



Contact Us:

(306) 492-2135

Executive Director

Aubrey Eaton,
Aubrey.Eaton@forces.gc.ca
Local: 4313

Programs & Services

Supervisor

Heidi Grant
Heidi.Grant@forces.gc.ca
Local: 4287

Program Coordinator

Lisa Fiddler
Lisa.Fiddler@forces.gc.ca
Local: 4391

Program Coordinator

Kary Williams
Kary.Williams@forces.gc.ca
Local: 4137

Program Coordinator

Kendra Bessey
Kendra.Bessey@forces.gc.ca
Local: 4266

Veteran Family Program Coordinator

Jessica Powers
Jessica.Powers@forces.gc.ca
Local: 4690
Cell: 306-227-1311

Day Care Director

Jeannette Bassendowski
Jeannette.Bassendowski@forces.gc.ca
Local: 4212

Emergency Cell

306-227-7676

Office Hours:

M-Th 8am-4:30pm
F 8am-3:30pm

Dates to Remember

October 1:

Time Out Tuesday

October 6: Corn

Maze for children ages 6-12

October 8: Women's

Health Event

October 8: Pumpkin

Maze for Tots under 6

October 16:

Deployment Meal

October 22: Cooking

Class—Halloween

Treats

October 29:

Homemade Cleaners

CSMFRC Fall Raffles

This fall the CSMFRC is having a raffle to welcome all of our new families as well as touch base with our existing families. The fun twist this time around is a Bingo Raffle. Bingo cards must be completed and submitted in order to be eligible for the prize package.

Contact Kendra or stop by the MFRC to enter.

Time Out Tuesdays

Programming will be offered for children ages 11 and under for CAF Parents to grab a bit of respite. Timings are: Sept 3, Oct 1, Nov 5, and Dec 3 from either 9am-noon OR 5-8pm. All necessities must be provided for the children and families experiencing deployment will be given priority. Cost is \$5 for the first child and \$3 for additional siblings. Contact Lisa or Kary 24h in advance to book your spot.

St. John's Ambulance First Aid Course

The CSMFRC will be offering the St. John's Ambulance Level C First Aid Course on November 16 & 17, 2019. Details regarding cost and registration will be released mid month. Watch for an advertisement or contact Kary for more information.

Ladies Soiree— A Home Based Business Showcase

Our 10th Annual Event will be held on Nov. 2, 7:30pm at the Flightline

VENDOR CALL:

Showcase your business and meet new potential customers at this fun event!

This event is sponsored by the CSMFRC to support CAF Dependents who operate a home based business by providing them exposure and to integrate them into their community. Civilian community members are invited to participate as a vendor if a CAF Dependent spouse does not already represent a similar business.

The cost for a space at this event is for the vendor to provide a door prize valued at \$40 (minimum). Contact Kendra by October 11th if you would like to register your business.

SOIREE EVENT:

Ladies, it is an evening just for you! Sorry—No men allowed!

Come and pamper yourself while shopping for some great treasures! Admission is FREE and the first 60 ladies through the door will receive a complimentary swag bag. This year's theme will be Denim and Pearls and there will be prizes for participation! Contact Kendra for more information.

Healthy Relationships Campaign

From Monday, October 14th to Friday, October 18th the Healthy Relationships Campaign will promote materials in an entirely electronic format. Watch for videos and informational posts on National Social Media pages as well as shares on your Local Social Media pages. You can also find information on the National website under the 'Programs and Services', then 'Health' tab.

Deployment Meal

Family Members experiencing separation are invited to a dinner on October 16. This is a save the date request with more information to be released shortly. This event is for adult dependents only and is for families with members deployed overseas. Contact Kary for more information.



Veteran Family Program customers can contact Jessica to register for any of the CSMFRC events being advertised in this newsletter.



Homemade Cleaners

Join us on October 29th to make some cleaning products with ingredients you can probably find in your cupboards right now! Soft Scrub, All Purpose Cleaner, Disinfectant Wipes, and more! The cost for this event will be \$5 per participant. Timings to be released closer to the event date. Contact Kary for details.

If the Bra Fits, Wear It! A Women's Health Event

Bring your bosom buddies and bust out of those old brassiere ways for an evening of bras, breasts, and beverages. October 8th from 6:30-9:30pm at Bodacious Bustlines, Market Mall, Saskatoon. Discounts and promotions will be available. To register or for more information please contact Kary.

Rosetta Stone

The CSMFRC currently has 2 spots available for the Rosetta Stone Second Language Training Program. If you are a dependent or a member and are interested in learning a new language please contact Kary Williams.

After School French Program

Children Grade 1 and up are welcome to join this fantastic group. It runs Wednesdays and Thursdays through to December 12. There is no cost for the program. Contact Lisa for details or to register.



PRESENTS:

Fitness Classes:

Mondays:

1730 Pilates
1845 Tae Kwon Do

Tuesdays:

1210 Yoga

Wednesdays:

1210 Circuit Training
1730 Pilates

Thursdays:

1210 Spinning
1845 Tae Kwon Do

Saturdays

1030 Come Play Badminton

Contact Georgia Bayer for details and pricing.
Georgia.Bayer@forces.gc.ca
or 306-492-2135 x4176

🎃 HALLOWEEN FUN 🎃

Something for Everyone!

Parent and Tot:

Children ages 0-5 are invited to the Dutch Growers Pumpkin Maze on October 8th from 10:30am to noon. Participants can enjoy the maze, colouring activities, scavenger hunt, and a photo booth. Each family participating will also get to pick a pumpkin to take home. Registration deadline is October 2.

Children ages 6-12:

This age group is invited to join Lisa at the Corn Maze in Rosthern for a day of fun, including a petting zoo, 2 corn mazes, pedal carts, jumping pillow, hay ride, rider train, and climbing wall activities. Transportation will be provided by the CSMFRC. Cost is \$5 per participant and the Registration deadline is October 1st.

Youth ages 13 and up:

Youth are invited to the Haunted House at the Berry Barn with supper to follow. Times and dates for this event have not been finalized, but are being planned for the last weekend of the month. Cost for this event will be \$10 for military dependents and \$20 for civilian guests. Transportation will be provided for this event. Contact Lisa for details.