



Nova Scotia/Nunavut Command
The Royal Canadian Legion

61 Gloria McCluskey Avenue
Dartmouth, Nova Scotia B3B 2Z3

Tel: 902-429-4090
Fax: 902-429-7481
Email: info@ns.legion.ca

ns.legion.ca

All Branch Mail Out #04

Date: January 24, 2020

TO: NS/NU Branches
ATTENTION: Branch Presidents
NS/NU Executive Council
NS/NU Zone Commanders
NS/NU Past Presidents

From: Comrade Valerie Mitchell-Veinotte
Executive Director
NS/NU Command, RCL

Subject: Rucksack March

Message: Comrades:

The attached/enclosed poster for widest
distribution please.



OSI Awareness

Rucksack March

To bring awareness of support groups in our region for those Veterans and Non Veterans suffering with PTSD, Anxiety, Depression or Substance Abuse.

April 18 2020 - 9am

Open to all Veteran and Non Veterans

Rucksack Optional

To Register Email

tmuise222@gmail.com

(no registration fees)

Donations Welcome

In Support of Rally Point Retreat Sable River,
Shelburne County

Route

Start at Yarmouth Legion and walk to the Afghanistan Memorial at Maple Grove and back to the Yarmouth Legion, 15km.

Sponsored by

Yarmouth Legion Branch 61

and

Wedgeport Legion Branch 155