



The Royal Canadian Legion

West Carleton Branch 616



APRIL 2025

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Constance Bay, ON,
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[Website](#)

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Schedule . . .**

April Newsletter

Branch 616 continues to experience good times plus great attendance for planned functions and casual drop-ins. The renovation crew is at work in the off hours and the kitchen is busy almost every day. With Spring in the air and warmer weather in our sights things are looking good!

Membership keeps rolling along just fine as does the Sports Program.

The Ladies Auxiliary membership is also on a roll with new applicants every month. They are also doing great in sports, e.g. a doubles dart team is going to Provincials in Timmons Ontario this month and five 4 person teams have advanced to District.

'Meals to Wheels' is in full swing with the Branch and LA taking turns in the kitchen. Each production has had overwhelming results. Multiple volunteers have dual membership which means there is no shortage of helpers. Thanks to them and the patrons for keeping this project viable.

Annual Election Day for Branch 638 Kanata will be Wednesday April 16. Branch 616 will send an election /committee to Kanata and vice versa. Branch 616 annual Elections will be on Monday May 26.

Comrade Garry Pond has stepped down from the Dominion Executive Council for health reasons. Carleton Place Branch 192 will be hosting a Newfie Kitchen Party in appreciation of Garry's service, date TBA. Garry was 1st Vice President of the DEC..



Branch 616 is in full support of the 'Mood Disorders Society of Canada' programs as promoted by Command. These programs are two-day zoom workshops, free of charge for Veterans and Family Members. For info please log into <http://mdsc.ca/peer-and-trauma-support-systems/> Also see attached poster page 8.

Last Post: The Branch says goodbye to Comrade Don Pajot. The Branch honoured this 36 year member by having the Legion Colour Party attend his funeral. Condolences to the Pajot family; Rest in Peace Comrade.

Past Events

Friday March 14, Meals to Wheels: Delicious Butter Chicken was the entre presented by the Ladies Auxiliary and prepared by Anita. Thank you to Anita and Crew ... lots of positive feedback! Pics page 3.

Newsletter by Arleen Morrow
& Marilyn Deslauriers



Saturday March 15, Theresa Wilson Memorial Darts: Harriet Farrell organized another successful day for the branch with participants from all over the zone. Thank you to Harriet and everyone who came out for this fun day of sport! Thank you to the kitchen crew who kept the food coming! A team from Stittsville was the winner with teams from West Carleton taking second and third. A good time was had by all! Pics page 3.

Monday March 17, St. Patrick's Celebration: Wasn't that a party! Both rooms were green with celebrants - the Wilson/Strong band belting out the tunes in the lounge with the barroom crowd enjoying the music along with the pool table! Everyone enjoyed the stew which was available throughout the day. Thank you to the Band, LoriAnn Summerfield and Brandi Gaudet, and everyone who helped make this a perfect day! Pics page 4.

Friday March 28, Meals to Wheels TGIF Dinner: Over 100 orders of Hot Beef on a Baguette (with extra gravy, Fried Onions and Mushrooms) went out the door, along with homemade fries, coleslaw, and Chocolate Mousse. Thank you to the kitchen crew plus the usual support staff of volunteers. Pics pg.3.

Coming Up:

Sunday April 6, Bunny Shoot! Blind draw mixed doubles, register at 11:30 am, play at noon. Open to all 19 years of age and up, \$10.00 per person. You Could Win your Easter Ham !!

Friday April 11, Meals to Wheels TGIF Dinner: Spinach Stuffed Roast Chicken, Roasted Garlic Baby Potatoes, Honey Glazed Carrots, Brioche Buns, Strawberry Shortcake, \$20.00, 5:30 pm. pickup.

Friday April 18: Annual Triathlon: Darts, Euchre, Washer Toss. Blind draw for partners, 9:30 registration, play at 10:00 am.

Sunday April 20: Children's Easter Party: 12:30 pm to 3:00 pm. Lunch, crafts, cupcakes to decorate, and the Easter Bunny bringing treats! Every Kid Welcome!

Thursday April 24: For the Good Times Seniors Social: Starts at 11:00 am. All Seniors welcome! Caregivers are required to accompany their senior. Poster attached page 7.

Friday April 25, Meals to Wheels TGIF Dinner: Menu TBA

Don't Forget:

Next L.A. Meeting – Monday April 14, 7:00 pm

Next Branch Meeting – Monday April 21 7:00 pm. Executive

Hall Rental: We have an 80 to 100 capacity space to rent - please call the Branch for info **613-832-2082**

Standing Dates:

Monday: Every 1st Monday: Ladies Auxiliary Meeting 7:00 pm.

Every 3rd Monday: Branch Executive Meeting 6:30 pm.

Every 3rd Monday of June*, September, November, January, March, May: Branch General Meeting 7:30 pm *The Legion fiscal year starts on June 1; July & August general meetings are suspended

Every 2nd & 4th Monday: Ladies darts Singles, blind draw 7:00 pm.

Tuesday: Ladies' Darts 7:00 pm.

Every 2nd Tuesday: Seniors Potluck & Meeting 12:00 noon

Wednesday: Youth Darts, 7:00 pm

Thursday: Men's Darts 7:00 pm.

Friday: Mixed Darts 7:00 pm.

Every 2nd Friday: Meals to Wheels TGIF Dinner 5:30 p.m., \$20.00

Canada Day: every July 1st

Legion Week: 3rd Sunday in September to following Saturday

Branch Remembrance Day: Saturday prior to November 11

New Year's Day Levee: every January 1st

St. Patrick's Day Celebration: Every March 17

Children's Easter Party: every Easter Sunday

RED FRIDAYS - Please show your support for our troops and their families and to the families of the 158 soldiers killed in Afghanistan by wearing red on Fridays.



1st



Butter Chicken

2nd



3rd



Theresa Wilson Memorial Darts



Beef on a Bun







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast every Sunday		1 Ladies Darts 7pm	2 Youth Darts	3 Men's Darts 7pm	4 Mixed Darts 7pm	5
6 Bunny Shoot	7	8 Senior's Potluck & meeting 12pm Ladies Darts 7pm	9 Youth Darts	10 Men's Darts 7pm	11 Meals to Wheels Mixed Darts 7pm	12Booked
13 LA Sports Mtg	14	15 Ladies Darts 7pm	16 Youth Darts Br 638 Kanata Elections	17 Men's Darts 7pm	18 Annual Triathlon	19
20 Children's Easter Party	21Branch Exec Mtg	22	23 Youth Darts	24 For the Good Times 11am-1pm Men's Darts 7pm	25 Meals to Wheels Mixed Darts 7pm	26 Ladies Darts Banquet
27	28	29	30 Youth Darts			



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast Every Sunday				1 Men's Darts 7pm	2 Mixed Darts 7pm	3
4	5	6	7 Youth Darts	8 Men's Darts 7pm	9 Meals to Wheels Mixed Darts 7pm	10
11 Mothers Day	12	13 Senior's Potluck & meeting 12pm	14 Youth Darts	15 Men's Darts 7pm	16 Mixed Darts 7pm	17
18	19	20	21 Youth Darts	22 Men's Darts 7pm	23 Meals to Wheels Mixed Darts 7pm	24
25	26 616 AGM & Elections	27	28 Youth Darts	29 Men's Darts 7pm	30 Mixed Darts 7pm	31

**FOR SENIORS WITH DEMENTIA/ALZHEIMER'S/DISABILITIES & ISOLATED
SENIORS & THEIR CAREGIVERS**

**“FOR THE GOOD TIMES”
SOCIAL w/MUSIC.**



Thursday, April 24th, 2025

11 a.m to 1 p.m. (please arrive 15 min. early)

Enjoy listening to the *Golden Oldies*, sing, sway or move to the music, mingle with other seniors & enjoy a light lunch...in a casual & **private** environment.



Royal Canadian Legion Br.616
377 Allbirtch Rd, Constance Bay
(Hall, Ground Floor, door closest to the back of parking lot)



Senior must be accompanied with a Caregiver

Transportation not provided, Wheelchair accessible

Please indicate allergies upon registration

Please register: (no cost) by April 21st, 2025 — 10 person max.

By email: juliejax20101972@gmail.com By text/call: 613-914-4441

Ontario Command would like to remind the Branches, Veterans and Family Members of Veterans, that it is in support of the *Mood Disorders Society of Canada's (MDSC) programs that provide 'free of charge' offerings to Veterans and Family Members. Ontario Command is sponsoring these peer support workshops for Ontario scheduled for - April 1 and 2; April 28 and 29; and May 12 and 13th.

This peer support workshop is a two-day zoom workshop. There is no preparation before this training. *This program is taught by Veterans, Family Members of Veterans and Mental Health Professionals* who are positive, professional and have a 'lived experience'. The course is highly rated by the Veterans and Family Members who have previously taken it. It educates on how to provide peer support and how to maintain your wellness when providing peer support to others.

Enroll today by completing this registration form: <https://mdsc.ca/peer-and-trauma-support-systems/>

Debbie Turner – MPM, PMP®, Cert. APM (She/Her)

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MDSC Peer Support Workshop Facilitator

Mood Disorders Society of Canada

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