



Royal Canadian Legion Branch 445

**345 Lansdowne St.
Callander ON PoH1H0
Office: 705-752-3773
Lounge: 705-752-1322**



THE ROYAL CANADIAN LEGION, BRANCH 445
345 Lansdowne Street
CALLANDER, ON P0H 1H0

BRANCH EXECUTIVE - 2013-14

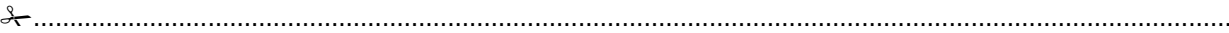
President	Glenn Bennett.....	705-752-5923
Past President	Larrie Coulson.....	705-840-2325
1st Vice.....	Don MacDonald.....	705-497-3103
2nd Vice.....	Ron Van Tassell.....	705-497-1102
3rd Vice.....	Caven Ford.....	705-752-2951
Treasurer.....	Kathy Landon.....	705-752-5365
Secretary.....	Helen Turgeon.....	705-752-2624

ELECTED & APPOINTED EXECUTIVE COMMITTEE - 2013-14

Membership.....	Emma Bennett.....	705-752-5923
Sgt. at Arms.....	Steve Larocque.....	705-776-1625
Poppy Chair.....	Irene Lewis.....	705-776-2214
PRO.....	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 - 2013-14

President	Helene Lariviere.....	705-472-4688
Past President	Irene Lewis.....	705-776-2214
1st Vice.....	Laura Ranger.....	705-476-6974
2nd 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,

We are about to start into the fall season and holidays will be all over. The summer has been good to your Branch with some weddings and retirement parties taking up lots of weekends. We also had some good crowds out to the dine ins. Now that the kids are back to school and Sept has come, our normal Monday night Northern Dart League will start after the long weekend and so will the Friday Night Fun Darts. Other events will start as the bulletin will show you. As President of your Branch I would like to say thank you to all the volunteers over the summer that gave up their personal time to do all the work that needed to be done. Now that we are going into fall please help make your Branch even better; volunteer or come out to a dine in or take part in an event or help run an event. It is a common thing to hear: "I don't now how to do that or I never done that before", but all of us that volunteer were in the same way until we did it for the first time. If you can't volunteer come and join us at a dine in and bring a friend or family member, for \$9:00 per person it is a reasonable supper for Friday night. If every member showed up one Friday night of each month, what a difference it would make to the Branch, we as executives can only do so much. Please don't say "well I did my time in the past and it's someone else's turn now", or "that's not the way we did it in the old days". Your Branch continues to be open 7 days a week and times have changed, so lets all see together what we can do to help. Please don't forget one of the most important events, that you took oath to support when you joined the Legion is the Poppy Day campaign. It is only a couple months away so please call your poppy chair Irene Lewis and book an area that you would like to do door to door; coming up in November and if 50% of our members help it will take about 4 hours each. I'm sure we can all give up that much of our busy schedule's. I am looking forward to seeing you at the General Meeting on Sept 5th or at a dine in.

Yours in Comradeship,
Glenn Bennett, Branch President

LADIES' AUXILIARY PRESIDENT'S REPORT

Comrades,

With the unpredictable weather we have been having its no wonder that the monthly Dine-in was below average for this time of year, the Garage Sale events were well attended but the canteen and the bake table didn't fare so well and the District Golf (Branch) and BBQ steak dinner had low attendance but was a success for all participants. We still have a number of our famous Christmas in July small meat pies for sale at a reduced price of \$3.50 each; please see the bar staff to get yours before they are all gone. To each and every member I say Bravo and thank you for all your hard work this past term. We, the Ladies' Auxiliary, continue to be a strong arm in supporting your branch's initiatives and, in doing so, ensuring that we do make a difference in helping your Branch prosper.

Oldtimer's Baseball Tournament—August 30, 31 and Sept 1: Ladies, your help will be undeniably needed to maintain the canteen to its high quality of service we have been providing for this kind of event; which has proven from previous years to be the best. A sign-up sheet will be posted on the L.A. bulletin board or a telephone call will suffice (705-472-4688) for more information.

Please keep these dates in mind for upcoming Canteen Events we'll need your help with: October 6, 2013 Zone Pool (Branch), October 26, 2013 Craft Show and October 27, 2013 Crib for Bucks.

Next General Meeting will be held on September 9, 2013, please mark your calendar and plan to attend.

Yours in Comradeship,
Helene Lariviere, L.A. President

LADIES' AUXILIARY MEMBERSHIP

A motion was passed at our June General Meeting that effective immediately our 2014 membership dues will be as follows:

Regular Member dues increase from \$14.00 to \$15.00

10 years or more as a member and 65 or more of age dues have increased from \$12.00 to \$15.00.

These increases are necessary in order to offset the increases in our per capita taxes.

Yours in Comradeship,
Laura Ranger, L.A. Membership

SICK AND VISITING

With great regrets we have lost a few members, George Alkins who was a veteran and Gord Evans. Ron Chapell had surgery and is at home recuperating. Richard Rhinedress had a hip replacement and is home and doing fine. Helen Deforge was in hospital and is now home and doing well. I made a visit to Nipissing manor to see our veterans. Rolly Corriveau is there and he spoke a few words with me and a smile. I got to see Aline Truchon and she is not doing too 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

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 assistance with putting wood preservative on the deck, painting, small repairs, yard clean-up and repairs to the stage. Painting of the Main Hall is due to commence soon.

Yours in Comradeship,
Jim Landon

SENIOR'S REPORT

We have continued the cards and darts and the VON Foot Clinics over the summer with a very small attendance. We are heading into September when things will start to happen again. Monday's will have cards and there will be an exercise class as well. Check with me or the branch for the starting date as one has not been determined yet. Wednesday will be Cards and Darts and every 3rd Wednesday will be the VON Foot Clinic. On Fridays we'll have shuffleboard and Yoga. Again, check with myself or the Branch for Yoga start date as it has not been determined yet. On September 12, 2013 we will be having an Over 80 Appreciation Dinner.

Yours in Comradeship,
Jack Else, Senior's Chair

LESLIE'S HEALTHY EATING CORNER

BREAKFAST: SCRAMBLED EGG WRAP—Serves 1

1 tsp. soft, light margarine
1/4 cup red pepper
1/4 cup green pepper
1/4 cup green onions
2 large eggs
black pepper to taste
Any spices of your choice to taste except anything with salt
1 6" tortilla
1 oz. shredded cheese

- * Heat margarine in a skillet. Sauté peppers and green onions
- * beat eggs in a bowl. Add black pepper and spice mixture. Pour egg into skillet and scramble with vegetables.
- * Place scrambled eggs and vegetables on tortilla, top with cheese and wrap

LUNCH: CRABTASTIC PASTA SALAD—Serves 4

2 oz. fat-free plain yogurt
4 tbsp. fat-free mayonnaise
1 tbsp. fresh lemon juice
1/2 tsp. dry mustard
1/2 tsp. dill
1/4 tsp. black pepper
2 cups cooked medium sized pasta shells
16 oz. canned crab meat
1/2 cup diced red pepper
1/2 cup diced green pepper
1/2 cup chopped green onion
1 cup diced celery

- * Combine yogurt, mayonnaise, lemon juice, dry mustard, dill, and black pepper in a small bowl
- * Place pasta shells in a large bowl. Add crab meat, peppers, green onion and celery. Stir in dressing. Mix well. cover and refrigerate until ready to serve

DINNER: RASPBERRY BALSAMIC GLAZED CHICKEN—Serves 4

2 tsp. Olive Oil
1/2 cup Red Onion Chopped
1/2 tsp. Dried Thyme
1/2 tsp. Oregano
4-5 oz. Skinless, Boneless Chicken Breast
8 tbsp. Seedless, Sugar-free Raspberry Jam
2 tbsp. Balsamic Vinegar
1/4 tsp. Pepper

- *Spray a large skillet with non-stick cooking spray. Add olive oil and heat on medium. Add onion and sauté for 5 minutes.
- * Combine thyme and 1/4 tsp. Oregano and sprinkle over the chicken. Add chicken to the skillet. Sauté 6 minutes on each side or until done.
- * Remove chicken from skillet but keep warm. reduce heat to medium-low. Add remaining oregano, raspberry jam, balsamic vinegar and pepper to the skillet. Stir constantly until the jam melts
- * Spoon raspberry sauce over the chicken and serve.

Yours in Comradeship,
Leslie Cerisano - PRO

October 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Fiddlers 7pm Pool 1:30pm	2 O/55 Darts O/55 Cards	3 Legion General Meeting 7:00pm	4 O/55 Shuffleboard Roast Chicken Bill Vrebosch Fun Darts	5
6 Zone Pool 8 & 9 Ball Lounge and Pool-room Kitchen Open	7 O/55 Cards L.A. General Meeting 7:30pm N.D.L.	8 O/55 Executive Mtg Pool 1:30pm	9 O/55 Darts O/55 Cards	10 O/55 Pot Luck	11 O/55 Shuffleboard Pork Schnitzel Back in Tyme Fun Darts	12 Wedding Reception - Main Hall Wedding Reception - Senior's Room
13	14 O/55 Cards N.D.L.	15 Pool 1:30pm	16 O/55 Darts O/55 Cards VON Foot Clinic-Seniors Room	17 Legion Executive Meeting 7:00 pm	18 O/55 Shuffleboard Roast Beef Julie McCory Fun Darts	19 Tentative Booking
20	21 O/55 Cards N.D.L.	22 Pool 1:30pm	23 O/55 Darts O/55 Cards	24	25 O/55 Shuffleboard Swiss Steak in Gravy Back in Tyme Fun Darts	26 Ladies Auxiliry Craft Show
27 Crib for Bucks	28 O/55 Cards N.D.L.	29 Pool 1:30pm	30 O/55 Darts O/55 Cards	31		

September 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Worlds Baseball Tournament	2 O/55 Cards N.D.L.	3	4 O/55 Darts O/55 Cards 1st Callander Scouts Registration	5 Legion General Meeting 7:00pm	6 O/55 Shuffleboard Roast Chicken Bill Vrebosch Fun Darts	7
8	9 O/55 Cards L.A. General Meeting 7:30pm N.D.L.	10 O/55 Executive Mtg	11 O/55 Darts O/55 Cards	12 Over 80 Appreciation Dinner	13 O/55 Shuffleboard Pork Schnitzel Rebecca Fun Darts	14
15	16 O/55 Cards N.D.L.	17	18 O/55 Darts O/55 Cards VON Foot Clinic- Seniors Room	19 Legion Executive Meeting 7pm	20 O/55 Shuffleboard Roast Beef Back in Tyme Fun Darts	21
22 First Day of Fall	23 O/55 Cards N.D.L.	24	25 O/55 Darts O/55 Cards	26	27 O/55 Shuffleboard Boneless Pork Chops Julie McCory Fun Darts	28 Degagne Brothers Show
29	30 O/55 Cards N.D.L.					

BANQUET REPORT

Comrades,

With the unpredictable weather we have been having, its no wonder everyone took advantage of it and took their holiday where the weather was more predictable. We had two very hectic months with banquets, weddings, family reunions, anniversaries etc. some with over 200 guests. We would like to take this opportunity to thank everyone who volunteered these past two months because it is people such as yourselves that give unselfishly of your time for the betterment of this Branch. Also your participation in volunteering for any events, be for a few hours or longer, is the greatest gift the Branch can ask for.

Some upcoming events to keep in mind in September and October:

September 12 - 80 years of age and up Appreciation Dinner (sponsored by the Over 55 Club)

October 12 - Wedding Reception - Main Hall

October 12 - Wedding reception - Senior's Room

October 19 - Birthday Party

Yours in Comradeship,

Helene Lariviere and Brian Villeneuve - Banquet Coordinators

50/50 Draw

Tickets cost \$1.00 each and are available only at the bar. The maximum number of tickets printed is 800 and the prize is 50% of all tickets sold during the eligible period prior to the individual draws. Tickets are only valid for the draw date on them. The remaining 50% will benefit local charities. Our Lottery License is on display at the bar and a list of previous winners is posted at the branch. July's winner was Glenn Bennett and August's winner was Cheryl Storie.

Yours in Comradeship

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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Your Branch Needs Your Help !

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Sept 1, 2013 during the World
Old-timer's Fastball Tournament

(Please sign up on the sheet)

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