



Summer is over and the posting season is drawing to a close, many new faces have appeared on the Wing and many familiar faces have left to explore new adventures. There are many topics that I could write about for this issue: the warm welcome I received when I arrived in Gander, the many projects that are underway, or the great sense of pride I have witnessed from everyone who is connected to the Wing but, instead, I have decided to thank the countless volunteers who come out every year to help organize a variety of events on the Wing that is geared towards family, friendship, camaraderie, and building morale in a small community. It is through your dedication, determination, and sense of community that we are able to enjoy so many activities on the Wing. So whether you are volunteering in uniform (yes, that can happen), whether you are a civilian member of the team, a contractor, a spouse, a son or daughter (as you can see the list goes on and on), we at 9 Wing Gander want you to know that we appreciate all that you do. I have always believed that the most valuable gift one can give is their time as it is the most precious thing that we all have and it cannot be replaced. On behalf of all the members, families, and friends of 9 Wing "thank you". Yours is a gift that will last a lifetime.

Tammy Harris
LCol
WCOMD



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 - TBA
- Acting Chair /Treasurer - Linda Maxwell
- Secretary - Tammy Hunt

MEMBERS:

- Kathy Harper
- Theresa Traverse
- Mark Brewer
- Soraya Sheppard
- Cynthia Irvine
- Lori Isenor

EX-OFFICIO:

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

GMFRC STAFF:

- Peggy Blake
- Executive Director.....1274
- Betty Moulton
- Social Worker.....1146
- Danielle St-Pierre
- Information/Employment/SLT.....1147
- Colleen Hiscock
- Volunteer / QLC.....1202
- Pamela Timbury
- CYC and Emergency Childcare.....1201
- Deanne Short
- CYC Assistant.....1201
- Caroleann MacWhirter
- Deployment.....1148
- Lisa Butler
- Accounting/Office Manager.....1145
- Sarah Kelly
- Youth Services Facilitator.....1259
- Tracy Peckford
- 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

Check out our new website
gandermfrc.ca

Message from the Board of Directors

On behalf of the Gander Military Family Resource Centre Board of Directors I would like to welcome all of the military families who were posted to 9 Wing Gander this past summer. We are always seeking new volunteers to serve on our Board so if you feel this is something you'd be interested in please accept this invitation to attend our next meeting on 19 Sep 07 @ 1030. We look forward to seeing you and hope you enjoy your stay in Gander!

Sgt Tammy Hunt, Secretary

ENVIRONMENT

This year's annual poster contest was a huge success. The contest was open to all dependants of 9 Wing Gander personnel from ages five to twelve years of age.

There were two age categories for this contest, age's five to eight and ages nine to twelve, with the winner from each category receiving

a prize of a new bicycle and helmet. There were over thirty entries in total, almost equally divided by the two categories. This year's theme was, "What can I do to help improve the environment in my community?" All the entries were colourful, informative and imaginative making it very difficult to choose the winners. But two winners were selected and they were, for the first age group of five to eight years of age, the winner was Sam Ledrew age eight and for the nine to twelve age group the winner was Samara Ambrosini age nine. The winners were presented their prizes by Mrs Pam Timbury representing the MFRC and MCpl Dreddy who represented the Wing Environmental Committee. This contest would not have been the success it was without the assistance of the MFRC who helped



to promote this contest and acted as a drop-off point for all the entries. On behalf of the Environment Committee and the MFRC we congratulate this years winners and thank everyone who participated and hope you will participate again next year.

From the desk of the Executive Director

Welcome to 9 Wing/ CFB Gander

Peggy Blake, Executive Director

I would like to take this opportunity to welcome all new families to our 9 Wing Gander military community. I trust that your move went well, and you are all settled into your new home.

To those of you who are originally from our province: Welcome Home! It must be great to be back amongst your family and friends. To those of you who are CFA'S (Come From Aways): Welcome to our beautiful town and province. Be sure to check out all the great things that Gander has to offer you and your family, but don't forget to visit the rest of the province as well. Check out the icebergs in Twillingate in the spring, take a trip to the west coast to experience the breathtaking beauty of Gros Morne National Park, or go skiing at Marble Mountain; and don't forget to visit our east coast where you can go whale watching in the summer, visit the Trinity Pageant, and experience the charm (and the shopping!) of St. John's, the oldest city in North America. I know that you will enjoy your time here, and will leave us with many wonderful memories.

We will be publishing a quarterly newsletter to keep you informed of all the programs and services we will be offering at the Centre. If you have any suggestions for program ideas, we'd love to hear from you. And if you're wondering if a service or program is available in Gander, just give us a call, or drop by and we'll answer those questions for you. We are your Military Family Resource Centre. We are here to support you and your family in any way we can. I look forward to meeting you at the Centre.

Welcome Scoff

Scoff (n) – A cooked meal at sea or ashore, esp at night and often part of an impromptu party; such a repast prepared with “bucked” or stolen ingredients.

Definition from Dictionary of Newfoundland English Online – www.heritage.nf.ca/dictionary



Come join us at the Gander Military Family Resource Centre for a “Welcome Scoff” on **Thursday, 4 October**. This will be an opportunity to meet the newest members of the 9 Wing family and the staff of the Centre. Staff will be preparing and serving spaghetti, followed by desserts.

All of this Newfoundland hospitality will be served up at 5:00 pm. If you and/or your family will be attending, please call us at the GMFRC at 256-1703 Loc 1206 by Tuesday October 2nd, 2007

See you there!

Open Coffee



Join us at the GMFRC on **Friday, 28 September from 1000 - 1100** for coffee and treats. This is a great opportunity for newcomers to drop by and see our Centre and meet our staff. Maybe use the time to register for our many programs that are happening throughout the fall.
All are welcome!
We look forward to seeing you.

Prevention & Intervention

BULLYING HURTS

By Katherine McKenny and Joanne Cummings

The word “bullying” is used to describe many types of behaviour, ranging from teasing to deliberately leaving an individual out of a social gathering, ignoring them or causing serious injury. Bullying can involve hitting or kicking, threats, teasing, intimidation and/or taunting.

At some point, the majority of Canadian youth will become involved in bullying, either as the aggressor, the victim or both. Whether temporary or long lasting, involvement in bullying hurts and often harms. Compared to children who don't bully those who bully are more likely to develop problems within relationships, such as aggression, sexual harassment and dating aggression; to abuse drugs and alcohol, and to become involved in delinquency and gangs. Children who are victimized are at risk for depression, anxiety, physical complaints (e.g. headaches and stomach aches), school dropout and aggression. Children who repeatedly see bullying taking place may become less sensitive to the pain of others and/or may feel anxious that they might be the next target of bullying.

It's About Power and Respect



Bullying is a form of aggression based on unequal power – children who bully have more power than children who are victimized. This power can come from a physical advantage such as size and strength, but also through a social advantage such as a dominant social role (e.g. team captain vs. team

member), higher social status (e.g. a popular child vs. one with few friends), or strength in numbers (e.g. several children targeting a single child). The child who bullies may also have a power advantage by knowing what another child is sensitive about and using that knowledge to cause pain or humiliation.

We understand bullying as a disrespectful relationship problem. As bullying unfolds over time, the power imbalance between the child who bullies and the child who is victimized gets stronger and stronger. The child who bullies is learning to use power and aggression to

control and distress others; the child who is victimized becomes increasingly powerless and unable to escape from this abusive relationship.

How Do Parents Know if their Child is Involved in Bullying?

Bullying is usually hidden from adults. Look for the following clues:

Signs of being bullied:

- Afraid to go to school or other activities
- Appear anxious or fearful
- Low self-esteem and make negative comments
- Complain of feeling unwell
- Lower interest in activities and performance
- Lose things, need money, report being hungry
- Injuries, bruising, damaged clothing or articles
- Appear unhappy or irritable
- Trouble sleeping, nightmares
- Threatens to hurt themselves or others
- May appear isolated from the peer group

Signs of bullying others:

- Aggressive with parents, siblings, pets and friends
- Low concern for others' feelings
- Bossy and manipulative behaviour
- Unexplained objects or money
- Secretive about possessions and activities
- Holds a positive view of aggression
- Easily frustrated and quick to anger
- Does not recognize impact of his/her behaviour
- Has friends bully and are aggressive
- Child has trouble standing up to peer pressure

If you are a young person and a victim of bullying or if you are a parent and have concerns about your child being a victim of bullying, please feel free to contact the undersigned for additional information and/or support on this serious social concern.

Katherine McKenny is part of the Clinical-Development Program, Department of Psychology at York University. Joanne Cummings is a clinical psychologist who is the Partnerships Manager for PREVNet (Promoting Relationships and Eliminating Violence).

Prevention & Intervention

Although Social Work services offered at the Gander Military Family Resource Centre and 9 Wing Gander are delivered by one social worker the services provided have two separate and unique mandates. The services are also delivered at two separate locations; one office at the GMFRC and one at the WHQ Building, next to the Air Reserve Orderly Room. The contact phone number for both social work offices is 256-1703 extension 1146. The following will outline the services offered through both program areas.

Counselling and Family Life Program at the Gander Military Family Resource Centre

The MFRC Counsellor can provide you with any of the following services:

Short Term Counselling

Short-term counselling sessions (anywhere from 1-5 meetings) are available. These sessions are free of charge. Individuals, couples and or families may contact my office by phone or in person to request a meeting.

Common issues of practice include: Separation/divorce, marital counselling, anxiety/depression, grief/loss, health/wellness, stress/burnout, personal development, trauma issues, parent/child issues.

Information and Referral

Information and Referral is available to individuals and families who require additional or specialized services within the military and civilian communities. Referrals are generally recommended for the following areas: long term counselling, addictions assessments, child/adolescent therapy, legal services, financial counselling, medical services, mediation services, support groups, psychiatric services

Workshop/Information Sessions

Workshops/Information sessions are offered on a variety of issues and topics of interest to individuals and families. These include: parenting issues, suicidal ideation, family violence, depression, alcohol and drug issues, self esteem issues.

9 Wing Gander Social Work Services

The Wing Social Work Officer can provide you with any of the following services:

Individual, Couple and Family Counselling: This may include counselling to assist with difficulties resulting from family separations due to Military requirements, marriage counselling, adjustments to living in a semi-isolated area, anxiety and depression, post traumatic stress disorder, anger and stress management, addictions, parent/child relationships, divorce and separation, adult survivors of childhood abuse, grief and bereavement, family violence and suicide prevention.

Critical Incident Stress Response is provided by the Wing Social Worker and other members of the Critical Incident Stress Response Team.

Information and referral to local community social services and military resources.

Preventive Education such as courses in stress management, suicide prevention and traumatic stress.

Consultant service to military commanders and staff on social welfare matters.

Screenings of members and families for postings overseas or isolated units in Canada, pre and post deployment screening and follow up for military members.

Assistance/Advice on Compassionate and Contingency Cost Move requests.

Crisis Intervention is available during the day by contacting local 1146 and after hours by contacting the Commissionaires Office 1107.

Psychiatric Services are provided by a psychiatrist at James Paton Memorial Hospital in collaboration with the Medical Officer and Social Work Officer.

Who is Served?

Services are available to individuals, couples, families and groups. These

individuals may contact the Social Work Office when services are needed. A referral is not necessary. A Unit may suggest that a member make an appointment with the Social Worker or make a referral on the Member's behalf.

Resource Library (Resource Library can be accessed through both Social Work offices)

Educational resources are available if you or a family member require information/literature about a personal/family problem. Materials may include books, articles, and pamphlets on areas of interest or referral agencies both in the military and civilian communities.

Confidentiality (Confidentiality is maintained at both Social Work offices)

Confidentiality and trust are essential components to any counselling program. It is very important to explore any confidentiality concerns/issues with the counsellor. There are four main exceptions to confidentiality including 1) potential harm to self (i.e. suicidal risk) 2) potential harm to others 3) child at risk 4) testimony in court (re: court order).

The services outlined above are available to military personnel and their families. If you would prefer to meet with me off base an appointment can be set up to accommodate same. Home visits can also be scheduled if you would prefer that I meet with you in your home. I am currently in the process of developing a list of workshops/information sessions for the upcoming year. If there is a specific topic that you are interested in hearing a presentation on please feel free to contact me with your suggestion. If you wish to contact me about a workshop idea or about any personal matter, please contact me at my direct line 256-1703, Loc 1146. My office hours are from 8:30 – 4:30 Monday to Friday.

Betty Moulton
Social Worker
Local 1146



Deployment News

Gander Day Parade

The staff at the MFRC in Gander entered a float in the local "Gander Day" parade this past summer. The local "Jim Penny Ford" dealership generously donated a red Ford truck to decorate with Support Our Troops and Red Friday paraphernalia. Members of 9 Wing Gander and the MFRC staff walked along side the float handing out candy and pencils to children along the parade route. This was a very successful day and a good time was had by all.



9 Wing Gander Hosts "Notes from Home"

The Military Family Resource Centre at 9 Wing Gander recently hosted pages of the book "Notes From Home" which is a National Project initiated by MCpl Renay Groves currently stationed in Ottawa. On Tuesday, September 11th, Caroleann MacWhirter, Deployment Support Coordinator along with MCpl Greg Snook from WTIS, Cpl Roger Snook from 5CRPG, Cpl Byron Sheppard from AEF and PO Theresa Traverse from the MIR set up a display at the Gander Mall to invite members of the Community to come and sign best wishes. The Outreach Coordinator, Patti Griffin from our Satellite Office on the West Coast of NL, setup a display at the mall in Stephenville, NL. The pages were then hosted at an open coffee held at the mess on base, Wednesday, September 12th where members of the 9 Wing community were invited to write their messages to our CF members deployed.

LCol Tammy Harris, WCOMD of 9 Wing Gander along with CWO Brian Neal, WCWO were amongst the first to sign their best wishes.



Upcoming Events for Deployment Support

Spaghetti Supper Fundraiser

We will be having our Spaghetti Supper Fundraiser again this year in aid of Deployment Support. It will be held at the Dominion store on Thursday, October 25th, 2006 from 5 – 7pm, tickets are just \$5.00 per person. Looking forward to seeing you there.

Deployment Support Activities

The G.M.F.R.C. will be hosting activities for the spouses of deployed members throughout the fall. Keep watching for activities such as: Seasonal Craft Activities and more. Exact times and dates to be announced in the near future looking forward to seeing you there. Anyone interested in attending a Deployment Support Group this fall, contact Caroleann or feel free to drop by the centre at anytime for a visit, we look forward to seeing you.

Red Fridays

The T-shirts are available at the G.M.F.R.C. The cost of these T-shirts will be \$13.00 taxes included, to place your order call Caroleann @ 256-1703 ext.1148 or email macwhirter.cm@forces.gc.ca. Let's see if we can help turn Canada into that sea of RED every Friday to show our troops support.

Support Our Troops Merchandise

The G.M.F.R.C. is hoping with request for the "Support Our Troops Merchandise". With the number of these ribbons visible on vehicles, the support is phenomenal. In addition to the Magnetic Ribbons for \$4, we also have Hats for \$12 & \$15, Bracelets and Lapel Pins for \$2 and new grocery shopping bags on the way for \$2 each. These items are very popular, if you are interested in purchasing them call or drop by the centre Monday – Friday 8:30 – 12 and 1 – 4:30 to place your order.



Deployment News

Local business shows support

The local Saan Store recently set up a table in their store with a Canadian flag and a donation jar for customers to sign the flag and make a donation to GMFRC in aid of our packages we send to the CF troops deployed overseas. The event was very successful, the flag was completely covered with signatures and they raised \$500.00 to donate to the Gander Military Family Resource Centre towards the Deployment Support Programs which helps boost the morale of CF members deployed who spend months away from their families.

The picture is from the left Caroleann MacWhirter, Deployment Support Coordinator, with the GMFRC, middle Verlie Parsons, Assistant Manager for Saan Gander Store and right is Peggy Blake, Executive Director with the GMFRC.



Grand Falls-Windsor Business Shows Support!

Tina Mercer, Owner of Kelly's Pub hosted a "Support Our Troops night at her pub in Grand Falls-Windsor this summer. The cover charge for the evening was the donation of an item to fill a care package or \$5.00 to buy Tim Horton's Gift Certificates for CF Members serving in Afghanistan. The event was quite a success, they filled 9 huge boxes of NL treats to be sent to Newfoundlander's from the Central Newfoundland Area. Jean Faulkner with Molson Canada also donated 20 Hockey Jerseys for a Group of Canadian Soldiers who had started a ball hockey team. The packages were presented to Caroleann MacWhirter, Deployment Support Coordinator, at a Support Group meeting held in Grand Falls-Windsor for the families for CF members deployed.

NL Provincial Weightlifting Championship Supporting Our Troops!

The Provincial Weightlifting Championships were hosted by Naturally Fit and held here at 9 Wing Gander earlier this summer. All the proceeds were donated to the Gander MFRC's Deployment Support program. Cpl Brian George and his wife Krista Power, Owner Operator of Naturally Fit presented a NL Flag full of signatures to be sent to Khandahar and a cheque for \$700.00 to Caroleann MacWhirter, Deployment Support Coordinator at the GMFRC.



Hockey Anyone!

The Gander Military Family Resource Centre recently donated pucks to the Gander Minor Hockey Association. The pucks were part of the MFSP (Military Family Services Program) "Military Families -



Strength Behind the Uniform" media campaign. Caroleann MacWhirter, Deployment Support Coordinator @ the GMFRC presented the pucks to Mr. Paul Matheson, Chief Director of Gander Minor Hockey Association, Mr. Ed Beaton, Equipment Manager, and Broc MacWhirter first year Midget.



Quality of Life

Give us Your Input

All of our coordinators have been very busy planning programs and activities to carry us through the fall and winter. We trust that there is something that will catch the eye of you and your family, however, at times it is difficult to know what our community would like to see, so we always welcome input from you to help guide us. Maybe there is a craft you would like to learn or a speaker you would like to hear. Maybe you would like additional information on a particular subject or maybe there are skills you would like to develop. Maybe there is a program you have seen offered by other MFRC's that could work for us. Whatever your interests please feel free to run your ideas by us and we will do our best to accommodate if there is sufficient interest.

9 Wing "Girls Night Out" Wine & Cheese Meet & Greet

Welcome back everyone and I hope you all had a great summer! The GNO committee is busy planning some events for all the ladies associated with 9 Wing (either spouses or employees). Our first event for the



fall will be the traditional Wine & Cheese Meet & Greet on October 3. This is a great opportunity for those of you who are new to the area to meet some new people and for those of you who have been

here a while to catch up with some new and old friends. We will meet on **Wednesday, October 3 at 7:00 for**

7:30 pm at the All Ranks Mess (ARM). There will be a **\$5 charge per person** to attend this event. It is always a lot of fun with many people attending and please feel free to invite a civilian friend. **You can register for the Wine & Cheese (or any other GMFRC event) by calling the Gander Military Family Resource Centre (GMFRC) at 256-1703 Local 1206 no later than Friday, September 28. If you would like additional information regarding the Meet & Greet, please feel free to contact committee member Katie Andrews at 651-3986.** Other committee members are **Nancy Critchley, Lori Isenor, Lenore Curtis, Bernadine Libreiro and me, Tracy Peckford.** We look forward to seeing you all, having a few laughs and of course a treat or two.

Other functions for the fall are as follows:

Wine & Cheese Meet & Greet –
Wednesday, October 3

Silent Auction – Wednesday, November 7 (proceeds to go to the 2007 GMFRC Angel Tree Campaign)

Christmas Potluck and Ornament Exchange – Wednesday, December 5

Your "Girls Night Out" Committee welcomes any suggestions you may have for monthly functions.

We Look Forward to Seeing You!

Tracy Peckford
Girls Night Out Committee

Time for Me at the GMFRC

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

We Hope You Can Join Us!

Upcoming Crafts

Hey folks, we have lots coming up at the Centre for the fall months to take us up to Christmas. Following you will find upcoming craft projects. As details are worked out we will get the information to you. If you have suggestions for, or are willing to teach a craft, please give me a call.

Military Ribbon Tote Bag

Tuesday, October 16 and Tuesday, October 23 at the GMFRC

Cost: \$10 plus cost of supplies
2 nights of instruction + homework
7 – 9:30 pm

Supply list available at GMFRC
Deadline to register: Wednesday, October 10



Quality of Life

Felt Snowman Hanging

Tuesday, October 30

Cost: \$15, includes supplies

1 night of instruction

7 – 9:30 pm

Deadline to register: Friday, October 26

Space is limited. **Please note no refund after registration date as supplies have to be purchased.**

Quilted Father Christmas Wall Hanging

4 weeks of instruction + homework

Cost: \$15 plus cost of supplies

Tuesday, November 6, 13, 20 & 27

Supply list will be available at the GMFRC

7:30 – 9:30 pm

Deadline to Register: Friday, November 2

We will make tin punch Christmas hangings if time permits.

Please note that payment should be made by registration deadline.

If you would like further information on these projects, please feel free to give me a call. To register, please call 1206/1202.

Coffee Downtown

Join us as we take our coffee break downtown to Giovanni's located on the corner of the town square. This is a great opportunity to get out of the house, away from the housework and take a little breather from the children. And to help make the decision a little easier for you, low cost childcare may be available for you to at-



tend, however, please keep in mind that childcare is limited and is available on a first come basis. So mark these dates on your calendar and meet us from 9:30 – 10:30 am at Giovanni's. Please keep in mind that the cost of your coffee and treats are on you! If you have any questions, just give us a call!

- **Thursday, 27 September**
Location Giovanni's
- **Thursday, 1 November**
Location Giovanni's
- **Thursday, 29 November**
Location Giovanni's
- **Thursday, 06 December**
Location Sinbad's

Pap Smear Clinic

For those who have not been able to secure a family doctor and require a pap smear, please call Jackie at 256-5546. Clinics are arranged periodically and can save you from having to go to emergency for this simple, yet life saving procedure. Please indicate if you do not have a family doctor. **Those who have had previous abnormal pap smears are especially encouraged to make the call.**



Program Attendance by Civilians

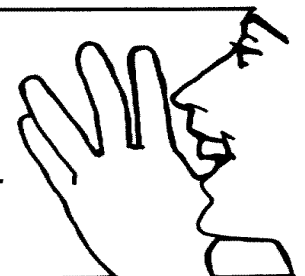
For the **majority** of the adult programs offered by the GMFRC such as "Girls Night Out", crafts, information sessions, etc., attendees are welcome to sponsor a civilian friend. If you are unsure about sponsoring in a civilian friend when you see a program advertised, just give us a call at the Centre for clarification.

Book Swap

Looking for some new reading material? Come on into the GMFRC and have a look at the many selections in our "Book Swap". Our shelves are located in the front of our Centre and contain many titles and authors, covering various subjects. Love, espionage, biographies, westerns... they're all there. All we ask is that if you take a book, please return a book, it's that easy. And if I haven't mentioned it, the best part is that there is no charge to use this service. So why not drop by and enjoy a coffee while you browse. You may be surprised by what you might find. If you have books that are taking up space, please keep us in mind, we gratefully accept donations of adult and children's books.



For further information, and/or to register to any of the above programs, please contact Colleen at 256-1703, loc. 1202





Volunteers' Corner

Reminder to Volunteers

Summer is now a memory, vacation is a thing of the past, and the children are back in school. With fall bearing down on us fast and furious, the GMFRC hops to life and so does our volunteer program. **Our first Volunteer Planning Meeting for the fall will be held on Wednesday, September 26th at 9:30 am at the GMFRC.** Our meetings will continue to be held on the last Wednesday of each month. These meetings are a great forum for our volunteers to get together, have input, make suggestions and assist with the decision making process. Volunteers also find out what is happening at the Centre, on Base and around town...and we always have a little fun. If childcare is a problem for you to attend, please know that limited childcare is provided free of charge for you to attend these meetings. All you have to do is give us a call at 1201/1206 and register your child/children a couple days in advance, if you will be attending the meeting. Newcomers are always welcome. If you have any questions concerning these meetings or the volunteer program, please feel free to give me a call at Loc 1202.

The following is the schedule for our Volunteer Planning Meetings for fall 2007:

- **Wednesday, 26 September**
- **Wednesday, 31 October**
- **Wednesday, 28 November**

Upcoming Volunteer Opportunities

- Board of Directors
- Children's Halloween Party Decorators
- Angel Tree Campaign – Angel Makers
- Office Support
- Deployed Members Christmas Parcel Preparations
- Craft Facilitators
- Yellow/Invisible Ribbons
- Deployment Spaghetti Supper at Dominion – cooks for afternoon, servers 5 – 7 pm
- Monthly Maple Leaf mail out
- Deployment Christmas Family Breakfast (2 or 3)

If you would like information on these or other volunteer opportunities, please give me a call or drop into the centre for a coffee and a chat.

Colleen, Loc 1202

Upcoming Craft Sales/Bazaars

- **Fraser Road United Church Women** September 25 – Afternoon Tea/ November 3 - Fall Bazaar
- **St Martin's ACW** 17 November – Fall Bazaar
- **Avion Players' Craft Sale** November 17 – **Gander Arts & Culture Centre**
- **Gander Women' Institute** November 3 –
- Fall Craft Fair at the Arts & Culture Centre 10 am – 4:30 pm
- **Salvation Army Gander Home League-Women's Ministries**
- November 24 – Morning coffee/fall sale at 10 am

“Reduce, Reuse and Recycle”

For the benefit of those of you who are new to our community and to the Wing, the 9 Wing Environmental Committee wishes to remind you that there are recycling centres located at all sections of the Wing and 103 Squadron. We invite you to bring your recyclables from home and drop them in the respective bins. If it is easier, feel free to bring your items to the bins at the GMFRC and at the same time check out what the Centre has to offer while you are there. We all can do our part for the environment. The following are items which we are able to collect.

Beverage Containers: Aluminum cans, Drink boxes, Glass bottles, Steel cans, Plastic bottles, Liquor bottles,

No milk containers

Paper: White, Colored, Newsprint

Corrugated Cardboard



“Taking Action for the Environment”

If a Dog were Our Teacher

- Never pass up an opportunity for a joy ride.
- Allow the experience of fresh air and the wind in your face to be pure ecstasy.
- When loved ones come home, always run to greet them
- Let others know when they have invaded your territory
- Take naps and always stretch before rising.
- Run, romp and play daily.
- Eat with gusto and enthusiasm.
- Never pretend to be something you are not.
- If what you want lies buried, dig until you find it.
- When you are happy, dance around and wag your entire body
- Delight in the simple joy of a long walk.
- Avoid biting when a simple growl will do.
- On hot days, drink a lot of water and lie under a shady tree.
- When someone is having a bad day, be silent, sit close by and nuzzle them gently.

- Author Unknown

Employment Assistance

The Art of Resume Writing

Here are the keys to successfully preparing and writing a resume. Follow these simple rules and you should achieve success in this important phase of job-hunting.

Do consider a bulleted style to make your resume as reader-friendly as possible.

Don't get overwrought about the old "one-page resume rule." It's good to keep your resume to one page, if possible, but if you have a lot of experience, two pages may be more appropriate.

But **don't** go beyond two pages with your resume.

Don't ever lie on your resume.

Do give your resume as sharp a focus as possible. Given that employers screen resumes for between 2.5 and 20 seconds, you need a way to show the employer at a glance what you want to do and what you're good at. One way to sharpen your focus is through an objective statement. The objective statement can be very simple and straightforward; it can be simply the title of the position you're applying for, which can be adjusted for every job you apply for.

Do consider a section such as "Summary of Qualifications," or "Profile," which can also help sharpen your focus.

Don't use personal pronouns (I, my, me) in a resume.

Do list your skills in order of importance to the reader. In listing your skills, what's generally most important for the position you're applying to.

Don't leave out the locations of your past jobs (city and province). This information is expected, but many job-seekers unwittingly omit it.

Do list your jobs in reverse chronological order.

Don't mix noun and verb phrases when describing your jobs. Preferably, use concrete action verbs consistently.

Do avoid the verb, "Work" because it's a weak verb. Everyone works. Be more specific. "Collaborate(d)" is often a good substitute.

Do think in terms of accomplishments when preparing your resume. Accomplishments are so much more meaningful.

Don't use expressions like "Duties included," "Responsibilities included," or "Responsible for." That's job-description language, not accomplishments-oriented resume language that sells.

Do emphasize transferable skills, especially if you don't have much experience or seek to change careers.

Do quantify whenever possible. Use numbers to tell employers how many people you supervised, by what percentage you increased sales, how many products you represented, etc.

Don't list too much experience on your resume. The rule of thumb for someone with many years of experience is to list about 15 years worth of jobs. Age discrimination, unfortunately, is a reality, and even more likely, employers may think you're too expensive if you list too much experience on your resume.

Don't emphasize skills and job activities you don't want to do in the future, even if they represent great strengths for you. In fact, you may not even want to mention these activities. Why describe how great your clerical skills are if you don't want to do clerical work in the future?

Do remember that education also follows the principle about presenting information in the order of importance to the reader; thus the preferred order for listing your education is: Name of degree (spelled out: Bachelor of _____) in name of major, name of university, city/province of university, graduation year

Don't include on your resume your height, weight, age, date of birth, place of birth, marital status, sex, ethnicity/race, health, social insurance number, reasons for leaving previous job(s),

names of former supervisors, specific street addresses or phone numbers of former employers, picture of yourself (*unless you are absolutely stunning*), salary information, the title "Resume," or any information that could be perceived as controversial, such as religion, church affiliations, or political affiliations.

Don't include hobbies or other irrelevant information on a resume. In most cases, they are seen as superfluous and trivial. An argument can be made that hobbies are interview conversation starters or that they make you seem well-rounded, but they are generally seen as fluff or filler.

Don't list references right on your resume. References belong in a later stage of the job search. Keep references on a separate sheet and provide them only when they are specifically requested.

Do realize that the phrase "References available upon request" is highly optional because it is a given that you will provide references upon request. If you couldn't, you would have no business looking for a job. The line can serve the purpose of signalling: "This is the end of my resume," but if you are trying to conserve space, leave it off.

Do proofread carefully. Misspellings and typos are deadly on a resume.



**Do contact the
Employment Assistance
Coordinator
and make an
appointment today!
256-1703 loc.1147**

Gander Military Family Resource Center Summer Camp 2007

I cannot begin to describe what a great summer this has been; working with the children, their parents and my co-workers has been such a pleasure. Having the opportunity to work with the children at day camp has been so wonderful and exciting and just seemed to have gone by so quickly. Camp ran from 7:45a.m until 4:30pm and consisted of planned activities in the morning, followed by a healthy snack before continuing with games. After enjoying a lunch break we participated in fun outdoor activities which sometimes included the waterslide for those especially hot days and then we went then to the pool for an hour of swimming. We were so fortunate to have the resources that we did to make this summer such a memorable one: the spacious camp room, access to the swimming pool and gym on a daily basis, and transportation for our field trips. Everyone including parents, staff, and children have all been fantastic.



Each week at summer camp the activities were based around different themes to ensure that the children from ages 5-12 had lots of fun and excitement. For example, during Seasons week we went on a field trip to the Marine Interpretation Center in Terra Nova, and during our Trip Around the World we went to the Airport and the Military Police. These are just a few of the exciting field trips that we had the opportunity to experience. Just to see the children having so much fun participating in different activities and interacting with the other children was so rewarding. We always had so much fun whether it be going on field trips, baking in the kitchen, doing crafts, or splashing in the pool. Of course other special events included the annual Bike Rodeo and our year end Greco Pizza party which were both very successful.



In closing, I would like to express a genuine thank you to the two great camp counselors Jennifer and Jonathon for making this such a wonderful summer. Also thank-you to the remaining staff at the G.M.F.R.C., parents and children for making this summer possible and memorable. I hope the children had just as great a summer as I did this year and I look forward to seeing you all in the future.

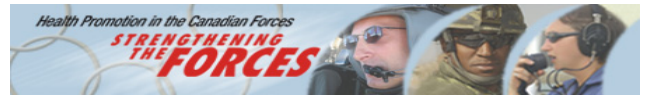
Deanne Short
Camp Coordinator

Well done campers! With Summer Camp finished and the campers back to school we had another wonderful summer camp. A big thank you to our wonderful camp leaders: Deanne Short, Jonathan Pippy and Jennifer Locke. Also a big thank to all the parents, staff at the GMFRC, Rec. Centre, 103 Sqn, Military Police, WCE, Town of Gander, RCMP, Wing Fire Hall, W Supply and everyone who supported the Summer Camp.
Pamela Timbury.

IMPORTANT INFORMATION

Fifteen reasons why learning French is easier than you think. Second Language Training Fall 2007

1. The present is a good time to present the present.
2. We polish the Polish furniture.
3. The dove dove into the bushes.
4. They were too close to the door to close it.
5. Osama decided to desert the desert.
6. I shed a tear when I saw the tear in my clothes.
7. After a number of Novocain injections, my jaw got number.
8. A farm can produce produce.
9. The wind was too strong to wind the sail.
10. The GMFRC offers a French Second Language curriculum of ten modules.
11. Second Language Training is free.
12. The GMFRC offers a child-care subsidy for the military spouses.
13. Registration is easy, just call 1147.
14. Classes start October 15th, 2007
15. Learning French is a lot of fun!



Welcome to CFB 9 Wing Gander

The Health Promotion department would like to welcome all new 9 Wing Members and their families. The Strengthening the Forces Health Promotion Program is designed to assist CF members, and their families, to take control of their health and well-being, so they can maintain a high level of health. A high level of health improves one's ability to perform effectively and safely on CF operations, and to enjoy a high quality of life when home with family.

Current Programs Available to 9 Wing Community

- **Weight Wellness** course stressing the importance of physical activity and healthy eating
- **Smoking Cessation** "Butt Out" course or "Self Help" model
- **ASIST** workshop on Suicide Intervention Training, its aim is develop new and /or reinforce existing skills which can be used in everyday life
- **Stress Take Charge** program dealing with stress.
- **Alcohol and Drug Prevention** and awareness training
- **Top fuel for Top performance** ...Nutrition for Action
- **Guidelines for fitness in Pregnancy**, this program provides service women with some common sense guidelines on how to exercise safely during pregnancy and contains a variety of other HP topics for pregnant women.
- Healthy Eating; It's Your Choice

- Managing Angry Moments
- Basic Relationship Training
- Armed for Action

If you are interested in any of these programs please feel free to contact our office and we will be pleased to give you any further information you may require and tell you when the next course is available.

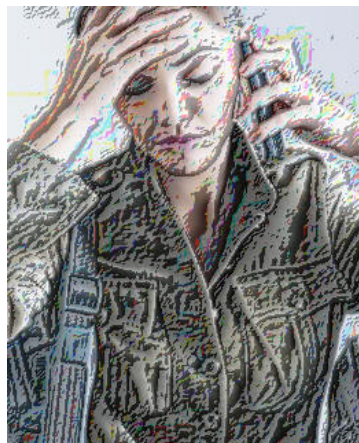
For more Information please contact

Paul Cunningham,
Health Promotion Director
(709) 570-4750
E-mail: cunningham.pj@forces.gc.ca

Paula Deveau
9 Wg Health Promotions
Administrative Assistant
256-1703 Loc 1455
E-mail: Deveau.PV@forces.gc.ca

IMPORTANT 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





Welcome Parents

Hi I'm Pamela Timbury Child/Youth Emergency Childcare Coordinator. I would like to take this opportunity to welcome all the new families to Gander. I hope we will meet in the near future. We have many wonderful children's programs to offer at the GMFRC. The ages for these programs vary from infant to teens. We hope you will come to the centre and meet the dedicated and friendly staff and see which program will best suit your needs. To all the families who are lucky enough to spend another year with us, we welcome you back and hope you will continue to use our programs.

Pamela Timbury
Child/Youth and Emergency Childcare
Coordinator
256-1703 local 1201

Totally Toddler

The Totally Toddler Program is designed for children 3 to 5 years of age (they must be toilet trained). This program is semi-structured; we provide an environment for children to thrive and grow. Each child, through play and planned activities, will develop a sense of independence, self-concept, and self-esteem. This program will help children appreciate being unique, get to know themselves, and feel good about sharing who they are. This session is held on Thursday afternoons from 1:00-3:15 pm. Spaces are limited, so register your little one soon.

Creative Play

The Creative Play program is designed for children 3 to 5 years of age (they must be toilet trained). This program is semi-structured: it provides children with a variety of activities and materials, which the child is free to experiment creatively; painting, craft-making, cutting and pasting. This program in-

cludes time for Gross Motor, Cognitive, Fine Motor, Creative Sensory and Imaginative Activities, which will help their overall growth and development. This essentially is a fun learning experience. This session is held Wednesday afternoons from 1:00-3:15. Spaces are limited so register your little one soon.

Emergency Childcare Services

An emergency can happen to anyone. It may be a result of an unexpected Deployment, Operations or Training. It could be an accident or an illness. Nobody can predict an Emergency!

- This service is available to families on a 24 hour basis and confidential.
- This service provides support to families by providing immediate, affordable and regulated childcare in times of emergency.
- It also addresses financial hardships to families during an emergency.
- Emergency funding has been made available to fully cover the cost during the first 72 hours and a portion of any further childcare expenses if required.
- Members are expected to have a regular childcare plan, including a back up plan to cover childcare during regular working hours.
- If you require any assistance with your childcare plan please contact Pam at local 1201.

Casual/Respite Childcare

For any of you who just need a break! You can drop off your child or children here at the GMFRC every Tuesday and Thursday from 8:45 – 11:45am. Preference will be given to families of

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

Friends & Company

Friends & Company is a program for Mother's, Father's, and caregivers. These sessions are designed from infant to age 5. (parents are expected to participate). The purpose of the program is to provide a stimulating environment by social activity and learning experiences with other children. So come out and join us every Monday from 1:15 – 3:15pm and Friday's from 9:30 - 11:30am. Parents & caregivers will benefit from meeting other parents in the community, and children will learn to socialize through play. Come make new friends and enjoy what our facility has to offer. We will try to offer a guest speaker once a month on different topics. If there is any topic you are interested in.

Child Care Providers

The GMFRC is currently seeking names of adult/teen childcare providers for daytime, evening, part-time or full-time services. We are in the process of updating our childcare registry. If you are interested in having your name and phone number added to this list please Pam 256-1703 1201.

CF CONNECTING YOUTH
www.connectingcfyouth.ca
**Check us out! It is a cool
website for CF Youth.**

KIDS KORNER

Family Walk

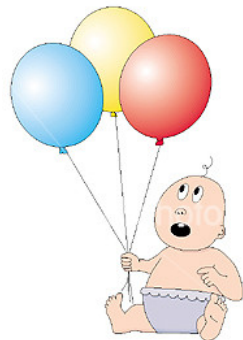


Celebration of National Family Week
Join the GMFRC Sunday afternoon, September 30, from 2:00-4:00 pm as

we gather for a family walk at Cobb's Pond. There is a playground where your child can slide, swing, climb the monkey bars and much more. There is a wonderful nature trail, which encompasses the pond, and it is wheelchair and stroller accessible. The trail also has many birdfeeders and sitting areas. Walkers can stay with the group, or walk at their own pace. This is a wonderful opportunity to spend quality time as a family and maybe meet new friends in the process. There will be hot chocolate and healthy snacks provide after the walk. Please register by 27 Sept 07 if you plan to attend so we can ensure adequate snacks are on hand. To register, call 256-1703 local 1201/1206.

Babysitting Course

The GMFRC is offering a Babysitting Course on the 20 and 21 of October. It is a great opportunity to learn about the most important aspects of Babysitting. This course includes a babysitting manual and a certificate. Participants must be 12 years of age or older to attend the course. Please register by Wednesday, October 17. Space is limited. For more info and to register please call 256-1703 local 1206/1201.



Halloween Party

Date: October 28, 2007
Location: All Ranks Mess
Time: 2:00-4:00pm
Cost: free
Calling all Witches, Ghosts, Princesses and Scary Monsters! Come join us at the All Ranks Mess for a big blast. The GMFRC is hosting a Halloween Party Sunday, October 28th from 2:00-4:00pm. There will be prizes for the best pumpkin, so bring them along. Don't forget to dress up, and bring your family for an afternoon of fun. There will be the every popular feely tank, (if you dare!) a coloring contest, a craft, treats and much more. Please pre-register by October 25th to ensure adequate amount of food and treat bags for the children. This event is free, so come out and have a ghoul of a good time.



Movie and Pizza Night

Date: November 02, 2007
Where: GMFRC
Ages: 5 and up
Time: 6:00-8:00pm
Cost: \$4.00
Come join us at the GMFRC for a night of Pizza and a Movie. Remember you can bring a friend along. Please register by November 01, 2007. For more information, please call 256-1703 local 1206/1201. Spaces are limited.

Children's Christmas Craft

Date: TBA
Place: GMFRC
Age: 5 years old and up
Cost: TBA
Hey kids! Come join us to create a Christmas Craft for that someone special in your life. There will be many different supplies available for you to use. Watch for dates and times. Spaces are limited. To register call 256-1703 ext 1206/1201.

Reduced Risk Facility

The Children's Playroom is a Reduced Risk Facility for individuals with life-threatening allergies to peanuts and nut products. The most effective way to reduce risk and provide a safe environment for adults and children with anaphylactic allergies to nuts is to promote a peanut and nut aware Environment. The GMFRC employees and community members are asked to refrain from bringing in products containing nuts into the Children's Playroom.



Children's Room Schedule

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

News from around the Base

Hello once again from Wing Supply / Traffic!!

By Sgt J. Ryall

I want to start out by telling you all that this summer was a very hectic one – so much that I haven't seen my desk in about two months. Really, one day I had it and the next – poof, gone! I decided to take a walk around my building to see if anyone had seen where it went, and much to my dismay, no one else had a desk either. Just a big pile of papers. Ahhh, but the magic of "snail mail" comes in handy. What's that? I go on leave next week? Quick, throw everything into a thousand miler and mail it. To whom you ask? Well, to yourself silly! Voila, clean desk. (Don't tell the Wing Supply Officer, OK?)

This summer has brought us laughter and joy, sadness and tears and even a little bit of confusion. But we are professionals and we push forward. Wing Supply lost a fine Technician when Cpl John Cross was posted to Greenwood, but we gained a little bit of "Army" experience with newly posted in Cpl Jason Humphrey, all the way from sunny (and expensive) Edmonton. Jason – you have some BIG shoes to fill, and I mean that wholeheartedly. Traffic section said good bye to Cpl Glen Collins who went on to, um, Edmonton. One for one is always good in the Supply world! Cpl Dave Burry was heartily welcomed as Glen's replacement. We then said a robust good bye to Cpl Burry and sent him away. Hmmm, I'm glad I didn't get THAT deal. Cpl Burry is off to CFB Borden for a little trade training. I can't remember what he looks like, but I'm sure I'll recognise him in November when we will heartily welcome him back again. That's it for our ins and outs, now for some ups and downs. MCpl Marina Halleran is on tour in Dubai some-

where, we are unable to pinpoint a location – not for security reasons, we just can't seem to find her. The minute she landed I'm told she went water sliding and is now working on her 38th water slide. We really miss her. MCpl Dave Boersma is at the runway in Kabul spreading his knowledge and making friends with absolutely everyone 'cause that's just the way he is. No doubt he had the pilot's ear talked off prior to them tossing him out the loading ramp! We really miss him. Seriously, we wish our brethren as well as everyone else on tour right now a safe return and our thoughts are with their families. If you need anything, please call us.

We are getting ramped up for Family Day again, looking forward to jumping up and down in the castle...what? For the kids? Nobody tossed me off it last year. And I reached the minimum height. Oh well, I guess it all for the best.

Supply has a Staff Assistance Visit coming up. A lot of work goes into preparing for these types of visits, from deciding where we are going to take them for supper to how long we will spend at the Silent Witness memorial, and so on. Oh yeah, we actually do perform some Logistic somersaults, but again this is why we need that castle so bad!!

Well summer has come and gone once again for Supply / Traffic. We managed to get all our leave in and we are now rested and ready for the coming months. 111 days until Christmas!!! Woohoo – Sgt Anita Cassell has 95% of her shopping done. What about you?

From Wing Supply and Wing Traffic, happy to have everyone back safe from summer holidays and looking forward to serving you all the best way we know how. Servitum Nulli Secundus – Service second to none!

9 WING KARATE CLUB

Mondays & Wednesdays

16:00– 17:30

We accept new students anytime.

Do you want to try something new this year?

Why not join the 9 Wing Karate club. **Free and Fun.** Learn new skills and challenge your mind. Earn internationally recognized ranking certificates from Toronto Wado Kai. Earn Physical Fitness Award Units (12.8 per class). Gain self confidence, balance and coordination. We will help you unlock your hidden power. Open to all Adults and please bring a friend. Training includes Katas, kicking, punching, sparring techniques, self defense, training games, power and speed. Great for beginners or any experience level. **Call Rob Wilson at local 1312 or Jim Ryall at local 1158** or just come on out to the gym floor, hope to see you there.

LET'S TRAIN!

News from around the Base

Where Did The Summer Go?

By Cpl Scott Timpa, 9 Wg MP

Wow, the fall season is here already! It makes me wonder whether time is speeding up! As we head into the fall season, the Military Police are thinking safety first and would like to remind everyone to do the same.

As we are driving to and from work or just out and about, it won't take you long to realize some bad habits of the drivers around us. It is obvious that we have to remain cautious and courteous to other drivers, including motorcyclists and bicyclists with whom we share the road. Just this past week as a Gander Fire Dept vehicle was responding to an emergency call and travelling from one end of Cooper Blvd to the other, a motorist travelling directly in front of the Fire Dept vehicle maintained 40 kph and failed to yield to the emergency vehicle. The law in this case is very clear, when approached by emergency vehicles from either direction drivers of all vehicles must pull over as far to the right as possible to allow emergency vehicles to pass. If you are at an intersection, you are required by law to

yield right of way to the responding emergency vehicles.

Recently in the news, you may have heard the alarming statistics regarding the atrocious number of people that do not wear their seatbelts while driving. We would like to remind everyone that seatbelts save lives and if you get caught not wearing one it could cost you a hefty \$115 fine and 2 demerit points!

For those who enjoy the great outdoors, hunting season is upon us. If you are going to be berry picking, going for a stroll in the woods, or hunting remember to wear brightly coloured clothing. Florescent orange is the colour of choice, but if you have no orange clothing, then wear another bright colour, preferably something that stands out from the landscape and does not make you look like a moose or bear. Be Safe Be Seen.

If you have not heard enough about ATV usage in recent past, I'd also like to remind you that you must be 16 years of age or older to operate an ATV in this province. Youth between the ages of 14 and 15 years old may be in control of ATV's while under supervision of someone over the age of 16 years. Everyone under the age of 14 years of age are prohibited from operating an

ATV. If you are operating any type of ATV's in the province, please remember to wear an approved and properly fitting helmet.

30 Sep 07, is a day set aside to remember all Police Officers and Peace Officers that have lost their lives in the line of duty in Canada. We ask that you take a moment to remember those who have given their lives for the country and communities they served.

For those newly posted to 9 Wg as well as those who have lived here for a while, I would like to point out that there is no 911 system in central NL. If you live in PMQ's and require Police assistance, contact the Military Police at 256-1725 (regardless if you are military of civilian). If you have purchased your own home or renting elsewhere and require Police assistance, contact the RCMP at 256-6841, or 1-800-709-RCMP (1-800-709-7267). If you live in Gander and require an ambulance, call 651-2111, or if you require the Fire dept, call 256-1111. If you live outside of Gander, please consult your telephone directory.

On behalf of the 9 Wg Military Police, have a great fall and stay safe.

FIRE PREVENTION WEEK

October 7-13

"PRACTICE YOUR ESCAPE PLAN" That's the message for Fire Prevention Week 2007. Each year hundreds of Canadians across the country lose their lives or are seriously injured simply because they did not take the time to develop and or practice an up-to-date FIRE ESCAPE PLAN for their home. It's not enough to simply generate a plan. In the majority of residences things change. Family members change rooms, furniture is relocated and homes are renovated. Has your plan taken all of this into consideration? Has it been updated, and above all, practiced.

When developing a fire escape plan for your home, some of the things to consider are:

1. Draw a floor plan of your home showing all possible exits from each room.
2. Where possible, plan two exits from each room, a main route and an alternate.
3. Make certain that everyone understands that if they hear the fire alarm they immediately evacuate the house.
4. Make sure your baby-sitter understands your escape plan.
5. Practice your escape plan - regular practice is essential
6. If anyone in your home is unable to evacuate without assistance, assign someone to assist them
7. Ensure that everyone in your home knows NOT TO RE-ENTER.
8. Call your fire department from a neighbours home.

In the event of a fire in your home, don't let the lack of an escape plan or the failure to practice that plan destroy your life.

GANDER FIRE RESCUE EMERGENCY NUMBER - 256-1111

W. P. Fudge
Cpl
Wing Fire Inspector

Remember!



News from around the Base

5 CRPG Summer Camps A Huge Success

By Sgt G. J. (Junior) Roberts

Under the direction of the Junior Canadian Ranger Officer, Captain Randy Berkshire, 5 CRPG held it's Annual Leadership/Summer Camps from 2-22 Jul 07.



JCRs Attending Leadership Camp at MUN St. Johns. Capt R.M. Berkshire, JCRO and Canadian Ranger Austin Pelley on Left and Sgt Norman, JCR Instructor on Right.

Fourteen Junior Canadian Rangers (JCRs) attended a Leadership Training Camp at St. John's from 2 to 13 July where they participated in Peer Counselling, Leadership Techniques and tours of Government House, House of Assembly and various cultural, historic and educational sites. On 14 July they flew to CFB Goose Bay to join the JCRs attending Summer Camp at 5 Wing.

JCRs attending Summer Camp at Goose Bay were given the opportunity to participate in four certificate courses; Standard First Aid/CPR, Canadian Firearms Safety/Hunter Education, Canadian Coast Guard Small Boat Safety and St. John Ambulance "What Every Babysitter Should Know" fun course. In addition there were various other training modules including: Learn to Swim, Canoeing Level 1A, Rock Wall Climbing, Shooting the Daisy Air Rifle and Lee Enfield .303 and tradi-

tional jewellery making. JCRs were also treated to a tour of Muskrat Falls and rides in a 444 CSS helicopter on Camp Challenge Day compliments of the squadron.

Seven JCRs from the 2005 and 2006 Leadership Camps were hired to work as staff at Goose Bay. They were responsible for organizing evening activities and assisting younger JCRs as well as planning the final day of camp with the Leadership JCRs from the 2007 Leadership Camp.

The Leadership JCRs were involved in hands-on GPS exercise/march as part of a two day field exercise after arriving at Goose Bay. The final day of summer camp, Challenge Day, was the responsibility of Leadership and Staff JCRs and included sports activities in the morning and helicopter rides by 444 Squadron in the afternoon. Following closing ceremonies in the afternoon the evening meal for all JCRs and staff was organized and served by the Leadership and Staff JCRs. Capt Berkshire is pleased to report that both Camps were a huge success and planning is underway for 2008.

PHOTOS BY: Sgt G. J. Roberts.

Sgt Roberts is the Unit Information Officer for 5 Canadian Ranger Patrol Group



JCRs and Staff attending Summer Camp at 5 Wing, CFB Goose Bay July 2007

Privacy Code

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

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

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

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

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

Principle 1- Accountability

MFRCs are responsible for personal information under their control. The Director of an MFRC shall be accountable for the MFRC's compliance with the following principles.

Principle 2– Identifying Purposes

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

Principle 3– Consent

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

Principle 4– Limiting Collection

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

Principle 5– Limiting Use, Disclosure, and Retention

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

Principle 6– Accuracy

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

Principle 7– Safeguards

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

Principle 8– Openness

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

Principle 9– Individual Access

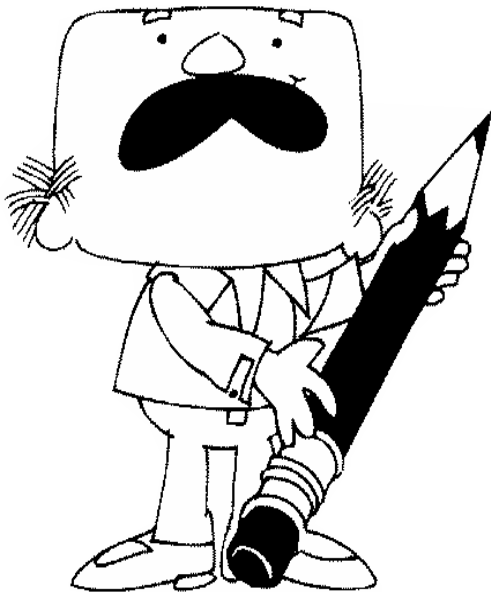
Upon request, a member/family, MFRC staff or third party shall be informed of the existence, use, and disclosure of his or her personal information and shall be given access to that information. An individual shall be able to challenge the accuracy and completeness of the information and have it amended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

Principle 10– Challenging Compliance

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

Your Opinion Matters

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



My Comments:

*Mail to:
Gander MFRC
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