



Part way through my first winter in Gander and my appreciation of the snow blower has increased exponentially and who knew that snow shoes really do work. Contrary to all the reported sightings, descriptions and foot print evidence that exists I have yet to see a moose. I did see what I thought might be moose legs when I was getting my dental check up but in hindsight it may have been the fence. Perhaps, the moose is like the Saskatchewan Big Foot, not everyone is meant to see it. Although, I have not seen a moose I have seen something that is even more important to me, a Wing that is embracing the CDS direction to be healthy and fit. I am proud to say that the enthusiasm and the numbers of 9 Wing personnel including our lodger units, both military and civilian, who are participating in different physical fitness events, who have enrolled in the Aerobic Excellence Award and who are changing their lifestyles to be healthier is, for me as your Commander, very gratifying. The dedication, focus and esprit des corps of 9 Wing never ceases to amaze me and I am proud to be a member of your team. I look forward to seeing you all at circuit training or in the gym.

T.L. Harris  
LCol  
Wing Commander / Commandant d'Escadre  
9 Wing Gander / 9 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  
 Acting Chair /Treasurer - 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  
 Sarah Kelly  
 Youth Services Facilitator.....1259  
 Lori Robillard  
 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



# Fundraising

## “Support Our Troops” Quilt Fundraiser

Peggy Blake

A very big thank you goes out to Lori Isenor for spearheading this fundraising venture for the Centre and to Katie Andrews, Lenore Curtis, and Bernadine Libreiro who helped Lori make this beautiful “Support Our Troops” quilt. If you haven’t seen it, the photo really doesn’t do it justice; the quilt is absolutely beautiful and really is a work of art.

I would be remiss if I didn’t share with our military community the story of how Lori found all the tartan that was required. The quilt incorporates all the tartans of Canada, and finding those tartans turned out to be quite a challenge until Lori found Fraser & Kirkbright Weaving Company Ltd. in Vancouver. She contacted Mr. Kirkbright and explained what she was looking for and what she planned to do with it; he said yes, we can supply all the tartans and we will do it for free to do our part to show our support for our troops! Needless to say we were thrilled both to find the tartan and for Mr. Kirkbright’s generous donation. It really speaks to how much Canadian’s all across the country support our military community.



From left to Right::Lenore Curtis, Lori Isenor, Bernadine Libreiro, Katie Andrews

This quilt was designed and stitched by volunteers of the Gander Military Family Resource Centre who wanted to show their support of troops coast to coast in the Army, Air Force and navy. To do this, they have the yellow ribbon with (Army) green, (Air Force) blue and (Navy) black blocks, surrounded with provincial tartans. The provincial tartans were donated by Fraser & Kirkbright Weaving Company Ltd. in B.C.

|         |          |             |          |               |           |           |            |          |             |          |          |
|---------|----------|-------------|----------|---------------|-----------|-----------|------------|----------|-------------|----------|----------|
| 1       | 2        | 3           | 4        | 5             | 6         | 7         | 8          | 9        | 10          | 11       | 12       |
| 1. B.C. | 2. Sask. | 3. Manitoba | 4. Yukon | 5. Maple Leaf | 6. P.E.I. | 7. Quebec | 8. Alberta | 9. Nfld. | 10. Ontario | 11. N.B. | 12. N.S. |

Dry clean only (because of mixed fabrics)

GMFRC Nov. 2007

Tickets are on sale at the Centre at a cost of \$2.00 each or 3 for \$5.00; the draw will be made on Feb. 15.

# From the Executive Director's desk

PEGGY BLAKE LOC. 1274

## DID YOU KNOW ...

- The Gander Military Family Resource Centre is a provincially incorporated not for profit organization?
- The Gander Military Family Resource Centre is a federally registered charity and can issue income tax receipts?
- Fundraising revenue funds program expenses NOT staffing expenses?
- 100% of the Gander MFRC staff made donations to the Centre last year through payroll deductions in the amount of \$500?
- Reg Force members can donate to the Gander MFRC through payroll deductions?
- Fundraising revenue funds a family emergency fund which provides short term financial assistance?
- YOUR charitable donation to YOUR MFRC will directly fund programs and services for YOUR military community?
- To arrange your donation through payroll deductions, please see Sgt. Simmons at the WPSC; cash donation can be made at the Centre.

## THANK YOU SISIP

For the past 5 years SISIP Financial Services has sponsored a national Volunteer Recognition Program. This program provides funding to MFRC's and PSP to assist them with their efforts to acknowledge the tremendous contributions made by volunteers in the military community.

On December 7, 2007, the Gander MFRC made great use of this funding to

treat our volunteers to a Christmas Appreciation Breakfast at the ARM. Thanks to Sgt Grandy and her staff for preparing a wonderful breakfast; the touts were especially delicious! It was the perfect opportunity for



us to say thank you so much to our volunteers for all their efforts on our behalf; we could not do what we do without you. Thank you to Mr. Ken Wayne, SISIP Financial Counsellor, for joining us for breakfast and bringing greetings on behalf of SISIP.

The remainder of the SISIP Volunteer Recognition Program funding was put to good use as well. During Volunteer Appreciation Week last April our volunteers were treated to a Spa Day at the College of the North Atlantic and a Yoga Session at Yoga Fitness. We also held a Family Feast to say a special thank you not just to the volunteers but also to their families; without their family's support our volunteers could not give of their valuable time. In June, we said good-bye to many of our dedicated volunteers as they moved on to their next posting, and thanks to SISIP we were able to recognize their contributions at our Farewell Social.

We would like to thank SISIP Financial Services for their continued support of MFRC's, and PSP, and more importantly, for their continued recognition of the importance of our volunteers.

# Prevention & Intervention

BETTY MOULTON LOC. 1146

## Stress and Anger Management Workshop

The MFRC and Health Promotion office will be offering a 1 day workshop on Stress and Anger Management on **12 February, repeated on 11 March 2008. Both timings will take place at the ARM from 0830 hrs to 1600 hrs and are open to the entire CF population.** The objective of the workshop is to help participants identify how and why they become stressed or angry and identify coping mechanisms to help manage these reactions.

If you require additional information on subj. training please feel free to contact Betty Moulton at loc 1146 or Paul Cunningham at [cunningham.pj@forces.gc.ca](mailto:cunningham.pj@forces.gc.ca).



## Teen and Addictions Issues

### What if my teen asks about alcohol, other drugs or gambling?

Over the past year there has been a great deal of discussion in the media regarding the use of the drugs Ecstasy, Rohypnol and Oxycontin. Talking to your teen about the use of these and other drugs as well as the use alcohol, and gambling can be challenging. It's hard to know where to start. You might worry that if you raise the topic, it will somehow encourage your teen to experiment. You might feel unsure about the subject. Sometimes it seems kids know more about drugs than you know.

Some quick tips to keep in mind prior to or when talking to your teen about alcohol, drugs and gambling include:

**Educate yourself:** Take time to learn a little about the substances you think may be a part of your child's life. It's important to know the facts about alcohol, drugs and gambling and speak to your child truthfully. Kids are smart; they will see through attempts to scare them away from drugs and alcohol with exaggerated consequences and they will lose trust in you.

**Encourage questions:** Think of ways to open a conversation about the topic. Try asking what they think of kids who use alcohol, drugs and gambling. By responding to questions in a non-judgmental and reasonable way, you will encourage your child to get in the habit of talking with you, and relying on you as a source of accurate information.

**Listen:** This may be the single most important thing you can do for your child. By really listening to what they have to say, you will learn more about what your child needs, what worries them, and what is important to them. This will help you respond in a way that is meaningful to them, and that builds trust.

**Set guidelines:** Always set guidelines for behavior in discussion with your teenager. Be prepared to renegotiate these guidelines from time to time. Be clear about the consequences of both appropriate and inappropriate behavior.

**Provide positive feedback:** Help your teen to feel good about themselves by recognizing their efforts.

**Encourage and participate in a variety of activities with your teen.** Help him/her to become independent and to choose challenges that are neither too difficult nor too easy.

**Provide support:** Let your teen know that it is natural to have problems and to make mistakes.

**Seek professional support and advice:** If you suspect a drug or alcohol problem may exist, stay calm and consider your response. It's best to intervene early and talk about your suspicions with your teen. If there is a pattern of problems, you may want to seek professional advice.

**\*\*\*Info for this article was obtained from: Alberta Alcohol and Drug Abuse Commission (AADAC)**

# Prevention & Intervention

BETTY MOULTON LOC. 1146

## Teen and Addictions Issues

## Teen and Sexual Health Issues

Topics to be covered in this information session will include:

- Statistics on teen substance use
- Addiction Process
- Risks associated with drug use
- Signs/symptoms of alcohol and other drug use
- Supports and services available in the community

**Presenter:** Lori Mercer, Addictions Counselor, Health and Community Services

**Date:** To be announced (March 2008)

**Time:** 1900 hrs - 2030 hrs

**Location:** GMFRC

Presenter: Sandra Brown, Reproduction Health Nurse /Co coordinator, Central Health, NL

**Date:** 9 April 2008

**Time:** 1900 hrs -2030 hrs

**Location:** GMFRC

Topics to be covered will include:

- Sexual activity amongst teenagers
- Sexually transmitted infections
- Safer sex practices
- Resources available

To register for any of these information sessions, please contact Tracy, loc 1145 . If you require additional information on any of the above sessions contact Betty Moulton, Social Worker, loc 1146

## GUIDING YOUR TEEN THROUGH ADOLESCENCE



## 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<br>(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       |

# Employment Assistance

DANIELLE ST-PIERRE LOC. 1147

## THE JOB INTERVIEW

Now that you have created a resume that can concisely illustrate all the skills and experience acquired during the past few years, you are ready for the job market, or so you think.....

Not quite yet, all career consultants and employment counsellors will tell you that the work has just begun! To become successful in your job search you have to invest time, research and know-how. You should consider the job search as you would a real job; that means getting up in the morning, hitting the computer and the local newspapers for the new job advertisings; getting out and about to expand your networking base; and educate yourself on the potential employers.

Now that you have secured an interview; you think the work is over! Not yet, the interview may be daunting for many, but as Deborah Walker explains in the following "Avoid these 10 Interview Bloopers" preparation and education will prove to be an asset.

### Avoid These 10 Interview Bloopers by Deborah Walker

We've all heard stories of job candidates who looked great on paper but who were absolute disasters in person. With fewer and fewer interview opportunities available in this competitive market, it's essential to make the best possible first impression. You can learn from the mistakes of others and avoid the top 10 worst interview blunders.

**Poor handshake:** The three-second handshake that starts the interview is

your first opportunity to create a great impression. But all too often an interview is blown right from the start by an ineffective handshake. Once you've delivered a poor handshake, it's nearly impossible to recover your efforts to build rapport. Here are some examples:

- The Limp Hand (or "dead fish"): Gives the impression of disinterest or weakness
- The Tips of the Fingers: Shows lack of ability to engage.
- The Arm Pump: Sincerity is questionable, much like an overly aggressive salesman.

Even if you're a seasoned professional, don't assume you have avoided these pitfalls.

Your handshake may be telling more about you than you know. Ask for honest critiques from several friends who aren't afraid to tell you the truth.

**Talking too much:** In my recruiting days, I abhorred over-talkative candidates. So did most of my client employers. Over-talking takes a couple of forms:

- Taking too long to answer direct questions. The impression: This candidate just can't get to the point.
- Nervous talkers. The impression: This candidate is covering up something or is outright lying.

To avoid either of these forms of over-talking, practice answering questions in a direct manner. Avoid nervous talking by preparing for your interview with role-play

**Talking negatively about current**

**or past employers/managers:** The fastest way to talk yourself out of a new job is to say negative things. Even if your last boss was Attila the Hun, never, never state your ill feelings about him/her. No matter how reasonable your complaints, *you* will come out the loser if you show that you disrespect your boss because the interviewer will assume that you would similarly trash him or her. When faced with the challenge of talking about former employers, make sure you are prepared with a positive spin on your experiences.

**Showing up late or too early:** One of the first lessons in job-search etiquette is to show up on time for interviews. Many job-seekers don't realize, however, that showing up too



early often creates a poor first impression as well. Arriving more than 10 minutes early for an interview is a dead giveaway that the job seeker has too much time on his or her hands, much like the last one picked for the softball team. Don't diminish your candidate desirability by appearing desperate. Act as if your time were as valuable as the interviewer's. Always arrive on time, but never

# Employment Assistance

DANIELLE ST-PIERRE LOC. 1147

more than 10 minutes early.

## **Treating the receptionist rudely:**

Since the first person you meet on an interview is usually a receptionist, this encounter represents the first impression you'll make. Don't mistake low rank for low input. Often that receptionist's job is to usher you into your interview. The receptionist has the power to pave your way positively or negatively before you even set eyes on the interviewer. The interviewer may also solicit the receptionist's opinion of you after you leave.

## **Asking about benefits, vacation time or salary:**

What if a car salesman asked to see your credit report before allowing you to test drive the cars? That would be ridiculous, and you'd walk away in disgust. The effect is about the same when a job-seeker asks about benefits or other employee perks during the first interview. Wait until you've won the employer over before beginning that discussion.

## **Not preparing for the interview:**

Nothing communicates disinterest like a candidate who hasn't bothered to do pre-interview research. On the flip side, the quickest way to a good

impression is to demonstrate your interest with a few well thought out questions that reflect your knowledge of their organization. [Editor's note: To ensure that you are prepared, see our article, [The Ultimate Guide to Job Interview Preparation.](#)]

**Verbal ticks:** An ill-at-ease candidate seldom makes a good impression. The first signs of nervousness are verbal ticks. We all have them from time to time -- "umm," "like," "you know." Ignore the butterflies in your stomach and put up a front of calm confidence by avoiding verbal ticks. You can also sometimes avoid verbal ticks by pausing for a few seconds to gather your thoughts before each response.

One of the best ways to reduce or eliminate them is through role-play. Practice sharing your best success stories ahead of time, and you'll feel more relaxed during the real interview.

## **Not enough/too much eye contact:**

Either situation can create a negative effect. Avoid eye contact and you'll seem shifty, untruthful, or disinterested; offer too much eye contact, and you'll wear the interviewer out. If you sometimes have trouble with eye-contact balance, work this issue out ahead of time in an interview practice session with a friend.

**Failure to match communication styles:** It's almost impossible to make a good first impression if you can't communicate effectively with an interviewer. But you can

easily change that situation by mirroring the way the interviewer treats you. For instance:

- If the interviewer seems all business, don't attempt to loosen him/her up with a joke or story. Be succinct and businesslike
- If the interviewer is personable, try discussing his/her interests. Often the items on display in the office can offer a clue.
- If asked a direct question, answer directly. Then follow up by asking if more information is needed.

Allowing the interviewer to set the tone of conversation can vastly improve your chances of making a favourable impression. You can put the interviewer at ease -- and make yourself seem more like him or her -- by mirroring his or her communication style.

## **Final Thoughts**

Just as a strong resume wins you an opportunity to interview, strong interview skills will win you consideration for the job. You already know that you won't earn an interview unless your resume sets you apart as a candidate of choice. Similarly, you should know that polishing your interview skills can mean the difference between getting the job offer -- and being a runner-up.

Start your job search with a resume that creates a stellar first impression, then back those facts up with your extraordinary interview skills. You will have made yourself a better candidate by avoiding these ten interview pitfalls. And no one will have to talk about you as the candidate who "almost" got the job.

## Applying for a job at IKEA



# Quality of Life

COLLEEN HISCOCK LOC. 1202

## "Girls Night Out"

The "Girls Night Out" Committee extends an invitation to all women of 9 Wing to come on out and join us for our monthly functions. These monthly functions are a great way to get out and meet people, relax and have fun. Not only will you have fun, you will have an opportunity to give input as to what you might like to see. We are always open to suggestions. The committee recently met and they have a wonderful lineup planned for Winter/Spring 2008. Details have not been finalized for all functions, however, watch for advertising. Also, please feel free to call the GMFRC to get up-to-date information on what is happening.

## February 6 – Death by Chocolate Potluck

- All Ranks Mess
- 7:00 for 7:30 pm
- Bring your favorite chocolate treat and recipes to share with others. Don't forget a serving utensil for your treat
- Please call 256-1703 Loc 1206 to register no later than Monday, February 4.

## March 6 – Bowling at Peyton's Pins

- 7 – 9 pm
- Cost: Will be determined by the number of participants

- Please register by Monday, March 3

## April 2 - Cooking Class @ Dominion

- Details to follow

## May 7 – Jewellery Making with Cammy Ambrosini

- All Ranks Mess
- 7:00 PM
- This project involves making a beaded gemstone necklace.
- Add-ons or upgrades are extra (price list will be available)
- Cost: \$20 (payable to Cammy that evening)
- Upon completion of the necklace, you have the option of making a matching bracelet for \$10 and/or earrings for \$5
- Deadline to register is 25 April (supplies have to be ordered)

## June 4 – Hail & Farewell Barbecue

- Details to follow

If you would like additional information on these or any GMFRC functions, please give me a call at 256-1703 Loc 1202. We invite you to bring along a civilian friend.

## Winter/Spring Craft Projects

Paper Pieced Lighthouse Wall-Hanging (three nights of instruction)  
Dates: February 13, 20, and 27

Time: 7 – 9:30 pm

Location: GMFRC

Instructor: Lori Isenor

Cost: \$10

A supply list is available at the GMFRC. If you have questions about this project, please contact Lori at 256-3506.

**Deadline to register is Thursday, February 7.**

## Wooden "Support Our Troops" Plaque (one night of instruction)

Date: Wednesday, March 19

Time: 6:30 – 9:30 pm

Location: GMFRC

Instructor: Lori Isenor

Cost: \$12 (includes all supplies)

Participants must bring paint brushes.

**Deadline to register is Friday, March 14.**

## Full Size Quilt (four nights of instruction)

Date: during the month of April

Pattern: to be determined

**Please watch for upcoming information and advertising. To register for these or any GMFRC program, please call 256-1703, Loc 1206.**

## Coffee Downtown

Meet us at Giovanni's, located on the corner of the town square, for a latte, chai tea, hot chocolate or your beverage of choice that will warm your insides on a cold morning. This is a great opportunity to get out of the house, away from the housework and take a little breather from the children. And to help make the decision a little easier for you, low cost childcare may be available for you to attend, however, please keep in mind that childcare is limited and is available on a first come basis. So mark these dates on your calendar and meet us from 9:30 – 10:30 am. Please keep in mind that the cost of your coffee and treats are on you! If you have any questions, just give us a call!

**Thursday, February 28**

**Thursday, March 20**

**Thursday, April 24**

**Thursday, May 29**

We Hope You  
Can Join Us!





# Quality of Life

COLLEEN HISCOCK LOC. 1202

## Easter Cake Decorating



Meet us at the Centre for an afternoon of cake decorating and bring home a beautiful Easter treat. A list of items you will need to bring along

(cake and icing) is available at the Centre. If you would like to come and learn decorating techniques, please call the GMFRC at 256-1703, Loc 1206/1202.

When: Sunday, March 16

Time: 2 – 4 pm

Where: GMFRC

Cost: \$5

Instructor: Judith Blair

Decorating tips, couplers and bags will be provided. **Deadline to register for this class is Wednesday, March 12.**

We hope you are able to join us.

## GMFRC's Annual Spring Flea Market

Are you being posted this summer? Are things piling up to the point where you just can't take it any more? Do you still have unpacked boxes from a previous posting? Children's toys getting out of control? Why are you hanging on to all that stuff? Why not book a table at our annual flea market and turn all those unwanted items into cash? The GMFRC will host their annual flea market Saturday, 24 May at the United Church Hall on Fraser Road. This is a great way to offload all of your unwanted wares.

Don't want the hassle, yet still want to get rid of some stuff... then donate your items to the



GMFRC and we will sell them at our own table with all proceeds being used for MFRC programs.

Tables are available at a cost of \$5 each for 9 Wing families, \$10 each for civilian families. So give it some thought and start packing those boxes. If you would like additional information or would like to book your table in advance please call the GMFRC at 256-1703, Loc 1206/1202. Space is limited, so book early. We will take table bookings until Wednesday, May 21.

## Time for me at the GMFRC

Are you looking for a little "you" time, well we have the answer for you. As the name indicates, this is time for you "the military spouse", whether you want to drop in for coffee, a chat with friends or if you have a craft of project at home you are working on, feel free to bring it along. We can also arrange craft projects if a group of you have something you would like to do or, if there is a guest speaker you would like to hear on a particular topic.

This time slot is reserved, for you, each Tuesday morning at the GMFRC from 9:30 – 11:30 am. Oh, and did I mention that for your convenience, low cost limited childcare is available. All you have to do is give us a call in advance at the Centre, Loc 1206/1201 to register

your child/children. If you have any questions concerning this program or have any suggestions for activities, please give me a call at 256-1703 Loc 1202. We look forward to seeing you!

## "Girls Nite Out" and Inclement Weather

With all this snow and the frequency of winter storms, how can I not mention program cancellations, because yes folks, it can happen. Unfortunately, sometimes it is necessary to cancel programs and workshops at the last minute during the winter months. If the weather is nasty on an evening which a program is scheduled (Girls Nite Out, crafts, etc), please listen to VOCI on your AM radio for a cancellation. We will try our best to have a decision made by close of business that day, if possible. We hope this will not be necessary, however, we all know how unpredictable our weather can be. If you have any questions, please feel free to give me a call at 256-1703, Loc 1202.

## Volunteer Planning Meetings

The following is the schedule for our Volunteer Planning Meetings for winter/spring 2008:

**Wednesday, February 27**

**Wednesday, April 2** (This is our March meeting, however, Easter falls when our meeting would normally be scheduled)

**Wednesday, April 30**

These meetings are held at the GMFRC the last Wednesday of each month from 9:30 – 11:30 am. Limited childcare is available for you to attend, however, you must register your child/children in advance... space is limited. If you would like more information about these meetings or our volunteer program, please feel free to give me a call at 256-1703 Ext 1202 or feel free to join in one of our meetings.

# 2007 "Angel Tree Campaign"

I would like to take this opportunity to thank everyone involved in the success of the 16<sup>th</sup> annual Angel Tree Campaign which has ended for another year. This year we had 243 gifts and \$1,103.00 in cash and gift certificates donated to the campaign. These gifts and monies were presented to the Salvation Army/VOCM Happy Tree on December 11. These gifts were then distributed to underprivileged families in the Gander area so that no child had to go without this Christmas.

First of all I would like to thank the numerous volunteers at the GMFRC who spent countless hours making angels at the center. Thank-you to the mom and her children for joining me at Wal-Mart for the launching of the Happy Tree in November. Your support and participation was greatly appreciated and an absolute necessity for the success of this campaign. Thank you.

To Melody Granter at NavCanada Area Control Centre and Debbie Harnett from Services Canada, thank you for your continued support and generosity. You are wonderful contributors to this campaign and we look forward to this partnership for years to come.

Thank you to the "Girls Night Out" Committee, and all those who attended the Silent Auction in November. It was a huge success, with all the proceeds from that evening being donated to the campaign.

To all section heads, thank you for welcoming the Angel trees into your units and for your support. To Cpl Deb Gilbert, Sgt Peter Sheppard, LCol Harris, Chief Neal and WO Parady, thank you for helping with the loading of the gifts into the van and the unloading of gifts at the Salvation Army. Thank you to Sgt Sheppard of Transport for providing us with a van to deliver the gifts.



To the Salvation Army for allowing us the opportunity to be involved in such a worthwhile cause, thank you. We are honored to be able to provide your organization with gifts for children in the Gander and surrounding area. Thank you for everything you do to make life a little easier for those who are in need, not just at Christmas, but everyday of the year.

To Colleen Hiscock, the Quality of Life Coordinator at the GMFRC, a great big "Thank-you" for all the behind the scenes work you do. Without you I would certainly have been lost. I had a wonderful time working with you on such a great cause.

And last but certainly not least, those of you who donated all of the wonderfully creative and extremely thoughtful gifts, and those who dug deep and donated money and gift cards, thank you so much. I assure you that your kindness and generosity were noted by many families on Christmas morning.

**"Thank you for being a Child's Angel"**

Lenore Curtis  
2007 "Angel Tree Campaign" Coordinator"

# Deployment Support

CAROLEANN MACWHIRTER LOC. 1148

## Fields of Flags School Project a Great Success!!!

As part of the deployment program each year students are asked to write letters, make cards and crafts to be sent in our morale packages to CF members deployed all over the world. This year a project was created called "Fields of Flags", 8000 flags were sent to 25 schools in the central area and students were asked to write supportive messages on the flags and be creative.



Exploits Valley High, Grand Falls-Windsor

It was the intention to create fields of Canadian Flags to show support and respect for both the traditional and modern day veteran. The schools were then asked to return the flags to the MFRC to be included with our Christmas morale packages. This project was a great success we had approximately 6000 flags returned and several pictures of how the flags were implemented into the Remembrance Day programs.



Botwood Collegiate, Botwood

## A MILITARY REMINDER IN CORNER BROOK

Christmas is a busy time of year but also a sentimental one.

It's a time for remembering, and the people in Western Newfoundland always come through demonstrating the true spirit of the season.

Whether it's collecting turkeys for the food bank, buying toys for children or putting in extra hours at the soup kitchen, people make an effort.

At the Gallipoli Armoury in Corner Brook we decided to remember our soldiers who wouldn't make it home for the holidays.

We held a 'Trim a Tree for a Toonie' event and invited CF members, family and friends to help trim our Christmas tree outside the building.

The idea was to write the name of a member serving overseas or former CF member on yellow ribbons and red ornaments and hang them on the tree. The charge for participating was two dollars, with all proceeds going to the food bank.

We were joined by parents who had sons and daughters overseas and our CF members working in the community.

The spirit of the day was uplifting as members crawled out from their jobs and desks in the middle of one of the busiest weeks of the year to remember someone else.

I know it's an event that will grow every year.

Patti Griffin

Military Family Outreach Services Coordinator  
Corner Brook Satellite.....(709) 637-459



## UPCOMING DEPLOYMENT ACTIVITIES

### Valentine's Spa Day

February 14<sup>th</sup>, 2008

If you have a loved one deployed and would like to take part in our Valentine's Spa Day, please contact Caroleann, no later than Friday, February 8<sup>th</sup> @ 256-1703 LOC 1148 to register.

### Deployment Easter Breakfast

Sunday, March 16<sup>th</sup>, 2008

If you have a loved one deployed during the Easter season, join us for Breakfast on Sunday, March 16<sup>th</sup> from 9:30 – 11:00am. Contact Caroleann, no later than Wednesday, March 16<sup>th</sup> to register.

# Kids' Korner

PAMELA TIMBURY LOC. 1201

## Kids Fun Day

When: February 11, 2008

Time: 8:00—16:30

Where: GMFRC

Cost: \$10.00 per child/ \$20.00 per family

Ages: Kindergarten to grade 6

This will be a fun filled day of activities, including games, crafts, swimming and lots more. Lunch will be provided.

Please register by February 7, 2008. For more information, please call loc.1206 / 1201.

## Movie and Pizza Night

Date: March 07, 2008

Where: GMFRC

Ages: 5-11

Time: 6:00-8:00pm

Cost: \$4.00

Come join us at the GMFRC for a night of Pizza and a Movie. Remember you can bring a friend along. Please register by March 06, 2008. For more information, please call 256-1703 local 1206/1201.

## Casual/Respite Childcare

For any of you who just need a break! You can drop off your child or children here at the GMFRC every Tuesday and Thursday from 8:45 – 11:45am. Preference will be given

to families of deployed members on Thursday mornings.

We ask that your child/ children are picked up on time to allow staff time to prepare for the next program.

This service includes 'quality childcare' and the opportunity for your child to socialize and interact with other children their age. To ensure this service we are requesting



that you only book your child/ children a week in advance due to limited spaces. To register call 256-1703 local 1206/1201.

## 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

## Youth Club Upcoming Events

First Aid Training

On Saturday February 9<sup>th</sup> from 9:00-5:00pm there will be a youth first aid training course for ages 12-18. This will be a one day course only and is free of charge. Participants must be dependants of military or civilian employees of the wing. You are required to pre register by calling Local 1206/1259 or by dropping into the Gander Military Family resource Centre.

## Youth Ski Trip

We are currently planning a day ski trip to White Hills in Clarendville, NL. This will be open to youth ages 12-18. Please look for upcoming posters and e-mail to find out more information.



**Please note that all Children's Programs will be cancelled for the Easter Break. This is from March 25 – 28. Programs will resume March 31. Happy Easter**

# Your Health

## Health Promotion

The Health Promotion office would like to wish you and your family a Happy New Year and we hope you had a great Christmas. So now after all the Yuletide cheer are you looking to make some New Year resolutions? If so please feel free to take part in any of the listed Health Promotion programs.



### 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.

### 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 are open to the entire CF community including your immediate family. So if you interested in a program please contact us at:

**Paul Cunningham, [cunningham.pj@forces.gc.ca](mailto:cunningham.pj@forces.gc.ca) or Judith Blair (709) 256-1703 ext 1455 or you can drop by the office located in the Rec Centre**

**Human Papillomavirus (HPV)** is a virus that can infect many parts of the body. Some types are sexually transmitted and can cause genital warts or other consequences such as cancer.

There are over 100 types of HPV and 4 common types can be prevented through vaccination. The vaccine protects against infection with two high-risk types of HPV (16 & 18) that cause approximately 70% of cervical cancers and 2 low risk types (6 & 11) that cause approximately 90% anogenital warts.

HPV is a sexually transmitted infection and ideally the vaccine should be administered to females before they become sexually active in order to ensure maximum benefit. They also recommend the vaccine for females 14-26 years of age as there is still the potential for benefit regardless of previous sexual activity. It is not recommended for pregnant women or females under the age of 9 years.

The HPV vaccine is given in 3 doses. First dose now, second dose, 2 months after the first dose and third dose is 6 months after first dose. It is important that the vaccinated female continue their regular pap test because it is still possible to be infected with the less common types of HPV.

### **Several mild problems that may occur with HPV Vaccine (Gardasil):**

- Pain, redness or swelling at the injection site
- Mild/moderate fever
- Itching at site

### **HPV in Newfoundland**

- It is given to grade 6 females on a volunteer basis
- They are given the vaccine usually, Jan, Mar & June
- All females that wish to receive the vaccine and they have passed Grade 6 then they have to go to their Family Doctor to have it prescribed and the vaccine has to be given to them by the doctor.
- Cost is \$145.61 per dose for a total of 436.83 for 3 doses.

### **Insurance**

- 80% of the Vaccine is covered.
- The yearly deductible has to already have been paid in full for the year (previous claim), or paid with this claim if this is the first claim for the year.
- The individual needs the following information on the bill from the physician: Name of vaccine (Gardasil®), DIN Number and cost.
- Only the vaccine is covered. Any Doctors fees and administration fees are not covered and has to be paid by the individual.
- If anyone has any additional questions you can contact the PSHCP Providers at 1-888-757-7427.

Please ensure you have your health care provider/Certificate number ready.

T.A. Traverse  
PO2  
Snr Med Tech  
256 1703 ext 1204

# Snowmobiling and Safety Tips

It's that time of year for the fun winter sports and recreational activities are on almost everyone's calendar, the top of my list (and I'm sure I'm not alone), is snowmobiling. Below is a list of some very important and useful information that may help in keeping us safe while enjoying our favourite winter sport.

## Follow the rules

NEVER drive a snowmobile if you are impaired by alcohol or drugs. "Don't drink and drive" applies to snowmobiles as to any motor vehicle.

Ensure your snowmobile is properly registered through Motor Vehicle Registration and has valid insurance. Check local bylaws before heading out.

Trespassing on private property is disrespectful. Ensure you ask permission and drive with respect while on private property.

Be careful when crossing roads of any kind. Come to a complete stop and make absolutely sure no traffic is approaching from any direction and cross the road at a right angle to traffic.

Every year there are collisions and near misses involving snowmobiles and automobiles whereby snowmobiles are attempting to cross roads and highways, please don't add to these statistics.

Carrying passengers - Snowmobilers should carry no more than that recommended by the manufacturer.

Headlights and tail lights should be on at all times to improve the visibility of the snowmobile to other vehicle operators.

Take a friend, either as a passenger (if the snowmobile is equipped for two) or on his/her separate machine. Not only

is it more fun, it's safer too!

## Rules regarding children and the operation of a snowmobile

In order for a child who is **12 yrs old** to operate a snowmobile he/she must be accompanied by a person **19 yrs old** and over.

By law, when a child is **13 yrs old** he/she can operate a snowmobile without supervision (at parents discretion).

When **16 yrs old** and under they **MUST** have personal insurance on the snowmobile.

## Dress Appropriately

Wear layers of clothing so you can add or remove a layer or two to match changing conditions. A windproof outer layer is especially important, as are warm gloves or mitts, boots and a helmet. Make sure your helmet is safety-certified, the right size and in good condition. A visor is essential to clear vision and wind protection, and the chin-strap should be snug. Wear glasses or goggles that offer protection from the sun.

## Equipment Checklist

The following basic tools should be carried in the snowmobile at all times:

One or two screw drivers and vice grips, orange garbage bags, rags, adjustable wrench, black electrical tape, starter cord, spark plug and a spare belt.

Always be prepared for an emergency. A good question to ask is "Can I get back safely with the equipment I'm taking?" The following items are good to take:

Extra key, pocket knife, map, reliable compass or GPS, dried fruit, peanuts, raisins, etc., flares, space blanket, first aid kit, 50 feet of 1/4" nylon rope, waterproof matches, snowshoes, flashlight, emergency

shelter, sun block cream, cell phone and a whistle.

## Ice Safety

Snowmobilers should avoid snowmobiling on ice if they are uncertain about its thickness or condition. If you do cross ice remember "No ice is without some risk", and be sure to measure clear hard ice in several places. Keep in mind that as spring approaches, ice conditions deteriorate. Also, if there is a blanket of snow over a body of water you can never assume it is safe.

## If You Fall Through

DO NOT PANIC!

Chip away thin ice which surrounds you

Reach as far as possible onto the ice  
Kick your feet vigorously until reaching a horizontal position

Using your arms, slide onto the ice  
**DO NOT STAND** on the ice - **ROLL OR CRAWL TO SAFETY!**

## If SOMEONE Else Falls Through

DO NOT PANIC!

If you are near, crawl or roll away from the area

Tell the person to keep calm

Use a reaching or throwing assist, ask them to kick vigorously and pull the person from the water

Both you and the victim roll or crawl to safety

Care for hypothermia and other injuries if necessary

## First Aid for Hypothermia

Begin emergency scene management (ESM) – do a scene survey. If the temperature is below 15 C, suspect hypothermia either as the main problem or as a complication of another injury.

Take measurements to prevent further heat loss such as:

- Cover exposed skin with suitable

# Snowmobiling and Safety Tips

# WARRIOR

- clothing or covers, make sure the head is well insulated.
- Adjust the casualty's clothing to keep wind or drafts out. Wrap the casualty in something windproof (ex) reflective "Space blankets" or garbage bags.
- If possible move the casualty out of the cool or cold environment. If you cannot move indoors, protect the casualty from the wind.
- Loosen or remove tight clothing.
- Wet clothing causes severe heat loss. If you are in a shelter and have a dry change of clothes, gently replace wet clothes with dry ones. If you are not sheltered, put the dry clothes over the wet clothes. If you don't have wet clothes, press as much water out of the wet clothes as possible and wrap the casualty in something wind proof.
- Insulate the casualty from cold objects – have them sit on a rolled-up jacket or lie on a blanket.

Get medical help. If you have to transport the casualty, transport in the recovery position.

Give on-going care, monitoring the ABC's (Airway, Breathing and Circulation). If breathing is ineffective, give assisted breathing. If there are no signs of life, give CPR, but don't delay transporting the casualty.

## Trail Etiquette

No Stopping in the middle of groomed trails, please move off to the side

Do not stop on turns or narrow portions of trail

Helmets and eye protection recommended

Keep Right on trail, especially on turns  
Obey all signage including stop, yield etc

Speed limits should be consistent with trail conditions and should be obeyed.  
Also after 11 pm, snowmobilers must

reduce noise while travelling through town.

Use proper hand signals as defined by the International Snowmobile Manufacturers Association

Do not steal or tamper with trail signage - it could cause an accident  
Please be courteous to volunteers of local clubs who are out maintaining the trails. Remember - they're volunteers

Avoid traveling on unfamiliar frozen bodies of water

Never leave children unsupervised on snowmobiles

Keep your snowmobile properly maintained

Always be on the lookout for hidden fences, gates, wharves or wires

The purchase of a trail sticker is **mandatory** if you travel on the Trail system. Funds raised from the sale of the stickers are used to upkeep the trails as well as the shelters put in place by the NL Snowmobile Association.

## Think Ahead

Remember it is you, the rider that makes snowmobiling safe. Many problems will be avoided by using common sense. Minor problems can be overcome by carrying a useful tool kit, spare parts, flashlight, first aid kit and a few survival items such as high-energy food, fire starting equipment and a compass.



**Safe Riders!**  
You Make Snowmobiling Safe™

Cpl  
Melissa  
Osmond  
9 Wing Mp  
Det

*I never wore the uniform,  
no medals on my chest.  
The band it doesn't play for me,  
I am not among "the Best."  
I do not march in cadence,  
I do not rate salute,  
I stand among the silent ranks,  
our devotion absolute.*

*If you've not worn my shoes,  
you do not know my story.  
I live a life of sacrifice,  
my reward a private glory.  
I've wept many silent nights away,  
and I've kept the home fires burning.  
I've worried and I've waited,  
as world events were churning.*

*I've moved more times than you  
could fathom,  
left more people than you've known.  
I've planted gardens 'round the  
world --*

*Very few that I've seen grown.  
I've grieved with new-made widows,  
and had my share of scares --  
when a ship or plane or man was  
down,  
and all I had were prayers.*

*I'm not asking for your sympathy,  
(although appreciation can be nice)  
I did it quite on purpose though --  
I chose to sacrifice.*

*I'll tell you a secret now,  
one you'd never guess.  
About the one glory that is mine,  
it's just enough; no more, no less.*

*When you and I stand together  
as our national anthem plays,  
I'll fill with reminiscences  
of how I spent those days.  
I'll know the pain and joys again,  
I'll know that freedom isn't free,  
I'll know I've helped to pay the price,  
and that the anthem plays for me.*

Thank you to Sgt Jim Ryall for submitting the above poem.

# News from 9 Wing

## Canadian Rangers Participate in Fight III Filming.

By: OCdt G. J. Roberts

It is a beautiful sunny morning, cold by any standard at minus 19 degrees with strong winds. An arm shoots straight up, a radio crackles and the excited voice of the director shouts "Action! Action! Action!" Twelve snowmobiles, loaded komatiks in tow, surge forward and race across the frozen surface of Terrington Basin. A helicopter banks sharply to the left, swoops down and follows the group for a short distance before overshooting them. Take 1. Filming of the Arctic portion of the new Canadian Forces recruiting commercial in the Goose Bay area has begun.

The Arctic portion of the commercial is based on the scenario of a downed commercial aircraft in a barren area of the frozen Northland. The Canadian Rangers receive the request for assistance, break camp and set out across the land and arrive at the crash site as first responders to the scene. Their role is to provide immediate First Aid to the injured and set up tents at the site for shelter while awaiting arrival of a Search and Rescue Unit. After help arrives they assist with evacuation of the passengers and crew of the aircraft.

Over the next three days, six Canadian Rangers from the Goose Bay Patrol will, not only participate in the filming of Fight III in front of the cameras, but prove their value to the project many times as their vast knowledge of cold weather operations and ability to keep equipment running under most severe conditions becomes apparent to all on the film site. Along with their many other tasks, the Canadian Rangers provided the basic skills in the operation of snowmobiles to the six participants of the 1<sup>st</sup> Royal Newfoundland Regiment who were to accompany them on their trek to the crash site. Many times, over the three day filming period, the knowledge and capabilities of the Canadian Rangers became evident as they performed numerous preventative maintenance tasks and completed necessary minor repairs to bring stalled snowmobiles back to life and continued service.

In preparation for the shoot, and during filming, the Canadian Rangers assist the film crew with the transportation of equipment and personnel to the staging

sites, provide some of them with protective clothing during the most severe cold conditions and offer invaluable advice that helps keep everything on an even keel. Some mornings these Canadian Rangers had to leave their homes by 5 AM to be on site, ready for any task assigned to them. Most meals were taken on site and there were nights when these Canadian Rangers did not arrive home until well after the evening meal. The Canadian Rangers responded to all taskings with the spirit so common throughout the organization and completed their taskings without fail.

Lt Joe Anderson, a seasoned Canadian Ranger, commented on the amazing amount of work that has to go into the making of a short commercial. "I'll never look at a commercial on television the same again. On a positive note, however, this task has provided us with excellent training and a good sense of what to expect if we are ever called on to respond to a real situation, which could very well happen in this area," concluded the Goose Bay Patrol Commander.

Canadian Ranger Sam Morris summed it up. "It was certainly different from a normal training exercise and an experience that I will not forget".

"This has been a wonderful experience. Being involved with the film people and the sound crew was great. Just being outdoors and operating from a skidoo for three days made it all worth it", was the way Canadian Ranger Judy Morris viewed the tasking.

Canadian Ranger Paul Cooke stated that, "I found the experience of working with a civilian group very different. It gave me a real understanding for time appreciation and the tolerance that demonstrated there are times when we must be very flexible in the performance of our tasks".

Cooke's comments were echoed by Canadian Ranger Sterling Saunders. "It was excellent to get the opportunity to work with different organizations. I got the feeling that we have made a lasting impression and now, not only are the Regular Force people on the base aware of us, but other people and Government seem to be very proud of, and have much respect for, the Canadian Ranger organization", was the way he summed up the experience.

Canadian Ranger Pat White had assisted the film crew prior to the Canadian Ranger tasking and was most familiar with the people involved. "I believe we have put the



# News from 9 Wing

Canadian Rangers in a good place both nationally and internationally. I feel that we have gained the respect of all the people involved in this project, and for me, personally, it was a good experience. Something we needed to wake us up to the fact that we could possibly have to respond to a situation such as this one day”, was his response to the tasking.

**5<sup>th</sup> Canadian Ranger Patrol Group Headquarters thanks Lt Joe Anderson and his Canadian Rangers of the Goose Bay Patrol for their invaluable assistance in making this project a success. Good Job! Well done Canadian Rangers!**

OCdt Roberts is the Unit Information Officer/Webmaster for 5<sup>th</sup> Canadian Ranger Patrol Group.



*PHOTO 1: by Sgt Anthony Dubourdieu – Canadian Rangers assist with evacuation of survivors at the crash site.*



*PHOTO 2: by OCdt G. J. (Junior) Roberts – Canadian Rangers participating in the project. Left to right, Lt Joe Anderson, CR Sam Morris, CR Paul Cooke, Cpl Pat White, CR Judy Morris, Cpl Sterling Saunders.*

## SUPPORT OUR TROOPS

Greg & Vernice Rose of Flowers Cove, NL proudly stand beside an 8 foot Support Our Troops ribbon they made for Christmas to honor all the soldiers who are overseas who can't be home for the Holidays.

The ribbon lets them know they are in our hearts and prayers. The Roses are going to keep the ribbon lit until the war in Afghanistan is over, and the soldiers are home safely.



# News from 9 Wing

## WOOD HEATING YOUR INSTALLATION CHECKLIST

In light of the recent event that took place recently whereby two people lost their lives while spending time at their cabin, I thought it might be prudent to talk about the installation of wood stoves/heating appliances. The important thing to remember is that regardless of where the appliances are installed and used, including your cabin or your garage/shed, they have to be installed to the same code requirements as if they were being installed in your home. A fire doesn't care if you are in your house or your cabin, the end results of a system not properly installed can be devastating.

As with any system that's being installed the manufacturer's instructions should be strictly followed and adhered to. If the person who's installing the system deviates from the instructions, ask why and be sure you understand the answer. There should be no variations from the installation guidelines at all.

After the system is installed be sure it meets the code requirements. Have the local fire department/inspector inspect the installation. Notify your insurance company, they may have their own representative come by to check your system for you.

Install smoke alarms on or near the ceiling at the exits to the room where the appliance is installed. Replace the batteries annually, and consider installing a carbon monoxide detector. Buy a labelled and approved ABC type fire extinguisher, and store it near the appliance.

CMHC in conjunction with Natural Resources Canada puts out a booklet called " A Guide To Residential Wood Heating" with all the pertinent information with regard to wood heating appliances. This booklet can be picked up at Gander Fire Rescue. The address is 60 Elizabeth Drive and is free of charge.

Remember, even if the appliance is installed correctly, this does not mean that you **will not** have a fire. Anything that is man made is at times subject to failure for whatever reason. Be vigilante, due care and caution is the lesson.

If you have any questions regarding this matter or any other fire related queries, please feel free to contact myself or Sgt LeDrew at 256-1703 ext 1447 or 1242.

Fudge W.P.(Paul)  
Cpl  
Wing Fire Inspector  
Loc 1447

## 537 Gander Royal Canadian Air Cadet Squadron



During the weekend of 19-21 October 2007, the 537 Gander Royal Canadian Air Cadet Squadron (RCACS) took part in an inter-provincial exchange with air cadets from 325 Cornwall Kiwanis Squadron, Cornwall, ON. While in Gander, both squadrons participated in recreation events at 9 Wing Gander Recreation Centre and visited 103 SAR Sqn. They also visited local attractions, including the North Atlantic Aviation Museum on the TCH. 9 Wing Gander supplied numerous promotional items to be given to cadets from both squadrons, including water bottles, hats, scarves, coffee mugs, temporary tattoos, thunder sticks, magnets and paper airplanes.



# PRIVACY CODE

The **Gander Military Family Resource Centre** has adopted the *Privacy Code for Military Family Services Programs*, developed by the Director Military Family Services (DMFS) to assist Military Family Resource Centres in protecting the personal information of Canadian Forces members and all other clients using the GMFRC services. The Privacy Code for Military Family Services Programs is a tailored version of the Canadian Standards Association Model Code for the Protection of Personal Information-CAN/CSA-Q830-96. The 10 principles contained within the CSA Code reflect universal fair information practices that combine individual privacy rights with strong obligations to protect personal information collected by organizations. Upon Adoption of the *Privacy Code for Military Family Services Programs* the GMFRC must identify the purposes for which information will be used or disclosed, and obtain the consent of the individual for those purposes before any information can be collected. Under this code, every individual about whom the GMFRC may hold personal information has a right to inquire what specific information is held and for what purposes it is used. Individuals also have a right to access their information, to have it amended if it is inaccurate or incomplete, and to challenge the purposes for which the information is collected, used or disclosed.

The 10 principles establish core privacy rights for the service group and their families, as well as employees, voluntary staff, and any other individual about whom the Gander Military Family Resource Centre collects, uses or discloses personal information.

The 10 principles are summarized below, for further information on the *Privacy Code for Military Services Program* please contact the Gander Military Family Resource Centre.

## **Principle 1- Accountability**

MFRCs are responsible for personal information under their control. The Director of an MFRC shall be accountable for the MFRC's compliance with the following principles.

## **Principle 2- Identifying Purposes**

The MFRC shall identify the purposes for which personal information is collected at or before the time the information is collected.

## **Principle 3- Consent**

The knowledge and consent of the individual are required for the collection, use, or disclosure of personal information, except where inappropriate.

## **Principle 4- Limiting Collection**

The collection of personal information shall be limited to that which is necessary for the purposes identified by the MFRC. Information shall be collected by fair and lawful means.

## **Principle 5- Limiting Use, Disclosure, and Retention**

Personal information shall not be used or disclosed for

purposes other than those for which it was collected, except with the consent of the individual or as required by law. Personal information shall be retained only as long as necessary for the fulfillment of those purposes.

## **Principle 6- Accuracy**

Personal information shall be as accurate, complete, and up-to-date as is necessary for the purposes for which it is to be used.

## **Principle 7- Safeguards**

Personal information shall be protected by security safeguards appropriate to the sensitivity of the information.

## **Principle 8- Openness**

MFRCs shall make readily available to individuals specific information about policies and procedures relating to the management of personal information.

## **Principle 9- Individual Access**

Upon request, a member/family, MFRC staff or third party shall be informed of the existence, use, and disclosure of his or her personal information and shall be given access to that information. An individual shall be able to challenge the accuracy and completeness of the information and have it amended as appropriate.

## **Principle 10- Challenging Compliance**

A member/family, MFRC staff or third party shall be able to address a challenge concerning compliance with the above principles to the Director of an MFRC who is accountable for the MFRC's compliance.

## **CHALLENGING COMPLIANCE**

A member / family, MFRC staff or third party shall be able to address a challenge concerning compliance with the Principles under the Privacy Code to the Executive Director who is accountable for the GMFRC's compliance.

If you have a concern about the manner in which the information is held or is obtained with regards to personal information, the following steps will take place.

1. The member / family will make a formal complaint in writing or verbally to the Executive Director.
2. The Executive Director will investigate complaints.
3. If the complaint is found justified, the Executive Director will take appropriate measures, including, if necessary amending procedures.
4. The Executive Director will consult with DMFS on issues involving the interpretation of this code an MFRC's compliance with the code.

If the complaints are not handled to the satisfaction of the member /family the complaint will be referred to the Chairperson of the Board of Directors who shall in turn consult with the Director Military Family Services (DMFS). If the Board of Directors can not resolve the complaint, then the individual will be provided with the necessary information to refer the matter to DMFS.

# 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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*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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