



Alliance

Volume 15 / Issue 2

GANDER MFRC

Spring / Summer 2007

I can't believe it has been three years since I arrived in Gander and it is now time to say goodbye. It has been a great three years and I am sincerely going to miss this place. What I am really going to miss is the people and I want to thank all members of 9 Wing and CFB Gander for your support and friendship during my time here. My time here has been the highlight of my career so far and I know that I will never top this posting. I will admit I was a bit nervous taking on the responsibility Wing Commander when I first came to Gander but it turns out it was not only the best job I have ever had, but one of the easiest because of the remarkable team we have here that just makes things happen. It truly is a team effort. I don't think I have ever seen a Base or even a unit where all sections work so well together and are focused on getting the job done. Whether military or civilian, regular or reserve, your professionalism and dedication to mission accomplishment, despite personnel shortages and other limitations, has been amazing and it has been recognized by the many visitors to the base. Gander is really a hidden jewel and you are the ones that make it so.

As I reflect back on my time here, I will leave satisfied with the feeling that we have accomplished a great deal over the past three years, and hopefully you agree. Even though most sections were shorthanded, we managed to support both domestic and international operations to level higher than ever before, without reducing our capability at home. We have continued to improve our infrastructure and facilities, even if it was just cosmetic changes to make it look better. Most sections have replaced old furniture and have the latest in IT equipment, making the workspace more efficient and appealing. One of the biggest accomplishments, though it will be a few years before the results are seen, is the reinitiating of the project to replace all our old buildings. Initial approval was given this past April by the Senior Review Board, which is a positive first step to move the file to obtain Minister and Treasury Board approval. In the meantime, the 91 AEF proposal to construct a new building for them was approved a few weeks ago and construction could start as early as next spring. So a lot has happened over the last few years and the future looks good for this progress to continue, but none of it would have happened without a lot of hard work by everyone. So thank you to everyone for the part you played in not only setting, but also constantly maintaining the high standard that is now expected of 9 Wing and CFB Gander.



To those who will also be departing this summer, I hope that your time in Gander has been rewarding and enjoyable. I thank you for your support and wish you all the best with your move and next posting. For those who are new to Gander, I think you will find this to be an interesting and enjoyable experience. I encourage you to take advantage of your time here to not only develop professionally, since many of you will take on responsibilities normally carried by higher ranks at the bigger bases, but get out and visit the area. For those not originally from Newfoundland or who have never been here before, this is a unique part of Canada and you owe it to yourself to get out and explore. And for those who will be staying, again thank you for the great work. I ask that you keep doing what you are doing and give LCol Harris the same support that you have given to me. Although I hate to leave, I want to wish all the best to everyone and thank you for a great three years.

J.W. MacAleese
LCol
Comd 9 Wing

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

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-Trudy Brown
-Kathy Harper
-Holly Skinner
-Joann Rose
-Theresa Traverser
-Mark Brewer
-Jennifer Childs
-Soraya Sheppard
-Cynthia Irvine
-Lori Isenor

EX-OFFICIO:

-WO Karen Dumont
(Base Commander's Rep)
-Peggy Blake
(Executive Director)

GMFRC STAFF:

Peggy Blake
Executive Director.....1274
Betty Moulton
Social Worker.....1146
Danielle St-Pierre
Information/Employment/SLT.....1147
Colleen Hiscock
Volunteer / QLC.....1202
Pamela Timbury
CYC and Emergency Childcare.....1201
Deanne Short
CYC Assistant.....1201
Caroleann MacWhirter
Deployment.....1148
Lisa Butler
Accounting/Office Manager.....1145
Sarah Kelly
Youth Services Facilitator.....1259
Tracy Peckford
Office Assistant.....1206
Patti Griffin
Military Family Outreach Services Coordinator
Corner Brook Satellite.....(709) 637-4591

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



Message from the Board of Directors

Well, spring is here and summer is almost upon us ... where does the time go??!! It's that time of year that is both exciting and sad at the same time. Those posted out have the adventure of a new place, new home, and making new friends, but at the same time, having to say farewell to friends made here is not always easy. The Military Family Resource Centre would be a great place to start making new friends at your new posting. Drop in there and see what they have to offer you and your family. For those of you posted in to our fine town this summer, we welcome you, and invite you to drop in to our Centre and meet the friendly folks working there. They are anxiously awaiting you and will be more than willing to do all they can to make your settlement into Gander a smooth and pleasant one. The Centre offers a variety of different programmes for every member of the family. You can visit our website at www.gandermfrc.ca for an idea of what is offered and what we do. Our Board is also always looking for new members perhaps that would be a great way for you to start meeting people and offer your talents. If the Board is not quite what you choose, then just drop by the Centre for a visit, in true Newfoundland fashion, the coffee/tea pot is always on to welcome you.

For everyone, have a safe and wonderful summer. See you at the Centre!!!!

Linda Maxwell, Acting Board Chair

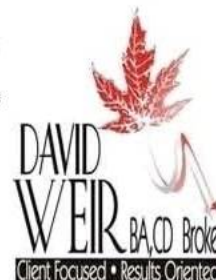
TRENTON?

Are you, or someone you know transferred to Trenton in 2007?
If so, all you need to know is at www.davidweir.com or
call David at 1-800-263-2177

- links to local listings ... better than MLS.ca
- free location package sent via courier
- local business discounts
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- best map of the area ... better than Google
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From the desk of the Executive Director

Best Wishes

by Peggy Blake

Boy, this is a hard time of the year! We'll spend at least the next two months saying good-bye to people we would rather not be saying good-bye to. Here at the Centre we will be saying good-bye to four of the members of our Board of Directors, Andrea Dawe, Holly Skinner, Jennifer Childs, and Trudy Brown. I would like to thank them for their contributions to the 9 Wing military community and wish them the best of luck in all your future endeavors.

We will also be saying farewell to our Wing Commander, LCol Jim MacAleese, and our Wing Chief, CWO Clyde Brown. Thank you both very much for all the support you have shown the Gander Military Family Resource Centre during your tenure. We wish you and your families best wishes in your new postings.

To the families in our community who are leaving us this year: We trust that your time with us has left you with great memories of good times and close friends. We wish you all the best in your next posting. And remember one of the first places you should visit in your new posting should be the MFRC. They will do all they can to help you adjust to life in your new community.

To the families who are coming into our Gander military community: Welcome to beautiful Gander, Newfoundland! Let us help you discover all the wonderful things that Gander has to offer you and your family. We encourage you to get out and enjoy all the programs and services we offer at the GMFRC as well as those offered by the Gander community. You won't be disappointed. We look forward to meeting you at the Centre.

I would like to take this opportunity to express my gratitude and heartfelt thanks for the support you have provided me during my tenure as 9 Wing Chief Warrant Officer. It's been an exciting trip and one that I've enjoyed. The battles on your behalf, the many working group's, meetings and most important of all, representing you. You are the life and blood of the CF. Each of you represent your MOSID/MOC's with the utmost of excellence and professionalism, which in turn reflects positively on 9 Wing's ability to respond to community and global responsibilities whenever called upon. For those in and out of uniform I have enjoyed serving as your link to the CF Senior Management since August 2003.

I would like to take this opportunity to wish each and everyone of you all the very best in your personal and professional endeavours and I'm sure our paths will cross again.

R.C.Brown
CWO
Wing Chief Warrant Officer

The Board of Directors, volunteers, and staff of the Gander Military Family Resource Centre would like to express our gratitude to the Royal Canadian Legion, Eastport Branch, for their recent generous donation of \$250.00 to our organization. These funds will assist us in providing support and resources to our military community. Special thanks to Mr. Kevin Stroud for approaching the Royal Canadian Legion on our behalf, and for delivering the cheque to us at the Centre.

Prevention & Intervention



Participating in the Ribbon Cutting ceremony to launch The Roads to End Violence program are (from l-r) Sgt. Keith Pink, Military Police and Committee Member; Mary-Lynn Oldford, Program Coordinator; Heather MacLellan, Women's Policy Office Deputy Minister; Jay Steiner, HRLE and Committee Chair; and Terry French, MHA and Parliamentary Assistant to the Minister of HRLE.

On May 9, 2007 an Official Launch of The Roads to End Violence Committee took place at their office located on the 1st Floor, Polaris Building, 61B Elizabeth Drive Gander.

The Roads to End Violence is a multi-agency, community-government partnership funded by the Provincial Government's Violence Prevention Initiative. Membership consists of representation from various agencies. Representatives from 9 Wing Gander include Betty Moulton, Social Worker and Sgt. Keith Pink, Military Police.

The following care components of The Roads to End Violence's mandates:

- Education, public awareness and training.
- Inter-agency programs and initiatives that address issues of violence and abuse.
- Attempting to influence improved policies and legislation relating to violence in Newfoundland and Labrador.

The Roads to End Violence committee provides Violence Prevention to the Gander - New Wes Valley area. This spans from Terra Nova National Park in the East to Lewisporte in the West and includes a hundred plus coastal communities in between. Also included within the region are St. Brendan's, Change Islands and Fogo Island.

Should you require additional information on the services and programs offered by The Roads to End Violence please contact Mary-Lynn Oldford, Program Coordinator at 651-2250 or email theroadstoendviolence@nf.aibn.com.



Ambulance	651-2111
Fire Department.....	256-1111
Alcoholics Anonymous.....	651-2001
Cara House.....	256-7707
Sexual Assault Line.....	1-800-726-2743
Victim Services Gander (collect calls accepted).....	709-256-1028 / 1070
Gander Women Centre.....	256-4395
CFMAP.....	1-800-268-7708
James Paton Hospital.....	651-2500
Kids Help Line	1-800-668-6868
Mental Health Crisis Line	1-888-737-4668
Military Police.....	256-1725
RCMP.....	256-6841
Seniors Resource Centre.....	1-800-563-5599
Poison Control.....	256-5552
Town Police.....	256-4065
Town of Gander Office.....	651-2930
Gamblers Anonymous.....	256-2813

Deployment News

Importance of Support for Parents of Deployed CF Members

Support from the 'Home Front' is extremely important for deployed military members. Knowing that things are looked after back home helps us focus on our job, or mission. Nothing distracts a military member more than worrying about their families at home.

For single military members, their immediate family and their support base is their parents. For those of us with our own families left behind, parents play an important, supporting role. With any household, it is important to have a strong foundation. Parents are an important part of that foundation. Just recently, my parents traveled to Halifax to help support my wife with our son. Just assistance with daily chores of looking after a home, a family goes along way. This helped relieve some of my worries, know that my parents were there to help and to support my wife and son. For that, I am truly thankful.

Aside from providing support, parents are parents. You will never take away the fact that you are someone's son or daughter, no matter how old you are, or whether you are half way around the world.

To all the parents, from all military members deployed, I would like to say Thank You. Keep up the good work. We couldn't do our job without you.

Importance of Deployment Support for Mom's and Dad's at home

As mentioned above, parents are parents. They are people who have loved ones deployed on military operations. They need support as well. For most of the military community, we are rarely posted close to our parents. When we deploy, the supporting bases will do their best to include parents in their support program. However, the support is more personable, more concentrated, and thus more effective if the support is local, or regional. The support my parents have received, locally from 9 Wing MFRC has helped them tremendously in coping with my deployment. This support has been reflected and passed on to me and my family.

The foundation of support, our parents, needs some shoring up, and some bracing as well. 9 Wing MFRC, as a part of the military family, is carrying on this age-old military tradition of supporting deployed members and their families. It's another reason why I'm proud to be part of the Canadian Forces. We are all part of the greater team, in Canada's contribution to Afghanistan and other operations around the world.

Knowing that my parents have the support of 9 Wing MFRC, significantly helps me and my immediate family during this deployment.

I would like to say thank you to 9 Wing MFRC. Your support is extremely important to the deployed members with parents in Central Newfoundland. You are truly a member of our team.

God Bless every one of you.
Todd Anstey
Major
Joint Task Force Afghanistan



To the Gander Military Family Resource Centre

We just wanted to let you know that the two of us have found the Gander MFRC quite helpful. When we were invited to the Support Group in Grand Falls Windsor we really didn't know what to expect, for us it was good to see Si and Jackie Thompson, who we have known for years and of course you (Caroleann) whom we met in Gander at the MFRC, while dropping off a parcel to be sent overseas to our son Todd who is serving in Afghanistan.

As we sat around in a group it was reassuring, as different people spoke we were made to feel more at ease. There was a soldier who was on his leave who came to our meeting, when he spoke it gave us a little better understanding as parents how the CF members feel and some insight into the situation overseas and what Canada is doing to help the people of Afghanistan. We would like to thank the Gander MFRC for the excellent support they are giving and I am sure will continue to give to families of our troops overseas. With their ideas we have been able to be better informed as to any news that happens concerning events in Afghanistan. Let us take part in any activities that may be up and coming such as things for Mother's Day. We, through their encouragement, have been able to show support to the troops by raising funds to purchase Tim Horton certificates, collect letters, posters, etc. from kids in schools. Send parcels to our loved ones deployed free of charge and get the word out to different towns across the island to show support for our troops.

We would like to thank the following for their help: NL Forest Rangers, the 617 Dambusters Air Cadet Squadron, The North Haven Manor and to all the people who have shown support in our area in any way.

We especially thank Caroleann MacWhirter and the staff for her support during these troubled times, many thanks to you all.

Daphne and Eric Anstey CD's
Lewisporte

Deployment

News

Well, it's been a busy three months at the Corner Brook satellite office. So far, I've managed to hold outreach sessions in Corner Brook, Stephenville, Port Aux Basques, Port Au Choix and St. Anthony, with another scheduled in La Scie for May 24th.

No matter where I go I am struck by the appreciation of the families for our service. Somehow meeting other families, buying a red t-shirt or taking home some extra information makes them feel better.

I know the travel is worth it when I see the look of relief on a parent's face after a night of sharing with peers.

The MFRC does great work and it's my pleasure to be a part of it. The best moments are always witnessing friends, neighbours and communities reaching out with gestures of support. It doesn't matter how big or small, it all counts and often it comes just at the right time.

This story was told to me by a Military Mom in Corner Brook.



Anne Thistle likes to meet her friends at the Mall for a coffee and a chat. "You have to get out of the house; you can't stare at the four walls all day, so I like to meet some of the girls at Tim Horton's In the Valley Mall."

This particular day, Anne was feeling a little blue. She was thinking about

her son David in Afghanistan who really enjoys a cup of Tim Horton's coffee. Like most moms she thinks and worries about her son a lot.

So, it was some consolation when she found out David could still indulge in his favourite brew...right there on the base in Kandahar.

After hearing this, Anne knew what the perfect care package for David would be

"I went to the counter and bought a couple of gift certificates to send him. My friends asked me what I was doing. So I told them I knew these coupons would brighten David's day.

The next day we were back...hanging out and my friend walked over and handed me a book of coupons for David.

A half an hour later another friend contributed a pack and then another and another.

Before I went home...I had \$35 worth of Tim Horton's Coupons.

I was so grateful for the kind gesture; I got very emotional and cried."

Anne says the acts of kindness didn't stop there. Before she sent her package overseas... friends and family had dropped off over \$60.00



dollars worth of coffee coupons to go to Afghanistan.

Needless to say...it brought a big smile to the face of Cpl David Hutchings and several of his friends.

Anne says it's the little things people do that make you feel better.

Acts of support continue to grow on the west coast. Viking Express bus service agreed to carry packages from St. Anthony to Corner Brook free of charge, so families from the Northern Peninsula can take advantage of our free postal service. Students from Pasadena and Deer Lake put their hearts and souls into Easter Cards for Canadian and Newfoundland soldiers, the hospital staff wears camouflage arm bands. Businesses and community groups send packages, neighbours wear yellow ribbons and Tip Top Tailors stores across the country, are suiting up in Red.

Thanks to everyone, your support goes a long way.

Patti Griffin
Military Family Outreach
Services Coordinator
Corner Brook Satellite



Deployment News

Deployed families enjoy Easter Breakfast at the Gander MFRC

Staff and volunteers at the MFRC prepared a lovely Easter Breakfast on Sunday, April 1st, 2007 for the loved ones of deployed CF members. A great time was had by all.



Video Teleconferencing takes off at 9 Wing Gander for Deployed CF members and their families on Mother's Day weekend.

CF families were able to connect with loved ones deployed for Mother's Day via Video Teleconferencing at 9 Wing Gander. Saturday, May 12th, families spent time communicating with their deployed CF members via VTC. This was a new venture for the Gander Military Family Resource Centre being able to offer this service to our deployed members. On behalf of the families and the MFRC we would like to thank all of the 9 Wing staff who helped make this happen, it was greatly enjoyed and appreciated by all families involved.



Upcoming Deployment Event @ the Gander MFRC

Red Friday Car Wash

Friday, June 8th
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



Personnel from all departments of Dr Charles L. LeGrow Health Centre in Channel Port- aux- Basques celebrates wear red on Fridays.

Volunteers' Corner

Farewell to Volunteers

As summer nears we become aware that posting season is creeping 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 for the past few years. We will also bid farewell to some valuable members of our team and they are our volunteers. Our volunteers are and do become very special people and having worked side by side for several years with these 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 life experiences and learn about families... you become friends! And, we all know how hard it is 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.

We have had a wonderful year with our volunteer program. We had a banner year with our Angel Tree Campaign, a successful Valentine Cookie Grams, there were more Christmas parcels going overseas than ever before, same true for the Easter packages, there's been quilting courses, the Halloween Party, Summer Camp, smocking, wreaths, Girls Night Out functions, there's been board meetings, volunteer meetings, a flea market, fundraising meetings and a craft sale and oh so much more...all possible because of our dedicated group of volunteers.

Surprised by the amount of activity, don't be. That's how it is here all the time, volunteers stepping up to facilitate, advise, assist. Whatever needs to be done our volun-

teers are there and without them we could not be. Volunteers are involved in our organization at all levels. From our Board of Directors, comprised of 55% military spouses, to teaching crafts; volunteers are an integral part of the team. So when we say we couldn't do what we do without them, we truly mean it.

As we close in on posting season, we prepare to bid farewell to our departing volunteers, their families and the little ones, some of which were home grown right here in Newfoundland!

To Kim & Murray, Linda & Brendan, Lindsay & Dan, Andrea & Scott, Amy & Paul, Coreen & Norm, Joane & Dwayne, Bev & Bill, Jennifer & Jerry, Holly & Roger, and Trudy & Clyde we wish you and your children all the best in your upcoming ventures. Please continue to share your talents and your expertise with your new MFRC's and avail of the services they provide whenever possible. 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, Lisa, Deanne, Caroleann, Sarah, Tracy 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. Should your military lifestyles ever bring you back our way we will be waiting here to welcome you back.

Good Luck & God Bless
Colleen

"Girls Night Out" Hail & Farewell Barbecue

Join the Girls Night Out Committee as they host their final function of the season. The long awaited Hail & Farewell Barbecue will be held at the All Ranks Mess on **Wednesday, 6 June. Time is 0600 for 0630.**

Drop by and relax as our steaks are cooked to perfection by our team of 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 \$13 per person.**

The menu will consist of striploin steak or chicken breast, potato salad, Caesar salad, rolls, mushrooms/onions, and 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 most of our committee this summer. We will be saying goodbye to Kim, Lindsay, and Bev. On behalf of the GMFRC and the women 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 all be missed.



To Stacie and Tracy, 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 6th 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 Wednesday, May 30. Please indicate your choice of chicken or beef.** This function is open to all women associated with 9 Wing. Please feel free to invite a civilian friend.

Please Note: Only Meals that have been paid for by May 30 will be ordered!

Colleen

Quality of Life

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 26, 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 at noon 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 23. If you have any questions or require additional information, please call Colleen at ext 1202.

What can a SISIP Financial Services financial counsellor do for me?

At some time in their career, Canadian Forces (CF) personnel may have a reason to use the services of a financial counsellor. This may be due to the need for professional assistance with debt restructuring and credit counselling, or for the creation of a financial "snapshot". Such a snapshot, or budget as it is normally called, allows both the financial counsellor and the client to determine best where the member stands financially and if some type of corrective action should be taken.

SISIP Financial Services (SISIP FS) financial counsellors are trained to provide assistance in numerous areas of money management. They also have access to many products and resources to assist a CF member and their family to help them regain financial control. These include but are not limited to:

- Developing a budget;
- Renegotiating debts with creditors;

- Obtaining financial assistance through the Canadian Forces Personnel Assistance Fund (CFPAF); and
- Providing referrals to local community services and other military resources.

A Service Level Agreement between SISIP FS and the individual Base/Wing/Unit governs the actions of SISIP FS financial counsellors. This agreement provides serving military members and their families with free and confidential access to a financial counsellor on a voluntary basis. Appointments may be made directly by the individual and do not require the involvement of the member's unit.

In many instances, money problems could have been corrected before they became severe if the individuals had sought professional help sooner. The longer that you put off your problems, the larger they become. Financial counsellors usually have a good rapport with many creditors and financial institutions in their areas and can often use this relationship to assist in devising an equitable solution for debt repayment or restructuring.

There is no reason to fear repercussions from meeting with a SISIP FS financial counsellor. Information obtained during the interview is treated in strict confidence.

Visit our website at www.sisip.com or call 1-800-267-6681, in **St. John's 709-570-8480**, to get more information on our products and services.

**SISIP Financial Services
Your Financial Guidance for Today...
and Tomorrow!**

By: Hal Oare
Financial Counsellor
SISIP Financial Services
Halifax, NS



Summer Camp

PHILOSOPHY Registration Fees

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

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

mer 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.

Enrollment Requirements

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

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

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



Crafts 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.



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.)

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-dying, paper mache).



Day Trips Outings

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.

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.



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.



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 sum-

KIDS KORNER

SUMMER is almost here and its time to get out and enjoy all the activities that the GMFRC has to offer. Our summer camp is designed for children 5-12 years of age. This camp offers a wide range of activities such as sports, swimming, crafts, field trips, and guest speaker from our community, movies and much more. Why stay home when you can join us for some fun and meet some new people your own age. Summer camp will give each child the opportunity to explore, socialize and learn many new things in a fun environment. So come check us out! We open in the morning at 7:45 and end each day at 4:30 pm from Monday through Friday. You can attend this camp everyday or one just one day the choice is yours. For more info please call Pam at local 1201/1206.

FATHER'S DAY CRAFT

Date: June 9, 2007
 Time: 1:00 – 3:00 pm
 Place: Dominion Community Room
 Cost: \$5.00 plus tax (payable at Dominion)
 Ages: 5 and up



Calling all kids! Would you like to make something special for your Dad? Then come to the Community Room at Dominion on Saturday, 9th June from 1 – 3 pm. Create something unique and have fun doing it. Please register by Thursday, 7th June to ensure we have an adequate amount of craft supplies available. Call 256-1703 ext 1206/1201. Hope to see you there.

CF CONNECTING YOUTH www.connectingcfyouth.ca

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



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.

CHANGES IN CHILDCARE THIS SUMMER

Children's Programs will end the 14th of June 07. However, we will provide childcare during the summer months as follows:

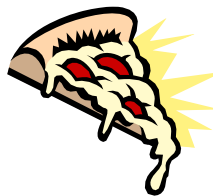
Tuesday – Casual/Respite Childcare: 9:00 – 11:30 pm

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

Summer Camp starts June 25 and runs until August 31.

WATCH FOR UPCOMING PROGRAMS AND EVENTS THIS SUMMER AND FALL

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

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 9:30 am on the 27 June and running until 22 August, Mom's and the little ones' will meet at Cobb's Pond for outside activities. There is a playground, sandbox and a boardwalk, which encompasses the pond. **Please bring along your own coffee. The rainy day alternative is 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!

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.

News from around the Base



The Health Promotion Office would like to take this opportunity

to say hello and update everyone on the upcoming programs being offered this September to the Canadian Forces Community. Please keep in mind these programs are offered to spouses and immediate family members of the Canadian Forces.

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?

These programs may already be underway but 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,

Health Promotion Director
(709) 570-4750

cunningham.pj@forces.gc.ca

Paula Deveau

Health Promotion
Admin Assistant
(709)-256-1703 local 1455

Deveau.pv@forces.gc.ca

or you can drop by the office located in the Rec Centre

1 Dental Unit Detachment



As the summer draws nearer, many members of our military family will be heading off on vacation throughout the country, and abroad. Here at the dental clinic we would like to offer some suggestion in the event that you may have a dental emergency.

- If you are in the Gander area, please report to the clinic first thing in the morning, we open our clinic at 0800 hrs.
- If you are on the Island of Newfoundland, outside the Gander area, call the clinic to receive instructions. **Our phone number in Gander is (709) 256 1703 ext 1494.**

- **If your emergency occurs after regular working hours, please call the Commissionaire (709) 256 1703 ext 1107. They will contact the Duty Person, who will contact you.**
- During the summer, our clinic will be on TD to **CFS St John's**, if you need to reach us please call **(709) 570 4792.**
- If you are within Canada, report on Sick Parade to the nearest Military Dental Clinic in your area.
- If you are outside of Canada, follow the instructions on your CF100 leave pass, it gives you detailed instructions on the procedures to follow.

- **When in doubt, call us here at the Gander Clinic, and we will be more than happy to assist you.**

REMEMBER THIS IS FOR EMERGENCY TREATMENT ONLY!

We wish all our military families, a safe and happy summer season, and look forward to serving you for your dental needs during the summer, and throughout the year.

Capt Suzanne West, DDC
Sgt Madonna Savery, DCC
Cpl Glenn Keefe, CDA

News from around the Base

5 Canadian Ranger Patrol Group Detachment Staff-Professional Development Training By Sgt G. J. (Junior) Roberts

The Headquarters Staff of 5 Canadian Ranger Patrol Group participated in a 4-day Professional Development Training Seminar from March 19-22, 2007.

Staff received briefings on Public Relations, Safety Policy, Medical/Dental Entitlements, PDR Preparation, PER Writing, Military Writing Skills, Ethics, WHMIS, and ATV/LOSV loading and securing on trailers.

The highlight of the training was a visit by the Commanding Officer LCol J. B. (Jamie) Morse from Land Forces Atlantic Area. Discussions were held at all levels by the CO and during his visit LCol Morse made the following presentations:

2Lt Murray Strickland was presented with his commissioning scroll;

Cpl Roger Snook was presented with his medal for his tour of duty at Kandahar, Afghanistan; and

WO Frank Power and Sgt David Gill were presented with the Special Services Medal with Ranger Bar. The SSM is awarded to members who have served with the Canadian Rangers for four years or more and have participated in at least one special training exercise.

Sgt Roberts is the Public Relations representative for 5 Canadian Ranger Patrol Group.

PHOTO by Sgt G. J. Roberts.



Wing Traffic / Supply

It's that time of the year again, with all the snow gone, rain in the forecast, and everyone praying for some sun shine, we still carry on as per normal. This year is no exception to any other and as always some people will be leaving

us. First up this year is Cpl John Cross who is being posted to CFB Greenwood. John was posted to Gander in March 2004, and while here he completed a 6 month tour, but as we all know that's not the only thing that John accomplished while he was here, he is also the proud father of a new little baby girl. This is not the first for John; he also has three other children. Cpl Cross's replacement will be Cpl Jason Humphrey who is coming in from Edmonton, along with his significant other, Heather.

Next in the batting cage is Cpl Glen Collins, who is posted to Edmonton. Glen was posted to Gander in the summer of 2006. Formerly a cook, Glen has prepared numerous meals here at Supply / Traffic for us that have been greatly appreciated. I guess someone else will have to learn how to cook.

In just a short amount of time Mcpl Marina Halleran will be leaving for a 6 month tour at Camp Mirage. Have a safe tour and take lots of pictures, we will see you in few months.

Mcpl Dave Boersma is also going on tour. He has been on training the last couple of months in Wainwright, AB and will be deployed in July.

Cpl Stephan Lanoie is leaving for CFB Cold Lake to attend the 2007 Maple Flag event that takes place every year, he will only be gone a month but we will sure miss him.

Now onto the supply side of things. It's been a very busy year for all sections of Supply. The section that I am most familiar with is clothing stores. We have been extremely busy with all the new air force kit issuing, additional personnel that are being deployed who require special issue items, and of course your daily customers. There are many other sections of supply that have been busy also, Local purchase section, which handles all the purchasing for the base, the receipts section that receive and distribute all the items that enter the base, and traffic section who handles all the shipments that are either coming onto or going off the base. Also the R&D section which seems to be busy no matter what time of year it is.

From Supply and Traffic we would like to say congratulations to Mr. Harold Sceviour on the birth of his first grandson on 7 May 2007.

Well that's about it for now, from supply and Traffic have a warm and safe summer.

News from around the Base

WHEN LIGHTS AND SIRENS APPROACH

We all share the responsibility of knowing and practicing proper driving behaviours. One of the most important rules of the road deals with yielding the right of way to emergency vehicles.

WHAT DRIVERS SHOULD DO

1. Remain calm and move your vehicle appropriately. Don't panic.
2. Pull to the right and come to a stop.
3. When on a high speed road or when there is no room to stop, slow down as much as possible.
4. When in the left lane, pull over into the right lane as the traffic in the lane to your right moves over.
5. If you cannot move to the right lane because of an obstacle such as a car, simply stop. Your prompt action will let the driver of emergency vehicle know what you are doing, this will allow the driver to anticipate your move.
6. When an emergency vehicle approaches you from behind while you are stationary at an intersection stop sign or a red light, do not move unless you can pull to the right.
7. When on a one way street it is still best to pull to the right, but sometimes due to traffic you may have to pull to the left curb and yield to the middle lane(s). This is the one exception to the "Pull to the right" rule.

WHAT DRIVERS SHOULD NOT DO

1. Don't stop in the middle lane when there is room to pull over.
2. Don't pull to the left in the center yellow lane or left turn lane.
3. Don't drive through a red light or stop sign when an emergency vehicle approaches from behind.
4. Don't turn quickly to the left into a driveway or street.
5. Don't race ahead to get through a green light or turn before the emergency vehicle gets there.
6. Don't disregard the presence of the emergency vehicle by continuing to drive.

The drivers of all emergency vehicles are thoroughly trained and tested. They are taught to drive with due regard for the safety of others. Their intent is to never force other drivers off the road. This supersedes a natural desire to get to the scene of an accident or fire by driving as fast as possible. Drivers of emergency vehicles know that they cannot help anyone if they don't get there! Generally, drivers should try to move to the right, if possible.

Emergency vehicles will usually try to move to the left. Sometime due to traffic conditions it may be necessary for emergency vehicles to travel in opposing lanes, against the flow of traffic. That is why it is very important for all vehicles to respect responding emergency vehicles by moving to the right and or stopping.

When you or someone you care about requires the help of an emergency responder, you will be thankful for the drivers who didn't impede their safe and prompt arrival.

W. P. Fudge
Cpl
Wing Fire Inspector
Loc 1447



VETERANSOFCANADA.CA
Business Supporting Heroes

Gander MFRC and Local Businesses to Benefit from VETERANSOFCANADA.CA

VETERANSOFCANADA.CA is sweeping the country with their Business Supporting Heroes initiative and veteran Bill Morgan from Gander has taken on the Business Development role in the area. Bill will be forming partnerships with businesses that support Canadian heroes and a percentage of all partnership fees will be donated to the Gander MFRC. Businesses can post jobs, advertise promotions and much more.

Founded by veterans in support of Canadian heroes, the mission of VETERANSOFCANADA.CA is to raise awareness, promote patriotism and encourage a commitment to support our heroes by forming partnerships with the business community nationwide. The definition of Canadian heroes includes active, released and retired members of the Canadian Forces, RCMP, Police Officers and Firefighters.

For a lifetime membership fee of \$10.00, VETERANSOFCANADA.CA provides an online heroes-only community and highlights benefits offered by business partners and access to information from support alliances. They are also building a hero workforce nationwide comprised of retired and medically released heroes and reservists looking for temporary assignments.

In addition to MFRC's across the country, VETERANSOFCANADA.CA is forming alliances with government agencies, military and hero organizations, associations and other support initiatives. A Board of Advisors has been established and will be instrumental in establishing the Foundation for Canadian Heroes which will provide funding to MFRC's and other initiatives in support Canadian heroes across the country.

Please visit VETERANSOFCANADA.CA to sign up for your lifetime membership. The Gander MFRC thanks local businesses in advance for supporting the Business Supporting Heroes initiative.

FOR MORE INFORMATION CONTACT VETERANSOFCANADA.CA

Bill Morgan, Business Development Representative
bill@veteransofcanada.ca or 709.256.2450, 709.424.3654
OR

NATIONAL HEADQUARTERS
Toll Free 1-888-210-HERO (4376) /
info@veteransofcanada.ca
Suite 1027, 614 - 33 Heritage Meadows Way
SE Calgary, AB T2H 3B



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

Eastport Family Funland

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

Walking Trails of Botwood

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

Terra Nova Wilderness Educational Tours

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

Grand Falls Salmonid Interpretation Centre

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

Hiking in Terra Nova National Park

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

Twillingate Long Point Lighthouse & Interpretation Centre

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

Traytown Splash 'n' Putt Resort

Enjoy the giant waterslide, 18 hole mini golf, quarter mile go-cart track, bumper

boats, bumper cars, swimming pool and kiddie recreation area. A fun time for the entire family.

Campbellton Berry U-Pick

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

Eastport Crooked Tree Park

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

Grand Falls / Windsor Mary March Provincial Museum

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

Prime Berth - Twillingate Fishing Museum

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

Terra Nova Park Marine Interpretation Centre

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

Musgrave Harbour Banting Memorial Interpretation Centre

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

Musgrave Harbour Beach

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

Places to go around Newfoundland!

Signal Hill A hill overlooking St. John's Harbor which has been given "National Historic Site" status. This historic site celebrates the rich communications and military history of Signal Hill and sits amidst a spectacular view of St. John's and the sea. www.pc.gc.ca/lhn-nhs/nl/signalhill/index_e.asp

Memorial University Botanical Garden

Located in St. John's, this garden features perennials beds, medicinal and shade gardens, and various other theme gardens, as well as a tea room and gift shop. www.mun.ca/botgarden/

Johnson Geo Centre, St. John's Find out how the earth was formed and about the world of geology at this unique science museum where most of the floor lies underground embedded inside solid rock walls. www.geocentre.ca

Cape Spear Lighthouse, St. John's From the mid 1800s the lighthouse at Cape Spear has flashed its message from this point of land. This was only the second light to offer aid along any of Newfoundland's rocky coasts, even though the island had at the time been populated for two centuries. www.pc.gc.ca/lhn-nhs/nl/spear/natcul/histor_e.asp

The Fluvarium, St. John's The word Fluvarium is derived from the latin root "fluv" (meaning flowing water). Fluvarium therefore literally means "windows on a stream". In our case, the stream is Nagle's Hill Brook, a tributary of Rennie's River. It originates upstream, about 3 kilometers north of The Fluvarium, at a place called Three Pond Barrens. We diverted a section of Nagle's Hill Brook to flow past 9 underwater viewing windows to allow visitors the opportunity to view the underwater world. The Fluvarium is designed to be an "open system", allowing trout to swim freely in and out of the viewing area and is therefore influenced by nature. www.fluvarium.ca

Cont'd page 16



The Rooms, St. John's
Immerse yourself in our culture at Newfoundland and Labrador's newest public cultural space. It's the place where it all comes together—our history, heritage and artistic expression. The Rooms unites the Provincial Museum, the Provincial Art Gallery and the Provincial Archives under one roof. A place for people, The Rooms is a portal to the many stories our province has to tell.
www.therooms.ca

L'Anse aux Meadows National Historic Site, St. Anthony
The reconstructions of three Norse buildings are the focal point of this archaeological site, the earliest known European settlement in the New World. The archaeological remains at the site were declared a UNESCO World Heritage Site in 1978. Exhibits highlight the Viking lifestyle, artifacts, and the archaeological discovery of the site. Visitors can also explore the hiking trails to nearby bays and lakes. www.pc.gc.ca/lhn-nhs/nl/meadows/index_E.asp

Cape St. Mary's Ecological Reserve
Cape St. Mary, one of six seabird ecology reserves protected by the Newfoundland and Labrador Provincial Park System, is one of the largest, most accessible and spectacular **seabird** rookeries in the world. Located at the southwestern tip of the Avalon Peninsula, a four-

pronged land mass connected by a narrow strip of land to the rest of the island, the reserve protects hundreds of thousands of birds who breed and nest on the islands and coastal cliffs of this rugged landscape.
greatcanadianparks.com/nfoundland/cstmary/index.htm

Irish Loop, Salmonier Line
The Irish Loop offers vacationers a truly unique vacation experience. Massive icebergs, archeological digs, lighthouses, historic sites and more.
www.irishloop.nf.ca/

The Colony of Avalon, Ferryland
Have you ever walked on a 17th-century street, seen a 17th-century herb garden, or looked at the remains of everyday life in one of the earliest European colonies in North America? If you haven't, come to the Colony of Avalon at Ferryland.
www.heritage.nf.ca/avalon/

Salmonier Nature Park, Salmonier Line
Salmonier Nature Park was first established for education, not as a tourist destination, and environmental education continues to be its primary goal. However, over time the Park's role as a major tourist destination has increased. In recent years, the Park has expanded its role in wildlife rehabilitation and research and in environmental monitoring. www.env.gov.nl.ca/snp/

Gros Morne National Park
The spectacular Long Range Mountains, land-locked fjords, pillow rocks and mysterious Tablelands of Gros Morne National Park not only bestow the land with incredible beauty, but reveal secrets of the major stages of the earth's evolutionary history and are an essential part of the reason the park was declared a UNESCO World Heritage Site.
www.greatcanadianparks.com/nfoundland/gmornnp/index.htm



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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