



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.

Military Family Resource Centre of the NCR – Family Separation and Reunion July & August 2011

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

Cerinia Briand
613-993-5151

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

Family Crisis Awareness Team

613-949-1989

Service Air Travel

1-800-487-1186

Video Teleconferencing: (VTC)

Our VTC is available to you 24/7 to speak with your deployed family member to book a time to chat

(where VTC services are available) and we will coordinate the rest with you.

News from the family Separation and Reunion Team:



Summer is finally here!

This is the time to get out and enjoy the fresh air. I often think back of all the fun, I have had over the past summers with family and friends. This is another summer and is the time to try some thing new.

Cerinia

Note: Please let us know if your deployed loved one has returned or you no longer wish to receive our newsletter.

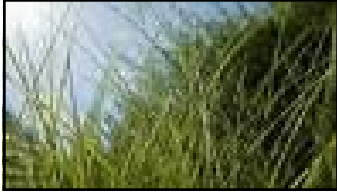
** We invite you to have a look at our new website www.familyforce.ca and browse through the many activities and programs offered at the MFRC- NCR.



Military Families
**Strength Behind
the Uniform**

La Famille
**La force
conjointe**





Summer Activities!

Fishing with friends...

Grab some fishing poles and snacks!
Enjoy your afternoon of fishing.



Biking with friends...

Grab your water bottles, sunscreen.
Enjoy a refreshing bike ride!



Reading in peace...

Take some time to read a book that
you have put off because you were too busy.
Relax in a quiet spot!

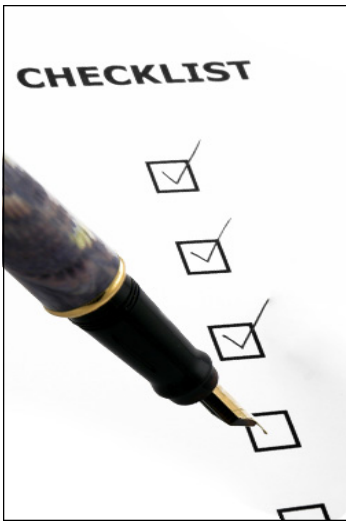


Beach Fun with family & friends...-

A day at the beach is a fun filled day! Take out
your towels, sunscreen and do not forget your
water bottles and sand toys.



By Cerinia Briand



Lists to Motivate -Tip #180

These ideas could be on your fridge door, bathroom door, kitchen door, or any space that you will see each morning before your day really gets started. The idea of creating a motivational list is to get your family or yourself thinking positively and re-affirming thoughts and emotions that help you to feel stronger and positive. Each family member could have their own poster or page with their own list of daily tasks. All of the tasks on the short list (5 maximum) should take only a few seconds to a minute to complete. You could have a whole family list or have each family member create their own list. I used a list similar to the one below when my husband was deployed. For Example;

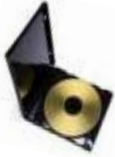
Everyday tasks, While You're Away

- Compliment someone
- Tell someone that I love them
- Say something I like about myself
- Do something for someone else
- Take a picture
- Find something to laugh about
- Set a goal for myself to do today
- Name 5 things that I am grateful for

The idea behind the list being quick and easy to complete is to get yourself motivated to do things each day that are going to make you and those you love and care about feel good and live your life the best ways that you can without taking a lot of energy or precious time.

For more information about our tips, resources or books go to: www.whileyouwereaway.org

*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.



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, 2nd Floor, Orderly room
Nepean, ON K2K 2W6
613-990-5454

7:30 to 15:30 pm Monday to Friday

***** New Location *****

Club Powers

954 Giroux Street, Rockland

Mon-Thurs 11am-11pm

Fr&Sat 1pm-2am, Sun 1pm-6pm

[Royal Canadian Legion](#)

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

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

231, Boulevard Maloney Ouest,
Gatineau

mardi au vendredi 14h00 à 21h00

330 Kent St.
Monday to Friday 8:00 to 13:00
70, Hines Rd, Kanata
Tues & Thurs 13:30 to 18:30
Friday 10:00 to 15:00
Saturday 13:30 to 16:00

“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

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



★ ★ ★ ★ ★ ★ ★ ★ ★ ★

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,

For Partners & Parents of Deployed Military Members



Partners, Parents Connect get-together!

**Red Lobster-1595 Merivale Rd
Wednesday, July 6 @ 7:00 pm**

**Pilos Restaurant - 876 Montreal Rd
Thursday, August 4 @ 7:00 pm**

Meet other partners & parents of deployed CF personnel who also have a loved one overseas to chat and share experiences. In order for this activity to take place you must register with Lynne at lynne.cleroux@forces.gc.ca by noon the day before.



**Papanack Zoo
13:00 to 15:00
Saturday, July 16, 2011
150 Country Road
19 Wendover, ON K0A 3K0
www.papanack.com**

Family Fun Day! **Splash Park , Picnic & Papanack Zoo**

**MFRC - Waterpark
13:00 to 15:00
Sunday, August 21, 2011
330 Croil Pvt, Building 471
Gloucester, ON K1V1J1**

If you wish to register for these outings please call Lynne at
(613) 991-4977 or at

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 July 11 & August 15, 2011

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





CHILDREN'S DEPLOYMENT CAMP

The Family, Separation & Reunion Team will offer a free camp for children to facilitate the challenges that children may experience during the absence of a parent.

Designed for children, ages 6 to 12

The camp will be held at the MFRC Uplands
(330 Croil, Bldg 471)

From August 22 until August 26, 2011
09:00 to 16:00

If you would like to register your child(ren) or would like more information please contact Lynne at

Lynne.Cleroux@forces.gc.ca or at 613 991-4977

Please RSVP before 16:00 on Monday, August 15, 2011.

Limited spaces available



*Keeping busy while
your loved one is
away!*

As adults we are usually preoccupied with our work and sometimes by the end of the day or week, we realize that we have not had any fun!

Here are few things that we can do that will help us enjoy “free time” that we may have.

Invite some friends over for a barbeque. Ask everyone to bring something delicious and enjoy your summer evening with great food!

On nights when you want to relax on the couch, invite a few friends over for a “movie night”. Start early and when the movie is over sit back and have an open discussion about the movie. A games night would be fun too!

Ask a few friends to play an outdoor volleyball or Soccer. If you can not decide on what sport to play, get everyone throw their suggestions in a hat! The majority wins. The goal is to get out and burn off some energy and have fun!

As for a quiet activity, try some gardening. Plant flowers or vegetables and watch them grow over the summer. What ever you heart desires.

A walk along the beach at sunset is always beautiful!

Painting Outside



Painting in the back yard with your children is fun. Children often have fond memories of simple activities such as this one. Get out a few supplies. Water color paints, paint brushes and sponges. If you have construction paper, or white paper, let the kids go and explore their creativity! The mess is minimal, take pictures of your children painting. You can frame them at work and a picture of them painting together! This is also a nice gift for mom or dad when they come home from being away. *By Cerinia Briand*

Homemade Bubble Recipes

- 1 cup water
- 2 tablespoons liquid detergent
- 1 tablespoon glycerin
- 1 teaspoon sugar

Mix all ingredients together until sugar dissolves. Enjoy!



By Stephanie Brown,

<http://babyparenting.about.com/cs/activities/a/bubbles.htm>

Strawberry Blueberry Smoothie Recipe

You can add variety to this simple smoothie by mixing different kinds of frozen fruits, but the strawberry and blueberry combination is my favorite.

Recipe Ingredients

1/2 cup frozen blueberries
1 cup frozen strawberries
1 frozen banana (peel banana before freezing)
1 1/2 cups milk
1/2 cup frozen vanilla, strawberry or blueberry yogurt

Directions

Whirl all ingredients together in a blender until smooth.
Serve immediately.

<http://www.foodclassics.com/re2819/recipes.php>



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





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(where VTC services are available) and we will coordinate the rest with you.

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!**

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