



Branch 445 Bulletin Royal Canadian Legion

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



May 2015

Branch 445 Executive - 2013/2014

BRANCH EXECUTIVE		
President	Glenn Bennett	705-752-5923
Past President		
First Vice	Caven Ford	705-752-2951
Second Vice	Ron Van Tassell	705-497-1102
Third Vice	Richard Rhindress	705-752-3935
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	Don MacDonald	705-497-3103
Seniors	Jack Else	705-752-2351
Pipe Major	Lloyd Stamp	705-752-3663
Nevada / Lottery	Janice Daniher	705-752-4673
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	Caven Ford	705-752-2951
Youth and Education	Len Burnham	705-492-6420
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,

We are started into the new election term at the branch. Hope you will come out and support me on Thursday May 7th on my chance for another term to be your branch president, or if you feel different come out and make your voice heard.

We continue to have our Friday night dine ins, the function that is a major factor in keeping the branch running, if you or your family and friends has a chance please come out and support.

We have tried a couple of different events Spring Fling, Fall Crawl we host darts on Monday and Friday nights. We host crib on Tuesdays we will be starting up the horseshoes league again this summer. We have pool on Tuesday afternoons and numerous events for our seniors through out the week. We continue to have wedding bookings and retirement dinners and baby showers. If you could think of something else that we could do at the branch, please let us know.

In September we are hosting a Branch Service officer seminar put on by Sherry Culling, if you would like to participate or learn more please let us know and we can book you in a spot for September. Very worth while seminar, which is about the Veterans and how and what we can do for them, and remember that is what we are all volunteering at the branch for; our Veterans.

Keep the faith, stay the course and we will win together.

Yours in Comradeship,
Glenn Bennett, Branch President

POPPY REPORT

Comrades,

We donated \$2,500.00 to various charities from the Poppy Fund at the District Convention. The breakdown was \$1,500.00 to the Northern Cancer Research Fund, \$500.00 to the Charitable Foundation and \$500.00 to the Leave the Streets Behind program.

We were also able to help 2 veterans with the poppy fund one for \$1,500.00 and one for \$150.00. At this time we have a special request form in for approximately \$450.00 of Poppy funds and are waiting for a reply.

Yours in Comradeship,
Nancy Clark and Brian Villeneuve, Poppy Co Chairs

BANQUET REPORT

Another term of your volunteerisms will be coming to an end as of May 31st and looking forward to the summer months with a sign of relief after all those long hours of cooking, cleaning etc. However, Brian and I wishes to thank all the volunteers young and not so young for their commitment and dedication this past year for one common goal to maintain our mandate of high quality service and food. "THANK YOU"

UPCOMING EVENTS FOR THE MONTH OF MAY:

May 2nd/3rd - Scouts Canada (sleepover - Beavers) - Main Hall
May 9th - Surprise Birthday Party - Senior Room
May 14th - Linda Mossley Williams - Annual Meeting - Senior Room
May 23rd - Friday Night Dart Banquet - Main Hall
May 23rd - 80th Birthday Party - Senior Room
May 30th - Back in Time Fundraiser - Main Hall
May 31st - District Sport Meeting - Main Hall

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: _____

LADIES AUXILIARY REPORT

Well Comrades, another year will be coming to an end as of May 31st and I would like to take this opportunity to thank all those who served on the 2014-2015 executive. It is Ladies such as yourselves who makes the ultimate commitment to give your time for an entire year that makes this Auxiliary so great.

To our Liaison Officer, Comrade Don Bickerton, whose friendly face was among us every first Monday night of each month but his presence was undetected by all (quiet as a mouse). Your support of our Auxiliary as our representative at the Branch level was most appreciated.

Also, I would like to say "THANK YOU" to everyone for all your help last term, whether it was just a few hours or an all-day event. "Many hands make light work". We had a very good year and I sincerely hope that the newly elected executive and the membership alike works together to make the next term as successful. We are fortune to have such a wonderful diversity of Ladies that makes our Auxiliary THE BEST.

WE would be amiss if WE didn't sent a "VERY HEARTFELF THANK YOU" to all those extraordinaire Branch members (Ron Amyotte, Brian Villeneuve, John Pearce, Richard Rhindress and many others) who persevere to donate their time and hard work, time after time, to their Auxiliary.

SPORTS: the two teams of 4 who when to District darts on April 11th to Port Loring - one team consisting of Emma Bennett, Helen Turgeon, Helen Pearce and Debbie Pyatt are advancing to Provincial in June. We have confidence in your abilities - good luck and safe trip.

Provincial Double & Single darts held at Branch 23 on April 25th - trophy eluded us on that day. Participants included Emma Bennett & Kim Cameron (single) and Kim Cameron & Helene Lariviere (doubles) needless to say, a tremendous effort on all our part.

Next General meeting will be held on May 4th - pot luck dinner and meeting (casual no uniform).

Yours in Comradeship,
Helene Lariviere, Ladies Auxiliary President

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.

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 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 Comrade Les Daniher passed away. Comrade Len Guppy is in Eastholme. Comrades Scott Symons, Sam Scarphone and Barry Rice are at home recuperating. Comrade John Collette lost his sister. Comrades Mickey Gardiner and Ron Chappell are in rehabilitation. Comrade Marg Prudhomme has a broken ankle. Comrade Helen Turgeon had an operation in Sudbury and is at home recuperating. Comrade Diane Cantin is in Sudbury hospital and not doing well. Comrade Rolly Corriveau's wife Debbie is in hospital in North Bay. Comrade Joanna Jacobs is to receive cancer treatment in Sudbury. Comrade Emma Bennett's mother is also receiving cancer treatments in Newfoundland.

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

SPORTS REPORT

Comrades, we have a mixed dart team moving on to District and mixed doubles also going to district.

Comrade Ron VanTassell is moving on in 9 ball. 4 teams from Zone H went south to compete.

Horseshoes will be starting the first Wednesday after the May long weekend.

The Old Timers tournament has confirmed dates for the Labour Day weekend tournament. The girl's softball teams will be renting the ball fields again this summer.

Yours in Comradeship
Al Clark, Sports Chairman



May 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Yoga - 9:30am Shuffleboard 1pm Roast Chicken Plaid Apples Friday Fun Darts	2 1st Callander Beavers Sleepover
3 1st Callander Beavers Sleepover	4 Exercise Class- 10am O/50 Euchre 1pm L.A. Meeting 7:30pm	5 Pool 1:30pm Fiddlers 7pm	6 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm Church Group 7- 9pm Seniors Rm	7 Legion General Meeting 7pm Nominations and Elections	8 Yoga - 9:30am Shuffleboard 1pm Pork Schnitzel Back in Tyme Crib Banquet Seniors Room Friday Fun Darts	9 Seniors Room Booked
10 Mother's Day	11 Exercise Class- 10am O/50 Euchre 1pm	12 O/50 Exec. Meet- ing - 10am Pool 1:30pm	13 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm Church Group 7- 9pm Seniors Rm	14 O/50 Pot Luck - 5:30pm Scouting Meet- ing 7pm - Pool Room Linda M Williams 7pm Seniors Rm	15 Yoga - 9:30am Shuffleboard 1pm Roast Beef The Legends Friday Fun Darts	16
17	18 Exercise Class- 10am O/50 Euchre 1pm Gluten Free/ Allergies-8:30pm	19	20 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm VON Foot Clinic Church Group 7- 9pm Seniors Rm Horseshoes 7pm	21 Legion Executive Meeting 7pm	22 Yoga - 9:30am Shuffleboard 1pm Fish and Chips Back in Tyme Friday Fun Darts	23 Friday Night Fun Darts Banquet Seniors Room Booked
24 31 L.A. District Sports Meeting	25 Exercise Class- 10am O/50 Euchre 1pm	26	27 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm Church Group 7- 9pm Seniors Rm Horseshoes 7pm	28	29 Yoga - 9:30am Shuffleboard 1pm BBQ Steak Vrebosch Friday Fun Darts	30 Back in Tyme Fundraiser

June 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Exercise Class-10am O/50 Euchre 1pm L.A. Meeting 7:30pm	2 Fiddlers 7pm	3 O/50 Darts O/50 500 1pm Horseshoes 7pm	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 O/50 Darts O/50 500 1pm Horseshoes 7pm	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	15 Exercise Class-10am 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	18 Legion Executive Meeting 7pm	19 Yoga - 9:30am Shuffleboard 1pm BBQ Steak Legends Friday Fun Darts	20 Birthday Party-Seniors Room 10am to 1pm
21 Father's Day	22 Exercise Class-10am O/50 Euchre 1pm	23	24 O/50 Darts O/50 500 1pm Horseshoes 7pm	25	26 Yoga - 9:30am Shuffleboard 1pm Fish and Chips Back in Tyme Teen Town Dance	27
28	29 Exercise Class-10am O/50 Euchre 1pm	30				

LESLIE'S HEALTHY EATING CORNER

Breakfast: ZUCCHINI PANCAKES - Serves 3

3 eggs (or 2 eggs and 2 egg whites)
2 tablespoons half-and-half
1/4 cup canola oil
2/3 cup low-carb bake mix
1 teaspoon cinnamon
1/2 teaspoon salt
1/2 teaspoon nutmeg
1 small zucchini, shredded

*** Mix the eggs, half-in-half, canola oil, bake mix, cinnamon, salt and nutmeg together until no longer lumpy. Mix in the zucchini, and let the batter sit for 5 minutes.

*** While the batter sits spread a nonstick griddle or skillet with canola cooking spray, and place it over medium-high heat.

*** Pour the batter onto the griddle about 1/4 cup at a time. Flip the pancakes when their edges are slightly brown, and cook thoroughly on both sides. Serve with butter or pureed berries or peaches.

Lunch: BLT TURKEY SALAD - Serves 6

3 cups torn romaine or leaf lettuce
2 cups cubed cooked turkey
3/4 cups chopped tomatoes
3/4 cups shredded part-skim mozzarella cheese
3/4 cups shredded cheddar cheese
5 bacon strips, cooked and crumbled
1/4 cup chopped green pepper, red onion, and cucumber

Dressing
1/2 cup plain yogurt
1/2 cup mayonnaise
1/8 cup sugar
1/8 cup red wine vinegar
1/2 tsp garlic powder

*** In a large salad bowl, combine the first nine ingredients. Just before serving, whisk the dressing ingredients. Pour over turkey mixture and toss to coat.

Supper: PHILLY CHICKEN POT PIE MINIS - Serves 6

1 package of pie crust
1 tub Philadelphia Italian Three Cheese Cooking Creme
1/2 cup milk
3 cups chopped cooked chicken
3 cups frozen vegetables of your choice, thawed, drained.

*** Prepare Crust dough and roll into 11-inch round. Use 3 1/2 inch round cutter to cut dough into 6 rounds (or a bowl or cup that size). Discard dough trimmings or reserve for another use.

*** Heat oven to 400 degrees. Whisk cooking creme and milk in a large bowl until blended; stir in chicken and vegetables. Spoon into 6 ramekins.

*** Place pastry rounds over ingredients in ramekins; press edges of pastry to edges of ramekins to seal. Cut several slits in each crust to permit steam to escape. Place ramekins on baking sheet

*** Bake 25 to 30 minutes. or until crusts are golden brown

Yours in Comradeship,
Leslie Cerisano - PRO

HONOURS AND AWARDS

Years of Service Pins 2015 to be awarded at the June General Meeting, June 4, 2015:

ORDINARY

5 Years:

Vincent Beauvais
Donald M. White

10 Years:

Brian Glenholme
Robert Irving
Charles Parr

15 Years:

Ronald T. Dool
Dennis T. Ouellette
Tracy A. Rich

20 Years:

William Scaife

25 Years:

James Jenkins
Joseph A. Macmillan
Ronald Van Tassell

30 Years:

W.G. Ralph

40 Years:

Robert G. Read
Edgar W. Taylor
M.P. Turcott
Don Mac Donald Sr.

45 Years:

Antonio Tessier

ASSOCIATE

5 Years:

Tyler Hewitt
Dexter Nickerson
Stephen Sajatovic
James Scott
Linda Westaway

10 Years:

Elaine F. Moore
James N. Moore
Joanne Parr
Randall H. Stanley
Terrence R. Teeple

15 Years:

Dennis Harwood
Hector D. Lavigne
Mike Martel

20 Years:

Ronald Chapell
Roy A.J. Desjardins
Avis G. Gravelle
Collette Perron
Perryyna Richards

25 Years:

George M. Bates
Allan Borden
Florence Celland
James Landon
Kathy Landon

30 Years:

Randall D. Blaskievich
Kathy Clarke
Elizabeth Dufresne
Lloyd E. Stamp
Donald J. Yeomans

35 Years:

S.D. Hamilton
K.G. Leroy

40 Years:

Brian W. Craig

AFFILIATE

5 years:

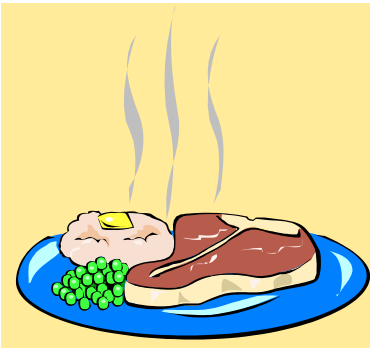
Jeanne Knight
John Rochefort

10 Years:

Irene Lewis

15 Years:

Emma Bennett
Glen Bennett
Kevin Kennedy



steak Barbecue is Back Again!

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

**One Friday night in May, June, July, August
and September @ 5:30 pm**

Cost is \$12.00 per dinner and includes dessert.

The first one is May 29th

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



Got Questions?

As a **Veteran**, where can I turn for answers?

In a **financial emergency**, who can I contact?

I have a **disability**, how can I get help?

What are my **next steps**?

WE CARE for all Veterans
of all ages and their families

The Royal Canadian Legion Service Bureau Network

Royal Canadian Legion
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Phone: 1 705 472 8650
Fax: 1 705 472 1969

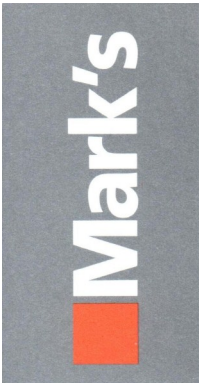
Did you know that Legion
Command Service Officers
in Ontario:

- provide **FREE** representation with disability claims to Veterans Affairs Canada.
- provide **FREE** representation with Appeals to the Veterans Review and Appeal Board Canada.
- provide assistance to **all Veterans including serving Canadian Forces, RCMP members and their families.**
- provide assistance navigating and understanding the bureaucracy, legislation and policies.
- provide assistance to **all Veterans in financial need** to meet emergency requirements.

www.on.legion.ca

Legion 

Hard at Work in Our Kitchen



T 705.476.8052 F 705.476.2734

955 McKeown Avenue
McKeown Square
North Bay, ON, Canada P1B 9P3

Without volunteers, we could never do the many things we do for our Veterans and the Community!



Wentworth Graham C.G.A.
President/Administrator

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Fax 705-752-2570
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