

Now that summer and the APS are over, I would like to welcome all the new families to 9 Wing Gander. Hopefully your move went well and you were able to settle into your new homes without too much trouble. For those originally from Newfoundland, welcome home. To the CFAs (and if you don't know what that means, then you are one), again I want to encourage you to get out and meet the great people and see the amazing sights. You won't be sorry; I know I haven't been. I think you will find this to be a fantastic place to live and work. You won't find a friendlier community and although the base has an important operational role to perform, there is no reason we can't enjoy ourselves and have some fun doing our jobs.

I would also like to welcome our new Honorary Colonel to 9 Wing. HCol Don Winsor comes to us with an impressive resume of community involvement, through his work as Parks and Recreation Director for several different communities, as well as a volunteer with such organizations as the Royal Canadian Legion and Air Cadets. To use HCol Winsor's words, to itemize his involvement with community, association, club, sport, recreation and church groups would fill a book. Though a resident of Happy Adventure, HCol Winsor is well known around Gander, especially at the golf course and curling club, and many of you may recognize him from his weekly column in *The Beacon*.

HCol Ray Cole will pass on the reins after serving 9 Wing admirably for the past four years, representing the Wing in a commendable manner at national meetings as well as within the local community. I want to take this opportunity to thank HCol Cole for his dedicated service. However, I am not going to say farewell, as HCol Cole will always be welcome at 9 Wing and I hope to see him on a regular basis in the future.

To all, hopefully you had an enjoyable summer and had the opportunity to relax with your family and loved ones. Now that fall is approaching, there will be more activities around the base to enjoy; I hope to see you there.

J.W. MacAleese
 LCol
 WComd 9 Wing

Inside this issue:

From the Desk of the Executive Director	3
Prevention & Intervention	4-5
Employment Assistance	6
Lending Library	7
Quality of Life	8-9
Volunteers' Corner	10-11
Kids' Korner	12-14
Youth Info	15
Deployment Services	16-17
Code de Protection	18
Privacy Code	19
News from around the Base	20-24





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 - Andrea Dawe
Treasurer/Vice Chair - Linda Maxwell
Secretary - Synika Gee

MEMBERS:

-Jennifer Childs
-Trudy Brown
-Holly Skinner
-Mark Brewer
-Joann Rose

EX-OFFICIO:

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

GMFRC STAFF:

Peggy Blake
Executive Director..... 1274
Betty Moulton
Social Worker.....1146
Danielle St-Pierre
Information/Employment/SLT.....1147
Colleen Hiscock
Volunteer / QLC..... 1202
Pamela Timbury
CYC and Emergency Childcare..... 1201
Deanne Short
CYC Assistant.....1201
Caroleann MacWhirter
Deployment.....1148
Lisa Butler
Administrative Assistant.....1206
Sarah Kelly
Youth Service Facilitator.....1201

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: www.gandermfrc.ca



Where did summer go, it seems like we were just planning our summer vacations and buying suntan lotion!!!! For those persons newly posted in this APS, WELCOME –

I trust your move went well and that you arrived with all your possessions in tact. We hope you find your posting to Gander a friendly and enjoyable experience. We hope you will take part in the many activities that Gander has to offer. Have you visited the "Centre" yet? If not, I hope it is in your plans for the near future. The friendly staff there are more than willing to provide you and your family with the information needed to begin your posting to our fair community. A tour of the facility will introduce you to the many programmes and offerings available. Should you wish to become more involved, we invite you to pick up an applications in the front office to become a board member or valued volunteer. If that isn't what you want, many programmes are available for you to just visit and make new friends. Whatever you choose to do, please allow us to assist you in any way we can to make your posting with us a most memorable one.

See you at the Centre !!!!!

Linda Maxwell

A Note About Participant Cancellations

Please remember that when you register for programs and events at the GMFRC, plans are made, facilitators are booked, food is purchased and scheduling has to be done to accommodate. Having said that, we find that participants are not taking into account the time, commitment, energy and sometimes money it takes to put these programs into place, not only on the part of our staff, but of our volunteers and facilitators. In addition, we have often turned people away because we can only accommodate limited numbers, so if you decide not to participate at the last minute, someone else may be losing out as well. Full programs have been cancelled due to participant cancellations at the last minute. Many people can be affected by this. I ask that you keep this in mind when registering. **Please honor your commitment when you register for GMFRC programs and events.**



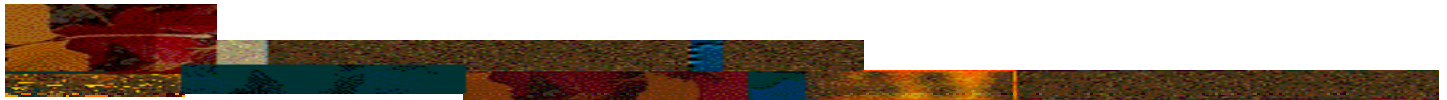
From the Executive Director's Desk

Welcome to Gander

Peggy Blake
Executive Director

I would like to take this opportunity to welcome all our new families to our military family at 9 Wing, to the beautiful community of Gander, and to the great province of Newfoundland and Labrador. To those of you who are from this province: Welcome Home! I bet it feels great to be back home with all your family and friends. To those of you who are seeing our province for the first time: I encourage you to experience the whole province during your posting. Get out and see what great things Gander has to offer your family, but don't forget to visit the rest of the province as well. Check out the icebergs in Twillingate in the spring, take a trip to the west coast to experience the breath taking Gros Morne National Park, or go skiing at Marble Mountain; and don't forget to visit our east coast where you can go whale watching in the summer, visit the Trinity Pageant, and experience the charm (not to mention the shopping) of St. John's, the oldest city in North America.

We will be publishing a quarterly newsletter to keep you informed of all the programs and services we will be offering at the Centre. If you have any suggestions for program ideas, we'd love to hear from you. And if you're wondering if a service or program is available in Gander, just give us a call, or drop by and we'll answer those questions for you. See you at the Centre!



CDS Visits GMFRC

On June 9, we were honoured to have General Rick Hillier visit our Centre, as part of his visit to 9 Wing. General Hillier holds a special place in our hearts, being a fellow Newfoundlander from a town about an hour from Gander. We knew General Hillier before he became famous, so to speak, as his family has sent packages to him through our Centre during his previous deployments. General Hillier thanked all the families for the tremendous supportive role they play in the CF, and thanked the staff for all they do to support military families. He expressed his appreciation by presenting his CDS coin to the families and staff who were present. He reiterated to all of us how important it was for us, and in fact all Canadians, to show our support for our brave CF men and women in all of our missions around the world. He encouraged initiatives such as the



Yellow Ribbon, and Red Fridays, saying that it was very important for our troops to know they were supported at home.

As I mentioned before, General Hillier is a Newfoundlander, so we presented him with a package of Newfoundland treats, similar to the package that is sent to Newfoundlanders deployed overseas during Christmas and Easter. He pleasantly remembered receiving such a package from the GMFRC during his deployment in Afghanistan, and encouraged us to continue this practice as it is greatly appreciated by those who receive them.

Prevention & Intervention

Although Social Work services offered at the Gander Military Family Resource Centre and 9 Wing Gander are delivered by one social worker the services provided have two separate and unique mandates. The services are also delivered at two separate locations; one office at the GMFRC and one at the WHQ Building, next to the Air Reserve Orderly Room. The contact phone number for both social work offices is 256-1703 extension 1146. The following will outline the services offered through both program areas.

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

The MFRC Counsellor can provide you with any of the following services:

Short Term Counselling

Short-term counselling sessions (anywhere from 1-5 meetings) are available. These sessions are free of charge. Individuals, couples and or families may contact my office by phone or in person to request a meeting.

Common issues of practice include: Separation/divorce, marital counselling, anxiety/depression, grief/loss, health/wellness, stress/burnout, personal development, trauma issues, parent/child issues.

Information and Referral

Information and Referral is available to individuals and families who require additional or specialized services within the military and civilian communities. Referrals are generally recommended for the following areas: long term counselling, addictions assessments, child/adolescent therapy, legal services, financial counselling, medical services, mediation services, support groups, psychiatric services

Workshop/Information Sessions

Workshops/Information sessions are offered on a variety of issues and topics of interest to individuals and fami-

lies. These include: parenting issues, suicidal ideation, family violence depression, alcohol and drug issues, self esteem issues.

9 Wing Gander Social Work Services

The Wing Social Work Officer can provide you with any of the following services:

Individual, Couple and Family Counselling: This may include counselling to assist with difficulties resulting from family separations due to Military requirements, marriage counselling, adjustments to living in a semi-isolated area, anxiety and depression, post traumatic stress disorder, anger and stress management, addictions, parent/child relationships, divorce and separation, adult survivors of childhood abuse, grief and bereavement, family violence and suicide prevention.

- Critical Incident Stress Response is provided by the Wing Social Worker and other members of the Critical Incident Stress Response Team.
- Information and referral to local community social services and military resources.
- Preventive Education such as courses in stress management, suicide prevention and traumatic stress.
- Consultant service to military commanders and staff on social welfare matters.
- Screenings of members and families for postings overseas or isolated units in Canada, pre and post deployment screening and follow up for military members.
- Assistance/Advice on Compassionate and Contingency Cost Move requests. Crisis Intervention is available during the day by contacting local 1146 and after hours by contacting the Commissionaires Office 1107.
- Psychiatric Services are provided by a psychiatrist at James Paton Memorial Hospital in collaboration with the Medical Officer and Social Work Officer.

Who is Served?

Services are available to individuals, couples, families and groups. These individuals may contact the Social Work Office when services are needed. A referral is not necessary. A Unit may suggest that a member make an appointment with the Social Worker or make a referral on the Member's behalf.

Resource Library (Resource Library can be accessed through both Social Work offices)

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

Confidentiality (Confidentiality is maintained at both Social Work offices)

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

The services outlined above are available to military personnel and their families. If you would prefer to meet with me off base an appointment can be set up to accommodate same. Home visits can also be scheduled if you would prefer that I meet with you in your home. I am currently in the process of developing a list of workshops/information sessions for the upcoming year. If there is a specific topic that you are interested in hearing a presentation on please feel free to contact me with your suggestion. If you wish to contact me about a workshop idea or about any personal matter, please contact me at my direct line 256-1703, Loc 1146. My office hours are from 8:30 – 4:30 Monday to Friday.

Prevention & Intervention

Information Session on Depression

The GMFRC will host a General Information Session on Depression on 16 November 2006. This session will take place from 0900 hrs-10:00 hrs and will be facilitated by Betty Moulton, Social Worker, GMFRC.

Some of the topics that will be discussed in this info session include:

- What is it?
- Who gets it?
- What are the signs?
- What are the causes?
- How it is treated?
- The role of family and friends
- Why seek help?
- When to get help?
- Where to get help?
- Depression in the workplace



Please contact Lisa at loc 1206 to register for this info session.

For additional information on this topic, please contact Betty Moulton at loc 1146.

Spousal and Child Support Information Session

The GMFRC will be hosting an information session on Spousal and Child Support Services. This information session will be held on 12 October 2006 from 11:00-12:00.

If you require assistance with spousal and/or child support you will benefit from attending this information session.

The Spousal and Child Support Information Session will be delivered by Patti MacPherson, Support Application Social Worker, Human Resources and Employment, Gov't of Newfoundland and Labrador. The information outlined in this session will include:

- The role of the Support Applications Social Worker
- Review of the calculations according to the Child Support Guidelines
- The assistance available to arrange appropriate support and
- Assistance to parents in coming to an agreement regarding support payment.

All services available through the Support Enforcement Program, Human Resources and Employment have no costs associated to them.

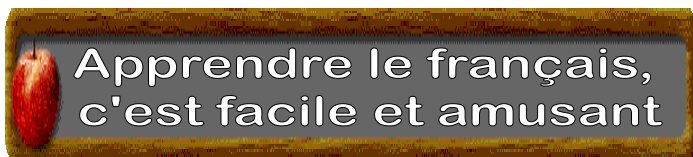
If you are interested in attending this information session please contact Lisa at loc 1206 to register.

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

If you require additional information on any of these services and sessions please contact Betty Moulton loc 1146.

Employment Assistance



- Second Language Courses consist of 60 hrs of classroom instruction. (5 hrs per week / twice a week for 12 weeks)
- Timing of the classes scheduled according to the participants' preferences (either daytime, nighttime or a combination of days and evening.)
- All participants will complete a placement test prior to beginning of courses.
- Military spouses and dependants will be reimbursed their initial registration \$50.00 fee if their attendance is at least 85%.
- Subsidy for childcare will be available to spouses upon presentation of receipts.
- For more information on the above information and/or to register please call the Second Language Coordinator at 256-1703 loc. 1147.
- **Deadline for registration September 15th, 2006.**



JOB SEARCH ABCs

If the Job Search process stresses you out, just remember the basic ABC of the Job Search it will put things in perspective.

- A**ccept your situation or change it.
- B**e proactive in your job search actions, not reactive.
- C**hallenge yourself to continually grow professionally.
- D**ownplay your weakness and put emphasis on your strengths.
- E**xpand your career opportunities by ridding yourself of tunnel vision.
- F**ocus, focus, focus.
- G**ear yourself up for the job search emotionally, administratively and physically.
- H**ave fun.
- I**nterview for information as well as for jobs.
- J**oin a support group.
- K**eep your resume updated.
- L**earn to accept the thing over which you have no control.
- M**arket your skills, abilities and experiences effectively to potential employers.
- N**etwork.
- O**rganize your action.
- P**eriodically re-evaluate where you are at and where you want to go.
- Q**uit procrastinating.
- R**evise your job search plan as necessary.
- S**eek assistance from your established network of resources.
- T**hink ahead.
- U**se your imagination.
- V**isualize your goals.
- W**atch your stress level and keep it under control.
- X**-out negative thoughts from your mind.
- Y**ou can do anything if you want to do it bad enough.
- Z**ero in on what it is that you want to accomplish and accomplish it.

***From: Jobs and the Military Spouse by Janet I. Farley.*

Resume Workshop

What is a resume?

- It is your personal summary of your background, your experience, your training and your skills.
- It is your opportunity to present yourself in the best light, to present your best qualities to a potential employer the way you want to be seen.
- It is a way for employers to compare your qualifications to those of other candidates.
- It is a self-promotional document to help you get a job interview.

Come and learn how to create your own winning resume; find out the dos and the don'ts of resume writing.

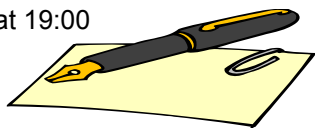
When: Wednesday October 18th, 2006 at 19:00

Where: GMFRC

Who: Adults

Cost: Free

Please register before October 11th, 2006



To obtain more information on the Employment Services or to make an appointment, please contact Danielle St-Pierre loc. 1147

Lending Library

Weekly Rate

Toys, Games,	\$0.50 per use
Roll Away Cots	3.00 per use
Crib	1.00 per use
Stroller	1.00 per use
Infant Swing	1.00 per use
Jolly Jumper	1.00 per use
Exer-Saucer	1.00 per use
Baby Gates	1.00 per use
Play Pen	1.00 per use
Portable High Chair	1.00 per use
Infant Carrier	1.00 per use
Coleman Lanterns	1.00 per use
Youth Life Jackets	1.00 per use
Propane Stoves	5.00 per use
Portable BBQ	5.00 per use
Air Mattress	1.00 per use
Screenhouse	10.00 per use
Tents	10.00 per use
Power Ice Auger	5.00 per use
Lawn Mower	5.00 per use
Sewing Machines	5.00 per use
Steam Cleaners	20.00 per use
Camcorder	10.00 per use

2 Night Rental

Movies	1.00 per use
CD Roms	1.00 per use

Did you know the GMFRC has one Quality of Life computer, with Internet Access, for your use. Please call ahead if you will require assistance with using the computer or internet.

Do you need something photocopied? You can do this at the Centre for the following cost: First 10 copies free and then only \$0.10 per copy. We also have a laminating machine for all your laminating purposes: \$1.00 per foot.

Do you have some free time on your hands? The GMFRC is always looking for volunteers to help out with programs and events. Please call our Volunteer Training Coordinator if you are interested.

Need some help with your resume? The staff at the GMFRC can also help you update your resume and help with job search.

We also have a resource library containing books and videos on various topics, you can sign out these items free of charge. Come in and browse!

There are various bulletin boards at the Centre: Job Bank, Education Information, Community Events, Volunteer Corner, Self Help and Child/Youth Issues. Come in and check them out!

Also located in the main entrance is a Book Swap; this service is available on a "bring a book, take a book" policy.

If there is something you would like to see offered at the GMFRC let us know and maybe we can help you out.

QUALITY OF LIFE PROGRAMS

Time for Me at the GMFRC

We will again be getting together on Tuesday mornings from 9:30 – 11:30 starting on Tuesday, September 13 and each Tuesday thereafter. This time slot is made available so you may drop in for a coffee, a chat with friends and if you have a craft or project at home you are working on, you may bring that 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; 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 or drop by for a visit.

Rec Centre Orientation for Spouses



Come join us at the 9 Wing Rec Centre for a guided tour of the facility and the opportunity to see what is available for you and your family. The tour will take approximately ½ – 1 hour and will be conducted by Darryl Hayden, Fitness Instructor. Darryl will also demonstrate the safe and proper use of fitness machines and equipment and he will answer any questions you may have. We have two times scheduled:

Thursday, 21 September at 10:00 am – Limited childcare is available at the GMFRC. Please call 1206/1201 to register your child/children

Thursday, 21 September at 7:00 pm

If you would like to attend, please call the GMFRC at 256-1703, Loc 1206 to register. Please specify which session you would like to attend. **The deadline to register is Tuesday, 19 September.**

First Aid/CPR Training

We would like to let you know that we will be offering in late October, in conjunction with Ground training and 103 Sqn, a two day First Aid/CPR Course. This course will be available to family members of military or civilian employees of the Wing (age 13 and up). There will be no cost to attend, however, we will require advance registration. Please watch for upcoming advertising.

Coffee Downtown

Join us again in the fall as we take our coffee break downtown to Giovanni's located on the corner of the town square. This is a great opportunity to get out of the house, away from the housework and take a little breather from the children. And to help make the decision a little easier for you, low cost childcare may be available for you to attend, however, please keep in mind that childcare is limited and is available on a first come basis. So mark these dates on your calendar and meet us from 9:30 – 10:30 am. Please keep in mind that the cost of your coffee and treats are on you! If you have any questions, just give us a call!

Thursday, 28 September
Thursday, 26 October
Thursday, 30 November
Thursday, 07 December (Please note that we will be meeting at Sinbad's)



We Hope You Can Join Us!

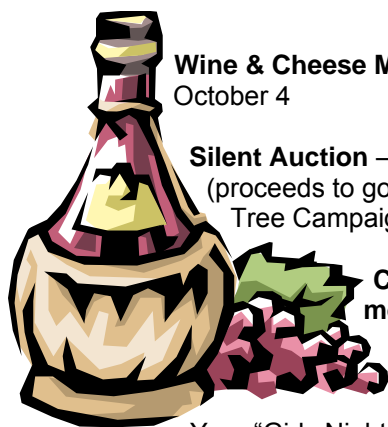
9 Wing “Girls Night Out” Wine & Cheese Meet & Greet

The “Girls Night Out” Committee has been busy planning our monthly functions and have come up with a great lineup for the fall. The Committee invites all women associated with 9 Wing to come out and enjoy an evening of relaxation and fun. Not only will you have an opportunity to socialize, you will have the chance to give input as to what you would like to see offered at these monthly functions.

Our first function for the fall is the **Wine & Cheese Meet & Greet**, which will take place at the **All Ranks Mess on Wednesday, October 4**. The time is **7:00 pm for 7:30 pm**. This informal “Meet & Greet” will give you an opportunity to meet newcomers to the Wing, make friends and most importantly, have fun! There will be games, prizes and a 50/50 draw. The cost to attend is **\$5** and the **deadline to register for the Meet & Greet is Friday, 29 September**. You may register by calling the GMFRC at **256-1703 Loc 1206/1202** and please feel free to bring along a civilian friend. If you would like additional information, please call committee member Kim Keith at 256-7362. Other members of the committee are Stacie Nelles, Lindsay Cunningham, Synika Gee, Tracy Peckford, and Alysén Dockeray.

cont'd on page 9

QUALITY OF LIFE PROGRAMS



Wine & Cheese Meet & Greet – Wednesday, October 4

Silent Auction – Wednesday, November 1
(proceeds to go to the 2006 GMFRC Angel Tree Campaign).

Christmas Potluck & Ornament Exchange – Wednesday, December 6

Your "Girls Night Out" Committee welcomes any suggestions you may have for functions.

We Look Forward to Seeing You!

Shop 'til You Drop Christmas Shopping Trip

We did it last year and we're going to do it again this year...a daylong shopping trip to St. John's for all your Christmas shopping needs. All you have to do is register your name, get on the bus and sit back and relax while Transport's capable driver does the rest. There is no charge to travel on the bus and the trip is open to all military and civilian employees of 9 Wing and their dependents. Let's hope the weather remains cooperative. **The trip is scheduled for Saturday, 18 November and the bus will depart the GMFRC at 0700 sharp and return later in the day.** If you have any questions about this trip, please feel free to give me a call. Full details will be available upon advertising. Please note that all passengers are required to sign a waiver.



Give us Your Input

All of our coordinators have been very busy planning programs and activities to carry us through the fall and winter. We trust that there is something that will catch the eye of you and your family, however, at times it is difficult to know what our community would like to see, so we always welcome input from you to help guide us. Maybe there is a craft you would like to learn or a speaker you would like to hear. Maybe you would like

additional information on a particular subject or maybe there are skills you would like to develop. Maybe there is a program you have seen offered by other MFRC's that could work for us. Whatever your interests please feel free to run your ideas by us and we will do our best to accommodate if there is sufficient interest.

Program Attendance by Civilians

For the **majority** of the adult programs offered by the GMFRC such as "Girls Night Out", crafts, information sessions, etc., attendees are welcome to sponsor a civilian friend. If you are unsure about sponsoring in a civilian friend when you see a program advertised, just give us a call at the Centre for clarification.

Book Swap

Looking for some new reading material? Come on into the GMFRC and have a look at the many selections in our "Book Swap". Our shelves are located in the front of our Centre and contain many titles and authors, covering various subjects. Love, espionage, biographies, westerns...they're all there. All we ask is that if you take a book, please return a book, it's that easy. And if I haven't mentioned it, the best part is that there is no charge to use this service. So why not drop by and enjoy a coffee while you browse. You may be surprised by what you might find. If you have books that are taking up space, please keep us in mind, we gratefully accept donations of adult and children's books.

For more information
on these programs or
to register, please
call Colleen
at 1201 / 1206

Volunteers' Corner

Reminder to Volunteers

Summer is now a memory, vacation is a thing of the past, and the children are back in school. With fall bearing down on us fast and furious, the GMFRC hops to life and so does our volunteer program. **Our first Volunteer Planning Meeting for the fall will be held on Wednesday, September 27th at 9:30 am at the GMFRC.** Our meetings will continue to be held on the last Wednesday of each month. These meetings are a great forum for our volunteers to get together have input, make suggestions and assist with the decision making process. Volunteers also find out what is happening at the Centre, on Base and around town... and we always have a little fun. If childcare is a problem for you to attend, please know that limited childcare is provided free of charge for you to attend these meetings. All you have to do is give us a call at 1201/1206 and register your child/children a couple days in advance, if you will be attending the meeting. Newcomers are always welcome. If you have any questions concerning these meetings or the volunteer program, please feel free to give me a call at Loc 1202.

The following is the schedule for our Volunteer Planning Meetings for fall 2006:

Wednesday, 27 September

Wednesday, 25 October

Wednesday, 29 November

Benefits of Volunteering

Volunteering is a wonderful way to meet people, make friends, learn new skills and share your talents. Without volunteers, many groups and organizations would not survive. Such is the case at the Gander Military Family Resource Centre. People volunteer for

many different reasons...some to improve employability, some to share talents, some to fill lonely hours. Whatever the reason, the decision to volunteer is a personal one. Here at the GMFRC our volunteers play an integral role in the delivery and facility of the many programs and services we provide to you and your families. As a volunteer, not only do you give to the GMFRC, the GMFRC gives something back to you...maybe we can help boost your self-confidence or maybe we can help your employability through the enhancement of your skills. Whatever the case, be assured that we will do everything possible to ensure a happy relationship between our volunteers and the Centre. We are flexible and can work around what is convenient for you and your schedule. We can also work with you to find volunteer opportunities outside the GMFRC. If you would like additional information on our volunteer program, please give me a call at 256-1703, Loc 1202 or drop by the Centre for a coffee and a chat.

- Make important networking contacts
- Learn new or enhance new skills
- Gain work experience
- Build self-esteem and self-confidence
- Improve health
- Meet new people and make friends
- Opportunity to give back to your community
- Have Fun!

Upcoming Volunteer Opportunities

- Board of Directors
- Newsletter/Flyer Delivery
- Children's Halloween Party
- Angel Tree Campaign – Coordinator/Assistants/Angel Makers
- Office Support
- Deployed Members Christmas Parcel Preparation – packaging/

wrapping/addressing

- Craft/program facilitators
- Valentine Cookie Gram Decorators/Delivery Drivers
- Invisible Ribbons
- Christmas Craft Sale – table vendors

If you would like information on these or other volunteer opportunities, please give me a call or drop into the Centre for a coffee and a chat.

Colleen Hiscock
Volunteer Training Coordinator
Loc 1202

“Reduce, Reuse and Recycle”

For the benefit of those of you who are new to our community and to the Wing, the 9 Wing Environmental Committee wishes to remind you that there are recycling centres located at all sections of the Wing and 103 Squadron. We invite you to bring your recyclables from home and drop them in the respective bins. If it is easier, feel free to bring your items to the bins at the GMFRC and at the same time check out what the Centre has to offer while you are there. We all can do our part for the environment. The following are items which we are able to collect.

Beverage Containers

Aluminum cans
Drink boxes
Glass bottles
Steel cans
Plastic bottles
Liquor bottles

No milk containers

Paper
white
colored
newsprint

Corrugated Cardboard

“Taking Action for the Environment”

Mark your Calendars

Welcome Scoff

Scoff (n) – A cooked meal at sea or ashore, esp at night and often part of an impromptu party; such a repast prepared with “bucked” or stolen ingredients.

Definition from Dictionary of Newfoundland English Online – www.heritage.nf.ca/dictionary

Come join us at the Gander Military Family Resource Centre for a “Welcome Scoff” on **Thursday, 5 October**. This will be an opportunity to meet the newest members



of the 9 Wing family and the staff of the Centre. Staff will be preparing and serving spaghetti, followed

by an assortment of desserts. **All of this Newfoundland hospitality will be served up at 5:00 pm. If you and/or your family will be attending, please call us at the GMFRC at 256-1703 Loc 1206 no later than Tuesday the 3rd.** This will ensure we have enough food for everyone. So grab the family and come on out on the 20th and let us treat you to a “scoff”. **All are welcome!**

We Look Forward to Meeting You!

Avion Players Christmas Craft Fair

This fall, Gander's own acting troupe, the Avion Players, will host its annual craft sale at the Gander Arts and Culture on Saturday, 25

November. Again this year, your GMFRC will have a table of beautiful Christmas items to choose from...this is a sale that you won't want to miss. It is a great opportunity to get some of that Christmas shopping done. All proceeds from the sale of items at the GMFRC table will be used for programming purposes. We look forward to seeing you there.



Upcoming Craft Sales/Bazaars

Everyone loves a craft sale so we have provided these dates for your information, however, this is not a complete list as others will be added (Avion Players sale). Please watch for advertising and check the community notices section of the Beacon as well as the local Cable 9 channel.

Saturday, October 28 – St. Joseph's Roman Catholic Afternoon Tea and Sale of Works

Saturday, November 18 – St. Martin's ACW Fall Bazaar

Saturday, October 14 – Gander Shriner's Ladies Afternoon Tea

Saturday, November 25 – Avion Player's Craft Sale – Arts & Culture Centre

The Fraser Road United Church Women have the following events upcoming at the church hall:

Tuesday, September 26 at 2:30 pm – Afternoon tea, bake and Brown Bag Sale

Saturday, November 4 at 10:00 am – Fall Bazaar

ICE for Cell Phone Users

A recent article from the Toronto Star, “the ICE idea”, is catching on and it is a very simple, yet important method of contact for you or a loved one in case of an emergency. As cell phones are carried by the majority of the population, all you need to do is program the number of a contact person or persons and store the name as “ICE”.

The idea was thought up by a paramedic who found that when they went to the scenes of accidents, there were always mobile phones with patients but, they didn't know which numbers to call. He, therefore, thought that it would be a good idea if there was a nationally recognized name to find “next of kin” under.



Following a disaster in London, the East Anglian Ambulance Service has launched a national “In Case of Emergency (ICE)” campaign. The idea is that you store the word “ICE” in your mobile phone address book, and with it enter the number of the person you would want to be contacted “In Case of Emergency”. In an emergency situation, Emergency Services personnel and hospital staff would then be able to quickly contact your next of kin, by simply dialing the number programmed under “ICE”. For more than one contact name, simply enter ICE1, ICE2, ICE3 etc.

A great idea that will make a difference!

Kids' Korner

Welcome Parents.

Hi I'm Pamela Timbury Child/Youth Emergency Childcare Coordinator. I would like to take this opportunity to welcome all the new families to Gander. I hope we will meet in the near future. We have many wonderful children's programs to offer at the GMFRC. The ages for these programs vary from infant to teens. We hope you will come to the centre and meet the dedicated and friendly staff and see which program will best suit your needs. To all the families who are lucky enough to spend another year with us, we welcome you back and hope you will continue to use our programs.

Pamela Timbury
Child/Youth and Emergency Childcare
Coordinator
256-1703 local 1201

Effective September 05, 2006 the GMFRC – Children's Playroom is a Reduced Risk Facility for individuals with life-threatening allergies to peanuts and nut products. The most effective way to reduce risk and provide a safe environment for adults and children with anaphylactic allergies to nuts is to promote a peanut and nut aware environment. The GMFRC employees and community members are asked to refrain from bringing in products containing nuts into the Children's Playroom.

Movie and Pizza Night

Date: September 15, 2006
Where: GMFRC
Ages: 9-11
Time: 6:00-8:30 pm
Cost: \$4.50

Come join us at the GMFRC for a night of Pizza and a Movie. Remember you can bring a friend along.

Please register by September 14, 2006.



Movie and Pizza Night

Date: September 29, 2006
Where: GMFRC
Ages: 5 -8 year olds
Time: 6:00-8:30 pm
Cost: \$4.50

Come join us at the GMFRC for a night of Pizza and a movie. Remember you can bring a friend along. **Please register by September 28, 2006.**



Family Walk

In celebration of National Family Week, join the GMFRC on Sunday afternoon, October 1, from 2:00-4:00 pm as we gather for a family walk at Cobb's Pond. There is a playground where your child can slide, swing, climb the monkey bars and much more. There is a wonderful nature trail, which encompasses the



pond, and it is wheelchair and stroller accessible. The trail also has many birdfeeders and sitting areas. Walkers can stay with the group, or walk at their own pace. This is a wonderful opportunity to spend quality

time as a family and maybe meet new friends in the process. There will be hot chocolate and healthy snacks provide after the walk.

Please register by 28 Sept 06 if you plan to attend so we can ensure adequate snacks are on hand.

Halloween Party

Date: October 29, 2006
Location: All Ranks Mess
Time: 2:00-4:00 pm
Cost: free

Calling all Witches, Ghosts, Princesses and Scary Monsters! Come join us at the All Ranks Mess for a big blast. The



GMFRC is hosting a Halloween Party Sunday, October 29th from 2:00-4:00 pm. There will be prizes for the best pumpkin (decorated and/or carved), so bring them along. Don't forget to dress up, and bring your family for an afternoon of fun. There will be the every popular feely tank, (if you dare!) a coloring contest, treats and much more. Please pre-register by October 26th to ensure adequate amount of food and treat bags for the children. This event is free, so come out and have a ghoul of a good time.

Babysitting Course

The GMFRC is offering a Babysitting Course on the 4 and 5 of November. 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, November 1. Space is limited.

Children's Christmas Craft

Date: TBA
Place: GMFRC
Age: 5 years old and up
Cost: TBA

Hey kids! Come join us to create a Christmas Craft for that

someone special in your life. There will be many different supplies available for you to use. Watch for dates and times. Spaces are limited.



Kids' Korner

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

Totally Toddler: 1:00 - 3:15 pm

Friday

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

Creative Play

The Creative Play program is designed for children 3 to 5 years of age (they must be toilet trained). This program is semi-structured: it provides children with a variety of activities and materials, which the child is free to experiment creatively; painting, craft-making, cutting and pasting. This program includes time for Gross Motor, Cognitive, Fine Motor, Creative Sensory and Imaginative Activities, which will help their overall growth and development. This essentially is a fun learning experience. This session is held Wednesday afternoons from 1:00-3:15. Spaces are limited so register your little one soon.

Totally Toddler

The Totally Toddler Program is designed for children 3 to 5 years of age (they must be toilet trained). This program is semi-structured; we provide an environment for children to thrive and grow. Each child, through play and planned activities, will develop a sense of independence, self-concept, and self-esteem. This program will help children appreciate being unique, get to know themselves, and feel good about sharing who they are. This session is held on Thursday afternoons from 1:00-3:15 pm. Spaces are limited, so register your little one soon.

Emergency Childcare Services

An emergency can happen to anyone. It may be a result of an unexpected Deployment, Operations or Training. It could be an accident or an illness. Nobody can predict an Emergency!

- This service is available to families on a 24 hour basis and confidential.
- This service provides support to families by providing immediate, affordable and regulated childcare in times of emergency.
- It also addresses financial hardships to families during an emergency.
- Emergency funding has been made available to fully cover the cost during the first 72 hours and a portion of any further childcare expenses if required.
- Members are expected to have a regular childcare plan, including a back up plan to cover childcare during regular working hours.
- If you require any assistance with your childcare plan please contact Pam at local 1201.

Friends & Company

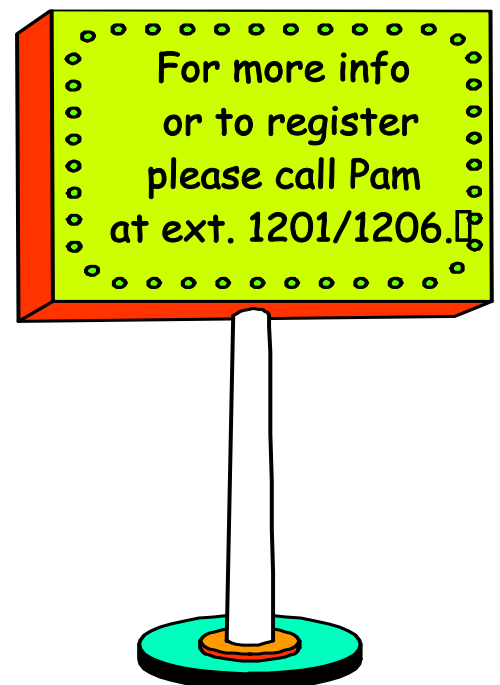
Friends & Company is a program for Mother's, Father's, and caregivers. These sessions are designed from infant to age 5. (parents are expected to participate). The purpose of the program is to provide a stimulating environment by social activity and learning experiences with other children. So come out and join us every Monday from 1:15 - 3:15 pm and Friday's from 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 let us know.

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 are picked up on time to allow staff time to prepare for the next program. This service includes 'quality childcare' and the opportunity for your child to socialize and interact with other children their age. To ensure this service we are requesting that you only book your child/children a week in advance due to limited spaces. .

Child Care Providers

The GMFRC is currently seeking names of adult/teen childcare providers for daytime, evening, part-time or full-time services. We are in the process of updating our childcare registry. If you are interested in having your name and phone number added to this list please Pam at 256-1703 local 1201.



Summer Camp 2006

Well done campers! With Summer finished and the campers back to school we had another wonderful summer camp. A big thank you to our wonderful camp leaders: Katie Parrott, Sara Rumley and Ian Boucher. Also a big thank you to all the parents, staff at the GMFRC, PSP, Rec Centre, 103 Sqn, Transport, Military Police, WCE, Wing Photo, Town of Gander, RCMP, Gander Fire Hall and everyone who supported the Summer Camp.
Pamela Timbury

Words cannot begin to describe the amazing experience I have encountered during my time as camp coordinator of the Gander Military Family Resource Center Summer Camp 2006. I have had many opportunities to work with children at day camps but this has definitely been the best. The parents, staff and children have all been fantastic and we were extremely fortunate to have the resources that we did, such as a spacious camp room, transportation for field trips when needed and access to the swimming pool and gym daily just to name a few.

Our summer began with a week of planning nine weeks of games, activities, crafts and field trips for children ages 5-12. Camp ran from 7:45 a.m.



until 4:30 p.m. daily and consisted of planned activities in the morning, followed

by a healthy snack before continuing with games.

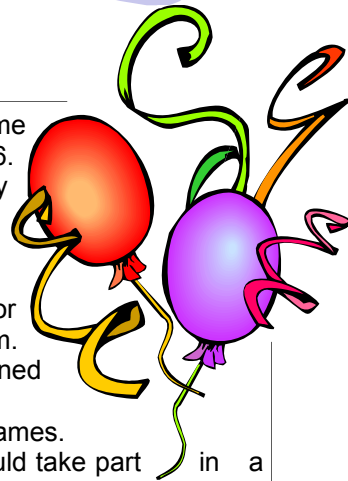
After enjoying a yummy lunch, the kids would take part in a craft or game before swimming.

To ensure that the children had a fun filled summer, each week was based around a special theme. For example, during Jungle week we went on a field trip to Thomas Howe Demonstration Forest and during our Trip Around the World we stopped in Hawaii and made grass skirts for our Luau before heading back to Newfoundland to enjoy a delicious touton breakfast. Seeing the smiles on the children's faces while taking part in planned activities

has been very rewarding. We always had a lot of fun whether it be on our field trips, baking cookies, playing games or making splashes in the pool. Our special events such as the annual bike rodeo and family year end Bbq were of course also big hits!

In closing, I would like to express a genuine thank you to many wonderful people for making this the great summer that it has been. Ian and Sara, two great camp counselors who each brought happy faces, great ideas and open hearts. To Pamela Timbury for being a fantastic supervisor who was always around to lend a helping hand when needed and who provided us with never ending support, encouragement and enthusiasm. Also, thank you to all the remaining staff at the G.M.F.R.C., parents and children for making this summer possible and memorable.

Katie Parrott
Camp Coordinator



Youth Info



H!! My name is Sarah Kelly and I am the new Youth Service Facilitator at the GMFRC. I have lived in Gander most of my life and as a youth took place in various events and organizations. As I grew older I became more and more involved with different organizations, and even took it to the next level and began coaching. I believe I have a lot of knowledge and experience to offer and I am very excited to be here. I'll be replacing Meghan Lambert who was employed here for the summer and who developed a youth club for youth ages 12-18. Throughout the summer they took place in different events such as pizza and movie nights and even a scrap booking class. I will be continuing this club throughout the year and I am extremely excited about the up coming events that are in the process of being planned, such as movie nights, games nights, swimming, skating, kickboxing, and even rock climbing. So don't hesitate to give me a call at local 1201 to find out more information on up coming events... and don't forget that you are more then welcome to bring along a friend!!!

Sarah Kelly,

Youth Service Facilitator

As I look back on the summer, I only have fond memories as the youth services facilitator. I owe these memories to the youth involved with the programs and the staff at the GMFRC. The youth services facilitator was a new position that was based out of the military family resource centre. The responsibilities of this position included researching and developing programs and activities for military youth ages 12 to 18. Over the summer, I contacted people and organizations to get information on activities that could be offered to youth. Along the way, I was always keeping an eye open for new ideas.

During the summer, I had the opportunity to start a youth club. This was a place that youth could come and hang out. The youth club was open to the military youth and their friends. This took place every Monday from 7:00 pm to 10:00 pm and Wednesday from 8:30 pm to 10:30 pm. These youth nights were filled with movies, a pool table and a foose ball table. The favourite among the youth and myself though was the X-Box 360. We also participated in a scrapbooking class and a muchmusic dance.

The youth and I thought of endless ideas for activities but due to the short length of summer we could only plan a few of them. However, I am pleased to write that funding was available to carry this position throughout the year. Recently, Sarah Kelly was hired as the new youth services facilitator. She will be continuing on with the youth club at an earlier time during the school year.

As my time as the youth services facilitator comes to an end, I would like to thank all the youth who were involved and the staff for making my summer so enjoyable. There will be many more fun activities occurring over the fall, so make sure to come out and get involved. Hope everyone has a great school year!

All the best,
Meghan Lambert

DEPLOYMENT NEWS

Hello everyone, my name is Caroleann MacWhirter, I am the new Deployment Support Coordinator at the G.M.F.R.C. My family and I are new to the Town of Gander and so far so good. The warmth of the people here in this beautiful little town has made the transition very smooth for us. I would like to welcome all the new families to Gander and hope that the transition for you was as easy as it was for our family. The G.M.F.R.C. offers a great variety of programs to provide services to the CF community to help make the process of deployment a little easier. The definition of deployment being **“the assignment of military personnel to temporary unaccompanied tour of duty away from base/wing/station/unit/detachment for a period 30 days or more”**.

If you wish to receive support and are not currently on our list, please contact me at 256-1703, ext. 1148 or 1-800-557-1702. My office hours are Monday – Friday 8:30am – 4:30pm.

Book of Best Wishes

The staff at the G.M.F.R.C. have created a book which consist of messages from the people of Gander and surrounding areas sending their best wishes for the great job the Canadian Forces are doing overseas. This book was displayed at Cobb’s Pond for Gander Day and will also be set up in a booth at the Air Show on September 13th, 2006.

If you haven’t already written your “Best Wishes” in this book, please drop by our booth and do so. The book will then be sent to the various camps overseas to be circulated for reading amongst the troops.

Support Our Troops Merchandise

The G.M.F.R.C. is hopping with request for the “Support Our Troops Merchandise”. With the number of these ribbons visible on vehicles, the support is phenomenal. In addition to the Magnetic Ribbons for \$4, we also have

Hats for \$13, Bracelets and Lapel Pins for \$2 and new to the list are Lawn Signs for \$12. These items are very popular, if you are interested in purchasing them call or drop by the centre Monday – Friday 8:30 – 12 and 1 – 4:30 to place your order.

Parenting at a Distance Ideas

Being a parent at a distance is challenging enough without having to always think up new, creative and exciting activities that you can do with your kids while you are away. The following are long distance relationship building activities that you can do with your kids while you are deployed, and things that your family can do together while you are away.

1. Photo Pillowcase: Go to Walmart and have a photo of you put on a pillowcase for your child. If you have a favourite cologne or perfume, you might want to put it on the pillowcase to remind your child of you.
2. Picture Puzzle: Enlarge a picture of you as big as you can get it. Cut the picture into pieces that are shaped like a puzzle; laminate the pieces if possible. Every week or so send a piece of the puzzle home to your family and at the end of your deployment send the last piece with a note saying you will be home soon.
3. Scrapbook: Each week create a scrapbook page. The scrapbook can consist of the things that you have done have done while your Spouse/Mom/Dad has been away. You can then send the pages or save them for a great way to spend an evening upon their return home.
4. Buy a big bag of balloons and different colours of permanent markers. Inflate the balloons without tying them and put secret fun messages on them (ie. I passed my swimming level,

I lost a tooth, I’ll be home in 20 days, a big hug and kiss). Let the marker dry and then deflate the balloon. Put these balloons in a card and send them in the mail. This can work both ways and each time you get a balloon you will have to inflate them to get the message.

Red Fridays

The T-shirts have been ordered and should be available at the G.M.F.R.C. the middle of September. The cost of these T-shirts will be \$13.00 taxes included, to place your order call Caroleann @ 256-1703 ext.1148 or email macwhirter.cm@forces.gc.ca. Lets see if we can help turn Canada into that sea of RED every Friday to show our troops support.

Spaghetti Supper Fundraiser

We will be having our Spaghetti Supper Fundraiser again this year in aid of Deployment Support. It will be held at the Dominion store on Wednesday, October 25th, 2006 from 4 – 7 pm, tickets are just \$5.00 per person. Looking forward to seeing you there.

Deployment Support Activities

The G.M.F.R.C. will be hosting activities for the spouses of deployed members throughout the fall. Keep watching for activities such as: Scrap Booking, Seasonal Craft Activities, Dance Classes and more. Exact times and dates to be announced in the near future, looking forward to seeing you there. Feel free to drop by the centre at anytime for a visit, we look forward to seeing you.

Interesting website

This is a great website for families with young children who are preparing for deployment:

<http://www.sesameworkshop.org/tlc/>

DEPLOYMENT NEWS

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 email the photo or clip to the deployed member.

What a 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 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 persons to send parcels free of charge to their loved ones who are presently serving overseas, by delivering them directly to your GMFRC!

The GMFRC is not responsible for any loss, theft, or damage caused to the items. Items must be delivered to the GMFRC, between the hours of 8:30 am and 4:30 pm. Dimensions of the item 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
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 is set 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 at local 201 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 husband is deployed? The Emergency Child Care service is sent in place to provide childcare, to the deployed members family, in the event of an emergency. Funding is available to 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 bilingual telephone service that provides timely and accurate information, support and referral to families of Canadian military members who are serving an operational role outside of Canada. The line is operational 24 hours a day, 7 days a week. Service is strictly confidential. The Mission Information Line is not a replacement for the Military Family Resource Centre, but an enhancement of their service.

If you or your spouse is being deployed, you must contact the Deployment Support Coordinator to ensure that your family is receiving support during this time. Please call me at 256-1703, ext

**For more information, please call Caroleann MacWhirter
Deployment Support Coordinator loc. 1148**

Code de Protection des Renseignements Personnels,

Le Centre des Ressources pour les Familles des Militaires de Gander a adopté le *Code de protection de renseignements personnels* développé par le *Directeur des Services aux Familles des Militaires (DSFM)*. L'adoption du code permet d'aider les centres de ressources pour les familles des militaires à protéger les renseignements personnels sur les membres des Forces canadiennes, leurs familles ainsi que les autres clients qui utilisent les services du CRFM.

Le *Code de protection des renseignements personnels* à l'usage du Programme des services aux familles des militaires est une version adaptée du Code type de la CSA pour la protection des renseignements personnels – CAN/CSA-Q830-96. Le Code de la CSA est devenu une Norme nationale du Canada en 1996. Les 10 principes qui y sont contenus reflètent les saines pratiques universelles relatives à l'information qui combinent le droit de la personne à la vie privée et les obligations fermes de la protection des renseignements personnels recueillis et utilisés par les organismes.

Selon le *Code de protection des renseignements personnels*, l'organisme doit d'abord déterminer les fins pour lesquelles les renseignements seront recueillis. Le consentement de la personne est requis pour la collecte de renseignements personnels, leur utilisation et/ou divulgation, toutefois, les raisons peuvent en être contestées. Toujours selon le Code toute personne peut consulter l'information qui la concerne et qui est détenue par le CRFM de Gander; elle peut en contester l'exactitude et y apporter les corrections appropriées.

Les 10 principes établissent les grands droits à la vie privée du groupe que dessert le CRFM de Gander et de leurs familles, des employés et du personnel bénévole ainsi que de tout autre personne au sujet de laquelle le CRFM amasse, utilise ou divulgue des renseignements personnels.

Les 10 principes en bref sont énumérés ci-dessous. Pour plus d'information sur le Code de protection des renseignements personnels, veuillez communiquer avec le Centre de Ressources pour les Familles des Militaires.

Principe 1 - Responsabilité

Les CRFM sont responsables des renseignements qu'ils détiennent. Le directeur d'un CRFM aura la responsabilité de s'assurer que le CRFM respecte les principes qui suivent.

Principe 2 - Détermination des fins de la collecte des renseignements

Le CRFM doit déterminer les fins pour lesquelles des renseignements personnels sont recueillis, préalablement ou au moment de la collecte.

Principe 3 - Consentement

Toute personne doit être informée et consentir à toute collecte, utilisation ou communication de renseignements personnels qui la concernent, à moins qu'il ne soit pas approprié de le faire.

Principe 4 - Limites de la collecte

Le CRFM ne peut recueillir que les renseignements personnels nécessaires aux fins déterminées par lui et il doit procéder de façon honnête et licite.

Principe 5 - Limites de l'utilisation, la communication et de la conservation

Les renseignements personnels ne doivent pas être utilisés ou communiqués à des fins autres que celles auxquelles ils ont été recueillis, à moins que la personne concernée n'y consente ou que la loi ne l'exige. On ne conservera les renseignements personnels qu'aussi longtemps que nécessaire pour l'atteinte des fins déterminées.

Principe 6 - Exactitude

Les renseignements personnels doivent être aussi exacts, complets et à jour que l'exigent les fins pour lesquelles ils sont utilisés.

Principe 7 - Mesures de sécurité

Les renseignements personnels doivent être protégés au moyen de mesures de sécurité correspondant à leur degré de confidentialité.

Principe 8 - Transparence

Le CRFM doit mettre à la disposition de toute personne des renseignements précis sur ses politiques et ses pratiques concernant la gestion des renseignements personnels.

Principe 9 - Accès aux renseignements personnels

Un membre du groupe, sa famille, un employé du CRFM ou un tiers qui en fait la demande sera informé de l'existence, de l'utilisation et de la divulgation de renseignements personnels qui le ou la concernent, et il lui sera permis de les consulter. Une personne pourra contester l'exactitude et l'état complet des renseignements, et y faire apporter les corrections appropriées.

Principe 10 - Possibilité de porter plainte contre le non-respect des principes

Un membre du groupe, sa famille, un employé du CRFM ou un tiers doit être en mesure de se plaindre du non-respect des principes énoncés ci-dessus auprès du directeur d'un CRFM qui est responsable de leur respect par le CRFM.

Privacy Code

The Gander Military Family Resource Centre has adopted the *Privacy Code for Military Family Services Programs*, developed by the Director Military Family Services (DMFS) to assist Military Family Resource Centres in protecting the personal information of Canadian Forces members and all other clients using the GMFRC services.

The Privacy Code for Military Family Services Programs is a tailored version of the Canadian Standards Association Model Code for the Protection of Personal Information-CAN/CSA-Q830-96. The 10 principles contained within the CSA Code reflect universal fair information practices that combine individual privacy rights with strong obligations to protect personal information collected by organizations.

Upon Adoption of the *Privacy Code for Military Family Services Programs* the GMFRC must identify the purposes for which information will be used or disclosed, and obtain the consent of the individual for those purposes before any information can be collected. Under this code, every individual about whom the GMFRC may hold personal information has a right to inquire what specific information is held and for what purposes it is used. Individuals also have a right to access their information, to have it amended if it is inaccurate or incomplete, and to challenge the purposes for which the information is collected, used or disclosed.

The 10 principles establish core privacy rights for the service group and their families, as well as employees, voluntary staff, and any other individual about whom the Gander Military Family Resource Centre collects, uses or discloses personal information. The 10 principles are summarized below, for further information on the *Privacy Code for Military Services Program* please contact the Gander Military Family Resource Centre.

Principle 1- Accountability

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

Principle 2- Identifying Purposes

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

Principle 3- Consent

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

Principle 4- Limiting Collection

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

Principle 5- Limiting Use, Disclosure, and Retention

Personal information shall not be used or disclosed for purposes other than those for which it was collected, except with the consent of the individual or as required by law. Personal information shall be retained only as long as necessary for the fulfillment of those purposes.

Principle 6- Accuracy

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

Principle 7- Safeguards

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

Principle 8- Openness

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

Principle 9- Individual Access

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

Principle 10- Challenging Compliance

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

News from the Base

Hello & Good Bye From Wing Traffic and Supply

It's posting time and Traffic section is busier than a one-legged man in a butt-kicking contest! With families posted in and families posted out, the majority of Traffic section is included in the melee. Headed by MCpl Dan Maddigan, he is the first person we say farewell to. Posted to 9 Wing in 2002, he is opting for a release in September. The good news is he will be staying in the area with his new wife for some well-deserved R&R. MCpl Derek Stewart will be Dan's replacement. Derek and his wife are in from Halifax. Some pretty big boots to fill, but I'm sure he's up for the challenge. Cpl – soon to be MCpl – Jason Murray is leaving us for an even colder climate. He and his new bride and baby are posted to (I'm cold just writing this) Iqualuit. Wow, what a honeymoon! I'm sure there are lots of things to do there – like chasing polar bears – so enjoy it Jason. Cpl Carl Gushue, who is also from Halifax, will replace Jason. A big welcome to Carl from 9Wing. Cpl Glen Collins and family are also in from Cold Lake to round out the CMTT / Traffic world.

On the supply side of things, it's not as busy postings-wise. Cpl Roger Snook took his retirement earlier this year, but never stayed away long. He's back as a reservist with the Canadian Rangers – in the same building! You can take the boy out of supply, but can't take the supply out of the boy. I myself am new as well. Sgt Tom Lundrigan and his family left for sunnier – and no doubt less foggy – pastures in Shilo, Manitoba to work with 1 RCHA. I replaced him here at supply. I am Sgt. Jim Ryall and this is my second tour here. My family and I spent the last seven years in Gagetown, loved it, but we're happy to be home.

That's it for postings and retirements. As for the business side of the house, it's the usual. Traffic has inspections on a daily basis and a major staff turnaround to prepare for. We here in supply are dealing with the usual – warehousing issues, computer glitches, keeping the new Sgt happy... You know, WO Brewer keeps referring to me as "Men..." - I'm not sure what that's about but I can tell you this – I am happy to be home.

Come in and see us some time. I promise, the WO won't bite. From all of us here at Wing Supply / Traffic,

Servitium Nulli Secundus – Service Second to None.
-*"Never interrupt your enemy while he is making a mistake"* - Napoleon Bonaparte 1769 - 1821

Pedestrian Safety

Stop, look and listen. This no doubt sounds familiar to everyone. This is something we were all taught as children, the fact that you are reading this article is a testament to just how sound that advice was as a child and still is whether one is 8 or 80. The only problem is sometimes people forget the simplest things that will keep them safe. Let's not forget to pass this knowledge on to our younger generations.

Everyone has noticed the skill level of some of those who drive on the streets. This little tidbit of advice is more important than ever when one takes this into consideration.



Not to be the bearer of bad news but the snow is coming and with the amount of snow and the height of the snow banks this phrase should read, stop, listen and look. It is better to pause for a second, listen and make sure nothing is coming before sticking your head out and realizing too late something is coming. In short be careful at cross walks and even more careful when you are walking on the shoulder of the road. Not everyone is looking out for you.

One last note to all drivers, school starts soon and this means the little ones will be out in force so please be aware and be alert.

Cpl THOMPSON
9 Wg MP DET
Community Relations NCO

News from the Base

There is a new face at the helm of 1 Dental Unit Detachment Gander, Capt Suzanne West, BSc, DDS. Capt West was posted from NDHQ dental clinic is fresh off her second language training from Hull, QC, and eagerly accepted a posting to 9 Wing Gander. We are pleased to welcome Capt West and Tinkerbell (her Cat) to Gander and to the base family.

We are busy getting into a routine with Capt West, and we hope that you all can help her along in getting acquainted with the base and area. She is a very positive person with lots of drive and energy for her work and her patients.

We are here to serve you to the best of our abilities, and your oral health is important to us at the clinic.

For the new personnel posted in, please note the following orders:

Hours of Operation:

Dental Clinic is from 0800 to 1600 Monday to Friday.

Sick parade is from 0800 to 0900 Monday – Friday. Please feel free to call at anytime if you have a problem or concern. Booking of Dental or Hygiene appointment call local 1494 or 1268.

We Provide 24 hours a day, 7 days a week Emergency service.

If you have an after hours emergency, please contact the Commissionaire at 256-1703 local 1107 and they will contact the duty Dental Technician

nician

As we are responsible for the treatment of patients in St John's, we do a number of TD trips throughout the year. If you require emergency care during this time call us in St John's at CSN 568-4792 after hours contact the Commissionaire, They will contact us in St John's on the cell phone.

If you seek treatment after hours at a civilian clinic without our authorization, we will not be responsible for the payment of any bill that you acquire.

While on Annual leave.

Follow the instructions on the bottom of the CF 100.

Again, Welcome to the new mbrs of 9 Wing Gander, and we hope to see you soon.

Remember to Brush and Floss at least twice a day !!!

1 Dental Unit Detachment Gander.
Capt S West
Sgt M Savery
Cpl G Keefe



News from the Base

Wing Environment Committee

Gene Pike
WEnvO

At the 29 May 2006 Wing Environment Committee meeting, the committee passed a resolution to move forward with Wing Beautification. In June, funding from Wing Fund and Environment Committee was used to purchase flower pots and flowers for various locations around the Wing. Two flower pots were installed at the entrance to Headquarters, one flower pot was placed at the Guardhouse, two under the new Wing sign, one at the main entrance to 103 Squadron and one at Wing Construction Engineering. Additionally two hanging baskets were placed at the entrance to headquarters. This initiative received great support and numerous positive remarks were received. The Committee is hoping to see an increase in beautification next spring.

Pitch In!

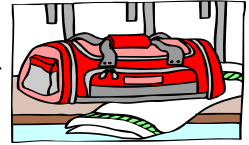


During Environment Week this past summer (4-10 June 2006), the Wing Environment Committee organized several activities including Environment Week Quiz - 2006 Edition, Tree seedling give away, Composter give away and an open BBQ. The BBQ was held on Thursday June 8th and was hosted by the Env Committee at the Wing Fire Hall. The BBQ was a great success as some 60 to 70, 9 Wing personnel availed of a free lunch. The BBQ was made possible from the revenues from the Wing Recycling Program. Keep up the recycling.



Recreation Centre News

9 Wing Fitness and Recreation Centre Staff would like to extend a Warm Welcome to all new Members to 9 Wing. For all your Fitness, Sports and Recreation needs please feel free to drop by the Fitness and Recreation Centre and speak to any of our staff. We have something for every one of all ages.



Things to look for in the Fall for the Family:

- Aerobics
- Swimming Lessons
- Tumble Time
- Winter Activities

Things to look for in the Fall for the Military Member

- Morning Circuit Training
- Morning Floor Hockey
- Noon Hour Shiny Hockey
- Sports Days

FOLLOW THESE GUIDELINES



News from the Base

Wildland Fire Safety in Central Newfoundland

When you build or buy a home or cabin in one of the forested/wildland areas of Newfoundland, you have accepted the fact that these areas have poor access, native vegetation, steep slopes, and no fire fighting water supplies. In order to attempt to prevent a tragedy, you need to be aware of wildfire hazards and what to do when a wildfire occurs in your area.

Hopefully, you have already created **defensible space** around your home and made other improvements to increase the chances that it can survive a wildfire. **Defensible space** is an area of 30 feet or more around your home that is kept free of features that tend to increase the risk of your home being destroyed. Other improvements include improving driveway access and water supplies, having a fire-resistant roof, enclosing overhanging eaves and decks, spark arresters on chimneys, etc.

10 Steps to Defensible Space (see illustration on page 22)

1. Thin tree and brush cover.
2. Dispose of slash and debris left from thinning.
3. Remove dead limbs, leaves and other litter.
4. Stack firewood away from home.
5. Maintain irrigated green belt around the home.
6. Mow dry grasses and weeds.
7. Prune branches to 10 feet above the ground.
8. Trim branches.
9. Clean roof and gutters.
10. Reduce density of surrounding forest.

Elements and Development of a Fire Plan

USE THIS CHECKLIST TO HELP DEVELOP YOUR OWN FIRE PLAN.

- Ask your local fire department for advice.** Talk with your neighbours about tools, equipment and other resources you could share in an emergency.
- Evacuation Plan.** Early evacuation is the safest

way to avoid injury or death. Timing and other factors can vary so widely that each household needs its own specific plan, including options to cover anything that might happen.

- Escape Routes.** Normal and alternate escape routes.
- Safety Zones** can be locations of and routes to large areas with little or no vegetation or other fuels where family members can ride out the fire if it's too late to evacuate.
- Communication.** Pre-arrange normal and alternate ways to stay in touch with family members, even if phones are out. Family members might "check in" with a friend or relative in another area as soon as they're able.

Provide Equipment

- Hoses.** Pre-connected to faucets.
- Ladder.** Long enough to reach the roof easily.
- Fire Extinguishers.** One or more 5-pound multi-purpose type, readily available.
- Protective Clothing.** For anyone who is unable to evacuate before the fire arrives. This includes a cotton long-sleeved shirt or jacket and trousers, a handkerchief to provide minimum protection for the lungs (avoid inhaling smoke or hot gases). Cotton clothing is a "must." Synthetic fabrics can melt onto your skin.

WHEN CAUGHT IN WILDFIRE

If you see a wildfire, call the nearest Fire Department (see listings on page 24). Don't assume that someone else has already called. Describe the location of the fire, speak slowly and clearly, and answer any questions asked by the dispatcher.

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

Central Newfoundland Fire Department Listings
(Cont'd on the next page)

Central Newfoundland Fire Department Listings

Baie Verte	532-8375	Glovertown	533-1111
Brighton/Triton	263-7271	Glenwood	679-5888
Buchan's	852-5381	Grand Falls	489-2222
Badger	539-2626	Horwood	671-2121
Birchy Bay	659-3333	Hermitage	883-2343
Brown's Arm	654-2100	Harbour Breton	885-9999
Beaumont	264-3166	Lumsden	530-1111
Botwood	257-2800	Ladle Cove	670-4211
Comfort Cove	244-4121	Lascie	675-2300
Campbellton	261-2222	Laurenceton	654-2111
Conne River	882-2222	Lewisporte	535-2222
Carmanville	534-2123	Musgrave Harbour	655-2800
Centreville	678-7777	Middle Arm (Burlington)	252-2851
Change Island	621-5111	Millertown	852-5381
Clarke's Head	676-2294	Milltown	882-2222
Davidsville	676-2294	Norris Arm	653-2888
English Harbour West	888-3473	Point Leamington	484-3311
Eastport	677-2222	Pilley's Island	652-3535
Fogo	266-2700	Robert's Arm	652-3733
Gander	256-1111	St-Alban's	538-3000
Gambo	674-4800	Stag Harbour	672-3585

Alliance

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

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