



Scotia Vets

March 1, 2026

RCMP Veterans' Association, Nova Scotia

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From the Editor's Desk

Nova Scotia RCMP Veterans' Association is one of, if not the largest, within the Veterans' Association national network. As of January, we are 984 members in strength across all categories. That is impressive and we continue to grow. Our Support and Advocacy group is very strong and very much an influence on our membership numbers. Their annual report for 2025, which is found within this release, speaks for itself. Well done and thank you to all involved.

Along with the usual history offerings you will find many activities have been undertaken throughout our service area with offerings from Yarmouth to Sydney. Much of this relates to membership camaraderie and benefit(s) to the communities in which they reside.

Of special note, this past Christmas our Association reached out to the spouses of departed members to let them know they are valued and not forgotten. In concert with this endeavor, the 'fruit cake' committee engaged with a unique Halifax Region employment enterprise to assist and boy did they do just that.

Prepare yourself for another adventure through the eyes and words of your fellow association members and their continued contribution to our (your) communities.

Please keep the stories coming.

Pat Moran





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This is one of many interviews conducted with retired members of the Royal Canadian Mounted Police, Marine Division. This interview was conducted on June 3rd, 2016 by Maarten Kramers.

JAMES (JIM) McGINIS

James (Jim) McGinis, Reg. # M-267 and Reg. # 27889, is a retired member of the Royal Canadian Mounted Police, Marine Division and Land Force. Jim was born at Annapolis Royal, Nova Scotia on October 4th, 1947.

When asked about any jobs he may have had before he applied for the Force, he replied, "Basically, just had summer jobs. I did a short stint for Parks Canada doing some electronic surveying at Fort Anne. My friend and I joined the Force right out of high school".

"I joined the Marine Division October 16, 1967, in Halifax. It was sort of a dream of mine. One year during the Apple Blossom Festival, they came to Annapolis Royal. There were two RCMP officers in red serge on motorcycles. I was probably nine or ten years old. My grandparents ran the goal and they knew one of the officers. I was talking to him, and he took me for a little ride on his motorcycle. It cemented my dreams of becoming a member."

"I applied as a regular member, but when the opportunity arose to get my foot in the door, I took that opportunity. My last year in high school, I enrolled in a commercial course to learn how to type. I was told it was an important thing in the Force. It took about a year and a half to get in and my family was quite pleased with my decision."

"I trained in Regina. I didn't actually go to Regina until October 1968. Once I was sworn in, I went to the 'Irvine' that was docked at the dockyard in Halifax. It was a barracks ship. You would be farmed out to a ship if they were short of a crew member".

"I went to Regina by train. It took about five days and there were maybe ten of us. We picked up some from New Brunswick. They were all Marine Constables. I remember it was bitterly cold. A lot colder than I ever remembered in Nova Scotia. The wind was blowing and we were picked up by an older bus and taken to barracks and the process started".

When asked how he found the food in training, he responded "I had no complaints whatsoever about the food. I was one of those guys that could eat whatever and not gain weight.



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I don't recall any meal that turned me off. There was more variety than on the barrack ship. There was thirty-two men in our dorm".

"We had a basic training for two months. A basic introduction to law and powers of arrest and so forth and I found that very interesting. I quite enjoyed the swimming. I had my bronze cross when I joined so swimming wasn't an issue for me. When I went back to training the second time, training was about two and a half months. It was May 1970 and it was right around to time that the Marine Division was making changes and I had an interview regarding cross-over and I had no problem with that at all."

"When I graduated from Marine training, we wore brown serge at the graduation. The second time it was red serge. I felt very proud. I didn't have any family out for that. I felt very lucky and very proud to be able to wear the uniform. It was a nice feeling."

"When I left training the first time, my first posting was the RCMP 'Wood' which was a one-hundred-sixty-five-foot vessel out of Halifax. I was considered a seaman. When we were on patrol, you would be either on the wheel or doing maintenance on the ship. When we went into Saint Johns or Quebec City, everybody was tasked with searching ships. We did some patrols up the Labrador coast with the 'Wood' and I remember a couple of patrols when we moved a member's belongings up to Hopedale or Nain and we picked up a mental patient that was a doctor that we brought back out. I was on the 'Wood' for almost a year."

"On my first trip on the 'Wood' over to Newfoundland I thought I was going to die I was so seasick. I learned very quickly that the sea and I weren't very good companions. After a couple of days, it passed and you would get used to it. I was never so glad to see land."

"My next posting was a short one, on the 'Nicholson'. It was being commissioned and deployed to Charlottetown. I was on it for a month or so and then I came back to Halifax and I was on the 'Irvine' again until I went on the 'Adversus' which was a smaller, faster boat, a one-hundred-twenty-five-foot cutter and there were about twenty-eight of us on that. I spent five or six months on the 'Adversus'".

"We operated in the summer from Halifax along the south shore then came around as far as Digby. It was a good posting because there were only a few of us and we were doing small boat enforcement, regulations and checking sail boats. I was a good way to spend the summer."



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“Bill Vance was the skipper. We went down to the Lunenburg Exhibition. My fiancée at the time, now my wife, was at Dalhousie University and she went down to Lunenburg to enjoy some of the festivities. Bill asked me if she would like to come back with us on the boat and I said yes, she would probably really enjoy that. Little did I know. We were on the way back and the term “she was flat ass calm” and there was just a little tiny swell and Jean got very, very sick and Bill generously gave up his bunk so she could lie down.”

“After that I went to the ‘Fort Steele’. I think we were over in Saint John and coming back we had a really rough trip. The Bay of Fundy was really, really rough. When I got back to Halifax, I had a staffing interview. That is when they initiated the switch-over. They wanted to see if I was interested in doing that. I had the opportunity and it wasn’t a hard decision after that rough trip.”

“I went back to training in May of 1970, and I was there for a little over two months. It was a very condensed course, sort of a crash course. A lot of material in a short period of time. We still had drill and PT (physical training) and we did some night classes to get us through. Another proud moment when we passed out.”

“From there I went to “B” Division, Newfoundland. Corner Brook Rural Detachment under Clive Strome who was an ex-Newfoundland Ranger. He was an older guy, seasoned police officer, a really nice guy. I was there for over two years. We covered many islands down by Lark Harbour, York Harbour, Frenchman’s Cove and Benoit’s Cove and down to McIvers. A very pretty area.”

“One interesting thing was once you got past Benoit’s Cove, the road was a dirt road, and you lost radio contact. You had to let telecoms know how long you would be out. If they didn’t hear from you, they would have somebody go down to have a look for you.”

“Most times if you didn’t report right away it was because you were having a cup of tea with somebody in the community. They would be hurt if you didn’t stop in. They would clean the fridge out, lobster and fish. I really enjoyed my Corner Brook experience. I lived in barracks for the first year and then my fiancée graduated from Dalhousie in 1971 and we got married. After that I went to the city. I was in Cornerbrook for four years and then I transferred to Wabush Lake Detachment which was a mining community in Labrador, adjacent to Labrador City Detachment. Wabush had three members and Labrador City had twelve uniformed members and a GIS (general investigation section) and a drug section.”



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“Labrador City was about five miles away from of Wabush and we were there for the mine. The mine paid for the finest accommodations. I think they had an agreement with the Force that we would maintain a detachment there. There were a lot of single men living in bunk houses and there was a lot of alcohol and drugs. It was isolated in the sense that there were no roads out. You had to put your car on a train and bring it up. Our success rate for stolen vehicles was excellent. I was in Wabush for approximately three and a half years and then the Force closed that detachment and I moved to Labrador City Detachment for roughly six or seven months.”

“I ended up in “J” Division, New Brunswick in 1978 and was there for six years. I went to Customs and Exise and Migration Section. I got promoted in Saint John. I had a staffing interview and they sent me for language training which lasted for about four months. I think we started with twelve in the class and two actually finished. I had another staffing interview and I ended up going to Toronto, Commercial Crime Section. I ended up doing a fairly large investigation on Irving Oil tankers. I had actually seized four of them for a short period of time until Ottawa called and said ‘let them go’. They were getting repairs outside of where they were involved in the shipping trade but they didn’t declare it.”

“I was seconded to the VIP section. They were having problems in British Columbia. A Sikh was killed in British Columbia and the Indian Consulate in Toronto had protection including the Consulate General. I spent the next six months in front of his residence or sitting outside of the door of the Consulate. It was somewhat demoralizing. A friend and I spent a lot of time playing backgammon on the police car in front of the residence. I couldn’t believe they paid us to do the job. The Consulate General was fine with us but terrible to his own people. It was a different class structure thing and it was hard to get our heads around some of the stuff we saw. We were there to protect him.”

“My time there in Commercial Crime was quite interesting. I had a little background. I took an accounting course at the University of New Brunswick in Saint John and I was working in the tax section of the Commercial Crime unit. We looked at organized crime and used the Income Tax Act to get them. Much like Al Capone.”

“This work was much different than when I was in Newfoundland. There you were dealing with people in uniform. That is one of the things that I noticed. I’m not slamming anybody that goes directly to “O” Division from training. I had discussions with other members. I found guys were uncomfortable dealing face to face with people. They didn’t have the contract experience. I think everybody should, out of training, go to a contract province for at least five years. It teaches you about yourself and about other people.”



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“While I was in Toronto in Commercial Crime, I worked on a really complex investigation with three lawyers from the Department of Justice. I executed the first search warrant in the Guernsey/Channel Islands. I was there for almost a month, photocopying and seizing documents. Then I spent another month in London doing the same thing. The fraud involved something like ninety million dollars. I worked on that for almost two years with the lawyers.

“While in Toronto I was looking for a little excitement. The Force was asked to send one hundred members to the U.N. first deployment in Namibia, Southwest Africa. I remember the fax coming out asking for volunteers and I went home on the weekend and talked with my wife and family. They all agreed I should do it, knowing I would be away for six months. I was accepted and two weeks later I was in Ottawa getting briefed on what to expect. I left in October 1989 and came back in April 1990. I would say it was one the highlights of my career because it took me back to what I experienced in Newfoundland.”

“While I was there, I monitored the South African Police and also did patrols. I ended up in a little place called Karibib which was an hour and a half outside of the capital Windhoek, working with a number of officers from Fiji. I was then asked if I was interested in going to a little place called Aimhana on the Angola border. There was some racial issues and it was a mess when I got there. When I got there, I was the only white police officer. The rest of the Canadians arrived two week later. I can remember going to a U.N. medal presentation with about fifty other officers. It wasn’t hard to pick out Waldo in that crew.”

“I remember arriving there after driving a day through the bush. When I got there, I couldn’t find anybody. There was one guy and he was asleep when I walked in and when I asked him where the acting station commander was, he said he was down at the bottle shop which was the drinking place. I went down and he was there with about five other officers having drinks.”

“We had to get things back on track. Luckily enough, just four months before I had been on a SPAT course. What I found was that none of these guys had any feeling of accomplishing anything because they weren’t given any tasks. The station commander gave it all to the white police officers and the morale was terrible. We got everybody a job, to do patrols along the Angola border.”



When asked about a humorous incident that was part of his career, he said “I would have to go back to Corner Brook. There were two hospitals. One dealt with maternity and less serious things, not that it wasn’t serious and the other had a cardiac unit. I remember doing patrol in a rural area and this car was going quite fast and flashed its lights at me and pulled over. He got out and pointed in the car. I couldn’t see much in the car. The whole family was in the car but I noticed a very pregnant girl. I put on the lights and siren and escorted them to the hospital. I called ahead and told them we were coming. The nurses came out. I ran and opened the door and an eighty-year-old lady got out. She was having a heart attack so we had gone to the wrong place. It was humorous and she turned out fine.”

“As for an incident in which I feared for my life, there was an incident which in retrospect I should have feared for my life, but I didn’t at the time. When I arrived in Cornerbrook in 1970, if somebody was picked up for impaired driving, the magistrates didn’t take their license at the time. The Motor Vehicle Branch would send out what they called a license seizure and usually the junior guy on detachment got the file and would go out and retrieve the license and send it in.”

“Anyway, I had one for a guy named Charlie Hatcher. I remember going to his house. He was drunk and I told him that I needed to get his license. He swore at me and told me to come in. He said he had to go upstairs to get his license. I could hear him thumping around up there and five or six minutes later, he came down and threw the license on the table. I showed him the necessary paperwork and left.”

“Never thinking anything more about it, a week later his wife phoned the city detachment complaining that he was drunk and abusive. Ross Black and Earl Roddick went up. Charlie Hatcher was lying in the ditch with a .303 waiting for them. He shot Ross but he didn’t die. Earl exchanged gunfire with him, shooting him but not killing him.”

“Where this took a turn was when the GIS guys interviewed Charlie, he said he was going to shoot the little prick that came to get his license but his wife hid the bullets to his gun. When he had gone upstairs, he wasn’t looking for his license, he was looking for the bullets to his gun. My service would have ended that day. Charlie got two years.”

“I retired on April Fool’s Day in 1996. It was a Force adjustment thing. I took the package to my accountant, and she said I would be crazy not to take it. At that time my father had passed away, and my mother was on her own and I figured it was a good opportunity to come back home.”



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“They were somewhat timid to go out because of the land mines. I started to go out with them. If you didn’t see tire tracks, you didn’t go there. You would run into these young Angola soldiers, probably seventeen years old, carrying AK-47’s. It was really interesting. One of the highlights of my career. But it was good to get back home. It was a long time away from the family. Back then there was no internet and there was one time, my wife hadn’t heard from me for over a month. It was a bit of a challenging thing.”



Jim McGinis in Depot (l) and aboard MP Wood at Lunenburg 1968 (r)

When he was asked what shaped his career, he responded “the whole experience within the Force slowly made me a better person and a more understanding person. Newfoundland was a rough spot, especially outside of Cornerbrook. I learned quickly that you get more with honey than you did with vinegar. Your best tool wasn’t on your hip, it was your mouth. It could get you out of a lot of trouble”.

“I remember going to a domestic dispute in Jelly Bean Square in St. John’s, which was a multicolored place on top of the hill. I don’t remember his last name. Bill was big guy, probably two hundred and seventy-five pounds and really well built. I had played basketball with him or against him so he knew me and right off the bat the whole situation changed from confrontational to subdued. Had it not been for that, there would be a good fight.”

“We would do foot patrols in Corner Brook back in 1973 and the C.O. of the time said that members would be in boots and breeches all summer, probably because of Centennial Year. Doing foot patrol on West Street, it looks pretty sharp. But when you’re doing night patrols in boots and breeches and spurs and you are chasing somebody through the woods, it is not a fair fight, let me put it that way.”



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“One of the proudest moments I have had other than my own graduation, was attending my son’s graduation in 2002 at the RCMP ‘Depot’ and being able to present him with his badge. If I had to do over again, I wouldn’t change a darn thing”.

Submitted by Garry A. McCay

Director of History and Artifacts

Support & Advocacy Committee – Nova Scotia – Fall 2025 RCMP Veterans’ Association



Since the Workshop in Middle Sackville and the RCMP VA Homelessness Initiative briefing, both held in late spring, the Support & Advocacy Committee around the province have continued to be actively engaged with the membership, including retired and still- serving RCMP and their families. The Committee has assisted with numerous applications for Veteran’s Affairs Canada disability pensions and other VAC entitlements, with applications for the Canada Revenue Agency Disability Tax Credit, with obtaining mobility devices, and with transitioning pensions to survivors following the passing of the veteran.

National development of Support & Advocacy program: Immediately following the Thanksgiving weekend, Steve Graham, and Vic and Jan Gorman flew to Ottawa to attend the second development conference for the Support & Advocacy concept within the RCMP Veterans’ Association. They had initially been part of the western conference held in Edmonton Alberta in Spring 2024. Representatives from the four western provinces and New Brunswick attended at that time. The October 2025 session included representatives from Ontario, Quebec, Prince Edward Island and



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Newfoundland/Labrador. The Nova Scotia Concept was reviewed to give some idea of how the Nova Scotia Committee was constructed, its parameters and how it built upon experiences. It is anticipated that each Division will adapt the concept to fit their own capacity and membership demands.

Training Day: On October 20th, the entire Support & Advocacy Committee from around Nova Scotia gathered for the annual one-day training session. This year, the venue was at the Commissionaires Nova Scotia headquarters in Bedford. The partnership with the CNS has enabled us to include their recruiters in several of the Workshops, they have been sponsors of the annual golf tournament, and they readily permitted our usage of their meeting facility. Representatives from New Brunswick S&A also attended.

The guest presenters included Commissionaires Nova Scotia (detailing new employment initiatives), the Support for Operational Injuries (SOSI) coordinator for H Division RCMP discussing the program to support for serving and retired RCMP employees, and three Regional-level managers from Veterans Affairs Canada (VAC) who provided overviews of the programs currently available to the RCMP and clarification of several points of concern from the Committee members.

Updates were provided to the thirty-seven persons in attendance relating to various programs such as the Benefit Trust Fund and the Homelessness Initiative.

This day proves to be an excellent venue yearly for sharing information and experiences and to gain new knowledge related to supports and programs for retirees, families, and seniors.

Workshop #2: The second 2025 Benefits and Information Workshop was held on October 30th at the Amherst Golf Club. Forty-seven participants attended this day-long event including RCMP VA retired members with spouses, some non-Association members, as well as several serving RCMP from Nova Scotia. Because the location was close to two neighboring Divisions, members of the Prince Edward

Island and New Brunswick RCMP Veterans' Associations were invited, and participants from those areas joined the day's session as well.

As has been the practice in these Workshops since the Pandemic, the first part of each Workshop is dedicated to updates on the Association business and initiatives from the Executive. In Amherst,



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President Dan McNaughton provided an overview of the Nova Scotia Association's activities and some clarification of initiatives from a National RCMP VA perspective and then Treasurer Ian Atkins reviewed the financial status of the Nova Scotia Division and explained the Not-For-Profit rules that guide the use of the dues and monies of the Association.

Once again, Commissionaires Nova Scotia representatives gave a presentation on the employment opportunities and benefits within CNS for retirees, spouses, and family members. The SOSI coordinator, Jonah Emrey also provided an overview of the Support of Operational Stress program, and he outlined his plans to engage all members – past and present – in the services and activities available.

The final presenter of the morning was Chris MacNeil, Chair Veterans Review and Appeal Board (VRAB), Canada. He stressed the processes required to launch an appeal of a VAC decision and highlighted the need to “tell all your story”, giving examples of some successful cases.

His presentation prompted several questions and discussion and well the first time for such a presentation by VRAB to the general membership.

The first presentation of the afternoon was delivered by psychologist Dr Dion Goodland who continued in his series of presentations to the Workshops dealing with PTSD, operational stress injuries, treatment options, proper terminology and more. Dr Goodland first presented to the RCMP VA at a workshop in 2012 and has been a welcome addition for several sessions since then.

The final part of the afternoon was devoted to updates on VAC, Canada Life, Medoc, RCMP Veterans' Association Homelessness initiative, and more.



Mobility and home care aids: There continue to be donations of wheelchairs, commodes, walkers and other aids. The requests for the items include those that may only be required for short-term use such as during recovery from surgery or to assist a visitor to the member's home. Many items are changed up as the need changes for certain conditions and when there are no appropriate items readily available, a notice is sent online to the membership, soliciting any unused items that could assist.



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Failing that, there are other resources that can be tapped – from rentals to purchases though resources available to the RCMP Veterans’ Association. Any requests can go through the Region Directors or to the S&A Directors.



Bath Chairs – over tub edge



Aluminum walker – two front wheels

Other items include crutches, canes, walkers, toilet toppers, and wheelchairs.

Moose Mountie update: There is currently sufficient supply at hand to provide each detachment in Nova Scotia with the stuffed toys. The H Division SOSI Coordinator, Jonah Emery is assisting in ensuring that there are deliveries made about the province when required, and the Region Directors also have some in their care. The next call for “sponsors” will be in the spring of 2026.





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Christmas Cakes: The newest initiative of the NS RCMP VA for 2025 was to undertake the delivery of Christmas Cakes to widows and widowers within the Nova Scotia RCMP Veteran family.

This program builds on a successful, well-established initiative in Manitoba, and is considered a valuable opportunity to engage those identified in Nova Scotia. Building Futures of Lower Sackville, NS—a facility dedicated to adults with intellectual disabilities that offers supported employment, skill development, and community navigation—was responsible for preparing the cakes.

[Empowering Abilities](#) | [Building Futures](#) | [Employment Society](#)

The project was executed with the support of numerous volunteers throughout the province, who identified recipients and managed the coordination of cake deliveries. Each of the 150 gift-wrapped cakes were delivered in early December and included a handy magnet card that provided contact information to the recipient should they require assistance from the RCMP Veterans' Association.



Some of the workers and the cook at Building Futures



A Developing Partnership with Building Futures

On February 10, 2026, several of the Executive of the Nova Scotia Division of the RCMP Veterans' Association met for breakfast at the Building Futures facility at 61 Glendale Avenue in Lower Sackville. They were joined by some workers, staff and administrators of the facility to share in experiences and to learn of the Building Futures programs and focus. Most importantly, the occasion was to enable the RCMP VA to say THANK YOU for their participation in the preparation of the Christmas Cakes that were distributed in December around Nova Scotia to widows and widowers that had earlier been identified by the membership.



Following a delicious breakfast freshly prepared on site, the coordinator of the RCMP VA initiative, Steve Graham and Committee member Vic Gorman presented Building Futures with a donation towards their operating expenses and a colorful banner to be hung within the facility to indicate the partnership.





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It is anticipated that this program will continue for December 2026 and all RCMP VA members are urged to help identify potential recipients of the Christmas Cakes. Contact your local Region Director or the NS Executive if you have a name and contact information to share.

In the future, the RCMP VA NS Division will be taking advantage of some other services offered through Building Futures – from their catering service to their print shop and other initiatives. The services are available for anyone to access – for home uses and private functions to catering for clubs and businesses.

Contact:

BUILDING FUTURES – 902-865-1797 – BUILDFUTURES.CA and futurescafe@buildfutures.ca

Empowering people with intellectual disabilities to make their contribution to society.

Submitted by Jan and Vic Gorman



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Subject: Psychological Services

Fellow Association Members:

In the past, we have had difficulty obtaining a psychologist for our membership. Recently, we have been in communication with Dr. Hayley Ellwood, Bedford, Nova Scotia who is a psychologist and she treats CAF, RCMP and other police only. Dr. Ellwood has agreed to take patients for VAC Assessments and as full time patients from the RCMP and RCMP Veterans' Association. We are very pleased to have this support from Dr. Ellwood.

You have to go on line at ValourPsychServices.ca to make an appointment. In the remarks box, ensure to advise that you have been referred by the RCMP Veterans' Association and that you have a VAC Disability Pension or you need to be assessed for a VAC Disability Pension.

Information:

Dr. Hayley Ellwood, Valour Psychological Services
ValourPsychServices.ca
admin@valourpsychservices.ca
36 Brookshire Crt., Bedford, NS

Regards,

Vic and Jan Gorman
Co-Directors Support & Advocacy Committee
NS RCMP Veterans' Association





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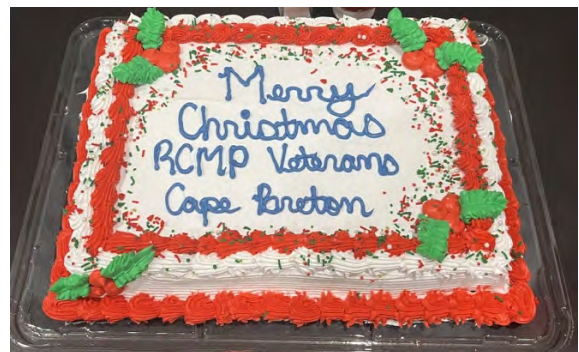
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Yarmouth Christmas Gathering ...

On December 14th, eight members of the Nova Scotia RCMP Veterans' Association gathered at Jungle Jim's restaurant in Yarmouth to celebrate the Christmas season together. Region Director Karen Holmes captured the gathering in this image of Ken Jacquard, Paula Forbes, Linda Wilson, Jim Scott, Frank Landry, Bob Forbes and Jeff Holmes.



The Cape Breton Region of the NS RCMP Veterans' Association held their Christmas lunch at the Bonnie Prince restaurant in Sydney on Friday December 12, 2025. Region Director John Ryan indicates that over 40 veterans and spouses attended the event.





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Colchester-East Hants Region: Christmas meet w/lunch @ Airforce Club in Truro was held on Dec. 10th. That was it! And from what I heard, everyone who attended left happy!

We had a nice meal, we met many people (choices of 60+ of them) and we enjoyed some good singing and guitar playing. For those of weren't available to join us - try again next year! On behalf of every one of us who did attend, I give our thanks to Cheryl and Paul Young who arranged this event. Thanks also to Gary Bishop who managed the combined 50/50 draw for both the NAFR and our treasury. I didn't see who won, but the pot was a hefty \$95 to the winner and the other 50% was split between our two organizations.

Here are some pictures taken by Jim Webb and by Cheryl Young as well. If you see faces you don't recognize they are likely those of folks from NAFR. There were many RCMP Vets there too though - give yourself 'points' for identifying them!



I give thanks to the folks who helped me get the 32 cakes out to our widows and widowers in the communities all over Colchester-East Hants region.

I feel the Christmas cake gifting worked well to give us a reason to visit people who don't always get out to enjoy the company of the folks they or their spouse worked with or who they were acquainted with through our lunch gatherings. Loneliness is a disease in itself, especially at a time like Christmas. If you know someone who is on their own, why not give them a visit or invite them into your home for a visit? That person doesn't have to be one of our 'police' folks - it works for neighbours too! Or, if you are one of those who are 'on your own' - call up some other 'independent loners' and organize a joint get-together or meal.

Submitted by Allan Wellwood



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South Shore Region: We had another successful Christmas Dinner here on the South Shore with Asst. Commr. Daley in attendance.

Here is a photo of the winner of the “Village Tree”, Margo Lutes with Mike Lutes, Fred Sinclair (the tree maker) and Asst. Commr. Daley who presented it. In the photo to the right, Ruth Cook is being presented with a Christmas Fruit Cake by Asst. Commr. Daley while South Shore Director, Fred Sinclair looks on.



The fruit cake is always the last prize of the event to be presented. This has been the tradition for about 20 years and many different types and sizes of fruit cakes have been presented. The tradition is that the winner, in this case Ruth Cook, will bring a fresh fruitcake to the next Christmas Dinner to be awarded to a new winner. And the traditions carry on.

Submitted by Darryl Cook

Valley Region: Director Jim Arsenault reports that ninety-five Vets attended the Christmas Lunch on December 9th at the Berwick Lions Hall. A large turnout with great camaraderie. Valley Region once again embarked on their Christmas Family Project in December and supported 10 families. The members raised \$7600.00 from the Region’s Vets and this being the 13th year in doing so has surpassed their goals which continue to increase. Well done. Monthly coffee meets continue at the Callister Restaurant with 10-18 members in attendance.



Scotia Vets

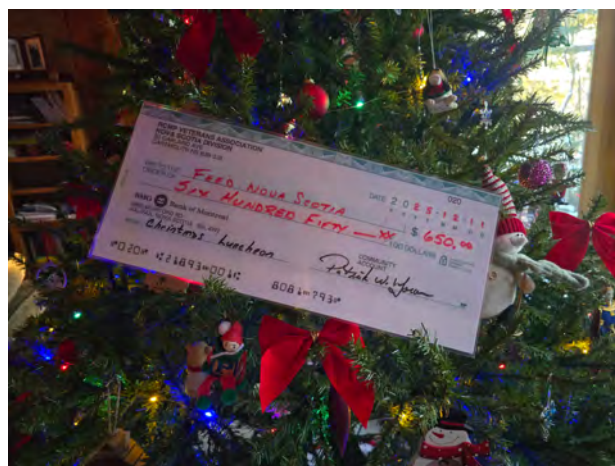
March 1, 2026

Metro Region:

On December 11, 2025, Association members and guests assembled at Calais Branch 162 of the Royal Canadian Legion in Lower Sackville for their Christmas dinner. Approximately eighty persons were in attendance and enjoyed a turkey dinner with the usual trimmings. Prize draw ticket sales generated \$650.00 in support of Feed Nova Scotia.



Dan (the elf) and Goretti Mallet peddling 50/50



submitted by Pat Moran



Scotia Vets

March 1, 2026



Getting the ice ready for the Nova Scotia Police Curling Championships.

I wish this was our venue (Scotiabank Center for Montana's Olympic Trials) but not to be. The above is a panoramic photo I took while volunteering at the trials. However, we did participate in a showdown January 16 to 18, 2026 at the CFB Halifax Curling Club. Six competitive teams and four 'fun' teams battled for respective honors. Team Moran was successful in keeping the tradition of not being very successful at winning games, unlike Team Gumby who went undefeated and will represent Nova Scotia at the national Championships in Sault Ste. Marie, Ontario. Congratulations to team Gumby (photo below left). Fred Gumby, Mike Carter, Darlene McEachern and Jennifer Haigh.



At our closing dinner, we had 11 winners of the Dick Semone Award (sportsmanship) in attendance. They are in the photo above - right. Brad Sullivan, Sandra McNaughton, Dan McNaughton, Susan Camus, Pat Moran, Chris Paley, Mike Praught, John Elliott, Stuart Knockwood, Angie Hawryluck and Ward Beck.



Scotia Vets

March 1, 2026



Angie Hawryluck receiving the Dick Semone Award from Mike Praught



NSPCA Logo embedded in Ice at CFB Halifax CC



Mayor Andy Fillmore 'throwing' out opening stone.



Pipers- Rob Campbell and Al Rogers, Angie Hawryluck, Mayor Fillmore,
CO H Div. A/Comm Denis Daley and Cmdr. Berryhill (CFB Halifax)



Scotia Vets

March 1, 2026

2026 General Meeting Schedule for Nova Scotia RCMP Veterans' Association

Please find listed below, the dates for our General Meetings being held in 2026. These meetings will be held at RCMP H Div HQ Mess, 80 Garland Avenue, Dartmouth, NS.

Saturday, Jan. 24, 1300 hrs.

Saturday, Feb. 21, 1300 hrs.

Saturday, Mar. 21, 1300 hrs.

Saturday, Apr. 18, 1300 hrs.

Saturday, May 16, 1300 hrs.

Saturday, June 20, 1300 hrs.

Saturday, Sept. 19, 1300 hrs.

Saturday, Oct. 17, 1300 hrs.

The Annual General Meeting will be held on Saturday, Nov. 21, at 11:30. The venue will be the Oakfield Golf & Country Club, 6055 Hwy 2, Oakfield, N.S.





Nova Scotia RCMP Veterans' Association

2026 Lottery

8 Chances to Win a Cash Prize

2 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 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: | 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 2026 Lottery 2. Include ticket owner's name & telephone # |

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 |
|-------------|----------------------------|------------------|----------------|
| \$40 | March 21 st | \$1,000 | 8 |
| | | NS Lottery Lic # | AGD- 364069-25 |



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

The 33rd President of this Division was Royal Canadian Mounted Police Staff/Sergeant Reg. # 24486, Alexander Purvis (Sandy) Glenn. He was born on October 10, 1946, at New Glasgow, Nova Scotia.



Sandy enlisted in the Royal Canadian Mounted Police on January 14, 1966, at Halifax, Nova Scotia.

Sandy served at "Depot" Division, Regina, Saskatchewan (Training) 1966; "A" Division, Ottawa, Ontario, 1966 to 1968; "J" Division, New Brunswick, in Moncton, Cambellton County, Sackville and Perth Andover, 1968 to 1975. He also served at "Depot" as a Drill Instructor, 1975 to 1977.



Scotia Vets

March 1, 2026

Sandy was then posted to Headquarters, Ottawa, Ontario, Contract Policing – Tactical Operations Analyst, 1977 to 1981; Hostage Assault and Rescue Team as Operations Commander, 1981. He moved to Contract Policing as a Tactical Operations Research Analyst and ERT Coordinator (Emergency Response Team), 1981 to 1986; Special Emergency Response Team, Tactical Operations NCO, 1986 to 1990 and NCO i/c Operational Planning, 1990 to 1991.

Sandy retired from the Royal Canadian Mounted Police on May 6th, 1991 at the rank of Staff Sergeant.

Sandy joined the Royal Canadian Mounted Police Veterans' Association on August 24, 2012. He served as President of the Nova Scotia Veterans' Association from 2018 to 2019 inclusive. He went on to serve as the National President of the RCMP Veterans' Association and is presently an Active member of Nova Scotia Division.

Sandy was awarded the Royal Canadian Mounted Police Long Service Medal with Bronze Clasp, the King's Coronation Medal, the Governor General's Sovereign Medal and the Queen's Jubilee Medal. He was also awarded an Officer Commanding commendation in 1972. He has been a member of the Masonic Lodge since 1972.

Submitted by Garry A. McCay,
Director of History and Artifacts

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CORE VALUES

Camaraderie

Building meaningful connections through shared golf experiences.

Inclusivity

Welcoming all skill levels and backgrounds, recognizing the supportive role of families.

Respect

Honoring the service and sacrifices of veterans, serving members, first responders, and their families.

Well-being

Prioritizing mental and physical health through engagement in golf.

Volunteerism

Valuing the commitment of volunteers who drive our mission.

Integrity

Conducting all activities with honesty, transparency, and fairness.

OUR MISSION

Emeritus Golf Maritimes is a volunteer-led non-profit organization dedicated to providing Veterans of the Canadian Armed Forces, serving members, first responders and their families access to the sport of golf through tournaments across the Maritimes. We use golf as an inclusive platform to promote peer support, mental well-being, camaraderie, and social connection within these communities.

SCAN ME



CONTACT US

director.maritimes@emeritusgolf.ca
ns.tournament@emeritusgolf.ca
nb.tournament@emeritusgolf.ca
pei.tournament@emeritusgolf.ca



EMERITUS GOLF MARITIMES





OUR GOALS

1. Provide Access to Golf

- Offer competitive and non-competitive tournaments across the Maritimes for veterans, serving members, and first responders, while welcoming the involvement of their families.

2. Support Mental Health and Peer Connection

- Use golf as a platform to promote mental well-being and peer support among participants.

3. Foster Camaraderie and Inclusivity

- Create a welcoming, inclusive community that encourages social connection and values all participants.

4. Engage and Grow Volunteer Support

- Expand volunteer involvement to enhance programs and events.

5. Promote Awareness and Sustainability

- Raise awareness of the benefits of golf for the communities served and develop partnerships to ensure long-term growth.

OUR HISTORY

Established in 2018, Emeritus Golf was founded by Veterans for Veterans. We use golf as a medium to promote camaraderie and an active lifestyle for Veterans, serving Canadian Armed Forces members, first responders, and their families.



MEMBERSHIP

Emeritus Golf is a membership-based organization, open to members of the Canadian Armed Forces and RCMP (serving and retired), first responders, and their families. Members are provided the opportunity to compete in any Emeritus Golf event.

COMPETITION FORMAT

Emeritus Golf offers competitive and non-competitive formats of play.

All competitive events are open to both men and women who are CAF/RCMP/first responders, serving and retired, and family (18+) with valid Golf Canada membership and Handicap Index.

Tournament fields are determined by competitiveness, gender, and Golf Canada Handicap.

Date: April 9, 2025

Subject: Revised Survivor & Executor Document and Pre/Post Death Document

Attached are the revised 2025 Survivor and Executor Guide and Checklists for members of the Nova Scotia RCMP Veterans' Association and families. Many of you have completed an earlier version of the Checklists, and in most cases, there will be little change in your document. In any case, you should review the revised documents **annually** and, if required, you can download the complete documents or cut and paste the new information into your existing document or if you have a printed version then you can print the required section.

These documents are the foundation to capture relevant data pertaining to your personal affairs and to aid others, primarily your spouse/significant other, the executor(s) and family in settling your affairs after death. This information will supplement your Will, Personal Directive and Enduring Power of Attorney documents.

Sections can be removed if they are not required – example: you could input the data for five vehicles if this was the case by first copying the blank table and pasting it into the document four times. It is advisable to keyboard the required information rather than printing a blank document and writing it in. However, you can amend the document as you see fit for printing purposes.

Information is of little value unless it is shared with the people who are impacted. Completion of these documents may initiate difficult discussions that need to occur allowing for a clearer understanding of your requests and desires. Your spouse/significant other and executor(s) should have a copy of the completed document and have knowledge of where the up-to-date original document is located. The Checklists are Living Documents and subject to change as your circumstances change.

These documents should be reviewed on a regular basis with your Spouse/Significant Other and/or Executor(s) and at minimum once a year. The updated version should replace the previous version and be left in a secure location with copies distributed, as you deem necessary – outdated documents will create confusion. It is advisable (depending upon your situation), that both parties in the relationship complete their own Survivor & Executor's Checklist.

Also, attached is a Pre/Post Death document to assist with planning for imminent or post-death requirements. This document does not replace the Survivors or Executors documents.

Vic and Jan Gorman
Co-Directors, Support & Advocacy Committee
Nova Scotia RCMP Veterans' Association

[Survivor & Executor Information Guide - Revised April 2025](#)

[Retired/Serving RCMP Member Survivor/Executor Info Package](#)

[NS Pre/Post Death Family Document - April 2025](#)



Pension & Benefits Reference Contacts – Feb 18, 2026

| Pertains To | Website | Phone # | Details |
|--|---|---|---|
| <p>RCMP Pension administered by</p> <p>Public Works and Government Services Canada (PWGSC)</p> | <p align="center">www.rcmp-grc.pension.gc.ca</p> <p align="center">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 align="center">www.veterans.gc.ca</p> <p align="center">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 align="center">www.canada.ca/en/services/benefits/publicpensions.html</p> <p align="center">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 align="center">www.pbs-sra.ca</p> <p align="center">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-grc 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 align="center">Canadalife.com/pshcp and Public Service Health Care Plan - Canada.ca</p> <p>Each member's Contract number depends upon month of birth (EG - dependent's contract number could be 52115 or other similar) Certificate Number remains as before.</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 (Canada Life) | Effective Nov1/2024 – administered by CANADA LIFE Each member's Contract number depends upon month of birth (EG - dependent's contract number could be 92115 or other similar) Certificate Number remains as before. | 1-865-415-4414 Canada Life | 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 & SPOUSES and FAMILIES | 1-800-268-7708 | NO FEE |
| Canada wide suicide call line | Support for all | 988 | No charge |

It pays to be a member!

**RCMP Veterans' Association
members can receive exclusive
home and car insurance savings
and enhanced coverages.**



belairdirect.
car and home insurance

Certain conditions, eligibility requirements, limitations and exclusions apply to all offers. Visit belairdirect.com for more details. Offers may change without notice. We offer car insurance and home insurance in Alberta, Ontario, Quebec, New Brunswick, Nova Scotia, Newfoundland and Labrador and Prince Edward Island and home insurance only in British Columbia. © 2025, Belair Insurance Company Inc. All rights reserved.