

Legion 

Royal Canadian Legion Branch 445

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



March 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,

The long cold winter weather seems to be staying around a while longer. I hope this soon ends, we need some warm weather soon to see some of the seniors back out to the branch and to get our snow birds back from the South.

The month of February has been very busy at the branch. On the 2nd of February a group of volunteers put on a breakfast, the next weekend the Ladies Auxiliary catered to dart players at the Gord Evans Memorial Dart Tournament. The following weekend we had the fishing derby and a Funeral Luncheon and a Birthday Party. This on top of all our normal functions including the dine ins every Friday night, with all that going on at the branch it sure takes a lot of volunteers. I would like to say a special thank you to everybody that helped out in February, it sure makes getting through the winter a lot easier with a busy branch. Please keep up the good work. I would love to see you at the General Meetings, the first Thursday of every month or at one of the dine ins on Friday nights.

Coming in the next couple of months we are hoping to get the hall painted and some other minor repairs done around the branch.

We will also be hosting the District H Convention on Saturday April 12th 2014, love to see you out there and if you have any suggestions you would like us to try, please drop by the branch and let us know.

Yours in Comradeship,
Glenn Bennett, Branch President

SICK AND VISITING

With great regrets we have lost a member; Comrade Leo Chivers who lost his battle with Lung Cancer.

Comrade Keith Kuehl's brother passed away while they were away on holidays. We have a couple comrades in hospital. Comrade Gary Dehaas had hip surgery and he could be out of hospital soon. Comrade Glen Butcher had hip surgery and will be there for a few months by the time he gets therapy.

Comrade Larrie Coulson is at home recuperating from eye surgery. Comrade Mike McAnulty is at home. Comrades Brent Coleman, Don Bickerton, and Helen Turgeon are all coming along well. Comrade Ken Hamilton was in hospital and is now home recuperating.

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

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 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

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

Don't forget that our deck is also licensed!

The RCA Heritage Campaign
Regimental Headquarters
The Royal Regiment of Canadian Artillery
Canadian Forces Base Shilo
P.O. Box 5000 Stn Main
Shilo, MB R0K 2A0



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In Flanders Fields – Lieutenant-Colonel John McCrae, May 1915 – May 2015

Lieutenant-Colonel John McCrae, artillery officer, physician and poet, wrote *In Flanders Fields* at the height of Second Ypres, one of the most bitter battles of World War I. The centenary of that poem falls at the beginning of May 2015. As a result of the initiative of the RCAA and the dynamic leadership of the McCrae Statue Committee, the Royal Regiment of Canadian Artillery will erect a



statue to honour John McCrae. Design work is well advanced. The figure will resemble McCrae and show him in a way highlighting all of his roles, with his dress as an Artillery officer and his medical bag nearby, as he writes. The statue will show the destruction of the battlefield and, at his feet, the poppies which are such an enduring symbol of Remembrance of that war and all armed conflict since. We are pleased to have commissioned renowned Canadian sculptor Ruth Abernethy, known for works such as the Oscar Peterson statue at the National Arts Centre in Ottawa and the statue of Glenn Gould outside the CBC building in Toronto.

A possible design, then Major John McCrae May 1915

We are now involved in discussions with the National Capital Commission (NCC) and anticipate that we will have authority, in due course, to place the statue near the National Artillery War Memorial, on Green Island at the junction of the Rideau and Ottawa Rivers, just off Sussex Drive in Ottawa. This ideal site is just minutes north of the National War Memorial.

The citizens of Guelph, Ontario will also honour John McCrae, by placing an identical statue near his birthplace. They will undertake a separate civic fund-raising campaign and work closely with our Regimental committee in Guelph.

We are beginning the process of fund-raising for the statue. The Campaign Goal is \$350,000. All Canadians can help us ensure that this iconic Canadian and his work are remembered on the centenary of *In Flanders Fields*.

To donate or for further information visit our web site at <http://www.artillery.net/beta/> Mention McCrae Statue in the comments section of the donation form at the Canada Helps button.

Or mail a cheque payable to the "The RCA Fund" to: LCol MD McKay, P.O. Box 970, Guelph, ON, N1H 6N1. Mention "McCrae statue" on the cheque.

Or contact; The Regimental Major RCA at cdnartillery@gmail.com or at 204 765-3000 ext 3595

Donations to the RCA Heritage Campaign form part of the RCA Regimental Fund - Charitable Registration No. 11925 2997 RR 0001.

Tax Receipts are issued for donations over \$20, or on request.

*Yesterday, Today and Tomorrow:
Celebrating our Heritage; Securing the
Future*

*Hier, aujourd'hui et demain:
Célébrer notre patrimoine; garantir
l'avenir*

This note has been written by the RCA Heritage Campaign Committee.
Cette note a été écrite par le Comité de la Campagne du fonds du patrimoine de l'ARC.

March 2014

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|--|---|---|
| 2 Baby Shower - Seniors 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 The Legends Fun Darts | 1 Wedding Reception 8 |
| 9 | 10 Exercise Class 10am O/55 Cards O/55 Income Tax Prep. Seniors Room 9am-Noon N.D.L. | 11 O/55 Executive Meet- ing 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 Julie McCorry Fun Darts | 15 St. Patties Day Corned Beef and Cabbage - Main Hall 5:30pm to 7pm - Back in Tyme |
| 16 | 17 Exercise Class 10am O/55 Cards N.D.L. | 18 Pool 1:30pm Cribbage 7pm | 19 O/55 Darts O/55 Cards VON Foot Clinic- Seniors Room | 20 Legion Executive Meeting 7:00 pm | 21 Yoga 9:30am O/55 Shuffleboard Roast Beef Back in Tyme Fun Darts | 22 |
| 23 | 24 Exercise Class 10am O/55 Cards N.D.L. | 25 Pool 1:30pm Cribbage 7pm O/55 Euchre Tournament | 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. | | | | | |

April 2014

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

LESLIE'S HEALTHY EATING CORNER

BREAKFAST: ROAST CASIMIR (serves 1)

2 TSP. LIGHT MARGARINE
1/2 BANANA
1/4 TSP. CURRY POWDER
NUTMEG TO TASTE
2 SLICES BREAD
1/4 CUP CHOPPED RED PEPPER
1 TBSP RAISINS
1 OZ. SHREDDED CHEESE

Preheat oven to 350 degrees

Heat margarine in a large pan.

Slice banana in long strips. Sprinkle with curry powder and nut meg. Fry banana strips until golden brown.

Toast bread and place on a baking sheet. Layer banana strips, red pepper, raisins, and cheese onto the toast and bake until cheese is melted.

LUNCH: STRIPPED CHICKEN SALAD (serves two)

2 TSP. OLIVE OR CORN OIL
6 SLICES OF FAT-FREE DELI CHICKEN, CHOPPED
2 TBSP. BALSAMIC VINEGAR
1/4 TSP. MINCED GARLIC
1 CUP SHREDDED RED CABBAGE
1/4 CUP SLICED ONION
1/4 CUP SLICED CARROT
1 CUP SLICED RED, YELLOW AND GREEN PEPPER
1/4 TSP. CHILLI PEPPER
1/4 TSP CINNAMON

Toss all the above ingredients in a large bowl. Wasn't that easy?

SUPPER: BEEF STROGANOFF (serves 4)

1 CUP SPAGHETTI
16 OZ. BEEF, SLIGHTLY THAWED
2 TSP. OLIVE OIL
1/2 CUP ONION
1 CUP MUSHROOMS
1/4 TSP. BLACK PEPPER
1/2 TSP. CORIANDER
1 TSP. CHOPPED PARSLEY
1/4 TSP. NUTMEG
1/2 TSP. MINCED GARLIC
2 TSP. MAYONNAISE
6 OZ. WATER
8 TBSP. FAT-FREE SOUR CREAM

Cook and drain spaghetti

Cut beef in long, thin strips

Heat olive oil in a large sauté pan. Sauté onion, mushrooms, black pepper, coriander, parsley, nutmeg and garlic. Add beef and mayonnaise. Dilute with water. Reduce heat and simmer for 30-40 minutes or until beef is tender. Add sour cream. Stir well. Pour over the spaghetti

Yours in Comradeship,
Leslie Cerisano - PRO



Sign Up! Sail Away!

Sign up a friend and you could be cruising
Central America and the Caribbean!

The future of your Legion is as bright as the sun when you join the **One By One** membership campaign. **Sign up one new member and you could win a fabulous cruise vacation for two on the 3rd Annual Caribbean Commonwealth Veterans Cruise.** You love your Legion – make it even better by bringing in your friends and family and helping your branch grow. **One By One** we all make a difference for our Veterans, Remembrance and for our communities.

The **grand prize** is a balcony cabin on the 11-night Ultimate Caribbean/Central America Cruise aboard the *Celebrity Equinox*. You'll visit the Grand Caymans, Colombia, Panama, Costa Rica, Belize and Mexico. The cruise departs Ft. Lauderdale February 2, 2015 and returns on February 13.

Sign up a friend today for your chance to sail away. One By One you can grow our Legion ranks. Because you care. Because you can!



See legion.ca/onebyone for full contest details or call 1-855-330-3344



Show your pride
while on a ride!

BECOME A LEGION RIDER

It's official! The Legion has its own motorcycle units...Legion Riders! Legion Riders Units are exclusively for Legion members and offer an opportunity for our members to express their pride in the Legion and support their community while on a motorcycle.


The aim of Legion Riders is to help generate more awareness about the Legion, its presence across the country and its services to our serving and retired Veterans and RCMP members and their families, as well as engaging in community service work.

Become a Legion Rider and help support the Legion and all we stand for!

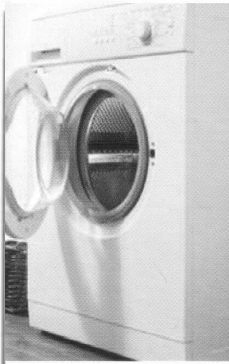


For details and to register, visit
www.legion.ca/LegionRiders


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W.E. (Milt) Graham C.G.A.
 President

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