



Branch 445 Bulletin Royal Canadian Legion

**345 Lansdowne St.
Callander ON P0H1H0
Office: 705-752-3773
Lounge: 705-752-1322
www.callanderlegion.ca**



April 2015

Branch 445 Executive - 2013/2014

BRANCH EXECUTIVE		
President	Glenn Bennett	705-752-5923
Past President		
First Vice	Caven Ford	705-752-2951
Second Vice	Ron Van Tassell	705-497-1102
Third Vice	Richard Rhindress	705-752-3935
Treasurer	Kathy Landon	705-752-5365
Secretary	Helen Turgeon	705-752-2624
ELECTED & APPOINTED EXECUTIVE COMMITTEE		
Membership	Emma Bennett	705-752-5923
Sgt. at Arms and TOD	Steve Larocque	705-776-1625
Poppy Chair	Nancy Clark	705-752-5689
Public Relations Officer	Leslie Cerisano	705-752-0739
Bar	Jim Landon	705-752-5365
House and Property	John Pearce	705-752-2297
Banquets	Helene Lariviere	705-472-4688
L.A. 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
Chaplain	Len Burnham	705-492-6420
Sports	Alan Clark	705-752-5689
Service Officer	Ron Van Tassell	705-497-1102
Audit/Finance Committee	Karen Duquette	705-497-3135
Bulletin	Caven Ford	705-752-2951
Youth and Education	Len Burnham	705-492-6420
1st. Callander Scouting Rep	Caven Ford	705-752-2951
LADIES AUXILIARY EXECUTIVE		
President	Helene Lariviere	705-472-4688
Past President	Irene Lewis	705-491-2216
First Vice	Marion Smith	705-752-1205
Second Vice	Brenda Lalonde	705-476-4445
Recording Secretary	Helen Turgeon	705-752-2624
Treasurer	Leslie Cerisano	705-752-0739
Sgt. at Arms	Cecile Farmer	705-752-5993
Sports Officer	Laura Ranger	705-476-6974

PRESIDENT'S REPORT

Comrades,

The first day of spring as come and gone, the weather is starting to warm back up. Easter is just around the corner, I hope you all have a great time with family and friends. You don't know how long they will be with you to visit with. If you have time later in the month, come out and visit your branch and bring your family members along with you. They can just have a drink, play a game of pool or play darts, or just have the Friday night dine in, and stay and enjoy the music after your dinner.

The elections are coming up in May and if you like the job we are doing come on out and vote for us, and if you want to make changes come out and have your name nominated and stand for a chair, to help make the difference. Thank you to all the volunteers in the past that have helped our branch succeed, in the past three years, continue the great work, your branch needs you.

Yours in Comradeship,
Glenn Bennett, Branch President



Comrade Len Guppy receives his 70 year pin from Comrade Don Macdonald

Help Needed

We are looking for a student or perhaps anyone with some extra time to assist in the office with filing and other office functions as required. This is a great opportunity for a high school student to gain some community service hours!

If you know someone that might be interested in helping out, please let them know we need them. If you are interested in helping out yourself, please call the office at 705-752-3773 and let us know of your interest.



The Gord Evans Memorial Dart Tournament raised \$650.00 to donate to the North Bay chapter of the Canadian Cancer Society

NEVADA SALES

Your Branch is looking for Comrades to volunteer to sell Nevada Tickets at various functions in the near future. If you are interested in helping out, please contact me at 705-752-4673 or call the branch at 705-752-3773.

Yours in Comradeship
Janice Daniher, Nevada / Lottery Chair

✂

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 lounge.

Last Name: _____ First Name: _____

Street Address: _____

City: _____ Postal Code: _____

Phone Number: _____ Email: _____

LADIES AUXILIARY REPORT

Our Annual Zone Convention will be held on Sunday, April 19th at the Royal Canadian Legion, Branch 467, Sundridge. Your attendance would be appreciated in order to make the Convention a success, not only for our Zone Commander, Comrade Helene Lariviere - but also for the Hostess Auxiliary, Comrade Joan Duncan, President. Your Provincial Officer will be: Comrade Debra Stanton - President.

Agenda:	Time of registration:	10:00 until 11:00 A.M.
	Sports' Meeting:	11:00 A.M.
	Refreshment (Lunch)	Noon
	Time of Meeting:	1:00 P.M.
	Parade:	None
	Banquet:	5:30 P.M.
	Cost:	\$25.00

Ladies' Auxiliary uniform if possible but semi-formal will be acceptable.

PLEASE TAKE A MOMENT TO REFLECT, AND LET YOUR NAME STAND FOR A POSITION COME NOMINATION AND ELECTION NIGHT HELD ON MAY 4TH - GENERAL MEETING.

SPORT UPCOMING EVENT:

DISTRICT TEAM DARTS (2) - April 11th held in Port Loring Branch 415.

PROVINCIAL DOUBLE & SINGLES - April 25th held in North Bay Branch 23.

"Let me win: but if I cannot let me be brave in the attempt." GOOD LUCK!

UPCOMING CANTEEN EVENT:

Monday night Northern Dart Annual - April 19th

Our next General Meeting will be held on Monday, April 6 please mark your calendar/cell phone and plan to attend.

Yours in Comradeship,
Helene Lariviere, Ladies Auxiliary President

BANQUET REPORT

Please come and join the Friday Night Dine-in with different menu and music along with a chance to win one of our popular meat draw.

UPCOMING EVENTS for the month of April:

April 4th - Back In Time Fundraiser

April 11th - Birthday Party in the Main Hall

April 25th -Spring Fling in the Main Hall

April 25th - Celebration of Life

Yours in Comradeship,
Helene Lariviere and Brian Villeneuve, Banquet Coordinators

BRANCH 445 WEBSITE

Comrades, I have almost gotten caught up on posting all the pictures from the New Years Levee to now. Please check back often for continuous updates. I plan to add to the Last Post page, adding all Veterans that were members of the Branch for as long as we have paper records. If you have any suggestions for improvements or items to add or things you would like to see on the site, please use the link to "email the webmaster" on the main page of the site and let me know. Also, if you are interested in receiving your Bulletin by email, please click the link on the site to let us know. The Website is being updated often so check back periodically and see what's new. www.callanderlegion.ca

Yours in Comradeship,
Caven Ford, Webmaster

SERVICE OFFICER

If any Veterans and/or dependents are in need of assistance please contact:

Ron Van Tassell
705-497-1102.

Remember Veterans, you do not have to be a Legion member in order to receive assistance.

Yours in Comradeship,
Ron Van Tassell

HOUSE AND PROPERTY

If there are any handy men and ladies interested in helping out at your Legion, please call John Pearce at 705-752-2297 to assist in keeping the branch in good shape. We are doing some renovations in the Kitchen to comply with Health Authority requirements.

Yours in Comradeship,
John Pearce. House and Property

Phone: 705-752-1322

Branch Bar Hours

Monday thru Thursday: 1 pm - 9 pm

Friday: noon - 11 pm

Saturday: noon - 9 pm

Sunday: 1 pm - 6 pm

Don't forget that our deck is also licensed!

SICK AND VISITING

Comrades, we have a few members that will be getting surgery. Diane Cantin is in Sudbury Hospital getting surgery, Becky MacDonald is getting her left hip replaced and Comrade Ron Chapell who had surgery and is recuperating. Comrade Les Daniher is in Sudbury getting radiation treatments to keep him comfortable. Comrade Sam Scarfone has returned home from hospital in Toronto and is recuperating. There are a few that are home as well. Scott Symons is not doing well. We have Barry Rice at North Bay Hospital and is not doing well. Comrade Len Guppy is at East Holme in Powassan and looks good and very cheerful. I made my visit to Nipissing Manor finally, after a lengthy break because of the flu closing visits. Comrade Rolly Corriveau is looking good. Comrade Joey Symons is in Leisure World and is not doing good.

If you are aware of anyone's passing or illness, please contact me at 705-752-2867.

Yours in Comradeship
Tony Gagliardi, Sick and Visiting Chair

VETERANS NEWS

Legion volunteers, under the Outreach and Visitation Initiative (OVI), have visited thousands of Veterans to ensure proper care

OTTAWA, ON, March 24th 2015 – More than 3,500 Veterans living in Long Term Care Facilities who are supported by Veterans Affairs Canada (VAC) have been visited by Legion volunteers in 2014 under the federal government's Outreach and Visitation Initiative (OVI).

"The OVI plays a vital role by allowing our Legion volunteers to visit Canada's Veterans in Long Term Care facilities to make sure they are receiving the kind of care for which they are entitled," says Dominion President of The Royal Canadian Legion, Tom Eagles. "This is one more example of the benefits derived by having Legion members in almost every community. No other veterans' based not-for-profit organization has this capability nor does VAC have the staff needed to conduct all of the visits necessary under the OVI," states Eagles.

At our Dominion Convention in 2000, our delegates passed a Resolution asking the federal government institute a transitional care program that will ensure the safety and dignity of the Veteran. Veterans Affairs Canada responded with the Long Term Care Surveyor program which was replaced by the Outreach and Visitation Initiative in 2013. VAC increased their commitment in 2015 for this important initiative which will allow our OVI volunteers to make 8,000 visits to our Veterans in LTC facilities.

This initiative will expire in the Fall of 2015 and the Legion will impress upon the current government the importance of continuing this essential service to ensure the proper care of Canada's Veterans.

Any Legion member who would like to volunteer for this program should contact the OVI Coordinator, Gary Foster at: gfooster@legion.ca

April 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm Line Dancing 7-8:30pm Main Hall	2 Legion General Meeting 7pm	3 Good Friday Branch Closed	4 Back in Tyme Fundraiser
5	6 Exercise Class-10am O/50 Euchre 1pm L.A. Meeting 7:30pm N.D.L.	7 O/50 Exec. Meeting - 10am Pool 1:30pm Cribbage 7pm Fiddlers 7pm	8 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm Line Dancing 7-8:30pm Main Hall	9 O/50 Pot Luck - 5:30pm Scouting Meeting 7pm - Seniors Room	10 Yoga - 9:30am Shuffleboard 1pm Pork Schnitzel Back in Tyme Friday Fun Darts	11 Birthday Party-Main Hall
12	13 Exercise Class-10am O/50 Euchre 1pm Meeting-Seniors Room N.D.L.	14 Pool 1:30pm Cribbage 7pm	15 O/50 Darts O/50 500 1pm VON Foot Clinic-Seniors Room Stretching With Tai Chi 10-11am (Main Hall)	16 Legion Executive Meeting 7pm	17 Yoga - 9:30am Shuffleboard 1pm Roast Beef Plaid Apples Friday Fun Darts	18 Baby Shower-Seniors Room
19 N.D.L. Annuals	20 Exercise Class-10am O/50 Euchre 1pm Gluten Free/Allergies-8:30pm N.D.L.	21 Pool 1:30pm Cribbage 7pm	22 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm	23	24 Yoga - 9:30am Shuffleboard 1pm Ham and Beans Back in Tyme Friday Fun Darts	25 Celebration of Life 12noon-2pm-Main Hall Spring Fling 8pm-Midnight Mail Hall
26 N.D.L. Singles	27 Exercise Class-10am O/50 Euchre 1pm N.D.L.	28 Pool 1:30pm Cribbage 7pm	29 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm	30		

May 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Yoga - 9:30am Shuffleboard 1pm Roast Chicken Plaid Apples Friday Fun Darts	2 1st Callander Beavers Sleepover
3 1st Callander Beavers Sleepover	4 Exercise Class- 10am O/50 Euchre 1pm L.A. Meeting 7:30pm N.D.L.	5 Pool 1:30pm Cribbage 7pm Fiddlers 7pm	6 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm	7 Legion General Meeting 7pm	8 Yoga - 9:30am Shuffleboard 1pm Pork Schnitzel Back in Tyme Friday Fun Darts	9 Seniors Room Booked N.D.L. Banquet
10	11 Exercise Class- 10am O/50 Euchre 1pm N.D.L.	12 O/50 Exec. Meet- ing - 10am Pool 1:30pm Cribbage 7pm	13 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm	14 O/50 Pot Luck - 5:30pm Scouting Meet- ing 7pm - Sen- iors Room	15 Yoga - 9:30am Shuffleboard 1pm Roast Beef The Legends Friday Fun Darts	16
17	18 Exercise Class- 10am O/50 Euchre 1pm Gluten Free/ Allergies-8:30pm N.D.L.	19 Pool 1:30pm Cribbage 7pm	20 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm VON Foot Clinic- Seniors Room	21 Legion Executive Meeting 7pm	22 Yoga - 9:30am Shuffleboard 1pm Back in Tyme Friday Fun Darts	23 Friday Night Fun Darts Banquet
24 31 L.A. District Sports Meeting	25 Exercise Class- 10am O/50 Euchre 1pm N.D.L.	26 Pool 1:30pm Cribbage 7pm	27 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm	28	29 Yoga - 9:30am Shuffleboard 1pm Vrebosch Friday Fun Darts	30 Back in Tyme Fundraiser

LESLIE'S HEALTHY EATING CORNER

Breakfast: **BAKED OATMEAL CASSEROLE** - serves 6

2 cups rolled oats	1/2 cup milk chocolate chips
1/3 cup brown sugar	2 cups milk
1 tsp baking powder	1 large egg
1 tsp cinnamon	1 tbsp. vanilla extract
1/2 tsp salt	1 ripe banana, peeled, 1/2 inch slices
1 cup walnut pieces	
1 cup raspberries (any berries work)	

- * Preheat oven to 375 degrees and generously spray the inside of a baking dish with cooking spray and place on a baking sheet
- * In a large bowl, mix together the oats, sugar, baking powder, cinnamon, salt, half the walnuts, half the strawberries and half the chocolate. (save the other half of strawberries, walnuts and chocolate for the top of the oatmeal)
- * In another large bowl, whisk together the milk, egg, butter and vanilla extract.
- * Add the oat mixture to prepared baking dish. Arrange the remaining strawberries, walnuts and chocolate on top. Add the banana slices to the top then pour the milk mixture over everything. Gently shake the baking dish to help the milk mixture go throughout the oats.
- * Bake 35 to 40 minutes or until the top is nicely golden brown and the milk mixture has set. For an extra tasty top, sprinkle a tablespoon or so of extra brown sugar.

Lunch: **SUMMER VEGETABLE AND BROWN RICE SALAD** - serves 6

3/4 cup uncooked brown rice	1/4 cup reduced calorie mayonnaise
3/4 tsp salt, divided	1/4 cup chopped fresh dill
2 cups water	3 tbsp. minced shallots
3/4 cup zucchini	1 tbsp. apple cider vinegar
1/4 cup fat-free plain Greek yogurt	1/8 tsp freshly ground pepper
2 medium ears of corn, kernels removed or 1 cup of frozen corn	
2 medium plum tomatoes diced or 1 cup diced ripe tomatoes	

- * Combine rice, 1/4 tsp salt, and water in a medium saucepan, bring to boil over high heat. Reduce heat to low and simmer, covered, until rice is tender, about 20 to 30 minutes.
- * Drain well, spoon rice into a serving bowl with corn and zucchini: mix well and allow rice to cool slightly
- * Meanwhile, in a medium bowl, combine yogurt, mayonnaise, dill, shallots, vinegar, remaining salt, and pepper. Add tomatoes to rice mixture and then drizzle with dressing
- * Toss to coat. Cover and chill at least 30 minutes for flavors to blend

Supper: **PORK CHOPS WITH PEACH-MANGO SALSA** - serves 6

6 pork chops (bone in or boneless)
3 tbsp. apple wood grill rub
1/4 cup steak and chop marinade
1 pkg peach-mango salsa (found at Vested Interest in Callander)
2 tbsp. minced fresh cilantro

- * Heat grill, rub pork chops evenly with grill rub; coat with cooking spray.
- * Grill 15 minutes or until 140 degrees, brushing with marinade and turning once
- * In a bowl, stir together salsa and cilantro. Serve with pork chops.

Yours in Comradeship,
Leslie Cerisano - PRO



Spring Fling

Callander Legion

Saturday April 25, 2015

8pm to 12am

Featuring ROAD HOUSE

Free Admission - Kitchen Open



ARMED FORCES DAY/JOURNÉE DES FORCES ARMÉES

June 3rd, 2015/ 3^e juin 2015

North Bay Waterfront/Bord de l'eau North Bay

11:00 a.m. to 1:30 p.m. / de 1100 hrs à 1330 hrs



17 Mar 2015

Legion Welcomes Government's Changes to Permanent Impairment Allowance and Adoption of Family Care Relief Benefit Program



OTTAWA, ON, March 17th, 2015 – Today's announcement by VAC to propose changes to expand the Permanent Impairment Allowance (PIA) and implement a Family Care Relief Benefit (FCRB) program is very much welcomed by the Legion.

"Reducing the number of criteria in order to qualify for PIA allows a greater number of severely and permanently injured Veterans to become eligible for PIA and this is a good thing," says Dominion President of The Royal Canadian Legion, Tom Eagles.

"In terms of financial support for families, the New Veterans Charter was seen by most of the Veterans community as a step in the wrong direction because it did not reflect the Veteran's family situation. In many cases, spouses and other family members have had to put their careers on hold or quit working altogether to help care for a disabled Veteran. This imposed a particular hardship on the entire family unit and it needed to be addressed and we believe this tax-free Family Care Relief Benefit proposal helps," adds Eagles.

"While these two new initiatives are very much welcomed, we will continue to monitor the remaining [ACVA recommendations](#) closely to ensure the government's commitments meet expectations and we will continue to urge the government to take action on the remaining recommendations now," adds Eagles.

SPORTS OFFICER

Comrades,

Some dates to keep in mind:

May 9-District 9 ball in Sturgeon Falls

May 16-Zone Horseshoes in Restoule

In Pool, singles and doubles are moving on to Provincials down South now.

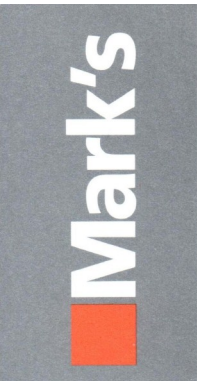
Mixed darts team placed 3rd, moving on to District at Br.599, they are Comrades Marion, Larrie, Avis and Brent and 1 doubles.

Yours in Comradeship

Don MacDonald, Co-chair Sports



Some images from the recent Gord Evans Dart Tournament



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Wentworth Graham C.G.A.
President/Administrator

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