

Moose Jaw Military Family Resource Centre  
15 Wing Moose Jaw  
Box 5000  
Moose Jaw, SK  
S6H 7Z8

Phone: (306) 694-2273

Fax: (306) 694-2845

Email: [info@moosejawmfr.ca](mailto:info@moosejawmfr.ca)

Web Site: [www.moosejawmfr.ca](http://www.moosejawmfr.ca)

Executive Director

Regan Gorski  
(306) 694-2274

Admin. Assistant

Robin Sharpe  
(306) 694-2273

Office Manager

Mary Lou Pellerin  
(306) 694-2222 ext.5320

Family Support / Community Integration Coordinator

Kelly Aucoin  
(306) 694-2222 ext. 5315

Personal Development Coordinator

Sylvie Morneau  
(306) 694-2222 ext. 5323

Volunteer Coordinator

Karen Herridge  
(306) 694-2222 ext. 5324

Children / Youth & Emergency Child Care Coordinator

Krystal Hawkins  
(306) 694-2222 ext. 5322

Second Language Training Coordinator

Melanie Petitclerc  
(306) 694-2222 ext. 5316

Education & Employment Assistance Coordinator

Monica Stushnoff  
(306) 694-2310



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The Moose Jaw MFRC strictly adheres to the Privacy Code for Military Family Resource Centres. All personal information shall not be used or disclosed for purposes other than those for which it was collected, except with the consent of the individual or as required by law.

Note: A full copy of the Privacy Code for Military Family Resource Centres is available at the Moose Jaw MFRC office.

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## **Introduction**

It is our pleasure to welcome you to Regina. The Moose Jaw Military Family Resource Centre is the closest MFRC to your new location, and for this reason we want to ensure that you are aware of all of our programs and services, and welcome you to use them. We are committed to enriching the lives of individuals, families and community through positive action, education and support. We understand the many unique stressors placed on military members and their families. Therefore, we strive to help make everyone feel at home.

We sincerely hope that throughout your time here, you will look to your Family Resource Centre as a means of improving your quality of life. We encourage you to participate in the wide variety of programs and services we have to offer.

## **Revised Relocation Benefits**

The Integrated Relocation Pilot Project (IRPP) was first introduced on April 1, 1999, and as promised, it has offered a more "customized fit" for CF members. Once a posting message is received, the CF member will be directed to a relocation consultant who will guide their move from beginning to end. The counsellor will provide members with a relocation package, a destination guide, and will help members assess options, which are in their best interest. Additional information about the program is available at [www.irp-pri.com](http://www.irp-pri.com). Here you will find a copy of the latest policy handbook, which is a good thing to read over before meeting with your counsellor for the first time.

## **Location Specifics**

Saskatchewan follows a fixed time zone year round and has only one area code: 306. The city of Regina (pop. approx. 190 093 in 2003) is located approximately halfway between Calgary and Winnipeg on the Trans Canada Highway #1. Queen Victoria's daughter, Princess Louise, who was the wife of the Marquis of Lorne, the Governor General of Canada at that time, suggested naming the new settlement at what is now Wascana Lake "Regina", and the name was adopted in 1882. Regina is now often referred to as the Queen City.

Our offices are located at 15 Wing Moose Jaw (formerly CFB Moose Jaw), which is located about 75 km west of Regina, and about 5 km south of the town of Moose Jaw. 15 Wing is the largest employer in the Moose Jaw region with approximately 800 employees, and is one of the most dynamic flying operations in the Canadian Forces. The flying at 15 Wing includes both the NATO Flying Training Program: pilot training conducted by 2 Canadian Forces Flying Training School (2CFFTS), and the training and operations of 431 (Air Demonstration) Squadron – Canada's Snowbirds.

Services on the base include a CANEX, gas station, post office, arena, pool, training centre, fitness centre and your Family Resource Centre. The Moose Jaw MFRC has a fabulous resource library available in French and English, videos and books (for both adults and children), Kids Closet: a consignment children's clothing shop, including toy and equipment lending libraries, the TLC Early Learning Centre, a bi-lingual preschool and a Youth & Teen Centre. There are

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166 PMQs on the base, a 130-unit single living quarters, a church, a playground, an outdoor skating rink and a wading pool.

### Unique things about Saskatchewan

- Saskatchewan is Canada's "sunniest" province, averaging from 2 000 to 2500 hours of sunshine annually.
- Saskatchewan is on Central Standard Time year round. This means that we never change our clocks. In the winter months we are the same time as Manitoba and in the summer months the same time as Alberta.
- Each province has different restrictions and traffic laws. Please be aware that each province has different regulations. For example, radar-detecting systems are permitted in some provinces (such as Saskatchewan), but not in others. As well, Saskatchewan has restrictions regarding non-factory tinted windows on your vehicles. (Please see [www.iwfa.com/iwfa/Consumer\\_Info/auto\\_provincelaws.html](http://www.iwfa.com/iwfa/Consumer_Info/auto_provincelaws.html) for clarification.) Should you have any questions or concerns regarding vehicle restrictions and traffic laws, please contact your provincial police department.
- Employees get a minimum of 3 weeks annual holidays after each year of employment. (Minimum wage is \$7.55/hr)
- Saskatchewan became a province of Canada in 1905 and is now home to approximately one million people with 65% of the population in urban centres and 35% in rural areas.
- The provincial tax rate in Saskatchewan is 7%.
- The name Saskatchewan derives from the Plains Indian word "kisiskatchewan" which means swiftly flowing river. Saskatchewan is also the name of the major river system in the province. Other important waterways are the Qu'Appelle and Churchill, all of which drain into Hudson Bay.
- More than half of Saskatchewan is covered by forest.

### Regina City Maps

The city of Moose Jaw site includes maps for public transit, of garbage collection zones, walking trails, and more: [www.regina.ca](http://www.regina.ca)

### Online Phone Book

Looking for a phone number? Want to check out something in the Yellow Pages? ...restaurants, hotels, daycares? Check out the on-line Phone Book: [www.mysask.com](http://www.mysask.com)

### Welcome Wagon

Although the MFRC will contact you and arrange a Welcome Visit, you may also wish to contact the Welcome Wagon personally: 586-6013, [www.welcomewagcon.ca](http://www.welcomewagcon.ca)

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## **Vehicle Insurance and Driver's License**

### **Saskatchewan Vehicle Registration**

Saskatchewan operates a mandatory vehicle registration and insurance program. When a vehicle owner purchases license plates, they also purchase a basic package of insurance, which includes coverage for damage to their own vehicle subject to a \$700 deductible. Check out [www.sgi.sk.ca](http://www.sgi.sk.ca) for more info.

### **Saskatchewan Driver's License, New Residents**

New residents wishing to drive in Saskatchewan must obtain a Saskatchewan driver's license within 90 days of moving into province, or upon expiry of their out-of-province license — whichever comes first. Check with your previous jurisdiction as they may have some restrictions that supersede this requirement.

Saskatchewan Government Insurance (SGI) is the principal vehicle insurer in Saskatchewan. All vehicles previously licensed in another jurisdiction must pass a mandatory vehicle inspection. Please see above website or more info.

It is recommended that you obtain a driver's abstract and a claims free letter from your current insurance company prior to your arrival in Saskatchewan (this may qualify you for a discount). For more information please contact the SGI Call Centre toll free in Saskatchewan at 1-800-667-9868.

SGI services are located at 2260 11<sup>th</sup> Ave. Regina. For more information regarding hours of operation etc., please contact them directly at (306) 775-6900.

### **Hook-Up of Utilities**

SaskEnergy Natural Gas	1601 Winnipeg Street, Regina 1-800-567-8899	<a href="http://www.saskenergy.com">www.saskenergy.com</a>
SaskPower (electricity)	2025 Victoria Avenue, Regina 1-888-757-6937	<a href="http://www.saskpower.com">www.saskpower.com</a>
Water & Tax information	(306) 777-7000	
SaskTel	1-800-727-5835	<a href="http://www.sasktel.com">www.sasktel.com</a>
Access Communications	2250 Park Street, Regina (306) 569-2225	<a href="http://www.accesscomm.ca">www.accesscomm.ca</a>
Prairie Reconnect Inc.	1239 Albert Street, Regina (306) 584-9338	
Garbage collection	(306) 777-7000	

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Recycling

Sarcen (for bottle returns)

355 Dewdney Ave. E, Regina	(306) 569-8383
3241 Saskatchewan Dr., Regina	(306) 359-3320
6851 Rochdale Blvd., Regina	(306) 775-1055
2124A Grant Rd., Regina	(306) 585-1060
2434 - 9th Ave. N, Regina	(306) 347-2807

Big Blue Bin locations (for paper)

Broadway Shopping Centre  
 Rosemont Shopping Centre  
 Lakeshore IGA Food Store  
 Golden Mile - south side  
 Northwest Leisure Centre  
 Sandra Schmirler Centre  
 Sportsplex - Field House  
 Leader-Post on Victoria  
 Superstore - Rochdale Blvd  
 Superstore - Prince of Wales and Highway #1  
 Northgate Mall (paper, glass and tin)  
 Sherwood Mall (paper, glass and tin)  
 Southland Mall (paper, glass and tin)  
 Co-op on Victoria East

Express Address @ [www.expressaddress.com](http://www.expressaddress.com) offers residential customers a convenient way to notify multiple Saskatchewan organizations of your move. You can register for telephone, electricity, gas, water/sewer, drivers licensing, pet license, and vehicle registration all at once.

**Medical and Dental information**

If you have any specific medical needs or concerns, please contact the Moose Jaw MFRC and we will be happy to assist you.

For a list of family physicians currently accepting new patients, check out [www.rqhealth.ca](http://www.rqhealth.ca) or call 766-3636.

Family Physicians (as of August 1<sup>st</sup>, 2008)

Kriek, G.J.	[Male]	2734 Montague Street	584-3344
Lai, R.P.C.	[Male]	515-2125 11 <sup>th</sup> Ave.	525-2888
Moola, M.	[Male]	3992 Albert St.	584-3833

Medical Clinics

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Albert Park Family Medical Centre, 3992 Albert St., (306) 584-3933

Hochban, T. (male)  
Kothare, D. (female)  
Ooi, T.I. (female)  
Pervaiz. K. (male)  
Surtie, F. (male)  
Tasneem, M. (male)

Allied Health Centre, Room 225 Centre for Kinesiology Health and Sport, University of Regina,  
3737 Wascana Parkway, (306) 337-2643

Parwez, N. [Female]

Avon Medical Centre, 2781 Avonhurst Drive, (306) 543-4955

Ollegasagrem, N. [Female]

Broad Street Clinic, 2210 Broad St., (306) 781-8080

Adams, N.C. [male]  
Chaudhry, U. [female]  
Bibi, A. (female)  
Paul, A. (male)

Broadway Medical Clinic, 1319 Broadway Ave., (306) 757-4114

Shamsuzzaman, Z. [Male]  
Talukdar, S.P. [Female] - family physician who practices obstetrics

Dewdney East Medical Clinic, 1689 Dewdney Ave. E., (306) 789-8816

Surtie, F. [Male]

Dr. Patel's Medical Clinic, 2625 Dewdney Ave., (306) 352-3454

Patel, Kalpana R. [Female] - family physician who practices obstetrics  
Patel, Rajni L. [Male]

Landmark Medical Clinic, 4150 Albert St., (306) 775-0805

Ahmed, Q. (male)

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Lumsden Medical Clinic, Box 418, Lumsden, (306) 731-3129

Knaus, R.P. [Male]

Normanview Mall Medi-Clinic, 330 McCarthy Blvd. N., (306) 924-6200

Tsang, C.F. [Male]

North Regina Medical & Dental Clinic, 235B Albert St. N., (306) 924-1494

Rossouw, L. [Female]

Northgate Medical Centre, 2711 Avonhurst Drive, (306) 543-4566

Graham-Rowe, S.G. [Male]

Singh, K. [Male]

Park Plaza Medical Centre, 2036 Park St., (306) 757-0101

Patel, Kalpana R. [Female] - family physician who practices obstetrics

Patel, Rajni L. [Male]

Parliament Medical Clinic, 4150 Albert St., (306) 775-0805

Ahmed, Q. [Male]

Quance East Medical Clinic, 1-2223 Victoria Ave. E., (306) 522-2278

Cheshenchuk, L. [Female]

Mordasiewicz, M. [Female]

South End Medical Clinic, 4661 Rae St., (306) 352-9963

Emokpare, D. [Male]

Mbanza, D. [Male]

Muhammad, I. [Female]

Single Practice Physicians:

Macdonald, S.J. (female)

Lumsden, 635 James St. N. 731-2116

Mahlase, E.M. (male)

Fort Qu' Appelle, 142 Company Ave. N. 332-4712

Muhammed, I. (female)

212-3806 Albert St. 545-6093

Hospital

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Regina General Hospital, 1440 - 14th Avenue, (306) 766-4444  
Pasqua Hospital, 4101 Dewdney Avenue, (306) 766-2222  
Wascana Rehabilitation Centre, 2180 - 23rd Avenue, (306) 766-5100

### Dentist Offices

There are many dentist offices located in Regina. For a complete and searchable listing, visit:  
[www.saskdentists.com](http://www.saskdentists.com)

### Saskatchewan Health Line

Health Line is a free, confidential 24-hour health advice telephone line, staffed by registered nurses. They can provide you with immediate, professional health advice or information, and direct you to the most appropriate source of care.

Health Line: 1-877-800-0002

### Health Insurance

For forms call 1-800-667-7551 or download from [www.health.gov.sk.ca](http://www.health.gov.sk.ca)

Registration forms are available from the MFRC office. Forms must be mailed in with two pieces of identification. Saskatchewan Health Benefits will be provided on the first day of the third calendar month following the date you moved to Saskatchewan. You will have no interruption in health benefits as your previous province will cover you until your Saskatchewan benefits take effect with the exception of Quebec residents, see next.

Quebec Exception: Saskatchewan Health Benefits will be provided on the first day of the third calendar month following the date you moved to Saskatchewan. Quebec Health will provide coverage until your Saskatchewan Health goes into effect (some limitations apply). Quebec Health encourages residents to notify their office when they will be moving outside the province. Should you need to access medical services prior to receiving your Saskatchewan Health, you may have to submit cash payment to a medical clinic for the service provided. You will then be required to complete the necessary documentation to receive reimbursement from Quebec Health. \*Note: You will only get reimbursed at Quebec rates for the same service. If you seek medical assistance from an Emergency Room in a Hospital they will accept your Quebec Health card and seek direct payment from Quebec Health (without seeking cash payment for services). You may be required to reimburse the hospital any amount that exceeds the Quebec rate for the services provided.

<http://www.ramq.gouv.qc.ca/en/citoyens/programmesetservices/servicesassuresaucanadaenbeneficier.shtml>

### Public Health Nurse

Public Health Nurses are available for services that your doctor may not provide e.g., children's vaccinations and baby check.

Regina Qu'Appelle Health Region, Public Health Services

2110 Hamilton St., Regina

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## **School information**

If you would like school information on a specific area of Regina, please check out the resources below or give us a call at (306) 694-2273.

### School Boards

Division Scolaire Francophone	<a href="http://www.dsf.sk.ca">www.dsf.sk.ca</a>	3850, rue Hillsdale, bureau 200	1-877-273-6661 or (306) 757-7541
Regina Catholic School Division	<a href="http://www.rcsd.ca">www.rcsd.ca</a>	2160 Cameron St.	(306) 791-7200
Regina Public Schools	<a href="http://www.rbe.sk.ca">www.rbe.sk.ca</a>	1600 4 <sup>th</sup> Ave.	(306) 791-8200

## **Services and Programs of the MFRC**

### Child and Youth Parenting Support

#### *TLC Early Learning Centre*

The Moose Jaw MFRC operates TLC Early Learning Centre on base, which offers child care Monday through Friday 9:00 am to noon and 1:00 pm to 4:00 pm. On Monday, Wednesday and Friday there is a Lunch Program available, so parents have the option of leaving children for the full day (9:00 am to 4:00 pm).

#### *Temporary Deployment (TD) Childcare*

When your spouse/partner is deployed you are entitled to use TLC Early Learning Centre once a week, for three hours and the cost is half price. You may choose any 3-hour time slot that works best for you.

It is important to book your child/children into TLC at least 24 hours in advance. When you drop off your child/children, please notify the staff you want to use the TD service.

#### *Tumbleweeds Bilingual Pre-school*

For parents interested in enrolling their children in pre-school, the MFRC also has the Tumbleweeds Bilingual Preschool, which offers quality education to 3 and 4 year olds in a learning-through-play structure. Teachers follow a curriculum that prepares children for kindergarten. The whole program is delivered in both official languages.

#### *Child Care Registry*

A registry of childcare providers is posted at the TLC Early Learning Centre (building #95) inside the vestibule. Anybody is welcome to advertise his or her name. Please remember that the MFRC does not screen these people. Efforts are being made to ensure pictures will be placed by each name in order to improve the quality of registry.

#### *Emergency Childcare Services*

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Did you know that the Military Family Resource Centre (MFRC) can help out with emergency or respite childcare?

If you need emergency childcare during the day call the MFRC at 694-2222 ext. 5322 or 694-2273. At night or on weekends, call our emergency cell phone at 630-8735 or 1-306-630-8735.

Your call will be answered promptly and childcare can be available within 30 to 60 minutes.

You may use the TLC Early Learning Centre during the day from 9am-12pm and 1pm-4pm. Monday through Friday. In emergencies, a MFRC staff will provide any childcare necessary outside of these hours.

When you call, please be prepared with the following:

- Your child's/children's hospitalization number(s).
- Any allergies or medical information regarding your child/children.
- Your address and all phone numbers (home, cellular, work).
- People who know your family and would be able to help out (Names and phone numbers).

Emergency Childcare Information Packages are available for you to pick up at the MFRC. These packages include:

- Family Care Plan information brochure
- Family care & emergency childcare plan
- Prospective babysitter checklist
- Information about all childcare services available at the Moose Jaw MFRC

To pick up a package contact Krystal Hawkins – Children/Youth Program Coordinator @ 694-2222 ext. 5322.

### *Parents and Tots*

Come down and meet new people, enjoy refreshments and snacks for the children, sing songs, do crafts, and play with your child/children. The program is facilitated by Krystal Hawkins (Thursday) and Melisa Verhyen (Tuesday) and is geared around toddlers, but children of all ages are welcome to attend and participate. We meet every Tuesday and Thursday from September to May from 10:00 – 11:30 and the cost is \$2.00/family per drop-in. Please note that it is not necessary to pre-register.

### *Parenting Workshops*

A number of the adult programs run by the Personal Development Coordinator have featured parenting topics. In the past there has been everything from a session on “The Spanking Debate” to “My Teenager, My Treasure” and a variety of parent/child activities. For upcoming offerings, be sure to check out the most recent programme guide or the MFRC's website:

[www.moosejawmfr.ca](http://www.moosejawmfr.ca)

### Youth & Teen Centre

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The Teen and Youth Centre is a brand new facility downstairs in the Fitness, Sports, and Recreation Centre behind the pre-school. The room is equipped with a foosball table, air hockey table, video games, computer, craft supplies, popcorn machine, furniture and more. Highly qualified staff and volunteers develop and deliver the program. The program offers youth and teens an opportunity to:

- Learn and develop new and existing skills
- Socialize with peers
- Increase volunteer opportunities
- Learn new responsibilities
- Participate in fundraising
- Get exercise

Drop-in activities and special events are planned each month and advertised in advance. Youth can pre-register for any event they wish to attend. Cost varies with each activity.

### Adult Support

#### *Programs*

Every month, the MFRC runs numerous programs aimed to enhance quality of life and promote personal development. Workshops range from an introduction to belly dancing to home buying seminars, and are guided by the demand from the community. For upcoming offerings, check out the most recent programme guide or the MFRC's website: [www.moosejawmfr.ca](http://www.moosejawmfr.ca)

#### *Employment and Education Assistance*

Thinking of going back to school? Looking for a job? Our Employment & Education Assistance Coordinator is here to help! Whether you need help refreshing your resumé, or want to know what opportunities are available to you, Monica Stushnoff is the person to talk to. She can be reached at 694-2310. Or drop by the MFRC to check out the bulletin board with employment opportunities!

#### *Second Language Training*

The MFRC offers Basic, Intermediate and Advanced courses in both official languages. There are three sessions per year consisting of six hours per week split over two days. The point of this service is to assist spouses (and dependants over the age of 16) function with increased comfort and confidence in an environment where the predominant language is not their first. There are also regular opportunities to practice conversational skills in your second language through organized events, even if you do not participate in the courses.

### Community Resources

#### *Short-Term Intervention and Crisis Support*

This service is offered free of charge to military families. Assistance can be provided for a variety of area such as deployment, parenting, youth/teen difficulties, stress, relationships, self-help, anxiety, etc. For appointments you can call Kelly Aucoin (694-2222 ext. 5315) Monday to Friday during business hours (8:00 am – 4:30 pm)..

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Also, if you need someone to talk to or for all emergency needs you can call the MFRC support line (630-8735). This line is available 24 hours a day/7days a week. This service is for military members, their spouses, partners and dependant children. Don't hesitate to call us if you need help, we are there for you! The service is confidential and free.

The MFRC also has available a variety of resources for all family members.

#### *Assessment and Referral*

Any CF family member can stop in anytime at the MFRC to have their needs assessed and be referred to appropriate community services if they need it. Don't hesitate to come to see us or just give us a call for anything that you need help with. Keep in mind that the MFRC is here for you and we will always support you through the referral process.

#### *Mission Information Line*

**1-800-866-4546**

The MIL is a toll free number for families of deployed Canadian Military Personnel. If you wish to speak to a counselor the line is available from 8:00 am to 4:30 pm (EST), except for statutory holidays. Automated messages are available 24 hours a day. Services are confidential.

#### *Member Assistance Program*

**1-800-268-7708**

If your military spouse is presently deployed and you have not been contacted, do not hesitate to phone them so that you may receive the services you are entitled to. They are there for you!

#### *Resource Library*

The resource library is located in our offices, and contains books, DVDs and videos for all ages. There are resources in both French and English, and most items can be borrowed to take home. If you are posted out, we have a variety of Information Packages from Canadian Bases and Detachments for you to borrow.

Come check out what we have!

#### *Kids Closet*

The Kids Closet is a consignment store for children's clothing from sizes newborn right up to size 16, as well as all maternity clothing, kid's toys, books and videos. Strollers, high chairs, and any other large items will be accepted/available in accordance with safety standards and if space permits.

The Kids Closet also oversees both the Baby Equipment Lending Library & the Toy Lending Library.

#### *Baby Equipment Lending Library*

The Baby Equipment Lending Library is a program that can be utilized by all military personnel. We have items available for you to sign out for a 2-week period. Our library consists of 3 strollers, 2 exersaucers, 3 car seats, 1 high chair, 1 booster seat, 2 playpens, 1 jolly jumper with a stand, and 1 queen size air mattress. There will be a \$25 deposit (1-2 items) or \$50 deposit (3-4

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items), which is fully refundable. These items are often very useful for families visiting, families posted or on house hunting trips. You can see a catalogue of our items at the Kids Closet, located on the lower floor of the Fitness Sport and Recreation Complex. Please call Karen Herridge at 694-2222 ext: 5324 for more information.

### *Toy Lending Library*

This program provides an opportunity for individuals to sign out up to three toys for their children for a 2 week period. There is only a small fee of \$5 per year for your membership required. This is an excellent opportunity to have access to a wide variety of toys without having to spend a lot of money. It also gives you a chance to “test drive” a toy before you purchase it. We have many toys in the Library and a catalogue is available for you to look through at the Kids Closet Consignment Store and at the receptionist desk at the MFRC. If you would like to sign out a toy and the Kids Closet is closed please call Karen Herridge at 694-2222 ext: 5324.

### *French Resources*

This program is dedicated to promote French language and culture and welcome everyone to practice and improve their French.

Services include:

- French resource library for adults and kids (magazines, books, video, DVD)
- French greeting cards
- French programs (dinners, outings, kids activities)
- Interpreters & translators to assist French speakers

### *Sewing Machine Rental*

Need to make new curtains for your PMQ? Have some pants you’ve been meaning to get hemmed? The MFRC has three Husqavarna “Sarah” sewing machines available for rental at a cost of \$10 dollars for two weeks, plus a \$50 damage deposit, which is fully refundable upon the return of the machine in good working order. For more information or to reserve a machine, give us a call at 694-2273.

### Volunteer Services Program

Volunteers are an essential component of the MFRC and each individual enriches and enhances all of the programs and services that are provided. Our hope is that the following information will aid in the understanding of the MFRC’s role in the 15 Wing Community, as well as provide volunteers with numerous options and committees to get involved with.

The achievement of the goals of the Military Family Resource Centre is best served by the active participation of the citizens of the military community. To this end, the MFRC accepts and encourages the involvement of volunteers at all levels of the MFRC and within all appropriate programs and activities. All Staff and Volunteers are encouraged to assist in the creation of meaningful and productive roles in which volunteers might serve and to assist in recruitment of volunteers from the military community.

### *Definition of a “Volunteer”*

*We have made every effort to ensure that the information provided in this package is accurate; however, we do not assume any liability for any errors and/or omissions.*

A "Volunteer" is anyone who without compensation or expectation of compensation beyond reimbursement performs a task at the direction of and on behalf of the MFRC. A "Volunteer" must be officially accepted and enrolled by the agency prior to performance of the task. Volunteers are the backbone of the MFRC and they serve in all facets of the centre's operation and foster pride in our community.

#### *Role of the Volunteer Program*

Productive opportunities and challenges for volunteers require a planned and organized effort. The function of the Volunteer Program is to provide a co-ordinating point for effective volunteer management within the MFRC, and to direct and assist staff and volunteer efforts to jointly provide services that are more productive. The program shall also bear responsibility for maintaining liaison with other volunteer oriented programs in the community and assisting in community-wide efforts to recognise and promote volunteering. The Volunteer Co-ordinator will have the primary responsibility for planning effective volunteer opportunities and challenges, assisting staff in identifying productive and creative roles, recruiting suitable volunteers, conducting interviews and screening, tracking the contributions of volunteers, planning volunteer orientations, providing appropriate training seminars/workshops, supervising volunteers, conducting performance evaluations and appraisals, collecting feedback through evaluation questionnaires, and ensuring appropriate volunteer recognition is provided.

#### *Benefits*

Volunteering is a great way to meet new friends, become involved, socialize, be part of a team, develop new skills, share talents with others, and make a difference! Volunteer experience is beneficial on resumes and applications to post-secondary schools. It is a self-gratifying way to earn experience and be involved in your community. Becoming a volunteer is rewarding and can provide the opportunity to develop new skills and share talents with others.

#### Volunteer Opportunities

**VOLUNTEER OPPORTUNITIES**  
The MFRC Needs You!  
If you have the desire to have fun, meet new people,  
learn new skills, or add to your resume, we have opportunities for you!

Volunteer opportunities are always available in the following areas:

#### *Programming Committee*

We are looking for individuals who can offer a couple of hours a month to help plan adult programs for the MFRC. We are looking to add new and different programs to our schedule, so if you have an idea or would like to be part of the committee please let us know!

#### *Special Events Committee*

This committee is responsible for planning the MFRC's Children's Halloween Parties, Valentine's Parties, Easter Parties, and other special events. If you love to plan events and parties then we need you! We have lots of fun and we would love to have your input.

#### *MFRC Board of Directors*

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We are looking for military spouses to join this dynamic team. The board of directors oversees the Military Family Resource Centre (MFRC) and they meet one evening a month to develop policies, procedures and regulations for operation of the MFRC. This experience can be very rewarding and fulfilling. If you are interested in becoming an integral part of the MFRC please contact Regan Gorski at 694-2274 or Karen Herridge at 694-2222 ext: 5324

#### *Tumbleweeds Nursery School*

The MFRC Nursery School is looking for volunteers in the classroom. This program often requires prep work for crafts and other activities. If you like to help children learn in a positive, educational environment then this could be the perfect volunteer experience for you.

#### *Parent & Tots*

The Parents and Tots Program invites anyone who would like to assist with program to stop by the MFRC Nursery School room on any Tuesday or Thursday to have a look. Facilitators of this program are always open to new ideas for activities.

#### *TLC – Early Learning Centre*

Volunteers are always welcome to assist the staff with activities at the Centre. If you are interested in spending some time with the little ones please give us a call!

#### *Youth/Teen Centre*

There are always opportunities to help out with our youth programs. We often need volunteers to assist with out trips, special activities or in the program in general. Even if you can only help out once in a while or you would like to volunteer on a regular basis, we could use you!

If you are interested in any of the above mentioned volunteer opportunities please contact Karen Herridge at 694-2222 ext: 5324

#### Family Separation and Reunion

##### *Outreach, Information, Support and Assistance*

In order to help spouses get through a prolonged absence, the Moose Jaw Military Family Resource Centre has implemented a support program during a deployment that answers your specific needs. Deployment support is provided to CF members, Reservists and their families who are called to unaccompanied tours of duty, Temporary Duty (TD) or an extended course for periods of greater than thirty days. The service provides their families with ongoing mental, emotional and physical support to assist them with the many challenges faced by families of deployed members. The service is offered before, during and after the tour/course. The following services and activities are there to help:

- Written information
- Deployment Workshop
- “Staying in touch” Line
- Internet
- Special activities
- Mission Information Line

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- Member Assistance Program
- MFRC Support Line

*Written Information*

A booklet entitled “Preparing for Deployment Stress” as well as an information package is given to everyone going through a deployment period.

*Deployment Workshop*

Workshops are offered to the adults and children who wish to receive thorough information on the deployment. These workshops enable you to speak about what you lived before, during and after a deployment.

*Staying in Touch Line*

This service offers regular support phone calls to every spouse for the duration of the deployment. This service is offered on request and can be provided weekly, bi monthly or monthly.

*Internet*

In order to better serve you, the MFRC offers free access to the Internet. This service is offered Monday to Friday from 8:00 am to 4:30 pm. (Please note that an adult must accompany individuals under the age of eighteen.)

*Special activities*

These activities are organised regularly throughout the deployment. The activities can be: information sessions, thematic meetings, social events, etc. The purpose of these activities is to encourage sharing of experiences and meeting people.

**Quick Reference Phone List**

<b>Emergency Services</b>	<b>911</b>
Royal Canadian Mounted Police (Police Emergencies Only)	310-RCMP (7267)
Regina Police Department	777-6500
Regina Fire Department	777-7830
RCMP Regina	780-5560
Utilities Connection and Disconnection (Water & Sewer)	694-4400
SaskEnergy Natural Gas	1-800-567-8899
SaskPower (electricity)	1-888-757-6937
SaskTel	1-800-SASKTEL (727-5835)
Access Cable	569-2225
Prairie Reconnect Inc.	584-9338
Bell ExpressVu	1-888-SKY-DISH (759-3474)
Star Choice	1-888-554-STAR (7827)
Garbage collection	694-4448
SARCAN Recycling	692-4285
Canada Post (General Inquiries)	1-800-267-1177

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CANEX at 15 Wing Moose Jaw	693-6668
63 Ross St. W	691-4770
324 Main St. N	693-2999
1235 Main St. N	694-4699
Tourism Moose Jaw	693-8097
Tourism Saskatchewan	1-877-2ESCAPE (237-2273)
City of Moose Jaw (General Inquiries)	694-4400
Canadian Forces Housing Agency (CFHA)	694-1270
CANEX	693-6668
Fitness, Sports, and Recreation Centre	694-2222 ext. 5515
Wing Chaplain (Chaplain Office)	694-2222 ext. 2297
Protestant Chaplain	694-2222 ext. 5501
Roman Catholic Chaplain	694-2222 ext. 2296

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