

Branch 445 Bulletin

Royal Canadian Legion

345 Lansdowne St
Callander ON POH 1H0
Office: 705 752-3773 Lounge: 705 752-1322
www.callanderlegion.ca

September 2017



Legion



Branch Executive 2017-2018

President	Marc Picard	705 752-4780
Past President	Glenn Bennett	705 752-5923
First Vice	Chuck Parr	705 752 1724
Second Vice	Nancy Clark	705 752-5689
Third Vice	Brian Villeneuve	705 752-1813
Treasurer	Kathy Landon	705 752-5365
Secretary	Amanda Hiscock	705 471-9469

Elected & Appointed Executive Committee

Membership	Marc Picard	705 752-4780
Sgt. At Arms and TOD	Steve Larocque	705 776-1625
Poppy Chair	Nancy Clark	705 752-5689
Bursaries	Brian Villeneuve	705 752-1813
Bar	Caven Ford	705 752-2951
House and Property	Brian Glenholme / Jim Landon	705 840-0705/ 705 752-5365
Banquets	Amanda Hiscock	705 471-9469
L.A. Liaison		
Bylaws, Honours & Awards	Glenn Bennett	705 752-5923
Seniors	Jack Else	705 752-2351
Pipe Major	Matt Plant	705 724-6535
Nevada/Lottery	Bill Bowman	705 478-9718
Sick and Visiting	Tony Gagliardi	705 752-2867
Special Events/ Fundraising	Patricia Burton	705 476-4726
Sports	Alan Clark	705 752-5689
Service officer	Patricia Burton	705 476-4726
Audit/Finance Committee	Karen Duquette	705 497-3135
Bulletin	Joanna Jacobs	705 752-2951
Website	Caven Ford	705 752-2951
Youth & Education	Bill Bowman	705 478-9718
1st Callander Scouting Rep	Caven Ford	705 752-2951
Public Relations Officer		
Over 50 Club Liaison	Irene Lewis	705 491-2216

LA Executive

President	Denise Robertson	705 494-5475
Past President		
First Vice	Nancy Clark	705 752-5689
Second Vice	Lynne Lavigne	705 752-3191
Secretary	Amanda Hiscock	705 471-9469
Sports Officer	Irene Lewis	705 491-2216



PRESIDENT'S REPORT

It was a busy summer around the Branch.

Since we have many excellent volunteers, I am hesitant to single people out for fear of missing someone. Over the past few months we have had a few that have stood out, although usually in the background.

I would like to thank Grant McLaren for the new flag poles he fabricated and donated to the colour party. They looked excellent during their inaugural event - the Canada Day 150th Parade!

Caven Ford and Jim Landon worked tirelessly to finish a major project along the side of the building. Including a new handicap ramp, railing and awning as well as some new doors and door hardware. In the coming months you will also see some computers and computer training available at the Branch.

Of course our Branch would not be the same without the excellent volunteers in the office.

Amanda and Kathy have kept the Branch operating over the summer months, planning and coordinating volunteers for many events and maintaining the Branch financials.

There were volunteers at many other events throughout the summer, next time you are at the Branch, please take a moment to thank the volunteers.

Once again we will host the fastball tournament on the September long weekend, starting Friday night and concluding Sunday afternoon. Our volunteers will maintain the fields, staff the kitchen and ensure the overall operations of the Branch go smoothly.

The Executive conducted the business of the Branch during July and August and we now hope to see you at the General Meetings on Thursday September 7th, 2017.

The newly formed special events committee is working hard and they have several upcoming events that you will read about.

Of special note, Legion week will be celebrated from September 18 - 24, 2017. Please bring a friend and join us for one of the many exciting events you will see advertised, including a special Friday night Dine-in.

In October, we will have the honour of hosting the Zone H2 District Council Meeting.

As always, we are in need of good volunteers, so please don't hesitate to put your name forward to help with some of our many functions. They are fun and exciting events



to be a part of and the Branch will not survive without them.

Yours in Comradeship, Marc Picard, President



LADIES AUXILIARY REPORT

Despite the wet weather we have had to endure throughout the summer I hope each and everyone of you were able to enjoy yourselves.

I look forward to working with our new executive and our members in having a successful 2017 – 2018.

Sign-up sheets for Zone Cribbage and Zone Darts are on the L.A. Bulletin Board. If any L.A. member would like to put a team in for these events please put your names on the sign-up sheet or call Irene Lewis our L.A. Sports Officer. Remember you must have 20 hours of volunteer service to participate.

Don't forget that our next General Meeting will be on Monday, September 11th @ 7:00 PM.

Yours in Comradeship, Denise Robertson
LA President



SERVICE OFFICER

I am currently working with Brian and Nancy planning the Veterans Dinner for October. If you know of a Veteran in need please have them call me or you can call yourself and I can get out to see if we can be of assistance. I will be attending the Service Officers seminar in September and hope to return with some great information to further help our Veterans.

Patti Burton 705-476-4726

Yours in Comradeship, Patti Burton



CALLANDER LEGION PIPE BAND

The Callander Legion Pipes and Drums Band is looking for pipers and drummers! For further information, please come to any practice or call me at 705 724-6535. The Band meets every Wednesday evening at 7pm at the Callander Legion.

Yours in Comradeship,
Pipe major, Matt Plant



BRANCH 445 WEBSITE

Comrades, 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



WE NEED YOUR PHOTOS & INPUT!

If you have taken photos at a Legion event please send them to me at jacobs.joanna@gmail.com. I would love to put them in the bulletin. Also if you would like to submit a writing piece or have any requests of what you would like to see in the bulletin please do not hesitate to contact me.

Thank you, Joanna Jacobs, Bulletin Editor
jacobs.joanna@gmail.com

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. Thank you.

Last Name: _____ First Name: _____
Street Address: _____
City: _____ Postal Code: _____
Phone Number: _____ Email: _____





PLANNING AND EVENTS

September 18 thur -24 is Legion Week. We will have a number of events happening in the branch.

Please see insert for listing of events....Thank you to all the volunteers that are helping me in planning our events .

Crafters Wanted: The Legion is planning a Fall Artisans Show October 21 and 22 from 9-3 if you would like to join us tables will be available for \$50.00 for both days ... more info to follow.

Yours in Comradeship, Patti Burton



TUESDAY NIGHT CRIBBAGE

BRANCH 445, CALLANDER LEGION 7PM

STARTING SEPT 19TH, 2017

COME ONE, COME ALL—EVERYONE WELCOME

FOR MORE INFORMATION CONTACT:
PERRY RICHARDS AT: 705 776-1261



LESLIE'S HEALTHY EATING CORNER

Breakfast - SWISS HEALTH CEREAL - Serves 4

1 cup quick-cooking rolled oats 2 tablespoons wheat germ
1 tablespoon light brown sugar 1 cup skim milk
1/2 cup plain yogurt Ground cinnamon to taste
1/2 cup chopped dried apricots, apples, or prunes or whole raisins
2 tablespoons chopped toasted almonds, pecans or hazelnuts

In a large bowl, combine oats, apricots, almonds, wheat germ and brown sugar, toss well to combine (Note: you can store cereal for up to a week in a tightly covered 1 pint jar; keep in a cool, dark place). To serve divide among 4 bowls and add 1/4 cup of the milk to each. If you prefer crisp cereal, serve immediately; for soft cereal, let stand for 10 minutes. Top with yogurt and dust with cinnamon.

Lunch - SUMMER HERB AND POTATO SALAD - serves 1

160 grams uncooked potatoes 1/8 cup fresh raw red onions
2 tablespoons mayonnaise 1/2 tablespoon olive oil
salt and pepper to taste
1 teaspoon chopped fresh herbs; dill, parsley, summer savory
1/8 cups of each carrots, peas (any fresh veggie)

Cut potatoes in 1 inch chunks boil in lightly salted water until tender but not falling apart. Leave skins on if you like. Cool and toss with olive oil, chill. Chop up onions and herbs, slice veggies and add salt and pepper to taste and add mayo. Mix well and chill

Supper - BAKED HONEY MUSTARD CHICKEN - Serves 6

6 skinless, boneless chicken breasts salt and pepper to taste
1 cup honey 1 cup prepared mustard
2 teaspoons dried basil 2 teaspoons paprika
1 teaspoon dried parsley

Preheat oven to 350 degrees. Sprinkle chicken breasts with salt and pepper to taste, and place in a lightly greased 9x13 inch baking dish. In a small bowl, combine the honey, mustard, basil, paprika and parsley. Mix well. Pour 1/2 of this mixture over the chicken, and brush to cover. Bake in the preheated oven for 30 minutes. Turn chicken pieces over and brush with the remaining 1/2 of the honey mustard mixture. Bake for an additional 10 to 15 minutes, or until the chicken is no longer pink and juices run clear. Let cool for 10 minutes before serving.

September 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Roast Chicken Back In Tyme	2 Ball Tournament
3 Ball Tournament	4 Labour Day	5 1:30pm—8 Ball Pool	6 12:00—Pea Pool Darts 7pm	7 General Meeting 7pm	8 Schnitzel Legends Seniors Room Booked Friday Night Fun Darts	9 Main Hall Booked
10	11 LA Meeting 7pm NDL 7pm	12 1:30pm—8 Ball Pool	13 12:00—Pea Pool Darts 7pm	14	15 Roast Beef Back In Tyme Friday Night Fun Darts	16
17 CRIB 4 BUCKS	18 NDL 7pm	19 1:30pm—8 Ball Pool	20 12:00—Pea Pool VON Foot Clinic Darts 7pm	21 Main Hall Booked Executive Meeting 7pm	22 Fish & Chips— Legion Week Special \$9 Bandits Friday Night Fun Darts	23 Pool Tournament—Pool Room and Seniors Room booked
LEGION WEEK—SEE BULLETIN INSERT FOR LIST OF EVENTS— LEGION						
24 Pool Tournament—Pool Room and Seniors Room booked	25 NDL 7pm	26 1:30pm—8 Ball Pool	27 12:00—Pea Pool Darts 7pm	28	29 Steak Back In Tyme Friday Night Fun Darts	30 Main Hall Booked
WEEK						



October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 NDL 7pm LA Meeting 7pm	3 1:30pm—8 Ball Pool	4 12:00—Pea Pool	5 General Meeting 7pm	6 Roast Chicken Legends Friday Night Fun Darts	7
8	9 Thanksgiving	10 1:30pm—8 Ball Pool	11 12:00—Pea Pool	12 O/50 Dinner	13 Dinner TBA Back in Tyme Main Hall Booked Friday Night Fun Darts	14 Veterans Dinner 6pm
15 Zone H2 Coun- cil Meeting	16 NDL 7pm	17 1:30pm—8 Ball Pool	18 12:00—Pea Pool VON Foot Clin- ic	19 Executive Meet- ing 7pm	20 Schnitzel Bandits Friday Night Fun Darts	21
22	23 NDL 7pm	24 1:30pm—8 Ball Pool	25 12:00—Pea Pool	26	27 Roast Beef Back In Tyme Friday Night Fun Darts	28 Poppy Tag Day Booked for Baby Shower 11 -5pm Halloween Dance
29 Poppy Door to Door Campaign	30 NDL 7pm	31 1:30pm—8 Ball Pool Happy Hallow- een	A small illustration of a jack-o'-lantern with a carved face, positioned at the bottom center of the calendar grid.			

LEGION WEEK

SEPTEMBER 18TH THROUGH 24TH

Monday September 18 2017

The Branch will be hosting a games day 11am to 3pm. This day will include: darts, cards, horseshoes , indoor bowling and many more indoor and outdoor games....

Tuesday September 19th 2017

We will be hosting an information day from 11am to 4pm. This day we will have different agencies and businesses that offer information and specials to our Veterans and Seniors and Youth in our Community.

Friday September 22 2017

Our Fish and Chips Dine-In. **We will be offering this dinner for \$9.00 on this day only.**

Sunday September 24 2017

We will be winding up Legion Week with an International Dinner. You can come and enjoy dishes from many different countries. Tickets will go on sale at the bar for this dinner on Sept. 1 2017 for the cost of \$12.50 per person. Only 100 tickets will be available. Hurry in to pick up your tickets.



POPPY REPORT

Please remember the Veteran's Dinner **October 14th 2017.**



HORSESHOES REPORT

Horseshoes wrapped up last week. First place winners were Wendy McKenzie and Tony Gagliardi (first pic, Tony was away). Second place winners were Kathy Landon and Manon Larocque (second pic). We will be donating over \$300 to the legion: what was left after our banquet and trophies. I have resigned as horse shoes organizer and we are looking for someone who would be interested in taking on the position. Thanks for another great year.



FRIDAY NIGHT SUMMER FUN DARTS

We had a great group of summer darters this season. Thank you to all who took time out of their busy summer schedule to come out to support the branch !



MEMBERSHIP REPORT

Members by Type

Ordinary	118
Life	10
Associate	214
Affiliate	<u>48</u>
Total Members	390

Membership Dues

Membership dues are extremely important to the Branch. If you are one of the 68 members who are not up to date, please be sure to stop by the bar to make payment or mail a cheque to the Branch.

Legion Web Site



Legion.ca has been updated. Go to Legion.ca and select "for Members and Branches" and you can set up your personal login using your Legion Membership number. You will be welcomed to the Membership Portal. On the site, you can update your address and contact information and check the status of your membership.

Member Application Form

Also on the Legion.ca Web Site, you will notice a new Member Application Form. When encouraging your family and friends to join, please refer to the new form and discard any old blank forms. New Member Application Forms are also available at the Bar or in the Office.

Where are you now?

If you have had any address or telephone number changes, please be sure to inform the Branch so that your contact information with our Branch and with Dominion Command can remain current.

Yours in Comradeship, Marc Picard



SEPTEMBER IS ALZHEIMER'S AWARENESS MONTH....

KNOW the 10 SIGNS

EARLY DETECTION MATTERS

If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Please consult your physician.

#1 Memory changes that disrupt daily life

One of the most common signs of Alzheimer's, especially in the early stages, is forgetting recently learned information. For example:

Relying on memory aides (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.



Typical age-related changes: Sometimes forgetting names or appointments, but remembering them later.

#2 Challenges in planning or solving problems

Some people may have difficulty concentrating and take much longer to do things than they did before.



Some people may experience changes in their ability to develop and follow a plan or work with numbers.

They may have trouble following a familiar recipe or keeping track of monthly bills.

Typical age-related changes: Making occasional errors when balancing a checkbook.

#3 Difficulty completing familiar tasks

People with Alzheimer's often find it hard to complete daily tasks such as:



Driving to a familiar location, managing a budget at work, or remembering the rules of a favorite game.

Typical age-related changes: Occasionally needing help to use the settings on a microwave or record a television show.

#4 Confusion with time or place

People with Alzheimer's can lose track of dates, seasons and the passage of time.

They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.



Typical age-related changes: Getting confused about the day of the week but figuring it out later.

#5 Trouble understanding visual images and spatial relationships



Some people may have difficulty reading, judging distance and determining color or contrast. In terms of perception, they may pass a mirror and think someone else is in the room. They may not realize they are the person in the mirror.

Typical age-related changes: Vision changes related to cataracts.

#6 New problems with words in speaking or writing

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name.

Typical age-related changes: Sometimes having trouble finding the right word.



#7 Misplacing things and losing the ability to retrace steps

A person with Alzheimer's disease may put things in unusual places.

They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.



Typical age-related changes: Misplacing things from time to time.

#8 Decreased or poor judgment

People with Alzheimer's may demonstrate unusual changes in judgment or decision making.

For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers.

They may pay less attention to grooming or keeping themselves clean.

Typical age-related changes: Making a bad decision once in a while.



#9 Withdrawal from work or social activities

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may also avoid being social because of the changes they have experienced.

Typical age-related changes: Sometimes feeling weary of work, family and social obligations.



#10 Changes in mood and personality

The mood and personalities of people with Alzheimer's can change.

They may be easily upset in places where they are out of their comfort zone.

They can become confused, suspicious, depressed, fearful or anxious.



Typical age-related changes: Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

HOUSE & PROPERTY

Hi Comrades, August was a busy month for me here at Branch 445 however I am only as busy as I want to be. Several projects were started & completed as you can see. The parking lot was lined with some old white traffic paint I found in the poppy side of the shed. I have been told it has been there several years as no one knew it was there. The finding of this oil base paint helps to lower the cost of this project. You may or may not have noticed the two new accessible parking spots to the north of the patio. Also we have removed the accessible parking spot to the east of the flags as it interfered with the flow of traffic.

We are currently cleaning out the shed so we can revamp the shelf. Currently there is only one shelf which is approximately 4 feet deep and it is our plan to have several shelves approximately two feet deep. As of this time all paper and paper products to be stored in the shed must be in plastic containers/bins. Comrades if you own anything in the shed please make arrangements with Brian Glenholme or Jim Landon to remove it. If privately owned items are not claimed they will be dealt with accordingly. By the time this message hits the press the shed project will be completed. (See photo results of the shed project to the right). We are on to another project which I believe will be the patio. It has never been sealed and the sealer/stain is sitting on the shelf collecting dust. I will need some help with this project; keep an eye open for the date.

If you find something that needs to be repaired, painted etc please let Comrade Glenholme know and he will look into it for you.

Yours in Comradeship, Brian Glenholme, House & Property Chair



VOLUNTEER ACTIVITIES

Our Branch is very dependent on the work done by our volunteers. We need volunteers for our existence. The volunteer also benefits by becoming involved in the work of the Branch and working alongside some very excellent people. You will get the maximum use of the Branch by enjoying the company of many dedicated members.

The following is a list of the activities you may wish to consider becoming involved in. Many of the functions are already being done, but you may enjoy learning the job when you have someone to introduce you. Our current volunteers would be grateful for the assistance and we should always have back-up personnel if possible.

If you are interested, please check off the activities and place your name and phone number in the space below. You may mail it back to the branch at *Branch #445, The Royal Canadian Legion, P.O. Box 312, Callander ON P0H 1H0*, or even better come on out and hand it in at the bar or office.

Thank You!



VOLUNTEER OPPORTUNITIES

- Special Events
- Sports
- House & Property
- Poppy Campaign
- Youth & Education
- Ladies Auxiliary
- Sgt-At-Arms
- Kitchen Help
- Membership
- Sick & Visiting
- Colour Party
- Pipe Band
- Ticket Selling
- Seniors
- Veterans Service
- Honour Guard
- Bulletin
- Public Relations Officer

COMMENTS:

NAME: _____ PHONE: _____

BRANCH 445 SCRAPBOOK



Top Row: Our Pipes and Drums perform for the residents of Lady Isabelle
Bottom three: Branch 445 golf tourna-





BRANCH 445 SCRAPBOOK



All 3 photos:
Branch 445
Golf Tourna-
ment

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