



Branch 445 Bulletin Royal Canadian Legion

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



January 2016

Branch 445 Executive - 2015/2016

BRANCH EXECUTIVE		
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		
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	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
LADIES AUXILIARY EXECUTIVE		
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

Happy New Year! I hope you and your family have a prosperous New Year and good health too.

Remember your fellow comrades in the New Year and come and join us at the dine ins and help support your branch. If your health is good give us a call, we can always use more volunteers at functions, and remember we were all first timers when we started, so we can't do anything wrong. Enjoy the winter with family and friends and if you are travelling or entertaining visitors, please don't drink and drive.

I would like to say thanks again to all the volunteers that made 2015 a success and for their continued support in making the branch work on day to day bases. One or two hours of your time could make a difference for all the volunteers that work numerous functions every month.

Please everybody remember all your fellow comrades that passed on during the year and also those that are going through sickness at this time. Please remember them in your prayers as we move through the new year.

Yours in Comradeship,
Glenn Bennett, Branch President

LADIES AUXILIARY REPORT

2016 dawns as the new year and marks the 64th year of the Callander Ladies' Auxiliary.

Many good ladies have come and gone over the years but I must say the present membership is exceptional. Each of you has a special skill or talent and you never hesitate to share.

I have witnessed the executive committee grow into their positions and must say how very proud I am of them.

This January Callander hosts the Ladies' Zone Team Darts if you want to play contact the sports officer at our next meeting on January 4th.

I am looking forward to the second half of our year, we can accomplish anything!

Yours in comradeship,
Marion Smith, Ladies Auxiliary President

POPPY FUND REPORT

Branch 445 has had another successful Poppy Campaign. At this time our campaign has raised \$10,908.00 and we are still waiting for a couple of cheques to come in for a final total.

Brian and myself would like to thank all the volunteers and donators who helped make this years Poppy Fund Campaign such a success. Thank you Callander and area.

On December 9th we took the Christmas gifts out to our veterans at Nipissing Manor. It is such a rewarding visit.

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

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,

Work commitments through November and December left me little time for upkeep on the website. Its once again up to date. Have a look in the Photo Gallery for pictures from the [Children's Christmas party](#). More updates are on the way too so check back often.

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

BURSARY CHAIR

For more information on Bursaries available please contact Helene Lariviere at 705-472-4688 or by email at lariviere_helenemarie@hotmail.com

Yours in Comradeship,
Helene Lariviere, Bursary Chairman



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1377 Lakeshore Drive
North Bay, Ontario
P1B-8Z4

705-472-6370
Fax 705-472-1520
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!

January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 New Year's Levee	2 Seniors Room booked
3	4 Exercise Class 10am O/50 Euchre 1pm L.A. Meeting 7:00pm N.D.L.	5 O/50 Exec. Meeting 10am Pool 1:30pm Fiddlers 7pm Cribbage 7pm	6 O/50 Darts O/50 500 1pm N.B. Super Dart League 7:30pm	7 Legion General Meeting 7pm	8 Yoga 9:30am Shuffleboard 1pm Pork Schnitzel Blackbird Friday Night Fun Darts	9 Inter Branch Darts
10	11 Exercise Class 10am O/50 Euchre 1pm N.D.L.	12 Pool 1:30pm Cribbage 7pm	13 O/50 Darts O/50 500 1pm N.B. Super Dart League 7:30pm	14 O/50 Pot Luck	15 Yoga 9:30am Shuffleboard 1pm Roast Beef Back in Tyme Friday Night Fun Darts	16
17	18 Exercise Class 10am O/50 Euchre 1pm N.D.L.	19 Pool 1:30pm Cribbage 7pm	20 O/50 Darts O/50 500 1pm VON Foot Clinic - Seniors Room N.B. Super Dart League 7:30pm	21 Legion Executive Meeting 7pm	22 Yoga 9:30am Shuffleboard 1pm Chicken Parmesan The Legends Friday Night Fun Darts	23 Ladies Auxiliary Team Darts
24 Crib for Bucks 31	25 Exercise Class 10am O/50 Euchre 1pm N.D.L.	26 Pool 1:30pm Cribbage 7pm Seniors Room Booked 9am-3pm	27 O/50 Darts O/50 500 1pm N.B. Super Dart League 7:30pm	28	29 Yoga 9:30am Shuffleboard 1pm Fish and Chips Back in Tyme Friday Night Fun Darts	30 Scouts Fundraiser - Main Hall

February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Exercise Class 10am O/50 Euchre 1pm L.A. Meeting 7:00pm N.D.L.	2 Pool 1:30pm Fiddlers 7pm Cribbage 7pm	3 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm N.B. Super Dart League 7:30pm	4 Legion General Meeting 7pm	5 Yoga 9:30am Shuffleboard 1pm Roast Chicken Blackbird Friday Night Fun Darts	6 Birthday Party- Main Hall
7	8 Exercise Class 10am O/50 Euchre 1pm N.D.L.	9 O/50 Executive Meeting Pool 1:30pm Cribbage 7pm	10 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm N.B. Super Dart League 7:30pm	11 O/50 Pot Luck	12 Yoga 9:30am Shuffleboard 1pm Pork Schnitzel Back in Tyme Friday Night Fun Darts	13 Fishing Derby
14	15 Exercise Class 10am O/50 Euchre 1pm N.D.L.	16 Pool 1:30pm Cribbage 7pm	17 Stretching With Tai Chi 10-11 am O/50 Darts O/50 500 1pm VON Foot Clinic- Seniors Room N.B. Super Dart League 7:30pm	18 Legion Executive Meeting 7pm	19 Yoga 9:30am Shuffleboard 1pm Roast Beef Legends Friday Night Fun Darts	20 Gord Evans Memo- rial Dart Tournament-Main Hall
21	22 Exercise Class 10am O/50 Euchre 1pm N.D.L.	23 Pool 1:30pm Cribbage 7pm	24 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm N.B. Super Dart League 7:30pm	25	26 Yoga 9:30am Shuffleboard 1pm Chicken Kiev Back in Tyme Friday Night Fun Darts	27 Zone Public Speaking 11-4 Main Hall
28 N.D.L Semi Annuals	29 Exercise Class 10am O/50 Euchre 1pm N.D.L.					

LESLIE'S HEALTHY EATING CORNER

Breakfast - FLUFFY APPLE OMELET - Serves 4

4 tsp margarine or butter

2 small apples, cored, and sliced

1 tsp brown sugar, orange peel, and cinnamon

4 eggs, separated

1 tbsp. artificial sugar

1/4 tsp vanilla extract

1/4 cup water

*** Heat 2 tsp margarine or butter in a pan

*** Add apple slices, brown sugar, orange peel and cinnamon

*** Sauté over medium heat until apples are glazed and tender

*** Stir egg yolks, artificial sweetener and vanilla extract together in a bowl until thick

*** In another bowl, beat egg whites with a 1/4 cup of water until stiff

*** Fold beaten whites into yolk mixture

*** melt 2 tsp margarine in skillet

*** Pour in egg mixture, spreading lightly to smooth top

*** Cook until light and fluffy and underside is lightly browned

*** Spoon apples onto omelet and fold in half

Lunch - CAULIFLOWER AND CHEDDAR SOUP - Serves 4

1/4 cup chopped onion

2 cups low-sodium chicken broth

2 cups water

1 cup chopped cauliflower

1/4 tsp basil, and parsley

1/2 bay leaf

2 oz. shredded cheddar cheese

Pepper to taste

*** Spray a saucepan with non-stick cooking spray. Lightly sauté onion. Add chicken broth, water and cauliflower. Bring to a boil. Add spices and reduce heat. Cover and simmer for 20 to 25 minutes or until cauliflower is soft. Transfer contents of the saucepan into a blender and puree until smooth. Return to saucepan. Add cheddar cheese. Stir until cheese melts.

Dinner - SPINACH SAUCE AND SPAGHETTI - Serves 4

1/2 cup frozen spinach, chopped, thawed and drained

1/4 cup water

3 tbsp. cottage cheese

3 tbsp. fresh basil. chopped

2 tsp olive oil

1 garlic clove, minced

2 cups cooked spaghetti

*** Process spinach, water, cottage cheese, basil, olive oil, and garlic in a food processor until smooth. Spoon sauce over hot pasta. Toss and mix well. Serve immediately

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.

Callander Legion presents 23rd Annual

ICE FISHING DERBY

Saturday February 13, 2016 Everybody Welcome

1st PRIZE :

GAS ICE AUGER

MANY MORE PRIZES



Ticket
Draw
Prizes

See Derby Rules at
the Bar.
Tickets go on sale
Jan 15, 2016
Only 250 tickets
available so get
yours early!
\$20.00 each

NOTE:
Draw Prizes are
“Adults Only”

**PRIZES FOR LENGTH ONLY -1st, 2nd, 3rd for PIKE,
PICKEREL and PERCH**

**REGISTRATION INCLUDES SPAGHETTI
SUPPER**





Wentworth Graham C.G.A.
President/Administrator

Telephone 705-752-1100
Fax 705-752-2570
E mail: nipissingmanor@bellnet.ca

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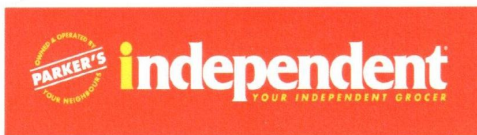
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