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Volume 1, Issue 2

January-March 2006



CSMFRC INC. / C R F M C S I N C .

The Bulletin



Tis the Season to Reflect

I began my life as a military wife almost four years ago. My husband came home from one of his first days at work with a handful of accoutrements that were required to be sewn on his uniform. I was up to the task... unfortunately he came home from work that evening with a chit for a seamstress. Apparently, there was a specific place for all of those badges!

I continue to learn the acronym language, and the military way of life. I wholeheartedly believe in military families helping other military families, and am very proud to be a part of that philosophy not only as a military wife, but also as the CSMFRC's new board chair.

From our family to yours, we wish you a very happy and healthy holiday season. Man, am I thankful for CADPAT and Velcro!

Lori Lisitza
Board Chair

A new year is upon us! The MFRC staff would like to wish you and your family the best for the holiday season and all the best for the coming year.

Tammy, Val, Michelle, Wayne, Cheryl, Shelly, Lynette, Lara and Rachel

MFRC Staff



Please note...

As a result of a funding cut this year, the MFRC Board of Directors had to make some tough decisions. The staff at the MFRC was reduced by one person and several programs have been changed to foster independent, resilient CF Families; which is the mission of the MFSP.

Another change is the hours of operation for the MFRC... We will be closed on Mondays but opened late on Wednesdays to help those families who cannot utilize our services during the day.

This Bulletin also is being "downsized". It will be published quarterly and distrib-

uted to ALL families (regular force and reserve). It will replace the Reserve Beat newsletter (no longer published).

Please give us feedback on these changes as YOUR opinion is how things change!

Inside this issue:

Workshops, Classes, Information...	2
Ladies Night Out	2
Childcare Centre Update	2
Thank You! Congratulations!	3
MFRC Lending Library, Youth Advisory	3
The Reserve Corner	3
Important Dates	4

Effective 09 January 2006

Office Hours

Tuesday, Thursday, Friday

8:00am to 4:30pm

Wednesday

8:00am to 8:30pm

CLOSED MONDAYS

Workshops, Classes, Information Sessions...

Are you interested in seeing a workshop, class etc. provided for your community? Whether it is stress management, scrap booking, computer or craft classes, or even Wine Making or Belly Dancing, your MFRC staff is dedicated to either linking you to what's available in the community or will help you make it happen! Call or email Val Pelletier today to talk about what interests YOU!!

Watch for First Aid and Babysitting Courses... coming soon!

Homemade Cards—we have a community member willing to share her talents and show you how to make beautiful handmade cards. If YOU are interested in seeing a class like this happen... call Val!

What's Happening in your Community?

Parenting Workshops

Positive Discipline; Blended Families; Take Control of your Anger; Parenting Through Teen Angst; Couples Communication; Parent Talk... and more...

Free Computer Classes

Computers for the Totally Terrified; Advanced Internet Searching; Microsoft Word for Beginners; Email, Using Tools for Today... and more....

Other FREE programs

Poetry Writing for Teens; Homework Help, Storytimes; Make & Take Valentines; Children & Adult Craft Classes; Stitch & Chat; Scrapbooking; Puppetry Workshops; Belly Dance... plus some home renovations, and more!

If you are interested in one of these programs, please call Val at the MFRC

492-2135 ext 4287



Canadian Defence Community Banking (CDCB) offers a broad range of banking products and services uniquely suited to the needs of the defence community. This program, designed to eliminate the turmoil of changing financial arrangements on posting, provides great value and is available to CF Regular and Reserve Force members, retired and former CF members, DND employees, NPF employees and family members.

www.cdcbanking.com

Ladies Night Out-Friday February 3rd 2006

The CSMFRC Inc. Welcome Committee is hosting the first (of hopefully many) Ladies Nights Out for 2006. It will not only be a great opportunity for the newcomers to meet others, it will also be a wonderful opportunity for everyone to connect, or reconnect, and share stories, and do some planning for future ladies nights out! Imagine the possibilities... the group could plan for a Ladies Night Out to attend a craft fair, Day Spa... trip to the Mineral

Springs in Moose Jaw... IKEA shopping trip to Edmonton... the possibilities are endless! YOUR interest and commitment is all that is needed to make this happen.

Need more information or can't make the date? Call Val at the MFRC to add your name to the communications list

492-2135 ext 4287

Location: Army Navy & Airforce Veterans 359 1st Avenue North Saskatoon

Time: 7:00pm Your choice to have dinner there (order of menu) or eat at home and join us for coffee, drink and/or dessert

Cost: Whatever you wish to spend on food/drink

And... there will be door prizes!

Please call ahead to express your interest by Jan 31st, so we can ensure that we have enough spaces booked for reservations!

Childcare Centre Update

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.

The Childcare Centre is available for families who require childcare during the February school break.

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



Spring Fling Dance

Watch for posters and emails for the upcoming Spring Fling Dance which is held in partnership with the Nutana Legion.

Tentative Date: 29 April 2006

Always a great time! Great food, music and comradery. Mark your calendars now!

THANK YOU!

We would like to extend a hearty THANK YOU to everyone who helped out in the past three months (and more).

The Meet n Greet, Children's Hallowe'en and Christmas Parties were all a huge success thanks to the many volunteers who gave their gift of time to ensure the planning was complete and the parties went off without a hitch.

We would also like to thank SISIP and the Unit Fund for the monetary contributions to these events.

Helen and Peter Bailey dedicated most of October working with the Youth Advisory Committee in organizing the Haunted House and Hallowe'en Party.



The Youth Advisory Committee and volunteers did a "spooktacular" job with the Haunted House and Youth Dance



Santa visits with the children at the HMCS Unicorn.

CONGRATULATIONS!

Congratulations to Cpl Dave Fraser who while deployed at Camp Julien, received a Commander's Coin !! This coin was presented by the Commander Task Force Afghanistan, to only a few individuals who have been recognized for exhibiting outstanding service while deployed. International Security Assistance Force (I.S.A.F.)



MFRC Lending Library Youth Advisory Council Volunteering

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.

The MFRC received a substantial grant from CFPSA as a part of the National Youth Model. As a result, a Youth Advisory Council (YAC) was struck and plans are in progress for activities that youth have expressed interest in.

Do you have any ideas? Would you like to be involved?

Our YAC currently consists of:
Emilie Rosso -Chairperson
Andre Desaulniers-Secretary
Heidi Stoecklein-Co-Treasurer
Chantal Pelletier-Co-Treasurer
Jeremie Morin-Volunteer Coordinator

The MFRC Board of Directors is currently recruiting CF spouses to join the Board. This job is challenging but extremely rewarding.

The Public Relations and Marketing Committee is currently looking for members to assist in the roll out of the new MFRC name and logo.

The Evaluation and Research Committee is looking for members to assist in the preparation and distribution and evaluation of different tools to determine the needs of the community we serve!

The Reserve Corner

Mark your calendars! The MFRC will be visiting the HMCS Unicorn on their Professional Development Day slated for 21 January 2006.

You don't know what we do? Now is your chance to ask? What can the MFRC do for me? We can tell you!

This is your forum- if you have anything to say, ask or contribute, please do not hesitate to let us know.

For Your Information...

Wayne Stadnyk, our Family Separation and Reunion/ Prevention, Support and Intervention Coordinator has decided to pursue other avenues for employment. We wish him nothing but the best and good luck with his pursuits! We will be re-structuring again and looking at options, so if you have any thoughts, we would love to hear from you!



CSMFRC INC./CRFMCS INC.

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Building confident, capable and resilient CF families!

**CSMFRC INC.
Building #100**

Executive Director

Tammy Leach
Ext. 4313

Program Coordinators

Valerie Pelletier
Ext. 4287

Cheryl Klassen
Ext. 4212/4391

Michelle Hansen
Ext. 4266

Childcare Centre

Shelly Griffin
Lynette Kowalshyn
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
MWO Steve Frigault-Military OPI

What is a Military Family Resource Centre?

The Military Family Resource Centres are autonomous, non-profit provincially incorporated organizations governed by a volunteer Board of Directors. Each Canadian military base in Canada, USA and Europe works in partnership with a Military Family Resource Centre (MFRC).

Privacy Code

The Military Family Services Program's Privacy Code, ensures that all information about a CF member and/or family is used for the purposes for which it is provided to an MFRC. A complete copy of the MFRC Privacy Code and its guidelines is available at the MFRC.

Q&A - Do you have a question to ask us?

I'll never need the MFRC. Why should I support it financially?

It's true that some families choose not to use MFRC programs and services. But, one day, you may find yourself in a position where you want or need to access the Centre. Many military families thought they would never use our services—only to tell us years later that they were glad we were there. We see ourselves as a "safety net" for the military community. Just as you have financial insurance for your family, it is good to have "lifestyle" insurance. The MFRC can provide that. Your financial support ensures that the services will be there to assist your family if ever you need them. (Shameless plug: If every CF member in our service area donated \$20.00 per year, we would be able to cover our fundraising goals).

Courtesy Gaynor Jackson, ED Esquimalt MFRC

Important Dates...

January 1– New Years Day
January 9 – Christmas block leave ends
January 10 – MFRC re-opens
February 3 - Ladies Night Out
February 14-Valentine's Day
March 8 - International Women's Day
March 17-St. Patrick's Day
April 14-Good Friday (MFRC closed)
April 17- Easter Monday (MFRC closed)

**CSMFRC Inc.
Main Office
Bldg 100
Tuesday-Friday
8:00 am to 4:30 pm
Wednesdays
8:00 am to 8:30 pm
Closed Mondays
Childcare Centre
Bldg 103
Monday-Friday
7:00 am to 6:00 pm**



Season's Greetings
AND BEST WISHES FOR THE NEW YEAR



Souhais Sincères
POUR NOËL ET LE NOUVEL AN

*From the Board of Directors,
Volunteers, and Staff*

Lara Principe

Charlotte Hawes

Cheryl Klassen

Rachel Phillips

Lynette Kowalyszyn

Wes Gamiak

Karine Rondeau-Lavaute

Val Pelletier

Dahlia Janics

Wayne Stadnyk

Janelle Hutchinson

Lori Lietza

MWO Steven Frigantt

Tammy Leach

Shelly Griffin

Michelle Hansen

CENTRAL SASKATCHEWAN MILITARY FAMILY RESOURCE CENTRE INC./
CENTRE DE RESSOURCES POUR LES FAMILLES DES MILITAIRES DU CENTRE DE LA
SASKATCHEWAN INC.

