

# FEBRUARY 2012 NEWSLETTER

CENTRAL SASKATCHEWAN MILITARY FAMILY RESOURCE CENTRE

## Mukluk Day Dance

Join the MFRC & 17 Wing Detachment Dundurn for their 2nd ANNUAL COMMUNITY DANCE, Luau Style!!!

Kick off those Mukluk's and bring the joys of summer to winter! Wear that loud Hawaiian shirt, summer dress and flip flops. Tickets are \$10 per person. Buy

your tickets at the door, the MFRC or participating NPF Clubs.

Live band will be Retro Echo, playing top 40's from the 70's and 80's.

Event Highlights include; a snack bar, luau cocktails, door prizes, 50/50 draw and more!

There will be courtesy rides

available to Dundurn, Hanley and Circle 8th mall where you are able to catch a cab.

You must be 19 years of age to attend!

For more information contact Heidi 492-2135 ext. 4287.



## Community News

If you know anyone who has had a baby in the last year, or is due soon, please let them know about Mommy Connections Saskatoon. This is a post natal program for parent and baby that aims to facilitate connections between new parents for friendship, fun and support and also between new parents and information and services of interest to them. It is an 8 week program featuring guest speakers, swag, prizes and lots more.

Early bird discount of 10% available for one week only. Use the coupon code EBFEB12 at [www.mommyconnections.ca/saskatoon](http://www.mommyconnections.ca/saskatoon) when registering.

The next program starts Friday Feb 3rd, 10.30 - noon, in the auditorium of the Rusty Macdonald library, Lawson Civic Center (please note change of venue for those that are all ready familiar with the program.)

Gift certificates are also available - awesome gift for a new mom!

This will be my 4th program - spread the word and help keep this program growing and serving new parents and babies.

Thanks for your help and support.

Bob Cain  
Director, Mommy Connections  
Saskatoon.  
[Roberta@mommyconnections.ca](mailto:Roberta@mommyconnections.ca)  
Telephone 492 2660

We are trying something new this year! Family Ski Trip!

March 3, 2012

Bring your family to Table Mountain for a day of skiing! Ages 5 and up

Cost: \$10/Person or \$30/Family

Lunch and Dinner provided!

Register by February 22, 2012

Call the CSMFRC for more information or to register:

492-2135 extension 4266





## Upcoming Events

**FIRST AID:** We have had a great response to our St. John's First Aid Course and were able to fill all the spots!

If this is something you would be interested in doing in the future, please let us know by sending an e-mail to [kary.williams@forces.gc.ca](mailto:kary.williams@forces.gc.ca).

We will gladly do this again if there is enough interest!

**ME TIME AT THE GYM:**

Just a quick note, we will continue having "Me Time" at the gym but will be moving it to Mondays from 10:00am until 11:00am for

the month of February with the exception of February 20th (Family Day)!

**PARENT & TOTS:** will run Feb 2, 9 and 16th from 10:30-11:30 in the Detachment Gym. There will be no programming on Feb 23rd.

Indoor runners are recommended for tots. Area of focus for the month will be Gross Motor Skills. Contact Kendra for details.

Free drop in program, no registration required.

**WEDNESDAY NIGHT VOLLEYBALL:** will be continuing February 8th,

2012 until March 28, 2012 from 7:30pm until 9:00pm. Drop in fee of \$3.00 and free for military members and REC card holders. Any Questions please contact Jason the PSP Manager. (ext. 4182)

A F R E N C H NEWSLETTER IS AVAILABLE UPON REQUEST! IF YOU WOULD LIKE YOUR NEWSLETTER EMAILED TO YOUR RATHER THEN RECEIVE A HARD COPY PLEASE CONTACT MELISSA SHAW-HILL AT THE EXTENSION 4266.

### CENTRAL SASKATCHEWAN MILITARY FAMILY RESOURCE CENTRE

WWW.CSMFRC.CA TELEPHONE (306) 492-2135 EXT. 4266

EMAILS: MELISSA.SHAW-HILL@FORCES.GC.CA

### Military Discount Program

If you know a company you would like to see offer a Military Discount, please call the CSMFRC. \*Special conditions apply, see website or call for details

### Corporate Supporters

