



Ladies and Gentlemen of the 9 Wing family the purpose of my article this month is to ask for your support. 9 Wing Gander is fortunate to have one of the most proactive and operational focussed Military Family Resource Centres in the Canadian Forces but in order to accomplish their day to day mission they require your participation. I have challenged the MFRC and the current Board of Directors to increase the numbers of military spouses (both male and female) on the Board. One may ask why this is important to me as the Comd of 9 Wing. Well, the answer is simple, it allows me to hear from the community writ large and

more importantly, the Board and the MFRC become stronger because they are reflective of the community they serve. So, I implore you, if you are able to spare a couple of hours per month, if you are interested in making our community stronger and if you would like to see all the programs continue then we need your help. It takes a team to accomplish a mission and we need your help to continue to grow and serve the community in which you live. It is my sincere hope that you will consider joining the Board of Directors and I look forward to hearing your new ideas.

Tammy Harris
LCol
WCOMD

WHAT'S INSIDE

Message from the Board of Directors	2
From the Desk of the Executive Director	3
Prevention & Intervention	4-5
Deployment Support	6-7
Quality of Life	8-9
Employment Assistance	10-11
Volunteers' Corner	12
Kids' Korner	13
News from 9 Wing	14
Important Info	15
Prevent Home Fire	16

GMFRC

Message from the Board of Directors

THE PURPOSE:

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

BOARD MEMBERSHIP:

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

MEMBERS:

-Cynthia Irvine
-Veronique Tessier
-Derek Curtis
-Lenore Curtis
-Claudine Collins
-Tina Gores

EX-OFFICIO:

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

GMFRC STAFF:

Peggy Blake
Executive Director.....1274
Tamara Manuel
Social Worker/ Emergency Childcare...1146
Danielle St-Pierre
Information/Employment/SLT.....1147
Colleen Hiscock
Volunteer / Quality of Life.....1202
Nancy Critchley
Children & Youth.....1201
Wanda Kearley
Children & Youth Assistant.....1201
Caroleann MacWhirter
Deployment.....1148
Lori Robillard
Accounting/Office Manager.....1145
Patti Griffin
Military Family Outreach Services
Corner Brook Satellite.....(709) 637-4591

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



Happy

 New Year!!! Can you believe that it is the end of January already? Hopefully all our military families have started the new year off on a good foot!

We encourage everyone to come and learn about and use the many resources that the GMFRC has to offer. The staff is very friendly and always ready to assist in whatever your needs may be. Stop by for a coffee and a chat and see what the GMFRC can do for you and your family. With the new year beginning, and posting season countdown on, volunteers are greatly needed at the GMFRC. If you are a military spouse and have a couple of hours each month that you could spare our Board of Directors could use your help. Please drop by the GMFRC or contact one of our Board Members for information.

Remember the success of the GMFRC is dependent on the contributions of our many talented volunteers.

Hope to see you around the Centre in 2009!

Lori Isenor
Gander MFRC Chair person

Storm Warning

When it comes to inclement weather, how is one to know if the GMFRC is opened or not? Here is some valuable information for when blizzard season descends upon us.

If the Wing is operating at minimum manning, most likely the GMFRC is closed.

If the Gander area schools are closed due to bad weather, all children's programs at the GMFRC are cancelled as well.

If you are unsure if we are opened or closed, please call the centre at 256-1703 ext 1206 or any of the coordinators listed in the adjacent column.



From The Desk of the Executive Director

SISIP Financial Services Volunteer Recognition Program



For the past 6 years SISIP Financial Services has sponsored a national Volunteer Recognition Program. This program provides funding to MFRC's to assist them with their efforts to acknowledge the tremendous contributions made by volunteers in the military community.

On December 12, 2008, 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.

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. 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 the Gander MFRC and more importantly, for their continued recognition of the importance of our volunteers.

By Peggy Blake
Gander MFRC, Executive Director



How do you tell when you're out of invisible ink? When everything is coming your way, you're in the wrong lane. Shin: a device for finding furniture in the dark. What happens if you get scared half to death twice? The hardness of the butter is proportional to the softness of the bread. Change is inevitable....except from vending machines. Borrow money from pessimists-they don't expect it back. Cross country skiing is great if you live in a small country. What's another word for Thesaurus? Everywhere is walking distance if you have the time.

A FEW WORDS FROM STEVEN WRIGHT:

PREVENTION & INTERVENTION

Happy New Year to one and all! I would like to take this opportunity to let you all know that I have now been here at the GMFRC since the end of October 2008 and I am learning a lot about the military way of life but still have lots to learn. I would like to invite you all to drop by for a visit, have a chat and share your experiences with me. You are the experts on this life style and there is no better way for me to learn than from your personal experiences.

I am sitting on a number of committees in the community including Fetal Alcohol Spectrum Disorder Central (Central Health), Mental Health and Addictions Education and Prevention (Central Health), The Roads to End Violence, Family Services Committee (Salvation Army) and the Crisis Team Committee (Gander Academy). I have also volunteered to be a part of the Wing Winter Carnival Committee. In addition, I have also attended and received certification in the Applied Suicide Intervention Skills training course offered through Living Works and I will be attending the upcoming Assisting Officer training on January 28th and 29th in St. John's.

Please feel free to drop by anytime. If there is any suggestions you have for workshops, programs or resources please contact me at my direct line 256-1703 loc. 1146; leave a message on my confidential voice mail; or by e mail:

Tamara.Manuel@forces.gc.ca.
My office hours are Monday to Friday 8:30 am to 4:30 pm.

Resolutions for the whole family

Commonly, New Year's resolutions are made by individuals who want to make personal growth or improvements in some area of their life. But resolutions made as a family unit have their benefits too. Shared resolutions develop teamwork skills, bring a family closer together and provide the support each family member needs to be successful at keeping resolutions. There are many New Year's resolutions that will give the whole family a sense of accomplishment and satisfaction.

Eat Healthy and exercise as a family:

Children who develop healthy eating and exercise habits while they are young are more likely to continue to lead healthy lifestyles through adulthood. Parents are the perfect role models for this. It's a simple as eating fruit for snacks and going for walks as a family.



Schedule sit down dinners as a family:

With busy days, weeks and months that just race by, it's easy to grab a bit on the go as parents hustle to get kids to music lessons and soccer practice. Or maybe the kids just want to sit in front of the T.V. while

they eat dinner in their own little world. But studies show that having dinner as a family fosters conversation, bonding, warmth, security and love – especially important during the teen years. Dinner as a family may not be possible every night, but even one night a week makes a difference.

Support a charitable cause:

Many individuals get involved in various charitable causes as a New Year's resolution. But it's also a wonderful experience for the whole family to share a common cause.

Work on a home improvement project as a family:

There is no need for dad to be the only one in the garage cleaning and organizing it. Making a team effort as a family helps the kids to have a sense of responsibility, accomplishment and pride in their home. And it encourages them to keep their space orderly in the future.

Information taken from; "Comfort Zone" and published by Skilven Publications Ltd. 2009. www.skilven.com

PREVENTION & INTERVENTION

Don't Fall into the Holiday Debt Trap

Your holiday bills have piled up rapidly and you may be feeling overwhelmed. This can cause extreme stress in your life which may hamper your health as well as your ability to work safely.

Start the year off right and don't wait until the due date before making your payments, otherwise you could end up in store for unpleasant surprises. Remember processing time varies according to the method and date of payment you choose.

By Mail: Allow four to five business days for your bill payment to reach the billing agent. Your billing agent will usually deposit your cheque on the date it is received and will consider that you have paid it on that date unless the cheque is post-dated.

At a teller: The teller will stamp the date on the payment stub. The payment is usually considered to have been made on the date indicated, provided it is made before approximately 3:00 pm on a business day.

At an automated banking machine: If your bill payments automatically appear on the screen you will be considered to have made your payment on that day. If you deposit the stub in an envelope, allow one or two business days.

By telephone or internet: If you make a payment during business hours, you have made your bill payment on that date. If you pay after hours (on a weekend, holiday or after approximately 3:00 pm), your credit card payment will be considered as having been paid on the next business day.



Information has been taken from Comfort Zone and published by Skilven Publications Ltd. 2009. www.skilven.com

IMPORTANT TELEPHONE NUMBERS



Ambulance	651-2111
Fire Department	256-1111
Alcoholics Anonymous	651-2001
Cara House	256-7707
Canadian Forces Member Assistance Program	1-800-268-7708
James Paton Hospital	651-2500
Kids Help Line	1-800-668-6868
Mental Health Crisis Line	1-888-737-4668
Military Police	256-1725
RCMP	256-6841
Poison Control	256-5552
Town Police	256-4065
Town of Gander Office	651-2930

Deployment Support

When a community comes together to show support for our deployed members and their families the results are always outstanding. For the second consecutive year, the Canadian Christmas Tree Growers Association has provided a free Christmas tree to families of deployed members. It's a wonderful gesture and comes at a time of year when the pain of separation is felt all the more deeply.

However, to be successful it requires networking, precise timing and the willingness to go out of your way to help a worthy cause. First of all, families are contacted and numbers calculated. Then, the Department of Natural Resources jumps on board and agrees to brave the slushy, winter weather and pick up, load and drop off the trees to several central locations. Next, is the task of distributing the trees to anxious families in rural and remote areas of the island. More phone calls are made, a case is pleaded and the response comes as no surprise when our Newfoundland business community and our own CF takes on the challenge with immediate enthusiasm.

For the Central area of the province, members of CFB Gander took time out of their busy schedules to deliver to families in Gander and surrounding areas. On the West Coast, Day and Ross Transport Group, agreed to distribute the trees from one end of the West Coast to the other.

The trucking company dropped off trees in Burnt Islands, Codroy Valley, Roddickton, Stephenville, Port Saunders, Corner Brook and even managed to ferry one lone Christmas tree to the town of Ramea.

The response? An abundance of heart felt appreciation. With a very sentimental end to 2008, yellow ribbons were tied on our sweet smelling conifers all over Western and Central Newfoundland. Most families were touched by their Christmas gift and all agreed it wasn't just the tree, but the gesture and effort by so many people in our communities, that touched them the most.

Patti Griffin
Military Family Outreach Services
Corner Brook Satellite



Ivor Hann stands proudly in front of his tree which he put up outside his community church for the Christmas Season.

Upcoming Events for Deployment

Stress Management Seminar

Thursday, January 29th @ 7:00pm
GMFRC
Contact 256-1703 Loc 1206 to register!

Re-Integration Briefings

Monday, February 2nd @ 7:00pm
Location: Southern Port Hotel
Harbour Breton, NL

Tuesday, February 3rd @ 10:30am
Location: St. Alban's Legion
St. Alban's, NL

Thursday, February 5th @ 7:00pm
Location: Murph's Internet Café
Grand Falls-Windsor, NL

Thursday, February 19th @ 6:30pm

Location: GMFRC
Gander, NL

To register for these briefings please
call (709)256-1703 Loc 1206

Deployment Support Group Coffee Nights

Grand Falls-Windsor, NL

Murph's Internet Café

Thursday, March 5th @ 7:00pm

Thursday, April 2nd @ 7:00pm

Thursday, May 7th @ 7:00pm

Gander, NL

GMFRC

Thursday, March 12th @ 7:00pm

Thursday, April 9th @ 7:00pm

Thursday, May 14th @ 7:00pm

Deployment Easter Breakfast

Sunday, April 5th

More details to follow!

Deployment Mother's Day Brunch

Sunday, April 26th

More details to follow!

Deployment Support

Gander Military Family Resource Centre Christmas Care Package were a hit in Afghanistan again this year! The following are comments sent from CF Members who received these packages in Theatre!

"I was so happy to receive a parcel from you. I was also happy to see the purity products that I very much enjoyed and don't get much of."

"I want to thank you and every organization and individual that contributed to the very nice Christmas care package that I received.

Its a great feeling to have the support of everyone and getting your package has made my Christmas that much more brighter."

"I also want to thank the Gander MFRC for the package I received. It was great and actually made me a little homesick while I listened to the Newfie CD and reading the Downhome. Thank-you."

"Please pass on my thanks for the Christmas package. I never grow old of treats from home. I am especially thankful for the bakeapple jam."

"Thank you for the thoughts and care packages."

"Thank you very much. We all appreciate the support and the packages that you guys have been sending us. It means a lot to us. I speak for all of us here, thank you and we wish all of you a very Merry Christmas and a Happy New Year."

"I received the Xmas package that Gander sent a few days ago, It's great over here when me or when one of my guy's get a package, we gather around and open it, yes before Xmas. Things are good. Thanks again for the support it is greatly appreciated."

"I got the box that you guys sent over for me....It was Awesome."

"Thank you so much for the parcel it was wonderful, much of the items I will be distributing to my co-workers, there are a couple of other Newfoundlanders floating around who will enjoy them as well, some stuff I won't be sharing like the Bakeapple Jam lol. Thanks so much, it was greatly appreciated, not only the gifts but the fact you thought of me."

"Thanks for the care package. I really enjoyed the touch of home."



Quality of Life

Time for Me at the GMFRC

Join us Tuesday mornings from 9:30 – 11:30. This time is made available for you to drop in for a coffee, a chat with friends or if you have an unfinished 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 the little ones 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.

Coffee Downtown

With the hustle and bustle of Christmas ending, maybe you are looking for a little break from the house and the little ones. We invite you to join us for a coffee break downtown. We meet at Giovanni's on the corner of the town square from **9:30 – 10:30 am**. Giovanni's offers a wonderful selection of specialty coffees and yummy treats. Limited, low cost childcare is available at the GMFRC for you to attend; however, we always welcome your little ones. The dates for our downtown coffee are as follows:



Thursday, January 29
Thursday, February 26
Thursday, March 26
Thursday, April 30
Thursday, May 28

Please remember that the cost of your treats is on you. We hope you are able to join us!

Grand Night Out

The committee has met and have made plans to take us into the spring. To kick off things we will be hosting our always popular “Death by Chocolate” potluck in February. If you have been cutting back on the sweets since Christmas, this is the event to attend to satisfy your sweet tooth or to just break out.

Death by Chocolate Potluck

All Ranks Mess
Wednesday, February 4
6:30 for 7:00 pm
No cost to attend, just bring along your favourite chocolate dish. Coffee and tea will be provided and the bar will be open. To register please call 1206/1202 by February 2.

Skiing at Airport Nordic Ski Club

Wednesday, March 4
6:30 pm
Located on the TCH just west of Gander, we will be skiing for about an hour and then hope to have a fire with hot chocolate and treats. Passes are available from the Rec Centre at a cost of \$3. Ski equipment can also be signed out from the Rec Centre. We encourage you to borrow your equipment from the Rec Centre as equipment if limited at the ski club. Please let us know if you will be attending by calling 1206/1202.



Bowling at Peyton's Pins

Thursday, April 2
7:00 – 8:00 pm
Snacks will be provided. Cost will depend on the number in attendance.

Please call 1206/1202 by March 30 and let us know if you will be joining us.

Mother's Day Potluck & Product Display

All Ranks Mess
Wednesday, May 6
6:00 for 6:30 pm
Join us for some wonderful food and the opportunity to see what home-based businesses are being operating by the folks of the Wing.

Hail & Farewell BBQ

Wednesday, June 3
All Ranks Mess
Details TBA

Grand Night Out functions are open to all associated with 9 Wing and you may bring along a civilian friend.

We look forward to Seeing You!

Upcoming Craft Projects

Basic One Night Sewing Projects

Where: GMFRC
Times: 6:30 – 9:30

Valance

Tuesday, February 10

Quality of Life

Apron

Tuesday, February 17

Placemats

Tuesday, February 24

These projects will be instructed by Lori Isenor. Supply lists are available at the GMFRC. The GMFRC Lending Library has a number of sewing machines which may be rented at a cost of \$5 per use or if you register for all projects, they can be obtained for \$10. If you require a sewing machine, please call 1206 to reserve one.

"Home is where the Military Sends us" Wreath

Tuesday, March 10

6:30 – 9:30

Cost: \$10 (includes all supplies)

Participants are asked to bring along paint brushes

This lovely grapevine wreath includes five wooden houses on which you paint each posting. Additional houses can be purchased at a cost of .50 each. Please advise when you register if you will require additional houses. Also, keep in mind if we purchase supplies for you and you are unable to attend, you will be responsible for the cost.

Quilting Course (four nights of instruction)

March 17, 24, 31 & April 7

In addition to these projects we also hope to offer the following:

Knitting
Cake Decorating
Paper/Card Making
Scrapbooking

To register for these or any GMFRC program, please call Loc 1206.

Craft Nights at the GMFRC

We all tend to have unfinished craft projects tucked away in the closet. Projects that when we look at them wonder...how and when will I ever get that done? The GMFRC will be hosting 2 craft nights, one in February and another in April. These craft sessions are unstructured which means you'll be working on your own. Oh, we'll have time to chat, of course, and the coffee will be on, however, you will work on whichever project you decide to bring. Remember to bring along all items you will need for your projects. If you are interested in attending, mark these dates on your calendar.

**Wednesday, February 25,
6:30 – 9:30**

**Tuesday, April 21,
6:30 – 9:30**

If you have questions, please feel free to give me a call at 256-1703, Loc 1202.

Family Sliding Party

Date: February 22, 2009

Time: 2:00 – 4:00 pm

Location: Gander Golf Course/
GMFRC

Join us at the Gander Golf Course on Sunday, February 22. Bring your crazy carpets, toboggans, GT racers, etc. When we are done, drop back to the GMFRC for some hot chocolate and a healthy snack.

Please register by February 19 at Loc 1206. See you there!

Interested in a Flea Market?

Hey Folks,

With the posting season bearing down on us, our thoughts will turn to new homes, clearing out the old stuff and wondering how will I move all this and do I really want to?

If there is sufficient interest, the GMFRC will host a flea market on a Saturday during May to help rid you of your wares and we will make it as easy as possible for you. We will book the venue, provide the tables... all you have to do is bring your items, price them and wait for the door to open. It is that easy!

If you might be interested in participating in a flea market, please give us a call at the GMFRC, Loc 1206 and let us know. If enough of you are willing, we'll go ahead and make the arrangements!

Colleen



Employment Assistance

Ten Interview Tips

The interview is critical. It represents the only time in the hiring process that you will have a chance to make your case in a face-to-face setting with the hiring managers.

To help maximize your chances of getting hired, here are ten steps to interview success.

1. Be prepared: In real estate, the mantra is "location, location, location." For interviewing, it's "preparation, preparation, preparation." You must approach an interview with a sound understanding of what the agency/company does, how the job for which you are interviewing will fit into the organization, and what you can do for the company if you get the job. You need to spend some time researching the company. The Internet is a great source of information.

2. Dress the part: Dress for the interview as you would dress for work if you were hired for the position, but don't overdo it. If you are interviewing for a management position with a bank, a suit and tie is definitely in order. If, however, you are seeking a job as a line manager in a factory, dress in professional but casual attire.

3. Be on time: Of course you should be on time for the interview, but five to 10 minutes early is enough. If you arrive earlier, take a walk to clear your head before the interview. The interviewer is expecting you at the time you arranged, not a half-hour beforehand.

4. Customize your answers: This is critical to your success in an interview, and will be easy if you've done your preparation. During any interview, you will be asked a number of questions about your work experience. The best answer you can give is one that shows you not only have the experience to do

the job at hand, but also that you understand how your experience can benefit the company. For example, when you are asked about your experience in managing projects, you could answer by saying, "I have 10 years of experience in managing projects." Or, you could answer by saying "My 10 years of project management experience will really benefit ABC Company, especially with your new expansion project launching this year." The second answer not only indicates experience, but also shows an understanding of the company's business and an enthusiasm for the company's plans. Interviewers will appreciate this.

5. Let them talk: You don't need to dominate the conversation in an interview. Listen to what the interviewer is saying as they describe the position and the company. Usually, you can pick up some valuable clues from what they say that will help guide your answers. For example, when discussing the company's objectives for this year, the interviewer consistently mentions customer satisfaction. In your answers, be sure to touch on the topic of customer satisfaction, because it obviously holds some importance to the company.

6. Be ready for behavioural questions: A current trend in interviewing is to ask the applicant about their experience through behaviour-based interviews. You might be prompted, "Tell me about a time that you disagreed with your manager" or "Describe your greatest accomplishment." As you tell the story of your greatest accomplishment, keep in mind that the interviewer is interested in the story itself, and in learning more about your behaviours. If your greatest accomplishment was achieved by working well with your co-workers, and the position for which you are interviewing requires a

high level of co-worker interaction, you've just demonstrated the right type of behaviour for the job, which puts you much closer to interview success.

7. Follow instructions: At a recent company lunch, someone handed a hiring manager a resume for a position that had just been filled. The applicant had made the mistake of mailing it to a customer service address instead of submitting it online as instructed. Failing to follow instructions may not only cause you to miss the deadline, it may also make you appear to be a potentially difficult employee. After all, if someone can't follow a few simple steps at this stage, how would that person perform on the job?

8. Don't disclose too much information: A cover letter shouldn't begin with irrelevant personal information such as: "I'm a 40 year old mother of three who has experienced many challenges in life." While job-seekers may think they are creating a bond with the hiring manager by "letting you get to know me," employers are turned off by "too much information." From an employer's point of view, an applicant who makes inappropriate personal disclosures may be likely to exercise poor judgment in other areas as well. Information to keep to yourself includes your age, health, family, how you like to spend your weekends, or anything else unrelated to the position you are applying for. And make sure you aren't saying too much with an email address such as bigsexymama@hotmail.com.

9. Don't say dumb things: Dumb statements include obvious gaffes but sometimes it's not so obvious. "Before I saw your job ad, I'd never heard of your company," one applicant for a marketing position told an employer, oblivious

Cont'd page 9

Employment Assistance

to the fact that the interviewer's proudest achievements included overseeing marketing campaigns that had generated millions of dollars worth of publicity for the company, an industry leader. To avoid appearing ignorant, familiarize yourself with the company by reading their web site before the interview. To avoid blurting out an inappropriate comment, pause before answering questions.

10. Focus on the employer's needs: When a company is looking to fill a position, it's because they have a need. They may want to expand into new markets, cut costs, improve services, increase profits, or something else they have identified as important to their future success. Yet applicants often ignore employers' needs. Some focus on their own needs, such as asking about vacation time before they have been offered a job. Others try to tell companies they should have

different needs, like the applicant for a sales position who said "the first thing I'd want to do is get rid of your slogan" although the company owners were happy with the slogan they had spent thousands of dollars developing and trademarking. Companies usually communicate their needs both in the job ad and during the interview. Pay attention to what they say, ask questions such as "What are your top priorities?" then tell them how you can help them achieve their goals.

Resume Workshop

What is a resume? Some people think of a resume as their biography, but how could anyone put everything important about oneself on one or two sheets of paper? Actually, resumes are much more specific, including only relevant information about yourself for specific employers and their employment requirements.

Like a life, however, a resume is always growing and changing. As your career goals shift or the job market changes--as you grow personally and professionally--chances are you will need to re-write your resume or at least create new versions. Writing a resume is a lifelong process.

How do you know what in your life--past, present, and future--is most **relevant to prospective employers**? How do you select which information to include? The quick answer to both these questions is "it depends." It depends on your individual career goals as well as on the professional goals of the companies hiring in your area or field of interest. In the end, **only you**, through research, planning, questioning and self-reflection, can determine the shape and content of your resume.

If your goal is to make a career transition or to secure the ultimate job, you will need to learn the resume strategies to create a winning resume. Find out what your options are by joining us for a Resume Workshop at the Gander MFRC on Wednesday March 18, 2009 at 13:30

How to be happy at work in 2009

Now that 2008 is over, it makes a lot of sense to reflect on the year that passed. Unfortunately, most people do this by looking back and making a tally of everything that went wrong. The things they should have done. The goals they should have reached. The progress that didn't come.

I think you will learn much more if you turn this approach upside-down, so here's my suggestion for a new-year's exercise in happiness at work. Simply because the best way to be happy at work in 2009 is to find out what worked for you in 2008 and get yourself more of that.

So think back on your working life in 2008 and answer the following 10 questions. It's important that you write down

your answers - it helps you to reflect more deeply about the questions.

1. What went really well for you at work in 2008?
2. What did you do that you're proud of?
3. Who have you helped out?
4. How have you grown and developed professionally?
5. How have you grown and developed personally at work?
6. Who has really appreciated your work?
7. Who has helped you out and been there for you?
8. Who have you admired at work in 2008?
9. What have been some fun moments at work in 2008?
10. Which 5 things from 2008 would you like to have more of in 2009?

Have fun - and have a happy 2009 at work!

Taken from Alexander Kjerulf, consultant and author, www.positivesharing.com

Volunteers' Corner



2008 "Angel Tree Campaign"

We would like to take this opportunity to thank everyone involved in the success of the 17th annual Angel Tree Campaign which has ended for another year. This year we had 235 gifts and \$846.00 in cash and gift certificates donated to the campaign. These gifts and monies were presented to the Salvation Army/VOCM Happy Tree on De-

ember 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 and volunteers 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 Service 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 "Grand Night Out" Committee, and all those who attended the Silent Auction in November. It was

a 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 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 Kearley of Transport for providing us with a vehicle 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 we would certainly have been lost. We 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. We assure you that your kindness and generosity were noted by many families on Christmas morning.

"Thank you for being a Child's Angel"

Claudine Collins
Veronique Tessier
2008 "Angel Tree Campaign" Coordinators"

Volunteer Planning Meetings

The following is the schedule for our Volunteer Planning Meetings for winter/spring 2009:

Wednesday, January 28
Wednesday, February 25 (tentative)
Wednesday, March 25
Wednesday, April 29

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 Loc 1202 or feel free to join in one of our meetings. All are welcome!

Kids' Korner

Kids Fun Day

When; February 6, 2009

March 16, 2009

Where: GMFRC/Rec Center

Ages: Kindergarten to grade 6

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

These will be fun filled days of activities, including games, crafts, swimming, and planned winter carnival events plus lots more. Snacks will be provided. You must bring your lunch, swim wear and out side clothing is a must for out side activities with weather permitting. Register by Feb 4 and March 12, 2009 by calling 256-1703 local 1206/1201.

Children's Valentine Craft

Date: February 13, 2009

Place: GMFRC

Time: 6 – 8pm

Ages: 5 and up

Cost: \$3.00

Hey kids come and join us for an evening of fun to make a Valentine for that special someone and cookie decorating. Don't forget to bring a friend Register by February 11, 2009 at 256-1703 local 1206/1201



Taco's and Movie Night

Date: March 6, 2009

Place: GMFRC

Time: 6 to 8pm

Ages: 5 to 12

Cost: \$4.00

Come join us at the GMFRC for a Fiesta of a night. Great tacos and a movie. Bring a friend along. Register by

March 4, 2009 at 256-1703 local 1206/1201



Bowling Night

Date: March 27, 2009

Where: Peyton's Pins at St Martins Hall

Ages: 10 and up

Time: 7:00-8:30pm

Cost: \$1.00

Come join us at Peyton's Pins for a fun night of bowling. There is a canteen service; all items are a dollar. This activity should be great fun. Remember you can bring a friend along. Please register by March 25, 2009.

For more information, please call 256-1703 local 1206/1201.



Children's Room Schedule

Casual/Respite Childcare

Monday 1:15-3:15

Tuesday/Thursday 8:45-11:45

Creative Learning

Tuesdays/Thursdays 1:00-3:15

Friends & Company

Friday 9:30-11:30

Items to Borrow

Here at the GMFRC, we have a large selection of children's movies, reading and craft books, 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. Come in and find something of interest and fun for you and your family.



News from 9 Wing

Hello from 9 Wing Supply/Traffic

Well another year has come and gone in the blink of an eye, I am pretty sure that every morning I had a page full of email's waiting to greet me. I guess I should be happy, I could have been one of those lucky people that had to type out all memo correspondence in triplicate before we had email. My day is looking up already.

On a happy note we are expecting the return of MCpl Hal Dreddy, and we are excited to have him back. The Christmas leave is over and we all had a good time with friends and family. Most of us had such a really good Christmas a lot of us have enrolled in the New Year / New You 13 week challenge to get rid of the extra pounds of bliss. Hopefully we will be seeing a lot of beach ready people. Winter carnival is right around the corner, which means there are a lot of people walking around with full beards or the under 18 World junior specials. Taskings and tours are a part of life, and we have had both this year. MCpl Gushue is on tour in Kandahar for six months, he is doing well and his spirits are high. Maybe it has to do with the care packages we send him, or it could be the fine mess hall food there. Cpl Jason Humphrey has completed all his training, but is a little bummed out since he heard the Burger King burned down. He must really love his Whopper's, seeing as the nearest one is 350 km away. Sgt Ryall, Mr Wilf Cheater and Mr Reg Wells are in Cornwall ON attending a supply seminar. Sgt Ryall will have the best pizza spots scouted out for next year. Mr Kirk Wheeler went to Borden on a Hazmat course and Sgt Stewart, Cpl Cameron and Cpl Clarke went to Ottawa/ Gatineau.

There have also been a few promotions this year. MWO Brewer and Sgt Stewart were promoted to their current ranks. They have worked hard and put in many long hours. Congratulations to them.

9 Wing Gander had the honour of having the CDS, General W.J Natynczyk visit us and participated in a Screech in, CDS coins were handed out to some deserving people.

Well I guess I have taken enough time from work to write this article seeing as it is now the dreaded end year and I have a mountain of paper work and emails to go over. You know someone somewhere is going to need post it notes. Here is hoping that everyone here in Gander and away has a good winter, and that March 31 comes before we know it.

Cpl Stephen Clarke



Weight Management Club

A support group for those wishing to lose weight. Weigh ins are on Monday evenings between 1830-1930 at the MFRC with a short info session and question period included. This group is open to all of the 9 Wing community and the cost is \$2.00 per week. Any questions? Please call Sharon Canning 1469 or Nancy Critchley 1201.

New Year New You Wellness challenge

A contest that will provide prizes for 1st, 2nd, and 3rd winners of a 13 week (January 26th - April 24th) wellness challenge. Participants compete to gain points for living well. Point accumulation include weight loss/gain, fat loss/gain, completing weekly challenges and exercising. Point results will be posted bi-weekly by e-mail and at the Rec. Centre. Be sure to provide encouragement to your comrade who is taking part in the challenge - your support could push them to get those extra points!

I Quit! Challenge

The kick-off for the 2009 Challenge is January 28, 2009. All military smokers and non-smokers, their immediate family members, DND public, non-public fund and MFRC employees are invited to take the "March 1st, I Quit! Challenge" and stay smoke-free for at least one month, from March 1 to April 1, 2009.

Smokers and non-smokers may take part in the Challenge. Non-smokers may register as supporters of members trying to quit. Even if you have quit smoking in the past 6 months you may still take part in this challenge.

Participating is easy. Smokers must stop smoking by March 1, and remain smoke-free until at least April 1. They must register at a Strengthening the Forces Health promotion office or on this web site <http://hr.ottawa-hull.mil.ca/health-sante/iQuit-jarrete/> from January 21 to midnight February 28, 2009. Prizes include:

National: For Smokers 1st \$3000.00 2nd \$1250.00 3rd \$750.00 For non-smoking supporters \$1500.00

Local: For Smokers 1st \$200.00 2nd \$100.00 3rd 75.00 For non-smoking supporters \$50.00

Sharon B. Canning
Health Promotion Director

You Should Know!

Operational Stress Injury

An operational stress injury (OSI) is defined as any persistent psychological difficulty resulting from operational duties performed by a member of the Canadian Forces. The term OSI describes a host of problems, including anxiety, major depression, alcohol or substance abuse and post-traumatic stress disorder (PTSD).

As serious as an OSI may be for the affected CF member or Veteran, there are also many repercussions for his or her family. In fact, members of the immediate family are often the first to notice the personality changes and unusual behaviors in their loved one. Family members invest considerable effort in trying to understand the injury, and work to maintain family stability. Over time this puts considerable stress on family members and it is important that family members also seek help so they can safeguard their own well-being and, in turn, that of their children and the OSI sufferer.

There is a national support network in Canada called Operational Stress Injury Social Support (OSISS) consisting of Family Peer Support Coordinators, Peer Support Coordinators and Volunteers who have suffered the effects of an OSI and have recovered their physical and mental health to the point where they can assist their peers. Family

Peer Support Coordinators are there to listen and they understand that families providing support to CF members and Veterans suffering from an OSI face many challenges, and may feel the need to talk and seek more information on OSI resources. Peer Support Coordinators can also help CF members and Veterans with their OSI related difficulties and refer them to services and assistance programs offered by their community, the CF, and Veterans Affairs Canada. All conversations will remain strictly confidential.

OSISS coordinators for Newfoundland and Labrador Wanda Lewis, Family Peer Support Coordinator (709) 772-5235 or by email

wanda.lewis@vac-acc.gc.ca
Shawn Hearn, Peer Support Coordinator (709) 772-2611 or by email
peersupportnfld@aol.com

The New Veterans Charter - Support for Families and Survivors **By Carly Currie, Veterans Affairs Canada**

Every deployed CF member is concerned about his or her family. Families share the challenges around deployment as well as the tough decisions when the time comes to release. There can be a great deal of stress around the transition to civilian life, especially if the member is leaving for health reasons.

These are some of the important reasons why Veterans Affairs Canada's (VAC) New Veterans Charter (NVC) offers more support to families than ever before. Below you'll find some ways we can help you and your family.

Transition Services and Case Management

VAC Transition Services support CF members and families as together they make the transition to civilian life. Spouses or other family members are encouraged to participate with the releasing individual in a *Transition Interview*. This interview is a chance to gain information on VAC's programs and services prior to release and, if necessary, be introduced to the process of case management.

Health Benefits

Under the NVC, eligible CF families may qualify for certain health benefits. The Group Health Insurance Program can help eligible CF Veterans and their families receive drug benefits, vision care, medical supplies and treatment by medical specialists.

1-800 Crisis Line and Peer Support

Families can reach a counsellor 24/7 to help them get through difficult times. This service is complemented by a peer support program if families want to share concerns with others who have experienced similar situations.

Rehabilitation/Mental Health Services

Leaving the military can be a drastic change in the life of a member and his or her family. In cases where the CF member has been injured, VAC's Rehabilitation Program provides medical, psycho-social and

vocational services to members and families facing challenges after releasing from the forces. Counselling and mental health services are available to both Veterans and their spouses.

Survivor Benefit

In the unfortunate circumstance that a CF member dies in service or is injured while in service and dies within 30 days of the injury, the tax-free, lump-sum death benefit is paid to a spouse or common-law partner, and dependent children. The death benefit is adjusted annually based on the cost-of-living index. For 2008, the death benefit is \$260,843.84.

Financial Advice

Under the New Veterans Charter, many benefits come as lump-sum amounts. You may wish to seek out the advice of a financial expert to help you manage your payment. If the payment is \$12,500 or more, fees related to this advice may be paid by Veterans Affairs Canada, up to a maximum of \$500.

Educational Assistance

Children of a CF parent may also qualify to receive financial assistance with post-secondary education. If a member dies as a result of military service or was pensioned at a medium or high level at the time of death, the children are eligible to receive financial assistance. To qualify for the program, children must be under the age of 30 and attend a post-secondary school in Canada.

Accessing Services

VAC's Transition Services Teams are available on many CF Bases and Wings to assist in identifying needs early in the release process and in developing a plan to meet those needs. This individualized approach ensures you receive full information on and access to all of the programs, services and benefits available.

If you are a Regular Force member or a Reservist preparing for release, call us toll free at 1-866-522-2122 (English) or 1-866-522-2022 (French) to arrange a Transition Interview with a Veterans Affairs Counsellor. You can also learn more about VAC's programs and services at www.vac-acc.gc.ca

CARBON MONOXIDE DETECTORS: IS ONE REALLY NECESSARY?

Situations dealing with the issue of Carbon Monoxide Poisoning have been in the news lately and I thought I would try and make everyone aware of the dangers of this deadly gas.

WHAT IS CARBON MONOXIDE

Carbon monoxide (CO) is a colorless, odourless gas and because you can't see it, taste it, or smell it, it can affect your family before you even know it's there. Even at low levels it can cause serious health issues. CO is harmful because it will rapidly accumulate in the blood, depleting the ability of the blood to carry oxygen.

WHERE DOES CO COME FROM

CO is a common by-product of the combustion process (burning) of fossil fuels. Most fuel burning equipment (natural gas, propane or oil) if installed and maintained properly produces little CO. The by-products of combustion are safely vented to the outside. However if anything disrupts the venting process, such as a bird's nest in the chimney or an incorrectly installed chimney which results in a shortage of oxygen to the burning process, CO production can quickly raise to dangerous levels.

SYMPTOMS OF CO POISONING

In low concentrations you may have a shortage of breath on moderate exertion, slight headaches, nausea, and dizziness. In higher concentrations, severe headaches, mental confusion, dizziness, impairment of vision and hearing and collapse or fainting on exertion. In the event of extreme concentrations, unconsciousness, coma and death.

HOW TO ELIMINATE SOURCES OF CO IN YOUR HOME

The most important step you can take to eliminate the possibility of CO poisoning is to ensure that CO never enters your home. Have a qualified technician inspect and clean fuel burning appliances yearly to ensure that they are in good working order. Have your chimneys checked for cracks or blockages. Check the fireplace for closed or blocked flues. Never start any gasoline powered tools or vehicles and leave them running in your garage. Be careful with the auto starts of your vehicles. They may start your car while it's in your garage and you may not know it.

CARBON MONOXIDE DETECTORS

If you take the above actions, you will greatly reduce your risk of CO poisoning. But unanticipated dangerous incidents may still occur. The installation of at least one CO detector in your home is a good safety measure. Some of the features to look for when purchasing a CO detector is that it is a listed CSA approved device with the appropriate logo of the testing agency on the detector. Battery operated detectors are convenient for placement, but require the user's diligence in replacing batteries. Be sure not to connect plug-in units to electrical outlets that are controlled with a switch. No detectors will last forever. Replace the CO units every five years, unless the manufacturer specifies a shorter or longer life.

WHERE ARE THEY INSTALLED

Most manufactures specify where they are to be located. In general they should be located in the sleeping area. CO is roughly the same weight as air and distributes evenly throughout a room, so a detector can be installed at any height in most locations, as long as its alarm can be heard. Do not install them in unheated basements, or areas of high humidity, in areas close to heating or cooking equipment. They should not be installed near corners or areas that have a low air circulation.



Do not ignore an alarm from a CO detector. Treat each alarm as serious and respond accordingly. Call your local Fire Department, in Gander (257-8887). They should have a gas detector that is more sensitive and will give you a metered reading listed in PPM or parts per million that will tell you the levels of CO in your home.

I realize that this article may be long in literature, but I wanted to cover all aspects of this leading cause of poisoning in North America. If you have any questions about article please feel free to contact myself or Sgt LeDrew at Loc 1447. Thank you

Yours in Fire Safety
W.P. Fudge
Cpl
9 Wing Fire Inspector

Alliance

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

Mailing Address

Gander Military Family Resource Centre
P.O. Box 6000
Gander, Newfoundland, A1V 1X1
Phone: (709) 256-1703 loc. 1206 / 1274
Fax:: (709) 256-1771
email: info@gandermfrc.ca