

E-Circular
March 23, 2017

Message from the Commander

This time of year often feels like the calm before the storm. With many people's sights set on Spring/March Break, it's getting to be a bit quieter around base. If you are taking leave over the break, take time to enjoy the time off and have a moment to relax. One thing is for sure, things will start to ramp up again after the break. With deployments, postings and exercises on the horizon, tempo will quickly pick up again.

One exciting event coming up in April is the 100th Anniversary of the Battle of Vimy Ridge on April 9th. Various events are taking place here in Edmonton to commemorate the centennial of the victory at Vimy Ridge. The Eve of Victory Gala Dinner and Silent Auction will be taking place at the Edmonton Memorial Golf and Curling Club on April 8th. Enjoy a formal dinner in a unique atmosphere for this centennial celebration, including displays that paint a picture of the past. All proceeds from the event go to the MFRC. [Vimy 100 YEG](#) will be hosting various events, taking place in downtown Edmonton on April 9th, which will commemorate the anniversary of the battle and connect Canadians to the past.

The Battle of Vimy Ridge marked the first time all four divisions of the Canadian Corps fought on the same battlefield – an important moment which led to the Canadian Armed Forces we know today. The victory of the battle at Vimy Ridge did not come without sacrifice. By the end of the campaign, there were more than 10,000 Canadian casualties. On April 9th, take a moment to remember those who fought and those who fell in the Battle of Vimy Ridge.

Col S.M. Lacroix
Commander, 3 CDSG

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Follow 3 CDSB Edmonton on Social Media!

3 CDSB is on social media! We have re-launched our social media platforms and will continue to keep them up to date with the latest and greatest info as well as respond to questions, queries and concerns.

Facebook: 3rd Canadian Division Support Base Edmonton

Twitter: PAO @3_cdsb (general base account)
Comd @3csdgComd (Commander account)

Enhancements to the Canadian Defence Community Banking Program

An enhanced banking offer is being launched by the Canadian Defence Community Banking (CDCB) program, delivered by BMO Bank of Montreal.

The new banking offer will provide significant benefits to CAF members and their families. It was introduced on 6 February 2017 and will run until further notice. The new offer includes:

- Free banking with no monthly service charges;
- BMO Employee pricing on mortgages; and
- No annual fee, BMO Support Our Troops MasterCard.

More information on the CDCB program is available on the [CFMWS website](#) and [BMO's website](#).

Ford World Men's Curling Championship Tickets

First Responders will be honoured at the Friday, April 7, 7 p.m. draw of the Ford Men's Curling Championship at the Northlands Coliseum.

- 50% discount on tickets for first responders (including military members) ticket for 1 vs 2 game, Friday April 7 at 7 p.m.
- A \$32.50 ticket for \$16.25 and you can choose any open seat by using promo code: FIRST
- Tickets available at curling.ca/tickets

Health Promotion

All HP courses are FREE for CF members (Reg & Res) retired members, DND & NPF employees and family members 18 and over. Minimum numbers must be reached prior to registration deadlines. Health Promotion is located in Bldg 161 room 29. Register by email healthpromotionedmonton@forces.gc.ca or ext. 6146.

Mental Fitness & Suicide Awareness — 29 March 0830-1600 hrs — Course-coded and will be added to member's MPRR upon completion. It is recommended that all military personnel complete this course at least once during their career. The purpose of MFSA is to prepare personnel in all ranks and positions to promote mental fitness and to lessen the incidence of mental health injuries including deliberate self-harm and suicide within the military community.

Stress: Take Charge! — 4 & 5 April 0830-1600 hrs — do you want to increase your stress hardness, enhance your performance, ramp up your resilience? If so this course could be for you. STC is a stress management program designed and tested specifically for the CAF to improve the health and well-being of the serving member through a self-directed approach to stress management, behaviour change and skill building. It will help participants identify strategies to implement in order to optimize their stress hardness.

Butt-Out — Quitting is hard. We can help. Research shows that the best success rates come from a combination of behaviour modification, group support and medications to help reduce nicotine withdrawal and increase cessation success. Butt Out gives specific guidance to help change behaviours associated with tobacco use and also provides essential support for individuals who want to quit using tobacco. You may be eligible for nicotine replacement therapies or medications at DND expense if you participate in Butt Out. Drop in on MONDAYS from 1500 to 1600 hrs, or call 6146 to schedule an appointment.

April is National Oral Health Month

Did you know your oral health is an important part of your overall health? Did you know your dentist can diagnose many serious diseases such as oral cancer?

1 Dental Unit Det Edmonton would like to remind all CAF members to book for your annual dental examination at the Garrison Dental Clinic. To book your appointment, phone 780-973-4011 ext. 4466

The Canadian Dental Association recommends brushing at least two times per day, daily flossing and regular dental examinations for all members of your family.

Military Family Resource Centre (MFRC)

[Register for MFRC Programs by calling \(780\) 973-4011 ext. 6300](#)

[Take-it-Easy - Spring Break Session | March 27 to 29 | 9:30am-12:00pm | MFRC](#)

Ages: 11-14

This youth program will focus on self-esteem issues, developing social and emotional skills, understanding the role of media, developing conflict resolution skills, improving the ability to make decisions and developing positive relationships with peers and adults. This program was designed by the Boys and Girls Club of Canada. Register by March 25.

[Comedy for Quality of Life | April 10 | Doors: 7:00 pm, Show: 8:00 pm | \\$5 | Lamplighters Lounge](#)

18+ event/no minors

The show will feature Mike MacDonald as seen on The Comedy Network and Just for Laughs, Daryl Makk and Lori Ferguson Ford. Tickets can be purchased in advance at the MFRC with cash, debit, Visa or MasterCard. Limited quantities will be available at the door, cash only.

[Dove Self-Esteem Project | April 13 | 9:30 am – 12:30 pm | MFRC](#)

Ages: 11-14 years

In a global study 60% of girls said they avoided activities because they felt uncomfortable with their looks. This workshop focuses on ways to raise awareness about factors affecting self-esteem, including the power of words while building confidence. This includes a discussion on the power of the media and viewing videos showing the manipulation of images used in magazines and other forms of media. To register call by April 11th.

[Parenting Through Divorce | April 18 | 6:00 – 7:30 pm | MFRC](#)

Parents who are planning to separate or divorce will be offered support and education around making the transition to parenting outside of a committed relationship. Issues addressed will include; developmentally appropriate language, awareness, self-care, family scheduling, and emotional regulation. To register call by April 13th.

Find out more www.cafconnection.ca/Edmonton/Home.aspx

Learning and Career Centre

Register for these upcoming sessions through your unit Training Coordinator.

[Communication for Leadership](#)

11-12 April | 0800-16:00

HRMS=300013 |Session #0336

This two-day course is to help participants: Become a more authentic and effective communicator; acquire hands-on practice giving and receiving feedback, and presentation skills in front of a group.

[Harassment Prevention and Resolution for Managers](#)

20 April |08:00-16:00

HRMS=300033 Session #0486

This course provides managers with information and intervention skills to prevent and address harassment in the workplace.

Pay Information Sessions for Employees & Managers

All Virtual Sessions below:

Managers 25 April | 0930-1100 302850 0114

The manager Sessions will have managers learn about the Phoenix pay system and the Pay Centre. It explains managers' roles and responsibilities in relation to employee pay and highlights.

Employees 27 April | 0930-1100 302685 0223

The Employee sessions provides information to employees about the Phoenix pay system and the Pay Centre. It explains employees' roles and responsibilities in relation to employee pay and highlights support tools and training that are available.

You and Change

26 April 2017 | 08:00-16:00

HRMS=300002 Session #0318

This course allows participants to gain, on a personal level, the confidence and ability to think through alternatives available to them in life and to explore and build positive attitudes towards workplace change and transition.

Understanding my Leadership Style

3-4 May | 08:00-16:00

HRMS=300061 Session #0208

This course provides supervisors with an introduction to leadership aptitudes, skills and knowledge.

Harassment Prevention & Resolution for Employees

6 June | 08:00-16:00

HRMS=300025 | Session #0839

This course introduces employees to the harmonized DND/CF Harassment Prevention and Resolution Policy and Guidelines. It will prepare employees to prevent and resolve harassment.

Information on courses: [Learning and Career Centres or contact us at EdmLCC.CAC@forces.gc.ca](#) LCC courses are free, unless otherwise indicated.

PSP Military Sports

3 CDSB EDMONTON

Intersection Sports

Intersection Golf is on the horizon. Our Captains meeting will be held in April. Please stand by for details.

Summer Intersection Sports will be starting up in May and may include slo-pitch, soccer, touch rugby and golf. Please see the Facebook page listed below for more information.

Congratulations to the following Fall/Winter IS Sports Teams for capturing their respective IS titles:

IS Volleyball Champions

LdSH (RC)

IS Ball Hockey Champions

LdSH (RC)

IS Basketball Champions

1 PPCLI

IS Indoor Soccer Champions

1 PPCLI

Accomplishments

Best of luck to the Men's Basketball Team as they prepare for upcoming CAF Nationals! This event will be held 8-12 April 2017 in Borden.

Events

The 25th Annual Sports Awards Breakfast will be held on 29 June 2017 at the Edmonton Garrison Golf and Curling Club. Additional details to follow!

Rugby team practices are taking place in the Field House on Tuesdays at 1630hrs (Skills) & on Fridays at 0730hrs (Conditioning). All are welcome; ladies included.

Attn Women's Basketball players: Prairie Regional Development Women's Basketball Camp has been postponed. If you are interested in participating and for more information please contact the Military Sports Dept.

For any other Military Sports inquiries, please contact Alyson Hodgson at alyson.hodgson2@forces.gc.ca (ext. 4322) or Tyler Williams at tyler.williams@forces.gc.ca (ext. 4206).

Find us on Facebook @EdmontonGarrisonMilitarySports

IPSC Edmonton Medical Release Planning & Information Session

WHO?

A comprehensive and informative session for CAF members who have an injury or illness that may potentially lead to a medical release.

WHAT?

The following will be covered in DETAIL:

- Services and support available including our Partner Organizations
- Detailed overview of the Administrative Review Medical Employment Limitations (AR/MEL) process, timelines and responsibilities
- Benefits & programs available to CAF members who are being medically released
- Review of the Vocational Rehabilitation Program for Serving Members (VRPSM)
- Review of the benefits and supports available to members after a 3b release from the CAF
- You will be assigned a Services Coordinator from IPSC Edmonton to assist you through the med release process

WHEN?

Sessions are held usually bi-weekly on Tuesdays 1300 – 1600 hrs

WHERE?

IPSC Edmonton (Bldg 201 beside Officer's Mess), Top Floor Room 205

HOW?

Pre-registration is required

Email: ++IPSC Edmonton Svcs Sect@IPSC Edmonton@Edmonton

Phone: (780) 973-4011 ext. 2520

Spouses/partners are very welcome and must be registered as well due to limited seating

Co-presented with Nurse Case Management, 1 Fd Amb Clinic

III & Injured Programs and Guidance for Supervisors and Administrative Staff

IPSC Edmonton holds information sessions for supervisors of all ranks and all unit administrative staff on the topics listed below on an approximately biweekly basis on Thursdays 0800-1200 hrs. Pre-registration is required.

Location: Bldg 201, Rm 205 IPSC Edmonton (beside Officers' Mess)

Registration:

-via email ++*IPSC Edmonton Svcs Sect@IPSC Edmonton@Edmonton*

-via telephone (780) 973-4011 ext. 2520

JPSU Comprehensive Brief

- ~15 minutes
- JPSU Organization & Responsibilities

CAF Return to Duty Program

- ~30 minutes
- Principles, Objectives and Philosophy of RTD
- Legislation
- Stakeholders and responsibilities
- RTD Framework

Administrative Review/Medical Employment Limitations Brief

- ~1 hour
- Universality of Service (U of S)
- Low risk to breach U of S / High risk to breach U of S
- AR/MEL Advisory Message & AR/MEL Disclosure Package
- Member's Representation

Vocational Rehabilitation Program for Serving Members (VRPSM) – Detailed

- ~90 minutes
- Eligibility
- Medical Release Benefits
- Funding
- Rules & Considerations
- Supporting Documentation
- The VRPSM Application Form

Postings to JPSU

- ~15 minutes
- Criteria
- Benefits
- Documents and Administrative Process

Critical Injury & Disability Benefits from Veterans Affairs Canada

- ~30 minutes
- Overview of Critical Injury Benefit
- Overview of Disability Benefits
- Application process
- Disability Entitlement
- Approvals & denials

Edmonton Garrison Fitness Centre

Unlimited Access to children's programs starting at \$34/month per child. Includes: skating lessons, gymnastics, dance classes, martial arts, preschool programs, arts, science, and more. Ask about Fitness Centre inclusive memberships. Cover the whole family for \$90.50/month.

JUMPSTART: Giving kids a sporting chance

Jumpstart is a national charity with a commitment to local communities (which includes military families). It is more than about getting kids active but to give all kids the same chance to participate in new sports or continuing with their favourite one. Jumpstart financial assistance can be applied to Fitness Centre inclusive memberships. For more information regarding Jumpstart, please go to www.jumpstart.canadianfire.ca.

March Membership Program

Receive “1 free Cineplex Adult Adventure Pack” when you sign up for “Continuous Inclusive Membership.”

Great for a military spouse! Unlimited access to adult programs starting at \$53.50/month per person. Includes: Yoga, Zumba, Bootcamp, Functional Fitness, and more. Ask about our Fitness Centre inclusive memberships. Cover the whole family for \$90.50/month.

Discount Tickets Available

Calgary Zoo, Cineplex Odeon, West Edmonton Mall Choice Pass, Oil Kings

Club Registration

Club registrations for 2017/18 will be available March 13th

Spring Break Day Camp

Spring Break Day Camp — March 27th-31st. For kids of all ages. Members \$145/week. Non-Members \$165/week.

2017 Support Our Troops National Summer Camp Program

Through the Support Our Troops Summer Camp Program, thousands of military children have been able to enjoy a week-long camp experience over the course of many years.

Eligible families of the CAF community will be able to receive funding for a week-long residential at an accredited camp of their choice, or a day camp experience (using HIGH FIVE standard for such camps – www.highfive.org/parent).

The following are eligible for the program:

- Dependants of deceased CAF members
- Dependants of CAF members who are currently deployed, or on a prolonged training (course) or an attached posting away from their families
- Special needs children of CAF members
- Children of CAF members with special needs siblings

Families with eligible dependants may be reimbursed up to \$700 for a week-long accredited residential camp, or up to \$400 for a week-long day camp. In addition CAF families with children of special needs may be reimbursed up to \$1,100 at an accredited residential or day camp for up to one week.

Online registration for the program will open on 1 April 2017 at www.supportourtroops.ca. Registration will close on August 18.

Applicants (legal guardian and children) must provide their CFOne Card number on the registration form. To apply for a CFOne Card, visit www.cf1fc.ca.

Base/Wing Commanders may nominate families with exceptional circumstances for consideration through an email forwarded to camps@cfmws.com. Nomination should include the details of the family along with the rationale for their inclusion in the program.

Grants will be provided to applicants upon receipt of a final camp invoice and after the child has attended.