



International Police Association - Section Canada
REGION 6 OTAWA - EASTERN ONTARIO

Newsletter
SPRING 2019

Spring has finally arrived !



What is the International Police Association (IPA)

The IPA is the largest FRIENDSHIP and NETWORKING law enforcement organization in the world, with over 360,000 members from 65 countries worldwide.

The IPA is strictly a Not-for-profit organization that does not have any of political, religious or employment affiliations or objectives. The IPA is solely an inclusive friendship organization that welcomes all eligible members regardless of rank, race, colour or creed.



President's Message

It was a difficult decision when to release this spring edition of the newsletter as each time you think you see the signs of spring; another snowfall blankets our region. But today is different, I saw a robin sitting on the fence in my backyard and it gave me that little push I needed to look past the mounds of snow in my backyard and start to write this message. While on the topic of birds and spring, welcome back to our Region 6 snowbirds who are returning from warmer climates.

Once again, I would like to thank Teresa Holmes, Regional Secretary, who assumed the editor-at-large position and who's efforts made this newsletter possible.

Congratulations also go out to Zac MacMillan, Special Projects Officer, and Dominique on the birth of their new baby girl. One can only wonder what the world will be like 20 years from now when she receives her first IPA membership card.

Just as Zac's family has grown, so too has our Executive Committee. A special thanks go out to Leslie Goode who has joined us as our second Special Projects Officer and together with Zac, is responsible for planning all the region's social events and activities.

Planning social events for our membership is no easy task and up until now could be classified as "hit & miss". Some of the considerations to be taken into account when planning events include: age demographics – both members and family members, geographical considerations – try to spread events out over the whole region, cost – trying to negotiate the best price for our members and last but not least - trying and come up with events that appeal to a large number of members. We hope to add a bit of variety to events going forward in 2019 and attendance will be our gauge to see how well our efforts worked.

Since our last newsletter, membership has continued to grow but our overall membership numbers were impacted on 1 April 2019 when several members had their membership revoked for non-payment of 2019 dues. As is the case across Canada, about 10% of members do not renew each year and the reasons are varied and some will remain unknown. As it stands now, Region 6 has 101 members.



Welcome to the World

Audrey

Claire

MacMillian

In this issue . . .

President's Message	2
In Memoriam—Wilson Brian Beck	3
2019 Region 6 Executive Committee	3
Region Brunches	4
Tips for completing International Travel Form	4
International Retirement	5
Lech's Travels	6 & 7
Ottawa Airport Watch	7
Sugar Shack Adventure	8 & 9
VIA Rail Police Service	9
Advertising of Regional website	10
Belliatus Studios	10
Police Insignia Collectors	10
The World of IPA Houses	11 & 12
Region 6 Online Store	13
Golf Tournament—Maybe	14
Makeup of IPA Canada	14

In Memoriam

Wilson Brian Beck 1938—2019



Feb 9, 2019 Brian passed away peacefully in his sleep at 80 years old in Lasalle, Quebec

Brian was born in Sherbrooke, Quebec, on March 27, 1938. At a very young age, he met an officer in the Red Serge and immediately knew he wanted to join the RCMP. His uncle, Creighton Nutbrown, was a Spitfire pilot in WW2 and a great inspiration to Brian. Wanting to follow in his uncle's footsteps and serve his country, Brian applied to RCMP upon graduating high school. One of the happiest days of his life was when he received a letter to report to Ottawa, and later to Regina, to start his training.

After his training, he was asked where he would like to be stationed. He replied anywhere in Canada BUT Newfoundland. That is exactly where they sent him, and where he met his future wife.

Brian was later transferred to Winnipeg and then Ottawa and after serving 8 years on detachment he joined the Identification Branch in 1965.

Brian served for 37 years, retiring in 1994 as a Sergeant. His career in the RCMP gave him an immense sense of pride and accomplishment, especially his tenure on the Musical Ride.

Predeceased by his wife Katherine Goddard, sister Brenda Langlois (Beck), parents Archibald Wilson Owen Beck and Dorothy Beck (Nutbrown).

He will forever be missed by his daughter Leanne Taylor (Beck), son Todd Beck (Camille Lamoureux), seven grandchildren (Samuel, Ryan, Brendan, Jasmine, Olivia, Austin, and Jayden), nieces and nephew (Lori, Lisa, Lynne and Michael) and many cherished friends in the Ottawa area.

Brian joined the IPA in 2008 and was one of the original members who transferred to the new Region 6 in September 2015.

2019 EXECUTIVE COMMITTEE

Len MacPherson

President / Membership / Webmaster

Teresa Holmes

Regional Secretary / Newsletter Editor

Steeve Zamor

Regional Treasurer

Lech Reliszko

Vice President / Social Media (Facebook)

Bill Murrell

Regional Travel Coordinator / Region Supply Officer

Zac MacMillian

Special Projects Officer

Leslie Goode

Special Projects Officer

Region 6 Brunches



Who does not like to eat, partake in great company and make new friends? That is the aim of our monthly Region 6 Brunches. We did try to have earlier breakfast get togethers, but soon learned Teresa, our secretary was too grumpy that early in the morning and others, still, had a hard time getting out of bed...

So, we switched it up to brunches. Meeting at 11:00 at various restaurants throughout the Region, from Cornwall to Ottawa and Brockville and many places in between. Our brunches are gaining in numbers...and pounds...



Surpassing the 100 mark on Region 6 membership, it is fantastic to see the attendance creep up and we always have room and food for more. These brunches are a time to catch up with old friends and meet new friends or just spin some tales...

Police have always bonded over food – coffee and donuts. We may have evolved over the years in crime solving techniques, yet, we have one steady constant – coffee and donuts...maybe not so many donuts, but the majority still love our cup of java.

Region 6 Brunches is just the thing that brings us all together, eating good food, relaxing, spinning a few yarns helps to create an outlet to destress, offload and go back to the work week feeling fresh, focused and full of energy... or for our retired members, it may be a therapeutic experience, an excuse to talk; to reflect on the month, and on recent events. We encourage young and old to come out, listen to and share some stories. One of the best ways to learn is from Lessons Learned and the same for the retired folks, it would be interesting to hear how things are currently being managed. So watch for Brunch advertisements on the R6 Facebook site; R6 Website or your emails. We look forward to seeing you!



Tips for Completing the International Travel Form

- Always download the blank Travel Form to your computer. Never complete the online form
- Complete a separate Travel Form for each country you plan to visit.
- If you plan to visit more than one location/city or town, use page two of the form.
- If you have insufficient space of the form to describe activities you would like to do or places you would like to visit, attach a separate page in Word format.
- Allow sufficient time: For group travel, submit your form(s) at least 3 months in advance and 1 month in advance of individual/family travel.
- Visit the TRAVEL section on the Region 6 website for additional information and links

International Retirement



We are yet again enduring another Canadian winter that has plied us with snow, more snow and yet, even more snow, day after day, week after week with no end in sight. One of our Region 6 members was involved in a multi-vehicle accident during a white out near the beginning of March 19. (Luckily they survived the crash with minor injuries, however, their vehicle is a write-off). Still, many more, trying to escape our brutal winter had flights delayed due to severe winter storms that racked both Canada and USA...

...wait, the next treat Mother Canadian Nature has in store for us is Spring! This year, due to the record ice build-up we are anticipating wide area flooding throughout our Region.

As we curse, cry, and whine in our daily winter routines, there is another beautiful and more relaxing alternative such as International Living. One Region 6 couple who partakes in this splendid snow-free climate is Janette and Brian Sullivan, retired RCMP members, who are enjoying the temperate, weather of Cotacachi, Ecuador.

In June 2013 they packed up and moved to Cotacachi, avoiding the rat race and nasty Canadian winters. The lower cost of local living expenses permitted early retirement along with dream inspired sunsets and better quality of life.

Cotacachi is a little village located between two volcanoes in the Andes. It has such a moderate climate that it enjoys year-round average daily temperatures of 70 F and 50 F at night. Janette and Brian remain active in local community affairs and are also physically active, riding their bikes; daily walks through town to visit friends. And always meeting new people

International retirement is not just about warmer weather. In numerous locations the cost of living is exceptionally less expensive than Canada. You can eat at local restaurant for under \$5.00 and load up at the local farmer's markets for as little as \$20.00

In accordance with "International Living" magazine, you could own a 2-bed, 2-bath home with a water view for just \$189,000 (USD) or rent at a low cost, a small, furnished house which would typically cost \$600 (USD) a month.

Check out the **2019 Global Retirement Index** and all the subscriber benefits of *International Living* today and we'll put you on the path toward the place that's "just right" for you.

<https://pro.internationalliving.com/m/685544> International Living's Annual Global Retirement Index 2019

Travelling this Summer? Visit our Region 6 Store for items to trade!



\$ 2.00



\$ 12.00



\$ 15.00



\$ 5.00

Lech's Travels

As per our previous Region 6 (R6) newsletter, we are highlighting the advantages of travelling as an IPA member. Lech Reliszko, our R6 Executive Committee Social media representative and retired RCMP member, is our top regional traveller, tracking thousands of miles each year. We finally caught up with Lech during a brief Canadian stopover and learned the following:

Lech has completed 30 years of service with the RCMP. The first 18 years he was a Special Constable, "C" Division at the Dorval airport (Montreal, Quebec), after which he undertook additional training in 1992 and became a "regular RCMP member". He was transferred to the Passport & Immigration Section in Montreal until his retirement in 2004.

Lech has been travelling his entire life, enjoying endless discoveries and meeting locals on the un-beaten path, where few tourists dare or even imagine



to venture. Some of Lech's favorite escapes are: Svalbard, Norway, land of polar bears and midnight sun; Nauru Island, Micronesia, northeast

of Australia, land of white-sand beaches fringed with palm trees and once a Japanese outpost from WWII; Bluff, New Zealand, one of the oldest European settlements and home to the best oysters in the world; Rio de la Plata, Argentina, home to the widest river in the world that nobody ever heard of; crossing the Panama Canal; and Capo Verde Islands, a volcanic archipelago off the northwest coast of Africa, known for its numerous beaches and morna (creole) music.

After crisscrossing the world several times, Lech travelled to the following destinations in 2018: Estonia; Latvia; Poland; Germany; Holland; Belgium; Finland; Spain; and Italy. Many of these stopovers included partaking in various IPA events where

he continued to discover new cultures; friends; and food.

In April-May 2019 his itinerary will take him to Belgium; Holland; Portugal; Spain; Macedonia; Bulgaria; and Poland. He is working on a plan to visit other countries in August-September 2019.

Since joining the IPA, Lech concentrates his travels around attending IPA Friendship events organised by European IPA Sections and also looks forward to Annual International Police Futsal (football) tournaments in either Tarragona, Spain or Pavia, Italy.

This coming May 19, IPA Tarragona is celebrating their 25th Anniversary where he plans to be

part of their tournament as a spectator and as a participant on their opening ceremony in his RCMP "red serge", along with other officers from several countries. The trophy award gala evening is a spectacular event where Lech has made many IPA friends, whom he remains in contact with on a regular basis. Lech's future bucket list are the Balkan countries. He has been made aware that they have a strong IPA membership participation in various social activities which he is interested to experience.



As one can plainly see, our Lech has racked up the Air Miles and is our very own regional traveller guru.



Lech's Travels—Cont'd

Lech has graciously offered some expert tips:

First of all, plan way ahead and book your flights early. For an overseas flight to Europe, he books 5 months before. Budget airline travel within Europe is very affordable if you book 3 months in advance and the cost is less than half that of a railway ticket plus saves you tons of time.



Lech finds being an IPA member has proven to be a valuable asset and not just because he travels frequently. On more than one occasion he found he could rely, and he stresses, “Rely” on IPA members in other countries, cities and even in remote regions for assistance, advice and recommendations for places to visit and where to stay affordably in total security. There is that “odd” chance of being invited to share a local welcome drink and start up a new friendship, no matter the language one speaks. Just remember, they are, or were, law enforcement officers just like us. So, from the start, there is that camaraderie that will grow stronger over time, depending on you.



OTTAWA AIRPORT WATCH

Always looking for volunteers

FOR INFORMATION ON HOW TO JOIN, CONTACT

Jacques Brunelle — airportwatch@gmail.com



Sugar Shack Adventure



Twenty-five Region 6 members, family and friends braved the frigid wind on 23 Mar 19 to explore a local sugar shack “On the Bend”, located in Centerville, ON, owned by Frank Heerkens and Garry Gallinger.

With the promise of no bear encounters, the group ventured deep into the forest of maple trees with long strands of bright colored tubing crisscrossing their magnificent trunks, resembling some sort of elaborate matrix game. Unfortunately, due to the sudden cold snap during the previous evening, the sap was not running.

The intricacies of tapping the precious sap was explained by Frank. First step was to locate the perfect tree, a Sugar Maple (*Acer Saccharum*). Second step was ensure the sugar maple was mature enough to tap. Weather plays an important role, as the sap flows when daytime temperatures rise above 0 degrees Celsius and overnight temperatures dip below freezing. Third step was lightly tapping a small wooden peg or spigot into the tree, gently enough to obtain a snug fit so you can



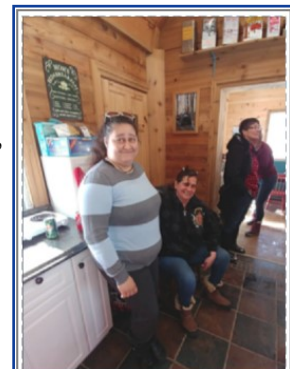
Picture Peter Wensing aka The Tree Whisperer (expert tree specialist)

remove it once the season is over so the tree can seal the hole. Connect the tubing or hang a bucket and wait for the sap to “plink, plink” down into the bucket or flow through the tubing.

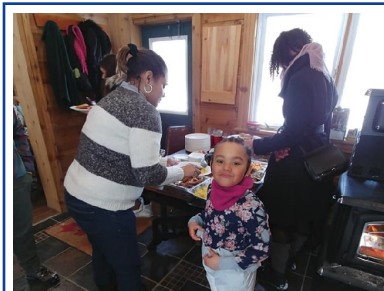
Once the maple sap is collected, they have to boil it and then filter it to remove natural sediments and then create appetizing and tasty products such as maple syrup, maple butter, and maple sugar.

Frank explained way back when the first settlers arrived in Canada, they watched the Indigenous people tap for maple sap and drink it right out of the tree. They settlers later learned the tree sap had phenomenal medicinal qualities to get the human constitution moving after a hardened winter of munching on salted or smoked meat and preservatives.

“On the Bend Sugar Shack” has large vats on site so they could completely produce maple products on site. The wives, daughters and friends had been up since 04:00, preparing a feast of home-made grits, consisting of scrambled eggs, bacon, home baked beans, back bacon, and pancakes, of which we heaped maple butter and maple syrup on top. Dessert was maple and bacon tarts along with naminio bars. All ate until we were stuffed to near exploding and then we made our way back to their store where we joyfully stocked up on their maple products.



On the Bend spellbinding cooks Tammy and Courtney. Missing from photo is Sue. The 3 began cooking on Friday, and up at 4:00 AM to prepare the feast.



Breakfast spread garnered Jasmin's smile of approval

Sugar Shack Adventure—cont'd

It has been said many time before, but Ontario growers are the best throughout Canada and the World. You have to look no further than our very own backyard. For those members and friends who missed this great adventure, the “On the Bend” Sugar Shack is open to visitors throughout the Sugar Bush/Shack season, and especially during Maple Weekend Sweet Ontario, 6-7 April 2019 from 10:00



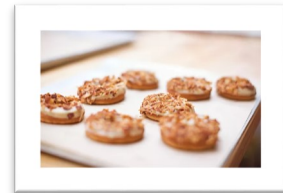
Region 6 Special Events Coordinators, Leslie and Zac presented the Garry with an IPA Region 6 pennant and coin in appreciation for the tour and incredible hospitality.



Some Region 6 members posing with Garry.



New Region 6 member, Mary (retired Military Police) shows some tasty On the Bend maple products she bought. Word is, that Mary is the best chef in the Region hands down. Wonder what she is going to bake next?



VIA Rail Police Service

Unbeknownst to many, VIA Rail now has its own police service. and at least one police constable at the Ottawa Train station. According to the VIA Rail website, the creation of the VIA Rail Police Service (VRPS) represents the first time a Canadian railway company has achieved police services status under the Railway Safety Act (RSA) since CN Rail established their police service in 1923.

The VIA Rail Police Service (VRPS) will work to ensure the security and safety of VIA’s employees, customers, and assets. The VRPS is not an “armed” policing service nor is it intended to conduct law enforcement activities, but will assist police of jurisdiction in the collection of evidentiary information.

Advertising on Region 6 Website

As previously announced, members and family members are permitted to advertise their business or place advertisements on the website.

If you or a family member are interested, please visit [HERE](#).

ADVERTISEMENT



At Belliatius Studio your hostess Nathalie will make sure to conduct a thorough consultation with you upon your arrival to help determine your eyelash preferences whether it is the length, curl, or shape that will best suit your needs. Nathalie will take into consideration not only your style preference, but also the current health of your natural eyelashes which is extremely important. Nathalie will make sure to give you a professional, personal and high standard service. Your comfort is very important. Nathalie will make you so at ease, that you may fall asleep, waking up to a fabulous new YOU. Before you leave the studio she will make sure you LOVE your new and stunning lashes. She is confident that the results will speak for themselves!



You don't need eyelashes but would love a great beautiful smile?? No problem!! Nathalie is also a certified teeth whitening technician and possesses the latest professional equipment to get you from a nice to a fabulous smile.

So what are you waiting for

Click on the Facebook icon
and then click **BOOK NOW**

OR

If Facebook is not your thing
book your appointment by phone
613-316-3183



Police Insignia Collectors

Are you a collector, someone interested in starting your own collection or maybe someone who would like to view police insignia from the past or read many of the interesting posts from collectors. Bob Pyefinch, Region 6 member, owns and operates the CIPCA website. Visit the site and have a look at what is available—sign up today.



**CANADIAN POLICE INSIGNIA
COLLECTORS ASSOCIATION**

Trading Forums * Patch & Badge Gallery
News & Information * Police Service History
Police Interest Links * Calendar of Events

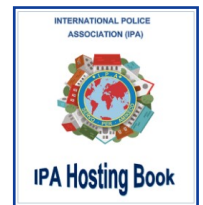
Sign up at... www.CIPCA.ca

The World of International Police Association Houses

INTRODUCTION

The International Police Association (IPA) provides quality houses or apartments at a reasonable cost to IPA members and their families. IPA Houses are owned, leased or rented by IPA sections and/or their regions. An IPA House Plaque is only issued to an IPA Facility that has been approved as an Official IPA House. The Plaque will either be displayed inside or outside of the property.

Additionally, members have access to other accommodation at discounted rates. Other IPA accommodation relates to properties owned and managed by private persons/entities and/or IPA members. These are not officially recognised as IPA Houses. At these facilities, accommodation for IPA members and their immediate dependents are offered at discounted rates. Click on image graphic to open the Hosting Book .



MAKING A RESERVATION

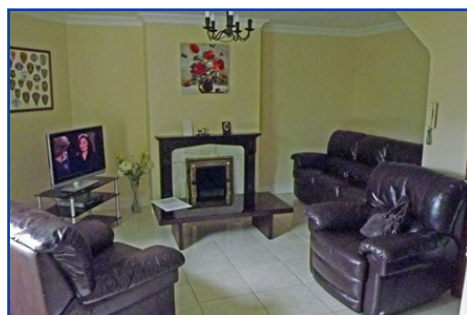
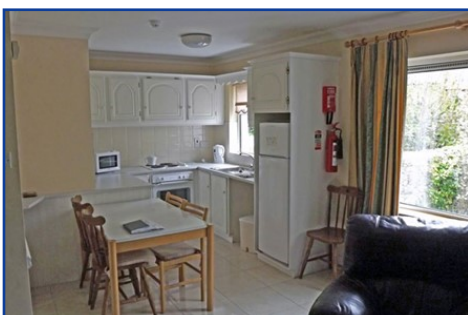
IPA Region 6 members wishing to make a reservation at an Official IPA House or Apartment should do the following:

- ⇒ Bookings are to be made with the IPA Facility directly. Contact details are found in the Hosting Book;
- ⇒ An International Travel Form **MUST** be completed. Procedures may be found on the R6 website under the TRAVEL heading.
- ⇒ Questions may be directed to Bill Murrell, Regional Travel Coordinator, at ipaottawa@rogers.com

FEATURED HOUSE / APARTMENT

Each IPA Region 6 newsletter will feature an IPA House or Apartment. For this edition, an IPA apartment in Galway, Ireland has been selected.

This IPA Apartment is located in a town house, situated in a courtyard through an arched gateway. It has two bedrooms, bathroom and shower, lounge/kitchen and is fully equipped with all modern appliances. It sleeps six persons. In addition there is an attic studio which sleeps 2 persons. Cont'd next page.



The World of International Police Association Houses—cont'd

RENTAL RATES

Base Rate: €20 per IPA member per night
(immediate family qualify for IPA rate)

Single Supplement of €5 per night if applicable

Base Rate applies in months of Sep to June inclusive,
and there is a max weekly rate of €230 during those
months, regardless of number of guests

High Season Rate of €460 per week for all guests in
months of July and August. Note there is a minimum
rental period of 7 nights, Sat to Sat only.

This min nights policy can be waived if vacant 14
days from arrival

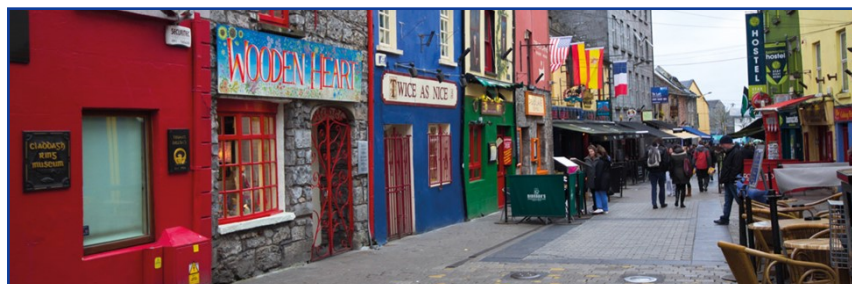
There is a maximum stay year round of 14 nights,
but this can be waived in certain circumstances (such
as a few nights extra etc)

Bed Linen and Towels are extra at €10 per person
per stay.

Early reservations are always recommended!

The apartment is situated in Galway County,
a historical Gaelic and Harbour City on Ireland's
West Coast. It is a town with a multitude of quaint
buildings and streets full of restaurants, cafés, bars
and live music. Within easy reach are vast stretches
of rock lands, lakes, the mountains of Connemara
and the Atlantic Coast.

Galway City is the 4th largest City in Ireland.
It began as a small fishing village centred on the es-
tuary of the River Corrib, a river traditionally called
Abhainn Na Gaillimhe (The Galway River) af-
ter Galvia, a myth-
ological princess
said to have
drowned in its wa-
ters.



The past lingers in the air here. Traces of old Gal-
way, including the city walls and the distinctive
Spanish Arch, give the city an ancient atmosphere.
The salty air breezes through the winding lanes to
traditional shops and pavement cafés. Shaped by its
status as an important seaport, you'll find plenty of
seafood on the menus.



There is a vibrancy to the friendly university city,
which many delight in, and few forget. Music, festi-
vals, horse racing, pubs, restaurants, shops, theatres
and most of all Galway people, combine to create an
atmosphere you will want to return to again and
again.

There are many festivals, the most noteworthy being
St Patrick's Day celebrations. Galway City attrac-
tions include: Galway Atlantaquaria, Galway City
Museum, Leisureland and The Nora Barnacle House
Museum. Attractions found close to Galway City are
Athenry Castle, Athenry Heritage Centre, Connemara
Heritage Centre/Dan O'Hara's Homestead, Connema-
ra National Park, Dartfield Horse Museum & Park,

Kylemore Abbey &
Victorian Walled
Gardens and Pat-

Region 6 Online Store

Why are there so few items for sale?

The most direct answer is Money! Being a relatively new Region, we do not have the financial resources to purchase and maintain in stock a large selection of items which conceivably could sit around for years. To compensate for our limited buying power, we use a purchase on demand system whereby members are asked to place orders in advance of placing an order with a manufacturer. In this manner we are assured to recover expenditures. Some items, like those shown below, are high demand items for travelers who use these items as tokens of their appreciation for favours rendered while travelling.

Special Orders

About twice a year, orders are solicited for items such as t-shirts and polo style shirts. These are 'purchase on demand' items and a minimum number of orders are required before an order can be placed. As each manufacturer we deal with requires a minimum order to ensure a reasonable price for members, an order will not be placed until we meet the threshold.


In Stock Items

Due to their popularity, especially with members who travel, we try to always maintain a stock of R6 Lapel Pins, Pennants and Coins:



What is new this spring is the IPA shoulder patch. The patch was designed in-house and was manufactured by Guthrie Woods, the same company that manufactured our R6 coins. The patches are well made and are only available through our R6 Online Store.





INTERNATIONAL POLICE ASSOCIATION
REGION 6 OTTAWA-EASTERN ONTARIO

Visit our Online Store

[JOIN IPA](#) [VISITORS](#) [CONTACT US](#)

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As word of mouth seems to work better than any advertising, tell a friend or colleague about us and direct them to our website.

Golf Tournament—Maybe!

One other social event that has been talked about at our Executive Committee meetings is holding a golf tournament and inviting other IPA regions and area law enforcement. Unfortunately, that’s all that has happened – we talked about it. One thing that did come out of our discussions is the understanding that no one on the committee has any idea how to organize a golf tournament and that we need your help.



If there is anyone out there that has previously organized a golf tournament or who would be willing to assist an organizer setup a golf tournament to please submit their names to me, your warm and caring President, at ipaottawa@rogers.com and let me know how you wish to assist. Short of this, the funeral for the golf tournament idea will be held at 1900 hrs, 12 June 2019, viewing will be held by video-conference for those who wish to attend.

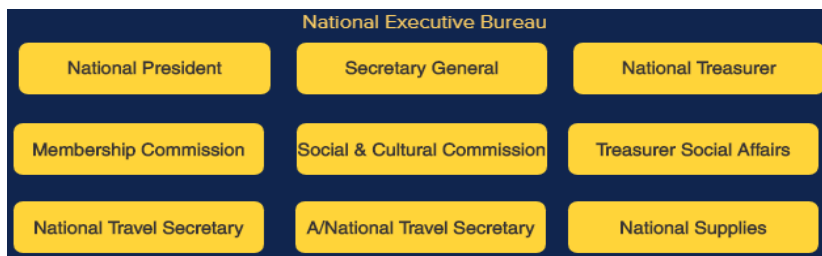
Len

Today’s word of the day is “melodramatic” - meaning: *characteristic of melodrama, especially in being exaggerated, sensationalized, or overemotional. Also: the actions of an IPA Regional President out of ideas. :)*

Makeup of IPA Canada

IPA Canada is comprised of 15 autonomous regions which work together through the National Executive Council (NEC) in a horizontal or flat organizational model to advance the aims and objectives of the IPA in Canada. The NEC is made up of each Regional President.

NEC members also form the Board of Directors for the corporation.



The National Executive Bureau (NEB) is responsible for the day-to-day operations of IPA Canada.

The NEB is also responsible for all interactions with IPA International.

Region 6 Social Events - Come out and Join Us!

