

# THE RCL Branch 445

## Bulletin

February 2026 Vol.2





## **Branch 445 Callander**

Comrades all,

The month of January is behind us, and we are looking forwards to a busy February.

We celebrated our volunteers with a lovely dinner on January 25, 2026 as a thank you to all who keep this Branch running smoothly. If I keep repeating myself, that is because it is the truth. Organizations such as the Legion are very dependent on volunteers to keep the “business” operational. We could not do it without them.

Joanne from Service Canada held an information session with an overview of all the programs and services that are of value to most of us, such as Old Age Security, CPP, and Canadian Dental Care Program. It was very informative.

On Saturday, February 14, we will be having a Valentine’s Dinner and Dance, and we hope to see you with your partner/spouse to celebrate.

While winter is still with us, do not forget our Friday night dine-ins. A good way to gather with your friends over a good meal and listen to one of the many bands that play in the Lounge.

In Comradeship,

President Richard Rhindress



**Branch 445  
Callander**

**CHANGE IN DATE FOR GENERAL  
MEMBERSHIP MEETING.**

**THE FEBRUARY 2026 GENERAL  
MEMBERSHIP MEETING WILL TAKE  
PLACE**

**ON THURSDAY, FEBRUARY 12, 2026**

**AND NOT FEBRUARY 5, 2026.**

**THANK YOU.**

**THE EXECUTIVE COMMITTEE  
BRANCH 445 CALLANDER LEGION**



**Comrade President Richard Rhindress received the  
Volunteer Citizenship Achievement Award from the Ontario  
Government as well as a Thank You for your Volunteer time  
certificate from MP Vic Fedeli.  
Congratulations Richard.**



## There were three donations to the Legion made at the last general meeting.

Judi Hill on behalf of the Friday Night Dart League donated \$277.00. Prizes for the draw were donated by Battery Battery, Marion Smith, Jean Mallett, and Callander Foodland plus an Anonymous donator.



Gilles Miclette on behalf of the Pool league donated \$1000.00.

June Sampson on behalf of the Ladies' Auxiliary donated \$5000.00.





## LADIES AUXILIARY BRNCH 445

Hello Comrades;

Another month has come and gone. February looks to be a busy month.

In January, The Ladies gave a cheque of \$5,000.00 to start off the new year. The ladies worked hard to be able to provide this wonderful amount of money.

We, the Ladies have so far this year, served a dine in chicken dinner, east parry sound seniors' luncheon, fed a pool tournament, assisted in serving a roast beef dinner to our seniors over 50 club. And last but not least, fed 42 Ladies at their semi annual darts. Thank you ladies for all you do. An awesome group of ladies to work with.

Coming soon, there will be a valentine's basket tickets up for purchase. The money raised from this event will help pay for the ladies going to the Ladies Auxiliary Provincial Convention. We are looking forward to seeing everyone again in February and the coming months.

All the best in 2026.

In Comradeship,

Amanda  
Ladies Auxiliary  
President  
Br. #445



Hello Comrades,

I am so excited for my new project: Cooking and memories – a Compendium of recipes and stories from our Veterans, members and our community. The purpose of the book is to help celebrate the 100th anniversary of the Royal Canadian Legion.

What we are looking for is the following:

- Recipes
- Short stories or anecdotes
- Special photos

Please see the flyer included with this newsletter for details on how to submit.

Looking forward to seeing what we create as a Branch.

As far as my report for this month is concerned, we have assisted two of our Veterans so far this year. More importantly, I want to let you know how you can reach me: There are three ways:

Email: RCL445BSO@cogeco.net

By leaving a message with the branch or

By leaving a note with bar staff in an envelope with my name on it.

I will reach out to you outside of my work hours and will be happy to assist you with questions, concerns or even just a chat. My intent is to get to know you better so that I am better prepared for your needs.

Faithfully yours;

Gaby Giroux

Branch Service Officer

RCL Branch 445



# CALLING ALL AUTHORS!

**Due by**  
**August 15, 2026**

A veteran is any person who is serving or who has honourably served in the Armed Forces of Canada, the Commonwealth or its wartime allies: or who has served in the Merchant Navy or Ferry Command during wartime. RCMP and any police officer who have served on a UN tour are also included as Veterans also included.

We are looking for your stories, your recipes, your memories or even just a funny story about the Branch.

Anything will be considered for our book and we need your help.

If you have a submission, please leave it with the bar with your name and phone number.

*“A compendium is a concise, comprehensive collection or summary of information, facts, or stories about a specific subject, often presented in a book or document, serving as a valuable reference tool for mastering or understanding a topic.”*

*Oxford Dictionary*

## RCL Branch 445

345 Lansdowne Street,  
Veterans Way  
Callander, Ontario P0H 1H0

Lounge Phone: 705-752-1322  
Office Phone: 705-752-3773  
E-Mail: [rcl445@cogeco.net](mailto:rcl445@cogeco.net)



## **2025 - 2026 Executive**

**President - Richard Rhindress**

**1<sup>st</sup> Vice - Cam Clarke**

**2<sup>nd</sup> Vice - Amanda Hiscock**

**3<sup>rd</sup> Vice - Caroline LaVictoire**

**Secretary - AnneMarie Rhindress**

**Treasurer - Kathy Landon**

Any Queries please email [rcl445@cogeco.net](mailto:rcl445@cogeco.net)



## Executive Committees

**Branch Service Officer**

Gaby Giroux  
Tom Caughey

**Leadership**

Richard Rhindress

**Membership**

Nancy Clark

**Poppy Chair**

Fay Bayer  
Amanda Hiscock

**Public Relations Officer**

Rachelle Lacroix  
William Hiscock

**Sports**

Roland Bechard

**Youth Education**

June Sampson

**Track and Field**

Jim Landon

**Chaplain**

Vacant

## Sub Committees

**Banquet & Kitchen**

Caroline LaVictoire

**Bar Officer**

Jody White

**Bursary**

Brian Villeneuve

**House & Property**

Cameron Clarke  
Harold McLean

**Lottery**

Amanda Hiscock  
Doug Getz

**L.A. Liaison**

Stewart Doucette

**Senior Club Liaison**

Nancy Clark

**Pipe and Drums**

Matt Plante

**Sgt-at-Arms**

Tom Caughey

**Regulations**

Gaby Giroux

**Bottle Depot**

Brian Naylor

**Building Committee**

Ron Devost

**Sick and Visiting**

Vacant

# GENERAL MEETINGS

## Schedule

First Thursday  
of every month - 7:00 p.m.

February 12, 2026

March 5, 2026

April 2, 2026

May 7, 2026

June 4, 2026

July, August & September to be determined

October 1, 2026

November 3, 2026

December 5, 2026



**We would like to let everyone know that the Legion in Callander is alive and well.**

**We have many activities to suit everyone.**

**The Branch is open Monday through Saturday from 12:00 – 5:00 p.m.**

**NOTE: On Tuesday, Wednesday and Friday while dart leagues are playing the Members lounge is open in the evenings.**

### **Our Branch is an active Branch.**

We have “closed” pool leagues on Monday, Wednesday and Thursday from 12:00 – 4:00 p.m. We always have 2 pool tables that are available for people to use on the other days that the pool leagues are not using them.

There are different dart leagues that you can join. Our closed leagues are Tuesdays – ladies, and Wednesday – our competitive league. On Fridays, we have a Fun Mixed League, where you can spare for fun.

**DO NOT FORGET OUR FRIDAY NIGHT DINE-INS,**  
starting around 5:00 p.m., with live music following in the Lounge.

**The 50+ Club**, is active with a variety of activities such as crib, shuffleboard, knitting and crochet and euchre. Come check out these activities in the Seniors’ Room from 1:00 – 3:30 p.m. (Monday – Friday). Tuesdays there is **Tai Chi** from 9:00 – 10:00 a.m. and following is the **Seniors Stay On Your Feet Classes**.



On Wednesdays there is **Active Strength & Stretch** (level II) from 9:30 – 10:30 a.m. and **Active Strength & Stretch** (chair assist) from 10:50 – 11:50 a.m.

The second Thursday of each month, the East Parry Sound Community Support Services hosts a luncheon. Contact them at 705-724-6028 to book a seat.

The third Thursday of each month, the 50+ Club hosts their dinner/luncheon at the Branch.

New to the Branch is line dancing on Monday evening; beginners start at 6:00 p.m., and the advanced group starts at 7:00 p.m.

**Come out and join any of the activities.**

## **HALL RENTALS**

Our large main hall is great for wedding receptions, celebrations of life and other social events. It holds approximately 150 people. We offer catering for hot meals, late lunches or soup and sandwiches. Just talk to our kitchen coordinator about what type of meal options you are looking for to suit your event.

We also have a smaller hall (Seniors Room), holding approximately 40 – 60 people, great for wedding or baby showers, and birthday parties.

Please call 705-752-3773 or email [RCL445@cogeco.net](mailto:RCL445@cogeco.net) to check on availability and pricing.

**Members of the Callander Branch, in good standing, receive a reduced rate on the hall rental fee. The member must be responsible for the booking and in attendance at the event.**



## HONOURS AND AWARDS

The Honours and Awards event has been scheduled for Sunday, April 19, 2026. The honours and awards presented recognize the contributions of our members towards our Branch. If you wish to nominate an individual, please contact the Branch secretary.

## LEGION BOTTLE DEPOT

Help support our Veterans.

The program covers all wine, spirit and cooler containers over 100ml sold through the LCBO, outside the Beer Store system (this includes tetra, bag in box and case).

Consumers pay a refundable deposit at the time of purchase. This deposit is 100% refunded when the empty container is returned.  
PLEASE RECYCLE your empty alcohol containers.

### Legion Beer Depot hours:

Monday	10:00 a.m. to 2:00 p.m.
Wednesday	10:00 a.m. to 2:00 p.m.
Friday	10:00 a.m. to 2:00 p.m.
Saturday	10:00 a.m. to 2:00 p.m.



For bottle drives and/or large returns, please contact the Legion in advance if possible. Information can be provided to Brian Naylor (705-752-1749) or Ron Devost (705-776-1585).



## Volunteering at the Legion Bottle Return Depot – We Need YOU!

The Legion's Bottle Return Depot (aka the "Beer Shed") is located in the little blue building on the southwest corner of the Branch's parking lot. It is staffed by teams of two volunteers who work Mondays, Wednesdays, Fridays, and Saturdays from 10 AM to 2 PM to receive and sort empty alcohol containers brought to the Depot. Collection of empties generates thousands of dollars of revenue for the Branch each month. Unfortunately, we recently lost about one-third of our volunteers. If we can't find replacements, the Depot will be forced to close numerous days each month. We need your help to keep the Depot open.

Why do I volunteer? First and foremost, every shift I work, I know I'm honouring past and present veterans, especially family members who served in WWII. Second, I know I'm helping make a significant contribution to the operation of Branch 445. The income from the Depot helps keep the lights on during these difficult economic times. Third, it is great to have a chance to work with interesting Legion members and interact with the public. It is really heart-warming to see how many members of the public make a special trip to the Depot to donate their empties (donations account for over 80% of our net income). And it's really encouraging to see how many younger people donate their empties. Most people who donate tell us they have family or friends who are veterans or still in active service or just want to support the Legion and the work it does for veterans and our community.

So, if you'd like to volunteer for one or more shifts per month, please send me an email at the address below and I'll link you up with an experienced volunteer who will teach you the ropes (you'll always be partnered with an experienced person). The work involves lifting and carrying moderately heavy loads so a reasonable level of general health and good balance are an asset. Experience handling cash is also an asset, but even if you don't like to deal with cash you can still make a valuable contribution.

Thanks for considering this volunteering opportunity. I hope to hear from you!

Brian Naylor  
Bottle Return Depot  
Royal Canadian Legion,  
Branch 445, Callander  
[RCL445BeerDepot@cogeco.net](mailto:RCL445BeerDepot@cogeco.net)



## What's new at the Bottle Return Depot?

We received two early Christmas presents at the Bottle Return Depot in December.



Long-time Legion member Preston Quirt (left) built us a fantastic box to receive donations of empties when the Depot is closed. When spring rolls around we will paint it blue to match the other two existing donation boxes. We really needed this third box as the other two are routinely overflowing with donated empties. Thank you so much Preston for your wonderful work on the donation box!

The Beer Store donated an excellent industrial-grade hand cart (left) for us to use when moving empty cases of beer from the Bar to the Depot. It has been getting lots of use and is far superior to the rickety old one we had.

Thanks to everyone at the Beer Store for the cart and their support throughout the year!

Feel free to drop by the Bottle Return Depot to see these new additions. And while you're visiting, don't forget to bring us your empty alcohol containers!

Brian Naylor  
Bottle Return Depot,  
RCL Branch 445, Callander



**Got Questions?****As a Veteran, where can I turn for answers?****In a financial emergency, who can I contact?****I have a disability, how can I get help?****What are my next steps?**

# WE CARE for all Veterans of all ages and their families

**The Royal Canadian Legion Service Bureau Network**

Sherry Culling, Provincial Service Officer  
Suite 202 - 107 Shirreff Ave.  
Canada Place Building  
North Bay, ON P1B 7K8  
Tel: 705.472.8650  
Toll Free: 1.888.207.2206  
FAX: 1.705.472.1969  
sculling@on.legion.ca

**Did you know that Legion Command Service Officers across the country:**

- provide **FREE** representation with disability claims to Veterans Affairs Canada.
- provide **FREE** representation with Appeals to the Veterans Review and Appeal Board Canada.
- provide assistance to **all Veterans including serving Canadian Forces, RCMP members and their families.**
- provide assistance navigating and understanding the bureaucracy, legislation and policies.
- provide assistance to **all Veterans in financial need** to meet emergency requirements.



**Branch 445**  
**Callander**

**February**

**Dine-In's & Music**

Dinner served at 5:30 (except steak - 5:00 p.m.)

Live Music 7:00 - 11:00 p.m.

**February 6, 2026**

**Roast Chicken**

**Jason Lamoureax**

**February 13, 2026**

**Pork Schnitzel**

**Blue Screw**

**February 20, 2026**

**Pizza & Wings**

**Don & Friends**

**February 27, 2026**

**Fish & Chips**

**Timberr Country**



**Happy**  
**Family Day**  
**Canada**



**Branch 445  
Callander**

**March**

## **Dine-In's & Music**

**Dinner served at 5:30 (except steak-5:00p.m)**

**Live Music 7:00 - 11:00 p.m**

**March 6, 2026**

**Roast Chicken**

**Ghostrider**

**March 13, 2026**

**Pork Schnitzel**

**Jason Lamoureax**

**March 20, 2026**

**Beef Stroganoff**

**Timberr Country**

**March 27, 2026**

**Fish & Chips**

**Don & Friends**

**Happy St. Patrick's Day**



**Branch 445  
Callander**



You are cordially invited to attend  
Branch 445 Callander Legion's  
Valentine's Dinner and Dance on  
Saturday, February 14, 2026

Dinner is at 6 p.m.

Dance starts at 8 p.m.

Cost \$20.00 per person

(Roast beef dinner and music by The Hurricains)

**Tai Chi Stretch - Beginners class**

**\*Tuesday:** 9:15 am - 10 am

⊕ Starts: **September 16 to Dec.** \$3 per class

⊕ Bring: Flat indoor shoes.

➤ **Advanced class:** **Tuesday 10am**

**Level II Fitness: Active Strength & Stretch**

**Wednesday:** 9:30 - 10:30 am.

⊕ Starts: **September 10 to Dec.** \$2 -3 per class

⊕ Light aerobic warm; Resistance training with exercise bands & light weights; Cool down with Stretching.

⊕ Bring: Exercise mat, yoga block, weights, exercise bands & indoor runners.

**Level I Fitness: Strength & Stretch <Chair Assist>**

**Wednesday:** 10:50 - 11:50 am

⊕ Starts: **September 10 to Dec.** \$2 -3 per class

⊕ Warm up mobility work with exercise bands in a chair:

⊕ Stand up portion focuses on balance, mobility and resistance training: Cool down with stretches in the chair.

⊕ Bring: Light weights, yoga block, exercise bands & indoor shoes.

***Our Motto: Have some fun, move and work at your own pace!***

**FREE "STAY ON YOUR FEET" CLASSES****FALLS PREVENTION FOR SENIORS 65+ \*\*ALL LEVELS OF ABILITY\*\*****CALLANDER****ROYAL CANADIAN LEGION BRANCH #445****345 LANDSDOWNE STREET, CALLANDER ON****TUESDAYS @ 11:15 AM**

**CLASSES BY BRENDA AVISON CERTIFIED YA-RYT**  
**YOGA INSTRUCTOR**

**One-hour class.**

**All levels of capability are welcome.**

***Modifications can be made for everyone.***

**NO REGISTRATION REQUIRED**

**FOR INQUIRIES ON THE CLASSES CONTACT  
EAST PARRY SOUND COMMUNITY SUPPORT  
SERVICES AT 705-724-6028**





## FOOT CARE

Held on the 3rd Tuesday  
of each month at Branch 445  
Callander Legion (8:00 am)

\$30.00 per person

Contact: Sarah Harnock to book your appointment  
Call: 705-471-1707



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## Callander over 50 Seniors Room activities

Monday

- Crib

Tuesday (2nd and 4th)

- Bid Euchre

Wednesday

- Shuffleboard

Thursday

- Knit & Crochet

Friday

- Euchre

All activities take place from 1:00 p.m. – 3:30 p.m.

and are open to the public.

Books, puzzles and DVD exchange available.

For more information, call RLee 705.493.7133

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