



Support Our Soldiers Bears and T-shirts for kids



Estevan Woman Makes 135 IZZY African Comfort Dolls

- A Parent's Perspective 2-3
Support Our Troops products available at the MFRC 4
Summer Activities & Events 3
Deployment: Stress or Opportunity? 3
Conversations with Airplanes 4

Share your deployment stories with us. We would love to hear what you have to say! Aucoin.KL@forces.gc.ca

A 'Big Thank you' goes out to Cheryl Parker for the hard work she put into creating 135 'IZZY' dolls.

The IZZY Doll Program began as a result of one soldier's

desire to reach out to afflicted children in need. The dolls cannot be sold for profit, only given away—they are used for the comfort of small children who are, through no fault of their own, suffering from

things like starvation or AIDS. For more information on the IZZY Doll Program, its history, or for a copy of the pattern to help make more IZZY Dolls, please visit www.icross.ca and www.isfeldbc.com



'In Harms Way' Newest Addition to 'Support The Troops' CANEX.CA Online Site

The first impression of the CD cover of 'In Harms Way – Soldiers Songs', is shock. A doll in the rubble looks more like a child casualty of war but it was this photo taken by Cpl. Mark Isfeld that inspired his mom Carol to begin crocheting 'Izzy Dolls' for her soldier son to give to children of war.

'The Izzy Doll' story in song is just one of the 11 tracks on this CD by Calgary songwriter Phyllis Wheaton. Wheaton says

'In Harms Way' has found its rightful home on Canex.ca, on the Support the Troops page (scroll down after the red hockey shirts) with proceeds going to a variety of programs supporting our troops and their families.' As well as online it is also available at two CFB Canex stores, Edmonton and Petawawa.

'In Harms Way' is all about Canadian Identity, inspiring, entertaining and morale building.

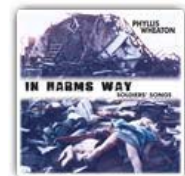
The songs are supplemented with a 16 page lyric booklet with web sites for further reading about the Izzy Doll, Boomers Legacy, Icross Canada, Canadian Landmine Foundation, and Light Up the World.

All are examples of the Canadian silent and powerful force, turning sacrifice and suffering to world changing acts of peace.

Canex stores in Petawawa and Edmonton as well as their online store now have 'In Harms Way' available with proceeds going toward Support Our Troops.

( www.canex.ca click on Support Our Troops, then scroll down just after the red hockey shirts) or visit

www.phylliswheaton.com



## *A Parent's Perspective*

The CTV News Channel, Sunday morning, May 15<sup>th</sup>, 2008.

“A Canadian Army convoy was attacked in Kandahar yesterday. Four Canadian soldiers were wounded, one Afghan boy was killed.”

Your son is a Master Corporal Crew Commander of an Armoured Patrol Vehicle on convoy protection duty in Kandahar. You can't help yourself – just for a second you think – was it him? Then you remember what the MFRC and the Padre said: next of kin are notified of casualties before the news is released. So, if you hear the news on TV then it can't be your kid. Relief. Then guilt because somebody got the call today that their son is in the hospital. Then maybe it was his convoy but he wasn't wounded – I wonder how he's handling it?

That is the “drama” part of having your child deployed in Afghanistan. Not high drama but worrying nonetheless. The routine worrying began months ago when he volunteered to go.

Our son has been a reserve soldier with the Moose Jaw based Saskatchewan Dragoons for ten years. He joined the day he finished high school and really enjoyed the training, camaraderie and sense of duty that came with service in an Armoured Regiment. The pay

and the benefits enabled him to pay his way through university (although Mom and Dad took a hit as well). He took numerous reserve army courses in Wainwright, Dundurn, Shilo and Winnipeg. The Dragoons were often employed on combined reserve and regular army exercises all over Western Canada and our son benefited greatly from his training. He and his fellow Dragoons did fire fighting duty for 2 weeks during the Kelowna forest fire which was a physically exhausting and dirty job but also a source of pride that the reserve boys did their share. His full time training with the regular army for 6 months prior to deployment to Afghanistan was excellent. Knowing he was well equipped and well prepared was a great comfort to us.

On the civilian side he finished school and qualified as a librarian. He got a good job in Weyburn as Branch Supervisor covering the 40 rural branch libraries in S.E. Saskatchewan. That job plus reserve duty plus an active social life kept him busy and happy. If your child is happy – then you as parents are happy too. Then the child is happy to volunteer for duty with a special reserve unit being organized for combat duty “outside the wire” in Afghanistan. Suddenly, parents not as happy.

But it was always his decision not ours. He is in his late 20's, has a job, a home of his own – he is a grown man. But he is also still your child. While you can't question his decision you sure do discuss it. His logic was pretty much as follows:

“We think of him every day, of course. We worry about him on those days of drama. And we are proud of him 24/7.”

*“I've taken the training for ten years. Now, my regiment has been asked to provide soldiers for Protection Duty on the convoy runs from Kandahar to F.O.B.'s. It's the job I've trained to do. What should I say – send some other guy but not me?”*

We couldn't really argue against that. We discussed the political rights and wrongs of Canada's role in Afghanistan. Today's soldiers are not naïve – they think for themselves and are knowledgeable. But whether he or we thought Canada should be there or not was really of secondary importance. It was pretty simple to him. In a democracy the elected parliament decides what the soldiers do – not the other way around.

He saw it as his job – his duty if that old fashioned word can be applied. Being young he also saw the attraction of travel, the challenge of a risky job and the camaraderie of the other Dragoons. But he volunteered with his eyes wide open. There was no pressure from the Regiment that I am aware of; it was up to each individual. So our feelings of anxiety are also mixed with an enormous sense of pride in him and the soldiers serving with him.

The Saskatchewan Dragoons as well as other western Regiments that contributed troops to the Force Protection Platoon are a pretty diverse group. Like any military unit they range from 19 year old singles to married family men in their thirties. Unlike regular military units they are part-time soldiers so they had to leave their civilian jobs for up to 15 months or more. In this deployment I know of a plumber, a teacher, I.T specialist, an automotive technician, a banker and even one – as our son calls himself – “combat librarian”. Most have received good support from their employers. Weyburn Regional Library is very supportive of our son's deployment – his job is safe and we are thankful for that. Sometimes they are referred to as “Weekend Warriors” or “Saturday Soldiers”.

Many of their civilian friends, co-workers and even family have little or no knowledge of Canada's military. Canadians really are unmilitary people. Beyond a vague notion of "peacekeepers" most had no idea what went on at the armouries. One silver lining to the Afghanistan situation has been the increased public awareness of the troops. I know we appreciate it as does our son and his fellow soldiers. They have received support from many sources. To name a few: the city, the legion, churches, schools, youth groups and even just private individuals who send a package of goodies or a magazine with a letter.

One unexpected but pleasant development was the support from the Military Family Resource Centre (MFRC). The 15Wing MFRC have taken us in as though we were "family" and have come up with services that have been truly helpful. They cover every-

thing from dealing with the departure anxiety to how casualties reported to what to expect when our son comes home.

Our son is halfway through his deployment and just finished three weeks leave. He emailed us to say that it felt great to be back with his buddies in his platoon. He often has humorous stories of their minor daily misadventures that are part of any military life. He has exciting stories of convoy runs near the Pakistan border in "the most lawless part of the world". He has stories about the little kids and the farmers and the Afghani's who just want to work and raise their families. He writes about the desert and the heat. He makes light of the very inaccurate rocket attacks on the base. But he has also mentioned what it is like to have to check out a suspected roadside bomb. There is the unspoken stress of aiming your vehicle weapons at a suspicious car that may be an innocent

civilian or suicide bomber then making a quick decision to shoot or not. And he also said in one email "attended a ramp ceremony today". So far in his tour five Canadian soldiers have been killed and many more wounded, reservists included in both categories.

We think of him every day, of course. We worry about him on those days of drama. And we are proud of him 24/7.

~Dave and Stella Richards

**Is there a way to take advantage of the time by doing something you might not normally do?**

**Volunteer to help others—it just may help you!**

### *Deployment: A Time of Stress or Opportunity?*

<p>Your loved one has been deployed, and you and your family are trying to cope. The following list will give you an idea of how to cope with your loved one's absence and perhaps see it as an opportunity for personal growth.</p> <p><b>Stay connected.</b> Continue to meet with friends, attend club meetings, attend your church, etc. Refuse to be isolated.</p> <p><b>Establish a routine</b> and stick to it. This forces you to stay busy.</p> <p><b>Set goals.</b> Deployment offers you a tremendous opportunity to do some things you may not have had time to do. Read a good book, take a course, learn a language, or go swimming once a week.</p> <p><b>Look for 'free fun'.</b> The MFRC offers programs, classes, and social gatherings (many free of charge</p>	<p>while experiencing a deployment)</p> <p><b>Exercise.</b> Join a class or create your own class among friends. Keep active!</p> <p><b>Talk with your children about mom/dad's absence.</b> Discuss the things the parent may be doing and the fact they <i>are</i> coming back. Let your children take the initiative in talking about how they feel.</p> <p><b>Keep a journal</b> and review all the good things you achieve each day. Learn to compliment yourself.</p> <p><b>Volunteering</b> is an excellent way to help you by helping others. The MFRC can match up your skills and interests with their programs.</p> <p><b>Get help</b> if you are feeling stressed or sad -Call a friend, the Family Support Coordinator, or the CF Member Assistance Line 1-800-268-7708.</p>
---	---

## *Special Events & Activities*

<p><b>Armed Forces Day</b>  <b>When:</b> August 23rd  <b>Where:</b> 15 Wing Moose Jaw  <b>Cost:</b> FREE</p> <p>For more information visit <a href="http://www.airforce.forces.gc.ca/15wing">www.airforce.forces.gc.ca/15wing</a>. If you're interested in <b>volunteering</b> that day with the MFRC, please call Karen at 694-2222 ext: 5324</p>	<p><b>Open House &amp; Family Day</b>  <b>Where:</b> MFRC  <b>When:</b> September 6th  <b>Cost:</b> FREE</p> <p>Games, Jolly Jumps, community club registration, athletic displays, FREE BBQ.....and much, much more!</p>
--	---





15 Wing Moose Jaw

Building 80

P.O. Box 5000

Moose Jaw, SK

S6H 7Z8

Phone: 306-694-2273

Fax: 306-694-2845

E-mail: [Aucoin.KL@forces.gc.ca](mailto:Aucoin.KL@forces.gc.ca)



Moose Jaw Military  
Family Resource Centre

*The Moose Jaw MFRC is committed to enriching the lives of its individuals, families and community through positive action, education and support.*



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

## *Deployed Families Wine & Cheese Social and Theatre Evening “Conversations With Airplanes” July 19th*

All families experiencing a deployment are invited to the MFRC for a little wine and a little cheese on July 19th at 6:00 p.m.

For only \$5 (which is half the price of a ticket to the show—a special discount just for you) you can spend time with other families who know what you are going through—enjoy an evening out with great conversation and friends!

CALL KELLY to RSVP your ticket!!!

306-694-2222 ext: 5315

*The Saskatchewan Arts Board and the Moose Jaw MFRC present...*

**CONVERSATIONS  
with  
AIRPLANES**

*created and performed by  
Courtney Siebring*

Saturday July 19th, 2008 in the 15 Wing Mess Social Centre  
Doors & bar open @ 19:30 Performance 20:00  
Tickets: \$10 For tickets and details call the MFRC @ 694-2273  
[www.siebring.ca](http://www.siebring.ca)



“I Support Daddy”

“I Support Mommy”

T-Shirts \$14

T-Shirts are available at the MFRC Kids Klostet Consignment store. The store is located on the bottom floor of the MFRC/Fitness complex at 15 Wing Moose Jaw.

Shop anytime.... Just stop by the MFRC main office area and ask for Karen!  
694-2222 ext: 5324

