

Legion 

Royal Canadian Legion Branch 445

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



February 2014

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,

It seems like winter should be over. Lots of cold weather, lots of snow, but your branch keeps the doors open. I would love to see more comrades at our dine ins and our Friday night entertainment in our members lounge. Come on out and help us make the winter blues a little easier to get through.

Remember the fishing derby coming up on family day weekend, and please try to bring a friend to some of these events. Also as members please remember the first Thursday of every month is our general meeting. Come join us and if you have new ideas that you would like to see happen, come out and tell us about them, or just join us at the meeting so you can hear more about what's going on at your branch.

Also remember the people working are all volunteers so tell them thanks because they sure do a great job for their branch and we understand that some of our members are getting older and can't get out as much any more to volunteer. Just come and visit, but we would like to see you if at all possible. Life is too short, don't put it off until tomorrow for what you want to do today because tomorrow never comes. Come join your friends and have some fun.

Yours in Comradeship,
Glenn Bennett, Branch President

Ladies Auxiliary

Comrades, due to illness, my January Bulletin report was delayed, sorry!

The Children's Christmas party was a huge success. Firstly, I would like to thank Kim Cameron, Leslie Cerisano and Diane Bellaire for involving the attention of the children in the popular game of a "Minute to Win it" which was a blast to watch all those who participated. Secondly, I would like to thank Richard Rhindress, Joe Pigeon, Olive Kuehl, Helen Turgeon and myself for serving hot dogs, hot chocolate and cookies to approximately 40 children plus all the adults. Thirdly, all the anticipation and expectation of all the children were dissipated with the appearance of Santa Clause, the rest was history (portrayed by our beloved president Glenn Bennett). Thank you to Santa's helpers Leslie Cerisano and Emma Bennett patiently waiting the end result of distributing all those gifts and thank you to all those that helped clean up afterward. To all a big Thank You because children make us all believe in Christmas.

Please accept our sincere appreciation and Thank You for all the hard work you all put in to make this year's Ladies Auxiliary Christmas party a success. Thank you to Ron Amyott, Brian Villeneuve for their dedication and all the volunteers who helped prepare and serve such a sumptuous dinner. Thank you to our very popular Santa, Glenn Bennett who is in high demand this time of year. Thank you to Kathy Clark (Laura's sister) our pianist for entertaining us with Christmas carols, rendition of war songs, fifties and sixties songs. Does that tell us something? Thank you to our Liaison Officer Don Bickerton and his lovely wife Sheila for their generous donation of the wine we enjoyed with dinner. Thank you to Laura Ranger for the Left and Right Game, played every year, which is a hoot. Lastly but not least, a donation cheque for \$2,000.00 was presented to our Branch President, Comrade Glenn Bennett.

Yours in Comradeship,
Helene Lariviere, Ladies Auxiliary President

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

SICK AND VISITING

We have quite a few members that are at home recuperating. Brent Coleman who is having a hard time walking, Joanne Parr is doing well, Helen Turgeon who got her cast off and has a walking boot and is coming along. Mike McNulty is not doing well and Ken Hamilton is not doing well either. I was supposed to be doing my visit to Nipissing Manor but it got cancelled due to a spreading respiratory virus.

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 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

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

Phone: 705-752-1322

Branch Bar Hours

Monday thru Thursday: 11 am - 9 pm

Friday: 11 am - 11 pm

Saturday: noon - 9 pm

Sunday: Noon - 6 pm

Don't forget that our deck is also licensed!

Callander Legion presents 21st Annual

ICE FISHING DERBY



Saturday February 15, 2014 Everybody Welcome

1st PRIZE :

Ticket
Draw
Prizes

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+ MANY MORE PRIZES

NOTE:

Draw Prizes are
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PRIZES FOR LENGTH ONLY -1st, 2nd, 3rd for PIKE * PICKEREL * PERCH

Adults: \$10, Under 12: \$5
OR DRAW PRIZES ONLY \$5
\$25 FOR A FAMILY OF 4
(MAXIMUM 2 ADULTS)



REGISTRATION INCLUDES SPAGHETTI
SUPPER



SPAGHETTI SUPPER



Participants must return to Legion by 6:00
p.m.

February 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Mixed Darts Tournament
2 Sunday Breakfast 9am to 12:30pm Baby Shower - Senior's Room	3 Exercise Class 10am O/55 Cards L.A. General Meeting 7:30pm N.D.L.	4 Fiddlers 7pm Pool 1:30pm Cribbage 7pm	5 O/55 Darts O/55 Cards	6 Legion General Meeting 7:00pm	7 Yoga 9:30am O/55 Shuffleboard Roast Chicken Bill Vrebosch Fun Darts	8 Gord Evans Memorial Dart Tournament
9 Crib for Bucks	10 Exercise Class 10am O/55 Cards N.D.L.	11 O/55 Executive Meet- ing 10am Pool 1:30pm Cribbage 7pm	12 O/55 Darts O/55 Cards VON Foot Clinic- Seniors Room	13 O/55 Pot Luck - 12noon Scouting Meeting 7pm Seniors Room	14 Yoga 9:30am O/55 Shuffleboard Pork Schnitzel Back in Tyme Fun Darts	15 Callander Legion Annual Fish Derby
16 Senior's Room Booked	17 Exercise Class 10am O/55 Cards N.D.L.	18 Pool 1:30pm Cribbage 7pm Cubs Skating 6:30pm - 8:30pm	19 O/55 Darts O/55 Cards Scouting Parent/ Youth Banquet	20 Legion Executive Meeting 7:00 pm	21 Yoga 9:30am O/55 Shuffleboard Roast Beef Ramblin Fever Fun Darts	22 Birthday Party - Main Hall Baby Shower - Senior's Room
23	24 Exercise Class 10am O/55 Cards N.D.L.	25 Pool 1:30pm Cribbage 7pm	26 O/55 Darts O/55 Cards	27	28 Yoga 9:30am O/55 Shuffleboard Swiss Steak Back in Tyme Fun Darts	

March 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Exercise Class 10am O/55 Cards L.A. General Meeting 7:30pm N.D.L.	4 Fiddlers 7pm Pool 1:30pm Cribbage 7pm	5 O/55 Darts O/55 Cards	6 Legion General Meeting 7:00pm	7 Yoga 9:30am O/55 Shuffleboard Roast Chicken Legends Fun Darts	1 Wedding Reception 8
9	10 Exercise Class 10am O/55 Cards N.D.L.	11 O/55 Executive Meeting 10am Pool 1:30pm Cribbage 7pm	12 O/55 Darts O/55 Cards	13 O/55 Pot Luck - 12noon Scouting Meeting 7pm Seniors Room	14 Yoga 9:30am O/55 Shuffleboard Pork Schnitzel Ramblin Fever Fun Darts	15
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23	24 Exercise Class 10am O/55 Cards N.D.L.	25 Pool 1:30pm Cribbage 7pm	26 O/55 Darts O/55 Cards	27	28 Yoga 9:30am O/55 Shuffleboard Meat Loaf Degagne Brothers Fun Darts	29
30	31 Exercise Class 10am O/55 Cards N.D.L.					

LESLIE'S HEALTHY EATING CORNER

Breakfast: RED PEPPER FRITTATA (serves two)

1 CUP CHOPPED RED PEPPER
1/2 CUP CHOPPED ONION
1 CUP EGG SUBSTITUTE (OR EGG)
1/4 CUP CHOPPED BASIL
BLACK PEPPER TO TASTE
OREGANO
2 SLICES PROCESSED CHEESE

Preheat oven to 350 degrees

Sauté red pepper and onion over medium-low heat for five minutes in a non-stick, oven-safe skillet. Remove pepper and onion and set aside.

Whisk egg substitute, basil, black pepper and oregano together in a bowl. Cook egg mixture in same skillet over medium-high heat for one minute. Add pepper and onion to egg. Layer with cheese. Place skillet on middle rack of oven and bake for 14 minutes, then broil for one or two minutes.

LUNCH: MINI DELUXE PIZZAS (serves 2)

5 OZ KEAN GROUND TURKEY
4 ENGLISH MUFFINS
2 CUPS HEALTHY CHOICE PASTA SAUCE
1/4 CUP CHOPPED ONION
1 CUP SLICED MUSHROOMS
1/2 CUP DICED GREEN PEPPERS
40 OZ.. SHREDDED MOZZARELLA CHEESE

Preheat oven to 375 degrees

Cook ground turkey in a medium-sized skillet over medium-high heat until brown and crumbly. Remove from skillet with a slotted spoon. drain and blot with paper towels to remove excess fat.

Halve English Muffins and arrange cut-side up on a baking sheet. Spread pasta sauce over English Muffins. Sprinkle with ground turkey. Arrange onion, mushrooms, and green pepper evenly over English Muffins. Top evenly with mozzarella cheese and bake for 10 minutes or until cheese is bubbly.

SUPPER: BREADED HAM N' SWISS CHICKEN ROLLS (serves 4)

4 BONELESS, SKINLESS CHICKEN BREASTS
4 SLICES OF PROCESSED SWISS CHEESE
2 SLICES OF FAT FREE DELI HAM
6 TBSP. BREAD CRUMBS
1 TSP. PAPRIKA
1/4 TSP. GARLIC POWDER
1/2 TSP. DRIED OREGANO AND BASIL
4 TSP. LIGHT MARGARINE

Preheat oven to 350 degrees

Pound each chicken breast to one quarter inch thickness or sometimes you can find the flatter chicken in the stores.

Cut Swiss cheese and deli ham into halves and layer on chicken. Roll and secure with toothpicks.

Mix bread crumbs, paprika, garlic powder, oregano and basil in a dish.

Melt margarine. Dip chicken rolls in margarine, then cover with bread crumb mixture. Place rolls seam-side down in a baking dish. bake for 25 minutes or until chicken is cooked through and golden brown.

Yours in Comradeship,
Leslie Cerisano - PRO

Ladies Auxiliary News

Comrades,

Our Meat Pie campaign exceeded all our expectations and we have to give credit where credit is due to our customers for supporting this worthy cause. Thank You!

Upcoming Events:

February 8 - Gord Evans Memorial Dart Tournament

February 9 - Crib for Bucks

The February Ladies Auxiliary General Meeting is Monday February 3, 2014. Your attendance would be appreciated.

Yours in Comradeship

Helene Lariviere, Ladies Auxiliary President

Banquet Report

Comrades,

We would like to extend our appreciation and thankfulness for all your volunteerism and dedication for a very busy December.

Upcoming Events:

February 15 - Fishing Derby - Main Hall

February 15 - Baby Shower - Seniors Room

February 16 - Brenda Jobin - Seniors Room

February 22 - Birthday Party - Main Hall

February 22 - Baby Shower - Seniors Room

Yours in Comradeship

Helene Lariviere and Brian Villeneuve, Banquet Coordinators

Sports Officer's Report

Gord Evans memorial Dart Tournament is on February 8, 2014 consisting of 4 person teams with the first 24 teams accepted. 15 have already signed up to play.

District Darts is on Saturday January 18, 2014 at the West Ferris Legion. # teams are going from Callander. Come out and cheer our teams on.

The annual Fishing Derby is Saturday February 5, 2014, Family Weekend means free fishing. Spaghetti Dinner and lots of prizes to be drawn with a power ice auger as the number 1 prize. Tickets are on sale at the bar and your ticket includes a chance at the first prize and the spaghetti dinner.

Yours in Comradeship

Larrie Coulson, Sports Officer

Dominion News

The following is a letter from Dominion President Gordon Moore regarding unfair practices involving disabled RCMP veterans:

The Royal Canadian Legion is concerned that in spite of the May 2012 landmark Federal Court decision which ruled that the offset of Pension Act disability benefits from Canadian Armed Forces (CAF) members Service Income Security Insurance Plan – Long Term Disability (SISIP LTD) Plan benefits was an unfair practice, the federal government continues to reduce the same benefits for disabled RCMP Veterans. I have raised this issue in November 2012 and in December 2013 to the Minister of Public Safety, and this unfair practice still continues.

Similar to the lawsuit launched by disabled CAF veterans, disabled RCMP members launched a class action lawsuit in 2008 challenging the Government's policy of reducing their Veteran's monthly Long Term Disability income replacement benefits. The Royal Canadian Legion has for many years advocated the federal government to end this unfair practice of clawing back all Veterans' compensation received for injuries as a result of their service to Canada. The Legion's mission is to care for all Veterans and this includes serving and retired members of the RCMP.

In the case launched by disabled CAF Veterans, the Federal Court 'unreservedly rejected' the reduction and ruled that its practical effect was particularly harsh to the most severely disabled Veterans. Whether these Veterans wear a Canadian Armed Forces uniform or an RCMP uniform, the impact is the same. These Veterans have selflessly and without hesitation enforced the law, prevented crime and protected Canadians both domestically and abroad. The government has a moral obligation to ensure they are treated and compensated fairly. It is unfathomable to think that this government will not immediately cease this practice and undertake the necessary action to ensure disabled RCMP members receive the full-entitlement and compensation they so richly deserve. I believe that all Veterans of the CAF and RCMP should benefit from not having their monthly long term disability income replacement benefits reduced by their Pension Act Disability benefits. There is no difference.

Why won't the Government seize the opportunity to do what is right, end this unfair practice and avoid a lengthy legal process?

On behalf of the 320,000 members of the Royal Canadian Legion, the 22,000 uniformed members of the RCMP and 16,000 RCMP Veterans, I am asking that the federal government take immediate action and end this unfair practice.

Gordon Moore

Dominion President
The Royal Canadian Legion

New Year News

The cost of the Friday Dine-ins will be raised from \$9.00 to \$10.00 and will now include dessert.

On Sunday February 2, 2014 the branch will be serving breakfast from 9am to 12noon. The cost will be \$6.00 and breakfast will include Bacon, Sausage, Home Fries, Eggs, Toast and Coffee, tea or Juice.

On April 15, 2014, your branch will be hosting District Public Speaking. Watch for further news and how you could help out in up coming bulletins.

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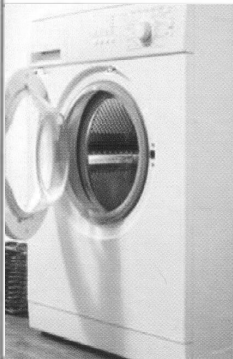
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President

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