

## **Media Report 14 July 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

### ***N.A.T.O. Veterans Of Canada, Durham #7***

NATO Veterans of Canada Unit 7 (Durham Ontario) recently had the incredible experience of going on a short road trip together. Our journey began in Oshawa at 420 Wing Royal Canadian Air Force Association, where we gathered before heading off to explore CFB Trenton and the surrounding area.

Our first stop was the Control Tower at CFB Trenton, where we had the opportunity to see the base from a different perspective. It was fascinating to see the inner workings of the tower and get a sense of what life is like for those who work there. Seeing the IFR, VFR, and simulator was fascinating given the level of professionalism and technology demonstrated.

As we continued to visit the base, we had a chance to take a tour of the CC-177 Globemaster III strategic airlifter (generally known as the C-17 Globemaster). What an enormous and functional airframe. We very much appreciated having the opportunity to meet and discuss its capabilities with a friendly Master Corporal from the maintenance team. What an unforgettable experience.

We found a great sub shop just outside of base and enjoyed a great meal together. Next, we made our way to the Afghan War Memorial, which was a somber but meaningful experience. As veterans, we all know the sacrifices that are made in service to our country, and it was humbling to see the names of those who gave their lives in the conflict in Afghanistan. We took a moment to pay our respects and reflect on the importance of their sacrifice.

Our final stop was the National Air Force Museum of Canada, which houses a collection of vintage aircraft from throughout history. It was incredible to see these planes up close and learn about their history and significance.

Throughout the trip, we had plenty of time to chat and catch up on old times. It was amazing to see how much everyone had grown and changed since our time in the military. We shared stories, laughed, and reminisced about our time in service. One of the highlights of the trip was the sense of camaraderie and companionship that we all felt. Despite the time that had passed, we were all still connected by our shared experiences and commitment to serving our country. It was a reminder of the bonds that are formed in the military and the importance of staying connected with those who have served alongside us. As we made our way back to Oshawa, we all felt a sense of gratitude for the experience we had shared together. It was a reminder of the importance of taking time to connect with others who have served in the military and to continue to support each other after our time in uniform has ended.

In conclusion, our short road trip was an incredible experience that provided us with the opportunity to reconnect with old friends, make new ones, and reflect on the sacrifices made by Canadian soldiers. It was a reminder of the bonds that are formed in service and the importance of staying connected with those who have served alongside us. We would highly recommend a similar trip to anyone looking to connect with others who have served in the military. It is a powerful reminder of the camaraderie, companionship, and reconnection that can be experienced when veterans come together.

## IN THE MEDIA

[Canada wraps up multi-national military exercise off Vancouver Island](#)

[Mélanie Paul nommée Colonnelle Honoraire du 3e escadron de Bagotville](#)

['You are supposed to be that rock': Rolling Barrage ride still working to break the stigma of PTSD in veterans](#)

[Canada under pressure by allies to boost military spending: 'Show us the money'](#)

[L'Arctique ne peut être protégé sans infrastructures et services de base adéquats](#)

[Oshawa-made Chevy Silverado helps launch GM Defense Canada in support of Canadian militar](#)

Base/Wing — Newspaper

14 Wing Greenwood — [The Aurora](#)

17 Wing Winnipeg — [The Voxair](#)

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](#)

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](#)

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