

ISSUE

11

July  
August  
2011



# Ralston Community Newsletter

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Emergency Phone:



## this issue

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**Follow us on Facebook, join the group:  
CFB Suffield Military Family Resource Centre**

## **Celebrating twenty years of the Military Family Services Program**

Sourced: [http://www.cfpsa.com/en/psp/DMFS/20th\\_anniversary\\_e.asp](http://www.cfpsa.com/en/psp/DMFS/20th_anniversary_e.asp)

As we approach the Twentieth Anniversary of the Military Family Services Program (MFSP), the time has come for us to kick off our celebrations by looking back at how far we've come, and looking forward to the future. Since its early start in April 1991, the MFSP has grown and evolved over the past 20 years to continue to meet families' changing needs.

Now more than ever, Canadian Forces (CF) families are diverse and ever changing. Today, the MFSP supports all loved ones of CF personnel, including spouses, children, parents, as well as families of reservists and of the fallen.

The Twentieth Anniversary of the MFSP is also a time to pay particular tribute to the Canadian/Military Family Resource Centre (C/MFRC) staff and volunteers who tirelessly provide services and programs to support military families. C/MFRCs are the cornerstone of the MFSP, providing accessible and responsive services for thousands of families around the world.

This year is also a fitting time to celebrate the significant contributions families make to our Program, as participants and volunteers. Long recognized as the "Strength Behind the Uniform", CF families are celebrated for their resilience and unwavering strength.

So today, whether you are in the military, part of a military family, a C/MFRC staff member or volunteer – take a bow.

This year's celebration is all about recognizing that we all play a part in making the CF a Canadian institution to be proud of. Coincidentally, it's also a year to announce exciting enhancements to services and programs for families. Stay tuned for more details as the year progresses.



Pour services en français, communiquer avec Carole Meehan au 544-5567.

# Mark these dates in your Calendar folks...

MFRC Volunteer Coffee Morning...  
Tim Horton's Goodies!  
July 12 in the MFRC 10:00-11:00

Lunch for the Volunteer Bunch!  
August 9 (TBC)  
You will get a call confirming the date in late July

REACH OUT Become a volunteer  
At the MFRC  
403 544-5567



**A**re you interested in volunteering with the MFRC? Be it an hour or a morning per week or once a month, call us, we may be able to place you in the Volunteer Program. We can always use an extra set of hands in the Kiddie Kare program or in the summer day camps. If you have questions, please call Kerry on ext. 5567. We hope to hear from you soon...

## Youth club parent helpers

We need to shout out to our Youth Club Parent Helpers and send them a HOGE thanks from the MFRC staff and youth club members. They have been on-hand to help out with Soccer, Pamper Nights, Field Trips, Talent Nights and Card Making to name a few.

Couldn't have done it without ya.  
Thanks guys, you rock!



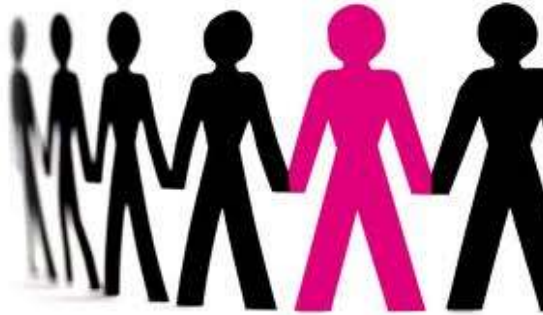
## MFRC & PSP VOLUNTEER APPRECIATION BREAKFAST

We have once again been fortunate in securing funding from SISIP, allowing us to host a Volunteer Appreciation Breakfast!

This years event is scheduled for September 1st, at the Jubilee Arms Restaurant. All MFRC & PSP Volunteers will receive an invite in August ...we hope to see you there!



If you require assistance with your Resume or CV, please call Kerry at (403) 544-5567. CF and BATUS family members receive all services free of charge. Military members pay \$25 for 1 resume and \$40 for 2 or more.



## **MFRC Employment Opportunity**

### **MFRC Receptionist/Program Assistant**

We are looking to hire a receptionist for the front desk at the MFRC. The successful candidate would also provide cover for staff illness/absence in the Kiddie Kare Program (average once/week). Applicants must possess excellent customer service and computer office skills (early childhood development background an asset). This position is full time, Monday-Friday, 08:00-16:00, commencing July 20th, 2011 (Firm start date). Deadline for submission-July 6th, interviews to be held July 7th & 8th. Please submit Resume/CV to the MFRC, attention Kerry Goldring or email: [kerry.goldring@forces.gc.ca](mailto:kerry.goldring@forces.gc.ca)



### **Do you enjoy your work? Do you love your job?**

I consider myself extremely fortunate. I thoroughly enjoy my job and my colleagues. I feel good at the end of the day, knowing that I have helped someone find work, or assisted with a resume. I get a kick out of seeing clients leave my office happy.

You don't have to love your job, (few people do) but I seriously believe there are benefits in finding something positive each day (something more than the pay check!). It could be a new opportunity, a pat on the back from management, a colleague who could become a good friend, a customer who smiles and thanks you...you don't have to look too far to see the good in people and in your surroundings. Negativity breeds negativity, so if you are having a bad day, put it down to exactly that and start afresh right now.

**Remember, leaving work happy will spill over into your personal life...leaving work in a foul mood will too!**

Kiddie KareKiddie Kare

Suffield MFRC Kiddie Kare strives to provide children with a positive learning environment, which enhances his/her level of development. Children are encouraged to explore, create, question and share experiences in order to enhance their physical, social, emotional, verbal, communicative and intellectual growth. It is our goal to provide children with a safe, warm and loving environment in which they learn through play. Through play children can explore, investigate and find out more about themselves and the world around them.

The Kiddie Kare program will have days available in the summer for your child to attend. Please speak with Becky Verishine at the MFRC to see the mornings we have available throughout the summer and availability for our September programming.



**YOUTH CLUB \* YOUTH CLUB \* YOUTH CLUB \* YOUTH CLUB \* YOUTH CLUB**

**YOUTH CLUB WILL BE CLOSED THROUGHOUT THE SUMMER MONTHS OF JULY AND AUGUST.**

**SEPTEMBER 5<sup>TH</sup>, 2011 WILL BE THE FIRST DAY BACK FOR OUR YOUTH CLUB PROGRAM. JUNIOR YOUTH CLUB (8-11YRS) IS MONDAY AND WEDNESDAYS. SENIOR YOUTH CLUB (12-17YRS) IS TUESDAYS AND THURSDAYS. A ONE TIME REGISTRATION FEE OF \$10.00/CHILD WILL APPLY AT THE TIME OF SIGN-UP. A DAILY**

**"DROP IN" FEE OF \$1.00 WILL BE CHARGED AT THE DOOR.**

**IF YOU ARE NEW TO THE VILLAGE PLEASE COME IN TO THE MFRC AND SPEAK WITH BECKY VERISHINE ABOUT THE PROGRAM AND FILL OUT A REGISTRATION FORM.**



# **SUMMER CAMP**



**OUR SUMMER CAMP GOAL IS TO ENSURE THAT ALL PARTICIPANTS AT CAMP HAVE AN ENJOYABLE AND SAFE EXPERIENCE. WE HAVE EIGHT FUN FILLED WEEKS OF CAMP FOR CHILDREN AGES 5-12 YEARS.**

- **JULY 4-8, 2011 - DYNAMIC DRAMA**
- **JULY 11-15, 2011- FITNESS FRENZY**
- **JULY 18-22, 2011- MUSIC MADNESS**
- **JULY 25-29, 2011- WESTERN WHOOP UP**
- **AUGUST 2-5, 2011 - MEDIEVAL TIMES**
- **AUGUST 8-12, 2011 SPECTACULAR SCIENCE**
- **AUGUST 15-19, 2011 - TANGLED TALENT**
- **AUGUST 22-26, 2011 KITCHEN CHEMISTRY**

## **THE WEEKLY FEES ARE:**

- **\$80.00/CHILD**
- **\$150.00/2 CHILDREN**
- **\$215.00/ 3 CHILDREN**

## **YOUTH CLUB MEMBERS**

Youth club members can also attend offsite special events and activities (individual fees apply).

## **CANTEEN CARDS**

Canteen sales are available at the Youth Club and in the Summer Day Camp. Parents can purchase bulk canteen cards from the MFRC.

## MFRC Lunch Program



The MFRC Lunch program operates out of Ralston School for Kindergarten age children through to Gr. 5. This program allows children to remain in school over the lunch hour. If you are new to the village, please come into the MFRC and fill in a registration form for your child/ren to attend our Lunch program during the school year. Please note, Kindergarten children cannot attend the Lunch program until they commence with full day classes (usually end of September).

Dear Community Member

If you have just moved to Ralston or Medicine Hat, I would like to take this opportunity to say 'Welcome to CFB Suffield and BATUS' to you and your family!



We are sure you are going to have a fantastic time here, whether you have moved from another Province in Canada, or whether you have moved here from an international location.

The CFB Suffield Military Family Resource Centre is here to promote the health and well-being of this community and our goal is to enable families to become full participating members of the community through the provision of programs and services.

I would welcome the opportunity to explain to you a little bit more about the MFRC's programs and services and also to give you your Welcome Package and Free Gift!

If you could come in to the MFRC in the Ralston Community Centre or give me a call on 403 544 5567, then we can arrange this for you.

Looking forward to meeting you!

Yours truly

Karen Powley

Personal Development & Community Integration  
Co-ordinator

# Not sure where to look?..

We advertise MFRC activities and events via the following media outlets:

- ⇒ Facebook (Join our 'Group Page' see below) (CFB Suffield Military Family Resource Centre)
- ⇒ Community Newsfeed (Community Ctr Lobby)
- ⇒ Ralston Community Newsletter
- ⇒ MFRC Activity Board (Main Office)
- ⇒ BFBS Radio
- ⇒ Prairie Rose Club Activity Board
- ⇒ MFRC Webpage ([www.cfbsuffieldmfrfc.org](http://www.cfbsuffieldmfrfc.org))
- ⇒ Ralston Information Channel
- ⇒ Part 1/Routine Orders
- ⇒ Basewide Emails

We ask that Community Members do not call the MFRC 'Out of Hours Emergency Cell Phone' for course booking/ cancelling requests, and thank you for your continued cooperation.

## 'Radio Ga Ga' ...



BFBS radio

The MFRC would like to thank all the BFBS Radio personnel for their continued support in advertising all our activities and events.

**IS THERE A COURSE OR ACTIVITY THAT YOU WOULD LIKE TO SEE OFFERED HERE AT THE MFRC? IF SO, PLEASE CONTACT US WITH THE DETAILS AND WE WILL SET UP AN INTEREST LIST TO START THE BALL ROLLING!**

Do you have a skill or talent that you would like to share with the community? We are always on the lookout for local talent to teach classes here in the village. It could be anything from crafting to a sporting activity. Questions? Give Karen a call at the MFRC.

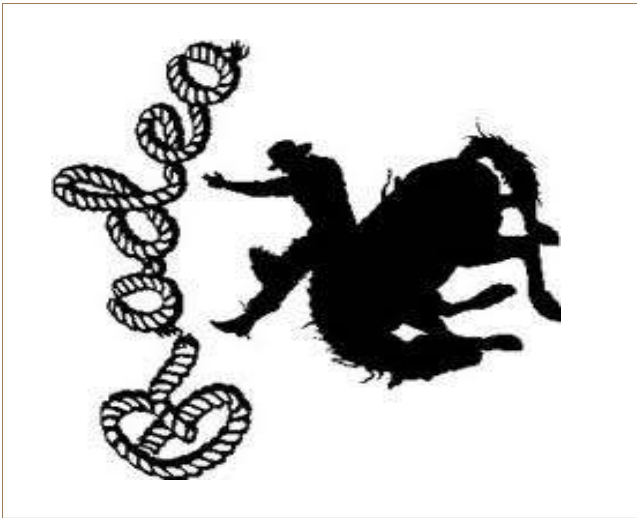


# JULY 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Canada Day Celebrations	2
3	4	5	6	7	8	9 Calgary Stampede Bus Trip
10	11 Coffee Morning MFRC Ralston 9.30am	12	13	14	15	16
17	18 Zumba 7.30pm Coffee Morning MFRC Med Hat 9.30am	19	20	21	22 Zumba 9.15am	23
24	25 Zumba 7.30pm	26	27	28	29 Zumba 9.15am	30
31						

# AUGUST 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Zumba 7.30pm	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Zumba 9.15am	<b>6</b> Bus Trip to Calgary Zoo
<b>7</b>	<b>8</b> Zumba 7.30pm	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> Zumba 9.15am	<b>13</b> Ralston Rodeo
<b>14</b>	<b>15</b> Zumba 7.30pm	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> Zumba 9.15am	<b>20</b>
<b>21</b>	<b>22</b> Zumba 7.30pm Coffee Morning MFRC Ralston 9.30am	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> Zumba 9.15am	<b>27</b>
<b>28</b>	<b>29</b> Zumba 7.30pm Coffee Morning MFRC Med Hat 9.30am	<b>30</b>	<b>31</b>			

## When a Parent Goes to War



All kids — no matter their age — want and need their parents to protect and care for them. And all parents want to be able to tell their kids that mommy and daddy will always be close by.

But when a parent is deployed to war, that comforting balance is disrupted. Some parents have to leave their families for long stretches of time. Some will be in harm's way. And despite the pride our men and women in the armed services feel in serving their country — and the knowledge that they are well trained to do so — military families can't help but worry how their kids will manage in a parent's absence.

How kids handle separation and what they need from the adults who care for them while a parent is away will vary somewhat. But all kids do react in some ways, and the adults around them need to be prepared. Parents can help smooth the transition before and after deployment, and foster the resiliency kids need to cope well in between.

### Before Deployment

There's no easy way to tell a child that a parent has to go away. Yet once a deployment date is set, it's important to give kids some advance notice, especially if a parent's deployment will involve big changes like a move or a new primary caregiver.

Here are some tips to consider...

**Be honest.** The words you use are important and can mean different things depending on a child's age and maturity, so give kids the truth in terms they can understand. For example, for young children, the concept of a long separation is a lot harder to grasp than the fact that mommy won't be there to take them to school in the mornings or that daddy won't be back until after Christmas. They often do better with visual reminders, such as a calendar with dates checked off to mark the passage of time.

Older kids, on the other hand, especially those who watch the news, may react with a greater sense of worry and fear. Reassure them that people in the military are trained to do their jobs and every effort will be made to ensure safety.

**Let kids know that they will be taken care of.** Kids need to feel protected in a parent's absence, so tell them who will be taking care of them during the time away. Young children, especially, may have questions about their daily routine. Be patient if they ask the same questions over and over — repeated reassurances will help them feel more secure. Asking the questions over and over simply means that the child has not fully absorbed and accepted the information on emotional and intellectual levels.

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**Make a plan to stay connected.** Let kids know that goodbyes are hard for everyone — even grown-ups. Remind them that they'll be thought of and loved while the parent is away, and talk about the people who will be there to help them feel better when they're feeling sad. Invite your child to come up with ideas to stay connected — from sending emails to promising to think about each other at the same time every day.

**Try not to overburden.** Kids are very attuned to the feelings of their parents, so be aware of any tension and anxiety they might be picking up on at home. Also, avoid instructing your child to be the man or woman of the house while one parent is away. Kids need to be kids, even in tough times, so instead tell them to do the very best they can even though it might be hard.

**Spend extra time together.** In the days and weeks prior to departure, many military parents feel pressure to get the house in order by tackling their overloaded to-do lists. Though fixing leaky faucets and taking the car for a tune-up are certainly important, remember that it's just as necessary to work in plenty of one-on-one time with each child. The photos, videos, and special mementos of these times are what your family will hold on to until everyone is together again.

**During Deployment**

When a parent finally leaves, family life does change and it can take a little while for things to fall back into place. Kids are particularly vulnerable at this time, but parents and caregivers can help them through it.

Here are some ideas...

**Keep a routine.** Help offset feelings of uncertainty by keeping life at home as predictable as possible. In the face of big changes, even small things that stay the same — like a simple bedtime routine or a fun Saturday morning ritual — can be extremely reassuring.

**Keep the absent parent a part of children's lives.** Whether it's looking at pictures and videos, saying a special prayer, counting down days on a calendar, finding where mommy or daddy is on a map, making a scrapbook, or organizing an activity your loved one would like, encourage your kids to find creative ways to stay connected to the parent who's away.

**Talk often and listen well.** Even the most attentive kids can misinterpret information, so ask your children what they've heard and then help them correct misconceptions and put things in perspective. Talk to them about the things that upset them and let them know it's OK to feel worried sometimes. Simply listening — and letting your kids know that you understand — is tremendously comforting. Encourage older kids to keep a journal to help work through their feelings.

**Get support.** A parent's departure is not only unsettling for the kids, but also overwhelming for the partner who must absorb all the extra duties. The armed forces have many programs to help families get through the difficult times. Take advantage of them, as well as any offers of support from relatives, friends, or other military families who know what you're going through — especially if you're feeling depleted and are finding it hard to supply the positive interaction your kids need.

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### Returning Home

When it's time for the homecoming — that joyous day you've all been waiting for — you expect the hugs, excitement, and happy tears. But the period of adjustment that often follows can catch many families by surprise. Though some returning service-men and -women do slip back easily into the rhythm of home life, most families need a little time to find their balance.

Here are some ideas for making the transition easier...

**Communicate.** A lot can change when one partner has been away: not only are the kids older, perhaps with new interests and routines, but the remaining parent may also be more self-reliant. It's no wonder that many returning parents have a hard time figuring out where they fit into the plan. As with any transition, open, honest communication is key to re-establishing a routine that works for everyone.

**Give it time.** Forget any expectations about how quickly things need to go back to "normal." Just because it takes your family some time to readjust doesn't mean you love each other any less or that you won't get back to where you were before — or even someplace better. Be patient as you get to know each other again, and give the whole family plenty of opportunities to rediscover each other.

**Take the pressure off.** If the first few days and weeks of being together as a family aren't exactly the fairy tale you had in mind, try not to be discouraged. Putting pressure on yourself or your family to act or feel a certain way will only make things harder. Keep a sense of humor and let the process unfold naturally.

### Every Child Is Different

No two kids will react to a parent's deployment in exactly the same way. Even within the same family, some kids are naturally even-keeled and resilient, while others are much more sensitive. Some voice their concerns out loud; others worry in silence.

A child who's feeling anxiety may show it in a number of subtle ways. Babies and toddlers may become withdrawn or clingy. Preschoolers may regress in their behaviors or experience a resurfacing of old fears. Older kids and teens — even those who appear to take things in stride — may also have a tough time, experiencing decreased appetite, withdrawal from activities, sleep problems and nightmares, restlessness, stomachaches, aggression, anger, sadness, and difficulty at school.

If your child experiences any of these issues, avoid punishing, scolding, or shaming. Children may simply be making sure there is still someone ready to take care of them. Or they may be struggling with feelings they haven't verbalized. Plenty of reassurance and understanding — as well as calm but clear statements about what behaviors are out of bounds — is your best bet for getting your child back on track.

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Try not to take it personally if your child expresses anger toward either the absent or remaining parent. Though hard to hear, some temporary anger is normal when something happens that kids don't want and can't control. Help your kids express their strongest feelings in words (keeping a journal is a great way to do this), and continue to set limits on unacceptable ways to express anger. Tell them when you're feeling proud of their bravery, helpfulness, and other efforts.

Deployment is not an easy time for a family. Whether you're the parent who's away or the one at home, your kids will need your love and encouragement more than ever. Some days will be harder than others, but you can get through it — especially with the help of others.

Reviewed by: D'Arcy Lyness, PhD

Date reviewed: November 2010

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# Prevention, Support & Intervention

## How to Organize a Stress-Free Move

### At Least 1 Month before the Move:

1. Arrange to change your mailing address with businesses, utilities, government agencies, and other entities as soon as you know your new address.
2. Check your savings and checking balances and make the necessary arrangements with your bank.
3. Contact the appropriate delivery and utility services and arrange turn-on and turn-off dates.
4. Notify your landlord about the move (if applicable) and set up an appointment to collect your deposit refund and hand over your keys.
5. Arrange with your real estate agent or new landlord to obtain your new keys before you move.
6. Set up medical and veterinary appointments for family members and pets, respectively.
7. Obtain any necessary vaccinations and documents for the jurisdiction you're moving to, if applicable.
8. Make necessary travel arrangements, such as hotel reservations for a moving trip of longer than a day.
9. Inventory your possessions. Use this list to determine the number of boxes and the size of the truck you will need for your move.
10. Estimate moving costs, such as packing, rental, moving company and travel expenses.
11. Decide, based on expenses and physical limitations, if you'll be moving yourself, hiring movers, or some combination of both, and make the necessary arrangements.

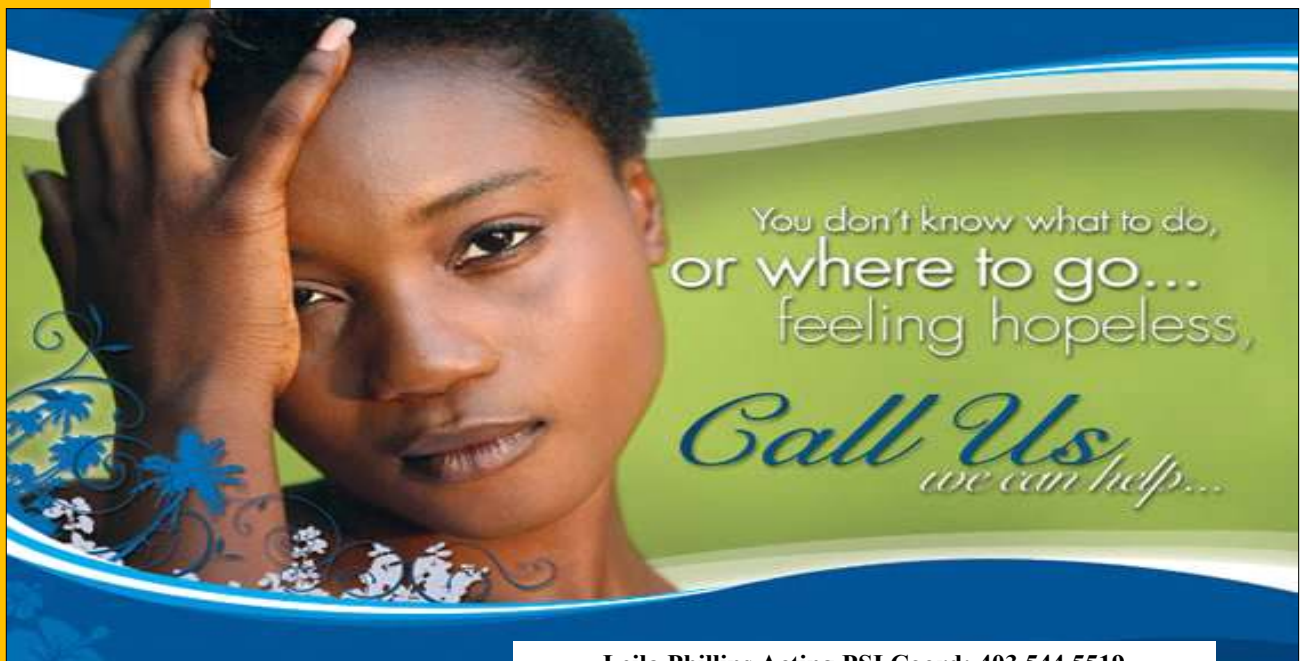
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At Least 2 Weeks before the Move

1. Reconfirm your moving date with the moving or rental company.
2. Plan your packing and loading by writing down what you have to do.
3. Purchase any moving supplies needed, including bubble wrap, boxes, tape and plastic bags.
4. Start packing two weeks in advance, and pack a little every day, concentrating on one room at a time. Get family members to help out by assigning each person a room for which he or she is responsible.
5. Label all boxes and containers, such as by room, contents or fragility, so you'll know exactly what each contains when you get to the new house.
6. Donate, sell or throw away everything you don't want to take with you.
7. Empty your freezer and clean it out a week before you move, and start to unplug and pack away remaining appliances.



Read more: [http://www.ehow.com/how\\_2506\\_organize-stress-free.html#ixzz1PGlyUyaf](http://www.ehow.com/how_2506_organize-stress-free.html#ixzz1PGlyUyaf)



Leila Phillips Acting PSI Coord: 403 544 5519



Kananaskis Country - Bow Valley Provincial Park		Canmore, AB
Bow Valley Provincial Park is located at the confluence of the Bow and Kananaskis rivers, immediately east of the front range of the Rocky Mountains. World-renowned trout fishing in the Bow River and spectacular mountain scenery are just a few of the park's attractions.		403-673-3985
Cypress Hills Interprovincial Park		Elk Water, AB
Cypress Hills is Canada's first interprovincial park (Alberta & Saskatchewan); it is the highest point in Canada between the Rocky Mountains & Labrador (maximum elevation - 1466 meters above sea level)		403-893-3833
Payne Lake Provincial Recreation Area		Cardston, AB
Day use site and campground along Payne Lake.		403-382-4097
Beaver Mines Lake Provincial Recreation Area	Lethbridge, AB	403-563-5395
Dinosaur Trail RV Resort		Drumheller, AB
Dinosaur Trail is a full service resort, located in the Alberta "Badlands."		403-823-9333
Blue River Campground & RV Park		Blue River, Jasper, BC
Enjoy the space and wilderness of Blue River. RVers and tenters alike enjoy Eleanor Lake just a 10 min. walk away. Cabins and tipis provide a great stopover sleep.		250-673-8203
Kananaskis Country - Indian Graves Provincial Recreation Area		Kananaskis, AB
The Indian Graves area offers extensive equestrian trails for excellent horseback riding opportunities, unmarked hiking trails, and great fishing in Willow Creek, Johnson Creek and Bear Pond. Nearby attractions include Bar-U-Ranch; Chain Lakes, where there's fishing, boating and swimming; antique shops; and the Air Museum in Nanton.		403-995-5554
Paradise Valley Campground		Squamish, BC
Wilderness campsites in a light forest setting; 30 acres of property to enjoy. Walking trails between sites and river. Steep 1 hr. hike to Brohm Lake for swimming and more hiking.		604-898-1486
Dinosaur Provincial Park		Brooks, AB
Some of the most extensive dinosaur fossil fields in the world are found here; the area's badlands and cottonwood river habitat are the other significant features that resulted in the park's designation as a UNESCO World Heritage Site in 1979; you won't want to miss a visit to the Royal Tyrrell Museum of Paleontology Field Station, located in the park.		403-378-4342
Riverside RV Resort and Campground		Whistler, BC
Riverside, Whistler's only RV Resort & Campground, is located in a relaxing and picturesque setting within the Resort.		604-905-5533
Ghost Airstrip Provincial Recreation Area		Cochrane, AB
North Ghost campground: well treed pull-through sites that can accommodate two trailers; creek adjoining campground; close to Margaret Lake (great fishing); on-site caretaker.		403-637-2198

## ARE YOU POSTED?

The HIVE can help by providing you with an information pack for your new location that is tailor-made to include Information Sheets on the subjects that *you* want to know about. If you ask for your pack by e-mail, you should receive it very quickly. Any HIVE can now obtain Information Sheets for any HIVE Location.

# The Hive Service

The HIVE holds information on...

- \* Annington homes
  - \* Army Learning Centres
  - \* Army Welfare Services
  - \* Bed and Breakfast accommodation
  - \* Boarding school information
  - \* Bus timetables
  - \* Child minders and daycare facilities
  - \* Children Education Advisory Service (CEAS)
  - \* Child Support Agency
  - \* Citizens Advice Bureau
  - \* Cubs, Brownies etc
  - \* DE Ops Housing
  - \* DIY shops
  - \* Foreign & Commonwealth issues
  - \* Further Education
  - \* Garages and car maintenance
  - \* Hairdressers
  - \* Healthcare/dentists
  - \* Housing issues
  - \* Independent schools
  - \* Insurance for forces personnel
  - \* Internet facilities
  - \* Job seekers allowance
  - \* Joint Service Housing Advice Office
  - \* Local attractions and facilities
  - \* Local employment opportunities
  - \* Local Estate Agents
  - \* Local state schools
  - \* Maps of Local Area
  - \* Operational Deployments
  - \* Postings – UK and abroad
  - \* Pre-schools
  - \* Pubs and Clubs
  - \* Recycling
  - \* Special needs education
  - \* Sports & recreation facilities
  - \* SSAFA Forces Help
  - \* Station Chaplaincy and churches
  - \* Station Contact house
  - \* Tax credits
  - \* Training courses
  - \* What's on locally
- ...and SO much more!*



## HIVE Travel Packs

**If you have a travel pack on loan from the HIVE, would you kindly return it as soon as you have finished with it. The travel packs are in high demand at the moment.**

# WHAT'S ON THE HIVE WEBSITE?

[www.hive.mod.uk](http://www.hive.mod.uk)

- Contact details for every HIVE worldwide
- Download a Location Overview for any HIVE location
- Download the tri-Service Contact House Directory or HIVE Directory
- On-line Information Request Form
- Email HIVE Central Office
- Link to StartHere – connecting people to their local welfare organisations
- Links to Defence News and other MOD websites
- Links to Families Federations websites
- HIVE job vacancies
- Plus LOTS more!



I would like to say thank you to everyone who has contributed travel brochures, a slide for the information channel, or an item for the newsletter. I would also like to say a big thank you to Ben Bickers-Hagyard for an excellent job delivering the Ralston Community Newsletter.



## Ralston Community Newsletter Publication Schedule

- January/  
February
- March/April
- May/June
- July/August
- September/  
October
- November/  
December

With the exception of the Jan/Feb issue, the deadline for each edition is the 20th of the preceding month. Due to the Christmas Closure, the deadline for the Jan/Feb 2012 Newsletter is December 07, 2011.



**army families federation**  
the independent voice of army families worldwide

### Your Representative is:

Claire Leonard 403 544 1231

Army Families Federation representing army families everywhere

Email: [batus@aff.org.uk](mailto:batus@aff.org.uk)

Any assistance requested will be strictly confidential.



One day's Service.  
A Lifetime of Support.



Thank you to all who turned out for the Easter Egg Hunt. With your help and support the day was a big success and the Egg Hunt and Easter Egg Sale raised \$73.42, which the Easter Bunny is very grateful for.

Your continuing support has assisted SSAFA in providing:

- The Ralston Youth Clubs with a Foosball Table and two Wii Dance Mats/Games
- A Donation towards the cost of fireworks for the forthcoming Canada Day (Friday 1<sup>st</sup> July) Celebrations in Ralston Village

**A Big Thank You** goes out to all the runners who took part in the SSAFA Fun Run on 21<sup>st</sup> June. Hopefully by now your feet will have recovered. SSAFA would like to express its gratitude to WO2 Cooper and SSgt Newell for organising such a successful event and all the SSAFA committee members who helped with the competitor registration and hydration duties. An update on how much was raised will be available shortly.



Are you moving shortly or just having a clear out? Do you have any unwanted cuddly toys? SSAFA would like any donations of unwanted soft cuddly toys, big or small, for their forthcoming Christmas Tombola. Donations can be left with any SSAFA representatives or with Tara Brown at the Hive. Thank you in anticipation.

## Beavers and Cubs

We would like to welcome all the new families who have arrived in Ralston during the summer, and invite you to come along and meet the Scouts Canada team at our Registration Night on Thursday 1<sup>st</sup> September at the Scout and Guide Hut. Come along after school! Check the Hive Information Service for up to date timings (4-6pm tbc).

Beavers is for 5-7 year olds, and Wolf Cubs for 8-10 year olds. Both groups are open to boys and girls.

In September we will be concentrating on welcoming new members and brushing up on our camp skills, ready for our Fall Camp in October. Look out for the flyer advertising our fundraising Bottle Drives which take place quarterly – we seek donations of beverage recyclables door to door in the village.

New volunteers are also always welcome!

Check out the 'For Parents' sections for Beavers and Cubs on [www.scouts.ca](http://www.scouts.ca) and call

Nick (595 0054) for more information.



Girl Guides  
of Canada  
Guides  
du Canada



## Do You Have an Article to Submit?

If you would like to have an article or event included in the September / October Ralston Community Newsletter, please contact:

**BATUS**  
**community residents** to contact Tara at the HIVE. Articles emailed to:  
[batus@hivegb.co.uk](mailto:batus@hivegb.co.uk)

**CFB Suffield community residents and Base Staff** to contact Kerry at the MFRC. Articles emailed to  
[kerry.goldring@forces.gc.ca](mailto:kerry.goldring@forces.gc.ca)

All articles to be submitted by August 20, 2011.

Please note, late submissions will not be accepted.



## **Little Gophers Summer Camp** **2011**

Little Gophers will be running a summer camp throughout the summer holidays.

### **Dates**

Week One	12th & 14th July
Week Two	19th & 21st July
Week Three	26th & 28th July
Week Four	2nd & 4th August
Week Five	9th & 11th August
Week Six	16th & 18th August

### **Times**

Tuesday and Thursday  
9:00am-2:30pm

### **Cost**

\$25 per All Day Session  
Payment needs to be paid one week in advance.

In order for summer camp to run, we need to have a minimum of 10 children booked in a session, any less than this and we will unfortunately have to cancel the session.

For more information or to book a place,  
Please call Little Gophers on 544 5559  
or see Debbie in the office.



STEAK  
LOUNGE

3216 13<sup>th</sup> Ave SE  
(In the Coast Hotel)  
403-526-0829



Card carrying Military Personnel  
receive a FREE Appetizer  
with the purchase of 2  
Entrees.

(Offer Valid Sunday – Thursday Expires August 31<sup>st</sup>)  
Not Valid with any other Promotions or Thursday Night Buffet.

Check Us Out at  
[www.crackedpeppercorn.com](http://www.crackedpeppercorn.com)  
and on Facebook for Daily  
Features and Specials.



**Are you new to  
Suffield or Ralston?  
Have you lived  
there many years?  
When it's time to look for your  
next new or pre-owned vehicle**

**Call ME!**

**Cherle Martins**

**@**

**403-527-1141 OR 403-952-5552**

**We can discuss your needs and  
together find your next vehicle.**

**Do you need a way into town?**

**I will come out to get you.**

**Who knows, you may drive home in  
YOUR NEW VEHICLE!**



## Welcome to the City Centre Development Agency

Find out what is happening downtown this summer!



**ESPLANADE ARTS AND HERITAGE CENTRE** 401 FIRST STREET SE | MEDICINE HAT, AB | T1A 8W2 **PHONE:** 403.502.8580 | **TICKET HOTLINE:** 403.502.8777 **FAX:** 403.502.8589 | [www.esplanade.ca](http://www.esplanade.ca) | [www.tixx.ca](http://www.tixx.ca) **HOURS:** MON-FRI 10AM-5PM | SAT/SUN NOON – 5PM. Visit the website for full calendar information.

### SESAME STREET LIVE

*Elmo's Healthy Heroes*  
TUES Aug 2 – 7 p.m.  
WED Aug 3 10:30 a.m.,  
2 p.m. & 7 p.m.

### HAND MADE BY ALTAGLASS

*Curated by the Esplanade Museum and Esplanade Archives*  
June 6 – September 16  
Heritage Gallery

### SUSAN RANKIN: VALID OBJECTS OF BEAUTY

July 1 - August 21  
Art Gallery

### SUMMER ART CAMP

#### Ages 6 – 9

July 4 – 8 (A)  
July 18 – 22 (B)  
August 2 – 5 (A)  
August 15-19 (B)  
August 8 – 12 (A)

Classes run: 9 a.m. – 4 p.m.

Register at the Information Desk or phone: 403.502.8793

#### Ages 10 – 13

July 11 – 15 (A)  
July 25 – 29 (B)  
August 8 – 12 (A)  
August 22 – 26 (B)



### 22<sup>nd</sup> Annual Chili Cook-Off- July 23, 2011-Our kick off to Stampede Weekend

Come on down and try the great chili, or better yet, put in a team and test your favorite chili or salsa recipe against other teams and win great prizes. Tasting is between 12:00 PM-3:00 PM. Bring your own bowl from home and pay only \$2, or purchase a handmade pottery bowl by donation, proceeds going to the Medicine Hat Food Bank, (food donations will also be accepted). Lots of family entertainment. Keep a look out for more information coming soon.



Every Wednesday is 5&5:

This means admission is \$5 and you can get a medium pop & popcorn combo for only \$5.

The Monarch Theatre offers first run movies. Check out their website for the full movie schedule and upcoming special events. The Monarch Theatre is also available to rent for special events, concerts, and meetings. [www.themonarch.net](http://www.themonarch.net)



Join us on Facebook and keep apprised of our great downtown events.

Search: Medicine Hat Downtown, City Centre Development Agency.

City Centre Development Agency  
608 – 3 Street S.E.  
Medicine Hat, AB  
T1A 0H5

Ph: 403-529-5997  
Cell: 403-878-7769  
Email: [coda@shawbiz.ca](mailto:coda@shawbiz.ca)

# **GREETINGS FROM THE ROYAL CANADIAN LEGION**

**I can't believe how the time flies! It seems like I just sent off the last newsletter, and here it is, time for another one! We've just come back from our Provincial Convention in Edson, Legion sports are finished for another season, and hopefully it's now time for a little R&R!**

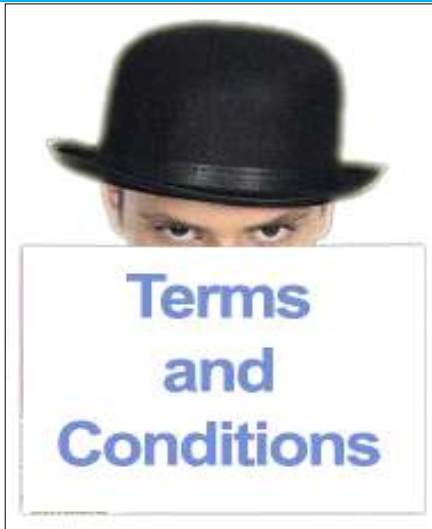
**My understanding is, summer is the time Military families rotate in and out. To those of you that are leaving for a new posting, Good bye and Happy Trails! Remember, most anywhere you go in Canada, you'll find another Royal Canadian Legion that, I'm sure, will be happy to welcome you as we have. The Legion's very being is for the Military and their families - always has been - always will be, so please feel free to take advantage of all they offer, including membership { had to get that membership thing in there again!!!}**

**To those of you moving into our area, a huge Welcome from the Royal Canadian Legion! We offer two Legions nearby - one in Redcliff and one in Medicine Hat. They both offer a variety services and entertainment. Redcliff has an open fun golf tournament on July 16 and Medicine Hat has pancake breakfast for the Medicine Hat Stampede toward the end of July, to mention a couple. They also have meat raffles, steak bar-b-que's, etc. during the summer. For further information please call Redcliff Branch at 403-548-3217 or Medicine Hat Branch at 403-527-7184. Did I mention that children are welcome { with their parents.} Not a Member?? Not to worry!! Just come to a Branch and someone will welcome you and sign you in, so you can try us out!**

**On that note, I wish you all a happy and safe summer, and look forward to seeing you in our Branches soon!**

**Karen Shaw**

**Deputy District # 6 Commander**



This publication of the Ralston Community Newsletter is also on the MFRC website.  
Visit: [www.cfbsuffieldmfr.org](http://www.cfbsuffieldmfr.org)



## SUBMISSIONS AND LIABILITY

Submission deadline for the next newsletter is August 20th, 2011.

CFB Submissions to: [kerry.goldring@forces.gc.ca](mailto:kerry.goldring@forces.gc.ca)

BATUS Submissions to: [batus@hivegb.co.uk](mailto:batus@hivegb.co.uk)

(MS Word 2003 format, logos can be included as jpegs)  
If you would like your details added to the distribution list for a 'submission reminder' notice, sent out two weeks prior to deadline, please call the MFRC and ask for Kerry Goldring.

**The MFRC and HIVE do not accept liability for the accuracy of information provided by external agencies nor does the inclusion of this information endorse the quality or reliability of goods and services displayed.**

Respondents to advertisements should take appropriate precautions before entering into any contract.

The editor reserves the right to refuse or amend submissions.

MEDICINE HAT SATELLITE OFFICE LOCATED:  
BAY 8, 3307 DUNMORE RD. SE (ROSS GLEN BUSINESS PARK)

**Published by  
Kerry Goldring**

## MFRC Cancellation Policy

We reserve the right to cancel, amend and postpone all MFRC programs, activities and events. Every effort will be made to notify the community of changes to programming. Amendment information will be aired on BFBS Radio, posted within the community, and added to the Community Newsfeed Board located in the main foyer of the Ralston Community Centre.

## MFRC PRIVACY AGREEMENT

Your MFRC will:

- \* Only collect the minimum information necessary to run our programs in a safe and user-friendly manner
- \* Will inform you in advance if information will be passed on to a third party and for what purpose, only with your consent
- \* Comply with all other provisions of DMFS policy # 15 "Privacy Code for Military Services Program" 2000

You will be entitled to:

- \* View any information the Centre holds about you and your children and amend it if necessary
- \* View the complete policy at the Centre
- \* Address any concerns about this information with the Executive Director on (403) 544-5567