Branch 445
Callander

THE RCL Branch



Bulletin

November 2026 Vol. 11

Branch 445
Callander

Presidents Report
November 2026

Greetings Comrades;

The Branch has started to become very busy with meals, celebrations of life, birthday parties, anniversary parties and preparing a meal each month for the Seniors Active Living. As well as the Ladies' Auxiliary also has become busy, including serving 2 meals a month, which includes the East Parry Sound lunch as well.

Side Note: When I joined this Legion, I joined to give of my time and skills to help this legion along the way to prosper for our Veterans and Seniors in our Area. Never once, has it ever crossed my mind to need a pat on the back for anything I have done for my Legion and Veterans.

It is easy to say, "I am a member of the Legion", but when you signed up, your oath indicated you would help with the Poppy Campaign and support the Legion in other areas. Please do not forget the reason for joining: Supporting the Branch, its Veterans and community.
There are 533 plus members of this Branch. Maybe it's time for members to start asking themselves, why did I join? The reason I bring this up is since we are always asking for people to volunteer, yet only a few of our members step up to the plate. If every one of our members would volunteer once a month, we would never have to ask/beg for volunteers. Think about it. Maybe, you, the member, need to look at what being a member means to you. To all the members who work tirelessly in person or behind the scenes to help this branch survive, Our Heartfelt Thank you to each and every one of you.

The Poppy Season is upon us once again. Thank you to those who have signed up to help with the campaign. Those of you who are new or old members, there are still time slots available. Remember your oath to your legion.

Have a Wonderful November. See you at the next meeting.

Kind Regards,

Amanda
President Branch #445

Branch 445
Callander

LADIES' AUXILIARY CALLANDER BR #445

Good day

On September 26th, 2026, we hosted Singles and Doubles [darts] at our Legion. Even though only the Sturgeon Falls 225 Ladies' Auxiliary attended this tournament, we all had great fun. A number of ladies from both Auxiliaries are going ahead for Districts in Onaping Falls on November 21st, 2026.

On November 14th, 2026, we will again be hosting a tournament at our Legion, Team Darts. We hope to see more ladies from other Auxiliaries attend this tournament. We will keep you apprized of the results of this tournament once same has been held.

There will only be one further tournament in we will be able to have fun at, which will be Cribbage. Same will take place on January 16th, 2026 at Legion 599.

On October 24th, 2026, October 31st, 2026 and November 7th, 2026, our ladies will be feeding the people who are out volunteering for our Legion Poppy Tag days.

November 21st is the date for our annual Craft Show at the Callander Community Center from 9:00 am to 3:00 pm. A donation to the food bank would be appreciated.

We will be hosting a breakfast for the veterans and their guest on Thursday, November 26th, 2026.

We will be doing a fundraiser by selling “tasty” tarts, keep an eye out for our flyer.

Again, we look forward to having ladies join our Auxiliary, the more the merrier.

June Sampson, President
Ladies' Auxiliary
Callander Legion Branch 445

Legion 100 1926 · 2026
Branch 445
Callander

BUTTERTART SALE

Presented by the Ladies Auxiliary Br. 445



FLAVOURS AVAILABLE

- PLAIN
- COCONUT
- RAISIN
- PECAN

COST: $12.00 FOR 6

PICK UP DATE: NOV 17, 2026

LOCATION: CALLANDER LEGION

(12 to 4pm)

PROCEEDS GOING TO
THE AFGHANISTAN MONUMENT IN RESTOULE
IN MEMORY OF JESS LAROCHELLE

Annual 1st Poppy Ceremony









Veteran's Dinner

















Charles (Chuck) White
September 30, 2026

Eileen Ward
October 4, 2026

Al Richards
October 12, 2026



In Memory of Our Deceased Members

RCL Branch 445

Legion

Branch 445, Callander

Lest we forget

The Royal Canadian Legion's
2026 National Poppy Campaign
Join us November, 11th at 9:30 am for a
Church Service at Branch 445.

November 11

The Callander Legion Pipes and Drums, the Colour Party, and members of the Legion will parade along Veterans' Way to the Callander Cenotaph (Peace Park) for services at 11:00 am. Please arrive by 10:45 am.



The Callander Legion
Branch 445
Ladies Auxiliary

CRAFT SHOW

Saturday, November 21st

Callander Community Center

9 AM to 3 PM



Over 40 Booths to come and see!

Entry fee is a donation to the Callander Food Bank.

Come check out all the great booths!

Wonderful crafts and gifts, right in time for the Christmas season!

Kitchen Will Be Serving


Water & Pop


Coffee & Tea


Soup


Sandwiches


Cinnamon Buns

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

Legion 100 1926 · 2026
Branch 445
Callander

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

Branch 445
Callander

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

VACANT!!

Bar Officer

Jody White

Bursary

Brian Villeneuve

House & Property

Cameron Clarke

Harold McLean

Lottery

Wes White

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

Branch 445
Callander

GENERAL MEETINGS SCHEDULE

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

(unless otherwise posted)

November 5, 2026

December 3, 2026

January 7, 2027

February 4, 2027

March 4, 2027

April 1, 2027

May 6, 2027

Legion Branch 445 Callander

1926 · 2026

Callander 65+ Seniors Lunch

Thursday, November 12th
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 RSVP online at
www.epscss.ca

November Menu:
1 Piece Fish & Chips

East P'ary Sound
Community Support Services


Legion
CALLANDER LEGION
BRANCH 445
345 Veterans Way, Callander | 705-752-3773
Seniors
LUNCHEON
THURSDAY, NOVEMBER 19TH
Starts at 12:00 Noon
$14
PER TICKET
MENU
Breaded Chicken
Tickets can be purchased through the bar.
Tickets on sale until November 12th.
Subsidized by the SALC

VOICES FOR HOUSING

CALLANDER LEGION 445

BRANCH 445 REGIONAL SINGING CONTEST

Saturday, November 21, 2026

10:00 AM 6:30 PM

CALLANDER LEGION



General Admission at the door: $10 | Kids under 13 are free.

All proceeds to the Callander Legion Veterans & Seniors Housing Project

Kitchen opens at 11:30am

Youth • Kids • Seniors • Adults

Entry boundaries:
Open to residents of Greater Sudbury, Nipissing District & Parry Sound District

For more information:
Call: 705-471-8655
or email
voicesforhousing445@gmail.com

Sponsored by Vrebosch Music


VETERANS' BREAKFAST
HONOURING THOSE WHO SERVED
THURSDAY, NOVEMBER 26, 2026 | 9 AM TO 11:30 AM
ALL VETERANS & GUESTS WELCOME | BUFFET STYLE
ROYAL CANADIAN LEGION
BRANCH 445, CALLANDER, ONTARIO
Hosted by L.A. (Ladies Auxiliary)
L.A.
Royal Canadian Legion Branch 445, Callander, ON
345 Lansdowne St., Callander | Proudly Serving our Veterans


Legion
CALLANDER LEGION
BRANCH 445
TURKEY BINGO
BINGO
12 18 41
7 26 39
BINGO
4 27 44
8 30 52 61
B 7
I 18
N 36
G 53
O 68
DECEMBER 5TH
1:00 PM – 5:00 PM
DOORS OPEN AT 12:30 PM
20 REGULAR GAMES
AND
1 FINAL BIG GAME
345 Landsdowne Street, Veterans Way
Callander, Ontario
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)
DONATIONS FOR HOMELESS VETERANS
PROCEEDS FROM THE DOOR GOING TO THE HOMELESS VETERANS PROGRAM


NEW YEAR'S EVE
Party
Ring in the New Year
with the
CALLANDER LEGION
Live Music by
The Hurricanes
Dinner Starts
6:00 PM
Band Starts
8:00 PM
Dance Open
7:30 PM
Dinner Menu
Beef Wellington
with Salad
and Dessert
Dinner & Dance
$50
per person
Dance Only
$25
per person
Late Night Snack
Champagne Toast at Midnight!
Tickets Can Be Purchased Through the Bar
CALLANDER LEGION
BRANCH 445
345 Landsdowne Veterans Way, Callander
705-752-3773

Legion Branch 445 Callander 1926 · 2026

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 a buzz 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 – 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 Branch 445 Callander

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.

Legion 100 1926 · 2026
Branch 445
Callander

November
Dine-In's & Music

Nov. 06, 2026
L.A. Chicken
5:30 to 6:30
The Hurricanes

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

December
Dine-In's & Music

Dec 04, 2026
L.A. Chicken
5:30 to 6:30
The Unknown

Dec 11, 2026
Schnitzel
5:30 to 6:30
Jason

Dec 18, 2026
Open Face Roast Beef
5:30 to 6:30
Simple Interest

Dec 25, 2026
Closed
Merry
Christmas


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
East Parry Sound
Community Support Services
LEGION

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

Legion
Branch 445
Callander
1926 · 2026

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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Legion

Branch 445, Callander Ontario

Seniors Active Living Centre Activities

Monday	- Crib
2nd & 4th 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 PHARMACY EST 1932

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

💉 Three Vaccines to Consider This Fall

As we head into the colder months, respiratory illnesses such as influenza (flu), COVID-19 and RSV become more common. Vaccination can help reduce your risk of serious illness, hospitalization and complications.

🦠 FLU — Every Fall

The flu vaccine is recommended every year for everyone 6 months of age and older. This is especially important for older adults and people with certain chronic health conditions, who are at greater risk of complications from influenza.

For adults 65 and older, enhanced flu vaccines, such as high-dose or adjuvanted vaccines, are preferred when available.

😷 COVID-19 — Keep Your Protection Up to Date

COVID-19 vaccination is recommended for everyone 6 months of age and older in Ontario. Staying up to date is particularly important for adults 65 and older and anyone with health conditions that increase the risk of severe COVID-19.

Flu and COVID-19 vaccines can be given during the same visit, making it convenient to get protected for the respiratory illness season.

🫁 RSV — An Important One for Older Adults

RSV is often associated with babies and young children, but it can also cause serious respiratory illness in older adults, including hospitalization.

In Ontario, the publicly funded RSV program covers:

All adults 75 years of age and older
Adults 60–74 who meet specific high-risk criteria, including certain residents of congregate living settings and people receiving dialysis, living with certain immune conditions, receiving chronic oxygen therapy, or belonging to other eligible groups.

Callander IDA does not administer publicly funded RSV vaccines, but we can help you determine whether you may be eligible and help you find out where you can receive your publicly funded RSV vaccine.

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

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

Legion
Branch 445
Callander
1926 · 2026

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Cell: 705-495-5144
Email: blaydb71@gmail.com

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