



THE RCL Branch 445

Bulletin

1 November 2025 Vol.3



Hello Comrades,

As we are nearing Remembrance Day 2025, I would like to extend an invitation to all of you to attend the Branch's indoor service and the outdoor Remembrance Day ceremony at the Cenotaph on November 11th.

Remembrance Day is the one day in the year where we pay tribute to members of the Canadian Armed Forces and RCMP who served to defend our values and freedoms. We also honour those who continue to serve our country today.

Leading up to this, from the last Friday in October to Remembrance Day, many Canadians wear a Poppy as a visual pledge to never forget those who served and gave the ultimate sacrifice.

Our Branch's First Poppy campaign kicked off on Friday, October 31st, 2025 and our Tag Days are November 1st and November 8th.

**Please show your respect to
our Veterans by wearing a Poppy.**

1st Vice Report

Comrades, Remembrance Day is approaching, and your Legion and Colour Party are prepared for this special day at various venues. On November 02, 2025, we will be attending Branch 018 Temiskaming Quebec for their Remembrance Day service, on November 09th in Bonfield, on November 10th in East Ferris (Corbeil), and on November 11th in Callander. The Executive is hoping many of you will attend to celebrate this important day.

The Legion has been contacted by our M.P. Pauline Rochefort to assist in bringing awareness to a petition regarding Jess Larochelle. (google Jess Larochelle petition E-661). This petition is to recognize Jess Larochelle and for him to receive Canada's highest Medal, The Victoria Cross. This medal has not been awarded to anyone in our Armed Forces since it was repositioned in 1992 as the Canadian Victoria Cross. For anyone wishing Jess to receive this medal please check the google address mentioned above.

The new pad for our bottle return has been completed. Many thanks to Brian Naylor for accepting the challenge of getting this project up and running.

The Executive and I request the help of our members who are available to volunteer within the branch, to please come and join us. Many hands make light work.

Wishing all a happy November and keep safe and healthy.

In Comradeship,
Cameron Clarke
First Vice



LADIES' AUXILIARY MONTHLY REPORT (NOVEMBER 2025)

Happy November Comrades;

The Ladies Auxiliary would like to wish everyone a warm and cozy November.

October was busy with the Ladies serving 2 dinners, our monthly roast chicken, the first Friday of every month, and the East Parry Sound Luncheon, the second Thursday of every month. Thank you to everyone that attends to make these successful.

The Ladies also had two teams of Euchre players move on to Districts on Oct. 18th. Both teams reported that a great time was had by all. On Oct. 25th, the Ladies hosted the Zone Cribbage tournament. One team moving forward to Districts in March.

The Ladies drew for the winner of the Donation Basket and the Lovely Lady Mrs. Atkins won. Congratulations and enjoy. There will be another Basket up for donation draw very soon with a Christmas theme. Good Luck to all who participate and thank you.

Last but not Least, Thank you to all our ladies who do so much to make and help our branch succeed in helping our Veterans.

**In Comradeship,
Amanda Hiscock
President Ladies Auxiliary Branch #445 Callander**

Branch 445
Remembrance Day 2025

Tag days for this year's Poppy Campaign are November 1 and November 8. A sign-up sheet has been set up in the Lounge. Please volunteer a few hours to help out.

Callander's Remembrance Day Ceremony will be held on Tuesday, November 11th. Branch 445 will start with an indoor service at 9:30 a.m., and the Parade will leave at 10:45 a.m. to assemble at the Cenotaph. A light lunch will be served following the ceremony.



Branch 445 will also participate at the Remembrance Day ceremonies in Bonfield (November 9, beginning at 10:45 a.m.) and East Ferris (November 10, start time 10:30 a.m.).

On Sunday, November 2nd members of the Colour Party and band will be attending the Remembrance Ceremony in Temiskaming, Quebec. Please join us for this ceremony if you have some time. It's a beautiful drive, and the Branch in Temiskaming is very appreciative of Branch 445's participation.



Branch Service Officer Report:

Hello Comrades.

The past month has been a busy one as we are getting our final details in place for the Veterans Dinner on November 15th. There are still tickets available and I encourage all our Veterans to get theirs soon.

I have also been focusing on getting the petition for Jess Larochelle spread to all our members and our Veterans. Our MP Pauline Rochefort got in touch with me about this petition. Please take a moment to have your voice heard. The link to get to the petition is as follows: <https://www.ourcommons.ca/petitions/en/Petition/Details?Petition=e-6661>. The petition will be closed on November 20th, 2025. Currently Ontario is surpassing all other provinces with over 5000 signatures. Across Canada there are over 11,000 signatures. If we all speak up, our voices will be heard.

This is a new experience for me and a new challenge to continue to support our Veterans. I will continue to learn and promote the Legion commitment "To serve Veterans, which includes serving Military and RCMP members and their families, to promote remembrance and to serve our communities and our country".

Thank you,
Merci,
Miigwetch

Gaby Giroux
Branch Service Officer



2025 - 2026 Executive

President - Richard Rhindress

1st Vice - Cam Clarke

2nd Vice - Amanda Hiscock

3rd Vice - Steve Larocque

Secretary - AnneMarie Rhindress

Treasurer - Kathy Landon

Executive Committees

Branch Service Officer

Tom Caughey
Gaby Giroux

Leadership

Steve Larocque

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

Regulations & Sgt-at-Arms

Steve Larocque

Beer Depot

Brian Naylor

Building Committee

Ron Devost

Sick and Visiting

Vacant



GENERAL MEETINGS

Schedule

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

November 6, 2025

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 we are alive and well. We have many activities to suit everyone.

We would like to thank the Board of Trustees (BOT) for coming in helping us to solve some of the issues. We look forward to moving everything in the right direction .

Our Branch is an active Branch:

We have closed pool leagues Monday, Wednesday, and Thursdays 12- 4 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.

Do not forget about our Friday night dine-ins.

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

Please call or email for availability and pricing. 705-752-3773

VETERANS COFFEE Last Thursday of every month, 9:30 to 11:30.

**THE LOUNGE
OPEN TO THE PUBLIC**

12:00 noon to 5:00 pm

**MONDAY TO SATURDAY
SUNDAY CLOSED**

Our Over 50 Club is very active with all kinds of activities. Mondays crib, Shuffleboard Wednesdays, Knit & Crochet Thursdays and Euchre Fridays, all these activities are in our Seniors' room 1:00 – 3:30 p.m.

**LIVE MUSIC
EVERY FRIDAY NIGHT IN THE
LOUNGE**

Come out and kick up your boots.



**BANQUET HALL
AVAILABLE FOR PRIVATE FUNCTION**

To Schedule Private events Contact the Office. Callander Legion has two rooms for rent and we cater to all functions, including Celebrations of Life.

Tuesdays is Tia Chi 9:15 – 10:00 a.m., Wednesdays is Active Strength & Stretch (Level II) 9:30 – 10:30 a.m. and Active Strength & Stretch (chair assist) 10:50- 11:50 a.m. classes.

Served Dinners Small and Light Lunches
Hot and Cold Buffets Tea and Coffee only
Most meals can be customized and priced accordingly. The 2nd Thursday of each month is our East Parry Sound luncheons. You must contact them at 705-724-6028 to book a seat at the luncheon.



MAIN HALL

As fall starts up, we have our dart leagues returning. Our closed leagues are Tuesdays ladies and Wednesday our elite league.

Line Dancing Mondays at 6:00 to 8:00pm

Ladies Darts Tuesdays at 7:00pm

Competitive Darts League Wednesdays at 7:00pm

Friday Night Mixed Fun Darts at 7:00pm
Even if you do not want to be on a team, pop in on a Friday night and spare.

Couples Mixed Tournament 16 November 2025



MAIN HALL

Our hall can accommodate up to 250 people or 150 with sit down dinner and a dance floor.

Our Main Hall is a multi-use facility that can accommodate many different types of functions.

We offer catering for hot meals, late lunches or soup and sandwiches. Just talk to our kitchen staff about whatever type of meal you would like for your event.



SENIOR'S LOUNGE

The seniors lounge can accommodate dinner for 50 - 60.

Great for a baby or wedding shower or a meeting room.



*****Member's price is for Callander Legion Members in good standing only.*

*The member booking the hall must be responsible for and be in attendance at the event. The discount rate is for the Member.****

What's new at the Bottle Return Depot?

Members may have noticed some work going on at the Bottle Return Depot during the second last week of October. The old broken concrete pad in front of the Depot (which was becoming a tripping hazard) was removed and replaced by a beautiful new pad. Many thanks to Branch members Sam Scarfone and Darryl Blay and their crews for the excellent job done!



So please come and check out our new concrete pad. And when you do, feel free to bring us your empties. The Depot is open Monday, Wednesday, Friday, and Saturday from 10 AM to 2 PM. We are happy to refund the deposit you paid on any beer, wine, or spirits containers (cans, bottles, bladders, or tetra packs - we can't accept pop cans, non-alcoholic wine bottles, or THC or CBD containers). We are even happier to accept donations. When we refund the deposit on an empty container, we earn about 1.5 cents for containers under 750 ml and 3 cents for containers 750 ml and larger, all for the Branch. For donated containers we earn 11.5 or 23 cents for small and large containers, respectively. If you would like to donate you don't have to come during operating hours. You can put your empties into one of the blue donation boxes in front of the Depot 24/7.

A big thank you from all the volunteers at the Depot for the generous donations from so many of our Branch members.



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

HALLOWEEN PARTY

We had a small crowd but fun was had by all.
The Band was awesome!!!





Branch 445, Callander, ON

November
Dine-In's & Music

Dinner served at 5:30

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

November 7, 2025

Roast Chicken

The Revue

November 14, 2025

Pork Schnitzel

Blue Screw

November 21, 2025

Glazed Pork Chops

Don & Friends

November 28, 2025

Fish & Chips

Timberr Country

Lest we forget...
November 11





Legion
Branch 445, Callander Ontario



CHRISTMAS CRAFT SHOW

Hosted By: Branch 445 Ladies' Auxiliary

Where: Callander Community Centre

When: November 22, 2025

Time: 9:00am to 3:00pm

**Come out and enjoy the beautiful workmanship
from our local crafters.**

The kitchen will be open.

A donation to the food bank would be greatly appreciated upon entry.





New Year Party

WEDNESDAY **31** DECEMBER

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

Music by Don & Friends



LEGION BOTTLE DEPOT

HELP SUPPORT OUR VETERANS

The program covers all wine, spirit and cooler containers over 100ml sold through **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 to the Beer Store.

HOURS

Monday	10am to 2pm
Wednesday	10am to 2pm
Friday	10am to 2pm
Saturday	10am to 2pm

VOLUNTEERS NEEDED!

Please recycle your empty alcohol containers!
Come and visit our wonderful volunteers!

*Please contact us in advance for bottle drives or large returns.
Get names, organization, and phone #.*

Pass details on to Brian Naylor (705-752-1749 or Ron Devost (705-776-1585.





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





Nurse Next Door®
home care services

Are You or a Family Member a Veteran in Need of Care at Home?

You may be eligible for coverage.



Nurse Next Door®
home care services

Personalized Home Care Services

Nurse Next Door provides home care that matches veterans with the perfect caregiver.

Next Steps

Contact us to learn more about getting started. We offer a complimentary consultation and we're available 24/7.

705-300-2655

www.nursenextdoor.com



©2023 Nurse Next Door. All rights reserved.

Application For Membership



Applicant Name: Mr Mrs Ms _____
Surname Given names

Address: _____
Street / PO Box / RR # / Site # City Prov Postal Code

Home Tel: _____ Other Tel: _____ E-mail: _____

Date of Birth: _____ dd/mm/yyyy Citizenship: _____ F M

Have you ever been a member of the Legion? No Yes If yes, Membership # _____

Membership Type

- Ordinary** – Indicate Type of Service and Service # _____
 Type of Service: Reserve "C Class" Wartime Can. Reg. Force Her Majesty's Reg. Force Reserve
 NATO RCMP R.N.F. Constabulary Wartime Allied Force Underground Force
 Coast Guard NORAD US Force Vietnam Police Force
 Cadet Instructor Cadre (CIC) Non-military
- Associate**
 Relationship: I am the spouse, widow/er, child, grandchild, sibling, niece/nephew of a person who is/was eligible for Ordinary membership. Indicate relationship: _____
 I am the child, spouse, sibling of an Associate member of Command/Branch #: _____ and whose Name and Membership # is: _____
 Service #: _____

- OR Type of Service** Cadets or Cadet Civilian Instructor Navy League of Canada
 Federal or Provincial Emergency Response Service Polish Armed Forces

- Affiliate Voting:** I am a Canadian citizen or Commonwealth subject from an Allied nation and support the aims and objects of The Royal Canadian Legion.
- Affiliate Non-Voting:** I am a non-Canadian citizen or a non-Commonwealth subject from an Allied nation and support the aims and objects of The Royal Canadian Legion.

LEGION Magazine Subscription

Membership dues include a one-year subscription rate of \$9.49 plus applicable taxes.
 I would like the French insert. I do not wish to receive my copies of LEGION Magazine.

Membership Declaration and Initiation

The Royal Canadian Legion's mission is to serve veterans, which includes serving military and RCMP members and their families, to promote remembrance and to serve our communities and our country.

I support the mission statement of the Royal Canadian Legion
I have read and agree to support the purposes and objectives of the Royal Canadian Legion (located in the General By-Laws)
I hereby solemnly declare that I am not a member, nor affiliated with, any group, party or sect whose interests conflict with the avowed purposes of the Legion, and I do not, and will not, support any organization advocating the overthrow of our government by force or which advocates, encourages or participates in subversive action or propaganda
I hereby certify that I have never been expelled from any Legion Branch or any other Veterans organization
I hereby certify that I have never been dishonourably discharged from, deserted from nor evaded service in the Forces of any country
I agree to participate in the annual Poppy Campaign
I agree to abide by the constitution, rules and by-laws of the Royal Canadian Legion.

Your signature indicates that you agree with the above listed requirements and attest to the correctness of all the particulars contained herein
X _____ Date: _____

Congratulations you are now an initiated member of the Royal Canadian Legion (Further welcoming ceremony processes are at the discretion of your local Branch)

Permission to Release Information for RCL Member Benefits Package
Dominion Command, The Royal Canadian Legion, does not rent or sell the names of members to any organization or advertiser. On occasion, Dominion Command may provide a Partner in the Member Benefits Package program with members' name and addresses to advise them of products and services being offered. Please indicate whether you consent to this procedure:

- I consent I do not consent... to share my name/address with the Member Benefits Package program.

Applicant Signature: _____ Date: _____



B.G.E.
SECURITIES

www.bgecurities.ca
sales@bgecurities.ca

**Alarm Monitoring
Video Surveillance
Home Automation
Data & Fiber Installation**

705-980-1431



Vic Fedeli
MPP/Député
Nipissing



LOOKING GREAT HAS NEVER BEEN SO EASY



LOLA'S
DESIGNER CLOTHING

581 Lakeshore Drive, North Bay
www.lolasdesignerclothing.com

Lola Jones




Jim's Locksmithing

106 Lakeshore Dr. 705 472 2080

COMMERCIAL RESIDENTIAL SAFES AUTOMOTIVE

24/7 SERVICE

NORTH BAY, ON P1A 2A6 · WWW.LOCKSANDKEYS.CA



independent
YOUR INDEPENDENT GROCER

Stuart Parker
Owner / Operator

Parker's Your Independent Grocer
1 Laurentian Avenue
North Bay, ON P1B 9P2
mon02639@loblaw.ca

Store: 705-472-8866
Fax: 705-472-8137
Cell: 705-471-7588

24 Hour Emergency Service

Dave's heating & cooling
2010 Limited

Phone: 705-472-8702
Emergency: 705-303-2418
admin@davesheating.ca

DAIKIN **Dave Boissonneault**
Owner/Operator

Air Conditioning • Natural Gas • Propane • Oil • Wood

INDEPENDENT TIRE
24HR SERVICE YOU CAN DRIVE ON

Raoul Ranger, OWNER
705.497.9459
rranger@independenttire.ca

3216 Hwy 11 North
North Bay, ON
P1B 8A6

www.independenttire.ca

Fully Insured, 15 Million Liability Insurance & WSIB
ISA International Arborist Association & Ontario Commercial Arborist Association

"Serving the North at a Reasonable Price" **Free Written Estimates**

EAGLE TREE
• 50 Years of Service •

SPECIALIZED EQUIPMENT EXPERT STAFF BRUSH CHIPPERS BUCKET TRUCKS STUMP GRINDERS LOT & HYDRO CLEARING

705-472-1818 Check out our website for a complete list of services
www.eagletreeservice.ca