
Encouraging Those Who Serve

Wanda Vincent, Grand Falls, Newfoundland

As November 11th is the annual occasion on which we especially remember the debt we owe our military forces, it would be a good month to think of ways to support the Canadian troops serving overseas.

One way could be to write letters to them, and another way to show support could be by sending them a Christmas package. As they serve in difficult, volatile situations, a parcel from someone at home would really boost morale at the holiday season.



To do this, contact should be made with the director of the Military Family Resource Centre at a Canadian Forces Base. The Resource Centre sends Christmas packages to the troops overseas and would welcome any community groups or individuals willing to support this effort.

There may be an option of gathering items and delivering them to the forces base to be included in their parcels, or parcels can be marked with the name of the donating group and have them forwarded overseas for distribution.

The packages are sent for distribution to the Padre and Social Worker at Canadian Forces Bases in Afghanistan or other

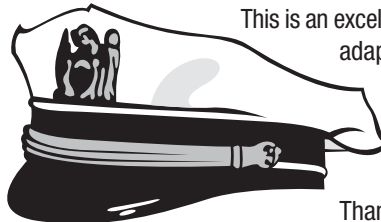
locations where the Canadian troops are involved in peace-keeping or active military situations.

The Padre and Social Worker are best able to identify any troops who are particularly needy — perhaps some who do not receive any support from home or soldiers who are injured or in hospital.

This is an excellent opportunity for us to serve other people from a distance and bring some encouragement to our men and women who are putting themselves at risk on the front lines of a dangerous mission.

List of preferred items for small packages. Samples of:

- Crystal Lite Singles
- Gum, Breath Strips, Halls Cough Drops
- Hard Wrapped Candy
- Peanuts
- Trail Mix
- Any type of Purity product
- Magazines, Cotton Socks
- Hand Sanitizer, Tissues
- Individual packs of hand wipes



This is an excellent program that can also be adapted for a smaller group. Not only remembering our troops around November 11th but at other special times of the year e.g. Easter, Thanksgiving, Christmas, etc.