



Branch 445 Bulletin Royal Canadian Legion

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



March 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	705-752-5159
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
Secretary	Diane Bellaire	705-752-5126
Treasurer	Helene Lariviere	705-472-4688
Sgt. at Arms	Marg Prudhomme	705-477-8144
Sports Officer	Denise Robertson	705-494-5475

PRESIDENT'S REPORT

I hope you are getting through the winter okay. Remember this year is a leap year just to give us another day of winter to live through.

In February we had our annual Fishing Derby which was very successful, thanks to all the volunteers that made it possible, members and the general public. We also had our third annual Gord Evans dart tournament and raised a lot of money for a great cause to donate to the cancer foundation in Gord's memory. Thank you to Larry Coulson for organizing and the L.A. for the great kitchen with lots of good food for the day, special thanks also to the Evans family.

Unfortunately we had a slip and fall accident in the parking lot on the weekend of the 20th, Jack Blondin. We wish him a speedy recovery and we will keep him in our prayers.

I have said so many times in the past please come out and support us at one of our dine ins, if you can't volunteer just come out and enjoy a great meal for 10 dollars and bring family or friends. Please remember we are closed on Good Friday it is on March the 25th this year.

Yours in Comradeship,
Glenn Bennett, Branch President

LADIES AUXILIARY REPORT

The celebration party we had for our own Helene Lariviere was a wonderful success. Helene had the opportunity to see many of her friends, comrades and LA members and expressed gratitude to all. The fact is, that we are grateful to Helene for her years of dedication, her knowledge and experience, her humour, her grace and her commitment to helping others.

I admire her spirit and her love of everyone. Helene is my role model, my hero and my friend.

Helene, you chose a path so befitting of your character which is why you are endeared by so many. We know your journey is difficult but rest assured your comrades and your family will be there every step.

Thank you and merci Helene. Words can never quite express what the heart feels.

Yours in comradeship,
Marion Smith, Ladies Auxiliary President

SPORTS REPORT

Larrie Coulson would like to thank everybody who attended and supported the Gord Evans Memorial Dart Tournament that was held on Saturday the 20th of February. The turnout was outstanding; with 24 teams in attendance. The LA kitchen turned out fantastic food and we thank them as well.

First place went to a Sudbury team, second and third place was a tie between, Sam Scarfone's team and Tyler Hewitt's team.

The money collected for the cancer fund totalled \$2085.31. The poetic justice of the fifty/fifty draw was the fact that Gord's wife drew the winning ticket; and the recipient was...Bill Evans, Gord's father who in turn returned the winnings to the cancer fund donation box. Well done to everybody involved.

Here at Branch #445; the Northern Dart League will be holding their semi-annuals on Sunday, 28 of February. In March we look forward to Zone Mixed Darts on the 12th, and a ladies dart tournament on the 20th.

Just a heads up; Powassan Branch #453 is having a memorial mixed dart tournament on the 6th of March. Lets get some teams together and go and have some fun.

Yours in Comradeship
Al Clark, Sports Chair

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

✂

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: _____

On behalf of my mother Helen Lariviere and myself Brenda Lalonde, our family would like to thank everyone for their well wishes and support. The gifts will keep her nice and warm, you all mean the world to us. Thank you for the wonderful donation from the Friday night dart league at branch 445. It will be handy to help with travel and parking. Again thank you all very much.

Helen and Brenda.

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

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
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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!

March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Pool 1:30pm Fiddlers 7pm Cribbage 7pm	2 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm N.B. Super Dart League 7:30pm	3 Legion General Meeting 7pm	4 Yoga 9:30am Shuffleboard 1pm Roast Chicken Ramblin Fever Friday Night Fun Darts	5 Seniors Room booked
6	7 Exercise Class 10am O/50 Euchre 1pm L.A. Meeting 7:00pm N.D.L.	8 O/50 Exec Meeting 10am Pool 1:30pm Cribbage 7pm Seniors Room Booked 10 to 2	9 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm N.B. Super Dart League 7:30pm	10 O/50 Pot Luck	11 Yoga 9:30am Shuffleboard 1pm Pork Schnitzel Blackbird Friday Night Fun Darts	12 Zone Mixed Darts
13	14 O/50 Euchre 1pm N.D.L.	15 Pool 1:30pm Cribbage 7pm	16 Stretching With Tai Chi 10-11 VON Foot Clinic Seniors Room O/50 Darts O/50 500 1pm N.B. Super Dart League 7:30pm	17 Legion Executive Meeting 7pm	18 Yoga 9:30am Shuffleboard 1pm Roast Beef Back in Tyme Friday Night Fun Darts	19 St. Paddy's Day Dinner and Dance
20 Ladies Team Dart Tournament	21 Exercise Class 10am O/50 Euchre 1pm N.D.L.	22 Pool 1:30pm Cribbage 7pm	23 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm N.B. Super Dart League 7:30pm	24	25 Good Friday Branch Closed	26 Painting Party - Main Hall
27	28 Exercise Class 10am O/50 Euchre 1pm N.D.L.	29 Pool 1:30pm Cribbage 7pm	30 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm N.B. Super Dart League 7:30pm			

April 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Yoga 9:30am Shuffleboard 1pm Roast Chicken Back in Tyme Friday Night Fun Darts	2 Main Hall Booked Seniors Room Booked
3	4 Exercise Class 10am O/50 Euchre 1pm L.A. Meeting 7:00pm N.D.L.	5 O/50 Executive Meeting Pool 1:30pm Cribbage 7pm Fiddlers 7pm	6 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm N.B. Super Dart League 7:30pm	7 Legion General Meeting 7pm O/50 Pot Luck- Seniors Room	8 Yoga 9:30am Shuffleboard 1pm Pork Schnitzel Timberr Country Friday Night Fun Darts	9
10	11 Exercise Class 10am O/50 Euchre 1pm N.D.L.	12 Pool 1:30pm Cribbage 7pm	13 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm N.B. Super Dart League 7:30pm	14	15 Yoga 9:30am Shuffleboard 1pm Roast Beef Legends Friday Night Fun Darts	16
17 N.D.L. Annuals - Main Hall	18 Exercise Class 10am O/50 Euchre 1pm	19 Pool 1:30pm Cribbage 7pm	20 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	21 Legion Executive Meeting 7pm	22 Yoga 9:30am Shuffleboard 1pm Fish and Chips Back in Tyme Friday Night Fun Darts	23
24	25 Exercise Class 10am O/50 Euchre 1pm	26 Pool 1:30pm Cribbage 7pm	27 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm N.B. Super Dart League 7:30pm	28	29 Yoga 9:30am Shuffleboard 1pm Chicken Parmesan Blackbird Friday Night Fun Darts	30

LESLIE'S HEALTHY EATING CORNER

Breakfast - BREAKFAST IN A MUG - serves 1

2 medium eggs (or one)

2 tbsp. milk

1/4 tsp black pepper

onion powder

2 tbsp. minced onion, minced red and green pepper

2 oz. meat of your choice

1 oz. mozzarella cheese, shredded

*** Beat eggs, milk and seasoning together in a microwaveable mug

*** Cover with plastic wrap

*** Microwave on medium-high for 1 to 1 1/2 minutes

*** Remove plastic wrap and stir.

*** sprinkle with cheese. Cover and let stand 1 minute before serving

Lunch - HUNGARIAN GOULASH - serves 2

3 tsp. soft, light margarine

1/2 cup chopped onion

1/2 cup chopped carrot

1 cup diced parsnip

2 small potatoes, peeled and cubed

8oz. stewing beef, cubed

1 cup low-sodium beef broth

1 cup water

1/4 tsp thyme

1/4 tsp garlic powder

*** Heat margarine in a sauce pad.

*** Add onion, carrot, parsnip, potato, and beef.

*** Sauté until slightly brown. Add beef broth, water, thyme, and garlic powder.

*** Reduce heat and simmer gently for three to four hours or until beef is tender

Supper - BAKED SALMON LOAF - serves 4

1/3 cup bread crumbs

3/4 1% milk

16 oz. canned water-packed pink or red salmon

1 large egg, separated

3/4 cup diced celery

3/4 cup diced onion

1/4 tsp black pepper

2 tbsp. fresh lemon juice

*** Preheat oven to 350 degrees

*** Spray a 9x5 loaf pan with nonstick, fat-free cooking spray

*** Combine bread crumbs, milk, and the water from the canned salmon in a bowl. Let stand for five minutes

*** Flake salmon. Beat egg yolk slightly. Add salmon, egg yolk, celery, onion, and black pepper to bread crumb mixture. Stir gently

*** Beat egg white until foamy. Stir egg white into salmon mixture. turn into loaf pan.

*** Bake for one hour. Cool slightly on wire rack before turning upside down on serving plate.

*** Sprinkle with lemon juice. Slice to serve

Note: As I do not like the taste of salmon I have made this recipe with tuna and it is very tasty

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.

SICK AND VISITING

We don't have any comrades at the hospital which is very nice to see. I made my visits to Nipissing Manor in January. Rolly Corriveau and Pearl Bowes recognized me and we had a chat. Len Guppy is doing well at Eastholme. Mickey Gardiner is not doing well at Cassell Home. There are some comrades at home. Sam Scarfone, Don MacDonald and Don Bickerton are doing well. John Pearce is waiting for a call from Sudbury for surgery and Helene Lariviere is receiving treatments and not doing too well. Jack Blondin fell in the parking lot and is in hospital recuperating.

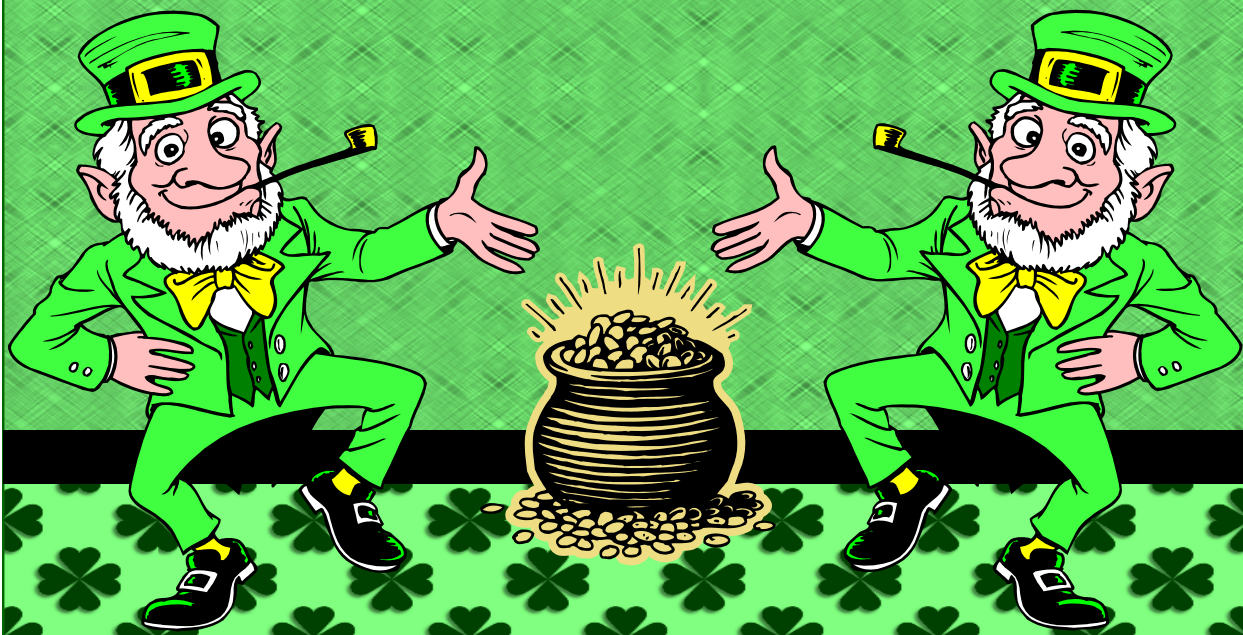
Yours in Comradeship,
Tony Gagliardi, Sick and Visiting

St. Patrick's Day Dinner

Saturday March 19th, 2016

Corned Beef and Cabbage
Callander Legion Branch 445

Dinner served 4:30 to 7:30pm \$15.00 per plate
Entertainment by Blue Collar DJ



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All you have to do is sign up, show up ready to have a drink and get messy!

Your host Don McKinley promises that under his expert tutelage you will start and complete a full canvas painting in the 2 hour class to take home.

***Limit of 35 people - First come first serve
You will take home your own masterpiece!***

Saturday March 26, 2016 - 2pm to 4pm

Cost: \$45.00

Tickets can be purchased at the bar



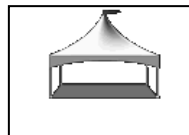
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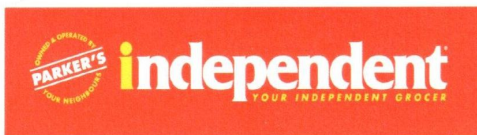
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