Royal Canadian Legion

Branch 625 Richmond

Legion Canada's Largest Service Club

Foxy's Tales

RICHMOND BRANCH 625 1973 2024

March 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-recording	Pat McGrath	613-838-2652
Treasurer	Pat McGrath	613-838-2652
Sgt-At-Arms	Boyd Dulmage	613-838-5055

Branch Executive Committee

Eric Booth
Joanne Heinbuch
Tom Louks
Bill Murphy
Louis Seward

Branch Executive Meetings
are the Third Thursday of each month at 10:30 am.

Branch General Meetings
are the fourth Friday in January, March, June, September and November at 11 am and the third Thursday of May at 8 pm.

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

Send to wryan1955@hotmail.com or call me 613-838-9696

Website is: www.richmondlegion.ca

Facebook: Royal Canadian Legion Branch 625

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	Brian Goss	613-838-4269
Ways & Means	McGrath & Ryan	
Website	Wendy Ryan	613-838-9696
Wellness checks	Joanne Heinbuch	613-838-2138
Youth	Elizabeth Douville	613-838-6078

President's Message

As you may know, all executive positions are vacated as of May 31st each year. Sometime prior to that date, elections are held to fill the executive officers and executive committee positions.

Our Executive Officers (President, 1st & 2nd Vice Presidents, Treasurer, Secretary & Sgt-At-Arms) and up to 6 executive members will be elected and sworn in at the annual elections on Thursday, May 16, 2024 at 8 pm. If there is only one candidate for an office, then they will be acclaimed.

All committee chairs are vacated as of May 31st and the President appoints committee chairs to serve for the coming year.

Election details and a brief synopsis of our committees can be found on pages 6 to 9.
Please see page 10 for details of help needed for specific activities.

I have been asked to remind members of the guidelines for Legion uniforms. The uniform is a **navy** blazer and **grey** pants or skirt - not black.

There are limitations as to what medals and pins that are to be worn on the Legion blazer There can be only one Legion lapel pin badge, which is your years of service pin.

From time to time commemorative or celebratory pins may be authorized for wear for a specified time period, usually ending on December 31st of the year it is issued. These are the only pins worn on the right lapel of the blazer and limited to 4 at a time when authorized. The 14 different commemorative pins in the Legion catalogue are not part of Legion dress.

Further details, including what CAF items are allowed can be found in the Rituals Protocol & Awards manual online at Provincial Command. If you have any questions, please reach out to our Sgt-at-Arms Boyd Dulmage.

We continue to keep our little Branch functioning with the same hardy few doing what needs to be done, but we are limping along in many areas and not functioning at all in others.

Thank you to all those who have made the past years a success but are now unable to continue. We have made it this far thanks to all of you! To those who have kept us going over the past 5 years and to those who have recently started to pitch in, thank you! Words are not enough but know that your efforts, big & small, are noticed and greatly appreciated!

Wendy Ryan

Last Post

Life Member & Past President (6 terms)

Jane Louks
March 7 2024

We Will Remember...

Membership Report

On 1 January 2024 our membership stood at 115, an increase of 2 since my last report in December 2023.

As of 21 March 2024 our membership is at 107, we had 7 members that did not renew for 2024, and the passing of 1 member.

Anyone who has not renewed by the end of December 2024 will see their membership listed as DORMANT. Should they decide to join after that, they will be treated as a new member and any previous service in the Legion is forfeited. This is something that the Branch has no control over as the data base is held at Dominion Command and they have set the rules.

As always, new members can join by filling out a membership application which can be found at our Branch, or by visiting the legion.ca. If they are joining online be sure to let them know to select Richmond and 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

Last Post

Rene Douville
December 29 2023

We Will Remember Them...

Sports

Friday Night Darts will wrap up on April 19, 2024. A final report will be in the next bulletin.

Youth Ed

Remembrance Contest Results.

We sent seven Branch winners on to Zone level in the various levels and categories.

Grace Dunnigan, Richmond Public, placed second with her Black & White Poster, and Maiya Pinet, St. Philip's, placed second with her Essay.

Lexie Troughton's poster won Zone then went on to the Provincial Level of judging, and has brought home a second - place award! Not done since 2013! Look for Lexie's poster in our hall as it will be on display once it has been returned from Provincial Command.

A Zone G5 Youth Remembrance Awards Ceremony was held in our hall on February 25th of this year.

Our five Zone winners and their families were invited. An afternoon to view winning entries, present awards and enjoy refreshments made for a great afternoon.

Elizabeth Douville

Pictured above left to right: Maiya Pinet, Kaitlynn Michalchuk, Grace Dunnigan, Amelia Moreno and Lexie Troughton

BRANCH 625 RCL RICHMOND CALL FOR NOMINATIONS

A call for nominations was issued at the March General Meeting held on 24 March 2023. Nominations will cease to be accepted up to May 1, 2024 fifteen (15) days prior to the Annual General Meeting held in May.

The following Offices are open to nominations:

President First Vice President Second Vice President

Secretary Treasurer Sgt At Arms

Executive Committee (6 positions)

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. If they are unable to attend the election, then they must accept the nomination in writing. Nomination sheets are available at the Branch on the bulletin board for those wishing to nominate others or themselves. Give all nomination forms to President Wendy Ryan.

Branch Elections—Information

A call for nominations for Branch 625 Officers was issued on March 22, 2024 at the monthly Branch General Meeting. Nominations will be accepted by President Wendy Ryan, until May 1, 2024, fifteen days prior to the Annual General Meeting to be held on May 16, 2024. Based on the number of nominees, Branch Officers will then be elected or acclaimed for the 2024/2025 term of office.

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 Veteran 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 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 list of nominees for Branch Office shall be posted in the Branch at least seven (7) days prior to the Annual General Meeting.
- 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).
- 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.

Wendy Ryan

Committees in Brief

All incoming officers elected at the May meeting take office on June 1st and all committee chairs are vacated as of May 31st and have to be re-appointed by the President and approved at a general meeting.

According to the Officers Manual, the certain Committee Chairs shall be members of the Executive Committee and should attend the monthly executive meetings and executive committee members should also be chair of a committee. This does not happen at our Branch because of scheduling issues.

Committee dynamics and activities vary from Branch to Branch but here is very brief (heavy on the brief) description of ours:

President calls meetings, chairs meetings, appoints committee chairs, oversees the administration of the Branch.

Vice President fills in for the President at meetings when needed and gains experience with the intention of moving up into the Presidents position.

Secretary is mainly a recording secretary for the executive and general meetings but does receive correspondence via email from upper commands. Most emails go to the President or committee directly now.

Treasurer is responsible for ensuring fiscal responsibility is maintained, records are in good order and financial rules and guidelines for spending are kept, ensures bills/invoices are paid on time and money owing is received. Monthly reports are made at the Executive meetings and at any General meetings.

Sgt-At-Arms organizes and trains individuals to be part of our colour party; leads the Legion colour party in the local parades; maintains order at meetings; leads Legion services for funerals.

Bar - our bar is not open on a daily basis- it is open for specific Legion events and hall rentals if required. The bar manager maintains needed bar supplies, organizes the bar tenders (who need the Smart Serve course to serve) and oversees the bar income and expenses.

Bulletin is produced every 3 months a bulletin to provide updates and reports from various committees and notice of upcoming events etc. using reports provided by various chairs.

Bursary chair contacts the local high schools in January to remind of the availability of bursaries, gathers applications (due by March 31st) for requests for post secondary education funding, reviews and approves applications along with 2 or 3 other members and gets approval from the branch for those bursaries that are granted.

Hall Rental shows the hall to those interested in renting it, completes the hall rental contract, makes sure the renter is aware of the terms and conditions, confirms if a bar is wanted, and arranges for bar tending via bar manager, collects the rental fees, arranges access to the hall and co-ordinates with the hall maintenance crew. Keeps the Hall bookings calendar updated.

Membership collects annual dues, recruits members, notifies Command of deceased members, handles transfers in and out and keeps members lists up to date. Advises bulletin editor on any changes. This committee is most active during the renewal period (fall to February each year) and is done mostly on-line now.

Property is responsible for maintaining the Legion hall and grounds - not to actually do the maintenance but to make sure everything is in good repair and bring it to the attention of the executive when repairs, replacement and updates need to be made.

Public Relations is getting word out about what is happening at our Branch. We currently have just l local papers, a Facebook page and a website. Notices can also be posted at local businesses. *Continued next page...*

Sick & Visiting/Wellness: this used to be a drop in visit to members who are unwell and/or house bound, but with the prevalence of illnesses that are difficult to determine in the early stages, contact is made by telephone only. A chance to chat and catch up.

Sports: organizes and runs various sports at the Branch, Zone, Provincial levels if we have the competitors available. Friday night darts is currently the only sport we have.

Telephone is simply calling those 5 or 6 members who do not have email to keep them updated on events and activities.

Veterans Service Officer - the Legion assists any veteran, member or not, to make contact with various agencies that provide assistance and benefits to veterans. The Branch Service Officer usually sets up appointments with the Provincial Service Officer who usually connects the veteran with resources.

Ways & Means organizes events to raise money to support our Branch. The summer barbeques is one part but you can organize any numbers of events and activities.

Youth is the liaison with the local schools to organize the annual Remembrance Contests for poetry, posters and prose competitions that are eligible for Branch, Zone, District, Provincial and Dominion competitions and is active mostly in the fall months.

Remembrance is what I think is the most important part of what we do. I consider all the areas that concentrate on honouring our veterans, past and present, to be under the Remembrance umbrella and at our Branch it consists of :

Cenotaph - ours is located in the Memorial Park located on the corner of Perth & McBean Streets and this person ensures the cenotaph is in good condition and that required maintenance is carried out. Note that is the cenotaph itself that is our responsibility, not the entire park.

Memorial Boards are located in the 5 local cemeteries and lists the location of the grave of any veteran buried in that cemetery. The boards are updated once a year prior to November 1st.

White Crosses -this tradition that was introduced to our branch by our veterans years ago when they built and placed a white cross on the grave of every veteran in the 6 local cemeteries for the fall Remembrance period. They are placed near the end of October and removed after November 11th. This usually takes at least 2 people per cemetery.

Poppy Committee organizes the annual Poppy Campaigns and the annual Remembrance services in Munster and Richmond. This committee has several members and a few parts to it that I will not go into here. We do need a new Poppy chair this year but the November 11th service will be taken care of by Eric Booth, so only someone to organize the Poppy Campaign - the collecting of donations - is needed. All the participants in this area will return so we just need someone to co-ordinate them.

Many of our committees are one-man shows but are open to anyone who would like to help out Some have periods of activity concentrated during a specific time of year with others having activity throughout. If you have little or no experience in the Legion, the best approach is to volunteer to help with a committee so you gain hands on experience.

One important note is that all committee activities and expenses must be approved by the executive therefore, all committee chairs are to provide in writing to the President, a plan of action for their committee for the coming year. This should include activities & events along with any income & expenses. For example the Branch Bulletin is done quarterly, the cost to produce the hardcopies of the bulletin for those members without computers is perhaps $352, minus the expected income derived from the local businesses who give toward this $1000 for a profit of $648, which then goes towards the cost of the Branch Website.

The President will take the committee plans to the executive for approval. If you want to add an event during the year, details are to be given to the President in writing for the executive to approve prior to it taking place.

This may seem like news to some members, but not that many years ago we had over 20 Branch committee chairs and most of the committee chairs served on the executive committee. These committee chairs made reports at the executive & general meetings, which were held monthly, regarding their plans, including expected income & expenses or what the event would cost. This was then either approved or sent back for revisions. After the event a report was given on the end results.

Maybe you have an idea for an event that will raise funds for the Branch or for ongoing expenses say the Memorial Boards. Plan it out, put it in writing including the income & expenses/costs information, and bring it to the President who will take it to the executive.

If you plan on soliciting donations from local businesses to support your activity this should be approved by the executive. Since we have limited local resources, we need to keep track of who is asking for donations so as to not have a negative impact on each other and so we don't over ask our locals. We don't want our Poppy Campaign to be negatively affected either.

If you have ideas involving a specific committee, then please take them to the committee chair.

We need to have a Veteran Service Office, Second Vice President, Secretary, one or two executive committee members and several committee chairs for the coming 2024-2025 year. Public Relations, Sick & Visiting/Wellness, Ways & Means - just scan down the committees on the previous pages and pick one. We are always looking for members who have Smart Serve or who are willing to take the Smart Serve course, paid for by the Branch, to help in the bar, which by the way, is only open for specific events and hall rentals.

I have detailed notes on how each committee operates and what it entails. Please feel free to contact me via email (wryan1955@hotmail.com) phone (613-838-9696) or in person. Or ask a current committee chair.

Helping out can be as simple as showing up to help with the clean up at the end of a barbeque or helping place the white crosses on the graves in October. The Sick & Visiting/Wellness committee is one that needs to be filled and that is just gathering names of those who are house bound (temporarily or permanently) and giving them a call to see how they are doing and have a chat.

We have a very experienced, hard working core group of people who help make the Richmond Legion run smoothly and successfully. BUT ...WE need YOU to help keep the Richmond Legion running over the long term.

Please contact me no later than May 1st to let me know where you can help.

Wendy Ryan, President

HELP NEEDED

We need people to step up and take part in running the Branch. You can do this by helping on one of the committees, by becoming a committee chair or by helping with one of the events that we run, some of which are listed below.

1)We need 2 people to help with the **elections at Barrhaven Branch** on April 16th 2024 – you just go to Barrhaven Legion at 6 pm on that date and use the membership list provided by them to check in the members by scrutinizing their membership cards.

2) Four or five people are needed to represent our Branch at the **Perley Rideau Veterans Centre** on June 5th for bingo night to help the vets with their bingo cards and on June 18h for pub night when you help get their refreshments from the bar. Both nights start at 7 pm so you should be there by 6:30. Bingo night we take cake and pub night we provide entertainment & snacks (chips cheesies etc) This is something that is required to be done by each branch.

3) The **Friday night barbeques** will return on May 31st and are held every second Friday until the end of September. People are needed to help with the following: shop for the needed food supplies every 2 weeks, help prepare the desserts on the Thursday prior to the barbeque, help with food prep the morning of the barbeque, help with the set up of the tables at 4 pm on the day of the barbeque, barbeque the food, serve in the kitchen and help with the clean up and someone to help with the running (delivering the entrees once they are cooked). You can help with any or all of the barbeque needs.

4) The **Poppy Campaign** runs from the last Friday in October until November 11th and people are needed to contact the local businesses for donations. We start organizing this in late July and someone is needed to oversee this process. We have a core group of people who have been doing this for years and I'm sure they would be happy to show you the ropes.

5) White crosses are placed on veterans' graves in our local cemeteries each year mid to late October and removed in the days following November 11th.

6) We need **colour parties** (someone to carry a flag) twice a year – once for the Richmond Fair Parade and once for the November 11th service. We have had to resort to asking other Branches to provide personnel for the past 2 years.

I for one cannot continue to do all I have been doing and I know others who feel that same way. I will definitely be cutting back on how much I take on in the coming year, so please consider how much you help will provide. You don't have to work every barbeque or take part in every event but if just a few more people help from time to time it would make a big difference.

We do **need you** to keep the Richmond Legion going.

Wendy Ryan

RICHMOND & DISTRICT LEGION BRANCH 625 CLUBHOUSE RULES

THE FOLLOWING CLUBHOUSE RULES WERE PASSED AT THE GENERAL MEETING ON MARCH 22 2024 AND WILL BE SEND TO COMMAND FOR APPROVAL.

Note: Any member not complying with these rules may be subject to suspension of Branch facilities and privileges in accordance with Dominion Command General By-laws.

The following rules shall apply while on the premises or in the Legion hall:

Members in good standing may enjoy Branch privileges within posted hours. Exception: during a hall rental activity.

All members, members of other Legion branches, the RCMP, OPP, Ottawa Police or Canadian Forces members and all guests, must sign the guest book when attending a Legion meeting or event (Legion dinners, seminars etc.).

Proof of membership and/or personal identity must be shown if requested by the Bartender or a senior Branch Officer.

Members will be responsible for the conduct and deportment of their guests.

All persons, members and guests shall be dressed appropriately and modestly with no explicit or obscene wording or images on clothing.

The wearing of OMC or street gang colours is not permitted at Legion events and on the premises as this is contrary to the Legion's Articles of Faith and disrespectful of the sacrifices made by our Veterans.

No bare feet or nudity.

No hats are permitted inside the Legion hall unless specifically for medical or religious reasons. (exception: if work/event requires multiple exits/entrances).

9. No profane or disorderly conduct.
10. No smoking, including e-cigarettes and vaping, or use of cannabis products

or drugs is permitted. Local city by-laws will be enforced.

No cheques shall be cashed and no credit extended.

In case of dispute, the final decision as to standards of dress or conduct shall be made by the bartender on duty, or in cases where the bar is not open, the senior member of the executive present.

All Alcohol & Gaming laws and local City By-Laws will be followed.

Rest Easy My Friend

Condolences to Tom Louks and the entire family on the passing of our dear Jane.

Jane was in her 42nd year as a member of the Richmond Legion and earned a Life Membership in 2002. She served the Richmond Legion in may capacities over the years, including President June 1999 to May 2001 & June 2014 to May 2018; 2nd vice June 2012 to May 2013; Bursary June 2019 to May 2021; Membership June 2007 to May 2014; Poppy June 2014 to May 2021; Seniors June 2009 to May 2011; Ways & Means June 2017 to May 2020 (catering -providing food for halls rentals - became part of Ways & Means in 2018 when the Ladies Auxiliary folded). Jane was 2nd Vice President of the Ladies Auxiliary from June 2003 to May 2004 & from June 2006 to May 2007 as well as President of Club 55 from June 2007 to May of 2010.

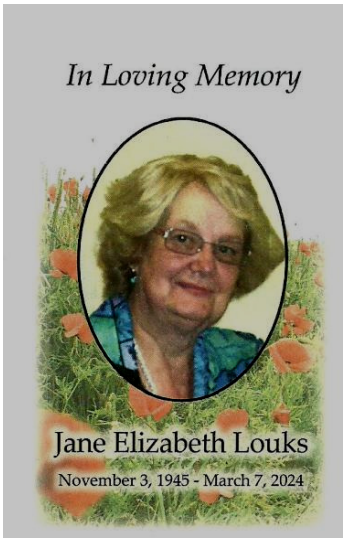
Jane's organizational skills, attention to detail, decorating flair and cooking skills ensured that every event she led at the Richmond Legion was a success. For as long as I can remember, Jane organized the annual Charter Night & Honours & Awards dinner in June and the annual Remembrance dinner in November, to name just a few.

She made everyone feel welcome and suffered fools with a smile!

Ownership of Shakes Arcade years ago made her known to the young people of Richmond who remember her kindness.

Her dedication to the Legion was only out done by her devotion to and love for her husband of 56 years Tom, children (Jennifer & Jamie) and grand daughters (Molly & Megan).

Rest in Peace Jane - you will be missed.



I'm Free

Don't grieve for me, for now I'm free
I'm following the path God has laid you see.
I took His hand when I heard him call
I turned my back and left it all.

I could not stay another day
To laugh, to love, to work, to play.
Tasks left undone must stay that way
I found that peace at the close of day.

If my parting has left a void
Then fill it with remembered joy.
A friendship shared, a laugh, a kiss
Oh yes, these things I too will miss.

Be not burdened with times of sorrow
I wish you the sunshine of tomorrow.
My life's been full, I savored much
Good friends, good times, a loved one's touch.

Perhaps my time seemed all too brief
Don't lengthen it now with undue grief.
Lift up your hearts and peace to thee
God wanted me now; He set me free.

A Few Pages of Stuff - Both Silly & Serious ….

They call us "The Elderly"
We were born in the 40-50-60's.
We grew up in the 50-60-70's.
We studied in the 60-70-80's.
We were dating in the 70-80-90's.
We got married and discovered the world in the 70-80-90's.
We venture into the 80-90's.
We stabilize in the 2000's.
We got wiser in the 2010's.
And we are going firmly through and beyond 2020.

Turns out we've lived through EIGHT different decades...
TWO different centuries...
TWO different millennia…

We have gone from the telephone with an operator for long–distance calls to video calls to anywhere in the world.

We have gone from slides to YouTube, from vinyl records to online music, from handwritten letters to email and Whats App.

From live matches on the radio, to black and white TV, colour TV and then to 3D HD TV.

We went to the Video store and now we watch Netflix.

We got to know the first computers, punch cards, floppy disks and now we have gigabytes and megabytes on our smart phones.

We wore shorts throughout our childhood and then long trousers, Oxfords, flares, shell suits & blue jeans.

We dodged infantile paralysis, meningitis, polio, tuberculosis, swine flu and now COVID-19.

We rode skates, tricycles, bicycles, mopeds, petrol or diesel cars and now we drive hybrids or electric.
Yes, we've been through a lot but what a great life we've had!

They could describe us as "exennials," people who were born in that world of the fifties, who had an analog childhood and a digital adulthood.

We've kind of "Seen-It-All"!

Our generation has literally lived through and witnessed more than any other in every dimension of life.
It is our generation that has literally adapted to "CHANGE."

A big round of applause to all the members of a very special generation, which will be UNIQUE!

–Author unknown

Words of Wisdom?

Don't be worried about your smart-phone or TV spying on you. Your vacuum cleaner has been collecting dirt on you for years.

If you can't think of a word, just say, "I forgot the English word for it". That way people will think you're bilingual instead of an idiot.

I'm at a place in my life where errands are starting to count as going out.

I'm getting tired of being part of a major historical event.

I don't always go the extra mile, but when I do, it's because I missed my exit.

My goal for this year was to lose 10 pounds. Only have 14 to go.

I just did a week's worth of cardio after walking into a spider web.

Senility has been a smooth transition for me.

I may not be that funny, athletic, good-looking, smart, or talented but … I forgot where I was going with this.

I love being old, I learn something new every day and forget 5 other things.

A thief broke into my house last night. He started searching for money, so I got up and searched with him.

I think I'll just put an "Out of Order" sticker on my forehead and call it a day.

Just remember, once you're over the hill, you begin to pick up speed.

Having plans sounds like a good idea until you have to put on clothes and leave the house.

It's weird being the same age as old people.

When I was a kid, I wanted to be older . . . this is not what I expected.

Life is like a helicopter. I don't know how to operate a helicopter either.

It's probably my age that tricks people into thinking I'm an adult.

Marriage Counselor: Your wife says you never buy her flowers. Is that true? Me: To be honest, I never knew she sold flowers.

Never sing in the shower! Singing leads to dancing, dancing leads to slipping and slipping leads to paramedics seeing you naked. So remember. . . Don't sing!

I see people about my age mountain climbing; I feel good getting my leg through my underwear without losing my balance.

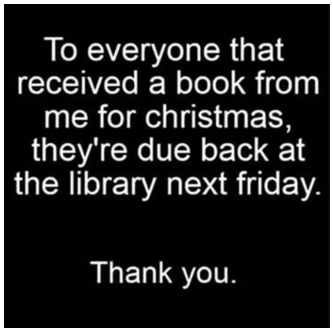
So if a cow doesn't produce milk, is it a milk dud or an udder failure?

I'm at that age where my mind still thinks I'm 29, my humor suggests I'm 12, while my body mostly keeps asking if I'm sure I'm not dead yet.

You don't realize how old you are until you sit on the floor and then try to stand back up.

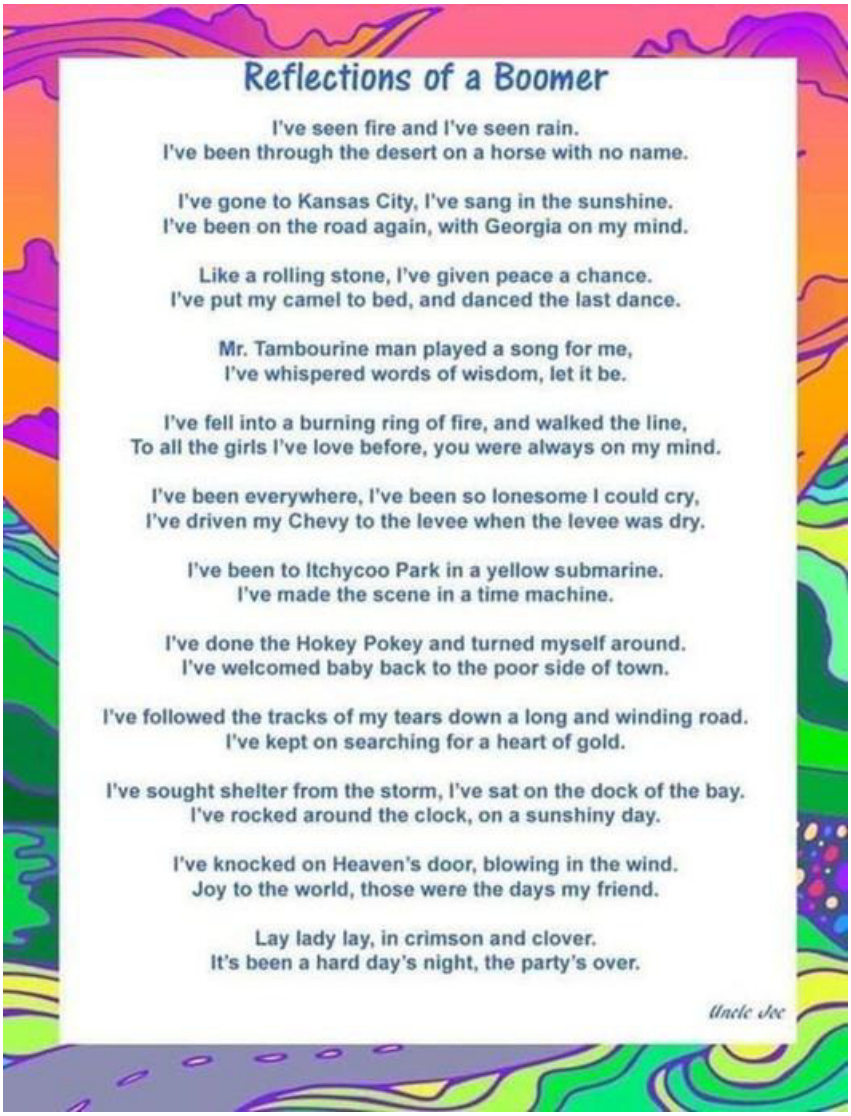
We all get heavier as we get older because there's a lot more information in our heads. That's my story and I'm sticking to it.

From Tom Louks



A police officer called the station. "I have an interesting case here. An old lady just shot her husband for stepping on the floor she just mopped". "Have you arrested the woman" "Not yet. The floor is still wet."

How many of these songs do you remember?



Food for thought...

Show this one to the kids..... A young man went to seek an important position at a large Landscaping company. He passed the initial interview and was going to meet the director for the final interview. The director saw his resume, it was excellent. And asked,' "Have you received a scholarship for school?" The boy replied, "No". 'It was your father who paid for your studies? " Yes.' He replied.
'Where does your father work? ' 'My father is a Farmer' and landscapes for fun. The Director asked the young man to show him his hands. The young man showed a pair of hands soft and perfect.
'Have you ever helped your parents at their job? ' 'Never, my parents always wanted me to study and read more books. Besides, he can do the job better than me. The director said: 'I have got a request: When you go home today, go and wash the hands of your father and then come see me tomorrow morning.' The young man felt his chance to get the job was high.

When he returned to his house he asked his father if he would allow him to wash his hands.
His father felt strange, happy, but with mixed feelings and showed his hands to his son. The young man washed his hands, little by little. It was the first time that he noticed his father's hands were wrinkled and they had so many scars. Some bruises were so painful that his skin shuddered when he touched them. This was the first time that the young man recognized what it meant for this pair of hands to work every day to be able to pay for his studies. The bruises on the hands were the price that his father paid for his education, his school activities and his future. After cleaning his father's hands the young man stood in silence and began to tidy and clean up the workshop. That night, father and son talked for a long time.

The next morning, the young man went to the office of the director. The Director noticed the tears in the eyes of the young man when He asked him, 'Can you tell me what you did and what you learned yesterday at your house?' The boy replied: 'I washed my father's hands and when I finished I stayed and cleaned his workshop. Now I know what it is to appreciate and recognize that without my parents, I would not be who I am today. By helping my father I now realize how difficult and hard it is to do something on my own. I have come to appreciate the importance and the value in helping my family. The director said, "This is what I look for in my people. I want to hire someone who can appreciate the help of others, a person who knows the hardship others go through to accomplish things, and a person who realizes that money is not his only goal in life". 'You are hired'.

A child that has been coddled, protected and given everything he or she wants, develops a mentality of "I have the right" and will always put himself or herself first, ignoring the efforts of parents, family and friends. If we are this type of protective parent are we really showing love or are we helping to destroy our children? You can give your child their own room in a big house, good food, a computer, tablet, cell phone, and a big screen TV, but when you're washing the floor or painting a wall, children need to experience that too.

After eating, have them wash the dishes with their brothers and sisters, let them fold laundry or cook with you, pull weeds or mow the lawn. You are not doing this because you are poor and can't afford help. You are doing this because you love them and want them to understand certain things about life. Children need to learn to appreciate the amount of effort it takes to do a job right. They need to experience the difficulties in life that people must overcome to be successful and they must learn about failure to be able to succeed.

Children must also learn how to work and play with others and that they will not always win, but they can always work harder to reach their goals. If they've done their best, then they can take pride in all the effort they put forth.

Life is about giving and serving and these qualities are taught in most homes.

Beautifully stated…

As we grow up we learn that event he one person that wasn't supposed to ever let you down probably will.
You will probably have your heart broken more than once and it's harder every time.
You'll probably break hearts too, so remember how it felt when yours was broken.
You'll fight with your best friend.
You'll blame anew love for things an old one did.
You'll cry because time is passing too fast, and you'll eventually los someone you love.
So take too many pictures, laugh too much, and love like you've never been hurt,
because every sixty seconds you spend upset is a minute of happiness you'll never get back!
Don't be afraid that your life will end, be afraid that it will never begin.!

They may see the good you do as self-serving.
Continue to do good.
They may see your generosity as grandstanding
Continue to be generous.
They may see your warm and caring nature as a weakness
Continue to be war and caring.
For you see, in the end, it is between you and God.
It never was between you and them anyway.

Understanding our biases:
I'm trying to learn about human behaviour in regards to everything happening in the world right now, and found this interesting. (This is not to affirm nor deny anyone's opinions on anything

1. Confirmation bias - the human brain welcomes information that confirms what it already thinks, and resists information that disturbs or contradicts what it already thinks.
2. Complexity bias - the human brain prefers a simple lie to a complex truth
3. Community bias - our brains find it hard to see anything that will get us in trouble with the group that we belong to and that we cherish.
4. Complementary bias - if people are nice to us then we will be open with what they say, and if we don't perceive them as liking us or being nice to us, then we will be biased against anything they say.
5. Contact bias - if you lack contact with someone then you will not be able to see what they see.
6. Political biases - our brains like to see what our party sees and we flock with those who see as we do.
7. Consciousness bias - we can only see from a location from our own level of maturity or consciousness
8. Competency bias - our brains like to think of ourselves as above average. As a result we often underestimate both our incompetence and sometimes our competence as well
9. Confidence bias - we prefer a confident lie to a hesitant truth
10. Conspiracy bias - when we feel shame we're vulnerable to stories that cast us as victims of some evil conspiracy
11. Comfort bias - we welcome data that lets us just relax
12. Catastrophe bias - we are prone to see things that seem immediately and disastrously dangerous, but we find it easy to ignore the slow coming change.
13. Cash - we see what brings in the money. If something might cost us something or might not be financially profitable - it is very easy for us to discount. (Brian McLaren, author)

Carol Brown	02-Apr
Terry Fish	02-Apr
Gerry Blair	06-Apr
Jack Lemyre	12-Apr
Pat Laninga	16-Apr
Bill Cook	20-Apr
Josiane Roberds	20-Apr
John Olsen	26-Apr
Sharon Murphy	27-Apr
Sylvain Carignan	28-Apr

Betty Brown	09-May
Iain Clogg	10-May
Bruce Munro	18-May
Joan Frost	22-May
Mavis Lewis	25-May
Gisele Moore	25-May
Don Hall	30-May

Justin Schmidt-Clever	02-Jun
Wendy Ryan	04-Jun
June Craig	07-Jun
June Alford	08-Jun
Susan Grant	10-Jun
Johnny Villeneuve	18-Jun
Patricia McGrath	19-Jun
Keith Thurrott	30-Jun

Golf Humour.

Ed and Carolyn met while on a singles cruise and Ed fell head over heels for her. When they discovered they lived in the same city only a few miles apart Ed was ecstatic. He immediately started asking her out when they got home.

Within a couple of weeks, Ed had taken Carolyn to dance clubs, restaurants, concerts, movies, and museums. Ed became convinced that Carolyn was indeed his soul mate…and true love. Every date seemed better than the last. On the one-month anniversary of their first dinner on the cruise ship, Ed took Carolyn to a fine restaurant.

While having cocktails and waiting for their salad, Ed said, “I guess you can tell I’m very much in love with you. I’d like a little serious talk before our relationship continues to the next stage. So, before I get a box out of my jacket and ask you a life changing question, it’s only fair to warn you, I’m a total golf nut. I play golf, I read about golf, I watch golf on TV. In short, I eat, sleep, and breathe golf. If that’s going to be a problem for us, you’d better say so now!”

Carolyn took a deep breath and responded, “Ed that certainly won’t be a problem. I love you as you are and I love golf too; but, since we’re being totally honest with each other, you need to know that for the last five years I’ve…I’ve been a hooker.” “That’s alright.” Ed said, “I bet it’s because you’re not keeping your wrists straight when you hit the ball.”

Please support our local businesses!

ACTIVITIES

Barbeques: Fridays 4:30 to 6 pm - May 31st, June 24 & 28, July 12 & 26, August 9 & 23, September 6 & 20, 2024.

Coffee: Monday, Wednesday & Friday at 10 am

Exercise: Monday, Wednesday & Friday at 9 am

Euchre: Fridays at 1 pm

Darts: Fridays at 7 pm Wraps up on April 19, 2024

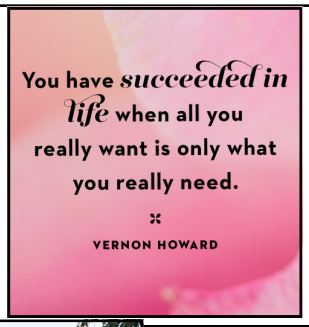
Executive meetings: the third Thursday of each month at 10:30 am

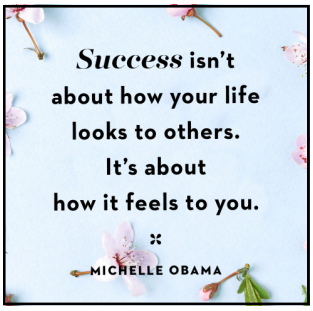
General meetings: the fourth Friday of January, March, June, September & November at 11 am.

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.





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