

Legion 

Royal Canadian Legion Branch 445

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



August 2014

Branch 445 Executive - 2013/2014

BRANCH EXECUTIVE		
President	Glenn Bennett	705-752-5923
Past President	Larrie Coulson	705-840-2325
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	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	Helen 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	Larrie Coulson	705-840-2325
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	vacant	705-497-1102
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,

Thank you for your support all summer, it was nice to see lots of people out at the dine-ins. It was also nice to see and talk to lots of people at the Christmas in July dinner we had.

Being a member of the branch means more than showing up and saying hi or dropping in for a drink, sometimes you have to roll up your sleeves and jump in to help to get the job done. Always remember who we are doing this for. It's our veterans and members of the branch. Please don't say that I've done my share for years and it's time for new ones to take over. Just remember our veterans aren't getting any younger and there is lots to get done and few to help. The more we work together, the more we can accomplish. If you haven't been asked in awhile to help, just remind us because we can sure use the help. Also take pride in what you do at your branch, because remember what the veterans did for you.

Once again this year we are hosting the Old-timers' Baseball tournament on the September Labour Day weekend; August 29, 30 and 31. Please sign-up for any of the various duties we will need help with as it is a very busy weekend and lots of help will be needed.

Yours in Comradeship,
Glenn Bennett, Branch President

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

POPPY COMMITTEE

Comrades,

Brian and myself went through the legion storage shed to determine the condition of our memorial wreaths. We also took stock of all the poppy assets. We plan on picking up a list of all the Callander and area businesses to solicit them for sponsorship of wreaths. We will also be ordering new wreaths.

Yours in Comradeship,
Nancy Clark and Brian Villeneuve, Poppy Co-Chairs

BRANCH 445 WEBSITE

Comrades, additions and improvements are continuously being made to the Branch website at www.callanderlegion.ca. 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. Check out the recent additions of Honours and Awards photos under the Photo Gallery link.

Yours in Comradeship,
Caven Ford, Webmaster

PHONE COMMITTEE

Comrades, the phone committee is currently making contact to as many branch members as we have phone numbers for. Please take a few moments to answer their questions as we strive to make the branch even better. If you do not receive a phone call within the next while, perhaps your records at the branch are inaccurate. Please take a moment to contact us or mail in the change form attached to this bulletin so we may update our records.

Yours in Comradeship
Leslie Cerisano, Public Relations Officer

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 wish to thank every volunteer that came out to paint the main hall recently, it really turned out well. Thank you all for your help!

Yours in Comradeship,
John Pearce. House and Property

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

Phone: 705-752-1322

New 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!

LADIES AUXILIARY REPORT

Please keep these dates in mind regarding upcoming events:

Old-timers' Baseball Tournament - August 29, 30 and 31
Indoor Garage Sale, Bake Table and Canteen - September 21

Ladies, your help will be undeniably needed to maintain the Canteen to its high quality of service we have been providing for these kinds of events, which has been proven from previous years to be the best. Sign-up sheets for the above two events will be posted on the Ladies Auxiliary bulletin board in the near future.

Our next General meeting will be held September 8th, please mark your calendar and plan to attend.

Yours in Comradeship,
Helene Lariviere, Ladies Auxiliary President

BANQUET REPORT

Please come and join us for the Friday night Dine-in with different menus and music to follow. Please check your bulletin or our website for upcoming bands and meals. Also, for \$1.00 you have a chance to win one of our popular meat draws worth approximately \$25.00.

Upcoming events for:

August:

9th - Wedding Reception
16th - Wedding Reception
23rd - Fundraiser

September:

6th - Wedding Reception
13th - Scouting Car Wash
20th - Wedding Reception
27th - Fall Crawl

Yours in Comradeship,
Helene Lariviere and Brian Villeneuve, Banquet Co-ordinators

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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 bar.

Last Name: _____ First Name: _____

Street Address: _____

City: _____ Postal Code: _____

Phone Number: _____ Email: _____

August 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Roast Chicken Julie McCory Summer Fun Darts	2
3	4	5 Fiddlers 7pm	6 O/50 Darts	7	8 Pork Schnitzel Back in Tyme Summer Fun Darts	9 Wedding Reception
10 Zone Administration Meeting - Seniors Room - Noon	11	12	13 O/50 Darts	14	15 Roast Beef The Legends Summer Fun Darts	16 Wedding Reception
17	18	19	20 O/50 Darts VON Foot Clinic- Seniors Room	21 Legion Executive Meeting 7:00 pm	22 BBQ Steak - \$12.00 per dinner Back in Tyme Summer Fun Darts	23 Back in Tyme Fund Raiser
24	25	26	27 O/50 Darts	28	29 Fish and Chips Bill Vrebosch Summer Fun Darts	30 Ball Tournament
31 Ball Tournament						

September 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
		Fiddlers 7pm	Yoga-Seniors Room 9:30am O/50 Darts Scouting Registration 6:30 - 8:30pm Seniors Room	Legion General Meeting 7:00pm	Yoga-Seniors Room 9:30am Roast Chicken Back in Tyme Fun Darts	60th Wedding Anniversary
7	8	9	10	11	12	13
	Exercise Class-10am L.A. Meeting - 7:30pm	O/50 Exec. Meeting - 10am	Yoga-Seniors Room 9:30am O/50 Darts	O/50 Pot Luck 5:30pm O/80 Appreciation Dinner Scouting Meeting 7pm	Yoga-Seniors Room 9:30am Pork Schnitzel The Legends Fun Darts	Scouting Car Wash
14	15	16	17	18	19	20
	Exercise Class-10am N.D.L.		Yoga-Seniors Room 9:30am O/50 Darts VON Foot Clinic-Seniors Room	Legion Executive Meeting 7:00 pm	Yoga-Seniors Room 9:30am Roast Beef Back in Tyme Fun Darts	Wedding - Main Hall
21	22	23	24	25	26	27
Ladies Auxiliary Indoor Garage Sale and Bake Table	Exercise Class-10am N.D.L.		Yoga-Seniors Room 9:30am O/50 Darts		Yoga-Seniors Room 9:30am Fish and Chips Bill Vrebosch Summer Fun Darts	Fall Crawl The Legends
28	29	30				
	Exercise Class-10am N.D.L.					

LESLIE'S HEALTHY EATING CORNER

BREAKFAST - Fresh Fruit Bruschetta - Serves Two

1/4 cup blueberries
1 small peach diced
1/2 cup raspberries
8oz. fat-free vanilla, lemon or key lime yogurt
2 English Muffins
1 tsp. cinnamon

* Mix blueberries, peach, raspberries and yogurt

* Toast English Muffins. Sprinkle cinnamon over toasted halves of the English muffin. Top each half with the fruit mixture

LUNCH - Lobster Melt - Serves 2 to 4

8 oz. cooked lobster	1 tsp. oregano
1 cup red pepper	1 tsp. garlic
1/4 cup chopped green onion	1 tsp. black pepper
1/2 cup sliced mushrooms	2 regular whole wheat pitas
6 tbsp. fat-free mayonnaise	4 oz. shredded mozzarella cheese

* Combine lobster, red pepper, onion, mushrooms, mayonnaise, oregano, garlic and black pepper in a bowl

* Divide whole wheat pitas (either two or cut each one in half)

* Spread lobster mix on top of pitas. Sprinkle with mozzarella cheese. Broil for five minutes.

SUPPER - Chinese Stir-Fry - Serves four

4 tsp. olive oil
1/2 cup sliced carrots
1/2 cup sliced water chestnut
1/2 cup onion
1 cup bean sprouts
1/2 cup broccoli
1 cup sliced mushrooms
1 cup mixed pepper
1/2 cup sliced zucchini
garlic to taste
ginger to taste

* Heat olive oil in a large pan or wok

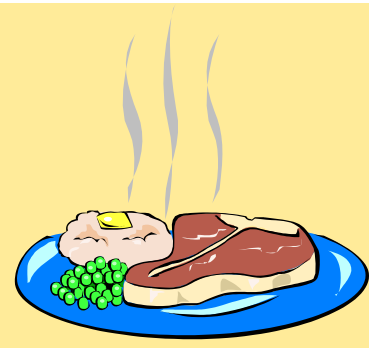
* Add carrot, water, chestnut, and onion. Cook for three to five minutes.

* Add bean sprouts, broccoli, mushrooms, pepper and zucchini. Cook until tender.

* Sprinkle with garlic and ginger while cooking

Note: Optional. Can put teriyaki or plum sauce for an added flavour

Yours in Comradeship,
Leslie Cerisano - PRO



steak Barbecue is back!

**Royal Canadian Legion Branch 445 Callander
Steak Barbecue Dinner.**

Friday August 22, 2014 @ 5:00 pm

Cost is \$12.00 per dinner and includes dessert.

**Come out and enjoy a steak dinner, barbecued to
your preference, and entertainment by Back in Tyme.**

**All steaks are cooked fresh and to order, therefore some delays in serving
times may be necessary. Your patience and understanding is greatly
appreciated**

Fall Crawl

Callander Legion

Saturday September 27, 2014

7:00 p.m- 12:00 a.m.

Featuring: THE LEGENDS

KITCHEN WILL BE OPEN

**music soothes
the soul**



Wentworth Graham C.G.A.
President/Administrator

Telephone 705-752-1100
Fax 705-752-2570
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