

Media Report 10 Nov 2023

This weeks media reports will cover and answer great questions veterans are still asking and local Media Articles and An illness or injury can have an impact on your ability to adjust to life after service. We all need healthcare services. The Treatment benefits program provides coverage for a variety of benefits and services to help you get—and stay healthy

In Waters Deep by Eileen Mahoney

In ocean wastes no poppies blow,
No crosses stand in ordered row,
There young hearts sleep... beneath the wave...
The spirited, the good, the brave,

But stars a constant vigil keep,
For them who lie beneath the deep.
'Tis true you cannot kneel in prayer
On certain spot and think. "He's there."

But you can to the ocean go...
See whitecaps marching row on row;
Know one for him will always ride...
In and out... with every tide.

And when your span of life is passed,
He'll meet you at the "Captain's Mast."
And they who mourn on distant shore
For sailors who'll come home no more,

Can dry their tears and pray for these
Who rest beneath the heaving seas...
For stars that shine and winds that blow
And whitecaps marching row on row.
And they can never lonely be
For when they lived... they chose the sea.

© 11 October 2001 Eilee Mahoney

Read the latest edition of Salute!

Each month, Salute! provides news about:

- benefits and services available to Veterans and their families and tips on accessing them;
- remembrance and commemoration activities in Canada and abroad; and
- other events, including public discussions.

You will also see stories about today's Veterans, their challenges and successes, and how they contribute to their communities after leaving the military.

In this edition: Programs and services

- Free mental health services with the Strongest Families Institute
Canadian Veterans and their families can now access free mental health services from anywhere in the world, thanks to Strongest Families Institute (SFI).
- Ready to reduce holiday stress? Atlas has you covered
How are you and your family aiming to manage the holiday season?
- More secure access to your benefits and services
Multi-factor authentication will add an extra layer of security when you use your GCKey to log into online Government of Canada programs and services.

Veterans' stories

- Eddy Weetaltuk: An Inuk Veteran who deserves recognition
Eddy Weetaltuk was an Inuk soldier—one of the first to serve in the Canadian Army.
- Lieutenant (N) Gerry White: His role in Canada's proud peacekeeping tradition
Losing his dad in a tragic mill accident on Fathers' Day at age eight, Gerry White's life was marked by adversity.

Commemoration

- The most unforgettable day of the year
The eleventh hour of the eleventh day of the eleventh month. It's an unforgettable day ingrained in the minds of many Canadians.
- Commemoration Calendar

Women's History Month

- A “vétérane” is a “vétérane”: adopting more inclusive language

Canadian women have played significant roles in our country's war efforts for more than a hundred years. It's high time to drop the qualifiers and call a “vétérane,” a “vétérane.”

Veteran and Family Well-Being Fund

- A safe space for women Veterans

WWHG is a rural oasis just outside the Ottawa city limits in Orléans.

- Dr. Cyd Courchesne's Health Corner

When you feel overwhelmed, reconnect with nature.

Please share Salute! with your friends and contacts so they can keep up on issues that matter to Veterans and their families.

Let us know what you think about Salute! [by emailing us.](#)

Learn more about [Salute!](#)

IN THE MEDIA

[This year's Silver Cross Mother is a sapper mom](#)

[First new Armoured Combat Support Vehicles arrive](#)

[Le major-général Dany Fortin a quitté l'armée après un règlement à l'amiable](#)

[US Army EOD technicians train with allies during Exercise Ardent Defender in Canada](#)

[ocal veteran speaks about experience in the Canadian military](#)

[Military training taking place across HRM in November](#)

[Rapid military support: Essentium's 3D printers deployed in Ukraine](#)

[Le Canada en zones de tension dans l'océan Pacifique en Asie](#)

[Sources: Small team of Canadian special ops deployed to Israel after Oct. 7 attack](#)

Base/Wing — Newspaper

14 Wing Greenwood — [The Aurora](#)

22 Wing North Bay — [The Shield](#)

4 Wing Cold Lake — [The Courier](#)

CFB Esquimalt — [The Lookout](#)

CFSU Ottawa — [The Guard](#)

CFB Shilo — [The Shilo Stag](#)

19 Wing Comox — [The Totem Times](#)

8 Wing Trenton — [The Contact](#)

CFB Petawawa — [The Petawawa Post](#)

17 Wing Winnipeg — [The Voxair](#)

CFB Halifax — [The Trident](#)

CFB Edmonton — [The Western Sentinel](#)

CFB Valcartier — [The Adsum](#)

CFB Kingston — [Garrison News](#)

CFB St Jean — [The Servir](#)

3 Wing Bagotville — [The Vortex](#)

CFB Borden — [The Citizen](#)

Base Gagetown — [Gagetown Gazette](#)