





## **Zone G 5 Officers**

Zone Commander ..... Doug Munroe  
Deputy Zone Commander ..... Sue Fraser  
Past Zone Commander ..... Leo Bedard

## **Zone G 5 Committee Chairmen**

Chairman ..... Clive Morris  
Co Chairman..... Ron Currie  
Secretary ..... Kathy Johnston  
Treasurer..... Blaine Kiley  
Bursary ..... Dave Richardson  
Chaplain..... Martin Carnahan  
Constitution & Laws..... Bob Johnson  
Honours & Awards..... Bev Currie  
Hospital Visiting..... Shirley Munroe  
Legion Seniors..... Wally Clemens  
Membership..... Dave Cashman  
National Remembrance Day Committee..... Doug Munroe  
Newsletter Editor..... Bev Currie  
Poppy ..... Bud Dion  
Public Relations..... Norma Hawley  
Resolutions ..... Ron Currie  
Rideau Veterans Committee..... Jim Margerum  
Sgt. At Arms..... Jim Wiles  
Sports & Youth Centre ..... Shirley Munroe  
Track & Field ..... Ken Porter  
TAOD ..... Sue Fraser  
Veterans Services ..... Gus Este  
Web Site Coordinator ..... Andre Ouelette  
Youth Education..... Shawn Taillon  
Youth Encounters Canada ..... Ken Vowles  
Legion Funeral Services ..... Pat Riley

## **ZONE COMMANDER:**

**Greetings Comrades - I hope that this finds you all in the best of health and that you all have had a great summer. Thank you for electing me once again and giving me the privilege of serving another term as your Zone Commander. Congratulations to all who were elected in our Branches and those who have accepted appointments on Branch Executives and our Zone Council. We certainly need all the volunteers we can get.**

**The Provincial Convention brought about more changes with Comrade Ed Pigeau being elected Provincial President, Comrade Andre Paquette as 1<sup>st</sup> Vice President and three new Vice Presidents. Our past- District Commander Ron Goebel is back as Vice-Chairman and Bruce McKittrick was re-appointed Constitution and Bylaws Chairman at Provincial and District. Comrade Bruce succeeded in having a standard set of Bylaws passed at the Convention which will come in to effect in October. Branches will then make "Regulations" which will define differences in their particular Branch.**

**Congratulations to our Past-Zone Commander, Comrade Leo Bedard who was appointed District Membership Chairman. We lost a seat at District with Hugh Priemeau from Cornwall replacing Comrade Barry Young as Track and Field Chairman.**

**Plan now to attend the District Convention in Eastview on the weekend of October 18. Comrades, we can't elect a G5 person on District Council unless we get a full delegation at Conventions. From the best attended Zone we are now about the worst. There are ways of raising money for your delegates to attend Convention and represent your Branch but you have to plan now to do it.**

**Comrades, the Legion is governed like an inverted pyramid with the Branches and General Membership at the Top passing Resolutions and Bylaws at Provincial and Dominion Conventions which determine the way the organization is to be run. For the past 10 years at least there have been very few resolutions coming from our Branches; but there is sure a lot of bitching about the way the Legion is run. If you don't like a Bylaw - Draft a resolution to change the thing to make it better for all.**

**Presently the new Provincial President has initiated the forming of Committees to determine what should be done to help our Branches and to get more members. I should have more information on this at Convention.**

**Our new Zone Council is listed in this edition of the Guardian. We are there to help you. Should you need assistance, please contact us.**

**Yours in comradeship,  
Doug Munroe**





### **DEPUTY ZONE COMMANDER: Sue Fraser**

The schedule for the fall season is already starting to fill up!! As with every fall, we start gearing up and getting ready for Legion Week, the Annual Poppy Campaign, and various seminars that enlighten us to the latest and greatest whether it be sports programs, by-laws, procedures or changing pensions & benefits from VAC. It is always extremely busy for us.

I have lots to learn from my mentors Doug Munroe and Ron Currie. With the branch inspections coming up, I look forward to seeing all of you.

I wish all of you success for your new season and your Poppy Campaigns.

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### **RICHMOND BRANCH 625: PRO Wendy Campbell**

For a small branch (151 members) we are certainly busy bees! In May we took part in the Richmond Village Garage Sale, which has been an annual event for several years now and our plant table is a big hit, a real money maker! We also had our branch elections in May and 90% of the executive remains the same –and I'll say no more on that topic!

On June 6<sup>th</sup> we had a small wreath laying ceremony at our local cenotaph to commemorate D-Day and we had our annual Honours & Awards/Charter night dinner that same night. We also hosted two community barbeques in June and our Club 55 held their annual Fun Day- which includes indoor and outdoor games and lunch.

July 11<sup>th</sup> we welcomed the CAVRA convention and held 3 more community barbeques that month. These barbeques are a lot of work and the same few dedicated members do the bulk of the work but they are profitable enterprises for our branch.

In August we will have hosted District G's fall council meeting as well as 2 more barbeques. September 11<sup>th</sup> will be our final barbeque of the season and by then we will be fully involved in our Poppy campaign planning.

In October our ladies Auxiliary will hold their annual Tea & Sale, probably on October 18<sup>th</sup> and we will do our Door-to-Door canvass of the area on October 31<sup>st</sup>. November 7<sup>th</sup> will be the date of our Remembrance Dinner and on November 11<sup>th</sup> we will have the wreath laying ceremony at our cenotaph followed by an all day open house at the branch. We provide lunch and supper, as well as evening entertainment, for anyone who wants to attend.

We sponsored a midget hockey team this past winter and received a very nice thank you card as well as hand written thank you notes from each player. The Poppy fund granted a record 6 bursaries this year and we also sponsored a minor softball team in the Richmond-Munster league. So we are doing our best to get our name out in the community.

Sadly, we lost several members this past while - Edna Reid, Marie Brown and Weldon (Bud) Chambers. We will remember them...

## **Report On administration of Zone website**

**Comrades:**

**The Zone website is rapidly becoming the envy of many other zones and branches, not because of its esthetics, although I personally think it looks pretty good, but because of the wealth and completeness of the information found within its pages. This is information that \*you\* provide to me through our Zone Secretary, Comrade Kathy Johnston and I want to thank you and Comrade Johnston for your efforts.**

**I urge you to continue to use the Zone website as an additional vehicle for disseminating your branch's special or ongoing events or whatever you think might be of interest to other branches and their members. This free advertising will hopefully increase participation in your branch's activities and possibly add to your cash intake.**

**Please note that all of the Branch Executive lists have been updated with the information provided by each individual branch. If you notice any errors or omissions, please let Comrade Johnston know ASAP and we will make the necessary corrections.**

**The other purpose of the website is to educate the public on what the Legion is all about. Therefore, it's of the utmost importance that we keep our information as accurate and as up-to-date as possible. If you discover a broken link, please let me know directly via e-mail about the problem and I will do my best to rectify the situation as soon as I can.**

**Updates other than a broken link should be sent to Comrade Kathy Johnston and she will see that I receive them for inclusion on your branch's page.**

**In late June, I added a page titled "The Fallen". This page is meant to honour all of the CF members who have given their lives in Afghanistan in the service of our country. If you haven't viewed this page yet, I encourage you to do so. There is sound associated with this page, (a bagpipe version of 'Amazing Grace'), so turn your speakers on. It's available from the main page of the Zone website.**

**If you have any comments or suggestions for the Zone website, I would be happy to receive them.**

**Thank you!**

**André L. Ouellette  
Website Administrator  
For RCL Zone G5**

***PRVC SCHEDULE: Shirley Munroe***

***Date: Event Time Branch***

June 3 Bingo 7:00 Richmond 625  
June 17 Vets Visiting (PUB) 7:00 Richmond & All Branches  
July 16 Vets Visiting (PUB) 7:00 All Branches Please come!  
August 12 Vets Visiting (PUB) 7:00 All Branches Please come!  
September 2 Bingo 7:00 Westboro 480  
September 16 Vets Visiting (PUB) 7:00 Westboro & All  
Branches  
October 7 Bingo 7:00 Eastview 462  
October 21 Vets Visiting (PUB) 7:00 Eastview & All Branches  
**October 28**  
**Poppy Tea 2:00 All Branches**  
November 4 Bingo 7:00 Montgomery 351  
November 18 Vets Visiting (PUB) 7:00 Montgomery & All  
Branches  
December 2 Bingo 7:00 Rockland 554  
**December 24 Christmas Visit 10:00 am All Branches (Meet in  
the PUB)**  
January 6, 2010 Bingo 7:00 Barrhaven 641  
February 3 Bingo 7:00 Kanata  
February 17 Vets Visiting (PUB) 7:00 Kanata & All  
Branches  
March 3 Bingo 7:00 Bells Corners 593  
March 24 Casino Night 7:00 Strathcona 595 & All Branches  
April 7 Bingo 7:00 Stittsville 618  
April 14 Vets Visiting (PUB) 7:00 Stittsville & All Branches  
May 5 Bingo 7:00 Orleans 632  
May 19 Vets Visiting (PUB) 7:00 Orleans & All Branches

## **EASTVIEW LEGION 462: President Les Graham**

**Everything is going exceptionally well at Branch 462. The newly elected executive has a few new faces and several long standing volunteers. I am looking forward to another successful year in my second term as President with this very dedicated team of executives.**

**One of our ongoing events at the Branch is our Sunday dinners and dancing which continues to be well received and attended. We appreciate the attendance of our fellow comrades from other Branches and extend an invitation to those comrades who haven't joined us yet.**

**Our Canada Day celebration on July 1<sup>st</sup>, 2009 was truly memorable. Thanks to the great weather, the participation from the local community as well as Branch members was at an all time high. The event included the traditional honour guard and event opening by Branch executives, music, dancing, delicious food, face painting for the kids and whole lot more.**

**Santa Claus and his lovely elf made an appearance on July 26<sup>th</sup>, 2009 as Branch 462 hosted a Christmas in July fundraiser. Marianne Desjardins and her wonderful team of helpers organized the event with all proceeds going toward the mortgage fund.**

**Speaking of the mortgage fund - last May three Past Presidents (Jim Marjoram, Gerry Savary and Doris Bedard) formed the President's Alumni with the goal of paying off the Branch's mortgage as soon as possible. Through fundraising and donations, these devoted Past Presidents have raised over \$17,000 to date.**

**The Branch also hosted a bake sale, carwash and a golf tournament over the summer. All were a great deal of fun.**

**We are currently completing the finishing touches on our application for a Trillium Grant for the November 1<sup>st</sup>, 2009 deadline.**

**Finally, Branch 462 is working vigorously on their preparations for hosting the District G Convention scheduled October 16<sup>th</sup>, 17<sup>th</sup> and 18<sup>th</sup>, 2009. We look forward to seeing everyone then.**

WESTBORO BRANCH 480: PRESIDENT Colleen Foley

Comrades, it is my pleasure to report on Westboro Branch 480 activities.

Our Executive and Standing Committees have been kept busy over the summer staffing a number of successful fundraisers. Please check the Zone Web Site link for upcoming event details. We have live entertainment every Friday, Saturday and Sunday. Everything is in place for the Battle of Britain parade on September 20, 2009. There is a Roast Beef Dinner on September 27 and a 50's 60's dance coming up on October 17 in the downstairs hall. We also have a Casino Rama Bus Trip planned to Orillia, Ontario - Monday & Tuesday, October 26<sup>th</sup> and 27<sup>th</sup>, 2009. Our annual Perley-Rideau Veterans Fish and Chip dinner is planned for October 6, 2009 followed by our Annual Veterans Dinner on November 7, 2009. The Remembrance Day parade will be held in the afternoon of November 11, 2009. Watch the web site for more information.

Our fall sports leagues are starting up the first week of September with Sunday 1:30 Mixed Darts, Monday 7:00 Sand Bags Downstairs, Wednesday 7:30 Bid Euchre Upstairs, Wednesday Regular Bingo - Early Bird at 6:50, Thursday 7:30 Mixed Darts Downstairs and Saturday Free Pool unless there is a tournament.

Our Ladies Auxiliary is very active and we intend to pool their resources in a number of areas to make better use of our resources, especially with Hospital Visiting and Legion Seniors.

Administratively we have completed upgrades and the documentation required to satisfy the City of Ottawa Fire Codes. Now we are on to compiling the documentation required to submit an application to the Trillium Fund. We are looking forward to a positive experience from our annual Poppy Campaign.



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**'Whatever you give a woman, she will make greater. If you give her sperm, she'll give you a baby. If you give her a house, she'll give you a home. If you give her groceries, she'll give you a meal. If you give her a smile, she'll give you her heart. She multiplies and enlarges what is given to her.. So, if you give her any crap, be ready to receive a ton of shit.'**

**STITTSVILLE LEGION BRANCH 618: Dave Cashman**

**We have had a quiet summer- but are still staying in the black. We have a brand new natural gas stove in the kitchen that was purchased and installed with the aid of the L.A. and the survivors club who each donated \$1,500.00 towards the new stove.**

**We are holding our annual Duffers Golf Tournament on the 13<sup>th</sup> of August with the proceeds going to the Queensway Carleton Hospital.**

**We continue to have successful steak nights once a month during the summer. Our Bingo continues to generate revenue for both the branch and charities.**

**We are also well underway for the upcoming Poppy Campaign.**

**We held our Bursary night and gave \$11,000.00 to local kids, \$9,500.00 was from our Poppy Fund. The rest came from the L.A., Survivors Club and the 55+ Club**

**Our Annual Pig and Turkey roast will take place on September 12<sup>th</sup>.**

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**RESOLUTIONS REPORT – Ron Currie**

**Back in the day, when people didn't like something about the way the Legion was run, either Provincially, or by Dominion Command, they sat down prepared a "RESOLUTION" to change what ever they perceived to be wrong.**

**Nowadays, members seem to believe that there is nothing they can do to make change happen. I am here to tell you that this is the wrong attitude. The Legion is run, not by Provincial or Dominion Commands, but by the members and their branches.**

**My branch, Stittsville Branch 618, believes that the start date of the Poppy Campaign is wrong, and has decided to do something about it!! We believe that the Poppy Campaign should be of fixed length, and that the length should be two weeks. We are preparing a RESOLUTION (That word again!!) which states that, in future, the Poppy Campaign should start on October 26, and run to November 11.**

**While you probably won't read this before the Zone Convention, I urge you to get behind it at the District Convention (or course, only if you agree!!).**

## **STRATHCONA BRANCH: President Sue Fraser**

**The lazy, hazy, crazy days of summer did not show up this year until very late!!!. Already we are sneaking up on the fall season.!**

**We have some very hard working, dedicated members who are doing all they can to keep our little branch going. But, it is extremely difficult when we have so much against us. We have no parking. No hall rental. Lots of construction surrounding us. Also, O C Transpo will not put a bus route close by. At our Sept. 27th General Meeting, we are going to be discussing the future of our branch and making some hard decisions on that night.**

**Some of our members started a fund in which donations were made so they could improve our outside room and hopefully, attract more business. They have cleaned and re-organized our outside room and managed to collect money for a new 42" flat screen television!! Football, NASCAR and of course, Hockey days are in the works. We will keep you posted.**

**Strathcona Legion has a wonderful little vegetable garden growing in the back. The rain this year has certainly helped, but Peggy Bamber and Gail Drynan have been tending the garden with a lot of T.L.C. and it certainly shows. We will soon be serving our own home grown tomatoes.**

**We are the only Branch that still supports Camp Merrywood. Strathcona has done this continuously for a lot of years. The children are very appreciative, the weather was cooperative for that one day this summer and everyone had a good time. Our volunteers did a wonderful job with the BBQ's, and getting the 'Wish List' together for the kids.**

**In the meantime, we are going with business as usual. Our members have been active at the Perley, including participation at the very successful Pub Nights that Comrade Shirley Munroe organized. BBQ steak dinners are still available on Friday evenings. Already, we are preparing for Legion Week, our Veterans Dinner, and getting ready for the Poppy Campaign. In September we will be resuming our entertainment on Fridays, and gearing up our in house sports programs.**

**We have our Monster Yard Sale on Sept 12<sup>th</sup>. All donations are welcome. Pickup is available, just call the branch and leave a message for Dan O'Leary. Our Annual Joe Bonenfant Memorial Golf Tournament is being held on Sept 24<sup>th</sup>. \$55.00 includes your green fees, golf cart and BBQ steak dinner. Uncle Joe wants YOU to join him in supporting the 'Little Legion that Could'. He said he would make sure it is a beautiful fall day !!**

## REPORT FROM BARRHAVEN LEGION 641: Gus Este

Taken from their Newsletter “The Advance”

A Silent Auction is scheduled for Sunday, September 27, 2009, from 2 till 4 p.m. More than 50 items will be available for viewing from 2 p.m. onwards.

On Friday, August 21, 64 golfers participated in the sold-out, third annual RCL Barrhaven Legion Golf tournament which was held at Cedarhill Golf and Country Club. Most of our golfers managed to beat the rain, although those who didn't, managed to enjoy their game in spite of the rain and seemed to enjoy the slight cooling-off after a cloudy but humid day.

Tournament champions with a score of seven under were Ross Stephen, Duncan McGibbon, Henry Harrison and John Sheppard—who proudly relieved two-time champions Randy Allen, Mike Joanis, Mark Vallillee, and Jason Robertson of the much coveted trophy.

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### *LIFE BY DUCKY*

- 1. Marriage changes passion. Suddenly you're in bed with a relative.*
- 2. I signed up for an exercise class and was told to wear loose fitting clothing. If I HAD any loose fitting clothing, I wouldn't have signed up in the first place!*
- 3. When I was young we used to go 'skinny dipping,' now I just 'chunky dunk.'*
- 4. Don't argue with an idiot; people watching may not be able to tell the difference.*
- 5. Wouldn't it be nice if whenever we messed up our life we could simply press 'Ctrl Alt Delete' and start all over? AMEN, AMEN !!*
- 6. Wouldn't you know it....Brain cells come and brain cells go, but FAT cells live forever.*
- 7. Why do I have to swear on the Bible in court when the Ten Commandments cannot be displayed outside?*

## POULIN RECEIVES VANIER WARD CERTIFICATE OF APPRECIATION

09 June 2009



OTTAWA - VANIER: Vanier Ward City Councillor Georges Bédard awarded Bruce Poulin a certificate of appreciation at the annual volunteer appreciation night held at the Knights of Columbus Centre located at 260 MacArthur Avenue, Vanier yesterday.

“Volunteer associations are one of the best kept secrets in the battle against big governments and unresponsive bureaucrats,” said Poulin who has been a community volunteer for more than 25 years. “Volunteers who give their precious free time without any salary do not tolerate waste or inefficiencies lightly,” concluded Poulin.

Last night, more than 300 volunteers from the Vanier Ward were honoured for their contributions to our community. From these volunteers only eight received a certificate of appreciation and were nominated for the “Trophée Marcel “MAC” Chaput” award – including Bruce Poulin on behalf of the Eastview Branch of the Royal Canadian Legion. The winner of the Award was Madame Lise Demers who was nominated on behalf of the Vanier Optimist Club.

“As the former president of the Vanier Optimist Club I am very pleased that Madame Demers received the award. At the same time, while there was only one award winner, everyone at this ceremony are winners,” added Poulin. “They have a lot to be proud of. The Vanier community is a better place because of them. Their efforts are making a difference,” concluded Poulin.

NOTE: For further information please contact (613) 620-0595.

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### **DISTRICT MEMBERSHIP: Leo Bedard**

As District Membership Chairman, not much is coming down from Aurora. Here are some stats, as of June 2009, from Provincial Membership. Previous Year 2008 Voting Members, 136,958, this year (June 2009) Voting Members, 126,120. So far this is a loss of 10,838 members, these numbers could be Comrades passing away or non-renewals.

I will be contacting, Provincial Chairman Comrade, Brian Smith for a Membership Seminar in District 'G'. This Seminar will be centralized in our District.

## **HOW TO BE A PERFECT BITCH**

Jennifer's wedding day was fast approaching. Nothing could dampen her excitement, not even her parent's nasty divorce.

Her mother had found the PERFECT dress to wear and would be the best-dressed mother-of-the-bride ever!

A week later, Jennifer was horrified to learn that her father's new young wife had bought the exact same dress!

Jennifer asked her to exchange it, but she refused.

"Absolutely not, I look like a million bucks in this dress, and I'm wearing it," she replied.

Jennifer told her mother who graciously said, "Never mind sweetheart. I'll get another dress. After all, it's your special day."

A few days later, they went shopping and did find another gorgeous dress.

When they stopped for lunch, Jennifer asked her mother, "Aren't you going to return the other dress? You really don't have another occasion where you could wear it."

Her mother just smiled and replied, "Of course I do, dear.

I'm wearing it to the rehearsal dinner the night before the wedding."

## **NOW I ASK YOU - IS THERE A WOMAN OUT THERE, ANYWHERE, WHO WOULDN'T ENJOY THIS STORY?**

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### **Confucius Say:**

Virginity like bubble, one prick, all gone.

Man who run in front of car get tired.

Man who run behind car get exhausted.

Man with hand in pocket feel cocky all day.

Foolish man give wife grand piano, wise man give wife upright organ.

Man with one chopstick go hungry.

Man who scratch ass should not bite fingernails.

Man who eat many prunes get good run for money.

Baseball is wrong: man with four balls cannot walk.

War does not determine who is right, war determine who is left.

Wife who put husband in doghouse soon find him in cathouse.

**ZONE HOSPITAL VISITING CHAIR:**

**Comrades, I hope that you all have had a great summer even though the weather hasn't been all that great.**

**In this edition of the Guardian we are publishing the schedule for the Perley Rideau for the coming months.**

**Comrades, many of our veterans and members in the Perley-Rideau spend long hours alone without any family members or visitors to talk to.**

**Please come to the Monthly Bingos and Pub Nights and bring some enjoyment to the residents. Help is always needed at the Bingos regardless of which Branch is on duty and seeing the smiles on veteran's faces makes it worth while.**

**Pub nights are new and they provide an opportunity for people who don't get many visitors to spend an hour with someone and the money raised at the Bar helps the Veteran's Council.**

**Remember also the shut-ins in Care Facilities in your own Branch area and those members who may be at home and who can not get into the Branch.**

**Yours in comradeship,  
Shirley Munroe**

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**LADIES AUXILIARY ZONE G 5 COMMANDER: Pat Warford**

**The auxiliaries have been very quiet over the summer.**

**Rose Green is now the Veterans Chairman for District G Ladies Auxiliaries. She is organizing each LA zone to conduct a list of the veterans who are in retirement homes in their area.**

**The LA would like to purchase items for their comfort and enjoyment. I need information regarding the location of Veterans within my Zone G5. My Zone is Orleans, Westboro, Eastview, Stittsville and Richmond. If you would give me the name and address of the retirement home, I will follow up accordingly, 613-831-0820.**

**We had our Zone Sports meeting in Kemptville on June 21/09, which was well attended.**

