




Royal Canadian Legion



Branch 625 Richmond



Legion  Canada's Largest Service Club

Foxy's Tales



MARCH 2026



The Royal Canadian Legion Richmond, Branch 625
6430 Ottawa St West, Box 625 Richmond Ontario K0A 2Z0
Phone 613-838-2644
Website: www.richmondlegion.ca

Branch Executive Committee

President	Brian Goss
Past President	Wendy Ryan
First Vice President	Iain Clogg
Secretary-treasurer	Pat McGrath
Sgt-At-Arms	vacant
Elected	Eric Booth
Elected	John Evans
Elected	Ray Huet
Elected	Tom Louks
Elected	Tom McKay
Elected	Louis Seward
Elected	John Villeneuve

Branch Executive Meetings

are the Third Thursday of each month at 10:00 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

Email: inforcl625@gmail.com

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 Standing Committee Chairs

Leadership Development	Vacant
Legion Seniors	Pat McGrath
Membership	Boyd Dulmage
Remembrance	vacant
Public Relations	Brian Goss
Sports -Darts Euchre	Cathie Lytle Elizabeth Vickers
Track & Field	Vacant
Veterans Services	Iain Clogg
Youth Education	Marybette Crawford

Branch Optional Committees

Bar	Tom Louks
Branch Regulations	vacant
Bursary	Wendy Ryan

Financial Review Committee:

Honours & Awards	Vacant
Property Maintenance	John Villeneuve
Sick & Visiting	Vacant
Solicitations	Ray Huet
Ways & Means	Pat McGrath

Stand Alone Committees

Branch Historian	Vacant
Bulletin	Wendy Ryan
Cenotaph	Tom Louks
Chaplain	Louis Seward
Coffee	John Villeneuve
Hall Rentals	Tom Louks
Website liaison	Wendy Ryan

Some committee names have been changed to use the official titles as per Provincial Command and our Branch regulations.

President

We are coming to the end of our year (May 31st) and the end of my term as President with this being the final Bulletin until the new administration takes over.

I would like to thank all who supported me with handling duties a President would normally do. Age and eyesight restricted me from performing at a maximum effort.



We survived the year and avoided a Branch shutdown and are in the process of soliciting members to assume nomination for elected positions (Vice President & Secretary) and volunteering for either Chair or Co-Chair of committees. At the very least, please volunteer to serve on committees of your choice.

The new Richmond population has discovered our Legion and if hall bookings are any indication, perhaps we can score some new members to fill our volunteer numbers. All of our community events were successful with our hall used for not-for-profit activities.

All in all with housing being built around us and our village turning into a town, we are looking for bigger and better things to come.

As I said thank you for all our committee and member efforts for the past year and keep it up for the year to come.

Brian Goss

BRANCH 625 RCL RICHMOND CALL FOR NOMINATIONS

A call for nominations will be issued at the March General Meeting on March 27, 2026. Nominations will cease to be accepted as of May 1, 2026.

The following Offices are open for 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. Please give all nomination forms to President Brian Goss.

Nominations will be accepted from the floor on election night.

Branch Elections

A call for nominations for Branch 625 Officers will be issued on March 27, 2026 at the monthly Branch General Meeting. Nominations will be accepted by President Brian Goss, until May 1, 2026. Nomination forms are available on the bulletin board inside the front door of the hall.

Based on the number of nominees, Branch Officers will then be elected (if there is more than one candidate) or acclaimed (single candidate) for the 2026/2027 term of office. This will take place at the annual general meeting on Thursday, May 21, 2026 at 7 pm. A call for nominations will also be made during the election process.

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, Vice President, Secretary, Treasurer, Sgt-at-Arms and an appointed Veteran Service Officer. To operate efficiently a Branch also needs members elected to the executive committee, which is at least 6 as per our Branch Regulations, and various Chairpersons to head important and necessary committees.

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

The Branch President shall 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.

The Incoming President will appoint Committee Chairs for the approval of the Executive Committee at its first Meeting of the new term (June):

- (a) Leadership Development;
- (b) Legion Seniors;
- (c) Membership;
- (d) Poppy & Remembrance;
- (e) Public Relations;
- (f) Sports;
- (g) Track and Field;
- (h) Veterans Services;
- (i) Youth Education.

These above positions must be filled.

In addition as per our Branch Regulations a chaplain will be appointed as well as chairs for the **OPTIONAL** committees: Bar, Bursary, Branch Regulations, Finance, Honours & Awards, Lottery, Property Maintenance, Sick & Visiting, Solicitations and Ways & Means.

The President will appoint a member to each of these **STANDALONE** positions: Bulletin Editor, Branch Historian, Cenotaph Coordinator and Hall Rental Agent.

All appointees must be members in good standing and must be approved by the Executive committee at the June meeting before going to the June general meeting for approval.



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Food with a Flare

The Sunday luncheon on March 15, 2026, spearhead by Pat McGrath, was a great afternoon well spent.

Saturday was busy with the prep and the kitchen team whipped up delicious Shepherds pie, Caesar salad and a special minty dessert. Which made it very festive considering St. Patrick's Day was around the corner.

Attendance is always hit and miss with the weather but the numbers were good. Great conversation and David Brown, our councillor, was in attendance which made it memorable.

My journey with the Legion is becoming more diverse and has been a great chance to meet some interesting people. Keep watching for more events, with these top home chefs are sure to please.

That's it for now,

signing off

Marybette!



Tim Steele, David Brown & Mike & Eileen Cosham.
Donna Foster Tina Melvin?? Marylou & Keith Thurrott
Angie Powers & Eileen Kavanagh
Eileen Kavanagh & Marybette Crawford
Wendy Virtue & Pat McGrath

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Youth Ed

From wonderful Friday night barbeques with great food and friendly conversation, to becoming a Legion member has given me the opportunity to remember the brave who fought for the freedom we have today!



My first effort was the retail poppy campaign, joined by Tom McKay. This became a most enjoyable time and we felt accomplished after building numbers in our appointed area! I will be happy to volunteer again this year!

My first Christmas experience initiated by Pat at the Legion was so much fun and quite delicious! I volunteered to serve at the seniors Christmas dinner. Great food, conversation, music and happy seniors!

During a monthly meeting I was approached to be chairperson for the Youth Ed Program, after a brief thought I agreed. The program was the annual poster contest, as a representative I contacted each of the three schools in Richmond and explained the contest and left the information to be found online or as I had printed out entry forms for those interested. I gave a date that entries would be picked up.

WOW I was pleasantly surprised by the participation. All posters collected I displayed at the Legion's coffee hour and had members choose their favourites!

Results are in:

South Carleton High School

First Place: Juliana Owen's (Colour)

First Place: Rose MacIver (B&W)

St. Philips Primary School

First Place: Amelia McLellan (Colour)

First Place : Luke Abou-Hamad (B&W)

Richmond Public School

First Place: Jade Renaud (Colour)

First Place: Mohamed Hashishou (B&W)



But guess what it doesn't stop there, our 2 posters from South Carleton High School have moved on from Branch to Zone and are now competing at District.

I am very happy for Julia Owens and Rose MacIver.

I congratulate Christine Barbier, the Art Teacher at South Carleton High School for her involvement in this project. Stay posted and fingers crossed, let's go to the top!



Results for this next level of competition will be in by end of March 2026.

My personal next adventure at the Legion is bartending after being encouraged by Legion members to get my Smart Serve, this Friday (January 23rd) will be my first time bartending.

Cheers to all members, see you at the bar.

Marybette Riddell Crawford

Youth Ed

Part 2

The Zone winners and their guests were invited to receive their Zone awards at the Richmond Legion and this took place on Thursday February 19th at 2:30 pm.

The presentation at the Legion for Rose and Juliana was well received and the attendance was fairly good, with 20 people taking time out of their busy day to acknowledge the excellence of these two young artists.

Our City Councillor David Brown was in attendance and presented the awards which provided a photo opportunity for the girls with the pictures being shared on our Facebook page.

Afterwards refreshments were served and all in attendance stayed for fellowship. We are looking forward to the results of the next level which is District!

Very excited to explore the Valentine's for Vets project initiated in Prince Edward Island by the Department of Veterans Affairs and I, on behalf of the Legion, would like to get the youth of Richmond involved in this worthwhile project next year. It is a long-standing program where Veterans Affairs Canada (in Charlottetown, PEI) distributes handmade valentines to veterans in long-term care facilities to show appreciation.

True Patriot Love Foundation is a major national charity that funds this and many other initiatives in PEI and across Canada to support military members, veterans, and their families.

Thanks for taking the time to read this update of my adventures as a member of Legion 625 stay tuned for next time.

Signing off

Marybette



Pictured top left: Christine Barbier, Visual Arts Teach at South Carleton Hight School, Rose McIver, Black & White Poster winner at Branch & Zone Levels, city councillor David Brown.

Pictured right: Branch Youth Ed Chair Marybette Riddell-Crawford.



Pictured bottom left: Christine Barbier, Visual Arts Teacher at South Carleton , Colour Post Winner at Branch & Zone levels Juliana Owens , city councillor David Brown.



Ottawa's New Recycling Program

Black bin recycling (fibre) includes paper laminate packaging and other fibrous and paper material. Examples include cardboard boxes (including pizza boxes and shipping boxes), boxboard (like cereal and tissue boxes and paper towel rolls), paper bags and printed paper (newspapers, flyers, magazines, office paper, envelopes, greeting cards and more), and paper laminate packaging such as pet food bags, food service paper bags, and plates. Cardboard and boxboard should be flattened when possible. Shredded paper is accepted if placed in a tied clear plastic bag.

Blue bin recycling (containers) includes paper laminate containers, cartons, foam packaging, flexible plastic packaging, as well as glass, metal, and plastic containers.

Paper laminate containers include items like spiral cans, cookie dough packages, ice cream containers, and hot and cold disposable beverage cups. These should be empty and free from food residue, and lids should be removed.

Cartons include juice and milk cartons, coffee creamers, and soup, broth, sauce, or similar cartons. These should be empty and free from residue, and lids can stay on.

Foam packaging includes takeout containers, cups, plates, bowls, and foam trays. These should be empty and free from residue, and any film wrap and absorbent pads should be removed where applicable.

Flexible plastic packaging includes bags used for dry cleaning, bread, newspapers and flyers; overwrap (like the wrap around paper towels, toilet paper, or beverage cases); coffee bags or deli pouches; chip bags; bubble wrap; snack wrappers; cereal liner bags; and plastic gift bags. These should be empty and free from residue.

Plastic containers include hard plastic bottles and jugs (like detergent jugs and shampoo bottles), as well as a wide range of plastic tubs, trays, cups, lids, and black plastic containers. Toothpaste and deodorant tubes are also included, along with some small plastic packaging like blister packs and plant pots. In general, set items out empty and free of residue, and keep lids on plastic containers.

Metal and glass are also included. Metal containers include food cans, metal lids, and tins (like cookie tins), and aluminum foil and foil trays are accepted when empty, with foil balled up. Glass includes clear and coloured jars and bottles; these should be empty and free from residue, with lids off.

For the most up to date list and local details, residents should visit the Circular Materials website.



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Life Lessons from a Senior

When I turned 65 , I sat in my favorite chair, looked back at my life, and whispered to myself, “So... this is the beginning of the final stretch.”

And slowly, the truths I had avoided all my life began to surface.

Kids? They're busy writing their own story.

Health? Slips away faster than sand through open fingers.

The government? Just headlines, promises, and numbers that never change your daily reality.

Aging doesn't hurt your body first — it hurts your illusions.

So I sat down with myself and carved out a handful of bitter but necessary truths.

Kids don't save you from loneliness

Children grow, life pulls them in every direction, and you become a memory they visit when time allows.

You smile... and yet something inside you remains strangely hollow.

Kids bring joy — but they are not a shield against loneliness.

Health is not forever

One day, the outings you once jumped into with enthusiasm feel like a marathon.

You realize health was never a background character —

it was the main pillar holding your life steady.

Retirement and money

Retirement is not a reward — it's a reality check.

Depending on the system is like standing on thin ice.

Bills grow, needs grow, prices grow... but support doesn't.

So I rebuilt my life on new rules — honest, sharp, practical rules for living with dignity.

Rule 1: Money is more reliable than anything else.

Love your kids, cherish them —

but don't make them your retirement plan.

Save for yourself.

Even small savings create big freedom.

Financial independence is dignity.

Rule 2: Your health is your real job

Nothing else matters if your body refuses to cooperate.

Move. Walk. Stretch.

Guard your sleep like treasure.

Eat cleaner. Reduce the poison disguised as sugar and salt.

Illness doesn't discriminate,

but it respects those who take responsibility for themselves.

Rule 3: Create your own joy

Waiting for others to make you happy is the fastest way to heartbreak.

So you learn to enjoy the small things —

a peaceful breakfast, a good book, music that warms the soul.

When you know how to make yourself happy, loneliness loses its power.

Rule 4: Aging is not an excuse to become helpless

Some people turn aging into a performance of complaints.

And slowly, even those who love them start stepping away.

Strength is attractive.

Resilience is magnetic.

People respect the ones who stay capable, not the ones who surrender.

Continued on next page

Rule 5: Let go of the past

The good old days were beautiful — yes.
But they're gone, and there is no return ticket.
Clinging to the past steals the present.
Life today may look different, but it still holds moments worth living.

Rule 6: Protect your peace like it's your property

Not every argument needs your voice.
Not every insult needs your response.
Not every relative deserves access to your emotions.
Peace is expensive.
Protect it from drama, negativity, and draining people —
even if they're your close ones.

Rule 7: Keep learning something — anything

The day you stop learning is the day you start aging.
A new recipe, a new word, a new app, a new hobby —
your brain needs movement just like your body does.
Learning keeps you young.
Stagnation makes you old.

Strength and freedom still belong to you
Aging is an exam no one can take for you.
You can adapt, rebuild, and rise stronger...
or sit back, complain, and wait for someone to rescue you.
And if
No one comes to rescue you
Stand up for yourself ...
Because you still can.
And that single truth is enough to transform the rest of your life.

Author unknown...copied from the internet

**Remember...**

1. Never shake a hand while sitting.
2. Never talk bad about the food when you are the guest.
3. Don't eat the last piece of something you didn't buy.
4. Protect who is behind you and respect who is beside you.
5. Never make the first offer in a negotiation.
6. Don't take credit for the work you didn't do.
7. Dress well, no matter what the occasion.
8. Speak honestly: say what you think and mean what you say.
9. Ask more than you answer.
10. Leave the profane language for the less educated.
11. Avoid placing your phone on the table when eating with someone.
12. Listen, smile and most of all make eye contact.
13. If you're not invited, don't ask to go.
14. Never be ashamed of where you come from.
15. Don't beg for a relationship.



Carol Brown	02-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

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
Larry Crawford	24-Jun
Keith Thurrott	30-Jun

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ACTIVITIES



Barbeques 2026 : Dates to be announced.

Coffee: Monday, Wednesday & Friday at 10 am

Darts: Friday nights from October to March.

Exercise: Monday, Wednesday & Friday at 9 am

Euchre: Fridays at 1 pm

Executive meetings: the third Thursday of each month at 10:00 am or 1 pm.

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.

Please note: we are still in the process of getting control of our website and will get it updated as soon as we possibly can.



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