



Branch 445 Bulletin Royal Canadian Legion

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



October 2015

Branch 445 Executive - 2015/2016

BRANCH EXECUTIVE		
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	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	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
LADIES AUXILIARY EXECUTIVE		
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
Recording Secretary	Diane Bellaire	705-752-5126
Treasurer	Helene Lariviere	705-472-4688
Sgt. at Arms	Marg Prudhomme	705-477-8144
Sports Officer	TBA	

PRESIDENT'S REPORT

Comrades Thank you for supporting us through out the summer months, September was very busy also. Please remember next month we will be having our remembrance day service and please come out and support the poppy campaign. The map routes board will be soon going up, please put your name on the list if your health is okay to do the door to door campaign or help out on Tag day. All the money collected can only be used to help the veteran's and their spouse's. This is what it's all about, and that is what we agreed to when we took our oath.

In the month of September we participated in the veterans day parade and hosted our Veterans Appreciation Banquet. We also hosted a service officers seminar, which was put on by Sherry Culling and was very informative. It was well attended by numerous Branches in the area. It was nice to see the number of people out in support of each event.

Yours in Comradeship,
Glenn Bennett, Branch President

LADIES AUXILIARY REPORT

October is marked as the time to give thanks, originally it was to celebrate a bountiful harvest. Today it is an opportunity to be grateful for family, friends, good food, good health, a safe home and freedom.

I will take this opportunity to thank you the reader for your generosity to our "Jar on the Bar" campaign. Your Legion Branch 445 raised \$200 and our Zone comprising of nearby branches contributed \$1,509 to the Homeless Vets campaign. As you can imagine the veterans are appreciative that we care what happens to them years after they served our country.

I want to thank those that support the Ladies' Auxiliary dine-in. The ladies (and two gents) who volunteer their time to prepare and serve the meal of roast chicken deserve a great deal of thanks. And to you, the patrons we appreciate your support and always look forward to seeing you.

Finally, I want to thank my team on the executive for their dedication, enthusiasm and courage to take on greater responsibility in the Ladies' Auxiliary.

Warm wishes for a happy and indulgent Thanksgiving,

Yours in Comradeship,
Comrade Marion Smith, Ladies Auxiliary President

BANQUET REPORT

The Oldtimer's Baseball Tournament on the long weekend in September went with hardly any glitches but for those who volunteered, they were kept busy and on their feet all weekend long. Personality, good food and free Mr. Freezes for the children, especially on those hot days, were a welcome treat for them. Congratulations to all and also to the Ladies Auxiliary for manning the canteen that weekend. Bravo...another excellent Baseball Tournament from each one of us!

Upcoming events to keep in mind for the months of October and November:

October 3 - 1st Callander Scouting Apple Day in the Seniors Room
October 24 - Sergeant at Arms Seminar in the Seniors Room
October 31 - Monster Mash Halloween Costume Dance in the main hall

November 2 - Flu clinic (1pm to 3pm) in the main hall
November 11 - Remembrance Day
November 13 - Business meeting in the seniors room
November 17 - Over 55 Euchre Tournament in the main hall
November 28 - Nipissing Manor Christmas Party in the 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 705-478-9718 or call the branch at 705-752-3773.

Our next order of Nevada tickets will be ones specially produced for Legions. Watch for them in the near future!

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: _____

BRANCH 445 WEBSITE

Comrades,

The Royal Canadian Legion has launched a new "Social Media" site aimed at Veterans and currently serving members of the Armed Forces:

LegionConnect is an exclusive military online community ... a community where Veterans can congregate, share information and opinions, and support each other on issues that matter to them.

LegionConnect is an easy way to interact with Veterans including still serving members of the Canadian Armed Forces. As a member of LegionConnect, you have access to:

- Community forums where all Veterans can connect;
- Unit/Mission specific forums where Veterans can connect with fellow comrades they served with in specific units or missions;
- Private messaging feature where Veterans can connect with individuals through private messaging;
- Photo albums where Veterans can upload and share their photos in forums and private messaging;
- Take LegionConnect polls and add your voice to issues that matter to you.

Join LegionConnect and become a member of an online community focussed on the military community. Members of LegionConnect must be a Canadian Citizen or Commonwealth subject who served and was released honourably, or any serving member of the Canadian Forces. LegionConnect reserves the right to request proof of service. We reserve the right to ban anyone who does not meet eligibility requirements. Membership in LegionConnect is not associated with membership status in The Royal Canadian Legion; you do not have to be a member of the Legion to join LegionConnect. Visit their website for more details and to become a member.: <http://www.legionconnect.legion.ca>

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

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!](#)

POPPY COMMITTEE

The Veterans dinner was a great success. Thank you to all those who attended and all those who helped in any way. We are now gearing up for our annual poppy drive. We need every members help to make this years campaign successful.

Our tag day will be October 31 and our door to door drive will be November 1.

Lets beat Last years record comrades. Contact me or sign up on the board in the legion. Please Volunteer your time; you can make a difference.

"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

SPORTS REPORT

New seasons underway for Friday night / Monday night / and inter-branch darts.

The ball tournament held at the start of September was a huge success again this year with a total of 18 teams participating. We have had feedback stating that everybody was very happy with the proceedings.

We are planning to host a mini-dart tournament on the 25th of October, please sign-up and come out and have some fun.

Another date to keep in mind is April 3, 2016, when we are planning to have a mixed team dart tournament at Branch #445.

We are also in the planning stage of having a golf tournament for the Friday night fun dart league, tentatively scheduled for the first Saturday after the long weekend in August 2016.

A big welcome to the Wednesday night dart league that has just started at our branch, The North Bay Super Dart League.

Yours in Comradeship,
Al Clark, Sports Chairman

BURSARY CHAIR

For more information on Bursaries available please contact Helene Lariviere at 705-472-4688 or by email at lariviere_helenemarie@hotmail.com

Yours in Comradeship,
Helene Lariviere, Bursary Chairman



LEGION

ROYAL CANADIAN LEGION BURSARY ASSISTANCE PROGRAM



UP TO A

\$500.00



BURSARY IS AVAILABLE

THE ROYAL CANADIAN LEGION ONTARIO COMMAND
CHARITABLE FOUNDATION
&
ROYAL CANADIAN LEGION LADIES' AUXILIARY ONTARIO
COMMAND

ELIGIBILITY:

1. War veterans and their children and grandchildren
2. Ordinary and Life members of the Royal Canadian Legion and their children and grandchildren
3. Associate members of the Royal Canadian Legion and their children
4. Ladies' Auxiliary members and their children and grandchildren

APPLICATION:

Application forms are available from the following:

Secondary School Guidance Offices
Awards Offices of Colleges and Universities
Provincial Service Bureau Offices of the Royal Canadian Legion
Your local Royal Canadian Legion Branch and Ladies' Auxiliary

October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Legion General Meeting 7pm Meeting-Seniors Room 9:30 to Noon	2 Yoga 9:30am Shuffleboard 1pm Roast Chicken Vrebosch Friday Night Fun Darts	3 Main Hall Birthday Party 3pm
4	5 Exercise Class 10am O/50 Euchre 1pm L.A. Meeting 7:30pm N.D.L.	6 Fiddlers 7pm	7 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm N.B. Super Dart League 7:30pm	8 O/850 Pot Luck	9 Yoga 9:30am Shuffleboard 1pm Elections Advanced Poll 11am to 11pm Seniors Room Pork Schnitzel Back in Tyme Friday Night Fun Darts	10 Elections Advanced Poll 11am to 11pm Seniors Room Birthday Party - Main Hall 7pm
11 Elections Advanced Poll 11am to 11pm Seniors Room	12 Exercise Class 10am O/50 Euchre 1pm Elections Advanced Poll 11am to 11pm Seniors Room N.D.L.	13 O/50 Executive Meeting Cribbage 7pm	14 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm N.B. Super Dart League 7:30pm	15 Legion Executive Meeting 7pm	16 Yoga 9:30am Shuffleboard 1pm Roast Beef Ramblin Fever Friday Night Fun Darts	17
18 Birthday Party - Main Hall 2 to 5	19 Exercise Class 10am O/50 Euchre 1pm Elections 8:30am to 10:30pm N.D.L.	20 Cribbage 7pm	21 Stretching With Tai Chi 10-11 O/50 Darts O/50 500 1pm VON Foot Clinic-Seniors Room N.B. Super Dart League 7:30pm	22	23 Yoga 9:30am Shuffleboard 1pm Hot Pork Sandwiches Back in Tyme Friday Night Fun Darts	24 Sgt-at-Arms Seminar - Seniors Room
25 Mini Dart Tournament - Main Hall	26 Exercise Class 10am O/50 Euchre 1pm N.D.L.	27 Cribbage 7pm	28 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm N.B. Super Dart League 7:30pm	29	30 Yoga 9:30am Shuffleboard 1pm Swiss Steak Legends Friday Night Fun Darts	31 Monster Mash Halloween Costume Party 8pm

November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 O/50 Euchre 1pm Flu Clinic-Main Hall 1-3pm L.A. Meeting 7:30pm N.D.L.	3 Fiddlers 7pm Cribbage 7pm	4 O/50 Darts O/50 500 1pm	5 Legion General Meeting 7pm	6 Yoga 9:30am Shuffleboard 1pm Roast Chicken Ramblin Fever Friday Night Fun Darts	7 Inter Branch Darts Seniors Room booked
8	9 Exercise Class 10am O/50 Euchre 1pm N.D.L.	10 O/50 Exec. Meeting 10am Cribbage 7pm	11 O/50 Darts O/50 500 1pm	12 O/50 Pot Luck	13 Yoga 9:30am Shuffleboard 1pm Pork Schnitzel Back in Tyme Horticultural Society-Seniors Room Friday Night Fun Darts	14
15	16 Exercise Class 10am O/50 Euchre 1pm N.D.L.	17 O/50 Euchre Tournament Cribbage 7pm Scouts Pizza Fund-raiser Delivery	18 O/50 Darts O/50 500 1pm VON Foot Clinic - Seniors Room	19 Legion Executive Meeting 7pm	20 Yoga 9:30am Shuffleboard 1pm Roast Beef The Legends Friday Night Fun Darts	21 Ladies Auxiliary Singles/Doubles Darts-Main Hall
22	23 Exercise Class 10am O/50 Euchre 1pm N.D.L.	24 Cribbage 7pm	25 O/50 Darts O/50 500 1pm	26	27 Yoga 9:30am Shuffleboard 1pm Spaghetti Back in Tyme Friday Night Fun Darts	28 Nipissing Manor Christmas Party
29	30 Exercise Class 10am O/50 Euchre 1pm N.D.L.					

LESLIE'S HEALTHY EATING CORNER

BREAKFAST - Mini Blueberry Cobblers - serves 4

3 cups fresh blueberries
3 Tbsp. + 1 Tsp of Splenda sugar
3/4 Tsp almond extract
1 cup low-fat baking mix
1/4 cup + 2 Tbsp. low-fat buttermilk
Grated zest and juice of a small lemon
Pinch of ground ginger

- * Preheat oven to 400 degrees. Spray 4 baking dishes or ramekins with non-stick spray
- * Combine blueberries, 3 Tbsp. Splenda, lemon zest and juice, almond extract, and ginger in large bowl: divide evenly among baking dishes
- * To make biscuits, combine baking mix and buttermilk in small bowl, stirring just until blended. Spoon dough evenly over filling in cups; sprinkle tops with remaining 1 Tsp of Splenda
- * Place baking dishes on rimmed baking sheet. bake until dough is golden and filling is bubbling, about 20 minutes. Serve warm

LUNCH - Citrus & Avocado Salad - serves 6

8 cups loosely packed baby salad greens
1 navel orange, sectioned
1 red grapefruit, sectioned
1 avocado, cut into 1/2 inch chunks
2 stalks of celery, thinly sliced
1/4 cup Kraft Fruit & Veg Berry Balsamic Dressing

- * Cover platter with salad greens. Top with all remaining ingredients; toss to coat

SUPPER - Creamy Spinach Ravioli - serves 4

1 pkg frozen cheese ravioli
1 Tbsp. olive oil
1 onion chopped
1 clove garlic minced
1 tub Philadelphia Italian Three Cheese Cooking Crème
4 cups loosely packed baby spinach leaves
2 Tbsp. Kraft 100% Parmesan Aged Grated Cheese

- * Cook pasta as directed on package omitting salt
- * Heat oil in a large non-stick skillet on medium-high heat. Add onions and garlic; cook and stir 3 to 5 minutes or until crisp-tender.
- * Drain pasta, reserving 1/3 cup cooking water; cover pasta to keep warm.
- * Add reserved water and Cooking Creme to skillet; cook and stir on medium heat 2 minutes.
- * Add spinach; cook and stir 2 to 3 minutes or just until spinach starts to wilt.
- * Add pasta; stir to evenly coat. sprinkle wit Parmesan

Yours in Comradeship,
Leslie Cerisano - PRO

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 still doing some renovations in the Kitchen to comply with Health Authority requirements.

Yours in Comradeship,
John Pearce. House and Property

Help Needed

We are still 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.

SICK AND VISITING

With great regret we have lost a veteran, Patrick McGlynn has passed away. Also a member, comrade Janice Daniher's mother passed away. We have a few at home who are doing well, Sam Scarfone and Ron Chapell. Helen Turgeon was in the hospital and is not doing well. There are some in Nursing Homes; Len Guppy is at Eastholme in Powassan, Rolly Corriveau is at Nipissing Manor and Marlene Gardiner is at Castle Home.

Yours in Comradeship,
Tony Gagliardi, Sick and Visiting Chair

Volunteers tending to the ball field during this year's Old Timer's Ball Tournament at the beginning of September.



Royal Canadian Legion

Branch 445, Callander

**2015 Poppy Campaign
October 30 to November 11**

TAG DAY

Saturday, October 31, 2015

DOOR TO DOOR

Sunday, November 1, 2015

REMEMBRANCE DAY SERVICE

Wednesday November 11, 2015 - 9:30 am

at the Legion Hall

Wreath Laying at the Cenotaph

following the Service

Everyone Welcome

Lest We Forget



**Veterans Parade
September 20, 2015**



Pipe Band leading the Parade



The Color Party is next



Local Scouting youth and leaders
taking part in the parade



Some of Branch 445's
Veterans were joined by 1st
Callander Beavers and leaders

Callander Legion Branch 445 Presents

MONSTER MASH

Halloween Costume Dance

Music by
Blue Collar DJ

\$15.00 per person

Saturday Oct. 31st 8pm Late Lunch served @ 10:30pm

Spot Dances & Prizes for Best Costumes!



Branch Regulations
General By-Laws for Branches
Ontario Provincial Command



NOTICE OF MOTION

Callander

ROYAL CANADIAN LEGION BRANCH NAME

ONTARIO **445**

BRANCH NUMBER

Notice of Motion is hereby given that at the General Meeting on November 5, 2015 there will be introduced a change in our Regulations concerning the two joint meetings to be held each year between the Branch Executive and the Ladies Auxiliary Executive. Please plan to attend this meeting.

Don MacDonald

PRESENTING MEMBER'S NAME
(PRINT NAME)

PRESENTING MEMBER'S
SIGNATURE

October 1, 2015

DATE OF GENERAL MEETING
NOTICE TABLED

November 5, 2015

DATE OF GENERAL / SPECIAL GENERAL MEETING
MOTION APPROVED



Wentworth Graham C.G.A.
President/Administrator

Telephone 705-752-1100
Fax 705-752-2570
E mail: nipissingmanor@bellnet.ca

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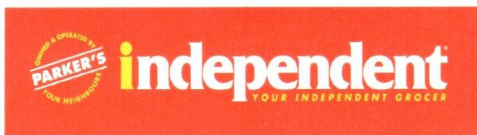
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