



Unit Family Representative (UFR) Newsletter
JUNE 2024 Updates

UFR TRAINING:



**CONGRATULATIONS TO THE FOLLOWING
CAF MEMBERS WHO SUCCESSFULLY
COMPLETED THE MAY TRAINING!**

MS Matthew McKay, MCpl Jordan Rasmussen, Cpl Joey Hanley, Cpl Jesse Zhai, LCdr Tyler Burke, S1 Colin Giroux, WO James Hastey, MCpl Daniel Mathieu, MS Andrew Barnes.

NEXT UFR TRAINING DATES:

- Wednesday September 25, 8:30am to 12pm - HFX MFRC
- Thursday November 14, 8:30am to 12pm - SHW MFRC

If you have yet to receive your half-day UFR training, please contact Jill to register at ufr@hrmfrc.ca

Visit the UFR Portal on our website for an active list of UFR contacts, FAQ's and terms of reference.

<https://cfmws.ca/halifax/halifax-region-military-family-resource-centre/h-r-mfrc-about-us/ufr>



H&R MFRC DEPLOYMENTS & ABSENCES:

H&R MFRC deployment programs and resources are designed to keep families informed, supported and connected before, during and after a deployment. We provide families with a variety of opportunities to connect and support one another during periods of separation by facilitating briefs, deployment education workshops (in person & virtual), social activities and social media groups.

For a full listing of deployment events and activities, please visit our website or follow us on social media. If you would like to learn more about our deployment services and have not heard from the H&R MFRC, please reach out so we can connect with you.

Phone: (902) 427-7788

Email: deployment@hrmfrc.ca



UP COMING DEPLOYMENT ACTIVITIES:

HMCS CHARLOTTETOWN SUNDAE SUNDAY

I scream, you scream, we all scream for ice cream! Calling all friends and families of HMCS Charlottetown! Mark your calendars for Sunday, July 7th, and indulge in a delicious tradition with us. Every Sunday while deployed, it's a tradition for the crew to enjoy sundaes. Let's come together and join in on the sweetness of this tradition too!



Date: Sunday, July 7, 2024

Time: 1:00PM to 2:30PM

Location: H&R MFRC, Halifax Site

Cost: \$0

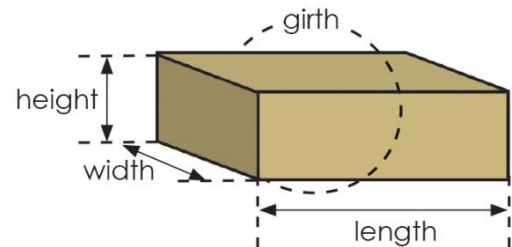
Registration Deadline: Thursday, July 4, 2024

https://www.hrmfrc.ca/store/view_class.php?id=8783



MORALE MAIL DROP OFF

We understand that morale mail plays a significant role during deployments, and dropping off packages within our regular business hours may pose challenges for some families. To provide additional support, the H&R MFRC at Halifax Site will have extended hours on Sunday July 7th and our Shearwater Site on Saturday July 13th, from 10:00 AM to 12:00 PM for families to drop off their Morale Mail Packages.



Date: Sunday, July 7, 2024

Time: 10:00AM to 12:00PM

Location: H&R MFRC, Halifax Site

Date: Saturday, July 13, 2024

Time: 10:00AM to 12:00PM

Location: H&R MFRC, Shearwater Site



MORALE MAIL DROP OFF TIPS

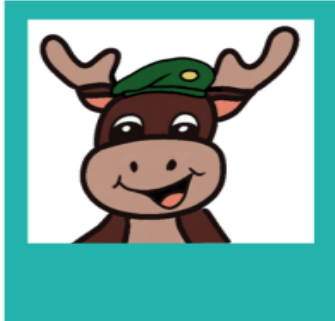
<https://halifaxmfrc.ca/index.php/en/deployment/morale-mail>

The H&R MFRC supports regular and reserve force CAF members and their families and medically releasing and recently medically released members and their families within Halifax and region, Shearwater, and Central and Northern Nova Scotia, including Cape Breton. H&R MFRC IS A REGISTERED CHARITY #870705829 RR0001
CONTACT NUMBER: (902) 427-7788 OR TOLL FREE 1-888-753-8827

“NEW” -MEET OUR MFRC FRIENDS FROM THE H&R MFRC MIKE, CHARLIE & BRAVO

H&R
MFRC

Meet our friends from the H&R MFRC



“Mike” the Moose:

- Job: Infantry Soldier, Canadian Army
- Characteristics: strong, resilient
- Personality traits: courageous, protective

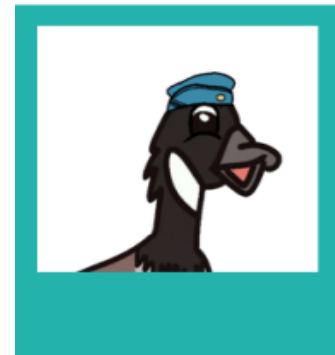
Background: From a young age, Mike was known for being brave and strong. Their family and friends always feel safe when they are around because they are like a big protector. Now, Mike is an Infantry Soldier in Sydney, NS, where they help keep their community safe as part of the Canadian Army. They go on exciting adventures, like going on patrols and doing missions to protect everyone. Mike leads their friends with lots of bravery and never gives up, no matter how tough things get. They are a true hero who shows us what it means to be brave and caring, just like the real heroes in the military.



“Bravo” the Beaver:

- Job: Naval Technician, Royal Canadian Navy
- Characteristics: hardworking, resourceful
- Personality traits: friendly, dependable

Background: Bravo is a beaver who's been friends with Mike and Charlie since they were little. Whenever there's a problem, Bravo always has cool ideas to fix it! Their friends love them because they're so helpful and nice. Now, Bravo works on a big ship at CFB Halifax, making sure everything, like the engines and maps, works perfectly. If something goes wrong, Bravo is there to save the day with clever ideas and fast fixes. With Bravo around, their crewmates feel confident and safe, knowing they have a dependable friend who can tackle any challenge.



“Charlie” the Canada Goose:

- Job: Pilot, Royal Canadian Air Force
- Characteristic: free-spirited, loyal
- Personality traits: adventurous, sociable

Background: Charlie is a Canada goose who loves exploring new places but always makes sure to hang out with their pals Bravo and Mike. Charlie flies helicopters at 12 Wing Shearwater as a Pilot in the Air Force. They carry important things like soldiers, supplies, and equipment to different places. Whether the skies are clear or stormy, Charlie's flying skills and love for adventure make every trip fun! Plus, Charlie speaks French too, which is super helpful when meeting new friends from different places. With Charlie in charge, their friends feel safe and happy, knowing they have a buddy guiding them through the clouds.

VISIT OUR WEB SITE TO SEE OUR NEW DEPLOYMENT RESOURCES:

MEMORY BOX, DEPLOYMENT WALL, POCKET HUG, DEPLOYMENT BUCKET LIST, COUPON BOOK AND OUR FEATURED COLOURING PAGES!

<https://cfmws.ca/halifax/halifax-region-military-family-resource-centre/h-r-mfrc-deployment-and-absences>

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RELOCATION

Welcome CAF members and families who are relocating to the Halifax region, to Cape Breton, and all areas in between! The H&R MFRC would like to officially welcome you and offer you important local relocation information and resources.

We encourage you to speak with a Military Family Navigator about your upcoming move if you have any questions!

Call: (902) 427-7788

Email: militaryfamilynavigator@hrmfrc.ca

Appointments can be made by phone, in person, and virtually on Zoom or Microsoft Teams.

Visit the H&R MFRC web site to learn more about the following relocation resources:

CAREERS & EMPLOYMENT, CHILD CARE RESOURCES, HEALTH CARE, HOUSING, SCHOOL/EDUCATION, THINGS TO DO, TRANSPORTATION, AND MORE!

<https://cfmws.ca/halifax/relocating-to-halifax>

In addition, access this helpful on-line Guide to Relocating:

<https://cfmws.ca/support-services/moving-housing/guide-to-relocating>

GUIDE TO RELOCATING



→ CHECK OUT THE GUIDE

→ DOWNLOAD YOUR MILITARY MOVE TOOLKIT

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