



SPIRIT



**RCMP
VETERANS'
ASSOCIATION
Ottawa Division**

**ASSOCIATION
DES ANCIENS
DE LA GRC
Division d'Ottawa**

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Members of the RCMP Veterans' Association Ottawa Division joined the Remembrance Day march in downtown Ottawa. The day was sunny, but very cold. Participants bundled up to participate in this important event. See story on p. 6.

Photo courtesy of Ralph Mahar

Events - Événements

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Editor/Éditrice: Wendy Nicol
spirit.bulletin@yahoo.ca

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	Catherine Ascah,	
	Réverend Chanoine	
	Don Harrison	

Membership & Recruiting		Adhésion & Recrutement
Sergeant-at-Arms	Marc Dureau	Sergent d'armes

Chairs, Committees / Présidents, Comités

Golf Tournament	Michel Pelletier	Tournoi de golf
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RCMP National Memorial Cemetery at Beechwood	Roy Berlinquette	Cimetière commémoratif national de la GRC à Beechwood
Financial Stewardship	John Neily	Gérance financière

Ongoing Projects / Projets continus

Education/Bursaries	Ron Lewis	Éducation/Bourses
Memorial Maintenance Program	Joe Healy	Programme d'entretien des mémoriaux

The Spirit (four issues a year) Spring - Summer - Fall - Winter	Le Spirit (quatre numéros par année) Printemps - Été - Automne - Hiver
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ADVERTISING/PUBLICITÉ

Wendy Nicol
(613) 986-7228; goldcanoe@bell.net

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The Spirit is published by and for the members of the RCMP Veterans' Association, Ottawa Division. Editorial views and opinions expressed in this newsletter are not necessarily those of the Division.

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Le "Spirit" est publié par et pour les membres de l'Association des Anciens de la GRC, division d'Ottawa. Les éditoriaux et les opinions ne sont pas nécessairement ceux de la Division.



**RCMP Veterans' Association
Ottawa Division
Association des Anciens de la GRC
Division d'Ottawa
PO BOX/CP 42020
1200 boul. St. Laurent Blvd.
Ottawa, ON K1K 4L8**

RCMPVA.org



PRESIDENT'S MESSAGE DU PRÉSIDENT

Michel Séguin

Well, you don't get much more Canadian than watching a Grey Cup game with the lines shoveled off as the snow comes down.

The weather held for Remembrance Day. It was a bit cool, but much better than some years. We had a good delegation at the National War Memorial and I know a lot of members attended ceremonies in their communities and in retirement homes. Thanks to all who attended.

Next year will be a special event, the 100th anniversary of the armistice, at the eleventh hour of the eleventh day of the eleventh month.

Discussions have already begun regarding Ottawa Division's participation. I hope that as many of you as possible come out for this special day.

As my mandate as President winds down, I have decided to step aside. I will continue to support the Division Executive Committee in the role of Past President. I intend to remain involved in looking at recruiting more retired members and employees to join our association. It is important that we find a way of communicating to the new generation of retirees that will resonate with them and encourage them to join.

I will also be replacing Graham Muir on the Succession Planning Committee. Graham and Jack Briscoe have done a great job in identifying and recruiting candidates to stand for positions on the executive.

As I step aside, I want to express my appreciation to all the DEC members for their commitment and hard work. Thank you to all the volunteers who give their time and effort to ensuring that our activities are successful.

At our October Honours and Recognition Night, we had the

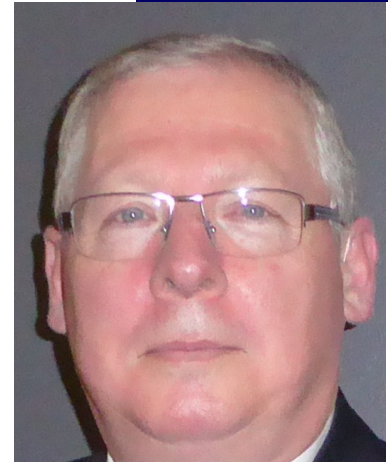
presentation of the Sovereign Medal for Volunteers to Brian Hunter. We also recognized Suzanne Sarault as Veteran of the Year for all of the contributions she has made to our Division and other organizations. To you and your families, I extend my best wishes for a Merry Christmas, a Happy New Year and a healthy and safe Holiday Season.

Et bien, rien de plus canadien que de regarder un match de la Coupe Grey tandis que la neige tombe et que les lignes se font déneiger.

La température s'est montrée plutôt clémente pour le jour du Souvenir. C'était un peu frais, mais beaucoup mieux qu'il y a quelques années. Nous avons eu une bonne délégation au Monument commémoratif de guerre du Canada et je sais que de nombreux membres ont assisté à des cérémonies dans leurs communautés et dans des maisons de retraite. Merci à tous ceux et celles qui y ont assisté.

L'année prochaine sera un événement exceptionnel, le 100^e anniversaire de l'armistice, ce à la onzième heure du onzième jour du onzième mois. Des discussions sont déjà en cours quant à la participation de la division d'Ottawa. J'espère que vous serez nombreux/nombreuses venir assister à cet événement unique.

Comme mon mandat tire à sa fin, j'ai décidé de me retirer. Je continuerai d'appuyer le comité exécutif dans le rôle du président sortant. J'ai l'intention de demeurer impliqué dans le recrutement de membres et d'employé(e)s à la retraite afin qu'ils/elles joignent notre association. Il est important que nous trouvions un moyen de communiquer avec la



nouvelle génération de retraité(e)s qui générera un maximum d'intérêt afin de les inciter à devenir membre.

Je vais également remplacer Graham Muir au comité de planification de la relève. Graham et Jack Briscoe ont fait un excellent travail afin d'identifier et recruter des candidat(e)s qui pourraient se présenter aux postes de l'exécutif.

Comme je laisse ma place, je tiens à exprimer ma gratitude à tous/toutes les membres du comité exécutif. Merci à tous/toutes les volontaires qui consacrent leur temps et efforts afin d'assurer le succès de nos activités.

Lors de notre soirée de distinctions honorifiques et reconnaissance en octobre dernier, nous avons assisté à la présentation de la Médaille pour les bénévoles de Brian Hunter. Nous avons également honoré Suzanne Sarault en tant que Vétéran de l'année pour toutes ses contributions à notre division ainsi qu'à d'autres organisations.

Je vous souhaite, à vous et à vos proches, un Joyeux Noël, une bonne année et un temps des fêtes en toute sécurité et en bonne santé.



Reg.#3058, Sergeant Major
Arthur Herbert Lindsay Richardson. VC
An RCMP photo. 2015



Victoria Cross Recipients: S/M Arthur Richardson, #3058; Cst. Michael O'Leary, #5685; Cst. George Pearkes, #5529

As we mark this Remembrance Day of 2017 across Canada, we remember the service and sacrifice of our members - long since past, and serving still - who have put their lives on the line, to serve and protect, to fight and defend, in every major conflict that Canada has participated in, over the past 144 years.

Three members of the RCMP have been awarded the Victoria Cross for gallantry during the South African War and World War I. Veterans fought and died in Vimy and Passchendaele, served gallantly with the Canadian Provost Corps in World War 2, and were amongst the Canadians working valiantly to secure peace in Afghanistan this century.

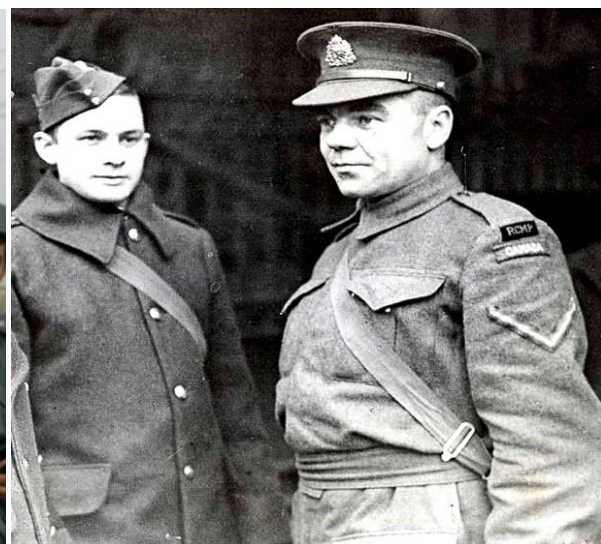
We will remember them.

À l'occasion du jour du Souvenir de 2017 au Canada, nous nous souvenons du service et du sacrifice de nos membres - depuis longtemps et toujours en service - qui ont mis leur vie en péril pour servir et protéger, se battre et se défendre dans tous les domaines. conflit majeur auquel le Canada a participé, au cours des 144 dernières années.

Trois membres de la GRC ont reçu la Croix de Victoria pour leur bravoure durant la guerre d'Afrique du Sud et la Première Guerre mondiale. Ils ont combattu et sont morts à Vimy et à Passchendaele, ont servi avec vaillance au Corps de la Prévôté canadienne pendant la Deuxième Guerre mondiale. vaillamment pour assurer la paix en Afghanistan ce siècle.

Nous nous souviendrons d'eux.

*Research, page
design and text
from:
Ralph Mahar*





Ottawa Division Veterans' Association Quartermaster and Membership and Recruiting Director Don Harrison (far left) and By-laws and History Director Pat Arseneau (far right) represented the Division at the Veterans' Affairs Canada 23rd Annual Veterans' Appreciation Day at Billings Bridge Mall on the Tuesday before Remembrance Day. The booth is visited by students and members of the public.

Photo by Jack Hearfield

On Oct. 23, Her Excellency the Right Honourable Julie Payette received the symbolic first poppy of the 2017 National Poppy Campaign at Rideau Hall, Ottawa. The first poppy was presented to Governor General Payette by David Flannigan, President of the Royal Canadian Legion.

The RCMP Veterans' Association was represented by Kingston Division (Bryan Neville), Ottawa Division (Pres. Michel Séguin, VP Michel Pelletier, Roy Berlinquette, Garth Hampson), and National Office (Alex Geddes and Ralph Mahar). Garth Hampson sang O Canada at the conclusion of the ceremony.

Information from: Ralph Mahar

Photo by: MCPL Vincent Corbonneau, Rideau Hall



Remembrance Day

It was a crisp, clear sunlit morning this November 11 in Ottawa as thousands gathered around the National War Memorial, to honour the service, courage and sacrifice of Canada's Veterans.

For the third consecutive year, Ottawa Division marched with the Veterans contingent and stood at a place of honour before the Monument. Aably lead by Sergeant-at-Arms Marc Dureau, Ottawa Division had the largest turnout of any year, with 16 Veterans on parade, including Rick Phelan, visiting from Calgary Division. The RCMP were well represented this year, with more than 50 officers marching in red

Serge, stetsons and high browns. Truly, an impressive and inspiring sight.

Our group gathered at the Fairmont Chateau Laurier before the ceremonies for coffee and snacks. Following the ceremony, hundreds of Vets and their spouses were hosted to a complimentary lunch at the Chateau. A very welcomed treat, made even more enjoyable by the live music performed by members of the Armed Forces Band.

We posed for our annual post-ceremony photograph with the backdrop of Government Conference Centre; a valued souvenir of a fine Remembrance Day ceremony shared with fellow Vets. It was a good day.

Information from: Ralph Mahar



In the Community

Joining in at July 4 celebrations (right) at the US Ambassador's residence in Ottawa was Ottawa Division RCMP Veteran Garth Hampson (left) and his son Ottawa Police Service Sgt. Brad Hampson (right). They were joined by Lt. Devin Sloos of the Ceremonial Guard Band. *Photo by: Brad Hampson*

At the Glengarry Highland Games in Maxville on July 4 (below right) Brad Hampson (left) and Garth Hampson gave a lift to 2.5-year-old RCMP Pipes and Drums fan Lochlan Cameron. *Photo by: Wendy Cameron*

Garth Hampson helped student brothers Darius and Karsten Ritchie raise the flag at Vimy Ridge Public School in Ottawa for first time on Sept. 5. Brad Hampson piped at the opening ceremony and Garth sang. The school name has a special significance for Garth and Brad. Garth's father was gassed at Vimy and Garth and Brad attended commemorative ceremonies there in April of this year.

Photo by: OPS Det. Fay Zouroudis



The Blue Heron Golf Course in Lanark was the setting for the Perth and Area RCMP Veterans' Annual Fall Classic on Oct. 3.

Members of the RCMP Vets golfing fraternity came from Ottawa, Maniwaki, Renfrew, Calabogi, Kingston and Perth to enjoy breakfast at Victor's Restaurant and participate in the Fall Classic.

During breakfast, the free breakfast was won by Roy Berlinquette. The Thanksgiving turkey was won by Gil Gilmore and the 50/50 draw by Gary McKay.

The weather was absolutely terrific for the Classic.

After the game Marlene's traditional carrot cake was served and each golfer received a gift. It was also an opportunity to renew good times with old friends.

The Perth group appreciates those Veterans 'from afar' who add so much to the Classic games.

Thank you

Ed Rockburne and
Bill Irwin



Information and Photos provided by: Bill Irwin





LAST POST - DERNIÈRE SONNERIE

REG. NO. RÉG.	NAME - NOM	DATE	PLACE / ENDROIT
18087	SHARPE, Leopold Delbert Edwin	Nov. 15	Calgary, AB
18599	COBURN , Vern A.	Nov. 13	Kingston, ON
17156	BECKER, William John "Bill"	Nov. 11	Ottawa, ON
21278	KING , Patrick Joseph	Nov. 9	Penticton, BC
40203	FRAME, Robert Bruce "Bob"	Nov. 9	Winnipeg, MB
15690	COULTER , Allan	Nov. 7	Richmond, BC
40602	PETTIT, Jeff L.	Oct. 29	Montreal, PQ
	GÖBELBECKER, Ursula (RCMP NHQ Master Tailor)	Oct. 27	Ottawa, ON
14779	HORNETT, James 'Jim' Alfred	Oct. 27	Calgary AB
	GUNTON, Deborah (former RCMP CM in the Security Service and CSIS employee)	Oct. 21	Ottawa, ON
14997	SÉGUIN Raymond (JGR)	19 oct.	Saint-Hyacinthe, PQ
15276	ZIEGLER, Keith Carl	Oct. 15	Saskatoon, SK
	MORRISON, Irma Lois (nee Moore)(Former RCMP NHQ Mess Employee)	Oct. 11	Ottawa, ON
15960	GULLASON, Ernest Alex	Oct. 10	Victoria, BC
49539	LERAT, Michael (serving Member at time of death)	Oct. 10	Regina, SK
	WOOLGAR, Gaylene (wife of Ron Woolgar)	Oct. 7	Victoria, BC

**THE SPIRIT****LAST POST - DERNIÈRE SONNERIE**

REG. NO. RÉG.	NAME - NOM	DATE	PLACE / ENDROIT
18350	ALDRICH, Ralf Lumby,	Oct. 7	Kakabeka Falls, ON
15191	BURNETT, Roderick Walter	Oct. 6	Saskatoon, SK
19635	VAUGHAN, Alfred Edward	Oct. 6	Ottawa, ON
21110	BENSON, Dean Wilson	Oct. 3	Ladysmith, BC
16963	GALBRAITH, John C. Russell	Oct. 3	Wetaskiwn , AB
14833	PROVENCHER, Gerald J.	Sept. 25	Calgary AB
	DUDLEY, Julie (nee Cichon)(Spouse of J.C. "Jack" Dudley)	Sept. 24	Ottawa, ON
32191	MAGEE, Bryan Douglas Sept. 22		Chernin, BC
15834	FENDRICK, Reuben Irvin .		Whitehorse, YT
	COUTU, Isabel Lottie (nee Blake)(Spouse of Pascal Stolan Coutu)	Sept. 24	Ottawa, ON
19156	MacGREGOR, William Malcolm	Sept. 23	Edmonton, AB
14660	HORNETT, Robert Charles	Sept. 23	Duncan, BC
35384	COPE, Douglas W.	Sept. 22	Oakville, ON
16703	ELLIOTT, Kenneth Robert	Sept. 21	Calgary AB
12851	LUMB, James Henry	Sept. 15	Burlington, ON
25680	FARQUHAR, John A.	Sept. 14	St. Albert, AB
	SYRETTE, Robert	Sept. 12	Calgary, AB



LAST POST - DERNIÈRE SONNERIE

REG. NO. RÉG.	NAME - NOM	DATE	PLACE / ENDROIT
51654	DESCHÈNES, Frances "Frank" B. (Killed in an on-duty traffic accident)	Sept. 12	Memramcook, NB
	BURCHILL, Nancy Virginia (Spouse of Allen D. Burchill)	Sept. 11	Orleans, ON
17200	BEACH, Alfred Lambert	Sept. 11	Kelowna, BC
47359	O'KEEFE, Trevor John (serving member at time of death)	Sept. 11	Bay Bulls, NL
	MOFFATT, Karen (wife of Robert MOFFATT)	Sept. 8	Ottawa, ON
	HARBIN, Eleanor Henrietta (nee SEMBLER) (wife of Stanley HARBIN)	Sept. 6	Edmonton, AB
17023	HICKMAN, John "Jack" A.	Sept. 5	Kingston, ON
19687	JOHNSON, John Ward	Sept. 5	Kelowna, BC
	GYORGY, Andras (Former Tailor - RCMP NHQ, Ottawa)	Sept. 3	Ottawa, ON
51819	NEVILLE, Mark (serving member at time of death)	Sept. 2	Surrey, BC
	PURDY, Mary Irene (nee Kilmartin) (Retired Public Service Employee of the RCMP)	Sept. 1	Kanata, ON
27960	DURLING, Clyde Everett	Aug. 31	Summerside, PEI
22832	RUSK, Wayne Thomas	Aug. 30	Kamloops, BC
17563	KATHOL, Hal AL	Aug. 27	Regina, SK
	WOODHOUSE, William "Bill" M. (Former Civilian Employee of the RCMP)	Aug. 24	Stittsville, ON
19650	DAVIS, Michael Bruce	Aug. 21	Edmonton, AB
15815	COBB, Donald Grahame	Aug. 19	Shawville PQ
	HEAD, Beverly Joan (wife of Robert HEAD)	Aug. 4	Cochrane, AB
37279	SCOTT, Peter J.	July 25	Surrey, BC



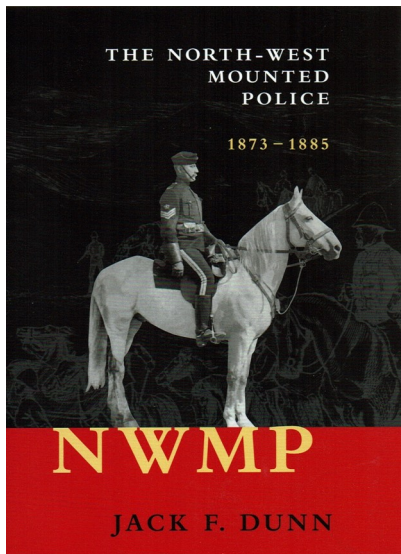
Henry Larsen School

Don Harrison, Harold Pretty and Al Haggerty were among RCMP Ottawa Division Veterans' Association members attending the annual awards ceremony at Henry Larsen School in Orleans in June. They presented the RCMP trophy to the most deserving student. The award has been presented annually since the school opened. Here they join Supt. Larsen's daughter, Doreen Riedel, at a special display at the school.

Information and photo: from Garth Hampson

Book explores formative years of the Force

Jack Dunn of Calgary has recently completed a major study of the formative years of the RCMP in what he calls the 'most momentous 12-year period in Canadian Prairie history'.



Entitled "*The North-West Mounted Police: 1873-85*", the book examines many aspects of police life during the March West, the whiskey trade, Indian Treaties, the arrival of Sitting Bull, the destruction of the buffalo, the construction of the railway and the North-West Rebellion.

Mr. Dunn did his research using diaries, letters, newspapers, official reports and almost 1,000

personal files. The book has more than 100 illustrations, some of which have not been previously published.

The hardcover book can be ordered from Mr. Dunn by phone, email or mail. With tax and shipping the cost is \$50. If you wish to order it please contact Mr. Dunn at jfdunn@telus.net; at Jack Dunn, 6404 Norfolk Dr., Calgary, AB. T2K 5K2 ; or at 403-274-2581

MESA Reunion

The annual Mesa RCMP Snowbirds golf tournament and BBQ will be held on Feb. 18 at the Sunland Springs Golf Course—11061 E. Medina Ave., Mesa, AZ. This is a fun nine-hole golf tournament with the first tee off time at 2:30pm (14:30 hrs). To

register contact Gunther Mehl at gunerm@inet2000.com, or phone USA 480-219-9389 after Jan. 1.

The coffee get together is at 0830 every Saturday at the Painted Mountain Golf Resort - 6210 McKellips Rd Mesa Az. beginning Nov. 1, 2017 until the last Saturday in March.



Special insert to keep / Encart spécial à conserver

Memorial Flame/La Flamme Commémorative



On Sept. 23 a ceremony to commemorate RCMP employees, Veterans and their families, was held to light a torch at the Centennial Flame on Parliament Hill, to then light the new RCMP Veterans' Memorial Flame at the RCMP National Memorial Cemetery at Beechwood, the national cemetery of Canada.

The three-part ceremony began with the torch lighting. This was followed by a relay march around Parliament Hill and a torch relay run to Beechwood, where the procession ended at the RCMP Veterans' Memorial Flame. The flame was then lit from the torch. Col (Rtd) Scott Becker represented his father, retired C/Supt. Bill Becker, who had the original vision for the cemetery. Bill Becker died Nov. 11.



Une cérémonie afin de commémorer les employé(e)s de la GRC, les Vétérans et leurs familles a eu lieu le samedi 23 septembre pour allumer un flambeau à partir de la flamme du centenaire de la colline du Parlement. Ce flambeau a été utilisé pour allumer la flamme commémorative des Vétérans de la GRC au cimetière commémoratif national de la GRC à Beechwood - le cimetière national du Canada. Une cérémonie en trois volets a débuté avec l'allumage du flambeau, une marche à relais sur les terrains de la colline du Parlement, une course à relais et un défilé jusqu'au cimetière commémoratif national de la GRC pour y allumer la flamme commémorative. La vision originale du cimetière est de Bill Becker, surintendant principal à la retraite, et celui-ci était représenté par son fils, le Colonel à la retraite Scott Becker. Bill est décédé le 11 novembre.



For more photos and a complete article, go to the website at RCMPVA.org

Please click on the link on the website to view the RCMP Veterans' Memorial Flame event video recap.

Toutes les photos et un article complet sont sur le site web au rcmpva.org. À partir du site web, cliquez sur le lien pour la video récapitulative de l'événement.

Photos by/par: Gilbert Bouffard, Don Harrison and Greg Fedor. Insert prepared by: Wendy Nicol and Suzanne Sarault



Thank you to the Canadian Ski Patrol for providing first aid assistance for the event.

Thank you to Greg Stewart of Pathway Hyundai for the shuttle for walkers and runners.

Merci à la Patrouille canadienne de ski pour leurs services en premiers soins pour l'événement
Merci à Greg Stewart de Pathway Hyundai d'avoir fourni la navette pour les marcheurs et coureurs.



Thank you to everyone who dedicated their time and effort to make it a memorable event!

Merci à tous ceux et celles qui ont consacré temps et énergie pour en faire un événement mémorable!



Guest speakers for the event included RCMP Veterans the Deputy Sergeant-at-Arms Pat McDonnell and Senator (and former OPS Chief) Vern White, and , RCMP Deputy Commissioner Rennie Marcoux, Retired RCMP Deputy Commissioner Roy Berlinquette, The Venerable Gerald Peddle of Beechwood and retired Senior Citizenship Judge, and honorary Veterans' Association member, George Springate.

Ont adressés les participants, monsieur le Sénateur Vern White, le Sergent d'armes adjoint de la Chambre des communes, monsieur Pat McDonnell, Vétérans de la GRC, Madame Rennie Marcoux, Sous-commissaire à la GRC, Le Vénérable Gerry Peddle de la Fondation du cimetière Beechwood, le Sous-commissaire de la GRC à la retraite Roy Berlinquette et le juge principal de la citoyenneté à la retraite, monsieur George Springate, membre honoraire de l'Association des Vétérans de la GRC



« Canada is the RCMP and the RCMP is Canada »

George Springate





Ottawa Division Veterans' Association President Michel Séguin presented Barry Thomas (right) and Ron Mostrey (left) with the RCMP Veterans' Association Service Award for their contribution to the Division Executive Committee. Barry was the Director, Membership and Recruiting from 2012 to 2016 and Ron was the Director, Member Services from 2015 to 2016



At the October Special Regular General Meeting long -service recognition awards were presented to:

25 years/ans

William Crossley 21239
Neal Melsness 18923
Ira M. Saunders 22007

20 years/ans

Jack Hearfield 23742
Donald Kilpatrick 23950
Joseph MacDonald 20843

Bill Newcombe 25216

Paul Ouellet 24479
Fred Rayner 25346
Perry Smith 22941
David R. Stewart 24429

15 years/ans

Frank Fedor 17175

10 years/ans

Fred Davis 22234
Douglas MacDonald C1966

Sovereign's Medal for Volunteers presented to Brian Hunter

Acting Commissioner Dan Dubeau attended the Special RGM in October to represent the Governor General, and to present Brian Hunter with the Sovereign's Medal for Volunteers on her behalf. The Medal recognizes volunteer achievement in a wide range of fields. Recipients are nominated within their community.

Since 1976, Brian has been the lead co-ordinator of the annual preparation of Camp Massawippi, a bilingual sleep-away camp for youth with physical impairments located in Quebec's Eastern Townships.

Created in 1951, the camp offers special programs for campers between six and 30 years old who have motor, hearing, or visual impairment.

For more than 40 years Brian has organized an annual Spring "Work Party" where he recruits friends and volunteers from across Quebec and Ontario to come and spend a weekend to do a much needed clean-up. They do renovations and construction projects ensuring the camp is safe, well adapted and ready to receive its guests.

Without Brian's effort, the campers would not have the facilities it does to enjoy the summer months. Not only was Brian the driving force behind his work crew, he was also the cook and prepared the meals for all of the volunteers.



RCMP Veterans' Association, Ottawa Division President Michel Séguin presented Eleanor and Garth Hampson with a Certificate of Appreciation on behalf of the Mounted Police Heritage Centre

*Honours and Recognition Photos by/par :
Gilbert Bouffard*

Veteran of the Year

Suzanne Sarault was awarded the 2017 Veteran of the Year Award at the Special RGM in October. Suzanne is a tireless volunteer, both on behalf of the Ottawa Division RCMP Veterans' Association and for other causes and agencies.

For the Ottawa Division Suzanne was the editor of *The Spirit* from 2013 to 2015 and Director of Communications from 2014 to 2015. In these positions Suzanne brought forward a modern and active communications platform, enhanced the content and design of *The Spirit*, integrated the French language in all ODVA communications; developed a strong communications team; developed standard operating procedures for all aspects of "communications"; and, created the ODVA Dropbox account to archive all ODVA photos and documents. Suzanne also enhanced the relationship with the ODVA Ladies' Association.

"Suzanne," nominator Joan Panich wrote, "lives the values of the RCMP Veterans' Association. She is an inspiration to us all."

Suzanne is a popular emcee for major events. Specifically for the RCMP Veterans, she has hosted the Musical Ride Performance for Veterans and the Commissioner's inspection of the Musical Ride for three years and was the emcee at the Gala Evening at AGM 2015 in Québec City—where she was also the Director of Communications.

She was the Event Co-ordinator of the Fifth Anniversary of the RCMP National Memorial Cemetery in 2009, and emceed at various events over the years with the Pipes and Drums and the Canadian Association of Veterans in United Nations Peacekeeping. Suzanne was the emcee at the Dedication of the Cenotaph at the RCMP National Memorial Cemetery, handled communications for the 10th Anniversary of the RCMP National Memorial Cemetery, and co-ordinated Division social events.

For the last two years Suzanne has overseen communications for the RCMP Veterans/Denniston Bone Marrow Golf Classic, and for the 2017 Torch Run (Lighting of the Memorial Flame) Beechwood Cemetery.



In other volunteer efforts since 2009 Suzanne has been emcee for events for Veterans Affairs Canada and the Canadian Armed Forces, and since 2005, the annual Candlelight Tribute of the City of Ottawa. For veterans organizations Suzanne has been emcee and done event planning for the Korean Armistice Day, Korea War Veterans' Association of Canada and the Embassy of Korea.

A proud Francophone Canadian Suzanne volunteers regularly with Heritage Canada including emceeing at Canada Day VIP section since 2009, including at the 2017 Canada Day 150 celebrations, and at

Winterlude as VIP and Information Officer. For the City of Ottawa Suzanne was the emcee for Ottawa4FortMac, in 2016. Suzanne is a dedicated golfer and regularly volunteers for golfing events including for the Professional Golfers Association (PGA) of Canada as starter and main announcer at the National Capital Open to Support our Troops MacKenzie Tour. She has been the on-stage moderator at the Annual Symposium of the Association of Professional Executives of the Public Service of Canada since 2009, was a radio news reader for Accessible Media Inc. in 2012/13 and, for the Lions Club of Gloucester, was the emcee and announcer for the Lions Foundation of Canada Dog Guides in 2014.



This is my last edition of the *Spirit*. When I took over the position of Editor two years ago I had just retired and was settling into a new home on Lake Ontario. As with most of us when we retire, I was worried about keeping busy, what I would do every day when I woke up, and if I would drive my husband—who works from home—crazy.

Little did I know that one of life's great myths is that you have more time when you retire. You don't have more time, but you do have the opportunity to fill your time with things you love to do.

One of the things I have loved to do is to put together the *Spirit* four times a year. To keep in touch with old friends and to make some new ones. To learn some new skills and to build on some I already had from my earlier career in newspapers.

Every week I am in touch with retired members and employees of the RCMP. I am encouraged by their passion for life, for helping others—both from our RCMP Veterans' family and in the community—and for learning new things. This is the retirement I had hoped for, where every day means learning something new, meeting challenges and having new experiences.

So, after two years, I am moving on to new volunteer opportunities a little closer to home. I do that, however, still strongly connected to my RCMP family. The truth is that we retire very well from the RCMP. Most of us retire when we are young enough to enjoy an adventure and old enough to approach it with caution. We have enough money to feel safe and secure and we have the benefits we need to help us deal with some of the tougher issues. I sit quietly when I listen to some of the other retirees I meet, those who do not have good benefits, who do not have a pension, or an association which both advocates for them and provides them with friendships and support.

I am proud that so many retired RCMP employees recognize how fortunate they are and continue to give back to their communities as retirees, as they did when they were working.

I used to work for an Assistant Commissioner who started every team meeting with the question, 'what did you do to keep Canadians safe today?' The first meeting he surprised us with the question, but by the next meeting we all had answers ready. I don't have that responsibility anymore, but now I ask myself, 'what did you do to make someone's life better today?' I hope I always have a good answer.

As I write this we have not found a new editor for

the *Spirit*. I hope we find one soon. Someone who sees this position as an opportunity to stay connected to your RCMP life as you live the next phase of your life. An opportunity to take on new challenges, to meet new people and to connect people through a vital communication link.

If you think you might like to give it a try please contact me. I have information all set up for the transition, and I'll help you through the first few issues until you make the publication your own.

I have included a photograph of my 'office staff'. This is Cedar and Temagami and they spend much of their day curled up under my desk. See how easy the job is—all you need for help is two sleeping golden retrievers.

In closing I do want to thank Suzanne Sarault for being such a patient mentor, colleague and, now, friend. To Ralph Mahar and Gary Walkling, thank you for your support. To Dave Jeggo, thanks for having my back. Most importantly my thanks to everyone who has contributed to the magazine, including the volunteer translators and my 'second reader', Don Day. A few people make most of the submissions to the *Spirit* and I could not have done it without their outstanding and amazing support. Last, but certainly not least, my thanks to my husband Tim Loughheed. As a freelance writer and editor he is his own 'help desk' and I depend on his technical help.

Wendy Nicol



Ceci est ma dernière édition du "Spirit". Quand j'ai pris le poste d'éditrice il y a deux ans, je venais de prendre ma retraite et je m'installais dans une nouvelle maison aux abords du lac Ontario. Comme la plupart d'entre nous lorsque nous prenons notre retraite, je craignais ne pas être assez occupée, qu'allais-je faire à chaque jour à mon réveil, et si je rendrais mon mari – qui travaille de la maison – fou.

J'étais loin de savoir que l'un des grands mythes de la vie est que vous avez plus de temps quand vous prenez votre retraite. Vous ne disposez pas de plus de temps, mais vous avez la possibilité de remplir votre temps avec des choses que vous aimez faire.

Une des choses que j'ai adoré faire est d'assembler le « Spirit » quatre fois par année. Rester en contact avec de vieux/vieilles camarades et d'en faire de nouveaux. Acquérir de nouvelles compétences et améliorer celles que j'avais déjà acquises dans ma précédente carrière dans le domaine journalistique.

À chaque semaine, je suis en contact avec des membres retraité(e)s et des employé(e)s de la GRC. Je suis encouragée par leur passion pour la vie, pour l'aide qu'ils/elles apportent aux autres – qu'ils/elles fassent partie de la grande famille de la GRC ou de la communauté, ainsi que leur soif d'apprendre. C'est la retraite que j'avais espérée, où à chaque jour on apprend quelque chose de nouveau, on relève des défis et on vit de nouvelles expériences.

Donc, après deux ans, je passe à de nouvelles opportunités de bénévolat un peu plus près de chez moi. Je le fais, cependant, encore fortement liée à ma famille de la GRC. La vérité est que prendre sa retraite de la GRC offre de très bons avantages. La plupart d'entre nous prenons notre retraite alors que nous sommes assez jeunes afin de poursuivre une aventure et assez vieux afin de l'approcher avec prudence. Nous avons assez d'argent pour nous sentir en sécurité et nous avons les avantages sociaux nécessaires afin de nous aider à faire face à certains enjeux plus difficiles. Je reste assise silencieusement lorsque j'écoute certain(e)s des autres retraité(e)s que je rencontre, ceux qui n'ont pas de bons avantages sociaux, qui n'ont pas de pension, ou une association qui les défend et leur offre amitié et soutien.

Je suis fière qu'autant d'employé(e)s retraité(e)s de la GRC reconnaissent à quel point ils/elles sont chanceux/chanceuses et continuent à redonner à leurs communautés en tant que retraité(e)s, comme ils le faisaient quand ils travaillaient.

J'ai travaillé pour un commissaire adjoint qui débutait

chaque réunion d'équipe en posant la question: "Qu'avez-vous fait afin d'assurer la sécurité des Canadiens aujourd'hui?". Il nous a surpris avec cette question lors de la première réunion, mais nous étions prêt(e)s à y répondre à la réunion suivante. Je n'ai plus cette responsabilité, mais maintenant je me demande: "Qu'as-tu fait pour améliorer la vie de quelqu'un aujourd'hui?". J'ai toujours espoir d'avoir une bonne réponse à cette question.

Au moment d'écrire ces lignes, nous n'avons pas trouvé un(e) nouvel(le) éditeur/éditrice pour le "Spirit". J'espère que nous en trouverons un(e) bientôt. Quelqu'un(e) qui voit ce poste comme une opportunité de rester connecté à la vie dans la GRC alors que vous vivez la prochaine étape de votre vie. Une opportunité afin de relever de nouveaux défis, rencontrer de nouvelles personnes et relier les gens à travers un lien de communication vital.

Si vous pensez que vous aimeriez tenter cette expérience, veuillez me contacter. J'ai préparé toute l'information nécessaire pour la transition et je vous aiderai avec les premiers numéros jusqu'à ce qu'elle devienne votre publication bien à vous.

J'ai inclus une photo de mon 'personnel de bureau'. Ils se nomment Cedar et Temagami et ils passent une grande partie de leur journée recroquevillés sous mon bureau. Voyez comme ce travail est facile – tout ce dont vous avez besoin est l'aide de 2 golden retrievers qui dorment.

En terminant, je tiens à remercier Suzanne Sarault pour avoir été une mentore patiente, une collègue, et maintenant une amie. Merci à Ralph Mahar et Gary Walkling pour votre soutien. Merci à Dave Jeggo d'avoir assuré mes arrières. Plus important encore, mes remerciements à tous ceux et celles qui ont contribué à la revue, y compris les traducteurs/traductrices bénévoles et Don Day mon "second lecteur". C'est une poignée de personnes qui font la plupart des soumissions et je n'aurais pu le faire sans leur soutien exceptionnel et incroyable. En dernier lieu, mais certainement pas le moindre, mes remerciements à mon mari Tim Lougheed. En tant qu'écrivain indépendant et éditeur, il est son propre 'bureau d'assistance' et je dépends de son aide technique.

Wendy Nicol

Membership dues for 2018

Membership fees for 2018 are due on December 31, 2017. The fees are \$60 for Members and \$38 for Associate Members.

As approved at DEC and discussed at the RGM in December, members who pay their dues from January 1 on, are charged a \$10 administration fee. As of March 15, the Ottawa Division communication products such as the *Spirit* and our regular electronic information bulletins will be suspended for those who have not paid their 2018 dues.

Your timely payment is essential to help us plan and budget for a year of activities. We also hope to alleviate the work of DEC members who have to deal with dues in arrears throughout the year. Thank you.

Frais de cotisation pour 2018

Les frais de cotisation devaient être payés au 31 Décembre, 2017. Les taux sont les memes que l'an passé soit 60 \$ pour les membres et 38 \$ pour les membres associés.

Tel qu'approuvé par DEC et discuté à la RGM en décembre, des frais d'administration de 10 \$ sont appliqués pour ceux et celles qui paient leur cotisation à compter du 1er janvier. Au 15 mars 2018, les produits de communications de la division d'Ottawa tels que le *Spirit* et les bulletin d'information réguliers seront suspendus pour ceux et celle qui n'auront pas payé leur frais de cotisation pour 2018.

Votre paiement en temps opportun est essentiel pour la planification et la budgétisation des activités pour l'année. Aussi, nous espérons alléger le travail des membres du Comité exécutif qui doivent gérer les retards de paiement tout au cours de l'année. Merci.

Fast and easy way to pay annual dues!

You can pay your annual dues via e-transfer payments! Pay your dues directly from your bank account to the Veterans' bank account in a simple transaction.

You will require the following three things:

1. account email address to send payment to ottawavetsdues@gmail.com
2. enter the following security question: What is the RCMP ceremonial hat called?
3. enter the answer to the security question in the answer field. The answer is not case sensitive.

You can pay at an RGM on every second Tuesday of the month or you can mail your cheque made out to
The RCMP Veterans' Association, Ottawa Division,
P.O. Box 42020, 1200 St Laurent Blvd.
Ottawa, ON K1K 4L8.

If you have questions on this or any other issue, please email us at ottawa.info@rcmpva.org or call Don Harrison, Director of Membership at 613-235-5716.

Façon rapide de payer votre cotisation!

Payez votre cotisation annuelle par virement électronique directement de votre compte bancaire au compte bancaire des Anciens en une transaction.

Voici ce dont vous avez besoin:

1. un compte courriel pour envoyer votre paiement à ottawavetsdues@gmail.com
2. composez la question de sécurité suivante: quel est le nom du chapeau de cérémonie de la GRC?
3. inscrivez la réponse à la question de sécurité dans la case de réponse. La réponse n'est pas sensible aux caractères.

Vous pouvez payer lors d'une RGM les deuxièmes mardis du mois ou envoyez votre chèque à l'ordre de
L'Association des Anciens de la GRC, Division d'Ottawa
C.P. 42020, 1200, boul. St-Laurent
Ottawa, ON K1K 4L8.

Si avez des questions à ce sujet ou toute autre initiative, veuillez nous écrire à ou ottawa.info@rcmpva.org téléphonez Don Harrison, Directeur de l'Adhésion au 613-235-5716.



If you require a ride to an Eastender breakfast, lunch or coffee club meeting, please contact me by email (eastenders@sympatico.ca) or 613-824-4359. If I cannot pick you up myself, I will make arrangements for one of our members to pick you up and return you to your home. If you belong to one of our other clubs, **OR IF YOU WOULD LIKE A RIDE TO THE RGM**, please let me know and I will make arrangements for someone in your area to pick you up and also return you to your home.

Sig Sigurdson

RGM

Our RGMs are held on the second Tuesday of each month starting at 7:30 p.m. at the HQ Mess, 73 Leikin Drive. Join us! Your opinion and participation are important!

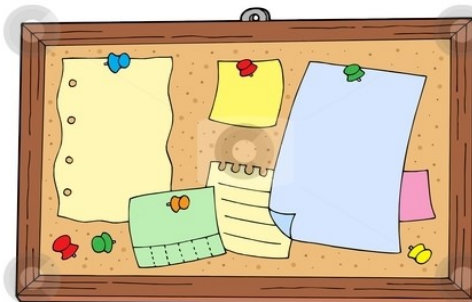
Nos réunions ont lieu tous les deuxièmes mardis du mois et débutent à 19 h 30 au Mess du QC, 73 Leikin. Joignez-vous à nous! Votre opinion et votre participation sont importantes.

If you need a ride to the RGM, or any other assistance, you can contact the Director of Member Services, Réjean Ouellette at ottawarcmpvetservices@gmail.com or 613-745-5058

Les coordonnés du Directeur, Services aux membres, si vous désirez faire du co-voiturage pour la RGM ou pour tout autre besoin.

We have a variety of tools to keep you informed of all activities and issues of the Ottawa Division; our quarterly publication *The Spirit*, our website rcmpva.org and our **regular electronic bulletins** you receive by email.

As a member in good standing, you can expect to receive at least one electronic bulletin every two weeks. If you do not, please contact us at ottawa.info@rcmpva.org to ensure you receive all information bulletins.



Nous avons une variété d'outils pour vous tenir informé des activités et des enjeux de la Division d'Ottawa; notre publication trimestrielle *The Spirit*, notre site web rcmpva.org et nos **bulletins électroniques réguliers** que vous recevez dans vos courriels.

En tant que membre en règle, vous pouvez vous attendre à recevoir au moins un bulletin électronique à toutes les deux semaines. Si ce n'est pas le cas, s'il vous plaît contactez-nous au ottawa.info@rcmpva.org afin d'assurer que vous recevez tous nos communiqués.

Check our calendar of activities and events regularly at <https://rcmpva.org/index.php/ottawa-events-en/> and participate!

Consultez notre calendrier d'activités et d'évènements au <https://rcmpva.org/index.php/ottawa-events-fr/> et participez!

Sick, hospitalized or shut-in

We would like to pay a cordial visit to any member or veteran who is either sick, hospitalized or shut-in.

We are confirming visitation teams divided into zones - East, West, North and South. Would you like to be a volunteer visitor? It's a wonderful way to brighten someone's day and enjoy the company of a comrade.

Please let us know if you can contribute to one of our visitation teams. Also, if you are aware of anyone who would appreciate a visit, please provide us with their name, phone number and address. We can't visit those whom we do not know are ill or shut-in.

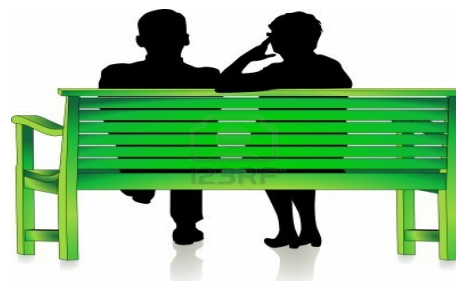
Contact: Réjean Ouellette
Member Services / Services aux membres
ottawarcmpvetservices@gmail.com
613-745-5058

Malade, hospitalisé ou confiné

Nous aimerions rendre visite à tout membre ou vétéran qui est soit malade, hospitalisé ou confiné.

Nous sommes à mettre sur pied des équipes qui seront organisés par secteur - est, ouest, nord et sud. Aimerez-vous contribuer à cette initiative? C'est une belle façon d'ensoleiller la journée de quelqu'un et de passer du bon temps avec un camarade.

SVP nous aviser si vous pouvez contribuer à une des équipes. Aussi, si vous connaissez quelqu'un qui aimerait une visite, svp nous communiquer leur nom, numéro de téléphone et adresse. Si nous ne savons pas qui est malade, nous ne pouvons leur rendre visite.



COFFEE TIME - LES P'TITS CAFÉS



PERTH

1st Tuesday of the month 9:00 a.m.. " Mr. Victor's Diner" located at 16 Conlon Drive. Directions: When arriving in Perth, proceed to Gore Street, over the bridge, until you come to Cockburn St., then turn right, and proceed to Conlon Drive. At Rogers Road, the street becomes Smith St., ignore this and continue on to Conlon Drive. Victor's is located directly across from the soccer field in a Sports Complex.

EASTENDERS - EST

2nd Monday at 7:45 a.m. and/or 4th Monday at 9 a.m. at Gabriel's, 2160 St Joseph Blvd., in Orleans.

CENTRAL - CENTRE

1st and 3rd Wednesdays of the month 7:30 a.m. at Dunn's Famous Deli, 2679 Bank Street, South of Hunt Club across from the cemetery.



WESTENDERS - OUEST

2nd and 4th Wednesdays of the month 10 a.m. at Eggstyle, 790 Kanata Ave, Kanata, next to the Baton Rouge Restaurant.

LES BONS VIVANTS DE GATINEAU - Dîner des retraité(e)s

Dernier jeudi du mois à 11h30 à la Cage aux Sports, 325, boul. Gréber, Gatineau. Bienvenue à tous. Pour information, Michel Beland

meraille@videotron.ca

LES BONS VIVANTS DE GATINEAU - Retirees luncheon

At 11:30 a.m. last Thursday of every month at La Cage aux Sports, 325, blvd. Gréber, Gatineau. For information, call Michel Beland

meraille@videotron.ca

Important Phone Numbers and Website Links

- Morneau Shepell - for RCMP Insurance only
1-800-661-7595
- Public Works & Government Services Canada -
PWGSC - For all aspects of Pension Administration
1-855-502-7090
- Veteran Affairs (DVA) for Hearing Pensions
1-866-522-2122
- Old Age Security (OAS) & Canada Pension Plan (CPP)
1-800-277-9914
- RCMP Veterans' National Association:
www.rcmpva.org

On line - En ligne

Photos taken at various events are on line on the Members Only page. Our website - and especially the Members Only page - is constantly updated the latest information, photos and a calendar of events.

RCMPVA.org

Vous pouvez visionner les photos des événements sur notre site web à l'onglet "Members only". Le site web - et particulièrement la page "Members Only" est mis à jour régulièrement avec les dernières informations, les photos et le calendrier des événements.



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