




Royal Canadian Legion



Branch 625 Richmond



Legion  Canada's Largest Service Club

Foxy's Tales



December 2022





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	Elizabeth Douville	613-838-6078
Treasurer	Pat McGrath	613-838-2652
Sgt-At-Arms	Boyd Dulmage	613-838-5055

Branch Executive Committee

Eric Booth
 Joanne Heinbuch
 Tom Louks
 Bill Murphy

Branch Executive Meetings are the Third Thursday of each month.

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.

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

Send to wryan1955@hotmail.com or call me 613-838-9696

Website is: www.richmondlegion.ca

Facebook: Royal Canadian Legion Branch 625

Branch Committee Chairs

Bar	Tom Louks	613-838-3244
Branch Regulations	As needed	
Bursary	Elizabeth Douville	613-838-6078
Bulletin	Wendy Ryan	613-838-9696
Catering		
Cenotaph	Tom Louks	613-838-3244
Coffee	John Villeneuve	613-838-2548
Exercise	Pat McGrath	613-838-2652
Euchre	Joyce Cook	613-838-8381
Hall Maintenance	John Villeneuve	613-838-2548
Hall Rentals	Tom Louks	613-838-3244
Honours & Awards	Pat Laninga	613-838-5055
Long Term Planning	Tom Louks & John Villeneuve	
Membership	Boyd Dulmage	613-838-5055
Memorial Boards	Tom Louks	613-838-3244
Poppy	Eric Booth	Poppyrc1625@gmail.com
Public Relations	Brian Goss	
Property	John Villeneuve	613-838-2548
Sports	Cathie & Tim Lytle	343-997-5985
Telephone	Wendy Ryan	613-838-9696
Veterans Service Officer	Brian Goss	613-838-4269
Ways & Means		
Website	Wendy Ryan	613-838-9696
Wellness checks	Joanne Heinbuch	613-838-2138
Youth	Elizabeth Douville	613-838-6078

President's Message

First I must thank Jane & Tom Louks and Jennifer McNeely for making the dessert for every barbeque – I forgot to mention that in the September bulletin!

At the last general meeting a motion was passed approving a set of Branch policies. We have since learned that Branch policies have to be approved by Ontario Command much the same as Branch regulations, which can be a time consuming, complicated process. A motion was passed at the last general meeting to dispense with written policies and have guidelines in place, instead.

The Branch made donations to The Richmond Food Bank, the Ottawa Mission, ROSSS and Veterans House in the amount of \$750 each. These funds used represent most of the proceeds from the closing of Club 55. Thanks to Boyd Dulmage for making the presentations to ROSSS and the Richmond Food Bank.

John Villeneuve, Pat McGrath and I cleaned out and re-organized the Branch office - please don't dump stuff in there. Pat and I also cleaned up the gardens at the cenotaph and at the Branch hall.

Thanks to Eric Booth and the Poppy Committee for a very well received Remembrance Service on November 11th as well as another successful Poppy Campaign - fewer people to help meant a few changes, but lots of positive public reaction. Thanks to super shopper Pat McGrath and all the ladies who prepped and served the food for the open house that followed the service. Covid concerns meant that fewer people attended with a rough estimate of about 100 people in the hall.

Students at Goulbourn Middle School wrote letters of thanks to veterans which they brought to us on November 11. I passed some out to those in attendance including the 33rd Battalion members who said they would create a display with them. There is one on our Facebook page as well.

A local lady donated \$1050 to the Poppy fund which she raised by selling her hand made poppy earrings - and yes she received permission to use the Poppy. Her company is called Emmy's Earrings -their website is emmysearrings.com and all the earrings are hypoallergenic!

Thanks to Sgt-At-Arms Boyd Dulmage for organizing a service for Indigenous Veterans on November 8th and organizing the parade on November 11th. Thanks also to Boyd & Pat Laninga for putting Christmas lights up at the Legion and for doing a Legion booth at the Richmond Static Santa Parade on December 3rd.

Thank you to John Villeneuve and Tom Louks for setting up the Christmas tree and getting everything ready for the decorating of the hall, which was done by members of the exercise and coffee group. Some of our wall wreaths seemed to have gone missing and some were in bad shape, so we had to purchase replacements (thanks Pat). The hall looks great!

Thanks to all the members of the executive, various committee chairs and members for all their hard work over the past 6 months. Because of you, the last three big events, (barbeques, Remembrance events and Seniors' Christmas lunch), were all big successes.

Merry Christmas & Happy New Year to all!

Wendy Ryan



Membership Report



Just a reminder that membership renewals are due by 31 December 2022. I will be sending out letters to anyone who has not renewed by that time. They remain at \$50 this year.

You can send a cheque to Richmond Legion P.O. Box 625 Richmond ON K0A 2Z0. Also Monday, Wednesday and Fridays from 10 to 11 a.m. you can stop by the Branch and leave your renewal payment with one of the members that are present and they will see that it gets passed on to me. In addition renewals can now be paid by e-transfer to treasurercl625@gmail.com Please put a note to indicate it is membership renewal

As always anyone that would like to join can contact me (contact info is on Legion website) or go online at www.legion.ca and enrol. Please make sure that you tell them to select Richmond and District Legion Branch 625.

On a different note I am away from 08 December to 19 December taking a much needed vacation with my wife to a warmer climate.

Merry Christmas to everyone and all the best in the New Year.

Regards

Boyd Dulmage, CD

SGT-AT-ARMS REPORT

It has been a busy time since our last bulletin.

On the 8th of November I conducted a ceremony at the Cenotaph for the Indigenous Veterans Day.

For this years Remembrance Day, we had a small parade from Colonel Murray to the Cenotaph that was led by a Piper, followed by myself and a colour party with members of the 33rd Service Battalion. It is with high hopes that next year we will have a longer parade with more military/first responders marching to the cenotaph.

I attended Richmond Food Bank and ROSSS Manotick and presented them each with a \$750 donation. We also made \$750 donations to the Ottawa Mission and to Veterans House, however due to times constraints I was not able to make these donations in person.

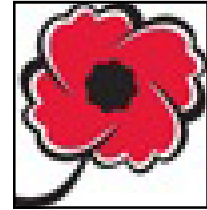
In addition I attended our branch on 07 December 2022 and made a donation on behalf of the branch to the Richmond Legacy in the amount of \$1500.

Merry Christmas to everyone and all the best in the New Year.

Boyd Dulmage, CD

(see the pictures on page 6)

Poppy Report



At the beginning of November, three different City of Ottawa crews were observed cleaning up Richmond Remembrance Park, which included cleaning the brass lettering on the cenotaph and washing the cement. In addition Wendy Ryan and Pat McGrath cleaned up the gardens adjacent to the cenotaph.

As part of Indigenous Veterans Day, 08 November, Boyd Dulmage organized a small but meaningful ceremony which was held at Richmond Memorial Park. Boyd also took on the task of co-ordinating the sale of Yard Signs. Sadly as there was no Christmas Market this year we lost a great opportunity to market these.

11 November saw incredible weather, which brought out a record attendance. We again kept the official wreath laying to a manageable number and added a short parade, organized by Boyd Dulmage. The 33 Service Battalion provided not only the Sentinels but also a 20 person guard and South Carleton High School provided a trumpeter as well as a poem reader, both from the 706 Snowy Owls Air Cadet Squadron. David George again provided video coverage, which is available to view on our Facebook page. I wish to thank all of those who participated in and attended the 11 November ceremony.

Following the service was our first open house since 2019. There were many individuals who worked behind the scenes to make this possible. Those attending enjoyed home made chili, sandwiches and sweet treats. Although Remembrance Day is past, there is still a great deal of work to do for the Poppy Committee.

We are not yet able to report the final fundraising amount as some of the business donations are still trickling in. Those who volunteered to tackle the businesses this year were Gerry Blair, Bill Murphy and Bob Leighton. Assisting with the Poppy Box distribution was Bill Murphy and Elizabeth Douville.

Sadly we are steadily seeing a slow decline in cash donations. This just reinforces the way we are heading, which is to a cashless society.

Sorting, counting and rolling the coins and bills from the Poppy Boxes were Sharon Murphy, Pat McGrath, Tony McGrath, Wendy Ryan and Bill Murphy. It's amazing what you find in these boxes, such as watch batteries, metal slugs, in addition to foreign currency.

Pat McGrath our Treasurer is the unsung hero as she has no reprieve from her role, as there are monthly and annual reports to be submitted.

Elizabeth Douville, our Youth Chair, was also kept busy with the Remembrance Poster and Literary contest. This year she collected 348 entries, which will see ten of the 1st place winners going on to the Zone level for further judging.

To all those people who are named and the many others who were behind the scenes I wish to thank you all for your assistance. As you can see, volunteers are essential to running a Poppy Campaign. THANK YOU

Eric Booth

Donations



Above left to right: Sgt-At-Arms Boyd Dulmage & Past President Brian Goss with the \$1500 donation to the Richmond Legacy Pavilion. Centre is Boyd with ROSSS representatives Jeanne Martel, Senior Manager Community Programs and Operations and Cindy Powell, Senior Manager Community Programs and right is Boyd with Judy Wadgin from the Richmond Food Bank.

November 11th open house

Thanks to Pat McGrath Eileen Kavanagh Charlene Murphy Marylou Thurrott Sharon Murphy Joanne Heimbuch Kerry Cook Pat Laninga Liz Douville Judy MacKenzie Joyce Clench and Wendy Virtue for all their efforts in making this event a success. Two hundred sandwich buns and at least 6 pots of chili were made. Thanks to Sharon Murphy for tending the bar and to Johnny Villeneuve for setting up the hall. The attendance at the service and the open house was down compared to pre-pandemic days but still well attended.

**Christmas time is great
because you can shout
"DON'T COME IN HERE!"
and people think you are
wrapping presents.
When you just want to
drink wine in peace and
not share your
chocolates with anyone.**

**Do not drink and
wrap presents.
Also, if anyone
gets a remote
control for
Christmas, I'm
gonna need that
back.**

BURSARY REPORT

All six bursaries have been awarded to last year's recipients.

The visits to the recipients' homes worked out very well. I recommend we continue this practice in the future.

Handing over a bursary envelope with letter and cheque allowed for personal interaction. Often proud family members were present.

Elizabeth Douville

YOUTH REPORT

Our three schools participated in our Legion Remembrance contests again this year with 348 entries-second highest in last 15 years!

We sent ten 1st place winners on to the Zone Level of judging.

Thanks to Eric Booth for Poster evaluation. Eric has a critical eye for such judging, what with an Arts Degree and Military understanding. Together we evaluated 257 posters from grade 2 to grade 12.

The Literary entries were handled by myself and a colleague who taught English and French in High School. Anne Parkinson was a great help. We had 36 Essays and 55 poems to consider this year!

Thank you to all who participated in the Dot Game. Your judgement is valued and you help me send on our very best.

Students will receive their certificates and financial awards this month. Look for some great photos of our happy recipients in the next Foxytales.

And lastly, a big thank you to Wendy and our Executive for your understanding and assistance. Good news! Rene is getting better! You have all been there for me in special ways.

Merry Christmas
Elizabeth Douville

Quilts of Valour (copied from their website)

How We Started

In 2006 a local Edmonton quilter presented quilts to three Canadian Armed Forces members who were recovering in hospital from injuries they received in Afghanistan. It was her way of saying "Thank You" and giving some comfort to these military members. She was not prepared for the impact of meeting these brave young men and learning first hand of their injuries. It made such an impression that it has taken quilter Lezley Zwaal in directions she never imagined. From these humble beginnings Quilts of Valour - Canada was born.

Mission Statement

Our mission is to ensure that injured Canadian Forces members are recognized for their service and commitment to our country. We give this support through the presentation of quilts to comfort our injured past and present Canadian Forces members.

Quilts of Valour - Canada Society Launched

Through the encouragement, support and enthusiasm of quilters, the Quilts of Valour - Canada Society was formed as a registered national charity in 2009.

The Quilts of Valour – Canada Society has presented quilts to thousands of recipients who are coping with injuries both visible and invisible. These quilts are made by volunteer quilters from across the country who wished to show their appreciation to our injured Canadian Armed Forces members, past and present for their bravery and commitment to Canada and its citizens. The quilts come from individuals, groups and guilds, men and women, young people, retired armed forces members themselves and many others with no connection to the military.

Who is Eligible for a Quilt of Valour (QOV)?

To meet the QOV eligibility, Canadian Armed Forces members (veterans and serving members), regular or reserve force, must meet one of the following conditions:

- 1) Have served in a combat or peacekeeping mission including theatres of war. Or
 - 2) Have become ill or injured as a result of their service to Canada, at home or abroad.
- Only veterans who have been Honourably Discharged are eligible to receive a Quilt of Valour.

Please check their website for more information...



Our own Oscar Clench received his quilt at his house (pictured right). Oscar and Joyce brought the quilt to the general meeting in September 2022. It is beautiful and well deserved!



Sports

The 2022-2023 Friday Night Darts league is underway with 12 teams and at least 10 spares so a success already!

Since the 2019-2020 season had to be cancelled with just one playoff game left due to Covid regulations, the Branch executive agreed that we should present the top performers with prizes anyway.

Pictured below left to right are: Terry Wright part of the team with the most wins; Larry Jackson men's high score, Tom Southern part of the team with the most wins, Ross Sillett, Men's Most Doubles Ins/Outs, Cathie Lytle Ladies Most Doubles Ins/Outs, Roberta Hurman Ladies Highest Average and Elizabeth Vickers Ladies High Score. Each received a \$50 gift certificate to a local eatery.



When I was young, I was poor. But after years of hard work, I am no longer young.

As I have grown older, I've learned that pleasing everyone is impossible, but pissing everyone off is a piece of cake.

She says I keep pushing her buttons. If that were true, I would have found 'mute' by now.

Seniors' Christmas Lunch 2022

Thanks to everyone who helped shop, set up and work at the Seniors' Christmas Lunch. There were snow flurries all day but between 55 and 60 people attended. Thanks to Ray Huet, Bernie Roosen and Dean Pierunek from St Philip Knights of Columbus for buying, prepping, cooking and helping to serve the main meal. That left just the dessert, buns, condiments, tea & coffee etc for the ladies to take care of. We made pies which were a big hit!

The early morning, blowing snow flurries had me worried but Irwin McCaffrey and John Villeneuve kept the path and front entrance cleaned up and everyone stayed safe.

We collected donations for the Richmond Food Bank once again and were able to deliver \$612 cash and 2 boxes of food to them - thanks for doing this Tom Louks and thanks to Tom for doing the 5 home deliveries as well.

We also gave out 30 small gifts - plants, tree decorations and candy!

Thanks to Oscar & Joyce Clench, Sharon Murphy & John Villeneuve, Irwin McCaffrey, Judy MacKenzie, Pat McGrath, Charlene & Bill Murphy, Marilyn Monroe, Wendy Virtue and Carly & Jenny for helping with the set up at Saturday afternoon.

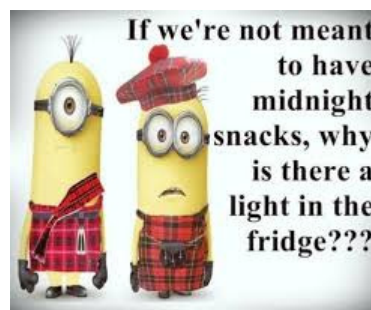


Thanks to the 22 people who showed up to help with the serving and clean up - we had 6 student volunteers this year and one parent! To all the Legion members and other helpers on Sunday morning, namely Angie, Bill, Carly, Charlene, Christine, Catherine, Dayna, Eileen, Elizabeth V, Irwin, Jenny, Marilyn M, Marylou, Meaghan, Nic, Nat, Pat, Sharon M, Tony, Wendy V, thank you. Many hands made lighter work!

We had many compliments, praise and gratitude for how the event was run and people were happy to get out again.

Thank you to everyone.

Wendy Ryan



Halloween is over but ...this is a good one:

A man is walking home alone late one foggy night...when behind him he hears:

Bump... BUMP...BUMP...

Walking faster, he looks back and through the fog he makes out the image of an upright casket banging its way down the middle of the street toward him.

BUMP... BUMP... BUMP...

Terrified, the man begins to run toward his home, the casket bouncing quickly behind him.

FASTER... FASTER... BUMP... BUMP... BUMP...

He runs up to his door, fumbles with his keys, opens the door, rushes in, slams and locks the door behind him.

However, the casket crashes through his door, with the lid of the casket clapping clappity-BUMP... clappity-BUMP... clappity-BUMP...

On his heels, the terrified man runs. Rushing upstairs to the bathroom, the man locks himself in. His heart is pounding; his head is reeling; his breath is coming in sobbing gasps.

With a loud CRASH the casket breaks down the door!

Bumping and clapping toward him.

The man screams and reaches for something, anything, but all he can find is a bottle of cough syrup!

Desperate, he throws the cough syrup at the casket...and, (hopefully you're ready for this!!!)

The coffin stops.



No matter how old you
are, an empty
Christmas
wrapping
paper tube
is still
a fun
thing
to bonk
someone over
the head with!



The Origins of 12 Christmas Traditions.

From expecting Santa to fill our footwear with gifts to eating cake that looks like tree bark, the holidays are filled with traditions—some of which are downright odd when you stop and think about them. Where did they come from? Wonder no more. Here are the origins of 12 Christmas traditions.

1. Hanging Stockings While there's no official record of why we hang socks for Santa, one of the most plausible explanations is that it's a variation on the old tradition of leaving out shoes with hay inside them on December 5, the eve of St. Nicholas's feast day. Lucky children would discover that the hay they left for St. Nick's donkey had been replaced with treats or coins when they woke up the next morning. Another story says that St. Nicholas learned of a father who was unable to pay for his three daughters' dowries, so St. Nick dropped gold balls down a chimney, which landed in stockings hung by the fire to dry. But this appears to be a modern telling—traditional versions of the story generally have the gold land at the father's feet after being thrown through a window. Regardless of what started the tradition, people seem to have realized the need to use a decorative stocking in place of an actual sock pretty early on. In 1883, *The New York Times* wrote: *"In the days of the unobtrusive white stocking, no one could pretend that the stocking itself was a graceful or attractive object when hanging limp and empty from the foot of the bedstead. Now, however, since the adoption of decorated stockings ... even the empty stocking may be a thing of beauty, and its owner can display it with confidence both at the Christmas season and on purely secular occasions."*

2. Caroling Though it may seem like a centuries-old tradition, showing up at people's houses to serenade them with seasonal tunes only dates back to the 19th century. Before that, neighbors *did* visit each other to impart wishes of good luck and good cheer, but not necessarily in song. Christmas carols themselves go back hundreds of years, minus the door-to-door part. The mash up of the two ideas didn't come together until Victorian England, when caroling was part of every holiday—even May Day festivals. As Christmas became more commercialized, caroling for the occasion became more popular.

3. Using Evergreens as Christmas Trees Before Christianity was even conceived of, people used evergreen boughs to decorate their homes during the winter; the greenery reminded them that plants would return in abundance soon. As Christianity became more popular in Europe, and Germany in particular, the tradition was absorbed into it. Christians decorated evergreen trees with apples to represent the Garden of Eden, calling them "Paradise Trees" around the time of Adam and Eve's name day—December 24. Gradually, the tradition was subsumed into Christmas celebrations. The tradition spread as immigrants did, but the practice really took off when word got around that England's Queen Victoria decorated a Christmas tree as a nod to her German husband's heritage (German members of the British royal family had previously had Christmas trees, but they never caught on with the wider public). Her influence was felt worldwide, and by 1900, one in five American families had a Christmas tree. Today, 25 to 30 million real Christmas trees are sold in the U.S. every year.



4. The Colors Red and Green As with many other old Christmas traditions, there's no hard-and-fast event that deemed red and green the Official Colors of Christmas™. But there are theories—the green may have derived from the evergreen tradition that dates back to before Christianity, and the red may be from holly berries. While they're winter-hardy, just like evergreens, they also have a religious implication: The red berries have been associated with the blood of Christ.

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5. Ugly Christmas Sweaters To celebrate this joyous season, many people gleefully don hideous knitwear adorned with ribbons, sequins, bows, and lights. In the past, the trend was embraced solely by grandmas, teachers, and fashion-challenged parents, but in the last decade or so, the ugly sweater has gone mainstream. We may have Canada to blame for that: According to the *Ugly Christmas Sweater Party Book*, the ugly sweater party trend can be traced to a 2001 gathering in Vancouver.

6. Leaving Milk and Cookies for Santa When we plunk a few Oreos or chocolate chip cookies on a plate for St. Nick, accompanied by a cold glass of milk, we're actually participating in a tradition that some scholars date back to ancient Norse mythology. According to legend, Odin had an eight-legged horse named Sleipnir. Kids would leave treats for Sleipnir, hoping that Odin would favor them with gifts in return. The practice became popular again in the U.S. during the Great Depression, when parents tried to impress upon kids the importance of being grateful for anything they were lucky enough to receive for Christmas.

7. The A Christmas Story Marathon on TBS If one of the highlights of your holiday is tuning in for 24 hours of watching Ralphie Parker nearly shoot his eye out, you're not alone—over the course of the day, more than 50 million viewers flip to TBS. The marathon first aired on TNT in 1997, then switched to sister station TBS in 2004. This Christmas marks the 20th year for the annual movie marathon.

8. Yule Logs Throwing a yule log on the fire is another tradition that is said to predate Christianity. As part of winter solstice celebrations, Gaels and Celts burned logs decorated with holly, ivy, and pinecones to cleanse themselves of the past year and welcome the next one. They also believed the ashes would help protect against lightning strikes and evil spirits. The practice was scaled down over time, and eventually, it morphed into a more delicious tradition—cake! Parisian bakers really popularized the practice of creating yule log-shaped desserts during the 19th century, with various bakeries competing to see who could come up with the most elaborately decorated yule log. If you prefer a wood yule log to one covered in frosting, but find yourself sans fireplace, you can always tune in to Yule Log TV.

9. Advent Calendars Technically, Advent, a religious event that has been celebrated since the 4th century, is a four-week period that starts on the Sunday closest to the November 30 feast day of St. Andrew the Apostle. Traditionally, it marked the period to prepare for Christmas as well as the Second Coming. These days, it's mostly used as a countdown to Christmas for the religious and the non-religious alike. The modern commercialized advent calendar, which marks the passage of December days with little doors containing candy or small gifts, are believed to have been introduced by Gerhard Lang in the early 1900s. He was inspired by a calendar that his mother made for him when he was a child that featured 24 colored pictures attached to a piece of cardboard. Today, advent calendars contain everything from candy to LEGOs.

10. Eggnog It's hard to imagine why anyone would be inspired to chug a raw egg-based drink, but historians agree that 'nog was probably inspired by a medieval drink called posset, a milky drink made with eggs, milk, and sometimes figs or sherry. These were all pricey ingredients, so the wealthy often used it for toasting. Eggnog became a holiday drink when colonists brought it over from England, but they found a way to make it on the cheap, nixing the figs and substituting rum for sherry. And how about that weird "nog" name? No one knows for sure, but historians theorize that *nog* was short for *noggin*, which was slang for a wooden cup, or a play on the Norfolk variety of beer also called nog (which itself may be named after the cup).

Continued on next page....

11. Mistletoe Mistletoe has been associated with fertility and vitality since ancient times, when Celtic Druids saw it as such because it blossomed even during the most frigid winters; the association stuck over the centuries. It's easy to see how fertility

and kissing can be linked, but no one is quite sure how smooching under the shrub (actually, it's a parasitic plant) became a common Christmas pastime. We do know the tradition was popular with English servants in the 18th century, then quickly spread to those they served. The archaic custom once allowed men to steal a kiss from any woman standing beneath; if she refused, they were doomed with bad luck.

12. Christmas Cards Exchanging holiday greetings via mail is a surprisingly recent tradition, with the first formal card hitting shelves in 1843. Designed by an Englishman named J.C. Horsley, the cardboard greeting showed a happy group of people participating in a toast, along with the printed sentiment, "A Merry Christmas and a Happy New Year to you." A thousand of them were printed that first year, and because it cost just a penny to mail a holiday hello to friends and family (the card itself was a shilling, or 12 times as much), the cards sold like hotcakes and a new custom was born. Today, Americans send around 2 billion cards every year .



The Best Sermons are Lived Not Preached

Some things to think about before it is too late

Real life stories that teach you many things in life. Excellent reading; These are based on true incidences both wonderful and inspirational.

1. Today, I interviewed my grandmother for part of a research paper I'm working on for my Psychology class. When I asked her to define success in her own words, she said, "Success is when you look back at your life and the memories make you smile."
2. Today, I asked my mentor - a very successful business man in his 70s- what his top 3 tips are for success. He smiled and said, "Read something no one else is reading, think something no one else is thinking, and do something no one else is doing."
3. Today, after a 72 hour shift at the fire station, a woman ran up to me at the grocery store and gave me a hug. When I tensed up, she realized I didn't recognize her. She let go with tears of joy in her eyes and the most sincere smile and said, "On 9-11-2001, you carried me out of the World Trade Center."
4. Today, after I watched my dog get run over by a car, I sat on the side of the road holding him and crying. And just before he died, he licked the tears off my face.
5. Today at 7AM, I woke up feeling ill, but decided I needed the money, so I went into work. At 3PM I got laid off. On my drive home I got a flat tire. When I went into the trunk for the spare, it was flat too. A man in a BMW pulled over, gave me a ride, we chatted, and then he offered me a job. I start tomorrow.
6. Today, as my father, three brothers, and two sisters stood around my mother's hospital bed, my mother uttered her last coherent words before she died. She simply said, "I feel so loved right now. We should have gotten together like this more often."
7. Today, I kissed my dad on the forehead as he passed away in a small hospital bed. About 5 seconds after he passed, I realized it was the first time I had given him a kiss since I was a little boy.
8. Today, in the cutest voice, my 8-year-old daughter asked me to start recycling. I chuckled and asked, "Why?" She replied, "So you can help me save the planet." I chuckled again and asked, "And why do you want to save the planet?" Because that's where I keep all my stuff," she said.
9. Today, when I witnessed a 27-year-old breast cancer patient laughing hysterically at her 2-year-old daughter's antics, I suddenly realized that I need to stop complaining about my life and start celebrating it again
10. Today, a boy in a wheelchair saw me desperately struggling on crutches with my broken leg and offered to carry my backpack and books for me. He helped me all the way across campus to my class and as he was leaving he said, "I hope you feel better soon."
11. Today, I was feeling down because the results of a biopsy came back malignant. When I got home, I opened an e-mail that said, "Thinking of you today. If you need me, I'm a phone call away." It was from a high school friend I hadn't seen in 10 years.
12. Today, I was traveling in Kenya and I met a refugee from Zimbabwe. He said he hadn't eaten anything in over 3 days and looked extremely skinny and unhealthy. Then my friend offered him the rest of the sandwich he was eating. The first thing the man said was, "We can share it."

The best sermons are lived, not preached

If you ever feel a little bit stupid, just dig this up and read it again; you'll begin to think you're a genius..

(On September 17, 1994, Alabama's Heather Whitestone was selected as Miss America 1995.)

Question: If you could live forever, would you and why? Answer: "I would not live forever, because we should not live forever, because if we were supposed to live forever, then we would live forever, but we cannot live forever, which is why I would not live forever," --Miss Alabama in the 1994 Miss USA contest.

"Whenever I watch TV and see those poor starving kids all over the world, I can't help but cry. I mean I'd love to be skinny like that, but not with all those flies and death and stuff." --Mariah Carey

"Smoking kills. If you're killed, you've lost a very important part of your life," -- Brooke Shields, during an interview to become spokesperson for federal anti-smoking campaign

"I've never had major knee surgery on any other part of my body," --Winston Bennett, University of Kentucky basketball forward.

"Outside of the killings, Washington has one of the lowest crime rates in the country," --Mayor Marion Barry, Washington , DC .

"That lowdown scoundrel deserves to be kicked to death by a jackass, and I'm just the one to do it," --A congressional candidate in Texas ..

"Half this game is ninety percent mental." --Philadelphia Phillies manager, Danny Ozark

"It isn't pollution that's harming the environment. It's the impurities in our air and water that are doing it.." -Al Gore, Vice President

"I love California . I practically grew up in Phoenix .." -- Dan Quayle

"We've got to pause and ask ourselves: How much clean air do we need?" --Lee Iacocca

"The word "genius" isn't applicable in football. A genius is a guy like Norman Einstein." --Joe Theisman, NFL football quarterback & sports analyst.

"We don't necessarily discriminate. We simply exclude certain types of people." -- Colonel Gerald Wellman, ROTC Instructor.

"Your food stamps will be stopped effective March 2020 because we received notice that you passed away. May God bless you. You may reapply if there is a change in your circumstances." --Department of Social Services, Greenville , South Carolina

"Traditionally, most of Australia 's imports come from overseas." --Keppel Enderbery

"If somebody has a bad heart, they can plug this jack in at night as they go to bed and it will monitor their heart throughout the night. And the next morning, when they wake up dead, there'll be a record." -- Mark S. Fowler, FCC Chairman

Feeling smarter yet?

Some thoughts on Aging.

"Everything slows down with age, except the time it takes cake and ice cream to reach your hips." - *John Wagner*

"Grandchildren don't make a man feel old, it's the knowledge that he's married to a grandmother that does." - *J. Norman Collie*

"To get back to my youth I would do anything in the world, except exercise, get up early, or be respectable." - *Oscar Wilde*

"The older we get, the fewer things seem worth waiting in line for." - *Will Rogers*

"We must recognize that, as we grow older, we become like old cars – more and more repairs and replacements are necessary." - *C.S. Lewis*

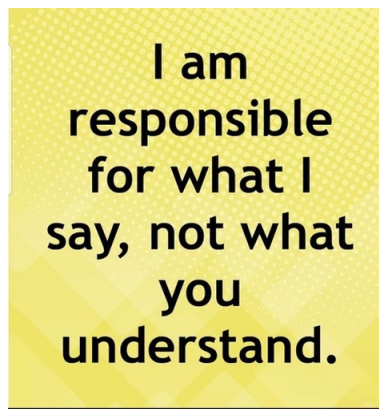
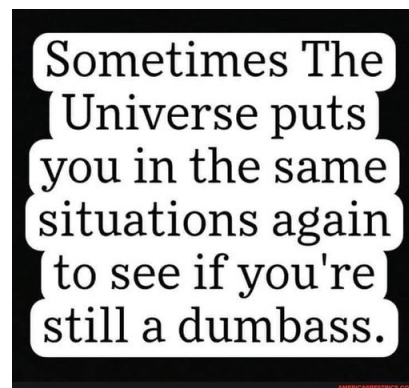
"Inside every older person is a younger person wondering what happened." - *Jennifer Yane*

"I'm so old that my blood type is discontinued." - *Bill Dana*

"The older I get, the more clearly I remember things that never happened." - *Mark Twain*

"Old people shouldn't eat healthy foods. They need all the preservatives they can get." - *Robert Orben*

"When I was young, I was called a rugged individualist. When I was in my fifties, I was considered eccentric. Here I am doing and saying the same things I did then, and I'm labeled senile." - *George Burns*





Elizabeth Vickers	06-Jan
Jim Becking	07-Jan
Marilyn Munro	07-Jan
Roger Bourgeois	29-Jan
Susan Popowicz	30-Jan
Patricia Tate	02-Feb
Joyce DeMoor	03-Feb
Doug Cameron	04-Feb
Randy Jones	07-Feb
Brian Beyer	10-Feb
Elizabeth Douville	11-Feb
Colleen Jones	14-Feb
Eric Booth	20-Feb
Candice McKenna	20-Feb
Wendy Virtue	28-Feb
Tom Duffy	02-Mar
Rebecca Kelly	02-Mar
Irwin McCaffrey	08-Mar
Kira Cook-Brown	11-Mar
Kelly McKenna	16-Mar
Gerry Levesque	26-Mar
Sheila Payne	26-Mar
Rene Douville	30-Mar

Next year is the 50th for the Richmond Legion so we will be asking you for ideas on what we can do to celebrate (in May or June), and will need people to plan and help with events. Put your thinking caps on!



Behind every husband who thinks he wears the pants... Is a wife who told him which pants to wear.

I'm gonna quit my job and travel the world until I run out of money!

I estimate I'll be home again around 10 PM this evening...

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ACTIVITIES

Coffee: Monday, Wednesday & Friday at 10 am

Exercise: Monday, Wednesday & Friday at 9 am

Euchre: Fridays at 1 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.
Third Thursday of May at 8 pm (election meeting).



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Phone 613-838-2644

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