

Mainland BC

NOVEMBER 2011

www.bcmfrc.com



THANK YOU FOR YOUR SUPPORT

November is our month of Remembrance, please remember our soldiers, their families and their sacrifices and participate in the Remembrance Day Ceremonies in your area.

This October your MFRC organized and participated in some awesome Thanksgiving “table centre piece making” and Halloween parties. You will find the pictures on page 9 and 10.

In October I was fortunate again to meet with “my” military families who are on deployment or will be; the turn out and feedback was great and I would like to thank you, the families and friends of soldiers, as well as the participating units of Kamloops, Kelowna, Chilliwack and New Westminster for their cooperation.

In November, Theresa Lilly, our Program & Services Coordinator will start an awesome adventure with Princess Cruises as an Event Coordinator; we wish her all the best and of course are looking forward to her updates from Australia and New Zealand!



Check out our upcoming events’ section, so you won’t miss out. SEARS OP wish will provide an opportunity to send a video greeting to your loved one (page 18) and is looking for your stories and pictures of homecomings. Our new Family Liaison Officer Nancy will be offering a Holiday Wellness Workshop on the 7th and 10th of November, just in time to get you stress free through the holidays (page 12)

PS Don’t forget to “Fall back” on Sunday 6 November!

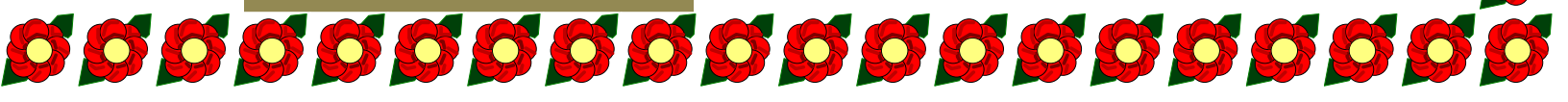
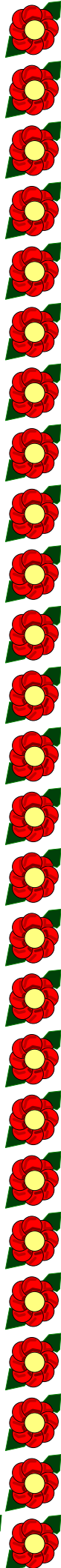
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Take Care and SIT
Family Separation & Reunion
Hanna Robertson

Thought of the Month

We must let go of the life we have planned, so as to accept the one that is waiting for us.
~Joseph Campbell

Mainland BC MFRC
Military Families  **MFSP**
MILITARY FAMILY SERVICES PROGRAM
Strength Behind the Uniform



Support 4 Mainland BC MFRC

Thank You!



Thank you to Royal Canadian Legion 139 – Williams Lake

At the beginning of October, our MFRC received \$1000.00 from RCL 139 (Williams Lake). This year's donation was a significant increase over last year's and a tribute to the hard work of two of our MFRC volunteers: Jan Hermiston and Elaine Winslow. Jan and Elaine sell our Support Our Troops merchandise and they run a regular coffee morning for military families in the Williams Lake area. The success of this family network and the desire of the Legion to support this work will result in a portion of this donation being directed to this group's activities.



Thank you to the BCAA Lower Mainland Employee Campaign for their October donation!

SUPPORT OUR TROOPS MERCHANDISE

To view all our merchandise:

<http://www.familyforce.ca/sites/MainlandBC/EN/Merchandise/Pages/default.aspx>

How Do You Order?

- In Person - Drop by the MFRC and pick it up.
- Online - Visit www.bcmfrc.com and use our online form
- E-mail - Send your order to office@bcmfrc.com
- By Telephone - Give us a call and place your order with us. 1.888.828.6372

ALL proceeds raised go to new and ongoing Programs and Family Services offered by Mainland BC MFRC



MFRC Community Programming & Services!

For a list of Community Programming & Services click on the following link:

<http://www.familyforce.ca/sites/MainlandBC/EN/Children%20and%20Youth/Pages/On%20Site%20Programming.aspx>

MFID Discount Partners!

For a list of our discount partners please click on the following link:

<http://www.familyforce.ca/sites/MainlandBC/EN/Military%20Discounts/Pages/default.aspx>

Agassiz soldier sends message home

Warrant Officer Corey Miller lives in Agassiz, but is also a Company Quartermaster with the Mission Transition Task Force at the Kandahar Airfield.

By [Jessica Peters - Agassiz Observer](#)

Published: September 30, 2011 5:00 PM

An email came to The Observer this week from the Canadian Forces, with a photo of soldier attached. The soldier, Warrant Officer Corey Miller, is currently serving as a member of the Mission Transition Task Force at the Kandahar Airfield in Afghanistan.

But when he's not working overseas with the military, Miller lives with his family in Agassiz, including his wife Leann and children Coralee and Devon.

The email reads that Miller misses his family the most, but also misses the colours back home.

"Afghanistan is very brown," he wrote.

Miller is one of the many MTTF members, currently stationed in Afghanistan who are tasked with ensuring that all Canadian personnel, vehicles, aviation, and equipment are out of Kandahar, Afghanistan by December 31, 2011.

Miller is part of the British Columbia Dragoons, and is the company Quarter-Master for the All-Source Intelligence Centre, providing intelligence support to the commander.

The ASIC comprises members from a variety of trades from across Canada.

This is the last ASIC to be deployed to Kandahar, and is in charge of closing the unit.

As the CQ his responsibilities are to ensure the assets and equipment of the ASIC are removed from Kandahar in a manner that is in line with the intentions of the Task Force Commander, while ensuring that the ASIC is able to maintain their operational tempo as long as needed.

Of his job, Miller is quoted as saying it's "not the most exciting tasking I could have, but it is very rewarding on many levels. I am working out of my trade, so it is giving me an opportunity to see the inner workings of a part of the army a lot of people do not normally get to see.

"I have met some incredibly interesting people and have had insight into other trades. The biggest challenge with my job here is balancing the need to maintain operations and the need to get everything home on time."

He says getting into a normal daily routine, including evening walks with his family, are what he's looking forward to the most upon his return.

news@ahobserver.com http://www.bclocalnews.com/fraser_valley/ahobserver/news/130888728.html



Submitted by Heather Garrison: Editorial from the Owen Sound Sun Times

What Do Canadian Soldiers Need From You?

Nothing more than that we are mindful of their sacrifice, appreciate their effort and take the time to understand what they're trying to achieve in Afghanistan before forming an opinion. To honour soldiers and to support their mission is not hagiography. It is not blind patriotism, or unquestioning acceptance of any government's propaganda, be it Conservative or Liberal.

It is simply to recognize that people, who believe passionately in a humanitarian ideal, volunteer in the service of that ideal and then risk their lives for it, are praiseworthy.

Behind the combat glasses, the body armour, the helmet and the assault rifle, is a man or a woman whose fear and discomfort are managed only by training, the company of other soldiers and the knowledge that we, the public, support them.

I've heard this song many times about the USA & now he has made one for Canada. It's nice to hear. It makes you proud to be a Canadian.

Thank You, Lee Greenwood.

Great Pictures From Across Canada as well as a good song. ENJOY.!

Peter, proud military dad

http://www.openmyeyeslord.net/godbles_scanadabyleepgreenwood.htm

DEPLOYMENT INFO

4

Deployment Briefings in October 2011 !

Thank you all military families and friends who came out to our deployment briefings in Kamloops, Kelowna, Chilliwack, New Westminster and Vancouver.

It was a pleasure and honour to meet you all.

PS If you missed these information sessions contact Hanna at 1.888.828.6372 ext 5 or hanna@bcmfrc.com

Canada Post will once again offer free parcel service for the 6th year in a row.

The period is even longer this year from 17 Oct 2011 until 13 Jan 2012.

Those wishing to send parcels may drop them off at any Canada post location.

When sending a parcel to a member overseas, please ensure to address the parcel as follows:

- Rank, initials and name of member
- Section
- Name of Unit
- Postal Box number; and
- Name of city, province, and postal code

Be advised that this service includes:

- Regular sized parcels only, over sized parcels will not be accepted.
- Maximum weight of parcels will be 20 kg.
- Only regular mail service will be included. Services such as Xpresspost delivery will incur an applicable charge that will be charged to the sender.
- If customers would like to purchase additional options (i.e. signature services, insurance), the applicable charges will be applied.

Please note that as of 0900h 19 Oct 2011, mail for P.O. Box 5058 (KAF), will no longer be accepted as this P.O. Box will no longer be in operation.



Go to our web site www.bcmfrc.com for parcel ideas and how to send your parcel

To find your Deployment Resources visit our website www.bcmfrc.com and follow the “deployment, departures and reunions” link on the left side

S(taying) I(n) T(ouch)

What is SIT? S(taying)I(n)T(ouch) is a program designed for Military Family members (and their close friends) with a monthly (or more/or less) contact (either/and/or by phone/in person/via e-mail) with the SIT coordinator from the MFRC.

Why ask for SIT? SIT enables you to speak with a SIT coordinator who will be one of your points of information regarding the deployment. The SIT call is often a social call to make sure you are able to deal with the separation and to make the threshold smaller between Military and Civilian world.

Who can receive SIT? Any Family Member and/or Friend of the Military family.

When can you request SIT? You can request SIT when your Military Member is on a deployment, training (for a deployment) or on a course (in excess of 30 days) and on Imposed Restriction.

DID YOU KNOW that the MFRC currently is not allowed to contact the family members of deployed/soon to be deployed soldiers without a completed MFRC info sheet?

DID YOU KNOW that all the MFRCs across the country will try to coordinate the MFRC info sheets so you will receive support from your local MFRC?

DID YOU KNOW that miscommunications still lead to family members being missed on the SIT list?

For more info: contact SIT Coordinator Hanna Robertson hanna@bcmfrc.com by email or by phone: Hanna's direct number in Ontario is 1.888.828.6372 ext. 5 Your Privacy will be respected!

If your soldier is deployed, please don't forget to notify the DSG, his/her military unit or Hanna with the civic address and phone number where to reach you, in the unlikely event of an emergency!



**Red Fridays:
Tribute to
our fallen
and
injured
soldiers**



Group aims to improve treatment of injured soldiers

<http://www.peacearchnews.com/news/132017023.html>

October 17, 2011 3:00 PM Submitted by Jane Cuthbertson

They sat quietly in the corner of a room that overflowed with more than 250 supporters of Equitas Society and considered the levels of justice, fairness and equity that injured soldiers like them experience.

Formed just three weeks ago, the Equitas Society was holding its first fundraiser Friday at Hazelmere Golf Club, MC'd by Surrey-White Rock MLA Gordon Hogg.

While the evening was considered a financial success, it was a rude awakening for some just learning about financial compensation for wounded members of Canada's military.

Lawyer Don Sorochan was quick to put a fine point on the disparity between settlements in civil cases and the level of financial support afforded soldiers.

Sorochan said he first learned of the compensation when his neighbour, a soldier with shattered legs, brought him a letter from the Canadian Military that congratulated the young man for what amounted to "winning a lottery." The letter advised the injured soldier to take the enclosed \$14,000 cheque and seek financial advice on how best to invest or spend it.

"There are so-called slip-and-sue cases that are settled for \$256,000 and that involves a grape on the floor of a supermarket," Sorochan told the crowd, which included injured veterans.

Sorochan's firm, Miller Thompson in Surrey, plans to mount a Charter challenge – pro bono – on behalf of affected soldiers. He explained fundraising will be needed to cover an estimated \$200,000 in disbursements. Equitas has raised \$18,000 to date. "Mustn't it be questioned what part of the cost of the injuries are being borne by the soldier?" Sorochan asked. "It must be borne by all of us."

John Allen Fraser, Speaker of the House of Parliament from 1986-1993, told the gathering that he doesn't know what's going on in the Department of Veterans Affairs regarding the treatment of wounded soldiers: "It's as if they didn't give a damn – it's disgraceful."

Fraser said that, even as a Tory, then Liberal Defense Minister Art Eggleton appointed him to chair the Minister's Monitoring Committee on Change in the Department of National Defence (1997-2003).

"This is not partisan," Fraser said, of compensation for wounded Canadian soldiers. "They risked their lives for ideals that we hold dear... that Canadians have fought for and won."

Sian Jones LeSeur, mother of Pts. Garrett Chidley, 21, of Cambridge, Ontario, spoke passionately about the loss of her son on Dec. 30, 2009. Serving with the 2nd Battalion Princess Patricia's Canadian Light Infantry, Chidley was one of four soldiers killed when a roadside bomb exploded south of Kandahar. Embedded Calgary Herald journalist Michelle Lang was also killed, and five other soldiers were wounded.



Sian Jones LeSeur – mother of Pte. Garrett Chidley, 21, killed by a roadside bomb near Kandahar – speaks to Jane Cuthbertson, mother of Clayton Heights grad Cpl. Mitch Claypool, who served in Afghanistan



By Robert B. Le Pine
September 5, 2008

Flying The Maple Leaf

In far off Afghanistan, a patrol wends its way
down a dusty road where danger lies
beneath the soil and clay
while flying the maple leaf

Soldiers enclosed in armored scout
eyes scanning for ambush, hidden bombs
deadly threats to take them out
while flying the maple leaf

Suddenly a flash of light, a deafening explosive roar
the crack of weapons, the scout car overturned
smoking, rent and tore
while flying the maple leaf

Return fire echoes as men cry in pain
the dead lie quietly still and blood in rivulets runs
down the wrecked scout's frame
while flying the maple leaf

Gunfire fades as the enemy slips away
so guard is set as wounds are bound
two of our soldiers died this day
while flying the maple leaf

We mourn our sons returning home so pale and cold
curbside and overpass from landing field, to journey's end
Canadians line the road
while flying the maple leaf

Rendering honors to those who fell defending our belief
for freedom's cause in far off Afghanistan
salutes and tears, hands on hearts in grief
while flying the maple leaf

Our native sons stand on guard in peacetime and in war
Between foe and foe
Oh Canada, we stand on guard, ever at the fore
while flying the maple leaf

HONOUR HOUSE – LOOKING FOR VOLUNTEERS

Honour House, located at 509 St. George Street, New Westminster, is a “home away from home” for the families of Canadian Forces personnel, and first responders such as police, fire fighters and paramedics to provide interim stay during periods of health care and rehabilitation in the Lower Mainland.

We are looking for volunteers in the following areas:

- Assisting the house manager in opening and closing
- Housekeeping
- Grounds keeping
- General maintenance
- Administration assistance.

See attached list for a more detailed description.

To see the detailed description go to: <http://www.rusivancouver.ca/Downloads/honourhouse%20volunteer%20tasks.pdf>



Honour House is open for business!

– for a virtual tour of Honour House

http://www.youtube.com/watch?v=_PRqhnULR2c

HONOUR HOUSE – VOLUNTEER TASKS

“When a soldier steps on foreign soil in a high-risk environment, every single Canadian should be walking with him or her.” General (Retired) Rick Hillier, CMM, MSC, CD, on his appointment as Chief of Defence Staff

At Honour House, we like to demonstrate that we are “behind our troops” by providing this “home away from home” facility while our out-of-town guests are undergoing medical treatment or rehabilitation in the local area.

To volunteer, or for more information, contact the House Manager, Al Fetherstonhaugh at 604-837-0721, or e-mail him at: alanpf@telus.net

With gratitude for the opportunity to serve,

Wes Bowers, Major (retired), Honour House Volunteer Coordinator

604-839-1921 cell WesB@me.com <http://www.honourhouse.ca/>



War in the Mind

Published Date: 07/06/2011 | Length: 58:00 |

<http://www.tv.o.org/TVO/WebObjects/TVO.w.oa?videoid?1086471893001>

Following the dramatic and intimate stories of Canadian soldiers and their families who are affected by **Post Traumatic Stress Disorder**.

This hour-long film will document the struggles and battles they face against this disabling and destructive disorder, which remains largely under-acknowledged by the Canadian military.

Interwoven throughout will be a critical analysis of the historical and scientific aspects of PTSD and examination of possible treatments for it.

BBCanada is pleased to present

B&Bs for Vets,

a Canadian tribute to our veterans and military personnel.

First developed by Kathleen Panek, owner of Gillum House B&B - West Virginia B&B Association, this promotion grew from a few inns and B&Bs offering FREE rooms on Veteran's Day in November 2008 to nearly 900 in 2010.

Inspired by this promotion, Harry and Carol Gerstheimer from Tucked Inn the Harbour B&B in Ontario asked us to build on the Canadian presence for this initiative.

On behalf of [BBCanada.com](http://www.bbcanada.com) and all its members thank you to our veterans and military personnel for your commitment to our country. Please enjoy a night in a B&B - *It's always better the B&B way!*

Cathy McGowan, General Manager

<http://www.bbcanada.com/bbforvets>

Dallaire opens up about four suicide attempts

<http://www.ctv.ca/CTVNews/CanadaAM/20111006/rwanda-dallaire-suicide-speak-out-111006/>

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**CANADA'S
ENGAGEMENT
IN AFGHANISTAN**

www.afghanistan.gc.ca



Andy Johnson, CTVNews.ca Date: Thu. Oct. 6 2011 9:44 AM ET

Lt. Gen. (Ret.) Romeo Dallaire appeared on Canada AM, Thursday, Oct. 6, 2011.

Sen. Romeo Dallaire says it's time that Canadian soldiers who commit suicide after serving in the military be counted as casualties of war.

Dallaire, a former lieutenant general who led United Nations peacekeepers in Rwanda during the genocide, struggled with depression and post-traumatic stress disorder upon his return.

He told CTV's Canada AM Thursday, during a town hall focused on suicide, that he attempted to kill himself four times before he emerged from the darkness of depression.

Those attempts were a direct result of what he witnessed in Rwanda, he said.

"The night I flew out from Rwanda I landed in Nairobi and I was on my way back home and my left side started to paralyze and remained paralyzed with pain, and the stress and so on began to appear physically," he said.

"Then there was an inability to communicate, an inability to speak to the family and talk about what was happening to me."

Brenda and Darrell McMullin, who lost their 27-year-old son John James Gordon McMullin (Jamie) to suicide, said his death was the direct result of his time in Afghanistan and the inability to adjust to normal life on his return home.

"He is a casualty of Afghanistan. He may not have died in Afghanistan but he is a casualty of Afghanistan," Darrell said.

If his son had come home with a physical wound, such as a lost limb, he would have been immediately treated with the best care that could be provided. But because the injury was invisible, it was largely ignored until it was too late.

"Jamie's injuries were on the inside, they were in his mind. If he had been blown up by a roadside bomb over there and died two years later he would be considered a casualty of war. We think he should be considered the same as if he was physically injured," Darrell said.

Dallaire – whom the McMullins consider a personal hero who has inspired them to speak out -- said he is on a mission to change the way the military views post-traumatic stress disorder and the care that is offered to veterans after they come home.

Upon his own return to Canada, Dallaire said he tried to ignore his depression and the effects of PTSD by working himself "into the ground" in an attempt to avoid dealing with his feelings.

"There was no way to laugh anymore, to love, to care and there was a sense of guilt in having survived when others had been killed. I turned into a worse workaholic than I had already been by trying to work myself into the ground," he said.

In an honest, heart-wrenching account of his struggle, Dallaire said there was a moment after his return from Rwanda when he got drunk and began to cut himself. Unable to even sit at the table, he said he crawled down onto the floor in what was physically and mentally a low point in his life.

He said he found an old razor blade and began to cut himself, "not deep cuts, but a thousand cuts."

As the blood began to flow, Dallaire said he began to feel a false sense of peace.

"The warmth of the blood on me was the most soothing, it was like all that pain was pouring out of me," he said.

Dallaire said he felt as though he was going to join those he had been unable to help in Rwanda, the soldiers and Rwandans who had been killed while he led the UN forces, unable to convince the world to send more troops.

"All the pain would then go away and I'd be able to survive in another world," he said, describing the thoughts that were running through his head.

Perhaps just moments from ending his life, Dallaire said it was only the intervention of a peer supporter, who happened to stop by his house at that moment, that saved his life.

Somehow, after hitting rock bottom and surviving that attempt, Dallaire was able to move forward, emerge from the darkness and begin to help others dealing with similar struggles.

It has become his mission ever since.

"PTSD has a terminal side to it that calls for more urgency," Dallaire said.

IN FLANDERS FIELDS

By Lieutenant Colonel John McCrae

<http://www.flandersfieldsmusic.com/thepoem.html>

**In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place: and in the sky
The larks still bravely singing fly
Scarce heard amid the guns below.**

**We are the dead: Short days ago,
We lived, felt dawn, saw sunset glow,
Loved and were loved: and now we lie
In Flanders fields!**

**Take up our quarrel with the foe
To you, from failing hands, we throw
The torch: be yours to hold it high
If ye break faith with us who die,
We shall not sleep, though poppies grow
In Flanders fields**

*Composed at the battlefield on May 3, 1915
during the second battle of Ypres, Belgium*

On May 2, 1915, John McCrae's close friend and former student Alexis Helmer was killed by a German shell. That evening, in the absence of a Chaplain, John McCrae recited from memory a few passages from the Church of England's "Order of the Burial of the Dead". For security reasons Helmer's burial in Essex Farm Cemetery was performed in complete darkness.

The next day, May 3, 1915, Sergeant-Major Cyril Allinson was delivering mail. McCrae was sitting at the back of an ambulance parked near the dressing station beside the Yser Canal, just a few hundred yards north of Ypres, Belgium.

As John McCrae was writing his In Flanders Fields poem, Allinson silently watched and later recalled, "His face was very tired but calm as he wrote. He looked around from time to time, his eyes straying to Helmer's grave."

Within moments, John McCrae had completed the "In Flanders Fields" poem and when he was done, without a word, McCrae took his mail and handed the poem to Allinson.

Allinson was deeply moved:

"The (Flanders Fields) poem was an exact description of the scene in front of us both. He used the word blow in that line because the poppies actually were being blown that morning by a gentle east wind. It never occurred to me at that time that it would ever be published. It seemed to me just an exact description of the scene."



© 2006-2009 In Flanders Fields.ca



Remembrance & Poppy

Published on Legion BC/Yukon Command Website (<http://www.bcyuk.legion.ca>)

At the Legion, we hold the sacred trust of ensuring the tradition of remembrance is observed by Canadians every year at the 11th hour on the 11th day of the 11th month.

This tradition dates back to the First World War when the guns fell silent, marking the end of military conflict and the Remembrance of those who would never return home. The National Poppy and Remembrance Campaign raise funds for veterans and their families, the new military and others who are disadvantaged. This year, Remembrance Day is on 11-11-11.

The Poppy

The poppy is the international symbol of remembrance representing a visual pledge to pay homage to the fallen, who gave the ultimate sacrifice for the preservation of peace and freedom.

The Poppy Campaign was created as a means to raise funds in order to perpetuate this sacred memory and provide for veterans and their families in their time of need.

The Poppy Campaign commences the last Friday in October and continues to the end of the day November 11th, Remembrance Day. Legion Branches throughout BC & the Yukon organize the annual Poppy Campaign in their respective areas. All donations are in turn redirected to support programs and services for veterans and their families. Read more about the [Legion's Poppy Funds here](#). [1]

This year, your donation has never been more important. A new generation of veterans are coming home and turning to the Legion for housing, career transition counselling and trauma relief. And we will be there, with your support! Wear a poppy. Give generously. Text POPPY to 20222 to donate \$5 to the Legion's Poppy Funds.

LEGION

PAST EVENTS

THANKSGIVING

CRAFT NIGHT FOR ADULTS



Thank you to all of our fabulous participants who created gorgeous centre pieces for their Thanksgiving tables. That Flower Shop on Vedder donated fresh flowers and supplies; thank you Kathy! Just a friendly reminder That Flower Shop On Vedder is one of our MFRC Discount Partners.



PAST EVENTS



MFRC
Hallowe'en
Party
for Kids



10



Pure Imagination

With 300 balloons, a Willy Wonka theme, candy wall, and chocolate fountain our Hallowe'en Party for Kids on the 22nd of October at ASU Chilliwack, was scrumdiddlyumptious!

Special thanks to our wonderful volunteers: Matt, Stephanie, Adam, Marie, Johnny, Madison, Jordan, Bailey, Rebecca, Montana, Shannon, Kala, and Emily.

Thank you to Cookies Grill for generously donating the chocolate fountain.



Support 4 Military Families

MFRC Ladies Night



Chilliwack Spouses Support

Come join us again for Ladies Night at the Vancouver Centre. Ladies Night activities every other Monday excluding holidays from 7pm to 8:30pm. Ideas, new interests and new faces are always appreciated!

The Spouses Support Group for the Fraser Valley Area meets every 2nd Thursday@ Chilliwack Centre for more information call Ann at 604-858-1011 ext. 1162. November 10th and 24th December 8th -Christmas special See you there!

Sips & Sweets is offering Military Families 10% off regular priced items. To qualify for this discount show your military family ID (MFID)
Candies and chocolate from 30+ countries. Coffee and tea. Crepes and homemade soup or chili with a bun. We create custom gift bags for birthdays, anniversaries, parties, baby showers, and any other occasion you can think of! We also supply candy for wedding candy bars.
Address 103 5658 Vedder Rd, Chilliwack, BC V2R 3M9 · Get Directions
Phone 1 604.846.4321
Hours
Mon - Thu: 8:30 am -6:00 pm
Fri: 8:30 am -8:00 am
Sat: 10:00 am-8:00 pm
Sun: 12:00 pm-6:00 pm



New Discount Partner



Mainland BC MFRC Military Families MFSP MILITARY FAMILY SERVICES PROGRAM

Strength Behind the Uniform



Join us at Facebook!
Search "Mainland BC MFRC" or click on www.facebook.com/mainlandbcmfrc

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MFRC Holiday Wellness Workshop Jingle Bells or Bah Humbug Bells: Surviving the Holiday Season



Tis the season to be....something. The holiday season has its challenges around being joyful and this workshop can help you navigate some of the holiday trials out there. Nancy Szastkiw, the clinical counsellor at the MFRC will facilitate this event.

Selections of topics and issues to be covered:

- The blended family: who goes where for the holiday?
- Holiday blues
- Staying healthy and keep the weight gain to a minimum
- Overcoming the ghosts of holidays past
- Managing triggers and anniversary dates during the holiday



Monday, November 7, 7-8:30pm – open to everyone

Thursday, November 10, 10-11:30am – open to everyone

All workshops held at the Vancouver Centre Program Trailers
(corner of Falaise and Ortona).

Please RSVP to the MFRC at 604-225-2520 ext 2518 or office @bcmfrc.com so we can ensure we have enough handouts for everyone.

Light refreshments will be served.

VANCOUVER



CANADIAN FORCES

APPRECIATION CANUCKS GAME!

Mainland BC Military Family Resource Centre will be attending the Canadian Forces Appreciation Canucks game on Sunday, November 20th at 6:00pm! Come by one of our two booths to purchase Support Our Troops Merchandise or to just say HELLO!
GO CANUCKS GO!

“Salute to Veterans & Welcome Home Troops”
 BC Lions versus Montreal Alouettes
 @ BC Place, Vancouver



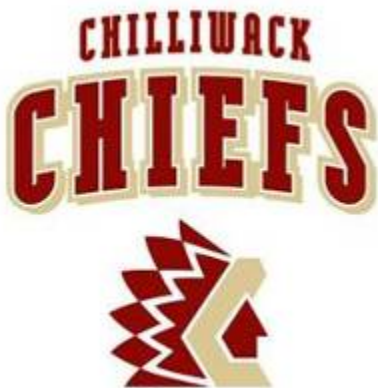
GENERAL INFORMATION

The Royal Canadian Legion is supporting Veterans Affairs Canada this year and will be producing the Half-Time Show for the BC Lions Games, Sat 5 Nov 11. The theme will be "Salute to Veterans and Welcome Home Troops". The Half-Time Show will feature a Combined Band, a Colour Party and Marching Contingent of Veterans, serving CF members, Cadets and Police.

CF members may volunteer to participate as part of the marching contingent (unpaid); dress will be CADPAT or NCD with baseball cap.

Confirm your Chain of Command will authorize you to attend in uniform.

Date/Time	Saturday, November 5th, 2011 Kick Off 7:00 PM
Free Parking Vancouver	4:00 PM to 11:15 PM; RCMP Detachment Gravel Parking Lot; 4949B Heather Street,
Free Bus Shuttle	4:30 PM to 7:00 PM from RCMP to Stadium 9:00 PM to 11:00 PM from Stadium to RCMP
Free Tickets	For Bands/Marchers/Volunteers @ East Airlock
Ticket Special	Special for Family and Friends of Bands/Marchers \$32.00 plus tax Contact Keith Hawkins 604.930.5451 Entrance at BC Place Gates
Hotel Special	The Royal Canadian Legion Special Rate \$72.00 plus tax Reservation Code # 5435 Accent Inns Vancouver Airport Richmond 10551 St. Edwards Drive, Richmond Reservation 1.800.663.0298



Exciting news from the **Chilliwack Chiefs!**

This year, the Chilliwack Chiefs are offering Military members 2 complimentary tickets to their Friday, 11 November home game at 7 pm against Langley. Military family members and Veterans are also eligible for this offer.

To receive your complimentary tickets, please pick up prior to the event at either box office (upstairs or downstairs) in Prospera Centre - 45323 Hodgins Ave Chilliwack ([map](#)) . The Chilliwack Chiefs will need to see your Military ID or MFID (for family members). Box office hours are Monday – Friday 9 -5.

Go Chiefs Go!
 Jocelyn

WITH GLOWING HEARTS

A CONCERT SERIES
OF REMEMBRANCE AND CELEBRATION

November 4th-6th, 2011

Performing 3 concerts at venues in
Richmond, West Vancouver, and Maple Ridge

A fundraiser for charities that assist military personnel and their families.



With Glowing Hearts ***A Concert of Celebration and Remembrance***

With less than a month left before the curtain rises, the box office managers at our venues tell us tickets for the *Band of the Fifteenth Field Artillery Regiment* third annual ***With Glowing Hearts, A Concert of Celebration and Remembrance*** are selling fast. There are still some left, but you had better not wait too long to get a good seat. All seating is assigned and many of the best seats are already sold. Call the concert hall closest to you today to ensure you get a great seat! This year's concert will be a musical revue featuring the music of George Gershwin, Eric Coates, Stephen Foster and more. The band will take you on a musical journey that begins in the movie theatre in the 1920s before the arrival of talkies when the orchestra painted a musical commentary for the action on the screen, to the disco to dance to a hot funk band followed by a stop at the ballet theatre as Bacchus, the god of wine, enters with his entourage. Pianist ***Gary Tse*** will dazzle with his rendition of Gershwin's Rhapsody in Blue and local crooner ***Phil Moriarity*** will join our own ***Cary McCaffery*** for our musical tribute to the troops. Don't miss a thoroughly entertaining evening or afternoon with these talented Canadian Forces musicians! You're guaranteed to leave the concert hall smiling ear to ear!

Tickets are **only \$20** and available by phone from the box office or online. If you are a member of a group of ten or more, see below for special discount offer.

Proceeds aid charities that assist military personnel and their families.

Showtimes

Friday November 4, 730pm @ the Gateway Theatre, Richmond

Box Office: (604) 270-1812

www.gatewaytheatre.com

Saturday, November 5, 200pm @ Kay Meek Centre, West Vancouver

Box Office: (604) 913-3634

www.kaymeekcentre.com

Sunday, November 6, 200pm @ ACT Centre for the Performing Arts, Maple Ridge

Box Office: (604) 476-2787

www.theactmapleridge.org

Special group rates for ten or more ~ buy ten, get one free!

Contact Bill @ (604) 618-3607 or email tickets@militarymusic.ca

SUPPORT OUR NEWLY
DISABLED VETERANS

Phil MORIARITY

a Fundraising Benefit Concert

FRIDAY, NOVEMBER 25, 2011

EDGEWATER CASINO

750 Pacific Boulevard, Vancouver

SPECIAL GUEST PERFORMERS

ELI "Tigerman" Williams
Elvis Impersonator

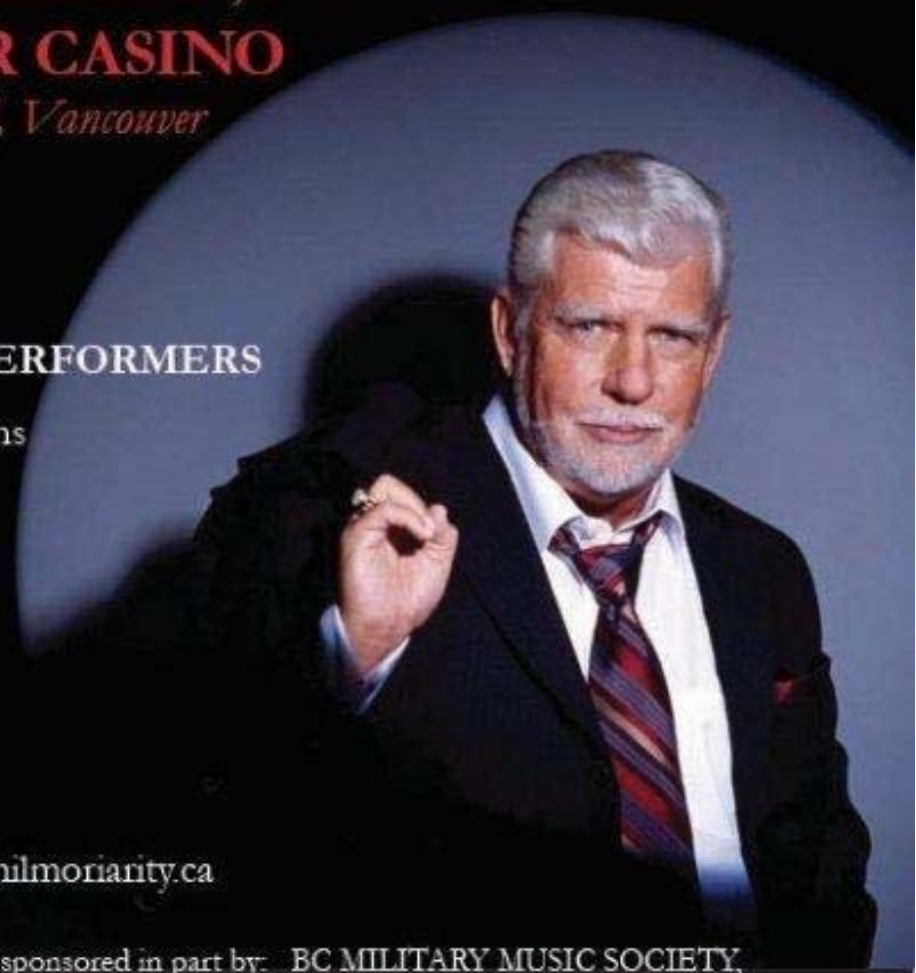
Patrick & Scarlet
Salsa Performers

TICKETS: \$25

Must be 19 years or older.

For tickets go to www.philmoriarity.ca

This Benefit Concert sponsored in part by: BC MILITARY MUSIC SOCIETY,
CITADEL SOCIETY, and **EQUITAS SOCIETY**





HOLIDAY CARD MAKING WORKSHOP!

Come join us for a fun night of Holiday Card Making! Make one of a kind, homemade cards to send to your family and friends during the holidays.

Please register for this event: 604-225-2520 ex 2518

email office@bcmfrc.com

Event Fee: \$5.00

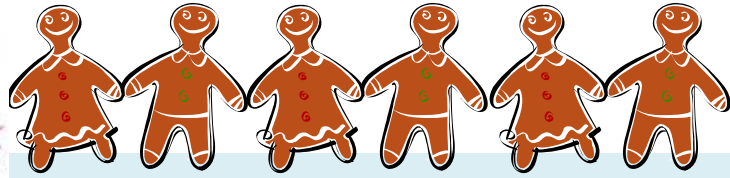
Monday, November 21st

7:00pm-8:30pm

Vancouver Centre

MFRC Programming Trailers





Vancouver Centre
4050 W 4th Avenue Vancouver
Wednesday, December 07
7 – 8:30 pm
RSVP 604.225.2520
ext. 2518 or
brenda@bcmfrc.com

Chilliwack Centre
5535 Korea Road Chilliwack
Wednesday, December 07
7 – 8:30 pm
RSVP 604.858.1011
ext. 1195 or
stephanie@bcmfrc.com



Bring 2 dozen baked Christmas cookies or desserts to exchange, a container to take sweets home, and the recipe to share. Please remember to RSVP.



Sears

Operation WISH

Sears Canada Invites you to Share Your Family Homecoming Stories and send your Christmas Wishes to troops still abroad

For its Annual Salute to Canadian military and their families

Sears Canada wants your videos, photos and stories!

For the sixth year in a row, Sears Canada has teamed up with the Canadian Forces Personnel and Family Support Services (CFPFSS) for a special holiday initiative to salute our Canadian military and their families, called Sears Operation Wish.

New this year is an online **Military Family Homecoming Album** to showcase your homecoming photos and stories (200 words or less) that tell the story of what you did to welcome your loved one home after their deployment, or what you did when you returned. This family homecoming album will be posted on the Sears Canada facebook page and excerpts will also reside on www.sears.ca/operationwish.

You can also send us your homecoming stories via video and the Sears site will continue to honour those who are still away, asking families to send their Christmas video messages to those stationed abroad this Holiday season. Videos will reside on www.sears.ca/operationwish.

We are hoping you will respond to this 'call to action' by sending us this material to share with Canadians.

We know by our experience with Operation Wish that Canadians coast to coast will welcome an opportunity to send their welcome home messages and notes of thanks for the efforts and dedication of the country's military forces and their families. Through Sears facebook page, www.facebook.com/searscanada, Canadians can connect with the military.

Bob Reid, who penned the patriotic song "Highway of Heroes" and who travelled to Afghanistan to perform for NATO forces, has agreed to have his newest song – "Soldier Welcome Home" – play on this special Sears site. We know his song's sentiment sums up the feelings of countless other Canadians.

We are hoping to receive thousands of your homecoming videos, photos and stories which will be published on www.sears.ca/operationwish and www.facebook.com/searscanada.

How to Send Your Photos and stories: Please submit by **November 24, 2011**.

- If you prefer to send only photos and messages (200 words or less), please submit to the following email address: facebook@sears.ca.

How to Send Your Videos Online. Please submit by **November 24, 2011**.

- Create your video and any message you would like to write and upload to your personal YouTube channel. Keep in mind YouTube upload requirements: Maximum 2GB in size; less than 10 minutes in length. Acceptable file formats include - .avi, .mov, .wmv, and .mpg.
- If you don't have a YouTube account, sign up for free at <http://www.youtube.com/>. Click the Create 'Account Link' at the top right corner of the page and follow the steps.
- Go to www.sears.ca/operationwish, and click the 'Send Your Wish' button.
- Complete all of the required fields on the Operation Wish submission form.
- Make sure that you select your province and Military Family Resource Centre by clicking the appropriate check boxes. We are aggregating messages by province and military base for easy viewing.
- Under the 'Add Video' section on the Wish submission form copy and paste the URL into the video URL field.
- Click the preview button at the bottom of the Wish submission form.
- After reviewing your holiday message, click the submit button.

In early December when we launch this site, we will be inviting Canadians to log on to hear your stories and view your pictures. We are hoping to get thousands of messages on our site. We will also be sending banners signed by the public to our military personnel still stationed in Afghanistan.

This is our small way of helping bring friends and family closer together at this special time of year and to give Canadians a chance to express their thanks and gratitude to the country's military personnel and families.

Happy Holidays and Welcome Home!
Sears Canada

Youth Party

Who

- ❖ 12 -18 year olds

What

- ❖ Afternoon of fun at the Great Escape in Langley
- ❖ Choice of 2 slices of pizza, 2 hotdogs or 1 Grilled Cheese and pop

When

- ❖ 1 -3 pm on Wednesday, December 21

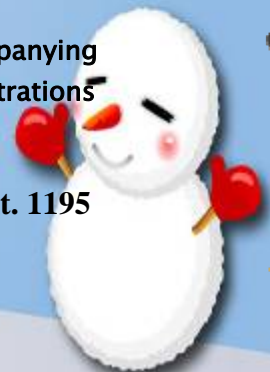
Registration (November 21 – December 09)

- ❖ Limited spaces available
- ❖ Must wear socks and sneakers (no other shoes are acceptable)
- ❖ Event fees: \$ 5.00 for CF Family Members / \$ 10.00 for Non-CF Family Members
- ❖ Must fill out and hand in to the Vancouver or Chilliwack office before 4PM Friday, December 09:

- ✓ Registration Form
- ✓ Great Escape Waiver
- ✓ MFRC Waiver
- ✓ Event Fee

As spaces are limited, registration will be accepted with one (1) accompanying friend registration. Should space be available after December 09, registrations from additional friends may be accepted.

Questions? Contact Jocelyn at 604.858.1011 ext. 1195





**Have you heard the buzz?! The toys are back in town!
Disney On Ice presents Disney•Pixar's Toy Story 3!**

The Academy Award®-winning blockbuster, *Toy Story 3*, and memorable moments from *Toy Story* and *Toy Story 2* are hitting the ice in this sensational live production coming to the Pacific Coliseum! Rediscover the humor, friendship and charm of *Toy Story* when **Disney On Ice presents Disney•Pixar's Toy Story 3** takes family fun to infinity and beyond!

PNE Group Sales Online Ticket Program

**Save \$3 on select performances of Disney on Ice
GROUP TICKET PRICES: \$14 - \$23 - \$29**

REGULAR TICKET PRICES: \$17 - \$26 - \$32 - \$55 VIP - \$70 Rinkside

(This offer excludes Rinkside and VIP seats. No Double Discounts. Service charges and handling fees may apply. Other restrictions apply.)





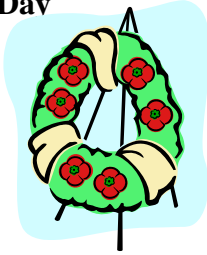






Group offer valid on the following performances:

**November 24 at 7:30pm
November 25 at 7:30pm
November 26 12pm & 7:30pm
November 27 at 4:30pm**

GROUPS OF 15 AND MORE SAVE \$3 PER TICKET! PLUS gain access to tickets not available to the general public AND receive additional savings on service charges.

Deadline to order: Thursday, November 10, 2011
Please contact PNE Group Sales at 604-252-3658 if you have any questions.

NOVEMBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 October 	1 Nov	2	3	4	5
6	7 Ladies' Night Vancouver Holiday Wellness workshop  Home Work Club 	8	9	10 Chilliwack Spouses Group 	11 Remembrance Day 	12
13	14 Home work Club 	15	16	17	18 	19
20	21 Ladies' Night Holiday Card making  Home work Club 	22	23	24 Chilliwack Spouses Group 	25	26
27	28 Home work Club 	29	30	1 DEC	2	3

VANCOUVER Office CHILLIWACK Office



Louise Smith - Executive Director
p: 604.240.1340 e: louise@bcmfrc.com

Hanna Robertson - Deployment Support Coordinator
Toll Free Direct: 1.888.828.6372 option5 e: hanna@bcmfrc.com



Brenda Tunke - Program & Services Admin Assistant
p: 604.225.2520 all extensions e: brenda@bcmfrc.com

Nancy Szastkiw - Family Liaison Officer
P: 604.225.2520 ext.2518 e: nancy@bcmfrc.com

Jocelyn Wilkinson - Fraser Valley Manager
p: 604.858.1011 ext 1195 e: jocelyn@bcmfrc.com

Stephanie Martin - Program & Services Admin Assistant
p: 604.858.1011 ext. 1195 e: Stephanie@bcmfrc.com

Ann Adkins - IPS/JPSU Coordinator Fraser Valley
p: 604.858.1011 ext. 1162 e: ann@bcmfrc.com