




Royal Canadian Legion



Branch 625 Richmond



Legion  Canada's Largest Service Club

Foxy's Tales



June 2024



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

Branch Executive Officers

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

Branch Executive Committee

Eric Booth
Tom Louks
Louis Seward

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

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

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

Website is: www.richmondlegion.ca

Facebook: Royal Canadian Legion Branch 625

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

Branch Committee Chairs

Bar	Tom Louks	613-838-3244
Branch Regulations	As needed	
Bursary	Wendy Ryan	rclbursary625@gmail.com
Bulletin	Wendy Ryan	613-838-9696
Cenotaph	Tom Louks	613-838-3244
Coffee	John Villeneuve	613-838-2548
Euchre	Joyce Cook	613-838-8381
Hall Maintenance	John Villeneuve	613-838-2548
Hall Rentals	Tom Louks	613-838-3244
Honours & Awards	Past president ++	
Long Term Planning	Tom Louks & John Villeneuve	
Membership	Boyd Dulmage	613-838-5055
Memorial Boards	Tom Louks	613-838-3244
Poppy	Wendy Ryan	Poppyrcl625@gmail.com
Public Relations	Brian Goss	
Property	John Villeneuve	613-838-2548
Seniors (including exercise)	Pat McGrath	613-838-2652
Sports	Cathie & Tim Lytle	613-868-2489
Telephone	Wendy Ryan	613-838-9696
Veterans Service Officer (Branch)	Iain Clogg	613-986-8631
Ways & Means	McGrath & Ryan	
Website	Wendy Ryan	613-838-9696
Wellness checks	Patricia Ham	613-314-8068
Youth	Elizabeth Douville	613-838-6078

President's Message

The Annual General Meeting & Elections were held on May 16th, 2024 and there are not many changes. I am back as President, Johnny Villeneuve as Vice President, Pat McGrath as Secretary-Treasurer, Boyd Dulmage as Sgt-at-Arms and Eric Booth, Tom Louks and Louis Seward return as executive members. Brian Goss has no choice but to remain as immediate-past-president -at least until I get replaced.

Thank you to Joanne Heinbuch and Bill Murphy for their years on the executive.

We have two new committee chairs to be approved at the June general meeting. Iain Clogg will be our Service Officer so any local veterans who are looking for assistance will contact Iain, who will prepare the needed paperwork and arrange for a meeting with the Legion Provincial Service Officer.

Patrician Ham has taken Wellness Checks so if you know of any members who are housebound, unwell or who would just like a phone call now and then, please let Pat (or me) know and she will add them to her phone list.

All other committee chairs remain unchanged.

The Financial Review Committee does periodic audits of our financial activities including bank accounts, investing and spending. Sharon Murphy, Marilyn Munro and Wendy Virtue will once again take this on.

I will be sending out emails asking for some to head up some committees and asking for help with things as we go along, so please keep an eye out and say yes you will help!

A few thanks needs to be expressed so to Sharon Murphy for doing the banking while our treasurer was in the sunny south; to Dee Hodges and Anna Berghout for leading the exercise classes while Pat was away and Pat for continuing with the treasurer's reports etc and attending the executive meetings via Facetime while she was away, thank you all very much!

Thanks to everyone for their hard work at the Spring clean up - Boyd Dulmage, Roberta Hurman, Cathie Lytle, Marilyn Munro, Pat McGrath, Tom McKay, Sharon Murphy, Wendy Virtue, Johnny Villeneuve & Tom Louks. Brian Beyer was let off the hook when the outside help was not needed but I know he would have been there otherwise. We did not have enough people to get all the kitchen cupboards done that day but it was still a job well done!

Thank you to Travis Jones, Dave Deacon and Cavanagh Construction for providing and placing the 3 large boulders along the entrance to the Richmond Legion. The old fence and posts were damaged beyond repair when a vehicle was locked in the parking lot after people who attended an early evening event went somewhere else and then returned at 11 pm to a locked gate. Ten minutes earlier the gates were still open. The boulders look great -much better than the old fence!

Thanks to Carole Demjan for bringing us tons of strawberries donated by Shouldice Berry Farm last week. There may be enough for desserts for a couple of barbeques. Thanks to the ladies who went for coffee and ended up cleaning & prepping the berries for freezing - Barb Lecompte, Pat McGrath, Sharon Murphy, Bill & Charlene Murphy, Marilyn Munro and Wendy Virtue.

Wendy Ryan



Membership Report

Since my last report we have 2 new members and another member that was a late renewal, so our membership now stands at 110.

With the summer fast approaching here are some perks for veterans and currently serving members.



Veterans or currently serving members residing in Ontario can fish without a licence, they simply show their ID Card (NDI 20) or their Record of Service Card (NDI 75) when asked by a Conservation Officer.

From Monday to Friday Veterans get in free (**DAY PASS ONLY**) into any Ontario Park. You still need to create a log in and book a time at the park of your choice, don't forget to select **VETERAN** during the process.

As of 1 January 2024, all veterans and currently serving members get free admission into Parks Canada. They ask that you show your CFONE Platinum Card, which indicates that you are a veteran or currently serving members. If someone is eligible and would like a card, you can register at CFONE.

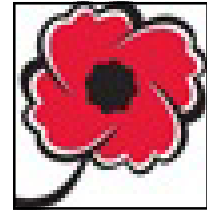
If you are flying please remember that veterans and currently serving members can check baggage free of charge with Air Canada, WestJet and Porter. Simply indicate no checked baggage when you are booking and when you arrive at the airport show your Active or Veteran ID and the fees will be waived. You can check up to three (3) bags. **NOTE: All checked bags have to be in the name of the Active or Veteran member.** When my wife and I travelled in December with WestJet we saved \$160 in baggage fees.

As always, new members can join by filling out a membership application or by visiting the legion.ca. If they are joining online be sure to let them know to select Richmond & District #625.

If anyone has any questions, concerns or comments in regards to membership they can contact me via e-mail at membership625@gmail.com

Regards
Boyd Dulmage, CD

Poppy



The Poppy Campaign raised over \$12,000 in the last campaign. We allocated \$4,000 to bursaries and donated \$4,000 to the Perley Health Centre and will give \$4,000 to Homeless Vets Ottawa the Andy Carswell Building as soon as we get approval from Command. This information was put on Facebook since we are required by Command to advise the public what the donations were used for.

Only 2 applications for bursaries were received, both children of current members of the Armed Forces and both were given a \$1000 bursary.

Thank you again to everyone who helped with this important fund raising event. Contacting all the local businesses, collecting the donations, keeping track of counter boxes all takes time and effort, which is much appreciated. I named names in the December 2023 bulletin so please know that you are appreciated.

Watch for an email asking for help with this again this year - please say yes you are all in!

Wendy Ryan

Youth Ed

South Carleton High School hosted a student art show at the school on May 22, 2024 and our first place Black & White Poster created by Lexie Troughton (pictured below with Liz Douville) was on display, along with the various Legion awards that she received. The poster took first place in Zone and second place at Provincial level.

Lexie's poster is now on display in the hall.



Ways & Means

For those of you who do not know, Ways & Means is the committee that helps to raise money for our Branch as a means to keep us profitable and open.

This used to be accomplished via dinners held in January, February March, April, the summer barbeques, catering done by the ladies and two core dinners that were held for members.

The income from hall rentals, bar sales, darts, euchre and thrice weekly coffee club also goes to pay the bills but were not considered part of Ways & Means.

As our membership has aged and shrunk, our ability to do to these things has been curbed which means the number of events has diminished. The barbeques, which were brought back in 2022 after being shut down due to Covid, are now the main event and have been well supported by the community.

This year we have been able to split the volunteers into 3 groups: making desserts on Thursday afternoons and doing the veggie prep Friday morning; setting up and serving on Friday afternoon then serving and clean up Friday evening. We also have 2 people on the door checking people in and collecting payment, 3 manning the barbeques, 2 to 3 doing the "running" (delivering the cooked entrees & keeping the cooks supplied) and 1 bartending.

The first barbeque saw 16 members, 4 students, 2 from the 33 Service Battalion and 1 non-member help out and the second barbeque had 14 members, 3 students, 2 from the 33 Service Battalion and 1 non-member help out.

I must not forget to add all the people from Friday afternoon Euchre who help set up the tables each week. Though it seems a little chaotic at 4pm with the whirlwind of activity getting everything set up, we are actually very well organized.

This year the price of beef has escalated but we have managed to keep ticket prices reasonable with just a \$2 increase for the steak platter and the burgers, dogs and chicken staying the same as last year (\$12, \$8 and \$16 respectively). The steaks are being purchased locally this year, from King's YIG and, though the first week the steaks had mixed reviews, the second week saw nothing but rave reviews.

Many hands go into making the barbeques a success from stocking the bar, to buying all the food and necessities, scheduling the helpers and all the work involved in setting up, serving and cleaning up. Things that might go unmentioned like setting up and cleaning the barbeques then putting them away, getting the needed supplies out to the barbeques and putting the tables and chairs away, do not go unnoticed.

So thanks to everyone who contributes to making everything go so well - I will name names at the season's end.

Just one request -if you have put your name forward to help, please let us know if you are not going to be there so we can make adjustments and not count on your presence.

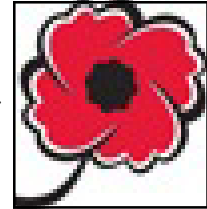
Thanks again everyone.

Wendy Ryan & Pat McGrath



Perley Health

What was the Perley Veterans Hospital became the Rideau Perley years ago and is now know as Perley Health and each month they have a bingo night and a pub night for the veterans living there. The two evenings usually take place on the first and third Wednesday of the month



The local Legion branches took turns providing assistance with these events but of course like everything else, they came to a halt during the Covid years.

They returned this year and thanks to Pat McGrath for organizing the volunteers needed for both occasions.

Bingo night had 40 to 50 residents and our volunteers were Pat McGrath, Eileen Kavanagh, Nancy Kavanagh, and Elizabeth Douville. The ladies helped by handing out the Bingo cards, assisting vets fill out their cards, providing & serving cake with the tea and coffee and helping with the clean up. I hear that the back table was the rowdy place to be as well as the lucky table since they called Bingo out at least 3 times. Not sure if Eileen & Nancy helped or hindered the shenanigans! But I know everyone had fun!

Pub night is exactly what it sounds like - there is a pub on site and we provided entertainment and snacks as well as a couple of drinks on us for each veteran. There was 54 residents in attendance and Iain Clogg provided the music while Eileen Kavanagh, Pat McGrath and Elizabeth Douville were joined by Emily Smith, from the 33 Service Battalion, and her partner to hand out the snacks & carry the drinks and have a visit!

Each night starts at 7 p.m and ends at 8 pm with the Legion volunteers being there by 6:30 and leaving by 8:30. When you add in the commute from Richmond that adds another 2 hours to the evening for the volunteers.

Thanks to all the volunteers for taking part in this and a big thank you to Pat McGrath for not only organizing it all, but doing the driving as well.

In years past each Branch also had the veterans come for lunch and I have been told that this is now back on so we might try to do this sometime before the winter months set in. Keep an eye for requests for help with this.



Boyd Dulmage presents Courtney Rock from the Perley Health Centre with a \$4000 donation from our Poppy Funds.

Friday Night Darts

The 2023-2024 season wrapped up on Friday April 19th with prizes given out and a feast of fajitas and sweets .

Team 2, Matt Scott, Ben Bolam & Tim Hersey were the regular season and they beat team 1, Bernie Roosen, Ray Huet & Peter Neidy to win side A.

Team 6, Geoff Kilabuk, Terry Wright & Patricia Ham beat team 4, Curtis Kerr, Tim Giles and Al Ham to win side B.

Men's High score was Rod Bennett with a 154 and Women's High score was Cathie Lytle with a 134.
Men's Most Doubles was Geoff Kilabuk with 21 and Women's Most Doubles was Elizabeth Vickers with 14.

Sheri McQuade-Thoms made a donation to the Richmond Legion on behalf of the players in the amount of \$1000! Thanks for all the work you put into this Sheri and thanks to Cathie & Tim Lytle for all their work in running the Friday Night Dart League!



Above: Team 2 - Tim, Ben & Matt



Team 6- Patricia, Geoff & Terry



Sheri McQuade-Thoms

Below: Rod Bennett



Cathie Lytle



Geoff Kilabuk



Elizabeth Vickers



Richmond vs. Barrhaven Dart Tournament

The first round played was on January 28th hosted by the Richmond Legion.

Each Legion had 9 teams and we played our standard of 2 rounds of 501, 301 and cricket. Richmond won 28 games to 26!

On March 3rd we all headed to the Barrhaven Legion for a rematch. Again we had 9 teams, but their format consisted of 1 game of 501 and we rotated to play each team. As time was running out, we ended up playing 7 games in total.

Barrhaven won 32 games to 31!

On April 14th the tie-breaker was set....Richmond went back to the Barrhaven Legion to play.

Because of the duration of the 2nd round, and not getting to play against everyone, they switched it up and we played 9 games of 301 which enabled us all to compete against each team.

81 games were played in total and Richmond came ahead winning by 17 games in total! There is a trophy that is being engraved for us!

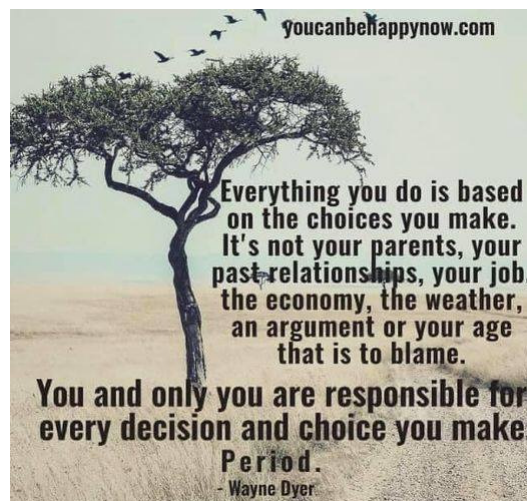
Everyone had so much fun that it was agreed that we should make this an annual event.

As well as playing darts against each other, we are all going to try and organize a Golf Tournament that will be open to all Legion members, not just the dart players....details will be provided as they get finalized.



Pictured above: Cathie Lytle with Richmond's trophy & David Sereda with Barrhaven's.

Cathie Lytle



Senior Living Session

On May 13, 2024 a lovely lady named Caroline Inman from Solva Senior Housing Consultants was at our Branch to provide information to us regarding decisions and options that will be part of our futures as we all age. It was very interesting.

Solva is a seniors housing counselling organization that will help you decide the best living options in the coming years based on our physical and mental health, mobility, and finances.

One important point that Caroline made is that we should be thinking about what we want now while we have time and ability to make plans and make decisions rather than putting things off and letting the decisions be made by others who often having to make rushed decisions. Not to mention the influence emotions have on those rushed, last minute decisions.

At this stage in our lives we should have made wills, thought about end of life decisions as well as funeral arrangements and shared this information with those who should know.

As you might recall I wrote last year how the unexpected loss of my sister Gill 2 years ago nudged me to do the research, compare prices and finalize & prepay for my funeral. Prices and plans vary greatly and prepayment does not always mean prepaid in full - many local funeral homes have been bought out by large corporations and if the cost of your funeral is not covered by the prepaid amount, your estate will be charged the difference! News to me and to many others I am sure. The young lady at my choice made it clear that my arrangements are covered in full no future payment required! She also made the point, as mentioned above, that often when children are making emotional decisions for their parents arrangements, things end up more lavish and expensive than mom or dad would have ever wanted so preplanning is a must, even if you don't prepay. If you have any questions about this feel free to call me. Back to Solve!

The 3 options she talked about were:

- 1) **age in place** -stay in your home and have care and services come to you including meals, yard maintenance, self care assistance etc. There are many community services that can help you stay home including some services that are funded, subsidized or that you pay for in full.
- 2) **retirement residence** - the services provided can vary from totally independent living to fully assisted retirement living which can be optional meals, housekeeping services to supported assisted living as needs arise.
- 3) **long term care** - offers higher levels of care based on physical and cognitive needs and is governed by the Provincial government meaning funding and fees are regulated. But wait lists are long.

Solva offers assistance for you to navigate your way through this maze and help parse the information and details of various options available to you, then based on your mental, physical and financial health, they can help you make plans and decisions that reflect where and what you want and how you can accomplish it.

Solva continued...

Solva is not part of any one retirement residence or community but has a relationship with most of them so that they are able to steer us in the right direction for us.

Please note this is not an endorsement of Solva Senior Housing Consultants - it is simply sharing information from the visit. The following pages are taken from their website.

Solva services include:

100% free referral & counselling services

Seniors Housing

- Retirement Home Search Assistance
- Rapid Referrals for Immediate Accommodations & Care Options
- Respite and Convalescent Care Finder
- 2nd Opinions & Guidance
- Active Adult Communities for 55+
- Basic Advice & Strategy for LTC



Aging at Home

- Aging in Place Concierge Program
- Aging in Place Pre-Screened Agency & Services Referrals
- Products, Solutions, Dementia Care, General Community Resources

Education & Leadership

- One on One Education, Navigation & Contingency Planning
- Public Speaking and Group Education
- Employee Assistance Programs

Paid programs:

- Long Term Care Navigation Support
- Advanced Planning Roadmap for Future Aging and Eldercare Needs (This is a thorough planning document with personalized details and directives)

Final Thought:

Speaking to our team over the phone is always 100% free without any obligation. Ask us questions and get real answers from real people with real experience and real knowledge to share.

Our guidance and advice, even for a 2nd opinion, will not cost you a thing. We will never ask for a credit card, a contract, or have hidden fees for our services. You have enough to deal with and the last thing you need is another company trying to get you to sign something and charge you later.

Our promise to you is discussion, education, navigation, and resources / referrals based on your personal situation while providing you with a supportive counsellor who will listen without an agenda and then support you all along the way.

More information from Solva website.

AGING IN PLACE

Aging in Place is a term used to describe a person living in the home of their choice, for as long as possible as they get older.

Often the home you've lived in happily and safely for many years is not always suitable for your needs in later life. This doesn't mean that you can't still remain there healthily and safely, but it can mean you'll need to make some changes.

If you need help with:

- Personal Care
- Household Chores
- Meals
- Grocery Shopping
- Rides and accompaniments to Appointments
- Organizing, packing and moving
- Safety concerns at home
- Ergonomic renovations
- Finding activities and friends

Benefits of Being Proactive

To be successful, you need a plan! And being proactive, rather than reactive is the best plan.

1 - Considering the future today is the best way to avoid a crisis tomorrow: making a plan, talking through with those who should be involved or informed means everyone is aware of your thoughts and wishes beforehand. This can improve family dynamics and maybe relieve tension because a plan is being executed.

2 - Save yourself time, stress and money: having to react when something happens nearly always costs more, means you're often overwhelmed and therefore not thinking through properly or making knee jerk reactions.

3 - Make room for changes: planning ahead means there's room for flexibility and changes. Reacting at the time of need often means choices and options are not there and you have to accept what is available at the time.

4 - See a bigger picture and understand long term goals: resolving issues ahead of time can alleviate anxiety and stress both for you as a senior or you as a family member. Being proactive also means you're forward looking and preparing yourself for scenarios ahead.

5 - Get peace of mind: planning ahead and understanding what you want, how to get there and ways you will make it achievable will result in feelings of freedom, independence and confidence.

Military Service Recognition Handbook (MSRB)

Many of you will recognize the MSRB acronym from the many requests that I have shared from various levels of Command asking for stories about Ontario veterans as well as current serving members. But ..did you know that this raises money for the Legion to support programs for Veterans?



Here is the blurb from their website:

"As the "Keepers of Remembrance", Ontario Command is proud to publish an annual Military Service Recognition Book to identify and recognize many of our Veterans in Ontario, who have either served or are still serving in our Canadian Armed Forces, the Commonwealth or Allied Forces.

We invite you to visit your local Legion Branch to obtain more information regarding this Remembrance program and more importantly, to submit a story and photo of a Veteran. Everyone is welcome to submit a story, including Veterans, relatives or friends.

Drop off or send your histories and stories to your local Legion Branch early. We accept them year-round. Please do not drop them off or mail them to our Provincial Command Office.

This project not only produces an annual Military Service Recognition Book, but also raises funds through a telephone appeal to the general public and through advertising sales.

The book publisher, Fenety Marketing, conducts a telephone appeal on our behalf to private citizens and the business community throughout Ontario.

Funds raised through the program are being utilized to support various Veterans Transition Programs that in turn will assist our Veterans who suffer from various challenges they face through their day to day lives.

We invite you to share your story or the story of a loved one through your local Legion Branch."

The MSRB raises money for the Legion – during year #11 a total of \$199,628.70 was received from the publisher, Fenety Marketing.

This brought the total funds that received to date for the first 11 years of our program to \$2,020,049.51. Expenses to date total \$761,134.39 and \$537,542.06 of this amount has been utilized to support 14 various Veteran Transition Programs. (by the way I have sent an email asking what the rest of the funds were used for. wr)

Hope you find this interesting.

The Cynical Philosopher

Just read that 4,153,237 people got married last year, not to cause any trouble but shouldn't that be an even number?

Today a man knocked on my door and asked for a small donation towards the local swimming pool. I gave him a glass of water.

If I had a dollar for every girl that found me unattractive, they would eventually find me attractive.

I find it ironic that the colors red, white, and blue stand for freedom until they are flashing behind you.

When wearing a bikini, women reveal 90% of their body... men are so polite they only look at the covered parts.

A recent study has found that women who carry a little extra weight, live longer than the men who mention it.

Relationships are a lot like algebra. Have you ever looked at your X and wondered Y?

America is a country which produces citizens who will cross the ocean to fight for democracy but won't cross the street to vote.

Did you know that dolphins are so smart that within a few weeks of captivity, they can train people to stand on the very edge of the pool and throw them fish?

My therapist says I have a preoccupation with vengeance. We'll see about that.

I think my neighbor is stalking me as she's been googling my name on her computer. I saw it through my telescope last night.

Money talks ... but all mine ever says is good-bye.

You're not fat, you're just... easier to see.

If you think nobody cares whether you're alive, try missing a couple of payments.

I always wondered what the job application is like at Hooters. Do they just give you a bra and say, "Here, fill this out?"

I can't understand why women are okay that JC Penny has an older women's clothing line named, "Sag Harbor."

My therapist said that my narcissism causes me to misread social situations I'm pretty sure she was hitting on me.

My 60-year kindergarten reunion is coming up soon and I'm worried about the 175 pounds I've gained since then.

Denny's has a slogan, "If it's your birthday, the meal is on us." If you're in Denny's and it's your birthday, your life sucks!

The pharmacist asked me my birth date again today. I'm pretty sure she's going to get me something.

The location of your mailbox shows you how far away from your house you can be in a robe before you start looking like a mental patient.

think it's pretty cool how Chinese people made a language entirely out of tattoos.

Money can't buy happiness, but it keeps the kids in touch!

The reason Mayberry was so peaceful and quiet was because nobody was married. Andy, Aunt Bea, Barney, Floyd, Howard, Goober, Gomer, Sam, Earnest T Bass, Helen, Thelma Lou, Clara and, of course, pie were all single. The only married person was Otis, and he stayed drunk.

A little different way of looking at things.

If a poison's "use by" date expires, is it less poisonous or more poisonous?

Which letter is silent in the word "Scent," the S or the C?

Do twins ever realize that one of them was unplanned?

Why is the letter W, in English, called double U? Shouldn't it be called double V?

Maybe oxygen is slowly killing you, and it just takes 75-100 years to fully work.

Every time you clean something, you just make something else dirty

The word "swims" upside-down is still "swims"

100 years ago, everyone owned a horse, and only the rich had cars.

Today everyone has cars and only the rich own horses.

If you replace "W" with "T" in "What, Where and When", you get the answer to each of them

FOUR GREAT UNRESOLVED CONFUSIONS!

1) At a movie theater, which armrest is yours?

2) If people evolved from monkeys, why are monkeys still around?

3) Why is there a 'D' in fridge, but not in refrigerator?

4) Who knew what time it was when the first clock was made?

VAGARIES OF THE ENGLISH LANGUAGE:

Why does the word "Funeral" start with FUN?

Why isn't a fireman called a waterman?

How come lipstick doesn't do what it says?

If money doesn't grow on trees, how come banks have branches?

If a vegetarian eats vegetables, what does a humanitarian eat?

How do you get off a non-stop flight?

Why are goods sent by ship called CARGO, and those sent by truck called SHIP-MENT?

Why do we put cups in the dishwasher, and dishes in the cupboard?

Why is it called "Rush Hour" when traffic moves at its slowest then?

How come noses run and feet smell ?

Why do they call it a TV "set" when there is only one?

What are you vacating when you go on a vacation?

Who thinks this stuff up? [Probably retired people who do not have much to do or those of us stuck in isolation.

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Truman Lewis	11-Jul
Chris Moffatt	12-Jul
Barb Lecompte	18-Jul
Joanne Hepton	20-Jul
Lana Muldoon	23-Jul
Tom McKay	26-Jul
Cathie Lytle	27-Jul

David Vickers	03-Aug
Bernie Roosen	14-Aug
Peter Murphy	16-Aug
Josephine Wrona	17-Aug
Pat Sullivan	19-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
Don MacLeod	26-Sep
Joan Milne	26-Sep
Alexis Milne	29-Sep
Patricia Ham	30-Sep

A husband and wife were grocery shopping. He picks up a case of beer and puts in in the car. "what are you doing?" asks the wife. "They're on sale only \$10 for 24 cans" he replies. "Put them back, we can't afford them", demands the wife. They continue shopping. Later on she puts a \$20 jar of face cream in the basket. "What are you doing?" ask the husband. "It's my face cream. It makes me look beautiful" replies the wife. He said "So does 24 cans of beer and it's half the price." That's him in aisle 5!



ACTIVITIES

Barbeques: Fridays 4:30 to 6 pm - May 31st, June 14 & 28, July 12 & 26, August 9 & 23, September 6 & 20, 2024.

Coffee: Monday, Wednesday & Friday at 10 am

Darts: Fridays at 7 pm from mid-October to mid-April (dates are set in mid-September)

Exercise: Monday, Wednesday & Friday at 9 am

Euchre: Fridays at 1 pm

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

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

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



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

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

*For every minute
you are angry, you
lose sixty seconds of
happiness.*

*"The way I see it,
if you want the
rainbow, you
gotta put up with
the rain."*

—DOLLY PARTON—

*Do the best you can
until you know bet-
ter. The when you
know better, do bet-
ter. Maya Angelou*



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