



Branch 445 Bulletin Royal Canadian Legion

**345 Lansdowne St.
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www.callanderlegion.ca**



June 2015

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	Helen Turgeon	705-752-2624
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	Len Burnham	705-492-6420
Seniors	Jack Else	705-752-2351
Pipe Major	Lloyd Stamp	705-752-3663
Nevada / Lottery	Bill Bowman	705-752-0763
Sick and Visiting	Tony Gagliardi	705-752-2867
Chaplain	Len Burnham	705-492-6420
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	705-752-0763
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 electing me for another year for your branch President and thank you to all the Executive for their help in the past years; thanks for stepping up and taking on your chair. We have lots of work to do in the next year and we would love your help. Call the branch and give us your name and time that you could volunteer a little of your time. Things always work better when we work together. It takes a great team to be a winner so lets win together. We are doing this job for all the veterans that need the help, remember your oath, service, not for self, but those of our comrades or their dependents who are in need or distress.

This summer will be busy, please give us some of your time, to help with some of the functions that are going on at the branch. We would like to see as many members out as possible, join us at a dine in or drop by and chat with your fellow comrades, and check your bulletin at the branch or on line at www.callanderlegion.ca and see what you would like to do or bring a new idea to the table, lets work together to make it happen.

Yours in Comradeship,
Glenn Bennett, Branch President

LADIES AUXILIARY REPORT

Nominations & elections have been postponed till next month on June 1st - after the pot luck dinner and meeting due to key positions not getting filled. An outside Garage Sale is planned for June 14th - see bulletin for more information.

ATTENTION ALL L.A. MEMBERS: due to per capita taxes having been raised, our dues will be increased from \$15.00 to \$18.00 for 2016. Also, same should be paid before December 31st, in order to play sports.

Remainder: L.A. District Sports meeting is on May 31st Casual wear - no uniform. Lunch followed by the meeting at 1 pm. All L.A. members invited to participate in learning more about dates, events and information on
Sport rules

Yours in Comradeship,
Helene Lariviere, Ladies Auxiliary President

TUESDAY NIGHT CRIBBAGE

Thank You to the Tuesday Night Cribbage players for donating \$1,030.00 to the Branch. The money will be used to pay for the new counter top in the kitchen and also for new ceiling lights.

Yours in Comradeship,
Perry Richards

BANQUET REPORT

Come and join the Friday night dine-in with different menu and music to follow (please check your bulletin or internet for upcoming bands and meals). Also, for only \$1.00, it gives you a chance to win one of our popular meat draws.

Upcoming events to keep in mind for the month of June & July:

June 13th - Stag & Doe in Main Hall

June 20th - Birthday Party in Senior Room

June 27th - Lobster Boil Dinner in Main Hall (do not delay - buy your ticket now)

July 4th - Birthday Party in Senior Room

July 11th - Wedding in Main Hall

July 18th - Stag & Doe in Main Hall

July 25th - Christmas in July in Main Hall (BACK BY POPULAR DEMAND)

Remainder: Back in Tyme Fundraiser - May 30th Please come out and enjoy an evening of dancing to their music - they are fantastic!

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 705-752-4673 or call the branch at 705-752-3773.

Yours in Comradeship

Janice Daniher, 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,

I have added some additional links from the [Dominion Website](#), linking to a new online change of address page and Branch Resources pages, to our [Branch Website](#) under the [Resources](#) link.

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

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

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!

SICK AND VISITING

It is with great regret we announce that Comrades Les Daniher and Ken Hamilton, both veterans, passed away. Comrade Diane Cantin also passed away. We have quite a few at the North Bay Regional Hospital. Ron Chapell, who is taking therapy and coming along, Marlene Gardiner, who is taking therapy but not doing so well, and Debbie Corriveau. We also have a few at home Barry Rice and Scott Symons are coming along. Comrade Helen Turgeon has been to Sudbury to see her doctor for a follow-up. Comrade Sam Scarfone has a very positive attitude and is coming along well. We have a few comrades in nursing homes. Comrade Len Guppy is in Eastholm and Comrade Rolly Corriveau is in Nipissing Manor. A life member of the Ladies Auxiliary, Joey Symons passed away as well as did Elaine Soucier.

If you are aware of anyone's passing or illness, please contact me at 705-752-2867.

Yours in Comradeship
Tony Gagliardi, Sick and Visiting Chair

Editor's note: Comrade Tony Gagliardi has been visiting the sick and reporting those that pass on for going on 8 years! Recently he was recognized for his tireless support of those in hospital and Nursing Homes. Nipissing Manor has awarded him a 5 year pin for his volunteering at the Manor and have nominated him for another pin from the Ministry of Health and Long Term Care for his support at the Manor. He will be receiving that award at Branch 23 on June 2. Congratulations Tony and thank you for all you do for the veterans and members of our branch!

SPORTS REPORT

Comrades, not much to report this month. The Branch horseshoe league has started up on Wednesday evenings at 7pm. If you are interested in playing, come on out!

Yours in Comradeship
Al Clark, Sports Chairman

Help Needed

We are 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.

LESLIE'S HEALTHY EATING CORNER

Instead of doing breakfast, lunch and suppers, as it is summer and people are always being invited over for dinner, I will be doing some favourite potluck recipes for the next three months.

FRESH VEGETABLE CASSEROLE - Serves 4 to 6

8 small new potatoes
8 baby carrots
1 small cauliflower, broken into florets
1 small broccoli, broken into florets or 4 stalks of asparagus, cut into 1 inch pieces
3 tablespoons butter or margarine
3 tablespoons all-purpose flour
Black pepper

chopped fresh cilantro
2 cups milk
3/4 cup (3 ounces) shredded cheddar cheese

* Cook vegetables until crisp tender. Arrange vegetables in a buttered 2 quart casserole. Preheat oven to 350 degrees

* To make sauce, melt butter in medium saucepan over medium heat. Stir in flour until smooth. Gradually stir in milk. Cook until thickened, stirring constantly. Season to taste with pepper. Add cheese stirring until cheese is melted. Pour sauce over vegetables and sprinkle with cilantro. Bake 15 minutes or until heated through.

TERIYAKI CHICKEN MEDLEY - Serves 4 to 6

2 cups cooked white or brown rice (about 3/4 cup uncooked)
2 cups (10 ounces) cooked chicken, cut into strips
1 1/3 cups French's French fried Onions, divided
1 package (12 ounces) frozen bell pepper strips, thawed and drained or substitute with 2 cups sliced bell peppers
1 jar (12 ounces) chicken gravy
3 tablespoons teriyaki sauce

* Preheat oven to 400 degrees. Grease 2 quart oblong baking dish. Press rice into bottom of prepared dish.

* Combine chicken, French fried onions strips, bell pepper strips, gravy and teriyaki sauce in large bowl: mix well. Pour mixture over rice layer. Cover; bake 30 minutes or until heated through. Top with remaining 2/3 cups onions. bake 1 minute or until onions are golden

APPLE CRUMB SQUARES - Makes 24 squares

2 cups Quaker Oats (quick or old fashioned, uncooked)
1.5 cups all-purpose flour
1 cup packed brown sugar
3/4 cup butter or margarine melted
1 teaspoon ground cinnamon
1/2 teaspoon baking soda
1/2 teaspoon salt (optional)
1/4 teaspoon ground nutmeg

1 cup applesauce
1/2 cup chopped nuts

* Preheat oven to 350 degrees. In large bowl, combine all ingredients except applesauce and nuts, mix until crumbly. reserve 1 cup oats mixture. Press remaining mixture on bottom of greased 13x9-inch pan. bake 13 to 15 minutes; cool

* Spread applesauce over partially baked crust; sprinkle with nuts.

* Sprinkle reserved 1 cup oats mixture over top. bake 13 to 15 minutes or until golden brown

* Cool in pan then cut into 2 inch squares.

Yours in Comradeship,
Leslie Cerisano - PRO

June 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Exercise Class-10am O/50 Euchre 1pm L.A. Pot Luck Dinner 6pm Meeting 7:30pm	2 Fiddlers 7pm	3 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm Horseshoes 7pm Church Group 7-	4 Legion General Meeting 7pm Honours and Awards Presentation	5 Yoga - 9:30am Shuffleboard 1pm Roast Chicken Ramblin Fever Friday Fun Darts	6
7	8 Exercise Class-10am O/50 Euchre 1pm	9 O/50 Exec. Meeting - 10am	10 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm Horseshoes 7pm Church Group 7-9pm Seniors Rm	11 O/50 Pot Luck - 5:30pm Scouting Meeting 7pm - Seniors Room	12 Yoga - 9:30am Shuffleboard 1pm Pork Schnitzel Back in Tyme Friday Fun Darts	13 Stag and Doe - Main Hall
14 Ladies Auxiliary Outdoor Garage Sale 9am to 2pm	15 O/50 Euchre 1pm Gluten Free/Allergies-7 pm	16	17 O/50 Darts O/50 500 1pm VON Foot Clinic-Seniors Room Horseshoes 7pm Church Group 7-9pm Seniors Rm	18 Legion Executive Meeting 7pm	19 Shuffleboard 1pm BBQ Steak Legends Friday Fun Darts	20 Birthday Party-Seniors Room 10am to 1pm
21 Father's Day	22 O/50 Euchre 1pm	23	24 O/50 Darts O/50 500 1pm Horseshoes 7pm Church Group 7-9pm Seniors Rm	25	26 Shuffleboard 1pm Fish and Chips Back in Tyme Teen Town Dance	27 Callander Legion 1st Annual Lobster Boil 6pm <i>Bring your own utensils if you have them</i>
28	29 O/50 Euchre 1pm	30				

July 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Shuffleboard 1pm Roast Chicken Plaid Apples Friday Fun Darts	4 Birthday Party - Seniors Room
5	6 O/50 Euchre 1pm L.A. Meeting 7:30pm	7 Pool 1:30pm Fiddlers 7pm	8 O/50 Darts O/50 500 1pm Church Group 7- 9pm Seniors Rm	9 No Legion General Meeting - Summer Break	10 Shuffleboard 1pm Pork Schnitzel Back in Tyme Friday Fun Darts	11 Wedding Recep- tion - Main Hall
12	13 O/50 Euchre 1pm	14 O/50 Exec. Meet- ing - 10am Pool 1:30pm	15 O/50 Darts O/50 500 1pm Church Group 7- 9pm Seniors Rm	16 O/50 Pot Luck - 5:30pm	17 Shuffleboard 1pm Roast Beef The Legends Friday Fun Darts	18 Stag and Doe - Main Hall
19	20 O/50 Euchre 1pm	21	22 O/50 Darts O/50 500 1pm VON Foot Clinic Church Group 7- 9pm Seniors Rm Horseshoes 7pm	23 Legion Executive Meeting 7pm	24 Shuffleboard 1pm Fish and Chips Back in Tyme Friday Fun Darts	25 Christmas in July
26	27 O/50 Euchre 1pm	28	29 O/50 Darts O/50 500 1pm Church Group 7- 9pm Seniors Rm Horseshoes 7pm	30	31 Shuffleboard 1pm BBQ Steak Plaid Apples Friday Fun Darts	

Since 1994, the Legions and Ladies Auxiliary in District H have been contributing to the Northern Cancer Foundation. This chart lists the donations made up to last year. At the recent District H Convention a further \$40,200.00 was donated.

	Funds Disbursed	Projects Supported
1994	\$17,000	Donation for the purchase of a Virtual Wedge Computer. Allows for systemic dosages to be tailored precisely for different Cancers, stages and patient health.
1995	\$8,085	Donation for the purchase of a Fibreoptic Laryngoscope And Video Camera Attachment. Used to exam patients with head and neck cancers before and after treatment.
1997	\$10,000* \$10,085	Support for the purchase of a Cryopreservation Freezer for the stem transplantation program and the purchase of a swinging bucket rotor for use with the Cryopreservation Freezer
1998	\$10,000* \$10,000	Donation for the purchase of a Centrifuge Rotor, used by tumour biology research group to assist with cell mapping for DNA replication and support for the purchase of a Cryopreservation Freezer (same project as Ladies Auxiliary in 1997)
1999	\$6,949*	Support for the purchase of an Autoclave, which sterilizes large containers for research.
2001-2003	\$240,000	District H agrees to fund a CT-Simulator Computer Workstation. This is a central piece in the cancer treatment planning process for many cancers.
2009	\$160,000	District H agrees to purchase a Flow Cytometer, which produces an image of a cell and helps with diagnosis and treatment.
2014	\$140,000	District H to purchase a Brachytherapy Applicator and an Ultrasound for Brachytherapy Applicator
Total Disbursed	\$500,204	
BALANCE	\$129,432	The CT Simulator continues to be supported on an ongoing basis. CT Sim is where many cancer treatment journeys begin and it's a very important area in our Cancer Centre.
* asterisk denotes funds raised by the Ladies Auxiliary		



Callander Legion Branch 445

1st Annual Lobster Boil

Saturday June 27, 2015 - 6pm

Fresh Live 1.5 pound (approx.) East Coast
Lobster boiled and served with Garlic
Butter, Baked Potato (with Butter and Sour
Cream), Coleslaw and Bread.

Only \$38.00 per Plate

Dinner includes dessert.

Tickets may be purchased at the bar until Sunday June
21, 2015. Book today as seating is limited!

Please Note: If you have utensils for eating lobster, please bring them with you.

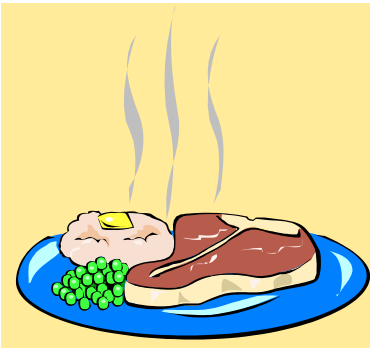
NEEDED

YARD SALE/MOVING SALE ITEMS

**ONE'S PERSON'S DISCARDS ARE ANOTHER
PERSON'S TREASURES!**

**FOR: L.A. OUTDOOR GARAGE SALE
SUNDAY JUNE 14TH, 2015**

**WHERE: ROYAL CANADIAN LEGION
345 LANSDOWNE STREET, CALLANDER**



steak Barbecue is Back Again!

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

**One Friday night in May, June, July, August
and September @ 5:00 pm**

Cost is \$12.00 per dinner and includes dessert.

This Month's date: June 19, 2015

**Come out and enjoy a steak dinner, barbecued to
your preference. Watch the Bulletin for dates!**



LADIES AUXILIARY

**WHEN: SUNDAY, JUNE 14TH, 2015
9:00 A.M. TO 2:00 P.M.**

**WHERE: ROYAL CANADIAN LEGION
345 LANSDOWNE STREET, CALLANDER**



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

Saturday, July 25, 2015

Turkey Dinner and all the trimmings!

Entertainment by Blue Collar DJ

2 Dinner Seatings:

4:30 to 5:30 pm

6:00 to 7:00 pm

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



Wentworth Graham C.G.A.
President/Administrator

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

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