



THE RCL Branch 445

Bulletin

July / August 2026 Vol. 7

Royal Canadian Legion
Branch #445
President Report

Hello Comrades: The month of June has been a wonderful learning experience and full of wonderful people willing to help with information. Myself and 3 others, attended the Legion School in Falconbridge on June 14th, 2026. The day was very informative. I recommend people going to learn what's new, and to learn about chairs that they need to know about. May 31st, 2026, was the Presidents Meeting held in Sturgeon Falls. The President and the 3 Vices and Treasurer attended the meeting. The meeting brought up concerns and solutions between branches, successes and what to do next.

The June Bulletin has made its way out to the membership in June. Cogeco only allows so many emails a day, this is why it takes so long to receive on your end. We are working to solve this issue with our provider.

The Veterans Fishing Derby was on June 20th, 2026. The Veterans had a great time and ate well upon their return to the legion. Everyone received prizes as well. Thank you, Branch Service Officer Richard, for putting the Derby Together for our fellow Veterans.

We are looking to start a history page in our bulletin. This would require a possible picture of a Veteran or a long-time member, a little write up about the person. We think it is a great way for members to get to know who is here, was here and help us all understand the long history of Branch #445. Please help to make our Bulletin even better.

Summertime is a busy 2 months for all of us. Remember, if you are in the neighbourhood, drop in for a cold one, come for Friday dinners, listen to the music and enjoy the camaraderie.

Until next time, have a great summer, stay safe. See you all in September.

In Comradeship;

Amanda Hiscock
President Br. #445

We are looking for pictures from our members showing people or events in the past relating to the Legion, Members or Veterans.

We will start a history page in the bulletin such as the pictures on page 13 of this bulletin.

Please provide a small write-up with any submissions. Please include people's names in the pictures.

Thanks

Bill Hiscock

PRO

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



2026 - 2027 Executive

President - Amanda Hiscock

1st Vice - Stuart Doucette

2nd Vice - Tom Caughey

3rd Vice - Nancy Clark

Secretary - AnneMarie Rhindress

Treasurer - Gaby Giroux

Any Queries please email rcl445@cogeco.net

Executive Committees

Branch Service Officer

Richard Rhindress

Leadership

Wes White

Membership

Sylvie Poitras

Poppy Chair

Fay Bayer

Amanda Hiscock

Public Relations Officer

William Hiscock

Sports

Rick Stanton

Youth Education

June Sampson

Track and Field

Rick Stanton

Chaplain

Vacant

Sub Committees

Banquet & Kitchen

Caroline LaVictoire

Bar Officer

Jody Hebert

Bursary

Brian Villeneuve

House & Property

Cameron Clarke

Harold McLean

Lottery

Monique Tremblay

L.A. Liaison

Senior Club Liaison

Nancy Clark

Pipe and Drums

Matt Plante

Sgt-at-Arms

Tom Caughey

Regulations

Amanda Hiscock

Bottle Depot

Brian Naylor

Building Committee

Ron Devost

Sick and Visiting

Vacant

GENERAL MEETINGS Schedule

First Thursday
of every month - 7:00 p.m.
(Unless otherwise posted)

June 4, 2026

No General Meetings July, and August

September 3, 2026

October 1, 2026

November 5, 2026

December 3, 2026

Here are some pictures from the 2026 Veteran's Fishing Derby



Congratulations to our Ladies' Auxiliary Dart team on being 2026 L.A. Provincial Champions!!

**Way to go, Amanda Hiscock, Nancy Clark,
Catherine Doucette and Rose Guay.**



ROYAL CANADIAN LEGION

CALLANDER BRANCH 445

Invite you to *Christmas* in *July*

SANTA
WILL BE
THERE!

LOTS OF
GOOD FOOD,
GAMES &
PRIZES!

JOIN US FOR A
**FULL TURKEY
DINNER**
WITH ALL THE
TRIMMINGS!



**SATURDAY
JULY 25TH**

THERE WILL BE
GAMES, PRIZES,  **FACE PAINTING
AND MORE!**



ADULTS **\$20** PP
KIDS 9 TO 17 **\$15**
KIDS 8 AND
UNDER ARE **FREE!**

 DINNER SERVES
AT **5 PM**
 DOOR OPEN
AT **2 PM**

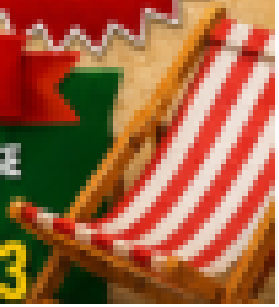
**TICKETS
GO ON SALE
JUNE 22!**

TICKETS CAN BE PURCHASED

 AT BAR LOUNGE AT
345 LANDSDOWNE
VETERANS WAY
CALLANDER

OR

 CALL TO PURCHASE
OVER THE PHONE
705 752 3773





Saturday, July 25, 2026 at 12 PM

2026 Ride 4 Jess Afghan Memorial Ride

The **3rd Annual Ride 4 Jess Memorial Ride is happening 25 July 2026.**

This annual ride is to remember one of Canada's greatest heroes who fought valiantly in Afghanistan and later died of his wounds.

We do this ride to remember Jess and all of the fallen from the War in Afghanistan and to build awareness for the campaign to award the Victoria Cross to our valiant heroes.

We are inviting all who would like to participate to come out and support the cause. There will be food, some beverages, prizes and activities after the ride in Restoule.

Brother For Brother!

We will Remember Them!

Starting point is the Royal Canadian Legion
Branch #445 in Callander.

Assemble at 11 a.m. in the Callander Legion parking lot.

For info: nordicsonsvmc8@gmail.com

LADIES

BR #

INDOOR

AUXILIARY

445

Garage

SALE

SUNDAY, SEPTEMBER 13TH, 2026

8AM-2PM

345 LANSDOWNE STREET,
CALLANDER, ONTARIO

*P.N. THERE WILL BE NO CLOTHING
AND/OR FOOTWEAR AT THIS SALE*

- HOUSEWARES
- TOOLS AND
HARDWARE
- TOYS AND GAMES
- SEASONAL ITEMS

CASH ONLY

The Bluez Brotherz are back!

Saturday October 3, 2026

Royal Canadian Legion Branch #445 Callander.

Don't miss the best tribute to the original **Blues Brothers** that you will ever see and enjoy 2½ hours of crazy fun. This performance will include Callander's own **Don Delorme** on keyboard.



THE BLUEZ BROTHERZ
NORTHERN ONTARIO'S ONLY TRIBUTE TO
THE ORIGINAL BLUES BROTHERS

The fun, the talent!

The look, moves, sound and voices of the originals!

The authentic sounds of Jake & Elwood and the band!

The songs you remember!

Amazingly talented full band with horn section!

Al Therrien as "Jake" and Vic Theriault as "Elwood"

- REVISIT THEIR GREAT SOUL AND R&B HITS -
such as Soul Man, Messin' With The Kid, Gimme Some Lovin', Shout, Rawhide, Mustang Sally, Flip Flop and Fly, Sweet Home Chicago, Do You Love Me

Tickets will be available early August at the Legion at \$30. Event runs from 7p.m.– 9:30 p.m. Doors open at 6 p.m. No reserved seating, so plan to arrive early.

A fundraising event for the Callander Legion Branch 445 Building Committee.

For information, contact Roger Acton at 705-303-3155.

From the Bottle Return Depot

We would like to thank Shawn Carr, the owner of 1886 Lake House Bistro for their cash and bottle/can donations since 2019.

This continuing donation is done in memory of his grandfather, Roy Carr a long-time member of the Legion Pipe Band.



Roy Carr Lloyd Stamp Len Guppy
First Parade Callander Legion Pipe Band
July 1, 1982



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, with at least one year 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.

LEGION BOTTLE RETURN 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 Bottle Return 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**?

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.

July

Dine-In's & Music

July 03, 2026

L.A. Chicken

TBA

July 10, 2026

Schnitzel

Ghost Rider

July 17, 2026

Fish & Chips

Back in Tyme

July 24, 2026

No Band

No Meal

July 25, 2026

Christmas in July

July 31, 2026

Steak Dinner

The Unknown

**August
Dine-In's & Music**

Aug. 07, 2026

L.A. Chicken

Hurricanes

Aug. 14, 2026

Schnitzel

TBA

Aug. 21, 2026

**Hamburger or Sausage
with corn on the cob**

Blue Screw

Aug. 28, 2026

**Steak Dinner
Don & Friends**



**September
Dine-In's & Music**

Sept. 04, 2026

L.A. Chicken

Ghost Rider

Sept. 11, 2026

Schnitzel

Back in Tyme

Sept. 18, 2026

Spaghetti

Timber Country

Sept. 25, 2026

Steak Dinner

Hurricanes

No Classes for the summer



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

Falls Prevention Class

Every Tuesday at 11:15 am
at the Callander Legion



No need to register
just show up
& have fun!



Callander Monthly Senior Foot Clinic



3rd Tuesday
RCL Branch #445
345 Lansdowne Street

Contact Sarah Harnock @
705-471-1707

to book your appointment - \$30 per person



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.

EXCITING NEWS!

We recently launched our **BRAND NEW CSS-Exclusive Website !!!**

This user-friendly website is a one-stop location to help make our program and services more visible and accessible featuring:

- ** **About Us & Description of each of our programs**
- ** **Referral Form** (for self-referral or to refer others)
- ** **Volunteer Application**
- ** **Frozen Meal Menu**
- ** **Calendar of Events** (allowing you to RSVP to luncheons)
- ** **Feedback Form**

Check it out at:

epsccs.ca



East Parry Sound CSS FROZEN MEAL DELIVERY

MEALS ARE \$7.00 & CONSIST OF MAIN COURSE & DESSERT

****NO CHARGE FOR DELIVERY - some distances may require a minimum meal order****
MEALS MAY ALSO BE PICKED UP AT OUR OFFICE IN POWASSAN MONDAY-FRIDAY

ELIGIBLE PERSONS INCLUDE:

SENIORS 65+

THOSE WHO ARE TERMINALLY/CHRONICALLY ILL

THOSE WITH A DEVELOPMENT DISABILITY

THOSE RECENTLY DISCHARGED FROM HOSPITAL (I.E. POST SURGERY)



FOR MORE INFO & TO ORDER
CONTACT CSS @ 705-724-6028



We Need Volunteer Drivers!!

We are looking to recruit more volunteer drivers to deliver hot/frozen meals and drive clients to and from appointments

Volunteers are reimbursed per km for the use of their own vehicle

Make a difference in your community
Contact us to find out how!

705-724-6028 or 1-888-521-0000



SENIORS ACTIVE LIVING CENTER

SENIORS ROOM ACTIVITIES

JULY & AUGUST

CRIB	MONDAY	1:00 - 3:30
BID EUCHRE	WEDNESDAY	1:00 - 3:30
KNIT & CROCHET	THURSDAY	1:00 - 3:00
EUCHRE	FRIDAY	1:00 - 3:30

**BOOKS, PUZZLES AND DVD EXCHANGE
OPEN TO THE PUBLIC AND ALL NON-MEMBERS**

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



B.G.E.
SECURITIES

www.bgesecurities.ca
sales@bgesecurities.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

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

Fully Insured, \$5 Million Liability Insurance & WSIB
ISA International & Ontario Commercial Arbitration Association

"Serving the North at a Reasonable Price"

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

DOWNNEY ENERGY | FIREPLACES & WOODSTOVES
Sales & Installation

Chimney Repair/Rebuilding • Wett Inspections
Chimney Sweeping • Masonry / Stonework

Blaze King | **PACIFIC ENERGY** | **705-978-0394**
Matt Downey

226 King St. Sturgeon Falls | DowneyEnergy.ltd

Callander
ACCOUNTING & CONSULTANCY

5 Main St North Callander, ON
(705) 713-0215
callanderaccounting.com



KAMPINOSITY  **DARRYL BLAY**



Tri-Axle Dump Truck
Mini Excavator
Rubber Tire Backhoe
SNOW
Plowing, Removal, Sanding
HAULAGE
Topsoil, Sand, Gravel

1615 Hwy. 94 Corbeil ON
PoH 1K0
Cell: 705-495-5144
Email: blaydb71@gmail.com