



Newsletter, February 2021

Quebec Region, February 15th 2021,

Veterans of the Quebec Division,

The pandemic is experiencing a second wave which will definitely impact the future. We must remain on guard and follow the Public Health instructions. Statistics prove that many of us are in the high-risk category.

Unfortunately, many of the mailings we sent out during the holiday came back as “return to sender” because we didn't have current addresses. This has caused delays. We remind you to advise the association of any change in your address.

With respect to the scholarships program, the Committee still has to meet to approve the terms and conditions and will do so as soon as possible. Details will be published on our website. www.grc-rcmp-vets.qc.ca

A few words about the RCMPVA National office. The RCMPVA has now been a Non-profit Organization (NPO) for five years. As a result of representations to the National Office and in conjunction with other divisions we believe the time has come to adapt to our new circumstances. We are receiving increasing communications on a wide variety of topics of interest. The Association statutes and Governance manuals are being revised. Consultations will be held with divisional chairs on topics of common interest to develop a strategy as a Veterans organization and we plan to present them at the 2021 virtual AGM.

The topic of the day is probably the review and upgrade of the RCMPVA membership process and database which now takes into account the protection of privacy and personal information. Members will have access to their personal file and accounts in the Member Management System (GMS). Dues can be paid online or can continue

to be paid according to current practices. Adjustments will most likely be required by everyone's and there is still some fine-tuning for new members. We continue to work on it.

The pace of vaccinations and the spread of the virus will determine whether we can hold social activities in the fall of 2021. Like you, we are monitoring the situation.

UN Security Council Resolution 1325 Women's Rights, Peace and Security - 2020/11/25

Let us reflect on the work done by so many dedicated individuals to raise awareness of the disproportionate effects of war and violence on women and girls and to seek their inclusion in all aspects of a more just and peaceful world.

As part of this resolution of the U.N., Mrs. Barbara Fleury, Retired Assistant Comm., was keen to acknowledge the work of 25 Canadian women in the goals of this resolution.

Among the women named is Mrs. Line Carbonneau, Deputy Director of the City of Montreal Police Service for helping to shape and influence a generation of Canadian women police officers. Mrs. Carbonneau had a career in the Force that led her to the rank of Deputy Commissioner.

Congratulations Mrs. President.

A word from our President

Dear Veterans and families,

Our President is currently on vacation in the Gaspésie with her husband to complete a personal project close to her heart. She has asked us to pass on the following information.

On March 13, 2021, Mrs. Carbonneau will step down as Deputy **Director** of the SPVM and return to retirement. She will continue to act as President of the RCMPVA as a volunteer!

On February 1st, she attended a video conference with National President Sandy Glenn and a dozen Division Chairs on the direction of the RCMPVA and the Member Management System (MMS)

Our President plans to share the results of consultations with other Division Associations with our Committee and members after March 13.

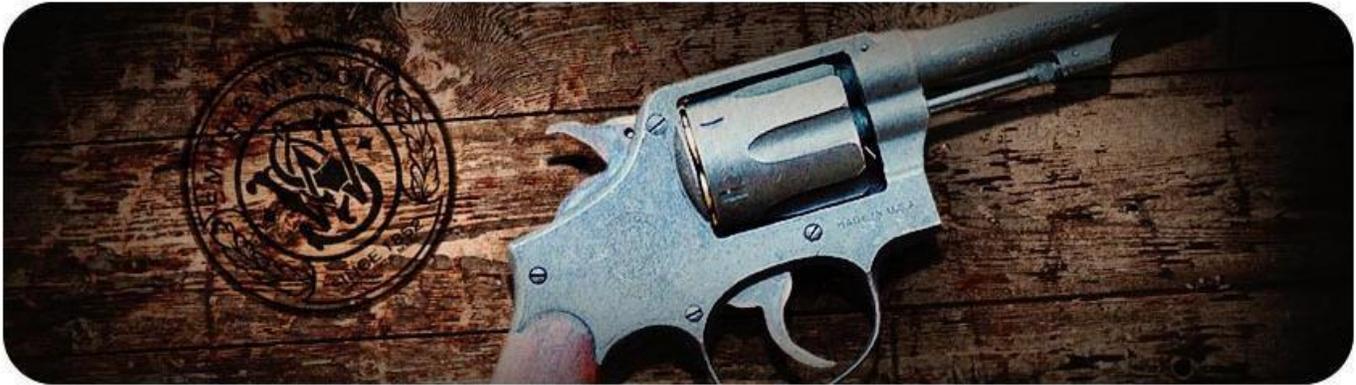
In the meantime, she hopes you all had a good Valentine's Day. To all the members who **live** alone, we think of you, ladies and gentlemen. Write and call your family and friends. Take care of yourselves.

Looking forward to seeing each other again,
In Friendship,

Line Carbonneau, President
and all your friends from the Board.

And our Chaplain

A moment of reflection – Trigger Happy...



by [✉ Father Yohann Leroux](#), Division Chaplain

In the past, every RCMP officer wore the famous Smith & Wesson 38 Special. Then, in 1994, a change was made to the Smith & Wesson 9 mm. Surprisingly, it has no safety catch. When you own and carry a firearm, this is something you quickly learn to engage, especially when it is loaded. But with a 9 mm, the trigger is far from sensitive... In fact, it takes a lot of pressure on the trigger before the hammer hits the pin. So there is time to think about it before firing. To think before actin... Patience.

The safety catch can be compared to patience in our actions and words. If there is no safety, we should invent one! You can make the worst mistakes by reacting foolishly and quickly, but also insensitively, unkindly or tactlessly. We often "shoot" each other too freely and too quickly. Is this due to an accumulation of feelings and emotions that have not been expressed? Do we feel like we're going to explode and there is no safety catch? The "clip" is full, it is "loaded" and does not get emptied as we would like? Firing becomes tempting... 1, 2, 3 go. The result is a disconnect, a break in emotional bonds and professional relationships, accompanied by a sense of bitterness, regret and guilt.



So often, for a variety of reasons, we are tempted to react immediately by letting our survival instinct take over. We react aggressively with anger, using terse, hurtful and often extreme words. "I take things too seriously. Too many emotions are involved. I am overly sensitive, too fearful. I have trouble seeing the other person's reality; my perception of reality is murky. The other person's perception of my reality is unclear, and that bothers me. That's why I don't get him/her, I don't understand him/her. This is why he/she does not understand me and does not get me." We should also remember that the "imposed" lockdown is an irritant and does not help keep the finger from this all so tempting "trigger"...

Should we adopt a braking method to avoid a "Quick Draw McGraw" reaction and temper our reactions? Learn or relearn how to decompress... to ground ourselves and understand what is going on before reacting? Express ourselves in a timely manner rather than let things build up inside? Talk... vent. Exercise or participate in a relaxing activity that brings us some fulfillment? Develop new friendships... Do good by sharing and welcoming a friend. It is up to us!

In the meantime, I would like to take this opportunity to thank you for your excellent work as peacemakers and watchers.



Last Post

« *We will remember them* »

Died in the line of duty,

Sgt. Andrew Garnett Calgary Police Service	Reg. 4601	2020/12/31	Calgary, Ab
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Following members left us for another world:

Mrs Lise L'Archevêque	Reg. 41976	2020/08/27	Laval
Mr. Gilles Geoffroy	Reg. 18002	2021/01/29	Trois-Rivières
Mr. Maurice Cusson	Reg. 15789	2021/01/09	Beauharnois
Mr. Gilles Hall	Reg. S0911	2021/01/14	Lasalle
Mr. Jean Lépine	Reg. 27242	2021/01/25	Québec
Mr. Jean-Claude Roussel	Reg. 29089	2021/02/05	Québec
Mr. Serge Lamoureux	Reg. 41972	2021/02/06	Lac du Cerf

Mrs. Françoise Gingras Moisan (93 years old), mother-in-law of Recruiting Director, Mr. Robert Boivin, passed away on January 31, 2021 in Pont-Rouge.

All our sympathies and prayers are with the families and friends of those who have moved on.

Sick parade

We salute the courage of our Veteran friends who are experiencing additional health issues. And our thoughts also go out to their caregivers.

M. Lionel Grégoire, Retired Records Manager, underwent emergency coronary artery bypass surgery. He is recovering at home and is doing well. Prompt recovery.

Mr. André Desjardins has been suffering from Alzheimer's disease for 5 years. His wife had taken steps to put him in a health care center, but the pandemic has made the process almost impossible. He feels safer in her company. She reads our publications assiduously. Mr. Desjardins was a member of the RCMP for about 7 years. He had a career in the automobile industry after he left.

Mr. Mario Fournier, recently suffered a heart attack. He has been back home since January 27. He recovers slowly and sleeps a lot.

New members

Mr. Wayne McDonald	Reg. S10795	Québec City
Mr. Craig McCallum	Reg. 28171	Dollard des Ormeaux
Mr. Steve Dubreuil	Reg. 45016	Verdun
Mr. Claude Piedalue	Reg. 41548	Blainville
Mr. Jacques Bédard	Reg. 42633	Mont Laurier
Mr. Alayn Caron	Reg. 42341	L'Ange Gardien
Mr. Yves Morin	Reg. 39221	Candiac
Mr. Blanchard Brizzard	Reg. 42509	Chateauguay
Mr. Marc Moreau	Reg. 43660	Saint Lazare
Mr. Jean Frenette	Reg. 34828	Lasalle
Mr. Pierre Vaillant	Reg. A9867	Gatineau

Treasurer

Pour 2021, 321 cotisations ont été reçues et 50 demeurent en attente. L'AVGRC vous en est reconnaissante. L'Association a \$18,255 en caisse. Vous trouverez en annexe le bilan financier de notre Division tel que soumis à l'Association Nationale.

As of 2021/02/15, 6 members had not yet paid their 2020 dues. 340 dues were paid. For 2021, 321 contributions have been received and 50 are remaining. The RCMP VA is grateful. The Association has \$18,255 in cash. You will find in an appendix the financial balance sheet of our Division as submitted to the National Association.

Membership contributions for 2021 in the amount of \$55 are now due. Your support of the association is critical so we can continue to defend your rights to the Government, organize social activities for our members and support community organizations. We thank you for your cooperation.

RCMP Centennial in Québec

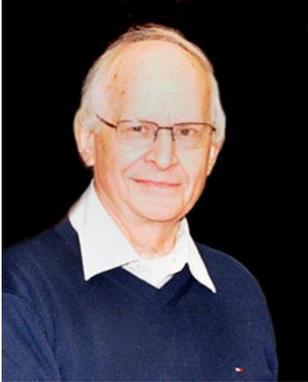
The Mess Dinner of November 19, 2020 has been postponed indefinitely. Individuals who wish to cancel their participation can apply for a refund from Mr. Taha Abdalla. Those wishing to participate in the Gastronomic Evening at a later date are asked to confirm their participation to Mr. Taha Abdalla. Please make your choice and advise us of your decision by March 31, 2021. Taha.Abdalla@rcmp-grc.gc.ca

If you decide to cancel, please also advise Mr. Denis Martel of the Committee.

The association received 100 RCMP commemorative tokens for its members. 65 will go on sale for \$12 shipping included. A newsletter has been published for sales details.

The "C" Division Communications office will publish a souvenir album in printed and electronic format. Veterans of the Division contributed with the writings of their memoirs.

A tribute our senior members



Mr. Gérard « Gerry » Roy, Reg. 16835

89 years old S/Sgt retired

Mr. Roy is a native of Amqui, Gaspésia. He had two older brothers and a younger sister who is still alive. His father was a jeweler. Mr. Roy, whose uncle Rodolphe was also a member of the RCMP, mostly in New Brunswick and in charge of the Campbellton detachment, inspired and advised him in his application. At the age of 20, he applied at the Rimouski detachment and enlisted in the Force in January 1951.

Gérard completed his basic training in Regina and Rockcliffe (Ottawa) for 2 months of riding. He was transferred successively to Montreal (1951 to 1954), Sherbrooke (1954-1957) where he met his future wife, Jacqueline, and Rivière du Loup in 1958. He carried out general detachment duties, border patrols and investigations into illegal stills popular at the time.

At Rivière du Loup, he asked permission to marry Jacqueline, with whom he still shares his life today. Since there could only be one married member on detachment except for the NCO in charge, he was transferred to Quebec City from 1958 to 1962. Indeed, it was easier and less expensive to transfer a single member!

Promoted to the rank of Corporal, he was sent to Lac Mégantic as NCO i/c. where he continued with customs and excise investigations and border patrol. He remained there from 1962 to 1967. Mr. Roy is particularly proud to have seized 5 illegal stills (one per year) with his team, which, it seems, is a record in C Division! The operator of one of these stills was the mayor of a neighboring parish!

In 1967, he was promoted to Sergeant and returned to Montreal to the Immigration and Passport sections, Preventive Service (PS, Customs and Excise) for short stays. He also worked Security at Expo 67. Appointed Staff Sergeant, The C/O, A/Comm. Yves Dubé assigned him to the Special "O" Section (Surveillance) to supervise about fifteen Spec/Const. The section moved into a garage whose location was kept secret with a supporting identity. In 1972, the strength was increased to about 40 members. Finally, in 1977, he was replaced by Raymond Latour.

After 26 years of service with the RCMP, he left the Force as a S/Sgt to reorient his career. He was hired by the Quebec Health Insurance Board (RAMQ) and worked there for 10 years with retired members Jacques "Pax" Plante and Ken Holland. For the last 3 years, he was in charge of investigations.

In 1986, he joined the College of Physicians as an investigator. He worked with Mr. Benoit Robitaille, Mr. Pete Jutras and Mr. Roger Lévesque, whom he replaced. Finally, in 1996, due to health problems, he left the field of policing and investigations for good to take full advantage of his retirement with his wife, but he continued to oversee the security and monitoring of examinations of medical specialists wishing to join the ranks of the Royal College of Medical Specialists of Canada until 2004.

Mr. and Mrs. Roy traveled to Florida and the West Indies Islands, but they fell in love with Italy in particular. The travel agency probably recognized their leadership qualities as they were recruited to act as companions for many trips to Europe including 7 to Italy, 2 to Greece, Sicily, France, Tunisia, Portugal, and Thailand to name a few!

Mr. and Mrs. Roy have two daughters, a son, four grandsons and a granddaughter. They have five great grandchildren. They now enjoy a quiet retirement. Mr. Roy is pleased that we have thought of him and in return we thank him for his contributions to the Association and to our newsletter.

Social Activities

Unfortunately, all activities have been cancelled.

Mess Dinner for the RCMP Centennial (postponed indefinitely)

August 19th 2021 Golf at Hemingford Country Club.

You will be advised of any changes.

Motorcycle Tour

Chuck Waring from the Ottawa Division is organizing a motorcycle ride across Canada this year.

Chuck has been coordinating the event with former RCMP and Municipal Forces members and would really like to find someone from Quebec to help him identify possible riders from the province.

The goal is to visit RCMP and other police services along the route to show support for our brothers and sisters who are serving. **Please contact Chuck Waring** c.r.waring@xplornet.ca

The Executive Committee - 2021

RCMPVA Quebec Division

President: Mrs. **Line Carbonneau**

Executive Vice-pres.: Mr. **Denis Martel**

Treasurer: Mr. **André Ramsay**

Executive Secretary: Mr. **Yves Sirois**

Social Activities Director: Mr. **Michel Blanchard**

Communications Director: Mr. **Jean Martin**

Assistant Director - Communications: Mr. **André Carle**

Recruiting Director: Mr. **Robert Boivin**

National Director: (vacant non elective)

Past President: Mr. **René Charbonneau**

Emergencies

Coronavirus disease (COVID-19) (extract from the Government of Québec site)

If you are worried about COVID-19, you can call 418-644-4545, 514-644-4545, 450-644-4545, 819-644-4545 and 1-877-644-4545 (toll free) elsewhere in Quebec.

If you have symptoms such as a cough, fever, difficulty breathing or sudden loss of sense of smell without nasal congestion with or without loss of taste:

Do not go to a medical clinic unless you have first obtained an appointment.

If your condition allows you to do so, call 1-877-644-4545. If you are a traveler who has returned within 14 days, mention it.

Visit the emergency room only if you have difficulty breathing when resting or are unable to breathe when lying down.

If in doubt, do the symptom self-assessment as soon as possible and follow the instructions provided. **Do the symptom self-assessment.** You can also call the **coronavirus (COVID-19) information line**.

New health instructions and curfew in force throughout Québec. Avoid travel and consult the measures that apply in your region to learn the details. You can also consult all the information on COVID-19.

Veterans Affairs Canada

<https://www.canada.ca/en/veterans-affairs-canada.html>

Information 1-866-522-2022

Emergency Mental Health 1-800-268-7708

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<https://www.facebook.com/VeteransAffairsCanada/> Facebook

[@VeteransENG_CA](#) Twitter

[@VeteransFR_CA](#) Twitter

Royal Canadian Legion

<https://www.legion.ca/home>

[Homeless Veterans](#)
veteransservices@legion.ca

Toll-free: 1-877-534-4666

Appeal to all members

We've lost track of Mrs. Xenia Barrett C0332. She lost her husband (94 years old) on 2020/11/01. She used to live in the Saint Laurent area. We would appreciate any information that could help us relocate her.

A/Comm. (retired) Dave Gork is rumoured to have taken up residence in our area. The committee would like to confirm this information.

The last word

We encourage you to follow our communications and those of the National RCMPVA by email.

Many thanks to all the members of the Executive for their precious help.

At the risk of repeating what you've already heard, take care of yourself, wear a mask, keep your distance and wash your hands!

On behalf of your Committee,

Yves Sirois
Executive Secretary

Jean Martin
Director Communications

Karen Pearce
Translation
RCMPVA Québec Region

