



## RCMP Veterans' Association -Toronto Division

### HOOFBEATS

Summer 2023

Volume 4, Issue 2

#### President's Message

Greetings to all,

We are well into the 2023 summer season and despite the severe weather patterns and Canada wide forest fires I hope you are all enjoying a safe and pleasant summer. I also hope you will have the opportunity to take part in holiday travel or simply enjoy the company of friends and family. Dani and I are looking forward to an upcoming "bucket list" tour of Newfoundland and Labrador.

Recent Division Spring events were very successful and I, along with the Executive, enjoyed the opportunity to meet and spend time conversing with members new and old. Your Executive, along with many Division members, also took part in RCMP 150 activities organized by the GTA Detachments as well London HQ and Georgian Bay Division. Information on these and similar activities can be found in our Newsletter.

Our Spring and 150 activities brought positive feedback from Serving Members as well as Public Service Employees. Comments included an interest in joint Vets/RCMP social events, veterans attending Detachment meetings to talk about their policing experiences and/or explaining services provided by the Association and serving members attending our meetings as observers or guest speakers. The RCMP GTA Commander and Detachment I/C's have also indicated their support for a joint outreach initiative to raise awareness of the Association within the local RCMP policing community and to foster mutual support, general comradery, and future cooperative ventures. It is possible this initiative will encourage current RCMP members and employees to join Toronto Division as Associate members and later, as full active members. Your Executive has discussed and fully supports the initiative however we realize for it to be a successful and ongoing venture we will need the help of Toronto Division Members. As such I am asking you to consider volunteering to be part of a liaison or contact group to foster cooperation between Toronto Division and the GTA Detachments.

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## Executive news

Summer is here in full swing. Those who can are on holidays, and everyone is trying to stay cool.

Both BBQ's were well attended and everyone enjoyed catching up with old and new friends.

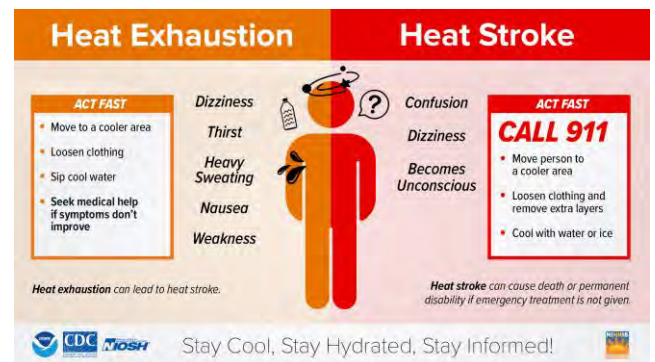
Any questions or advice or if you are wanting to help

out with the various committees or if you are thinking of joining the Executive team, please do not hesitate to contact any of the committee or Executive members to see what is involved in the various roles.

Hope you sit back and enjoy this instalment of our quarterly newsletter with a beverage of your choice.

Enjoy the rest of the summer.

Jenny ☺





## President's Message

*continued from Page 1*

Did you work or serve at one of these Detachments? Do you know current serving members or employees at one of these Detachments? Do you live in the vicinity of one of these Detachments? Are you interested in fostering an improved relationship with the RCMP GTA Detachments? Are you interested in being a guest speaker? Let me know.

Attention our newest members. Are you interested in being involved with Division activities or committees? Would you like to help plan future events? Are you interested in helping with local social or community events? Would you like to help with fundraising or soliciting corporate support? Would you like to be part of the Graves Inspection Team or our Sick Committee? Would you like to be part of our Membership Committee and help contact interested retirees? Are you interested in how Toronto Division operates? Do you have an interest in becoming part of the Division Executive? Would you like to part in planning the future of the Division? If the answer is 'Yes' to any of these questions, please contact me for additional information.

The current Toronto Division Executive was acclaimed the Fall of 2018 and commenced their duties January 2019. While the normal term of office is two years COVID, and related restrictions became an unexpected factor. For several reasons, including an inability to schedule General Meetings, the Executive members and Committee Chairs agreed to continue in their positions and serve the membership to the best of their ability given the unusual circumstances. It is now coming up to Five years of a two-year commitment and while we have constantly been told we are doing a great job it must be realized that it isn't a commitment "for life" as the saying

goes.

It is time for other members to step up and assist the Executive. To step up to learn and experience what the Executive and Chairs do in their various roles. To be ready to take on a leadership role in support of the members of your Division. To be prepared to stand for an Executive or Chair position.

Toronto Division needs your active support now to continue to be a successful and well-run organization. Questions, thoughts, opinions. Contact me.

Regards,

*Steve Semenchuk*

President, RCMP Veterans' Association  
Toronto Division





## The Quarterly



### Legacy, Learning, Sharing

You will love the variety of topics covered!

The Quarterly aims to keep the police community of the past and present connected and to continue to build on the legacy. While we can learn from what others did before us, we can also leave something behind for future generations.

Since its origins in 1933, the objective of The Quarterly is to highlight the tradition and to tell the stories from past and present about the RCMP. The RCMP Veterans' Association assumed the responsibility for the publication of The Quarterly from the RCMP in October 1999 to keep it alive and vibrant.

The Quarterly is a tool for police officers, veterans, historians, and students to learn from the past, to keep up with policing trends and to share on programs, events and activities. »

Our readership is approximately 50/50 retired and serving members.

- The magazine also appeals to those who support the aims of law enforcement, including academics, police academies, libraries, etc.
- It is a not-for-profit publication, staffed mainly by volunteers.
- It is one of the few remaining print police journals, many readers like its tangibility and large glossy colour photos.
- the magazine provides a good blend of the current comings-and-goings, while showcasing the Force's rich history and culture over the past 150 years.

## How do I subscribe?

Click on this link: [The Quarterly](#)

Email: Chantal Renaud at [Chantal.Renaud@rcmp-grc.gc.ca](mailto:Chantal.Renaud@rcmp-grc.gc.ca)

Phone: (613) 993-3738 *or* 1-877-215-3469

## RCMP celebrates 150 years

Numerous activities are occurring over the country celebrating the RCMP being 150 years old. In our area Toronto Division Executive was invited to Toronto Airport Detachment (TAD) and the Executive and members were invited to a BBQ at Toronto West Detachment (TWD). Following are pictures of both events.

### Toronto Airport Detachment (TAD)

Your Executive has been involved in planning upcoming joint activities with Toronto Airport Detachment. More to follow on these activities as the details unfold.

Thanks to Larry Rowat for donating his bronze RCMP crest to Toronto Division. It now has a prominent place in the Toronto Airport Detachment (TAD) conference centre. President Steve Semenchuk donated it to the detachment.

TAD has welcomed us with open arms and provided an “office” for us to store our filing cabinets, etc. which contain Toronto Division's historical files. In fact, they have allowed us to use their mailing address as our official mailing address to be shown on our website for the general public if they want to contact us by Canada Post.



Figure 1 Left to right: Cpl. Michael Borelli; Cst. Omar Ktabi; Michael Catton, Treasurer; Jenny Catton, Secretary; Steve Semenchuk, President; Sgt. Furat Dinkha; Sgt. Jennifer Oliveros; Sgt. Peter C. Ferguson; Jack O'Reilly, Graves & Sick Committee; Cst. Janos Laszlo; Cst. Seema Gabi.

Toronto Airport Detachment 2023 03 24

## Toronto West Detachment (TWD)

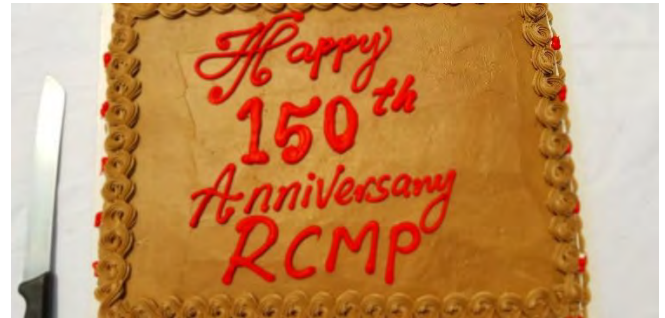
The Executive and several members attended TWD for a 150<sup>th</sup> celebration BBQ on May 23<sup>rd</sup>, 2023.

We were made to feel most welcome and were fortunate that Superintendent Ann Koenig, District Commander GTA-TOC RCMP O Division was able to attend as a lot of the members had worked with her during their time at Milton.

Thanks go out to A/OIC S/Sgt Angelo Capra and Det Admin NCO Sgt Sue Cowan for organising the event. There were two cakes, one chocolate and one vanilla, made for the occasion.

It is interesting to note that the buffalo head that our own Michael Catton, Treasurer Toronto Division procured for the Milton detachment was still “standing guard” in the conference area where we all gathered.

One of our own members, Gary Wood, presented his pea jacket to Michael Zhen, the newest member at Milton, who had only been on the job 1 week. Here are a few pictures of the day.











May 6, 2023.

## Coronation of HRH King Charles III



As the Gold State Coach made its way from Buckingham Palace to Westminster Abbey to pick up the newly crowned King Charles and Queen Camilla, five members of the RCMP's Musical Ride led the way.

The Mounties, riding horses the force had given the Royal Family over the years, also led the elaborate coach on its way back to Buckingham Palace after the coronation on

"All five horses were just absolutely magnificent. I couldn't have been happier," Sgt. Maj. Scott Williamson, the RCMP's riding master, said in an interview.

One horse, however, was under particular scrutiny. Noble, a seven-year-old mare given by the RCMP to the King a few weeks ago, was making her debut in a major ceremonial event, complete with all of its surrounding noises and distractions and crowds.

"Noble was the one that we were mainly focused on and I guess you could say concerned with because this was going to be her first time," Williamson said.

Any concerns about the horse that had been chosen for the King because of her calm disposition, among other qualities, were allayed as Noble steadily progressed along the route with George, Elizabeth, Sir John and Darby.

"She was absolutely tremendous," said Williamson. "It was like she had done it 100 times." In the end, the crowds didn't bother the horses at all.

"We expected the crowds to be quite loud," said Williamson, "and what we didn't want is for any sharp noises to potentially bother the horses, so we actually



plugged their ears to soften and muffle any of the sound.”

Williamson, who had ridden with other Mounties in the procession after the Queen’s funeral last September, wasn’t riding this time.

“Once we got the horses in the place where they were going to be for the procession, I stepped aside and I was actually right to the side of the abbey as His Majesty and Her Majesty exited,” Williamson said. “And then they went by me in the carriage, so I got an opportunity to give them a good salute and they made eye contact with me and it was quite a special moment, actually.”

For Williamson, it was an honour and “incredibly humbling” to be involved in the RCMP’s role leading the sovereign’s escort.

But more so, he said, there was a feeling that they were representing all of Canada.

“That’s really what means the most to me, and ... I said quite often actually when we were there [that] I hope that the Canadians who didn’t get to do what we did, who didn’t get to participate in that event, I hope they got to feel a sense of pride that we felt.”

Williamson said it was also a really special moment for the RCMP, particularly as he looks back on the relationship the RCMP had with Charles’s mother.

“I can’t help but think of the very first horse that we gifted the Queen,” he said, referencing Burmese, given to Elizabeth in 1969 and which she rode at Trooping the Colour, marking her official birthday, for 18 years.

“It was an all-black mare born and bred in the province of Saskatchewan and then now ... the very first horse that we give the King is an all-black mare named [by] a young child from Estevan, Saskatchewan,” said Williamson.

To Williamson, it seems to be a “full circle moment.”

“It was really proud to be a piece of that history, even if it was just a small piece.”



## RCMP Regimental Ball



Jenny and Michael were able to present Thomas W. B. Carrique, OOM, Commissioner of the Ontario Provincial Police with his challenge coin from the RCMP Regimental Ball, held this past September, at the O.P.P. Veterans’ Association AGM in North Bay this past May 25<sup>th</sup>. He had left before the presentation could be made to him on the night.

## RCMP salute wives with Second Man Award



This is reprinted from the Tuesday November 5<sup>th</sup>, 2013, Mississauga News edition written by reporter, Joseph Chin.

In the old days, RCMP officers working in small and isolated communities often had little in the way of backup.



When there was no one else to turn to, the officers turned to their wives. The women monitored the portable radio, answered phones, cooked, typed reports and filed paperwork.

“It was always an adventure, a very different way of life,” recalled Streetsville resident Dusanka Bilic-Wood, who last Friday was presented with the RCMP’s Second Man Award, created by the force in 2010 to honour these unsung heroes.

In April 1979, Bilic-Wood followed her fiancé, Gary Wood, then a rookie RCMP officer, from Montreal to his posting in Newfoundland. They married two years later, and for the next nine years would live in Roddickton, Corner Brook and Happy Valley-Goose Bay, wherever Wood was stationed.

Goose Bay detachment was the only posting to have a so-called “Patrol Cabin” and Bilic-Wood was her husband’s “back-up.”

will help us reach out to everybody, make us more relevant, etc., then just let us know:

*Or*

If you know of any articles, pictures, events you or your fellow Vets have attended, or someone who has done something noteworthy or needs to be congratulated for a job well done, etc. or suggestions please let me know so that I can put it in the next instalment of the Hoofbeat newsletter.

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### Prostate Cancer Awareness



Did you know that September is Prostate Cancer Awareness Month?

Did you know that the statistics in Canada for breast cancer and prostate cancer are very similar?

You wouldn’t know it based on all the articles, publicity, and wide knowledge about the risks of breast cancer compared to what is said about prostate cancer.

That’s because men don’t want to talk about prostate cancer. Most don’t know what the prostate does or where it is – except that it is “down there” somewhere, so best not to talk about it and it is too embarrassing to go to the doctor about.

The reality is that prostate cancer is the most common non-skin cancer in men and becomes more prevalent as we grow older. The reality is that the majority of prostate cancer is slow growing and has no early symptoms but can be eradicated in 95% of cases if caught early.

So why not educate yourself? Understand that the PSA test is a simple blood test and a potential indicator and valuable tracking mechanism to monitor changes happening in your prostate (which may or may not be cancer). Talk to your doctor about

[Continued on page 10](#)



### SUGGESTIONS TO MAKE US BETTER???



If you have any ideas for social events, things that

when the PSA test might be appropriate for you. Many experts suggest getting a 'baseline' PSA result at age 50. Know that your risk is greater if you have a family history of prostate, breast, or ovarian cancer, or if you are African Canadian or Caribbean-Canadian.

All prostate cancer treatments have side-effects and, because of the location of the prostate in the body, there are potential issues with incontinence and/or erectile difficulties. This a challenge for most men. So, the knee-jerk reaction of "just get it out of me" when faced with a prostate cancer diagnosis is often not the wise move even though it is an understandable reaction.

A prostate cancer diagnosis is not a death sentence. Not all prostate cancer is the same but, in the majority of cases, it is a slow-growing disease which gives men time to make an informed decision. If you start with an understanding of the disease and your options, you will not be pressured by the immediacy of the situation. Take the time to do some reading, talk to your doctor or consult with men in the prostate cancer community who are always happy to help. Remember, you are not alone.

Over the last decade or more, the concept of Active Surveillance has gained ground in North America as the best approach for low-grade, slow-growing prostate cancer. Regular monitoring via the PSA test and scans such as MRI can allow a man to avoid the side-effects of treatment while postponing or even eliminating the need for invasive treatment. However, this route is only open to those men who are willing to get tested in the first place and who know to ask the right questions of their doctors.

So please don't ignore your prostate. Know that prostate cancer is a risk as you age but it is a disease that can be cured or controlled. Don't bury your head in the sand. Ladies, take your man by the scruff of his neck (or somewhere else that gets his attention) and get him to do the right thing. Ask your doctor about testing and be persistent if you think this is the right thing for you to do.

Use the resources of your local and national prostate cancer support community who are there for you:

**National Organization:**

<https://prostatecancersupport.ca/>

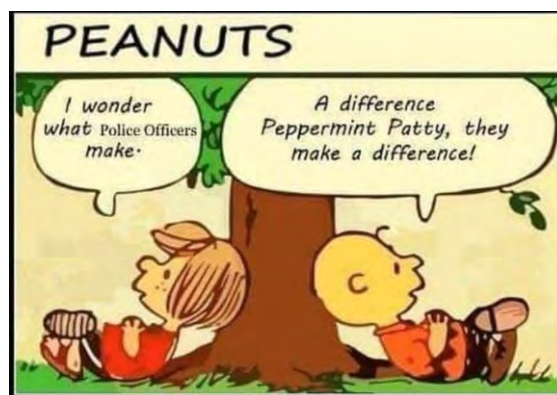
**Toronto Area support:** <https://pcstoronto.ca/>

**Oakville/Mississauga support:**

<https://www.prostatecancersupport-oakville-mississauga.ca/>

Author: Walter Eadie

Prostate Cancer Support Group Leader





## Chuckle

A widow decided she was going to go on a safari to Africa. She made her plans and decided she would enjoy the company of her companion, a poodle, on the excursion. She arrived with the poodle in her bag and was enjoying a ride in the wildlife sanctuary when all of a sudden, her poodle jumped out of the bag and took off with full throttle across the landscape and out of sight of the woman.



The poodle found himself alone and scared in a new land when he comes across a pile of bones which he cheerfully attacked and gnawed on for nourishment. He heard a noise behind him and took a quick look and saw that it was a leopard sneaking up on him. He pretended to not see it and kept his back to it until he sensed it getting close when he stood up on his hind legs, stretched out and looked

skyward yelling out as loud as he could ‘that was the best leopard dinner I have ever had!’.”

Hearing this, the leopard stopped dead in his tracks and thought to himself “this is one tough little creature. I’m not messing with him”. The leopard scurried off to the wooded area where he met up with a monkey sitting up high in a tree. The monkey had been watching what had happened and decided to ally with the leopard for protection in return. ‘Hey leopard’ he exclaims – ‘you know that poodle was pulling a fast one on you, don’t you? The leopard replies to the monkey. “I never gave it much thought, but he is a small thing, and I shouldn’t be scared of him. I’ll tell you what, for bringing this to my attention I will protect you from those who wish to bring you harm. Now jump on my back, hold on and let’s go find that lying little purse prize and finish him off.”

So off runs the leopard with the monkey on his back. He goes right back to the area where he last encountered the poodle. The poodle is still in the area and sees the leopard running his way with the monkey on his back.

Poodle thinks to himself – ‘what to do, what to do, I’m a goner, what to do?’. The poodle stops his internal conversation and faces away from the approaching leopard and as he senses them near to him, he again stands on his hind legs, looks skyward, throws his arms up in the air and yells out “Where is that damn monkey? I asked him an hour ago to bring me another leopard.”



## Forgot your Login to the Members Only Association Website??

You can go online to the Association website (<https://membership.rcmpva.org/member-login>) to update your personal information at any time. If you have forgotten your login/password, just go to the website and click on **Forgot Password** under Member Login.

You will see this dialogue box:

### Member Login

Français

Please enter your email address. We will send instructions to that address on how you can reset your login.

Email Address

Cancel

SUBMIT

Just fill in your email and the Association will send you instructions how to get back into the website.

If you have any difficulties, you can email me, Jenny Catton, at [jcatton@cogeco.ca](mailto:jcatton@cogeco.ca) or call 905-829-4337.



# REDEDICATION NWMP MONUMENT COLLINGWOOD ON 2023 06 24

This was a great tribute the original 300. The day started off with a service at the St. James Anglican Church where Chaplain Gerry MacMillan gave a nice history of the original 300 to the parishioners. Everyone then moved to the monument site and the rededication service began. Sergeant Major Damien Smith did an excellent job of getting all members -active and retired -formed up, marching, and standing at ease. The veterans never forgot their lessons from Depot on how to march.



Figure 1 Standing at ease during the Rededication Ceremony.

There were current regular members in attendance and veterans of both Georgian Bay and Toronto Division, as well as spouses and members of the Collingwood community looking on.



Figure 2 From the left side of the monument to the right: Sergeant Major Damien Smith; Cst. Rob Adams; Insp. Tim Dell'Anna.; Cpl. Laura McGuire; S/Sgt. Peter Ready; C/Supt. Jamie Zettler.

Chaplain Gerry MacMillan welcomed everyone and was the Master of Ceremonies.



Figure 3 From left to right: Insp. Tim Dell'Anna; Sergeant Major Damien Smith; Cst. Rob Adams; Michael Catton, Treasurer RCMP Veterans' Association Toronto Division; Glen Oickle, President RCMP Veterans' Association Georgian Bay Division; Jack O'Reilly, Graves & Sick Committee RCMP Veterans' Association Toronto Division; Abe Abrahamsen, RCMP Veterans' Association Toronto Division member; Jack Webster, member RCMP Veterans' Association London Division; Paul Cormier retired RM & RCMP Veterans' Association Georgian Bay Division member; Cpl. Laura McGuire; S/Sgt. Peter Ready; C/Supt. Jamie Zettler.

The mayor of Collingwood, Yvonne Hamlin, welcomed everyone and C/Supt. Jamie Zettler addressed the audience.





In addition to the land audience there was an RCMP Police marine presence and Collingwood residents in boats looking on.



After the rededication everyone was invited back to the church where everyone had a lovely luncheon and 150<sup>th</sup> celebration cake provided by the Ladies Auxiliary.



Thank you to Gerry MacMillan, Jack O'Reilly and Glen Oickle for spearheading the entire day and for all the regular members that were in attendance.



# SERVICE AWARDS PRESENTATIONS



## 10 Years

Joe Balz  
Joanne Cardozo  
Mike Catton  
Reg King  
Chris Lavin  
Nino Sonsini  
Mike Thomson

## 15 Years

Daniel Aubin  
Doug Ford  
Martin Glynn  
Ken McElroy  
Josie Michelucci

## 20 Years

James Hillyard  
Jean Lemieux  
Larry Rowat

## 25 Years

Ray Haywood  
Frank Kurina

## 30 Years

Lorraine Burr  
Alfred Farrel  
John Hubbell  
Alan Treddenick  
Thomas Wienhold

## 35 Years

Shirley Brehaut  
Bill Catton  
Arnold Crittenden  
Kenneth Murray  
Jack O'Reilly  
Harold "Sam" Pittman

## 40 Years

Joe Avbar  
Charles MacDermid  
William Werezak



Figure 1 Michael Catton accepting from Steve Semenchuk



Figure 2 Chris Lavin accepting from Stu Jarvis



Figure 3 Rhia Balz accepting for Joe from Stu Jarvis



Figure 4 Ken McElroy accepting from Steve Semenchuk



Figure 5 Tom Weinhold accepting from Steve Semenchuk



A man sees his wife is busy in the kitchen and says "Can I help?" She says, "Sure, take this bag of potatoes, peel half of them and put them in a pot to boil." No matter what men do, somehow, we still get yelled at...





## I/C Toronto Division Canine Unit Marley

Toronto Division has its first veteran canine member. Michael Catton presented Marley with his medal at the Toronto Division GTA West BBQ.

Gary and Dusanka Wood were both very proud of their family member and the veterans in attendance gave Marley a resounding applause to welcome him into our “family”.



## MEMBERSHIP & RENEWAL OF DUES



*Hop on board –  
the more the merrier*

Do you know someone who is interested in joining the RCMP Veterans’ Association—Toronto Division?

We warmly welcome applications to our Division. The application form and criteria are on-line at: <https://membership.rcmpa.org> . Just ensure you choose *Toronto Division*.

*We have two (2) types of membership:*

**ACTIVE MEMBERS** are **voting members** who pay annual Association dues and Division fees of **\$80.00**.

**ASSOCIATE MEMBERS** are non-voting members of the Association. However Associate members may pay Divisional Dues of **\$25.00 per annum to vote** on Divisional matters.

You may pay Michael Catton, Treasurer, directly at [mcattol1@cogeco.ca](mailto:mcattol1@cogeco.ca) by cheque or e-transfer just send an email telling him the answer to your security question.

**All dues are to be paid by Dec 31** to the Treasurer.

Any questions, please contact Aldo Garisto or any of the Executive. They will be more than happy to talk with you.







## TORONTO DIVISION EAST BARBEQUE - OSHAWA June 8<sup>th</sup>, 2023

This year we changed up the format and had a buffet type BBQ so that we could all socialise as we were in line. Everyone seemed to enjoy this format. Service awards were presented to those members in attendance and the draw prizes went over well. Inspector Tim Dell'Anna, OIC of Transnational Serious & Organized Crime, Detachment Commander, Toronto North was able to attend and liaise and socialise with the Toronto Division veterans in attendance in Oshawa.



### GTA EAST BBQ Winners:



Steve Semenchuk, Pearl Tucker, Don Luneau and Shea-Lea Latchford all won the draw prizes. Don donated his back to be used for a future Toronto Division social event.







Brian Painter won the 50/50 draw and donated it back to the Toronto Division veterans to be used to help all members defray some of the draw prize costs.



## TORONTO DIVISION WEST BARBEQUE – PORT CREDIT June 15<sup>th</sup>, 2023

Everyone enjoyed the Port Credit locale, and we were fortunate that Sgt. Jennifer Oliveros, I/C, RCMP Toronto Airport Detachment, along with another colleague, were able to attend and liaise and socialise with the Toronto Division veterans in attendance at the GTA West BBQ.

We are fortunate to have several signed prints donated by some of our members to be used for draw prizes at different Toronto Division social events.

Thank you to Charles Hine, one of our veterans, for donating six prints, two of which we used here at the GTA West BBQ – the “Musical Ride on the Charge”, and one of the donated Paul Cedarberg pictures - painted for the 100-year centennial of the Force. You will be seeing the others at future social functions.

**Q:** How do **billboards** communicate?

**A:** **Sign** language.



## GTA WEST BBQ Winners:



Audrey Jay, Theresa Lavin, Cathy Daley, Rick Morris, Tammy Felts, Aldo Garisto, and Chaplain Gerry MacMillan, all won the draw prizes.



Diane O'Reilly won the 50/50 draw.





## Toronto Division Canteen Sales

*An On-Line enterprise offering RCMPVA related Merchandise, Clothing, and other Speciality Items*  
[RCMP Veterans' Association Toronto Division – The Online Home of the Toronto RCMP Veterans \(rcmpvetstoronto.ca\)](https://rcmpvetstoronto.ca)

We are starting to handle some different items for sale for our Veterans and families.

We, Jenny, and Michael Catton, introduced some new items for sale by our Toronto Canteen. We have a variety of items; mugs, stainless steel 17oz water bottles, 12 and 17oz stemless wine tumblers, lasered, set of 4 bamboo coasters, clothing, decals, pens etc.

The full description of the wine tumblers and water bottles is below.



The stainless-steel white wine tumbler comes with a clear lid. Keeps any hot or cold beverage at just the right temperature. The vacuum seal keeps the liquids and carbonation fresh.

Made from double-walled, non-leaching and non-toxic food grade stainless-steel. Never tastes tinny. The clear lid does not have a plastic slide to cover the sip hole. Hand wash only.

The golf shirts which will be embroidered or digitally printed; jackets, cutting boards, etc. will also be available for purchase.



### Prices of Merchandise

17oz Water bottle - \$25

17oz tumbler - \$25

12oz tumbler - \$20

Set of 4 coasters lasered - \$ 20.00

11oz Mug - \$13

15oz Mug - \$15

Golf Shirts - \$40

Jacket - \$65

Single Coin Holder – Wood \$8

(**Note:** Coin holders that will hold multiple coins will be available soon)

Coin Holder Plastic - \$8

*All prices include HST. Shipping is extra.*

To see what items are for sale, please check out our website (<https://rcmpvetstoronto.ca/td-canteen>) . If you are interested in any item or have any ideas of what you would like to see us sell in the Canteen, please *contact Michael Catton by Email* at [mcatton1@cogeco.ca](mailto:mcatton1@cogeco.ca) or *Phone: 905.829.4337*  
Just state which item(s) you are interested in and how many of each (including sizes if it is clothing). You may pay by **e-transfer** (just let Michael know what the answer to your security question is) **or by cheque** made payable to **Mijen Awards**.

*Mailing Address:* 2679 Hardy Crescent, Oakville ON L6J 7C1

**Note:** a portion of all sales will be donated by Mijen Awards to RCMPVA Toronto Division to further member wellness.



## Birthday Greetings

### January to May



If you do not see your name, please contact Jenny at [jcatton@cogeco.ca](mailto:jcatton@cogeco.ca) or 905-8229-4337 -it means we do not have your date of birth on file.

#### January

Mircea (Mitchel) Nan  
E. Murray Swift  
John Joseph (Jack) Mackay  
Wayne Thomas Barry  
Thomas Wienhold  
Pentti K Harris  
Stephen R Semenchuk  
Larry Busch  
Martin J. Glynn  
DJ Green  
John Allen Hubbell  
Art Nesbitt  
Mary Luciani (Nee Provenzano)  
Robert (Bob) S Elliott  
Elio Vani  
Tony Dhillon

#### February

Robin C. G. Ward  
Donald H. (Don) Maas  
Tyrone V. Watts  
Steve Rowe  
Sharyn O'Hara  
Ben Jillett  
John RL Morton  
Daryl Kiperchuk  
Stuart (Kevin) Jory

#### March

Kenneth Sider  
F. Howard Fullerton  
Wilfred Frank  
Mary Hagymasy  
John 'Jack' Thomas Wylie  
William Werezak  
Gerardus Vandegraaf  
Alfred (Al) Farrell  
Peter Spencer  
Charles G. Farquharson  
Robert W. Henderson  
Stewart Daley  
Bruce E. (Ted) Nichols



#### March continued

Gabriel Marion MSM  
Frances (Fran) Saltzman (Aronovitch)  
Hazen Ray Haywood  
Reginald (Reg) King  
Ted Flanigan  
Domenic Capotorto  
Rick Allen  
Michael J MacDonald  
Daniel Diehle

#### April

Robert F. (Bob) Lunney  
Steve Orobko  
Arnold R. Crittenden  
J. Kenneth Cornforth  
James G. Milburn  
Gerald J. Kupferschmidt  
Richard (Rick) D Morris  
Donald W Lunau  
Brian Wilcox  
Kameel Shah  
Alan Treddenick  
Philippe Duca  
Dave Hubley  
Michael Kerr

#### May

Geoffrey (Geoff) McClintock  
Ronald E. Piers  
John Rehn  
Brian Charles Painter  
Christopher A Lavin  
Howard Adams  
Jazmin Buntic  
Cathy Locke  
Kate Suline  
Patricia Anne (Trish) Ingalls  
Tammy Felts  
Kegham Bayrakdarian





## Birthday Greetings continued

### June to October



If you do not see your name, please contact Jenny at [jcatton@cogeco.ca](mailto:jcatton@cogeco.ca) or 905-8229-4337 -it means we do not have your date of birth on file.

#### June

Kenneth M. Murray  
R.B. (Dale) Cooke  
Ethel Booker  
Anthony H. Keenan  
Gordon N. Dunford  
Jack J. O'Reilly  
Charles Macdermid  
Alex Carriere  
Ernest S Diplock  
Lorraine Burr  
Antony "Tony" Thompson  
Kevin Serniuk  
Kash Sanichar  
Tara Lynne Kerr

#### July

Grace Campbell  
Hal Brooks  
Frank A. Macpherson  
Mike A. (Joe) Yoblonski  
Terrence L. Beckett  
Harold J. (Sam) Pittman  
Douglas J. Ralph  
John K. Beer  
Michael Thomson  
Lawrence Tronstad  
Hugh (Mac) M Balkam  
J. Edward Judd  
Douglas (Doug) Bruce Ford  
James C. Moore  
John C Kurish  
William J Eddie  
Keith Latchford  
Peter Villeneuve  
Ulisses Botelho

#### August

William E. Catton  
Donald S. Green  
Ralph L. De Groot  
Henry Todd  
John A. Maclean  
Norman D Inkster



#### August continued

Michael F.P. Ryan  
Benedetto (Ben) Soave  
John Cottrell  
Robert W. Gordon  
David Muldoon  
Joachkim Balz  
Michael Lawley  
John Bothwell  
Colin Walker  
Frederick M. Bowen  
Jean Lemieux  
David John Devine  
Rodney Gray  
Rafael Alvarado  
Aleksandar Milenovic

#### September

Doreen Widdis  
Joe Avbar  
Mary Hamilton Ford  
Ken Mcelroy  
Stewart (Stu) C Jarvis  
Marilyn E Chisholm-Jones  
Kenneth Johncox  
Lucia T. Zucchet  
Brian O'Connell  
Jenny Catton  
Mary Russo-Alfano  
Larry Leerschool  
Lance Hymers  
Daniel Aubin  
Michael Lichacz  
Sedat Kulafofski

#### October

Doreen Muttoo  
Mike Prokopchuk  
Shirley A. Brehaut  
J. Frank Kurina  
Carmen Boyce (Tim) Jay  
Ian Colquhoun  
Ronald Guilford Nicholson  
James RG Hillyard



## Birthday Greetings continued

### October to December



If you do not see your name, please contact Jenny at [jcatton@cogeco.ca](mailto:jcatton@cogeco.ca) or 905-8229-4337 -it means we do not have your date of birth on file.

#### October

Linda Vivian Maggio  
Brian Craig Binnie  
Barbara Prouse  
Josie Michelucci  
Gary Brenton Wood  
Daryl Bedard  
Steve Martin  
Julie Ann Zadzilko  
Chad Gale

#### November

Vincent J. Aquilina  
Roald (Abe) Abrahamsen  
Michael J Catton  
James AD Forrest  
Douglas Musselwhite  
Brent Renouf  
Siegfried Standke  
Lawrence Thomas St. Onge  
Douglas F.S. Best  
Joanne Cardozo  
Aldo Garisto  
Albert Tam  
Robert Davis

#### December

Wilfred Bristow  
Luisa F. Klopchic  
Larry F Rowat  
Rebecca Hollinger  
Charlotte Nevin  
Fred J. Hollis  
Fred H Fitzsimmons  
Michael David Crucefix  
Francine Strasser  
Murray Robert (Bob) Hillier  
Ann Marie Whitney  
Nino Sonsini  
John Debellis  
Glenn Hanna  
Mark Whelan  
Terry Russel  
Teena Bolduc

#### December continued

Alexander (Alex) F P Campbell  
Barrington ED Fletcher  
Michele Petrasso



### Big Red and Harriet "Hooly" Bar

Lincoln Police, England posted this:



Meet our new mascots Big Red and Harriet "Hooly" Bar; they love to get out and about visiting people bringing joy wherever they go!

They especially enjoy surprise visits to drug dealers, arriving bright and early because they are so excited to see them.

If you know anyone who would deserve a visit, you can nominate them via 101, our website or Crimestoppers







## New Corvette

A senior citizen drove his brand-new Corvette convertible out of the dealership. Taking off down the road, he floored it to 80 mph, enjoying the wind blowing through what little grey hair he had left. Amazing, he thought as he flew down I-94, pushing the pedal even more.

Looking in his rear-view mirror, he saw a state trooper behind him, lights flashing and siren blaring. He floored it to 100 mph, then 110, then 120.

Suddenly he thought, "What am I doing? I'm too old for this" and pulled over to await the trooper's arrival.



Pulling in behind him, the trooper walked up to the Corvette, looked at his watch, and said, "Sir, my shift ends in 30 minutes. Today is Friday. If you can give me a reason for speeding that I've never heard before, I'll let you go."

The old gentleman paused. Then he said, "Years ago, my wife ran off with a state trooper. I thought you were bringing her back."

"Have a good day, sir," replied the trooper.

## Games Corner

See the Fall 2023 Newsletter for the answers.

### Wordsearch

#### Types of Food

D	S	B	U	T	T	E	R	T	R	O	R	CEREAL
L	E	T	T	U	C	E	I	U	M	A	H	MACARONI
T	R	A	D	I	S	H	M	N	A	E	T	TV DINNER
E	I	A	R	O	C	S	A	A	E	T	E	CASSEROLE
D	R	U	N	U	E	K	C	H	T	H	C	BREAD
I	A	I	R	L	R	A	A	S	V	S	A	PORK
D	O	E	D	F	E	E	R	G	D	P	S	NOODLES
N	S	O	R	K	A	T	O	O	I	A	S	FAST FOOD
B	O	G	E	B	L	S	N	D	N	G	E	LETTUCE
N	S	A	L	A	D	G	I	T	N	H	R	ROLLS
B	U	R	G	E	R	S	S	O	E	E	O	STEAK
F	A	S	T	F	O	O	D	H	R	T	L	SPAGHETTI
G	R	A	V	Y	P	O	R	K	O	T	E	BURGERS
R	O	L	L	S	R	A	T	T	A	I	P	ONION

### Matchmaker

Fill in the missing letter of each word in the column on the left. Next look for a related word in the group at the right and put it in the blank in the second column.

When the puzzle is completed, read the first letters of both columns in order, from top to bottom, to reveal related words.

\_\_\_\_\_arine \_\_\_\_\_Assured Randall

\_\_\_\_\_irplane\_\_\_\_\_Duke Rocket

\_\_\_\_\_est \_\_\_\_\_Eden Turtle

\_\_\_\_\_ing \_\_\_\_\_

\_\_\_\_\_ve \_\_\_\_\_

\_\_\_\_\_ony \_\_\_\_\_

Related word: \_\_\_\_\_

Crossword

ACROSS

1. Compete (for)
4. Postman's delivery
8. Snip, as hair
12. Important time
13. "M\*A\*S\*H" star Alan
14. Harvard, to Yale
16. Blacktop goo
17. Back section
18. Brunch egg dish
20. Negative votes
22. Des Moines' state
24. In the past
25. Loses traction
27. Cooking fat
28. "Leave!"
29. Actress Meara
30. Garden-fence door
31. Sword fights
32. Wooden pin
33. Ms. Lane in "Superman"
34. Hawaiian garland
35. "Court is now in —"
37. Mariners' home
41. Also; too
42. Roadside placard
43. Be a masseur
44. Courtroom VIP
47. Greasy fluids
48. Burial chamber
49. Makes a boo-boo

50. Far from short
51. Chowder and bisque
52. Self-esteem
53. Walk a trail
54. Pelvis joints
55. Begin again
57. Uncluttered
59. Corn spike
62. Polo or hockey
63. Fir dropping
64. Spanish waterway
65. Observes
66. Concludes
67. Shrewd

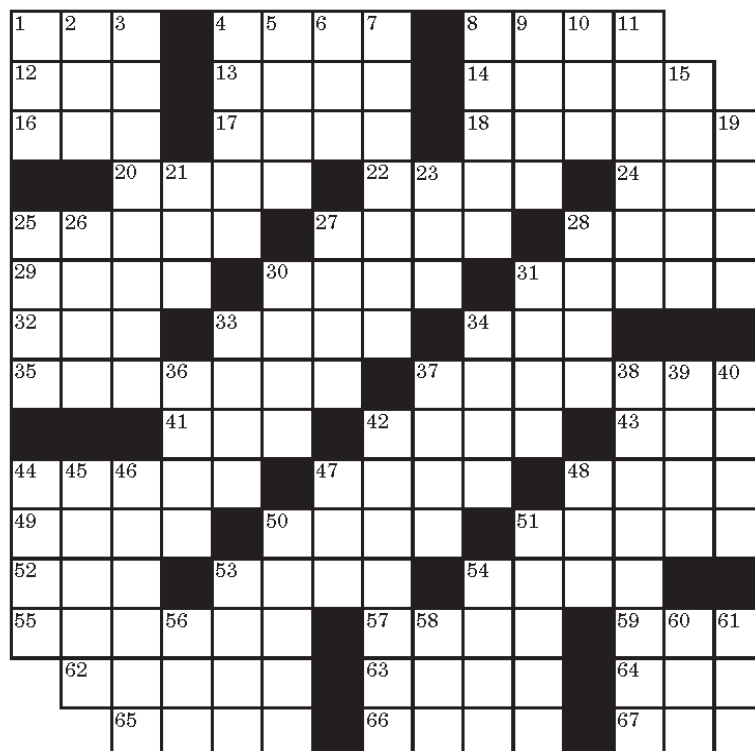
DOWN

1. Animal doc
2. Mr. Gershwin
3. Take-home pay
4. Martin and Pickford

5. Pub orders
6. Actress Lupino
7. Cowboys' ropes
8. Swarm of people
9. Peru's capital
10. "— got an idea!"
11. Royal home
15. Within the rules
19. Little kids
21. Citrusy quaff
23. Miner's find
25. Weakens
26. Shin's neighbor
27. Reclined
28. Business attire
30. Satisfactory
31. College VIP
33. Fishing wire

DAILY  
CROSSWORD

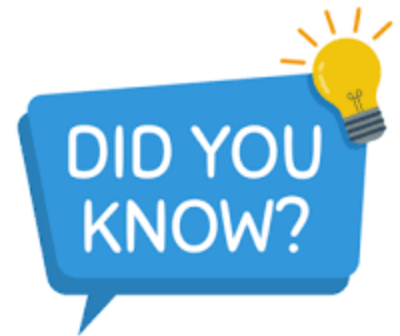
34. Chair supports
36. Lacks firmness
37. Window edge
38. Man's pants
39. Gravy no-no
40. Grows weak
42. "Hush!"
44. Scoff (at)
45. Goads (on)
46. See 36-Down
47. Stout tree
48. Uppermost part
50. Dyes (hair)
51. Locales
53. Present
54. Finger's place
56. "The Raven" author
58. Long period
60. Feel sick
61. Cowboy Rogers





## Did you know?

1. Though less common than earthquakes, the moon actually has moonquakes, too. That's right. Moonquakes.
2. You actually lose a large percentage of your taste buds while on an airplane. This might explain a lot about those less-than-stellar in-flight meals, or why you find yourself craving the saltiest foods while in the sky.
3. Although it may sound counterintuitive, your small intestine is actually the largest (internal) organ in your body.
4. *Tomato juice won't fix getting skunked.* Instead of dousing yourself in V8, make a **mixture of dish soap, peroxide, and baking soda**. The skunk spray is an oil, which your grease-fighting dish soap will take care of. Peroxide and baking soda add plenty of oxygen to the mix to help get rid of the smell. Ratios of these ingredients vary from recipe to recipe, but the Humane Society has tested and approved the following for getting rid of skunk smell on dogs and on you:
  - 1 quart of 3 percent hydrogen peroxide (available over the counter at virtually any drug store)
  - 1/4 cup baking soda
  - 1 teaspoon liquid dishwashing detergent
5. Iceland grows 5 centimetres per year because of its moving tectonic plates.



## Last Post

*Always in our thoughts—Never to be forgotten.*



REG. NO.	NAME	DATE	PLACE
18873	Clare Douglas RICHARDSON	Feb 17, 2023	Hamilton, ON
20373	George Albert LILLIE Former member of "O" Div (Toronto)	Mar 16, 2023	Winnipeg, MB
32251	John Paul SYMONDS	Mar 17, 2023	London, ON
C.1914	Borot JANSÁ	Mar 22, 2023	Oakville, ON
22065	Theodore Lawrence GERVAIS	Mar 23, 2023	Windsor, ON
15758	George Marion OXLEY Former member of Toronto Vets (1970's)	Apr 01, 2023	Oshawa, ON
25435	Russell David HORNSETH	Apr 08, 2023	Owen Sound, ON
65876	Constable Harvinder "Harvey" Singh DHAMI Died while serving in Police Car accident at age 32	Apr 10, 2023	Strathcona, AB
23392 / O.1350	Ian Hanney ROSS	Apr 11, 2023	London, ON
23315	Richard Frank "Rick" LEE	May 15, 2023	Oshawa, ON
20500	Allan Douglas MacLEOD	June 27, 2023	London, ON
17948 / O.975	F. Ian BROWNLEE (Former member of "O" Division)	June 28, 2023	Calgary, AB
30585	Edward William OELKE	July 06, 2023	London, ON
22654	Clyde Campbell KITTERINGHAM	July 21, 2023	Milton, ON
REG. NO.	NAME	DATE	PLACE
18873	Clare Douglas RICHARDSON	Feb 17, 2023	Hamilton, ON
20373	George Albert LILLIE Former member of "O" Div (Toronto)	Mar 16, 2023	Winnipeg, MB
32251	John Paul SYMONDS	Mar 17, 2023	London, ON

*May They Rest in Peace*

## Pension & Benefits Reference Contacts – July 1, 2023

Pertains To	Website	Phone #	Details
RCMP Pension administered by:  Public Works And Government Services Canada (PWGSC):	<a href="http://www.rcmp-grc.pension.gc.ca">www.rcmp-grc.pension.gc.ca</a>  <a href="https://www.tpsgc-pwgsc.gc.ca/remuneration-compensation/index-eng.html">https://www.tpsgc-pwgsc.gc.ca/remuneration-compensation/index-eng.html</a>	1-855-502-7090 (all Ranks other than below)  1-855-502-7088 (for Levels EX-01-C/Supt. & above)  1-800-561-7930 Public Servants	Have the Pension Number and/or HRMIS number available.
Veteran's Affairs Canada (VAC):	<a href="http://www.veterans.gc.ca">www.veterans.gc.ca</a> Select My VAC Account Select Sign In Sign-in Partner or GC Key Input Username & Password	1-866-522-2122	Have the CSDN – “K” Number available
Canada Pension Plan (CPP) Old Age Security (OAS) Guaranteed Income Supplement (GIS) Survivor's Benefit Disability Payments	<a href="http://www.canada.ca/en/services/benefits/publicpensions.html">www.canada.ca/en/services/benefits/publicpensions.html</a>  Select language of choice Select Benefits Select Pensions	1-800-277-9914	Have the Social Insurance Number (SIN) available.
RCMP Group Life and Accidental Death and Dismemberment Plan  Administered by SEB Administrative Services	<a href="http://www.pbs-sra.ca">www.pbs-sra.ca</a> Input User ID & Password You may enter as GUEST or SURVIVOR  On <b>June 14, 2021</b> , the administration of the RCMP Group Life Insurance Plans was transferred to SEB Administrative Services. For information or to make changes to your group life insurance coverage, please visit: <a href="https://fp.seb-admin.com/fpconnect/#/rcmp-grc">https://fp.seb-admin.com/fpconnect/#/rcmp-grc</a> or <b>contact the RCMP Group Life Insurance Centre</b> from Monday to Friday between 7:30 a.m. and 6:00 p.m. Eastern Time (E.T.) at: 1-877-778-8084.	1-877-778-8084	Have Pension number &/or HRMIS number &/or other personal information available.



### Pension & Benefits Reference Contacts – July 1, 2023, continued

Pertains To	Website	Phone #	Details
<b>RCMP Group Life and Accidental Death and Dismemberment Plan</b>  Administered by SEB Administrative Services	<a href="http://www.pbs-sra.ca">www.pbs-sra.ca</a> Input User ID & Password You may enter as GUEST or SURVIVOR  On <b>June 14, 2021</b> , the administration of the RCMP Group Life Insurance Plans was transferred to SEB Administrative Services. For information or to make changes to your group life insurance coverage, please visit: <a href="https://fp.seb-admin.com/fpconnect/#/rcmp-grc">https://fp.seb-admin.com/fpconnect/#/rcmp-grc</a> or <b>contact the RCMP Group Life Insurance Centre</b> from Monday to Friday between 7:30 a.m. and 6:00 p.m. Eastern Time (E.T.) at: 1-877-778-8084.	1-877-778-8084	Have Pension number &/or HRMIS number &/or other personal information available.
<b>Public Service Health Care Plan – PSHCP (Canada Life)</b>	<a href="http://canadalife.com">Public Service Health Care Plan (PSHCP) Members Site (canadalife.com)</a> and Public Service Health Care Plan - Canada.ca  Each member's Contract number depends upon month of birth (dependent's contract number is 52115) Certificate Number remains as before. <b>*** Effective July 1, 2023 – now administered by CANADA LIFE</b>	1-855-415-4414	Have individual Group Contract Number & Certificate number available
<b>Blue Cross - Medavie</b>	<a href="http://www.medaviebc.ca">www.medaviebc.ca</a> Select Account Login Select VAC Input Username & Password	1-888-261-4033	Have Client Number available.
<b>Pensioners' Dental Services Plan - PDSP (Sun Life)</b>	<a href="http://www.sunlife.ca/pdsp">www.sunlife.ca/pdsp</a> Group CONTRACT number is 255555 Each member has a Certificate Number on their card Input Access ID & Personal Password <b>NOTE – SUN LIFE continues to administer this benefit after July 1, 2023</b>	1-888-757-7427	Have Group Contract Number & Certificate Number available.
<b>Bureau of Pension Advocates (VAC)</b>	<a href="http://www.veterans.gc.ca">www.veterans.gc.ca</a>  How to review or appeal a decision - Veterans' rights - Veterans Affairs Canada	1-877- 228-2250	If you applied for disability benefits from VAC & received a negative response to the application, you may qualify for support from them.
Pertains To	Website	Phone #	Details
<b>Canada Revenue Agency Disability Tax Credit (DTC)</b>	<a href="https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html">https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html</a>	1-800-959-8281	Require SIN
<b>GST Office</b>	<a href="https://www.google.com/search?client=firefox-b-l-d&amp;q=gst+office+canada">https://www.google.com/search?client=firefox-b-l-d&amp;q=gst+office+canada</a>	1-800-959-8281	
<b>VAC ASSISTANCE SERVICE</b>	24/7 PSYCHOLOGICAL SUPPORT FOR VETERANS & FAMILIES	1-800-268-7708	NO FEE



## CONTACT INFORMATION:

RCMP Veterans' Association - Toronto Division

### Mailing Address:

2679 Hardy Crescent, Oakville ON L6J 7C1

Phone: 905.829.4337

E-mail: [rcmpvetstoronto@live.com](mailto:rcmpvetstoronto@live.com)

## UPCOMING TORONTO DIVISION SOCIAL EVENTS

### President's Dinner /Awards Luncheon

We are hoping to have another President's Dinner or Luncheon. The Social Committee is looking into various options. *More to follow.*

### Wine and Cheese



Same format as last year's Wine and Cheese- everyone loved the addition of the charcuterie table to our shrimp, wine, and cheese table.

**Date:** *Sunday December 3, 2023* – mark your calendar

**Where:** Royal Canadian Legion Branch 286,  
11 Irwin Rd., Etobicoke ON  
M9W 2P6

*More information to come.*

## GOOD & WELFARE



## Good & Welfare COMMITTEE

Do you know anyone unwell, having surgery or needs cheering up?

Please let us know.

Jack O'Reilly is the one to let know. His contact information is: 905-793-1422 or

Email: [jake.diane@sympatico.ca](mailto:jake.diane@sympatico.ca)

### NEXT EXECUTIVE MEETING

**DATE:** TBD

**TIME:** 11:30 am Lunch  
(At member's own expense)  
Meeting –12:00

**WHERE:** Royal Canadian Legion Branch 286  
11 Irwin Rd.,  
Etobicoke, ON  
M9W 2P6

### NEXT GENERAL MEETING

**DATE:** TBD

**TIME:** 11:30 am Lunch  
(At member's own expense)  
Meeting –12:00

**WHERE:** Royal Canadian Legion Branch 286  
11 Irwin Rd.,  
Etobicoke, ON  
M9W 2P6