



## **Royal Canadian Legion Branch 445**

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



**September 2014**

## Branch 445 Executive - 2013/2014

<b>BRANCH EXECUTIVE</b>		
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
<b>ELECTED &amp; APPOINTED EXECUTIVE COMMITTEE</b>		
Membership	Emma Bennett	705-752-5923
Sgt. at Arms	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	Larrie Coulson	705-840-2325
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	vacant	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	705-491-2216
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,

It's been a wet and cold summer and we are about to start into fall and the kids are going back to school. So our general meetings will be starting again in the first Thursday in September. I hope to see you out at the meeting. It's been a busy summer with Friday night dine-ins and many weddings and parties on Saturdays. Labour day weekend we will be having a ball tournament and could really use some help putting it on.

Don't forget we are only a couple of months away from November and Remembrance day. Please try to help on tag day and the door to door campaign. Remember your oath to participate in the Poppy Campaign. Thanks to all the volunteers that gave up their summer time to keep the branch running, from cooking to cleaning up to serving at the many events.

Yours in Comradeship,  
Glenn Bennett, Branch President

## **HONOURS AND AWARDS**

Comrades,

First of all I would like to express my appreciation to Comrades Glenn Bennett and Don Green for their assistance on this committee. I also would be remiss if I did not thank our dedicated Comrades in the office, Comrades Helen Turgeon and Kathy Landon, for whom also provided assistance to this project. Last but not least, many thanks are extended to Comrade Caven Ford for all the computer work.

Here we are June 7, 2014 getting ready for the commencement of the awards. Our Branch Pipes and Drums played a few pieces and our Colour Party placed the flags. A wonderful performance as usual and many thanks for all you do for us.

The meal being served this evening was Prime Rib with all the trimmings. This meal was truly enjoyed by all in attendance. Once again, a big thank you to the servers and kitchen crews. A job well done as usual.

The Awards Ceremonies:

- Year Service Pins
- Branch Past Officer's Medals
- Certificates of Appreciation
- Certificates of Merit
- Branch Service Medals                      Comrades Tony Gagliardi and Barry Mills
- Legionnaire of the Year                      Comrades Helen Turgeon and Kathy Landon
- Life Memberships                              Comrades Don Bickerton, Steve Larocque and Don MacDonald Sr.

In closing I would like to express appreciation to Comrades Ralph Diegal, Craig Rodwell and Preston Quirt. These Comrades are all members of Branch 23 in North Bay. Comrades Ralph and Craig have taken care of our opening ceremonies at General Meetings for many years now. Comrade Preston was our photographer at these awards. This is true comradeship in action. Many thanks to these Comrades for their assistance.

Yours in Comradeship,  
Don MacDonald, Honours and Awards Chair

## **BRANCH 445 WEBSITE**

Comrades, additions and improvements are continuously being made to the Branch website at [www.callanderlegion.ca](http://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 Honours and Awards photos under the Photo Gallery link.

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

## **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

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

Well I hope you have enjoyed this year's rainy summer. Trusting the fall months with all their colors will renew our faith in the weather and the white stuff will stay away for a long time.

Numbers at our dine-in has drastically increased and we thank you for and appreciate your patronage!

The Garage Sale, held on July 20, went okay but not enough items were donated (it was a great disappointment) but on the bright side, our delicious meat pies in July were a big hit. Thank you for volunteering and to Maggie our mascot (Brian Villeneuve's miniature poodle) for entertaining the prospective treasure hunters.

Sports:

Zone Euchre will be held on September 13 and is being hosted at the Sundridge Legion - Branch 467. Just a reminder for those who would like to participate, attendance at meetings and volunteer hours are important and required to qualify.

Our next General meeting will be held September 8th instead of Labour Day, September 1st, please mark your calendar and plan to attend.

Yours in Comradeship,  
Helene Lariviere, Ladies Auxiliary President



✂ .....

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: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

# September 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>	<b>2</b> Fiddlers 7pm	<b>3</b> O/50 Darts O/50 Cards Scouting Registration 6:30 - 8:30pm Sen- iors Room	<b>4</b> Legion General Meeting 7:00pm	<b>5</b> Yoga-9:30am Roast Chicken Back in Tyme Friday Fun Darts	<b>6</b> 60th Wedding Anniversary Funeral Luncheon - Seniors Room
<b>7</b>	<b>8</b> Exercise Class-10am O/50 Cards L.A. Meeting - 7:30pm	<b>9</b> O/50 Exec. Meeting - 10am Cribbage 7pm	<b>10</b> Yoga-Seniors Room 9:30am O/50 Darts O/50 Cards	<b>11</b> O/80 Appreciation Dinner - 5:30pm Scouting Meeting 7pm - Seniors Room	<b>12</b> Yoga-9:30am Pork Schnitzel The Legends Friday Fun Darts	<b>13</b> Scouting Car Wash
<b>14</b>	<b>15</b> Exercise Class-10am O/50 Cards N.D.L.	<b>16</b> Cribbage 7pm	<b>17</b> O/50 Darts O/50 Cards VON Foot Clinic- Seniors Room	<b>18</b> Legion Executive Meeting 7:00 pm	<b>19</b> Yoga-9:30am Roast Beef Back in Tyme Friday Fun Darts	<b>20</b> Wedding - Main Hall 90th Birthday Party - Seniors Room
<b>21</b> Ladies Auxiliary Indoor Garage Sale and Bake Table	<b>22</b> Exercise Class-10am O/50 Cards N.D.L.	<b>23</b> Cribbage 7pm	<b>24</b> Yoga-Seniors Room 9:30am O/50 Darts O/50 Cards	<b>25</b>	<b>26</b> Yoga-9:30am Fish and Chips Bill Vrebosch Friday Fun Darts	<b>27</b> Fall Crawl The Legends
<b>28</b>	<b>29</b> Exercise Class-10am O/50 Cards N.D.L.	<b>30</b> Cribbage 7pm				

# October 2014

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

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

### **BREAKFAST - Hash Brown Breakfast Casserole - Serves 6**

3 cups frozen hash brown potatoes  
1.5 cups finely chopped extra lean ham  
3/4 cup shredded reduced fat cheddar cheese  
1 can (12 ounces) evaporated fat free milk  
1/4 cup sliced green onions  
1 tbsp. all-purpose flour  
1 cup cholesterol-free egg substitute (egg beaters)  
1/2 tsp black pepper

- \* Lightly coat an 8-inch square baking dish with non-stick cooking spray
- \* Layer potatoes, ham, cheese and onions in dish. Gradually whisk milk into flour in small bowl. Stir in egg substitute and pepper. Pour over potato mixture. Cover and refrigerate 4 to 24 hours.
- \* Preheat oven to 350 degrees. Bake uncovered 55 to 60 minutes or until knife inserted into center comes out clean. Remove from oven. let stand 10 minutes before serving.

### **LUNCH - Waldorf Chicken Salad - Serves 3**

1/4 cup chopped walnuts  
1.5 cups chopped cooked chicken  
1 cup seedless red grapes halved  
1 cup diced celery  
1 large Gala apple, diced  
1/4 cup fat free mayonnaise  
1/4 cup honey mustard  
pepper to taste

- \* Preheat oven to 350 degrees. Bake walnuts in a single layer in a shallow pan 6 to 8 minutes or until toasted and fragrant, stirring halfway through.
- \* Stir together chicken, next 5 ingredients, and walnuts. Add pepper to taste.

### **DINNER - Slow Cooker Pork Tenderloin**

2 pound Pork Tenderloin  
1/4 cup low sodium soy sauce  
1 tbsp. yellow mustard  
2-3 tbsp. maple syrup  
2 tbsp. olive oil  
2 tbsp. diced dried onions  
1.5 tsp garlic salt or powder

- \*\* Mix ingredients above. Pour over tenderloin in the crock pot and cook on low for 6 hours.

Yours in Comradeship,  
Leslie Cerisano - PRO

# Fall Crawl

**Callander Legion**

**Saturday September 27, 2014**

**7:00 p.m- 12:00 a.m.**

**Featuring: THE LEGENDS**

**KITCHEN WILL BE OPEN**

**music soothes  
the soul**

## **POPPY COMMITTEE**

Comrades,

Brian and I attended a poppy seminar in Sundridge on Aug 17th. We are still taking inventory of our poppy stock. Please keep the weekend of November 1st open as that is the kick-off of our poppy sales. We need lots of volunteers to help, please remember this is our way of helping our veterans. The poppy fund also has a school bursary based on financial need available to veterans and their families.

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

## **SICK AND VISITING**

With great regrets we have lost a life member. Spurgeon Brenton (Brent) Coleman. We have a few who are at home recovering or convalescing; Scott Symons who had surgery on his leg in Sudbury is not doing well, Ron Chapelle had a knee replacement and is doing well, George Onley had a light heart attack and other complications is not doing the best. Len Guppy had a hip replacement and is waiting to start therapy. Larrie Coulson will be seeing his doctor in Toronto for his eyes. Don MacDonald is seeing his doctor for hearing aids and his wife Beckie had a fall and will need a hip replacement. Emma Bennett's mother is having a video conference with the doctor and we wish her the best.

Yours in Comradeship  
Tony Gagliardi, Sick and Visiting Chair

## **BANQUET REPORT**

Please come and join us for the Friday night Dine-in with different menus and music to follow. Please check your bulletin or our website for upcoming bands and meals. Also, for \$1.00 you have a chance to win one of our popular meat draws worth approximately \$25.00.

We had two very hectic months with banquets, weddings, anniversaries etc. with 200 guests for some. Also our dine-in has generated a large number of food connoisseurs to come out to satisfy their palate for the diversity of meals every Friday night. Thank You for your support, it is greatly appreciated!

Upcoming events for:

September:

6th - Funeral Luncheon - Seniors Room

6th - Wedding Reception - Main Hall

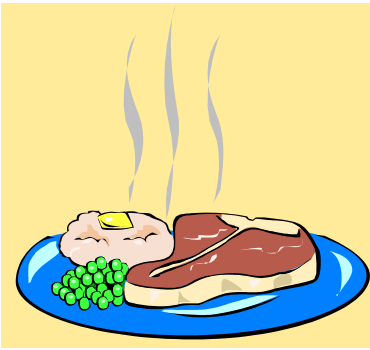
8th - Over 80 Appreciation Dinner

13th - Scouting Car Wash

20th - Wedding Reception

27th - Fall Crawl

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



# 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**



## **PERSONAL GARAGE SALE ITEMS TREASURES & CRAFT ITEMS**

**When:** Sunday Sept. 21, 2014 - 9am to 2pm  
**Where:** Royal Canadian Legion Branch 445  
345 Lansdowne Street Callander

### **BAKE TABLE**



**Canteen open from 10am to 1pm**  
**SOUP/SANDWICHES/DESSERT/COFFEE/TEA**





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

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