

# THE RCL Branch 445

## Bulletin

### 1 January 2026 Vol.1



Comrades All;

First off, I wish to welcome everyone back from the Christmas and New Year holidays. Another year has gone by and it's time to get back to Legion business.

We are always looking for volunteers to assist with various tasks around the Legion, from working in the kitchen to working in the beer shed. Perhaps you made a New Year's resolution to volunteer at the Branch; if yes, we look forwards to working with you.

This month we are having our annual appreciation dinner for our volunteers who have helped last year and I just want to thank you for all the hours of work you have put into the Branch. Thank you for supporting your fellow volunteers and the Branch.

Happy New Year.

In comradeship  
Richard Rhindress  
President

On behave of the Ladies' Auxiliary, we hope everyone had a wonderful Christmas and a very Hapy New Year.

The Ladies Auxiliary has had a very successful year this with fund raising and enjoying sports.

We woud like to thank you all for supporting our Auxiliary in 2025 and look forward to seeing you all again in 2026.

Thank you all for your support.

Amanda Hiscock  
President of Ladies Auxiliary  
Branch #445, Callander



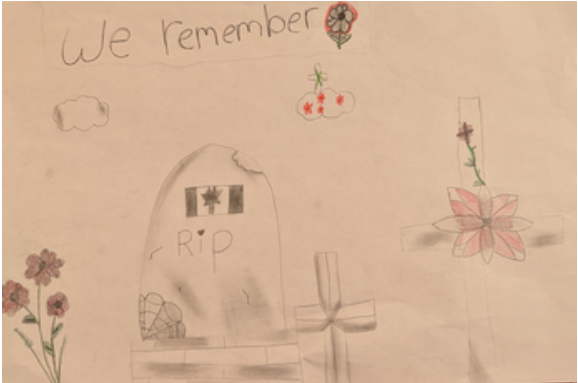
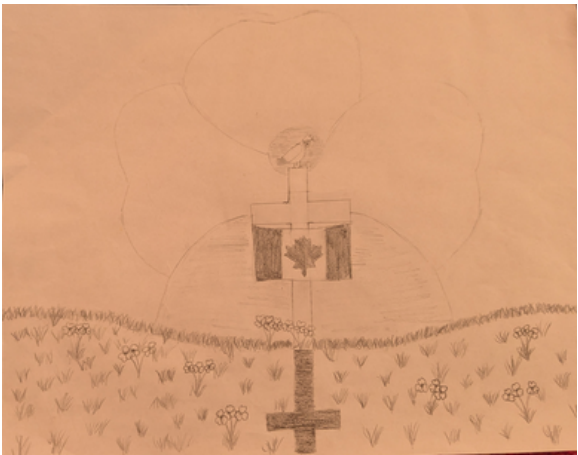
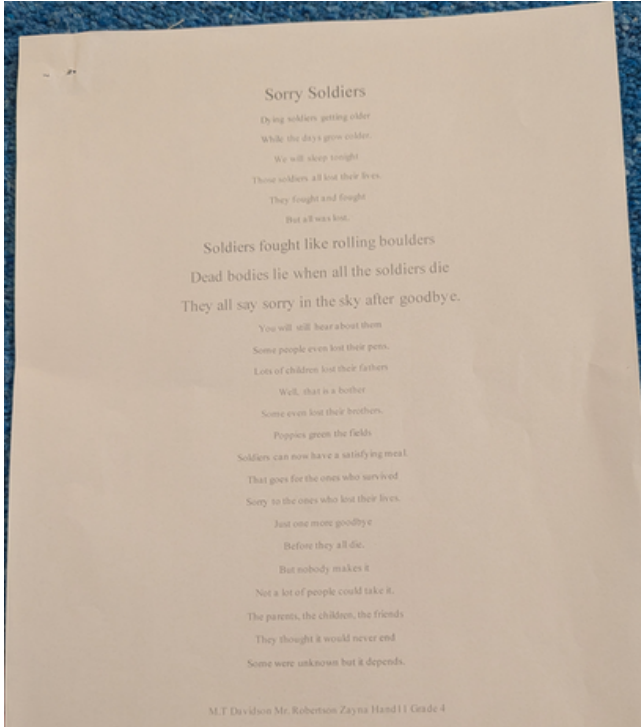
Hope you all had a wonderful break over the holidays. It has been quiet as your BSO over the past month except for the Holiday Cheer that we were able to give to four of our Veterans who are shut ins currently. The two at Nipissing Manor were especially heartwarming as both did not expect the visit from Santa. Their smiles warmed our hearts and it was a wonderful way to start the holiday season

May your New Year be wonderful and fulfilling and watch for more events that I would like to put in place for our Veterans in the New Year. Watch the newsletter and posters in the branch and I will also commit to more direct communication with you all.

Faithfully yours  
Gaby Giroux  
Branch Service Officer  
RCL Branch 445 Callander ON



Here are some of the winning posters and essay from the Youth Education Contest



# New Year's Eve Party





## **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**

## 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.

January 8, 2026

February 5, 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 at 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. – 2:00 p.m.

Tuesday - 10:00 a.m. – 2:00 p.m.

Friday - 10:00 a.m. - 2:00 p.m.

Saturday - 10:00 a.m. - 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)



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**?

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.

**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



**Branch 445  
Callander**

**January**

**Dine-In's & Music**

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

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

**January 9 2026**

**Roast Chicken**

**Hurricaines**

**January 16, 2026**

**Pork Schnitzel**

**Timberr Country**

**January 23, 2026**

**Roast Beef**

**Back in Tyme**

**January 30, 2026**

**Fish & Chips**

**Big Fish**





**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 Lamoureux**

**February 13, 2026**

**Pork Schnitzel**

**Unknown**

**February 20, 2026**

**Pizza & Wings**

**Don & Friends**

**February 27, 2026**

**Fish & Chips**

**Timberr Country**



## January 2026 Building Committee Update

Legion Building Committee continue to meet with Descon Construction in regards to the Veteran/Senior proposed building.

The Needs Analysis report was completed in December 2025 with over 100 housing surveys completed. Results of this survey will help to determine the scope and size of this construction and establish a project budget. Results of the Survey.

Three-story building, 30 two-bedroom units, each Unit with stackable washer and dryer, parking requirements will be 1.5 parking spots per unit, balconies are still to be determine.

Feasibility study will be completed by 30 Jan 2026 which will outline the cost of the project and Rents to match. Once this report is received and reviewed by the committee and executives, Descon will present the study to all Legion members that are interested. If approved by legion members this Feasibility study will be sent to Ontario Command for their approval.

Stay tune for more updates in the near future.

Ron Devost  
Chair Building Committee



### **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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