



INFOCUS

MARCH 2007

Spotlighting success and achievement at Canadian/Military Family Resource Centres across the country and around the world

A Picture is Worth a Thousand Words

Submitted by Ingrid Duda,
military spouse

It's Friday morning and we're excited to "see" my husband, Major Robert C. Duda, again. Today, I'm taking our youngest daughter and my mother-in-law to the MFRC to use the video-conferencing service. Thanksgiving weekend 2006 was the last time we saw Rob before he began his six-month deployment in Kandahar, Afghanistan. Needless to say, I am eager to see and hear from him again.

Alec and Julia, who are seven and five years of age respectively, are at school today so they will miss seeing Daddy. But Sophia, who is 21 months old, is skipping about the kitchen repeating "Daddy, daddy, daddy!" Rob's mother Jenny has taken an eight-hour train ride from Windsor, Ontario and is anxious to hear her son's voice again and be able to see him at the same time.

It's 0830 hours and we leave our home in Spencerville, Ontario to drive an hour to Kingston. We arrive on time and the Kingston MFRC staff promptly makes the connection for us.



It's a great moment when we see Rob walk into the small room and sit down in the wooden chair with a large Canadian flag behind him. All in one moment, I feel proud of him and what he is there to do, sadness for our months of separation to date, reassurance that he looks and sounds well, and joy in these few minutes of connectedness.

I am so thankful for this new technology!

Showing Support for CF Members and their families

Submitted by Lorraine Anderson,
Prevention and Intervention Coordinator
Borden Military Family Resource Centre

Ceremonies will be held across Canada to welcome home Canadian Forces Members deployed to Afghanistan. Many more members will continue to be deployed to continue the mission Canada has asked them to do: to re-establish the Afghan law.

The **Borden Family Resource Centre's Family Separation & Reunion Service** is a program whose purpose is to strengthen the Borden and surrounding communities by assisting deployed Canadian Forces members, men and women and their families cope through challenging difficult circumstances that many times accompany deployment and reunion.

It is important to recognize the unique needs during times of deployment and reunion experienced by the CF lifestyle. This program strives to lighten the burden for the troops and their families by providing information and educational packages, morale lifting gift parcels to deployed members, monetary help in times of crisis, weekend holidays for spouses and children during times of reunion, supportive workshops for partners, single members and significant others before, during and after reunion.

The program also provides a network of Centre programs and other outreach community services that work together to identify, implement services and offer referrals to assist the families in making this a time of success. It is also an arena where CF members can share and receive advocacy for their special needs during workshops and information sessions.

A highlight of Borden Military Family Resource Centre activities

The Yellow Ribbon Campaign's goals are to show support for the Canadian Forces members and their families and to raise funds to provide BFRC services and programs that provide support to the families when the CF members are deployed.

The history of the yellow ribbon campaign is forever gaining popularity as people adopt the custom of wearing or displaying yellow ribbons to represent the absence of loved-ones. You have seen yellow ribbons tied around trees, lapel pins with a yellow ribbon insignia to bright yellow car magnets. There is also a song: "Tie a Yellow Ribbon Round An Ole Oak Tree" which is well known in the U.S. and rising in popularity in Canada.

The BFRC launched the Yellow Ribbon Campaign in January 2004, following its commensurate launching by the Edmonton MFRC. The yellow ribbon continues to show hope and support for CF members and their families.

Adopt a Holiday is a local initiative supporting the work done by CF members who are deployed overseas and away during a Canadian Holiday. For each major holiday: (Christmas, Valentine's Day, Easter, Canada Day and Halloween), in partnership with a community setting, such as schools, organizations (girl guides), BFRC volunteers create a care package for each CF member registered with the program.

The parcels are made up by donations contributed by the school staff and students and by other generous community contributors. Cards with warm wishes accompany the parcels and have sparked an overwhelming response from the recipients as the packages raise their morale, make them smile and think of home. The Valentine's parcels bearing cards, candies and toiletries have already been sent to mark the most recent Canadian holiday theme. The soldiers know that their sacrifices are appreciated not only through the packages they receive but also through the prayers that go with them.

The Delawana Inn & Resort Holiday Weekends was a generous donation of all expense paid weekends to ten families last summer. These weekends offered a time to assist the family members to reconnect at the time of reunion upon the CF's member's return from abroad. Gary Don, the Delawana Inn Resort Social Director was the recipient of a gift basket and a certificate of appreciation for the tremendous contribution and support from the Resort. The families returned home a little more refreshed and able to handle the challenges that all deployed soldier's loved-ones face on a day-to-day basis.

Up and coming activities include planning of special activities for children; workshops dealing with relationship issues and PTSD (Posttraumatic Stress disorder); an information web site to encompass and ensure the access of services to better serve the parents or significant others of CF members who reside off Base.

In conclusion, it is sometimes difficult to think that bad things can sometimes bring good. In Dianne Collier's book: "My Love, My Life", she states: "that this book shares the emotions and the stress that military families experience on a daily basis, but the lessons that these families have learned can apply to us all: the need for communication between spouses, the need for positive attitude to hardship, the ability to bloom wherever you're planted".

Deployment Dinner Club on the Menu

By Kym Wolfe, Program Coordinator
London MFRC

It's the last Saturday of the month and families of deployed troops are meeting over dinner at the London Military Family Resource Centre. As they arrive at the Centre, they are greeted by warm smiles and the aroma of soup or chilli or whatever other fare might be on the menu tonight. Deployment dinners are popular with parents and spouses, who find the fellowship as nourishing as the meal.

Marianne Doherty has come with her mother and husband, Geoff. The family has two sons/grandsons in the Canadian Forces, and both were on the ground in Afghanistan in February. In the middle of the month, the family and his girlfriend said goodbye to 24-year-old Jeremy as he headed overseas for his second tour in Afghanistan. Two weeks later they welcomed back 22-year-old Jonathan, who had handed off his stereo, CDs and other goodies to his big brother before returning to Canada.

As retired military members, Marianne and Geoff have experienced deployment themselves. Marianne served as a Regular Forces member for 29 years and is now a full-time reservist with the Cadet Detachment in London. Geoff retired after 27 years of Regular Force service and now works in a civilian position on base.

It is a different feeling, they say, when your son is deployed overseas. "Sometimes you feel you're all alone in this ordeal, but then you get together with other families and find that everyone is feeling the same way," says Marianne, who says she really appreciates the bonding and sharing that she experiences when she meets with other families. "It's amazing how people rally together and find comfort in each other's company. By the time you leave the dinner, you feel like you know each other's soldier. It's a pleasant way to diminish the anxiety we feel while our sons are deployed."

On the road again Connecting Military Families by bringing the MFRC to them

Submitted by Tara Bayne, Information and Referral Coordinator
Halifax Military Family Resource Centre

On the road again is a new Halifax MFRC outreach initiative with a mandate to serve military families from Halifax through Central and Northern Nova Scotia and Cape Breton. From January to March 2007, in partnership with some branches of the Royal Canadian Legion, over 14 information sessions are planned throughout Nova Scotia with the objective of reaching out to and connecting military families in their home communities.

"Along with providing the opportunity to connect with others, our goal is to inform families of MFRC services and the cycle of deployment," says Heather Cudmore-McCarthy, Halifax MFRC Outreach Coordinator. Information on MFRC resources, the military lifestyle and deployment services available to families will be included in the sessions.

This initiative promotes the MFRC's belief that military families are the strength behind the uniform. Through connecting with each other and the MFRC, families can form support and social networks in their home community with others experiencing the deployment of a loved one.

"The MFRC recognizes the incredible strength and resilience of military families," says Colleen Calvert, Executive Director of the Halifax and Shearwater MFRCs. While the main focus of the meetings is for reaching out to parents of military members, the information sessions are also open to the spouses, partners and parents of military members.

Upcoming deployments will see increased numbers of regular and reserve Canadian Forces members going to Afghanistan, with more of these from the Atlantic provinces. Traditionally, partners and their children have been the most frequent users of MFRC programs and services, but increased demand from the parents of deployed single members has changed that demographic. A challenge has been that these parents are not necessarily living in the area from which the CF member is deployed. These family members want to be involved and to feel connected to others sharing this same experience, but, in many instances, are unfamiliar with MFRCs.

"Research tells that the greatest support to families during deployments is from and through the association with others living that same deployment," says Bernie Mullin-Splude, Network Facilitator. "We want to offer that connection to family members even if their loved one is part of a unit elsewhere in Canada."

By going and meeting military families in their home communities, the Halifax MFRC hopes to make resources and information accessible for military families throughout our area of responsibility, and get families connected to each other. In the words of Willie Nelson, "we just can't wait to get on the road again."

It Takes A Village . . .

**Submitted by Margaret Reid,
Coordinator of Deployment Services
Greenwood MFRC**

Fundraising. A necessity in our world of not-for-profit. It's not a task we all enjoy, and it takes a lot of work – a village full of workers. At the Greenwood MFRC, we are always looking for creative ways to "Support our Troops" and their families at home. We sell the yellow ribbon car magnets and lapel pins and we have recently ventured into silicone wristbands. But our latest venture truly tells a story of how dedicated community members working together can really make a difference. It all began about a year ago . . .

I was visiting a deployed spouse whose husband was serving on Op Athena. On her front door I noticed a handmade wooden craft of a Canada Flag with a yellow ribbon attached, sporting the words "We Support our Troops". This "crafty" spouse simply wished to show her community her pride in her military member and his comrades who serve our great country. She had created a way, all her own design, of sharing her military family pride and strength. I commented on how great her design was and how other deployed spouses may enjoy creating these wooden door crafts. Before we knew it, we had planned a Fun Sunday gathering of crafting for our deployed family members – to be facilitated by a new found Greenwood MFRC "crafty" volunteer! And the next month, twelve deployed spouses/parents joined us at the Centre and created their own door craft. These were hung on front doors around our community and in the Centre – which led to many inquiries from other community members about how to get their hands on one of our door crafts – with offers to purchase.

Which leads us to a very dedicated group of Greenwood MFRC volunteers, made up of current and post-deployed family members, whom we call our Deployment Planning Group. This group, with our Coordinator of Deployment Services, meets twice monthly to coordinate, plan, and facilitate activities for deployed families.

It is worth noting that many members of this group work in excess of 100 volunteer hours at the Greenwood MFRC each year. During a casual chat, three of our Planning Group members decided they would take on a wooden door craft fundraising project. Following a call to the Coordinator, and Board of Directors approval of the project, these volunteers set out to "make it happen". They managed to get the wood donated by a local hardware store, Fraser's ProHome Centre. One of the three, with her military member's assistance, offered to cut out all of the wooden crafts. And they spent hours sitting around a kitchen table sanding, painting, and assembling the crafts. During production of these initial 35 crafts, we were already advertising the upcoming sale. By the time production was complete, there was a waiting list of anxious buyers. All 35 sold in no time. We needed more, but such a project required more manpower as well . . .

We finished production of 120 wooden "We Support our Troops" door crafts. And it took a village . . .

Our same local Hardware Store offered a 50 percent discount on the wood. A local paint store, Para Paints, donated all the paint we needed to complete the project. A military member involved with our Wing Wood Hobby Shop donated 24 hours of his time to cut out and sand each and every piece of wood. And then our volunteers set to work painting and assembling. In five days in a makeshift workshop at our Centre, for a combined total of 125 volunteer hours, members of our Deployment Planning Group, with the assistance of other dedicated Centre volunteers, got the job done!

Throughout the summer, we participated in local community fairs such as our Greenwood Canada Day celebrations, where we have a booth for the purpose of increasing community awareness of our deployed families and their contribution to our country and the world. We invite local community members to sign banners to the troops, launch Op Santa, and purchase yellow ribbons to show their support. This year we participated in many more local events and we, of course, sold our wooden door crafts in our local communities.

We have learned that our military families, in particular our deployed families, feel most supported during family separations when they are offered a connection to their community. We have learned that many local community members are more than happy to "support" military families. We do not need to instill pride in our military families – it's already there. We simply need to build on the strength of our military families by helping our communities show that they, too, are proud. Through coordination of projects such as this one, our Deployment Program, through our Community Awareness Campaign, is able to strengthen our families by showing them that they are not alone – we "Support our Troops" and their families at home keeping the home fires burning. Our local community businesses, community groups, and schools, and many community members are happy to show their support – and we, at the Greenwood MFRC, are happy to help them do just that.

The fundraising becomes secondary. While it is necessary to allow us to offer quality programs and services, the funds raised take a backseat to the awareness raised – and the feeling of being connected and supported is second to none.

Our vision: Military Families are Proud and Strong. It takes a village . . .



How do you navigate?

Submitted by Laura Snow, Navigator Esquimalt Military Family Resource Centre

A woman came into the MFRC today. She would usually describe herself as strong and capable, but today she is just tired. She has small children at home, one who needs so much more time and attention. Her husband is away - again - and she is out of energy. She wants help for her family but doesn't know where to start. This mom and others like her are the driving force behind the creation of the Navigator Project.

Welcome to the world of navigating for families with special needs and responsibilities. This need touches every MFRC because families can develop special needs at any time, on any base. The Esquimalt MFRC has been working on a project to better address how we meet the needs of families in our community that have special needs and responsibilities.

The Navigator provides a starting point and acts as a liaison with other program areas and other agencies. Families might need support in:

- Caring for a child with special needs;
- Helping to care for an elderly parent; or
- Planning for a spouse with a complex health concern.

In April 2007, the Esquimalt MFRC will be hosting a conference on the role of **Navigator for Military Families with Special Needs and Responsibilities**. As a network of MFRCs, we have the opportunity to share knowledge, to

learn strategies and to find inspiration related to supporting families with special needs and responsibilities. Our range of expert guest speakers will reflect local, regional and national perspectives - always grounded in the experiences of the military community. The topics will span special needs in children, adults and the elderly.

This conference will be an opportunity to look at long-term solutions that will allow us to better support our families. Working together, we can provide a network of services that is nationally consistent for military families with special needs and responsibilities to address issues of family stress, quality of life, operational effectiveness and ultimately personnel retention.

Who Should Come?

Two participants from each Centre will be sponsored for the conference. Staff members who come should be willing to explore taking on the role of Navigator for families in their community. Interest or experience with special needs supports would be an asset to our discussions and your local service. Airfare, accommodations and conference fees (including breakfasts, lunches and special events) will be covered through special project funding from Director Military Family Services (DMFS).

Program areas that might be interesting:

- Prevention, Support and Intervention
- Children and Youth Services
- Information and Outreach

For More Information

Contact Laura Snow at the Esquimalt MFRC by phone at 250-363-2640 or by email at mfrc.navigator@shawcable.com. The Navigator Project brochure is available for download at www.esquimaltmfrc.com under Services for Families with Special Needs.

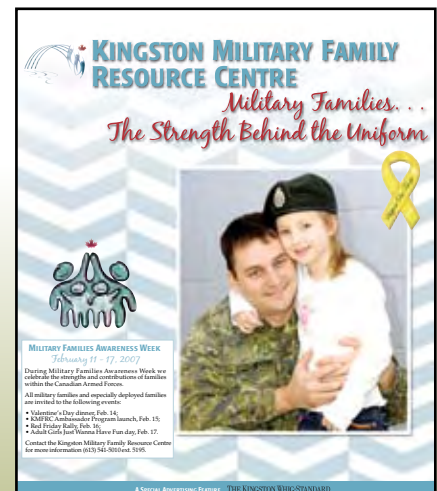
Showcasing Military Families

Submitted by Brenda Forbes, Public Relations and Community Outreach Kingston Military Family Resource Centre

The Kingston MFRC partnered with The Kingston Whig-Standard newspaper to produce a special advertising supplement to kick off Military Families Awareness Week. This publication has stories about military life from a number of different perspectives - parents, spouses and civilians. There are also several articles about the KMFRCC programs offered in the teen centre, playroom and local schools.

Building on the success of the Kingston Military Discount Program, the Kingston MFRC sent a letter of support to over 600 businesses. From there the Whig-Standard (Osprey Media) sold 67 advertisements making this a 24-page special supplement. It was inserted in The Kingston Whig-Standard newspaper on Saturday, Feb. 10, 2007 and distributed to 36,750 homes in the area.

Other than the Kingston MFRC paying for 2 half-page of advertisements (Kingston MFRC & Military Discount Program), this supplement didn't cost the agency any money - just a lot of time. Time well invested to give the community a better understanding about how military families really are ... *the strength behind the uniform*.



Effects of Post Traumatic Stress Disorder on Canadian Military Families

Submitted by Haley Schroeder,
Social Worker
Winnipeg MFRC

Haley Schroeder, the Prevention, Support and Intervention Coordinator with the Winnipeg MFRC, has recently completed her Master of Social Work program through the University of Manitoba. For her final component of the program she completed a thesis title the Effects of Post Traumatic Stress Disorder on Canadian Military Families: A qualitative study on the perspectives of females whose partners have been diagnosed. If you would like more information on this research, please contact Haley at the Winnipeg MFRC.

Is Bigger Better? You Bet It Is

Submitted by Tracy Bungay,
Board of Directors
Halifax and Shearwater MFRC

In the spring of 2006, the arduous and challenging process of bringing the Halifax Military Family Resource Centre (MFRC) and the Shearwater MFRC together as one viable community resource system began.

The first part of the process was to amalgamate the two Boards of Directors into one. Once this was achieved, the new combined Board hired Colleen Calvert to the position of Executive Director to oversee the operation of the MFRC, which will be renamed the Halifax & Region Military Family Resource Centre (Halifax & Region MFRC) effective April 1, 2007 and will have sites at Windsor Park, 12 Wing Shearwater and Victoria Park in Sydney NS.

Over the past year, the board recognized that while we may be amalgamating MFRCs, the communities we served haven't and they all have very different needs.

There have been many meetings and in-depth discussions regarding the operation of the joined centres and how we can best serve our vast and varied communities. After much consideration and consultation we soon realized that even though the board members came from different sides of the harbour with various ideas as to how things should happen, we all shared the common goal of improving the MFRC for all in our military community. All policies were scrutinized and re-evaluated to make sure that they met the newly developed mission, vision and values. If they did not, then they were rewritten to reflect the fresh criteria of the new and improved Halifax and Region MFRC.

Now that the process is almost complete, a well deserved "hats off" should be given to all those volunteer Board members and staff of the two MFRCs who dedicated their valuable time and effort in making these changes come to fruition.

With a year of hard work behind us and the groundwork now in place, the future of the new Halifax & Region MFRC holds the promise of continuing to offer exceptional support for military families, as they are the "Strength behind the Uniform".

Note:

*The deadline for submissions
for the next issue of
C/MFRCs In Focus is
25 May 2007.*



Youth Jam 2006 – Celebrating Success

Submitted by Lindsay Chmilnisky,
PSP Community Recreation 17 Wing

The first ever 17 Wing Youth Jam was held this year at Building 90 Recreation Centre on September 16th. It consisted of a fun casino, swimming, video games on the movie Screen, a DJ, an inflatable joust, juice bar and much more.

One of the biggest hits of the evening was the fun casino. Games included blackjack, chicken toss and a wheel of chance. Youth were given the opportunity to chance their luck and win prizes.

Another great attraction was the juice bar ran by the Health Promotion. They served up funky monkeys, strawberry daiquiris and punch. Everyone loved trying all the complimentary beverages.

If you like playing video games at home then you would have loved playing in the theatre on a huge

screen. Two separate systems were set up and we ran elimination tournaments all night long.

The event was a significant accomplishment for 17 Wing youth with more than 50 attendees. It was evident that all the youth had a fantastic time from the feedback we received. Positive feedback continued to flow in post-event from Administration and parents.

Many factors contributed to the success of this event. The evening was staffed and run by volunteers and organized by the Youth Advisory Council, Community Recreation and the MFRC. Without the staff and volunteer's hard work and dedication the event would have not succeeded.

Marketing was a very important aspect for the outreach of this program. Trying to reach all the CF youth living off base in urban Winnipeg was a challenge. It was posted in 3 community newspapers, general e-mail notices, and poster campaigns within the community and schools.

Funding was possible through the Youth Advisory Council and the Wing Fund.

This event was run in partnership with Youth Advisory Council (YAC) and Wing Family Day. This outreach program was run within the pillars of the National Youth Model put out by Ottawa. We wanted this event to reach CF and non-CF youth in our community and make them aware of the programs we have available to them. During this event all participants had the opportunity to fill out a needs assessment for a chance to win a Nintendo DS. From this assessment we discovered that 70% of youth that attended the event were from Canadian Forces Families.

If you would like more information on upcoming events contact Lindsay Chmilnisky at 833-2500 ext 2057 or Diane Brine at 833-2500 ext. 4508.

Good Human Resource Management Practices are Good Risk Management

Good human resource management means delegating responsibility to all employees to make decisions that are based on common sense and the use of a well informed discretion. If we expect and rely on policies to guide our every action then we undermine and preclude effective management and create additional risk. Policies are useful tools to provide broad parameters for behavior, but they must be balanced with the use of effective management practices that promote and encourage well informed and responsible employees at all levels in the organization.

Many organizations rely on policies, rules, regulations and elaborate processes and procedures to preclude any use of human discretion and to minimize the risk of human error. We are so governed by them, especially in the public sector, that in their absence, people stop thinking for themselves and take no action even when required. The process governs instead of the desired result. Policies are all too often misused and undermine the use of practical common sense. Policies, however, cannot by themselves prevent risk or the necessity for human discretion.

Responsible, well informed, thinking employees who are allowed to make common sense decisions are the best line of defense for not only risk management but also for quality control, customer service and overall cost effectiveness.

"Think of the MFRC HR Helpline as your own HR Department available as and when you need it."

Help us make this column practical and useful to you. Email ideas for topics or management issues you would like us to address to hrgroup@hrgconsulting.com. Your HR Help Line is available at 1 888 474 5463.

Taking a New Approach to Remote Families in Europe

Submitted by Elizabeth MacDonald,
Remote Personnel Director and
Centrepointe European Content
Administrator

Imagine having uprooted yourself to Izmir, Turkey. You can't speak the language, you don't know much about the culture, and basic everyday tasks take three times as long as you navigate the maze of new customs and ways of doing business.

Welcome to your new home for the next four years.

For the 90 CF families posted to remote locations throughout continental Europe, this is their reality. Our remote personnel or "RP" community is spread across ten countries: Portugal, Spain, Denmark, France, Germany, Hungary, Italy, the Netherlands, Norway, and Turkey. Some CF members are posted to NATO, others to the UN. Still others are on exchange with other nations' militaries, such as the UK.

What these families have in common is their isolation. In some cases, they're the only Canadians in the community. In other communities, they may be

one of three or four other CF families. Without access to a local CMFRC or nearby Canadian support unit, these Canadians must adapt quickly and learn to cope, all while dealing with the stress of relocation and, more often now, deployment.

Delivering MFSP programs and services to these clients, therefore, requires a creative and multi-faceted approach. That's why earlier this year MFSP restructured the existing part-time Remote Personnel Coordinator's position to make it more robust and proactive.

As the new, full-time Remote Personnel Director and Centrepointe European Content Administrator, I'm mandated to enhance and diversify the range of services offered to the spouses and families of our remote personnel. Given the nature of the population, most of this programming must be delivered through virtual or electronic means. (Fortunately, I know DMFS and MFSP reasonably well. A communications professional, I arrived in Germany three years ago with my husband who was posted to the NATO base in Geilenkirchen. Since that time, I worked as a site editor for Centrepointe and, later, as acting director of the CMFRC-GK.)

I'm supported in this effort by Pierre Banville, our new Remote Personnel Services Supervisor in Ramstein, Germany. For the fifteen families posted there, Pierre provides family separation, community orientation,

host country language, and other support.

Over the coming months, we'll be focussing on several priority policy areas and initiatives, including:

- *Expanded host nation language training* – No other need is as pressing as learning the language of one's new community
- *Greater focus on cultural acclimatization* – Right after learning the language, learning to adapt to the "way things are done" in a new culture is essential.
- *Improved deployment support for families* – Especially important given the increased deployments among remote CF personnel.
- *Centrepointe* – Populating the site with new European and country-specific content will ensure Centrepointe remains the premier source of information for this market.
- *Establishment of an RP Advisory Committee*

In other words, 2007 is going to be all about revitalizing, re-focussing, and re-designing our program offerings to meet the needs of our European RPs. While an aggressive work plan, we believe it's achievable and, more importantly, necessary for the wellbeing of our remotely posted spouses and families.

At your Service ...



Centrepointe

An online community for CF families living outside of Canada
www.centrepointe.info



Mission Information Line

A bilingual telephone service for immediate and extended families, as well as friends of Canadian military personnel serving in operations outside of Canada.
1-800-866-4546



Have you ever been
a member of the
Board of Directors
of the Valcartier
Family Centre

(formerly known as the Multi-
Service Family Resource
Centre)?

Do you know anyone
who used to be a
member?



*The
VFC is
currently trying to
locate these people in order
to organize a reunion to
celebrate the Centre's first 15
years. This event is planned for
April 2007.*

*To get in touch with us, call
418-844-6060 or
1-877-844-6060 and ask for Diane.*

We look forward to seeing you again!

People on the move

Welcome to:

Tammy Kleinschmidt

Board Chair
Trenton MFRC

Susan Zaporzan

Canadian Community Program
Coordinator
Colorado Springs Canadian Military
Family Services Program

Willemien van Lankvelt

Executive Director
Shilo MFRC

Ruth Degenais

Board Chair
Central Saskatchewan MFRC

Jennifer Smith

Advisory Committee Chair
Elmendorf Canadian Military
Resource Centre

Thank You and Goodbye to:

Tracy Gorman

Board Chair
Trenton

Lori Lisitza

Board Chair
Central Saskatchewan MFRC

Tracy Murphy

Advisory Committee Chair
Elmendorf Canadian Military Resource
Centre

Joyce Charlton

Canadian Community Program
Coordinator

Adrienne Golding

Board Chair
Shilo MFRC



Important Dates to Remember

4th Quarter 06/07

MFSP Professional Development
Fund Proposals due 15 March 2007

1st Quarter 07/08

Quarterly Expenditure Report 15 May 2007

In Focus
Article Submission 25 May 2007



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Our Mission:

To promote and facilitate community-based military family services that strengthen Canadian Forcers families and communities.