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Royal Military College Saint-Jean

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Feeling good about himself

Yves Bélanger, Servir

Ex-military and now a public servant, Daniel Dufresne no longer has any discomfort displaying his homosexuality. He feels accepted both in his work environment at Royal Military College Saint-Jean and in everyday life. He explains that with the rise of a certain extreme right in the country, it is important to remain vigilant so that the rights of the LGBTQ2+ community remain as they are.

It is for this reason that he recalls the importance of highlighting moments like the International Day Against Homophobia and Transphobia, which takes place every May 17. "Extremism is gaining ground and we must make it clear to its followers that we do not want to go back."

For Mr. Dufresne, it is also essential that it is not only people from the LGBTQ2+ community who participate in events such as May 17 or Pride parades. "We need as many allies as possible to make it clear that our sexual orientation does not make us different humans from others."

CAF MEMBER FOR 24 YEARS

Daniel Dufresne enlisted in the Canadian Armed Forces (CAF) in 1985. At that time, he would not have dared to confess his homosexuality. "It was absolutely forbidden. I could have been kicked out on the spot. We

Photo : MCol Nédia Coutinho – Imagery Saint-Jean



Daniel Dufresne with his spouse, Sylvain Aubé.

remember the purge that took place within the Forces during the 1980s and the many people who lost their jobs."

It was not until the late 1990s that he declared himself to be homosexual to his chain of command. "I was going to be deployed and I wanted my spouse at the time to be recognized as such if anything happened to me. It was quite a process."

PEACEFUL LIFE

For 12 years, Daniel Dufresne has worked in the public service. Currently, he is a contract officer for material acquisition and support at Royal Military College Saint-Jean. He leads a peaceful life in his house in Saint-Jean-sur-Richelieu with his spouse, Sylvain

Aubé.

He is happy to be able to live a normal life and not feel continually judged by the people he meets, at the restaurant or at the shopping centre, when he is in the company of his spouse. "It is true that things have changed a lot over the past few years, but we must remain vigilant to ensure that extremist thoughts do not regain ground. This can all change very quickly."

RAINBOW FLAG RAISING

At the time of going to press, the LGBTQ2+ flag raising ceremonies had not yet taken place at the Saint-Jean and Montreal Garrisons. Coverage of these events will be provided in our June 15 edition.

IMPORTANT DATES TO REMEMBER

1969

Same-sex relationships are decriminalized.

May 17, 1990

Homosexuality is removed from the World Health Organization's list of mental illnesses.

2002

In Quebec, people of the same sex can now marry civilly. They can thus benefit from rights similar to those of married couples. Adoption is also open to anyone, regardless of sexual orientation and status.

2005

Canada becomes the fourth country in the world to allow same-sex marriage after the Netherlands, Belgium and Spain.

2015

The change of sex in the civil status is simplified.

2016-2017

Gender identity and expression are added to the prohibited reasons of discrimination in the Quebec *Charter of Human Rights and Freedoms*. The same amendment is made to the *Canadian Human Rights Act*.

December 8, 2021

Canada bans conversion therapy.



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ROYAL MILITARY COLLEGE SAINT-JEAN



Photos: RMC Saint-Jean

The 19 bachelors in International Studies and the three bachelors in Military Arts and Sciences from the foreign officer training program pose with the dignitaries.

Nineteen new bachelors in International Studies

Yves Bélanger, *Servir*

On Friday, May 13 in the afternoon, the Convocation ceremony took place at the Military College of Saint-Jean (MRC Saint-Jean). Nineteen officer cadets and naval cadets enrolled in the baccalaureate in International Studies received their diploma, among other things.

The ceremony took place in the presence of Ms. Geneviève Guilbault, Deputy for Louis-Hébert and Deputy Premier of Quebec, Minister of Public Security and Minister responsible for the Capitale-Nationale region; the Chancellor of RMC Saint-Jean, the Honourable Anita Anand, Deputy for Oakville, Minister of National Defence; Colonel Gaétan Bédard, Vice-Chancellor and Commandant of RMC Saint-Jean; and Mr. James Groen, Academic Director at RMC Saint-Jean.

The Governor General of Canada, the Honourable Mary Simon could not be present, but sent a message which was read by the hosts. The Commander-in-Chief of Canada noted that the skills acquired at RMC Saint-Jean have pre-

pared officers to meet the many challenges that await them in an ever-changing world.

She talked about the climate changes that have been felt in recent years and that have meant that the Canadian Armed Forces are called upon to intervene to provide assistance to Canadian citizens during natural disasters. "From a geopolitical perspective, the fall of the Afghan government to the Taliban as well as Russia's invasion of Ukraine remind us that global stability remains fragile and that democracies need protection against threats."

Several prizes and scholarships were awarded during the event.

OTHER GRADUATES

The Convocation provided certificates in International Studies to nine officers. Forty-one officer cadets and naval cadets also obtained their college diploma (16 in Natural Sciences and 25 in Human Sciences).

Three soldiers enrolled in the foreign officer training Program obtained their bachelor's degree in military arts and sciences.



The Chancellor of RMC Saint-Jean, the Honourable Anita Anand, Deputy for Oakville, Minister of National Defence, was present at the Convocation ceremony.



Officer Cadet Kayla Batt received the Certificate of Best Military Performance.



Mrs. Carolyn Hug, President of the Fort Saint-Jean chapter of the Royal Military Colleges Alumni Association, presents the Honorary Alumni Club trophy to Officer Cadet Karl-Michel Pierre who has demonstrated the best spirit of cooperation.



A GREAT END OF THE YEAR PARADE

On Saturday, the sun was shining for the parade which also marked the 70th anniversary of the institution.

This time the guest of honor was the Chief of the Defence Staff, General Wayne Eyre, accompanied by Chief Warrant Officer Martin Colbert. Various prizes and awards were presented to highlight the achievements of officer cadets and naval cadets.

It ended with a performance by the SkyHawks, the Canadian Armed Forces parachute demonstration team.



The Band of the 438 Tactical Helicopter Squadron.

You're invited to the *Lunch Party* at the Saint-Jean Garrison

Yves Bélanger, Servir

On June 9, from 11:00 a.m. to 1:30 p.m., all CAF members and civilian employees (public service and Non-public funds) of the Saint-Jean Garrison are invited to celebrate the arrival of the hot season by participating in the *Lunch party*.

Organized by the Personnel Support Programs team, the event is a time to celebrate and get together as the return to face-to-face work is underway. "It's a bit like a reunion after two long years of a pandemic. People will be able to eat together and talk to each other. There will also be musical entertainment," explains Pascal Vincent, Health Promotion Manager.

A food truck will be on site to offer four choices of meals free of charge. "There will be chicken wing drumsticks, pulled pork sandwiches, poke bowls and veggie tacos."

A tasting of *Atypical* cocktails will be offered on the site to allow people to discover these different non-alcoholic beverages. CANEX and Saint-Jean Garrison mess teams will be present to perform

the service. "It will even be possible for people to buy cans sold at a good price directly on the spot."

OUTDOOR ACTIVITY

The activity will be held outside, on the grounds located behind the Mega. "We will install as many tables as possible. Those who wish can bring picnic blankets."

If ever the event should be canceled due to bad weather, everything will be postponed to the following Thursday. Of course, the organizers hope that it is in large numbers that people will participate in the event.

Pascal Vincent ends by inviting people to follow the advertisements that will be broadcast shortly concerning the *Lunch party* on the various social networks, including the Facebook page of the PSPs in the Montreal region. "Any additional guidance will be posted on its sites."



PSP RÉGION MONTRÉAL
FACEBOOK PAGE



A more suitable facility for 2 CRPG

Yves Bélanger, Servir

Since April 1, the 2nd Canadian Ranger Patrol Group (2 CRPG) has occupied new premises in the Rheinmetall company building, located on Boulevard du Séminaire Sud, in Saint-Jean-sur-Richelieu.

Major Nicolas Hilareguy, deputy commander of 2 CRPG, explains that this move was made necessary. It had even been expected for a few years. "With the opening of new patrols and the increase in staff in our

offices, we were seriously starting to feel cramped in our premises on rue Bernier." In just a few months, 2 CRPG increased its strength from 52 to 75 personnel.

The process of renting premises took several years. However, it was Rheinmetall's bid that was selected. The move was completed on March 31.

For Maj Hilareguy, the new premises are much better suited. They allow all employees to have an adequate wor-

king environment. "In addition, they are all on the same floor, which greatly facilitates things. The new offices also have a lot more natural light. It feels good!"

The facilities will also make it easy to add workspaces if the need arises. "Everything was thought out based on whether we are here for at least ten years."

Adequate space for storing equipment has also been provided in the new facilities.

AND THAT'S NOT ALL

These new facilities offer other benefits to employees. "Among other things, we have access to a cafeteria. The employees are happy to be able to enjoy good hot meals if they wish." The building also has a training room.

Other meeting rooms can also be used as needed by members of the reserve unit. "In addition, we have access to a large room that will allow us to clean our vehicles on site. This will be very useful during operations."



The new facilities of the 2nd Canadian Ranger Patrol Group are better suited to the needs of the employees of this reserve unit.

A new commanding officer at HMCS *Radisson*

HMCS *Radisson*

Lieutenant-Commander Jérémie Bourassa officially assumed command of Her Majesty's Canadian Ship *Radisson*, during a change of command ceremony in Trois-Rivières on April 23, 2022.

The ceremony, which was presided over by Commodore Patrick Montgomery, Commander of the Naval Reserve, was held in a reduced format due to sanitary measures linked to the pandemic.

"I would like to express my deep gratitude to the sailors under my command in Trois-Rivières," explained Commander Kévin Jutras, outgoing commander. The latter had served as the 12th commanding officer of the unit since October 2019. "It has been an immense privilege to serve alongside them and I thank each of them for their dedication, professionalism and commitment to Canada and the community of Trois-Rivières. Crew of Her Majesty's Canadian Ship *Radisson*, be proud of your accomplishments and thank you for working so hard."

In his speech, LCdr Bourassa mentioned taking over from his predecessor with pleasure. "He has used his leadership and dedication to ensure

that our sailors are exemplary and extremely competent. It is quite an honor to be able to serve the unit in which I joined 14 years ago. Strong, flexible

and trained, Her Majesty's Canadian Ship *Radisson* is always there, always ready to respond to calls for community support and the needs of the Royal

Canadian Navy."

HMCS *Radisson* has been located in the heart of Trois-Rivières and Mauricie since 1986.



The signature of the parchments.
From left to right: Commander Kévin Jutras, outgoing commander, Commodore Patrick Montgomery, commander Naval Reserve, and Lieutenant-Commander Jérémie Bourassa, designated commander.



Photos : AS/Lt Jean-Philippe Samson, HMCS *Radisson*

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National Defence sites lend a hand to bees

Yves Bélanger, *Servir*

To give a chance to bees, which are the guarantors of biodiversity, the Saint-Jean and Montreal Garrisons, the Saint-Hubert site and the Valcartier Base will participate in the *Dandelion Challenge*. By June, they will not cut the grass in certain areas to allow the growth of dandelions, a source of pollen and nectar appreciated by bees.

This idea was proposed by Kevin Piton, construction and maintenance officer at Saint-Jean Detachment of the Real Property Operation Unit, as part of World Bee Day (May 20). "Mr. Piton's initiative is very interesting and the chain of command immediately agreed," explains Éric Charbonneau, environment officer for Saint-Jean Garrison in the Resource Conservation Services of the 2nd Canadian Division Support Group.

Mr. Piton explains that in order to help the beekeeping industry, several municipalities encourage residents and industries not to mow their lawns in May in order to give the bees a chance to take advantage of the dandelions. "As we have large grassed areas and close proximity to agricultural producers in the region, I thought it would be good to participate. I am very happy that the chain of command has embarked on the project."

It should be noted that at Royal Military College Saint-Jean, the Fort St-Jean Corporation has also adopted this measure for some of its ground.

CONSEQUENCES ON BIODIVERSITY

For several years, environmental specialists have been talking about the decline of the bee population. "This spring, beekeepers reported losing almost 60% of their bees. It's a dramatic situation," explains Éric Charbonneau.

He mentions that the decrease in bee populations will have a direct impact on the crops of many farmers. "Bees are important pollinators. They play a leading role in the reproduction of fruit flowers and several vegetables. If the bees are not there, the whole industry will be affected. So it's a matter of food safety."

MANY THREATS TO BEES

The proliferation of a mite, *Varroa destructor*, could be one of the reasons that could explain this decline in bees. The many chemicals used in the fields, on residential lots and the changing climate don't help the situation.

Fortunately, since 1997, the use of herbicides for cosmetic purposes has been strictly prohibited on National Defence grounds. "The only products that can be used are those that protect the infrastructure or the health of employees," concludes Mr. Charbonneau.



What can we individually do for the bees?

- Avoid using pesticides, fungicides or herbicides in your gardens.
- Keep a diverse set of plants in your garden or on your balcony.
- Leave outside a clean container with water, essential for bees.
- Purchase raw honey from your local beekeepers.
- Support reforestation.
- Protect wild nests when possible.
- Sponsor a beehive.
- Buy products from sustainable agricultural practices.
- Raise awareness among people around you by sharing this information within your communities and networks.

Defence sites in the area will help protect bees by avoiding mowing grass and dandelions in certain areas.

OP IMPACT

A team from 3 Canadian Support Unit returns from Kuwait

Sergeant Guy Dumoulin
Information technology system, 3 CSU

The 3 Canadian Support Unit (3 CSU) returns from an important mission in Kuwait. Nine of its members were deployed from February 15 to March 31 to Joint Task Force - Impact (JTF-I) at Ali Al Salem Air Base (AASAB). Mission accomplished for the team that was mandated to perform a technical assistance visit (TAV) and a material accountability compliance inspection (MACI).

3 CSU mission is to generate specialized supply capabilities in support of Canadian Armed Forces Operations, contingency plans and specific exercises in order to provide timely and relevant operational materiel support.

It was with a view to providing constant operational service that 3 USC conducted a TAV for communication and information systems (ICS). The team's mandate was to inventory all JTF-I ICS. This first task consisted of correcting equipment discrepancies between account holders and storage locations in addition to performing an inventory of all the mission's deployed communication equipment. Experts in



Corporals Juan Vuletich and Alexandre Zimmerling performing analyzes in the Defence Resource Management Information System.

communications have solved problems associated with the identification and handling of ICS equipment. The vast territory of the mission and the fact that the warehouse spaces were scattered in several countries represented a considerable challenge for the team. Members of 3 CSU ensured the optimization of storage space for communication equipment in addition to identifying the equipment supported at Camp Canada at AASAB.

The second task was to do a MACI. The latter consists of taking an inventory of essential and sensitive equipment such as weapons, ammunition, hazar-



The 3 CSU team at Op IMPACT. From left to right: Sergeant Guy Dumoulin, Corporals Juan Vuletich and Alexandre Zimmerling, Lieutenant Jonathan Larochelle, Corporal Guillaume Deblois-Mawn, Sergeant Samuel Gilbert, Master Corporal Derek Mayrand, Corporals Antoine Désilets-Brunet and Michael Laforme.

dous materials, servers and other major equipment. The advice of local procurement experts has enabled the local procurement section to comply with the Financial Administration Manual. Corporals Antoine Désilets-Brunet and Juan Vuletich did excellent work in providing safety advice on hazardous materials to JTF-I and the Operational Support Hub-South West Asia (OSH-

SWA), thus correcting shortcomings present since the beginning of the mission.

The expertise of 3 CSU members has undoubtedly greatly contributed to improving the posture of JTF-I and OSH-SWA, while contributing to better management of deployed equipment.

The Path to CFLRS of a Royal Canadian Air Force Technician

Pierre-Alexandre Desrosiers, CFLRS

Upon enrolment in the Canadian Armed Forces (CAF), it isn't possible to do so as an instructor. It is a simple fact that this isn't an option. The question therefore stands: how does one end up with an instructor job at the Canadian Forces Leadership and Recruit School (CFLRS)?

The reality is that each instructor comes with a unique past and experience within their own trade and that the addition of each singular package of experiences allows a better reflection of life within the CAF for candidates who will then leave the School with as many tools as possible to have a great career.

Being a very concrete example of this, Sergeant Andrew Hooker realizes the importance of his experiences. Sgt Hooker is an aerospace telecommunication and information systems (ATIS) technician within the Royal Canadian Air Force (RCAF). With his 18 years of service, the Vancouver, British-Columbia native could not have imagined that his path would lead to the quiet suburban town in which the Saint-Jean Garrison is located, nor how glad he

would be about it.

FAMILY LIFE

Sgt Hooker said that when his spouse who is also a CAF member was posted in Saint-Jean-sur-Richelieu, it was an obvious choice to accept a position as an instructor in CFLRS, adding that "(...) it is an ideal posting for a military couple. There are a lot of Master Corporal and Sergeant positions for a variety of trades, and a variety of units if being within the same chain of command is an issue." Sgt Hooker is also very glad of the bilingual and diverse life in the province of Quebec, with affordable childcare which facilitates a work-life balance, an opportunity to learn French in an environment where many people can also communicate in English and with the dynamic metropolitan area of Montreal that has a lot to offer. Furthermore, he explains that "in times other than those marked by COVID-19, it is a posting to choose for those who love to travel, considering the close proximity with the American border as well as the accessibility of other countries through the Pierre-Elliott Trudeau airport."

PROFESSIONAL DEVELOPMENT

Above the more than ideal family and perso-



Photo : CFLRS

Sergeant Andrew Hooker with his wife Aubrie and children Evelyn and James.

nal life available in Saint-Jean, Sgt Hooker explains that within his work, he is able to apply techniques and methods learned in his trade and adapt them to his current duties. Among other examples, he applies troubleshooting methods from his trade courses to solve issues encountered with candidates and their training. He explains that he can also call upon his colleagues' rich and varied experience to learn new ways and to have them assist when needed, therefore making his and

candidate's life easier.

He remains conscious that a position at CFLRS implies sacrifices, long hours and scarce free time. Nonetheless, he realizes that time at the School is rewarding like few other postings can be. He hopes to be able to stay at the School for a few more years and finally fully enjoy all that the region has to offer whilst pursuing his personal and professional growth.



Members of the military skills team. Officer Cadet Olivier Chagnon is the third from the left.



Photos : RMC Saint-Jean

Challenge met for the military skills team

Yves Bélanger, Servir

In April, the Royal Military College Saint-Jean (RMC Saint-Jean) military skills team traveled to the United States Military Academy at West Point to take on the Sandhurst Challenge. It finished 42nd among the 48 participating teams.

Officer Cadet Olivier Chagnon was the team captain this year. This was his fifth appearance with the team. "I am the dean of the team. It's special, because I held all possible roles within the team. Each year, I have occupied a different place. Over the years, I have gained maturity and confidence."

So he was really proud to be the team leader for the 2022 edition. "I put a lot of pressure on myself to take my team as far as possible. I took the time to analyze what the team leaders before me had done to correct mistakes and achieve better scores."

SATISFACTORY RESULT

The captain says he is very satisfied with the place obtained this year. "Given the circumstances, I think we gave everything we all had and we can be very proud of ourselves."

OCdt Chagnon refers here to the fact that the team learned that it could

participate only one month before the event. "Due to the pandemic, we did not think the competition would take place."

Of course, his team trained on a regular basis for fun, but not with the idea that they would participate in the event. "When we received the invitation, we had to work extra hard to be ready."

He explains that the number of training sessions has been increased during the week. "Sometimes we even did two a day! We had to cut a few hours of sleep to get ready, but we were happy to do it. We were very motivated!"

NICE EXPERIENCE

During Sandhurst 2022, the teams had to overcome a dozen events such as an obstacle course, a 13 km walk, shooting and various physical challenges. "Once the event was over, we had to go to the next one in the race. It was very demanding."

OCdt Chagnon explains that the experience was very rewarding. "During the two days of training, we had the opportunity to touch on American military doctrine. It's good, because we know that we often have to work in collaboration with them."

A precious cultural heritage

SPEO

May is Asian Heritage Month in Canada. It aims to highlight the culture and history of Asian Canadians. The Strategic Partners Engagement Office (SPEO) invited Sergeant Mingxin Li and his brother, Corporal Jeff Li, to share their stories and provide advice to new members in the Canadian Armed Forces (CAF).

Sergeant Mingxin Li was born in Nanjing in the Republic of China and arrived in Montreal with his parents at the age of one and a half. The birth of his younger brother, Cpl Jeff Li, completed the family and they both grew up in the Plateau Mont-Royal.

Both Li brothers enlisted in the CAF within a year of each other in 2013 and 2014, and have since contributed to several domestic and overseas operations, including Kuwait in 2015 and Iraq in 2018 for Sgt Li. Their desire to learn new skills combined with the opportunity to help their community convinced them to answer the call and join the Primary Reserve. Cpl Li says, "As a university student, employment in the Primary Reserve of the CAF also offered an interesting challenge and provides significant flexibility to successfully complete one's education."



Sergeant Mingxin Li, from the 4 Intelligence Company.

During their last few years in the Forces, the two brothers were able to assist their community by responding to the several spring flooding incidents as part of Operation LENTUS. "Canada is where I was born and raised. I am very proud to serve my country and grateful for all the opportunities the Canadian Armed Forces have given me," said Cpl Li who work at the 51 Field Ambulance. When he is not in uniform, he practises as a business lawyer with Stikeman Elliott.



Corporal Jeff Li, from the 51 Field Ambulance.

Sgt Li enlisted as a reservist as a military intelligence specialist with 4th Intelligence Company after completing his bachelor's degree in political science and economics. "I came to Montreal at a young age and was able to discover and keep my roots while being exposed to many other cultures. I owe part of my success to my education, my values and the incredible support of my family."

In addition to his many deployments, he has taught several intelligence courses as well as a recruit course. He adds, "Our diversity and experiences are part of our unique contribution to the discussions. I realized early in my career that my

life experiences, cultural background, and values were a very strong complement to the excellent core skills I had learned in the Forces. I have continued to add strings to my bow and keep my knowledge current through training, experience, and seeking additional professional designations." He works full time with the Montreal Police Department in an investigative support position.

Both brothers agree, "Be authentic, be your own person, and don't try to fit into a mold. It's better to be yourself. Let's pay special attention to the stories of our sisters and brothers and friends of Asian descent, as they are an essential part of our history, present and future."

What is sensory hypersensitivity?

Andréanne Vigneault Lamothe
Special Education Technician
Military Family Resource Centre

A person's nervous system is responsible for processing all recognizable information in its environment: what it sees, hears or touches, the position of the body in space, and others. For a person with sensory hypersensitivities, certain everyday life situations can interfere with their proper functioning and become irritating.

A person may have sensory hypersensitivities when they overreact to a sensation. For example, when your child starts having a fit for not putting on a piece of clothing. He says that the label or the fabric of his sweater makes him itchy. Others may have difficulty tolerating certain noises that seem harmless, such as those of the ventilation system, neon lights, the ticking of the classroom clock, etc. These children will tend to put their hands to their ears to reduce these surrounding noises.

People with hypersensitivities may have more difficulty adjusting. Several elements combined, such as the texture of a sweater or a label on the



the smell of cooked food, the noise of the ventilation system in the house, the sun coming in through the window or the barking of the dog in the neighbor. All of these sensations occurring at the same time can be difficult to process and filter. All external stimuli can quickly become an overload for the child. Strategies exist to help your child modulate his sensory sensations.

SOLUTIONS TO HELP YOUR CHILD

Concretely, as a parent, you can try to be more flexible and understanding about your child's reactions. You can work with him to find solutions that will allow him to get through his challenges and regulate his sensory overload.

- Meditation and breathing techniques adapted to your child can be beneficial for him.
- Remember that your child does not

exaggerate when he expresses discomfort with sensory stimulation. His perception can be amplified. Light and ambient noise can be difficult for him to tolerate.

- Try to find with him the stimuli that prove to be irritating in order to provide him with tools or avoid being exposed for too long. For example, if the noises become too deafening, you can provide soundproof earmuffs. You can also avoid places that are too noisy during busy periods, such as the grocery store and the shopping centre.
- Bring your child to discover his senses, to understand them and to recognize them by presenting him with various types of play, stories and social scenarios. These moments will allow you to discuss with him. You can target the activities that do him good or, on the contrary, that seem to bother him.

INFORMATION

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VETERAN AND VETERAN FAMILY MENTAL HEALTH REMAINS UNCHARTED TERRITORY

“Most Canadians don’t know what it’s like for a lot of Veterans just to try and function through a day.”

– Warrant Officer (Ret’d) Brian McKenna, National Strategic Advisor with the Atlas Institute for Veterans and Families

For decades, Veterans, and their Families have voiced concerns about how hard it can be to find support services that reflect their military experiences and provide real ways to help. Finding the right services in the right place and at the right time is not always easy. Additionally, civilians are often unaware of the physical, emotional, and mental stressors that Veterans, and their Families experience, leading to feelings of isolation and loneliness. Enter the Atlas Institute for Veterans and Families. We were named in 2017 as the Centre of Excellence on PTSD, to increase awareness of Veteran and Family mental health needs, and to improve the quality and availability of trauma-informed care and supports that will make daily life a little easier.

Nothing about us without us

Our work is guided by the expertise of those with lived experience. Our four lived experience advisors—two CAF Veterans and two CAF Family members—build trusted relationships with Veterans and Families to ensure the information we develop and share is tailored to their needs. Across our various projects, we also engage with communities, receiving and sharing information that will improve supports and services for mental health and wellbeing.

“We embed lived expertise in our staff and into our processes. We regularly engage with Veterans and Families, former RCMP members, researchers and service providers, to ensure that our work is guided by and reflective of—the people we serve. It’s also important for RCMP Veterans and their Families to know they are part of our remit, that we are here to respond to their needs, too,” says Laryssa Lamrock, National Strategic Advisor, Families with the Atlas Institute.

Our goal, says Fardous Hosseiny, President and CEO of the Atlas Institute, is to ensure that Veterans and their Families have access to the best possible supports and care. “While we do not offer direct services, we aim to identify the best mental health treatment approaches,” says Hosseiny.

“Veterans and Families have dedicated their lives to serving Canada. Now, it’s our time to give back.”

Mental health challenges are common

Roughly one in four Veterans experiences mental health problems. Many of these problems are hard for service providers to understand and treat, due to lack of clinical research.

“It can be challenging to find up-to-date research on Veterans and their Families,” Hosseiny says. “One of our goals is to use new and existing research to inform treatment options and policies that support improvements in trauma-related mental health care,” he adds, referring to the Atlas Institute’s research work with both Canadian and international partners. He also points out that sharing research is key to getting current and relevant knowledge into the hands of service providers and Veterans and Families alike.

We have your backs

We listen to Veterans and Family members. We hear them when they talk about their experiences at home and abroad, the challenges of returning from deployment, the strain of being away from Family and friends, how hard it is to transition to post-service life. We recognize the impacts that trauma has on the individual and on the Family. We know that finding supports and services to help manage the impacts of trauma can be incredibly hard and frustrating. And, that’s why we are here. We are here to help fix a system that isn’t working as well as it should for you and your Family. We have your backs.

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Financé par Anciens Combattants Canada

Commemoration of the Battle of the Atlantic in Montreal

Like every first Sunday in May, many veterans and citizens gathered in the Old Port of Montreal to commemorate the Battle of the Atlantic.

Organized by the crew of Her Majesty's Canadian Ship *Donnacona*, the purpose of this ceremony was to honor the memory of those who made the ultimate sacrifice during the longest conflict of the Second World War, lasting 2,075 days, from 1939 to 1945.

Six allied countries, Belgium, Canada, the Netherlands, Norway, the United Kingdom and the United States, fought to ensure maritime superiority against Nazi Germany and its packs of submarines.

The battle began in September 1939, and ended in May 1945. (YB)



The event took place on May 1, at 11 a.m. at Quai de l'Horloge in the Old Port of Montreal.



Chief Petty Officer 2nd Class Isabelle Proulx, Coxswain of HMCS *Donnacona*, accompanying Ms. Vicky Drummond, a Second World War veteran of the Women's Royal Naval Service.

THE BATTLE OF THE ATLANTIC



Photos : Facebook – HMCS Donnacona



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The importance of preparing well for retirement

Yves Bélanger, *Servir*

For Master Warrant Officer Stéphane Paquette, retirement has come. After 35 years of service in the Canadian Armed Forces (CAF), the CAF member decided to put away his uniform in order to enjoy life differently. But before leaving, he wanted to remind his brothers and sisters in arms that this is a stage of life that must be well prepared!

MWO Paquette is very satisfied and proud of his career in the CAF. "I never expected to spend 35 years there. When I joined in 1987, we joined the Forces for 20 years. My intention was therefore to retire at the age of 40." Life, however, ensured that he devoted another 15 years to his military career.

Before leaving, he therefore wanted to send this last message: "It is essential to prepare for the moment of retirement. Especially since in the CAF, we are fortunate to have access to extraordinary services." The CAF member refers to the Transition Centres found in the majority of bases and wings across the country. "As for me, I was lucky to have a friend on my path, Master Warrant Officer Mario Forest, who had suggested to me a few years ago that I take part in the seminars offered by the Transition Centre and Personnel Selection and Counselling Centre of my garrison."

MWO Paquette maintains that he has too often seen soldiers leave the CAF too

quickly and find themselves destitute once they retire. "The first few weeks, everything is fine, because it is like a vacation. But if you are not prepared, the time can become long."

MOURNING

We do not leave without emotion a job that we have loved for 35 years. Any change involves a period of mourning. "CAF members are used to getting up in the morning and putting on their uniform. When we retire, we have to wear our own clothes. It may have the help of a detail for some, but for others it may cause a shock."

From the first contact with his advisor from the Saint-Jean Garrison Transition Centre, Ms. Nathalie Carrier, MWO Paquette felt reassured. "It took away a lot of concerns. Among other things, I did not know where to start, because we receive a lot of information in a short time. They have a step-by-step transition tool that makes it easier for us. But above all, these are people who have also gone through this process. They understand the state of mind in which we are at this moment."

MWO Paquette recalls that even when it is well prepared, retirement remains an unknown concept. "It is necessary to have all the tools in hand to deal with it. At the Transition Centre, counselors are there to guide us and remind us of where to contact. They are very supportive."

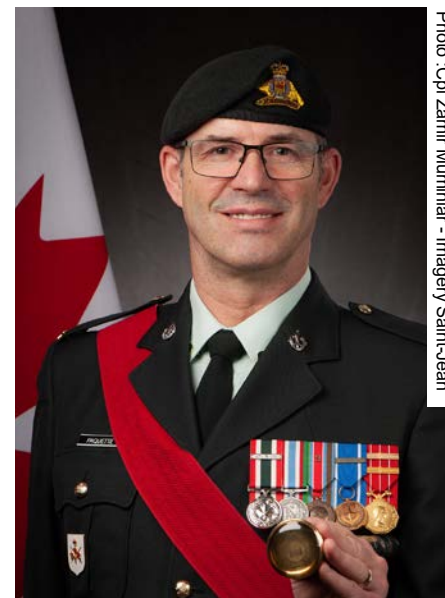


Photo: Cpl Zahir Munnir - Imagery Saint-Jean

Master Warrant Officer Stéphane Paquette leaves the Canadian Armed Forces after 35 years of service.

In this regard, Captain Stéphany Lura, public affairs officer at the CAF Transition Group, indicates that the support offered by the transition counse-

lors is based on the needs of each person, according to the areas of well-being: the utility, finances, health, life skills, social integration, housing and physical environment, as well as cultural and social environment. "If there is a risk in any of these areas for a CAF member transitioning to civilian life, the advisor will know which resource to turn to. This could be registration for the *Soldier On* program for social integration or access to a Veterans Affairs Canada service for health, for example."

INTERESTING PROJECTS

MWO Paquette plans to give himself at least a year to settle into retirement and take the time to live. Afterwards, he plans to realize an old dream. "I would like to buy a farmhouse with land and maybe a sugar shack. My brother is coming back from British Columbia soon. He may be interested in participating in the project."



Master Warrant Officer Stéphane Paquette when he joined the Canadian Armed Forces in 1987.

A great career

A member of the *Royal 22^e Régiment*, MWO Paquette recalls with joy the five years spent in Germany at the start of his enlistment. "I went there in the summer of 1988. I had a lot of fun working abroad."

During his years of service, among other things, he had the opportunity to work at the Canadian Forces Leadership and Recruit School (CFLRS), the Chief Warrant Officer Robert-Osside Profession of Arms Institute and Royal Military College Saint-Jean as Sergeant Major of the Officer Cadets Wing. "For three years, I also worked at the Canadian Defence Academy in Kingston, Ontario. I am ending my career in Saint-Jean, where I started it." Since 2020, he has been Sergeant Major of the Saint-Jean Garrison.

MWO Paquette says he loved sharing his knowledge with his peers throughout his years of service. "The other day I met a sergeant. He was happy to see me and reminded me that I had been his platoon commander when he joined CFLRS. For me, it is always a pleasure to see these young people I have worked with and to see that they are still active in the CAF."

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Running for his health and that of others

Yves Bélanger, Servir

Marc-André Déry is the National Reserve Coordinator for the Canadian Forces Morale and Welfare Services in Ottawa. Working until recently at the Montreal Garrison sports centre, he is known for his great dynamism. Last year, this runner decided to put his passion to the benefit of others: his runner friends and people living with an autism spectrum disorder.

"In 2021, we were in the middle of a pandemic. To try to cheer myself up, I set myself a personal challenge, that of running 10 km a day." After two weeks of racing, the idea came to him to form a group and raise money. "I thought to myself that we could run together and have the kilometre run sponsored in order to support a cause. It would be an additional source of motivation to move! I took up my challenge, and I did it again in 2022!"



Marc-André Déry with his step-son, Alexandre.

Being the stepfather of a young man with autism, the cause was not difficult to find. Four days later, the group *Les Copains Coureurs* was born. "Twenty-one people agreed to join me. We set ourselves clear objectives and we started for the adventure." Today, the group has more than 115 running and walking enthusiasts.

Mr. Déry admits that he was very

surprised by people's enthusiasm for this project. "Just last year, one of my cousins ran 800 km. I have friends who had never run in their life and who started this sporting activity to support us," he says proudly.

The founder of *Les Copains Coureurs* is very proud of the scope of his initiative. "We have members who walk a few kilometres a week for fun and others who run 80. I invite CAF members and all members of the Defence team to visit our Facebook group page. It's a good place to find running partners, socialize and fuel their motivation. In addition to doing us good physically and mentally, we help people who need us."

EXCELLENT RESULTS

To date, *Les Copains Coureurs* has donated more than \$26,000 to the Véro & Louis Foundation. Its mission is to create living environments for autistic people aged 21 and over, with or

without an intellectual disability.

Marc-André Déry maintains that there is a lack of service in the health network for people like his step-son. "Especially when they reach adulthood. From the age of 21, there is a downright break in services. It's complicated for these people and their loved ones."

The houses offered by the Véro & Louis Foundation are like a lifeline for this clientele. "They are built according to the best architectural practices listed in the world. They offer a permanent housing environment, which offers a physical environment adapted to people with autism. The foundation has also developed educational programming to support residents and help them develop their potential."



Congratulations!

4th Health Services Group



Warrant Officer Michèle Bouchard
Promotion

34 Service Battalion



Captain Christophe Côté
Promotion

PERSONNEL SUPPORT PROGRAMS



Gerry Cook
Retirement certificate

Mr. Cook was a gunner in the Canadian Armed Forces for three years and then worked in the federal public service for 11 years. He owned a horse farm and in 2008 he joined the PSP. He held a position in the supply department.



André Pomerleau
Retirement certificate

After 20 years in the Canadian Armed Forces as a fitness instructor, Mr. Pomerleau joined the PSP in 1998. He held a position in the facilities department.

2nd Canadian Division Support Group



Sergeant Daniel Poirier
2 CDSG Commander's coin
Military Personnel Command
Commander's Commendation
A ceremony was held on March 16 to mark his retirement

Would you like to have your unit awards published?

Please email us at servir@forces.gc.ca We'll explain how to submit them!

Were your awards not published?

If you have submitted awards and they have not been published, it's because we ran out of space. Please note that we keep them and that they'll be published later.

RMC SAINT-JEAN EMERITUS ATHLETES

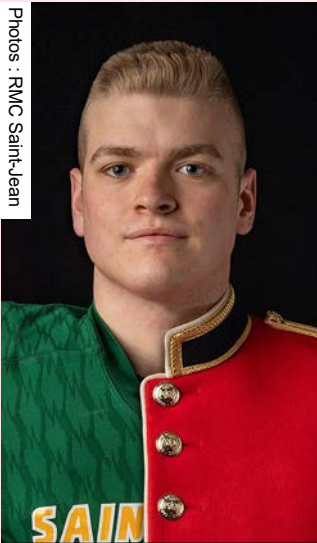
Once again this year, the Royal Military College Saint-Jean (RMC Saint-Jean) Sports Merit Gala was presented virtually. Here are the results for the year 2021-2022.

THE HEADLINERS

The choice of recipients was made based on the four pillars on which the training of officer cadets and naval cadets is based. The students were first selected by their coach for their sports performance within the representative teams. Subsequently, they were graded for their performance in the other three pillars: military, academic and bilingualism.

The recipients were able to effectively manage their academic and sports agendas, while responding positively to military and bilingualism requirements.

Photos : RMC Saint-Jean



Football – *Géants* team
Officer Cadet
Jean-Pascal Legault



Cross country –
Remparts team
Officer Cadet
Maximilien Filion



Cross country –
Remparts team
Officer Cadet
Alyssa Roberge



Judo – *Remparts* team
Officer Cadet Tobie Renaud

CANADIAN MILITARY COLLEGES PHYSICAL ABILITIES TEST

It has five events: a 2.4 km run, a power assessment (medicine ball throw from a seated position and a standing long jump), an Illinois agility course for 10 metres, an isometric tirade at mid-thigh and a suspension at the bar with bent arms. Students must do this evaluation in the fall and winter semesters in order to maintain physical fitness standards.

Each component is scored on a scale of 100 points, to a maximum of 500. A result of more than 400 points is considered excellent and more than 450 points is exceptional.

VANESSA CHAMBERLAND TROPHY

This trophy is awarded to officer cadets and naval cadets (men and women) who have obtained the best average points during the physical aptitude tests that have taken place during the school year.



Officer Cadet William Falardeau
474 points

THE COACH OF THE YEAR

This award recognizes the exceptional achievements of a coach working with the *Remparts'* representative sports teams.

Luc is as dedicated to the development of the team as he is to the athletes he trains. Its innovative approach allows its student-athletes to benefit from the best quality training in cross-country and triathlon. Despite the challenges posed by the pandemic, Luc has created a competition schedule so students can appreciate the results of their training.



Luc Morin
Cross country and triathlon team

MOST IMPROVED

This prize is awarded to the officer cadet or naval cadet who has increased the result of his second evaluation by the greatest number of points.

Officer Cadet
Areg Aprahamian

He got a 98-point improvement

ANIMAL PRIZES

They are given to the officer cadets or the naval cadets, male or female, who have obtained the best result for each of the components of the physical aptitude test of the Canadian military colleges.



Rabbit Prize - 2.4 km race

- Officer Cadet Maximilien Filion, Richelieu Squadron: 7 m 21 s
- Officer Cadet Alyssa Roberge, Iberville Squadron: 9 m 16 s



Cheetah Prize

Illinois 10m Agility Course

- Officer Cadet Tobie Renaud, Tracy Squadron: 15.13 s
- Officer Cadet Naomi Larocque, Richelieu Squadron: 15.9 s



Grasshopper Prize

standing long jump

- Officer Cadet Zachary Brassard-Couture, Joliet Squadron: 295 cm
- Officer Cadet Naomi Larocque, Richelieu Squadron: 243 cm



Rhino Prize

Isometric Mid-Thigh Tirade

- Officer Cadet Mael Frechette, Joliet Squadron: 4,906 newtons
- Officer Cadet Pénélope Milliner, Tracy Squadron: 2,750 newtons



Grizzly Bear Prize

Seated Medicine Ball Throw

- Officer Cadet Jonathan Julien, Joliet Squadron: 923 watts
- Officer Cadet Pascale Massé-Lefebvre, Tracy Squadron: 323 watts



Spider Prize

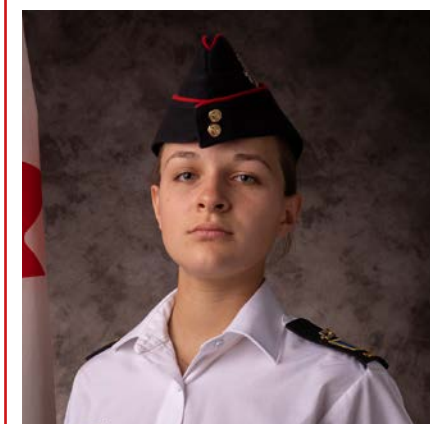
suspension from the bar

- Officer Cadet Pierre-Olivier Bissonnette, Richelieu Squadron: 2 m 55.5 s
- Officer Cadet Camille Lapointe, Richelieu Squadron: 2 m 10.1 s

CIVILIAN TEAMS MOST VALUABLE PLAYER

As part of partnerships with various organizations, students from RMC Saint-Jean evolve within civilian teams. This award honours the student athlete who has been the most successful player on their team.

Soccer – *Géants* team:
Officer Cadet Xavier Arsenault



Officer Cadet Naomi Larocque
483 points

THE MOST USEFUL PLAYERS OF THE REMPARTSTEAMS

These awards honor student athletes who have been the most successful player on the *Remparts* representative sports teams.

Hockey: Officer Cadet Samuel Frenette **Judo:** Officer Cadet Félix Beaudry
Taekwondo: Officer Cadet Antony Modra **Soccer:** Officer Cadet Xavier Arsenault
Cross country: Officer Cadet Maximilien Filion
Military Skills Team: Officer Cadet Gabriel Beaumont

HOW ABOUT FOLLOWING YOUR INTUITION?

Étienne-David Fortin
Specialist, Health Promotion

Today I would like to introduce you to intuitive movement. This is an approach that aims to put the individual at the heart of their practice of physical activity. Its objective is to make us realize that any movement is good for our health. Instinctively, our body and our thoughts guide us when it comes to determining what to do and when to do it.

When Forrest Gump goes to the end of the road when he was simply planning to do a "little run", illustrates very well what intuitive movement is!

And by the way, intuition is what you feel to be true. Sometimes we feel like we know something, even without conscious reasoning. It just comes to us instinctively!



A BIT OF THEORY

Intuitive movement is inspired by intuitive eating. Developed in 1995 by nutritionists Evelyn Tribole and Elyse Resch, this approach was validated a few years later by various studies. There are therefore benefits to be derived from these approaches for both physical and mental health.

INTUITIVE EATING	INTUITIVE MOVEMENT (UNOFFICIAL VERSION)
Reject the idea of diets	Reject the idea of diets and dissociate weight management and physical activity.
Honor your hunger	Honor your desire to move
Make peace with food	Make peace with exercise
Defy the rules of food	Challenge training conventions
Discover the pleasure of eating	Discover the well-being that exercise brings
Feel the effect of satiation	Stop the movement when you are satisfied
Deal with your emotions with kindness	Manage your emotions
Respect your body	Accept your body
Feel the benefits of physical activity	
Honor your health	Let yourself be guided gently

HOW TO INTEGRATE INTUITIVE MOVEMENT INTO YOUR DAILY LIFE

- 1. RECONNECT WITH YOUR BODY** Do a body scan and assess your needs to move for the day. All ways to move are good, whether in the gym or your backyard!
- 2. DO IT GRADUALLY** No one runs a marathon overnight. Pace yourself and set more realistic goals. At first, take a five-minute walk every day and gradually lengthen it. Finally, add running intervals until you feel ready to complete your marathon!
- 3. REDEFINE CONVENTIONS AND ADOPT THE "NO FUN, NO GAIN!" APPROACH** Aim to improve yourself, but with pleasure. Listen to your sense of well-being so that your activity gives you pleasure. If you make the activity enjoyable, you will increase your chances of doing it more often. Thus, the maintenance phase will be easier and you will improve.
- 4. BE FLEXIBLE WITH YOUR PLANS** If one day you feel like a badminton match, respect your need and postpone your indoor training. The important thing is that you stay active regularly.
- 5. RESPECT REST PERIODS** If you feel the need to rest, there is nothing wrong with doing so.

IN CONCLUSION

The intuitive movement advocates the adoption of a respectful lifestyle and self-acceptance. There is no wrong way to eat or move to feel good. Simply listen to your body and it will let you know if you are making the right choices!

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The Health Promotion Facebook page has moved

Servir

If you "liked" the Montreal Region Health Promotion Facebook page, we are happy to inform you that it has been merged with that of the Montreal Region Personnel Support Programs (PSP).

It is therefore on the *PSP Région Montréal* Facebook page that you can continue to follow the publications of health promotion specialists. Recipes, advice or reflections on physical and mental

well-being await you!

You will also find publications from the various PSP departments: community recreation, military sports, fitness, messes and *Servir* newspaper. A good place to discover the different services offered to members of the military community!



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Run 75 km for the Canadian Rangers

Yves Bélanger, Servir

As part of the 75th anniversary of the Canadian Rangers, members of the 2nd Canadian Ranger Patrol Group (2 CRPG) invite walking and running enthusiasts to cover 75 km by the end of May. This challenge is open to all current participants of Canada Army Run 2022.

Captain Julie Pagé, Public Affairs Officer for 2 CRPG, explains that participants of the Canadian Rangers 75 km Challenge are invited to share their experience on their personal Facebook page. "It will be a great way to promote our unit, which is celebrating an important anniversary this year."

FROM RUNNING TO WALKING

Captain Manon Duguay, also from 2 CRPG, is among the participants of the 75 km Challenge. However, she decided to do it walking. "Since 2012, I have participated in the Army Run. However, for three years, for personal reasons, I prefer to do it walking. However, she plans to run the 5 km race of the Army Run in September."



Captain Manon Duguay, of the 2nd Canadian Ranger Patrol Group, with her husband, Chief Warrant Officer Michel Noël.

She has already started to cover her 75 km. "In fact, I have already covered 35 km since the beginning of the month. So I have high hopes of successfully meeting the challenge by May 31."

For the CAF member, walking is both excellent exercise and a very effective means of relaxation. "It's good for my mental health. I like to go alone with my headphones and put on some music. I live in the country-side. For me, it's a good way to take time for myself and breathe some fresh air."

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