



FAMILYGRAM BOOKLET 2017

INDEX

Page 2	Contents
Page 3	Introduction Where to send Familygrams Familygram Guidelines
Page 5	Reverse Familygram Guidelines
Page 6-10	Familygram Codes
Page 10	Familygram Example

INTRODUCTION

1. The aim of this familygram booklet is to provide a way for Submariners and their families to keep in touch whilst the submarine is at sea.
2. Familygrams are encouraged as they mean so much to your loved ones whilst they are at sea as are Reverse Familygrams to the family ashore.
3. Familygrams utilise the Formal Messaging System. Given the unique operating environment of Submarines, CANSUBFOR cannot guarantee if or when they will be received by members onboard or reverse Familygrams from the boat to family ashore.

CANSUBFOR is the Administration authority for Familygrams.

Nominated person, as listed by the member, shall be the Author and Receiver of the Familygrams only. All family members should send their emails to the authorized member for submission to CANSUBFOR. All emails received from unauthorized email addresses will be deleted. **There is only one authorized email address to send and receive Familygrams for each member onboard.**

Commanding Officers should encourage the use of the Familygram Service and inform the members of the Ship's Company of the procedures regarding the sending and receiving of familygrams.

WHERE TO SEND FAMILYGRAMS

All familygrams are to be emailed to: ESQCANSUB_PAC@forces.gc.ca

FAMILYGRAMS GUIDELINES

There are limitations which must be applied to all familygrams. These include:

- a. If you are not the person nominated by the member NO Familygram will be sent.
It is the Member's responsibility to ensure that all contact details are up to date and Familygram details must be provided to CANSUBFOR prior to sailing.
- b. Familygrams are only permitted during deployments.
- c. A maximum of twenty-six (26) Words or Codes are permitted per Familygram. **Note:** This cannot be exceeded without prior approval of Commander CANSUBFOR. Longer emails will be limited to the first 26 words or codes and the rest of the email will be deleted.
- d. Only **one** Familygram can be sent per week per member onboard. Additional emails from authorized email addresses in excess of one per week will be deleted. Only the first received email each week will be sent.

Note: All Familygrams must be received by 8 am Friday (PST) each week. All messages received after this time will be put into the next week's folder and if more than one is received, the follow-on emails will be deleted.

- e. Families are advised that the content of messages should not contain information of a sensitive/personal nature that they would not want others to view or be aware of. All messages will be read, screened and typed into a Familygram by CANSUBFOR personnel.
- f. Familygrams are only permitted to be sent in Plain Text. As Boats have limitations in their Messaging System, Photographs, Attachments, Smiley Faces etc are not able to be sent due to these limitations. Familygrams are not able to be sent in an Email format.
- g. Familygrams will not be Accepted/Sent by CANSUBFOR if the submarine is alongside. Familygrams enable members to receive contact from their nominated person when e-mail/phone is not available.
- h. Familygrams are to be in plain English, French or 'Authorised Familygram Codes' only. This is a System limitation. If we cannot understand the message, it will not be transmitted.
- i. All Familygrams **must have** the Members Rank, Name and boat name **in the subject line.** All emails received which cannot be quickly verified will be deleted.

AB DONALD – HMCS CHICOUTIMI
LT(N) DONALD – HMCS VICTORIA
PO1 DONALD – HMCS CORNER BROOK

RANK = OS, AB, LS, MS, PO2, PO1 CPO2, LT(N), LCDR

BOAT = The Boat the Member is posted to.

NOTE: The Duty Chaplain, (250) 363-2640, is responsible to verify all family emergencies and contact CANSUBFOR for contacting a member onboard. **CANSUBFOR will not send family emergency information to the members onboard unless directed by the Duty Chaplain.**

REVERSE FAMILYGRAM GUIDELINES

Commanding Officers should encourage the use of the reverse Familygram system and inform the members of the Ship's Company of the procedures. These emails will be sent to the authorized email address for each member onboard.

Guidelines

There are limitations, which will be applied to all reverse Familygrams. These include:

- a. A maximum of twenty six (26) Words or Codes per reverse Familygram. **Note:** This cannot be exceeded without prior approval of the Commanding Officer.
- b. Only **one** reverse Familygram can be sent per week per member onboard.
- c. Operational commitments may, at times, preclude the ability to transmit reverse Familygrams.
- j. Reverse Familygrams have no "in-confidence" message content. Members should be advised that the content of messages should not contain information of a sensitive/personal nature that they would not want others to view or be aware of. All messages will be read, screened and typed into an email by CANSUBFOR personnel.
- d. Reverse Familygrams will not be sent during alongside periods.
- e. Reverse Familygrams are to be in plain English, French or 'Authorised Familygram Codes' only. If CANSUBFOR cannot understand or decode the message, it will not be forwarded to the nominated person.
- f. All Reverse Familygrams **must have** the Members Rank and Name **in the subject line**. All reverse familygrams received which cannot be quickly verified will be deleted.
- g. Reverse Familygrams will be forwarded to the Nominated Person only.

Note: Reverse Familygrams will not be on any set schedule and will be forwarded when received by CANSUBFOR. The boat's schedule dictates when they are able to send reverse Familygrams.
DO NOT EMAIL CANSUBFOR REQUESTING STATUS OF REVERSE FAMILYGRAMS.

The unit will use the PLAR CANSUBFOR OPS to send the message with reversed familygrams to CANSUBFOR

FAMILYGRAM CODES

GREETINGS

1	ALL FAMILY SAY HI
2	EVERYONE SAYS HI
3	HELLO
4	HEY SEXY
5	HI BABE
6	HI GOOD LOOKING
7	HI HONEY
8	HI SWEETHEART
9	HI MUMMY
10	HI DADDY
11	LOVE TO DAD
12	LOVE TO MUM
13	YOUR LOVING FAMILY
14	YOUR LOVING HUSBAND
15	YOUR LOVING WIFE
16	YOUR LOVING.....

OCCASIONS

17HAD A BABY GIRL
18HAD A BABY BOY
19	HAPPY ANNIVERSARY
20	HAPPY BIRTHDAY
21	HAPPY BIRTHDAY TO THE BEST DAD
22	HAPPY BIRTHDAY TO THE BEST MUM
23	HAPPY BIRTHDAY TO THE BEST DAUGHTER
24	HAPPY BIRTHDAY TO THE BEST SON
25	HAPPY EASTER
26	HAPPY FATHERS DAY
27	HAPPY MOTHERS DAY
28	HAPPY VALENTINES DAY
29	I WISH WE WERE TOGETHER ON THIS OCCASSION
30	I WISH WE COULD CELEBRATE TOGETHER
31	I AM SO PROUD OF YOU
32	I GOT QUALIFIED
33	I RECEIVED MY DOLPHINS
34	I'M GETTING PROMOTED
35	WE ARE SO PROUD OF YOU
36	CONGRATS ON GETTING YOUR DOLPHINS
37	CONGRATULATIONS ON YOUR PROMOTION
38	GOOD LUCK, KEEP IT UP

CORRESPONDENCE

39	I LOVED THE GIFT
40	KEEP SENDING THE FAMILYGRAMS
41	KIDS LOVED THE PRESENTS
42	LETTER RECEIVED MANY THANKS
43	PARCEL RECEIVED MANY THANKS
44	PARCEL SENT
45	PARCEL WAS JUST WHAT I WANTED
46	PLEASE SEND A MESSAGE
47	PRESENT RECEIVED MANY THANKS
48	RECEIVED YOUR LAST FAMILYGRAM
49	RECEIVED YOUR NICE MESSAGE
50	YOUR LAST FAMILYGRAM MADE ME LAUGH
51	YOUR LAST FAMILYGRAM MADE ME SMILE
52	YOUR LETTER YOU MENTIONED NOT RECEIVED
53	YOUR PARCEL YOU MENTIONED NOT RECEIVED

HEALTH

54	ALL WELL AND SAFE
55	AM FIT AND WELL
56	FAMILY IS ALL WELL
57SICK
58	NOTHING TO BE CONCERNED ABOUT
59	PLEASE DON'T WORRY
60	HEALTHY, FULLY RECOVERED
61	HEALTH IS IMPROVING
62	HOPE YOU ARE FEELING BETTER
63	I HAVE BEEN SICK
64	I HAVE BEEN SICK BUT I AM GETTING BETTER NOW
65	I HAVE LEFT HOSPITAL
66	ILLNESS IS NOT SERIOUS
67	WISH I WAS THERE TO MAKE YOU FEEL BETTER
68	WISH I WAS THERE TO TAKE CARE OF YOU

FINANCES

69	DOCUMENTS SENT OFF
70	DON'T SPEND ALL THE MONEY
71	HAS THE HOUSE SOLD
72	HAS THE MONEY GONE IN YET
73	HOUSE SOLD
74	MONEY HAS GONE IN

FEELINGS/THOUGHTS

75	CAN'T WAIT TO HEAR YOUR VOICE
76	CAN'T WAIT TO SEE YOU
77	CAN'T WAIT TO SEE YOU ON THE JETTY
78	CAN'T WAIT TO TALK TO YOU
79	COUNTING DOWN THE DAYS
80	EVERYONE BACK HOME SAYS HI
81	EVERYONE IS THINKING OF YOU
82	EVERYTHING IS FINE HERE
83	FOREVER AND ALWAYS
84	HOPE YOU'RE HAVING FUN
85	HOW IS THE FAMILY
86	I AM GOOD
87	I AM MISSING YOU SO MUCH
88	I LOVE YOU
89	I LOVE YOU SO MUCH
90	I LOVE YOU WITH ALL MY HEART
91	I MISS BEING TOGETHER
92	I MISS YOU
93	I NEED A HUG
94	I WISH WE WERE TOGETHER
95	KEEP SMILING
96	KEEP YOUR SPIRITS UP
97	KIDS CAN'T WAIT TO SEE YOU
98	I CAN'T WAIT TO SEE THE KIDS
99	LOVE AND KISSES
100	LOVE KISSES AND CUDDLES
101	MISS HEARING YOUR VOICE
102	MISSING YOU AND THE FAMILY
103	MISSING YOU
104	MISSING YOU AND THE KIDS
105	MY THOUGHTS ARE WITH YOU ALWAYS
106	NOT MUCH LONGER NOW

107	NOT MUCH TO SAY
108	ONE DAY AT A TIME
109	OUR THOUGHTS ARE WITH YOU ALWAYS
110	SENDING BIG HUGS AND KISSES
111	SO LOOKING FORWARD TO GETTING HOME
112	SO LOOKING FORWARD TO HAVING YOU HOME
113	STAY STRONG
114	TAKE CARE OF YOURSELF
115	THE FAMILY ALL MISS YOU
116	THE KIDS MISS YOU
117	THE PETS MISS YOU
118	I MISS THE PETS
119	THINKING OF YOU ALWAYS
120	THIS IS EASIER THAN I THOUGHT
121	THIS IS HARDER THAN I THOUGHT
122	WE LOVE YOU
123	WE MISS YOU
124	WE MISS YOU LIKE CRAZY
125	WILL MEET YOU ON THE JETTY
126	YOU ARE MY EVERYTHING
127	YOU MEAN EVERYTHING TO ME

TRAVEL

128	BOOK FLIGHTS
129	FLIGHTS BOOKED
130	FAMILY VISITING
131	LEAVE APPROVED FOR.....
132	ORGANISE LEAVE FOR.....
133	UNABLE TO TAKE LEAVE

MISC

134GOT ENGAGED
135MADE THE GRAND FINAL
136	YOUR TEAM LOST
137	YOUR TEAM WON
138	CAN'T BELIEVE THEY LOST
139	BOUGHT SOME PRESENTS FOR YOU
140	HOUSE BUILD GOING WELL
141	HOUSE BUILD NOT SO GOOD
142	HOUSE HUNTING STILL GOING
143	HOWS THE HOUSE HUNTING
144	I HAVE BEEN GOING TO THE GYM

145	LOST MY JOB
146	MISSING A HOME COOKED MEAL
147	PASSED MY TEST
148	PETS ARE FINE
149	SCHOOL HOLIDAYS
150	START NEW JOB
151	STAY SAFE
152	THE CAT IS GOOD
153	THE DOG IS GOOD
154	TOO BAD ABOUT.....
155	WE HAVE BEEN INVITED TO A WEDDING
156	WEATHER HAS BEEN.....
157	WILL CALL AS SOON AS I GET IN

FAMILYGRAM EXAMPLE:

3, 1. 54, 82. 36, 35. 144. 84, 87. I AM 119. JACK AND JILL 17. I BET YOU ARE 146. 106. 90, 127, 89, 109.

Reads:

Hello, all family say hi. All well and safe, everything is fine here. Congrats on getting your Dolphins, we are so proud of you. I have been going to the gym. Hope you're having fun. I am missing you so much. I am thinking of you always. Jack and Jill had a baby girl. I bet you are missing a home cooked meal. Not much longer now. I love you with all my heart. You mean everything to me, I love you so much, our thoughts are with you always.