



INTERNATIONAL POLICE ASSOCIATION - SECTION CANADA  
**REGION 6 - OTTAWA**  
**NEWSLETTER**

**SPRING  
2021**

[www.ipaottawa.com](http://www.ipaottawa.com)



**2021 - LET'S LEAVE  
COVID BEHIND US!**

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### REGION 6 EXECUTIVE COMMITTEE

Len MacPherson	President/Membership
Teresa Holmes	Regional Secretary
Leslie Goode	Treasurer
Lech Reliszko	VP/Social Media (Facebook)
Bill Murrell	Regional Travel Coordinator & Supplies
Bill Reggler	Padre
Nancy Martin	Special Events

### Disclaimer

The opinions expressed in this publication are those of the author and may not be republished, in whole or in part, without the consent of the author.

# President's Message



I sincerely hope that this message finds you and your loved ones well.

As always, my thanks go out to Teresa, our Newsletter Editor-at-Large and Regional Secretary for contributing and collecting articles for this newsletter. Also, special thanks go out to Region 6 member Mary Blois who has been a frequent contributor and all the others who contributed articles. Without you, we would not have a newsletter.

Since our last newsletter was published, members have had the opportunity to vote for new IPA Canada Bylaws and a new Board of Directors. Unfortunately, only about 50% of Region 6 members cast ballots each time.

Even with the extreme boredom that comes with the pandemic, I would be naïve to think that many members read the Bylaws and that is understandable; you have an Executive Committee that will protect your interests. Having said this, there will be times when the Executive Committee determines that changes being proposed by the Board of Directors are not in the best interests of our Region or IPA Canada as a whole and if this happens, members must make a concerted effort to vote when requested. Information about the IPA Canada Bylaws is always available upon request.

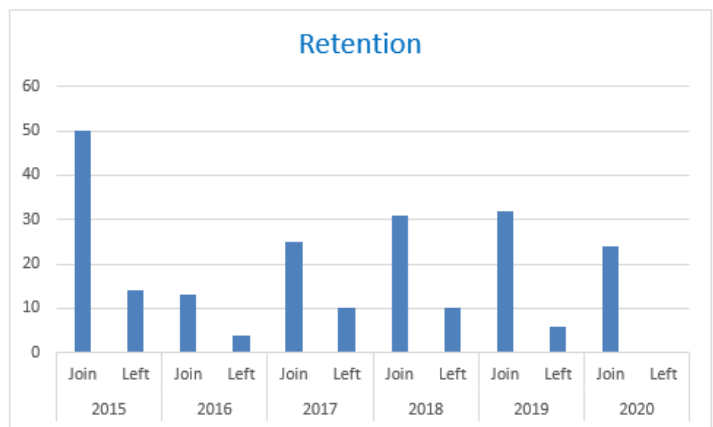
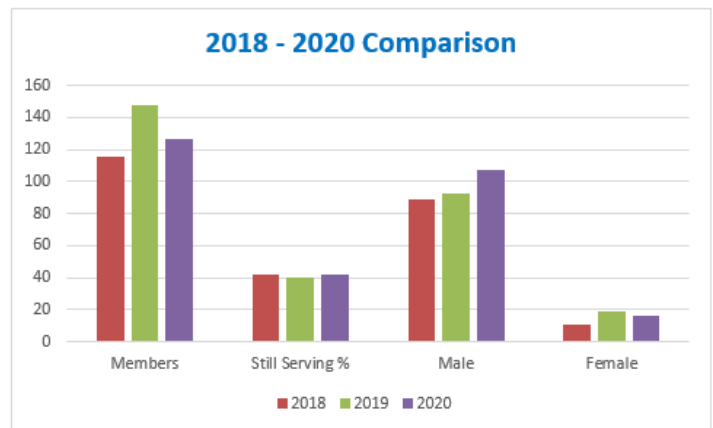
## Membership

Despite the pandemic, twenty-four members joined our Region in 2020 and seven members joined so far this year. Last year was the first year that no one left our region and five members from other regions transferred to Region 6, also a new record. Let's hope the trend continues in 2021.

One way you can help is to send a copy of this newsletter to your current and former peers.

One of the most positive changes in the new bylaws relates to eligibility to join IPA Canada. Now, anyone who is a sworn peace officer and whose

primary functions are the prevention of crime, enforcement of municipal, provincial or federal law and the preservation and maintenance of public peace, may join IPA Canada as an Ordinary member. Since this change, six OC Transpo Special Constables have joined Region 6. Welcome aboard.



Keep our newsletter alive.

Release your inner author and send us an article for our next newsletter.

[ipaottawa@rogers.com](mailto:ipaottawa@rogers.com)



68 IPA Sections worldwide

1000+ Foreign Associate Members in 39 countries

IPA founded: 1<sup>st</sup> January 1950

14 International Presidents from 11 Countries

Sections that have hosted the most IEC/WCs: UK (6), France (5) and Germany (4)

40 IPA Houses in 15 countries

Decade that saw the most growth: 1960s, with 20 new sections

Current membership: 372,000+

First IPA sections outside of Europe: Canada, Hong Kong & Kenya, 1961

First woman elected to the PEB: Phyllis Nolan, Ireland, 1982

Arthur Troop awarded the British Empire Medal for his work founding the IPA, 1965

Since 2004 the Arthur Troop Scholarship has awarded over 160 bursaries

The IPA has its own hymn: 'Servir par l'amitié', played at the opening and closing of every World Congress

First World Congress: Paris, September 1955



65 IEC/WCs held in 34 Countries

Apart from 2020, the only other year without an IEC or WC was 1990

IPA is the largest police organisation in the world

Four IPA languages: English, French, German, Spanish

Young Police Officers' Seminar (YPOS) organised every 2<sup>nd</sup> year providing training for younger IPA members

33 Gold Medals awarded for outstanding international contribution. Arthur Troop was the first recipient in 1985

The IPA is represented on six continents

First-ever IPA Games were held in Portugal in 2018

Arthur Troop Day in the UK: 15<sup>th</sup> December – Arthur's birthday

In Memory of

# Ross Shortill

1939 - 2021

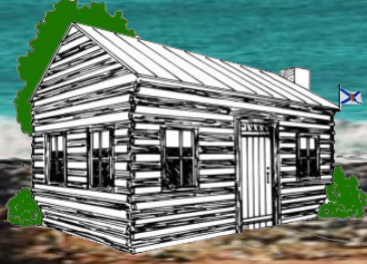


Region 6 member Ross Shortill passed away peacefully at his home on Wednesday, January 6th, surrounded by his better-half Patricia Hill, daughter Tonya and son Rob.

Rest in Peace Brother.







# "LIFE IN QUARANTINE"

As we continue with our COVID stories and challenges... as this subject impacts our daily lives, I thought I would share yet another COVID story about family and perseverance and more importantly, learning how to get along with others during these trying times.

This is a story about Mary and Teresa, two single friends who are both from Nova Scotia, were Military Police, eventually worked together and had an urgent family need to travel home from Ottawa. Setting the parameters, both ladies have been living alone with fur babies [(Mary has 2 dogs and 2 cats) and (Teresa has 3 cats)] for a long time. Both march to the beat of their own drum and both have strong, determined attitudes, doing what they want when they want.

Due to family circumstances, there was a need to travel home to Nova Scotia during the month of April and May 2021. They decided after some deliberation it would be best if they made the road trip and isolate for the 14 days together at a family cottage. Throwing caution to the wind the road trip commenced after receiving entry permission from the New Brunswick and Nova Scotia provincial borders.

The road trip was uneventful, stopping over at Motel Claude, Quebec, minutes from the New Brunswick border. New Brunswick does not permit lay overs for the general travelers, you must drive straight through to your destination if heading to Nova Scotia, Prince Edward Island or Newfoundland. Motel Claude fitted the bill, nice warm room and bed was ok. Although they do permit dogs in the rooms, only one dog per room, which meant one long Greyhound had to sleep in Teresa's room... needless to say the dog slept well...



Having preregistered online for provincial entry the timing was short at the borders with no traffic what so ever. After two days and 14 hours of driving the ladies arrived at their cottage destination! A majestic sight to behold, the two were welcomed by a bald eagle as they wandered around the grounds. The scenery was breathtaking with world record high tides. Thankfully, the ladies had a life savior in Mary's brother, Paul, who graciously delivered their groceries and copious quantities of ice cream and spirits... the dear soul only questioned once why we went through so much ice cream, only to be met by a menopausal glare from his sister.

The cottage was quaint and cold, early start to the season, yet the ladies quickly tucked in. Mindful of the nasty spiders dangling from the ceiling setting their sights on unsuspecting tall people they managed quite well. Mary, being a consummate chef extraordinaire was tasked with making supper each evening while Teresa was Molly Maid. Mary would produce homemade cookies while Teresa's idea of a snack was store bought vegetable bars... Needless to say, Teresa's "good" food went to the wayside after a few days.

So began the forced quarantine... Mary is an early riser (06:30am) and early to bed (10:00pm) while Teresa absolutely loathed mornings and stumbled out of bed at 10:00am, worked late and went to bed at 2:00 am – 3:00am. Neither provided much communication in the morning other than grunts and nods and Mary soon learned Teresa lacked all sense of decorum and humour until noon. Teresa would pound away at the laptop until the wee hours of the morning, listening to her Barry Manilow on her headphones as Mary was quite averse to the sound of his voice.





Even under dire protest, insisting that Barry Manilow provided her inspiration in her writings, Mary was stubborn-headed and insisted NO to his music. So, it was to be... Teresa walked around all day and all night with headphones and even got chastised for singing in the shower... life could be tough at times...



Teresa's morning routine (sleep) was interrupted daily by Mary's two Greyhounds who were delighted with extra company, more so, company that slept. After their 06:30am morning business they would bound back into the cottage, leap up on Teresa's bed and Daisy would flop down on her while Lily had to provide morning kisses. Mary would daily be traumatized by Teresa's humming and singing, attempts at yoga and mesmerized by her daily 10 km walks up and down the long cottage laneway. Evenings were spent captivated by watching Poldark, a PBS series.

The two miraculously got along quite grand and no-one went for a long walk off a short pier. Having lived alone for quite some time and tending to one's own desires, both were conscious and respectful of the other's needs. There was no question or subsequent battle of who would do what chores, which both think made a huge difference on the quality of life under one roof. Both have a sense of humor which was definitely required during the prolonged quarantine and both were familiar and acceptable with each other's quirks.

Helping each other in a time of need, keeping it fun (mind you Teresa's interpretation of fun by scaring the bejeezus out of Mary at times was a lot to be desired), and willingness to make it work was key. Never in a million years did the two think (as well as friends, family and colleagues) they would survive each other!

Times during COVID are tough and sometimes unbearably long. With over 125 regional members as well as the recent addition of our Padre Bill Reggler, no member should feel isolated or forgotten. Although we are unable to get together physically, each of us is only a telephone call, an email, or even Face Time away.



**Take advantage of our membership and don't be afraid to reach out and seek contact with another.**



*Have a Cookie*



# CAMP AFTERMATH

Connecting “Flicker Moments” in the Path Towards Wellness

Sitting down to speak with Farid Yaghini, the founder of Camp Aftermath, you find yourself speaking to a man who is passionate, articulate, and experienced in the dangers of the world. A veteran of the Canadian Armed Forces, deployed to Canada’s combat operations around the world, you would think that Farid would be pessimistic about foreign policy and the effects it has on the mental health of those Canadians who did the bidding in our last war. Far from it. Farid is passionate about helping those who gave everything for this country and he knows firsthand how difficult it can be to attribute meaning when the sky turns black in a veteran’s world. “It’s about the flicker moments we attach to the positive moments,” Farid states emphatically, a statement that begs clarification. “In all the traumatic experiences which combat can bring, it’s the small positive moments (flickers) which the mind yearns to hold on to. In my experience, it was the opportunity to discreetly provide supplies to a school for girls in one of the most dangerous and remote regions of Afghanistan. Most soldiers and first responders are not always lucky enough to have those moments and hence why the core principle of volunteerism sits at the center of our program.”

It’s this premise of attaching meaning and achievement that help formulate the initial concepts around what Camp Aftermath can bring to the people who give of themselves. It’s what helped Farid through dark and confusing times after his deployments. It’s the premise that people need to know that their sacrifice means something and that there is still good in the world. In the world we live in now, we often feel disconnected from meaning and importance and believe that those who give so much get so little in return.

While there is no shortage of organizations and programs aimed at helping people who are living with operational stress injuries (OSI) and post-traumatic

stress disorder (PTSD), access to these programs is seldom developed with the participant helping direct their own care. Far too often it’s a set schedule of doing “these 10 steps” and you will be cured of your diagnosis.

[Camp Aftermath \[campaftermath.org\]](http://campaftermath.org) believes that people living with OSI/PTSD should actively engage in the healing process. Operational Stress injuries are not curable overnight; there is no specific pill or medical procedure that cures the debilitating illnesses. Experts who work with people with OSI know that it’s a process of developing coping mechanisms, creating social support, finding the right clinician to assist, and sometimes making sure the patient is on the right medications to make the new normal in someone’s life. This is the recipe for any successful wellness regiment, which is where Camp Aftermath enters into the mix.

Camp Aftermath combines social support with the right mix of clinical care in order to tackle the issues members who are looking for new treatment options for OSI. During Camp Aftermath’s [one-year, three-phase program \[campaftermath.org\]](http://campaftermath.org), which includes a one-year follow-up under the supervision of mental health experts, participants engage in various therapeutic activities including volunteerism, yoga, and meditation, all while creating a sense of community with fellow participants. This is what it looks like when you operationalize a peer support program that you find in your local police service or regiment of the Canadian Armed Forces. It’s not about building physical structures; it is about the comradery and social connections that are formed as these structures are built. It’s what most veterans and first responders say drew them to put their hand up and enlist. It’s the idea of feeling connected and safe around your peers. It’s also about veterans and first responders including themselves in the society which they signed up to serve, rather than seeing themselves outside of it. It’s community in the best sense of the word.



Camp Aftermath consists of a voluntary board of directors made up of veterans, first responders, and members from public safety institutions who not only care about supporting their peers but who are also passionate about helping others in need. They also understand that we gain more by helping others than the people receiving our help. Knowing that there are many pathways for people is an important aspect of the Camp Aftermath concept. Most public safety institutions cannot support all programs that seem to pop up touting miracles in OSI. Camp Aftermath's one-year program, which focuses on long-term management of PTSD/OSI through constant peer support guided by mental health experts, is what differentiates this initiative from other treatment programs.

Furthermore, Camp Aftermath is supported by an [Advisory Committee \[campaftermath.org\]](#), which includes mental health experts and a member of the Ottawa Police Service Peer Support Unit. Camp Aftermath's chief mental health expert, Dr. John Whelan (himself a veteran and author with 30 years of mental health experience), has been with Camp Aftermath since its inception. Dr. Whelan is joined by other mental health experts, including Dr. Shue (award-winning neurologist), Lise Preston (a social worker with expertise in supporting veterans and first responders), and Dr. Taylor (who focuses on veterans and first responders); they all bring science-based therapeutic activities to the Camp Aftermath program. It is Farid's view that programs built around "flicker moments" as a guiding principle must be evidence-based and clinician-led with people who have the expertise and passion for helping public safety members who have struggled with stress injuries.

Camp Aftermath has conducted two rotations since 2019 and has been following up with all participants to gauge both the short-term and long-term benefits of their experience with Camp Aftermath.

The outcomes have been positive for all participants, including those who found a newfound purpose not only in volunteerism but also in having the confidence to engage in other meaningful activities, such as art and new careers. Previous participants point to the fact that they have built a sense of community centred around the flickering moment of the benevolence of helping build a better life for those subjected to abject poverty. A key aspect of the program is that it is always evolving and rooted in the constant communications with participants, both current and alumni. This has led to positive changes in the program, especially as it has been forced to pivot in Covid times.

Camp Aftermath is excited about [Roto 3 \[campaftermath.org\]](#), a female-only cohort that will commence in fall 2021 at Camp Garagona, located in the Eastern Townships of Quebec. Camp Gargona is a camp dedicated to helping clients with intellectual delays and those on the autism spectrum. Working with Camp Garagona to assist in building infrastructure to help fellow Canadians create a better Canada is the perfect flicker moment in these pandemic times. As Farid says, "If we can help others step forward out of this pandemic and create something we can all be proud of while bringing together those who are proud to serve, we will have succeeded. This is what Camp Aftermath is all about."

**Camp Aftermath is now accepting applications for interested female participants, which includes veterans, first responders, and other public safety personnel who have been dealing with the COVID-19 pandemic.**

Please visit our website at [www.campaftermath.org \[campaftermath.org\]](#) or email [info@aftermathassociation.org](#) to learn more.



CAMP  
AFTERMATH

[CAMPATERMATH.ORG/ROTO3](http://CAMPATERMATH.ORG/ROTO3)

ACCEPTING APPLICATIONS

# Female first responders, veterans & frontliners living with an OSI or PTSD

**ROTO 3**

FEMALE-ONLY ROTATION

SEPTEMBER 2021 @ CAMP GARAGONA, QUEBEC



[campaftermath.org/roto3](http://campaftermath.org/roto3)



## Region 6 Activity Challenge

As the COVID-19 pandemic carries over to yet another year, Region 6 members are still handcuffed by provincial restrictions; no to camping, golfing, outdoor gatherings, indoor gatherings, closed restaurants and shops.

These restrictions are necessary to slow down/stop the spread of the virus but they also have an impact on Region 6 activities such as monthly brunches and other social gatherings.

As a result, we must be patient, resilient, and more so resourceful in seeking activities or hobbies that will keep us occupied and healthy both in mind and body.

As we are discouraged or prevented from assembling in groups, Region 6 has decided to conduct a simple physical activity challenge that we hope will interest and benefit our members. The challenge is to walk, hike, jog (ski and snowshoe during the winter months) the equivalent distance of the circumference of Region 6, approximately 719 km. For those with indoor gym equipment, your kms count also. Lastly, for those of you that have a partner who does the family exercise, please feel free to add him or her and you can remain the support coach.

Region 6 is bounded by the Ottawa River to the North, the Province of Quebec to the East, the St Lawrence River and Lake Ontario to the South and the Western boundaries Lennox & Addington and Renfrew Counties to the West.

IPA Region 6's challenge is to make the commitment and time, as well as effort to complete the 719 kms in one year from 01 June 2021 to 30 May 2022. This will be done on an honor system.

Participating members are encouraged to send in their weekly or monthly results to our Region Secretary Ms Teresa Holmes at [ipar6challenge@gmail.com](mailto:ipar6challenge@gmail.com).

The top five distances will be published monthly on our IPA R6 Facebook page. The first five R6 members to complete the 719 kms challenge will be acknowledged in our regional newsletter as well as our Facebook page. Participating members are also strongly encouraged to submit photos of their walk, hike, jog, ski, snowshoeing as well as interesting sights or scenery they encounter along their journey.

Participants are requested to provide the following information when submitting their distances:

Name (not required to give real name)

Date/dates of activity (week of:/month of:)

Distance covered

An Excel spreadsheet will be maintained and managed by Teresa for the year.

This challenge is being conducted in hopes of bridging the huge gap of not being able to get together and seeing each other's faces and listening to their stories. The added bonus of fresh air and exercise is very instrumental in maintaining our life's balance during these difficult and trying times. We hope you will all join in and send lots of pictures.

If you have any questions, please contact Teresa at [ipar6challenge@gmail.com](mailto:ipar6challenge@gmail.com).

### MARK YOUR CALENDAR

The Region 6 Annual General Meeting will be held at

**1:00 p.m., 17 October 2021**

As we get closer to the date, additional information will be sent to members.



# LOCKDOWN

My flowers are growing six feet apart.  
Not by intention, their just doing their part.  
They are blooming with masks, because that is all they know  
COVID lockdown for the second summer in a row.

The birds are chirping louder then I remember.  
They have been my alarm clock since last September.  
They are aware that being late for work and running out the door,  
Is not something that happens much anymore.

We work and school from home.  
Staying in our protective bubble or dome.  
Our friends and family are seen only by Zoom,  
The media is reporting stories of doom and gloom.

“The end is in site.”  
“Don’t give up the fight.”  
“Vaccine rollout has begun,”  
With the goal of happy days and lots of summer fun!

Pfizer or Moderna vaccine, take your pick  
Either one is better then getting sick.  
Thank goodness for yoga pants, that is all I can say!  
I am pretty sure my jeans don’t fit anyway!

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Over the last year, I have learned to bake cookies like a pro.  
My house has been renovated and painted from head to toe.

My cupboards are washed and my floors are clean  
I have binged watched every Netflix episode to be seen!

I am ready for this pandemic to be done.

I want to go golfing with my son.

I want to cruise with my daughter and see the world through travel,  
All before, the next lockdown comes and causes me to unravel.

I look forward to the time, when we can all finally hug.

In the meantime, I will continue being a lockdown slug!

I will follow the rules and “stay at home”,  
Dreaming of the days when we can freely roam!

Do not be discouraged, depressed or sad;

It will not be long before we see you – friends, family and Mom and Dad!

All the family together for a meal or two:  
Laughing and being silly - it is what we do!

Sending virtual hugs, kisses, and love your way;

Fingers crossed, the lockdown will end in May!

---

**by: Laura Priems**

*Laura is the daughter of  
Rev. William Reggler  
Region 6 Padre*

# Visit our Region 6 Suppliers



The  
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Group  
.ca

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[www.theSAMgroup.ca](http://www.theSAMgroup.ca)

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# WIN A FREE YEARS' MEMBERSHIP



- For every member that recruits three new members in 2021, that member will have their membership dues paid for the upcoming year.
- The Rules of Multiplication apply: 6 members—two years, etc., etc.
- An application for membership may be found at: <https://www.cognitoforms.com/IPARegion6Ottawa/MembershipApplication>. Send the above URL link to anyone interested in joining.
- When completing the application, request that the applicant enter your name as “IPA Sponsor’s Name” at the bottom of the application form and/or send an email to [ipaottawa@rogers.com](mailto:ipaottawa@rogers.com) and let us know who you recommended.

Please provide Proof of Service documentation when you do not have an IPA Member in good standing sponsoring you. A scanned copy of your Identification card, retirement card or certificate of retirement may serve as Proof of Service.

or drag files here.

IPA Sponsor's Name

IPA No.

Member Region (If Known)

- Applicants who are recommended by a member are not required to attach ‘Proof of Service’.



# Another Casualty of the Pandemic

IPA HOUSE FRANCE - BY PIERRE BARBAUD

Although international travel is currently discouraged due to the COVID-19 pandemic, we continue to highlight various IPA Houses and Apartments in our regional newsletter. We are sad to announce that IPA France is planning on selling this property by the end of September 2021. According to M. Jean Luc Chauvet, House Manager, the lack of visitors for two years has forced the sale.

Hopefully travel restrictions will be lifted soon and we can visit Jean Luc before the house is sold.

## Location:

44 Avenue Gallieni, 93250 Villemomble, Paris

House Manager: Jean-Luc

Bookings: [ipahouse.france@ipafrance.org](mailto:ipahouse.france@ipafrance.org)



## Accommodation:

The house has two levels:

- The 1st floor has an apartment that accommodates a maximum of 4 people, bathroom (shower & washbasin), toilets (separate of the bathroom), one living room, one room with a double bed, and one room with two single beds ; and
- The studio on the ground floor has 2 single beds, fitted kitchen, bathroom (shower & washbasin) and toilets.

## Cost:

40 euros for a couple per weekend

250 euros for 7 days

Located in a suburb of Paris, the IPA House is situated only 5 minutes' walk from the Le Raincy – Villemomble Railway Station.

Generally, high season to travel to France is June and July. There are numerous daily flights from Montreal and Toronto. (Note entry into France is currently closed to Canadian travelers due to COVID, however, in limited circumstances, certain travelers may be permitted entry.)

Paris captures the interest of many. It is enriched with numerous medieval sites for the history enthusiasts, high couture houses for the fashion enthusiasts, as well as numerous monuments such as the Eiffel Tower, Notre Dame Cathedral and the Louvre. Paris is also famous for its cafes.

Not far from Paris and accessible by rail is France's alpine villages for the activity enthusiasts and the Mediterranean beaches for the relaxation enthusiasts.

The subway system is highly efficient and safe, easy to follow and reach your destinations. The same applies to France's rail system. There is an extreme ease and safety for city, municipal and provincial travel throughout France. Car rentals in France are also exceptionally easy, most equipped with a GPS. The author has used the car rental company SIXT for many years throughout France and Europe with no incident.



## Travel Distance From IPA House

15km to City Centre



Versailles—40km



Fontainebleau—80km



Disneyland—80km





# Member Benefits Program



## What is Perkopolis

Perkopolis is an on-line discount program that provides companies and associations across Canada with access to exclusive discounts on various products and services. Our Region qualifies to offer our members access to these discounts.

Perkopolis is 100% Canadian owned and operated and was originally founded under the name Concierge Connection. Initially, Concierge Connection provided on-site concierge services to organizations in the greater Toronto area only. In 2009, Concierge Connection was rebranded as Perkopolis and has since grown to be the largest provider of discount programs in Canada. Today, over 2000 organizations place their trust in Perkopolis to deliver unique programs found nowhere else.

## Eligibility

All Region 6 members are eligible to register. Your spouse and children may also use the Perkopolis account as well. There is no cost to join. This program is included as part of your membership. As this plan is administered by the Region, if you leave the IPA you will no longer be eligible for Perkopolis benefits.


## How do I register

To register, visit <https://www.perkopolis.com/member-registration> and enter your email address. Soon after submitting your email address you will receive an email requesting you to confirm your email address and to enter your profile information including member identification number. If you don't remember your member identification number, please contact [ipaottawa@rogers.com](mailto:ipaottawa@rogers.com).

## Technical Difficulties

If you encounter any difficulties registering, please contact Perkopolis's bilingual helpline below.


**PERKOPOLIS CALL CENTRE**



**Hours**

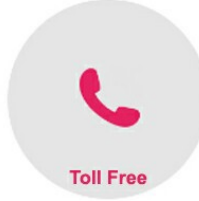
Monday 9am-5pm EST  
Tuesday 9am-7pm EST  
Wednesday 9am-7pm EST  
Thursday 9am-7pm EST  
Friday 9am-5pm EST  
Saturday 10am-4pm

Closed Sundays  
and statutory holidays



**Email**

Support and Inquiries  
[customerservice@perkopolis.com](mailto:customerservice@perkopolis.com)



**Toll Free**

**(800) 761-7523**

**Please be advised that no personal information was shared with Perkopolis.**

**Your spouse and children may also use the Perkopolis account. There is no cost to join.**



## 1000 ISLANDS KAYAKING

ADVENTURE OF THE ISLANDS

Again, focusing on mental health and physical well-being during COVID, Region 6 is fortunate to be surrounded by numerous outdoor parks, trails, and water ways to keep ourselves active and entertained. As we have already covered walking, hiking, jogging and skiing/snowshoeing in our Regional Activity Challenge, we have researched and found yet another fun and simple activity that only requires your time and planning as all kayak equipment is supplied.

1000 Islands Kayaking offers sea kayaking tours of a phenomenal, ecological waterway and is located at 110 Kate Street, Gananoque, ON, minutes off of Highway 401. Their contact information is telephone 613-463-9564 and their email is [kayaking@1000ike.com](mailto:kayaking@1000ike.com)

The 2021 season is from 22 May through October. They are open 7 days a week from 9:00am to 5:00pm. They have nationally certified guides for all kayaking programs, from day tours to skills courses. Our own Region 6 member, Rick St-Onge is one of their instructors.

The kayaking tours are designed so that everyone, from beginners to more experienced paddlers, can participate in day trips, lessons, and specialty programs.

1000 Islands Kayaking offers half day and full day tours and courses from Basic Kayaking Skills Course, Certification Levels 1 & 2 as well as Thursday evening skill development. Check the website for more information on the available courses.

A minimum of two people are required to book a tour, which are beginner friendly (no experience is necessary) and you may join another tour if

interested or you are by yourself. Naturally COVID restrictions and regulations are in place, which may be reviewed on their website.

Each half-day/full day trip begins with an introduction to your instructor, your gear and a brief on-water lesson. For the beginner, you will be introduced to new concepts and for the intermediate, your instructor will help you improve your stroke technique and provide helpful tips.

An awesome kayaking experience is their Sunset Tours which will run from 23 June to 04 Sep, Wednesday, Thursday, Friday and Saturday evenings from 5:00pm – 8:00pm (excluding inclement weather). The cost is \$95.00 for adults and \$75.00 for youth plus tax/fees.

A Half Day Tour begins from 8:30am – 11:30am or 1:00pm – 4:00pm. Cost is \$95.00 for adults and \$75.00 for youth plus tax/fees.

The Full Day Tour is from 9:00am – 4:00pm. Bring your lunch and they will take care of everything else.

Each full-day-trip will navigate through the beautiful Admiralty Group of islands. Bring your own lunch as we will be stopping on one of the National Park Islands for a fresh air picnic. Before lunch, you have the opportunity to get up close and personal with the natural environment, enjoying a relaxing hike or leisurely swim. When lunch is finished, your guide will show you some of their favourite island secrets. The cost is \$135.00 for adults and \$95.00 for youth plus tax/fees.

Groups between 10 to 36 participants qualify for special group rates. 1000 Island Kayaking can build a custom program for any group and will meet your timeline and purpose of the trip.

Region 6 will consider looking into this activity as an event once the pandemic is controlled/over. In the interim, members are encouraged to partake and ask for Rick as their instructor/tour guide.



**The International Police Association is a friendship organization for members of law enforcement, whether in employment or retired and without distinction as to rank, position, gender, race, language or religion. We have around 372,000 members in nearly 100 countries, of which 65 are affiliated National Sections, and we are represented on 5 continents.**

**The purpose of our organization is strictly cultural, social and recreational. At no time does the Association take part in any matter of departmental policy, discipline or unionism.**

**The IPA creates an opportunity for cultural exchange and contacts on a local, national and international level. The IPA is a tremendous organization for members and their families who wish to travel anywhere in the world.**

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