



Thanks from Paula Malouin (wife of Claude Malouin)

From Leo O'Brien ... I spoke with Paula last evening and she asked me to pass on her sincere thanks and appreciation to everyone for coming to the Visitation and the funeral for Claude. Paula said, "she could not have done it without our support". She is truly touched and very grateful for everything everyone did to assist her through this very difficult time. Paula said she could not believe it. She says that Claude would have been very proud. I can attest to that. Paula really appreciated the fact that we had the Bugler. Take care and once again thanks to everyone for your support. Great to see the spouses come out.

During the cross-island meetings with our veterans, some of you requested names and contact information for your Executive ...

Position	Name	Phone	email
President	Jim Power	(709) 771-0723 C	jimpower2019@gmail.com
Past President	George Noseworthy	(709) 745-4635 H (709) 771-0206 C	gfhnose@gmail.com
Vice President	Ron Wiggins	(709) 726-2913 H (709) 699-0241 C	r.wiggins@nf.sympatico.ca
Treasurer	Elmer Ryzuk	(709) 466-3325 H	Treasurerbdivvets@gmail.com
Secretary	Mark Brown	(709) 754-0354 H	bdivvets@gmail.com



MESSAGE FROM OUR PRESIDENT, JIM POWER

Welcome to the 2024. It's the 50th Anniversary of women as regular members of the RCMP. Thank you all for your contributions over the last 50 years.

We look forward to another year and will continue to work toward having an association that better serves your needs. The Association Structure, Communication and Data Base review is well underway, and we look forward to the recommendations.

The review of Police Services is ongoing in the province. We have written the Minister of Justice for NL to express our concerns and show support for the working members.

For those that have not paid your 2024 dues, please do so at your earliest convenience. For those that travel away during the winter, safe travels.

We have several Association Members across the Province who are limited in mobility and spend much time indoors. If you know one in your area, please consider dropping by to say hello or take them for a coffee.

Wishing everyone, all the best in 2024.

Jim

ADVOCIATE NEWS

This is a reminder that mandatory generic drug substitution is in effect for all new drug prescriptions under the Public Service Health Care Plan (PSHCP). This means that members and their eligible dependants will be reimbursed at 80% for the cost of the lowest-cost generic drug equivalent.

Note: For those with existing prescriptions before July 1, 2023, brand name drugs will be reimbursed at 80% of their cost until December 31, 2023. Starting January 1, 2024, if an approved exception is not on file, members will be reimbursed at 80% of the lowest cost generic drug equivalent.

Advocates are supporting our veterans across the province including issues with Veterans Affairs and Canada Life. Please reach out to your local Advocate on any issue where you wish or need support. We are pleased with the turnout for meetings during the cross-island trip and received good feedback on issues from our veterans.

PIERRE LEGRESLEY HEALTH UPDATE AFTER HIS KIDNEY TRANSPLANT

Reports he is doing quite well. His doctors are very pleased with his progress. He started driving this week (December 11). He still avoids crowds and when outside the house he wears. Visitors are allowed with mask and no symptoms. He has a few restrictions on lifting until he can walk 1 to 2 km a day. Feeling a lot better than when he was in dialysis. Hopefully it continues. Wishing you and your loved ones a Merry Christmas.

RCMP VETERANS WEARING OF RED SERGE

We are very fortunate in this Division to have many RCMP Veterans who attend various events and parades in their ceremonial uniform. For that, I am truly thankful!

The Commanding Officer asked that I provide a reminder to members of B Division RCMP's Veterans Association regarding RCMP Policy (UDM ch. 1. 6. 9.) and the process to be followed when a retired Member is wearing the RCMP ceremonial uniform in a non-operational role for ceremonial, official or social events. Ever since the shootings at the War Memorial and Parliament Hill on October 22nd, 2014, risk assessments need to be taken in consideration.

1. Veteran Members who wish to wear the ceremonial uniform will request authorization through the Divisional Warrant Officer,
2. The Sergeant Major will review the request and determine if the event falls within the guidelines for wearing of the ceremonial uniform,
3. The Sergeant Major will include the Detachment Commander in any correspondence to the Veteran Member. This is to determine if there is any form of risk to the retired member wearing the ceremonial uniform with or without lethal overwatch.
 - Typically, funerals, mess dinners, weddings are low risk. The Detachment Commander's input should be considered and be the determining factor,
4. Retired Members authorized to wear the ceremonial uniform are to change into their uniform at the venue location.

- If changing at the venue is not possible, they shall travel directly to and from the venue to avoid making any additional stops in public,
5. Retired Members wishing to attend high profile, community public or social events without lethal overwatch available will not be authorized to wear their ceremonial uniform.

As always, please feel free to contact me should you have any questions or need anything at all!
SM Trevor Baldwin

Tel. | Tél: (709) 772-7728

Cellular | Cellulaire : (709) 687-8122

Email | Courriel: Trevor.C.Baldwin@rcmp-grc.gc.ca

PURCHASE OF RCMP UNIFORM ITEMS

following is the process for retired Members to purchase Red Serge Uniform Items:

1. Retired Members are to contact the Warrant Officer in the Division in which they retired for approval with a list of the items they wish to purchase at their personal expense.
2. In their email, the retired Member is to indicate their full name, rank, and Regimental Number.
3. The Divisional Warrant Officer will conduct appropriate checks to ensure the retired Member is entitled to wear the uniform and that they remained in good standing after their discharge.
4. If approved, The Divisional Warrant Officer will send an email to the RCMP's Uniform and Equipment Program (UEP), with a carbon copy to the retired member, and document the approval of the uniform items for the retired Member.
5. The Uniform & Equipment Program will contact the retired Member with the overall cost of the items and the retired member will send payment, by cheque only, to UEP. Unfortunately, there are no other methods of payment accepted at this time. Cheques need to be made out to the "*Receiver General for Canada*".
6. The Order will be processed by the Uniform & Equipment Program once payment has been received by UEP.
7. The Order is sent out via Canada Post at no charge to the retired member.

I include the list of eligible items from UEP. They advised me that they would send the prices once they know the item(s) that the retired Members wishes to purchase.

Please feel free to share this with all retired Members.



Retired Members
Entitlement List.pdf

CHAPTER ADVOCATES			
ROLE	NAME	EMAIL	PHONE
Provincial	Bob Hurman	robert.hurman@nf.sympatico.ca	709-325-0172
Mount Pearl & CBS			
St John's & Avalon			
Trinity Conception	Lloyd Youden	lloydyouden@gmail.com	709-765-0807
Whitbourne Placentia	Doug Pack	doug.pack@hotmail.ca	709-743-2515
Clarenville Bonavista	Doug Hyde	doughyde@bellaliant.net	709-427-6650
Gander Lewisporte	Frank Pike	plato24@yahoo.com	709-651-1866 C 306-540-5239
Grand Falls Windsor	Law Power	lawpower@hotmail.com	709-486-3047
Deer Lake	Derrick Anthony	derrickldanohony@gmail.com	709-632-6224
Bay St. George	Jackie Deaves	jackiedeaves@hotmail.com	709-649-6735
Labrador	Scott Morrison	scotty40250@outlook.com	709-899-3903

The following areas do not have a person identified as Advocate. If you are interested in this area and willing to assist, please contact Bob Hurman for details of what is required.

Burin Peninsula Chapter

Northern Peninsula Chapter

Mount Pearl & CBS Chapter

St. John's and Avalon

AN APPEAL FOR DUES

Members inquire how to pay their dues. The most effective way is to do so online as you can indicate you wish to have your dues automatically paid each year. Pay online as follows:

membership.rcmpva.org and click on **RENEW MEMBERSHIP** at the top

We ask all our veterans to ensure their dues are paid for both 2023 and 2024. If you are uncertain if you are paid up, send me an email and I will check for you.
bdivvets@gmail.com

OTHER WAYS TO PAY YOUR DUES

REGULAR \$60

ASSOCIATE \$10

- send an e-transfer to treasurerbdivvets@gmail.com or

- send a check to our treasurer at:

B Div Vets Treasurer, c/o Elmer Ryzuk,
60 Clearwater Drive, Clarenville, NL A5A 4P6

MEMBERSHIP NUMBERS - NL RCMP Veterans Association has 309 members in total.

- 229 Active Members
- 57 Associate Members
- 20 Life Members
- 2 Honorary Members
- 1 New Member pending.

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Car Rental Discounts

Avis 25% AWD number C188600

Budget 25% BCD number A706800

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ACTIVITIES OF NL VETERANS and YOUR ASSOCIATION



Cross-Island meeting in Gander 2023



Parade in Stephenville on Remembrance Day 2023



Mike Dawson & JJ Furlong making tunes in Stephenville 2023



Remembrance Day Stephenville 2023



Terry Scott at headstone of Constable Robert Amey

CLARENVILLE Coffee Meeting Dec 21st. 2023

Vets attended were Joe Lowe, Bill Meadus, Len Stratton, Rupert Baker, Kelly Lee, Elmer Ryzuk, and Doug Hyde. A discussion was held on the District Advocate Program.



On 4 December 2023, a \$450 donation from their toonie fund was presented to the Salvation Army Food Bank.

COMMANDING OFFICER - CERTIFICATE OF APPRECIATION



Veteran Rod Pike was recognized with a Certificate of Appreciation by CO Assistant Commissioner Jennifer Ebert for his work with Crime Stoppers NL

JIMMY PRATT MEAL FOR THE NEEDY

On 19 January our group helped provide a lasagna meal to 78 people who otherwise would be struggling for daily sustenance. The meal was augmented by pastries etc donated by Tim Hortons Ropewalk Lane. Our cost was \$250.00, and enough leftovers to those wanting seconds. Some leftovers were donated to the Jimmy Pratt Centre for future serving.

Jimmy Pratt Centre continues to operate in the former George Street United Church. The group provides a Monday morning breakfast and a Friday lunch. Our lasagna meal is seen as a good healthy stick to your ribs belly filler.



Photos by Trudy Murray-Power and Jim Skanes.

GANDER COFFEE ON THE BASE



FUNDRAISING FOR NL VETS ASSOCIATION

On December 13 several members met at Tim's in Galway. Rod Pike on behalf of Athletics North East (ANE) presented a cheque to Past President George Noseworthy. The \$1,200 is for marshalling duties at road races 2023.



L to R Brian Campbell, Leo O'Brien, Roger Hansford, Ed Lutz, Randy Mercer and Allan Goodyear
Front: Ed Beckett ... Rod Pike presenting to PP George Noseworthy

A SPECIAL THANK YOU TO RANDY AND REV DONNA MERCER

As we all know Randy has been the backbone leading contact with sick members, those in hospital, families who lost loved ones and Rev Donna has provided comfort to those needing it. They have regular assistance from Bob and Carol Medd.

In addition, Randy organizes coffee hour on Tuesdays.

Even more value to our Vets Association, Randy has organized marshaling for events on the Avalon including the Tely 10, Cape to Cabot and more. The marshaling has returned funds to the association to help cover some of our expenses for not only the St. John's area but across the province.

Some time back, they were in our house and Rev Donna commented on a painting she saw. That gave me the idea to do something special for them.

At our dinner and dance, they were presented with a painting done especially for them.



Randy and Rev Donna accepting the painting from the Artist (Mark)

Other pictures from the dinner.





Angela Hansford accepting her painting from the ticket draw.

TOM'S LUNCHEON

Each December, veterans from around the St. John's area for a coffee and tales. This year it was at the Golden Pheonix.





SUPPORT FOR AN AFGHAN FAMILY (submitted by Leo O'Brien)

Grace and I and some of our friends have helped an Afghan family who came to St. John's about two and half years ago. [I have attached a link to his story below.](#)

He was a Translator for the Canadian Military when they were in Afghanistan and when the Taliban took over, he had to get out along with his wife and 4 children as the Taliban were after him as they considered him a SPY. They are trying to adjust, but with 4 young children, girls Aisha 10, Satish 8, and boys Mustafa 9 and Bilal 7. they are struggling. He works as a Tailor at "Lady Tailor" for a little better than minimum wage. His wife is in school learning English.

Last weekend they had no food in the house and my friend went out and gathered some money from friends to buy him food. Grace and I and some of our friends have been helping with winter clothes, boots, and food from time to time. With four young children I can only imagine how much food they need, not to mention all the other costs. He is a very modest young man, and he must be in dire straits before he asks for any help.

At our December dinner and dance we sold tickets a painting Mark Brown offered us. All proceed will go to this family. \$700 was collected and the RCMPVA-NL contributed \$500. Leo presented Rahmatullah with money and other things like clothes and food.

Should you wish to help this family ... please contact Leo O'Brien at 709-769-6583 or by email lfobrien@nl.rogers.com .

https://newsinteractives.cbc.ca/longform/dear-spy/?fbclid=IwAR3HP4uO1zMed3k9k5RfsXDjtjIRH1xkHJ5-NVgyCmSap4_6u64JMOSBR7c_aem_AYOvuUb8UxnDtRRp-1FR_CJdA8e4nHeNSeG1Jv25JstWv9rRAawuOxc3m4ss7Tw1q10

THE OLDEN DAYS (Submitted by Lindsay Fraser)

I remember the days when, on transfer, you wore the red serge, you worked in boots and breeches daily, wore the Stetson, in and out of the car, had only a flashlight and a set of handcuffs with you. Doing operational work, your Sam Browne had a shoulder strap, a lanyard, and a holster with a closed flap. Your PC was a six-cylinder, two door car with a blinking light on top that could only be seen from the front, and it had a siren that took all day to reach its full potential, and all night for it to shut down. There were no short sleeve shirts, a necktie that you had to tie the knot (not clip[-on]) and winter boots consisted of the black zip-up galoshes. Working long hours, no overtime, living in the Detachment if you were single (in smaller areas) and not everywhere stationed was there a place where you could get three meals a day on a regular basis. Recruit field training was unheard of, so you learned some from every older member. Two person patrols were infrequent, so you had better learn fast. The radio system in the office was basically a single/double sideband unit, and the PC was equipped with a 49-megacycle radio, which had a whip antenna attached to your rear bumper, with a radio range of about 3-4 miles. There was no such thing as a portable radio. Tires were bias ply (not radials) and no winter tires, so you had better know how to install and uninstall chains. The bonnet had a chain and hook added to the car, and this was to keep the bonnet from disconnecting and wrapping itself over your windshield when being driven over rough roads. Those were the days I learned in and have no regrets about it. I had a 29-year career and would do it again. I just turned 80 years of age and have enjoyed my pension for the last 32 years. Life is good.

Reg. # 22711 Troop G62/63

Editor Note – I remember my first posting in Lewisporte. Only the town had paved roads. The garage closed at noon for lunch. Jim Chambers and I were the single guys living in Barracks. Night patrol was alone and if trouble surfaced, your help was from Botwood or Grand Falls. I had an accident with a new PC. Didn't leave me in good standing with the detachment commander (Bob Healey) and when I appeared before the Officer on my "probation" I was fined. Hard to take when we only made about \$7,000 a year.

Those were the days when Saturdays was Fatigue Day. Cleaning the office, washing the cars, and scrubbing the office floors. No janitors in those days. Jim and I had to clean the washing room and keep our beds made like we were in Depot.

WITHOUT AUTHORITY submitted by Lindsay Fraser with photo supplied by his brother Kenneth.

I'm dying to tell this story about Ralph DeGroot, who recently passed in Peterborough! It's from a veteran's page that I am an admin for "I don't know if I've told this story on this page before about my friend Ralph DeGroot, Ed Meese and President Ronald Reagan.

Ralph is a retired RCMP Superintendent. During the Reagan years, he received a transfer to our embassy in Washington to deal with security matters. Not long after he arrived in Washington, he received a surprise call from Ed Meese, Reagan's Chief of Staff, inviting him to lunch at the

Navy Mess in the White House. He gratefully accepted and immediately advised the Ambassador.

The Ambassador was flabbergasted since he had never received such an invitation. The lunch meeting had just commenced with the President "dropped by". They had an amiable lunch and Ralph dutifully reported the conversation to his boss.

This went on over a period of weeks before the Chief of Staff showed his cards. Meese said that Reagan had recently visited the Queen and had gone riding with her. As a longtime rider, he marvelled at the beauty of the RCMP horse that was the Queen's favourite. Clarity at last.

Ralph instantly knew the President desperately wanted an RCMP horse just like the Queen's. Without missing a beat, and with absolutely no authority to do so, Ralph told Meese The Government of Canada would be delighted to gift a horse to President Reagan. Meese was delighted. Reagan was delighted. The Ambassador was less than delighted. "You said what?"

Up through the bureaucracy it went, into the Cabinet, finally ending up on the desk of PM Mulroney. The PM's response? "Give the man a horse and make it a good one". True story. U.S./Canadian relations reached a new high...because President Reagan wanted an RCMP horse!"



MEMORY GARDEN UPDATE: Submitted by Helen Escott

Number	Name	Regimental No, CM or PSE
256	CM Phil Kearley	C-4821
257	June Dianne Nofall	Public Service Employee
258	S/Sgt. R. (Bob) W. Bemrose	27208
259	S/Sgt Richard Dionne	22151
260	S/Sgt Edward Farrell	26500
261	Bonny Lynn LAake	Public Service Employee
262	S/Sgt Dale Lively	18715
263	Cpl. Robert Manuel	38545
264	S/Sgt. Ambrose Rouble	19962
265	Cpl. Frank Salter	23188
266	S/Sgt. Donald Urquhart	24989
	Sgt. Clive Strong	16218 NL Ranger #155 (Rank fixed)
267	S/Sgt. Robert MacKinnon	23796
268	S/Sgt. Robert Russell	22912
269	S/Sgt. James MacDonald	23123
270	S/Sgt. R.M. (Rick) Dundas	21392
271	Cst. Jessie Carey	40948
272	CMRE Harold Cahill	WWII
273	CMRE Peter Poirier	

Submission for Memory Garden is open/ New Names have been added.

The Fallen Members' Fund committee is now accepting names for the Memory Garden until February 29, 2024. Thanks to Veteran Harry French Eighteen new names have been added this

To submit a name:

The criteria for a name to be added to the Memory Garden are:

1. Employees who have served in Newfoundland and Labrador/ B Division who are buried in this province.
2. Employees who served outside of B Division but are retired in Newfoundland and Labrador and are active members of the RCMP NL Veterans' Association.
3. Employees who served in B Division NL and are buried elsewhere.
4. Service employees who are employed by contract with the RCMP and have served five or more consecutive years at an RCMP facility in Newfoundland and Labrador. This includes commissioners, guards, and maintenance/ support staff.

The Memory Garden honours all those who served in Newfoundland and Labrador in good standing. The Memory Garden is completely funded by donations and fundraising by employees.

To submit a name, email the following information to: RCMPNLMemoryGarden-JardinCommemoratifGRCTNL@rcmp-grc.gc.ca

The cost per brick is \$200.

Please provide:

Name of employee (full name no abbreviations) and rank:

Category (PSE, CM, RM, Veteran, contract employee):

Service number (only for regular and civilian members):

Location(s) served in NL (if known):

Year of birth:

Year of death:

Next of Kin name and contact number:

Contact name and number for person submitting the name:

Names can only be submitted with written permission from the next of kin and through the link above. Once the application is reviewed, a committee member will contact the submitter concerning payment.

The Fallen Members' Fund Memory Garden honours all RCMP employees and support staff. There are no restrictions on how the employee passed. Those who died of disease, natural causes, and suicide, as well as those who died on duty, are all welcome to have their names in the garden at the request of their loved ones.

The garden is built at the rear of the RCMP HQ Building, facing the City of St. John's. It is a beautiful garden where employees can sit, reflect, find peace, and remember their coworkers who have passed.

For more information contact;

Helen Escott

Memory Garden Chairperson

h.escott@hotmail.com

INTERESTING HISTORY LESSON (A very good read)

People used to use urine to tan animal skins, so families used to all pee in a pot & then once a day it was taken & Sold to the tannery.....if you had to do this to survive you were "*Piss Poor*" But worse than that were the really poor folk who couldn't even afford to buy a pot.....they "*didn't have a pot to piss in*" and were the lowest of the low. The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be.

Here are some facts about the 1500s:

Most people got married in June because they took their yearly bath in May, and they still smelled pretty good by June.. However, since they were starting to smell Brides carried a bouquet of flowers to hide the body odor. Hence the custom today of carrying a bouquet when getting Married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it.. Hence the saying, "Don't throw the baby out with the Bath water!"

Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof... Hence the saying "It's raining cats and dogs."

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, "Dirt poor." The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As the winter wore on, they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entranceway. Hence: a thresh hold.

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme: Pea's porridge hot, peas porridge cold, peas porridge in the pot nine days old. Sometimes they could obtain pork, which made them feel quite special.

When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could, "bring home the bacon." They would cut off a little to share with guests and would all sit around and chew the fat.

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or the upper crust.

Lead cups were used to drink ale or whisky. The combination would Sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a wake.

England is old and small, and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a bone-house, and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive... So, they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the graveyard shift.) to listen for the bell; thus, someone could be, saved by the bell or was considered a dead ringer.

And that's the truth....Now, whoever said History was boring?

Living Will: (repeat from the last Newsletter)

Gail Courtney received this from her financial planner. Excellent material to follow.
<https://www.gov.nl.ca/cssd/files/seniors-pdf-ahcd-booklet.pdf>

Winter Planning with “CF One Member” Appreciation 15 % off Choice Hotels (Merv Andrews)

As we enjoy this special month, let us take time to thank and remember all of our members and Veterans for their service and contributions to our country. This month the CF One Member Appreciation Program honours the many women and men in uniform - past, present, and future. We thank them for their service and for our freedom.

As the winter season sets in, it's time to snuggle up in those cozy sweaters and blankets. Whether you're looking to keep warm this winter with discounted home heating, protect your furry friend with unbeatable pet insurance rates, or take a much-needed break and unwind at a luxurious hotel, we've got you covered. And if you're looking to stay fit and healthy despite the colder weather, our gym membership deals are not to be missed.

<https://cfmws.ca/discounts-shopping>

FROM THE EDITOR

I wish to offer my sincerest wishes for you, your family and friends for a joyous Christmas season and the happiest, healthiest and fun filled 2024. Many will have family visit from away or will be traveling to be with close family. Others will hop a plane for distant places. Wherever you are, take a moment to give thanks for all the blessing we receive each day and for those suffering from hunger, war and illness.

If you would like to submit a story, photos, or information for the newsletter you can reach me at bdivvets@gmail.com or by phone at 709-754-0354.

Stay Safe, Mark E. Brown

ACTIVITIES OF NL VETERANS and YOUR ASSOCIATION



Cross-Island meeting in Gander 2023



Parade in Stephenville on Remembrance Day 2023



Remembrance Day Stephenville 2023



Mike Dawson & JJ Furlong making tunes in Stephenville 2023



Terry Scott at headstone of Constable Robert Amey

FROM THE EDITOR

Firstly, I want to offer condolences to PP George Noseworthy on the recent passing of his mother.

I must say I get great enjoyment hearing of the wonderful things our RCMP veterans are doing across the province. Those of you who help your communities are owed a vote of thanks from your association but especially so from those whose lives you impact positively.

It was indeed a pleasure for me to surprise Randy and Rev Donna with a painting for all they do for our NL Veterans. They give tirelessly to so many and never look for thanks. Rev Donna told me she was overwhelmed. I am so happy it made such an impact on them both.

I welcome your feedback on the Newsletter – both positive and negative. If you would like to submit a story, photos, or information for the newsletter you can reach me at bdivvets@gmail.com or by phone at 709-754-0354.

Stay Safe, Mark E. Brown

FROM THE LIGHTER SIDE

And on the 8th day, God created seniors. Most seniors never get enough exercise. In His wisdom, God decreed that seniors become forgetful so they would have to search for their eyeglasses, keys, and other things, thus doing more walking. And God looked down and saw that it was good.

Then God saw there was another need. In His wisdom He made seniors lose coordination so they would drop things, requiring them to bend, reach, and stretch more. And God looked down and saw that it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature, requiring more trips to the bathroom, thus providing more exercise. God looked down and saw that it was good.

So if you find, as you age, you are getting up and down a lot more times, remember it's God's will. It is all in your best interest even though you mutter under your breath.

Nine Important Facts to Remember as We Grow Older:

#9 Death is the number 1 killer in the world.

#8 Life is sexually transmitted.

#7 Good health is merely the slowest possible rate at which one can die.

#6 Men have two motivations: hunger and sex, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.

#5 Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe they won't bother you for years.

#4 Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.

#3 All of us could take a lesson from the weather. It pays no attention to attention to criticism.

#2 In the 60's, people took LSD to make the world weird. Now the world is weird, and people take Prozac to make it normal.

#1 Life is like a jar of jalapeno peppers. What you do today may be a burning issue tomorrow.

Please share this wisdom with others; I would do it now but I need to go to the bathroom.

I made the characters bold and bigger so you could read this.

IMPORTANT CONTACT INFORMATION (Repeated from the last Newsletter)

An Executor or Family Representative can visit a website – important information can be obtained on the processes for advising of a death and the information to supply. Various agencies accept a Funeral Directors Statement of Death while others require an official Death Certificate issued by the province.

Pertains To	Website	Phone #	Details
RCMP Pension	www.rcmp-grc.pension.gc.ca	1-855-502-7090 1-855-502-7088 (EX-01-C/Supt & above)	If you call, have the Pension number and/or HRMIS number available.
Veteran's Affairs Canada (VAC)	www.veterans.gc.ca Select My VAC Account Select Sign In Sign-in Partner or GC Key Input Username & Password	1-866-522-2122	If you call, have the CSDN Number available.
Canada Pension Plan (CPP) Old Age Security (OAS) Guaranteed Income Supplement (GIS) Survivor's Benefit Disability Payments	www.canada.ca Select language of choice Select Benefits Select Pensions	1-800-277-9914	If you call, have the Social Insurance Number (SIN) available.
Other Pension Plan			
RCMP Group Life and Accidental Death and Dismemberment Plan	www.pbs-sra.ca Input User ID & Password	1-800-661-7595	If you call, have the Pension number and/or HRMIS number and/or other personal information available
Other Life Insurance			
Public Service Health Care Plan (Sun Life) UNTIL JUNE 30, 2023	www.sunlife.ca/pshcp Input Access ID & Password	1-888-757-7427	If you call, have the Group Contract Number and the Certificate Number available.
Public Service Health Care Plan - (Canada Life) EFFECTIVE JULY 1, 2023	https://my.canadalife.com/pshcp Input Email & Password	1-855-415-4414	If you call, have the Group Contract Number and the Certificate Number available.
Blue Cross - Medavie	www.medaviebc.ca Select Login Select VAC Input Username & Password	1-888-261-4033	If you call, have the Client Number available.
Other Health Insurance			
Pensioners' Dental Services Plan (Sun Life)	www.sunlife.ca/pdsp Input Access ID & Password	1-888-757-7427	If you call, have the Group Contract Number & Certificate Number available.
Other Dental Insurance			
Other Insurance			

Pertains To	Website	Phone #	Details
Bureau of Pensions Advocates (VAC)	www.veterans.gc.ca www.canada.ca/veterans	1-877-228-2250	If you applied for disability benefits from VAC & received a response related to that application, you qualify for support from the Bureau of Pensions Advocates.
Veterans' Ombudsman	www.ombudsman-veterans.gc.ca	1-877-330-4343	Ensuring fair treatment of all Veterans.
Government of Canada – Seniors	www.canada.ca/seniors	1-800-622-6232	Programs and Services for Seniors.
Canada Revenue Agency (CRA)	Search Engine – “advise CRA of death”		The process and requirements to advise CRA of a death.
Social Insurance Number	www.servicecanada.gc.ca Select Social Insurance # Select Lost or Stolen PIN or Search Engine “how to cancel a SIN after a death”	1-800-206-7218	The process and requirements to cancel a SIN Card can be viewed.
Passport	www.servicecanada.gc.ca Follow Several Links Or Search Engine – “how to cancel a passport of deceased person”		The process and requirements to cancel a valid or outdated passport can be viewed.
Equifax	www.consumer.equifax.com	1-800-465-7166	Process to obtain your free credit report.
TransUnion	www.transunion.ca	1-800-663-9980	Process to obtain your free credit report.

Interesting Facts: Did you know ...

You can connect VA through [My VAC Account secure messaging](#) or by calling [1-866-522-2122](tel:1-866-522-2122).

To speak to a mental health professional now, please [call the VAC Assistance Service](#):

[1-800-268-7708](tel:1-800-268-7708)

[1-800-567-5803](tel:1-800-567-5803) (TTD/TTY)

If you are experiencing an urgent financial need, [emergency funding](#) may be available.

Call [1-866-522-2122](tel:1-866-522-2122).

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