

SCOTIA VETS

RCMP Veterans' Association, Nova Scotia

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From the Editor's Desk

Summer is here, as wet as it has been but, I guess we can be thankful it has lessened the wildfire situation in the province. What devastating results that adventure has placed on our communities and resources. Luckily, no remarkable injury resulted.

Our veterans have been occupied as of late with many 150 Anniversary events, visits and activities. Many of them are included in the pages within and I am sure there are more to come in the next few months.

I would like you all to take note of the updated contact information supplied by our Support and Advocacy Group. It is included in the back end of this communique and includes the revisions resulting from the service provider changes taking effect on July 1. Please shred your old list and use the included one going forward.

If you have a child or grandchild that may benefit from a scholarship, I encourage you to review the offer from one of our sponsors - Johnson Insurance. Details are located inside.

Have a great summer. Spend time with family and friends and age gracefully.



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



The 27th President of this Division was Reg. # 17936 / 0.1000, Elwyn Guilford (Gil) Grant. He was born on June 15, 1934 at Colbourne, New Brunswick.

Gil enlisted in the Royal Canadian Mounted Police on October 22, 1952 at Fredericton, New Brunswick.

He trained at “N” Division, Ottawa, Ontario with the Musical Ride, training for the Queen’s Coronation and “Depot” Division, Regina, Saskatchewan. He served in “H” Division, Nova Scotia at Halifax, Windsor and Dartmouth. He also served in “A” Division, Ottawa (Parliament Duties), “E” Division, British Columbia at Vancouver. While in Vancouver, Gil was seconded to Hong Kong with the Immigration Department.

He served in “O” Division, Ontario at Toronto in Security Services. After serving in Toronto, Gil moved to Halifax and served at “H” Division in Security Services, Federal Policing and Staffing and Personnel. He also served at “B” Division, Newfoundland as OIC St. John’s Sub/Division.

Gil retired from the Force on June 9, 1994 at the rank of Superintendent.

He joined the Royal Canadian Mounted Police Veterans’ Association, Nova Scotia on June 10, 1994 and served as President of the Association from 2006 to 2007 inclusive.



Gil was awarded the Royal Canadian Mounted Police Long Service Medal with Bronze, Silver, Gold and Platinum Clasp and the Royal Canadian Mounted Police 125th Canada Medal. He was awarded a Life Membership in the Royal Canadian Mounted Police Veterans’ Association.

Gil passed away on February 24, 2019 at Brookside, Nova Scotia and is buried at Garden of Rest, St. John’s Anglican Cemetery, Kentville, Nova Scotia and his obituary is on file at the Halifax Regional Library. His obituary has not appeared in the RCMP Quarterly to date.

Submitted by Garry A. McCay
Director of History and Artifacts

RCMP Marks 150 Years of Service and Honours Indigenous Contributions



Earlier this week, we were pleased to honour the 150th anniversary of the Royal Canadian Mounted Police (RCMP) by accepting a new RCMP display for the airport. With National Indigenous History Month ending, several members of the Mi'kmaw community were in attendance to provide teachings regarding Indigenous Canadians who have served in the RCMP and Canadian military over the years. The display, which features a historically accurate representation of an Indigenous RCMP officer adorned in their iconic red serge uniform, can be viewed near the food court in the terminal building. Going forward, the display will be situated in International arrivals.

credit - Halifax International Airport Authority

The installation of the display at HIA on June 29, 2023 was a joint effort of RCMP H Division and the RCMP Veterans' Association, NS. Many thanks to Brian Carter and his team for the countless hours getting this organized. The uniform was donated by Laurie Flindall, the medals by the RCMP, cabinet makers are Tom Lowe and Dan Eldt, the eagle feather from Dr. Joe Micheal who is the Elder in Residence at Acadia University, the first Mi'kmaw member of the RCMP (now retired). All are Association members.

We wish to offer much gratitude to the Mi'kmaw people for their support and guidance in this project which is about the future.

There was a smudging and prayer done by Joe and also a very educational and supportive speech by Lorraine Whitman, Elder - Glooscap FN and current president of the Native Women's Association of Canada. Also present were

Chief Anne Bernard, Laurie Peters of the Grand Council, Sydney Carl (Woody) Peters from Glooscap FN, Chief Lorraine Augustine of the Native Council of NS and Chief Andrea Paul, Pictou Landing.

All were very positive about the display and to moving forward with the RCMP for the next 150 years.

This is one of many interviews conducted with retired members of the Royal Canadian Mounted Police, Marine Division. This particular interview was conducted on April 25th, 2016 by Garry A. McCay.

ANGUS ANDREW MOSHER

Angus (Gus) Andrew Mosher, Reg. # M-111, is a retired member of the Royal Canadian Mounted Police, Marine Division. Gus was born at Musquodobit Harbour, Nova Scotia on August 2nd, 1939.

When asked if he had any jobs before he applied for the Force, he replied, "I joined the RCMP Marine Division on February 27th, 1958 right out of high school. I was eighteen and my family thought it was great. The application process was fairly long. I don't know just when I applied. It was probably in the summer, maybe August or September I would think and it took about two or three months. I had to go for medicals and that is about it. They did their research and I did an interview."

"I spent the summer on the St. Lawrence River in Bagotville, Quebec on the 'Blue Heron'. When asked how long it was before he went to training, he replied "Well, I joined in February and spent the summer there and in the winter, I went to training. I trained in Rockcliffe, Ottawa. I think the training was three months".

"I went to training by train and there was a group of us. Probably about all of the troop went on the train. There was a couple in the troop from the west coast there but probably there was about twenty-six of us. I don't remember how the food was in training. It was sufficient. It was a different diet. It was a very strict diet. It wasn't memorable, good or bad."

"We lived in barracks and I think we must have had twenty-eight men in one room."

When asked what type of training he did, he said, "We had drill and PT (physical training) and academics like the Criminal Code and that stuff. I liked the academic subjects we were doing. It was very interesting, the Criminal Code and a lot of history."

"There was no swimming in training. I don't think they had the facilities there, not that I know of. Not on the grounds anyway. I didn't like drill. I had two left feet. The hardest part of training was probably PT. I was never involved in sports and things when I was going to school so I wasn't too much into physical exercise.

I got into it in a hurry. I think I had Sergeant Curtain.”

“I got along with my crowd and we had some free time. We had Saturday and Sunday and I spent most of them with friends I had in the Air Force up there. I spent most of my time with them on the weekends. I used to get out. We spent our time on the Air Force base right there in Ottawa.”

When asked how he found his instructors, he replied, “They were good. They had a job to do and we were all good fellows when it was over. On graduation day I was relieved it was over. I don’t think I got my red serge there. I probably got it when I got back to Halifax. I was very proud when I put it on for the first time”.

“My first posting was on the ‘Blue Heron’ and when I left training I went back on the ‘Blue Heron’. The home base was Halifax but we used to go for three or four months at a time to Bagotville, in Quebec. There were sixteen members on the ‘Blue Heron’. I worked in the engine room. I was an oiler.”

“I didn’t have a specific trainer but we had a corporal in the engine room department and we had a sergeant in charge. The corporal pretty well guided us and trained us. We would just look after the engine and make sure everything was running and do our watches and when we were at sea, we had to stand by the controls or whatever.”

When asked about his Custom and Excise duties, he replied, “We did Customs and Excise mostly in Quebec. Not all of it was. In the Halifax area we did the same thing. Usually when we were in Halifax for a short time, we would take our leave and vacations and stuff like that. That was basically in the winter time”.

“We used to leave in the spring and we would be gone for about three months and sometimes we would make a trip back in mid-August. Just a short trip. Actually, I don’t even know what it was for. We used to make a lot of stops on the way back as well as the way up. We would be there until the St. Lawrence started to freeze. Sometimes we got back a little early and instead of giving us much leave before Christmas, they would send us to Newfoundland for a month or so.”

“We were treated pretty well on the ‘Blue Heron’. There were sixteen men living that close. It wasn’t a very big ship. She wasn’t very big and you had to get along.”

When asked where he went after the ‘Blue Heron’ he said, “The only other ship I was on was the ‘Wood’. The ‘Irvine’ was the base and when I first joined, the ‘French’ was there. Then they did away with the ‘French’ and the ‘Irvine’ was de-commissioned and was docked. That is where you went when you were changing ships. I don’t know how many men were on the ‘Wood’ but she was the largest one they had”.

When asked about career highlights, he replied “Well, I think some of the main things we used to do in Newfoundland were a little different. I just read Ray Zinck’s book the other day and he was talking about being a walking blood donor. Well, we were too”.

“I remember going into Harbour Breton once and they put out a call for blood and I went up and gave blood. There was a woman hemorrhaging and the doctor was there and he had only one nurse. I gave blood and then after, the doctor stuck his head in the door and said, “in my desk drawer there is a bottle of brandy, give him a drink”. Ok, that was fine. After that was all done, I was sitting with a couple of fellows from detachment and there may have been a couple of fellows from the ship there too.”

“Of course, they all had to have a drink of brandy too. So, I had to have a drink of brandy and the first thing, the doctor stuck his head in the door and said, ‘We need more blood’. I was the only one who had that blood type. He asked me if I could give more and I said I could. Apparently, he couldn’t spare the nurse. After jabbing and jabbing me for a while, they took another bottle. The doctor said I should have another drink of brandy and I did. That is the last thing I remember for over twelve hours. They took me back aboard ship to sleep. The woman survived and I thought that was nice.”

When asked if he remembered his first call as a police officer, he replied “The first call was the first time I was on the ‘Blue Heron’. We were leaving to go to Quebec and we went down and through the causeway and we went to Prince Edward Island. There was a fishing vessel, a trawler off of Canso that had gone down or gone missing. We tore back and we were out looking for the boat and I remember spending hours on the bridge with the skipper. There were just two of us because we were the only two that didn’t get sea sick. We spent a couple of days looking but we never found anything. No survivors”.

When asked about life threatening situations when he was on duty, Gus remembered “Yeah, a few times. Like I said in Quebec, we were doing mostly customs work but also in Bagotville, there was government property. We used to police that when we were in, like the wharf. There is one incident there. There was sort of a tourist boat that came in from Quebec and Montreal and tied up there. Of course, everybody from town would come down and I don’t know what it all started over but a riot broke out”.

“They were pretty violent and one fellow hit me on the back of my neck and I went down and I remember saying when I went down, oh no, because I didn’t know how many people were coming behind. I got up and turned around and the guy that hit me was running. He looked back and he went right into the side of the building. When he came off the building, I had him.”

“Another time in Newfoundland, I went aboard a boat we had stopped, a fishing boat and we were looking for contraband from St. Pierre. I went aboard. I don’t know why I went aboard alone. We were on the ‘Blue Heron’ and there were more men there. I went down into the cabin and I was not armed. When I got down there, he came in through the door behind me and I didn’t think I had a ghost of a chance because it was a small space. I guess he was more scared than I was.”

“I wasn’t issued a firearm until later. In Halifax we used to go out to the range and practice. When we started, we would be in the old police station in Halifax and used to go up and use their gunnery too. It was just up the hill above Scotia Square and a little down from the police station. That was in the late 50’s and early 60’s.”

When asked if he could remember any humorous incident while in the Force, Gus stated “Not too many but I always thought one was funny. We were in Bagotville or Baie Comeau or somewhere in that area and we got orders that I think came from Quebec City, ‘C’ Division. We were to go up to Severn Islands. A fisherman had spotted a Russian submarine. They sent us up to look for it and we always used to joke about it, even on the way up. The only thing we had on board was an old .303 rifle. What were we going to do if we found a Russian submarine? We didn’t find one. We came to the conclusion that the fisherman had probably seen a whale. But you never know”.

“After I left the Force, I worked as a draftsman in the Dartmouth Shipyards. I took carpentry and drafting before I went into the Force. I worked there for about seven years. After that, I went into business for myself, doing building construction. It was called A. Mosher and I was building houses. I did that for quite a few years and then I worked in the Assessment Office for the County of Halifax for about five years and then I ended back in construction. I retired from that twenty or twenty-four years ago.”

“I joined the Veterans’ Association in about 1963 but I didn’t keep my membership up. I got back in about five years ago and just got my five year pin the other day. I always thought about how our fellows are dying off. It was a good family. I enjoyed it. Some of my closest friends were all in Marine Division. I kept track of some of them but a lot of them are gone”.



Thank you for your service Gus.

Submitted by Garry A. McCay
Director of History and Artifacts
RCMP Veterans’ Association, Nova
Scotia



Service pins were awarded to Roy Smith (l) 15 yrs and Brian Carter (r) 25 yrs by President Howard Eaton during the May 18th general meeting. Many more were mailed out. Look for yours soon.



May 25th Mother's Day luncheon held in the Deerfield Pub at Glenn Arbour Golf and Country Club, Hammonds Plains.



The Johnson Insurance Scholarship Program Opens April 27th, 2023

Building on our History of Supporting Customers and Communities

For many Canadian students, the jump from high school to post-secondary education is a thrilling transition into adulthood, but one that comes with new financial responsibilities.

At Johnson, we understand the challenges faced by students during their pursuit of higher education, and we are proud to offer scholarships to help them achieve their dreams. Since 1998, Johnson has awarded over 1500 scholarships and academic grants valued at more than \$1 million to support young Canadians coast to coast in pursuing their post-secondary education.

This year, we are pleased to offer 50 scholarships worth \$1000 each to students who fall into at least one of the following categories:

- if you, your parent/guardian or grandparent, have a:
 - home or car insurance policy through Johnson **or**
 - MEDOC travel insurance policy **or**
 - group benefits plan (such as health, dental or life insurance) through Johnson
- if you, your parent/guardian or grandparent, are a member or employee of a Johnson recognized* group (policy not required)

Students must complete high school in 2023 and must be beginning post-secondary education this fall or CEGEP (if living in the province of Québec).

Applications for the Scholarship Program will be open starting April 27th, 2023. Completed application forms must be submitted by July 27th, 2023 and must include a transcript for the period of September 2021 to December 2022.

For more information on applying, please see the online application form and Scholarship Program Guidelines to obtain full requirements and submission instructions, or please visit johnson.ca/scholarship.

**A "recognized group" means an employer group, professional association, alumni association, union or other group that has an insurance program agreement currently in force with Johnson.*



"Teacher's pet? That's me."

Scholarship Program 2023



Johnson Insurance is proud to offer 50 scholarships, valued at \$1000 each, to eligible students completing high school in 2023 and starting post-secondary education in the fall of 2023.

Johnson Insurance has awarded over 1500 scholarships valued at more than \$1 million to support young Canadians across Canada in pursuit of their post-secondary education.



Open: April 27, 2023
Deadline: July 27, 2023



To learn more, visit
Johnson.ca/scholarship
scholarshipfund@johnson.ca



Universities Canada Toll Free:
1-844-567-1237

Johnson Insurance is a tradename of Johnson Inc. ("Johnson"), a licensed insurance intermediary, and operates as Johnson Insurance Services in British Columbia and Johnson Inc. in Manitoba.

Changing to Canada Life for Your PSHCP Coverage

As you likely have heard, **effective July 1, 2023**, Sun Life will no longer administer the Public Service Health Care Plan (PSHCP) for federal employees and dependents. This change is just a normal course of action within Federal agencies – to periodically offer the administration of various programs to other companies through a public procurement process.

The result of the latest tender was that CANADA LIFE will assume the administration of the health care program that federal retirees and their dependents use for coverage and payments of their prescriptions, eye glasses, chiropractors, extended out-of-province medical insurance coverage and much more.

NOTE: there is no change to the Pensioner's Dental Services Plan (PDSP) – for the time being, Sun Life still administers all the provisions and payments for that plan.

In March and April, based upon information that Sun Life had for your current emails or mailing addresses, Canada Life initiated the Positive Enrolment process by contacting all users of the PSHCP to have you sign up for the new plan. Your new “**plan number**” will now be dependent upon the quarter of the year in which your birth month is found. Your “**certificate number**” will be the same one as you currently have with Sun Life.

If you had difficulty in navigating the online signup for the Canada Life program, please call 1-855-415-4414 as soon as possible. The transition MUST be completed by June 30th.

- New claim forms will be available on the Canada Life website on July 1, 2023.
- See www.canadalife.com/pshcp for further information.
- New plastic cards will not be issued at this time; you need to print off the “card” that will appear on the webpage when you complete your registration.
- It is **your responsibility to notify** your pharmacy and other health service providers of your new plan and certificate number if they submit your claims on your behalf. That information will not be available to them otherwise.

Other information related to Canada Life and your PSHCP can be found at: [New Public Service Health Care Plan \(PSHCP\) administrator frequently asked questions - Canada.ca](#)

Currently, there is no change to your contribution rates for the PSHCP.

(con't)

ENHANCEMENTS to your PSCHP Benefits:

Effective July 1, 2023 there were several **enhancements to your PSHCP** that were negotiated with Treasury Board, separate from the awarding of the contract to Canada Life to administer these changes. In some cases, the requirement for prescriptions for treatments have been eliminated and in other cases the values of treatments covered have increased. These enhancements were communicated to all users in the PSHCP Bulletins (that you can sign up to be delivered automatically to your email address), and the changes can also be seen at [PSHCP Bulletin Issue 45](#). It is recommended that you save this document for reference as you begin to understand the changes and take advantage of the new provisions.



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 site 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. ‘Heh 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.”



Association members visit detachments

Challenge Coin exchange

Attached is the photo from the Challenge Coin exchange held at Antigonish Detachment on June 7th with the detachment members and members of the Vets Association. A coin exchange was held with the 150 Challenge coin being given to the detachment members. In return, the Detachment as well as the North East Nova District Office presented coins to our association members. Association Vet members John Gillis, Ned Mc Beath, Bob Hillier, Yves Pelletier and Tom Bennett along with Associate members Donna Webber and Rita Murray were in attendance. The Detachment provided coffee, donuts and carrot cake and a good time was had by all.

Tom Bennett



CAPE BRETON REGION

On Wednesday May 17th, the Cape Breton Area RCMP Veterans' Association held a meeting / information session in Sydney. The meeting was chaired by Rtd Military Lt Col. Joe Gillis, Veteran's Events Coordinator with Canada House in Sydney and by Jessica Dalziel, RN, Director of Clinical Services, Canada House. Canada House has medical cannabis clinics in Sydney and in Halifax, as well as other locations in the country. They help patients (Military Veterans and RCMP) renew lives with expert, patient-specific, medical cannabis treatment plans. They offer access to prescribing physician special ists and an on staff licensed nurse. These highly trained cannabinoid educators support clients through ongoing education, monitoring and follow up.

Jessica provided a very informative presentation about the use and effects of Medical Marijuana. Medical marijuana has been used or studied clinically for many conditions. The most common applications for which there is the most clinical and user evidence are conditions such as; Chronic Pain, PTSD, Anxiety, depression, Stress, ADHD, Arthritis/ Inflammatory conditions, Insomnia, Multiple Sclerosis, Cancer (symptoms related to chemo therapy treatment such as pain, nausea, appetite loss), HIV/ AIDS (symptoms such as appetite loss, nausea, fatigue) and Fibromyalgia. ([Canada House Medical Cannabis Clinics in Canada \(canadahouseclinics.ca\)](http://canadahouseclinics.ca))

A virtual presentation was also provided by Margo Bauer, also of Canada House. Margo is semi-retired from the Military and she spends most of her time assisting Veterans with VAC disability applications and appeals.

Also in attendance were Vic and Jan Gorman representing the "H" Division RCMP Veterans' Association Support and Advocacy Committee. They spoke on changes coming to the Public Service Health Care Plan (PSHCP) such as enhanced benefits and the need for all members to complete the positive enrolment process with the new program administrators Canada Life, prior to their taking over the program from Sun Life on July 1st.

The event was attended by 32 Cape Breton Association Veterans, Spouses and Partners.



PHOTO: Vic Gorman RCMP VA S&A Committee, Lt. Col Joe Gillis (Rtd) Canada House Veteran's Events Coordinator, John Ryan Cape Breton RCMP VA Region Director, Jessica Dalziel RN, Jan Gorman RCMP VA S&A Committee

Association members Pat Moran and Stephanie Sachsse attended at Halifax District (Tantallon office) on May 10 and met with the on duty members and staff for over an hour. Interesting discussions ensued complete with treats from a national chain coffee shop. All present were given a challenge coin and the detachment was presented with a Larry Bergeron print. Mr. Bergeron, a military veteran, created this print and generously donated 52 to the Veterans to distribute to each detachment in Nova Scotia.



Pat Moran and Cst. Ben Boutilier (site commander)



*Presented to Tantallon Office, Halifax District RCMP
May 10, 2023
by
Nova Scotia RCMP Veterans Association*

About the Artist
Larry Bergeron

 

Larry was raised in Shawinigan, Quebec and now resides on the South Shore of Nova Scotia. A former member of the Canadian Armed Forces (25 yrs.) and retired Faculty with the Nova Scotia Community College, Larry, self-taught, has been expressing his passion for horses through his art. Larry is an owner and operator of an Equestrian Center to assist service members that may require a heartfelt whisper through the friendship of a horse.

Through paint, the artist enjoys revealing the natural beauty of animals that is enhanced by nuances of light. Larry paints subjects that brings pleasure to life – equine portraits, wildlife and scenic landscapes to name a few. The artist expresses his creative talents best through his love of horses - a look, a gesture revealing their loyalty and affection. In his horse art, Larry captures emotion through the eyes, and beckons you, the viewer to connect.



Tuesday May 25th, Garry McCay, my wife (Goretti) and I visited the Musquodoboit Detachment. Brought in coffee and Timbits for everyone to break the ice.

Present were Sgt Kellock, Cpl Attewell, Csts. Forsyth and Banfield. We spent one hour explaining the purposes and the background of the NS Vets Association. There were quite a few questions from the members. One of the topics that was brought up was the services provided by Support and Advocacy. I expect that Vic and Jan may get a few calls seeking information on a variety of topics.

We left them with application forms for membership and information on the application process through the national website. Since there were only the four of them and the Clerk, each was gifted a Veterans Association 150th Challenge coin.

submitted by Dan Mallet



Father's day luncheon on June 21st
at Brightwood Golf Club in Dartmouth

photo credit Dan Mallet

Force Ensign raised at Province House, May 23, 2023

It was a warm and sunny day for a visit to Province House on Barrington Street in Halifax. Accompanied by the 'H' Division Pipes and Drums, serving and Association members in red serge turned out for the raising of the force ensign at the main entrance to the premises. The Lieutenant Governor of Nova Scotia, The Honourable Arthur J. LeBlanc, ONS, QC was our host for the mid morning tribute. After inspecting the troops, raising the ensign and a few remarks, his honour invited all inside for a social gathering. After the ceremony, all returned to H Division headquarters where a similar raising was conducted along with a presentation of the quilt 'Standing Guard' to the CO, Asst. Comm. Dennis Daley by veteran Gerry White.



Nine year old Cape Sable Island youth, Brayden Penny, was thrilled to receive a 'challenge' coin from Stephen Mills this spring in Bridgewater. It was a fair exchange as Brayden had collected twenty-two pounds of can tabs. He did so for the sole purpose of donating them to the Easter Seals program that supports a program that helps persons with disabilities access wheelchairs, assistive devices and health care equipment. Nova Scotia RCMP Veterans' Association have been involved in this program for a number of years. The photo below has Brayden front and center along with his parents, and his haul at the feet of Victor Whalen and Steve Mills. Thank you Brayden.



Brandy Penny, S/Sgt Victor Whalen (Commander of Lunenburg County District), Brayden Penny, Stephen Mills (RCMP Veterans' Association) and Nicholas Penny

Seven-year-old Angela is in the kitchen with her mother getting ready to go on a playdate with her friend. She asks her mom- “Mom. How old are you?” Mom says, “it’s not nice to ask a lady her age.” To which Angela blurts out another question. “Mom. How much do you weigh?” Mom again replies, but a little more sternly. “Angela, that is another question I am not going to answer.” Being a child, she is not done yet. “Mom, why did you and dad get divorced?” “That's none of your business.” Mom has had enough of the prying questions and gets her child into the car and drives her over to her playdate. Angela is enjoying her time with her friend and eventually she discloses how her mother refused to answer the three questions she asked her earlier. Her friend replies quickly. “Angie, you can find the answers real easy. Just check her driver’s license.” With this new information, Angela managed to sneak into her mom’s purse when she returned home and found her driver’s license. She quickly went into the kitchen where her mother making dinner. “Mom. I know how old you are. You are 32.” Mom says “how did you find that out?” Angela goes on saying “and you weigh 140 pounds.” Mom is getting concerned now and is wondering how her seven-year-old could possibly know this information. Finally, Angela states “and I know why you got divorced.” Mom says – ‘you can’t possibly know the reason.’ Angela then presents her mother with the driver’s license. “See here, it shows your birthday, how much you weigh and that you got an 'F' in sex.



Nova Scotia RCMP Veterans' Association, 2023 AGM Overview

I flew to Ottawa on Thursday May 25th and took part in the evening reception put on by Ottawa Division.

Friday May 26th:

Friday morning started off with a presentation by Sgt. (Retired) Laurie White. Laurie shared her story of struggle and hardship after being shot in the leg during a warrant execution at a home in Kitimat, BC in November 1998. The resulting damage to her leg resulted in her becoming a Paraplegic. She battled physical and emotional challenges which ultimately saw her complete the PARE test and return to full duty status. Laurie has written a book about her experiences called "1033, An Officer Down Steps Back Up".

Later in the morning, A/Com Chef Parsons gave a presentation on working through mental health issues. It was Ches' last day of service!

In the afternoon, we had a presentation on Financial Management and then a very interesting presentation from one of the Veterans' Association sponsors - Trip Merchant. For anyone who enjoys travel, you should check out their site. You can access it through the VA portal and once you're signed in, you are eligible to receive great opportunities and discounts on worldwide travel.

Saturday May 27th:

Association Council Meeting:

Opening remarks by Glen Siegersma, CAO of the RCMPVA.

Next came RCMPVA Foundation Director John Francis who discussed the Foundation and what it does to assist our members, as well as our families and employees of the Force.

National Police Federation came next - Steve Madden with a short presentation and some sharp questions from the audience.

Then came the in-camera meeting of the BOD and Presidents. This was slated for 1 hour and 45 minutes and it was clear that we would need at least a full day and perhaps a weekend to hash through the various issues brought forward by the various Presidents.

In the afternoon we had the presentation of the RCMPVA Ensign which was presented by the new Commissioner Mike Duheme. He gave a presentation of where he wants to go in the next two years. His number one priority is going to be recruiting and he discussed a couple ideas such as removing the mobility clause from employees and also hiring people into streams such as VIP. People would be hired to do this job and this job only and if they wish to perform other duties then they would have to go back to Depot for further training.

At 1400 we held the AGM, which was over in a matter of minutes. Sandra Conlin will be taking on the role of Association President.

Saturday Night was Regimental Ball in the Delta Ball Room. 520 people attended and it was a very big success.

Sunday May 28th:

Remembrance parade at Beachwood Cemetery

**Howard Eaton
President, RCMP Veterans' Association, NS**

By following the link below you will be led to an article which is eye opening, informative and interesting. The story was brought to my attention by Vic Gorman, Support and Advocacy. Now I am going into an opinion narrative here, but I am sure most of you have felt that the Royal Canadian Mounted Police's 150th anniversary being celebrated this year seems to have been minimized in comparison to past milestones, especially when it comes to recognition from the various levels of government. Considering the climate of the past few years, what is one to expect? The story was originally penned by Toronto author Robert MacBain and printed in the Western Standard which is a publication from Alberta with offices in Manitoba , Saskatchewan, Alberta, British Columbia and Parliament Hill.

It appears we still have support.

Pat Moran

https://www.westernstandard.news/macbain-how-the-mounties-saved-the-blackfoot/article_41563b1a-00c3-11ee-b9b8-7b2468b7a339.html?utm_source=westernstandard.news&utm_campaign=%2Fsearch%2Fsavedsearch%2Fexecute%2F%3Fd1%3Dyesterday%25209am%26d2%3Dtoday%25209am%26xd%3D1%26a%3Dae8ee%3C/x%3E8c2-f7ea-11ec-8365-936d0dc0614c%26s%3Dstart-time%26sd%3Ddesc%26title%3DWestern%2520Standard%2520Guest%2520Columnist%2520notification&utm_medium=followed%20notification%20email&utm_content=headline





Nova Scotia RCMP Veterans' Association

2023 Lottery

4 Chances to Win a Cash Prize

1 X \$1000 and 3 X \$500

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. A condition of our Nova Scotia Lottery License also prohibits electronic payments, including e-transfers and PayPal. Therefore, the Association can only accept payment for Lottery Tickets by cash, cheque or money order.

Tickets purchased are eligible for all remaining draw-dates following the date of purchase as outlined in the **DRAW SCHEDULE**. One ticket will be drawn on each draw date and the drawn ticket will be returned to the drum and included in all remaining draws. The cost of a single ticket will be based on the number of draws remaining at the time of purchase.

To be entered in a draw, payment must be received by the Association at least one day prior to the draw as per the **DRAW SCHEDULE below. Receipts will be issued for all tickets purchased.**

Purchase Options: Cash, Cheque or Money Order

Please make all Cheques / Money Orders payable to:

NS RCMP Vets' Association

In Person:	Cash / Cheque or Money Order [Pay directly to Treasurer - Ian Atkins]
Mail:	<p>Mail Cheque or Money Order to: <i>[Do not send Cash by Mail]</i></p> <p>Nova Scotia RCMP Veterans' Association Mailstop# H-025 80 Garland Ave., Dartmouth, NS B3B 0J8 Attn: Treasurer</p> <p>1. Include a notation the payment is for the 2023 Lottery 2. Include ticket owner's name & telephone #</p>

Draws: 8

A Cash Prize will be awarded 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
\$20	September 21 st	\$500	4
\$15	October 21 st	\$500	3
\$10	November 18 th	\$500	2
\$5	December 16 th	\$1,000	1
NS Lottery Lic #			AGD-322011-22

Pension & Benefits Reference Contacts – July 1, 2023

Pertains To	Website	Phone #	Details
<p>RCMP Pension administered by</p> <p>Public Works and Government Services Canada (PWGSC)</p>	<p>www.rcmp-grc.pension.gc.ca</p> <p>https://www.tpsgc-pwgsc.gc.ca/remuneration-compensation/index-eng.html</p>	<p>1-855-502-7090 (all ranks other than below)</p> <p>1-855-502-7088 (for levels EX-01-C/Supt. & above)</p> <p>1-800-561-7930 Public Servants</p>	<p>Have the Pension number and/or HRMIS number available.</p>
<p>Veteran's Affairs Canada (VAC)</p>	<p>www.veterans.gc.ca</p> <p>Select My VAC Account Select Sign In Sign-in Partner or GC Key Input Username & Password</p>	<p>1-866-522-2122</p>	<p>Have the CSDN – "K" Number available.</p>
<p>Canada Pension Plan (CPP) Old Age Security (OAS) Guaranteed Income Supplement (GIS) Survivor's Benefit Disability Payments</p>	<p>www.canada.ca/en/services/benefits/publicpensions.html</p> <p>Select language of choice Select Benefits Select Pensions</p>	<p>1-800-277-9914</p>	<p>Have the Social Insurance Number (SIN) available.</p>
<p>RCMP Group Life and Accidental Death and Dismemberment Plan</p> <p>Administered by SEB Administrative Services</p>	<p>www.pbs-sra.ca</p> <p>Input User ID & Password You may enter as GUEST or SURVIVOR</p> <p>On June 14, 2021, 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 https://fp.seb-admin.com/fpconnect/#/rcmp-glc or contact the RCMP Group Life Insurance Centre from Monday to Friday between 7:30 a.m. and 6:00 p.m. Eastern Time (E.T.) at: 1-877-778-8084.</p>	<p>1-877-778-8084</p>	<p>Have Pension number &/or HRMIS number &/or other personal information available.</p>
<p>Public Service Health Care Plan – PSHCP (Canada Life)</p>	<p>Canadalife.com/pshcp and Public Service Health Care Plan - Canada.ca</p> <p>Each member's Contract number depends upon month of birth (dependent's contract number is 52115) Certificate Number remains as before.</p> <p>*** Effective July 1, 2023 – now administered by CANADA LIFE</p>	<p>1-855-415-4414</p>	<p>Have individual Group Contract Number & Certificate number available</p>

Blue Cross - Medavie	www.medaviebc.ca Select Account Login Select VAC Input Username & Password	1-888-261-4033	Have Client Number available.
Pensioners' Dental Services Plan - PDSP (Sun Life)	www.sunlife.ca/pdsp Group CONTRACT number is 255555 Each member has a Certificate Number on their card Input Access ID & Personal Password NOTE – SUN LIFE continues to administer this benefit after July 1, 2023	1-888-757-7427	Have Group Contract Number & Certificate Number available.
Bureau of Pension Advocates (VAC)	www.veterans.gc.ca <u>How to review or appeal a decision - Veterans' rights - Veterans Affairs Canada</u>	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 the Bureau of Pensions Advocates.
Canada Revenue Agency Disability Tax Credit (DTC)	https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html	1-800-959-8281	Require SIN
GST Office	https://www.google.com/search?client=firefox-b-1-d&q=gst+office+canada	1-800-959-8281	
VAC ASSISTANCE SERVICE	24/7 PSYCHOLOGICAL SUPPORT FOR VETERANS & FAMILIES	1-800-268-7708	NO FEE