

# HOME BASE

This e-newsletter is to provide you with an effective link to the Military Family Resource Centre at times of deployment. It is hoped that it will be a valuable resource to help ensure that families and friends of deployed military members have the opportunity to stay connected.

News from the family Separation and Reunion Team:



*September veils the beauty of fall foliage.*

*Embrace the beauty of September and enjoy. The air is often a little crisp in the mornings and warms up through out the day. Pull on your favourite light sweater and be comfortable in the presence of nature.*

*Cerinia & Lynne*

**Note: Please let us know if you no longer wish to receive our newsletter.**

\*\*We invite you to have a look at our new website [www.familyforce.ca](http://www.familyforce.ca) and browse through the many activities and programs offered at the MFRC-NCR.

## **Uplands MFRC**

330 Croil Private,  
Building 471  
Ottawa, ON K1V 1J1  
(613) 998-4888

<http://www.familyforce.ca>

## **Our Family Separation and Reunion Team:**

Lynne Major-Cl  roux  
(613) 991-4977  
[Lynne.cleroux@forces.gc.ca](mailto:Lynne.cleroux@forces.gc.ca)

Cerinia Briand  
(613) 993-5151  
[Cerinia.briand@forces.gc.ca](mailto:Cerinia.briand@forces.gc.ca)

## **Important Contact: Information**

Petawawa Deployment Support Group

1-877-218-9993

Valcartier Deployment Support Group

1-877-844-5607

Family Information Line

1-800-866-4546

CF Member Assistance

Program (CFMAP)

1-800-268-7708

[www.forces.gc.ca/assistance](http://www.forces.gc.ca/assistance)

Family Crisis Awareness Team

(613) 949-1989

Service Air Travel

1-800-487-1186





## *Back to School—Tip #201*

It is hard enough trying to get your kids ready for heading back to school but when one of you is away it can be a little more challenging. Whether your children are 6 or 16, there are feelings (good and bad), anxieties, fears, excitement, nerves and many stresses that come with the start of any school year. If a parent is away then most of it gets directed at you. It is also an expensive time

### **Some tips:**

- ◆ Check with your child's school (call or visit their school website or the school board website) and see what things are actually required. Often when my children tell me they have to have it for school it can be translated to they want to have it. It helps to know in advance what are needs and what are wants.
- ◆ If your budget is tight and you aren't able to get information about what your child will need. Put a note in their bag, to their teacher, on the first day of school asking them to send you home a list of things that they will need and that way you won't be blindly buying things that may go unused or be wasted. Buy what you can and let the school know that finances are tight.
- ◆ If you have the luxury of knowing, in advance, that a family member is going to be away during this time, shop in advance and hide it all in a bucket until they need it. Your absent family member could leave a note in the bucket giving their best pieces of advice for the first day of school or something funny that happened to them at school when they were younger.

- ◆ Before leaving to go shopping make a list with three columns: Must Have/Would Make Life Easier/Luxuries. This will give them and you some perspective.
- ◆ Let your children know well in advance what stores you intend on going to and what the budget is.
- ◆ If you want to avoid taking your children, ask a friend to trade with you. You'll take their kids while they go and they'll take yours while you go. It will be faster, you'll get what they need and you can even take a few moments to wonder around the store in peace and quiet.
- ◆ Let the school know of up-coming, current or lengthy absences of a significant family member. It will also be important to let the school know how your child handles stress and absence. It is also extremely important that you let the teachers and school know about when your family member is returning as that can bring change and stress too.



Learn to know your child's teachers – whether your children are in Kindergarten, middle school or high school you should make a point of knowing the names and contact information of your children's teachers (phone/ email). Your kids need to know that you can get in touch with them easily and it will be important for you to keep them up to date with what is happening in your household (ex. absences, deployments, re-integration, moves, etc.). **Contact Lynne or Cerinia for an Educator's Package on Deployment and the Military Lifestyle for your child's Teacher.**

When you have an absent family member contact information also needs to be changed at the school. One of my children was hurt on the play ground and it took them over 20 mins to get in touch with me as they had been trying to get in touch with my husband (he was overseas!). Ask someone to be the second contact while your family member is away and then send in a letter to the school with that information.

There is something magical about the beginning of the school year and the 'back to school frenzy' although it can be an exhausting ride when you are trying to do it on your own: don't. Ask for help and try to make it as fun and stress free as possible. Check with your Military Family Resource Centre should you feel you need extra support at this busy time.



## *Back to School & Routines*

- ◆ 2 weeks prior to school starting, have the bedtime routine earlier each night. This allows the transition to go smoothly.
- ◆ Have the children involved with routine changes.
- ◆ Have back packs ready the night before.
- ◆ Have clothes laid out for the entire week! That works in my house.
- ◆ When kids arrive home from school allow them to have some quiet time.

For more information about our tips, resources and books go to:  
[www.whileyouwereaway.org](http://www.whileyouwereaway.org)



**CONNECT** is for our families who have a member serving and or in the process of being deployed. Parents/Spouse/girlfriend/ boyfriend and friends, please come out and enjoy a beverage of your choice and connect with others who experience an upcoming or current deployment.

Please call Lynne at 613-991-4977 or [Lynne.cleroux@forces.gc.ca](mailto:Lynne.cleroux@forces.gc.ca) to register!

### **Tim Hortons**

6 Edgewater St, Kanata,

**Tuesday September 6 at  
6:00 PM**

### **Starbucks Coffee**

47 Rideau St., Ottawa,

**Tuesday September 13 at  
6:00PM**

### **Tim Hortons**

1980 Saint Joseph Boulevard Orleans,

**Tuesday September 20 at  
6:00 PM**



## *Please join us at our Family Fun Day!* **Arts & Crafts**

MFRC Uplands, 330 Croil, Bld. 471

**Sunday September 18 at 1-3:00 PM**

please call Lynne at (613) 991-4977 or  
[Lynne.cleroux@forces.gc.ca](mailto:Lynne.cleroux@forces.gc.ca).

## *OSISS - Operational Stress Injury Social Support System*

My name is Martina, I am a Family Peer Support Coordinator for OSISS here in the National Capital Region.

Let me start off by telling you about our program: We are a nationwide peer support program supporting military members, veterans and their families who have been affected by any type of psychological problem related to military service. Within our program we have peer support coordinators who have experienced firsthand what it is like to live with an OSI. They support the members and veterans.

The family peer support coordinators, like myself live and support a loved one with an OSI. I provide support to family members. We also have a bereavement program called hope. Volunteers who have lost someone support those who are going through the same experience. We provide individual and group support.



**Next support group will be on Monday, September 26th at 19h00 at the MFRC (330 Coil Pvt)**

If you would like to know more or are in need of support, I invite you to please contact me by phone at (613) 949-0164 or by email at [martina.markovic@forces.gc.ca](mailto:martina.markovic@forces.gc.ca)

*Send something special in YOUR next  
Care package!  
"Video/Pictures"*



Every family member at some point is busy getting that box ready to send to a loved one serving overseas. "Candy...check, cookies...check, magazines & movies...check. " But maybe you've wanted to make this care package a little different, something unique and personal. Well, at the MFRC we want to help.

All you need to do is this. Schedule a time at your home for your family, relatives and/or friends to get together. The amount of participants is up to you. On the day in question, our volunteer photographer comes to your home to take pictures, and videotapes the participants providing them the opportunity to express heartfelt messages of encouragement to the person they love. It can be a message from your children, parents, relatives and can also include your friends. Even your pet can join in if you can make it talk!!

Our experienced photographer kindly takes care of the rest. The video and pictures are arranged and transferred on a DVD so you can include it in your next Care package overseas. It's a unique opportunity to express your love and support. The DVD becomes your property and yes, it's FREE. Imagine the reaction of an unexpected serving member popping that DVD in their laptop or computer and seeing pictures and video footage with everyone participating in sending their heartfelt messages.

If you're interested or want more information please contact Lynne at (613) 991-4977 or at [lynne.cleroux@forces.gc.ca](mailto:lynne.cleroux@forces.gc.ca).



## *Padre's Corner*

### **Religion by Osmosis!?**

Do you remember back in high school science class learning that when liquids pass through cell membranes, it is called "Osmosis"? It happens chemically, effortlessly --seemingly automatic! When we become parents we sometimes make the mistake of thinking that our children will learn about God "by osmosis" – that they will automatically absorb the knowledge of God from us as parents, or from simply being alive! And to some extent that is true. Children do learn about God from what is modelled to them by us... and by wider culture.

On the other hand, some parents put little deliberate effort into modelling and/or teaching their children about faith in God... and then they are disappointed when their children grow up to reject belief altogether.

As a Padre, serving families for over 15 years, I have observed that children seldom, just "absorb" their parents faith by osmosis. Families, in which grown children choose to adopt the same faith as their parents, are often those families in which mom and dad have made a deliberate effort to encourage, teach and model a meaningful faith in God for their children.

This process begins by parents taking their faith practices seriously – praying, reading scripture, discussing God (positively) at the dinner table. There is no magic formula to it – but it has to start at home!

At the same time, parents need help with this important and sacred task of introducing their child to God and experiencing His love. So, I have a suggestion to make: The Uplands Chapel community wants to assist you in teaching your children about God. On Sunday mornings this Fall 2011, both the Roman Catholic (at 1100hs) and the Protestant (at 0930 hrs) are offering Children's Christian Education (i.e., Sunday school). It is available (at no cost) for children of Kindergarten age through grade 6.

We hope that you will bring your children and you are welcome to stay for the worship service. (That is also a very good way to model to your children that your faith in God is important to you. And, if your spouse is currently deployed, meeting to worship God with other believers can be a huge boost to your morale and an uplift to your spirit!) So, please join us for a Sunday in September or October... and see where it may lead. We are here for you and your children!

The Chapel is located at Uplands at the corner of Breadner Blvd. and De Nieverville Dr. You may find out more details by contacting CFSU (O) Chaplain Services at 613-998-3246 or visit our website at [http://cfsuo.mil.ca/chaplain/intro\\_e.asp](http://cfsuo.mil.ca/chaplain/intro_e.asp). Worship Services with Children's Education are offered on Sundays at 9:30am (Protestant) and 11:00 am (Roman Catholic)

## *Portfolio Development*

**When:** Tuesdays, Sept 20<sup>th</sup> - Nov 8<sup>th</sup>, 9:30 -11:30am

**Where:** MFRC - Career Centre, Uplands



A certified Portfolio Development course focuses on assisting people who are experiencing career change, transition or unemployment. This unique learning experience is designed to renew an appreciation of who you are, what you have accomplished and where you are going from here. In addition, it prepares you for the competitive job market and gives you a powerful tool for interviews. Childcare is available upon request for a nominal fee.

**Registration deadline:** Sept. 15<sup>th</sup>, 2011

Course Fee: \$50/ CF personnel or CF spouse

\$100/ civilian (pending available spaces)

Spaces are limited

**For registration or information please call:** Tracey at (613) 990-4833

## *Like to Volunteer or Need Extra Cash?*

We would like to maintain a list of individuals who would be willing to assist families on deployment by mowing lawns for military families or helping with chores around the house!

It is a great way for teenagers to earn some extra money on their summer break.

Families will be responsible to contact and compensate the person providing the service.

If you are interested please call Lynne at  
613-991-4977 or [Lynne.cleroux@forces.gc.ca](mailto:Lynne.cleroux@forces.gc.ca)



## Finding Your Passion



When I say the word “passion” what does it bring to mind?

What does passion mean to you?

What qualities does it have?

Passion is very unique & individualized...what drives or motivates you may not do the same for someone else.

**Scenario #1)** You have a complete day to yourself to relax and recharge your batteries. You have no obligations and no “To Do List”. It’s just you and your thoughts...What are you **going to do**?

**Scenario #2)** Think back to a time where you didn’t have so many life demands. What did you **used to do** to relax and recharge your batteries?

What happened? Why don’t you do those things now? (Answers could include money situation, lack of time, lost interest)

**Scenario #3)** Think realistically about the future, with time not being an option. What do you **want to do** for you?

**Here is a mystery that I want you to solve.**

**There’s only one rule to remember...you can only ask “Yes/ No questions”.**

**Two men were found insured in a cabin in the Northern Woods. What happened to them?**

**Answer: The men were injured in a plane crash. The cabin was the cabin of an Airplane.**

In order to solve the mystery you had to change your assumption because most people assume that the word “cabin” refers to a dwelling.

Once you change your assumption & perspective of situations, answers may become clearer.

For example: You might feel guilty about going out and spending \$ on yourself...but if you squirrel away small amounts until your end goal is met it suddenly becomes more obtainable.

You might assume that your spouse (after working a long week) may resent you going out for coffee with the girls/guys...but if you ask you may find that he/she would love the chance to have the kids to himself.

What are the assumptions that you hold about these passions. Positive or negative and what is stopping you or holding you back?

**Scenario #4)** After you reflect upon these scenarios and changing gears on perspective- What are you **going to do now** for yourself?

How would those around you know that you are actively perusing your passion? Do you show emotions, convey your feelings and has your attitude changed.

Look at setting time aside for your passion verses having to replace something.

Think of it as reorganizing your time to add/incorporate it into your routine.

It will enrich your day just knowing that you did something just to take a special moment for yourself.

# *Your Loved one is BACK!!!!*

For our family, the toughest part of the deployments was when my husband got back. It wasn't because we weren't happy to see each other (we were) or that he hadn't been missed (he had been very missed) but almost everything had changed – we had changed, routines had changed, likes and dislikes were different, and he had changed and had experienced things we couldn't understand and vice versa. There were big gaps to fill, some changes to be made (once again) and some things couldn't go back to the way they were before. This made our relationship and our family life challenging for longer than I would have expected (at least the following year and some!). When I wrote the Reunion Handbook for the Canadian Forces (see our website for the handbook), I started to meet with soldiers, siblings, parents, wives, teens, children, girlfriends, social workers, teachers, school liaisons, deployment specialists, commanding officers, and a number of different support staff in Canada and the US military and all of these groups of people agree... re-integrating after an absence is tough and not something that is talked about much or focussed on. Along with our own family experiences, these people have all been the inspiration for my next book (to be released November 2011)

**Tip #5 – Be Patient with Yourself!** Being patient with others sometimes is much easier than with yourself. We can often forgive others for things we have never considered forgiving ourselves for. When your family member comes home it is once again another change and adjustments need to be made. Many families think that it should just easily flip back to the way things once were but it can't because a lot of has happened and not only have things changed in the home, you have all changed. You have learned things about yourself, discovered different ways of doing things and had experiences and feelings that others have not.

- \* When you are angry, frustrated or annoyed with yourself – ask “Would I be this way if it was someone else?”
- \* Take time each day for yourself, to be honest with yourself and how you are feeling and forgive yourself if they are not the nicest of thoughts (we all have them)
- \* Don't respond to people or demands immediately – let them know a timeframe in which you will get back to them and then take at least a few minutes to think about whether or not it is something you want to do, need to do or could say 'no' to
- \* Before you even get up in the morning tell yourself that it is okay if you make mistakes, get frustrated, angry or annoyed – you are human and everyone feels these things
- \* Be patient with your family, they are going through the changes too and feel many of the same things you do (even our youngest family members; we often forget that)
- \* Teach your family to be patient by talking about your feelings, reactions and how you are learning to be patient with yourself.
- \* Time does heal all wounds but it will take until the end of time if you don't practice patience with yourself and with the other people re-adjusting too.

For more information about our tips, resources and books go to: [www.whileyouwereaway.org](http://www.whileyouwereaway.org)



### **Morale Mail**

Packages to be shipped overseas can be dropped off at the following locations:

#### **Uplands MFRC**

8:00 to 20:00 - 7 days a week

#### **Connaught Ranges**

35 Shirley Bay, 2<sup>nd</sup> Floor,  
Orderly room  
Nepean, ON K2K 2W6  
613-990-5454

7:30 to 15:30 pm Monday to  
Friday

### **Royal Canadian Legions**

800 Taylor Creek Drive, Orleans  
Sunday - noon to 5:00 pm  
Mon-Tues-Wed - 11:00 to 21:00

#### **Club Powers**

954 Giroux Street, Rockland  
Mon-Thurs 11am-11pm  
Fri & Sat 1pm-2am, Sun 1pm-6pm

231, Boulevard Maloney Ouest,  
Gatineau  
mardi au vendredi 14h00 à 21h00

330 Kent St. Ottawa  
Monday to Friday 8:00 to 13:00

5550 Ann Street, Manotick, ON  
09:00 to 17:00 Monday to  
Saturday

70, Hines Rd, Kanata  
Tues & Thurs 13:30 to 18:30  
Friday 10:00 to 15:00  
Saturday 13:30 to 16:00

Gilds Signs&Trophies  
87 rue Daniel N, Arnprior  
9h à 17h30 lundi au mercredi  
9h à 19h0 jeudi et vendredi

# *“The Development of Early Childhood Social Relationships within a Military Context”*

If you are interested in taking part in this study being conducted by the University of Ottawa and the Université du Québec à Trois Rivières please contact

Rachel Tupper, University of Ottawa, 613-562-5800  
ext 1549 or [rjtat2003@yahoo.ca](mailto:rjtat2003@yahoo.ca)

This study will deal with the impact of frequent moves, deployments, and lack of social supports, among other factors.

Director General Military Personnel Research and Analysis authorizes the administration of this survey.



Authorization number 808/10



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**We want to hear from you!**

Let us know how we can make this deployment period easier for you. We are always looking for feedback to make our programs and services better.

If you have information, a story or recipe you would like to share,

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Family Crisis Awareness Team

(613) 949-1989

Service Air Travel  
1-800-487-1186

News from the family Separation and Reunion Team:

## *Emergency Child Care “After Hours”.*

If you require Emergency Child Care “After Hours”

Please contact  
Homewatch Care Givers Agency at  
613-730-2188.

The **trusted** source for exceptional  
home care for over **25 years!**

***Please ensure that you contact the FS&R Team the next business day to inform us that you have engaged the agencies service. In the event that we are not informed your childcare fees may not be covered.***

**Note: Please let us know if you no longer wish to receive our newsletter.**

\*\*We invite you to have a look at our new website [www.familyforce.ca](http://www.familyforce.ca) and browse through the many activities and programs offered at the MFRC-NCR.

