



Volume 1, Issue 3

April-June 2006



CSMFRC INC. / CRFMCS INC.

# The Bulletin

## We've Only Just Begun...

In this edition of The Bulletin we are unveiling a new logo and a new look for the MFRC. For those who didn't already know, our name has changed to the Central Saskatchewan Military Family Resource Centre reflecting the area and units the CSMFRC is intended to serve, not just the geographi-

cal location where you'll find the actual building.

Visit our website and you'll soon see the new look carried throughout all of our information delivery services. Slowly, we'll roll out our new look as changes work their way through the organization start-

ing with the most visible like letterhead, business cards, envelopes and signage.

The CSMFRC has been on the hunt for a new logo for a long period of time as we ready the organization to fully implement the Parameters for Practice as specified by

*Continued on page 7*

## From the Staff...

As you may have already been aware, the MFRC has lost two of its valuable staff members.

Wayne Stadnyk, who coordinated programs for deployed members' families and provided support for those in crisis has moved onto a full time position at another organization.

Tammy Leach, the Executive Director, has also left the MFRC to pursue a career in the pre-hospital industry.

The Board of Directors has initiated an "organizational review" - please read the attached letter from Lori Lisitza, Board Chairperson. Although we are

"short-staffed", we are still committed to providing you the services that we are mandated to provide.

If you are able to volunteer or offer any sort of feedback, please contact the Centre. And THANK YOU to all our volunteers, your contributions are immeasurable!

### Inside this issue:

Workshops, Classes, Info Sessions...	2
Ladies Night Out, MFRC Lending Library	2
Welcome Committee, The Reserve Corner	3
Youth Advisory Council, Childcare Centre Update	4
Deployment Services, CFMAP	4,5
Spring Fling Dance, Babysitting Course, First Aid	6
Childcare Providers Month	6
Sobey's Barbeques, Dundurn Youth Centre	7
Important Dates	8
Contact Info	8

CSMFRC Inc.  
Main Office  
Bldg 100  
Tue sday - Friday  
8:00 am to 4:30 pm  
Wednesdays  
8:00 am to 8:30 pm  
Close d Mondays  
Childcare Centre  
Bldg 103  
Monday - Friday  
7:00 am to 6:00 pm

## Workshops, Classes, Information Sessions...

### What's Happening in your Community?

**Computer Classes:** Basic Internet Searching; Microsoft Word for Beginners; and more

**Free Activities:** Family Story Times; Family Campfire; Composting and Other Down-To-Earth Solutions; Making Jewelry (for 6-10 year olds); Stitch & Chat (Needle Arts drop-in); Learn to Swing Dance; Creative Crafts for Kids (for 7-12 year olds); An afternoon of Board Games (for 12-18 year olds); Planning for the Future: Wills & Estates, Power of Attorney; home renovations and

more!!!

If you are interested in any of these programs or seeing a workshop, class etc. provided for your community....Call us - let's talk!!

The New Leisure Guide (Spring and Summer) and Library News is now available at the MFRC. Please stop by to pick one up or, check them out on line at: [www.saskatoon.ca](http://www.saskatoon.ca)

under "L" for "Leisure Guide" or "Libraries".

These are great resources for quality programs offered in Saskatoon!

## Surf n Turf!

The Satellite Club Mess

Is holding its

### First Annual Surf n Turf

Saturday 13 May 2006.

Time: 5:30pm Cocktails

7pm Main Course

9pm Dancing

Tickets are available through NPF office at 492-2135 x4176.

Satellite Club Mess Members: \$15.00/person

Non-members: \$25.00/person

Ticket purchase deadline May 2nd. GET YOURS NOW!!

## Ladies Night Out - BOWLING!!

If you didn't make it to the Army Navy on Feb 3rd--you missed a GREAT time--a time to meet other ladies, enjoy a good meal, a few drinks, and a few door prizes.

Special thanks to:

the CSMFRC Welcome Committee for making it happen; to Tracy Thieman who kindly donated one of the door prizes; and, to Wendy Swinimer, a community member who is willing to carry it on to the next activity ---**BOWLING!!**

And you are invited to bring out another lady friend to enjoy the FUN!!!

**Location: EASTVIEW BOWL  
2929 Louise Street  
Saskatoon**

**Date:** Friday 28 Apr 06

**Time:** 7:00 PM

**Cost:** \$4.00 per game plus shoe rental---and whatever you wish to spend on snacks/drinks

**Please call ahead to express your interest (Friday 21 Apr 06) , so we can ensure that we have enough space booked!!**

Need more info or can't make the date, but would like to add your name to a Ladies Night Out communications list....or are interested in planning the next Ladies Night Out .... call Val at the CSMFRC at 492-2135 ext.4266 or email at

[Pelletier.ve@forces.gc.ca](mailto:Pelletier.ve@forces.gc.ca)

The possibilities are endless and only possible with YOUR interest and commitment to help make it happen!!

## MFRC Lending Library

The library is located at the MFRC Bldg 100 on the Detachment. We have cook books, how-to books, child care and craft books... the list goes on...

Most recent additions to the library include:

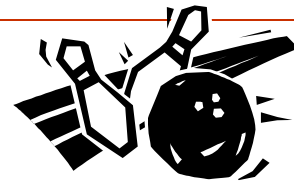
*Raising Your Spirited Child*

*When Your Kids Push Your Buttons*

*How to Talk so Teens Will Listen & Listen so Teens Will Talk*

*1-2-3 Magic: Effective Discipline for Children 2-12*

All resources are free to borrow.



## Welcome Committee

As another APS (active posting season) is just around the corner, the MFRC is committed to making the new families that come into our community feel welcomed.

A group of military spouses has formed a committee which looks at that experience directly. However, some of our committee is actually being posted out this year! We need your help!



If you live in Saskatoon, Prince Albert or in the Detachment area, please call us if you are interested in helping on this committee.

We want to make sure that everyone coming to the area is given the proper tools and information so that their stay is most positive!

**POSTED OUT? Please call the Centre for a Welcome Package for your new location!**

## Survey Winners...

Congratulations to Brenda Dudka-winner of the MFRC apron and mugs in the recent Welcome Survey contest.

Still unclaimed is an Yvette Moore print... do you have the winning number?

If your ticket has #678055, please call Val at 492-2135 ext 4266 to arrange to pick up your gift!

Thank you all for your participation. It is through feedback like yours that help us to better serve our clients—YOU!!

## The Reserve Corner— A Letter from Afghanistan

Hello Dundurn MFRC,

My name is Lieutenant Guinevere Bourque. I am a reservist with the North Saskatchewan Regiment. I am currently in Kandahar, Afghanistan at Camp Nathan Smith employed in the Civil Military Cooperation (CIMIC) role.

I started work up training on 14 August 05 and deployed 27 January 06. I don't expect to go home until mid August.

A typical day starts at 0530 when I am woken by the sounds of prayer coming from the mosque. I typically work from around 0800 till 2200 depending upon what is going on. I have pulled a few all nighters due to duty but situation dictates. In a typical week I leave the camp around three or four times depending on what I need to do. Last week I was at

the Governor's Palace a few times as I am arranging for a network to be installed there. I also helped the Ministry of Women's Affairs plan International Women's Day which proved interesting. I have had the luxury of meeting Peter Mansbridge, General Hillier and the Prime Minister.

This week looks good as well, as I am meeting with some of the local NGO's and the Local Radio and TV station. Never a dull day.

I feel my role is important here. I am here to reinforce the authority of the Afghan government in and around Kandahar, and to help stabilize the region. There are many different ways to do this and I am here to help identify these ways and facilitate them.

Having said all of this I could not do my job without the rest of the Canadian Armed Forces. We are all apart of one team and I am lucky to be here with them.

At this point I am looking forward to seeing my family on HLTA and coming home to Saskatchewan.

Lt Gwen Bourque



*Lt. Gwen Bourque with Prime Minister Stephen Harper in Kandahar, Afghanistan*

## Youth Advisory Council (YAC) - members needed!

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**FREE iPod Nano**  
**FREE Bowling & Pizza**

*Interested? ...read on*

**Our next Youth Event is:**

Bowling & Pizza

**When?** April 7th - 6 PM

**Where?** Call for details

**Deadline to register?** April 3

Join us for bowling and pizza—call Cheryl Klassen for details at 492-2135 ext 4266 or email at [klassen.cr@forces.gc.ca](mailto:klassen.cr@forces.gc.ca).

Open to all military youth, ages 12 to 18 plus you can bring a friend!!

This Youth Event is FREE OF CHARGE and all who attend will have their names entered into a draw for an **IPOD NANO**. There will also be other prizes for bowling games and scores.!

Call NOW to book your spot!

Do you have great ideas for YAC events? Don't hesitate to call us and take part in your youth community!

**Connecting CF Youth National Conference**

**When?** May 8-11

**Where?** CFB Valcartier

**Cost?** FREE

Looking for a minimum of 2 youth (ages 14-18) and 2 adults (over 18) - contact Cheryl Klassen at 492-2135 ext 4266.

Check out the Connecting CF Youth website:

[www.connectingcfyouth.ca](http://www.connectingcfyouth.ca)

## Childcare Centre Update & News

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The Childcare Centre located on the Detachment of Dundurn will remain open!

The Childcare Centre offers its services to all military and civilian families at reasonable rates.

The MFRC would like to take this opportunity to thank the members of the working

group who worked very hard to come up with a solution for keeping the Centre a viable resource for our community.

New rates and policies come into effect April 1, so please call for a copy if you need one!

The Childcare Centre is available for families who require

childcare during the April school break.

Please contact Cheryl Klassen at ext 4212 for information on rates and availability.

A BIG THANK you to our volunteer painters who revamped the CCC over the Christmas break!

## Do You Like to Shop or Talk?

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Our deployed members serving overseas in various operations receive a **"care package"** from the MFRC and we are looking for volunteers to shop for items to fill these packages!

And if that doesn't suit your fancy, we are in need of volunteers to help us with **"warm line"** calls. Families of deployed members receive a call from a volunteer to ensure that any questions they

may have are answered.

Please let us know if you might be interested in volunteering an hour or two of your time. You can do it from home!

## Deployment Services

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With the next deployment rotations just around the corner (some of you have already left!), the MFRC is committed to ensuring the family of the deployed member is taken care of.

One of the services we offer is called our “**warm line**” call. The MFRC will contact the member’s family (through information received by the unit) during a deployment. If you haven’t received a call from us yet, please do not hesitate to pick up that phone and contact us! Prior to the member’s departure, typically a briefing is held by the unit to prepare for departure. The MFRC has a **Deployment Support Manual** available which outlines different aspects of deployment for the

member and their family. If you would be interested in receiving a copy, please give us a call and we will get it out to you as soon as possible.

**Emergency Services** The MFRC is also available to assist in a crisis situation and has Emergency childcare and Emergency Respite available should the need arise.

**Care packages** are a great way to let the member overseas know they are missed. But don’t be fooled! Just because the address is a post office box in Belleville, ON doesn’t mean it doesn’t need a customs declaration. Every parcel sent overseas requires a declaration for the accepting country.

### *Did you know?*

Thanks to support from Det. Dundurn, your MFRC can mail your care package free of charge? Just get the package to us, and we will take care of the rest!

For more information on mailing to deployed personnel, please visit the Mission Information Line website at

[www.cfpsa.com/en/psp/mil/sending\\_e.asp](http://www.cfpsa.com/en/psp/mil/sending_e.asp)

Or call

1-800-866-4546  
to speak with a Mission Information Specialist.



## CFMAP– Canadian Forces Member Assistance Program

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This is a **voluntary** and **confidential** service, initiated by the Canadian Forces (CF) to help members and family members who have personal concerns that affect their personal well-being and/or work performance.

1-800-268-7708

This is a short-term problem-solving service and very often only a few short sessions are required. If long-term help or a more specialized service is needed, a referral to an appropriate professional resource can be made.

### **What types of concerns?**

- marital and family
- interpersonal relations
- personal and emotional
- stress and burn-out
- work-related, including harassment and sexual assault
- alcohol, drugs and prescription drugs
- Any other concerns that affect or could affect personal well-being and/or work performance.

## Spring Fling Dance-”Picnic in the Park”

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The 3rd Annual Spring Fling Dance is just around the corner!

Be sure to join us for a silent auction and dancing into the night (DJ music). Come support the Nutana Legion and your MFRC in this fundraising venture and have a great time with friends and military family.

Tickets are available at the MFRC, Nutana Legion or by contacting the MFRC at 492-2135 ext. 4266. Tickets are \$10.00 each



The event will start at 7pm at the Nutana Legion. Silent Auction ends at 10pm. A light lunch will be provided.

Raffle tickets will be available as well for a brand new Barbeque from Rona.

**Date:** 29 April 2006

**Where:** Nutana Legion

**Time:** 7pm

**Cost:** \$10.00 per person

Mark your calendar now! And we will see you there!

***Please note:*** *We are looking for donations for the silent auction as well as volunteers to assist the night of the event to help set-up, decorate, food prep, etc. Please call if you can contribute.*

## Babysitting Course & First Aid/CPR Course

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Calling all youth aged 12 years and older– the Babysitter’s Course is being held April 8 & 9 at the MFRC! Space is limited, so call before April 4th to reserve your spot.

Cost: \$20.00

Standard First Aid and CPR is also being scheduled for April 22 & 23 at the MFRC. Deadline for registration is April 14.

Military community members are free; civilian personnel cost is \$45.00.

Thank you to Sgt. Doucette for facilitating these programs!

## Childcare Providers Month is May!

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Our Childcare workers are tops! The people that take care of our children deserve all the recognition that they can. Do you take the time to tell them how valued they are? They are so valued that “Childcare Provider Week” has turned into “Childcare

Provider MONTH”!

*Take the time to tell the people who have such an impact on our children how truly wonderful they are.*

The MFRC Childcare Centre will be holding an Open House from May 15-19 from 9am-5pm and from 9am-8pm on the 17th.

Please come on out to see what we can offer your children.

## We've only just begun....

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*Continued from page 1*

the Directorate of Military Family Services (DMFS).

At a recent conference in Halifax the DMFS alluded to possible "branding" at a national level which in turn would trickle down to Canada's MFRCs. Support from MFRC representatives for a branding statement appeared widespread. Those statements which have seen effective use actually began in Halifax! The ideas are now being adopted by other cen-

tres and will soon, on a somewhat smaller scale, be coming to your own Central Saskatchewan Military Family Resource Centre. Please stop by our facility and see the changes we have made and continue to make. We look forward to your input and your company!

*Vanese Marchessault Ferguson*

*Chair Marketing and Community Relations*

## Sobey's Barbeques

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These barbeques are so hot! Consider donating 3 hours of your time serving hot dogs and smokies to grocery shoppers at the Sobey's located at 8th Street & McKercher.

The MFRC depends on fundraising efforts like this to augment programs (like Deploy-

ment Support and Child & Youth activities).

This is a great way to volunteer your time as a family and support your military community.

Dates available are:

July 30 and August 20

## Youth Centre

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### Dundurn Youth Centre

#### Hours of Operation

The Youth Centre, located in Bldg 48 on the Detachment Dundurn is open for youth (according to age).

The Youth Centre is looking for volunteers to help paint and staff the centre during its open hours. If you can help out—please contact Janice Watkins at 492-4769.

Fridays 7-11pm (grades 7-12)

Saturdays 1-4pm (grades 1-6)

Saturdays 7-11pm (grades 7-12)

Children under the age of 6 are allowed to attend if accompanied by an adult.

Youth from Saskatoon and the surrounding area are welcome to come out and enjoy the FUN!

## MOMS

Mothers of Military

**I** I am a proud mom of a Canadian Soldier.

**N** Need some interested moms, dads, grandparents, uncles and aunts.

**I** To support, inform and be informed.

**E** Ever feel alone

**R** Reach out to a parent of a Military Member.

**E** Ever feel scared.

**S** Show how proud we are of our sons & daughters

**I** To teach the public

**E** Encourage support for our troops and their missions

**D** Do what Moms and Dads do best -be there for our kids no matter what the age.

I would love to hear from you, by phone, e-mail, or over a cup of coffee. I hope by getting this started it is something that will spread across this great country and connect us.

Thank You; Proud Military Mom (Heather Allison).

Please call anytime day or night: Mondays to Thursday (902) 847-1057

Fridays to Sundays (902) 461-9400

E-mail: h\_allison2002@yahoo.com

*This MOM is in Greenwood, NS and is looking to create a global support group— please do not hesitate to contact her! Her son is overseas and she is caring for her grandson during his deployment.*

**CSMFRC INC./CRFMCS INC.**

17 Wing Detachment Dundurn  
General Delivery, Station Main  
Dundurn, SK  
S0K 1K0

Phone: 306-492-2135 ext 4266  
Fax: 306-492-2051

***Building confident, capable and resilient CF families!***

[www.csmfrc.com](http://www.csmfrc.com)

**CSMFRC INC.**

**Building #100**

**Executive Director**

vacant

**Program Coordinators**

Valerie Pelletier  
Ext. 4266

Cheryl Klassen  
Ext. 4212/4266

Michelle Hansen  
Ext. 4266

**Childcare Centre**

Shelly Griffin  
Lynette Kowalyshyn  
Rachel Phillips  
Lara Principe  
Ext. 4212

**Board of Directors**

Lori Lisitza-Chairperson  
Dahlia Tanios-Vice Chairperson  
Wes Gramiak-Treasurer  
Janelle Hutchinson-Secretary  
Charlotte Hawes-Past  
Chairperson  
Karine Rondeau-Lavaute-Member  
at Large  
Vanese Marchessault Ferguson-  
Member at Large  
Diane Pitzel-Parent Advisory  
Chair  
Lt(N) Ruth Dagenais-Military  
OPI

We bid a fond farewell to  
outgoing Military OPI MWO  
Frigault and wish him well in his  
retirement!

**Board Members Required**

*It is a requirement that the Board of Directors of our MFRC be comprised of 51% military spouses. Members of the board are part of the decision making process of our Centre in addition to seeing first hand how our organization operates. Training is provided to board members on an ongoing basis and the training you receive will be of great benefit as it is applicable to any board you may be interested in participating in. To make it even easier for you, a childcare subsidy is available when you are required to attend evening meetings. This is a great opportunity for you to give back to your military community. Application forms are available at the MFRC or call Charlotte Hawes, Nominating Committee Chair at (306)492-4880 if you have any questions!!*

**Spotlight on a Volunteer**

*Dahlia Tanios is one of the Centre's most active volunteers. As a Board of Directors member and a member on the Fundraising Committee, Dahlia has put countless hours of her time into the Centre to ensure its success. Dahlia and her family have put their heart and soul into this community and we would like to take this opportunity to thank Dahlia for all the hard work she has done and we will miss her. Best of luck in your new posting, Dahlia!*

**Important Dates...**

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April 14-Good Friday (MFRC closed)	May 22-Victoria Day (MFRC closed)
April 17-Easter Monday (MFRC closed)	May 27-Saskatoon Centennial Celebrations
April 21-Deadline for Ladies Night Out registration	June 1-Saskatoon spray pools open
April 28-Ladies Night Out	June 4-Canadian Forces Day
April 29-Spring Fling Dance	June 17-Kinsmen Family Day-FREE ADMISSION
May 1-Lions Skate Trailer opens	June 30-Saskatoon Youth Centres open
May 6-Kinsmen Park rides open	
May 13-Satellite Club Mess Surf n Turf	
May 14-Mother's Day	