



Edmonton Garrison **May 2007**  
**Military Family Resource Centre**



Supporting the Heroes Behind the Heroes

The MFRC is located in Building 161, Mons Avenue & Range Road 244 in Lancaster Park. (Across the street from the Military Fitness Centre)  
To receive email MFRC newsletters, e-mail your name, phone # and email address to [information@mfrcedmonton.com](mailto:information@mfrcedmonton.com) under the heading MFRC e-news.

**The MFRC will be closed on the Victoria Day Long Weekend - Saturday, May 19 through Monday, May 21.**



**Mothers' Day  
Breakfast**

An event for deployed families.

Saturday, May 12  
Breakfast starts at 8:00 a.m.  
Featuring video-teleconferencing  
to Afghanistan  
RSVP by May 8

**Mothers'  
Day Tea**

Saturday, May 5; 10:00 a.m. to noon  
MFRC Drop-in Room  
Welcome all families and children (up to 8 yrs)  
Refreshments & Activities. \$1 per child (over 12 mo)

**Military Family  
Appreciation Concert**

Featuring the Edmonton Symphony Orchestra  
and the world-famous Canadian Brass!  
Saturday, May 26; 2:00 p.m. at the Winspear Centre  
Complimentary tickets at the MFRC until May 18.



The Canadian Brass are celebrated not only for their  
musicianship, but also for the fun and humour they  
bring to their performances.  
(Not suitable for pre-school children)

**Yellow Ribbon Gala**  
**MFRC Benefit Dinner & Silent Auction**  
**Saturday, May 5**



- *Special Guest:* Lieutenant-General Andrew Leslie, Chief of Land Staff
- Distinct formal military atmosphere
- 7-course dinner featuring Maple-Glazed Salmon and Mushroom-Stuffed Chicken
- Entertainment by the Royal Canadian Artillery Band
- Unique auction items including: "Soldier for a Day"
- Servers and assistants needed
- Only 200 tickets. \$75 each. 2 for \$140.

**973-4011 ext 6300 [www.mfrcedmonton.com](http://www.mfrcedmonton.com)**



Pre-registration is required for all programs offered by the MFRC, unless otherwise mentioned. You can register directly at the MFRC reception, or by calling 973-4011 ext 6300. Programs are subject to change and may be cancelled due to insufficient registration.

*Des renseignements au sujet des programmes et services offerts au CRFM sont disponible en français.  
Veuillez composer le 973-4011, poste 6308.*

**MFRC - 973-4011 ext 6300 - [www.mfrcedmonton.com](http://www.mfrcedmonton.com)**

## ***Student Summer Job Fair***

**Saturday, May 26; 11:00 a.m. - 3:00 p.m.**

Don't wait until school's out to start looking for a great summer job. This event will feature employers eager to recruit students (ages 12-20) for summer jobs and volunteer positions. Bring your energy, your smile and your resume (if you have one). Features door prizes, giveaways and lots of jobs.



## ***Resume Writing Workshop for Teens***

**Tuesday, May 1; 6:30 - 8:30 p.m.**

**Register by Friday, April 27**

Learn how to identify your strengths and skills and make them stand out in an impressive resume.

## ***Standard First Aid with Level B CPR***

**Saturday, May 19 & Sunday, May 20**

8:00 a.m. to 5:00 p.m.

**Cost \$90 for full class; or \$60 for CPR only**

Register by May 16, 2007

Resuscitation and CPR skills for infants, adults and children. First aid for head & spinal fractures, other injuries & illnesses. Meets requirements of the Alberta First Aid Regulations.



For more information please contact the MFRC at 973-4011 ext 6300

## ***What Every Babysitter Should Know***

**Saturday, June 23**

9:00 a.m. - 4:00 p.m.

**Cost: \$40; Register by June 20**

A special course for youths 11+ years of age designed to teach babysitting, leadership and first aid skills in a fun and informative way.

## ***Job Opportunities at MFRC***

The MFRC is currently looking for part-time and full-time child care workers for it's Daycare, Casual Care, Playschool and Terrific Two's programs. If you are interested, we'd love to hear from you.

Drop off your resume at the MFRC, fax to 973-1401 or email [www.mfrcedmonton.com](http://www.mfrcedmonton.com).

## ***Edmonton Garrison***

### ***Volunteer Appreciation Night***

**Saturday, May 26; 6:00 p.m.**

Warrant Officers' & Sergeants' Mess

Have you volunteered with the Edmonton Garrison or elsewhere this past year? Come join us for an evening of dinner, dance and celebration.

RSVP by Tuesday, May 15

### ***Wanted: Families who love to eat!***

Outback Steakhouse is opening a new restaurant on 128th Street and 137th Avenue. They are offering military families an



opportunity to "role play" and have a complimentary full-course meal (take-out) on the weekend of May 18, 19th, 20th.

This offer is limited to 19 families of up to 4 people. If you are interested, contact Colin at 973-4011, extension 6325.

### ***Your Children and Safety***

**Monday, May 7; 9:30 a.m. - Noon**

MFRC Multi-purpose Room

Injury Prevention Nurse, Alex Henig, from Capital Health will be on site to visit with parents about safety and their children.

There will be a display and many topics will be covered including bike safety. Parents, staff and all interested individuals are invited to stop by to talk with Alex about any safety issues that may be of concern to you.

### ***Child-Health Clinics***

**Tuesday May 8, 22, June 12, 26**

2nd Tuesday of each month - 9:00 a.m. to 4:00 p.m.

4th Tuesday of each month - 9:00 a.m. to 12 noon

Capital Health clinics provide immunization of infants and preschool children; health education/counselling/support for parents; health assessment and screening to identify health concerns, and referral to appropriate health care providers. Appointments are required

Clinics occur at the MFRC

Register with Capital Health - ph 939-3388

### ***Playschool & Terrific Twos***

Openings are available for the 2007-08 school year.  
Playschools (Tuesday and Thursday afternoons)  
Terrific Twos (Tuesday or Thursday mornings).

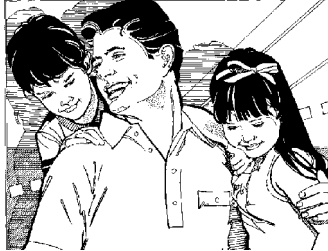
\$10 admin fee to secure Playschool position.

\$5 admin fee to secure Terrific Twos position.

# Family Deployment Events

## *Fathers Day Craft and Card Making Event*

**Saturday, May 5**  
10:00 a.m. to 1:00 p.m.  
With Fathers' Day only a month away, now's the time to create something nice for that special Dad in Afghanistan.



## *Coffee Get-Togethers*

Relax and visit with other families of deployed CF members at the MFRC Deployment Support Centre



Friday ..... May 4 ..... 9:00 - 11:00 a.m.  
Tuesday ... May 8 ..... 1:00 - 3:00 p.m.  
Thursday ... May 10 ..... 6:00 - 9:00 p.m.  
Tuesday ... May 15 ..... 1:00 - 3:00 p.m.  
Tuesday ... May 22 ..... 1:00 - 3:00 p.m.  
Tuesday ... May 29 ..... 1:00 - 3:00 p.m.

## *Family Pizza and Movie Night*

**Thursday, May 17**  
6:00 to 9:00 p.m.  
Register at MFRC by May 15

Enjoy the company of other deployed families, eat some pizza, and watch a family movie



## *Family Potluck*

**Sunday, May 13**  
Starting at 4:00 p.m.  
Register by May 10

Come enjoy great food with even better company!  
Please bring an item of your choice to feed 4-6 people.  
Upcoming Family Potluck: June 10

## *Deployment Childcare*

Families of deployed CF members (minimum 28 days) may choose up to two 6-hour Casual Care dates and/or Deployment Childcare Saturdays (Saturday, May 26). There is no charge for this service. Space is limited

## Casual Care

For military families requiring short-term childcare for children 0-12 yrs of age.  
Ask MFRC for costs.  
Space is limited, so register early

### Cost - Casual Care

Child ..... \$9 half day / \$18 full day  
Under 14 months..... \$12 half day / \$24 full day  
2 or more Children... \$15 half day / \$30 full day  
Family (with infant) .. \$18 half day / \$36 full day

Also available ... The Casual Care Pass.  
A convenient 5-session prepaid pass.

### *Ask Us About ...*

**The "Care Free" program** for families with an infant. 1 free childcare session for all kids in the family until the infant's 1st birthday.



Tue ... May 1	Wed .. May 9	Wed ... May 16	Fri ..... May 25
Wed .. May 2	Fri ..... May 11	Fri ..... May 18	Tues .. May 29
Fri ..... May 4	Sat ..... May 12	Tues .. May 22	Wed ... May 30
Tue ... May 8	Tue .... May 15	Wed ... May 23	Fri ..... June 1

### Casual Childcare:

- Mornings (9:00 a.m. to 12:00 noon)
- Afternoons (12:00 noon to 3:00 p.m.)
- Full Day (9:00 a.m. to 3:00 p.m.)

# *Programs and Workshops*

## *Stampin' Up*

**Thursdays; 6:30 - 8:00 p.m.**  
\$3 - Payable at class to instructor  
MFRC Lounge (Room 9)  
Get creative as you learn how to make personalized creative cards.

Register at the MFRC by Wednesday prior

## *Toastmasters*

**Wednesdays; 12-1 p.m.**  
No charge for guests.  
Improve your speaking, listening and leadership abilities. **For info: Corrine – ph 701-4348.**

## *Scrapbooking*

**Mondays; starting at 6:30 p.m.**  
No charge. No registration required.  
Open to everybody ... from beginners to the "pros"

## *Introduction to Scrapbooking*

**Wednesday, May 9; 6:30 - 8:00 p.m.**  
\$5 - Payable at class to instructor. Pre-registration required.  
This workshop will provide you with special hints and ideas to jumpstart your creative style.  
Next "Intro to Scrapbooking" Wednesday, June 13



# Yellow Ribbon

## Fundraising Campaign



### Yellow Ribbon Lapel Pins



**Only \$5 each**

Proceeds go directly to the MFRC to provide services, programs and support for military families.

Show your support for military families with a Yellow Ribbon from the Edmonton Garrison Military Family Resource Centre (MFRC).

All proceeds from "Yellow Ribbon" merchandise sold through the MFRC directly support programs, services and support for military families.

If you are interested in purchasing "Yellow Ribbon" merchandise AND supporting military families, please consider purchasing directly through the MFRC.

Although other venues may sell "Yellow Ribbon" merchandise, they do not directly support the MFRC.

Thanks for supporting the MFRC and the "Heroes behind the Heroes" - military families.

### Yellow Ribbon Car Magnets



**Only \$3.50 each**

Proceeds go directly to the MFRC to provide services, programs and support for military families.

### Yellow Ribbon Baseball Caps

**Only \$10 each**

Proceeds go directly to the MFRC to provide services, programs and support for military families.

Yellow Ribbon merchandise can be purchased directly at the MFRC at the Edmonton Garrison (Building 161, Mons Avenue and RR 244).

Lapel pins and car magnets can also be ordered online at [www.mfrcedmonton.com](http://www.mfrcedmonton.com) or by phone (780) 973-4011 ext 6300.

