




Royal Canadian Legion



Branch 625 Richmond



Legion  Canada's Largest Service Club

Foxy's Tales



March 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

Joanne Heinbuch
Jack Lemyre
Mavis Lewis
Tom Louks
Wendy Ryan
Louis Seward

Branch Committee Chairs

Bar (613-838-3244) Tom Louks
Branch Regulations Jack Lemyre
Bursary Wendy Ryan
Bulletin (wryan@bell.net) Wendy Ryan
Cenotaph Jane & Tom Louks
Chaplain (613-838-3942) Dcn. Louis Seward
Hall Rentals Shirley Morris & Jane Louks
Honours & Awards Jane Louks
Membership Shirley Morris
Poppy Jane Louks
Property Johnny Villeneuve
Public Relations vacant
Service Officer (613-838-3948) Jack Lemyre
Sick & Visiting Louis Seward & Shirley Morris
Sports Mavis Lewis
Training & Development Vacant
Ways & Means and Catering Jane Louks
Website Wendy Ryan
Youth (613-838-6078) Elizabeth Douville



The Royal Canadian Legion Branch 625
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Phone 613-838-2644

Website: www.richmondlegion.ca

Club 55 Executive

President (613-838-2138) Joanne Heinbuch
Past President (613-838-4269) Brian Goss
Vice President (613-838-2548) John Villeneuve
Secretary (613-838-6078) Elizabeth Douville
Treasurer (613-838-3244) Tom Louks

Committees

Branch Liaison	Shirley Morris
Cards (for people)	Brenda Goss
Coffee	John Villeneuve
Euchre	Joyce Cook
Exercise	Shirley Morris & John Olsen
Membership	Joanne Heinbuch
Movies	Tom Louks
Telephone	Marg Hogan



Deadline to submit for the next bulletin is always the third

Friday of the month by 6 pm please

Send to wryan1955@hotmail.com

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

President's Message

We are coming to the end of ticket sales for the Johnny Cash Tribute and it looks like we won't reach 100. Next Friday is the deadline and we have 75 sold so far. Only 25 left!

Tickets for the Spring Fling on April 13 featuring Doug and Pam Champaign are available from Shirley Morris so give her a call at 613-838-3721. There will be NO tickets at the door.



We are having quite the time getting the TV monitor going. As of today the flash drive will only pass through one time and not endlessly. Hopefully it will be fixed next week.

I attended the Awards for the Remembrance contests at City Hall. Good turnout and five winners from our Branch, two of which are off the Provincial. Congrats to our Education Chair for all her hard work.

All committees appear to be working well with Club 55 being very successful in cards, exercises and coffee hour. That's all for now as we look forward to spring and the barbeques.

Brian Goss

New warning about 'distraction' thefts in Ottawa

(Ottawa) – The Ottawa Police Service Criminal Investigation Unit is investigating a number of Distraction Thefts throughout Ottawa targeting our senior population (but not exclusive to seniors). These thefts occur near retail locations across the city of Ottawa and investigators have identified 10 known cases in the past four days.

Most of the occurrences are happening between 12:00 (noon) and 4:00pm. Victims are approached by the suspects in public areas and parking lots. The suspect(s) offer a form of assistance to the targeted victims, such as an offer to help carry purchases, state that the victim dropped money or point out an issue with the victim's vehicle. While the victim is distracted the suspects steal their debit or credit cards.

The suspects appear to work in groups of two or more and are a combination of male and female. Ottawa Police are reminding people to remain vigilant as a potential victim or witness to their surroundings and immediately report any similarly suspicious encounters to the Ottawa Police Service. Please remember to hide your PIN when using your debit or credit cards, lock your vehicle with your keys in hand even if you step away from it for a brief period.

Anyone with information about this type of distraction thefts can contact the Ottawa Police at 613-236-1222, ext. 7300. Anonymous tips can be submitted by calling Crime Stoppers toll-free at 1-800-222-8477 (TIPS), or by downloading the Ottawa Police app.

BRANCH 625 ELECTIONS

A call for nominations for Branch 625 Officers was issued on March 22rd, 2019 at the monthly Branch General Meeting. Nominations will be accepted by the Immediate Past President, Jane Looks, until May 2nd, two weeks prior to the Annual General meeting to be held on May 16th, 2019. Based on the number of nominees, Branch Officers will then be elected or acclaimed for the 2019/2020 Fiscal Year.

It goes without saying that a Legion Branch cannot survive without the active participation of its members. Moreover, a Branch cannot exist without its core Officers: President, Secretary, Treasurer and an appointed Veterans Service Officer. To operate efficiently a Branch also needs an Executive Committee and various Chairpersons to head important and necessary committees.

Branch 625 needs you! You are encouraged to seek and propose candidates for nomination or to nominate yourself. We need new blood and new ideas. The Branch cannot rely on its existing executive members to continuously recycle themselves. Many of them have consistently and repeatedly served the Branch for years. They could use a break.

Listed below are the rules and procedures for Nominations for Branch 625 Officers.

A CALL FOR NOMINATIONS FOR BRANCH 625 OFFICERS

1. A call for nominations for Branch 625 Officers for the coming Fiscal Year shall be issued by the Immediate Past President at the Monthly General Meeting held in March of each year. Nominations will cease to be accepted fourteen (14) days prior to the Annual General Meeting held in May of each year.
2. The following Offices are open to nominations:
 - * President
 - * Vice-President
 - * Secretary
 - * Treasurer
 - * Sgt-At-Arms
 - * Executive Committee
3. No member shall be nominated for a position as a Branch Officer unless they have agreed, personally or in writing, their willingness to accept such an office. Nominees shall be members in good standing for at least one year prior to the date of the Annual General Meeting
4. A list of nominees for Branch Office shall be posted in the Branch at least seven (7) days prior to the Annual General Meeting.
5. Candidates shall be elected or acclaimed to Branch Offices at the Annual General Meeting. Based on the number of nominations received for each position, the election process will be by acclamation (single nomination) or by ballot (multiple nominations).
6. The Branch President shall so inform the Zone Commander at least seven (7) days in advance of the Branch 625 Annual General Meeting to determine the type of election process required, acclamation or ballot.

Prepared and submitted by Jack Lemyre

Coming together is a beginning; keeping together is progress; working together is success. (Henry Ford)

RICHMOND STUDENTS “REMEMBER”

Clark Pigeau, Grade 12, South Carleton HS,
Ally Sprenger, Gr. 12, South Carleton HS,
Kate Calhoun, Grade 11, South Carleton HS,
Dasha Papkov, Grade 9, South Carleton HS, and
Zachary Boyd, Grade 3, Richmond Public School



These 5 students won first place at the Branch Level of competition for their entries in the Legion-sponsored Remembrance Contests held annually every November. They all went on to compete at the Zone Level with 10 Branches in Ottawa.

City Hall was the venue on Sunday afternoon, February 24, 2019, for our Zone award winners to gather with families and receive their plaques and monetary awards.

Clark was awarded 1st place for his poem; Kate was awarded 1st place for her essay, Ally received a 2nd for her black & white poster, Dasha received a 2nd for her poem and Zach came through with a 3rd for his black & white poster. The Poster and Literary Contests run Canada-wide. The winning entries at the National Level are displayed at The Canadian War Museum from July 1 to May 1 of the following year.

Clark Pigeau's and Kate Calhoun's works went on to the District Level of competition. There are 62 branches in District G, and...

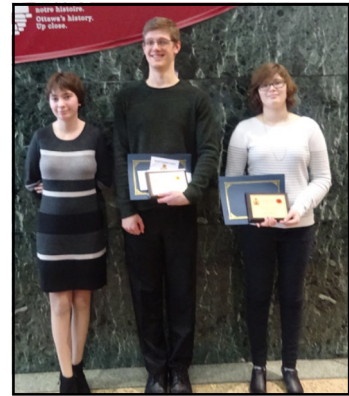
Both Kate and Clark placed first! Their senior category essay and poem will now move to the Provincial Level of judging.

Our Branch had a Provincial winner several years ago. Will time repeat itself? We will let you know.

Branch 625, Richmond sends congratulations to all our winners and thanks all our 340 students who participated.



Councillor Dudas, Zone Commander
Frank Stacey, Ally Sprenger
Councillor Luloff



Dasha Papkov, Clark Pigeau,
Kate Calhoun

Elizabeth Douville

The Zone Remembrance Awards Ceremony at City Hall on February 24th required refreshments. And we had plenty! A healthy, tasty and inexpensive success! A big thank you goes out to the Carrot and Celery Party attendees, hosted by Joanne Heinbuch! Shirley, Clare, Betty, Joanne and myself created hundreds of carrot and celery sticks for a “healthy snack”. Eunice and Jack helped with the drinks on the Sunday at City Hall. I could not have done this without them. You guys are the best!

Elizabeth Douville

DID YOU KNOW...

Did you know that there are ways to embrace aging in this youth-obsessed culture? When you look in a mirror and expect to see a younger version of yourself but, instead, someone with worry lines and crow's feet stares back it can be disheartening. Because our culture values youth over age and experience, you may have unknowingly convinced yourself that getting older means you will soon be marginalized and obsolete. What can you do to feel empowered and relevant instead?

The key is changing your mindset, allowing yourself to embrace a positive attitude towards aging and staying active in ways that matter to you. When people say they want to be younger, they really mean that they want to be more like they were, physically, when they were younger. Despite what they say, few people want to give up all the experience and growth they've accumulated over the years. The following are some ideas on how you can embrace aging in this youth-centric culture.

Let go of outdated notions. Don't identify with outdated stereotypes about older adults. Just because you've hit a milestone birthday doesn't mean you shouldn't be active or involved anymore. Today, people stay in the workforce longer and take better care of themselves than previous generations did. Decades ago, people were more secretive about their age. Today, older adults feel comfortable enough to let their hair go gray, demonstrating that their life experience is an asset, not something to be ashamed of.

Adjust your attitude. Research has confirmed the long-held belief that you're only as old as you feel. Feeling more youthful can have protective effects against depression, dementia and more. Feeling able is also an important factor. Researchers have found that older people who are healthy and active feel younger than they are. Liking how you look also helps and keeping yourself well groomed will make you look and feel younger. Apparently, getting your hair done could also reduce your blood pressure!

Check out pop culture icons. Today, many aging actors star in films and TV series emphasizing their advanced years, but not as dowdy grandmas or grumpy old men. They're showing that older adults can be sexy, strong and in charge of their lives. Aging musicians still command concert stages, proving that you can be relevant --and a rock star -- when you're older.

Have young and old friends. People with friends from different generations feel younger. Younger friends may help you try new things or challenge long-held beliefs. Oldsters can be role models for aging gracefully.

Notice the world around you. Being mindful can help your mental and physical well-being. You don't need to meditate to reap the benefits, just spend more time being in the moment. You need to notice new things that puts you in the present and makes you sensitive to context and perspective. Being engaged is enlivening and when you're mindful, people find you attractive and charismatic, at any age.

Find your passion. Whether you enjoy gardening, swimming, exercising or spending time with your grandkids, embracing what's important can make you feel more youthful. Don't just focus on your years; put more focus on what you love. Find something that really, really turns you on and go for it with every ounce of your being.

Now you know!

Jack Lemyre (With thanks to Next Avenue)

It's only a mistake if you don't learn from it. (Author unknown)

WHATEVER HAPPENED TO....

I know some of you will not understand much of the following text, but I bet you know someone who might....

Consider the phrase 'fender skirts. They were panels fitted to hide half of your vehicle tires. How about 'Continental Kits'? They were rear bumper extenders and spare tire covers that were supposed to make any car look like a Lincoln Continental. And when did we stop calling them 'Emergency Brakes'? At some point the hand brake became the proper term. I miss a hint of drama that went with emergency brake.

I'm sad too that almost all the old folks are gone that would call the accelerator the 'Foot Feed' or Foot Pedal'. Many today do not even know what a 'Clutch' is or that the 'Dimmer Switch' used to be on the floor. For that matter the 'Starter' was down there too. Didn't you ever wait at the street for your Daddy to come home so you could ride the 'Running Board' up to the house?

Here is a phrase I heard all the time in my youth but never anymore – 'store bought'. Of course, just about everything is store-bought these days, but once it was bragging material to have a store-bought dress or bag of candy. 'Coast to Coast' is a phrase that once held all sorts of excitement and now means almost nothing. Now, we take the term 'worldwide' for granted. On a smaller scale, 'wall-to-wall' was once a magical term in our homes. Everyone covered their hardwood floors with wall-to-wall carpeting. Today everyone replaces their carpeting with hardwood floors. Go figure.

When was the last time you heard the quaint phrase 'in a family way'? It's hard to imagine that the word 'pregnant' was once considered a little too graphical for use in polite company. So, we had all that chitchat about 'stork visit' and 'being in a family way' or simply 'expecting'. Apparently a 'brassiere' is no longer in use. I said it the other day and my daughter cracked up! I guess now it's just 'bra'. And the word 'Unmentionables' probably wouldn't be understood at all.

Most of these words go back to the 1950s when many men were nursing 'stomach ulcers', but here's a 1960s word I came across: 'rat fink'! Ooh, what a nasty put down. And here's a word I miss: 'Percolator'. That was just a fun word to say. And what was it replaced with? Coffee Maker...how dull. I miss those made-up marketing words that were meant to sound so modern and now sound so retro. Words like 'Dynaflow, Electrolux, Frigidaire' and introducing the 1963 Admiral TV with 'Spectra-Vision'.

Food for thought. Was there a telethon that wiped out lumbago? Nobody complains about it anymore. Maybe that's what 'Castor Oil' cured, because you never hear mothers threatening kids with castor oil anymore. Some words aren't gone but some are on the endangered list. The one that grieves me the most is 'Supper' now everyone says 'dinner'. Save a great word. Invite someone to 'Supper'. Discuss 'Fender Skirts'.

Jack Lemyre

Some of us of a certain age will probably remember most of these words.... or will we?
Author unknown.

Points to Ponder

AMBER ALERT:

Police don't issue Amber Alerts on a whim. A child is at risk. It was horrifying to hear about the hundreds of people who complained about being awakened by one such alert last month. It was even more horrifying to learn that they called 911 to register their complaints. The child was found as a result of the alert. Sadly, it was too late. Those who complained should hang their heads in shame – and get a really good talking-to from police about the purpose of 911. In fact, they should be fined.

WHO CARES?:

Given the city's track record (pardon the pun) on LRT, it wasn't any surprise to learn that SNC-Lavalin will be part of Phase 2. The Liberals are doing their usual fine job of making the entire SNC scandal worse, practically on a daily basis. The PM has been busy apologizing for other things, as per usual, but apparently he has no regrets about this mess.



Speaking of the LRT, we're now having an international competition for \$10 million worth of artwork for the Phase 2 train stations. Somehow I think travelers would be happy with something that gets them where they're going, doesn't leak and is kept clean. Admiring the art isn't likely to be high on the priority list.

TIRED OF SHUFFLING:

Looking forward to going for a walk, at a normal gait, without cleats and/or hip waders. And without being in a constant state of anxiety about breaking a bone or two. There is really only one good place for ice – small cubes in a glass. What happened to that early spring the forecasters promised? It's already mid-March and there's no sign of double-digit temperatures for the rest of the month.....and it will probably be somewhere near forever before everything melts.

Lynne Owen

Club 55

Annual elections will be held at the next monthly meeting set for Thursday, May 2 at 10 am. If you are interested in a spot on the executive or as one of the committee chairs, please call President Joanne Heinbuch at 613-838-2138 .



From the Ottawa Police Website: Home Safety and Crime Prevention Seniors

The Ottawa Police works closely with members of Ottawa to ensure security and safety. In particular, seniors have expressed concerns about being prepared or knowing what to do in certain situations. The following information provides a good start for raising awareness about crime prevention issues specific to seniors.

Would you know what to do if...

- You were asked to pay for something that you "won"?
- A suspicious stranger came to your door?
- You arrived home and found your door or window open?
- A member of your own family or a caregiver left you feeling threatened?
- Incidents of vandalism or graffiti were on the rise in your neighbourhood?
- A so-called bank official asked for your credit card information over the phone?

Stay safe - be alert

Be street smart - be aware of your surroundings and know who's around you. Be wary of isolated spots, like basements, laundry rooms and parking lots. Always try to walk in well-lit areas and try to never walk alone. Ask a family member or a neighbour to escort you.

Know what constitutes **elder abuse**. Whether it is physical, sexual, financial or mental abuse or neglect, these actions are crimes and help is available to you.

Make sure your home is not an easy target for criminals. Take advantage of Ottawa Police's **Home Security Inspection Program** where, at your request, police representatives will visit your home (house, condo, apartment, etc.) to provide a free safety audit - assessing ways to make your home safer.

Follow these safety tips when it comes to **door-to-door sales**.

Get involved in **Neighbourhood Watch** - it's one of the best ways to meet your neighbours and make your community safer.

If you come home and see a door ajar or a window broken, call the police immediately. NEVER enter the dwelling.

Above all, trust your gut feeling. If your instincts tell you that another person's actions are threatening or an environment is unsafe, then leave or call for help immediately. If you feel uncomfortable or uneasy, remove yourself!

Your money

When it comes to your money, be particularly alert. Crimes like **fraud** are on the increase in our city, and it's up to all of us to be on the lookout for criminals and **scams**. For your protection:

Arrange for direct deposit of any cheques you may regularly receive by mail.

Never provide personal information like bank account or credit card numbers over the phone.

Give only to charities you know.

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Never rush into something involving your money or property. Always check out offers with friends and family first.

Be wary of something for nothing or get rich quick schemes. Never turn over large sums of money to anybody, especially a stranger, no matter how promising the deal looks.

If pressured by a salesperson, refuse to be bullied and say no thanks - walk away, close the door, hang up the phone, etc. - it's your right.

Do not hesitate to check the credentials of a salesperson or public official.

Always get a second estimate.

Know that your signature is negotiable - only sign contracts or cheques after you're certain it's for a legitimate reason. If in doubt, check with a friend, lawyer, accountant or the police.

Report all suspicious offers or activities to the police immediately.

Avoid joint bank accounts and joint ownership of any property

Protect your banking information

Choose your Power of Attorney (POA) wisely and be aware that you can change your Power of Attorney at any time

Be aware that the moment your Continuing Power of Attorney for Property document is signed and witnessed by two people, the person being given POA status has immediate control over all of your assets, bank accounts and property. Adding a triggering clause to the "Conditions and Restrictions" area of your POA document will limit this access and ensure that it is used only at a time that YOU choose is right for you (for instance when, where, by whom and under what circumstances should the POA document be used/invoked)

Consider a joint Power of Attorney (naming two people to share the responsibility). This minimizes the temptation and increases accountability at the same time.

What to do... If you or a senior you know is a victim of crime, report it to the police immediately. If you suspect a fraud - again, report it to the police immediately. If possible write down any important information while it's still fresh in your memory. If you have any questions or concerns about safety or want to get actively involved in crime prevention, contact your local Community Police Centre.

Tell someone you trust what is happening to you

Ask for help if you need it

Keep emergency phone numbers stored in a safe place

Keep emergency money in a safe and private place

Have extra clothing on hand for emergency situations

Identify a safe place to go in case of emergency

Keep a list of your medications, and the name and phone number of your pharmacy

Keep copies of your identification

Keep records of your cheque book, credit cards, bank book

Do not give personal information over the phone, including credit cards and banking information.

Common Scams (From Ottawa Police Site)

False claims about the quality of municipal drinking water

The City of Ottawa warns residents to be aware of door-to-door salespeople making false claims about the quality of city drinking water. These individuals have been known to approach residents to sell water filtration or treatment systems and provide incorrect information pertaining to water quality.

Ottawa's drinking water has been rated by the Ministry of the Environment (MOE) as being among the safest in the world. The City has an extensive drinking water quality analysis program.

Residents are reminded that:

- City employees do not contact residents to sell products or services
 - Except for emergency situations, home access is scheduled in advance
 - City employees carry identification at all times - you have the right to ask for ID
 - City employees always travel in City of Ottawa logo-identified marked vehicles
- Should you have concerns or wish to report suspicious visits or calls, please contact 3-1-1.

Email Scams (Phishing)

While advances in technology have helped improve security over the Internet, it has also provided criminals with a new avenue for crime. One of the more prevalent forms of cybercrime, is the practice of "phishing" or "brand spoofing", which are fraudulent emails that attempt to have you reveal private information. Some of the more common reports include emails that claim to be from Canada Revenue Agency (CRA) or various banking institutes.

To learn more about these types of scams, visit the **Canadian Anti-Fraud Centre**. They provide excellent information on the most common scams in operation today. You can also report scams to them directly.

Advance Fee Scams

Have you received a letter or email, from a person or corporation, offering you a job or the opportunity to quickly earn large sums of money? Beware the "Middle Man Scam" (also known as the "**Job scam**" or "**419 Letters**", "**West African Letters**", or "**Nigerian Letters**"). Shortly after replying to the initial offer, you will receive a business cheque, payable to you. The cheque will be accompanied by a letter urging you to negotiate it as quickly as possible and return their share of the proceeds. In reality, the 'cheque' is actually a forged document and absolutely worthless. It will be detected by your bank and your account will be charged the full amount. Any money you will have sent to the fraudster will also be lost. If you've been targeted by this scam, contact the **Canadian Anti-Fraud Centre**.

Avoid being a victim of this scam: Do not reply these types of requests

Cheque Overpayment Scams

If you're placing an advertisement (newspaper, internet or otherwise) and a potential buyer/renter contacts you, beware the "Overpayment Scam": usually the buyer claims to be out of town when a cheque arrives and it is written out for a substantially higher amount than the agreed price. They advise you that there was some sort of accounting error or mistake and they ask that you take the correct price and send them the remaining funds. Sometimes they even tell you to accept some extra money "for your trouble". The cheque is actually a forged document and absolutely worthless. The bank will hold you accountable and in addition to the item for sale, any money you will have sent to the fraudster will also be lost. If you've been targeted by this scam, contact the **Canadian Anti-Fraud Centre**.

Continued on next page...

Avoid being a victim of this scam: Don't accept money by wire transfers or cheques when buying/selling goods online. If you must accept a cheque as a method of payment, please see our tips on avoid common fraudulent cheque pitfalls or visit the Craigslist or Kijiji websites for more information on common scams and staying safe.

Charitable Organization Scams

There are many legitimate charitable organizations doing wonderful work in our communities and around the world but beware the "Charity Scam". Often associated with sad stories, these scam artists will usually use pressure tactics to push you to give on the spot and sometimes even sign up for monthly donations by credit card.

Avoid being a victim of this scam: Before you donate, do some research on the organization to be sure. Refer to the Ottawa Police Charity Checklist for a list of precautions to take when donating to an organization. The Canada Revenue Agency also has excellent information and tips on ensuring your dollars are going where you want them. If you have been a victim of this scam, file a report at 613-236-1222, ext. 7300 or visit any Ottawa Police station.

Lottery Scams

There is a large number of lottery offers advising consumers that they have won a prize but if it sounds too good to be true, than it probably is. Beware the "Lottery Winner Scam". Many prize pitches are actually designed to get you to pay money for a prize that never comes, or is of no value.

Avoid being a victim of this scam: Carefully examine the terms and conditions of any lottery before entering and remember, you can't win a lottery/prize that you never entered!

Computer Virus Scams

Received a phone call or an email from someone claiming to work for a software company? Sometimes this scam comes in the form as an online warning from police detecting "illegal information/documents" on your computer. Beware the "Antivirus Computer Software Scam". The scammer will try to convince you to pay for a service to rectify the alleged computer problem and will sometimes persuade you to grant remote access to your computer.

Avoid being a victim of this scam: A computer software company will never contact you this way. Don't reply to these warnings. If you are really experiencing problems with your computer, consult a reputable company on your own. Never give out your credit card number to an unverified source.

Romance Scams

As online dating becomes more common, incidents of romance scams are on the rise. Beware the "Romance Scam": scammers use online dating sites to contact victims. After communicating for some time, they gain a victim's trust and use that trust to request money or ask you to assist them in committing fraud. If you've been a victim of this type of Fraud, report it to the **Canadian Anti-Fraud Centre**.

"A romance scam can break both your heart and wallet"

Avoid being a victim of this scam: More information on **warning signs of a Romance Scam**

(editor's info:) or any scam Google: www.ontario.ca/page/report-scam-or-fraud and you can read more on a variety of frauds and scams.

Continued on next page...

Loans/Scholarship Scams

Looking for ways to finance your education , pay your bills or just borrow some money? Beware the "Financial Aid" scams. Some fraudulent scholarships or loans "guarantee" immediate financial relief with little or no effort. Often, they will ask you to pay a "processing fee" in advance and then deny your application or disappear. If you've been a victim of this type of Fraud, report it to the **Canadian Anti-Fraud Centre**.

Avoid being a victim of this scam: Do some research. Be aware that in reality, financial assistance is never guaranteed. Also, scholarships or awards will not ask for a "processing fees" but they almost always require that you submit a detailed application, sometimes even with a written essay.

Tax and Revenue Canada Scams

Over the years, the Canada Revenue Agency (CRA) has noted an increase in tax related scams. Recent victims have said they have received calls or text messages from someone claiming to be from the Ottawa Police or calling on behalf of the CRA and recent calls have involved threatening or aggressive and forceful language to scare them into paying a fictitious debt. Sometimes callers have even been reported saying there is a warrant for your arrest by police. Beware--these calls are fraudulent and could result in identity and financial theft. More information on **common CRA scams**. If you've been a victim of this type of Fraud, report it to the **Canadian Anti-Fraud Centre**. If you want to confirm the authenticity of a CRA telephone number, call the CRA directly at 1-800-959-8281.

"Emergency Scam"

An increase in the number of complaints from senior citizens has brought attention to various telephone and online scams known as the "Grandparent Scam" or "Emergency Scam". A typical case involves an elderly person receiving a phone call from someone claiming to be his or her grandchild. The caller says they are in some kind of trouble and need money immediately (often it's a car accident, trouble returning from a foreign country or they need bail money). They usually ask the grandparent not to tell their mom or dad.

Avoid being a victim of this scam: Verify the person's identity before you take any steps to help. Find out more about crime prevention for seniors.

Blessing Scam

The "Blessing Scam or the Chinese Evil Spirits Scam" appears to target elderly Chinese women. The premise of the scam is that multiple suspects claim to be doctors and can help cleanse them of evil spirits. The victim is then instructed to bring valuables such as gold, jewelry and cash in a bag to the suspects, which are then turned over for a "blessing". The victim's bag is returned, empty. This scam appears to be well organized.

**(editor's info:) For more information or to report any scam Google:
www.ontario.ca/page/report-scam-or-fraud
and you can read more on a variety of frauds and scams.**



Carol Brown	02-Apr
Terry Fish	02-Apr
Gerry Blair	06-Apr
Pam Kilabuk	09-Apr
Jack Lemyre	12-Apr
Clara Baker	14-Apr
Bill Cook	20-Apr
Sharon Murphy	27-Apr
John Olsen	26-Apr
Stan Pioro	29-Apr

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Exercise Yoga 7 pm	2	3	4	5 Euchre	6
7	8 Exercise Yoga 7 pm	9	10	11	12 Euchre	13 Spring Fling
14	15 Exercise Yoga 7 pm	16	17 Rented pm	18 Executive Meets	19 Good Friday	20
21 Easter Sunday	22 Exercise Yoga 7 pm	23	24	25	26 Euchre Darts Awards	27
28	29 Exercise Yoga 7 pm	30	<i>April 2019</i>			

Spring Fling with Pam & Doug Champagne
Call Shirley Morris 613-838-3721 for tickets

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



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Phone 613-838-2644
Website: www.richmondlegion.ca

