



## **Royal Canadian Legion Branch 445**

**345 Lansdowne St.  
Callander ON PoH1H0  
Office: 705-752-3773  
Lounge: 705-752-1322**



**October 2013**

## Branch 445 Executive - 2013/2014

<b>BRANCH EXECUTIVE</b>		
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
<b>ELECTED &amp; APPOINTED EXECUTIVE COMMITTEE</b>		
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
<b>LADIES AUXILIARY EXECUTIVE</b>		
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,

The fall has arrived and the color of the leaves are changing, so is the busy schedule at your Branch; changing everyday with new events and new members. It sure is nice to get to meet other people with new ideas, or a new group they heard about somewhere else.

We should try to keep the crowds up on Friday nights; it sure is nice to be at the branch on Friday and see over 100 people for the dine ins and 50 to 60 people in our members lounge for the dance after most nights. Now that Friday night fun darts are started, we have 18 teams this year up from 16 last year which gives us 72 or more people on the main hall side playing darts. Please give our bartenders a little break if you have to wait a minute for a drink or something at the bar, I am sure they will be with you shortly.

This is the time, when reading your bulletin, to think about your oath to the Poppy Campaign, which is only a little over a month away. So when Irene gets the sign-up sheets up please put your name on the list. Whether its 20 houses or 50 houses or doing a couple of streets, if we all work together we can show our veterans and the town of Callander how committed we are to support the veterans and your Branch Poppy Campaign. I am looking forward to seeing you and thanks in advance for your support.

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 will be up on October 4th, 2013.

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

We Shall Remember Them

## **LADIES' AUXILIARY PRESIDENT'S REPORT**

Comrades,

The Old Timer's Fast Ball Tournament was held August 31 to September 1. The kitchen was bustling with activities all weekend long and the canteen menu was undeniably enjoyed by the players, their families and volunteers alike. The enthusiasm of the players plus the dedication of all the Branch and Ladies' Auxiliary volunteers enabled this tournament to be a huge success. A big THANK YOU goes to everyone who helped during those two days and your volunteerism was unrelenting. Ladies' Auxiliary volunteers were Helene Lariviere, Helen Turgeon, Olive Kuehl, Brenda Lalonde, Emma Bennett, Linda lafleur, Diane Bellaire, Shirley Hamilton, Debbie Corriveau, Helen Deforge, Marg Prudhomme and Theresa Michauville. Branch volunteers were Ron Amyotte, Brian Villeneuve, Tony Gagliardi, John and Leah Collette and potato peelers were Fran Lloyd and Rick Westaway.

Please keep these dates in mind for upcoming Canteen Events as we'll need your help with them:

October 27-Crib for Bucks

November 3-Ladies' Auxiliary Craft Show (Please note the date has been changed to Nov 3)

November 23-Christmas Party (tentative date)

December 7-Interbranch Darts

Please keep in mind the following Sport Events:

October 26-Cribbage held in Sundridge

November 2-Singles and Doubles darts held in Port Loring

January 18-Team darts held here in Callander

The next Ladies' Auxiliary General Meeting will be held on Monday October 7, 2013. Also, please visit the Branch Web Page and Ladies' Auxiliary section, forthcoming in the near future, at [www.callanderlegion.ca](http://www.callanderlegion.ca).

Yours in Comradeship,  
Helene Lariviere, L.A. President

## **BRANCH REGULATIONS**

Comrades,

It gives me pleasure to finally announce that our Branch Regulations have been approved by Provincial Command on July 11, 2013. At present I am involved in a Board of Management at one of our branches in Zone H-2. As soon as I am clear of this task it is my intention to update our Branch By-laws. Hopefully this will be achieved in the near future.

Yours in Comradeship  
Don MacDonald, First Vice

## **POOL / 8 Ball**

Comrades,

Pool starts on October 2 and runs every Wednesday at 1:30pm. Everyone is welcome to the Men's Pool League. Interested parties can call Don Bickerton at 705-752-2204

Yours in Comradeship  
Don Bickerton

## **HONOURS AND AWARDS**

Comrades,

As most of you are aware, Branch 445 hosts an Honours and Awards ceremony every second year. This year we will present Past Officer's Medals, Bars and Year Service pins. I am, this year, initiating an early start on Honors and Awards for next year. At this point I would ask you Comrades if you know of anyone you feel is deserving of an award, please nominate them. When nominating a Comrade for an award, include the award being nominated for and the reason you feel this Comrade deserves the award. This should include all pertinent data and offices held with dates and spans of time involved. Any additional information on the activities, achievements and committee work should also be stated. Please note too, if anyone requires advice on these nominations, I will be available to assist you. The awards you can nominate for are:

- Certificate of Appreciation
- Certificate of Merit
- Branch Service Medals
- Friendship Award
- Legionnaire of the Year
- Life Membership
- Meritorious Service Medal
- Palm Leaf

Comrades, we have many deserving members that will not receive their due if you, their Comrades, do not take the time to have them recognized. Life memberships must be submitted at least six months before the awards ceremonies.

Yours in Comradeship,  
Don MacDonald, Honours and Awards Chair

## **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,

After much work over the summer, Callander 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](http://www.callanderlegion.ca) often. Suggestions for improvements or additions are always welcome. Use the link to contact the webmaster by email with comments, suggestions or improvements.

Yours in Comradeship  
Caven Ford, Third Vice, Bulletin and Webmaster

## **SICK AND VISITING**

We have nobody at the hospital but we have some at home coming along well. Lorne Caley, Scotty Symons, Wayne Sawyer who had surgery, Carman Duquette had surgery and they are all doing well. Jim Landon's brother passed away as well as Virginia Onley's sister. Rolly Corriveau is still doing about the same in Nipissing Manor as well as Aline Truchon. I will be making my visit to Nipissing Manor next week and will report on their progress.

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

## **SENIOR'S REPORT**

Things are opening up now that Summer is over. We can now get back into full swing with cards and exercise classes on Mondays, darts and cards on Wednesdays and shuffleboard and yoga on Fridays. We continue to have the VON Foot Clinic on the 3rd Wednesday of every month. On the 12th of September we had our O/80 appreciation dinner. Thanks to the branch for the good meal.

Exercise classes started the 2nd week of September and yoga classes started the 1st week.

Yours in Comradeship,  
Jack Else, Senior's Chair

## **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:

October 12 - Wedding Reception - Main Hall

October 19 - Birthday Party

November 9 - Veteran's Appreciation Dinner

November 11 - Remembrance Day

November 30 - Nipissing Manor Staff Christmas Party

December 4 - Scott Woods Dinner and Show

Yours in Comradeship,

Helene Lariviere and Brian Villeneuve - Banquet Coordinators

## **50/50 Draw**

Tickets cost \$1.00 each and are available only at the bar. The maximum number of tickets printed is 800 and the prize is 50% of all tickets sold during the eligible period prior to the individual draws. Tickets are only valid for the draw date on them. The remaining 50% will benefit local charities. Our Lottery License is on display at the bar and a list of previous winners is posted at the branch. September's winner was Comrade Don Bickerton.

## **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!

# October 2013

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Fiddlers 7pm Pool 1:30pm Cribbage 7pm	<b>2</b> O/55 Darts O/55 Cards	<b>3</b> Legion General Meeting 7:00pm	<b>4</b> Yoga 9:30am O/55 Shuffleboard Roast Chicken Bill Vrebosch Fun Darts	<b>5</b>
<b>6</b> Zone Pool 8 & 9 Ball Lounge and Pool-room Kitchen Open	<b>7</b> Exercise Class 10am O/55 Cards L.A. General Meeting 7:30pm N.D.L.	<b>8</b> O/55 Executive Mtg Pool 1:30pm Cribbage 7pm	<b>9</b> O/55 Darts O/55 Cards	<b>10</b> O/55 Pot Luck Scouting Meeting 7pm Seniors Room	<b>11</b> Yoga 9:30am O/55 Shuffleboard Pork Schnitzel Back in Tyme Fun Darts	<b>12</b> Wedding Reception - Main Hall
<b>13</b>	<b>14</b> Exercise Class 10am O/55 Cards N.D.L.	<b>15</b> Pool 1:30pm Cribbage 7pm	<b>16</b> O/55 Darts O/55 Cards VON Foot Clinic-Seniors Room	<b>17</b> Legion Executive Meeting 7:00 pm	<b>18</b> Yoga 9:30am O/55 Shuffleboard Roast Beef Julie McCory Fun Darts	<b>19</b> Hall Booked
<b>20</b>	<b>21</b> Exercise Class 10am O/55 Cards N.D.L.	<b>22</b> Pool 1:30pm Cribbage 7pm	<b>23</b> O/55 Darts O/55 Cards	<b>24</b>	<b>5</b> Yoga 9:30am O/55 Shuffleboard Swiss Steak in Gravy Back in Tyme Fun Darts	<b>26</b> Hall Booked
<b>27</b> Crib for Bucks	<b>28</b> Exercise Class 10am O/55 Cards N.D.L.	<b>29</b> Pool 1:30pm Cribbage 7pm	<b>30</b> O/55 Darts O/55 Cards	<b>31</b>		

# November 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> Yoga 9:30am O/55 Shuffleboard Roast Chicken Rebecca Fun Darts	<b>2</b>
<b>3</b> Ladies Auxiliary Craft Show	<b>4</b> Exercise Class 10am O/55 Cards L.A. General Meeting 7:30pm N.D.L.	<b>5</b> Pool 1:30pm Cribbage 7pm Fiddlers 7pm	<b>6</b> O/55 Darts O/55 Cards	<b>7</b> Legion General Meeting 7:00pm	<b>8</b> Yoga 9:30am O/55 Shuffleboard Pork Schnitzel Bill Vrebosch Fun Darts	<b>9</b> Veteran's Appreciation Dinner
<b>10</b>	<b>11</b> Remembrance Day N.D.L.	<b>12</b> O/55 Executive Mtg Pool 1:30pm Cribbage 7pm	<b>13</b> O/55 Darts O/55 Cards	<b>14</b> O/55 Pot Luck Scouting Meeting 7pm Seniors Room	<b>15</b> Yoga 9:30am O/55 Shuffleboard Roast Beef Back in Tyme Fun Darts	<b>16</b> Carol Toebees Christmas Party
<b>17</b>	<b>18</b> Exercise Class 10am O/55 Cards N.D.L.	<b>19</b> Pool 1:30pm Cribbage 7pm	<b>20</b> O/55 Darts O/55 Cards VON Foot Clinic- Seniors Room	<b>21</b> Legion Executive Meeting 7pm	<b>22</b> Yoga 9:30am O/55 Shuffleboard Chicken Pot Pie Bill Vrebosch Fun Darts	<b>23</b> Ladies Dart Tournament
<b>24</b>	<b>25</b> Exercise Class 10am O/55 Cards N.D.L.	<b>26</b> Pool 1:30pm Cribbage 7pm	<b>27</b> O/55 Darts O/55 Cards	<b>28</b>	<b>29</b> Yoga 9:30am O/55 Shuffleboard Roast Pork Rebecca Fun Darts	<b>30</b> Nipissing Manor Staff Appreciation Dinner

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

### **BREAKFAST - PEACH CREPE** - Serves 1

1 small peach, pitted and chopped into small pieces

Artificial Sweetener to taste

Cinnamon to taste

Nutmeg to taste

2 medium size eggs

- \* Cook peach pieces with sweetener and spices until tender and syrupy.
- \* Scramble eggs in a large skillet, allowing them to make a thin layer
- \* Once eggs are done pour peach mixture over cooked eggs.

### **LUNCH - DILLED POTATO SALAD** - Serves 2 - 4

4 small potatoes, cooked whole, then cubed

3/4 cup cucumber, seeded and chopped

1/4 cup radish sliced

1/2 cup red pepper, chopped

1/2 cup green pepper, chopped

2 tsp. fresh dill

#### **DRESSING**

1/2 cup 1% cottage cheese

1/4 tsp. fresh lemon juice

- \* Mix all ingredients except those for the dressing in a medium bowl and set aside.
- \* Process dressing ingredients in a blender until thick and creamy.
- \* Add dressing to potato salad
- \* Toss well.
- \* Cover and chill before serving

### **DINNER - CHEESE STUFFED MEATBALLS** - Serves 2-4

4 tsp. olive oil

2 tbsp. onion, diced

8 oz. lean ground beef or turkey

1/4 tsp. dried sage

4oz. Swiss cheese, cut into 8 cubes. You can choose any cheese you wish

- \* Preheat oven to 325 degrees
- \* Spray a baking pan with non-stick cooking spray, then set aside
- \* Heat olive oil in a frying pan over moderate heat until hot, but not smoking
- \* Add onion and sauté until golden brown (about 10 minutes)
- \* Combine onion, beef or turkey and sage
- \* Divide the mixture into eight portions
- \* take a chunk of cheese and cover it with one portion of the mixture forming a meatball shape
- \* Repeat to form a total of 8 meatballs
- \* Place the meatballs in the baking pan and bake for 30 minutes.

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!

**Lest We Forget**

**Come out for a fun evening**

**Of**

# **CRIBBAGE**

**Every Tuesday Night**

**7:00 pm**





# Appreciation Dinner

*Help us Celebrate our Veterans!*

*November 9, 2013*

*Cocktails 5:00pm*

*Dinner 5:30pm*

*Menu*

*Garden Salad*

*Baked Chicken*

*Creamy Mashed Potatoes*

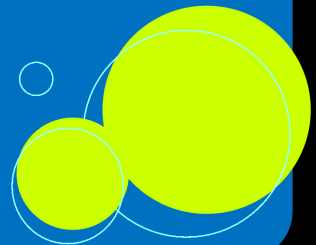
*Celebration Cake*

*Fresh Buns*

*Tea and Coffee*

*Callander Legion  
Branch 445*

*\$15 per person*



*Everyone Welcome!*

# ***Ladies Auxiliary***

Sunday November 3<sup>rd</sup>, 2013  
10:00 am to 3:00 pm

## ***Annual Craft Show***

Royal Canadian Legion  
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## ***and Bake Sale***

Free Admission  
Lunch from 11 am to 2 pm

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