

For many, January is a time of reflection; while for others, it's a time to put plans in place for the year ahead. For me, it's a little bit of both.

When I think back on all the activities at the Centre in 2006, the area of deployment support stands out for many reasons. The operational tempo of the Canadian Forces increased, as did the numbers of families in our military community dealing with their loved one being deployed. 9 Wing Gander has seen a significant increase in the number of our members deployed, both in the Regular and Reserve Force. We also provide deployment support to the 2nd Royal Newfoundland Regiment in Corner Brook, Stephenville, and Grand Falls-Windsor; this past year saw 23 of their members training to be ready for their deployment to Afghanistan in February, 2007. We were very pleased to see our deployment mandate officially expanded this past July to include the parents of single Regular Force members. I say "officially expanded" because we always included this group in our deployment support mandate. Now, through the lobbying efforts of the Gander and St. John's Centres, DMFS has also agreed that this group should be supported, and have put funding in place to ensure we reach these parents.

We received a lot of assistance from many sources to help us provide deployment support to our military families. Actually, the amount of support we received in 2006 was often overwhelming, but so appreciated. We are so pleased that so many took the time to show in their own way how much they support our brave CF men and women, and their families. Keep wearing your red shirts on Fridays, and displaying yellow ribbons everywhere; it's important for all CF members, wherever they are serving, to know we are behind them 110%!

Upon reflection of 2006, we must never forget those brave men and women who made the ultimate sacrifice for our country. And we must never forget their families who have paid a tremendous price.

So many memories rush through my mind: the Book of Support we sent to the troops in Afghanistan, the Deployment Spaghetti Supper, the fruitcakes from the ladies in Main Brook that we sent all over the globe, the Blue Mass, the beautiful cards and pictures made by children to put in the Christmas packages, the float in the Santa Claus parade, the banner for the CBC show in Afghanistan, the Christmas packages for overseas, the tremendous amounts of Support our Troops merchandise the public has purchased, the lighting of our "yellow" Christmas tree, the teddy bears from the Wing Point ladies, the wonderful families of deployed members we have met, and the thank you notes we received from the troops in theatre.

It is apparent that the increased operational tempo for the CF will continue in 2007. As a result, our military families will continue to face the challenges of having a loved one deployed; and I have no doubt in my mind that families will rise to this challenge. The challenge for all of us is to continue to show our support, loudly and clearly, to our brave CF men and women and their families.

Peggy Blake
Executive Director





THE PURPOSE:

The purpose of the Gander Military Family Resource Centre is to provide services, programs and resources which will improve the quality of family life and strengthen our military community.

BOARD MEMBERSHIP:

- Chairperson - Andrea Dawe
- Vice- Chair /Treasurer - Linda Maxwell
- Secretary - Tammy Hunt

MEMBERS:

- Trudy Brown
- Kathy Harper
- Holly Skinner
- Joann Rose
- Theresa Traverse
- Mark Brewer
- Jennifer Childs
- Soraya Sheppard
- Cynthia Irvine

EX-OFFICIO:

- WO Karen Dumont
(Base Commander's Rep)
- Peggy Blake
(Executive Director)

GMFRC STAFF:

- Peggy Blake
- Executive Director.....1274
- Betty Moulton
- Social Worker.....1146
- Danielle St-Pierre
- Information/Employment/SLT.....1147
- Colleen Hiscock
- Volunteer / QLC.....1202
- Pamela Timbury
- CYC and Emergency Childcare.....1201
- Deanne Short
- CYC Assistant.....1201
- Caroleann MacWhirter
- Deployment.....1148
- Lisa Butler
- Accounting/Office Manager.....1206
- Sarah Kelly
- Youth Services Facilitator.....1200
- Tracy Peckford
- Office Assistant.....1206

Call the Centre at
 (709) 256-1703 ext. 1206/1274
 Business Hours
 8:30 - 16:30
 Monday to Friday
 Fax: (709) 256-1771
 Email: info@gandermfrc.ca
 Website: www3.nf.sympatico.ca/mil-frc



SISIP CONTINUES TO SPONSOR NATIONAL VOLUNTEER RECOGNITION PROGRAM



For the past four years, SISIP Financial Services has sponsored a national Volunteer Recognition Program. This program provides funding to MFRC's and PSP to assist them with their efforts to acknowledge the tremendous contributions made by volunteers in the military community.

On April 27, 2006, we kicked off National Volunteer Week by treating our volunteers to a relaxing yoga session, followed by a delicious lunch at the ARM . We continued our celebration of National Volunteer Week by hosting a Family Fun Day for our volunteers and their families, which included fun activities at the Rec Centre, and pizza at the GMFRC. We feel that it is important to thank the families of our volunteers as well, because without the support of their family, our volunteers could not give of their valuable time.

On December 8, 2006, the Gander MFRC treated our volunteers to a Christmas Appreciation Breakfast, prepared for us by the 9 Wing kitchen and served at the ARM. It was an excellent opportunity for us to say to our volunteers: Thank you so much for all you do for us; we could not do what we do without you.

We would like to express our sincere thanks to SISIP Financial Services for their continued support of MFRC's and PSP, and more importantly, for their continued recognition of the importance of our volunteers.



Hi my name is Tracy Peckford and I am the new Part-time Office Assistant at the GMFRC. I would like to introduce myself. I am a military spouse, a relatively new mom, and a regular user and volunteer at the GMFRC. Therefore, I have lots in common with users of the GMFRC and I look forward to meeting everyone. I would also like to wish you all a happy, healthy and safe New Year

2006 "Angel Tree Campaign"



The 15th annual Angel Tree Campaign has ended for another year and what a great year it was! This year we had 260 gifts and \$865.00 in cash and gift certificates donated to the campaign. These gifts and monies were presented to the Salvation Army/VOCM Happy Tree on December 12. These gifts were then distributed to underprivileged families in the Gander area so that no child had to go without this Christmas.

I would like to take this opportunity to thank a number of people who helped make this year's Angel Tree Campaign possible.

Firstly, the numerous volunteers at the GMFRC who spent countless hours making angels at the center and at home, and also to Linda Maxwell for presenting us with a new angel design for this year. Thanks to the moms and their children for joining us at Wal-Mart for the launching of the Happy Tree in December. Your support and participation is greatly appreciated and an absolute necessity for the success of this campaign. Thank you.

To Cathy Spurrell from NavCanada Area Control Centre, May Hodder from Services Canada, and the folks in the ATC Tower at the airport, thank you for your continued support and generosity. You are wonderful contributors to this campaign and we look forward to this partnership for years to come.

Thank you to the "Girls Night Out" Committee, and those who attended the Silent Auction in November. The proceeds from that evening were donated to the campaign.

To all section heads, thank you for welcoming the Angel trees into your units and for your support.

To Cpl Deb Gilbert, Sgt Peter Sheppard, LCol MacAleese, Chief Brown and WO Parly, thank you for helping with the loading of the gifts into the van and the unloading of gifts at the Salvation Army. Thank you to Sgt Sheppard of Transport for providing us with a van to deliver the gifts.

To the Salvation Army for allowing us the opportunity to be involved in such a worthwhile cause, thank you. We are honored to be able to provide your organization with gifts for children in the Gander and surrounding area. Thank you for everything you do to make life a little easier for those who are in need, not just at Christmas, but everyday of the year.

Thank you Colleen Hiscock, the Quality of Life Coordinator at the GMFRC, for all the behind the scenes work you do. You were my right hand and my left hand this year and your support and effort was so appreciated. I've had a wonderful time working with you on such a great cause.

And last but certainly not least, those of you who donated all of the wonderfully creative and extremely thoughtful gifts, and those who dug deep and donated money and gift cards, thank you so much. I assure you that your kindness and generosity were noted by many families on Christmas morning.

**"Thank you for being
a Child's Angel"**

Lindsay Cunningham
2006 "Angel Tree Campaign"
Coordinator



Prevention & Intervention

Post Traumatic Stress Disorder

Post Traumatic Stress Disorder (PTSD) is a psychological reaction to the experience of overwhelming traumatic events, especially those, which threaten life and physical injury. Such events include combat, natural disaster, rape, domestic violence and accidents. PTSD can affect people of any age, culture or gender.

The symptoms of PTSD not only affect the sufferer, but also may impact severely on other family members. Relationships with partners and children may become strained and difficult. PTSD may cause the sufferer to neglect or withdraw from the very people who care the most.

PTSD is compressed of three groups of symptoms:

1) Intrusive Symptoms- Traumatic events typically "intrude" into the lives of PTSD sufferers. This can happen in vivid daytime memories or dreams. It can occur suddenly and without obvious cause and is typically accompanied by intense emotions, such as fear, guilt, grief, or anger. Sometimes, these intrusions can be so strong or vivid that the individual may believe the trauma is recurring. These symptoms can be frightening not only for the individual experiencing them, but also for other family members.

2) Avoidance Symptoms- Traumatic memories are extremely unpleasant and individuals may try to avoid any situations, people, or events, which remind them of the incident(s). They may feel unable to respond appropriately to others and

to the challenges of everyday life. They may have a diminished interest or participation in significant activities, may feel a sense of fore-shortened future (e.g. does not expect to have a career, marriage, children or a normal life span). Family members may feel frustrated at having to take on responsibilities the traumatic person can no longer manage.

3) Arousal Symptoms- Severe trauma can cause individuals to feel vulnerable and frightened. They have difficulty falling or staying asleep. They may sometimes demonstrate aggressive and violent behaviour. Memory, concentration and decision making are often affected. The effect of these symptoms on the family can be severe. Anger and irritability can be one of the most difficult symptoms of PTSD for families, especially when the anger is directed toward the children. Anxiety can cause many difficulties, especially if the sufferer avoids going to public or crowded places. The symptoms of PTSD may vary in its intensity or time. The sufferer may be relatively well for long periods between episodes. Symptoms may not appear for months or even years after the trauma has occurred.

Associated Problems

In addition to the core PTSD symptoms; it is common for sufferers to experience feelings of panic or extreme fear, especially when away from home or other safe "places". Depression, loss of interest in normal activities and reduced motivation are also common. PTSD sufferers often engage in harmful habits and behaviours to cope with their symptoms. They may abuse alcohol or other drugs as a form of "self-

medication" in an attempt to blunt memory. This is again very difficult for families to cope with.

What to do if a member of your family has symptoms of PTSD?

- Offer general support. The security offered by loved ones is critical to recovery.
- Encourage the sufferer to talk about how they are feeling. This is a crucial part of helping. Try not to judge them or offer advice that they can not follow.
- Adopt a realistic attitude regarding what the person is capable of, expecting either too much or too little.
- Acknowledge and attempt to understand the individuals reactions to what they have experienced
- Encourage the individual to seek treatment. Family members can play an important role in providing support to an individual during the treatment process.

For further information on Post Traumatic Stress Disorder please contact Betty Moulton Social Worker, 256-1703 local 1146. Other sources of information/support can be provided through CFMAP 1-800-268-7708, Operational Trauma, Stress & Support Centre, 1-902-427-0550 local 5703, MFRC website, www.go.to/PTSD&Family

Information on this article was taken largely from the MFRC pamphlet on Post Traumatic Stress Disorder and DR. Donald Meichenbaum, Phd; A Clinical Handbook/Practical Therapist Manuel.

Prevention & Intervention

OPERATIONAL STRESS INJURY BRIEFING

DATE: 7 February 2007
PRESENTER: Maj Dr. Rakesh Jetly
LOCATION: ARM
TIME: 10:30 – 11:30 hrs

On 7 February 2007 Maj. Dr. Rakesh Jetly, Director, Operational Trauma Stress Support Centre (OTSSC), Halifax, will be delivering a briefing to all 9 Wing Gander Military personnel and their spouses/partners on Operational Stress Injuries (including PTSD).

This briefing will give a general overview of what is an Operational Stress Injury (OSI), what are the signs/symptoms of an OSI and what are the treatment options for an OSI. This briefing will take place at the All Ranks Mess from 1030-1130 hrs.

For further information in this briefing, please contact Betty Moulton, Social Worker, at 256-1703, Local 1146.

APPLIED SUICIDE INTERVENTION SKILLS TRAINING

DATE: 15-16 February 2007
TRAINERS: Betty Moulton, Paul Cunningham & 2 other Trainers
LOCATION: 9 Wing Gander, Site TBA
TIME: 0830 – 1630 (both days)

Applied Suicide Intervention Skills Training (ASIST) workshop will be held on 15-16 February 2007. The location for this training will be at 9 Wing Gander, however, the site has yet to be confirmed. The training will take place from 0830-1630 hrs both days.

What is the ASIST program?

- The ASIST program is a two day workshop that will help you develop Suicide First Aid Skills.
- ASIST is an interactive, adult education program that includes presentations, small group discussions, videos and skills practice.
- ASIST helps people talk about suicide.

Attendance for the full two days is essential.

If you require additional information on this workshop please contact Betty Moulton, Social Worker @256-1703, Local 1146 or Paul Cunningham, Health Promotions Director @ CSN 568-4750. If you are interested in registering for the workshop please contact Judith Blair, Administrative Assistant, Health Promotion's Office, 256-1703 Local 1455. The deadline for registration is 9 February 2007.

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VIOLENCE PREVENTION MONTH FEBRUARY

There are many different forms of inappropriate behaviours that are considered abusive, which are used as an attempt to exert power and control over an individual.

Abuse may occur only once, it can involve various tactics of subtle manipulation or it may occur frequently while escalating over a period of months or years. In any form, abuse profoundly affects individual health and well-being putting individuals at risk of serious behavioural, cognitive, emotional or mental disorders.

There are many different forms of abuse and a person may be subjected to more than one type at a time, they can be exhibited physically, emotionally, psychologically, sexually and financially.

TYPES OF ABUSE

Physical Abuse

Physical abuse is the most visible form of abuse and is characterized by the infliction of injury or injuries.

Physical abuse may include but is not limited to such acts of violence as grabbing, striking, pinching, shoving, slapping, hitting, hair-pulling, biting, arm-twisting, kicking, punching.

Hitting with objects, use of harmful restraints or weapons.

Emotional or Psychological Abuse

Emotional or psychological abuse is defined as routinely making unrea-

sonable demands or the intentional infliction of anxiety, hurt, guilt or fear through verbal or nonverbal acts.

Emotional or psychological abuse serves to degrade and undermine an individual's sense of self-worth and self-esteem while rejecting their opinions and needs.

Emotional and psychological abuse includes but is not limited to attacking a person verbally by yelling, name-calling, constant criticism, insults, threats, intimidation, humiliation, and criminally harassing or stalking. As well, isolating the victim from family, friends or regular activities, and using silent treatment.

Denying the abuse ever happened; and shifting responsibility for abuse, using the statement "It's your fault."

Sexual Abuse

Sexual abuse is defined as any unwanted or inappropriate sexual contact or activity that forces a person to participate in any unwanted, unsafe or degrading sexual activity that is considered non-consensual, coerced or against a person deemed incapable of giving consent. Perpetrators are most often known and trusted by the victim.

Undermining a person's sexuality by derogatory comments, withholding sexual affection, criticism of desired sexuality, and unfounded allegations of promiscuity and/or infidelity.

Economic or Financial Abuse

Economic Abuse is defined as the control of a person's financial resources without their consent.

Making, or attempting to make, a person financially dependent by maintaining control over all household income, not disclosing family income or resources.

Keeping the person from attending school, forbidding employment or controlling their choice of occupation or harassing the individual at his or her workplace.



Denying access to financial resources, withholding money or access to it for food or medicine. Making them beg for money for necessary items like personal hygiene items, children's items, taking money; giving an allowance and requiring justification for all money spent.

GENERAL FACTS ON VIOLENCE

Abuse often starts or gets worse during pregnancy. (Government of Nova Scotia, 2006)

Half of Canadian women, approximately 51%, have been victims of at least one act of physical or sexual violence since the age of 16. (CAEFS, 2006)

Prevention & Intervention

According to homicide statistics from 2004 women were much more likely to be killed by their spouse than men, the spousal homicide rate against women was five times higher than the corresponding rate for men. (Statistics Canada, 2005)

Young women (aged 25-34) had the highest rates of spousal violence reported to the police. (Statistics Canada, 2003)

The victimization least likely to be reported was sexual assault. Only 8% of sexual assaults were reported to police. (Statistics Canada, 2005)

Interviews with some women have found emotional abuse to be even more upsetting and disturbing than physical violence because of the lasting emotional scars. (Statistics Canada, 2005)

Health Canada calculates a cost of \$1.1 billion just for the direct medical costs of violence against women in Canada. (WHO, 2004)

In Newfoundland and Labrador

During 2004-2005, there were 1,084 admissions of women and dependent children to shelters in Newfoundland and Labrador. Of those admitted for abuse, 100% were fleeing psychological abuse, 67% physical abuse, 60% threats, 33% harassment, 20% financial abuse, and 13% sexual abuse. (Statistics Canada 2005).

In 2004 - 2005 Iris Kirby House in St. John's, NL received a total of 9,900 crisis calls that included 826 distress calls, 826 calls from ex-residents and 7,974 other calls related to abuse. (Iris Kirby House Inc.)

Statistics Canada reports that in 2004 sexual assault was reported at a rate of 1 per 1357 people. In Newfoundland and Labrador the rate of sexual assault was reported to be 1 per 1081 people. This was the highest rate of sexual assault reported in the Atlantic Provinces.

If you require additional information on issues pertaining to violence or if you require assistance or support please contact Betty Moulton, Social Worker 256-1703, Local 1146.

All information in this article was obtained from the following websites:

<http://www.gov.nl.ca/vpi/abusetypes.html>

<http://www.gov.nl.ca/vpi/facts/women.html>



OPEN COFFEE

DATE: 7 February 2007
LOCATION: ARM
TIME: 9:30 - 10:30 hrs

In recognizing February as Violence Prevention Month the MFRC, Health Promotions Office and the Roads to End Violence Committee will be hosting an Open Coffee. During this coffee break information will be available on the prevention of violence in our communities and province.

We would like to extend an invitation to all 9 Wing personnel and their spouses/partners to drop by and have coffee/tea and donuts with us.



Employment Assistance

*If learning french is
one of your 2007 resolutions,
The GMFRC has
something to for you....*

The Gander MFRC will be offering **Beginner** Second Language Training starting the 22nd of January of 2007. The training involves:

- Second Language Courses consist of 60 hrs of classroom instruction. (5 hrs per week / twice a week for 12 weeks)
- Courses will run either Mondays / Wednesdays or Tuesdays / Thursdays evenings.
- All participants will complete a placement test prior to beginning of courses.
- Military spouses and dependants will be reimbursed their initial registration \$50.00 fee if their attendance is at least 85%.
- Subsidy for childcare will be available to spouses upon presentation of receipts.
- For more information on the above information and/or to register please call the Second Language Coordinator at 256-1703 loc. 1147.
- Deadline January 22, 2007.

Thinking about starting a Business?

Have you always wanted to be your own boss? Have you ever had an idea that you think might be profitable but did not know how to make it happen? Are you thinking of ways to add to your annual income? Have you decide to start a business but are apprehensive by the thought? If you have answered yes to either question, you are not alone. So join us on Thursday March 1st, 2007 at the GMFRC at 14h00. Paul Pittman of the Gander Area Community Business Development Corporation will be informing us on the many programs and services available to individuals starting a business. For more information on this workshop please contact Danielle at loc. 1147

When: March 1st, 2007 at 14h00

Where: GMFRC

Who: Paul Pittman, Gander Area Community Business Development Cooperation

Cost: Free

Registration: Please register by calling loc 1147 before February 23rd, 2007



Resume Workshop

**When: Tuesday March 6th
2007 at 19:00**

Where: GMFRC

Who: Adults

Cost: Free

Come and learn how to create your own winning resume; find out the do's and the don'ts of resume writing. To obtain more information or to register to this workshop, please call the Employment Coordinator at 1147 before February 28th.

Deployment News

Deployment Get Together

The MFRC is having get togethers on a regular basis for spouses and parents to spend time together as a form of support while your loved one is deployed. These events will be held at the MFRC and are scheduled as follows:

Monday, January 15th, 7-9pm

Saturday, February 3rd, 1:30 – 3:30pm

Monday, February 26th, 7-9pm

If you have a loved one deployed and would like more information, contact Caroleann @ 256-1703 loc 1148.

Valentine Spa Day for Deployed Spouses and Parents, Thursday, February 15th.

Deployment Support in conjunction with the "Esthetics Program" at the College of the North Atlantic have put together a special day for the spouses and parents of members who are deployed. If you have a loved one who is deployed and are interested in a day of pampering, contact Caroleann @ 256-

1703 loc 1148 or 1-800-557-1702 for more information. The following is a list of service they will be providing:

Basic or Spa Manicure

Basic or Spa Pedicure

All Waxing Services

Basic Facial

Lash & Brow Tinting

Artificial Individual Lash Application

Make-Up Application

LCN Nail Enhancements

This should be a great day!

Deployment Easter Breakfast!

As part of our get togethers for Deployed families, the MFRC will be having a breakfast on Sunday, April 1st, 9-10:30am. If you have a loved one deployed and would like to join us for breakfast please contact Caroleann @ 256-1703 loc 1148 for more information.

Deployment Easter Packages!

We will be putting together our Easter Packages for deployed members on

the morning of March 22nd from 9 – 11:30am. These packages are a great way to show support to our CF members deployed and a great morale booster to those who are away from their families at during these special occasions. If you and your families would like to put an Easter card in these packages to show your support feel free to drop them off at the MFRC before the 20th of March.

Thanks for your support!

Thanks to all who have shown their support for our CF members who are deployed and their families at home. It is the support provided from home that helps these brave men and women continue to do the great job they are doing on the various deployments. The feedback that has been received from our members overseas has indicated that it plays a huge role in their daily routine. The support has been tremendous and I am sure will continue into the future deployments.

My wife and I, along with some thirty other concerned family members attended an information briefing in Grand Falls-Windsor, NL on 05 Jan 07. This meeting was organized by DND, to address some of the concerns about the Afghanistan Mission and the role our soldiers will play in the next rotation.

This briefing consisted of several presentations from different individuals:

LCol Mathe, Commanding Officer, RSM O'Rourke, Chief Warrant Officer, MWO Milligan, Deployment Support Center (DSC), Peggy Blake, Gander Military Family Resource Center, Michel Morency, Mission Information Manager, Capt Rose, Chief Accounting And Finance Officer, Jim Peverley, Welfare Services

It was quite apparent from the outset that the purpose of this briefing was to direct information to us regarding this Mission and their assigned Tasking. Although none of the presenters downplayed the dangers of this assignment, all were fully aware of our concerns for the safety of our soldiers. It was revealed that the soldiers' home base in Afghanistan, Kandahar Airfield, is as secure as one can get. This base, run by the Americans, is home to all the nationalities fighting the Taliban in Kandahar Province.

As a recently retired member of Canadian Armed Forces, I think I can associate more with the soldier's attitude than the average civilian. These soldiers have been training for more than eight months for this mission. They are familiar with their equipment, their fellow soldiers, officers and their task. Their deployment in February 07 will begin other challenges and experiences, they are anxious to get started.

We, as parents, have some animosity and trepidation about their leaving for this tour of duty. The dangers, both seen and the unknown will always be on our minds and every report from that area will be constantly monitored. However, we must respect their wishes and determination because, as Reservists they volunteered for this mission.

And as for the unseen dangers, I can only say such is life. Our young people are being killed in vehicle accidents, drowning and other mishaps in this province all the time.

Maj Ret'd S W Thompson

Deployment Support in 2006



GMFRC's Christmas Float



Dave Barton and Peggy Blake with a donation from the Blue Mass Ceremony.



Getting ready for Christmas Packages



Sea Cadets donate to the Christmas Packages



Annual Spaghetti Supper Fundraiser at Dominion

Deployment Support in 2006



Marilyn Kinden, proud Mom of a deployed member at our Christmas Deployment Get Together



Preparing the Boxes for shipping.



Service Canada Gander Office shows their support by wearing red on Fridays.



Smallwood Academy Presentation to Grade Seven Students.



Smallwood Academy Presentation

QUALITY OF LIFE PROGRAMS

Girls Night Out”

The “Girls Night Out” Committee extends an invitation to all women of 9 Wing to come on out and join us for our monthly functions. These monthly functions are a great way to get out and meet people, relax and have fun. Not only will you have fun, you will have an opportunity to give input as to what you might like to see. We are always open to suggestions. The committee recently met and this is what they have planned for Winter/Spring 2007. All details have not been ironed out for all functions, however, watch for advertising. Also, please feel free to call the GMFRC to get up-to-date information on what is happening.

February 7 – Death by Chocolate Potluck

All Ranks Mess
7:30 pm

Bring your favorite chocolate treat and recipes to share with others. As there is no kitchen access, please bring along your own serving utensil, plate and cutlery
Please call 256-1703 Loc 1206 to register.

March 7 – (tentative) St. Patrick’s Day Cake Decorating with Judith Blair

GMFRC
7:00 pm

Participants will be required to bring along a baked cake and icing (recipe will be provided)

Price: to be determined, however, will be small

April – To Be Announced:

Please call the GMFRC for details or watch for upcoming advertising

May 2 – Jewellery Making with Cammy Ambrosini

All Ranks Mess
7:00 PM

This project involves making a beaded gemstone necklace.

Cost: \$25

Upon completion of the necklace, you have the option of making a matching bracelet for \$10

Deadline to register is 25 April

June 6 – Hail & Farewell Barbecue

If you would like additional information on any of these functions, please give me a call at 256-1703 Loc 1202. We invite you to bring along a civilian friend.

Valentine Cookie Grams

Do you have trouble finding the perfect gift for your sweetheart on Valentine’s Day? Maybe you are admiring someone from afar and

would like to send a secret message? The GMFRC has the perfect way to say “I Love You!” We are again offering our ever-popular “Valentine Cookie Grams”. This is the perfect way to acknowledge your sweetheart and maybe keep you out of the doghouse. You can purchase your cookies to be delivered to your “Special Someone” at the GMFRC. These 6” heart-shaped cookies are beautifully decorated and wrapped and then we attach your own personal message. Each cookie sells for **\$5.00 each, please pay when placing your order. All cookies will be delivered on Wednesday, February 14, weather permitting. If the weather is bad on Wednesday, cookies will be delivered on Thursday, the 15th. Please note that we are unable to deliver cookies to the schools.**



Orders can be placed at the GMFRC between 8:30 – 4:30, Monday to Friday or give us call and we can send forms to you through the mail.

Please place your order by Friday, February 9th. No orders will be taken after that time. A minimum number of orders must be received.

Coffee Downtown

Now that Christmas is over and we are back into the routine of things, we will all be looking for something to break the monotony, so we will be continuing with our “Coffee Downtown” breaks. Join us once a month at **Giovanni’s** in the town square as we get out of the house, away from the housework and take a little breather from the children. And, so it might be easier for you to come along, we offer limited childcare on a first come first served basis, however, we do welcome the little ones. So mark these dates on your calendar and plan to join us from 9:30 – 10:30. Please keep in mind that the cost of your coffee and treats are on you! We hope you are able to join us.



Thursday, February 1
Thursday, March 1
Thursday, March 29
Thursday, April 26
Thursday May 31

“Home is Where the Military Sends Us” Wreath

Come join MCpl Linda Bromley and Kim Keith as they share their talents with us to instruct this beautiful grapevine wreath. Each of the houses attached has posting locations painted on them. **All supplies**

QUALITY OF LIFE PROGRAMS

to make this wreath are included in the cost of \$10. You must pre-register to attend, as we will order supplies based on the number of participants. **Please contact the GMFRC at 256-1703, Loc 1206 if you would like to attend and please indicate how many wreaths you want us to order supplies for.** This project comes with five houses, however, additional houses can be purchased at a cost of .50 each. **If you require additional houses, please advise at time of registration.**

Date: Wednesday, 28 March

Time: 7:00 pm

Where: GMFRC

Deadline to Register: Wednesday, 21 March

If we order your supplies and you are unable to attend, you will be responsible to pay for your project. For further information, please call Colleen at 1202. To register, please call Loc 1206.

GMFRC's Annual Spring Flea Market

Are you being posted this summer? Are things piling up to the point where you just can't take it any more? Do you still have unpacked boxes from a previous posting? Children's toys getting out of control? Why are you hanging on to all that stuff? Why not book a table at our annual flea market and turn all those unwanted items into cash? The GMFRC will host their annual flea market in May, which is a great way to offload all of your unwanted wares.

Don't want the hassle yet still want to



get rid of some stuff...then donate your items to the GMFRC and we will sell them at our own table with all proceeds being used for MFRC programs.

Tables are available at a cost of \$5 each for 9 Wing families, \$10 each for civilian families. So give it some thought and start packing those boxes. If you would like additional information or would like to book your table in advance please call the GMFRC at 256-1703, Loc 1206/1202. You will be contacted with the date and time when that information is confirmed.

Time for Me at the GMFRC

Join us each Tuesday morning from 9:30 – 11:30. This time is made available for you to drop in for a coffee, a chat with friends or if you have a craft or project at home you are working on, feel free to bring it along with you. We can also arrange craft projects if a group has something in mind or maybe there is a guest speaker you would like to hear. Whatever is happening, the coffee will be on and as the title indicates, this time is for you "the military spouse". So mark Tuesday mornings on your calendar and join us for some "me" time. Limited childcare is available for your convenience by calling 256-1703 Loc 1206/1201, however, you will need to register in advance. If you have any questions concerning this program or have any suggestions for activities, please give me a call at 256-1703 Loc 1202.

We welcome your input.

"Girls Night Out" & Inclement Weather

Don't be fooled by the recent spring like weather...it won't last. The cold, stormy weather will be here before you know it, and we would like for the women of 9 Wing to be aware that sometimes it may be necessary to cancel programs

and workshops at the last minute during the winter months. If the weather is bad on an evening which "Girls Night Out" is scheduled, and it is deemed necessary to cancel, please listen to 650 VOXM on your radio dial for a cancellation. We will try to have a decision made by close of business that day, if possible. We hope this will not be necessary, however, we all know how unpredictable our weather can be. If you have any questions, please feel free to call Colleen, your Quality of Life Coordinator at 256-1703, Loc 1202

Volunteer Planning Meetings

The following is the schedule for our Volunteer Planning Meetings for winter/spring 2007:

Wednesday, 31 January
Wednesday, 28 February
Wednesday, 28 March
Wednesday, 25 April
Thursday, 24 May

These meetings are held at the GMFRC the last Wednesday of each month from 9:30 – 11:30 am. Limited childcare is available for you to attend, however, you must register your child/children in advance... space is limited. If you would like more information about these meetings or our volunteer program, please feel free to give me a call at 256-1703 Ext 1202 or feel free to join in one of our meetings. All are welcome.



Youth Club

Upcoming Events

- Friday January 12th- Swimming 6:30-8:00pm
- Thursday January 18th- Movie/ Games night 7:00-9:00pm
- Monday January 22nd- Movie/ Games night 7:00-9:00pm

Watch for upcoming calendars. For more information please contact Sarah at local 1200/1201

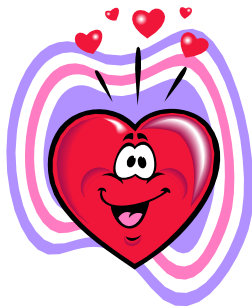
Babysitting Course

The GMFRC is offering a Babysitting Course on the 27 and 28 of January. It is a great opportunity to learn about the most important aspects of Babysitting. This course includes a babysitting manual and a certificate. Participants must be 12 years of age or older to attend the course. Please register by Wednesday, January 24. Space is limited. For more info and to register please call 256-1703 local 1206/1201.

Children's Valentine

Cooking Craft

Date: February 3, 2007
 Place: Dominion Community Room
 Time: 1:00-3:00
 Age: 5 years old and up
 Cost: \$5.00 + tax (payable at Dominion the day of the event).



Hey kids! Come and join us at the Dominion Community Room for an afternoon of cooking fun.

We will bake Valentine treats to take home in a special container and make a Valentine card. Register call 256-1703 local 1206/1201

Games Night

Date: February 16, 2007
 Where: GMFRC
 Ages: 9 and up
 Time: 6:00-8:00pm
 Cost: \$2.00
 Come join us at the GMFRC for a night of games and munchies. Remember you can bring a friend along. Please register by February 15, 2007. For more information, please call 256-1703 local 1206/1201.

Family Sliding Party

Date: February 04, 2007
 Time: 2:00-4:00 pm
 Where: Gander Golf Course/ GMFRC
 Join us at the Gander Golf Course on Sunday, February 04th. Bring your crazy carpets, toboggans, GT racers, etc.



Afterwards come back to the GMFRC for some hot chocolate and a healthy snack.

Please register by February 1, 2007 @t local 1206.
 See you there!

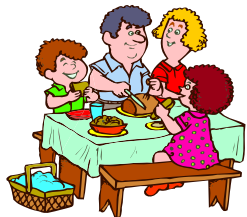
Family Potluck

Come on out to the GMFRC on Wednesday, March 14 for a Family Potluck. This is a great opportunity to show off your cooking skills. Please register by Monday, March 12, indicating what dish you will bring so we can ensure enough main courses and desserts for everyone. All you need to do is bring your favourite dish and the family and we will look after the rest.

When: Wednesday, March 14

KIDS KORNER

Where:
GMFRC
Time: 5:00-
6:30



Games Night

Date: March 16, 2007
Where: GMFRC
Ages: 5-8 year old
Time: 5:30-7:30pm
Cost: \$2.00

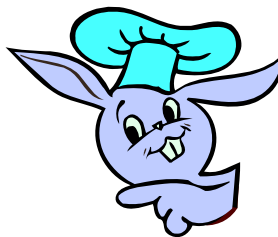
Come join us at the GMFRC for a night of games and munchies. Remember you can bring a friend along. Please register by March 15, 2007. For more information, please call 256-1703 local 1206/1201.

Kids Fun Day

When: March 19, 2007
Time: 8:00-4:30
Where: GMFRC
Cost: \$10.00 per child/\$20.00 per family
Ages: Kindergarten to grade 6
This will be a fun filled day of activities, including games, crafts, swimming and lots more. Lunch and snacks will be provided. Please register by March 15. For more info please call local 1206/1201.

Children's Easter Cooking Craft

Date: March 24, 2007
Place: Dominion Community Room
Time: 1:00-3:00
Age: 5 years old and up
Cost: \$5.00 + tax (payable at Dominion the day of the event)



Hey kids! Come and join us at the Dominion Community Room for an afternoon of Easter fun. We will bake Easter treats to take home in a special container and make an Easter card.

Register call 256-1703 local 1206/1201.

Please note that all Children's Programs will be cancelled for the Easter Break. This is from April 9 until April 13. Programs will resume April 16. Happy Easter

Casual/Respite Childcare

For any of you who just need a break! You can drop off your child or children here at the GMFRC every Tuesday

and Thursday from 8:45 - 11:45am. Preference will be given to families of deployed members on Thursday mornings.

We ask that your child/children are picked up on time to allow staff time to prepare for the next program. This service includes 'quality childcare' and the opportunity for your child to socialize and interact with other children their age. To ensure this service we are requesting that you only book your child/children a week in advance due to limited spaces. To register call 256-1703 local 1206/1201.

Children's Room Schedule

Monday - Friends & Company 1:15-3:15
Tuesday- Casual Childcare 8:45-11:45
Wednesday- Creative Play 1:00-3:15
Thursday - Respite/Casual Childcare 8:45-11:45
Totally Toddler 1:00-3:15
Friday - Friends & Company 9:30-11:30

Privacy Code

The **Gander Military Family Resource Centre** has adopted the *Privacy Code for Military Family Services Programs*, developed by the Director Military Family Services (DMFS) to assist Military Family Resource Centres in protecting the personal information of Canadian Forces members and all other clients using the GMFRC services.

The Privacy Code for Military Family Services Programs is a tailored version of the Canadian Standards Association Model Code for the Protection of Personal Information-CAN/CSA-Q830-96. The 10 principles contained within the CSA Code reflect universal fair information practices that combine individual privacy rights with strong obligations to protect personal information collected by organizations.

Upon Adoption of the *Privacy Code for Military Family Services Programs* the GMFRC must identify the purposes for which information will be used or disclosed, and obtain the consent of the individual for those purposes before any information can be collected. Under this code, every individual about whom the GMFRC may hold personal information has a right to inquire what specific information is held and for what purposes it is used. Individuals also have a right to access their information, to have it amended if it is inaccurate or incomplete, and to challenge the purposes for which the information is collected, used or disclosed.

The 10 principles establish core privacy rights for the service group and their families, as well as employees, voluntary staff, and any other individual about whom the Gander Military Family Resource Centre collects, uses or discloses personal information.

The 10 principles are summarized below, for further information on the *Privacy Code for Military Services Program* please contact the Gander Military Family Resource Centre.

Principle 1- Accountability

MFRCs are responsible for personal information under their control. The Director of an MFRC shall be accountable for

the MFRC's compliance with the following principles.

Principle 2- Identifying Purposes

The MFRC shall identify the purposes for which personal information is collected at or before the time the information is collected.

Principle 3- Consent

The knowledge and consent of the individual are required for the collection, use, or disclosure of personal information, except where inappropriate.

Principle 4- Limiting Collection

The collection of personal information shall be limited to that which is necessary for the purposes identified by the MFRC. Information shall be collected by fair and lawful means.

Principle 5- Limiting Use, Disclosure, and Retention

Personal information shall not be used or disclosed for purposes other than those for which it was collected, except with the consent of the individual or as required by law. Personal information shall be retained only as long as necessary for the fulfillment of those purposes.

Principle 6- Accuracy

Personal information shall be as accurate, complete, and up-to-date as is necessary for the purposes for which it is to be used.

Principle 7- Safeguards

Personal information shall be protected by security safeguards appropriate to the sensitivity of the information.

Principle 8- Openness

MFRCs shall make readily available to individuals specific information about policies and procedures relating to the management of personal information.

Principle 9- Individual Access

Upon request, a member/family, MFRC staff or third party shall be informed of the existence, use, and disclosure of his or her personal information and shall be given access to that information. An individual shall be able to challenge the ac-

curacy and completeness of the information and have it amended as appropriate.

Principle 10- Challenging Compliance

A member/family, MFRC staff or third party shall be able to address a challenge concerning compliance with the above principles to the Director of an MFRC who is accountable for the MFRC's compliance.

CHALLENGING COMPLIANCE

A member / family, MFRC staff or third party shall be able to address a challenge concerning compliance with the Principles under the Privacy Code to the Executive Director who is accountable for the GMFRC's compliance.

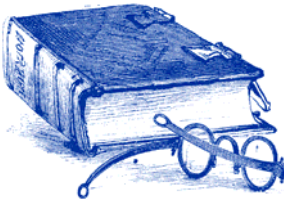
If you have a concern about the manner in which the information is held or is obtained with regards to personal information, the following steps will take place.

1. The member / family will make a formal complaint in writing or verbally to the Executive Director.
2. The Executive Director will investigate complaints.
3. If the complaint is found justified, the Executive Director will take appropriate measures, including, if necessary amending procedures.
4. The Executive Director will consult with DMFS on issues involving the interpretation of this code and the MFRC's compliance with the code.

If the complaints are not handled to the satisfaction of the member /family the complaint will be referred to the Chairperson of the Board of Directors who shall in turn consult with the Director Military Family Services (DMFS). If the Board of Directors can not resolve the complaint, then the individual will be provided with the necessary information to refer the matter to DMFS.

Other News

Book Swap



Are you aware that in the lobby of the GMFRC, we have

several bookshelves containing hundreds of book selections for you to borrow. That's right... borrow! All you have to do is drop in, have a browse, and take what you want. All we ask is if you take a book, return a book...it's that simple. And remember, the coffee is always on so enjoy a cup while you browse.

In addition, we welcome any and all donations of books, both adult and children's, so if you have any books that are taking up space or you are just plain tired of dusting them, why not drop them off here at the Centre. **Our shelves could use some new material** and you never know you might just find that selection you have been looking for right here on our shelves.

Storm Warning

When it comes to inclement weather, how is one to know if their beloved GMFRC is open or has a delayed opening? Here is some valuable information for when blizzard season descends upon us:

Children's Programs: If the Gander area schools are closed due to bad weather, all children's programs at the GMFRC are cancelled as well.

Girls Night Out: If the weather is bad on an evening which "Girls Night Out" is scheduled, please listen to 650 VOXM on your AM radio for a cancellation message.

Second Language Training: If we experience severe weather on the evening of a SLT class, the participants will be contacted by telephone at least one hour prior to the start of a class.

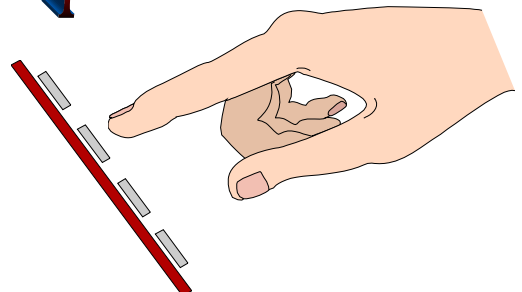
If you are unsure if we are open or experiencing a delayed opening, please call 1206 before leaving your home.

Ten great reasons to live in Newfoundland

1. You can often switch from "heat" to "a/c" in the same day.
2. Distance is measured in hours not in kilometres.
3. You only need three spices for all your cooking: salt, pepper and ketchup.
4. The definition of a traffic jam is ten cars waiting for a moose to cross the road.
5. Sexy lingerie consists of tube socks and flannel pyjamas.
6. Winter driving is better than summer; the potholes are filled with snow.
7. It is normal to see people wearing hunting clothes at social events.
8. You think everyone from a city has an accent.
9. "Vacation" means going to St. John's.
10. There are four distinct seasons: almost winter, winter, still winter, winter again.

Ambulance	651-2111
Fire Department.....	256-1111
Alcoholics Anonymous.....	651-2001
Cara House.....	256-7707
CFMAP.....	1-800-268-7708
James Paton Hospital.....	651-2500
Kids Help Line	1-800-668-6868
Mental Health Crisis Line	1-888-737-4668
Military Police.....	256-1725
RCMP.....	256-6841
Poison Control.....	256-5552
Town Police.....	256-4065
Town of Gander Office.....	651-2930
Gamblers Anonymous.....	256-2813
Gambling Help Line.....	1-888-899-4357

Important Numbers



News from around the Base

Hello once again from Wing Supply / Traffic section. Christmas here in Building 110 has come and gone for another year without incident (not for lack of trying on this author's part...) and we are looking ahead to a brand new year full of taskings, projects, APS and the like. I have no doubt that everyone will rise for the challenges that await them.

MCpl Derick Stewart, our newest inductee into the fold, has taken over Traffic section and is settling in quite nicely, although he can't always remember his phone number – or his phone for that matter!

Cpl Jamie Price is back with us from an extended sabbatical. We are all extremely happy to see him back, now if we could just get him to do some work... (As an aside here, I have personally never seen such a collection of Timmy's cups in one spot before).

Clothing Stores is busy, which goes without saying. Kitting members up for deployments, raingear project for the SAR Techs, 100% stocktaking... whew, I'm outta breath just writing it!

Sgt Anita Cassell will be leaving Clothing Stores, but she will not be very far – she is moving upstairs to our Procurement section. It seems that Reg Wells has run out of fingers and toes to count and requires some assistance.

A great big welcome back to Cpl John Cross, who just returned from UAE. He landed the same night as our Wing

Christmas party (10 minutes prior to, actually), and oddly enough was there in time for the meal! Still adjusting to the temperature difference, you can find him on a well deserved break at home wrapped in three sweaters and two blankets! As well, he and his wife are expecting their fourth addition to their family very shortly. Out of the frying pan and into the fire, hey John?

WO Gerri Brewer is off to Halifax very soon to see our Career Managers. A very important time of the year for us, and a great responsibility rests upon her. Career questions to be asked and answers to be gotten – not always good news but we know they try. I just hope that they have a good sense of humor in Halifax that week, 'else yours truly may be posted a lot sooner that expected!!

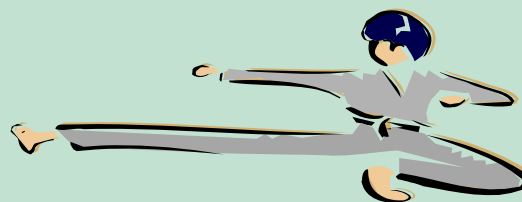
I have one shameless plug to make. The 9 Wing Gander Wado-Kai Karate Clup is looking for fresh meat. It's free for all military members so what is there to lose, except for some of that Christmas Turkey and New Year's Ham!! If you are even the slightest bit interested, call Rob Wilson at local 1312 or myself (Jim Ryall) at local 1158 and I promise, we WILL talk you into it. Try one class, and if it's not for you, at least you tried.

Ok, I'm done rambling on. To everyone from Supply and Traffic, have a wonderful and prosperous 2007, and as the saying going around here goes – make it YOUR year!!

Servitum Nulli Secundus – Service Second to None.

9 Wing Karate Club

- Mondays & Wednesdays
- 15:30-17:00
- Free for dedicated practitioners
- Contact Rob Wilson loc. 1312



Do you want to try something **new** this year? Why not join the 9 Wing Karate club. **Free and Fun**. Learn a new skill and challenge your mind. **Earn Physical Fitness Award Units (12.8 per class)**. I'll help you unlock your hidden power.. Adult only please, but you can bring a friend. Training includes Kata's, kicking, punching, sparing techniques, self defense, power and speed. Great for beginners or any experience level. Call Rob Local 1312 or Jim local 1158 or just come on out to the gym floor, hope to see you there on Monday's & Wednesday's from 1530 to 1700 hours.

News from around the Base

HOME ESCAPE PLAN CAN PREVENT TRAGEDY

Most fire victims never even see flames. They die from smoke inhalation. Planning and practicing a home fire prevention and escape plan can save your life. In order to react fast to fire, you should draw a diagram of your house and plan your escape from every room, to familiarize yourself with it. Statistics show that 78 percent of deaths from fire occur in the home and most of these fatal fires occur between the hours of 2 a.m. and 4 a.m. when occupants are sleeping.

TO CREATE YOUR PERSONAL ESCAPE PLAN, DO THE FOLLOWING

- Install smoke alarms on every level of your home, outside bedrooms, near the kitchen and garage. Keep them clean and dust free. Check smoke alarms monthly. Replace the batteries once a year and replace the detector every 10 years.
- Draw a floor plan of all levels of your home with the normal and emergency exits including two from every bedroom. Designate a safe place to meet once outside and call the fire department from a neighbours home.
- Practice the escape plan with the whole family. If needed practice using escape ladders.
- Small children unable to escape can learn to open windows and wave an article of clothing to attract attention. Instruct them to wait at the window until someone comes and never hide from the fire.
- Sleep with doors closed. If the children are frightened, parents can close doors after the children fall asleep.
- If awakened by a smoke alarm or a fire, instruct family members to feel the door for heat and check the air at the bottom. If you don't smell smoke and the air is cool, kneel and open the door slowly, turning your face away. If smoke is present or the door is hot, use another exit.
- Purchase an A-B-C type fire extinguisher and learn how to use it. Remember the acronym PASS - PULL the pin, AIM the extinguisher, SQUEEZE or press handle, SWEEP side to side at the base of the fire.



If you have any questions regarding this or any other fire prevention matters, please feel free to contact myself or Sgt LeDrew at 9 Wing Fire Services.

Yours in Fire Safety
W.P. Fudge
Cpl
Wing Fire Inspector
Loc 1447



Marble Mountain

They are making snow as I type! Hoping for 1 Run by the Weekend!

- Wing Fund has Marble Mountain Lift passes available for you Downhill enthusiast. The cost will be 50% of your Lift Pass each per day. You need to book and purchase your pass at the Rec Centre, we then will send your name to Marble who will have a Lift Pass ready for you on the day(s) that you are skiing.
- Those who hold Regular Membership at the Rec Centre qualify (that is if you are entitled to Free Membership with us). Unsure ... give us a call.
- There will be a max of 3 per/week per Regular Member.
- Use of the pass will be governed by regulations set out by Marble Mountain.
<http://www.skimarble.com/>

Airport Nordic Ski Club

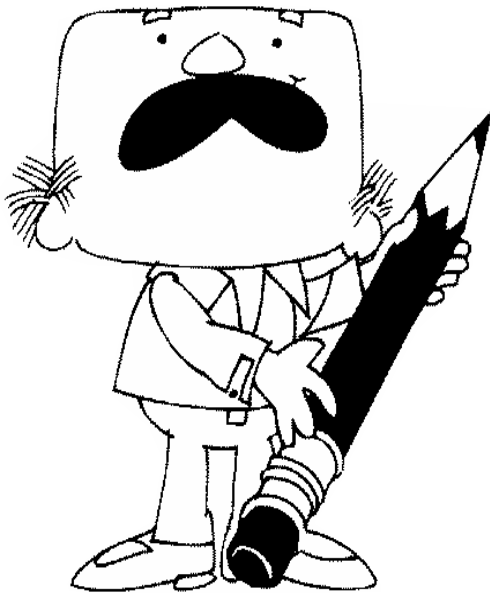
We will have 2 Passes available at the Rec Centre to use the groomed trails at the Nordic Ski Club. Club located off the TCH West of Gander.
<http://www.airportnordic.ca/contact.htm>

Available for Sign-out
1. Snow Shoes - Adult and Child
2. Cross Country Skies



Your Opinion Matters

A comments section has been inserted in this edition of the Alliance. Please feel free to let us know what your opinion is on the different services and programs provided by the GMFRC. Your feedback helps us to identify your needs as a community and to evaluate our programs and services in order to better serve you. Feel free to return your comments to us by mail, fax or email or by dropping them at the Centre.



My Comments:

*Mail to:
Gander MFRC
P.O. Box 6000
Gander, NL
A1V 1X1*

Alliance

The Views and opinions expressed herein are those of contributors and do not necessarily reflect the views of the Department of National Defence, the Base Commander, or the GMFRC Executive Director. The Editor reserves the right to edit copy to suit the aims of this publication as directed by the GMFRC Executive Director.

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