ANAVETS MÉXICO

NEWSLETTER

Shoulder to Shoulder • Unit 19 • Dominion Command

OCTOBER 2026 • ISSUE 4

CELEBRATING SIX YEARS OF SERVICE & COMMUNITY

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CONNECT • SERVE • REMEMBER



SAVE THE DATE

Thrill the World Dance Celebration—October 24 at Instituto Terranova, Ajijic. See today's ad for ticket information.

anavetsmexico.org

President's Message

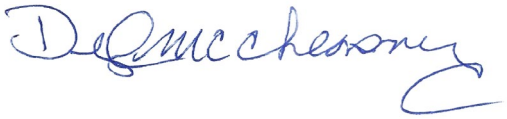
Dear members and friends,

October is shaping up to be a very active month for ANAVETS Mexico Unit 19. First, thank you to everyone who helped us celebrate our 6th Anniversary in September. Six years is an important milestone, and it reminds us how much can be accomplished when members, volunteers and community supporters work together.

Our immediate focus is now **Thrill the World Ajijic on October 24 at Instituto Terranova**. This year brings a new location, plenty of seating and another opportunity to bring the Lakeside community together for a great cause. We still need everyone's help spreading the word, selling tickets and volunteering. Please invite your friends and neighbours and help make this year's event a success.

October also leads us toward one of the most important dates on our calendar—**Remembrance Day on November 11**. It is a time when we come together to remember those who served, those who sacrificed, and those who continue to carry the effects of that service. More details about this year's service will be shared as preparations continue.

Behind all these activities is the purpose of ANAVETS: supporting veterans and first responders, strengthening our membership and serving the Lakeside community. Thank you for your continued support and for standing **Shoulder to Shoulder**.



Derek McChesney

President, ANAVETS Mexico Unit 19



Derek McChesney, President

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BECOME A MEMBER

Veterans and first responders are at the heart of ANAVETS—and community supporters have a place too. Email us with "Membership" in the subject line.

Events & Announcements

Mark your calendar. Dates and venues may change, so use the online calendar for the latest information.

DATE	EVENT	LOCATION / TIME
Every Thursday	Weekly Gathering: lunch, fellowship, Euchre & darts	Mama's Musical Bar • 12:00 p.m.
Every Saturday	Saturday Bingo	Scallions • 1:00 p.m.
Oct. 14	Military Happy Hour	Johnny's Lounge & Cocktails • 3:00–5:00 p.m.
Oct. 24	Thrill the World Ajijic Fundraiser	Instituto Terranova • Doors 2:00 p.m.; show 3:00 p.m.
Nov. 11	Remembrance Day Service	Mama's Musical Bar • 10:00 a.m.

Open the full online events calendar



A Renewed ANAVETS Connection



Thrill the World Ajijic — New Location

Member Spotlight

JIM MCSWEENEY - 2ND VICE-PRESIDENT



Jim McSweeney

Born and raised in southern Manitoba.

Jim and Kathy have been married for 33 years. They moved to Ajijic from Canada eight years ago and have not looked back. Jim has never lived in a place where he felt more at home.

Jim was a police officer in Canada for 33 years, starting with the Edmonton Police Service and serving 30 years with the OPP (Ontario Provincial Police). He was posted throughout Ontario and had a very satisfying and rewarding career, serving in many roles.

Kathy and Jim joined ANAVETS four years ago. Jim especially appreciates the camaraderie of ANAVETS. He is in his second year as 2nd Vice-President. Jim is responsible for the Charities and Donations portfolio, overseeing ANAVETS policies and procedures for accepting and evaluating charitable donation requests.

Jim enjoys trying to stay in shape, reading, their dog family, baseball and music. He helps Kathy with adopting rescue dogs and has flown rescue dogs to Seattle ten times, where they all went to their new adoptive homes. Jim usually flew with 11 dogs.

NOMINATE A MEMBER

Know someone whose service deserves recognition? Send a short note and photograph to anavets.mexico@gmail.com with “Member Spotlight” in the subject line.

Membership Matters

Invite a friend	Membership offer
Bring a guest to Thursday Euchre or darts and introduce them to the ANAVETS community.	Eligible new members may receive 50% off membership through the end of 2026. Contact Membership for details.

Stand Easy - The Lighter Side

Featured Cartoon



Joke of the Month

My fitness tracker congratulated me for reaching 10,000 steps.
I didn't have the heart to tell it I was looking for my glasses.



Community, Service & Support

Volunteer Opportunities

Help with the Thrill the World event, ticket sales and future community projects.

Email Volunteer Coordination

Support Resources

ANAVETS Mexico offers veterans and members a respectful, discreet point of contact for practical guidance and community support.

Contact Mary Lisenbery

Around the Unit



Friends gather for Thursday Euchre.



A full house for Thursday Euchre at Mama's Musical Bar.

ANAVETS Euchre Club - 2026 Leaders

4 wins: Doug (52, 53, 54, 45); Will (46, 46, 59, 43).
3 wins: Ellie (38, 54, 52); John (52, 44, 41).
2 wins: Dany (52, 58); Frank (48, 55); Valerie (47, 49).
Other weekly winners: Betty, Chappy, Cronk, Dianne, Don, Erica, Gord, Heather, Jayne, Mary, Michael, Noel, Phil, Peter, Rachelle, Richard, Rob, Ron, Sandra, Sandy, Susie and Victoria.
Join us Thursdays at 12:00 p.m. at Mama's Musical Bar. Members, guests and newcomers are welcome.



Seniors' Information and Benefits

Practical federal benefit information for older members and readers. Rules differ for people living outside Canada, so confirm eligibility through the official links before applying or making financial decisions.

Old Age Security increases in October

OAS benefits increase by 1.4% for October-December 2026. OAS and GIS amounts are reviewed quarterly. Payment outside Canada depends on residence history and other eligibility rules.

Payment amounts | Receiving OAS abroad

Canadian Dental Care Plan

Applications are open for the 2026-27 benefit period. Applicants must meet every condition, including Canadian tax residency, income and insurance-access requirements. Coverage may not pay the full amount charged by a provider.

Check eligibility | Coverage details

Important Eligibility Notes

- OAS can be paid outside Canada only when the recipient meets the applicable residence or international social-security rules.
- GIS generally stops after a person has been outside Canada for more than six months. Report extended absences and address changes to Service Canada.
- Dental-plan applicants must be Canadian residents for tax purposes, must have filed the required Canadian tax return, have adjusted family net income below $90,000 and have no access to private dental insurance.

Veterans' Watch

AT A GLANCE

This month: Spotlight 2026, OSISS at 25, expanded military sexual-trauma support, the independent rehabilitation review, enacted RCMP indexing changes and first-responder resources.
Read the full Veterans' Watch update at anavetsmexico.org

Canadian Armed Forces Veterans

Spotlight 2026 tracks progress and gaps
The Veterans Ombud reports progress on VAC's internal-review process and permanent funding for military sexual-trauma peer support. Recommendations on family mental-health treatment, live-in caregiver impacts and certain survivor benefits remain outstanding.

Read more

OSISS marks 25 years
Operational Stress Injury Social Support continues to provide free, confidential peer support to CAF members, Veterans and families affected by operational stress injuries. It is an established service; September 16 marked its 25th anniversary.

Read more

Military sexual-trauma support expands
National Defence announced $3.175 million for 19 community projects supporting people affected by military sexual trauma. Free virtual peer support and referrals continue. Confidential 24-hour support: 1-844-750-1648.

Read more

Independent rehabilitation review underway
VAC has commissioned an independent review of its Rehabilitation Services and Vocational Assistance Program, including the current service-delivery model. No findings or eligibility changes have been announced; existing rules remain in effect.

Read more

Quick Reminders

- Veterans Affairs Canada: 1-866-522-2122 for benefit and service enquiries.
- Military sexual-trauma support: 1-844-750-1648, confidential and available 24 hours a day.
- Eligibility, effective dates and filing deadlines vary. Confirm details with the responsible agency.
- Readers in Mexico should confirm access from outside Canada and any residency requirements. Local guidance: Mary Lisenbery at Pveyes@hotmail.com.

RCMP & First Responders

Former RCMP Members

2027 disability indexing is enacted

Bill C-15 received Royal Assent on March 26, 2026. Beginning January 1, 2027, specified RCMP disability pensions and related amounts will be adjusted using the Consumer Price Index alone.

Read more

What the indexing change means

The change governs future annual adjustments; it is not an immediate reduction in current payments. Payments in 2026 continue under the present provisions, and ordinary RCMP retirement-pension rules are separate.

Read more

RCMP disability benefits

A permanent illness or injury connected to RCMP service may qualify for a tax-free monthly disability pension administered by VAC. Entitlement is individual, and reassessment may be requested if an entitled condition worsens.

Read more

Survivor proposal is not yet law

A private member's bill proposes changes affecting some relationships that began after an RCMP member turned 60 or retired. The proposal has not been enacted; current survivor-pension rules remain in effect.

Read more

Other First-Responder Veterans

Most benefits for former firefighters, paramedics, municipal or provincial police officers, correctional workers and other public-safety personnel are administered provincially or territorially rather than through one national veterans-benefit system. The programs and official resources on the next page provide useful starting points.

Coverage & Resources

Ontario PTSD policy updated
Effective February 4, 2026, Ontario clarified and expanded presumptive PTSD coverage, including provisions affecting wildland firefighters and fire investigators. Qualifying occupation, diagnosis, service dates and filing rules still apply.

Read more

Federal PTSD framework
Canada's federal PTSD framework supports national coordination, research and awareness for people at heightened occupational risk. Benefit entitlement still depends on the applicable provincial, territorial or federal program.

Read more

IMPORTANT
Eligibility depends on the applicable legislation, place and dates of service, medical evidence and filing deadlines. Confirm the complete rules with the responsible pension office or workers' compensation authority.

First-Responder Programs

Free support through PSPNET
PSPNET offers free, confidential online mental-health courses for public-safety personnel, including trainees, volunteers and retirees. Self-guided courses are broadly available in Canada; therapist-supported courses are limited to participating provinces.

Read more

Federal Memorial Grant
Eligible families of police officers, firefighters, paramedics, correctional workers and certain other first responders whose deaths resulted from duty may qualify for a one-time, tax-free grant of up to $300,000. This is not a disability benefit.

Read more

Official Sources

Veterans Ombud - Spotlight 2026	OSISS peer support
National Defence - MST support expansion	PSPNET
DND - MST program services	Public Safety - Memorial Grant
VAC - independent rehabilitation review	Ontario WSIB - 2026 policy updates
Parliament - Bill C-15	Federal PTSD framework
VAC - RCMP disability pension	VAC - RCMP survivor proposal status

Passing the Torch

Mentorship, legacy projects and continued service

Legacy is not only what we leave behind; it is what we give today. Mentoring, recording stories and leading community projects allow ANAVETS members and seniors to pass on practical knowledge, strengthen relationships and continue serving in meaningful ways.

MENTOR Share experience through a school, trade program, veterans' transition service or regular check-ins with a younger person.	**RECORD** Preserve a story through a short memoir, an audio recording or a simple lessons-learned booklet for family.	**LEAD** Volunteer at or help organize an ANAVETS event or activity, lead a storytelling night or skills workshop, or advise a nonprofit whose work matters to you.

Ways to Build a Legacy

One person, one skill	Teach someone a practical skill or offer steady guidance for six months.
One story	Record a meaningful service, family or community story and save it where others can find it.
One project	Choose a small community project you can lead, support or help organize.

This Month's Action Steps

- Choose one person you could mentor.
- Record one story or lesson you want your family to keep.
- Identify one community project that could benefit from your experience.
- Volunteer at or help organize one ANAVETS event or activity.

START SMALL

Legacy does not require a formal program. A regular conversation, a practical lesson or one well-planned event can have lasting value. To share a mentoring or project idea, email anavets.mexico@gmail.com.

Quick Notices

Membership Reminder
Join us on Thursdays for Euchre and darts. Bring a friend and ask about the membership offer available through the end of 2026.

Call for Submissions
Send photographs, member stories, event ideas or community announcements for consideration in a future issue.
Email PR & Communications

Volunteer
Help at a Unit event, sell tickets, welcome guests or contribute a skill. Every contribution strengthens the Unit.
Email Volunteer Coordination

Stay Current
Event details can change. Check the Unit website and official event calendar before travelling.
Visit ANAVETS Mexico

Contact ANAVETS Mexico Unit 19

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Shoulder to Shoulder

Serving veterans, first responders, members and the Lakeside community.