



Royal Canadian Legion Branch 445

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Lounge: 705-752-1322
www.callanderlegion.ca**



May 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 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
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	

PRESIDENT'S REPORT

Comrades,

I would like to say thank you to all the people who supported the Executive and myself as Branch President over the past two years. Our elections for the new executive is on May 1st at the general meeting, which is the first Thursday of the month. I will be letting my name stand for branch president for one more year, I hope I can count on your support at the meeting. If you want to make changes or have your voice heard come out and join our team, we always enjoy the help and comradeship.

We hosted the District council meeting on April 12th, lots of great comments about your branch and all the volunteers that made it possible; from the cooks to dishwashers to servers and organizers, thanks a lot. Would also like to give a special thanks to all the people who helped to get the main hall painted, a lot of people makes a big job easier. Thank you everybody!

We still need your support to keep the branch going. Come out to the Friday night dine ins or if your family is hosting a special event: Weddings, Birthdays, Anniversary or Retirement Parties. Think about your branch, we would like to help you with your catering needs, every little bit helps. Thanks for all the help in the past two years as your Branch President, always remember there is no I in team, it always takes a great group of volunteers to make an event work. We have done that many times in the past couple of years, lets have many more great ones together. See you at the Branch.

Yours in Comradeship,
Glenn Bennett, Branch President

HONOURS AND AWARDS

Comrades,

Our Honours and Awards ceremonies are fast approaching. They are to be held on June 7, 2014. Cocktails are at 5:00pm followed by dinner at 6:00pm. The cost to attend these ceremonies will be \$15.00 per person. Posters have been placed at all entrances around the Branch with a copy of the menu. Also a menu and a list of Year Pin recipients is included in this Bulletin and a list of Year Pin recipients is up in the Member's Lounge as well.

Please plan to attend these special ceremonies that are put on to honour all those members that volunteer their valuable time, sit on committees and hold office to ensure that our Branch continues in a positive direction. I am sure all in attendance will enjoy this special evening. Tickets for the ceremonies are now on sale at the Branch Bar.

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

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. We wish to thank every volunteer that came out to paint the main hall recently, it really turned out well. Thank you all for your help!

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

Well we have quite a few of our members at home, Gary De Haas with hip, still having a hard time. Mike McAnulty is getting chemo treatment. Scott Symons is having trouble with his legs and feet, Richard Rhindress is having a hard time walking after hip surgery. Glen Butcher is in Sudbury Rehab Centre recovering from hip surgery. Larrie Coulson is still having trouble after his eye surgeries. Emma Bennet's mother had surgery and is recovering well and her sister is still not doing well recovering from her car accident.

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

Another term of your volunteerism will be coming to an end as of May 31st and looking forward to the summer months with a sigh of relief that after all those long hours of cooking, cleaning etc. we will be able to sit by the pool or take in some sunshine. Brian and I wish to thank all the volunteers young and not so young, for their commitment and dedication this past year for one common goal to maintain our mandate of high quality service and food. Thank You!

UPCOMING EVENTS for the months of May and June:

May 10 - Northern Dart League Banquet
May 17 - Birthday Party - Main Hall
June 7 - Honours and Awards Banquet
June 14 - Birthday Party
June 21 - Friday Night Fun Darts Banquet
June 28 - Wedding Reception

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

✂

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: _____

May 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1 <u>Legion General Meeting 7:00pm</u> <u>Nominations, Elections and Installations</u>	2 Yoga 9:30am O/55 Shuffleboard Roast Chicken Back in Tyme Fun Darts	3
4	5 Exercise Class 10am O/55 Cards L.A. General Meeting 7:30pm	6 Fiddlers 7pm O/55 Executive Meeting 10am Pool 1:30pm Cribbage 7pm	7 O/55 Darts O/55 Cards	8 O/55 Spaghetti Supper 5:30 pm Scouting Meeting 7pm Seniors Room	9 Yoga 9:30am O/55 Shuffleboard Pork Schnitzel Ramblin Fever Fun Darts Crib Banquet-Sr's Rm	10 N.D.L. Banquet
11	12 Exercise Class 10am O/55 Cards	13 Pool 1:30pm Cribbage 7pm	14 O/55 Darts O/55 Cards	15 Legion Executive Meeting 7:00 pm	16 Yoga 9:30am O/55 Shuffleboard Roast Beef Back in Tyme Fun Darts	17 Birthday Party - Main Hall
18	19 Exercise Class 10am O/55 Cards	20 Pool 1:30pm Cribbage 7pm	21 O/55 Darts O/55 Cards VON Foot Clinic-Seniors Room	22	23 Yoga 9:30am O/55 Shuffleboard Fish and Chips Bill Vrebosch Fun Darts	24
25	26 Exercise Class 10am O/55 Cards	27 Pool 1:30pm Cribbage 7pm	28 O/55 Darts O/55 Cards	29	30 Yoga 9:30am O/55 Shuffleboard Roast Pork The Legends Fun Darts	31

June 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Exercise Class 10am O/55 Cards L.A. General Meeting 7:30pm	3 Fiddlers 7pm Pool 1:30pm Cribbage 7pm	4 O/55 Darts O/55 Cards	5 Legion General Meeting 7:00pm	6 Yoga 9:30am O/55 Shuffleboard Roast Chicken Back in Tyme Fun Darts	7 Honours and Awards Banquet
8	9 Exercise Class 10am O/55 Cards	10 O/55 Executive Meeting 10am Pool 1:30pm Cribbage 7pm	11 O/55 Darts O/55 Cards	12 O/55 Pot Luck 5:30pm Scouting Meeting 7pm Main Lounge Bayshore Village Mtg -Seniors Room	13 Yoga 9:30am O/55 Shuffleboard Pork Schnitzel The Legends Fun Darts	14 Kelly Leach 80th Birthday Party
15	16 Exercise Class 10am O/55 Cards	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 Beef Back in Tyme	21 Friday Night Fun Darts Banquet
22	23 Exercise Class 10am O/55 Cards	24 Pool 1:30pm Cribbage 7pm	25 O/55 Darts O/55 Cards	26	27 Yoga 9:30am O/55 Shuffleboard T.B.A. Bill Vrebosch	28 Wedding Reception
29 Anniversary Party	30 Exercise Class 10am O/55 Cards					

LESLIE'S HEALTHY EATING CORNER

BREAKFAST - HASHBROWN BREAKFAST CASSEROLE - serves 6

3 cups frozen shredded hash brown potatoes 1 can (12 oz.) evaporated fat-free milk
1 1/2 cups finely chopped extra lean ham 1 tbsp. all-purpose flour
3/4 cup shredded cheddar cheese 1 cup egg substitute
1/4 cup sliced green onion 1/2 tsp. black pepper

- * Lightly coat an 8 inch square baking dish with non-stick cooking spray
- * Layer potatoes, ham, cheese and onions in dish. Gradually whisk milk into flour in a small bowl. Stir in egg substitute and pepper. Pour over potato mixture. Cover and refrigerate 4 to 24 hours
- * Preheat oven to 350 degrees. bake uncovered, 55 to 60 minutes or until knife inserted into center comes out clean. Remove from oven; let stand 10 minutes before serving.

LUNCH - CROCKPOT POTATO SOAP - 8-10 1-Cup Servings

1 26-30 ounce bag of frozen hash browns 1/4 tsp. pepper
2 - 14 oz. cans non-fat chicken broth 1 - 8 oz. pkg. low-fat cream cheese
1 - 10 oz. can of fat free cream of chicken soup 1 cup fat free milk
1/4 cup chopped onion

- * Add first 5 ingredients to crockpot and cook on high for an hour.
- * Stir and then turn to low for another hour
- * Add cream cheese, and cook another 1/2 hour or until cheese can be stirred into mixture
- * Add milk and cook 10-15 minutes longer

SUPPER - BLACKENED TILAPIA WITH RADISH & CUCUMBER SALSA - serves 4

1 spray cooking spray 3 medium scallions, sliced
1-1/2 lbs. of uncooked tilapia 1 tbsp. fresh lime juice
3 tbsp. blackened seasoning, or to taste 1 tsp. olive oil
5 medium red radishes 1/8 tsp. table salt
1 medium cucumber, chopped 1/8 tsp. black pepper
1/2 medium sweet red pepper, chopped

- * Coat a large non-stick sauté pan with cooking spray. Coat tilapia with blackened seasoning and cook over medium-high heat until fish flakes with a fork, about 2 to 3 minutes per side. (Do not crowd fish in pan. Only cook as much fish as can fit in a single layer. Cook in batches, if necessary)
- * Slice each radish in half and then thinly slice each half into half-moons. In a medium bowl, combine radishes, cucumber, red pepper, scallions, cilantro, lime juice, and oil; season to taste with salt and pepper and serve over fish

Yours in Comradeship,
Leslie Cerisano - PRO

LADIES AUXILIARY

IN MEMORY: The Ladies Auxiliary to the Royal Canadian Legion (Callander) wish to express their deepest sympathies to family and friends of Comrade Jane Masson, a long time member. She touched our lives in special ways and will be sadly missed by all of us who knew her.

Comrades, another year will be coming to an end as of May 31st and I would like to take this opportunity to thank all those who served on the 2013-2014 Ladies Auxiliary Executive. It is ladies such as yourselves, who make the ultimate commitment to give your time for an entire year, that makes this Auxiliary so great.

To our Liaison Officer, Comrade Don Bickerton, whose friendly face was among us most first Monday nights of each month and whose presence was undetected by all (quiet as a mouse). Your support of our Auxiliary as our representative at the Branch level was most appreciated. Thank You!

Also I would like to say Thank You to everyone for all your help last term, whether it was just a few hours or an all day event. Many hands make light work! We had a very good year and I sincerely hope that the newly elected executive and the membership alike work together to make the next term as successful. We are fortunate to have such a wonderful diversity of Ladies that make our Auxiliary the BEST!

Sports:

On April 5th, the three teams of four who went to District Team Darts encountered blizzard like conditions on their way to Elliott Lake but needless to say we all made it. The trophy eluded us that day and none of us are advancing to Provincial darts. It was a tremendous effort on the part of all the Comrades who participated.

On April 26th we may still have a chance to recoup that trophy because two of our Comrades, Marion Smith and Irene Lewis, will be going to Provincial Doubles Darts in Highland Creek Branch 258. We have confidence in your abilities, good luck and safe trip.

Upcoming Events:

May 4th, Northern Dart League Annuals.

Results of our Zone Convention held at Branch 23:

Zone Commander - Helene Lariviere (re-elected)
Deputy Zone Commander - Beverly McLeod
Zone Sports Officer - Laura Ranger (re-elected)
Zone Secretary/Treasurer - Marion Smith

Our next meeting will be held on May 5th and will include nominations and elections for the executive for the next year. Your attendance and participation in the election would be greatly appreciated.

Yours in Comradeship
Helene Lariviere, Ladies Auxiliary President

Honours and Awards – June 7, 2014

Banquet Menu

*Tomato Juice
Garden Salad
Prime Rib with Horseradish
Baked Potato with Sour Cream
Corn and Turnip
Dinner Roll
Pickle Trays
Dessert
Tea and Coffee*

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
Affiliate:			
Jacques Boutin	5	Germain Lacoursiere	5
Eric Dudson	10	Kathleen Dudson	10
Peggy-Ann Purser	10	Terry Whittaker	10
Barry Rice	15		



The Royal Canadian Legion
Branch 445 Callander

Honours and Awards

Saturday, June 7, 2014

Cocktails: 5:00 pm

Dinner: 6:00 pm

\$15.00 per person



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President

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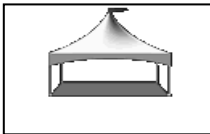
Vic Fedeli

MPP Nipissing

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