

SISIP CONTINUES TO SPONSOR NATIONAL VOLUNTEER RECOGNITION PROGRAM

By Peggy Blake, Executive Director

For the past three 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 9, 2005, the Gander MFRC made great use of this funding by treating our volunteers to a Christmas Appreciation "Newfie" Breakfast. The staff donned their aprons and cooked up a delicious scoff. The menu included all the local delicacies: bologna, fishcakes, molasses bread, and of course, touts. We were very pleased that 75 of our greatest assets, our volunteers, joined us for breakfast. It was an excellent opportunity for us to say to our volunteers: Thank you so much for all you do for us; we could not do what we do without you.

The remainder of our SISIP Volunteer Recognition Program funding was put to good use as well. On April 17, 2005, we kicked off National Volunteer Week by treating our volunteers to an afternoon of Bowling and Pizza. Then continued our celebration of National Volunteer Week with an Open Coffee on April 20, and ended a great week on April 22 with a Volunteers Luncheon. The guest speaker for the luncheon was Ms Bettina Ford, who is the Voluntary Resources Facilitator with the Community Services Council, as well as a town councillor with our local municipal government. She spoke of the tremendous contributions made by volunteers to Canadian society as a whole, and more specifically to Newfoundland's social fabric. She also spoke of how fortunate Gander was to have a military community living within our local community. The military community in Gander has given, both in volunteer time and financially, to many local groups and causes, for many years. She expressed her thanks to the many members of our military community, both past and present, who have contributed to the quality of life in Gander, through their volunteer efforts.

We would like to express our sincere thanks to 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.



Financial Services
Services financiers

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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:

Acting Chairperson / Treasurer - Linda Maxwell
Secretary - Synika Gee

MEMBERS:

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

EX-OFFICIO:

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

GMFRC STAFF:

- Peggy Blake Executive Director.....1274
- Betty Moulton Social Worker.....1146
- Danielle St-Pierre Information/Employment/SLT.....1147
- Colleen Hiscock Volunteer / QLC.....1202
- Pamela Timbury CYC and Emergency Childcare.....1201
- Deanne Short CYC Assistant.....1201
- Yvonne Wicks Deployment.....1148
- Lisa Butler Administrative Assistant.....1206
- Shirley Stead Office Manager.....1206

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

Business Hours 8:30 - 16:30

Monday to Friday

Fax: (709) 256-1771

Email: mil-frc@nf.sympatico.ca

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



CF CONNECTING YOUTH

Please join us in launching the CF Youth Website.

Friday, March 10 from 6-9 we will be having pizza and pop at the GMFRC. I have booked the Base Gym, and Base Pool or we can show a movie on the back screen. Please let me know what you would be interested in doing. Please come prepared for swimming and the gym. Like always, feel free to bring a friend.

Pamela Timbury—Child /Youth Coordinator

256-1703 ext: 1201/1206

Date: March 10, 2006

Time: 6:00– 9:00pm

Ages: 12-18 years old

Where: GMFRC

Cost: FREE

Please RSVP by March 07, Hope to see you there!



Think outside the box... Push the envelope

Tell us about your experiences with the Military Family Services Program

Provide valuable feedback to the Director Military Family Services and your local Canadian/Military Family Resource Centre

The Gander MFRC will be conducting the "Push the Envelope" Survey between March 13 - 24, 2006

Canada MFSP MILITARY FAMILY SERVICES PROGRAM

YOUR PARTICIPATION IS VOLUNTARY, VALUED AND CONFIDENTIAL!

GMFRC News



**International Women's Day
Wednesday, March 8, 2006
Theme – Beyond Laws:
The Right to Be Me**

March 8 is International Women's Day. Established in 1977 by the United Nations, this special day provides an opportunity to celebrate the progress made to advance equality for women and to assess the challenges that remain. This day also provides an opportunity to consider the steps to bring about equality in all their diversity.

The Canadian theme for International Women's Week 2006 is "Beyond Laws: The Right to be Me" which addresses women's rights, women's diversity and the need to put words into action.

In celebration of this special day, **the GMFRC is hosting a luncheon at the All Ranks Mess on Wednesday, March 8th** with guest speaker Krista Power, co-owner of **Yoga Fitness**. This luncheon is **open to all women of the 9 Wing family** (members, civilians and spouses) and there will be guests attending from downtown as well. **Lunch will be from 1200 to 1330.** If you will be attending, please give us a call at the GMFRC at 256-1703 Loc 1206/1202 as we must give Sgt Hogan and his staff numbers to prepare for. **If you will be attending please register no later than Wednesday, March 1st.** Come celebrate with us and let us treat you to a well-deserved lunch.

We look forward to seeing you.

Family Potluck

Come on out to the GMFRC on Thursday, March 16 for a Family Potluck. This is a great opportunity to show off your cooking skills or try your favorite dish on your friends, however, we ask that you ***please be allergy aware.*** For more information or to register your family, please call the GMFRC at 256-1703, Loc 1206. Please indicate what you will be bringing so we can ensure enough main courses and desserts for everyone. All you need to do is bring your favorite dish and the family and we will look after the rest. We hope you can join us!



When: Thursday, March 16

Where: GMFRC

Time: 5:00 – 6:30 pm

Valentine Cookie Grams

Do you have trouble finding the perfect gift for your sweetheart on Valentine's Day? Maybe you are admiring someone from afar and would like to send a secret message? The GMFRC has the perfect way to say "I Love You!" We are again offering our ever-popular "Valentine Cookie Grams". This is the perfect way to acknowledge your sweetheart and maybe keep you out of the doghouse. You can purchase your cookies to be delivered to your "Special Someone" at the GMFRC. These 6" heart-shaped cookies are beautifully decorated and wrapped and then we attach your own personal message. Each cookie sells for \$4.00 each, please pay when placing your order. All cookies will be delivered on Tuesday, February 14, weather permitting. If the weather is bad on Tuesday, cookies will be delivered on Wednesday, the 15th. Please note that we are unable to deliver cookies to the schools.

Orders can be placed at the GMFRC between 8:30 – 4:30, Monday to Friday or give us call and we can send forms to you through the mail. Please place your order by Friday, February 10th. No orders will be taken after that time. A minimum number of orders must be received.

Homebuyers / Sellers Seminar

COLDWELL BANKER **And the GMFRC**

Tuesday Feb. 28th 2006 7-9 pm
9 Wing Gander All Ranks Mess
For more information or to Register Call
424 1638 or 256 1703 loc. 1206

Speakers

Andrew Charlton & Greg Newell
Coldwell Banker ProCo-Gander
Juan O'Quinn
Juan O'Quinn Law Office
Clayton Greene
The Mortgage Centre
Dennis Laing
Cecon Ltd.



Prevention & Intervention

Workshops/Training Programs (Winter 2006)

The following is a list of scheduled Workshops/ Training Programs being coordinated through the social work office for Winter 2006.

Critical Incident Stress Training. This training is scheduled for 23-24 February 2006 . It will take place at the GMFRC . The hours of training are from 9:00-4:00 both days. The trainers for this workshop are Heather Paul, Psychologist and Betty Moulton, Social Worker. To register for this training please contact Lisa @ loc 1206. For additional information please contact Betty Moulton, loc 1146.

9 WING GANDER CRITICAL INCIDENT STRESS RESPONSE MANAGEMENT (CISRM) PROGRAM

What is a Critical Incident?

"A Critical Incident is an event outside the range of normal experience which is sudden and unexpected, disrupts one's sense of control, involves the perception of a life threat, and may include elements of physical or emotional loss."

In preparing for a Critical Incident Response, 9 Wing Gander has for several years supported a Critical Incident Stress Response Management Program. In recent years, however the teams approach has focused on a more psycho/social response in dealing with any critical incident and subject training has been delivered to reflect this. The actual CISRM Team membership is composed of volunteers from all ranks and sections. Military spouses have also been active participants on the team. Membership has been expanded to include a number of key civilians i.e school, hospital and RCMP personnel. All members of the CISRM team are required to complete an application for Team Membership as well as read and sign two Memorandum of Understandings that outlines the commitments, obligations and responsibilities involved in being a member of the team. An interview with one of the team's co-chairs is also required.

Given the urgency of responding to a critical incident, the CISRM team at 9 Wing Gander is committed to provide

training and opportunities for development to its team members. No member will be placed into a situation for which their training has not prepared them for. The team will also provide members with post debriefing support to the extent they require. It will provide informal recognition for a member's contribution to the team.

If you are interested in obtaining additional information on the CISRM Team or if you wish to apply to become a member of the team, please contact the teams co chair, Betty Moulton at 256-1703, loc.1146.

** National Defense: Preparing for Critical Incident Stress

Manipulation and Control: Parent Teen Workshops. These workshops are scheduled for 16-17 March 2006. It will take place at the GMFRC. The hours of training are from 9:00-4:00 both days. The trainer for these workshops is Gerry Dooley, Gerry Dooley Associates, St. John's. To register for one or both of these workshops please contact Lisa @ loc 1206. For additional information please contact Betty Moulton, Loc 1146.

Are you tired of someone trying to **control** your life,

MANIPULATION - The Many Faces -

make decisions for you?

What does the H.A.R.T. formula have to do with Manipulation?

Do you worry more about what someone else thinks or feels than your own thoughts and feelings?

Do you find you're in a **power struggle** with certain people all the time?

Do you find yourself "doing" things you don't want or need to do?

Do you find your dealing with issues that are not "your issues" but someone else's?

Do you realize that because of your life experiences or lack of life experiences you could be a **target** for a manipulator?

Do you understand how "**tuning -in**" begins the process of change?

Do you know how to interrupt the manipulative process?

If you had difficulty answering some of these questions you may find this workshop helpful in understanding and dealing with manipulative behavior.

Prevention & Intervention

You will learn:

- what role Trust, Honesty, Acceptance and Respect play in manipulation
- how to **"Tune In"** to manipulative behavior
- how to recognize the **"7 Manipulative "Styles"**.
- intervention strategies to help you and the manipulator.
- how to recognize and move beyond the **blocks** to communication
- how to find "balance" in manipulative situations.

This is a one day "hands-on" approach to understanding and dealing with manipulative behavior so that everyone wins. This workshop is highly interactive and participant driven; and utilizes participant materials, overheads and structured learning experiences.

This one day training program provides opportunities for

Control: Parent Teen Issues

caregivers and family members to explore struggles and communication issues that exist in "parent-teen" relationships today.

This program examines these issues from the following perspectives.

- How do we help our teens lay down "roots" and also learn how to "fly"?
- Identifying the **sources of conflict** and what makes them so stressful
- Recognizing "triggers" or "buttons" that set off emotional responses.
- How do **expectations and control** play key roles in the relationship struggle.
- Can the damage be repaired when **Honesty, Acceptance, Respect and Trust** are effected
- Do we understand the **"rules"** that parents and teens create in relating to each other?
- How do we find the **balance** between trust and control ie; decision making
- How do we move past: **the silent treatment, yup-nope, folded arms, cold stares, I don't know, I don't care and "whatever"** to have a meaningful conversation.
- How can I gain insight as a parent and help my teen and as a teen how can I help my parent understand me.
- What are the **"5 P's"** of teens?

- What can we do to get **unstuck** and create a new relationship?
- Are there strategies, **"things to say and do"**, that could help improve the situation?

If these questions and comments are of interest, you may find this workshop helpful in understanding and dealing with control issues related to parents and teens . There are structured learning experiences, prepared visual materials and a Working Resource Manual.

Suicide Intervention Training. This two-day course is currently in the process of being scheduled for 30-31 March 2006. The location of the training is yet to be determined. To register for this course please contact Paula Deveau, Health Promotions Office, Loc 1455.

This Suicide Intervention workshop is based on the Living

Suicide Intervention Workshop

Works, ASIST model of intervention. ASIST prepares people of all backgrounds to provide emergency first aid, life-assisting interventions to persons at risk of suicide. Interventions, attitudes, knowledge, skills and resources are presented in an exciting two days of practical training conducted in both large and small groups.

"9 WING GANDER" WILL BE HOSTING AN ASIST WORKSHOP MARCH 2006

PLACE: TBA

DATES: 30-31 MARCH 2006

Time: 8:30 am 4:30 pm

IF YOU ARE INTERESTED IN PARTICIPATING IN THIS WORKSHOP PLEASE CONTACT:

Paula Deveau, PSP Admin Assistant

9 Wing Gander

{709} 256 1703 local 1455 or 1466

For more information on any of these programs and workshops, please contact the Social Worker, Betty Moulton, BSW, RSW at the 256-1703 loc. 1146

Resume Guide for Youth

Seven Essential Items that should be on your Resume

Peter Smith
16 Cormorant Blvd
Gander, NL
A1V 1A1
(709) 256-9999
PSmith@hotmail.com

1. Who you are...

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

Highlights of Qualifications:

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

Relevant Skills and Experience:

General Labour:

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

Customer Service:

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

Work History:

2004-2005 Landscaper Grasshopper Inc. Gander, NL
2003-2004 Landscaper Green Acres, Ltd. Greenwood, NS

Education:

2005 High School Diploma Gander Collegiate Gander, NL
2006 First Aid & CPR Certificate St. John's Ambulance

Volunteer History:

2005 Groundskeeper GMFRC Gander, NL
2004 Landscaper Shady Acres Greenwood, NS

References available upon request.

2. What Job you want...

3. How you would
describe yourself...

4. What you have
to offer...

5. Where you have
worked...

6. Where you are
studying...

7. Have you
volunteered???

Employment Assistance

Seven Essential Items that should be on your Resume

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

Helpful hints

1. Get someone to check for mistakes.
2. Be honest about your experiences.
3. Avoid rambling--use short, strong statements.
4. Try to limit your resume to one page, if possible.
5. Make sure your resume is in good quality--not folded, stained or dog-eared.
6. Ask for help if you need it ... the **Employment Assistance Coordinator at the GMFRC is here for that reason! Call Danielle at 1147 to make an appointment. Or better yet! Come to the Resume Workshop for Youth. You must be 14 years or**

Employment Services available at your GMFRC

The Spousal Employment Assistance Program recognises the challenges facing military spouses upon relocation, work re-entry, job market limitation, etc. and therefore has in place many services that will attempt to alleviate these challenges. Some of these services are:

- Resume and Cover Letter writing workshop.
- Resume and Cover Letter writing one-on-one.
- Skills Identification.
- Labour Trends.
- Interview Preparation.
- Resource Library.
- HRDC Advocacy.
- Current Job Bank Board.
- Continuing Education Assistance.
- One-on-One Computer assistance.

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



Deployment Services

First of all let me wish you all a Happy New Year and a welcome back to those of you who were away from Gander over the holiday season. I hope that you had an enjoyable Christmas. We have had several e-mails from deployed personnel overseas expressing their thanks for the care parcels, which we sent out at Christmas. Without exception they were very well received, with members expressing their gratitude to all of those involved. The many cards and crafts sent by the Grade 3 and Grade 4 classes of Gander Academy especially touched them. The G.M.F.R.C is planning to send out some more care packages around Easter. If you know of anyone from the base who will be gone at that time and you think that we may not have been given their name, please contact us here at the G.M.F.R.C.

MISSION INFORMATION LINE – 1-800-866-4546

As you have no doubt heard through the news media these are dangerous times in Afghanistan. Our thoughts and prayers are with our deployed members and their families at this time. We are so proud of all our Canadian personnel overseas and the many civilian workers that support them there. It is an especially difficult time for families, who may be anxious about their loved ones in light of recent events. Many families are unsure whom to call outside of office hours for up-to-date information about deployed personnel.

The Mission Information Line is a toll free, bilingual telephone service for families of Canadian military personnel serving outside Canada. The purpose of this line is to provide families with timely and accurate information, reassurance, support and referral to other resources, when required.

The Mission Information Line is not a substitute for the Military Family Resource Centres, but rather a supplement to their services.

The line is accessible 24 hours a day, however line personnel is available from 08:00 to 16:30 hrs (Ottawa time) Monday to Friday, except on statutory holidays. This service is strictly confidential.

Line personnel are experienced professionals who are familiar with the policies and operating procedures of the Canadian Forces. They are able to respond immediately to families' requests for information and/or provide assistance with administrative or personal problems.

The information provided is reliable, thorough and comprehensive. The line enables families to access information relating to the living conditions and activities of their loved ones. It also allows them to receive periodic situation reports, messages from commanding officers, confirmation of news releases and information on incidents or accidents. Other services offered by the Mission Information Line include crisis intervention, morale support and transmission of **urgent** messages to deployed personnel. You are invited to contact the line whenever in need.

Drop in to the GMFRC to see some of the programs that we have to offer:

Digital Camera



Deployment services now include a digital camera. If your loved one is deployed, drop into the Centre during regular business hours to have your picture taken. We will then e-mail the

photo to the deployed member. What better way to keep in touch with your loved one while they are away but with pictures from home!

Free Computer Use

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



Postage Free Service



This service has been put in place to enable families of deployed personnel to send parcels

Deployment Services

free of charge to their loved ones who are presently serving overseas. Just drop the parcel off to the GMFRC during regular working hours! Please note that the parcel will be opened and the contents checked before being sent so it is unnecessary to seal it.

The GMFRC is not responsible for any loss, theft, or damage caused to the items. Dimensions of the parcel must be limited to 24" x 12" x 12" and weigh no more than 10 kgs. Proper addressing is important. The correct mailing address is:

Rank/Name/Initials/Last 3 numbers of SN

Unit/Sect
P.O. Box (SEE BELOW) Stn.
Forces
Belleville, Ontario
K8N 5W6

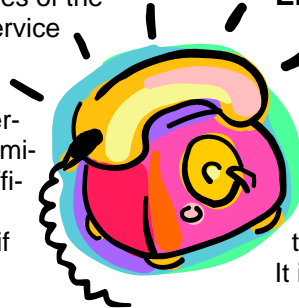
P.O. BOX NUMBERS
Afghanistan – 5058
Alert – 5210
Sierra Leone – 5201
Sudan – 5225
Golan Heights – 5002
Geilenkirchen – 5053
Heidelberg – 5055
Italy – 5045
England – 5051
Belgium – 5048

For the ships, the correct mailing address is:

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

Warm Line Calls

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



Respite Child Care

The GMFRC offers respite childcare to deployed families. This happens every Thursday from 8:45 am to 11:45 am. **You must register your child 24 hours in advance.** Spaces for deployed families take priority. Please call Pam or Deanne at local 1201 to book your child's spot. What a better time to get all those errands and appointments done!

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

Emergency Child Care

Being in the Military and moving often means members do not always have extended family living nearby to help them out at times of need. What do you do if there is an emergency and your spouse is deployed? The Emergency Child Care service is set in place to provide childcare to the deployed members family in the event of an emergency.

Funding is available for up to 72 hours. Please give me a call for more information.

Mission Information Line: 1-800-866-4546

The Mission Information Line is a toll free service that provides information and support to families of Canadian military members who are serving in an operational role outside of Canada. It is accessible 24 hours a day.

If you or your spouse is being deployed, please contact the Deployment Support Coordinator to ensure that your family is receiving support during this time. Remember that the D.M.F.S defines deployment as the assignment of military personnel to a temporary unaccompanied tour of duty away from base/ wing/station/unit/ detachment for a period exceeding 30 days.

Please call me at 256-1703, ext 1148 or 1-800-557-1702. My hours are, Tuesday-Thursday from 8:30 am to 4:30 pm.

**Yvonne Wicks
Deployment Support
Coordinator**

Quality of Life Programs

Time for Me at the GMFRC

Each Tuesday morning from 9:30 – 11:30, this time slot is made available to you to drop in for a coffee, a chat with friends and if you have a craft or project at home you are working on, feel free to bring it along with you. We can also arrange craft projects if a group has something in mind or maybe there is a guest speaker you would like to hear. Whatever is happening, the coffee will be on and as the title indicates, this time is for you “the military spouse”. So mark Tuesday mornings on your calendar and join us for some “me” time. Limited childcare is available for your convenience by calling 256-1703 Loc 1206/1201, however, you will need to register in advance. 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 welcome your input.

Colleen

Coffee Downtown

Once Christmas is over we will all be looking for something to break the monotony, so we will be continuing with our “Coffee Downtown” breaks.

Join us once a month at Giovanni's in the town square as we get out of the house,

away from the housework and take a little breather from the children. And so it might be easier for you to come along, we offer limited childcare on a first come first served basis, however, we do welcome the little ones. So mark these dates on your calendar and plan to join us from 9:30 – 10:30. Please keep in mind that the cost of your coffee and treats are



on you! We hope you are able to join us.

Thursday, February 23
Thursday, March 30
Thursday, April 27
Thursday, May 25

Colleen
Loc 1202

CPR/First Aid Training

The GMFRC will host a weekend certification course for adults (ages 13 and over) on the weekend of March 4th and 5th to be held in the First Aid Training Classroom, located in the Headquarters Building. MCpl Linda Bromley and Diane Godfrey-White are the instructors and the training is open to family members of military and civilian employees of 9 Wing. The course will run from 0800 – 1630



both days. There is no charge to attend this course, however, advance registration is required. For additional information or to register, please call the GMFRC at 256-1703 Loc 1206/1202. The deadline for registration is Thursday, March 2nd. Space is limited.

Please note that this course is filled, however, we have a wait list in case of cancellations. In addition, we hope to offer this training again in the Spring.

“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 this is what we have come up with for Winter/Spring 2006. All details have not been ironed out 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 8 Death by Chocolate Potluck

All Ranks
Mess
7:00 for 7:30
Bring your favorite chocolate treat and recipes to share with others
Please call 256-1703 Loc 1206 to register.



March – Curling or Bowling

April 5 – Easter Cake Decorating with Judith Blair

GMFRC
7:00 pm
participants will be required to bring along a baked cake and icing (recipe will be provided)

May – committee members are checking into a Spa Night

June 7 – Hail & Farewell Barbecue

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

“Home is Where the Military Sends Us” Wreath

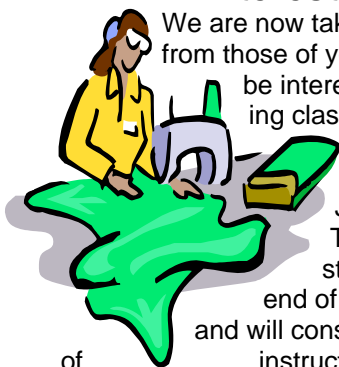
We will again offer this ever popular, always appropriate craft. Come join Cpl Linda Bromley and Kim Keith as

Quality of Life Programs

they share their talents with us to instruct this beautiful grapevine wreath. Each of the houses attached has posting locations painted on them. **All supplies to make this wreath are included in the cost of \$10.** You must pre-register to attend, as we will order supplies based on the number of participants. **Please contact the GMFRC at 256-1703, Loc 1206 if you would like to attend and please indicate how many wreaths you want us to order supplies for.** This project comes with five houses, however, additional houses can be purchased at a cost of .50 each. **If you require additional houses, please advise at time of registration.** We will contact you when sufficient interest is expressed to advise you of the date and confirm your attendance.

If you confirm your attendance and we order your supplies and you are unable to attend, you will be responsible to pay for your project. For further information, please call Colleen at 1202. To register, please call Loc 1206.

Beginners Sewing Course – Interest List



We are now taking names from those of you who would be interested in a sewing class for beginners to be instructed by Judith Blair. This course will start around the end of April/early May and will consist of 4 nights of instruction (1 night a week for four weeks).

Some topics covered will be:

- Hemming
- Zipper replacement
- Reading patterns and placing them on fabric

Participants are required to provide their own sewing machines, however the GMFRC does have three sewing machines in the lending library. We will make these sewing machines available for the duration of the sewing course at a cost of \$20.00 (normal rental is \$14 per week). Sewing machines are available on a first come, first served basis. If you would like more information or would like to reserve your seat, please call the Centre at 256-1703, Loc 1202. Space is limited so book early!

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? 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 money? The GMFRC will host their annual flea market in May, which 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 please call the GMFRC at 256-1703, Loc 1206/1202. You will be contacted with the date and time when that information is confirmed.

"Girls Night Out" and Inclement Weather

Sometimes it is necessary for programs to be cancelled at the last minute due to inclement weather. If the weather is bad on an evening which "Girls Night Out" is scheduled, please listen to 650 VPCM on your AM radio dial for a cancellation. We will try to have a decision made by close of business that day, if possible. We hope that this will not be necessary, however, we all know how unpredictable our weather can be. If you have any questions, please feel free to call Colleen, your Quality of Life Coordinator, at 256-1703, loc 1202.



Thank you
"Girls Night Out" Committee

Book Swap

Did you know that in the lobby of the GMFRC there are several bookshelves containing hundreds of book selections for you to borrow. That's right... borrow! All you have to do is drop in, have a browse, and take what you want. All we ask is if you take a book, return a book...it's that simple. And remember, the coffee is always on so enjoy a cup while you browse.

In addition, we welcome any and all donations of books, both adult and children's, so if you have any that are taking up space or you are just plain tired of dusting them, why not drop them off here at the Centre. **Our shelves could use some new material** and you never know you might just find that selection you have been looking for right here on our shelves.

Kids' Korner

Babysitting Course

The GMFRC is offering a Babysitting Course on the 18 and 19 of February. It is a great opportunity to learn about the most important aspects of Babysitting. This course includes a babysitting manual and a certificate. Participants must be 12 years of age or older to attend the course. Please register by Wednesday, February 15. Space is limited. For more info and to register please call 256-1703 ext 1201/1206.



children a week in advance due to limited spaces. To register call 256-1703 ext 1206/1201.

Friends & Company

Friends & Company is a program for Mother's, Father's, and caregivers. These sessions are designed from infant to age 5. (parents are expected to participate). The purpose of the program is to provide a stimulating environment by social activity and learning experiences with other children. So come out and join us every Monday (1:15-3:15 pm) and Friday (9:30 - 11:30 am). Parents & caregivers will benefit from meeting other parents in the community, and children will learn to socialize through play. Come make new friends and enjoy what our facility has to offer. We will try to offer a guest speaker once a month on different topics. If there is any topic you are interested in. Please call Pam at 256-1703 ext 1201.

Movie and Pizza Night

Date: February 24, 2006

Where: GMFRC

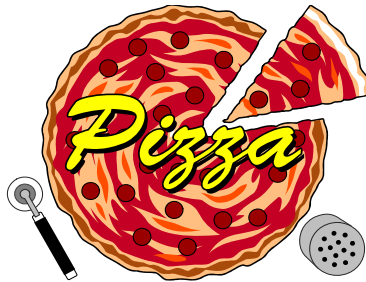
Ages: 5-9 years old

Time: 6:00-8:30 pm

Cost: \$4.50

Come join us at the GMFRC for a night of games, movie and pizza. Remember you can bring a friend along. Please register by February 23, 2006.

For more information, please call 257-1703 ext 1206/1201. Spaces are limited.



Children's Room Schedule

Monday – Friends & Company 1:15-3:15 pm

Tuesday – Casual Childcare: 8:45 - 11:45 am

Wednesday – Creative Play: 1:00 - 3:15 pm

Thursday – Respite/Casual Childcare: 8:45 - 11:45 am

Totally Toddler: 1:00 - 3:15 pm

Friday – Friends & Company: 9:30 - 11:30 am

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.

Easter Creation

Date: 08 April

Location: GMFRC

Time: 11:00-12:00

Ages: 5 and up

Cost: \$3.00

Come out and make your own unique Easter keepsake, and have fun at the same time. Please register by April 06 to ensure adequate amount of supplies.



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 – 11:45 am. Preference will be given to families of deployed members on Thursday mornings. We ask that your child/children be 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/

Please note that all Children's Programs will be cancelled for the Easter Break.

This is from April 18 until April 21.

Programs will resume April 24.

Happy Easter.



Kids' Korners

Gander MFRC Hosts Red Cross Youth

On October 28-30, 2005 the Gander Military Family Resource Centre partnered with the Red Cross and held a Leadership workshop for youth from across Newfoundland and Labrador.

This all started with a call from one of the Community Development Managers with Red Cross in January 2005, looking for a letter of support to accompany their application to Volunteer Canada for funding to host a Youth Leadership workshop. The GMFRC had worked previously with the Red Cross by hosting local youth with "Beyond the Hurt" training. The Red Cross successfully obtained the funding for this Leadership workshop in the spring and the planning began. An Advisory Committee was formed and held monthly conference calls. Surveys were sent out to six different Middle/High Schools across the province regarding Leadership roles.

Once the youth were chosen, last minute details were finalized. Out of town youth stayed at a local hotel, were Registration and opening night was held. On day two of the workshop the youth were bussed to the GMFRC and divided in to different groups to brainstorm and to attend workshops. Some examples of the workshops were:

- A. Shape your future through volunteering;
- B. Beyond the hurt;
- C. Climate Change;
- D. Building Leaders; and
- E. Working together in teams.

The GMFRC had arranged with the Combined Mess for the youth to have their meals there during the weekend. This was a huge success. Lots of choices and great desserts. Also, the youth had available in their free time the use of the Base Rec Centre. This went over extremely well.



Closing ceremonies were held on Sunday. Gander was fortunate enough to have 12 local youth attend this conference; 6 of those youth were from military families. In all over 65 youth attended this conference and more than 12 adult leaders.

This event helped youth demonstrate and learn new leadership skills that brought back with them to their respective communities.

Here in Gander, our numbers of military youth are so small, that networking with other community resources is essential to provide our youth with quality opportunities.



Congratulations to all the Parents who attended the workshops offered by the Public Health Office. We had a large turn out for these workshops. Watch for upcoming workshops/programs in the spring.



Volunteers' Corner

2005 "Angel Tree Campaign"

The 14th annual Angel Tree Campaign had ended for another year and what a great year it was! This year we had 254 gifts and \$930.00 donated to the campaign. These gifts and monies were presented to the Salvation Army VOVM Happy Tree on December 13. These gifts were then distributed to underprivileged families in the Gander area so that no child had to go without this Christmas.



I would like to take this opportunity to thank a number of people who helped make this year's Angel Tree Campaign possible.

Firstly, the numerous volunteers at the GMFRC who spent countless hours making angels, hanging tags on trees, decorating the trees, bringing gifts and picking up and dropping off gifts. We look forward to your suggestions and fresh ideas on how to make next years campaign even better. Your support and participation is greatly appreciated and an absolute necessity for the success of this campaign. Thank you.

To Cathy Spurrell and Melodie Granter of NavCanada and May Hodder of 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 those who attended the Silent Auction in November. The proceeds from that evening were donated to the campaign.

To all section heads, thank you for welcoming the Angel trees into your units and for your support. To Cpl Bill Green, Cpl Tony Murphy, LCol MacAleese, Chief Brown and WO Pardy 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 lending us the manpower to delivery the gifts.

Thank you to MCpl Harold Dreddy and the 9 Wing Environmental Committee for generously donating \$350 of the

recycling monies collected throughout the year. The Salvation Army was able to do so much for the underprivileged children in the Gander area due to your kindness and generosity.

Thank you Stacie Nelles-Clarke and Roger Robinson of Rogers Television for taking the time to visit us at the center and giving the 2005 Angel Tree Campaign it's "15 minutes" on Cable 9.

Thank you Colleen Hiscock, the Quality of Life Coordinator at the GMFRC, for your support and guidance through my first year as The Angel Tree Coordinator. This was such a wonderful experience and your energy and enthusiasm for this cause made it so much more enjoyable.

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. Please know that your kindness and generosity was noted by many families on Christmas morning.

"Thank you for being a Child's Angel"

Lindsay Cunningham
2005 "Angel Tree Campaign"
Coordinator



Volunteer Planning Meetings

The following is the schedule for our Volunteer Planning Meetings for winter/spring 2006:

- **Wednesday, February 22**
- **Wednesday, March 29**
- **Wednesday, April 26**

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.

Volunteers' Corner

FIRE WORKS SAFETY



Once again, MCpl Harold Dreddy and the the 9 Wing Environmental Committee has helped made Christmas brighter for the children of Gander and area by making a donation in the

amount of \$350 to the 2005 "Angel Tree Campaign". These funds were forwarded to the Salvation Army and used to purchase gifts for un-



derprivileged children in our area. Pictured are MCpl Dreddy, Wing Recycling Coordinator and Lindsay Cunningham, Coordinator of the 2005 "Angel Tree Campaign". On behalf of the GMFRC and the Salvation Army, "thank you for being a child's angel".

Fire works are becoming more and more popular every year, and with the ease at which they can be acquired it increases the potential of danger to those who use them. Below I have listed a few safety guidelines to help minimize the risk of getting hurt while planning a backyard fireworks display.



1. While children are an ideal audience, never allow them to light any fireworks. Only responsible adults should handle all materials while spectators watch from a safe distance.
2. Carefully read the instructions and precautions that accompany the fireworks.
3. Only one person should be in charge of igniting fireworks. With the exception of sparklers, fireworks are not meant to be handheld.
4. Fireworks should be buried at least half their length in a bucket of sand or earth before they are ignited. If portable firing bases are not available, plant them directly in the ground, making sure that each is firmly supported before lighting.
5. Always have a garden hose or other source of water ready to douse any fireworks that continue to smoulder after discharge.
6. Light fireworks at arms length, standing back and keeping your face away. Don't relight fireworks that fail to ignite, wait for several minutes and then soak them in water.
7. Sparklers should also be doused with water, or allowed to cool in a safe place. The ends of sparklers stay hot for some time and will easily burn a child's skin, clothing or any other combustible material. Only use sparklers outdoors.
8. Always keep fireworks and sparklers out of reach of children, preferably in a locked cupboard. Make sure children are unable to access these materials to avoid a tragedy. As an example of what can happen, Toronto firefighters responded to a fire that was accidentally started by children playing with sparklers. Consequently, a four year old child died in the blaze.

Board Members Required

It is a requirement that the Board of Directors of our MFRC be comprised of 51% military spouses. Members of the board are part of the decision making process of our Centre in addition to seeing first hand how our organization operates. Training is provided to board members on an ongoing basis and the training you will receive will be of great benefit to you as it is applicable to any board you may be interested in participating in. To make it even easier for you, a childcare subsidy is available when you are required to attend evening meetings. This is a great opportunity for you to give back to your community. Application forms are available at the GMFRC.

If you have any questions regarding this or any fire related topic, please feel free to contact myself or Sgt LeDrew at the Fire Dept.

Yours in Fire Safety
W.P. Fudge
Cpl
Wing Fire Inspector
Loc 1447

More of Gander's History

Laurell Road

Swedish-born Gunnar Laurell emigrated to Canada July 20, 1951, after serving with the Swedish Air Force. Seeking adventure in the Canadian north, he landed a job as bush pilot with Arctic Wings.

Adventure was soon to follow as, on December 13, 1952, a raging blizzard forced him down on a flight from Ferguson Lake, 350 miles north of Churchill, Manitoba, to Baker Lake. Trained in winter survival, Laurell built an igloo to fend off minus 40 degree temperatures and winds of 110 kilometres per hour, draining oil from his Norseman's engine to light an emergency heater.

A week of searching by five RCAF aircraft had failed to locate the Swede and his Norseman, and hope was beginning to fade. Then, on Dec. 22, a Lancaster crew spotted Laurell waving frantically from the wing of his aircraft. They dropped cigarettes and oranges, an Laurell signaled that he needed only fuel. Once refueled, Laurell took the Norseman on to Baker lake, arriving just in time to join the RCAF Christmas party.

His legendary bush flying eventually led him to Newfoundland and a long career with Eastern Provincial Airways at Gander. His unmistakable Swedish accent brought new life to the province's radio frequencies and he soon earned the handle "Gunnar the Kid". To the natives of northern Labrador, Gunnar was a friend who braved any weather to deliver mail, food and supplies or provide emergency medical evacuation, often landing on ice pans with only inches to spare. In 1972, Laurell joined the Newfoundland Forestry Service, flying Canso water bomber no. 6 on forest fire patrols for the next 16 years. He flew a full day on his 65th birthday in May of 1988 before reluctantly hanging up his old flying suit. His beloved Canso was also retiring and the new CL-215 was awaiting the new generation of pilots.

He returned to Sweden that fall to fly privately with his twin brother Ake, but returned to Gander to spend the winter. On Dec. 30, 1988, he died of a heart attack at his home.

As one of the bush pilots to open up the Canadian north, he left behind a tremendous contribution to aviation, logging over 28,000 hours on more than 40 types of aircraft. His passion for flying was instilled in the dozens of fledging co-pilots who flew under his wing. His Canso No. 6 was donated to the North Atlantic Aviation Museum to commemorate the legacy of both pilot and plane.

Gilmore Place

J.J. (Joe) Gilmore was stationed at Gander with the RAF Ferry Command during World War II. A civilian aircraft engineer, Gilmore was also an accomplished pilot who owned his own plane and was granted the military rank of Flight Lieutenant.

During his time at Gander, Gilmore earned a reputation throughout the region as an unofficial, one man search and rescue unit, winging out at the drop of a hat to retrieve downed fliers or lost fishermen, or to effect emergency medical evacuation from remote area.

Gilmore lost his life on May 1, 1945, when the Norseman he was flying crashed near Charlottetown, Prince Edward Island, en route to Montreal. His passenger, Squadron Leader Frank L. Ratcliffe, was also killed. Both were returned to Gander for interment at what is now North America's only Commonwealth War Graves Commission Cemetery.

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

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