




Royal Canadian Legion



Branch 625 Richmond



Legion  Canada's Largest Service Club

Foxy's Tales



Happy Father's Day

June 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

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	TBD	
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	Poppyrcl625@gmail.com
Public Relations	TBD	
Property	John Villeneuve	613-838-2548
Sports	Cathie & Tim Lytle	343-997-5985
Telephone	Wendy Ryan	613-838-9696
Training & Development	TBD	
Veterans Service Officer	Brian Goss	613-838-4269
Ways & Means	As needed	
Website	Wendy Ryan	613-838-9696
Wellness checks	Joanne Heinbuch	613-838-2138
Youth	Elizabeth Douville	613-838-6078

Past President's Message

Thank you for the last 4 years as President as well as the 4 years prior to Jane Louk's tenure. It has been a pleasure being in the position with all the friends I made and those I knew before. I am not going any where and will continue to be a happy member of Branch 625 Richmond.

Brian Goss

President's Message

The annual elections on May 19th saw little change in positions other than the President-I will do my best to guide us through the next year as we try to bring back a variety of events.

Brian Goss is now Immediate Past President and as such remains an Executive Officer and will continue to be an important cog in the wheel of operations. On behalf of the Branch, I thank Brian for this second run as President and acknowledge that a supposed 1 year term morphed into 4. I will be counting on Brian for his advise and guidance.

Thank you to everyone who has agreed to remain on the executive and as committee chairs. Johnny Villeneuve returns as Vice President, Liz Douville as Secretary, Pat McGrath as Treasurer, Boyd Dulmage as Sgt-at-Arms and Erick Booth, Joanne Heinbuch, Tom Louks as members of the executive committee. Bill Murphy has joined the executive. Their time served provides experience that will be needed over the course of the coming year.

There are a few changes to mention.

Our Branch Regulations chair and Veteran Service Officer **Jack Lemyre** and long time member and kitchen helper **Eunice Lemyre** are moving at the end of this month so I would like to take this opportunity to thank them both for their many, many years of service at the Richmond Legion. Jack's experience and knowledge as Service Officer will be very difficult to replace as will his expert knowledge of the Branch Regulations. His attention to detail will be missed. I must not forget his expertise and talents as the barbequer of steaks! Thank you Jack and Eunice - best of everything to you in your new home!

This of course means that there are a couple of vacancies that need to be filled - the most important being that of Veterans Service Officer. I am told that it is helpful to have a veteran or current serving service member in this position but this is not a requirement. This is a position that requires confidentiality, empathy and an eye for detail. Brian Goss has agreed to fill in temporarily until a replacement can be found. I feel that the two most important missions of the Legion is to serve veterans and their families and to promote Remembrance. Without a Service Officer a big part of one of these two would be missing, so I ask everyone to please consider taking this on.

There are 2 committees that will not be formed this year - chaplain and sick & visiting. These were both suspended by the executive during the Covid lockdown. Since these are appointments by the President, I have decided not to fill these positions at this time.

Louis Seward has been the chaplain for several years and I thank him for his service.

Thank you to Shirley Morris and Louis Seward for their years as the Sick & Visiting committee.

We will have a new committee called Wellness checks comprised of telephone calls only to members who are unwell or with limited mobility etc. Thank you to Joanne Heinbuch for taking this on.

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Club 55 is no longer operating due to lack of candidates to fill the executive positions, so on behalf of the Branch, I extend a big thank you to **Joanne Heinbuch** for her years as President of Club 55 - she took this on in June 2018 for one year and 4 years later... !

Those activities previously operated by Club 55 continue as Branch committees. Coffee, Exercise and Euchre continue on so thank you to Johnny Villeneuve, Pat McGrath and Joyce Cook for continuing to head these 3 areas. Thank you also to Brenda Goss who will continue to send appropriate greeting cards out on behalf of the Branch.

We have had two Legion tributes take place this month and I must give kudos to our Sgt-at-Arms **Boyd Dultimate** for creating a program for the tribute that is clear, concise and a credit to the Richmond Legion. Thanks again Boyd!

Our new Sports chairs **Cathie & Tim Lytle** have started up a summer Darts & Washer Toss League and hope to have a golf tournament as well. See the Sports column for details.

Another thank you to **Brian Goss** for the executive and committee chairs he put in place over the last year - they are a gold mine of talent!

I will do my best to keep the Richmond Legion going for the next year and ask for your patience, support and assistance as I make my way through, for me, uncharted waters.

Thank you in advance and hope to see you at the barbeques!

Wendy Ryan

Last Post

Maurice Lavoie

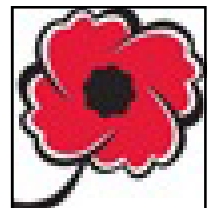
April 16 2022

Don Wakerell

June 1 2022

We Shall Remember Them...

Youth - Ed - Note - Good news the winning poster that was lost by the courier company has been found! Though it was too late to be judged at the higher levels of the Legion, it is now framed and on display in the Branch.





Membership Report

Our current membership is at 109, with the recent passing of one of our comrades. Two people at the recent barbeque would like to join so if that happens we will be at 111.

I had planned a membership/meet the Legion Day for 28 May, however, due to other commitments by participants it was put off until later in the year.

Once I firm up a date it will be passed on. We hope to have several pieces of vintage military vehicles as well as some activities for the young at heart, and perhaps some food vendors.

If you know of anyone that would like to join our Legion, please pass the info on to them. With the COVID restrictions being lifted, we are gearing up for some activities, but need people to make it all happen. As always anyone that would like to join can contact me or go online at www.legion.ca and enrol. Please make sure that you tell them to select Richmond and District Legion Branch 625. There has been some confusion as there are branches in Richmond Quebec and Richmond BC.

***Regards
Boyd Dulmage, CD***

Editors note: Interesting membership fact: Roger Bourgeois is the only remaining charter member of the Branch



SGT-AT-ARMS REPORT

Things are finally, somewhat back to normal, so it has been a busy time since my last report with meetings and getting things organized again at the Legion.

On 29 May 2022, I attended, with the President of the Kanata Legion Branch #638, the Snowy Owl Cadets awards ceremony and presented a deserving cadet with the Legion Medal of Excellence with Certificate. (Pictured right)

In addition to this, I led two Legion tributes, one for Comrade Donald Wakerehl on 7 June 2022. This was the first tribute inside a church since before COVID. On 12 June 2022 I performed a graveside tribute for Comrade Peter MacArthur. A reception at the Legion followed the tribute.

In conjunction with our Bursary Chair, I will be attending Sacred Heart High School at 8 a.m. and South Carleton High School at 11 a.m. on 29 June to help present bursary cheques to 6 students.

As always I am looking for members who would like to be part of the colour party for funerals, Legion openings, Remembrance day and other functions as needed. Please contact me if you are interested.

Take care comrades and have a great summer.

Boyd Dulmage, CD



Club 55



All good things come to an end and it happened again on May 5 2022, with Club 55 closing its doors. We had our meeting with very few people in attendance but we were happy to see those who were able to be there.

Brian Goss conducted the elections and as no members stood for any of the positions, we had no choice but to close the club.

We have lost several members over the last 2 years from death or moving to senior's residences and we miss them all.

We made donations of \$200 each to three local charities before turning our bank balance over to the branch. All the activities that came under Club 55 have moved over to the Branch so all will continue on: cards, coffee, exercises etc.

I would like to sincerely thank the executive committee who has been so supportive of me over these past several years.

I cannot thank all of the members enough for all their support.

Hope to see you all at the Branch barbeques.

Joanne Heinbuch

A HUGE THANK YOU TO JOANNE FOR STAYING ON AS PRESIDENT FOR 4 YEARS WHEN SHE SIGNED UP FOR JUST ONE!!

Sports

Registration for the summer league of Darts/Washer toss was on Thursday, June 9th. This league will run from June 23 until September 22, 2022. The plan is for participants to play darts inside one week then play washer toss outside the next week, though accommodation will be made for anyone who wants to play just darts or just washer toss. Dues are \$40 for the season.

Cathie hopes to host a golf tournament late summer or early fall so keep an eye out.

The fall/winter Friday Night Darts will return in October 2022 and will run until the end of March - usually the playoffs and awards dinner take place in March and April but no firm plans have been made. Just mark your calendars and note that payment of dues will have to be made in full in October.

You can check the Richmond Dart League Facebook page to keep up to date on all the happenings.

Thank you to Cathie & Tim Lytle for continuing as the Sports committee.

Help Wanted

VETERANS SERVICE OFFICER

As I said in the President's message, I feel that the two most important missions of the Legion are to serve veterans and their families and to promote Remembrance. Without a Service Officer a big part of one of these two would be missing, so I ask you to please consider taking this on. I am told that it is helpful to have a veteran or current serving service member in this position but this is not a requirement. This is a position that requires confidentiality, empathy and an eye for detail. Brian Goss has agreed to fill in temporarily until a replacement can be found and he will be available to answer any questions and assist in any way.

CATERING: At one time this Ladies Auxiliary committee provided meals to anyone renting the hall who wanted a meal provided for their event. When the LA disbanded in 2018 this committee became part of Branch operations. Covid meant that there was no longer any catering services needed and now time has taken a toll on the ladies who used to provide this service. Be assured that being chair of this committee does not mean that you do all the work yourself - it means that you are the one who does the organizing. We have a great group of members - ladies and gentlemen - who are willing to help, we just need leadership. Discussion has lead to suggestions that complete meals need not be provided by this committee and its mandate could be changed to offer finger foods for small Celebrations of Life. If you are interested, man or woman, please contact me at 613-838-9696 and let's talk!

WAYS & MEANS This committee organizes events to raise money for the Richmond Legion. At one time it put on the summer barbeques, themed dinners for Robbie Burns Day, Valentine's Day, St Patrick's Day and a Spring Fling. We have held Silent Auctions, Music Trivia nights etc. Anything that can raise money to support the causes of the Legion. Right now the executive is running things under this committee (the barbeques for example) and like catering, we are not looking for someone to do it all themselves. Just someone to spearhead things. If you are interested please call me at 613-838-9696.

In the meantime if you have an idea for an event, that we can put on come fall, come up with a plan and lets see what we can do.

COFFEE: We are looking for someone who would be willing to "run" the coffee hour Mondays, Wednesdays & Fridays at 10 am. I am told that all that is required is that you make the coffee, timing it to be ready by 10 am. There is a diner style coffee maker in the kitchen that is used. How many pots depends on how many people show up.

Purchasing supplies is also part of the package - coffee, tea, creamers, milk, sugar and sweetener packages, napkins. If you are unwilling to be responsible for purchasing the needed supplies, that's ok! I am prepared to find a solution to this part of the program.

The most important thing is to have the coffee ready for consumption at 10 am. If you are willing to do this please email me at wryan1955@hotmail.com or call me at 613-838-9696.

Wendy Ryan

Ways & Means - Barbeques

The last barbeque was held in September 2019 then the pandemic hit in March 2020 now 3 years later, on June 10, 2022 we were finally able to host another barbeque - and those in attendance were very happy to be back! Lots of compliments, smiles and thank yous all around!

I have to thank the wonderful group of excellent people who worked so hard to pull this one off - of the 15 people who helped, 7 had never been at a barbeque let alone worked one! Marg Banks, Wendy Virtue, June Craig, Eileen Kavanagh all worked in the kitchen while Pat McGrath and Nancy Stewart checked everyone in and collected payment, then they helped in the kitchen as well.

Sharon Murphy tended the bar while Tom Louks and Boyd Dulmage ran the barbeques. Johnny Villeneuve was everywhere helping whenever needed - as usual! Thanks Johnny for dealing with the coffee maker too!

Everyone named above helped with the clean up including Charlene Murphy, Bill Murphy, Pat Laninga and Tony McGrath.

Extra thanks to Tony McGrath for doing the "oops we forgot a few things" run to the store!

Thanks to everyone who helped with the prep work during coffee in the morning to get the potatoes and salad fixings ready - apologies for not getting everyone's name.

Thanks to Joyce Cook for turning on the oven mid- afternoon to cook the potatoes!

Thanks to Tom Louks for all the shopping for meat, condiments and dessert, thanks to Jane Louks for making the dessert and thanks to June Craig for picking up all the ingredients and making the Caesar salad. Thanks to Wendy Virtue for laundering the tea towels and kitchen cloths.

If I have missed any names, please someone tell me so I can be sure to give credit where credit is due!

I must make mention that some people were there in the morning for 1 to 3 hours prepping and most were there from 3 or 3:30 pm until 8:15 to 8:30 pm when all was cleaned up and put away.

Most of these people have all committed to helping all summer which makes my job of organizing soooooo much easier. Thank you all very much!

The "book your entree in advance" worked very well (no walk ins!) so we were able to have enough for all 92 (I think it was 92!) people who attended. Well we did run out of dessert but I am told that some people took 2 or 3 helpings!

Next barbeque is on Friday, June 24, 2022 from 4:30 to 6:30 pm.

Thanks again to everyone who helped in any way including those who attended! See you on the 24th!

Wendy Ryan

P.S. We do need one or two people who can be called to fill in wherever when needed, so if you are willing to do this, please call me at 613-838-9696. Thanks...

ROSSS - Community Support Services

To learn more about any of our programs and services, please contact us at [613-692-4697](tel:613-692-4697) or email info@rosss.ca

Adult Day Program (ADP)

The Adult Day Program provides supervised individual programming in a group setting for older adults, who may be physically frail, cognitively impaired and/or socially isolated. Our program is designed to assist participants in achieving and maintaining their maximum level of functioning, to prevent premature and inappropriate institutionalization and to provide respite and information for caregivers. Program elements include planned social, recreational and physical activities, snacks and lunch. Transportation is available upon request.

Please note that potential attendees must have a referral from Home and Community Care Support Services Champlain. A ROSSS staff member will conduct an interview to determine eligibility.

Foot Care

We offer regular, professionally staffed, and convenient foot care clinics to take care of your foot aches, problems and overall maintenance. Booking in advance is required.

Friendly Visiting

ROSSS volunteers conduct regular visits with homebound clients in our community with the aim to reduce isolation and loneliness through friendship and support.

Telephone Assurance

ROSSS volunteers regularly contact clients by telephone to ensure and verify the well-being and security of vulnerable members of our community.

Income Tax

ROSSS volunteers are ready and available to assist you in preparing your income tax and benefit return papers.

Snow Go/ Snow Go Assist

ROSSS administers the City of Ottawa Snow Go and Snow Go Assist programs for rural Ottawa South. Snow-Go offers free assistance in finding individuals or contractors to clear snow from private driveways and/or walkways.

Snow-Go Assist provides financial assistance in the form of reimbursement of a portion of snow removal costs for eligible clients. To qualify, clients must complete an application form, provide proof of income and a signed snow removal contract.

Meals on Wheels

ROSSS provides community members with nutritious, fresh cooked and frozen meals. This service is available on both a short and long-term basis. Fresh meals are provided in partnership with Miller's Oven. **Deliveries are made Monday through Friday.**

Frozen meals are provided in partnership with TimeSaver Foods. These meals are available for delivery or pick-up at our Manotick office. **Deliveries are made every Wednesday.**

ROSSS now offers a Grocery Delivery service in partnership with some of our local grocery stores. This service is available to those who are unable to get out and do their own shopping.

For more information on Meals on Wheels and Grocery Delivery, please contact our office [613-692-4697](tel:613-692-4697) ext. **241**, or email MOW@rosss.ca

Veterans Wellness Program

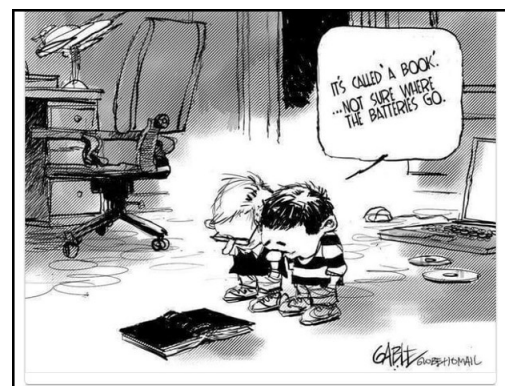
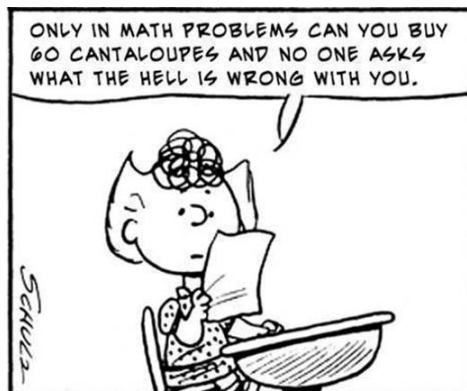
The fall Peer Support Training dates for the Improving Veterans Wellness program, which is provided by the Mood Disorders Society of Canada, have been set. This training is free for all Veterans and their Family Members. Here are the dates:

Language	Dates	Information
English	September 1 + 2, 2022	Dedicated to Veterans and their Family Members
English	November 24 + 25, 2022	Dedicated to Veterans and their Family Members
French	October 17 + 18, 2022	This is an open class which means more than Veterans and F Extremely Important –for Veterans / Family Members that w me with their names and I will enroll them directly ensuring enroll on their own for this course using our website for this will not be registered under the IVW program).

Here is the website for the peer support training landing page: <https://mdsc.ca/peer-and-trauma-support-systems/>

A Message from our Zone Commander

The Minister of Employment, Workforce Development and Disability Inclusion, the Honourable Carla Qualtrough, reintroduced legislation in the House of Commons that would establish the framework for a new Canada Disability Benefit. If approved by Parliament, the Canada Disability Benefit will become an important part of Canada's social safety net, alongside Old Age Security, the Guaranteed Income Supplement and the Canada Child Benefit. You can view the Bill at: [C-22 \(44-1\) - LEGISinfo - Parliament of Canada](#)



You may find yourself wondering how you've lived this long without knowing this stuff?

1. A rat can last longer without water than a camel.
2. Your stomach has to produce a new layer of mucus every two weeks or it will digest itself.
3. The dot over the letter "i" is called a tittle .
4. A raisin dropped in a glass of fresh champagne will bounce up and down continuously from the bottom of the glass to the top.
5. A female ferret will die if it goes into heat and cannot find a mate .
6. A duck's quack doesn't echo. No one knows why.
7. A 2" X 4" Stud is really 1-1/2" by 3-1/2".
8. During the chariot scene in 'Ben Hur,' a small red car can be seen in the distance (and Heston's wearing a watch).
9. On average, 12 newborns will be given to the wrong parents daily! (That explains a few mysteries... .)
10. Donald Duck comics were banned from Finland because he doesn't wear pants.
11. Because metal was scarce, the Oscars given out during World War II were made of wood.
12. The number of possible ways of playing the first four moves per side in a game of chess is 318,979,564,000.
13. There are no words in the dictionary that rhyme with orange, purple and silver.
14. The name 'Wendy' was made up for the book Peter Pan. There was never a recorded 'Wendy' before.
15. The very first bomb dropped by the Allies on Berlin in World War II killed the only elephant in the Berlin Zoo.
16. If one places a tiny amount of liquor on a scorpion, it will instantly go mad and sting itself to death. (Who was the sadist who discovered this??)
17. Bruce Lee was so fast that they actually had to s-l-o-w film down so you could see his moves. That's the opposite of the norm.
18. The first CD pressed in the US was Bruce Springsteen's 'Born in the USA.'
19. The original name for butterfly was flutterby. (and that is a more accurate description)
20. The phrase "rule of thumb" is derived from an old English law which stated that you couldn't beat your wife with anything wider than your thumb.
21. The first product Motorola started to develop was a record player for automobiles. At that time, the most known player on the market was Victrola, so they called themselves Motorola.
22. Roses may be red, but violets are indeed violet.
23. By raising your legs slowly and lying on your back, you cannot sink into quicksand.
- 24.. Celery has negative calories. It takes more calories to eat a piece of celery than the celery has in it to begin with.
25. Charlie Chaplin once won third prize in a Charlie Chaplin look-alike contest. (???)
26. Chewing gum while peeling onions will keep you from crying.
27. Sherlock Holmes NEVER said, "Elementary, my dear Watson."
28. An old law in Bellingham, Washington, made it illegal for a woman to take more than three steps backwards while dancing!
29. The glue on Israeli postage is certified kosher.
30. The Guinness Book of Records holds the record for being the book most often stolen from public libraries.
31. Astronauts are not allowed to eat beans before they go into space because passing wind in a space-suit damages them.
32. Bats always turn left when exiting a cave!

SEE....NOW WASN'T THAT CALMING AND NICE FOR A CHANGE?..... From Tom Louks

Better with Age

The director of the George Washington University School of Medicine argues that the brain of an older person is much more practical than it is commonly believed. At this age, the interaction of the right and left hemispheres of the brain becomes harmonious, which expands our creative possibilities. That is why among people over 60 years of age you can find many personalities who have just started their creative activities. Of course, the brain is no longer as fast as it was in youth. However, it gains in flexibility. Therefore, with age, we are more likely to make the right decisions and are less exposed to negative emotions. The peak of human intellectual activity occurs around the age of 70, when the brain begins to function at full strength.

Over time, the amount of myelin in the brain increases, a substance that facilitates the rapid passage of signals between neurons. Due to this, intellectual abilities increase by 300% compared to the average. Also interesting is the fact that after 60 years, a person can use 2 hemispheres at the same time. This allows you to solve much more complex problems.

Professor Monchi Uri, from the University of Montreal, believes that the old man's brain chooses the path that consumes less energy, eliminates the unnecessary and leaves only the right options to solve the problem. A study was conducted involving different age groups. Young people were very confused when passing the tests, while those over 60 years of age made the right decisions.

Now, let's look at the characteristics of the brain between the ages of 60 and 80.

CHARACTERISTICS OF THE BRAIN OF AN ELDERLY PERSON.

1. Neurons in the brain do not die, as everyone around you says. The connections between them simply disappear if one does not engage in mental work.
2. Distraction and forgetfulness arise due to an overabundance of information. Therefore, it is not necessary for you to concentrate your whole life on unnecessary trifles.
3. From the age of 60, a person, when making decisions, does not use one hemisphere at the same time, like young people, but both.
4. *Conclusion*: if a person leads a healthy lifestyle, moves, has viable physical activity and is fully mentally active, intellectual abilities do NOT decrease with age, they simply GROW, reaching a peak at the age of 80-90 years .

So do not be afraid of old age. Strive to develop intellectually. Learn new crafts, make music, learn to play musical instruments, paint pictures! Dance! Take an interest in life, meet and communicate with friends, plan for the future, travel as best you can. Do not forget to go to shops, cafes, shows. Don't shut up alone, it's destructive to anyone. Live with the thought: all good things are still ahead of me!

***SOURCE*: New England Journal of Medicine.**

Pass this information on to your family and friends in their 60s, 70s and 80s so they can be proud of their age.

So a man said something that changed my life.

· “My grandfather walked 10 miles to work everyday, My father walked 5 miles, I’m driving a Cadillac, My son is in a Mercedes, My grandson will be in a Ferrari, But my great grandson will be walking again...” “Do you want to know why?” “Because... Tough Times create Strong Men Strong Men create Easy Times Easy Times create Weak Men Weak Men create Tough Times”

11 LESSONS FROM MY DAD

My darling Dad has died. I loved him to the ends of the earth and he loved me back just the same. These are the lessons he taught me, I will keep them close to my heart and remind myself of them whenever I stumble or falter. They are his words; the words spoken so often to encourage, comfort and reassure. This isn't general wisdom, rather advice that he tailor-made just for me. I love you Dad.

1) Laugh. There's humour to be found everywhere, even in your darkest days there's something to have a joke about. Laugh long and loud and make other people laugh. It's good for you.

2) Be yourself. If someone doesn't like you they're either stupid, blind, or they've got bad taste. Accept who you are, you've got no one else to be. Don't try to change yourself, there's no point. Don't apologise. Don't make excuses. Be yourself and if anyone else doesn't like it they can f*ck off.

3) Be flamboyant, it's who you are and always have been. Be eccentric and unique. Don't try to adapt yourself to someone else's view of normal. That belongs to them, not you. Like yourself as you are.

4) Don't worry about other people's opinions. Everyone's a critic, but ultimately what they say only matters if you let it. Don't believe your own press. People can just as easily sing your praises as they can tear you down. Don't waste your time on things you can't change. Let it slide off you like water off a duck's back.

5) Get angry, it's ok to lose your temper now and then. If anger stays in, it turns to poison and makes you bitter and sad. Get angry, say your peace, then let it go.

6) What ever you do, always give it a good go. Don't be afraid of failure and disappointment. If you fall flat on your face then get straight back up. You'll always regret not trying. Disappointment is temporary, regret is forever.

7) Be generous and kind because you can't take it with you. When you've got something to give, give it without hesitation.

8) Appreciate beauty, take pictures and make memories. Capture it, you never know when it'll be gone.

9) Don't take yourself too seriously. People who take themselves too seriously are boring.

10) Never, ever, ever, ever give up. Keep on punching no matter what your up against. You're only defeated if you give up, so don't give up.

11) Love with all your heart. In the end, love is the only thing that matters.

(Source: Haute Hoskins)



Joanne Heinbuch	02-Jul
Heather Murphy	05-Jul
Robert Leighton	10-Jul
Truman Lewis	11-Jul
Chris Moffatt	12-Jul
Don Wakerell	16-Jul
Barb Lecompte	18-Jul
Joanne Hepton	20-Jul
Lana Muldoon	23-Jul
Cathie Lytle	27-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

Ray Huet	20-Sep
Shirley Morris	21-Sep
Eunice Lemyre	23-Sep
Luc St. Jean	24-Sep
Diane McCooeye	25-Sep
Joan Milne	26-Sep
Alexis Milne	29-Sep

An emotional tale

An armed thief entered a house mid-afternoon and found two people there. He tied up the woman and ordered the man at the point of his gun to hand over the family's jewelry and other valuables. The frightened man started sobbing, and said, "You can take anything you want, and even beat me up, but please, untie the rope and free her." "You must really love your wife!" "Not particularly, but she will be home shortly".

E Transfers Now Accepted

We are now able to accept E-transfers at the Richmond Legion.

*Donations to the Poppy Fund by an e-transfer can be done by sending the money to the **Royal Canadian Legion Branch 625 Poppy** at treasurerrcl625@gmail.com*

*Payments for hall rentals, branch donation etc (EXCEPT TO THE POPPY FUND) can be made by sending the money to the **Royal Canadian Legion Branch 625** at treasurerrcl625@gmail.com .*

Thanks to our treasurer **Pat McGrath** for getting this set up- you would not believe how much work it took to get this arranged with the bank!

Bonnie Jensen
Sales Representative
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Richmond Legion Activities

Meeting dates

Executive = July 21, August 18, September 15, 2022 at 10:30 am

General meeting= September 23, 2022 at 11 am.

Coffee: Monday, Wednesday & Friday at 10 am

Exercise: Monday, Wednesday & Friday at 9 am

Euchre: Fridays at 1 pm

Friday Barbeques: June 24, July 8, July 22, August 5, August 19, September 2 & September 16, 2022 4:30 to 6:30 pm. Call 613-838-9696 to book your entree. by 4 pm on the Wednesday before the barbeque. No Walk Ins.

Darts & Washer Toss: Thursdays 7 pm to 9:30 pm

Dates to Remember

July 1st Canada Day (1867)

July 27 Korean War armistice (1953)

August 1 2022 Ontario Civic Holiday

August 9 Canadian Peacekeepers Day

August 15 Victory over Japan (1945)

August 19 Dieppe Raid (1942)

September 2 Second World War ends (1945)

September 3 Merchant Navy Veterans Day

September 5 2022 Labour Day

September 8 Battle of Medak Pocket (1993)

September 11 Terrorists Attack USA (2001)

September 17 Operation Medusa (2006)

September 21 International Day of Peace

Third Sunday in September Battle of Britain (1940)

Last Sunday in September Police & Peace Officers Memorial Service Ottawa

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



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