

THE RCL Branch 445

Bulletin

May 2026 Vol. 5





**Branch 445
Callander**

Comrades all,

The Branch hosted its Honours and Awards ceremony on April 19, 2026 and the turnout was great. Congratulations to all the members and volunteers who received their pins and certificates. I want to especially thank Ron Devost and Amanda Hiscock for their hard work in putting this event together.

I would like to recognize and congratulate Comrade Ralph Getson for his 65 years' membership with the Legion.

By the time you see the May Bulletin, our elections have likely come and gone, and I congratulate all the newly elected persons to the Executive Committee. I wish them all the best for the new 2026-2027 year.

Let's all work together to ensure our Branch continues to succeed.

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

BSO Report

April 20th, 2026

Good day, comrades,

I had the honour of attending the Victoria Cross luncheon and Petition reading on the 15th of April 2026 in Ottawa. It was an event that has humbled me being surrounded by Veterans from the Afghanistan war. It was a busy day but here is some information that I am able to share.

Every party in the House of Commons demonstrated their commitment to supporting an independent body review for the awarding of the Victoria Cross. Jess Larochelle is the first Veteran that they are hoping to have commemorated with this prestigious award. There are 4 other Veterans that will be reviewed as well. The Senate Motion was passed on April 14th, 2026. The petition was then presented by our MP Pauline Rocheford at the House of Commons and there is a 45 day waiting period for the government to respond. At this point now, it is a waiting game.

At present, there are 3 Provinces: Saskatchewan, Ontario, and Nova Scotia, who have already passed legislation supporting this independent review board and two more should be announced in the coming weeks.

While attending the House of Commons during the presentation of this petition by our MP Pauline Rocheford, both Prime Minister Mark Carney and the leader of the Opposition Pierre Polievre both shook their heads in agreement and the entire floor rose to acknowledge the 30 Veterans in the gallery. This felt like a positive step in the right direction to make this review board happen. One comment that was said was “all parties put aside their differences and came together as Canadians.” In my opinion, these are positive steps and I am truly hopeful that something will happen to have this independent body review come to fruition.

All this to say that I am following the news and the “Valour in the Presence of the Enemy” carefully and will keep you posted as things progress. The experience I had with this event will forever be in my memory as I truly got the opportunity to meet some wonderful Veterans and most of all, Anna Larochelle mother of Jess Larochelle. The media is doing a great job keeping us informed but more needs to be done. Please use the link below and contact your MP and tell them that honouring Canadian veterans is important. Trust me, it means a lot to the Veterans to know the country cares!

https://www.ourcommons.ca/Members/en/search?view=tile&fbclid=IwY2xjawRS-8dleHRuA2FlbQIxMABicmlkETFWZmxQbUpoRDF0b0l6bk5oc3J0YwZhcHBfaWQQMjlyMDM5MTc4ODlwMDg5MgABHghBYXoxQwfVnMX04MU4ay3cU2LtGpZr3MgFc0mTYHscOKUxquOv8PoQOCyQ_aem_rYGqLg27ppdo_LPf3jWE1A

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.

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 from 12:00 for people them.



Monday
available
using

There are
Tuesday

**Branch 445
Callander**

guests are
Tuesdays,

we have a Full 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**.



**Branch 445
Callander**

The Branch wants to extend heartfelt thanks to the team at the Callander Municipal Operations/Public Works department for sweeping the Legion parking lot in order for our housing officer to paint the parking lot lines.

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 Report

On April 19, 2026, Branch #445 held their Honour and awards.

One hundred and forty-five members, spouses and guests were in attendance.

Those in attendance received their year pins, certificates of appreciation,

Certificates of Merit. Also, we honoured a hardworking couple with the Legionnaires of the Year Award.

Congratulation to Ron and Jean Hurley for the many, many things they do and have done for the Legion and their comrades. We, the Honours an awards Committee would like to thank all of you for making the Awards ceremony a very great success. Thank you to the kitchen staff for a wonderful luncheon.

For those who were called and were told they were getting a pin or an award, the office will have a list and the appropriate award in the office for you.

Please see the office secretary or and awards members to pick up your award.

Thank you all again for the successful afternoon with awards.

Respectfully,

Ron Devost and Amanda Hiscock

Honours and Awards Chairs

Ron Deveau visited Emmett Busch at St Joseph Motherhouse and Fern Davidson in Sturgeon Falls hospital April 24th and gave them their 60th year medal and pin. Emmett was in the Algonquin Reserves 1947 and is 94 years old and Fern was in the RCAF in 1957 as an Airborne Paratrooper. He will be 92 this year.

They were very proud to wear their medal and pins.



Emmett Busch



Fern Davidson



Mr. Ralph Getson
Received his 65
year medal, bar
and pin He turns 92
on May 1st

Honours and Awards Photos



District H Mixed Dart Tournament

On April 25th our branch hosted the District Mixed Darts Tournament. There were 13 doubles teams and 9 4 player teams.

In doubles The team of Wes and Jody White came second with Bill and Amanda Hiscock finishing third.

In the 4 player teams, the team of Rolly Bechard, Fay Bayer, Al Clark and Nancy Clark finished in First Place, Congrats. The team of Amanda and Bill Hiscock, Angela Russo and Doug Getz finished tied for third. All Teams listed are moving forward to Provincials. Go Team Go!



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.



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



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

June

Dine-In's & Music

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

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

June 05, 2026

L.A. Chicken

Blue Screw

June 12, 2026

Schnitzel

Don and Friends

June 19, 2026

Shish Kebob

Back in Tyme

June 26, 2026

Steak

The Revue

Happy Easter!



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**

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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