

Well it looks like we have gotten through another winter and now it is time to get the lawnmowers out of storage (and hopefully the snow shovels will stay put away). Who would have thought we would be talking about the hot weather in the middle of May. As I write this, the long weekend is approaching and the forecast is cool and rainy, so it looks like all is right with the world after all.

Unfortunately, there is a down side to the coming of summer. It means posting season is coming and therefore many families will be departing. For those who are posted this summer, I want to take this opportunity to thank you for the excellent work and support during your time here. There is no way the Wing could be as successful as we have been without the efforts of everyone. It truly is a team effort, and with our small numbers, every individual makes a difference. I want to wish you and your family all the best with your move and hope that your next home and job will be enjoyable.

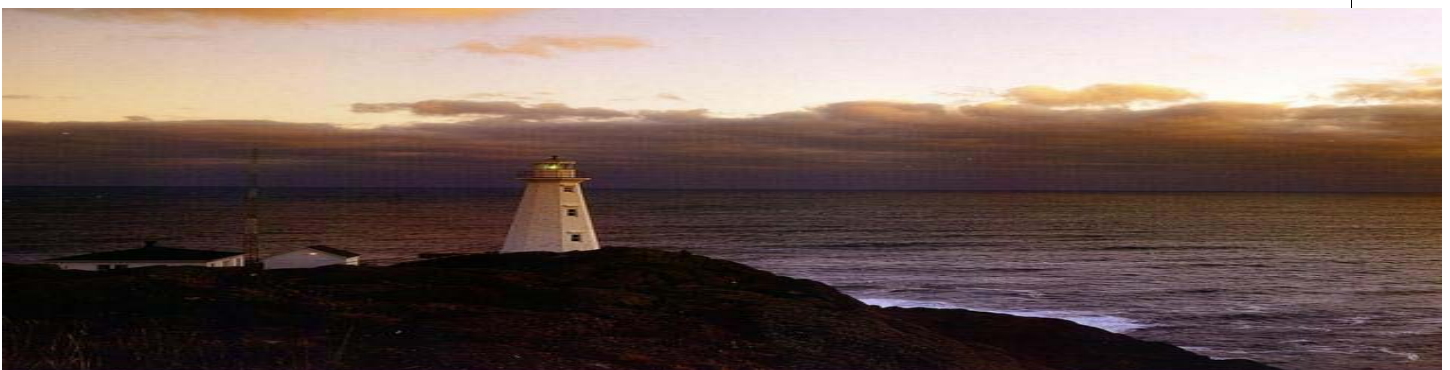
On the up side, the posting season also means new families will be moving into the community. I would like to welcome all those posted in and I hope that you will find your tour in Gander to be interesting and rewarding. For those who are new to the island, I encourage you to get out and explore this unique part of Canada. One of your first stops should be at the MFRC where you can get all kinds of information and support to help you get settled and also make your time here more pleasant. Again, welcome.

To all, thank you again for your professionalism, dedication and hard work. Take some leave to enjoy summer and spend some quality time with your family. You deserve it.

J.W. MacAleese
 LCol
 Comd 9 Wing

Inside this issue:

| | |
|---|-------|
| From the Desk of the Executive Director | 3 |
| Farewell Volunteers | 3 |
| Prevention & Intervention | 4 |
| Quality of Life | 5 |
| Kids' Korner | 6-7 |
| Deployment Services | 8-9 |
| Information & Referral | 10 |
| Employment Assistance | 11 |
| Code de Protection | 12 |
| Privacy Code | 13 |
| News from around the Base | 14-16 |





Message from the Board of Directors

THE PURPOSE:

The purpose of the Gander Military Family Resource Centre is to provide services, programs and resources which will improve the quality of family life and strengthen our military community.

BOARD MEMBERSHIP:

Chairperson - Andrea Dawe
Treasurer/Vice Chair - Linda Maxwell
Secretary - Synika Gee

MEMBERS:

- Jennifer Childs
- Trudy Brown
- Claudia Nault
- Holly Skinner
- Craig Pomeroy
- Mark Brewer

EX-OFFICIO:

- WO Karen Dumont (Base Commander's Rep)
- 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
Yvonne Wicks
Deployment.....1148
Lisa Butler
Administrative Assistant.....1206
Shirley Stead
Office Assistant.....1206

Call the Centre at (709) 256-1703 ext. 1206/1274

Business Hours 8:30 - 16:30

Monday to Friday

Fax: (709) 256-1771

Email: mil-
frc@nf.sympatico.ca

Website: www3.nf.sympatico.ca/mil-



Wow! It's the middle of spring and we're closing in on summer. Are you excited!? Bring on the heat! Can you picture it: barbecues, family and friends gathering for fun and socializing, children playing outside, Summer Day Camp for the kids?

The Gander MFRC would like to welcome all the new military families being posted to our community. We would like to encourage everyone to learn about and use the many resources available at the GMFRC. Come visit our centre to see what we offer and what's available. Remember we are here for *you*. The staff is very friendly and will be glad to help in whatever way we can.

Posting season is on and the GMFRC is trying to grow its' membership by inviting military spouses (new or otherwise) to become volunteers. If you have some free time and enjoy sharing your talents and ideas with others in a constructive manner, we need your help. Please drop in, or call to see if you should join our team for the upcoming year. The success of the GMFRC is dependent on contributions made by our many talented volunteers.

To all GMFRC families leaving Gander this year, we wish you happiness and success at your new posting destination.

Have a safe and fantastic summer!

A Note About Participant Cancellations

Please remember that when you register for programs and events at the GMFRC, plans are made, facilitators are booked, food is purchased and scheduling has to be done to accommodate. Having said that, we find that participants are not taking into account the time, commitment, energy and sometimes money it takes to put these programs into place, not only on the part of our staff, but of our volunteers and facilitators. In addition, we have often turned people away because we can only accommodate limited numbers, so if you decide not to participate at the last minute, someone else may be losing out as well. Full programs have been cancelled due to participant cancellations at the last minute. Many people can be affected by this. I ask that you keep this in mind when registering. **Please honor your commitment when you register for GMFRC programs and events.**

From the Executive Director's Desk

*APS: Good-bye to
old friends...*

Welcome to new friends!

By: Peggy Blake

These next few months are not the most fun for us here at the Centre. We find ourselves having to say good-bye to a lot of really great people. To tell you the truth, I kind of dread APS every year because saying good-bye never gets any easier, does it?

This year we will be saying good-bye and good luck to 2 of our volunteers, Craig Pomeroy and Christine Morris. Thanks so much to both of you for sharing your time and talents with us. I hope that both of you will consider volunteering with the MFRC's in your next posting.

Our staff will be saying good-bye to one of our co-workers this APS, Yvonne Wicks, who is our Deployment Coordinator. Yvonne, on behalf of the families to whom you provided excellent support during a deployment, thank you so much. On behalf of the staff, I want you to know that we all will miss your experience and expertise with the military lifestyle, as well as your wonderful personality. We wish all the best to you and your family in your next posting.

To all of our families who will be leaving us this year for their next posting: we hope you are leaving Gander with great memories, and the best of luck in your new posting. We encourage you to visit the MFRC in your new community. They will be very helpful in helping you and your family make the transition to your new home.

While we do find it difficult to say good-bye to everyone, we look forward to welcoming new families to Gander. We will do our best to ensure your posting to Gander is an enjoyable one. Please make the time to drop by the Centre to find out about all the great services and programs we offer. Again, welcome to Gander, and we'll see you at the Centre.

FAREWELL TO VOLUNTEERS

With the nearing of the posting season, our hearts become heavy as we realize the time will soon come when we must bid adieu to some of our volunteers. This tends to be a difficult time for us as our volunteers have become valued members of our team but even more than that they have become our friends. And as with all good friends they will be missed.

The career managers have been kind to us this year in that we are losing only two of our volunteers. This year we are saying goodbye to Christine Morris and Sgt Craig Pomeroy.

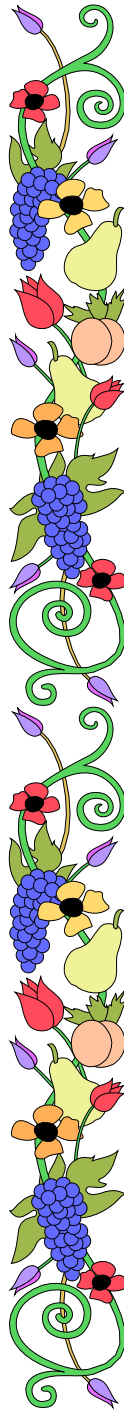
To Christine, Sean, Cayden, Craig and Maxine we wish you a prosperous and safe future. Thank you for the time you have shared with us...all to improve the quality of life for ourselves, and the military community. For every act of kindness there has been a ripple effect, some visible, some not so visible. However, please know that you have had an impact; you have made a difference.

During posting season we tend to think of how we are affected at the GMFRC and I guess we are somewhat selfish. On the other hand, we know that your posting will bring you close to those who are very important to you and there will be new opportunities and challenges. We wish you well in your new endeavors and encourage you to continue to use the services of the MFRC in your new communities.

We are losing another very valuable person and that person is Yvonne, our Deployment Coordinator. The last time we said goodbye to Yvonne it was in a volunteer capacity. Yvonne and Brian are finishing their fourth posting to Newfoundland (yes folks, people do come back) to head out to the other side of the country, to Comox. To Yvonne, Brian, Emma, Sara and Daniel it has been a pleasure having you here again and if we are lucky enough for you to return yet again in the future, we will be here waiting.

On behalf of Lisa, Shirley, Pam, Deanne, Peggy, Betty, Danielle, and myself we will miss you and your families and will speak of you often.

Good Luck & God Bless
Colleen




Prevention & Intervention

Recently I was reading the Parentalk Newsletter and discovered the following article that I thought was very interesting and insightful especially for parents who are parenting a teen. I have listed the web site for the newsletter in the event that anyone who may be interested in reading further articles. Betty Moulton, BSW. RSW

Setting Limits for Your Teen

By Kathleen McCoy, Ph.D.



Most teens claim not to want limits, but deep down they really do. Parents need to decide and agree upon the limits that are absolute – what they expect their teenager to do or not to do – and make these very clear to the teen, with an understanding of what the consequences will be if these limits are not respected. At the same time, teenagers need an increasing amount of autonomy and decision-making power.

Decide which issues are negotiable – and sit down and work out some compromises with your teen. For example, you may decide that she can choose her own hairstyle or clothes (and you won't nag her about these choices), but at the same time you absolutely require that she attend school, do her homework and be home by 9 o'clock weeknights; 11 o'clock on weekends. You may decide that she can date with certain restrictions – e.g., the boy must be her age or not more than a year older, no unsupervised parties, no car dates, etc. When she feels that she has some power to make choices in some areas of her life, she will be more likely to observe the limits you set.

Regarding friends you don't approve of: let your teens know that you have some reservations about some friends and tell them why, then invite them to tell you how they feel about these friends. Listen without interrupting or arguing.

In the absence of peer pressure to engage in dangerous or particularly undesirable behaviour, it may be best to say little beyond this, to encourage more positive friendships and to let the questionable friendships unravel in their own time as they probably will. (On the other hand if you show continual obvious distaste for a friend, the teen may cling even more tightly to that friendship.)

If you know, however, that a friend is pressuring your teen to drink, take drugs, steal, cut school or to engage in other serious risk-taking behaviour it's time to voice more than simple disapproval. You need to step in and limit, even forbid, the friendship. However, this should be only your last-ditch approach. Save this only for situations where you feel your teen is in definite danger.

Remember that teens have mixed feelings about limits that mirror their developmental position between childhood and adulthood: while they may balk at limits, argue with them and claim to have the maturity to make all of their own choices, they feel quietly reassured when parents step in and let them know what they expect of them. Deep down, most teenagers see limits as reassuring, as a sign of ongoing parental protection and as proof that their parents really care.

Info: obtained from
Parentalk Newsletter:
Adolescents: Setting Limits for your Teen
<http://tnpc.com/parentalk/adolescence/teens>

IMPORTANT TELEPHONE NUMBERS

| | |
|--|----------------|
| Ambulance | 651-2111 |
| Fire Department | 256-1111 |
| Alcoholics Anonymous | 651-2001 |
| Cara House | 256-7707 |
| Canadian Forces Member Assistance Program | 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 |

Quality of Life

Coffee at Cobb's Pond

- Are you looking for a way to keep in contact over the summer?
- Wouldn't it be nice to get together once a week for some adult company, while the children play?

We just might have the answer for you. This summer we will continue with our coffee downtown, however, it will have a different twist. We are taking it outside.

Each Thursday morning starting at 9:30 am on the 22 June and running until 24 August. Mom's and the little ones' will meet at Cobb's Pond for outside activities. There is a playground, sandbox, and a boardwalk which encompasses the pond. **Please bring along your own coffee. The rainy day alternative is McDonald's.**

Please bring along any items you will need to

make your outings more enjoyable. These items may include sweater, sunscreen, cold beverages for the little ones, fly repellent, lawn chairs, water, umbrella, stroller, etc.

If you would like additional information about "Coffee at Cobb's Pond" please feel free to contact Synika at 256-7530 or Colleen at 256-1703, Loc 1202.

ALL ARE WELCOME!

Upcoming for fall '06

Even though it's spring, the staff at the GMFRC are already looking at what to offer in the fall. Following are programs which we hope to offer. These are only a few. If you have any suggestions for pro-

grams or are able and willing to share your talents with us, please give me a call at Loc 1202. We are always looking for new and fresh ideas.

Beginner's Quilting
Watercraft/Small Boat Operator's Course
First Aid/CPR
Spa Night at "The Strand"
Military Wreath
Tin Punch Christmas Craft

Summer Bus Trips

Sgt Sheppard and his wonderful crew at Transport will be working with the GMFRC again this summer to offer daylong bus trips in our area. These trips are open to military personnel and their dependants and employees of 9 Wing and their dependants. Children under 13 must be accompanied by an adult. Passengers on the bus are responsible for their own transportation and/or accommodations should the bus break down on the trip and cannot be repaired. There is no charge to travel on the bus, however, depending on the destination or destinations for the day there may be nominal fees charged at some venues. A signed waiver is required to travel on the bus. Departure time is usually 8:30 – 9:00 am and we usually return no later than 4:30. You will need to pack a lunch and maybe sunscreen or a sweater, depending on the

weather for the day. Information on these trips will be available once details are ironed out. As most venues do not open until July 1, information will not be available until after that time.

These bus trips are great for those of you new to the area as they give you an opportunity to see a bit of our beautiful province. If you have any questions regarding these trips, please feel free to give me a call at 256-1703 Loc 1202.



If you have questions, comments or concerns, please contact Colleen at 256-1703, Loc 1202.

The GMFRC's Summer Camp

PHILOSOPHY Registration Fees

The summer camp is an active program, which promotes active and healthy living, as well as friendship, teamwork and a safe play environment.

| | |
|-------------------------|---------|
| Week:..... | \$50.00 |
| Single Day:..... | \$12.00 |
| Half Day:..... | \$8.00 |
| Week of half Days:..... | \$30.00 |

- Children will be given information in order to guide their behavior to acceptable limits.
- Every attempt will be made to discuss the problem with the child or children and they will be encouraged to solve problems themselves.

Enrollment Requirements

- * Children must be between the ages of 5 and 12.
- * Children must be registered by Thursday of the previous week.
- * Parents are required to fill out a registration form, complete with the child's MCP number.
- * Non-Military children can be sponsored by a participating Military family.

All fees must be paid by Thursday of the preceding week. Receipts will be issued at time of payment. There will be a \$20.00 charge for all NSF cheques. A late fee of \$5.00 per 15 minutes will apply. **Please call when you know you will be late.** There is a Maximum charge of 3 children per family.

Parents will be notified when their child is placed in Time Out, and the incidents leading up to the time out will be documented. The documentation will be kept on file, and a copy given to the Child/Youth Coordinator.

Health Policies

- Parents are required to complete a medical form on their child
- Children will not be granted entrance if they are sick with fever, flu or communicable disease. (chicken pox, pink eye, etc.)
- In the event that your child has to take prescribed medication, a release form has to be completed by parent or caregiver.
- Accidents and injuries will be documented.

Crafts

With the range of ages in the Summer Camp, every effort will be made to ensure that children are provided with a choice of crafts that is appropriate to their age during regular craft sessions. At specific times, however, the children will be lead in a more "challenging" craft as a group (i.e. tie-dyeing, paper mache).



Free Play

The Summer Camp is developed to be a fun and enjoyable experience for the children involved. Most of the day will be structured with activities and outings, in order to properly supervise the children. However, **they will be permitted to play on their own from 7:45 a.m. - 8:15 a.m and 3:45 p.m - 4:30 p.m.** This allows for all the children to arrive/depart as well as for staff to take attendance and finish last minute preparations for the next day. **During this time children will be supervised** in a specific area, but will be permitted to choose what they would like to do (i.e. skip rope, paint, color, read, etc.)

Day Trips Outings

Whenever possible we will be taking the children on outings such as 103 Sqn, local playgrounds, local fairs, etc. If a trip is planned for the whole day, parents will be asked to provide a lunch and extra snacks for their children. A note will be sent home specifying our destination, return time, and any special activities planned for the day.

Parental Involvement:

Withdrawal or Discharge from Program: *The summer camp does reserve the right to discharge children when every attempt has been made by the program to address an ongoing problem without success.*

Steps taken prior to discharge include:

1. Staff will use redirection techniques when dealing with a conflict, parents will be informed.
2. A meeting will be arranged between Parents, Program Coordinator and Supervisor.

Should all attempts to alter behavior being addressed not be successful, a written notice of discharge will be presented to the child's parent.



Hours of Operation

The Summer camp run from 7:45 - 4:30 Monday to Friday, starting the 26th of June until August 25th, with the exceptions of statutory holidays.

Guiding Behaviors

Corporal punishment of any kind is prohibited anywhere in the Gander Military Family Resource Centre. Negative or inappropriate behavior will be dealt with in a positive and logical manner. The summer camp program practices the "Time Out" method of discipline for appropriate behavior.



Kids' Korner

Summer is almost here and it's time to get out and enjoy all the activities that the GMFRC has to offer. Our summer camp is designed for children 5-12 years of age. This camp offers a wide range of activities such as sports, swimming, crafts, field trips, and guest speaker from our community, movies and much more. Why stay home when you can join us for some fun and meet some new people your own age. Summer camp will give each child the opportunity to explore, socialize and learn many new things in a fun environment. So come check us out! We open in the morning at 7:45 and end each day at 4:30 pm from Monday through Friday. You can attend this camp everyday or one just one day the choice is yours.

Home Alone Safety Workshop

Date: June 3
Time: 10:30-12:00
Location: GMFRC
Cost: Free
Age: 9-12

Join us on Saturday, June 3 for an enlightening workshop. Children will have the opportunity to speak with and listen to Cpl Dominix and Cpl Thompson from the Military Police about potential problems that may arise when they are at home alone. This workshop will be rewarding and can be a stepping stone towards independence. Please register by Wednesday, May 31. Space is limited.

Father's Day Craft

Date: June 03
Time: 1:00-2:00
Location: GMFRC
Cost: \$4.00
Age: 5 and up

Hey Kids! Come out and join us. We will create something cool for your Dad, or



someone special in your life. Take this opportunity to create something hand made for that special person. Please register by Thursday, June 01 to ensure adequate supplies. Participants must prepay when registering.

CF CONNECTING YOUTH

www.connectingcfyouth.ca



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

Babysitting Course

Looking for a part time job? Do you need training to get a babysitting job? The GMFRC is offering a babysitting course on June 17 & 18, 2006. It is a great opportunity to learn about the most important aspects of babysitting. You will receive a certificate and a Babysitting manual. There is a \$15.00 registration fee for members and \$25.00 for non-members. Participants must be registered by June 14, 2006 and must be 12 years of age or older to attend the course. Spaces are limited and payment must be made when registering participant

Watch for upcoming Programs and Events this Fall.

Friends & Company
Totally Toddler
Creative Play
Pizza/Movie Nights
Pizza/Game Nights
Halloween Party
Children/Youth
Crafts
And many more!



Changes in Childcare this summer

Children's Programs will end the June 16. However, we will provide childcare during the summer months.

Tuesday – Casual/Respite Childcare
9:00 -11:30am

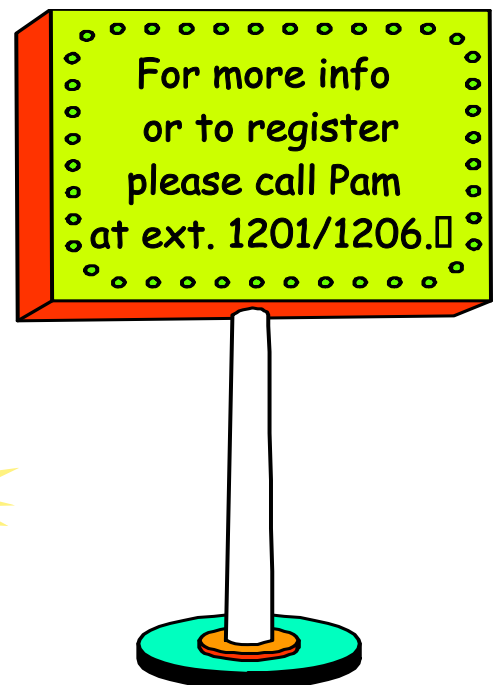
Wednesday - Friends & Company 9:30 – 11:30

Please remember bookings are allowed one week prior for Childcare.

Summer Camp starts June 26 and runs until August 25.

Items to Borrow

Here at the GMFRC, we have a large selection of children's movies, reading and craft books, computer software, and games for the CF community to borrow at a very low cost. If you are interested in viewing our selection, drop by the centre anytime between 8:30-4:30. Monday-Friday. I'm sure we will have something to interest your child and maybe find something for yourself in the process.



Deployment Services

Digital Camera

Deployment services now include a digital camera. If your loved one is deployed, drop into the Centre during regular business hours to have your picture taken. We will then email the photo or clip to the deployed member. What a better way to keep in touch with your loved one while they are away but with pictures from home!



Free Computer Use

If you do not have Internet at home, you can keep in touch with your loved one by dropping in the GMFRC and using one of our computers. This service is free and can be used as often as you wish, between the hours of 8:30 am and 4:30 pm.

Postage Free Service

This service has been put in place to enable families of deployed persons to send parcels free of charge to their loved ones who are presently serving overseas, by delivering them directly to your GMFRC!

The GMFRC is not responsible for any loss, theft, or damage caused to the items. Items must be delivered to the GMFRC, between the hours of 8:30 am and 4:30 pm. Dimensions of the item must be limited to 24" x 12" x 12" and weigh no more than 10 kgs. Proper addressing is important. The correct mailing address is:

Rank/Name/Initials/Last 3
numbers of SN
Unit/Sect
P.O. Box (SEE
BELOW) Stn.
Forces
Belleville, Ontario
K8N 5W6



P.O. BOX NUMBERS

Afghanistan – 5058
Alert – 5210
Sierra Leone – 5201
Sudan – 5225
Geilenkirchen – 5053
Heidelberg – 5055
Italy – 5045
England – 5051
Belgium – 5048

For the ships, the correct mailing address is:

Rank/Name/Initials/Last 3 numbers
of SN
HMCS [NAME OF SHIP]
FLEET MAIL OFFICE [FMO]
Atlantic
PO Box 99000 STN Forces
Halifax NS, B3K 5X5

Warm Line Calls

The Deployment Support Coordinator makes confidential warm line calls on a regular basis to the families of the deployed. This service is set in place to offer support and understanding to the families during this difficult time, and to offer assistance, if needed.

Respite Child Care

The GMFRC offers respite childcare to deployed families. This happens every Thursday from 8:45 am to 11:45 am. You must register your child 24 hours in advance. Spaces for deployed families take priority. Please call Pam at local 201 to book your child's spot. What a better time to get all those errands and appointments done!

If you require casual childcare, please refer to the Child and Youth Services section for the times that it is available.

Emergency Child Care

Being in the Military and moving often means members do not always have extended family living nearby to help them out at times of need. What do you do if there is an emergency and your husband is deployed? The Emergency Child Care service is sent in place to provide childcare, to the deployed members family, in the event of an emergency. Funding is available to up to 72 hours. Please give me a call for more information.

**Mission Information Line:
1-800-866-4546**



The Mission Information Line is a toll free bilingual telephone service that provides timely and accurate information, support and referral to families of Canadian military members who are serving an operational role outside of Canada. The line is operational 24 hours a day, 7 days a week. Service is strictly confidential. The Mission Information Line is not a replacement for the Military Family Resource Centre, but an enhancement of their service.

If you or your spouse is being deployed, you must contact the Deployment Support Coordinator to ensure that your family is receiving support during this time. Please call me at 256-1703, ext 1148 or 1-800-557-1702. My hours are Tuesday– Thursday 8:30 to 16:30.

**Yvonne Wicks
Deployment Support Coordinator**

Deployment Services

Easter Care Packages

For Easter this year we sent out thirty-one care packages filled with treats to our deployed members. Included in the boxes were: chocolate eggs, a chocolate Easter bunny, Cadbury's crème eggs, Peeps, jelly beans, chips, gum, drink mix, a Downhome magazine and of course a toothbrush and toothpaste!

We also invited the Grade 5 classes of Gander Academy to make Easter cards and crafts to be included in the packages. The children did a fantastic job and we know that the members who received them truly appreciated the children's efforts. Thanks again to the students and teachers of Grade 5.

I would also like to take this opportunity to say a special thank you to all the volunteers who helped with the packing and wrapping of the parcels and to Nancy Parsons for arranging the donation of Newfoundland books by Transcontinental Publishers. We couldn't have done it without you!

Red Fridays

Have you seen an increase in the colour red being worn around town on Fridays? Are you wondering what it's all about? All across Canada an e-mail has been circulating encouraging individuals to wear red every Friday to show their support of our troops overseas. Many people simply want it recognised that the vast majority of Canadians support our troops and by wearing red we are sending out the message that our thoughts and prayers are with them. So spread the word and let's see if we can turn Canada into a sea of **RED** each and every Friday until our troops come home.

Support our Troops Merchandise

As well as the magnetic yellow ribbon "Support our Troops" bumper stickers, the G.M.F.R.C now also has the camouflage bumper stickers.

Support



Our Troops

Both are only \$4 each. The yellow ribbon lapel pins and yellow wristbands cost two dollars each. So drop into the centre soon, pick some up and show your support for our troops. Our hours are 8.30 – 12 and 1- 4.30, Monday through Friday.

Annual Deployment Barbeque

If you have been deployed this past year, either overseas or on a course of over 30 days, or if your spouse is presently deployed, then you are invited, along with your family, to the GMFRC Annual Deployment Barbeque.

When: Thursday, June 15th

Time: 5 pm to 7 pm

Where: GMFRC

RSVP by Monday, June 12th local 1206 or 1148

We will be serving hot dogs, hamburgers, salads and cake. Hope to see you there!

Dealing with Deployment Stress

Throughout their careers Canadian Forces personnel are required to serve away from their families for a variety of reasons for varying lengths of time. The term "deployment" usually brings to mind peacekeeping, although military troops are "deployed" at other times as well – for operations and exercises, both domestic and abroad. It is a stressful time not only for the member being deployed but also for the family left behind. The following tips can help you reduce your stress levels.

10 Proven Stress Reducers

- 1. Get up 15 minutes earlier in the morning.** The inevitable morning mishaps will be less stressful.
- 2. Make duplicates of all keys.** Bury a house key in a secret spot and carry a duplicate car key in your wallet, apart from your key ring
- 3. Procrastination is stressful.** Whatever you want to do tomorrow, do today; whatever you want to do today, do it now.
- 4. Relax your standards.** The world isn't going to end if the grass doesn't get mowed this weekend.
- 5. Plan ahead.** Don't let the gas tank get below one-quarter full, keep a well-stocked shelf of home staples, don't wait until you're down to your last bus token or postage stamp to buy more etc.
- 6. Don't rely on your memory.** Write down appointment times, when to pick up the laundry, when the library books are due etc.
- 7. Prepare for the morning the evening before.** Set the breakfast table, make lunches, put out the clothes you plan to wear, etc.
- 8. Make friends with non-worriers.** Nothing can get you into the habit of worrying faster

than associating with chronic worrywarts.

9. Get enough sleep. If necessary, use an alarm clock to remind you to go to bed.

10. Every day, do something you really enjoy.

Internet Sites

The following sites may be of interest to military families who are experiencing a deployment or other separation.

If you don't have a computer and/or Internet access, drop by the Centre, located behind the Recreation Centre at CFB/9 Wing Gander and use ours! There is no fee for this service and staff can provide one-to-one assistance, if required.

<http://www.sisip.com> *SISIP Financial Services Homepage

<http://www.renc.igs.net/~tcollier/> *The Canadian Military Wives Homepage

<http://www.daads.com/> *Dads at a Distance Homepage. Tips for dads AND moms to maintain and strengthen the relationship they have with their children while they are away from home.

<http://www.cfpsa.com> *Canadian Forces Personnel Support Agency site. Includes a section on Deployed Ops. and a link to the Mission Information Line.

<http://www.dnd.ca/qol> * DND Quality of Life site

<http://www.dnd.ca> * DND site with information on current and past operations.

<http://www.army.mil> *U.S army site that has some useful deployment information including pre-deployment checklists and safety ideas.

<http://www.connectingcfyouth.ca> * A site for military youth to meet up and share ideas/experiences. Contains a section on deployment as seen from a teenager's viewpoint as well as photos from different operations overseas.

Information & Referral



Summer is almost here, school is almost over, what are you to do? Do not despair, we have put together a brief list of places to visit in the Gander area. Whether you prefer arduous hiking, history presentations or just great fun with the children, you are sure to find something to do.... Have safe and pleasant summer!

Eastport Family Funland

Restaurant, dairy bar, mini-golf, nature walks, watercraft rentals, petting farm, playground & storyland, which depict children's favourite stories (Goldilocks & The Three Bears, Billy Goat Gruff, Little Red Riding Hood, etc).

Walking Trails of Botwood

Four interconnected trails: Killick Island Walk, 5 kms, featuring WWII bunkers; Lighthouse Point, a seaside walk; the Old Railway Link, and King Ridge Lookout. All four are connected.

Terra Nova Wilderness Educational Tours

Teaches wildlife recognition, importance of habitat preservation, safe boating, map and compass use, how to build a shelter, edible plants and berries, etc.

Grand Falls Salmonid Interpretation Centre

Exhibits on history, biology, ecology and habitat of Atlantic salmon. Underwater viewing windows and other live exhibits. Restaurant & gift shop on site. 100% accessibility to all buildings.

Hiking in Terra Nova National Park

140 kms of hiking trails - easy to moderate and to high difficulty. Short strolls to three-day outings. Something for everyone to discover.

Twillingate Long Point Lighthouse & Interpretation Centre

Three hundred feet above the sea, overlooking Iceberg Alley, visitors may watch whales, seals and sea birds cavort over the panoramic seascape. Long Point Centre houses one of Newfoundland's largest private antique and ephemeral collections, cultural, heritage and natural history exhibits, and offers quality art and crafts to discriminating purchasers.

Traytown Splash 'n' Putt Resort

Enjoy the giant waterslide, 18 hole mini golf, quarter mile go-cart track, bumper boats, bumper cars, swimming pool and kiddie recreation area. A fun time for the entire family.

Campbellton Berry U-Pick

Dedicated to producing the best strawberries, raspberries and black currants. The U-Pick is located on the tip of a small peninsula once frequented by Maritime Archaic Indians. Enjoy the Newfoundland Pony rides.

Eastport Crooked Tree Park

Picnic area, playground, swimming, fishing, hiking, boating etc..

Grand Falls / Windsor Mary March Provincial Museum

Mary March was the European name of Demasduit, one of the last Beothuks. Displays focus on historic and prehistoric aboriginal cultures and creation of modern paper industry.

Prime Berth - Twillingate Fishing Museum

Living historic fishing premises. Fisherman's wharf, bark pots, puncheons, splittin' table, salt cod, dried squid, baby ducks & rabbits. Sea aquarium & unique craft studio. A must see! Outport photo gallery & audiovisual presentations. Winner of the 2004 Cultural Tourism Award.

Terra Nova Park Marine Interpretation Centre

The Marine Interpretation Centre is the main visitor centre located at Saltons day use area. Services there include sea kayaking, restaurant, boat tour, gift shop, touch tank, exhibits, theatre. Park also has docking facilities at Saltons Brook wharf, 140 km of hiking trails, 2 campgrounds, and summer interpretation program.

Musgrave Harbour Banting Memorial Interpretation Centre

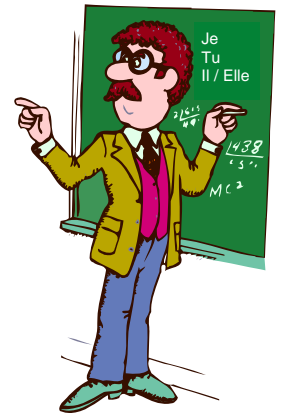
Sir Frederick Banting, co-discoverer of insulin, died in a plane crash near the town during WWII. Come see the wreckage remains and a replica of this Hudson Bomber Plane. A place commemorating the life's work of a great Canadian hero.

Musgrave Harbour Beach

Musgrave Harbour is an outstanding community with miles of sandy beaches that line the Kittiwake coast. Popular family beach for sunning, beachcombing and relaxing.

Why Not Learn French ?

- Second Language Courses consist of 60 hrs of classroom instruction. (5 hrs per week / twice a week for 12 weeks)
- Courses will run Mondays / Wednesdays nights.
- All participants will complete a placement test prior to beginning of courses.
- Military spouses and dependants will be reimbursed their initial registration \$50.00 fee if their attendance is at least 85%.
- Subsidy for childcare will be available to spouses upon presentation of receipts.
- For more information on the above information and/or to register please call the Second Language Coordinator at 256-1703 loc. 1147.
- **Deadline for registration September 1st, 2006.**



Employment Assistance

Five Interview Mistakes

It's tough to avoid typical interview traps if you're unsure what they are. Here are a half dozen to watch out for.

1. Confusing an Interview with an Interrogation. Most candidates expect to be interrogated. An interrogation occurs when one person asks all the questions and the other gives the answers. An interview is a business conversation in which both people ask and respond to questions. Candidates who expect to be interrogated avoid asking questions, leaving the interviewer in the role of reluctant interrogator.

2. Making a So-Called Weakness Seem Positive. Interviewers frequently ask candidates, "What are your weaknesses?" Conventional interview wisdom dictates that you highlight a weakness like "I'm a perfectionist," and turn it into a positive. Interviewers are not impressed, because they've probably heard the same answer a hundred times. If you are asked this question, highlight a skill that you wish to improve upon and describe what you are doing to enhance your skill in this area. Interviewers don't care what your weaknesses are. They want to see how you handle the question and what your answer indicates about you.

3. Failing to Ask Questions. Every interview concludes with the interviewer asking if you have any questions. The worst thing to say is that you have no questions. Having no questions prepared indicates you are not interested and not prepared. Interviewers are more impressed by the questions you ask than the selling points you try to make. Before each interview, make a list of five questions you will ask. "I think a good question is, 'Can you tell me about your career?'" Everybody likes to talk about themselves, so you're probably pretty safe asking that question.

4. Researching the Company But Not Yourself. Candidates intellectually prepare by researching the company. Most job seekers do not research themselves by taking inventory of their experience, knowledge and skills. Formulating a talent inventory prepares you to immediately respond to any question about your experience. You must be prepared to discuss any part of your background. Creating your talent inventory refreshes your memory and helps you immediately remember experiences you would otherwise have forgotten during the interview.

5. Leaving Your Cell Phone On. We may live in a wired, always-available society, but a ringing cell phone is not appropriate for an interview. Turn it off before you enter the company.

by Michael Neece, founder of Interview Mastery
Monster Contributing Writer



Employment Services available at your GCM&RG

The Spousal Employment Assistance Program recognises 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 workshop.
Skills Identification.
Interview Preparation.
HRDC Advocacy.
Continuing Education Assistance.

Resume and Cover Letter writing one-on-one.
Labour Trends.
Resource Library.
Current Job Bank Board.
One-on-One Computer assistance.

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

Code de Protection des Renseignements Personnels,

Le Centre des Ressources pour les Familles des Militaires de Gander a adopté le *Code de protection de renseignements personnels* développé par le *Directeur des Services aux Familles des Militaires (DSFM)*. L'adoption du code permet d'aider les centres de ressources pour les familles des militaires à protéger les renseignements personnels sur les membres des Forces canadiennes, leurs familles ainsi que les autres clients qui utilisent les services du CRFM.

Le *Code de protection des renseignements personnels* à l'usage du Programme des services aux familles des militaires est une version adaptée du Code type de la CSA pour la protection des renseignements personnels – CAN/CSA-Q830-96. Le Code de la CSA est devenu une Norme nationale du Canada en 1996. Les 10 principes qui y sont contenus reflètent les saines pratiques universelles relatives à l'information qui combinent le droit de la personne à la vie privée et les obligations fermes de la protection des renseignements personnels recueillis et utilisés par les organismes.

Selon le *Code de protection des renseignements personnels*, l'organisme doit d'abord déterminer les fins pour lesquelles les renseignements seront recueillis. Le consentement de la personne est requis pour la collecte de renseignements personnels, leur utilisation et/ou divulgation, toutefois, les raisons peuvent en être contestées. Toujours selon le Code toute personne peut consulter l'information qui la concerne et qui est détenue par le CRFM de Gander; elle peut en contester l'exactitude et y apporter les corrections appropriées.

Les 10 principes établissent les grands droits à la vie privée du groupe que dessert le CRFM de Gander et de leurs familles, des employés et du personnel bénévole ainsi que de tout autre personne au sujet de laquelle le CRFM amasse, utilise ou divulgue des renseignements personnels.

Les 10 principes en bref sont énumérés ci-dessous. Pour plus d'information sur le Code de protection des renseignements personnels, veuillez communiquer avec le Centre de Ressources pour les Familles des Militaires.

Principe 1 - Responsabilité

Les CRFM sont responsables des renseignements qu'ils détiennent. Le directeur d'un CRFM aura la responsabilité de s'assurer que le CRFM respecte les principes qui suivent.

Principe 2 - Détermination des fins de la collecte des renseignements

Le CRFM doit déterminer les fins pour lesquelles des renseignements personnels sont recueillis, préalablement ou au moment de la collecte.

Principe 3 - Consentement

Toute personne doit être informé et consentir à toute collecte, utilisation ou communication de renseignements personnels qui la concernent, à moins qu'il ne soit pas approprié de le faire.

Principe 4 - Limites de la collecte

Le CRFM ne peut recueillir que les renseignements personnels nécessaires aux fins déterminées par lui et il doit procéder de façon honnête et licite.

Principe 5 - Limites de l'utilisation, la communication et de la conservation

Les renseignements personnels ne doivent pas être utilisés ou communiqués à des fins autres que celles auxquelles ils ont été recueillis, à moins que la personne concernée n'y consente ou que la loi ne l'exige. On ne conservera les renseignements personnels qu'aussi longtemps que nécessaire pour l'atteinte des fins déterminées.

Principe 6 - Exactitude

Les renseignements personnels doivent être aussi exacts, complets et à jour que l'exigent les fins pour lesquelles ils sont utilisés.

Principe 7 - Mesures de sécurité

Les renseignements personnels doivent être protégés au moyen de mesures de sécurité correspondant à leur degré de confidentialité.

Principe 8 - Transparence

Le CRFM doit mettre à la disposition de toute personne des renseignements précis sur ses politiques et ses pratiques concernant la gestion des renseignements personnels.

Principe 9 - Accès aux renseignements personnels

Un membre du groupe, sa famille, un employé du CRFM ou un tiers qui en fait la demande sera informé de l'existence, de l'utilisation et de la divulgation de renseignements personnels qui le ou la concernent, et il lui sera permis de les consulter. Une personne pourra contester l'exactitude et l'état complet des renseignements, et y faire apporter les corrections appropriées.

Principe 10 - Possibilité de porter plainte contre le non-respect des principes

Un membre du groupe, sa famille, un employé du CRFM ou un tiers doit être en mesure de se plaindre du non-respect des principes énoncés ci-dessus auprès du directeur d'un CRFM qui est responsable de leur respect par le CRFM.

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.

News from around the Base

9 Wing Fitness & Recreation Centre

News:

1. Welcome to our new Fitness Instructor Darryl Hayden.
2. Aerobics will resume again in the fall.
3. Summer Swim Lesson Registration will take place on the **27th & 28th June** for the first session. We offer the Red Cross Water Safety programs and the Lifesaving Society (Lifeguard) programs. More information will be posted in the facility and sent over the Base e-mail by mid-June.
4. Rentals:
 - a. Canoes/Kayaks
 - b. Golf Clubs - adult and children sizes
5. Golf Passes for Gander Golf Course are \$10.
6. Don't forget we have facilities for your Birthday Party Plans ... Pool, Gym Floor and Party Room.
7. Health Promotion Services ... please call Paula at Loc 1455.
8. Summer Sports will be advertised at a later date.
9. Looking to start a change to a Healthier Lifestyle ... drop by and see Darryl or Nancy.



Please call Local 1466 if you require more information on any of our services or facilities.

Have a Great Active Summer. Remember 30 minutes of activity a day!

Nancy Woolfrey
Fitness, Sports & Recreation Coordinator
1409



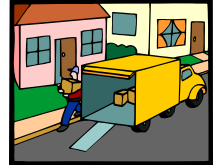
Second Language Evaluation (SLE): Understanding Your Language Profile

The second language evaluation (SLE) is the only way to establish a language profile. The SLE consists of three tests: written comprehension, written expression and oral interaction. The profile is established with letters A, B, C and/or E, where letter A corresponds to the lowest level and E to the highest. Second Language profiles for military personnel are only valid for five years. Therefore, members should be diligent in maintaining their profile accuracy, unless they have attained level E, in which case they are exempt for life. To obtain information about your language profile, contact 2Lt Dawe, Andrea at Dawe.AE@forces.gc.ca or by phone at x. 1463.

To MQ Occupants from the CFHA Gander

If you are being posted out this summer it is requested that this office be advised of your intentions so that if required:

- A pre-inspection of your Residential Accommodation Unit (RAU) can be arranged and conducted prior to your departure. The purpose of this pre-inspection is to inform you as what would be required of you so that your march out would be conducted as smoothly as possible.
- In accordance with the Occupancy Agreement, a "Notice of Intention to Vacate" is forwarded to us 30 days in advance of the requested move-out date.
- If you are proceeding unaccompanied on posting, for any number of reasons, you have the opportunity to request authority for your dependants to remain in your RAU in your absence.



Your assistance and cooperation is appreciated.



Home/Vehicle Security

"Yes officer my car was parked right here this morning".
"Alright Mr Smith when was the last time you checked on your car".

"Well officer I believe it was this morning when I arrived at work".

"O.K. Mr Smith you haven't seen your vehicle since about 7:30 this morning and it is now 4:00 pm".

"That's right officer, what do think the chances are of getting my car back".

"Well Mr Smith it is hard to say some people just take a car for a joy ride and some will take it to a "chop shop", if that is case the chances of seeing your car again are very slim, the chances of seeing it in one piece are even more remote. If it was taken for a joy ride the chances of finding your car are much better, but the condition it may be in....well lets just say it could be in very rough shape. Now Mr Smith was there anything of value in your vehicle".

"Just my wallet and a few things like gym clothes and such".

"And finally Mr Smith was your car locked".

"No officer I never lock my car and if I do the windows are down, you know what it is like in the summer with the heat and it is even hotter in the car".

There are several important reasons to lock your car. First of all for most people a car is an investment, which costs



Continued page 15

News from around the Base

money. Think of it this way if a person has \$5 in their pocket they will protect that ardently, so why is it a vehicle that costs thousands of dollars is just left unlocked and possibly with the windows down almost all day and most of the time out of sight. People won't do that with money but they will with a car. Second this is your personal property it is your space and granted no one has the right to be in your space if they are uninvited, however not all people feel this way. There are those among us who don't care about personal space, unless it is their own, and want everything for themselves, in their own way they feel if something is unlocked they can take it. Not to mention the trauma of some devious individual invading your privacy. This can have far reaching implications and no one knows how they will react until it happens to them, so why put yourself at risk. Third, and maybe most important, the vast majority of criminals are opportunistic. This means simply it may only take having your vehicle locked is enough of a deterrent and they will move on. There are some very simple things people can do to help avoid these situations. It really is as simple as locking your car when it is left unattended as well don't leave a wallet or any other valuables in an insecure area like an unlocked car, if you must leave something in your car put it out of sight this can be under a seat or in a trunk. The most important thing is to lock and secure your car. One other thing, depending on your insurance company, if your vehicle was left unlocked it might not be covered.

In this article I have been talking about vehicles, lets switch now to your home. Owning a home is a huge investment and your everyday thief is not going to be able to take away your house, that is a given, however and this part applies to renters as well, a thief can take away your home and much, much more. Just imagine while you are out for the day

some stranger in your house walking around soiling your carpet and maybe putting the odd hole in the wall. Then they help themselves to the contents of your fridge and after a nice snack proceed to look for your valuables, which they may or may not find. This is where they take away your "home". In the process of looking for your valuables they go through all your personal belongings, in doing this they have taken away your "home". By saying they have taken away your home they have taken away your sense of security, lets face it all of us view our home or at least some part of it as our safe haven, now imagine having that taken away. Now think of what it would be like not to have this happen while you are out for the day, but while you and your family are asleep in the middle of the night. When you are going to be away or even out of sight of your home lock the doors and latch the windows, an open window with a screen does not mean it is secure, screens are meant to keep out insects not unscrupulous people and can be very easily be pushed in. Get good locks for your doors not just what is on sale and ensure they are properly mounted. Check your door and ensure it and all its' components are strong and intact. If you are going to be away for an extended period of time put your lights on a timer and if you live in a PMQ put it on the check list. Have someone pick up your mail and in the winter clear you're the snow away from your car and driveway.

Keep in mind most criminals are lazy and opportunistic, so if it is hard to get into they will probably move on. There are exceptions to this but why make it easy for someone to just take what you have worked so hard to obtain.

Cpl THOMPSON
Community Relations NCO
9 wing MP Det

9 Wing Gander Reopens the 25-Meter Range

The 25-Metre Range has been refurbished and re-opened. Opening ceremonies with an official ribbon cutting were held on Friday, 19 May 06. Wing Commander, LCol MacAleese led the event emphasizing the CF's commitment to readiness training and continued maintenance of general military skills. This was followed by range demonstrations from LCol MacAleese, CWO Brown, WO Parady, Maj Nelles, Capt Cormier and Capt Ingimundarson.



L-R: Sgt Reardon, Lt MacKenzie, CWO Brown, LCol MacAleese, Sgt Samson, WO Landry

News from around the Base

SUMMER GRILLING TIPS WHEN USING PROPANE

With the warmer and longer days of summer fast approaching the use of our barbecues are becoming more frequent. The National Fire

Protection Association (NFPA) is urging caution when grilling to ensure safe cookouts. According to the NFPA gas fuelled and charcoal grills cause an average of 900 home structure fires and 3500 home outdoor fires each year. Gas grills have a higher fire risk than charcoal grills. Leaks and breaks in the gas cylinder or hose are the leading cause, accounting for nearly half of gas grill fires. Placing combustibles too close to heat, and leaving cooking unattended, are the two leading causes for charcoal grill home structure fires. Half of all gas grill and charcoal grill home structure fires begin on an exterior balcony or an enclosed porch, so it is important to grill not just outside your home but also well away from your home.

NFPA SUGGESTS THE FOLLOWING TIPS !!!!!!!

Gas and charcoal BBQ's grills must only be used outdoors. If used indoors or in an enclosed space such as a tent, they pose both a fire hazard and the risk of exposing occupants to potential asphyxiation.

- Position the grill away from siding, decks railings and out from under eaves and overhanging branches.
- Place the grill a safe distance from lawn games, play areas and foot traffic. Keep children and pets away from the grill area and declare a three-foot safe zone around the grill.
- Use long handled tools to give the chef plenty of clearance from heat and flames.
- Periodically remove grease or fat build up in trays below the grill to help reduce the potential of a fire.
- For charcoal grills, use the proper starter fluid and store the can in a safe place out of the reach of children. Never add starter fluid when the coals have already ignited and never use any flammable or combustible liquid other than starter fluid to get the fire going.
- Check gas grills for leaks before using them for the first time each year. A soapy water solution applied to the hoses and connections will reveal escaping propane by releasing bubbles. If you determine that you have a leak, TURN OFF THE TANK. If the leak stops, have it serviced before using it again. If the leak does not stop, CALL THE FIRE DEPARTMENT. If you smell gas when cooking, immediately get away from the grill and call the fire department. DO NOT ATTEMPT TO MOVE THE GRILL.
- All gas cylinders manufactured after April 2002 must have an overfill protection device (OPD) OPD's shut off the flow of gas before capacity is reached, limiting the potential for release of propane gas if the cylinder heats up. OPD's are easily identified by the triangular-shaped hand wheel.
- Never store propane gas cylinders in buildings or garages. If you store a gas grill indoors during winter, disconnect the cylinder and leave it outside.

Cpl Fudge
9 Wing Fire Inspector



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.

Mailing Address

Gander Military Family Resource Centre
P.O. Box 6000
Gander, Newfoundland, A1V 1X1
Phone: (709) 256-1703 loc. 1206 / 1274
Fax: (709) 256-1771
email: mil-frc@nf.sympatico.ca