



## **Branch 445 Bulletin Royal Canadian Legion**

**345 Lansdowne St.  
Callander ON P0H1H0  
Office: 705-752-3773  
Lounge: 705-752-1322  
[www.callanderlegion.ca](http://www.callanderlegion.ca)**



**May 2016**

## Branch 445 Executive - 2015/2016

<b>BRANCH EXECUTIVE</b>		
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		
<b>ELECTED &amp; APPOINTED EXECUTIVE COMMITTEE</b>		
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
<b>LADIES AUXILIARY EXECUTIVE</b>		
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	Amanda Hiscock	705-471-9469
Sgt. at Arms	Marg Prudhomme	705-477-8144
Sports Officer	Denise Robertson	705-494-5475

## **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.

The running of a branch takes a lot of volunteers but it also takes a lot of support from it's members, so if you are going out on a Friday night for dinner, think about joining us for one of our din ins, also if you are planning on booking a family function please think about using your branch to cater it , every little bit helps. There may be some event or sport that you could help run at the branch, remember everybody started not knowing a lot about an event, till they started and as time went on they became good at it. We would really appreciate your help, because a great team makes everything work easier, than one or two people trying to do it all. Thanks again for you support in the past.

Yours in Comradeship,  
Glenn Bennett, Branch President

## **LADIES AUXILIARY REPORT**

I am pleased to announce your elected executive for 2016-17. I look forward to working with these dedicated and capable ladies to accomplish our goals.

President Marion Smith

First Vice Nancy Clark

Second Vice Lynne Lavigne

Secretary Denise Robertson

Sports Officer Kim Cameron

Sgt-at-Arms Margaret Prudhomme

6 Floor Executives: Diane Bellaire, Cecile Farmer, Irene Lewis, Lynn Merrick, Helen Pearce and Debbie Pyatt. Congratulations to all.

Elections were also held for Zone H2 and I am honoured to announce that Comrade Laura Ranger was elected Deputy Zone Commander and Comrade Kim Cameron was elected Zone Sports Officer for the 2016-2018 term. They will assist Commander Beverly McLeod in her duties.

Yours in comradeship,  
Marion Smith, Ladies Auxiliary President

## HONOURS AND AWARDS

Once again our Honours & Awards will soon be at hand. These awards ceremonies will be held on June 4, 2016. Cocktails and lunch will be at 1 pm and the awards will follow at 2 pm.

The Ladies Auxiliary will also be conducting their ceremonies at this time. The cost to attend these ceremonies will be \$12.00 per person.

A list of Year Pin recipients is included at the side entrance of the main hall, the Members Lounge and is included as well in this bulletin.

Please plan to attend these ceremonies that are put on to honour all those members that volunteer their valuable time, sit on committees and hold office to ensure that our Branch continues in a positive direction.

I am sure all those in attendance will enjoy this special afternoon. Tickets for these ceremonies are now on sale at the Branch bar.

Yours in Comradeship  
Don Mac Donald, Honours & Awards 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: \_\_\_\_\_

## HONOURS AND AWARDS

Years of Service Pins to be awarded at the Honours and Awards Ceremony on Saturday June 4, 2016:

### Ordinary

#### 5 Years

Gilliard Donna

#### 10 Years

Irving Robert

#### 15 Years

Mayhew George

#### 25 Years

Bailey Malcom

#### 30 Years

Kirk Robert A.

#### 40 Years

French Richard A.  
Turcotte Denise  
Wilkinson Jim W.

### Associate

#### 5 Years

Carleton Barbara  
Nickerson Malcolm  
Pearce Helen

#### 10 Years

Evans W.N.  
Harrison Robert J.  
Smith Marion k.

#### 15 Years

Doucette Shirley  
Harwood Dennis

#### 20 Years

Frampton Barry Edward  
Julien Denis D.  
Milligan Deborah  
Onions Terrance  
Richards Perryna

#### 25 Years

Bechard Roland  
Borden Allan  
Burtchall Christopher  
Champagne Linda Ann  
Champagne Rene  
Coleman Rollande A.  
Duquette Karen  
Elliott Sharon E.  
Green Terence  
Hearl Eleanor May  
Lariviere Irene  
McConnell Glen  
Milne Barry G  
Toebs Carol  
Toebs Nick  
Westaway Richard J.

#### 30 Years

Bennett J.C.  
Jones D.B.  
Long Ed  
Orieux D.J.

## HONOURS AND AWARDS cont'd

### Associate Cont'd

#### 35 Years

Gushue	M.A.
Lamothe	Roger N.
Wilson	D.A.

### Affiliate

#### 5 Years

Greenhalgh	Terrance
Raymond	Brent

#### 10 Years

Coutu	Jacques J.
Coutu	Deborah
Devitt	Barbara

## LADIES' AUXILIARY HONOURS AND AWARDS

Ladies' Auxiliary Years of Service Pins to be awarded at the Honours and Awards Ceremony on Saturday June 4, 2016:

#### 5 years

Helen Deforge  
Marion K Smith

#### 10 years

Elaine Moore

#### 35 Years

Marg Gushue  
Laura Ranger

## TUESDAY NIGHT CRIB

Tuesday night Cribbage is done for the summer and the Cribbage Gang donated \$1,080.50 to the Legion to go towards the cost of the new refrigerator in the kitchen. See you all in September.

Perry Richards

## SICK AND VISITING

With regrets we have lost a member, Bruce Rodgers. Another sad loss is the son of members Nick and Carol Toebes. There are a few in the North Bay Regional Hospital as well. Mary Lawrence had a knee replacement and Marilyn Hall. We have some at home recuperating too. Sam Scarfone, John Pearce, Ron Chapell and Bob Garbutt.

I made my monthly visit to Nipissing Manor to see the Veterans; they always have a big smile for you. Len Guppy is doing well at Eastholme and Micky Gardiner is at Castle Home. Rolly Corriveau is doing well at Nipissing Manor.

Yours in Comradeship,  
Tony Gagliardi, Sick and Visiting

## **LESLIE'S HEALTHY EATING CORNER**

### **Breakfast - APPLE PIE BREAKFAST** - Serves one

1 small apple, cut into small pieces  
1 tsp. cinnamon  
1/2 regular pocket pita

- \*\* Microwave apple pieces for 2 to 3 minutes
- \*\* Mix cinnamon with apple and put mixture inside the pita
- \*\* Toast in the toaster oven or in the oven until brown

### **Lunch - FLORIDA CHICKEN SALAD** - serves 3

1 tbsp. fresh lime juice  
dash of black pepper  
1 small grapefruit peeled and sectioned (could also use mandarins)  
3 5oz. cooked chicken breasts, diced  
1/2 cup of celery, or peppers or a mixture of both  
2 1/2 cups of assorted greens  
mayonnaise to taste

- \*\* Mix mayonnaise, lime juice and black pepper in a large bowl
- \*\* Add grapefruit, chicken and celery, toss gently to coat evenly
- \*\* Line bowl with greens and top with the chicken salad

### **Supper - BROILED TOMATO FISH FILLETS** - Serves 4

4 - 5oz. fish fillets ( cod, haddock, halibut )  
8 tsp. margarine  
2 tbsp. lemon juice  
1 garlic clove, minced  
2 tsp. dried oregano  
2 tsp. dried basil  
Any other spices of your choice  
2 cups tomatoes, diced  
4 oz. mozzarella cheese, grated

- \*\* Pat fish dry with paper towels
- \*\* Lightly grease a baking dish with 2 tsp of margarine, arrange fillets in a single layer
- \*\* Sprinkle fillets with lemon juice and let stand for 5 minutes
- \*\* Sauté garlic in remaining margarine over medium heat for 2 minutes.
- \*\* Stir in the seasonings, then drizzle the mixture over the fish fillets
- \*\* top with tomatoes and sprinkle mozzarella cheese on top
- \*\* Broil about 5 inches from heat for 5 to 10 minutes or until fish flakes easily when tested with a fork.
- \*\* Serve with lemon wedges ( optional )

Yours in Comradeship,  
Leslie Cerisano - PRO

# May 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b> Exercise Class 10am  O/50 Euchre 1pm  L.A. Meeting 7:00pm  N.D.L. Singles	<b>3</b>  Pool 1:30pm  Fiddlers 7pm	<b>4</b>  Stretching With Tai Chi 10-11am  O/50 Darts O/50 500 1pm  N.B. Super Dart League 7:30pm	<b>5</b>  <b>Legion General Meeting 7pm</b>  <b>Elections</b>	<b>6</b> Yoga 9:30am Shuffleboard 1pm  Roast Chicken Back in Tyme  Friday Night Fun Darts	<b>7</b>  Back in Tyme Fundraiser-Main Hall  Seniors Room booked
<b>8</b>	<b>9</b> Exercise Class 10am  O/50 Euchre 1pm	<b>10</b> O/50 Exec Meeting 10am  Pool 1:30pm	<b>11</b>  Stretching With Tai Chi 10-11am  O/50 Darts O/50 500 1pm  N.B. Super Dart League 7:30pm	<b>12</b>  O/50 Pot Luck Dinner 5:30pm	<b>13</b> Yoga 9:30am Shuffleboard 1pm  Pork Schnitzel Timber Country  Friday Night Fun Darts	<b>14</b>  Fun Softball Tournament
<b>15</b> Gold Wing Touring Association Brunch -Main Hall	<b>16</b> Exercise Class 10am  O/50 Euchre 1pm	<b>17</b>  Pool 1:30pm	<b>18</b> 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	<b>19</b>  Legion Executive Meeting 7pm	<b>20</b> Yoga 9:30am  Shuffleboard 1pm  Roast Beef Back in Tyme	<b>21</b>
<b>22</b>	<b>23</b>  O/50 Euchre 1pm   GMFA Girls	<b>24</b>  Pool 1:30pm	<b>25</b>  O/50 Darts O/50 500 1pm  N.B. Super Dart League 7:30pm	<b>26</b>	<b>27</b> Yoga 9:30am Shuffleboard 1pm  Hot Roast Beef or Corned Beef on Rye Sandwiches The Legends  Friday Night Fun Darts	<b>28</b>  Friday Night Fun Darts Banquet
<b>29</b> Adult Art Class Main Hall 1 to 4pm	<b>30</b>  O/50 Euchre 1pm  GMFA Girls	<b>31</b>  Pool 1:30pm				

# June 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> O/50 Darts O/50 500 1pm  N.B. Super Dart League 7:30pm	<b>2</b>  <b>Legion            General            Meeting 7pm            Nominations</b>	<b>3</b> Yoga 9:30am Shuffleboard 1pm  Roast Chicken Back in Tyme	<b>4</b>  Honors and Awards Lunch
<b>5</b>	<b>6</b>  Exercise Class 10am  O/50 Euchre 1pm  L.A. Meeting 7:00pm  GMFA Girls	<b>7</b>  Pool 1:30pm  Fiddlers 7pm	<b>8</b>  O/50 Darts O/50 500 1pm  N.B. Super Dart League 7:30pm	<b>9</b>  O/50 Pot Luck Dinner 5:30pm	<b>10</b> Yoga 9:30am Shuffleboard 1pm  Pork Schnitzel Timberr Country	<b>11</b>  Main Hall Booked  Seniors Room Booked
<b>12</b>	<b>13</b>  Exercise Class 10am  O/50 Euchre 1pm  GMFA Girls	<b>14</b>  O/50 Executive Meeting  Pool 1:30pm	<b>15</b>  O/50 Darts O/50 500 1pm  N.B. Super Dart League 7:30pm	<b>16</b>  Legion Executive Meeting 7pm	<b>17</b>  Shuffleboard 1pm  Roast Beef Back in Tyme	<b>18</b>  Wedding Reception - Main Hall
<b>19</b>	<b>20</b>  Exercise Class 10am  O/50 Euchre 1pm  GMFA Girls	<b>21</b>  Pool 1:30pm	<b>22</b>  O/50 Darts O/50 500 1pm  VON Foot Clinic- Seniors Room  N.B. Super Dart League 7:30pm	<b>23</b>  Main Hall Booked 8:30 to 4:30	<b>24</b> Yoga 9:30am Shuffleboard 1pm  BBQ Steak-\$12.00 Back in Tyme	<b>25</b>
<b>26</b>	<b>27</b>  Exercise Class 10am  O/50 Euchre 1pm  GMFA Girls	<b>28</b>  Pool 1:30pm	<b>29</b>  O/50 Darts O/50 500 1pm  Ontario Hydro Ombudsman-Vic Fideli 6:30pm  N.B. Super Dart League 7:30pm	<b>30</b>		



Painting With McKinley



Comrade Glenn Bennett being sworn in as President

Zone H2 Ladies' Auxiliary-  
Comrade Laura Ranger, Deputy  
Zone Commander and  
Comrade Kim Cameron, Zone  
Sports Officer



## Heroes Are Human PTSD Awareness Tour - North Bay May 25, 2016

REGISTER TODAY! (at the link below)

<http://events.r20.constantcontact.com/register/event?oeidk=a07ebi1jzeu8ba6268c&llr=isdxdngab>

**Please join us for our 2nd Heroes Are Human PTSD Awareness Tour in North Bay on May 25, 2016 from 6 - 8 pm at the North Bay Regional Health Centre Auditorium, 50 College Drive.**

To meet the demand for information following the success of our 2014 tour, we're going on the road again. We're stopping in 48 towns and cities across Canada to meet with you and your families.

**Be sure to attend this special 2-hour session for need-to-know information**

### Operational Stress Injuries

Learn what it is, what to do to minimize it, and how to help those who deal with OSI's as part of their job.

### See The Other Side of the Hero

This is a unique chance to view a 30-minute version of the documentary that's all about your work and your realities. Flashpoint actor Enrico Colantoni talks with first responders about the public face of strength and the private face of despair when the stressors of the job just can't be "sucked up." This film is produced and directed by award-winning documentary maker Karen Shopsowitz.

### Hear from experienced first responders and Military Veterans who have been there

A panel of first responders will share stories and best practices about how to deal with acute, cumulative, and post-traumatic stress -- and how they came out of the other side of the tunnel.

### Discover why burn-out is a family matter

Your jobs are a part of you, and that means your families feel your stresses. We have important information to support family and community members.

**Registration fee: \$5 per person.**

North Bay Regional Health Centre  
Auditorium  
50 College Drive  
North Bay, ON

<http://www.heroestour.ca/>

### ADULT ART CLASS

Create your own  
**Faux Copper Patina Tile with Texture**  
Instructor: **Liz Brazeau**

Cost: \$45.00/person  
*(all supplies provided)*



Date: Sunday, May 29, 2016  
Time: 1:00 pm - 4:00 pm  
Location: Royal Canadian Legion Br. 445  
345 Lansdowne, Callander, ON

For tickets contact:  
[lbrazeau1261@cogeco.ca](mailto:lbrazeau1261@cogeco.ca)

## **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

PATH – Priority Assistance to Transition Home

A regional program introduced by the North East LHIN called PATH – Priority Assistance to Transition Home – is helping seniors return home from hospital with everything they need in place.

Locally, the Canadian Red Cross PATH program is a joint effort between NBRHC and the NELHIN that seeks to support discharged seniors as they make their way from hospital to home.

PATH care workers help discharged patients, mainly older adults, by escorting them home, as well as picking up medications and groceries on the way, putting a meal in the oven, tidying up, and linking seniors to services available in community.

A PATH care worker can stay with the senior until family arrives or other services are in place. They can also return the next day for a visit to ensure everything is in place so the senior can recuperate and avoid unnecessary trips to the emergency department.

PATH also operates in Espanola, Parry Sound, Sudbury and Sault Ste. Marie.

The NE LHIN has a higher proportion of people over the age of 65 compared to Ontario (19% versus 14.6%), and will have 100,000 more in that age group in the next 22 years.

Hospital staff can refer a patient once a discharge date has been determined. In North Bay, the PATH program supports patients who are at least 55 years old, are medically stable and able to be left unattended among other criteria.

Patients may benefit from the following services: transportation home, assistance with attaining prescriptions, settling in at home (up to 2 hours), providing a meal or snack, light housekeeping, and referral to community support services.

“The compassionate and friendly support made my transition from hospital to home happen with ease and reassurance for better recovery.” – PATH Client

“PATH program is amazingly easy to access! As a front line health care worker I stand confident in knowing my patients received the best transitional support from hospital to home.” – Social Worker

To find out more about the PATH program in North Bay, please contact Nicole Cruickshank, Path Coordinator at 705-474-8600 ext 3889 or email anytime at [northbay@redcross.ca](mailto:northbay@redcross.ca).

## 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

## 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



## I'Ami's Garden Centre

1377 Lakeshore Drive  
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P1B-8Z4

705-472-6370  
Fax 705-472-1520  
jlami@cogeco.ca

## 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](http://www.callanderlegion.ca)

Yours in Comradeship,  
Caven Ford, Webmaster

**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!



The Royal Canadian Legion  
Branch 445 Callander

# Honours and Awards

Saturday, June 4, 2016

Cocktails/Lunch: 1:00 pm

Awards: 2:00 pm

\$12.00 per person



**Wentworth Graham C.G.A.**  
President/Administrator

Telephone 705-752-1100  
Fax 705-752-2570  
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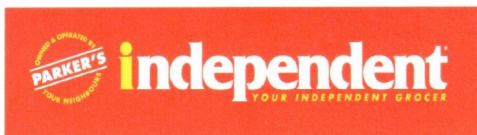
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