



THE RCL Branch 445

Bulletin

October 2026 Vol. 10

RCL Branch 445
President's Report
October 2026

Hello Comrades. Happy Fall. The seasons change and so do the things around the Branch. Many new events and some good changes are happening behind the scenes. We are implementing a purchase order system for the ordering of supplies. Still looking for volunteers to help in every aspect of the legion, wither it be kitchen, seniors, or odd jobs around the legion.

In the coming month, the 1st poppy will be given out on the 23rd of October. Please come out and support your poppy campaign on the 24th of October. Sign up sheets are posted

The Veterans Dinner is on the 24th of October. Calling all Veterans and their spouse/caregivers. We hope to see you all there. Tickets are at the bar.

With the changing of the weather in the coming months, please be due diligent in how you dress, what you wear on your feet and drive safely.

With this said, Happy Thanksgiving and everyone have a safe Halloween. Talk to you all next month.

Regards,

Amanda Hiscock

President, Branch #445

FROM THE LADIES' AUXILIARY 445

We have commenced a new year.

We welcome Fay Bayer, the new liaison between our Ladies' Auxiliary and the Legion.

We have initiated a new member, welcome, Rachelle Desloges Lacroix.

We have had our first meeting, September 14, 2026. It went very well.

We attended our very first tournament, Euchre, which was hosted by our comrades at Sturgeon Falls 225. Thank you for the hospitality. We had 4 teams attend and we have 4 teams going forward to Districts in Onaping Falls on October 17th, 2026.

On September 26, we hosted Singles and Doubles Darts. I know we will all enjoy ourselves.

June Sampson, President
Ladies' Auxiliary Callander Legion Branch 445



HONOURING THEIR SERVICE



**FROM THE TRENCHES TO THE PEACEKEEPING MISSIONS,
CANADIAN VETERANS HAVE ALWAYS STOOD TALL.**

LEST WE FORGET

Veteran's Dinner
October 24 2026
Time: 4:30pm - Cocktails
5:30pm - Dinner

Dress: Legion Uniform with Medals
Semi Formal
Absolutely No Blue Jeans or T-shirts

Veteran / Spouse or Caregiver - Free
Tickets available at Bar
(Tickets must be signed for by Veteran)
All others \$35.00 per ticket

We are in need of volunteers for several Remembrance Day Services and or Parades.

Please contact Tom Caughey at RCL445SGT@cogeco.net with your name, contact details and information.

Dates to be announced in October.
Thanks for your help in advance.

Tom Caughey
Sgt-at-Arms and 2nd Vice President
Branch #445 Callander Legion

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

Public Relations Officer

William Hiscock

Sports / Track & Field

Rick Stanton

Youth Education

June Sampson

Chaplain

Vacant

Sub Committees

Banquet & Kitchen

Caroline LaVictoire

Bar Officer

Jody White

Bursary

Brian Villeneuve

House & Property

Cameron Clarke

Harold McLean

Lottery

Monique Tremblay

L.A. Liaison

Fay Bayer

Seniors Liaison

Nancy Clark

Pipe and Drums

Matt Plante

Regulations

Amanda Hiscock

Sgt-at-Arms

Tom Caughey

Beer Depot

Brian Naylor

Building Committee

Ron Devost

Sick and Visiting

Vacant

GENERAL MEETINGS SCHEDULE

First Thursday of each month at 7:00 p.m.

(unless otherwise posted)

October 1, 2026

November 5, 2026

December 3, 2026

January 7, 2027

February 4, 2027

March 4, 2027

April 1, 2027

May 6, 2027

IMPORTANT INFORMATION FOR THE 2026 POPPY CAMPAIGN



Beginning in 2026, the National Poppy Campaign will run annually **October 24–November 11**

The Dominion Executive Council has approved a standardized annual period for the National Poppy Campaign. **Beginning in 2026, the campaign will run each year from October 24 through November 11.** This consistent annual period will ensure Branches have enough time to carry out a successful campaign and will provide greater certainty for Branches, partners and the public.

Read more at portal.legion.ca/poppy-campaign

Help Canadians find a Remembrance Day ceremony near them

Each year, Canadians look for a place in their community to honour and Remember Canada's Veterans and Fallen. Please submit or update your Branch's 2026 Remembrance Day ceremony through our online form using last year's login credentials, or create a new listing.

Your information will help Canadians find a place to Remember on November 11.

Enter your ceremony at Legion.ca/add-your-ceremony



Thank you for your commitment to the Poppy Campaign and for helping Canadians come together in Remembrance.



Branch 445

Remembrance Day 2026

Tag days for this year's Poppy Campaign are October 24, October 31, and November 7. A sign-up sheet will be set up in the Lounge. Please volunteer a few hours to help out.



Callander's Remembrance Day Ceremony

will be held on Wednesday, November 11, 2026. 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.



Bursary Assistance Program

The Royal Canadian Legion
Ontario Provincial Command Branches and
Ladies' Auxiliaries Charitable Foundation

We believe in the power of education to transform lives. Our bursary aims to support bright minds who are committed to making a positive impact through learning.



Who Can Apply

- Children, grandchildren, or spouses of Canadian Armed Forces members (past or present) or of Commonwealth War Veterans
- Children or grandchildren of Royal Canadian Legion Ordinary, Life Members or Ladies' Auxiliary Members
- Children of Associate Legion Members



Required Documents

- OSAP Documentation
- School Endorsement
- Completed Bursary Application
- Membership Verification
- Proof of Service (if applicable)



Application Timeline

- Applications open in September
- Deadline: Last Friday of March (annually)
- Apply early – limited funding available

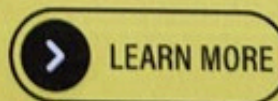
The Royal Canadian Legion Ontario Command
89 Industrial Parkway North
Aurora, Ontario L4G 4C4



1-888-207-0939



bursary@on.legion.ca





CALLANDER LEGION

BRANCH 445

345 Veterans Way, Landsdowne

Live
Music!

LAST PERFORMANCE
IN NORTH BAY!

THE

BLUEZ BROTHERZ

THE BEST TRIBUTE YOU WILL EVER SEE!

MUSIC
LAUGHS
GOOD TIMES!

DON'T
MISS IT!

2 1/2
HOURS OF
CRAZY FUN!

SATURDAY, OCTOBER 3

AT THE CALLANDER LEGION

DOORS OPEN: 6:00PM | SHOWTIME: 7:00PM - 9:30PM

★ \$30.00 PER PERSON ★

PURCHASE TICKETS AT THE BAR
OR PURCHASE BY PHONE

📞 705-752-3773

LIMITED TICKETS AVAILABLE
GET YOURS SOON!



SHOW YOUR TICKETS TO YOUR SERVER
WHEN ORDERING YOUR MEAL
THE NIGHT OF THE EVENT AND GET

10% OFF!

★ PROCEEDS SUPPORT CALLANDER LEGION BRANCH 445
BUILDING COMMITTEE & PROPOSED SENIORS APARTMENT BUILDING ★

GREAT MUSIC ★ SUPPORT A GREAT CAUSE ★ SEE YOU THERE!



Callander 65+ Seniors Lunch

Thursday, October 8th

Royal Canadian Legion Branch #445

\$10/PER PERSON

Call the CSS Office to reserve one week in advance

Please call to cancel if you can't make it

705-724-6028

or go to the Calendar of Events on our website to RSVP

www.epscss.ca

October Menu:
Ham & Scalloped Potatoes





HALLOWEEN PARTY

Saturday, October 31, 2026

Callander Legion

Doors Open: 7 p.m.

Music by:

The Unknown: 8 p.m.

Late Lunch Served at 11 p.m.

Admission: \$35 per person

Tickets go on sale at the bar on October 1, 2026.

Costumes • Music • Dancing • Fun

Come dressed in your Halloween Best and join us for a spooky good time!

For information, contact the Legion at 705-752-3773





Lola's Designer Clothing
& LADIES AUXILIARY BRANCH 445

HOLIDAY FASHION SHOW & COOKIE WALK

COOKIES, FASHION & FUN!

WHEN:
Sunday, December 6th, 2026

COOKIE WALK: 11:00 am - 12:30 pm

FASHION SHOW: 12:30 pm

WHERE: ROYAL CANADIAN LEGION BRANCH 445, 345 LANDSDOWNE AVENUE, CALLANDER, ONTARIO

****ENTRY FEE: MONETARY DONATION****
(Kindly support our cause)

****PROCEEDS FROM THE DOOR GOING TO THE HOMELESS VETERANS PROGRAM****

DONATIONS FOR HOMELESS VETERANS

The Callander Legion has many activities for our members and general public.
The Branch is open Monday through Saturday from 12:00 – 5:00 p.m.

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 elite mixed league. The competitive dart league plays on Wednesdays, and we have a pop-in mixed league on Fridays, where you can spare for fun or join a team.

The Seniors Active Living Centre (seniors room) is abuzz with a variety of activities such as crib, shuffleboard, knitting, crochet and euchre. Come check out these activities in the Seniors’ Room from 1:00 – 3:30 p.m. (Monday – Friday).

Tuesdays there is **intermediate Tai Chi** from 9:30 – 11:00 a.m. and immediately at 11:15 am. following is the **Falls prevention class**.

Line dancing happens on Monday evening; beginners start at 6:00 p.m., and the advanced group starts at 7:00 p.m.

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 Branch is hosting their senior's dinner/luncheon in the Main Hall.

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 – 50 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 Building Committee update Oct 2026

Callander Council is considered a “Lame Duck Council” at this time due to the upcoming municipal elections.

All councils in Ontario are restricted under the Ontario Municipal Act in making any major decisions that could affect incoming administration. Callander Legion is looking for Callander council support as a guarantor to move the project forward. This has been delayed until new council is sworn in at which time Descon and Building Committee will meet with new council.

Descon Construction and Legion Building Committee are arranging a meeting with Callander’s new CAO Sabrina Pandolfo to give her the latest information and facts on this proposed Legion Senior Apartment project.

Legion Building committee fundraiser Saturday Oct 3/26
“Bluez Brotherz” concert.

Hope to see you there and enjoy the changing of the fall leaves.

Ron Devost
Chair

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.

Legion 

legion.ca



October Dine-In's & Music

Oct 02, 2026

L.A. Chicken

5:30 to 6:30

Don & Friends

Oct 09, 2026

Schnitzel

5:30 to 6:30

Jason

Oct 16, 2026

Wings & Fries

5:30 to 6:30

Timber Country

Oct 23, 2026

Lasagna

5:30 to 6:30

T. B. A.

Oct 30, 2026

Fish and Chips

5:00 to 6:30

The Unknown

November Dine-In's & Music

Nov. 06, 2026

L.A. Chicken

5:30 to 6:30

Blue Screw

Nov. 13, 2026

Schnitzel

5:30 to 6:30

Don & Friends

Nov. 20, 2026

Open Face

Hot Roast Beef

5:30 to 6:30

Back in Tyme

Nov. 27, 2026

Fish and Chips

5:00 to 6:30

Timberr Country

Callander Stay On Your Feet Class

Every Tuesday at 11:15 am

Royal Canadian Legion Branch #445 - Callander

Classes are geared to older adults and those experiencing difficulty with balance for falls prevention
Class is **FREE** - no need to register just show up & have fun!



All levels of ability welcome!!

For more info contact the CSS office at 705-724-6028



LEGION BRANCH #445 FITNESS CLASSES



Tuesday, September 8, 2026 onwards

Intermediate Tai Chi: 9:30 a.m. to 11:00 a.m.

Bring indoor flat shoes



Wednesday, September 16, 2026 onwards

Active Fitness: 9:30 a.m. – 10:30 a.m.

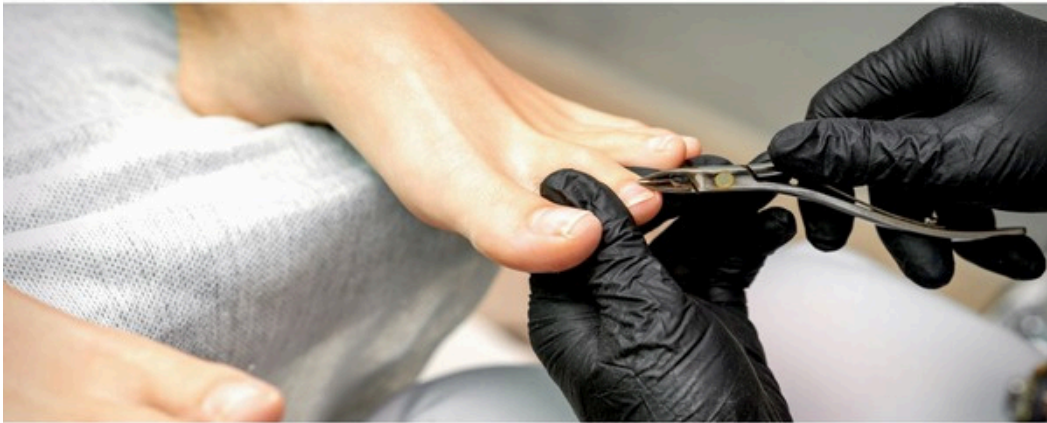
Bring exercise mat, yoga block, weights, exercise bands and indoor runners

Chair Fitness: 11:00 a.m. – 12:00 p.m.

Bring light weights, yoga block, exercise bands and indoor runners

Donations would be appreciated

Callander Monthly Senior Foot Clinic



3rd Tuesday
RCL Branch #445
345 Landsdowne 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



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Seniors Active Living Centre Activities

Monday	- Crib
2 nd & 4 th Tuesday	- 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.

More events and activities are being considered for the future.
If you require more information, please contact the Branch at
705-752-3773.



Callander IDA
93 Main St. N., Callander
705-752-3388

Welcome Back, Callander!

Your Community Pharmacy at Callander IDA

Hello, Callander! We'd like to take a moment to re-introduce ourselves to our community and let you know a little more about what your local pharmacy has to offer.

As a privately owned, independent pharmacy, we're proud to provide the services and convenience you would expect from a larger pharmacy, while maintaining the friendly, personal service that comes with being part of a small community.

Our pharmacists are available Monday through Saturday and can help with a wide range of healthcare needs, including injections, minor ailment assessments, medication reviews and easy-to-follow compliance packaging. We're always happy to answer questions and help you get the most from your medications.

More Than Just a Pharmacy

We also carry a growing selection of over-the-counter medications, snacks, seasonal items and front-shop essentials. We're especially excited about our brand-new selection of L'Oréal and Maybelline cosmetics!

And if you're looking for a little something special, come and have a look at our giftware section, with new products and décor expected to arrive over the next few weeks. There's always something new to discover, whether you're looking for a gift, a little something for your home, or simply something special for yourself. We'll also be adding gift cards to our offerings in the near future.

A Special Welcome to Our 55+ Community

We're pleased to offer our Senior Savings Program, with 10% off to everyone aged 55 and over. We want to make shopping local not only convenient, but affordable too!

Proud to Be a Community Partner

We're particularly pleased to be a community partner with the Callander Legion. We look forward to getting to know the Legion's honoured members and building lasting relationships within the community.

Most importantly, we want Callander IDA to be a place where you feel welcome. Whether you're picking up a prescription, looking for a little health advice, browsing our giftware, or simply popping in to say hello, we'd love to see you.

Come meet our incredible staff and discover your local pharmacy.

Callander IDA — proud to be part of the Callander community.

93 Main St. N., Callander | 705-752-3388 (tel:705-752-3388)

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

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Financé par Anciens Combattants Canada

Canada

The opinions and interpretations in this publication are those of the author.



Enhancing Connections

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

