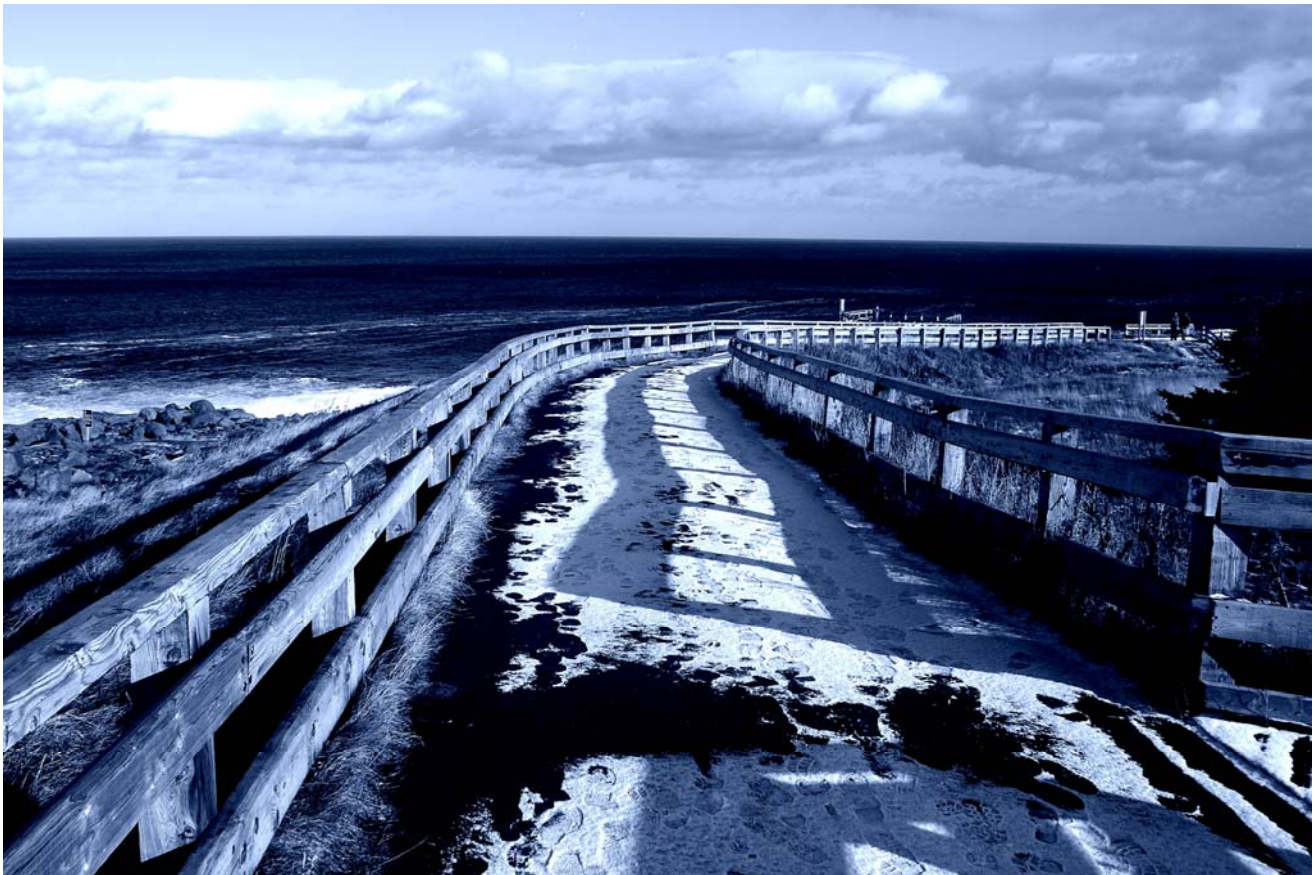


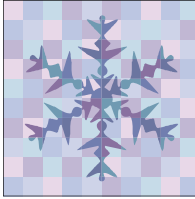
*The Holiday* Season is upon us and as in years gone by, it is a time filled with laughter, hospitality, generosity and reflection. It is my sincere wish that you will find the time to relax, enjoy special moments with friends and family and remember how fortunate we are to be able to spend our holiday with those we love. I would ask that sometime throughout the holiday season you take a moment to remember those who are no longer with us and pray for those who can not be here with their families. Lastly, REMEMBER if you decide to partake in some holiday cheer then don't drive, call a cab, call a friend or decide in advance who will be the designated driver. Your safety, the safety of those you love and other innocents rests on everyone making the right decision. From my family, Shane, Cara, Katie, Erin, Taz and myself have a joyous and safe holiday season.

Tammy Harris  
LCol  
WCOMD



*"Road to the Sea" by Cpl François Verreault*

# GMFRC



## Message from the Board of Directors

### 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 - Lori Isenor  
Treasurer/Vice Chair - Linda Maxwell  
Secretary - Kathy Harper

### MEMBERS:

-Cynthia Irvine  
-Veronique Tessier  
-Derek Curtis  
-Lenore Curtis  
-Claudine Collins  
-Tina Gores

### EX-OFFICIO:

-LCol Tammy Harris  
-WCWO Brian Neal  
-Peggy Blake  
(Executive Director)

### GMFRC STAFF:

Peggy Blake  
Executive Director.....1274  
Tamara Manuel  
Social Worker/ Emergency Childcare...1146  
Danielle St-Pierre  
Information/Employment/SLT.....1147  
Colleen Hiscock  
Volunteer / Quality of Life.....1202  
Nancy Critchley  
Children & Youth.....1201  
Wanda Kearley  
Children & Youth Assistant.....1201  
Caroleann MacWhirter  
Deployment.....1148  
Lori Robillard  
Accounting/Office Manager.....1145  
Patti Griffin  
Military Family Outreach Services  
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](mailto:info@gandermfrc.ca)  
Website: [gandermfrc.ca](http://gandermfrc.ca)



The holiday season is here once again and is a very exciting time at my house. With three small children how can it not be? The bright Christmas lights, the beautiful decorations, the smell of holiday baking and my favourite, the Christmas village; all seem so very hard for small fingers to resist. Of course the big man himself, Santa, is a highlight of the season.

With all the excitement of Christmas and the upcoming New Year, I hope you take a moment to yourself and reflect on what is important to you and yours. Spend time with your family and friends that have become your extended military family. Think for a moment of our serving members and their families who will not be with their loved ones this holiday season and send them a silent prayer and a thank-you!

On behalf of the GMFRC Board of Directors, we would like to wish everyone a safe and happy holiday season. We look forward to seeing new faces in the New Year! Volunteering your time is one of the best gifts you can give or receive!!!

Lori Isenor,  
Chairperson  
GMFRC Board of Directors

## GMFRC'S HOLIDAY HOURS



The Gander Military Family Resource Centre will be closing on the 19th of December for the Holiday Season and will re-open on January 5nd, 2009. In case of an emergency, you may contact the Executive Director, Mrs. Peggy Blake, at 256-9213

The cover picture titled "ROAD TO THE SEA" was provided by Cpl François Verreault. To see more of his beautiful work, please visit his website at: [www.flickr.com/photos/frankverro](http://www.flickr.com/photos/frankverro)





# From The Desk of the Executive Director

## IT'S BEGINNING TO LOOK A LOT LIKE CHRISTMAS...ESPECIALLY AT THE GMFRC!

The Centre is always a busy place but this time of year our activity level definitely kicks up a notch! I bet Santa's elves aren't as busy as our staff and volunteers are as we try to have everything in place for the festive season.

Our Christmas Care packages to our deployed members from all over this province were lovingly put together by staff and a great group of volunteers and are on their way to theatre. This year we sent over 110 packages filled with treats from home; thanks to all businesses, organizations and individuals who helped make this project happen.

Our 17<sup>th</sup> Annual Angel Tree campaign is under way; all the trees have been delivered, volunteers are making angels as fast as they can and gifts are starting to arrive. We're expecting a tremendous response again this year; together we can help make Christmas a little happier for underprivileged families in Gander and surrounding area.

We have a new Christmas initiative this year that will serve as a fundraiser for our Deployment Support program; for \$5.00 you can sponsor a Christmas ornament as a tribute to a CF member to hang on our Support Our Troops Tree. The tree looks beautiful and is quickly selling out.

Thanks to assistance again this year from 91 CEF and WTN, we will be entering a float in the downtown Santa Claus parade on Dec. 6. The theme of this year's float will be "Family Moments are Golden". We look forward to seeing you on the parade route.

On behalf of myself, my husband Paul, our kids Mackenzie, Matthew, Michael, and Max I would like to extend best wishes to all for the holiday season. Take time to enjoy each other's company, and create wonderful family memories. Please remember our deployed members and their families who won't be together during this special time of year; say a prayer for their safety and offer thanks for the tremendous sacrifices our members and their families make for all of us.

Peggy Blake  
Executive Director  
Gander MFRC



**THE HOLIDAY SEASON** is once more upon us. As I look back over this past year and think about the accomplishments that have been achieved at 9 Wing and CFB Gander, I must say, I am amazed. We have been extremely busy. Our operational tempo was at an all time high and we were continually confronted by new challenges. We also had an unusual high turn over of new personnel this year, which translated into a large training bill for those new to the Wing and extra patience for our seasoned staff. The success we were afforded over this last year was due solely to your hard work, dedication and professionalism approach.

I ask that you all take a well deserved break over this Holiday Season to be with your family and friends and enjoy this festive time. It is a great time to reflect upon all the positive things in our lives and reflect upon how lucky we are to have the people we do have around us. I would also ask that you take a few moments to remem-

ber our deployed folks who will not be with their families and those who have given the ultimate sacrifice, their lives, defending freedom.

As your WCWO, I am extremely proud of all of you and our Military Family. Your outstanding support throughout this past year has been most appreciated. Well done and thank you. My wife, Joyce and I wish all of you and your families a very Merry Christmas and a Happy New Year.

CWO Brian Neal  
9 Wing Chief Warrant Officer





# GREETINGS FROM 9 WING

**My** message is for every man, woman, and their families, who wear the uniform of Canada. This Christmas message for 2008 is written with a great degree of sincerity and humility, combined with an ever increasing respect for each one of you and the job you do. There are many other fellow Canadians, who like me, would like to openly extend their heartfelt praise to each and every one of you. I speak for them as well.

Allow me to acknowledge and salute the families. Your role in the security of this nation must be remembered and commended. I have come to realize, more than ever, what the pressure and stress of serving in harms way can do to the family. More and more each year, ordinary Canadians have a better understanding of what the Canadian Forces really represent, and the important role played by the family, as an integral part of the military team.

The importance of the family has been greatly enhanced by the staff, board members and volunteers of the 9 Wing Family Resource Centre. They carry out this awesome team responsibility in a professional manner, which is only surpassed in the manner they apply their individual skills, leading to a very successful mission.

To Wing Commander, LCol Tammy Harris, and all personnel of Canadian Forces Base Gander, on behalf of myself and Kay, 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.



A Merry Christmas and Happy and Prosperous 2009 to all our military, as you defend your families, your friends, your homes and your communities, wherever you may be deployed and serving. The tradition of 'service before self' is exemplified in your efforts to bring peace to unstable parts of the world. You are a true testament as to how your fellow Canadians are viewed elsewhere.

Thank you for all you are giving, for all you have given, and for all you are about to give. Know in your hearts and minds that you are never forgotten in the craziness of life. God is blessing you all.

HCol Don Winsor  
9 Wing Gander

## Season's Greetings from the Outcasts!

By: Major Daryl Collins (Commanding Officer 103 Search and Rescue Squadron)

As we approach another Holiday Season, it is a great time to think about the things that mean the most to us. That's an easy one for me...FAMILY. I look forward to spending time with my family, eating way too much, staying up too late, and watching my wife and son open presents on Christmas day! Unfortunately, not everyone is as lucky as we are and that's why it is so important for us to appreciate what we have and never take it for granted. I know that everyone is extremely busy these days. Let's face it, military life has its share of challenges that can place considerable strain on your loved ones at home. So this year, try to spend as much time with your family and friends as you can and take the time to rest and relax before returning back after the holidays. You deserve it!!!

If you hear or see the Cormorant flying over Gander during the holidays, I hope you take a minute to think about what that means...and then think about how lucky you are to be safe with your family and friends during this special time of year.



Happy Holidays on behalf of me, Claudine, Eddie, and the rest of the Outcast family!!!



# GREETINGS FROM 9 WING

HAPPY HOLIDAYS FROM THE WING LOGISTICS AND ENGINEERING BRANCH

On behalf of the Wing Logistics and Engineering Branch, I would like to extend Season's Greetings to all 9 Wing members and their families. This fall has been an exceptionally busy time for everyone with many demands placed upon each and every one of you. I encourage you to relax and enjoy the holidays; this is a special time to make some memories with your family and friends. For those of you who are leaving the area, safe travels. Looking forward to seeing everyone in the New Year!!



Photo by Cpl François Verreault

Hello to all once again from Wing Supply and Traffic Sections!!

Christmas is almost upon us and at this time we would like to sit back and lament for awhile on the long, lazy summer.... Ok, now that that's done, did anyone actually SEE where summer went? Nunavut had a longer summer than us this year!! Speaking of summer, did anyone know that officially June had one day without precipitation? Yes, I said one. I don't even want to go near July!! Ok, now that I got that off my chest, it's back to business as usual.

On June 21, 9 Wing held a Canadian Forces Armed Forces Day. Supply and Traffic participated in fine fashion. Lots of town's people came out for the day and enjoyed all the presentations – including our 2 man recce tent display with field gear, all the uniforms displayed and even a little rank chart. The sun managed to show itself about a dozen times in July and we danced. Maj Parson's retired as the WLEO and Maj Clouter took his place promptly – and we danced. August brought us the departure of MCpl Carl Gushue to Kandahar, Cpl Jason Humphrey to Petawawa for training to go to Kandahar and lots more rain. And we danced. September brought us the Wing Commander's 7.5K run (which we shared with 1 Cdn Air Div Commander, MGen Duval) and a mess dinner afterwards where Supply and Traffic sections once again shone – and yes, we danced. We also tripped, stumbled and then managed to dance some more!! October was a busy one. Cpl Todd Mackey retired at the beginning of the month and then all heck broke loose!! Base Camp was initialized for real and with the assistance of all the WLEO sections, Supply and Traffic managed to come out of it relatively unharmed and dry. An excellent job was done by everyone who helped, but we here in Supply and Traffic wish to thank the cooks the most for keeping us happy with food and MWO Hunt for not eating it all (or burning us down...). After the clean up was done on the 28<sup>th</sup>, we danced. Big time.

Remembrance Day is just about here and it's our time to remember friends fallen, their families and pay homage to our war veterans who deserve more than any one person can pay. Two minutes is, after all, just a pittance of time.

From all of us to all of you, have a safe and happy holiday during the festive season. Don't dance too much – leave that to the experts (it seems to be part of our job!!)

*During* the past few months 27 Canadian Forces Health Services Centre Detachment Gander (Medical Clinic) has gone through many changes. Petty Officer Second Class Traverse was posted to Canadian Forces Medical Service School (CFMSS) in Borden Ontario for her 2 year Physician Assistant course. Master Corporal Wanda McDonald was posted to CFB Shearwater in Dartmouth, Nova Scotia and Leading Seaman Antle was posted to CFMSS. The Medical clinic structure has changed as well. This summer a position for a Physician Assistant was created, Warrant Officer Dave Fulford has filled this spot. WO Fulford has been posted in from 8 Wing in Trenton, ON, where he was clinic WO. He has served in the medical services for 25 years. We also have a newly promoted Master Corporal Jeanne Daniels and Corporal Crystal Tremblett. These two "hard core Army Medics" were posted in from CFB Petawawa, Ontario. Master Corporal Daniels has been in the Canadian Forces since 2000. While posted to Petawawa she served with 2 Field Ambulance and deployed to Afghanistan in 2006. Corporal Tremblett enrolled in the Canadian Forces in 2002 and also served with 2 Field Ambulance before being posted to Gander. She also worked for 1 RCR UMS and at the Medical Clinic. The Medical Records position at the clinic, historically a Medic, has been staffed since January 2008 by Brenda Kinden. She has previous experience in the field of health care. Before coming to our clinic she was employed at the medical clinic in the town of Gander. We would like to welcome Ms Tiffany Hawco into the Health Services Clinic as the new Wing Social Worker. She comes to us with a background in Mental Health and as an Addictions Counsellor. Tiffany is very excited to be one of the team members and is looking forward to working with the 9 Wing family. She is eager to get involved with the clinic staff, CF members and the community of Gander as well. Tiffany will start working full time, after her orientation is complete, in December. It would not be right to leave out the remainder of our hard core staff, Cpl Mike (support your Mess) Brushett, Cpl Tammy (did you get your flu shot yet?) Thompson, Mrs Katherine (did you finalize your claim yet?) Laliberte, and Dr. B.

The clinic staff would like to thank the entire Wing for their overwhelming support for the staffing and infrastructure changes including the Troops that assisted with the furniture move. Thank You!

Written by Cpl Mike Brushett  
Medical Technician  
27 Health Services Center Det Gander



# Prevention & Intervention

I would like to take this opportunity to introduce myself as the new Social Worker and Emergency Childcare Coordinator with the Gander Military Family Resource Centre. I received my Bachelor of Social Work degree from Saint Thomas University in Fredericton, New Brunswick. For the past 10 years I have been employed by the government of Newfoundland and Labrador as a Social Worker. I am very excited to be here and look forward to this new beginning. I have family members who have worked at 9 Wing Gander but this is my first professional experience with the Canadian Forces.

As a Social Worker I am able to provide both individual and/or family counselling. I am registered with the Newfoundland and Labrador Association of Social Workers; therefore I am mandated to adhere to their Code of Ethics and Standards of Practice. All information provided to me is confidential.

I welcome all to drop by the Centre to say hi and have a cup of tea or coffee. Please feel free to contact me with your suggestions for workshops, programs or resources. I can be reached by calling my direct line at 256-1703 loc. 1146 or leave a message on my confidential voice mail; by e-mail at [Tamara.Manuel@forces.gc.ca](mailto:Tamara.Manuel@forces.gc.ca); my office hours are Monday to Friday 8:30 am–4:30 pm. I look forward to meeting you.

Tamara Manuel BSW, RSW

## Six Tips to Survive Christmas

### Shop Smart

Resist the temptation to spend, spend, spend! Do-it-yourself gifts like a framed print or homemade jam, not only save you money, they mean more than store-bought items. Other money-saving ideas including having the family agree that you'll only buy presents for the children and giving `time vouchers` instead, such as one hour's babysitting, or an afternoon of weed pulling.



### Aim for relative peace

One reason Christmas is so tense is that it's often one of the few times the family gets together. The solution is to think through all the potential difficulties and challenges ahead of time. For example, if a "problem person" is coming to visit, work out a coping strategy, such as doing safe things, like playing board games or cards, or going for a walk after lunch or dinner.

### Lower your expectations

Don't try to make Christmas perfect-

it won't be. Decide that you'll be happy if you have a nice day with good food and a few laughs. If things end up better than you expected, that's a bonus. Keep it simple - you don't need to have a huge tree, design your own greeting cards, and bake your own meals and treats. Settle for a big bunch of flowers, some scented candles and a sentimental favourite like Nat King Cole on the CD player.

### Pamper your partner

Any problems bubbling under the surface of your relationship will inevitably come to a head at Christmas - your partner still won't help around the house and you still won't get along with your in-laws. Make the most of the holidays by setting aside time for activities to do together as a couple.

### Delegate

There is no reason why everyone in the house shouldn't help out. Decide in advance whose job it is to wrap presents or set the table. If everyone knows what their task is, there will be fewer arguments. If you're hosting Christmas dinner,

ask guests to bring the starter and/or a salad or desert, so you only have to tackle the main course. If you just can't cope with cooking, organize to eat out.

### Run Away

Not spending the day with parents or relatives can be interpreted as not loving them enough, but if you really want to escape, don't feel guilty; reassure them that you'll see them before you go and when you get back. If you are separated from family and friends through work or distance, helping out in a shelter for the homeless or delivering meals for the elderly can be very rewarding when everything seems so commercial.

I hope that some or all of these tips may be of benefit to you and your families during this very joyous and hectic time of the year. I would also like to wish you and yours a very Merry Christmas and a wonderful New Year.

Regards,

Tamara Manuel BSW, RSW

*\*Information obtained from The Australian Women's Weekly at <http://aww.ninemsn.com>*



# Deployment Support

## 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 several CF members from the base, Wing Transport, Volunteers, Family and MFRC Staff we were able to prepare and ship 110 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  
Academy Canada  
Shoppers Drug Mart  
Wal-Mart - Gander & Grand Falls-Winsor  
Mark's Work Warehouse  
Dominion Gander  
Great Canadian Dollar Store  
Gander Co-op  
The Downhome  
Purity Products  
The Town of Gander  
Tim Hortons  
Newfoundland Sportsman  
Scotiabank  
Gander Toyota  
Simmons Honda  
Price Choppers  
City of Corner Brook  
Jim Penney Ford  
King Enterprise INC.  
RBC - Gander  
Bishops Falls Building Supplies  
W. Reid Construction  
Phylis Clarke  
50 Plus Club GFW & Bishops Falls  
Dick O'Ree  
R.C. Alter Society Bishops Falls  
Lion & Lioness Club Bishops Falls

Knights of Columbus  
Albatross  
McCormack's Enterprise Ltd  
Pentecostal Ladies Group  
Kings Enterprise  
Weston's Concessions  
Service Canada Staff GFW  
Holy Trinity Anglican Church GFW  
Beta Sigma Fy - GFW  
Sobey's GFW  
Branch 12 - Royal Canadian Legion  
Woodland Primary  
Botwood Church Group  
Town of Bishop's Falls  
Gander International  
Airport Authority

## The Gander Military Family Resource Centre

is looking very Festive; the Support Our Troops Christmas Tree is decorated with beautiful golden "Support Our Troops" Christmas ornaments. For \$5.00 you can sponsor a Christmas ornament as a tribute to a CF member, please contact the GMFRC @ LOC 1206 or the Deployment Support Coordinator @ LOC 1148!



## WORDS FROM THE HEART

By Patti Griffin  
Corner Brook Satellite

It's that time of year again when we remember and reflect on all the things we hold near and dear to our heart. In Western Newfoundland, many of our school children wanted to do something special to show support for our troops. They participated in Remem-

brance Day celebrations and made Christmas cards for our deployed soldiers. We collected cards and letters from Burgeo Academy, Hampden Academy, Templeton and C.C Loughlin school.

It's amazing how on a busy day, during a busy week, the words of a child can stop you in your tracks! Like these comments, taken from letters to Canadian soldiers created by Mrs. Bessey's Grade 4 class at C. C. Loughlin School in Corner Brook.

"...I am so happy that I can have freedom. In my heart I will always remember you."

"...You must have a lot of courage to do this and I thank you for keeping our country in peace."

"...You are probably the bravest person I know..."

"I hope you return safe and sound with your family."

"...You guys are very special in so many ways...."

"If I were a peacekeeper and received a letter it would break my heart of joy and that would make my day."

"Are you doing ok over there?"

"...I LOVE soldiers because there so nice and loveable and caring for my whole life."

"Thank you for giving me peace and freedom on earth."

"You must be so brave to fight in a combat it must be scary."

"p.s. Remember everyone loves you!"

Can't say it any better than that! Merry Christmas from Western Newfoundland and a Happy and Safe New Year!



# Wishes from your GMFRC

## “Have a Holly Jolly Christmas... It's the Best Time of the Year”

It's coming...it's all around us...yes it's CHRISTMAS! It's waiting for you just around the corner and you can sure see and feel it everywhere you go. From the displays in the stores, to the party preparations and the excitement of the children...yes, it's all around us. Yes, it is a busy time for everyone with the shopping, cleaning, baking, decorating, partying but it is such an exciting time leading up to Christmas Day.

And we have been very busy at the GMFRC leading into the Christmas season with the Annual Angel Tree Campaign and the preparation of Christmas packages for our members who will be away from their families and loved ones during the holidays. This year we have added a special touch to our Christmas celebrations with our “Tribute Tree” in honor of CF members. These are the things that bring Christmas to life for us at the GMFRC. To see the parcels being packaged, to see all those presents under Christmas tree, and to see the tree with the names of loved ones attached to ornaments puts the true meaning of Christmas into perspective.

Christmas is the most wonderful time of the year. In the midst of all the hustle and bustle, it is a time for family and friends, 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.

Some of you are anxiously waiting to join family and



**A** cette occasion des fêtes, nos pensées vont à tous les membres des Forces Armées Canadiennes, qui sans hésitation ont répondu à l'appel du devoir et nous protègent et sauvegardent notre liberté au Canada, en Afghanistan et partout à l'étranger. Nous n'oublions pas leur dévouement et l'efficacité de leur travail. Nous sommes aussi reconnaissants du sacrifice de leurs familles, qui malheureusement célèbrent ce Noël sans cette personne chère.

Nous espérons que cette période des fêtes vous apporte des rencontres heureuses entre parents et amis. Nous espérons qu'elle vous apporte aussi un moment de repos et de réfection sur l'année terminée et l'année à venir.

friends for the festivities. Some of you will have family or friends visiting from away. However you plan to spend the holidays, I trust it will be a safe and joyous one. Please remember those among us who will not have the luxury of having their loved ones with them this year. A phone call or an invitation to your home can go a long way.

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. Have a safe and happy Christmas.

To our friends who are away from their families due to deployments, 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.

On behalf of Peggy, Danielle, Caroleann, Lori, Nancy, Wanda, Tamara 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

A l'équipe de la 9<sup>e</sup> Escadre de Gander et à tous les bénévoles du CRFM de Gander nous tenons à souligner et à remercier votre engagement et soutien constant et assidu durant 2008. Sans vous et votre persévérance, nos efforts ne pourraient atteindre leur réussite.

Au nom de toute l'équipe de Centre de Ressources pour Familles de Militaires de Gander, nous vous remercions de votre collaboration et vous souhaitons Meilleurs Vœux de Noël, Prospérité et Santé en 2009.

Danielle St-Pierre  
Coordinatrice du CRFM de Gander





# Kids' Korner

**May** your holidays be happy and filled with love and laughter! And your house be filled with joy and music to the rafters. With the joys of the Christmas season almost here we would like to wish all our families a Merry Christmas and a Happy New Year. Knowing you were all very good this year, I am sure Santa will leave lots of presents. We have enjoyed working with all the children and their families this year and look forward to a great New Year ahead. Our programs will resume Jan 5, 2009.

*Nancy Critchley Child/Youth Coordinator*

## Make your Christmas Breakfast the Night Before

Your children will think this is a grand idea, especially if you involve them in the project. Here is a good recipe to try "chill in the refrigerator overnight".

### Cheese Brunch Casserole

1 1/2 cups shredded cheese layered with 8 slices of bread, buttered and cubed, in a greased 13" by 9" casserole dish. Mix 6 eggs, 3 1/2 cups of milk, salt and pepper, and pour over cheese and bread. Cover with aluminum foil and refrigerate. Bake covered, 45 minutes to 1 hour at 350 degrees.

## Homemade Christmas Ornaments

Mix 2 cups flour with 1 cup salt, add 2 to 3 tbsp vegetable oil and approximately 1 cup water. Spread waxed paper on table (tape edges to secure) and let children make stars, Christmas trees, candy canes, etc. Bake at 250 degrees for 45 minutes to 1 hour (depending on thickness). When completely cool, paint.



## Coming up in 2009

### Games/Munchies Night

When: January 16, 2009

Time: 18:00—20:00

Ages: 9 and up

Location: GMFRC

Cost: \$2.00

Come join us at the MFRC for a night of games and munchies. Deadline for registration is January 15, 2009. Join us and bring a friend. For more information call 256-1703 Local 1145/1201





# News from 9 Wing

## Merry Fitmas to All ....

I would like to take this time to wish you all a very Merry Christmas and a Safe and Prosperous New Year.

Over the Holidays we have two Recreation Events planned for the 9 Wing Family who will be in Gander over the holidays.

22 Dec booked for Family Skate 10:30-12:00  
30 Dec Booked for Family Bowling & Pizza 12:00-1:30

Please register with Nancy (Local 1409) if you will be attending one or both of these events before 19 Dec 08. Please leave your home phone number for contact purposes over the holidays. You can also email me at [Woolfrey.NEE@forces.gc.ca](mailto:Woolfrey.NEE@forces.gc.ca)

If we have snow over the holidays remember we have Cross Country Skies and Snow Shoes that can be signed out through Sports Stores (Local 1468).

At this time I would like to say good bye to Paula Deveau who has been with us for many a year! Best of luck with everything in the Big City... and Hello to our New Sports Stores Supervisor ... Peter Moss. Welcome to the team!

As well, to Donna Keefe, your stay with us was short ... Best of Luck Battling Fires with Town of Gander!

Nancy Woolfrey  
Darryl Hayden



*Everybody  
has a few  
extra  
pounds  
to lose  
this winter*



## 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 Holiday. 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.

Sharon Canning is the new full time Health Promotion Director at 9 Wing Gander. Her office is located in the Recreation Centre; please drop by to see her any time. Sharon is currently scheduled for various training sessions and will certainly promote any Healthy Living Programs that she has to offer in the New Year.

Check out the 12 Healthy Tips for the Holidays posted in both the Recreation and Military Family Resource Centres; simple tips that can help make this stressful time of the year easier.

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

**Sharon. Canning@forces.gc.ca  
(709) 256-1703 ext 1469  
or you can drop by the office  
located in the Recreation Centre**



## 9 Wing Education Bursary

Earlier this year the Wing Fund launched a \$500 education bursary for Wing members and their family to help with the cost of educational studies. The bursary is available to all Wing team members and can be used for a wide variety of educational activities including; recertification, on-line courses, post secondary or personal development.

This year the selection committee was pleased to award \$250 each to Sharon Vivian and Timothy Mackenzie.

The 2009 Bursary applications will be available in the spring with an application deadline of 1 September. For more info please contact Nigel Summers, PSP Mgr, loc 1302.



# Winter Driving

Now that the winter season is upon us, we at the Military Police Detachment, 9 Wing would like to wish everyone a very Merry Christmas and a Happy and Safe New Year.

Winter driving requires extra precautions and attention. You should ensure that your vehicles, as well as yourselves are ready for the rigors of the Newfoundland winter. The following tips will help you get started.

## WINTERIZE YOUR VEHICLE

Driving in the winter can present many challenges to drivers. To help overcome these challenges we can help prepare our vehicles.

- Ensure your vehicle has good winter tires. They improve on driving safety by providing better traction, braking and handling during various winter conditions. (Do not mix tires. Different tread patterns, size construction can compromise vehicle performance and safety.)
- Replace your old wipers with winter rated windshield wipers.
- Make sure you have sufficient windshield washer fluid that is rated in the -40C temperature range. (Keep an extra jug in your vehicle.)
- Make sure you have a good battery. Recharge or replace if it is weak.
- Make sure your vehicle has anti-freeze rated for the winter conditions in your area.
- Have brakes checked and adjusted to maintain equal braking.
- Your local dealer can perform a seasonal maintenance check-up and recommend any necessary service work.

## WINTER TRAVELS

With the holiday season fast approach-

ing, many of us may find ourselves travelling to visit friends and family.

- Check weather conditions before heading out.
- Allow yourself extra time for travel.
- If you have to travel a long distance, plan your route and let someone know your destination and estimated time of arrival.
- Ensure you have appropriate clothing for the weather and any unforeseen conditions.
- Clear snow and ice from all windows, mirrors, lights and roof of vehicle. Make sure you have good visibility before departing.
- Avoid driving when fatigued.
- **NEVER DRINK AND DRIVE**
- Take a cellular telephone with you for emergencies. Do not leave it in the car because the battery will freeze.
- Whenever visibility is poor, turn on vehicle's full lighting system. It is critical to see and be seen.
- If weather conditions turn bad find a safe place to pull off the road. If using the shoulder of the road, ensure you are over far enough and use emergency flashers.
- Always carry a winter survival kit.

## WINTER SURVIVAL KIT

Having the proper supplies in your vehicle will enable you to handle an on the road emergency. Some recommended items include:

- A snow shovel
- Ice scraper / Snow brush

- Booster cables
- Bag of sand, salt or kitty litter
- Road flares or warning lights
- Blankets
- Extra clothing and footwear
- Candle and small tin can (only use this in your vehicle with window open to prevent a build up of carbon monoxide)
- Matches
- First aid kit
- Flashlight and batteries
- Gas line antifreeze
- Tow rope or chain
- Road maps

For safe winter driving we should always remember these points:

- Slow down
- Stay alert
- Stay in control

Drive according to weather conditions. Keep a safe distance between you and the vehicle in front of you to avoid braking suddenly. During winter

driving conditions it takes all vehicles longer to stop on snow covered roads. Severe winter driving may make you nervous, uncomfortable or fearful. Stay off the road unless your trip is necessary. Proper preparation and the right skills will help you face the challenge of winter driving.

For more information you can check out the following web sites: [www.weathernetwork.com](http://www.weathernetwork.com), [www.aaapublicaffairs.com](http://www.aaapublicaffairs.com), as well you can call 9 Wing Gander Military Police at 257-1703 ext 1446.

Cpl Les Walsh  
Security Awareness Rep  
9 Wing MP Det

# Fire Safe Christmas

Christmas, it is without a doubt the busiest of times for all concerned. It's a happy time. Family, friends, food and drink. It is also a time when we can easily be distracted and if we are not careful we can fall victim to a preventable fire. Stats will show that there is a significant increase in the amount of fires involving candles. But there are also other dangers that are associated with the holiday season. This year I would like for all to remember, **prevention, detection and escape** in order to survive a fire in your home. Please review the following in order for you to be prepared.

## PREVENTION

### Candles

- Keep all candles away from combustible materials
- Never leave a candle unattended for any length of time.
- Candles should only be burned in containers such as glass, ceramic or metal.
- Use extra caution when using candles in the presence of children.
- Using candles in the bedroom is strongly discouraged.

### Christmas Trees

- When using a natural tree, choose one that is fresh and green, and cut at least 1/2 inch of the bottom before placing in the stand.
- Keep the tree well watered. Do not

add sugar or other additives. It may prevent water from being drawn up the trunk.

- Keep the tree away from any source of heat.
- Do not place the tree in a location that may block an exit.
- Never leave the tree lights on when going out.

### Electrical Concerns

- Discard any worn or frayed electrical cords and decorations.
- Keep bulbs and spotlights away from combustible materials.
- Use extension cords cautiously. Never overload circuits. Don't run extension cords under rugs.

## DETECTION

### Smoke Alarms

- Ensure that alarms are installed on all levels of your home and check to make sure they are working.
- If you are having a lot of false alarms from cooking or steam from showers, consider re-installing them in a different location or change to a newer technology such as photo-electric.
- Think about giving a gift that could save a life. A smoke alarm will show that you care.
- When visiting older relatives, take a moment to test their smoke alarms.

## ESCAPE

### Escape Plan

- Plan at least two ways out of each room of your house and two ways out of each floor.
- Discuss and if at all possible practice this with your family.
- Have a known meeting place outside so in the event of fire and you become separated you will have a common place to meet.

There are other things to do to survive fire in your home. If you wish to discuss them with myself or Sgt Ledrew please feel free to call. We will be only too happy to help in any way we can. **From the Fire House to your house, Merry Christmas and have a Happy and Fire Safe New Year**

W.P. Fudge  
Cpl  
Wing Fire Inspector  
Loc 1447



# 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 Wing 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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