

*Taking care of each other*

## Newsletter Fall 2023

### Québec Division, December 21, 2023

Ladies and Gentlemen, Veterans of the Quebec Division,

With the arrival of cold weather and snow, here is our Fall 2023 newsletter. It is published for the benefit of all members and sent out by email and by post. In addition, it is translated into French and English for our members and sent to the National VA and other divisions. This achievement is made possible by the work of your committee members and volunteers at no cost. Positive feedback is pleasing and motivating. We appreciate that.

The transition to the new Canada Life Insurance Public Service of Canada Health Care Plan (PSHCPC) is improving. Over time, the processing of claims for both medication and medical treatments has accelerated. Contacting an agent is faster. The transition is on the right track.

### ***Protection mandate***

We would like to draw your attention to the following information on protection mandates, also known as mandates in case of incapacity.

When a member becomes subject to a mandate of incapacity, the member's family or the person receiving the mandate must contact the Canada Pension Service, the life insurance company, the drug insurance company (PSHCP) and Veterans Affairs Canada (VAC) to inform them of the mandate.

**Pension Canada 1-855-502-7090**

**Canada Life 1-877-778-8084**

**VAC 1-866-522-2022**


This does not apply to dental insurance (Sun life 1-888-757-7427).

We also invite you to consult the following website for more complete information on this situation.

### **Quebec Public Curator**

[Curateur public du Québec — Home \(gouv.qc.ca\)](http://gouv.qc.ca)

Since 1945, the Quebec Public Curator has been ensuring the protection of incapacitated persons, the preservation of their autonomy and the respect of their rights, while also helping their relatives or persons with a mandate to fulfill their duties.

The contents of the Quebec Public Curator's website have now been transferred to the government's online platform at [Quebec.ca](http://Quebec.ca) .

### ***Meetings***



#### ***Remembrance Day, 11th of November 2023***

A unique event occurred at the meeting held on Saturday, November 11 as our division was presented with the R.C.M.P Veterans' Association Standard at approximately 12:00 (noon). The flag was presented by C/O Martin Roach to the Executive Committee of the Division. A special bulletin was issued for the event.



Certificates of Appreciation were also presented to Veterans who turned 80 and who have supported our activities for many years.

Mr. Pierre Bédard, Mr. André Laforge and Mr. Gilles Lauzon received their certificates from the C/O.

Mr. Pierre-Paul Côté and Mrs. Madeleine Militello will receive them at a later date.

Following requests from Royal Canadian Legions, our members, including Mr. Régis Bonneau participated in Remembrance Day parades and ceremonies at the Cenotaphs of Beloeil, Otterburn Park and St-Hubert.



***Memorial Mass in Honour of Fallen Veterans  
and deceased relatives on November 12, 2023.***

On November 12 at Sainte-Angèle Church in Saint-Léonard, several families gathered with veterans and the community of St-Léonard to remember those who passed away last year.

During the Mass, there was a commemorative ceremony for all police officers, peace officers, military personnel, veterans and family members with the laying of wreaths and music following a ceremonial parade in the Church. The celebrant read out the names of the deceased while a candle was lit for each.

After the celebration, parishioners offered coffee, beverages and snacks. This service gave rise to some beautiful exchanges that were sad, comforting and funny at the same time! With his Grandparents and his family, Marc-Antoine Dequoy, #24 of the Montreal Alouettes, came to pay his respects following the death of his mother Carolann Grilli last year. The Grilli family couldn't have been prouder of their favorite player!



Left to right : Yves Sirois, Gaston Desormeaux, S/M Vinicio Sebastiano, Robert Boivin, Jacques Grilli, André Carle and Lockie Bisailon (bagpiper).

Many thanks to the people of St. Angèle for having so kindly hosted us in their church once again.

### ***Elections 2024***

Mr. Jean Brisebois, Chair of the Nominations committee, advised that no elections would be needed in 2024.

*Here are the election results for the following positions:*

- 2. Executive Vice-President: **Denis Martel**: (Acclaimed)
- 4. Executive Secretary: **Yves Sirois**: (Acclaimed)
- 6. Director of Communications: (No applications)
- 8. Director of Recruiting and membership: **Robert Boivin**: (Acclaimed)

*NB: This election is valid for the years 2024 / 2025*

*Jean Brisebois*

*Returning Officer: Jean Brisebois*

The Executive Committee of the RCMP Veterans Association Quebec Division remains as follows for 2024.

Line Carbonneau President  
[carbonneau.line@gmail.com](mailto:carbonneau.line@gmail.com)  
Tel. 450 982-0919

Denis Martel Executive Vice-President  
[denis-martel@videotron.ca](mailto:denis-martel@videotron.ca)  
Tel. 450 638-0387

André Ramsay Treasurer

[ramsaya@videotron.ca](mailto:ramsaya@videotron.ca)

Tel. 450 467-6946 Cel. 514 267 6106

Yves Sirois Executive Secretary

[y.sirois@sympatico.ca](mailto:y.sirois@sympatico.ca)

Tel. 514-858-1942 Cel. 514-607-1954

Jean Martin, Director of Communications

[aalfa@videotron.ca](mailto:aalfa@videotron.ca)

Tel. 450 922-8232

Assistant Director Communications

(Vacant)

Robert Boivin, Director, Membership and Recruiting

[robert.boivin@gmail.com](mailto:robert.boivin@gmail.com)

Tel. 450 448-5990

André Carle Director of Social Activities

[andrecarle487@gmail.co](mailto:andrecarle487@gmail.co)

Tel. 514 640-0703

Director on the National Committee

Non-elective position, vacant

Sylvain L'Heureux Ombudsman

[hsylvain@gmail.com](mailto:hsylvain@gmail.com)

Tel. 514-634-5257/514-718-6337 (cell.)

### ***R.C.M.P. Veterans' Association (RCMP VA)***

Addresses of the RCMP VA National and Quebec Branch websites:

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

It contains various information about programs, the travel agency, Association Manuals and Regulations etc.

The site is under review.

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

Take a look at the newsletters that we and other divisions publish. And check out our photo album compiled by the Communications' Director over the years. Great memories of events and social activities!

**Please make sure there are no errors in your email addresses at both the division and the national level. Otherwise, you may not receive anything from your Association. Renewing your membership is a good opportunity to do so.**

These sites also contain useful links on pensions and insurance coverages (PSHCP).

**If you change your mailing or e-mail address, please let us know.**

### [CF1FC Card of the Canadian Forces](#)



The **CF1FC** 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 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*

Should you want to dispose of your old uniforms and the badges that adorn them, please contact Robert Boivin [robert.boivin@gmail.com](mailto:robert.boivin@gmail.com) or S/M Vinicio Sebastiano [vinicio.sebastiano@rcmp-grc.gc.ca](mailto:vinicio.sebastiano@rcmp-grc.gc.ca) or 514 939-8400 ext. 3473. They collect much of this equipment. Vinicio is a member of the RCMPVA and is aware of the situation.

Mr. Sebastiano also recovers the souvenir plaques that are presented when people are acknowledged or transferred. Simply remove the plate that identifies you.

The RCMP Pipes and Drum Corps also collects uniform badges (hat badges and collar badges) as well as red tunics and black belts.

Robert Boivin would like to remind members of the Pall and members in red serge or blazer at funerals of retired RCMP members who meet certain criteria. This service is free for members of the Association. For a former RCMP member who was not a member of the RCMPVA, the Association asks the family for a donation to cover expenses such as mailing the sheet to a funeral parlor. Spread the word. We always appreciate the help of volunteers.

### **Message from the President**



Hello dear colleagues and families,

As I mentioned earlier, I am participating in the committee to review the structure of the association at the national level with 7 fellow presidents from different divisions. After 3 fairly dynamic virtual meetings, we submitted a first draft to the Board of Directors. Discussions will resume in mid-January because some elements are not aligned with the Non-Profit Corporations Act.

So, we're going to revisit those and it looks like our recommendations will be presented for discussion at the Annual General Meeting next June in Edmonton. Most likely everything will be submitted to our membership before making significant changes to the structure. Everyone knows that major changes are necessary to ensure the sustainability of our association. I will keep you informed of developments.

In the next few weeks, you will receive a small in-house survey. The purpose is for us to better understand your expectations from your association. It is important that you take a few minutes so that we can properly accommodate your needs. Also, feel free to share the survey with colleagues who are not yet part of the association as the opinion of all retirees is important to your committee.

Just before the holidays, Jean Martin and I participated in a virtual meeting on Transcendental Meditation (TM). This organization receives a grant from Veterans Affairs Canada to help veterans better cope with difficult times whether that be post-traumatic stress disorder or something else. The service is also available to their family members. Fortunately, the offer is also available to RCMP veterans and their families. Mrs. Beausoleil will be invited to a future RCMP Veterans Association meeting to present the program. I strongly encourage you to participate. The program will be offered free of charge. Afterwards we will try to make it available virtually so that you can all familiarize yourself with the program and its benefits.

Once again, thank you for supporting our great RCMP Veterans' Association. Our focus, whether local or national, will always be on health, safety and fraternity. The meetings, whether local in small groups over a coffee or more formal, allow us to socialize and share good memories.

So, a very HAPPY NEW YEAR 2024, and HEALTH to all.



Line Carbonneau  
RCMPVA Québec Division

### ***A word from the Chaplain***

To RCMP personnel,

Just a quick note to wish you joy and peace during this holiday season.

As in nature, life can throw some pitfalls and bad weather 🌩️🌪️ our way, ☐ ☐ 😞 it's true...

BUT!! 🌈🌟 I wish that this coming year may see us all walk the path of increasing happiness (winter solstice) love, generosity, sharing, wonder 😊😊 and joy! 🌞

Happy holidays! 🎄👶

**Yohann Leroux**

**Chaplain**



**Last Post**

« **We will remember them** »

**The following people have moved on to a better place.**

Mr. Yves Tousignant	Reg. 32144	9 April 2023	Nicolet
Mr. Gilles Naud	Reg. 28142	14 April 2023	Granby
Mr. Raymond Laberge	F.P.	7 October 2023	Montréal
Mr. Dave Stewart	Reg. 29091	1 November 2023	Ottawa, ON
Mr. Claude Malouin	Reg. 41864	6 November 2023	Topsail, NL
Mr. Ghyslain Mercier	Reg. S 387	10 November 2023	Melocheville
Mr. Philippe Aubry	Reg. 17171	17 November 2023	Ottawa, ON
Mr. Germain Trudeau	Reg. 20276	17 november 2023	St-Jean sur Richelieu
Mr. Gilles Déziel	Reg. 38617	20 November 2023	(While traveling) BC



Mr. Robert Marois

Reg. 14974

16 december 2023

Brossard



### **Sick Parade**

Courage to our veteran friends who are experiencing ill health. Take some time to communicate with them. Your efforts will be much appreciated. Help break the isolation, it's a nice gesture.

Comme **proche aidant d'ainé**, vous avez vos propres besoins. Il existe des services pour y répondre.

**Nous sommes là pour vous accompagner** et vous aider à trouver les bonnes ressources.

**CONTACTEZ-NOUS !**

**INFO-AIDANT**

**1 855 852-7784**

ECOUTE-INFORMATION-RÉFÉRENCES

**LAPPUI.ORG**

info-aidant@lappui.org

### **Recruiting and New Members**



Mr. Michel Lavoie From the Ottawa Division	Reg. 40255
Mr. Luc Fournier	Reg. 40784
Mrs. Manon Villemaire	Reg. 39948
Mr. Stéphane Berthiaume	Reg. 39388
Mr. Nicolas Charland	Reg. 58042
Mr. Éric Grenon	Reg. 43444

### **Treasury**

As of December 21, 2023, we have \$8,850 in the current account and \$37,300 in GICs. We collected 2023 annual dues for 380 members. To date, we have collected annual dues for 301 for 2024 and more are yet to come.

We awarded \$2,500.00 in scholarships to the children and grandchildren of RCMPVA members. There were 12 applications in good standing. Our jury proceeded by drawing lots; The following persons won.

Miryam Marentette

Laurie Marcotte

Yasmine Bédard

Alexandre Athanasiades

Ares Renaud

The following donations were also made to these organizations:

-L' Apart à moi	\$500
-La Vigile	\$500
-La Fabrique Ste-Angèle	\$300
-Dans la rue	\$1000
-RCMPVA (BC wild fires)	\$500

**Annual dues for 2024 in the amount of \$60 are due by January 1st.** This is a slight increase from previous years but is still among the lowest in the country. Divisional Veterans Committees are actively working to use it as efficiently as possible. The use of Interac™ money transfers is encouraged.

Your support of the association is necessary for our advocacy activities with the Government, communications from the National and Divisional Association regarding our rights and changes affecting our pensions and fringe benefits, association costs and support for community organizations. We thank you all for your cooperation and support.

The RCMPVA thanks you.

### **Ombudsman**

Sylvain l'Heureux advises that it is possible to use the National Field of Honour to bury our deceased. We will try to have a presentation on this subject. You can consult his website for more information:

[www.veterans.gc.ca/eng/remembrance/those-who-served/last-post-fund/field-of-honour](http://www.veterans.gc.ca/eng/remembrance/those-who-served/last-post-fund/field-of-honour)

### **Veterans Affairs Canada**

Our Ombudsman Mr. Sylvain l'Heureux invites you to visit the VAC website: <https://letstalkveterans.ca>

Below is a publication on the benefits and services offered by Veterans Affairs Canada that help Veterans remain independent in their own homes.

[VO-Care-at-Home-Resource-Guide-E-FINAL 2.pdf \(ombudsman-veterans.gc.ca\)](#)

### **RCMP Operational Stress Injury (OSIS) Support Program.**

We also invite you to read the website of the RCMP OSIS program whose coordinator is M. Jean Roch Savoie.

It is important to note that this program is also for RCMP Veterans.

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

Jean-Roch's contact details are as follows:

Phone: 514-939-8675 Cell: 514-210-4869

## **A tribute to our seniors**

**Mr. Raymond Latour**

**S/Sgt (retired)**

**Reg. 19561, 89 yrs. of age**



We had the pleasure of chatting with Mr. Latour, who kindly agreed to tell his story.

Raymond is the tenth child in a family of 11. His parents were farmers in Mont-Rolland (Ste-Adèle). From her window, his mother could see the ski slope of Mont Gabriel. His father's land was at one time bisected by Autoroute 15!

In 1956, at the age of 20, he left a bank in Montreal where he was a teller and joined the R.C.M.P. after reading an advertisement in La Presse newspaper. After one year of training in Regina, he returned to Québec and was posted to Coaticook, St.-Jean and Caughnawaga (Kahnawake) Detachments with Messrs. Al Michaud and Stew Lowde among others. He worked mainly border patrol at these detachments. In 1967, with the rank of Sergeant, he was transferred to Expo 67.

Transferred to the Montréal Customs and Excise Section, over the next 5-6 years, he led numerous investigations into criminal organizations involved in the manufacture and distribution of adulterated alcohol. He also spent 7-8 years of his career in the Surveillance Section as NCO i/c Operations when S/Sgt. Gerry Roy was in charge of administration under Inspectors. Favreau and Michaud as Officers i/c. At that time, the section had about 100 members grouped into 8 teams.

After a 2-year stint in the Consular Protection Section, Raymond left the R.C.M.P. in 1991 with 35 years of service. He then worked a few contracts for the Quebec government.

He now dwells in a residence (RPA). His health is good. He keeps himself busy with the other residents and his children. He recently handed over his car to his granddaughter! He enjoyed his career and now finds the burden of years a bit difficult! He appreciates hearing from friends of the Force through newsletters and other publications. We thank him for agreeing to share his memories and wish him many more good times. Take care Raymond and thank you for everything!

### ***Certificates of Appreciation***

Robert Boivin presented the Certificate to Mr. Robert Roy and André Ramsay presented to Mr. François Leduc



### **Social activities**

#### ***Florida Police Officers Golf Tournament – 2024 Edition.***

Tuesday, February 20, 2024.

Oaks Palm AGolf Course, 3701 Oaks Clubhouse Dr, Pompano Beach, FL33069.

Costs per person:

Police officers and spouse: USD\$115

Guest: \$125 USD. Dinner only: \$50 USD.

Includes snack (BBQ), golf and cart, door prizes and dinner.

Schedule: 11 a.m.: Snack, 12:30 p.m.: Shotgun tee off, 6:30 p.m.: Dinner.

Reservations:

Christiane Malenfant (SPVM): [malenfantchristiane@hotmail.com](mailto:malenfantchristiane@hotmail.com)

Dominique Boucher (SPVM): [dominique.boucher@apprm.qc.ca](mailto:dominique.boucher@apprm.qc.ca)

Guy Normand (SPVM): [guynormand@yahoo.ca](mailto:guynormand@yahoo.ca)

#### ***Holiday lunch, December 12, 2023.***

On Tuesday, December 12th, we held our Holiday Lunch with spouses at La Casa Grecque in Brossard. About 45 members shared a meal in joy and good humor. C/O Roach of “C” Div. paid a short visit before lunch, having to leave due to a tight schedule. In addition to offering the traditional greetings, he announced that Mrs. Isabelle Giroux will join the ranks of the Association as an associate member. As he did on Remembrance Day, he highlighted the contribution of Veterans to the Division over the past years. He spoke of the many changes coming and the excitement in the air. He wants to improve French in the Division, especially since Commissioner Duheme is also from Quebec.

At the end of the meal, Line, our president, pointed out that even though she resides in Gaspé, she has a team to support her. She then introduced all the members of the Committee and asked us to applaud them as a token of appreciation. She added that several members, including herself, have been in office for more than 10 years and that inexorably other volunteers will have to take over. She asked participants to give that some thought. In turn, Denis Martel announced that the Committee was preparing a survey for all retirees of the Division to review and reflect on our activities and priorities. The whole thing will come to fruition in January. In addition, the association will once again start to travel more to the regions for its activities and meetings to facilitate the participation of more members.

Mr. Luc Fournier, a new member, was present and Robert Boivin welcomed him in the usual way.

Several draws were subsequently held.

Door prize winners were: François Deschênes, Claude Bernard, Hector Chamberland, Pauline Gauvin, Clément Pépin, Michel Blancard, Denis Blanchard and Nadia Arsineau.

In addition, there were draws for our entire Division and the winners were: Céline Gingras, André Labrecque, André Carrier, Robert Larocque and André Laforge.

Finally, an exchange of hopes and wishes brought this beautiful meeting to a close.

### **Veterans Affairs Canada**

Information 1-866-522-2022

**Emergency Mental Health**

**1-800-268-7708**

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

Facebook

Twitter [@VeteransFR\\_CA](https://twitter.com/VeteransFR_CA)

Phone: 613-591-3335,

Twitter [@VeteransENG\\_CA](https://twitter.com/VeteransENG_CA)

### **Royal Canadian Legion**

Information 1-866-522-2022

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

Toll-free: 1-877-534-4666

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

### **Canada-Vie**

<https://my.canadalife.com/sign-in>

<https://www.welcome.canadalife.com/pshcp>

For more information, contact Canada Life at **1-855-415-4414**.

### **Closing Remarks**

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

Thank you to all Committee members and volunteers for their invaluable assistance. We must highlight the involvement of these people who do not count the hours and efforts to move the Association forward. They take the opportunity to wish everyone a Happy Holidays. Take care of yourself.

Looking forward to meeting each other!

On behalf of your committee,

Yves Sirois  
Executive Secretary  
RCMPVA Quebec Region

Jean Martin  
Director of Communications

Commented [1]:

Commented [YS2R1]:

Karen Pearce  
Translation  
RCMPVA



*Best wishes to all retirees of the  
Royal Canadian Mounted Police  
and  
their families.*

*Quebec RCMP Veterans' Association.*