



**Manitoba & Northwestern Ontario  
Provincial Command**

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Subject: New Provincial Poppy Project

Hello Comrades,

Every spring, MFRC Shilo runs a couples workshop called "Hold Me Tight" for military couples, both serving and veteran, across Manitoba. This workshop includes accommodations, meals, and activities at no cost to the couples, with the only expenses being transportation and childcare.

We are currently looking for 3-6 Veteran couples to attend this workshop. The purpose of the workshop is to equip couples with the tools to have difficult conversations. They include veteran couples to provide a range of experiences that benefit all participants. If you know if any serving members or Veterans who would be interested attending, please contact Cody Klassen at [Veterans@mbnwo.legion.ca](mailto:Veterans@mbnwo.legion.ca).

Additionally, MFRC Shilo is also seeking donations to help fund the participation of veteran couples. The cost to run the retreat is approximately \$1,000 per couple, and the workshop is entirely funded by the support of outside organizations. If your Branch is looking to participate in this Poppy Project, please submit an SUE to Provincial Command for the Shilo MFRC with the donation amount included, under Poppy Manual 403.ii.n. Should we receive more donations than the cost of Veteran attendance, Provincial Command will deny the SUE and send it back to the donating Branch.

Please contact me if you have any questions or require further information. Thank you for your time and consideration.

Sincerely,

Royal Canadian Legion

Provincial Command

Service Office

