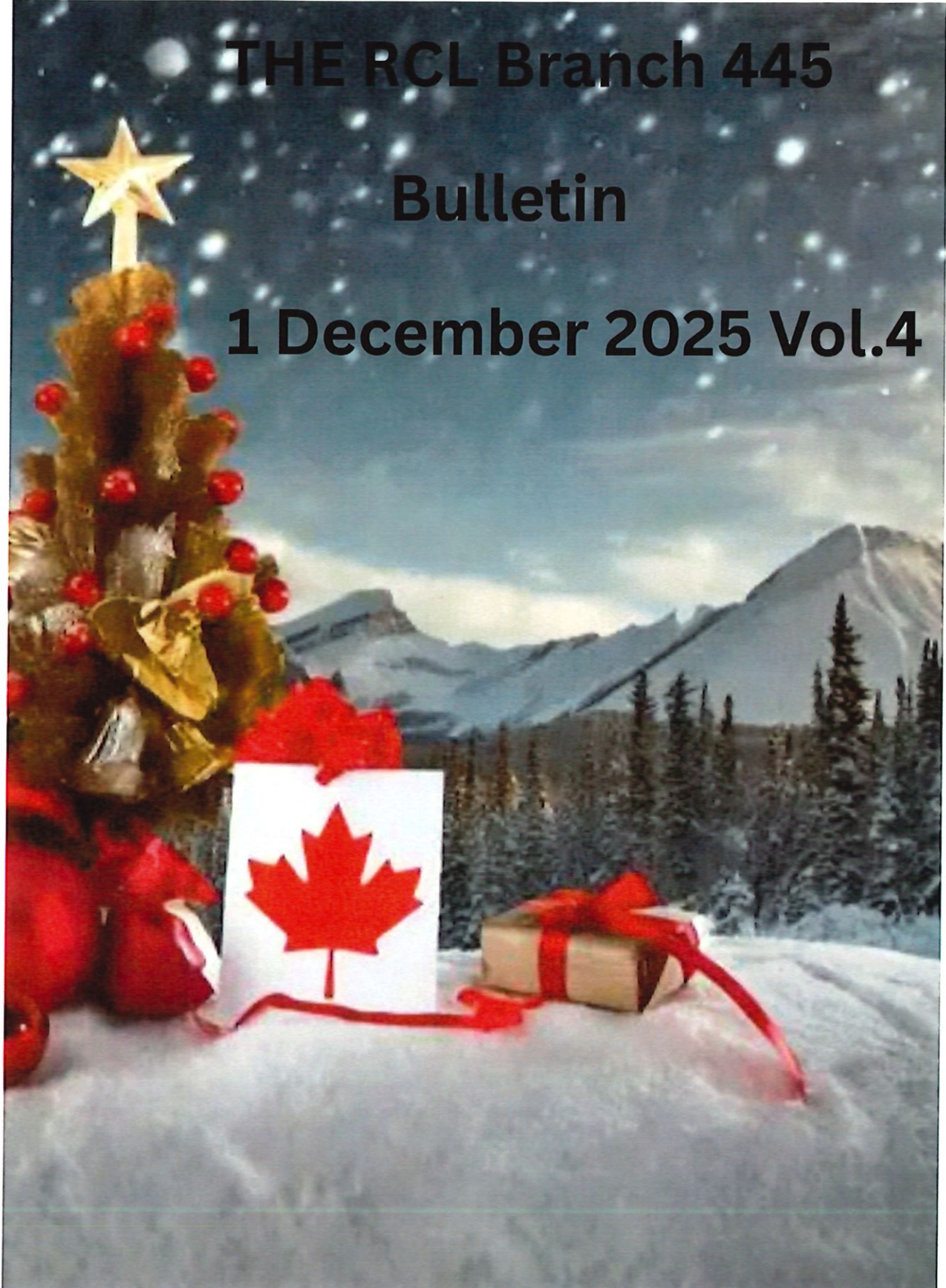


THE RCL Branch 445

Bulletin

1 December 2025 Vol.4



First Vice Report
December 2025

Comrades, as the month of November falls behind us, I would like to congratulate everyone who participated with our Poppy Campaign. A super job by all and also those who did our Veterans Dinner. What a night we had. Many thanks to the persons who chaired these events, and also to the volunteers (cooks, Tag Day people, those who set up, dishwashers, etc.).

As December is upon us, I would like to wish everyone a Merry Christmas/Joyeux Noël. Snow will soon be here so take caution when out in the elements and from falls when ice is around.

December is the month we see kindness to one another; however, it would be very pleasant if it were all year round. Yes, we have our differences in opinions or how matters should be dealt with; however, remember “it is also good to agree to disagree with respect to one another”.

We have many events happening in December, so let’s remember that when we joined the Legion, we also agreed to help whenever possible by volunteering. One or two hours a month would help to keep our Legion strong.

Yours in Comradeship
Cameron Clarke, First Vice

Merry Christmas and Happy New Year.
Hope to see you at the Levee on New Year’s Day.

Ladies' Auxiliary December Report

Hello Comrades;

Another month has come & gone, and WOW it was busy. Helping out with the Poppy Campaign, serving lunches, counting monies, helping wherever needed.

The Ladies also participated in District Singles and Doubles darts. We have 2 teams moving forward to Provincials. Well done ladies. On Nov 29th, the Team Darts will commence. Stay tuned for updates.

The Auxiliary pulled off another successful Craft Show @ the Callander Community Centre on Nov 22nd. We would like to thank all our Venders & all of you, our wonderful public for coming out and helping us succeed.

Stay tuned for more information on Sports & projects in the future.

On behalf of the Ladies' Auxiliary Branch #445 we would like to wish everyone a Very Merry Christmas & a Joyous & Safe New Year.

JOYEUX NOEL

Amanda Hiscock
President Ladies' Auxiliary

Report from the Branch Service Officer

Hello comrades,

Our Veterans Dinner was a success. The food was good thanks to the kitchen volunteers, the service was stellar thanks to the servers, and the atmosphere in the room was relaxed. Comrade Kathy, Amanda, Fay and Caroline all deserve a big thank you for their efforts in making this evening a success.

Our MP Pauline Rochefort and MPP the Honourable Vic Fedeli were wonderful guests. I want to thank them both for their efforts in getting the certificates for the Veterans. Both surprised me with how much care and thought went into these. They both participated in handing out the certificates to all the Veterans in attendance.

My co-chair Tom Caughey also was surprised by a beautiful quilt by Bonnie and Donna, from Quilts of Valour. They even had one done for Tom's dog. The quilt was in blues and wonderfully crafted. I am sure that Tom will enjoy this gift of warmth from these wonderful ladies and so will the pup.

The next step for us, is to provide some Christmas cheer to our Veterans who are no longer able to go out. We have two at Nipissing Manor, one at the Motherhouse, and one at home. If anyone is aware of others who are alone or have no means to enjoy the simple pleasure of Christmas time, please forward the information to my attention via the branch or email RCL445BSO@cogeco.net. Shopping is starting shortly, therefore please ensure this information gets to us soon.

A quick update on Jess Larochelle and the House of Commons Petition; the count in the morning of the 20th was sitting at a total of 16,287. Ontario is leading that count at 6966. To all those that have been able to sign, a grateful thank you. Our MP and I spoke, and we both hope that this will start to get our Veterans duly recognized for their Valour and Contributions especially for those who have demonstrated "most conspicuous bravery".

My final thoughts for everyone especially for our Veterans and their loved ones, I wish you all a very Merry Christmas and Best Wishes for the New Year. May you find yourself surrounded by moments that remind you how loved you are.

In faith, kindness and peace
Gaby Giroux Branch Service Officer

VETERAN'S DINNER





2025 - 2026 Executive

President - Richard Rhindress

1st Vice - Cam Clarke

2nd Vice - Amanda Hiscock

3rd 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

Vacant

Beer Depot

Brian Naylor

Building Committee

Ron Devost

Sick and Visiting

Vacant



GENERAL MEETINGS Schedule

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

December 4, 2025

January 8, 2026

February 5, 2026

March 5, 2026

April 2, 2026

May 7, 2026

June 4, 2026

July & August to be determined



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.

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 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!

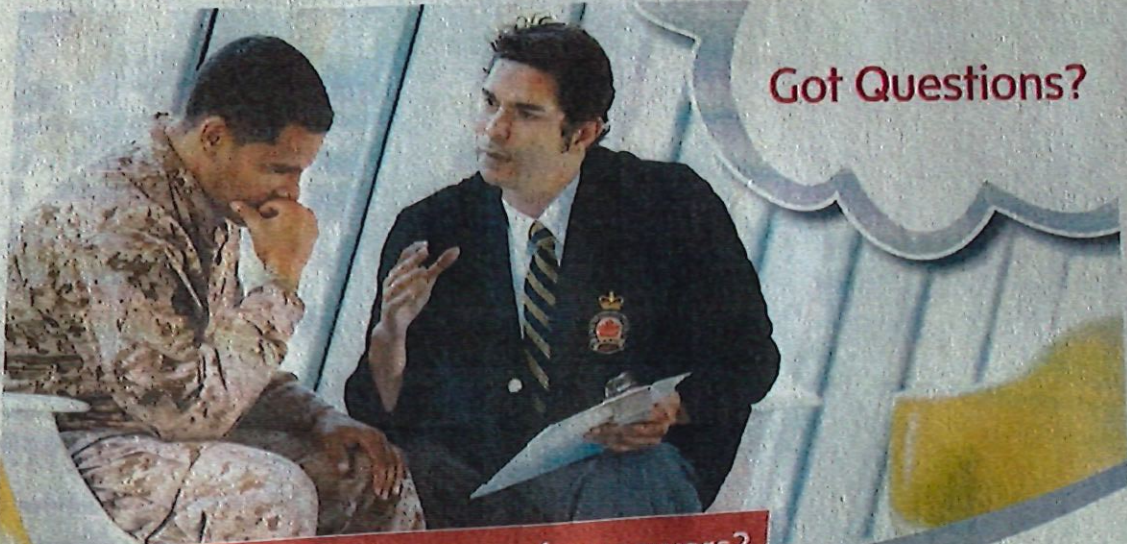
The Legion's Bottle Return Depot (aka the "Beer Shed") is located in the little blue building on the southwest corner of the Branch's parking lot. It is staffed by teams of two volunteers who work Mondays, Wednesdays, Fridays, and Saturdays from 10 AM to 2 PM to receive and sort empty alcohol containers 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



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.

Remembrance Day

To All Who Participated in our Poppy Campaign and Remembrance Day
and to the Children who joined us in our Service and Parade, Thank You
All.

And to our Veterans, Thank You for Your Service.

Poppy Chair
Fay Bayer

Co Chair
Amanda Hiscock





Kitchen Crumbs

Good day Comrades All,

Your kitchen has been very busy with many events, including our Veterans Dinner on November 15th, which was a great success. Everyone had a great meal along with getting to visit with old friends. I'd like to thank our Service Officer, Gaby Giroux, for creating a wonderful menu. I also want to thank the following folks for helping me at this event: Jack and Jill Lloyd, Patty Perry and Rick Stanton, along with a good friend of Comrade Gaby's, Emily Samuel. Also, a shout out to Barry Mills for staying late and helping me in the dish pit to clean up.

However, the Veterans Dinner almost DID NOT happen due to the lack of volunteers to help with all the work that is involved in having this type of an event, i.e. food preparation, serving our Veterans and subsequent clean-up. By the time it was all said and done, it was 10:30 p.m. before I could leave the building with a load of laundry in tow.

Comrades, this is just one example of the many events where we do not have enough volunteers. With a membership of over 440, I don't understand why we cannot get at least 50 volunteers to come in and help out. With 50 volunteers, you might only need to step up once a month to help with a dinner or other event. My friends, I am tired and cannot keep doing everything by myself. I am also confused by the members who ask me why I spend so much time at the Legion. The simple answer is because no one has stepped forward to come in and volunteer.

Caroline LaVictoire
Kitchen Coordinator



Branch 445, Callander, ON

December
Dine-In's & Music

Dinner served at 5:30 (except steak- 5:00 p.m)
Live Music 7:00 - 11:00 p.m

December 5 2025
Roast Chicken
The Revue

December 12, 2025
Pork Schnitzel
Ghostrider

December 19, 2025
Lasagna
Timberr Country

December 26, 2025
CLOSED





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
Hurricains

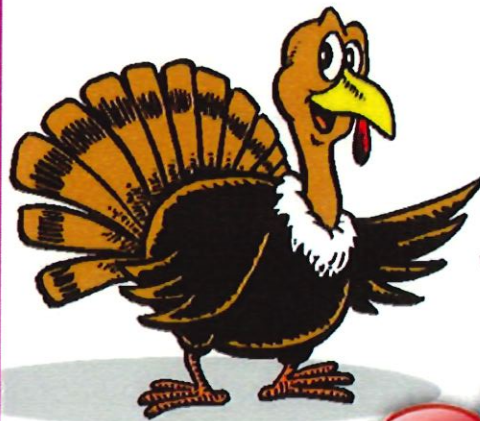
January 16, 2026
Pork Schnitzel
Timberr Country

January 23, 2026
Roast Beef
Back in Tyme

January 30, 2026
Fish & Chips
Big Fish



CALLANDER LEGION BRANCH 445 PRESENTS



**FUNDRAISER
TURKEY**

BINGO

SUNDAY December 7th, 2025

1 PM–5 PM

345 LANSDOWNE ST. CALLANDER, ON

\$2 PER STRIP



DON'T MISS THIS AFTERNOON OF FUN!

LOLA'S FASHIONS
FASHION
SHOW

DECEMBER 14, 2025

2:00-4:00 PM

CALLANDER LEGION
BRANCH 445

RIGHT AFTER THE COOKIE WALK

HOSTED BY THE
LADIES AUXILIARY

Come and see some new collections
of clothing as our own LA Ladies
model the new styles.

A TOONIE TO ENTER



New Year Party

WEDNESDAY **31** DECEMBER

Callander Legion
8:00 p.m.
Late Night Buffet
\$35/pp.

Music by Don & Friends

Building Committee Report

Two information sessions were held 19 & 20 Nov and approximately 45 Seniors attended for both sessions. About half were Legion members and other half from the community.

Also present was representatives from the Municipality Mayor Noon Treasurer Cindy Pigeau and Public works manager Tim Mckenna.

Descon Construction owner/accountant and Planner gave a power point presentation on Wed session and Keith Harriman spoke and answered question on Thursday. There have been approx. 85 surveys completed which will help with the Feasibility Study.

Descon did ask me about the Letter of Engagement and they were advised that it has been sent to Legion lawyer. Membership list has been received from Ontario Command and Building Committee is awaiting directions from executive before we proceed.

Ron Devost
Chair

**The Royal Canadian Legion
Branch No 445**
345 Lansdowne Steet
Veterans Way
Callander, ON P0H 1H0
Tel: (705) 752-3773



Housing Need & Demand Survey

The Royal Canadian Legion Branch 445 has commissioned Harriman & Associate to explore an independent housing initiative for the purpose of identifying the need for attainable housing for Veterans, Legion seniors and community seniors.

The team is currently working on facility programming to include items such as; Number of Suites, Building Layout, Amenities and Rental Rates.

There are a few options that may be available to provide attainable housing.

The Legion has identified a potential site within the urban area of the Municipality that is suitable for future development.

It is anticipated that the preliminary investigation and design will commence during 2025 with possible construction in late 2026.

The Team is asking for feedback from the members and community to adapt the building to suit the needs of the community.

The survey will take approximately 10 minutes of your time. Your answers will remain anonymous and strictly confidential. The surveys will be destroyed once information is tabulated and responses included in aggregate form within the report.

However, there is a section to leave your contact information if you wish to be kept up to date on the progress of the project or you are interested in renting a space in the new building.

1. Are you a member of the Legion Yes_____ No_____

2. Are you a Veteran or currently serving in the Military Yes_____No_____

3. Please indicate your age:

15 - 24	25 - 34	35 - 44
45 - 54	55 - 64	65 - 74
75 -84	85 and over	

4. Do you currently live alone? Yes No

5. What type of apartment are you interested in
One bedroom _____two bedroom_____

6. What town do you currently live in. _____

7. What amenities would you like to see

- Storage
- Laundry
- Parking
- Small privacy area
- Common room for gatherings
- Pet friendly

8. What type of housing do you see yourself living in the next five years?

(Please check the top two answers that will most likely apply to you)?

- I plan to remain in the dwelling where I currently live
- In an affordable apartment living independently
- In rent-geared to income apartment unit
- In a smaller house or condo living independently
- In an older adults' assisted living unit in a complex with some services (e.g. health care services available on-site, shared meals, regular social activities, etc.)
- In a long-term residential care unit (e.g. with 24-hour professional nursing care)
- Other, please specify

9. Do you own your own vehicle Yes No

10. How many parking spots do you want _____

11. If you can move into other accommodations, when would you be willing to move?

<input type="radio"/> Immediately	<input type="radio"/> 1 to 2 years	<input type="radio"/> 3 to 4 years	<input type="radio"/> 5 to 6 years	<input type="radio"/> 7 + years
-----------------------------------	------------------------------------	------------------------------------	------------------------------------	---------------------------------

12. Please share with us any information which you feel may be appropriate?

13. If you wish to be kept informed or need rental accommodation, leave your contact info here (name, e-mail, telephone etc.)

Thank you for taking the time to complete this questionnaire. Your responses are much appreciated and will help the Legion Branch 445 to address the housing demand for the area. Please have your survey completed and submitted ASAP to allow proper evaluation of the results.


Surveys can be dropped off at the Legion Branch 445 Office.



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

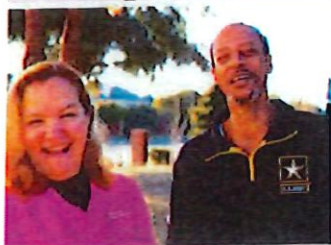




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Callander over 50 Seniors Room activities

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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Owner / Operator

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