



Royal Canadian Legion Branch 445

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



November 2013

Branch 445 Executive - 2013/2014

BRANCH EXECUTIVE		
President	Glenn Bennett	705-752-5923
Past President	Larrie Coulson	705-840-2325
First Vice	Don MacDonald	705-497-3103
Second Vice	Ron Van Tassell	705-497-1102
Third Vice	Caven Ford	705-752-2951
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	Steve Larocque	705-776-1625
Poppy Chair	Irene Lewis	705-776-2214
Public Relations Officer	Leslie Cerisano	705-752-0739
Bar	Jim Landon	705-752-5365
House and Property	Jim Landon	705-752-5365
Banquets	Helen Lariviere	705-472-4688
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 Gaqliardi	705-752-2867
Padre	TBA	
Sports	Larrie Coulson	705-840-2325
Service Officer	Ron Van Tassell	705-497-1102
Audit Committee	TBA	
Bulletin	Caven Ford	705-752-2951
Youth and Education	Ron Van Tassell	705-497-1102
1st. Callander Scouting Rep	Caven Ford	705-752-2951
LADIES AUXILIARY EXECUTIVE		
President	Helene Lariviere	705-472-4688
Past President	Irene Lewis	705-776-2214
First Vice	Laura Ranger	705-476-6974
Second Vice	Irene Lewis	705-776-2214
Recording Secretary	Helen Turgeon	705-752-2624
Treasurer	Helen Deforge	705-776-7667
Sgt. at Arms	TBA	

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 bar.

Last Name: _____ First Name: _____

Street Address: _____

City: _____ Postal Code: _____

PRESIDENT'S REPORT

Comrades,

November is the most important month to remember what your branch is all about. Veterans, Remembrance Day and our Poppy Campaigns.

Please remember your oath:

To promote the work of the organization including active participation in poppy campaigns.

See you at the branch on Tag Day, Poppy Day and again on Remembrance Day.

Yours in Comradeship,
Glenn Bennett, Branch President



POPPY TRUST FUND

Comrades,

LORD GOD OF HOSTS, BE WITH US YET
LEST WE FORGET, LEST WE FORGET

The distribution of Poppies and Wreaths is the Legion's only appeal for funds. The funds collected through the Poppy Campaign are held in trust for the benefit and welfare of veterans, their families and dependants, and for Youth and Education in our community. Through bursaries, the children and grandchildren of service personnel are assisted in their pursuit of a post secondary education. Your contributions since the last campaign have been dispersed to Assistance to Veterans and to Youth and Education.

Comrades, please remember your pledge to serve on the Poppy Campaign, made when you joined Branch 445 of the Legion. The sign-up board is up in the Lounge and there are plenty of slots left to fill.

Yours in Remembrance,
Irene Lewis, Chair - Poppy Trust Fund

We Shall Remember Them

Remembrance Day

Comrades,

We are in the most important month of the year for the Legion. As members of The Royal Canadian Legion we have taken a pledge to support the Poppy Campaign.

It is time to reflect "what does Remembrance Day mean to you". As a Legion member it should mean you will support your Branch by assisting with Tag Day which is being held on November 2nd and the door-to-door campaign being held on Sunday November 3rd. Again this year the 1st Callander Cubs and Scouts will be assisting with the door-to-door campaign so lets get as many members out as possible so we are not outnumbered!

On Remembrance Day everyone is invited to participate in the parade which is to be followed by the service at the Legion and wreath laying at the Cenotaph.

"In the presence of those members here assembled I do declare my allegiance to the Sovereign and loyalty to my country. I promise to be true to the purposes and objects of The Royal Canadian Legion as set forth in the constitution thereof. To observe its rules and bylaws and ever strive by all proper means to promote the work of the organization including active participation in Poppy Campaigns."

Yours in Comradeship
Irene Lewis, Poppy Chair





In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



LADIES' AUXILIARY CRAFT SHOW

Comrades,

The Ladies' Auxiliary's 12th annual Artisans Craft Show will be held on Sunday November 3, 2013 from 10am to 3pm at the Royal Canadian Legion Branch 445. The cost will be: one table for \$20.00 or two tables for \$30.00 (a table measures 8' x 30"). Set-up time will be from 8am the day of the show. Payment for tables must be received by October 15th or soon thereafter. Please make cheques payable to: Ladies Auxiliary RCL Br 445 and mail to:

Helene Lariviere
12-395 Riverbend Road
North Bay ON P1B 8Z4

Please note, there is no refund should you decide to cancel your table. The ladies will once again be serving lunch from 11am to 2pm. If further information or assistance is needed, please contact Helene at 705-472-4688.

Yours in Comradeship,
Helene Lariviere, Craft Show Chair

BRANCH 445 WEBSITE

Comrades,

Our Legion finally has a functional Web Site. Every attempt is being made to keep it up to date with current events and timely information along with information about hall rentals and such. Plans are in the works to expand the gallery of pictures and many other tweaks and improvements so check out www.callanderlegion.ca often. Suggestions for improvements or additions are always welcome. Use the link on the main page to contact the Secretary or the webmaster by email with comments, suggestions or improvements.

Yours in Comradeship
Caven Ford, Webmaster

SICK AND VISITING

There are quite a few members that have lost their mothers. Brent Coleman, Sherry Culling, Jean Milne and also Chris Ford who lost her sister-in-law. There are some members at home recuperating and now are back working. Kim Cameron and Ron Amyotte who does the cooking for our dine-ins and functions. Robert Dufresne is home and not doing well. We have 2 members at Nipissing Manor; Rolly Corriveau and Aline Truchon but I could not see them because of a virus. Joey Symons is at Leisure World and is the same.

If there is anyone you know that is sick, please call me to let me know at 705-752-2867.

Yours in Comradeship,
Tony Gagliardi, Sick and Visiting Chair

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. Some items currently in need are assistance with putting wood preservative on the deck, painting, small repairs, yard clean-up and repairs to the stage. Painting of the Main Hall is due to commence soon.

Yours in Comradeship,
Jim Landon. House and Property Chair

Sports Officer

Dart Tournaments to be held at Branch 445 Callander:
November 24, 2013 - Ladies Dart Tournament
February 1, 2014 - Mixed Dart Tournament
March, 2014 - Watch for a Mini Dart Tournament

Zone Darts are to be held at the Sundridge Legion on November 30 to December 1, 2013. Any members who want to play or get a team together, please have the list of players (4) to me by November 8, 2013. That is the deadline for Zone Darts. Zone Euchre is coming in February 2014 so get a team together. Thank you.

Yours in Comradeship
Larrie Coulson, Sports Officer

BANQUET REPORT

Comrades,

Your participation in volunteering for any events, be for a few hours or longer, is the greatest gift the Branch can ask for. Furthermore we have seen an increase in the dine-in attendance and we would like to thank you, the branch members and the public for supporting us. Our appreciation goes beyond what mere words could express by tempting your palate every Friday night to come out to enjoy the different menu and each other's company.

Some upcoming events to keep in mind in October, November and December:

November 9 - Veteran's Appreciation Dinner

November 11 - Remembrance Day

November 30 - Nipissing Manor Staff Christmas Party

December 4 - Scott Woods Dinner and Show

December 7 - Inter Branch Darts

December 8 - Children's Christmas Party

December 14 - Ladies Auxiliary Christmas Party

Yours in Comradeship,

Helene Lariviere and Brian Villeneuve - Banquet Coordinators

50/50 Draw

Due to lack of sales and the Lottery License running out, there will not be any more 50/50 draws at this time.

SERVICE OFFICER

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

Ron Van Tassell at 497-1102.

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

Yours in Comradeship,

Ron Van Tassell

Branch Bar Hours

Monday thru Thursday: 11 am - 9 pm

Friday: 11 am - 11 pm

Saturday: noon - 9 pm

Sunday: Noon - 6 pm

Phone: 705-752-1322

Don't forget that our deck is also licensed!

November 2013

Sun **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

						<p>1 Yoga 9:30am O/55 Shuffleboard Roast Chicken Rebecca Fun Darts</p>	<p>2 Poppy Tag Day - Senior's Room 11am</p>
<p>3 Ladies Auxiliary Craft Show 10am to 3pm Door to Door Poppy Campaign - Seniors Room 11am</p>	<p>4 Exercise Class Cancelled O/55 Cards L.A. General Meeting 7:30pm N.D.L.</p>	<p>5 Pool 1:30pm Cribbage 7pm Fiddlers 7pm</p>	<p>6 O/55 Darts O/55 Cards</p>	<p>7 Legion General Meeting 7:00pm</p>	<p>8 Yoga 9:30am O/55 Shuffleboard Pork Schnitzel Julie McCory Fun Darts</p>	<p>9 Veteran's Appreciation Dinner</p>	
<p>10 N.O.O.A.</p>	<p>11 Exercise Class Cancelled O/55 Cards Cancelled Remembrance Day N.D.L.</p>	<p>12 O/55 Executive Meeting 10am Pool 1:30pm Cribbage 7pm</p>	<p>13 O/55 Darts O/55 Cards</p>	<p>14 O/55 Pot Luck 5:30pm Scouting Meeting 7pm Seniors Room</p>	<p>15 Yoga 9:30am O/55 Shuffleboard Roast Beef Back in Tyme Fun Darts</p>	<p>16 Carol Toebe's Christmas Party</p>	
<p>17</p>	<p>18 Exercise Class 10am O/55 Cards N.D.L.</p>	<p>19 Pool 1:30pm Cribbage 7pm</p>	<p>20 O/55 Darts O/55 Cards VON Foot Clinic- Seniors Room</p>	<p>21 Legion Executive Meeting 7pm</p>	<p>22 Yoga 9:30am O/55 Shuffleboard Chicken Pot Pie Bill Vrebosch Fun Darts</p>	<p>23</p>	
<p>24 Ladies Dart Tournament</p>	<p>25 Exercise Class 10am - Lounge O/55 Cards NB Matt Cons Auth - Main Hall 9 to 4 N.D.L.</p>	<p>26 Pool 1:30pm Cribbage 7pm</p>	<p>27 O/55 Darts O/55 Cards</p>	<p>28</p>	<p>29 Yoga 9:30am O/55 Shuffleboard Roast Pork Rebecca Fun Darts</p>	<p>30 Nipissing Manor Staff Appreciation Dinner</p>	

December 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Exercise Class 10am O/55 Cards L.A. General Meeting Flu Clinic - Main Hall 12pm to 4pm N.D.L.	3 Fiddlers 7pm Pool 1:30pm Cribbage 7pm	4 O/55 Darts cancelled O/55 Cards Scott Woods Show	5 Legion General Meeting 7:00pm	6 Yoga 9:30am O/55 Shuffleboard Roast Chicken Back in Tyme Fun Darts	7 Inter Branch Darts
8 Children's Christmas Party - Main Hall	9 Exercise Class 10am O/55 Cards N.D.L.	10 O/55 Executive Mtg Pool 1:30pm Cribbage 7pm	11 O/55 Darts cancelled O/55 Cards Jim Moore Turkey Dinner	12 O/55 Christmas Party 5:30pm Scouting Meeting 7pm Seniors Room	13 Yoga 9:30am O/55 Shuffleboard Pork Schnitzel Rebecca Fun Darts	14 Ladies Auxiliary Christmas Party
15 N.D.L. Semi Annuals	16 Exercise Class 10am O/55 Cards N.D.L. - Ham Shoot	17 Pool 1:30pm Cribbage 7pm	18 O/55 Darts O/55 Cards VON Foot Clinic- Seniors Room	19 Legion Executive Meeting 7:00 pm	20 Yoga 9:30am O/55 Shuffleboard Roast Beef Back in Tyme	21
22	23 Exercise Class 10am O/55 Cards N.D.L.	24 Pool 1:30pm Cribbage 7pm	25 Legion Closed	26 Legion Closed	27 Yoga 9:30am O/55 Shuffleboard Fish and Chips Bill Vrabosch Fun Darts	28
29	30 Exercise Class 10am O/55 Cards N.D.L.	31 Pool 1:30pm Cribbage 7pm				

LESLIE'S HEALTHY EATING CORNER

BREAKFAST - WELSH TOAST - Serves 4

4tsp soft, light margarine	1 cup milk
4 slices whole wheat bread	1/4 tsp. oregano or any spice you like
3 large eggs	1/2 cup diced onions
1/2 cup light beer	1/4 cup chopped parsley
2oz. shredded cheddar cheese	

- * Preheat Broiler to 400F
- * Spread margarine over bread and place on a baking sheet
- * Beat eggs, beer, cheese, and milk in a large bowl. Pour into a heated pan
- * Add oregano and cook until smooth and creamy
- * Remove from heat. Add onion and parsley.
- * Spread mixture over bread and broil until golden brown

LUNCH - CRAB CAKES - Serves 2

8oz. canned crab meat drained	1/4 tsp. dry mustard
1/2 cup chopped green pepper	1/4 tsp. crushed garlic
1/2 cup chopped onion	1 egg white
6 soda crackers crushed	1/4 cup chopped celery
2oz. plain yogurt	

- * Preheat oven to 325F
- * Combine all ingredients and form into patties
- * Place patties on a non-stick baking sheet
- * Bake for 20-25 minutes
- * Serve with seafood (shrimp) sauce

DINNER - CHILI-CHEESE SURPRISE - Serves 2

1/2 cup low-sodium broth	1 tsp. oregano
1/2 cup pasta sauce	1/2 tsp. ground cumin
1/2 cup diced onion	1 clove minced garlic
1 cup diced green pepper	8oz. skinless turkey or chicken breast cooked and diced
1.5 tsp. chili powder	1 cup cooked elbow macaroni

- * Preheat oven to 375F
- * Combine broth and pasta sauce in a large non-stick skillet
- * Stir in onion, green pepper, chili powder, oregano, cumin and garlic
- * Simmer for 20 minutes, stirring occasionally
- * Add meat and elbow macaroni and cook for 5 minutes
- * Transfer contents of skillet to a shallow casserole dish
- * Top evenly with cheese and bake for 15 minutes or until cheese is melted

Yours in Comradeship,
Leslie Cerisano - PRO

**Royal Canadian Legion
Branch 445, Callander**

2013 Poppy Campaign

October 28 to November 11

Tag Day

Saturday November 2, 2013

Door to Door

Sunday November 3, 2013

Remembrance Day Service

Monday, November 11, 2013 - 9:30 am
at the Legion Hall

Wreath laying at the Cenotaph
following the service

Everyone Welcome!

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Appreciation Dinner

Help us Celebrate our Veterans!

November 9, 2013

Cocktails 5:00pm

Dinner 5:30pm

Menu

Garden Salad

Baked Chicken

Creamy Mashed Potatoes

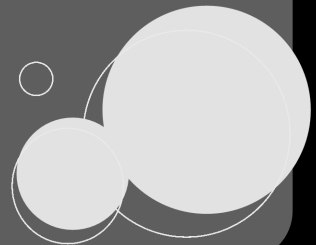
Celebration Cake

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*Callander Legion
Branch 445*

\$15 per person



Everyone Welcome!

Ladies Auxiliary

Sunday November 3rd, 2013
10:00 am to 3:00 pm

Annual Craft Show

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and Bake Sale

Free Admission
Lunch from 11 am to 2 pm

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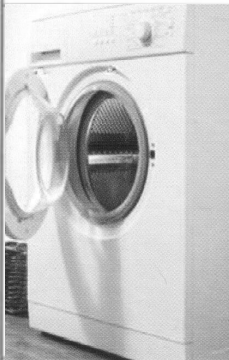
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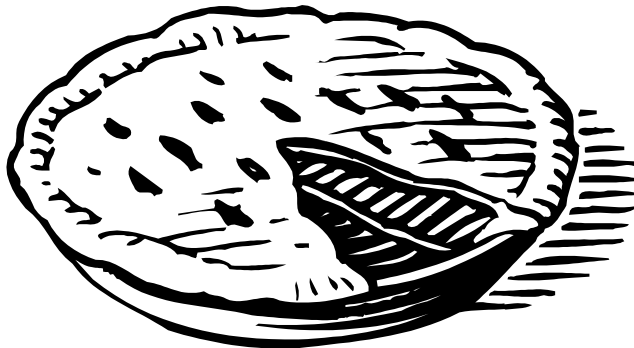
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