

# In Touch

Idea update for military families facing separations

Based on the books "I'm Already Home" and "I'm Already Home...Again"

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What's up at:  
www.ImAlreadyHome.com

1. **Readiness Training** tab for program descriptions currently available.

2. **Blog link** directly to a blog where you can read and comment on ideas.

3. **Flat Daddy™** page to bring you photos, updates and instructions.

4. **Submit Book Ideas** tab to watch a video and submit your great ideas for reunion and reintegration book.

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## Message from Elaine:

### *Writing and Marketing - what a way to spend time*

I can't believe that this is the first newsletter issue for 2008! Time just got away from me and I'm finally getting around to getting it done. I'll truly try to get back to sending it out every month so I can keep you up to date with what's going on. It might even be shorter - just a page or two - so I can do it more often. I'll do my best! Now for what's going on in my office.

1. I'm smack in the writing process for the new book on **reunion and reintegration** and the ideas that have been submitted by you so far are wonderful. I'm finding that I have room for more if you'd still like to be a part. This has been the most difficult book to write because I realize, as you do, that coming home is not all balloons and parties. Lots has happened and I want the book to address the real issues along with how to handle both the good times and the rough ones. So feel free to share what you've experienced and done to make it work, along with any resources/websites you found useful. I still have a form on the website to make it easy for you. By clicking this link: [www.ImAlreadyHome.com/ideas.htm](http://www.ImAlreadyHome.com/ideas.htm) you can go to that page.

### *I Want to Pay You Some Money!*

2. I'm trying a new marketing idea. My goal is to present at a minimum of **20 family readiness/programs conference or trainings in 2008-09**. I do a lot of that, and it helps me support the publication of the books and resources. I was thinking of hiring a marketing assistant, but instead I'm going to hire YOU to help me market. Many of you have attended one of my programs and believe in the message. If you hear of a conference or group that you think might benefit from having me there, please make a connection. Think of me in St. Louis this summer. Either give the person you meet MY contact information, or better yet, email me their information and I'll give them a call to see how I can help. To see all the programs I'm currently presenting, go to <http://www.ImAlreadyHome.com/speak-start.htm>. Now, what's in it for you? How about **MONEY**. I'll gladly pay a marketing commission of **\$300-\$400** for every lead I receive that results in a paid engagement! All you need to do is make that connection and make some money! I'll do my part by asking every person who calls, where they received my name, so that I can be sure you get paid. Many folks already know about what I do so it should be a fairly easy way to earn extra income. Thanks for becoming a "member" of my marketing team.



**Congratulations to SSG Brian Booker and his wife Amy.** Brian is the recipient of the 2008 Lockheed Martin Military Fatherhood award! They will be flown to Washington DC for the award ceremony on April 29th. We're so proud of you!

### New Resources:



Going through deployment? There is a new, fantastic way to stay connected: the ***During the Deployment Journal***. Founders Ed Ackerman and Rima Gibson developed the journal after their own experience in the military. Because it is simple to set up, easy to use, and quick to download, you can get started on your journaling today. Go to [www.duringthedevelopment.com](http://www.duringthedevelopment.com) for more information.



***We Serve Too!*** is a deployment book for young children that connects the common everyday experiences of a child with what their absent parent may be doing while deployed. This unique children's book will help families in their discussions with children, and help them to see that they serve too, and that their country appreciates their sacrifice. It even comes with a special dog tag for your child! It's available through my website at:

<http://www.imalreadyhome.com/cart.htm>

### Free CD for servicemen and women

Thirteen major recording artists prepared a free CD for service members available for download from the Army and Air Force Exchange Service website. Music on the CD features: Billy Joel, Brooks and Dunn, the Neville Brothers, Sarah McLachlan, the LT Dan Band, Montgomery Gentry, The Fray, and Five for Fighting. To download this music, visit:

[www.aafes.com](http://www.aafes.com)

### New USPS service/discount

The USPS has issued a new, 50% larger flat-rate box that can be delivered to an APO/FPO address for **\$10.95** - \$2 less than domestic destinations. This box is 12"x12"x5" and be picked up at the post office or ordered in bundles by calling 1-800-610-8734. Some of the boxes even bear the "America Supports You" logo.

**Remember: Continue to submit new book ideas at**  
**[www.ImAlreadyHome.com](http://www.ImAlreadyHome.com)**  
**and click on the "submit book ideas" tab.**

From Raeanne Benjamin:

*"My father was deployed in February, and in an effort to keep my 12 month old son and 16 month old nephew connected to him, my mother and I made them a special deployment pillow, that my dad has affectionately named "Fat Grandpa." The pillow is made from a long-sleeved shirt of my dad's, has a head with his face on it, and one of his patrol caps. The boys absolutely love it, and are constantly giving "Fat Grandpa" hugs and kisses."* Raeanne may even make one for you! To see pictures and hear more about "Fat Grandpa", visit:

[http://hyenacart.com/prod\\_details.php?id=12570&vid=454](http://hyenacart.com/prod_details.php?id=12570&vid=454)

### AUSA and OLT caregiver scholarship

Operation Life Transformed (OLT) announces the participation of the AUSA Family Programs Directorate in their spouse and caregiver scholarship program. AUSA will provide two \$2000 scholarships to be used to pay for online training and certification for military spouses and care givers to our nation's war wounded service members. They will provide training in careers that fit well with a mobile lifestyle. Jobs such as medical transcription, coding and billing can move with spouses and are flexible enough to allow caregivers to keep up with the demanding medical schedule of a recovering service member.

Learn more at [www.ausa.org](http://www.ausa.org)

### phone number update from "Scotty"

The toll free number for the OSD Deployment Support and Reintegration Office (Yellow Ribbon Reintegration Program) is:

**1-866-504-7092**

### Here's to the Heros

Anheuser-Busch is honored to salute the men and women of our armed forces and their families. Throughout 2008, members of the military and as many as three direct dependents may enter any one of Anheuser-Busch's SeaWorld, BuschGardens or Sesame Place parks with a single-day complimentary admission. To register, click here:

<http://www.herosalute.com/cavatx/index.html>

*As you know I've been collecting great ideas to compile for the new reunion and reintegration book. Below I just want to "wet your whistle" and entice you into sending me your ideas and thoughts by giving you a preview of some of the great ones I've received...just in case you can't wait!*

1. *"While my husband has been deployed, I have been keeping a **"Deployment Notebook."** In this book I have been keeping notes of stuff that is going on at home. For example, there has been some substantial construction done on our house. I have been making notes of what was done, dates, who did the work, and cost. Same goes for auto repairs. Also, it's a good place to note contact information of people who have offered their assistance in various areas. Of course, I share this with him in emails and IM's, but it seems to be helpful to have it all gathered in one location. When my husband gets home, he can peruse the notebook and read about all the details of the past year here so it won't be so foreign to him. It helps me, too, in that when I reread what I have accomplished, I feel empowered." - Victoria*
2. *"When my husband came home on leave I had Steamroller Copies make me a **"Welcome Home We Love You"** banner in patriotic lettering. I colored it red, white and blue. Then I hung it up for when he came home. It cost me a whole \$2.50. Well instead of throwing it away I decided that I was going to let everyone who knows my husband, Coby and I to sign a little message to him on the Banner. I will be putting our son's hand prints on the banner also. That way when we go to pick him up at his home coming he will be able to see how many people missed him while he was gone. I will also be taking pictures of the people signing it for memories. This is something simple yet fun and something that will truly be enjoyed forever." - Amber*
3. *"After the Gulf War, I wish my wife had labeled items in the home. I felt like I was in someone else's home, not mine. I had to ask where the towels and soap are, and things like which cabinet contains the can goods, and no one told us about the cabin fever affect and how to address it." - James*
4. *"Reconnect slowly! Don't try to catch up on day one. The spouse who did not deploy is very independent and set in their ways. The military member who deployed must understand that their spouse is used to doing things their way. Both must learn to get back to doing things together as a team." - Barbara*
5. *"When answering questions from other people, you just need to stop and think before you speak because you don't want to say anything that is confidential, and sometimes, whatever emotion you are feeling, can cause you to say things you wouldn't normally say. If you don't want to really answer the question, you can just say "he's OK" or "we're just your normal deployment family." - Amanda*



Troops ending tours in Iraq and Afghanistan have a new weapon for fighting combat stress---it's a booklet called **Coming Home...What to Expect, How to Deal When You Return from Combat**, created by comic book masters Sid Jacobson and Ernie Colón with MilitaryOneSource. The story involves four returning service members and the challenges they meet with the help of service-specific and DoD resources. You can order your own individual copy of the booklet by calling 1-800-342-9647.



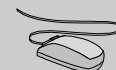
## Bookmark These Websites

From Deb Belitz:

These are a couple of fun links to websites that offer some free military printing. Various items, including patriotic stationary, can be found at:

[www.militaryprintable.com](http://www.militaryprintable.com)

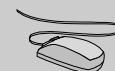
[www.momsbreak.com](http://www.momsbreak.com)



Do you have a child, who will eventually be heading to college? Would you like to find a scholarship for him/her? I was forwarded a list with links to 51 companies and organizations who are offering **college money** to military children. I put all into a .pdf file that I'd be glad to send you. Email me at:

[Elaine@ImAlreadyHome.com](mailto:Elaine@ImAlreadyHome.com)

Put "scholarship list" in the subject line. I'll email it right back to you.



*"Touching Base" newsletter*

Take a look at the MilitaryOneSource interactive website to find locators for education, child care, and elder-care, online articles, referrals to live online workshops, and "Email a consultant" Prepaid educational materials are available in a variety of formats and can be ordered online at:

[www.militaryonesource.com](http://www.militaryonesource.com)

or by phone at:

**1-800-342-9647**

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We're on the web:  
[www.ImAlreadyHome.com](http://www.ImAlreadyHome.com)

"The military recruits...the family retains."



...to reserve Elaine to present and train at your State Readiness Conference, training, or briefing.  
Call 1-866-780-0460 toll free or visit  
[www.ImAlreadyHome.com](http://www.ImAlreadyHome.com)

Review descriptions of trainings and programs at the website under the **Readiness Trainings** tab on the home page. You can also view media clips and request to review videos from past programs for all branches of the service.

### Final Thoughts...

The following is the reply from an 8 yr. old boy whose dad is in Iraq. He was asked: "What do you think about the war in Iraq?"

He responded:

"I don't like it, but it's happening so I live with it. Kind of like taking out the trash. No one likes doing it, but someone has to take it out."



From TLC TV prog: *My life as a Child*

### Free books from women's spiritual authors



A few weeks ago I attended a silent auction to benefit a children's spinal health foundation. I bid on, and won, a collection of 15 wonderful books of love and encouragement written by some of today's well known spiritual authors like Liz Curtis Higgs and Joyce Meyer. These books are new and my intent is to now gift them to you. Would you like one? Email me at [Elaine@ImAlreadyHome.com](mailto:Elaine@ImAlreadyHome.com) and I'll send you a list of the books I have. You can pick one of your choice and give me your address so I can mail it to you. I'll even pay for shipping. When you've finished reading it, you might either lend it to another woman you know who might enjoy it, or contribute it to your FRG library. It's just another **Thank You** from me to you.

### Just for Fun! - from my neighborhood newsletter

- Everyone has a photographic memory - some just don't have film.
- He who laughs last, thinks slowest.
- Back up my hard drive? How do I put it in reverse?
- I just got lost in thought. It was unfamiliar territory.
- Seen it all, done it all, Can't remember most of it.
- A fine is a tax for doing wrong. A tax is a fine for doing well.
- Light travels faster than sound, so some people appear bright until you hear them speak.