



ANAVETS MÉXICO Newsletter

Shoulder to Shoulder • Unit #19 / Dominion Command • July 7/ 2026

President's Message

Dear friends and supporters,

Welcome to this month's ANAVETS Mexico newsletter and our new look. As President, I am proud to share the ongoing work our members are doing to support the communities we call home. Whether through volunteer projects, outreach, fundraising, or simply lending a hand where it is needed most, ANAVETS Mexico continues to stand for service, fellowship, and commitment.

We also want to remind readers that ANAVETS Mexico is not only for military veterans. Our association welcomes those who have served in the police and fire services as well, along with supporters who respect the values of service, duty, and community. If you are looking for a place to connect with others who understand what it means to serve, we invite you to join us.

There is always more to do, and every member makes a difference. I encourage you to take part in our upcoming activities, bring your ideas forward, volunteer your time, and help us continue building a stronger, more caring community. Together, we can honour service by serving others.



President Derek McChesney

In This Issue

Upcoming Events	Member Profile	Community Support	Articles of interest
Bingo Every Saturday 1PM at Scallions	Past President Richard Palmer	Volunteer work, fundraising, and outreach.	First in a series about Life After Service

Upcoming Events (Click here for full calendar [Events Calendar – ANAVETS MEXICO](#))

Date	Event	Location / Time
September 2026	ANAVETS 6 th Anniversary celebration	TBD
Saturdays throughout 2026	ANAVETS BINGO. Scallions restaurant on the Carretera. Lots of Prizes!	Every Saturday at 1pm at Scallions Restaurant
Coming this Fall	Dart League will be forming teams and providing some healthy competition	TBD

Member Spotlight



Richard Palmer, Past President

Hello, my name is Richard Palmer and I was born and raised in Saint John New Brunswick. I have served 11 years in the Canadian Army, first serving with 31 Service Battalion and then with the Lord Strathconas Horse (Royal Canadians) armoured regiment. This included Peace Keeping duties with the United Nations serving in Bosnia and Croatia. After retiring from the Military, I started a new career as a draftsman working in the electrical and Telecommunications Industry and worked diligently until early retirement to Lake Chapala Mexico.

Keeping active and busy is very important to me and that is one of the reasons for getting involved with ANAVETS. Serving the community and fellow members and veterans is very rewarding. I have held many positions within the Unit, such as Membership chair, Public Relations as well as 2 terms as Unit President, also, I am a charter member of Unit #19. I have a vested interest in the direction of the unit for the future and will do all I can to support the leadership team to ensure the success of the Unit.

Shoulder to Shoulder.

Community, Service & Support

Volunteer Opportunities

Looking for a way to pitch in, meet new people, and make a real difference? ANAVETS México has plenty of opportunities for members and friends to lend a hand—big or small, every bit helps. Whether you can give an hour, share a skill, help at an event, or support a community project, we would be glad to have you on the team.

- Help with ANAVETS Bingo, fundraising events, and special celebrations
- Join community outreach projects that support veterans, members, and local partners
- Share your time, talents, ideas, or behind-the-scenes support where they are needed most

Support Resources

ANAVETS México is here to help service veterans and members who may need support, guidance, or a caring point of contact. Whether the need is personal, practical, or community-related, inquiries will be handled with respect, discretion, and confidentiality.

Contact: Mary Lisenbery • Pveyes@hotmail.com

Photo Gallery



(L to R) Moises Ochoa, Derek McChesney, Sébastien Moffet



Paula Young (Center)



50/50 draw winner



(left) Liquor Basket winner



(center) Glass Tile winner



Wannabe Canadian



Canada Day Celebration Brings Community Together

ANAVETS' Canada Day celebration was a sold-out success, bringing together 200 guests for an evening of friendship, reflection, and community spirit. The event welcomed both Canadian, Mexican, and U.S. attendees, creating a warm and inclusive atmosphere that reflected the shared values at the heart of the celebration.

Pauline Proux opened the evening with a great version of O Canada. President Derek McChesney spoke about the important work ANAVETS continues to do in the community. He then introduced Sébastien Moffet, Consul and Principal Commercial Delegate from the Canadian Consulate in Guadalajara. Mr. Moises Ochoa also attended on behalf of the Municipality of Chapala.

In his remarks, Mr. Moffet spoke about the shared values that connect us with the communities in which we live. His reflections on respect, belonging, cooperation, and community spirit resonated strongly with everyone present, reminding guests that Canada Day is also an opportunity to recognize the friendships and responsibilities we share with our neighbours. Following the speech, Events Manager Lori Rancourt presented a cheque for \$31,445 to Paula Young, representative of Mi Bebé Y Yo.

Congratulations also go to the door prize winners: Sandy Sernowski, who won the 50/50 draw; Nikki Baldwin, winner of the liquor basket; and Bill Mack, winner of the hand-made glass tile. Two representatives of Tacos & Beer 5K, Carlos Gaspar, President and Ranferi Sanchez, Manager of Operations joined us and presented 10 passes to the July 4th 5K Run. The evening continued with lively dancing and entertainment from the band Gargamel, making this year's Canada Day celebration a memorable community gathering with lots of fun, frolic and music and none of it flat.

Article of Interest

Retirement changes routines and roles. For many ANAVETS members and for seniors, it also raises a quieter question: who am I now? This first issue in a series offers practical ways to turn that question into a path forward.

Life After Service: Reclaiming Purpose and Identity

Leaving a structured life—military duty or a long career—can feel like stepping off a familiar map. The skills you honed over decades—leadership, planning, teaching, steady hands in a crisis—remain valuable. Purpose after service is less about finding one big mission and more about assembling small, meaningful pieces into a life that feels worthwhile.

Start with strengths. Write down three abilities you use without thinking and imagine where they might fit now: mentoring at a school, advising a community board, or running a workshop at the legion. Try short commitments to test the fit: one volunteer shift, one class to teach, one community event to help organize. Keep a simple journal—three lines each evening about what felt satisfying—and watch patterns emerge.

Purpose grows through repetition and connection. Small, consistent acts—helping a neighbor, leading a monthly discussion, volunteering at a food bank—add up. Treat this chapter as an experiment: curiosity, not pressure, is your guide.

Sidebar Resources

- **Short commitments:** One-day volunteer shifts; guest talks at schools; library reading hours.
- **Skills roles:** Mentoring; coaching youth teams; nonprofit advising.
- **Creative outlets:** Memoir writing; woodworking; music groups.

Action Steps

- **List three strengths** you want to keep using.
- **Try one short commitment** this month.
- **Journal three nights** about what felt meaningful.

Quick Notices

Membership Reminder

Thinking about joining ANAVETS México? Starting July 1, membership is half-price, making it a great time to become part of our community of service, fellowship, and support. For membership details, please contact Sharlene Rederburg at anavets.mexico@gmail.com. We are also pleased to welcome new member Brian Whiteford, who will fill the role of PR & Communications Officer.

Call for Submissions

Got a great photo, a funny moment, a member milestone, a community tidbit, or an event idea up your sleeve? Don't keep it a secret—we want the good stuff! Help us keep the ANAVETS México newsletter lively, local, and full of familiar faces. Send your news, notes, photos, and bright ideas to anavets.mexico@gmail.com, attention Lori Rancourt or Brian Whiteford

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