



# Edmonton Garrison Military Family Resource Centre

July 2007



"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.

**Please note: The MFRC will be closed for the Canada Day Weekend, including Monday, July 2.**



## A Day at Spruce Meadows Military Family Appreciation Event

Saturday, July 7 in Calgary

Register at the MFRC by noon on Tuesday, July 3

Spend a day at the Spruce Meadows "North American" Tournament

- Featuring the ATCO Power Queen Elizabeth II Cup
- Lord Strathcona's (Royal Canadian) Regiment performing the Feu de Joie
- A Salute to the Military
- Spruce Meadows Parade of Nations

Free admission and reserved seating for military families.

Free bus from Edmonton MFRC. Free brunch. Free family activities.

Bus departs MFRC at 6:00 a.m. Return bus leaves at Spruce Meadows at 5:00 p.m.

## Elk Island Retreat Military Family Appreciation Event

Saturday, July 21 at Elk Island National Park  
& Elk Island Retreat

Register at the MFRC by Friday, July 13

- Free admission to Elk Island National Park (value \$17 per family)
- Free return bus transportation from the MFRC (limited space)
- Guided Hikes - Junior Naturalist Program - Evening Program
- Sleep overnight in a tipi or trappers cabin  
(1/2 price military special. Limited availability. Reserve at 998-0708)
- Traditional aboriginal meal - \$10.  
(Bison stew, fresh bannock, mint tea. Reserve at 998-0708)
- Red River Cart rides - \$2



## "Soldier" the Teddy Bear

- A soft cuddly friend that measures 12-inches in height and available in 2 colors.
- Dressed in desert camouflage with the name "Soldier" crested on the jacket.
- A Canadian flag crested on his shoulder.
- "Support Our Forces" on his back.

\$20 each. Available only at the MFRC.

All proceeds help the MFRC fund programs and services for military families.

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)**

## Edmonton Garrison

# Canada Day Block Party

**Sunday, July 1;** 1 - 4 p.m. at field South of MFRC  
(Inclement weather location: Military Fitness Centre)

- Entertainment
- Carnival Games
- Face Painting
- Temp. Tattoos
- Obstacle Course
- Inflatables
- Karaoke
- Bike Rodeo
- Skate Park Demo
- BBQ & Refreshments
- Mocktail Drinks
- Helicopter Flypast
- Static Displays
- and more!

### **Volunteers Needed!**

Contact Lois at  
973-4011 ext 6328

**Help those in need:** Please bring one item per family for the Edmonton Garrison Emergency Food Reserve. Donations must be store-purchased non-perishable food items.



## Pre-Natal Workshop



**Saturday, July 28  
& Sunday, July 29**  
- 9:15 a.m. to 3:30 p.m.  
- Cost \$50, includes  
lunches and snacks for  
mom and her coach.

Register by Wed. July 18



Becoming a parent is an exciting life experience. Knowing what to expect can make this events easier. Participants will receive information related to pregnancy, childbirth, postpartum, and parenting, enabling them to make informed choices about their care. We will also touch on information to help you cope with the labour and delivery process.

## **Deployment and Casual Childcare**

For children 0-12 years of age. The costs and schedule is available at the MFRC and online at [www.mfrcedmonton.com](http://www.mfrcedmonton.com)

**Please Note:** Space is limited for both Deployment and Casual Childcare and based on availability on a first-registered basis.

- Tuesdays, Wednesdays and Fridays.
- Saturday, July 7  
(Deployment Childcare registration starts Monday, June 25)
- Saturday July 28 (Deployment Childcare only)  
(Registration starts Monday, July 16)

**Deployment Childcare** is available for families of CF members who are away from Edmonton Garrison for a period of more than 28 days due to a military commitment. Families may choose up to 2 complimentary 6-hour sessions per month, **subject to availability.**

## Family Deployment Activities

### **Coffee Get-Togethers**

Enjoy some fine company over some fresh java. MFRC Deployment Support Centre (DSC) Rm 14 Drop-in. No registration required.

#### Coffee Mornings

Friday, July 6; 9 to 11 a.m.

#### Coffee Afternoons

Every Tuesday; 1 to 3 p.m.

#### Coffee Evenings

Thursday, July 12; 7 to 9 p.m.



### **Welcome Home Card Making Event**

**Saturday, July 7;** 10 a.m. to 1 p.m.  
MFRC Multi-Purpose Room (Room 11)

### **Deployment Potluck**

**Sunday, July 15;** starts at 4 p.m.  
MFRC Lounge (Room 9)  
Register by Monday, July 9  
There's nothing like good food with good company.

### **Pizza & Movie Night**

**Thursday, July 19;** 6-9 p.m.  
MFRC Multi-Purpose Room.  
No cost.  
Register by Thursday, July 12.  
Enjoy a family-oriented movie over some tasty pizza



**For updated information**

**Contact the MFRC**

**or go to [www.mfrcedmonton.com](http://www.mfrcedmonton.com)**