

# Branch Line

PO Box 359, 630 Green Street, Port Elgin, ON N0H 2C0 519-389-9917  
 Branch340@eastlink.ca www.Branch340.ca



Inside this issue you will find what is happening this month with Committee Reports, general information and a wee bit of humor too. We welcome your articles and will be more than glad to insert them in future issues. Thanks to those who have submitted in the past. Anyone wishing to contribute to the Branch Line please submit your articles to [Branch340newsletter@gmail.com](mailto:Branch340newsletter@gmail.com).

There are no General Meetings at the Branch for the months of July and August. Branch Executive will carry on business as usual. The next General Meeting will be on Tuesday, September 6, 2022 at 7:30 pm.

There are no General Meetings for the Ladies Auxiliary for the months of July and August. Their next General Meeting will be on Tuesday, September 13, 2022 at 7:30 pm.

**VOLUNTEERS WANTED.....** Inside this issue you will see a call-out for volunteers for weekly Bingo. If you have a couple of hours to help it would be very much appreciated. There is no experience required so please consider joining the team.

Wishing everyone a very Happy Canada Day! Enjoy and stay safe!

<p><b>Welcome to Branch 340</b></p> 	<b>Monday</b>	<b>3:00 – 8:00 pm</b>
	<b>Tuesday</b>	<b>3:00 – 8:00 pm</b>
	<b>Wednesday</b>	<b>3:00 – 10:00 pm</b>
	<b>Thursday</b>	<b>3:00 – 8:00 pm</b>
	<b>Friday</b>	<b>3:00 – 8:00 pm</b>
	<b>Saturday</b>	<b>3:00 – 7:00 pm</b>
	<b>Sunday</b>	<b>Closed</b>

If you no longer wish to receive the Branch Line newsletter, please leave a message at [branch340newsletter@gmail.com](mailto:branch340newsletter@gmail.com)  
 Accessible formats are available upon request






## 2022 – 2023 Branch 340 Executive

<b>President</b>	Robert Harrison	bnrshow@eastlink.ca	519-389-4806
<b>Immediate Past President</b>	Dan Kelly	dankelly@bmts.com	519-389-2352
<b>1<sup>st</sup> Vice President</b>	Alex Taylor	alex.taylor@bmts.com	519-389-2616
<b>2<sup>nd</sup> Vice President</b>	Rhonda Harrison	bnrshow@eastlink.ca	519-389-4806
<b>Secretary / Treasurer</b>	Norma Dudgeon	branch340@eastlink.ca	519-832-2903
<b>Chaplain</b>	Rev. Chuck Beaton	cjbeaton5@gmail.com	519-797-5586
<b>Executive</b>	Monica Carere	mony_c26@hotmail.com	519-835-9741
	Trish Frizzell	legion340@trishfrizzell.com	519-706-0374
	Bernice Ribey	1bernie@bmts.com	519-832-8783
	Craig Bell	bellcr@bmts.com	519-386-7771
	Tom Jacques	thjacques@bmts.com	519-832-6837
	Gord Kelly	gordonakelly1973@gmail.com	519-389-6057
<b>LA Liaison</b>	Trish Frizzell	legion340@trishfrizzell.com	519-706-0374
<b>Bar Chair</b>	Norma Dudgeon	branch340@eastlink.ca	519-832-2903
<b>Bursary</b>	Robert Harrison	bnrshow@eastlink.ca	519-389-4806
<b>By-laws</b>	Norma Dudgeon	branch340@eastlink.ca	519-389-2876
<b>Charity</b>	Rhonda Harrison	bnrshow@eastlink.ca	519-389-4806
<b>Hall Rental</b>	Bernice Ribey	1bernie@bmts.com	519-832-8783
<b>Honours &amp; Awards</b>	Tom Jacques	thjacques@bmts.com	519-832-6837
<b>Leadership Development</b>	Robert Harrison	bnrshow@eastlink.ca	519-389-4806
<b>Membership</b>	Craig Bell	bellcr@bmts.com	519-386-7771
<b>Poppy</b>	Alex Taylor	alex.taylor@bmts.com	519-389-2616
<b>Property</b>	Robert Harrison	bnrshow@eastlink.ca	519-389-4806
<b>Public Relations</b>	Rhonda Harrison	bnrshow@eastlink.ca	519-389-4806
<b>Seniors</b>	Trish Frizzell	legion340@trishfrizzell.com	519-706-0374
<b>Sergeant-at-Arms</b>	Mike Hobson	hobson@eastlink.ca	519-386-6078
<b>Service Officer</b>	Trish Frizzell	legion340@trishfrizzell.com	519-706-0374
<b>Sports</b>	Gord Kelly	gordonakelly1973@gmail.com	519-389-6057
<b>Veteran Services</b>	Trish Frizzell	legion340@trishfrizzell.com	519-706-0374
<b>Ways &amp; Means</b>	Tom Jacques	thjacques@bmts.com	519-832-6837
<b>Youth Education</b>	Monica Carere	mony_c26@hotmail.com	519-835-9741
<b>Air Cadets Liaison</b>	Alex Taylor	alex.taylor@bmts.com	519-389-2616
<b>Nevada</b>	Andrew Reinhart	andyreinhart@hotmail.com	519-708-0553
<b>Track &amp; Field</b>	Bernice Ribey	1bernie@bmts.com	519-832-8783



	<b>2022 – 2023 Branch 340 Ladies Auxiliary Executive</b>	
<b>President</b>	Diana Tripp	
<b>1<sup>st</sup> Vice President</b>	Anne Marie Kinsman	
<b>2<sup>nd</sup> Vice President</b>	Sharen Maas	
<b>Treasurer</b>	Diana Tripp	
<b>Secretary</b>	Vicky Taylor	
<b>Sergeant-at-Arms</b>	Anne Marie Kinsman	
<b>Sports Officer</b>	Linda Virgo	
	Sharen Maas	
<b>Executive</b>	Meryl Cramp	
	Elaine Esplen	
	Marilyn Noble	
	Linda Virgo	



## President's Report



Well summer is here at last. Let's hope it is a good one with lots of sun but enough rain to keep things green.

We had our last General Meeting in June and I regret to say it was very poorly attended. However, we did manage to get all the outstanding business done.

The next General Meeting will be in September and I hope more members will attend. During July and August the Executive will be looking after any business or problems that may come up.

We are having a huge problem with getting our members and friends to come to the Branch. Of the 400 plus members there are only about 75 that come in on a regular basis. I am asking you, the Branch members, if you could suggest a way to get more members in. What are we doing wrong and what can we do to get more members in the building? We have a steady string of requests for donations to the many organizations that we have in our community that include our local service groups and local area hospitals, but we cannot support them without your help.

Come visit the Branch as we have the best prices in Town and enjoy our air conditioned Club Room. Next time you are out and about consider dropping in for a visit.

Hope to see you all soon,

President Robert Harrison  
bnrshow@eastlink.ca



*We can't help everyone, but everyone can help someone.*





## Hall Rental



My name is Bernice Ribey and I have taken on the position of Hall Rental Chair for the coming term.

We look forward to you booking our facility for your future social events. Special consideration is given to the fee schedule when renting to non-profit organizations.

Please contact me for more information when considering a venue for your event.

Cde Bernice Ribey  
Hall Rental Chair  
1bernie@bmts.com



## Honours & Awards Report



Recognizing valued members for their contributions at our Legion is an important part of the Honours & Awards Chair.

When you nominate volunteer members, based on their efforts of ensuring our Branch functions continue, we build strong and continuous relationships, and we build a stronger Branch.

If you know anyone whom you feel should be shown appreciation, please contact me with this members particulars and confidentially the H & A Committee will evaluate the nomination.

Cde Tom Jacques  
Honours & Awards Chair  
thjacques@bmts.com





## Leadership Development



The Leadership Development Seminar was held in Wiaraton last month and was attended by Rhonda and myself. I have also attended the Zone Officer's and President's meetings in Owen Sound.

The Legion offers a wide array of information to help members learn more about how the Legion is organized. All of the seminars and workshops can be attended by any member who wishes to learn more about the Legion.

If you are interested in more information please contact me.

Cde Robert Harrison  
LD Chair  
bnrshow@eastlink.ca



*First woman: My son came to visit for summer vacation.*

*Second woman: How nice! Did you meet him at the airport?*

*First woman: Oh, no. I've known him for years!*



## Membership Report



Hello Comrades, I will be your new Membership Chair in this executive term.

As membership starts to slow, it is time to get caught up with those that have not yet paid their membership dues for this year.

We still have a few initiations to proceed with and are hoping to have those done in the coming weeks.

To date we have 385 paid up members, which includes 369 renewals and 16 new members. 2022 membership stickers are located at the bar in our Club Room.

If you have not renewed your 2022 membership please consider doing that. You can make your payment:

1. On line by going to legion.ca on the computer
2. Come into the Branch when we are open (3 – 8 pm, Monday to Saturday)
3. Contact me at bellcr@bmts.com to make other arrangements.

I would like to thank Dan Kelly for his tireless efforts as your Membership Chair for the past years. I look forward to meeting those members I have not had an opportunity to meet just yet, and to reconnecting with those members that I have.

We will remember them

Cde Craig Bell  
Membership Chair  
bellcr@bmts.com



**In Memory of GILLY BEAUPRE**  
**Celebration of Life on Saturday, June 24, 2022**  
A thank you from and with permission given by Harriet Munroe.



Hi Vicky,

I would like to thank you and the Ladies for everything yesterday, everyone said the food was great and you guys went over and above, it sure took a weight off me. I appreciate every bit, would you please thank the Ladies for me. Take Care

I was very pleased with the whole process, from renting the hall from Norma, to the set-up, to the Bar staff, to the job you and the Ladies did. Every single step was to perfection and that was echoed by everyone there and I am still hearing how awesome everything was

Harriet Munroe



## Poppy Report



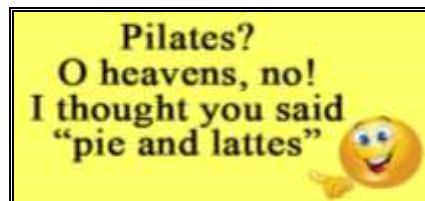
I have nothing new to report but it remains that our Veterans' needs are a year around endeavour and this year's Poppy Campaign success means that more funds have been available to be used to address their most urgent needs. We appreciate any donations made throughout the year. Each year we have Veterans and projects that need assistance.

As always, if any member is aware of any veteran, whether a Legion member or not, who may need assistance, please do not hesitate to contact me or Trish Frizzell, our Branch Service Officer who can contact the veteran directly to assess any support that may be required. We both can be contacted via the Branch at 519-832-2903.

As the limitations put on us due to the COVID-19 pandemic have now been lifted, we look forward to seeing you, our members and friends, at the growing number of events we are able to participate in over the upcoming months as we continue to strive to assist and comfort our Veterans who have served us so well!

**Lest We Forget!**

Alex Taylor  
Poppy Chair  
alex.taylor@bmts.com





While competing for their respective high schools, Saugeen Track & Field Club athletes brought home six medals from the OFSAA Track & Field Championships (2022). This is the first OFSAA Track & Field competition since the start of the pandemic. The event is widely acknowledged as the most competitive track and field competition for high school athletes in North America.

- Ben Brewer (KDSS) (SB) shotput 15.77m (Silver medalist)
- Tristan Bouius (JDSS) (SB) 2000m steeple chase 6:20.49 (Q); 6:09.04 (Bronze medalist)
- Harley Martin (SHSS) (SG) shotput 11.81m (Silver medalist); discuss 32.17m (6th)
- Michelle Van Stuyvenberg (Madill) (SG) discuss 33.37m (5th)
- Claire Rands (SMSS) (SG) 1500m 4:57.03 (19th); 800m 2:18.34 (10th)
- Brooklyn Quanz (SDSS) (SG) 1500m 4:42.41 (Q); 4:36.75 (5th); 3000m 9:56.31 (Bronze medalist)
- Kara Tichbourne (GBCS) (SG) 1500m 4:40.62 (Q); 4:47.27 (12th); 800m 2:17.07 (Q); 2:16.73 (4th)
- Veronica Tedford (SDSS) (JG) discus 26.41m (7th)
- Aidan Playfair (SDSS) (JB) 800m 2:01.80 (Q) (PB); 2:07.62 (6th)
- Ava Moric (JDSS) (NG) 1500m 4:44.85 (Q) (PB); 4:42.33 (Gold medalist); 3000m 10:09.69 (Gold medalist)



## Veteran Services



My name is Trish Frizzell and I am the new Chair for the Seniors and Veterans Services Committees and the Ladies Auxiliary Liaison.

I am looking forward to taking on these new roles and for serving the Legion, our veterans and our committee. I know I can count on your support.

Trish Frizzell  
VSO & Seniors Chair  
Legion340@trishfrizzell.com





## Ways & Means



We thank everyone for their continued support with the Meat Draws and Friday Night BBQ's and look forward to seeing you at the Branch

A calendar of planned monthly events is printed in this bulletin. Please note that dates are subject to change.

Cde Tom Jacques  
Ways & Means Chair  
thjacques@bmts.com



Bingo is one of our programs that our members and public enjoy; the monies derived support the many projects in our community and other charities such as the Cenotaph Park, Air Cadets, our local hospitals and the list goes on.

Volunteers are needed to help with the Wednesday night weekly Bingo. We really need your help and it doesn't have to be every Wednesday; could be 2 Wednesdays a month or whatever you can contribute. If you can spare a few hours it would be very much appreciated.

Please your name and contact info at [branch340@eastlink.ca](mailto:branch340@eastlink.ca)

Thank you for considering this.



## Youth Education



My name is Monica Carere and I am looking forward to working with the Executive Committee members and Branch members while taking the lead as the Youth Education Chair.

The Poster & Literary Competition and the Public Speaking Competition are two main programs for children and youth. In collaboration with the local schools, Branch 340 will once again offer these programs in our community. I have received kind offers to assist with these programs which all are greatly appreciated. A sincere thank you is extended to Patty Kelly for her previous years of service and her willingness to share.

Monica Carere  
Youth Education Chair  
Mony\_c26@hotmail.com





## Branch 340 Ladies Auxiliary



Happy Canada Day



Hope you, your family and friends enjoy a safe and happy weekend.

Our meetings are on hold for the summer months but your Executive has been given permission to make decisions that come up over the summer.

We continue to provide lunches for Celebrations of Life. PROBUS morning meetings have started up again after a long hiatus due to COVID.

Our kitchen rentals are gaining popularity, plan your party, bring in your own already prepared food and use the kitchen to warm or keep cool until ready to serve.

We are planning to set up a booth with information about our group at the local Marine Heritage Festival which is happening on July 23rd in Southampton. We will be setting up a putting green for the children with prizes to be given for achievements and at the same time will give information to the 'Moms' in hopes of attracting some new members.

Interested in becoming a member, join us at our monthly meeting. We are in desperate need of new members. Our monthly meetings are every 2<sup>nd</sup> Tuesday of the month in the upstairs hall at 7:30 pm. Thank you.

**Next meeting is Tuesday, September 13<sup>th</sup> at 7:30 pm**

Thank you everyone for your help and support and stay healthy.

Vicky Taylor  
vicky.taylor@bmts.com



## Birthday Wishes from your Legion Family



Cde Chris Kemp enjoyed the drive-by procession at his residence on Monday, June 20<sup>th</sup>. Thanks to all those that participated to make Chris' 90th birthday memorable.

**Alex & Vicky Taylor**





## Commander's Corner



Hello Branch 340 Comrades,

For those that don't know me I am Rob Butchart your Zone Commander for the next 3 years. I am a 30 year member of Branch 295 in Paisley and have held many different Chairs at both the Branch level and the Zone Level. It will be my honor to represent Zone C-4 at the various Legion functions within the Zone, District and Province as they occur.

I encourage all members to not only support their own Branch but also show support to all Branches in the Zone as well as the District as we finally come out of an unprecedented time and we all try to get back on our feet.

I encourage all members if they are not sure of some Legion Rules, Protocols or just have a basic question, just ask your Executive as that is why they are there.

As summer has finally arrived I wish all Comrades a safe and enjoyable summer and I look forward to sharing Comradeship at your Branch in the near future.

Yours in Comradeship

Rob Butchart  
Zone C-4 Commander  
Ontario Command  
Royal Canadian Legion  
(519) 374-0488  
r.butchart@hotmail.ca



*What did one patch of moss say to the other when asked what he thought of the summer weather?  
He said: "I'm lichen it so far!"*

***Now you can laugh, if you'd want***



### **Golf - Below Par?**

After a particularly bad round of golf, Robert decided not to go to the nineteenth hole [the clubhouse bar] and started to go straight home.

As he was walking to the golf car park to get his Range Rover, a policeman stopped him and asked, 'Did you tee off on the seventeenth hole about twenty minutes ago?'

'Yes', Robert answered

'Did you happen to slice your ball so that it went over the trees and out of bounds and completely off the golf course?'

'Yes, I did. How did you know?' Robert questioned.

'Well', said the policeman gravely, 'your golf ball flew out onto the main road and crashed through the windscreen of a BMW. The car driver lost control and crashed into six other cars and a fire engine. The fire engine was unable to reach the fire in time and the building burned down. Now, what do you intend to do about it?'

Robert thought it over very carefully and responded; 'I think I'll close my stance a little bit, tighten my grip and lower my right thumb.'





# Upcoming Branch Events

Please support the Legion wherever you are

**Branch 340**

## Friday BBQ

*July 8<sup>th</sup> & 22<sup>nd</sup>  
6:00 pm*

*Sausage or Burger, Fries  
Salad & Dessert*

**Adult \$12.00/ Child 6-10 \$6.00  
Under 6 is free**

**Everyone Welcome  
Please join us**




### Tara Br. 383 July Events

**Smoked Pork Chop Dinner**  
Saturday, July 16<sup>th</sup> from 5:00 – 7:00 pm  
Salad, Dessert, Tea & Coffee \$20.00



**Friday BBQ**  
Friday, July 8<sup>th</sup> from 5:00 – 7:00 pm  
Salad, Dessert, Tea & Coffee \$15.00



**Euchre**  
Tuesday: July 5<sup>th</sup> & 19<sup>th</sup> at 7:00 pm



**District Washer Toss**  
Sunday, July 24<sup>th</sup>

Your support would be truly appreciated, as all monies raised  
are donated to our local charities

**Branch 340**

## Meat Draw

**Saturday, July 2, 16 & 30  
4:00 pm**




**Please join us**

**Everyone is Welcome**

### Royal Canadian Legion Chatsworth Branch #464

**Friday Night Music Jams**  
2:00 – 5:00 pm



**Friday Night Dinners**  
5:30 pm

Branch Phone: 519-794-2021  
Call Thursday after 5:00 pm  
Call Friday after 1:00 pm

*Smoking will kill you... Bacon will kill you... But, smoking bacon will cure it.*



**WHEN AND WHERE:**  
**When:** July 5th - August 7th, 2022  
**Where:** Starting at the Tobermory Legion (Br.290) at 0900h and continuing south east stopping at 20 different Legion branches over the course of the event before finishing in Niagara-on-the-lake at Branch 124!

Help us help Veterans facing or experiencing homelessness



**900KM RUCK MARCH TO KEEP VETERANS OFF THE STREETS**

Team Ruck 2 Remember Presents  
**ROAD 2 RECOVERY**  
 2022 - Ruck the Bruce Trail for Veterans

All Proceeds go to "Operation: Leave the Streets Behind"  
 All online donations eligible for a charitable receipt through the Joe Sweeney Fund

**Legion**   
WINDWARD COMMAND

**Register or Donate:**  
[https://bit.ly/R2R\\_2022](https://bit.ly/R2R_2022)  
 admin@ruck2remember.com




### Notable Dates for July 2022

The following are national commemorative and notable days of relevance to The Royal Canadian Legion that raise awareness of an issue, commemorate a group or event, or celebrate something.



- July 1 [Beaumont Hamel](#) (1916)
- July 1 Canada Day (Legion supports Operation Canada Day)
- July 26 Vimy unveiling (1936)
- July 27 [Korean War](#) armistice (1953)





Marine Heritage Society  
86 Saugeen St, Southampton, ON N0H 2L0

## July 22 – 24, 2022

The Marine Heritage Festival was started in 2010 to celebrate the first 10 years of Tours to Chantry Island. The whole weekend is organized as a Fun, Family, and mostly free event to celebrate the Marine History of our Community. Our volunteers work hard throughout the year to plan an exciting Calendar of Events. 2022 will be our 10<sup>th</sup> year and it promises to be a huge Celebration.

For more information about our group and our projects check out our website at [chantryisland.com](http://chantryisland.com) or email any inquiries to [chantryisland@bmts.com](mailto:chantryisland@bmts.com)



Port Elgin Legion Branch 340 a sponsor – (L) Mrs. Cpt. Sparrow, Legion President Robert Harrison, Rhonda Harrison and Cpt. Sparrow

Photo credit and caption courtesy of Sandy Lindsay, Saugeen Times



33 Victoria Street North,  
Southampton, Ontario N0H 2L0  
1-866-318-8889, [brucemuseum.ca](http://brucemuseum.ca)

### ***BCM&CC Unveils 80<sup>th</sup> Anniversary WWII Diorama***

In honour of the 80th anniversary of WWII, Bruce County Museum & Cultural Centre (BCM&CC) has unveiled a new finely detailed diorama depicting the major ways Canada contributed to the war effort.

The exhibit showcases this work on land, air, and sea from both civilian and military perspectives, and highlight the significance of Canada becoming the 'aerodrome of democracy.'

With the 80<sup>th</sup> Anniversary of WWII this August, the diorama stands as a timely tribute to the over 1 million brave men and women in Canada who donned uniforms to fight against oppressive regimes, while recognizing those who performed supporting roles in factories and on farms at home, thereby ensuring a constant flow of critical military supplies throughout the war.


This exhibit is now part of the Museum's permanent collection of displays and is proudly sponsored by the Bruce County Royal Canadian Legions and Veterans Affairs Canada.





### About the Bruce County Museum and Cultural Centre

The Bruce County Museum and Cultural Centre offers adult and children’s programming, special events, and is home to the Bruce County Archives & Research Room. Our mandate is to preserve and make available the documentary heritage of Bruce County. Discover more at [www.brucemuseum.ca](http://www.brucemuseum.ca).






## Dieppe: Heroism amidst the Horror

This event, guided by historian, Mat Johnson, features 5 interactive modules exploring the details of the tragic raid, while also highlighting the incredible bravery and heroism shown by Canadian soldiers. Also available in the Bruce Power theatre, and online, is an exclusive interview with award-winning Canadian military historian, Mark Zuehlke. Mark, who has written 14 books on Canada in the Second World War, discusses Dieppe with critical insight.

**August 19**  
Presentation at 2:00 PM

Proudly sponsored by the Bruce County Royal Canadian Legions and Veterans Affairs Canada

Funded by Veterans Affairs Canada  
Financé par Anciens Combattants Canada




**BRUCE COUNTY**  
museum & cultural centre

[brucemuseum.ca](http://brucemuseum.ca)





## **Non-medication Research Study for Canadian Veterans with PTSD**

Good morning Comrades,

Please find below information shared from Dominion Command for a research study for military and RCMP Veterans with PTSD. If you know of any Veterans who may be interested, please feel free to share this information.

Researchers affiliated with the Bridgepoint Research Collaboratory for Sinai Health are conducting an online, non-medication treatment option for Canadian Veterans living with PTSD. As part of the study, they would participate in a 6-week breathing-based meditation program that may help with symptoms of PTSD.

Please view the study website at <https://subjectmatter.ca/ptsd-study/> for more information.

Anyone interested may contact the study coordinator Justin directly in the following ways:  
phone: 647-804-6121  
email: SKY.PTSD@sinaihealth.ca

Yours in Comradeship,



Rebecca Hyndman (Calder)  
Provincial Services Officer  
The Royal Canadian Legion  
London Service Bureau  
103-1069 Wellington Rd  
London, ON N6E 2H6

Phone: 519-253-2422  
Fax: 519-649-7931  
Toll Free: 1-888-207-2021  
Email: [rhyndman@on.legion.ca](mailto:rhyndman@on.legion.ca)





# Are you a Veteran who experienced trauma?

We are looking for Veterans of the Canadian Armed Forces or the Royal Canadian Mounted Police who experience symptoms of post-traumatic stress disorder (PTSD).

As part of a new study, you would participate in a breathing-based meditation program that may help with your symptoms of PTSD.

This study will investigate a form of breathing-based meditation called Sudarshan Kriya Yoga (SKY). SKY may improve symptoms of PTSD. The SKY program will be taught, in English and French, by instructors through online group video calls over a six-week period.

## Want to learn more?

If interested, or for more information, please contact study staff at by

**phone:** 647-804-6121

**email:** [SKY.PTSD@sinahealth.ca](mailto:SKY.PTSD@sinahealth.ca)

Please note that security of email messages is not guaranteed and email should not be used to discuss information you think is sensitive.

Or, visit the study website at

<https://subjectmatter.ca/ptsd-study/>

### Study Investigator:

Ross Upshur, 416-461-8252

[ross.upshur@sinahealth.ca](mailto:ross.upshur@sinahealth.ca)



YOU ARE  
**BRAVER**  
THAN YOU BELIEVE,  
**STRONGER**  
THAN YOU SEEM,  
**SMARTER**  
THAN YOU THINK,  
**AND LOVED**  
MORE THAN YOU'LL EVER KNOW.





## **JOIN THE HCSS GREY-BRUCE NEIGHBOUR NETWORK**

**Your time and commitment have a valuable impact in your community!**

Home & Community Support Services Grey-Bruce is a team of caring staff and volunteers who provide community-based services that support independence and enhance the quality of life for seniors, adults and their families. There's no better gift than volunteering to help others in a meaningful way. We believe that people working in partnership is the best method for providing a social support system that assists individuals in attaining a level of personal well-being.

Each year we rely on over 100,000 volunteer hours to support our programs & services.

### **TRANSPORTATION**

Help your neighbours get to much needed medical appointments, or help someone get to the grocery store. HCSS Grey-Bruce Transportation support services provides rides to non-emergency medical appointments, shopping, banking, and various social activities and programs. Mileage reimbursement available.

### **MEALS ON WHEELS**

Deliver a delicious, nutritionally balanced, and locally prepared hot meal or series of frozen meals to individuals who have difficulty preparing nutritious meals for themselves. These deliveries paired with a caring smile let your neighbours know their community cares. Mileage reimbursement available.

### **FRIENDLY VISITING**

Bring a ray of sunshine to individuals who are isolated in your community by stopping by for a social visit or making a caring phone call.

Volunteers are needed from all areas across Grey & Bruce!

**JOIN US TODAY**

Call 519-372-2091 (Option 6) or Complete the [Online Form](#)

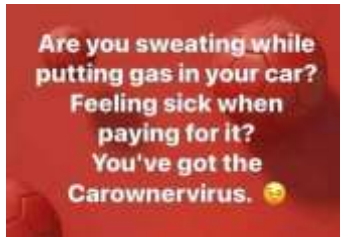
Rachel Taylor  
Community Development & Philanthropy Coordinator  
Pronouns: She/her  
[rtaylor@hcssgreybruce.com](mailto:rtaylor@hcssgreybruce.com)

(519) 372-2091 ext. 2014 | 1-800-267-3798

Fax: (519) 372-2748

[www.hcssgreybruce.com](http://www.hcssgreybruce.com)





### The Girl At The Beach

A couple lived near the ocean and used to walk the beach a lot. One summer they noticed a girl who was at the beach almost every day. She wasn't unusual, nor was the travel bag she carried, except for one thing; she would approach people who were sitting on the beach, glance around and then speak to them.

Generally, the people would respond negatively and she would wander off. But occasionally someone would nod and there would be a quick exchange of money and something that she carried in her bag.

The couple assumed that she was selling drugs and debated calling the cops, but since they didn't know for sure, they decided to just continue watching her.

After a couple of weeks the wife said, 'Honey, have you ever noticed that she only goes up to people with boom boxes and other electronic devices?' He hadn't and said so.

Then she said, 'Tomorrow I want you to get a towel and our big radio and go lie out on the beach. Then we can find out what she's really doing.'

Well, the plan went off without a hitch and the wife was almost hopping up and down with anticipation when she saw the girl talk to her husband and then leave. The man then walked up the beach and met his wife at the road.

'Well, is she selling drugs?' she asked excitedly. 'No, she's not,' he said, enjoying this probably more than he should have. 'Well, what is it then? What does she do?' his wife fairly shrieked.

The man grinned and said, 'She's a battery salesperson.' 'Batteries?' cried the wife. 'Yes!' he replied. **'She Sells C Cells down by the Seashore!'**



**PORT ELGIN LEGION – BRANCH 340**  
**2022 - MONTHLY EVENTS**  
(Event Dates subject to change)

Statutory Holidays 

Meat Draws 

BBQ/Dinners 

JANUARY 2022							FEBRUARY 2022							MARCH 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	5			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28						27	28	29	30	31		
30	31																			

APRIL 2022							MAY 2022							JUNE 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	7				1	2	3	4
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
24	25	26	27	28	29	30	29	30	31					26	27	28	29	30		

JULY 2022							AUGUST 2022							SEPTEMBER 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2		1	2	3	4	5	6					1	2	3
3	4	5	6	7	8	9	7	8	9	10	11	12	13	4	5	6	7	8	9	10
10	11	12	13	14	15	16	14	15	16	17	18	19	20	11	12	13	14	15	16	17
17	18	19	20	21	22	23	21	22	23	24	25	26	27	18	19	20	21	22	23	24
24	25	26	27	28	29	30	28	29	30	31				25	26	27	28	29	30	
31																				

OCTOBER 2022							NOVEMBER 2022							DECEMBER 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	5					1	2	3
2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10
9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24
23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31
30	31																			1

