

# The Advance

Royal Canadian Legion  
Branch 641 Barrhaven



Vimy Memorial Bridge  
Photo credit to The Wright Team

Volume 16  
Issue 7  
February 2021

## The President's Message



Stéphane Guy

Comrades,

It was with a huge sigh of relief that we reopened our doors on February 16 with all precautions and protocols being in place for the protection of our volunteers and our guests. Welcome back!

For the first time since this pandemic started,

our branch has been affected by COVID-19. A person who was a member until a year ago, contracted the virus and has now recovered at home. Unfortunately, two of our members have immediate family members with the virus and one of them has unfortunately passed away. Our prayers and thoughts are with the family and friends. With respect to the other case, this family member spent a few days in ICU in a critical state but gradually improved, was moved out of ICU and after a fairly long stay at the hospital, he is now home to continue his recovery. We wish him a full recovery. Furthermore, and unfortunately, I have to share with you the news that two members of our branch passed away over the past month. Christine Saumure passed away from complications of colon cancer and Rose Desjardins also passed away from cancer. For more information on these two lovely ladies, please see Last Post on page 9.

On a more positive note, I'm happy to report that Reverend Margo Whittaker, who has replaced Father Steve Silverthorne at the Good Shepherd Church, has joined the Legion and is now a member of our branch. She has graciously accepted the position of Branch Chaplain and will perform Legion Tributes whenever they are required. Kathy Johnston, with the help of Louise Laflamme, has agreed to co-ordinate our support to ill and injured members through hospital visits and to contact them as required.

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## Financial Situation

Financially, we are in good health. Over the past months, we have received close to \$10,000 from multiple generous donations, both from members and local businesses. Thanks to the following businesses that are truly strong supporter of our branch.

1. Electrical Construction Association of Ottawa donated \$1,500
2. Mattamy Homes Ottawa Division donated \$1,000
3. Meridian Credit Union Limited donated \$1,000
4. Moussa Team donated \$1,000
5. Insightz Accounting Services donated \$500

We also received grants from three different federal programs totalling just short of \$50,000. The three grants are the Canada Emergency Commercial Rent Assistance, the Veterans Organizations Emergency Support Fund and the Canada Emergency Rent Subsidy. For the rent subsidy, the claims are processed at the end of each month and it is ongoing until June 2021 with the expectation that we will receive between \$4,500 to \$6,500 a month depending on the loss of income. Furthermore, we believe that we also qualify for the Ontario Small Business Grant and we are starting the process of applying. Considering all of these, we have close to \$90,000 in our operational account which will help us withstand this pandemic and still come out with a comfortable financial situation. However, we have to ensure we do not become complacent and must continue to be diligent with respect to any branch expenditures.

## New Clubhouse

Since the last update, we have approached four financial institutions to support our project; however, they all have concerns and restrictions especially considering the fact that we are showing a deficit every month. As we are reaching a turning point in the project where we have to pay the first deposit to Phoenix Homes, the Long Range Planning Committee supported and presented a motion to the Executive Committee to pay the first deposit (\$130,000) which is fully refundable until early fall this year, out of our Building and Land Trust fund, which has a balance of just over \$157,000. The motion was passed as presented and we are now closer to submitting our request for support to Ontario Command.

The plan has slightly changed and to ensure the branch is not accepting undue risk, we will now presale all of the condo units between the first deposit and second deposit due early fall this year. The presale will request a 15 per cent deposit from potential buyers to raise the funds to pay for the second and third deposit and still have enough funds for forecasted and unexpected expenses. If the presales are as expected, we will then sign a formal contract. However, if the presales do not materialize, we will cancel the project and request our refund.

## Election

Unfortunately, and due to the pandemic, elections have been postponed until such time that our general membership can gather without restriction and vote as per our election process. As you can understand, this is impossible at this time and Dominion Command last year issued a directive

that the terms of all elected and appointed members to the Executive are extended until further notice. We were hoping that we would be allowed to start the election process this month when the nomination board is up and nominations are accepted; however, considering the lock down and that unrestricted gathering is still months away, our election process is also delayed. We will advise as soon as elections are authorized. I would like to thank all our Executive Committee members as they are performing exceptionally well and are still working hard to ensure our branch remains in good hands.

### **Kitchen Repairs**

The repairs to our kitchen have been delayed and should start in a few weeks and will take up to three weeks. More to follow.

That is all for now and please keep in mind that if you need any assistance or support, please do not hesitate to contact me.

Have a good day and most importantly, stay safe.

Stephane Guy  
613-797-7021  
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***Always do the right thing***

Do Good.

It will come back to you in  
unexpected ways.

## Branch 641 Executive Team

Position	Chair	Position	Chair
<b>President</b>	Stéphane Guy	<b>Grants and Assistance</b>	Kathy Johnston
<b>Immediate Past President</b>	Bert Boehme	<b>Honours and Awards</b>	Bert Boehme
<b>1st Vice President</b>	Dave Sereda	<b>Hospital Visits Co-ordinator</b>	Kathy Johnston
<b>2nd Vice President</b>	Dave Cole	<b>Hospitality/Entertainment</b>	Angele Guy
<b>3rd Vice President</b>	Angele Guy	<b>Housing</b>	Tom Lamb
<b>Chairman</b>	Dave Cole	<b>Leadership and Development</b>	Bert Boehme
<b>Treasurer</b>	Jim Duff	<b>Legion Seniors</b>	David St Amand
<b>Secretary</b>	Kathy Johnston	<b>Long Range Planning</b>	Ed Schelenz
<b>Sergeant at Arms</b>	Lyle Brennan	<b>Membership</b>	David St Amand
<b>Bar</b>	Dave Sereda	<b>Poppy Campaign</b>	Ed Schelenz
<b>Branch Service Officer</b>	David St Amand	<b>Poppy Trust Fund</b>	Ross Stephen
<b>Deputy Branch Service Officer</b>	Kathy Johnston	<b>Public Relations (Website, Scrapbook, Bulletin)</b>	Debi Sereda
<b>Cadets</b>	Dave Sereda		
<b>Community Liaison</b>	Dave Sereda	<b>Sports/Track and Field</b>	Jackie Fuchs
<b>Constitution and Laws</b>	Dave Cole	<b>Ways and Means</b>	Joe Guitard
<b>Finance Officer</b>	Bert Boehme	<b>Youth Education/Bursary</b>	Lyle Brennan
<b>Branch Advisor</b>	Gus Este	<b>Chaplain for Legion Tributes</b>	Reverend Margo Whittaker



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November 2020



“Supports RCL Branch 641 Barrhaven and our Veterans”



# Hello March

By Comrade Victor W.S. Chan, LCdr(ret'd), CD, KStG

It's almost time to say good-bye to winter. Almost. Depending on which groundhog you chose to listen to on February 2, either we had six more weeks of winter or spring was just around the corner. Now, it comes down to whether March comes in like a lion or like a lamb.

March is the transitional month that straddles winter and spring. There are years we've had rough starts to the month, both here in Ottawa and elsewhere in Canada or across the world. There was the 2007 'incident' when a detachment of 171 Swiss infantrymen 'invaded' its smaller neighbour, Liechtenstein. The Swiss got lost on a night training mission when the March weather went from bad to worse – apologies were extended to Liechtenstein the following day. Ottawa in 1947 had the '*storm to end all storms*' with an epic 73 cm of snow on March 2-3 (48.3 cm/19" of that was on the 2nd). It took a while to clear the roads as horses became exhausted from hauling snow, and an overheated car caught fire at the corner of Sussex and Rideau Streets where spectators extinguished it before firefighters arrived . . . by throwing snow at the blaze. (*Ref: The Ottawa Journal, 3 March 1947*) Ottawa's 1947 single day snowfall record was broken in February 2016 when 51.2 cm of snow was recorded to have fallen. Compare that to a few years earlier, when, in 2012, Ottawa reached a temperature of 24C before noon on March 19 and folks across Ontario, Quebec and the Maritimes were wearing T-shirts and shorts for a few days before the weather turned to seasonal again.

March 14 is a date to remember if you want to get up on time in the morning. Timing for the early hours on Sunday morning is when we '*spring forward*' and set our clocks ahead by an hour to start daylight saving time. The 'Time Amendment Act' for Ontario passed its third reading and received Royal Assent late in 2020 but won't come into effect just yet. There are considerations with neighbouring Quebec for our cross-border labour forces, as well as a need for commonality with neighbouring New York state. Time changes were necessary to conserve electrical power usage during wartime, but now raise concerns with both physical and mental health issues.

If in need for a round of celebration during Lent, there's St Paddy's Day on March 17. Everything green is key – from clothing to beer – and suddenly, we're adding an 'O' in front of our surnames or trying to say a few words while using an Irish accent. There are Irish toasts and blessings to recite, and scones, soda bread, stews, cabbage with corned beef, colcannon, and fried potato cakes to cook and enjoy either before or while imbibing a '*taoscán*' of Irish Whiskey or pint of Guinness.

*Vernal or Spring Equinox* occurs on Saturday, March 20 this year. The equinox marks the first day of spring in the Northern Hemisphere, and the day when the hours of daylight and darkness are roughly equal. It's also the only time when the sun rises due east and sets due west everywhere on earth. If a believer in egg folklore, you can stand a raw egg on its end at the time of the equinox. In North America, roots of this lore can be traced to a March 19, 1945 *LIFE Magazine* article by correspondent Annalee Jacoby . . . *Eggs Stand on end in Chungking*. The article reported that there were four eggs on the steps of the Canadian Embassy that stood on end from 8:30 a.m. to after 6:30 p.m. (over 10 hours), and some 35 eggs that were balanced for a much shorter time on the lawn of Chungking's Press Hotel. At the time of the writing, WW2 had not yet ended, and the

egg standing phenom was a much-needed diversion from reports about the war. Victory in Europe (VE Day) took place 8 May 1945 while Japan surrendered August 15, 1945, five months after the *LIFE* article had been printed.

If you're a gardener, one of the best things about March is that this is the time when most of us start windowsill seeds to grow into bedding plants. Tomato and other garden or flowering seeds will be judiciously planted, and seedlings will soon emerge to line sunny windowsills as we get ready for the outdoor summer season with its visually stimulating flower beds, vegetable gardens, and green lawns as we set out to enjoy BBQ-ed *anything* while sitting outside to take in the summer warmth.

Now, to see if March, with its in-between winter and spring weather, comes in or goes out like a winter lion or like a spring lamb. For now, until tomorrow turns to yesterday, there's always an Irish blessing to share in prep to St Paddy's Day. "*May your troubles be less, and your blessings be more. And nothing but happiness comes through your door.*" Stay healthy, happy, and safe, everyone.




## A Blast from the Past

While reading a book on the [Cameron Highlanders](#), branch Historian Dwayne Hordij recently came across this photo of then cadet, Ray Desjardins, taken in 1960.

The book is [Capital Soldiers](#) – The History of The Cameron Highlanders of Ottawa, written in 2011 by Kenneth Reynolds ISBN-978-0-9877559-0-2.

A fixture of regimental life for more than half a century. No. 2360 Cameron Highlanders of Ottawa Cadet Corps served to introduce young people to military life from its creation in 1949 to its demise in 2003. This photograph from February 1960 shows Cadet Captain Ray Desjardins accepting a cadet proficiency trophy from Brigadier Eric Snow, commander of the local militia area, while Captain R. J. McGrath and Lieutenant-Colonel Howard Skelton look on. (Cameron Highlanders of Ottawa)

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This and all past issues of The Advance can be viewed at: <http://www.rcl641.ca/advance.html>



# What Is Email Spoofing and How to Avoid It

Sourced from [www.nordvpn.com](http://www.nordvpn.com)

You've just got an email from your best friend, and there's a link. The email address looked legitimate, so you clicked on it expecting some funny meme or kitten videos you both used to share. However, your system suddenly starts acting weirdly, and people are complaining about you sending them strange emails. You fell victim to email spoofing.

## What is email spoofing?

Email spoofing is a cyber attack in which a hacker sends you an email with a fabricated sender address, all to make you believe it came from a trusted source. It could be a bank, a government organization, your colleague, a friend, etc. Cybercriminals use this social engineering technique to:

- Extract victims' personal information;
- Distribute malware;
- Persuade them to transfer money;
- Disguise their identities;
- Damage someone's reputation.

## How to stop email spoofing

To prevent email spoofing, consider the following:

- Regularly update your antivirus to avoid malware. Also, make sure your email app is up-to-date;
- Use [complex passwords](#) to protect your accounts. The stronger the password, the less vulnerable your account will be to brute force attacks. Also, change them regularly.
- Do not subscribe to suspicious newsletters, and don't fill in online registration forms you don't trust;
- Avoid using your personal and work emails to register for various online services and social media accounts. You can create a separate email for these purposes. Also, try to keep your primary emails as private as possible. In case you still need to provide it, write it as email(at)domain(dot)com;
- Do not give your email to people you don't trust;
- Use email service providers, which use strong email authentication or cryptographic protocols. Do proper research to find out if a provider you use is secure. You can also check our [recommended privacy-oriented email providers](#) that would take better care of your emails;
- Carefully check the email address. Does it look odd or have spelling mistakes?
- Contact the sender directly by using other means of communication;
- Perform an immediate antivirus scan if you suspect you've just downloaded malware;
- Do not click on links from sources you don't trust. Learn to [recognize a spoofed link](#).

For more information, go to [https://nordvpn.com/blog/what-is-email-spoofing/?utm\\_source=Onboarding&utm\\_medium=email&utm\\_campaign=SecurityBeyondVPN\\_S](https://nordvpn.com/blog/what-is-email-spoofing/?utm_source=Onboarding&utm_medium=email&utm_campaign=SecurityBeyondVPN_S).

## Membership Update

Our membership currently is 489. We are down a little from January but overall this is a good number for February.

### Pre-paying Pays Off

Between February 22 to May 30, 2021, members who prepay for five years will receive a FREE Limited Edition Poppy Watch, designed to commemorate the 100th anniversary of the Remembrance Poppy. See [terms and conditions](#) for more details.

A limited number of these watches will be available for purchase on The Poppy Store starting in late May. Keep an eye out – they're expected to go fast!



### Recruiting Members Can Make You a Winner

When members\* refer an eligible friend or family member to join the Legion, they could EACH be entered to win a \$500 Canada Post Visa gift card. Tell your members to [send their new recruits here](#) to sign up using promo code REFER before April 30, 2021.

The bigger our membership, the bigger the impact the Legion can make in the lives of Canada's Veterans.

\* Referring member must be in good standing as of January 31, 2021. [See full Terms and Conditions.](#)



### Renewal reminders are being mailed

Legion Headquarters will be sending a direct mailing to all non-renewed members later this month. Please encourage your members to renew their Legion membership for 2021. You can also use this opportunity to encourage members to prepay for the next five years with the Legion's Poppy Anniversary watch promotion.



**Last Post**  
**We Will Remember Them**

### Rose (Goodall) Gage-Desjardins – 1938-2021

Rose went home to be with her Lord on February 1, 2021, following her brief but courageous battle with cancer at the age of 83. Rose was born in St. Jean, Quebec where she eventually met her husband Bob Gage. Bob and Rose later moved to Georgetown, Ontario and then finally to Ottawa. Rose and her late husband Bob became active members at the Metropolitan Bible Church. Rose remained a member long after Bob passed away in 2010 and continued her active involvement in the church with her second husband, Ray Desjardins. Many will remember Rose volunteering with the Young Moms group, in the nursery and in the last many years, in her beloved seniors' group where she enjoyed many treasured friendships.



Everyone who met Rose will remember her for her love for family, caring spirit, deep faith and spontaneous smile. Rose spent her life caring for others, and is survived by her three daughters Heather (Prince George, BC) Laurie-Anne (Jupiter, FL) and Beth (Taree, NSW, Australia), 15 grandchildren and three great grandchildren.

### Christine Karen-Elaine Saumure – 1964-2021

Taken too soon, with deep sadness our family announces the passing of Christine, born October 7, 1964 in Saint John New Brunswick and passed at the Queensway Carleton Hospital in Ottawa Ontario with her beloved brother Brian at her side on Saturday February 6, 2021. She struggled hard and with such grace. She was so young and had many health problems.



A Legion Tribute and memorial service was held on February 18 in the [Falls View Funeral Chapel](#) in Saint John, NB with burial at the Greenwood cemetery.

Christine was so dedicated to her companion dog Kiwi who had been trained by professionals and graduated. She started playing her guitar again and joined the Music Healing Veterans' Canada chapter in Ottawa and really enjoyed their musical gatherings. She also participated in The Army Run held in Ottawa. Over the years, Christine has volunteered with many various groups helping others in need, whether young or old. She was a bright star to many along the way. There were so many special friends she treasured, and so very thankful for their support.

# Farewell to Old Friends

If you haven't already heard the sad news, we share that our friends Ozzie and Caroline, owners of [La Porto A Casa](#) will be closing their doors on March 20 after 16 years of serving their community. We will miss these wonderful people who have given so much of themselves to all of us for so many years.

Make sure to pop in and order some of their delicious, homemade food and wish them farewell. You can also post your comments on [their Facebook page](#).



## Notes from the Editor

Debi Sereda

Like the rest of you, I am thrilled that we have been able to reopen. Our amazing team of volunteer bartenders as well as our bar manager and bar officer have once again put a number of safety protocols in place to ensure that our branch remains safe for everyone.

There's no doubt in my mind that our members have really missed being able to meet up with their friends in the quiet, fun and safe atmosphere that our branch offers. Even though many regulars have not yet returned, we hope to see them back again very soon, when they are comfortable returning. Even though our Legion, like other food and beverage establishments, is open and welcomes guests, it's so important that we continue to stay home as much as possible, keep our distance when we're out, wash our hands frequently, wear masks and follow all protocols. The alternative to staying safe will be more people falling ill with COVID-19 and a return to lockdown – and no one wants that.

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