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RCMP VETERANS' ASSOCIATION MEETING
Tuesday March 5th 2024
Regina, Saskatchewan
12 Attendees & 3 via Zoom

1. CALL TO ORDER:

President Plomp to call the meeting to order. Followed by the singing of O'Canada.

Moment of silence for our fallen members, especially remembering: Norm Thomson Reg # 26645 a Past President of Prince Albert Division of RCMP Veterans' Association; Former "F" Division members Rick Nicholson Reg # 35071; and Ron Steele Reg # 29442.

“F” Division Honour Roll for the month of March Cst Thomas Gibson, Cst George Garrett, Cst George Arnold, Sgt Arthur Barker, Cst D.S. Beyak

Special thoughts and prayers going out to Bob Warnke, Leo Boisvert, Lil Burnett, Lorna Loftus, Loretta Russell, Eva Evans and all those who are sick or shut in.

Minutes of our February 6th 2024 Meeting held at the Heritage Centre

As distributed by mail and email for the month of January.

Motion to adopt by Rick Flight. Seconded by Pete Haughn. Carried.

Financial Statement:

John Leitch’s report for the month of February. Total combined equity is \$37,889.83. The Game Dinner remains at \$4,925.78 . The equity for the Vets alone is \$32,964.05 an increase of \$3,609.08 from the end of 2023.

Motion to adopt by Rick Flight. Seconded by Gary Davidson. Carried.

CORRESPONDENCE

Don Ross sent a short note to us along with a donation. “Hope all you folks are keeping well this year. For me and my children are all well, including my 11 grandchildren who are all university graduates and have well paying jobs. Nothing much new in Strathmore. Just like all the cities and towns – just keeps growing. Moved here in 1992 and population was 4,200 and is now over 19,500. As ever, prices of everything just keeps going up. I have no problems at present. God Bless. Don”

Enid Jones sent a note and a donation: “I apologize for this late message but was ill during the Christmas season and January was busy so please accept this late, but heartfelt, thank you. Just before Christmas I was able to attend the Candle Light Dinner, thanks to Colin & Gearaldine Hay for getting me there. The meal and company was great so thanks to all who worked to make a successful evening. I was also a recipient of a beautiful Poinsettia plant a box of chocolate biscuits delivered to my suite at Marion Chateau. I have now moved to Queen Victoria Estates at 316-2025 Heseltine Road S4V 2Z4”

Mike Anderson asks we circulate the following to our members. “Members of Troop #2 - 1977 are trying to locate and re-connect with their former troop mates. Could you please broadcast a message to members of your Association to invite Members of Troop #2 1977 to join the private Facebook group Troop #2 1977 or contact Mike Anderson at MRA_55 @[hotmail.com](mailto:MRA_55@hotmail.com). “

Bill Foreman wrote: “Just a note to say hello and enclose my dues for 2024, with a little extra for postage. Barry Shiels came to see me in the hospital a couple of times. I saw the doctor again on February 12th and I’m going for another stomach scope on March 1st – just a follow up. I am feeling fine as of now.”

George Anderson sent in his dues with a note saying, “ Things are good here (Carlyle). Heart still beating but acting up a bit lately. George.

5.0 COMMITTEE REPORTS

5.1 Sick & Visiting:

Bob Roy’s Report:

Everyone it seems knows our retired Health Services’ Nurse Iris CARROLL who for many years served our members (and recruits/cadets) with her very caring and engaging disposition, working either at Depot or out in the field at so many F Division posts. But you may not know that Iris has been contending with personal health challenges over the last 15 months or so. Not long ago your attention may have been drawn to a brief CTV report underlining that our very own Iris is currently undergoing cancer treatments, that she was being recognized as a “HOME TOWN HERO” by using her crocheting skill to fashion keychains for others also struggling with cancer. This project, she explained, is “Just a little something to make those patients realize they are not alone!” Here then is what Iris wishes to share with you today.

For over four years Iris has been patiently awaiting surgery for a painful shoulder. Non-invasive approaches were tried but did not provide lasting relief. She finally underwent surgery just before Xmas of 2022, a usually uncomplicated procedure, and was out of hospital the next day. But a persistent cough, initially thought to be pneumonia, landed her back in the hospital and to the eventual discovery of a blood clot in one of her lungs, a relatively rare occurrence. Consequently she was placed on blood thinners and found herself back home around New Year’s of 2023. Subsequent follow-up visits with a Respiriologist (Lung Specialist) brought to light what first appeared to be non-malignant nodules but with time and more specialized analysis proved to be early stage cancer. In October Iris thus started cancer treatments (chemo) every few weeks, finding the side effects very hard to stomach for a few days after each session. The good news is that the cancer has responded very quickly to the interventions and appears to have been nipped in the bud. Nonetheless Iris will likely need regularly scheduled preventative chemotherapy for the rest of her life.

As you can well appreciate Iris has not had an easy time of it yet her morale remains positive and upbeat. She is thankful for the support of close friends and family. She takes things one day at a time and finds solace in the Serenity Prayer. There is an old, well-worn Chinese proverb that states: “ Rather than curse the darkness, one should light a candle!”, which is precisely what Iris constructively achieves through her humble crocheting of keychains for those facing cancer “but not alone!”.

As mentioned last month, Iris remains a very important part of our Sick & Visiting Team. We frequently consult her on medical matters in general. Further, she reaches out by phone to some members on our watch/follow-up list when required.

At the close of last month's meeting, a few attendees asked if I was aware of Ed PASETKA's recent, very serious open heart surgery. Not only was I not aware of this, Ed was unknown to me even though he has been a member of our Regina Division Vets for some 10 years! Over a few visits to see Ed at the General Hospital, he impressed as a very candid individual with a good sense of humour. He indicated that laboured breathing brought him into hospital for open heart surgery that would normally take about two hours but in the end required some ten hours. One can only imagine the apprehension wife Mary experienced while awaiting news of the outcome. The surgeon, well known for his expertise in this field, described this as the hardest such intervention he had performed in his career: "On a scale from 1 to 10, Edward, you would rate a 12 and a half!". At the risk of oversimplification, it appears that important valves in the aorta had calcified, making them brittle, and that's correcting this proved to be quite the plumbing project. The good news is that Ed is doing well, already recuperating in the comfort of his home where we delivered a big bouquet of roses "To be shared with Mary"!

Ed served in "K" Division before moving to Saskatchewan where he served at various posts, mainly in "Special I". He has been invited to come join us at the Thursday Morning Coffee Klatch in the Heritage Centre where we regularly prove that LAUGHTER IS STILL THE BEST MEDICINE! Ed is eager to come check this out as soon as he can.

We recently learned that member George BLISS, well-known to many of us, is being treated for cancer. Our last contact from George dates back several months after he had received Queen Elizabeth 2nd's Platinum Jubilee Medal for some 35 years of volunteer "community association" work in his Regina home district. When reached by phone George offered a very open and detailed account of his journey with cancer. In essence the cancer was discovered on his bladder as a result of a routine, diabetes monitoring blood test. Biopsies showed the cancerous tumour to be mainly slow growing in nature but 20% or so fast growing, hence requiring intervention. George has thus undergone a course of seemingly innovative treatment protocol which unfortunately had little impact on the cancerous tumour. He is now embarked on another cancer treatment protocol involving injections (chemo) and body rotations: he seems to be taking this in stride, one step and one day at a time.

George served in "E", "K", and the far north over the first several years of his 22 years in the Force, most of that here in the "F" Division, mainly in Compensation & Benefits. As a Vet, he has often alerted our Sick & Visiting team when a member or related family required assistance. Now and then he has put forth suggestions to advance the cause of our Regina Div. Vets' Association. George also has maintained a special relationship in the Northern Lights reunion every two years, keeping interested parties informed through an ongoing register of some 600 names!

Now is the time for us to reach out to George, underlining our support. Let us start here tonight at our monthly meeting by signing a specially selected card, bringing to him our very caring thoughts and wishes, adding more signatures at coffee klatch this Thursday morning, and forwarding this to him with a lot of "Bon Courage" going forth!

Now for an update on member Glen RIDGWAY & wife Marlene. Glen was first brought to the Pasqua Hospital because of strained breathing and it was thought that he would only be there for only a few days. An eventual diagnosis of fibrosis explains why he was only recently released home (Wintergreene Estates) after just over two months. Glen is now most comfortable moving about in a wheelchair and will likely remain on oxygen for the anticipated many years still ahead. While in Hospital son Kevin arranged for Marlene to visit Glen regularly. Still, it was the longest time the couple had been separated for any length of time in 64 years. By the way, Glen has just celebrated his 86th birthday.

Son Kevin, retired from SaskTel, is very much in charge of the parental situation, and carries out this responsibility in a calm, re-assuring manner. Kevin impressed members of our Sick & Visiting team as a true gentleman, very personable and appreciative of our support of his parents. We will continue to stay in touch with Glen and Marlene via occasional visits, with coffee and muffins in hand. Glen especially enjoys blueberry muffins. Visitors always welcome.

Bob and Louise Kelly visited Lois ANDREW at her care home in the north end of Regina (Brightwater Senior Living) where she is clearly well cared for. Lois however is hoping that she might be moved to a similar care facility in the very south end of the city, near the old family residence and closer to her son, this to allow for more frequent visiting. The dialogue with a Lois proved reasonably good the day of the visit.

Loretts RUSSELL is awaiting for her second hip replacement at the end of March. The last year or so has been a bit of a rough ride given husband Sean's passing and her getting through the first hip replacement. Support from close family and friends has been so very important. At the invitation of a trusted couple, she has decided to take a break and go for a quick visit to South America. Bravo, Loretta, smart move indeed.

SHOULD YOU NEED ASSISTANCE OF ANY KIND PLEASE DON'T HESITATE TO CONTACT ANY MEMBERS OF YOUR EXECUTIVE.

5.2 Membership Committee

We received application for Active membership from Wayne Johnston who was in attendance at our meeting. Randy Burt provided comments of support and made a motion to accept Wayne as our newest member. Seconded by John Leitch. Carried.

Rob Cozine joined us via Zoom and President Plomp proceeded to induct both as members. Then each gave a brief overview of their service.

Wayne advised he ended up in Ident Services in both Saskatchewan and Manitoba and additionally shared that he was the 1st member to get an extension for service beyond age 60.

Rob is back working as a Reservist leading Sask Crime Stoppers, Rural Crime Watch and Citizens on Patrol programs. Both were warmly welcomed by members in attendance.

6.0 NEW BUSINESS

6.1 Regina Division e-Transfers

In recent years, Regina Vets have been able to make automatic deposits to the Vets account via e-transfer using e-mail address rcmpvetsyqr@myaccess.ca. No security question/answer is required for such transactions.

A different, easier to remember e-mail address is now available, with the same features. This address has existed with Regina Vets for some time, but had fallen into disuse. It has the additional benefit of not being tied to the personal e-mail vendor of our treasurer, John Leitch.

From now on, you will be asked to use reginarcmpvets@gmail.com to make auto-deposit, no security question required, e-transfers to Regina Vets. This e-mail address will be monitored by both John Leitch and Bob Smart for messages as well.

To use reginarcmpvets@gmail.com, you will need to identify it to your bank account ***in place of*** rcmpvetsyqr@myaccess.ca. You can likely do this by completely removing Regina Vets as a contact you send money to and re-adding it with this new e-mail address, or by changing the address in the current contact you have for Regina Vets.

For the next several months, e-transfers sent to the old rcmpvetsyqr@myaccess.ca will continue to be accepted for automatic deposit and that e-mail address will continue to be monitored for messages.

6.2 Annual Shoot

Rudy Yeske reports the following. "The Annual Shoot is proceeding as scheduled at our April Meeting. So far I have covered all bases other than the Depot Security part. For this I need to know the names of anyone who plans on participating. On the day of the event our monthly meeting will take place at the Heritage Center sharply at 7:00 PM. Once done those who wish to shoot shall muster to the Depot guardroom. I suggest we car pool to alleviate congestion. From there we attend the Firearms Range where we will be under the supervision of the Firearms staff. Following the shooting event we

muster back the Heritage Center for a luncheon and fellowship. More details to follow. In the meantime I need to know who is shooting and who is simply attending the luncheon.

Veteran Association members can email me at rudyyeske@yahoo.ca or via text at 306-531-9447 with their intentions (shoot and luncheon or luncheon only) by no later than Friday March 22, 2024. NIL replies are not required. Unlike last year, Depot Security is not requiring your address and date of birth.

This shoot is open to any member of our Association who is in good standing. You don't require any firearms experience in order to participate. All required safety gear and equipment is being provided by the Depot Firearms Unit.

I know from past sessions those who have shot have really enjoyed it and those who have never shot will most certainly wish to participate in subsequent years. “

President Plomp confirmed that a message was sent to Saskatoon last month inviting them to participate in the Annual Shoot. They too were asked to advise Rudy Yeske directly.

6.3 Regimental Dinners

Troop 15	March 21	Gary Davidson
Troop 16	April 4	Judy Helfrick
Troop 17	April 11	Jeff Soroka & Rod Buckingham
Troop 18	April 18	Steve Smedley
Troop 19	May 2	
Troop 20	May 9	
Troop 21	May 16	

Reminder for those attending the Regimental Dinners of the following: The “Friends” in partnership with the Drill Unit and S/M’s office are gifting the Jack Dunn book, The NWMP 1873 – 1885 to the Right Marker of the graduating troop. This in recognition of the work the right marker does on behalf of the troop throughout training. Yogi has the books hidden behind the bar and the S/M will have the “Friends” letter to the Right Marker that will be presented along with the book itself. If you are attending the Reg Dinner we ask you to make the presentation when you are called upon to speak after the break. Any Q don’t hesitate to let me, Bob Smart, know. Thank you in advance.

7.0 OLD BUSINESS

7.1 Dinner Meeting

I reminder that we are having our Dinner meeting May 7th here at the Heritage Centre. Mark your calendars. When the notice comes, a reminder about the new link for e-transfers will be included at that time.

And Gary Davidson confirmed that he and Pat will again put together a gift basket for the occasion.

7.2 Crib Tournament

President Plomp advised there were 16 people who took part in our recent crib tournament which was won by Mike Spurgeon. The second time Mike has been the winner. The next tournament is set for March 26th at 1:30 p.m. at the Heritage Centre. The cost to play remains at \$5.00 per person. Let President Plomp know if you are planning to attend. He hopes to see you there.

7.3 Support to the Heritage Centre

President Plomp advised they have formed a committee to hold an online auction with all proceeds to go to the Heritage Centre. They are still working on all the details and are looking to hold the auction in June and then yearly after that. The committee consists of Sandy Mahon, Tammy Patterson, Colin White, Jean Hamm, Judy Helfrick and Ron Plomp. If you want to assist or think perhaps you have a donation for the auction, let any committee member know. President Plomp will provide updates at subsequent meetings.

8.0 GOOD & WELFARE

8.1 Bernie Kelly Service

Bernie's family reached out to let us know that his Funeral Service will be at the Chapel on June 8th at 2:00pm with RCMP's Father Jeff Burwell presiding.

The family have asked for an Honour Guard and Randy Burt provided contact names and phone numbers for a couple of pipers which the family appreciated.

8.2 Reg # 8623 Hubert Arthur Galbraith

Hubert Galbraith joined the RNWMP in August of 1919 at the age of 19 and was posted to Fort McLeod. Though born in Ontario, he was living with his parents in Regina at the time he joined the Force. On February 1, 1920, the RNWMP became the RCMP and 4 weeks later, Galbraith died of pneumonia brought on by Spanish flu. A funeral was held in Regina and he was interred at the Regina City Cemetery, located near 4th Avenue and Broad Street.

In September 2021, a volunteer group known as Bear Hugs, that appears to have members in Lethbridge, identified that his grave was then unmarked. This information was passed on to Lethbridge Vet Mike Duffy. A request was apparently made to "F" Division for a headstone at the time, but nothing happened. This information made its way to Joe Healy who entered it into RCMP Graves.

When Regina Vets got our graves project going in 2023, Healy identified this issue to Regina Vets and a visit to the cemetery established the fact. This information was communicated to Sean Darling and Tom McCullagh, who got "F" Division to fund and have a gravestone installed. John Leitch did the genealogy work to locate family members and determine their interest in attending a re-consecration of the grave.

This consecration is going to be conducted by Tom McCullagh on May 23rd. A distant grand-niece and her grand-daughter will be here then for a gymnastics competition and will participate. Col. Barbara Honig, a generation between those two, may attend from Fredericton, where she is the CO of the CF Combat Training Centre. Further details will be announced as they are known and an honour guard of Regina Vets will be sought.

8.3 March Birthdays

Bob Aulie, Parry Bailey, Kathy Bourlon, Alma Burnett, Bob Cocks, Jake Dyck, Bob Embree, Lisa Graham, Judy Helfrick, Tom Janisch, Garry Jay, Steve Larochelle, Wayne Laube, Kathy Lye, Rick Mandzuk, Chris Mercier, Bob Miller, Bob Murton, Beatty Navid, Vic Pankratz, Clark Pitts, Doug Porter, Glen Ridgway, Dale Schmidt, Rollie Schmidt, Michael Smook, Jeff Soroka, Mike Spurgeon, Bob Warnke, Bob Westaff, Bill Wilson, Andy Woodrow

50 / 50 Draw: Wayne Johnston won \$15.00 and Randy Burt also won \$15.00. \$25.00 went to Regina Division.

Our next meeting will be Tuesday April at the Heritage Centre with the meeting going at 7:00 p.m. Those shooting will proceed to the Firearms Range with all returning to the Heritage Centre for refreshments and fellowship.

President Plomp calls for a motion to adjourn.

Motion by Rick Flight.

Adjourned at 8:25 p.m.