



NSRCMPVETS

Mailing Address

RCMP Veterans Association
Nova Scotia Division
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A note from the editor

My summer went by quickly. Perhaps yours did as well. I managed to get two camping trips in and some other activities are slowly returning. In this issue we will explore our Ocean Playground and for all of you reading this from across the country - "welcome home." From baseball to golf to history and links to important groups and entities that you may be in need to seek help from; you will find it here. The masthead photo again is thanks to Marleigh Leaman who ensures an unending supply of images capturing what we so much enjoy in our backyard. I have opted not to disclose the location of the photo in hopes that you will recognize it and perhaps report back to us with your best guess. There is no prize associated other than knowing you can share with others where you believe this photo depicts. Its an early representation of the soon to be colors of nature that so many of us look forward to.

Should you have a story suggestion or wish to submit material for a future edition then please forward it the communications address at novascotia.communicationsdir@rcmpva.org

Lastly, included web links should activate if you click on them.

Pat Moran



Meeting Schedules for Nova Scotia RCMP Veterans' Association All times changed to 7:00pm.

Executive Meetings 2021 (format to be determined)

Thursday October 7 at 7:00 pm
Thursday November 4 at 7:00 pm

General Meetings 2021

(Scheduled to be in person)

Thursday October 21 at 7:00 pm at HQ,
80 Garland Ave, Dartmouth

Saturday November 13 11 am to 4 pm at
Oakfield Golf Club (stay tuned for details)



HISTORY – PRESIDENTS OF THE RCMP VETERANS' ASSOCIATION, NOVA SCOTIA

The 22nd President of this Division was Reg. # 16936, Llewellyn (Lew) Robert Searle.



Born on August 27, 1931 at Belle Isle, Newfoundland.

Lew enlisted in the Royal Canadian Mounted Police on April 10, 1951 at St. John's, Newfoundland.

Lew trained at "Depot" Division, Regina, Saskatchewan and served in "H" Division, Nova Scotia at Halifax, Sydney, Ingonish Beach, North Sydney, New Waterford and Eskasoni. He also served in "B" Division, Newfoundland at Grand Bank and Holyrood.

He retired on December 24, 1975 at the rank of Sergeant.

He retired to the Registry of Motor Vehicles, Nova Scotia in charge of Safety Education, Driver Improvement and Supervisor of Driver Qualifications. Lew also served as a Volunteer for Defensive Driving Courses for the elderly and professionals.

Lew was awarded the Royal Canadian Mounted Police Long Service Medal and was awarded the Queen's Jubilee, Century of Service Award.

He joined the Royal Canadian Mounted Police Veterans' Association on January 29, 1976 and was a Life Member of the Association. He held the President's office in 1996 and 1997.

Lew passed away on April 26, 2018 at Halifax, Nova Scotia. He is buried at Oakridge Memory Gardens, Lower Sackville, Nova Scotia. His obituary appeared in the Halifax Herald and his service record is on file at the RCMP National Graves website. His obituary has not yet appeared in the RCMP Quarterly and we are attempting to rectify this oversight.

Submitted by Garry A. McCay
Director of History and Artifacts

On Wednesday, September 15th, 80 RCMP veterans, family and friends were finally able to get together for the 9th annual Stu Ryder Memorial Golf Tournament at Eaglecrest Golf Club in Centreville, NS. This event was cancelled in 2020 due to Covid regulations and this was the first group event the NS RCMP Veterans' Association was able to host since the onset of the pandemic in 2020.

We had 20 teams registered, coming from Yarmouth, Truro, the South Shore, Halifax, the Annapolis Valley and New Brunswick to join in the comraderie, pre and post tournament. Mother Nature blessed us with a beautiful golf weather day, despite the threat of showers all day. The course was in fantastic shape, giving the teams the opportunity to post some impressive scores! During the luncheon, awards and draws for door prizes took place.



Posting a round of 61, the team of Lloyd Doucette, Don Poulter, Drew Stewart and Bill Price was awarded the Johnson Insurance 1st place trophy.

2nd place with a round of 63 went to Dave Rose, Darren Crowell, Wayne Oickle and Lloyd Tancock.



This year's organizing Committee of Julie Matthews, Art AuCoin and Pat Delaney would like to thank Eaglecrest Golf Club and our volunteers for their support and assistance in helping to make this year's tournament another success. We appreciate every one of you.

- One of our Nova Scotia Association members is actively involved in an aggressive rehabilitation project in the Cape Breton Region. Paul Smith is on the Board of Directors for the Dominion Hawks Dream Field. Please have a review of this project, check out their website and learn of the possibilities this project hopes to realize. If you feel generous, I am certain they could use your support.

The narrative below is from their website. www.hawksdreamfield.ca

In the Cape Breton Regional Municipality, there's nothing more important than providing everyone with a welcoming, safe and inclusive environment in which to live and play.

Sports such as baseball, bocce ball, walking, swimming, etc. provide residents of all ages and abilities to get physically active and make connections with their peers.

However, at the moment, there are very few activity/sport venues that offer fully accessible facilities in which to play. We, the Hawks Dream Field Society, are currently working on redeveloping the Hawks Field in Dominion to make it 100% accessible to EVERYONE! It will not only include an accessible baseball field but also a walking track, splash pad, bocce ball court. There will be a new building constructed which will house fully accessible washrooms and canteen space as well as storage space for equipment.

The Hawks Dream Field will be a destination for all to get out with their families and enjoy some physical activity, fresh air and companionship. It will be a place where EVERYONE feels welcome and nobody is left out. It will also provide opportunities for employment for people of all abilities! It's a win, win for everyone!





You may feel like you're the only one going through it.

You're not alone and there is help.



Support for Operational Stress Injury (SOSI)

- OPEN TO ALL EMPLOYEES AND VETERANS
- CONFIDENTIAL
- NO NOTES RECORDED
- BILINGUAL SERVICES AVAILABLE
- ONE-ON-ONE PRIVATE MEETINGS ON OR OFFSITE
- CONNECTION TO PRIVATE SUPPORT GROUP MEETINGS
- INDEPENDENT CONNECTION TO INTERNAL AND EXTERNAL RESOURCES



Phil Reddy

H Div - Support for Operational Stress Injury (SOSI) Coordinator
phil.reddy@rcmp-grc.gc.ca
902-403-5492 (cell)

If you are in crisis, call 911 or EAS at 1-800-268-7708 or 1-800-567-5803 for hearing impaired.

Tragedy in the Arctic with a Nova Scotia connection

Any member who has served in the Arctic will have a great understanding of the importance that local hunters, trappers and guides can play in the effective performance of their duties. For decades, the Force hired local men as Special Constables to assist the members in getting from place to place, ensuring that the members were safe in extreme conditions and looking after the Force transport. Up to the late 1960's this transportation was almost always dog sleds.

This form of transportation was very effective but relied heavily on the knowledge of the handlers and the care they provided to the dogs and equipment. Breaking a sled runner or running out of dog food could have tragic results.

The main source of sustenance for the dogs was usually fish. One of the main tasks that the members undertook each year was to set nets and harvest fish to be processed for storage to be used through the winter and while on patrols.

In 1946, Andrew Ooyoumut was hired by the RCMP as a Special Constable to be a hunter, translator and guide for the regular RCMP members at Baker Lake Northwest Territories (now Nunavut).

Andrew was a well respected member of the community and was a fine addition to the Detachment in Baker Lake.

In mid July of 1954, Andrew and the Detachment Corporal, Clarence Dent set out to the Kikatyuk River to fish for winter dog food.

On July 21st after a long day of hauling nets, Andrew left the camp and went down to the river to wash up. He ended up falling in the river and drowned.

Andrew left behind his wife and four children who greatly suffered through the years with the loss of their husband, father and provider.

Cpl. DENT reported the tragedy to HQ and after a brief review, it was deemed the death to have been caused by accidental drowning while recreational swimming. No pension or financial assistance was offered to Ooyoumut's family and his death was not deemed to have been on duty.

Cpl. Dent tried to change this determination but had no success. This stayed with Clare throughout his service and into retirement.

In 2010, the Commanding Officer of "V" Division, C/Supt. Steve McVarnock was made aware of this injustice and he assigned his OIC of Criminal Operations -Supt Howard Eaton to review the file and see what could be done to change the decision from 1954.

Supt. Eaton had the old file sent from Ottawa and reviewed the material and then provided a new submission to Ottawa urging that an injustice has been done to S/Cst Ooyoumut and his family and the S/Cst program in general.

The main finding of the review board from 1954 was that Cst Ooyoumut died while swimming recreationally after duty. Supt. Eaton pointed out to the nice people in Ottawa that recreational swimming in frigid and fast flowing rivers in the Canadian Arctic was indeed a rare thing and as a 7 year veteran of northern service, not something he had ever witnessed. The water temperature of the Kikatyuk River would be in the low single digits (Celsius) and no one would “recreationally” swim in it.

In the end, a new board sat and the decision was made that S/Cst. Ooyoumut’s death was on duty, was an accident and was caused by a direct result of the duties he was employed upon that day.

His name was added to the cenotaph at Depot and he was assigned the number 227 in the Honour Roll. His family was invited to the service and they were very proud of Andrew and the recognition being afforded to him.

The connection to Nova Scotia is that Clare Dent is one of our longstanding members of the Veterans Association and then Supt. Howard Eaton is a Nova Scotian who has returned to the province and is also a member of our Association.





S/Cst Ooyoumut

September 2011 – Photograph (left to right):
Chaplain Bob Harper, Lucy Evo, Commissioner William Elliot, Sally Webster,
RCMP Veteran Clarence Dent, Janet Togoona (daughter of Andrew Ooyoumut),
Deborah Webster (grand daughter of Andrew Ooyoumut),
Assistant Commissioner Roger Brown, Chief Supt. Wade Blake
and Chief Supt. Steve McVarnock
(Source of photo – RCMP).

Nova Scotia RCMP Veterans' Association 2021 Lottery

**IN ORDER TO BE ENTERED FOR
A CHANCE TO WIN A \$750 CASH PRIZE
AND 2 CHANCES FOR A \$500 CASH PRIZE
TICKETS MUST BE PURCHASED ON OR BEFORE
FRIDAY 15TH OCTOBER 2021**

The 2021 version of the NS RCMP Vet's Lottery is now underway. The net proceeds of which assist us to meet our funding needs for the programs we deliver in Nova Scotia.

2021's total prizes is \$6,750 in cash, and 12 prizes will be awarded: 1 prize of \$1,000; 1 prize of \$750, and 10 prizes of \$500. Again, the ticket cost will vary depending on the number of draws remaining when the ticket is purchased. These details are set out in the attached [2021 Lottery Purchase Cost & Draw Schedule](#).

**THE COST OF A TICKET FOR
THE October DRAW IS \$15 AND IS VALID
FOR ALL REMAINING DRAWS.**

Our Nova Scotia Lottery License prohibits any form of on-line ticket sales; *i.e.*, by debit, credit card, and PayPal, or purchasing by electronic payment; *e.g.*, by e-transfers. Consequently, all tickets must be purchased by cash, cheque or money order.

Ticket payments by cheque or money order, payable to the Nova Scotia Veterans' Association, must be received by on, or before, Friday the 11th of June 2021. If sending payment by mail ensure to allow sufficient time for mail delivery.

Nova Scotia Lottery regulations prohibit ticket sales outside the province and our lottery license restricts ticket sales to members of the NS RCMP Veterans' Association, only members of the Association who reside within the Province may purchase tickets.

Our 2021 Ticket Lottery license is AGD-307906

To all those who participate THANK-YOU and GOOD LUCK for each draw.

Ian Atkins, Treasurer
 RCMP Vets' Assoc.
 Nova Scotia Division

Nova Scotia RCMP Veterans' Association

2021 Lottery

3 Chances to Win a Cash Prize

1 X \$750, 2 X \$500 A Cash Prize will be drawn once a month according to the Draw Schedule.

A Winning ticket will be returned to the Lottery Drum for all remaining Draws, so you could win more than once with the same ticket.

******* DRAW SCHEDULE *******

Ticket Cost	Purchased prior to Draw on	Cash Prize	Eligible Draws
\$15	October 16th	\$500	3
\$10	November 13th	\$750	2
\$5	December 11th	\$500	1

NS Lottery Lic # AGD-307906-20

Date: September 20, 2021

Subject: FREE WEBINAR Session Regarding Financial WINDFALLS for Tuesday September 21

The second session in a series of webinars dealing with financial items is now scheduled for Tuesday, September 21 at 1200 hours (Atlantic). This one deals with Financial WINDFALLS - a most timely topic for many serving RCMP and recently retired Veterans, in light of the large sums of "back-pay" that many will soon receive following the ratification of the newest contract with the NPA. If you cannot join the webinar on September 21st, the session will be recorded and available for the three months following. Just save the poster and click on the Internet link found there.

That initial session, which was delivered on August 11th, (topics: Budgeting and The Psychology of Spending), can still be viewed for another two months. It is available by clicking here:

https://teams.microsoft.com/l/meetup-join/19%3ameeting_YjM0MjEzM2ItYzk5Ny00YWZlLW11Y2ItYWFiNzQyNDQxNGM2%40thread.v2/0?context=%7b%22Tid%22%3a%222ebaed2f-af63-45af-a67b-ec24f2eeb7ef%22%2c%22Oid%22%3a%22c55f991f-a056-485e-b7f6-7f2939788320%22%2c%22IsBroadcastMeeting%22%3a%22true%7d&btype=a&role=a

The first session (which included two presentations dealing with financial issues) was sponsored by the RCMP Veterans' Association, Nova Scotia Division. This next session is now provided to the RCMP VA courtesy of RCMP "H" Division.

In each of the two sessions, there are mentions of credit counselling services that are free to anyone to access. No products or investments are sold in these sessions. They are solely intended to present you with financial information that may be of benefit. All are welcome to join this newest live session on September 21st.

Jan & Vic GORMAN

Co-Directors, Support & Advocacy Committee

RCMP Veterans' Association, Nova Scotia Division





Windfall - Financial Health Lunch & Learn

September 21, 2021 – 1200 hours Atlantic

Session will be recorded and available for 3 months – No registration required

Microsoft Teams:

https://teams.microsoft.com/l/meetup-join/19%3ameeting_ZmRjM2M2OTAtOGQwYy00MDBjLTkxMjYtMDIjMDA2MDA3NmI5%40thread.v2/0?context=%7b%22Tid%22%3a%222ebaed2f-af63-45af-a67b-ec24f2eeb7ef%22%2c%22Oid%22%3a%22c55f991f-a056-485e-b7f6-7f2939788320%22%2c%22IsBroadcastMeeting%22%3a%22true%7d&btype=a&role=a

Open to:

- ✓ Retired and serving RCMP employees (RM, CM, PS, Auxiliary)
- ✓ All members of the RCMP Veterans Association
- ✓ All spouses, partners, and families of RCMP employees

Agenda:

- Getting a windfall? Why we need plan!
- The Lump Sum Plan
- Common Tax Advantage Programs
- Seeking financial advice

Session Details:

Accredited Financial Counsellor Mark KALINOWSKI will provide a one hour of critical information on how to maintain financial health and wellbeing after receiving a windfall/lump sum. Participants will also learn about common tax programs and how to seek appropriate financial advice.

Questions?

MS Team Chat or hdivision_peersupport@rcmp-grc.gc.ca

Ian Atkins – Interview Conducted by Garry McCay on February 27, 2017

Ian was born in Accrington, Lancashire, in the United Kingdom, in 1948. His family immigrated to Canada in December of 1952. Ian was four (4) at the time. He explained his experience in this way.

"I don't recall the conversations but he (father) was a physicist by training. He was a communications officer with the Royal Navy during the war and I guess after the war was over, he looked for opportunities and got a job with the National Research Council on Montreal Road in Ottawa. So he preceded the family over by a couple of months and then we moved into what was then, Cyrville, across from the Blair Farm which is now the golf course on Blair Road, in Ottawa and that is where we started."

He can vividly remember his first day of school in Canada. He had been in school in England although he turned five (5) after landing in New Brunswick. His first day in school here was just after the Christmas holidays. "It was about twenty-five (25) below zero. There were four (4) of us in the family and we walked to school in shorts because that was all we had. That was my indoctrination into Canada."

Ian joined the Royal Canadian Mounted Police in April 1973 in Ottawa and drove himself to Regina for his six (6) months of training. His first day in the pool was somewhat traumatic. "The only thing that worried me about training was swimming because I couldn't swim. I was actually 'aquaphobic'. Of course, the way they lined you up, being an 'A', the right marker was to my left and everybody else was to my right. The pool was nine (9) and a half feet deep so I was standing right over the nine (9) and a half foot part. It was foot-first entries for the first five (5) minutes and I was afraid that if I did a foot-first entry, I was never going to get out again."

"I was the oldest guy in the troop. They called me 'gramps'. I think I was the oldest by three (3) weeks. I was twenty-five (25). When I discovered that I could float and once I figured that out, swimming came easy."

When asked if he disliked any part of training, Ian responded, "Other than swimming? I had Al Gramolini as my Identification Instructor and if I could find a reason to miss Identification, I would. We always had identification after physical training. It was hard to keep your eyes open and you had to pick the 'pickled finger' out of the jar if you fell asleep".

Upon graduating from 'Depot', Ian decided he would ask for 'E' Division because that is where he figured he was going anyway. "I think half of our troop was going to 'E' Division. I said I might as well get what I wanted and I found out I was posted to Ottawa. I said, no, no. I said I was from Ottawa. I'm not going back to Ottawa! 'Atkins, Ottawa'. Half of the troop that went to 'A' Division took Protective Policing because of the backlog of people getting shipped out of 'Depot'. The guys from Protective had been in Parliament and Government House for something like eighteen (18) months and they had to get them out."

Ian recalled a memorable incident while serving on Protective Duties, Protective Operations in Ottawa. "At two (2) o'clock in the morning, myself and Gerry van Oerkerk ... were on Prime Minister detail. Cold and thirty (30) below. Nothing was going on and the only way you could stay warm was to move around. The Trudeau kids had a little nerf football that they used to play with their parents all week."

"Gerry and I used to throw it around in the driveway to stay warm and stay alert. So while the ball was in the air, the front door opened and out comes the Prime Minister, Pierre Trudeau, going for a run. What do you do when the ball is up in the air? So we catch the ball and he said, 'when I get around the corner, throw me a long one'. I threw him the ball, he caught it and threw it back and said, 'I will be back in an hour'. He couldn't care less."

When asked about a humorous event that occurred during his career, Ian referred back again to his Protective Duties in Ottawa. "I was the cause of a new directive coming out of Headquarters. We weren't on the Prime Minister's Protective Detail. We were on his Property Protective Detail."

"The limo came to the front of the house and I was on day time duty. Margaret Trudeau had been shopping and she had Justin Trudeau with her. He was sitting in the front seat. There was no child seat. This was before child seats. The guys were getting the stuff out of the trunk and getting her parcels."

"She stood by the passenger front and looked at me. I thought maybe she wanted me to open the door. So I opened the door and out pops Justin. Bing, bing, on the front cement steps. She said, 'How could you do that'? Anyway, as a result of that, a new Directive was issued that the Security Detail would not be opening doors. So if anything has happened to Justin as a result of that, I take the blame for it."

"The day Justin fell out of the car. I thought that was humorous but not at the time. I thought my career was done because I could hear the young fellow bawling in the house for five (5) minutes."

When asked, Ian related another humorous thing that happened while he was the Officer in Charge of Criminal Operations for "H" Division.

"It was one of the 'tall ships' seasons. Myra Freeman was the Lieutenant Governor and somebody had the idea in government that it would be a good idea if some of the Halifax dignitaries took a Coast Guard vessel out into the harbor and joined the USS Eagle, which was a tall ship, a US Coast Guard training vessel."

"We would board the vessel at sea and sail into Halifax Harbour. We got into this new Canadian Coast Guard cutter, one that can flip and it would self-right. It was not that big. Fifty (50) feet. A dingy out in the ocean."

"So they said to just go out past Sambro. Well, past Sambro. If we had gone another five (5) miles, we would have been in Bermuda. It was rough. My Lord, it was rough. There was the Lieutenant Governor, her husband, myself, Cherylann (Ian's wife) and there was another couple. I think it was a Navy Admiral and his wife."

"The USS Eagle put down a wooden step. You wouldn't climb the ropes to get in. They lowered this step so you could actually just climb up the stairs and get on board. Well, the water was too rough and the first time they did that and pulled the Coast Guard cutter up beside the USS Eagle, they actually ripped the stairs off and the steps went to the bottom of the ocean as far as I know."

"They said, maybe we should go to the leeward side and try the same thing again. They had another ladder or steps going down the other side. So they are thinking. They are going to have to load Myra Freeman first because that is what protocol requires. She gets on. We were out there for about an hour and a half before we could get on board. Whoever had that hair brained idea that it would be a great idea to risk life and limb just so we could sail in on the Eagle? Cherylann hates the water. I don't think Myra Freeman was keen on doing it but she had no way out. She did it."

Ian served in the Force for over thirty-seven (37) years and retired as an Assistant Commissioner.

Well done. Thank you for your service.

BIG FOOT MOOSE for RCMP in NOVA SCOTIA Seeking NEW SPONSORS!



It has now been a year since the Nova Scotia Division of the RCMP Veterans' Association began an initiative called We've Got Your Back to support each of the 52 Detachments within Nova Scotia by providing a tangible assist to their valuable work in their communities, especially with families and children.

Each detachment has been provided with two (2) stuffed animals in "Mountie" Serge and Stetson, to be distributed at the discretion of those Members when they are dealing with a child in distress or who has been injured or, to be a source of comfort when there is an encounter with persons suffering from dementia-related illnesses. Starting in October 2020 and continuing into spring 2021, while working within the limitations imposed by the COVID-19 pandemic, the MOOSE MOUNTIES supplied through the initial generous "sponsorships" of the Nova Scotia VA membership were delivered to each detachment in the province. Many detachments have used their initial allotment and their stocks have been continuously replenished by the Association. Now, to continue the supply of the Moose Mounties, the NS RCMP VA is now seeking further sponsorships to enable the Association to continue honouring this commitment to the RCMP.

So - How Can You Now Participate?

Each Moose Mountie sponsorship is \$28.74 each. All sponsorships per Moose can be sent by e-transfer to treasurer.nsrcmpvets@gmail.com . E-transfers are now processed via direct deposit, so a security question is no longer required. You may also pay by cheque to "NS RCMP Vets Assoc." and mailed to: RCMP Vets' Assoc., N.S Division – Mailstop H-025, 80 Garland Avenue, Dartmouth, N.S. B3B 0J8

****** Please do not mail cash******

You may wish to sponsor a MOOSE MOUNTIE in memory of a fallen RCMP employee or of a family member. Please indicate the name in the comments area of your e-transfer or in an email. Please note that your sponsorship of a Moose will remain confidential and your name will not be shared with the family of the recipient or with the host Detachments. We will however continue to compile a list of all sponsors to share with the Nova Scotia RCMP VA membership in a future President's letter.

THANK YOU!

President Brian Carter and Executive,
RCMP Veterans' Association, Nova Scotia Division

A message from the National President.

Greetings to All

By now, most, if not all of you, have been advised by your respective Presidents there is a need to increase the Association portion of your overall Fees. I will go into the details further on within this message.

Firstly, further to my message to you on the 9th of this month on what is done on behalf of our members, I am pleased to provide more information about the business of managing the affairs of the Association. The “Your Association at work” overview has evolved somewhat in the last week and will continue to do so over the next few months. The current version is attached to this message. As these were planned to be part of the roll out of our revised web site later this year, you will see these Fact Sheet style communications in the future, and we have attached some of them today as they should be helpful for my message today.

In August, as part of the annual dues setting process, the Board of Directors reviewed the “Treasurer’s Report and Recommendations – Setting of Dues” dated July 29th 2021. I have attached the report for your review. Reading this should help you understand the unique point in time we are all dealing with. I believe you will come to the same conclusion we have. We need to increase our dependable revenue to continue to support our membership in the diverse services we provide. And we need to reduce our reliance on fluctuating, unstable and unpredictable sponsorship and donations as a primary source of revenue. The end of the current sponsorship agreement occurs June, 2022. which leaves us having to find a significant revenue stream to have the RCMPVA continue to support our membership as a viable and valued association.

As I have alluded to at the start of this message, since 2017, membership dues have been \$37.00 per annum. However, effective January 1st, 2022, the Board has approved an increase of \$8.00 to \$45.00 per annum in order to allow us to continue to serve you, our members. I am well aware of the questions about how funds are being spent and why it is necessary to increase membership dues. Our Association CAO and Treasurer have prepared a detailed financial overview in fact sheet format. These are Association Members – RCMP Veterans Association Office operating details, and How the VA Operates and these are attached for your information. You are encouraged to review these documents as it is an accurate reflection of our financial status and our budget forecasting to 2023.

I do wish to point out our web page, as it evolves over the forthcoming months, we will include a number of Fact Sheet style of communications that will include the above fact sheets to increase your understanding of what the Association is doing in a format for your easy reference.

There is so much going on behind the scenes, I feel it’s important for you to have a clear understanding of what is involved in the administration of an Association, while adhering to the legal requirements of the Canada Not For Profit Corporations Act as well as the Canada Revenue Services rules. It is so very important for us to operate legally.

Speaking on behalf of the Board of Directors, the Chief Administrations Officer, and the Secretariat, I hope we will continue to have your trust.

Regards to all

A.P. (Sandy) Glenn, National President
RCMP Veterans Association
Members Helping Members and Their Families

Did you know that Nova Scotia Division of the Veterans Association has 913 active members. From time to time we find ourselves making life changes by design or through other reasons so it is a job sometimes to keep the database current. Doing so ensures that you get information in a timely manner and enjoy all of the benefits of the Association. I have included instructions below for you to enter into and update your profile.

- To Update/Modify your Member Contact Information on National Membership Database
- To access RCMP Veterans' Association Member Profile Website enter <https://membership.rcmpva.org/> in your web browser.
- Select Member Login to access your profile
- Input your email address
- Input your Password
- At RCMPVA Member Profile page select View Profile / Edit Profile
- After you make changes click on SAVE to save changes or CANCEL to exit Profile page without saving.
- After selecting Save or Cancel Sign Out of the RCMPVA Member Profile Update page
-
- If you forgot your Password Select Forgot your password? to have your password reset.
- If you have not logged in previously or are having difficulty logging in send email to Member Administrator [membership.admin@rcmpva.org] and request assistance.
- If you update/modify any of your contact information on the National RCMPVA Member Profile Website please notify the Director of the Nova Scotia Division Database of the changes made by sending an email to [novascotia.databasedir@rcmpva.org]



For you who may wish to be educated on Cyber Crime issues, please check out the latest information at this link <https://www.rcmp-grc.gc.ca/en/cyber-safety>

Date: June 22, 2021 at 16:07:42 ADT

Thought you might like to see this photo from the IWK Foundation office taken today when I presented our Certificate of Appreciation. The lady on the left is Shelia Cardone who made the initial contact with the IWK folks.

Today Shelia had just over 3 lbs. of tabs for me and her contacts include Nuns at the convent, building janitor, rug cleaner, plus 4 of her lady friends.

Spreading the word among friends, family and acquaintances provides our resource. I've now got about 100+ lbs. of tabs in my garage. Peter (Ineson)

From: OFegan, Jillian
Sent: Tuesday, June 22, 2021 3:27 PM



Good afternoon Peter,

Thank you so much for your visit today!

It was a true pleasure meeting you. The certificate is lovely, and you are too kind.

It's a great photo (as per attached), though I think we all could have smiled a bit bigger! J

We've set the bar high, and we'll have to keep up the great work!

Thank you for all of your hard work and dedication to giving back. I look forward to connecting again in the future.

Kind regards,

Jillian O'Fegan
Guest Services Administrator
IWK Foundation
B220-5855 Spring Garden Road, Halifax, NS B3H 4S2
w. 902-470-8085
IWKFOUNDATION.ORG | FACEBOOK | TWITTER | INSTAGRAM
For Children. For Women. For the Future.

Did You Know?



CONDITIONS CONSEQUENTIAL TO PTSD

Persons who have been diagnosed with PTSD or other Mental Health conditions, may also experience other disabilities that are linked to their Mental Health condition.

If you have been granted a Veteran's Affairs Canada (VAC) Disability pension for PTSD or other Mental Health conditions, and you also experience several others conditions AS A CONSEQUENCE of the original diagnosis, you may also be entitled to apply for automatic coverage for those associated CONSEQUENTIAL CONDITIONS.

These particular CONSEQUENTIAL CONDITONS include:

Xerostomia (dry mouth)

Erectile Dysfunction (ED)

Irritable Bowel Syndrome (IBS)

Obstructive Sleep Apnea (OSA)

Restless Leg Syndrome (RLS)

Bruxism (clenching or grinding teeth)

Acceptance by VAC of these CONSEQUENTIAL CONDITIONS may mean that the expenses for the treatments of these six conditions would be fully covered by VAC (such as various medications, bite plates, CPAP machines and filters).

NOTE: You still MUST contact VAC and make a separate application for a CONSEQUENTIAL CONDITION of your existing approved Mental Health disability pensioned-condition. Have your “K” number handy and call 1-866-522-2122 or apply online through your MY VAC account.

<https://www.veterans.gc.ca/eng/health-support/physical-health-and-wellness/compensation-illness-injury/disability-benefits/benefits-determined/entitlement-eligibility-guidelines/ptsd>

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