



SPIRIT



**RCMP
VETERANS'
ASSOCIATION
Ottawa Division**

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

Inside

President's Message	3
Last Post	7-10
Honours and Recognition	11-15
RCMP Veterans/Bone Marrow Classic	
Golf Tournament	20-21
Memorial Flame	22-23
Website	24
New Members	25
Member Services	26-28
Sponsors	29-32

À l'intérieur

Message du Président	3
Dernière Sonnerie	7-10
Distinctions et reconnaissance	11-15
Classique de golf de l'Association des Anciens de la GRC/la moelle osseuse	
Denniston	20-21
La Flame	
Commémorative	22-23
Site internet	24
Nouveaux Membres	25
Services aux Membres	26-28
Commanditaires	29-32



Life member George William (Bill) Fridgen (centre with President Michel Séguin) was honoured at the Musical Ride for Veterans. For more information and Photos see P. 16/17 *Photo by/par: Gilbert Bouffard*

Events - Événements

October

21-Annual Dining In /Dîner régimentaire, Mess du QG

November / Novembre

11 - Remembrance Day / Journée du Souvenir
- Christmas Dinner / Dîner de Noël

Summer/Été 2017
Vol. 175 No. 2

belairdirect.

OTTAWA DIVISION DIRECTORY RÉPERTOIRE DE LA DIVISION D'OTTAWA



Published By/Publié par
RCMP Veterans' Association - Ottawa Division
Association des Anciens de la GRC - Division d'Ottawa
www.rcmp-grcvetsottawa.ca
Editor/Éditrice: Wendy Nicol
spirit.bulletin@yahoo.ca

Executive Committee 2017 Conseil d'administration

President	Michel (Mike) Séguin	Président
1st Vice-President	Fred Lyle	1st Vice-Président
2nd Vice-President	Michel Pelletier	2e Vice-Président
Secretary	William Lenton	Secrétaire
Treasurer	Rick Reynolds	Trésorier
Past President	Graham Muir	Ancien Président

Directors / Directeurs-Directrices

Communications	Dave Jeggo	Communications
Editor, The Spirit	Wendy Nicol	Éditrice, The Spirit
Internal Communications	Ralph Mahar	Communications internes
Webmaster	Gary Walkling	Site internet
By-Laws & History	Pat Arseneau	Règlements & Histoire
Entertainment	Greg Fedor	Divertissement
	Gérard Dupuis	

Honours & Recognition	Vacant	Distinctions honorifiques & Reconnaissance
Quartermaster	Don Harrison	Quartier-maître
Member Services	Réjean Ouellette	Services aux membres
Chaplains	Pierre Bélanger	Aumôniers
	Andy Bigras	
	The Reverend Canon,	
	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
-----------------	------------------	-----------------

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
--	---

ADVERTISING/PUBLICITÉ

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

Articles and comments must be signed and sent to spirit.bulletin@yahoo.ca. Also include contact information. We may condense or may edit for style. Cite volume and issue number. All rights reserved.

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.

.....

Les articles et commentaires doivent être signés et envoyés à spirit.bulletin@yahoo.ca. Inclure toutes informations pour vous joindre. Nous révisons et adaptons. Indiquez le volume et le numéro. Tous droits réservés.

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

Are we tired of talking about the weather yet?

Snowstorms every second Tuesday, a spring that took forever to arrive and soggiest summer in memory. We can only hope we have some nice days in the Fall. Despite the weather we have had a busy time and we will have a busy Fall.

We had another well attended Honours and Recognition Night. Congratulations to all the recipients. What a great day we had for the Musical Ride. It was remarkable to meet S/Sgt Bill Fridgen who, at 100 -years- old, demonstrated great enthusiasm in taking the salute. Thanks to our members who worked so hard for Bill to have a well-earned special day. Congratulations to Sig Sigurdson, Dan Carroll and Brian Hunter on being awarded the Sovereign's Medal for Volunteers. Sig attended a ceremony in April at City Hall to receive his medal. Dan and Brian will be presented with their medals in October.

September has been a busy month. There will be the annual golf tournament and then the dedication of the flame at the RCMP National Cemetery at Beechwood. On the latter, Roy Berlinquette, Mike Pelletier and a solid team of volunteers have been working hard all summer getting the torch relay and the dedication ceremony organized. Remember,

if you cannot volunteer, attend and participate! Your support is greatly appreciated.



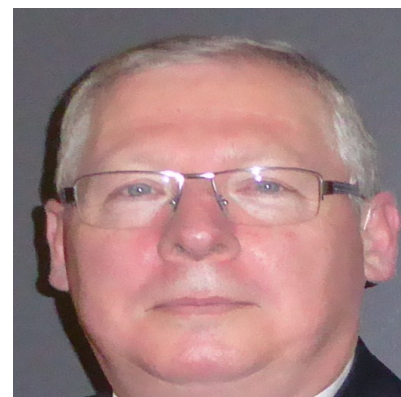
En avons-nous assez de parler de météo?

Des tempêtes de neige à tous les deux mardis, un printemps qui a pris une éternité avant d'arriver et l'été le plus humide dont on se souvient. En espérant que l'automne a encore de belles journées en réserve pour nous. Malgré la météo, nous avons été occupés et nous aurons un automne chargé.

Notre soirée de Distinctions honorifiques et reconnaissance a connu un franc succès. Félicitations à tous les lauréats!

Nous avons eu une superbe journée pour le Carrousel. C'était remarquable de rencontrer le sergent d'état-major Bill Fridgen qui, à l'âge de 100 ans, a fait preuve d'un grand enthousiasme alors qu'il a reçu le salut. Merci à nos membres qui ont travaillé très fort afin que Bill profite d'une journée spéciale bien méritée.

Félicitations à Sig Sigurdson, Dan Carroll et Brian Hunter, qui ont reçu la Médaille du souverain pour les bénévoles. Sig a assisté à une cérémonie à l'Hôtel de ville en



avril afin de recevoir sa médaille. Dan et Brian recevront leurs médailles en octobre.

Septembre sera un mois occupé. Il y aura le tournoi annuel de golf, puis l'inauguration de la flamme au cimetière national de la GRC à Beechwood. Concernant ce dernier point, Roy Berlinquette, Mike Pelletier et une solide équipe de bénévoles ont travaillé d'arrache-pied tout l'été afin d'organiser la course à relais de la torche et la cérémonie de l'inauguration.

Souvenez-vous, si vous ne pouvez pas être bénévole, venez assister et participer! Votre aide est grandement appréciée.





The RCMP Musical Ride 'Steele Spurs Award' Invoking the Past to Build the Future

The RCMP Musical Ride held its first 'Regimental Dining In' night at the Ottawa Army Officers' Mess on May 19. Over the years The Ride has held, and hosted, many formal regimental dinners that were restricted to members and staff of The Ride itself. But this dinner welcomed and embraced family members and friends to share in the traditions and ceremonial trappings of the Corps. It was heartening to see the Mess filled to capacity with the young men and women of this year's Ride, and their guests for the evening. They do us proud.

The dinner provided a fitting venue for the inaugural presentation of the 'Steele Spurs Award'. Invoking the storied past of Sir Samuel Benfield Steele, the award was presented to the member of The Ride who best exemplified the character and traits of Steele in 'going extra mile' as a young leader, as determined by the Equitation Staff.

In close collaboration with The Ride, the Ottawa Division of the RCMP Veterans' Association provided a set of long-shank nickel steel spurs to celebrate the occasion. The long shank spurs harken back to an earlier era and are coveted by those who value tradition - an obvious connection between those serving and those (long since) retired. This year's proud recipient of the 'Steele Spurs Award' is Cst. Chris Kehoe.

It is the expressed intent of both The Ride and The Veterans that this new tradition will continue, and that successive recipients of the Steele Spurs Award will take possession of their long-shank spurs from one of those who came before them.

R. Graham Muir, A/Commr. ret'd
RCMP Veterans' Association, Ottawa Division



RCMP Veterans' Association Ottawa Division

The RCMP Veterans' Association-Ottawa Division, in partnership with Belairdirect Insurance, is pleased to announce the recipients of the 2017 Education Awards

The draw was carried out by Ron Lewis, Ottawa Division, Mike Seguin, President Ottawa Division and Barbara Chamberlin of Belairdirect.

Ron Lewis

Chair, Education Award Program

Association des anciens de la GRC Division D'Ottawa

La Division d' Ottawa de L' Association des Anciens de la GRC, en partenariat avec Assurance Bélairdirect, a le plaisir d'annoncer les récipiendaires des bourses d'études pour l' année 2017.

Le tirage au sort a été effectué par Ron Lewis, Mike Seguin , président de la Division d'Ottawa et Barbara Chamberlin de Bélairdirect.

Ron Lewis

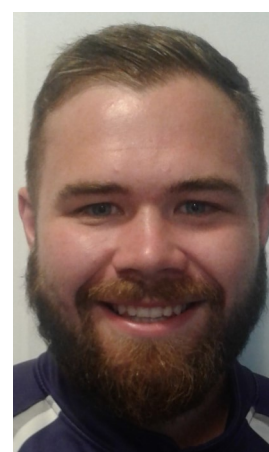
Président, Programme de bourses d'études



Madison Innis, Orleans - Daughter of Karin Innis – RCMP Ottawa /fille de Karin Innis - GRC D'Ottawa



Robyn Dore, Orleans - Granddaughter of Jean-Claude Dore – RCMP Veteran Ottawa/grand fille de Jean-Claude Dore – Ancien D'Ottawa



Brock Spencer, Gatineau – Son of Forrest Spencer – RCMP HQ Ottawa/fils de Forrest Spencer – QC de la GRC



Sarah Nordlund, Embrun – Daughter of Myrka Coulombe – RCMP HQ Ottawa/ fille de Myrka Coulombe – QC de la GRC



Sydney Dore, Ottawa – Granddaughter of Jean-Claude Dore – RCMP Veteran Ottawa/grand fille de Jean-Claude Dore – Ancien D'Ottawa



Ethan Clow, Orleans –Grandson of James Braun – RCMP Veteran Ottawa/ grand fils de James Braun – Ancien D'Ottawa



Thomas Roos, Ashton – Grandson of Thomas Roos – RCMP Veteran Ottawa/grand fils de Thomas Roos – Ancien D'Ottawa

IN PARTNERSHIP WITH
EN PARTENARIAT AVEC

belairdirect.

Once again our annual BBQ was a huge success. thanks to so many wonderful people. A total of 115 friends came from near and far to this special event and thanks to "Mother Nature " it was a beautiful day. One of the attendees, Retired Commissioner Bob Simmons, drew a lot of attention, everyone was so pleased to see him and wish him well. As usual the meal was excellent, the salads delicious and no two the same. There were many comments about the steaks, best ever. June 8 has been booked for next year,



Information provided by: Joan Rud
Photos by/par: Louise Ross





THE SPIRIT



LAST POST - DERNIÈRE SONNERIE

REG. NO. RÉG.	NAME - NOM	DATE	PLACE / ENDROIT
19163	McGINNIS, David Baxter	Aug. 29	Bridgewater, NS
	BROWN, Nora Elsie (Former Public Service Employee of the RCMP)	Aug. 19	Ottawa, ON
	McCULLY, Doreen Annette (wife of George L. McCully)	Aug. 16	Ottawa, ON
20191	WAGSTAFF, Tony Roy	Aug. 14	Waterloo, ON
	BOHM, Ryan (Vancouver PD Constable #2307, husband of RCMP member Donna Bohm)	Aug. 10	Vancouver, BC
20293	CALLENS, Larry	Aug. 9	Kelowna, BC
15937	LAPOINTE, Marcel A.M.	9 août	Québec, PQ
34306	LaHAYE, Ross	Aug. 7	Ste-Marthe-sur-le-lac, PQ
15580	CURRY, Kenneth Dennis	Aug. 6	Calgary, AB
	PARADIS (nee Dalton), Judith Ann (Wife of Robert "Bob" Paradis)	Aug. 5	Ottawa, ON
19984	SNIDANKO, Adrian "Abe" J.	Aug. 2	Richmond, BC
C/2397	REYNO Ronald Francis	July 30	St. Catharines, ON
15667	TILLSLEY, Kenneth Ernest	July 29	Fort McLeod, AB
	PETRAROJA, Lucia "Lucy" M. (former Public Service Employee)	July 29	Ottawa, ON
	SCHINDELER, Peggy (wife of William SCHINDELER)	July 27	Surrey, BC
27287	DUDA, Gordon Michael	July 26	Stony Plain, AB
35402	CLAIRMONT, Clyde G.J.	July 25	Welland ,ON



THE SPIRIT



LAST POST - DERNIÈRE SONNERIE

REG. NO. RÉG.	NAME - NOM	DATE	PLACE / ENDROIT
15361	STEWART, William Johnston	July 24	Ottawa, ON
42575	NIXON, Robert Junior	July 24	Carleton Place, ON
44263	LEDUC, Dorothy May	July 21	Strathroy, ON
C/2661	TYEFISHER, Richard	July 18	Edmonton , AB
32829	JEFFREY William 'Bill'	July 17	Toronto, ON
	PERRY, William Brian	July 8	Calgary, AB
C/3023	DOTI, Rocco Paul	July 8	Toronto, ON
22342	DIETZ, Douglas William 'Bill'	July 7	Hamilton, ON
23232	COLE, Deane	July 6	Vancouver, BC
24532	BELHUMEUR, Réo E. A.	5 juillet	Gatineau, PQ
62067	MacDOUGALL, Austin Edward (serving Member at time of death)	July 5	Edson, AB
15849	GRAHAM, John Kyle	July 4	Ottawa, ON
29747	BASS, Peter	July 3	Calgary, AB
39638	VELASCO, Javier 'Frank'	July 2	Oshawa, ON
13446	SMITH Frank	July 1	Calgary, AB
16901	RICHARDSON, Bernie Arnold	July 1	Dartmouth, NS



LAST POST - DERNIÈRE SONNERIE

REG. NO. RÉG.	NAME - NOM	DATE	PLACE / ENDROIT
41098	BEST, Stuart Frederick	June 29	Calgary, AB
19582	MOWATT, Garnet Morris	June 25	Vancouver, BC
41102	GARVEY, Bernard Peter	June 24	Regina, SK
16918	POWER, Ronald Patrick	June 22	Hudson, PQ
35701	GILLIS, James H.J.	June 17	Tantalion, NS
C/3747	SHOEMAKER, J. Michael	June 16	Victoria, BC
27259	DIONNE, Richard Lynn "Digger"	June 15	Ottawa, ON
19688	MacDONALD, George Bernard	June 14	Charlottetown, PEI
	MILNE, Edna (wife of Veteran Murray MILNE)	June 13	Saskatoon, SK
	LYNOTT, Garry Vernon	June 11	Ottawa, ON
	WINTERS, Janet (Spouse of the late Lyndall H. Winters)	June 10	Ottawa, ON
	DRAPEAU, Pauline (L'épouse du J. Paul Drapeau #14941)	10 juin	Ottawa, ON
	LAW, Clive Michael	June 10	Ottawa, ON
20873	BELL, Thomas Randal "Tom"	June 9	Orangeville, ON
	OGILVIE, Deborah "Debbie" (Spouse of Pipe Major Graeme Ogilvie RCMP Pipes and Drums NCR)	June 3	Ottawa, ON
15414	BAYNES, Robert Nolan	May 31	Victoria, BC
25024	GALLANT, J.C. "Carl"	May 30	Ottawa, ON



LAST POST - DERNIÈRE SONNERIE

REG. NO. RÉG.	NAME - NOM	DATE	PLACE / ENDROIT
18358	CONDON, Laurence Glen	May 29	Surrey, BC
	HARASYM, Viola "Vi" Mary (Spouse of the late Bill Harasym)	May 23	Ottawa, ON
14241	CLARK, Frederick Arthur 'Fred'	May 23	West Vancouver, BC
35186	LEAMAN, Randell Scott "Randy"	May 22	Newmarket, ON
20022	PREST, Robert Terrance John "Bob"	May 21	St. Albert, AB
36248	St-PIERRE, Denis	May 20	Ottawa, ON
17232	TAYLOR, Merrill	May 19	Edmonton, AB
30534	WESTWICK, Robert Vincent "Vince"	May 17	Ottawa, ON
31876	CAPADOUCA, Angelo 'Tony'	May 17	Vancouver, BC
13997	ZAVITZ, James Robertson	May 16	Idlerton, ON
18502	COOPER, Ronald Austin	May 5	Williams Lake, BC
15423	MacKERACHER, Robert 'Bob'	May 5	Regina, SK
18502	EVANS, Murray Robert	May 4	St. John's NL
42534	PAQUETTE, Yves	26 Avril	Ste-Therese, QC
14814	DALTON, Gordon Louis	April 26	Abbotsford, BC
26988	FRANKLIN, David Edward	April 26	Aurora, ON
26100	BEESON, Brian William	April 21	White Rock, BC
15225	WRIGHT, Peter	April 20	Tsawwassen, BC
28052	McCARTHY Robert Patrick	April 17	Kelowna, BC

Sarault recognized for service to Ottawa RCMP Veterans

Suzanne Sarault received the President's Commendation from President Michel Séguin at the June RGM. She was nominated by Past President Graham Muir, and the information below is from that nomination.

Graham cited Suzanne's contribution, as a member of the Division Executive Committee (DEC), in providing outstanding leadership to consolidate and develop the division's communications program. Suzanne joined the DEC in January 2013, having served previously as the Editor of *'The Spirit'*. She was the Director of Communications for four consecutive terms, leaving the executive in January 2017.

Over the course of her tenure Suzanne brought remarkable energy and passion to her role. She was gracious and generous with her time and talent in support of ongoing DEC initiatives.

Suzanne was the principal architect in consolidating the division communications program: internal communications (broadcasts), Webmaster, and *'The Spirit'*. Under her leadership and according to her vision, the persons responsible for each of these key program elements came together as an outstanding team. An early decision was to relinquish the role of Editor of *The Spirit* so she could focus on broader program priorities.

Throughout her tenure, Suzanne demonstrated exceptional leadership skill. She consistently worked to enable each element of the program. She took a demonstrably 'hands on' approach to assisting and supporting the incumbent members responsible for internal communications, the website and *The Spirit*. Suzanne was self-taught on many of the (technical) facets of her directorship. Understanding the importance of creating redundancy and back-up to each position, she became conversant in the software program(s) used by internal communications and posting protocols to the website.

Suzanne had a keen appreciation for the potential of synergy between integral elements of her program.



Suffice to say, the whole was greater than the sum of its parts. In building her team's capacity, she was a staunch advocate for providing appropriate tools to her team. She took an active role in transitioning the division's website to the new national platform. Above and beyond her remit as Director of Communications, Suzanne gave greatly of herself in direct support of high-level initiatives within the division, e.g. the 2014 AGM Committee, the Beechwood Cemetery 10th Anniversary Committee, and Golf Committee annual tournaments. She has developed impressive skills as an MC and is sought after throughout the National Capital Region. She has lent her time and talent to annual events such as the Musical Ride performance for the Vets, and the fundraising concert held by the RCMP Pipe and Drums.

Suzanne has brought outstanding leadership to the ODVA. She transformed disparate elements of communications activity within the division into a high performing and focused communications team. She was an exemplar to those she supported as part of her team, displaying remarkable energy and enthusiasm, along with an impressive inventory of professional and technical skills. She has brought great credit to the Association, both locally and nationally.

Ottawa Division Veterans Recognize Panich's contribution

Joan Panich received the President's Commendation from President Michel Séguin at the June RGM. She was nominated by Past President Graham Muir and the information below is from that nomination. Joan was given the commendation for her contribution to transformational change, at both the division and national levels, to the RCMP Veterans' Association.

Joan was recruited to the Division Executive Committee (DEC) in January 2014 as the division's first-ever Director of Honours and Recognition. She served in this capacity for three consecutive terms and, while doing so, created policy and practice that transformed the (local) culture of the Association. Prior to Joan's appointment, Ottawa Division did not have robust policy and procedure to honour, recognize and celebrate the accomplishments of its membership.

Having served previously in the Force in the capacity of Director of Honours and Recognition, Joan was asked to bring her considerable experience and expertise to construct division policy and procedures. She did so with remarkable speed and efficiency during the first year of her tenure. She consulted broadly with incumbent members of the RCMP's Directorate of Honours and Recognition, DEC colleagues and the division membership at large. She created a comprehensive policy that framed a tiered program of honours and recognition including: President's Commendation, Meritorious Service Award, and Certificate of Appreciation. She designed, and ratified through the DEC, specific devices (pins) to accompany both commendation and meritorious service awards. She designed and implemented a protocol for issuance of certificates accompanying each award level.

Concurrent with this work, Joan instituted bi-annual spring and fall 'Honours & Recognition Nights' held during scheduled RGMs. She proposed and implemented the issuance of service pins as part of



these ceremonies. She successfully leveraged other DEC colleagues to run well-scripted ceremonies that included members' families and friends. During the second year of her tenure, Joan advocated for and implemented the 'Veteran of the Year' award accompanied by a unique trophy and personal gift. Canvassing the nominations of the membership at large, and ratified by DEC, this award has proven highly successful in celebrating outstanding achievement.

During the third and final year of her tenure, Joan became aware the Governor General's 'Caring Canadian Award' was to be upgraded in the order of precedence to become 'The Sovereign's Volunteer Medal'. She worked directly with the Chancellery at Government House to implement a 'trusted partnership' relationship between the Association and the Chancellery. A number of Ottawa Division members have subsequently been recognized as recipients of the Medal.

Joan is currently working with National Office of the Association to implement national policy and procedure for submissions of all divisions for the Sovereign Volunteer Medal.

Joan has brought great credit to the Association, both locally and nationally.

Pelletier receives recognition For countless volunteer hours

Michel Pelletier received the President's Commendation from President Michel Séguin at the June RGM. He was nominated by Roy Berlinquette and the information below is from that nomination. Michel was nominated for the copious hours he dedicates to the benefit of the Ottawa Division Veterans' Association. He is recognized for his selfless devotion to making the Veterans' Association a progressive and successful unit for all retired employees of the Force.

Michel has worked tirelessly over the past 11 years to create a Veterans' Annual Golf Tournament to raise funds for the development of the RCMP National Memorial Cemetery at Beechwood. Michel, through his many hours of effort, has been able to engage a devoted team of volunteers that work throughout the year to ensure the Tournament is a success. This team, through its time and effort, have raised more than \$125,000, to build and support the cemetery.

Michel has participated as co-chair of the RCMP NMC Development project and has assisted immensely with his futuristic ideas and fundraising efforts for the final design and development of the monuments and landscaping for the site. He developed the Bison Head finials that adorn flag-bearing standards in a number of Divisions across the country. He has ensured the production of RCMP cuff links and brass button formal wear dress shirt buttons, which are sold to raise funds to support the cemetery project.

Michel has a host of external friends and contacts that assist with a number of initiatives, including funds and sundry items to support the cemetery project. The painting of the Headquarters Mess mural was completed and paid for by a late personal friend and philanthropist that Michel had convinced to sponsor the artist to undertake the painting. Michel also asked the benefactor to sponsor 30 giglets (smaller reproductions of the painting) to raise additional funds.

Michel is a long-time supporter of the Bruce Dennison Bone Marrow Society, including devoting time as a courier for the retrieval and delivery of bone marrow from cities around the world. He has worked with, and for, the Bruce Dennison Annual



Golf tournament and raised funds for this worthy cause. In the past year he joined forces with the Denniston organizers to stage a joint golf tournament that raised more than \$33,000 that was shared between the two charities.

His efforts to organize on this scale are a year-round commitment to reach out to donors, sponsors and golf enthusiasts. He works tirelessly at maintaining the follow-up necessary to sustain interest by supporters.

Michel had a successful 36-year career in the RCMP, including developing drug awareness across Canada. He was responsible for raising funds from the private sector and civilian donations to spur on the cause of drug awareness for youth.

He is the President of the Non-Commission Officers' General Mess at Ottawa Headquarters. Brent MacDonald has volunteered with Michel in a number of initiatives but particularly on the Bruce Denniston Bone Marrow Society efforts. In supporting his nomination Brent wrote that Michel "provides a spirit to Veterans that is honest, fresh and clearly sincere. He wears his heart on his sleeve in his devotion to the RCMP. Michel has taken part in Sunset Ceremonies for several years, including the planning and delivering of promotional material. He attends most, if not all, parades as a proud Veteran. Michel, he says, "is a kind and warm-hearted person and we are fortunate to have him as part of our Division."

*Honours and Recognition photos
by/Distinctions et Reconnaissance par :
Gilbert Bouffard*

Sovereign's Medal For Volunteers La Médaille du souverain pour les bénévoles

Sigurdur Ewald Sigurdson of the Ottawa Division RCMP Veterans' Association was recently awarded the Sovereign's Medal for Volunteers.

The Medal is a Canadian decoration intended to honour volunteers who have made a significant and continual contribution in Canada or abroad.

Sig received his Medal on April 28 from Her Excellency Sharon Johnston at a ceremony hosted by the City of Ottawa at City Hall. Often working with his wife Aline, Sig has been a volunteer since his early detachment days, getting involved in internal and external fundraising and organization.

In the late 1960s he co-ordinated a walk-a-thon to raise money for an artificial ice surface for the Maidstone, SK curling rink. After a move to Ottawa in the late 1970s he co-ordinated Mess social functions while also volunteering on the executive of the Beavers SCUBA Club and Swim Program at Carleton University. Working with some friends they revived the Ottawa HQ Rifle & Revolver Club and re-established it as an active club.

From 1978, until his retirement in June 1992, Sig and Jerry Lavallee were on the Senior NCO's Mess Visitation Committee and took turns visiting hospitalized Members in hospital over their lunch.

Since the early 1980s, he and Aline have volunteered at the Resurrection Lutheran Church in Orleans. When Aline (a Program Officer with UNESCO) and Sig retired in 1992, they decided to dedicate their volunteer efforts to make things better in their community. They co-ordinated the Daffodil festival for Cancer in Gloucester for two years, doubling the number of volunteers and donations. In the early 2000s, Sig was a member on the Board of Directors for The RCMP Quarterly for two years.

In 2011, he restarted The Old Trainer's Luncheon which will, this year, celebrate their 41st Annual Luncheon. In 2014 Sig took over the management of the Retired RCMP Officers' Club from Hank Jensen. That group's 300 members celebrate their 38th anniversary this year.



(L to R) Ottawa Mayor Jim Watson, Ottawa Division RCMP Member Sig Sigurdson, Her Excellency Sharon Johnston, and Councillor Bob Monette after the Ottawa City Hall ceremony.

In 1998, working with some friends, they formed the Eastenders' Breakfast Club for retired members. It meets twice a month in Orleans. The Eastenders' newsletter was created by Dave Owens, and Sig took it over around 2002/03 after Dave died.

In 2014, Fred Davis, Wayne Burke and Sig co-ordinated the first Training & Development Branch Reunion. This year will be the fourth get together for the former co-workers.

In 2015, the Ottawa Division RCMP Veterans' Association asked Sig to establish a visitation program in the east end of Ottawa, for Association members who are either shut-in or in senior/nursing homes. There are now 14 members on The Eastenders' Visitation Committee and they visit about 300 shut-in members each year.

As the Captain of The Eastenders' Visitation Committee, in the spring of 2016, Sig organized breakfast for Breakfast Club members with two retired RCMP members residing in the Chapel Hill Residence in Orleans. The breakfasts have been held in the Fall and Spring and the goal is to have breakfasts with members in all the senior homes in Ottawa.





Suzanne Sarault and Joan Panich were presented with the RCMP Veterans' Association Service Award by Ottawa Division Veterans' Association President Michel Séguin for their contribution to the Division Executive Committee as Directors of Communication and of Honours and Recognition respectively



At the Spring Annual General Meeting long-service recognition awards were presented to:

40 years/ans

James Stephen CUMMINS 18646

30 years/ans

William STOCKER 17910

25 years/ans

Al HAGGERTY 19602

David Leroy SEAR 1923

20 years/ans

Marc CHABOT 24245

Richard S. DEW

George GIBBS

Calvin SMALL

15 years/ans

Patrick CUMMINS

10 years/ans

Dwight MCCALLUM

5 years/ans

Bert Hoskins

Graham MUIR

11114

20177

21731

25039

25080

32536

32565



May 17 could not have been a nicer day! Sunny, with a light breeze, it was ideal for the Musical Ride dress rehearsal special presentation for Ottawa Division Veterans, friends and family.

Don Harrison and I had decided that this would be an ideal day to recognize, as our Special Guest of Honour, Bill Fridgen, who turned 100 on April 27. Our idea had lots of support. When I discussed it with Ottawa Division President Michel Séguin before the event he agreed without hesitation, and even suggested Bill should be presented with a Veterans' crested Blue Blazer for the show!

When planning the event we had hoped to have our guest picked up in a carriage. We were disappointed when told, a few days prior to the performance, that, with the carriage, horses and Members involved busy preparing for the Royals on Canada Day, this would not be possible.

On the day of the event, however, as our group prepared for the slow walk down to the VIP Stand, to our surprise a well-polished carriage, pulled by two magnificent horses and driven by equally polished members of the Equitation Section, turned in our direction from a side road between

the riding school and the log cabin.

The carriage stopped, and President Séguin and our Guest of Honour boarded and were transported down the road to the performance area. From the podium Suzanne Sarault gave a brief announcement about our Guest of Honour, his service, and why he was being honoured. As a Veteran Life member George William Fridgen took the salute like an old pro. He also took the salute for the March Past, closing the performance. What a way to celebrate 100 years! Bill, you earned it. Bill called several times in the days following to express his absolute joy at what took place. I can't adequately describe his excitement.

Many members of Ottawa Division were in attendance, a dozen or so in Blue Blazers. Thank you for your show of support. Sincere thanks to Marc Dureau, who pulled the event together.

Sincere thanks to Don Harrison for his support as Quartermaster and Membership Director. Supt. Mike Cote gets a big thank you for his co-operation and support. We have asked him to pass on our appreciation and thanks to the Equitation Staff and Members of the Musical Ride.



*Information Provided by: Dan Carroll
Photos by: Gilbert Bouffard*





Breakfast with George Carter

On July 31, about 30 old friends and former RCMP colleagues of George Carter (ret'd 1990) gathered for a delicious buffet breakfast at his current residence, the Perley-Rideau Veterans' Health Centre. Stories were swapped, many jokes and memories were shared and friendships renewed. It was an adventure just in remembering names! It's truly amazing that so many years can pass and yet seem like mere minutes. George was very touched that he's so well thought of, and he thoroughly enjoyed the camaraderie.

Daniel Clapin, the Executive Director of the Perley and Rideau Veterans' Health Centre Foundation said a few words and staff were on hand to answer questions and provide a tour of the facilities. The Perley is recognized for excellence in compassionate long-term care, and although nothing beats being in your own home, staff do their utmost to create a caring and fun atmosphere for the residents. There is

currently a two to three year waiting list. Families who are lucky to be able to place their loved ones there know, and greatly appreciate, the lengths staff go to provide a homey environment. Some retired members even volunteer their time, such as Bob Paradis – an indispensable presence in the woodworking shop. Residents not only create some beautiful pieces (art, pottery, bird-houses, etc.) but many creations are sold and provide a revenue stream for even more creations.

A huge thank-you must go out to Sig Sigurdson, Eastenders' Visitation Committee, The Ottawa Division RCMP Veterans' Association, for his tireless work in organizing wonderful opportunities for retirees to socialize and for his commitment to the EastEnders in particular. Thanks to everyone who participated – George and I both appreciated it very much.

Information provided by : Mary Cuccaro



T&D Reunion

On June 20, the Fourth Annual Training and Development (T&D) Branch Reunion was held at the Barrhaven Royal Canadian Legion Branch 641. Thirty-seven former R/M, C/M, and P/S employees and their spouses attended. Forty sent regrets. Those present had a great time reintroducing themselves, discussing what had taken place over the intervening year(s), talking about plans for the future, and reminiscing about their working days in T&D Branch. What has now become an annual event proved to be a truly anticipated gathering for those who have attended past reunions, as well as a welcome

surprise for those who had not seen or talked to their former colleagues for years or, in some cases, decades. The time-worn phrase "Plus ça change, plus c'est la même chose" rang true for many. For former employees of T&D Branch, this is an event that is anticipated each year and is placed in the calendars of all who have attended past reunions. However, for those who have been unable to attend in the past, they should plan to attend the fifth T&D Branch Reunion, as it may be our last. The plans are for the reunion to take place at the Barrhaven Legion on June 19, 2018.

Information from Paul Davis. Photo by Carol Milonas



Breakfast with Bob—Under the auspices of the Eastenders' Visitation Program, which is part of the Ottawa Division Veteran's Association, 30 members, wives and widows joined Bob Roy and Don Wilson for the second annual breakfast at the Chapel Hill Seniors Residence in Orleans on May 1. The event was co-ordinated by Sig Sigurdson, who heads up the Eastenders Visitation Committee.

Information provided by: Sig Sigurdson

Photos provided by: Elizabeth Wyczynski

Directrice du mode de vie

Lifestyle Director

Résidence Chapel Hill Retirement Residence

Veterans Volunteer for major golf fundraisers

Ottawa Division Veterans' Association members were among the many volunteers at the National Capital Open to Support our Troops of the PGA MacKenzie Tour held Aug. 17 to 20 at the Hylands Golf Club. Fred Pratt, Suzanne Sarault (shown right), Michel Pelletier and Fred Davis volunteered.

In an article on the Canadian Armed Forces - Canadian Morale and Welfare Services, website, Commodore Sean Cantelon, Chief Executive Officer, Canadian Forces Morale and Welfare Services, congratulated winner Mark Blakefield of Maysville, KY. The event donated \$78,200 to Soldier On, a Canadian Armed Forces program that supports currently serving members and veterans to overcome their physical or mental health illness or injury through physical activity and sport.

"Sports inspire Canadian Armed Forces members to improve their physical fitness and build their leadership and self-discipline skills. The same can be said for the young golfers who competed in this year's tournament," Commodore Cantelon said.

"Thank you to all the volunteers, sponsors, spectators and staff who came out each day rain or shine to ensure the event was a success. Your involvement helped us raise funds to assist our ill and injured members with the purchase of sporting and recreational equipment and help them participate in life changing activities."

After the PGA there was the opportunity to watch the best women golfers in the world at the Canadian Pacific Women's Open at the Hunt Club. The event donated \$2 m for CHEO. Again, some Veterans were there to help out. Arlene O'Brien, Michel Pelletier and Suzanne Sarault were marshals on the Hole no. 10 and Suzanne was on Hole 17 on Sunday. Also seen on the course were Greg LeGrand and Bill Bauer. There were probably others but, with more than 1,200 volunteers divided in 23 areas, it was impossible to see everyone.



Information and photo by/par: Suzanne Sarault



Annual Tournament a Great Success

The Ottawa Division of the RCMP Veterans' Association (ODVA), and the Bruce Denniston Bone Marrow Society (BDBMS), make a strong team. Why? Because many RCMP Veterans are involved, in one way or another, with the BDBMS.

This is also the reason the second edition of the Annual Golf Classic, held on Sept. 23, was a success in so many ways.

First, perfect weather, with 24 degrees, not a cloud in the sky and no wind. Second, it was great to see so many coming out again this year. Some participants, who are not necessarily regular golfers, came out to enjoy the day with colleagues and friends and to support the two causes: the BDBMS and the RCMP National Memorial Cemetery at Beechwood. Oh yes, and members of the RCMP Pipes & Drums did make a fashion statement with their kilts!

Golfers had the opportunity to win many great prizes, with a total value of more than \$10,000. We thank everyone that chose to support the RCMP/Denniston Bone Marrow Golf Classic this year.

Half of the proceeds of the Golf Classic will be used for the Courier Program, the needs of donor's and recipient families, and the Canadian Blood Services Programs of OneMatch and the Umbilical Cord Blood Bank. The other half will be used to continue the development of the RCMP National Memorial

Cemetery at Beechwood. Six of seven phases of the cemetery project have been completed; phase seven will be completed in 2023, the 150th anniversary of the Force.

More details on the funds raised will be provided as soon as they are finalized.

Such an event could not happen without the generosity of so many partners. These partners are solicited by many and they have chosen to support our organization and our two great causes. We are grateful for their support and we thank them sincerely for their endorsement.

Many volunteers worked tirelessly for months to organize this fabulous day and to engage valuable and generous sponsors. Organizers listened to the responses received in the survey last year and the second edition benefitted from all the feedback. For example, new this year was a "pit stop" organized by one of our sponsors to foster camaraderie and friendship before the tournament.

It can only continue to get better! More photos are on the website.

See you next year!

Information provided by: Suzanne Sarault



Photos by : Gary Walkling

For more photos check out the website



On this 150th year of Confederation, a ceremony to commemorate RCMP employees, Veterans and their families was held to light a torch at the Centennial Flame, 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 was held on, Sept. 23. The ceremony started at 9 a.m. on Parliament Hill. The torch was lit from the Centennial Flame by the Deputy Sergeant-at-Arms, Pat McDonnell, an RCMP Veteran. A relay march followed, around the grounds of Parliament Hill. It was comprised of Veterans, serving members and families handing off the torch from one generation to the next, to serving sons and daughters, brother- to- brother, professor- to- student, peer- to- peer, all the way to the Memorial Tablets located beside the East Block where respects were paid to those who died in the line of duty. A torch relay run followed. It started from the east side gate where a Veteran handed the torch to his sons, it went through the city, via the Sir George-Étienne Cartier Parkway, the Canadian Police College and the Musical Ride Center and to Beechwood, the national cemetery of Canada. Mounted Riders and the RCMP Combined Pipes and Drums from across Canada led a parade with the torch to the RCMP National Memorial Cemetery. At 11:00, the Canadian flag and the RCMP Ensign were raised and the RCMP Veterans' Memorial Flame was lit to start the commemorative ceremony at the cemetery. On Parliament Hill, approximately 125 people attended the ceremony. At the Cemetery site, including the marching Veterans and the RCMP Combined Pipes & Drums, more than 350 people attended. We thank RCMP Veterans Senator Vern White and the Deputy Sergeant-at-arms, Mr. McDonnell for their presence and their remarks.

In light of Canada's 150th anniversary, a unique moment in our event was a citizenship re-affirmation conducted by Retired Senior Citizenship Judge, George Springate.

The flame is surrounded by two black granite columns; one holds on its pinnacle a marble globe representing service to Canada and the World; the second holds a bronze statue of Lady Justice as a feature linking police to the democratic system of

justice in our country. Lady Justice was commissioned by RCMP Veteran Louise Morel and her troop mates of Troop 4, 1982.

The event was organized by the RCMP Veterans' Association, Ottawa Division; Beechwood Cemetery, Canada's National Cemetery and the Royal Canadian Mounted Police with the collaboration of the City of Ottawa, the Ottawa Police Service, the RCMP Parliament Hill Detachment, the Parliamentary Protective Service, the National Capital Commission, Public Works and Government Services Canada and the Canadian Ski Patrol.

What a memorable day that we will remember for a long time; the sense of family, collegiality, friendship; all working together to reach the ultimate goal. A sincere thank you to all those who contributed to make this event possible!

We are preparing a four-page souvenir spread of photos and comments for the next issue of the Spirit. We want to hear from you, tell us what this significant event meant for you and send us your pictures to Wendy Nicol, Editor, *The Spirit*, at goldcanoe@bell.net.

Written by: Suzanne Sarault in collaboration with Michel Pelletier and Louise Rodrigue

Photos in The Spirit and on the website, RCMPVA.org, by: Gilbert Bouffard, Don Harrison and Greg Fedor



En cette année du 150^e anniversaire de la Confédération canadienne, une cérémonie afin de commémorer les employé(e)s de la GRC, les Vétérans et leurs familles a eu lieu lors de l'allumage d'un flambeau à partir de la flamme du centenaire de la colline du Parlement. C'est ce flambeau qui a été utilisé pour allumer la nouvelle flamme commémorative des Vétérans de la GRC au cimetière commémoratif national de la GRC situé au cimetière Beechwood - le cimetière national du Canada.

Une cérémonie en trois volets a eu lieu 23 septembre. La cérémonie a commencé à 9 h sur la colline du Parlement. Le sergent d'armes adjoint, monsieur Pat McDonnell, un Vétéran de la GRC, a allumé un flambeau à partir de la flamme du centenaire de la colline du Parlement, suivi d'une marche à relais sur les terrains de la colline du Parlement. Ce relais était composé de Vétéran, de membres actifs et de familles qui ont passé le flambeau d'une génération à l'autre, aux fils et aux filles qui continuent de servir, de frère à frère, de professeur à élève, d'égal à égal, jusqu'aux plaques commémoratives situées près de l'édifice de l'Est où un hommage a été rendu à ceux et celles qui sont décédés dans l'exercice de leurs fonctions. Ensuite, une course à relais du flambeau a débuté à partir de la porte Est, où un Vétéran a remis le flambeau à ses fils. Le relais s'est poursuivi à travers la ville, via la promenade Sir-George-Etienne-Cartier, le Collège canadien de police et le Centre du Carrousel de la GRC, jusqu'au cimetière Beechwood - le cimetière national du Canada. Des cavaliers ainsi que les Corps de cornemuseurs et de tambours de la GRC réunis de partout au Canada ont dirigé un défilé avec le flambeau jusqu'au cimetière commémoratif national de la GRC. La cérémonie de commémoration a commencé à 11 h au cimetière avec le lever du drapeau canadien et de l'enseigne de corps de la GRC, et avec l'allumage de la flamme commémorative des Vétéran de la GRC.

Environ 125 personnes ont participé à la cérémonie sur la colline du Parlement. Au total, plus de 350 personnes, incluant les Vétéran du défilé et

les Corps de cornemuseurs et de tambours réunis de la GRC, étaient présentes au cimetière.

Nous remercions monsieur le sénateur Vern White ainsi que le sergent d'armes adjoint Pat McDonnell, deux Vétéran de la GRC, pour leur présence et leurs allocutions.

À la lumière du 150^e anniversaire du Canada, le juge principal de la citoyenneté à la retraite, George Springate, membre honoraire de l'Association des Vétéran de la GRC, a mené une réaffirmation de citoyenneté s'inscrivant comme un moment unique pendant cet événement.

La flamme commémorative est entourée de deux colonnes de granit noir; une tient sur son pinacle un globe de marbre représentant le service rendu au Canada ainsi que dans le monde; la seconde arbore une statue de la Justice, un symbole reliant la police au système démocratique de la justice de notre pays. Cette statue est une contribution Vétéran de la GRC - Louise Morel, et de ses compagnes de la troupe no. 4, 1982.

Cet événement a été organisé par l'association des Vétéran de la GRC - division Ottawa, le cimetière Beechwood (cimetière national du Canada), et la Gendarmerie royale du Canada avec la collaboration de la Ville d'Ottawa, du Service de police d'Ottawa, du détachement de la GRC de la colline du Parlement, du Service de protection parlementaire, la Commission de la Capitale nationale, de Travaux publics et Services gouvernementaux Canada et de la Patrouille canadienne de ski.



Quelle journée mémorable dont nous nous souviendrons longtemps; le sentiment d'appartenance, la collégialité, l'amitié; tous travaillant ensemble afin d'atteindre le but ultime. Un sincère merci à tous ceux et celles qui ont contribué à la réalisation de cet événement! Nous préparons une section de quatre pages comprenant des photos et commentaires dans le prochain numéro du Spirit. Nous aimerions recevoir vos commentaires. Dites-nous ce que vous pensez de cet événement

marquant et faites parvenir vos photos à Wendy Nicol – l'éditrice du Spirit à goldcanoe@bell.net.

RCMPVA website - Initial login instructions

Step 1—From the Ottawa Division (or National) home page, RCMPVA.org click the 'Login' link.

Step 2—Click the 'Lost your password?' link.

Step 3

A) Enter the email address associated with your RCMPVA.org division membership. This email address serves as your website username.

Note: If your email address is not found in the system, try a secondary address that might be associated with your membership (e.g. your spouse's email address).

B) Click the 'Get New Password' button.

C) Check your email program's Inbox for a message containing further instructions.

Step 4—From the system-generated email, click this link to continue the process.

Step 5

A) Replace the system-generated password with a new password you can recall.

B) Click the 'Reset Password' button.

Step 6—Click this link to return to the RCMPVA.org website, and then log in with your username (email address) and new password



Instructions de connexion pour Le site Web de l'Association des vétérans de la GRC RCMPVA.org

Étape 1—Cliquez sur le lien "Mot de pass oublié?"

Étape 2—Cliquez sur le lien "Connecter" sur la page d'accueil de la Division d'Ottawa (ou du site national)

Étape 3

(A) Inscrivez l'adresse de courriel que vous avez utilisée pour devenir membre de votre division de l'Association des vétérans de la RC. C'est votre nom d'utilisateur pour le site. Nota: Si votre adresse de courriel n'est pas inscrite au système, essayez une autre adresse que vous auriez pu utiliser pour adhérer à L'Association (p. ex. celle de votre conjoint).

(B) Cliquez sur le bouton "Pour obtenir un nouveau mot de passe"

(C) Récupérez un message contenant d'autres instructions dans la boîte aux lettres d'arrivée de vos courriels

Étape 4—Pour continuer le processus cliquez sur le lien suivant (voir l'exemple) dans le courriel créé par le système.

Étape 5

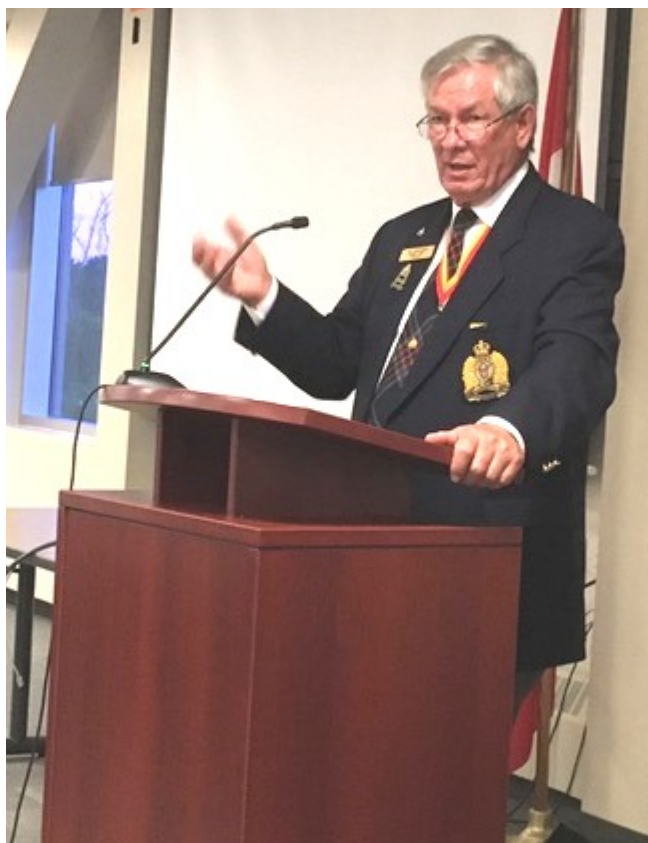
(A) Remplacez le mot de pass attribué par le système (voir l'exemple) par un nouveau mot de passe que vous n'oublierez pas

(b) Cliquez sur le bouton "Réinitialiser le mot de passe".

Étape 6

Cliquez sur ce lien pour retourner sur le site de L'Association des vétérans de la GRC, puis connectez-vous à l'aide de votre name d'utilisateur (votre adresse de courriel) et votre nouveau mot de passe

ODVA President Michel Seguin welcomes new member Bob Pundyk Reg # 25803 at the June 13 RGM. Bob retired from CSIS in the Halifax area and has recently moved to Ottawa.



RCMP Veteran's Association National President Al Rivard provided those attending the Ottawa Division June 13 RGM an update on the results of the Association AGM ,held in Prince Edward Island June 3.



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

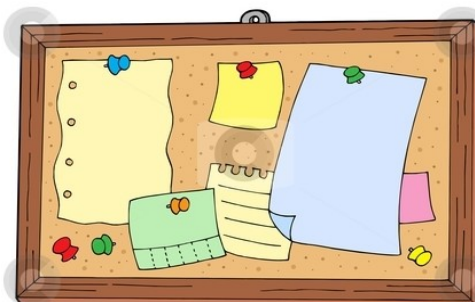
Our RGMs are held on the second Tuesday of each month starting at 7:30 p.m. at the HQ Mess, 73 Leikin Drive. Join us! Your opinion and participation are important!

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** that you receive by email.



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.

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.

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-en/> www.rcmp-grcvetsottawa.ca 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.

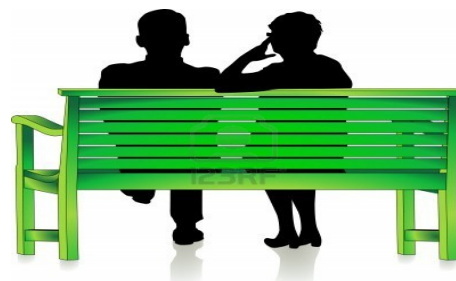
Contact: Réjean Ouellette
Member Services / Services aux membres
ottawarcmpvetservices@gmail.com
613-745-5058

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, Réo Belhumeur au 819-669-3493



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 Réo Belhumeur at 819-669-3493.

Almost 65 years of History

Veteran Joe Borsa has editions of The Quarterly from 1953 to the present that he would like to sell to another RCMP history buff. If you are interested please contact Joe at 613-253-2452



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.



Pierre Bélanger

Cruise and Vacation Specialist

Cellular: 613-799-1174

pbelanger@cruiseshipcenters.com

www.cruiseshipcenters.ca/pierrebelanger



newprint.ca

**A Commercial
Printing Company**

"Thank you very much for your professional and dedicated service in the selling of our home!"
RCMP Supt. Leo O'Brien (retired)

Buying or Selling a home?

Call Paul and Eric Vani!

Broker-Courtier (Retired RCMP)

Sales Representative

"Treating buyers and sellers like family since 1999"

Sutton



DIRECT: 613-286-VANI (8264)

www.vanihomes.ca

*sutton group-premier realty (2008) ltd.
independently owned & operated - brokerage*

office: 613-744-5000 pvani@sutton.com 1-800-561-2942



**MOOD MOSS
— FLOWERS —**

EVENTS ~ WEDDINGS ~ EVERYDAY



186 Beechwood Ave
Ottawa, Ontario ~ K1L 1A9
613 741 1774 ~ moodmossflowers.com



SHOP & SUPPORT

Your purchases at
The Mountie Shop
Supports the RCMP Foundation
working with the RCMP
helping Canada's Youth succeed!

www.themountieshop.ca | (613)741-8181 | 1 Sandridge Road, Ottawa, ON

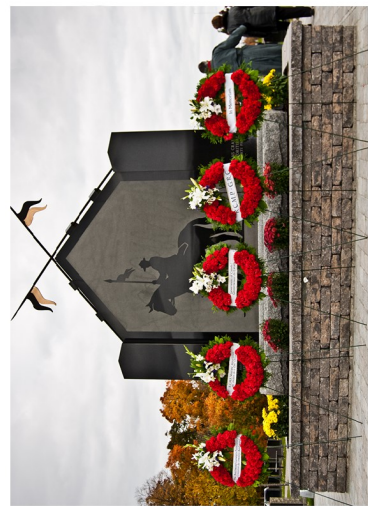
ADVANCED PLANNING at Beechwood means...

PEACE OF MIND

- Advance planning is the ultimate gift of love to your family, allowing them to mourn your passing instead of managing funeral details.
- When you pre-pay, you're able to control the budget and lock in today's funeral service prices.

BEING A PART OF SOMETHING BIGGER

- Beechwood, where the RCMP National Memorial Cemetery calls home, is situated in our nation's capital. Burial in the RCMP National Memorial Cemetery is exclusive to current members of the RCMP, veterans, civilian members, special constables, civilians with 20 years of uninterrupted service and their families.
- Beechwood offers special services to honour the memory of RCMP veterans, including the placement of an urn or casket on the large granite plinth in the Hall of Colours, which is sunlit through the beautiful memorial stained glass.



Main Monument in RCMP Designated Section

- We are the only organization of its kind in Ottawa and are governed by a volunteer board of directors under the able leadership of Chair, Gen., (retired) Maurice Baril, and Vice Chair, RCMP D/Commr. (ret'd) Timothy Killam.



This cenotaph was placed in the RCMP National Memorial Cemetery, at Beechwood, Ottawa, to honour the memory of RCMP members who gave lives whilst in the performance of their duty.



BEECHWOOD

Funeral, Cemetery and Cremation Services
Services funéraires, cimetière et crémation

613-741-9530

www.beechwoodottawa.ca

280 Beechwood Ave., Ottawa

24-HOUR ASSISTANCE BY PHONE

Owned by The Beechwood Cemetery Foundation and operated by The Beechwood Cemetery Company

Life Celebrations • Memorials • Catered Receptions • Funerals • Cremations • Burials

YOUR GROUP PROGRAM

A SPECIAL OFFER FOR RCMP EMPLOYEES



PREFERRED GROUP RATES ON CAR AND HOME INSURANCE

- Before renewing your car insurance this year, get a quote at **belairdirect.com**
- Enter your exclusive group code GRCM
- You'll get a car insurance quote that includes your preferred group rate.

Your group code:



Take advantage of Your Group Program—only for RCMP employees!

GET A QUOTE
ON YOUR
CAR INSURANCE!

belairdirect.com

1 866.4.BELAIR

belairdirect.
car insurance

Certain conditions, limitations and exclusions apply to all offers. Only available to Ontario residents. Offers may be modified without notice. Not everyone will qualify for a phone or online quote. **belairdirect** is a trademark of Belair Insurance Company Inc. and is used under license by The Nordic Insurance Company of Canada. Insurance products may be underwritten by either Belair Insurance Company Inc. or The Nordic Insurance Company of Canada.