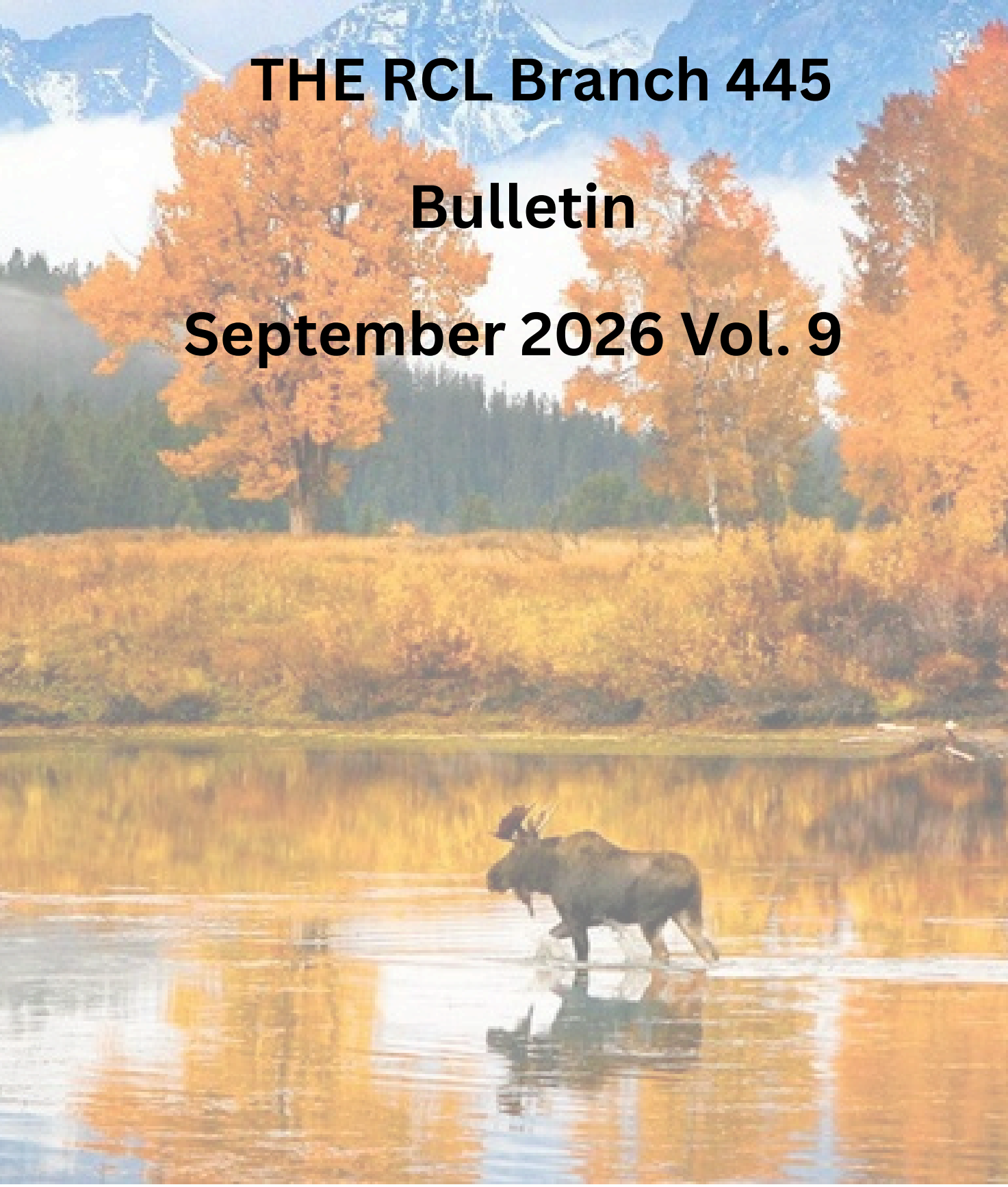




THE RCL Branch 445 Bulletin September 2026 Vol. 9

PRESIDENTS' REPORT

SEPTEMBER 2026

Comrades all. Here is to hoping everyone had a great summer and visited with family and friends.

These few months have been a learning experience for me as well as all our new executive chairs. With the help of those who are knowledgeable in the background, helping to make the process an easy transition.

The July and August months have been busy at the Branch. With Dine ins, fitness class, line dancing classes, Seniors Cards, etc. The Seniors Active Living Program as been re-instated under the branch.

We are looking forward to offering new programs, as well as the old ones, for the Seniors in our community to enjoy. Such things as Cards, Shuffleboard, darts, cornhole, card making classes, possible paint classes, etc.

We are also thinking of some afternoon dance and music days to help the winter months pass quickly. Also, we will still be offering a luncheon in the winter and dinner in the fall and spring, the 3rd Thursday of every month.

We are always looking for ideas and events to host for our seniors, so if you have any suggestions, please do not hesitate to bring them forward.

The Branch inspection went well in August, with just a couple of hiccups, that were quickly fixed.

I would like to take this time to inform all of you, in full disclosure, the Branch as been given some options as to where possible changes to monies spent could be alleviated and that would make the Branch more profitable. Options are being looked at, and we will bring the changes to you soon.

I must give a Huge Thank You, to all our Volunteers, who have given of their valuable time over the summer, to help in the kitchen, Beer Depot, bar, banquets, and general maintenance of this wonderful Branch. Without all of you, this building would not sustain the many functions we have. Thank you, Thank you.

Thank you for intrusting me with the task of helping our general membership have a wonderful place to come and enjoy a chat, or drink, or party. Come and enjoy a wonderful meal and listen to great music on Fridays.

In Comradeship,
Amanda – President Br. #445

Good day, from the Ladies' Auxiliary of the Royal Canadian Legion, Br#445 Callander
First - Let me introduce you to the executive for the 2026/2027 year:

President – June Sampson

1st Vice – Caroline LaVictoire

2nd Vice – Carol Montgomery

Treasurer – Kim James,

Secretary – Amanda Hiscock

Sports Officer – Jackie MacKenzie

Sgt-at-Arms – Cecile Farmer

Executive Committee

Bonnie Chapell – Sick & Visiting

Claire Periard, Janet Gushue, June Hamilton – Special events

Dianne Carlyle – phone committee

Second - We, the Ladies' Auxiliary, always enjoy when new people join our great group, in our goal to assist our branch and our veterans, as well as enjoying the camaraderie of each other's company and the camaraderie of other Ladies' Auxiliary ladies, when we play against them in sporting events.

In fact, we wish to congratulate our ladies who won the Provincial Team Darts in Collingwood – Amanda Hiscock, Nancy Middleton-Clark, Catherine Beaulne-Doucette and Rose Guay.

If you are interested in becoming part of this great group, please fill out Application Form, located at the bar in the Branch.

Yours in comradeship

June Sampson, President

Branch Service Officer's report

Comrades All,

Now that summer is nearing its end, it is time to provide you with a short update on the activities at the Branch.

During our July's Veterans Coffee comrade Tony Bernier was presented with his Quilt of Valour, and surrounded by family and friends the Branch congratulated him on a well-deserved recognition for his years of service.



The annual veterans dinner is scheduled for Saturday, October 24, 2026. All veterans and their spouse/partner/caregiver can attend for free. Write it down on your calendar. Further details will be provided closer to the actual date. Keep an eye out for the information on the Branch's Facebook page and/or the October Bulletin. If any help is required regarding VAC, do not hesitate to contact me.

Richard Rhindress
Branch Service Officer
Branch 445 Callander Legion



WE REMEMBER



— LEST WE FORGET —

TONY STETZKA
JUNE 9, 2026

BARRY MILLS
JULY 19, 2026

JUDY SULLIVAN
AUGUST 13, 2026



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)

September 3, 2026

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

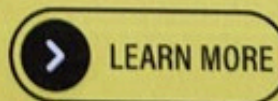
The Royal Canadian Legion Ontario Command
89 Industrial Parkway North
Aurora, Ontario L4G 4C4



1-888-207-0939



bursary@on.legion.ca



September 2026 Bulletin

It's hard to believe we are in August already (as I write this). Where did summer go? Wasn't it just yesterday most of us were complaining about the cold and snow? How fast this season flies compared to others.

I would like to take this opportunity to thank everyone who commented on our front garden entry way. If I must say so myself, I am exceptionally pleased with its performance this year. But I am not and cannot take all the credit. Without the assistance of others, our entry would not be as well attended as it is.

A special round of applause goes out to Barbara Brooks and Annemarie Rhindress for their time and talents as well. Without them - especially during that hot spell - we would be greeted by half-baked vegetation!

Just a reminder to shop locally when doing your gardening and landscaping. Without the generous contribution from the following merchants, our meager budget wouldn't have done its job! In no particular order, a big "THANK YOU" goes out to:

Foodland Callander
L'Ami's Garden Centre
Laporte's Nursery & Greenhouses Inc.
Burrows Country Store & Garden Centre
RONA
Canadian Tire

Thank you again for all the positive feedback. It's been an honour and pleasure.

Mary K. Samson
Volunteer Gardener





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.



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.



HALLOWEEN PARTY

Saturday, October 31, 2026

Callander Legion

Doors Open: 7 p.m.

Music by J.A.M.: 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



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 stars 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 – 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.

Legion 

legion.ca



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

October Dine-In's & Music

**Oct 02, 2026
L.A. Chicken
Jason**

**Oct 09, 2026
Schnitzel
Ghost Rider**

**Oct 16, 2026
Wings & Fries
Back in Tyme**

**Oct 23, 2026
Lasagna
The Revue**

**Oct 30, 2026
Fish and Chips
The Unknown**

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.

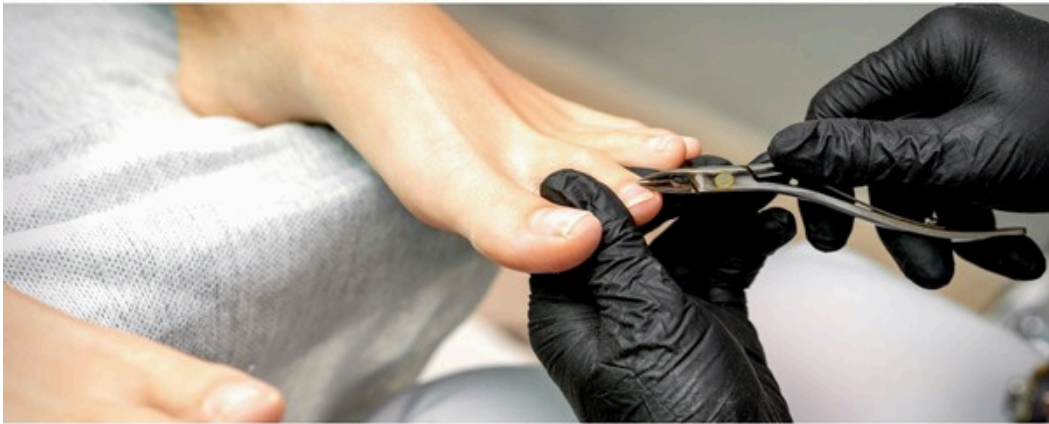
Bring exercise mat, yoga block, weights, exercise bands and indoor runners

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



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www.nursenextdoor.com



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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 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.

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

Canada



Enhancing Connections

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



www.bgesecurities.ca
sales@bgesecurities.ca

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www.eagletreeservice.ca

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Email: blaydb71@gmail.com

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