



JIGGS & REELS

THE VOICE OF THE COMMUNITY OF CFS ST. JOHN'S



Volume X, Issue 2

April, May and June 2010

IPSC ST. JOHN'S GRAND OPENING

Inside this issue:

Who are we and more importantly, what can we do for you and your Family! Well if you're ill or injured and needing assistance, guidance, clarification or just need someone to speak with regarding your future, that's us.

Our Mission Statement explains it rather well;

"Through an integrated and individual-centric service delivery model, ensure the coordination and facilitation of standardized, high quality, consistent personal and administrative support during all phases of recovery, rehabilitation, and reintegration on return to service or transition following release, for all injured and ill Canadian Forces members and former members, their families and the families of the deceased."

The Joint Personnel Support Unit (JPSU) and Integrated Personnel Support Centre (IPSC) Halifax provides a "One-stop Service" for ill and injured CF Personnel, both Regular force and Reserve force. We cater to both referrals and walk-in clients, to long-term injured personnel and to members planning for retirement due to their medical condition. We respond to queries from family members regarding support services and programs for ill and injured personnel, and provide referrals as appropriate.

We play a central role in the transition process for CF personnel recovering from serious illness or injury, and either progressing towards a normal work schedule or preparing for a civilian career. A member with a medical condition that precludes return to normal duty for more than six months, and is recommended by their Commanding Officer (CO), can be transferred to the Service Personnel Holding List (SPHL), posted to the JPSU, and assigned to an IPSC.

The Services provided through the JPSU/IPSC include the following:

- Casualty tracking;
- Casualty administrative support and advocacy;
- Return to Work (RTW) Program coordination;
- Outreach;
- Military Family Resource Centre (MFRC) liaison officer
- Veterans Affairs Canada (VAC) client and transition services;
- Operational Stress Injury Social Support (OSISS) network; and
- Pastoral support

The JPSU/IPSC provides CF personnel and their families with coordinated, seamless and integrated care when illnesses or injuries occur, and through the stages of recovery, rehabilitation and reintegration into the military or civilian life and employment.

For more information feel free to contact us at 570- 4873 or drop-in for a visit 2nd floor, building 309.

JPSU Nova Scotia Newfoundland – IPSC St. John's Official Opening, January 19, 2010. In picture (L to R) Capt T. Flynn, IPSC Support Platoon Commander; Commander L. Jones, Station Commander; LCdr F Rasmussen., JPSU OC; CWO Bradley, DCSM Colonel Blais, DCSM



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Si vous desirez un service en français, contacter le MFRC a 570-4636 S.V.P.

On va vous refairez a une assosiation francophone.

Special Points of Interest:

- *Summer Program*
- *Welcome Allan Horwood*
- *Kitchen Party*
- *MFRC Annual AGM*

CHILDREN'S PROGRAMMING

Playgroups at MFRC:

Playgroups run every Tuesday and Thursday morning at the Military Family Resource Centre from 9:30 AM until 11:30 AM.



Special Dates to Remember

Children's Easter Party:

Tuesday March 30th 9:30 - 11:30

During the week of April 6 - 8th there will be no playgroup during Easter Break.

"Happy Easter Everyone!"

Mother's Day Celebration:

Thursday May 4th 9:30 - 11:30

Baby and Me Stroller Fit:

Are you a parent with a young child, new baby or both and finding it difficult to get outside to walk on a regular bases. Well, we have a solution for you. Every Wednesday at the Drill Hall (gym) from **1:30-3:00pm** this program is available to you.



Stroller Fit offers parents a great opportunity to get out of the cold, walk with their young children and participate in Healthy Living. There is upbeat music and good company to keep you motivated. What better way to start a Wednesday. Hope to see you there. Call 570-4636 and ask for Krista for further information.

Feel "Free" to Walk on in!

Drop Off Childcare Service

Need some childfree time? You can leave your child/children with us while you go to the doctor, do some shopping or just relax at home. We offer drop off childcare twice a month from 9:00 AM -12:00 PM noon at the MFRC. Fees are \$6.00 for one child, and additional children are \$3.00 each. This is per session, per family. Check the monthly calendar for dates or call the MFRC at 570-4636. As spaces are limited, you must pre-register and prepay to ensure your time!!

Drop Off Childcare Dates to remember:

April 16th & 23rd

May 7th & 21st

June 11th & 25th



Lending Services

Equipment Lending Library

Do you have family or friends coming for a visit? Help make their trip a bit more pleasant by borrowing some childcare equipment from the MFRC...they'll be grateful for the lightened load.

Some items we have are:

- Car seats, Booster seats
- Strollers, Swings
- Cribs, Playpens and Activity saucers

Car Seat Installation

The MFRC is pleased to be able to provide a trained car seat installation technician. Krista O'Toole has completed the required training and is now certified by KISS (Kids In Safe Seats) to install those all important seats. Please contact the MFRC if you are interested in this service.

For additional information please visit the KISS website: www.kidsinsafeseats.ca

Summer Program

Activities include, sports and games, field trips, arts and crafts, theme days, swimming, hiking and a whole lot more!

Dates: 4 July – 27 August

Time: Monday-Friday, 7:30 – 4:30

Ages: Camp One: Age 5 to 9

Camp Two: Ages 10-13



Fee Structure is as follows:

Military: \$80 for 1 child, \$140 for 2 children, \$180 for 3 children.

Civilian: \$100 for 1 child, \$160 for 2 children, \$200 for 3 children

SPACES ARE LIMITED

Registration is on a first come first serve basis and will be open to the Military Community on May 5th from 8:00 am to 6:00 pm. Registration forms and payment must be received at that time to ensure your space. We will be accepting registration until the 19th of May for the Military Community only. If there is space available after this date registration will then be open to non-military children. Children have to be 5 and completed kindergarten in order to register for camp.

Pending funding, actual program composition and structure may change!

CHILDREN'S PROGRAMMING

Childcare During MFRC Programs

Would you like to attend an MFRC seminar during the day but you have children? No problem! The MFRC offers on site childcare services for seminars, workshops and presentations. This service is offered as long as parents remain in the building. As childcare spaces are limited, pre-registration is necessary to ensure availability. Spaces are filled on a first-come first-registered basis.

Special/Specific Needs

At the MFRC we try to learn as much as possible about local developments in special needs issues. If we do not have the information, we will make every attempt to find it. We are delighted to offer wheelchair accessibility. Our resource library has a wide variety of resources regarding special needs and supportive organizations. If you require information or assistance, please contact the MFRC... we can help!



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School Questions

The school board has a web site to help you with any questions you may have www.esdnl.ca. You can access the site through our resource room computer.

PARENTS CORNER

Tips to Help Parents Encourage Their Kids to Tidy Their Toys

Are you tired of picking up toys scattered around the house by little ones. Toddlers can start learning about how to clean up after themselves, and they are even at an age where they can have fun with helping around the house.

- **Have an Organized Routine for Clean Up**

When a play activity is ending, let children know ahead of time that it will soon be time to put toys away. Give them a five-minute warning. Then when it's time for clean up, let the children know and help them with the process. Make clean up part of the routine when doing any play or art activity.

Use a Clean Up Song to Cue Children Start Cleaning

- **A popular song to sing or rhyme is the following:**

Clean Up
Clean up
Everybody do their Share
Clean Up
Clean Up
Everybody Everywhere



Keep repeating this song until everything is cleaned up. As children become familiar with the song, they will hum or sing along. They will eventually associate with the song with cleaning up and will one day surprise you by cleaning on their own when the song starts.

- **Be Organized About Where Toys Go**

An important part of teaching a child how to tidy up is to have a tidy set up in the first place. Have containers and bins that are designated for certain toys. Have a set place, like a closet or corner of the room where the toys go as well. This way, it is always the same bin and place for a toy to go and it will be easier for the child to learn and know what to do.

- **Give Positive Feedback as Children Learn to Clean**

It will naturally take some time before a toddler is able to get the hang of a new task. Congratulate them for completing a task like putting all the blocks in the container. It's always nice to follow through with saying "Good Job".

Be patient. The idea is to let children see that picking up after themselves is a part of everyday living. Getting them used to the process is the goal.

Toddlers are at a stage of development where they can start to learn how to pick up after themselves. Parents can help teach them to tidy their toys by setting a routine for clean up after any activity, using a clean up song, being organized and acknowledging children for working hard to clean up.

" Be a Team"

DEPLOYMENT SUPPORT

Deployment Family Support Group

The Deployment Family Support Group meets at the MFRC on Thursday nights 7:00 - 9:00 pm for families of deployed CF members. Family members with loved ones serving overseas are encouraged to network with one another while their family member is deployed. Sharing our experiences with others can be a powerful stress reliever and coping mechanism! To find out more about these meetings please contact Danette Chaytor@570-4548 or by email at Chaytor.DG@forces.gc.ca

Post Deployment Family Support Group

This is an opportunity for family members with loved ones who recently returned home from an overseas deployment to come together and share their reunion experiences. This group meets bi-weekly at the MFRC at 7pm. To find out more about these meetings please contact Danette Chaytor@570-4548 or by email at Chaytor.DG@forces.gc.ca

Spring Meetings will be as follows:

April 6th & 20th

May 4th & 18th

June 1st, 15th, & 29th

Want to find out more about Canada's Engagement in Afghanistan?? Check out Canada's Engagement in Afghanistan website www.afghanistan.gc.ca

Donations to Deployed Troops!

With the heightened coverage of CF activities overseas, many Canadians have indicated a desire to do something for the men and women of the CF deployed on missions. The outpouring of support and generosity is very much appreciated; however, some of the initiatives started by individuals or groups, often only having been brought to our attention through media coverage, have resulted in logistical problems, negative media coverage, or negative feelings from the individuals who collected the donations.

The mission re-supply system is designed to move operational and operational support equipment. Donated goods do not qualify as such, and can only be moved when space is available. Such space is extremely limited and its use requires extensive coordination in order to keep it under control.

Avoid disappointment, and to ensure that the CF logistics system is not over burdened, individuals wanting to conduct donation campaigns should be discouraged from doing so and be directed to one of the following programs;

Donate to [CF Personnel Assistance Fund \(CFPAF\)](#)

Donate to the [CF Hospital Comforts Program](#)

Donate to [Operation Santa Claus](#)

Donate to [Military Families Fund](#)

Donate to [CF Soldier On](#)

Donate to [Military Family Resource Centres](#)

This restriction does not apply to CF family members and personal friends who can send parcels to individual.

CF members serving overseas for more information, visit www.cfpsa.com

Source: Public Affairs Guidance October 16th 2008

OSI Family Group

OSI Family Group is a peer support group for family members of CF personnel, active and retired, who have a family member with an Occupational Stress Injury. For information on this program please contact Wanda Lewis, Family Peer Support Coordinator (709) 772-5235 or by email at Wanda.Lewis@vac-acc.gc.ca

PREVENTION & INTERVENTION

Prevention and Intervention Services

(Confidential Short Term Counselling and Supportive Services for Dependents, Reservists)

The Prevention and Intervention Program is a confidential free service which offers supportive counselling, liaison, as well as advocacy services to Military Family members. You may access the service by telephone at 570-4636/4530, or in person at the MFRC. If you wish to arrange an initial meeting to discuss any issues or concerns, please call. The St. John's region, through Eastern Health, also operates a **Mental Health Crisis Line**. The Crisis line operates 24 hours, 7 days a week and is managed by a professional team providing support, information, and referrals. The services are free and confidential.

Mental Health Crisis Centre

Phone and drop-in service

47 St. Clare Avenue

St. John's NL A1C 2J9

Crisis: 709-737-4668

Toll Free: 1-888-737-4668

Hours: 24-hour

Emergency and Respite Childcare Services

Unexpected events and deployment are part of military life. There are services available which can help you to cope with the associated stress, The Emergency Childcare Services, which can be arranged through the MFRC, provides a back-up plan to the Canadian Forces Family Care Plan. In the event of deployment, a childcare emergency can arise through various circumstances. It is important to plan ahead for the unexpected. The MFRC has contracted with a licensed homecare provider agency in the city, which is able to provide services during such emergencies. Emergency Childcare is available 24 hours a day and is administered through the MFRC. For further information, please contact the MFRC at 570-4636.

A childcare emergency is in the event of an accident, death in your family, other household emergency where your spouse is not available and you have no other supports and you need to take care of your own personal matters.

WELCOME ALLAN

On Mar 1st, 2010 I was delighted to start a position with the MFRC as the Military Family Liaison Officer at the CF Integrated Personnel Support Centre (IPSC). I will also be responsible for filling the Crisis, Support, Intervention Coordinator position until filled (Yolanda Miller's position). I am originally from Newfoundland and served with the Canadian Forces from 1977-2000 as a Military Policeman. After, I attended Memorial University where I completed a Bachelor of Social Work degree. I was employed as a social worker with Eastern Health and the Department of Justice. I am extremely excited about my new position with the SJMFRC. I am looking forward to getting to know the military community during the coming months. If I can be of support to your family please drop by as I can be reached at the MFRC or the IPSC or by calling my confidential voicemail at 570-4530 (MFRC) or cell phone at 631-8598.

COMMUNITY RESOURCES

Al-Anon	722-2666
	1-888-455-2666
Alcoholics Anonymous	579-6091
	579-5215
Victim Services	729-0900
Emergency	911
RNC	729-8000
RCMP	1-800-709-7267
Crime Stoppers	1-800-222-8477
Legal Aid	753-7860
Provincial Court	729-1004
Unified Family Court	729-2258
Social Worker on Call(24 hr)	
(Children's Protection Services)	752-4619
Income Support on Call	729-3982
Mental Health & Addictions Services	752-4919
NL Sexual Health Centre	579-1009
	1-877-666-9847

24 HR CRISIS LINES

Mental Health Crisis Line	737-4668
	1-888-737-4668
Sexual Assault Crisis Line	726-1411
	1-800-726-2743
Kids Help Phone	1-800-668-6868

SHELTERS

Naomi Centre	579-8432
Wiseman Center	739-8355
Kirby House	753-1492
Recovery Centre Detox	752-4980

OTHER

Military Police	570-4913
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Looking for information on the Military Families Fund? If so please contact Michele LeDevehat at the MFRC



INFORMATION & REFERRAL



Education Information

This educational resource has been compiled at the MFRC for military members and their families. The Education Information on Posting Service is an initiative designed to assist parents of school-age children and those pursuing post-secondary education. This resource contains comprehensive, current information regarding educational resources and facilities in St. John's and surrounding areas. The Education Information on Posting is available through the MFRC and on our web site. For more information contact us at 570-4636 or check the following web-sites for updated information:

www.esdnl.ca
www.ed.gov.nl.ca/edu/

For those of you who are considering the Home Schooling Option and have questions about how to start: What books do I use? How do I keep track of their progress? Where can I find home schooling information? Who can help me? Where do I start? For further information, resources and support regarding this alternative education delivery, you may contact: The Home Schooling Support Group in St. John's at 747-2041.

Are You Moving?

The MFRC has current up-to-date Welcome Packages and information concerning bases/stations and communities throughout Canada and overseas. If you are being posted to or from St. John's and would like to check out your new posting community, give us a call to receive a package or drop by at your convenience and view updated posting packages.

Resource Library

The library hours of operation are Monday – Friday, 8:00 – 4:00. Drop by the Centre during your lunch hour for a coffee and a quiet place to read!



Do you anticipate being away from home due to military training and commitments?

If so, bring your family by the MFRC before you go. There are many programs and services available for them at the MFRC.

Community Database

The MFRC is always updating our community database, if you would like any particular information to be accessible to you or your family ie: doctors, dentists lists, etc. please call the MFRC at 570-4636 with suggestions.

...we'll get the information you need!

Attention CFS St. John's Community

Due to numerous requests, the MFRC is now selling a variety of "Support Our Troops" merchandise including:

Lapel Pins—SM \$2.00 LG \$3.00
 Car Magnets—\$5.00
 T-Shirts—\$10.00
 Long Sleeve T-Shirt—\$15.00
 Polo Shirts—\$17.00
 Baseball Hats—\$10.00
 Window Clings—\$3.00



Items are available for purchase at the MFRC Monday to Friday from 8:00 am- 4:00 pm.

Association communautaire francophone de St-Jean

This association offers a variety of services and community activities developed to meet the needs of the French speaking community. They are located at 65 Ridge Road in St. John's. For detailed information please visit their website at www.afsj.nf.net or you may contact them @ 726-4900.

Telephone Outreach

Keeping in touch with the military families is very important to the MFRC. As a result, a staff person will periodically telephone you in the evening. This is purely to let you know what is happening in the community and answer any questions that you may have. If you have not had a telephone call and would like us to do so, please contact us at 570-4636 or email: Bernadette.Azizan@forces.gc.ca.

Tourist Information

New to the area? Expecting family or friends to visit? Drop by the MFRC and pick up the new 2010 Travel Guide. The Travel Guide is a great information source to help you plan your visits!

We also have a variety of maps, local tourism brochures & Metro-bus schedules. Drop by or call the MFRC at 570-4636 to request this information.

YOUTH PROGRAM

Girls on the Go

The Girls On the Go Group is accepting new members at all times! The girls have enjoyed a variety of different adventures from yoga to belly dancing to swimming, and Wall-nuts. Throughout the adventures we have also had some informational sessions about body images and healthy eating. Our aim is to have fun while being healthy. It is never too late to join and you are welcomed to bring a friend. The group meetings will be on Sunday, April 11, and Sunday, April 25 between 5-7pm at the MFRC. Register by calling the MFRC at 570-4636

Youth Movie Night

Youth ages 5 and up are welcome to attend this fun evening with a feature presentation to be watched in our famous Studio 11 (Location TBA). Snacks will be provided. The event on Friday April 23, 2010 will start at 6:30 and end around 9:00. The feature presentation will be announced at a later date.

Deadline for registration is Thursday, April 22, 2010 at 12pm, please register by calling the MFRC at 570-4636.

CF youth may bring a friend, however spaces are limited and priority will be given to CF community

Girls Only- PJ Party

Girls just wanna have fun night. Girls from the girls' pyjama party. At the party we will have and lots of fun. CF youth may bring one friend



ages of 5-11 are welcome to attend the all crafts, baking, doing nails, music, girlie movie within this age group.

Date: Friday, May 7, 2010

Time: 6:30-8:30pm.

Place: TBA

Ages: 5-11

Wallnuts/ Pizza

On Sunday May 9, 2010 we will be having an event at Wallnuts Climbing Centre from 3-5. The ages will be from 6 and up. Participant fee will be \$5. Please register before the deadline by calling the MFRC at 570-4636. CF youth may bring a friend, however spaces are limited and priority will be given to CF community.

Fee as well as waivers must be submitted to the MFRC 12:00 Friday, May 7, 2010. We will NOT be accepting them at the event site!

Address

Wallnuts Climbing Centre
57 Old Pennywell Rd.

Boys Youth Night!

Calling all gamers to duty!

We will be having a video competition night filled with and up. The competition will be May 28, 2010, 6:30-

CF youth may bring a friend that is 12 or older.



prizes and snacks. This event is restricted to 12 9:00pm. (Location TBA)

JUNE EVENTS

Youth Paintball

When: Sunday, June 13

Time: 1:00-3:00

Where: Frontline Paintball

Ages: 10 and older

Participant Fee: \$10 per participant

Pre-registration: required

Fee as well as waivers must be submitted to the will NOT be accepting them at the event site!



MFRC 12:00 Friday, June 11th. We

COMMUNITY EVENTS

Special Needs Parenting Support Group

The St. John's MFRC Special Needs Parenting Support Group – parents connecting for information and emotional support! Monthly meetings take place on Tuesday evenings 7:00 pm - 9:00 pm. For more information please call the MFRC @ 570-4636.

Open House for Community Agencies

The St. John's Military Family Resource Centre will be holding an Open House in the near future.
Details to follow!

The purpose of the Community Open House is to provide an opportunity for local groups and agencies to find out more about the activities or services offered through the St. John's Military Family Resource Centre. It provides unparalleled exposure for our message and mandate and facilities awareness and volunteer recruitment.

The Open House hopes to achieve the following objectives:

- Build awareness among community agencies of the services and opportunities available through the SJMFRC.
- Enhance the sense of community pride and belonging.
- Promote the value of volunteers to the health of our community.

Annual MFRC Youth Scholarship

Submissions for the 2010 MFRC Youth Scholarship are now being accepted.

This scholarship is open to all CF Member dependants 16 to 19 years old who reside in Newfoundland and Labrador.

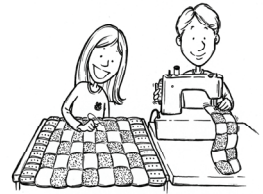
To request an application and scholarship criteria information please email the MFRC at info@stjohnsmfrc.ca or telephone the MFRC @ 570-4636.



Quilting Classes

The MFRC will be offering quilting classes. The first project was a "log cabin quilt" in whatever size you chose.

Our current quilting group have successfully completed this beautiful piece of work and are in the process of deciding what their next work of art will be. If this activity interests you please register with the MFRC @ 570-4636.



Everyone who has a sewing machine is encouraged to bring it along.

Every Thursday Evening
Dates: April 8th - June 24th
Time: 7:00 pm - 9:00 pm
Place: MFRC
Instructor: Sherry Stamp

Workshops/Information Sessions

Throughout the year the MFRC can arrange workshops and information sessions on a variety of topics such as Wills and Estate Planning, Financial Planning, ADHD, Autism to name a few. Please call the MFRC to register your interest. If you have a particular topic of interest please email info@stjohnsmfrc.ca or call 570-4636.

Upcoming Summer Events

Remember to keep an eye in the next edition of the Jiggs & Reels for details regarding our annual Beach BBQ at Topsail Beach. This is a good opportunity to welcome new members to our community and enjoy the company of those of you who have been part of the community in the past. Also, in partnership with FS&R our 11th annual Community Fun Day. Hope you can join us for some summer fun in the sun.



For more information or to register for any of these events please call the MFRC at 570-4636 or e-mail Collins.sl@forces.gc.ca

COMMUNITY EVENTS

Navigator www.familynavigator.ca

An **on-line toolkit** for Canadian Forces families!

Military Family Resource Centres within Canada and abroad work to support Canadian Forces families. We offer community-based programming, and we are responsive to the needs of our families. Within our communities, there are families with special needs and responsibilities:

Some families care for children with special needs.
Some families include a partner with health concerns.
Some families help support their aging parents.
Some families want to support a CFmember with an operational injury.

These web-based resources, and the **NAVIGATOR** contract at your local MFRC, can assist you with your unique circumstances when it comes to:

- * Relocation
- * Preparing for an upcoming Deployment
- * Connecting with other families in your community, and finding direction when you're not sure who to call.

For more information please contact Bernadette @ 570-4636 or email info@stjohnsmfrc.ca

CF Days

On Saturday June 26, 2010 CFS St. John's will be hosting CF Days at Quidi Vidi Lake. There will be displays from Lodger Units on station and lots of fun activities for families of all ages to enjoy. Demonstrations of a Cormorant Helicopter and LAV III from Gagetown, as well as lots of prizes and activities for the kids. A canteen will be set up on site with hamburgers, hotdogs and drinks to purchase. Hope you can join us for a day filled with fun activities.



Maintain a Healthy Lifestyle

The MFRC has partnered with Health Promotions to offer family members the following workshops to help improve your health and well being. If you are interested in any of the following please contact the MFRC at 570-4636 or email us at info@stjohnsmfrc.ca. These workshops are free and any information is kept private and confidential. Dates and times will be provided as the workshops become available.

Nutritional Wellness

A program geared to help you reach your health goals safely.

Stress: Take Charge

Are you interested in learning more about your stress and how to manage it?

Butt Out

Would you like some help quitting? This program may be for you.

ASIST (Suicide Intervention)

This program gives insight into why people contemplate suicide and what can be done to help them.

Managing Angry Moments

Everyone gets angry, it is how you deal with and express this emotion that is important.

Basic Relationship Training

This course is designed to help you enhance and maintain a lasting relationship.

Addictions

This program addresses the topics of drug, alcohol and gambling addictions.



For more information or to register for any of these events please call the MFRC at 570-4636 or e-mail Collins.sl@forces.gc.ca

HEALTH PROMOTION OFFICE

The Health Promotion staff would like to congratulate everyone who took part in the "March 1st I Quit" challenge. Hopefully those who quit smoking are continuing with their healthy lifestyle choice. The lucky winners of the great prizes should be announced very shortly. Of course we cannot talk about the challenge without sending out a special thank you to all those who acted as supporters for our **FORMER** smokers.

The Health Promotion office offers the following programs throughout the year:

Nutritional Wellness

A program geared to help you reach your health goals safely.

Stress: Take Charge

Are you interested in learning more about your stress and how to manage it?

Butt Out

Would you like some help quitting? This program may be for you.

ASIST (Suicide Intervention)

This program gives insight into why people contemplate suicide and what can be done to help them

Managing Angry Moments

Everyone gets angry, it is how you deal with and express this emotion that is important

Basic Relationship Training

This course is designed to help you enhance and maintain a lasting relationship

Addictions

This program addresses the topics of drug, alcohol and gambling addictions

Remember, the Health Promotion program is here to address the issues **you** have surrounding **your** health. If there is a topic you would like more information on, please feel free to contact us.

We can be reached by phone at 570-4750, by e-mail at Cunningham.PJ@forces.gc.ca or you can just drop by the office located on the 1st floor Drill Hall.

April is National Cancer Awareness Month, for more information contact:

The Canadian Cancer Society

P.O. Box 8921

St. John's, NL A1B 3R9

753-6520



What is Vitamin D and how can I get it?

With the weather getting a little nicer and that big bright thing in the sky showing up more often it is time to soak up some Vitamin D!

Vitamin D is not naturally available in many foods (**fish has a little vitamin D**). Vitamin D is very important for absorption and use of calcium for bone and cardiovascular health.

To ensure adequate vitamin D intake, especially during the winter, milk and some plant beverages like soy and rice are fortified with vitamin D. Check the labels on yogurt – only a few are fortified. Cheese is not fortified with vitamin D.

Our bodies can make some vitamin D during the summer months when the sun is on our skin. Sunscreen and dark skin limit vitamin D production. Fair skinned individuals need about 15 minutes and dark skinned people need about 45 minutes daily of sunlight

When getting your Vitamin D be sure to practice sun safety and use a good sunscreen with a high SPF

VOLUNTEER NEWS

2010 National Volunteer Week April 18th - 24th

Volunteers Connect Communities... that's the theme for Volunteer Week 2010. So how do volunteers connect us to our community? Just have a look:

- Board of Directors:** Represent the community and ensure the MFRC is governed properly, advise on programs, and ensures community ownership of the MFRC
- Outreach:** Volunteers help promote MFRC programs and services through various media, TV, radio as well as outreach throughout the greater community.
- Special Events:** Volunteers do it all from helping us set up, cook food, clean up, organize games and countless other things
- Program Leaders:** Volunteers lead craft clubs, scrap-booking sessions, cooking classes, quilting and first aid to name a few.
- Event Coordination** Schedule and organize events, solicit donations, book facilities, provide entertainment, etc.
- Office Administration:** Volunteers answer phones, update databases, photocopy, distribute flyers and greet clients, create posters, displays and man booths.
- Casual Volunteers:** Do everything from painting to making invisible ribbons to taking photos...they do it all on a minutes notice.
- Youth Volunteers:** Assist with camps, programming, creative ideas and offer suggestions for programs.

While it is relatively easy to calculate the time volunteers donate and even estimate a dollar value. It is impossible to put a value on the pleasure it is to work with you. It's invaluable. Thank you! Make a special effort April 18-24 to celebrate our volunteer's contributions!



FITNESS, SPORTS & RECREATION NEWS

Winter Carnival Recap:

Congratulations to team GHANA who stole the gold medal in this years winter carnival!

The members of the winning team are: Norm Applin, John Burns, Sherry Stamp, Megan Summers, CO Jones, Maxine Lambert, Tom Flynn, Stewart Hughes, Ken Lutz, Chad Langer, Sheldon Herritt, Renee Gosse, Paul Cunningham, Paula Howell, Pam Chafe, and James Jesso!

2nd placeIreland
 3rd place.....Cayman Islands
 4th place.....New Zealand

Awards for Best Dressed

Best Dressed # 1: Kristie Vineham
 Best Dressed # 2: Peter Kircher
 Best Dressed # 3: Logan Bennett

Top Winning Prize

Randy Saunders is the winner of one night's accommodations for two at the Spa at the Monastery!

SPONSORS

Thank you for your support during this year's winter carnival. Your contributions are greatly appreciated and our winter carnival was a huge success due to your support of the Military Community.

Spa at the Monastery
 Carpet Factory Outlet
 CFNES
 White Hills Ski Resort
 Tim Horton's
 Physical Training Classes

NuBody's Fitness
 MFRC
 Molson
 Bank of Montreal
 Holiday Lanes
 Salus Life Kinesiology Studio
 Salus Life Kinesiology Studio

PT Classes

Military members are invited to attend PT classes Monday/Wednesday/Friday @ 0800hrs-0845hrs. Variety is the spice of training and that's what you will experience. Class types range from Obstacle Course, Partner Circuits, Outdoor Running, Core Training, and much more! We look forward to your participation!

NEW

Specialized fitness classes are available to any interested military members:

Low Back Pain
 Bulletproof Knees
 Swimming at Wedgewood Pool
 Non-Impact Cardio

Classes offered weekly are:

Monday 1300-1330 hrs Low Back Pain
 Tuesday 1300-1330 hrs Bulletproof Knees
 Thursday 1045-1200 hrs Swimming @ Wedgewood Pool
 Thursday 1515-1545 hrs Non-Impact Cardio



Registration is required due to limited spaces available: Please contact Neala Emerson at (709)570-4849.

Canadian Forces Award of Aerobic Excellence

This program is designed to recognize the achievement of exceptional levels of fitness of military personnel. For more information or to register please contact the PSP staff at the Recreation Centre.

*Congratulations to CPO2 Kircher and AB AM Watkins who have obtained the Award of Aerobic Excellence.

Fitness / Recreation Pass

A CFS St. John's Fitness / Recreation Center Pass will give you access to our facility plus other great facilities in the City.

FITNESS, SPORTS & RECREATION NEWS

- The Mews Community Centre:** offering recreational swimming, racquetball, dry land & shallow water fitness.
- Wedgewood Park Recreation Centre:** offering recreational swimming, dry land & shallow water fitness. For more info on the above facilities please visit the website @ <http://www.stjohns.ca/brochure.nsf/recbrochures>
- Walnuts Indoor Climbing Centre:** Rock climbing is quickly becoming one of the most popular sports in the world. Indoor facilities allow climbing in controlled and safe environments

Station Recreation Centre Hours

Mon - Fri 0700 – 2200

Sat - Sun 1000 – 1600

Please note the gym floor may not be available during all times listed. The hours may also change on short notice.

Military Community Open Hours: 1600-1900hrs Mon – Fri, 1200-1600hrs Sat & Sun.

Available for use in the Recreation Centre are various cardio machines such as rowers, bikes and treadmills, and a fully equipped weight room! You may also play badminton, basketball, soccer etc on the gym floor when available. Equipment is readily available!

It's a great deal that does not compare to any other gym – we look forward to seeing you!

Facility Programs

Rowing

Have you ever thought you would like to compete in the oldest sporting event in North America? If you are interested (male or female) in the challenge / opportunity and would also like to improve your fitness, submit your name to the FS&R staff. Last summer the CF was represented by 3 teams. No experience necessary!

Lunch Time Ball Hockey – Are you interested!

Military members are invited to participate in lunchtime ball hockey, 1130-1230hrs every Tuesday and Thursday.

Upcoming Events:

Running / Walking Group- May

I Ran the Hill - June

Rowing Regattas – July/ August

Tely 10 / Battle of Badges – July

Golf Tournament – July

Butter Pot Fun Day

Fitness & Health Motivation Quotes



“Our health always seems much more valuable after we lose it”.

“Movement is a medicine for creating change
in a person's physical, emotional, and mental states.”

“When it comes to eating right and exercising, there is no "I'll start tomorrow. Tomorrow is disease”

For more information on any of the above programs please contact any of the FS&R listed below.

Tina Hunt – Fitness, Sports & Recreation Coordinator - 570-4544

Joni Roberts – Fitness & Sports Instructor - 570 – 4738

Neala Emerson – Physical Exercise Specialist - 570 – 4849

Brett Foster – Facilities & Sports Stores Assistant - 570 – 4038

MFRC KITCHEN PARTY

MFRC Fundraising Initiative

Purchase a ticket to win a Kitchen Make-Over

Buy a ticket & enter the St. John's MFRC & ***Dream Kitchens*** Kitchen Make-Over! The drawing for the St. John's MFRC & ***Dream Kitchens*** Kitchen Make-Over will take place on Thursday, June 3, 2010 at the St. John's MFRC Kitchen Party at the Pleasantville Legion Branch 56 at 8:00pm (ticket holder need not be present to win). Ticket sales will run from April 1, 2010 – May 31, 2010.

Prize:

You could be re-vamping
your kitchen with

DREAM KITCHENS

Where We Make Your Dreams Reality
Free In Home Consultation, Design & Quotes
Locally Owned & Operated, Call Today!
103 Neary's Pond Rd Portugal Cove ----- 895-8205

One lucky winner will win the services of ***Dream Kitchens*** to assist with a kitchen make-over worth up to a maximum of \$10,000!

Welcome to the MFRC Kitchen Party!

*Come and experience an evening of entertainment in true Newfoundland tradition,
at our down home kitchen atmosphere at the Pleasantville Legion.*

*We'll serve you a light dinner and treat you to some fine entertainers.
Bring your dancing shoes if you'd like or just clap your hands and stomp your feet to the lively music.
But be prepared you may be asked to join in the fun!*

Date: Thursday, June 3, 2010
Time: 6:00pm – 9:30pm
Location: Branch 56 Legion Pleasantville

Schedule: 6:00-7:00pm (light supper)
7:15pm *Music set 1*
8:00pm Kitchen Makeover draw
8:15pm *Music Set 2*
9:00pm Wrap Up

Cost: \$10 per ticket

50/50 Draws & Door prizes

ENVIRONMENTAL, WASTE REDUCTION & ENERGY AWARENESS WEEKS

Congratulations CFS St. John's for making Environment Week (31 May-06 June) Waste Reduction Week (19-25 October) and Energy Awareness Week (15-22 November) a success again this year.

Theme this year for Environment week! Was "Take action for your Environment" and plenty of you took part in the activities planned for the week. Another success was CFS St. John's Hazardous Waste Day. Types of waste collected were aerosol and liquid paints, propane cylinders, wet and dry cell batteries, waste oils, and various flammable liquid materials. Total amount of hazardous waste collected was 400 litres, down from last year's total of 742 litres. All throughout the week many of you completed the Environment Week Quiz a success again this year Congratulations to all who participated in entering various contests. A job well done to everyone involved!

This year's theme for Waste Reduction Week was "Too good to waste, reduce" during the week there were several contests, such as the Waste Reduction Word Find and Quiz.

Ashley Russell from MMSB (Multi Materials Stewardship board) here in St. John's conducted an updated information session on Waste Management Practices and policies for St John's and surroundings areas. During the Waste Reduction Challenge, all Station personnel were encouraged to donate unwanted clothing, toys, books etc. The total amount of materials collected was over 10 bags, just about 300 articles of clothing as well assorted toys and books. All items were donated to the Canadian Diabetes Association.

This year's theme for Energy Awareness Week was "Start tip-toeing around – Reduce your carbon footprint!" Mr. Peter Upshaw an Energy Consultant from Newfoundland Power conducted an information session on: "New Home Energy Savings Programs" regarding home energy savings, and rebates for making your home more energy efficient. Several different activities and contests were planned for the week to encourage everyone within CFS St. John's to become more energy efficient. The events that spark the most interest year after year were the [Energy Idea Draw](#) and Energy Awareness Quiz.

The Station General Safety and Environment Officer would like to thank all involved in Environmental, Waste Reduction & Energy Awareness Weeks 2009 and once again congrats to all winners from all contests.

HMCS CABOT

NSO PROVIDING FREE TICKETS FOR BOA VETS TO SYMPHONY

The NSO and Veterans' Affairs Canada has very kindly extended an invitation to all veterans of the Battle of Atlantic to be their guests at the Naval Symphony on 24 April at 8pm. The NSO also has group rates available for youth groups, at a reduced rate of \$10/ticket.

For the rest of us, tickets are available, and are going quickly at a very reasonable \$29 to \$25, from the [Arts & Culture Centre](#). Tel: 729 3900. Don't delay!

The Battle of the Atlantic Church Service and Parade will take place at the Anglican Cathedral on May 2nd at 1100 this year. All are welcome to join us.



Norm Applin's Medal Mounting

77 Skinner's Road
St. Phillip's, NL A1M 1S2
Phone: 709-895-0127
E-Mail: cfnavy@yahoo.ca



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MFRC ANNUAL GENERAL MEETING 2010

MFRC Annual General Meeting – May 18, 2010
6:30pm-8:30pm
Junior Ranks Mess

What exactly **IS** an Annual General Meeting????

An Annual General Meeting, commonly referred to as an AGM, is a formal meeting which is held once a year. It is a legal requirement for voluntary organizations. It is good practice for charities to have an AGM to act as a review of the year and deal with issues such as the election of committee/board members and reviewing the annual accounts. Although it is a formal meeting, it can also be a good opportunity to communicate with members, clients, partners and other interested parties.

The St. John's MFRC Board of Directors invites all community members and staff to the

Annual General Meeting & Staff Appreciation Night on:

Tuesday, May 18, 2010

for an evening of entertainment and desserts as we circum to:

“Death by Chocolate Dessert Buffet” and get some business done in between!

We ask for registration for anyone interested in attending and if needed **Free Child Care will be provided.**

Please call 570-4636 by Friday May 14, 2010.

Chocolate, candy and goodies galore . . . a celebration of chocolaty confections we have in store!

Join us for a SWEET celebration in honour and appreciation of the staff and Board of the St. John's MFRC accomplishments over the past year featuring ahhh! CHOCOLATE! A Chocoholic's Dream Come True!

It's ALL ABOUT CHOCOLATE!

Jiggs & Reels

509A Placentia Place
St. John's, NL A1A 1S4

Crisis Lines

Kids Help Phone 1-800-668-6868
Mental Health Crisis Line 1-888-737-4668



The Jiggs & Reels is the unofficial service newspaper of CFS St. John's and is published quarterly under the authority of Commanding Officer, Larry Jones and Tonya Nolan, MFRC Board Chair.

Editor:

The Editor, Sherry Collins reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in CFAO 57-5. Views and opinions expressed are not necessarily those of the Department of National Defense.

Deadline for copy and advertising is the 15th of the month preceding publication. You are welcome to reprint original material contained in any issue of this Newspaper with customary accreditation.

We're on the Web
www.familyforce.ca

MFRC Hours of Operation:

Monday—Friday 8:00 A.M. to 4:00 P.M.

The St. John's MFRC has adopted a privacy code. If you would like more detailed information, please contact the MFRC at 570-4636.