



Events calendar

Future events at the MFRC
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.

Tag-a-Teddy
The MFRC Deployment Support Centre has Teddy Bears and tags available for CF personnel going to Afghanistan. The departing member can come in and choose a teddy for each child in the family and even have a photo taken with the teddy bear to give to the child. The Deployment Support Centre is open from 8 a.m. to 4:30 p.m. Monday to Friday (Closed noon to 1 p.m.)

New: Tuesday Coffee-Time
A weekly Family Deployment activity, 1 to 3 p.m. at the MFRC's Deployment Support Centre. Drop-in. No pre-registration is required.

Family Deployment Potluck
Share some great food with other deployed families with the monthly potlucks at the MFRC. The next potluck is Sunday, April 15. Register by Thursday, April 12.

Family Deployment Pizza &

Movie Night

Watch a family movie, get together with other deployed families, and enjoy some tasty pizza.

Thursday, March 15, 6 to 9 p.m.
Register by Monday, March 12
Future Pizza/Movie night is Thursday, April 12.

Stampin' Up

Every Thursday, 6:30 to 8 p.m.
\$3 - Payable at class
Here's a great opportunity to get creative as you learn how to make personalized creative cards. Register by Wednesday prior.

Community Scrapbooking

Mondays, 6:30 to 8 p.m.
Organize and preserve your special memories in scrapbooks. Drop-in. No cost.

Introduction to Scrapbooking

Wednesday, March 14, 6:30 to 8 p.m.
Scrapbooking is one of the most popular and rewarding hobbies in Canada. This introductory workshop will provide you with special hints and ideas to jumpstart your creative style. The next "Intro to Scrapbooking" date is April 11.

\$5. Register at the MFRC - Ph 973-4011 ext 6300

Souper Franco-Femmes

Organise des soupers, une fois par mois, dans différents restaurants d'Edmonton. Ces soupers sont pour les femmes de tous âges de la région qui désirent échanger en français.

16 mars; 19h00
The Old Spaghetti Factory - 10220 - 103 St

(accompagner des conjoints)
Toutes les réservations au restaurant sont faites au nom de Guylaine Jacques. Pour réservation contacter Guylaine au maison 921-3485 ou cellulaire 994-7231 après 19h00 ou par courriel : guylainejacques@hotmail.com (au plus tard le mercredi avant le souper)

Toastmasters

Wednesdays; noon to 1 p.m.
Invest in yourself! Exercise your mind and increase your confidence. What better way to spend a lunch hour once a week? Improve your speaking, listening and leadership abilities.

For info: Colin - 973-4011 ext 6325
OSI: Operation Stress Injury Awareness

There is help available for families of CF members who have been diagnosed with an OSI. Contact the MFRC at 973-4011 ext 6300.



- Photo courtesy MFRC

Donna Tom-Brannan is the new Daycare Supervisor at the MFRC.

New challenges

Some familiar friendly faces are welcoming new challenges at the MFRC.

A cheerful Rosemarie Ellyatt (Daycare Supervisor over the past four years) is now the MFRC Child and Youth Coordinator, overseeing the Out-of-School Care program, the Daycare, and 'The Edge' Youth and Teen Centre.

At the same time, the MFRC welcomes Donna Tom-Brannan as the new Daycare Supervisor. Donna's friendly presence was appreciated by military families this past summer, as she served as the MFRC Casual Care Supervisor.

Rosemarie has seen positive growth in the MFRC Daycare since she started as a daycare worker in 1999. She took on the responsibility of Daycare Supervisor in 2002. Last year, the MFRC Daycare received accreditation in recognition of successfully achieving standards of excellence.

Both Rosemarie and Donna are accomplished Early Childhood professionals with numerous years of experience and Early Childhood education.

"I'm looking forward to the challenges of this new experience and continuing with the service to the military community," Rosemarie stated.

Donna agrees, "I feel honored to be apart of the MFRC. We have a great team of professionals in the Daycare who really love the children."

Langue seconde/Second language

Second Language Services provides training, resources and information to assist military families with integrating into the community and interacting with others within the same first-language community.

Second Language Training
This program helps interested military spouses learn English or French in a structured environment. Placement tests are mandatory for new students (\$10 for non military spouses).

- Spring Semester April to June
- French classes run two evenings per week
- English classes run two mornings per week
- \$50 for military spouses (refundable upon meeting attendance criteria)
- \$100 for other interested participants
- Registration deadline is Thursday, April 5.

Life Skills English Tutoring

This tutoring program is an informal yet structured program to help Francophone partners (only) adjust to the community. The program focuses on basic life skills such as shopping, banking, hospital visits and more. Placement tests are mandatory.

- April to May
- \$50 military spouse (refundable upon meeting attendance criteria)
- Registration deadline is Thursday, April 5.

For more information; contact Leeanne at 973-4011 ext 6308.

Services en langue seconde

Les Services en langue seconde offrent une formation, des ressources et de l'information pour aider les familles des militaires à s'intégrer dans la communauté et à communiquer avec les autres membres de la communauté de même langue.

Formation en langue seconde

Ce programme aide les conjoints de militaires intéressés à apprendre l'anglais ou le français dans un environnement structuré. Les tests de classement sont obligatoires pour les nouveaux étudiants (10\$ pour les conjoints civils).

- Semestre de printemps, d'avril à juin
- Il y a des classes en français deux soirs par semaine
- Il y a des classes en anglais deux matins par semaine
- 50\$ pour le conjoint d'un militaire (remboursable sur satisfaction des critères en matière de presences)
- 100\$ pour d'autres personnes intéressées
- Date limite pour les inscriptions: le jeudi 5 avril 2007.

Cours sur les connaissances de base en anglais

Ce programme guidé est un programme informel quoique structuré qui est destiné à aider les conjoints francophones (et les conjoints uniquement) à s'adapter à la communauté. Le programme est axé sur les aptitudes de base comme les achats, les services bancaires, les visites à l'hôpital et plus. Les tests de classement sont obligatoires.

- D'avril à mai
- 50\$ pour le conjoint d'un militaire (remboursable sur satisfaction des critères en matière de presences)
- Date limite pour les inscriptions: le jeudi 5 avril 2007.

Contacteur Leeanne au 973-4011, poste 6308 pour vous inscrire

'The friendly military guy'

By MCpl TROY DEATRICH

I am Master Corporal Troy D. Deatrich. I am a through and through Albertan, born and raised in Calgary.

I have been married for 19 years and have an 18 year old daughter and a 16 year old son. I am a RMS Clerk with very close to 18 years of service.

I spent my first year in the military completing the various training and courses the military required of me: basic training, second language training and my QL3 Admin Clerk course.

I was then posted to Cold Lake where I spent the next seven years.

In 1997 I was posted to 1 Combat Engineer Regiment for nine months, from there four years with Lord Strathcona's Horse (Royal Canadians), followed by one year at

Canadian Forces Recruiting Centre Detachment Edmonton. I was then appointed to master corporal and posted to the Orderly Room of 1 Canadian Mechanized Brigade Group Headquarters and Signal Squadron.

In September of 2006 I was re-assigned to the Family Support Cell at the squadron.

Since the return of the squadron from Afghanistan, my duties have continued to be in support of our military families. I am now working at the Deployment Support Centre located in the MFRC. I serve both as a military representative to the DSC and continue to serve the members and their families of 1 CMBG HQ & Sig Sqn.

I hope that my time at the DSC, working together with the various family support organizations within the

Brigade and at the Garrison and the MFRC will allow the families of military members currently serving away from home, whether they are in Afghanistan, on temporary duty, or on a military course, the opportunity to become involved in the many programs and supports that the DSC/MFRC has to offer.

I'd like to be known as "that friendly military guy in civilian clothing" who is there to help.

I look forward to meeting many different people over the next few months and hope that everyone is as enthusiastic about the programs and services that the Centre and the MFRC has to offer as I am.

We have some very comfy couches and a great play area for the kids here at the Centre, drop by for a coffee and say, "Hi."