



Taking care of each other

Newsletter Summer 2022

Québec Division, September 21, 2022

Ladies and Gentlemen, Veterans of the Quebec Division,

Covid 19 is not going away so we must learn to live with it, but not ignore it. Let us remain attentive to Public Health directives and continue to be very careful.

Consult the Clic Santé web site for initiatives and vaccination appointments.

If you change your postal or e-mail address, please notify us.

Write to your elected officials to remind them to take care of Veterans, to settle the "marriage after 60" situation or any subject on the well-being of Veterans and their families.

The Executive Committee wishes to draw attention to the fact 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.

Public Service Health Care Plan (PSHCP)

An agreement was reached between the Treasury Board Secretariat and the National Association of Federal Retirees (NSRA) who acted on behalf of all retirees covered under the Public Service health care plan. This agreement will see increased coverage amounts and flexibility for eligibility standards. It will enter into force on 1 July 2023. Canada Life Insurance Company will replace Sun Life as plan administrator. Further communication will be sent to you but for now you can consult this article: [Association delivers PSHCP deal that prioritizes pensioners' demands \(federalretirees.ca\)](https://www.federalretirees.ca/association-delivers-pshcp-deal-that-prioritizes-pensioners-demands)

Positive Temporary Changes Coming to Our Insurance Plans

The Government of Canada Treasury Board President has now approved the premium rate changes for the RCMP disability and life plans that the Insurance Advisory Committee recommended at its meeting in May 2022. The table below shows the rate changes as approved for each plan along with their respective implementation dates. This applies to all retired Members who retain their Life Insurance.

[Table English and French .pdf \(mcusercontent.com\)](#)

Sea to Sea for Post-traumatic stress disorder (PTSD)

The Association participated in the initiative of Mr. Chad Kennedy to raise funds to help people with PTSD receive appropriate care and help. Mr. Kennedy is walking from coast to coast to accomplish this. A wrap up event for this year took place on August 30 at the Royal Canadian Legion Branch in Greenfield Park. Mr. Robert Boivin, Director of Recruitment on the division's Executive Committee, presented Mr. Kennedy with a contribution of \$500 on our behalf. (See Treasurer's Report below).

The march will resume from Quebec City on June 2, 2023. Mr. Paul Easton coordinated the operation in our division. Job well done by everyone.

The 2023 elections

September marks the beginning of the election process.

The following positions will be up for election in January 2023:

- President
- Treasurer
- Director Social Committee
- Deputy Director Communications

Further submissions will follow on this subject. Mr. Jean Brisebois and his team will oversee the nomination process.

The RCMP is 150 years old

With 2023 being the RCMP's 150th anniversary, events will take place across the country. We will cooperate with C division; there are no concrete plans yet but we will keep you informed over the upcoming months. The Musical Ride may visit most divisions. If you have any suggestions let us know.

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 can access 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 AGM.



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

When you want to dispose of your old uniforms and badges, Robert Boivin robert.boivin@gmail.com and S/M Vinicio Sebastiano vinicio.sebastiano@rcmp-grc.gc.ca would like to recover them. Vinicio is a member of the RCMPVA and can be contacted at 514 939-8400 Ext 3473.

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

Dear retirees and families,

Summer is moving along and a beautiful fall is just around the corner and I hope you are all healthy.

Covid seems to quietly be blowing over and I, like many of you, was lucky enough to weather the storm without too many symptoms. For some it was a little more difficult. Still, Covid should not be taken lightly and we should continue to be vigilant and protect ourselves. Staying healthy is the most important thing.

For the last year or so the National Board has been consulting Division Presidents much more. We have been invited to different meetings that touch on various topics such as the revision of by-laws, communications to members, etc. ... You will see that the English version of the regulations (by-laws) are now available on the National website. We asked that the French version be withdrawn in order to make corrections because there were many errors.

A translator was recently hired to review the electronic translations. It will be sent to us for validation before being published.

We are working with the National Executive to finalize a document explaining the advantages of being part of the association, since one of the questions that always comes up is "what's in it for me".

We will have to find a way to increase the number of members to our association if we want to avoid an increase in annual membership fees.

I know that our newsletters are shared with retirees who are not members but it is the members who contribute to our association who may end up paying more. We regularly receive requests for assistance from families who have lost a retired member who is not a member of the Association. We have always accepted these requests even though they often include expenses for our Association. The funeral drape, for example, costs money and the funds are taken from members' dues. These subjects will have to be discussed over the next year. The objective of our association is to support all retirees and their families but we must ensure a good use of the funds that come from members contributing to the association

The resumption of "face-to-face" activities will be launched with a meeting at the Legion on September 28. Unfortunately, I will not be able to be present but I encourage you to attend in large numbers. I will try to greet you by Zoom if we have a connection.

Until then, I wish you a happy end of summer and know that all the members of your committee remain attentive to your needs.

Line and all the members of your BOD.



Obituary

« *We will remember them* »

Died in the line of duty

Constable Andrew Hong
Toronto Police Service

Reg. 7815

11/09/2022

Mississauga ON

Constable Travis Gillespie
York Regional Police

14/09/2022

Markham ON

The following people have left us for a better world.

Mr. James « Jim » Wood	Reg. 21639	05/06/2022	Calgary AB
Mr. Ross Graham	Reg. 25006	19/06/2022	Montréal
Mr. Jean-Yves Deroy	Reg. 38901	21/06/2022	Roberval
Mr. Jacques Breault	Reg. 23506	30/06/2022	Sherbrooke
Mr. Antoine « Tony » Deschênes	Reg. 29467	01/ 07/2022	Trois-Rivières
Mr. Louis Cross	Reg. 26399	30/07/2022	Gatineau
Mr. André Daviau	Reg. 22574	05/08/2022	Montréal
Mr. Guy Généreux	Reg. 27386	12/08/2022	Kamloops BC
Mrs Micheline Dubé	Reg. C 1347	16/08/2022	Trois-Rivières
Mr. James « Jim » Kowalchuk	Reg. 15868	11/08/2022	Winnipeg MB
Mr. Serge Biron	Reg. C1878	12/09/2022	Québec
Mr. Sylvain Parent	Reg. 30622	12/09/2022	Sherbrooke
Mr. Maurice Maher	Reg. 30935	18/09/2022	Saint-Sauveur

Mrs. Émeline Orchard Mercier, mother of Robert Mercier, passed away in Quebec City on June 13, 2022.

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

Commemorative Mass of the Faithful Departed

Sunday, November 6, 2022 at 10am

As in previous years, the community of the Catholic Parish of Saint Angèle will receive the Veterans of the RCMP and their families for a commemorative Mass in honor of our departed.

The event will take place in The Church of Sainte Angèle, 5275 boul. Lavoisier in St-Léonard (Montreal) QC. at 10:00 am.

Sick Parade

After major heart surgery, Gérard 'Gerry' Lalancette is hospitalized at the Anna Laberge Hospital in Chateaugay. His rehabilitation is difficult. All our thoughts are with you Gerry!

Pierre Rousseau suffered from an ITC. He is recovering well at home in Saint-André Avelin.

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

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



Mrs Hélène Joyal

PS 83107

Mrs Geneviève Lanoie

Reg. 46304

Mrs Julie Lachance

Reg. 45999

Treasurer's Report

As of 15/06/2022, 371 members have paid their 2022 dues. The current account is at \$8135.00.

We made the following donations:

Sea to Sea for PTSD \$250

Fondation Québécoise des Vétérans \$250

The RCMPVA thanks you.

Dues 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 InteracTM Transfer**

You can 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 BankingTM 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

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 - will receive an email notifying them of 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)

We also invite you to read the website of the RCMP SOSI program whose coordinator is Mr. Jean Roch Savoie. This site explains non-clinical support. Mr. Savoie is available to make a presentation of the program to the Association in a timely manner.

[Support for Operational Stress Injury Program | Royal Canadian Mounted Police \(rcmp-grc.gc.ca\)](#)

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) , Rudin Gjoka (rudin.gjoka@rcmp-grc.gc.ca) and Taha Abdalla (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).

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

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.

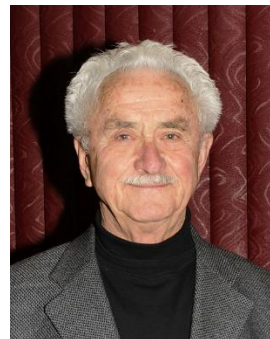
The Association received 100 RCMP memorial tokens for its members. 59 are on sale at \$12 shipping included and can be purchased by Cheque or **Interac ® e-Transfer**.



A tribute to our seniors

M. Guy Beaudoin Reg. 17220

91 years of age



Originally from Lac Mégantic, Mr. Beaudoin enlisted in the RCMP at the age of 21 and completed 35 years of service in what, at the time, was the Security Service. M. Beaudoin did not want to elaborate on his career but appreciated that people took the time to greet him. For him, the main thing is a job well done. He spends a peaceful retirement with his wife in a residence. They consider themselves lucky to have a great retirement with health as a bonus.

In the same vein, we have contacted other of our oldest members. Like Mr. Beaudoin, they wish to remain discreet and do not want to tell each other but still appreciate the attention.

We would therefore like to take this opportunity to greet them all and thank them for their support. We shall not forget them!

Social activities

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

28/09/2022

General Meeting and beginning of the Election process.

11/11/2022 Remembrance Day

13/12/2022 Holiday Lunch at Casa Grecque, 8245 Boul Taschereau, Brossard QC.

Mark your calendar for this date since reservations have been made!

Arrivals are scheduled for 11:00 and the meal will be served around 12:00 noon.

\$40 for 3 choices.

10/01/2023 General Meeting and Election results.

- 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 or 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, 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. For the hearing impaired (TTY), 1-800-361-9596 (toll-free).

Veterans Affairs Canada

Information 1-866-522-2022

Emergency Mental Health 1-800-268-7708

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

[@VeteransENG_CA](#) Twitter

[@VeteransFR_CA](#) Twitter

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

Karen Pearce, Translation

Royal Canadian Legion

www.legion.ca/fr

Phone: 613-591-3335,

Toll-free: 1-877-534-4666

veteransservices@legion.ca

Jean Martin
Director, Communications

