

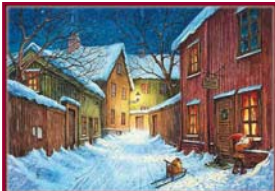


*The* Holiday Season is here and as the Old Year draws to a close it is time to stop, rest, recharge your batteries and spend time with families, friends and loved ones. Sometime during your quiet time, take a moment and reflect upon the year that has passed and remember all that you have accomplished, remember those who can not be with you this year and remember those who we said Good-bye to whether they be loved ones or those who paid the ultimate sacrifice for their country. Let's not take this holiday season for granted. From my family to yours I wish you all a SAFE, happy, merry season and I hope that you all find it in your hearts to show kindness and generosity to those who in our community who are less fortunate than ourselves. It has been a great year for the 9 Wing Family and you should all be very proud of all the great things that have been accomplished in 2007. Bravo Zulu to all.

T.L. Harris  
LCol  
Wing Commander / Commandant d'Escadre  
9 Wing Gander / 9 Escadre Gander



# GMFRC



## Message from the 9 Wing HCol

### 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 - Donna Smit  
 Acting Chair /Treasurer - Linda Maxwell  
 Secretary - Tammy Hunt

### MEMBERS:

-Kathy Harper  
 -Theresa Traverse  
 -Shari Reiser  
 -Soraya Sheppard  
 -Cynthia Irvine  
 -Lori Isenor  
 -Veronique Tessier  
 -Derek Curtis  
 -Lenore Curtis  
 -Claudine Collins  
 -Mark Brewer

### EX-OFFICIO:

-LCol Tammy Harris  
 -WCWO Brian Neal  
 -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  
 Tracy Peckford  
 Accounting/Office Manager.....1145  
 Sarah Kelly  
 Youth Services Facilitator.....1259  
 Lori Robillard  
 Office Assistant.....1206  
 Patti Griffin  
 Military Family Outreach Services Coordinator  
 Corner Brook Satellite.....(709) 637-4591

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



**Wow!** Was it really a year ago I sat down and wrote my first message to the men and women, and their families, who wear the uniform of Canada. A lot has changed since then. Not the least is the attitude of the people of Canada towards our armed forces. I see a tide that is sweeping across our nation and province, bringing with it a new sense of pride and respect for each one serving, and the members of their families. Ordinary Canadians are better understanding what the Canadian Forces really represent, and for that I am grateful.

I'm especially proud of the military personnel and support staff here at 9Wing, and even more proud to be a member of your unique family. As I have come to know you better, in my role as your Honorary Colonel, I, like all Canadians, have come to be moved by the admiral job you are doing. Thank you for your blanket of security and the sacrifices you make on our behalf.

You come from all across our great land and you represent all branches of the military. You have served throughout the world in all

sorts of circumstances and your dedication and devotion is beyond reproach. You are united into a family by the common goal of serving Canada, the country we love and the country we are sworn to defend. It is this common goal that unites every soldier, sailor, airman and airwoman with their fellow Canadian. In doing your duty, you are fulfilling the unspoken contract with the rest of your fellow citizens.

To LCol T. Harris, Wing Commander, and all personnel of Canadian Forces Base Gander, on behalf of myself and my family, we wish to thank each and every one of you. Rest assured, you are in our thoughts and prayers. We are so grateful for your contributions and efforts on our behalf, you ask so little and give so much.

We wish a Merry Christmas and a Happy and Prosperous New Year to all our military, as they defend their families, their friends, their homes and their communities, wherever they may be deployed. Know in your hearts and minds that you are remembered and supported. God bless you all.

HCol Don Winsor  
 9Wing Gander

## GMFRC'S HOLIDAY HOURS



The Gander Military Family Resource Centre will be closing on the 21st of December for the Holiday Season and will re-open on January 7th, 2008. In case of an emergency, you may contact the Executive Director, Mrs. Peggy Blake, at 256-9213 or the Social Worker, Mrs. Betty Moulton, 256-7957.



# From the desk of the Executive Director

## **Happy Holidays from the GMFRC**

Peggy Blake, Executive Director

It is hard to believe that the holiday season is upon us once again. What a busy year we have had at the Centre! It has been our tremendous pleasure to have you attend all the programs, events, workshops and courses that our staff has offered. If you have any suggestions for programming that you would like to see us offer in the New Year, please let us know. We are always looking for new ideas.

As we countdown to Christmas, the hectic pace continues. Many programs are being offered to get us all in the holiday spirit, but I do want to take the time to talk about two in particular. Our volunteers are busy coordinating our 16th Annual Angel Tree Campaign. We are so pleased that this campaign continues to grow every year. Thanks to your generosity, along with our friends at NavCanada and Service Canada, many families in the Gander area will have a merrier Christmas. We are very proud that our military community, year after year, strives to make a difference in the lives of their fellow man in our local area.

The second program area that I would like to mention is Deployment Support. Christmas is supposed to be a time to gather around you all those people who are near and dear to you. Unfortunately, for our members who are serving overseas, that is not possible. Thanks to many donations, both from the business community and individuals, we have tried to send a little piece of home to our deployed members through our Christmas Care packages. We want them to know how much we appreciate their efforts on behalf of all Canadians, and indeed the world. They are sacrificing being with their families this holiday season, so we can all enjoy spending the holidays with our families. Our thoughts and prayers are with deployed members and their families at all times, and especially during the holiday season.



On behalf of the staff of the Gander MFRC, and our families, we wish you and yours the very best the holiday season has to offer. We look forward to seeing you at the Centre in the New Year.



**The** Christmas Holiday season is once again, upon us. It is the time of the year where we spend quality time with our families and friends. This is an important time, as you all indeed need a well earned rest. This past year has been a busy one for 9 Wing and CFB Gander. The operational tempo has continued at its fast pace and we were continually faced with new challenges. So, I invite you all to sit back and relax over the festive season and enjoy a well deserved break. I would also ask you to take a few moments and remember our fellow comrades who are no longer with us, our deployed folks and their safe return home to us, and all their families on this festive season.

I would like to personally thank all of you for your outstanding support that you have provided during this past year. Your contributions were most appreciated. My wife, Joyce and I wish each of you and your families a very Merry Christmas and Happy New Year.

CWO Brian Neal  
9 Wing CWO





# Prevention & Intervention

## 10 Ways to Reduce Christmas Stress

The Christmas season starts earlier every year. With all the hype and advertising, it's hard not to get a little stressed out over the whole affair.

So here are 10 tips that will help you relax a little more this Christmas and hopefully a good time will be had by all.

1. Don't take the responsibility for everyone else's happiness.
2. Decide ahead of time any task you take on is a choice you have made.
3. Set a budget and stick to it. Avoid overspending on Christmas gifts, decorations, and food. You're not going to appreciate credit card debts in January and February, so set limits for gifts.
4. Don't let competition spoil the holidays. The idea behind Christmas is not to give the biggest party, or have the prettiest tree.
5. Do things with your children you both like.
6. Don't allow yourself to be lonely, even if you are alone for the holidays. Doing is preventive medicine against depression. Perhaps you can be of benefit to someone who is worse off than you.
7. Forget about the entire holiday season and take it one day at a time.
8. Make a list of all the different things that you dislike about the holidays and rid yourself of most of them. Do you hate turkey? Don't serve it. Do you dislike sending greeting cards? Stop it. In other words, if it brings you grief, who are you still doing it?
9. Provide time for family members to share the real meaning of the holidays.
10. The holidays will not let you down. Only you can do that. The responsibility is always our own. This is a joyous time of the year. Remember, the real meaning of happiness, peace, joy, faith hope, and love.



On behalf of my husband, Dave; our children, Josh and Jeremy, and myself; I would like to wish you a very safe and Merry Christmas. All the best in the New Year.

Betty Moulton  
Social Worker

*\*The information contained in this article was obtained from <http://webhome.idirect.com>*

## IMPORTANT PHONE NUMBERS



Ambulance .....	651-2111
Fire Department.....	256-1111
Alcoholics Anonymous.....	651-2001
Cara House.....	256-7707
Sexual Assault Line.....	1-800-726-2743
Victim Services Gander (collect calls accepted) 709-256-1028 / 1070	
Gander Women Centre.....	256-4395
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

# Press Release

On November 15, 2007 General Rick Hillier, the Canadian Forces Chief of Defence Staff, unveiled the latest work by local Newfoundland artist James Long, entitled "Canada's Proud", which is a commemorative tribute to Canadian soldiers past and present. Depicted in this artwork are soldiers from both World Wars, as well as today's combat soldier; it is hoped the painting depicts Canada's soldiers and history with pride, honour and valour, so that we never forget their efforts of today, or their sacrifices of yesterday. James Long is generously donating a portion of the sale of his original work and subsequent prints to the Gander Military Family Resource Centre to support programs for military families.

The Gander Military Family Resource Centre(MFRC) is a non-profit registered charity whose mandate is to provide support, resources, and services to military families of 9 Wing Gander, the 2<sup>nd</sup> Royal Newfoundland Regiment, Companies A, B, and C located in Corner Brook, Stephenville, and Grand Falls-Windsor, as well as families of deployed Newfoundlanders.

For more information or to purchase the print "Canada's Proud" visit [www.jameslong.ca](http://www.jameslong.ca). For more information on programs for military families, contact the Gander Military Family Resource Centre at 709-256-1703 ext. 1274 or visit [www.gandermfrc.ca](http://www.gandermfrc.ca).



In the end, it is the sacrifice and deeds of the soldier that dissolves tyranny and delivers freedom and dignity to those unable to fight for it themselves.'

18 1/2" x 24 1/4" Acrylic on Illustration Board

Our soldiers are ranked with the best in the world. They have forged this reputation with their own blood and sacrifice in the last two Great Wars and Korea, and their respect and reputation are safe in the hands of our soldiers today.

As a tribute to the achievements and valour of these men, this painting depicts our present day soldiers backed by their brothers of WW1 and WW2. Newfoundland's sons stood strong and fast and made a most memorable and monumental mark in the minds of allies, enemies and historians. It is this same character and integrity that our sons and daughters draw their strength and pride from today as they defend justice and human rights here and abroad.

Original: \$8,500.00 Cdn Total

Museum Archival Quality Framed

Released as a 17" x 22" Limited Edition Giclee

4,950 Limited Edition: \$114.00 (Until December 23)

49 Artist Proofs: \$149.00 (Until December 23)

Copyright © 2006 JAMES LONG FINE ART. All rights reserved.



# Deployment News

## **Christmas Packages A Morale Booster for Newfoundlander CF Members and Civilians Deployed!**

The preparation of Christmas Packages for deployed members was a success again this year. With the help of LCol Harris, CWO Neal, Wing Transport, Volunteers and MFRC Staff we were able to prepare and ship 50 packages to deployed personnel in various areas. The staff at the Gander Military Family Resource Centre would like to thank all those involved in making this event a great success, without your support this project would not be possible. A special thank you to the following for their generosity in donating to our packages this year:

9 Wing Gander  
Bank of Nova Scotia  
Kittiwake Floor Covering  
Schneider's  
Cadbury Adams  
Adventure Sales and Service  
Gander Toyota  
Beaton Realty  
Simmons Honda  
Price Choppers  
5CRPG—Lewisporte Patrol  
Lewisporte Mall Beauty Salon  
RC Legion Lewisporte Br. 31  
Sheldon McBreairty  
Household Movers  
City of Corner Brook  
Lawton's Drugs  
Jim Penny Ford  
Gander Hyundai/Kia  
Academy Canada  
Royal Lepage Relocation Services  
Shoppers Drug Mart  
Wal-Mart  
Mark's Work Warehouse  
Dominion Gander  
Great Canadian Dollar Store  
Gander Co-op

The Downhome  
Purity Products  
The Town of Gander  
The Town of Grand Falls-Windsor  
TD Bank  
Tim Hortons  
Newfoundland Sportsman

## **A Newfoundland Christmas Tradition To Be Shared Amongst The Canadian Troops Again This Year!**

Canadian Troops deployed this Christmas will enjoy the Newfoundland Tradition of an Old Fashion Christmas Fruit Cake again this year. Thanks to the ladies of Main Brook, Newfoundland who baked 80 Christmas fruit cakes to be sent to the troops deployed. These cakes were individually wrapped with a Christmas greeting on each cake from the ladies themselves. What a great way to show support from home. Thank you again to the members of 5CRPG for picking these cakes up and delivering them to the MFRC for preparation to be shipped overseas.





# Merry Christmas Volunteers

The Christmas countdown is on and you sure can feel the excitement building! The children are getting pumped and Moms and Dads are in a complete spin trying to get everything done. The shopping, the cleaning, the baking, the wrapping, the decorations, the parties...on and on until the big climax "Christmas Day".

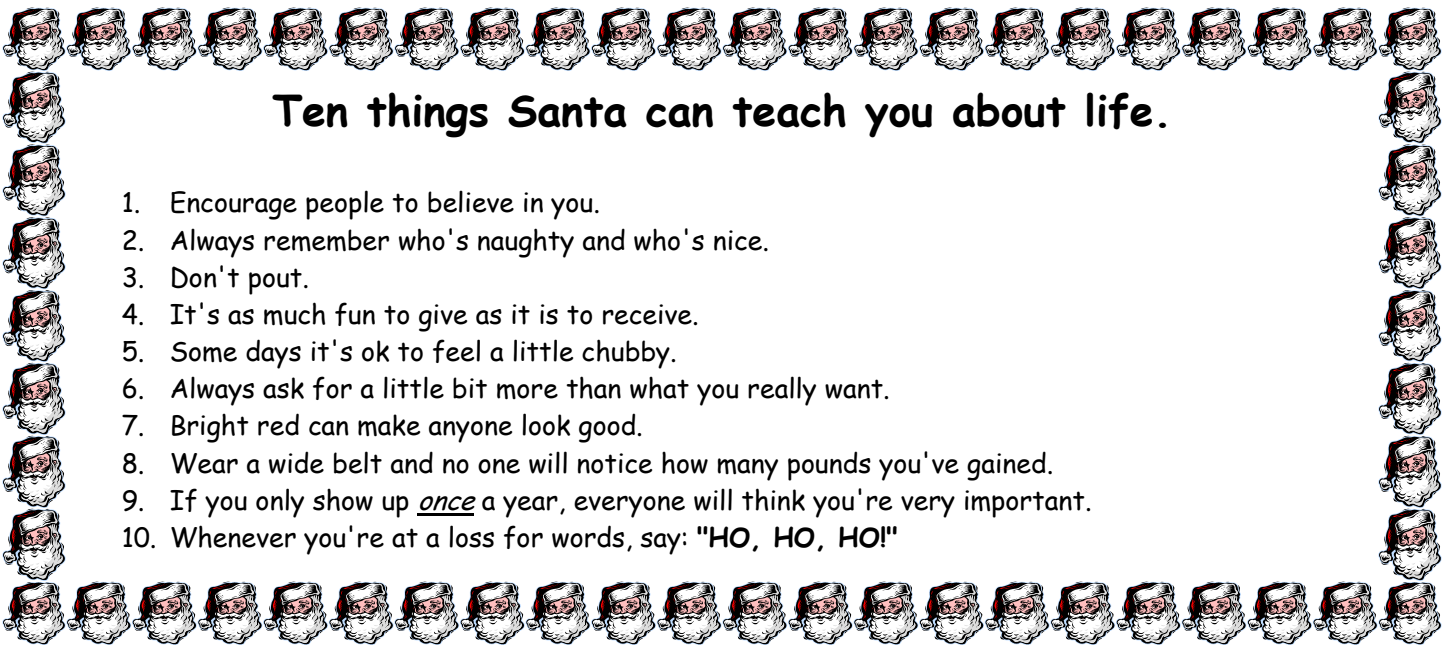
The GMFRC is a wonderful place to be heading into Christmas as we watch our volunteers make angels, collect gifts and fill and wrap parcels. What better testament to the meaning of Christmas than to have the people around you working together to make Christmas better for those whom are separated from their loved ones. Then, we see our volunteers working to make a difference for the less fortunate, more importantly, for the children. Each year my heart is warmed by the generosity of our community. To watch all those parcels being packaged and to see all those children's gifts under the Christmas tree causes you to reflect and puts the true meaning of Christmas into perspective.

Christmas is a joyous time with all the lights and color, the hustle and bustle and most importantly the opportunity to bring families and friends together to celebrate and make lasting memories. It is the time for giving and sharing and it is a time to reminisce about the past year and reflect on what the New Year may bring. To our friends who will be away from their families, please know that our thoughts and prayers are with you and your families this time of year. Separation is difficult, however, even more so, this special time of year. Stay well and safe, and we look forward to seeing you when you return home.

To our volunteers, the gifts you give are priceless. Your time, your efforts, your suggestions and your support do not go unnoticed. You've heard it before and I'm saying it again, we could not do what we do without you...you are our greatest gift! To each of you, we wish you a most wonderful holiday season. Your contributions to our military community are invaluable and the gifts you bring to our community are truly rare and wonderful. We look forward to seeing you in the New Year. Have a safe and Happy Christmas!

On behalf of Peggy, Danielle, Betty, Pam, Deanne, Sarah, Caroleann, Tracy, Lori, Patti, and myself I wish you and your families a most joyous Christmas and a New Year filled with health and happiness.

Season's Greetings/Joyeux Noel  
Colleen



## Ten things Santa can teach you about life.

1. Encourage people to believe in you.
2. Always remember who's naughty and who's nice.
3. Don't pout.
4. It's as much fun to give as it is to receive.
5. Some days it's ok to feel a little chubby.
6. Always ask for a little bit more than what you really want.
7. Bright red can make anyone look good.
8. Wear a wide belt and no one will notice how many pounds you've gained.
9. If you only show up once a year, everyone will think you're very important.
10. Whenever you're at a loss for words, say: "HO, HO, HO!"



# Joyeux Noël

**En** ce temps de réjouissances, c'est un grand plaisir pour toute l'équipe du Centre de Ressources pour les familles des Militaires de Gander de vous faire part de notre sincère reconnaissance en soulignant combien nous apprécions les relations agréables que sont les nôtres. Sans la collaboration de la 9e Escadre de Gander et surtout sans l'appui et le dévouement continu des bénévoles du CRFMG, notre cause et nos efforts seraient perdus. Le mérite de notre succès n'a que de valeur que si il est partagé avec ceux et celles qui au cours de l'année 2007 ont eu pour souci le bonheur et le bien-être de notre grande communauté militaire. A tous, nous voulons vous remercier pour votre engagement et souhaitons poursuivre cette profitable collaboration en 2008.

Au nom de ma famille et de toute l'équipe du Centre de Ressources pour les familles de Militaires de Gander, il me plaisir de vous souhaiter un très Joyeux Noël et un Nouvel An rempli de bonheur et de prospérité.

Danielle St-Pierre  
CRFMG Coordonnatrice

**If learning french is one of your 2008 resolutions, The GMFRC has something to for you....**

**The Gander MFRC will be offering Second Language Training starting early in the January of 2008. 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 Tuesdays / Thursdays evenings.
- All participants will complete a placement test prior to beginning of courses.
- 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 for registration January 11, 2008.



The Holiday Season is just about here. It is a time for enjoying family, friends, food and the Christmas season. On behalf of the PSC and PSP staff, we wish each of you a safe and Merry Christmas and a Happy New Year.

<b>PSC</b>	<b>PSP</b>
Capt Robert MacKenzie	Mr Nigel Summers
Lt(N) Tony Sheppard	Ms Nancy Ford
WO Ron Anstey	Ms Nancy Woolfrey
Sgt Shawn King	Mr Darryl Hayden
Sgt Jacqueline Simmons	Paula Deveau
MS Tony Gillard	Judith Blair
MCpl Craig Goss	Stephanie Barron
Cpl Tina Pollard	
LS Collen Gillard	
Cpl Pamela Culver	
Pte Chris Smith	
Pte Donald Hillier	





# Kids' Korner

**With** Christmas just around the corner, we would like to take this opportunity to wish all of the families and our friends a very Merry Christmas and a Happy New Year. I am sure Santa will be good to each and every one of you. Don't forget to leave a snack for Santa and his Reindeer. We have had a wonderful time working with your children this year and look forward to seeing them in the New Year. Our programs will resume Jan 08.

Happy Holidays  
Pamela Timbury, Deanne Short and Sarah Kelly

Do you have a childcare plan in place in the event of an emergency? If you would like additional information regarding this please contact Pamela at ext 1201.

## Easy Shortbread Cookies

- 1 lb butter
- 1 cup brown sugar
- 4 cups flour



Cream together the butter and brown sugar. Add the flour, 1 cup at a time. Bake at 350f for about 10 minutes. Makes 5 to 6 dozen.

This is an easy recipe for younger children to do with the help of an adult. We like to make a thumb print in the middle and fill with jam or press a heresy kiss in the middle when cooked.

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	a	t			
			r	e	
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a			e		
	e				t

## Holiday Suduko

Fill in the missing letters so that every row, column and section contains the letters that spell the word "WREATH".





# News from the Rec Centre

## Happy Holidays

We know it's that time of year when we all have too much cake and cheer, Just remember if your going to indulge you have to take care of the bulge

Get out your mittens and your hat and walk up the block and back, Put your snow shoes on your feet, walk in the woods not the street

If the weather outside is frightful, Just remember the Rec Center is Delightful

30 minutes of physical activity a day, May help keep the doctor away

Wishing you and all you hold dear, A very MERRY CHRISTMAS and a FIT and PROSPEROUS NEW YEAR

9 wing Gander Fitness and Recreation staff

### Nancy Woolfrey,

Fitness, Sports & Recreation Coordinator  
**Darryl Hayden,**  
Fitness & Sports Instructor & Aquatics Supervisor

### Paula Deveau,

Sports Stores Supervisor & NPF Services  
**Judith Blair,**  
PSP Administrative Assistant

## Merry Christmas From the Rec Center Staff Christmas Hours

22 Dec Saturday	Open 1000-1700
23 Dec Sunday	Open 1000-1700
24 Dec Monday	Open 1000-1400
25 Dec	Closed
26 Dec	Closed
27 Dec Thursday	Open 1000-2200
28 Dec Friday	Open 1000-2200
29 Dec Saturday	Open 1000-1700
30 Dec Sunday	Open 1000-1700
31 Dec Monday	Open 1000-1400
01 Jan	Closed
02 Jan Wednesday	Open 1000-2200
03 Jan Thursday	Open 1000-2200
04 Jan Friday	Open 1000-2200
05 Jan Saturday	Open 1000-1700
06 Jan Sunday	Open 1000-1700

We will return to regular hours January 7, 2008

Upcoming Events in the New Year  
Swimming lessons, Marble Mountain  
Passes, Tumble Time. Please feel free to  
contact us for more information on any of  
the above.

Merry Christmas PSP Staff  
**Ho Ho Ho Ho Ho Ho Ho**

## Health Promotion

Whether or not you believe it Christmas is right around the corner!!! The Health Promotion office would like to wish you and your family a safe and Happy Holidays. While you are enjoying this time with family and friends please do so responsibly, if you plan to drink don't drive. The cost of a cab could be the best money you spend all Christmas.

We will be offering the following programs in the New Year:

### Weight Wellness

A program geared to help you reach your health goals safely.

### Stress: Take Charge

Are you interested in learning ways to manage the stress in your life?

### Managing Angry Moments

We all get angry, how can we express it appropriately?

### Butt Out

Are you ready to quit? If the answer is yes, contact us today.

### ASIST (Suicide Intervention)

This program gives insights into why people contemplate suicide and what can be done to help them.

### Addictions

This program addresses such topics as drugs, alcohol and gambling addictions.

### Top Fuel For Performance

Are you physically active? Would like to learn more on how nutrition can help you improve and reach your exercise goals?

These programs are open to the entire CF community including your immediate family. So if you interested in a program please contact us at:

**Paul Cunningham, [cunningham.pj@forces.gc.ca](mailto:cunningham.pj@forces.gc.ca) (709) 256-1703 ext 1455 or you can drop by the office located in the Rec Centre**



**9 Wing Fitness & Recreation Centre** will be providing the following Recreation Activities over the Christmas Break.

**20 Dec 07** Family/Recreation Skating - Gander Community Centre 1300-1400

**03 Jan 08** Bowling - Peyton's Pin's 1000-1200

(Shoe rental fee required by participant)

Please register for both activities by calling Nancy @ ext 1409 (leave message) or email - woolfrey.NEE@forces.gc.ca .Please leave your home phone number and expected number of participants (for planning purposes).

Nancy

Fitness, Sports & Recreation Coordinator  
9 Wing Gander



# Greetings from 9 Wing



## I welcome this season, the Season of Hope, the most.

Considering Hope let's choose to look beyond the simple fulfillment found in the gifts beneath the Christmas tree, or the wishes of prosperity in the New Year to come. All well intended, but the relegation of Hope to a time on the calendar is dangerously misleading, and fortunately not the case. Hope is more than what we want for ourselves or wish for others. Hope is what we give of ourselves, and at its best Hope enriches Families, strengthens Communities and builds Countries. Hope is a daily opportunity that at this time of year has even more significance because of the many opportunities to both witness it, and more significantly to participate in its delivery.

Taking a moment to reflect, Hope is:

Security provided a nation by those willing to put on their uniform and serve; Fire Fighters, Police, Paramedics and Canadian Forces alike; The selfless provision of volunteers and service groups within our community; The support and encouragement provided by friends and family; and The ability to recognize a need, wherever it might be, then coupled with the willingness to act.

May the Christmas Spirit move freely through us all, not only at Christmas, but throughout the whole of the year.

Whether this Holiday Season takes you abroad, or provides for you the comfort of local surroundings, the wish to all from the Outcasts at 103 SAR Sqn is for a Safe and Blessed Christmas and New Year. May you be thankful for the rich bounty of friends and family, and time well spent with them.

For those who remain separated from their most precious loved ones, may the Peace and Spirit of the Season help to ease the void by the way of kindness and generosity from those of us who might not face the same burden.

Merry Christmas Every One,

Major Nelles and Family,  
Jay, Stacie, Julia and Katherine.

## 1 Dental Unit Detachment

As the Christmas Season draws nearer, many members of our military family will be heading off on vacation throughout the country, and abroad. Here at the dental clinic we would like to offer some suggestion in the event that you may have a dental emergency.

Capt West will be in Afghanistan from *28 Nov 2007 – 30 Dec 2007* for a TAV. Sgt Savery and Cpl Keefe will be in the dental clinic if you have any questions or concerns. We wish Capt West a safe journey and return while on her tasking.

If you are in the Gander area, please report to the dental clinic first thing in the morning, we open our clinic at 0800 hrs. **The Dental Clinic will be shutting down for Christmas Holidays on 22 December 2007 and Re-Opening on 7 January 2008 @ 0800 hrs.**

If you are on the Island of Newfoundland, *outside the Gander area*, call the clinic to receive instructions. **Our phone number in Gander is (709) 256 1703 ext 1494/1268.**

**If your Emergency occurs after Regular Working Hours please call the Duty Person @ (709) 424 2465.**

If you are ***Within*** Canada, report on *Sick Parade* to the nearest **Military Dental Clinic** in your area. If you are ***Outside*** of Canada, follow the instructions on your **CF100 leave pass**, it gives you detailed instructions on the procedures to follow.

**When in doubt, call us here at the Gander Clinic, and we will be more than happy to assist you. If you Cannot reach us please call the Blue Cross Toll Free number on the back of your Blue Cross Card.**

**REMEMBER THIS IS FOR EMERGENCY TREATMENT ONLY!**

We wish all our military families Season's Greetings and a Happy New Year

Capt Suzanne West, DDC  
Sgt Madonna Savery, DCC  
Cpl Glenn Keefe, CDA





# Greetings from 9 Wing

## Good day everyone,

The Holiday Season is already upon us. Everybody looks forward to spending time with their families, enjoying a good Christmas dinner, seeing the look children's faces when they finally get the gift that they've wanted all year and celebrating the New Year with family and friends. However, this time of year also requires us to be responsible in order to ensure that our Holiday Season is not ruined by unfortunate circumstances.

Firstly, we need to change our driving habits due to the road and climate conditions. Many factors can have an impact on the roads during the winter such as snow, black ice, freezing rain, and other drivers. Our visibility can also be affected by blowing snow on the highway. Here are a few tips to keep yourself and your family safe while driving in the winter.

Have your vehicle "winterized", take your vehicle to your dealership to have the fluids checked, install new windshield wipers and replace your summer/all-weather tires with proper winter tires. Winter tires do improve your grip on snow-covered roads and can help you avoid collisions or loss

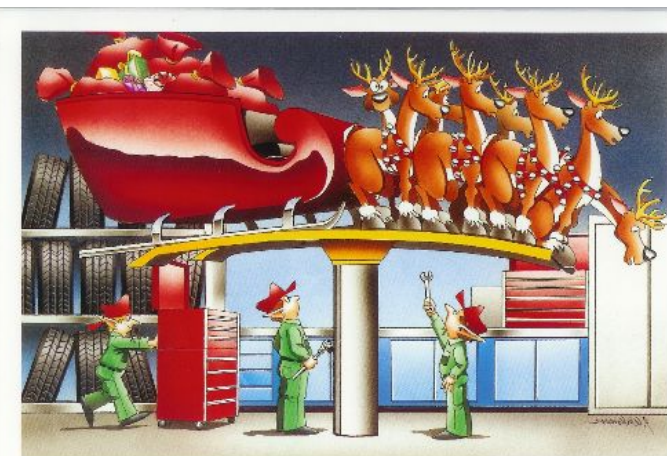
of control. Also, prepare your vehicle with an emergency kit which should contain a flashlight, booster cables, a blanket, a tire repair kit and a first aid kit. You can buy these kits at Canadian Tire and Wal-Mart or you can make one yourself. A small snow shovel is also an important tool to have in vehicles during winter.

The way we drive should also change during winter. In the morning, try leaving a few minutes earlier in order to give yourself enough time if the road conditions force you to drive slowly. Before leaving the driveway, ensure your vehicle is properly warmed up to ensure that the engine functions properly and that the windows are defrosted. Also, ensure that you clear all the snow off the windows and the lights of your vehicle so that you can see and be seen. Once we start getting all that snow which has been promised to us, we will all need to modify the way we drive on our streets. The road conditions will require us to slow down a bit in order to maintain control of our vehicle and be able to stop on time. When coming up to a red light or a stop sign, start breaking a little earlier than usual so to reduce the speed of your vehicle

before it actually has to stop. Eventually, we will have to endure having these tall snow banks on the side of the roads, which can reduce our visibility around corners. It is important to slow down when driving down a street with tall snow banks because children tend to play

around these. While driving on the highway, it is important to keep a good distance between vehicles in order to improve your reaction time. It is also a good idea to reduce your speed during winter driving, even if it is a sunny day and you can see the asphalt on the road, all it takes is one patch of ice and, then, you're having a bad day. If you must drive during a snow storm, leave earlier, reduce your speed considerably and turn on your 4-way flashers in whiteouts. Another good thing to keep in mind while driving in the winter is that it doesn't matter what kind of vehicle you are driving, whether it's a car, a truck or an extra large SUV which weighs the same as a Leopard tank, the forces of mother nature should always be respected.

The next topic I would like to address is drinking and driving. I don't think I need to elaborate on how this careless act can really ruin Christmas for everyone involved. Police agencies throughout the country will be conducting random vehicle checks during this season to ensure that our roads are safe from drunk drivers. The repercussions of drinking and driving will last far beyond ruining Christmas, such as going through a criminal prosecution, potential imprisonment, loss of driving privileges, negative effect on career, financial impact, shame and loss of reputation, and family and marital problems. This lapse in judgement can not only ruin your life, but other people's lives too. As adults, it is our responsibility to ensure that our friends and family members don't drink and drive during our Holiday celebrations. Always ensure that there is a designated driver at a party or use a taxi when going home or to another party no



*Cont'd page 13*



# Greetings from 9 Wing

matter how far away it is.

With Christmas fast approaching, the clock is now ticking for us to get everything ready in time. The Holiday Season can also be a stressful time of year for most of us. The weekend traffic increases in town and on the highway to St John's, the stores and parking lots are crowded and people's tempers can sometimes flare due to stress. The rush before Christmas is hard to avoid because we all have to get out there and get the things that we need in order to please our loved ones at Christmas. Here are some tips on how to make Christmas shopping as smooth as possible. Try doing your shopping as early as you can, the earlier you can have it done, the better because we all know what the malls look like during the last week before Christmas. Online shopping is also a painless way to shop because you do it from home, away from the crowds. Also, now is a good time to shop online due the strength of the Canadian dollar. However, you might want to order your items early to allow time for shipment delivery, and ensure that you are ordering from a reliable website. Also, ensure that your system has an up to date security program and delete your cookies and temporary internet files after your transaction in order to prevent a theft of your credit card information.

The possibility of theft is also a major concern during the Christmas season. Thieves know that people have valuables in their homes and vehicles during this time of year. Christmas shopping can be stressful enough without having our gifts stolen from us. While out shopping, try to complete all your shopping before putting your items inside your vehicle. If you

must leave your gifts inside your vehicles, try to lock them up in the trunk of your vehicle. Do not leave them on the seats of your car because it becomes an attractive item for thieves. Most thieves hang out in mall parking lots looking at what people are placing in their car. Popular types of items which get stolen often are electronic devices and jewellery. Therefore, do not leave bags which bear the names of stores who sell these types of items in plain view inside your car while it is parked in a mall parking lot. Security at home is also an important matter when protecting our belongings during Christmas. Most of us place our Christmas tree in our living room, which can also be seen through the living room window. If your tree is visible through the living room window, avoid placing the Christmas gifts under the tree until it is time to open them. Leaving all these attractive items in plain view can become easy pickings for thieves. Furthermore, if you happen to be living in a PMQ, advise the MP Det if you are out of town during the Holidays. Advise the MPs of your destination, the dates of your absence, and a contact number in case they need to reach you. You can then rest assured that your home will be checked while you are away. To avail of this service, just call 256-1703 ext 1446 or 1107.

The Holiday Season is a time for us to enjoy our time with our friends and family. Let's ensure that we stay safe on the roads, drink responsibly and take necessary precautions in order to be able to enjoy this special time of year. On behalf of the 9 Wing Gander Military Police Detachment and Corps of Commissionaires, we wish you all a Very Merry Christmas and a Joyful and Prosperous New Year!

Cpl Kevin Vienneau  
Military police

## MERRY CHRISTMAS FROM THE 9 WING KARATE CLUB

We all wish you a safe and happy holiday season. When it comes to New Years resolutions we hope you will choose to learn something brand new and join us for 2008 season.

Guaranteed to be fun and exciting or all your money will be joyfully refunded. (it's always absolutely free)

Contact Rob at local 1312  
Or Jim at local 1158





# Greetings from 9 Wing

## Hello To All, And To All A Good Night

Well 9 Wing, members of the Supply and Traffic sections would like to have your undivided attention for just a moment. My name is Cpl Burry and I got posted to Gander in early August. In late August, I had the pleasure of commencing my QL5 trades training in Borden. I have just returned after successfully completing the course and look forward to meeting many of you in the coming months. First of all, I would like to wish all CF members and civilian employees at 9 Wing, a very Merry Christmas and a Happy New Year. Please take a moment out of your busy day this holiday season and think of those that are unfortunately unable to spend Christmas at home due to operational requirements. Currently, we have two members from our section serving overseas. They are MCpl Dave Boersma, who is in Kabul, and MCpl Halleran, who will be returning Dec 3<sup>rd</sup> from Camp Mirage. Welcome home MCpl Halleran, try not to fall in the Moose Milk and to Dave get home safe. Here's hoping you both have a Merry Christmas and a Happy New Year to both of you and your families, from our section to yours.

*Twas the night before Christmas and all  
through the warehouse  
Not a piece of freight was moving, all  
is quiet for the mouse  
The doors were all locked and the phones were turned off  
All's quiet for Monday, nobody is sick, not even a cough*

*Clothing was happy, they were out on a tear  
I think I hear Carl and Jamie partying from here.  
The Warrant was on edge cause Burry was loose  
But I'm sure he doesn't like milk especially from a moose.*

*Wilf and Mackey were hidin' away  
Passed out in bed, drank too much "milk" today.  
Stewy was home writin' memos and more  
Harold was cold, lost the keys to his door*

*Jason was restless missin' his peers  
Stephane couldn't believe how much Newfies say "dear"  
Then down the road there arose quiet the boom  
Reg and Todd blew a plug in the skidoo.*

*Anita was thinking that's pretty odd  
Oh what a relief, only the wire came off*

*Know that you've read this lets all say a prayer  
To those on deployment that couldn't be here*

*Lets think of their families while we sit with ours  
While their loved ones are away there countin' the hours  
Give them a call just to say 'Hey...  
It may be the thing that brightens their day.*

*And if we do I'm sure we'll do right  
Merry Christmas to all, and to all a good night*

Dave Burry  
Cpl

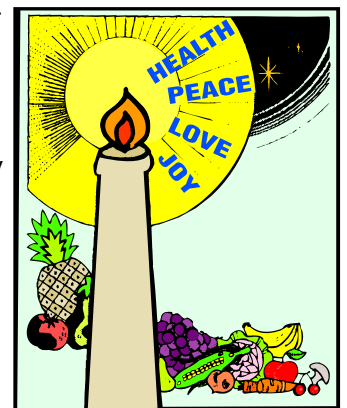
Message from  
MCpl Dave Boersma,  
Camp Souter, Kabul

All is fine here in Det Kabul, It is very busy here, but it makes the time go by fast. It has been about 4 months now , my HLTA will start on the 18 Dec until the 06 Jan, this does not include 4 days of traveling to Canada and back. I personally like to thank Gander Military Resource Center, 9 Wing Gander Members, for all the support, Emails, and parcels that were sent to me, this brought my spirit up to a new level, and of course my lovely wife, Dolores for all the moral support she has given me when I needed it.

There is one more thanks, I would like to give and that is from all of us here in Det Kabul (Camp Souter) for all the post cards that were sent from families and members of the Grand Falls/Windsor Area, this project was done by Sarah Kelly (Youth Ventures Sit Coordinator), we thank you very much.

On the behalf of all the Canadian personnel here in Camp Souter (Kabul), We wish everybody back Home a Very Merry Xmas and A happy New Year and thank you very much for your Support ( this is truly from our Hearts)

MCpl Dave Boersma  
I/C MCC Det Kabul  
Camp Souter





# Greetings from 9 Wing

## 5<sup>th</sup> Canadian Ranger Patrol Group Headquarters, a Very Busy Fall.

By OCdt G. J. (Junior) Roberts.

The past three months have been an extremely busy time for the staff at 5 CRPG. Capt Stead, the Detachment Commander returned to the office in early September following his tour of duty in Afghanistan. After more than a year away from mainstream activities of the unit, there always exist the need for reorientation and getting back up to speed. With the gracious use 103 Squadron's briefing room the staff, each portraying their area of responsibility, spent 16 and 17 October presenting the Det Comd with situational updates. Final day of briefings took place at the All Ranks Mess on 7 Nov.

The Commanding officer visited from Halifax on 7 and 8 Nov for meetings with the Detachment senior staff. While he was here he took the opportunity to present the Det Comd, Capt Terry Stead with his Afghanistan Star and promote the RQ Vaden Burt with his MWO rank. Congratulations to both.

The adjutant also visited that week and chaired a Hiring Board resulting in 5 CRPG hiring a new Canadian Ranger Instructor. Congratulations Sgt Ken Wells on your successful application. We look forward to working with you.

During this period 5 CRPG's Webmaster/Unit Information Officer, Sgt G.J. Roberts, a former Canadian Ranger enrolled in the Cadet Instructor Cadre as an OCdt with promotion pending. The Canadian and Junior Canadian Ranger instructors were extremely busy completing a total of 68 training weekends in Newfoundland and Labrador. Acting Det Comd, Group Sergeant Major, Chief Clerk and Canadian Ranger Training Warrant attended the National Working Group meetings, the Det 2IC/JCRO Capt R. M Berkshire attended a Financial Management Course, 2Lt M. Strickland and JCR training warrant, WO LeDrew attended JCR Planning Board, 2Lt M. Strickland attended the National PHASE Workshop, MWOs Kendell and Burt attended a Scales of Issue Working Group at Ottawa, MCpl John Walsh attended Monitor Mass training at Halifax and Cpls Snook and Strickland began PLQ training. And of course all Det HQ daily activities continued with business as normal.

***Seasons Greetings and best wished are extended to all for a safe and prosperous 2008.***

Photos by OCdt G. J. (Junior) Roberts

OCdt G. J. (Junior) Roberts is the Webmaster/UIO for 5<sup>th</sup> Canadian Ranger Patrol Group.



Commanding Officer, LCol Jamie Morse (left) presenting MWO Burt with his MWO rank.



Commanding Officer, LCol Jamie Morse (left) presenting Afghanistan Star to Detachment Commander, Capt T. Stead.

# 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:*

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*Mail to:  
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## 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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