



ANAVETS MÉXICO

NEWSLETTER

Shoulder to Shoulder • Unit 19 • Dominion Command

SEPTEMBER 2026 • ISSUE 3

CELEBRATING SIX YEARS OF SERVICE & COMMUNITY

Inside this issue

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- 6th Anniversary celebration
- Thrill The World Ajijic
- Member Spotlight: Larry Woolley
- Veterans' Watch
- Wellness and support resources

CONNECT • SERVE • REMEMBER



SAVE THE DATE

6th Anniversary Celebration • September 16 at 4:00 p.m. • Scallions. A limited number of tickets remain.

anavetsmexico.org

President's Message

Dear members and friends,

September is a special month for ANAVETS Mexico Unit 19 as we celebrate our 6th Anniversary on September 16. There are still a few tickets available, and I hope you will join us as we mark this milestone together.

We are also looking ahead to Thrill The World Ajijic on October 24 at Instituto Terranova. With plenty of seating, food, fun and frolic, it promises to be a wonderful community event. Tickets are on sale now, so bring your friends and join us.

This issue introduces two new sections: Veterans' Watch, offering practical updates on benefits, services, wellness resources and announcements for veterans, former RCMP members, first responders, families, survivors and supporters; and Stand Easy — The Lighter Side, a place for a featured cartoon, a joke of the month and a welcome moment of humour.

Thank you for helping us support veterans and first responders, serve our members and give back to the Lakeside community.



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	Euchre and Fun Darts	Gonzalez Gallo 86 • 11:30 a.m.
Every Saturday	ANAVETS Bingo	Scallions • 1:00 p.m.
Sept. 2–Oct. 21	Learn the Thriller dance	Sky Dance Studio • Wed. 11:30–1:30; Sat. 10:30–12:30
Sept. 16	ANAVETS 6th Anniversary Celebration	Scallions • 4:00 p.m.
Sept. 23	Military Happy Hour	American Legion Post 7 • 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 services	Johnny's Musical Bar • 10:00 a.m.

[Open the full online events calendar](#)



LEARN THE DANCE

Sign up to Be A ZOMBIE DANCER

Rehearsals begin September 2 through to October 21 on Wednesdays from 11:30 a.m. to 1:30 p.m. and Saturdays from 10:30 a.m. to 12:30 p.m. No experience necessary. No cost, just time and your commitment.

Rehearsal location:
Sky Dance Studio 3rd floor,
Plaza Bugambilias, Ajijic
on the Carretera
(Scallions and El Torito)
Email: thrilltheworldajijic.com

Thrill the World Ajijic!

Learn the Thriller Dance

JOIN US FOR THE 16th Annual

THRILL THE WORLD!

OCTOBER 24

NEW LOCATION!
Instituto Terranova
Rio Papaloapan 19,
Rancho del Oro 45920, Ajijic

DOORS OPEN AT 2:00PM
SHOWTIME 3:00PM
ALL AGES WELCOME

Tickets \$250 pesos. Available at:

- Cola de Gallo — Hildago 17, Ajijic
- Johnny's Cocktails & Bar — Gonzales Gallo 86B, San Antonio
- It's Kinda Bazar Kinda Not — Hildago 86, Riberas del Pilar
- American Legion — Morelas 114, Chapala Centro 45900

OUR SPONSORS

Anavets Mexico
Zona 503 Bar
Music Bingo Mexico Lakeside
Carroll Cobb Books
The Cocktail Bar



Thrill The World Ajijic

Member Spotlight

LARRY WOOLLEY • SERGEANT-AT-ARMS



Larry Woolley

This month we recognize Larry Woolley, ANAVETS Mexico Unit 19 Sergeant-at-Arms.

I am a baby boomer, born in 1950 in Toronto, Ontario. I grew up in southern Ontario, down in the London area, where I joined the Forces in 1973. I served my first 20 years in the Regular Forces as a Mobile Support Equipment Operator 935, with postings to Cornwallis, Ottawa, Borden and Cold Lake. While there, I received Jesus Christ into my life, at a time when we were all heading to United Nations duty in Egypt in 1978, which we thought might be a possible death trip. It turned out to be a wonderfully safe holiday trip in the desert, where I acquired tinnitus. After returning to Canada, my next posting was to a radar station called Baldy Hughes near Prince George, B.C., then to Calgary, and finally to Winnipeg, Manitoba, in the Air Force blue uniform.

I then served from 1993 to 2010 with the Communication Reserves, an Army unit in Winnipeg, ending my career as a Sergeant in the same trade. While living there, I operated my own yard-care business, catering mainly to veterans through the DVA as an official service-care provider in the St. James area of Winnipeg. Many of my customers were Second World War veterans, whom I could relate to well as a veteran myself.

I was introduced to México in 2014 on a two-week trip to visit a veteran friend from the Reserves. I knew this was where I wanted to retire, so after two years of hard work closing my business and selling the house, I moved here outright in 2016. At that time, we had a Canadian Legion locally, which had to close due to internal problems, and ANAVETS Mexico was started. As one of the founding members, I was asked to be the Sgt.-at-Arms guy. I thought, “How hard can it be?” Well, here I am many years later, still learning.

Please take a moment to thank Larry for his contribution to Unit 19.

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

Bring a guest to Thursday Euchre or darts and introduce them to the ANAVETS community.

Membership offer

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

Veteran: "I joined the committee because they said it would only take an hour a month."

Friend: "And?"

Veteran: "Apparently they meant an hour a month without meetings."

Community, Service & Support

Volunteer Opportunities

Help with Thriller rehearsals, anniversary activities, 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.



Players enjoy friendly darts competition.



Taking aim at the dartboard.

ANAVETS Thursday Meet-Ups

Looking for a lively way to spend Thursday and meet new people? Join us at 11:30 a.m. for friendly Euchre and darts at Gonzalez Gallo 86. Experienced players and curious newcomers are equally welcome. No equipment is needed—bring yourself, a friend and your sense of fun.



Friends of ANAVETS Business Partners

Support local businesses that support ANAVETS members.

Present proof of membership for eligible discounts on cash purchases only, some restrictions may apply.

Bingo voucher holders may redeem vouchers at participating businesses listed at:

<https://anavetsmexico.org/>

Veterans' Watch

AT A GLANCE

This month: rehabilitation services review • Gulf War Illness recognition • expanded telemedicine • 2026 disability-pension amount • RCMP and first-responder updates.

Canadian Armed Forces Veterans

Rehabilitation services under review

Veterans Affairs Canada has commissioned an independent review of its Rehabilitation Services and Vocational Assistance Program following feedback from veterans and stakeholders. Recommendations are expected to help strengthen service delivery.

[Read more](#)

Gulf War Illness recognized

Gulf War Illness is now recognized as a condition that may support a disability-benefit application. Veterans of Operation FRICION should provide relevant medical evidence and service history.

[Read more](#)

Telemedicine eligibility expanded

The Veteran Family Telemedicine Service now reaches beyond veterans medically released from the CAF. Eligible veterans, family members and survivors can access Canadian-licensed healthcare professionals virtually. Confirm availability while living abroad.

[Read more](#)

2026 disability-pension amount

The maximum basic disability-pension amount is \$3,513.48 per month effective January 1, 2026. Actual payments depend on the assessed disability, its connection to service and eligible dependants.

[Read more](#)

Quick Reminders

- Veterans Affairs Canada: 1-866-522-2122 for benefit and service enquiries.
- Eligibility is individual. Confirm details directly with the appropriate agency.
- Veterans living in Mexico should ask whether a program can be accessed from outside Canada.
- Unit support contact: Mary Lisenbery at Pveyes@hotmail.com.

Veterans' Watch: RCMP & First Responders

Former RCMP Members

Indexing changes in 2027

Beginning January 1, 2027, RCMP disability pensions and related benefits will be indexed using the Consumer Price Index. This changes future annual increases; it is not an immediate reduction in current payments.

[Read more](#)

2026 pension increase

Eligible indexed pensions for retired RCMP members and survivors increased by 2% on January 1, 2026.

[Read more](#)

RCMP disability benefits

A permanent injury or illness connected to RCMP service may qualify for a tax-free monthly disability pension administered by Veterans Affairs Canada.

[Read more](#)

Proposed survivor changes

Legislation has been proposed to address restrictions affecting relationships that began after an RCMP member turned 60 or retired. Current rules remain in effect unless legislation is enacted.

[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.

Free support through PSPNET

PSPNET offers free, confidential online mental-health support for serving, former and retired public-safety personnel, including eligible volunteers. Program availability may vary by location.

[Read more](#)

Federal Memorial Grant

Eligible beneficiaries of first responders whose deaths resulted from duty on or after April 1, 2018 may qualify for a tax-free federal grant. The program is not a permanent-disability benefit.

[Read more](#)

First-Responder Coverage & Resources

Ontario PTSD protection

Ontario presumes diagnosed PTSD is work-related for many qualifying first responders and public-safety workers. Former workers may qualify, but employment dates, diagnosis requirements and filing deadlines apply.

[Read more](#)

Northwest Territories proposal

Legislation introduced in May 2026 would expand presumptive PTSD coverage and broaden certain firefighter cancer and heart-condition protections. These remain proposed changes.

[Read more](#)

IMPORTANT

A reader’s eligibility depends on the applicable legislation, place and dates of service, medical evidence and filing deadlines. Contact the relevant pension office or workers’ compensation authority before relying on a summary.

Official Sources

VAC rehabilitation review	VAC RCMP disability pension
VAC Gulf War statement	PSPNET
Veteran Family Telemedicine	Federal PTSD framework
Canada Gazette—2026 Pension Act amount	Ontario WSIB PTSD policy
Parliament—Bill C-15 summary	Northwest Territories proposal
Treasury Board pension indexing	First Responders Memorial Grant

Strong Body, Calm Mind

Practical wellness for veterans, first responders and seniors

Physical health and emotional resilience support each other. Aging and life transitions can bring physical changes, while memories and occupational experiences may surface unexpectedly. Wellness is not perfection—it is a set of sustainable habits that support daily life.

MOVE

Aim for one manageable period of activity each day: walking, swimming, tai chi or chair exercises.

REST

Protect a regular sleep routine and speak with a clinician if sleep problems continue for several weeks.

CONNECT

Stay in contact with trusted friends, peers and support services. Asking for help is a strength.

Three Quick Routines

Two-minute breathing

Inhale for 4, hold for 4, exhale for 6. Repeat five times.

Five-minute mobility

Try neck rolls, shoulder circles, seated leg lifts and ankle circles.

Daily gratitude

Name one small thing you appreciated today.

This Month's Action Steps

- Add one 10-minute movement session to your day.
- Try the two-minute breathing exercise when stressed.
- Schedule a routine health check if one is overdue.
- Reach out early if sleep, mood or daily functioning declines.

NEED SUPPORT?

Contact ANAVETS Support Services representative Mary Lisenbery at Pveyes@hotmail.com. For an urgent mental-health crisis in Canada, call or text 9-8-8. If outside Canada, use the local emergency or crisis service where you are located.

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



ANAVETS MÉXICO UNIT 19

Gonzalez Gallo 86, San Antonio Tlayacapan, Jalisco

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TEMPLATE NOTE

For the next issue, replace the month, feature stories, event rows, photographs and links while retaining the existing styles and page structure. Delete unused cards rather than leaving empty boxes. Update internal contents links only if section names change. Stand Easy - The Lighter Side is an optional recurring section: replace both the Featured Cartoon and Joke of the Month each issue, or delete the entire Stand Easy block (including its SE badge and divider) when the section is not used.

Shoulder to Shoulder

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