



ON THE MOVE

A GUIDE TO RELOCATING - 2021



EN DÉPLACEMENT

UN GUIDE POUR LA RELOCALISATION



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ON THE MOVE



A GUIDE TO RELOCATING



Within this Guide, you will find helpful tips to make your moving and buying experience a positive one.

Educating yourself every step of the way will ease your stress, and make posting in and out trouble-free.

Dozens of businesses in this guide are set to help you with your move. Support the businesses that support military families. Discover what they can do for you!

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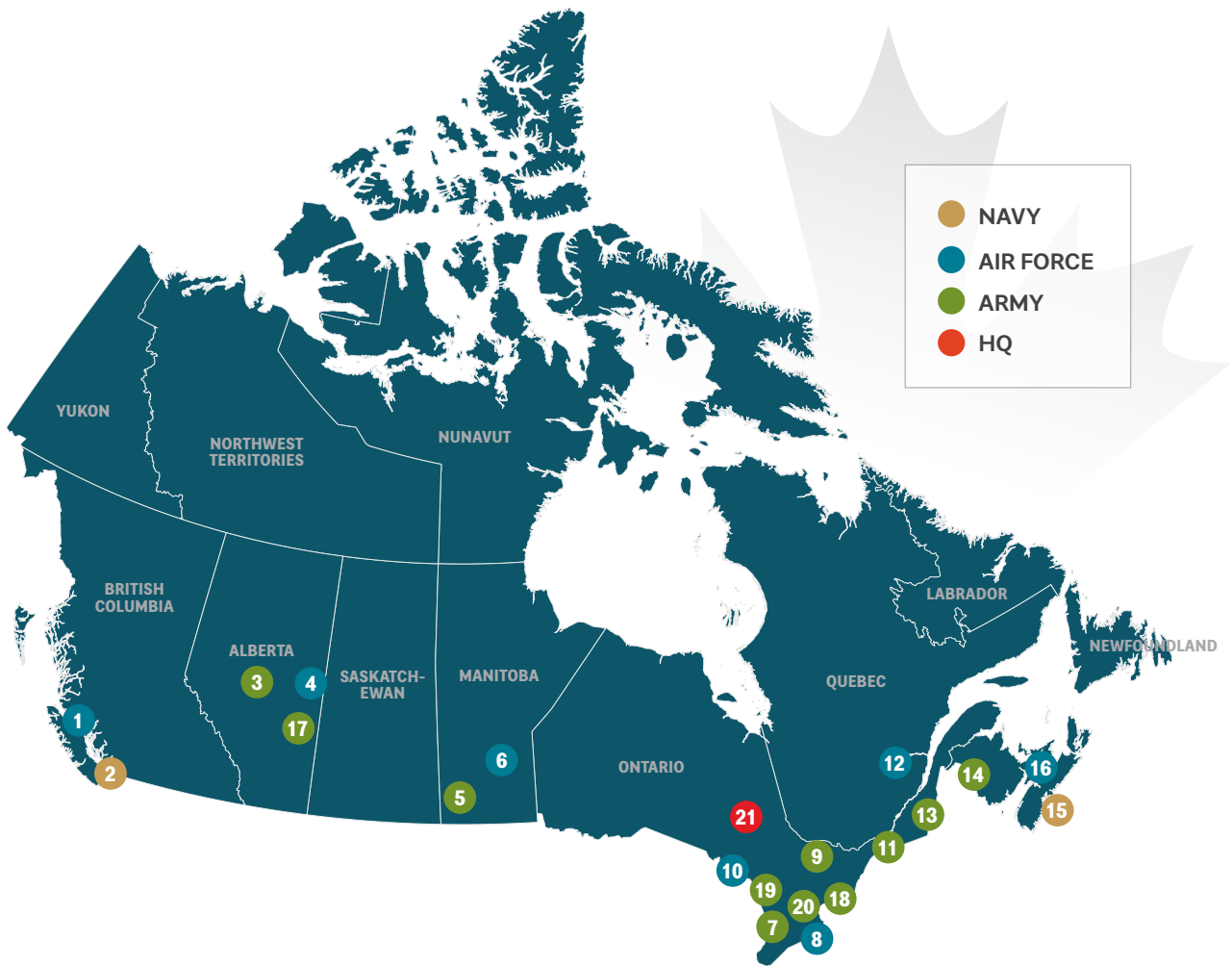
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FIND YOUR BASE



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DEFENCE HQ

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www.couriernews.ca

LOOKOUT

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www.lookoutnewspaper.com

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22 Wing North Bay, ON
www.cafconnection.ca/North-Bay/In-My-Community/Newspaper.aspx

PETAWAWA POST

Garrison Petawawa, ON
www.petawawapostlive.ca

DAILY GLEANER

CFB Gagetown & Canada
<https://tj.news/dailygleaner>

SERVIR

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THE SHILO STAG

CFB Shilo, MB
<https://www.cafconnection.ca/Shilo/In-My-Community/Shilo-Stag-Newspaper.aspx>

TOTEM TIMES

19 Wing Comox, BC
www.cafconnection.ca/Comox/In-My-Community/Newspaper-Totem-Times.aspx

TRIDENT

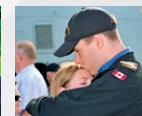
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LE VORTEX DE BAGOTVILLE

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THE VOXAIR

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www.thevoxair.ca



CFB/BFC ESQUIMALT

ABOUT VICTORIA

Victoria is located on the southern tip of Vancouver Island, and is the largest of British Columbia's 6,500 islands. It is known for its temperate climate, natural beauty, recreational sites, and university and colleges.

The city was first settled by Europeans in the 1840s, and incorporated in 1862. As the capital city of B.C., it is home to the provincial legislature and many government offices.

From 1843 to present, Victoria has been a naval city and today it is the home of the Royal Canadian Navy's Pacific Fleet. CFB Esquimalt employs approximately 4,000 military members and 2,000 civilians and is home to Maritime Forces Pacific and Joint Task Force Pacific. CFB Esquimalt contributes over \$500 million to the economy through their payroll, supplies, services and construction. It is also the third largest employer in the area.

CFB Esquimalt is close to numerous golf courses that are open year-round, and is also only a few hours from world-class skiing and snowboarding (Mt. Washington and Whistler), as well as great surfing (Tofino) and is only minutes from rock-climbing (Fleming Beach).

The current population of the Greater Victoria Area is about 350,000. The core municipalities are the City of Victoria, Saanich and Oak Bay, followed by the Western Communities (Colwood, Langford, View Royal, Highlands, Metchosin, and Sooke), and the Saanich Peninsula (Central and North Saanich and Sidney).

Greater Victoria is the southernmost urban area in Western Canada; it is located south of the 49th parallel.



SUR VICTORIA

Victoria est située à l'extrémité sud de l'île de Vancouver, la plus grande des 6 500 îles que compte la Colombie-Britannique. Elle est connue pour son climat tempéré, la beauté de sa nature, ses lieux de loisirs et ses universités et collèges.

Des Européens s'y sont d'abord établis dans les années 1840, et la municipalité a été constituée en 1862. En tant que capitale de la Colombie-Britannique, Victoria abrite les édifices de l'Assemblée législative provinciale et de nombreux bureaux de l'administration.

Depuis 1843, Victoria est une ville navale. Elle est maintenant le port d'attache de la Flotte du Pacifique de la Marine royale canadienne. La BFC Esquimalt emploie quelque 4 000 militaires et 2 000 civils, et est le siège des Forces maritimes du Pacifique et de la Force opérationnelle interarmées (Pacifique). Elle injecte plus de 500 millions de dollars dans l'économie locale en salaires, en fournitures, en services et en construction. La base est également le troisième employeur de la région.

La BFC Esquimalt se trouve à proximité de nombreux terrains de golf ouverts toute l'année. Elle est à quelques heures de route de stations de ski et de planche à neige de calibre mondial (mont Washington et Whistler). On peut pratiquer le surf à Tofino, et la base se trouve à quelques minutes d'un site d'escalade (Fleming Beach).

L'agglomération de Victoria compte aujourd'hui plus de 350 000 habitants. Ses principales municipalités sont la Ville de Victoria, Saanich et Oak Bay; les communautés de l'Ouest (Colwood, Langford, View Royal, Highlands, Metchosin et Sooke); la péninsule de Saanich (Saanich Centre et nord, et Sidney).

Le Grand Victoria est la région urbaine de l'Ouest du Canada située la plus au sud, soit en dessous du 49e parallèle.



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You'll have confidence in knowing that Jane brings integrity, honesty and due diligence to every transaction, whether buying or selling, representing your interests at all times.

JANE LOGAN has been my REALTOR® for the past 9 years. With 30 years' experience as a licensed REALTOR® in Greater Victoria, Jane's in-depth knowledge of changing markets and dedication to client service has provided me with confidence and peace of mind, knowing that my interests and negotiating position are protected at all times.

Jane is a consummate professional who works tirelessly for her clients, integrating her high level of integrity with due diligence to meet any timely deadlines.

Knowing that client satisfaction is Jane's priority, I am pleased to recommend JANE LOGAN as a competent and experienced REALTOR®, who I am confident will provide her tireless Dedication to You and Your Family's Relocation Needs and Priorities.

- SHAWNA BOYECHKO, VICTORIA, BC

YOUR RELOCATION SPECIALIST.

Jane is a 30-year, full-time, award-winning licensed REALTOR® with Sutton Group WestCoast Realty™, Specializing in residential real estate, Jane is dedicated to **SERVING YOU FIRST** to meet the timely requirements of **YOUR RELOCATION NEEDS**.

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3 MISTAKES

NEW HOMEOWNERS MAKE

Your brand-new home means a lot to you, so it goes without saying that you want to be the best homeowner you can possibly be. Knowing how to operate your HVAC system and properly maintain your hardwood floor is only part of the challenge. Where a lot of homeowners fall short is making the most of their warranty.

When you understand your warranty and how it works, both you and your home reap the benefits. You can start by avoiding three of the biggest mistakes that people make:

- 1 Thinking the PDI form is a warranty request:**

The pre-delivery inspection form is a record of the condition of your home before you took ownership. What it is not is a request for warranty assistance from Tarion, the organization that backs your new home warranty. If your builder doesn't resolve warranty items listed on it by the time you move in, you'll need to submit a claim if you would like further assistance.
- 2 Not knowing their builder is responsible for repairs:**

The builder provides you with your new home warranty, so they are primarily responsible for resolving any related matters. Work with your builder first by making them aware of requests for warranty service, scheduling repairs at a time that is mutually convenient, and providing reasonable access to your home.
- 3 Missing warranty form deadlines:**

To make the most of your warranty coverage, you need to know when and how to submit warranty claims to Tarion if you need extra help in getting things resolved. The best way to stay on top of this is to sign up for MyHome, an online service for homeowners. Not only are you able to fill out and submit warranty forms easily, but you also get email reminders when they are due.



Avoiding these common mistakes will not only reduce your stress level, but also ensure that your new home gets the protection it deserves.

Courtesy: News Canada

CFB/BFC COMOX

ABOUT COMOX

Located mid-way up Vancouver Island's east coast, the Comox Valley offers spectacular natural surroundings. Bordered to the west by the Beaufort Mountain range and to the east by the Strait of Georgia, 19 Wing Comox members can enjoy mountain and ocean activities year-round. The valley boasts short, mild winters and warm, dry summers. There is great skiing in the winter months and summer brings mountain biking and hiking opportunities. Every manner of outdoor activity, including golfing, kayaking, sailing and world-class diving is easily accessible.

Made up of three distinct townships, including the town of Comox, the city of Courtenay and the village of Cumberland, the Comox Valley is a vibrant, growing community. All levels of schooling from kindergarten through to post-secondary education are available, including French Immersion and Francophone programs. There is shopping, local transit, a new acute care hospital, museums and art galleries in the area.

The Comox Valley is serviced by a civilian air terminal, with regular service to and from Vancouver, Calgary and Edmonton. BC Ferries has terminals in Nanaimo and Victoria offering sea links between Vancouver Island and mainland BC.

19 Wing Comox has enjoyed an outstanding relationship with the Comox Valley since it opened as a Royal Air Force Base in 1942. Today 19 Wing employs approximately 1,500 military and civilian personnel.

We look forward to welcoming you to our beautiful Comox Valley!



SUR COMOX

Située sur la côte est de l'île de Vancouver, à mi-chemin entre l'extrémité sud et l'extrémité nord de l'île, la vallée de Comox offre un paysage grandiose. Dans cette région bordée à l'ouest par les monts Beaufort et à l'est par le détroit de Georgia, les membres de la 19e Escadre Comox peuvent pratiquer des loisirs de montagne et de mer toute l'année. Les hivers y sont doux et courts et les étés, secs et chauds. En hiver, le ski est fantastique, et en été, il y a plein d'endroits où l'on peut faire du vélo de montagne et de la randonnée. Il est très facile d'y mener toutes les activités de plein air, y compris le golf, le kayak, la voile et de la plongée sous-marine de calibre international.

Formée de trois municipalités distinctes, soit la ville de Comox, la ville de Courtenay et le village de Cumberland, la vallée de Comox est une collectivité dynamique en pleine croissance. On y trouve des écoles pour tous les niveaux, de la maternelle au niveau postsecondaire, ainsi que des écoles d'immersion française et des programmes francophones. La région offre des magasins, des transports publics, un nouvel hôpital de soins actifs, des musées et des galeries d'art.

La vallée de Comox a une aéroport civile d'où partent des vols réguliers la reliant à Vancouver, à Calgary et à Edmonton. La compagnie BC Ferries possède des gares maritimes à Nanaimo et à Victoria, qui offrent des liaisons maritimes entre l'île de Vancouver et la partie continentale de la Colombie-Britannique.

19e Escadre Comox a bénéficié d'une relation exceptionnelle avec la vallée de Comox depuis son ouverture en tant que base de la Royal Air Force en 1942. Aujourd'hui, la 19e Escadre emploie environ 1.500 personnels militaires et civils.

Nous nous réjouissons de vous accueillir dans la magnifique vallée de Comox!





ABCs OF MOVING

Courtesy of the Canadian Military Family Magazine, Mishall Rehman

Armed with the Department of National Defence (DND) ABCs of Military Posting, military families can become posting pros this year to make relocation a breeze.

Created in 2015 after receiving a number of complaints regarding relocation and gathering feedback from family engagement sessions, the ABCs of Military Postings is the perfect starting point on all the ins and outs of postings.

The guide is especially useful for those who are moving for the first time or are moving out of province for the first time. The guide gives families an idea of what to consider and in what order.

The document is conveniently broken down into three parts that cover each phase of the move and gives information without overwhelming readers. Part A is about what to do before a move and how to prepare.

“There are things you can do so the move is less overwhelming, and it gives more control to families so they can decide where to go with the posting,” said Maj. (ret’d) Carole Lajoie, director of education and collaboration.

For example, part A includes budget sheets, tax information on the different provinces, tenancy requirements in different provinces, and information on what the housing market is like. It also includes resources for spouses on employment and what they need to know for accreditation changes in their field if they are moving provinces. The section also includes

resources for special needs children, requirements for graduation from high school, requirements for entry to daycare, and resources in the community for elderly parents.

“We try to tie the families with the communities they will be going into,” said Lajoie.

Part B then goes into what military members and their families should do during the move. This part mostly covers policies and benefits, advice on what to do if you’re having trouble selling a house or how to register for PMQs.

Part C is about what to do once the move is complete.

“One thing relocation directives don’t mention is the importance of completing important documents,” noted Lajoie.

These documents include emergency contact information, next of kin information and anything that is a vital component of the family plan in case of a sudden deployment.

Each section can be accessed separately online, or PDFs can be downloaded and then printed. The document is updated as policies change.

Over the years, the ABCs of Military Posting has become a go-to source for many Military Family Resource Centres, which is how the DND Ombudsman benchmarks its success.

“Military Family Resource Centres across the country use this as their guidebook. Often times they’ll print it out and give it to families once they receive their posting message or once they come through and make their move, just to guide them through that process,” said Andrew Bernardo, director of communications and parliamentary engagement.

Bernardo says that the MFRCs use of the document proves its usefulness to members and their families.

“To have that feedback from them is encouraging to us. We know we’ve hit the nail on the head if they’re using our resource,” added Bernardo.

The DND Ombudsman’s office believes the document not only serves its mandate of addressing complaints but takes it one step further to be proactive and make information available for members of the military community; especially when you consider how stressful relocations can be.

“Sometimes, things can be so overwhelming. You’re provided very little time to go on an HHT and find a house and organize the actual physical move through BGRS. So, to have something at your disposal that serves as a reminder to go take care of, that’s the value this brings,” said Bernardo.

To access the ABCs of Military Posting, visit the *DND Ombudsman page**.

*www.canada.ca/en/ombudsman-national-defence-forces/education-information/caf-members/career/postings/abc-military-postings.html



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HOME INSPECTIONS

10 things to know about pre-delivery home inspections

If you've purchased a new build house or condo, the pre-delivery inspection – or PDI – is your first opportunity to explore your new home. It's also a very important step in the new home-buying journey.

This inspection is your chance to document any items that are damaged, incomplete, or missing before moving in.

Here's what new homeowners need to know about the process:

- ✓ The inspection should take between 45 minutes to an hour per 1,000 square feet of a home – plenty of time to be thorough without feeling rushed.
 - ✓ Bring a copy of the Pre-Delivery Inspection Checklist along. This helpful document is available for free from Tarion, the organization that provides warranty assistance for new home buyers. It gives you an idea of what items to inspect – and which issues to watch out for – in every part of the home.
 - ✓ This is also an opportunity to learn about how to operate and maintain the home's systems, such as heating and cooling. Don't be afraid to ask questions – the builder's representative is there to help.
 - ✓ Make sure any issues are documented on the PDI form that the builder's representative will fill out. Include any items that have been substituted for others without your consent, such as kitchen cabinets or countertops. Although this isn't an official warranty form, it does serve as an important record of issues that existed before you moved in.
- 
- ✓ Keep your own documentation records of any issues identified. Don't be afraid to take photos and/or videos as a part of this process.
 - ✓ Feel free to bring someone along, like a parent, realtor or home inspector. Just remember that whoever joins in should not try to interfere with the builder's process.
 - ✓ If you're not able to attend, someone can go on your behalf. Just remember to notify the builder in advance by filling out the Appointment of Designate form.
 - ✓ PDIs happen in all seasons and weather conditions, which may pose some challenges. If you're not able to inspect a part of the home, make a note of it and remember to look at it as soon as possible.
 - ✓ If anything is reported on the PDI form but hasn't been resolved by the time you move in, report it to the builder. You can also submit a warranty form to Tarion.
 - ✓ Understand that guidelines and procedures may be affected by whatever COVID-19 measures are currently in effect.

POSTED TO 19 WING?

No one understands military moves like someone that has been through them! Over 12 years as a Realtor® with the majority of my clientele being military. I will help guide you through the buying process in this unprecedented Covid market!



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Canadian Defence Community Banking (CDCB)



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Since 2008, BMO has contributed hundreds of thousands of dollars to sponsor morale and welfare programs, and purchases made with the Support Our Troops MasterCard have generated thousands more for the Support Our Troops Funds.

<https://www.cfmws.com/en/OurServices/CDCB/pages/default.aspx>

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www.sisip.com

SISIP Financial is intent on securing financial health and security for every CAF member and their family. Members need the expertise of qualified Financial Advisors who understand the military environment, the complicated pay, pension and benefits (i.e. Severance, Pension Transfer Values, Payment in lieu, Lump Sum payments) and who can provide them with sound financial guidance.

With 22 offices at major Bases/Wings across Canada (including new locations in Vancouver, Toronto, Gander and Montreal), SISIP Financial understands the financial needs of CAF members and delivers personalized advice, tailored product solutions and an exceptional customer experience to meet those needs. A standardized process ensures optimal service delivery of the following programs, products and services:

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Travel insurance: emergency medical coverage, trip cancellation, baggage protection and much more, with 24/7 assistance (10% savings to all eligible members of the CAF community)

Financial Planning: personalized advice, savings options and investment vehicles to help clients achieve their financial goals (Mutual funds are provided through FundEX Investments Inc.);

Canadian Armed Forces Savings Plans: Introduced in Nov., 2014 this "new" and easy way to "pay yourself first", is a low maintenance saving strategy designed exclusively for CAF members and their families;

Financial Counselling: free, confidential support in the resolution of financial matters with access to SOT loans and grants;

Personal Financial Management Education* courses for recruits and officer-cadets.

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WHY YOU NEED TO TEST YOUR HOME'S

RADON LEVELS



The COVID-19 pandemic is shaping our lives in countless ways. For many of us, it's meant spending more time at home this past year than ever before.

Even as we stay inside to keep ourselves and our family safe from COVID, clocking so many hours at home means we may be unwittingly exposing ourselves to another danger: radon gas.

Radon is a naturally occurring radioactive gas that comes from uranium in the ground. You can't see it or smell it, but it's there. Whether your home is newly built or has been around for centuries it has some radon gas in it, the question is how much?

Long-term exposure to high levels of radon gas increases your risk of developing lung cancer. In fact, it's the number one cause of lung cancer in non-smokers, and in Canada it's estimated that more than 3,000 deaths a year are from radon-induced lung cancer.

The only way to know the radon level in your home is to do a simple and inexpensive test. Testing can be done by purchasing a do-it-yourself test kit or hire a certified measurement professional.

If you do have a high level of radon it can be easily fixed. Radon reduction techniques are safe, effective and have a reasonable cost. A radon mitigation system can be installed in less than a day and in most homes will reduce the radon level by more than 80 per cent for about the same cost as other common home repairs such as replacing the furnace or air conditioner.

Courtesy: News Canada

Find more information at
canada.ca/radon



CFB/BFC EDMONTON

ABOUT EDMONTON

3rd Canadian Division Support Base Edmonton (commonly referred to as Edmonton Garrison) plans and manages the delivery of a range of support and services that are needed by other Canadian Armed Forces units and their members. To enable success of the units/members that are supported, the base provides personnel and administrative support, range and training areas, infrastructure and building maintenance for over 317 buildings in Edmonton, Whitehorse and Yellowknife.

The base is located in Sturgeon County on the Northeast border of the City of Edmonton and covers 2,550 hectares of land. The main site is named Steele Barracks after Sir Samuel Steele, an original founding member of the Northwest Mounted Police.

The City of Edmonton

In 1904, Edmonton was declared a city. The following year Edmonton was named the provincial capital of Alberta. Today, Edmonton is Canada's 6th largest city, offering all the amenities of a major urban centre plus a family-friendly environment that is safe, stimulating and rich with opportunity.

Edmonton is one of Canada's most ethnically diverse cities with more than 60 ethnic and cultural groups. Well known for its vibrant cultural life, diverse business community and outstanding river valley park system, Edmonton is a great place to call home. Check out the links below for more on why over one million people call Edmonton "home".



SUR EDMONTON

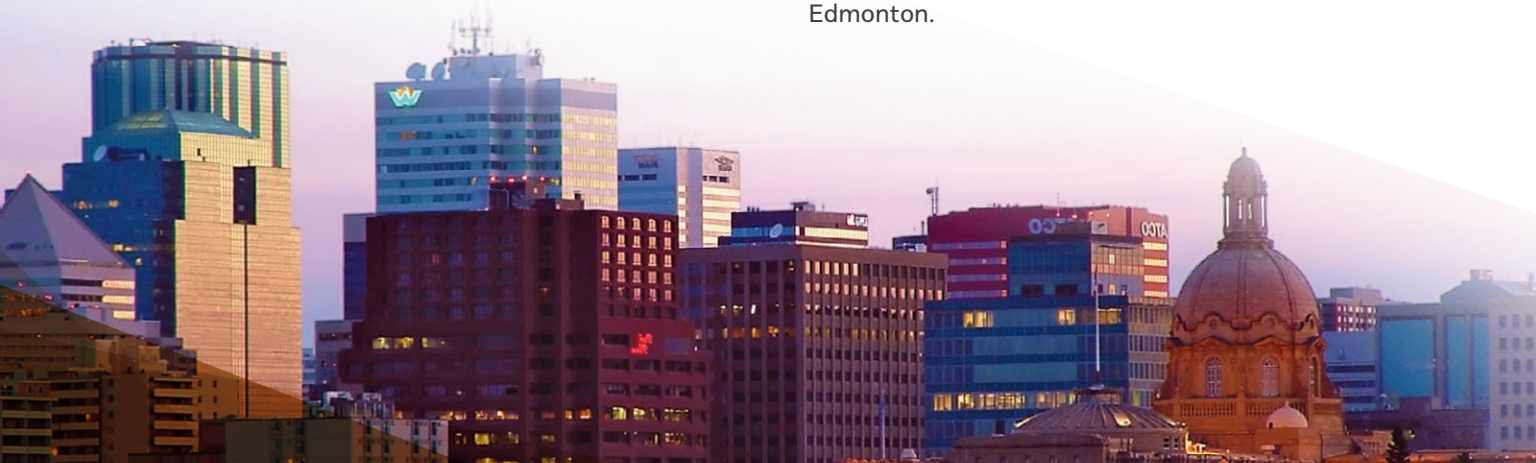
La base de soutien de la 3e Division du Canada Edmonton (communément appelée garnison d'Edmonton) planifie et gère la prestation du soutien et des services dont d'autres unités et membres des Forces armées canadiennes ont besoin. Pour que les unités et les militaires qui reçoivent ce soutien puissent réussir, la base fournit un soutien au personnel, un soutien administratif, des champs de tir et des zones d'entraînement, de l'infrastructure et de l'entretien de bâtiments dans plus de 317 immeubles à Edmonton, Whitehorse et Yellowknife.

La base se trouve dans le comté de Sturgeon, à la périphérie nord-est d'Edmonton, et elle occupe un terrain de 2 550 hectares. Le site principal est le casernement Steele, nommé en l'honneur de Sir Samuel Steele, un des fondateurs de la Police à cheval du Nord-Ouest.

La Ville d'Edmonton

Edmonton est devenue officiellement une ville en 1904. L'année suivante, elle est devenue la capitale de l'Alberta. Aujourd'hui, Edmonton est la sixième ville du Canada par la taille. On y trouve tout ce qu'un grand centre urbain peut offrir dans un environnement propice aux familles qui est sûr, stimulant et riche en possibilités.

Edmonton est l'une des villes canadiennes les plus diverses sur le plan ethnique; on y trouve plus de 60 groupes ethniques et culturels. Réputée pour sa vie culturelle dynamique, son milieu des affaires diversifié et son réseau de parcs exceptionnel dans la vallée de la rivière, Edmonton est un endroit où il fait bon vivre. Suivez les liens donnés ci-après pour découvrir pourquoi plus d'un million de personnes ont choisi de vivre à Edmonton.



CFB/BFC COLD LAKE

ABOUT COLD LAKE

Cold Lake is located at the eastern-most extreme in the province of Alberta. It is approximately 294 kilometres northeast of Edmonton.

Incorporated in 1996 through amalgamation of the former towns of Grand Centre, Cold Lake and Canadian Forces Base 4 Wing, Cold Lake became a city in 2000. These three areas are now known as, respectively, Cold Lake South, Cold Lake North and Medley. The three main industries in the area are: military, oil and gas and tourism. Cold Lake has a permanent population of just over 14,000.

If choosing a home based on schools in the area, Cold Lake North has an elementary school (K-3), a middle school (4-8), a high school (9-12) and a Catholic elementary school (K-6). Cold Lake South has an elementary school (K-3), a middle school (4-8), two off campus schools (7-9 and 10-12), a Catholic elementary school (K-6) and a Catholic junior/senior school (7-12). There is a francophone school (K-12) which is located between Cold Lake North and Cold Lake South. Post Secondary education is available in the city and the surrounding area at Portage College and Lakeland College.

The Art Smith Aviation Academy (ASAA) is located on CFB Cold Lake (K-8). The Academy was taken in by the Northern Lights School District in 2013, where it was before a not-for-profit private school. ASAA is focused on the specialized needs of military dependants while supporting the students of the area surrounding 4 Wing Cold Lake by offering a uniquely aviation focussed program in the ideal setting of the air base.

Cold Lake offers a selection of health facilities including the Cold Lake Health Centre and Cold Lake Community Health Services as part of the local Primary Care Network. Private practises are accepting new patients and information on these services is available through the Wing Orderly Room, the Military Family Resource Centre and health information phone lines.



SUR COLD LAKE

Cold Lake se trouve en Alberta, près de la frontière est de la province, à environ 294 kilomètres au nord-est d'Edmonton.

Après la fusion en 1996 des anciennes villes de Grand Centre et de Cold Lake, et de la 4e Escadre des Forces canadiennes, Cold Lake est devenue en 2000 une municipalité constituée en personne morale. Les trois secteurs sont désormais appelés respectivement Cold Lake Sud, Cold Lake Nord et Medley. Les trois principaux moteurs économiques de la région sont les forces armées, le pétrole et le tourisme. Cold Lake compte un peu plus de 14 000 habitants.

Si l'on choisit sa maison en fonction des écoles de la région, il faut savoir que le secteur de Cold Lake Nord possède une école primaire (M-3), une école intermédiaire (4-8), une école secondaire (9-12) et une école élémentaire catholique (M-6). Le secteur de Cold Lake Sud possède une école primaire (M-3), une école intermédiaire (4-8), deux écoles hors campus (7-9 et 10-12), une école élémentaire catholique (M-6) et une école intermédiaire et secondaire catholique (7-12). Il existe une école francophone (M-12) située entre les secteurs de Cold Lake Nord et de Cold Lake Sud. On peut poursuivre des études postsecondaires au collège Portage et au collège Lakeland.

L'Art Smith Aviation Academy (ASAA, M-8) est située à la BFC Cold Lake. Cette ancienne école privée sans but lucratif a été intégrée au district scolaire Northern Lights en 2013. L'ASAA met l'accent sur les besoins particuliers des enfants des militaires, tout en accueillant les élèves des environs de la 4e Escadre Cold Lake qui souhaitent suivre un programme unique axé sur l'aviation dans le milieu idéal d'une base aérienne.

Cold Lake a de nombreux centres de soins de santé, y compris le Cold Lake Health Centre et les Cold Lake Community Health Services, qui font partie du Réseau des soins de santé primaires local). Des cliniques privées acceptent de nouveaux patients; pour en savoir davantage sur leurs services, informez-vous auprès de la salle des rapports de l'escadre ou du Centre de ressources pour les familles des militaires, ou appelez les lignes téléphoniques d'information sur la santé.



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CFB/BFC WAINWRIGHT

ABOUT WAINWRIGHT

Amidst a bold prairie, Wainwright is hard working, community-minded, family-first and recreation master planned. We value what it means to be free. From our foundation lies a future where determination gets you everywhere while recognizing the value of building piles of fall leaves with a child, a game of catch with the dog, or coffee with the neighbour.

Wainwright is a community of over 7,000 (including the population of Wainwright Garrison). It is located in east central Alberta near the Battle River Valley and is approx. 2 hours east of Edmonton. We offer a lifestyle that provides the amenities of a modern city, with the availability of big box stores, but still retains the atmosphere of a vibrant rural community. Our quality lifestyle is enhanced by excellent schools for our children, extensive health care facilities and an unlimited array of year-round recreational opportunities.

We are full of events year-round including our annual Arts Festival in February and our Wainwright Stampede in June. The Stampede is 4 days of action packed family fun and entertainment. Visitors will enjoy the 5th largest rodeo in Canada including CPCA Chuck Wagon Races, Stampede Parade, Cabaret, a fun filled midway, breakfasts, BBQ's and much much more!

Other sites to see include Wainwright's Historic Downtown featuring a collection of beautifully restored heritage resources including a business district of 1929 era buildings. As well as our free standing Memorial Clock Tower, Bud Cotton Buffalo Paddock at the gates to CFB/ASU which houses a live bison herd and our newly restored 1925 wooden pump jack in Petroleum Park.



SUR WAINWRIGHT

Située dans une vaste prairie, Wainwright est une collectivité de gens travailleurs où règne un esprit communautaire qui accorde la priorité à la famille et est conçue de façon à favoriser les loisirs. Nous apprécions notre liberté. Nos assises mènent à un avenir où la détermination vous ouvre toutes les portes tout en reconnaissant l'importance de faire des tas de feuilles mortes à l'automne avec un enfant, de jouer à se lancer une balle avec son chien ou de prendre un café avec son voisin.

Wainwright est une collectivité de plus de 7 000 habitants (ce qui comprend la population de la garnison de Wainwright). La ville est située dans le Centre-Est de l'Alberta près de la vallée de la rivière Battle, à environ deux heures à l'est d'Edmonton. Nous offrons un style de vie qui comprend les services d'une ville moderne, dont des magasins à grande surface, mais conserve encore l'atmosphère d'une collectivité rurale dynamique. À notre style de vie de qualité s'ajoutent d'excellentes écoles pour nos enfants, des installations complètes de soins de santé et un éventail illimité d'activités récréatives offertes toute l'année.

Il y a une foule d'événements toute l'année, dont notre festival des arts annuel en février et le stampede de Wainwright en juin. Le stampede offre quatre jours de plaisir et de divertissement remplis d'action pour la famille. Les visiteurs aimeront le 5e plus grand rodéo au Canada, y compris les courses de chariots bâchés de la CPCA, le défilé du stampede, le cabaret, un parc d'attractions amusantes, des déjeuners, des BBQ et bien plus encore!

On peut également voir d'autres sites comme le centre-ville historique de Wainwright, qui comprend une collection de ressources patrimoniales magnifiquement restaurées, dont un quartier d'affaires avec des bâtiments de l'époque de 1929. De plus, il y a notre Memorial Clock Tower installée debout, l'enclos à bisons Bud Cotton aux barrières de la BFC/USS où se trouve un troupeau de bisons vivants, et notre chevalet de pompes en bois de 1925 nouvellement restauré à Petroleum Park.



CFB/BFC SHILO

ABOUT SHILO

As one of the largest employers in southwestern Manitoba, CFB Shilo has a substantial economic impact on the regional economy, including the City of Brandon. CFB Shilo has been the site of military activity in southwest Manitoba since 1910.

Located 35 kilometres east of Brandon, CFB Shilo is home to First Regiment Royal Canadian Horse Artillery (1RCHA), and Second Battalion Princess Patricia's Canadian Light Infantry (2PPCLI) — both units are part of 1 Canadian Mechanized Brigade Group (1CMBG).

The Base is also home to a component of 3 Canadian Div TC C Coy Shilo, 3 CDSG SS Det Shilo, 1 Dental Unit Det Shilo and 11 CF Health Services Centre, as well as being the “home station” of the Royal Canadian Artillery (RCA).

Other supported units include 26 Field Regiment, RCA Brandon's Reserve Unit and 38 Canadian Brigade Group headquarters, located in Winnipeg.

CFB Shilo remains a strategically important training base in Western Canada. The training area is well suited to train the multi-purpose combat forces required to fulfill the mandate of the Department of National Defence (DND). The unique nature of this area has been recognized for more than a century, with nearby Camp Hughes once home to 30,000 troops who trained for deployment to France and Belgium in 1915 and 1916 during the Great War.

With a current population of about 1,700 people, the Base has approximately 600 homes, operates its own sewer and water system and provides fire and ambulance services to Base residents and neighbouring communities. The GSH houses a pool, track, full gym, plus a bowling alley and theatre. Nearby Gunner Arena is home to Base hockey, as well as a minor hockey program using the moniker Shilo Sentinels.



SUR SHILO

La Base des Forces canadiennes (BFC) Shilo, un des plus grands employeurs du Sud-Ouest du Manitoba, a une incidence importante sur l'économie de la région, y compris la ville de Brandon. La BFC Shilo est le site d'activités militaires dans la région depuis 1910.

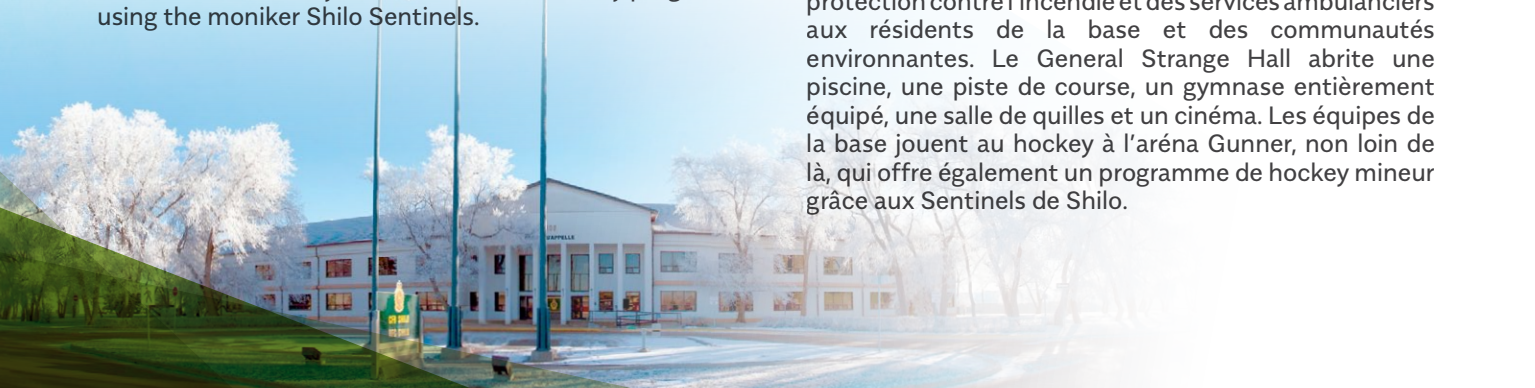
Située dans le Sud-Ouest du Manitoba, à 35 kilomètres à l'est de Brandon, la BFC Shilo héberge le 1er Régiment de la Royal Canadian Horse Artillery (1 RCHA) et le 2e Bataillon du régiment Princess Patricia's Canadian Light Infantry (2 PPCLI). Ces deux unités font partie du 1er Groupe-brigade mécanisé du Canada (1 GBMC).

À la base se trouve également une composante de la Compagnie C du CI Shilo de la 3e Division du Canada, les SS du GS 3 Div C, détachement de Shilo, la 1re Unité dentaire, détachement de Shilo et le 11e Centre des Services de santé des Forces canadiennes.

Maison mère de l'Artillerie royale canadienne (ARC), elle offre aussi son soutien au 26e Régiment d'artillerie de campagne, à l'unité de réserve de Brandon de l'ARC et au quartier général du 38e Groupe-brigade du Canada, situé à Winnipeg.

La BFC Shilo demeure une base d'instruction de l'Ouest canadien revêtant une grande importance stratégique. Les terrains d'instruction y sont très bien adaptés à l'entraînement des forces combattantes polyvalentes dont le ministère la Défense nationale a besoin pour remplir son mandat. La nature unique de ces terrains est connue depuis près d'un siècle : le camp Hughes a déjà accueilli tout près de là 30 000 hommes qui y ont reçu leur instruction avant d'être déployés en France et en Belgique en 1915 et 1916, durant la Grande Guerre.

Avec une population d'environ 1 700 personnes, la base compte quelque 600 maisons, possède ses propres réseaux d'aqueduc et d'égout et fournit des services de protection contre l'incendie et des services ambulanciers aux résidents de la base et des communautés environnantes. Le General Strange Hall abrite une piscine, une piste de course, un gymnase entièrement équipé, une salle de quilles et un cinéma. Les équipes de la base jouent au hockey à l'aréna Gunner, non loin de là, qui offre également un programme de hockey mineur grâce aux Sentinels de Shilo.



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Kevin spent 20 years serving in the Military with the Princess Patricia's Canadian Light Infantry. He had several postings in that 20 years, and became a subject matter expert on military moves. He understands that buying and selling is one of the biggest decisions in a client's life.

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CFB/BFC WINNIPEG

ABOUT WINNIPEG

With an ethnically diverse population of 706,900, Winnipeg is the ninth largest city in Canada and dominates the Manitoba economy. Winnipeg has grown steadily over the year, and top ranked industries include: aerospace, manufacturing, agribusiness, garment and apparel industries, film production, health and biotechnology research, information technology and transportation equipment manufacturing.

The city is the sunshine capital of Canada, with over 2,300 hours of sun annually. Winnipeg has a continental-type climate, enjoying four distinct seasons. There are significant temperature variations through the year generally ranging from highs of +35 degrees Celsius to lows of -40 degrees Celsius. Its location in the center of the continent means that the city benefits from being in North America's central time zone.

Culturally, Winnipeg is home to the world famous Royal Winnipeg Ballet, one of the most prestigious dance troupes on the globe. Its cultural counterparts include The Winnipeg Symphony Orchestra and Manitoba Opera Association.

For Royal Canadian Air Force personnel, all roads will lead to 17 Wing Winnipeg. The Wing - comprised of squadrons, training schools and command elements, turn out what are considered some of the best multi-skilled personnel in the world.

17 Wing is a composite formation conducting and supporting flying operations and a variety of training and command functions. The Wing also supports 113 units stretching from Thunder Bay, Ontario, to the Saskatchewan/Alberta Border and from the 49th Parallel to the high Arctic.

17 Wing is located at Canadian Forces Base Winnipeg.



SUR WINNIPEG

Comptant une population d'une grande diversité ethnique de 706,900 habitants, Winnipeg se classe au neuvième rang des grandes villes canadiennes et domine l'économie du Manitoba.

Winnipeg a connu une croissance soutenue au fil des ans. Ses industries vedettes comprennent notamment la fabrication aérospatiale, le commerce agricole, l'industrie des vêtements et accessoires, la production cinématographique, la recherche dans les domaines de la santé et de la biotechnologie, la technologie de l'information, et la fabrication de matériel de transport.

Winnipeg est la capitale la plus ensoleillée du Canada, comptant plus de 2 300 heures d'ensoleillement par année. La ville bénéficie d'un climat continental à quatre saisons. On y relève de grands écarts de température au cours de l'année, variant de maximums de 35 °C à des minimums de -40 °C. En raison de son emplacement au cœur du continent, elle bénéficie du fait qu'elle appartient au fuseau horaire du Centre de l'Amérique du Nord.

Winnipeg est le point d'attache du fameux Ballet royal de Winnipeg qui est l'une des plus prestigieuses compagnies de danse de la planète. Sa contrepartie culturelle inclut l'Orchestre symphonique de Winnipeg et la Manitoba Opera Association.

Pour le personnel de l'Aviation royale canadienne, tous les chemins mènent à la 17e Escadre Winnipeg. L'Escadre - comprend escadrons, écoles ultramodernes et éléments de commande, tout compte fait elle forme le meilleur personnel polyvalent du monde.

La 17e Escadre est une formation mixte qui soutient et conduit des opérations aériennes et qui remplit diverses fonctions liées à l'instruction et commande. Elle soutient aussi 113 unités, qui sont dispersées de Thunder Bay (Ontario) à la frontière de la Saskatchewan et de l'Alberta, et du 49e parallèle jusqu'à l'Arctique.

La 17e Escadre est située à la Base Forces canadiennes Winnipeg.



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TAKE A LOAD OFF YOUR WATER BILL AND THE PLANET

Conserving water at home can help ensure a steady flow of clean, safe water for all, while reducing our water bills at the same time. With a lot of water typically consumed in the kitchen, consider these unexpected ways to help you use less water and feel good about it.

Keep bottles or pitchers of drinking water in the refrigerator.

No one wants to drink the warm water that first flows from the tap. Rather than wasting it, catch the water in a container and pop it in the fridge. Invest in a tap water filter and you can save on bottled water too.

Repurpose the water used with fruits or vegetables.

Clean fruits or vegetables in a bowl or pot of water and use it for houseplants or the garden. After steaming or boiling vegetables, use that water to start a stock for soup or to water plants. Get into the habit of collecting and repurposing spent water such as water left in drinking glasses or pet dishes, ice dropped on the floor, etc.

Defrost foods in the fridge.

Although putting frozen foods under running water helps them thaw faster, it also wastes a lot of water. Instead, plan ahead and put the food in the refrigerator overnight to safely defrost – and not use a single drop of water.

Save water by using your dishwasher.

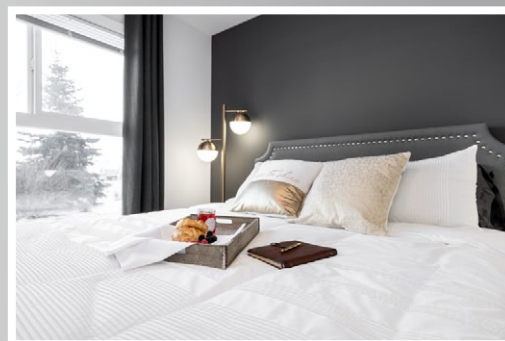
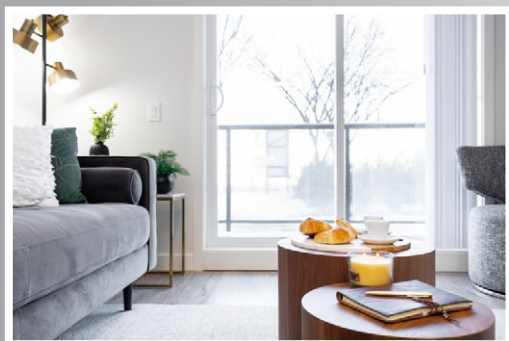
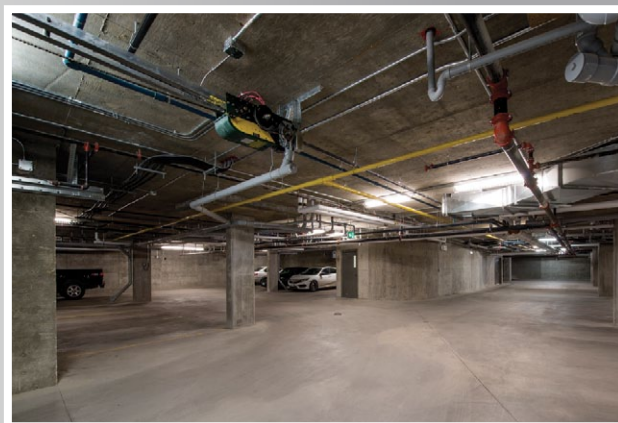
It may surprise you that running the dishwasher half full wastes less water and energy compared to handwashing those same dishes. An Energy Star-certified dishwasher uses 15 litres of water every cycle, while a running faucet uses 15 litres every two minutes and about a quarter of the energy used to wash dishes by hand – helping to alleviate any guilt for using the dishwasher more.

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CFB/BFC BORDEN

ABOUT BORDEN

Located just one hour north of Toronto, Canadian Forces Base (CFB) Borden is the largest training base in the Canadian Armed Forces. CFB Borden and the Military Personnel Generation Training Group are composed of both lodger and integral establishments that train approximately 20,000 Canadian Armed Forces personnel per year in a variety of occupations. Included in these lodger units are formations and groups such as 16 Wing, the Canadian Forces Recruiting Group, and Regional Cadet Support Unit (Central).

The Buell Fitness and Aquatic Centre is a modern facility located on base with indoor and outdoor pools, field house, running track, rock climbing wall, gymnasium, weight room, cardio room, and bowling alley. The Andy Anderson Arena is adjacent to the fitness centre and the base is also home to an 18-hole golf course. The base offers hunters and anglers the opportunity to join the Rod & Gun Club, and there is a Motor Hobby Club for mechanic enthusiasts. There are two elementary schools on base and several in the surrounding area. Secondary students can attend the local Nottawasaga Pines High School, or other schools in the area.

There are many businesses located at the CANEX Mall, including the CANEX Retail Store, Subway, Tim Hortons, barber shop, tailor shop and a real estate office. Adjacent to the mall is a public medical centre with a laboratory and dental office.

CFB Borden celebrated its centennial year in 2016, when the Memorial Wall and walking trails to the restored World War One Trenches were unveiled. The Base Borden Museum is home to one of the most extensive collections of military paraphernalia in Canada, housing over 700,000 pieces of history.



SUR BORDEN

Située à seulement une heure au nord de Toronto, la Base des Forces canadiennes (BFC) Borden est la plus importante base des Forces armées canadiennes. La BFC Borden et le Groupe d'instruction de la Génération du personnel militaire sont composés d'établissements intégrés et hébergés qui servent, chaque année, environ 20 000 membres des Forces armées canadiennes représentant une variété de groupes professionnels. Les unités hébergées comprennent des formations et des groupes comme la 16e Escadre, le Groupe du recrutement des Forces canadiennes et l'Unité régionale de soutien aux cadets (Centre).

Le Centre de conditionnement physique et aquatique Buell, situé sur la base, est une installation moderne qui comprend des piscines intérieure et extérieure, un complexe sportif, une piste de course, un mur d'escalade, un gymnase, une salle de musculation, une salle d'entraînement cardiovasculaire et une salle de quilles. L'aréna Andy Anderson Arena est situé à côté du centre de conditionnement physique. La BFC Borden offre également un terrain de golf de 18 trous. On y trouve également le Rod & Gun Club, pour les amateurs de chasse et de pêche, de même que le Motor Hobby Club pour les passionnés de mécanique. Il y a deux écoles primaires sur la base et plusieurs autres dans la région. Les élèves du secondaire peuvent fréquenter l'école secondaire locale Nottawasaga Pines, ou une autre école de la région.

De nombreux commerces sont présents au centre commercial CANEX, dont le magasin de détail CANEX, Subway, Tim Horton's, un barbier, un tailleur et une agence immobilière. À côté du centre commercial se trouve le centre médical public, qui compte un laboratoire et un cabinet de dentiste.

La BFC Borden a célébré son centenaire en 2016, moment du dévoilement du mur commémoratif et des sentiers pédestres menant vers les tranchées de la Première Guerre mondiale restaurées. Le Musée militaire de la BFC Borden comprend l'une des plus importantes collections de matériel militaire au Canada, notamment plus de 700 000 artefacts historiques.





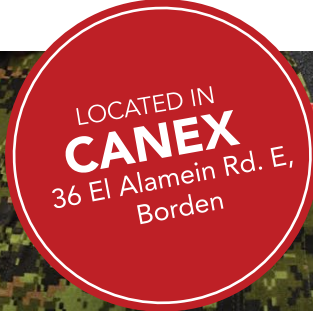
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Is your internet too slow? It's probably not you!

We all know the aggravation of a school lesson that just won't stop freezing or the family video call that looks more like a photo montage. And, as we adjust to the impact of COVID-19 on our day-to-day, that slow connection can have frustrating consequences.

Working from home and learning remotely, both need fast, stable internet, something not enough Canadians have yet. Even if you have fast devices in your home, if the infrastructure in your area is not optimal, your connection won't be either.

Right now, cities have the infrastructure needed to ensure access. But rural and remote communities are hugely underserved, with fewer than half having high-speed internet, and fewer than a third of households on reservations have high-speed connections.

Fortunately, change is coming. The Universal Broadband Fund is backing projects across Canada right now to ensure the reliable, high-speed internet connections fami-

lies need to work, study, access services online, and safely stay in touch with each other.

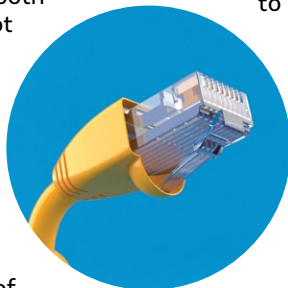
The fund existed before COVID, but as a response to the pandemic, its timetable has been moved up by four years to a target of 98 per cent of Canadians with high-speed internet access by 2026. With the faster pace, at least 90 per cent of us should be connected by the end of 2021.

The fund is focused on improvements in rural and remote communities across Canada to fix the disconnect between internet access for urban and rural households. This means more remote work opportunities, better access to remote learning and safer access to healthcare, no matter where you live.

It's not just for good connections at home, either. The improvements mean much better access to mobile networks on highways between remote communities. The result is better, safer navigation and access to emergency services for your family, even on the road in the middle of nowhere. Mobile projects will be focused on serving Indigenous communities and the roads leading to them.

The shape these improvements will take in your area will depend on where you live. Canada is huge, and its communities are hugely diverse, with diverse needs. Keep an eye out for local projects — they're a small part of something much bigger.

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TIPS FOR BETTER

fire safety at home

Courtesy: News Canada

Fire safety is essential for keeping you and your family's well-being, especially as we spend more time at home.

- 1** Create a fire escape plan that clearly outlines the best escape routes in case of a fire emergency. Post the plan on the fridge for every family member to see often.
- 2** Install at least one working smoke alarm on every level of your home, and preferably in every bedroom as well.
- 3** Make sure to test alarms monthly and replace batteries yearly when you reset your clocks in the fall. Use trusted batteries like Duracell that can be purchased at your local Home Depot store.
- 4** Make sure to never overload electrical outlets with too many plugs and do not run extension cords under carpets or across doorways.
- 5** Blow out all candles before leaving a room or going to sleep. Battery-powered candles are a great alternative.
- 6** For power outages, rely on flashlights instead of candles.

CFB/BFC MEAFORD

ABOUT MEAFORD

Situated on the southern shore of Georgian Bay, the Municipality of Meaford extends North West to the boundary of the City of Owen Sound and to the South East boundary of the Town of the Blue Mountains. It is located within the Georgian Triangle region and known as one of Canada's finest four seasons resort areas.

Community of Collingwood

Collingwood is located on the shores of Georgian Bay, and our waterfront provides endless opportunities for boating, fishing, recreation activities and so much more! In the heart of Ontario's finest four-season destination area, Collingwood offers a combination of old time charm and history with the best recreation in Southern Ontario.

Whether relocating to Collingwood as a full or part time resident, or looking for a new weekend retreat, Collingwood offers you all of the amenities and support you require. There are great opportunities in this area in business, tourism and industry.

Community of Owen Sound

The City of Owen Sound is located on the southern shores of Georgian Bay in a valley below the sheer rock cliffs of the Niagara Escarpment. Owen Sound is characterized by a magnificent harbour and bay, two winding rivers, tree-lined streets, an extensive parks system, and tree-covered hillsides and ravines, which are home to a wide variety of flora and fauna.

Owen Sound is the largest urban community in Grey and Bruce Counties, which combined represent a primary commercial market of 158,000. Owen Sound is the seat of the County of Grey government, and is the location for a number of regional, provincial and federal government offices. There are twelve elementary schools, three secondary schools, six private schools in addition to a Georgian College campus.

SUR MEAFORD

Située sur la rive sud de la baie Georgienne, la municipalité de Meaford s'étend au nord-ouest jusqu'aux limites de la ville d'Owen Sound et au sud-est jusqu'aux limites du village de Blue Mountains. Elle se trouve dans le triangle de la baie Georgienne et est considérée comme l'une des plus belles régions de villégiature quatre saisons au Canada.

Communauté du Collingwood

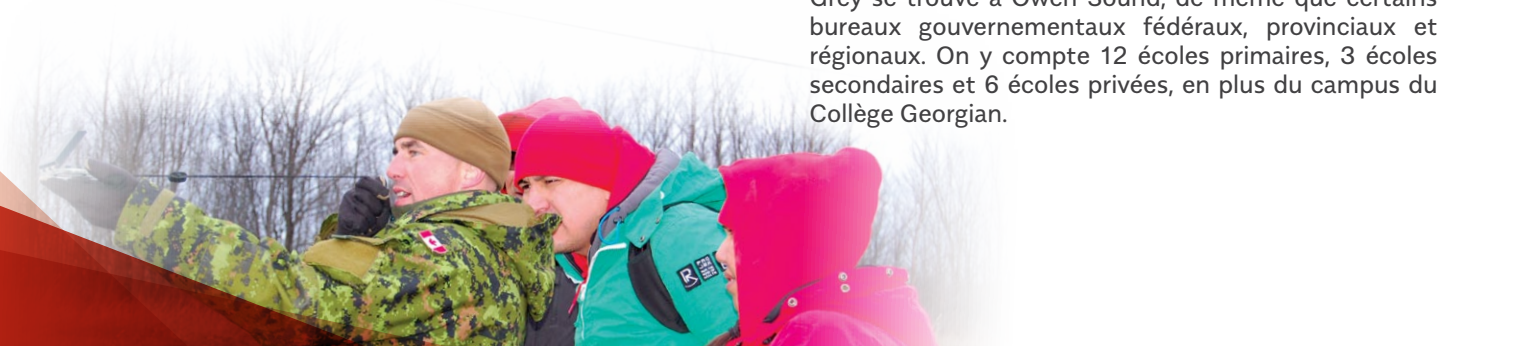
Collingwood se trouve directement sur la côte de la baie Georgienne, situation riveraine qui offre d'innombrables possibilités pour la navigation, la pêche, les activités récréatives et plus encore! Situé en plein cœur de la plus belle région de villégiature quatre saisons de l'Ontario, Collingwood possède à la fois un charme d'antan et une réputation historique de destination récréative inégalée dans Sud de l'Ontario.

Que vous soyez à la recherche d'une résidence à temps plein ou à temps partiel à Collingwood ou que vous souhaitiez simplement vous y détendre la fin de semaine, vous y trouverez tous les services et installations dont vous avez besoin. La région offre d'excellentes possibilités, que ce soit dans les affaires, le tourisme ou l'industrie.

Communauté du Owen Sound

La ville d'Owen Sound est située sur la rive sud de la baie Georgienne dans une vallée sous les falaises rocheuses de l'escarpement du Niagara. On y retrouve une magnifique baie avec un port, deux rivières sinueuses, des rues bordées d'arbres, un immense réseau de parcs, ainsi que des ravins et des collines boisées abritant une flore et une faune d'une grande diversité.

Owen Sound est la plus grande communauté urbaine des comtés de Grey et de Bruce, qui, une fois combinés, représentent un marché commercial primaire de 158 000 consommateurs. L'administration du comté de Grey se trouve à Owen Sound, de même que certains bureaux gouvernementaux fédéraux, provinciaux et régionaux. On y compte 12 écoles primaires, 3 écoles secondaires et 6 écoles privées, en plus du campus du Collège Georgian.



CFB/BFC NORTH BAY

ABOUT NORTH BAY

North Bay is a city in North-eastern Ontario 3 ½ hours from both Toronto and Ottawa. It is the southern terminus of the Ontario Northland Railway and is served by the Jack Garland Airport. Incorporated in 1925 North Bay is situated between Lake Nipissing and Trout Lake, the City offers lakefront property. Housing in North Bay offers a variety of options depending on whether you prefer the urban or rural location. In January 1968 the City of North Bay amalgamated with West Ferris and Widdifeild Township and now has a population of 54,000.

North Bay boasts four Boards of Education. The Near North District School Board serves approximately 10,500 students in 35 Elementary Schools, 7 Secondary Schools as well as Continuing Education programs. The Nipissing-Parry Sound Catholic District School Board offers 2 English elementary catholic schools (JK-6), 3 schools (JK-8), 2 French immersion elementary catholic schools (JK-8) and 1 French immersion secondary school. Conseil scolaire public du Nord-Est de l'Ontario offers 1 French elementary public school and 1 French secondary school. Conseil scolaire catholique Franco-Nord offers 3 French elementary catholic schools (JK-6) and 1 French secondary school with grades 7 and 8. Post-secondary institutions include Nipissing University and Canadore College.

The City has over 72 parks and sports fields, a waterfront marina with 270 boat slips with access to Lake Nipissing and trails and pathways. North Bay has 42 beach access points on both Lake Nipissing and Trout Lake. In the winter you can enjoy skiing, downhill and cross country, snowmobiling, snow-shoeing and skating in one of the many arenas. City teams include the North Bay Battalion Ontario Hockey League team, the North Bay Trappers Junior "A" hockey team and the North Bay Bulldogs Football.



SUR NORTH BAY

North Bay est une ville du Nord-Est de l'Ontario située à trois heures et demie de Toronto et d'Ottawa. La ville est desservie par la ligne ferroviaire Ontario Northland Railway, dont elle est le terminus sud, ainsi que par l'aéroport Jack Garland. Constituée en 1925, North Bay est située entre le lac Nipissing et le lac Trout. On y trouve des propriétés en bord de lac. Pour ce qui est du logement, il y en a pour tous les goûts à North Bay, tant en ville qu'à la campagne. En janvier 1968, la ville de North Bay a été fusionnée avec les cantons de West Ferris et de Widdifeild. La population actuelle de la ville est d'environ 54 000 personnes.

Vous serez servis grâce aux quatre conseils scolaires de North Bay. Le Conseil scolaire Near North District compte environ 10 500 élèves, et comprend 35 écoles primaires et sept écoles secondaires, ainsi que des programmes de formation continue. Le Conseil scolaire catholique Nipissing Parry Sound District comprend deux écoles primaires catholiques anglophones (de la prématernelle à la 6e année), trois écoles de la prématernelle à la 8e année, deux écoles primaires catholiques d'immersion française (de la prématernelle à la 8e année) et une école secondaire d'immersion française. Le Conseil scolaire public du Nord-Est de l'Ontario comprend une école primaire publique francophone et une école secondaire francophone. Le Conseil scolaire catholique Franco-Nord comprend trois écoles primaires catholiques francophones (de la prématernelle à la 6e année) et une école secondaire francophone (de la 7e à la 8e année). L'enseignement postsecondaire est offert, entre autres, à l'Université Nipissing et au Collège Canadore.

La ville de North Bay a plus de 72 parcs et terrains de sports, une marina qui comprend 270 postes d'amarrage avec accès au lac Nipissing et des sentiers de randonnée. Elle a aussi 42 points d'accès aux plages du lac Nipissing et du lac Trout. En hiver, de nombreuses activités s'offrent à vous telles que le ski de fond, le ski alpin, la motoneige, la raquette ainsi que le patin à glace dans l'une des nombreuses patinoires. Les équipes sportives de la ville comprennent le Battalion de North Bay de la Ligue de hockey de l'Ontario, les Trappers de North Bay (hockey Junior A) et les Bulldogs de North Bay (football).



CFB/BFC TRENTON

ABOUT TRENTON

8 Wing/CFB Trenton, which employs approximately 3,200 regular force, 600 reserve force and 500 civilian members, is located on the shores of the beautiful Bay of Quinte, just 1.5 hours east of Toronto and 2.5 hours southwest of Ottawa.

The City of Quinte West surrounds CFB Trenton and has a population of 43,000. The City of Belleville has a population of 50,000 and is located only 13 km from the Wing.

Formed by amalgamation in 1998, the City of Quinte West is comprised of the former municipalities of Trenton, Sidney, Murray and Frankford. The City of Quinte West has a strategic location on Highway 401, and is only 160km east of Toronto, and 380 km west of Montreal. The Canadian Pacific Railway, Canadian National Railway and VIA also serve the community.

Quinte West's natural setting, with its attractive scenic backdrop of rolling hills, rich farmland and clean waterways, creates a healthy environment for working, living and raising a family. Safe, well-planned neighbourhoods and plenty of recreational activities such as hiking, fishing and boating make Quinte West an excellent place to visit or call home. The Murray Canal provides boaters with access from scenic Weller's Bay, on Lake Ontario, to the tranquil waters of the Bay of Quinte. Boaters may then enter the Trent-Severn Waterway, which bisects the municipality, and links Lake Ontario with Georgian Bay.

The City's economy is well balanced with a full range of manufacturing industries and a significant commercial sector. 8 Wing/CFB Trenton is a stabilizing factor in the region's economy as it is the largest employer in the Quinte Region with an annual payroll of more than \$110 million, creating a significant economic impact in the local economy.



SUR TRENTON

La 8e Escadre Trenton, où travaillent environ 3 200 membres de la Force régulière, 600 réservistes et 500 civils, se situe sur les rives de la magnifique baie de Quinte, à peine à une heure et demie à l'est de Toronto et à deux heures et demie au sud-ouest d'Ottawa.

La ville de Quinte West entoure la BFC Trenton et compte 43 000 habitants. La ville de Belleville, qui compte 50 000 habitants, se trouve à peine à 13 kilomètres de l'escadre.

Formée par fusion en 1998, la ville de Quinte West comprend les anciennes municipalités de Trenton, de Sidney, de Murray et de Frankford. Située à seulement 160 km à l'est de Toronto et à 280 km à l'ouest de Montréal, la ville de Quinte West occupe une place stratégique sur la route 401. Le Canadien Pacifique, le Canadien national et VIA assurent le transport ferroviaire dans la communauté.

Le milieu naturel de Quinte West, avec son panorama attirant de collines, de riches terres agricoles et de cours d'eau propres, crée un environnement sain pour travailler, vivre et élever une famille. Les quartiers sûrs et bien planifiés et les nombreuses activités récréatives telles que la randonnée pédestre, la pêche et la navigation de plaisance font de Quinte West un excellent lieu de résidence ou endroit à visiter. Le canal Murray permet aux plaisanciers d'accéder aux eaux tranquilles de la baie de Quinte depuis la spectaculaire baie Weller, dans le lac Ontario. Les plaisanciers peuvent ensuite emprunter la voie navigable Trent-Severn, qui partage la municipalité en deux et relie le lac Ontario et la baie Georgienne.

La ville jouit d'une économie bien équilibrée, composée d'une grande variété d'entreprises manufacturières et d'un secteur commercial en plein développement. La 8e Escadre Trenton représente un élément stabilisateur de l'économie régionale puisqu'il s'agit du plus important employeur de la région de Quinte. Avec une masse salariale de plus de 110 millions de dollars, elle a une importante incidence sur l'économie locale.

3 things to check before buying or selling a home

Buying or selling a home is an exciting step in anyone's life. But there's no denying it's a major undertaking. Here are three key things to remember whether you're buying or selling.

1

Consider your wants and needs

Before you buy or sell, it's important to think about what you value and what you want versus what you need. For example, is a big backyard a dealbreaker for you? Or, would you be okay with a tiny outdoor space if you found the right home? If you're selling, is it the price that matters the most? Or is a short closing that puts money in your hand faster more important?

2

Interview your agent

Everyone knows someone who knows a real estate agent. It can be tempting to make a quick choice and go with that friend of the family or in-law. While they could be the right person in the end, it's important to interview at least a couple of different agents to find the right fit. Real estate agents often have different specialties or mindsets and approaches that may or may not click with you. By having a chat with a few people, you'll know you're setting up a successful partnership.

3

Test for radon

Radon is a radioactive gas that comes from uranium in the ground that can get into your home undetected. All homes have some level of radon. However, long-term exposure to elevated levels increases your risk of developing lung cancer – in fact, it's the number one cause of lung cancer in non-smokers.

If you're selling your home, reassure buyers about radon levels. And if you're buying, it's a good idea to do radon testing as well as your standard home inspection. You can purchase an easy do-it-yourself radon test kit or hire a certified professional. Costs to fix high radon levels are comparable to updating your furnace or air conditioner. Find more information at canada.ca/radon.

Courtesy: News Canada

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Director Military Family Services – here to help you



Keeping a busy work schedule from disrupting family life is a challenge faced by most Canadians. For members of the Canadian Armed Forces (CAF), balancing the unique demands of their military careers, including frequent moves and long, often stressful deployments, with the needs of their families can be especially difficult.

That's where we come in.

The Military Family Services Program (MFSP) promotes and facilitates community-based services which strengthen CF families and communities. The Program is designed to help families manage the unique stresses of the CAF lifestyle through personal, family and community development.

At Director Military Family Services (DMFS), we manage and fund the MFSP on behalf of the CF and the Department of National Defence. It is our job to develop policies, provide resources, give professional guidance, and provide performance measurement tools

to promote and sustain the excellence, relevance and accountability of the Program.

The MFSP is delivered locally by 32 Canadian/Military Family Resource Centres (C/MFRCs) located across Canada, five throughout the United States, and six overseas. These Centres also provide outreach and virtual services to ensure that the Program is available and accountable to all CF families across the country and around the world.

At DMFS, our staff are divided into three sections. The Policy and Program Development team takes the lead on developing new initiatives and family strategy. This group develops, updates and revises MFSP policies and programs to ensure that they meet the emerging needs of CF families. Policy and Program Development staff also develop the evaluation framework for the MFSP to keep the Program responsive and accountable to the families we serve, as well as to the Department of National Defence.

Once policies and programs are developed, the Military Family Services team comes into play. This team is divided into two subsections: Field Operations, who provide training and support to C/MFRCs; and National Programs and Services, who maintain ongoing programs, and also provide direct, national services support to military families. Among these direct services are the *Family Information Line*, a 1-800 line which provides supportive counselling and useful information to the families of CF personnel, and www.familyforce.ca, an online portal connecting military families with their local C/MFRC and other available services.

Finally, DMFS also has a Corporate Services section which is dedicated to keeping the whole organization running. This team focuses their work on business planning and financial management, communications and promotion, as well as administrative support to DMFS staff.

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GARRISON/GARNISON **PETAWAWA**

ABOUT PETAWAWA

The Town of Petawawa has something for everyone to enjoy. Whether looking for a place to locate your business, raise a family, retire or just vacation, Petawawa offers a wide range of services and opportunities.

The vibrant community and majestic scenery make it an ideal location for families as well as new business ventures. Petawawa is a well-established business community with the ability and ingenuity to accommodate both large and small business ventures. Petawawa has the beauty of a small town with all the luxuries and accommodations of a city centre.

Petawawa is also the home of Garrison Petawawa; where over 6,000 Canadian Armed Forces troops and their families enjoy all that the Garrison and the local community have to offer. The Garrison/community relationship is solid and together they provide quality of life facilities, programs and services second to none.

Located on the Ottawa River, Petawawa and surrounding area boasts several golf courses, campgrounds, ski resorts and recreational facilities, just to name a few.



SUR PETAWAWA

La ville de Petawawa a de quoi plaire à tous. Que vous cherchiez un endroit pour ouvrir un commerce, élever une famille, prendre votre retraite ou seulement passer des vacances, Petawawa vous propose une grande variété de services et de possibilités.

Sa communauté dynamique et son cadre majestueux en font le lieu idéal pour les familles comme pour les nouveaux projets d'entreprises. Communauté d'affaires bien établie, Petawawa possède la capacité et l'ingéniosité nécessaires pour accueillir les petites comme les grandes entreprises. Elle allie le charme d'une petite ville au confort et aux installations d'un grand centre urbain.

C'est ici que se trouve la garnison Petawawa; plus de 6 000 membres des Forces canadiennes et leurs familles profitent de tout ce que la garnison et la communauté locale ont à offrir. Les liens qui unissent la garnison et la communauté locale sont solides, ce qui leur permet de fournir ensemble des installations, des programmes et des services qui n'ont rien à envier aux autres villes.

Situées en bordure de la rivière des Outaouais, Petawawa et la région environnante possèdent plusieurs terrains de golf, des terrains de camping, des stations de ski et des centres de loisirs, pour ne citer que quelques-unes de leurs attractions.



Courtesy: News Canada

Preparing your home for a new pet

There can be a lot of anxiety when it comes to moving a pet from one location to another, especially when surroundings are unfamiliar. That's why it's important to make sure the environment you're bringing your new furry friend to eases them into their forever home.

To start, ensure everyone in your home is well aware and prepared for the arrival of your new family member. This includes laying out responsibilities and a care schedule – identify who is responsible for morning walks, cleaning the cat litter or evening mealtimes.

Identify a veterinarian close to home and the nearest 24-hour emergency animal hospital. Keep that information somewhere handy where the whole house can access it.



Next, head to your local pet store and buy anything your new pet will need. When it comes to choosing the right food, inquire with the shelter to get an understanding of what your pet is used to and purchase that to start. You can change their diet slowly in a few weeks when they're settled in, as you want to avoid too many sudden changes during this transitional period.

"Ideally, you're able to take your pet home just ahead of the weekend, or another time when you'll have a couple of days off, to help settle them in," says Dr. Amanda Landis-Hanna, DVM, senior manager of veterinary outreach at PetSmart Charities. "This is less important for cats as they like to explore on their own when they feel safe to do so, but it's very important for dogs, especially puppies, who are looking to bond with you and get reassurance that everything is okay."

Now you're set to start life with your new best friend. During the first few weeks of getting settled, keep an eye on their behaviour and note anything that seems out of the ordinary. If you're concerned about anything at all, bring them to your vet and have them checked out.

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Water damage is on the rise – is your home protected?

In recent years, water damage from flooding has become increasingly common across Canada. In fact, the Insurance Bureau of Canada says that water damage accounts for nearly half of all insurance claims, and the frequency and cost of these claims has risen dramatically in recent years.

Some of this increase in property water damage is due to climate change, with strong storms becoming more frequent and lasting longer. Infrastructure in many areas is old or inadequate and unable to handle the volume of water associated with these new storms as well as flash floods or snowmelt.

Sewer backups are also occurring more often, both with old systems and with newer ones that are designed to handle both rain and sewer water. Faulty plumbing is another factor that can contribute to water damage, especially in aging, poorly constructed or poorly designed buildings.

Despite these concerns, a poll from the Insurance Bureau of Canada revealed that more than a quarter of people don't know if their property insurance policies cover flooding, while another 45 per cent only "think" they do. Not knowing whether you have coverage for water damage can be costly.

Fortunately, according to Aviva Canada, one of Canada's largest insurance providers, there are things you can do to help protect your property:

Perform regular maintenance on plumbing systems, including sanitary lines and hot water tanks. Have water and sewer lines scoped to reveal damage from tree roots. Test shut-off valves to ensure they will work in an emergency.

Pay attention to your building envelope. Roof leaks are one of the most common causes of water damage, especially in areas that are prone to freezing weather, strong winds and hail. So, it's important to maintain the condition of your roof and clear your downspouts and drains of obstructions. Caulk your windows to ensure an adequate seal, and make sure grading slopes away from your premises.

Is your water hard or soft? Depending on where you live, the quality of water can affect your appliances and plumbing systems, causing them to deteriorate much more quickly. Water softeners are available for hard water areas, but you could consider using a softener for soft water areas too, as soft water can lead to corrosion of copper piping.

Technology can monitor and even reduce issues related to fluctuations in building temperature. Water detection and shut-off systems can prevent damage from burst pipes due to freezing or leaking of your hot water tank. Installing these systems can help eliminate or reduce loss to your property, particularly when you're not there.

Talk to your insurance broker about what level of water damage your current homeowner's insurance covers and what additional insurance you might need. Find one in your area today at aviva.ca/en/find-a-broker.

Courtesy: News Canada

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3 steps to a healthier home

Courtesy: News Canada

Some of the most serious home hazards often go unseen or unnoticed. Help ensure your property and family are safe from hidden threats with the following tips and tools.

Protect against carbon monoxide

Carbon monoxide (CO) is the number one cause of accidental poisoning in Canada. The colourless, odourless gas is responsible for hundreds of deaths each year, but the only way to detect it is with a CO alarm. The National Fire Protection Association recommends installing one on every level of your home, including the basement, and one near every sleeping area.

Test for radon

Like carbon monoxide, you can't see, smell or taste radon. But it's the leading cause of lung cancer among non-smokers and results in more than 20,000 cancer deaths each year, according to National Radon Defense. It is commonly found in homes, with one in every eight exceeding Health Canada's acceptable radon level. First Alert offers a simple and affordable do-it-yourself radon gas test kit, so you can ensure the air in your home is safe.

Inspect for mould

This fungus can wreak havoc on the body, creating toxins that cause asthma, respiratory infections and chronic sinus problems. In fact, studies have linked mould to the tripling rate of asthma in the past 20 years. It can grow behind walls and under floors, above ceiling tiles or behind shower walls. The first step to fighting it is to detect if there is mould present in the house. You can find out if you have mould, and what type, by using an at-home test kit or hiring a professional to inspect your home.



Find more information at www.firstalert.ca

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5 items that don't belong in your recycling bin (and what to do with them)

Did you know that if you place an item in your bin that can't be recycled, it can cause significant problems in the recycling process. Throwing these things in the garbage isn't always a solution either.

To help you do your part for the environment, check out these items that don't belong in the recycling bin and learn what you can do with them.

Black plastic takeout containers

Optical sorting machines at recycling plants can't detect black pigment, so they are unable to sort black plastic items. That's why it's very important not to place your black plastic takeout containers in the recycling. Put these containers directly in your garbage.

Plastic furniture, storage bins and toys

Although they're made of plastic, bulky items like tables, chairs and toys don't belong in the recycling bin. Most communities have specialized depots that collect these items. If your community doesn't offer this service and the item is in good condition, clean it thoroughly and donate it to a local not-for-profit or a friend.

Batteries

Although batteries don't belong in your municipal recycling bin, they can and should be recycled. Many batteries contain materials that can be harmful to the environment and wildlife if they end up in landfill, and the salvaged materials from old batteries can be used to manufacture new products like bikes, stainless steel water bottles and small appliances. To recycle your old batteries, Call2Recycle offers convenient battery drop-off locations across Canada.

Paint cans

Paint is considered a hazardous waste material in many provinces and should not be disposed of through the regular waste stream. But empty paint cans can be recycled in many communities. Check with your municipal recycling depot or local paint store for information on how to dispose of your old paint.

Household items

Common household items like pots and pans, drinking glasses and metal and plastic coat hangers should not be placed in recycling bins. If you're moving or doing a renovation and are getting rid of items in good condition, be sure to donate or sell them. Anything that's broken or damaged should be put in the garbage.



Find more information at call2recycle.ca

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CFB/BFC KINGSTON

ABOUT KINGSTON

Kingston, Ontario, with a population of just over 117,000, is situated at the junction of Lake Ontario and the St. Lawrence River. Kingston has first class amenities, short commute times, an amazing waterfront, top notch educational institutions and a thriving entertainment scene. The city also boasts the title of being the oldest community in Canada.

Kingston is located just off of Highway 401, roughly 168 km southwest of Ottawa. Via Rail offers daily connections to Montreal, Ottawa and Toronto. Air travel is convenient, with daily flights to and from Toronto's Pearson Airport from Kingston's Norman Roger's Airport. Coach Canada / Trentway-Wager Bus Lines operates daily connections to city centres such as Toronto, Cornwall and Peterborough.

The city's school districts include the Limestone District School Board and Algonquin and Lakeshore Catholic District School Board. Francophone schools are governed by Conseil des Ecoles Catholiques du Centre-Est de l'Ontario and Conseil des Ecoles Public de l'Est de l'Ontario. Kingston also offers many private schools serving a diverse range of spiritual, language and educational needs. Post Secondary Education is offered in the city through Queen's University, St. Lawrence College and the Royal Military College of Canada.

Tourism in Kingston is bustling; there is such diverse opportunity for activities and events. The city is rich in history, which can be discovered through visiting Fort Henry, the Murney Tower National Historic Sites, McIntosh Castle and the many museums, including the International Hockey Museum. Kingston is also located at the Southern end of the Rideau Canal, a UNESCO World Heritage Site.

SUR KINGSTON

La ville de Kingston, en Ontario, a une population d'un peu plus de 117 000 personnes; elle est située à la jonction du lac Ontario et du fleuve Saint-Laurent. Ville où l'on peut se rendre rapidement d'un point à un autre, Kingston offre des attraits de premier ordre, un littoral magnifique, d'excellents établissements d'enseignement et une scène culturelle florissante. En outre, la ville peut se flatter d'être la plus vieille collectivité au Canada.

Kingston se trouve à proximité de la route 401, à environ 168 kilomètres au sud-ouest d'Ottawa. Via Rail y offre des liaisons quotidiennes vers Montréal, Ottawa et Toronto. Le transport aérien est efficace et des vols sont offerts tous les jours entre l'aéroport international Pearson de Toronto et l'aéroport Norman Rogers de Kingston. Les sociétés d'autocars Coach Canada et Trentway-Wager assurent des liaisons quotidiennes entre Kingston et les grands centres urbains tels que Toronto, Cornwall et Peterborough.

Les conseils scolaires de la ville comprennent le conseil scolaire du district Limestone et le conseil scolaire de district catholique Algonquin et Lakeshore. Les écoles francophones sont administrées par le Conseil des écoles catholiques du Centre-Est de l'Ontario et par le Conseil des écoles publiques de l'Est de l'Ontario. Il y a également à Kingston de nombreuses écoles privées qui répondent à une vaste gamme de besoins spirituels, linguistiques et pédagogiques. L'enseignement postsecondaire est offert à Kingston à l'Université Queen's, au Collège Saint Laurent et au Collège militaire royal du Canada.

Le tourisme est en pleine effervescence à Kingston, où l'on trouve de tout pour tous les goûts en termes d'activités et de manifestations. La ville possède un riche passé historique que l'on peut découvrir en visitant les lieux historiques nationaux du Fort Henry et de la Tour Murney, le château McIntosh et les nombreux musées de la ville, dont le Musée international du hockey. Kingston se trouve à l'extrémité sud du canal Rideau, site du patrimoine mondial de l'UNESCO.

Working remotely? How to optimize your setup

Though social distancing has been in place for months now, perfecting our work-from-home setup continues to be a challenge for many of us. Here are a few surprising ways that you can streamline your routine using your mobile phone from anywhere:

- 1 Consider dark mode.** Need to give your eyes a break? While blue light blocking glasses can help, another option is to give your eyes a rest by catching up on email from your phone using dark mode, which will help alleviate strain as you read.
- 2 Get a stand.** Using your smartphone for conference calls can help add flexibility if you're having to move rooms to accommodate other family members' schedules. That said, the quickly draining battery and constant holding can be a pain. Look for a phone stand that has a built-in charger so battery life doesn't slow you down and you can dial in hands free.

3 Wi-Fi vs data. With home now acting as everything from the boardroom to the movie theatre, it's worth assessing your internet plan to ensure you get good download speeds and a reliable signal. But Wi-Fi is only half the equation. Connect with an unbiased mobile expert like those at The Mobile Shop virtually or in store to make sure your mobile plan is working optimally for you right now. If you have internet issues, you may want to consider an unlimited data mobile plan, so you don't get dropped from conference calls.

4 Use alarms and reminders. Have you dialed in late to a virtual meeting since working from your home office? Set up reminders and alarms on your phone to add extra security for important meetings and mix in reminders to walk the dog or check in with the kids while you're at it. Our routine has changed, we can all use an extra nudge or two.



5 Create space. Whether we're at home or out of the house during the day, many of us need constant access to our mobile devices, so juggling the needs of family members who may need to get connected for at-home learning can be tough. Accessories like noise-cancelling headphones and phone stands can be game-changers if you're not able to spread out.

Courtesy: News Canada



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CFSU/USFU OTTAWA

ABOUT OTTAWA

Nestled on the banks of the majestic Ottawa, Rideau and Gatineau Rivers, Ottawa is one of the most beautiful G8 capitals in the world. With a population of over 1.2 million, Ottawa is a thriving international technology and business centre and world class tourism and convention destination. Ottawa is also rich in culture and heritage with its many national institutions, parklands, waterways and historic architecture. It is home to a large number of foreign embassies and is a recognized centre for both academics and professional training. The city offers an open and welcoming environment to cultures from around the world, providing service in English, French and a host of other languages. The city's residents enjoy an enviable quality of life that is recognized around the world.

As part of Ontario's high-quality education system, Ottawa offers a rich array of public and private schools for children in kindergarten to grade 12. While there is an abundance of opportunity to learn in English, French, French immersion and English as a second language, Ottawa also offers learning in a host of different cultures, languages and religions, reflecting our diverse multicultural community.

Ottawa benefits from one of the world's most highly regarded healthcare systems. Once you are a resident of Ontario, most healthcare needs are covered by the province's medical coverage. Private healthcare plans are available, if required, to cover specialized treatments that do not fall under the province's scope of coverage.

SUR OTTAWA

Nichée sur les rives des majestueux cours d'eau que sont la rivière des Outaouais, la rivière Rideau et la rivière Gatineau, Ottawa est l'une des plus belles capitales du G8. La ville, qui a une population de plus de 1,2 million d'habitants, est un centre international florissant pour la technologie et les affaires et une destination qui attire les touristes et les congressistes du monde entier. Siège de nombreuses institutions nationales et forte de ses parcs, de ses voies navigables et de son architecture historique, Ottawa possède une culture et un patrimoine très riches. De nombreuses ambassades étrangères y sont installées. Centre reconnu pour la formation professionnelle et universitaire, la ville est un milieu ouvert et accueillant pour les cultures étrangères; les services y sont assurés en anglais, en français et dans bien d'autres langues. Les habitants de la ville jouissent d'une qualité de vie enviable, reconnue dans le monde entier.

Faisant partie du système d'enseignement de grande qualité de l'Ontario, Ottawa dispose d'une grande variété d'écoles publiques et privées pour les enfants, de la maternelle à la 12^e année. En plus des nombreuses occasions d'étudier en anglais, en français, en immersion française et en anglais langue seconde, la ville offre la possibilité de découvrir de multiples cultures, langues et religions, reflétant la diversité culturelle locale.

Ottawa a l'un des systèmes de santé les mieux cotés au monde. La plupart des besoins en soins de santé des résidents de l'Ontario sont couverts par l'assurance médicale de la province. En outre, il est possible de souscrire des assurances privées, si nécessaire, pour les traitements spécialisés qui ne sont pas pris en charge par le régime provincial.



Military Spousal Employment Network – Finding work after the move

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The Military Spousal Employment Network also offers virtual and in-person career fairs in multiple locations across Canada.

If you are currently seeking employment, this free resource is for you.

Begin connecting with employers. Join the Network!

DND Military Spouse Employment Initiative

<https://www.canada.ca/en/department-national-defence/corporate/job-opportunities/civilian-jobs/civilian-job-opportunities/military-spouse-employment-initiative.html>

The Military Spouse Employment Initiative provides military spouses with a wider range of opportunities from across the federal Public Service.

The initiative provides military spouses and common-law partners opportunities to develop their skills and pursue their careers.

The inventory is open exclusively to civilian spouses and common-law partners of serving Canadian Armed Forces (CAF) members, who either live at the CAF member's place of duty or live separately for military reasons. The CAF member must belong to the Regular Force or to the Reserve Force on Class C service or Class B reserve service of more than 180 consecutive days. Spouses and

common-law partners of CAF members who meet the above criteria are eligible to apply online to the inventory.

The inventory of talent includes many streams such as administration, language teacher, IM/IT, health services, procurement, materiel management, general services and procurement services, as well as general trades and labour.

Applicants benefit by gaining experience working for Government of Canada departments, gaining skills and building reputations, and accessing professional networks that help build their careers.

If you are a military spouse or a common-law partner and want to apply to the inventory, visit the Military Spouse Employment Initiative webpage. If you have any questions, contact DND's National Staffing Operations Team - <http://hrniv-rhivciv.mil.ca/en/m-staffing-contact.page>.

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GARRISON/GARNISON TORONTO

ABOUT TORONTO

With all there is to see and do in Canada's largest city it is easy to lose sight of a Department of National Defence presence here. But along with Garrison Petawawa, Garrison Toronto is part of 4th Canadian Division Support Group (CDSG) with headquarters shared between the two locations.

Adjacent to the former Downsview Airport the Denison Armoury off Sheppard Avenue West is home to the 4th Canadian Division Headquarters as well as the 4th Canadian Support Group Detachment Toronto. Other principle military elements under 4 CDSG here include Personnel Support Services, Operations Services, Technical Services, Engineer Services, Signal Services, Corporate Services, Environmental Services and Safety Services.

Both the 31 Canadian Brigade Group and the 32 Canadian Brigade Group call Garrison Toronto home, as do 2 Military Police Regiment, 32 Health Services, Defence Research Development Canada Toronto, Canadian Forces Recruitment Centre, Canadian Forces College, Regional Cadet Support Unit Central Detachment Toronto and Joint Personnel Support Unit Southern Ontario.

Royal Canadian Navy Units in Toronto include the HMCS York, the HMCS Hunter, the HMCS Prevost and the HMCS Star.

Civilian Units at the Denison Armoury include Personnel Support Programs featuring Military Fitness and Recreation, Health Promotion and a Mess, along with a striking Toronto Military Family Resource Centre across the street.



SUR TORONTO

Avec tout ce qu'il y a à voir et à faire dans la plus grande ville du Canada, il est facile de perdre de vue la présence du ministère de la Défense nationale ici. Mais, comme la Garnison Petawawa, la Garnison Toronto fait partie du Groupe de soutien de la 4e Division du Canada (GS 4 Div C), les deux organisations partageant le même quartier général.

Adjacent à l'ancien aéroport Downsview, le manège militaire Denison, perpendiculaire à l'avenue Sheppard ouest, héberge le quartier général de la 4e Division du Canada, ainsi que le Détachement Toronto du Groupe de soutien de la 4e Division du Canada. Les autres principaux éléments militaires sous le GS 4 Div C ici comprennent les Services de soutien au personnel, les Services des opérations, les Services techniques, les Services du génie, les Services des transmissions, les Services généraux, les Services environnementaux et les Services de sécurité.

Le 31e Groupe-brigade du Canada et le 32e Groupe-brigade du Canada sont chez eux à la Garnison Toronto, tout comme le 2e Régiment de la Police militaire, le 32e Centre des Services de santé des Forces canadiennes – Toronto, Recherche et développement pour la défense Canada Toronto, le Centre de recrutement des Forces canadiennes, le Collège des Forces canadiennes, le Détachement Toronto de l'Unité régionale de soutien aux cadets (Centre) et l'unité interarmées de soutien du personnel du Sud de l'Ontario.

Les unités de la Marine royale canadienne à Toronto comprennent le NCSM York, le NCSM Hunter, le NCSM Prevost et le NCSM Star.

Les unités civiles installées au manège militaire comprennent les programmes de soutien du personnel notamment le conditionnement physique et les activités récréatives militaires, la Promotion de la santé et un mess, en plus d'un formidable Centre de ressources pour les familles des militaires de Toronto qui se trouve de l'autre côté de la rue.



CFB/BFC VALCARTIER

ABOUT VALCARTIER

Located on a plateau at the foot of the Laurentian Mountains, some 29 kilometres from Old Quebec, Base Valcartier is spread over an area that measures about 12 by 24 kilometres.

Valcartier Garrison is, without a doubt, one of the best equipped bases in the country. It boasts 645 housing units, a shopping centre, a newspaper, two schools, a chapel, a military family resource centre, a hospital, a community centre, a sports centre, a golf course and numerous recreational clubs that make it the envy of many bases. Valcartier is also home to the Myriam Bédard Biathlon Centre, one of the best biathlon facilities in North America.

The area around Valcartier is without a doubt a paradise for those who enjoy outdoor activities. Snowmobiling, cross-country skiing, snowshoeing, horseback riding, canoeing, hunting, fishing, swimming, hiking, mountain biking and comfort biking can all be enjoyed close by the base. Whether you're looking to stay in shape or simply to have fun, the possibilities are infinite!



SUR VALCARTIER

Située sur un plateau au pied des Laurentides, à 29 kilomètres du Vieux-Québec, la base de Valcartier occupe un territoire d'environ 12 kilomètres sur 24.

La Garnison Valcartier est sans aucun doute l'une des bases les mieux équipées au pays. On y trouve un secteur résidentiel de 645 logements, un centre commercial, un journal, deux écoles, une chapelle, un centre de ressources pour les familles des militaires, un centre hospitalier, un centre communautaire, un centre de sports, un parcours de golf et de nombreux clubs de loisirs qui font l'envie de beaucoup d'autres bases. En outre, c'est là que se trouve le Centre de biathlon Myriam-Bédard, l'un des meilleurs sites du genre en Amérique du Nord.

La région où se trouve Valcartier est, sans conteste, le paradis du plein air : on peut pratiquer à proximité de la base la motoneige, le ski de randonnée, la raquette, l'équitation, le canot, la chasse, la pêche, la natation, la randonnée pédestre, le vélo de montagne et la randonnée en bicyclette. Faites votre choix, une multitude de possibilités s'offrent à vous que ce soit pour garder la forme ou pour le plaisir.





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CFB/BFC BAGOTVILLE

ABOUT BAGOTVILLE

Canadian Forces Base Bagotville, home of 2 and 3 Wing, is one of only two fighter bases in Canada. Located in Quebec's Saguenay region CFB Bagotville is actively involved in both the social and economic life and is considered a key player in the Saguenay-Lac-Saint-Jean region.

The CFB Bagotville population, numbering approximately 2100 Canadian Forces members and civilians, are an integral part of the community and participate in many of its activities. As a result, strong ties have been formed over the years between the base population and the community.

Saguenay-Lac-Saint-Jean is a vast territory of wilderness, visually stunning landscapes featuring large lakes, meandering rivers, towering mountains and a Fjord carved out of a glacial valley. Located in the centre of the province and less than 200 kilometres north of Quebec City, Saguenay features such attractions as the huge Lake Saint-Jean and the Valin Mountains. The captivating Saguenay Fjord, with its sharp cliffs and sloping valley, is scattered with picturesque villages reminiscent of rural France. All this natural beauty creates endless recreational opportunities for the outdoor enthusiast. The Saguenay Region is a popular summer retreat area for vacationers looking to escape the hustle and bustle of the big city.

The Saguenay-Lac-Saint-Jean region has an enviable industrial structure. Its industries, which are always on the alert for new technology, draw upon skilled manpower and a dynamic industrial environment. First developed for its forest wealth, the Saguenay-Lac-Saint-Jean economy was transformed by its immense hydro-electrical potential harnessed to operate its large aluminum smelters. Agri-food, a particularly important industry in Lac-Saint-Jean, is represented by dairy and grain production, milk and meat processing, and blueberry growing and processing. Recreation and tourism (tourism, culture, leisure, hunting and fishing) is a fast-growing sector of the economy.

SUR BAGOTVILLE

La Base des Forces canadiennes Bagotville, qui abrite la 2e et la 3e Escadre, est l'une des deux seules bases de chasseurs du Canada. Située dans la région du Saguenay, au Québec, la BFC Bagotville est activement engagée dans la vie sociale et économique et l'un des acteurs majeurs et essentiels du Saguenay-Lac-Saint-Jean.

La population de la BFC Bagotville, quelque 2 100 militaires et civils des Forces canadiennes, fait partie intégrante du milieu et s'implique également dans plusieurs sphères d'activités communautaires. Des liens solides se sont donc tissés au cours des années entre la population de la Base et la collectivité.

Le vaste territoire du Saguenay-Lac-St-Jean est sauvage et renferme des paysages somptueux, comptant maints lacs et rivières sinueuses, des montagnes vertigineuses et un Fjord creusé dans une vallée glacière. Situé au centre de la province et à moins de 200 kilomètres au nord de Québec, le Saguenay compte des attractions tels l'immense lac St-Jean et les monts Valin. Le fantastique fjord du Saguenay, avec ses falaises abruptes et ses vallées en pente, est parsemé de jolis villages qui rappellent la France rurale. Toutes ces beautés naturelles sont synonymes de possibilités infinies pour l'amateur de plein air. La région du Saguenay est une retraite populaire en été pour les vacanciers qui cherchent à échapper au tohu-bohu de la grande ville.

La région du Saguenay-Lac-St-Jean possède une structure industrielle enviable. Toujours à l'affût de nouvelles technologies, ses industries attirent une main-d'œuvre qualifiée et constituent un environnement industriel dynamique. À l'origine basée sur les richesses forestières, l'économie du Saguenay-Lac-Saint-Jean s'est transformée à la suite de l'harnachement de son immense potentiel hydroélectrique qui permet aujourd'hui d'exploiter d'immenses alumineries. Le secteur agro-alimentaire représente une industrie particulièrement importante au Lac-Saint-Jean. Il y est représenté par les productions laitières et céréalières, les transformations du lait et de la viande, ainsi que la culture et la transformation du bleuets. Les activités récréotouristiques (tourisme, culture, loisirs, chasse et pêche) sont un secteur de l'économie en rapide croissance.



CFB/BFC MONTREAL

ABOUT MONTREAL

Living in the city or in the surrounding suburbs

When it comes time to settle in the Greater Montreal Area, there is no shortage of choice. Montreal is both fast paced and welcoming, offering big-city attractions while still allowing you to enjoy the warmth of neighborhood life.

The South Shore offers your family a stimulating environment that is close to nature. Recognized the world over for its cultural vitality, Montreal is also a city of knowledge, as it is home to a number of universities, schools and research centres.

Two centuries of immigration have resulted in Montreal being open to the world and close to its people. In the same day, you can do your shopping in a big public market, have lunch in a Tibetan restaurant, attend a free concert by a well-known jazz musician and weed your community-garden plot.

Libraries and cultural centres abound in the Montreal area, as do parks, where you can engage in various sports or outdoor activities. Just minutes away from the gleaming skyscrapers, you can watch beavers or go for a walk in a marshland.

Because of their proximity to major roadways and their transportation networks, the cities of the South Shore are sure to offer a lifestyle that appeals to all members of your family. A number of universities have campuses on the South Shore, and whether you live in Longueuil, Sainte-Julie or Candiac, you can get to Montreal in a matter of minutes. On the South Shore, you can enjoy a rich cultural life and the pleasure of living close to the country. It is the perfect place for those who love wide open spaces.



SUR MONTRÉAL

Habiter la ville ou sa banlieue

Lorsque vient le temps de s'établir dans la grande région montréalaise, les choix ne manquent pas. Trépidante et accueillante, Montréal vous offre les attraits des plus grandes capitales tout en vous permettant de bénéficier d'une chaleureuse vie de quartier.

De son côté, la Rive-Sud met tout en œuvre pour que votre famille évolue dans un environnement stimulant, près de la nature. Reconnue mondialement pour sa vitalité culturelle, Montréal est également une ville de savoir, hébergeant de nombreuses universités, écoles et centres de recherche.

Marquée par deux siècles d'immigration, elle se veut résolument ouverte sur le monde et près de ses gens. Dans la même journée, vous pourrez faire vos courses dans un grand marché public, luncher dans un resto tibétain, assister au concert gratuit d'un jazzman réputé ou désherber votre parcelle de jardin communautaire!

Les bibliothèques et maisons de la culture foisonnent sur le territoire montréalais, tout comme les parcs où il fait bon s'adonner à diverses activités sportives ou de plein air. Ainsi, à quelques minutes des gratte-ciel rutilants, vous pourrez observer des castors ou vous balader dans un marais.

Grâce à leur proximité des grands axes routiers et à leurs réseaux de transport, les villes de la Rive-Sud offrent un style de vie convenant à tous les membres de votre famille. Plusieurs universités y possèdent des campus et que vous habitiez Longueuil, Sainte-Julie ou Candiac, vous pourrez vous rendre à Montréal en quelques minutes. Sur la Rive-Sud, vous bénéficierez d'une vie culturelle divertissante et du plaisir d'habiter à deux pas de la campagne. Avis aux amateurs de grands espaces!





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CFB/BFC SAINT-JEAN

ABOUT SAINT-JEAN

An area with an enviable community life

Saint-Jean-sur-Richelieu is a city of big events, a great place to live and to visit.

What distinguishes Saint-Jean-sur-Richelieu from the other Saint-Jean's in Quebec is the Richelieu River. Today, the Richelieu is synonymous with leisure: water sports and boating, fishing, strolling and biking along the Chambly Canal, watching snow geese and ice skating.

Saint-Jean-sur-Richelieu offers the advantages and amenities of a large city, and the beauty and simple pleasures of the country. You will find magnificent heritage homes in L'Acadie, a neighborhood that welcomed a host of Acadian exiles beginning in 1763.

If you enjoy agritourism, the L'Acadie and Saint-Athanase districts offer several agriculture-related tourist sites. The city and the region are also in the heart of the Quebec wine route. For cycling, the Chambly Canal bike path extends to Chambly, through Ile Sainte-Thérèse in the Saint-Luc district. You can even take the Montérégiade and Vallée-des-Forts bike paths from the Saint-Jean district. Golfers can tee up on any of four golf courses, while history buffs might prefer to stroll along the Old Saint-Jean and Iberville heritage circuits, ending their tour at the Musée du Haut-Richelieu or the Musée du Fort Saint-Jean. Foodwise, people from all over are attracted by the reputation of several restaurants.

However, Saint-Jean-sur-Richelieu is undoubtedly best known for the International Balloon Festival, the largest gathering of hot-air balloons in Canada. Get swept up in the magic of the balloons and you'll never look at the sky the same again!



SUR SAINT-JEAN

Une région où il fait bon vivre!

Saint-Jean-sur-Richelieu : ville des grands événements, ville où il fait bon vivre, où passer de bons moments.

Saint-Jean-sur-Richelieu se distingue des autres Saint-Jean de la province grâce à la rivière Richelieu. Aujourd'hui, celle-ci est synonyme de loisir : les sports nautiques et la navigation de plaisance, la pêche, les randonnées sur la piste cyclable du canal de Chambly, l'observation des oies sauvages et le patin l'hiver.

Saint-Jean-sur-Richelieu propose les avantages et services de la grande ville tout en offrant les beautés et plaisirs de la campagne. Vous retrouverez dans le secteur L'Acadie, qui a accueilli de nombreux exilés acadiens à partir de 1763, de magnifiques maisons patrimoniales.

Vous aimez les plaisirs de l'agrotourisme? Les secteurs L'Acadie et Saint-Athanase proposent plusieurs sites touristiques liés à l'agriculture. La ville et la région sont également au cœur de la route des vignobles du Québec. Côté vélo, la piste du canal de Chambly mène jusqu'à Chambly en passant par l'Île Sainte-Thérèse dans le secteur Saint-Luc. On peut même rouler sur la Montérégiade et l'axe cyclable Vallée-des-Forts à partir du secteur Saint-Jean. Quatre terrains de golf accueillent les mordus de ce sport. Plutôt férus d'histoire? Les Vieux Saint-Jean et Iberville proposent un circuit pédestre patrimonial qui peut se conclure par une visite au Musée du Haut-Richelieu ou au Musée du Fort Saint-Jean. Côté gastronomie, la réputation de plusieurs tables attire les gens de l'extérieur.

Mais ce qui fait la renommée de Saint-Jean-sur-Richelieu est sans aucun doute l'International de montgolfières de Saint-Jean-sur-Richelieu, le plus important rassemblement de montgolfières au Canada. Laissez la magie des ballons vous habiter et vous ne regarderez plus le ciel de la même façon!



5 CDSB/BS 5 DIV CA **GAGETOWN**

ABOUT GAGETOWN

Oromocto is known as “Canada’s Model Town”, a progressive and prosperous community developed around 5th Canadian Division Support Base Gagetown; one of the largest military training bases in Canada.

Oromocto is located on the scenic banks of the St. John and Oromocto Rivers, just a short 15 minute drive from the capital city of Fredericton, New Brunswick. With an ever-expanding population and commercial growth within the town and the surrounding area, Oromocto’s potential sees no limits.

Oromocto serves its residents with a public hospital, elementary, middle and high schools, industrial parks, library, military museum, marina, the Gage Golf and Curling Club and many public parks.

Oromocto has an experienced, dynamic business presence that makes this town the place to do business in New Brunswick. The town boasts many amenities including three distinct shopping districts, many new and improved large chain stores and unique small businesses. Within a two hour drive of the three major cities in New Brunswick, Oromocto is perfectly situated to meet all your needs.

Oromocto is a destination that offers its citizens and visitors alike a wide variety of recreational and cultural opportunities. And with the town located just minutes from the capital city, Oromocto is a great place to spend a day, a weekend or the rest of your life.

SUR GAGETOWN

Oromocto, reconnue comme la ville modèle du Canada, est une communauté prospère et en pleine croissance établie près de la Base de soutien de la 5e Division du Canada Gagetown, l’une des plus grandes bases d’instruction au pays.

Elle est située au bord des rives majestueuses du fleuve Saint-Jean et de la rivière Oromocto, à quinze minutes à peine de Fredericton, la capitale du Nouveau-Brunswick. Oromocto jouit d’un potentiel illimité, avec sa population sans cesse croissante et son expansion commerciale à l’intérieur même de la ville tout comme dans les secteurs avoisinants.

Les habitants disposent d’un hôpital public, d’écoles primaires et secondaires, de parcs industriels, d’une bibliothèque, d’un musée militaire, d’une marina, d’un club de golf et de curling (le Gage) et de nombreux parcs publics.

Oromocto, qui compte une population de gens d’affaires expérimentés et dynamiques, est l’endroit idéal pour le commerce au Nouveau-Brunswick. La ville comprend de nombreuses infrastructures, comme trois zones commerciales distinctes, beaucoup de magasins de grande chaîne nouvellement implantés ou améliorés, ainsi que des petites entreprises spécialisées. Située à deux heures de route ou moins des trois plus grandes villes de la province, Oromocto peut ainsi parfaitement répondre à tous vos besoins.

Oromocto propose à ses habitants et aux touristes qui la visitent une vaste gamme d’activités récréatives et culturelles. Et comme la ville n’est qu’à quelques minutes de la capitale, il s’agit d’un excellent endroit pour venir passer la journée, la fin de semaine ou le reste de votre vie!





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CAF Families Can See a Doctor Online



It can be hard to know what to do when your military family has just moved, and a family member gets sick. You have barely had time to unpack, much less had time to find a new family doctor.

What do you do? Do you take them to a walk-in clinic? Or maybe your new community is so small that it only has an emergency room. Do you wait hours in the waiting room while you or your sick family member waits to see a doctor? And what about all those other sick people around you waiting to see the same doctor? Will you be exposed to whatever germs or illness they are facing too?

Now, you and your dependents have a much better (and faster) option.

This summer, Canadian Forces Morale and Welfare Services is collaborating with Maple to provide online doctor visits to dependents of Canadian Armed



Forces members living in Canada. With a few clicks, you'll be able to access a Canadian-licensed general practitioner within minutes, not hours. It's a safe, fast and effective way to access routine healthcare from the comfort of your home.

A smartphone, tablet or computer is needed to access the service, as well as a valid CFOne card. You can also choose to communicate with Maple's doctor by text, phone call, or video.

The service is free for all serving military families. If you or your dependent need to see a virtual doctor Monday to Fri-

day between 7 a.m. and midnight (EDT), the service won't cost you anything.

To access this service, go to www.getmaple.ca/militaryfamily. You'll be asked to enter a valid CFOne card. If the virtual doctor consultation is for your dependent, you'll need to use their valid CFOne number. Maple will confirm your eligibility, and, in a few minutes, you'll be connected to a Maple doctor virtually.

Just like a family physician in person, the online doctor can dispense medical advice, offer some prescription refills, and even provide lab and imaging requisitions.

Canadian military families now have a new option for health care. When you need to see a doctor quickly and you're without a family physician remember that this program is here for you during the COVID 19 pandemic.

YOUR REAL ESTATE MATCHMAKER

Amanda is a multi award winning Realtor with 13 years of military relocation experience. She absolutely loves helping people with the biggest change and transaction of their lives. She understands that moving is a very emotional experience and is there for her clients every step of the way.



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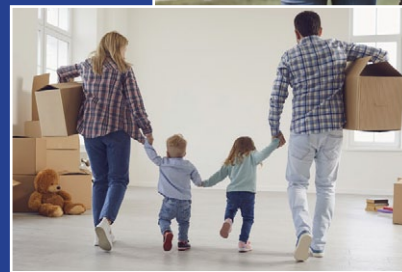
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New crisis texting service for children and youth of military families across Canada

National Defence/
Canadian Armed Forces



A customized crisis texting service was introduced today for the 78,000 children and youth of Canadian Armed Forces (CAF) members. This dedicated texting service will ensure all kids from military families have access to free, confidential, mental health and wellbeing support in both English and French.

Military children with cell phones can access this service by texting the keyword **CAFKIDS** at **686868** for service in English or the keyword **JEUNESFAC** at **686868** for support in French.

This texting service is confidential, free and available 24/7 across Canada.

Kids Help Phone has verified that staff and volunteer Crisis Responders have enhanced training and screening to better understand the complexities of military family lifestyle. The COVID-19 pandemic can worsen existing difficulties for kids, and a parent's or guardian's deployment during COVID-19 may add significantly to the stress. Now, more than ever, having the means to stay connected and get support is critical.

April is celebrated as the Month of the Military Child by the defence community; recognizing the sacrifices these children make is important. Thanks, in part, to the support and contribution of military children, their parents and guardians can continue to safeguard and protect Canadians.



Find more information at
CAFconnection.ca/CAFKIDS

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*"No one serves a veteran
like a veteran."*

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Mortgage pitfalls to avoid

Courtesy: News Canada

Throughout life, you may have moments where you'll make a large purchase or invest in a costly item, like your family home. But whether you're in the market for your first new property or already have a mortgage, leaving this asset unprotected can be costly.

Insuring your housing financial debt, as well as debt for other big-ticket items like a new boat for your lake-front cottage or keepsake jewelry like an engagement ring, is a smart investment in your well-being.

To help protect your debt balances like a mortgage, your bank may have optional credit protection insurance products.

"Your home is one of your biggest assets, yet illness can happen at any stage of life. Worrying about your

mortgage when the focus should be on health isn't a situation anyone would wish for," explains Shirley Malloy, vice president at TD. "Fortunately, we offer mortgage protection to provide coverage for your outstanding balance should you face a covered critical health event."

Mortgage protection can be purchased whether you're in the process of applying for a mortgage or already have a home financing solution. But what about protection options for credit card debt?

"Given the unprecedented circumstances of this year, many Canadians are trying to plan for the unexpected



to protect themselves and their finances," says Malloy. "TD balance protection plus is an optional product designed to help you deal with your credit card payment obligations in the event of a covered event, such as loss of employment."



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CFB/BFC GREENWOOD

ABOUT GREENWOOD

Life at 14 Wing Greenwood is very much about community, as the base and its personnel form the centre of much of the wider business, education, sporting and hobby interest community. While the base's operations as Canada's "east coast super wing" – the largest Royal Canadian Air Force base east of Trenton – focused on long range patrol and search and rescue, are at the forefront; family and community life makes this a base with a difference.

As the Annapolis Valley's largest single site employer, the base employs about 2,200 people, between Regular and Reserve force members, civilians and contractors. During the summer, the wing population increases as home to the Atlantic Region Cadet Summer Training program. The economic impact of all this activity, in terms of annual wages, is approximately \$100 million. Operations and infrastructure expenditures expand that impact exponentially, in the Valley and throughout Nova Scotia.

The 14 Wing Community Centre co-ordinates 26 special interest and sports programs and a library, there is a family lake-side campground, an 18-hole golf course, a large fitness and sports centre with an array of programs, indoor and outdoor pools, curling and hockey rinks, a bowling alley and more. The Military Family Resource Centre offers essential supports for deployed personnel and their families, children's programs and care arrangements, educational and social programs. The base also has a unique partnership with local health agencies to offer a family medical clinic to 14 Wing dependants. The Greenwood Military Aviation Museum is a landmark facility, detailing the 70-plus year history of Greenwood military history.



SUR GREENWOOD

Le mode de vie à la 14e Escadre Greenwood est très axé sur la collectivité, la base et son personnel constituant le cœur de la communauté des affaires, de l'enseignement, des sports et des loisirs de la région. Les opérations de cette « super escadre de la côte Est » du Canada (il s'agit de la plus grande base de l'Aviation royale canadienne à l'est de Trenton), axées sur les patrouilles à long rayon d'action et les missions de recherche et sauvetage, demeurent la raison d'être de la base; c'est cependant la vie familiale et communautaire qui en fait un lieu hors du commun.

La base emploie environ 2 200 personnes (membres de la Force régulière, réservistes, civils et entrepreneurs), ce qui en fait le plus gros employeur (en un seul endroit) de la vallée de l'Annapolis. En été, la population de l'escadre augmente puisqu'elle accueille le programme d'instruction d'été des Cadets de la région de l'Atlantique. Sur le plan des salaires annuels, l'incidence économique de ces activités se chiffre à environ 100 millions de dollars. Cette incidence, dans la vallée comme dans toute la Nouvelle-Écosse, est encore plus importante lorsqu'on y ajoute les budgets de fonctionnement, d'infrastructure et des opérations de l'escadre.

Le Centre communautaire de la 14e Escadre coordonne 26 programmes de sport et d'intérêts divers. La région bénéficie de divers services, dont une bibliothèque, un terrain de camping familial au bord d'un lac, un terrain de golf de 18 trous, un vaste centre de conditionnement physique et de sports offrant toute une gamme de programmes, des piscines intérieure et extérieure, une piste de curling, des patinoires, une salle de quilles et bien plus encore. Le Centre de ressources pour les familles des militaires fournit un soutien essentiel aux militaires déployés et aux membres de leur famille, de même que des activités pour enfants, des services de garde d'enfants et des programmes éducatifs et sociaux. La base profite également d'un partenariat unique avec les organismes de santé locaux, ce qui lui permet d'offrir des services de clinique familiale aux personnes à la charge des militaires de la 14e Escadre. Le Musée de l'aviation militaire, important attrait de la région, raconte plus de 70 années d'histoire militaire à Greenwood.



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CFB/BFC HALIFAX

ABOUT HALIFAX

The Halifax Regional Municipality (HRM) has a variety of communities in which CAF members and their families can reside, from large cities including Halifax and Dartmouth, to medium and smaller sized communities like Sackville, Eastern Passage, Lake Echo and Waverley.

HRM covers an area of 5,577 square kilometres and offers over 400 kilometres of coastline. More than one-third of Nova Scotia's population lives in HRM, which offers a wide variety of services for residents, including English and French schools, world-class universities, several excellent hospitals, and numerous shopping centres and unique stores.

Halifax was founded in 1749 as the British Garrison and has had a strong military presence for more than 250 years, with Citadel Hill National Historic Site, to York Redoubt, Point Pleasant Park and the Naval Museum of Halifax, located in CFB Halifax.

Today, HRM is home to Canada's East Coast Fleet. Canadian Forces Base Halifax and the surrounding area comprise Air Force, Navy and Army contingents, Reservists and the civilians who make up the entire Defence Team, but most significantly, the Navy's Atlantic fleet known as Maritime Forces Atlantic. 5th Canadian Division is also situated in Halifax as is the Air Component Coordination Element (Atlantic).

The Department of National Defence and the Canadian Armed Forces significantly contribute to Nova Scotia's revenue, inserting approximately \$1.8 billion into the Atlantic Provinces each year. Canadian Forces Base Halifax also assists with numerous annual community activities such as the Royal Nova Scotia International Tattoo, benefit concerts for veterans and the Government of Canada Workplace Charitable Campaign. Halifax is the home port for HMCS Sackville, Canada's Naval Memorial.



SUR HALIFAX

La municipalité régionale de Halifax (MRH) comporte diverses collectivités où les membres des Forces armées canadiennes et leur famille peuvent vivre, allant de grandes villes comme Halifax et Dartmouth à des collectivités moyennes ou petites comme Sackville, Eastern Passage, Lake Echo et Waverley.

La municipalité régionale s'étend sur une superficie de 5 577 kilomètres carrés et compte un littoral d'environ 400 kilomètres. Plus du tiers de la population de la Nouvelle-Écosse vit dans la municipalité régionale de Halifax. La MRH offre à ses résidents un large éventail de services, dont des écoles de langues française et anglaise, des universités de calibre mondial, plusieurs excellents hôpitaux et de nombreux centres commerciaux et magasins uniques en leur genre.

Garnison britannique fondée en 1749, Halifax a connu une présence militaire forte pendant plus de 250 ans comme en témoignent le lieu historique national de la Citadelle-d'Halifax, la redoute York, le parc Point Pleasant et le Musée naval d'Halifax, qui se trouve à la BFC Halifax.

Aujourd'hui, la MRH est le port d'attache de la flotte canadienne de la côte Est. La Base des forces canadiennes Halifax et les secteurs avoisinants abritent des contingents de la Force aérienne, de la Marine et de l'Armée, de même que des réservistes et des civils qui forment l'Équipe de la Défense. Toutefois, le gros des forces est représenté par la flotte de l'Atlantique de la Marine, baptisée Forces maritimes de l'Atlantique. La 5e Division du Canada est aussi basée à Halifax, comme l'est l'Élément de coordination de la composante aérienne (Atlantique).

Le ministère de la Défense nationale et les Forces armées canadiennes contribuent de façon importante aux revenus de la Nouvelle-Écosse : ils injectent environ 1,8 milliard de dollars par an dans les provinces de l'Atlantique. De plus, la Base des forces canadiennes Halifax organise chaque année de nombreuses activités locales telles que le Tattoo royal international de la Nouvelle-Écosse, des concerts de bienfaisance au bénéfice des anciens combattants et la Campagne de charité en milieu de travail du gouvernement du Canada. Le NCSM Sackville, mémorial naval canadien, est basé à Halifax.





Minor renovations that make a major difference

Renovations can be a daunting task. If your goal is to increase your property value, smaller upgrades can provide a higher return on your investment.

Here are some budget-friendly projects for key areas of your home that can boost your property value:

Kitchen

You don't need a complete remodel to increase the value of this space – it can be as simple as focusing on one thing, such as cabinets or countertops. Refacing old cabinets by adding a fresh coat of paint, a new finish or updated knobs can bring new life to your kitchen. Adding new granite countertops is an easy way to modernize an older kitchen. Make sure to choose a countertop that fits with the price point and aesthetic of your home.

Bathroom

The bathroom is where most of us begin and end our day; modernizing it is a great way to increase your property value. New floors or shower tiles will give

Courtesy: News Canada

the illusion of a complete makeover. Updating the vanity, sink or mirror are also inexpensive options. Smaller bathroom projects like these can have high appeal to future buyers.

Windows

These are often overlooked in renovations. However, upgrading windows is a great idea for both aesthetic and energy-saving purposes. In cooler climates you can purchase windows with insulating properties, and in warmer climates you can purchase those that reflect sunlight.



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HOW TO RECYCLE OLD BATTERIES SAFELY

Did you know storing old batteries in a drawer or tossing them in a garbage is a safety hazard?

"Used batteries can still hold a residual charge. If you throw them in the garbage or store them with other batteries or metal items such as paper clips, they have the potential to cause a spark that could lead to a fire," explains Joe Zenobio, president of Call2Recycle, a not-for-profit organization that collects and recycles old batteries.

Batteries can't be put in municipal curbside recycling programs because residential recycling facilities are not designed to separate batteries from household recyclables. Due to their metals, batteries require a specialized recycling process. They can be a safety concern for people and property.



Although safety is reason enough to recycle your batteries, there are other valuable benefits. Used batteries often contain hazardous waste materials, so it's important to keep your old batteries out of your local landfill to help protect wildlife and the environment.

To recycle your batteries safely, follow these steps:

Bag them

Place each used, undamaged battery in a clear, sealable plastic bag. The bags will protect the batteries from sparking both

in your home and while being transported for recycling.

Check for damage

If you have a battery that is swollen, corroded, leaking or showing burn marks, place it immediately in sand or kitty litter in a cool, dry place. Then place it in a bag and take it to your municipal household hazardous waste recycling centre.

Do not put it in the garbage.

Drop them

Transport your bagged batteries to a Call2Recycle collection location near you. The organization will recycle the batteries and the recyclable bags used to safely protect the batteries.

Keep them cool

If you don't plan to take your used batteries immediately to a collection location, store the bagged batteries in a cool, dry place in a non-metal container.

Courtesy: News Canada

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BATHROOM MAKEOVER TIPS

Courtesy: News Canada

Did you know the bathroom is the most renovated space in the home? Use these quick tips to create a relaxing retreat from everyday life:



Consider open shelves

Create the illusion of more space and add room to store and organize your items with open shelving. Floating and standing shelves are inexpensive but can be cutely decorated with baskets, plants and candles.

Choose durable materials

Whether you're changing the paint, tile or flooring, remember that all surfaces in a bathroom are exposed to more water and moisture than other areas of the home. So, invest in high-quality materials such as porcelain or cast iron that will look fantastic and stand the test of time.

Leave plumbing alone

While tempting to relocate the tub or sink, moving plumbing fixtures is a major and expensive undertaking. For a fresh and affordable change, swap out the hardware for trendy matte black or bronze.



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