




Royal Canadian Legion



Branch 625 Richmond



Legion  Canada's Largest Service Club

Foxy's Tales



May 2019

Branch Executive Committee

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

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 Jane Louks
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 Brian Goss
Service Officer (613-838-3948) Jack Lemyre
Sick & Visiting Louis Seward & Shirley Morris
Sports Mavis Lewis
Training & Development Vacant
Ways & Means and Catering Jane Louks
Website Wendy Ryan
Youth (613-838-6078) Elizabeth Douville



The Royal Canadian Legion Branch 625
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Richmond, Ontario K0A 2Z0

Phone 613-838-2644

Website: www.richmondlegion.ca

Club 55 Executive

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

Committees

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



Deadline to submit for the next bulletin is always the third
Friday of March, June, September and December by 6 pm please

Send to wryan1955@hotmail.com

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

President's Message

As we seem to do each year at this time when we are in May looking for the day when Spring ends and Summer begins. The last two years have given us strange weather patterns. Some say normal weather changes and others say climate change. Who knows what it is?



Meanwhile things at the Legion stay the same with little changes. The next Executive Meeting is the last for this committee and the General Meeting is the Annual plus Election meeting. Nominations have been posted for the past month and we will be having an installation rather than an election as only one person has been nominated for each position. As I said little changes. John Curry once said that I was elected as President for Life, please don't make it so.

I attended the last Open Mic at the local Roadhouse last week. I was blown away by the talent I watched. It gives me ideas and a list should we ever wish to put on a show. If anyone has any ideas regarding entertainment don't feel shy about voicing your opinion. There is no such thing as a stupid idea.

As said, little changes around here so I will close for now and will speak further after the elections. Perhaps we will have mid to large changes to look forward to.

This report is shorter and contains content from the past month. The Annual Report will be delivered in full at the Annual General Meeting.

Brian Goss

Annual Branch elections were held during the May 2019 General meeting and there is only one change and that is Eric Booth has been added as a member of the Executive Committee and Wendy Ryan has been removed.

**Movies, when possible, are shown every second Wednesday.
For details please visit our website at www.richmondlegion.ca**

Club 55



Club 55 elections were held during the May 2019 meeting and there are no changes to the executive or committee chairs.

Membership Report

One new membership application has been received.



Ways & Means

The summer barbeques return on Friday, May 31st and will be held every second Friday thereafter until September 20th. The menu is set at steak platter for \$20, hamburger platter for \$11 and a hot dog platter for \$8.00 Each platter comes with a baked potato, salad, home made dessert and tea or coffee. The September 20th barbeque will be chicken platters only.

There will be no hamburger or hot dogs sold alone and no exceptions.



Poppy



The Perley-Rideau Veterans will be coming to our Legion for their annual lunch on Tuesday, May 28 and while they enjoy the food and home made desserts, they enjoy spending time with our members even more, so please try to take some time to spend with them on that day. Please be at the Legion by 11 am to assist with getting them off the bus and settled into their seats for lunch.

Our branch is responsible for Bingo at the Perley-Rideau on Wednesday, June 5 and if you can lend a hand with this please contact Jane Louks at 613-838-3244. They will be leaving Richmond at 6 pm heading to the Perley-Rideau.

Our branch is also running the Pub Night at the Perley-Rideau on Wednesday, June 19 and if you can lend a hand with this event, please call Jane Louks at 613-838-3244. Again they will be leaving Richmond at 6 pm.

Bulletin Update

I had put a notice in the April bulletin advising that I would like to make some changes to the monthly bulletin and asking for ideas, suggestions and comments and asked if anyone was interested in taking over the bulletin and I received exactly ZERO emails about this.

At the May 2019 executive meeting I advised them that I would continue with the Branch bulletin but only on a quarterly basis. Obviously this means a re-formatting of the bulletin and I will try to have it in place when the June bulletin is done up.

The bulletins will be done in March, June, September and December and the deadline for submitting items will be the third Friday of that month by 6 pm. Of course you are free to send me items at any time and I will include them in a timely manner if at all possible.

The birthdays will still appear but there will be 3 months posted rather than just one month and events will also be listed.

Updates will be made to the website as needed and notification of new, additional and/or cancelled events will be sent out via email and posted on the website.

If you have been receiving the monthly email notice advising that the bulletin has been posted to the website then you need do nothing since your email address is on file.

If you do not receive the monthly email notice advising that the bulletin has been posted to the website and you would like to receive the bulletin notice as well as any other branch email notifications, please send me an email so I can add it to my list. My email address is wryan1955@hotmail.com.

***My mouth is like a
magician's hat. You
never know what's
gonna come out of it.***

When one chooses to speak meanly & disparagingly about another, it says more about the speaker than the target and the words are usually out of context and mostly untrue!

DID YOU KNOW...

Did you know you can get reduce the stressful conditions that may affect your garden plants and flowers this coming summer? Now is the time to consider what you can do to ease those conditions.

There's no doubt about it, the climate is changing and bringing more intense weather systems. Summer droughts are now deeper and last longer. Extreme heat is intense and unrelenting for weeks at a time. Rain, when it comes, is often delivered in overwhelming downpours that rush into storm drains instead of seeping into soil. These conditions damage many garden plants that grow best in consistently moist soil and air temperatures below 30° Celsius. Plants will not grow roots into dry soil, therefore there is no stem or flower bud development above ground. High temperatures interfere with plant tissues, resulting in drooping stems and wilted leaves. Flowering plants may drop their flowers in high heat.

As the climate changes, gardens will have to become more resistant to environmental stress that shortens the lifespan of plants. The first line of defence is plant selection. Avoid plants that are known to require consistent moisture. If you're looking for hedging, focal point or windscreens, look for more drought resistant types such as spruce, juniper and pine. Some deciduous ornamental trees such as Russian olive, maple, ginkgo, honey locust, ornamental cherry and plum trees, crab-apple, weeping mulberry and lilac will stand up to heat and drought. Flowering shrubs and perennial plants that produce flowers over a period of four to eight are moisture intensive and will always require moist soil to support flower production.

Local garden centres will have lists of drought tolerant plants best suited for our region, but If you're looking to plant annuals, the following are lovely flowers that are hardy in hot and dry conditions: Cosmos, Periwinkle, Petunias, Salvia, Sunflowers and Zinnias. Use existing windbreaks or create new ones to cut the effect of drying winds and add extra mulch to reduce the amount of moisture loss from the soil. Grouping plants that have similar moisture needs will increase the efficiency of any watering that is needed.

Every plant requires water during drought and it will be necessary to deliver moisture on a regular basis. Don't assume that large woody plants are tough enough to get along without water. Water deeply to reach the root zone. Use a small ring sprinkler or similar device at the base of plants to break the flow into large droplets that will sink into the soil. Declining trees and shrubs that have existed solely on rain water will begin to show signs of self-repair and new growth when regular water is available to them. For exposed woody plants, put down a two-inch layer of mulch to keep the root zone cool. As for the lawn, I personally scarcely water it except when seeding bare patches. The grass may fade and die but the roots are resilient. The lawn invariably comes back (as do the weeds), ready to be cut once again each Spring.

Climate change produces a stressful environment for all living things, including plants and people. If you're giving some loving care to your gardens, don't forget the sunscreen!

Now you know!

Jack Lemyre (With thanks to CSA Magazine)

Character is like a tree, and reputation is like its shadow.
The shadow is what we think of it, but the tree is the real thing.
(Abraham Lincoln, American President)

ANNUAL PRESIDENT'S REPORT

June 2018 - I attended the Snowy Owl Air Cadet Annual Parade as Branch Co-Sponsor and our Branch attendance at the 200th Anniversary celebrations (Opening, Parade and Closing). Our barbeque season has begun with great attendance by our community. The Branch Charter Dinner with presentation of Honours and Awards celebrated 45 years in existence. We must sponsor a Ladies Lob ball team. Our Dart League is growing, 16 teams last year.

July 2018 - The barbeques have been successful although some weeks' attendance appears to be lower than last year. All our normal activities such as Club 55's activities (cards, movies, exercises and coffee hour) are operating as usual with no difficulty. On the 200th Anniversary we participated in the Opening and Closing ceremonies as did our Colour Party, plus several members leading the parade.

August 2018 - the barbeques are continuing with the largest one serving 114 guests. All activities continue with many of our members at their cottages or going away for holidays.

Tom Beardsell, husband of Ladies Auxiliary Past President Shirley Beardsell and brother of Heather Murphy unexpectedly passed away. The service was held at St. John's Anglican church with a reception following at the Branch. Tom was always a great supporter of the Branch.

Long Time member Hilda Moore (38 years) passed away after declining health. Hilda held many positions including Branch Executive, Treasurer, Honours & Awards, Vice President and President. We lost a lot of history with her passing. Service was at Tubman's which included a Legion Service and funeral. A reception was held at the Branch.

September 2018 -The summer has passed with two BBQs left and our providing the facilities for the 200th Anniversary appreciation party on Saturday 13 October. Club 55 made their first road trip in a couple of years and I understand it was a success. Another trip is being planned for Christmas. Exercises, cards and coffee continue to have good attendance. We are now entering our busy season, Richmond Fair, Remembrance activities with the door-to-door canvas and Christmas dinners and parties.

October 2018 - We had our Annual Branch Inspection by the Zone Commander and we passed with flying colours. He was particularly impressed with our Financial and Poppy reports and that our Executive and General Minutes are recorded properly and accurately.

The first two submissions to the Richmond Hub on the Legion, reasons and operations can be found in the Hub. A third submission is waiting entry. As mentioned, the third article will be part 2 of the Provincial Command, followed by the District and Zone Commands. Once that is published, we will move on to Branch 625 Richmond, it's history, pictures, and today's operations.

The Legion Dart League has begun with 18 teams. This has the hall humming on Friday nights. Club 55 with the cards, movies, coffee hour and exercises continue to be popular. Take time out of your busy schedules to attend one or more of these activities

November 2018 - We are coming to the end of our busiest time of the year. Since the last report we have had the door-to-door poppy drive; volunteers sitting in the local stores with poppy boxes; distributing the wreaths to local business; placing the crosses at the cemeteries; Remembrance Dinner; Munster

Continued on next page

Remembrance Parade; Richmond Remembrance Day Parade and Open House; and supper that same night. All this was accomplished with volunteer help. The ladies particularly should be proud and tired. On the 12th of November we attended both St. Philip's and Richmond Public Remembrance Services.

December 2018 - It is Christmas time and time to prepare for the Seniors' Christmas Lunch, Club 55 Luncheon and the Branch Potluck. We successfully made it through the Remembrance season with what has been described as one of our most successful parades. We are now into the Christmas season with the following events: Seniors' Christmas dinner with Legion, Church and local volunteers serving the dinners. What a community. Club 55 Christmas Luncheon with a great attendance. Branch and Club 55 combined potluck with an abbreviated Executive & General Meetings.

January 2019 - We are looking forward to the Robbie Burns dinner/show as the dancers from Manotick will be entertaining us. February and March are going to be quiet this year as poor attendance is the culprit. Meanwhile all activities are still going on except for the movies so still come out for exercises and coffee.

February 2019 - Winter months can be a drag, weather, roads, coldness, etc. keep people at home. As you have noticed we have not scheduled any of our traditional events in the months of January, February and March. The reasons are varied but attendance is the main cause.

Meanwhile we have continued normal business with Club 55 carrying on with the job. They continue to have exercises, cards, coffee as usual and their February meeting was ended with a Luncheon.

We are on the money with our new monitor showing ads from other organizations and displaying our events. It is now up and running with local advertisements on as of the 16th of February.

Two years ago, we brought the "Johnny Cash Tribute" to Richmond. Attendance was such as we did not have enough space for all who wanted tickets. As a result, we have re-scheduled them again on the 23rd of March. Tickets can be purchased from Brian Goss, 613-4269 at home or at the Branch. Members have also recommended we investigate several other Tributes such as The Buddy Holly Tribute and the Neil Diamond Tribute. These have been successfully held at other Branches but first things first and we will see how this one goes.

March 2019 - Not having any dinners/dances this winter has sure shortened the reports. We are coming to the end of the ticket sale for Johnny Cash Tribute and it looks like we won't reach 100 but finished very close. Next Friday is the deadline and we will probably have approximately 95 sold. We will now begin the push for tickets for the Spring Fling featuring Doug and Pam Champaign.

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.

April 2019 - The Johnny Cash Tribute was a success with 103 tickets sold, a great return for our Branch. We will investigate having more of them, perhaps one a year to replace the events previously held in February and March.

The next event to be held at the Branch was the "Spring Fling" with Pam and Doug providing the entertainment. We sold all 100 tickets. Another sell-out.

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We had a good representation at this years Zone Convention. President Brian Goss, Vice President Johnny Villeneuve, Treasurer Shirley Morris, Deacon Louis Seward and delegate Eric Booth attended. This was an election year with Tim Blanchard elected as Zone Commander, Stephane Guy elected as Deputy Zone Commander. Now it's on to the District Convention on the 12, 13 & 14 April and the Vice President and myself attended. Joel VanSnick was voted District Commander with Ken Heagle as 1st Deputy District Commander and George Woods as 2nd Deputy District Commander.

Our annual barbeque season begins on May 31 and runs every two weeks to September 6.

May 2019 - Things at the Legion stay the same with little changes. The next Executive Meeting is the last for this committee and the General Meeting is the Annual plus Election meeting. Nominations have been posted for the past month and we will be having an installation rather than an election as only one person has been nominated for each position. As I said little changes.

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As I said, little changes around here so I will close for now and will speak further after the elections. Perhaps we will have mid to large changes to look forward to.

Brian Goss

**YOU HAVEN'T EXPERIENCED TRUE
HEARTBREAK UNTIL YOU'VE BEEN
THINKING ABOUT LEFTOVERS ALL
DAY AND THEN COME HOME TO
FIND THAT SOMEONE ATE THEM.**

**MY WIFE JUST STOPPED
AND SAID,
"YOU WEREN'T EVEN
LISTENING WERE YOU?"**

**I THOUGHT...
"THAT'S PRETTY WEIRD WAY
TO START A CONVERSATION."**



Rerunning the Reflections

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

May 2006

Reflection #28

One of my favourite quotes is “Don’t worry that children don’t listen to you, worry that they are always watching you”. Although this wise saying might hold true when referring to children and teenagers, it somehow doesn’t properly reflect the current adult worldview. The truth is that locally, nationally and in fact globally individuals are on the public stage. People are not only scrutinized for how they behave but have to be very careful how they say things. People are being listened to. The words and actions of religious, political and corporate leaders does matter even when some of those words and actions are oceans apart. The reality is that the world is getting “smaller” due in part to the advancement in telecommunications. In the past, news which we would receive a week after the fact is now shown to us as it happens. As a society we are called to be more responsible and more sensitive as a result...Just recently the Ottawa Citizen, published the results of a Canada wide poll involving 1,500 people. The question posed was simply “Who do you trust?”. You can well imagine my shock when I saw that “Church Representatives” were slated in at 64%, sandwiched between Bankers at 72% and Pollsters at 62%.

When I was first ordained some twenty years ago, I remember a similar poll with very different results, “Church Representatives” were high up there on the list. Church scandals and the way that they have been handled have had an obvious effect on people’s trust but in general Christians, as a collective body haven’t done a great job in emulating the Good News of Jesus Christ – The Gospel of Love...We have an image problem...People are listening and watching. All actions can influence and have a very real impact on others. A few months ago a cartoon in a Danish Newspaper, belittling the prophet Mohammed caused a great deal of anguish to Muslims across the globe, leading to violent retribution on innocent men, women and children by Muslim extremists. Although the “violent retribution” is inexcusable, the lack of respect, sensitivity and sense of responsibility by those hiding behind the veil of democracy should not be condoned...Many Christians’ lives were in grave danger because of a lack of respect, sensitivity and sense of responsibility by those hiding behind the veil of democracy...

On a positive note, recently, because of the immediate voice of discontent and outrage by leaders of Australia, Austria, Canada, United States of America, the Vatican, Germany, Italy and many other countries, the charges against Afghan, Abdul Rabmran who was detained in Kabul on charges of converting to Christianity from Islam were eventually dismissed. He would have been executed by now if the “World” had remained silent. His life is still very much in danger but something very significant has taken place.

People are watching and listening...Christ’s word’s, “Love your neighbour as yourself” is a challenge to the imagination – As I look at you, to imagine that I am not seeing you, but me and then to treat this imaginative you as if you are me...The challenge is freeing our minds to imagine being what we are not.

“Two men from a seniors residence home were out for a stroll and they began to talk about their health problems. “I have trouble sleeping sometimes” said one, “So do I” said the other. “What do you do about it?” “I count sheep, how about yourself”. “I talk to the shepherd”...

Those who know me, know that I really enjoy sports – all kinds of sports – team sports, individual sports. I love the competitive nature of sports as well as the model of good sportsmanship and fair play that can materialize. I do confess that although I have personally played many different sports, I’m not all that great in some of them. For example, I can skate fairly well and I play a “mean” ball hockey but get me in a hockey game on ice and I’m like the person that can’t walk and chew gum at the same time...(Laugh out loud). Each of my three boys are athletic and one of the many blessings for me has been to watch them participate in a variety of different sports activities. You just can’t beat the entertainment value of watching kids playing sports – probably because anything can happen. There is the unpredictability factor at play. I have especially enjoyed them playing high school sports.

A few weeks ago I attended a Track and Field Meet at the Terry Fox Complex near Mooney’s Bay. One of the events caught me completely by surprise as my eyes began to well up with tears and I tried desperately to compose myself. It was the three thousand meter run – seven and a half times around the track. Later on I gave it some thought as to what might have led to this rather unexpected turn of events. In my reflection I concluded that the one hundred meter or two hundred meter events are too fast. It’s a sprint from start to finish. In a lengthier race like a marathon, a lot more strategy is involved. Pacing yourself, holding yourself back etc. The three thousand meter on the other hand seems too long to sprint and too short to coast. When you watch the kids they are all giving it their all for three thousand meters. They give totally of themselves...every single ounce of energy is expended...you can see it in their faces...and what a wonderful demonstration of community and comradeship when you see the “stragglers” as they turn the corner for the last hundred meters or so and you hear shouts of encouragement and clapping of hands from those in attendance.

I realize that I get caught up in the moment...the emotions all around but what also crossed my mind was how this particular race was a wonderful metaphor or image of what it might mean to live an authentic Christian life. What would the world look like if Christians did the same – gave it their all – gave every bit of themselves. What would it look like if Christians

made a commitment to live a life of faith – to uphold the values that we espouse. What would it look like if Christians trusted God implicitly with their lives, not part of it or when we feel like it or remember. What if Christians lived their lives like the three thousand meter run?...

Life is letting go in order to receive – one moment to the next. We can either be fearful of the process or trust the power behind it. If we hold on in fear, our lives close in on themselves leading to “death”. If we let go in trust, our lives open up to new life. God’s power is transformative - it’s resurrection. Are we trying to hold on to our youth? Are we trying to hold on to old Sunday School images of God? Are we trying to hold on to “someone” – a loved one who might have died many, many years ago?....On your mark, get set...GO!

Fr Michele

Work of Steven Wright (thoughts)

If you're not familiar with the work of Steven Wright, he's the famous erudite (comic) scientist who once said, "I woke up one morning, and all of my stuff had been stolen and replaced by exact duplicates." (You sometimes have to read them a couple of times!)

His mind sees things differently than most of us do. Here are some of his gems:

1. I'd kill for a Nobel Peace Prize.
 2. Borrow money from pessimists --- they don't expect it back.
 3. Half the people you know are below average.
 4. 99% of lawyers give the rest a bad name.
 5. 82.7% of all statistics are made up on the spot.
 6. A conscience is what hurts when all your other parts feel so good.
 7. A clear conscience is usually the sign of a bad memory.
 8. If you want the rainbow, you got to put up with the rain.
 9. All those who believe in psychokinesis, raise my hand.
 10. The early bird may get the worm, but the second mouse gets the cheese.
 11. I almost had a psychic girlfriend,...but she left me before we met.
 12. OK, so what's the speed of dark?
 13. How do you tell when you're out of invisible ink?
 14. If everything seems to be going well, you have obviously overlooked something.
 15. Depression is merely anger without enthusiasm.
 16. When everything is coming your way, you're in the wrong lane.
 17. Ambition is a poor excuse for not having enough sense to be lazy.
 18. Hard work pays off in the future; laziness pays off now.
 19. I intend to live forever... So far, so good.
 20. If Barbie is so popular, why do you have to buy her friends?
 21. Eagles may soar, but weasels don't get sucked into jet engines.
 22. What happens if you get scared half to death twice?
 23. My mechanic told me, "I couldn't repair your brakes, so I made your horn louder."
 24. Why do psychics have to ask you for your name.
 25. If at first you don't succeed, destroy all evidence that you tried.
 26. A conclusion is the place where you got tired of thinking.
 27. Experience is something you don't get until just after you need it.
 28. The hardness of the butter is proportional to the softness of the bread.
 29. To steal ideas from one person is plagiarism; to steal from many is research.
 30. The problem with the gene pool is that there is no lifeguard.
 31. The sooner you fall behind, the more time you'll have to catch up.
 32. The colder the x-ray table, the more of your body is required to be on it.
 33. Everyone has a photographic memory; some just don't have film.
 34. If at first you don't succeed, skydiving is not for you.
- And the all-time favorite:
35. If your car could travel at the speed of light, would your headlights still work?

Last Cab Ride

I arrived at the address and honked the horn. After waiting a few minutes I honked again. Since this was going to be my last ride of my shift I thought about just driving away, but instead I put the car in park and walked up to the door and knocked.. 'Just a minute', answered a frail, elderly voice. I could hear something being dragged across the floor.

After a long pause, the door opened. A small woman in her 90's stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody out of a 1940's movie. By her side was a small nylon suitcase. The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets. There were no clocks on the walls, no knickknacks or utensils on the counters. In the corner was a cardboard box filled with photos and glassware.

'Would you carry my bag out to the car?' she said. I took the suitcase to the cab, then returned to assist the woman. She took my arm and we walked slowly toward the curb. She kept thanking me for my kindness. 'It's nothing', I told her.. 'I just try to treat my passengers the way I would want my mother to be treated.' 'Oh, you're such a good boy, she said. When we got in the cab, she gave me an address and then asked, 'Could you drive through downtown?' 'It's not the shortest way,' I answered quickly.. 'Oh, I don't mind,' she said. 'I'm in no hurry. I'm on my way to a hospice.

I looked in the rear-view mirror. Her eyes were glistening. 'I don't have any family left,' she continued in a soft voice.. 'The doctor says I don't have very long.' I quietly reached over and shut off the meter. 'What route would you like me to take?' I asked. For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator.

We drove through the neighbourhood where she and her husband had lived when they were newly-weds. She had me pull up in front of a furniture warehouse that had once been a ballroom where she had gone dancing as a girl. Sometimes she'd ask me to slow in front of a particular building or corner and would sit staring into the darkness, saying nothing. As the first hint of sun was creasing the horizon, she suddenly said, 'I'm tired. Let's go now'.

We drove in silence to the address she had given me. It was a low building, like a small convalescent home, with a driveway that passed under a portico. Two orderlies came out to the cab as soon as we pulled up. They were solicitous and intent, watching her every move. They must have been expecting her. I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair. 'How much do I owe you?' She asked, reaching into her purse. 'Nothing,' I said 'You have to make a living,' she answered. 'There are other passengers,' I responded. Almost without thinking, I bent and gave her a hug. She held onto me tightly. 'You gave an old woman a little moment of joy,' she said. 'Thank you.' I squeezed her hand, and then walked into the dim morning light.. Behind me, a door shut. It was the sound of the closing of a life.

I didn't pick up any more passengers that shift. I drove aimlessly lost in thought. For the rest of that day, I could hardly talk. What if that woman had gotten an angry driver, or one who was impatient to end his shift? What if I had refused to take the run, or had honked once, then driven away? On a quick review, I don't think that I have done anything more important in my life. We're conditioned to think that our lives revolve around great moments. But great moments often catch us unaware-beautifully wrapped in what others may consider a small one.

PEOPLE MAY NOT REMEMBER EXACTLY WHAT YOU DID, OR WHAT YOU SAID ~
BUT THEY WILL ALWAYS REMEMBER HOW YOU MADE THEM FEEL.

Life may not be the party we hoped for, but while we are here, we might as well dance.

Humour:

Time is like a river. You cannot touch the water twice, because the flow that has passed will never pass again. Enjoy every moment of life. As a bagpiper, I play many gigs. Recently I was asked by a funeral director to play at a graveside service for a homeless man. He had no family or friends, so the service was to be at a pauper's cemetery in the Nova Scotia back country.

As I was not familiar with the backwoods, I got lost and, being a typical man, I didn't stop for directions. I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight. There were only the diggers and crew left and they were eating lunch. I felt badly and apologized to the men for being late.

I went to the side of the grave and looked down and the vault lid was already in place. I didn't know what else to do, so I started to play.

The workers put down their lunches and began to gather around. I played out my heart and soul for this man with no family and friends. I played like I've never played before for this homeless man.

And as I played 'Amazing Grace,' the workers began to weep. They wept, I wept, we all wept together. When I finished, I packed up my bagpipes and started for my car. Though my head was hung low, my heart was full.

As I opened the door to my car, I heard one of the workers say, 'I never seen anything like that before, and I've been putting in septic tanks for twenty years.'

Apparently, I'm still lost....it's a man thing.



**A Police Officer
came to my house
and asked me where
I was between 5 & 6.
He seemed irritated
when I answered:
"Kindergarten"**

Points to Ponder

STOP IT: I wish city officials would stop treating the rest of us like we just fell off the turnip truck. First, they denied that LRT trains weren't able to cope with the winter snow, when they clearly weren't. Now they're telling us derailments are "normal" – at least in the overcrowded train yard. Let's hope they don't think it's "normal" if a train full of passengers falls off the tracks. One bright note, though – we didn't get bamboozled into accepting a system that an independent inspection agreed is still not quite ready.

GARAGE SALES: The Richmond Curling Club wisely participates in the village-wide garage sale only every second year. It's a mammoth job, but it's always a treat. It's truly amazing to see what people donate – and what they buy. This year I was delighted to watch a young couple and their daughter purchasing a canoe and an artist's easel. Obviously, they lead interesting lives.



DIG, DIG, DIG: The poor folks on Martin Street can look forward to another round of excavation pretty soon. The first round was well and truly botched, so further repairs are required. I hope the developer on whose behalf this mess has been made, has to compensate these people – or the city is giving them a break on their property taxes. (Yes, I know I'm dreaming in Technicolor). We only have to hope that the inspectors on this job haven't been assigned to the McBean Street bridge.

NO FORWARD THINKING: All the new development in town will change Richmond forever – not necessarily for the better. We know how many houses are being built. We can estimate how many people and cars will be added. Why can't we take some proactive measures to deal with what will obviously become a traffic nightmare and a school nightmare and a services nightmare. There's apparently a plan to widen Perth Street and add a roundabout at the west end. By the time we get around to that, the horses will have already left the barn. We could be waiting years after this influx of new residents before anything is done – and that work will cause even more headaches. Can't we insist that the infrastructure be in place BEFORE the houses are ready to be occupied? Or does someone actually think a developer would throw up 800 houses without being very sure they'll sell.....



QUIT TINKERING: Ever wonder why tomatoes don't taste like much any more? In efforts to create fruit that grows faster and bigger, and looks beautiful, genetic tinkers have apparently managed to extinguish a pretty important gene. Researchers believe that the flavour-enhancing gene is only present in about two per cent of today's store-bought tomatoes, but it's still there in more than 90 per cent of wild tomatoes. I'm not sure where one finds "wild" tomatoes, but I'm on the hunt. I'm pretty sure that anything grown by local farmers and gardeners has also suffered from genetic efficiencies because I haven't had a really great-tasting tomato in years!

Lynne Owen

MAYO CLINIC - DRINKING WATER

A cardiologist determined that heart attacks can be triggered by dehydration.

Good Thing To Know. From The Mayo Clinic. How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night?

Heart Attack and Water - Drinking one glass of water before going to bed avoids stroke or heart attack. **Interesting.....**

Something else I didn't know ... I asked my Doctor why people need to urinate so much at night time.

Answer from my Cardiac Doctor: Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc.) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier. I knew you need your minimum water to help flush the toxins out of your body, but this was news to me.

Correct time to drink water... Very Important. From A Cardiac Specialist!

Drinking water at a certain time maximizes its effectiveness on the body:

2 glasses of water after waking up - helps activate internal organs

1 glass of water 30 minutes before a meal - helps digestion

1 glass of water before taking a bath - helps lower blood pressure

1 glass of water before going to bed - avoids stroke or heart attack

I can also add to this... My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

Aspirin...PLEASE READ

Mayo Clinic on Aspirin -Dr. Virend Somers is a Cardiologist from the Mayo Clinic who is the lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology.

Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, When the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, **take it at night.**

The Reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.

2. Aspirin lasts a really long time in your medicine chest; for years. (when it gets old, it smells like vinegar).

Please read on.

Something that we can do to help ourselves - nice to know. Bayer is making crystal aspirin to dissolve instantly on the tongue. They work much faster than the tablets.

Why keep Aspirin by your bedside?

It's about Heart Attacks -There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently.

Note: There may be NO pain in the chest during a heart attack.

The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards: - Call 911. - Phone a neighbor or a family member who lives very close by. Say "heart attack!" - Say that you have taken 2 Aspirins. - Take a seat on a chair or sofa near the front door, and wait for their arrival and**DO NOT LIE DOWN!**

"Life is a one time gift"

Priceless

If you've ever worked for a boss who reacts before getting the facts and thinking things through, you'll love this!

Arcelor-Mittal Steel, feeling it was time for a shakeup, hired a new CEO. The new boss was determined to rid the company of all slackers.

On a tour of the facilities, the CEO noticed a guy leaning against a wall. The room was full of workers and he wanted to let them know that he meant business. He asked the guy, "How much money do you make a week?"

A little surprised, the young man looked at him and said, "I make \$400 a week. Why?"

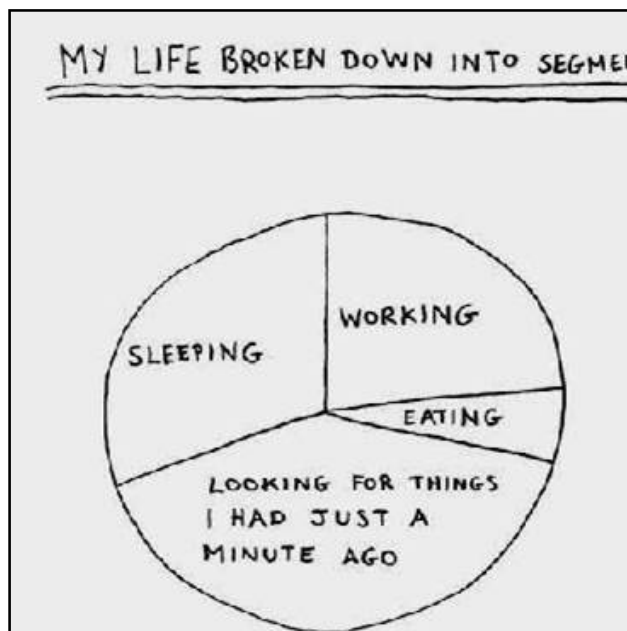
The CEO said, "Wait right here." He walked back to his office, came back in two minutes, and handed the guy \$1,600 in cash and said, "Here's four weeks' pay. Now GET OUT and don't come back."

Feeling pretty good about himself, the CEO looked around the room and asked, "Does anyone want to tell me what that goof-ball did here?"

From across the room a voice said, "Pizza delivery from Domino's."



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2	3 Yoga	4	5	6	7 Euchre	8
9	10 Yoga	11	12	13	14 Euchre Barbeque	15
16 Father's Day	17 Yoga	18	19	20 Branch Executive Meeting	21 Euchre	22
23	24 Yoga	25	26	27	28 Euchre Barbeque	29
30	<u>Barbeques are from 4:30 pm to 6:30 pm</u>					

Branch Executive & General Meetings are at: 11 am

Club 55 meets 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

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



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