




Royal Canadian Legion



Branch 625 Richmond



Legion  Canada's Largest Service Club

Foxy's Tales



March 2025



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

Branch Executive Officers

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

Branch Executive Committee

Eric Booth
Iain Clogg
Tom Louks
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 7 pm.

Website is: www.richmondlegion.ca

Facebook: Royal Canadian Legion Branch 625

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

Branch Committee Chairs

Bar	Tom Louks	613-838-3244
Branch Regulations	As needed	
Bursary	Wendy Ryan	rclbursary625@gmail.com
Bulletin	Wendy Ryan	613-838-9696
Cenotaph	Tom Louks	613-838-3244
Coffee	John Villeneuve	613-838-2548
Euchre	Carole Brown	613-836-5520
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	Iain Clogg	613-986-8361
Ways & Means	McGrath & Ryan	
Website	Wendy Ryan	613-838-9696
Wellness checks	Patricia Ham	613-203-8895
Youth		youthrcl625@gmail.com

President's Message

The past winter months have had the usual activities - exercise classes on Monday, Wednesday and Friday morning followed by the coffee hour. A big thank you goes to Tom McKay who stepped into lead the class while Pat McGrath was being a snowbird! Thanks also to my friend Mark McGuire for doing a video of Pat leading the class for Tom to use. Thanks also to Johnny Villeneuve and Sharon Murphy for looking after the coffee hour - they have been doing this for many years! I believe Friday Night Darts will wrap up at the end of this month so thanks to everyone involved there - most of the players are not Legion members and this is a big contributor to our coffers. Thanks to Johnny Villeneuve and Tom Louks for arranging the updates to the washrooms - the handicapped one had the walls tiled which looks very nice and the broken tiles in the floor of the front entrance were also replaced.

Once again I have to talk about the upcoming Branch elections on May 15th at 7 pm. We are looking for a president, vice president, secretary and 2 or 3 people to be part of the executive. Without a president the Branch will cease operations so please consider taking this on. All committee positions are vacated as of May 31st and the President appoints committee chairs to take over as of June 1st. All terms are for 1 year and all committees are in need of chairs. Currently we have limited committees due to lack of volunteers.

Note that the executive meetings are currently the third Thursday of the month at 10 am but the time can change -even the day can change if need be.

If you look at page 2 you will see the current committees we are able to operate and every current chair is more than willing to step aside if someone else is interested - some committees have had the same chair for 20 years or more! Bulletin, Bursary, Donations, Website, Poppy Chair, Telephone and Greeting cards to members are all things that I do and I will be looking for someone to take over at least 4 of them.

The Poppy Chair will only have to organize the poppy campaign since Eric Booth takes care of the November 11th service. The **Website** is just sending information and updates to the web master. **Telephone** only has to contact 4 or 5 members who do not use email and **greeting cards** sends get well, sympathy & congratulations cards to members.

We also need some volunteer Bar tenders - please note our bar is only open for specific events: currently Friday Night Darts, the summer barbeques and any hall rentals wanting a bar - you are not usually there more than 4 hours.

More details on all the committees are on page 6. If you have any questions please reach out to me and I will get your questions answered. As I have said many times, we need you to help keep our Branch operating -- you can share a committee with someone else to help lighten the load. But really, most of them are not that onerous.

Please contact me as soon as possible if you are able to help out and no later than April 30th. Thanks in advance.

Wendy Ryan

Last Post

*Joyce Cook
December 25 2024*

We Will Remember Them...

BRANCH 625 RCL RICHMOND CALL FOR NOMINATIONS

A call for nominations will be issued at the March General Meeting on 28 March 2023. Nominations will cease to be accepted as of 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 will be issued on March 28, 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 15, 2024. Based on the number of nominees, Branch Officers will then be elected or acclaimed for the 2025/2026 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

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) Four or five people are needed to represent our Branch at the **Perley Rideau Veterans Centre** on June 4th for bingo night to help the vets with their bingo cards and on June 18th 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. Please contact Iain Clogg by May 1st if you will help.

2) The **Friday night barbeques** will return on May 30th 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. Please contact Wendy Ryan or Pat McGrath if you are willing to help.

3) 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.

4) **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.

5) 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. Please contact Boyd Dulmage if you are willing to help.

Contact information is on page 2 of this bulletin.

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 can 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. Thank you in advance.

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. The current chairs are all very willing to be replaced so please consider taking over a committee or at the very least, helping with one of the committees. Current chairs are very willing to show you the ropes!

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. **WE NEED MORE BAR TENDERS!**

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.

Continued on next page...

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 1 local papers, a Facebook page and a website. Notices can also be posted at local businesses.

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.

Continued on next page...

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. Most of 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 projected income & expense requirements. 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.

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.

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

We need to have a President, Veteran Service Office, Second Vice President, Secretary, one or two executive committee members and several committee chairs for the coming 2025-2026 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.

Continued on next page...

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.

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.

If you are currently a committee chair, please let me know by April 30th if you will continue in your current role.

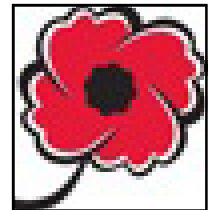
If you are willing to help in any way, please contact me by April 30th.

Thank you in advance.

*Wendy Ryan,
President*

Poppy

The donation of \$5000 to the Perley Health Centre was sent but we are still waiting on an approved "wish list" from Veterans' House before we can submit the Special Use Form to Ontario Command for approval, since Veterans' House is not on the pre-approved list of recipients.



We have set aside \$4000 for student bursaries again this year, maximum per student is \$1000.

The Poppy Chair position needs to be filled come June 1st and since Eric Booth will organize the November 11th service, the main role for the Poppy Chair will be to organize the Poppy campaign which lasts just 12 days this year - October 31st to November 11th. Volunteers approach local businesses asking for donations and counter boxes are placed in various local businesses with poppies in them. I believe most if not all the volunteers from last year will return.

Please let me know by April 30, 2025 if you are interested in doing/helping with this.

Wendy Ryan

Stuff you didn't know you didn't know! Oldies but goodies.

In the 1400's a law was set forth in England that a man was allowed to beat his wife with a stick no thicker than his thumb. Hence we have 'the rule of thumb'

Many years ago in Scotland, a new game was invented. It was ruled 'Gentlemen Only...Ladies Forbidden'..and thus, the word GOLF entered into the English language.

The first couple to be shown in bed together on prime time TV was Fred and Wilma Flintstone.

Every day more money is printed for Monopoly than the U.S.Treasury.

Men can read smaller print than women can; women can hear better.

Coca-Cola was originally green.

It is impossible to lick your elbow. WHY WOULD YOU WANT TO?

The State with the highest percentage of people who walk to work: Alaska

The percentage of Africa that is wilderness: 28% (now get this...)

The percentage of North America that is wilderness: 38%

The cost of raising a medium-size dog to the age of eleven: \$ 16,400.00

The average number of people airborne over the US. in any given hour: 61,000

Intelligent people have more zinc and copper in their hair..

The first novel ever written on a typewriter, Tom Sawyer.

The San Francisco Cable cars are the only mobile National Monuments.

Each king in a deck of playing cards represents a great king from history: Spades - King David
Hearts – Charlemagne, Clubs -Alexander the Great, Diamonds - Julius Caesar

If a statue in the park of a person on a horse has both front legs in the air, the person died in battle. If the horse has one front leg in the air, the person died because of wounds received in battle. If the horse has all four legs on the ground, the person died of natural causes.

Q. Most boat owners name their boats. What is the most popular boat name requested? A. Obsession

Q.. If you were to spell out numbers, how far would you have to go until you would find the letter 'A'? A One thousand.

Q. What do bulletproof vests, fire escapes, windshield wipers and laser printers have in common? A. All were invented by women.

Q. What is the only food that doesn't spoil? A. Honey

Q. Which day are there more collect calls than any other day of the year? A. Father's Day.

In Shakespeare's time, mattresses were secured on bed frames by ropes. When you pulled on the ropes, the mattress tightened, making the bed firmer to sleep on. Hence the phrase...'Goodnight , sleep tight'

It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey beer and because their calendar was lunar based, this period was called the honey month, which we know today as the honeymoon.

In English pubs, ale is ordered by pints and quarts... So in old England , when customers got unruly, the bartender would yell at them 'Mind your pints and quarts, and settle down.' It's where we get the phrase 'mind your P's and Q.s'

Many years ago in England , pub frequenters had a whistle baked into the rim, or handle, of their ceramic cups. When they needed a refill, they used the whistle to get some service. 'Wet your whistle' is the phrase inspired by this practice.

This looks weird. Believe it or not, you can read it.

I cdnuolt blveiee taht I cluod aulacly uesdnatnrd waht I was rdanieg The phaonmneal pweor of the hmuan mnid Aoccdnrig to rscheearch at Cmabrigde Uinervtisy, it deosn't mtttaer in waht oredr the ltteers in a wrod are, the olny iprmoatnt tihng is taht the first and last ltteer be in the rghit pclae. The rset can be a taotl mses and you can still raed it wouthit a porbelm. This is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Amzanig huh?

Ways & Means

Friday Night barbeques will return on Friday, May 30th, 2025 and will be held every 2 weeks: June 13 & 27, July 11 & 25, August 8 & 22 and September 5.

They will run from 4:30 pm to 6 pm and will be limited to 100 people. As in the past, you will have to your entrée and reservations will close at 4 pm on the Wednesday before the barbeque.

The menu will still be steak, chicken, burgers and dogs but prices are to be determined closer to that date.

Mark your calendars and watch your email for more information!

Golf Poem

In My Hand I Hold A Ball,
White And Dimpled, Rather Small.

Oh, How Bland It Does Appear,
This Harmless Looking Little Sphere.

By It's Size I Could Not Guess,
The Awesome Strength It Does Possess.

But Since I Fell Beneath Its Spell,
I've Wandered Through The Fires Of Hell.

My Life Has Not Been Quite The Same,
Since I Chose To Play This Stupid Game.

It Rules My Mind For Hours On End,
A Fortune It Has Made Me Spend.

It Has Made Me Yell, Curse And Cry.
I Hate Myself And Want To Die.

It Promises A Thing Called Par,
If I Can Hit It straight And Far..

To Master Such A Tiny Ball,
Should Not Be Very Hard At All.

But My Desires The Ball Refuses,
And Does Exactly As It Chooses.

It Hooks And Slices, Dribbles And Dies,
And Even Disappears Before My Eyes.

Often It Will Have A Whim,
To Hit A Tree Or Take A Swim.

With Miles Of Grass On Which To Land,
It Finds A Tiny Patch Of Sand.

Then Has Me Offering Up My Soul,
If Only It Would Find The Hole.

It's Made Me Whimper Like A Pup,
And Swear That I Will Give It Up.

And Take To Drink To Ease My Sorrow,
But The Ball Knows I'll Be Back Tomorrow.

Stand proud you noble swingers of clubs and losers of balls....

A recent study found the average golfer walks about 900 miles a year.

Another study found golfers drink, on average, 22 gallons of alcohol a Year.

That means, on average, golfers get about 41 miles to the gallon.

Kind of makes you proud.

Almost feel like a hybrid. .. a lean mean golfing machine - so to speak!

Thanks Brian Beyer -it took me 5 years but I finally used this!

A Visit to St Peter

A man appears before St. Peter at the pearly gates.

"Have you ever done anything of particular merit?" St. Peter asks.

"Well, I can think of one thing," the man offers. "Once, on a trip to the Black Hills, out in South Dakota, I came upon a gang of high-testosterone bikers who were threatening a young woman.

I directed them to leave her alone, but they wouldn't listen. So I approached the largest and most heavily tattooed biker. I smacked him on the head, kicked his bike over, ripped out his nose ring and threw it on the ground, and told him, 'Leave her alone now or you'll answer to me.'"

St. Peter was impressed. "When did this happen?"

"Just a couple of minutes ago."

I'm tired of being the only one
who cleans, pays all the bills,
cooks, and does dishes
in this house.
I live alone, but still.

I wish my siblings would stop
calling me "spoiled" just because
I'm the baby of the family.
The fact is, my parents kept having
children until they found one they
liked.

It is so not my issue.

Some people have a lot to say about
lives they've never lived, offering
opinions on struggles they've never
faced, and passing judgment on paths
they've never walked.



Carol Brown	02-Apr
Gerry Blair	06-Apr
Jack Lemyre	12-Apr
Pat Laninga	16-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
Mike Clarkson	13-May
Bruce Munro	18-May
Joan Frost	22-May
Diana Shaw-Malvern	23-May
Gisele Moore	25-May
Don Hall	30-May

Justin Schmidt-Clever	02-Jun
Wendy Ryan	04-Jun
Eileen Cosham	06-Jun
June Craig	07-Jun
June Alford	08-Jun
Susan Grant	10-Jun
Byron McKay	13-Jun
Johnny Villeneuve	18-Jun
Patricia McGrath	19-Jun
Keith Thurrott	30-Jun



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ACTIVITIES

Barbeques 2025 : May 30, June 13 & 27, July 11 & 25, August 8 & 22 and September 5.

Coffee: Monday, Wednesday & Friday at 10 am

Exercise: Monday, Wednesday & Friday at 9 am

Euchre: Fridays at 1 pm

Darts: Fridays at 7 pm (ends at the end of March 2025)

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 & elections: the third Thursday of May at 7 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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