

Media Report 24 Nov 2023

This week's 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

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

Threads of love: How knitters are bringing comfort to children in warzones

La Sherlock Holmes de l'armée ravive le souvenir des soldats disparus

An evening of enchantment and compassion in Wardsville

Remembrance Day 2023: 110,000 grave markers restored by Veterans Affairs

Militaire de père en fils

Trail Legion president reflects on 40 years of military service

[Canadian veteran who served in Afghanistan finds healing in identifying unmarked graves of soldiers](#)

Deux vétérans de l'Afghanistan témoignent de leur fierté malgré la douleur

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](#)