

EDMONTON DIVISION

THE PRESIDENT'S LETTER – APRIL 2022

Good Day Everyone:

On April 20th, I, along with Nick Taylor were honoured to present a donation of \$5,000.00 to Sylvie Keane, the Executive Director of Valour Place who thanked us for helping give hope away from home to brave men and women who serve our country and communities.



At this time, I would like to explain the Mailchimp email process we will probably implement in the very near future. Presently we have Randy Montgomery, Bob Bacchus and Joe Collinson who send out messages to the membership. This is a cumbersome process which takes time and a great deal of work on all their parts to keep everything up to date.

The Mailchimp email system is what our National Office utilizes, and we are allowed to piggy-back onto that system at no cost to our division. Rather than having to send out a message in six or seven batches, Mailchimp will allow us to send it out in one batch. Randy tells me it is ready to go, so you will probably receive notification of this Newsletter by Mailchimp. **It is very important to note**, however, at the bottom of each message there is the option to “Unsubscribe” to these messages. If you do that, YOU WILL NO LONGER RECEIVE MESSAGES FROM US. In other words, you won’t receive information from the Newsletter, any obituaries we may send out, notice of meetings, etc. Please, DO NOT “Unsubscribe”! The header of this messages will look like similar to this:



RCMP Veterans' Association, Edmonton Division
C/O Communications Director, email: Randy.M@telus.net
11137 - 29a Avenue NW
Edmonton, Alberta T6J3Z4

Below this there may be a short message, but if it's a larger document, there will be a blue box towards the end of the message with the name of the document. Just click on it and it will bring up the document. If any of you have any questions about this, don't hesitate to reach out to me.

At our March Dinner/General Meeting Olena and Brad Lafoy, both gave us moving presentations about the situation in Ukraine. Neither were scheduled to speak but agreed on very short notice. As result, we were unable to obtain a gift we usually present to all our scheduled speakers, so we took care of that at this meeting. Brad was unable to attend, so Olena accepted on both their part.



Our Guest speaker at our April meeting was Glen Haner, K Division Coordinator for **Support for Operational Stress Injury Program (SOSI)**. Glen spent 37 years as a regular member of the Force, most of which was front-line uniform policing. He was a volunteer "referral agent" for what began as the Member Assistance Program (M/EAP). He then became the K/G Division coordinator for the program which was very similar to SOIS. The program was then replaced with the Peer to Peer (P2P) program when Glen retired from the Force. Three and a half years later the Force convinced him to take on the new role in SOSI. Glen provided the following:



SOSI provides peer support for all categories of employees within the RCMP, and Veterans who are impacted by an operational stress injury (OSI). SOSI Coordinators are people with lived experience and are knowledgeable about the effects of an OSI. SOSI works because it provides a safe, healthy and confidential environment that focuses on re-establishing social networks.

How SOSI works

- Peers are met on their terms in a safe and confidential environment.
- Coordinators are trained to support and provide specific OSI resources that peers can discuss with their Medical Professional.
- Connecting peers to one another, allowing them to establish their own healthy social network of support.

Confidentiality

SOSI coordinators and volunteers are exempt from reporting under the Code of Conduct except when there is:

- a real or perceived threat to harm oneself or others
- a suspicion or knowledge of abuse or neglect of a child and/or vulnerable adult, as a result of speaking with a peer; and
- a requirement to disclose information by way of a subpoena or via an order of a judicial authority.

SOSI coordinators facilitate relationship building:

- One-on-one conversations and group support meetings with peers.
- Coordinators are there to listen, be non-judgmental, validate and empathize with what the peer is sharing.

SOSI coordinators and volunteers are not:

- Counsellors or trained therapists;
- responsible for compiling and completing VAC forms but may provide advice based on experience; and
- a return-to-work coordinator, disability manager or a pension advisor.



Veterans can learn more at the RCMP external website:

<https://www.rcmp-grc.gc.ca/fam/sosi-sbso-eng.htm>

Stay well everyone and hope to see you later this month.

Kees Kikkert, President
Edmonton Division
RCMP Veterans' Association

From the CO

As good spirits emerge as we are slowly beginning to resume in-person activities, I am happy to welcome in spring with a busy past month of events. We had the RCMP Commissioner visit "K" Division to start off the month and then I was happy to have finally been able to attend a Veterans' luncheon in person. This has been the first in-person lunch in the past couple of years with members of the Association, so it has been long overdue. I was fortunate to be able to attend with Assistant Commissioner John Ferguson, Chief Superintendent Kevin Kunetzki and Executive Officer Janine Richardson at a west end restaurant where we enjoyed meeting everyone and sharing stories with a few laughs. Being able to connect with our distinguished Veterans whenever we are able is important and I look forward to resuming our regular activities and events so Veterans can once again participate too. The involvement of our communities is a part of our continuing success and growth – very fitting for the theme of spring!



RCMP Commissioner visits "K" Division



RCMP Commissioner Brenda Lucki visited Edmonton during the second week of April. She was fortunately able to visit some of our detachments such as Leduc and St. Albert during her visit to the city and bring together some offices during the Officer Professional Development sessions. It was very valuable to have the Commissioner be able to attend and even to visit

detachments as we haven't been able to host or gather for a number of years.

RCMP Commissioner presents Commendation Awards in Edmonton

We were also honoured to have Commissioner Lucki present the Commissioner's Commendation Awards to 16 recipients in a private ceremony in Edmonton, on April 14, 2022. "To meet the high standards and considerable demands of a career in law enforcement takes a special type of person," said Commissioner Lucki. "It demands extraordinary skill, profound knowledge, outstanding professionalism, and unflinching courage to keep Canadians safe. Each and every one of the award recipients have gone above and beyond the call of duty."



The Commissioner's Commendation is the highest internal honour that can be presented to an employee of the Royal Canadian Mounted Police. The Commissioner's Commendation Awards were initially created to recognize outstanding service by RCMP members and expanded to include more categories and be

inclusive of civilian recipients. At the ceremony, awards for bravery, outstanding service, and volunteer activities were presented.

The well-deserving recipients of the 2022 Commissioner's Commendation Awards were:

Outstanding Service

- Ms. Adonus Arlett
- Corporal James Laronde

Bravery

- Corporal Brian Johansson
Corporal Karl Joseph Mandel
Constable Dow York
- Corporal Jeffrey Czarnecki
Constable Mark Facendi
Corporal Brandon Tobin

Sergeant Brian Topham
Constable Norman Wong

- Constable Garret Dove
- Mr. Montana Kootenay

Volunteer

- Constable Deanna Hagen
- Ms. Beverley Salomons
- Mr. Trevor Tychkowsky

Across our division, I can attest to the incredible courage, strength, and resilience of our employees in their actions of service for law enforcement every day. The enormous effort, actions of bravery, and service excellence by the award recipients has been a tremendous contribution towards our priorities of safety and well-being in our communities. These are reflections of the values of the Alberta RCMP and all the awards presented were earned by extraordinary action.

Alberta RCMP recognizes National Public Safety Telecommunicators Week

The Alberta RCMP recognized the hard work of the Operational Communications Centres (OCC) and their operators during National Public Safety Telecommunicators Week from April 11-17. Our OCC teams work hard behind the scenes 24 hours, 7 days a week, 365 days a year to manage incoming calls for service to keep our citizens and communities safe throughout Alberta.



The Alberta RCMP has two Provincial/Centralized Dispatch Centres, one in Edmonton and one in Red Deer. OCCs are staffed 24 hours, 7 days a week, 365 days a year by a team of nearly 150 highly trained professionals and serving 114 RCMP jurisdictions that encompass approximately 1.3 million Albertans. In 2021, there were a total of 796,240 calls for service, with 354,440 files opened.

With more than 796,000 calls for service recorded in the past year, we reminded the public that emergency communications centres are busy at all hours with incoming calls about public safety. 9-1-1 should only be dialed in true emergency situations – when public or personal safety is at risk or a crime is in progress.

For more information about the hard work of the OCC, watch our video on the Alberta RCMP YouTube channel here: <https://www.youtube.com/watch?v=B4gJzrvpYTk>.

Policing is by no means an easy career, but the rewards are high and the service is honourable. What our employees and members do every day to contribute to the safety and well-being of our communities makes me proud. Our recent awards ceremonies and recognition of important units like our Operational Communication Centres are ways that we are able to share the exceptional work of the Alberta RCMP. I look forward to continuing to share with you our activities and events and notable achievements in the months throughout this year.

As always, take care and stay safe.

Curtis

Curtis Zablocki, M.O.M.
Deputy Commissioner
Commanding Officer "K" Division

Dianne Lehman, our Support Advocate for our Division, has provided the following for your information:

Hi everyone. I have two pieces of information for you that you may find interesting. I have summarized what I know about a new Mental Health Clinic chain and a national non-profit organization which assists many serving and retired first responders. Worth the read for those of you who need assistance or know someone who does.

1. The Newly Institute (<https://www.thenewly.ca/>)

I was recently made aware of a new mental health clinic chain that is opening clinics across Canada. The Newly Institute tells me they are actively seeking an Operational Stress Injury (OSI) designation with Veteran Affairs Canada. They currently have a clinic open in Calgary and there are plans to open an Edmonton clinic this June. I was also told they have an outpatient program which offers cutting edge treatments for mental health, chronic pain and addictions. They serve first responders, active and veterans as well as the general public. Their website has a comprehensive description of their services.



2. Respect Forum April 5, 2022 (<http://www.respectmap.ca>)

I attended the 2022 Edmonton (Virtual) Respect Forum this April. Respect Forum is a national non-profit organization. They meet twice each year in 25 cities across Canada to network and collaborate with partners who support the needs of uniformed professionals. Respect Form's mission statement is: "Access To Support And Care For People Who Run To Care." In essence, all first responders. It was an eye opener for me as I was introduced to a generous selection of wonderful organizations and companies whose focus is to support first responders in a variety of ways - active or veteran, including RCMP and military veterans and our families.

I look forward to discussing the possibility of our association becoming a known resource and networking partner with Respect Forum. Several agencies were in attendance. Three examples were a local veterans food bank, the University of Alberta (U of A) and Veteran Affairs Canada. An amazing U of A research group offers groundbreaking treatment for PTSD with "phenomenal results" as well as a post-secondary education initiative with accommodation, mentorship, and support for spouses during transition from your career to civilian life.

A Veteran Affairs Canada representative was also present. Notably, he announced a new Mental Health Benefit which was offered as of April 1st, 2022. He stated that many veterans who suffer from mental illness will no longer have to wait for a '**favorable decision**' to receive help. "Veterans applying for a disability benefit for certain mental health conditions will now receive immediate mental health coverage". This is welcomed news for many. Be sure to pass this on.

Please follow this link to find out more: <https://www.veterans.gc.ca/eng/mentalhealth> I also recommend you check out the Respect Forum website. Simply select a beneficiary and discover a directory of organizations who support us in physical, mental, social wellness, peer support, transitional assistance as well as temporary medical and non-medical accommodations.

That's all for now. Don't hesitate to contact me if you have questions about any resources or know a veteran in need of support.

Dianne

Edmonton RCMP Veterans' Executive Meeting Minutes April 21/2022, Woodvale Community Centre, Edmonton

Members Present: Kees Kikkert, Jerry Plastow, Elaine Schnepf, Tom Burkett, Denise Burkett, Bob Bacchus, Eric Lafoy, Nick Taylor, Dianne Lehman, Barry Callbeck.

Unable to Attend: S/M Leilani Collins, Neal Stanley, Randy Montgomery, Doug Stapleton, Linda Plomp, Bob Stewart, Bruce Allen, Tom Dunlop, Roger Goulet, Joe Collinson, Jim Medley.

Meeting called to order: 9:53 am

Barry Callbeck, Secretary:

Moved that minutes from March 24/2022, be adopted as published. Seconded by Nick Taylor, carried

Kees Kikkert, President:

- Kees was advised of 10 Chaplains within the greater Edmonton area plus our Chaplain, Cyril Gower. All, including Cyril, will be invited to the June Dinner Meeting as our guests. Kees will discuss this with Cyril in the near future.
- A member of our Division suggested that because the Kingsway Legion is having financial problem, maybe we should consider moving our functions to that facility. After a good discussion, all those present unanimously agreed we should stay with Woodvale.

Kees On behalf of Linda Plomp, Treasurer:

- Linda advised our financials for as of April 21/2022 are as follows:

Chequing Account	\$30,861.34
Total GIC's	\$125,532.71

Kees On behalf of Randy Montgomery:

- The Mailchimp email process used by National for sending emails to the membership at large is available to our Division at no cost. The system will simplify the fanout system now in place and allow the sender to spend less time sending messages. Randy is learning more about it and will have a further report at a later date.

Jerry Plastow, Past President:

- A request has been made by the Alberta Police for the Golf Tournament in August 2022 for \$500.00. The Donation Committee approved the request.
- May and June General/Dinner meetings menus have been selected. At the present time there is no guest speaker for May, however, Jerry is making some inquiries. A guest speaker has been booked for the June meeting and ideas for other speakers in the future would be appreciated.

Tom Burkett, Membership:

- Tom advised we have a total of 580 members of which 388 are active members.
- There are still 30 unpaid memberships for 2022, and 7 names have been removed from our Roster for non payment.

Elaine Schnepf, Director- Boost Program:

- Elaine is making visits and contacting members as regular as possible.

Nick Taylor, Director- Rep for Valour Place:

- A cheque for \$5000.00 was presented to Valour Place on April 20/2022 by Nick and Kees.
- Nick advised plans for the next Valour Place Walk-a-thon will take place at the same location as last year, Laurier Park on the 11th of September. More information will be provided later.

Dianne Lehman, Director-Support Advocate:

- Dianne has collected more information for retired and serving members regarding health issues, which she will summarize for a future newsletter.

Meeting Adjourned at 11:30 AM

Next Executive meeting: @ Woodvale Community Facility on May 26th at 10 am.

Barry Callbeck, Secretary

Edmonton Division General Meeting Minutes

Woodvale Community Centre, Tuesday, April 26th, 2022

Meeting Called to Order at 8:00 pm

Tom Burkett on behalf of Secretary Barry Callbeck: Motion made to approval the minutes of our previous General Meeting on 29 March 2022, seconded, Jerry Plastow. Carried

Membership Tom Burkett, Pin/Bar Presentations:

**5 Year bar & Pin (L>R) Mike Aftergood
& Paul Gagne**



10 Year Bar (L>R) Bill Rivers & Don Lieir



15 Year Bar - Keith Taylor



25 Year Bar: Wayne Fedje



Meeting adjourned: 8:20 pm

Tom Burkett, Acting Secretary

Our next Dinner/General Meeting is on TUESDAY MAY 31st, 2022

WOODVALE COMMUNITY FACILITY 4540-50 ST. EDMONTON, AB.

Meet and greet at 5:00 PM - Dinner 6:00 pm

THE MENU

BEEF ON A BUN

Carved Beef on a Bun, Baked Beans, Roast Potatoes

Chefs' choice hot pasta, Garden Fresh Vegetables Caesar Salad.

Coleslaw, Vegetable Pasta Salad, Chefs Choice Salad,

Fresh Fruit, Assorted Squares, Dinner Buns, Butter Coffee & Tea.

COST \$30.00 PERSON (INCLUDES MEAL, GRATUITY AND GST)

Payment options at the Door - Cash, Cheque, Visa and MasterCard, (no Debit)

REGISTER FOR MEAL BY CONTACTING LINDA PLOMP

BY E MAIL lfplomp@hotmail.com or phone 780-238-7606

Register by May 25th.

BOOK AND PUZZLE EXCHANGE

GUEST SPEAKER;

John Dugas,

Chairman Courageous Companions

Their mission is to provide top quality PTSD dogs
to Military, Veterans and First Responders

“Courageous Companions is a registered charity which provides quality trained certified Service Dogs to Military Veterans and First Responders.” <https://courageouscompanions.ca/>