




Royal Canadian Legion



Branch 625 Richmond



Legion  Canada's Largest Service Club

Foxy's Tales



June 2019

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

Eric Booth
Joanne Heinbuch
Jack Lemyre
Mavis Lewis
Tom Louks
Louis Seward

Branch Committee Chairs

Bar	(613-838-3244)	Tom Louks
Branch Regulations		Jack Lemyre
Bursary		Jane Louks
Bulletin (wryan@bell.net)		Wendy Ryan
Catering		Jane Louks
Cenotaph		Jane & Tom Louks
Chaplain	(613-838-3942)	Dcn. Louis Seward
Hall Rentals		Shirley Morris & Jane Louks
Honours & Awards		Jane Louks
Long Term Planning		Eric Booth
Membership		Shirley Morris
Poppy		Jane Louks
Property		Johnny Villeneuve
Public Relations		Brian Goss
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. W 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 March, June, September and December by 6 pm please

Send to wryan1955@hotmail.com

All articles appearing in this publication are the opinions of their author.

President's Message

Here we are on the threshold of a new system of reporting. For many years we have used the monthly bulletin as our information method of reporting Branch business. Then came the web site and it has taken over many of the scheduling and business reports that used to be in the bulletin. Today a check has revealed that most articles in the bulletin are not Branch business. Our thanks go out to all the previous editors, and especially our current editor, for the searching out and construction of the bulletins.



All is not lost or over. The bulletin will be published 4 times a year with the next one in September. Current and future information will continue to be reported on our web site at richmondlegion.ca. There also is the Richmond Hub and Facebook as sites to publish our events. The composition of future bulletins is yet to be determined.

This President's Report will be a short one based on only one-month separation from the last one in May and the difficulty of reporting on possible future plans over the next three months. We will catch up in September.

Our election (read acclamation) took place with one change, Wendy Ryan completed her term on the Executive Committee and Eric Booth joined the Committee. All others returned for another term. Now the task is to appoint the Chairs of the various committees and obtain approval from the general membership. Genuine thanks to all who stood and those who have served.

Bingo Night at the Rideau-Perley was held with 5 members assisting to a full house and the second was the Pub Night with entertainment provided by our branch. Thanks to those who made both nights a success.

The barbeques have begun with the first three having great attendance.

Last bit of news happened a day ago. A representative of Mattamy came to the Legion and delivered a letter to us. Beginning 12 June their contractor will be bringing in truckloads of fill to the site of their new development in Richmond. All homeowners and businesses within 10 meters of the site are to be notified. This work will be carried out until September 2019.

I took the opportunity of asking if they were aware of a letter I sent to our councillor and they assured me privacy fences would be erected along our property line as per City By-Laws. I guess the work next to us is going to happen.

More changes eh!

Brian Goss



Club 55

Club 55 meets the first Thursday of
February, May, September and December at 11 am.

Ways & Means

Our first three barbeques were very successful - thanks to all the workers and to all of you that supported us. Our July barbeques will be on July 12th and 26th, mark these dates on your calendar. If you are able to help give me a call at 613-838-3244 or for tickets call Shirley Morris at 613-838-3721.

Many thanks, Jane

Poppy/Remembrance

June is our Perley-Rideau month which means our branch is responsible for the two events for the veterans at the Perley-Rideau in June.

On June 5th we went to the Perley-Rideau for their Bingo Night. Thanks to Sharon Murphy and Shirley Morris for coming to help out and to Eric Booth for driving us.



Then on the 19th, we provided refreshments for their Pub Night. Thank you, Brian Goss, for arranging the entertainment, thanks to Shirley Morris for helping out and to Eric Booth for being our driver again.

Jane Louks

THANK YOU FROM MAVIS!

Mavis wants to say thanks to everyone who came out to share a very special birthday with her. It was a wonderful evening with a great turnout of people and lots of food, great music and much fun was had by all. Thank you to everyone who took part and made it a night to remember.

Friday Night Darts

Friday Night Darts wrapped up on April 26, 2019 with dinner, championship games and awards.

Side A winners were Ian, Lana/Mike and Chris and Side B winners were Dave H, Jill and Lori. These two teams faced off for the championship which was won by Side A.

Ladies High Average went to Janet with 39.85 and Men's High Average went to Dave H at 51.51. Most Doubles for Women was Cathie at 17 and Most Doubles Men was Larry with 28. Ladies High Score was Pam with 123 and men's High Score was Louis at 177. Biggest Bust at 168 was Tom and Sportsmanship went to Don Wakerell.

Congratulations to everyone for another great year and a big thanks to Cathie & Tim Lytle for running the show.

Thanks to Jane Louks and Shirley Morris for doing the Christmas lunch as well as the dinner for the final night and to all the helpers as well.

Hope to see everyone again next year! Registration is on Friday September 29, 2019 from 6:30 to 7:30 pm and please note that dues remain the same but are payable in full on registration.

ATTENTION ALL VETERANS

DO YOU REQUIRE THE ASSISTANCE OF THE LEGION PROVINCIAL SERVICE OFFICER (PSO)?

THE PSO IS KNOWLEDGEABLE ON PROGRAMS PROVIDED BY THE DEPARTMENT OF VETERANS AFFAIRS (DVA). THESE INCLUDE VETERANS ALLOWANCES, TREATMENT BENEFITS & THE VETERAN INDEPENDENCE PROGRAM (VIP).

A PSO WILL SPEND MUCH OF HER/HIS TIME PREPARING DISABILITY PENSIONS CLAIMS. THEY ALSO ASSIST IN PREPARING APPEALS TO DEFEND AGAINST NEGATIVE PENSION DECISIONS.

TO BOOK AN APPOINTMENT FOR AN INTERVIEW DURING THE WEEK OF JULY 08TH, 2019 CONTACT THE BRANCH VETERANS SERVICE OFFICER, JACK LEMYRE, AT 613-838-3948 OR EMAIL AT JLEMYRE1@SYMPATICO.CA BY FRIDAY JUNE 28TH 2019.

DID YOU KNOW...

Did you know what happens to the aluminum beer and soft drink aluminum tabs that are collected by Branch 625?

After leaving the Branch, they are delivered to the Recycle and Reuse Program Volunteers for the Clifford Bowey Public School. Proceeds from the sale of the aluminum tabs are used to support special needs students. The sale permits the school to buy specialized learning equipment for the students. It also supports participation in the broader community on field trips and other extra curricular activities. All money raised through the aluminum tab recycling program is used to benefit the special needs students.

By collecting the little tabs pulled from beer, soft drinks, soups and other aluminum cans, the funds generated from the sale of these little gems can help offset organizational expenses. Although aluminum cans are also valuable, tabs are easier and cleaner to handle and collect in large quantities than whole cans, which require large storage areas. Any individual or organization can participate. A tab by itself doesn't amount to much, but when collected by the thousands they become a valuable commodity.

Ronald MacDonald House is usually credited with starting this program, although others claim the honor. One Ronald MacDonald House claims to raise up to \$10,000 per year with the tab program. Other organizations, such as the March of Dimes (Ontario only) also collect tabs. The recycling of these tabs generates revenue that benefits their 'Assistive Devices Program' that helps buy, repair and maintain a variety of mobility or assistive equipment, including wheelchairs. One school has donated 1.5 million tabs to the March of Dimes. Several Legion Branches are also heavily involved in the recycle program. One Ontario branch recently celebrated its 20th Anniversary collecting tabs and claims to have raised enough to give away over 2000 wheelchairs!

When you consider the following facts, the above-mentioned results are extraordinary:

- Approximately 1,270 tabs = 1 lb/.45 kg
- 1 lb/.45 kg = \$0.50/\$0.60
- One million aluminum tabs = 800 lbs/324 kgs = approximately \$370.

I recall an old song title, "Little Things Mean A Lot", and aluminum tabs do make a big difference to many charitable organizations and help support their activities. We can all participate in this program by removing & saving aluminum tabs. Bring your collection into the Branch so that we can continue to support programs such as the special needs students at the Clifford Bowey Public School.

Now you know!

Jack Lemyre

What would this world be like if there were no activists, busybodies, do-gooders, or eager beavers? Well, we'd be left with groups of people sitting around wondering what to do. After a while, they'd all get up and disperse and nothing would ever get done. (Author Unknown)

DID YOU KNOW...

Did you know that there is no way to prevent wrinkles in your skin altogether, although the cosmetics industry would want you to believe otherwise?

Personally, I have not made the comparison, but science tells us that the skin of the backside of an 80-year-old does not look that much different than the skin on the backside of a 20-year-old. That's because the main cause of wrinkled skin is not your age, it's due to exposure to the sun. Ultraviolet (UV) radiation from the sun causes a wound-healing response to the skin, even though there is no open wound. Part of the response is inflammation, which leads to collagen breakdown. Over time the damage from those repeated UV assaults accumulates to the point that the skin's appearance changes profoundly.

Those changes are not just cosmetic. With photoaging (the premature aging of skin caused by repeated exposure to UV radiation), you get deep wrinkles and irregular pigmentation, plus lesions that may lead to skin cancer. Photoaging is not as prevalent in people with dark complexions. That's because they have more melanin (a dark-brown or black pigment in the skin, hair and eyes) than people with lighter skin color. Sun exposure creates more melanin—that is what makes you tan. But don't expect a tan to protect your skin if you are fair-skinned.

A tan is the sign of skin damage. It is essentially your skin's response to the UV by trying to protect itself. You can also thank your genes and years of squinting, smiling and frowning for your wrinkles. If you smoke, that is also to blame. All that being said there are ways to help keep your skin looking young.

The best way to prevent UV damage is to avoid the sun by seeking shade or wearing wide-brimmed hats and protective clothing. Tightly woven fabrics like denim, wool and polyester provide more UV protection than looser-woven fabrics like linen and cotton. You can also look for clothing with a 'Ultraviolet Protection Factor (UPF)' label that tells you how much UV light is filtered out. An item that is rated 'UPF50' only allows 1/50th of the sun's UV to penetrate. Sunglasses with UV-blocking can protect your eyelids from damage as well as skin cancer and lower your risk of cataracts. Look for glasses labeled UV400 or ones that block at least 99% of UV.

When shade or clothing won't do it, sunscreen is the next best thing. Look for a broad-spectrum product with a 'Sun Protection Factor (SPF)' rating of 30 or higher that blocks 97% of UV rays. You can get small increases in protection as you go up from SPF 30 to 50 to 70 but the improvement is slight. If you are out in the sun a lot apply your sunscreen every two hours. People with dark skins should also use sunscreen. Their natural melanin gives them some protection but they too can and do get skin cancer.

If you are concerned about not making enough Vitamin D if you cover up or use a sunscreen, you can always take a supplement.

Now you know!

Jack Lemyre (With thanks to Nutrition Action)

Wouldn't it be great if we could put ourselves in the clothes dryer for 10 minutes and come out wrinkle-free and two sizes smaller? (Author unknown)



Rerunning the Reflections

Fr Michel retired in 2016 and graciously granted permission to reuse his reflections so the content may not “reflect” the time or place that we are at in the calendar or church year but the lessons are still there for the learning.

Reflection #33 of 100

“He was a very successful businessman. In church one day, he was asked to give his testimony. “When I was a very young man, I heard an eloquent preacher proclaiming the Gospel. I decided to dedicate my life to the love of Christ, so I reached into my pocket and pulled out ten dollars, my entire fortune at that time, and I gave it all to Christ. That is why God has blessed me, because as a young man I gave everything I had to God”. An elderly lady behind him tapped him on the shoulder. “I dare you to do it again,” she said.”

Oooo, touchee!...that hurts!...makes you squirm a bit. That story and others similar are shared especially when one is trying to make a point about “Financial Stewardship”. Invariably, that particular topic is brought up alongside that all familiar story of the “Widow’s Mite”, found in Mark 12:38-44 or in Luke 21:1-4. The story of course is about a poor widow who is in the Temple and puts into the treasury two of the smallest, grubbiest coins in the empire of Rome. Actually, they aren’t just two coins, they are the last two coins she had to live on. In Greek, the translation is that she put in her “bios” – the word we get biology from, the study of life. The woman put her “life” into the Temple treasury that day. Jesus, witnesses what is going on sees this as a teaching opportunity for his disciples, “They all contributed out of their abundance; but she out of her poverty has put in everything she had, her whole living”. The woman remains nameless and fades into the background. The message we traditionally focus on is the widows boundless generosity and heroic self sacrifice. That is certainly true how-ever if we leave it there we can miss the essence of Jesus’ message. We don’t get off that easy! There is still some unfinished business.

Jesus is naming systems which abuse the poor. Systems that keep people in poverty are evil. Systems that require a widow to put into the treasury her last two coins is perverse. The story really isn’t about “Financial Stewardship” at all but actually about the “Stewardship of Social Justice”. The religio-political system that was favouring the rich and powerful in Jesus’ day was exploiting the poor and vulnerable. That was the point that Jesus was railing about. The rich get richer, the poor get poorer. Guess what? The rich usually get richer at the expense of the poor. Not much has changed over the course of 2000 plus years...

I am disturbed that in general the poor and vulnerable in our city cannot financially afford to eat healthy and nutritious meals or participate in “green” programs that benefit the environment. I am disturbed that there are some politicians that want to “clean-up” the streets of poor, homeless, unemployed citizens because it doesn’t look good for the tourist industry and don’t offer a constructive strategic plan to address the root of the problem. Not only do we want the “widow” to remain nameless we also want her to be “invisible” – out of sight. I am disturbed that prior to the recent municipal election there was much written about the “stink” of the Carp dump, and the “stink” behind the light rail project but nothing about the “stink” of the poverty industry. Why did I have to go to Loblaw’s Superstore last week to find out that young boys and girls in our city are not eating nutritious breakfasts and lunches. I was invited by the cashier to contribute a “toonie” to assist in addressing this issue. I have no problem helping out where ever I can but why has this particular issue not been raised and addressed by any of the political candidates. Furthermore is this really not a “sanitized” form of begging. The story of the “Widows Mite” isn’t intended to make us squirm a bit...it is in-tended to put us to shame as to how we treat our “brothers and sisters” as we are all one in the family of God.

Reflection #34 of 100

A little while ago there was a story that appeared in the newspaper about a 78 year old businessman, Marcel Tremblay, who planned his own death. Marcel was a very sick man, physically – terminally ill and felt that the time had come to end his life. He wanted to die with dignity, with honour...

His compelling story reminded me of Matthew's gospel rendition of the Sermon on the Mount (Matthew 5:1-12). In his familiar list of "beatitudes" we get a vision of what it is to LIVE with dignity, with honour. These collection of sayings by Jesus may have been uttered at different times and places, rather than deliver all at once in a single discourse. There is still much scholarly debate as to how much of it Jesus actually spoke himself and what may have been added by the early church. Regardless, the "beatitudes" summarize the revolutionary values intended to guide those seeking to follow Jesus. Through experience people have discovered for themselves how these values are fulfilling, nurturing and cultivate the inner seeds of true happiness, peace and contentment.

Rabbi Harold Kushner tells a wonderful story about a bright young man, who was a sophomore Stanford pre-med student. To reward him for having done so well in school, his parents gave him a trip to the Far East for the summer vacation before the start of his junior year. While there he met a guru who said to him, "Don't you see how you are poisoning your soul with this success oriented way of Life? Your idea of happiness is to stay up all night studying for an exam so you can get a better grade than your best friend. Your idea of a good marriage is not to find a woman who will make you whole, but to win the girl that everyone else wants. That's not how people are supposed to live. Give it up; come join us in an atmosphere where we all share and love each other". The young man had completed four years at a competitive high school to get to Stanford, plus two years of pre-med courses at the university. He was ripe for this sort of approach. He called his parents from Tokyo and told them he would not be coming home. He was dropping out of school to live in an ashram (a spiritual retreat). "Six months later, his parents got a letter from him: "Dear Mom and Dad, I know you weren't happy with the decision I made last summer, but I want to tell you how happy it has made me. For the first time in my life, I am at peace. Here there is no competing, no hustling, no trying to get ahead of anyone else. Here we are all equal, and we all share. This way of life is so much in harmony with the inner essence of my soul that in only six months I've become the number two disciple in the entire ashram, and I think I can be number one by June!"...

The true nature of happiness often eludes us. We are stuck believing that happiness deals with our outer circumstances. We tend to think that truly happy person is the one who has achieved outer success. The "beatitudes" teach us that the key to happiness is rooted in humility – being poor in spirit. We cannot mourn without appreciating how insufficient we are to handle life in our own strength... We cannot be meek unless we know we have needed gentleness ourselves... We cannot hunger and thirst for righteousness if we proudly think of ourselves as already righteous... We cannot be merciful without recognizing our own need for mercy... We cannot be pure in heart if our heart is full of false pride... We cannot be a peace-maker if we believe that we are always right... We cannot identify with Christ if in the face of negative reactions from others we respond uncharitably. Happiness is found living life fully, intentionally and deeply, in joy and sorrow, in times of clarity, in times of obscurity, in times of adversity... selfless, empathetic and compassionate.

*Feel free to enter the
Peacefulness of the
Quiet Garden at
St John The Baptist Anglican
Church*



*Fowler & York Sts. Richmond.
Walk the path of the Labyrinth.
Join us for worship on Sundays
838-6075 or 838-9643*

Fr Michel

Home Safety Tips

With a growing number of older adults living independently, it's increasingly important to make sure that they're safe at home. Falls, burns, and poisonings are among the most common accidents involving older people. Older adults who live alone may also become the victims of criminals who target older people. If you're an older adult living on your own, or care for an older person living alone, here's what you need to do to stay safe.



Keep emergency numbers handy:

Always keep a list of emergency numbers by each phone. Write this information in large enough print that you can read it easily if you are in a hurry or frightened. Be sure to list numbers for:

- 911
- Poison Control
- Family member or friend to call in case of emergency
- Healthcare provider's office

Prevent falls:

- If you have difficulty with walking or balance, or have fallen in the past year, talk to your healthcare provider about having a special falls risk assessment.
- Ask your provider if you would benefit from an exercise program to prevent falls.
- If you have fallen before, or are scared of falling, think about buying a special alarm that you wear as a bracelet or necklace. Then, if you fall and can't get to the phone, you can push a button on the alarm that will call emergency services for you.
- Don't rush to answer the phone. Many people fall trying to answer the phone. Either carry a cordless or cell phone or let an answering machine pick up.
- When walking on smooth floors, wear non-slip footwear, such as slippers with rubber/no-slip bottoms or flat, thin-soled shoes that fit well.
- If you have a cane or a walker, use it at all times instead of holding onto walls and furniture.

Safety proof your home:

- Make sure all hallways, stairs, and paths are well lit and clear of objects such as books or shoes.
- Use rails and banisters when going up and down the stairs. Never place scatter rugs at the bottom or top of stairs.

Tape all area rugs to the floor so they do not move when you walk on them.

Continued on next page

Protect against fire and related dangers:

- If there is a fire in your home, don't try to put it out. Leave and call 911. Know at least two ways to get out of your apartment or home.
- When you're cooking, don't wear loose clothes or clothes with long sleeves
- Replace appliances that have fraying or damaged electrical cords.
- Don't put too many electric cords into one socket or extension cord.
- Install a smoke detector and replace the battery twice a year.
- Never smoke in bed or leave candles burning, even for a short time, in an empty room.
- Make sure heaters are at least 3 feet away from anything that can burn, such as curtains, bedding, or furniture. Turn off space heaters when you leave the room.

Avoid bathroom hazards:

- Set the thermostat on the water heater no higher than 120° F to prevent scalding.
- Have grab bars installed in the shower and near the toilet to make getting around easier and safer.
- Put rubber mats in the bathtub to prevent slipping.
- If you are having a hard time getting in and out of your tub, or on and off the toilet, ask your provider to help you get a special tub chair or bench or raised toilet seat.

**Prevent poisoning:****Carbon Monoxide**

- Never try to heat your home with your stove, oven, or grill since these can give off carbon monoxide--a deadly gas that you cannot see or smell.

Make sure there is a carbon monoxide detector near all bedrooms, and be sure to test and replace the battery two times a year.

Medications

- Keep all medications in their original containers so you don't mix up medicines.
- Ask your pharmacist to put large-print labels on your medications to make them easier to read.
- Take your medications in a well-lit room, so you can see the labels.

Bring all of your pill bottles with you to your healthcare provider's appointments so he or she can look at them and make sure you are taking them correctly.

Continued on next page

Cleaning products

Never mix bleach, ammonia, or other cleaning liquids together when you are cleaning. When mixed, cleaning liquids can create deadly gases.

Protect against abuse:

- Keep your windows and doors locked at all times.
- Never let a stranger into your home when you are there alone.
- Talk over offers made by telephone salespeople with a friend or family member.
- Do not share your personal information, such as social security number, credit card, bank information, or account passwords, with people you do not know who contact you.
- Always ask for written information about any offers, prizes, or charities and wait to respond until you have reviewed the information thoroughly.
- Do not let yourself be pressured into making purchases, signing contracts, or making donations. It is never rude to wait and discuss the plans with a family member or friend.

Avoid CRA scams

There are many scams to watch out for, but some of the more infuriating involve the Canada Revenue Agency (CRA). The way it typically works is you get a call saying you owe money to the CRA and you need to pay the balance now or you will be arrested. The twist? They want to be repaid in iTunes cards and Bitcoin. Hang up and avoid being fooled into paying them by purchasing these items.

The CRA will never

- give or ask for personal or financial information by email and ask you to click on a link
- email you a link asking you to fill in an online form with personal or financial details
- send you an email with a link to your refund
- demand immediate payment by Interac e-transfer, bitcoin, prepaid credit cards or gift cards from retailers such as iTunes, Amazon, or others
- Threaten you with arrest or a prison sentence.

The CRA will never call and

- ask for information about your passport, health card, or driver's license
- demand immediate payment by Interac e-transfer, bitcoin, prepaid credit cards or gift cards from retailers such as iTunes, Amazon, or others
- use aggressive language or threaten you with arrest or sending the police
- Leave voicemails that are threatening or give personal or financial information.
- set up a meeting with you in a public place to take a payment.

When in doubt, ask yourself

- Why is the caller pressuring me to act immediately? Am I certain the caller is a CRA employee?
- Did I file my tax return on time? Have I received a notice of assessment or reassessment saying I owe tax?
- Have I received written communication from the CRA by email or mail about the subject of the call?
- Does the CRA have my most recent contact information, such as my email and address?
- Is the caller asking for information I would not give in my tax return or that is not related to the money I owe the CRA?
- Did I recently send a request to change my business number information?
- Do I have an instalment payment due soon?
- Have I received a statement of account about a government program I owe money to, such as employment or Canada Student Loans?

To protect yourself from scams, verify your tax status and make sure the CRA has your current address and email (from your editor: better yet never given them your email address and that way you will know that all email communication is fake. This also applies to your bank - do not give them your email address and you will know that all emails from banks are fake!)

- You can also call the CRA's Individual Tax Account Balance Automated Service at 1-866-474-8272. This automated phone service provides information about your tax account balance, as well as your last payment amount and date. To use this service, be ready to give your social insurance number, date of birth and the total income you entered on line 150 of your 2017 or 2016 tax return.
- Call 1-866-864-5823 to update your address or contact information for government programs that you owe money to, such as student loans or employment insurance.

When in doubt hang up, ignore the email and ask someone for advice.




Humour



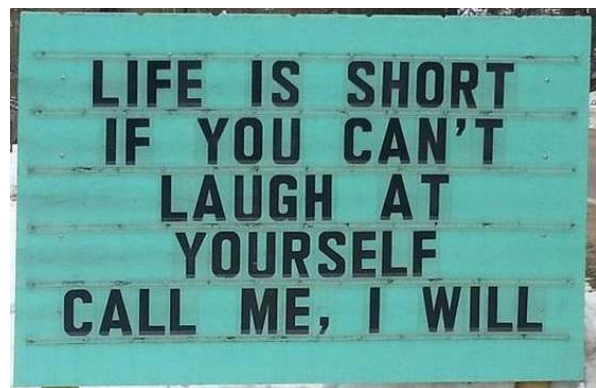
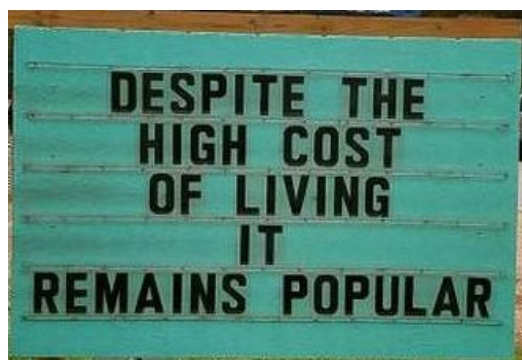
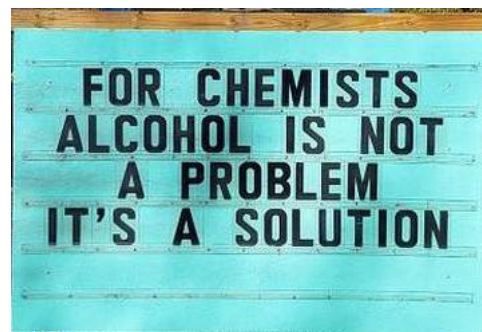
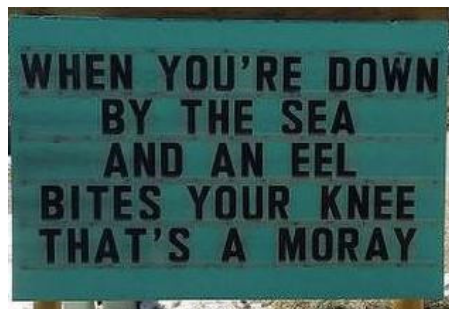
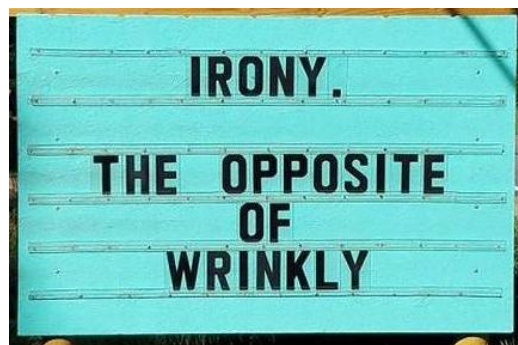
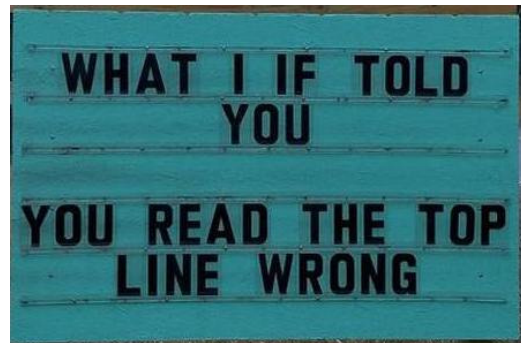
**To get rid of
unwanted junk
during the
holidays ...**

**Put it in an
Amazon box and
leave it on the
porch.**



You know that thing in your
mind that tells you when
something is a bad idea?

How do I get one of those?



Points to Ponder

THE BRIDGE: Just in case you run into some of the many whiners and complainers about the time it's taking to complete the bridge, you can tell them it's a \$5-million project. For that kind of money, we should all be glad it's not being done overnight. And it's not just a little fix – it's a full replacement. So there.



GOING TO THE DOGS: The new houses in Richmond are being occupied, so we know the population of the village has already grown. It's not just people, though. It would be fascinating to see the human/canine ratio in this town. Not a day goes by that I don't see a dog I haven't seen before. I suspect they're plotting a takeover. Not necessarily a bad thing....some of them are a lot smarter, and often considerably more charming, than many humans I've met.

LOUSY ROTTEN TRAIN: For the fourth time, RTG has missed its delivery deadline for Ottawa's light rail system. The trains aren't ready for "prime time," city officials say. It seems they aren't ready for any time. At least we supposedly haven't been paying for a few months, but the contractor has dodged another penalty because this latest missed date wasn't cast in concrete. Why not? The mayor already foresees a court battle over the city's plan to add the extra money that it's spent on buses to the final bill. One can only wonder how much that little legal spat will cost, whether we win or not. I have visions of outside law firms salivating over the possibilities, because goodness knows our own legal staff won't be able to handle it. Meanwhile, our pockets continue to be picked for a "service" that will have little effect on Richmond if and when it's finished. We're also apparently super keen to add some electric buses to the fleet, without a trial period. Will they survive an Ottawa winter? I guess we'll buy them first and find out later.



I JUST HAVE TO ASK: An airplane passenger looking for the washroom somehow managed to open an emergency exit. Thankfully, the plane was still on the ground, but her action caused the inflatable chute to deploy, delaying the plane's departure by hours. How the heck does this happen? The doors and their latches are hardly similar. And, could she have done the same thing at 35,000 feet?

THE DREADED PLASTIC: Once upon a time, plastic was likely heralded as the greatest invention since....the last great invention. You'll all know the great clichés – one hand doesn't know what the other is doing; one hand gives, the other takes away.... So, one minute, the city says sure, go ahead and put plastic bags in your ORGANIC WASTE green bin. In the next, it decides to study a ban on single use plastic water bottles and foam containers at all its facilities. Do we hate plastic, or don't we?



As I have previously ranted, the addition of plastic to the green bins is a really bad idea. Mark my words: Everything will end up in the green bin – Dad's old sneakers, mom's broken metal spatula, junior's defective MP3 player. All nicely wrapped in plastic.

And what will the organic waste company do then, other than accuse the city of breaking the terms of its contract? And how much will that cost? I already feel those icy fingers picking my pocket again.

I still want to know how they're going to separate the dog poop from the plastic bags....then again, maybe not.

HAPPY SUMMER TO ALL!

Lynne Owen

Bonnie Jensen
Sales Representative
(613) 838-4040 Office
(613) 720-3050 Cell
www.bonniejensen.com
bonniejensen@remaxottawa.com

RE/MAX
metro-city realty inc., brokerage
Independently Owned and Operated





the CAR-O-PRACTOR
"YOUR DEALERSHIP ALTERNATIVE"

Offering Complete Mechanical Maintenance,
Collision and Body Repair Services Since 1986

P: 613-838-2184 F: 613-838-3693
caropractor@rogers.com

5949 Ottawa St. Box 490 Richmond On. K0A 2Z0


Copiexpert Keith Press
A Division of 519920 Ontario Inc.

- DIGITAL PRINTING
- OFFSET PRINTING
- ENGINEER DRAWINGS
- LABELS
- POSTERS
- LAMINATION
- BINDING

83 Iber Road
Ottawa, Ontario K2S 1E7
613-831-8855
www.copiexpert.com

D.E. KINKADE KONSTRUCTION LTD
GENERAL CONTRACTING

5948 Perth Street P.O. Box 1243
Richmond, Ontario
613-838-5252
613-229-0758 fax 613-838-7272
sonyakinkade@bellnet.ca



DARYL E. KINKADE
GENERAL CONTRACTOR

CUSTOM HOMES-ADDITIONS-RENOVATIONS-COMMERCIAL

Engineering, Excavation And Site Work

- Engineering services
- and parking lot construction
- Septic systems design and installation
- Excavation and backfill
- Sewer and water installation and repair
- Site decommissioning and remediation
- Heavy equipment rental



6206 Perth Street, Richmond, Ontario K0A 2Z0
Ph-613-838-RABB (7222) Fax -613 838-3364

Richmond Home Hardware Building Centre
P.O. Box 1191
6379 Perth St.
Richmond
Ontario
K0A 2Z0

KITCHENS/WINDOWS/DOORS
LAMINATE & HARDWOOD FLOORING
INTERIOR DOORS & TRIM/LUMBER/SIDING
PAINT/ELECTRICAL/PLUMBING & HARDWARE

T 613 838 4659
F 613 838 7869

independent
YOUR INDEPENDENT GROCER

Chris King
Owner/Operator

KING'S YOUR INDEPENDENT GROCER
5911 PERTH STREET
RICHMOND, ONTARIO K0A 2Z0

Tel (613) 838-7255
Fax (613) 838-5466

*Please
Support
Our
Advertisers!*

IDA
Richmond IDA Pharmacy
6179 Perth Street
Richmond, ON K0A 2Z0
613-838-5323
idapharmacy.com
f @RichmondIDA

TERCON
HEATING & COOLING
NATURAL GAS CONVERSION OIL PROPANE INSTALLATION
CUSTOM DUCTWORK AIR CONDITIONING
TERRY STEELE
838-4967
RICHMOND, ONTARIO

Affordable Websites By
wwwwebworks
André L. Ouellette
Owner and Principal Designer
140-2570 Southvale Cres Phone: 613-736-1106
Ottawa ON K1B 5B6 E-mail: info@wwwwebworks.ca
www.wwwwebworks.ca



Joanne Heinbuch	02-Jul
Heather Murphy	05-Jul
Robert Leighton	10-Jul
Truman Lewis	11-Jul
George Skinner	11-Jul
Chris Moffatt	12-Jul
Don Wakerell	16-Jul
Barb Lecompte	18-Jul
Joanne Hepton	20-Jul
Shirley Beardsell	21-Jul
Lana Muldoon	23-Jul

David Vickers	03-Aug
Peter Murphy	16-Aug
Josephine Wrona	17-Aug
Pat Sullivan	19-Aug
A. A. McRae	21-Aug
Sandra Carter	23-Aug
Eileen Kavanagh	23-Aug
Brian Goss	28-Aug
Lis Olsen	29-Aug

Jacques Leullier	08-Sep
Ray Huet	20-Sep
Luc St. Jean	24-Sep
Shirley Morris	21-Sep
Eunice Lemyre	23-Sep
Joan Milne	26-Sep
Alexis Milne	29-Sep

MOVIE UPDATE

If you would like to receive emails advising if and when there will be a movie at the branch, please contact Tom Louks at 613-838-3224, or better yet, email him at loukst@gmail.com and you will receive not only notice that a movie will be shown, but a recap of what the movie is about.

HELP WANTED

We are in need of someone to take care of the flower beds at the branch (the two on either side of the front entrance and the one in the front grass area) as well as the two small beds on either side of the cenotaph. They are not large and you are free to do as you please (as long as the shrubs/trees are not remove) and funds are available to cover needed supplies (prior approval is required). Please contact Tom Louks at 613-838-3224 or loukst@gmail.com if you are willing to help.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>JULY 2019</u>	1 CANADA DAY	2	3	4	5	6
7	8	9	10	11	12 Barbeque	13
14	15	16	17	18 Executive Meeting	19	20
21	22	23	24	25	26 Barbeque	27
28	29	30	31			
<u>August 2019</u>				1	2	3
4	5 Civic Holiday	6	7	8	9 Barbeque	10
11	12	13	14	15 Executive Meeting	16	17
18	19	20	21	22	23 Barbeque	24
25	26	27	28	29	30	31
<u>September 2019</u>						
1	2 Labour Day	3	4	5 Club 55 meets	6 Barbeque	7
8	9	10	11	12	13	14
15	16	17	18	19 Executive Meeting	20 Barbeque/ Darts Registration	21
22	23	24	25	26	27 Branch Gen- eral Meeting	28
29	30					

Upcoming Events

July 12th = Barbeque
July 18th = Branch Executive Meeting
July 26th = Barbeque

August 9th = Barbeque
August 15th = Branch Executive Meeting
August 23rd = Barbeque

September 5th = Club 55 meeting
September 6th = Barbeque
September 19th = Branch Executive Meeting
September 20th = Barbeque
September 20th = Darts Registration 6:30 to 7:30 pm
September 27th - Branch General Meeting

October 17th = Executive Meeting
October 26th = Poppy Door to Door Campaign

November 2nd = Remembrance Dinner
November 3rd = Munster Service
November 11th = Richmond Service
November 21st Executive Meeting
November 22 General Meeting

December 1st = Seniors' Christmas Dinner
December 5th = Club 55 Meeting, Christmas Lunch & Gift Exchange
December 7th = Branch Pot Luck Dinner



Barbeques 4:30 to 6:30 pm
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 every second Wednesday at 2 pm
Yoga: 7 pm –for a fee =non-Legion event



The Royal Canadian Legion Branch 625
6430 Ottawa St. W Box 625,
Richmond, Ontario K0A 2Z0
Phone 613-838-2644
Website: www.richmondlegion.ca

