



SPIRIT



**RCMP
VETERANS'
ASSOCIATION
Ottawa Division**

**ASSOCIATION
DES ANCIENS
DE LA GRC
Division d'Ottawa**

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A Member of the RCMP contingent salutes RCMP Veterans along the Remembrance Day parade route on Nov. 11. The event was attended by 15 ODVA members this year. For more photos see P. 5

Photo by/par/Matthew Barrett

Events - Événements

December 10 / Le 10 décembre
Christmas Dinner / Dîner de Noël

January 1st / Le 1er janvier
New Year's Levée / Lever du Nouvel An

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PRESIDENT'S MESSAGE DU PRÉSIDENT

Michel Séguin

As we inch to the end of another year, we cannot help but remark on how quick 2016 has gone by. We have had a very active Fall. In October, a group of us had the honour of being invited to Rideau Hall for the First Poppy presentation. We joined representatives from the National Board of Directors to represent the Association. Garth Hampson, as always, made us proud singing O Canada (See P. 4).

I attended the unveiling of a plaque for Veterans at the Beacon Heights Residence. I met one of ours, David Gutteridge. Fred Lyle, Bill Lenton and I had the pleasure of meeting and talking to some of our SWW veterans. It is always amazing to me what they went through and the interesting lives they lived after. What a generation! (See P. 6)

On Nov. 8 we had a big event. No, not the election in the States. We held our second Honours and Recognition night. Congratulations to Dan Carroll, our Veteran of the Year, for his great contribution to the Association over the years. We also had two President's Commendations to Jack Briscoe and Bryan Hunter. Jack for the enormous contribution to the Association and Bryan for his community work over several decades. Peter Webster was presented with his Honorary Member's Certificate and Pin. Peter was thanked for the work he has done for the RCMP and the Veterans' Association. And a tip of the hat to Blake McIntosh who received his 45-year membership pin. The evening was well attended and I want to thank Joan Panich and Graham Muir for leading a great team in making this a very successful event (See Page

17-20).

Again this year, our members proudly marched as part of the larger Veterans' Contingent of our Canadian Armed Forces brothers and sisters at the Remembrance Day ceremony at the National War Memorial. (See P. 5).

We have joined the RCMP 'O' Division to support its initiative "Toys for the North" (See P. 21). This is a wonderful way to help make the Christmas of a child in a northern community particularly memorable. I hope we will be able to take part in this event in the years to come. Speaking of successful events, Christmas Dinner is coming up on December 10. I hope you will consider coming. Get a group of friends and fill a table. Last year turned into a great party. Let's have a repeat performance.

À mesure que nous approchons la fin d'une autre année, on ne peut s'empêcher de remarquer comment 2016 est passée vite. Notre automne a été très achalandé. En octobre, quelques-uns d'entre nous ont eu l'honneur d'être invités à Rideau Hall pour la présentation du Premier coquelicot. Nous nous sommes joints aux représentants du Conseil national d'administration pour représenter l'Association. Garth Hampson, comme toujours, nous a rendus très fiers en chantant l'Ô Canada. (Voir P. 4)

J'ai assisté au dévoilement d'une plaque pour les vétérans à la Résidence Beacon Heights. J'ai rencontré un des nôtres, David Gutteridge. Fred Lyle, Bill Lenton et moi avons eu le plaisir de



croiser et de discuter avec certains de nos vétérans de la Seconde Guerre mondiale. Ce qu'ils ont vécu et les vies intéressantes qu'ils ont eues après m'impressionne toujours. Quelle génération! (Voir P. 6)

Le 8 novembre nous avons eu un grand événement. Non, pas l'élection aux États-Unis. Nous avons tenu notre deuxième soirée Distinctions honorifiques et reconnaissance. Félicitations à Dan Carroll, notre vétéran de l'année, pour sa grande contribution à l'Association au fil des ans. Nous avons aussi remis deux Mentions élogieuses du président à Jack Briscoe et Bryan Hunter. Jack pour l'exceptionnelle contribution à l'Association et Bryan pour son travail communautaire pendant plusieurs décennies. Peter Webster s'est vu présenter son certificat et son épinglette à titre de membre honoraire. M. Webster a été reconnu et remercié pour le travail qu'il accompli pour la GRC et l'Association des vétérans.

On a levé notre chapeau à Blake McIntosh qui a reçu son épinglette d'adhésion de 45 ans. La soirée a remporté un vif succès et je tiens à

(Continued P.4)



PRESIDENT'S MESSAGE DU PRÉSIDENT

Michel Séguin

(Suite de la P. 3)
remercier Joan Panich et Graham Muir pour l'équipe formidable qui a permis de faire de cet événement un succès (voir page 17-20).

Cette année encore, nos membres ont marché fièrement avec le contingent de nos confrères et consoeurs Anciens Combattants et Vétérans des Forces armées canadiennes lors de la cérémonie du Jour du Souvenir au Monument commémoratif de guerre du Canada. (voir P. 5).
Nous avons joint la division "O" de la GRC pour les

appuyer avec leur initiative "Jouets pour le Nord" (voir p. 21). C'est une merveilleuse façon d'aider à rendre le Noël d'un enfant dans une communauté du Nord particulièrement mémorable. J'espère que nous pourrons participer à cet événement dans les années à venir.

Parlant d'événements réussis, le dîner de Noël est prévu pour le 10 décembre. J'espère que vous vous joindrez à nous. Réunissez un groupe d'amis et occupez une table. L'année dernière s'est avérée en une magistrale fête. Re commençons l'exploit.

First Poppy/Le Premier Coquelicot



His Excellency the Right Honourable David Johnston, received the symbolic first Poppy Oct. 19, at the ceremonial opening of the 2016 Poppy Campaign at Rideau Hall. RCMP Veterans' representatives at the presentation were (left to right) Michel Séguin, President ODVA, Garth Hampson, ODVA, Alex Geddes, Secretary, RCMP Veterans' Association, Wes Rideout, President of Kingston RCMPVA, Governor General Johnston, Al Rivard, President, RCMP Veterans' Association, Mark Gaillard, Execu-

tive Officer, RCMP Veterans' Association, Céline Gingras, Division du Québec, Director, RCMP Veterans' Association, Bill Maxwell, Retired RCMP, (Dominion Command Co-ordinator, Royal Canadian Legion Headquarters)

*Photo By/Par: Sgt Johanie Maheu,
Rideau Hall © OSGG, 2016.*



Ottawa Division Veterans' Association Remembrance Day contingent



Top photo / Photo en haut:

By a young lady attending the ceremony
Par une jeune fille participant à la
cérémonie

Bottom photos / photos plus bas:
Suzanne Sarault



Students explore booths to learn about war efforts

More than 450 middle school students took the opportunity to work their way through displays at the annual Billings Bridge Plaza Veterans' Appreciation Day. Each student has a question sheet which encourages them to ask about each display.

ODVA Director of History, Pat Arseneau, assisted students at the RCMP display and ODVA member Jack Hearfield, as he has for 21 years, was responsible for the display of Royal Canadian Navy (RCN) and Women's Royal Canadian Naval memorabilia.

The RCMP display traditionally focuses on the Provost Corp, as the RCMP members went overseas during the Second World War as the 1st Canadian Provost Division. This year the display included the RCMP Marine Section,

whose 155 Marine Section members became Royal Canadian Navy Reserve for the duration of the war. As well, its 33 vessels were turned over to the RCN, considerably increasing the size of the RCN fleet.

Information and photos provided by: Jack Hearfield

ODVA President Michel Séguin, First Vice President Fred Lyle and Secretary Bill Lenton attended a ceremony at All Seniors Care Beacon Heights Retirement Residence to honor its resident Veterans and their spouses. A plaque has been installed at the door in recognition of their service. Major (retired) Wayne MacCulloch made a presentation on today's peacekeeping and on the current role of the men and women who are offering protection and help in different countries. Two representatives of Legion Branch 632 were part of the ceremonies.

*Information provided by : Renée Poirier,
Health & Wellness Director/
Directrice santé et bien-être
Beacon Heights Retirement Residence*





LAST POST - DERNIÈRE SONNERIE

REG. NO. RÉG.	NAME - NOM	DATE	PLACE / ENDROIT
14455	OWENS, Mitchell George 'Mitch'	Nov. 17	Greely, ON
16953	WINTERS, Lyndall H.	Nov. 11	Ottawa, ON
20211	RASMUSSEN, Brian Ivan James	Nov. 4	Kamloops, BC
35214	NAYLOR, Vickey L.	Oct. 27	Penticton, BC
28148	VOS, Bill	Oct. 30	Kelowna, BC
40294	PERRY, Anthony A.	Oct. 28	Labrador, NL
18298	SCARTH, William Barrie	Oct. 27	Westport, ON
35317	FOSTER, Kimball Lorten 'Kim'	Oct. 26	Saskatoon, SK
HA2523	FIELDING, Arthur	Oct. 26	Cherry Hill, NS
25684	DAVIDSON, Dwight Charles	Oct. 25	Sangudo, AB
C/599	HOPKINS, John (Jack) Roderick	Oct. 22	Ottawa, ON
C/10	HYNDMAN, Mary Aline 'Lynn' (one of the original Civilian Members in Forensic Science and Identification Services)	Oct. 22	Ottawa, ON
18746	LAWFORD, Ronald Henry	Oct. 20	Saskatoon, SK
35123	KRUK, James M.	Oct. 13	Airdrie, AB
20406	GÉNÉREUX, J.C.A.P. Luc	Oct. 6	Ottawa, ON
33674	BORKES, Lyle Henry J.	Oct. 4	Nanaimo, BC
20300	GIESBRECHT, Richard Bruce	Sept. 29	Langley, BC
27013	ALLEN, William (Bill) Raymond	Sept. 29	Baldur, MB
S/2545	GOULD, Howard "Howie" Emmerson	Sept. 25	Medicine Hat, AB
15603	CASS, George H.	Sept. 19	Winnipeg, MB
24559	WILLIAMS, Kenneth	Sept. 19	
26563	GUIDON, J. Donald	Sept. 18	Maxville, ON
34917	O'HALLERON, Allan C.	Sept. 16	Ladysmith, BC



LAST POST - DERNIÈRE SONNERIE

REG. NO. RÉG.	NAME - NOM	DATE	PLACE / ENDROIT
14010	HOLMES, P.M. (Paul)	Sept. 16	Creston, BC
20901	STRONEBERG, (John Allan)	Sept. 16	Oliver, BC
23659	BEST, Eugene Everett	Sept. 16	Oliver, BC
	KRESS, Doug (Serving employee at time of death)	Sept. 16	Surrey, BC
21385	DUHAMEL, J.A. Denis	Sept. 16	Salmon Arm, BC
25909	COLE, (Richard Stanley)	Sept. 15	Winnipeg, MB
30469	DUNPHY, David Alexander	Sept. 15	Hanwell, NB
42617	GRIMARD, Gaétan J. L. (Serving Member at time of death)	Sept. 10	Ottawa, ON
15347	JOHNSTONE, 'Bud' Henry Martin Clifford	Sept. 10	Kelowna, BC
18352	WELLBROCK, Clifford John	Sept. 9	Mission, BC
35684	McKERRY, Philip A.	Sept. 6	Edmonton, AB
C/4700	GASCON, Catherine Anderson "Cathy"	Sept. 6	Almonte, ON
20917	MERTEN-FEDDLER, 'Joe' Joachim	Sept. 1,	Moose Jaw SK
15597	ARMSTRONG, George William		Ottawa, ON
27368	STEVELY, Terence J.T	Aug. 29	Yorkton SK
17856	HULGAARD, William Joseph	Aug. 28	Langley, BC
19274	McCARTHY, Lorraine Charles "Charley"	Aug. 23,	Saint John NB
26477	MacKENZIE, William Alexander	Aug. 21	Comox, BC
41525	PRIESTLEY, Fred James	Aug. 20	Bridgewater, NS
18274	STEENSON, James Edward	July	Surrey, BC
22688	DeWITT, L.S.(Laurel (Laurie))	June 23	Trail, BC



Mitch Owens, RCMP Arctic Explorer, Dies at 95



Mitch Owens, whose RCMP career spanned 21 years, including serving on the St. Roch on its historic voyage through the Northwest Passage, died on November 17 at the Orchard View Living Centre in Greely, ON.

At a special presentation in 2015 to honor his 50-year support of the RCMP Veterans' Association, and his more than 20 years of service in the RCMP, Mitch's family commented that the RCMP was always at the centre of their home.

Born in Hazelridge, MB, in 1921, Mitch joined the RCMP in 1942 and, after serving in the Arctic, including on the St. Roch, moved to the Ottawa area. In 1949 he married Stella Futa who predeceased him in 2005. He retired from the RCMP in 1963 but

continued his RCMP association, and his public service.

As well as owning, and running, a trailer park, Mitch was a city councillor and interim mayor of Gloucester. In 1990, Gloucester city council, after a petition by residents, voted to rename Regional Road 8, where Mitch lived, Mitch Owens Road.

Mitch had been awarded the Polar Medal, had received his Long Service Medal, the Golden Jubilee Medal, the Diamond Jubilee Medal and, in 2003, received the Canadian Volunteer Service Medal for his 18 months of service in the Canadian Armed Forces during the Second World War.

Sources Wikipedia and Metroland

On line - En ligne

Photos taken at various events are on line on the Members Only page. Our website - and especially the Members Only page - is constantly updated the latest information, photos and a calendar of events.

Vous pouvez visionner les photos des événements sur notre site web à l'onglet "Members only". Le site web - et particulièrement la page "Members Only" est mis à jour régulièrement avec les dernières informations, les photos et le calendrier des événements.

'What do you talk about?' is a question people ask when they learn that I visit sick, temporarily home-bound, or permanently shut-in members of the RCMP Veterans' Association as part of our Division's Visitation Program. The answer may not be helpful to someone who feels the call to also go visit some of our lesser fortunate members, because it comes down to: 'It depends'. There is no pat answer.

I take my cues from the person whom I am visiting. I ask questions and one answer leads to another question, and so on. Questions about what? Their health. Many people who are ill are pleased that someone takes an interest in their condition. Questions about their former work in the RCMP. It is no secret that Mounties LOVE to talk about their policing experiences. And, I have to admit, I love to hear those stories. Questions about their families. Parents love to talk about their kids and their accomplishments and shut-in Veterans are no different. If their spouse is sick or has passed on, I sometimes encourage them to talk about him or her.

I ask if the Veterans' Association be of any help to them. And I talk about our Association: who is on the Board, some of the items on the agenda that may interest them, the activities I have participated in. I talk about my own life, politics, the weather, you name it. From this you probably gather that my visits often last more than five minutes!!

How much time do I spend, you may ask? It has ranged from a peek around the door (to find someone sound asleep) to more than half a day (someone wants to go for a walk in the woods). A standard visit lasts about 1½ hour.

All this is easy enough when the person I visit is capable of talking and is still mentally fit, but the going gets tough when I'm visiting someone who has impaired speech because of pain or illness. Actually, I end up doing most of the talking in those cases, and I rely more on the written word. A copy of the *Spirit*, the Quarterly or any other policing related publication does wonders. We look through the pages, I mention names of people whose photos accompany the articles and I talk about the topics. I also use other visuals. I always wear my Veterans' pin and name tag. No jacket—too intimidating to my liking in a home or care home setting—unless there is a special occasion. I bring books, something to nibble, photos of my own trips or walks around Ottawa, you name it. Such visits can be draining but the rewards are well worth the effort. One member has dementia

and is unable to communicate yet one time he 'talked' to me for almost half an hour. I couldn't understand a word but he made my day!!

In addition to just visiting, I try helping members in reaching out on their own. I offer to help them find former

colleagues so they can re-establish contact. I also try to get members who are still mobile to attend the regularly held breakfast sessions, the RGMs, the Musical Ride, anywhere where there is an opportunity for connecting with Veterans. Sometimes they attend as a result of having found a former colleague who offers to take them there; other times I drive them there myself.

I find that overall the benefits of visiting a Veteran far outweigh the negatives. There are negatives: visiting can be time consuming, especially if you visit seven to eight people, like I do. And a visit can take an emotional toll on me personally.

Some people whom I visited have passed on, which shocks and saddens me; others suffer from dementia, which makes me often re-live the agonizing years that my husband suffered from the same disease. And I can't always help, which is hard to take. But the rewards are profound. To be able to bring back in someone's life the reassurance that they are not forgotten by their former colleagues is a true privilege. Because when I visit someone I represent all of us Veterans. The gratitude, the smiles, and the hugs of the people whom I visit are intended for all of us and make all my time and effort worth it.

So if you wonder again what I talk about during my visits, now you know.

Lia Eichele
lia.eichele@gmail.com



De quoi parlez-vous? est une question que les gens posent quand ils apprennent que je visite les membres de notre Association des vétérans de la GRC qui sont malades, confinés à la maison temporairement ou de façon permanente dans le cadre du programme des visites de notre division. La réponse peut ne pas être utile pour quelqu'un qui ressent aussi l'appel de visiter certains de nos membres car au fond: "Ça dépend". Il n'y a pas de réponse tout prête.

Je me laisse guider par la personne que je visite. Je pose des questions et une réponse m'amène à une autre question et ainsi de suite. Des questions sur quoi? Leur santé. Beaucoup de gens malades apprécient que quelqu'un s'intéresse à leur état de santé. Des questions concernant leurs anciennes fonctions dans la GRC. Tout le monde sait que les membres de la police montée ADORENT parler de leurs expériences policières. Et, je dois l'admettre, j'adore entendre ces histoires. Questions concernant leurs familles. Les parents adorent parler de leurs enfants ainsi que de leurs accomplissements et ces vétérans confinés ne sont aucunement différents de autres. Si leur conjoint(e) est malade ou est décédé(e), quelquefois je les encourage à parler de lui/d'elle.

Je leur demande si l'Association pourrait leur être d'une utilité quelconque. Et je parle de notre Association : qui fait parti du conseil d'administration, certains points à l'ordre du jour et les activités. Je parle de ma propre vie, de la politique, de la météo et de bien d'autres sujets. Vous avez probablement compris que mes visites durent souvent plus de cinq minutes!!

Combien de temps je consacre? Ça peut varier, d'un rapide coup d'œil en ouvrant la porte (et trouver quelqu'un profondément endormi) à plus d'une demi-journée (lorsque quelqu'un désire faire une longue promenade en forêt). Une visite standard dure environ une heure et demie.

Tout ceci est assez facile lorsque la personne que je visite est capable de parler et est mentalement apte, mais les choses se corsent lorsque je visite quelqu'un qui a un trouble de la parole à cause de la douleur ou de la maladie. En fait, c'est moi qui parle le plus dans ces cas-là, et je me fie davantage à l'écriture. Un exemplaire de la revue « The Spirit », de la Trimestrielle ou toute autre publication liée à la police fait des merveilles. Nous feuilletons les pages, je mentionne le nom des personnes dans les photos qui accompagnent les articles et je parle des sujets. J'utilise aussi d'autres moyens visuels. Je porte mon épin-

glette des vétérans et mon insigne d'identification. Pas de veston - trop intimidant à mon goût dans une maison ou un foyer – à moins d'une occasion spéciale. J'apporte des livres, des grignotines, des photos de mes voyages ou mes promenades autour d'Ottawa et ainsi de suite. Ces visites peuvent être épuisantes, mais les récompenses en valent bien l'effort. À un moment donné, un membre souffrant de démence et incapable de communiquer m'a «parlé» pendant près d'une demi-heure. Je n'arrivais pas à comprendre un seul mot mais il a ensoleillé ma journée!!

En plus de mes visites, j'essaie d'aider les membres à renouer des liens avec les leurs. Je leur offre mon aide afin de retrouver d'anciens collègues et reprendre contact. Je tente d'intéresser les membres qui sont toujours autonomes d'assister aux petits-déjeuners réguliers, aux réunions générales régulières, au Carrousel, à tous événements où il y a une occasion de socialiser avec des vétérans. Quelquefois ils/elles y participent parce qu'ils/elles ont retrouvé un (e) ancien(ne) confrère/consœur qui les invite; d'autre fois, je les conduis moi-même.

Je trouve que dans l'ensemble, les avantages de la visite d'un vétéran l'emportent de loin sur les points négatifs. Il y a des points négatifs tels que les visites peuvent prendre beaucoup de temps, spécialement si vous visitez sept ou huit personnes comme je le fais. Une visite peut avoir un impact émotionnel pour moi.

Certaines personnes que je visitais sont décédées, ce qui me trouble et m'attriste profondément; d'autres souffrent de démence ce qui me fait souvent revivre les années agonisantes que mon mari a vécues à cause de la même maladie. Par moment, c'est difficile de ne pouvoir rien faire. Mais les récompenses sont enrichissantes. Être capable de ramener dans la vie de quelqu'un l'assurance qu'ils/elles n'ont pas été oublié(e)s par leurs ancien(ne)s collègues est un réel privilège. Lorsque je visite quelqu'un, je représente tous les vétérans. La gratitude, les sourires, les étreintes des gens que je visite sont destinées à chacun d'entre nous et m'assurent que mon temps et mes efforts en valent la peine.

Donc, si vous vous demandez de quoi je parle au cours de mes visites, vous le savez maintenant.

Lia Eichele

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Book reveals true story of Canadian espionage

Shattered Illusions: KGB Cold War Espionage in Canada, is the true story of two men at the centre of one of the most important, early Cold War espionage / counter intelligence operations in Canada. KGB deep-cover illegal, Yevgeni Vladimirovich Brik, and former disgraced RCMP Cpl. James Douglas Finley Morrison, Reg. #13251, shattered each of their country's faith in them.

After extensive vetting, the Soviet KGB had provided Brik with the full range of clandestine espionage training, in specially selected safe houses in Moscow. He was forbidden to enter any KGB facility in Moscow and was not exposed to KGB officials, other than his trainers. Brik was dispatched to Canada in November 1951, landed in Halifax using false Canadian documentation. He took the train to Montreal, carrying in his pocket two microfilms inside a hollowed-out coin. The microfilms described various meeting sites and radio transmission frequencies he would later use to communicate with KGB HQ, the Centre, in Moscow. Within 10 days, he met Leonid Dmitrievich Abramov, an Ottawa-based KGB officer, who was his initial Illegal Support Officer (ISO). Abramov gave Brik a cigarette case containing his new identity documents, in the name of David Soboloff. Brik gave Dmitrievich his original travel documents and, with his new identity in hand, began his life as a deep-cover KGB illegal in Canada. RCMP Cpl. James Morrison had distinguished himself during WWII as a member of #1 Canadian Provost Corps (RCMP). During his time in the UK and Europe, he rose in military rank to Captain. Morrison had been Mentioned in Despatches (MID) for gallantry and was given the job of hunting down Nazis and Dutch sympathizers who had committed war crimes against the Dutch people.

After the war, he remained briefly in Europe where he continued to search for Nazis. Some months later, Morrison returned to Canada, re-engaged in the RCMP and was posted to 'F' Division. He had married while in the UK and his pregnant wife, and their first-born son, followed him to Canada. During his first two years in Canada, Yevgeni Brik

communicated clandestinely with Moscow, serviced dead drops, opened bank accounts in Canada and the U.S. using KGB operational funds, corresponded with the Soviet Embassy through a live-letter-box (LLB) and had occasional clandestine meetings with Abramov, his ISO. He was

later assigned a number of agents to service. Following instructions from the Centre, Brik travelled to western Canada where he familiarized himself with the cities which his false legend indicated he had lived. While in Winnipeg, he fell in love with a married woman from Kingston, ON. He met her at her parent's boarding house, where she and her two children were spending a short vacation. An illicit affair followed. Brik informed his lover that he was not the person he said he was, but a Russian spy living in Verdun. The woman persuaded him to travel with her to Ottawa and to turn himself in to the RCMP Security Service.

RCMP SS officers, Terry Guernsey and Charles Sweeny convinced Brik to work against the KGB in Ottawa and Moscow as a double agent. He was the only Western intelligence penetration of the KGB at the time. In 1955, Brik was betrayed to the Soviets by RCMP Cpl. James Morrison, who was seeking relief from suffocating debts. It was the first known time that a member of the RCMP had committed treason and espionage. The KGB, knowing it had to get Brik (*Continued on P. 13*)





What year was this?



RCMP POLICE

FRONT ROW, left to right: Bryon Sutcliffe, Paul Saulnier, Herb Goldstein, Gerry Jolicoeur, Dave Larabie, Barry Melanson, Dave Bishop.
BACK ROW, left to right: Norm Inkster (Coach), Larry Lafleur, Dave Murnaghan, Ron Yaworski, Bob Bingham, Bob Mitchell, Lynn Dionne, Murray Milne (Trainer), Dave Sandey.



Barry Thomas, our Director of Membership, and his neighbor Dave Larabie (retired RCMP/CSIS) both played on the RCMP HQ Division hockey team in the 1970s. Barry says Dave made the decision to join the RCMP Security Service rather than play professional hockey. Dave recently dug up his old sweater (held by Barry - right), and Barry had a photo of the team with the names underneath (left). They aren't certain, however, the exact year the photo was taken. If you have the answer please let us know and we will confirm in the Winter edition of *The Spirit*. Email your answer to: spirit.bulletin@yahoo.ca

(Continued from P. 12)

back to the USSR, lured him back to Moscow where he was arrested and interrogated. Convicted of treason, a traitor's fate awaited him; predictable, grim and final. But incredibly, this is just the beginning of the story.

Shattered Illusions: KGB Cold War Espionage in Canada, reveals the full, never before told story, for the very first time. It explains why, shockingly, CSIS became engaged in this case almost four decades later. And it identifies what happened to all the major players. The story involves espionage, intelligence tradecraft, intelligence service penetrations, double agent scenarios and betrayal.

The book, published by Rowman & Littlefield (NY & Maryland) will be released Jan. 16, 2017. It will be available directly through the publisher, Amazon.com, Kindle, or can be ordered through your local book

store. However, the publisher is currently accepting pre-publication orders which includes a 30 per cent discount. You must use Discount Code:

RLFANDF30. Order

at (800) 462-6420

or email at:

orders@rowman.com

Donald G. Mahar is a member of RCMP Veterans' Association, Ottawa Division. He served 41 years in the RCMP, CSIS and CSE. He is the National President of the Pillar Society, the retirement organization for CSIS and the former RCMP SS.





Perth Fall Golf Classic



The Blue Heron Golf Course in Lanark was the setting for the Perth and District RCMP Veterans Annual Fall Golf Classic. Following tradition, the day started with breakfast at Mr. Victor's Restaurant. A draw for a turkey was won by Phil McLellan and the 50/50 draw by Paul Bradley. A beautiful day of golf was enjoyed by 20 golfers - old friends and new - and followed by the traditional carrot cake and a free gift. The Perth gatherings have only one rule "Come Take Off Your Shoes, Put Your Feet Up, and Be Yourself".

Information submitted by: Ed Rockburne

Photos by: Bill Irwin



Canadian Police and Peace Officers National Memorial Service

Service
commémoratif des
policiers et
agents de la paix
canadiens



Every year, on the last Sunday of September, municipal, provincial and federal police and peace officers march on Parliament Hill to remember and honor their colleagues who sacrificed their lives in the line of duty. This year, as in years past, members of the RCMP Veterans' Association-Ottawa Division, joined their serving colleagues at this event.

Chaque année, les policiers et les agents de la paix municipaux, provinciaux et fédéraux défilent sur la Colline du Parlement, le dernier dimanche de septembre, afin de rendre hommage aux collègues qui ont sacrifié leurs vies dans l'exercice de leurs fonctions. Cette année, tout comme les années précédentes, les membres de l'Association des Vétérans, division d'Ottawa, se sont joints à leurs collègues membres actifs.



*Photos by/par:
Gilbert
Bouffard*



Sovereign's Medal for Volunteers

La Médaille du souverain pour les bénévoles

On Sept. 7 His Excellency the Right Honourable David Johnston, Governor General of Canada, presented four members of the Ottawa Division Veterans' Association with the Sovereign's Medal for Volunteers at a ceremony at Rideau Hall.

Those receiving the medal were Roy Berlinquette (top left), Brent MacDonald (top right), Joe Healy (bottom left) and Gary Walkling (bottom right). Presentations to ODVA members Ian Cooper and Garth Hampson were made at earlier events.

For more information on why these members received this recognition, and for pictures of earlier presentations, please see *The Spirit* Spring and Summer editions, or check on the website at www.rcmp-grcvetsottawa.ca

The RCMP Veterans are among the first Canadians to receive the new medal which recognizes volunteer achievement in a wide range of fields. Recipients have been nominated for the medal from within their community. Details on submitting nominations are found at caring.gg.ca

*Photos by : Sgt Johanie Maheu,
Rideau Hall © OSGG, 2016*



2016 Veteran of the Year Daniel Carroll



“To be elected to Office is an honour. To volunteer your services, and have them accepted, is a privilege. The privilege lies in assisting those in need and working with like-minded associates.”

This quote sums up how Daniel Carroll approaches volunteering, and it is this approach which compelled the Ottawa Division RCMP Veterans' Association to honour Daniel as its 2016 Veteran of the Year. In the introduction to the award presentation ODVA Director of Honours and Recognition, Joan Panich, provided a long list of his contribution to the association, to veterans, to his community and to Canada.

Over the years he served the association, and the division, in many capacities:

- 1990/1993 Secretary
- 1993 Co-chair of AGM
- 1994/1995 Vice President
- 1996 President
- 1999 Recipient of the ODVA President's Award
- 2000/ 2002 Assistant Secretary, National Executive Committee
- 2003 Queen's Golden Jubilee Medal
- 2004 Organized Veterans for the Parade at the Dedication of the RCMP National Memorial Cemetery
- 2005, with Mel Gilbey, and wearing their red blazers, marched in the inaugural Parade at the AGM.
- 2006 Director, Financial Assistance
- 2007/08/09 Golf Committee Volunteer/Chair - received a President's Certificate of Appreciation
- 2009 ODVA Life Member
- 2009/ 2010 Represented the ODVA serving an annual dinner to honour Aboriginal war veterans from across Canada at the Odawa Native Friendship Centre
- 2010 Was one of three Veterans who received the Commissioner's Warrant of Appointment recognizing the rank of Sergeant Major, Corps Sergeant-Major, and Staff Sergeant-Major.
- 2011 Director of History
- 2013-/2015 Ottawa Division first Sergeant-at-Arms

Photo: Greg Fedor



Brian Hunter received a President's Commendation "For his extensive community service for over 40 years as a serving RCMP Member, and continuing as an RCMP Ottawa Division Veteran, in recruiting and organizing volunteers that serve special needs campers at the MAB -MacKay Rehabilitation Centre's Camp Massawippi, Eastern Townships, PQ."

Created in 1951, Camp Massawippi is a bilingual residential camp offering specialized programming for campers between six and 30 years old, living with motor, hearing, or visual impairment.

For more than 40 years Brian organized an annual "Work Party" where he recruited friends and volunteers from across Quebec and Ontario to come and spend a weekend every Spring to do a much needed clean-up. They did renovations and construction projects ensuring the camp was safe, well adapted and ready to receive its

guests. Without Brian's effort, the campers would not have the facilities they do to enjoy their summer months.

Not only was Brian the driving force behind his work crew, he was also the cook and prepared the meals for all of the volunteers. His enthusiasm was contagious and greatly appreciated.

Jack Briscoe was presented with a President's Commendation for 'his many years of outstanding volunteerism and commitment as an ODVA emissary, effecting commendable influence at the national level, bringing great credit, both locally and nationally, to the RCMP Veterans' Association and its members'.

Jack served on the committee that created the original design and implementation of the RCMP National Memorial Cemetery at Beechwood, has served in a number of other executive positions and is a member of the Succession Planning Committee.

As Executive Director, he applied best practices in office administration creating the first-ever 'Board Operations Manual', which sets out the fiduciary responsibilities of the Board and Directors.

As the National Director of Membership Jack engaged divisions and established a national platform to 'grow the membership', leveraging cross-country online surveys, regional consultations and focus groups.

He cultivated the RCMP's Warrant Program (Sergeants Major) to establish contact with the Force at the division level.



Jack is a bold thinker and an innovative leader who has an admirable record of concluding business that he has taken on 'For the good of the Association'. He leads by example, and has a solid reputation as a gentleman and diplomat in Association circles.



Photos: Greg Fedor



At the Fall Annual General Meeting long-service recognition awards were presented to:

45 years/ans

Blake McINTOSH 15689

25 years/ans

Manfred BOECKLER 18374

Bruce MARR 18877

Donald SALT 19196

Ross SHORTILL 22049

John Richard THOMAS 24062

Fred WINTERS 22609

20 years/ans

Dave COCHRANE 29923

Thomas ROOS 26094

15 years/ans

Guy LACHANCE 44193

10 years/ans

Patrick ARSENEAU 29142

Ron LEWIS 27275

Worthing McCULLOUGH S209

5 years/ans

Tim KILLAM 33437

Photo: Gilbert Bouffard

Annual Dues/Cotisation Annuelle

Membership fees for 2017 are due for December 31st, 2016, remaining the same as last year; \$60 for Members and \$38 for Associate Members. Your timely payment is essential to help us plan and budget for a year of activities. Please go to page 25 to see how you can pay your dues.

As discussed at the October RGM and as approved at DEC in November, members who pay their dues from January 1st on, will be charged a \$10 administration fee. We are hoping to alleviate the work of DEC members who have to deal with dues in arrears throughout the year. Thank you.

Les frais de cotisation doivent être payés au plus tard le 31 décembre et sont au même taux que l'an passé soit 60 \$ pour les membres et 38 \$ pour les membres associés. Votre paiement en temps opportun est essentiel pour la planification et la budgétisation des activités pour l'année. Veuillez consulter la page 25 pour voir comment vous pouvez payer votre cotisation.

Tel que discuté à la RGM en octobre et approuvé par le Comité exécutif en novembre, des frais d'administration de 10 \$ seront appliqués pour ceux et celles qui paieront leur cotisation à compter du 1er janvier. Nous espérons alléger le travail des membres du Comité exécutif qui doivent gérer les retards de paiement tout au cours de l'année. Merci.

At the June Honours and Recognition meeting the Ottawa Division Veterans' Association President Michel Séguin presented RCMP Veteran Alex Geddes, and his wife Bev, with a Life Membership Plaque and Pin on behalf of the Friends of the Mounted Police Heritage Centre.

The plaque reads: *Presented to Alex & Bev Geddes, with sincere thanks and appreciation for your generous support of the RCMP*

Historical Collections Unit RCMP Heritage Centre, Regina, Saskatchewan, 2016

The presentation was in appreciation of the Geddes' service and generous contributions over the years.

Photo: Gilles Laframboise



Peter Webster, as a long-time friend of the RCMP and of its Veterans, received his certificate and pin as Honourary Member of the ODVA.

Peter has been very supportive of ODVA initiatives, including the RCMP National Memorial Cemetery at Beechwood and the RCMP Veterans/Bruce Denniston Bone Marrow Golf Classic. He has also donated artwork to the General Mess. He was appointed a Distinguished Mess Member by the Commissioner and was also the first president of the Mounted Police Foundation. He is currently a member of the Association's Standing committee on Financial Stewardship.

Peter has helped out at both ends of the spectrum - he found room and board for two young constables when they were first transferred from Depot, and accommodation for two Veterans attending the 2010 Winter Olympics in Vancouver.

Peter is a loyal friend and a proud Canadian and we are pleased to recognize his support and contribution.



Photos: Greg Fedor



Alison Straker was recognized for her support of the Division Executive Committee through her role in Internal Communications.

Alison implemented the ODVA electronic bulletin system and was a change agent in the modernization of its communications.



The RCMP Veterans' Association, particularly Toronto, Kingston and Ottawa Divisions, have joined an "O" Division initiative which delivers new toys to children in Northern Communities. Started in 2010, the initiative has evolved to include a national network of RCMP, law enforcement, corporate and external partners who collectively contribute to its success.

To support the drive a reception was held at the Chateau Laurier in Ottawa on Oct. 20. The ODVA was represented by President Michel Séguin, Suzanne Sarault, Director of Communications and Second Vice President Michel Pelletier. Local children had an opportunity to try out some of the toys, which were then donated to the Children's Hospital of Eastern Ontario on behalf of Toys for the North.

In its first five years the initiative distributed more than \$482,000 worth of toys to children in Northern parts of Labrador, Manitoba, Nunavut, Northwest Territories, and Ontario. This year's toy delivery, by RCMP detachment staff, will take place in northern communities located in Newfoundland/Labrador and Ontario.

Hundreds of volunteers contribute toys, gift wrap, transportation services, planning and distribution from the member companies of the Canadian Toy Association, Hallmark Canada, Thomson Terminals, Canadian Armed Forces, RCMP Veterans' Association, RCMP Detachments and policing partners, as well as private businesses, and the caring public.





Keeping the tradition

ODVA member Garth Hampson fondly remembers his years of Northern Service and the special social gatherings that warmed the winter months. Garth was recently asked by a friend in Vancouver to contribute some of his memories to the Vancouver RCMP Veterans Communique for the Levée the division plans just before Christmas. Ottawa will also be holding a traditional Levée this year after cancelling it in 2015



Jimmy Gibbons, Inuit deputy RCMP Constable at home with his family at Eskimo Point, N.W.T. Source: Library and Archives Canada, e005477068

Any of us who were fortunate enough to have had Northern Service will always have stories galore to recite to interested gatherings. It is good that “E” Division is hosting a traditional Levée, one of those special social gatherings Force members have celebrated for years.

Special social times were important to us in the north, as we dealt with long, dark and cold winter nights. I can recall being called to Snowdrift, our patrol site out of Reliance Detachment, at Christmas in 1960. The local teacher was concerned about possible out-of-control enthusiasm over the festive season, with people coming in from their trap lines and the bush. I decided to hook up our 10 dogs and, along with Alex Desjarlais, my special Constable, we headed out in the dark of early morning for the 18-hour sled trip to Snowdrift (now Lutselkè).

It was below zero, but with a couple of stops for tea, and a rest for the dogs, we managed the 85 kms without incident and were warmly welcomed at the school where the children were involved in some sort of dance competition.

I quickly organized things for people to get involved and my little log cabin, that had been chinked with mud only two months before, was a very busy place. I wanted to create something special to welcome in the new year so, along with the Hudson’s Bay manager and the teacher, I organized a sled dog race that would be fun for everyone. It was planned for noon on Jan. 1, 1961 and had nine entries of teams from the settlement, and from the communities of Rocher River and Fort Resolution. It was interesting to see how quickly word got round that the RCMP had something special planned for the first day of the

new year. I had offered my prize 5 lb. canned ham to go along with other donations put up by others, and I thought for sure that my very capable dogs, along with the expertise of my special Cst., would easily win the race and my canned ham would return to me. The idea was to have the teams race to the large island west of the settlement, a distance of 13 kms, and return. There is only one way to start a race, and that is to have someone shoot a gun. Well, I bit the bullet, to coin a phrase, and used my revolver to fire the shot that got everyone going madly towards the island. As one knows, the dogs head out like a shot, but gradually go into a routine canter with much persuasion from handlers. Everyone had a favorite and there was lots of shouting and yelling.

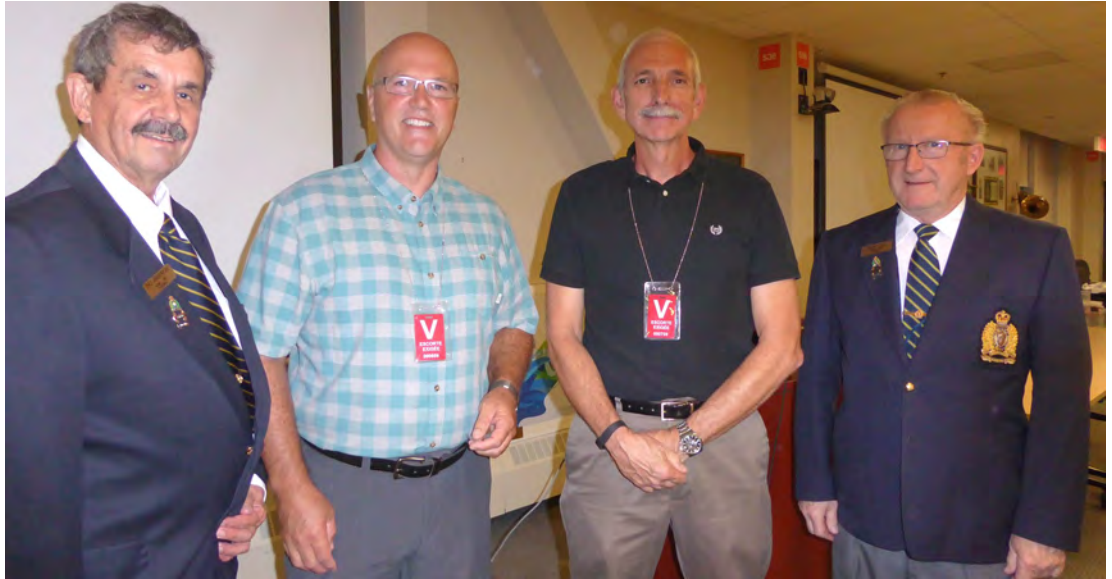
As they approached the finish line I could see that my ham was going to be owned by someone else. Our winner was a Cree friend from Rocher River, and you would have thought he had won the lottery when we presented him with the goodies. It was the talk of the settlement for the balance of the time we spent in Snowdrift before heading back to Reliance.

It was interesting to note that, when my son Brad and I returned to Reliance for the Sacred Ceremony in 2012, some 51 years later, we met up with a great many people I had known in Snowdrift, and they recalled the great race we had run all those years before.

Oh yes, I should mention that with only one sled, and with the equipment and supplies we carried, only one person was able to rest in the cariole. Alex and I alternated running beside the team.

Have a great Levée!

Two new members, centre, joined the ODVA on Sept 13. Doug Morris (left) Reg # 35866 and John Berry, Reg # 35911. They were welcomed by Pat Arseneau, By-laws and History Director (left) and ODVA First Vice-President Fred Lyle



At the Oct 10 meeting Gilbert Bouffard Reg # 33963 (above) and James Kennedy Tattersall, Reg #19234 (photo right) were welcomed by ODVA President Michel Séguin and Membership and Recruiting Director Barry Thomas



Veterans' Affairs Canada (VAC) Assistance Services is now available for all RCMP Veterans and their family members, where they can obtain up to 20 confidential sessions per issue with a Mental Health Professional at no cost to the Veteran or his or her family. "Family" means a spouse (including a common-law spouse), unmarried children (including an adopted child, step-child or foster child) who are 21 years of age or under, OR over 21 up to and including 25 years of age and in full-time attendance at school, OR who are wholly dependent because of physical or mental impairment, if such impairment existed prior to the child's reaching age 21, or commenced while the child was covered as a student over the age of 21.

Q. How do I access this service?

A. Call **1-800-268-7708**.

Q. For what issues can I access this service?

A. The VAC Assistance Service can help you deal with the following concerns:

- transition to civilian life
- marital and family problems
- interpersonal relations
- personal and emotional problems
- stress and burn-out
- conflict at work or home
- grief
- any other concerns affecting your well-being

Q. Who provides this service?

A. Through a Memorandum of Understanding between the RCMP, Health Canada, and Veterans' Affairs Canada, this service has been extended to former members of the RCMP and their eligible family dependents. While the

service is provided through Health Canada, the RCMP is responsible for the costs provided by these services.

Q. Do I need a Disability Pension under the Pension Act to access this service?

A. No. You just need to be a former member of the RCMP or an eligible family dependent of a former serving RCMP. Serving members of the RCMP and their eligible family dependents access Employee Assistance Services.

Q. Where can I find information on VAC Assistance Service?

A. www.veterans.gc.ca/eng/contact/vac-assistance-service

Les services d'aide d'Anciens Combattants Canada sont maintenant disponibles pour tous les vétérans de la GRC et les membres de leur famille, où ils peuvent obtenir jusqu'à 20 sessions confidentielles par incident avec un professionnel de la santé mentale, sans frais pour le vétéran ou sa famille.

La définition de la famille : Un conjoint (y compris un conjoint de fait), les enfants non mariés (y compris un enfant adopté, un beau-fils ou une belle-fille ou un enfant adopté) ayant 21 ans ou moins, OU plus de 21 ans jusqu'à et y compris 25 ans et qui fréquentent à plein temps l'école, ou qui sont entièrement à la charge en raison d'une déficience physique ou mentale, si une telle déficience existait avant que l'enfant atteigne l'âge de 21 ans, ou a débuté alors que l'enfant était couvert comme un étudiant âgé de plus de 21 ans.

Q. Comment obtenir ces services?

R. Appelez le **1-800-268-7708**.

Q. Pour quel genre de problème puis-je obtenir ces services ?

R. Le Service d'aide d'ACC peut vous aider à traiter les préoccupations suivantes:

- transition vers la vie civile
- problèmes matrimoniaux ou de famille
- relations interpersonnelles
- problèmes personnels émotionnels
- stress et épuisement professionnel
- conflit au travail ou à la maison
- un deuil
- n'importe quel autre problème touchant votre bien-être

Q. Qui donne ces services?

R. Grâce à un protocole d'entente entre la GRC, Santé Canada et Anciens Combattants Canada, ce service a été étendu à d'anciens membres de la GRC et leurs personnes à charge de leur famille qui sont admissibles. Alors que le service fourni par Santé Canada, la GRC est responsable des coûts fournis par ces services.

Q. Ai-je besoin d'une pension d'invalidité en vertu de la Loi sur les pensions afin d'accéder à ce service?

R. Non, vous avez juste besoin d'être un ancien membre de la GRC ou une personne à charge admissible de la famille d'un ancien de la GRC. Les membres de la GRC en service actif et de leurs personnes à charge ont accès au programme d'aide aux employés de la GRC.

Q. Où puis-je trouver de l'information à propos de ces services d'aide?

R. www.veterans.gc.ca/fra/contact/vac-assistance-service/



Fast and easy way to pay annual dues!	Façon rapide et facile de payer votre cotisation annuelle!
<p>You can now pay your annual dues via e-transfer payments! Pay your dues directly from your bank account to the Veterans' bank account in a simple transaction.</p> <p>You will require the following three things:</p> <ol style="list-style-type: none"> 1. account email address to send payment to rcmpvetsott.treasurer@rogers.com 2. enter the following security question: What is the RCMP ceremonial hat called? 3. enter the answer to the security question in the answer field. The answer is not case sensitive. <p>**PLEASE NOTE** The email address noted above for payment is set up specifically for receiving annual dues. It is not monitored for regular correspondence.</p> <p>If you have questions on this or any other issue, please email us at vetsottdiv@rogers.com</p>	<p>Vous pouvez maintenant payer votre cotisation annuelle par virement électronique! Payez directement de votre compte bancaire au compte bancaire des Anciens par simple transaction.</p> <p>Voici ce dont vous avez besoin:</p> <ol style="list-style-type: none"> 1. un compte courriel pour envoyer votre paiement à rcmpvetsott.treasurer@rogers.com 2. composez la question de sécurité suivante: quel est le nom du chapeau de cérémonie de la GRC? 3. inscrivez la réponse à la question de sécurité dans la case de réponse. La réponse n'est pas sensible aux caractères. <p>VEUILLEZ PRENDRE NOTE que cette adresse courriel est strictement utilisée pour les paiements et n'est pas suivie pour les courriels.</p> <p>Si avez des questions à ce sujet ou toute autre initiative, veuillez nous écrire à vetsottdiv@rogers.com.</p>
Other Payment Options	Autres façons de payer
<p>You can pay at the RGMs held on the second Tuesday of the month or you can mail your cheque made out to The RCMP Veterans' Association, Ottawa Division, P.O. Box 42020, 1200 St Laurent Blvd. Ottawa, ON K1K 4L8.</p> <p>Membership dues are only \$60 per year for active members and \$38 for associate members. You can find the criteria for each category on our website at www.rcmp-grcvetsottawa.ca under Administration.</p> <p>Issues or questions, contact Barry Thomas at barry48@bell.net or phone 613- 752-1980. Thank you.</p>	<p>Vous pouvez payer lors d'une RGM les deuxièmes mardis du mois ou envoyez votre chèque à l'ordre de L'Association des Anciens de la GRC, Division d'Ottawa C.P. 42020, 1200, boul. St-Laurent Ottawa, ON K1K 4L8.</p> <p>La cotisation pour les membres actifs est seulement 60 \$ par année et 38 \$ pour les associés. Vous pouvez trouver les critères pour chaque catégorie sur le site web à www.rcmp-grcvetsottawa.ca sous Administration.</p> <p>Pour toutes questions, communiquez avec Barry Thomas barry48@bell.net ou au 613-752-1980. Merci.</p>



If you require a ride to one of our breakfast, lunch or coffee club meetings, please contact me by email (eastenders@sympatico.ca) or 613-824-4359. If I cannot pick you up myself, I will make arrangements for one of our members to pick you up and return you to your home. If you belong to one of our other clubs, **OR IF YOU WOULD LIKE A RIDE TO THE RGM**, please let me know and I will make arrangements for someone in your area to pick you up and also return you to your home.

Sig Sigurdson

RGM

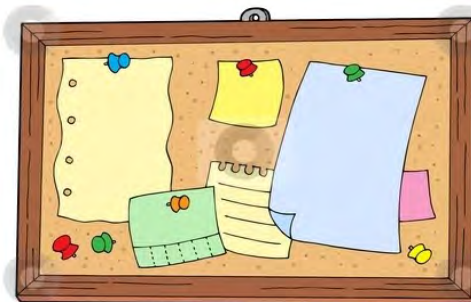
Our RGMs are held on the second Tuesday of each month starting at 7:30 p.m. at the HQ Mess, 73 Leikin Drive. Join us! Your opinion and participation are important!

Nos réunions ont lieu tous les deuxièmes mardis du mois et débutent à 19 h 30 au Mess du QC, 73 Leikin. Joignez-vous à nous! Votre opinion et votre participation sont importantes.

If you need a ride to the RGM, or any other assistance, you can contact the Director of Member Services, Ron Mostrey, at ottawarcmpvetservices@gmail.com or 819-414-0515

Les coordonnés du Directeur, Services aux membres, si vous désirez faire du co-voiturage pour la RGM ou pour tout autre besoin.

We have a variety of tools to keep you informed of all activities and issues of the Ottawa Division; our quarterly publication *The Spirit*, our website rcmp-grcvetsottawa.ca and our *regular electronic bulletins* that you receive by email.



Nous avons une variété d'outils pour vous tenir informé des activités et des enjeux de la Division d'Ottawa; notre publication trimestrielle *The Spirit*, notre site web rcmp-grcvetsottawa.ca et nos *bulletins électroniques réguliers* que vous recevez dans vos courriels.

As a member in good standing, you can expect to receive at least one electronic bulletin every two weeks. If you do not, please contact us at vetsottdiv@rogers.com to ensure that you receive all information bulletins.

En tant que membre en règle, vous pouvez vous attendre à recevoir au moins un bulletin électronique à toutes les deux semaines. Si ce n'est pas le cas, s'il vous plaît contactez-nous au vetsottdiv@rogers.com afin d'assurer que vous recevez tous nos communiqués.

Check our calendar of activities and events regularly at www.rcmp-grcvetsottawa.ca and participate!

Consultez notre calendrier d'activités et d'évènements au www.rcmp-grcvetsottawa.ca et participez!

Sick, hospitalized or shut-in

We would like to pay a cordial visit to any member or veteran who is either sick, hospitalized or shut-in.

We are confirming visitation teams divided into zones - East, West, North and South. Would you like to be a volunteer visitor? It's a wonderful way to brighten someone's day and enjoy the company of a comrade.

Please let us know if you can contribute to one of our visitation teams. Also, if you are aware of anyone who would appreciate a visit, please provide us with their name, phone number and address. We can't visit those whom we do not know are ill or shut-in.

Contact: Ronald Mostrey
Member Services / Services aux membres
ottawarcmpvetservices@gmail.com
819-414-0515

Malade, hospitalisé ou confiné

Nous aimerions rendre visite à tout membre ou vétéran qui est soit malade, hospitalisé ou confiné.

Nous sommes à mettre sur pied des équipes qui seront organisés par secteur - est, ouest, nord et sud. Aimeriez-vous contribuer à cette initiative? C'est une belle façon d'ensoleiller la journée de quelqu'un et de passer du bon temps avec un camarade.

SVP nous aviser si vous pouvez contribuer à une des équipes. Aussi, si vous connaissez quelqu'un qui aimerait une visite, svp nous communiquer leur nom, numéro de téléphone et adresse. Si nous ne savons pas qui est malade, nous ne pouvons leur rendre visite.



COFFEE TIME - LES P'TITS CAFÉS



PERTH

1st Tuesday of the month 9:00 a.m.. " Mr. Victor's Diner" located at 16 Conlon Drive. Directions: When arriving in Perth, proceed to Gore Street, over the bridge, until you come to Cockburn St., then turn right, and proceed to Conlon Drive. At Rogers Road, the street becomes Smith St., ignore this and continue on to Conlon Drive. Victor's is located directly across from the soccer field in a Sports Complex.

EASTENDERS - EST

2nd Monday at 7:45 a.m. and/or 4th Monday at 9 a.m. at Gabriel's, 2160 St Joseph Blvd., in Orleans.

CENTRAL - CENTRE

1st and 3rd Wednesdays of the month 7:30 a.m. at **Dunn's Famous Deli, 2679 Bank Street**, South of Hunt Club across from the cemetery.

WESTENDERS - OUEST

2nd and 4th Wednesdays of the month 10 a.m. at Eggstyle, 790 Kanata Ave, Kanata, next to the Baton Rouge Restaurant.

LES BONS VIVANTS DE GATINEAU - Dîner des retraité(e)s

Dernier jeudi du mois à 11h30 à la Cage aux Sports, 325, boul. Gréber, Gatineau. Bienvenue à tous. Pour information, Réo Belhumeur au 819-669-3493



LES BONS VIVANTS DE GATINEAU - Retirees luncheon

At 11:30 a.m. last Thursday of every month at La Cage aux Sports, 325, blvd. Gréber, Gatineau. For information, call Réo Belhumeur at 819-669-3493.



The Spirit is on line in full colour at www.rcmp-grcvetsottawa.ca under announcement/news. If you prefer to read it online, let us know and your name will be removed from the mailing list.

If you prefer the hard copy, your name will be added to the mailing list. You can reach us at spirit.bulletin@yahoo.ca or leave a message at 613-894-4376. Don't forget to let us know if your information changes.



Le "*Spirit*" est en ligne tout en couleur au www.rcmp-grcvetsottawa.ca sous "announcement/news". Si vous préférez le lire en ligne, svp nous aviser afin que votre nom soit retiré de la liste d'envoi.

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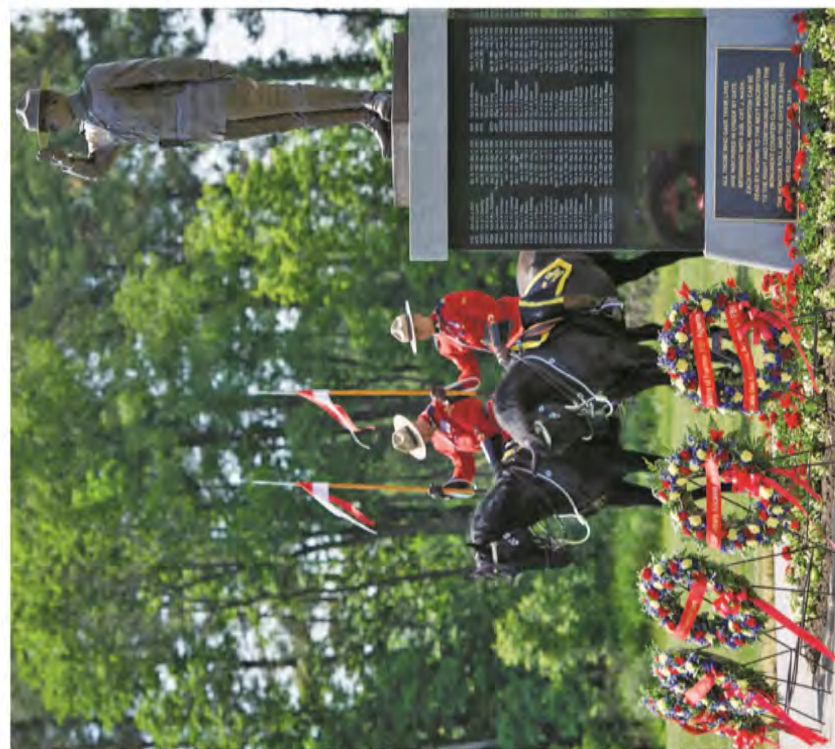
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- Beechwood offers special services to honour the memory of RCMP veterans, including the placement of an urn or casket on the large granite plinth in the Hall of Colours, which is sunlit through the beautiful memorial stained glass.



Main Monument in RCMP Designated Section



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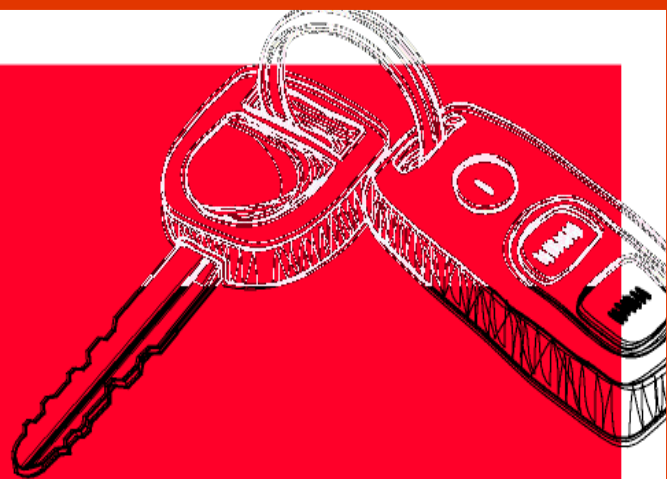
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