



Legion

**Royal Canadian Legion
Branch 445**

**345 Lansdowne St.
Callander ON P0H1H0
Office: 705-752-3773
Lounge: 705-752-1322
www.callanderlegion.ca**

**Merry
Christmas.**



Branch 445 Executive - 2013/2014

BRANCH EXECUTIVE		
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
ELECTED & APPOINTED EXECUTIVE COMMITTEE		
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 Gaqliardi	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
LADIES AUXILIARY EXECUTIVE		
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	

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: _____

PRESIDENT'S REPORT

Comrades,

Comrades, I would like to take this time to thank all the volunteers that made our Remembrance Day Service great again this year. From moving tables and chairs to cleaning up, to the countless hours the kitchen volunteers put in; thank you for a job well done!

I would also like to say a special thank you to the group that put on the Veterans Appreciation dinner, the organizers, the kitchen staff and the Master of Ceremonies. Thank you for making it a special day for the Veterans, believe me it did not go unnoticed. Many people were expressing their appreciation for the job well done and a wonderful meal served. Again thank you to all involved for the hard work you did to make the dinner so successful.

It is visibly evident when everybody works together at these sorts of functions and we see people taking on tasks that are unknown to them, we can really show our appreciation to the Veterans. That's what this was all about; serving the people who have served us and keeping the Legion running so they have an outlet to come socialize and feel welcome.

Now that we are heading into December its important to continue to remember these people and say "Merry Christmas" and in a months time "Happy New Year" when you are passing them in the legion or on the street. Come join in the Branch's events this holiday season, reminisce the old days with old friends and make a few new ones.

Yours in Comradeship,
Glenn Bennett, Branch President

LADIES AUXILIARY

Comrades,

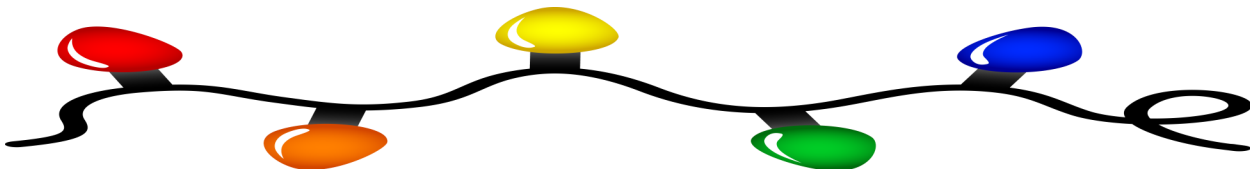
We would like to extend to all Auxiliary members and their families our sincere good wishes for a Merry Christmas and a Happy, Healthy and Prosperous New Year and to our fellow members that have lost loved ones and to those who suffer ill health, may God bless you and keep the spirit of Christmas with you always.

We, the Ladies Auxiliary, presented a cheque for \$100.00 to the Poppy Fund.

For the past 8 years I have been the Craft Show convener and this year it was very disappointing for the crafters. This was our 12th year and will be our last because when we first started there were over 50 crafters and this year we only had 12. The crafters have told me they have to charge enough because their craft supplies have become more expensive and they cannot compete with the Dollar Store, Walmart, Target etc. In the past it was a good fund raiser but this is 2013 and times have changed.

We also donated and prepared hot dogs and hot chocolate to the Scouting youth on Apple Day.

Yours in Comradeship,
Helene Lariviere, Ladies Auxiliary President



Stroke warning signs

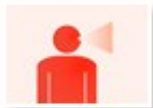
Stroke is a medical emergency. Recognizing and responding immediately to the signs of stroke by calling 9-1-1 or your local emergency number can significantly improve survival and recovery



Weakness - Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary.



Trouble speaking - Sudden difficulty speaking or understanding or sudden confusion, even if temporary.



Vision problems - Sudden trouble with vision, even if temporary.



Headache - Sudden severe and unusual headache.



Dizziness - Sudden loss of balance, especially with any of the above signs.

If you experience any of these symptoms, call 9-1-1 or your local emergency number immediately. If a person is diagnosed with a stroke caused by a blood clot, doctors can administer a clot-busting drug available only at a hospital, and only within a few crucial hours after symptoms begin.* That's why it is very important to be able to recognize the 5 warning signs of stroke and immediately call 9-1-1 or your local emergency number

* Health Canada has approved the clot-busting drug called tPA to be used within 3 hours from the time stroke symptoms begin. However, emerging science is now showing that tPA could be effective up to 4 ½ hours afterward. As a result, the Canadian Stroke Strategy has issued new Canadian Best Practices Recommendations for Stroke Care, which include this new treatment time. Still, it will be up to the attending emergency doctors to determine when tPA may be administered or if it is appropriate to the situation.

Honours and Awards

Comrades,

This year Honours and Awards is to be held on June 7, 2014. A list of year pin recipients is now posted in the Member's Lounge. Should anyone have a problem with this list, please contact me and I will ensure your pin is available at these ceremonies

Yours in Comradeship,
Don MacDonald - Honours and Awards Chairman

Honours and Awards – June 2014

Name	Number of years	Name	Number of years
Life:			
Alexander Peden	15		
Ordinary:			
Edward Capstick	10	William Langford	10
Douglas Lillico	10	Rowena Williams	10
Donald Bickerton	15	Pearl Bowes	15
Ronald Lawson	15	Roger Rousseau	15
Thomas Rowe	15	Robert R. Mitchell	20
Keith Ferguson	25	Tom Burt	30
Michael Dunn	35	Glen Butcher	40
Brian Canton	40	Joseph P. Dufresne	40
Dewey Haynes	40	Gerry Lafontaine	40
Betty Clark	45		
Associate:			
Jeff Dufresne	5	Kathryn Mayhew	5
Charles Mitchell	5	Stephen Sajatovic	5
Helen Turgeon	5	John Anglehart	10
Lorrain Aspinall	10	Isobel Barry	15
Francis Lloyd	15	Virginia Onley	15
Germaine Park	15	Andrew Couroux	20
Donal MacDonald Jr.	20	Joyce Peever	20
Carolyn Wraight	20	Edward Wraight	20
Joyce Cameron	25	Virginia Forbes	25
Marlene Gardiner	25	Charles Ranger	25
Kent Read	25	Ralph Shutz	25
Diane Warbrick	25	W. N. Evans	30
Marcel Levesque	35	Barry Mills	35
I. Stone	35	Lyle Lacharity	40
T. M. McAnulty	40	Tim Mitchell	40
AFFV:			
Jacques Boutin	5	Germain Lacoursiere	5
Eric Dudson	10	Kathleen Dudson	10
Peggy-Ann Purser	10	Terry Whittaker	10
Barry Rice	15		



BRANCH 445 WEBSITE

Comrades,

Some pictures from the Remembrance Day Ceremonies are posted on the Website now. Quality is not the best given the extremes of weather on the day of.

Watch the website in the new year for 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.

Yours in Comradeship
Caven Ford, Webmaster

SICK AND VISITING

With great regrets we have lost some veterans. Frank Aulbrook and Bert Parker passed away recently. Aline Truchon passed away after a lengthy illness. There are quite a few at home recuperating. Mike Mcanulty and Linda Westway are recuperating well. Emma Bennett's mother is receiving chemotherapy again, we wish her all the best. Chrissie Baxter has had back surgery and is home recuperating and we wish her the best as well.

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

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 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. House and Property Chair

SERVICE OFFICER

If any Veterans and/or dependents are in need of assistance please contact:

Ron Van Tassell at 497-1102.

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

Yours in Comradeship,
Ron Van Tassell

LADIES AUXILIARY

Membership:

Get your membership renewed before December 31 (\$15.00 to all members) for a chance to be in the Early Bird Draw. Also, please remember, your dues have to be paid on or before the end of this year in order to be able to be able to participate in all Sports Events.

Sports:

Emma Bennett (Singles Darts) and Irene Lewis and Marion Smith (Doubles Darts) will be advancing to Provincial Darts. Congratulations and keep up the good darts spirits.

Upcoming Events:

December 7 - Interbranch Darts

December 14 - Ladies Auxiliary Christmas Dinner

December 8 - Member's children's Christmas Party

December 15 - Northern Darts Semi-finals

Please mark your calendar - Our next General Meeting will be December 2, 2013.

Yours in Comradeship,
Helene Lariviere, Ladies Auxiliary President

BANQUET REPORT

Comrades,

We would like to extend to all our Branch Members and their families our sincere good wishes for a Merry Christmas and a Happy, Healthy and Prosperous New Year. To our fellow members who have lost loved ones and those that suffer poor health, may God bless you and keep the spirit of Christmas in you always.

As 2013 comes to an end, please accept our gratitude for the dedication of all the branch volunteers who have donated so much of themselves for the betterment of the Branch. Thank You!

Some upcoming events to keep in mind in December:

December 4 - Scott Woods Show

December 11 - Jim Moore Christmas Dinner

December 12 - Over 55 Club Christmas Dinner

Yours in Comradeship,
Helene Lariviere and Brian Villeneuve - Banquet Coordinators

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!

December 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Exercise Class 10am O/55 Cards L.A. General Meeting Flu Clinic - Main Hall 12pm to 4pm N.D.L.	3 Fiddlers 7pm Pool 1:30pm Cribbage 7pm	4 O/55 Darts cancelled O/55 Cards Scott Woods Show	5 Legion General Meeting 7:00pm	6 Yoga 9:30am O/55 Shuffleboard Roast Chicken Back in Tyme Fun Darts	7 Inter Branch Darts
8 Children's Christmas Party - Main Hall	9 Exercise Class 10am O/55 Cards N.D.L.	10 O/55 Executive Mtg Pool 1:30pm Cribbage 7pm	11 O/55 Darts cancelled O/55 Cards Jim Moore Turkey Dinner	12 O/55 Christmas Party 5:30pm Scouting Meeting 7pm Seniors Room	13 Yoga 9:30am O/55 Shuffleboard Pork Schnitzel Rebecca Fun Darts	14 Ladies Auxiliary Christmas Party
15 N.D.L. Semi Annuals	16 Exercise Class 10am O/55 Cards N.D.L. - Ham Shoot	17 Pool 1:30pm Cribbage 7pm	18 O/55 Darts O/55 Cards VON Foot Clinic- Seniors Room	19 Legion Executive Meeting 7:00 pm	20 Yoga 9:30am O/55 Shuffleboard Roast Turkey Back in Tyme Fun Darts	21
22	23 Exercise Class 10am O/55 Cards N.D.L.	24 Pool 1:30pm Cribbage 7pm	25 Legion Closed	26 Legion Closed	27 Yoga 9:30am O/55 Shuffleboard Fish and Chips Bill Vrabosch Fun Darts	28 Wedding Reception Hall Rental
29	30 Exercise Class 10am O/55 Cards N.D.L.	31 Pool 1:30pm New Years Dance				

January 2014

Sun **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

29	30 Exercise Class 10am O/55 Cards N.D.L.	31 Pool 1:30pm New Years Dance	1 New Years Levee	2 Legion General Meeting 7:00pm	3 Yoga 9:30am O/55 Shuffleboard Roast Chicken Degagne Brothers Fun Darts	4
5	6 Exercise Class 10am O/55 Cards L.A. General Meeting 7:30pm N.D.L.	7 O/55 Executive Meeting 10am Pool 1:30pm Cribbage 7pm Fiddlers 7pm	8 O/55 Darts O/55 Cards	9 O/55 Pot Luck 12noon Scouting Meeting 7pm Seniors Room	10 Yoga 9:30am O/55 Shuffleboard Pork Schnitzel Back in Tyme Fun Darts	11 Susan Seguin 60th Birthday Party Main Hall
12	13 Exercise Class 10am O/55 Cards N.D.L.	14 Pool 1:30pm Cribbage 7pm	15 O/55 Darts O/55 Cards VON Foot Clinic- Seniors Room	16 Legion Executive Meeting 7pm	17 Yoga 9:30am O/55 Shuffleboard Roast Beef Bill Vrebosch Fun Darts	18 Zone H2 Darts LA
19	20 Exercise Class 10am O/55 Cards N.D.L.	21 Pool 1:30pm Cribbage 7pm	22 O/55 Darts O/55 Cards	23	24 Yoga 9:30am O/55 Shuffleboard Ham and Beans Back in Tyme Fun Darts	25 Interbranch Darts
26	27 Exercise Class 10am O/55 Cards N.D.L.	28 Pool 1:30pm Cribbage 7pm	29 O/55 Darts O/55 Cards	30	31 Yoga 9:30am O/55 Shuffleboard Fish and Chips The Legends Fun Darts	1

LESLIE'S HEALTHY EATING CORNER

BREAKFAST - MUSHROOMS & CHEESE BAKED EGGS - Serves Four

- * 2 cups mushrooms sliced
- * 4 tsp. legal margarine
- * 1/2 tsp. lemon juice
- * 1/4 cup plain non-fat yogurt
- * 8 eggs
- * 1 green onion, finely chopped
- * 1/2 cup Swiss cheese, shredded

Preheat oven to 350 degrees.

Sauté mushrooms with margarine and lemon juice for 3 to 4 minutes.

Meanwhile, divide yogurt equally into 4 large custard cups

Crack 2 eggs into each dish

Top with drained mushrooms and sprinkle with green onion and cheese

Cover each custard cup with foil

Bake for 15 to 20 minutes or until yolks reach desired doneness.

LUNCH - HONEY DIJON PITA POCKET - Serves four

- * 1/2 cup fat-free Honey Dijon dressing divided
- * 4 regular whole wheat pitas, halved
- * 1 cup spinach leaves, washed and dried well
- * 8 slices 1% processed cheese
- * 1/4 cup red onion, diced
- * 1/2 cup tomato, chopped
- * 10 oz. turkey, cooked

Spread 2 tsp. of dressing inside each pita half.

Line each pita half with spinach leaves and 1 cheese slice

Fill each pita with equal amounts of red onion, tomato and turkey

Drizzle remaining dressing evenly over top of each pita

DINNER - CABBAGE ROLL CASSEROLE - Serves four

- * 16 oz lean ground beef
- * 1/2 cup onion chopped, black pepper, and oregano]
- * 1 garlic clove, minced
- * 1 cup Healthy Choice pasta sauce
- * 3/4 cup water
- * 1/2 cup rice
- * 3 cups cabbage coarsely chopped

Preheat oven to 325

Brown ground beef in a large skillet over medium-high heat

Drain off any fat

Add onion and seasonings

Cook until onion is transparent

Stir in pasta sauce, water and rice

Put cabbage in a casserole dish

Pour meat mixture over cabbage

Cover and bake for 1-1/2 hours

Yours in Comradeship,
Leslie Cerisano - PRO



**Joint Children's Christmas Party
December 8, 2013
1:00pm to 3:00pm**

Santa will arrive at 2:00pm

Open to Legion Members and Ladies Auxiliary Member's children, grand children and great grand children aged 10 years or under only.

Sign Up Sheet on L.A. Bulletin Board

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HAPPY NEW YEAR



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8:00 p.m.-1:00 a.m.

Hot & Cold Buffet

Served @ 11:00 p.m.

Tickets available at the Bar





Ladies Auxiliary Christmas Dinner
Saturday December 14, 2013

**Meet and Greet 5:00pm to 6:00pm
Dinner at 6:00pm**

Sign Up Sheet on the L.A. Bulletin Board

**R.S.V.P by December 2 (Helene @ 705-472-4688)
Transportation also Available**

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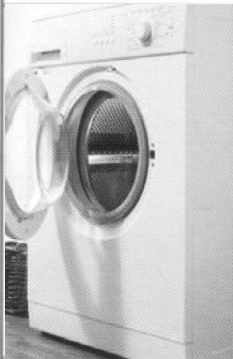
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vic.fedeli@pc.ola.org

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