

# MFRC upcoming event

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**Adult Programming Stampin' Up!**  
 Add a touch of personal class to your greeting card Thursday evening - 6:30 to 8 p.m.  
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 Improve your speaking, listening and leadership abilities. Every Wednesday  
 Noon to 1 p.m. Everyone welcome! Invest in your self! Exercise your mind and increase your confidence.  
 For information, call Colin - 973-4011 ext 6325.

**Introduction to Scrapbooking**  
 Wednesday, February 14  
 6:30 to 8 p.m.  
 Are your photographs scattered throughout your home? Learn how to organize and preserve your special memories in a scrapbook. It is one of the most popular hobbies in Canada.  
 Cost: \$5 per week, payable to the instructor.  
 Register at the MFRC, phone 973-4011 ext 6300  
 Community Scrapbooking  
 Every Wednesday 6:30 to 8 p.m.  
 No cost. No registration required.

**Parent Programming Rhythm & Rhyme Family Time**  
 Tuesday, February 6 to March 27  
 9:30 to 11 a.m.  
 Immerse your elf in the world of babies and toddlers! This program lets you and your child (under three years) experience 10 weeks of song, rhyme and stories.  
 Time is also available for socializing and talking about your baby and toddler's pre-literacy and oral language development.  
 Register at the MFRC 973-4011 ext 6300.  
 No cost for military families. Civilian may be put on a wait list if space is available.

**Parent and Tot**  
 Thursday, February 8 to April 12  
 9:30 to 11:30 a.m.  
 This program has been designed to stimulate parenting skills. Time is split between parent/child interaction and a discussion group for parents, which is both educational and supportive in nature.  
 Register at the MFRC 973-4011 ext 6300.  
 10-week session  
 \$15 for children over 12 months. No charge for parents and infants.

**Playgroup (Parent & Pre schooler)**  
 Drop-in program. No pre-registration required.  
 \$1 drop-in fee, or \$10 for 15 sessions.  
 Monday (9:30 - 11:30 a.m.)  
 Thursday (1 - 3 p.m.)  
 Saturday (10 a.m. - noon)  
 This program provides a great opportunity for families to come out at a moment's notice and enjoy fun activities with their pre-school children.

**Special playgroup event:**  
 Cupid and Heart Valentine Party - Saturday, February 10  
 Special visit from a dental hygienist - Monday, February 26  
**Powerful Parent**  
 Wednesday, February 21 - April 11  
 Choice of session: 9:15-11:15 a.m. or 6:15-8:15 p.m.  
 This evening session workshop encourages parents to use their parenting strengths, to learn new skills, to become more involved in their children's education and to become active in the community.  
 Cost: \$15 per adult, (\$50 for childcare Wednesday morning)  
 Register at the MFRC, phone 973-4011 ext 6300 by Wednesday, Feb 14

**Deployment Support**  
 Coffee Get-Together  
 Share your experience with and enjoy the company of other families of deployed members. Drop-in. No registration required.

Coffee Morning - Friday, February 2 - 9 to 11 a.m.  
 Coffee Evening - Thursday, February 8 - 7 to 9 p.m.  
 Deployment Potluck  
 Sunday, February 11, starting at 4 p.m.  
 There's nothing like good food with good company.  
 Register at the MFRC 973-4011 ext 6300 by Thursday, February 8.  
**Pizza & Movie Night**  
 Enjoy a family-oriented movie over some tasty pizza.  
 Thursday, February 15  
 Register at the MFRC 973-4011 ext 6300 by Monday, Feb 12.

Name Stacey Melanson Age 34



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# edmonton garrison MFCRC

## Caring for children in time of crisis

### Childcare service

The Emergency Childcare Service of the MFCRC is a unique service that uses professional in-home support workers and approved day home providers to care for children when unexpected circumstances arise for parents in the Canadian Forces.

The in-home support workers who provide this childcare often come from The Family Centre, a non-profit agency in downtown Edmonton, which has a Home Support Program coordinated by Shawna Schwindt. Schwindt has staff members that believe in the importance of children and families.

She hires people who have empathy and compassion for families. They are practical, confident and able to multi-task. This is especially important when the parent needs to leave the children in their care quickly.

Sometimes they are working alongside the parent (such as when a mother has a fractured leg and the father is deployed) and other times the parent is not in the home (such as when a single parent has been sent away from home suddenly).

The approved day home used by the Emergency Childcare Service offers care for children in the provider's own home. Glengarry Family Day Home is often the agency used by the Emergency Childcare Service for this type of care.

The selection of their providers involves the review of application, their physical and mental abilities to care for young children alone, references, First Aid Certification, security clearance, Child Welfare Record Check and a comprehensive home study. The Family Day Home provider creates a safe, stable, happy and stimulating experience for children entrusted to her care.

The Emergency Childcare Service is

**Not so old time hockey**  
 - Photo courtesy MFCRC  
**An impromptu floor hockey game break out at the MFCRC daycare 3/4 room.**



available at all Canadian Forces Bases across Canada. This service has two main goals:

1. To support the ability of Canadian Forces members to be available for all types of duty, including deployment on short notice, by ensuring parents' access to childcare in time of an emergency.

\* The emergency may be the result of an unexpected deployment or medical or other problem; that a partner or caregiver may encounter while the Canadian Forces member is at work on the base or away from home.

\* The emergency could also include the illness of a child that would prevent the parent from using the regular childcare provider when that parent's presence is required at work.

\* The service also provides respite childcare (childcare when a parent is suffering from cumulative life stress).

2. To provide a resource for parents who require childcare for work in general, by making a list of approved family day home providers available to them and making them aware of all the options for childcare that are available in their community.

Seventy percent of families in the Canadian Forces live outside of the Edmonton Garrison base and, therefore, require childcare options throughout Edmonton, St. Albert, and the outlying rural areas.

The Emergency Childcare Service pays

for the cost of childcare during the first 72 hours, and a portion of any further childcare costs, if required, for up to seven days. It is expected that most emergency situations will be resolved within the 24 to 72-hour period.

The people providing the childcare are crucial to the service's success. Continual learning about children of all ages helps them remain creative and the children enjoy their time with them.

The service is accessible outside regular work hours by contacting the Emergency Chaplain through the Base Operator at

Edmonton Garrison. When emergency childcare is required the Emergency Childcare Service makes every attempt to provide care that is in the best interest of the children and their families, with the least possible disruption for the children.

The overall goal is to provide high quality, accessible and affordable childcare to military families.

If you have any comment or question about the Emergency Childcare Service please contact Janna Stirling Gilchrist, the Emergency Childcare Coordinator, at 973-4011, ext 6314.

## 1 Combat Engineer Regiment

**Will be to Acknowledge our Gracious Sponsor for their Donation of Prize /Gift to the Regimental Christmas Dance held on Dec. 8/06:**

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# The soothing power of art

By THERESA ZIP

Some of you may have noticed a new face around Guthrie School and the MFRC. I'd like to introduce myself. I am Theresa Zip, an art therapy intern from St. Stephen's College in Edmonton.

I have been an artist and art teacher for many years, and returned to study some more because I am amazed at the power of doing art for people 'live'.

What is art therapy? It has its roots in the ancient everyday practice of working with your hand (and eye) to collect and release creative energy. Have you ever got frustrated with thinking about or talking about a problem, feeling really stuck, but then have a surprising insight into it while doing something unrelated like digging in the garden, or sipping on a cup of coffee and watching a wisp of steam rise up?

Art therapy works like that, except that with a trained art therapist, together you can set up activities where insight is bound to come to you, not just waiting for that random wisp of steam!

The process of expressing your self in art (and the resulting communication about it) offers a rich source of support. Art therapy is a very effective and positive way for people to work with issues such as family dynamics, dealing with illness, bereavement, trauma and PTSD, depression, eating disorders, underachievement in school and developmental lag, to name but a few.

The art provides an outlet, a process, and a container for the work. (And previ-

ous art experience is definitely NOT necessary!)

Why am I offering this experience at CFB Edmonton? I think that art therapy has unique qualities that would be really appreciated in the military community. It can be done individually or in a group. It can handle very complex issues without having to find the words.

And it is a form of expression that is personal and private - even if you work in a group you are never expected to talk about your artwork (unless you want to), and no one else is tried to interpret it for you.

My program at the College emphasizes psychology and spiritual counselling together with expressive art, but this is to help me to serve you better as a support and resource person. YOU are the expert in your own life - the art therapist provides opportunities and thoughtful encouragement for you in your exploration.

Pour ceux qui parlent français comme langue maternelle, je vous invite à considérer cette activité. La thérapie par l'Art a une plus longue histoire au Québec qu'en Alberta. Je parle français comme langue seconde et j'aimerais travailler avec vous avec l'art comme médium.

Beaucoup de difficultés peuvent être mieux comprises et libérées à partir de ce médium. Pour faire ce genre de thérapie, vous n'avez pas besoin d'être talentueux en art! Et bien sûr, la langue de image transcende toute la langue et la culture!

In December, I began working with some



- Photo courtesy of MFRC

There a Zip teaches art therapy at the MFRC.

children at Guthrie School under the supervision of Dr. Audrey Burrows. We developed some activities to help students deal with anxiety and sharing their feelings.

I will continue to be available at the school through the winter and spring. In January, I will also be at the MFRC. Together with Margaret Eagle, Liz Atkin and Dr. Alice Mohr, I will be offering a support group for wives affected by the deployment, a Saturday group for children,

and seeing some individual for art therapy as well. My art therapy supervisor, Dr. Jani Timm-Botto, has done a lot of exciting work in using art to build supportive communities, and will be advising me long-distance.

If you are interested in talking more about this opportunity, please don't hesitate to contact me by email at: there.zip@gmail.com, or through one of the above people!

# Helping children cope with deployment

The MFRC is pleased to offer a new deployment group for children called Change. This group is an exciting personalized program that was developed within the County of Sturgeon with funding from Alberta Community Enhancement Fund.

Staff at Ecole George P. Vanier School in Morinville recognized the behaviour change in children of deployed military as well as children with parents working in the oilfield for months at a time. At any given time, at least one third of the population of the school has kids who temporarily are part of single parent families.

The principal, Greg Lemaire, approached the MFRC to partner in the project. A Parent Advisory Council member, Nicole Poirier, and the school Vice-Principal, Marlene Pelletier, undertook the task of writing the program. Marlene Pelletier held two pilot sessions with the help of two volunteer military wives during the 2006 school year.

In the follow-up session, kids talked about the comfort of being able to share their feelings with other kids who are in the same situation as they are. Parents also expressed satisfaction, saying it lifted some of the burden of dealing with everything as a temporary single parent.

Change was written for children in Grade 1 to 6. We hope to offer the Change Manual to schools in the various areas in which our military families reside. However, we want to try it out ourselves first.

Although much of the content is the same, it is presented differently in two groups to account for the different reading and understanding levels of such a wide

age range. The MFRC will present one session for children in Grade 1 to 3 and another for children in Grade 4 to 6.

Change, a deployment group for children, will run on Saturday morning with group A (Grade 1-3) offered from 9:30 to 10:30 a.m. and group B (Grade 4-6) from 11 a.m. to noon. (The participants get to name their group!)

There is no charge for the program. The start date is February 10, the end date is March 31 - eight sessions in all. There will be another follow-up session after Easter for parents and kids to attend jointly in order to say hello one more time and to evaluate the program.

Please register your child at 973 4011 ext 6300.

# Dealing with operational stress

For several months, coordinator at the MFRC have been helping families to understand the changes that have occurred to a loved one who has returned from Afghanistan.

It is clear that family members have difficulty understanding that, in many cases, it is the stress of the deployment that has created behaviour and personality changes that were not present prior to departure.

Many family members feel that they are responsible for the change; other feel that the military member just needs to

'snap up.'

After several months of trying to sort things out, families become overly stressed. Problems within the family unit escalate to the point where some very drastic solutions are considered.

In partnership with Mental Health Service and Operational Stress Support Peer Counsellor, the MFRC will hold a many work shops are needed to provide much needed information about operational stress and treatment for both the family and the military member.

There will be enough time for discussion

ion. The evening workshop will run from 6 to 9 p.m.

The three-hour workshop can be held on evenings and weekends but no childcare is available. We need 10 registrants in order to hold a workshop.

Please register at 973 4011 ext 6300. Let us know whether you prefer evening or weekend seminars when you leave your name and phone number.

We will call back once our minimum number is reached. If you have a friend who may not see this message, please pass it on.