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Office Hours:

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

Dates to Remember

February 5: Cooking Class Deadline

February 10-14:

Leisure Pass Giveaway

February 13:

Valentines Cooking Class at TLK

February 19: P&T

Library Outing

February 22: Tshirt

Making and Movie Night at B100

February 28:

Foot Spa Evening

March 6:

Women's Self Defense

Veteran Spotlight

Spotlight on those who served: Request for nominations.

Are you or is someone you know a Canadian Armed Forces Veteran who: Owns a business? Went back to school? Works for a veteran friendly employer? Volunteers in their community?

We want to share your success story with other veterans, releasing members, and the CAF Community!

Nominations and inquiries can be forwarded to Jessica.

Valentines Cooking Class

This year's class will be held at The Local Kitchen on Feb 13 from 6:30-9pm. Cost is \$20 per CAF/Adult Dependent. Veterans welcome (Contact Jessica). Enjoy a social evening, learning and cooking French Cuisine. The group participates in cooking and then enjoys the meal together. Local wine & beer available at your expense. Spaces are limited, contact Heidi today!

P&T Storytime

Wednesday, February 19th, join us at the Frances Morrison Central Library for Storytime! There is no cost for this event and Transportation can be provided. Contact Lisa to register by Feb 14.

Leisure Passes

February 17th, 2020 is Family Day in Saskatchewan. In order to help families enjoy a day of leisure and togetherness, we are offering free family leisure passes to all of our Military and Veteran Families. Passes available for pick up only from Feb 10-14. Limit one pass per family, while quantities last. Contact Kary for more information.

Valentines for Veterans

Join us for an afternoon of crafting on Feb 2 from 2-4pm. Creations will be distributed to veterans in long-term care facilities in Saskatoon by Feb 14. All crafting supplies and a snack provided. To register contact Jessica.

Women's Self Defense Course

'In Charge' Self Defense is coming to Detachment Dundurn on Friday, March 6, 2020. The course offered will be held at the Gym from 6:30-8:30pm. Cost is \$10 for CAF/Dependent/Veteran or \$50 for civilians. Limited spots are available. Contact Kary by February 28 to register.

Winter Foot Spa

Join us for a retreat on Feb 28 from 7-9:30pm at the Flightline. Relax with friends, learn how to make foot lotion, have a therapeutic foot soak, and even do your own Myo-Fascial foot massage! Cost is \$5. CAF, Dependents and VFP clients welcome. Registration deadline is Feb 24. Contact Kary for more information or to register.



VETERAN FAMILY PROGRAM
For Medically Releasing CAF Members,
Medically Released Veterans and their Families
PROGRAMME POUR LES FAMILLES DES VÉTÉRANS
Pour les membres des FAC en voie de libération pour des raisons médicales,
les vétérans libérés pour des raisons médicales et leur famille

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



A busy day at the MFRC! February 22

On February 22 the MFRC backroom will be a busy place! From 2-4 pm Youth ages 12 and up are invited to bring an article of clothing, a pillow case, etc to be heat pressed and enjoy a snack while visiting with friends. Cost is \$5 for Military / VFP dependents and \$10 for civilian youth. Register by Feb 18. Designs must also be submitted by this date for preparation.

Later that day, ages 6 through 12 are invited to hang out and catch a movie. Starting at 5pm join us for 'Playing with Fire' along with pizza, drinks, and candy! Admission is free. Reserve your seat by Feb 18. Contact Lisa to register for either of these programs.

Activity Support Program

The Activity Support program for the 2019-2020 Fiscal Year has reached its limit in the budget and will not be accepting any further applications. Watch for information to be released in April regarding this program.

Babysitter Meet & Greet Program

Want to meet new babysitters in your area? Utilize the Meet & Greet program and get reimbursed for the cost! This program can be utilized twice per fiscal year, limited funding available. Maximum \$15 per session. Program approval is at the discretion of the Program Coordinator and the Executive Director. Contact Lisa for details.



The poster features a yellow background with a black and white logo for the 6th Annual FISH FRY at the Humboldt Legion. The logo includes the Legion crest and the text '6th Annual FISH FRY at the HUMBOLDT LEGION'. Below the logo, a blue banner reads 'SATURDAY, FEB. 22nd Humboldt Legion Hall • Supper from 5-7pm'. The bottom section has a black background with white text for ticket prices and availability, and a photo of fried fish.

TICKETS:
\$20/Adult
\$10/5-11 Years Old
Free/4 & Under

Tickets available at:
Legion Clubroom, Free Spirit Market & Kemway Lanes

Funds raised will go towards
new tables for the Legion Clubroom and to the
CENTRAL SASKATCHEWAN MILITARY FAMILY
RESOURCE CENTRE in Dundurn, SK.

THE CSMFRC IS SEARCHING FOR BABYSITTERS!

If you are a certified babysitter in the Hanley, Dundurn, or Saskatoon and surrounding area contact Lisa to be added to the CSMFRC Babysitter List.

The CSMFRC Babysitter List is a resource accessible to CAF Members and their families in the Central Saskatchewan area.

CSMFRC is not a child care provider and does not recommend child care providers. The names of child care providers listed have requested we provide our families with their information only. CSMFRC does not warrant accuracy of child care information, nor can we assure the quality of any child care provider listed in this process. It is your right and responsibility to seek as much information as you can in order to choose child care that meets your family's needs.