



## **Branch 445 Bulletin Royal Canadian Legion**

**345 Lansdowne St.  
Callander ON P0H1H0  
Office: 705-752-3773  
Lounge: 705-752-1322  
[www.callanderlegion.ca](http://www.callanderlegion.ca)**



**April 2016**

## Branch 445 Executive - 2015/2016

<b>BRANCH EXECUTIVE</b>		
President	Glenn Bennett	705-752-5923
Past President	Don MacDonald	705-497-3103
First Vice	Caven Ford	705-752-2951
Second Vice	Brian Villeneuve	705-752-1813
Third Vice	Nancy Clark	705-752-5689
Treasurer	Kathy Landon	705-752-5365
Secretary		
<b>ELECTED &amp; APPOINTED EXECUTIVE COMMITTEE</b>		
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	705-752-5159
Nevada / Lottery	Bill Bowman	705-478-9718
Sick and Visiting	Tony Gagliardi	705-752-2867
Chaplain		
Sports	Alan Clark	705-752-5689
Service Officer	Ron Van Tassell	705-497-1102
Audit / Finance Committee	Karen Duquette	705-497-3135
Bulletin / Website	Caven Ford	705-752-2951
Youth and Education	Bill Bowman	705-478-9718
1st. Callander Scouting Rep	Caven Ford	705-752-2951
<b>LADIES AUXILIARY EXECUTIVE</b>		
President	Marion Smith	705-471-6819
Past President	Helene Lariviere	705-472-4688
First Vice	Irene Lewis	705-491-2216
Second Vice	Lynn Merrick	705-492-8719
Secretary	Diane Bellaire	705-752-5126
Treasurer	Amanda Hiscock	705-471-9469
Sgt. at Arms	Marg Prudhomme	705-478-5640
Sports Officer	Denise Robertson	705-494-5475

## **PRESIDENT'S REPORT**

Thank you for all the support in the past years of working functions and working on the executive and helping the branch run smoothly. We have accomplished a lot, but there is still lots to be done.

Thursday April 7th are nominations for the next Election, if you want your voice to be heard or to make changes, please come out and take a position on the Executive. To help the branch run smoother, and a little less work for the Executive that are working now. There are always lots of positions that need help; if you can't chair a position by yourself maybe you can co-chair. Two people always make it easier than one.

Please remember your branch. If you are booking a wedding reception, birthday party, anniversary or family reunion, we would love to help with the catering needs and in turn you would be helping your branch. Maybe you can show up at a dine-in on Friday night and bring a friend and help support the branch that way, every little bit helps. If you would like to volunteer for an event or want to help out in any way, just call the branch and leave your number and name at the bar, or just speak up if you are at one of the dine-ins. Always remember there is no I in team, and a team can always accomplish more than just any single person.

Yours in Comradeship,  
Glenn Bennett, Branch President

## **LADIES AUXILIARY REPORT**

Spring is a time of renewal, a time to get energized, a time of reflection. April starts off with nominations and elections on April 4. It is through your ballot that comrades are chosen to run various aspects of your Ladies' Auxiliary. A nomination indicates your colleague trusts in your judgement and ability to hold office. I wish all the candidates good luck in the voting process.

We welcome back our three dart teams from Wawa and look forward to hearing their good news. And yes, some things that happen in Wawa will stay in Wawa.

We continue to keep our Comrade Helene in our thoughts and prayers and send our strength and positive thoughts to her daughter Comrade Brenda.

I would like to thank our Legion members and the community for supporting our dine-in on the first Friday of each month. We love to see you and appreciate your loyalty.

Yours in comradeship,  
Marion Smith, Ladies Auxiliary President

## HONOURS AND AWARDS

Comrades as you know Callander Branch 445 holds its Honours & Awards every two years. This is our year for these awards. There has been a change this year in that the award ceremonies are to be held in the afternoon instead of the evening. This change came about as a consideration to our seniors. As you increase in age it becomes more difficult with night driving. Yes this includes me!

The Honours & Award Ceremonies are to be held Saturday 4 June 2016 commencing at 1:00 P.M. Cocktails, 2:00 P.M. a buffet meal followed by The Award Ceremonies.

Comrades the tickets to These Honours & Awards Ceremonies will be available at the bar starting on 15 April 2016. Please plan to be in attendance as we honor these comrades who have dedicated themselves to the very success our Branch now enjoys.

The Ladies Auxiliary will also conducting their Awards Ceremonies at this special event.

There will be a list of pin recipients in both the April and May Bulletin Reports. Also for the convenience of other members there will be a list of pin recipients posted in the Main Lounge and in the foyer off the Main Hall.

Yours in Comradeship  
Don Mac Donald, Honours & Awards Chair

## 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 705-478-9718 or call the branch at 705-752-3773.

The Nevada Tickets, specially produced for the Legion are here! Come out to the Branch and buy some to check them out!

Yours in Comradeship  
Bill Bowman, 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: \_\_\_\_\_

## HONOURS AND AWARDS

Years of Service Pins to be awarded at the Honours and Awards Ceremony on Saturday June 4, 2016:

### Ordinary

#### 5 Years

Gilliard

Donna

#### 10 Years

Irving

Robert

#### 15 Years

Mayhew

George

#### 25 Years

Bailey

Malcolm

#### 30 Years

Kirk

Robert A.

#### 40 Years

French

Turcotte

Wilkinson

Richard A.

Denise

Jim W.

### Associate

#### 5 Years

Carleton

Barbara

Nickerson

Malcolm

Pearce

Helen

#### 10 Years

Evans

Harrison

Smith

W.N.

Robert J.

Marion k.

#### 15 Years

Doucette

Harwood

Shirley

Dennis

#### 20 Years

Frampton

Julien

Milligan

Onions

Richards

Barry Edward

Denis D.

Deborah

Terrance

Perryna

#### 25 Years

Bechard

Borden

Burtchall

Champagne

Champagne

Coleman

Duquette

Elliott

Green

Hearl

Lariviere

McConnell

Milne

Toebs

Toebs

Westaway

Roland

Allan

Christopher

Linda Ann

Rene

Rollande A.

Karen

Sharon E.

Terence

Eleanor May

Irene

Glen

Barry G

Carol

Nick

Richard J.

#### 30 Years

Bennett

Jones

Long

Orieux

J.C.

D.B.

Ed

D.J.

# April 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> Yoga 9:30am Shuffleboard 1pm  Roast Chicken Back in Tyme  Friday Night Fun Darts	<b>2</b> Main Hall Booked  Seniors Room Booked
<b>3</b>  N.D.L. Annuals - Main Hall	<b>4</b>  Exercise Class 10am  O/50 Euchre 1pm  L.A. Meeting 7:00pm  N.D.L.	<b>5</b>  Pool 1:30pm  Cribbage 7pm  Fiddlers 7pm	<b>6</b>  Stretching With Tai Chi 10-11am  O/50 Darts O/50 500 1pm  N.B. Super Dart League 7:30pm	<b>7</b>  <b>Legion            General            Meeting 7pm            Nominations</b>	<b>8</b>  Yoga 9:30am Shuffleboard 1pm  Pork Schnitzel Timberr Country  Friday Night Fun Darts	<b>9</b>  N.D.L. Banquet
<b>10</b>  N.D.L.	<b>11</b>  Exercise Class 10am  O/50 Euchre 1pm  N.D.L.	<b>12</b>  O/50 Executive Meeting  Pool 1:30pm  Cribbage 7pm	<b>13</b>  Stretching With Tai Chi 10-11am  O/50 Darts O/50 500 1pm  N.B. Super Dart League 7:30pm	<b>14</b>  O/50 Ham and Scallop Potatoes Dinner 5:30pm  Seniors Room Booked 9am-Noon	<b>15</b>  Yoga 9:30am Shuffleboard 1pm  Roast Beef Legends  Friday Night Fun Darts	<b>16</b>  N.D.L. Banquet
<b>17</b>  N.D.L.	<b>18</b>  Exercise Class 10am  O/50 Euchre 1pm	<b>19</b>  Pool 1:30pm  Cribbage 7pm  O/50 Canadore Lunch 11:30am	<b>20</b> Stretching With Tai Chi 10-11  O/50 Darts O/50 500 1pm  VON Foot Clinic- Seniors Room  N.B. Super Dart League 7:30pm	<b>21</b>  Legion Executive Meeting 7pm	<b>22</b>  Yoga 9:30am Shuffleboard 1pm  Fish and Chips Back in Tyme  Friday Night Fun Darts	<b>23</b>  N.D.L.
<b>24</b>  N.D.L.	<b>25</b>  Exercise Class 10am  O/50 Euchre 1pm	<b>26</b>  Pool 1:30pm  Cribbage 7pm	<b>27</b> Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm Seniors Room Booked 7pm N.B. Super Dart League 7:30pm	<b>28</b>  N.D.L.	<b>29</b>  Yoga 9:30am Shuffleboard 1pm  Chicken Parmesan Blackbird  Friday Night Fun Darts	<b>30</b>  N.D.L.

# May 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b> Exercise Class 10am  O/50 Euchre 1pm  L.A. Meeting 7:00pm  N.D.L. Singles	<b>3</b>  Pool 1:30pm  Fiddlers 7pm  Cribbage 7pm	<b>4</b>  Stretching With Tai Chi 10-11am  O/50 Darts O/50 500 1pm  N.B. Super Dart League 7:30pm	<b>5</b>  <b>Legion General Meeting 7pm</b>  <b>Elections</b>	<b>6</b> Yoga 9:30am Shuffleboard 1pm  Roast Chicken Back in Tyme  Friday Night Fun Darts	<b>7</b>  Back in Tyme Fundraiser-Main Hall  Seniors Room booked
<b>8</b>	<b>9</b>  Exercise Class 10am  O/50 Euchre 1pm	<b>10</b>  O/50 Exec Meeting 10am  Pool 1:30pm  Cribbage 7pm	<b>11</b>  Stretching With Tai Chi 10-11am  O/50 Darts O/50 500 1pm  N.B. Super Dart League 7:30pm	<b>12</b>  O/50 Pot Luck Dinner 5:30pm	<b>13</b> Yoga 9:30am Shuffleboard 1pm  Pork Schnitzel Timber Country  Friday Night Fun Darts	<b>14</b>  Fun Softball Tournament
<b>15</b>  Gold Wing Touring Association Brunch -Main Hall	<b>16</b>  Exercise Class 10am  O/50 Euchre 1pm	<b>17</b>  Pool 1:30pm  Cribbage 7pm	<b>18</b> Stretching With Tai Chi 10-11  VON Foot Clinic Seniors Room  O/50 Darts O/50 500 1pm  N.B. Super Dart League 7:30pm	<b>19</b>  Legion Executive Meeting 7pm	<b>20</b> Yoga 9:30am  Shuffleboard 1pm  Roast Beef Back in Tyme  Friday Night Fun Darts	<b>21</b>
<b>22</b>  Ladies Team Dart Tournament	<b>23</b>  O/50 Euchre 1pm	<b>24</b>  Pool 1:30pm  Cribbage 7pm	<b>25</b>  O/50 Darts O/50 500 1pm  N.B. Super Dart League 7:30pm	<b>26</b>	<b>27</b> Yoga 9:30am Shuffleboard 1pm  Hot Roast Beef or Corned Beef on Rye Sandwiches Back in Tyme  Friday Night Fun Darts	<b>28</b>  Friday Night Fun Darts Banquet
<b>29</b>	<b>30</b>  O/50 Euchre 1pm	<b>31</b>  Pool 1:30pm  Cribbage 7pm				

## **LESLIE'S HEALTHY EATING CORNER**

### **Breakfast - COTTAGE CHEESE PANCAKES - serves 2**

1/2 cup oatmeal  
4 large egg whites  
2 tsp artificial sweetener  
1/2 cup 1% cottage cheese  
4 tbsp. sugar-free jam  
cinnamon to taste

- \*\*\* Blend oatmeal, egg whites, cinnamon, and artificial sweetener.
- \*\*\* Pour batter on a preheated, non-stick pan in four thin pancakes.
- \*\*\* Cook each side for two to three minutes over medium heat.
- \*\*\* Spread cottage cheese between pancakes and cover with jam

### **Lunch - CARIBBEAN SALAD - serves 6**

3/4 cup couscous  
3/4 cup hot water  
1 tbsp. fresh lemon juice  
1.5 cups diced pineapple  
1 mango, diced or 1 orange cut  
1 apple cored and diced  
1.5 cups diced red pepper  
1.5 cups diced green pepper or carrots

- \*\*\* Combine couscous, hot water, lemon juice in a bowl. Stir well. Set aside until all water is absorbed. Refrigerate
- \*\*\* Combine pineapple, mango, apple, and peppers in a bowl. toss. Refrigerate.
- \*\*\* Combine couscous and salad just before serving

### **Supper - ITALIAN CHICKEN BAKE - serves 4**

4 boneless, skinless chicken breasts  
black pepper to taste  
garlic powder to taste  
thyme to taste  
basil to taste  
1 cup spaghetti sauce  
4 oz. shredded mozzarella cheese

- \*\*\* Preheat oven to 375 degrees
- \*\*\* Place chicken breasts on a baking sheet, sprinkle with pepper, garlic, thyme and basil.
- \*\*\* Bake for 10 minutes, turn, and sprinkle same spices over other side of chicken breasts.
- \*\*\* Bake for an additional 10 minutes.
- \*\*\* Spoon pasta sauce over chicken breasts. Sprinkle with cheese
- \*\*\* Bake until cheese is melted

Yours in Comradeship,  
Leslie Cerisano - PRO

## 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 still doing some renovations in the Kitchen to comply with Health Authority requirements.

Yours in Comradeship,  
John Pearce. House and Property



### l'Ami's Garden Centre

1377 Lakeshore Drive  
North Bay, Ontario  
P1B-8Z4

705-472-6370  
Fax 705-472-1520  
jlami@cogeco.ca

Comrade Brian Villeneuve receiving a donation to Branch 445 from The Investors Group

## SICK AND VISITING

There is one member in hospital, Comrade Dan Davis. Comrade Don MacDonald had a stroke and is waiting for an appointment to the heart hospital. Comrade John Pearce is having triple bypass surgery on April 5 at Sudbury General and we wish him the best. There are still a few at home recuperating. Comrades Sam Scarfone, Ron Chapell and Helene Larivierre. I could not make my visit to Nipissing Manor in March due to an influenza outbreak.

Yours in Comradeship,  
Tony Gagliardi, Sick and Visiting



## HONOURS AND AWARDS Cont'd

### Associate Cont'd

#### 35 Years

Gushue M.A.  
Lamothe Roger N.  
Wilson D.A.

### Affiliate

#### 5 Years

Greenhalgh Terrance  
Raymond Brent

#### 10 Years

Coutu Jacques J.  
Coutu Deborah  
Devitt Barbara

## Callander Legion Pipe Band

The Callander Legion Pipes and Drums Band is looking for pipers and drummers! For further information, please come to any practise or call me at 705 724-6535. The Band meets every Wednesday evening at 7pm at the Callander Legion.

Yours in Comradeship,  
Matt Plant

## BRANCH 445 WEBSITE

Comrades, As always, 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 at the bottom 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](http://www.callanderlegion.ca)

Yours in Comradeship,  
Caven Ford, Webmaster

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!



The Royal Canadian Legion  
Branch 445 Callander

# Honours and Awards

Saturday, June 4, 2016

Cocktails/Lunch: 1:00 pm

Awards: 2:00 pm

\$12.00 per person



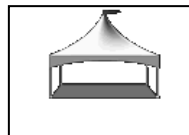
**Wentworth Graham C.G.A.**  
President/Administrator

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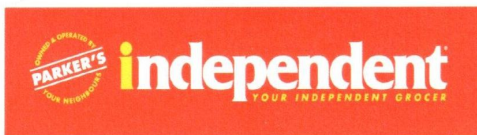
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