

# SCOTIA VETS

RCMP Veterans' Association, Nova Scotia

## Executive Contact

President- Dan McNaughton

[novascotia.president@rcmpva.org](mailto:novascotia.president@rcmpva.org)

1st VP - Paul Smith

2nd VP - Patricia MacNeil

Secretary - Fred Hildebrand

[novascotia.secretary@rcmpva.org](mailto:novascotia.secretary@rcmpva.org)

Treasurer - Ian Atkins

[novascotia.treasurer@rcmpva.org](mailto:novascotia.treasurer@rcmpva.org)

Master at Arms - Pat Moran

[novascotia.masteratarms@rcmpva.org](mailto:novascotia.masteratarms@rcmpva.org)

Chaplain -

Rev. Katherine Bourbonniere

[kbourbonniere@ns.sympatico.ca](mailto:kbourbonniere@ns.sympatico.ca)

## Submissions contact

Joanne Caruso

[novascotia.communicationsdir@rcmpva.org](mailto:novascotia.communicationsdir@rcmpva.org)

## Mailing address

RCMP Veterans' Association

Nova Scotia Division

Mailstop H-025, 80 Garland Avenue,  
Dartmouth, NS B3B 0J8



## Editor's note:

The photo above, courtesy of our own Vic Gorman, is from RCMP day at Peggy's Cove a few years back. I invite you to explore the article found in this edition and follow the links to a video with many more photos taken at the time.

Our winter has not been anything remarkable, other than buckets of rain and warmer than usual temperatures but that is quickly changing as we found out February 2 when a 5-10 cms projected dusting turned into a rather nasty 30-150 cm dumping of snow with wind. Well, it is the maritimes after all and that is what is to expected here. Look for valuable information on traveling and medical coverage, a remarkable story of a search for a lost grave and more.

Lots of news to catch up on, get your glass (a big one) and enjoy. Pat

A handwritten signature in black ink, appearing to read "Pat Moran".



# Scotia Vets

---

A message from Association member Vince Wood regarding an effort undertaken pursuant to the graves recovery project in Nova Scotia.

As a member of the RCMP NS Veterans' Association Graves Recovery Program, in May 2023, I attended the Mount Hermon Cemetery in Dartmouth to conduct a gravesite inspection for several deceased RCMP Veterans. I knew from the information I had that the gravesite for Arthur Inglis would be the most challenging as there was very little information as to where it was located. It was going to be even more difficult as it was an unmarked grave. After searching for possible locations, I contacted the staff of Mount Hermon Cemetery to see what records there may be regarding Inglis's actual resting place. With the assistance of a Mount Hermon Cemetery staff member, I learned that the grave site was in Plot "D" Lot 33. I also learned that documentation in the Cemetery Records showed that Inglis was buried "in full RCMP Uniform."



The site was located, and it was just an empty area that had sunk down over time, the area had been further damaged due to work on other gravesites in the area and was in terrible shape. It was going to require work to bring it up to acceptable standards. The RCMP Gideon was placed on the gravesite at that time indicating the inspection. This matter was discussed with lead members of the Gravesite Recovery Team (Neil Fraser and Joanne Crampton) as this individual should be recognized for his service. There was no stone or marker in existence depicting any recognition of Inglis.

Research for Arthur Inglis shows he served with Dominion Police (National Police Force) for 3 years before being absorbed into the RNWMP and finally the RCMP. According to documentation on the National Grave Site, he was buried in uniform at the age of 54, on 1941/01/21. He served in the Dominion Police from 1917/12/28 until being absorbed in 1920 into the RCMP and posted to Halifax Docks Detachment. His last day of work was 1938/07/01. The Dominion Police were the first Federal Police Force of Canada between 1868 to 1920 and the predecessor of the RCMP.

# Scotia Vets

---



A search for further information on Inglis delved into records of death, marriage, etc., and various ancestries databases. The results finally showed a granddaughter who is still living.

An email was sent to her via the “Wikitree” Database, in hopes of making contact. We further needed next of kin permission for NS Vets to proceed with repairs to the site and some type of memorial for Inglis.

An email was received back from his granddaughter thanking us for contacting her and grateful for our interest in her grandfather. She too, is ironically involved in grave marker restoration of Veterans of WWI and WW2 +. She further indicated that her great-grandfather was also a member of the RCMP. Research shows that Henry S. Inglis was the foreman of the City Stables and was dismissed from service on 1893-08-01 due to his injuries. He passed away on 1904-04-02 as noted on the RCMP Database.

An email was sent to the granddaughter to obtain authorization for the RCMP Vets to proceed with gravesite recovery and to possibly install a stone or marker on the gravesite of Arthur Inglis. Through discussion with the Grave Recovery committee, it was agreed that some type of recognition needed to be set in motion to honor Inglis for his service in the RCMP and to the citizens of Canada.

Authorization form was received from the granddaughter allowing the RCMP Vets to proceed with reconstruction of the gravesite and establishment of the recognition of service. The preference to type of recognition was left up to us. Discussion was held with cemetery staff to determine if fill can be added to the plot along with seed or sod. Cemetery staff indicated that the preparation of restoring the gravesite fill and seeding was their responsibility and would be undertaken at no cost to NSVETS. This was accommodated prior to the placement of a Cross or Stone.

Further research on the great-grandfather Henry Inglis shows he died in Halifax and was interred in St. John’s Cemetery. A check of Nova Scotia Archives records show that Henry S. Inglis died 1906-02-27 and was buried in Camphill Cemetery on 1906-02-28, Matter was

# Scotia Vets

---

performed by Snows Funeral Home. Cause of Death Dementia. Indications on the death record are that Henry was kicked in the head by a horse which may have led to the onset of Dementia. It was further known that during the period Henry Inglis was employed as the supervisor of City Stables the RCMP was not policing the City of Halifax. The Halifax Police Department had been policing the city of Halifax since October 1864. They had unofficially been policing the area since July 1749. Further research with Historian Shane Halliday from Halifax Regional Police that during the early 1900s there were two horse stables for the Police Department. One on Bell Road ( Junior Bangle Lancers site) and the other in Point Pleasant Park. Their records of employees do not show a Henry Inglis in their employ. However, he may have been attached to the City Stables which covered City Works, Fire, and others. (This was noted on the death certificate for Henry S. Inglis.)

I confirmed that ground repair of Inglis gravesite is underway. A decision has been made that the NS Vets Association will pay for the purchase and placement of a Regimental Stone for Inglis. The funding for this program is obtained through a MOU with "H" Division which helps support our Graves Recovery Program as well as the annual Grave Inspection Program. This funding, over several years, has allowed us to locate and mark the graves of Veterans with recognition that they served in the RCMP. There are currently 560 sites that are inspected annually by about 30 members of the NS Veterans' Association. The decision was made by the Graves Recovery Team as to the style and selection of the appropriate stone for Inglis through Heritage Memorials.

On October 24, 2023, the stone for Inglis arrived and placed on the Inglis gravesite. Email and photo have been sent to his granddaughter. A reply was received thanking us for what we have done for Arthur and her family.



# Scotia Vets

---

This is one of many gravesites in Nova Scotia that have been located and marked with reference to Force service since the Graves Recovery Project began over 10 years ago. Tom Lowe of our Association began the program, with much assistance from Dick Pulsifer (recently deceased) and Ross MacKay, a local genealogy historian with no direct connection to the Force. Mr. MacKay passed away in 2018. Both men provided valuable assistance in locating obituaries and locating graves for this program.

Vince Wood

**Submitted by Vince Wood, Graves Recovery Project**

Arthur Edward Inglis

Mount Hermon Cemetery, 139 Victoria Rd., Dartmouth, NS

Rank Cpl. Reg# 9164

GPS Location of Site - 44° 40' 20" N - 063° 34' 33" W

Physical Location: Plot "D" Lot 33



# Scotia Vets

---

In January 2024, the RCMP Veterans' Association, Nova Scotia Division, made a \$2,500.00 donation from the Conrad Fund to the RCMPVA Foundation; the registered charity of the RCMPVA. The RCMPVA Foundation, amongst other approved purposes, provides financial assistance to current and former RCMP members and RCMP employees and their families, who, due to emergency circumstances, are in need of such assistance. During 2023, emergency financial assistance was provided to those who were suddenly impacted by wildfires and floods in Nova Scotia and out west. The RCMPVA Foundation also makes Memorial Donations to family-designated charities upon the death of members of the RCMP Veterans' Association.

---

RCMP Day at Peggy's Cove, NS. in conjunction with the RCMP Musical Ride  
August 2011

a production of "Corner Boy Mountie' aka Vic Gorman

In August of 2011, RCMP Day was held at Peggy's Cove. Vic Gorman photographed the event and produced a YouTube video that is approximately 9 minutes long. It can be accessed at

<https://youtu.be/hiCeS4B8WWY>



# Scotia Vets

---



Back by popular demand, the world-famous

***Nova Scotia  
RCMP Veterans'  
Association Fall  
Ball.***

*The date is  
October 26, 2024  
at CFB Halifax  
Wardroom.*

*Details to follow.  
Tickets will go on sale over the summer.  
Mark your calendars!*

*Howard Eaton  
NSRCMPVA  
Ball Committee*

---

Our 2023 AGM was held on November 18, 2023 at Oakfield Golf and Country Club. There was a substantial turnout to enjoy the camaraderie, an excellent meal and along with other business, the election and installation of the new executive. The long distance attendee award was handily won by Keith Boutilier who signed on from Costa Rica.

# Scotia Vets

---

## David Robert Carter – Interview Conducted on June 8, 2016

David Robert Carter was born in Halifax, Nova Scotia on March 18, 1941.

When asked what his job experience was after he left school, David replied, “Only one. That was the Canadian Army. I was in the Royal Canadian Artillery. I joined in 1957 and I took my discharge in 1961. I joined the Force on April 24, 1963”.

David was asked why he chose the Force and he responded, “Family, I guess. My grandfather was in the Marine Division and his son, my uncle of course, was in the Marine Division at one time or other. I was more or less third generation. It went from father, son and so on”. My family encouraged it. It was especially what my father wanted me to do and I wanted to go to sea. As a matter of fact, when I got out of the army, I was going to go and work for Canada Steamship Lines where I would have gone as a cadet and studied navigation. I would have been a ship’s officer in four years but I was too late getting out of the army because my luggage got hung up in Germany. That is what shaped my career. As fate would have it. I think that fate worked well”.



“The application process was long and drawn out. To others I know, it was probably longer. It seemed it was never going to end. When I applied, it seemed like years but it was many, many, months. I can’t remember how many but I used to make the odd inquiry at Headquarters. They would say, ‘Well, we are working on it’. It left me in limbo, whether they were going to accept me or not accept me. I didn’t have a job at time. I was between jobs. I was afraid to go look for a job in case they grabbed me a week later”.

When asked about when he went to training, he said “It was about three years but again that is another story. In the Marine Division, they had to wait until the ships were tied up in the winter months. Rockcliffe was the training place. Once I was accepted, I went directly to the RCMP ‘Wood’. I probably should mention that when I did join, they were looking for cooks. I guess they were short of those. It just so happened that I had a certificate in that so I lucked in and that was sort of a foot in the door. I didn’t really want to be a cook in the Mounted Police. I did it for a year until they were short of deck hands and they asked me to switch over. So, I did”.

# Scotia Vets

---

“I was on the ‘Wood’ for six or seven years. I went to training by train. The trip was not bad. Actually, I was in first class. I went by rail but had the berth overnight and the meals and things like that. There was about eleven or twelve guys and we all went at the same time. There was a guy by the name of Paul Crouse. He eventually got out and joined the Halifax City Police. There was a fellow by the name of Penny. There was Ernie Chaisson, Davie Crowell, Tom Gardiner and Parnell. I forget his last name.”

When asked how the food was in training, he replied, “It was quite good. I was used to that kind of food in the army. I was in barracks for five years in the army. It was pretty much the same. Training was about six weeks and I found training pretty good. We didn’t have the horses. We did mostly classes with the exception of Physical Training and Swimming and things like that. It was mostly class work and sports. I found that we had a little bit of freedom in barracks. Not every night mind you but we did go out on the weekends. For my free time, I was lucky. I had relatives that lived in Ottawa. At that time, I was taking religious instruction (marriage preparation) and I was seeing a priest pretty well every night down there. My time was used quite well. It wasn’t boring, that is for sure. I missed family and the girl that I eventually married. I started going with Jean a couple of years before that.”

“I liked learning new things. The new laws. I didn’t know there was so many we had to know. I appreciated that part. That was what I enjoyed the most about training. I disliked PT and swimming, especially Physical Training. I had a guy by the name of Sergeant Leach. I could tell you a few stories. We used to go over to the Rockcliffe pool. It was the Airforce pool for swimming. You weren’t allowed to touch the sides of the pool. Once you were into it, you weren’t allowed to rest up on the sides. The water was warm and you know what that would be like. Leach wasn’t our swimming instructor but he had to be there. I snuck over and put my fingers up the side and he came down on them with his heavy boots. I reached over, not meaning to, and pulled his boot and he came in mostly. That was not well liked. I didn’t have horse training but I remember the nights I spent in the stables because of that. That was my punishment, shovelling horse manure.”

“I got along well with my troopmates. I had worked with many of them except two who were from the west coast. The Musical Ride was in there at the time and we got to be pretty good friends with them. Some of our guys were senior to them. It came off well quite well. All in all, things were actually good. Our instructors treated us great, especially believe it or not, the Sergeant Major. He liked us. Gilby. He seemed to like the Marine Division guys. I don’t know why. He treated us well.”

“We didn’t really have the graduation thing. It was not like having a big parade. It was like being presented a certificate. That I can remember. We went in and were presented with our certificates. I don’t think we had a party.”

# Scotia Vets

---

“The first time I put on my red serge, it was for a Regimental dinner. It felt a little different because it wasn’t going to be any kind of ceremony. You had the party dress more or less. I felt proud the first time I went on parade with it.”

“After I left the ‘Wood’, I was on the ‘Blue Heron’. That was a ship we spent a lot of time in Newfoundland. We would go down there for five or six weeks and come home for two weeks and back again for another five or six weeks. There were thirty-seven men on the ‘Wood’. On the ‘Heron’, there was about fourteen, I guess. It was close quarters on the ‘Heron’. I was a deck hand, never assigned a trainer.”

“I remember my first police call when I went on Detachment. I can’t remember what we did but I do know Hector Dawe and I were both green horns, both from Marine Division. I was on and off the ‘Heron’ for three years. You would be transferred to the ‘Wood’ or whenever you were needed. The ‘Fort Steele’ was another one. I was on the ‘Fort Steele’ four different times. Then I moved down to Cape Breton in North Sydney for a year on the ‘Interceptor’. There were six men on the ‘Interceptor’. Don Lord was the Captain, Bill Jesso was the engineer and a guy named Bowser was the mate.

“I was on for a year and then I went to navigation school in Halifax for the winter. Then I got transferred to Charlottetown. I was there for three years. I was on the ‘Nicholson’ with five others. The second last trip on the ‘Nicholson’, I went to the Olympics in Kingston, Ontario in 1975 for a practice run and we came back. We came back after four weeks and I was on the boat until the next year. In May, we were preparing to go back to the real Olympics, for the real shot. We did that and after that we came back. That was one of the last boats in Marine Division. They got rid of it in 1976 and I was transferred to Bedford Highway Patrol. I did regular detachment duties. I don’t remember when I got my Regimental Number but it was before that. I think it was in 1969.”

“I was on Bedford Highway Patrol for two years. We had about eleven men. Dave McInnis was the boss. Then they sent me to Halifax Highway Patrol with Bob Jones. I was in charge of that for about three years. Then I went from there to Sackville Detachment, then to Migratory Birds in Truro for three years, then to Sackville Highway Patrol and then I retired. I retired in 1991.”

“After I retired, I went as an investigator for Equifax Canada in Dartmouth. I was there for about two and a half years. Then I applied for a job that came up with the Fuel and Tobacco Section in the Provincial Government. I was there for four years. I finally retired in 1998.”

When asked about the highlight of his career, David said, “The highlight was actually turning over from Marine Division to the Land Force permanently. It was a sad thing in a way. Getting rid of the boats and everything but I went away feeling quite well about it. I certainly had more

# Scotia Vets

---

home life one would think but I had a lot of night work. I didn't mind that so much. The highlight was just change in general. I didn't have any really special highlight".

"I was in the Force for 28 years. I think the Force changed very much. I don't know if I should say it or not. The things that changed for me within the Force were not for the better. I am not trying to be derogatory about anything but today, the dress on the members needs a lot of work. You see a guy who didn't feel like shaving for a few days and he had the uniform on and no tie. At one time, we had to go to work with a pressed uniform at least. You had to wear a hat and have a haircut. Those are the things that have changed today. Even though they brought in Sergeant Majors it turns out that the best turned out member is the Sergeant Major. It kind of takes away from the Force. That makes the attitude change of the people. A lot of members display a poor attitude toward the Force by wearing the uniform in this manner."

"I had a lot of good rapport from the people. I was often invited into their homes for coffee. They used me well and I was told by people that at least I was fair. I had my fights like most but I tried to be as fair as I could. I think people respected me for that. I believe that the public attitude toward the police changed. The way police treat people is the way they get it back. I think the attitude in most cases is for the better. When I talk to people, they kind of respect the guy who walks the beat or the guy on the highway."

When asked if he ever feared for his life while on duty, he replied, "Once and that was a result of a drunk driver in Goodwood. I almost had a head on collision with this fellow. I went right down into the ditch to turn around to go after him. I finally caught up with him and he ran into a house. I figured he must live there and I knocked on the door. I asked this young lady what happened to the fellow that just went in her door and she said no one came into her place. I was two feet behind him. She was pointing as if to say he was in there but she was afraid of this fellow".

"She invited me in and when I got in there was this big guy that I encountered and he wanted to know what the problem was. I told him and he asked me what I was going to do about it. I started reading him the breathalyzer demand and explaining maybe we should step outside. He said I was dead if I stepped outside. So, we stepped outside and he managed to get a hold of me in a bear hug. He was a very strong person. He said he was going to kill me and that if he got my gun out of my holster, I was gone. He was all spaced out. He had been into drugs and alcohol. We scrapped and rolled around and my objective was to make sure my revolver was on the nearest part of the ground so he couldn't get it.

"Anyway, there was a lady next door and I knew her pretty well. She showed up and I asked her to call the detachment for me and she did. But the only thing in those days was you only had one guy working and even though I was on highway patrol, I didn't know where the detachment

# Scotia Vets

---

guy was and how long it was going to take him to get there. Dartmouth, Bedford and even Chester came. He heard the sirens and that was the only thing that stopped him. He ran.”

“I was so ticked off at him and I wanted to stop him because if he got into his car, he was going to kill someone. So, I put six rounds into his radiator. He was able to get down the road for about a mile and he was able to get off the road and we couldn’t find him. When I got home that night, I was a nervous wreck.”

“I got a phone call the next morning and I had to give a statement as to why I had fired my revolver. I was sitting in the office and this guy called, looking for me. He said who he was and he told me he was in the hospital. He told me he ran in the woods last night and broke his ankle. He wanted to come in to see me with his lawyer. He later came in with his lawyer. I met him months later and he apologized to me. He didn’t know what got into him. As far as firing my revolver, Chief Superintendent Fagan was the boss and we had quite a discussion about it. He said not to worry about it and that he would vouch for me and he would square it away with Ottawa.”

“That was the only time I discharged my firearm and I killed a car. They towed it into Headquarters so we all went out and had a look at it. I took the transmission out of it. I got the oil pan. I aimed so I wouldn’t hit him.”

I asked him about a humorous event during his career and he said, “I had many but there is one that stands out. It was down in Blind Bay. It was raining heavily for days and that was the same time we were issued nylon rain coats. I got the rain coat two days before this. I was on highway patrol and it was about three in the morning. I had just come from a real bad accident and I pulled over to write up my notes. It was pouring down rain and you couldn’t see two feet in front of you. I kept the window open because it was so humid. There was a little graveyard in Blind Bay and so I backed in just a little to get off the road”.

“They called me and I was soaking wet from the rain. I reached over and grabbed the microphone. I don’t know if it was bare wires or not but as soon as I pressed it, I lit up like a Christmas tree and my knee jerk reaction was to fire it out the window and rip it off the radio. It went through the cemetery.

“I was worried what the call was about but I was able to contact the neighbours of my parents’ cottage and called the office. It was a trivial matter so I went back to the cemetery and was looking for my microphone. I was crawling around on my hands and knees and I had the orange part of my coat facing out and some guy came by and thought I was crazy. He stopped and asked me what I was doing and I said I was looking for a phone. I didn’t find it but it wouldn’t have done me any good. I don’t know how many volts went through me. But I laughed about it.”

# Scotia Vets

---

Dave passed away on the 26<sup>th</sup> of December, 2018 but we remember him and thank him for his service.

Submitted by Garry A. McCay  
Director of History and Artifacts  
Nova Scotia Division

---

## **Valley Region – Christmas Families Program**

After lying dormant during the Covid years, Annapolis Valley Regional Director, Jim Arsenault resurrected the Valley Veteran's Christmas Family program in support for needy families.

The first step was to raise sufficient funds to provide a minimum of \$500 worth of gifts and food to needy families who otherwise would not be receiving assistance, in other words, the working poor. Seven of the eight families were one parent households, those parents being women. Ultimately, over \$5500 was raised through donations from our Valley Veterans and families which meant eight families could be supported. Families with one child would receive \$500 worth of gifts and food; families with two children would receive \$600 worth; families with three or more children would receive \$700 worth.

Eight families were eventually identified as being in financial need and struggling to purchase presents and clothing for their children or themselves. Likewise, the funds to provide a traditional Christmas dinner.

Two families were quickly identified through Valley Association members efforts and the other six were identified through the assistance of a volunteer support group called "Frugal Moms". The group coordinator was contacted and quickly agreed to identify the six most needy families. She was extremely grateful for our assistance in making their Christmases so very much better.

# Scotia Vets

---

The "Frugal Moms" group has approximately fifty women volunteers who arrange charity events to provide food and clothing to approximately 125 moms who are in financial distress.

It was explained to the coordinator, the process of us providing assistance included one or more of our volunteers being assigned to each family and our volunteers would be attending the shopping events. We agreed to a volunteer from the Frugal Moms group attending the shopping event as well. The participation of a Frugal Moms volunteer with each family was deemed important since they interact with the families on a regular basis. Many of the moms had been traumatized and their participation would make them more comfortable.

The shopping events took place in various locations throughout the Valley. We insisted on no costly electronics being purchased and the parents themselves placed a priority on clothing for the children. Food chosen for their Christmas dinners were the typical items most of us enjoy ourselves. All in all, it was a gratifying and emotional shopping event, not only for the families, but for our Veterans as well. There was one circumstance where all the monies was spent on the children with the mom not selecting anything for herself. Our volunteer took it upon himself to arrange for the mom to purchase clothing for herself, with our member paying for it out of pocket.

As we all are painfully aware, the cost of turkeys has increased substantially this year so Regional Director, Jim Arsenault, approached Sobeys Food in New Minas, seeking their assistance. This resulted in Sobeys donating eight turkeys and indeed, this was very much appreciated. An interesting circumstance: The day Jim and I picked up the eight turkeys, the customer demand was so great that day that Sobeys literally ran out. However, true to their promise, they had set eight turkeys aside specifically for us when they could easily have sold them due to the demand. Good on them for that.

Over the years we have found this Christmas Family initiative to be extremely gratifying and certainly emotional for the families who otherwise would not have enjoyed presents or a

# Scotia Vets

---

traditional Christmas dinner. Our members here in the Valley quickly stepped up to donate the monies we needed, and there was no shortage of volunteers to shop with the families.

A special thanks to our volunteers, who include:

Joe Troke, Lloyd Vassallo, Jim King, Howard Eaton, Gary Smith, Tim Meldrum,  
Dave & Janne Fairfax, Laurie Ward ,Denis Bouchard, Craig McMullen, Ann-Marie Tetrault  
and Jim Arsenault

We are looking forward to an equally successful Christmas Family event in 2024.

James Arsenault/Sandy Glenn  
Co-Directors  
Valley RCMP Vets Association



Don Legrow is shown here with Howard Eaton to his right and James Arsenault on his left in receipt of his 'Life Membership' Award. These are now known as Exemplary Service Awards.

The photo below, taken at the Christmas luncheon on December 5, 2023 has Howard Eaton and James Arsenault bookending Valley Region's newest members (l-r) Mike Kamras, Billy & Jessie Raymakers, Sandra Wentzell and Brian Wentzell.



# Scotia Vets

---



Usiluk (Sarah) has been in the Halifax Stanfield International Airport since before the Indigenous Games and as part of the 150<sup>th</sup> RCMP anniversary celebrations. She is displayed within the international arrivals area and we are changing the display by placing the RCMP indigenous flag with her. Thank you to all those involved especially Joe Michael, a national elder who, with the support of the local indigenous community, made sure she was an accurate rendition of an indigenous member.

submitted by Brian Carter

---

Cumberland District Christmas Breakfast, December 11, 2023  
at Brittany's in Amherst  
submitted by Al Wellwood



February 8, 2024

# Scotia Vets

Looking at a picture is worth a thousand words and although there are only 47 people in these pictures, we get a thousand-fold return on just seeing ourselves enjoy each other.



All of the many comments I heard were about how good the turkey dinner was and how enjoyable it was to see so many of us together with a chance to chat before the lunch, during the lunch and afterward too.

Of course, most of us were our local group but there were also folks in from 'afar' being: Dan and Goretta Mallet and Gary and Helena McCay from HRM, Wayne and Barb Crossin from Sackville, NB., Greg and Kathy Downing who drove in from Pugwash, while Lee and Ruby Fraser brought along Jill Griffin

and Gord and Jan Hynes from the north shore. Also from the north shore was Miriam Cleough and Mike and Barb Gregory, but we think of them now as 'locals'.

Our local, but retired RCMP Chaplain, Father Andrew Rembarczyk joined us as well and blessed us all with a grace - reminding us too that on this day in 1917 was the Halifax explosion. How fortunate are we not to endure such hardships?

We also remembered the dear folk of our group who passed on earlier this year: Bob Bilby, Art Davy, Margie Dodds (Colin's wife), Russ Durling, Jane MacDonald, Earl Miller and Charlie Parlee.



After many years of serving our local Vets' group as a Regional Director and even more often as the 'go-to-guy' for advice, Gary Bishop was recognized by the Nova Scotia RCMP Veterans' Association with a lifetime membership pin and a plaque to show that he is truly appreciated. Our current Regional Director, Cheryl Young is seen making the presentation to him.

We thanked our hosts, the 102 Wing of the RCAF Association who decorated the hall, set up the tables, cooked our meal on site, tended our tables, opened the bar for us and generally made us feel comfortable = VOLUNTEERS, all of them! I think our investment in their club is worth so much more in raising 'community spirit' than using a commercial site.

# Scotia Vets

---



We finished our lunch and had one last toast to ourselves, wishing each other a Merry Christmas.  
Then: We left the hall with full bellies and happy hearts.



Submitted by Al Wellwood, photos by Jim Webb

# Scotia Vets

---

## When Travelling Outside of Nova Scotia –

### THINGS to KNOW and DO ... (MEDICAL & MORE)

“Snowbird” travel is the focus for many retirees throughout the winter months, and a bit of preparation prior to the travels can make for a less-stressful experience should you encounter a medical issue, a loss of property or find yourselves in need of assistance while away from home. These suggestions are applicable to anytime you are away from your homebase – whether within Canada or foreign.

#### 1. Before you leave /as you pack your hand luggage or carry-on:

- a. Take a photocopy of your passport(s) and drivers license with you. Better yet - have copies on your cell phone.
- b. Carry a copy of your eye-glasses prescriptions and MSI card (front and back) and other health insurance coverage – Public Service Health Care Plan (Canada Life numbers) and if applicable, your extended coverage plan – such as MEDOC/ MEDIVAC/ other providers. Put a copy on your cell phone.
- c. Carry a list of all your vaccinations and medications (prescribed and over the counter). Keep in mind that cannabis – related medications cannot be carried cross-border / internationally. Put a copy of your medications list on your cell phone.
- d. Carry a card indicating who should be contacted in case of emergency. Put a copy on your cell phone.
- e. If you are travelling outside of Canada, it is advisable to notify External Affairs with details of your trip abroad to country XXXX. This registers you with the Canadian Government in case of natural disaster or civil unrest in your vacation destination or an emergency at home. Register online: [Registration of Canadians Abroad - Travel.gc.ca](https://travel.gc.ca/registration) and see: [Registration of Canadians abroad - FAQ - Travel.gc.ca](https://travel.gc.ca/registration/faq) for more details.
  - i. Take a copy of the address for the Canadian Consulate location in the country you are visiting (found in the information above). Put a copy on your cell phone.
  - ii. See also - [Travel advice and advisories - Travel.gc.ca](https://travel.gc.ca/travel-advice) for current listings of areas with possible issues.
- f. Check with your home insurance provider for additional requirements to keep your contents/home coverage in place.
- g. For all Nova Scotia residents who hold MSI coverage for health –

# Scotia Vets

---

- i. **If you are leaving the Province of Nova Scotia for three (3) months or more – call MSI at 1-800-563-8880.** When you call, have your MSI number(s) at hand for their reference (for all travellers in your party). Advise them of your dates away.
- ii. For travel less than 3 months, there is no need to make contact prior to your trip.

*HINT: If possible, also keep electronic copies of all your documents as above – including MSI card front and back, Drivers License, Passport ID page / Canada Life – Public Service Health Care Plan contract and certificate numbers / out of country medical and travel insurance policy number/ list of medications. Keeping these on your phone, tablet or travel computer facilitates easy transmittal of these vital documents via email to any agency requiring same to validate health coverage or to identify yourself when dealing with various providers online.*

2. **Carry all essential** medications in your hand luggage as well as electronic devices, cell phones, tablets and laptops, charging cords and power packs, eyeglasses and other essentials.
  
3. **Travelling with a Disability:**  
**note: MOST PEOPLE DO NOT UNDERSTAND THE DIFFERENCE BETWEEN “ACCESSIBLE” AND “BARRIER FREE”;** misinterpreting the carrier’s or destination’s descriptions can ruin your holiday. Do some research and identify companies where you are headed who are able to rent you replacement mobility equipment in the event your items are lost or damaged during transportation. (not that it would ever happen – but it is a real possibility).

Don’t believe what you read or are told about transportation, hotels, tours etc. Have the provider describe to you what “barrier free” accommodations they offer.

- Call the provider and ask to speak with their accessibility department.
- Describe clearly and in detail any special needs you require.
- Email the specifications of any equipment you are bringing with you (height, weight and width of a wheelchair for example).

# Scotia Vets

---

Photograph your equipment to record the condition it is in before you go. Send the photos to any providers you will be engaging.

If you are renting specialized equipment at your destination, make sure that your hotel, cruise ship or resort will allow it to be used on their property.

4. **Medical Claim within first 40 Days:** Your Public Service Health Care Plan (PSHCP) covers you for the FIRST 40 days (in conjunction with your provincial plan). If you require medical attention or are hospitalized any time within those first 40 days, the **FIRST CALL (before treatment if possible) you make is to MSH INTERNATIONAL** – they provide the Out of Province Emergency Travel Assistance and Comprehensive Coverage under the PSCHP. As of July 1, 2023 this coverage is now valued at \$1,000,000 per trip up to 40 consecutive days.
  - a. **If you are in North America, call 1-833-774-2700 (Toll Free)**
  - b. **If you are International, call – 1-365-337-7427 (collect).**
  - c. **The website is [PSHCP Member Portal \(pshcp-msh.ca\)](https://pshcp-msh.ca)**

THE PSCHP through MSH will coordinate with MSI – there is no need to also call MSI if you have required medical attention or are hospitalized.

5. **Medical Claim after the first 40 days:** Should you require assistance and **have been out of Canada for 40 days or more**, then your first contact is to the provider from whom you purchased that **Extended Coverage**. It is imperative to secure EXTENDED MEDICAL COVERAGE **BEFORE** you leave Canada, if your trip will exceed 40 days. Such coverage is available through many financial outlets as well as through certain associations in Canada. As an example - if you are a member of the Canadian Snowbirds or the Royal Canadian Legion, their travel plan and medical insurance is referred to as Medipac. Members of CARP can apply for CAA coverage. If you are a member of the National Association of Federal Retirees (NAFR) – once known as the “Superannuates” – you may qualify for their plan referred to as MEDOC. MEDOC is administered by Johnson Insurance / Belairdirect. *NOTE: There is no direct medical / travel insurance provided by the RCMP Veterans’ Association.* You **MUST** belong to one of these other organizations to qualify for their programs – or – you can obtain the benefit through other providers such as banks. Check their provisions carefully for extended times away from Canada and the various coverages provided to users.

**If you are covered for Extended Health Care by MEDOC (from your membership in the National Association of Federal Retirees) call:**

# Scotia Vets

---

**Within Canada and USA – 1-800-709-3420**

**In Mexico – 00.1.800.514.7983 (toll free)**

**Worldwide 819-566-1002 (collect call)**

**Your other provider's contact numbers:**

---

- a. Additional Caution: for any extended coverage, you will be required to complete a medical questionnaire related to your current health status and ongoing conditions. Failure to truthfully answer any questions or to omit conditions could result in loss of your coverage should the insurance providers obtain information that you did not answer the questions appropriately.
- b. Further, if your doctor changes your medications, changes dosages or adds a new medication within 90 days of the start of your trip, you may not be eligible for that extended coverage at that time. Check with your insurance provider for clarification.
- c. See all information: [2023\\_policy\\_nafr\\_en.pdf \(johnson.ca\)](#)
- d. There is TRAVEL INSURANCE (trip cancellation and interruption) and there is MEDICAL INSURANCE - be sure you understand the parameters of each.
- e. For medical incidents occurring after more than 40 days of your initial coverage, MEDOC or your extended care provider) will normally coordinate coverage between the health care provider (hospital), the Public Service Health Care Plan provisions and your MSI coverage.

Compiled by:

**Support & Advocacy Committee**

**RCMP Veterans' Association, Nova Scotia Division**

**December 2023**



# Scotia Vets

---

## **Support & Advocacy Committee and Consultants (Spring - Fall 2023)**

Since the late spring and early fall season, your Support and Advocacy Committee and Consultants have been busy answering your messages and phone calls, in delivering information sessions and workshops, and in taking the opportunity to learn new concepts and to be updated on various programs.

**RCMP VA Sydney, NS.** At the request of **Region Director John Ryan**, the Co-Directors of the S&A Committee travelled to Sydney in mid-May to take part in a half-day meeting of the RCMP VA in that area; the headliner for the session was the Canada House operations and activities in that area. Following that presentation, Vic and Jan Gorman spoke to those in attendance with updates on VAC, Canada Life, the Moose Mountie campaign, and other current topics within the Nova Scotia Association.

**RCMP VA Prince Edward Island.** At the invitation of the PEI Veterans' Association, the Co-Directors of the Nova Scotia Division and one Committee member travelled to Charlottetown in early June to support the newly-formed S&A Committee/Advocate for that Division. A full day workshop was presented to the 35-40 attendees and included presentations from a local audiologist, one of the RCMP VAC Liaison Officers, a psychologist, a trauma nurse from a local clinic, and the Nova Scotia Committee Vic and Jan Gorman and Gerry Lapierre.

**S&A Committee & Consultants' Training Day.** On October 23rd, the full Committee and Consultants gathered at a facility in Dartmouth for their annual training day of presentations, information sharing and networking. In total, 29 of those engaged in the S&A endeavours gathered to share experiences, voice concerns and to listen to the guest presenters.

The first presenter of the day was **Jessica Dalziel, Director Clinical Services from Canada House**, an organization with several locations throughout Eastern Canada that provide support to veterans (police and military) and others in understanding and accessing cannabis products and in pursuing various benefits for which they may qualify. Jessica explained how the cannabis plant interacts with the body to treat stress, anxiety, depression, PTSD, arthritis, pain from cancer and HIV, nausea from cancer and HIV, fibromyalgia, ADHD, multiple sclerosis, insomnia and more. There are many methods for the body to accept the beneficial components of cannabis, without ingesting the THC component. She explained the CBD benefits with the end result for the individual often being a reduced reliance on prescription pharmaceuticals.

# Scotia Vets

---

The second speaker of the day was **Chris McNeil, the Chair of the Veterans Review and Appeal Board Canada**. His topic was of great interest to the attendees and Chris was able to clarify the current practises when hearing Departmental Reviews and Appeals of VAC disability decisions. While the Board has a large number of cases on its schedule, Chris pointed out that the emphasis is to give the benefit of the doubt to the applicants whenever possible. However, it is important to note that the applicants must present all pertinent details in their appeals. He urges all applicants to TELL THEIR STORY within their INITIAL APPLICATION to ensure that all their information is part of the record. Any official tribunal will have access to all that information and any other brought forward by the Bureau of Pension Advocate and the client.

S&A Committee member and **Nova Scotia RCMP Veterans' Association Advocate, Steve Graham** reviewed the **Benefit Trust Fund** parameters and processes. In the past, Nova Scotia Division has made good use of this financial aid that is available to former RCMP members or dependents of a deceased former member in need of financial assistance. Applications may require investigation of the current resources available to the applicant and if approved, the financial contributions can make a substantial difference to the lives of those in need. The funds are also available to assist families of an employee who has been killed on duty, to enable them to attend a Force memorial service and a criminal trial, public enquiry, or parole review related that death. Other provisions are for the burial of a former member who dies without sufficient funds for same or for the purchase of wreaths honouring deceased former members. Anyone who may suspect that there is a current need for such assistance, should contact Steve Graham or any of the Support & Advocacy Committee or NS RCMP VA Executive.

For this year's S&A Training Session, the **PEI Advocate Rick Chadwick** along with two committee members and, the **New Brunswick Advocate Joe MacLoughlin** and a NB committee member, attended for the full day session as they to continue to develop their version of the S&A model for their own membership.

**RCMP VA New Brunswick**. On the last weekend in October, S&A Co-Directors Vic and Jan Gorman travelled to Fredericton at the invitation of the RCMP VA NB Executive, to speak at their Fall AGM. Those in attendance heard the Gorman's describe the formation of the Nova Scotia model of S&A and the current activities of the NS group. Many questions followed and extended well past the formal part of the dinner hour.

# Scotia Vets

**Benefits and Information Workshop** – Truro NS. The first post-pandemic full day S&A Workshop took place on November 2 at the Truro Fire Hall. Approximately 55 members and spouses were in attendance, including 17 couples. The first part of the morning was dedicated to **President Howard Eaton of the NS RCMP VA Executive** bringing the membership up to date on the activities over the past two years. He outlined the projects undertaken by the Division and **Treasurer Ian Atkins** discussed the current financial state of the Association. Prior to the morning break, President Howard presented **Association member Alec McConnell** with a plaque of appreciation from The Friends of the RCMP Heritage Centre in Regina for his support of the Collections Unit at the Centre.



**NS RCMP VA Howard Eaton & Alec McConnell      Appreciation from The Friends of the RCMP Heritage Center**



The first guest speaker of the day was **Shalyn Murphy, RW, BSW, RSW** the **Manager of the Nova Scotia Health Authority's New Glasgow office of Continuing Care**. Shalyn described the various programs available to enable people to receive care while staying in their own homes. This includes home nursing care, and support services, funding for caregivers and for needed apparatus. It is accessible to all in the province. Requirements for services are accessed individually and plans are developed for the care to be provided. Should further care be required, then there is the option of moving into long-term care facilities and again, Shalyn described the process for that move and the “rules” around choices of locations and facilities.

# Scotia Vets

---

To obtain more information on any program and service offered, the contact number anywhere in NS is 1-800-225-7225.



Just prior to an in-house lunch, **Past President (National RCMP VA) Sandy Glenn** provided details of the programs and undertakings being pursued by the **National Executive**. His points detailed the Canada Life transition, the Marriage-after-60 issue, and the efforts to develop the Support and Advocacy program nationally. As when he was National President, Sandy continues to be responsible for monthly meetings with the Deputy Minister VAC and those provide a good outlook into the operations of the department that is so critical to the well-being of so many Veterans and families.

Sandy Glenn, Past President, RCMP VA



The afternoon guest presenters were husband and wife **pharmacists Tera Paley-Walser and Lennie Walser** – who own and operate two **Medicine Shoppe** pharmacies in Truro. They are one of the provincial pharmacies involved in Nova Scotia's new **Community Pharmacy Primary Care Program**. Tera detailed that the program was developed to provide free primary care services to those with a NS provincial health care but without a physician and without the need to rely upon emergency departments or walk-in clinics. Appointments are booked for the clinics and the pharmacists handle such issues as prescription renewals, birth control, injections and certain vaccines, assessing and treating strep throat, urinary tract infections, Lyme disease, shingles, pink eye and some allergies and skin conditions. More information can be found at [www.pans.ns.ca/cppcc](http://www.pans.ns.ca/cppcc). Currently, there are 25 pharmacies across the province involved in this program. Any pharmacy in NS can provide some treatments for some conditions; just check with your local pharmacy to determine what they can offer you to support your health care needs.

# Scotia Vets

---

Lennie Walser continued the session with a discussion of the **medical use of cannabis and its potential in therapeutic roles in various chronic diseases and conditions**. Lennie is the co-founder and President of Truro Cannabis and owner of **Optimus Cannabis**, Nova Scotia's first medical only cannabis sales platform. His aim is to provide better health outcomes for his patients through using medical cannabis. Lennie's frank presentation shed light on many aspects of the use of cannabis products, how to procure the products and the safety aspects around using and purchasing the products.

Prior to the afternoon break, **Colchester-East Hants Region Director Cheryl Young** gave a short overview of the **National Association of Federal Retirees (NAFR)**. She detailed some of the major benefits of joining, such as being part of a strong voice advocating for federal retirees in Canada, certain travel insurance benefits for members of the NAFR, and she issued the invitation to consider joining that Association.

The final part of the afternoon was an overview of the **Support & Advocacy program** by **Vic and Jan Gorman**. Various VAC processes were also clarified such as the Disability Pensions and Allowances and the VAC Survivor pensions. Information was shared on the differences between Departmental Reviews and Appeals and on the need to have most pensions and allowances periodically re-assessed. It was also stressed that Power of Attorney documents and the VAC Consent form were important to have on file with VAC and other agencies, and it is equally essential to keep updated all the current and appropriate beneficiaries on the various programs, insurance and pensions held.

Submitted: Jan Gorman



# Scotia Vets

---

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



The 29<sup>th</sup> President of this Division was Reg. # 22257, George Albert Savage. He was born on August 16, 1940 at Noranda, Quebec.

George enlisted in the Royal Canadian Mounted Police on January 4, 1962 at Ottawa, Ontario.

He trained at “Depot” Division in Regina, Saskatchewan. Upon graduating, he was transferred to “J” Division, New Brunswick where he served at Chatham Town, Moncton, Campbellton City, Moncton and Port Elgin. He later transferred to the New Brunswick Identification Section.

George was then transferred to “H” Division, Nova Scotia and served in the Identification Section at Halifax and Yarmouth.

He later transferred to “F” Division, Regina, Saskatchewan and served in the Crime Laboratory. While there, he also attended university training at the University of Regina. He continued to serve at the Crime Laboratory in Regina.

It was at that time that George was involved in what he referred to as “The March East”. He took his family, his horses and his dogs and was transferred to “H” Division and served at the Nova Scotia Crime Laboratory. Apparently, it was quite a move.

George retired in Nova Scotia on June 16, 1987 at the rank of Staff Sergeant.

He continued to volunteer as a Church elder at the Knox United Church in Lower Sackville and commenced a second career as a Financial, Investment and Insurance Advisor.

George joined the RCMP Veterans’ Association on November 16, 1987 and served as President in 2010 and 2011 and as Director of Membership and Recruitment in Nova Scotia. He was instrumental in helping this Division become the largest RCMP Veterans’ Division in Canada. He also served on the National Board of the RCMP Veterans’ Association.

He was awarded the Royal Canadian Mounted Police Long Service Medal with bronze clasp and star and received a Commanding Officers Commendation for his exemplary work on a murder investigation. As a Veteran, George was awarded the Queen’s 60<sup>th</sup> Jubilee Medal and the Queen’s Jubilee, Century of Service Award.

Submitted by Garry A. McCay

Director of History and Artifacts

February 8, 2024

# Scotia Vets

---

On Remembrance day Nova Scotia Vet Howard Eaton marched with a small but mighty group of RCMPVA Vets in the National Remembrance Day ceremony and parade. Howard was in Ottawa visiting his family and decided to take his kit with him and participate in the parade/ceremony.

The weather was more or less cooperative- a tad cool, and the parade and ceremony went off without a hitch. Big crowds, several bands and the monument and tomb of the unknown soldier all combined for a memorable event.

After the service we marched back to the Chateau Laurier where a large group of volunteer staff served a hot and delicious meal to all the Veterans and families who had been in the ceremony.



Submitted by Howard Eaton

---



Nova Scotia Police Curling Association  
Police Curling Championship, January 26-28, 2024  
Glooscap Curling Club, Kentville, NS

Eight teams consisting of 10 serving Peace Officers and 22 Veterans

Congratulations to team Dyke – Chuck Dyke, James McEachern, Darlene McEachern and Jim Flemming, our bonspiel winners and representatives for Nova Scotia at the Canadian Police Curling Associations meet April 6 to 13 in Whitby, Ontario.

The silent (and partially live) auction at the closing banquet saw approximately \$1700.00 being generated which is earmarked as a donation to the Tourette Syndrome Foundation of Canada.

# Scotia Vets

---

The Richard (Dick) Seamone Sportsmanship Award was awarded to Sandra McNaughton after accumulating the most peer votes as the curler exhibiting attributes commonly promoted by Dick Seamone including honesty, fair play, camaraderie, sportsmanship, consideration for others and general overall promotion of good will and fun. Sandra is a first time NSPCA participant and well deserving recipient.

---



January 20, 2024. Mike Gauthier was given his 20-year pin by President Dan McNaughton at the General Meeting.



January 25th luncheon at the Lion's Head, Halifax.

(Dan Mallet)



# Scotia Vets

---

## Editor Notes

I have attached a copy of the letter of thanks our Association received recently in response to your Nova Scotia Associations' donation to Serenity Acres. This facility is a blessing to have within reach of veterans and serving members who find themselves in need of guidance and care while dealing with PTSD. I invite you to explore their website at the address below. The letter is self explanatory and will be found on a full page following this one.

[Serenity Acres Family Ranch – Unplug and reconnect.... \(serenityacresranch.com\)](http://serenityacresranch.com)

I will not be including the 3 page revised contact list for services available to us in this edition. The volume of this edition is quite high, and for that I am thankful for the many contributions. Please locate a previous recent version of the newsletter to access. I do suggest that you extract those pages and save them somewhere easily located in the event you or family need to access this valuable information.

Pat Moran





Serenity Acres Family Ranch  
7321 Highway #1  
Ardoise NS, B0N 1L0  
(250) 858-7328

RCMP Veterans Association  
C/O Howard Eaton  
Mailstop# H-025, 80 Garland Avenue  
Dartmouth , NS  
B3B 0J8

November 20, 2023

Dear Mr. Eaton and colleagues:

Re: Donation to Serenity Acres Family Ranch

I am reaching out to say a most heartfelt thank you. You can't imagine our surprise when we received your card and donation in the mail to assist with our winter hay shortage. We were able to purchase an additional 230 square bales to add to our winter feed. Each horse eats 2-4 square bales in a 24 hour period depending on size and metabolism. Your donation offered some relief! Thank you so very much for your kindness and support.

We would love the opportunity to show our gratitude. I am enclosing some information about the ranch and a few of our "self care" activities. We would like to offer an experience for yourself and colleagues to share our "trade" with you. An opportunity to see what you've supported. We can offer team building days as a group or gift certificates for individuals to visit alone or with family. If this would be of interest. Please don't hesitate to contact me. My personal mobile is ~~#####~~.

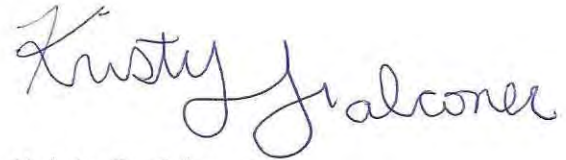
A few of the activities we offer are:

- Equine Assited Learning ( No riding involved)
- Beginner Level Mounted archery ( No riding involved until archery skills are strong)
- Trail Rides
- Saltwater Therapy Spa (7 seats)
- Natural Horsemanship
- Community Garden ( indoor garden in winter)
- Bon Fires
- Petting Zoo
- Equine Care Education
- Respite Trailer For Peers with PTSD needing a safe space
- Resource network for PTSD support

I look forward to hearing your thoughts.

---

Warm regards,

A handwritten signature in cursive script that reads "Kristy D. Falconer". The signature is written in a dark ink and is positioned above the printed name.

*Kristy D. Falconer*

(Owner Operator)

[www.serenityacresranch.com](http://www.serenityacresranch.com)

[serenityacresfamilyranch@hotmail.com](mailto:serenityacresfamilyranch@hotmail.com)

# Scotia Vets



**Nova Scotia RCMP Veterans' Association**  
**2024 Lottery**  
**9 Chances to Win a Cash Prize**  
**3 X \$1000 and 6 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**

<b>In Person:</b>	Cash / Cheque or Money Order [Pay directly to Treasurer - Ian Atkins]
-------------------	---

<b>Mail:</b>	Mail Cheque or Money Order to: <i>[Do not send Cash by Mail]</i> Nova Scotia RCMP Veterans' Association Mailstop# H-025 80 Garland Ave., Dartmouth, NS B3B 0J8 Attn: Treasurer 1. Include a notation the payment is for the 2024 Lottery 2. Include ticket owner's name & telephone #
--------------	--

<b>Draws: 9</b>	<b>A Cash Prize will be awarded according to the Draw Schedule</b> <b>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.</b>
-----------------	---

\*\*\*\*\* **DRAW SCHEDULE** \*\*\*\*\*

<b>Ticket Cost</b>	<b>Purchased prior to Draw on</b>	<b>Cash Prize</b>	<b>Eligible Draws</b>
<b>\$45</b>	<b>February 17<sup>th</sup></b>	<b>\$1,000</b>	<b>9</b>
		NS Lottery Lic #	AGD-335586-23



## Support & Advocacy Committee - 2023 Year-End Report

### Nova Scotia RCMP Veterans' Association

**Highlights:** During 2023, many of the “normal” RCMP Veterans’ Association activities were able to return to primarily live gatherings and in-person one-on-one interactions through travels about the area and in meetings and workshops. The Support & Advocacy Committee conducted its usual monthly meetings in the late spring, fall and early winter. This also included a full day training session in the fall for all Committee members and Regional Consultants; this year, 27 persons participated including the RCMP Veterans’ Association Advocates from Prince Edward Island and New Brunswick.

This year saw the return of full-day workshops for the membership and spouses in Nova Scotia as well as one in Prince Edward Island. In addition, the S&A co-directors presented information at meetings in Sydney in May and another in Fredericton in late fall.

The election of a new Nova Scotia RCMP VA Executive in late November brought two new individuals to the table for monthly meetings as they learn more of the work and focus of the Committee.

### Who Has Been Served:

Statistical returns for the 2023 Support and Advocacy Committee activities were gathered in late December 2023 and include actions from December 1, 2022 to November 30, 2023 inclusive. This year’s tally pointed to an increase in the number of contacts from the previous year, possibly as a result of more in-person interactions. The contacts made included dealings with all categories of persons (serving RCMP employees and spouses, former and retired members of the RCMP - whether or not Association members - and their spouses, and friends /family/ first responders/ military). The previous year (2022) contacts numbered 465 persons; for 2023, that **number has grown to 529 contacts within all categories of those served – an increase of 14% from 2022**. If the current number (529) is compared to the contacts in the first year of the pandemic in 2020 (381), **the increase for 2023 is an impressive 38% from four years ago**. In total, over the years (2020-2023) that encompassed the COVID restrictions and then moving forward into the reduced meetings and gatherings participation as the pandemic restrictions lessened, there were 1917 contacts tallied.

*Many contacts are often made and information shared, in small informal coffee and social gatherings between VA members, other retirees and spouses. Often, these interchanges may not result in a Committee member recording the interaction at that time. It may only be once the retiree moves forward on an application for a benefit that later interactions for further assistance get counted. But the “seed” has been planted, the myths debunked and more accurate information is circulating. The most positive result is that many topics (such as having a VAC disability pension, the specific allowances available to RCMP and life-long benefits to the member and spouse, and the specifics around operational stress injuries) are no longer “off limits” in discussions.*

**The majority of the interactions reported in 2023 – approximately 70% (371) - were with former /retired members and spouses/families of the RCMP in Nova Scotia.** This percentage is consistent with that in the previous year (69%). Of that 2023 total of 371 persons included in the RCMP “family”, **67% (249) were in fact, members of the RCMP Veterans’ Association;** the remainder of those retirees/former members served were non-Association former/retired members and their spouses.

*Note: It is the position of the NS RCMP VA and the Committee and Consultants is that service will be provided to ALL who have served, regardless of membership in the Veteran’s Association.*

Serving members of the Force continue to be referred by the “H” Division RCMP Wellness unit or to make contact on their own with the Committee and Consultants. **In 2023, 95 current RCMP employees reached out to the Committee and Consultants, a 10% increase from last year. Since 2020, there have been a total of 367 serving uniformed RCMP members and employees access the services of the S&A Committee and Consultants in NS.** Most were requesting assistance with the VAC process and clarification of the benefits while serving and post-employment. In several cases, these persons were looking at Medical Discharge from the Force and working towards ensuring that their conditions were also awarded VAC Disability Pensions.

- The NS RCMP VA program “*We’ve Got Your Back*”, which entails the distribution of Big Foot Moose / Bear Mountie stuffed toys to each of the 52 Detachments in Nova Scotia continues to result in more contacts made with serving employees within the detachments. Begun in 2020, the MOOSE MOUNTIE initiative continued throughout 2023 as the Nova Scotia RCMP VA now supplies replacement toys to the Detachments when required. A fall 2023 sponsorship drive to the VA membership resulted in 105 toys being sponsored guaranteeing sufficient stock to keep the detachments supplied throughout 2024.

Included in the total number of those served were RCMP veterans in other provinces / Divisions. **Former RCMP employees accounted for 42 of the calls that came from other provinces and territories.** It is not known if any were members of the RCMP VA in those areas. The remaining 29 contacts came from friends or adult children of members, from Military and other First Responders. This is consistent with the previous year’s activity in this category. Most of all these contacts were as a result of referrals from friends or family who had dealt with the Nova Scotia S&A Committee/ Consultants in the past.

### **What was Done:**

#### **Special Meetings:**

- May 17, 2023 – VA meeting in Sydney, NS – presentation by Canada House director and staff discussing the uses of medical cannabis products and linkages to veterans. This was followed by Support & Advocacy Committee updates by the co-directors.
- October 28, 2023 – The NS S&A Co-Directors were invited to present to the New Brunswick Fall AGM in Fredericton to outline formation and benefits of a Support & Advocacy Committee and to support the NB RCMP VA Advocate in the S&A concept development for New Brunswick.

#### **Benefits and Information Workshops:**

- June 5, 2023 – The NS S&A Co-Directors assisted in the delivery of the first full-day S&A Benefits and Information Workshop in Charlottetown Prince Edward Island to support the PEI RCMP VA Advocate in

the development of the S&A concept for Prince Edward Island. Guest speakers included a psychologist, local audiologist, a nurse manager from a local veterans' support group and an overview of the S&A concept by the NS Co-directors.

- November 2, 2023 – The first full day post-pandemic S&A Benefits and Information Session for Nova Scotia veterans and families was conducted at the Fire Hall in Truro and was well attended by members from that area and many who travelled from Halifax area. The topics included a presentation from a nurse coordinator with NS Health Continuing Care who outlined provisions in place for Nova Scotia residents seeking to remain in their own homes as they age and she also discussed the process to enter nursing homes. The second keynote presentation was from a local husband/wife pharmacist team who operate a business in the Truro area and offer medical cannabis services as well as participating in expanded roles for NS pharmacists. Other speakers included the NS RCMP VA President and Treasurer giving the attendees updates on their NS Veterans' Association activities and the Past President of the National RCMP VA providing information on the focus of the National Executive and Directors.

### **S&A Committee & Consultants Training Day:**

- October 23, 2023 - The annual full-day Training Day was conducted with in-person attendance by twenty-seven Committee and Consultants including the New Brunswick and Prince Edward Island Advocates. Topics included an update on the July 2023 changes to the Public Service Health Care Plan, and updates from the National RCMP VA Past President Sandy Glenn, the NS RCMP VA President Howard Eaton, the National Benefit Trust Fund Coordinator Steve Graham, and the Committee Co-Directors Vic and Jan Gorman. Highlights of the session included guest presentations by the Director of Clinical Services for Canada House (understanding medical cannabis) and by the Chair of the Veterans Review and Appeal Board (responsible for all VAC appeals). This latter speaker shed light on the VAC appeals process and the current trends within the decisions.

### **Veterans Affairs Disability pensions and supports:**

- Most of the work undertaken by all Committee and Consultants continues to involve providing assistance with Veteran's Affairs Canada (VAC) initial applications for disability benefits and allowances, for re-assessments of conditions and for making application for Attendance Allowance. Of the 1434 different actions\* recorded by the Committee and Consultants, almost **60% of the efforts were related to working through the various VAC applications and processes.**
  - **\* "actions" include assistance with VAC and CRA DTC document preparations and processes, referrals to medical professionals, funeral and post-death assistance, headstone provisions, retirees' benefits for health and dental insurances including the awkward transition to Canada Life on July 1/23, sourcing of mobility aids, CF1 cards and MORE.**
- Much of the support in the preparation of VAC applications, reassessments and appeals may involve multiple sessions in person / online/ by telephone with some of the applicants and can include an initial meeting with the member and spouse to explain the processes and to explore the conditions that might be covered. Generally, these first meetings can be up to two hours long. Following that, the Committee and Consultants may assist with developing and then reviewing the narratives to support the applications, sometimes suggesting other sources of information that could be used to support a

claim (such as medical/service/personal files, statements from spouses and co-workers and other related items to attest to the injury).

- For many of the persons covered by existing pensions and allowances, the Committee/Consultants also review their current statuses periodically to determine if the members should be re-evaluated/re-assessed for changes in their condition. Requests have continued to increase for the VAC Attendance Allowance, Exceptional Incapacity Allowance, and other VAC benefits following awarding of initial VAC disability pensions.

#### **The Benefit Trust Fund:**

- In late summer of 2023, the remaining Nova Scotia widow (age 90+) passed away; she had been in receipt of the BTF support for over 20 years. No other candidates for the assistance have been identified to date, however, efforts continue to engage chaplains and others so that they are familiar with the program that could be used to provide assistance to individuals in the future.

#### **Bereavement Assistance at the time of funerals and timely Post-Death Transitions of pensions:**

- For the surviving spouses, this activity continues to be one of the most valued services offered to the retirees and spouses. Often the survivors have no idea of the entities to contact following the death of a retiree and that their medical and dental insurances plans are also linked to the requirement for timely notification of a passing. Such notification is also essential to eliminate the chances of overpayments of pensions. As with any of the assistance provided by S&A Committee and Consultants, the services are offered regardless of membership in the Veterans' Association.
- **Pre-death preparation** has also been an emerging trend as many retirees understand the need to prepare their affairs for the eventually of their passing. This is especially true for those who have chosen Medically-Assisted in Death (MAID) provisions. **The Survivor's and Executor' Guides and Checklists** continue to be updated with the Nova Scotia details.

#### **Research Undertaken:**

- Over the year, research was conducted to assist in gathering information related to environmental conditions and medical issues that impact the former employees of the RCMP and **to support some VAC applications**. This function also serves to provide more in-depth knowledge of the various workplace hazards, of the impacts of certain injuries, and of the success in pursuing compensation for such injuries. Topics covered included: obesity and PTSD, hypertension, various cancers and exposure to carcinogens and radiation. In addition, the **published findings of the Veterans Review and Appeal Board (VRAB) are a valued resource** to determine appealed cases that were successful and unsuccessful and the wording that is used often provides clues to the elements that make for a successful appeal.

#### **Mobility aids and Equipment for the Disabled:**

- The year again saw continued generous donations to the NS RCMP Veterans' Association of sick-room furniture (beds, rails, powerlift chairs) as well as various mobility aids (walkers of various styles and canes). These donations represented thousands of dollars and all were quickly distributed to members of the NS VA and families. In all cases, the recipients would not have qualified for these apparatuses to

be provided to them through any VAC program and they would have needed to personally purchase them and then apply for partial reimbursement from the Public Service Health Care Plan. In some cases, there would have been no opportunity for such payments. The items donated and re-gifted have the potential for long-term usage and are much appreciated by the members and families. Some items have been re-gifted several times and the membership are encouraged to offer up these whenever possible.

### **Division Advocate Activities 2023 – Advocate Steve Graham**

- Advocacy for the 2023 period specific to Nova Scotia covered a broad section of topics:
  - Halifax District Police Review and submissions to the Board of Police Commissioners,
  - Attendance at public meetings across the municipality for the Cumberland Police Review,
  - Outreach to community leaders, outreach to RCMP management, and presentations at an RCMP POWPM.
  - Individuals also contacted the Association for assistance for specific matters involving their historical service or rumoured potential internal RCMP policy concerns."

### **And Finally - With THANKS .....**

**Appreciation** is extended to all those who gave of their time and energies in 2023 to contribute to the work of the **Support and Advocacy Committee**: Brian Flanagan, Wayne Maxwell, Gerry LaPierre, Gary Grant, Karen Broydell, Ed Walsh, Keith Boutilier, Steve Graham, Brian Carter, Keith Sherwood, National RCMP VA Past President Sandy Glenn, Nova Scotia Division President Howard Eaton, and to all **Region Consultants within Nova Scotia** – Jim Arsenault, Don LeGrow, Ralph Pietersma, Baxter Upshall, Lindy Glenn, Mary Lane, Steve Mills, Tom Bennett, Barry Lannon, Chris Paley, Allan Wellwood, Gary Bishop, Larry Archibald, Lee Fraser, John Ryan, Donald Walsh, Sharon Eaton, Jamie Greene and Gary Smith. **Welcome** to new Consultants Cheryl Young, Karen Holmes and Jeff Holmes.

Late in November 2023, the S&A **also welcomed the new Nova Scotia Executive** representatives on the S&A Committee meetings – incoming President Dan McNaughton and 2<sup>nd</sup> VP Patricia MacNeil.

**Special mention** to previous members of the S&A Committee and Region Directors who continue to offer their assistance throughout the year, when the need arises – Ian Atkins and Garry McCay, Darryl Cook. Thank You to Master-at-Arms Pat Moran for his timely communications and coordination when there has been a death within the Association. And Thank You to Communications Director Joanne Caruso for the timely posting of the S&A messages to the membership.

*This report has been compiled based upon the statistics and reports submitted in December 2023 by the Support & Advocacy Committee and Region Consultants.*

*Respectfully submitted:*

**Jan & Vic Gorman, Co-Directors Support & Advocacy Committee,**

**Nova Scotia RCMP Veterans' Association**

**January 10, 2024**

# Scotia Vets



## THANK YOU TO ALL OUR SPONSORS THIS YEAR!!!!



This year's campaign for the Moose & Bear Big-foot Mountie plush toys was a resounding success with a total of 73 members of the Nova Scotia RCMP Veteran's Association stepping up to sponsor 105 toys to be donated to the "H" Division RCMP detachments.

Your continued support in this initiative is greatly appreciated as we move into our fourth year of providing these items to those serving throughout the province.

### Donors - Fall 2023 sponsorship campaign:

**AGE**, Doug, **ANONYMOUS** – 3 members from South Shore Region, **ATKINS**, Ian & Cherlynn, **BARRO**, Terry, **BILBY**, LaVonne - *In Memory of Bob Bilby*, **BISHOP**, Gary & Jean Anne, **BOUTILIER**, Keith & France, **BRIGGS**, Jamie, **BUCHANAN**, Don & Ellen, **CLARKE**, Darlene, **ELLIOTT**, John, **FLANAGAN**, Brian, **FRASER**, Neil, **GERRARD**, Barry, **GLENN**, Linda & Sandy, **GREENE**, Richard (Dick), **GRIST**, Doug, **HANNON**, Jim, **HALLIDAY**, Anne, **HIMMELMAN**, Barbara - *In Memory of S/Sgt. David Himmelman*, **JOHNSON**, Philip, **KEANE**, Leland, **KELLY**, Judy, **KRAMERS**, Maarten - *In Memory of Joey and Pauline*, **LORD**, Roberta, **MacRAE**, Don, **MacINNIS**, Genevieve, **MacNEIL**, Patricia - *In Memory of John McCormack*, **MALLET**, Dan & Goretti, **MASON**, Archie, **MATTHEWS**, Julie & **GRANT**, Gary, **McBEATH**, Edward "Ned", **McKAY**, Alan, **MERRICK**, Stephen & Ann, **MILLER**, Linda, **MILLS**, Steve, **MITCHELL**, Lloyd & Lynda - *In Memory of grandson Clark Antle, St. John's NL*, **MOSHER**, Angus, **MURRAY**, Rita - *In Memory of Brian Murray*, **NYMARK**, Peter, **PALEY**, Chris, **PARKER**, Chris, **REID**, Tom, **ROY**, Ruth, **SIDHU**, Sharan, **SOUTHERN**, Donald, **SUTHERLAND**, Wayne, **TOWNSEND**, Tom, **WARNICA**, Ken and Karen, **WEST**, Gordon, **WHITE**, Gerry, **WOOD**, Vince and **WOOLRIDGE**, Peter

*Submitted by Jan and Vic Gorman*

*Dec 30, 2023*

