

Branch 445 Bulletin

Royal Canadian Legion

345 Lansdowne St
Callander ON POH 1H0
Office: 705 752-3773
Lounge: 705 752-1322

July 2016



Legion



<u>Branch Executive</u>		
President	Glenn Bennett	705 752-5923
Past President	Don MacDonald	705 497-3103
First Vice	Caven Ford	705 752-2951
Second Vice	Nancy Clark	705 752-5689
Third Vice	Brian Villeneuve	705 752-1813
Treasurer	Kathy Landon	705 752-5365
Secretary	Joanna Jacobs	705 752-2951
<u>Elected & Appointed Executive Committee</u>		
Membership	Marc Picard	705 752-4780
Sgt. At Arms and TOD	Steve Larocque	705 776-1625
Poppy Chair	Nancy Clark	705 752-5689
Bursaries	Brian Villeneuve	705 752-1813
Bar	Caven Ford	705 752-9251
House and Property	Jim Landon	705 752-5365
Banquets	Amanda Hiscock	705 471-9469
L.A. Liaison	Don Bickerton	705 752-2204
Bylaws, Honours & Awards	Don MacDonald	705 497-3103
Seniors	Jack Else	705 752-2351
Pipe Major	Matt Plant	705 724-6535
Nevada/Lottery	Bill Bowman	705 478-9718
Sick and Visiting	Tony Gagliardi	705 752-2867
Over 50 Club Liaison	Irene Lewis	705 491-2216
Sports	Alan Clark	705 752-5689
Service officer	Patricia Burton	705 476-4726
Audit/Finance Committee	Karen Duquette	705 497-3135
Bulletin	Joanna Jacobs	705 752-2951
Website	Caven Ford	705 752-2951
Youth & Education	Bill Bowman	705 478-9718
1st Callander Scouting Rep	Caven Ford	705 752-2951
Public Relations Officer	Richard Rhindress	705 752-3935
Fundraising/ Special Events	Bill Wilson	705 752-0470
<u>Ladies Auxiliary Executive</u>		
President	Marion Smith	705 471-6819
First Vice	Nancy Clark	705 752-5689
Second Vice	Lynne Lavigne	705 752-3191
Secretary	Denise Robertson	705 494-5475
Treasurer	Amanda Hiscock	705 471-9469
Sgt. At Arms	Marg Prudhomme	705 477-8144
Sports Officer	Kim Cameron	705 752-4188

PRESIDENT'S REPORT

Hope you are starting to enjoy the summer season with family and friends. If you are traveling during this season, please be safe and enjoy.

Our General meetings are suspended for the summer months. The next general meeting will be the first Thursday in September. Some of the functions still running during the summer include: seniors events, Friday night fun darts, and Wednesday horseshoes at 7:00 pm. If you would like to participate come out and join us. The Friday night dine-ins will continue and for the summer season we have added 1 BBQ steak night each month for \$12.00. Please come out and join us, the music will play every Friday night also. Please check your bulletin for who's playing, pick one up at the branch or go to [www.callanderlegion .ca](http://www.callanderlegion.ca).

We need lots of help for the summer. If you want to do some volunteer service, please call the branch and ask for Amanda, or come by and leave your name and phone number at the bar. There's an event scheduled for every Saturday as well as Friday night, so please help, it takes a lot of volunteers to do all the work. Every little bit helps and always remember there is no I in team. Come join our great team, everybody wins and we have fun. Please enjoy your summer and spend some special time with family, because as the saying goes, "here today and gone tomorrow". Have a great summer.

Yours in Comradeship, Glenn Bennett



LADIES AUXILIARY REPORT

The Callander girls have done it again proving their dart skills among the best in the Province. The team of Denise Robertson, Lynn Merrick, Kim Cameron and Laura Ranger finished sixth overall making us proud indeed.

I would like to thank Don MacDonald and his comrades for making the Honours and Awards luncheon a truly fine affair. Recipients at the event included Elaine Moore receiving her 10 year pin and Marg Gushue who earned her pin for a remarkable 35 years of service to the Callander Ladies' Auxiliary.

Ladies as you know, we do not have a General meeting again until September. However, all elected officers and executive will attend a meeting on Aug. 18 2016 at 5:30 pm at the Legion.

The LA dine-ins continue through the summer months. Please let your team leader know if you cannot help on your day so a replacement can be arranged.

Summer is here, so get out and enjoy all the season has to offer. Take time for yourself, relax, rejuvenate and unwind. You are the most important person in your life.

Comrades always,
Marion K. Smith
President





THANK YOU GARDEN VOLUNTEERS

Special thanks to our garden volunteers Karen Duquette, Brian Villeneuve, Nancy Clark and Judy Brodhagen. A job well done. Thanks also to the Friday night dart players for the donated money to buy the soil, mulch and plants.



ORDER YOURS TODAY

Legion Supply Branch Flyer



Canada 150 Medal

The Royal Canadian Legion has struck this limited edition medal to commemorate our nation's 150th Anniversary. The freedom we enjoy continues to be provided through the sacrifices of those who have fallen in service to Canada.

Available to all Legion and Ladies Auxiliary members and branches commencing June 18th, 2016. Authorized for wear on all Legion and Ladies Auxiliary uniforms commencing January 1, 2017. Metal components are polished gold plated with hard enamel accents. 10" Lengths of additional ribbon are available separately for court mounting. Supplied in custom made boxes suitable for presentation.

100558 \$25.00



LESLIE'S HEALTHY EATING CORNER



Breakfast - TWO EGG VEGGIE SCRAMBLER—serves 1

2 large eggs 1/2 cup slivered spinach
1/2 cup diced green peppers 1 tbsp thinly-sliced scallions
1 tbsp shredded parsley 1 tsp olive oil

Mix eggs, spinach, green peppers, scallions and parsley in a medium bowl. Heat olive oil in a pan. Pour in egg mixture. Scramble until set.

Lunch—OPEN-FACE TURKEY SANDWICH WITH APPLES AND CHEESE— serves 4

2 slices rye bread 4 tsp mayonnaise
1 tsp dry mustard 2 apples peeled and cored
1 cup trimmed lettuce leaves 1 cup sliced red onion
24 slices of fat-free deli turkey 2 oz shredded mozzarella cheese

Preheat broiler. Place rack in the middle of the oven. Place rye on baking sheet. Mix mayonnaise and dry mustard. Spread one teaspoon of mixture on each slice of rye bread. Slice apples into 16 pieces. Layer each side of the bread with 4 apple slices, a quarter of lettuce greens, a quarter cup of red onion, six slices of deli turkey and a half oz of mozzarella cheese. Broil for 4 minutes or until the cheese is bubbly.

Supper—GINGER-FRIED BEEF—serves 2

2 tsp olive oil 8 oz top sirloin steak
2 egg whites 1/2 tsp of chili flakes
1/4 tsp onion powder 1/2 tsp dry ginger
1/2 tsp minced garlic 2 tbsp wheat germ
3/4 cup frozen mixed vegetables 1/4 cup cooked wild rice
1/2 cup chopped mushrooms

Heat olive oil in a large sauté pan. Slightly thaw steak. Slice steak in long, thin strips. Mix egg whites, chili flakes, onion, ginger and garlic. Dip steak in mixture, then sprinkle with wheat germ. Fry steak until tender on the inside and crispy on the outside. Stir-fry mixed vegetables, wild rice and mushrooms. Serve steak with rice/vegetable mixture.

MEMBERSHIP REPORT

I am happy to have been offered the opportunity to join the Floor Executive and be appointed the Membership Chair for this year by President Glenn and the Branch Executive. I would like to thank Comrade Emma Bennett for passing on her knowledge to me as I learn this role. Comrade Nancy Clark has graciously offered to assist me with these new duties. We currently have 383 members of the Callander Legion. With the recent addition of Lloyd Stamp, this total includes 11 Life Members.

There are currently 85 members that have not paid their dues for 2016. If you are in this category, please take the time to stop by the bar and see the bartender, who will provide you with a receipt upon payment. Once processed, your membership card will be placed at the bar for pick up.

There are also several membership cards at the bar still waiting to be picked up, so if you do not have your card, please stop in and pick it up. If there are any issues with picking up your card, please contact me and I will assist you. One of the few changes we will be making is the addition of a form acknowledging receipt of the membership card. A quick review of our process identified a gap in our system that needs to be validated.

As there is a break in General Meetings for July and August, any new applications will be reviewed and brought forward for a vote at the General Meeting in September, with initiation to follow for successful applicants at a subsequent General Meeting. If you have had any address or telephone numbers changes, please be sure to inform the Branch so that your contact information with our Branch and with Dominion Command can remain current.

I look forward to serving my fellow Comrades in the Branch and if you have any Membership questions, please do not hesitate to call me or send an email through the Branch 445 website.

Yours in Comradeship,
Marc Picard, Membership Chair

Legion  **Callander Branch 445**

Membership Card Receipt Form

Name: _____

I acknowledge receipt of my Legion
Membership Card for the year 201__.

Date Signature



CALLANDER LEGION PIPE BAND

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

Yours in Comradeship,
Pipe major, Matt Plant

July 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Canada Day Shuffleboard 1pm Roast Chicken Back in Tyme Summer Darts	2
3 Celebration of Life 12pm—3pm	4 O/50 Euchre 1pm Softball	5 Fiddlers 7pm Softball	6 O/50 Darts O/50 500 1pm Horseshoes 7pm Softball	7 Softball	8 Shuffleboard 1pm Pork Schnitzel Legends Summer Darts	9
10 Seniors Room Booked	11 O/50 Euchre 1pm Softball	12 Softball	13 O/50 Darts O/50 500 1pm Horseshoes 7pm Softball	14 Softball	15 Shuffleboard 1pm Roast Beef Back in Tyme Summer Darts	16 Main Hall Booked
17 Main Hall Booked	18 O/50 Euchre 1pm Softball	19 Softball	20 O/50 Darts O/50 500 1pm VON Foot Clinic Horseshoes 7pm Softball	21 Executive Meeting 7pm Softball	22 Shuffleboard 1pm Chicken Pot Pie Timberr Country Summer Darts	23 Main Hall Booked Softball Tournament
24 Softball Tournament	25 O/50 Euchre 1pm Softball	26 Softball	27 O/50 Darts O/50 500 1pm Horseshoes 7pm Softball	28 Softball	29 Shuffleboard 1pm BBQ Steak—\$12.00 Back In Tyme Summer Darts	30 Main Hall Booked 31



**Callander Legion's Annual
Christmas in July**

Sunday, July 24, 2016

Turkey Dinner and all the trimmings!

2 Dinner Seatings:

4:30 to 5:30 pm

6:30 to 7:30 pm

\$15.00 per person. Tickets available at the bar.



August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Softball	2 Fiddlers	3 O/50 Darts O/50 500 1pm Horseshoes 7pm	4	5 Shuffleboard 1pm Roast Chicken Legends Summer Darts	6 Scouts Fishing Derby
7 Legion Golf Tournament	8 O/50 Euchre 1pm Softball	9	10 O/50 Darts O/50 500 1pm Horseshoes 7pm	11	12 Shuffleboard Pork Schnitzel Back In Tyme Summer Darts	13
14	15 O/50 Euchre 1pm Softball	16	17 O/50 Darts O/50 500 1pm Horseshoes 7pm VON Foot Clinic	18 Executive Meeting 7pm LA Executive 5:30	19 Shuffleboard 1pm Roast Beef Black Bird Summer Darts	20 Main Hall Booked
21 Main Hall and Seniors Room booked	22 O/50 Euchre 1pm	23	24 O/50 Darts O/50 500 1pm Horseshoes 7pm	25	26 Shuffleboard 1pm BBQ Steak- \$12.00 Back In Tyme Summer Darts	27 Seniors Room Booked
28	29 O/50 Euchre 1pm	30 S	31 O/50 Darts O/50 500 1pm Horseshoes 7pm S			

SPECIAL THANKS

A huge thank you to our *Relay For Life* team members. Together, with your help, we raised over \$1800 for the Canadian Cancer Society. Combined our team walked over 100km. We had a great time and plan to do it again next year with an increased goal. Please congratulate our members if you see them around the branch. If you have any questions about the *Relay* or what it is about please do not hesitate to ask any team member.

Thank you for your generous support,
Joanna Jacobs,
Team Captain

Legion of Hope Branch 445—Relay for Life Team

Joanna Jacobs

Emma Bennett

Caven Ford

Jodi Hebert

Leah Collette

Bill Wilson

John Collette

Bill Bowman

Glenn Bennett



SICK AND VISITING

There are quite a few people in our area nursing homes. Pearl Bowes and Rolly Coriveau are at Nipissing Manor, Len Guppy is at Eastholme, and Mickey Gardiner is at Cassellholme. There are some comrades recuperating at home: John Pearce, Mary Lawrence, Sam Scarfone and Leslie Cerisano. Robert Dufresne and Marilyn Hall are current in the North Bay Regional Health Centre. And with regrets Comrade Gerry Lafontaine's son has passed away. Please keep these people in your thoughts and prayers.

Sick and Visiting Chair,
Comrade Tony Gagliardi



SERVICE OFFICER

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

Patricia Burton at 705 476-4726.

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

Yours in Comradeship, Patricia Burton

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

Yours in Comradeship,
Caven Ford, Webmaster



HONOURS AND AWARDS

We recently held our Honours and Awards luncheon on June 4 2016. These awards were held in the afternoon for the convenience of our senior members. A cocktail hour was held, followed by a buffet and then onto the awards themselves. First were the Year Pins followed by Officers Medals and Bars. Next were Certificates of Appreciation and Certificates of Merit. This was followed by Two “Legionnaire Of The Year” Awards to Comrades Nancy Clark and Brian Villeneuve for their exceptional achievements with the Poppy Campaign and other regular volunteer duties performed over the last two years. Last but not least a Life Membership was awarded to a very deserving Comrade who has volunteered with the Legion Pipes and Drums for the past 27 years not only to the branch but many other communities in our area as well. Congratulations Comrade Lloyd Stamp for your dedicated commitment and make us truly proud of our Pipes and Drums. Also, thank you to Comrades Ralph Diegal, Craig Rodwell and Preston Quirt, all members of Branch 23 North Bay who have been there for us in our time of need. This is a true showing of what comradeship stands for. One cannot forget to thank those comrades working behind the scene setting the tables, preparing the meal, washing the dishes and the cleanup. Well done comrades.

This was the first time we have tried an afternoon Honours and Awards Ceremonies and depending on feedback we will make a decision about having a luncheon or a dinner in the future.

Yours in Comradeship,
Don MacDonald, Honours & Award Chairman



Branch 445 Scrapbook



Congratulations to Comrade Brian Villeneuve recipient of this year's Legionnaire of the Year Award



Congratulations to Comrade Nancy Clark recipient of this year's Legionnaire of the Year Award



Left: Congratulations to Comrade Lloyd Stamp on your awarded Life Membership

Honours and Awards Luncheon Head Table



Comrades Nancy and Brian present Mark Webster with a Poppy Appreciation Award for his donations to our Poppy Campaign.

Comrade Preston Quirt, our luncheon photographer, receives a Certificate of Merit.





Branch 445 Scrapbook



Our Canada Day Parade Float—Thanks to all that came out



Initiation of our newest members June 2 2016. Please congratulate Comrades Stephen Lister, Albert VanLith, Candace VanLith & Marie Joyes.

Comrade President Glenn hands out candy at the Canada Parade



Our wonderful Pipe & Drums at the Callander Waterfront on Parade day



Our 2016 1st Callander Beaver Scouts at LegoLand and Spring Camp. Congrats on a great year!



6 Tips for Senior Sun Safety

Summer weather is great for relaxing with family and friends. Being outside for pool parties, barbecues, and beach trips are what make summertime so much fun.

Too much outdoor time, however, can lead to problems like sunburn and dehydration in elderly populations who are especially at risk for these hot-weather woes. But by taking a few precautions, problems like sunburn and dehydration in the elderly can be avoided and seniors will be able to get the most out of long summer days.



Wear the right clothing.

The best summertime clothing for seniors is lightweight and made out of a breathable fabric such as cotton. Shirts should be long-sleeved, and seniors should wear wide-brimmed hats to protect from the sun.



Apply sunscreen early and often.

Sunscreen takes time to work, so don't wait until you're poolside. Try to apply sunscreen about an hour before you head outside, and reapply every two hours. Look for a broad-spectrum sunscreen that protects against both UVA and UVB radiation.



Drink plenty of fluids.

Seniors are less likely to feel thirsty, and dehydration can come on quickly and be dangerous. Try to drink between 6 and 8 glasses of water a day, and increase your intake if you're doing any kind of physical activity, or if the weather is particularly hot.



Stay indoors at the hottest hours.

The sun is most intense during the middle of the day. If you're a tennis player or gardener, it's best to keep these activities to the early morning or evening, when the weather is cooler. Try to stay indoors when the sun is at its peak.



WARNING: Knowing the signs of heat stroke can save a senior's life. A flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and lack of sweating despite the heat are signs that immediate action should be taken. Drinking water, a cool ice pack to the back of the neck, and removal of the sun is a must at the earliest signs of these symptoms.



Wear eye protection.

Seniors have very sensitive eyes. Wearing sunglasses can help reduce the cumulative damage that causes eye problems such as cataracts and age-related macular degeneration in seniors. Wrap-around styles that protect from both UVA and UVB radiation are best.



Check your medications.

Some medications can cause increased sensitivity to the sun. Look over your medications, and talk to your doctor about any concerns or questions you have.



BRANCH BAR HOURS

Monday thru Thursday: 1pm—9pm


Friday: noon—9pm

Saturday: noon—9pm

Sunday: 1pm—6pm

Phone: 705 752-1322

Don't forget that our deck is also licensed!



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