

*Christmas* is one time during our busy year that we take the time to reflect on our accomplishments, look forward to new challenges and appreciate what we have. 2009 was a challenging yet rewarding year for 9 Wing. The Wing continued to support many deploying members, while it welcomed many others home safely. It saw the closure of B86, the relocation of many of the Wings units, and the acceleration of the design for the replacement buildings. The Wing has supported numerous successful search and rescue missions and the New Year promises more of these challenges. We have a Wing with excellent people and resources that continue to do an outstanding job. I have been very impressed with the professionalism and dedication that the Wing continues to exhibit. With professionalism and respect we will be able to accomplish even more in 2010.

CWO Rowsell, myself and our families wish you and your family the best over the Holiday Season. May it be restful, satisfying and rejuvenating. May you be surrounded by the love of your family and friends, wherever they are.

LCol Chris M Conway  
Wing Commander – 9 Wing  
Gander



# GMFRC

## 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  
Vice Chair - Karen Keough  
Treasurer - Linda Maxwell  
Secretary - Krista Hogan

## MEMBERS:

-Veronique Tessier  
-Caroleann Reid  
-Tina Gores  
-Crystal Duguay  
-Leslie Schriener  
-Amanda Cleghorn

## EX-OFFICIO:

-Peggy Blake  
(Executive Director)

## GMFRC STAFF:

Peggy Blake  
Executive Director.....loc. 1274 or 235-0255  
Vacant  
Social Worker/Emergency Childcare.....  
Danielle St-Pierre  
Information/Employment/SLT.....loc. 1147  
Colleen Hiscock  
Volunteer / Quality of Life.....loc. 1202  
Nancy Critchley  
Children & Youth.....loc. 1201  
Wanda Kearley  
Children & Youth Assistant.....loc. 1201  
Caroleann MacWhirter  
Deployment.....loc. 1148  
Lori Robillard  
Accounting/Office Manager.....loc. 1206  
Patti Griffin  
Military Family Outreach Services  
Corner Brook Satellite.....(709) 637-4591

Call the Centre at  
(709) 256-1703 loc. 1206 / 1274  
Fax: (709) 256-1771  
Business Hours  
8:30 - 16:30  
Monday to Friday  
Website: gandermfrc.ca



# Greetings from the 9 Wing HCol

*My* message is for every man, woman, and their families, who wear the uniform of Canada. This Christmas message for 2009 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. The past year has been one of transition and upheaval, yet they continue to 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 Christopher Conway, and Wing Chief CWO Eli Rowsell, 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 2010 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

## GMFRC'S HOLIDAY HOURS



The Gander Military Family Resource Centre will be closing on the 11th of December for the Holiday Season and will re-open on January 4th, 2010. In case of an emergency, you may contact the Executive Director, Mrs. Peggy Blake, at 235-0255

# From the Desk of the Executive Director

## Seasons Greetings

Peggy Blake, Executive Director



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. I hope Santa will remember we have moved to Sullivan Avenue when he visits our Creative Learning Christmas party!

Our Christmas Care packages to our deployed members from all over this province were lovingly put together again this year by staff and a great group of volunteers and are on their way to theatre. This year we sent over 70 packages filled with treats from home; thanks to all businesses, organizations and individuals who helped make that happen. They have already arrived in theatre and we are beginning to receive wonderful e-mails from the troops.

Our 18<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. Thank you for your understanding of our storage dilemma and limiting your gifts to cash/gift cards this year.

The Rec Centre has graciously agreed to host our "Support Our Troops" tree this year as we are still going through renovations. For \$5.00 you can sponsor a Christmas ornament as a tribute to deployed CF member to hang on our tree; all proceeds will go to our deployment support programs.

Thanks to the assistance again this year from 91 CEF and WTN, we will be entering a float in the downtown Santa Claus parade on Dec. 5. The theme of this year's float will be "Christmas in Candyland". We look forward to seeing you on the parade route.

On behalf of myself, Paul and 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.

## Greetings from the Chair of the GMFRC

Oh by gosh by golly, it's time for mistletoe and holly... is it really that time of year again??? Where has the year gone?

It has been a very busy year for the GMFRC with many changes and I would like to say a very BIG thank-you to Peggy and the Staff for taking it all on with such positive attitudes and big smiles! Great job you do girls!!! The New Year is sure to be good to all of us!

It is such a busy time of year (especially for Santa) I hope that in the excitement of all the festivities that families & friends are able to spend quality time together and enjoy each other... as that is the reason for the season!

My thoughts are with the families of serving members this time of year knowing how hard the holidays are without loved ones; please know that your loved ones are gifts in themselves!

On behalf of The Board of Directors we wish everyone a very Merry Christmas and Happy New Year! We look forward to seeing new faces in the New Year at our newly renovated Centre!

Volunteering your time is one of the best gifts you can give and receive!!!

Lori Isenor,  
GMFRC Board of  
Directors – Chair





# Important Information

*Please* be advised there has been a change in the delivery of Social Work services at the GMFRC. Nuala Snowden is no longer employed with us however we have secured Service Contracts with a local psychologist as well as a local Social Worker. We trust this will guarantee no disruption in service. For further info or to access these services please contact Peggy Blake, Executive Director by e-mail or by calling 256-1703 loc 1274.

## CANADA'S FIRE LOSS FACTS

- A HOSTILE FIRE OCCURS APPROXIMATELY EVERY 8 MINUTES IN CANADA.
- FIRE DEPARTMENTS ANSWER OVER 67,000 FIRE CALLS ANNUALLY IN CANADA.
- OVER 39,000 FIRES OCCURRED IN STRUCTURES (ABOUT 26,000 IN RESIDENCES)
- OVER 18,000 IN VEHICLES AND APPROXIMATELY 5,500 IN OUTDOOR PROPERTIES
- A FIRE DEATH OCCURS ON AVERAGE EVERY 20 HOURS IN CANADA. ABOUT 80% OF ALL CANADIAN FIRE DEATHS OCCUR IN HOME FIRES
- A FIRE INJURY OCCURS ON AVERAGE EVERY 2 HOURS IN CANADA
- APPROXIMATELY 4,200 FIRE INJURIES ARE REPORTED ANNUALLY IN CANADA. APPROXIMATELY 70% OF THESE OCCUR IN THE HOME

### IS IT NECESSARY FOR US TO SAY ANYTHING ELSE?

Don't you become a Canadian Fire Fact this holiday season. From the Fire House to your house, we wish you and your family all the best for the holiday season.

Yours in Fire Safety  
Sgt D. Cantwell  
Cpl W.P. Fudge  
9 Wing Fire Department

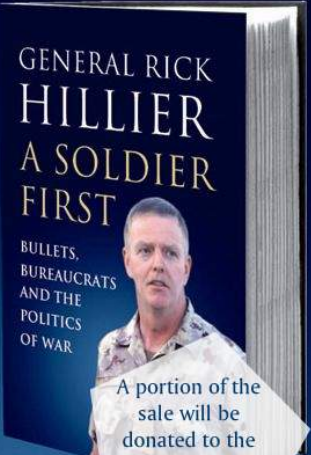
MEET  
**GENERAL RICK HILLIER**  
AS HE SIGNS COPIES OF HIS NEW BOOK,  
**A SOLDIER FIRST**  
BULLETS, BUREAUCRATS AND THE POLITICS OF WAR

SUNDAY,  
DECEMBER 13,  
1:00 PM


GREENWOOD  
ACADEMY

ROAD TO THE ISLES  
(NEAR COMFORT COVE TURN-OFF)  
CAMPBELLTON

BOOKS WILL BE  
AVAILABLE FOR PURCHASE  
AT THIS EVENT



A portion of the sale will be donated to the Gander Military Family Resource Centre

 HarperCollinsCanada

**If learning french is one of your 2010 resolutions, The GMFRC has something for you....**

The Gander MFRC will be offering Second Language Training starting early in January of 2010. The training involves:

- Second Language Courses consist of 60 hrs of classroom instruction. (5 hrs per week / twice a week for 12 weeks)
- Level instructed will be Beginner Module 2.
- Courses will run Tuesdays / Thursdays evenings.
- All participants who have not been tested 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 6, 2010.
- Classes start January 12, 2010.

# Christmas Wishes

## Deployment Support Christmas Message

I would like to take the opportunity to reflect on this year in our Deployment Support Program. The number of CF Members deployed from 9 Wing continues to grow and our Outreach Program supporting the families of CF members across Canada has been busier than ever. The continuous gatherings of families in our local and rural areas of Central Newfoundland providing support to one another during deployments; have proven to be very worthwhile.

The continuous generosity of our communities around the central region has been somewhat overwhelming to see the vast amount of spirit and support for our wonderful CF Members deployed. I would like to send a huge thank you to all those who so often show their support for our deployed Canadian troops and their families. The contributions to our morale packages and all the other Support Our Troops activities throughout the year are greatly appreciated.

This year's Support Our Troops Christmas Tree is beautifully displayed in the lobby of the Recreation Centre and the response has been wonderful.

As we sit and enjoy the joyous holiday season this year, please take a moment to remember the families of our fallen soldiers. Also consider those CF Members and their families who have been separated during the holidays due to the various deployments around the world.

My husband Todd and I, our children Sasha and Broc would like to wish you all, the best holiday season possible. During this Christmas break remember to take the time to enjoy your family and friends, relax and be thankful.

Merry Christmas from our house to yours!

Caroleann MacWhirter  
Deployment Support Coordinator

## Merry Christmas GMFRC Volunteers

With the holiday season fast approaching, our thoughts turn to family, friends and celebrations. We plan for parties, dinners, visits with loved ones and of course the culmination of it all...Christmas Day! What a wonderful time of year!

2009 has been a year of upheaval for the GMFRC and many 9 Wing personnel. We have tried our very best throughout the moves and renovations to ensure the least amount of disruption to our families and services. We would like to extend a heartfelt thank you to our volunteers, both those in town and those assisting with the deployment outreach program, for all you have given to our community in 2009.

We would also like to thank you for all the support, patience and guidance you have afforded us and we ask that you bear with us into the New Year.

Christmas can be a very difficult time of year for many people for many different reasons. There will be some of us who will be separated from our loved ones over the holidays and I ask that you take time over the

festive season to remember our troops who are away and their families. Not just spouses and children, but also moms, dads, nans and pops. Deployments are stressful for all family members, but even more so during Christmas.

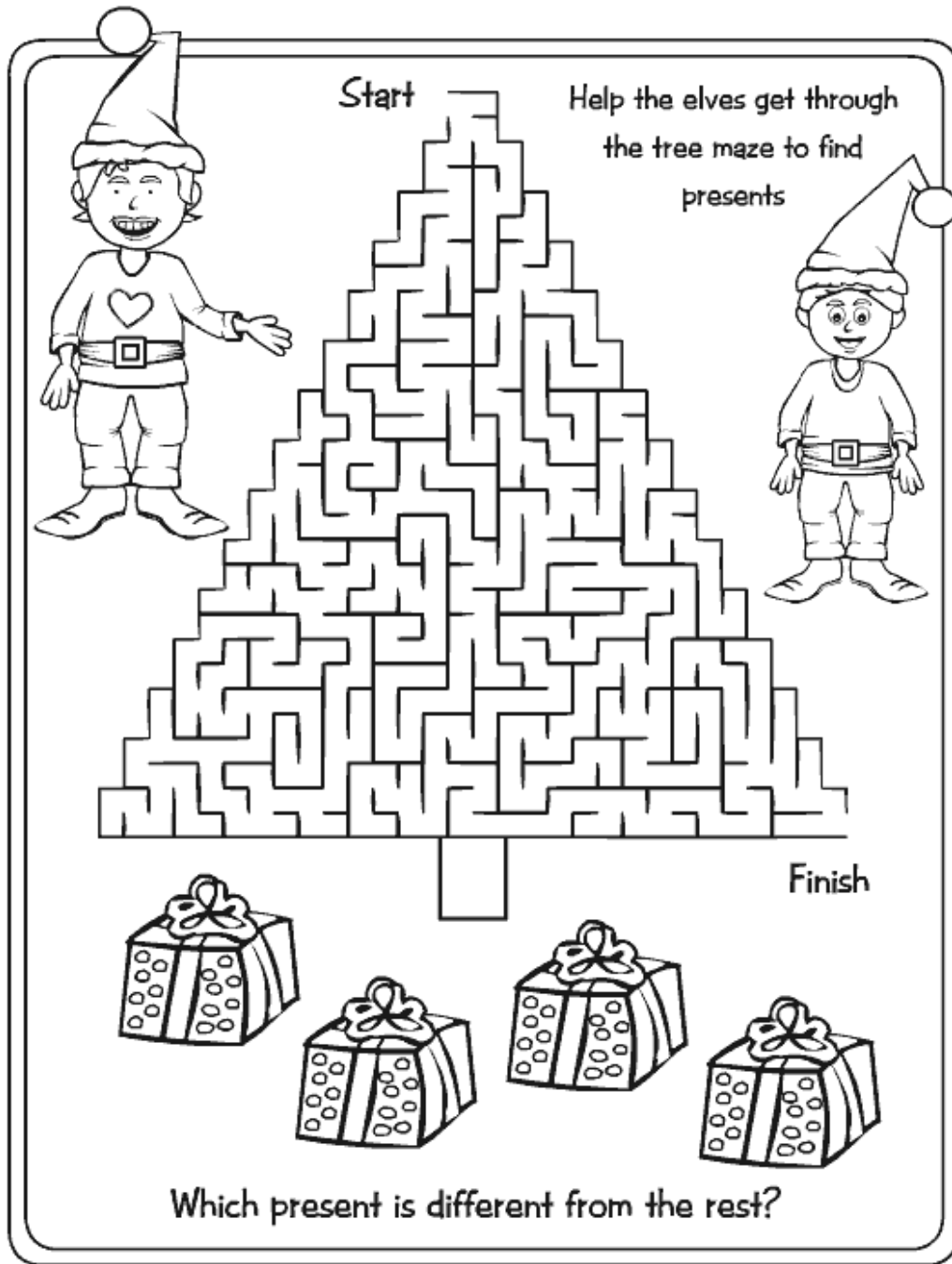
On behalf of Peggy, Danielle, Caroleann, Nancy, Wanda, Lori, Patti (in Corner Brook) and myself, I wish you a safe and enjoyable holiday season. If you will be travelling over the holidays we wish you a safe return and look forward to working with you all again in 2010. God Bless.

Merry Christmas & Happy New Year!  
Joyeux Noël et Bonne Année

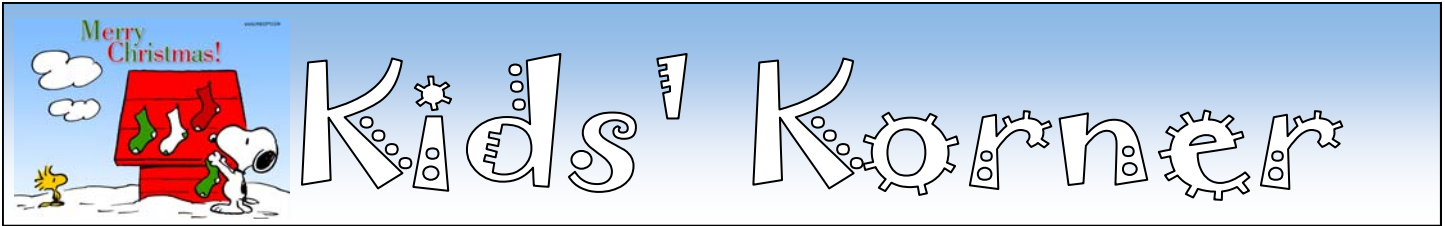
Colleen



# Christmas Puzzles







## Strengthening Ties through Family Traditions.

Family traditions can provide a sense of identity, closeness and security within a family, which is especially important given our often fast-paced and hectic environments.

Every family honours some type of tradition, whether it involves a special celebration, a time-honoured activity or something centred on day to day routines. Through this Holiday Season families can take extra time to share and celebrate their traditions.

Ask someone about their traditions and they are likely to begin a response with "We always..." They are also likely to be excited to share their memories and experiences. It could be something as simple as a lullaby at bedtime or something as big as an annual holiday trip. Traditions are unique and can even evolve as time passes.

Family Holidays provides an opening for all generations to learn and share traditions. A tradition celebrated and cherished in the past by one family member could be celebrated by all members in the present. Having something to participate in together creates the opportunity for strengthening bonds within a family.

So in this busy Christmas Season take the time to share these traditions and leave a lasting memory. Have a Merry Christmas and a Happy New Year. Traditions are what the holidays are about and sharing all our great memories with family and friends. Lots of Holiday blessings and joy to you and yours.

Nancy Critchley and Wanda Kearley



**Here** are some Family Fun favorite ways to help make some new family traditions and make your Yuletide Merry.

- Plan a get-in-the-spirit activity or outing for each day of Advent
- Set aside a day just for cookie baking
- Bake and decorate a gingerbread house
- Buy and hang an ornament for each child that commemorates a special interest or event of the year
- Drive around and look at holiday lights (especially while wearing PJ's and drinking hot cocoa!)
- Get new PJ's on Christmas Eve
- Tuck heartfelt notes or letters into each kid's stocking
- Leave snacks for Santa (and often for the reindeer too)

Invite single soldiers who couldn't go home for the holidays over to your house for Christmas dinner. Ask the soldiers for favorite family recipes, then make them so they can have a taste of home.

These Newfoundland snowballs are a Christmas tradition handed down in many Newfoundland families including mine. Enjoy!

### Newfoundland Snowballs cookies

- ¼ cup butter
- 2 cup sugar
- 1 cup milk
- 3Tbs Cocoa

Boil this together on medium heat until well blended and sugar is dissolved. Stir continuously, and then remove from stove.

- Then add
- 1tsp vanilla
- 3 1/2 cup rolled oats
- 1 1/2 cup coconut

Mix this together well. Then roll into small snowballs and then roll in coconut. Keep in refrigerator.

Christmas treats for kids and adults to enjoy. Serve up these festive Snowball Cookies for your next winter celebration.



**All regular  
GMRFC programs  
will resume on  
January 4, 2010**

# 9 Wing Sport Column



Congrats to the winners of the 2nd Annual 9 Wing Floor Hockey Tournament: Cpl Marc Downer (Captain), Cpl Justin Pike, Sgt Roy Martin, MCpl Todd Young (Goalie) & Darryl Hayden. The Tournament was a great success Maj Parsons opened the event with the ceremonial ball drop and a few words of encouragement to the 30 plus members who attended the event. Congratulations to the Most Valuable Player MCpl Todd Young (Goalie) & Most Sports Minded Player Cpl Justin Pike, these two awards were voted on by all players of the tournament.

*Submitted by: Darryl Hayden & Cpl Marcus Downer*

## Tournament Standings

1st MP's  
2nd Old Timers  
3rd 103  
4th Crazy Beavers (CE)  
5th TIS  
6th 91 CEF

## 9 WG WHALERS NEED MORE PARTICIPATION!!!

The 9 WG Men's ice hockey team has started this year's league something like the Maple Leafs, less than average. We have the skill on the WG to be a top rated team but the participation has been, I say again, less than average. Interview with player coach Mr. Darryl Hayden revealed that at the beginning of the season 30 plus players signed up for Ice Hockey this year and only 6 or 7 players are showing up for the Sunday night games and at times between 9 or 10 for practice. A schedule can be obtained at the 9 WG Rec Center, players please pick one up and get out there and help your team. Fans are also encouraged to come out and show their support, there is no better feeling then scoring that game winning goal or making that defensive play and actually having support/encouragement from the WG!!

*Submitted by: Cpl Marcus Downer*



## Did You Know?

- At 2000 hrs Tuesday Nights at the 9 WG Rec Center coed Volley Ball is open to all WG members and dependants;
- At 0730 hrs Tuesday and Thursday mornings coed floor hockey takes place at the 9 WG Rec Center;
- At 0730 hrs Mon/Wed/Friday's Military fitness;
- At 1100 hrs-1200 hrs all week Lap Swim at the 9 WG Rec Center Pool;
- At 1200 hrs-1300 hrs Ice Hockey takes place at the Gander Community center (arena) all are welcome;
- And many more activities can be found on the Fitness schedule found on the board at the 9 WG Rec Center.

*Submitted by: Cpl Marcus Downer*



# Greetings from around the Wing

## MERRY CHRISTMAS

On behalf of all members of 103 Search and Rescue Squadron, please allow me to extend best wishes to all members of 9 Wing, our families and our friends. This is an important time to reflect upon the successes of 2009 while recharging ourselves for 2010.

As we gather around our Christmas trees, singing carols and sipping eggnog, please raise a glass to those who continue to selflessly serve Canada's interests at home and abroad. May we bestow upon them our personal thanks, strength, courage and hope for a safe return to their loved ones.

On behalf of my wife Carol Ann and our daughters Ally and Chloe, I extend personal Christmas wishes to you and yours. Let's hope Santa finds us all and that the spirit of Christmas will carry on well into the New Year.

Stephen Reid  
Major  
Commanding Officer



**PS... Note to Santa... All Outcasts have been very good boys and girls this year. I hear a Sony Wii is a popular gift idea!**

## Christmas Message from the WLEO

The Christmas and New Year's holiday season is one of my favourite times of the year. It is a time to give thanks for what we have, spend quality time with loved ones and take a brief pause from our hectic schedules. As we celebrate, we should be mindful of those around us who may be experiencing a difficult time this holiday season. Our thoughts and prayers are with those who have recently lost a loved one and who will be experiencing for the first time a Christmas without someone they continue to love and miss very much. It will also be a difficult time for our families whose loved ones are deployed and cannot be home for Christmas.

As we prepare for this well deserved break, we should take time to reflect on all of our accomplishments this past year: Op Relocate, National SAR Ex, the numerous construction projects as well as the support we have provided to the mission in Afghanistan and other deployments, to mention but a few. Although we are small in number, our team has pulled together in a truly professional manner to overcome so many challenges over a short period of time. Your dedication, commitment and teamwork are truly inspiring and you have lived up to our motto of service second to none.



We have many members that are new to Gander this year. Welcome to 9 Wing and please take advantage of the time off to enjoy one of the most beautiful regions in Canada. All around us we have magical winter wonderlands for skiing, snowmobiling, skating, tobogganing and ice fishing. Enjoying these types of winter activities with family and friends, then relaxing by a warm fire with a cup of hot chocolate can create memories that will last a lifetime.

On behalf of my husband Bill and our four children Alex, Sabreena, Nathalie and Nathan, may the Lord bless you and keep you safe throughout this holiday period and in all the days that follow.  
Merry Christmas and a Happy New Year to you and your family.

# Stay Fit during the Holidays

**Merry Christmas**  
**From the 9 Wing Fitness**  
**and Recreation staff**

**Holidays hours**

21 Dec	Mon	Open 0900-2200 hrs
22 Dec	Tues	Open 0900-2200 hrs
23 Dec	Wed	Open 0900-2200 hrs
24 Dec	Thurs	Open 1000-1400 hrs
<b>25 Dec</b>	<b>Fri</b>	<b>Closed</b>
<b>26 Dec</b>	<b>Sat</b>	<b>Closed</b>
27 Dec	Sun	Open 1000-1700
28 Dec	Mon	Open 1000-2200
29 Dec	Tues	Open 1000-2200
30 Dec	Wed	Open 1000-2200
31 Dec	Thurs	Open 1000-1400
<b>01 Jan</b>	<b>Fri</b>	<b>Closed</b>

**We will return to regular hours**  
**January 2, 2010**

**POOL Christmas Hours**

Sat and Sun Dec 19 and Dec 20	
	Lap 1300-1400
	Open 1400-1600
Mon Dec 21	Open 1830-2000
	W.A. 1930-2030
	Lap 2030-2130
Tues Dec 22	Open 1830-1930
	S. L. 1930-2030
	Lap 2030-2130
Wed Dec 23	Open 1400-1600
	Open 1830-1930
	W. A. 1930-2030
	Lap 2030-2130
<b>Thurs Dec 24</b>	<b>Closed</b>
<b>Fri Dec 25</b>	<b>Closed</b>
<b>Sat Dec 26</b>	<b>Closed</b>
Sun Dec 27	Lap 1300-1400
	Open 1400-1600
Mon Dec 28	Lap 1300-1400
	Open 1400-1600
	Open 1830-1930
	W.A. 1930-2030
	Lap 2030-2130
Tues Dec 29	Open 1400-1600
	Open 1830-2000
	Lap 2000-2130
Wed Dec 30	Open 1400-1600
	Open 1830-1930
	W.A. 1930-2030
	Lap 2030-2130
<b>Thursday Dec. 31:</b>	<b>Closed</b>
<b>Friday Jan. 1-2010:</b>	<b>Closed</b>

## "Winter Things To Do"



**Cross County Skiing:** We have skies available to sign-out; Adults and Kids sizes

**Snowshoeing:** We have snowshoes available to sign-out; Adults and Kids sizes.



**Ski Passes for Marble Mountain & White Hills:** Must be booked at the Rec Centre 24 hrs before departing Gander.

**Ice Fishing:** Gas powered Ice Auger available at the MFRC 256-2971.

**Airport Nordic Ski Club (Cross Country):** Day Passes available at Rec Centre, cost \$3 each.

**GPS:** Available to sign-out

### Additional Activities available for Military Members at 9 Wing Gander Rec Centre

- Fitness:** Cardio Equipment, Strength Training Machines, Free Weights, Spinning Bikes, PT Classes
- Sports:** Floor Hockey, Squash Court
- Recreation:** Aquatics Programs, Equipment and Facility Rentals, Aerobics classes, Scuba Diving classes



For more Information please contact the Recreation Center Staff on loc 1466. All passes and equipment must be signed-out/purchased Monday-Friday



**Health Wellness Challenge 2010**

Rise to the Challenge  
 January 18th -  
 February 17th, 2010

See how healthy and well you can live  
 and notice what a difference one month can make in your life!

For more information,  
 Contact Sharon Canning,  
 Health Promotion Director,  
 at 256-1703 ext. 1469

# Health Promotion

## Tips to stay FIT & HEALTHY over the Holidays

1. Drink Plenty of Water, water will naturally help you avoid overeating, plus keeping hydrated helps you burn fat more efficiently.
2. Position Yourself Away from the "Goodies", at a social event you will feel less likely to get up and get more snacks.
3. Enjoy the Outdoors as Much as Possible, take the kids or your spouse; sliding, skating, snowshoeing, take the dog for a walk, & pick up that shovel even if you have a snow blower.
4. Pre Plan your Workouts, we are all busy around the holidays so if exercise is pre-planned there will be a less likely chance to skip it. ~ Work on Balance
5. Enlist an Exercise Buddy, when you no longer feel motivated your buddy will help you get off the couch & vice versa. Keep each other on track.
6. Eat Slowly, enjoy the flavours of all treats that only come out during the holidays, it takes approx 20mins for your brain to tell you you're full.
7. Brush your Teeth Immediately After Meals, this will make it less appealing to eat more.
8. Everything is Good in Moderation, don't over do it.
9. Acknowledge that you May Slip-Up, so don't be too hard on your self, plan a "Cheat Day", but not too many.
10. Sleep, everyone needs approx 6-8 hours of sleep per night to stay healthy & energized during the busy days.

## Outdoor Safety Tips:

1. Dress in Layers.
2. Protect your Hands & Feet (warm & dry).
3. Pay Attention to Temp & Wind Chill.
4. Keep Your Head Covered.
5. Avoid Overdressing.
6. Get some Shades.
7. Stay Hydrated.
8. Do not stay in Wet Clothing.
9. Avoid Ice, work on your balance.
10. Avoid over exertion & over heating.

## 12 Days of Health & Wellness

### Before the Twelve days of Christmas my Health Promoter said to me...

- 12 extra minutes of cardio a day ( to make up for the extra calories consumed)
- 11 Self care moments – give the gift of yourself
- 10 minutes to wait before you have that dessert
- 9 times talking yourself out of getting angry
- 8 servings of vegetables and fruit each day
- 7 hours of sleep or more – to avoid getting sick or worn out
- 6 whole grain servings – that means WHOLE grain including the endosperm, germ and bran
- 5 hearty laughs each day
- 4 fun activities with the family ( involving fitness!)
- 3 times saying 'NO' (avoid feeling overwhelmed, Christmas is supposed to be happy)
- 2 standard drinks a day
- And a **single** trip to the buffet only!

Have a Safe and Well Christmas from Sharon and Lisa  
Health Promotion 9 Wing Gander

## WEIGHT WELLNESS LIFESTYLE

### COMING IN JANUARY

The Weight Wellness program is designed to help you manage your weight and improve your overall health.

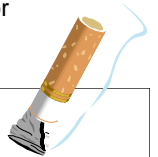
Attain a healthy weight by learning about healthy food choices, portion sizes as well as the importance of exercise. You will create a personalized Blueprint that works for you.

This program is open to the Canadian Forces Community as well as their spouses and immediate family members.

If you have any questions please feel free to contact Sharon Canning, Health Promotion Director, at local 1469, by e-mail at Sharon.Canning@forces.gc.ca or drop by the office located at the Rec Centre.

## BUTT OUT

### COMING IN JANUARY



Does this sound familiar? "I plan to quit smoking but things are pretty busy right now, I'll do it later". The question is when will you not be busy? The answer is probably never. So seriously ask yourself do you want to quit? If the answer is yes what is wrong with right now?

Butt Out is designed to help you quit smoking. As well the program helps you identify your personal reasons for smoking and develop strategies to aid you in quitting.

This program is open to the Canadian Forces Community as well as their spouses and immediate family members.

If you have any questions please feel free to contact Sharon Canning, Health Promotion Director, at local 1469, by e-mail at Sharon.Canning@forces.gc.ca or drop by the office located at the Rec Centre.



# 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:  
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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