



**ROYAL CANADIAN MOUNTED POLICE VETERANS'
ASSOCIATION**

SOUTH OKANAGAN DIVISION

MAY/JUNE 2023

**PENTICTON RCMP 150th ANNIVERSARY REGIMENTAL BALL
hosted by The South Okanagan RCMP Veteran's Association**



Penticton RCMP
150th Anniversary
Regimental Ball
hosted by The South
Okanagan RCMP
Veteran's Association
was held on Saturday,
May 27th, 2023.
Almost 400 attendees
enjoyed the evening
consisting of an
exceptional dinner
blessed by RCMPVA
Chaplin Rick Gay
followed by a dance
where members,
support staff, spouses,
dignitaries, and

friends of the force gathered to celebrate the history and traditions of the RCMP. Several traditions familiar through Regimental Dinners including a lone place setting for a missing member and explanation of the setting is given as the Stetson was laid.

Past President, Orv Robson conducted the Ceremony to Honour our Fallen Comrades. During the dinner five speakers brought explanations of RCMP history to the attendees. The first speaker was Sgt. Rob Hughes who spoke of the Early Beginnings of the NWMP, the second speaker was ME Krista Lyver who spoke of the Contributions of Civilians to the Force, the third speaker was Sgt. Elizabeth Smith who spoke of the Contributions of Women to the Force and the fourth speaker Staff Sergeant John Eneas who recently celebrated 35 years of service with the RCMP across Canada spoke of the Contributions of Indigenous people to the Force. Retired D/Comm. Larry Proke spoke of the History of the RCMP on the International Stage including how the RCMP had a rich history between the RCMP and the Monarchy, which dates to the genesis of the RCMP during the reign of Queen Victoria.



Further in recognition of the RCMP's 150th anniversary and the upcoming Coronation, His Majesty King Charles III consented to assume the title of the RCMP Commissioner-in-Chief, a title previously held by Her Majesty Queen Elizabeth II. Upon acceptance of the title and rank, King Charles III was presented with a special commemorative RCMP Officer's sword. To honour Royal traditions, RCMP Commissioner Mike Duheme, along with Canada's High Commissioner in the United Kingdom, the Honorable Ralph Goodale, officially presented the RCMP's ninth Musical Ride horse to the family, Noble, to

His Majesty King Charles III at Windsor Castle.



Kerry and Susan Bennington and our Auctioneer Stockwell Day



Jim McMahon, Janet and Jack Ross, Bill Ard, Al Mullin and Barry and Alida Erickson





New stamp commemorates RCMP 150th Anniversary.

KEEP YOUR INFORMATION UP TO DATE, ITS IMPORTANT:

All members should check and update their personal information on the Membership System of the RCMP. We have been advised that a lot of members' information is missing or out-of-date specifically email or phone numbers. If members are unable to update their information or simply if you do not use email or the internet, please contact the Secretary for assistance. If you forgot or did not receive a password, you can contact membership.admin@rcmpva.org and they will help you with a new password.

SUN LIFE AND THE PSHCP

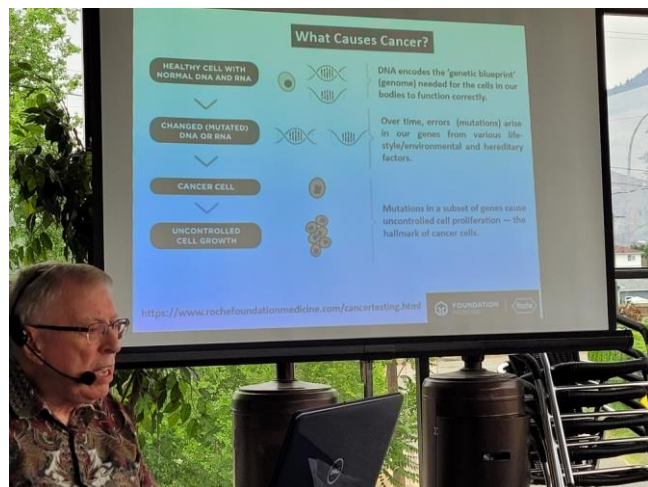
Visit sunlife.ca/pshcp to view the Public Service Health Care Plan (PSHCP) Bulletin. You do not need to sign in.

Read the full PSHCP Bulletin 46 to learn more about:

- The transition from Sun Life to Canada Life
- Submitting claims to Sun Life before the July 1 transition to Canada Life
- Comprehensive coverage and the emergency travel benefit
- Your new Comprehensive coverage and emergency travel benefit provider
- Ensure that your positive enrolment information is up to date
- Reminder: improvements and changes to the PSHCP
- The new PSHCP contribution rates effective July 1, 2023
- Reminder: Relief provision for retired members

If you have any questions, please contact the Customer Care Centre toll free at 1-888-757-7427 (in North America) or at 613-247-5100 (in the National Capital Region).

OSOYOOS LUNCHEON – JUNE 9, 2023



Malcolm Paterson is a retired molecular oncologist who resides in Okanagan Falls. He has spent his entire career in cancer research. Dr. Paterson headed the Research Initiatives program at BC Cancer-Kelowna. His expertise has taken him to Singapore and Riyadh. Today, Dr. Paterson presented us with the research he has been working on specifically Liquid biopsies which is a type of test used to find cancer cells and cancer DNA in the blood. They are a less invasive alternative to other types of biopsies used to diagnose cancer.



While liquid biopsies are still new and are not yet available for most types of cancer, they are being used more often for people with non-small cell lung cancer (NSCLC). A liquid biopsy is a blood test that detects cancer cells or DNA that are circulating in the blood, called “circulating tumor DNA” or “ctDNA.” Like healthy cells, cancer cells die and are replaced. When these dead cells break down, they are released from the tumor into the bloodstream. A liquid biopsy detects the small pieces of DNA in the bloodstream from these cancer cells.

Liquid biopsies are different from other types of biopsies, such as core needle biopsies and fine needle aspiration biopsies, which are the main way doctors diagnose and treat most types of cancer. During a needle biopsy, a doctor surgically removes a small amount of tissue from a tumor or suspicious area. Then, a pathologist examines the tissue under a microscope for the presence of cancer cells. A liquid biopsy, however, is performed using a simple blood draw. The blood sample is then sent to a laboratory for analysis.

Liquid biopsies can be done in addition to a tumor biopsy to support an initial cancer diagnosis and provide more information. They can also be used multiple times throughout treatment to monitor a tumor and see how well a specific treatment is working. Although the treatment is not available to today’s patients Dr. Paterson hopes that it will be universally available for our children and grandchildren. Additional information can be found at **Cancer.net**

No one tells jokes about Canadians better than a Canadian. Some of the funniest comedians in the United States are Canadian, after all.

CAN YOU NAME A FEW? *Jim Carrey, Mike Meyers, John Candy, Lesley Nielsen, Dan Aykroyd, Samantha Bee, Mary Walsh, Timmy Chong, Rick Moranis*

ASSISTANCE TO VETERAN AFFAIRS ON CANADA LIFE REGISTRATION

The following information is being forwarded as an addendum to the information supplied by Veteran Affairs on Canada Life Registration. The information is an excerpt from the most recent National Association of Federal Retirees magazine "Sage" article "Canada Life is Coming".

A portion of the article explains:

- Give your pharmacy your new Canada Life information:
- With Canada Life, the PSHCP policy number (55555 with Sun Life) will change, but your individual certificate number will remain the same.
- Update your pharmacy file by July 1, 2023.

The enrolment package contains your new PSHCP plan number, which will be determined by the month of birth or member status.

The following information was obtained from another article:

Your certificate number will remain the same, however, your plan number will change.

Your new plan number is based on your month of birth:

(52111) January, February, March

(52112) April, May, June (52113) July, August, September

(52114) October, November, December

The plan number will be 52115 for eligible and surviving dependants (spouse or eligible children)

MAY - Historically relevant dates to the RCMP:

May 23, 1873: The bill passed unopposed through Parliament and received Royal Assent on this date. However, it did not immediately establish the NWMP, as it was merely an emergency measure.

May 24, 1876: The NWMP band made its first public appearance, celebrating the Queen's birthday.

May 12, 1933: King George V confers four Campaign Honours on the RCMP for its military service during the Northwest Rebellion, South African War and First World War.

May 23, 1969: First Officer in Charge of the Forensic Laboratory in Winnipeg – Catherine Purchase (Reg. No C651)

JUNE - Historically relevant dates to the RCMP:

June 6, 1874: The second contingent of the NWMP consisting of 217 officers and regular members left Toronto for Fort Dufferin to assemble for the March West.

June 5, 1895: A NWMP contingent leaves under the command of Inspector Charles Constantine for the Yukon, in the extension of law and order to the northern frontier.

June 1897: NWMP contingent appears at Queen Victoria's Diamond Jubilee. This was the first appearance of the Mounted Police on the international stage as well as the first use of the Stetson and the more modern uniform of the Force.

June 24, 1904: King Edward VII confers the title of "Royal" upon the North-West Mounted Police as a part of the Coronation Honours.

June 23, 1940: The RCMP St. Roch leaves Vancouver for its historic voyage through the Northwest Passage.



KOFFEE KLATCHES

Osoyoos, first Tuesday of Month, Smitty's Pancake House, 10:00 AM.

Oliver, Second Thursday of Month, M&J's Country Kitchen 9:30 AM.

Penticton, 3rd Friday of Month, Penticton Golf Club 9:30 AM.

Summerland, last Tuesday of Month, Second Home Café 9:30 AM



MEL MURTON - is celebrating a birthday.

Regimental Number: 18334
Governor for the South Okanagan Division
RCMPVA, shown here with Padre John
Briscall.

Mel Murton's family have invited the Vets and their spouses to attend Mel's 90th Birthday Party to be held on Sunday, August 6th and 2:00pm at the Penticton United Church 696 Main Street, Penticton.

No gifts please.



Legion Foundation
BC/Yukon Command

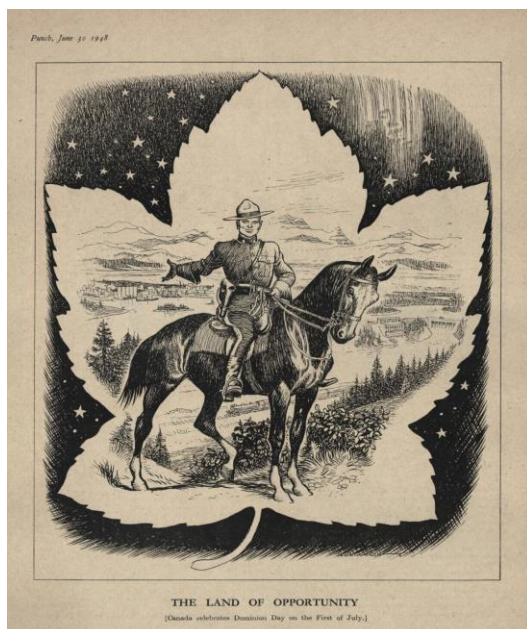
A MESSAGE FROM AMBER STEWART
EXECUTIVE DIRECTOR
ROYAL CANADIAN LEGION FOUNDATION

TO everyone at the RCMP Veterans' Association in BC; first – thank you for all that you do. The Legion Foundation has just launched two initiatives to support Veterans (Canadian Armed Forces or RCMP) experiencing homelessness or near-homelessness: Comfort Bags and Apartment Kits. Comfort Bags are backpacks with essential items intended to help provide provisions while a Veteran is awaiting housing or is not yet ready for housing. They contain clothing, toiletries, small food items, and are personalized with gender-specific items such as feminine hygiene products. Whenever possible, kits include a plastic sleeping mat. Bags will be available at select Legion Branches (or you can always send me an email to help coordinate).

Apartment Kits are a package that includes everything a Veteran would need when moving into housing. They include kitchen items such as pots and pans, linens such as towels and bedding, and basic staples such as cleaning supplies. Whenever possible, kits include a donated Afghan or quilt. Kits are delivered by volunteers, on moving day, directly to the Veteran. If there is a veteran moving into housing, the Apartment Kit Application can be completed and sent to me I will then work to make sure we can get the Kit to the Veteran on move-in day.

The Apartment Kit Application form but it can also be found on our website:

<https://legionbcyukonfoundation.ca/leave-the-streets-behind/>



THE LAND OF OPPORTUNITY
Dominion Day RCMP Maple Leaf

This rare 1948 BRITISH CARTOON was published for Canada Day - RCMP - Dominion Day and the MAPLE LEAF was published by Punch, a magazine of humor and satire, which ran from 1841-2002.

The illustrator was Leslie Gilbert Illingworth.

YOU KNOW YOU'RE REAL CANADIAN WHEN....

- You understand the following: "Would you please pass me a serviette? I just spilled my poutine."
 - You know what Canadian Tire money is and probably have some in a drawer at home.
 - You know what a toque is or you have a drawer full of toques.
 - You have worn shorts and a parka at the same time.
 - You find -40 degrees Celsius a little chilly.
 - You only know three spices: salt, pepper, and ketchup.
 - You grew up on Kraft Dinner. Ok maybe you've graduated to adding chopped hotdogs.
 - You had to design all your Halloween costumes to fit over a snowsuit.
 - You have ever gotten your snowblower stuck on the roof.
 - You understand the Labatt's Blue commercials.
 - Your favourite song is the theme from "Hockey Night in Canada."
 - Your local newspaper devotes two pages to national news and six pages to hockey.
 - You've ever participated in Participation.
 - You have rolled up the rim to win.
 - You can tell people you're at Timmy's, and they don't follow up by asking, "Timmy who?"
 - You describe a location by which Tim Horton's is nearest!
-

SUCCESSION PLANNING:

The division will shortly be back to that time of the year when next year's executive's needs must be addressed. Although we usually have current members of the board who indicate their willingness to serve another year, but several members have donated years of time to the Division. Having said that, if anyone would like to consider becoming part of the board, please reach out Past President, Orv Robson. For sure, Treasurer Beth's term will end at the end of December. The goal was to have someone work with Beth for the year, learning the ropes as to taking over for 2024 but to date we have not had anyone ready to take over from Beth.

COPS FOR KIDS RIDE

The 2023 Cops for Kids Ride presented by the Thomas Alan Budd Foundation will be visiting communities across Southeastern BC over ten days in September to raise funds & awareness for local children in medical, physical, or traumatic crisis. It appears that the ride will come to the South Okanagan on Friday, September 8th (Summerland, Penticton, Oliver and Osoyoos) then on their way to Grand Forks on September 9th, Castlegar on the 10th, Nelson and Proctor on the 11th, then Crawford Bay and Creston and Cranbrook on the 13th and then the ride heads north to Revelstoke and makes it way down to Kelowna. Stop by and cheer the **ride as it** comes into your community stop by and cheer them on as they continue to work to raise funds & awareness for local children in medical, physical, or traumatic crisis.

WHERE TO FIND THE SOUTH OKANAGAN MEMBERSHIP

The South Okanagan Division is within the Okanagan Valley and the West and East Kootenay Region. These areas lie in south central British Columbia Kootenay Region predominately around Highway 3 from Princeton to Cranbrook and the BC/Alberta border.



In the Okanagan Valley the area is dry and the grasslands and bald hills outside the town of Osoyoos are an extension of the Sonoran Desert that runs as far south as Mexico and creeps north to form Canada's only arid desert terminating a

few kilometers north of Penticton. The Okanagan Valley has something for everyone: orchards, vineyards, mountains, valleys, lakes, highlands, ski slopes, and trails. The top grape growing region of BC is in the Okanagan Valley with some 84 per cent of BC's vineyard acreage.



In the Kootenay Region you will find enormous snowy peaks such as Mount Robson. This mountain playground in southeastern British Columbia includes Heli & Cat Skiing, several National Parks and seven fabulous Hot Springs.



The Kootenay region of British Columbia comprises of several mountain ranges and the Rocky Mountains. The Cities of Castlegar, Nelson, Cranbrook, Kimberley, Invermere, Radium Hot Springs, Revelstoke, Fernie and Golden are home to many members of the RCMP Veterans Association.

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Vacant

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