



**CAF Member Assistance Program (CFMAP)**  
**1-800-268-7708**

**Family Information Line (FIL)**  
**1-800-866-4546**

**MFRC Blackberry (Emergencies)**  
**867-446-1761**

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**Your North of 60 MFRC Team:**

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Find us on FACEBOOK: North of 60 MFRC

[www.facebook.com/northof60mfrc/](http://www.facebook.com/northof60mfrc/)

Website: [www.cafconnection.ca](http://www.cafconnection.ca)

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## Monthly Calendar

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Click [here](#) to see the November Calendar.

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## Valour Place

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Are you or a family member going down to Edmonton for medical? Are you having to pay for accommodations out of pocket while you are down there? Are you looking for somewhere to stay that's more comfortable than a hotel and feels like home? Look no further than Valour Place.

Valour Place is a home away from home that opened its doors for the first time in 2012. Since then, it has served over 600 CAF, RCMP and first responder families. It is available for military members (serving or veterans) and their families going to Edmonton for medical and comes at no cost for members and their families. Whether you have to stay overnight for a few tests or stay in Edmonton long term for more extensive medical treatment, Valour Place is the place to stay.

Picture a grand lobby with high ceilings, a beautiful foyer with a fire place and sturdy wood dining room tables. Think of a giant kitchen with everything you need to make a home cooked meal. Imagine a basement like you've never seen with gym equipment, a pool table, a family room with a TV and movies as well as a play area for your young children. Are you having to travel in the summer time? The yard to Valour place has a jungle gym for the children as well as BBQs and picnic tables for you and your family to enjoy your meals in the sun.

Features of the house include twelve wheelchair accessible rooms/suites. If you have a large family and you are worried about not being able to all stay in one room, there is no need. Martin St-Onge, the house manager at Valour Place, will do his best to set you up in adjoining rooms (face to face separated by a hallway) and close it off to make this your own private family wing. All rooms have comfortable beds, big clean bathrooms and sliding doors that take you outside if you need to take in some fresh air and relax.

Valour Place truly is a home away from home. There is no need to make medical travel any more stressful than it already is. If you are a CAF member, please go

to the MIR to make arrangements. If you are a family member or a Vet needing to go to Edmonton for medical, please contact the MFRC to make reservations. You can call or email Noha Elhakeem at 867-873-0700 ext. 6844 or [sw.mfrc@northwestel.net](mailto:sw.mfrc@northwestel.net).

For more information about Valour Place, [CLICK HERE](#).

To take a virtual tour of Valour Place, [watch this video](#).

If you have any questions about this topic or any other, please feel free to contact me, Noha Elhakeem, at 867 873 0700 ext. 6844 or [sw.mfrc@northwestel.net](mailto:sw.mfrc@northwestel.net).



## Creating New Connections

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When we move to a new city, we leave a lot of things behind; some friends, a job, a neighborhood, a community. Once we arrive in our new community, it can be difficult to create a new support network. Discomfort, fear of the unknown, the sadness of leaving our friends and family behind, and so on, are all emotions that can lead to difficulty in getting to know new people when we move.

However, building relationships as soon as we get to our destination can make it easier to develop a sense of belonging in our new community, to feel less isolated and to know who to turn to when we need help. For several military families, friends and the military community even represent a second family for them. Over time, these people become confidants and people they can rely on. The key to creating a good support network is to participate in the activities organized within your community and not hesitate to ask your questions. Here are some ideas to help you build relationships within your new community:

- Connect with your Military Family Resource Center (MFRC): MFRCs are wonderful contact points that can provide you with a lot of information about your new community and give you the opportunities to meet military families who live a reality similar to yours. The North of 60 MFRC offers Coffee Times on a regular basis and organizes several family events throughout the year that will allow you to get to know other military families and employees who are ready to help you at all times. During these activities, do not hesitate to exchange your phone number with the people you meet. This is how you can create new friendships!
- Participate in the family days, or other events, organized by your unit: Several units organize activities for the families of the military members who work there. These activities can give you the opportunity to get to know the families within the unit and your spouse's coworkers.

- Become a member of Facebook pages or groups: Social media can be very useful when it comes to being aware of what is going on in your community. Most organizations are now part of social media so do not hesitate to "like" their page in order to know what they have to offer!

Here are ideas of local pages you can "like" or groups you can ask to be member of:

o [North of 60](#) is the page of your local MFRC. You will see many links to what is happening in Yellowknife. It is also a good way to know the activities they organize.

o [Yellowknife Military Spouses](#) is also a good group where you can ask questions and connect with other military spouses.

o [Yellowknife Playgroup](#) is an excellent group for stay at home parents of children between 0 and 5 years old. This group organizes low-cost activities that can allow you to get to know other parents and your little ones to move a little bit!

- Participate in recreational activities offered and organized by the [City of Yellowknife](#): Twice a year, spring/summer and fall/winter, the City of Yellowknife publishes its recreational guide filled with activities for the whole family. Yellowknife is a vibrant city full of festivals and fun activities throughout the year. Also, being part of the [Personnel Support Program \(PSP\) Recreation Association](#), allows you access to several sports facilities such as the [Multiplex](#), the [Fieldhouse](#), the [Racquet Club](#) and the [Ruth Inch Memorial Pool](#). Participating in PSP and the city's activities may help all the family members become familiar with their new city and meet new people.

- Find a job or volunteer: Many spouses say that working or volunteering has allowed them to get to know new people and discover more about their new city. If you want to work, starting your job search as quickly as possible will probably help you with creating a support network outside of the military community.

Finally, having a good support network is especially helpful in times of emergencies. Indeed, a well-established plan can eliminate a lot of stress when emergencies arise. Here are some examples of emergency situations that can occur at any time:

- Your spouse is out of town for work and you are seriously injured. Who will take care of your children and/or pets while you are receiving the appropriate care?

- You are pregnant and go into labor prematurely. Who will take care of your older child while you're giving birth?

- Your spouse is seriously ill and must be sent to Edmonton for an emergency surgery. Who will take care of your children and/or pets while you accompany her?

To make sure you and the concerned people have all the information you need when a situation like this occurs, here are two links to access Emergency Family Care Plans. The [first plan](#) is a simplified version and the [second one](#) is a more in depth version. I invite you to take a look at them. Now that you are starting to be well settled in your new community, why not complete them and submit them to the people you named in it and, if you wish, to your MFRC.

If you need assistance to complete these documents, one of the MFRC staff will be happy to help you. Please feel free to stop by our office anytime. So do not forget to ask your questions and participate in activities organized by your municipality and your MFRC! This is how you can slowly create a good support network for yourself and your family. If you have difficulty adapting to your move and need to talk about it, do not hesitate to contact Noha at 867-873-0700 ext. 6844 or at [sw.mfrc@northwestel.net](mailto:sw.mfrc@northwestel.net). Do you have any suggestions for topics to discuss in my next article?

I invite you to send me your ideas by e-mail. It will be my pleasure to consider your suggestion.

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## It Has Been a Busy Few Months!

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Hard to believe it is November already! Time flies when you're having fun.

We just want to thank our families for coming out to our events, (or events that we facilitated or were involved with). Whether you made it to the Coffee Times, our Park Fun dates, the Meet and Greets, the Pot-Luck, the Fishing Derby, our Halloween party or Glassworks Workshops, we enjoyed each and every event, and they were made even better by those of you that participated. If you weren't able to attend any events but still want to come and visit, no worries drop by for coffee or just to say hi anytime.

As we move into November and December there are more activities planned. Click on the [calendar](#) for more information. We look forward to seeing and/or meeting you soon!

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## Holiday Shopping in Yellowknife

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It's that time of year again. With the holiday season just around the corner it's time to start thinking about your holiday shopping and checking off that long to do list.

Whether you're looking for a unique gift to send home, something special for your family and friends or just want to get a little something for yourself, Yellowknife has a great selection of unique stores and shops that offer the variety you are looking for.

**A Few Tips for Holiday Shopping:**

- If you see something, don't wait to buy it. There's no guarantee it will be there next time. Things can sell out quickly in Yellowknife and may not be restocked.
- For online shopping, place your order as soon as possible. It's the holiday season and mail could take longer to arrive at its destination. Many online retailers now have Holiday deadlines for online shopping, you can check with a postal code to see what their deadline is.
- If you want your packages and cards to arrive on-time for your loved ones this holiday season here are the Canada Post holiday deadlines:

**Packages:**

Priority Dec. 21 / Xpress Post Dec. 20 / Regular Parcel Dec. 11

**Cards:**

Local Dec. 20 / Within the Province Dec. 19

Outside the Province Dec. 18.

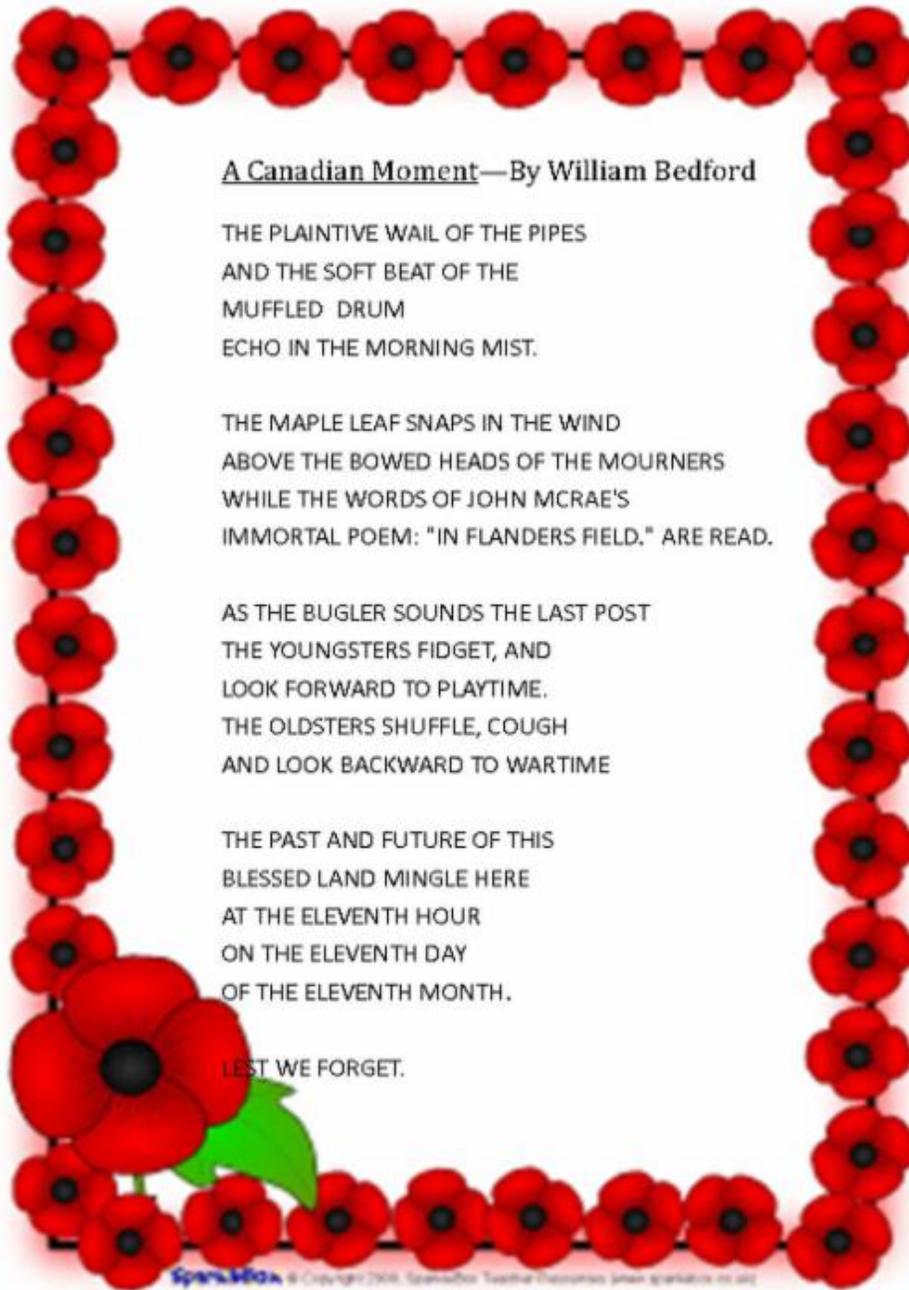
**\*Canada Post Strike may delay service.\***

**Stores That Offer a Military Discount:**

- Weaver and Devore - 10% Discount on clothing items only. Military ID required.
- Home Building Center - 10% Discount Member in uniform or Military ID required.
- Marks Work Warehouse - 10% Discount on regular price or clearance items Military Members only.
- The Brick - 5% Discount on furniture and mattresses if item is already on discount. 10% discount if the item is regular price. Military ID required.

**Shop Local Suggestions:**

- **Clothing stores for women** - Reitmans, Joe Fresh, Walmart, Marks Work Warehouse, Warehouse One, Iceblink, Bijou Boutique, Just furs, Overlander Sports, The Jean Store, For Women Only, Vintage & Vogue.
  - **Clothing stores for men** - Marks Work Wear House, Warehouse One, Walmart, JoeFresh, Overlander Sports, Weaver and Devore, Just Furs, For Men Only.
  - **Shopping for children** - Walmart, Independent (for clothing and toys), Canadian Tire (toys), The Source (Toys), The Book Cellar
  - **Shopping for pets** - Borealis Kennels, Great Slave Animal Hospital, Yellowknife Veterinary Clinic, Crooked Whiskers Pet Supplies.
  - **Unique / Northern gift ideas** - Old Town Glassworks, Luluz Market, Bijou Boutique, Signed, Gallery of the Midnight Sun, Down to Earth Gallery, Aurora Emporium Art Gallery, The Book Cellar, Weaver and Devore, Quality Furniture, Erasmus Apparel and Arctic Jewellers.
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**A Canadian Moment**—By William Bedford

THE PLAINTIVE WAIL OF THE PIPES  
AND THE SOFT BEAT OF THE  
MUFFLED DRUM  
ECHO IN THE MORNING MIST.

THE MAPLE LEAF SNAPS IN THE WIND  
ABOVE THE BOWED HEADS OF THE MOURNERS  
WHILE THE WORDS OF JOHN MCRAE'S  
IMMORTAL POEM: "IN FLANDERS FIELD." ARE READ.

AS THE BUGLER SOUNDS THE LAST POST  
THE YOUNGSTERS FIDGET, AND  
LOOK FORWARD TO PLAYTIME.  
THE OLDSTERS SHUFFLE, COUGH  
AND LOOK BACKWARD TO WARTIME

THE PAST AND FUTURE OF THIS  
BLESSED LAND MINGLE HERE  
AT THE ELEVENTH HOUR  
ON THE ELEVENTH DAY  
OF THE ELEVENTH MONTH.

LEST WE FORGET.

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Write something brief and catchy, compelling them to open the email.

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