

# Posting to Gander Frequently Asked Questions



**Gander Military Family Resource Centre**

**117 Sullivan Avenue**

**Gander, NL**

**A1V 1X1**

**709-256-1703 loc. 1206**

**[gandercafconnection@gmail.com](mailto:gandercafconnection@gmail.com)**

**[www.cafconnection.ca/Gander](http://www.cafconnection.ca/Gander)**

**Find us on Facebook at "Gander MFRC"**

### **Are you posted to Gander?**

The GMFRC is here to help you transition. We recognize that posting season can be challenging, and this is why the Gander Military Family Resource Centre is here to assist in the transition of CAF Members and their family from their current location to their new posting.

The goal of this initiative is to address any requirements, concerns or questions members and their family may have prior to an anticipated move to Gander.

Each member will receive a Posting Package which contains information pertaining to the services offered at the MFRC and also in the Town of Gander.

If you are looking to receive an electronic Posting Package, please contact Ashley Dalley @ 709-256-1703 loc. 1148 or through email at [Ashley.Dalley@forces.gc.ca](mailto:Ashley.Dalley@forces.gc.ca)

### **FAQ:**

#### **Where can I find information about what's happening at the MFRC and the 9 Wing Community?**

Check out our Facebook page "Gander MFRC". All upcoming programs and events at the MFRC are posted on here, along with other important information in the Town of Gander and the 9 Wing Community.

#### **How long will it take me to arrive in Gander?**

Buckle in; it's going to be a long drive! The ferry crossing from North Sydney, NS to Port Aux Basques, NL is approximately 6 hours long, and the drive from Port Aux Basques to Gander is 573km (around 6 hours and 23 minutes). There are many lodging opportunities, gas stations and communities, if you need to stop along the way. The West Coast of Newfoundland is absolutely beautiful, you may want to check out Gros Morne, Corner Brook, Marble Mountain (in winter) and many more tourist attractions along the way.

If you are driving at night, be sure to keep an eye out for moose.

Cell phone coverage throughout this part of the highway is fairly good, however you may lose service in some parts. Please note that Rogers cellphones do not work at all.

For those who aren't familiar with Newfoundland, Gander is located in the center of the island. The closest cities are St. John's, located 333km east and Corner Brook, located 359km west of Gander.

#### **Is your child struggling in school and requiring extra help? What resources may they be entitled to?**

##### **1. Support our Troops: Special Initiatives Grants/Loans:**

It is understood that the costs associated with raising a dependent with special needs are significantly higher and while some support is available through provincial programs, the level varies from province to province and not all costs are covered. The special needs program was created to provide some support in relation to these additional costs.

## **Who can Apply?:**

Regular and Reserve Force serving members (Canadian Rangers included) and their families with a dependent residing with them (includes spouses, children and other dependent family members) with a diagnosed physical, intellectual, or emotional condition requiring special medical or educational services

Regular and Reserve Force serving members can apply for funding under the following categories:

- Assessments and reassessments: Support provided up to \$1000 to cover residual amounts not covered by federal, provincial, local resources or personal insurance. Reimbursement is receipt based.
- Other: Support provided up to \$1000 to offset some of the extraordinary costs associated with assistive devices, respite care, therapy, medical travel (low km rate, modest meals), prescriptions not covered, etc.

Applications for special needs assistance will be adjudicated against the following factors:

- Family composition;
- Availability to local resources;
- Complex needs of the dependent;
- Extraordinary costs related to the special need;
- Impact on the family; and
- Family income (not necessarily be a determining factor, but will assist in prioritizing applications to ensure those with the greatest need are addressed first).

\*\* Contact Ashley Dalley, PSI Coordinator at 256-1703 loc. 1148 or through email at [Ashley.Dalley@forces.gc.ca](mailto:Ashley.Dalley@forces.gc.ca) for more information.

## **2. Children's Education Management:**

Children's Education Management (CEM) manages the education allowances and overseas schools for the Department of National Defence personnel to ensure that their dependent children obtain the same quality of education regardless of the province or country they may be posted to.

### **Does your family need assistance in registering children for school?**

The Town of Gander has 4 schools for children. Gander Academy (Grades Kindergarten to Grade 3), Gander Elementary (Grades 4-6), St. Paul's Intermediate (Grades 7-9), and Gander Collegiate (Grades 10-12).

The MFRC has a great connection with each of the schools in Gander, and work very closely with school principals and school board to ensure that children of military members easily transition into their new schools.

If you have children that will be coming with you to your posting, please contact Ashley Dalley at [Ashley.Dalley@forces.gc.ca](mailto:Ashley.Dalley@forces.gc.ca) and she can help assist you with this process and provide you with the necessary documentation for registration.

**\*\*Please note that while each school in Gander offers French Immersion, spots are limited. We advise families that if they are posted to Gander with children in French Immersion, to please contact the school ASAP to ensure they secure a spot.\*\***

**We've just found out we're posted to Gander and my spouse is looking for employment, how can the MFRC help:**

The MFRC has employment assistance services available to support CAF spouses and their family members. We can help with resume and cover letter writing, provide information on job opportunities in the community, and offer interview preparation.

For more information, contact Danielle at the MFRC at 256-1703 loc. 1147.

**Do you need assistance in finding a family doctor?**

There are two Medical Clinics in the Town of Gander.

Gander Medical Clinic is located at 177 Elizabeth Drive and Saint Mary's Medical Clinic on 110 Roe Avenue. At this time you must be a patient of the clinic to attend the walk-in clinic.

For more information, or to obtain a registration form for Saint Mary's Clinic, contact the GMFRC.

**Do you require assistance in receiving your Provincial Health Care Card (MCP)?**

Visit [http://www.health.gov.nl.ca/health/mcp/forms/ben\\_reg.pdf](http://www.health.gov.nl.ca/health/mcp/forms/ben_reg.pdf) to fill out the application form. Please note that for military families, in order to waive the 3 month waiting period, you will need to attach a copy of the CAF member's Posting Message. Applications can be faxed through your MFRC.

For military members with newborns, on your application form you will need to clarify that you are a CAF member in order to avoid the application form being rejected.

**Looking for fun things to do in and around your new Community? Check out the following options:**

-Interested in Hiking and Walking Trails? Check out Thomas Howe Demonstration Forest, Cobb's Pond Rotary Park, Gander Heritage Trails, Silent Witness Memorial and Little Harbour Marina and Airport Nordic Ski Club in the winter.

-Visit the North Atlantic Aviation Museum

-Norris Arm Cabin. 9 Wing Gander has a cabin available to CAF members and their family at a cost of \$15 per night. It is located approx. 45 minutes west of Gander. Contact PSP at 709-256-1703 loc. 1466 for availability.

-Check out the Kittiwake Coast (see icebergs, whale watching tours, sandy beaches, trails and much more)

-Visit Terra Nova National Park! The parks 400 square km protect a typical NL habitat of sheltered bays, rugged seashore, and rolling forested hills with numerous bogs

### **What is the average cost of housing in Gander?**

The average cost of a house in the Town of Gander is approx. \$264,200. For apartment rentals, the cost can range from approx. \$600-\$800 per month.

PMQ Rentals in Gander can range from approx. \$692-\$920 per month. For more information on PMQ's, please contact Housing Services Centre Gander at 709-256-1703 loc. 1291 or through email at [cfha-alfc.gander@forces.gc.ca](mailto:cfha-alfc.gander@forces.gc.ca)

### **What are Newfoundland winters like?**

Bundle up because it's going to be a cold one! Gander, NL has an average yearly snowfall amount of 443cm and an average temperature of -6 degrees during the winter.

### **Are you looking to rent some items?**

Check out the MFRC's lending library. The MFRC offers various items such as baby items (pack and play, exersaucer, high chair, etc.), air mattresses, steam cleaners, lawnmower, chimney sweeps, movies, books, camping items and MUCH more!

To rent any of the items, please call the MFRC at 256-1703 loc. 1206

### **Do you have family coming to visit and need some extra room?**

The MFRC has an Emergency PMQ available for \$50 per night. The PMQ is a 4 bedroom, fully furnished house complete with WIFI, cable and phone for current and retired CAF members to use.

For more info, contact the GMFRC at 256-1703 loc. 1206.

### **Are you in need of childcare or looking to find a babysitter?**

The MFRC maintains a list of current child care providers in the community as well as a Babysitters List. Contact the MFRC to obtain a copy. (Please note this list is not screened by the MFRC).

Daycare in Gander can be difficult to secure. Parents are encouraged to start their search for a child care provider, prior to their move to Gander. At this time, public day care centers do not accept children under the age of 18 months.

The MFRC also provides casual childcare and a Before and After School Program for children attending Gander Academy and Gander Elementary. For more info on these programs, contact the GMFRC.

### **Do you have a pet and wondering what services are available?**

There is one Veterinary Clinic in Gander called the Gander Veterinary Clinic which is located on Roe Ave. The Town of Gander has a dog park located next to Cobb's Pond Rotary Park which is divided into two sections for small and large dogs.

If you are looking for obedience classes, daycare or boarding services, contact Click, Play, Love at 424-6993.

**I need information on Garbage Collection and Recycling:**

- Place your recyclables in a transparent blue bag.
- Place household garbage in a clear bag.
- Place both bags (either in trash can or covered in a net) at the curb weekly on your collection day.

To find out which day your curbside collection falls on, please visit:

[www.gandercanada.com/residents/garbage-schedule/](http://www.gandercanada.com/residents/garbage-schedule/)

**\*\*When a holiday falls on a Monday, garbage on routes normally serviced that day will be collected on the Wednesday of that week\*\***

**How do I receive mail in my new community?**

Canada Post provides both a combination of door to door delivery and community mail boxes, depending on the area of town you live in. For those living in PMQ's in the areas of Bennett Drive, Grieve Crescent., Heath Crescent., Brown Crescent., Sullivan Avenue, Pinedo Road, Boyd Street, you will have door to door delivery.

If you live in an area of town where mail is delivered via community mailbox, please contact Canada Post to set up receiving a new key.