

# 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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## Welcome to March 2010!

Welcome to March 2010. I like having a new year because it always means new beginnings. It's perfectly all right to leave behind those things that weren't your "best" moments. We all have them – no matter how small. Why is it that we can forgive others but find it so hard to forgive ourselves? A new year says "get over it!" and get on with all this year has to bring. Besides, it's much more fun.

I find that I have to forgive myself for letting so much time pass between the last newsletter and this one. I kept beating myself up over it when I just ran out of time. Still, it's important to keep bringing you information, ideas and resources that will help you through deployments and reunions. So I'm "letting it go" and bringing you back the newsletter. Thanks for **your** understanding!



I have to share something exciting that happened to me last year. I took an incentive ride in an F-16 Fighting Falcon with the 180<sup>th</sup> FW in Ohio! I can't begin to tell you how honored I was to take such an exciting ride. It was truly a highlight of 2009. We went to 6.9 G's, flew upside down and I even had the chance to take the controls along with other maneuvers. And the answer to my most asked question...yes, I did throw up! And you know what? I'm proud of it!

In this issue we'll talk about the new look for [www.ImAlreadyHome.com](http://www.ImAlreadyHome.com), 2 exciting new resources, a wonderful poem I was sent called "A Military Wife", websites to bookmark, new connection ideas for reunion and the fun stuff like a special word search puzzle and recipe for busy cooks.

What's up at:  
[www.ImAlreadyHome.com](http://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 and status of the program.
4. Access all archived issues of the **InTouch** newsletter.

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**2010 is bringing changes** here at *I'm Already Home* too. We're in the process of redoing and updating our website to be more user friendly and provide lots of information for your needs. We want you to keep checking back with us, so we'll incorporate message boards, "Idea of the Week," a new look and easier access to what you need to know. We'll also be changing the format of the **Newsletter**. Our goal is to get it out to you every month and we're going to bring it to you totally available directly on the email you currently receive with the pdf format! This will be so much easier as you can scroll down, read a bit about each topic, and then click on a link that will take you directly there! We'll send out a bulletin to let you know when the change will occur.

**I'm a Military Wife**

Lots of moving...  
 Moving...  
 Moving...  
 Moving far from home...  
 Moving two cars, three kids and one dog...all riding with HER of course.  
 Moving sofas to basements because they won't go in THIS house;  
 Moving curtains that won't fit;  
 Moving jobs and certifications and professional development hours.  
 Moving away from friends;  
 Moving toward new friends;  
 Moving her most important luggage: her trunk full of memories.

Often waiting...  
 Waiting...  
 Waiting...  
 Waiting for housing.  
 Waiting for orders.  
 Waiting for deployments.  
 Waiting for phone calls.  
 Waiting for reunions.  
 Waiting for the new curtains to arrive.  
 Waiting for him to come home,  
 For dinner...AGAIN!



They call her 'Military Dependent', but she knows better:  
 She is fiercely In-Dependent.

She can balance a check book;  
 Handle the yard work;  
 Fix a noisy toilet;  
 Bury the family pet...

She is intimately familiar with drywall anchors and toggle bolts.  
 She can file the taxes;  
 Sell a house;  
 Buy a car;  
 Or set up a move...  
 .....all with ONE Power of Attorney.

She welcomes neighbors that don't welcome her.  
 She reinvents her career with every PCS;  
 Locates a house in the desert, The Arctic, Or the deep south.  
 And learns to call them all 'home'.  
 She MAKES them all home.

Military Wives are somewhat hasty...  
 They leap into:  
 Decorating,  
 Leadership,  
 Volunteering,  
 Career alternatives,  
 Churches,  
 And friendships.  
 They don't have 15 years to get to know people.

Their roots are short but flexible.  
 They plant annuals for themselves and perennials  
 for those who come after them.

Military Wives quickly learn to value each other:  
 They connect over coffee,  
 Rely on the spouse network,  
 Accept offers of friendship and favors.  
 Record addresses in pencil...

Military Wives have a common bond:  
 The Military Wife has a husband unlike other husbands; his commitment is unique.  
 He doesn't have a 'JOB'  
 He has a 'MISSION' that he can't just decide to quit...  
 He's on-call for his country 24/7.  
 But for her, he's the most unreliable guy in town!  
 His language is foreign

TDY	BDU
PCS	ACU
OPR	BAR
SOS	CIB
ACC	TAD

And so, a Military Wife is a translator for her family and his.  
 She is the long- distance link to keep them informed;  
 the glue that holds them together.

A Military Wife has her moments:  
 She wants to wring his neck;  
 Dye his uniform pink;  
 Refuse to move to Siberia;  
 But she pulls herself together.  
 Give her a few days,  
 A travel brochure,  
 A long hot bath,  
 A pledge to the flag,  
 A wedding picture,  
 And she goes.  
 She packs.  
 She moves.  
 She follows.



Why?  
 What for?  
 How come?  
 You may think it is because she has lost her mind.  
 But actually it is because she has lost her heart.  
 It was stolen from her by a man,  
 Who puts duty first,  
 Who longs to deploy,  
 Who salutes the flag,  
 And whose boots in the doorway remind her that as long as he is  
 her Military Husband,  
 She will remain his military  
 wife.  
 And would have it no other  
 way.



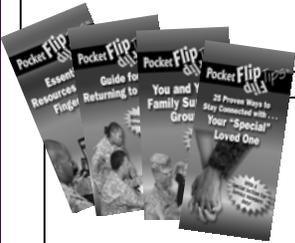
--Author Unknown

## This month's connection ideas (mostly for reunion)

1. Ok, this is one for while you're apart, but I really liked it. Contributed by a unit family member: For children who like to give "high fives", take a picture of your soldier giving a "high five." Then enlarge it to poster size and hang it on the wall. The children can walk by and give Dad "high fives" all year!

### Now for reunion.

2. To ignite the intimacy upon return, recreate your very "first date." It's a super way to remember those little things that drew you together in the first place.
3. While apart, take advantage of the time to get yourself into a good workout routine...even if it seems hard to do. You'll feel good about yourself when you're back together again and confident with your self image. That takes the pressure off.
4. General reunion thought: don't put too much pressure on the two of you right away or set too high an expectation for your "reunion."
5. For changed roles at home, Kirstin shared this. She used Chore Charts. They divide up household tasks so that everyone has a similar amount. They can either decide as a family who does what, but parents get priority and it's nice to let kids say which ones they'd like to have. OR you can put chores on slips of paper, put them in a hat and draw them out one at a time.
6. I like this because it's a very real issue. When things get tense in the household, everyone needs time apart to gather their thoughts. One family has a "brooding" place and a "meeting" place send family members to their "brooding" place for about an hour to think about what's going on and what they want to discuss. Then everyone meets back at the "meeting" place to get things straightened out.
7. "The day he got home, I had him wear his uniform to pick up the children at school. I informed the school that he was coming and each of my kids was able to greet dad individually. The school even took pictures!"



**Pocket Flip Tips Books**—I'm writing this series of 24 books for the Guidance Group's 4MCA product catalog (that you probably already receive) over the course of 2010. The first set (shown in the picture) will be in the catalog being mailed now! out in February 2010! The fast, easy-to-read way for military families to find advice and answers to vital life questions. Written along with other military family experts in easy-to-understand language, these Pocket Flip Tips books are unique and special. The format is extremely reader friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. Each Pocket Flip Tips book features special sections for the military family in gold and for the service member in blue. The topics were chosen from your feedback, our military customers so these handy books target your most pressing issues. 16 pages, size: 3 1/2" x 5 1/2"

**Need a 4MCA catalog? Call Sandy Collins toll free at 1-877-813-4622 x104 or [www.4mca.com](http://www.4mca.com)**

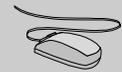


*Bookmark  
These  
Websites*

### Think Like a Spy

Meet John Sileo. As a two-time victim of identity theft he shows people how to protect valuable information. Check out the Identity Theft Toolbox for lots of information.

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



### The Credit Road Map

This site and book of the same name explains credit pitfalls in a way that people can understand. It provides firsthand knowledge on how lenders view credit.

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



### Free Tax Preparation

MilitaryOneSource provides tax preparation services to help you get your taxes filed on time. Click on "go to the tax services page" in the center of the home page.

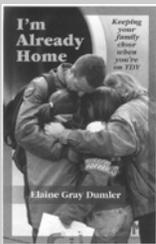
[www.MilitaryOneSource.com](http://www.MilitaryOneSource.com)



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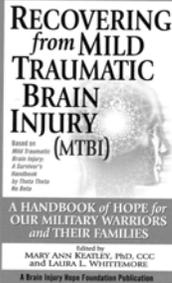
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**We're on the web:  
[www.ImAlreadyHome.com](http://www.ImAlreadyHome.com)**

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

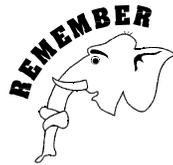
*Book Corner*



Have you heard people talk about MTBI (Mild Traumatic Brain Injury) and wondered what it is and if it affects you or a loved one? Use this handbook as your first guide to help navigate through this devastating injury because it helps you feel in control. This clear, concise and understandable guide starts you on a path to recovery with a light of hope always in view. I love the self-assessment and checklists!

**Order at [www.BrainInjuryHopeFoundation.org](http://www.BrainInjuryHopeFoundation.org)  
or call 303-482-2126**

**Also Available at [www.Imalreadyhome.com](http://www.Imalreadyhome.com)**



...to reserve Elaine to present and train at your 2010 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.

**Yummy Crock-pot Burritos**

- 4 frozen chicken breasts
- 1 can cream of chicken soup
- 2 cups jarred salsa
- 1 can black beans, drained and rinsed (you could also use pinto beans)
- 2 cups Minute Rice

Spray your crock pot with no-stick spray. Place your chicken breasts in crock pot. Add black beans. In a mixing bowl, mix your salsa and cream of chicken soup together, using the soup can, add 1 1/2 cans of water; Mix well. Pour mixture over chicken and cook on low for 6-8 hours. About 30 minutes before serving, take chicken out and shred; Return to crock pot. Add 2 cups of minute rice and stir into your chicken/liquid mixture. Cook in crock pot for 10-15 minutes longer.

Serve on tortillas and top with your favorite burrito toppings.

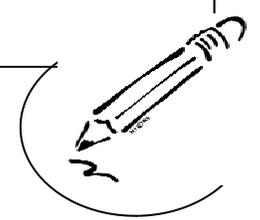
Enjoy! \*this recipe makes a lot!

**Just for Fun!  
Coming Home Word Search**

Find words vertical and horizontal.

C	U	T	O	G	E	T	H	E	R	E	R
T	R	A	N	S	I	T	I	O	N	X	E
R	G	C	T	M	G	H	Y	S	N	P	N
E	R	H	N	A	N	E	O	T	A	E	N
S	O	I	O	R	I	L	J	N	M	C	A
O	L	L	I	I	M	B	R	E	R	T	B
U	I	D	N	N	O	I	E	R	I	A	L
R	A	R	U	E	C	X	I	A	A	T	P
C	S	E	E	K	E	E	D	P	O	I	A
E	Y	N	R	D	M	L	L	F	C	O	R
S	X	K	H	F	O	F	O	F	M	N	T

- airman
- banner
- children
- expectations
- flexible
- homecoming
- joy
- marine
- parents
- party
- resources
- Reunion
- sailor
- soldier
- together
- transition



Solution posted at [Imalreadyhome.com](http://Imalreadyhome.com)  
"Newsletter Tab"