



## **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)**



**December 2015**

## 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	705-752-3663
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
Recording Secretary	Diane Bellaire	705-752-5126
Treasurer	Helene Lariviere	705-472-4688
Sgt. at Arms	Marg Prudhomme	705-477-8144
Sports Officer	TBA	

## **PRESIDENT'S REPORT**

Another year is about to come to an end, as we enjoy Christmas and New Year's with our family and friends. I would like to say a special thank you to everybody that helped make 2015 a successful year for Branch 445.

There are too many to say a personal thank you to everyone individually with so many events and weddings and party's that went on in the branch through the year, that they helped out on. The thank you's go out to all of you, no one person makes a branch work or run smoothly, but a great team working together can accomplish wonderful things together.

So as we move into 2016 and you come into the branch please lend a hand and make it work that much better for our veterans of today and the future. Don't let your answer be I did my turn 20 years ago, because if we all took that stand we would get nothing accomplished. The branch and the veterans need your help almost every day. So please try and do your part, we will continue to do wonderful things together.

Enjoy this Christmas season with your family and friends. Come back in the new year with extra fuel in the tank and lets make 2016 better than the previous year. Merry Christmas and Happy New Year.

Yours in Comradeship,  
Glenn Bennett, Branch President

## **LADIES AUXILIARY REPORT**

It is with great sorrow that the Ladies' Auxiliary announces the passing of Comrade Helen Turgeon. Helen was actively involved in all things Legion and Ladies' Auxiliary and became well known for her service to Branch 445. May she rest in peace.

December is a month filled with many activities, you will likely participate in social, family and LA events all of which add to the joy of the season. May the Christmas spirit be shared with each other through our faith, love and hope for peace everywhere. Ladies, I hope you will join us at the LA Christmas dinner on December 19th where we gather with some of our longest serving members.

The meat pie sales continue at a brisk pace and I thank all the volunteers who assisted Comrade Helene in making and baking the pies. New this year, we will sell home made apple pies, you will find a sign up sheet on the LA bulletin board at the legion.

This time of the year gets busy for everyone but please don't forget to pay your dues of \$18 by December 31st. I would love to see you come out to our general meetings on the first Monday of the month and meetings now commence at 7:00 p.m. Your participation in the LA makes our organization stronger and better. Have a very Merry Christmas and a Happy New Year.

Yours in comradeship,  
Marion Smith, Ladies Auxiliary President

## **BANQUET REPORT**

We would like to extend to all Branch members and Ladies Auxiliary members and their families, our sincere good wishes for a Merry Christmas and a happy, healthy and prosperous New Year and to our fellow members who have lost loved ones and to those who suffer ill health, may God bless you and keep the spirit of Christmas with you always. As 2015 comes to an end, please accept our gratitude for the dedication of all Branch and Ladies Auxiliary volunteers who have donated so much of themselves for the betterment of the Branch. Thank You!

Upcoming events to keep in mind for the month of December:

Dec 5 - Small Business Christmas Party

Dec 6 - Children's Christmas Party

Dec 12 - Private Christmas Parties

Dec 13 - NDL Semi Annuals

Dec 19 - L.A. Christmas Party

Dec 20 - NDL Turkey Shoot

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

## **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.

Our next order of Nevada tickets will be ones specially produced for Legions. Watch for them in the near future!

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: \_\_\_\_\_

## 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

## SICK AND VISITING

Comrades,

Our condolences to three members who lost their loved ones; Kathy Landon lost her mother, Steve Larocque lost his mother and Wayne Milne lost his son. We have some members at home recuperating; Joyce Peever had treatment in Sudbury, Roger Rousseau and Carol Van Tassel and we wish them the best. Also, Sam Scarfone is coming along very well too.

Yours in Comradeship,  
Tony Gagliardi, Sick and Visiting Chair



### I'Ami's Garden Centre

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jlami@cogeco.ca



**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!

# North Bay Battalion Bell Remembrance Day Hockey Game

Sunday November 15, 2015



Retired Chief Warrant Officer Len Davis (West Ferris Legion 599)  
Retired Master Corporal Marc Picard (Callander Legion 445)  
Retired Private Len Fournier (North Bay Legion 23)  
Sergeant Tim McLean (22 Wing)  
Lieutenant-Colonel Michel Roy (22 Wing)  
Major Kevin Carson (33 Service Battalion)  
Master Warrant Officer Marc Richard (33 Service Battalion)  
Retired Private Len Fournier (North Bay Legion 23)

## BURSARY CHAIR

For more information on Bursaries available please contact Helene Lariviere at 705-472-4688 or by email at [lariviere\\_helenemarie@hotmail.com](mailto:lariviere_helenemarie@hotmail.com)

Yours in Comradeship,  
Helene Lariviere, Bursary Chairman



Callander Legion Branch 445 Presents Our Annual

## *New Years Eve Celebration*

Music by *Back In Tyme*

Doors open at 8pm

Late Lunch Buffet at 10:30pm

\$25 per person

Tickets available at the bar



Happy New Year! Come celebrate with us!



# December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Pool 1:30pm Fiddlers 7pm Cribbage 7pm	<b>2</b> Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm N.B. Super Dart League 7:30pm	<b>3</b> Legion General Meeting 7pm	<b>4</b> Yoga 9:30am Shuffleboard 1pm Roast Chicken Back in Tyme Friday Night Fun Darts	<b>5</b>
<b>6</b> Ladies Auxiliary Children's Christmas Party Benefit for Joyce Peever-Lounge 2pm to 6pm	<b>7</b> Exercise Class 10am O/50 Euchre 1pm L.A. Meeting 7:00pm N.D.L.	<b>8</b> O/50 Executive Meeting Pool 1:30pm Cribbage 7pm	<b>9</b> Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm N.B. Super Dart League 7:30pm	<b>10</b> O/50 Pot Luck	<b>11</b> Yoga 9:30am Shuffleboard 1pm Pork Schnitzel Ramblin Fever Pool Room Booked Scouting Pizza Del Friday Night Fun Darts	<b>12</b> Private Christmas Party-Main Hall Private Christmas Party-Seniors Room
<b>13</b> N.D.L Semi Annuals	<b>14</b> Exercise Class 10am O/50 Euchre 1pm N.D.L.	<b>15</b> Pool 1:30pm Cribbage 7pm	<b>16</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>17</b> Legion Executive Meeting 7pm	<b>18</b> Yoga 9:30am Shuffleboard 1pm Roast Beef Back in Tyme Friday Night Fun Darts	<b>19</b> Ladies Auxiliary Christmas Party - Main Hall
<b>20</b> N.D.L Turkey Shoot	<b>21</b> Exercise Class 10am O/50 Euchre 1pm N.D.L.	<b>22</b> Pool 1:30pm Cribbage 7pm	<b>23</b> Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm N.B. Super Dart League 7:30pm	<b>24</b>	<b>25</b> Branch Closed	<b>26</b>
<b>27</b>	<b>28</b> Exercise Class 10am O/50 Euchre 1pm N.D.L.	<b>29</b> Pool 1:30pm Cribbage 7pm	<b>30</b> Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm N.B. Super Dart League 7:30pm	<b>31</b> <a href="#">New Years Eve Party-Main Hall</a>	<b>1</b> New Year's Levee	

# January 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>  Seniors Room booked
<b>3</b>	<b>4</b> Exercise Class 10am  O/50 Euchre 1pm  L.A. Meeting 7:00pm  N.D.L.	<b>5</b> Pool 1:30pm  Fiddlers 7pm  Cribbage 7pm	<b>6</b> O/50 Darts  O/50 500 1pm  N.B. Super Dart League 7:30pm	<b>7</b>  <b>Legion            General            Meeting 7pm</b>	<b>8</b> Yoga 9:30am Shuffleboard 1pm  Pork Schnitzel Blackbird  Friday Night Fun Darts	<b>9</b>  Inter Branch Darts
<b>10</b>	<b>11</b> Exercise Class 10am  O/50 Euchre 1pm  N.D.L.	<b>12</b> O/50 Exec. Meeting 10am  Pool 1:30pm  Cribbage 7pm	<b>13</b> O/50 Darts  O/50 500 1pm  N.B. Super Dart League 7:30pm	<b>14</b>  O/50 Pot Luck	<b>15</b> Yoga 9:30am  Shuffleboard 1pm  Roast Beef Back in Tyme  Friday Night Fun Darts	<b>16</b>  Birthday Party- Main Hall
<b>17</b>	<b>18</b> Exercise Class 10am  O/50 Euchre 1pm  N.D.L.	<b>19</b> Pool 1:30pm  Cribbage 7pm	<b>20</b> 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  Chicken Parmesan The Legends  Friday Night Fun Darts	<b>23</b>  Ladies Auxiliary Team Darts
<b>24</b>  Crib for Bucks  <b>31</b>	<b>25</b> Exercise Class 10am  O/50 Euchre 1pm  N.D.L.	<b>26</b> Pool 1:30pm  Cribbage 7pm	<b>27</b> O/50 Darts  O/50 500 1pm  N.B. Super Dart League 7:30pm	<b>28</b>	<b>29</b> Yoga 9:30am Shuffleboard 1pm  Fish and Chips Back in Tyme  Friday Night Fun Darts	<b>30</b>

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

### **Breakfast - BREAKFAST FRITTATA - Serves 2**

1 cup chopped asparagus  
4 large eggs  
1/2 cup cottage cheese  
1 tsp dry mustard and olive oil  
1/2 cup thinly-sliced mushrooms  
1/4 cup chopped onion

\*\*\* Preheat oven to 400 degrees  
\*\*\* Steam asparagus for five minutes or until tender  
\*\*\* Beat eggs in a bowl until foamy. beat in cottage cheese and dry mustard  
\*\*\* Coat an oven safe pan with olive oil. Sauté mushrooms and onion over medium heat until tender. Stir in asparagus. Pour egg mixture over vegetables and cook over low heat for five to seven minutes or until bubbling. Place in oven and bake for 10 minutes or until set.

### **Lunch - PINEAPPLE CHICKEN SALAD - Serves 2**

10 oz. cooked chicken, diced  
1 cup fresh pineapple, chopped  
3/4 cup plain non-fat yogurt  
1/2 cup celery, sliced  
1/4 cup green onion, sliced  
1/4 tsp ground ginger and curry powder  
2 cups lettuce, shredded

\*\*\* Combine all ingredients except lettuce  
\*\*\* Serve salad on shredded lettuce

### **Dinner - FOILED DINNER - Serves 4**

4 small potatoes, thinly sliced  
1 cup carrots, thinly sliced  
1 cup onion, thinly sliced into rings  
1/4 tsp garlic and dried dill weed  
4 5 oz. fish fillets

\*\*\* Preheat oven to 450 degrees  
\*\*\* Cut 4 (18") squares of aluminum foil. Spray one side with non-stick cooking spray  
\*\*\* Arrange potato slices, onions and carrots on foil in layers  
\*\*\* Sprinkle with garlic and dill weed. Cover vegetables with fish fillets  
\*\*\* Fold foil over fish and vegetables, sealing edges. Place foil packets on a baking sheet  
\*\*\* Bake for 30 to 35 minutes or until fish flakes easily when tested with a fork

Yours in Comradeship,  
Leslie Cerisano - PRO

## **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

## **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

## **Help Needed**

We are still looking for a student or perhaps someone 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.



# Remembrance Day



**11-11-2015**

Always  
&  
Forever



# Callander Legion presents 23rd Annual

# ICE FISHING DERBY

**Saturday February 13, 2016 Everybody Welcome**

1st PRIZE :

**GAS ICE AUGER**

MANY MORE PRIZES



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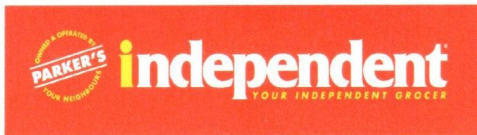
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