



Where

does the time go? Hard to believe that this will be my last article for the newsletter. I have had many wonderful, challenging experiences throughout my career but none compare to my days as the Wing Commander of 9 Wing Gander. As a community, I have watched you grow, watched you learn, watched you accept challenge after challenge and watched you pull together to be stronger and more dynamic. 9 Wing Gander is strongest when we all pull together to work as one team. To everyone, carry your heads high and be proud of all that you have accomplished because it is certainly noteworthy. I have said this many times before but will say again, if you could see yourself through my eyes then you would know that there is no obstacle that you can not overcome. It has been an honour and a pleasure to serve as your Commander. I wish you all the very best in the future and hope each and everyone of you find your dream.

Remember one third work, one third fun and one third rest, that is what balance is all about. Stay safe and Bravo Zulu.

Cheers

T.L. Harris
LCol
Wing
Commander
9 Wing Gander



“Old Wood Ancient Ice” by Cpl François Verreault

GMFRC

Message from the Board of Directors

THE PURPOSE:

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

BOARD MEMBERSHIP:

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

MEMBERS:

- Cynthia Irvine
- Veronique Tessier
- Lenore Curtis
- Jennifer Dulude
- Tina Gores
- Carol Ann Reid
- Karen Keough

EX-OFFICIO:

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

GMFRC STAFF:

Peggy Blake
Executive Director.....256-3233
Position Vacant
Social Worker/
Emergency Childcare.....256-3642
Danielle St-Pierre
Information/Employment/SLT.....256-3599
Colleen Hiscock
Volunteer / Quality of Life.....256-3616
Nancy Critchley
Children & Youth..... 256-3561
Wanda Kearley
Children & Youth Assistant.....256-3561
Caroleann MacWhirter
Deployment.....256-3590
Lori Robillard
Accounting/Office Manager.....256-2971
Patti Griffin
Military Family Outreach Services
Corner Brook Satellite.....(709) 637-4591

Call the Centre at
(709) 256-2971/ 256-3233
Business Hours
8:30 - 16:30
Monday to Friday
Email: info@gandermfrc.ca
Website: gandermfrc.ca



Can you hear the birds chirping and the kids singing and playing? How about the smell of fresh cut grass? All signs that spring & summer are upon us, and yes, another posting season! It will be sad to see so many families and volunteers leaving us at the GMFRC this year. I would like to thank the many volunteers that gave their time to the Centre during their posting to Gander and especially to those that served on the Board of Directors, Claudine Collins, Cynthia Irvine, Pte Lenore Curtis & MWO Derek Curtis. Thank you so much for volunteering your time and being part of the GMFRC Board.

On behalf of the BOD I wish you all the best in your new postings and civilian adventures. I hope your experiences on the GMFRC Board of Directors were positive ones and that you continue volunteering in your new locations. I will not say Good-bye as we know that in this lifestyle we're bound to meet again!

To those new families coming to 9 Wing, welcome and I'm sure you'll find the comfort and support you need from our wonderful staff at the GMFRC. In fact, we've just had 3 employees celebrate 10 years service with the GMFRC, Peggy Blake (Executive Director), Danielle St-Pierre (Information/SLT/Employment Coordinator) and Colleen Hiscock (Quality of Life/Volunteer Coordinator). Thank you so much for all your hard work and dedication to the GMFRC and the military families you service!

Lori Isenor
Chairperson
Board of Directors

The cover picture titled "OLD WOOD, ANCIENT ICE" was provided by Cpl François Verreault. To see more of his beautiful work, please visit his website at: www.flickr.com/photos/frankverro



From The Desk of the Executive Director

Thank goodness! Spring is finally here, and summer is showing signs of arriving any day now. But of course the arrival of spring also means the arrival of APS in our military community and it is in full swing. We've already started saying our good-byes and I really hope all the families who are leaving us this year are taking wonderful Newfoundland memories with them. We wish you and your families the best of luck in your new home and encour-

age you to take advantage of your new MFRC.

I'd like to say thank you and farewell to the following Board of Directors members: Derek and Lenore Curtis, Claudine Collins, and Cynthia Irvine. Your contributions to our military community are greatly appreciated.

Thank you and farewell to LCol Tammy Harris and CWO Brian Neal

whose support of our MFRC started with them sitting as ex-officio members on our Board of Directors and literally took off from there. You have championed our challenges and highlighted our successes to the highest levels and for that we thank you so much. Have a good tour Ma'am and stay safe. Best of luck to you in Greenwood Chief.

Have a great safe summer everyone.

Once again the Posting Season is upon us and like many other members of 9 Wing and CFB Gander we too will be leaving this summer on our way to 14 Wing Greenwood. It seems like yesterday that my wife Joyce and I arrived in Gander and I assumed the position as your Wing Chief Warrant Officer. Since then we have clearly had our share of interesting times. However, through out all of these challenges, I always remained confident that your dedication, professional abilities, hard work and team efforts would prevail and that we would be successful in accomplishing the task at hand. I was correct. Well done to all of you.

I have truly enjoyed my stay in Gander and have been honoured to have represented you all as your Wing Chief Warrant Officer. I would like to personally thank each of you for your outstanding support you afforded me and ask that you continue the same for CWO Eli Rowsell, who will be my replacement. I am extremely proud of all of you and our Military Families. You are the best. Joyce and I will cherish the great memories we have from Gander forever. I wish each of you and your families all the best in your future endeavours. I know you will have exciting time ahead in Gander. Enjoy them. Take care.

CWO Brian Neal
9 Wing CWO



GMFRC bids Farewell to Volunteers

As another summer approaches we know that posting season will soon be upon us and with the posting season comes heavy hearts at the Centre. We know that we will soon have to say goodbye to the many families who have utilized our programs and services over the years. We will also bid farewell to those who have become very valuable members of our team and they are our volunteers.

Our volunteers are special people and having worked side by side for several years with these folks, you form special bonds. You learn about each other, your likes, your dislikes, where you are from, where you would like to go, you share experiences and learn about families... you become friends! And as we all know it is very hard to say goodbye to friends. Our volunteers have become our friends and as with all good friends they will be missed. We will miss working together, laughing together and learning together.

I'd like to thank each of you for all that you have done to improve the quality of life for your community. For every act of kindness you have shown, there has been a ripple effect, some visibly seen some not so visible but please take with you the comfort in knowing that you have had an impact; that you have made a difference.

On behalf of Peggy, Danielle, Lori, Caroleann, Wanda, Nancy and myself we want to wish you all the best with your new posting. We want you to know that we will miss you and your children and will speak of you often. Should your military lifestyles ever bring you back our way we will be waiting here to welcome you.

Good Luck & God Bless
Colleen

Summer Camp

PHILOSOPHY

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

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.



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.)

Hours of Operation

The Summer camp runs from 7:45 - 4:30 Monday to Friday, starting the 29th of June until August 28th, with the exceptions of statutory holidays.

Registration Fees

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

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.



Crafts Health Policies

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).



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.



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.



- 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.

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.

- 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.

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.

At the MFRC this Summer

CHANGES IN CHILDCARE THIS SUMMER

Children's Programs will end the 19th of June 09. However, we will provide childcare during the summer months as follows:

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

Wednesday – Coffee at Cobb's Pond (Friends & Company/Coffee Downtown) 9:30 – 11:30 am

Summer Camp starts June 29 and runs until August 28.

SUMMER CAMP

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 speakers 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 just one day. The choice is yours. For more info please call Nancy 256-3561

"SPRING INTO SUMMER" FAMILY WALK

Nancy and Colleen have paired up to bring us a Family Walk at Cobb's Pond Rotary Park followed by a BBQ of hot dogs and light snacks.

When: Sunday, 7 June

Time: 2 – 4 pm

Registration is required by calling Lori at 256-2971 or Colleen at 256-3616. We hope you are able to join us.

Please remember this is a weather dependent event.

FLEA MARKET

With the nice weather finally here, I'm sure for many of us our thoughts have turned to "spring cleaning" and if you are being posted this year, then just plain gutting and cleaning are on your mind. Let the GMFRC help you with your home clean-up project. We are holding our annual "Flea Market" on **Saturday, May 30, from 9:00 – 11:00 am** and we have tables available for rent at a cost of **\$5 per table for military and civilian families associated with the Wing.** Tables are available to our downtown friends at a cost of \$10 per table.



Our flea market will be held again at the **Fraser Road United Church Hall**. You may be wondering how on earth can I get ready for a flea market? Well, we have made it as easy for you as possible! On Friday evening, we will have access to the building and we will have all tables set up and ready to go. Those of you with tables will be able to come with your wares and have everything set up and priced before the doors open on Saturday morning. And in addition, the GMFRC will handle all advertising on

Base and downtown. It doesn't get any easier than that!

You might also be thinking, well if I can't sell this stuff, I don't want to bring it back home. We have a solution for that too! The folks from the Anglican Church will be stopping by to pick up any and all items we don't sell and they will hold those items for their own flea market.

There will be a \$1 admission fee at the door on Saturday morning with all proceeds being used for GMFRC programs.

If you would like to reserve a table for the GMFRC Flea Market, give us a call at 256-2971 no later than Wednesday, May 27. If you have any questions or require additional information, please call Colleen at 256-3616.

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?

Each Wednesday morning starting at 10:00 am on 8 July and running until 26 August. Moms and the little ones will meet at Cobb's Pond for outside activities.

There is a playground, picnic tables, a sandbox and a boardwalk, which encompasses the pond. **Please bring along your own coffee. The rainy day alternative is McDonalds.**



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" feel free to contact Colleen at 256-3616.

ALL ARE WELCOME!

Deployment Support

CORNER BROOK SATELLITE OFFICE ACTIVITIES

PASADENA ARMY CADETS LOOKING OUT FOR SOLDIERS IN AFGHANISTAN:

The Pasadena Army Cadets under the guidance of parent volunteer Patricia Wicks wanted to show their support for deployed soldiers in Afghanistan by sending care packages over seas for Canada Day.

The corps reached out to the community for donations and was very pleased by the generosity of business and community groups in the area.

Some of the donations were provided by Pasadena Legionnaires, Pasadena Lions Club, Sobey's, Dominion, Cadbury, Dare, Kraft, Heinz, Hershey and Maple Leaf.

Many of the cadets came up with their own unique ideas for the packages, including; Canada Day dream catchers and a 'rock from the rock' courtesy of Meyers Minerals in Pasadena. Of course packages also included cards of appreciation, a very special group photo and of course....a Tim Card; an excellent effort by Pasadena Army Cadets.

RED FRIDAY MEMORIAL WALK / CORNER BROOK

On Saturday June 6th at 12:00 pm we will once again host a Red Friday Memorial Walk. It's an opportunity to show our gratitude to those who risk their lives fighting for sovereignty and freedom of all people



around the world.

Participants can meet at the Gallipoli Armoury Building on O'Connell Drive to register. We will start at the armoury, walk down O'Connell Drive as far as Citadel Drive, proceed to Wellington, up Mount Bernard and back to our starting point. Donations received will be in aid of our programs for deployed members and their families. We will finish off the day with refreshments and a BBQ. **DON'T FORGET TO WEAR SOMETHING RED!**

ACTIVITIES AROUND CORNER BROOK

Looking for a great way to relieve some stress? Check out these Tried and True Remedies:

OUTDOOR YOGA

Join Tina Coleman 4 Wednesdays in June 12:00-12:50 for some hatha yoga in a peaceful outdoor environment. Pay as you go with donations of your choice. All proceeds go towards the purchase of a blanket warmer for the Corner Brook chemo unit. Check the local paper for details.



COMBATT FITNESS

Has your fitness routine become stale? Or maybe non existent? Join MCpl Byron Bussey and jumpstart your way back into a fitness program with some good old fashioned boot camp training. A sense of humour essential....not for the faint of heart. New classes starting every month. Call 634-2066



HANDS ON HEALING TECHNIQUES/BRENNAN HEALING SCIENCE

Tessa May specializes in the Brennan Science of Healing. Healing touch helps relieve anxiety, depression and speeds up the physical healing process of the body. Tessa works from her home or yours. Call for a private consultation at 634-1652.



Deployment Support

Support Our Troops!

Red Friday Walk
Friday, May 29th, 2009
10:30 am
Starting at Gander Academy
Join us to show your support!!!!

Deployment Support Annual BBQ

Thursday, June 11th
5:00 – 7:00 pm
Royal Canadian Legion
To Register call 256-2971

Cadets in Central and Western Newfoundland get together to show their support for our Deployed Newfoundland CF Members!



2008 Red Friday Walk

The Army Cadets in Pasadena, Newfoundland along with the Sea Cadets and Air Cadets of Gander Newfoundland join together to show their support to our deployed Newfoundlanders in the Canadian Forces. These organizations with the help of their leaders and communities will be providing items to go in Canada Day Packages to be sent as a morale booster by the Gander Military Family Resource Centre. It is a great effort of support from the young generation of the three elements of this great organization.

Upcoming Support Groups and Outreach in Central Newfoundland!

- Tuesday, May 12th Grand Falls-Windsor, Murph's Café @ 7:00 pm
- Wednesday, May 13th Gander, MFRC @ 7:00 pm
- Friday, May 22nd Wesleyville, Memorial Academy – Info Session @ 10:00 am
- Tuesday, June 2nd Harbour Breton, Southern Port Hotel @ 7:00 pm
- Wednesday, June 3rd St. Alban's
- Thursday, June 4th Support Our Troops BBQ Fundraiser Grand Falls-Windsor 11:30 am
- Tuesday, June 9th Gander, MFRC @ 7:00 pm
- Thursday, June 25th South Brook-Halls Bay/Triton
- Friday, June 26th Springdale/Baie Verte
- Thursday, July 2nd Grand Falls-Windsor, Murph's Café @ 7:00 pm
- Wednesday, July 8th Mall Outreach Lewisporte Mall, 9:30am – 3:30 pm
- Thursday, July 9th Gander, MFRC @ 7:00 pm
- Tuesday, July 21st, Outreach – Eastporte, Hare Bay & Wesleyville
- Friday, July 24th & Saturday, July 25th, Outreach – Twillingate Fish, Fun & Folk Festival – Twillingate Stadium
- Thursday, August 6th Grand Falls-Windsor, Murph's Café @ 7:00 pm
- Thursday, August 13th Gander, MFRC @ 7:00 pm

If you have any questions about these events, feel free to contact Caroleann MacWhirter, Deployment Support Coordinator @ (709) 256-3590 or caroleann.macwhirter@forces.gc.ca.

Coping with concerns about the H1N1 Influenza A virus and pandemics: Information for Canadians

Disasters and infectious diseases, like any life stressor, challenge the way we cope. Whether we learn about them on television or experience them personally, we can feel upset, fearful and anxious as a result, both for our own personal safety and that of our family, friends and community. Stressful events can also bring up feelings and memories of previous traumatic events thereby compounding the distress that we feel.

The H1N1 Influenza A virus (human swine flu) is one such infectious illness that currently poses some risk to public health and challenges all of us to cope with this risk. It is important to remember that it is normal to be emotionally affected by events like disasters and wide-spread illness, and that there are steps to help us cope.

The information that follows is intended to help people cope psychologically in the face of health risks like H1N1 flu virus. It does not convey important information that you should know about how the virus is contracted, its signs and symptoms, how to decrease your risk of contracting the virus and how the virus is treated. **You are well advised to obtain this important and up to date information about the H1N1 Flu Virus by visiting the Public Health Agency of Canada (PHAC) website at www.phac-aspc.gc.ca/alert-alerte/swine_200909-eng.php.**

Who is vulnerable?

Certain factors may put people at greater risk for contracting an illness. For the H1N1 flu virus, travel to Mexico was one such risk factor because that is where the first human cases were reported. Other risk factors for contracting viruses like H1N1 are being an infant or elderly person, having pre-existing health problems, and/or living in poor economic or social conditions.

Many more people are affected psychologically by the risk posed by an illness such as H1N1 flu virus than will actually develop the illness. People who tend to worry – particularly about their health, or

who have experienced a previous or recent traumatic event, who live alone or have a few social supports are more likely to experience psychological distress when faced with a stressor such as the recent concerns about the spread of the H1N1 flu virus.

Assessing and Coping with Risk

Staying informed and consulting experts can help you to most accurately assess your personal risk of getting physically sick. Consult expert sources such as infectious disease practitioners, family physicians or nurse practitioners, public health hotlines, or government websites (such as Health Canada, Public Health Agency of Canada, and the World Health Organization) for information.



Follow the health and safety guidelines of such agencies as the Public Health Agency of Canada and Health Canada to minimize your risk of contracting the virus. In the case of infectious disease, it is important to protect against infection by cleaning one's hands. Proper hand washing involves:

- Cleaning one's hands regularly.
- Washing one's hands with soap and water, and drying them thoroughly.
- Using alcohol-based hand-rubs when immediately access to soap and water is not available.
- Proper hand washing takes about as long as singing "Happy Birthday" twice, which is a helpful guide in getting children to properly wash their hands – see the WHO website for images on proper hand-washing techniques.

Remember that the media reports things that go wrong or exceptional events more often than things that go right or common events. We hear about and pay more attention to the few people who might have been made very sick or even died from an illness that we do about the many more people who successfully recovered from an illness.

Things to keep in mind about stress

It is important to remember that:

- People are strong and resilient.
- Everyone faces stressors in their lifetimes and generally have the skills they need to cope.
- Reassuring others and receiving reassurance about the safety and the steps being taken to protect people's safety are very important to coping well.
- Not everyone reacts to the same event in the same way and not everyone shows their distress in the same way.
- The ways in which children and communities cope and react to a stressor are very influenced by how parents, caregivers and community leaders cope and react.

*Article taken from the Canadian Psychological Association and submitted by:
Betty Moulton*

Important

Second Language Training

The Gander MFRC will be offering French Second Language Training starting early September 2009.

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 Mondays / Wednesdays or 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 256-3599.
- Deadline for registration August 28, 2009.

Employment Services

The Employment Assistance Program recognises the challenges facing military spouses upon relocation, and/or work re-entry. In attempt to alleviate these challenges the Gander MFRC Employment Program offers many services.

- Resume and Cover Letter one on one
- Resume and Cover Letter Workshops
- Skills Identification
- Labour Trends
- Interview Preparation
- Resource Library
- HRDC Advocacy
- Job Bank
- Continuing Education
- And much more.

Call the Employment Coordinator to make an appointment at 256-3599

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



News from 9 Wing

5 CRPG Conducts First Ever JCR Provincial Air Rifle Marksmanship Competition.

By: Lt G. J. (Junior) Roberts, UIO/Webmaster.

Click. Another sharp click, and then a continuous barrage of clicks as pellets hit their intended targets. The first ever JCR Provincial Air Rifle Marksmanship Competition had begun. The competition was being conducted at 5 Wing Goose Bay and participants had travelled from all 13 Newfoundland and Labrador JCR patrols. They were excited and eager to spend the next two days in a competition that would demonstrate their skills and qualify two patrols to attend the National competition to be held in May.



Rangers Port Hope Simpson



Rangers Labrador Straits

The next two days would prove to be very busy times as the JCRs would participate in team and individual competitions in the prone, kneeling, setting and standing positions. To foster a more fun environment they would shoot a variety of targets including the Biathlon Box, Shatter blast and Shoot-N-C. When not busy on the range, JCRs were whisked off and treated to tours of 444 Search and Rescue Squadron, the Military Museum and were encouraged to participate in activities on the rock wall.

They gathered at the end of the competition, anxious and hopeful as the awards ceremony was about to begin. The moment of truth had arrived as the announcements were made. Individual awards were presented to: Dillon Layden, Labrador Straits Patrol – third place; Derek O'Brien, Labrador Straits Patrol – second place; and, top shot for the competition was awarded to Brett Clarke of the Port Hope Simpson Patrol.

Team awards presented were: third place awarded to Port Hope Simpson Patrol; second place awarded to Labrador Straits Patrol; and, top honours to 5 CRPG newest patrol, Mary's Harbour. The statistics showed that the participants in the National competition will be first and last patrols established by 5 CRPG - Mary's Harbour, 2008 and Labrador Straits, 2000.



Rangers Mary's Harbour

Congratulations to all participants and a special "Well Done" to those individuals and teams who excelled at the competition. We look forward to your performance, and wish you the most success in the upcoming National competition at 5 Wing Goose Bay in May.

News from 9 Wing

Barbecue Safety Barbecue season is now upon us and I thought it might be prudent to re-enforce what we all should know when it comes to barbecue safety. Below you will find some helpful hints to help make your barbecuing season more enjoyable.

- If you have purchased a new barbecue, be sure that it has been assembled according to the manufacturer's instructions.
- Read and understand the owner's manual.
- The barbecue is designed for outdoor use only. Tanks for propane barbecues should be stored and used outdoors at all times.
- Allow ample clearance between buildings and the barbecue when in use (min 3 meters).
- When not in use turn the control knob to the off position and always turn propane tank valve off.
- The lid should always be opened when lighting the barbecue.
- Unless you want to become a member of the space program, should the burner go out during cooking operations, turn off all valves open the lid if closed and wait 5 minutes before attempting to relight the barbecue.
- Should a grease fire occur, leave the lid open and turn off the burners if it is safe to do so. If not turn off at the quick connect or the tank valve.
- You should check for gas leaks every time you remove and install the tank. Use the owner's manual for the correct procedures.
- Do not leave food unattended on the barbecue.
- To prevent burns, always use the proper tools and oven mitts when barbecuing. Avoid wearing loose sleeves or clothing which can catch fire easily.
- You should clean your barbecue thoroughly annually.
- Purchase a barbecue with a CGA symbol of approval.

Hopefully you will find these tips useful for a safe and happy summer of barbecuing. If you have any questions regarding this or any other fire safety matter please contact myself or Sgt Cantwell at the Wing Fire Dept.

Yours in Fire Safety

Fudge W. P
Cpl
Wing Fire Inspector
Loc 1447



9 Wing Fitness & Recreation Centre

Summer 2009

Golf Passes
Mountain Bikes
Canoes
Kayaks
Ball Diamond
Outdoor Volleyball
Swimming Pool

For more Information please contact
9 Wing Gander Fitness & Recreation Centre
Ph 709-256-1703 Ext.1466

Activities available for Regular Members at 9 Wing Gander Fitness & Recreation Centre

- Fitness:** Cardio Equipment,
Strength Training Machines,
Free Weights
Spinning Bikes
Fitness Classes
- Sports:** Floor Hockey
Squash Court
Tennis Court
Gym Floor
- Recreation:** Aquatics Programs
Equipment and Facility Rentals
Scuba Club
Softball (with team downtown)
Soccer (with team downtown)



News from 9 Wing



EDUCATION BURSARY

As part of Wing Fund's continued support to Wing members and their families a \$500 Education Bursary was established last year, with two recipients; Sharon Vivian and Timothy Mackenzie, receiving \$250 each. The bursary is available again this year and is open to all Wing Team members (CF Reg, Res, DND, NPF and MFRC personnel, spouses and dependants) to support College, University, Trade or technical courses recertification or upgrading of existing certification. More details on the Education bursary and the application form are available on the Wing Home page or from the GMFRC or PSP. Please note the deadline for applications is 1 Aug 09.

GREETINGS FROM 1 DENTAL UNIT DETACHMENT GANDER!

There will be new faces at the helm of 1 Dent Det Gander this summer. Capt Belcastro will be replacing Capt McLean as the Dental Detachment Commander. He is posted in from Fort Bragg, USA having just completed speciality training in Advanced General Dentistry. Sgt Gulliford will be replacing Sgt Savery as the Dental Clinic Coordinator and is being posted in from Comox. Both have eagerly accepted the posting to 9 Wing Gander and are looking forward to serving you in the future.

On behalf of Capt McLean and me, it has been a pleasure meeting and serving all members of 9 Wing Gander and CFS St John's.

For new personnel posted in, please note the following:

Hours of Operation:

Dental Clinic is from 0800 to 1600 Monday to Friday.
Sick parade is from 0800 to 0830 Monday – Friday.
Please feel free to call at anytime if you are having a problem or concern.
You can reach us at local 1494 or 1268.

We provide emergency service 24 hours a day, 7 days a week.

If you have an after hours emergency, please contact the Commissionaire at 256-1703 local 1107 and they will contact the duty Dental Technician.

As we are also responsible for the treatment of patients at CFS St John's, we typically travel to St. John's on TD eight to ten times a year. Therefore, if you require emergency care during this time please call us in St John's at CSN 568-4792. For after hours care, contact the Gander Commissionaire who will contact us in St John's.

Patient's seeking treatment at civilian clinics without prior authorization will be responsible for payment of any services rendered.

While on Annual leave.

Follow the instructions on the bottom of the CF 100.

Again, welcome to all new members of 9 Wing Gander, we hope to see you soon.

Remember to Brush and Floss at least twice a day !!!

Sgt Savery
Dental Clinic Coordinator



You Should Know!

Marine Atlantic to honour Canadian Forces with discounted travel

St. John's - Marine Atlantic will honour Canada's Canadian Forces personnel, veterans and their families with a special appreciation fare from May 1 to October 31, 2009.

The **Canadian Forces Appreciation Fare 2009** will provide Canadian Forces members and veterans with a complimentary passenger fare on the Port aux Basques/North Sydney ferry route. Up to three companions travelling in the same vehicle and on the same reservation will also receive a complimentary passenger fare.

"I am truly pleased that Marine Atlantic has chosen to honour Canadian Forces members and their families with these special fares," said Rob Merrifield, Minister of State for Transport. "I hope they and their fellow Canadians will take advantage of all Marine Atlantic has to offer this summer."

"Marine Atlantic is an important link to families and loved ones for Canada's men and women in uniform from eastern Canada," said Peter MacKay, Minister of National Defence.

"The Canadian Forces' history is steeped with stories of courage and bravery from Atlantic Canadians. I am proud that Marine Atlantic and this government are recognizing and celebrating this historic past," added Minister of Veterans Affairs Greg Thompson.

"The members and families of our Canadian Forces, both past and present, represent an integral part of who we are as Canadians and therefore we would like to thank them for their service through this promotion," said Wayne Follett, President and CEO of Marine Atlantic. "We look forward to our Canadian Forces and our veterans taking advantage of this appreciation fare."

Additionally, members of the Canadian Forces will receive a 50% discount on their passenger fare when travelling on the Argientia/North Sydney ferry service. Up to three companions travelling in the same vehicle and on the same reservation will also receive a 50% discount on their passenger fare when travelling on the Argientia/North Sydney ferry service. Normal fares will apply to the vehicle itself.

For a return booking consisting of four adults in a passenger vehicle booked under the *Canadian Forces Appreciation Fare 2009* on the Port aux Basques/North Sydney ferry route, this represents a savings of \$230.00. Likewise, for a similar booking on the Argientia/North Sydney ferry route; this represents a savings of \$322.00.

This promotion will provide individuals with a wide range of opportunities to travel to and from the Province of Newfoundland and Labrador. Some restrictions will apply to the *Canadian Forces Appreciation Fare 2009*. To reserve under this *Canadian Forces Appreciation Fare 2009* beginning on Monday, April 27, please call 1-800-341-7981. We apologize this fare is not available through online booking. The *Canadian Forces Appreciation Fare 2009* is available on new and existing reservations. Members of the military may avail of this opportunity anytime during the promotional period. To avail of this fare, members and veterans must present required identification or documentation.



Hiking and Walking the Kittiwake Coast

Ken Diamond Memorial Park in Glovertown

3.5 km trail from Penney's Brook Road to Noah's Peak for a panoramic view of the town. Four bridges along the way, including one covered. Rest stops.

Old Trails in Eastport Peninsula

For the serious hiker and pleasure walker alike, the old Historic Trails stretching over the hills from Salvage to Sandy Cove will provide one of the most memorable experiences of your visit. This 9 km corridor of trails – some of which are, in fact, centuries old – has traditionally linked generations of families in the coves and the harbours of the peninsula. These trails offer great vistas of the headlands, coves and the harbours and islands...all the way to Cape Bonavista and Cabot Island on a clear day!

Centreville – Wareham – Trinity Hiking Trail

Hike beautiful Trinity Bonavista Bay. Water falls, spectacular ocean views, berry picking, and swimming holes.

Indian Bay Hiking Trail

Walk, bike or ATV 7 km of trail along the beautiful Indian Bay River. Fishing, wildlife viewing, boating and kayaking.

Carmenville Wetlands Walking Trails

Over 8 km of walking trails with excellent opportunities for Canada Geese, ducks, terns and loon sightings. Outhouses, rest stops, and gazebos along the way.

Lewisporte Train Park and Hiking Trail

Walk the scenic trail along the scenic Bottom Brook.

Woolfrey's Pond trail

Scenic, wheelchair accessible, boardwalk with lookout and beach.

Twillingate Trails.

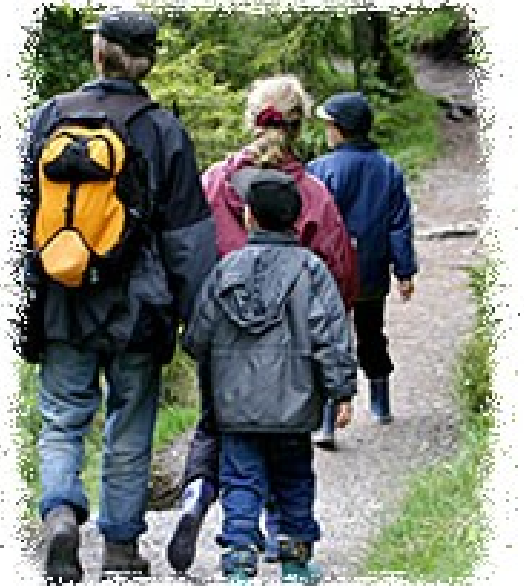
Over a dozen trails ranging from leisurely strolls to serious hikes.

Cobb's Pond Rotary Park

3.6 km boardwalk surrounding pond and kids' playground.

Terra Nova National Park

Over 50 kms of hiking trails including back-country camping and canoe routes.



Alliance

The Views and opinions expressed herein are those of contributors and do not necessarily reflect the views of the Department of National Defence, the Wing Commander, or the GMFRC Executive Director. The Editor reserves the right to edit copy to suit the aims of this publication as directed by the GMFRC Executive Director.

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