

Branch 445 Bulletin

Royal Canadian Legion

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

June 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	705 752-2951
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
Special Events/ Fundraising	Bill Wilson	705 752-0470
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
Over 50 Club Liaison	Irene Lewis	705 491-2216
<u>Ladies Auxiliary Executive</u>		
President	Marion Smith	705 471-6819
Past President		
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

Thank you for your support and electing me as your president for another year, hopefully we can accomplish many things together. I would like to say thank you to all the past executive members and volunteers that have made the last four years possible. Always remember that no one person makes our branch run, but with a great group of people we will always find a way to accomplish things.

Please try to come out and support your branch at one of the Friday night dine-ins. If you have family visiting or friends close by, bring them along for cheap supper. Make Sure not to miss our monthly BBQ steak night during the summer.

I would also like to express my deepest sympathies to some of our comrades for the loss of family members in the last couple of months. We know there are not any words that can take away the grief but remember you are in our thoughts and prayers.

Yours in Comradeship, Glenn Bennett



LADIES AUXILIARY REPORT

June 1st kicks off the new term for the Ladies' Auxiliary. I want to thank the outgoing Executive for a job well done. Your teamwork and positive attitude made my first year as President a truly satisfying experience. I want to take this opportunity to welcome the incoming Executive and look forward to working with you throughout this term. I am grateful to have so many talented and knowledgeable ladies by my side.

After the June pot luck meeting we will take a break from our General Meetings and reconvene in September. I hope to see some of you at the Honours and Awards luncheon on June 4.

I will really need everyone to volunteer some shifts during the three day Annual Old Timers Baseball Tournament on the Labour Day weekend. This is a massive job that can only be accomplished if everyone contributes. Look for the sign up sheet on our Bulletin Board at the Legion mid August. Enjoy your summer, stay safe and have fun.

"Dance like no one is watching, life is about living happy"

Yours sincerely,

Marion Smith, President Ladies' Auxiliary



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. The Nevada Tickets, specially produced for the Legion are here! Come out to the Branch and buy some to check them out!

Yours in Comradeship Bill Bowman, Nevada / Lottery Chair



SERVICE OFFICER

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

Patricia Burton at the branch at 705 752-3773

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

Yours in Comradeship, Patricia Burton



MEMBERSHIP CARDS

Just a gentle reminder that if you have paid for your membership but have not received your membership card please stop in at the bar and ask one of our friendly bartenders. They would be happy to provide you with your membership card.

Thank You.



LESLIE'S HEALTHY EATING CORNER

Breakfast— BERRY TORTILLA—Serves 2

- 1/4 cup blueberries
- 1/2 cup strawberries
- 1 6" tortilla
- 1 tbsp ultra low-fat cream cheese

Gently warm the blueberries and strawberries in a nonstick skillet. Warm tortilla in the microwave for 10-15 seconds, spread cream cheese on tortilla. Wrap berries in tortilla.

Lunch—MEXICAN CRAB SALAD PITA—Serves 1

- 1/4 cup frozen corn
- 1/4 cup diced red peppers
- 1/4 cup diced green pepper
- 1/4 cup diced shallot
- 2 tsp mayonnaise
- 4 oz canned crab meat, drained
- Black pepper
- Freshly-squeezed lime juice
- 1/2 6" whole wheat pita with pocket
- 1 medium-sized romaine leaf

Mix corn, peppers, shallots and mayonnaise in a bowl. Mix in crab meat, pepper, lime juice. Open pita and line with romaine lettuce, spoon crab salad into pita .

Supper—CHICKEN PARMESAN—Serves 2

- 2 tsp olive oil
- 2 boneless skinless chicken breasts
- 2 tsp minced garlic
- 1.5 tsp paprika
- 1 cup pasta sauce
- 1 cup of each... diced green pepper, diced red pepper, and diced tomato
- 1/2 tsp spice of your choice
- 2 oz. shredded mozzarella cheese
- 1 cup cooked brown rice (option—or use pasta)

Preheat oven to 375 degrees. Heat olive oil in pan, brown chicken breasts, garlic and paprika. Place breasts in a casserole dish, pour sauce and vegetables over chicken breasts. Sprinkle with other spices and mozzarella cheese. Cover and bake for 1 hour. Optional—serve on rice or noodles.

Callander Legion Branch 445

2nd Annual Lobster Boil

Saturday June 25th 5pm



NEW ! BBQ Steak Dinner Served with Baked potato (with butter and sour cream) , coleslaw, bread and dessert \$15.00 per plate.

Fresh live 1.5 lb East coast lobster boiled and served with garlic butter, baked potato (with butter and sour cream), coleslaw, bread and dessert \$35.00 per plate

Surf & Turf option is \$45.00 per plate

Tickets can be purchased until Sunday June 19th. Please get your tickets early as seating is limited.

June 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 O/50 Darts O/50 500 1pm Horseshoes 7pm Softball	2 Legion General Meeting Softball	3 Shuffleboard 1pm Roast Chicken Back in Tyme Summer Darts	4 Honours and Awards Lunch- eon
5	6 O/50 Euchre 1pm LA Meeting Softball	7 Fiddlers 7pm Softball	8 O/50 Darts O/50 500 1pm Horseshoes 7pm Softball	9 O/50 Fish Fry 5:30 pm Softball	10 Relay For Life Pork Schnitzel Timber Country Summer Darts	11 Main Hall Booked Seniors Room Booked
12 Baby Shower	13 O/50 Euchre 1pm Softball	14 Softball	15 O/50 Darts O/50 500 1pm VON Foot Clin- ic Horseshoes 7pm Softball	16 Executive Meet- ing 7pm Softball	17 Shuffleboard 1pm Roast Beef Back in Tyme Summer Darts	18 Wedding Recep- tion - Main Hall
19	20 O/50 Euchre 1pm Softball	21 Softball	22 O/50 Darts O/50 500 1pm Horseshoes 7pm Softball	23 Main Hall Booked Softball	24 Shuffleboard 1pm BBQ Steak- \$12.00 Legends Summer Darts	25 Lobster Boil / Steak Dinner 5 pm
26	27 O/50 Euchre 1pm Softball	28 Softball	29 O/50 Darts O/50 500 1pm Ontario Hydro Ombudsman- Vic Fidei 6:30pm Horseshoes 7pm Softball	30 Softball		



July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Canada Day Shuffleboard 1pm Roast Chicken Back in Tyme Summer Darts	2 Main Hall Booked— Wedding
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	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 Timber Country Summer Darts	23 Main Hall Booked
24	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

RELAY FOR LIFE

A huge thank you to both our team members and those who have sponsored us. It is not too late to support someone on the team and help us reach our goal. All the proceeds go to the Canadian Cancer society. If you are interested in sponsoring a member or purchasing a luminary to commemorate or honour a loved one please see one of the team members listed below. There are also donation jars on both sides of the bar. On June 10th from 6pm to midnight we will be walking to support the fighters, celebrate the survivors and honour the taken. But above all we will never ever give up hope!

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

Legion of Hope Branch 445—Relay for Life Team

Joanna Jacobs
Caven Ford
Leah Collette
John Collette
Glenn Bennett

Emma Bennett
Jodi Hebert
Bill Wilson
Bill Bowman



ATTENTION ALL GARDENERS!

On June 21st we will be weeding and planting the gardens out front of the Legion. All are welcome and your help would be appreciated. We will meet at 10 am out front of the Legion.

Special thanks to John Anglehart who raffled off a lantern he made to donate \$212.00 to be used to buy flowers, etc. Another special thanks to Judy Brodhagen who also donated a gift card for the purchase of some flowers.

Please come out and help!

Thank you ,
Comrades Nancy Clark and Karen Duquette

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



HOUSE AND PROPERTY

If there are any handy men and ladies interested in helping out at your Legion, please call Jim Landon at 705 752-5365 to assist in keeping the branch in good shape.

Yours in Comradeship,
Jim Landon , House and Property Chair



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



Branch 445 Scrapbook



Congratulations to Dusten, Simon and George, our Beaver Scouts who have completed the program and are moving on to Cubs!



Our wonderful Colour Party at last year's Canada Day Parade



May 2016 Beaver Scouts Tail Ceremony



Comrade Ken Faubert Presents Comrade Caven Ford with the District H Bulletin Award



Branch 445 Scrapbook



Comrades Lloyd Stamp and Matt Plant at the 2016 Callander Volunteer Appreciation Dinner



Comrades Marc Picard and Ron Ward marching in last year's Canada Day Parade



LA President Comrade Marion Smith at the 2016 Callander Volunteer Appreciation Dinner



Scouts Daphne and Austin marching in with the Pipe Band at the Remembrance Day Luncheon



Our Beaver Scouts had the honour of riding with Our Veterans in the Veteran's Parade last September.



A fabulous group of LA ladies produced another fabulous meal!

JUNE IS...



National Stroke Awareness Month

Everyone needs to know the signs of stroke. You never know when you, a parent, a spouse or a friend might experience the signs and it will be up to you to act.

LEARN THE SIGNS OF STROKE

F **ACE** is it drooping?
A **RMS** can you raise both?
S **PEECH** is it slurred or jumbled?
T **IME** to call 9-1-1 right away.

ACT **F A S T** BECAUSE THE QUICKER YOU ACT,
THE MORE OF THE PERSON YOU SAVE.

If you or someone with you experiences any of these signs, call 9-1-1 or your local emergency number immediately. Acting quickly can improve your survival and recovery.



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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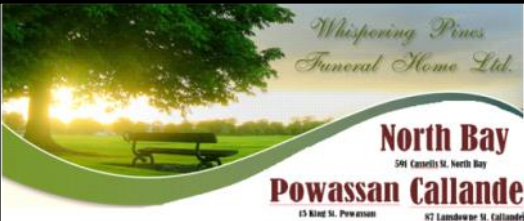


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