

Welcome to Gander!
By Peggy Blake
Executive Director

I would like to take this opportunity to welcome all new families to our military community at 9 Wing, to the beautiful community of Gander, and to the great province of Newfoundland and Labrador. To those of you who are originally from our province: Welcome Home! It must be great to be back with your family and friends. To those of you who are CFA'S (Come From Away): Welcome to our beautiful town and province. I trust that your move went well, and you are all settled into your new home.

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.

Posting season has brought a lot of changes to the Centre as well. I would like to welcome our new staff: Lori Robillard, Office/Accounting Manager and Nancy Critchley, Child/Youth Coordinator. We are in the process of filling the Child/Youth Assistant position as well as the Social Work position and soon will be able to introduce them to our community.

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. Again, welcome to Gander and I look forward to meeting you at the Centre.

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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 - Vacant
Treasurer/Vice Chair - Linda Maxwell
Secretary - Kathy Harper

MEMBERS:

-Cynthia Irvine
-Lori Isenor
-Veronique Tessier
-Derek Curtis
-Lenore Curtis
-Claudine Collins

EX-OFFICIO:

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

GMFRC STAFF:

Peggy Blake
Executive Director.....1274
Betty Moulton
Social Worker.....1146
Danielle St-Pierre
Information/Employment/SLT.....1147
Colleen Hiscock
Volunteer / QLC.....1202
Nancy Critchley
CYC and Emergency Childcare.....1201
Vacant
CYC Assistant.....1201
Caroleann MacWhirter
Deployment.....1148
Lori Robillard
Accounting/Office Manager.....1145
Patti Griffin
Military Family Outreach Services
Corner Brook Satellite.....(709) 637-4591

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

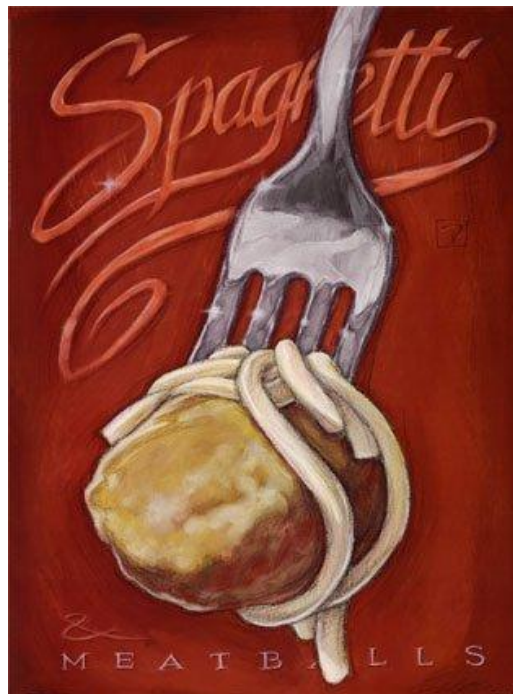


Message from WComd

It is hard to believe that a year has gone by already and what a year! As a Wing, you have grown both in confidence and in knowledge, you have suffered loss both personally and professionally, you have pushed yourselves to achieve the unachievable, you have excelled and at times we have failed but what was consistent throughout the year was your enthusiasm, your tenacity, your dedication, your compassion, your esprit des corps and your professionalism. You, the men and women of the 9 Wing/CFB Gander Team espouse the values that represent what it means to be Canadian. It has been an honour to serve as your Wing Commander and as my countdown begins, I look forward to seeing what the upcoming year has in store for us.

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

Welcome Dinner



Come join us at the Gander Military Family Resource Centre for a "Welcome Dinner" on **Thursday, 9 October**. This will be an opportunity for all 9 Wing members and their families to get reacquainted, also 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.

This wonderful meal will be served at 5:00 pm. There is absolutely no cost.

If you and/or your family will be attending, please call us at the GMFRC at 256-1703 ext. 1206 by Tuesday October 7th, 2007

From The GMFRC's Board of Directors

Here we go again; another APS has come and gone. Some families have moved on and new ones have arrived it is a period of mixed emotions and adjustments. Welcome to all of you posted in, I trust your move was uneventful and that you are ready to begin enjoying your posting to 9 Wing Gander, it is a great place to be as you will soon discover.

As Vice-Chair of the Board for the Gander Military Family Resource Centre (GMFRC), I encourage you to visit the Centre where you will find not only friendly faces but staff that is ready, willing, and more than able to assist you with your settling into our community. While there, check out the services they have to offer, a lending library that includes a myriad of items, programmes for children and adults, plus many more. There is also a computer with internet access available. Keep checking the Newsletter for info on the upcoming fall programmes or better yet, drop by to check it out. The coffee pot is always on or someone will put the kettle on for a spot of tea, (I am a tea drinker).

The Board lost a few of its' members through this APS as well and are looking for some new ones. If you have some time to spare and you think you would be interested, please pick up an application at the Centre, we would be very happy to have you

See you at the Centre !!!!!

Linda Maxwell, GMFRC Board of Directors Vice-Chair



And the winner is ... WO Dwight Holloway!

Congratulations to WO Dwight Holloway, the lucky winner of a beautiful framed print entitled "Canada's Proud" by artist James Long. Thank you to everyone who purchased tickets; your generosity raised \$476.00 which will directly benefit our military community through our many programs. We would like to acknowledge the generous donation of the print by James Long, which made this fundraiser possible.

The Gander MFRC would like to acknowledge the contributions of Cpl Brian George to our organization. Over the past two years Cpl George has organized the Newfoundland Powerlifting Championships here at 9 Wing Gander. During both of those years he has arranged for the proceeds of this event be donated to our organization; a total donation of \$1305.00. We are very appreciative of this financial contribution; it will assist us in delivering quality programs to our military community.



VOLUNTEERS' CORNER

COLLEEN HISCOCK LOC. 1202

Benefits of Volunteering

Volunteering is a wonderful way to meet people, make friends, learn new skills and share your talents. Without volunteers, many groups and organizations would not survive. Such is the case at the Gander Military Family Resource Centre. People volunteer for many different reasons...some to improve employability, some to share talents, some to fill lonely hours. Whatever the reason, the decision to volunteer is a personal one. Here at the GMFRC our volunteers play an integral role in the delivery and facility of the many programs and services we provide to you and your families. As a volunteer, not only do you give to the GMFRC, the GMFRC gives something back to you...maybe we can help boost your self-confidence or maybe we can help your employability through the enhancement of your skills or just maybe you might make a needed friend. Whatever the case, be assured that we will do everything possible to ensure a happy relationship between our volunteers and the Centre. We are flexible and can work around what is convenient for you and your schedule. We can also work with you to find volunteer opportunities outside the GMFRC. If you would like additional information on our volunteer program, please give me a call at 256-1703, Loc 1202 or drop by the Centre for a coffee and a chat.

- ✓ Make important networking contacts
- ✓ Learn new or enhance new skills
- ✓ Gain work experience
- ✓ Build self-esteem and self-confidence
- ✓ Improve health
- ✓ Meet new people and make friends
- ✓ Opportunity to give back to your community
- ✓ Have Fun!

Reminder/Invitation 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 24 th 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, 24 September

Wednesday, 29 October

Wednesday, 26 November

Upcoming Volunteer Opportunities

- Board of Directors
- Children's Halloween Party Decorators (October 24, 1300, All Ranks Mess)
- Angel Tree Campaign – Angel Makers
- Office Support
- Deployed Members Christmas Parcel Preparations
- Craft Facilitators
- Yellow/Invisible Ribbons
- Deployment Spaghetti Supper at Dominion (October 25 – cooks for afternoon, servers 5 – 7 pm)
- Deployment Christmas Card Mailout
- Monthly Maple Leaf mail out
- Deployment Christmas Family Breakfast (2 or 3)
- Grand Night Out Committee Members

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.

Quality of Life

COLLEEN HISCOCK LOC. 1202

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

The "Grand Night Out" committee would like to extend a welcome to all of the new families who have recently arrived. The committee has met and would like to share with you what they have planned for the fall.

The first event for the fall will be the ever popular **Wine & Cheese Meet & Greet on October 1**. 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 lots of fun with many people attending and please feel free to invite a civilian friend. You can register for the Wine & Cheese (or any GMFRC event) by calling the Gander Military Family Resource Centre at **256-1703, Loc 1206 no later than Friday, September 26**. If you would like additional information about the Meet & Greet, please feel free to contact committee member Lori Isenor at 256-3506. We look forward to seeing you all, having a few laughs and of course a treat or two. These functions are open to all men and women associated with 9 Wing.

Other functions planned for the fall are as follows:

Wine & Cheese Meet & Greet – Wednesday, October 1

Silent Auction – Wednesday, November 5 (proceeds to go to the 2008 "Angel Tree Campaign" in aid of needy children)

Christmas Potluck & Ornament Exchange – Wednesday, December 3

Time for Me at the GMFRC

With your children back in school, why not join us each Tuesday morning starting September 16, from 9:30 – 11:30 at the GMFRC. This time is made available for you, the military spouse, 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.

Coffee Downtown

Join us again starting in September 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. To help make the decision a little easier for you, low cost childcare may be available for you to attend, however, please keep in mind that childcare is available on a first come basis. So mark these dates on your calendar and meet us from 9:30 – 10:30 am. Please keep in mind that the cost of your coffee and treats are on you!

- . Thursday, 25 September
- . Thursday, 30 October
- . Thursday, 27 November
- . December location will be Sinbad's for breakfast – Date TBA



We Hope You Can Join Us!

National Family Week 2008

National Family Week has been celebrated since 1985 when it was proclaimed an official week by the Government of Canada.

This year, National Family Week will take place from **October 6 to 12, 2008**.

This Year's theme is **Strengthening Ties through Family Traditions/Les traditions familiales, un atout pour l'esprit de famille**.

National Family Week is a time to recognize and celebrate all the qualities that make families special. *Strengthening Ties through Family Traditions* is the theme for this year's National Family Week. 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.

Quality of Life

COLLEEN HISCOCK LOC. 1202

Every family honors some type of tradition, whether it involves a special celebration, a time-honored activity or something centered on day to day routines. Through National Family Week activities, 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.

National Family Week 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.

During National Family Week we invite all families to celebrate their traditions as a way to nurture family identity, closeness and security.

Join the GMFRC as we celebrate National Family Week. Our celebrations will include a Family Walk at Cobb's Pond on **Sunday, October 5th from 2 – 4 pm** with hot chocolate and treats to follow. If you will be joining us on the walk, please call the GMFRC at 256-1703 Loc 1206. This will ensure we have adequate snacks on hand.

Then on **Wednesday, October 8 from 10 – 11 am** meet us at the Centre for an Open Coffee and an opportunity to meet staff and get acquainted with the newest members of the 9 Wing Family. Childcare is not available, however, we welcome the little ones. So mark these dates on your calendar as we Nurture the spirit of family in Our Community.

All Are Welcome!

National Family Week information obtained from www.frp.ca

Dance the Morning Away

The GMFRC in conjunction with the "Heather Harris School of Dance" is hosting dance classes during the month of October. Details are as follows:

What: Ballet Barre/Warm-up and Jazz
Regular workout clothes are required (nothing baggy)

Where: Heather Harris School of Dance (Town Square)

When: Thursday, 9 October
Thursday, 16 October
Thursday, 23 October
Thursday, 30 October

Time: 0930 - 1100

Cost: \$40 payable in advance
(payment must be received at the GMFRC no later than Thursday, 2 October)

Low cost, limited childcare is available at the GMFRC Thursday mornings from 0845 – 1145. You must register your children in advance. **Please do not assume that if you register for dance classes that your child is registered for childcare.** If you would like additional information, please call Colleen at 256-1703, Loc 1202.

Craft Nights at the GMFRC

We all tend to have unfinished craft projects tucked away in the closet. Projects that when we look at them wonder...how and when will I ever get that done? Well, the GMFRC will be hosting a craft night one night a month during the fall months of October and November from **6:30 – 9:30 pm**. If the craft nights are well received we will consider continuing to offer them into the winter as well. These craft sessions are unstructured which means you'll be working on your own. Oh, we'll have time to chat, of course, and the coffee will be on but there will be no instructors. Remember to bring along all items you will need for your projects. If you are interested in attending, mark these dates on your calendar and remember that the reception of these craft nights will determine if we will continue past the fall.

Monday, 20 October
Monday, 17 November

Lets Get Water Fit

The GMFRC will host Aquafit Classes during the month of November at the 9 Wing Rec Centre. These classes will be instructed by Caroleann MacWhirter on **Thursday mornings from 1015 – 1115**.

Low cost limited childcare is available for you to attend by calling 256-1703 Ext 1206, however, space is limited. **Please do not assume that if you register for Aquafit that your child is registered for childcare.** The dates



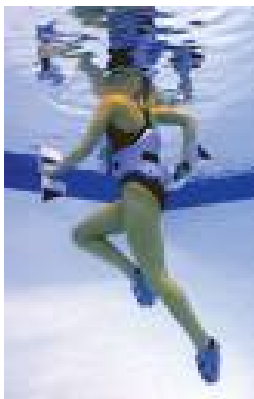
Quality of Life

COLLEEN HISCOCK LOC. 1202

for these classes are as follows:

Thursday, November 6
Thursday, November 20
Thursday, November 27

Cost for these classes is **\$4 per session (\$12 for 3 weeks)**, payable to the GMFRC **no later than Thursday, October 30**. To register, please call the GMFRC at 256-1703, Ext 1206.



Craft Projects – Fall 2008

- Christmas Angel – Nancy Critchley – date TBA
- Tin Punch Christmas Craft – Danielle St-Pierre – date TBA
- Home Decorating Projects (simple sewing projects to decorate your home) – Lori Isenor
 - Basic Valance/Decorative Towels – October 15
 - Place Mats – October 29
 - Apron – November 19

Supply lists and prices will be made available from the GMFRC. If you would like to register for these or any GMFRC programs, please call 256-1703, Loc 1206.

Please keep in mind as well that the GMFRC has a limited number of sewing machines in our “Lending Library” that are available for you to borrow at low cost. If you will require a sewing machine, give us a call and let us know and we can reserve one for you.

Upcoming Craft Sales/Bazaars

Everyone loves a craft sale. For your information and convenience, the following dates are provided. Craft sales are a great place to purchase Christmas gifts and items for yourself and your home.

Fraser Road United Church Women

September 30 – Afternoon Tea
November 8 - Fall Bazaar

St. Joseph's RCW

October 25 - Afternoon tea and bake sale – St. Martin's Hall

Avion Players' Craft Sale

November 8 – Gander Arts & Culture Centre

St Martin's ACW

November 17– Fall Bazaar

Gander Women's Institute

November 1 – Fall Craft Fair at the Arts & Culture Centre 10 am – 4:30 pm. Admission will be charged.

Salvation Army Gander Home League-Women's Ministries

November 29 – Morning coffee/fall sale at 10 am

Important Notice for Women

For those who have not been able to secure a family doctor and require a pap smear, you may call the James Paton Memorial Hospital at 256-5640 and ask to speak to Paula McDonald. Clinics will be arranged periodically and can save you from having to go to the emergency department for this simple, yet life saving procedure. **Those who have had previous abnormal pap smears are especially encouraged to make the call.**

If you have any questions, you may give me a call at 256-1703, Loc 1202.

Program Attendance by Civilians

For the majority of the adult programs offered by the GMFRC such as “Grand 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

If you're looking for some new reading material, why not drop into the GMFRC, have a coffee and browse through the many selections in our book swap. We have many titles and many authors covering various subjects...westerns, love, espionage, biographies...all we ask is that if you take a book, return a book, it is that easy. And, if I haven't mentioned it, there is no charge to use this service. So, drop in and take a look, you might be surprised by what you find. If you have books that are just taking up space, please keep us in mind, we gratefully accept donations of adult and children's books.

Deployment Support

CAROLEANN MACWHIRTER LOC. 1148

Deployment Support Reaching Out to Harbour Breton, Newfoundland!

During the summer a group of CF members' families met for coffee at Scott's Snack Bar in Harbour Breton. One of the purposes of this meeting was to educate the families of the support available to them in this area if they have a CF member deployed or deploying in the near future. The other was to start a support group in the area to help create a network of the families in the area who have the Canadian Forces connection. This afternoon was a great success, with a combination of families who currently have member's deployed along with families who have had loved ones deployed in the past and deploying again in the near future.



Harbour Breton Support Group

Deployment Support Group in Grand Falls-Windsor, Newfoundland, hosted a Support Our Troops BBQ in aid of Deployment Support Programs!

On Thursday, June 12th, the Deployment Support Group in Grand Falls-Windsor, along with The Second

Royal NL Regiment and M&M Meats hosted a Support Our Troops BBQ downtown GFW. Despite all the rain, the BBQ was a great success, with local people dropping by to purchase hot dogs and hamburgers to show their support. All funds raised were donated to the GMFRC to go towards the deployment support programs for deployed members and their families.



GFW Support Group – SOT BBQ

many more in the future. Funds raised were in aid of our Deployment Support programs.

Red Friday Memorial Walk

This walk hosted by the Gander Military Family Resource Center was well represented with Members of Parliament, Representation from the Town of Gander, The Local RCMP, The Military Police, The Town Police and family and friends of CF members attending to show their support.

The walk was held as a memorial to all the Fallen Canadian Soldiers and their families, also as a tribute to current members who are deployed and their families. This walk was the first of what we hope to be

Royal Canadian Legion Provincial Officers Conference!!

The Provincial Royal Canadian Legion held their Officers Conference in Gander, NL on the weekend of August 15th – 17th, 2008. The Deployment Support Coordinator, Caroleann MacWhirter, was invited to present on the topic of Deployment Outreach Support. This was an awesome op-



GMFRC – Memorial Red Friday Walk

Deployment Support

CAROLEANN MACWHIRTER LOC. 1148

portunity to build a network of support in the smaller rural areas of Newfoundland where many of our CF members' families reside. This event was a great success with contacts made across the entire province in hopes that we can work as a team to support families across the island. Ideas such as information sessions for families were discussed along with hosting support groups in several different communities.

The Town of Buchan's, NL shows their support by hosting a Red Friday Walk!

Donna and Peter Hoffe, parents of Capt. Lance Hoffe, currently deployed to Afghanistan, along with the Town of Buchan's hosted a Red Friday Walk in Buchan's to show their support. The proceeds were donated to the Gander Military Family Resource Centre for the Deployment Support Program as a thank you for all the work they are doing by reaching out to the families of CF members deployed.



Town of Buchan's SOT Walk

Video Teleconferencing is a great way to keep in touch with your loved one deployed. If you are interested in communicating with your deployed member through VTC contact the Deployment Support Coordinator at the GMFRC for more details. This is an awesome experience and very rewarding for the CF member and his/her family.

Is your family ready for deployment?

Are you preparing for deployment in the near future? It could be a training program to enhance your career, a tasking for 30 days or more or preparing to deploy to Alert, the Sudan or Afghanistan, is your family ready for the challenges while your away?

The Deployment Support Coordinator in conjunction with the Health Promotion Director is offering a deployment readiness program called "A Fresh Start" for your family to stay healthy while you're away. The three sessions, consist of Stress Management Skills, Intro to Weight Wellness and a Recreation Centre tour and equipment demonstration. A healthy mind and body will help promote a healthy and successful deployment, get ready and be prepared.

For more information contact the Deployment Support Coordinator @ 256-1703 LOC 1148.

Stress Management Seminar – Thursday, October 16th, 2008 @ 7:00pm @ the Gander Military Family Resource Centre

Introduction to Weight Wellness – Thursday, October 30th, 2008 @ 7:00pm @ the Gander Military Family Resource Centre

Recreation Centre tour and equipment demonstration – Friday November 14th, 10:00—11:00

Deployment Support Spaghetti Supper – Thursday, October 23rd, 5:00pm – 6:30pm @ Gander Dominion Market. \$5.00 adults and \$3.00 children.

Christmas Deployment Packages Preparation – Thursday, November 13th, 9:00am – 12:00 noon @ the GMFRC

UPCOMING EVENTS FOR DEPLOYMENT SUPPORT

Deployment Support Group Coffee Nights Grand Falls-Windsor – The 1st Thursday of each month @ Murph's Internet Café @ 7:00pm

Deployment Support Group Coffee Night Gander – Thursday, September 11th, 7:00pm @ the Gander Military Family Resource Centre

Pre-Deployment Briefing and Dealing with the Media – Thursday, September 25th, 7:00pm @ the Gander Military Family Resource Centre

Deployment Support

PATTI GRIFFIN (709) 637-4591

Operational Stress Injury

An operational stress injury (OSI) is defined as any persistent psychological difficulty resulting from operational duties performed by a member of the Canadian Forces. The term OSI describes a host of problems, including anxiety, major depression, alcohol or substance abuse and post-traumatic stress disorder (PTSD).

As serious as an OSI may be for the affected CF member or Veteran, there are also many repercussions for his or her family. In fact, members of the immediate family are often the first to notice the personality changes and unusual behaviors in their loved one. Family members invest considerable effort in trying to understand the injury, and work to maintain family stability. Over time this puts considerable stress on family members and it is important that family members also seek help so they can safeguard their own well-being and, in turn, that of their children and the OSI sufferer.



There is a national support network in Canada called Operational Stress Injury Social Support (OSISS) consisting of Family Peer Support Coordinators, Peer Support Coordinators and Volunteers who have suffered the effects of an OSI and have recovered their physical and mental health to the point where they can assist their peers. Family Peer Support Coordinators are there to listen and they understand that families providing support to CF members and Veterans suffering from an OSI face many challenges, and may feel the need to talk and seek more information on OSI resources. Peer Support Coordinators can also help CF members and Veterans with their OSI related difficulties and refer them to services and assistance programs offered by their community, the CF, and Veterans Affairs Canada. All conversations will remain strictly confidential.

OSISS coordinators for Newfoundland and Labrador
Wanda Lewis, Family Peer Support Coordinator (709) 772-5235 or by email wanda.lewis@vac-acc.gc.ca
Shawn Hearn, Peer Support Coordinator (709) 772-2611

MORE OUTREACH SUPPORT FOR MILITARY FAMILIES ON THE WEST COAST.

Military family support will be hitting the road in Western Newfoundland this fall!

A number of support group meetings are already scheduled for families in Port Aux Basques, Codroy Valley, and Corner Brook.

Outreach information sessions will also be held for families in Port Au Choix, St. Anthony and the Stephenville area.

The meetings confirmed at the time of publication include:

- September 8th: Port Aux Basques Lions Club at 7 pm.
- September 10th: Corner Brook, at the Gallipoli Armoury Building at 7 pm.
- September 15th: St. Andrews at the St Kevin's Community centre at 7pm.

Other dates and areas will be announced soon.

In addition to our community group meetings, more and more families from Western and Central Newfoundland are joining our email peer support group.

From the comfort of home, you can connect with other parents and spouses of deployed members and offer some support and understanding during a loved one's tour; new members are always welcome.

Let's get the ball rolling on communication and awareness of family support by reaching out and listening to each other in the upcoming months.

I am looking forward to meeting you all.

Patti Griffin
Military Family Outreach Coordinator
Corner Brook
griffin.pm@forces.gc.ca



EMPLOYMENT ASSISTANCE

DANIELLE ST-PIERRE LOC. 1147

Employment Services available at your GMIFRC

The Spousal Employment Assistance Program recognizes the challenges facing military spouses upon relocation, work re-entry, job market limitation, etc. and therefore has in place many services that will attempt to alleviate these challenges. Some of these services are:

- **Resume and Cover Letter writing one-on-one.**
- **Interview Preparation.**
- Resume and Cover Letter writing workshop.
- Skills Identification.
- Labour Trends.
- Resource Library.
- HRDC Advocacy.
- Current Job Bank Board.
- Continuing Education Assistance.
- One-on-One Computer assistance.

Call your Employment Assistance Coordinator to make an appointment at 256-1703 loc. 1147

Second Language Training

The Gander MFRC will be offering Second Language Training starting early in the Fall of 2008 The training involves:

- Second Language Courses consist of 60 hrs of classroom instruction. (5 hrs per week / twice a week for 12 weeks)
- Courses will run either Tuesdays / Thursdays evenings.
- All participants will complete a placement test prior to beginning of courses.
- Subsidy for childcare will be available to spouses upon presentation of receipts.
- For more information on the above information and/or to register please call the Second Language Coordinator at 256-1703 loc. 1147.

9 Wing Gander Wing Fund Education Bursary

BURSARY ELIGIBILITY CRITERIA

The purpose of the Wing Fund is to provide morale and welfare programs and resources which will enhance the quality of family life for Wg members and their families. To the furtherance of this mission, the Wing Fund is pleased to introduce an annual education bursary for eligible military spouses and youth dependants.



CRITERIA:

- Bursaries are available to all Wg Team members; CF Reg and Res, DND, NPF and MFRC employees, spouses and dependant family members.
- Bursaries are available to only one family member per year.
- Bursaries must be used within the year they are awarded.
- All applicants must document bursary needs through the submission of a completed and signed application form to the Wg Fund Bursary Committee.
- A Personal Statement must accompany application forms. The Personal Statement should describe your interests; community involvement, long term academic and career goals; and any other information to support your request. (Maximum 2 pages)
- Proof of expenditure on Bursary eligible expenses within Financial year is required.

ELIGIBLE EXPENSES:

- College or University courses or programs.
- Trade, Technical courses or programs
- Certification programs
- Upgrade courses for existing certification

Bursary program is limited to \$500 for the entire Wg. We are unable to assist all deserving applicants. All applicants will be notified in writing of the results of their application. Information collected by the Wing Fund Committee will be used solely for the Bursary program under strict confidentiality in compliance with the Privacy Code.

**APPLICATION DEADLINE
no later than 1 October 2008**

Kids' Korner

NANCY CRITCHLEY LOC. 1201

Hi! My name is Nancy Critchley and I am the new Child/Youth Coordinator at the GMFRC. I am very excited to be a new member of staff. I would like to welcome all the new families to Gander and I hope all our present families had a great summer. As a spouse of a military member for 20 years with 2 children I know the joys and challenges of military life. I hope you get out and enjoy Gander and this great province, whether you are from near or far I think you will find it has lots to offer. Here at the center we offer you and your family a great variety of programs and a way to meet new friends. I look forward to working with you and your family.

Children's Room Schedule

Monday

Respite/Casual Childcare: 1:15-3:15 pm

Tuesday

Casual Childcare: 8:45 – 11:45 am
Creative Learning: 1:00 – 3:15 pm

Thursday

Respite/Casual Childcare: 8:45 – 11:45 am

Creative Learning: 1:00 – 3:15 pm

Friday

Friends & Company: 9:30 – 11:30 am

Creative Learning

The Creative learning 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, through play and planned activities. They 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 program includes

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. These sessions are held Tuesday's and Thursday's from 1:00-3:15pm. Fees 1 child/\$4.00/session, 2 children/\$6.00/session. Monthly fee 1 child/\$15.00, 2 children/\$22.00

Friends & Company

Friends & Company is a social opportunity open to everyone within the Military community, with or without children. The purpose of this program is to provide a stimulating environment through social activity and learning experiences for both adults and children alike. So come out and join us every Friday from 9:30 to 11:30 to 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, please let us know. No fee.

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 Monday from 1:15 – 3:15, Tuesday and Thursday from 8:45 – 11:45 am. 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. Fees are \$4:00 hour/one child and \$5:00 hour for family.

Movie and Pizza Night

Date; September 26, 2008

Where: GMFRC

Ages: 5-11

Time: 6:00-8:30pm

Cost: \$4:00

Come join us at the GMFRC for a night of Pizza and a Movie. Remember you can bring a friend along and meet some new ones. Please register by September 24, 2008. For more information, call 256-1703 local 1206/1201. Spaces are limited.



Games Night

Date: October 3, 2008

Where: GMFRC

Ages: 9 and up

Time: 6:00-8:00pm

Cost: \$2.00

Come join us at the GMFRC for a night of games and munchies. Remember you can bring a friend along. Please register by October 1, 2008. For more information, please call 256-1703 local 1206/1201.

Kids' Korner

NANCY CRITCHLEY LOC. 1201

Family Walk

Come out and join the GMFRC on Sunday October, 5, 2008 from 2:00-4:00pm 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 surrounds 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 with family and meet new friends. There will be hot chocolate and healthy snacks provided after the walk. Please register by October 2, 2008 if you plan to attend so we can ensure adequate snacks are on hand. To register, call 256-1703 local 1201/1206.

Halloween Party

Date: October 26, 2008
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. There will be prizes for the best pumpkin carvings, so bring them along. Don't forget to dress up, and bring your family for an afternoon of fun. There will be the very popular feely tank, (if you dare!) a coloring contest, treats and more. Please pre-register by October 23rd to ensure adequate amount of food and treat

bags for the children. This event is free, so come out and have a spooktacular good time

In the Kitchen

Date: November 14, 2008
Where: GMFRC
Ages: 11 and up
Time: 6:00 – 8:00pm
Cost: \$4:00
Like to help mom and dad in the kitchen, come out and join us to learn some basic kitchen rules, and safety tips to make the job easier. Also learn a new recipe and take home a treat. Remember you can bring a friend along. Please register by November 12, 2008. For more information, please call 256-1703 local 1145/1201.



Movie and Pizza Night 2

Date: November 28, 2008
Where: GMFRC
Ages: 5-11
Time: 6:00-8:30pm
Cost: \$4:00
Come join us at the GMFRC for a night of Pizza and a Movie. Remember you can bring a friend along and meet some new ones. Please register by November 26, 2008. For more information, call 256-1703 local 1206/1201. Spaces are limited.

Children's Christmas Craft

Date: December 5, 2008
Place: GMFRC
Time: 6:30 – 8:30pm
Age: 5 years old and up
Cost: \$3.00
Hey kids! Come join us to create a Christmas Craft for someone special and to get the holidays going. Please register by Dec 3, 2008. Spaces are limited. To register call 256-1703 ext 1206/1201.



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 call Nancy at 256-1703 local 1201.

Calling all Youth

We are looking for youth 12 and up to volunteer for any after hours activities for the GMFRC. If you are interested please call Nancy at 256-1703 Local 1201.

Look for more upcoming activities, like more fun in the kitchen, games, pool and movie nights also a baby sitting course in the New Year.

CF CONNECTING YOUTH
www.connectingcfyouth.ca

Check us out! It is a cool website for CF Youth.

Summer Camp 2008

SUMMER CAMP

was a wonderful experience; the children, parents, summer staff and the staff at GMFRC were wonderful to work with. The summer seemed to fly by with all the fun we had. From 7:45am until 4:30pm the day was packed with fun and exciting activities. Mornings usually consisted of crafts, games or playing outdoors; one memorable moment was when the children found a



baby rabbit in the play house. Once the morning quickly passed we had our lunch break, on Fridays we always enjoyed our Greco Pizza. Once everything was cleaned up we would head over to the gym for games of Soccer, Hockey and more; following the



gym we would go to the pool for a refreshing swim. It is important to point out the wonderful support we have had during the summer, the camp room, playground and surrounding fields, the gym and pool, and the transportation to field trips helped make this summer happen. A big thank-you goes out to all the supporters of Summer Camp 2008.

We were pleased with how the children enjoyed the themes and activities we had planned for the summer. Some memo-



orable themes included our Olympic Week, Science Week, and Wacky Week; there were activities to entertain all our children from ages 5-12. We also enjoyed our field trips, which included the Marine Interpretation Center in Terra Nova, the Aviation Museum, Twillingate, Military Police, 103 Squadron, RCMP and Cobb's Pond. All of the trips hold special memories and were wonderful additions to our summer camp. For myself and the summer camp staff we wanted to ensure all the children were having fun, and to see the smiles, even if full of popsicle, made our efforts worth it at the end of the day. Whether we were enjoying a day of Softball on the field, doing a crazy science experiment or playing with some chalk the children always had fun. We also enjoyed our special events like the Canada Celebrations and the Annual Bike Rodeo; they were both great events.

Words cannot fully express my gratitude to Nancy, Pat and Sheena, however, I would like to say a HUGE thank-you to them for their awesome connection with the children, you truly

helped make this summer amazing. I would like to also thank the staff at GMFRC for their support during the summer and another big thank-you to the children and parents for making this summer possible. I truly hope the children enjoyed this year's summer camp and we wish them lots of luck in the upcoming school year! Hope to see you soon!

Sarah Eastman
Summer Camp Coordinator



News from 9 Wing

Recreation Centre News

9 Wing Fitness and Recreation Centre Staff would like to extend a Warm Welcome to all New Members to 9 Wing. For all your Fitness, Sports and Recreation needs please feel free to drop by the Fitness and Recreation Centre and speak to any of our staff. We have something for every one of all ages.

Things to look for in the Fall for the Family:

- ⇒ Aerobics
- ⇒ Swimming Lessons
- ⇒ Tumble Time – (Preschool Play Time)
- ⇒ Open Swimming
- ⇒ Water Aerobics

Things to look for in the Fall for the Military Member

- ⇒ Morning Fitness Classes
- ⇒ Morning Floor Hockey
- ⇒ Noon Hour Shinny Hockey
- ⇒ Sports Days
- ⇒ Men's Basketball & Hockey with the Gander Leagues.
- ⇒ Water Aerobics
- ⇒ Lap Swimming
- ⇒ Running Club



Outdoor Recreation Equipment available for Loan/Rent include:



- ⇒ Adult Bikes
- ⇒ Canoes
- ⇒ Kayaks
- ⇒ Snowshoes
- ⇒ Cross Country Skies
- ⇒ Golf Clubs

If you would like your home email address added to the Rec Centre Distribution List please email me ... woolfrey.NEE@forces.gc.ca this will allow us to give you any changes, cancellations and/or updates to our scheduled programs.

We will have our Fall Pool Schedule available very soon.

Nancy Woolfrey
Fitness, Sports & Recreation Coord Ext. 1409
Darryl Hayden
Fitness & Sports Instructor/Aquatics Supervisor Ext. 1465
Paula Deveau
Sports Stores Supervisor 1468
Donna Keefe
Health Promotion Admin Assistant Ext. 1455
Dan Puddicombe
Night Time Supervisor Ext 1466

Health Promotion

The staff of the Health Promotion office would like to take this opportunity to welcome all the new faces to the Wing and to tell you about the current and upcoming programs available to the Canadian Forces Community.

The HP programs include, but are not limited to:

Weight Wellness

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

Stress: Take Charge

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

Managing Angry Moments

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

Butt Out

Are you ready to quit? No time like the present.

ASIST (Suicide Intervention)

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

Addictions

This deals with drugs, alcohol and gambling addictions.

Top Fuel for Performance

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

Remember, the Health Promotion office is here to address questions and concerns you may have surrounding your overall health. If you would like more information please do not hesitate to contact us at the information below.

Paul Cunningham, cunningham.pj@forces.gc.ca local 1455 or you can drop by the office located in the Rec Centre.

News from 9 Wing

Junior Canadian Ranger Leadership/Summer Camp 2008.

By: Lt. G. J. Roberts, 5 Canadian Ranger Patrol Group (5CRPG) Unit Information Officer/Webmaster.

Summer and Leadership Camps, the jewels in the crown of the 5CRPG Junior Canadian Ranger Program shine more brilliantly today than they have ever shone in the past. Polishing the annual Leadership and Summer Camp activities to provide more outdoor, hands-on activities for 2008 caused a resounding reaction from both staff/supervisors and Junior Canadian Rangers. To quote a few of the Junior Canadian Rangers attending the camp at Goose Bay, this was “the best ever”, “most fun I ever had in my life”, “way to go”, “great - no classrooms this year” and of course the description most frequently used by many participants, “awesome man”!

The skies over Goose Bay opened on July 11 and a cloud of little green shirts descended on 5 Wing as 73 Junior Canadian Rangers arrived for the 8th Annual Summer Camp. Excitement was the order of the day as old friendships were renewed and new acquaintances established. Day 1 flew quickly by. After accommodations had been explored, camp briefings completed, a new experience of dining in a military mess behind them and an evening of catching up, they gradually fell victim to sleep as they pondered what they could expect over the next 7 days.

The 2008 camp provided a variety of hands-on activities including basic kayaking and canoeing courses, overnight trips to the German Army Camp, the Birch Brook hiking trail, mountain biking to

Dome Mountain, an overnight camping/canoe trip up the mighty Churchill River, and a variety of evening activities. Camp would conclude with a Challenge

Day consisting of sporting events in the morning, closing ceremonies in the afternoon, dinner and a slide show followed by a dance in the evening. But, that was for next week. The first two days of training were

now complete, a new buzz and a renewed ripple of excitement was running through the camp. Tonight the Junior Canadian Rangers would be joined by a fresh face from their home patrols as the candidates attending leadership training at St. John's would arrive to participate in the remainder of the camp activities.

Twelve leadership candidates from across Newfoundland and Labrador had arrived at St. John's on July 3rd. They were accommodated at Memorial University where they gained a valuable insight into campus living and dining that most young adults experience for the first time when they leave home to attend post secondary educational institutions. While at St. John's they participated in Peer Counselling classes, leadership classes, small party tasks, attended tours of various traditional, historical and educational facilities and attended a variety of evening social events. An afternoon was also spent touring the House of Assembly and the residence of the Lieutenant Governor, Hon. John Crosbie,

with whom they shared an afternoon snack of juice, cookies and cake. After completion of the 11-day St. John's portion of their training, the candidates flew to Goose Bay to join the Junior Canadian Ranger summer camp where they would put their newly acquired skills to practical use as they

assisted with the running of the training modules and the Challenge Day activities.



Mark Knochasak, a first year Junior Canadian Ranger from Hopedale was chosen for his potential, to attend Leadership Camp, explained the program for him as being, “a good program. I love it. Leadership Camp is cool and all the tours are fantastic”.

“I love the Junior Canadian Ranger Program. I joined when I was 12 and will stay in it until I am too old” was how Danielle Simms of Gaultois explained her experience. “I love camp, especially the Leadership Camp. It has been a very interesting experience for me. Everything is so hands on and the tours are fantastic. The program has really helped me with my school work as well”. When asked to describe the program in one word her response was “The program has been so good for me that it is impossible to describe it in a single word”.

“I have been a Junior Canadian Ranger for five years and the program has helped me significantly in my normal life. It has taught me leadership skills, new ways to study in school and I have met a whole lot of new friends”, stated Shawna Burden of Port Hope Simpson. “Leadership Camp has been a wonderful experience. The whole Junior Canadian Ranger Program is amazing and I recommend it for all the students at my school, especially all my little cousins”, she concluded.

Although the Program in Newfoundland and Labrador has existed for only eight years, 2008 is the 10th Anniversary of the Junior Canadian Ranger Program in Canada. The Royal Canadian Legion in Goose Bay hosted Anniversary celebrations during the Summer Camp. The event was well-attended by dignitaries from the town, the Legion, 5 Wing and the Department of National Defence. Special guests included Gen Bruce, Dep-

News from 9 Wing

uty Commander of Land Forces Atlantic Area from Halifax, Col Fletcher, Director General of Cadets and JCRs from National Defence Headquarters at Ottawa, LCol J. B. Morse, Commanding Officer 5 Canadian Ranger Patrol Group from Halifax, LCol Bowerman, Wing Commander 5 Wing Goose Bay and elders Andrew Piercey and Ken Mesher.



During the celebrations, entertainment in the form of traditional performances (drum dancing, drumming and singing) was provided by Junior Canadian Rangers from Hopedale and Conne River Patrols followed by a demonstration of a traditional game by the Cartwright Patrol. In addition, elders Andrew Piercey and Ken Mesher displayed their story telling abilities. An elegant and most tasty spread of food was provided by the Royal Canadian Legion halfway through the celebrations after which the following items that had been constructed by Junior Canadian Rangers were presented to the Military Museum: Black Tickle and Makkovik – hand made quilts, Labrador Straits – a casting net, Conne River – traditional leather snowmobile mitts, Churchill Falls – a komatick, Gaultois – a tradi-

tional Birch Broom and Buchans – a mining display and ore samples. A thank you is extended to all who made this celebration a tremendous success especially the Royal Canadian Legion of Happy Valley Goose Bay.

The 8th Annual Junior Canadian Ranger Summer/Leadership Camp will go into the books as the most successful to date. 5 CRPG Staff, the Staff of 5 Wing CFB Goose Bay, 444 Squadron, the Canadian Rangers and Adult Committee Members, the civilian staff, the JCRs who served on staff and all others who worked so hard for so long to accomplish this are all to be congratulated and thanked for a job well done. Thanks folks! We look forward to a repeat performance next year.

A Midsummer Night's Mare

By Cpl Cameron

This article of summer happenings portrays the adventures of your Material Distribution Center's little fairies (Shakespeare's words, not mine), other mentionable rude mechanicals and of course, Queen of the Fairies. Within the realm of Fairyland (9 Wing Gander) and under the light of the moon, many interlocking MDC intrigues have been underway. Queen of the Fairies, Titania (otherwise know as WO Gerry Brewer) has yet again experienced the exhilarated delight of having wonderfully enthused underlings. Utilizing their knowledge, zest, charm and esprit de corps, these fairies kept the rude mechanicals at bay and under the light of three weeks of summer and one visible full moon, they ensured their loyalty to Fairyland remained steadfast.

And Now For Something Completely Different...

Our summer has been hectic and great. Perhaps a strange combination you might think, but we here at MDC strive on being belt fed. It makes us feel alive and motivated. We have had numerous taskings for our personnel this summer. We've been able to meet these mandated taskings because of the strong work ethos of the personnel involved and of those remaining behind to pick up the slack. These tasking include (but are not limited to) the extensive effort of the set up, deployment and tear down of Base Camp, an F&E seminar in Ottawa,

various Quality Control and Warehouse Inspections of our moving companies throughout Newfoundland, Maple Flag 41 in Cold Lake, Roto 6 and 7 training in Petawawa, Hazmat training in Borden, Ex Tropical Hammer training in Kingston and Ex Tropical Hammer in Jamaica. We've had member's posted out and away for Roto training but have gained equally great ones in as well, therefore keeping our balance on an even keel. We said farewell to MCpl Steph Lanoie, who left us to go to CFS Lietrim. Also leaving us will be MCpl Carl Gushue who is being deployed on Roto 6 to KAF in September. We also have Cpl Jason Humphries doing his workup training for Roto 7, with deployment to KAF in January of 2009. Good luck to you both, take care of yourself and your team and let us know what you want in your care packages !!

Postings in this year have included Cpl Sam Cameron from Gagetown in Feb, Mr. Kirk and Celine Wheeler and family (retired Arty from Gagetown) in Feb and Cpl Steve and Casey Anne Clarke and family from Trenton in Jul. Another wonderful addition to the MDC family is Miss Ava Price (darling newborn daughter of Cpl Jamie and Melanie Price). Another addition to the MDC team is Mr. Brad Jones. He is the new F&E Clerk, is doing an excellent job with his training thus far and takes the helm effective mid Sept. Congratulations are also in order to Brad for his recent marriage. Many happy returns Brad.

That is it for now folks. Hope your summer was great and your fall even better. And remember ... "Always look on the bright side of life .. da-dum, da-da, da-da, da-dum.."

IMPORTANT INFO



Career Opportunities in the Canadian forces

A career in the Canadian Forces can be a challenging and rewarding experience. Whether you are looking for **Full Time** (Regular Force) or **Part Time** (Reserve Force), why not contact a Canadian Forces Recruiter in your area today. We have over 100 career choices available, or check out our web site at www.forces.ca.

Non-Commissioned Member- Unskilled

No Prior training or skills required. Why not take a look at 55 Career Choices that the Canadian Forces can offer you. We provide all training at no expense to you while you are being paid.

Non-Commissioned Member - Subsidized Education Plans

Marine Institute (NTTP/NCSTTP)

Naval Electronics Engineering Technology – 2 Years
Marine Engineering Technician – 2 Years
Electro-Mechanical Engineering Technology – 2 Years

College of North Atlantic

Cook Certificate – 1 Year
Aircraft Maintenance Engineering Technology (Avionics) – 2 Years
Biomedical Electronics Technology – 3 years
Medical Laboratory Technology – 3 years
Medical Radiation Technology – 3 Years
Automotive Service Technician – 2 Years

Keyin College

Dental Technician (Dental Assisting II) – 62 Weeks

Health Care Corporation of St. John's General Hospital Site

Medical Technician (Primary Care Paramedic Training) – 8 Months

Commissioned Member (Officer) - Subsidized Education Plans

Continuing Education Officer Training Program (CEOTP)

If you qualify for service as a Regular Force Officer except for the university degree, this plan may be for you. We will

help you earn a degree by providing time and support for part-time study, educational reimbursement, and, if necessary, a period of full-time subsidized education at a university.

Dental Officer Training Plan (DOTP)

This program is designed to educate and develop for commissioning as Regular Force Dental Officer. This plan is for Canadian Citizens accepted without condition in any one of the last four years of a course in dentistry in a Canadian University.

Foreign Trained Medical Graduates (FTMG)

All medical doctors educated and/or licensed abroad and who are Canadian Citizens are required to obtain an accredited internship from a recognized Canadian University or hospital before they may be licensed to practice in Canada. The plan provides for up to two years internship.

Medical Officer Training Plan (MOTP)

This plan is available for candidates to the Regular Force and sponsors up to four years of medical studies in a Canadian university and up to 2 years of Family Practice Residency

Registered Nurse Enrolment Plan (RNEP)

This plan is designed for Canadian Citizens who have already been accepted without condition to a post RN program leading to a Bachelor of Nursing or Bachelor of Science in Nursing at a Canadian university with attendance on a full time basis. Applicants must be a practicing Registered Nurse in good standing with the applicable provincial regulatory body and have a minimum of two years practical experience. Subsidization will be for a maximum of two years of study

Regular Officer Training Plan (ROTP)

This plan is designed to educate and develop for commissioning selected civilian candidates for service as Regular Forces career officers. Selected candidates are appointed the rank of officer cadet for the period of their subsidization and commissioned subsequent to successful completion of their academic program and requi-

site military training. Subsidization is carried out at the Royal Military College (RMC) or at an approved Canadian University and/or affiliated College.

Regular Officer Training Plan – Pilots (CAMP)

The Commercial Aviation Management Program (CAMP) at the University of Western Ontario is the only university aviation program sponsored by the Canadian Forces Regular Officers Training Plan. The CAMP will equip students with an extensive set of skills and prepare them for a career as a Pilot in the Canadian Forces.

Officer Entry Plans

Direct Entry Officer (DEO)

As a minimum, applicants to the Regular Force must have an undergraduate degree in a suitable discipline. A student currently in the final year of a degree program is also eligible to apply. Recruiting bonuses are offered to applicants who are trained in occupation for which the CF have an urgent need, such as physician and dentists.

Direct Entry Officer (Medical)

If you are a physician holding an unrestricted licence to practise family medicine in a Canadian province or territory, you are eligible for direct entry as a Medical Officer, with a generous enrolment bonus and other benefits.

Direct Entry Officer (Reserve)

This plan is for graduates of university programs. The first stop for an applicant is at the Reserve Unit you wish to join. They will consult with you on possible part-time positions and then refer you to the recruiting center. Basic Officer and classification training take place in the summer.

Reserve Entry Scheme Officer (Reserve) (RESO)

This entry program is available to all full time students attending university degree or a three year community college program. You will work part time with a local Reserve Unit during the academic year. You are required to attend Basic Officer and classification training in the summer months.

Reserve Entry Training Plan (Reserve) (RETP)

This plan is designed to educate and train selected Primary Reserve applicants at

Continued page 19

IMPORTANT INFO

Royal Military College (RMC) to become officers in the Primary Reserve. Selected candidates are appointed the rank of officer cadet for that period and commissioned subsequent to successful completion of their academic program and requisite military training.

Minimum Requirements

Be a Canadian Citizen

Be at least 17 years of age for the Regular Force

Be at least 16 years of age for the Reserve Force

Have a minimum Level I (Grade 10) education. **Note:** Some programs require additional education

Location

Canadian Forces Recruiting Detachment
St. John's
165 Duckworth Street, 5th Floor.
P.O. Box 2028
St. John's NL
A1C 6B5
Phone: (709)570-4807

The New Veterans Charter What's in it for YOU?

After the Second World War, Canada valued the service of its war service Veterans so much that the government created a package of civilian re-establishment programs called the Veterans Charter to help them return to "Civvy Street."

Canada values your service just as much today. It should come as no surprise, then, that in April 2006, the New Veterans Charter came into effect. The new charter is for you—today's members and Veterans of the Canadian Forces. Its role is to help all CF personnel and their families as they make the transition to civilian life after the end of their military careers.

While the Charter's programs and services are designed to provide the most support to those with the greatest needs, there is literally something available for everyone. The new charter responds to what CF personnel, Veterans and their families told us they need to successfully transition to civilian life. This includes rehabilitation, health benefits, job placement assistance, financial support and disability awards.

The Programs

Over the next few months, [name TBA] will run articles highlighting the programs, services and benefits available through the New Veterans Charter. In the meantime, here is a quick NVC primer:

Job Placement

- focuses on job-search training, career counselling and job-finding assistance;
- encourages boards of trade and large employers throughout Canada to hire Veterans;
- provides a job bank service that lists vacancies and allows users to post resumes for potential employers to view.
- All services are provided free of charge

Rehabilitation Program

- coordinated with the SISIP program
- includes medical, psycho/social and vocational services;
- is provided through a network of local experts and resources;
- is available to spouses if the Veteran is unable to participate

Financial Benefits

- *Earnings Loss Benefits:* a taxable monthly income-replacement benefit that ensures the Veteran's income does not fall below 75% of his or her gross pre-release military salary while taking part in the Rehabilitation or Vocational Assistance Program.
- *Permanent Impairment Allowance:* a taxable monthly benefit, payable for life, to CF Veterans who have permanent and severe impairments.
- *Supplementary Retirement Benefit:* a taxable one-time lump-sum benefit available to Veterans who are totally and permanently incapacitated (payable when the Veteran no longer qualifies for Earnings Loss Benefits).
- *Canadian Forces Income Support (CFIS):* a tax-free monthly income-support benefit to help CF Veterans who have successfully completed the Rehabilitation Program and require financial assistance because their household income is not sufficient to meet their basic needs.

Health Benefits Program

- fills gaps in post-release health coverage by providing coverage for groups/

families without Public Service Health Care Plan coverage;

- offers supplementary coverage as well as comprehensive coverage (out-of-country residents)

Disability Award

- a tax-free, lump sum payment to recognize and compensate for the non-economic impacts of a service-related disability.
- amount depends on the extent of the disability – conditions that worsen may be reassessed.
- maximum amount in 2008 is \$260,843.84. This amount is adjusted annually based on the cost of living index.

Death Benefit for Survivors

- a tax-free, lump sum payment paid to a spouse or common-law partner and dependent children, if their CF family member is killed while in service, or is injured while in service and dies within 30 days of the injury.

Accessing Services

Interested? Great – we're here to help! VAC's Transition Services Teams are available on most CF Bases and Wings to assist you in identifying your needs early in the release process and in developing a plan to meet those needs. This individualized approach ensures you receive full information on and access to all of the programs, services and benefits available to you.

If you are a Regular Force member or a reservist preparing for release, call us toll free at 1-866-522-2122 (English) or 1-866-522-2022 (French) to arrange a Transition Interview with a Veterans Affairs Counsellor. You can also learn more about VAC's programs and services at www.vac-acc.gc.ca

The New Veterans Charter is making a difference. To date, more than 5,000 Disability Awards have been granted and over 90% of rehabilitation clients have indicated high satisfaction rates

Prevent Home Fire

Fire Prevention Week was established to commemorate the Great Chicago Fire, of October 8th, 1871. According to popular legend, Mrs O'Leary's cow kicked over a lamp and set the barn on fire. The ensuing blaze killed more than 250 people and left 100,000 homeless, destroyed more than 17,400 structures. On the 40th anniversary of the Great Fire, The Fire Marshals Association of North America, known today as the International Fire Marshals Association decided that the anniversary of the Great Chicago Fire should henceforth be observed not with festivities, but in a way that would keep the public informed about the importance of fire prevention.

This years theme for Fire Prevention Week is "PREVENT HOME FIRES". In keeping with the theme I have enclosed some fire safety tips for the whole household.

COOKING WITH CARE

Stay in the kitchen when you are cooking. If you leave even for a short period of time turn off the stove.

Keep anything that can catch fire - pot holders, oven mitts, wooden utensils, etc, away from the stovetop.

Wear short, close fitting clothing or tightly rolled sleeves when cooking. Loose hanging clothing can dangle on the stove top and catch fire.

Always keep an oven mitt and a lid handy. If a small fire starts on the stove, put on the oven mitt and smother the flames with the lid of the pan.

EVERYDAY ELECTRICAL SAFETY

1. Keep lamps, light fixtures and light bulbs away from anything that can burn, such as lamp shades, bedding, curtains, clothing.
2. Replace cracked and damaged electrical cords.
3. Use extension cords for temporary use only. Do not run cords under carpets or through walls.
4. Keep things that can burn at least 3 feet from heating equipment.

SMOKING MATERIALS

1. If you smoke, smoke outside.
2. When smoking, use deep, sturdy ashtrays.
3. Never smoke in a home where oxygen is used.
4. Keep matches and lighters up high out of the reach of children.

CAUTION WITH CANDLES

1. Keep candles at least 12 inches from anything that can burn.
2. Use sturdy, safe candle holders.
3. Avoid using candles in the bedroom and sleeping areas.
4. Use flashlights for emergency lighting.
5. Never leave candles unattended.

SAFETY 101

1. Install smoke alarms in every bedroom, outside each sleeping area, and at least one on every level of your home.
2. Test the alarms at least once a month.
3. Replace smoke alarms every 10 years.
4. Have a home fire escape plan and practice it.
5. When the smoke alarm sounds, get out and stay out.
6. If you are building or remodelling your home you may want to consider a residential fire sprinkler system.

If you have any questions regarding fire safety or prevention, you can call myself or Sgt LeDrew at the firehall or shoot us an e-mail. Gander Fire Rescue has an excellent Fire Prevention Program and you can get in touch with them as well at 60 Elizabeth Dr or call 256-8887. Remember Fire Prevention is everyone's business.

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



Alliance

The Views and opinions expressed herein are those of contributors and do not necessarily reflect the views of the Department of National Defence, the 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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