




Royal Canadian Legion



Branch 625 Richmond



Legion  Canada's Largest Service Club

Foxy's Tales



December 2024 



The Royal Canadian Legion Richmond, Branch 625
6430 Ottawa St West, Richmond Ontario K0A 2Z0
Phone 613-838-2644

Branch Executive Officers

President	Wendy Ryan	613-838-9696
Past President	Brian Goss	613-838-4269
First Vice President	John Villeneuve	613-838-2548
Secretary-treasurer	Pat McGrath	613-838-2652
Sgt-At-Arms	Boyd Dulmage	613-838-5055

Branch Executive Committee

Eric Booth
 Iain Clogg
 Tom Louks
 Louis Seward

Branch Executive Meetings

are the Third Thursday of each month at 10:30 am.

Branch General Meetings

are the fourth Friday in January, March, June, September and November at 11 am and the third Thursday of May at 8 pm.

Website is: www.richmondlegion.ca

Facebook: Royal Canadian Legion Branch 625

Deadline to submit for the next bulletin is always the third Friday of March, June, September and the second Friday in December by 12 noon please

Branch Committee Chairs

Bar	Tom Louks	613-838-3244
Branch Regulations	As needed	
Bursary	Wendy Ryan	rclbursary625@gmail.com
Bulletin	Wendy Ryan	613-838-9696
Cenotaph	Tom Louks	613-838-3244
Coffee	John Villeneuve	613-838-2548
Euchre	Joyce Cook	613-838-8381
Hall Maintenance	John Villeneuve	613-838-2548
Hall Rentals	Tom Louks	613-838-3244
Honours & Awards	Past president ++	
Long Term Planning	Tom Louks & John Villeneuve	
Membership	Boyd Dulmage	613-838-5055
Memorial Boards	Tom Louks	613-838-3244
Poppy	Wendy Ryan	Poppyrcl625@gmail.com
Public Relations	Brian Goss	
Property	John Villeneuve	613-838-2548
Seniors (including exercise)	Pat McGrath	613-838-2652
Sports	Cathie & Tim Lytle	613-868-2489
Telephone	Wendy Ryan	613-838-9696
Veterans Service Officer	Iain Clogg	613-986-8361
Ways & Means	McGrath & Ryan	
Website	Wendy Ryan	613-838-9696
Wellness checks	Patricia Ham	613-203-8895
Youth	Elizabeth Douville	613-838-6078

President's Message

We had a busy fall with the return of Friday Night Darts, the Poppy Campaign, the Remembrance Service and the Seniors' Christmas lunch. All of these things take lots of planning and many hands to make them a success meaning there are many people to thank. Names will be named throughout this bulletin under various committee reports.

Friday Night Darts came back on October 18th and will end on March 28th, 2025. I must say thank you to Sharon Murphy for tending bar every Friday since October 2011. Thank you to Boyd Dulmage for stepping into this role this year.

The Remembrance activities, Poppy Campaign and November 11th service are all covered on pages 6 to 9.

Thanks to everyone who decorated the Branch for Christmas. Johnny Villeneuve and Tom Louks set up the tree and hung the ceiling swags and Pat McGrath, Sharon Murphy, Charlene & Bill Murphy, Keith & Mary Lou Thurrott and Wendy Virtue did the decorating of the tree and walls.

The Branch made donations to the Richmond Food Bank, The Knights of Columbus Winter Coats for Kids Program and to Veterans House - Andy Carswell Building in October.

A huge thank you to all those who have supported me for the past year.

I would like to extend a very Merry Christmas and Happy Healthy 2025 to everyone.

Wendy Ryan





Membership Report

Since my last report we have 2 new members and 1 member transfer to another branch so membership stands at 113.

Renewals for 2025 having been going well, we have 13 members that have not renewed.



As per our last general meeting, dues for 2025 will be increased to \$55. If you renew prior to 31 January 2025 you still take advantage of the old rate of \$50.

From 20 December 2024 to 02 January 2025 the legion portal will be closed down for yearly updates and maintenance. During that time you will not be able to log in to your account and I will not have access to the files as the membership chair.

Membership is still \$50, payable by cheque, money order, cash or by e-transfer to treasurerrcl625@gmail.com. Please indicate in the message that it is membership renewal 2025, also include your name and membership number please.

Regards

Boyd Dulmage, CD

Youth Report.

This year we had 117 entries from our 3 schools here in Richmond.

Exceptional poster entries came in from South Carleton High School.

On the 28th of November, the first place entries will go on to the Zone Level of judging. We will be sending 8 first place entries forward this year.

Thank you to the members who assisted with the judging. Your opinion and observations help us to send the right entries forward.

Elizabeth Douville

Sgt-At-Arms Report

We had another successful remembrance day parade leaving from the old mall. I would like to thank the following members for taking part in the colour party

Comrade Irwin McCaffrey
Comrade Helene Rivest (Stittsville Legion)
Comrade Ian Clogg
Comrade Gerry Levesque
Pipes and Drums
33 Service BN
Members of the Richmond Volunteer Fire Department
Retired members of the RCMP and Canadian Armed Forces
Ottawa Police Service

Without each and every person from the various organizations, the parade would not have been possible.

A big thank you to Toddy's Potties for providing FREE OF CHARGE 2 portable toilets for the parade members

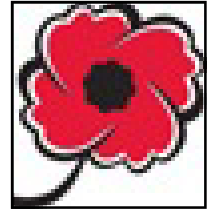
Boyd Dulmage, CD

Sports

Friday Night Darts returned on October 28th with 54 players making up 18 teams, so a full house this year. Dues were increased to \$120 per player which is the first increase in dues in at least 15 years. The format was changed to accommodate the snow bird players so teams will play October to December then be reset for January to March. Darts will end on March 28. Thanks to Cathie & Tim Lytle for returning as conveners for darts.



Poppy & Remembrance



Our Poppy campaign ran from October 25th until November 11th and thanks to the efforts of those who took part over \$12,000 was raised.

Canvassing local businesses for donations were Bob Leighton, Tom Louks, Bill Murphy, Kerry Cook, Iain Clogg and myself. I would be remiss if I did not note that the businesses are not evenly distributed so some had double or triple the contacts to make than others. Elizabeth Douville placed counter boxes at the 3 local schools and I was the contact for the 33 Service Battalion and the forces stationed at Dwyer Hill as well as a few businesses. Once again this year the counter boxes were handled by the various canvassers so thanks to all the canvassers for all their hard work.

The Memorial Boards at each cemetery are updated each year as needed by Tom Louks. Thanks Tom.

Part of our yearly Remembrance involves placing white crosses at the graves of all veterans in our 5 local cemeteries and thanks to Johnny Villeneuve, Tom Louks, Irwin McCaffrey, Susan Grant, Tom Platt and me, this was done once again this year. They are a wonderful tribute to our deceased veterans. Thanks to the guys for picking up all the crosses as well.

Thank you to Johnny Villeneuve and Irwin McCaffrey for helping me set up and take down the wreath display at the Memorial Park and thanks to Eric, Boyd and their helpers for setting up the podium, sound system, chairs etc needed on November 11th.

Eric Booth organized the November 11th ceremony and once again it was smooth and well organized with lots of compliments. There were pipes and drums for the parade this year with the drums being a very nice addition. Thanks to Pipers Bethany Bisaillon, Tony Clunis and Drummers Darryl Woods and Caelan Carr of The Sons of Scotland Pipe Band and thanks to Trumpeter FSgt Keiran Driscoll 706 Snowy Owls Air Cadet Squadron, S.C.H.S.

Boyd Dulmage organized ceremony for Indigenous Veterans' Day on November 8th and took the lead on the colour party and parade for November 11th. See his column on page 5 for details.

The open house following the ceremony on November 11th was another huge success with plenty of delicious food. Thanks to Pat McGrath for organizing this and thanks to the chili makers: Kerry Cook; Liz Douville, Susan Grant, Eileen Kavanagh, Pat Laninga, Pat McGrath, Kelly McKenna, Marilyn Munro, Charlene Murphy, Sharon Murphy, Shirley Reddick, Elizabeth Vickers and Wendy Virtue.

The sandwiches (buns) were prepared by Robert Hurman, Eileen Kavanagh, Judy MacKenzie, Pat McGrath, Marilyn Munro, Charlene Murphy, Sharon Murphy, Elizabeth Vickers and Wendy Virtue.

Pat Laninga made vegan chili and vegan chocolate cake which was delicious.

Helping Pat McGrath set up the hall for the open house was Johnny Villeneuve, Marilyn Munro, Bill Murphy, Charlene Murphy, Judy MacKenzie and Wendy Virtue.

The clean up was done by Pat McGrath, Judy MacKenzie, Marilyn Munro, Bill Murphy, Charlene Murphy and Wendy Virtue.

Thanks to Sharon Murphy for coming out of retirement to run the bar!

Thanks to Greg Warne of the 33 Service Battalion for sharing his pictures from November 11th.

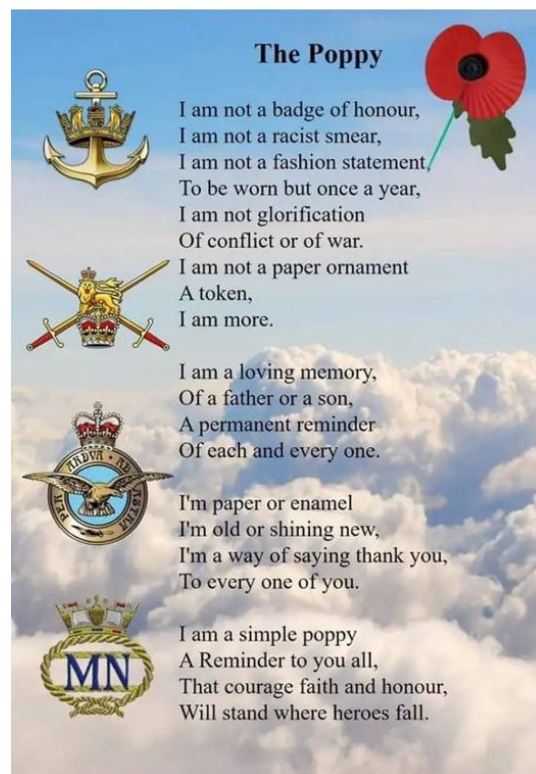
Thanks to Chris King at Independent Grocer for donating the dozens of delicious cupcakes (decorated as poppies!) for the open house and for once again collecting donations at the check outs.

Local real estate rep and jewelry maker Selena Tweedie donated \$480 this year from the sale of her poppy earrings.

We met on November 16th to count the donations so thanks to Eileen Kavanagh, Brian Goss, Tom Louks, Sharon Murphy, Johnny Villeneuve, Bill & Charlene Murphy and Pat & Tony McGrath (and me) for doing the counting.

Thanks to everyone for all their help.

Wendy Ryan



... November 11th , 2024



Our colour party wasn't featured in the pictures sent to me this year - hope to do better next year.

THANK YOU ALL!

The following businesses and individuals made donations to the Poppy campaign via sponsoring the wreath rack or a wreath in Memory of a veteran...

Bayview Windows
Blue House Grooming
Bosco's Barbershop
Bright Hearing & Tinnitus Centre
Car-O-Practor Autopro
Cedarstone Homes
Chin Hon Restaurant
Christopher's Meat Market
Country Quilter
Crawford, Larry & Mary Bette
Danby's Road House
Denistry@Richmond
Diguer Plumbing Services
Eye Tech Optometry-Dr Lima
Flynn Landscaping
Gather & Grow
Goodwood Apartments
Goulbourn Historical Society
Hair Expectations
J&M Harvey Property Maintenance
Kelly's Custom Bookkeeping
Kerr Karpentry
King's Your Independent Grocer
Kinkaid Konstruktion
Lawn & Order
Lemyre, Jack & Eunice
Merry Maids Ottawa West
Milano Pizzeria
Pharmasave
Pet Value
Prospect Builders
QEL(Quatrosense Environmental)
Rabb Construction
Rainbow Roofing
Refresh Nail Spa
Remax Realty (Bonnie Jensen)
Response Physical Therapy
Richmond BMR
Richmond Curling Club

Richmond Gourmet Restaurant
Richmond IDA Pharmacy
Richmond Lions Club
Richmond Medical Clinic
Richmond Motorsport
Richmond Village Pharmacy
Royal Lepage/Cydney Green
Royals Restaurant
Saand
SCG Canada
School House Restaurant Munster
Scouts Canada-Richmond Troop
S&S Service Station
Seabrook Heating & Air
South Carleton Physiotherapy
Southpaw Contracting
St Clare CWL
St John the Baptist Anglican Church
St Paul's United Church
St Philip Catholic Church
St Philip Knights of Columbus
St Philip Ladies Auxiliary
Talos Custom Homes
Tercon & Son Heating
Tim Horton's
Trehuba, Dr & Mrs Steve
Tweedie, Selena

IN MEMORY OF WREATHS:

Archie Barrington (from Gayle Ryan)
Ray Guay (from Lynne Owen)
Joseph & Marion Goodenough (from Hazel Lawrence)
George McCallum (from the Cook family)
George Murphy (from the Murphy family)
Benny & June Ryan (from the Ryan family)

Annual Seniors Christmas Dinner

The Richmond Legion has been hosting a Christmas dinner for our local seniors in December for at least the past 25 years . There is no charge to attend but you must live in the Richmond/Munster area and must meet the age requirement which has been 75 for the past 3 years. We also accept donations to the Richmond Food bank but it is not obligatory.

Dinner was served on Sunday December 1st at 1 pm and the hall was set up on Saturday November 30th. Thanks to Johnny Villeneuve for setting up the tables and chairs and thanks to Eileen Kavanagh, Pat McGrath, Judy MacKenzie, Bill & Charlene Murphy, Sharon Murphy and Marilyn Munro (and me) for setting up and do the prep work.

Here is a bit of a back story - since 2 years prior to COVID hitting we were gradually seeing our member base age and become less able to carry out all the events that became traditional over the years. This included holiday themed dinners in January, February, March and April as well as a big Fall Tea & Sale; a large Remembrance formal dinner, a noon and dinner time open house with entertainment on November 11th, as well as a big pot luck dinner in December in addition to the Seniors' dinner. Not to mention the bus trips to local (and not so local) attractions and events, summer "seniors' games and much, much more. The Richmond Legion was a very busy place for many years!

Covid hit us hard and when we were allowed to once again host events, our main organizers and volunteers were no longer available - some due to health, some due to age, some due to death. Jane Louks, Mavis Lewis, Heather Murphy, Edna Monahan, Hilda Moore, Joyce Forbes, Joan Frost, Millie Kennedy, Gwladys Reynolds, June Craig to name just a few.

But several years ago some members of the St Philip's Church Knights of Columbus began to help us with the cooking and serving of this dinner.

In 2022 we decided to bring back the Seniors dinner (I know it is really a lunch but it has always been called dinner), so I contacted Ray Huet who is a Branch member and Knight, to ask if they would help us again and of course he said yes. Here is where things get interesting - one day I ran into Ray on my morning walk, almost literally because he was pulling out of a parking lot on Perth Street and almost ran me over! We started talking about the dinner and it soon became quite clear to Ray that I had no idea what I was doing as far as the food was concerned. I did have notes from Jane Louks (who was unwell at that time and unable to take part) listing the quantities of food needed from previous years, but by I really did have no idea about the food so he said don't worry he will take care of picking up all the food and he and the Knights will cook it all-except two turkeys and the dessert which we will have to provide. How could I say no! (I think he and Bernie have the know-how from hunt camps). In my defense the only thing I had to do with dinners/ catering etc at the Legion for the prior 20 years was helping to peel vegetables, serve food and clean up! No actual catering experience or knowledge (although one year I did host a turkey dinner for 24 members of my immediate family and did all the cooking myself, desserts included but that is a far cry from a community meal!)

All this to say thank you to Ray Huet, Bernie Roosen, Dean Pierunek, and Bill Flynn -all of them Knights of Columbus & some of them are Branch members - for all their help picking up ALL the food for the meal, cooking ALL the food, helping to serve the food and cleaning up the giant pots. Thanks to Maureen MacAulay for cooking the extra turkeys & I'm pretty sure she did more than that!

Lots more people to thank so here goes...

Sharon Murphy came out of retirement for yet one more day in the bar - thanks Sharon!

Pat McGrath organized all the people who took part -thanks a ton Pat!

All the desserts were home made pies so thank you Charlene Murphy, Eileen Kavanagh, Marlyn Storey, Pat McGrath, Barb Lecompte, Kelly McKenna, Marilyn Munro, June Alford, Roberta Hurman, Eileen Cosham, Kerry Cook and pat Laninga for the chocolate vegan cake.

Kelly McKenna and Irwin McCaffrey manned the door helping people out of the cars, hanging up their coats on arrival and helping them with their coats at the end of the day.

Tony McGrath and Judy MacKenzie checked people in at the door to make sure we had everyone's name in the basket for the door prizes. Thank you to our city councilor David Brown for attending and helping with the door prize draw and thanks to Iain Clogg for the music.

Thank you Pat McGrath for picking up the 20 poinsettias that were used to decorate the tables then handed out as door prizes. Thank you to Gayle Ryan for the 3 potted displays that she made and donated for prizes - with the 17 prizes I picked up with ended up with 40 door prizes for 75 people!

This is a sit down event rather than buffet style so lots of servers are needed to keep things flowing - thanks to Elizabeth Vickers, Mary Lou Thurrott, Roberta Human, Pat McGrath, Maureen MacAulay. Kelly McKenna, Mary Roosen, Kerry Cook, Irwin McCaffrey (all Branch members!) and students Neves Coglin, Dawn Chehrwoski, Brennan Gonzaldes and Meaghan Meades. Please note that Meaghan has been helping with the dinner since her days at South Carleton High School and since then she has finished high school and university and still comes back each year to help - at least 10 years now! Brennan also helped last year when he attended South Carleton and came back this year as well.

Clean up duties were done by Pat McGrath, Eileen Kavanagh, Kerry Cook, Charlene Murphy, Maureen MacAulay, Roberta Hurman, Kelly McKenna, Mary Roosen, Judy MacKenzie, Mary Lou Thurrott, Elizabeth Vickers, Johnny Villeneuve, Brennan Gonzoaldes, Dawn Chehrwoski and Meaghan Meades and Johnny Villeneuve (and me).

Thank you to Tom Louks for delivering a couple of meals to some Branch members who could not attend and thanks to Maureen & Mary for making up the dinners that I delivered. Voluntary donations for the Richmond Food bank totaled \$850 and thank you to Tom Louks for making that delivery!

I hope I didn't miss any names - if I did please let me know!

Thanks again to everyone for all the hard work!

Wendy Ryan



9 Winter Holiday Folk Tales From Around the World

by Catherine Kovach(copied from the internet)

There are so many layers to the story of Christmas that it might as well be the movie *Inception*. First there's the religious: Baby Jesus being born and all that, then there's the historical: how Christmas took over the reins from the pagan holiday of [Yule](#) and combined the two things. That's not even getting into the secular pantheon of beloved characters that even non-Christians can name: Frosty the Snowman, Rudolph the Red Nosed Reindeer, Santa Claus, and that terrifying elf that lives in your house and spies on you for Santa Claus. They're everywhere, and they are in your face with delightful holiday cheer, even if sometimes it feels like we're all living in a greeting card from December 1 to December 26.

There's more to the holidays than that, however, wintertime has always burst with holiday joy! Throughout time immemorial, regardless of religion or region, there have always been awesome stories to tell and awesome celebrations to have. You can't throw a rock into December without hitting some sort of celebration of a winter holiday. And it is in that happy holiday spirit that I give you nine winter holiday folk tales from around the world and the traditions they inspire. From India to Italy, Scandinavia to Northern Arizona, there's an entire world of neat traditions out there that will breathe new life into the holidays. It's time to get jolly, no matter what you believe in!

1. Soyal, The Winter Solstice of the Hopi in Northern Arizona

The Hopi have lived in the northern part of Arizona for more than 1,000 years, and one of their most important ceremonies is that of Soyal, their winter solstice celebration. The Hopi believe that during this time the kachinas (spirits that watch over the Hopi) come down from their home in the San Francisco mountains to bring the sun back to the world. It's also a time for purification and prayer, and it's often thought that everything that happens in the coming year is arranged at Soyal. It's commonly celebrated by dancing, singing, and giving gifts to children. there's also a rich tradition of storytelling involved as well.

2. Pancha Ganapati, The Hindu Alternative to Christmas

Created in 1985 by a Hawaiian Western convert to the religion to serve as a modern Hindu alternative to Christmas, Pancha Ganapati is a five-day festival devoted to the elephant-headed god Ganesha. Starting on December 21, each of the five days are devoted to a particular spiritual practice in Hinduism, and participating families often set up a shrine to Ganesha in their living rooms. Each day Ganesha is dressed in a different color that represents his five powers, called *shaktis*, which are not exactly "powers" by the superhero definition, and instead are levels of love and friendship you can feel toward the people in your life, building from family and ending in an outpouring of love for the god.

As for the story behind Ganesha, he's commonly thought of a god who makes life easier, one who removes obstacles, celebrates art, and brings about new beginnings. Apart from his many arms and elephant head, it's also said that he rides a mouse! His origin story varies from being the son of the god Shiva and his consort Parvati (goddess of love), while other stories claim that he's the son of the elephant-headed goddess Malini, who conceived after accidentally drinking Parvati's bathwater, which had been thrown into a river.

3. Chana and Her Seven Sons, A Celebration of Women in Yemen

For the Jewish population of Yemen, the seventh night of Hannukah is set aside as a holiday celebrating women, and it's all thanks to Chana and her sons from the book of Macabee. The story has it that Chana was the mother of seven sons, and they lived during a time when a tyrannical king worked to destroy all Judaism. Chana and her sons stood up to the king, refusing to destroy their faith. As the boys were martyred one by

one, Chana stood firm in her belief, and after her sons were dead (and all still faithful), Chana herself died. It's not exactly the most cheerful of holiday tales, but the remarkable strength that Chana showed in the face of adversity is an inspiration to any woman.

4. Jólakötturinn, the Icelandic Yule Cat

Iceland has its fair share of Christmas monsters, from the terrifying Christmas ogress Grýla who eats naughty children, to her sons the Yule Lads, prankster Santas who also sometimes eat people. This entry isn't about these creatures, however, it's about their pet cat. Jólakötturinn, or the Yule Cat is known as a giant, fearsome feline who stalks the snowy countryside on Christmas Eve and devours those who didn't receive new clothing to wear for the holiday.

While the story of the dangerous cat is so old that Icelandic historians are actually unsure of when it first arose, it's often thought to have been invented to combat laziness. Back in the day, seamstresses would work extra hard to make sure that there was enough new clothing so that no one would be eaten by the Yule Cat, and farm workers would work extra hard to have their work done by the holiday, when they would be gifted a new article of clothing from their masters. Don't worry, though! The existence of the Yule Cat was also used to encourage giving, not only to friends and loved ones but to the less fortunate. Not bad for a terrifying demon cat.

5. Sankta Lucia, The Honoring of St. Lucy

If you're old enough to remember the Kirsten American Girl doll, you already know where I'm going with this. The Feast of Saint Lucy is traditionally celebrated on December 13 and commemorates Saint Lucy, a martyr who acted during the Diocletianic Persecution (long story short, Romans were *not* fans of Christians during a time). Wearing a wreath crowned with candles on her head to light her way and leave her hands free, the fearless Lucy brought food to hiding Christians in the catacombs of Rome. It is mostly celebrated in the Scandinavian countries due to the idea that a festival of light would be a bit of a pick-me-up during their insanely dark winters. Traditionally, girls would wear a long white dress with a red sash (just like [Kirsten](#) did) and walk in processions holding trays of delicious rolls and cookies while others sing songs. Don't worry, boys were also allowed to get in on it too!

6. Olentzero, the Basque Santa Claus

There are a lot of variations to the legend of Olentzero, the Basque version of Santa Claus, but the most common version is this: Olentzero belonged to a mythical race of people called the Jentillak, who were giants compared to normal humans. He lived peacefully until one day a cloud appeared in the sky, although it was only visible to one blind old man. The blind man interpreted this to mean that Jesus was going to be born soon, and asked the giants to be thrown off of a cliff so that he wouldn't have to live with this new religion that he did not know or understand. The giants obliged, but all tripped and fell off the cliff except for Olentzero. As the sole survivor, he embraced Christianity and swiftly turned into the merry gift-giver he is today.

Another popular origin story states that Olentzero was an abandoned newborn who was found by a fairy, given superpowers, and adopted out. He grew to be a kind and gentle man until one day he died saving children from a burning house. To honor his sacrifice, the fairy brought him back to life and gave him the job of giving presents to children. No matter what the origin story is, Olentzero seems like a pretty awesome guy.

8. Perchta, The Bavarian Christmas Witch

We have another Christmas witch, but this one isn't exactly the friendliest. Perchta was not originally a figure for Christmas, and in fact was once a goddess in her own right in the pagan pantheon of the Upper German region of the Alps. There she was considered an embodiment of fate as well as the souls of the dead, as well as having ties to several Norse goddesses such as Frigga and Freya.

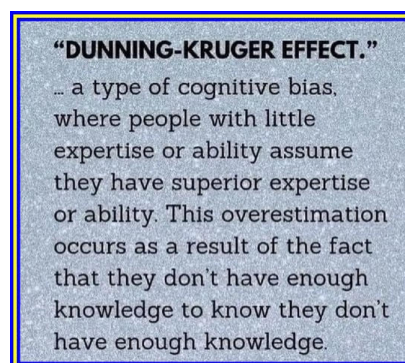
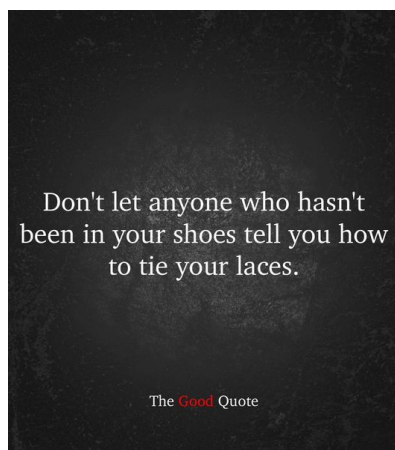
It's been thought by Jacob Grimm (whose fairy tales you might be familiar with) that she has two forms: a beautiful snow maiden and an ugly old crone, and sometimes was thought to lead the [Wild Hunt](#). However, as time moved on, she slowly began to become a member of Christmas lore, this mostly being because she had a tendency to wander from home to home in Midwinter (which eventually became the Twelve Days of Christmas), possessing full knowledge of who had been a hard worker that year. Those who had received a silver coin in their shoes, those who didn't (particularly girls who had not finishing spinning their flax in time) got their bellies slit open, their intestines removed, and the whole stuffed with pebbles and straw. Luckily for all of us, she doesn't live in the same country as the Yule Cat.

9. Krampus, the Anti-Santa Claus

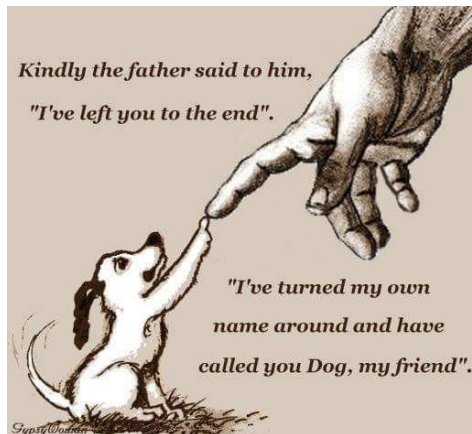
It's been a good year for Krampus given the fact that he's gotten his own movie (starring Adam Scott, no less!). To leave the Austro-Bavarian anti-Santa Claus off this list would do him a disservice, and I would definitely not want to get on his naughty list.

Originating in the 1600s, Krampus is thought of as a companion to Santa Claus (of which he has many), specifically brought around to punish children who have been bad. While there is no specific origin story that explains why Krampus came to be, Santa Claus was often known in Europe as an individual who dealt only with the good children. The rest of his companions were created in order to deal with naughty children, and Krampus with his devilish horns and penchant for excessive violence became one of the most popular figures. He even has his own night, December 5, which preludes the December 6 festival of Saint Nicholas that often kicks off the Eastern European holiday season.

On *Krampusnacht* (soon to be the name of my Death Metal Christmas cover band), Krampus would go from house to house, hunting down naughty children and throwing them in a sack to take to the underworld. All is not lost, however, because legend has it that Krampus has a bit of a weakness for schnapps, and will let you go if you offer him the alcoholic treat.



When God had made the earth and sky,
 The flowers and the trees,
 He made all the animals,
 The fish, the birds and bees.
 When at last He finished,
 Not one was quite the same.
 He said, "I'll walk this world of mine
 And give each one a name".
 He traveled far and wide,
 and everywhere He went,
 A little creature followed Him,
 Until it's strength was spent.
 When all were named upon the earth,
 In the sky and in the sea,
 A little creature said, "Dear Lord,
 There's not one left for me".
 Kindly, the Father said to him,
 "I've left you to the end".
 "I've turned my own name around
 And have called you Dog, my friend!"



Honesty ...

Honesty is the truth, no outright lies or lies of omission.
 No twisting, no turning, no disparaging.
 No fudging, no blurring, no misleading.
 No denying, no shading, no obscuring.

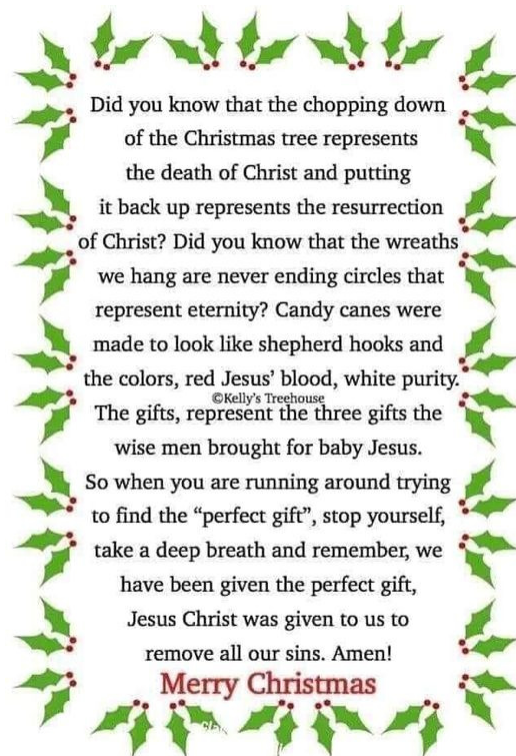
No agreeing knowing it will not be kept.
 No going back on your word after agreeing.

Once trust is broken, it can never be fully repaired.
 The scars of betrayal never heal.

No taking credit someone else has earned.
 No blaming others for your errors.

Truth will always come out in the end and
 Truth is easier to remember than lies.

When all is said and done,
 A hard truth is better than an easy lie!



Teach these 40 phrases to your sons and daughters so they can be more resilient, successful, and confident in life.

1. Where there's a will, there's a way.
2. Good manners don't cost anything.
3. Always ask. They can only say no.
4. You're not marrying one; you're marrying the whole family.
5. Find the good in everybody.
6. Don't cry before you try.
7. There are no stupid questions, only stupid answers.
8. Pretty is as pretty does.
9. Treat others as you would like to be treated.
10. You can't control what others do, only your own reactions.
11. Don't buy what you can't afford.
12. Remember that things don't make you happy, people do.
13. You catch more flies with honey than with vinegar.
14. Two wrongs don't make a right.
15. Watch what you step in.
16. Cow turds are a cattlemen's dollar signs. It all depends on how you look at it.
17. Teamwork makes the dream work.
18. Life isn't about finding yourself. Life is about creating yourself.
19. What we think determines what happens to us, so if we want to change our lives, we need to stretch our minds.
20. Fair? The fair is two weeks in the fall.
21. One man's trash is another man's treasure.
22. The greatest day in your life is when you take total responsibility for your attitudes. That's the day you truly grow up.
23. True freedom is understanding that we have a choice in who and what we allow to have power over us.
24. You're only as old as you feel.
25. A rolling stone gathers no moss.
26. Early to bed and early to rise makes you healthy, wealthy, and wise.
27. Happiness is not by chance but by choice.
28. If you don't like the road you're walking, start paving another one.
29. A rising tide lifts all boats.
30. Don't judge a book by its cover.
31. You're braver than you believe, and stronger than you seem, and smarter than you think.
32. The early bird catches the worm.
33. Each day comes bearing its gifts. Untie the ribbon.
34. Expecting the world to treat you fairly because you are a good person is a little like expecting the bull not to attack you because you are a vegetarian.
35. Confession is good for the soul.
36. You can't make an omelet without breaking a few eggs.
37. The grass is greener where you water it.
38. The greatest glory in living lies not in never failing, but in rising every time we fail.
39. There is no single recipe for success. But there is one essential ingredient: Passion.
40. Never lose hope. And never underestimate the power of prayer.

Christmas Golf...

Four old-timers were playing their weekly game of golf, and one remarked how nice it would be to wake up on Christmas morning, roll out of bed and without an argument, go directly to the golf course, meet his buddies, and play a round.

His buddies all chimed in and said, "Let's do it! We'll make it a priority, figure out a way and meet here early Christmas morning."

Months later, Christmas morning arrives, and they were all on the golf course.

The first guy says, "Boy, this game cost me a fortune! I bought my wife such a big diamond ring that she can't take her eyes off it."

Number 2 guy says, "My wife is at home planning the cruise I gave her. She was up to her eyeballs in brochures."

Number 3 guy says, "Well, my wife is at home admiring her new car, reading the manual."

They all turned to the last guy in the group who is staring at them like they all had lost their minds. "I can't believe you all went to such an expense for this golf game. I woke up, slapped my wife on the butt and said: "Well Babe, Merry Christmas! It's a great morning for either sex or golf, and she said, "Take a sweater."

HOW MOM/DAD ARE YOU?

- | | |
|---|--|
| • "I guess it's free then."
(When a cashier has trouble scanning an item) | • "Glad we're not going that way."
(When seeing traffic on the other side of the road) |
| • "Found it!"
(After pointing a stud finger at your chest) | • "Can't get very far without these."
(After forgetting the keys) |
| • "Looks like we'll have to amputate."
(When a kid has a minor injury) | • "Look, horses!"
(When driving past horses) |
| • "Let's Rock 'n Roll."
(When it's time to leave) | • "I'm not paying to heat the whole neighbourhood."
(When the door is open) |
| • "Did you fall in?"
(When someone takes too long in the bathroom) | • "It's not heavy, just awkward."
(When carrying something heavy) |
| • "No, your other right."
(When someone mistakes left for right) | • "People don't know how to drive in this town."
(In every town you're in) |
| • "What's the damage?"
(Before looking at a bill) | • "We needed this rain."
(Every time it rains) |
| • "Can you do mine next?"
(After seeing a neighbour wash their car) | • "That's how they get you."
(After declining additional warranty) |
| • "I was just resting my eyes?"
(After falling asleep on the couch) | • "Back already? How was it?"
(When someone returns after forgetting something) |
| • "I guess they'll let anyone in here."
(When seeing a friend in public) | • "That's not going anywhere."
(After tying something down) |

- mOiOz



Elizabeth Vickers	06-Jan
Marilyn Munro	07-Jan
Jennifer McNeely	19-Jan
Roger Bourgeois	29-Jan
Susan Popowicz	30-Jan
Randy Jones	07-Feb
Mary Roosen	07-Feb
Brian Beyer	10-Feb
Elizabeth Douville	11-Feb
Colleen Jones	14-Feb
Eric Booth	20-Feb
Wendy Virtue	28-Feb

Tom Duffy	02-Mar
Rebecca Kelly	02-Mar
Joan Brown-Deibert	07-Mar
Irwin McCaffrey	08-Mar
Kira Cook-Brown	11-Mar
Kelly McKenna	16-Mar
Gerry Levesque	26-Mar
Sheila Payne	26-Mar
Ansar Abraham	30-Mar

Here are ten profound psychological insights for life:

- Silence is more powerful than trying to prove a point
- When trust is broken sorry means nothing
- Control your actions- learn to react less
- When you are honest you lose people who don't deserve you
- One beautiful heart is worth more than 1000 beautiful faces
- Small circle private life = clear mind and happy heart
- Never go back to somebody who has already broken you
- Stop over thinking - you cannot control everything – just let it be
- If somebody is stupid enough to walk away from you be smart enough to let them go.
- True friends are very rare if you have one you're very lucky

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ACTIVITIES

Coffee: Monday, Wednesday & Friday at 10 am

Exercise: Monday, Wednesday & Friday at 9 am

Euchre: Fridays at 1 pm

Darts: Fridays at 7 pm

Executive meetings: the third Thursday of each month at 10:30 am

General meetings: the fourth Friday of January, March, June, September & November at 11 am.

Annual General Meeting: the third Thursday of May at 8 pm.



Merry Christmas and a Happy Healthy 2025 to all.

Coins on a Veterans headstone:

Found this on an American website - not sure if it is done in Canada but it apparently dates back to the Roman Empire:

Penny on headstone another soldier visited

Nickel on headstone somebody who served with him in basic training visited

Dime on headstone somebody who served with him in any unit visited

Quarter on headstone somebody who was there when he died visited

If you move or change your email address, please let me know by emailing me at wryan1955@hotmail.com so I can keep my contact list up to date and keep you up to date with relevant information via email.

If you have not received an email from me for a few months, please contact me at wryan1955@hotmail.com so I can update your email address.



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