



### 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

**November 2:**

Ladies Soiree

**November 5:**

Time Out Tuesday

**November 6:**

Nutrien WonderHub  
P&T Event

**November 16&17:**

St. John's First Aid

**November 22:**

Registration Deadline  
for Christmas Party

**November 23:** Fly

Studio YXE Event

**November 24:**

Escape Room Event

## CSMFRC Christmas Party

Saturday, December 7th the CSMFRC will be hosting our annual Christmas party for all CAF Members, CAF Dependents, Veterans and their dependents. This event will run from 3:30-6pm and will be full of fun activities! It will be held on the Detachment at the Flightline (B82). Participants must register for this event. Registration Deadline is November 22. Contact Kary or Lisa to register as a CAF Member or dependent. Contact Jessica to register as a Veteran or dependent.

## Wizard School Escape Room Event for 11+

Witches and Wizards aged 11 and up are welcome to join Lisa at an Escape Room and Supper Event on November 24th from 4-8:30pm. Immerse yourself into the phenomena of a Harry Potter themed Escape Room at Deadlock Escape, followed by supper at Boston Pizza in Stonebridge. Transportation will be provided from the Detachment. Cost is \$10 per dependent—CAF or VFP. Limited spots are available for this outing. The registration deadline is November 18. Contact Lisa to register.

## Ladies Soiree— A Home Based Business Showcase

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

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.

Vendors for this year's Soiree include:

- \* Scentsy
- \* Sweetlegs
- \* Arbonne
- \* Bellezza Moda
- \* Steeped Tea
- \* Pretty Little Shoes
- \* Clancy's Creations
- \* Thirty One
- \* Modere
- \* Zyia Clothing
- \* Mary Kay
- \* Soul Stones
- \* Lip Sense
- \* Holland Greenhouse
- \* Little Chompers
- \* Tupperware
- \* Seacret
- \* Norwex

For more information on this event please contact Kendra.

## 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. The course will run from 8-5:30 each day. Cost is \$20 for CAF Dependents and VFP clients and dependents, \$160 for civilians. Contact Kary for more information or to register. Registration deadline is November 8.

## Anti Gravity Class

On November 23 CAF and VFP dependents ages 5-10 are invited to join an Anti-Gravity Class at Fly Studio YXE. They will swing, stretch, spin, balance, and fly in this unique class! Transportation will be provided from the detachment. Cost is \$10 per dependent. There are limited spots available for this event. Registration deadline is November 8. Contact Lisa to register.



**VETERAN FAMILY PROGRAM**  
For Medically Injured CAF Members,  
Medically Injured Veterans and their Families

**PROGRAMME POUR LES FAMILLES DES VÉTÉRANS**  
Pour les membres de l'AC, en cas de blessure pour des raisons médicales,  
les vétérans blessés pour des raisons médicales et leur famille

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



### 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.

### Nutrien WonderHub Event

Experience the new and improved Children's Museum on November 6th from 10am-12pm. Transportation can be provided by the MFRC if requested in advance. The cost for this event is \$5 per family. Please note that the registration deadline for this event had been EXTENDED—please contact Lisa by Nov 4th if you would like to participate.

### 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

## REMEMBRANCE DAY



*November 11th, 2019*

### *Remembrance Day Ceremony*

*Time: 10:30am (seated by 10:20am)*

*Location: Base Gym*

*17 Wing Detachment Dundurn*

*Chili LUNCH will be served at the  
Flightline Mess following the  
Ceremony*

DONATIONS WELCOME

ALL DONATIONS WILL SUPPORT THE POPPY FUND