

Legion 

Royal Canadian Legion Branch 445

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



January 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,

Merry Christmas, and a Happy New Year and I hope to see you at the New Years levee.

I would like to say a special thank you to all the volunteers that made 2013 such a success. We would never have survived without all the countless hours of your time that you gave to your branch. Thank you! I hope we didn't work you too hard because we will be calling again in 2014.

As president of your branch I would like to say a special thank you to all the Executives of Branch 445, you make my job a lot easier and what a great bunch to work with. Thank you for a great 2013!

I would like to invite all our members to attend our dine-ins, that's what we need to keep our branch surviving. If you like to dance and listen to a tune there's always music playing in the members lounge every Friday night.

Hope to see you all around at the branch. No one person makes it work but a little from everybody makes the branch run smoothly.

Yours in Comradeship,
Glenn Bennett, Branch President

Sports Officer

Comrades,

The Gord Evans Memorial Dart Tournament will be held at the branch on Saturday February 8, 2014. It will consist of 4 person mixed teams with the first 24 teams to register at \$50.00 per team being accepted.

The Callander Legion Annual Fish Derby will be held on Family Day weekend, February 15th and 16th, 2014. Prizes and spaghetti dinner provided and tickets to be on sale in the branch by the first week in January.

We have 2 doubles and one single and 3 mixed teams going to the District Darts held at Branch 599 West Ferris on January 18, 2014. Good luck to all the players!

We have one team going to Elliott Lake for District Cribbage on January 11, 2014. Good luck players!

Merry Christmas and a very happy New Year to all our comrades!

Yours in Comradeship,
Larrie Coulson, Sports Officer

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.

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

February 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Sunday Breakfast 9am to 12:30pm	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	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	17 Exercise Class 10am O/55 Cards N.D.L.	18 Pool 1:30pm Cribbage 7pm	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 T.B.A. Fun Darts	22
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 T.B.A. Back in Tyme Fun Darts	29

LESLIE'S HEALTHY EATING CORNER

BREAKFAST - BREAKFAST SANDWICH - Serves four

- * 1/2 cup red onion, chopped
- * 1/2 cup green or red pepper, chopped
- * 1 cup zucchini, chopped
- * 1/2 cup mushrooms, chopped
- * 1 cup spinach, torn into pieces
- * 8 medium eggs, black pepper and oregano
- * 4 oz. Swiss cheese shredded
- * 8 slices brown bread

Coat a large non-stick skillet with non-stick cooking spray. Heat skillet until warm
Add onion and pepper and cook for 2 minutes
Add zucchini, mushrooms and spinach, cook and stir for 7 to 10 minutes, then set aside
Coat another skillet with non-stick cooking spray. Heat skillet until warm
Beat eggs in a bowl and season with pepper and oregano
Pour egg mixture into the skillet and cook for 2 to 3 minutes
Add Swiss cheese and stir until melted, stir in cooked vegetables
Cook and stir for 1 to 3 minutes or until egg is set
Divide into 4 pieces and place each piece between two slices of brown bread

LUNCH - DILLED POTATO SALAD - Serves four

- * 4 small potatoes, cooked whole then cubed
- * 3/4 cup cucumber, seeded and chopped
- * 1/4 cup radish, sliced
- Dressing: * 1/2 cup 1% cottage cheese
- * 1/2 cup red pepper, chopped
- * 1/2 cup green pepper, chopped
- * 2 tsp. fresh dill
- * 1/4 tsp. fresh lemon juice

Mix all ingredients except those for the dressing in a medium bowl and set aside.
Process dressing ingredients in a blender until thick and creamy.
Add dressing to the salad, toss well and cover and chill before serving

DINNER - GRILLED FISH WITH PEACH SALSA - Serves four

- * 4 small peaches, pitted and chopped
- * 1/2 cup red onion, chopped
- * 1 cup red pepper, chopped
- * 1/4 tsp. cinnamon
- * 1/8 tsp. ginger
- * 4 - 5oz. fish fillets (salmon, halibut, sole or red snapper are the best)
- * 2 tbsp. lemon juice and black pepper

Combine peaches, onion, red pepper, cinnamon, ginger and ground red pepper in a bowl
Preheat grill, or oven pan
Coat the grill or pan with non-stick cooking spray
Sprinkle the fillets with lemon juice
Season with the black pepper
Grill 4 inches from the heat for 5 or 6 minutes or until fish flakes when tested with a fork
Serve with the salsa sauce on top

If peaches are not your favourite fruit you can substitute with apricots, oranges or any other fruit

Yours in Comradeship,
Leslie Cerisano - PRO

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. This edition marks the first to be distributed by this method to the few that have signed on so far.

Yours in Comradeship
Caven Ford, Webmaster

SICK AND VISITING

Robert Dufresne has sold his house and moved to an apartment. Pat Bowman is home recuperating. Helen Turgeon has had surgery on her broken foot and is home recovering. Barry Mills has recovered well from his surgery. Mike McNaulty has discovered he has cancer. Joanne Parr is at home and still has a ways to go on her recovery. Rolly Corriveau is up and down at the Manor. Joey Simons is about the same.

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

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

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REGISTRATION INCLUDES SPAGHETTI
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SPAGHETTI SUPPER



Participants must return to Legion by 6:00
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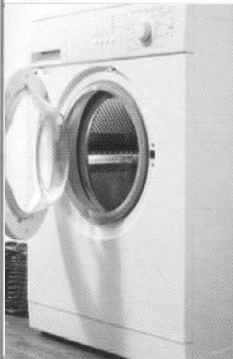
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