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Foxy's Tales



2013

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First Vice President	Johnny Villeneuve		613-838-2548
Second Vice President	Jane Louks		613-838-3244
Secretary	Wendy Ryan		613-838-9696
Treasurer	Shirley Morris		613-838-3721
Sgt-at-Arms	Mike Saull		613-257-5776

Branch Committee Chairs

Bar	Rene Douville	elected	613-838-6078
Bursary	Elizabeth Douville	elected	613-838-6078
Bulletin	Wendy Ryan		613-838-9696
By-Laws	Hilda Moore	elected	613-838-2274
Cenotaph	Colleen Jones		613-838-5685
Chaplain	Rev. Carla Van Delen		613-838-5397
Hall Bookings	June Craig		613-838-2373
Historian	Wendy Ryan		613-838-9696
Honours & Awards	Hilda Moore		613-838-2274
LA Liaison	Wendy Ryan		613-838-9696
Membership	Jane Louks		613-838-3244
Nevada	Joyce Forbes	elected	613-444-0015
Poppy	Jane Louks		613-838-3244
Property	Don Wakerell	elected	613-838-2241
Public Relations	Wendy Ryan		613-838-9696
Seniors Programs	Shirley Morris		613-838-3721
Sick & Visiting	Gwladys Reynolds		613-838-5122
Solicitations	Shirley Morris		613-838-3721
Sports	Mavis Lewis		613-838-2749
Training & Development			
Youth	Elizabeth Douville		613-838-6078
Veterans' Service Officer	Brian Goss		613-838-2749

Ladies Auxiliary Executive

President	Shirley Beardsell		613-838-4581
Immediate Past President	Joyce Lavoie		613-838-2523
First Vice President	Heather Murphy		613-838-3148
Second Vice President	vacant		
Secretary	Edna Monahan		613-838-2445
Treasurer	Joyce Forbes		613-444-0015
Sgt-at-Arms	Mavis Lewis		613-838-2749
Sports	Lorraine Gauthier		613-838-5855

Ladies Auxiliary Committee Chairs

Catering	Mavis Lewis	elected	613-838-2749
Membership	Gwladys Reynolds	elected	613-838-5122
Sick & Visiting	Gwladys Reynolds		613-838-5122
Telephone	Joyce Clench	elected	613-838-8315

President's Message

Well the elections (or should I say acclamations?) are over and once again we have managed to elect enough people to the executive to continue on for another year. Full elections details will be elsewhere in this bulletin but I thought I would share with you some of my thoughts as to why so many of us keep coming back.



One of the experiences I get from being on the executive is going to conventions and seminars. There is our local one – Zone G5, followed by District G, Provincial and Dominion. The seminars are Finance, Leadership, Membership, Sports, Public Relations, etc. So what are the benefits one can get from attending? The benefits that I would see cover a range of headings:

Personal Contacts

We have a forum which enables us to build friendships and, in some case, business relationships. This can be really enhanced when Presidents and/or attendees meet in person. A personal connection, resulting from face-to-face contact often generates a higher level of trust.

Network Opportunities

A convention provides a great opportunity to meet other branch presidents and members of other executive committees. The contacts that result from convention networking opportunities can often result in partnerships or business exchanges.

Meet Others With Similar Issues

Conventions are the perfect venue to meet other branch attendees, and discover other presidents/executives who may be struggling with similar issues. Or better yet, you may meet other presidents/executives who have already found solutions to problems that you are currently struggling with, and as a result you can benefit from their past experiences and knowledge.

Learn About Opportunities

Many different branches have a number of opportunities available to them. Branch presidents and executive members attending conventions will often discover new business opportunities that they were previously unaware of.

Increased Profile

Like any trade show, legion conventions can provide attendees an opportunity to gain exposure for their branches and services, as well as for themselves. *(continued on next page...)*

Last Post

Mary Murphy
May 1, 2013

Robert (Bob) Brown
May 9, 2013

Mabel Mann
May 16, 2013

We Will Remember Them

Training and Knowledge

The educational sessions at a convention are designed specifically for branch attendees. Attending the educational sessions and seminars will enhance your knowledge in specific areas, which can often directly impact your branch.

Get Inspired

Many attendees find that they have a significantly renewed passion for development of branch methods after attending a convention.

Thank you to all who have taken on executive and committee chair positions.

Brian Goss

Election Results

We had our acclamations –it is supposed to be elections I know but we only had 20 members show up for the meeting and NO ONE new stepped up to help with any of the positions. The only person not returning is our Sgt-at-Arms Mike Saull and he plans on transferring to a branch closer to home! (Thanks for all you have done for us over the past few years Mike – you will be missed for sure!) Thank you Shirley Morris for returning as treasurer!

We STILL need a sgt-at-arms, a public relations chair and a historian. There is nothing more to say—it has all been said time and again. I give up!

Thank You

There are a few people that have been working away quietly without much to-do about what they have accomplished so thank you to Oscar Clench for cleaning out the flower beds, re-planting them and for the hanging baskets at the front entrance. It all looks great and hopefully no one will dig it all up this year (last year someone ripped all the plants out and Oscar had to redo it all. He also goes to the branch everyday to water the plants!).

Thank you to Don Wakerell, Johnny Villeneuve and John Olson for all the work they did on the cairn—it looks fantastic and will be finished as soon as the plaques are received. The cairn will be dedicated prior to our 40 Anniversary/Charter Night dinner on June 1. Doors will open at 5 pm and dedication is at 5:30.

Jim Becking would like to say thank you to all the ladies who worked in the kitchen preparing, serving and cleaning up during the Perley-Rideau vets' visit on May 14.

Membership Report

Total Members as of April 18, 2013	143
Deaths	2
Not Renewing	2
New Members	4
Total Members as of May 16, 2013	143



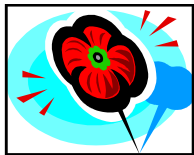
Jane Louks

LA Report

Our elections will be held at our meeting on Monday, May 27 so please come out and vote. Better yet run for one of the offices!



Poppy Report



The Rideau Perley Vets made their annual visit on May 14. I want to thank Jim Becking for stepping in as the MC. Thanks to all the members who came out. Thanks to the Ladies Auxiliary for the meal and to Jack Lemyre and Jim Gleason for barbecuing and to Shirley Morris for doing up the gift bags. This is the first year that we had 6 ladies, last year we had 2. Thanks to John Villeneuve for a great job putting up and putting away all the tables and chairs.

John Brummell came and took some pictures and the vets enjoyed that. I will be sending some copies of the Stittsville News to them.

I would like to thank Joan Frost who helped us out at the last minute with some entertainment. The lady who was supposed to come took sick and we were notified on Sunday night that she wouldn't be able to come. As usual Don Atkinson had some jokes to tell which caused a lot of laughter.

At the general meeting I am putting forth a motion to pay out of the Poppy Fund for the 5-year maintenance work on our defibrillator.

Our next meeting will be on June 10, 2013.

Jane Louks

Darts Wrap Up

Our dart season came to a close with our awards dinner on May 3, 2013. Regular season played ended on March 8 with the team of Edna Monahan, Paul Turnbull & Johnny Villeneuve finishing with the most wins for regular season.

The playoffs were a total surprise with no one team dominating on either side. Both sides were very close but Geoff Kilabuk, Judy Masson & George Murphy ended up winning side B and Tim Lytle, Lori Lepensyi & Brian Fawcett had to play a tie breaker round against Rob Maguire, Brian Goss & Rene Douville with Lytle's team squeaking out a 2-1 win to take side A. Lytle's team went on to play Kilabuk's team for the Championship and managed to win 3 games to 2 for the championship.

Paul Turnbull won the award for Most Wins Men and Cathie Lytle won for Most Wins Women – they both won this same category last year. Rob Maguire and Tim Lytle shared the title of High Score Men and Lana Muldoon had the High Score Women. The Most Wins and High Score stats are for the regular season only. Congratulations to all the winners. Raffle/door prizes went to Chris Lepensyi, Brian Goss, Rob Maguire, Curtis Kerr, Lori Lepensyi, Edna Monahan, Lana Muldoon and Cindy McGuire.

Thank you to Drs Rod & Lucy Rabb and Jane & Tom Louks for their contributions to our raffle/door prizes, to Jane Louks and all the ladies for another delicious meal and to Mark McGuire for providing the music for the evening.

I must mention the most dependable of spares that we have ever had – Don Wakerell came out one night to see what we were up to and never missed another Friday night all year! Thanks Don and thank you to everyone for coming out for another year.

Wendy Ryan

Sports

Our sports officer, Mavis Lewis is looking for someone to play golf on June 27 in Casselman. There is one person who wants to represent our branch but he needs a partner. Please call Mavis at 613-838-2749 if you are willing to go.

Ways & Means

Our garage sale on May 11 had very few people but we made \$148 for the branch and \$112 for the LA via the bake table and lunches served. Next year we will set up at Wendy Ryan's on Fortune Street and hopefully have more traffic.

Don't forget our barbeques are back and the first one is on Friday, May 24 and runs from 4:30 to 6:30

Club 55



Foot care is June 11 at the legion. There are 5 people now attending and you each know your appointment time, so don't forget to show up.

The day trip to the play "Whose Wives Are They Anyway" at Upper Canada Playhouse is on June 27th and we will be joining 6 residents from Hyde Park. There should be enough people going to entitle us to be picked up at the Legion or Hyde Park. The "Wine Tour" has been cancelled due to lack of interest. We will talk about this more at our next meeting.

Fun Day is June 6 and the meeting will start at 11 am. One game will be played before lunch. Lunch is a potluck with meat and buns being supplied by the club and will be served around 12:30. There will be more games after lunch with lots of gifts and lots of fun.

Club members have elected to give \$1500 to the branch and this will be presented at the 40th Anniversary/Charter Night dinner on June 1. Jane is hoping for a good turnout on the first so please call Shirley Morris for your tickets.

Millie Kennedy will now be our historian –thanks for taking this on Millie and thank you for running the meetings while I was in Florida. Thanks to Lorraine & Gerry for running "500" while I was away.

At our September meeting we will be having a representative from a walk-in tub company to talk about the benefits, give us a demonstration on how to use it and there will be a tub there for us to see. Two other reps will be there to talk about related topics.

As you all know, Norm Adams, Mary Murphy and Mable Mann have passed away. We will remember them and our thoughts go out to their families.

See you on fun day!

Joan Frost

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Flag Protocol –Legion Manual



The Canadian Flag may be displayed on an appropriate pole outside of a Legion building. Legion Colours may be displayed outside of a Legion building providing flag poles are available. For example, a Legion building with two flag poles would fly the Canadian and applicable Provincial or Territorial Flag. The manner in which flags may be displayed in Canada is not governed by any legislation but by established practice adapted from international usage and customs of the federal government. At all times the Canadian Flag, as well as other flags, should be treated with dignity and displayed properly, out of respect for what and who they represent. An entire chapter (Chapter 7) of the [Ritual and Insignia Manual](#) is dedicated to flags, colour party information and flag protocol. Please refer to the manual whenever activities involving flags occur.

HALF - MASTING

A flag flown at half-mast is the universal symbol of mourning. Only flags secured to flagpoles with halyards and pulleys will be half-masted. To place a flag at half-mast, it shall be raised to the masthead, then, slowly lowered until the flag's centre is midway between the masthead and the base of the flagpole. When lowering a flag from the half-mast, it will first be raised to the masthead, then, lowered in the usual manner. On occasions requiring one flag to be flown at half-mast, all other flags flown with it should also be at half-mast.

At Legion establishments having an upright flagpole, the Canadian Flag should be flown at half-mast on the following occasions: Throughout Canada on the death of the Sovereign or a member of the Royal Family related in the first degree to the Sovereign, the Governor General, the Prime Minister, a former Governor General, a former Prime Minister, a federal Cabinet Minister, the Legion Dominion President, a past Legion Dominion president, a Legion Dominion officer and on other occasions as specifically directed by Dominion Command for days of national mourning.

Within a province on the death of the Lieutenant-Governor, the Premier, a provincial Cabinet Minister, the Provincial President, a Past Provincial President, a Provincial Officer and on other occasions as specifically directed by Provincial Command for days of provincial mourning.

Within a riding on the death of the member of the House of Commons or the member of the Provincial Legislature;

Within a district on the death of the District Commander or a former District Commander;

Within a zone on the death of the Zone Commander or former Zone Commander;

At a Branch on the death of a member of the Branch or Ladies Auxiliary, and at the discretion of the Branch on the death of a veteran or member of the Canadian Forces.

Remembrance Day

It is now policy of the Government of Canada that all external Canadian Flags are to be flown at half-mast on Remembrance Day "to honour the memory of all Canadians who have served their country in times of war". The policy is as follows:

The Canadian Flag will be flown at half-mast on all federal government buildings and establishments across Canada from sunrise to sunset on Remembrance Day;

Should half-masting occur near a cenotaph or at another site where Remembrance services are being observed, half-masting can occur from 11:00 a.m. (or according to the prescribed order of service) and extend until sunset on November 11;

The flag on the Peace Tower will fly at half-mast from the commencement of the Remembrance Day service at the National War Memorial in Ottawa, Ontario, and remain in that position until sunset.

Legion Policy

In order to conform to this Government policy the Legion policy for half-masting the Canadian Flag on Remembrance Day is as follows:

Canadian Flags flown outside Legion establishments where Remembrance Day services will not occur will be flown at half mast for the day;

External Canadian Flags flown at Branches or cenotaphs where a Remembrance Service will occur will be flown at full-mast until the playing of the first note of the Last Post, and then lowered as per custom. The flags will be raised to the full-mast position on the first note of Rouse and remain so during the playing of the Royal Anthem and march past if applicable. Flags referred to above are to be lowered to half-mast following the Remembrance Day Service for the remainder of the day. The Canadian Flag is to be raised at sunset and then lowered and retired for the night.

Vimy Ridge Day

Royal Assent was given to Bill C-227 to declare each April 9th, Vimy Ridge Day a “National Day of Remembrance” to commemorate this famous battle where Canadians did what others could not; capture Vimy Ridge. The Canadian Flag, on the Peace Tower, will be flown at half mast on 9 April from sunrise to sunset. Legion Branches are to fly their Canadian Flags at half mast on 9 April from sunrise to sunset.

Flag Do's and Don'ts

DO – The National Flag of Canada should always fly alone on its own mast or flagpole.

DON'T – The dimensions/proportions of the National Flag of Canada have an exact ratio of 2 to 1 (twice as long as it is wide), and must not be modified.

DO – The National Flag of Canada can be flown at night without being lit.

DON'T – The National Flag of Canada should not be written on or marked in any way, nor be covered by other objects.

DO – When the National Flag of Canada is raised or lowered, or when it is carried past in a parade or review, people should face the flag, men should remove their hats, and all should remain silent.

DON'T – Nothing should be pinned or sewn on the National Flag of Canada.

DO – Half-mast the National Flag of Canada on occasions when a public demonstration of sorrow is called for.

DON'T – The National Flag of Canada should never be dipped or lowered to the ground as a means of paying a salute or compliment to any person or thing.

DO – Replace a faded or torn flag with a new one. The correct form of disposing of an old flag is by burning it in private.


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Mother's Day History

Origin of Mother's Day goes back to the era of ancient Greek and Romans. But the roots of Mother's Day history can also be traced in UK where a Mothering Sunday was celebrated much before the festival saw the light of the day in US. However, the celebration of the festival as it is seen today is a recent phenomenon and not even a hundred years old. Thanks to the hard work of the pioneering women of their times, Julia Ward Howe and Anna Jarvis that the day came into existence. Today the festival of Mothers day is celebrated across 46 countries (though on different dates) and is a hugely popular affair. Millions of people across the globe take the day as an opportunity to honour their mothers, thank them for their efforts in giving them life, raising them and being their constant support and well wisher.

Earliest History of Mothers Day: The earliest history of Mothers Day dates back to the ancient annual spring festival the Greeks dedicated to maternal goddesses. The Greeks used the occasion to honour Rhea, wife of Cronus and the mother of many deities of Greek mythology. Ancient Romans, too, celebrated a spring festival, called Hilaria dedicated to Cybele, a mother goddess. It may be noted that ceremonies in honour of Cybele began some 250 years before Christ was born. The celebration made on the Ides of March by making offerings in the temple of Cybele lasted for three days and included parades, games and masquerades. The celebrations were notorious enough that followers of Cybele were banished from Rome. Early Christians celebrated a Mother's Day of sorts during the festival on the fourth Sunday of Lent in honour of the Virgin Mary, the Mother of Christ. In England the holiday was expanded to include all mothers. It was then called Mothering Sunday.

History of Mother's Day: Mothering Sunday: The more recent history of Mothers Day dates back to 1600s in England. Here a [Mothering Sunday](#) was celebrated annually on the fourth Sunday of Lent (the 40 day period leading up to Easter) to honour mothers. After a prayer service in church to honour Virgin Mary, children brought gifts and flowers to pay tribute to their own mothers. On the occasion, servants, apprentices and other employees staying away from their homes were encouraged by their employers to visit their mothers and honour them. Traditionally children brought with them gifts and a special fruit cake or fruit-filled pastry called a simnel. Yugoslavs and people in other nations have observed similar days. Custom of celebrating Mothering Sunday died out almost completely by the 19th century. However, the day came to be celebrated again after World War II, when American servicemen brought the custom and commercial enterprises used it as an occasion for sales.

History of Mother's Day: Julia Ward Howe: The idea of official celebration of Mothers day in US was first suggested by [Julia Ward Howe](#) in 1872. An activist, writer and poet Julia shot to fame with her famous Civil War song, "Battle Hymn of the Republic". Julia Ward Howe suggested that June 2 be annually celebrated as Mothers Day and should be dedicated to peace. She wrote a passionate appeal to women and urged them to rise against war in her famous [Mothers Day Proclamation](#), written in Boston in 1870. She also initiated a Mothers' Peace Day observance on the second Sunday in June in Boston and held the meeting for a number of years. Julia tirelessly championed the cause of official celebration of Mothers Day and declaration of official holiday on the day. Her idea spread but was later replaced by the Mothers' Day holiday now celebrated in May.

History of Mother's Day: Anna Jarvis

Anna Jarvis is recognised as the Founder of Mothers Day in US. Though [Anna Jarvis](#) never married and never had kids, she is also known as the Mother of Mothers Day, an apt title for the lady who worked hard to bestow honour on all mothers. Anna Jarvis got the inspiration of celebrating Mothers Day from her own mother Mrs Anna Marie Reeves Jarvis in her childhood. An activist and social worker, Mrs Jarvis used to express her desire that someday someone must honour all mothers, living and dead, and pay tribute to the contributions made by them.

A loving daughter, Anna never forgot her mother's word and when her mother died in 1905, she resolved to fulfill her mother's desire of having a mother's day. Growing negligent attitude of adult Americans towards their mothers and a desire to honour her mothers soared her ambitions.

To begin with Anna, send [Carnations](#) in the church service in Grafton, West Virginia to honour her mother. Carnations were her mother's favourite flower and Anna felt that they symbolised a mother's pure love. Later Anna along with her supporters wrote letters to people in positions of power lobbying for the official declaration of Mothers Day holiday. The hard work paid off. By 1911, Mother's Day was celebrated in almost every state in the Union and on May 8, 1914 President Woodrow Wilson signed a Joint Resolution designating the second Sunday in May as Mother's Day.

History of Mother's Day: Present Day Celebrations:

Today Mothers Day is celebrated in several countries including US, UK, India, Denmark, Finland, Italy, Turkey, Australia, Mexico, Canada, China, Japan and Belgium. People take the day as an opportunity to pay tribute to their mothers and thank them for all their love and support. The day has become hugely popular and in several countries phone lines witness maximum traffic. There is also a tradition of gifting flowers, cards and others gift to mothers on the Mothers Day. The festival has become commercialised to a great extent. Florists, card manufacturers and gift sellers see huge business potential in the day and make good money through a rigorous advertising campaign. It is unfortunate to note that Ms Anna Jarvis, who devoted her life for the declaration of Mothers Day holiday, was deeply hurt to note the huge commercialisation of the day.

You're Invited To
40th Anniversary Charter Night Dinner

June 1, 2013

Richmond Legion, Branch 625
Mark Your Calendars for this special event.



There will be special guests and dancing to music by the Rivermen

Bits N Pieces

We received a letter from the City of Ottawa notifying us of a Plan of Subdivision and Zoning By-Law Amendment Proposal which has been submitted by Mattamy Homes for approval. It covers the vacant land at 6420 and 6431 Ottawa Street - one part is north of Ottawa Street and one part is South of Ottawa Street. Approximately 1100 units will be built consisting of 848 single family homes, 172 townhouses and 809 back to back units on 32 public streets. There are two parks, a storm pond, open space and a school block. There will be a 3.25 hectare community park north of Ottawa Street and a .8 hectare neighbourhood park south of Ottawa Street. There are many more details in the letter and it says that any comments must be made by June 3, 2013. President Brian Goss will be sure to contact the city on behalf of the legion to ensure that we are on the mailing list for any other information. Brian has the letter and you can ask him for it if you would like to read it for yourself. I don't think actual construction will begin for some time yet.

We received a letter from Province of Ontario Ministry of Citizenship looking for nominations for the 2013 Ontario medal for Good Citizenship. You can nominate someone online at www.ontario.ca/honoursandawards or mail in a nomination. Call 416-314-7526 for more information and nominations must be in by July 17,2013.

The Seniors' Fun Day sponsored by Hyde Park Canada has been put off until September due to renovations being done at the Richmond arena. There will be a Seniors' Day on June 25 in the dining hall and the program for this will be completed at the next ROSSS meeting on May 28.

We donated \$200 to the Richmond Munster Minor Softball Association this month.

It was mentioned at the meeting if we were planning on a branch clean up day and since this is a good idea –is anyone up for it? There is not time to do it before the big dinner on June 1 (at least I don't have time) perhaps we could do it in June (but not the weekend of June 15 –that is my Murder Mystery dinner theatre weekend!) Last year we cleaned all the tables, the cupboards and drawers inside and out etc etc. If any one is interested please let me know –613-838-9696 and we can get it organized.

I would like to say a great big thank you to everyone who has put so much time and effort into all the things that have been done and need doing over the past few months. I'm not sure that most of our members realize how much planning and co-operation goes into all the things we do. So thanks to Brian Goss, Mavis Lewis, Shirley Morris, Jane Louks, Don Wakerell, Johnny Villeneuve, Sharon Murphy, Jim Becking, John Olsen, Lis Olsen, Oscar Clench, Joyce Clench, Joan Frost, Don Atkinson, Millie Kennedy, Marg Hogan, Edna Monahan, Liz & Rene Douville and everyone and anyone else whose name I have not mentioned. Every event needs someone to organize it, arrange for people to supply the food, the cooking, the clean up, the shopping, the set up of the hall and on and on it goes. THANK YOU EVERYONE for taking the time to make our legion branch work. We are in an enviable position in the Zone in that we actually have money in the bank and safe and sound premises. Even though we bitch and complain that no one does anything and how hard it is to get co-operation, when push comes to shove, somehow we manage to get it all done and get it done extremely well. So thanks –keep on keeping' on everyone.

Breaking news: I just found out the Scott Cummings, owner of the new Creekside Gardens centre is providing the plants need for the cenotaph—not just this year but on an ongoing basis. Thanks Colleen Jones for arranging this!

Wendy Ryan

A Little Humour

While I sat in the reception area of my doctor's office, a woman rolled an elderly man in a wheelchair into the room. As she went to the receptionist's desk, the man sat there, alone and silent. Just as I was thinking I should make small talk with him, a little boy slipped off his mother's lap and walked over to the wheelchair. Placing his hand on the man's, he said, "I know how you feel. My Mom makes me ride in the stroller too."

Out bicycling one day with my eight-year-old granddaughter, Carolyn, I got a little wistful. "In ten years," I said, "you'll want to be with your friends and you won't go walking, biking, and swimming with me like you do now. Carolyn shrugged. "In ten years you'll be too old to do all those things anyway."

On the way back from a Cub Scout meeting, my grandson innocently said to my son, "Dad, I know babies come from mommies' tummies, but how do they get there in the first place?" After my son hemmed and hawed awhile, my grandson finally spoke up in disgust, "You don't have to make up something, Dad. It's okay if you don't know the answer."

Just before I was deployed to Iraq, I sat my eight-year-old son down and broke the news to him. "I'm going to be away for a long time," I told him. "I'm going to Iraq." "Why?" he asked. "Don't you know there's a war going on over there?"

Paul Newman founded the *Hole in the Wall Gang Camp* for children stricken with cancer, AIDS, and blood diseases. One afternoon, he and his wife, Joanne Woodward, stopped by to have lunch with the kids. A counselor at a nearby table, suspecting the young patients wouldn't know Newman was a famous movie star, explained, "That's the man who made this camp possible. Maybe you've seen his picture on his salad dressing bottle?" Blank stares. "Well, you've probably seen his face on his lemonade carton." An eight-year-old girl perked up. "How long was he missing?"

His wife's graveside service was just barely finished, when there was a massive clap of thunder, followed by a tremendous bolt of lightning, accompanied by even more thunder rumbling in the distance. The little old man looked at the pastor and calmly said, "Well, she's there."

The light turned yellow, just in front of him. He did the right thing, stopping at the crosswalk, even though he could have beaten the red light by accelerating through the intersection. The tailgating woman was furious and honked her horn, screaming in frustration, as she missed her chance to get through the intersection, dropping her cell phone and makeup. As she was still in mid-rant, she heard a tap on her window and looked up into the face of a very serious police officer. The officer ordered her to exit her car with her hands up. He took her to the police station where she was searched, fingerprinted, photographed, and placed in a holding cell. After a couple of hours, a policeman approached the cell and opened the door. She was escorted back to the booking desk where the arresting officer was waiting with her personal effects. He said, "I'm very sorry for this mistake. You see, I pulled up behind your car while you were blowing your horn, flipping off the guy in front of you and cussing a blue streak at him. I noticed the 'What Would Jesus Do' bumper sticker, the 'Choose Life' license plate holder, the 'Follow Me to Sunday-School' bumper sticker, and the chrome-plated Christian fish emblem on the trunk, so naturally....I assumed you had stolen the car."

Fruit of the Month: Cherries

Cherries are related to plums and more distantly to peaches and nectarines. They have been enjoyed since the Stone Age--pits were found in several Stone Age caves in Europe. The Roman carried cherries throughout Europe and England along the routes of conquest.

There are two main types of cherries: sweet and sour. Sour cherries are lower in calories and higher in vitamin C and beta carotene than sweet cherries. **Sour Cherries:** Montmorency: this variety is the best known sour cherry. It is mostly canned or frozen for use as pie filling or sauce. They are grown mostly in the eastern and Midwestern states. **Sweet Cherries:** Bing: This variety is the best known sweet cherry. It is large, round, extra-sweet and has a purple-red flesh and a deep red skin that is close to black when fully ripe. The Bing is available from the end of May until early August.

RECIPE -Bing Cherry Chicken Salad with Toasted Pecans

How to:

1 1/4 pounds skinless, boneless chicken breasts
1 rib celery, cut in half
1/2 onion, peeled
1 slice lemon
1 bay leaf
1 tsp kosher salt



The day ahead

Place the chicken in a 4 - 6 quart pot. Add enough cold water to cover the chicken by 1 inch. Add the celery, onion, lemon slice, bay leaf, and salt. Bring to a boil over med-high heat. Reduce the heat to medium and simmer for 20 - 25 min. Or until the chicken is cooked through. Using tongs or a slotted spoon, remove chicken from the pot. **Cool completely** and chop before making the salad.

Salad

1 cup pecan halves, toasted
Poached chicken (from recipe above) cut into bite-size pieces
1/2 cup diced Vidalia onion
1 rib celery, diced small
1/2 pound fresh cherries, pitted
3/4 cup mayonnaise
Kosher salt and freshly ground black pepper, to taste

Preheat the oven to 350 deg. Line a baking sheet with foil or parchment paper. Place pecans in a single layer on the baking sheet. Bake for 5 - 7 mins. .removing once to stir, until fragrant and toasted. In a med mixing bowl place the chicken, onion, celery, cherries, and pecans. Add mayonnaise and gently stir so that all contents are lightly covered in mayonnaise. Season with salt and pepper. Refrigerate for at least 1 hr before serving.

Millie Kennedy KGFE

Healthwise: Sense & Non-Sense

Today I am thinking of our weight and of the benefits of liquid to our bodies. Think a little sip of pop now and then doesn't really count? Think again. Your drink choices--from water and juices to soft drinks and alcohol--have a great impact on your overall weight. A sugary soft drink a day can add up to 55,000 calories or 15 pounds a year.



Of course, you need to replenish your body regularly with fluids, especially water. When your body's temperature rises during exercise, for example, water helps cool the body through perspiration. Water also helps dissolve and absorb nutrients, as well as carry waste products out of your body. Starving your body of fluids can dehydrate you which can cause nausea, fatigue and a collapse of the circulatory system.

But, not all liquids are equal: beverages containing protein, such as milk, can satisfy your hunger while those containing sugar may only satisfy fluid needs. Hot beverages like coffee or tea contain no calories on their own, but the company they keep--sugar, cream and even whole milk--can be deceptively calorie-laden. Rich fancier coffee offerings like flavoured latte or cappuccinos can contribute as much fat and calories as a piece of cake. Also, keep in mind size --a large serving size could be the equivalent of four regular cups of coffee.

Too much caffeine--found in coffee, tea and soft drinks --can raise blood pressure and even cause indigestion, which may lead some people to nibble in order to soothe their tummies. So don't exceed a moderate amount --two to three 5 oz. (150 ml) cups of coffee a day.

Black and green teas can be good for you. They're rich in antioxidants, which may offer protection against cardiovascular disease and certain cancers. *People often mistake thirst for hunger. (Heart & Stroke Foundation)

Limiting endoscopies for GERD patients

Just because you've got GERD doesn't mean you need to be screened for throat cancer. Chronic GERD, or **gastroesophageal reflux disease**, is a risk factor for esophageal cancer, so many doctors routinely screen patients using an invasive procedure called upper endoscopy. An endoscopy involves inserting a tube in the throat to take images of the upper gastrointestinal tract. There are new guide lines recommending against upper endoscopy in most situations because of the cancer's rarity. An upper endoscopy could benefit men over 50 who've had chronic GERD, or heartburn, for more than five years and who have risk factors for throat cancer, such as smoking and excess weight. The group also suggest screening men and women with GERD who have "alarm" symptoms such as recurrent vomiting, anemia, bleeding, weight loss or difficulty swallowing. **They say upper endoscopies are overused and can expose patients to preventable harms, may lead to additional unnecessary interventions and result in needless costs.**

Excerpts from: John Hopkins 4/13

Millie Kennedy, KGFE



<i>Jim Gleason</i>	<i>01-Jun</i>
<i>Millie Kennedy</i>	<i>01-Jun</i>
<i>Neil Morris</i>	<i>04-Jun</i>
<i>Wendy Ryan</i>	<i>04-Jun</i>
<i>Bob Lawless</i>	<i>05-Jun</i>
<i>June Craig</i>	<i>07-Jun</i>
<i>Joyce Lavoie</i>	<i>14-Jun</i>
<i>Marg Hogan</i>	<i>11-Jun</i>
<i>Johnny Villeneuve</i>	<i>18-Jun</i>
<i>Brian Adams</i>	<i>28-Jun</i>
<i>Alton Gilhuly</i>	<i>30-Jun</i>
<i>Keith Thurrott</i>	<i>30-Jun</i>

Fifty Shades In Reverse!

He was in ecstasy with a huge smile on his face as his wife moved forward, then backwards, forward, then backwards again back and forth ... back and forth in and outShe could feel the sweat on her forehead, between her breasts and trickling down the small of her back. She was getting near to the end. Her heart was pounding her face was flushed Then she moaned, softly at first, then began to groan louder. Finally, totally exhausted, she let out an almighty scream and shouted, "Okay, Okay! I can't park the bloody car!! You do it, you smug bastard!!!"

Don't forget the Friday barbeques are back
 Steak, hamburger and hotdog platters are available
 Same price as last year!
 They run from 4:30 to 6:30 pm.

Club 55 Executive

President	Joan Frost	613-838-2619
Past President	Jane Louks	613-838-3244
Vice President	Millie Kennedy	613-838-3354
Secretary	Edna Monahan	613-838-2445
Treasurer	Shirley Morris	613-838-3732

Committees

Branch Liaison	Jane Louks	613-838-3244
Coffee	Johnny Villeneuve	613-838-2548
500	Joan Frost	613-838-2619
Euchre	Mavis Lewis	613-838-2749
Entertainment	Don Atkinson & Joan Frost	
Excursions	Joan Frost	613-838-2619
Exercise	Don Atkinson	613-838-2573
Historian	Don & Marg Atkinson	613-838-2573
Membership	Elaine Kuhn	613-838-2333
Sick & Visiting	Gwladys Reynolds	613-838-5122
Telephone	Marg Hogan	613-838-8304

Bulletin: Wendy Ryan wryan@bell.net 613-838-9696

Deadline to submit for the next bulletin is always the third Saturday of the month by 12 noon please.

The Murder Mystery Is Back!


The Plot: Celebrities and fans have come together in London for an awards dinner to honour fifty years of the James Bond films. On the eve of the gala dinner, Sean Connery, the most famous and first Bond, dies under very mysterious circumstances. Are the other Bonds safe?

Find out by attending a fabulous musical murder mystery dinner on Friday June 14 or Saturday, June 15 at St. Philip's Hall, Richmond.



Tickets are \$30 and can be purchased from Wendy Ryan at 613-838-9696. (Help me out people!!!)

This event sells out both nights every year and is worth every penny of the ticket price. Call now so you don't miss out!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 2013						1 <i><u>40th</u></i> <i><u>Anniversary</u></i>
2	3 Exercise	4	5 Exercise 500	6 Club 55 Fun Day	7 Exercise Euchre BBQ	8
9	10 Exercise Poppy Meeting	11	12 Exercise 500	13	14 Exercise Euchre	15
	17 Exercise	18	19 Exercise 500	20 Executive & General meetings	21 Exercise Euchre BBQ	22
23	24 Exercise LA meeting 7 pm	25	26 Exercise 500	27	28 Exercise Euchre	29
30 rented	June 1st, 2013 - 40th Anniversary Dinner and Honours & Awards Dinner Tickets are \$25 each and available from Shirley Morris. Doors open 5 pm; cairn dedication 5:30 and dinner is 6:15 pm.					

Exercise begins at 9 a.m. Coffee is served each weekday at 10 a.m.

500 is 1:00 p.m. and euchre is 1:00 p.m.

Executive meeting is 7:00 pm. General meeting is 8 pm

Barbeques are from 4:30 to 6:30 pm



The Royal Canadian Legion Branch 625

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Website: www.richmondlegion.ca

