



Branch 445 Bulletin Royal Canadian Legion

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



September 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	705-478-8553
Sports Officer	TBA	

PRESIDENT'S REPORT

Comrades I hope you all have enjoyed your summer with family and friends. Children and grandchildren are back to school this month, so watch out for the big yellow school buses and children running all over the place, as you drive around town. Please also remember your fellow comrades and drop by your branch and have a chat with some of them, or just give them a call to connect with them. When we get older and sitting at home all alone, the hours are long so always take a minute and think about your comrades who can use a word of encouragement from somebody.

September is also the month your General Meetings start again. They are the first Thursday of every month, come out and join us and find out what is going on at your branch. If you would like to help out at functions please call and leave a message at the branch and we will give you a call back.

Please check out some of the up coming events, Veterans Day Parade with all the other branches at the lake front. Veterans Appreciation Banquet at the branch, Service Officer's Seminar at the branch, and the Chief Commanda cruise with all the other branches. You can purchase tickets at the branch. Also on sports please remember, labour day weekend is the old timers ball tournament and lots of volunteers are needed.

See you at the branch or give me a call.

Yours in Comradeship,
Glenn Bennett, Branch President

LADIES AUXILIARY REPORT

A glorious summer is almost over and it is time to welcome back our Ladies' Auxiliary members to our meeting on September 14th.

This is your third notice regarding dues: annual dues have increased to \$18 and are payable by Dec 31,2015.

To give Veteran's Week a higher profile local legions are joining forces to honour our veterans with a highly visible Veteran's Parade on Sep 20th. The LA is encouraged to participate in the parade to show our support of veterans in our community. The Branch and LA will always stand united in causes relating to Veterans.

Yours in Comradeship,
Comrade Marion Smith, Ladies Auxiliary President

BANQUET REPORT

We had an extremely busy July & August (which is an understatement) but we are not complaining because it's all worthwhile and the end result is to achieve a common goal for the betterment of the Branch. None of this would be possible if not for the dedication of all the volunteers who don't think twice for enduring all those long hours of commitment because experience tells you what to do - confidence allows you to do it.....

"THANK YOU ALL"

UPCOMING EVENTS for the month of September & October

September 4th, 5th & 6th - Old-timers Ball Tournament
September 10th - Over 80 Appreciation Dinner - Main Hall
September 11th - Service Officer Registration - Seniors' Room
September 12th & 13th Service Officer Seminar - Main Hall
September 19th - Wedding Reception - Main Hall
September 26th - Veterans Appreciation Banquet - Main Hall

October 18th - Sergeant at Arms Seminar - Seniors' Room
October 31st - Halloween Dance - 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.

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,

Not much going on with the website save for regular monthly updates. There are a few items in the works but summer isn't the time for working on them.

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

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

Branch Bar Hours

Monday thru Thursday: 1 pm - 9 pm

Friday: noon - 11 pm

Saturday: noon - 9 pm

Sunday: 1 pm - 6 pm

Phone: 705-752-1322

Don't forget that our deck is also licensed!

September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Fiddlers 7pm	2 O/50 Darts O/50 500 1pm Scouting Registration 6pm Seniors Room	3 Legion General Meeting 7pm	4 Shuffleboard 1pm Roast Chicken Vrebosch Old Timers Ball Tournament	5 Old Timers Ball Tournament - Mail Hall
6 Old Timers Baseball Tour- nament - Main Hall	7 O/50 Euchre 1pm N.D.L.	8 O/50 Exec. Meet- ing - 10am	9 O/50 Darts O/50 500 1pm	10 Scouting Meeting Seniors Room 7pm O/80 Apprecia- tion Dinner	11 Yoga 9:30am Shuffleboard 1pm Pork Schnitzel Back in Tyme Service Officer Registration-Srs Room Friday Night Fun Darts	12 Service Officer/ Poppy Seminar Main Hall
13 Service Officer/ Poppy Seminar Main Hall	14 Exercise Class 10am O/50 Euchre 1pm L.A. Meeting 7:30pm N.D.L.	15 Tuesday Night Crib Starts - 7pm	16 O/50 Darts O/50 500 1pm VON Foot Clinic - Seniors Room	17 Legion Executive Meeting 7pm	18 Yoga 9:30am Shuffleboard 1pm Fish and Chips The Legends Friday Night Fun Darts	19 Wedding Recep- tion
20	21 Exercise Class 10am O/50 Euchre 1pm N.D.L.	22 Cribbage 7pm	23 O/50 Darts O/50 500 1pm	24	25 Yoga 9:30am Shuffleboard 1pm BBQ Steak Back in Tyme Friday Night Fun Darts	26 Veterans Appreciation Banquet - Main Hall
27 Veterans Cruise on the Chief Commanda	28 Exercise Class 10am O/50 Euchre 1pm Seniors Room Booked 6:45- 8pm N.D.L.	29 Cribbage 7pm	30 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm			

The Royal Canadian Legion
Branch 445 Callander



Veterans Appreciation Banquet

Saturday, September 26, 2015

Cocktails: 4:00 to 4:45 pm

Dinner: 5:00 pm

Menu: Garden Salad, Prime Rib with Roasted Potatoes, Mixed Vegetables, Fresh Bread and Dessert

\$20.00 per person (Free for Veterans and their Spouse or Caregiver)

Tickets on sale Aug 8, 2015 at the Callander Legion Lounge

You do not have to be a member of the Legion to attend as a veteran

October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Legion General Meeting 7pm	2 Yoga 9:30am Shuffleboard 1pm Roast Chicken Vrebosch Friday Night Fun Darts	3
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	8 Scouting Meeting Seniors Room 7pm O/850 Pot Luck	9 Yoga 9:30am Shuffleboard 1pm Pork Schnitzel Back in Tyme Friday Night Fun Darts	10
11	12 Exercise Class 10am O/50 Euchre 1pm N.D.L.	13 O/50 Executive Meeting Cribbage 7pm	14 Stretching With Tai Chi 10-11am O/50 Darts O/50 500 1pm	15 Legion Executive Meeting 7pm	16 Yoga 9:30am Shuffleboard 1pm Roast Beef Ramblin Fever Friday Night Fun Darts	17
18	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 10-11am O/50 Darts O/50 500 1pm VON Foot Clinic- Seniors Room	22	23 Yoga 9:30am Shuffleboard 1pm T.B.A. Back in Tyme Friday Night Fun Darts	24 Sgt-at-Arms Seminar - Sen- iors Room
25	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	29	30 Yoga 9:30am Shuffleboard 1pm T.B.A. Legends Friday Night Fun Darts	31 <u>Monster Mash Halloween Costume Party 8pm</u>

HELP NEEDED

Every long weekend in September for the last few years your Branch has hosted an Old Timers Baseball Weekend Tournament. This is a busy weekend with many volunteers needed to make the weekend successful. Please consider signing up for a few shifts to help out. Sign Up sheets will be posted in the branch or please call Comrade Jim Landon at 705-499-2559 to offer your assistance.

Yours in Comradeship
Jim Landon

Steak Barbecue

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

September 25 @ 5:00 pm

Cost is \$12.00 per dinner and includes dessert.

**Come out and enjoy a steak dinner, barbecued to
your preference.**

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.

LESLIE'S HEALTHY EATING CORNER

BREAKFAST - The Perfect Paleo Pancakes

3 - Bananas

3 - Eggs

Coconut Oil

1/4 cup Almond Butter

Whatever fruit toppings that you want

- * Place bananas and eggs in a bowl and mash until smooth
- * Add almond butter to mixture and mix again
- * Heat coconut oil in pan on low and place batter in pan in whatever shape you like
- * Cook until the pancakes are browned to your liking and add toppings and enjoy

LUNCH - Vegetarian BLT Salad - serves 4

1/4 cup low-fat milk

2 Tbsp. reduced-calorie mayonnaise

2 Tsp apple cider vinegar

1/8 Tsp freshly ground pepper

2 cups cut up chunks of tomatoes

1/4 cup thinly sliced scallions

6 strips cooked chicken bacon

1 medium avocado, chopped

8 cups torn red leaf lettuce

- * In a large bowl, stir together milk, mayonnaise, vinegar, and pepper until blended and smooth
- * Add tomatoes and scallions to bowl; toss to mix and coat. Let stand 5 minutes, tossing occasionally, for tomato juices to mix into dressing. Add avocado to bowl; toss gently to mix and coat
- * Put lettuce onto the plate and top with a heaping 1/2 cup of tomato mixture. Crumble chicken bacon over salad

SUPPER - Apricot Glazed Chicken - serves 4

1/2 cup low-sugar apricot preserves

1 Tbsp. low sodium soy sauce

1/2 Tsp minced garlic

4 skinless, boneless Chicken breasts

1/4 Tsp pepper

Cooking Spray

Almond Rice Pilaf

olive oil cooking spray

1.5 Tbsp. finely chopped shallots

1.5 cup of instant rice

1 cup fat free chicken broth

1/4 Tsp pepper

1/4 cup sliced almonds toasted

1 Tbsp. chopped fresh parsley

- * Chicken: Pre-heat Grill. Combine first three ingredients in a small microwave bowl. Nuke on high for 30 seconds, whisk until smooth. Sprinkle chicken with pepper. Spray chicken lightly before placing on grill. Grill for 6 minutes. Turn chicken over and spread with apricot mixture. Grill for another 6 minutes or until cooked through.
- * Rice: Heat a saucepan over medium heat. Coat pan with cooking spray, add shallots. Sauté 1 minute, add rice, sauté 1 minute. Stir in chicken broth, pepper, bring to a boil, reduce heat and simmer for 10 minutes or until liquid is absorbed and rice is tender. Add almonds and parsley fluff with fork.

Yours in Comradeship,
Leslie Cerisano - PRO

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!



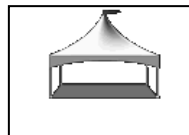
Wentworth Graham C.G.A.
President/Administrator

Telephone 705-752-1100
Fax 705-752-2570
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