



FOR THOSE WHO WANT TO WRITE OR SEND E-MAILS TO THE SOLDIERS: This would be very much appreciated, since Canadian sailors, soldiers and air force personnel deployed on operations need all the cheer they can get. Messages, postcards and letters from home are very important to their morale. Post cards, letters, and parcels containing bundled letters, addressed to "Any CF Member" will be accepted:

To write to: OP ATHENA - Kandahar, Afghanistan

Any Canadian Forces Member
OP ATHENA
PO BOX 5058 STN FORCES
BELLEVILLE ON K8N 5W6

OR

Any Canadian Forces Member
Provincial Reconstruction Team
OP ATHENA
PO BOX 5005 STN FORCES
BELLEVILLE ON K8N 5W6

A full list of CF Operations mailing addresses can be found at:
http://www.forces.gc.ca/site/Community/Messageboard/addresses_e.asp

MORALE BY MESSAGE BOARD: The men and women of the Canadian Forces have demonstrated time and again that they will rise to any challenge. Let your Canadian Forces members know you appreciate their service by sending a message using the Department of National Defence, Message Board website:
http://www.forces.gc.ca/site/community/messageboard/index_e.asp

PLEASE REMEMBER:

When you have been assigned a soldier through the **CHOSEN SOLDIER PROJECT**, the complete mailing address for sending packages or letters will be forwarded to you along with the soldier's name.

Thank you for your support

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Chosen Soldier

An opportunity to support the morale of our troops overseas and provide them with some tangible comfort from home



Please take a few moments to learn how you and your congregation, club, team, or co-workers can make a positive difference in the everyday routine of the young men and women serving on our behalf in conflict circumstances far from home.





"CHOSEN SOLDIER" is a volunteer program that allows groups to informally adopt a Canadian soldier serving in Afghanistan, and provide both moral and material support while he or she is far from home, and under extremely dangerous wartime conditions. Congregations, groups, or family and friends can cooperate with the purchasing and mailing of items, without any one person finding the adoption too expensive.

Soldiers are normally deployed for six months. When the soldier returns to Canada, you have the option of adopting his/her replacement, or to stop corresponding with soldiers. When parcels are ready for mailing, please be sure to advise the program organizers before mailing. The organizers monitor the flow of parcels for the following reasons:

- 1) If they note that a particular soldier isn't receiving parcels previously pledged by a sender, the organizers will assign a new sponsor.
- 2) If the military receives too many parcels at one depot it may create a backlog and delay shipment.
- 3) If the military finds the program is over taxing their mail depots, they can require the program to stop completely.

When you have been assigned a soldier through the Chosen Soldier project, the complete mailing address for sending packages or letters will be forwarded to you along with the soldier's name.

SUGGESTED ITEMS WOULD INCLUDE:

- ✓ Lip balm (Medicated) *Is like gold to the soldiers*
- ✓ Beef jerky, gum, playing cards
- ✓ Wet wipes (very important) *this is what the troops use to bathe with when they are on patrol for 10 to 15 days at a time*
- ✓ Puzzle books, dry pasta & pasta sauce in cans etc.
- ✓ Paper envelopes, pencils, & pens
- ✓ Kleenex, toilet paper, feminine hygiene supplies.
- ✓ Hand sanitizer, sun block,
- ✓ Coffee, soup, tea, power bars, juice crystals, *Chocolate will melt - M & M 's won't*
- ✓ Canadian cigarettes, *however, if you write cigarettes as part of the contents, they will likely be removed before the soldier receives the parcel.*

PARCEL DIMENSIONS:

(Roughly the size of a case of 24 beer - This is how the soldiers explain it) or if you prefer:

- ▶ Maximum Length: is 1 metre or 100 Centimetres, or 3.28 feet or 40 inches
- ▶ Maximum Height: is 0.15 metres, or 15 Cm, or 6 inches
- ▶ Maximum Width, is 0.3 metres, or 30 Cm., or 12 inches
- ▶ Maximum Weight: is 20 kilograms or 44 pounds

If you follow these dimensions, you will not be over in size.

PARCEL LABELLING DIRECTIONS:

- 1 Your name & return address on the top left hand side of the package
- 2 A few inches below the return address, briefly list the contents (*IE Gum Pasta Books Etc.*)
- 3 In the Middle of the box print the soldiers address

SENDING PACKAGES:

Packages may be shipped free of charge from a Military Depot, or a recruitment centre in your area. *(Please phone ahead to verify the centre accepts packages).* Alternately, you can mail your package at the post office. You may be requested to fill out a customs form. This form is easy to fill out by simply transferring the information from package to form *(More forms can be taken home so you can complete the forms for future mailings)*

It's common practice for the contents of the packages to be shared among all the soldiers in a squad or platoon. *(For example: if a sponsored soldier has 11 others in his/her squad, frequently he/she will share the goodies among the others.)*

If you would like more information about this volunteer, nonprofit program, you can contact the volunteer coordinators, **Ms Louise Jarvis**, and **Ms Joan McMurray** at either of the following e-mail addresses: louise.jarvis@sympatico.ca or joan_mcmurray@sympatico.ca Visit our website at http://www.trevlac.biz/Chosen_Soldier.htm



"TASTE OF HOME A TO Z" One enterprising soldier in Afghanistan got together with the members of his platoon and they came up with this list of 'treats from home' that they miss the most. (This is a sort of wish list to pick from, as all of it couldn't possibly fit in a single parcel)

- A** – Apple pies (individual sized), Applejacks cereal, A-1 Sauce
- B** – Bazooka bubble gum
- C** – Crackerjacks, Chocolate Chips Ahoy cookies, Crunch n' Munch
- D** – Dried Fruit or Del Monte Fruit To-Go, Doritos
- E** – Easy Mac, Easy Cheese
- F** – Fruit Loops, Fritos
- G** – Girl Guide cookies, Goldfish crackers
- H** – Hershey bars, Hawaiian Fruit Punch
- I** – Idaho instant potato mix, Instant specialty coffees
- J** – Junior Mints, Juicy Fruit gum, Juicy Juice, Juice-Box, Jerky,
- K** – Kool-Aid Singles, Kellogg's cereal (single-size boxes)
- L** – Lipton onion soup mix, Lemonade mix
- M** – M&M's
- N** – Nabisco graham crackers, Nilla wafers
- O** – Oreos, Ovaltine
- P** – Pop-Tarts, PowerBars, Prunes
- Q** – Quaker Oatmeal, Nestlé's Quik
- R** – Ritz crackers, Rice Krispie Treats
- S** – Spaghetti O's, Spices, Sardines & Salmon (canned)
- T** – Triscuits, Twizzlers, Tabasco Sauce, Twinkies, Tuna, Tostitos Snack Packs
- U** – Utz potato chips and pretzels
- V** – V-8 juice, Veggie Chips
- W** – Whoppers malted milk balls, Whoopie Pies, Wrigley's gum
- X** – CheX MiX, Trail MiX
- Y** – York Peppermint Patty, Yoodles
- Z** – Zagnut Candy Bar, Zweiback