

THE RCL Branch 445

Bulletin

APRIL 2026 Vol. 4



Comrades all,

For a brief few days, it looked like winter had lost its grip but that was wishful thinking. By the time you read this, I hope that most of the snow is gone, and we can start to think about sunshine, tulips and daffodils.

The Branch continues to host the Friday night dine-ins, which are going strong. The seniors activities are also well attended. All in all, our Branch is a busy place.

Just a gentle reminder that our Branch election nominations were held at the April 2nd General Membership meeting, and you can still nominate at the May Membership meeting. I encourage all members to consider running for a position. The Branch needs your support to continue being a vital part of our community.

In Comradeship,
President Richard Rhindress

President's Report Ladies' Auxiliary

On behalf of the Ladies Auxiliary, I would like to thank all our wonderful comrades who have come out and supported the Ladies on their Chicken Dine ins.

The month of March has been fairly busy, with dine-in and Seniors Lunch. The ladies have been hard at work to get ready April's Dine-ins, Seniors Lunch, and 2 upcoming sport events and Our Ladies Auxiliary Annual H-2 Convention on April 25th.

This is also our Annual Election. Good Luck to all who are running and moving on to look after all of us lovely ladies.

Our Ladies Sport teams have been very successful in the District Cribbage tournament held in Falconbridge in March. The team of Rose Guay, Kim James, Yvonne Jubinville and Barb Peace took 1st place and are going to Provincials. Way to Go, Ladies! Here's hoping for the big win at the next level. Congratulations to all the teams who took time to go and enjoy the camaraderie and play a few games of cards in the process. The next event for the Ladies will be the Team Darts on April 18th at home.

I would also like to take this time to thank the Branch for their ever-strong support of the Ladies Auxiliary and to have our backs when we need help, either in the kitchen, or just an answer to an inquiry. We're very fortunate to have such a great team of people behind us.

Thank you all for your time and Happy Easter Everyone.
Enjoy the holiday and Stay Safe.

In Comradeship

Amanda Hiscock
President Ladies Auxiliary
Branch #445, Callander

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.

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

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



2025 - 2026 Executive

President - Richard Rhindress

1st Vice - Cam Clarke

2nd Vice - Amanda Hiscock

3rd Vice - Caroline LaVictoire

Secretary - AnneMarie Rhindress

Treasurer -

Any Queries please email 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 Hebert

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.

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 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

APRIL 19, 2026

Good afternoon comrades. We are in the process of contacting all those who are illegible for years of service pins, and other awards currently.

Date of Awards is April 19th, 2026

Awards are from 12 – 4 pm

There will be a light lunch served between 12:15 and 12:30. There is a list of names that have been contacted by Chair Ron.

Please come into the branch and pick up your free ticket and if you are bringing a guest, there will be a nominal fee of \$10.00.

The cut off for ticket pick up is April 12th, 5pm.

We hope to see you all there.

In comradeship,
Ron and Amanda
Honours and Awards

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 the Beer Depot @RCL445BeerDepot@cogeco.net.

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**?

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

March 2026

Building Committee Update

Descon has completed the Feasibility Study for the Veterans/Legion/Seniors Apartment complex.

Preliminary results indicate that this is a viable project that will pay for itself.

After reviewing the study with Descon the committee has made some recommendations to Descon in regards to the number of apartments, an extra elevator, balconies, a covered walkway to Legion and possibly a roof top Patio.

Descon is in process of adding this recommendation with a cost and once completed will meet with Legion Building Committee to review.

Once Feasibility study is completed and accepted by the committee it will be presented to Legion executives and to Legion members.

Members will be contacted about 'information sessions' that will be held at the Callander Legion hopefully within the next two months.

Ron Devost

Chair

April

Dine-In's & Music

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

April 03, 2026
Closed for
Good Friday

April 10, 2026
Schnitzel
Jason

April 17, 2026
Turkey a la King
Back in Tyme

April 24, 2026
Fish and Chips
Big Fish

Happy Easter!



May

Dine-In's & Music

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

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

May 01, 2026

L.A. Chicken

Unknown

May 08, 2026

Schnitzel

Don & Friends

May 15, 2026

Wings and Pizza

Ghostrider

May 22, 2026

Chicken Alfredo

Big Fish

May 29, 2026

Steak

Hurricanes

ins / Tom Burt Charity Dart Tournament was run at our Legion.
18 Teams of 4 players participated.

Below are some of the pictures. Over \$2400 was collected to go the Cancer Society as the teams finishing in first and second donated their winnings also.



1st Place



2nd Place



Coordinators



L.A. Kitchen Staff



JOIN US TO HONOUR

**PETITION E - 6661 IN
SUPPORT OF AWARDING
THE VICTORIA CROSS**



You are invited to a Luncheon at noon, provided by True Patriot Love, followed by official remarks at 12:30 p.m.

RSVP by April 8th, 2026, at
Pauline.Rochefort@parl.gc.ca

Tele: 613-995-6255

**JOIN US AT:
131 QUEEN ST,
OTTAWA ON
RM. 8-053
APRIL 15, 2026**

**PAULINE ROCHEFORT
MP. NIPISSING—TIMISKAMING
IN COLLABORATION WITH
VALOUR IN THE PRESENCE OF THE ENEMY
TRUE PATRIOT LOVE**

UNO AWARD WINNING BAND

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SATURDAY MAY 2, 2026
ROYAL CANADIAN LEGION
- CALLANDER



////////////////////
SHOWTIME: 7:30PM
////////////////////

GENERAL ADMISSION \$45.00
WITH SALGOOD MUSIC PRODUCTIONS



SCAN FOR TICKETS

Tickets and Info at <https://www.elliottbrood.com>



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

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YOGA INSTRUCTOR**

One-hour class.

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Modifications can be made for everyone.

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

ARE YOU READY FOR STAND UP!?



STAND UP! IS A **FREE** TWICE PER WEEK FOR 12 WEEKS
FALLS PREVENTION PROGRAM FOR OLDER ADULTS

Tuesdays & Wednesdays @ 1 pm starting April 7, 2026
CALLANDER LEGION - 345 LANDSDOWNE STREET

Register with **Stand Up! Instructor Colleen Jones**
613-867-5685 or colleenstandup99@gmail.com



****SPOTS ARE LIMITED
SECURE YOURS TODAY!****



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

About the Program

It is well known that social engagement and connecting to others improves our sense of overall well-being. Veterans and their Family Members can increase their resilience and build connections that will strengthen the Veterans' community.

There are four options available in this program to assist Veterans and their Family Members.



1. Applied Peer Support Workshop

This one-day workshop offers the participant a practicum in peer support. It includes real-life scenarios to build confidence and competence in handling true-life situations that are common challenges peer support workers face.

2. 'First Step'

The 'First Step' program uses a real approach, by real people, taking on the real issues of mental illness and how to take the first step to recovery. Addressing stigma by bringing real people and well-known personalities together to have an engaging conversation about life. Provided through a series of self learning modules and "Big Shows", this program is extremely pertinent to the Veteran community.

3. Volunteer Hub

Veterans and/or their Family Members can serve their community by volunteering. To make this experience meaningful, their skills and interests will be aligned providing a sense of purpose while giving back.

4. Companionship Connection Line




Veterans and Family Members can connect and engage in one-on-one calls, speaking informally with a caring Veteran or Family Member. The connection line offers social calls that foster a sense of belonging.

To learn more about the program offerings apply online, send us an email or call.

-  ImprovingVeteransWellness.ca
-  Info@ImprovingVeteransWellness.ca
-  (613) 921-5565



Register at:

-  ImprovingVeteransWellness.ca
-  Info@ImprovingVeteransWellness.ca
-  (613) 921-5565

Program Partners



Supporting Veterans & Family Members



Mood Disorders Society of Canada
Société pour les troubles de l'humeur du Canada

To improve the quality of life of Canadians impacted by mental illness so they can live the most fulfilling life possible.



Mood Disorders Society of Canada
Société pour les troubles de l'humeur du Canada



empath

Funded by Veterans Affairs Canada
Financé par Anciens Combattants Canada



Enhancing Connections

- Applied Peer Support
- First Step Program for Veterans
- Veteran Volunteer Hub
- Companionship Connection Line



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