



The Royal Canadian Legion West Carleton Branch 616



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**Newsletter by Arleen Morrow
& Marilyn Deslauriers**

February Newsletter

Branch 616 is experiencing a great start to the New Year. Our usual events are on the calendar, the renovation is clicking right along, and the restored pool table is very popular. Thank you to all the volunteers.

We have done well with memberships this year. However, there are still some outstanding renewals. Please drop by the Branch or renew your membership online to remain in good standing, with thanks as always.

Branch 616 had some very important visitors at the January General Meeting. Fire Team K-9 is an organization based in Pembroke Ontario. They train and provide service dogs for veterans. A trainer and a user with their dogs were our guests. Their presentation was inspiring and informative. The Branch is preparing to make a donation to aid this essential service.



The sports program is also back in full swing. Sports Officer Wayne Flieler has sign-up sheets posted for Zone and District events (which quickly fill up), as does the Ladies Auxiliary. The L.A. will be hosting District Darts on April 1. As for house dart nights, men's and ladies' leagues are well-established but open to spares. Friday night mixed darts is casual and open to all 19 years of age and up: please feel free to drop in for a session.

The Branch was a major participant in the retirement celebrations of our City Councillor Eli El-Chantiry. Eli was a Constance Bay resident prior to moving to the city to serve on council. He is a long-time Legion member. The membership elected him 'Volunteer of the Year' in honor of all the good things he has done for our Branch and Community. He was presented with the award by Branch President George Dolan at the thank you party the community held for him for 19 years of service on City of Ottawa Council. Congratulations Comrade! Enjoy your retirement!



Past Events:

Friday January 13: Meals to Wheels: Our first takeout dinner of the new year - Harriet's Chicken Parm. Over 100 delicious dinners were bagged and out the door in no time. The volunteers were right back in the swing of things after the holiday break! (pics p3)



Friday January 27: Meals to Wheels: Cabbage Rolls by LoriAnn for the Ladies Auxiliary. Again, eighty-plus dinners prepared and delivered by the volunteers in record time. Thank you to the L.A., Harriet, LoriAnn and all the volunteers and patrons for this great kick-off.



Saturday January 28! Trivia Challenge! Jim Wilson took a break and joined the challengers. Thank you to Kevin Johnson for taking over as Quiz master. The event was won by Jim, Wendy Watters, Karen Woods, and Tracey Briscoe. Thank you to everyone for participating. That was fun!



Coming Up

February 10: Meals to Wheels TGIF Dinner, Cancelled. Sorry for the inconvenience.

Sunday February 19: Old Sled Run. \$10.00 breakfast available 8:00 a.m. to 10:00 a.m.; registration \$15:00 8:00 a.m. to 10:00 a.m, includes a bowl of chili and a hotdog when you come back to the Legion at 3:00 p.m. for presentations and awards. The run will leave the Legion at 10:00 a.m. for the trip across the river, stopping for a break at Gavan's in Quyon PQ, (poster on page 6)

Friday February 24: Meals to Wheels TGIF Dinner. Menu TBA

Friday March 10, Meals to Wheels TIF Dinner; Menu TBA

Friday March 17: St. Patrick's Party! Get your green on and join us for a St Pat celebration with the Travis Strong/ Danny Strong/ Billy Wilson group offering a mix of traditional Irish tunes and modern favorites! Irish stew, dinner roll and dessert available for \$10.00. It all starts at 4:00 pm.

Friday, March 24: Meals to Wheels TGIF Dinner; menu TBA

Saturday March 25: Theresa Wilson Memorial Dart Tourney. Open to ladies 19 years and up, 4 per team. Register at 9:15 to 9:45 a.m., play at 10:00 a.m. Limited to 20 teams. Lunch available. For more info call Harriet at 613-806-1789 or Legion 613-832-2082.

Don't Forget:

Next L.A. meeting – Monday, March 6, 2023, 7:00 pm.

Next Branch meeting – Monday February 20 2023; Executive 6:30 pm. (includes Joint Meeting)

*** Musical Opportunity:** Branch 616 is offering the hall free of charge to aspiring musicians who would like to have a place to practice. Perhaps you need to try out your act on an audience, iron out some kinks, or break in a new number. Call the Branch at 613-832-2082 or the entertainment chairman at 613-832-8988 for info.

***Rental:** We have an 80 to 100 capacity hall for rent - please call the Branch for info.

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 every 2nd month: Branch General Meeting, 7:30 pm
Joint Meeting of Branch & L.A : 3rd Monday of February & August 7:00 pm
- Tuesday:** Ladies Darts 7:00 pm.
Every 2nd Tuesday of each month: Senior's Potluck 12:00 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.**

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.**



Chicken Parm



Meals to Wheels

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Men's Darts 7:00 pm	3 Mixed Darts 7:00 pm	4
5	6 L.A Meeting 7:00 p.m.	7 Ladies Darts 7:00 pm	8	9 Men's Darts 7:00 pm	10 Mixed Darts 7:00 pm Meals to Wheels	11
12	13	14 Seniors Potluck 12:00 pm Ladies Darts 7:00 pm St. Valentine's Day	15	16 Men's Darts 7:00 pm	17 Mixed Darts 7:00 pm	18
19 Old Sled Run	20 Branch Ex. Meeting 6:30 pm Joint Meeting of Branch & L.A	21 Ladies Darts 7:00 pm	22 Ash Wednesday	23 Men's Darts 7:00 pm	24 Mixed Darts 7:00 pm Meals to Wheels	25
26	27	28 Ladies Darts 7:00 pm				

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Men's Darts 7:30 pm	3 Mixed darts 7:00 pm	4
			5	6 L.A. Meeting 7pm	7 Ladies Darts 7:00 pm	8
12 Daylight Savings Begins	13	14 Senior's Pot Luck 12:00 pm Ladies Darts 7:00 pm St. Valentine's	15	16 Men's Darts 7:30 pm	17 Mixed darts 7:00 pm St. Patrick's Party	18 Booked for Birthday Party
19	20 Spring Begins Exec Mtg 6:30 pm General Mtg 7:30 pm.	21 Ladies Darts 7:00 pm	22	23 Men's Darts 7:30 pm	24 Mixed darts 7:00 pm Meals to Wheels	25 Theresa Wilson Memorial Darts
26	27	28 Ladies Darts 7:00 pm	29	30 Men's Darts 7:30 pm	31 Mixed darts 7:00 pm	

 **Royal 616
Canadian**
LEGION
IN CONSTANCE BAY
PRESENTS:
The 16th Annual



Old Sled Run

SUNDAY FEBRUARY 19, 2023

* 377 Allbirch Rd., Constance Bay *

* The run starts at 10:00; Awards at 3:00 *

* Breakfast available \$10 – complementary chili afterward *



- An off-trail parade across the tree line to beautiful Quyon, QC and the iconic Gavan's Hotel;
- **Featured sled this year: Arctic Cat**
- \$15 entry includes Rick & Sean's excellent chili, hot dogs and Branch 616 hospitality;
- Awards for all of our usual **unique classes**: bring your loudest pipes, best rat sleds or best old suit;
- All proceeds benefit Branch 616.
- Contact info:
mikeor.cbay@gmail.com

Don't Fear the Deere, ride rice, bleed yellow...or bring your dog

"This year it's all about Cats"

More info & photos at www.OldSledRun.info