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Foxy's Tales



April 2012

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Immediate Past President	Mavis Lewis
1 st Vice-President	Harv Renaud
2 nd Vice-President	John Villeneuve
Secretary	Wendy Ryan
Treasurer	Shirley Morris
Sgt-at-Arms	Mike Saull

Branch Committee Chairs

Bar	Rene Douville (elected)
Bursary	Elizabeth Douville
Bulletin & L.A. Liaison	Wendy Ryan
By-Laws	Hilda Moore
Cenotaph	Colleen Jones
Chaplain	Rev Carla Van Delen
Hall Bookings	John Olsen (elected)
Historian	Wendy Ryan
Honours & Awards	Hilda Moore
Training & Organizational Programs	Harv Renaud
Membership	Jane Louks (elected)
Nevada	Joyce Forbes (elected)
Poppy Chairman	James Becking (elected)
Property Maintenance	Don Wakerell
Public Relations	Wendy Ryan
Seniors Programs	Jane Louks
Sick & Visiting	Gwladys Reynolds
Solicitations	Shirley Morris
Sports	Mavis Lewis
Youth	Elizabeth Douville (elected)
Veterans Service Officer	Brian Goss
Ways & Means	Mavis Lewis

Ladies Auxiliary Executive

President	Shirley Beardsell
Imm. Past President	Joyce Lavoie
1 st Vice-President	Heather Murphy
2 nd Vice-President	vacant
Secretary	Edna Monahan
Treasurer	Joyce Forbes
Sports	Lorraine Gauthier
Sgt-at-Arms	Mavis Lewis

L.A. Committee Chairs

Catering	Mavis Lewis (elected)
Membership	Gwladys Reynolds (elected)
Sick & Visiting	Gwladys Reynolds (elected)
Telephone	Joyce Clench (elected)



President's Message

Last month I stated I had nothing to write about and added a bit of the history/origins of Richmond. As I have beaten the bushes on nominations/volunteering for the upcoming elections I will leave it for the members to decide. If there are no nominations for President I have agreed to stand for another term. That being said, I now will have to come up with topics for the Presidents Message for the next year (wow).

Reading about Richmond's history gave me a thought that it might be interesting to tell the community and members a little bit about the Branch. If I have to go up in the attic to get old documents and minutes I will. We also have many pictures and newspaper articles that were used in our Annual Scrapbooks going back many years.

As we go through the events, pictures and newspaper clippings you will notice the part Branch 625 played in Richmond. The Branch has always been open to the Community and the support given back to us has resulted in our ability to give our support back to Richmond and District in the form of donations to worthy causes. This has resulted in a lovely circle over the years, a circle we wish to continue. As you read the articles over the next several months you will recognize people in the pictures and stories, their names, and maybe even yourself and get a glimpse of the Richmond Legion.

Before I begin, I wish to welcome the new members to the Branch. I sincerely hope you enjoy your membership, the comradeship, and participate in service to our Veterans and the Community. This series of articles will hopefully bring you up to speed in our history.

Brian Goss

Next General Meeting, Friday, April 27, 2012 11 am

Year End—Petty Cash

Please note that our year end is coming up on May 31, 2012 and everyone is asked to return all petty cash and receipts to the treasurer before that day so the books can be closed off for the year. Thank you for co-operating

Keys to the Branch

Anyone who has a key to the branch is asked to contact Brian Goss so our list can be updated. We need to set a new alarm code and password and this will be done by May 31, 2012. If you have a key to the branch you will be given the new code and password but if you don't contact Brian we will have no way of knowing. Thanks



LA Report

Our next meeting is on April 30 at 7 pm. Don't forget the annual elections will be held at the meeting on May 28.



Ways & Means

Our first annual Spring Fling was held on April 14 and I think we can call it a success. We had competition from other activities in the village (not to mention playoff hockey) but we had about 70 people. Thanks again to Hyde Park for their support. Without them most of our events would have about 30 people! Thanks to Pam & Doug Champagne for providing the music and to everyone who provided the food for the hot and cold buffet. We had cabbage rolls, meatballs, chicken wings, potato salad, coleslaw, jelly salad, bean salad and the list goes on. (Mavis prepared most of the meat dishes I think). Thanks to everyone who helped set up (Johnny Villeneuve, John & Lis Olsen) and to those who served and cleaned up.



Our dart banquet finished off the season in style and about 48 people attended. Not bad since we only have about 60 people playing and once again we were competing with the hockey playoffs. Thank you to Jane Louks for organizing another delicious meal and to everyone who helped set up, prepare and clean up. Thanks to Mark McGuire of Sound Union for the great music and karaoke night.

Our next karaoke will be on Saturday, April 28 –doors open at 8 pm and there is a \$5 cover charge. Come on out and have some fun.

We will be taking part in the Village Garage Sale on Saturday, May 12, 2012. If you have any clean, working items suitable for the sale and would like to donate them, please drop them off at the branch during the first week of May. We also need some people in the hall to help set up and man the tables. Please contact Mavis Lewis to volunteer.

Our barbeques will be starting up again with the first one slated for May 25. They will run from 4:30 to 6:30 pm each time and menu prices and details will be in the next month's bulletin.

Thanks again to everyone for their help and support.

Wendy Ryan for Mavis Lewis

Club 55



Hello everyone don't forget our meeting on May 3rd. We will commence with a breakfast with eggs and all the trimmings, followed by our meeting.

Please remember that our elections will take place at this meeting. Several of our chairpersons have been doing their jobs for a long time. I am asking all chairpersons to let me know as soon as possible if they will be staying on.

I would like to thank Shirley Morris and Edna Monahan for taking care of things when both Joan and I were in the sunny south.

Jane Louks

Membership Report

Our fully paid-up members for 2012 stands at 141. We have 6 non-renewals for 2012, 1 transfer and 1 person moved.

I have two members to get approved at the General Meeting they are: Gisele and Peter Moore.

This will bring our membership to 143.

Jane Louks



Rideau-Perley Vets Visit

We will be having our annual visit from the Rideau Perley Vets on May 15th.

These vets look forward to coming to our branch for some great food, entertainment and most importantly CONVERSATION and COMPANIONSHIP.

We expect to have about 20 vets and it would be nice to have one branch member for each of them.

So please put this on your calendar. You should be at the Legion by 11:30 to greet them when they arrive.

Jane Louks

Founding of the Branch – 1973-1974

The information below was taken from an article put together by Hilda Moore, taken from clippings from the Stittsville News 1973-74 and various articles selected from the branch scrapbooks.

Charter Night – Branch 625

(L-R) Bob Barkley, John Dixie, Frank Jeffries, Mary Christie, Stuart Christie, Stan Banner, Gordon Hotchkiss, Shelley Spearman, John Pickett, Honair Caron, unknown, Roger Bourgeois, Lillian Jefferies and Bill Moore.

The first meeting of a group of veterans interested in forming a Richmond branch of the Royal Canadian Legion was organized by Gordon Hotchkiss in April 1973. While our Charter was granted on 10 July 1973, a Charter Inaugural Dance on 22 September 1973 marked the official launch of Richmond and District Branch 625 of the Royal Canadian Legion. This first social event was held in St. Philip's School with Zone Commander Bill Meiz and Reeve Betty Hill in attendance. There were 150 at the event.



Before the end of the first year of operation, the Branch had appointed Bill Moore to head the Sports Committee while Bob Loverock was acting chairman of the Ways & means Committee. Rita Crowe chaired the Poppy Committee and Bob Barley headed the Building Committee. There were rumours that the site of the new Legion Hall had been selected but these were denied by president Hotchkiss.

1st Anniversary Dinner & Dance

This evening was held in the St John's Anglican Hall on Saturday 4 May 1974. The Executive was Gordon Hotchkiss, President – Harry Thomas, 1st Vice President – Lillian Jefferies, Secretary/Treasurer – Robert Barkley, Building Chairman – John Rothwell, Membership Chairman – Robert Loverock, Ways and Means Chairman – Frank Jefferies, Public Relations Chairman – John Pickett, Sgt At Arms.



The agenda for the dinner was as follows:

Grace Rev Brewer

Toast to Her Majesty 1st Vice President Harry Thomas

Toast to Our Fallen Comrades Zone Commander Bill Meiz

Introduction of Head Table Chairman

Greetings from Goulbourn Council Mayor Betty Hill

Greetings from Zone G5 Zone Commander Bill Meiz

Presentation of Banner R. Barkley

Remarks by President Gordon Hotchkiss

Richmond Legion Unfurls Banner

The Richmond Legion will be presented with its own banner at the Anniversary Dinner and Dance May 4. The embroidered flag bearing the branch's number and name will be presented at 8 pm at the Richmond Anglican Hall. Among the invited guests will be Goulbourn Mayor Betty Hill, and the Presidents of the Stittsville and Manotick branches.



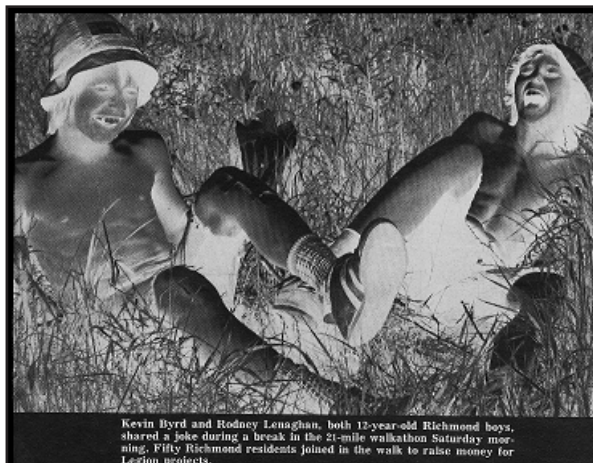
President Hotchkiss summarized the accomplishments of the first year and outlined plans for the coming months. These plans included meals-on-wheels for senior citizens and a walkathon to mark the 30th anniversary of the D-Day Landing in Normandy, France, during World War II (6 June 1944). Both of these events became focal points of our Branch for many years.

The Stittsville News reported that Gloria Birtch was the winner of a 50/50 draw held by the branch following its regular 15 May 1974 meeting at the Richmond Inn. In the same issue, it was reported that the newly elected President of the branch was Frank Jefferies, Other members of the executive were Lillian Jefferies—Secretary/Treasurer; Harry Thomas—1st Vice President, Bob Barkley—2nd vice President, John Pickett—Sgt-at-Arms and executive members Stan Banner, John Lewis, Bob Loverock and John Rothwell.

In January 1974, 10 new members were initiated: Mr. Halman, John Harrison, Mr. Hautanen, Bill Salter and Mr. Forster – regular members. Arnold and John McRae and Terry Wilson, who were the first sons of Veterans to be officially accepted into the Branch, together with Mr. McGrath and Mr. Mains became the first Associate Members initiated. In 1974, Kay Harrison became the first female Associate member of Branch 625. At that time there were three male Associate members and the rest of the members were Veterans, ex-service or serving personnel.

Newspaper Clippings

Walkathon – is being held to commemorate the 30th anniversary of the D-Day landing on the coast of France during the Second World War. The purpose of the walk is to raise money for use by the branches in community work including meals-on-wheels. This walkathon is being held in conjunction with the Manotick branch.



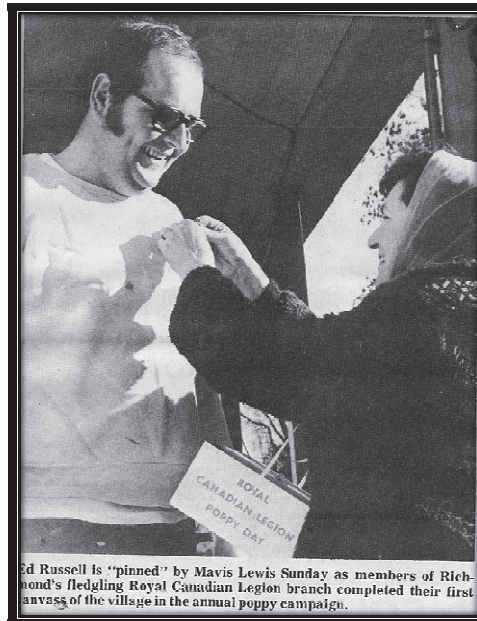
Kevin Byrd and Rodney Lenaghan, both 12-year-old Richmond boys, shared a joke during a break in the 21-mile walkathon Saturday morning. Fifty Richmond residents joined in the walk to raise money for Legion projects.

Legion may back Royals – The Richmond Legion may soon become the new owner of the Richmond Royals Junior B hockey team. The four franchise holders, Mr Wertwyn, Mr Hotchkiss, Don Green and Charlie Mann are willing to give the team to any interested, Richmond-based group.

Ladies Group Planned – The newly-formed Richmond Legion plans to form a Ladies Auxiliary Unit. Frank Jefferies, spokesman for the Legion says letters have been sent to all members' wives to gauge support for the idea.

Poppy Campaign – The Richmond Legion Poppy Chair, Rita Crowe, thanks all who contributed to make their first drive, one of the best campaigns ever.

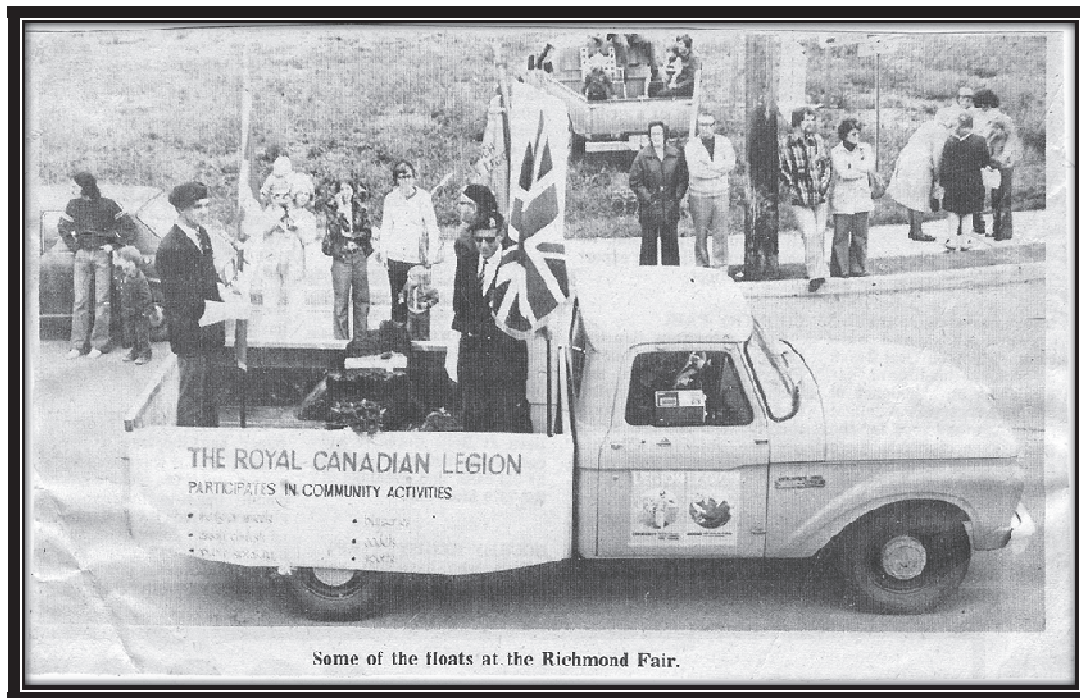
Legion Plans Dance – A dance sponsored by the Richmond and District Branch 625 of the Royal Canadian Legion, will be held in St Phillip's school gymnasium at 9 pm Saturday, February 23. There will be refreshments and a buffet with music provided by "3's Company". Tickets at \$3.00 per person will be available from any member of the Richmond branch or at the door.



Ed Russell is "pinned" by Mavis Lewis Sunday as members of Richmond's fledgling Royal Canadian Legion branch completed their first canvass of the village in the annual poppy campaign.

Pictured right is Ed Russell being "pinned" by Mavis Lewis during the first branch poppy campaign.

Richmond Fair – the Richmond and District Branch of the Royal Canadian Legion will take an active part in the Richmond Fair by having a float in the parade and by manning a booth on the fair grounds. Both the float and the booth will depict the branch activities in community work, including the meals on wheels project that the branch runs during the winter months. Bingos will start again on September 9 in the Anglican hall in Richmond starting at 8 pm. These will run every Tuesday evening until December 16.



Meals On Wheels—This from an article in the Stittsville News. This program for senior citizens and persons who are incapacitated will be offered by the Richmond branch of the Royal Canadian Legion starting November 18. The meals-on-wheels are being offered as a service to the Richmond area and anyone wishing to be included is asked to contact their minister, doctor or public health nurse who will give their name to the Richmond branch. The meals cost 80 cents a day and consist of soup, main course and dessert. The branch will deliver meals kept hot in special heated containers, right to the persons home. Branch President Frank Jefferies said the branch will start the project on a small scale this year. He said the branch wants to start meals-on-wheels as a community project involving other groups such as local churches. Volunteers from these groups will be needed to assist in the delivery of the food.

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Darts

Our awards banquet was held on April 21 and as convener of the darts for the 2011-2012 year I would like to say thanks to a whole bunch of people. Thanks to Don & Marg Atkinson for helping to set up the teams and kick start things for the first few weeks; thanks to Sharon Murphy for being the best bar tender ever (I'm not kidding she is a huge hit with the dart crowd –she got the biggest hand of the night for sure); thanks to Johnny Villeneuve for setting up the hall every week; thanks to Jane Louks for organizing the dinner and to her helpers Gwladys Reynolds, Marg Hogan, Millie Kennedy, Oscar & Joyce Clench, June Craig, Shirley Morris and Johnny Villeneuve for setting up the hall, preparing the food, serving the food and cleaning up the hall. Thanks to Mavis, Jane and Shirley for helping me arrange all the awards. Thanks to Fred Appel and Gerry Adamson of Stittsville branch for all their advice and for teaching me how to do the stats and the fundamentals of darts. Thanks to Drs Rod & Lucy Rabb and to Jane & Tom Louks for donating the prizes for the raffle. Thanks to Mavis Lewis for being there every week and having my back when the chips were down—she supported me on the couple of occasions when things got testy and I cannot say how much I appreciated that.

There were a number of people who had never played darts before (including me) and they ended up doing very well. Talk about your fast learners –Lynne Owen won high score for the women and Edna Monahan was one of the season champs!!!



Pictured above left: First Place Regular Season Gerry Adamson and Joanne Bradley (missing is Pam Kilabuk)

Pictured above right: First Place Side B: Michele Shannon Pasieka, Tim Lytle and Judy Masson.

Pictured below the awards. They are Desk Sets (clock, thermometer, humidity & picture frame), Wooden Clocks and pen sets and on the right are dart plaques - - all from Legion supply– great stuff!



Finally thanks to all the players who came out and made Friday nights so much fun. I got to meet lots of new people and appreciate their support. I think about 95% will be back next year and we already have other people saying they would like to join so here's hoping. If I end up doing it come September I promise things will improve! Thanks again to everyone for everything.



Pictured above High Score Men Fred Appel—180 and High Score Women Lynne Owen—152.
Pictured right: Most Wins Women Cathie Lytel and Most Wins Men Paul Turnbull.



Pictured left and below: First Place Side A and Playoff Champs Paul Turnbull, Edna Monahan and Johnny Villeneuve.

I almost forgot -thanks to Weldon at Planet Advance for all his advice, the great pens and engraving!

Congratulations everyone.

Wendy Ryan



Bits 'N Pieces

Our first executive meeting separate from the general meeting was held on April 19 and it was a marathon—just over 2 hours, 11 members present and much work got done. Many topics were covered including acquiring an APC for the front lawn of the legion (it is a go) and the purchase of new chairs for the hall (tenders will be sent out to 3 retailers by May 1).

We discussed the success of the various events hosted over the winter months—dinners in January, February and March, the karaoke nights and the dart league. The karaoke nights have been slow to take off but have provided a lot of fun. The dart league has wrapped up for the season and will be back in September. I think this has proven to be a great way to get people out on a Friday night and will prove to be a good revenue source for the branch between the bar and playing fees.

The annual **elections** are coming up in May and just like every year, we are asking for people to volunteer to be part of the many committees actively involved in making the branch run. Each committee has many components and we are always looking for people to help out. If there is anything you are interested in doing let us know and we will be grateful for the help. I encourage all members to come out and vote and show that you are interested in the future of our branch.

Karaoke will be on April 28 at 8 pm with a \$5.00 cover charge at the door. Everyone is welcome and you don't have to sing. Just come out for some fun.

There is probably lots that I am forgetting to say here but I am out of time and dog tired so until next month—keeping fighting the good fight!

Wendy Ryan

While creating husbands, God promised women that good and ideal husbands would be found in all corners of the world. And then he made the earth round. That God - He's such a kidder.

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Vegetable of the month: ASPARAGUS

Asparagus main varieties grown in Ontario are green - the Viking selections and Centennial. White asparagus accounts for only 3 acres of production. New hybrid varieties developed at the University of Guelph, as well as New Jersey hybrids are beginning to replace these traditional types of asparagus.

Asparagus is a source of Vitamin C and Vitamin A, and an excellent source of folacin. One-half cup of cooked asparagus contains 24 calories.

For centuries, asparagus was considered a luxury and praised for its distinctive flavour by such famous figures as Julius Caesar, Lewis XIV and Thomas Jefferson.

Despite this, no one is quite sure where it originated, although some believe it derived from a wild plant that grew thousand of years ago in sandy soil across northern Europe and in Britain.

RECIPE

Asparagus with Lemon Zest, Parsley and Garlic

1 ½ lbs. Jumbo asparagus
2 tablespoons fresh mint chiffonnade
Grated zest and juice of 2 large lemons
1/4 cup extra-virgin olive oil
2 cloves garlic, finely minced
1 tablespoon coarse sea salt
2 tablespoons finely-chopped Italian parsley



1. Snap off the fibrous bottom part of each stalk of asparagus (it will break off naturally where it becomes tough, provided that you grasp the very bottom of the woody stalk with your fingertips).
2. Bring 4 quarts of water to a boil in a large pot, and add 3 tablespoons salt. Set up an ice bath next to the stove top. Drop the asparagus into the boiling water and cook until crisp tender, about 1 ½ minutes. Remove and immediately submerge in the ice bath to cool for 5 minutes, moving the stalks frequently to be sure no hot spots remain, add more ice if it all melts.
3. Remove the asparagus and drain on a kitchen towel, then transfer to a large bowl. Add the lemon juice, zest and the garlic, parsley, mint, and oil and toss gently to mix well. Arrange the spears on a platter and pour the mixture remaining in the bowl over them.

Sprinkle with the sea salt and serve with a flourish.

If you wish you could leave out the ingredients you are allergic to.

Millie Kennedy KGFE

Humour

The Zipper: A man walked into a supermarket with his zipper down. A lady cashier walked up to him and said, "Your barracks door is open." Not a phrase that men normally use, he went on his way looking a bit puzzled. When he was about done shopping, a man came up and said, "Your fly is open." He zipped up and finished his shopping. At the checkout, he intentionally got in the line where the lady was that told him about his "barracks door." He was planning to have a little fun with her, so when he reached the counter he said, "When you saw my barracks door open, did you see a Marine standing in there at attention?" The lady (naturally smarter than the man) thought for a moment and said, "No, no I didn't! All I saw was a disabled veteran sitting on a couple of old duffel bags."

The Pecans: On the outskirts of a small town, there was a big, old pecan tree just inside the cemetery fence. One day, two boys filled up a bucketful of nuts and sat down by the tree, out of sight, and began dividing the nuts. 'One for you, one for me, one for you, one for me,' said one boy. Several dropped and rolled down toward the fence. Another boy came riding along the road on his bicycle. As he passed, he thought he heard voices from inside the cemetery. He slowed down to investigate. Sure enough, he heard, 'One for you, one for me, one for you, one for me...' He just knew what it was. He jumped back on his bike and rode off. Just around the bend he met an old man with a cane, hobbling along. 'Come here quick,' said the boy, 'you won't believe what I heard! Satan and the Lord are down at the cemetery dividing up the souls!' The man said, 'Beat it kid, can't you see it's hard for me to walk.' When the boy insisted though, the man hobbled slowly to the cemetery. Standing by the fence they heard, 'One for you, one for me. One for you, one for me.' The old man whispered, 'Boy, you've been tellin' me the truth. Let's see if we can see the Lord...?' Shaking with fear, they peered through the fence, yet were still unable to see anything. The old man and the boy gripped the wrought iron bars of the fence tighter and tighter as they tried to get a glimpse of the Lord. At last they heard, 'One for you, one for me. That's all. Now let's go get those nuts by the fence and we'll be done...?' They say the old man had the lead for a good half-mile before the kid on the bike passed him.

The Priest: A little boy got on the bus, sat next to a man reading a book, and noticed he had his collar on backwards. The little boy asked why he wore his collar backwards. The man, who was a priest, said, 'I am a Father..' The little boy replied, 'My Daddy doesn't wear his collar like that.' The priest looked up from his book and answered, "I am the Father of many." The boy said, "My Dad has 4 boys, 4 girls and two grandchildren and he doesn't wear his collar that way!" The priest, getting impatient, said, 'I am the Father of hundreds', and went back to reading his book. The little boy sat quietly thinking for a while, then leaned over and said, "Maybe you should wear a condom, and put your pants on backwards instead of your collar."


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If your doctor tells you that you have **Irritable Bowel Syndrome** it means that it is one of the most common digestive disorders. Its symptoms include abdominal discomfort or pain accompanied by diarrhea, constipation or both. The symptoms usually first appear during the teenage years or young adulthood, but the condition can develop at any time, even in older adults. For people over 50, doctors need to first determine that another disease isn't causing their symptoms. For example, you should have a colonoscopy or sigmoidoscopy to rule out the possibility of colitis, colorectal polyps or cancer. You should also have a blood test for celiac disease if your symptoms involve mostly diarrhea or an alternating pattern of diarrhea and constipation. Your doctor may also perform a breath test for lactose intolerance if your symptoms seem to worsen when eating dairy products.



Once you're diagnosed, your treatment must be tailored to the specific kind of IBS you have: diarrhea-predominant, constipation-predominant or a mix of the two.

CUTTING BACK on bone testing. Doctors are questioning the frequency of bone-density testing (DEXA scanning) in older women, suggesting the practice of testing women 65 and older every two years--the amount that Medicare pays for--may be overkill. A new study says healthy women whose first DEXA scans are normal don't need another one for 15 years, the length of time researchers found it takes for the first signs of osteoporosis--brittle, porous bones--to become apparent. This holds true for women with mild osteopenia, or low bone mass. However, women with osteoporosis risk factors, such as advanced age, a small, thin build or a history of fracture, may need to be tested more often.

Eating magnesium-rich foods such as leafy green vegetables, nuts and whole grains is tied to a lower ischemic stroke risk, say researchers in Stockholm. They analyzed past studies that included 241,378 people consuming at least 242 mg a day of magnesium. Of the participants, 6,477 suffered strokes. These statistics led the authors to conclude that for every extra 100 mg of magnesium consumed each day, ischemic stroke risk was reduced by 9 percent. They also stressed that the results suggest a link but don't establish one and that the benefits were gained from food, not supplements. The guidelines recommend 320 to 420 mg of dietary magnesium a day.

An estimated 2 million men suffer from bone loss. All men ages 70 and older should be screened for osteoporosis. Men between 50 and 70 should be screened if they have high risk factor such as smoking or consuming three or more alcoholic beverages a day.

Although swimming and bicycling are good for your joints and heart, they won't build bone mass. Try weight-bearing aerobic exercises like walking, running, hiking, dancing and tennis.

Excerpt: JH Health after 50.

Millie Kennedy, KGFE



<i>Elaine Kuhn</i>	<i>05-May</i>
<i>Alex Milne</i>	<i>06-May</i>
<i>Dana Leiper</i>	<i>07-May</i>
<i>John Kennedy</i>	<i>08-May</i>
<i>Donald Buck</i>	<i>11-May</i>
<i>Sheldon Spearman</i>	<i>12-May</i>
<i>Harv Renaud</i>	<i>13-May</i>
<i>Rick Rabb</i>	<i>17-May</i>
<i>Tom Beardsell</i>	<i>17-May</i>
<i>Geoff Kilabuk</i>	<i>21-May</i>
<i>Joan Frost</i>	<i>22-May</i>
<i>Beatrice Hill</i>	<i>22-May</i>
<i>Mavis Lewis</i>	<i>25-May</i>
<i>Bud Ranger</i>	<i>25-May</i>
<i>Barry Labonte</i>	<i>27-May</i>

SENIORS FUN DAY

MONDAY, JUNE 11TH, 2012, STARTING AT 9 A.M.

All activities will take place in and around the Richmond Arena. Come out and try the following: The Wii, Nordic Walking, Line Dancing, Tai Chi and a few more.

Each participant will try the different activities for approximately 15 minutes and then move on to the next one.

There is a free BBQ lunch for all participants. The BBQ is sponsored by Hyde Park Canada. This is a lot a fun and was enjoyed by all last year.

Shirley Morris

Club 55 Executive

President	Jane Louks
Immediate Past President	Bob Johnson
Vice-President	Joan Frost
Secretary	Edna Monahan
Treasurer	Shirley Morris

Committees

Coffee Organizers	Johnny Villeneuve Heather Murphy
Continental Breakfast	
500	Joan Frost
Euchre Co-ordinator	Mavis Lewis
Entertainment	Joan Frost Don Atkinson
Exercise	Don Atkinson
PR & Branch Liaison	Jane Louks
Sick & Visiting	Gwladys Reynolds
Historian	Margaret Atkinson
Membership	Elaine Kuhn
Out of Town Excursions- Local Events Co-ordinator	Gerry Gauthier
Telephone	Margaret Hogan

C.A.V.R.A.

(Canadian American Veterans' Reunion Association)

Branch 625 Delegate	Edna Monahan
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BULLETIN


Wendy Ryan

wryan@bell.net

Deadline to submit for the next bulletin is always the Saturday after the monthly meeting

WEBSITE

www.richmondlegion.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 2012		1	2 Exercise 500	3 Club 55 elections	4 Exercise Euchre	5
6	7 Exercise	8	9 Exercise 500	10	11 Exercise Euchre	12 Village Garage Sale
13 Mother's Day	14 Exercise	15 Perley Rideau Vets' Visit	16 Exercise 500 Executive meets 7 pm	17 Branch Elections 8 pm	18 Exercise Euchre	19
20	21 Exercise Victoria Day	22	23 Exercise 500	24	25 Exercise Euchre BBQ	26
27	28 LA elections	29	30	31		

*Exercise begins at 9 a.m. Coffee is served each weekday at 10 a.m.
500 is 1:00 p.m. and euchre is 1:30 p.m.*

*Club 55 breakfast & election Meeting May 3
Branch executive meeting May 16 at 7 pm
Branch Elections & General Meeting May 17 at 8 pm.
LA elections May 28 at 7 pm*

**The Royal Canadian Legion Branch 625
6430 Ottawa St. Box 625,
Richmond, Ontario K0A 2Z0**

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