




Royal Canadian Legion



Branch 625 Richmond



Legion  Canada's Largest Service Club

Foxy's Tales



December 2018

Branch Executive Officers

President (613-838-4269) Brian Goss
Immediate Past President (613-838-3244) Jane Louks
First Vice President (613-838-2548) John Villeneuve
Secretary (613-838-6078) Elizabeth Douville
Treasurer (613-838-3721) Shirley Morris
Sgt-at-Arms vacant

Branch Executive Committee

Joanne Heinbuch
Jack Lemyre
Mavis Lewis
Tom Louks
Wendy Ryan
Louis Seward

Branch Committee Chairs

Bar (613-838-3244) Tom Louks
Branch Regulations Jack Lemyre
Bursary Wendy Ryan
Bulletin (wryan@bell.net) Wendy Ryan
Cenotaph Jane & Tom Louks
Chaplain (613-838-3942) Dcn. Louis Seward
Hall Rentals (613-838-2373) June Craig
Honours & Awards Jane Louks
Membership Shirley Morris
Poppy Jane Louks
Property Johnny Villeneuve
Public Relations vacant
Service Officer (613-838-3948) Jack Lemyre
Sick & Visiting Louis Seward &
Shirley Morris
Sports Mavis Lewis
Training & Development Vacant
Ways & Means Jane Louks &
June Craig
Website Wendy Ryan
Youth (613-838-6078) Elizabeth Douville



The Royal Canadian Legion Branch 625

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Website: www.richmondlegion.ca

Club 55 Executive

President (613-838-2138) Joanne Heinbuch
Past President (613-838-4269) Brian Goss
Vice President (613-838-2548) John Villeneuve
Secretary (613-838-6078) Elizabeth Douville
Treasurer (613-838-3244) Tom Louks

Committees

Branch Liaison Shirley Morris
Cards (for people) Brenda Goss
Coffee John Villeneuve
Euchre Joyce Cook
Exercise Shirley Morris
& John Olsen
Membership Joanne Heinbuch
Movies Tom Louks
Telephone Marg Hogan



Deadline to submit for the next bulletin is always the third

Friday of the month by 6 pm please

Send to wryan1955@hotmail.com

All articles appearing in this publication are the opinions of their authors

President's Message

Merry Christmas comrades. Are you ready for the Christmas and New Year's season? We have been very busy since the last report and I will attempt to itemize what has happened and not take up too much of your time.

We successfully made it through the Remembrance campaign with what has been described as one of our most successful parades.

We are now into the Christmas season with the following events:

Seniors Christmas dinner with Legion, church and local volunteers preparing, serving (and cleaning up) the dinners. What a community.

Club 55 Christmas luncheon with a great attendance.

Branch and Club 55 combined pot-luck with an abbreviated Executive & General Meetings.

Hall decoration.

Two catered dinners by the Branch Ways & Means committee.

A mini-seminar of Facebook, Twitter & Instagram.

As you can see the elves have been very active. Oh, did I mention we have received 9 applications for membership with 2 to 3 more on the horizon.

As I promised, a short report.

I, along with my wife, wish everyone a very Merry Christmas and a Happy New Year.

Brian Goss



Annual Pot Luck Dinner

About thirty hearty souls braved a bit of snow to attend this annual event (I remember when it was two and three times that many!!). The food was great, especially the desserts, Tom Louks turned 70 that night and the Branch received very generous donations from the LA and Club 55. A good time was had by all.



Present Branch President Brian Goss receives very generous donations to the branch from LA President Edna Monahan (pictured far left) and Club 55 President Joanne Heinbuch (pictured right).



Club 55



Club55 had a wonderful Christmas dinner following our rousing meeting on Thursday, December 6th. The deli meal was catered by Judy Wagdin and company from St. Paul's United Church. Our next meeting will be on Thursday, February 7, 2019 at 10 am.

Our Executive wish one and all a very Merry Christmas, Good Health and safe and happy times with family and loved ones.

Joanne Heinbuch

Way\$ & Mean\$

I want to thank everyone that helped out at the Senior's dinner. From the many comments, everything went very well. I don't usually list names for fear that I will miss one, but I need to thank the men and woman from St. Philip Church - their help is greatly appreciated - so thank you Ray, Bill, Bernie and Maureen and to every-one else who helped in any way.

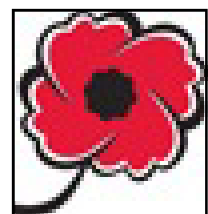
We have 2 more caterings coming up, and then we will have time to get ready for Christmas with our families.

The next dinner will be on Saturday, January 26, 2019 for Robbie Burns night. Tickets are \$23 each. Please call Shirley Morris at 613-838-3721. There will be NO tickets at the door!.

Poppy Report

We still have some money to come in for the Poppy Campaign, so I hope to have a report for everyone in January.

It was a successful campaign and the two services in Munster and Richmond took place without a hitch. I actually didn't hear anything negative. We purchased a new microphone which really made a difference in the sound. Thank you to everyone who took part in any way.



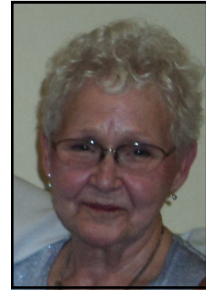
Tom and I want to wish everyone a very Merry Christmas and a Happy New Year.

Jane Louks
Ways & Means and Poppy Chair.



Membership Report

Now is the time to renew your membership. I will be at the Legion on Monday, Wednesday and Friday mornings until about 10:30. The dues are still \$48.00 and you can send a cheque to RCL Box 625, Richmond, On K0A 2Z0. In order for the magazine to continue being sent to you, the membership dues must be paid by December 31st.



Merry Christmas and Happy New Year!

Shirley Morris

Last Post

***John Lewis
November 23 2018***

We Will Remember Them...

Friday Night Darts

Friday Night Darts are going strong with 48 players and lots of spares. Friday December 14 2018 was the annual Christmas snacks night and thank you very much to Jane Louks and Shirley Morris for shopping for and preparing the variety of treats on offer. Each player also received a Legion toque as a thank you for making darts such a success. Thanks again to Cathie & Tim Lytle for running the darts again this year.



There will be no darts on December 21 and 28 2018. See you in the new year!

Wanted

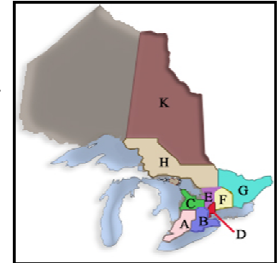
Ceramic Christmas Trees - if you have a ceramic Christmas tree that you no longer want, I would like to give it a good home with me. I know people have been on the radio this past week saying these trees are tacky but I love them! Please contact me at 613-838-9696 or email me at wryan1955@hotmail.com.



Richmond Hub Articles Part 3
ONTARIO PROVINCIAL COMMAND
DISTRICTS, ZONES & BRANCHES

Districts

With over 100,000 members in more than 400 Branches, some form of control and distribution of information must be worked out. In the case of Ontario Provincial Command nine Districts have been established across the province. Within each District are several Zones which eventually lead to several Branches in each Zone. All information on Ontario Districts can be found on [www: districtglegion.ca](http://www.districtglegion.ca). There are nine Districts in Ontario Command (see map). Branch 625 Richmond is one of ten Branches in District G.

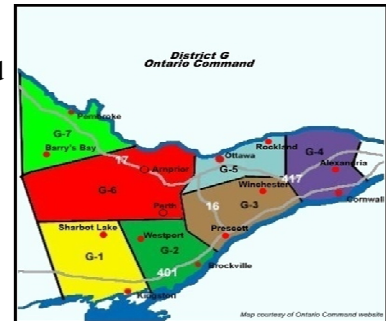


Zones -Why a Web site for a Zone?

This explanation is taken from Zone D1 Toronto. Zones are committed to promoting comradeship and cooperation among the branches, having a site that allows branches to have a common place to share information and notifications of upcoming branch functions and events even if a branch does not have its own website. Another important reason is to have a place to publicize the results of the Zone and District Sports, Youth Education programs. In District G there are seven Zones in which Branch 625 Richmond is one of 10 Branches in Zone 5. A full description of Zone G5 can be found on [www: rcl-zoneg.ca](http://www.rcl-zoneg.ca). Ontario District G, Zone 5 is comprised of ten Legion Branches in the National Capital Region (Ottawa Area) of Eastern Ontario. All Branches, except for Rockland Branch, lie within the new boundaries of the City of Ottawa.

The following Branches are in District G Zone 5:

| | | | |
|-------------------|-----------------|--------------|--------------|
| Montgomery 351 | Eastview 462 | Westboro 480 | Rockland 553 |
| Bells Corners 593 | | | |
| Strathcona 595 | Stittsville 618 | Richmond 625 | Orleans 632 |
| Barrhaven 641 | | | |



BRANCH 625 RICHMOND

Up to this point we have described the Royal Canadian Legion from the top, Dominion Command to the Provinces, Ontario Command. We then described our District Command followed by the Zone Command. Now we are at the Branch level and our local Branch.

Richmond began as a military settlement and today its veterans and members of the Royal Canadian Legion, Branch 625 continue to contribute to the well being of its citizens through community services and involvement. Its men and women served valiantly in World Wars I and II. In honour of those who had served their country in war, the South Carleton Branch of the Royal Canadian Legion unveiled an honour roll in the Memorial Community Center in 1950. That building has since been demolished.



Founding of The Richmond Legion – 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.

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. The 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.

1st Anniversary Dinner & Dance

This evening was held in the St John`s Anglican Church Hall on Saturday 4 May 1974. The Executive was Gordon Hotchkiss, President, - Harry Thomas, 1st Vice President, - Lillian Jeffries, Secretary/Treasurer, - Robert Barkley, Building Chairman, - John Rothwell, Membership Chairman, - Robert Loverock, Way and Means Chairman, - Frank Jefferies, Public Relations Chairman, - John Pickett, Sgt At Arms, - and members, R. Bradley, J. Rothwell, and A. Pulfer.

Building of Hall

Besides its responsibilities towards veterans and their families, Branch 625 became actively involved in working with senior citizens by providing meals on wheels and a transportation service. To continue and to enlarge on these services a hall of their own was needed. This would also enable the branch to support other community activities and services.

On May 2, 1977, the Branch entered into a conditional agreement with Mrs. R. McKay of Fallowfield to purchase two acres of property on the southerly side of the westerly extension of Ottawa Street in Richmond on the outer edge of village limits. At a special meeting on May 7, 1979, a motion was passed to construct a building at a cost of \$40,000. On May 3, 1979, an official sod turning ceremony was held. On May 23, 1981, the Richmond Legion Hall, Branch 625 was officially opened before a large crowd with a gala ceremony featuring Legion, Municipal and Provincial dignitaries



Ladies' Auxiliary

With the opening of the Richmond Legion Hall, the importance of a Ladies' Auxiliary was recognized. On 1 April 1981, at a special ceremony held in the new Hall, members were inducted into the newly formed Ladies' Auxiliary, Branch 625. President Frank Jefferies congratulated Pat Loverock on her efforts to get the Auxiliary started and called the event a "memorable day in our Branch's history".

Members of the first Executive Committee were: President, Pat Loverock; 1st Vice President, Barbara Bennett; 2nd Vice President, Mavis Lewis; Secretary, Hilda Moore; Treasurer, Heather Murphy; and Sergeant-at-Arms, Shirley Beardsell. Other Charter members were: Donna McRae, Joyce Lavoie, Carol Mains, Elsie Jamieson, Dorothy Marshall, Susan Bennett, Lisa Loverock, Bea McRae, Mabel Mann, Rosemary Satnik, Ina Bannon, Evelyn Pickett, Heather Bennett, and Marlene Dawson.

Cenotaph

At the end of the Second World War, ex-servicemen returning to Richmond established a Patriotic Trust Fund, for which was to erect a cenotaph. However, this fund lay dormant and was finally taken over by the Richmond Legion when it was formed in 1973.

In 1976, the Legion attempted to build a cenotaph but had to abandon the idea. However, with the development of the Richmond Memorial Park by the Township of Goulbourn in 1988, the dream to commemorate those who had served during war, was realized. On November 6, 1988, the former Minister of Defense, the Rt. Hon. George Hees formally unveiled the new monument. The following November 11th, more than 400 people attended the first Remembrance Day service at the cenotaph.



The cross being lowered into place at the new cenotaph.

**Not to brag, but I just
went into another
room and actually
remembered why I
went in there.**

**It was the
bathroom, but still....**

**I'm proud of myself.
I finished a jigsaw
puzzle in 6 months,
and the box said 2-4
years!**

Jesus is the Reason for the Season Christmas

Where does Christmas come from? We give each other presents around 25th of December, many put a Christmas tree in their house and we sing songs about angels, shepherds and a child in a manger.

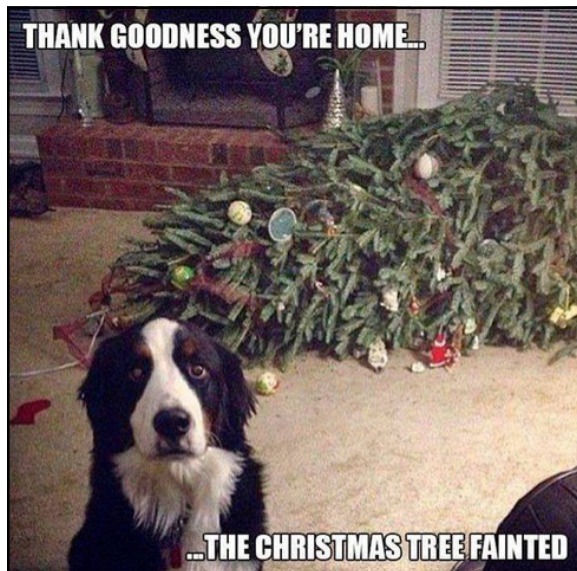
Besides all the fun and the great atmosphere in the month of December, Christmas is all about a Jewish boy who was born in the Middle East at the beginning of our era. In the town of Bethlehem, this boy was born as the son of Joseph and Mary, a young couple.

Does it ring a bell when you hear these names: Bethlehem, Joseph, Mary, baby Jesus? Maybe you participated in a Christmas performance. Maybe you have a Nativity Scene in your home that you put down every year nicely in December. Then you have sheep, shepherds, wise men from the East, angels, a bright guiding star. It all looks so romantic! Christmas is for many people a happy season. We decorate our house and we have great family times. But is this what Christmas is all about?

For some people, it's a shock to find out that Jesus wasn't born on the 25th of December. Why we celebrate his birth on that precise date had to do with the ancient midwinter festivals, which were celebrated centuries before Jesus' birth. The celebration of the birth of Jesus is still on 25th of December. We actually don't know exactly when he was born. The fact in the story that shepherds were outside in the field is a hint that it was probably spring or summertime.

During the Christmas season, you see many lights in the decoration. Keep that in mind, because it's also a great reminder of the message of Christmas. The birth of Jesus is like a light that is lit in the darkest darkness. Angels were singing 'peace on earth', but this peace wasn't entering bombastically. The key for peace on earth is the story of a baby boy born in a very average family. This is how God is bringing peace: vulnerable, small and for many just hidden in plain sight.

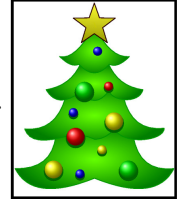
This baby boy will grow up and his life, his message, his death and resurrection are celebrated until today. Light entered our world. Even a small light can conquer the darkness.



Some Christmas History

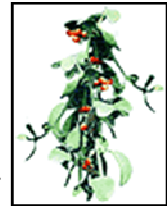
Christmas Tree

The practice of tree worship has been found in many ancient cultures. Often, trees were brought indoors and decorated to ensure a good crop for the coming year. Trees have also been linked to divinity. Egyptians associated a palm tree with the god Baal-Tamar, while the Greeks and Romans believed that the mother of Adonis was changed into a fir tree. Adonis was one of her branches brought to life. The modern Christmas tree was likely born in the 8th century, when St. Boniface was converting the Germanic tribes. The tribes worshipped oak trees, decorating them for the winter solstice. St. Boniface cut down an enormous oak tree, that was central to the worship of a particular tribe, but a fir tree grew in its place. The evergreen was offered as a symbol of Christianity, which the newly converted Germans began decorating for Christmas. Prince Albert, who was German, introduced the Christmas tree to England after his marriage to Queen Victoria in 1840. German immigrants to Pennsylvania brought Christmas trees to America.



Mistletoe

The Druids believed mistletoe fell from heaven and grew onto a tree that sprang from Earth. Mistletoe thus represented the joining of heaven and earth, and God's reconciliation with mankind. A kiss under mistletoe symbolized acceptance and reconciliation.



Santa Claus

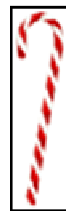
Patron saint of children and sailors, Saint Nicholas was a 4th-century bishop from Asia Minor. He was famous for giving gifts to children. His feast day, December 6, became a children's holiday in Holland, where he is known as Saint Nikolaas. English colonists in New York (previously the Dutch colony of New Amsterdam) called him "Santa Claus" because they couldn't pronounce the Dutch name. The English began celebrating the feast day on Christmas. Kriss Kringle, another name for Santa Claus, developed in Germany around 1600. German Protestants recognized December 25, the birth of the Christ child, Christkindl, as the time to give gifts. "Christkindl" evolved into "Kriss Kringle." In the Netherlands and Germany, the Santa Claus figure often rode through the sky on a horse to deliver presents to children. He often wore a bishop's robes and was sometimes accompanied by Black Peter, an elf who whipped naughty children. In addition to the tradition of Saint Nicholas, the three Wise Men gave gifts to the baby Jesus, starting the Christmas gift tradition.



Names for Santa around the world: Belgium & France = Pere Noel; Brazil = Papai Noel; Netherlands = Kerstman; England = Father Christmas; Finland = Joulupukki; Germany = Weihnachtsmann (Christmas Man); Hawaii = Kanakaloka; Hungary = Mikulas (St. Nicholas); Ireland = "San Nioclás" or "Daidi na Nollag" ("Daddy Christmas" or "Father Christmas"); Italy = Babbo Natale; Japan = Hoteiosho (a god or priest who bears gifts); Norway = Julenissen ("Christmas gnome"); Poland = Swiety Mikolaj (St. Nicholas); Sweden = Jultomten ("Christmas brownie")

Candy Canes

Some scholars believe a confectioner developed candy canes to represent Jesus. The shape of the "J" was for Jesus, or the shepherd's staff. The white color symbolized purity, while the red stripes indicated blood. Peppermint is similar to hyssop, the Middle Eastern mint mentioned in the Bible.



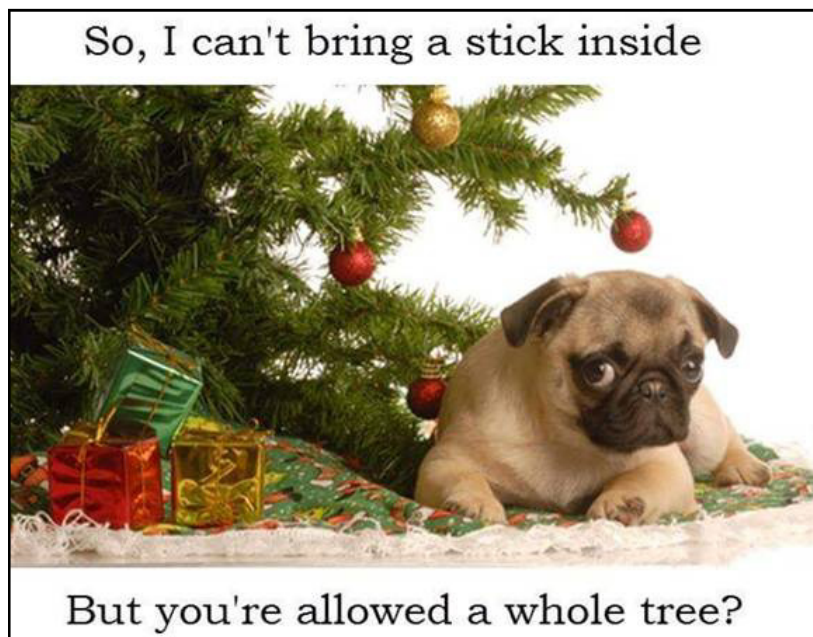
Yule Log

The word Yule meant “infant” in the language of the Chaldeans, who lived in the Middle East. The Germanic tribes of Northern Europe, including the Anglo Saxons, celebrated “Yule-day” or “Child's Day.” The custom of the Yule log has been noted in France and Italy as far back as the 1200s. It later spread throughout Europe. On Christmas Eve an enormous log would be cut and placed in the hearth. The log would be sprinkled with salt, oil, and mulled wine, and prayers said to protect the house from the Devil and lightning. In some regions, the daughters of the family lit the log with splinters of the previous year's log. In other regions, the lady of the house had the honor of lighting the log. As iron stoves replaced giant hearths in the 1800s, Yule logs became decorative, often being used as Christmas centerpieces and decorated with evergreens and candles. Cooks began creating pastry Yule logs, rolled cakes covered in chocolate or coffee and decorated with sugared holly and roses.



Christmas Cards

The custom of sending Christmas cards started in Victorian England. Earlier, some adults had written Christmas letters. But letters took time to write; and people wanting to share season's greetings with many others had a daunting task. In 1843, British businessman Sir Henry Cole asked artist John Calcott Horsley to print some Christmas cards. One thousand cards were printed in black and white and then colored by hand. The cards, which depicted a happy family raising a toast to the recipient, were criticized for promoting drunkenness. In 1851 Richard Pease, a variety store owner, commissioned the first printed Christmas card in the U.S. London printers Charles Goodall & Sons became the first to mass-produce Christmas cards. In 1862 they created cards saying “A Merry Christmas.” Later, they designed cards with various designs, including robins, holly, mangers, snowmen, and even Little Red Riding Hood.



Christmas Quotes

Some of the best funny Christmas quotes to bring a smile to your face. These short quotes are great for including in Christmas card message to friends and relatives who enjoy a laugh.

Christmas: the only time of year you can sit in front of a dead tree eating candy out of socks. ~ *Anonymous*

Christmas is a time when everybody wants his past forgotten and his present remembered. ~ *Phyllis Diller*

One of the most glorious messes in the world is the mess created in the living room on Christmas day. Don't clean it up too quickly. ~ *Andy Rooney*

Never worry about the size of your Christmas tree. In the eyes of children, they are all 30 feet tall. ~ *Larry Wilde*

Let's be naughty and save Santa the trip. ~ *Gary Allan*

Santa Claus has the right idea - visit people only once a year. ~ *Victor Borge*

Nothing's as mean as giving a little child something useful for Christmas. ~ *Kin Hubbard*

Do give books - religious or otherwise - for Christmas. They're never fattening, seldom sinful, and permanently personal. ~ *Lenore Hershey*

A lovely thing about Christmas is that it's compulsory, like a thunderstorm, and we all go through it together. ~ *Garrison Keillor*

I'm dreaming of a white Christmas. But if the white runs out I'll drink the red. ~ *Anonymous*

Three Wise WOMEN would have asked directions, arrived on time, helped deliver the baby, bought practical gifts, cleaned the stable, made a casserole, and there would be peace on earth! ~ *Anonymous*

Once again, we come to the Holiday Season, a deeply religious time that each of us observes in his own way, by going to the mall of his choice. ~ *Dave Barry*

Some people are born for Halloween, and some are just counting the days until Christmas. ~ *Stephen Graham Jones*

Christmas Eve, a perfect night to express affection for your family, to forgive those who failed you, and to forget past mistakes. ~ *Unknown*

The best of all gifts around any Christmas tree: the presence of a happy family all wrapped up in each other. ~ *Burton Hillis*

From home to home, and heart to heart, from one place to another. The warmth and joy of Christmas, brings us closer to each other. ~ *Emily Matthews.*

Probably the reason we all go so haywire at Christmas time with the endless unrestrained and often silly buying of gifts is that we don't quite know how to put our love into words. ~ *Harlan Miller*

At Christmas, all roads lead home. ~ *Marjorie Holmes*

Christmas is a time when you get homesick - even when you're home. ~ *Carol Nelson*

The best way to spread Christmas cheer is singing loud for all to hear. ~ *Will Ferrell, "Elf"*

May you never be too grown up to search the skies on Christmas eve. ~ *Anonymous*

Maybe Christmas, he thought, doesn't come from the store. Maybe Christmas... perhaps... means a little bit more! ~ *The Grinch, by Dr Seuss*

"Let us keep Christmas beautiful
Without a thought of greed,
That it might live forevermore to fill our every need,
That it shall not be just a day,
But last a lifetime through,
The miracle of Christmastime that brings God close to
you."
~ Garnett Ann Schultz



I HATE IT WHEN YOU CAN'T
FIGURE OUT HOW TO OPERATE
THE IPAD AND THE RESIDENT
TECH EXPERT IS ASLEEP.

BECAUSE HE'S 5.

AND IT'S PAST HIS BEDTIME.

This is the way to live!

"One day I had lunch with some old friends. Jim, a short, balding golfer type, about 85-years old, came along with them; all in all, it was a pleasant bunch. When the menus were presented, my friends and I ordered salads, sandwiches, and soups, except for Jim who said, "A large piece of home-made apple pie, heated please. I wasn't sure my ears heard him right, and the others were aghast, when Jim continued, completely unabashed...."along with two large scoops of vanilla ice cream." We tried to act quite nonchalant, as if people did this all the time, but when our orders were brought out, I didn't enjoy eating mine. I couldn't take my eyes off of Jim as I watched him savoring each bite of his pie a-la-mode. The other guys just grinned in disbelief as they silently ate their lunches. The next time I went out to eat, I called Jim and invited him to join me. I lunched on a white meat tuna sandwich, while he ordered a chocolate parfait. Since I was chuckling, he wanted to know if he amused me. I answered, "Yes, you certainly do, but you also confuse me. How come you always order such rich desserts, while I feel like I must be sensible in my food choices?" He laughed and said "I'm tasting all that is possible for me to taste. I try to eat the food I need and do the things I should in order to stay healthy, but life's too short, my friend. I hate missing out on something good. This year I realized how old I was. He grinned. I've never been this old before, so, while I'm still here, I've decided it's time to try all those things that, for years, I've been ignoring." He continued, "I haven't smelled all the flowers yet. There are too many trout streams I haven't fished. There's more fudge sundaes to wolf down and kites to be flown overhead. There are too many golf courses I haven't played. I've not laughed at all the jokes. I've missed a lot of sporting events and potato chips and cokes." "I want to wade again in water and feel ocean spray on my face. I want to sit in a country church once more and thank God for His grace. I want peanut butter every day spread on my morning toast. I want un-timed long distance calls to the one I love the most. "I haven't cried at all the movies yet, or walked in the morning rain. I need to feel wind on my face. So, if I choose to have dessert, instead of having dinner, then should I die before night fall, I'd say I died a winner, because I missed out on nothing. I filled my heart's desire. I had that final piece of pie before my life expired." With that, I called the waitress over. "I've changed my mind, " I said. "I want what he's having, only add some more whipped cream!"



"HE'S ABOUT 5' 3", WEARING A
RED JACKET, SMELLS OF BEER,
AND HE SHOT A GUN AT ME"

The best things in life either make you fat, drunk or pregnant.

i got so drunk last night i walked across the dance floor to get another drink and won the dance contest.

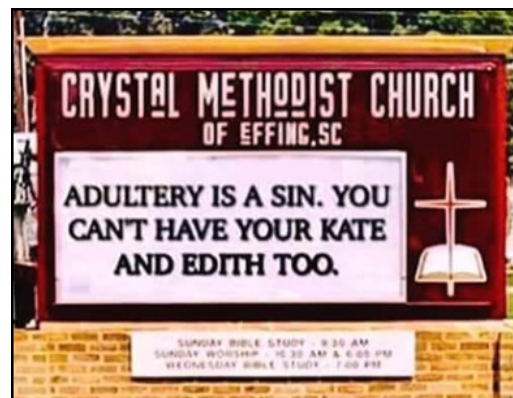


Everyone has a hidden talent they don't know about until the tequila is poured

I HAD A REALLY BAD DAY.

FIRST, MY EX GOT RUN OVER BY A BUS.

THEN I GOT FIRED FROM MY JOB AS A BUS DRIVER.



Points to Ponder

IF YOU'RE SO 'CONNECTED,' HOW COME YOU DON'T KNOW ANYTHING?:

A Richmond Facebook regular was shocked to learn that the bridge will remain a one-lane pain throughout the winter. Apparently she thought they could magically throw the west side back together in a couple of days. This is a big project, scheduled to last for at least a year. Get over it – in the single lane.

LEBRETON FLAT LINE: I think we dodged a bullet when good old Eugene Melnyk decided to take his marbles and go home, perhaps giving us a glimmer of hope for LeBreton Flats. It will, sadly, never be what it should be. It's all about money, after all. The making thereof – and the spending thereof – by someone other than the federal or municipal governments, of course.

Instead of a hockey arena and a pile of hideous condos, why can't we have Central Park North? A little more like Plan B. A small band shell or two, lots of trees, some fabulous flowers (perhaps tended by volunteers who live in neighbouring hideous condos and long for a garden), ice cream vendors in the summer, Beaver Tail vendors in the winter, walking and cycling paths, perhaps some sort of cultural venue – on a smallish scale – for concerts, art shows, photography exhibits. No cars or buses allowed. Maybe a train, emphasis on maybe. But, who would pay for it? Perhaps Adrienne Clarkson could help out. It's our money anyway. Or Justin Trudeau could "tweet" a multi-million-dollar donation to the cause.



And Trudeau should certainly apologize (surely it's on his list) – for throwing people out decades ago, leaving the property to languish and then accepting a less-than-stellar proposal to put the final nail in its coffin. There are some fabulous examples of creative downtown projects in U.S. and Canadian cities. Maybe somebody should take a look. On the Internet, please. No expensive junkets for the bureaucrats and politicians who messed things up in the first place.

BABY, IT'S SILLY OUTSIDE: Some folks recently got bent out of shape about this Christmas classic and radio stations rushed to ban it from the airwaves, including the CBC. Frankly, I never paid much attention to the lyrics. Upon further review, I'll admit they're a bit dubious, but it's a catchy little ditty. Oddly enough, listeners weren't thrilled by some the knee-jerk political correctness and complained to their favourite radio stations, including the CBC. The song has been reinstated on a number of playlists, including on the CBC. I guess the brass never considered polling listeners BEFORE they cut the song, rather than after.

But, hey, if we're banning old favourites, how about I Saw Mommy Kissing Santa Claus?

Mom's carrying on with another guy who's probably old enough to be her grandfather while the kids are supposedly asleep upstairs. One of the little darlings is going to rat her out to Dad. It also suggests it would be hysterically funny if Dad had walked in on the philandering couple. No political correctness here. Just askin'.....

Whatever tune you're humming, PLEASE ENJOY A VERY MERRY CHRISTMAS AND A HAPPY NEW YEAR

Lynne Owen

DID YOU KNOW...

Did you know you could benefit from doing various exercises while sitting? If you are unable or unwilling to perform regular exercises you can still work out your core, your heart and more, all while sitting. So, find yourself a strong, sturdy place to sit down and try out these exercises.

Breathing and Meditation. Start by sitting solidly in your chair, with your spine as straight as possible and your shoulders back, then take slow, deep breaths through your nose and exhale slowly out of your mouth. Do this for a few minutes.

Leg Toning. Sitting in your chair with your feet planted flat on the floor and spaced out about the width of your shoulders, raise your feet until you're up on your toes then flatten them again. Continually doing these lifts will strengthen your calf and thigh muscles. You can also do leg extensions by bending at the knee and lifting one leg at a time straight out in front of you. Alternate from left to right and repeat for one minute.

Core Strengthening. Twist your waist as far as you can to the right, then straighten out. Now do the left-hand side. Repeat for one minute. Remember to move slowly and have control of your twists. Grab the back of your chair for support if required.

Shoulder and Posture Work. Raise your arms straight out to the side of your body to form a 'T' and press your shoulder blades together. Do twenty circles with your palms down, then another twenty with your palms up. Repeat two or three times to help loosen a stiff neck, back or shoulders.

Arm Toning. Using small weights (filled water bottles will do) held at chest level push your arms straight out. Do ten reps (if you can), rest, then do one more set. You can also start with your elbows bent and extend your arms upward over your head. Increase the size of your weights as your overall strength improves.

Neck Stretches. Tilt your head towards your right shoulder and lift it straight up again. Now do this on the left side. You can also slowly nod 'yes' or shake your head 'no'. This will help loosen neck muscles and reduce any tension around the base of your head. Repeat several times. While you're at it, loosen fingers and toes. Stretch out your hands and fingers, separating your fingers as much as you can, then clench your hands into fists and rotate your fists in circles. Do the same with your toes and rotate at the ankles. Repeat several times.

The Sit-and-Stand. From your seated position stand up then sit down again. You can do this on your own or, if you're able, hold a weight in front of you. This exercise will help strengthen your core. Repeat several times.

Seated Cardio. You may not expect to get your heart rate up from a sitting position, but there are lots of different options to get cardio exercises from a seated position. Try seated running: bend your arms as if you're about to take off in a race and get your knees up slightly – then mimic running and slowly increase your speed. Or try seated tap dancing and get those toes tapping, here, there and everywhere. Or seated jumping jacks, using the same leg motion of standing jumping jacks but from your chair.

All the exercises described above are low impact and low risk of injury. Nevertheless, proceed with caution. Start slowly and increase reps as your fitness improves. If it hurts, don't do it!

Now you know! **Jack Lemyre** (With Thanks to CSA Magazine)



| | |
|--------------------------|---------------|
| <i>Charles Borbridge</i> | <i>05-Jan</i> |
| <i>Peter MacArthur</i> | <i>05-Jan</i> |
| <i>Elizabeth Vickers</i> | <i>06-Jan</i> |
| <i>Jim Becking</i> | <i>07-Jan</i> |
| <i>Michael McKenna</i> | <i>17-Jan</i> |
| <i>Ivan Barron</i> | <i>22-Jan</i> |
| <i>Roger Bourgeois</i> | <i>29-Jan</i> |

Congratulations!

Happy 70th Wedding Anniversary

George & Heather Murphy

November 22 2018

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& SOGGY?

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DO THAT

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|---------------------|-----------------|----------------------------|-----------------|--------------------------------|--|---------------------------|
| January 2019 | | 1 <i>New Year's Day</i> | 2 | 3 | 4 Euchre Darts | 5 |
| 6 | 7 Yoga 7 pm | 8 | 9 | 10 | 11 Euchre Darts | 12 |
| 13 | 14 Yoga 7 pm | 15 | 16 Rented pm | 17 Executive Meeting | 18 Euchre Darts | 19 |
| 20 | 21 Yoga 7 pm | 22 | 23 | 24 | 25 Euchre Darts | 26 Robbie Burns Dinner |
| 27 | 28 Yoga 7 pm | 29 | 30 | 31 | <u>ROBBIE BURNS DINNER</u> Tickets are \$23 each. Please call Shirley Morris at 613-838-3721. There will be NO tickets at the door!. | |

A Very Merry Christmas & A Happy & Healthy New Year to All!



Branch Executive & General Meetings are at: 11 am
Coffee: Monday to Friday at 10 am
Euchre: Fridays at 1 pm
Exercise: Monday, Wednesday & Friday at 9 am
Yoga: 7 pm –for a fee =non-Legion event
 No Movies until Spring.



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