



***Taking care of each other***

## **Newsletter Spring 2022**

### **Québec Division, June 21, 2022**

Ladies and Gentlemen, Veterans of the Quebec Division,

Covid 19 cases were on the rise at the end of March and beginning of April but are now showing a clear loss of momentum.

Consult the Clic Santé web site for initiatives and vaccination appointments. Get your proof of vaccination. They could be useful for future meetings and trips, who knows!

When sending information by the post, we receive many "returns to sender" because of incorrect mailing addresses. We remind you to change your address with the association when relocating.

Write to your elected officials to remind them to take care of Veterans, to resolve the situation of "marriages after age 60" or any topic of concern regarding the well-being of Veterans and their families.

Let's continue to be careful. Like you, we continue to monitor the situation.

The Executive Committee wishes to point out to all that at some point, replacements will be required for the current leadership of the Association many of whom have been in place for several years; a healthy transition is

desirable for the Association's continuing activities. Let's ensure the satisfaction and esprit de corps we get from the association continues. Consider volunteering for the executive.

### ***The RCMP lost a friend***

On April 29, 2022, we all learned of the passing of Mr. Guy Lafleur, a great athlete, Quebec hockey player and a friend of the RCMP. Who does not remember the Thursday evenings in the late '70s at the Divisional Mess when the Habs players visited us as part of a fundraiser for what was then called the Telethon of Stars? Guy Lafleur and his teammates gladly lent themselves to this exercise for the cause. This event, orchestrated by Michel Pelletier, was an annual happening for many years. Five or six years ago, a few Veterans of the Division met Guy at Montreal City Hall; we introduced ourselves, and without hesitation, he asked us for news of "Foued" Pelletier! He also wanted to know the status of the unionization process for members of the Force. This interest showed just what kind of man he was. We felt like we were talking to an "old friend"! Thank you, Mr. Lafleur for what you have done for us and for childrens' causes!



Everyone will recognize Guy and Michel Pelletier during a visit to the Montreal Children's and Guy presenting an RCMP Centennial rifle to Michel as a gift.

### ***Meeting of the Division Executive Committee (DEC)***

The EC held a virtual meeting on May 13, 2022.

The following topics were discussed:

Treasurer, see later in the text. The scholarship program will resume and include university studies. A newsletter will start the process.

Memberships: this component is working well. Given the increase in the national contribution last year, ours will also be revised. A proposal will be submitted to the general assembly on September 13.

Our President attended the Annual General Assembly of the National RCMPVA in Calgary on June 3rd. (See a word from the President)

The association is looking for volunteers for various activities that will resume:

-Golf in 2023 in Hemmingford.

-Funeral support

A little help would be appreciated to accompany the families.

The RCMPVA provides funeral sheets free of charge whether the deceased is a member of the VA or not. It was agreed we would ask the family for a donation if the deceased is not a member of the VA. The amount will be at the discretion of the family. These donations will be directed to our charitable activities.

-Sugar shack and Holiday Lunch.

We will approach members with organizational skills. Volunteers are always welcome.

## ***National RCMPVA***

Addresses of the RCMPVA National and Quebec Division websites:

[RCMP Veteran's Association / Association des anciens de la GRC](#)

[Associations des retraites de la GRC - GRC-RCMP-VETS-MTL Bienvenue !](#)

Members have access to their own record and account in the Member Management System (MMS). It is your prerogative to ensure that the information about you is accurate, especially for the credit card payment method. Read the 3 options carefully.

If you decide to pay by credit card, make sure you check the right box for your card.

There were automatic payments taken on January 1, 2022 even though members had already paid the Division or the National Committee. Again, it is your prerogative to decide what you want to do. Paying the Division remains an excellent option.

Also make sure that your e-mail address is correct at both the division and national level. You might end up not receiving anything from the Veterans' Association.

The National RCMPVA is updating its statutes. All divisions were consulted and provided feedback. We will see the final product after their adoption at the June AGA.



## *Did you know that you are eligible for the Canadian Forces **CF1FC** card free of charge?*

### ***IFC** – Rewards \* Discounts \* Services*

The **IFC** Card offers rewards, discounts and services to all members of the Canadian Armed Forces community. The **CF1FC** card is the only card required to access the programs and services provided by Canadian Forces Morale and Welfare Services (CFMWS).

Don't have a card? [Register here.](#) ☎ 1-855-245-2330

### ***Uniforms and kit***

If you are moving or spring cleaning and wondering what to do with old uniforms and the badges on them?

Robert Boivin [robert.boivin@gmail.com](mailto:robert.boivin@gmail.com) recovers a lot of equipment that he gives to S/M Vinicio Sebastiano. Vinicio is a member of the RCMPVA and is aware of the situation. 514 939-8400 Ext 3473.

[vinicio.sebastiano@rcmp-grc.gc.ca](mailto:vinicio.sebastiano@rcmp-grc.gc.ca).

The RCMP bagpipe and drum corps repurposes uniform insignia (hat badge and collar badges) as well as red serges and black belts.

The same goes for souvenir plaques you were given when being transferred. Mr. Sebastiano will recover them if you wish. Simply remove the small plate that identifies you.

Contact Robert or Vinicio, to determine what can be used and how to return them.

### **A word from the President**

Hello dear Veterans and Families,

Summer is well advanced even if the month of June has been quite chilly here in Gaspésie.

I attended and represented you at our association's AGM in Calgary from June 1 to 3. In itself, it was a rather interesting AGM and you will be able to see all the content on the website of the National Association.

However, I will highlight the most important elements from it.

Commissioner Lucky, accompanied by the RCMP's Director General of Compensation and Pensions Services, Ms. Rigon, emphasized the importance of close and open cooperation with our Association. Regular meetings include representatives of the Association, to permit greater productivity.

Of course, discussions between the National Association and Veterans Affairs Canada continue on many levels with regards to the various benefits for our veterans. These efforts remain a priority for the Association and will continue with both VAC and the RCMP.

The Ombudsman of Veterans Affairs Canada, Colonel Jardine (retired) explained to us the importance of not accepting an initial refusal when requesting benefits for a physical or other injury because she sees many decisions overturned at her level.

There are significant delays in the processing of applications but efforts are being made to reduce these delays. If you have any questions and do not know who to contact, you should contact Sylvain L'Heureux who will direct you to the right resource persons. The services offered by the Legions are excellent.

It is very important to note that everything is strictly confidential, you do not have to justify your request; our role is one of advice and intermediary.

The stability of membership in the Association remains a hot topic and is disturbing. Although I regularly see names of new members who join the VA in our division, others leave us and we do not know why. So, we have to ask ourselves how to make our division VA more attractive. I will approach the Commanding Officer to establish a system to recruit most retiring members. But it is important to keep members who have been with us for several years.

This phenomenon is not unique to our division. There are significant costs to running the association at the national level whose main income is the annual membership fees. Fortunately, Bélair has renewed its partnership, which is very positive.

You may have heard of the "Pillars of the Force", a wall with 21 pillars located at the Heritage Centre in Regina. This is a tribute to those who carry out their duties honorably, day in and day out, and to those who support them, so that future generations may remember them. Inside the Center, a high-end "virtual wall" will showcase each and every members' service stories and place the names on the pillars and bricks.

I think each and every one of us should see our name on it, having contributed significantly to the RCMP. The official inauguration took place on June 6. For more information go to:

Website: [Pillars of the Force – Friends of the Mounted Police Heritage Centre \(rcmpphcfriends.com\)](http://Pillars of the Force – Friends of the Mounted Police Heritage Centre (rcmpphcfriends.com))

Email; [friends@rcmpphc.com](mailto:friends@rcmpphc.com)

Tel; 306-719-3015/3010

I can assure you that there is a lot of work being done at various levels by the members of the National Board of Directors, both with the RCMP and various other Ministries.

Understandably our friendly social meetings have been affected by the pandemic, but you will see a gradual resumption of activities in the fall.

I know that many retirees receive our newsletters through friends and former colleagues, I do not see a problem with that because it means they are interested in what is happening at the Association. But if you read us, I encourage you to join us.

Having said that, I have been President for almost ten years and so have many of the members of our Board of Directors (BOD). It's probably an appropriate time for a new generation to bring new ideas to continue to move our association forward. We have several members in the Quebec City area so I would like to add a director representing you to our BOD.

With the departure of Céline Gingras from the national BOD, after having served for more than 4 years, we no longer have a representative from the Quebec Division. Next year, positions will open and if anyone is interested, I will be happy to nominate them because it is important for Quebec.

So, all the members of your BOD, Denis Martel, Yves Sirois, Robert Boivin, André Ramsay, Jean Martin, Sylvain L'Heureux, André Carle and our courageous Michel Blanchard who despite health problems is always there, we wish you a beautiful summer and say 'see you very soon'.

Line Carboneau





## Obituary

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« *We will remember them* »

### Died in the line of duty

Lieutenant Firefighter Dominic Jean

24 March 2022

Fire Dept.  
Régie Intermunicipale le GEANT  
Normandin, Qc

### Special Post

M. George William Fridgen (105 Ans)

Reg. 13967

11 May 2022

Brockville ON

The following people have left us for a better world.

Mrs. Francine Vigneault

Reg. C405

19/02/2022

Magog

Mr. André Landriault

Reg. 18953

12/03/2022

Gatineau

Mr. Benoit Robitaille

Reg. 15307

18/03/2022

Sainte-Julie

Mr. Yves Bouchard

Reg. 30821

01/04/2022

Québec

Mr. Cornelius Sunny Monaghan

Reg. C3623

17/04/2022

Dollard des Ormeaux

Mr. Charles Pinet

Reg. 18277

04/05/2022

Bathurst, NB

Mr. Dwight McCallum

Reg. 25080

11/05/2022

Ottawa

Mr. Peter Douglas Pedersen

Special/Cst.

22/05/2022

Brockville, ON

Mr. André Marinier

Special O

10/06/2022

St-Mathieu de Beloeil

Mr. Roger Lévesque 97 yrs of age

Reg. 14844

16/06/2022

Longueuil

Our prayers and sympathies go out to the families and friends of the departed.

## **Sick Parade**

G rard 'Gerry' Lalancette underwent major heart surgery. He is hospitalized at the Anna Laberge Hospital in Chateauguay in rehabilitation. All our thoughts are with you Gerry!

CAREGIVER SUPPORT

1 855 852-7784

LISTENING-INFORMATION-REFERRALS

Caregiver Support is a free and confidential phone consultation, information and referral service for caregivers, friends and family, practitioners and health care professionals.

CONTACT US

1 855 852-7784

[info-aidant@lappui.org](mailto:info-aidant@lappui.org)

Courage to our sick veteran friends going through a difficult time. We invite you to contact your sick friends. Reach out, they will appreciate it enormously.

## **Recruiting and new members**



Mr. Daniel Marquis	Reg. 44072
Mrs. Carol Blackhurst	Reg. 32710
Mr. Normand Th�riault	Reg. 37860
Mrs. Diane Asselin	Reg. S1972
Mr. Jean-Roch Savoie	P.S. 335267
Mrs. Carline Fid�le	Reg. 48451
Mrs. Marie-Claude St-Jules	Reg. 44649
Mrs. Annie Baillargeon	Reg. 55979
Mr. �ric Lafleur	Reg. 45489
Mrs. Colette Ladouceur	MSP (CM)
Mr. Pascal Cloux	Reg. 434114

## **Treasurer's Report**

As of 15/06/2022, 360 members have paid their 2022 dues with 50 et to subscribe. The current account is at \$9,214.00.

The following donations were approved:

Dans la rue	\$1000
L' Apart à moi	\$500
La Vigile	\$500

The RCMPVA thanks you.

Contributions in the amount of \$55 are due for 2022. Your support of the association is necessary to enable us to continue defending your rights to the Government, to cover the costs of the association and to provide support to community organizations. We thank you for your cooperation and support.

### **How to send funds to the Treasurer, by means of an Interac™ Transfer**

Pay your annual membership fee with Interac Transfer. Send funds quickly and safely.

To make a transfer, open Your Bank's Mobile Banking or Online Banking™ and select **"Interact TM Transfer"**.

Your bank's digital banking services are displayed on a tablet, desktop and smartphone. The sender (you) selects Interac TRANSFER. You'll see a list of accounts and balances.

1. - Choose your account, with which you want to make the payment. Enter the recipient [tresoriervetsgrc@gmail.com](mailto:tresoriervetsgrc@gmail.com)

2. - You must enter a security question. Everyone please use the same question: **Name of our famous hat**. The answer (you need to register it) is **Stetson**. You can even include a brief message to the treasurer. ex. "2019 Contribution" or "Christmas Dinner Payment".

Within 30 minutes, the recipient - [tresoriervetsgrc@gmail.com](mailto:tresoriervetsgrc@gmail.com) - will receive an email notifying them of the transfer.

The recipient (treasurer) receives the e-mail notice from Interac Transfer. The Treasurer can open the transfer using Online Banking or the Mobile Banking App. To complete the transfer, the recipient (the treasurer) must answer the security question you have entered with the answer you have provided.

It only takes a few clicks and the correct answer to the security question to finalize the transfer. The bank will notify you when the recipient has accepted your transfer. A Bank transfer notice states, "Your transfer of funds has been accepted."



If your transfer is not accepted within 30 days, it is returned to your account or can be recovered using the recovery screen. The Recovery screen shows the sender, the amount of the transfer, the account and the recipient. After reviewing the information, the sender selects "Next" to retrieve the transfer.

It is also easy to cancel the transfer before it is accepted. The user selects the transfer on the Transfer Details screen to cancel it.

## **Ombudsman**

### **Veterans Affairs Canada**

Our Ombudsman M. Sylvain l'Heureux invites you to consult this website: <https://letstalkveterans.ca>

### **Support for Operational Stress Injury Program (SOSI)**

The coordinator is Mr. Jean Roch Savoie. Mr. Savoie is available to make a presentation of the program to the Association in a timely manner.

Jean-Roch's contact details are as follows:

Telephone: 514-939-8675

Cell: 514-210-4869

## **RCMP Centennial in Quebec**

The Commanding Officer of C Division has postponed the Regimental Dinner to Thursday, October 13, 2022. The event is open to all regular members, civilian members, public service employees and veteran members of the Association. Tickets are for sale at a cost of \$160. But hurry, space is limited!

For more details on this memorable evening, **contact the organizing committee**: Vincent Roy ([Vincent.roy@rcmp-grc.gc.ca](mailto:Vincent.roy@rcmp-grc.gc.ca)) , Rudin Gjoka ([rudin.gjoka@rcmp-grc.gc.ca](mailto:rudin.gjoka@rcmp-grc.gc.ca)) and Taha Abdalla ([taha.abdalla@rcmp-grc.gc.ca](mailto:taha.abdalla@rcmp-grc.gc.ca)).

### **Purchase of tickets**

Interested veterans are invited to form a table of 10 and select a table representative. This representative should compile a list of participants from their table and submit it to Taha Abdalla ([taha.abdalla@rcmp-grc.gc.ca](mailto:taha.abdalla@rcmp-grc.gc.ca)). They will be assigned a table number. Thereafter, the representative must collect the total amount required for the purchase of the ten tickets and make payment as follows:

**Interac Transfer:** [centenaire2020@hotmail.com](mailto:centenaire2020@hotmail.com)

**Check :** Comité du centenaire de la Division C

**Cash:** Those who wish to purchase their tickets on an individual basis will be able to do so. They will be assigned a table in order of priority.

The Association received 100 RCMP memorial tokens for its members. 59 are on sale at \$12 shipping included and can be purchased by Cheque or *Interac® e-Transfer*.



## **A tribute to our seniors**

Recently, the committee became aware of a sad situation where one of our own was for all intents and purposes alone and in distress. He needed care and guidance. Thanks to the initiative and foresight of fellow veterans and members of the Sureté du Québec, he is now supported by medical authorities and social services. Thanks as well to inquiries by members of the Association and the Force, it was possible to trace relatives and his careers; he is now safe. The legal procedures will take their course.

Do not hesitate to call, contact and visit our Veteran friends. Not only is it pleasurable but it also allows you to inquire about their situation. Isolation is an unhealthy and sneaky situation for seniors. Let us be vigilant and take care of each other. A simple call to the CLSC (Community Health Center), the Police, 811, 911 or others can prevent precarious situations and keep our "seniors" safe.

That is why we dedicate this bulletin to our "seniors" and pay tribute to all those whose situation, age or illness have left them voiceless. Remember, they too have had good times in the RCMP and as one of us once said, "We never forget our Reg. number!" So, we greet them all warmly and thank them for their time and support to the RCMPVA.

Our thoughts are with them.

## **Social activities**

With the significant relaxations by Public Health, monthly activities will resume such as:

- |                 |  |
|-----------------|--|
| 13/09/2022      | General Meeting and beginning of the Election process.   |
| 11/11/2022      | Remembrance Day  |
| 6 or 13/12/2022 | Holiday Lunch at the Casa Grecque Restaurant in Brossard |
| 10/01/2023      | General Meeting and Election results.                    |

Except for the Holiday Lunch, the meetings will be held at the Mess.

- The lunch-meeting at the Tuscanos restaurant in Ste-Foy the first Wednesday of every month

Also, to be determined:

- Informal monthly lunch open to all in Longueuil.
- Sugar shack
- Annual Golf Day

Members can't wait to get back to their social activities and see friends again. Watch for announcements!

## **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](#).

## **Veterans Affairs Canada**

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

Information 1-866-522-2022

**Emergency Mental Health 1-800-268-7708**

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

[@VeteransENG\\_CA](#) Twitter

[@VeteransFR\\_CA](#) Twitter

## **Royal Canadian Legion**

[www.legion.ca/fr](http://www.legion.ca/fr)

Phone: 613-591-3335,

Toll-free: 1-877-534-4666

[veteransservices@legion.ca](mailto:veteransservices@legion.ca)

## **Closing Remarks**

We encourage you to follow our communications and those of the National RCMPVA by e-mail.

Special thanks to all members of the Committee and our volunteers for their invaluable assistance. We must highlight the involvement of these folks who work tirelessly to move the Association forward.

On behalf of your committee,

Yves Sirois  
Exec. Secretary  
RCMPVA, Québec Division

Jean Martin  
Director, Communications

Karen Pearce, Translation



The old Champlain bridge – july 5<sup>th</sup>, 2022



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