



**RCMP VA NL DIVISION 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**

On the 14 May, I returned to NL after about a month in Portugal. The weather was a little different than what we are experiencing here. Since that time, I had the opportunity to attend numerous functions on behalf of the vets which included, Police Week Church Service, Vets Mess Dinner in Gander, Parade in recognition of 50 years of women as RCMP regular members, and the Friends of the Force Gala in Corner Brook.

I also attended the RCMP Veterans Association AGM in Edmonton on 7-8 of June. (This is the only event where travel expenses etc are covered by our Association)

The Gander Mess Dinner was a great success. A big shout out to Frank Pike for organizing, Trudy Murray-Power our guest speaker, to all the participants and the musical talent OF Sid White, Mike Dawson and Terry Scott for keeping us entertained.

Thanks to all who attended visitation and funeral services and supported the families of our comrades who have passed on.

Recent news articles lists NL as a location that has a big problem with food insecurity. We recently donated \$800.00 to the Community Food Sharing Association. Over \$600.00 of that amount was raised by the book and clothing sale. On our Motorcycle Trip to Labrador, we will also make a donation on behalf of the Vets Association, in an effort to combat food insecurity.

The vets are providing Security for the Summer Games as well as marshalling for the Tely Ten Road race. On July 1st, we will attend the "Memorial Day Parade" and the ceremony for the "Unknown Soldier". We hope to see as many Veterans as possible out for this event. Please submit your name to Doug Pack, if you can attend, as per the e-mail sent out.

At our meeting on 11 June 2024, we discussed topics covered, decisions made, and other announcements from the AGM. Of particular interest will be the availability of Medoc Travel Insurance as a member of the RCMP Veterans Association. Please read over the minutes when they are distributed. There is a BBQ and dance scheduled for 21 June.

Best wishes to all for a safe and memorable summer.

Jim

### **Gail Courtney Article Feedback**

We've received some very positive responses to the article Gail Courtney did for our Newsletter. She tells me she had phone calls from people across the country. Great job Gail and thank you so much for the effort you put into this. Even "B" Division wants to include the item in their Communique.

### **Thank You from the Phillips Family:**

We received a card addressed "Dear RCMP Veterans and Rev. Mercer"

Thank you for the respect and support that was shown at my father's (George Phillip) wake and funeral. It was very much appreciated.

Sincerely, The Phillips Family

**Celebrating 50 Year of Women in the RCMP  
Then and Now**

By Wayne Hebb:

This year marks 50 years of women in the RCMP. I have worked with a few members who were in that first troop as well as other female members throughout my career. My sister, Heather Northrup was a member of the first co-ed troop on 1 December 1975. I would like to honor these members with this poem I wrote last night:

Trail Blazers  
They were young, looking  
For adventure when they  
Graced the grounds of depot  
Nervous because they were  
The first and they would be  
Judged, some judgements made  
Before they started  
Their uniform designed by  
A man's image made them  
As different as they were  
Standing in formation in  
The drill hall  
Tested in every area  
Yet the question hung like  
A sign over every door  
They entered  
Could they do the job  
They passed through the  
First step, training and  
Then onto the field where  
The real proving began  
They struggled every day  
Their failures highlighted  
Their successes downplayed  
Despite this it was heads up  
Facing each moment with  
Courage and determination  
Now fifty years later they are  
Recognized as the ones  
Who wore the red serge  
Doggedly leading the way for  
All those others that followed  
Their efforts showed others  
It could be done and  
Their contributions would be  
Remembered as they had opened  
The doors of Respect



## Constable (Ret) Cheryl Lafosse

33 Years of Service  
Troop 17 Member



**#RCMPWomen**

Constable (Retired) Cheryl Lafosse comes from a policing family. Her father, who retired from the RCMP as a Superintendent in 1977, started his career with the Newfoundland Rangers in 1942 before the province was a part of Canada. Her grandfather and great-uncle were officers in the Royal Newfoundland Constabulary. Her uncle and her older brother were also RCMP officers.

Cheryl, however, didn't spend her days dreaming of becoming a police officer simply because when she graduated high school it wasn't an option. By the time the RCMP began accepting women to apply as officers, Cheryl had already begun a fulfilling career as a nurse at the Grace Hospital in St. John's. That all changed in 1974 when her father called to let her know that women could now enroll to become a RCMP police officer. Cheryl wasted no time – she was a member of the first class of female Mounties, known as Troop 17. Her father proudly presented her with her badge when she graduated in 1975.

When you ask Cheryl, who today lives on a quiet cul-de-sac in Conception Bay South, what it was like to be a part of that first group of women to don the red serge, she replies, with some laughter, "They didn't know what to do with us!"

She started her career patrolling the same streets as her male counterparts, but her uniform wasn't quite the same. Instead of pants and comfortable shoes to get her through her long shifts on the job, Cheryl and her troopmates patrolled in high-heeled shoes, nylon tights and shirts without pockets. The lack of pockets meant they carried everything in their 'pillbox' style hats, on their heads. Luckily, the uniform standards were re-evaluated fairly quickly and women in the RCMP were soon offered the luxury of pocketed pants and shirts, too!

Her skills as a nurse came in handy many times throughout her career, most notably during a court trial when her partner was on the stand to testify against an impaired

driver. The defense asked, "Would you be able to tell the difference between impairment and a diabetic coma?" "No," he replied. Lafosse stepped in and said, "But I could." Her time and expertise as a registered nurse lent enough validity to her statement that the impaired driver was convicted.

Cheryl recalls many of her experiences fondly, crediting her small-town Newfoundland upbringing with a demeanor that made her the kind of police officer she wanted to be. Her easy-going attitude meant that wherever she went, Lafosse treated everyone equally – on the force and off. This was a big part of the job, she says, talking to people and connecting with them and it was one of the most rewarding parts of her thirty-plus years with the RCMP.

Cheryl retired with 33 years of service in 2005 and looks back at her career with great fondness. "There was excitement, challenges and hard days, too. But I can't forget the friendships and the camaraderie; we always found something to laugh at."

Constable Cheryl Lafosse, we thank you for your many contributions and years of service to the RCMP and Canada. You carved a path for all the women who would follow in your footsteps.

### **Contact information**

Strategic Communications and Media Relations Unit  
RCMP NL  
[rcmp.nl.media-medias.tnl.grc@rcmp-grc.gc.ca](mailto:rcmp.nl.media-medias.tnl.grc@rcmp-grc.gc.ca)

### **Jim Prendergast's funeral**

7 June 2024 had a great turnout of veterans including Wayne Peddle, Pat Pembroke, Ray Hynes, Lloyd Youden, Roy Hill, Keith Oliver, Randy Mercer, Donna Mercer, Ed Lutz, Mac MacGregor, Ken LeBreton, Trudy Power, Roger Hansford, Ange Hansford, Al Goodyear, Alex McInnis, Roseanne Veitch, Duane Walsh, Pat Dorman, Ron Wiggins, Linda Wiggins, Jim Skanes, Dave Tough, Merv Andrews and Mary Walsh.

The family were delighted with the representation that their gratitude was profound. The group were treated to a lovely lunch at the Knights of Columbus Hall following the service.



The following members and family members of our RCMP Veterans have passed since our last newsletter. We remember their sacrifice and service to the Province of Newfoundland and Labrador as well as Canada. May they rest in peace.

**We will remember them!**

<b>Reg No</b>	<b>Name</b>	<b>Date of Death</b>	<b>Location</b>
19032	Samuel M. Middleton S/Sgt retired	14 March 2024	Brighton, East Sussex UK
19191	James Donald Hacket S/Sgt retired	24 March 2024	London ON
23254	Kenneth John Vickery, Sgt Retired	5 Feb 2024	Beaumont, AB
19486	Thomas Bernard O'Grady OPP Commissioner, Constable	16 April 2024	Peterborough ON
26486	Graham Wells, Constable retired	17 April 2024	St John's, NL
	Barbara Maurine Daye – wife of Art Daye	19 April 2024	Corner Brook NL
20486	George Edgar Phillips Sgt retired	9 May 2024	St. John's. NL
19810	George Emery Andrews S/Sgt retired	14 May 2024	Halifax NS
39354	Patrick Gehue Corporal retired	22 May 2024	St. John's, NL
20616	James Joseph Prendergast Corporal retired	3 June 2024	Carbonear, NL
25034 O.1762	Eric Rankine Wheeler Inspector retired	29 May 2024	Surrey, BC
35863 O.2223	Raymond Patrick Oliver Superintendent retired	6 June 2024	Halifax, NS

## Veterans Baseball Caps

Our veterans have supported this initiative. A huge thank-you to Ron Wiggins for creating the design and working with vendors for a suitable and good quality hat. We initially ordered 150 and all 150 are spoken for. We sold hats to former members in O, K, E, H, J and L Divisions. Should anyone wish to order one, please email [bdivvets@gmail.com](mailto:bdivvets@gmail.com) specifying the number you wish and the address you wish them sent. Sample of the hat is below.



## Memory Garden Service – 6 June 2024

### Memory Garden Open for Visits

The Fallen Members' Fund committee held a Memory Garden Blessing at RCMP Headquarters on June 6th.

This yearly blessing is open to all employees, veterans, families, and friends. There are eight names to be added this year and they will be added in the fall.

The Memory Garden is a gift to you. It is there for you to use – have meetings there, meet a friend for coffee, visit the names of old friends. The garden will only thrive when it has daily visitors.

For a complete list of names and information about the Memory Garden go to: <https://www.rcmp-grc.gc.ca/en/nl/fallen-members-fund-memory-garden>

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.

Eight new names will be added to the Memory Garden located at RCMP Headquarters, St. John's.

1. A/ Commr. Gerald Gregory Leahy # 00912
2. Cst. Gregory A. Morrison #30129
3. Constable Brian M Powell #37760
4. Staff Sgt. David Himmelman #23897
5. PSE Tyler MacDonald #D0319
6. PSA Hilda Penney
7. Staff Sgt Ernest Ted Yeomans Reg# 17935
8. Staff Sgt. John Briggs #17892



In photo: Fallen Members' Fund Chair - Chief Superintendent Pat Cahill, Memory Garden Chair - Ret. CM Helen Escott, Padre Rev. Donna Mercer, and RCMP Veterans' Association - Ret. Staff Sgt. Randy Mercer.

Claire pointing to the brick for her poppy CM Paul Kearley

For more information contact; Helen Escott Memory Garden Chairperson [h.escott@hotmail.com](mailto:h.escott@hotmail.com)



## YOUR ADVOCATES NEWS

### When making claims when emergency medical treatment is required when travelling.

MSH International is the administrator for this part of the PSHCP . To make Claims, to go to <https://pshcp-msh.ca/a/> create an account with MSH, complete the form PSHCP Emergency Benefit While Travelling Claim Form and Submit it.

MSH are having the same issues as Canada Life had and their process time for claims is over 60 days. The same problems exist when trying to reach them as it was with Canada Life. People have tried to call to get pre authorization which is presently a collect call. They are put on hold for too long and when calling from an international country on a cell phone is costly and therefore pre authorizations could not be obtained. Best practise is to keep all receipts for emergency medical treatments and when you return home create an account submit the claims form online and make sure after your total you identify the currency you utilized to pay for the services.

If anyone need assistance or has any issues, please contact your district advocate.

Bob Hurman  
NL Provincial advocate



Branch 35 will be hosting a Buddy Check Coffee on the **21 of June at 10:00 AM.**

Location: The Royal Canadian Legion Stephenville Branch 35, 45 Oregon Drive Stephenville NL A2N 2X7.

**You do not need to be a member of the Legion to attend.**  
**Must be a Veteran of the CAF / RCMP or Allied Forces**

Buddy Check Coffee is a Veteran run peer program offering comradeship in a relaxed environment, encouraging Veterans to network and share experiences and stories... while sipping coffee and enjoying a treat. Led by the Legion's Operational Stress Injury Special Section (Legion OSI) and hosted by Legion members, Buddy Check Coffee is helping Veterans in their community connect and support each other.



## VETERANS HEALTH NEWS

[Preparing for the Pensioners' Dental Services Plan transition to Canada Life - Canada.ca](#)

### **Insurance program update:**

In addition to the partnership with belairdirect for group savings on home and auto insurance, our membership now has access to travel insurance (MEDOC) through Johnson Inc. Both belairdirect and Johnson Inc. are subsidiaries of Intact Financial Corporation. Please call Johnson Insurance to request a quote. One of our veterans saved \$771.00 on his Home and Auto Insurance.

This is one of the benefits of being a member of the RCMP Veterans. Those of you who are currently members of the NAFR just for the insurance can benefit from our own.

Belairdirect is a big supporter of the RCMP Veterans Association financially, so this is great news.

### **HOW DO I PAY MY DUES?**

Recently, your association redesigned our website ... : [membership.rcmpva.org](http://membership.rcmpva.org)  
If you **log in** and **renew** or **join**, pay your membership with a credit card, you will not have to deal with dues paying every year. The amount will “automatically” be charged to your credit card. You can cancel membership at any time.

If you have challenges with online renewals, you can:

Send an etransfer to [treasurerbdivvets@gmail.com](mailto:treasurerbdivvets@gmail.com) or

Send a check to our treasurer at:

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

## NL RCMP VETERANS DISTRICT ADVOCATES – 25 March 2024

DISTRICT	ADVOCATE	EMAIL	PHONE
Division Wide	Bob Hurman	robert.hurman@nf.sympatico.ca	709-325-0172
St. John's West Mount Pearl, Paradise, CBS			
St John's East of Kenmount Rd & Eastern Towns	Keith Oliver	koliverk@hotmail.com	709-740-0424
Avalon - Holyrood area towards Bay Roberts includes Salmonier Line towards the southern shore area up to & including Bay Bulls	Vacant		
Trinity Conception Bay Roberts, Carbonear & Harbour Grace	Lloyd Youden	lloydyouden@gmail.com	709-765-0807
Whitbourne Placentia	Doug Pack	doug.pack@hotmail.ca	709-743-2515
Burin & Marystown	Vacant		
Clarenville Bonavista	Doug Hyde	doughyde@bellaliant.net	709-427-6650 306-540-5239
Gander, Glovertown Lewisporte. Browns Arm, Twillingate	Frank Pike	plato24@yahoo.com	709-651-1866
Grand Falls Windsor, Botwood, Springdale	Law Power	lawpower@hotmail.com	709-486-3047
Deer Lake + Corner Brook	Derrick Anthony	derrickldanthonny@gmail.com	709-632-6224
Northern Peninsula	Vacant		
Bay St. George incl Kippens & Stephenville	Jackie Deaves	jackiedeaves@hotmail.com	709-649-6735
Labrador	Scott Morrison	scotty40250@gmail.com	709-889-3903

If you are interested in helping in the areas noted below, please reach out to Bob Hurman for details of what is involved.

Burin Peninsula Chapter  
Mount Pearl & CBS Chapter

Northern Peninsula Chapter  
St. John's and Avalon

## ACTIVITIES OF NL VETERANS and YOUR ASSOCIATION

### **Mess Dinner – Gander**

Was held on 25 May 2024, was well It was well organized and a great success.

Favourable comments were received by all who participated and there is a desire to make this an annual event.

Thanks to Frank Pike for organizing, Trudy Power our guest speaker, Bob Hurman for his drive to get such an event in motion, the people who transported glasses, lances, flags etc. and to those who participated.

The evening was enhanced significantly by our musical and singing talents of Sid White, Mike Dawson, and Terry Scott.







## **Partnership with Waterford Valley Rotary Club to Cleanup Waterford River**

The hardy souls (RCMP Veterans) below spent two (2) hours assisting 7 Waterford Valley Rotary club members on a cleanup of a section of the Waterford River near Corisande Drive, Mount Pearl.

Some 20 bags of trash; chip bags, windshield wash containers, pop cans, beer bottles, old tarps, Styrofoam were collected. Large Items were not bagged ie a large truck muffler, sheets of old plywood, car body parts etc. It was a wonderful partnership.



L to R Trudy Murray-Power, Ed Lutz, Dave Tipple, Brian Campbell, Leo O'Brien, Randy Mercer (organizer) (missing Jim Skanes)

The following note was received from Rotarian Bill Stoyles:

Not long out of the shower and nursing a few aches and pains but feeling oh so darn good about what we were able to accomplish this evening!

Randy and his "Mountie crew" of eight did an amazing job, as confirmed by the shot of the Trailway and a portion of the twenty plus bulging red bags of litter that they collected from Corisande Drive west to the Overpass.

Our energetic crew of Tom, Bern, Dennis, Marcie, Sue Davis and I did justice to the east section and between the two teams we collected 46 bags of garbage (we had 50 and have 4 left) plus an assortment of car parts, pipe, carpet, Tyvek, and other debris from the Waterford, the Trailway and the wetlands.

The most satisfying moment in these cleanup campaigns, and the one that keeps us coming back, is looking over your shoulder at the beauty you've been able to uncover and in chatting with Tom, Randy and all of the crew, that's exactly what they get out of this experience!!

Many thanks to those very able RCMP Veterans, to Rotary members and friends for a great team effort! We look forward to round two and another opportunity to work with like minded individuals to make the Waterford Valley as lovely as it can be!!

### **COFFEE TIME**

On Tuesday, May 7<sup>th</sup>, the Avalon area RCMP Vets gathered for coffee at Tim's in Galway. A couple of surprise visitors from "up along" dropped in to tell lies about old times. In the photo front is Bernie House visiting from BC and in the back is Gerry Lynch visiting from Alberta.





## ANNUAL BAY ROBERTS LUNCH

What a great turnout ... 55 people showed for this luncheon and the Motel had to put us in two separate room. Unfortunately no photos taken. Great time reminising and seeking people for the first time in many years.



**Friends of the Force Gala – Corner Brook - President Jim attended the gala event ....**



**Book Sale and Donation**

For the second year, Trudy Power pulled together the troops to host a “Book and Clothing” sale at Legion Branch 56 in Pleasantville. There was tremendous support from veterans from as far away as Bay Roberts and Harbour Grace. Thanks to their efforts, Trudy and President Jim Power presented Ms. Bishop of the Community Food Sharing Association a cheque for \$800.00. Just one of the many ways the NL RCMP Vets support groups across the province. Congrats to all involved.



**Voice from the Past** - Digging through some old photos, Lindsay Fraser came across this “gem” of the Corner Brook Sub-Division Ball in October 1964. Lindsay received the Commissioner’s Commendation for Bravery from the Officer Commanding Corner Brook Sub-Division. Lindsay is over the OC’s left shoulder.



**DEALS AVAILABLE TO RCMP VETERANS**

Your Association has worked behind the scenes to improve benefits for our members. These are just some of the information we can release:

Check out this website ... <https://rcmpva.org/discounts-for-association-membership/>

Type of Business	Company Name	Information on Discounts
Insurance	Belairdirect	check out “preferred group”
Auto Rentals	Avis	25% discount
	Budget	25% use Budget Discount number A706800
Auto Repair	Apples Auto Glass	10% windshield replacement & 5% repairs
	Speedy Glass	
	Moore’s Clothing	20% need to print a certificate

Clothing	Grafton – Fraser Inc	10% discount TipTop George Richards
	Stitch-It	10% discount
Travel	Trip Merchant	Check website as discounts vary
	Park'N Fly	save 25 to 40% on parking Book online or use the parknfly app
Technology	Telus	Discounts apply to smartphones, rate plans & home solutions
	Nerds On Site	RCMP Partner Discount call 877-My-Nerds

**FROM THE EDITOR** - If you would like to submit a story, photos, or information for the newsletter you can reach me at [bdivvets@gmail.com](mailto:bdivvets@gmail.com) or by phone at 709-754-0354.  
*Stay Safe, Mark E. Brown*

**A BIT OF HUMOUR**

A nun, badly needing to use the restroom, walked into local Hooters.

The place was hopping with music and loud conversation and every once in a while "the lights would turn off." Each time the lights would go out, the place would erupt into cheers. However, when the revellers saw the nun, the room went dead silent. She walked up to the bartender, and asked, "May I please use the restroom?"

The bartender replied, "OK, but I should warn you that there is a statue of a naked man in there wearing only a fig leaf."

"Well, in that case, I'll just look the other way," said the nun.

So the bartender showed the nun to the back of the restaurant. After a few minutes, she came back out, and the whole place stopped just long enough to give the nun a loud round of applause.

She went to the bartender and said, "Sir, I don't understand. Why did they applaud for me just because I went to the restroom?"

"Well, now they know you're one of us," said the bartender, "Would you like a drink?"

"No thank you, but, I still don't understand," said the puzzled nun.

"You see," laughed the bartender, "every time someone lifts the fig leaf on that statue, the lights go out. Now, how about that drink?"

**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	<a href="http://www.rcmp-grc.pension.gc.ca">www.rcmp-grc.pension.gc.ca</a>	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)	<a href="http://www.veterans.gc.ca">www.veterans.gc.ca</a> 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	<a href="http://www.canada.ca">www.canada.ca</a> 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	<a href="http://www.pbs-sra.ca">www.pbs-sra.ca</a> 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) <b>UNTIL JUNE 30, 2023</b>	<a href="http://www.sunlife.ca/pshcp">www.sunlife.ca/pshcp</a> 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) <b>EFFECTIVE JULY 1, 2023</b>	<a href="https://my.canadalife.com/pshcp">https://my.canadalife.com/pshcp</a> Input Email & Password	1-855-415-4414	If you call, have the Group Contract Number and the Certificate Number available.
Blue Cross - Medavie	<a href="http://www.medaviebc.ca">www.medaviebc.ca</a> 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)	<a href="http://www.sunlife.ca/pdsp">www.sunlife.ca/pdsp</a> 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)	<a href="http://www.veterans.gc.ca">www.veterans.gc.ca</a> <a href="http://www.canada.ca/veterans">www.canada.ca/veterans</a>	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	<a href="http://www.ombudsman-veterans.gc.ca">www.ombudsman-veterans.gc.ca</a>	1-877-330-4343	Ensuring fair treatment of all Veterans.
Government of Canada – Seniors	<a href="http://www.canada.ca/seniors">www.canada.ca/seniors</a>	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	<a href="http://www.servicecanada.gc.ca">www.servicecanada.gc.ca</a> 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	<a href="http://www.servicecanada.gc.ca">www.servicecanada.gc.ca</a> 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	<a href="http://www.consumer.equifax.com">www.consumer.equifax.com</a>	1-800-465-7166	Process to obtain your free credit report.
TransUnion	<a href="http://www.transunion.ca">www.transunion.ca</a>	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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