

**Legion** 

## **Royal Canadian Legion Branch 445**

**345 Lansdowne St.  
Callander ON P0H1H0  
Office: 705-752-3773  
Lounge: 705-752-1322  
[www.callanderlegion.ca](http://www.callanderlegion.ca)**



**April 2014**

## Branch 445 Executive - 2013/2014

<b>BRANCH EXECUTIVE</b>		
President	Glenn Bennett	705-752-5923
Past President	Larrie Coulson	705-840-2325
First Vice	Don MacDonald	705-497-3103
Second Vice	Ron Van Tassell	705-497-1102
Third Vice	Caven Ford	705-752-2951
Treasurer	Kathy Landon	705-752-5365
Secretary	Helen Turgeon	705-752-2624
<b>ELECTED &amp; APPOINTED EXECUTIVE COMMITTEE</b>		
Membership	Emma Bennett	705-752-5923
Sgt. at Arms	Steve Larocque	705-776-1625
Poppy Chair	Irene Lewis	705-776-2214
Public Relations Officer	Leslie Cerisano	705-752-0739
Bar	Jim Landon	705-752-5365
House and Property	Jim Landon	705-752-5365
Banquets	Helen Lariviere	705-472-4688
Liaison Officer	Don Bickerton	705-752-2204
Bylaws, Honors and Awards	Don MacDonald	705-497-3103
Seniors	Jack Else	705-752-2351
Pipe Major	Lloyd Stamp	705-752-3663
Nevada / Lottery	Janice Daniher	705-752-4673
Sick and Visiting	Tony Gagliardi	705-752-2867
Padre	TBA	
Sports	Larrie Coulson	705-840-2325
Service Officer	Ron Van Tassell	705-497-1102
Audit Committee	TBA	
Bulletin	Caven Ford	705-752-2951
Youth and Education	Ron Van Tassell	705-497-1102
1st. Callander Scouting Rep	Caven Ford	705-752-2951
<b>LADIES AUXILIARY EXECUTIVE</b>		
President	Helene Lariviere	705-472-4688
Past President	Irene Lewis	705-776-2214
First Vice	Laura Ranger	705-476-6974
Second Vice	Irene Lewis	705-776-2214
Recording Secretary	Helen Turgeon	705-752-2624
Treasurer	Helen Deforge	705-776-7667
Sgt. at Arms	TBA	

## **PRESIDENT'S REPORT**

Comrades,

I am writing this report on the first day of spring and it has snowed all day. I am tired of winter; let the sun shine, let the seniors and snow birds come back out to the branch, come on summer!

I would like to say a special thank you to all the volunteers that help get us through the winter months, all the functions they helped out at and for the help with painting the main hall in the branch.

I attended the Zone council meeting in Kearney on behalf to the branch and listening to the different branches give their reports, they face the same issues as our branch: lots of ideas and not enough people to get things done. The ones that complain things aren't getting done right or getting done at all are the one's that don't volunteer when help is needed. We will keep working with the executive and the great group of volunteers that do help to make our branch successful.

There are still lots of things needed at the branch. If you have any ideas for a fund-raiser come out to one of our General meetings and let us know, and together we can see if we can make it happen.

Yours in Comradeship,  
Glenn Bennett, Branch President

## **1st VICE PRESIDENT'S REPORT**

Comrades,

The election process is once again at hand. At the General Meeting on April 3, 2014 we will conduct nominations. At the general meeting on May 01, 2014 we will be holding the final nominations, elections and installations. Comrades, I not only urge everyone to participate in this election process but advise you to use your vote wisely to ensure we continue in the present direction we now enjoy. Remember Comrades, this is indeed not a popularity contest and you hold in your hands the power to decide in which direction this Branch of ours goes.

Comrades, I ask you to look around and see the changes that have been made. There have been many and this great Branch of ours is finally in the black. Yes Comrades, we are at present doing well. This is due to great leadership and a happy membership with everyone working together as a team. From those who have made donations to those who donate their valuable time. This, Comrades, is why I am proud to be a member of Branch 445 of the Royal Canadian Legion.

Yours in Comradeship,  
Don Mac Donald, 1st Vice President

## **SERVICE OFFICER**

If any Veterans and/or dependents are in need of assistance please contact:  
Ron Van Tassell at 705-497-1102.

Remember Veterans, you do not have to be a Legion member in order to receive assistance.

Yours in Comradeship,  
Ron Van Tassell

## **BRANCH 445 WEBSITE**

Comrades,

The website now has a new option to provide your email address and receive the Bulletin by email each month. A great way to do a small bit to help the Legion save money on postage and copying. If you are looking for something to do some night, take a look at the Links page for sqorch.com which lists local events and such.

Yours in Comradeship  
Caven Ford, Webmaster

## **PHONE COMMITTEE**

Comrades, I am trying to form a phoning committee to contact all members with a few questions we would like answered. As with most endeavours, many hands make light work and if I can gather 10 Comrades willing to make a few phone calls we can manage this endeavour in a couple of hours. If you are interested in helping out, please contact myself at 705-752-0739 or call the branch at 705-752-3773.

Yours in Comradeship  
Leslie Cerisano, Public Relations Officer

## **HOUSE AND PROPERTY**

If there are any handy men and ladies interested in helping out at your Legion, please call Jim Landon at 705-752-5365 or John Pearce at 705-752-2297 to assist in keeping the branch in good shape. Some items currently in need are painting, small repairs, repairs to the stage. Painting of the Main Hall is due to commence soon.

Yours in Comradeship,  
Jim Landon and John Pearce. House and Property

## **NEVADA SALES**

Your Branch is looking for Comrades to volunteer to sell Nevada Tickets at various functions in the near future. If you are interested in helping out, please contact me at 705-752-4673 or call the branch at 705-752-3773.

Yours in Comradeship  
Janice Daniher, Nevada / Lottery Chair

### **Branch Bar Hours**

Monday thru Thursday: 11 am - 9 pm

Friday: 11 am - 11 pm

Saturday: noon - 9 pm

Sunday: Noon - 6 pm

Phone: 705-752-1322

Don't forget that our deck is also licensed!

## **SICK AND VISITING**

Comrade Richard Rhindress had a knee replacement, Comrades Bill Sexsmith and Andy Garneau have passed away, Comrade Emma Bennett's sister is recuperating from a car accident and her mom is going in for surgery next week, Comrade Brent Coleman is home but not doing well, Comrade Mike McAnulty is undergoing chemo treatments, Comrade Gary De Haas is at home recuperating, Comrade Larrie Coulson has had 2nd eye surgery, slow recovery, Comrade Glen Butcher is going for physiotherapy-not doing well, Comrade Don Bickerton recuperating at home, Comrade Helen Turgeon doing well. Visited Nipissing Manor and talked to Comrade Rolly Corriveau.

If there is anyone you know that is sick, please call me to let me know at 705-752-2867.

Yours in Comradeship,  
Tony Gagliardi, Sick and Visiting Chair

## **BANQUETS AND FUNCTIONS**

We had a very busy February & March but we are not complaining because it is all worthwhile and the end result is to achieve a common goal for the betterment of the Branch. None of this would be possible if not for the dedication of all the volunteers who doesn't think twice for enduring all those long hours of commitment because experience tells you what to do - confidence allows you to do it.....

UPCOMING EVENTS for the month of April & May

April 5th - Public Speaking

April 12th - District Convention

April 12th - Council Meeting - Seniors Room

April 18 - Good Friday - CLOSED (NO Dine-In)

April 19 - Bridal Shower - Seniors Room

April 26 - Wing Night & Dance

May 10 - Northern Darts League Banquet

May 17 - Birthday Party - Main Hall

Yours in Comradeship,  
Helene Lariviere and Brian Villeneuve, Banquet Co-ordinators

## **HONOURS AND AWARDS**

The Honours and Awards Committee have begun their meetings and are working hard putting together this year's award ceremonies. At this time we are working on arrangements for invitations, banquet tickets, seating arrangements and many more areas requiring our attention to bring these ceremonies to a successful completion. Awards which will be issued are Certificates of Appreciation, Certificates of Merit, Branch Service Medals, Past Officer's Medals and Bars, Year Pins, Legionnaire of the Year and Life Memberships. Please plan to be in attendance as we honour these Comrades who have dedicated themselves to the very success our Branch now enjoys.

Comrades, this year's Honours and Awards Ceremonies are to be held Saturday June 7, 2014. We will have a list of pin recipients once again in our next bulletin. There is also a list of these recipients in the Member's Lounge.

Yours in Comradeship,  
Don Mac Donald, Honours and Awards Chair

# April 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Fiddlers 7pm Pool 1:30pm Cribbage 7pm	<b>2</b> O/55 Darts O/55 Cards	<b>3</b> Legion General Meeting 7:00pm	<b>4</b> Yoga 9:30am O/55 Shuffleboard Roast Chicken Back in Tyme Fun Darts	<b>5</b> Area Public Speaking
<b>6</b>	<b>7</b> Exercise Class 10am O/55 Cards L.A. General Meeting 7:30pm N.D.L.	<b>8</b> O/55 Executive Meeting 10am Pool 1:30pm Cribbage 7pm	<b>9</b> O/55 Darts O/55 Cards	<b>10</b> O/55 Pot Luck 5:30pm Scouting Meeting 7pm Seniors Room	<b>11</b> Yoga 9:30am O/55 Shuffleboard District Convention - 3pm Seniors Room Pork Schnitzel The Legends Fun Darts	<b>12</b> District Convention
<b>13</b>	<b>14</b> Exercise Class 10am O/55 Cards N.D.L.	<b>15</b> Pool 1:30pm Cribbage 7pm	<b>16</b> O/55 Darts O/55 Cards VON Foot Clinic-Seniors Room	<b>17</b> Legion Executive Meeting 7:00 pm	<b>18</b> Good Friday - Closed	<b>19</b> Bridal Shower - Seniors Room
<b>20</b> Easter Sunday	<b>21</b> Exercise Class 10am O/55 Cards N.D.L.	<b>22</b> Pool 1:30pm Cribbage 7pm	<b>23</b> O/55 Darts O/55 Cards	<b>24</b>	<b>25</b> Yoga 9:30am O/55 Shuffleboard Roast Beef Bill Vrebosch Fun Darts	<b>26</b> Spring Fling Wing Night and Dance with The Legends
<b>27</b>	<b>28</b> Exercise Class 10am O/55 Cards N.D.L.	<b>29</b> Pool 1:30pm Cribbage 7pm	<b>30</b> O/55 Darts O/55 Cards			

# May 2014

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1	2	3
				Legion General Meeting 7:00pm	Yoga 9:30am O/55 Shuffleboard Roast Chicken Back in Tyme Fun Darts	Wedding Reception
4	5	6	7	8	9	10
N.D.L. Annuals	Exercise Class 10am O/55 Cards L.A. General Meeting 7:30pm N.D.L.	Fiddlers 7pm O/55 Executive Meeting 10am Pool 1:30pm Cribbage 7pm	O/55 Darts O/55 Cards	O/55 Pot Luck 5:30 pm Scouting Meeting 7pm Seniors Room	Yoga 9:30am O/55 Shuffleboard Pork Schnitzel Ramblin Fever Fun Darts	N.D.L. Banquet
11	12	13	14	15	16	17
	Exercise Class 10am O/55 Cards N.D.L.	Pool 1:30pm Cribbage 7pm	O/55 Darts O/55 Cards	Legion Executive Meeting 7:00 pm	Yoga 9:30am O/55 Shuffleboard Roast Beef Back in Tyme Fun Darts	Amanda Bush Birthday Party
18	19	20	21	22	23	24
	Exercise Class 10am O/55 Cards N.D.L.	Pool 1:30pm Cribbage 7pm	O/55 Darts O/55 Cards VON Foot Clinic-Seniors Room		Yoga 9:30am O/55 Shuffleboard T.B.A. Bill Vrebosch Fun Darts	
25	26	27	28	29	30	31
	Exercise Class 10am O/55 Cards N.D.L.	Pool 1:30pm Cribbage 7pm	O/55 Darts O/55 Cards		Yoga 9:30am O/55 Shuffleboard T.B.A. The Legends Fun Darts	

## **LESLIE'S HEALTHY EATING CORNER**

### **BREAKFAST - SPINACH AND CHEDDAR FRITTATA** - Serves 4

4 large eggs  
2 large egg whites  
1 cup fresh baby spinach leaves chopped  
2 tbsp. finely chopped onions  
1/4 tsp. table salt  
1/4 tsp. black pepper  
1 spray cooking spray  
1/2 cup shredded fat-free Cheddar cheese.

- \* Preheat oven to 400 degrees
- \* In a large bowl, beat together eggs and egg whites; stir in spinach, onions, salt and pepper.
- \* Coat a 12 inch ovenproof non-stick skillet with cooking spray; heat skillet over medium heat. Pour egg mixture into skillet and cook until partially set, about 5 minutes.
- \* Sprinkle cheese over eggs. Place skillet in oven and bake until cheese softens and eggs firm up, about 5 minutes. Remove from oven and let stand 1 minute before cutting frittata into 8 wedges.

### **LUNCH - EASY CRAB CAKES** - Serves 4

1/2 cup mayonnaise  
1 large egg, beaten  
1 tablespoon Dijon mustard  
1 tablespoon Worcestershire sauce  
1/2 teaspoon hot sauce  
1 pound jumbo lump crab meat  
20 saltine crackers, finely crushed  
1/4 cup canola oil  
Lemon wedges for serving, optional

- \* In a small bowl, whisk the mayonnaise with the egg, mustard, Worcestershire sauce and hot sauce until smooth.
- \* In a medium bowl, lightly toss the crab meat with the cracker crumbs. Gently fold in the mayonnaise mixture. cover and refrigerate ..... for at least 1 hour.
- \* Scoop the crab mixture into eight 1/3 cup mounds; lightly pack into 8 patties, about 1.5 inches thick.
- \* In a large skillet, heat the oil until simmering. Add the crab cakes and cook over moderately high heat until deeply golden and heated through, about 3 minutes per side. Transfer the crab cakes to plates and serve with lemon wedges.

### **SUPPER - SUPER EASY SLOW COOKER THREE-BEAN CHILI** - serves 10 (for smaller amount cut all quantities in half)

1 large onion minced  
1 clove garlic, minced  
850g canned black beans, rinsed and drained  
850g canned kidney beans, rinsed and drained  
850g canned pinto beans, rinsed and drained  
850g canned diced tomatoes with chillies.  
450ml canned tomato sauce  
1 1/4oz. chili seasoning mix  
14oz frozen corn niblets  
1Tbsp fresh lime juice  
1/2 cup fresh minced cilantro

- \* Combine onion, garlic, beans, tomatoes, tomato sauce, and seasoning mix in a slow cooker. Cover and cook on high heat for 2 to 3 hours (or low heat for 4 to 6 hours). Add frozen corn during last hour of cooking. Stir in lime juice and cilantro just before serving.

Yours in Comradeship,  
Leslie Cerisano - PRO

## LADIES AUXILIARY

We had a busy two days with the Gord Evans Memorial Dart Tournament and Crib for Bucks but the end result was very profitable at approximately \$800.00, the product of hard work from all the Ladies Auxiliary members who volunteered for these two events. Thank You! It would not be possible without your help.

Our Ladies Auxiliary Zone Spring Convention will be held on **Sunday April 13, 2014** at the Royal Canadian Legion Branch 23 North Bay. Your attendance would be appreciated in order to make the convention a success, not only for your Zone Commander (yours truly) but also for the Hostess, Auxiliary Comrade Tish Corbeil, President.

Agenda: Registration - 10:00 to 11:00 am  
Sports Meeting - 11:00 am  
Refreshments (lunch) - Noon  
Meeting (start at) - 1:00 pm  
Parade - approximately 3:00 to 4:00 pm  
Banquet - 5:30 pm

Cost - \$25.00 which includes lunch

### Nominations and Elections:

Please take a moment to reflect, and let your name stand for a position on the Ladies Auxiliary Executive come nomination and election night at our General Meeting on **May 5, 2014**.

### Sports:

Three teams of 4 (12) are going to Elliot Lake on April 5, 2014 for team darts. Good luck to all and remember "Let me win but if I cannot win, let me be brave in the attempt".

Our next General Meeting will be held on **April 7, 2014**, please mark your calendar and plan to attend.

### HAPPY EASTER TO EACH AND ALL (CHOCOLATE IS A MUST)

Yours in Comradeship  
Helene Lariviere, Ladies Auxiliary President

✂ .....

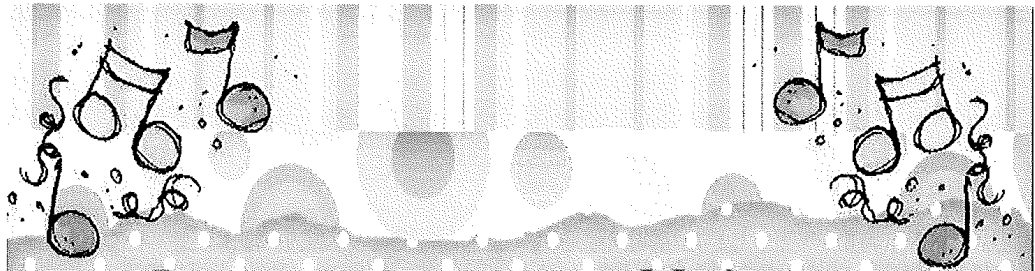
If you have not received anything in the mail or had a telephone call from the branch then we may not have your correct address and/or phone number. Please complete the following and mail to the Branch or, better still, stop in and drop it off at the bar.

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_



# Spring Fling

**Callander Legion**

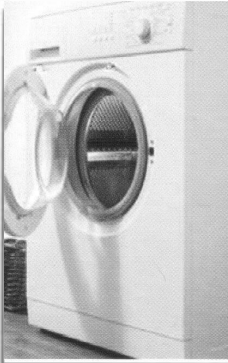
**Saturday April 26, 2014**

**7:00 p.m- 12:00 a.m.**

**Featuring: THE LEGENDS**

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 President

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