



**THE
GARRISON COMMUNITY COUNCIL
London and Region**

www.gcclondon.ca

November 2019

The Connection





The Garrison Community Council



Building Closer Connections Between Canadians and our Military

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FROM THE EDITOR

You will see that there are no notes about the front cover this month; no need is there? The image alone captures the thoughts that pervade November. On then, on Page 15, a reminder that the ultimate sacrifice for our soldiers is confined neither to the distant past nor far away lands.

November will be a busy month and we are delighted to start with a very special event - a high level presentation from a most senior military officer. Everything you need to know is on Page 9-10 and, if you plan to attend, please respond to our Secretary as soon as you read this if you have not done so already.

Now to pin that poppy on.

Dave Barton



You are most welcome to join us

Like reading this Newsletter? Perhaps you have come to a meeting as a guest, enjoyed our monthly speaker and had a chat with some of the members.

The GCC holds monthly lunch meetings that include guest speakers on a range of topics such as military history, current issues and subjects of topical interest.

For a membership application, contact our Secretary, Beth Saylor on 519 851 0730 or e-mail us at

garrisoncommunitycouncil@gmail.com



... or just come to a meeting



The Remember November 11 Association

8th Annual

Remembrance Day Reception

Monday, November 11, 2019 at 11:30
(Immediately after service at Cenotaph)

Centennial Hall, London

Large Display outlining
Canada's Military History

Thank A Veteran

Thank A Soldier

Public Welcome

Free Lunch for all Veterans, Cadets
and Canadian Armed Forces



The Remember November 11 Association appreciates the support we receive from our Sponsors and Volunteers. Lest We Forget!



The General Meeting
Wednesday 13 November
Warrant Officers' & Sergeants' /Officers' Mess
Beaver Hall, Wolseley Barracks



Meet & Greet **11:15**

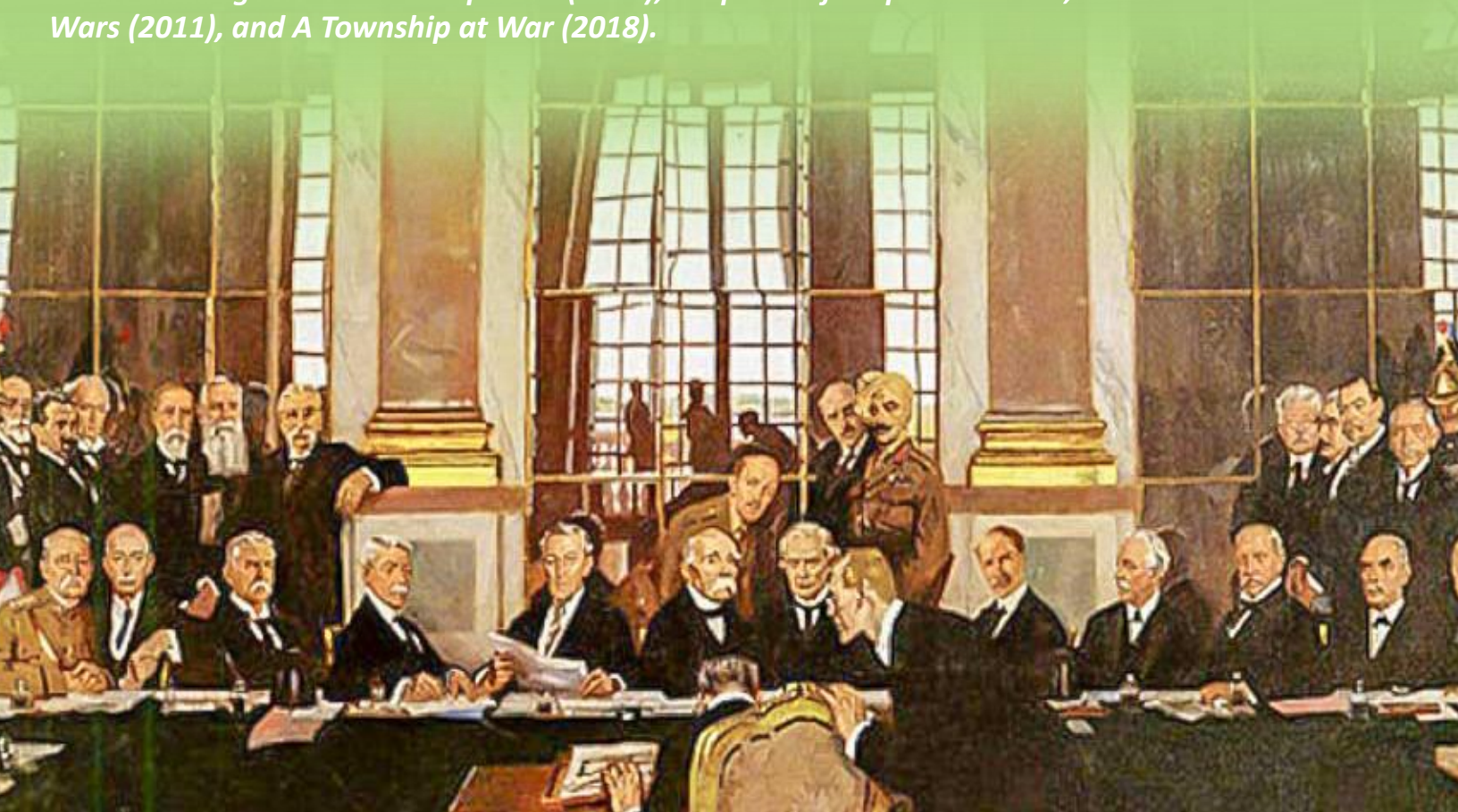
Lunch **11:30**

Please advise your attendance to Beth Saylor by e-mail (garrisoncommunitycouncil@gmail.com) by **11:00 am** the **MONDAY** prior so we can arrange sufficient lunches. *You need also to indicate whether you want a wrap or a sandwich.*

General Meeting **12:00**

Speaker **Jonathan F. Vance**
The Treaty of Versailles

*Jonathan F. Vance is a Distinguished University Professor and J.B. Smallman Chair in the Department of History at The University of Western Ontario, where he teaches military history, Canadian history, and social memory. A native of Waterdown, Ontario, he holds degrees from McMaster University, Queen's University, and York University. He is the author of many books and articles, including *Death So Noble: Memory, Meaning, and the First World War* (1997), *Unlikely Soldiers: How Two Canadians Fought the Secret War Against Nazi Occupation* (2008), *Maple Leaf Empire: Canada, Britain and Two World Wars* (2011), and *A Township at War* (2018).*





From the President



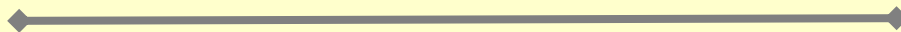
The GCC continues on the path to becoming a Not for Profit (NFP) corporation under the guidance of Tom Dean, 1st VP. Progress has been made, especially after receiving some very pertinent information from Hamilton Signals Association. Following the requirements for an NFP, our organisational structure is being modernised and refined. Tom will have some details at the November Business Meeting. In parallel with the development of the NFP documentation, Dave Barton, 2nd VP, and Lynn Coates have been working to frame a financial picture that will help the Executive draft a 2020 Budget for your consideration and approval. Once agreed by the Executive, the draft document will be presented to you for review in January and for approval in February at the AGM.

With regards to the Speakers Programme, in October we had Mr. Steve Sauder from the Upper Thames River Conservation Authority. In November, Dr Jonathan Vance from Western University will be speaking on the Versailles Treaty 1919. This will complete the First World War Trilogy (Vimy, Armistice, Versailles) that affected Canada so greatly. To start the new year off, the speaker will be Mr Allan Eaton from the Special Investigation Unit (SIU), Office of the Attorney General for Ontario.

A major event for the GCC in November will be the visit of LGen Christopher Coates, Deputy Commander, North American Aerospace Defence Command (NORAD). (See Pages 9-10) The GCC is privileged to be able to host a guest of this stature. He will be discussing the various aspects of NORAD. We appreciate 427 Wing (RCAF(A)) providing the venue and support. As an aside, Col Joe Robinson, Commander 31 Canadian Brigade Group and LCdr Derick Nile, CO HMCS Prevost will be attending with some personnel from the respective organisations. We ask that you register early as soon as possible and arrive by 1030 AM, 4 November at 427 Wing (see map).

As a last point, please remember to try to attend a Remembrance Ceremony on 11 November. The GCC will lay a wreath at both the London Cenotaph and the RCR Memorial in Wolseley Barracks near the RCR Museum.

All the best,
Geoff



The GCC Executive

President: Geoff Hutton
1st Vice President: Tom Dean
2nd Vice President: Dave Barton
3rd Vice President: Randy Harden

Secretary: Beth Saylor
Treasurer: Barry Graham
Past President: Doug McAndless



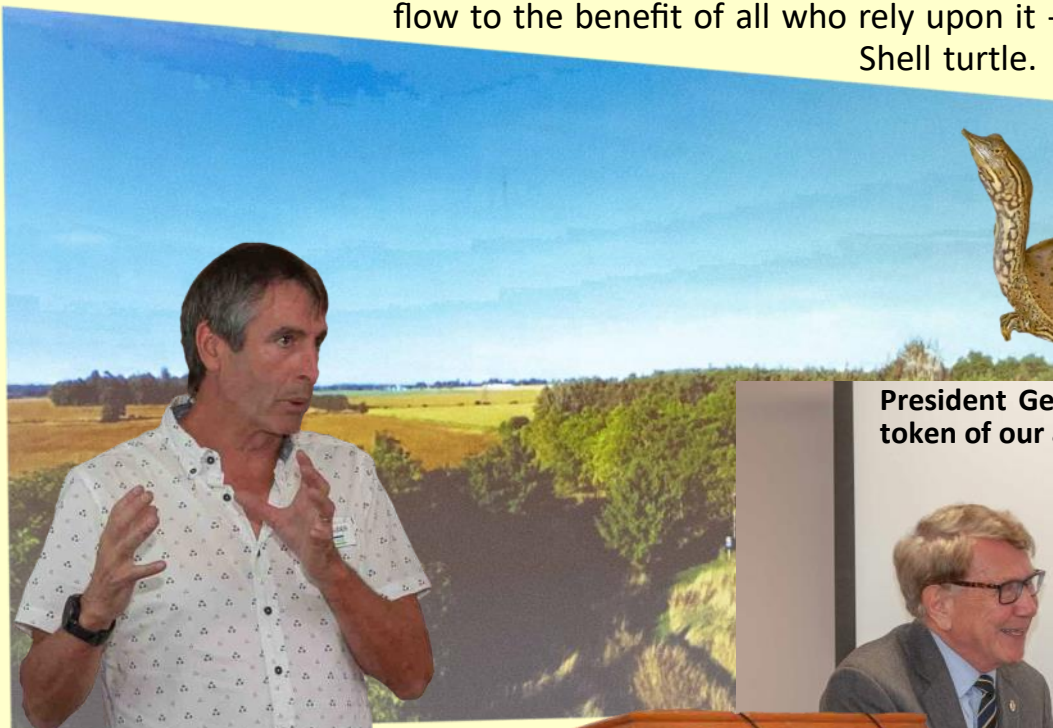
GCC Notes

2nd Vice President Tom Dean (left) and President Geoff Hutton welcome our newest member, **Paul Loftus**.



October's Speaker - Steve Sauder

Living downstream from the Upper Thames, most of us were keen to hear what Steve Sauder from the Upper Thames River Conservation Authority had to tell us. We were not disappointed. Steve gave us a thoroughly educational presentation on the efforts work being done to improve the river flow to the benefit of all who rely upon it - from farmers to the Spiny Soft Shell turtle. The number of young and professionally qualified people working in the Conservation Authority was good to see.



President Geoff Hutton presents Steve with a token of our appreciation for his presentation.





The Veterans' Classic at The Raceway, Western Fair District 18 October 2019

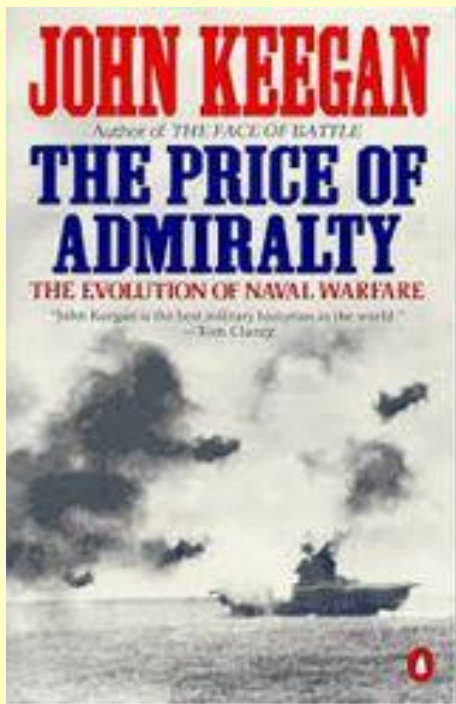


Check out our reprinted pamphlets for 2019.



Tom and Mutt remind us to always keep an eye for new members. Its such an important thing for a volunteer organisation.





Our Book Review

By Dr. Paul Webb

The Price of Admiralty: The Evolution of Naval Warfare

- John Keegan, Penguin Books, New York, 1988.

For anyone unfamiliar with naval warfare in the last two centuries, this book is a solid source of essential information. Written by an established author in military affairs, it is also very readable.

Keegan supplies an introduction on general maritime principles, particularly stressing how the biggest ships mounting the biggest guns came to dominate in the sailing ship era, a principle which carried well into the 20th century. A key point is that sailing ship battles were rarely decisive: the attacking fleet, usually the British, had the wind at its back, and bore down on the enemy in line ahead or abreast. If the attacked fleet was getting the worst of it, they

could just turn and run, taking advantage of the helpful wind

Keegan divides the book into four chapters: Trafalgar, Jutland, Midway, and WW II convoys. In this way he shows how Nelson could win a decisive ocean victory, then how technology changed the game in WW I, then how aircraft and submarines changed everything.

Trafalgar was the largest, greatest, and last sailing ship battle at sea, which Nelson won by attacking in two lines to shatter the enemy's line. The firepower of Nelson's fleet, and the honed skills of his officers and crew, produced a decisive British victory, and in the long term, maritime supremacy for a century.

Jutland in 1916 still produces arguments about who won. Keegan gives a brief account of the rise of the ironclads, but also discusses the impact of a most influential book by USN Captain Alfred Thayer Mahan, The Influence of Sea Power on History in 1891. He proposed that by becoming the major sea power, Britain controlled the bulk of world trade and thus of wealth. The Kaiser was entranced by this, and pushed for an equal German Navy, thus producing the Anglo-German Naval Rivalry. The head of the German Navy was Admiral Tirpitz, and he built up a large fleet designed to challenge Britain in the North Sea. He doubted he could win such a battle, but if the British feared he could seriously damage them, they might not even risk it: hence the "Risk Theory" used by Tirpitz to obtain financing for his fleet. Keegan perhaps gives the Germans too much credit for their long term plans, because recent research indicates they really did not have any. Beyond building a lot of ships, there seems to have been little thought about how to use them. The emergence of the huge, and very heavily armed Dreadnought of 1905 is explained, and the strength of all navies afterwards was expressed in "numbers of Dreadnoughts." The 1916 Jutland Battle is explained in riveting detail, though in the end everyone was disappointed: Jellicoe missed his chance for a second Trafalgar, and the Germans did not horribly damage the RN, though they did sink a greater number of ships. Tactically a draw, strategically a British victory.

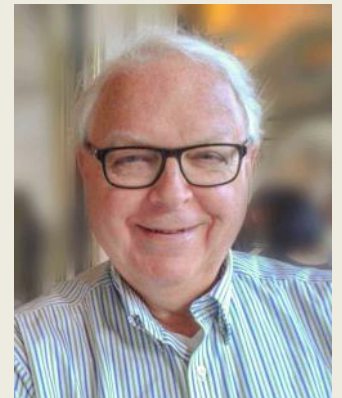
The Midway chapter follows this model: a background on naval aviation, post-WWI economy cut-backs, except for the Pacific navies of Japan and the USA, and an explanation of Japan's imperial policies. The Pearl Harbour attack is well known, though a key point was the absence of the American carriers – they survived to fight. The subsequent Japanese thrust at Midway, designed to draw those American carriers into a battle where they would be overwhelmed, went awry when the USN deciphered the Japanese code with details of their plans. With a combination of courage, skill, and just plain luck, the USN aviators sank four Japanese carriers, and restored some balance to the Pacific war.

The fourth section takes the story under the sea. Underwater weapons proposals date back to Napoleonic times, but few workable models appeared before the 20th century. German successes in WW I, though not decisive, spawned hopes for WW II. Admiral Donitz pushed his U-Boats forward, and while he never had enough of them, his wolf pack tactics brought much success in the early years. The two convoy attacks described here, HX229 and SC122, in March 1943, were the last to suffer so horribly – within a month the U-Boats were beaten. The Allies won with more and better trained escorts, enough long range aircraft to close the “Greenland gap”, assigning small “Escort Carriers” for convoys for constant air patrol, 10 cm radar, and improved weapons.

In closing, Keegan has produced a gem of a book. Each section reflects the thinking of the day, and how this affected naval power; the international issues are clearly explained; the battles are described with realism; and the results analysed succinctly. Highly recommended.

Our GCC member, Paul Webb was born and raised in London. He shared his time at Beck Secondary School with the 1st Hussars. Graduating with a BA (Honours) in history at King's College, UWO Ontario in 1966 and

followed by a Masters at UWO the next year, he went on to postgraduate studies at Cambridge, He joined the Faculty at King's College in July 1970 teaching European history 1500-1945. Paul retired in 2016.



A Sombre Thought

The photo below, probably from Google Earth, shows Costeau in Belgium . It is just up the road from the North Atlantic Treaty Organisation's Supreme Headquarters Allied



Powers Europe. It depicts the British forward line (Union Jack) on the first day of battle in 1914 and the forward line of exploitation of the Canadian Corps (Canadian Flag) on 11 Nov 18. The distance between the two flags is less than 100 metres.

A Garrison Community Council



Special Event



THE NORTH AMERICAN AEROSPACE DEFENSE COMMAND

A Presentation by

Lieutenant-General Christopher Coates

Deputy Commander, North American Aerospace Defense Command

Monday 4 November

1030-1230

at 427 (London) Wing RCAF Association

Please indicate your attendance and any guests to the **GCC Secretary** no later than **30 October** by e-mail at:

garrisoncommunitycouncil@gmail.com

Following the presentation, an informal light lunch of sandwiches and finger foods will be served. The cost of the event, including lunch is \$15. Bar service will be available.

PLEASE ARRIVE BY 1030 am



Lieutenant-General Christopher Coates
Royal Canadian Air Force

A GCC Special Event - Monday 4 November

Lieutenant-General Christopher Coates

Deputy Commander, North American Aerospace Defense Command

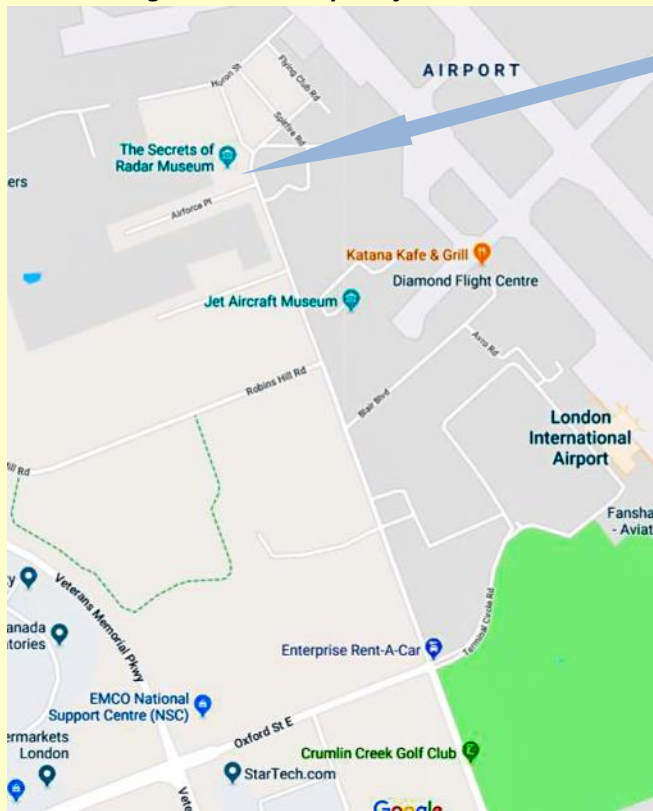
- Please enter the 427 building as shown below. The event cost of \$15 will be collected at the door. The cost is for everyone, including military.
- Parking as shown below. VIP parking will be controlled access.
- **Meal & Bar Service.** Prepared sandwich and cookie trays. **The informal lunch will be after the presentation.** The bar will be open on arrival.
- **Guests** are most welcome. It is an excellent opportunity to introduce them to the GCC.
- As with all events involving senior military leadership, it is possible that LGen Coates may not be able to attend the event. If notification occurs before 2 Nov 19, the event will be cancelled and all registrants will be notified by email. Should notice of inability to attend be received on 3 Nov, the event will continue and an alternative speaker will make a presentation.

PROGRAM

1100	LGen Coates and party arrive. Enter the Radar Museum from VIP parking.	Private meeting with Comd 31 CBG, CO HMCS Prevost, Mayer Holder in Radar Museum. VIP party then moves to 427 Wing.
1100	Introduction by GCC President, President 427 Wing, Mayer Holder	427 Wing Ballroom
1115	NORAD PRESENTATION	
1145	Q&A with LGen Coates	
1159	GCC presentation	
1200	Informal gathering and lunch	
1225	Farwell by GCC	
1230	LGEN DEPARTS FOR AIRPORT	This timing must be met.

The General's biography -

<https://www.norad.mil/Leadership/Article-View/Article/1604644/lieutenant-general-christopher-j-coates-cmm-msm-cd/>



YOU NEED TO REGISTER YOUR ATTENDANCE NO LATER THAN 30 OCTOBER

E-Mail: garrisoncommunitycouncil@gmail.com

PLEASE ARRIVE AT 427 WING NO LATER THAN 1030am



The NAVY



HMCS Prevost

A Paint Scheme to Remember

By SLt Chris Niesel, HMCS Prevost

The Royal Canadian Navy (RCN) is preparing to honour the 75th anniversary of the Battle of the Atlantic which is taking place in 2020. Two ships, one on each coast, have been repainted to reflect the schemes of the second world war (WWII). Her Majesty's Canadian Ships (HMCS) *Moncton* and *Regina* have been covered in what is considered a 'disruptive paint scheme'; colloquially it is referred to as 'dazzle' paint.

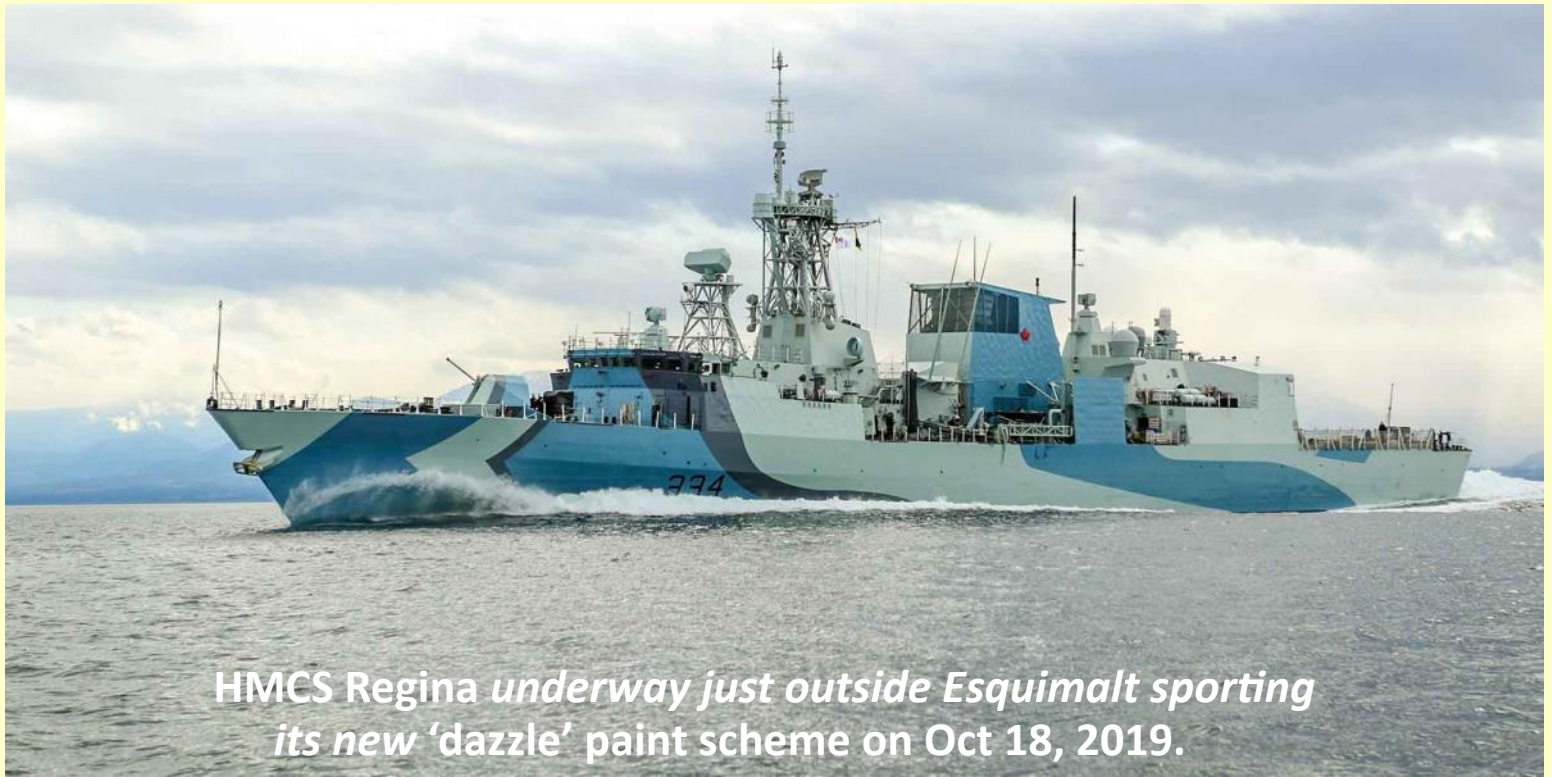
During WWII, these unusual and unique paint schemes were thought to be an effective way to camouflage the ships as the patterns sought to make targeting much more difficult. This was to allow for a disruption in the enemy's ability to visually track ships. Each ship was also painted with its own unique pattern making it much more difficult for enemies to identify classes of ships based on their physical characteristics and markings.

HMCS *Moncton* returned to Halifax at the end of September from the Shelburne Ship Repair yard with its retro blue wave pattern; HMCS *Regina's* repainting took until mid-October to be completed. Both ships are expected to keep their new paint scheme until the end of 2020.

HMCS *Moncton* will showcase its new dazzle paint scheme to Canadians in the upcoming Great

HMCS Moncton coming alongside in Halifax with its new retro white and blue wave pattern on Sept 25, 2019.





HMCS Regina underway just outside Esquimalt sporting its new 'dazzle' paint scheme on Oct 18, 2019.

Lakes Deployment of 2020. Members of the public will have the opportunity to meet sailors, tour the vessel and take photographs when it visits communities along the St. Lawrence and the Great Lakes. HMCS *Regina* is slated to participate in Rim of the Pacific Exercise 2020 (RIMPAC) and will show off its new paint scheme during the entrance into Pearl Harbour.



**The Veterans' Classic
at The Raceway, Western Fair District
18 October 2019**



The ARMY



31 Canadian Brigade Group

The images and narratives provided here offer a glimpse into the world of 31 Canadian Brigade Group, with a central focus on the London Garrison's activities. Provided with the goal of keeping the GCC membership informed as to what the Army in Southwestern Ontario is up to, we offer these accounts in an effort to cover our events, our exercises, and our contributions to operations domestically and around the world. We are a dynamic formation with a diverse and growing number of soldiers, whose service to their community goes beyond their military occupations and their units' activities. We hope you enjoy their stories, as they are an inextricable link to the community we share.

*Joe Robinson
Colonel*

Commander, 31 Canadian Brigade Group



“Live by example, speak with experience and inspire with passion” to attract more female soldiers to the Army

*By Corporal Cody Misner, 31 Canadian Brigade Group Public Affairs
Photos: Cpl Julia Currie, 31 CBG Public Affairs*



Forty-six women soldiers attended a Female Soldiers Event held at 31 Canadian Brigade Group (31 CBG) Headquarters in London, Ontario on September 14, 2019. The event, organized by the Brigade's Female Advisory Working Group, aimed to gather feedback to help improve recruitment and retention of female soldiers within 31 CBG.

The event welcomed soldiers from across Southwestern Ontario, where 31 CBG has units based in Sarnia, Windsor, Chatham-Kent, Guelph, Kitchener, St. Thomas, Cambridge, Hamilton, Barrie, Owen Sound, London, Stratford, Burlington and Waterloo.

The day was structured much like a workshop, allowing for presentations as well as discussion and feedback.

“Through this event, I learned that there were a lot more women in the Forces, and in 31 CBG, than I had originally thought,” said Signaler Hannah Nazar of 31 Signal Regiment.

Corporal Veronica Christopher of 31 Service Battalion, Hamilton Support Company said, “It was the first time I had ever been in a room with that many female soldiers, and it was a unique experience!”

“It was an inspiring day and many of us departed with high spirits and the expectation that innovations in future recruitment campaigns will start to equalize the gender composition within the CAF,” Cpl Christopher added.



Sig Nazar noted, “This event helped to teach me about the important role that women in the Forces play in representing Canadian society. In addition, this event helped to shed light on the importance of word of mouth recruitment, especially as it pertains to getting other strong female candidates interested in joining,”.

Speaking on the success of the event, Chief Warrant Officer Tracey Fisher, Regimental Sergeant-Major of 31 Signal Regiment in Hamilton, and a key organizer of the gathering, said that “We encouraged the soldiers to attend in order to solicit their experiences and knowledge, and to learn about what the working group members are working on.”

CWO Fisher said she believes that events like this allow for many perspectives and ideas about female soldiers’ experiences in the Army Reserve, and especially 31 CBG.

“We genuinely wanted their advice and perspectives on how we might let females in Southwestern Ontario know that the Army Reserve is a great opportunity for women looking for a challenging experience; where they can develop leadership skills and meet other like-minded people,” she said.

Sig Nazar said, “The thing I took away from the day was a positive sense of accomplishment for all the women who attended the



conference. Many of us shared how women's choices to join are often influenced (sometimes negatively) by how others perceive the forces as a male environment or how people view the roles of women."

"I believe the Female Soldier Event confirmed what many of us in the room already grasped; our commonality is that we are all proud to be members of the Canadian Armed Forces. Beyond that, I learned that the diversity of our backgrounds, our professional goals, our personal strengths and our experiences – good and bad – all combine to make our military service unique," said Cpl Christopher.

The event made it clear to Cpl Christopher that the Canadian Armed Forces (CAF) is genuinely seeking innovative ways to recruit suitable female soldiers, and that she can be a part of that process. "Live by example, speak with experience and inspire with passion – these are some of the ways I can motivate women in my community to join the Canadian Armed Forces."

Participants and organizers alike agreed that this event allowed for open conversation and positive feedback that will continue to make 31 CBG, and the CAF as a whole, more welcoming to women, and an employer of choice that offers benefits like professional development, adventure, and lifelong friendships.



Sig Nazar said she would definitely consider attending another such event. "I feel that it not only reinforces the importance of having female voices at the grassroots level to make positive change; but it also helps to remind us that we are not alone and that there is a network of women available who have likely gone through similar challenges that can help us.



Corporal Nathan Cirillo

On October 22, 2014, Corporal Nathan Cirillo was murdered while on sentry duty at the National War Memorial in Ottawa. As we mourned and remembered his loss on the fifth anniversary of his death, his Regiment, the Argyll and Sutherland Highlanders (Princess Louise's) based in Hamilton, Ontario held a private ceremony marking this solemn occasion. Corporal Cirillo's memory lives on through the service of the soldiers of his Regiment, and they thank all Canadians for keeping his family in their thoughts this Remembrance Day. We will never forget his service, and his sacrifice.



The CADETS

Our Cadets...Will Remember Them

By Lt(N) Terri-Leigh Saunders, RCSU(C) Unit PAO

November a special time for members of the Canadian Armed Forces and by association, it's equally significant to our Cadet corps and squadrons across Canada.

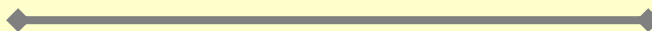
For many small villages and towns, Royal Canadian Sea, Air and Army Cadet units are often the only units the public may see on parade. At the same time, CIC officers will be, and often are, the only military presence some communities have. Our members take pride in representing the uniform and the CAF and truly enjoy the inspiring work that they do with our youth. Being able to pay tribute to the fallen while leading their unit, is just one of the many ways they contribute to the decades old tradition of *Remembering* on Remembrance Day.

As part of Remembrance Day activities, the last Friday in October marks the start of the annual Royal Canadian Legion Poppy Campaign. In support of this effort, Cadets make up a large number of the volunteers who canvas in local communities. Beginning October 25th, Cadets will be out in full force in communities across South-Western Ontario helping local service clubs collect donations in exchange for a Poppy.

In other news...

Royal Canadian Sea Cadet Corps 37 Courageous in London is celebrating its 100th anniversary this November. It's an exciting achievement for the unit and they're ready to celebrate, with a full day of events taking place on Saturday November 16th at HMCS Prevost. This will include a Parade and reception in the afternoon as well as an evening dinner and dance. You can email 100th@londonseacadets.com for more information.

Cadets from across our area will also come together in November for a two-day workshop in order to become a Cadet Correspondent. Part of a national initiative, interested Cadets are being given the opportunity to learn more about how to become a spokesperson for the Cadet Program, capture imagery and tell our story! Stay tuned because the next update you read just might be from the Cadets themselves!



Poppy Campaign A Family Affair

Siblings from Royal Canadian Sea Cadet Corps **Warspite** in Kitchener, Ontario return from an evening of campaigning on behalf of the K-W Poppy Fund. (L-R) CPO1 Brianna Burt, NE Brandon Burt, LS Hope Burt and LS Faith Burt. (Photo: Lt(N) Saunders)



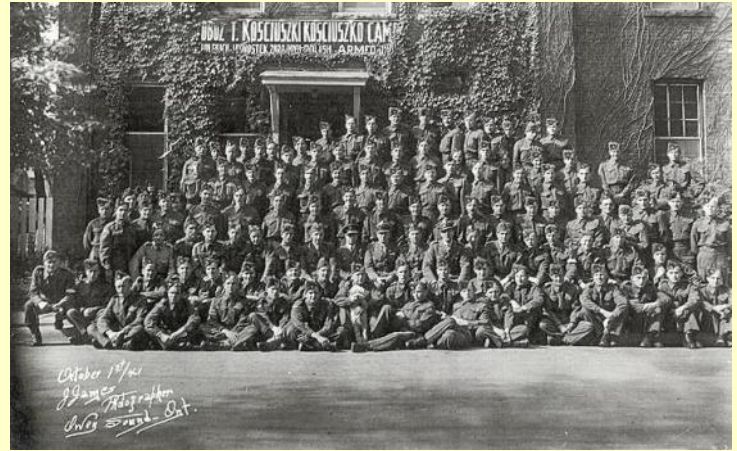
Polish Combatant's Association

The Polish Combatant's Association, Branch 2 in London is very pleased that an exhibit for which our branch is a major sponsor has been nominated for a Governor General's History Award. The official press release reads:

Billy Bishop Home & Museum Shortlisted for the Governor General's History Award for Excellence in Community Programming

On May 3rd, 2019 Billy Bishop Home and Museum opened its latest exhibit, "*Living Memory: Jeszcze Polska nie zginela*". This exhibit was based on a collaborative curatorial model that included local historians, decedents of those who trained at camp Kosciuszko, the Polish Consul General in Toronto, the Polish-Canadian community, students from Owen Sound District Secondary School and local citizens. These groups worked together to tell the story of the Polish Soldier Tree and the little known history that surrounds it.

This project, and exhibit, was sponsored by the Orlinski Museum & Archives, the Polish Combatant's Association London Branch 2, the Consul General of Poland in Toronto, the Charitable Foundation of the Polish Combatants' Association in Canada and the Knights of Columbus. Canada's History Society will determine the recipients of this award later this fall. Billy Bishop Home: Museum, Archives and National Historic Site is very proud to be among the other exemplary community organizations to be shortlisted for this award.



November in Our History

1687	novembre	Nouvelle France	Un raid iroquois est repoussé au Fort Chambly.
1920	1 November	RCN	Three British ships, Aurora , Patriot and Patrician are officially commissioned into the Royal Canadian Navy at Portsmouth.
1922	28 November	Air Force	Ranks within the Canadian Air Force are standardized when the use of army ranks was discontinued.
1942	8 November	Canada	The first German agent is landed from a U-boat off New Carlisle, Quebec and is promptly arrested by the police.
1959	4 November	RCAF	The first major computer (an IBM 705 Mark III) to be used by a Canadian military formation began operations at Air Material Command Headquarters, RCAF Station Rockcliffe.
2000	10 November	Canada	The Treaty and Status First Nations Veterans National Round Table is officially launched.



Upcoming Events

Garrison Community Council

Presentation by LGen Christopher Coates, DCOMD NORAD	4 November 1100-1230	427 Wing See Pages 9-10
General Meeting	13 November	Wolseley Barracks
	No meeting in December	
General Meeting	8 January	Wolseley Barracks
Annual General Meeting	February	TBA

London and Region

RLMI - General Meeting / Elections (To take effect at AGM in Feb 2020)	4 November	<i>HMCS Prevost</i>
Vimy Legion Dinner	8 November	Shrine Club
REMEMBRANCE DAY	11 November	Cenotaph
Remembrance Day Reception	11 November	See next page
The Pub on Richmond	11 November	See below
London Nationals hockey salutes CAF	13 November	Western Fair Arena
4 RCR Mons Mixed Dinner	16 November	Shrine Club, 1900h
RLMI - Christmas & Festive Season At-Home Special	9 December	<i>HMCS Prevost</i>
RCR Association Regimental Birthday Lunch	21 December	Victory Legion, 1100
4 RCR Regimental Birthday Mixed Dinner	21 December	Shrine Club
RLMI - Levee	1 January	<i>HMCS Prevost</i>

To all Military Members, Members of GCC, Members of RLMI, Members of Vimy Legion Br 145 and Members of 427 Wing , 4 RCR

Following the Remembrance Day Services at the Cenotaph on November 11th you are invited to **The Pub on Richmond** for a period of social remembrance and comradeship. Refreshments/finger foods will be served.

Christian DiBattista, (owner) The Pub on Richmond

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 FAMILY SEPARATION AND REUNION WELLNESS GROUPS	6 Wonderful Wednesdays Workshop How would you treat a friend? Remembrance Day Watercolour Workshop	7	8 Stratford Festival Preparing for Deployment Weekend	9 Promoting Connection & Mental Wellness Series #2: EDUCATION Hamilton Philharmonic Orchestra Concert
10	11 Remembrance Day	12	13 Saluting the Armed Forces AGM FAMILY SEPARATION AND REUNION WELLNESS GROUPS	14	15 PA DAY Full day cooking class	16 Mental Fitness and Crisis Intervention Course
17 Paint Nite	18	19	20 Wonderful Wednesdays Workshop Make a SWOutfit for children impacted by deployment	21	22 Teen Night	23
24 Hamilton Military Family Holiday Party Children's Christmas	25 FAMILY SEPARATION AND REUNION WELLNESS GROUPS	26 FAMILY SEPARATION AND REUNION WELLNESS GROUPS	27 Wonderful Wednesdays Workshop CRAFT FREE-FOR-ALL DEPLOYMENT DISH	28	29	30 London Children's Christmas Party Movie: FROZEN 2 Strength Behind the Uniform Dinner

London Events

For information on Hamilton and Windsor Events - please contact the respective Event Coordinator

- 6 Nov. Wonderful Wednesdays WORKSHOP - How would you treat a friend? 0930-1030
- 8-9 Nov. Pre-deployment seminar, Stratford.
- 13 Nov. Annual General Meeting. 5:30pm-6:00pm. Dinner at 6:00pm. You and a guest are invited. WO & Sgts Mess, Wolseley Barracks. Dress is casual.
- 13 Nov. Saluting the Armed Forces. The London Nationals Jr B Hockey Team invites the Canadian Armed Forces and their families to be their guests as we salute the efforts of the Canadian Armed Forces, Veterans And their Families. Time: 7:00 PM **Komoka Kings vs London Nationals, Western Fair Sports Complex
- 15 Nov. Full Day Cooking Class. 0830-5:00pm
- Nov 17. paint Nite. Painting Inuksuk 2:00pm - 4:00pm \$25. Lambeth Legion
- 20 Nov. Wonderful Wednesdays.
- 22 Nov. Teen Night.
- 27 Nov. Wonderful Wednesdays
- 27 Nov. Deployment Dish. Holiday Entertainment with PC Cooking School. 6:30pm - 8:30pm \$10
- 30 Nov. London Children's Christmas Party. 7:30am-4:00pm. SWOMFRC Resource Room.
- 30 Nov. Strength Behind the Uniform. 6:00pm SWOMFRC Resource Room.

Hamilton Events

Contact Donna Pickering
P: 905-972-4000 x 6623

London Events

Contact Brenda Willisie
P: 519-660-5366

Windsor Events

Contact Erin Jordan
P: 519-254-2535 x 4501

Caregiver Zone-Supporting Care-givers of Veterans in Canada

<http://caregiver.ca/#/forefront/home>