sup> – Sat March 30<sup>th</sup>

No races on January 20 due to Winter's Games Day

No races on March 9 due to Cornhole Tournament



All Proceeds go to the OCNVA The Woodstock Navy Club

# Colour Party

It has been a busy couple of months, the Colour Party marched in 3 Remembrance Day services, followed by a Navy Vets hockey game and the Santa Claus parade. We have been marching in the Santa Claus parade for over 30 years. We would like to thank the Royal Canadian Sea Cadet Corps Woodstock.

We are proud to announce that we have a new member to the Colour Party, we welcome Jason Beintema who will be a great asset to the Colour Party. We are looking forward to what the new year brings us.

The Colour Party would like to thank the Sports Committee for cooking our Christmas dinner on November 25<sup>th</sup>, it was outstanding.

We would like to wish everyone a happy new year. And looking forward to seeing everyone in the new year.

Mary Couch  
Bob Brown

Welcome new  
Colour party member  
Jason Beintema



Canada



# **Private Bookings of the Club**

## **Members ONLY**

O.C.N.V.A. members must fill out a "Special Occasion Request for Use of Facilities" form describing the event. The forms are available from the office or a bartender on duty.

You must pay a set donation for the use of the club, payable at the time of booking.

**Effective September 1st, 2023.** (Rentals already booked will be at the old rate except for the bartender cost)



Fees will Apply.

A **Club Member's function** (birthday party, anniversary party, retirement party, baby shower etc.) will be **\$100.00**

A **Club member renting for a Non-Member**, the rental rate is **\$150.00** for the event.

For a "**Full Function Rental**" (i.e. a wedding) the rental rate is **\$300.00** and if the Friday night is needed to be used for decorating in advance, there will be an additional \$50.00 added to the "Full Function Rental" rate.

**Custodial Wages:** Galley, Club rooms, and utilized areas **MUST** be cleaned properly after your event plus **ALL** tables & chairs are to be returned to their original locations. Failure to do so will result in a \$100.00 custodial charge.

SUNDAY RENTALS.... if the rental is on a Sunday, a bartender is mandatory to be present for the entire event. The bartender rate will be \$20.00 per hour and invoiced to the member, do not pay the bartender cash.

*REMINDER: we are a private club, and as such all members are permitted into the club during a private function. Excluding Sundays*

**If it is approved, as an O.C.N.V.A. Member, you MUST BE IN ATTENDANCE for the duration (start time to finish) and assume responsibility for all guests.**

- No outside Caterers allowed.
- Food order from the galley – a 50% \$ deposit is required at the time of booking,
- **Entertainment:** You are financially responsible for any entertainment you wish to hire.
- Any person under suspension from Club privileges **MAY NOT** enter the premises or be signed in as a guest for special occasions.
  - Decorations are permitted – **ABSOLUTELY NO CONFETTI, RICE OR POPCORN OR SPARKLED DECORATIONS THAT MAY RESULT IN EXTRA CLEANING, OF ANY KIND.**
  - Failure to remove **ALL** of your decorations will result in a \$100.00
    - clean up fee.

*No political, social causes or advertisement signage allowed on the grounds or in the OCNVA*





## Baked Acorn Squash

- 1 acorn squash
- 2 Tbsp butter
- $\frac{1}{4}$  cup of brown sugar
- Pinch of salt



Preheat the oven to 350°

Wash the acorn squash. Split in half and scoop out the insides.

Before filling, score lightly with a paring knife.

Put  $\frac{1}{2}$  the butter, and brown sugar in each of the two squash halves.

Sprinkle with a pinch of salt.

Place in baking pan.

Put  $\frac{1}{2}$  inch of water in the bottom of the pan.

Bake for 45-60 minutes or until soft. Serve hot.





# OVEN-ROASTED VEGETABLES

1 lb Brussel sprouts, halved  
2 carrots, peeled and sliced  
2 cups broccoli florets  
2 tablespoons olive oil  
¼ tsp black pepper  
¼ tsp Italian seasoning

1 med red onion cut into 1-inch pieces  
2 bell peppers, cut into 1-inch pieces  
2 med potatoes cut into 1-inch pieces  
1 tablespoon balsamic vinegar  
½ tsp salt



Note **Customize the veggies:** Use this recipe with any combination of vegetables that you want. Make sure to cut them in similar sizes (about 1 inch). You also want to pick veggies with a similar cook time so that they cook evenly



Preheat the oven to 400F.

Wash the veggies, remove any seeds, and chop them up into similar-sized pieces (1-inch pieces)

In a large mixing bowl, add all the vegetables. Drizzle with olive oil and vinegar and season with salt, pepper, and Italian seasoning. Toss to combine with a spatula until evenly coated. Arrange the vegetables in a single layer on a large sheet pan. Roast for 40 minutes until tender. Serve warm



Prep.



Season



Bake

*Lettuce be Happy*

Below is a list of the executive with email addresses if you need to get a hold of any of these executives.

## Executive email addresses

President	Karen Sutherland	<a href="mailto:president@ocnva.ca">president@ocnva.ca</a>
	-Any issues or inquiries about the club.	
Secretary	Marilyn McNeil	<a href="mailto:secretary@ocnva.ca">secretary@ocnva.ca</a>
	-correspondence	
Publicity	Sandra Lightbody	<a href="mailto:publicity@ocnva.ca">publicity@ocnva.ca</a>
	-publicity, email addresses	
Entertainment	George Spilak	<a href="mailto:entertainment@ocnva.ca">entertainment@ocnva.ca</a>
	-entertainment bookings and correspondence	
Membership	Dick Henshall	<a href="mailto:membership@ocnva.ca">membership@ocnva.ca</a>
	-Membership-related issues	
House	Peter Keith	<a href="mailto:house@ocnva.ca">house@ocnva.ca</a>
Treasurer	Lyle Ball	<a href="mailto:treasurer@ocnva.ca">treasurer@ocnva.ca</a>

*To the memory of those stout hearts, our shipmates and messmates who have not returned and will not be returning from the dark waters. Somewhere in those unlit depths today they lie, a torn steel hull their sepulcher, an ocean floor their abbey.*



*One remembers them not alone for the gallantry of their sacrifice, but too because somehow one's own life seems the richer for having known their friendship.*



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