




Royal Canadian Legion



Branch 625 Richmond



Legion  Canada's Largest Service Club

Foxy's Tales



Happy
New Year!

January 2019

Happy
New Year!

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		Shirley Morris & Jane Louks
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 and Catering		Jane Louks
Website		Wendy Ryan
Youth	(613-838-6078)	Elizabeth Douville



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

Phone 613-838-2644

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

If the last report was a short one, this one is shorter. We appear to have survived the holiday period. Snow Birds are preparing to head south and those who love winter are preparing to hibernate.



We are looking forward to the Robbie Burns dinner as the dancers from Manotick will be entertaining us once again. February and March are going to be quiet this year as poor attendance and bed time hours of those who managed to hang in there was the writing on the wall. However, all is not lost and we may have a surprise in either month.

Meanwhile all activities are still going on with the exception of the movies so still come out for exercises and coffee.

Brian Goss

Editor's update: The Annual Branch Pot Luck dinner took place on Saturday December 8 and only 30 people attended.

Next Branch General Meeting is on Friday January 25 2019 at 11 am.

**ROBBIE BURNS DINNER
HAS BEEN CANCELLED
DUE TO POOR TICKET SALES!**



Club 55

The next meeting will be February 7th at 11a.m. We will have soup and sandwiches and cost is \$10.00. If you plan to attend you must call Shirley Morris @ 613-838-3721 by February 1st, as groceries have to be purchased. Thank you.

See you soon.

Joanne Heinbuch

Ways & Means

The Robbie Burns dinner has been cancelled because of low tickets sales.

There will be no Valentine's Dinner in February and no St Patrick's Dinner in March. It was felt that the low turnout for each of these events did not merit the time and effort.

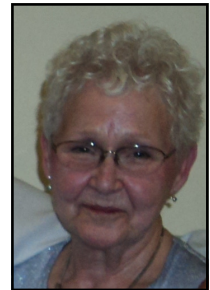
Membership Report



It is time to renew your membership at the Richmond Legion. The dues are \$48, the same as last year.

I did send e-mails and letters out to remind members, but some have not responded. Please send your cheque to RCL Branch #625, Box 625, Richmond, ON K0A 2Z0

If for some reason you have decided not to renew this year, please let me know. My email address is smorris1@bell.net or call me at 613-838-3721.



Also, if any member has changed their address, email address or phone number, please let me know so we can keep our records up to date.

Happy New Year!

Shirley Morris

Poppy Report

We will have held our annual Poppy Meeting, which I call our wind-up meeting on January 23rd.

We use this meeting to talk about how things went last year at our Poppy Campaign and to see if we feel that any changes need to be made for improvement



The campaign was down slightly this year, but we did bring in \$17,455.95 (last year we took in \$18,782.35). After all expenses were paid we have \$11,500.00 for our annual donations and future expenses.

I will present to the committee a proposed plan for our annual poppy donations and expenses for the year 2018/2019. If approved by the committee this will be brought to the general meeting for their approval. We have found that over the last couple of years by doing this we are able to process our donations with expediency.

I want to thank my committee members for all of their hard work - John Villeneuve, Shirley Morris, Keith Thurrott, Wendy Ryan, Elizabeth Douville, Jack Lemyre, Bob Leighton, Gerry Blair and Tom Louks and thank you to all members who helped out in any way.

On May 14th we will be having a CPR/AED course at our Legion. It will take place from 9:00 until 1:00. We must do this course once every year because of our defibrillator. We are looking for 10 people to take this course. Please contact me at janelouks@rogers.com if you are interested.

On May 28th we will be having the annual visit of the Perley Rideau Veterans. The Vets really look forward to coming to Richmond and visiting with our members. Please mark it on your calendar. They have once again asked for a barbeque which they look forward to. We will be getting some entertainment as well. So try to come out and please be at the Legion by 11:00 a.m. to greet them.

Jane Louks

Richmond Hub Articles

DESCRIPTION OF BRANCH 625 RICHMOND LEGION

Are you a possible Member or Volunteer?

Each level of the legion sets up standing committees to carry out specific duties as specified by the by-laws and by the executive committees, to which they make regular reports. The legion is a non-profit, dues-supported organization. Each Branch has Committee groups headed by a Chair for the purpose of organizing Branch and Community activities and for maintaining the Branch property and providing funds for donations for the Poppy Fund and local Community services.



Branch Meetings

The General Meeting is the senior authority of the Branch

The Executive Committee is the administrative body of the Branch

The Executive Committee reports to the governing body for approval of its activities

The method of reporting is through minutes of meetings.

Composition of Branch 625 Richmond

The Branch Executive Committees shall consist of the following:

President

Vice President (s)

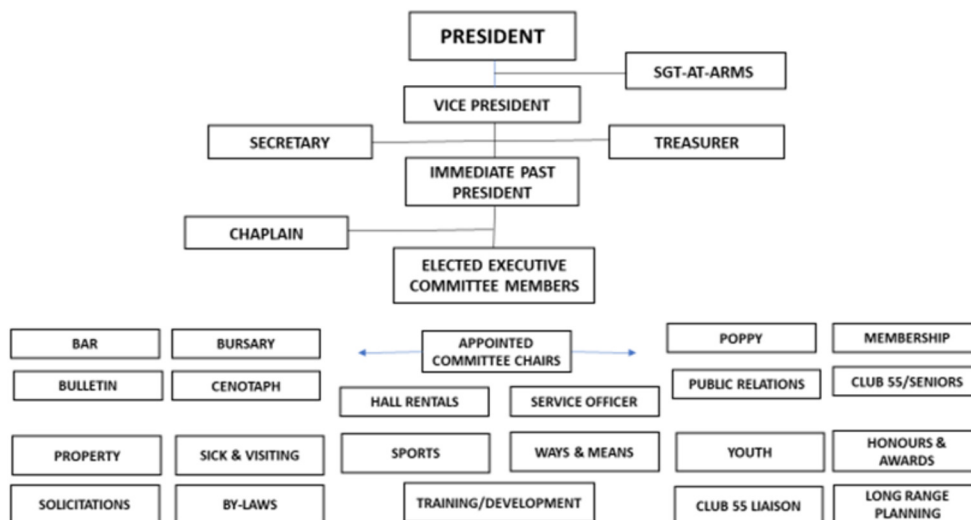
Treasurer

Secretary

Immediate Past President

Election or appointed members

BRANCH 625 RCL RICHMOND



In accordance with the Provincial Branch By-Laws and Branch Regulations:

The positions of President, Vice President (s), and Immediate Past President are identified as Senior Elected Officers

The positions of Secretary, Treasurer shall be identified in the Branch Regulations as either elected or appointed and are considered Officers of the Branch

The offices of Branch Chairman, Branch Service Officer, Chaplain or Sergeant-At-Arms maybe either elected or appointed.

The appointment of any office shall be made by the President for ratification of the Executive Committee and subsequent approval of the General Membership.

Committee Chairs

The following are the possible Committee Chairs available to a Branch depending upon size and requirements of the Branch. Not all positions at Branch 625 Richmond are filled and the Branch is entering a recruitment process for volunteers. Should non-members of the Legion wish to assist in any of the Committee Chairs, their participation is welcomed. A future article will describe each Committee and list sponsorships and donations by the Local Branch.

Bar – appointed (needs bartenders with Smart Serve)

Bursary – appointed (applications)

Bulletin – appointed (require articles, etc. to publish)

Cenotaph – appointed (care of cenotaph and flowers surroundings)

Chaplain - appointed

Hall Rentals – appointed (scheduling of rentals, NFP use, etc)

Membership – appointed (methods of recruiting)

Poppy – appointed (volunteers needed for door-to-door, local stores, etc.)

Property – appointed

Public Relations – volunteer (needs volunteers with current social media talents)

Sick & Visiting – appointed (includes visits to nursing homes, hospital and homes)

Sports – appointed (includes coordinating Branch, Zone, District Euchre, Darts, Cribbage competition) (establish a Junior Dart League)

Youth – appointed (over 300-400 applications for Remembrance posters, poems, essays etc.) (youth sponsorships)

Track & Field – vacant (establish interest at local High School for athletics)

Ways & Means – appointed (needs volunteers for fund raising, special events, catering etc. and suggestions for events)

Long Range Planning – by committee uses for vacant acre at rear of Legion finish (decorate) east wall of the hall

Legion Seniors – currently combined with Club 55

Club 55 Liaison – appointed (see Seniors)

Solicitations – combined Branch & Club 55 (determine our donations to local and regional organizations)

Training & Development - vacant.

Club 55

Club 55 is a group within our branch for anyone over 55 years of age. ***You do not have to be a legion member to join.*** The Club now has 61 members.

Continued on next page...

Richmond Hub Article ...

Continued from previous page...

The club has its own executive and committees responsible for a range of activities, including organizing card games such as 500 and euchre, arranging entertainment for the various branch functions, organizing the daily coffee hour and the thrice weekly exercise classes and bi-weekly movies. All these activities are open to the community – no membership required.

Our telephone committee is responsible for notifying the membership about special events whenever necessary. On occasion, the club has out of town excursions that are very popular and when space permits, non-members are invited to join us. Every June we have our annual fun day which includes indoor and outdoor games as well as a special lunch. The meeting in December is our catered Christmas Luncheon complete with gift giving and Santa.

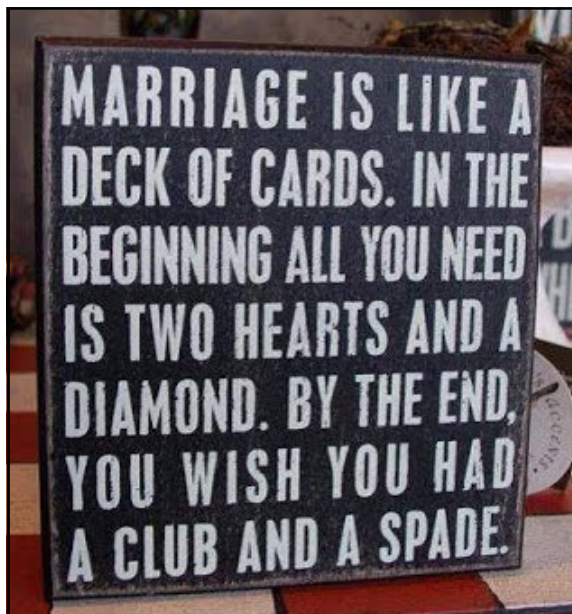
Club 55 has its own fund-raising activities, donates to various charitable organizations and to the branch itself. We also support the branch in their various events and activities. Our meetings are held on the first Thursday in a month on a quarterly basis at 10am.

As previously mentioned, membership is open to everyone

Future Article

The next and last article will list the donations, sponsorships and community events the Branch participates in. Also included are future plans for the Richmond Branch of the Royal Canadian Legion.

Brian Goss



New Year's Prayer by Charlotte Anselmo

Thank you Lord for giving me
The brand new year ahead
Help me live the way I should
As each new day I tread.

Give me gentle wisdom
That I might help a friend
Give me strength and courage
So a shoulder I might lend.

The year ahead is empty
Help me fill it with good things
Each new day filled with joy
And the happiness it brings.

Please give the leaders of our world
A courage born of peace
That they might lead us gently
And all the fighting cease.

Please give to all upon this earth
A heart that's filled with love
A gentle happy way to live
With Your blessings from above.

The New Year lies before you,
like a spotless track of snow...
be careful how you tread on it,
for every mark will show.

Earl and Bubba are quietly sitting in a boat fishing, chewing tobacco, and drinking beer when suddenly Bubba says, "Think I'm gonna divorce the wife - she ain't spoke to me in over 2 months."

Earl spits overboard, takes a long, slow sip of beer and says, "Better think it over; women like that are hard to find."

Auld Lang Syne

Auld Lang Syne was partially written by Robert Burns in the 1700's, it was first published in 1796 after Burns' death. Early variations of the song were sung prior to 1700 and inspired Burns to produce the modern rendition.

An old Scotch tune, 'Auld Lang Syne' literally means 'old long ago,' or simply, 'the good old days.'

Here are the lyrics: however, many people seem to remember only the first verse.

Auld Lang Syne

Should auld acquaintance be forgot
and never brought to mind?

Should auld acquaintance be forgot
and days of auld lang syne?

For auld lang syne, my dear,

□ for auld lang syne,

□ we'll take a cup of kindness yet,
for auld lang syne.

Should auld acquaintance be forgot
and never brought to mind?

□ Should auld acquaintance be forgot
and days of auld lang syne?

And here's a hand, my trusty friend

And gie's a hand o' thine

We'll tak'A cup o' kindness yet

For auld lang syne.



Humour

Grandpa. A man goes to visit his grandpa in hospital. "How are you grandpa? he asks." "Feeling fine," says the old man." "What's the food like?" "Terrific, wonderful menus." "And the nursing?" "Just couldn't be better. These young nurses really take care of you." "What about sleeping? Do you sleep OK?" "No problem at all---nine hours solid every night. At 10 o'clock they bring me a cup of hot chocolate and a Viagra tablet...and that's it. I go out like a light." The grandson is puzzled and a little alarmed by this, so rushes off to question the Sister in charge. "What are you people doing," he says, "I'm told you're giving a 95-year-old Viagra on a daily basis. Surely, that can't be true?" "Oh, yes," replies the Sister. "Every night at 10 o'clock we give him a cup of chocolate and a Viagra tablet. It works wonderfully well. The chocolate makes him sleep, and the Viagra stops him from rolling out of bed.

The wedding ceremony came to the point where the minister asked if anyone had anything to say concerning the union of the bride and groom. The moment of utter silence was broken when a beautiful young woman carrying a child stood up. She starts walking slowly towards the minister. The congregation was aghast - you could almost hear a pin drop. The groom's jaw dropped as he stared in disbelief at the approaching young woman and child. Chaos ensued. The bride threw the bouquet into the air and burst out crying.

Then the groom's mother fainted. The best men started giving each other looks and wondering how to save the situation. The minister asked the woman, 'Can you tell us, why you came forward? What do you have to say?' There was absolute silence in the church...The woman replied, 'We can't hear you in the back.' And that illustrates what happens when people are considered guilty until proven innocent.

Men tooHave Memories

A woman awakes during the night to find that her husband is not in bed. She puts on her robe and goes downstairs to look for him. She finds him sitting at the kitchen table with a hot cup of cocoa in front of him. He appears to be in deep thought, just staring at the wall. She watches as he wiped a tear from his eye and takes a sip of his hot cocoa. 'What's the matter, dear?' she whispers as she steps into the room, 'Why are you down here at this time of night? The husband looks up from his cocoa, 'It's the 20th anniversary of the day we met'. She can't believe he has remembered and starts to tear up. The husband continues, 'Do you remember 20 years ago when we started dating? I was 18 and you were only 15,' he says solemnly. Once again, the wife is touched to tears thinking that her husband is so caring and sensitive. 'Yes, I do' she replies. The husband pauses. The words were not coming easily. 'Do you remember when your father caught us in the back seat of my car?' 'Yes, I remember' said the wife, lowering herself into a chair beside him. The husband continued. 'Do you remember when he shoved the shotgun in my face and said, 'Either you marry my daughter or I will send you to prison for 20 years?' 'I remember that, too' she replied softly. He wiped another tear from his cheek and said, 'I would have gotten out today.'

I was walking home last night and decided to take a short cut through the cemetery...3 girls walked up to me and explained that they were scared to walk past the cemetery at night,so I agreed to let them walk along with me.I told them "I understand...I used to get freaked out too when I was alive."

Never seen anyone run so fast

**THIS TOO
SHALL PASS.**

**IT MIGHT PASS
LIKE A KIDNEY
STONE.**

but it will pass.

IDLE THOUGHTS OF A RETIRED PERSON

I had amnesia once -- or twice.

Protons have mass? I didn't even know they were Catholic.

All I ask is a chance to prove that money can't make me happy.

What is a "free" gift? Aren't all gifts free?

They told me I was gullible ... and I believed them.

Teach a child to be polite and courteous in the home and, when he grows up, he'll never be able to merge his car onto a freeway.

Two can live as cheaply as one, for half as long.

Experience is the thing you have left when everything else is gone.

What if there were no hypothetical questions?

One nice thing about egotists: They don't talk about other people.

When the only tool you own is a hammer, every problem begins to look like a nail.

A flashlight is a case for holding dead batteries.

What was the greatest thing before sliced bread?

I used to be indecisive. Now I'm not sure.

The cost of living hasn't affected its popularity.

How can there be self-help "groups"?

Is there another word for synonym?

Where do forest rangers go to "get away from it all"?

Is it possible to be totally partial?

Is Marx's tomb a communist plot?

Show me a man with both feet firmly on the ground, and I'll show you a man who can't get his pants off.

It's not an optical illusion. It just looks like one.

Is it my imagination, or do buffalo wings taste like chicken?



Points to Ponder

LEBRETON SAGA CONTINUES:

Too bad everyone's in such a hurry to "mediate" Eugene Melnyk's problems just so things can get moving on a lousy development plan for the Flats. I was really hoping they'd go back to square one and get it right.

WHO'S ON FIRST?

I recently lodged a complaint about the state of the sidewalk on the west side of McBean between Strachan and the bridge – on behalf of the apparently forgotten folks who live there. No snow had been cleared all season and no sand or salt was applied. My description of the offending sidewalk was very clear. I was informed that the contractor had agreed to look after that section, which the city has apparently declined to do.

They got to work shovelling and salting – the EAST side – which is already taken care of by city crews.

Odd that the bridge contractor doesn't seem to know which side of the bridge is which.....

ANOTHER TECH MELTDOWN:

My love affair with technology continues. Recently, my Fibe connection suddenly stopped working, which meant I had no TV, no Internet and no phone service. Send for the straitjacket!

No problem, I confidently told myself. You were clever enough to top up your cellphone well before funds ran out, so just call Bell and get it fixed. I happily dialled the number. A charming recorded voice told me the call could not be completed because there were no funds in my account. What about the text message from Telus that acknowledged the top-up and informed me of my current balance? Good question. I went to a friend's to use their phone. After much to-ing and fro-ing, huffing and puffing, I was told that there was another step required to "activate" my already existing account. Who knew? Where does it tell you this, besides nowhere? After about an hour, the cellphone was back in operation and I returned home to start the process with Bell. That took another hour of running up and down stairs pushing buttons, watching flashing lights and chatting with a very pleasant gentleman on the other end of the line



He determined that the problem was outside. Service technician required. He would come the next day and would call before arriving. He did – two hours before he was scheduled, which was fine by me – but guess what? The casual screen "swipe" that everybody else seems to be so adept at, escapes me. I couldn't answer the phone! (I called right back, he arrived and everything's fixed.) I still can't get the correct swipe, but I've got the perfect solution – I'm never giving anyone my number.

NO ROCKET SCIENCE REQUIRED:

If you use online ordering for every single item you require in your life, have everything delivered to your house, and the parcels are left on your front doorstep, wouldn't it occur to you that some enterprising thieves would catch on to this fabulous opportunity? That's just what they're doing, so beware.

Maybe we should just go to the store to actually see what we're buying, and, God forbid, interact with a few other human beings. Just a thought.

Lynne Owen

DID YOU KNOW...

Here are some more random health and medical facts and figures which may (or not) interest and inform you.

One in four seniors will fall this year. It's the leading cause of serious injuries for older adults. You can reduce the chance of falling by maintaining good health. Do strength and balance exercises, preferably in a group setting. And check your surroundings and remove possible hazards.

If you're looking for products that claim to have anti-aging or anti-wrinkling properties, there is very little solid science but a lot of pseudoscience (phoneyness) to support them. Tried but true: Avoid direct sun, but if you must, use a good quality sunscreen. Skin creams and moisturizers containing 'tretinoin' may provide the best results in reducing wrinkles but don't expect a complete facelift.

According to certain polls, 31% of men and 24% of women brush their teeth in the shower. According to another survey, blind people enjoy an average of 24 hours of TV per week.

If you're taking meds, be aware that certain supplements may interact and interfere with your meds. One of the worse offenders is St John's Wort. Other supplements including golden seal, kava, concentrated garlic or green tea may also affect certain meds. So, tell your doctor or pharmacist if you take a supplement in addition to prescription or over-the-counter medicine.

There's no news here, but it's worth repeating. There are five main things that people can do to add five years to their life expectancies, and they are: (1) Quit smoking, (2) Maintain a healthy body weight, (3) Drink moderately, (4) Exercise and (5) Eat a healthy diet.

When it comes to moles (the ones on your body, not in the ground), you should learn your "ABCDEs". 'A' stands for asymmetrical. Does the mole or spot have an irregular shape with two parts that look different? 'B' stands for border. Is it irregular or jagged? 'C' is for colour. Is the colour uneven? 'D' is for diameter. Is the mole or spot larger than the size of a pea? 'E' is for evolving. Has the mole or spot changed during the past few weeks or months? In case of doubt or concern, always consult your doctor.

It can be difficult for a doctor to get an accurate measurement of blood pressure. A reading only reveals what it is at that moment. Unless you wear a monitor, the doctor has no way of knowing what it might be the rest of the time. Not to worry for along comes 'Wearable Monitoring System Underwear' (not universally available) that addresses this issue by reading and recording blood pressure around the clock. The waistband is fitted with sensors to track pulse wave velocity, a vital sign that is closely correlated to blood pressure. The data is stored in a tiny computer chip that can be retrieved and analysed by a doctor later.

Looking for a natural cure for chapped lips? According to 'The Old Farmer's Almanac, cranberries are effective because they contain a natural astringent. Cut open a fresh cranberry and rub it over chapped lips. This will help strip away dead skin cells while at the same time infusing lips with protective antioxidants.

Now you know!

Jack Lemyre

*Not everything that is faced can be changed. But nothing can be changed until it is faced.
(James Baldwin US Author)*



Scott Moffatt	01-Feb
Patricia Tate	02-Feb
Joyce DeMoor	03-Feb
Maureen MacAulay	03-Feb
Doug Cameron	04-Feb
Randy Jones	07-Feb
Brian Beyer	10-Feb
Elizabeth Douville	11-Feb
Allenby O'Neill	11-Feb
Mary Foley	14-Feb
Colleen Jones	14-Feb
Eric Booth	20-Feb
Dr. Lucy Rabb	27-Feb
Wendy Virtue	28-Feb

I'M IN A GOOD
PLACE RIGHT NOW.
NOT EMOTIONALLY.
I'M JUST AT THE
LIQUOR STORE.
© REBEL CIRCUS

*Please note: the Robbie Burns Dinner has
been cancelled due to poor ticket sales.*

DUE TO RECENT
CUTBACKS, THE
LIGHT AT THE
END OF THE
TUNNEL HAS
BEEN TURNED OFF

There are times
when my greatest
accomplishment
is just keeping
my mouth shut.



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>February 2019</i>					1	2
3	4 Exercise Yoga 7 pm	5	6 Exercise	7 Club 55 meets	8 Exercise Euchre Arts	9
10	11 Exercise Yoga 7 pm	12	13 Exercise	14 Valentine's Day	15 Exercise Euchre Darts	16
17	18 Exercise Yoga 7 pm	19	20 Exercise Rented pm	21 Branch Executive meets	22 Exercise Euchre Darts	23
24	25 Exercise	26	27 Exercise	28		

Next Branch General Meeting is on Friday January 25 2019 at 11 am.

Branch Executive & General Meetings are at: 11 am

Coffee: Monday to Friday at 10 am

Darts 7:30 pm

Euchre: Fridays at 1 pm

Exercise: Monday, Wednesday & Friday at 9 am

Movies : cancelled until spring.

Yoga: 7 pm –for a fee = non-Legion event



The Royal Canadian Legion Branch 625
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Phone 613-838-2644
Website: www.richmondlegion.ca

