



**As** I sit in the airport waiting for my flight to Gander I can hear Gwen's voice in my head telling me this is a good time to write my article for this issue. So here it goes. For those who didn't know I have spent the last two weeks on a Security Studies Seminar at the Canadian Forces College in Toronto. The Seminar brought almost ninety people together to discuss national and international security issues and the role Canada plays both domestically and abroad. Seminar participants were Canadian military, foreign military, CIDA (Canadian International Development Agency), Public Safety, RCMP, Toronto Police, Toronto Firefighters, EMO, Foreign Affairs, the American State Department plus a variety of personnel from private industry. One of the goals of the seminar was to discuss the "Whole of Government Approach" and how this concept can be developed to produce an exit strategy in areas like Afghanistan and other security challenged environments. Now, one may ask, "why am I telling you about this seminar?" The answer is simple, as members of the Defence Team (military, civilian, family and friends) it is important that you become familiar with this concept, understand the intent and how it applies to the Department of National Defence, the Canadian Forces, 9 Wing and you. To help understand the whole of government approach you can relate it to the three block war concept of defence, development and diplomacy working together simultaneously to accomplish the mission. I encourage you to do some research on your own and I recommend that if you have not done so to read the new "Canada First Defence Strategy" released by the Prime Minister in mid-May.

I would be remiss if I did not end by wishing all of you who are leaving to begin new adventures this APS, safe travels and thanks for all your hard work and dedication to the 9 Wing mission and family and for those joining us this summer "**Welcome to 9 Wing**", I look forward to meeting each and everyone of you.

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



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# GMFRC

## THE PURPOSE:

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

## BOARD MEMBERSHIP:

Chairperson - Donna Smit  
Treasurer/Vice Chair - Linda Maxwell  
Secretary - Kathy Harper

## MEMBERS:

- Theresa Traverse
- Shari Reiser
- Soraya Sheppard
- Cynthia Irvine
- Lori Isenor
- Veronique Tessier
- Derek Curtis
- Lenore Curtis
- Claudine Collins
- Mark Brewer

## EX-OFFICIO:

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

## GMFRC STAFF:

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

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



# Farewell

It is hard to believe that it's posting time and the Timbury's five years in Gander are up. One would think after numerous postings, saying goodbye would become easier. It is not. The GMFRC was so welcoming to my family and me from our first visit on our HHT.



As I look back on my 5 years at the GMFRC, I have many great memories. Everything from field trips to the base pool, bus trips to Twillingate or welcoming a new little one in to my Children's room.

It has been a truly enjoyable experience working with such a wonderful and dedicated staff at the GMFRC. These ladies go above and beyond their work description. Everyone of them have helped me in my Children's room, whether it be an extra set of hands for summer camp, reading a story or helping with a craft. They are there and I thank you.

Peggy, Betty, Colleen, Danielle, Caroleann, Deanne, and Tracy, you are such an amazing group to work with I will miss you all very much!

Pamela Timbury, Child/Youth/Emergency Coordinator

The time has come for this military family to move on once again. I have enjoyed my time here in Gander more than I can put into words. We moved here as a childless couple and are leaving with a beautiful, independent two year old daughter. My employment with the Gander MFRC has given me more pleasure and room for growth both professionally and personally than I could have ever expected from a job. The saddest part about leaving Gander is leaving this MFRC. Gander is by far the best one I have ever seen (not just because I worked there either!!). Thanks to Peggy Blake and all of my co-workers at the Centre for all of your support, laughs and encouragement. I will miss you all very much. Good luck to my replacement, I hope you enjoy the job as much as I did.



Tracy Peckford, Accounting/Office Manager

It's so hard to believe that the time has come for moving on. The past three years for me here at the Family Resource Centre have been so wonderful and memorable. We are so excited about our move but will certainly miss everyone.



My position here as Assistant Child/Youth Coordinator has given me such pleasure in my work and has enabled me to meet so many great friends. I can't express enough how wonderful the staff has been to work with and the great support that is provided.

I will truly miss all of the great friends that I have made and to Peggy, Pam, Betty, Colleen, Caroleann, Danielle, Tracy, I Wish you nothing but the best in the future and Thank You so much for everything you did for me.

Deanne Short, Asst. Child/Youth Coordinator

# From the Executive Director's desk

PEGGY BLAKE LOC. 1274

## Sincere Thanks and Best Wishes

**Peggy Blake**  
**Executive Director**

Although we are all looking forward to the summer months ahead, we also know that it is posting season, which means saying good-bye to staff, Board members, volunteers and members of our 9 Wing military community.

Several of our Board of Directors will be leaving us shortly, as they move on to their next posting. Good-bye and thank you so much to Soraya Sheppard, Theresa Traverse, and Shari Reiser. Your contributions to our organization through the Board of Directors are very much appreciated. We wish you and your families all the best in your next posting.

To our volunteers I say thank you so much for all you do for the Centre. All the different things you do for us are too many to list here, but rest assured that we have appreciated every single one of them. Please accept our sincere thanks and best wishes for the future.

Our staff will look different after this APS as we say good-bye to three of our co-workers: Pamela Timbury, our Child/Youth/Emergency Child Care Coordinator; Deanne Short, our Child/Youth Coordinator's Assistant, and Tracy Peckford, our Office Manager/Bookkeeper. Thank you so much to all of you for the dedication, professionalism, and laughter you have brought to the GMFRC. I wish each one of you the very best in your next posting. If you ever need us, you know where we are.



Finally, to all of our military community who are leaving us this year: we trust you are leaving Gander with great memories, and have made some good friends. We wish you all the best in your next posting, and encourage you to visit the MFRC there. They will help you make your transition to your new home go very smoothly.

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

### **Participant/Program Cancellations**

Please remember that when you register for programs and events at the GMFRC, plans are made, facilitators booked, food is purchased, and scheduling done to accommodate your participation. Having said that, we find that participants are not taking into account the time, commitment, and finances it takes to put these programs into place, not only on the part of the organization, but also of our facilitators and volunteers. In addition, we have often turned people away because we can only accommodate limited numbers; so if you decide to not participate at the last minute, someone else may be losing out as well. Full programs have been cancelled due to participant's last minute cancellations. Please keep these things in mind when registering for your next program or event. Thank you.

If you have questions, comments, or concerns, please contact Peggy at loc. 1274.

# Prevention & Intervention

BETTY MOULTON LOC. 1146

## 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 9:00 p.m.

weeknights and 11:00 p.m. 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 teen 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 and obvious distaste for a friend, the teen may cling more tightly to that friendship.



If you know, however, that a friend is pressuring your teen to drink, take drugs, steal or 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 only be your last ditch approach. Save this only for situations where you feel your teen is in definite danger. Don't dilute this friend

veto-power with over use.

Remember that teens have mixed feelings about limits that mirror their developmental position between childhood and adulthood. While they balk at limits, argue with 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.



## ASIST (Applied Suicide Intervention Skills Training)

**Date: 22 May 2008**

**Time: 1330-1500 hrs**

**Location: GMFRC**

**Presenters: Betty Moulton and Paul Cunningham**

The GMFRC and Health Promotions office will be offering a general suicide intervention session to the entire CF community on 22 May 2008. The information presented in this session is based on a two day internationally recognized Suicide Intervention program called ASIST (Applied Suicide Intervention Skills Training). The intention of this information session to help people recognize indicators of suicide risk and be comfortable in linking them to a health care worker who can provide required services. This information session is not intended to replace the two day ASIST workshop and if participants of this session are interested in taking the two day ASIST workshop it can be offered at the Wing this fall.

To register for this information session, please call the GMFRC at 256-1703, ext 1206. Any inquiries regarding this subject matter can be directed to Betty Moulton, GMFRC Social Worker, ext 1146 or Paul Cunningham, Health Promotions Director, CSN 568-4750.

# Prevention & Intervention

BETTY MOULTON LOC. 1146

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

The Social Work program at the Gander Military Family Resource Centre is designed to assist individuals, couples, families, children/youth work through difficult times and challenges.

The GMFRC Social Worker can provide you with any of the following services:

### Short Term Counselling

Short-term counselling sessions is available free of charge to the client population noted above. Please contact the Social Workers office by phone or in person to request a meeting. If you would prefer to meet with the social worker off base an appointment can be set up to accommodate same. Home visits can also be scheduled if you would prefer that I meet with you in your own home.

Common issues of practice include: family relationship problems, marital breakdown, anxiety/depression, grief/loss, health/wellness, stress (personal, financial), personal development, trauma, parenting, loneliness and managing deployment.

Additional areas of practice include: crisis intervention, assessment for emergency respite care, consultation, resource advocacy and mediation.

### Referral to Specialized Resources

Referral services are available to any individual, couple or family who require additional or specialized services within the military and civilian communities. Referrals are generally

recommended for the following areas: addictions assessments, legal services, financial counselling, Cara Transition House, medical services, Family Justice/Mediation services, support groups, psychiatry and psychology services.

### Workshop/Information Sessions

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

### Resource Library

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

### Confidentiality

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

If you wish to contact the GMFRC Social Worker about any personal matter or a workshop idea, please contact me at my direct line 256-1703, loc 1146. My office hours are from 8:30 – 4:30 Monday to Friday. I am currently in the process of developing a list of workshops/information sessions for the upcoming year and I would welcome any suggestion/s you may have.

Betty Moulton, BSW, RSW  
GMFRC Social Worker

## IMPORTANT PHONE NUMBERS



Ambulance .....	651-2111
Fire Department.....	256-1111
Alcoholics Anonymous.....	651-2001
Cara House.....	256-7707
Sexual Assault Line.....	1-800-726-2743
Victim Services Gander (collect calls accepted) ..	709-256-1028/1070
Gander Women's Centre.....	256-4395
CFMAP.....	1-800-268-7708
James Paton Hospital.....	651-2500
Kids Help Line .....	1-800-668-6868
Mental Health Crisis Line.....	1-888-737-4668
Military Police.....	256-1725
RCMP.....	256-6841
Poison Control.....	256-5552
Town Police.....	256-4065
Town of Gander Office.....	651-2930
Gamblers Anonymous.....	256-2813

# Farewell Volunteers

COLLEEN HISCOCK LOC. 1202

**A**s 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 many families who have utilized our programs and services over the years. We will also bid farewell to those folks who have become important members of our team, and they are our volunteers.

Our volunteers are very special people and having worked side by side for several years with people, 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 laugh and sometimes cry...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 sharing together.

This truly has been and continues to be a learning experience for me. As a civilian coming into the military world, I had no idea of the camaraderie, support and difficulties associated with the lifestyle. Oh sure, everyone thinks they have some idea of the difficulties you face, however, you have to be a part of it to really appreciate just how challenging it can be. Thank you for giving me insight into your lives by sharing your experiences with me. Thank you too 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, Betty, Pam, Dee, Tracy, Caroleann and myself we want to wish you all the luck in the world with your new posting. We want you to know that we will miss you and your children and will speak of you often.

I will also take this opportunity to bid farewell to three more very special people that we will lose. To Pam, Dee and Tracy I wish you and your families all the best in your upcoming postings. You will be missed on many levels and we will certainly miss the fun and laughter that we have shared. You know where we are if you need anything.

Good Luck & God Bless  
Colleen



# Quality of Life

COLLEEN HISCOCK LOC. 1202

## “Grand Night Out” Hail & Farewell Barbecue



Join the “Grand Night Out” Committee as they host their final function of the season. The long awaited Hail & Farewell Barbecue to be held at the All Ranks Mess on **Wednesday, 4 June. Time is 0600 for 0630.**

Drop by and relax as our steaks are cooked to perfection by our cooks. Enjoy the evening and the opportunity to say goodbye to our friends who will be leaving this APS. **The cost to attend this farewell function is \$12 per person. Meals are to be paid by the registration deadline.**

The menu will consist of striploin steak or chicken breast, potato salad, Caesar salad, rolls, mushrooms/onions, desserts, tea and coffee. We will have a door prize and will be selling tickets on a gift basket.

I would like to take this opportunity to thank the members of the committee for the time they give to our community. There are meetings, planning, organizing...all going on behind the scenes to bring us these monthly functions.

We will be losing two of our committee members this summer. We will be saying goodbye to Bernadine and Tracy. On behalf of the GMFRC and the folks who have attended our functions I extend a huge thank you for the commitment you have made to bring these social gatherings to our community. It has been my pleasure to have been given the opportunity to work along side you. You will be missed.

To Nancy, Katie, Lenore and Lori I look forward to working with you in the fall and meeting our new committee members. Thank you for your contributions to our community. Without the commitment of our volunteers, these functions would not be possible.

If you will be joining us on the 4<sup>th</sup> of June, please call the GMFRC at 256-1703 Ext 1206/1202. If you require additional information, please give me a call at 1202. **The deadline to register for the barbecue is Tuesday, May 27. Please indicate your choice of chicken or beef.** This function is open to all associated with 9 Wing. Please feel free to invite a civilian friend.

Colleen

## 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 24, 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. The GMFRC will also have a table of wares at the flea market, so if you have any items you might like to donate to assist us in our fundraising efforts, please give us a call and we can pick up them up.

If you would like to reserve a table for the GMFRC Flea Market, give us a call at 256-1703 ext 1206 no later than Wednesday, May 21. If you have any questions or require additional information, please call Colleen at ext 1202.

# Deployment Support

CAROLEANN MACWHIRTER LOC. 1148

## Upcoming Deployment Events

### Red Friday Memorial Walk

The Gander Military Family Resource Centre is inviting the community of Gander to show their support for our troops. On Saturday, May 31<sup>st</sup>, 2008, we will be hosting a local Red Fridays Memorial Day walk. This event was initiated by the Red Fridays Foundation of Canada, who will be hosting a huge event in both Trenton and Toronto, Ontario. It is with the support from our local communities that we will be able to make this a success nationally. To register, join us in front of the Gander Town Hall on Elizabeth Drive @ 12:30 pm; a donation of your choice will be accepted and in return you will receive a balloon and a yellow ribbon. Donations received will be in aid of our programs for deployed members and their families. Remember to wear something RED and unite in one common cause... Supporting our Troops!

Help us unite Canada in a celebration of the Canadian Forces members and their families. Share with Canada the gratitude we all share for those who have lost their lives in protecting our sovereignty and fighting for the freedom we all hold so dear. For more information you can log on the Red Fridays Foundation of Canada Website @ [www.redfridays.ca/may312008.php](http://www.redfridays.ca/may312008.php).

We are seeking the assistance of local politicians, local businesses, schools and church groups to help make this event a success. Come on Canada, let's make May 31<sup>st</sup> a day to remember for all Canadians. Let's set a record of the largest united celebration in demonstrating our support for our troops.

If you have any questions, feel free to contact Caroleann MacWhirter, Deployment Support Coordinator @ (709) 256-1703 LOC 1148.



### Annual Deployment BBQ

Thursday, June 12<sup>th</sup>  
5:00pm – 7:00pm  
Gander Military Family Resource Centre  
If you have been deployed during the past year, you are invited to the Annual Deployment BBQ at the MFRC. More details to follow!



The Provincial DRL Bus line and Air Labrador has agreed to do their part in helping us reach families of deployed Canadian Forces Members across the province. Recently in the seat pockets on all DRL coaches travelling Newfoundland and Air Labrador aircraft flying to all areas of Newfoundland and Labrador, there is an information sheet with the local contact information for each MFRC in Newfoundland and Labrador. Thanks DRL and Air Labrador for Supporting Our Troops and their families, with partnerships like these our programs have proven to be such a great success.



### Red Friday Car Wash

Friday, June 20<sup>th</sup>  
11:00am – 2:00pm  
Canadian Tire Gas Bar  
Airport Blvd.  
Wear red and get you car washed!  
Donations graciously accepted in aid of Deployment Support





# Deployment Support

PATTI GRIFFIN (709) 637-4591

## News from Western Newfoundland

Hello from the West Coast. I would like to take this opportunity to update you on the GMFRC's satellite office in Corner Brook. Thanks to the positive feedback from our families and the tireless campaigning of our fearless ED, our Corner Brook office is open full time.

To date, we have provided deployment outreach sessions to families in St. Anthony, Port Aux Choix, Port Saunders, Woody Point, Stephenville, Burgeo, Codroy Valley, Deer Lake, La Scie, Port Aux Basques and on occasion Southern Labrador.

We've visited schools and Girl Guide and Brownie Groups collecting morale mail, participated in Remembrance Day ceremonies and dropped the puck at local hockey games. Our banner hangs proudly in five arenas on the West Coast and our local papers continue to support our activities.

It's great to see families from all over the west coast taking advantage of our mail service. Of course, this wouldn't be possible without the support of many individuals.

Viking Express bus service has been loyally carrying our packages from St. Anthony to Corner Brook free of charge for military families and recently Martins bus Service and Gateway bus have also come on board extending the same service for families in Woody Point, Rocky Harbour and Port Aux Basques.

Reservists at the Corner Brook Gallipoli Armoury load and move packages across the island and 9 Wing Gander sends them off. Eventually the packages of Purity products and sardines, love letters and home photos

find their way into the hands of the intended; the Canadian Soldier, far from home on duty for Canada. To everyone who makes it possible, a sincere thanks.

Our email support system is up and running. It's a network of families linked by a common bond of support and pride. They are families of deployed soldiers from Central and Western Newfoundland. By taking advantage of the cyber world, families can literally find peer support at their finger tips.

Our latest activities have been a Legion Supper in Corner Brook and a Spring Luncheon sponsored by another loyal supporter; Academy Canada and its talented cooking class.

We are currently preparing to be part of a country wide Red Friday Memorial Walk on May 31<sup>st</sup>. It's a day when communities unite throughout Canada to show our gratitude and support for our Canadian troops.

Politicians, business leaders, families, church groups and all members of the community have been invited to attend. We hope to raise as much as we can to continue our work in supporting deployed members and their families.

We are excited to welcome back all of our members from HMCS Charlottetown and bid farewell to HMCS Iroquois and all members heading out for another mission away from home.

This rotation promises to be a busy one and I wish all families and members the very best. We're behind you.

## Three new postings for Corner Brook

The Corner Brook Gallipoli Armoury and MFRC would like to welcome three additions to the Corner Brook Staff.

Captain Robert Wheeler has accepted a new post as the Corner Brook representative for The Domestic Operations Unit. Captain Wheeler has been a member of the 2<sup>nd</sup> Battalion R NLR for 27 years. He recently returned from a tour in Afghanistan where he served as tactical operator team leader for the Provincial Reconstruction Team. In addition to his hard work and dedication in serving his country, Robert is determined to bring more baked goods into the Corner Brook Armoury, but reportedly is still waiting on the anticipated delivery of chocolate chip cookies.

Our second post will be filled with the arrival of Captain Forrest Thompson from Grand Falls Windsor, who has been with the Regiment for about 10 years. He also recently returned from Afghanistan where he served as Platoon Commander for force protection. His position in Corner Brook will be Ops officer.

Last but certainly not least is Warrant Officer Sheldon Roberts who is originally from 2 R NLR. He lived in Pasadena for several years and eventually transferred to Reg force and was posted to Gagetown with 2 RCR. He's expected to arrive in July and will be the Training Warrant Officer. To all our newly posted members, welcome! Be sure to drop by the Corner Brook office to say hello. However, sadly, there's no word yet on the chocolate chip cookies.

Patti Griffin  
Military Family Services Outreach  
Corner Brook

# Resume guide for Youth

DANIELLE ST-PIERRE LOC. 1147

Peter Smith  
16 Cormorant Blvd  
Gander, NL  
A1V 1A1  
(709) 256-9999

## Seven Essential Items that should be on your Resume

1. Who you are...

2. What Job you want...

3. How you would  
describe yourself...

4. What you have  
to offer...

5. Where you have  
worked...

6. Where you are  
studying...

7. Have you  
volunteered???

**Job Objective:** To find full-time, summer employment as a landscaper.

### Highlights of Qualifications:

- Dynamic leader and team player working well with all types of personalities.
- Able to complete tasks within a limited time.
- Two years of experience in handling lawn and garden chemicals.
- Experience handling cash and cheque transactions.
- Able to use a variety of landscaping equipment responsibly and safely.

### Relevant Skills and Experience:

#### General Labour:

- Operated gas-powered lawn mower and trimmer with great attention to safety.
- Hauled away trimmings and debris and always maintained clean tools.
- Loaded equipment from truck.
- Worked over forty hours a week and maintained great productivity.

#### Customer Service:

- Maintained good relationships with clients.
- Advised clients on proper use of gardening chemicals
- Helped company grow by asking clients for referrals.
- Called clients to verify that rain dates were convenient.
- Collected payments and issued receipts with accuracy.

### Work History:

2006-2007 Landscaper Grasshopper Inc. Gander, NL  
2005-2006 Landscaper Green Acres, Ltd. Greenwood, NS

### Education:

2008 High School Diploma Gander Collegiate Gander, NL  
2008 First Aid & CPR Certificate St. John's Ambulance

### Volunteer History:

2007 Groundskeeper GMFRC Gander, NL  
2006 Landscaper Shady Acres Greenwood, NS

**References available upon request.**

# Employment Assistance

DANIELLE ST-PIERRE LOC. 1147

## Seven Essential Items that should be on your Resume

- 1) **Who you are...** This includes your name, address, phone # and e-mail. You can't get the job if a potential employer can't find you.
- 2) **What job you want...** This is your **Job Objective**. It's your chance to tell an employer what type of job you want. Example: "A full time summer job in retail which could lead to part time position in the fall."
- 3) **How you would describe yourself...** This section is your **Highlights of Qualifications**. It's basically a "mini-advertisement". Mention your best 3-5 traits, accomplishments and skills that will interest an employer.
- 4) **What you have to offer...** This highlights your **Relevant Skills and Experience**. This is ideal for someone who does not have a lot of work experience. It divides your skills into categories. For each skill area, think of several accomplishments from your past work history (paid or unpaid). Describe each skill in a simple action statement that emphasizes the results.
- 5) **Where you have worked...** This is your basic **Work History**. List the jobs or co-op experience that you have held in chronological order (most recent positions go first).
- 6) **Where you are studying...** You get it, right?...This includes what grade you've completed, training courses, Example: CPR, First Aid or babysitting courses.8)
- 7) **Have you volunteered?** This lists any **Volunteer Experience** you may have. Volunteering is a great way to gain new skills that you can use on your resume. This section resembles your Work History section.

### Helpful Hints

1. Get someone to check for mistakes.
2. Be honest about your experiences.
3. Avoid rambling--use short, strong statements.
4. Try to limit your resume to one page, if possible.
5. Make sure your resume is in good quality--not folded, stained or dog-eared.
6. Ask for help if you need it...the **Employment Assistant Coordinator at the GMFRC is here just for that reason! Call Danielle at 1147 to make an appointment.**

## My Wife

### My Wife

*For watching me leave  
to deal with life on your own  
for the love you gave me  
the abundance of courage you've  
shown*

*For the warmth you sent me  
all the times you were there  
for the times I could do nothing  
but wish you were here*

*For living the life  
that not many can  
you proudly step up  
and say "That's my man"*

*For not taking credit  
where credit is due  
I proudly present  
all my medals to you*

*I may go overseas  
and wear a beret of blue  
but I couldn't be called a peace-  
keeper  
if it wasn't for you*

*On behalf of your country  
you give your life  
you are proud to be called  
a peacekeeper's wife.*

*Written by James Ryall for his  
wife Denice while deployed to  
TFEA Eritrea/Ethiopia  
2000/2001.*

# 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 run from 7:45 - 4:30 Monday to Friday, starting the 25th of June until August 31 th , 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

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.



## 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).



## 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.

## 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.

## 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.**

# Kids' Korner

PAMELA TIMBURY LOC. 1201

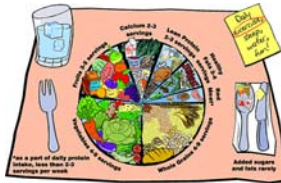


## Home Alone Safety Workshop

Join us on Thursday, **May 22 from 6:30 – 7:30** for an enlightening workshop. Children, ages 10 - and up, will have the opportunity to speak with and listen to the Military Police section 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 21.** Space is limited. This workshop is free. To register, call 256-1703 ext 1206/1201.

## Nutrition and Health/Active Living

Please join us for an informal presentation with Guest speaker Paul Cunningham (Health Promotion) **May 23, 2008 10:00-11:00**



## 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 Wednesday morning starting at 9:30 am on the 02 July and running until 27 August,** Mom's and the little ones' will meet at Cobb's Pond for outside activities. There is a playground, sandbox and a board-

walk, which encompasses the pond. **Please bring along your own coffee. The rainy day alternative is the Centre (Children's Room). Charges apply when program is at the centre.**

Please bring along any items you will need to make your outings more enjoyable. These items may include sweater, sunscreen, and 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 Pam/ or Colleen at 256-1703, Loc 1201/1202.

**ALL ARE WELCOME!**

## Changes in Childcare this summer

Children's Programs will end the 20th of June 08. However, we will provide childcare during the summer months as follows:

**Tuesday** – Casual/Respite Childcare: 9:00 – 11:30 pm

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

**Summer Camp starts June 30 and runs until August 29.**

## Watch for upcoming Programs and Events this Summer and Fall

Babysitting Course  
Home Alone Workshop  
Bike Rodeo  
Friends & Company

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

For more info please call Pam at ext 1201

## 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.



## Children's Room Schedule

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

**CF CONNECTING YOUTH**  
[www.connectingcfyouth.ca](http://www.connectingcfyouth.ca)

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

# News from 9 Wing

## CF Approves the Use of Gardasil Vaccine

In July 2006 Health Canada approved the use of Gardasil vaccine in females from 9 to 26 years of age inclusive. Gardasil is now available at public expense to CF women under the age of 27 who are entitled to ongoing Canadian Forces health care (from CF Health Services Clinics). Receipt of Gardasil is voluntary in the CF and females may decline Gardasil vaccine without employment, deployment or occupational repercussions. In order for CF females to receive Gardasil they will require an appointment with a Primary Care Provider (Doctor or Nurse Practitioner) who will conduct a health history review, a review of educational materials and provide a prescription for the vaccine.

HPV (Human Papilloma Virus) is a common virus that is sexually transmitted (there are more than 100 types of HPV) and affects both females and males. Most often, HPV does not cause any symptoms and goes away on its own. Because there are often no symptoms associated with HPV infections, it is often passed from one individual to another without either person knowing. It is estimated that approximately 75% of Canadians will have at least one HPV infection during their lifetime and young women between 15 and 29 are at highest risk.

What can you do to help prevent the spread of HPV infections? Having regular Pap tests, limiting the number of sexual partners, the regular use of condoms and now the use of Gardasil can all help prevent the spread of HPV infections.

How does Gardasil help prevent HPV infections? Gardasil helps protect against infection from four specific types (types 6, 11, 16, 18) of HPV (Human Papillomavirus). Research indicates 90% of genital warts are caused by HPV types 16 and 18 and 70% of cervical cancers caused by HPV types 16 and 18.

It is important to note Gardasil is not a treatment for HPV infection, will only protect against the four specific type of HPV infections and research indicates it is of greatest benefit if provide before the onset of sexual activity ("ideal" patient). With this said, previous sexual activity or previous HPV infections do not preclude a person from receiving the vaccine, but the benefit is less than the "ideal" patient.

Gardasil vaccine is given by injection in 3 separate doses at three separate times. The second dose is administered 2 months after the first dose and the third dose is at 6 months after the first dose. Currently it is unknown if a booster will be required in the future.



Research has shown the vaccine is safe and well tolerated. The usual side effects of Gardasil vaccine are short lived and include pain, swelling, itching and redness at the injection site. Gardasil is not recommended during pregnancy, but may be given to women who are breast-feeding. Known allergy to Baker's yeast is a contraindication to the vaccine and Gardasil should not be given to a person with a true allergy to Baker's yeast.

For those female CF members (under age 27 years) who are interested in more information &/or receiving the vaccine they should contact the Medical Appointments/CDU Clerk @ local 1205 to book an appointment with their Primary Care Provider (doctor).

Submitted by, PO2 Traverse T.A.,  
Snr Med Tech  
Local 1204

### Sources:

1. *Force Health Protection Standard #CDCP/2008/01: Immunization with Gardasil in the CF.*
2. *"What you should know about HPV and getting vaccinated with Gardasil"* by Merck Frosst.

## Healthy Promotion

The Health Promotion Office would like to wish everyone a safe and fun filled summer (hopefully with some nice weather) and let the Wing know about programs that will be offered this September to the Canadian Forces Community. Please keep in mind these programs are also offered to spouses and immediate family members of the Canadian Forces Community.

Our programs include, but are not limited to:

- **Weight Wellness**

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

- **Stress: Take Charge**

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

- **Managing Angry Moments**

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

- **Butt Out**

Are you ready to quit? If the answer is yes, contact us today.

- **ASIST (Suicide Intervention)**

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

- **Addictions**

This program addresses such topics as drugs, alcohol and gambling addictions.

- **Top Fuel For Performance**

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

If you are interested please contact us the next starting date.

Remember, the Health Promotion office is here to address the questions you have surrounding your health. So, if you would like more information on these programs or any other areas of concern please do not hesitate to contact us at the information below

Paul Cunningham, [cunningham.pj@forces.gc.ca](mailto:cunningham.pj@forces.gc.ca) local 1455 or (709) 570-4750 as well you can drop by the office located in the Rec Centre



# News from 9 Wing

## OPEN OUTDOOR FIRE, INCINERATOR & OUTDOOR FIREPLACE REGULATIONS

The regulations outlined below are strictly for use within the Municipal boundaries of Gander. Anybody living outside of Gander is subject to the Rules and Regulations of the Department of Forestry or the municipality in which they live.

### OPEN FIRES

A person who wishes to light an open fire is required to obtain a burning permit from Gander Fire Rescue. Permits can be obtained 7 days a week and cost nothing. Open fires shall be a minimum of 3m from any structure or combustible material, trees, brush, etc. A functional garden hose or other suitable extinguishing equipment shall be readily available. **NO OPEN FIRES ARE PERMITTED WHEN THE WEATHER INDEX IS HIGH OR EXTREME.**

### OUTDOOR FIREPLACES

A person may light a fire in an outdoor fireplace or incinerator **without obtaining a burning permit**. Outdoor fireplaces, incinerators or other similar devices shall be suitably screened to prevent the escape of sparks or other similar material and shall fully contain the fire within the appliance. Outdoor appliances shall only be used with the screens or spark arrestors in place. Outdoor fireplaces or incinerators **shall not** be used on combustible decks or patios or within 3m of woods, brush, or a fence or building unless the appliance is certified for this use. Outdoor fireplaces shall be supervised at all times. A functional garden hose or other suitable extinguishing equipment shall be readily available for use. **FIRES IN OUTDOOR FIREPLACES ARE PROHIBITED WHEN THE FIRE INDEX IS HIGH OR EXTREME.**

The above are the rules as laid out in the Town of Gander by-laws and a copy can be obtained from the local fire department at 60 Elizabeth Dr. at any time. If anybody has any questions they can call Gander Fire Rescue at 256-8887 or the Fire Inspector at 256-8866. The emergency number to report a fire is **256-1111** or **651-1111**

## Wing Traffic / Supply

Welcome, and thank you for joining us here in the Traffic/Supply section. As is customary within DND, new faces come and go in the workplace each year usually without thought or foresight to those individuals that will make, or made work an enjoyable place to come to each day. We here in Traffic/Supply like to recognize the new faces to the fold as well as those that will be deployed and/or posted out. It is a meaningful way to say thanks for the contribution that they will provide or have provided - not only within Gander but to DND as a whole.

First we would like to say farewell to Cpl Stephane Lanoie. We'll miss you. One way or another, you've had quite an impact on this place. And you'll leave quite a gap here. But we won't have any shortage of memories. We'll remember you for being intelligent, focused and providing first rate customer service to the Wing. And since we are being honest, we'll also remember you for ensuring Jerry Springer is on each day at lunchtime. Congratulations on your impending promotion and posting to CFS Leitrim.

Next on the list are a few of our deployed personnel who decided, whether willingly or not, to leave more work on the plates of their fellow workers by deploying to Cold Lake, Alberta (AKA Cool Pool) on exercises. Taking part in Maple Flag 08 are Cpl Cameron and Cpl Humphrey. Cpl Cameron, from the Traffic section, just got posted in to Gander in March as the F&E clerk and Cpl Jason Humphrey who has been here for about a year and will commence the dagging process for Afghanistan after his return. Not ones to shy away from TD to Cool Pool, I'm sure these two are enjoying the much needed rest they deserve from the pace we set here in Bldg 110. Having only 2 people in Edmonton Oiler territory, MCpl Carl Gushue, 2 I/C of the Traffic Section decided to join them in the oil rich province. Working with them everyday here in Gander, he felt a change of scenery would be more to his liking so he chose Wainwright instead. While there, he felt compelled to do some training for Roto 6 and with his new found experience under his belt will depart for Afghanistan in early September.

Not all is bleak in the building though. MCpl Dave Boersma will return to Traffic/Supply in mid May after serving a 6 month tour in Afghanistan and Mr. Kirk Wheeler has joined the team full time in Clothing Stores as a CR-03. Cpl Stephen Clarke will be posted in from Trenton shortly and Cpl Jamie Price and his wife are expecting their second child in August. That's all the breaking news from this section, have a safe and fun-filled summer all.

# Your Opinion Matters

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



*My Comments:*

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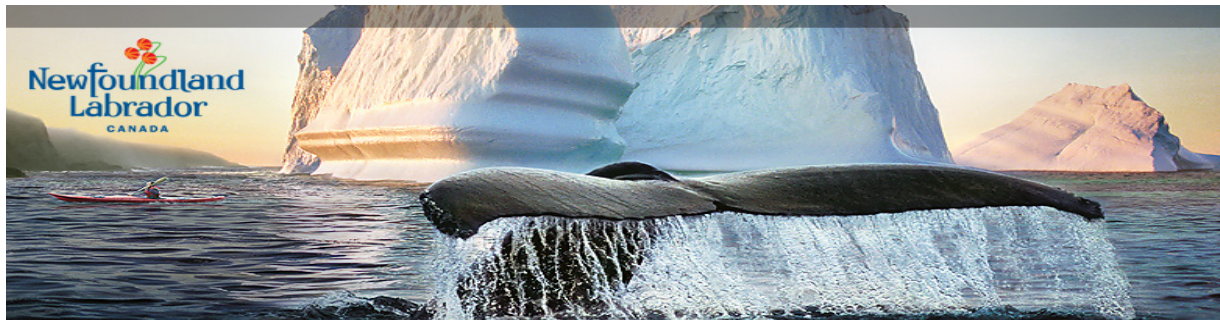
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*Mail to:  
Gander MFRC  
P.O. Box 6000  
Gander, NL, A1V 1X1*



## Alliance

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

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