



Rec Room!



The NPF Employee Assistance Plan (EAP) by Kim Ann Charest

*Feel better.
Solve a problem.
Prevent future
problems.*

Sometimes we can't put a finger on what's troubling us; we just know something's not right and are worried it may get worse. Other times, we know exactly what it is - one problem simply won't go away, or something traumatic has happened, or one area of life is not running as smoothly as we would like.

In our rapidly changing world there is a wide range of issues that can confront us - marital or relationship concerns, family and parenting difficulties, work-related issues, stress, financial and legal problems, alco-

hol and drug issues. When you have an EAP (Employee Assistance Program) available to you, it's important to know it doesn't matter how minor or complicated you feel your concern is, you should feel comfortable getting help through the EAP. You don't need to carry the burden and worry about resolving your problems alone.¹

When you call your EAP, you are calling on a confidential and professional group of counsellors for support, information and assistance. Support is available in person, by telephone, and on-line. There a number of on-line resources available to you as well.

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Communications Corner—DND Photo Contest

Do you have creative and talented community members?...

The Department of National Defence Photography Contest might just be the kind of thing they are interested in.

The photo contest is open all members of the CF community including youth. Photos are judged based on amateur

and professional capabilities in seven different categories, so there really is something for everyone.



The Canadian Forces Joint Imaging Centre (CFJIC) and the Canadian Forces Personnel Support Agency (CFPSA) organize the contest. HP Canada, Nikon, Canadian Military Banking, Amplis Photo, Fuji, Canon,

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PSP Community Recreation

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Did you know that FREE volunteer resources can be ordered through Volunteer Canada—www.volunteer.ca for details

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Consolidated Insurance Policy

EAP from Page 1

What is CIP? The Non-Public Funds Consolidated Insurance Program, or CIP, covers all non-public property (NPP) and all non-public fund activities of the Canadian Forces. The purpose of the CIP is to provide adequate insurance coverage to all NPF activities, at minimum cost to NPF, through the purchase of central policies covering property losses and liability claims.



What does CIP cover? Coverage under the NPF CIP includes all NPF property, business or economic undertakings of CANEX, messes, Base/Wing/Station Funds, PMQ councils, and the CFCF. For example:

- *Property*: of every description, such as, buildings, equipment, furniture and effects and inventory are covered. This includes property for which NPF may be any way responsible, during construction or while in transit or situated anywhere in the world. Items on loan or consignment may also be covered. Property includes money and PMQ/Community Council property;
- *Comprehensive General Liability* : NPF operations and activities are covered for legal liability for death/injuries or damage/loss to property of third parties. The limit of liability coverage per incident is \$20,000,000;
- *Motor Vehicle Liability* : coverage includes legal liability for the operation of NPF-owned vehicles and non-owned vehicles (lease), in respect to bodily injury/death or damage/loss to property of others arising out of the ownership/use of such vehicles subject to standard automobile policy;
- *Environmental Damage Liability* : provides coverage for bodily injury/ property damage/clean up cost on or off premises due to tank release;
- *Group Accident* : twenty-four hour business travel, provides Life, Paralysis, and Dismemberment coverage. This includes a \$200,000 life insurance; and
- *Directors' and Officers' Liability Insurance* : provides coverage for defence, penal coverage and initial litigation expenses.

Need more information on CIP? Please contact Jean Delisle, Budget and Risk Manager, at tel: (613) 996-8676 or delisle.je@forces.gc.ca,



CONGRATS TO...

Melissa Davidson, CRD in Winnipeg, who will leave in August for six months in Kabul, Afghanistan as part of the CFP SA Deployed Ops team. Be safe and enjoy your adventure.

Remember the EAP includes your immediate family members. Make sure to let your kids and spouse know they can call anytime, they will need to know your full name and that you work for CFP SA.

**24 hours a day, 7 days a week for immediate, confidential help:
1.800.387.4765**

¹ excerpt from the Warren Shepell web site

Other EAP (Employee Assistance Program) that may apply to you?

Military members and their families

CFMAP (Canadian Forces Members Assistance Program) at 1-800-268-7708 or TDD 1-800-567-5803 and/or their local MFRC

Retired military members and their families

VAC Assistance Services at 1-800-268-7708 or TDD 1-800-567-5803

DID YOU KNOW?

August 12th marked International Youth Day. For more information and for ideas on how your community can celebrate visit:



Youth at the United Nations
www.un.org/youth

The National Recreation Team wishes you all a safe and happy Fall



WWW.CONNECTINGCFYOUTH.CA GOES LIVE!

The CFPSA youth project team is pleased to announce that www.connectingcfyouth.ca has been launched. The web-based initiative, developed by youth for youth, went live in early summer after more than one year of consultation and development work with youth.

Intended to address a need expressed by youth from CF families, the website creates a virtual community for youth from CF families and their friends where youth are able to access important and relevant information on issues such as deployment and relocation as well as health promotion and location specific information.

The site provides a balanced mix of formal adult conceived information and youth written reviews and experience testimonies. Also included is a forum where youth can meet virtually and connect with other CF youth from across the country and around the world, sharing experiences and information.

For more information on this exciting initiative please contact Lara Rooke, National Recreation and Youth Services Coordinator at rooke.lara@cfpsa.com or 613-992-4642 or Nadine Rouleau, French Youth Website Information Specialist at rouleau.nadine@cfpsa.com or 514-278-2979.



Photo: Mike Leahy

Randy Helgason (Director Personnel Support Programs Resources) and Elizabeth Binette (member - National www.connectingyouth.ca team) celebrate the launch of the site in Ottawa.

CANADIAN PLAYGROUND SAFETY INSTITUTE(CPSI)

The Canadian Parks and Recreation Association has begun scheduling for its 2005/06 certification programs. This program can assist you in providing safe, quality play environments for your community by teaching staff to recognize potential safety issue through the development of an understanding of the CSA standard and best practice guidelines. The program is comprised of both a theory component which helps participants to better understand the very technical standards and a practical component which teaches participants how to conduct a thorough inspection of structures and play areas.

Upcoming sessions include:

Theory Courses

2005

To be determined Quebec City
September 27-28 Red Deer, AB
October 4-5 Toronto, ON

Practical Courses

2005

To be determined Quebec City
September 29-30 Red Deer, AB
October 6-7 Toronto, ON

2006

February 16 – 17 Toronto, ON
February 23 – 24 Richmond, BC
March 9 – 10 Edmonton, AB
March 16 – 17 Saskatoon, SK
March 27 – 28 Moncton, NB
March 30 – 31 Ottawa, ON
April 27 – 28 Gander, NL



For more information
on the CPSI consult
the CPRA website
at :

www.cpra.ca/cpra-new/CPSI/index.htm

PSP Community Recreation

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NRYSM can be reached at: 613-992-4642 or rooke.lara@cfpsa.com

Serving Those Who Serve



A Division of the Canadian Forces Personnel Support Agency
Une division de l'Agence de soutien du personnel des Forces canadiennes

Got a success story you would like to share? Why not submit it to APROPOS—the NPF staff newsletter. To submit, or for more information, contact Brigitte Smiley at: smiley.brigitte@cfpsa.com

The next edition of the Rec Room! is due out in the winter and submissions are always welcome. Send them electronically to rooke.lara@cfpsa.com along with any pictures you might have. We welcome stories of any length.

Thanks to all who contributed to this edition!!!!

QUESTION FOR THE FIELD....What types of fundraising opportunities/activities exist at your location? Please forward replies to Lara Rooke at rooke.lara@cfpsa.com

DND PHOTO CONTEST FROM PAGE 1

Banking, Amplis Foto, Fuji, Canon, Valcom, Total Media and Dynamix provide valuable prizes.

For more information on the DND Photography Contest visit :
www.cfpsa.com/en/psp/spn/sponsorship/dndcontest_e.asp



DID YOU KNOW???

The CFPSA Training Centre located in Borden offers instruction designed to assist in the development of volunteers and recreation club executive members—The Recreation Activity Leader Course.

Who Should Attend: This course is designed for military or civilian community activity volunteers, recreation staff, club committee members, PSP staff, and Military Family Resource Centre (MFRC) staff.

Course Aim: This course aims at developing members of both the defence team and community into recreation leaders.

Course Objectives:

The RAL course deals with all aspects of community involvement including volunteering, conducting a meeting, financial planning for clubs/activities, and club management. Students gain leadership and communication skills and knowledge that can be of great benefit both professionally and personally.

If you would like more information on the RALC or would like to book a course for your location contact the CFPSA Training Centre at 705-424-1200 ext. 3127 (CSN 270-3127) or Johnson. MES@forces.ca