



**Royal Canadian Legion ☙ Port Elgin Branch 340**

# **Branch Line**

**June 2021**

P.O. Box 359, 630 Green Street  
Port Elgin, Ontario N0H 2C0 519-389-9917  
Branch340@eastlink.ca [www.Branch340.ca](http://www.Branch340.ca)

Inside this issue you will find.... what is happening this month... 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).

Last month the Executive Officer's annual reports were featured and the Officer's continue to carry on the business of the Branch for you. Due to the COVID-19 lock-downs over the last year and this year many of their scheduled events were postponed and we were unable to enjoy the social aspect which attending the various functions entailed. The monthly bulletin will continue to keep you informed of planned events once we are no longer prohibited by the pandemic. Thank you for your continued support and we hope to see you soon.

Happy Father's Day to all the great guys in our lives. Enjoy your day!

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



	<b>Port Elgin Royal Canadian Legion Branch 340</b> PO Box 359, 630 Green Street, Port Elgin ON N0H 2C0 Phone: 519-389-9917 Fax: 226-453-3005 Branch340@eastlink.ca www.Branch340.ca	
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## **2019 – 2020 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</b>	Norma Dudgeon	Branch340@eastlink.ca	519-389-2876
<b>Treasurer</b>	Norma Dudgeon	Branch340@eastlink.ca	519-389-2876
<b>Sergeant-at-Arms</b>	Mike Hobson	hobson@eastlink.ca	519-386-6078
<b>Sports Officer</b>	Gord Kelly	gordonakelly1973@gmail.com	519-389-6057
<b>Chaplain</b>	Chuck Beaton	cjbeaton5@gmail.com	519-797-5586
<b>Executive</b>	Mike Hobson	hobson@eastlink.ca	519-386-6078
	Tom Jacques	thjacques@bmts.com	519-832-6837
	Patty Kelly	gpkelly@bmts.com	519-389-6057
	Gord Kelly	gordonakelly1973@gmail.com	519-389-6057
<b>LA Liaison</b>	Patty Kelly	gpkelly@bmts.com	519-389-6057
<b>Bar Chairman</b>	Norma Dudgeon	Branch340@eastlink.ca	519-389-2876
<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>	Norma Dudgeon	Branch340@eastlink.ca	519-389-2876
<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>	Dan Kelly	dankelly@bmts.com	519-389-2352
<b>Poppy</b>	Alex Taylor	alex.taylor@bmts.com	519-389-2616
<b>Property</b>	Don Dudgeon	Branch340@eastlink.ca	519-389-2876
<b>Public Relations</b>	Rhonda Harrison	bnrshow@eastlink.ca	519-389-4806
<b>Seniors</b>	Mike Hobson	hobson@eastlink.ca	519-386-6078
<b>Sergeant-at-Arms</b>	Mike Hobson	hobson@eastlink.ca	519-386-6078
<b>Service Officer</b>	Mike Hobson	hobson@eastlink.ca	519-386-6078
<b>Sports</b>	Gord Kelly	gordonakelly1973@gmail.com	519-389-6057
<b>Veteran Services</b>	Mike Hobson	hobson@eastlink.ca	519-386-6078
<b>Ways &amp; Means</b>	Tom Jacques	thjacques@bmts.com	519-832-6837
<b>Youth Education</b>	Patty Kelly	gpkelly@bmts.com	519-389-6057
<b>Air Cadets Liaison</b>	Elizabeth Eby	bizebys@gmail.com	519-832-3133
<b>Nevada</b>	Andrew Reinhart	andyreinhart@hotmail.com	519-708-0553
<b>Track &amp; Field</b>	Robert Harrison	bnrshow@eastlink.ca	519-389-4806



	<p style="text-align: center;"><b>Port Elgin Royal Canadian Legion Branch 340</b>  PO Box 359, 630 Green Street, Port Elgin ON N0H 2C0  Phone: 519-389-9917 Fax: 226-453-3005  Branch340@eastlink.ca <a href="http://www.Branch340.ca">www.Branch340.ca</a></p>	
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<b>2019-2020 LADIES AUXILIARY EXECUTIVE</b>	
<b>President</b>	Diana Tripp
<b>Immediate Past President</b>	Marg Esplen (Servant of God)
<b>1<sup>st</sup> Vice President</b>	Anne Marie Kinsman
<b>2<sup>nd</sup> Vice President</b>	Sharen Maas
<b>Treasurer</b>	Diane Mills
<b>Secretary</b>	Vicky Taylor
<b>Sergeant-at-Arms</b>	Anne Marie Kinsman
<b>Sports Officer</b>	Diane Mills
<b>Executive</b>	Meryl Cramp
	Linda Virgo



Summer will be here in just 20 days but with the recent cold snap it sure doesn't feel like it. I do however see a lot people outside getting their gardens planted for what I hope will be a much better summer this year.

With the amount of people being vaccinated I hope that we will be able to open soon to at least a limited crowd and I am hopeful maybe fully open by August or September so that we can get back to our normal operations with Meat Rolls, BBQ's and Bingos. I am feeling optimistic.

Your Executive is still doing their jobs to keep the Branch operational. Cde Norma is keeping our financial records and Executive Minutes up to date. Cde Don is keeping busy with some grounds maintenance, painting and getting a very stubborn roof leak fixed. Cde Pam is still keeping the inside of our building clean and we are ready to re-open as soon as we get the go ahead from the government and Ontario Command. Gary Cobean is finishing the siding on the front end of the building and this will complete the "reno" for the outside of the building. Thank you everyone!

The Executive Meetings are still being held electronically and all necessary business has been taken care of.



The Zone C-4 Financial Information Workshop was held on Sunday May 31<sup>st</sup> and Cdes Norma, Rhonda and I participated in this Zoom meeting. This will help us better understand future financial requirements for our Branch operations.

Cde Rhonda continues to keep your Branch Line going but with no committees active at the Branch there is not a lot of new news to report on. In spite of this she still manages to create an excellent monthly bulletin.

Hopefully, we will be open soon and will be able to have a cheers with our fellow Comrades until then stay safe and be happy.

President Robert (Bob) Harrison  
[bnrshow@eastlink.ca](mailto:bnrshow@eastlink.ca)



Why does the golf pro tell you to keep your head down during lessons?  
So you can't see him laughing.



## Hall Rentals



### **NOTE: Hall rentals have been suspended until further notice.**

Once this COVID-19 pandemic is over 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 Norma Dudgeon at the Legion phone number (519) 389-9917 or email: [Branch340@eastlink.ca](mailto:Branch340@eastlink.ca)





## Honours & Awards



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 Chairman  
thjacques@bmts.com



**I just cleared out  
some space in the freezer  
sounds much more productive  
than I just polished off  
another pint of ice cream.**





## Membership



### *Last Post*



**Jack McDonald**

Ordinary Member

THEY SHALL GROW NOT OLD AS WE THAT ARE LEFT GROW OLD,  
AGE SHALL NOT WEARY THEM NOR THE YEARS CONDEMN,  
AT THE GOING DOWN OF THE SUN AND IN THE MORNING,  
WE WILL REMEMBER THEM,  
WE WILL REMEMBER THEM.

Cde Dan Kelly  
Membership Chairman  
[dankelly@bmts.com](mailto:dankelly@bmts.com)



## Poppy



While this report may seem somewhat repetitious, it remains that our Veterans' needs are a year around endeavour and this year's Poppy Campaign success will mean that more Funds are 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 Mike Hobson, our Branch Service Officer who can contact the veteran directly to assess any support that may be required.

With the limitations put on us due to the COVID-19 Pandemic, we will look forward to seeing you, our members and friends, at what limited events we are able to participate in over the upcoming months. In particular, our Friday evening get together at the Legion when allowed provide us with some social interaction as we continue to strive to assist and comfort our Veterans who have served us so well!

**Lest We Forget!**

Cde Alex Taylor  
Poppy Chairman  
Home -519-389-2616 or cell 519-385-0816  
Email: alex.taylor@bmts.com



George went fishing, but he had not caught one fish. On the way back to camp, he stopped at a fish store.

"I want to buy three trout," he said to the owner. "But instead of putting them in a bag, throw them to me."

"Why should I do that?" the owner asked.

"So I can tell everyone that I caught three fish!" George said.





## Veteran Services



**Port Elgin Legion Branch 340**

**IMPORTANT NOTICE**

During this time of crisis any veteran that requires assistance including financial aid may contact the Port Elgin Legion Veterans Service Officer for assistance and we will do our best to accommodate your needs.

Contact: Port Elgin Legion Branch 340  
Veteran Service Officer  
branch340@eastlink.ca  
519-832-2903

Your Royal Canadian Legion is committed to making a difference in the lives of Veterans and their families, providing essential services in our communities, and remembering the men and women who sacrificed for our country.



## Youth Education



Time will tell if remote learning for our students is to "carry on".

The grandmother in me wonders how these students are actually managing. Online studies can be challenging. Even an adult learner or home office worker can find it difficult to stay focused and disciplined with the ever so hovering possible distractions.

My suspicions are that some students may very well be thriving in this new learning environment while others will be struggling

Graduation ceremonies may once again be mostly virtual, although, the achievements need to be celebrated

Soon the teachers and the students will have a vacation break with schools out for summer.

Let us all hope that by September full time in-person studies will once again be offered as a viable option along with the new e-learning.



However the classrooms may look in September we will continue our work for the students. The Remembrance Poster & Literary Competition will be starting to ramp up.

Branch 340's Youth Education Programs will "carry on".

Stay Safe, Be Well

Patty Kelly  
Youth Education Chairman  
branch340youthed@gmail.com



*MacDermott and MacDuff were sitting in the clubhouse on a raw, blustery day, thawing their beards in front of the fireplace while freezing rain beat against the windows. The pair were silent for a long time over their whiskeys. Finally, MacDermott spoke, "That was quite a round of golf."*

*"Aye" MacDuff replied. "Same time next Saturday?"*

*"Aye" said McDermott, "weather permitting."*



## SENIOR CITIZEN TEXTING CODE

BFF	BEST FRIEND FELL
LOL	LITTLE OLD LADY
BTW	BRING THE WHEELCHAIR
TTYL	TALK TO YOU LOUDER
BYOT	BRING YOUR OWN TEETH
LMDO	LAUGHING MY DENTURES OUT
WAITT	WHO AM I TALKING TO?
OMSG	OH MY! SORRY GAS
GGPBL	GOTTA GO PACEMAKER BATTERY LOW
ROFLACGU	ROLLING ON FLOOR AND CAN'T GET UP



Returning home from work, a blonde was shocked to find her house ransacked and burglarized. She telephoned the police at once and reported the crime. The police dispatcher broadcast the call on the radio, and a K-9 unit, patrolling nearby, was the first to respond. As the K-9 officer approached the house with his dog on a leash, the blonde ran out on the porch, shuddered at the sight of the cop and his dog, then sat down on the steps. Putting her face in her hands, she moaned, 'I come home to find all my possessions stolen. I call the police for help, and what do they do? They send me a BLIND policeman!'

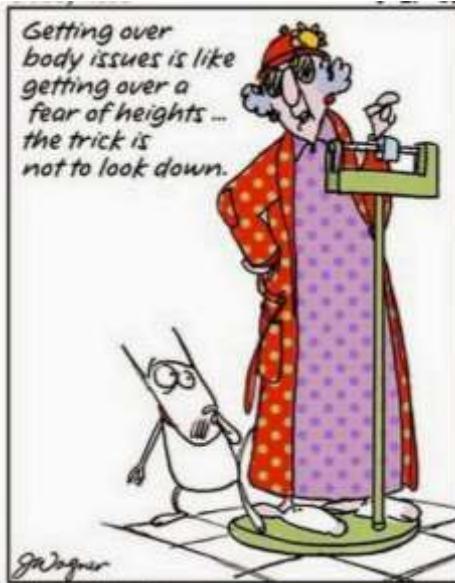


### **Hoof'in It –Your Local Butcher**

**1199 Goderich St #A Port Elgin (519) 389-6328**

Due to COVID-19 Hoof'in It would like to offer Branch 340 members  
a 10% discount.





**MILLER'S**  
**MEDAL MOUNTING**



SANDY MILLER  
CONTACT: [sandybr464@yahoo.ca](mailto:sandybr464@yahoo.ca)  
PHONE: 519-379-5989





## We Will Remember Them



### Pte. Robert White



The Home Children program during the 1800's and into the 1900's was a program in England where they collected and sent young children to Canada who were orphaned or from destitute families. In most cases they were boys who went to farms that had no male children and were treated there like Foster Children. One of these was a young man named Robert White who as a child on arrival from England, he was assigned to a Smith family on the 4th Concession of Saugeen where he was raised to manhood. At the expiration of his term, which would have been in his late teens, and on the recommendation of his pastor and teacher he received the Silver Medal for conduct and diligence which he left with the Smith family and went west to Manitoba. There he enlisted in November 1915 in Winnipeg with the 90th Battalion known as the Little Black Devils.

He reached the firing line early in the spring of 1916 and saw a number of severe engagements. He was wounded and was slightly injured at Vimy Ridge. On Aug. 15, 1917 he was severely wounded at Hill 70, near Lens in France in a hand to hand fight with bayonets. He was then sent to hospital in England and when sufficiently recovered was again sent to the firing line during this summer of 1918. On October 1st, 1918, just over a month before the war ended he died in battle making the supreme sacrifice.

*Article taken from the Port Elgin Beacon Times  
Port Elgin Ontario Wednesday November 18 1918*

#### Additional Info:

- He gave Mr. Douglas Smith (Foster Father), R. R. #2 Port Elgin as his Next of Kin on his military attestation papers.
- He is buried in the Bucquoy Road Cemetery, Ficheux in France.

G. William Streeter  
30 Copway St.  
Southampton ON N0H 2L0  
519-797-2744





## Portrait of Honour



### Sir David Sopha

It is with great sadness I share news of the passing of Sir David Sopha, on 16 May 2021.

Dave was the artist responsible for Portraits of Honour; a dedication for those who lost their lives in service of our country. The 42-foot wide and 10-foot-high canvas took Sopha over 10,000 hours to create and features the portraits of 158 Canadian Soldiers, Sailors and Aircrew who lost their lives in Afghanistan. Portraits of Honour visited Port Elgin twice; once in 2012 during the tour of communities across the country that were home to fallen soldiers, and again in 2017 when the Saugeen Shores Kin Club sponsored the return of the piece for display at Pumpkinfest. Those who had the opportunity to meet him know how great a man he was, and his dedication and service will be sorely missed.

Dave was passionate, patriotic, and extremely generous with his time and talents as seen in his extensive career supporting military and veterans across the country, which saw him honoured in Ottawa with the **Queens Diamond Jubilee Medal**. He received the **Minister of Veteran Affairs Commendation** in Charlottown, PEI. He received **Kinsmen's Hal Rogers Fellow**, **The Rotary's Paul Harris Fellow**, **the Kiwanis Walter Zeller Fellow** and has the **Toastmasters International Communication and Leadership Award**. Dave was a Life Member of Kin Canada and Hal Rogers Foundation Recipient, a Life Member of the Canadian Air Force, 428 Wing. A Life member of the NATO Veterans Organization of Canada, A Life member of CAV (Canadian Army Veterans) motorcycle unit, A Life Member of UN NATO Veterans Canada Motorcycle Unit, a life member of the Hamilton Warplane Heritage Museum, and an honorary member of the Canadian Rangers. He was awarded a **Citizen of the year for 2003** in Cambridge, ON. A **Bernice Adams Memorial Award** winner, a **Cambridge Chamber of commerce Keith Taylor Memorial Award** winner, and awarded Cambridge's **Art and Cultural award**. The Mayor of the city of Calgary made him an **honorary Calgarian**. His latest award came from his Honourable Governor General David Johnston when he awarded the **Meritorious Service Medal. (M.S.M)**.

Sopha was a proud and active member of the Preston Legion Branch 126, an artist, a father, a family member, and a friend to everyone he met, and most of all, a proud and passionate Canadian.



Lest We Forget  
Dave Mensher  
davemensher@bmts.com

<https://www.legacy.com/obituaries/cambridgetimes/obituary.aspx?n=david-charles-sopha&pid=198738415&fhid=41346>



## National Notable Dates June 2021

- Pride Month
- Legion Riders promotion
- 1st Sunday Canadian Armed Forces Day
- 4 Miracle at Dunkirk (1940)
- 6 Normandy Invasion (D-Day) (1944)
- TBD Navy Bike Ride
- 14 World Blood Donor Day
- 17-27 Memorial Cup
- 20 Father's Day
- 21 National Indigenous Peoples Day
- 24 - St-Jean Baptiste Day (Quebec only)
- 27 Canadian Multiculturalism Day



*My kid made the mistake  
of telling me I was being  
overdramatic so I just  
changed the wifi password.  
We'll see who's  
overdramatic in about 5  
minutes.*



Two guys are talking about fishing. One says to the other, “I am NEVER going to take my wife fishing with me, ever again!”

“That bad, huh,” his friend responded.

“She did everything wrong! She talked too much, made the boat rock constantly, tried to stand up in the boat, baited the hook wrong, used the wrong lures, and WORST of all she caught more fish than me!”



# JUNE

Bruce Grey  
Seniors' Centre  
Without Walls



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>By Phone –</b> Call toll free, 1-877-806-9883. Listen for the voice, then input passcode 555617#. A voice will say you are in the meeting. You can choose to use speaker phone.	<b>1</b> <b>ENJOY THE WEATHER, REGARDLESS</b> 1:00 - 1:45 p.m. Jackie Ralph – Mental Health for Healthy Living – How are you doing during the COVID-19 restrictions?	<b>2</b> <b>BE MINDFUL OF THE PRESENT</b> 1:00 - 1:45 p.m. Lee Royer – Mindfulness through Meditation	<b>3</b> <b>BE THANKFUL, GIVE A HAND UP TO SOMEONE</b> 1:00 - 1:45 p.m. Anishinaabe Storytelling – First Nations Storytelling Zoom 2:00 - 3:00 p.m. Fun Seated Fitness	<b>4</b> <b>BE MINDFUL OF THE PRESENT</b> 1:00 - 1:45 p.m. Lenore Keesing – Anishinaabe Storytelling – First Nations Storytelling Zoom 2:00 - 3:00 p.m. Fun Seated Fitness	<b>5</b>	
<b>6</b> <b>VOLUNTEER TO PHONE SOMEONE</b> 7 Phone-in 1:00-1:45 p.m. Fun Trivia Zoom 2:00 - 3:00 p.m. Fun Seated Fitness with Carolyn Shannon	<b>8</b> <b>BE MINDFUL OF THE PRESENT</b> 1:00 - 1:45 p.m. Lee Royer – Mindfulness through Meditation	<b>9</b> <b>SAY THANK YOU TO SOMEONE</b> 1:00 - 1:45 p.m. Bill Walker M.P.P. of Bruce Grey Owen Sound	<b>10</b> <b>SAY THANK YOU TO SOMEONE</b> 1:00 - 1:45 p.m. Zoom 2:00 - 3:00 p.m. Fun Seated Fitness	<b>11</b> <b>BE MINDFUL OF THE PRESENT</b> 1:00 - 1:45 p.m. Bill Walker M.P.P. of Bruce Grey Owen Sound	<b>12</b> <b>PLAN YOUR FAVOURITE MEAL</b> 1:00 - 1:45 p.m. Carolyn Shannon – “Lighter Side of Venting Frustrations” Zoom 2:00 - 3:00 p.m. Fun Seated Fitness	<b>13</b> <b>PLAN YOUR FAVOURITE MEAL</b> 1:00 - 1:45 p.m. Carolyn Shannon – “Lighter Side of Venting Frustrations” Zoom 2:00 - 3:00 p.m. Fun Seated Fitness
<b>14</b> <b>if you participate in 2 or more “Fun Seated Fitness” sessions, you will be eligible for your chance to win a \$25 Home Hardware gift card donated by Scott's Home Hardware</b> Phone-in 1:00-1:45 p.m. Fun Trivia Zoom 2:00 - 3:00 p.m. Fun Seated Fitness with Carolyn Shannon	<b>15</b> <b>THANK A FRONTLINE WORKER</b> 1:00 - 1:45 p.m. Nicholas Wilson (O.P.P.) – Be Aware of Scams and Frauds during COVID-19	<b>16</b> <b>FIND A WAY TO HELP SOMEONE SAFELY</b> 1:00 - 1:45 p.m. Nicholas Wilson (O.P.P.) – Be Aware of Scams and Frauds during COVID-19	<b>17</b> <b>FIND A WAY TO HELP SOMEONE SAFELY</b> 1:00 - 1:45 p.m. Carolyn Shannon – “Lighter Side of Venting Frustrations” Zoom 2:00 - 3:00 p.m. Fun Seated Fitness	<b>18</b> <b>FIND A WAY TO HELP SOMEONE SAFELY</b> 1:00 - 1:45 p.m. Carolyn Shannon – “Lighter Side of Venting Frustrations” Zoom 2:00 - 3:00 p.m. Fun Seated Fitness	<b>19</b> <b>PLAN YOUR FAVOURITE MEAL</b> 1:00 - 1:45 p.m. Carolyn Shannon – “Lighter Side of Venting Frustrations” Zoom 2:00 - 3:00 p.m. Fun Seated Fitness	<b>20</b> <b>SUMMER</b> 21 Phone-in 1:00-1:45 p.m. Fun Trivia Zoom 2:00 - 3:00 p.m. Fun Seated Fitness with Carolyn Shannon
<b>22</b> <b>EAT YOUR FAVOURITE FOOD</b> 1:00 - 1:45 p.m. Climate Change Awareness – What can we do?	<b>23</b> <b>EAT YOUR FAVOURITE FOOD</b> 1:00 - 1:45 p.m. Climate Change Awareness – What can we do?	<b>24</b> <b>PHONE SOMEONE WHO IS ALONE</b> 1:00 - 1:45 p.m. Wounded Warriors Canada – Helping Veterans & Families with PTSD	<b>25</b> <b>PHONE SOMEONE WHO IS ALONE</b> 1:00 - 1:45 p.m. Wounded Warriors Canada – Helping Veterans & Families with PTSD	<b>26</b> <b>WRITE A THANK YOU LIST</b> 1:00 - 1:45 p.m. Wounded Warriors Canada – Helping Veterans & Families with PTSD	<b>27</b> <b>ENJOY A FAVOURITE SNACK</b> 28 Phone-in 1:00-1:45 p.m. Fun Trivia Zoom 2:00 - 3:00 p.m. Fun Seated Fitness with Carolyn Shannon	<b>29</b> <b>PLAN A SURPRISE FOR SOMEONE</b> 1:00 - 1:45 p.m. Communities Helping Communities – Volunteer Opportunities during COVID-19
						<b>30</b> <b>Fun Seated Fitness</b> with Carolyn – one must phone 1-647-374-4685. Listen for the voice, then input ID 86980849744#. Listen for the voice, then input the passcode 987999#. For zoom video, click on zoom, when prompted for ID, input 86980849744. Then click on launch meeting. Then input passcode 987999.

If you have questions, contact Shannon Colter at 519-793-2473 or email [dschoeller@eastlink.ca](mailto:dschoeller@eastlink.ca)  
Call Misty Schonsauer at United Way Bruce Grey 519-376-1728 or toll free 1-800-794-1728 or email [misty@unitedwaybg.com](mailto:misty@unitedwaybg.com) to register. Registration draws will take place monthly.

## Introduction to the Speakers

Bruce Grey Seniors' Centre Without Walls`Program for June 2021

**Wednesday June 2nd – 1:00 – 1:45 p.m.** Meet Jackie Ralph from the Canadian Association for Mental Health Bruce Grey and Owen Sound. Jackie`s topic is, Mental Health for Healthy Living - How are you doing during the COVID-19 restrictions? Jackie has many years of experience working with the youth in elementary schools in Bluewater Separate and Public District School Boards to bring messages to young people about maintaining a good attitude, strategies to overcome stressful situations and reach out for support.

**Friday June 4th – 1:00 – 1:45 p.m.** Meet Lenore Keeshig from the First Nations Ojibway Anishinaabe who will share her cultural experiences and life through storytelling. Learn about how storytelling can explain traditions and lessons to be learned about protecting the environment.

**Wednesday June 9th – 1:00 – 1:45 p.m.** Meet Lee Royer from Wiarton who is a trained Reiki teacher, spiritual minister and trained in meditation and mindfulness. Lee will guide us in meditation and explain how meditation and mindfulness can help us during these challenging times with the COVID-19 restrictions.

**Friday June 11th – 1:00 – 1:45 p.m.** Meet Bill Walker M.P.P. for Bruce Grey and Owen Sound. Bill will answer the questions that constituents sent to me before Bill`s session. Bill has always been supportive of groups, organizations, legions and projects in his riding. He will be able to explain some of the priorities of his government during these challenging times. Send your questions to me by May 28th.

**Wednesday June 16th – 1:00 – 1:45 p.m.** Meet OPP Nicholas Wilson who will explain how we can protect ourselves from scams and frauds during COVID-19. Be prepared and aware of how to handle a scammer or fraudster. Who do you call if you need help? Learn to share your story to help others avoid a scam. Ask for help if you need help.

**Friday June 18th – 1:00 – 1:45 p.m.** Meet Carolyn Shannon, our laugh yourself healthier coach during Fun Seated Fitness. Carolyn has some creative and unique strategies to help us consider the ``Lighter Side of Venting Frustrations`` especially during the COVID-19 restrictions. Carolyn has many years of experience with laughter yoga, celebrating the WOW in women`s accomplishments and encouraging people to celebrate being happy and being themselves.



**Speakers for June 2021 BGSCWWs Programs continued:**

**Wednesday June 23rd 1:00 – 1:45 p.m.** Meet Brian Reis who is a workshop leader for Canadian Power and Sail Squadrons. He worked at the Wiarton Keppel International Airport in the weather station for 10 years. He is a historian and archivist of the Airport. Brian also had an opportunity to sail the large ships on the Great Lakes. He will share a power point presentation on Weather, how the weather happens and interesting information as to how storms form and how to be aware when a storm is approaching. What are some strategies to use for safe boating considering weather? What climate changes are related to the weather?

**Friday June 25th 1:00 – 1:45 p.m.** Meet Phil Ralph, a retired padre for the military for 25 years and now a volunteer with the Wounded Warriors Canada located in Whitby, Ontario. The motto for Wounded Warriors Canada is ``Remembering the fallen. Helping the Living``. Phil Ralph will share information about the special programs that are helping veterans and their families. Recently Ontario Command donated \$350, 000.00 from the Legions for the Veteran Service Dog Program.

**Wednesday June 30th 1:00 – 1:45 p.m.** Meet the volunteers from three community groups to hear about the community programs that help the community. How has the Bruce Grey Seniors` Centre Without Walls benefitted the community? How has the Lion`s Head Legion Branch 202 helped the community during COVID-19 restrictions? How has the Pike Bay Community Association connected with their community members during COVID-19?

Finally, think about registering for Mondays Fun Trivia at 1:00 – 1:45 p.m. and registering for Fun Seated Fitness to laugh yourself healthier on Mondays and Fridays from 2:00 - 3:00 p.m. Call Misty at 519-376-1560 or 1-800-794-1728.

