

**E-Circular**  
**April 6, 2017**

## **Message from the Commander**

Welcome back from Spring Break. I hope everyone had some time to relax last week and enjoy the nice weather, even if you were working or attached to that BlackBerry. Things are sure to get a bit busier this month leading up to Exercise MAPLE RESOLVE in Wainwright. On top of that, we have our minds on posting messages and upcoming change of command parades.

Thinking ahead to the summer, registration for the National Summer Camp Program opened on April 1. This program has helped thousands of military children enjoy a week-long camp experience. If your kids are interested in attending camp this summer, this program will help you get them there – take advantage and sign up early.

A final, quick reminder that this weekend is the 100<sup>th</sup> anniversary of the Battle of Vimy Ridge. There are several events taking place in the Edmonton area to commemorate the centennial, including the Vimy 100 YEG event taking place in Churchill Square. If you aren't too busy this weekend, these events will surely be ones to remember. Whatever your plans may be, take a moment to reflect upon our history and remember those who fought and fell in the Battle of Vimy Ridge.

Col S.M. Lacroix  
Commander, 3 CDSG

### **In This E-Circular...**

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- Learning and Career Centre
- Edmonton Garrison Fitness Centre
- Edmonton Garrison Auto Club
- PSP Military Sports

## **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: 3<sup>rd</sup> Canadian Division Support Base Edmonton

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

## Joint Task Force X (JTF X) Information Briefing

03 May 2017  
1400 and 1900 hrs  
LTF Auditorium

The aim of the information briefing is:

- To provide information on JTF X activities and capabilities to prospective candidates interested to become Source Handlers or Interrogators, as well as CAF members interested to be posted within the varied supporting positions within the unit;
- The application, selection and training process; and,
- Broad overview of the Human Intelligence function and activities; and,
- Personal and professional advantages of a posting to JTF X

If you have any questions about the briefing/venue/timings, please contact:

Capt J.Y.A. Bilodeau  
JTF X Information and Selection Officer  
613-541-5010 ext. 7803  
[Alain.bilodeau3@forces.gc.ca](mailto:Alain.bilodeau3@forces.gc.ca)

The briefing is for military personnel only. All present are to provide a valid military ID card and sign the attendance registry to attend the briefing.

## Base Swim Team

This message is to assess the interest for the formation of a Base Swim Team for both adults and children ages 8 and older with the intent of possible starting in the 2017-18 school year, pending approval. The team will consist of competitive and non-competitive swimmers.

The team is open to all levels of swimmers from Beginner (can swim 1 full length of the pool unassisted in any style) to Masters.

Benefits of Swimming: Swimming is low impact, good for the brain, and teaches you goal orientation. It's a lifetime sport. It can be done on your own or with a team. It's versatile. Kids who swim become active adults. It teaches team building skills. Swimmers are more confident and the sport requires minimal gear to participate.

If you are interested, please contact Sgt Andy Forshaw at [Andrew.Forshaw@forces.gc.ca](mailto:Andrew.Forshaw@forces.gc.ca).

## Calgary Stampede Homegrown Heroes Night

The Calgary Stampede is pleased to provide you with information on our upcoming Homegrown Heroes Night, July 10<sup>th</sup>, 2017 for the Evening Show. In our efforts to recognize members of the Canadian Forces, First Responders and Veterans, we are pleased to offer 50% off tickets for the member, their family and friends. Please extend this to retirees as well.

The landing page for ticket purchases is [www.calgarystampede.com/heroes](http://www.calgarystampede.com/heroes)  
Use promo code HERO

If you are a large group interested in sitting together, please contact 403-261-0315 for assistance.

## Edmonton SCAN Seminar (May 2017)

Recognizing the commitment of Canadian Armed Forces members and the extraordinary demands and challenges of the military lifestyle, the Canadian Armed Forces makes services available in the Second Career Assistance Network (SCAN) to assist in the transition from military to civilian life. This is a great opportunity for those releasing, or considering release, to meet with service representatives, discuss education and transition services, and see the wide range of services available.

Dates

The General Transition (Gen SCAN) seminar will run 16 and 17 May 17 from 0830-1600hrs, daily.  
The Medical Information (Med SCAN) seminar will follow, 18 May 17 from 0830-1530hrs.

#### Location

Lamplighter Lounge, Junior Ranks Mess, CFB Edmonton.

#### Parking

Parking will be available in across the street from Lamplighter Lounge, west of the building. There is also overflow parking north of the Lamplighter Lounge, down the street, across from the All Ranks Mess.

#### Registration

Chain of Command approval is required in order to register. Registration can be found online at the following link:  
<http://dgmpra-dgrapm.sondages-surveys.ca/s/SCANRegistration/>

#### Joining Instructions

Joining Instructions will be sent out to members who have registered starting 1 May 2017.

#### Base Personnel Selection Office Contact Information:

CSN: 528-5840  
Tel: (780) 973-4011 local 5840  
Fax: (780) 973-1620  
E-Mail: +BPSO@CFB/ASU Edmonton@Edmonton

#### BPSO Physical Address

Bldg 407B Korea Rd Second Floor (Lecture Training Facility) Room S210a

### **Management of Canada Geese on Base**

In previous years, there have been concerns and issues regarding Canada Geese nesting on base property as well as becoming aggressive towards personnel.

In the event you encounter a Canada Goose, please note that this is a migratory bird and it is protected under the *Migratory Birds Convention Act*. This means it is illegal to disturb, move, damage or destroy the nest or eggs. With that said, unique situations (e.g. health and safety) may warrant application for/and granting of special permits via the Canadian Wildlife Service. Permits shall be sought before any actions are to be taken.

Any questions regarding management and mitigation of Canada Geese nesting or causing a nuisance on base, please contact the Base Environment Officer at local 4272 before any management activities are implemented.

### **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 extn 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

## **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 extn 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

## **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](mailto:healthpromotionedmonton@forces.gc.ca) or ext 6146.

Alcohol, Other Drugs and Gambling Awareness for Supervisors – 25 & 26 April 0830-1600 hrs.

This is a required course for all military members MCpl and above. Helps supervisors recognize signs and symptoms of alcohol, drug and gambling misuse/abuse and the procedures to effectively deal with such incidences. *Course Coded.*

Managing Angry Moments – 28 April – 2 June – (6 Fridays) 0900-1200 hrs.

This series of workshops tackle difficult issues, strong emotions and personal beliefs. You will learn skills and strategies to help reduce anxiety and stress, improve physical, mental and spiritual wellness, and strengthen relationships. MAM is neither a counselling nor a treatment program. It aims to help you identify the specific situations that provoke your anger and determine coping mechanisms that will work for you.

Mountain Man Prep – It's a long way off, but training should start now. We have two prep courses 6 & 8 June.

Butt-Out – Quitting is hard. We can help.

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. Drop in on MONDAYS from 1500 to 1600 hrs, or call 6146 to schedule an appointment.

Are you a current Unit Health Promotion Rep or Point of Contact and are posted out? We thank you for all you've done to help us with Health Promotion and wish you the best in your future endeavours. Could you please let us know who your replacement is going to be before you head off? Thanks!

## **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 their annual dental examination at the Garrison Dental Clinic. To book your appointment, phone 780-973-411 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.

## **Learning and Career Centre**

Register for these upcoming sessions through your unit Training Coordinator.

### Harassment Prevention and Resolution for Managers

20 April 2017 | 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 2017 |08:00-16:00  
HRMS=300061 Session #0208

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

### Communication for Leadership

17-18 May 2017 | 0800-16:00  
(Was postponed from 11-12 April 2017)  
HRMS=300013 |Session #0336

This two-day course is intended 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.

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

## **Military Family Resource Centre (MFRC)**

Register for MFRC Programs by calling (780) 973-4011 ext. 6300

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.

Special Needs Peer Support Group: Infinite Resources | April 19 | 6:30 pm | MFRC

Infinite Resources creates supportive environments for children who require behavioral, educational and social understanding. Programs focus on activities such as; arts and crafts, physical movement, music, etc... Our guest speaker will share strategies that are effective in supporting children. Questions are welcome. Call to register by April 18.

Wool & Whatever | April 24 | 6:00 - 8:00 pm | MFRC

Adults who are currently, are about to, and who have recently experienced a deployment are invited to enjoy some time to connect with other adults. Relax and connect, bring your wool and knit, crochet, or whatever! Special guests may join us from time to time to offer strategies or to teach a new skill. Call to register by April 21.

Substance Use / Abuse Presentation for Parents | April 27 | 6:00 – 7:30 pm | MFRC

Parents will learn to recognize the signs and symptoms of substance use and abuse and how substance use can turn into abuse. The AHS Mobile Addiction team will offer strategies for coping when a loved one has a substance use problem and offer strategies when their children are using. Call to register by April 24.

Find out more [www.cafconnection.ca/Edmonton/Home.aspx](http://www.cafconnection.ca/Edmonton/Home.aspx)

## **Edmonton Garrison Fitness Centre**

Contact Information: 780-973-4011 ext. 4392

Discounted Oilers playoff tickets: for more information please visit: <https://www.cafconnection.ca/Edmonton/In-My-Community/Discounts-Deals/Discounted-Tickets-7.aspx>

### 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.

### Garrison Rec Volleyball

Community Recreation has partnered with the Edmonton Sport and Social Club to offer rec volleyball on Wednesday evenings from April to June. If you would like to join a team, please call 780-973-4011 ext. 4392 to register. Free for Military and Community Recreation members. All others pay \$50 +GST.

### Inclusive Member Attendance Challenge – April to June

1. Hold a valid Inclusive Membership in good standing
2. Sign up for ALL the fitness programs you wish to attend by visiting the front desk or calling 780-973-4011 ext. 4392
3. Attend as many classes as you can throughout the Spring session.
4. Complete the log sheet (can be picked up from the Fitness Centre Front Desk)
5. Submit completed sheet(s) to the Edmonton Garrison Military Fitness Centre Front Desk
6. Recap the benefits physically and emotionally just in time for summer
7. BE ENTERED TO WIN THE GRAND PRIZE!!

\*Some restrictions apply\*

### Climbing Certification Course

Through Community Recreation, take our Climbing Wall Association Course run by Flashed Climbing. Flash provides instruction for climbing wall staff to help them operate their climbing lessons. We provide CWI (Climbing Wall Instructor) Certification Program. The purpose of the program is to provide certification for climbing instructors and to set performance standards that can be easily adopted worldwide. Top Rope and Lead certifications available.

#### *Info:*

\$200 for Military/ComRec Members

\$250 for Non-Military/Non-ComRec Members

#### *Date:*

Saturday 22 April

Sunday 23 April

## **Edmonton Garrison Auto Club**

Auto Club General Meeting: 21 April 2017 at 1900 hrs in the Edmonton Garrison Auto Shop. If you require further information, please contact [seth.brayton@forces.gc.ca](mailto:seth.brayton@forces.gc.ca).

## **PSP Military Sports**

3 CDSB EDMONTON

Intersection Sports

Intersection Golf (EGRGL) Captains / Team Organizers meeting will be held on 19 April 2017 at the Edmonton Garrison Golf and Curling Club. This meeting will start at 1300hrs.

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

Congratulations to the following IS Winter Champions:

#### IS Curling

Warrants and Sergeants Mess #1

#### IS Hockey

A Div - 3 PPCLI

B Div – 1 PPCLI

C Div – 3 Can Div

#### Base Teams

Base Team	OPI	Contacts
Men's Slo-Pitch	MCpl Morrison	<a href="mailto:richard.morrison@forces.gs.cs">richard.morrison@forces.gs.cs</a>
Woman's Slo-Pitch	TBD	<a href="mailto:tyler.williams@forces.gc.ca">tyler.williams@forces.gc.ca</a>
Men's Soccer	MCpl Tarrent	<a href="mailto:devin.tarrent@forces.gc.ca">devin.tarrent@forces.gc.ca</a>
Woman's Soccer	Cpl Searle	<a href="mailto:katrina.Searle@forces.gc.ca">katrina.Searle@forces.gc.ca</a>
Rugby	Maj Rubletz	<a href="mailto:Joel.rubletz@forces.gc.ca">Joel.rubletz@forces.gc.ca</a>

#### Accomplishments

Congratulations to the Men's Hockey Team. They are your new National Champions!

In National Swimming LS Palmer Captured first place in the 200m FS Open & 100m BKS Open.

#### Events

The 25<sup>th</sup> Annual Sports Awards Breakfast will be held on 29 June 2017 at the Edmonton Garrison Golf and Curling Club from 0830hrs – 1030hrs.

Rugby team practices are taking place in the Field House on Tuesdays at 1600hrs (Skills) & on Fridays at 0730hrs (Conditioning). All are welcome; ladies included.

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

Find us on Facebook@EdmontonGarrisonMilitarySports

## **Guidelines for Internal Communications Tools**

### **E-Circular**

If you have something you want covered in the next E-Circular, send your submission to [3cdsgecircular@gmail.com](mailto:3cdsgecircular@gmail.com). The E-Circular will be sent out at the beginning and mid-month; submissions are due no later than noon on the Wed before the E-Circular send date. This is a hard deadline – the email address provides an auto-response to confirm delivery. Anything received after deadline will go in the next E-Circular. This must have your CoC approval.

Requirements for submissions are as follows:



- Submissions must be sent in Word document format; no PDFs or Excel documents will be taken.
- Each submission must have a point of contact, or it will not be run in the E-Circular.
- Submissions should be no longer than 300 words and include all important information (i.e.: who, what, where, and when).
- Images will not be accepted. In addition, submissions will be formatted to properly fit the E-Circular format – minor adjustments may be made (e.g. font, formatting, alignment, etc.).
- Amendments to E-Circular submissions will not be accepted past the submission deadline.

### **Base-wide emails**

No base-wide email will be sent without approval from the Comd. This method of communication will be used for urgent, unforeseen or short-notice events. All other items will be put in the next available E-Circular.

### **Western Sentinel**

Submissions to [armywesternsentinel@gmail.com](mailto:armywesternsentinel@gmail.com) - all other info (deadlines, etc.) can be found inside the front page of the current Sentinel

### **Electronic Signs**

Anything for the electronic sign must have chain-of-command approval and be less than 3 lines at 18 characters each – so the entire message must be less than 54 characters. Submissions must have subject line “Electronic Sign” and be sent to [3cdsgcircular@gmail.com](mailto:3cdsgcircular@gmail.com). Please include requested run dates along with your message. \* When considering run dates, please note: electronic signs will run for no longer than a month.\*