



Royal Canadian Legion Branch 445

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



October 2014

Branch 445 Executive - 2013/2014

BRANCH EXECUTIVE		
President	Glenn Bennett	705-752-5923
Past President	Larrie Coulson	705-840-2325
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	Helen 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,

Thank you for all the help over the past couple of years. Now I would like for you to help with one of the most special times of the year and that's Remembrance Day and our Annual Poppy Campaign.

The main reason that we are members of the Legion is for our veterans, so please come out and support. Even if you can only do a few houses for our door to door campaign, every little bit helps.

In past years we have only been able to cover part of our area, please help and lets make this campaign a big success for all the veterans, and come out and support us on Remembrance Day.

We know that a lot of our senior members can't participate for age or health reasons, but we have lots of young members at our branch that can help. Please remember your oath and come out and support.

Yours in Comradeship,
Glenn Bennett, Branch President

POPPY COMMITTEE

Comrades,

Brian and I are busy getting ready for Remembrance Day and our Poppy Tag Day and Door to Door Poppy Campaign. This is a busy time for us and we will be looking for all our member's help with Tag Day and the Door to Door Campaign.

This year the Legion Poppy Campaign runs from October 1, 2014 to November 11, 2014. Tag Day is on Saturday November 1 and the Door to Door Poppy Campaign is on Sunday November 2, 2014. Please come out and help your Legion raise necessary funds to support our Veterans who are in financial need. On both Saturday and Sunday, we will be providing soup and sandwiches to the volunteers after we have finished.

Please remember your pledge, when becoming a member of Branch 445 Callander, to help out in the Annual Poppy Campaign. We do have veterans in our area that require financial and other assistance and as our single appeal for funds for this purpose, the Tag Day and Door to Door Poppy Campaign are extremely important and all members should try to assist in any way they can.

Last year the Poppy Fund provided help to Veterans or their families for \$1,000.00, contributes \$1,422.16 to Youth and Education and donated \$1,500.00 to the North Bay and District Health Care Centre.

We are planning the annual Veterans Appreciation Banquet at this time as well. Tickets go on sale at the bar on October 6, 2014 at a cost of \$15.00 per person, Veterans dinners are free. If you know a veteran or wish to come celebrate and thank them yourself, please plan to attend on Saturday October 25.

"Lest we forget our fallen heroes who gave their tomorrows that we may have today"

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

BRANCH 445 WEBSITE

Comrades, additions and improvements are continuously being made to the Branch website at www.callanderlegion.ca. 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 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. Check out the recent additions of photos under the Photo Gallery link and a new section has been added called Resources where you can find various resources like manuals and application forms for Veteran License Plates etc..

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 wish to thank every volunteer that came out to paint the main hall recently, it really turned out well. Thank you all for your help!

Yours in Comradeship,
John Pearce. House and Property

Phone: 705-752-1322

New 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!

LADIES AUXILIARY REPORT

Old timers fastball tournament – the kitchen was bustling with activities all weekend long and the canteen menu was undeniably enjoyed by all (players, their families and volunteers alike).

A big THANK YOU goes to everyone who helped during these past three days and your volunteerism was unrelenting.

We made approx. \$2,652.48 with expenses of \$1,241.30 for a profit of approx. \$1,411.18.

Upcoming Canteens:

October 4th – Inter Branch darts

October 18th – Branch Zone Cribbage.

Sports – Zone euchre will be held on September 13, 2014 at the Sundridge Legion, Branch 467. Sign up sheet will be available at our General meeting.

Our next meeting will be held on Monday, October 6th – please mark your calendar and plan to attend.

Our Ladies Auxiliary Christmas Party is on Saturday November 29, 2014.

Yours in Comradeship,
Helene Lariviere, Ladies Auxiliary President

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: _____

October 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 O/50 Darts O/50 Cards	2 Legion General Meeting 7:00pm	3 Shuffleboard Yoga - 9:30am Roast Chicken Back in Tyme Friday Fun Darts	4 Inter Branch Darts
5	6 Exercise Class-10am O/50 Cards L.A. Meeting - 7:30pm N.D.L.	7 O/50 Exec. Meeting - 10am Cribbage 7pm Fiddlers 7pm	8 O/50 Darts O/50 Cards	9 O/50 Pot Luck - 5:30pm Scouting Meeting 7pm - Seniors Room	10 Shuffleboard Yoga - 9:30am Pork Schnitzel Bill Vrebosch Friday Fun Darts	11 Baby Shower - Seniors Room
12	13 Exercise Class-10am O/50 Cards N.D.L.	14 Cribbage 7pm	15 O/50 Darts O/50 Cards VON Foot Clinic-Seniors Room	16 Legion Executive Meeting 7:00 pm	17 Shuffleboard Yoga - 9:30am Roast Beef Back in Tyme Friday Fun Darts	18 Scouting Apple Day Sgt. At Arms Seminar Main Hall 1:00pm to 4:00pm Zone Cribbage
19	20 Exercise Class-10am O/50 Cards N.D.L.	21 Cribbage 7pm	22 O/50 Darts O/50 Cards	23	24 Shuffleboard Yoga - 9:30am BBQ Steak - \$12.00 per dinner The Legends Friday Fun Darts	25 Veterans Appreciation Banquet
26	27 Exercise Class-10am O/50 Cards Flu Shot Clinic - noon to 4pm Main Hall N.D.L.	28 Cribbage 7pm	29 O/50 Darts O/50 Cards	30	31 Shuffleboard Yoga - 9:30am Octoberfest Sausage Dinner Back in Tyme Friday Fun Darts	

November 2014

Sun Mon Tue Wed Thu Fri Sat

							1 Poppy Tag Day L.A. Singles/Doubles Darts
2 Poppy Door to Door Campaign Crib for Bucks	3 Exercise Class-10am O/50 Cards L.A. Meeting - 7:30pm N.D.L.	4 Fiddlers 7pm Cribbage 7pm	5 O/50 Darts O/50 Cards	6 Legion General Meeting 7:00pm	7 Shuffleboard Yoga-9:30am Roast Chicken Bill Vrebosch Friday Fun Darts	8	
9 Ladies Dart Tournament	10 Exercise Class-10am O/50 Cards O/50 Exec Mtg 10am N.D.L.	11 Remembrance Day 	12 O/50 Darts O/50 Cards	13 O/50 Pot Luck Dinner - 5:30pm Scouting Meeting 7pm - Seniors Room	14 Shuffleboard Yoga-9:30am Pork Schnitzel Back in Tyme Friday Fun Darts	15	
16	17 Exercise Class-10am O/50 Cards N.D.L.	18 Cribbage 7pm O/50 Euchre	19 O/50 Darts O/50 Cards VON Foot Clinic- Seniors Room	20 Legion Executive Meeting 7:00 pm	21 Shuffleboard Yoga-9:30am Roast Beef The Legends Friday Fun Darts	22 Nipissing Manor Staff Appreciation Dinner	
23	24 Exercise Class-10am O/50 Cards N.D.L.	25 Cribbage 7pm	26 O/50 Darts O/50 Cards	27	28 Shuffleboard Yoga-9:30am Turkey Pot Pie Back in Tyme Friday Fun Darts	29 Ladies Auxiliary Christmas Party	
30							

LESLIE'S HEALTHY EATING CORNER

BREAKFAST: Spinach and Cheddar Frittata - Serves 4

4 large eggs
2 large egg whites
1 cup fresh baby spinach
2 tbsp. finely chopped green onions
1/4 black pepper
olive oil

** Preheat oven to 400 degrees

** In a large bowl, beat together eggs and egg whites; stir in spinach, green onions, and pepper

** Coat a 12 inch ovenproof non-stick skillet with olive oil; heat skillet over medium heat. Pour egg mixture into skillet and cook until partially set, about 5 minutes.

** Sprinkle cheese over eggs, Place skillet in oven and bake until cheese softens and eggs firm up, about 5 minutes. Remove from oven and let stand 1 minute before cutting frittata into 8 wedges.

Instead of Lunch going to give a recipe for:

CHIVE & ONION SWEET POTATO MASH -Serves 6

2 pounds sweet potatoes (about 4), peeled, cut into 1 1/2 chunks.
1/2 cup (1/2 of 250 g tub) Philadelphia Chive & Onion Cream cheese
1 tbsp. Real Bacon Bits

** Cook potatoes in boiling water in large sauce pan 15 to 20 minutes or until tender

** drain potatoes; return to pan. Mash until smooth. Add cream cheese; stir until melted.

** Sprinkle the top with the bacon bits.

SUPPER: Saucy Chicken Parmesan Skillet - Serves 4

1 tbsp. oil
4 small boneless skinless chicken breasts
1/2 lb fresh mushrooms chopped
1 onion chopped
1 can Italian style diced tomatoes, un drained
1/2 cup Kraft Creamy Mozza Shredded Cheese with a Touch of Philadelphia

1/4 cup Parmesan Aged Grated Cheese

** Heat oil in a large skillet on medium heat. Add chicken, mushrooms and onions; cook 8 to 10 minutes or until chicken is done, turning chicken and stirring vegetables every 5 minutes.

** Remove chicken from skillet, reserving the vegetables in skillet; cover chicken to stay warm

** Add tomatoes to skillet; stir. Cook 5 minutes or until heated through, stirring occasionally. Top with chicken

** Combine cheeses; sprinkle over chicken. Cover; cook 2 minutes or until shredded cheese is melted

Yours in Comradeship,
Leslie Cerisano - PRO



**Royal Canadian Legion
Branch 445, Callander**

**2014 Poppy Campaign
October 31 to November 11**

TAG DAY

Saturday, November 1, 2014

DOOR TO DOOR

Sunday, November 2, 2014

REMEMBRANCE DAY SERVICE

Tuesday November 11, 2014 - 9:30 am

at the Legion Hall

Wreath Laying at the Cenotaph

following the Service

Everyone Welcome

Lest We Forget



SICK AND VISITING

With great regrets we have lost a Ladies Auxiliary member, Comrade Jim Bennett's wife, Donna Bennett passed away on Sunday September 28, 2014. We have quite a few at home recuperating. Len Guppy is in hospital getting therapy for his hip, Scott Symons is home and is the same, no change. Don Whyte is coming along well, Brian VanMierlo had surgery on his rotator cup and is home and will be going for therapy. Becky MacDonald has a bad right hip and is waiting for surgery, Perry Richards is going for hip replacement surgery on Monday September 29 and we wish her the best. Don MacDonald is going in for hearing aids and Helen Lariviere is going for more tests and we wish her the best.

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

BANQUET REPORT

Upcoming dates to be noted:

October 4 – Arbour Works Training - Seniors Room
October 11 – Baby Shower - Seniors Room
October 18 – Scouting Apple Day
October 18 - Sgt. At Arms Seminar - Seniors Room
October 25 – Veteran's Appreciation Banquet

November 1 - Poppy Tag Day
November 1 - L.A. Singles and Doubles Darts
November 2 - Door to Door Poppy Campaign
November 2 - Crib for Bucks
November 8 - Baby Shower - Seniors Room
November 9 - Ladies Dart Tournament
November 11 - Remembrance Day
November 22 - Nipissing Manor Staff Appreciation Dinner
November 29 - Ladies Auxiliary Christmas Party

Yours in Comradeship,
Helene Lariviere and Brian Villeneuve, Banquet Co-ordinators





The Royal Canadian Legion
Branch 445 Callander

Veterans Appreciation Banquet

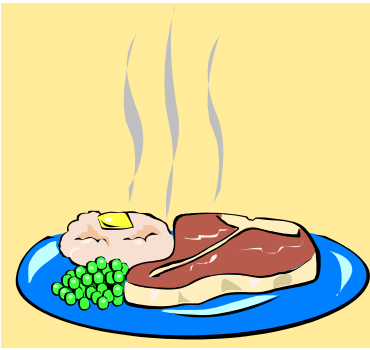
Saturday, October 25, 2014

Cocktails: 4:00 to 4:45 pm
Dinner: 5:00 pm

Menu: Garden Salad, Roast Turkey with Creamy Mashed Potatoes, Turnip and California Mixed Vegetables, Fresh Bread and Celebration Cake

\$15.00 per person (Free for Veterans)

Tickets on sale Oct 6, 2014 at the Callander Legion Lounge
The deadline for obtaining tickets is October 18, 2014



steak Barbecue is back!

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

Friday October 24, 2014 @ 5:00 pm

Cost is \$12.00 per dinner and includes dessert.

**Come out and enjoy a steak dinner before winter sets
in, barbecued to your preference, and entertainment
by The Legends.**

**All steaks are cooked fresh and to order, therefore some delays in serving
times may be necessary. Your patience and understanding is greatly
appreciated**



Wentworth Graham C.G.A.
President/Administrator

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Fax 705-752-2570
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