

The Advance

Royal Canadian Legion
Branch 641 Barrhaven



Vimy Memorial Bridge
Photo credit to The Wright Team

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The President's Message



Stéphane Guy

Comrades,

I hope everyone is staying safe and have the required support to make it through this tough time. We all feel the stress of staying at home and having to take some risks whenever we must go out for essentials. However, this thing will be over, and life will go back to normal; We just do not know when. I must say that I am really relieved as since the closure of our branch on March 15, no one has

reported having come down with the virus and we have only responded to one request for support. This is awesome as it provides me with the confidence that our members are safe and have the required social network. Please note that we have established a network of volunteers who are ready to provide any support that you may need. Just contact me and we will respond immediately.

We had two events this past month that I would like to highlight. First, we celebrated Volunteer Appreciation Week which was held from April 19-25. In spite of having to cancel our appreciation luncheon, we still wish to pass on our sincere thanks to our amazing volunteers who continually provide the required services to all, as without them, our branch would not be where we are now. I would like also to point out that this mindset identifies our branch as one of the best which many other branches would like to copy. It is a part of who we are, and all of this is due to the generosity of our volunteers.

Our 1st VP Ernie Hughes and I would like to pass on our special thanks to the volunteers who currently keep our branch in good working order and ready to restart as soon as we are given the "all clear." They take some risks by visiting the branch to perform various essential tasks such:

1. paying the bills and collecting the mail
2. cleaning our premises periodically
3. performing a daily inspection by the bartenders which is required for insurance purposes
4. performing a weekly inspection by our hospitality team to discard perishable food as it becomes expired and ensuring our appliances stay in good working order

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A special thanks goes to our Housing Officer, Tom Lamb, as within the first week of closing the branch, he installed much needed new weatherstripping around the back doors, a new floor in the rear entrance and a new TV in Valour Hall. Thanks to Patrick Creppin for donating this new TV.

On April 22, 2020, our branch celebrated our 15th year anniversary. I will always be grateful to our founding members and the amazing work that many donated to manage our first location and then, move and prepare our current location. As we could not meet in person, I hope that everyone had a chance to raise their glass and had a toast on behalf of our branch.

Please stay safe and stay at home but if you must go out, respect the social distancing, and wash your hands as often as possible. We will get through this.

Stéphane Guy, President
613-797-7021
rcl641president@hotmail.com

"Always Do the Right Thing"

Volunteer Appreciation Week

[\(Reprinted from the content posted to the Branch 641 website in April 2020\)](#)

By this time in April, Branch 641 would have normally put out an announcement for our annual Volunteer Appreciation Luncheon. This year, the luncheon would have been a BBQ on Sunday, April 19.

Regrettably, 2020 is not a normal year, but one with more challenges than we could have foreseen at the start of January. Social and physical distancing is keeping many people apart and that distancing impacts how we communicate with those around us – our family, our friends, our neighbours, and extending globally.

The day-to-day challenges stemming from the covid-19 pandemic have directed our attention to our political leaders, to front-line medical people and to those who care for our safety and well-being in the broader community. In the running of Branch 641, it has brought our attention to our branch executive and to our local volunteer members who do all that we and they can to ensure that our Branch will still be operational when the curve flattens, and social and physical distancing measures begin to be lifted. It is through the wisdom and efforts of our leaders who have gone before that Branch 641 is in the secure financial position we are in to allow our current executive to manage our resources to keep our Branch viable, and it is through the dedication of all of our volunteers that Branch 641 will continue to be effective long after the 2020 pandemic is a distant memory.

To those who continue to do their jobs, to those who volunteer to give aid and comfort, and to those who step in and step up when something needs doing so that the rest of us have something to safely look forward to in the next weeks and months, we applaud you. You are indeed our heroes and our stars. At Branch 641, we appreciate all that you did before the outbreak of covid-19 and we especially appreciate all that you are now doing on our behalf. In the spirit intended for Volunteer Appreciation Week, we are grateful for your efforts.

We applaud you and we thank you all. From those of us here at Branch 641, we are all volunteers. We are in this together. Stay safe, stay healthy.

Victor W.S. Chan, LCdr(ret'd), CD, KStG
Br 641 2nd VP, and VSO

Branch 641 Executive Team

Position (Title/Name in bold denotes Executive Position and/or Executive Member)	Chair	Position (Title/Name in bold denotes Executive Position and/or Executive Member)	Chair
President	Stéphane Guy	Grants and Assistance	Martha Walsh
Immediate Past President	Bert Boehme	Honours and Awards	Bert Boehme
1st Vice President	Ernie Hughes	Hospital Visits	Stephen Silverthorne
2nd Vice President	Victor Chan	Hospitality/Entertainment	Angele Guy
3rd Vice President	Angele Guy	Housing	Tom Lamb
Chairman	Dave Cole	Leadership and Development	Victor Chan
Treasurer	Jim Duff	Legion Seniors	Vacant
Secretary	Vacant	Long Range Planning	Ernie Hughes
Sergeant at Arms	Lyle Brennan	Membership	David St Amand
Chaplain	Stephen Silverthorne	Poppy Campaign	Ed Schelenz
Bar	Ernie Hughes	Poppy Trust Fund	Ross Stephen
Branch Service Officer	Victor Chan	Public Relations (Website, Scrapbook, Bulletin)	Debi Sereda
Cadets	Dave Sereda		
Community Liaison	Vacant	Sports/Track and Field	Jackie Fuchs
Constitution and Laws	Dave Cole	Ways and Means	Joe Guitard
Finance Officer	Bert Boehme	Youth Education/Bursary	Lyle Brennan



E-mail: rcl641@bellnet.ca



WALL OF HONOUR

Memorial Bricks for the Barrhaven Legion

If you would like to be a part of the past, present and future of the *Barrhaven Legion*, it's as easy as purchasing a Memorial Brick. These Bricks will be engraved with your name and mounted on the Wall of Honour at our Branch.

Available in three different denominations:

Copper	= \$ 250.00
Silver	= \$ 500.00
Gold	= \$1,000.00

These Memorial Bricks are also a wonderful way to honour the memory of a family member.

For more information on how to purchase a Memorial Brick, please contact

Debi Sereda
by email at
debi.foxhill@gmail.com

RCL Barrhaven Branch 641 Celebrates Its 15-year Anniversary

(Reprinted from the content posted to the Branch 641 website in April 2020)

Today is the 22nd of April. It's also Earth Day, it's the Birthday for a few of our Comrades, and it's the 15-year anniversary of the day RCL Barrhaven Branch 641 received its Charter in 2005.

It's a different world out there than the one we lived in a little over a month ago. Instead of gathering at the Branch to meet with comrades, have a beer or a Caesar or a shot of Scotch, play some Euchre or pool, throw some darts, or enjoy a Friday night dinner with music and dancing, we are at home, probably eating too much and moving too little, staying safe in our attempts to flatten the curve for the health challenges brought on by the covid-19 pandemic.

We are grateful for our federal, provincial and city political leaders who have taken an affirmative stand to get us through this health and economic crisis. We are grateful for our front-line workers and volunteers in public safety, health care, elder care, and areas that keep our food supply lines and other community services open. And we are grateful for the continuing health of our family, friends and neighbours – whether young or older, living nearby or geographically far from us but always near to our hearts.

As a community, although we are faced with a time of social and physical distancing, while we know that we are not alone, the way we interact with each other has changed. As members of Branch 641, today should be the day to gather at the Branch and toast the start of our 15th year since becoming an RCL branch. We'd enjoy a slice of cake, the company and jokes and stories of our comrades, we'd ask the bartender for another drink or offer to pay for a friend's, we'd probably hug a few people, slap them on the back or kiss a comrade's spouse on the cheek, and we'd likely have to hear a couple of speeches as people reminisce about our Branch and some of our more colourful members and events over our 15-year history. We'd raise another glass in tribute to those founding members, past presidents and other members who are no longer with us and able to see how far their Branch has come or how far it will develop still.

Instead, we are at home doing our part to help keep the corona virus from spreading to our family, our friends, our neighbours, and others we would normally encounter in day-to-day life. We could let today's challenges get us down, or we could seize opportunities to celebrate and honour what has come before and be hopeful for the positive things that are yet to come. We have such an opportunity in today with our Branch's 15th anniversary or birthday.

In one of our president's updates to members, Stéphane suggested that at 5 p.m. on April 22, Branch 641 members raise a glass and give a toast to honour our branch, our founding members, all of our members regardless of where they are, to our branch's past and to our branch's future for continued success as an effective and contributing organization, acting on behalf of the betterment of our Veterans, our elders and our youth, and as an active and viable part of the community and city we call home. To Branch 641 – the home of heroes, the home of the volunteer, the home away from home for all our members wherever and whenever they are.

We are all in this together. Stay safe, stay healthy.

With respect and appreciation,

Victor W.S. Chan, LCdr(ret'd), CD, KStG
Br 641 2nd VP, and VSO



Let Us Know

When a comrade or family member becomes ill or passes away, it's important that you let me, your chaplain, know. I put into motion a number of things such as advising the president and our executive, connecting with the family, making arrangements for hospital visits, arranging colour parties and Legion services – all of which fulfill our role to each other as a Legion family.

When comrades are ill or pass and we don't know, we can't support the member or their family in their time of need.

I can be reached by phone at (613) 823-8118 or by email at fr.stephen@goodshepherdbarrhaven.ca

Stephen Silverthorne, Chaplain

Barrhaven Legion 641 is on facebook

Want to be a part of our Facebook group? Just go to "Barrhaven Legion 641" on Facebook, send us a friend request, tell us why you want to be a part of our private group, and join in the conversation.

A Recipe From Our Hospitality Team

Just wanted to sweeten everyone's day, here's a recipe that many Friday-night dinner Legion members have enjoyed. I am doing a lot of baking during these days so I wanted to share.

Toffee Pecan Bar Recipe

1 ½ cups Graham cracker crumbs
½ cup melted butter
1 (14oz) can Eagle Brand condensed milk
2 cups semi-sweet chocolate chips
1 package Skor bits
1 cup chopped pecans – optional

1. Heat oven to 350, coat 9 x 13 baking pan with non-stick cooking spray or line pan with parchment paper and spray
2. Combine Graham crumbs with butter, press into bottom of baking pan, pour condensed milk over crumbs and spread evenly
Sprinkle chocolate chips, Skor bits and pecans
3. Bake 25 to 30 minutes or until lightly browned.

Stay safe, stay healthy.

Kim Macdonald

Notes from the Editor



As we enter a second month in self isolation, many of us are settling into our new normal – watching tv, catching up on overdue “to do” things around the house, baking, walking (and getting to know our neighbours and neighbourhood), taking our dogs for more walks than they really want, enjoying the time to continue or taking up new hobbies and connecting with family and friends through phone calls, emails and online meeting platforms such as FaceTime and Zoom. Many of the Barrhaven Legion’s dart group continue to meet each Wednesday night through FaceTime and manage to play their usual seven games of darts. This has been a great way to keep in touch with people at a time when we can’t meet face to face. How have you been keeping in touch?

The flip side of this is that many people are living on their own and find themselves struggling with being shut in and cut off from friends and family. More than ever, it’s important for all of us to reach out to people in this situation who may be reluctant to ask for help in the way of a phone call or some visual contact with someone outside their home. Don’t hesitate to check up on your neighbours – young or elderly, keep in touch!

We have learned to appreciate people more than ever before – our health professionals, people who own and work in stores, people who work in retirement and convalescent homes and teachers who continue to teach their students from home (while also struggling to take care of their own children). If they weren’t putting themselves at risk, how would we stay healthy, feed our families and educate our children. Make sure to give thanks to each of these people when you have a chance.

Our Legion has just celebrated our 15th anniversary. What a milestone! Branch 641 began when a group of people had the vision to start a new Legion in our community of Barrhaven as a local place to gather and to offer support to our Veterans. Our founding members, along with more than the minimum requisite of 50 members, put blood, sweat and tears into obtaining our charter, running the branch from our first location in the Walter Baker complex, finding, funding and renovating the rental space for our first clubhouse on Cedarview Drive, organizing fundraisers to keep our branch operational, finding and renovating our current rental location and growing to more than 650 members in 2019. So many people/volunteers donate so much time, energy and money to make our branch the success it is today, and, as President Stéphane mentioned earlier, be the envy of many branches who would like to model themselves on our branch. All of this is due to the hard work of our incredible members and volunteers. Thank you. And thank you to our President Stéphane Guy and the executive committee and others who continue to work behind the scenes to keep our branch going.

Please look around you and reach out to people who may need to see a happy face and a smile or may need just to hear “thank you.”

I would love to hear how our members are managing through these difficult days. I am collating a document of how our members are making a difference in our community. Please send me an email with your story and photos along with some background information, identifying the photo.

Keep well. Stay home and stay safe. Stay in touch with friends and family. And don’t forget to say thank you.

Debi Sereda
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