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Royal Canadian Legion

South Carleton Branch 314

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Lest we forget

Vol 12 Issue 2

March - April 2023

Branch hours are Tuesday to Saturday 1-5 pm.

Proof of vaccination is no longer required, but members are encouraged to continue wearing masks, washing hands, and social distancing.

PRESIDENT'S MESSAGE



It sure has been a long winter but spring will soon be here. At our general meeting February 20th we approved funds for allocation from our poppy donations. As soon as we get command approval, I will publish in the Messenger and Legionnaire. We plan on giving out approximately \$26,000. Thanks to all who donated their time and contributed in making this campaign a success. May will bring the Branch elections. I hope to see members signing up for one of the positions. Our Legion survives on volunteers. Let's make this a great election campaign. New blood is welcomed and needed. Let's make our legion vibrant and welcoming. Our legion is looking for duty officers to help open and close after events. Training will be provided. This is not a strenuous job so please consider applying in person, by calling the office at 613-692-3243 or by email at rclbranch314@gmail.com or to me personally at shirleyspinks48@gmail.com. Hope to see you at our next general meeting Monday, March 20th at 7:30 pm.

In comradeship, **Shirley Spinks** shirleyspinks48@gmail.com

CHAPLAIN'S MESSAGE

Spiritual Capital

Much like in the life of the world there are seasons, times of change, weather, pivotal moments, etc., the life of the church is also marked by seasons, times of change, pivotal moments, etc. We have reached the season of Lent again. Lent is a period of 40 days and 40 nights that calls us to reflect on our own lives, just like Jesus did right after his baptism by John in the River Jordan. Jesus went into the desert and fasted for 40 days and 40 nights, and he was tempted by the evil one promising food, wealth, power, and control over the world. Wisely, Jesus rebuked the evil, and showed us a way to live that is better than anything this world can offer, what I like to call, Spiritual Capital. This spiritual capital is to be used and spent on the betterment of all human beings, especially those who are less fortunate than others. As some of you know, Lent is also a time when we practice discipline, self-denial, and alms giving. All of this is colloquially known as "giving something up for Lent". The principle behind this giving something up is that we are purposely removing something that we typically enjoy (coffee, alcohol, some foods, and other activities, for example), so that we can refocus our attention to God and God's work in us. We take the focus away from the "me first" way of thinking, and allow ourselves to open our hearts and minds to consider other people's needs, other people's lives, and other people's dreams and desires. When we can do that, we are on our way to getting closer to God, whatever your idea or understanding of who and what God is. God constantly calls us to love and offer charity for our fellow human beings. Ideally, this would work in all ways, to and from everyone! Here at the Legion, we come together for a very selfless cause: to work for the betterment of our veterans. Recently, we have encountered personal difficulties, personality clashes, discord, and much hurt among comrades. That is exactly what the work of the evil one is! To act on these resentments, dislike, animosity, etc., is to be complacent with the powers of sin and death; certainly nowhere near the values we espouse as the Royal Canadian Legion. We are called to be the light of the world, and the salt of the earth. We must reflect that, even if we don't like everyone we work with. My invitation to make this a holy Lent, is to take the time and reflect on our own actions, thoughts, and feelings towards ourselves first, then others, especially those we don't like as much as we should. I invite you, if you'd like to immerse yourselves in the practice of Lent, to give up resentment. Give up hatred. Give up anger. Give up harsh judgement. Give up gossip. Give up all negativity towards others, especially those we are comrades to. The other part of my invitation is to offer a type of alms that doesn't involve money. Offer peace. Offer reconciliation. Offer mercy and forgiveness. Offer a more open mind and heart. Offer a fresh new start. Offer the ability to recognize that we are all in this together for the same goal. Let us walk our Lenten journey together. Let us work together. As Lent is also the period of joyful expectation of the resurrected Christ, we, too, can hope for a resurrected harmoniously working Legion Branch 314. We can do this, and as we do, we can resurrect the greatness of this Legion. We look forward to that, just as we look forward to celebrating the Great Resurrection at Easter.



Fr. **Ed Montano** †, Branch Chaplain, 613-355-4776, rev.ed.montano@gmail.com

Pennies for Homeless Vets

Drop off your pennies in the jar located in the lobby.
The money collected will help veterans in need.

Army Cadets



The 2958 RCAC Corps is open to youth of ages 12 to 18. Contact details are available at the Legion Office.
Email address: contact@2958rcacc.ca
Website: www.2958rcacc.ca
Corps phone: 613-599-3355

RECENT EVENTS

Robbie Burns Dinner-Dance, January 21

Photos by Simone Bachelor

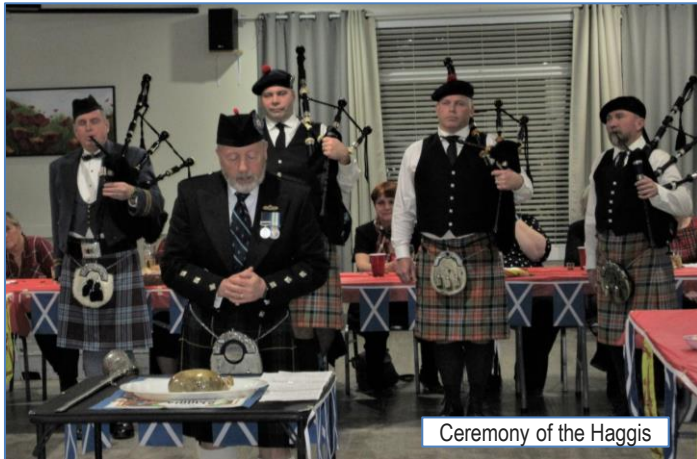
The Robbie Burns evening was exceptional with "The ceremony of the Haggis" hosted by **Harvey Renaud**, and excellent entertainment provided by the *MacEoin-Ramsay Pipe and Drum Band* and the *Champagne School of Dance Highland Dancers*. The food was delicious, prepared by **Allen Galachiuk** and presented to the table by six *Kiwanis Key Club* youth who did a fine job. (more photos of the evening to follow on the next 3 pages)



Master of Ceremonies **Harvey Renaud**



Ceremony of the Haggis



Ceremony of the Haggis



The toast with the Robbie Burns scotch

Update on the Refugee Families

by **Barb Blair**, Chair of Afghan Committee



Marjorie Toner and I would like to thank all the wonderful donors and helpers that have attended our monthly drop offs with donations to help refugees arriving in our community in 2022. The support from the Manotick area has been outstanding! We are pausing the drop offs at the Legion until the first Saturday of April in the New Year (2023).
Donations can still be dropped off at 729 Ridgewood Ave (across Riverside from Mooney's Bay) at the old Country Grocer store. Please check the "*From House to Home Ottawa*" Facebook page for the weekly hours. There is an ongoing need as more people arrive from Afghanistan, Ukraine and other places. Wishing you and yours peace, joy and safety in life!

RECENT EVENTS

Robbie Burns Dinner-Dance, January 21 (cont'd)

Photos by Simone Bachelor

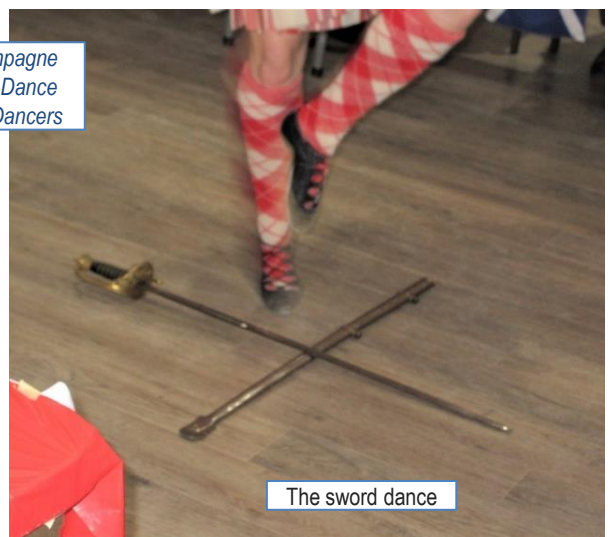


The MacEoin-Ramsay Pipe and Drum Band



The Champagne School of Dance
Highland Dancers

The highland dance



The sword dance

RECENT EVENTS

Robbie Burns Dinner-Dance, January 21 (cont'd)

Photos by Simone Bachelor



More highland dancing



More highland dancing



Attendees waiting for the next dance



More sword dancing



Attendees enjoying themselves



Attendees enjoying themselves

RECENT EVENTS

Robbie Burns Dinner-Dance, January 21 (cont'd)

Photos by Simone Bachelor



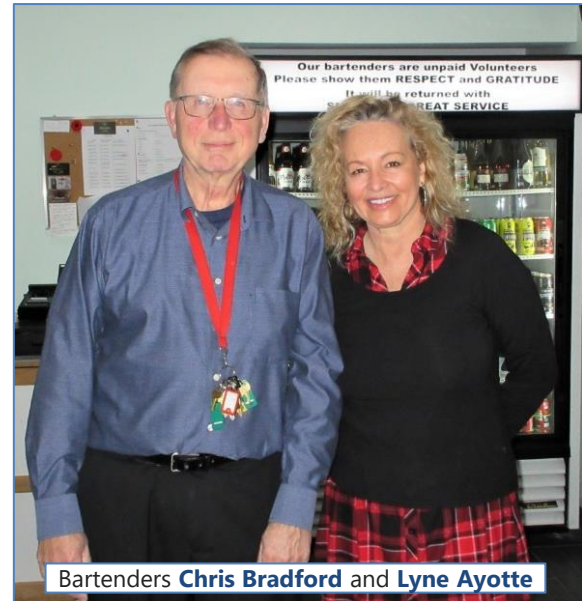
Attendees enjoying themselves



Attendees enjoying themselves



Kiwanis Key Club volunteer servers, on either side of **Harvey**



Bartenders **Chris Bradford** and **Lyne Ayotte**



Volunteer servers **Joan Eleanor** (L), **Susan Dufault** (R), and **Ian Burleton** (not pictured)



Cathy Spitzig won the door prize, a bottle of Robbie Burns Scotch, presented by **Harvey**

RECENT EVENTS

St. Valentine's Dinner-Dance, Saturday, February 11

Photos by Simone Bachelor
(unless stated otherwise)

Everyone was in fine spirits and enjoyed the food by Chef **Allen** and the music by *The Treblemakers*.
Many thanks to the decorating committee of **Louise Spratt** and **Val Tuba**.



Chef **Allen**, servers **Louis** and **Dennis**



Bartender **Harv Renaud**



Rick & Deborah Czuba



Photo by
**Sylvia
McDonald**

Peter & Simone Bachelor



Allan Haan & Margery Toner

RECENT EVENTS

St. Valentine's Dinner-Dance, February 11 (cont'd)

Photos by Simone Bachelor



Louise & Winston Spratt



Dinah Forrester, Garry Burke, Pat Whelan



Fred & Sandra Demars



Nicole & Bryan Mack



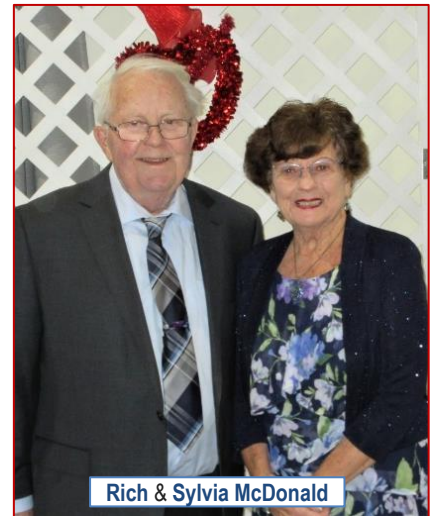
Paul & Tina Rushton



Rev. Ed & Tracy Montano



Douglas Oland & Linda Latreille



Rich & Sylvia McDonald

RECENT EVENTS

St. Valentine's Dinner-Dance, February 11 (cont'd)

Photos by Simone Bachelor



Herb & Svetlana



RECENT EVENTS

Super Bowl Party, Sunday, February 12

Photos by
Mark Phillips

A small but enthusiastic crowd gathered in the Members' Lounge to witness one of the most exciting Super Bowls ever, while enjoying a scrumptious offering of potluck selections. The usual Super Bowl pool (all money provided by attendees, buying random squares for the score at various stages) provided three different winners – clockwise starting beside the pool draw: **Margery Toner** (1st quarter), **Lyne Ayotte** (final score) and **Peter Bachelor** (1st half).



PHILADELPHIA

	0	1	2	3	4	5	6	7	8	9
0	Bigu	CO	MAP	SB	Judy	HH	MAP	ATL	MAP	S.B.
1	P.H.	AB	MAP	Sheng	Bigu	CO	AB	CO	BB	CO
2	MAP	SB	Make P.	BB	S.B.	Sheng	R.B.	Make P.	P.O.	P.O.
3	AB	CO	P.B.	Sheng	R.O.	Make P.	S.B.	ATL	S.B.	AB
4	MAP	SB	Judy	Make P.	BB	ATL	Make P.	BB	Sheng	MT
5	D	MAP	AB	ATL	BB	Make P.	Bigu	Judy	LA	MT
6	R.O.	D	Make P.	Sheng	S.B.	R.O.	Sheng	LA	Judy	LA
7	D	ATL	MT	BB	ATL	Make P.	ATL	MT	ATL	LA
8	MAP	D	Sheng	ATL	MT	LA	P.B.	Sheng	BB	Sheng
9	Bigu	D	S.B.	Judy	Sheng	Bigu	MAP	Make P.	Sheng	MAP

1st Qtr Score 25% Half-Time Score 25% Final Score 50%



RECENT EVENTS

Service Pin Presentations February 20

Photos by Mark Phillips

The distribution of service pins was reinstated at the February General Meeting. This will continue at each general meeting until service pins are up to date. **Cathy Spitzig**, Membership Co-Chair, presented pins to the three eligible members who were present at the meeting: (L-R) **Rob Sova** (10 yrs), **Williamina Tait Garden** (5 yrs), and **Val Tuba** (5 yrs).

5-year Pins

Donald Deegan
Geoffrey Johnson
Maureen Johnson
Irene Mayer
Susan MacFarlane
Terry MacFarlane
Sylvia McGowan
Debbie Mulvihill
Williamina Tait Garden
Val Tuba
Len VanBeerschooten

10-year Pins

Deborah Czuba
Guilio Maffini
Keith Sennetty
Kim Sova
Rob Sova

15-year Pins

Grace Agostinho
Terry Middaugh
Elizabeth O'Malley
John Tully



Ottawa Senators Honour Branch 314 Veterans


On January 25, 2023 the Ottawa Senators honoured Branch 314 veterans **Reg & Rick Gionet** – father and son with a combined service of almost 60 years. Former Ottawa Senators **Darren Rumble** and **Spartacat** presented each of them with an autographed Ottawa Senators Jersey. It was a very moving and memorable occasion for them, their family and friends in the “Hero’s Ridge” suite. Many thanks and much appreciation to the Ottawa Senators, **Lepine Apartments** and the respect shown by fans in attendance.



SPORTS CORNER
by **Dan Spitzig**
613-692-8607
danspitzig@gmail.com

Euchre Drop-in: Thursday Night Euchre Drop-In starts between 7:00 and 7:30 pm. 

Bridge Drop-in: Wednesday afternoon bridge is at 1:00 pm. All are welcome. 

Thursday Night Darts League: at 7:30 pm. Spares always welcome – arrive by 7:15 pm. 

2022/23 Zone & District **SPORTS** are open to all members in good standing.

The Zone Sports Schedule is posted on the Sports Bulletin Board in the Members' Lounge.

Provincial Cribbage. At the District Cribbage on Saturday, January 7 in Smiths Falls, we had a team qualify for Provincial Cribbage being held in Hespeler on March 4. Congratulations to **Dan Spitzig**, **Annette Blaedow**, **Peter Delaney**, and **Shawn Hawkins** for qualifying for this event. Good Luck, team!



District Senior Darts District championships were held on Saturday, February 4 in Renfrew. We had two teams competing for our branch. For the first time ever, we had a team qualify for a Provincial Darts event. Congratulations to **Tom Bull**, **Lorna Carr**, **Mike Hughes**, and **Tim Manwell**. The Provincial competition will take place at the Port Credit Legion in Mississauga on April 1. We wish them the best of luck.



Euchre Tournaments. The Manotick Legion is hosting 4-hand Euchre Tournaments on the 4th Saturday of each month until June. (March 25, April 22, May 27 and June 24)

The cost is \$10, and play begins at 1:00 pm. No pre-registration is necessary, and everyone is welcome.

UPCOMING EVENTS

(mark your calendar!)



St. Patrick's Day Afternoon Social & Dance

Friday, March 17, 2:00 – 4:00 pm

Cost \$10.00 includes a choice of Shepherd's pie with lamb or beef and Guinness stew. Music by *MoJo*



St. Patrick's Day Dinner-Dance

Friday, March 17, 7:00 – 10:30 pm

Cost \$20.00 includes a choice of Shepherd's pie with lamb or beef and Guinness stew. Music by *The Retrosomics*



To register please phone 613-692-3243. 



April Dinner-Dance

Friday, April 14
Fish Fry

May Dinner-Dance

Saturday, May 13
Chinese Buffet

June Dinner-Dance

Saturday, June 17
Steak Dinner

Upcoming Election

The annual election is coming up at the General Meeting on May 20. Please consider putting your name in for the Executive. The only way to make changes is to have your name stand. The board is in the front hall just waiting for your name. Please support your branch. Send any questions to **Peter Delaney**, Election Chair.



REGULAR EVENTS

Happy Birthday!!

Wishing all those whose birthday is in March or April a great day. We will be returning to our Birthday socials very soon – stay tuned!.



Birthday social convener,
Sylvia McDonald

Next Executive Meetings

(usually held the second Monday of the month)

Monday, **March 13**, 7:00 pm

Monday, **April 10**, 7:00 pm

Next General Meetings

(usually held the third Monday of the month)

Monday, **March 20**, 7:30 pm

Monday, **April 17**, 7:30 pm

Please renew your membership if you have not already done so.

If you renew online, there is an option to have auto renew. Should you choose this option, you will receive an email reminder one month prior to the annual auto renewal as well as two weeks prior. Should your credit card they have on file for your renewal be about to expire, you would receive an email to that affect also, so no worries.

When renewing your membership, however you do it, remember to check if you missed any years. You can pay for years you missed. That way there will be no lapse in your years of service.

Parents, guardians, spouses, and adult children of serving retired or passed CAF and RCMP members who have not yet joined the Legion can now receive a first free year of membership at the Legion. This must be done online through the legion.ca website.

Sincerely, Comrades **Susan Dufault & Cathy Spitzig** Membership Co-Chairs

New Members

*Congratulations and
Welcome to Branch 314!*

Allen Wayne Cunningham, Ordinary member
Patricia McCallum, Ordinary member
Kevin Yenson, Affiliate member

Barb Blair, Associate member
Susan Kearney, Associate member
Elizabeth Warner, Associate member

HELP WANTED

As mentioned in this issue's President's Message, **our Legion survives on volunteers**. Please contact the office if you are able to help out in any capacity – large or small. Thank you!!



May - June 2023 Issue
Deadline to submit material:
Friday, April 28
Publish and mail out:
Friday, May 5

On the
lighter side



Canadian Temperature Conversion Chart

- 50 Fahrenheit (10 C) Californians shiver uncontrollably. Canadians plant gardens.
- 35 Fahrenheit (1.6 C) Italian Cars won't start. Canadians drive with the windows down
- 32 Fahrenheit (0 C) American water freezes. Canadian water gets thicker.
- 0 Fahrenheit (-17.9 C) New York City landlords finally turn on the heat. Canadians have the last cookout of the season.
- 60 Fahrenheit (-51 C) Santa Claus abandons the North Pole. Canadian Girl Guides sell cookies door-to-door.
- 109.9 Fahrenheit (-78.5 C) Carbon dioxide freezes makes dry ice. Canadians pull down their earflaps.
- 173 Fahrenheit (-114 C) Ethyl alcohol freezes. Canadians get frustrated when they can't thaw the keg
- 459.67 Fahrenheit (-273.15 C) Absolute zero; all atomic motion stops. Canadians start saying "cold, eh?"
- 500 Fahrenheit (-295 C) Hell freezes over. The Toronto Maple Leafs win the Stanley Cup.



From <https://www.nestorfalls.com/news/the-official-canadian-temperature-conversion-chart/>

Legionnaire co-editors: **Simone Bachelor & Mark Phillips**

If you have anything you would like published in the next newsletter, please e-mail it to nurseladybee@gmail.com

We're always looking for photos, and we welcome suggestions for "Ponder This" and "On the Lighter Side".

[Editors' note: names in **bold blue** are Legion members (Comrades); other names are in *italic blue*.]

