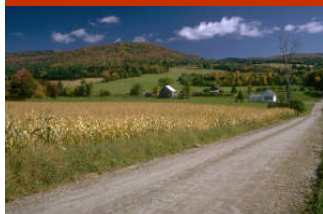




Volume 1, Issue 4

July—Sept 2006



CSMFRC INC. / CRFMCS INC.

The Bulletin

Organization Review

A new fiscal year is upon us at the CSMFRC Inc. and a new posting season! We are looking forward to connecting with the new families that are moving into our area as well as wishing all the best to the families that are leaving us.

Our organization review is nearly complete! The consulting firm has posed some hard questions, and realities to the Board, and we now are undertaking how to embark upon a new chapter for the CSMFRC Inc. First and foremost our strategy is building upon relationships within our community and creating new partnerships that will benefit our military families. In this endeavour our communication to you is crucial.

Some fundamental business changes need to be incorpo-

rated along with changing our service focus, but we will have a Military Family Resource Centre in Central Saskatchewan to serve your unique needs as a military family.

Recruiting for an Executive Director has begun and preliminary interviews have been scheduled. Ms. Pelletier will remain as our point of contact as Interim Supervisor until the recruiting process and orientation is complete, and will stay on with us after that in a coordination role (Whew!).

It's with my sincere thanks to you for your patience and for your support in this transition period. I hope you and your families have a great summer!

Looking up and onward,
Lori Lisitza
Chair, CSMFRC Inc.

Inside this issue:

Workshops, Classes, Info Sessions...	2
Recognizing... & Ladies Night Out	2
Welcome Committee, The Reserve Corner	3
Youth Advisory Council	4
Pull Out Calendar Summer 2006	5-8
Deployment Services, MFRC Caregiver List	9
BoD Call For Nominations, AGM/Meet N Greet	10
Volunteer Appreciation, Personal Achievements	10
Childcare Centre, Support Our Troops, Youth Ctr	11
Contact Info, A Message From Val	12

Office Hours
Bldg 100
Tuesday, Thursday &
Friday
8am to 4:30pm
Wednesday
8am to 8:30pm

Childcare Centre
Bldg 103
Monday to Friday
7am to 6pm

Workshops, Classes, Information Sessions...

Surf n Turf!

Looking for something to do this summer?

Although there may not be a lot of workshops, or classes happening throughout the summer....there's lots happening around the area! Why not stop by the MFRC or call, and we can link you to a wealth of information and resources—the possibilities are endless—and just a phone call away!

Canadian Light Source (CLS)

Synchrontron Tour

Sept 25th 3:30pm

Register by Sept 15

Max 15 participants *Free of charge!*

Officially opened in Oct 2004, the CLS will light the way to a new era of science and innovation in Canada for academe, government and industry. Call the MFRC today to ensure your spot for the tour.

What a success the Satellite Club's First Annual Surf n Turf was!

Over 90 tickets were purchased for a fantastic meal and a night of dancing and socializing. (Bravo Zulu to Sgt Pitzel, his crew and the Mess Committee) The Silent Auction raised a whopping \$696.00 for the MFRC and its programs and services.



We Would Like to Recognize...

...the following businesses who contributed their support either financially or with donations to "build" the Canada Day care packages that were sent overseas to the deployed personnel in our service area. Special thanks as well to the Unit Fund for sponsoring the packages for members of the Det. and CFAD, to the MFRC Fundraising and to the amazing volunteers, Carolelynn Gallagher and Diane Pitzel that pulled it all together!!



Ladies Night Out - BOWLING!!

Canadian Forces ladies got together in May 2006 and went bowling at Eastview Bowl in Saskatoon. After a relatively "serious" game of bowling was done (congrats Wendy Swinimer for getting the best score), we played a game of Funky Bowling and thank goodness Val brought her camera for some of those Funky poses! After some glow bowling, the ladies retired to a local pub and shared stories and anecdotes before the night drew to a close. Special thanks to Wendy Swinimer for organizing

this event!

We are looking for someone to take the lead and organize another "Ladies Night Out" - come one, come all!



Janice gets a strike!!!

Coupon Swap

Recently, an inquiry was made to the MFRC for the possibility of a "coupon swap".

On many occasions, you may receive coupons in the mail, through a school program or from some other form and do not/cannot use them.

Perhaps someone else can!

Please feel free to send them to the MFRC and we will make them available for others to access and swap!

Welcome Committee

WELCOME TO S'TOON AREA!

Please take advantage of some of our great services and events to make you feel "at home"!

- Newcomer Nites– 7 PM the second Wednesday evening of every month (July 12, August 9, September 13) -drop by the MFRC in Dundurn and meet with other newly posted families. Pick up your Welcome Package which is chock-full of brochures and other goodies and learn about your new posting.

- Coffee mornings-We are looking at setting up some coffee mornings in Saskatoon at McNally Robinson (on 8th Street East). If you are interested in coming out, please call and dates will be arranged.
- www.csmfrc.com– our website offers service descriptions, education and training information, links and resources to schools, kid activities and lots more– and its open 24 hours!

- MEET & GREET and Family Fun Day is going to be held on the Detachment Dundurn September 9th and will feature food, fun, games and lots of chances to socialize with other families. It will be held in conjunction with the MFRC Annual General Meeting (see page 10 in this bulletin).

POSTED OUT?

We wish you and your family all the best on this new adventure. Remember your new MFRC is there to help with the transition.

The Reserve Corner–

Message from the Honourable
Gordon J. O'Connor
Minister of National Defence

On the Occasion of Canadian
Forces Day

Sunday, June 4th, marked the fourth annual Canadian Forces Day - a date designated for all Canadians to salute the brave men and women who serve in the Canadian Forces.

The credit goes to you for protecting this country and its citizens, coming to the aid of friends and allies the world over, and showing compassion to the people you have encountered.

You are an outstanding team of Canadians. The job this country has bestowed upon you is far from an easy one, and yet you have gone above and beyond the call of duty.

As Minister of National Defence, I want to express my personal gratitude for the dedication, skill, professionalism and humanity which you demonstrate in your jobs everyday, whether here in Canada or abroad.

I am honoured to be your Minister, and both I and the government are committed to ensuring that you get the support you deserve.

On the occasion of Canadian Forces Day 2006, I want to congratulate you on the exceptional job that you do.

We would like to wish a warm welcome back to our deployed members who have recently returned (or who are returning shortly) from their overseas mission. If you require any assistance during your "re-integration" (your return to Canada life), please do not hesitate to give us a call. We can help!

Did you know?

*Currently, there are 7 Reservists from 2 units in our area that are deployed overseas.
(taken from data received by units)*

Did you know?

*Currently, there are 22 Reservists from 3 units in our area that are deployed within Canada.
(taken from data received by units)*

Youth Advisory Council (YAC)

We welcome Leif Olson as our newest member of the YAC. Sadly, our President, Emilie Rosso and Member-At-Large, Samantha Ratti, are leaving so we are still in need of members. We can have some civilian members on our YAC, if you have a friend who might be

interested. We help arrange transportation to and from meetings as well supply supper/refreshments.

Currently, our YAC executive is:
President: VACANT
Secretary: VACANT

Co-Treasurers: Heidi Stoecklein/ Chantal Pelletier

Volunteer Coordinator: VACANT

Fundraising Coordinator: VACANT

Members-At-Large: Leif Olson

National Youth Conference

We had 4 participants attend the National Youth Conference, May 8-11, 2006 at CFB Valcartier in Quebec. Monika Stoecklein and Graham Barrett went as our youth delegates and Cheryl Klassen (Child & Youth Coordinator), and Tyler Weiland (Youth Worker), attended as well.

Both Monika and Graham came away from the conference with some awesome experiences, memories and new friends.

Free iPod Nano Winner!

Congratulations to Valerie Roberts!

Valerie won the Nano at our YAC Bowling/Pizza Night on April 7th, 2006.



Summer Activities

We have some fun Summer Sport Camps organized for this summer. On Wednesday, **July 26th, 2006**, we will be offering **Fencing and Golf**. On Thursday, **August 10th, 2006**, we will be offering **Ultimate Frisbee and Water Polo**. These camps are for kids ages 6-16. Call us at ext 4266 to pre-register at least four days prior to the Sport Camp date.

We have also organized the Kids In Action **Mobile Playground** for Wednesday, **July 19th, 2006** and for **Friday,**

Friday Farewell at Fuddz

On Friday, June 23rd, 2006, we had our Farewell/Volunteer Appreciation Wind-up. We had supper and did rock climbing, batting cage and mini-golf.

To recognize all of the youth in the community who have volunteered their time to help out with things like the YAC, the Halloween Party, the Haunted House and the Meet n Greet/AGM, special DND funding supplied their admission to this event.

Summer Activities con't

August 18th, 2006. This activity is for kids ages 5-11 and *pre-registration is required at least four days prior to the Playground date.*

Other activities include **swimming** at George Ward/Lakeview pools, **bowling** at Eastview Bowl, **Movie Night** at **Rainbow** and **Mini Golf** at **Market Mall**—check out the calendar for dates and remember to *pre-register at least 4 days in advance!*

YAC Welcome Weekend

We have tentatively set Friday, September 15th and Saturday, September 16th, 2006, as our weekend trip to the Science Centre in Regina. We will keep you posted as to final times, costs etc via email. Hope you will be able to come with us!

If you would like to be on our YAC mailing list, email our Child & Youth Coordinator at klassen.cr@forces.gc.ca.

July 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 
2	3	4	5 Youth Centre Bottle Drop off & Ice Cream 2-4pm	6 Youth Centre Craft Day Grades 1-6 10-11:30am	7 Youth Centre Movie Night Grades 7-12 7-9pm	8 Youth Centre Soul Calibur Tournament Grades 7-12 7-9pm
9	10	11 YAC Swimming Saskatoon 2-4pm	12 <i>Newcomer Nite</i>	13 Youth Centre Craft Day Grades 1-6 10-11:30am	14 Youth Centre Foosball Tournament Gr, 7-12 7-9pm	15 Youth Centre BBQ Bring FoodBank Donation Gr 1-6 3-5pm Gr 7-12 7-9pm
16	17	18	19 Kids In Action Mobile Play- ground 1-4pm	20 Youth Centre Craft Day Grades 1-6 10-11:30am	21 YAC Movie Night @ Rain- bow Theatre 7-10pm	22 Youth Cen- tre-Smash Brothers Tour- nament Grades 7-12 7-9pm
23	24	25 YAC bowling Eastview Bowl 2-4pm	26 Summer Sport Camps Fencing & Golf	27 Youth Centre Craft Day Grades 1-6 10-11:30am	28	29 Youth Cen- tre Pool Tourna- ment Grades 7-12 7-9pm
30	31					

August 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 YAC Golf Tournament Grades 7-12 7-9pm	2	3 Youth Centre Craft Day Gr. 1-6 10-11:30am	4 YAC Mini Golf Afternoon Market Mall 2-4pm	5 Youth Centre Ping Pong Tour- namment Gr.7-12 7-9pm
6	7 CANC TOWN	8 YAC Paintball night Times TBA	9 Newcomer Nite	10 Summer Sports Camp Ultimate Fris- bee & Water- polo	11 Youth Centre Movie Night Grades 7-12 7-9pm	12 Youth Centre Pizza Party Gr 1-6 3-5pm Gr 7-12 7-9pm
13	14	15	16	17	18 Kids In Action Mobile Play- ground 1-4pm	19  Airshow
20  Airshow	21	22	23	24	25	26
27	28	29	30	31		

September 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <i>LABOUR DAY</i>	5	6	7	8	9 <i>AGM/ Meet n Greet</i>
10	11	12	13 <i>Newcomer Nite</i>	14	15	16 YAC Welcome Weekend Regina, SK
17 YAC Welcome Weekend Regina, SK	18	19	20	21	22	23
24	25	26	27	28	29	30

Summer Events 2006...

July 1-Canada Day

July 5-Aug 15-Shakespeare on the Saskatchewan Festival

July 8-9-Pion-Era 2006 www.wdm.ca

July 18-23-A Taste of Saskatchewan Food Festival www.creditunioncentre.com

July 28-29-Dragonboat Festival

Aug 3-13-Saskatoon Fringe Theatre Festival

Aug 5-2nd Annual Saskatoon Festival of the Arts

Aug 8-13-Saskatoon Exhibition www.saskatoonex.com

Aug 17-19- Folkfest 2006 www.saskatoon.com/folkfest

August 19-20-Canada Remembers International Airshow www.canadaremembersairshow.com

Aug 25-27-650 CKOM ROCK 102 Cruise Weekend www.ckom.com

Aug 26-Ukraine Day in the Park

OUTDOOR POOLS:

George Ward, Riversdale, Mayfair and Lathey pools are open June 12-Aug 27

SKATEBOARD PARKS:

Lions Traveling Skate trailer sites
Henky Ruys Soccer Centre (Mondays and Thursdays)
Cosmo Civic Centre (Wednesdays and Fridays)
Roland Michener School (Tuesdays and Saturdays)
May 1-Sept 2

SPRAY AND PADDLING POOLS:

Spray pools open June 1-Sept 4
Paddling pools open July 8-Aug 20
Admission is FREE!

For more information on any of these programs, please refer to your Leisure Guide or visit the City of Saskatoon website

www.saskatoon.ca

or

www.in-motion.ca

**Put me on your fridge
for reference this summer!**

Deployment Services

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 accept- ing country.

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

www.cfpsa.com/en/psp/mil/sending_e.asp

Or call

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



Morale by Message Board !

The men and women of the **Canadian Forces** have demonstrated time and again that they will rise to any challenge. **Let your Canadian Forces members know you appreciate their service** by sending a message using this monitored message board.

http://www.forces.gc.ca/site/Community/Messageboard/index_e.asp



MFRC Caregivers List

Family Day Home Providers and Youth Babysitters

The MFRC maintains a caregiver list. We offer this list to parents looking for a regular caregiver for their children or for an occasional youth babysitter for short periods of time. This may be beneficial to new families seeking childcare that aren’t sure where to start looking.

We welcome individuals to submit their names to the list but expect that all youth babysitters have completed the Babysitter’s Safety Course. More and more often we are fielding inquiries about occasional care. Of particular need is for care on parade nights (until 11pm). If you are interested in providing this sort of care, you

might consider adding your name.

A new group of youth have recently completed the Babysitter’s Safety Course and have added their names to the list.

Please contact us to add your name or receive a copy of our list at 492-2135 ext 4266.

Board of Directors - Call for Nominations!

The Central Saskatchewan Military Family Resource Centre Inc. is seeking community minded people to volunteer on their Board of Directors.

We offer board training, excellent opportunities for personal and community growth as well as a chance to make a difference within your CF community. This might be the opportunity of a lifetime...

The Centre is ever changing and requires new members in all areas. Your valuable time and life experience is the first step in getting started.

Make a difference today and call Charlotte

at 492-4880 for more information or pick up a board package located at the CSMFRC.

AGM/Meet n Greet

Be a part of the festivities! Bring your family out for a day of fun!

When: Sat 9 Sept 2006

Where: Detachment Dundurn

It's the Annual General Meeting (required for a Board-run organization) and Detachment Meet n Greet. Meet new families posted in or socialize with your friends-come on out and have a great time. Food and fun provided free of charge-one catch... you gotta call to register and to find out more details!

492-2135 ext 4266

Volunteer Appreciation Event

Over 65 of our Volunteers were present at the Volunteer Appreciation Event held at the Radisson Hotel on June 15, 2006. They enjoyed a comedy/magic act by Double Vision and managed to crack a few laughs out of these weathered military folks.

Congratulations to all our



Volunteers who won a door prize and we hope to see you out enhancing your community this year!

Thanks to SISIP, Det Unit Fund, MFRC and local businesses!

Personal Achievements!

"I am one proud 44 year old woman today". Those are the words of Helen Paré (pair-ay) who participated in the Saskatoon Marathon. She finished the 42.2 km run in just over five hours and says considering that most of her long runs in training sucked - she finished strong

and not hurting nearly as much as anticipated. A real highlight of the run - her husband Peter called her Saturday night from the Saskatoon airport. He surprised Helen by arriving home from Afghanistan a few days early so he could see her cross the finish line.



One Strong, Resilient Military Spouse!

Childcare Centre

The Childcare Centre is licensed and subsidized through the Government of Saskatchewan. We offer childcare for children ages 6 weeks to 12 years, Monday to Friday, 7am to 6pm.

We have a busy summer of activities planned for the Childcare Centre.

We will automatically enroll all of our school-age children into the **Summer Sports Camps** offered through the MFRC.

All preschool and school-age children attending our centre will be automatically enrolled in the **Kids In Action Mobile Playground** dates.

We are also trying to book the puppet show "**The Kids on the Block**" (awaiting confirmation). Date TBA. Call ext 4212 for details. Some spaces will be available to community members as well.

September is when we begin our **Kindergarten Readiness Program** for children ages 3,4

& 5. September also brings changes to the subsidy levels for parent/family incomes. These changes will allow for a greater income before subsidy will not be paid (max of \$76 000/family with 2 children).



Support Our Troops

MFRCs across the country have banded together to promote a national fundraising campaign. CKOM's John Gormley has mentioned our Yellow Ribbon magnets on his radio program several times and has done a few "human interest" stories on our military personnel.

The MFRC also has "Yellow Ribbon" lapel pins and Green Camouflage "Support Our Troops" awareness bracelets available. Please inquire at the MFRC or call your unit...

And we are checking into getting some Yellow Ribbon ball caps... stay tuned!



Youth Centre

Summer Hours of Operation

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

Our Youth Worker, Tyler Weiland, will supervise at all these times.

*All tournaments at the Youth Centre will have prizes

awarded.

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

The Youth Centre is equipped with Playstation 2 and Game Cube, computers, a ping pong table, pool table, hockey dome table, basketball dunk and many other fun things to do.

July 4-Aug 12

Tues (Grades 7-12) 7-11pm

Thurs (Grades 1-6) 10-11:30am

Fri (Grades 7-12) 7-11pm

Sat (Grades 1-6) 2-5:30pm

Sat (Grades 7-12) 7-11pm

**Please remember that the Youth Centre will be closed during any YAC activities. (see calendar)

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

**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 Kowalyszyn
Rachel Phillips
Lara Principe
Ext. 4212

Board of Directors

Lori Lisitza-Chairperson
-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

Stop by the MFRC to:

- *Use the resource library*
- *Use the computer*
- *Use the fax machine*
- *Visit the Coupon Swap*
- *Ask about volunteer positions*
- *Have a cup of coffee*
- *Check out posting packages*
- *Look at deployment resources*
- *Enjoy the "view"*
- *Visit!! :-)*

Editor's Note: This will be my final Bulletin as Editor due to my husband's posting to AB. Thank you all for your feedback in making this YOUR Bulletin.

If you are one of those who are leaving us this summer, please don't forget to inform us so we can remove you from our distribution list.

Until next we meet,
Michelle Hansen

A Message from Val...

Wow, it's hard to believe another posting season is upon us, and like many others it brings great sadness to say goodbye to some great people that have touched our lives in many different ways.

With this posting we will be losing our staff member Michelle Hansen. She will be heading with her family to Suffield, AB. and not only will we miss her multitude of skills and talents in the office, we will miss her contribution (and Dan's) in the military community. As sad as it is to say goodbye, the really great thing about our military lives is that we have a new adventure just down the road. We are certain that Michelle and all of you that are embarking on your new adventure will bring much happiness to your new community. We encourage you to get involved and to help make a difference!

My family too has received a posting message to Edmonton, and like many families that face this when their kids are in high school, we have made the decision that we would live apart for a year and I will remain behind to let our second eldest finish grade 12. As many challenges as there are with our unique lifestyle, there are rewards...and one of my many rewards has been working with this community, Board members and volunteers! I appreciate your support while I filled in as Interim Supervisor and I hope you join me in supporting the new Executive Director through an exciting new chapter in the MFRC.

Val Pelletier

We would like to wish farewell to all our posted out families and the time they took to volunteer for our centre:

Jean-Luc Rosso, Dahlia Tanios,
Emilie and Francois Rosso

Alain and Roxanne Gelinis

Pascal Boivin

Rene Ratti and Lisa Thibodeau

Dan and Michelle Hansen

Kevin Blake and Janice Watkins

Matt and Deanna Rushton

Al Doucette and Morin Family

Steve Frigault

May you continue your volunteering at your new posting!