



Manitoba & Northwestern Ontario Command  
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## POPPY MEMORANDUM

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**To : All Branches**

**SUBJECT: VETERANS TRANSITION NETWORK**

Last year we advised you that the VETERANS TRANSITION NETWORK had moved into our Command. They held their first course starting in October and it was completed in December. The initial course was a great success and additional courses are being planned.

At this time we are issuing an appeal to all branches in our Command to donate Poppy Funds to this worthwhile organization. The positive impact this program is having on our Veterans is life changing. Attached find a testimonial from a Veteran who completed the course.

Provincial Command is very positive about this program. So positive that we will MATCH DOLLAR FOR DOLLAR your donation up to a Provincial Command maximum of \$50,000.00!

If you wish to contribute, please send your cheque to Provincial Command and make payable to 'RCL Poppy Fund', noting that it is for the VETERANS TRANSITION NETWORK. We will track all payments and match them dollar for dollar up to fifty thousand dollar maximum.

If you would like to find out more about VTN, please check out our website at [www.mbnwo.ca](http://www.mbnwo.ca) the links tab or do not hesitate to contact our office.

Sincerely,

A handwritten signature in black ink that reads "Dawn Golding".

**Dawn Golding  
Command Service Officer**

**Copy: PEC**

Enc.

## Our Impact – A Letter from a Graduate

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“I have been diagnosed with Severe PTSD and Major Depression since 1997. Since then, I have participated in many therapy sessions in and out of Ottawa, hospitals, clinics and NDMC. Nothing seemed to work for me, and I had to accept my journey towards recovery to be everlasting, and pharmaceutically driven in order to survive, and not live.

Then I stumbled on the VTN program.

Three weekends over the summer months (10 days), I was privileged in attending and being part of an excellent veterans program geared at helping us reconnect with ourselves, help deal and cope with a multitude of traumas which often acts like a barricades preventing us the ability to move forward and heal.

This program will not be for everyone. Although it's a group setting, the core ratio of clinicians to candidates are 1:1, meaning there is a total of 12 people, but only 6 are veterans. The clinicians are top notch in their fields, speak the military lingo, and have ironed out a seamless program which I have seen for myself the positive changes in other vets, including myself.

I was reluctant at first to attend "another" group therapy program, as I have attended a multitude in the past with little to no impact and leaving a negative outlook on group settings. This I can say, without a doubt, it has moved me beyond comprehension. I have a better understanding of myself, and others around me. This has made me a better person, father, husband, and veteran.



Though it's not a silver bullet or answer to all my plagued psychosocial issues in regards to PTSD, the program has given me the tools of knowledge, understanding and awareness of certain triggers and coping methods. It has also given me the honour to be amongst some of Canada's best soldiers from all ranks and elements. I am truly grateful to have experienced this program.

Thank you to VAC and the VTN to have given me the opportunity to partake in such an intense experience.”

Pro Patria,  
MCpl (ret'd) Jeffrey Ashikawa

