



MFSP
MILITARY FAMILY
SERVICES PROGRAM



PSFM
PROGRAMME DES SERVICES
AUX FAMILLES DES MILITAIRES



VETERANS & FAMILIES
FAMILLES & VÉTÉRANS



CONTACT US



306-491-4698

MONDAY-FRIDAY
0800-1630

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March

2025 Newsletter

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

									1
2	3	World Sleep Day 	4	5	6	 Women's Day Bus Trip to MJ	7		8
 Self Defence -Youth		10	 Neurodiveristy Speaker Series	11	12	 Popcorn Lovers Day	13	14	15
 Self Defence -Adult		16	17	18	19	20	 INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION MARCH 21	21	22
Military Family 101 	23	24	 International Waffle Day	25	26	 World Theatre Day	27	28	29
30	31	International Transgender Day of Visibility							

THE CSMFRC GENDER BASED VIOLENCE COMMITTEE INVITES
CAF, VETERANS, AND DND COMMUNITY PARTNERS TO A:

SELF DEFENCE WORKSHOP



YOUTH
HALF-DAY
WORKSHOP



MARCH 9TH 2025
11 AM - 3 PM
\$5 PER PERSON

PRESENTED BY:

DEFENCE LAB
THE SCIENCE OF DEFENCE



- MUST BE 10-17 YEARS OLD
- COST: \$5 PER PARTICIPANT
- ALL ARE WELCOME TO REGISTER: CAF & FAMILY, VETERAN & FAMILY, AND COMMUNITY MEMBERS
- HELD IN SASKATOON AT DEFENCE LAB'S GYM



CONTACT KATIE TO REGISTER: [KATHERINE.DEFOSSE@FORCES.GC.CA](mailto:katherine.defosse@forces.gc.ca)
REGISTRATION DEADLINE: MARCH 1, 2025



SESSION 3



NEURODIVERSITY SPEAKER SERIES



SPEAKER:
ALISON PRESCOTT

TUESDAY, 11 MARCH

10:30 AM CST

 The Hive or Zoom



mentalhealthsupport@moosejawmfr.ca

Refreshments and snacks provided.
Free childcare for Moose Jaw families.

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THE CSMFRC GENDER BASED VIOLENCE COMMITTEE INVITES
CAF, VETERANS, AND DND COMMUNITY PARTNERS TO A:

SELF DEFENCE WORKSHOP



MARCH 16TH 2025
11AM-5PM
\$5 PER PERSON



ADULT
FULL
DAY
SEMINAR

PRESENTED BY:

DEFENCE
THE SCIENCE OF DEFENCE



- MUST BE 18+
- COST: \$5 PER PARTICIPANT
- ALL ARE WELCOME TO REGISTER: CAF & FAMILY, VETERAN & FAMILY, AND CIVILIANS
- HELD IN SASKATOON AT DEFENCE LAB'S GYM



CONTACT KATIE TO REGISTER: [KATHERINE.DEFOSSE@FORCES.GC.CA](mailto:katherine.defosse@forces.gc.ca)
REGISTRATION DEADLINE: MARCH 1, 2025



SOT CAMP PROGRAM



The National Summer Camps Program is offered to dependents of serving military families, in which eligible serving military families receive reimbursement for their dependents to attend an accredited summer camp of their choice.

Program Eligibility:

- CAF Members serving away from families in 2025
- Bereaved Families
- Ill/Injured CAF Member dependants
- Special Needs Child/and or sibling of CAF Member



The 2025 camp grant applications will open online on March 20, 2025, at 8:00am ET until April 17, 2025, at 3:00pm ET for first time families. April 18th, 2025 grants are open to returning families.

For more information, or to apply for the grant,
visit: www.supportourtroops.ca/summercamps



CSMFRC
PRESENTS
**DAY CAMP
REIMBURSEMENT
PROGRAM**

- UP TO \$100 REIMBURSED PER MILITARY DEPENDENT
- PROGRAM ENDS 31 MARCH 2025
- CONTACT MEGAN FOR THE APPLICATION DETAILS

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Saskatoon Vimy Dinner



*Saturday,
April 5th, 2025*

Saskatchewan's premier military formal dinner.
For more information or to register email
saskatoonvimydinner@gmail.com

Details for this event can be found at
the back of the Newsletter.

CONCORDE
GROUP CORP.

MILITARY FAMILY 101

WITH THE CSMFRC



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SUNDAY, MARCH 23 2025 @ 2PM-4PM
CLIFF WRIGHT LIBRARY IN SASKATOON



- **DROP IN TO LEARN MORE ABOUT PROGRAMS OFFERED TO CANADIAN ARMED FORCES & VETERAN FAMILIES**
- **ASK QUESTIONS ABOUT SOME OF THE PROGRAMS OFFERED**
- **MEET YOUR LOCAL MFRC STAFF!**



Community Supports



**THE CSMFRC HOURS OF OPERATION ARE: MONDAY-FRIDAY 8AM-4:30PM
DON'T HESITATE TO REACH OUT TO US FOR ASSISTANCE: 306-491-4698**

SHOULD YOU REQUIRE ASSISTANCE OUTSIDE OF BUSINESS HOURS:

FREE AND CONFIDENTIAL MILITARY FAMILY SUPPORTS:

FAMILY INFORMATION LINE: 1-800-866-4546

CFMAP: 1-800-268-7708

EMERGENCY AND MENTAL HEALTH SUPPORTS:

SASKATCHEWAN OPERATIONAL STRESS INJURY CLINIC: 1-306-844-4100

OSISS (OPERATIONAL STRESS INJURY SUPPORT SERVICES): 1-800-883-6094

OSI-CAN SASKATCHEWAN: 1-306-552-3801 OR 1-888-495-6068

MENTAL HEALTH CRISIS/RESPONSE & MOBILE MENTAL HEALTH UNIT:
1-306-933-6200

MENTAL HEALTH & ADDICTIONS SERVICES:

CENTRALIZED INTAKE: 1-306-655-4100

DRUGS AND ALCOHOL HELPLINE: 1-800-565-8603

CANADA SUICIDE PREVENTION SERVICE: 1-833-456-4566

SASKATCHEWAN SUICIDE HOTLINE: 1-306-933-6200

DOMESTIC VIOLENCE HOTLINE: 1-888-338-0880

SEXUAL ASSAULT CENTER: 1-306-244-2224

ROYAL UNIVERSITY HOSPITAL EMERGENCY SERVICES: 1-306-655-1362

ST PAUL EMERGENCY SERVICES: 1-306-655-5113

CITY HOSPITAL EMERGENCY SERVICES: 1-306-933-5069

HEALTH LINE: 811

KIDS SERVICES:

KIDS HELP PHONE: TEXT CAFKIDS TO 686868 OR PHONE 1-800-668-6868

SASK HEALTH AUTHORITY CHILDREN/YOUTH MENTAL HEALTH: 306-655-7777

VETERANS SERVICES:

VETERANS AFFAIRS CANADA 1-866-522-2122

ROYAL CANADIAN LEGION SASK COMMAND: 1-306-525-8739

VETS CANADA: 1-888-228-3871

WOUNDED WARRIORS CANADA: 1-888-706-4808

SUPPORT OUR TROOPS: 1-877-445-6444

VAC DEATH AND BEREAVEMENT COUNSELLING 1-800-268-7708

LAST POST FUND: 1-800-465-7113



SASKATOON VIMY DINNER

presented by

CONCORDE
GROUP CORP.

We invite you to attend the 5th Annual Saskatoon Vimy Dinner, presented by the Concorde Group of Companies, on Saturday April 5, 2025, at the Sgt Hugh Cairns VC Armory. Our guest of honour and speaker this year, is retired Lieutenant General Paul Wynnyk, CMM, MSM, CD who is a former Commander of the Canadian Army and Vice Chief of the Defence Staff.

Since 2016, the Saskatoon Vimy Dinner has been Saskatchewan's premier military event. We are proud soldiers of the North Saskatchewan Regiment, 38 Service Battalion and 38 Combat Engineer Regiment, which are 3 of 7 Canadian Army Primary Reserve units located in Saskatchewan, with soldiers in Saskatoon, Regina and Prince Albert. There are approximately 19,000 reservists across 185 units in Canada. A reserve soldier is very much like regular force soldier except under a few conditions, our service is entirely voluntary and we are able to remain in our home community. While some of us serve in the Canadian Army Reserves full time, most of us are part time soldiers – we are teachers, healthcare workers, public servants, engineers, police officers, mechanics, entrepreneurs, youth football coaches, retail workers and students. Throughout the year we train once a week and one to two weekends a month and depending on how far we want to progress through the ranks we'll take a cumulative of 3 to 10 months' worth of courses across Canada to learn the skills we need. All this training culminates with operations, where we repay Canada's investment in our training through our support of regular force units on operations in Afghanistan, Ukraine, Africa and the Middle East and when we lead operations in Canada's north to exercise sovereignty and throughout Western Canada when natural disasters strike. The out of Canada operations that are lead by the regular force, require reserve force augmentees. We may leave our families and civilian jobs to deploy overseas for 3, 6 or 9 months to support an operation.

Your support of the dinner provides our units with non-public funds that enables us to: provide educational bursaries to soldiers; continue to improve team spirit through support to the regimental kit shops; preserve our unit histories by assisting our soldiers traveling to Europe to visit our past battlefields; host barbecues and holiday events for soldiers' families; and to support our soldiers or their families in times of great need. Additionally, we will be making a donation to the Military Family Resource Centre Saskatchewan which supports all regular force members and reservists located in SK and their families with things such as child/elder care and youth programming.

More importantly your support and presence will allow us to share our traditions and spend time with our soldiers where you will better understand what it means to be a reservist. The success of the Canadian Army Reserves can only happen if you, our community leaders, understand the value in hiring reservists. Please help us maintain a strong Saskatchewan reserve force.

Honorary Colonel
Zeba Ahmad
38 Combat Engineer Regiment

Honorary Colonel
Heidi Shockey
The North Saskatchewan Regiment

Honorary Colonel
Curtis Kimpton
38 Service Battalion

Saturday, April 5th, 2025
Sgt Hugh Cairns Armoury
930 Idylwyld Drive North, Saskatoon

4pm VIP Reception / 6pm Cocktails / 7pm Dinner
Dress: Mess Kit

Formal Attire Recommended

Business Attire Acceptable



SASKATOON VIMY DINNER

Guest Speaker

Lieutenant-General (Ret'd) Paul Wynnyk, CMM, MSM, CD

Former Commander of the Canadian Army
and Vice-Chief of the Defence Staff



PRESENTED BY:

CONCORDE
GROUP CORP.

SPONSORSHIP OPPORTUNITIES

THE BRIGADIER: \$10,000 (1 available)

- Naming rights to the event. "Saskatoon Vimy Dinner, presented by 'The Brigadier Sponsor'"
- Lt John Langan key-note speech on Resiliency and the Principles of Followership that transitions to Leadership on Friday, 4 April 2025
- 2 Tables includes:
 - 16 tickets for civilians
 - 4 tickets for soldiers
- Weapons simulation experience during the Dinner
- VIP Reception in the Swords and Sashes Mess including regimental toasts and regimental whisky, beer and wine
- Invitation to a guided tour of an exercise for up to 8 individuals designated by sponsor, (example: military live weapons range), date to be confirmed.
- 32 complimentary drink tokens
- Corporate name and logo in the Gala program and prominently displayed on a sponsorship presentation.

THE COLONEL: \$5,000

- 1 Table includes:
 - 8 tickets for civilians
 - 2 tickets for soldiers
- Weapons simulation experience during the Dinner
- VIP Reception in the Swords and Sashes Mess including regimental toasts and regimental whisky, beer and wine
- 16 complimentary drink tokens
- Corporate name and logo in the Gala program and prominently displayed on a sponsorship presentation

THE MAJOR: \$3,000

- 1 Table includes:
 - 8 tickets for civilians
 - 2 tickets for soldiers
- 8 Complimentary drink tokens
- Corporate name and logo in the Gala program and prominently displayed on a sponsorship presentation

THE CAPTAIN: \$2,500 (4 available)

- 2 tickets for civilians for dinner and VIP Reception and 1 of the following:
 - Naming rights to Swords and Sashes Mess
 - Naming rights to Crown and Bugle Mess
 - Port sponsorship
 - Wine sponsorship
- Corporate name and logo in the Gala program and prominently displayed on a sponsorship presentation

THE LIEUTENANT: \$1,500

- Half a Table includes:
 - 4 tickets for civilians
 - 1 ticket for a soldier
- Corporate name and logo in the Gala program and prominently displayed on a sponsorship presentation

THE CORPORAL

- Donation of an Auction item
- Corporate name and logo in the Gala program and prominently displayed on a sponsorship presentation and recognition at the Auction Table

RSVP to: saskatoonvimydinner@gmail.com

With your RSVP please include:

- Location that charitable receipt can be sent to.
- Image file of Corporate Logo to be included in the sponsorship package.
- Subsequent update with names of guests and meat/vegetarian meal when possible.

**SINGLE
TICKET** **\$150**

For information and pictures from our previous dinners, see our Facebook page, www.facebook.com/SaskatoonVimyDinner

For payment, please make cheques payable to: **N Sask R Unit Fund or EMT**
to 5226-nsaskrunitfundpmts@cfmws.com