

PLAY

JUNE IS RECREATION MONTH

June 2018 Edition



Splash into Summer

- ▶ Recreation
- ▶ Style
- ▶ Travel
- ▶ Active Living



MEET THE
DAYS



Dining **AL FRESCO**
WITH TV'S RACHEL RAY

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PUBLISHER'S NOTE

I am pleased to present the 4th annual edition of PLAY: our June is Recreation Month e-zine. PLAY is a collaborative publication, spearheaded by Canadian Forces Newspapers, and contributed to by staff on Bases and Wings across the country. With the announcement of the new Canadian Armed Forces (CAF) Defence policy, Strong Secure Engaged, there is now a significant focus on CFMWS doing more to support military members and their families. The policy includes a new Total Health and Wellness Strategy for military families, which expands the definition of wellness beyond the traditional healthcare model to include promotion, prevention, treatment and support, and which also provides a greater range of health and wellness services and programs.



It is in this spirit that we present “Get up, Get Out and Get Active”, this year’s Recreation Month theme. The goal is to engage CAF members and their families, connecting them with the recreation opportunities in their communities nationwide. Our programs are designed to support health and resilience, promote a culture of healthy behavior, and provide support to military families. Programs like DFIT (recognized for excellence by the Canadian Space Agency), or Support Our Troops Summer Camp grants (which help the children of CAF members attend camp), and additional program funding for special needs children, are excellent examples of our holistic approach. Don’t forget about the PSP Special Interest Activities on each base, or the dozens of programs and activities available for free, or at significantly discounted rates through the CF Appreciation program.

Whatever your preferred form of recreation – team sports, fitness, the arts or cultural activities, CFMWS programs provide dozens of options to help you #GetOffTheCouch this June, and stay off it all year round!

We hope that you enjoy the 2018 edition of PLAY and find the inspiration and motivation within to #GetOffTheCouch and really explore everything your community has to offer.

Sean N. Cantelon, Cmdre
Chief Executive Officer, Staff of the Non-Public Funds, Canadian Forces



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WHAT'S COOL ▶▶



CANEX.ca not only provides customers with the convenience of shopping online for a variety of brand name merchandise, but also features an “extended aisle” in certain categories. Additionally, military affinity programs such as Pride of Association merchandise from participating Kit Shops and Canteens, military accoutrements, optional military uniform clothing, Support Our Troops products, and much more are also available.

THESE ARE OUR TOP 5 FINDS ON CANEX.CA TO HELP YOU INCREASE YOUR PHYSICAL ACTIVITY.

▶▶ NIKE WOMEN'S REVOLUTION 4 RUNNING SHOES

Minimal in design, the Women's Nike Revolution 4 Running Shoe is made of lightweight, single-layer mesh for breathability, and soft foam beneath the foot for comfort and responsiveness.



▶▶ UNDER ARMOUR WOMEN'S THREADBONE STREAKER TANK

UA Microthread technology in the fabric dries faster, won't cling to you, won't chafe and stretches without absorbing sweat.



▶▶ MONSTER ISPORT ACHIEVE BLUETOOTH IN-EAR SPORT HEADPHONES

These headphones are great for working out at the gym, with the exclusive Monster SecureFit technology that lets you move freely, while the headphones stay put. High noise isolation lets you focus, and Achieve is completely sweatproof so you can work hard, and listen loud, with Monster Performance Sound.



▶▶ HAMILTON BEACH GO SPORT™ BLENDER

The Hamilton Beach Go Sport™ Blender may be small but it is mighty. Equipped with a 600 watt motor, this blender can easily handle ice and frozen fruit.



▶▶ ARIA™ WI-FI SMART SCALE

Get where you want to be. Aria™ tracks your weight, body fat percentage and BMI, painting a picture of your long-term progress. It wirelessly syncs your stats with online graphs and mobile tools that will help you stay motivated and on track. When you're in control, stepping on the scale feels good.





#TRENDING

Let the CF Appreciation Program help you to #GetOffTheCouch and take advantage of reduced rates on top recreation activities in communities across Canada.

Will it be a suspension bridge in BC? A hot air balloon ride in Saskatchewan? Or free passenger fare en route to Port aux Basques, Newfoundland? Whether you are looking to get more engaged in your own community, or you are looking to plan your next vacation in another province, read on to discover how the CF Appreciation Program can save you a bundle while helping you and your family to get up, and get moving.



ALBERTA

Explore Alberta and receive free unlimited admission to all Albertan provincial museums, historic sites, and interpretive centres for you and your family, simply by showing your CFOne cards. Check out the Brooks Aqueduct, the Royal Alberta Museum, the Frank Slide Interpretation Centre, and so much more!

MANITOBA

The Canadian Fossil Discovery Centre houses the largest collection of Sea Monster fossils in Canada. If you like dinosaurs or sea monsters you will love "Bruce" the 43 ft Mosasaur, the fiercest of all the sea monsters - bigger than a T-Rex and just as scary. Receive a discount 25% on all Fossil Dig Adventure Tours with your CFOne card.

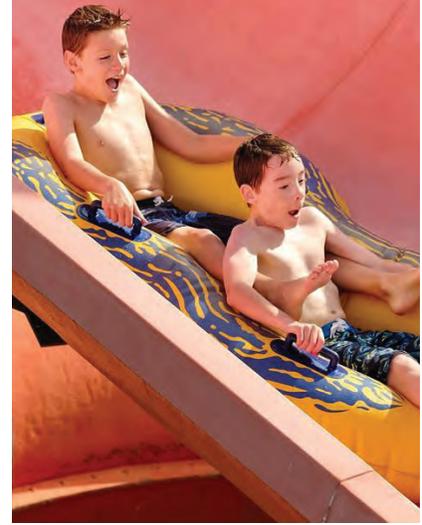


QUEBEC

Discover some of Canada's military history with a visit to La Citadelle de Québec, the largest British fortress built in North America. Observe military traditions such as the Changing of the Guard and the Beating of the Retreat for visitors. Currently serving members and Veterans receive free admission for themselves and three guests. The CAF Community receives a discount of 15% on general admission.

NOVA SCOTIA

Stop by the Fundy Geological Museum to explore Nova Scotia's ancient past and discover the Triassic and Jurassic landscapes where Canada's oldest dinosaurs once roamed. Walk through the doors of the Fundy Geological Museum and enter an ancient world. Exhibit highlights include the oldest dinosaur bones in Canada, the world's first reptiles, giant dragonflies, and bug-like creatures as big as baseball bats! The CAF Community receives free family admission.



PRINCE EDWARD ISLAND

Explore acres of family fun and over 40 attractions at Shining Waters Family Fun Park, including the new Buccaneer Bay Roller Coaster, four large and three junior waterslides, and a splash pool. You can enjoy live and animated animals in Bandit's Barnyard or explore in Discovery Woods and Storybook Land. Canteen and picnic facilities are available. The CAF Community receives a discount of 15% when purchasing admission packages online.

On Base

There is so much to see and do so #Getoffthecouch and get moving. You don't need to go far.

Connect with your local PSP team to learn about their camps, special interest programs, and more happening on or around Base!

Access to the Exclusive Members Only area of CF Appreciation Program is available with your CFOne Card. If you don't yet have a CFOne Card, visit www.cf1fc.ca or call toll free 1-855-245-0330.



Saint-Jean-sur-Richelieu

*Yves Bélanger
Servir*

The Montérégie may not have the spectacular tourist attractions of the Gaspé Peninsula or Saguenay, but it is brimming with treasures just waiting to be discovered over a day or two. If you are at the Saint-Jean Garrison, or the Royal Military College Saint-Jean, make sure you take the time to explore the region!

Saint-Jean-sur-Richelieu is located on the shores of a major waterway, the Richelieu River. In the summer, there are many pleasure boats dotting the water. The Outdoor Store at the Saint-Jean Garrison rents pontoon boats that can hold up to 15 passengers. What better way to discover the region's attractions than on the water!

Kayaking or paddleboard enthusiasts can also rent equipment at the Outdoor store to explore the waterways at a more leisurely pace.

CHAMBLY CANAL

The Chambly Canal was built off the Richelieu River in 1843 to allow vessels to safely navigate between Saint-Jean-sur-Richelieu and Chambly. More recently, the strip of land between the canal and river was transformed into a cycling and pedestrian path popular among outdoor enthusiasts.

The bike ride between the two cities is a very pleasant 36 km return trip. It can be made even more enjoyable with a picnic and a visit to Fort Chambly, a remarkable Canadian National Historic Site. Built on the shores of the Chambly basin, the structure is one of the largest vestiges of 17th- and 18th-century military architecture in Canada.

BALLOON FESTIVAL

If you visit the region between August 11th and 19th, don't miss the International Balloon Festival of Saint-Jean-sur-Richelieu. What could be more exhilarating than watching the launch of more than 100 brightly-coloured hot air balloons rising against the backdrop of a beautiful sunrise? The event also offers various outdoor activities, and shows every night. You can even book a hot air balloon flight, and take in the breathtaking views of the region from above.



MONT-SAINT-GRÉGOIRE

Known for its many sugar bushes and orchards, the municipality of Mont-Saint-Grégoire, located just over 10 km from Saint-Jean-sur-Richelieu, also abounds with fun activities.

Given its close proximity to Saint-Jean-sur-Richelieu, you can easily get there by bike on the Circuit Mont-Saint-Grégoire. Once there, why not seek the fantastic mountain views by way of the hiking trails at the Centre d'interprétation du milieu écologique (CIME) du Haut-Richelieu?

More adventurous hikers may want to try the aerial adventure course site at the Arbraska Mont-Saint-Grégoire Park. You'll have hours of fun walking among the treetops and zip lining, either during the day or under the stars.

LAKE CHAMPLAIN

Would you rather go to the beach? Why not visit Venise-en-Québec, located 42 km from Saint-Jean-sur-Richelieu? You can get there just as easily by car or bicycle along the Circuit du Lac Champlain. With several campgrounds, B & B's and inns, you can spend a night or a few days.

Located along the shores of Lake Champlain, the town offers a wide range of aquatic activities, such as swimming, kitesurfing, wind surfing and various rowing vessels, as well as numerous hiking trails. A cruise is also available for those who just want to sit back and enjoy the sights of this magnificent body of water. For a bit of history, don't forget to drop by the interpretation centre!



FORT-SAINT-JEAN MUSEUM

If you want to learn about the region's military history, the Fort-Saint-Jean Museum is a must-see. Located on the site of the Royal Military College Saint-Jean, the museum displays 350 years of the region's military history, including First Nation warriors, French and English troops, American revolutionaries and several Canadian units. The museum traces the history of this heritage site, which along with Québec City, is the only place in Canada that was under constant French military occupation since the French Regime.

An outdoor guided tour also allows you to follow the steps of past and present occupants and discover the remains of the original British bulwarks and buildings dating from 1839.



For more information: tourismehautrichelieu.com



ASK THE EXPERT: EXERCISE AND MENOPAUSE

Q: *My sister is four years older than me and she is already experiencing menopause. Unfortunately she is having significant symptoms, just like our mother did. Given my family history, I am concerned I will experience a challenging menopause. I have been very active my entire life and I'm wondering if regular exercise will help me better cope when my change of life occurs? — Manon*

A: Dear Manon:
Great to hear you are committed to active living! Every woman experiences menopause differently. Some women have mild symptoms, while others like your sister and mother have a much harder time. In addition to symptoms, it is important to remember that menopause increases the risk of certain diseases such as breast cancer, cardiovascular disease and osteoporosis. The good news is that there are things you can do to help fight the effects of menopause, and regular exercise is one of them.

The benefits of exercise to menopausal women do not appear to be related to correcting the hormonal changes that occur with the condition. Rather, the effects seem to be a result of the short- and long-term benefits that regular exercise offers everyone. These benefits include increased cardiovascular fitness, lower bad fats, higher good fats, reduced overall body fat, increased muscle mass, reduced anxiety and depression, and enhanced feelings of well-being. Some studies have also demonstrated that regular exercise can reduce fatigue, chronic muscle pain, decrease the intensity of hot flashes, improve sleep and increase bone mass (or at least reduce the rate of bone loss).

To achieve these benefits you do not need to train like an Olympian. What you do need to do is exercise “regularly” and ensure your program includes three basic components. Cardiovascular activities such as walking, marching, running, swimming and cycling for 150 minutes a week at a moderate intensity, or 75 minutes a week at a higher intensity. Strength training activities such as core work, weights, yoga, and calisthenics – try this three times a week. Flexibility work, such as stretching and yoga, should be incorporated into every workout. It is important to note that to increase your bone mass or reduce the rate of bone loss you need to do impact activities and exercises where your muscles pull on bones – you will get this from your cardiovascular and strength training.

The bottom line is that regular exercise probably won't eliminate all of your menopausal symptoms. What it will do is help you cope better with your symptoms and hopefully reduce your risk of developing the serious diseases that become more common after menopause. Menopause may change your life, but regular exercise is life changing!

–Dr. Darrell Menard, MD Dip Sport Med
Darrell.menard@forces.gc.ca

Your Safety:

>>> HAVE FUN, TOW SAFE

Tubing, water skiing and wakeboarding are all fun ways to spend a hot and sunny afternoon. Follow our basic tips to ensure these fun days on the water are also safe:

- > Always have a spotter in the boat when you are towing someone. They are there to communicate to the driver if the people behind the boat has fallen and needs to be retrieved. They can also communicate if the person being towed would like to slow down.
- > Never tow anyone behind your boat when visibility is poor at night.
- > Make sure the person being towed always wears a lifejacket.

KEEPING CHILDREN AFLOAT



A lifejacket or Personal Flotation Device (PFD) is no substitute for adult supervision. Children should be within arm's reach, as well as wearing a proper flotation device, at all times. Parents who want their children to wear a lifejacket should set a good example and do the same.

Only purchase Canadian-approved devices, and have your child try it on before you buy. A lifejacket should fit snugly and not ride up over your child's chin or ears. There should be less

than 7.6 cm (3") between your child's shoulders and the device. Otherwise, the device is too big and could do more harm than good.

Look for these safety features:

- > A large collar for head support.
- > Waist ties or elastic gathers in both the front and back.
- > A safety strap that goes between the legs to prevent the device from slipping over your child's head.
- > Buckles on safety straps and reflective tape.
- > Two large collar lifejackets in red and yellow, respectively.
- > Consider attaching a non-metallic pea-less whistle to the device.

CARE AND USE OF YOUR FLOTATION DEVICE

Treat your flotation device as an investment and take good care of it. Devices that are ripped or in poor condition are not considered approved. Lifesaving equipment should never be kneeled on, sat on, or used as a fender for your boat.

Follow these tips:

- > Check its buoyancy regularly by wading out to waist-deep water and bending your knees to see how well you float.
- > Ensure that straps, buckles, and zippers are clean and in good working order.
- > Tug on straps to ensure they are well attached with no sign of wear.
- > Dry your device in open air and avoid direct heat sources.
- > Store it in a dry, well-ventilated, easily accessible place.
- > Do not dry clean. Use mild soap and running water to clean.



JUNE IS RECREATION MONTH

CAFCONNECTION.CA

Get Up, Get Out and Get Active!



#GETOFFTHECOUCH

MEET THE DAYS

Cpl Judith Day and Cpl Alexander Day are a dual service couple with 17 years of combined service. They are currently posted to CFB Borden. PLAY caught up with them at the Borden Gymnastics Club where they were enjoying some time with their children.

Why is being physically active important to you as a family?

It sets an example of routine, a healthy lifestyle and encourages our children to partake in physical activity. Both Alex and I grew up playing sports. Alex rowed, played softball, and ran track and cross-country. I played soccer, badminton, swam, and also ran track and cross-country. I also represented the Atlantic team at Nationals in Borden for Badminton back in 2013 and 2014, as well as in soccer in 2012 and 2014.

What activities do you enjoy doing together?

As a family, we like to go for walks (low impact, as the children are only 32 months, 20 months and newborn twins). We also have a Siberian Husky and Bullmastiff, so my husband takes the Husky for runs in the morning and walks at night with our Bullmastiff. We do practice yoga at home and the toddlers enjoy it a lot.

How do PSP programs and services help you lead a healthy lifestyle?

We have taken several PSP programs out in Halifax, such as Mental Fitness and Suicide awareness, and we put together an annual event that happened each year we were living there with the help of PSP and the BComd. The event brought a lot of awareness to mental health issues, we called it "Colour me Green." Both Alex and I are very physically active and have always strived to do our best whenever our units have PSP led PT. We have even approached PSP Staff to learn more intense workout routines for us to use.



GET UP, GET OUT AND GET ACTIVE!

Physical activity plays an important role in your health, well-being and quality of life. Improve your health by being active as part of a healthy lifestyle.

1. Be active at least 2.5 hours a week to achieve health benefits.
2. Focus on moderate to vigorous aerobic activity throughout each week, broken into sessions of 10 minutes or more.
3. Get stronger by adding activities that target your muscles and bones at least two days per week.

TIPS TO HELP YOU GET ACTIVE

- Choose a variety of physical activities you enjoy. Try different activities until you find the ones that feel right for you.
- Get into a routine – go to the pool, hit the gym, join a spin class or set a regular run, and do some planned exercise. Make it social by getting someone to join you.
- Limit the time you spend watching TV or sitting in front of a computer during leisure time.
- Move yourself – use active transportation to get places. Whenever you can, walk, bike, or run instead of taking the car.
- Spread your sessions of moderate to vigorous aerobic activity throughout the week. Do at least 10 minutes of physical activity at a time.
- Join a team – take part in sports and recreation activities in groups. You'll make new friends and get active at the same time.



WHAT IS MODERATE AEROBIC ACTIVITY?

Moderate-intensity aerobic activity makes you breathe harder and your heart beat faster. You should be able to talk, but not sing.

- Examples of moderate activity include walking quickly, skating and bike riding.

WHAT IS VIGOROUS AEROBIC ACTIVITY?

Vigorous-intensity aerobic activity makes your heart rate increase quite a bit and you won't be able to say more than a few words without needing to catch your breath.

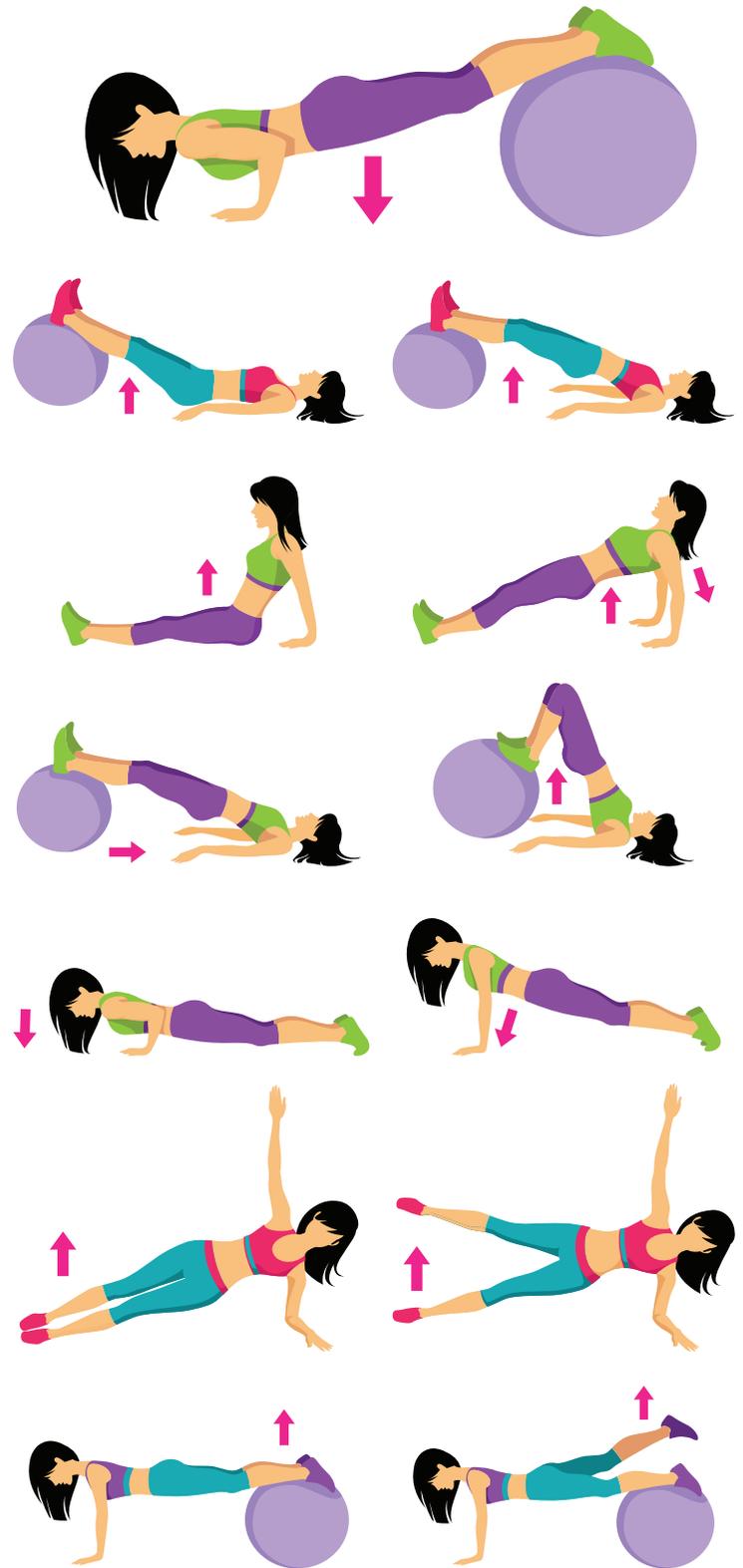
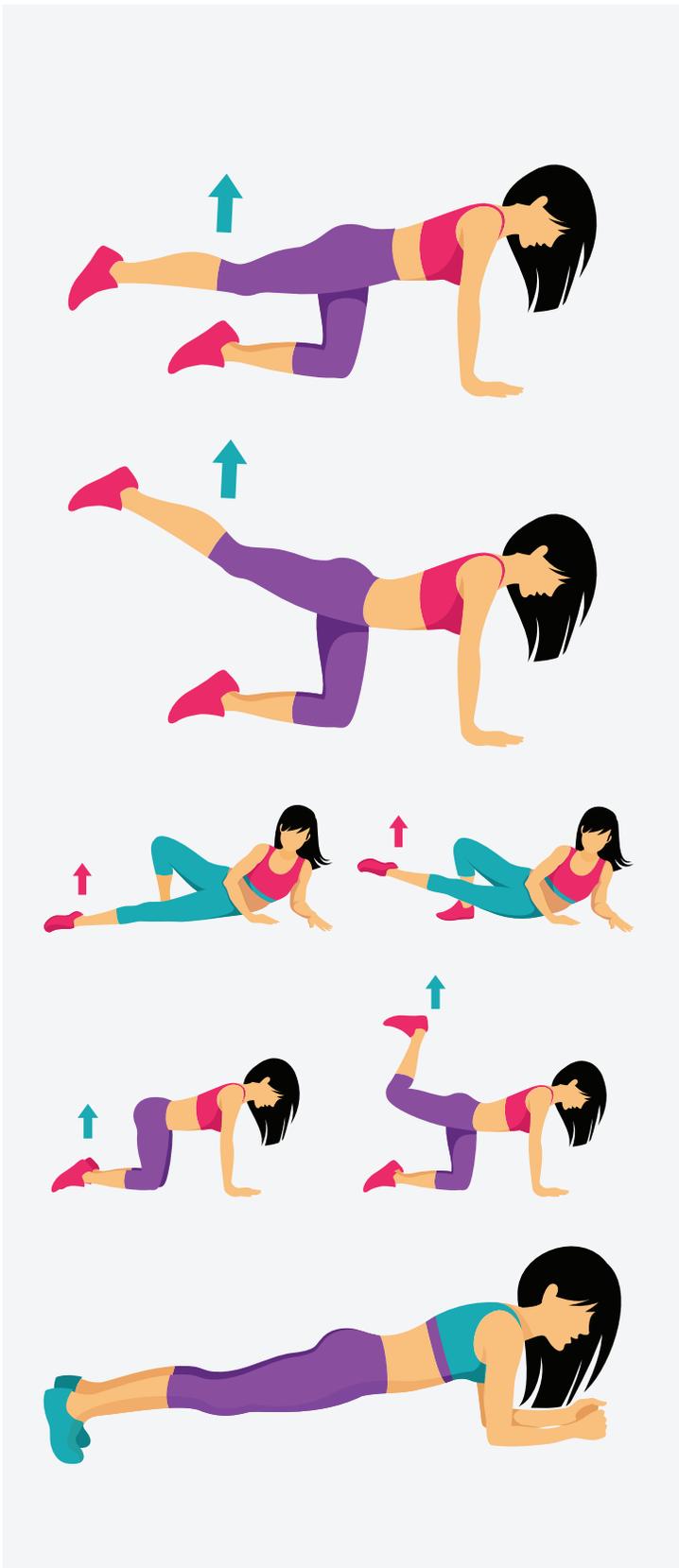
- Examples of vigorous activity include running, basketball, soccer and cross-country skiing.

WHAT ARE STRENGTHENING ACTIVITIES?

Muscle-strengthening activities build up your muscles. With bone-strengthening activities, your muscles push and pull against your bones. This helps make your bones stronger.

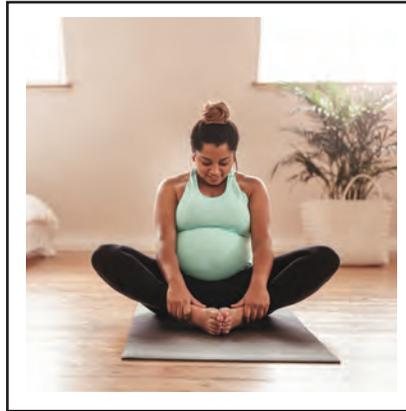
- Examples of muscle-strengthening activities include push-ups and sit-ups, lifting weights, climbing stairs and digging in the garden.
- Examples of bone-strengthening activities include running, walking and yoga.

15 MINUTE WORKOUT ▶▶▶





PREGNANCY & EXERCISE



*Carly Anderson, BA Kinesiology, CSEP-CPT,
Recreation Coordinator, PSP CFSU(O)*

Fitness during pregnancy has been a hot topic the past few years as more and more women are pushing the boundaries of what can be considered “normal exercise” during pregnancy. The most common medical advice has been “listen to your body” and “continue with what you have been doing” or “don’t start a new activity while pregnant”; but what exactly does “listen to your body mean?”

Many very fit women are used to pushing themselves when it comes to their fitness regime and struggle to determine what is too far while pregnant. “Continue with what you have been doing” also has its flaws, as some adjustments need to be made during pregnancy, like reducing impact on the pelvic floor from movements like running and jumping. Lastly, the advice to “not start a new activity while pregnant” is not sound either, as research shows that gaining too much weight during pregnancy can negatively affect fetal development and put the baby at risk of weight-related issues in their future.

Listening to your body is very common advice from both medical professionals and fitness trainers. But when listening to your body, you need to understand what it is telling you. Some common things the pregnant body may say look and sound like this: pain, incontinence, pressure and injuries. Avoiding any of these symptoms while exercising is vital for keeping both mom and baby safe. Pain, even during non-pregnant exercise, should be acknowledged

and categorized. Understanding when you have pushed too far and the body is screaming pain messages at you will keep you from causing injury.

The hormonal changes occurring during pregnancy affect how the body responds to exercise stimulus. The Relaxin hormone’s main purpose is to prepare the pelvis for birth by softening the ligaments. However, it is not targeted to this specific area of the body; its effects are strong throughout. The pregnant exerciser needs to ensure that she is managing movement and not putting herself at risk for injury, such as twisting an ankle. Take caution when jumping down from a height or doing activities like volleyball, which has unpredictable jumping. Find ways to adapt your activities, such as using a box to step down from the pull-up bar versus jumping down from that height. Be mindful that you are choosing physical activities that “minimize the risk of loss of balance and fetal trauma.” (Davies, Wolfe, Mottola, MacKinnon)

Incontinence is a topic that many women do not want to discuss in public, but which is becoming more common on social media. This is not a normal part of pregnancy! When leakage is happening there is a problem with the internal pressure system of the diaphragm and the pelvic floor. The changes caused by pregnancy can exasperate the pressure problem. If you are experiencing leakage when exercising, please seek the assistance of a pelvic

floor physiotherapist. Common movements that cause leakage are jumping, running and squatting. The first step to fixing the issue is modifying those movements that cause the incontinence. Substitute running for rowing, doing step-ups instead of box jumps and decreasing the weight if loaded squats are causing an issue.

Avoiding excessive weight gain is vital to a healthy pregnancy. Remember that the body will do what it needs to do, but that morning sickness can negate the consumption of healthy nutrients. If possible, seek help from a registered dietician who can create a personalized eating plan for you. Pregnancy can change how the body uses insulin, which can cause strong cravings for foods high in carbohydrates and sugars. Weight gain is essential during pregnancy but should be done in gradual increments. For a healthy calorie intake, add 300 calories to your baseline diet per trimester. Aim to eat lean meats, vegetables, fruit, complex carbohydrates and healthy fats. Try to eat small meals if you are suffering from morning sickness.

When starting a new exercise program, aim for 15 minutes of aerobic exercise three times a week to start with. Aerobic exercise can be activities like walking, swimming, rowing and Zumba. Choose something you enjoy and that feels good. Gradually increase up to 30 minutes of aerobic exercise four times per week. "Reasonable goals of aerobic conditioning in pregnancy should be to maintain a good fitness level throughout pregnancy without trying to reach peak fitness or train for an athletic competition." (Davies, Wolfe, Mottola, MacKinnon)

Adding weight training during pregnancy is also recommended. If you have never done weight training, consider seeking help from a professional fitness trainer to make sure you are doing the movements correctly. Some recommended exercises focus on lower body strengthening like squatting, Romanian deadlifts, and upper back strengthening like ring rows and core stabilization exercises like farmer's walk. These exercises will help prepare you to carry a car seat safely. Exercises to avoid include crunches or sit ups as the abdominals are stretching out from the Relaxin hormone.

A healthy and fit pregnancy is important for both mommy and baby. "Women and their care providers should consider the risks of NOT participating in exercise activities during pregnancy, including loss of muscular and cardiovascular fitness, excessive maternal weight gain, higher risk of gestational diabetes or pregnancy-induced hypertension, development of varicose veins and deep vein thrombosis, a higher incidence of physical complaints such as dyspnea (difficulty breathing) or low back pain, and poor psychological adjustments to the physical changes of pregnancy." (Davies, Wolfe, Mottola, MacKinnon) All very good reasons to maintain physical activity or to start while pregnant.

Reference:

Gregory A.L Davies, MD. Larry A. Wolfe, PhD. Michelle F. Mottola PhD. Catherine Mackinnon, MD. No. 129-Exercise in Pregnancy and the Postpartum Period. E58 February 2018. JOGC. Reaffirmed SOGC Clinical Practice Guideline.



RELAX...WITH YOGA

5 Poses to Help You Unwind

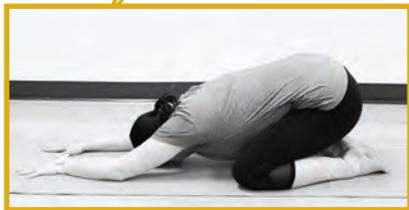
Tovah Fenske
Fitness Coordinator at 4 Wing Cold Lake
Yoga Alliance 200 hour Registered Yoga Teacher (RYT 200hr)

If you think yoga is just about being bendy, think again. Some of the most powerful benefits of yoga include stress relief and relaxation. A relaxation yoga practice can be beneficial during times of high stress like moving, making a big purchase, taking a big test, pressure at work, not sleeping well, dealing with sickness or death, handling a family crisis, or really any of daily stressors that life throws at you.

Try these yoga poses the next time you need to relax, or make this your daily yoga routine – because we all could use a little more relaxation in our lives.

Spend 1-5 minutes in each posture, or just choose one and hold it for 5 minutes. If you are unsure how to do any of the below postures, or experience pain while doing them, stop and consult a Registered Yoga Teacher in your area or contact your physician.

Resting Child's Pose:



- Kneel down with either your legs together or apart and rest your forehead on the ground
- If you are unable to bring your forehead to the ground, rest it on a block, cushion or stack your fists
- Having gentle pressure against your forehead stimulates a relaxation response
- Allow your heart to melt towards the floor and your hips to relax

Double Knee Twist:



- Lay on your back with your knees tucked into your chest and arms stretched to a "T"
- Gently roll towards one side keeping your knees tucked up
- If your knees don't reach the floor, prop a block or cushion underneath
- Placing one hand on your knees and providing gentle downward pressure can help your body to better release tension and tightness
- Twists aid in digestion and are great for relieving tension in your neck, shoulders, along the spine and in your hips

Reclining Bound Angle:



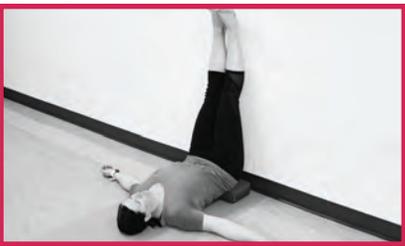
- This posture can be done with or without a yoga bolster (a small pillow to help achieve postures)
- If using a bolster, sit with it a few inches away from your buttocks (if you have a smaller bolster move it further away), and lay back ensuring your head is supported (you can also use a separate cushion or block for under your head)
- Bend your knees, placing the soles of your feet together and allow your knees to drop open to the sides
- You can also place blocks or cushions under your knees if the stretch is too intense
- This is a great chest opening stretch (much needed due to all of our computer and smart device time) and can help reduce neck pain and headaches

Supported Bridge:



- Lay on your back with your knees shoulder width apart and head resting on the floor
- Press onto your feet to lift your buttocks off the floor, place a yoga block, bolster or firm cushion(s) under your tailbone to support you
- Allow your body to rest and relax over the block, ensuring you feel no pain in your neck
- This posture provides your body with much needed hip and shoulder opening, while alleviating lower back pain and sciatica

Legs up the Wall:



- Sit beside a wall (get as close as possible - with your shoulder touching the wall) with knees bent
- Roll onto your back and sweep your legs up the wall, tuck a bolster, block or cushion underneath your hips for added benefits as well as for comfort
- If your buttocks and legs are tight to the wall and this is too intense of a stretch, inch your buttocks away from the wall until the stretch is comfortable
- Since this posture is an inversion it has many benefits (because it is an easy inversion, one that you can hold for extended periods of time the benefits multiply) - specifically this posture is an excellent immune booster, so practice it often to ward off colds and flus
- Legs up the wall helps reduce lower back pain and sciatica, relieves tension in the hamstrings and helps your feet and legs relax after a long day

Inhale, exhale... just BREATHE.

Your breath, specifically deep slow belly breathing, is linked to relaxation. Deep breathing triggers your nervous system to relax, specifically your parasympathetic nervous system (aka. your rest and digest system). So while you are doing the poses, really focus on breathing deeply. If you don't have time for the described postures, or are in need of a quick relaxation break, just sit, stand, or even walk, to clear your mind and spend 5 minutes focused on deep belly breathing.

If you have questions about how to add yoga into your fitness routine, talk to your local PSP staff.



HOW TO PRIME YOURSELF FOR A GREAT SLEEP SO YOU CAN MOVE MORE

ParticipACTION

Physical activity does so many things to make us feel good. It boosts mood and energy levels, builds confidence and self-esteem, and even helps us get a good night's sleep!

In fact, a good workout can lead to better shut-eye, and better shut-eye can lead to a good workout. It's a match made in heaven! To help you feel great and have the energy to move during the day, we've pulled together a list of ways to recharge at night.

TIPS FOR HEALTHY SLEEP HYGIENE

1. Go to bed and wake up at the same time every day (including weekends).
2. Avoid caffeine consumption starting in the late afternoon (e.g. coffee, tea, soft drinks, chocolate, etc.).
3. Expose yourself to bright light in the morning - sunlight helps the biological clock to reset itself each day. Consider a natural light/sunrise alarm clock.
4. Make sure your bedroom is conducive to sleep - it should be dark, quiet, comfortable, and cool.
5. Sleep on a comfortable mattress and pillow.
6. Don't go to bed feeling hungry, but also don't eat a heavy meal right before bed.
7. Develop a relaxing routine before bedtime - take a bath, listen to music, read a good book, have a cup of herbal tea.
8. Reserve your bedroom for sleeping only - keep cell phones, computers, and televisions out of your bedroom and try to avoid screens leading up to bedtime.
9. Exercise regularly during the day - the more physical activity you get, the better (and longer) you'll sleep.

*Everyday is a new beginning
take a deep breath
smile and start again.*



TOP 10 REASONS TO SEND YOUR KIDS TO SUMMER CAMP

Catherine Villeneuve and Faith Thomson, PSP Ottawa

Many of us have fond childhood memories of summertime and camping with family and friends. Summer camp combines these experiences, and as you get older, you begin to cherish those carefree summer days at camp more and more. June being Recreation Month, we compiled a list of 10 reasons why parents should consider registering their children for summer camp, and provide them with the opportunity of a lifetime:



- 1. Interpersonal Skills & Communication:** If there is one thing summer camp teaches you, it's how to make new friends and get along with others. Skills acquired at summer camp include social abilities that help children feel more comfortable approaching and interacting with their peers.
- 2. Play & Imagination (Cognitive Development):** Summer camps understand the nature of children. They show kids how to harness their chaotic energy in productive ways by developing physical, cognisant and emotional skills. Summer camp provides equal opportunity to every child to complete a project and find his or her passion. It also allows creative and logic skills to be developed through arts and crafts time and outdoor play.
- 3. Independence & Autonomy:** Summer camp allows children the freedom to gain independence and develop self-confidence. This is demonstrated through a multitude of diverse opportunities provided at camp with its structure, its team-building activities and its skill development. This is especially true with sleepaway camps. Children have to co-exist without the familiarity of their parents and siblings. They have to rely on themselves more than usual to resolve issues and handle new situations that may arise. Which brings us to our next item on the list...

4. Leadership & Problem-solving: Through the structure of daily camp activities, children have opportunities for self-improvement and character building, whether choosing to allow a friend to go first, or to teaching a familiar skill to a new participant. Being faced with these new choices, children are given leadership and growth opportunities. These opportunities are necessary for children to build confidence in their abilities. The opportunity to lead their peers, makes kids feel supported, and when it becomes their peers' turn to lead, they will support them as well.

5. Social & Emotional Development: Summer camp produces children who have confidence in their abilities, and have the opportunity to explore newfound skills, hobbies and relationships. With sleepaway camps, children are fully immersed in an environment without the pressures of outside stress factors. Summer camp also enables a child to come into their own by giving them the necessary skills to build healthy coping mechanisms. Summer camp is a safe environment – both emotionally and physically – where children can build trust in themselves and others.

“Camp gets you active. 24/7. It’s one of the best ways for kids to spend their summer as it blends fun and fitness like nothing else.”

6. Fine & Gross Motor Skills (Through Crafts and Sports Respectively): Children learn how to take instructions and apply their own unique twist on the final product. They learn active listening in order to complete projects effectively, and achieve results that make them happy.

7. Playing Outdoors: The great outdoors have been, and always will be, one of the greatest sources of entertainment and learning for children. Whether learning about the circle of life while looking at bugs crawling through moss and tree trunks, or the difference between leafy and coniferous trees, or having fun building a fort using sticks and stones, or simply running around carefree, playing in the great outdoors provides kids with endless possibilities for fun and learning. And it goes

without saying that it is one of the healthiest forms of play out there. Speaking of physical activity...



8. Physical Activity: Camp gets you active. 24/7. It’s one of the best ways for kids to spend their summer as it blends fun and fitness like nothing else. With outdoor activities that cause children to think on their feet and adapt, they will not even notice that they are working hard outdoors! This is why camps ensure that children bring water bottles with them everywhere. Camps keep children hydrated and help them learn and maintain active lifestyles.

9. Time Away from Screens: This one ties in with physical activity as kids don’t have access to electronics, meaning they are less likely to spend long periods of time sitting and watching a screen. This will enable them to become more attuned to their needs, and less addicted to electronics. Summer camp teaches children to become self-reliant and to enjoy activities other than video games and watching television.

10. Making Memories: Because in the end, that is what summer camp, and life, are all about. Summer camp creates moments you will reminisce about forever, the endless days of summer as an 8 year-old, dirt on your knees, a smile on your face and a heart full of memories.

SUMMER CAMP A 'GIANT LEAP FORWARD'

Summer camp experiences build confidence and resiliency in children, while providing opportunities for recreation and making life-long friends. PSP summer camps are offered on bases nationwide, and provide children 4 to 12 years of age (varies with location) with a variety of sports and recreational activities, as well as the opportunity for crafts, cooking and games.

PSP camps offer parents the convenience of dropping off and picking up children at the same location where they work, or work out. Camps are integrated, and 100% open to children with special needs. Each child is treated on a case by case basis, and staff are added to camps as needed to care for the children registered.

Cynthia Perisco reports being extremely grateful for the support her family received from Support Our Troops to send then 6 ½-year-old Joseph to summer day camp at 5th Canadian Division Support Base (5 CDSB) Gagetown.

Joseph was diagnosed with nonverbal autism at age three, and while he has overcome verbal challenges through in-home interventions, he still struggles with social anxieties that can keep him from engaging with children his own age.



"My initial thought when my husband signed Joseph up for summer camp was 'Oh no! What did you do? There's no way he's going to want to be away from us for that length of time!' So when I went to the Base gym to complete the registration, I mentioned my son has autism and would feel most comfortable if he had a



'go-to' person to turn to if he was feeling shy or scared."

A program leader spoke to Cynthia about the support Tyler Hiscock, the camp's Special Needs Facilitator, could provide and the specialized training he had completed through the HIGH FIVE® program, which helped to put her at ease with the idea of sending her son to camp.

"With Tyler's support, Joseph has experienced a giant leap forward in his confidence and comfort zone," Cynthia says. "His summer camp experience has left him more comfortable interacting with children his own age and older, and less intimidated by other social activities."

"As a mother, I cannot thank this summer program enough for having such comprehensive support available. The hiking, swimming, games, and field trips with Tyler are all Joseph talks about. He is already looking forward to next year's summer camp!"

PSP Recreation is committed to the safety and enjoyment of every child participating in their programs, and is proud to be associated with HIGH FIVE®, Canada's quality standard for children's programs. Camp staff across the country are trained to HIGH FIVE® standards, providing high quality programming to all CAF communities.

For information about a PSP Summer Camp near you, visit www.cafconnection.ca.

In 2017, Community Recreation received \$75,000 from Support Our Troops to support the participation of children with special needs in PSP-lead summer programs.

This funding allowed PSP to increase our abilities to offer support workers, which opened additional sports for children who require one-on-one support and enabled local PSP departments to support 113 children with special needs in 904 weeks of camp.



READY, SET, AIM

Jules Xavier, Shilo Stag, CFB Shilo



The Stegosaurus didn't stand a chance when the archer had the prehistoric animal in his sights.

Pulling back on his compound bow, teenager Naython Fleet took dead aim on the stationary dinosaur with a brain the size of a walnut. The arrow left the bow in a blink of an eye, covering the short distance in what seemed like a split second. He scored a direct hit. It's a good thing the Stegosaurus Naython was aiming at was a 3-D target, and not an actual living dinosaur you might find in a Jurassic Park movie.

Today, Naython and his fellow Shilo Archery Club members host an annual daylong 3-D competition, with archers arriving at the Base's L25 building from across the province to test their mettle against their peers.

"I prefer shooting 3-D targets over actual targets," offered Naython. "You need qualified judges when you are shooting at circle targets. With the 3-D target, you go up and score yourself."

Learning about archery from the club's best archer is like having Robin Hood teach you the basics, minus the green tights. Having dinosaurs to take aim at also added to the learning experience for this neophyte archer, who was more accustomed to firing a .22 rifle on his high school rifle team in the late 70s.

"I feel my concentration for aiming is better when my target is a 3-D animal," he said, demonstrating how to pull the right tension on his bow, before slowly exhaling and letting loose on the arrow.

Besides the dinosaur, there were also deer, elk, mountain sheep, skunk, turkey and bear to fire your arrow at across the vast target area. Some more exotic fare included a crocodile and baboon, which shared floor space with the more common animal targets, and a dinosaur.

Naython is following in his father WO Shawn Fleet, and mother Christine's footsteps when it comes to being part of the Shilo Archery Club, which has an affordable membership and provides equipment if you don't own a bow and arrows.

"We saw an article in the [Base newspaper] Stag that said they were taking kids and wanted to [coach] eight. So why not check it out, so we took Naython to try it," recalled mom.

It was a suggestion that then eight-year old Naython was initially overwhelmed by because he was used to playing organized sports like soccer and T-ball. He hasn't looked back since. From his first time trying the sport, he has come to "love it," and regularly trains on his own at L25. Club members meet in the evening twice a week, with Wednesday and Sunday being target practice sessions run with safety as a prerequisite to stepping to the firing line.

"I'm more into individual sports, so archery is perfect," said Naython. "I make my own decisions when it comes to picking my targets, and where I want to fire my arrow."



Like his mother, he's also taken up coaching, working with even younger archers like he was when he first joined. A rare lefty on the archery target line, Naython has come a long way since he started. He began using a regular bow, but has since switched to using a competitive compound bow. His pullback is 55 pounds of pressure, and the two bows he uses feature sights and stabilizers. They're not cheap, with one costing \$2,000, and the other \$1,200.

Each arrow costs about \$16, so hitting the target is important. Errant arrows bouncing off the L25 cement floor are known to crack, or break.

"There's a huge difference in competition using the compound bow compared to what I started with," he said. "It's easier to use, and my accuracy is much better when I'm shooting. Plus, you needed more strength with the other bow."

The Shilo Archery Club starts in September, with club archers who want to compete in the indoor season starting in January. Taking aim at 3-D targets outdoors commences in April.

With his interest in archery piqued, and enjoying competitions, his parents are away most weekends with their son at tournaments. Success has followed, with a number of top-

three podium finishes. In 2010, Fleet was the Manitoba Peewee Champion. This continued success has led to his inclusion on the provincial team in his age category.

With the summer season just beginning, using his bow outdoors is a more exciting prospect for Fleet, who must also consider weather conditions, like wind, when taking aim during 3-D outdoor competitions. When it comes to archery, he says "practice makes perfect." That's why he likes to fire off 120 arrows in a two-hour session on his own.

He admits he needs to be stronger on the bow, while also honing his technical skills. "My strength is that I know where to aim at 3-D targets," he explained. "My weakness, which I'm working on, is my follow through. I have to keep my arm up for at least three seconds after the release. If not, my arrow goes where it wants to go."

With Naython's tutelage, I enjoyed the experience of being Robin Hood for an afternoon. A few of my arrows found the mark, hitting the stegosaurus that stood motionless about 20 yards away. But after all, as Naython likes to say when it comes to archery, practice makes perfect!



MAJ GREBSTAD: A NURSE NIGHTINGALE WHO CONTINUES TO GIVE

By: Denice Raagas

Major Colleen Grebstad, a primary nurse who served in Afghanistan, is a passionate volunteer with Base Borden's Barracuda Swim Club. For the past year, she has generously used her personal time to promote excellence in kids, both in the pool and in life.

Grebstad began coaching kids aged 6 to 18 years in September 2017. She volunteers with the Barracuda Swim Club, helping kids to improve their swimming stroke and technique. In addition to the physical activity, Grebstad mentors kids by teaching them life skills, enabling them to grow as confident individuals. She takes the time to instill values such as dedication, teamwork, hard work and sportsmanship.

Her reason for volunteering is largely due to her own passion for the sport. As a swimmer, Grebstad understands the vitally important role coaches play in the physical and social development of children. She believes that her work with the Barracuda Swim Club is fulfilling because she is able to guide the childrens' growth and maturation, not just as athletes, but also as individuals who are learning skills that will assist them throughout their lives.

"PSP and [Base Borden] in general offer many wonderful programs in the community. The [Barracuda Swim Club] is one of many, and participating in sport and being on a team, teaches young people important life skills which [are] just as important as being physically active."

TO LEARN MORE ABOUT VOLUNTEER OPPORTUNITIES WITH THE BARRACUDA SWIM CLUB OR TO REGISTER TO BECOME A VOLUNTEER, PLEASE CONTACT THE BORDEN RECREATION COORDINATOR FOR MORE INFORMATION AT 705-424-1200, LOCAL 1373.

FULFILLED - *Professionally and Personally*

Yves Bélanger, *The Servir*, Saint-Jean Garrison



As a military member and mother of a two-year-old, Major Link believes that she usually does well in balancing her work and personal life. She explains that her spouse, a colonel in the Brazilian Army, is very cooperative and that he has always shared in the daily chores. "Some would say that he helps me. I reply that, no, we share equally what needs to be done at home. It's not the same," she says with a smile.

With their military careers, Major Link and her spouse are occasionally forced to spend time apart, but that usually goes very well. For instance, her spouse held the fort at home from January to May this year, while she travelled to the Saint-Jean Garrison in Quebec to learn French. This opportunity was provided through the Military Training and Cooperation Program at the Canadian Forces Language School Detachment Saint-Jean.

Major Link explained that when the opportunity came up, she found it very difficult to consider leaving her family for four months. "But at the same time, it was an opportunity that I could not miss for my work, and my husband knew that."

Fortunately, technology allowed her to talk to her husband and son regularly through Facetime. "I was able to see him grow. We blew each other kisses over the camera."

In late February, her husband and son came to visit her. She admits that it brought her a lot of comfort. "We were able to spend time as a family, and they were able to experience a real winter."

In 1998, then 18 years old, Lislaine Link decided to join her country's armed forces. She wanted to do it a year earlier, but her parents did not agree with her choice. "So I studied law for a year at university. But the next year, I decided to return to my true interests, and start a military career."

As the daughter and sister of military members, Lislaine had a hard time getting her mother to accept her decision. "It's not really surprising, as I am her only daughter and she was worried. However, she understood that my desire was real and very strong and, since then, she has always encouraged me in my professional development."

The Brazilian Armed Forces welcomed a woman into their ranks for the first time in 1982. Today, women represent approximately 10% of military personnel in Brazil.

Major Link admits that, although things have changed, there are still men who find it hard to be led by women. "Women in command positions must be stricter in order to be respected. There is still progress to be made in that regard."

Her meetings with Canadian women in uniform have been very positive. "I am happy to see that, like at home, women are assuming a greater place in the Canadian military."

Focusing on her career and family life does not always leave Major Link much free time, but she nonetheless feels the need to make time for sports. She particularly likes running and weightlifting.

Between 1998 and 2009, she specialized in orienteering and competed in several national and international competitions. In 2003 and 2005, she also came first in Brazil's National Orienteering Championship. "In 2009, I was the first Brazilian woman to compete in that sport at an international CISM [International Military Sports Council] competition."



EVERYDAY HEROES: FIGHTING EBOLA IN SIERRA LEONE

Master Corporal Lisa Ouellette

I hadn't always wanted to be a medic. During my high school graduation party at our house, my father said he wasn't feeling well so he wished me a happy grad party, kissed me good night, and went to bed. After a few hours, my mother went to check on him and found that he wasn't breathing. I watched as my aunt, a nurse, placed him on the ground and started CPR.

We didn't have cell reception at the time, so my mother asked a friend to go farther out and call 911. To save time, we put my father in the back of a van, still doing CPR, and drove to meet up with the ambulance. He was later pronounced dead at the hospital. He had died from a heart attack at age forty-five.

I was devastated. My dad was in the military for twenty years and had inspired me to join as a military police officer, but his death changed me. I called the military and said, "I don't want to join right now. I want to become a paramedic."

I was young and inexperienced when I became a full-time city paramedic in Edmundston, New Brunswick. My dad's death was the biggest trauma I had gone through, and the whole experience tested me, made me a better medic. It made me respond better to the shootings, stabbings, and suicides I encountered on my shifts. And at the end of the day, I was so glad I wasn't

an MP or a cop because I loved caring for people.

After three and a half years as a city paramedic, I had clocked 5,900 hours, but there was always a little thing inside me urging me to follow in my dad's footsteps. I wanted to travel like he did and see different cultures. So in 2006, I applied to join the army again, not as an MP, but as a medic.

I did my basic training just like everyone else, only skipping the paramedic's course because I had already done that. My first posting was to Petawawa with 2 Field Amb (Field Ambulance), and when I first got there, it was December and the regiment was training in Texas to go to Afghanistan as part of ROTO (Rotation) 6. I was eager to deploy myself and met up with my regional sergeant major to ask if I could go too. He told me I didn't have enough training, but being a young private, I was gung-ho. "This is why I joined the military," I said.

He told me I wasn't ready and to wait. In hindsight, I'm grateful that they didn't allow me to go. If they had just been looking for numbers, they could have easily brought me over, but I know I wouldn't have been ready physically or mentally. So, I waited. And trained.

In October 2014, I was in the field doing an exercise with the brigade when my sergeant came to me and asked if I had any reason not to deploy. Did I have any issues with



deploying right away? Was there someone to take care of my dog? At that time, I was long-distance with my girlfriend, now wife, so when I wasn't FaceTiming her, I was focused on staying ready. I said, "No, I'm fit. I'm good to go."

Then he asked me if I was willing to go to Sierra Leone with 2 Field Amb to treat local and international healthcare workers who had been exposed to Ebola. He told me I would be part of the first rotation of Canadians to go. Again, I said yes. This was what I had signed up to do. Within weeks, I was en route to Strensall, U.K., to undergo training with the British army's medical team who had recently come back from Sierra Leone themselves.

And I was terrified. I only knew what I had gleaned from Netflix, and that hadn't left a good impression. I remember seeing so many people dying and thinking, I hope this never comes to Canada. I had done some Googling as well, and knew that Ebola first broke out in the 1970s, but then it had gone away. Now it was back again and the pictures I saw online were horrific. What the hell had I got myself into?

Luckily, a couple of the doctors had already been to Sierra Leone and told us what to expect. In Strensall, they replicated the facility we'd be using in Sierra Leone down to a T, and we spent three weeks learning the layout, washing our hands properly to prevent Ebola contact, and donning our protective suits. By the end, I could suit up with my eyes closed. By December, we were in Freetown, Sierra Leone.

After we landed, we jumped on a bus and started towards our facility in Kerry Town. Along the road, I began seeing signs saying "Ebola is real." And soon enough we were stopped at a checkpoint where the police took our temperatures and had us wash our hands with chlorine before continuing on.

This was the height of the Ebola crisis, and the only way to curb the disease was to teach the people how to avoid infection and to get the affected to clinics. We learned that when someone died, the custom was to clean their body and prepare them for burial within twenty-four hours, or else their soul would not go to their heaven. Unfortunately, Ebola can stay active in the body for up to seven days, so many people were getting infected just by performing these simple burial traditions. It was hard to tell a grieving family not to touch the body of their daughter or son because it was still contagious.

After seven or so more checkpoints, we arrived in Kerry Town. Our facility was exactly like the practice replica in the U.K. On the right side we had eight beds for suspected Ebola patients, those with diarrhea or a rising fever, and on the left, four beds for confirmed, those whose blood tests showed they had Ebola. Once a patient entered confirmed, they couldn't go back to suspected. They were discharged only if they had had two blood tests within forty-eight hours that confirmed they were Ebola-free.

We were quickly divided into four teams of rotating shifts so we could provide around-the-clock care. I was part of team two and paired with Emma, a nurse from Britain. One day we would work from 7 a.m. to 4 p.m., the next 4 p.m. to 11 p.m., the third day 11 p.m. to 7 a.m., then we'd get a day off. But we were never really off. We were grabbing breakfast or sending emails home to our families and going to bed.

Each shift, Emma and I would arrive with the rest of our team and do the handover from team one. We took fifteen minutes to get a rundown of new confirmed cases or recently deceased patients. On the board, there would be updates on each patient's condition, such as "Patient in bed one is a forty-five-year-old nurse. Came in at 7 a.m. Confirmed. Currently on IV." Once we were all updated, we suited up, but not before getting our temperatures taken, which was the protocol for entering both our facility and our personal camp.

Staff used little thermometers and pointed them at our foreheads to get readings off our skin. If we had a temperature of 36 degrees (centigrade), they had to write it down. If we had a fever of 37.5, which isn't really that high, we couldn't enter the facility.

It was hot, close to 45 degrees in Sierra Leone, and we were dressing in our suits with extra layers of plastic over our chests, two masks, two pairs of gloves, and our wellies, for an average of two to three hours per shift. We would weigh ourselves before and after a shift, and some people actually lost up to seven pounds of water weight.

Because we were completely covered, our voices were muffled and the only thing our patients saw were our eyes, so we wrote our names on the plastic sheet on our chests. I wrote "Medic Lisa."

Suiting up took time, and so did moving around the facility. We had to walk slowly with our hands in front of us, our fingers intertwined, to avoid falling or touching anything we didn't need to. There was no rushing. It was the exact opposite of Afghanistan.

We had cameras and iPads set up everywhere to send videos and pictures so that if no one was in the facility, we could still monitor our patients. I had one patient who wanted to get some air outside, but he had a seizure on me. I was in my whole suit, and I couldn't lift him up because if he knocked off my visor, I would go into suspected right away. My team saw it on the camera and got two other medics to suit up and come in and help me carry him back to his bed.

Still, there were always risks, especially at night, when we were tired and the clinic was dark other than the small lamp we turned on in the room. We were dealing with IVs and needles and could easily have been exposed if we were injured with any contaminated medical equipment. We were such a tight group, because we were together for so long, that the thought of one of my friends, let alone myself, being exposed was scary.

As much as we may have wanted to rush to a patient, we couldn't. I accepted that I had to follow the safety regulations 100 percent because I knew that if I got sick, I wouldn't be able to help my patients.

When we arrived in December, it was the busiest time. In one shift, I would make about two trips into the facility either to change IVs, bathe someone, clean or take out garbage, or give medication. My team members would do the same, and we would rotate in and out of the facility, undressing, washing, and redressing. If we had to do three trips, we were busy.

Early on, I met Sewa. He was one of the first people I bonded with in the clinic and he had contracted Ebola. He was young and had almost finished his university courses to become a nurse.

Every second day, I would see him for maybe eight hours, and he kept getting worse and worse. He was already very slender, just bones, and Ebola was wreaking havoc on his body. He went from 120 pounds to 90 pounds. He could barely walk, and the glare of his eyes was red. Every time I saw him, I thought, Okay, this might be the last time. Then he'd pull through, and when I'd see him the next day, I'd think, Okay, today might be it.

We tried to feed him to get his weight back up and we gave him IVs, but his fever kept rising, sometimes up to forty degrees. He was in and out of consciousness. But he would not let go. We knew that most people died within the first forty-eight hours, so the fact that Sewa was holding on for a week was remarkable. Every time we went in, even if it was just to take the garbage out or clean an area, we would stop, take five or ten minutes, and say hi to Sewa. I remember taking the time to wash his face and hold his hand, even though mine were gloved, and he would squeeze my hand back and not let go.

Slowly, he began to make progress. And every time he did, we celebrated. "Sewa's opening his eyes!" "Oh, Sewa ate a little bit!" Every twenty-four hours, we did a blood test to confirm if he had Ebola or not. He knew he needed two good





tests in a row to get discharged.

I came in one day and Sewa wasn't there. I remember asking, What do you mean he's gone? I found out that he had been discharged the shift before me, and while I was so glad he was well, I wish I had been there to see him walk out Ebola-free.

It was our tradition that every time a patient was discharged, they had to do an Ebola dance. Basically, they would walk out of the clinic in their pajamas and see us waiting for them, for the first time without our suits and masks on. I wished I'd gotten to see Sewa's dance.

Sierra Leone was the most satisfying experience. It was so different from Afghanistan, where anyone could get hurt at any time and things would go from zero to a hundred. I know I helped a lot of people in Afghanistan, but Sierra Leone was the highlight of my career. Every day I was sitting down and talking to my patients, helping them, which is why I joined the military in the first place. If I could, I would do that whole mission all over again in a heartbeat.

When we came back to Canada in March 2015, Ottawa was kind of concerned about putting us in quarantine, and they did for three weeks, but at least we were home. Every day someone would call us up and make sure we didn't have temperatures. I remember they didn't want to shake our hands, which we thought was funny, given all the protocols we now knew.

Last year, I got a friend notification from Sewa on Facebook. He was trying to find all the healthcare workers who helped him in Sierra Leone. He didn't remember that I was the girl who washed his face, but he does remember me as being the Canadian medic; he remembers my eyes and the name on my jacket. He's still a nurse now in Sierra Leone.

Over the course of our rotation we took care of almost sixty people a week. We lost around half, but every month the cases were fewer and fewer. By the time the next rotation arrived, we were down to half that, and by June 2015 Sierra Leone was Ebola-free.

But it wasn't us that saved the Sierra Leone people. It was the whole population realizing that Ebola was real and that they were going to stop it. I could never take credit for stopping Ebola there because there were millions of people all over the streets taking action to prevent the further spread of the virus. They were heroes.

Master Corporal Lisa Ouellette joined the military in 2006 and has served in Afghanistan and Sierra Leone. She lives in Dartmouth, Nova Scotia, with her wife and their dog and cat.

**Win a Copy of Everyday Heroes, enter at www.cafconnection.ca/JRM-Books
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2017 CAF IMAGERY CONTEST

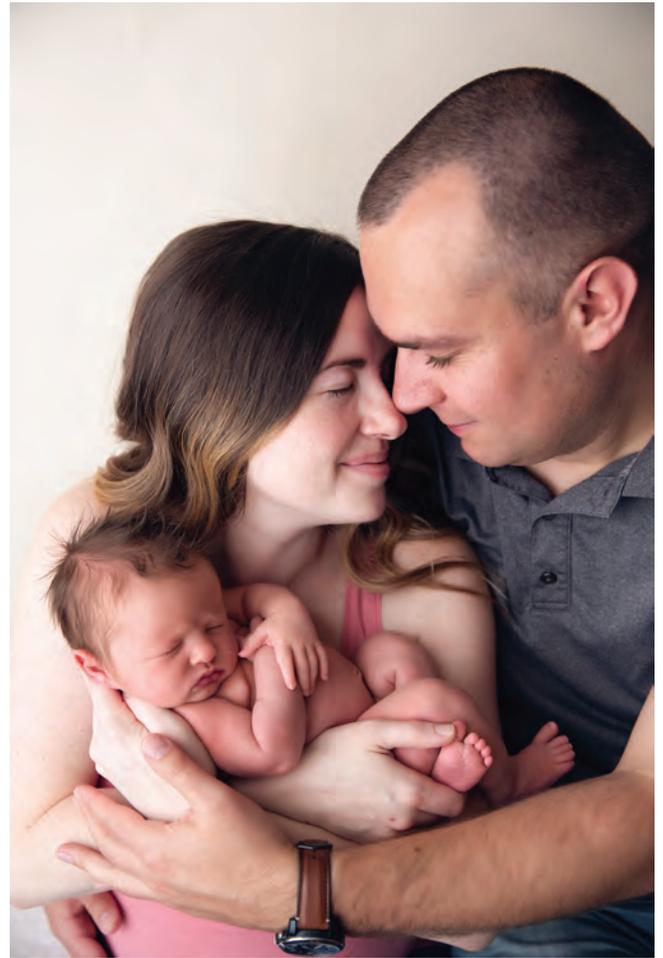


Where in the World is 

GLASGOW, SCOTLAND

PSP Deployment Support and the band Rum Ragged visited HMCS St. John's as part of a show tour on 21 Apr 18.





FINDING THE RIGHT NEWBORN PHOTOGRAPHER

Melissa Gauthier, Senior Graphic Designer/Photographer, CFMWS.

As your due date approaches, you have so many things to think about before welcoming your new baby. One thing to add to that list is a professional newborn photographer to capture those fleeting early moments with your baby. Our little ones grow so fast, so capturing those memories will leave you with keepsakes that you will cherish forever. You will ALWAYS look back at these pictures and remember how small and precious they were, so picking the right newborn photographer is key.

Need help getting started? Here are a few tips:

WHEN TO BOOK A PHOTOGRAPHER:

As soon as you can, it's never too early to secure your photographer of choice. Take your time, and conduct research to find the right photographer for you.

WHEN WILL THE SESSION BE DONE:

Most newborn photographers prefer to do the session when baby is less than 14 days old. After this point, babies become more awake and harder to position into womb like poses. It's best to do the session as early as possible.

RESEARCH + SAFETY:

Today, there are many people offering newborn photography. The best advice is to carefully research photographers and to not settle for cheaper prices - you really get what you pay for in this industry. You'll want to find a professional to work with you and your newborn, someone with ample training and full knowledge of safety best practices. Safety should be the number one priority, you only want the best for your new baby.

ASK QUESTIONS:

Make a list of some questions to ask your newborn photographer to be sure he or she meets your expectations. Some examples to consider asking include:

1. **Do you have an assistant?**
2. **Do you offer digitals and/or prints/albums?**
3. **Do you offer props?**
4. **How long will the session be?**
5. **How can I prepare for the session?**
6. **What safety measures do you take for the session?**
7. **How do you settle a fussy baby?**

STUDIO VS. LIFESTYLE:

While you are undertaking your research, you will probably notice that there are two different styles of newborn photography - studio and lifestyle. Both of these types of sessions are special, it just boils down to your own personal preference.

Studio sessions typically take place in a photographer's studio, with babies being positioned into the natural and sweet poses that they held in the womb. Some photographers like to use props or pose baby in buckets giving your session a creative flair. Lifestyle sessions typically occur in your home, and make use of that comfortable setting and natural light. These sessions are generally more laidback, focusing less on posed positions, and more on candid shots of you and your baby.

GET INTO THE PHOTOS!

The first few weeks of being new parents are exhausting, and you may not feel up to getting in front of the camera, but you will not regret it! Don't miss out on photos of you holding, snuggling and kissing your new baby - these special moments are so important to capture and remember always.



Whats your Style?

LOOKING TO UPDATE YOUR HOME FOR THE SUMMER, TRY SOME OF THESE SUGGESTIONS TO BE ONTREND.



- > Grey is the perfect neutral, but violet, navy and emerald green all key colours for 2018.
- > Say goodbye to your lighter woods, dark furniture, rich fabrics like velvet and metallic finishes and handles are all on trend.
- > Texture is a big thing this season! Furniture has a natural handmade feel with materials such as rattan and wicker the stars of the show.
- > Dine in style with mix and match chairs in complementary styles. A round table is a great option in a small space and provides an intimate setting for conversation.
- > Test your green thumb, there are not only health benefits to houseplants, but style ones too. Use hanging plants for shelves and mantelpieces and some lovely leafy beauties for bare corners and coffee/side tables.
- > Travel always influences interiors trends, with this summer being no exception. Checkout this modern approach to Marrakesh, we have sourced from Homesense, and it's not only stylish but affordable too.

THINGS WE LOVE!

Homesense sells a unique selection of home fashions from around the world, generally sold at prices 20%-60% less than comparable product. We found these things to complete our Moroccan makeover.

Black and Gold
Decorative
Marble Box
\$24.99
Compare at
\$40



Moroccan
Lantern
\$39.99
Compare
at \$50



Mercury
Glass
Two-Tone
Votives
\$4.99
Compare
at \$8



Rose Gold
Enamel
Servers
\$14.99
Compare
at \$20



Metallic
Wire Side
Table
\$149.99
Compare
at \$250



*"Texture is a big thing
this season!"*



THINGS WE LOVE

Decor trends may come and go; but when investing in substantial pieces like a new sofa we recommend classic designs, quality fabrics and neutral colors.

We found this sofa at CANEX that meets our needs and lets us take advantage of the No Interest Credit Plan when it comes to purchasing. Over the years we'll be able to update its look with the trends featured on page 40, or any others that may come out.

Here are a few hints to help:

Try new throw pillows or blankets; play with shapes, sizes and materials.

Update the sofa's environment, switch out the wall art, or exchange your bedroom and living room lamps



Switch up the legs; paint the existing blocks or find new ones that are compatible.

Move locations, try not to make the sofa the focal point.

STAFF PROFILE ►►



NAME:
MARTIN JUNEAU

JOB:
**MANAGER, COMMUNITY
RECREATION**

LOCATION:
CFB VALCARTIER

YEARS WITH PSP:
15

*"It is truly an honour
and a privilege to serve
those serve and their
families!"*

"Being a former military child myself, I understand the important role that recreation plays in the lives of the Canadian Armed Forces (CAF) community. Our participation in recreation programs allowed my brother, sister and I to have a better quality of life during our father's absences due to deployments/exercises/IR. Recreation also provided a sense of community for families living in the same situation as us, and we all gave each other support and friendship during difficult times."

"Every day, I feel indebted to the military community, and remember the difference recreation has made in my life. When I look at our recreation programs, I see the positive impact of the work being done by my team in the lives of military families. I see the fundamental contribution of our services to military families, who we help develop and maintain habits and lifestyles that contribute to good overall health, both physically and mentally. I see the long-term positive effect that has on our CAF community."

June's GIVEAWAYS

Enter at CANEX50.com for your chance to win one of this month's prizes.



GOALZERO Lighthouse Mini

- \$69.99 -

Lantern & USB Power Hub runs for over 500 hours on low - and it'll charge your gear!



BN3TH Boxers

- \$29.99 each -

Seven (7) pairs of the classic, Weekday style boxer brief, which utilizes the renowned MyPackage Technology™.



FITBIT Ionic Charcoal

- \$399.99 -

A timepiece packed with fitness guidance, health insights, music storage, apps & more!



MAZIN Dinette Set

- \$999.95 -

From the stylish Petra Collection, a contemporary round table and four tufted chairs.

Win

Celebrate with us all year long.

Watch for anniversary sales, monthly giveaways, and stay tuned for your chance to win one of our awesome GRAND Prize Packages - Contest coming soon!

S.W.A.T. Boots

- \$200 -

Select your choice pair of any Original S.W.A.T. boots.





Invictus athletes playing wheelchair rugby demonstrate their ability to adapt, overcome, and Soldier On.



Join events and excursions including hikes to such locations as Bruce Trail, Grey County, ON, and Grand Manan, NB.



Soldier On facilitates a range of outings and activities including fly fishing on rivers across Canada.



VISIT SOLDIERON.CA



WOULD YOU LIKE TO WIN A COPY OF RACHAEL'S BOOK "EVERYONE IS ITALIAN ON SUNDAY" **ENTER @** WWW.CAFCONNECTION.CA/JRM-BOOKS

DINING AL FRESCO WITH RACHAEL RAY

Rachael Ray has created thousands of recipes over her culinary career, and she continues to dream up new ones every day! In this edition of PLAY she shows us how to create the perfect summer meal to be enjoyed outside.



FLANK STEAK TAGLIATA WITH BURST TOMATO PIZZAIOLA

Serves 4- 6

“Pizzaiola sauce is usually spooned over a strip, rib-eye, or sirloin steak. I prefer this lighter fresh tomato version of the sauce spooned over very thin slices (tagliata means “sliced”) of flank steak. I serve it with a Spicy Baby Greens Salad with Shaved Pecorino on the side.” Rachel explains. “My husband also likes this dish with a small side of spaghetti or linguine. So if you’re like him, then cook some spaghetti and toss it with a little butter, some of the burst tomato sauce, and some grated pecorino or Parm.”

Ingredients

3 or 4 sprigs fresh rosemary
6 cloves garlic: 2 smashed, 4 sliced
2 pounds flank steak
2 tablespoons olive oil, plus more for drizzling
Kosher salt and cracked black pepper
1 teaspoon fennel seeds
2 pints cherry or grape tomatoes
1 tablespoon finely chopped fresh oregano, or 1 teaspoon dried
1 teaspoon crushed red pepper flakes
1 tablespoon aged balsamic vinegar
1/2 cup fresh flat-leaf parsley tops, chopped

How To

1. Place the rosemary and smashed garlic on the steak and wrap in butcher paper or plastic wrap. Refrigerate overnight.
2. Bring the meat to room temperature. Discard the rosemary and garlic. Drizzle the steak with oil and season liberally with salt and cracked black pepper.
3. Heat a grill to high heat, or heat a grill pan or cast-iron skillet over high heat.
4. In a large skillet with a lid, heat the oil (2 turns of the pan) over medium-high heat. Add the fennel seeds and sliced garlic and stir for 15 to 30 seconds. Add the tomatoes, oregano, red pepper flakes, salt, and black pepper.
5. Cover and cook, shaking the pan frequently without removing the lid, until all the tomatoes have burst, 15 to 20 minutes. Stir in the vinegar and parsley.
6. Grill the meat for 12 minutes for medium-rare, 2 minutes less for rare, and 3 to 5 minutes longer for medium-well. Let rest for 10 to 15 minutes. Thinly slice the meat against the grain.
7. Arrange the sliced steak on dinner plates and top with a generous amount of pizzaiola sauce.

SPICY BABY GREENS SALAD WITH SHAVED PECORINO

Dress 6 to 8 cups baby kale and or arugula with the juice of 1 lemon, salt to taste, and EVOO to lightly coat. Shave young to mid-aged pecorino, pepato (pecorino with black pepper), or pecorino with red pepper flakes with a vegetable peeler. Add to the salad and toss.



Al Fresco Made Easy!

- Think about mood lighting, add strings of lights and candles or torches to create a fun atmosphere.
- For simple cleanup, designate a bin for dirty dishes.
- Ask guests to wear all white, or a fun hat.
- Serve buffet style and pre-wrap cutlery in linen napkins for guests
- Signs add a great touch to list the event menu, or the ingredients in a signature cocktail. Try using chalk boards for that café look and feel.
- Put paper slips of questions in a fish bowl in the centre of the table, guests can draw a slip and share a story about a favorite vacation, or childhood memory.
- If you're making the main, don't be shy about serving a store-bought dessert or asking a friend to bring another course.
- Ask everyone to leave their smartphones inside.

FROM THE MESSES: A SUMMER TWIST ON THE CLASSIC MARGARITA

Perfect to serve on the patio with friends,
or drop by the
Mess during TGIT and enjoy!

1 part white tequila
1/2 part Triple Sec
1/2 part pomegranate juice
Squeeze of lime juice

Instructions: Pour all ingredients into shaker with ice. Rub the rim of a stem glass with rind of lemon or lime, spin in salt—pour, sip, and enjoy!

Responsible hosting can help keep you and your guests safe.

- Limit how much you drink so you can stay in control of the party.
- Before the party, ask a friend or family member to help you if problems arise during the event.
- Provide guests with plenty of alcohol-free drinks like water, coffee, tea, pop, fruit punch, and juice.
- Mix and serve drinks yourself or appoint someone responsible as bartender. People tend to drink more when they serve themselves.
- Serve food, but avoid salty and greasy snacks because they'll make your guests thirstier.
- Stop serving alcohol at least an hour before the party ends.
- Don't rely on coffee to sober up guests. It only makes them more alert, not sober.
- Encourage guests to use designated drivers, leave their cars at home, take taxis or public transport, or walk. Keep cash and taxi numbers handy.
- Be prepared for overnight guests by having blankets, sleeping bags, and pillows on hand.
- Never serve alcohol to minors.





FAMILY INFORMATION LINE VIRTUAL COUNSELLING ANY TIME FOR ANY REASON

The Family Information Line (FIL), managed by Military Family Services (MFS), is a confidential, personal and bilingual service offering information, support, referrals, reassurance and crisis management to all Canadian Armed Forces (CAF) members, Veterans and their families. Whether you are located within Canada, in the U.S., in Europe, or elsewhere, FIL serves you wherever you are.

In January 2018, FIL launched a new Virtual Counselling service, which offers families the ability to book confidential sessions, via telephone or video. The team at the FIL offers emotional support tailored to your needs. Some families call our team when they feel stuck in a particular challenge, or are searching for ways to address a specific issue, or are experiencing difficulties in coping and adapting to a new experience.

WHAT IS IT?

Similar to the 1-800-866-4546 FIL phone line, the Virtual Counsellor will provide emotional support to a family member who calls. The difference is that Virtual Counselling can use phone or video for the sessions, and a family member can book a series of confidential sessions at specific times, between 7a.m. and 11p.m. ET, with the same counsellor.

FIL's virtual emotional support gives families an additional option to access services made available to the military family community. This new service will range from about 1-8 sessions, as assessed by family needs and the Virtual Counsellor.

WHY USE IT?

Emotional support is a non-clinical service that may include crisis intervention or some other form of supportive intervention and follow-up. Depending on your needs, the counsellor will

work with you to develop a support plan and guide you through next steps. This might take the form of referrals, information, emotional support and/or problem solving.

Virtual counselling provides families with another option in accessing the current programs and services available to them. This is particularly important for those families who cannot easily access their local Military Family Resource Centre and/or those families who may require mental health services outside of regular business hours. The FIL Virtual Counsellor service has been developed to mitigate these challenges to ensure that families have access to personalized support and psychological services when needed. The ability to book multiple sessions with the same counsellor allows for personalized and tailored support to help address the unique needs of each family. The service is also a complement to current services provided by MFRCs, and the 24/7 1-800-866-4546 FIL, offering an additional option for families to access mental health services.

HOW TO ACCESS IT?

Connect with Family Information Line by phone at 1-800-866-4546 (North America) and 00-800-771-17722 (International) or by email at FIL@CAFConnection.ca and ask to speak with a Virtual Counsellor. The Counsellor will book an appointment for you between 7 a.m. and 11 p.m. by phone or video, as you prefer.

ANY TIME FOR ANY REASON, connect with the Family Information Line, we're here for you when you need us.

TIPS TO BALANCE YOUR BUDGET!

Nathalie Pomerleau, Financial Counsellor, SISIP Financial, Valcartier



Feeling sluggish, low on energy after the long winter months? Perhaps that is also how you feel about your finances? But, just like getting back in physical shape starts by “getting off the couch”, there are also some easy practises you can adopt to jumpstart your money management skills, and they all start with a budget!

A budget should be detailed enough for you to compare spending vs. income. The SISIP Financial Budget Worksheet, available on the website at (<https://www.sisip.com/en/Advice/Budgeting>), was specifically created for the unique needs of CAF members. To further help you, here are ten tips to curb your spending and balance your budget.

- 1) Make and bring your lunch every day.
- 2) Avoid driving when possible and keep an eye on gas price trends (this way you can fill up before prices rise).
- 3) Use online or flyer coupons, check weekly deals and plan your menu accordingly. Buy in bulk products that you consume often.
- 4) If you enjoy going out but do not want to spend money, there are a lot of free activities advertised in newspapers and on social media.
- 5) Only withdraw from your account the sum of money allocated in your budget and pay cash.
- 6) Leave your credit card at home when you go out to avoid the temptation of spending more than planned.
- 7) Only use your credit card when you have the money in your bank account and can pay it back immediately.
- 8) Avoid constantly buying new. Classifieds ads offer an endless number of products in excellent condition for a fraction of the price.
- 9) Consider repairing before buying new (washers, dryers, and so on).
- 10) Avoid restaurants, or if you do eat out assess your budget and set aside an amount for that outing.

Nobody is immune to financial hardships. If they do arise, do not give up. Easier said than done you say? Or, is it simply a question of cleaning up your personal finances a bit so you can start again, on the right foot this time?





MICKEY'S GUIDE TO DISNEY

Ryan Cane PSP, Ottawa

FOR MILITARY FAMILIES

Since guests first strolled down Main Street, U.S.A., Walt Disney World has played an important role in many childhood and family memories. With a rich heritage of storytelling, Disney Parks combine creativity, innovation and technology to immerse guests in classic Disney tales and new kinds of family entertainment.

Today, hundreds of millions of guests from around the globe visit this magical place to enjoy a Disney vacation. Whether you're headed to Disney as a part of your third location home leave travel, or family summer road trip, Mickey Mouse has a few tips for military families to help you laugh, play and learn together.

RENT A STROLLER

Even if your kids are past the stroller age, plan to rent a stroller (or double stroller) near the Main Entrances to the Disney theme parks. We recommend pre-purchasing online to save a few dollars, rather than renting directly at the park. When your little ones eventually hit the snooze button, you can stroll around and enjoy a leisurely lunch while the kids stroller-nap. Don't forget to make a family name sign or bring a unique object to easily identify yours in the queue of hundreds.

There is no added cost for children under 3 staying with you at Disney Resort Hotels. They also don't need theme park admission tickets, and can share with an adult when dining at Walt Disney World Resort restaurants.

VISIT THE BABY CARE CENTER

Need sunscreen, diapers or other family essentials? Visit a Baby Care Center! It's the perfect stop for those with infants, toddlers and preschoolers in need of a place to rest, relax or snack in any of our 4 theme parks—each one with a private room for nursing mothers and a waiting room for the rest of the family. And best of all, these services are complimentary.

USE THE RIDER SWITCH

With Rider Switch, one adult can wait with the non-rider (or riders) while the rest of the party enjoys the attraction. When the other adult returns, they can supervise the non-riding guests, and the waiting adult can board the attraction without having to wait in the regular line again!



FastPass+ allows you to bypass long lines by visiting a ride or attraction during a designated window of time. Any time you can avoid combining children and a long line, you should! And best of all, it's free with park admission.

Before you arrive, for each day of valid theme park admission, you can make up to 3 FastPass+ selections for a single park per day (depending on availability). Once you redeem your initial set of FastPass+ selections (or the last arrival window has passed), you can make another FastPass+ selection for the same day at an in-park kiosk or using your mobile device, up to park closing.

For a greater range of choices, we recommend you make FastPass+ selections early (30 days in advance with park ticket purchase or 60 if you're staying at the resort). The best time to use FastPass+ is between 11 AM and 2 PM when it's the hottest time of day, and when the park is most crowded. But if you prefer to be spontaneous, all attractions and Character Greetings provide standby entrances so you're free to decide as you go.



EXTRA MAGIC HOURS!

The Extra Magic Hours benefit allows registered Disney Hotel and Resort guests (with valid theme park admission) to experience select attractions at the theme parks before or after the parks are open to the general public. Times and availability varies.

HOME LEAVE TRAVEL ASSISTANCE (HLTA) TIPS

The intent of HLTA is to assist a member who is deployed or assigned to a place of duty outside Canada to reunite with their loved ones.

Consider the following when planning a HLTA with your deployed spouse:

- Plans change, it's not uncommon for the needs of the service or the unit's mission to override leave plans. HLTA might be cancelled unexpectedly or delayed for an unknown period of time.
- Ask the deployed member to discuss your travel plans with the Orderly Room prior to booking to avoid out-of-pocket expenses, as well as the allocated amounts for their post and the policy travel limitations.
- Only the expenses for the Immediate NOK are claimable. For example, spouses not children if traveling as a family.
- Travel must be direct from post to/from intended destination.
- Consider SISIP Travel Insurance to protect against trip cancellation or lost baggage, but note that this is not a claimable expense.
- Remember to keep all boarding passes and receipts for claims.
- Don't over-schedule yourselves. Most CAF members appreciate just being on vacation, and spending time with family.

USE THE APP (MY DISNEY EXPERIENCE)



Download My Disney Experience—a time-saving, private-planning app—to your mobile device now! It will allow you to schedule or change FastPass+ selections, find out wait times on your favorite rides, preview café menus and view your Disney PhotoPass photos immediately!

PLAN AHEAD

You can make Advance Dining Reservations to Walt Disney World restaurants up to 180 days before your trip. Take advantage of this, because popular restaurants like Le Cellier, Cinderella's Royal Table, Be Our Guest Restaurant, and Chef Mickey's book up months in advance. If you are looking to save a few dollars, plan Character Dining at breakfast and lunch, it can save you up to 35%.

Make dining reservations at more unusual times (early or late lunch for example). You'll be able to eat without waiting (if you have a reservation), and you can ride attractions while everyone else is waiting in long dining lines.

WEAR MAGICBANDS AND BUTTONS

Kids love wearing their special bracelets—a.k.a. MagicBand—that, with a simple touch, can let them in at a FastPass+ entrance or unlock their Disney Resort Hotel room door. And parents love using their MagicBands to charge restaurant and shopping purchases to that same room!

Whether you're celebrating a birthday or another special occasion, you can ask for a free Celebration Button from cast members at your Resort Hotel or Guest Services in the theme parks, and you'll receive good wishes and pixie dust from fellow guests and cast members when you wear it.



CHARGE DEVICES ON THE GO

We're all dependent on our mobile phones these days, but if your mobile device dies in the middle of the day—as they are likely to do—no problem! You can always purchase a portable phone charging system at kiosks located throughout Walt Disney World Resort.

FUEL UP WITH MICKEY

Here's a Disney secret that should be shared: Disney Parks have healthy, balanced meals for kids—and grown-ups too! Look for the "Mickey Check" on the menus and you will find a meal with healthy fruits and veggies, and some nice protein to keep your family going!

LEAVE THE PHOTOS TO THE PROFESSIONALS

Memory Maker gives you instant access to all Disney PhotoPass photos taken of you throughout the parks. Shots are then linked to your My Disney Experience account and made available for download. So relax and let our photographers capture many of your magical moments!



STAY AT A DISNEY RESORT HOTEL



The magic never ends when you stay at a Disney Resort Hotel—and there's so much to do: Disney Junior-themed parties, poolside movies, campfires and s'mores, plus the ease of using complimentary transportation between the theme parks and your Disney Resort Hotel! It's also a great way to save money, spend one day just hanging out at your hotel or taking advantage of the free activities.

WIRELESS INTERNET ACCESS (WI-FI)

Take advantage of convenient Internet access throughout Walt Disney World Resort theme parks and hotels. Whether dining at Walt Disney World Resort or spending a magical day at the theme parks, be sure to make the most of complimentary wireless high-speed internet access (Wi-Fi) in the majority of public spaces.

WHEN IT'S WET

Whether you're learning to draw at the Disney Animation Building in Disney California Adventure park or exploring a galaxy far, far away at Star Wars Launch Bay in Disneyland park, there are many indoor attractions that will keep the fun going while keeping you dry. Rainy days can mean more opportunities to ride your favorite attractions with fewer park visitors. Note: ponchos sold in the park can start at a \$15, plan ahead and pack one from your local dollar store.

BON APPÉTIT

Savour the chance to experience an unforgettable stay in the middle of the magic! Enjoy a FREE dining plan when you purchase a non-discounted 5-night/6-day Magic Your Way package that includes a room at a select Disney Resort hotel and a ticket with a Park Hopper® Option. Book through July 7, 2018 for arrivals most nights, August 2 through September 29, November 24 through November 27 and December 7 through December 23, 2018.

Ryan Cane is the Senior Manager Recreation Programs, a graduate of the Disney Institute and big Mickey Fan





**TO LEARN MORE ABOUT
PLANNING A WALT DISNEY
WORLD VACATION, SEE YOUR
LOCAL TRAVEL AGENT,
VISIT WWW.DISNEYWORLD.COM**

WAYS FOR MILITARY FAMILIES TO SAVE IN ORLANDO*

*ID and COne Card Required

ACCOMMODATIONS

ARMED FORCES VACATION CLUB (Weeklong stays for as low as \$349 USD per week)
HAWTHORN SUITES BY WYNDHAM (20% discount)
SUBURBAN EXTENDED STAY (20% discount)
RAMADA WORLDWIDE (20% discount)
DAYS INN (20% discount)
QUALITY INN (20% discount)

ATTRACTIONS

UNIVERSAL ORLANDO RESORT (Discounted tickets)
RIPLEY'S BELIEVE IT OR NOT! (Special rates on admission)
BUSCH GARDENS TAMPA BAY (Discounts available online)
ADVENTURE ISLAND (Discounts available online)
SEAWORLD ORLANDO (Discounts available online)
DISCOVERY COVE (Discounts available online)
AQUATICA (Discounts available online)
VISIT ORLANDO (Discounts available)

DINING

HARD ROCK CAFE INTERNATIONAL (15% discount)
TREASURE TAVERN (Special rates on tickets)
PIRATE'S DINNER ADVENTURE (Special rates on tickets)
KIDS EAT FREE CARD (20% off)

ENTERTAINMENT

CIRQUE MAGIC (Special rates on tickets)
MIEVEAL TIMES (Exclusive pricing on show tickets - up to 30%)

TRAVEL

BUDGET (25% discount off Budget base rates)
SUNWING VACATIONS INC. (Special pricing / discounted rates)
WESTJET (Currently serving and Veterans of the CAF receive up to four pieces of FREE checked luggage)
AIR CANADA (Currently serving and Veterans of the CAF receive up to three pieces of checked baggage, each weighing up to 32 kg (70 lb).
ORLANDO EXPLORER CARD (Save up to 40% off retail prices on admission to attractions and tours)

SHOPS AND SERVICES

VELOFIX (10% discount off labour - first service)
LAKE BUENA VISTA FACTORY STORES (Free mall coupon book valued at over \$400 in savings)

SPOT THE DIFFERENCE!
It's a day at the beach for a military family in Comox.
Can you find the 10 differences between the images?





STYLE YOUR LOOK

Summer is here, time to add something fresh to your wardrobe! From bold and beautiful florals, to patterns that pop, this season's must-have trends are perfect for refreshing your closet.

THE FLORAL PRINT

Whether a big, bold bloom or a micro-floral, make sure you hand pick a blouse in your favorite floral print. Special details or luxe touches—like mini ruffles or a silky finish make your look feel one of a kind.

EMBROIDERED DETAILS

Embroidery makes any outfit feel extra special, with its fine detail that lends keepsake cool to your closet – at a price point that won't break your budget. Balance these beautiful pieces with distressed denim, statement earrings and an oversized metallic tote.

PIECES TO CHECK OUT

What should you check out this summer? Updated gingham prints check all the right boxes with a fresh, feminine feel that lends graphic appeal. We're especially loving easy, off-the-shoulder styles worn with denim and a classic heel.

THE LINE UP

Athletic influences and leisure silhouettes are back and it's obvious why: so comfy and so chic. Wear your lines fine or bold or both. Anchor the look with an oversized tote and fashion sneakers.

DAZE FOR POLKA DOTS

Pretty and preppy, graphic and gamine, the polka dot is all about complementary contrast. It's a print that always looks fresh and you'll wear season after season (and with the incredible savings, you can afford to stock up). Wear polka dots your way, whether big and bold, or sweet and subdued. We love the ease of a pretty dress. Rock it with a collection of layered necklaces, or a sheer sock and metallic sandal combo.

THE BLUSH EDIT

Make yourself blush by dressing in the prettiest shade of the season. Wear this versatile shade with any colour or print, think of it as another neutral in your closet. This season, consider updating your accessory line up with pieces that can be paired with nearly any look. For a bit of extra pop, look for accessories that offer texture, a contrast finish like metallic or jewelry that shines.

**DADS, SONS,
HUSBANDS,
AND BROTHERS
LISTEN UP; THERE
IS NO EXCUSE
FOR SOCKS AND
SANDALS!**

INSTEAD TRY...

Big, bold blooms and other punchy printed shirts are a staple this spring. Pair yours with a tapered pant (light washes or rolled or cropped denim look especially dapper) and simple black leather accessories.

Graphic tees paired with slim tapered joggers will add some bold to your basics. Pick a style that shows off your personality. Up your spring footwear game with a sleeker sneaker or slip on.

Stock up on stripes of every stripe: horizontal, vertical, thick and thin. For a fresh take on this classic style, wear your fine lines with a pair of slim fit chinos. Finish the look with tonal accessories, like suede chukkas and a leather travel bag.



FAB FINDS

We found these FAB FINDS for less at our local store.



Sheer Floral Top
\$19.99
Compare at \$35



Blush Heeled Sandal
\$39.99
Compare at \$55



Gingham Print Trousers
\$24.99
Compare at \$38



Top Handle Embroidered Bag
\$129.99
Compare at \$160

Metallic Mesh Espadrille Shoe
\$129.99
Compare at \$200





WINNERS also helped us give military member Major Tina Verbenkov a well-deserved summer makeover. Now posted to Ottawa, both her and her Navy husband will be home more, and they look forward to spending a lot more time together. This summer look will be perfect for sophisticated evenings together dining out in the Byward Market.

Photographer: Melissa Gauthier
Hair and Make Up: Anthonia Bejide
Stylist: Ryan Cane



FORMER SEA CADET MAKES HER MARK AT WINTER OLYMPICS



Peter Mallett, The Lookout, CFB Esquimalt

Emma Lunder, a former Sea Cadet, represented Canada in biathlon at the 2018 Olympic Winter Games in South Korea. Fourteen years of training were validated when she marched with the Canadian delegation at the opening ceremony at Olympic Stadium in Pyeongchang. Looking back, she describes her experience at the Olympics as hitting a career bullseye.

“It was absolutely incredible to walk into the stadium in a sea of red and white, surrounded by hundreds of Canadian athletes,” said Lunder. “There were so many bright lights and flashbulbs flashing everywhere, and I think it finally hit me at that moment that I was going to be racing for Canada at the absolute highest level.”

The 26-year-old, who also competes on the World Cup Biathlon circuit, says her Olympic dream was sparked after joining the Royal Canadian Sea Cadets Corps (RCSCC) in 2004. The sport is a major part of the army, sea and air cadet program with yearly regional, provincial and national competitions. It tests a person’s physical endurance through the long distance skiing portion, followed by the mental toughness that is required to shoot at a target more than 50 metres away with .22 calibre long rifle.

Lunder says the sport is a perfect fit for her because of the intense physical and mental challenges. “Imagine sprinting up and down several flights of stairs before stopping abruptly and trying to thread a needle,” she said of the biathlon experience. “The accuracy needed to hit a toonie-sized target 50 metres away is not an easy task; the key is to train your body to settle down and your mind to focus right after skiing.”

STAYING ON TARGET

Canada's Olympic biathlon team employs sports psychologists to help centre the athletes. Lunder focuses on key words while shooting. "An example would be saying the word 'trigger' in my mind, so that during shooting my thoughts aren't wondering off, or if I start to hear the hits and misses of other competitors around me," she explains. "Instead, I'm very focused on making sure I have a gentle trigger squeeze and follow through on all five of my shots."

Although she failed to reach the podium in Pyeongchang, she played an important role in Canada achieving a 10th Place finish in the Women's 4 x 6km Relay. "Racing at the Olympics was amazing. The relay is a special race because it gives you a true sense that you are part of something bigger, and you and your teammates are racing for one another," she said.

"On my last lap all I could think about was skiing as fast as I could to gain a few extra seconds for the next competitor, and achieving that was definitely a career highlight for me."

Extreme winter weather conditions forced the postponement of several skiing events. Conditions improved, but only slightly for the relay race; Lunder and the other competitors were greeted by strong winds, snow and bitterly cold conditions.

As an individual Olympic competitor, she competed in the Women's 15km Individual and 7.5km Sprint where she finished 54th in a field of 87 entrants in both races, and 53rd in the Women's 10km pursuit in a field of 63.

"I was disappointed with my individual Olympic races and it was really hard for me to deal with. I couldn't fight like I wanted at the most prestigious race weekend of my life," she said. "I did however, leave everything I had on the race course and my shooting was decent, so I am happy about giving my all for the entire two weeks."

Despite the disappointment of not reaching the Olympic podium, she had several strong performances after Pyeongchang. On March 10th, 2018 at a World Cup race in Kontiolahti, Finland, she finished in 43rd Place in the Women's 7.5km Sprint Race out of a field of 96 competitors. Then in her season finale at the Canadian National Biathlon Championships in Charlo, N.B., March 20 to 25th, she captured two silver medals and a bronze.

"When I started doing biathlon through cadets, I had absolutely no idea I would get to where I am today," said Lunder. "The advice I have for others is, take whatever opportunities you can and go with them for as long as you can, because you never know what might end up happening."

2018 WINTER OLYMPICS BIATHLON EVENTS WERE HELD AT THE ALPENSIA BIATHLON CENTRE IN DAEGWALLYEONG-MYEON, SOUTH KOREA.

EMMA LUNDER OF CANADA'S BIATHLON TEAM PLACEMENT:

- Women's 15km Individual, Finished 54th (out of 87 entries) 46:56.6
- Women's 7.5km Sprint, 54th (87 entries) 23:30.4;
- Women's 10km Pursuit, 53rd (63 entries) 36:52.1;
- Women's 4x6km Relay, Canada, 10th (18 entries) 1:13:36.8

BIATHLON BASICS:

Derived from the Greek word for "two contests," biathlon combines skiing and shooting, and draws on traditional Scandinavian backcountry hunting practices. As an athletic pursuit, the first biathlons took place in the 18th Century as part of a military competition between Norway and Sweden. A version of the biathlon called Ski Patrol was introduced as an event at the Winter Olympics 1924 before the arrival of the present-day competition at the 1960 Games. With guns strapped to their backs, competitors ski a predetermined distance before stopping to shoot at targets in one of two positions, lying down or standing upright.



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