

The President Speaks

Comrades all:

We just completed our April General Meeting and had the opportunity to support our great community with donations to the Ottawa Hospital of \$10,000.00, the Perley Rideau with \$5,000.00, the Carleton Lodge with



Ed Schelenz

\$2,300 and the Barrhaven Food Cupboard with \$5,000.00. We will be donating a further \$5,000.00 to the Royal Canadian Legion Homeless Veterans Program and \$5,000.00 to the Ottawa Family Resource Centre. Our members make all of these donations to our community possible by their participation in the Poppy Campaign. I thank all of those who participated in the Poppy Campaign and encourage those that have not yet participated in a Campaign to do so when it starts later this year. There will be much more info on the Campaign once we get closer to the start.

During our meeting we had the opportunity to recognize the hard work of some of our Comrades and awarded a Certificate of Merit to Kathy Johnston, and Branch Service Medals to Chris Fuchs and Angele Guy. All of these Comrades contribute to the success of our Branch and I thank them and hope they stay involved with us for a long time to come. Thank you, Kathy, Chris and Angele.

ANNUAL VETERANS' DAY LUNCH

All Veterans and their spouses are invited to our annual lunch on Wednesday, June 16th 2016, at the Barrhaven Legion Clubhouse. The luncheon runs from noon till 4 pm, and the very popular Fiddleheads will be there to entertain you.

This is an afternoon of fun and comradeship as we pay tribute to our veterans.

If you plan on attending please sign up at the Branch, or call **613-825-2640**.

John Sielatycki, Branch Seniors Chairman

This month I and five members of the Executive had the opportunity to attend the District G Convention which was held in Branch 632, Orleans. Much business was discussed at the meeting and many reports presented. When having discussions with Comrades from other Branches, what stands out to me is that we have the same concerns in common. One of the big concerns is getting our members to participate in our monthly General Meetings and getting them to run for office.

Just by looking at the donations described in the above paragraphs you know that we are providing a much-needed service to our community. To continue to be a vital contributing organization in our community, we need our members to get involved in all aspects of our Branch and the RCL over all. If you have the time, come out and get involved.

If you haven't renewed your membership, please do it now.

Thank you for all of your support"

Enjoy your Legion. Keep on volunteering.

Ed Schelenz, CD

President RCL Barrhaven Branch 641

H -613-843-1088

C-613-371-6634

Volunteers & Teamwork

Get it done!

SICK, SHUT-IN, AND HOSPITALIZED

Often we don't hear about our Veterans, Legion Members, their spouses, and family until it's too late.

If it's going to be ... it's up to you and me!

Whenever you become aware that someone is in dire straits, or when you miss someone from their regular activities, please try to find out if there are problems, or alert Comrade Sheila of your concerns.

Sheila Sielatycki, Sick & Visit Chair **613 825 2640**

May Advance – Spring Again
REFLECTIONS



Ray Desjardins

Well, here it is April 29th and it really looks like spring is here finally. Why is it that we look forward to spring so much? Is it the bright skies, the warmth of the sun, people's dispositions seem to change (they're a little happier, with a little more bounce in their step). Well I think it is all of that and more.

Spring's arrival means new beginnings and a renewal of not just the land, sea and air, but our emotional and spiritual lives. For us as a Branch, it is the realization that there is a lot to do, not only in current terms, but also to secure the long term growth and very existence of what was begun as a great work in Barrhaven. We need to be developing partnerships with those who can secure our future, developing creative ways of engaging our Community both business and individuals. We have to get the message out so that the very idea of maybe having no Legion Branch in Barrhaven is abhorrent. term prospects as Barrhaven Branch 641.

We have to approach those who have benefited most from growth in Barrhaven, building homes, market places, roads, etc., to begin to see what role they might play and **we Legionnaires** as individual members have to seriously consider monthly donations to our Long-range Land and Building Trust Fund. I would also throw out one other consideration because I have done it myself and that's our Wills – directing an amount or a percentage to Branch 641. That's always a tough decision but it can make a tremendous difference to our long term prospects as Barrhaven Branch 641.

So you see Spring is a lot of things and as our surroundings burst into colour and warmth, may you also consider the many Springs to come and how the need is going to become more and more demanding if we are to meet the very different needs of our Veterans (both new and old). The challenge is great. Are we getting ready to meet it?

Ray

Comrade Raymond
(Ray) Desjardins
Branch Chaplain



Join us for
EUCHRE

Every Thursday 7:00 p.m.

Summer - Winter - Spring - Fall
Everyone is welcome Bring a friend!
Great prizes – Fun & Fellowship

Executive Branch Officers - 2015-2017

- | | | | |
|-----------------|----------------------|--------------|--|
| Ed Schelenz | President | 613-843-1088 | edschelenz@rogers.com |
| Ernie Hughes | I-Past Pres. | 613-825-2496 | majorefhughes@rogers.com |
| Bert Boehme | 1 ST V.P. | 613-825-2496 | nandaboehme@sympatico.ca |
| Darrell Bartraw | 2 nd V.P. | 613-825-8886 | ucanemaildbart@gmail.com |
| Chris Fuchs | 3 rd V.P. | 613-496-0282 | chrisfuch54@gmail.com |
| Kathy Johnston | Secy. | 613-828-2314 | weasle1@rogers.com |
| Jim Duff | Treas. | 613-825-4086 | rcl641@hotmail.com |
| Ross Stephen | Sgt-at Arms | 613 825-4106 | ross4755@gmail.com |
| David Lee | Chairman | 613-601-4087 | dang.lee@bell.net |

Other Members of the Executive Committee
2015-2017

(Some Executive Leaders Are Double-hated)

- | | | |
|-------------------|--------------------------|---------------|
| Ray Desjardins | Chaplain | 613-825-2318 |
| Victor Chan | Veterans Service Officer | 613-825-8269 |
| Sharon Wilson | Poppy Chairman | 613-825-6279 |
| Debbie Conley | Grants/Assistance | 613-823-1138 |
| John Sielatycki | Legion Seniors | 613- 825-2649 |
| David St. Amand | Membership Chairman | 613-825-7310 |
| Debi Sereda | Public Relations Officer | 613-825-4118 |
| Sheila Sielatycki | Hospital Visits Chairman | 613-825-2649 |
| Tom Lamb | Housing/Properties | 613-825-4957 |
| Jackie Fuchs | Sports & Rec. Chairman | 613-496-0282 |
| Stephane Guy | Ways & Means Chairman | 613-797-7021 |
| Chantale Brais | Youth Ed./Bursary | 613-608-2438 |
| Gus Este | Newsletter Editor | 613-825-1168 |
| Scott Helman | Special Ambassador | 613-825-0039 |

Others TBA when changes have been finalized

Vimy Ridge (from the Heritage Minutes Collection)

One of the greatest battles in Canadian history was the battle at Vimy Ridge, which began on 9 April 1917. Canadian bravery and valour led to the tremendous victory for the entire Allied Force and was considered the turning point of WWI.

Vimy Ridge was a formidable stronghold to breach. It was there that Germans' heavily fortified Hindenburg Line met with their main trench lines leading north from Hill 70 near Arras, France. The German fortifications consisted of three layers of trenches, barbed wire and deep tunnels. The natural slope of the hill provided little cover for attacking Allied troops. French attempts to wrest control of the ridge throughout 1915 were rebuffed, resulting in some 150,000 French casualties. When the British army relieved French operations in March 1916, they were driven back before they could plan a major attack. The crucial goal of the battle at Vimy Ridge was to break through the impenetrable German lines.

For the first time in World War I, all four Canadian divisions fought on the same battlefield. They were led by Sir Arthur William Currie, who was the first Canadian-appointed commander of the Canadian Corps. Currie determinedly kept the Canadian divisions together rather than having them mixed in with various British units. It was the first time the Canadians fought together, and they achieved a magnificent victory, sweeping the Germans off the ridge.

Early in the morning of 9 April 1917, 20,000 soldiers attacked in the first wave of fighting. By that afternoon, the two front lines had been taken by the Canadian Corps. By 12 April, the entire ridge was under Allied control. When Hill 145, the highest feature on the ridge, fell, the operation was considered to be a resounding success. The ridge remained in Allied hands for the duration of the war.

The victory of the battle of Vimy Ridge did not come without cost: Canadian casualties reached 10,602, of which 3,598 were killed. The opposing German force sustained a further 20,000 casualties. During this single campaign, four Canadians were awarded the Victoria Cross and the entire Canadian contingent was commended for their bravery.

Text and Video clip are located at: <https://www.historicacanada.ca/content/heritage-minutes/vimy-ridge>



Come Out To Enjoy
A Night Full Of Fun
Friendship & Throwing
Darts If You Like!

at the Barrhaven Legion
Wednesday Nights 7:30 p.m.
(starting again September 7)

Enjoy Good Snacks
Fine Beverages and
12 Dart Boards



**BARRHAVEN
COMMUNITY EVENTS**
barrhavenevents.com

BARRHAVEN FOOD TRUCK RALLY Church - on Jockvale Road	May 7 th Barrhaven Fellowship
BARRHAVEN 4 X 4 BALL HOCKEY Malls	May 14 th & May 15 th Barrhaven
WEST BARRHAVEN COMMUNITY ASSOCIATION <i>Clean the Capital</i>	May 14 th TBA
BARRHAVEN RUN FOR ROGERS HOUSE	June 4 th Longfields Drive
BARRHAVEN BMX – CAPITAL CITY NATIONALS	June 24 th , 25 th & 26 th Clarke Fields
CANADA DAY	July 1 st Clarke Fields

Senior and their Dental Health

By
John Chu, DDS

As the baby boom generation age, we are seeing a large and growing demographic of senior citizens who require oral care to maintain their health and lifestyle. It is a known fact that poor oral health results in infections and plaque that can travel into the bloodstream, thus creating a real risk to one's overall health. Combine this with the fact that many medications that seniors take can cause dry mouth and the importance of good saliva flow in countering the risk of cavities, our seniors face a real challenge when it comes to maintaining their healthy teeth and gums.

The most important concept is prevention. No news is good news, so the better you can maintain what you have; the less likely you will be in need of painful or costly treatment. Always brush your teeth after every meal and floss any food or plaque from between your teeth or dental work. If manual dexterity is a challenge, invest in a good rechargeable electric toothbrush and a water flosser machine to flush the grime out from between your teeth every morning and night. Since you use your teeth all day to eat and talk, the most important time of the day to thoroughly clean your teeth is at night before bed, and drink lots of water to keep things moist in your mouth at all times.

If you wear a denture, always remove them after every meal and brush them as you would your natural teeth to minimize bacteria on them, and soak them nightly in a cleaning solution. If your denture is cracked, teeth missing on it or if it seems to not want to stay in place, see a dentist to have it looked at. Most times it may just need a minor adjustment to make it fit and function better.

As always, make sure you are seeing a dentist regularly to make sure everything is in tip top shape and to catch problems while they are still small and easy to treat. Teeth are pesky in that they usually do not hurt until the problem has progressed quite far, so allow a professional to clean and check your teeth every 6 months. As well, seniors are prone to root cavities which can spread very quickly. Spotting and stopping them can mean the difference between keeping the tooth and having it extracted. If you lose a tooth that serves as a support for a partial denture, the entire denture itself can be at risk.

Senior living should be about good times, good friends and keeping active. The very last thing that should be on your mind is chronic pain or sensitivities in your mouth. Keeping on top of things in the oral health department will allow you to enjoy your food, and most importantly...allow others to enjoy your smile. Take good care of your teeth and gums, see a dentist regularly and make dental issues something you never need to worry about!

Dr. John Chu is a general practitioner dentist who has been serving the community of Barrhaven for 20 years. He is a graduate of Northwestern University Dental School in Chicago, Illinois, past President of the Ottawa Dental Society as well as current representative of the Ottawa region in the Ontario Dental Association General Council.

This article was submitted by both the Branch Service Officer, Comrade Victor Chan and the Branch Seniors Chair, Comrade John Sielatycki, expressly for our older members-also for everyone regardless of age, who are interested in maintaining a healthy lifestyle. Gus, Editor

LINE DANCING TEACHER **ELAINE DINELLE**

FREE LESSONS

Monday afternoons from
1:00 to 2:00 p.m.

Starting April 4th to mid June

*“Newcomers” (boys & girls) encouraged
to join/learn/exercise*

**WE will review & practice some of the
dances learned last year:**

- * The Slide
- * The Continental
- * Serpentine
- * Waltz Across Texas
- * Honky Tank, etc



Join us Mondays

Membership Update

What started as a favour to Ernie when he was President has turned into a fulltime job. The membership portfolio is an important job at all branches, and it is about to change. Dominion Command will soon roll out its online membership software project that will put more control in the hands of the members. In the next couple of weeks, a few local branches, including Barrhaven, will participate in a trial of the new software. The results of the trial will most likely be announced and discussed at the Dominion Convention in St. John's Newfoundland in June.

Presently, Branch 641 has a total of 516 new or renewed members. There are a dozen individuals who are in the process of becoming members and there are still 62 comrades who have not yet renewed for 2016. Dominion Command recently sent out notices to all former members, and hopefully this will encourage them to become "members in good standing" once again.

Congratulations to Kathleen Johnston who just received a "Certificate of Merit" for her assistance in getting the Membership files up to date. She continues to assist the Membership Chair and her knowledge and dedication are a great asset to our Branch.

At the April General Meeting, only one new member was initiated. Congratulations to Murray Tait and welcome to Branch 641 Barrhaven – See photo below.

Finally, most of our new members are referrals from friends. If you know of someone who is looking for comradeship, new friends or just a night out, why not introduce them to the Legion? They just might join and help our Branch grow.

David

Dave St Amand
Membership Chairman



Pictured above L- R: Membership Chairman Dave St Amand, Sergeant-At-Arms, Comrade Ross Stephen and new Comrade, Murray Tait



Poppy Fund Donation

At the April General Meeting, a significant gift of \$5,000.00 was made to the Perley Rideau Veterans Health Centre.

Shown in the photo are from L-R:
President Ed Schelenz
Vice Pres, Bert Boehme
Exec. Director of Perley Rideau Foundation, Daniel G. Clapin
Poppy Chairman, Sharon Wilson

Similar Donations totaling over \$28,000.00 have been made with more to come in the near future.

Bravo – ZULU!

Barrhaven Branch 641
AWARDS &



2015 - 2016
RECOGNITION



Secretary Kathy Johnston – Certificate of Merit



3 VP Chris Fuchs – Branch Service Medal (BSM)

The Honours Awards and
 Special Recognition Committee
 (HASR)

The committee is primarily comprised of the President and all Past Presidents who wish to serve thereon. It is usually chaired by the Immediate Past President.

The current Chairman is Ernie Hughes. The Past President members are: Ray Desjardins, Gus Este, Ed Schelenz, and David Sereda. Special Appointees are Steve Desroches and David Palmer, who both have writing skills and experience in personnel evaluation. They are available to the HASR Committee whenever required.

The members work in teams under OPIs chosen by the Chairman. They are not limited by these designations as much cross-over activity occurs. Chairman Ernie wishes all member of our Branch 641 to have input to the selection process, therefore, anyone that can substantiate a



Angele Guy – Hospitality Committee (BSM)

submission which makes a recommendation of a fellow Comrade may do so. The committee members will be careful and diligent in assessing all submissions.

Some governmental and other agencies have set deadlines for receiving and issuing their awards. These often do not accord with our schedules; therefore, some presentation will be made outside of our RCL fiscal year. *Recognition has a high value in our Branch!*

Ernie Hughes,
Chairman HASR Committee