

# The Military OneSource CONNECTION



November 2007

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## Military Family Appreciation Month

Find the balance between work responsibilities and family life. While it takes time and thought, it's always worth the effort.

Whether you're a part of a dual military couple, have a step-family, an adopted child, a special needs family member, or are separated due to deployment, Military OneSource can help by phone, online, and face-to-face.

All active duty, Guard and Reserve (regardless of activation status), and their families are eligible. Call 1-800-342-9647 or visit [www.militaryonesource.com](http://www.militaryonesource.com) today!



**It is with great respect that Military OneSource honors the extraordinary contributions of our nation's military families. Please join us in celebrating the military family not just in November but throughout the entire year.**



## Gifts from the Homefront: An exciting program that directly affects morale

"Gifts from the Homefront" certificates can be sent to deployed troops by logging on to [www.aafes.org](http://www.aafes.org) or calling 877-770-4438. From there, the gift certificates are sent to individual service members (designated by the purchaser) or distributed to "any service member" through the Air Force Aid Society, American Red Cross, Coalition to Salute America's Heroes, Fisher House, Navy-Marine Corps Relief Society, Operation Homefront, Operation Interdependence®, or USO.



AAFES currently operates 53 facilities in support of Operations Iraqi and Enduring Freedom. While inventories can vary by location, most facilities carry a full assortment of health and beauty items, toiletries, snacks, and drinks.

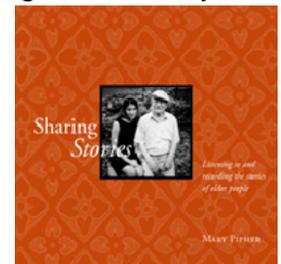
# Did you know?

**Military spouses** are eligible to receive a **full scholarship** for an H&R Block Income Tax course. Interested spouses may also interview for employment with H&R Block after the successful completion of the course. The program does not require any previous training. For complete details, contact your local H&R Block office at 1-888-412-7880.



## Pass the Gravy -- And the Stories

Planning holiday visits with older relatives? This free CD, *Sharing Stories: Listening to and Recording the Stories of Older People*, shows ways to connect with older loved ones and involve your children in a family legacy project. Narrated by bestselling author Mary Pipher, Ph.D., who teaches how to preserve family stories in a meaningful way. Order your copy at [www.militaryonesource.com](http://www.militaryonesource.com) or by calling 1-800-342-9647.



## Stars and Stripes Holiday Messages

Let Stars and Stripes deliver a message from you to your loved one deployed downrange or stationed in Europe or the Pacific. In addition to news and sports, this daily paper contains all the elements of the hometown paper from "Dear Abby" to coupons, comics, and crossword puzzles. In all, they publish five daily editions: Mideast, Europe, Japan, Korea, and Okinawa.

Stars and Stripes has created a website where family and friends could post text messages and photos, addressing them to service members all over the world. The messages are available online and printed in a supplement of the daily newspaper during the holiday season. Last year nearly 6,000 messages from friends, family members, and supporters were printed. Messages submitted by **Nov. 30** will be printed in time for the holidays. Visit <http://messages.stripes.osd.mil/>.



## HEADING OFF HOLIDAY STRESS

The holidays are a chance to count our blessings and reconnect with loved ones. But it can also mean the start of holiday stress.

The secret to enjoying the holidays without being overwhelmed by them is to keep them in perspective: Your holiday observances should enrich your life, not overshadow it. Keep up with your everyday routines and

joys, while also making room for those elements of the season that mean the most to you.

Bottom line: Keep a sense of balance throughout the holiday season. Food, drink, partying, and shopping are all part of the magic of the season. Don't hesitate to indulge -- but do remember that spending quality time with friends, family,



and *yourself* can bring a sense of magic and peace that will last well beyond January.

## I can ask anything?

- How can I find a reliable car mechanic?
- Is there life after divorce?
- Do I really need renter's insurance?
- Is there a difference between depression and sadness?
- Where can I find a New Parent Support Group?
- Can I afford to quit my job?
- Where can I get a flu shot?
- Will I gain weight if I quit smoking?
- Where can I get help with my resume?
- Can I deliver my baby under water?
- Why am I so emotional?
- Should third graders play video games?
- Can I send food in a care package?
- Is international adoption really that expensive?
- Can I recycle light bulbs?
- How much will tuition cost in 2018?
- Why is my spouse so hard to live with?
- Can my dog move with me to Japan?
- How can I find a counselor in my area?
- What is the BAH rate here?
- Are there better alternatives to nursing homes?
- As a spouse, can I use the installation legal office?
- Is this really what I want to do with my life?

**Any question. No kidding.  
Get in touch with us today!**



Visit [www.militaryonesource.com](http://www.militaryonesource.com) or call 1-800-342-9647!

# Military OneSource

By phone, online, and face-to-face

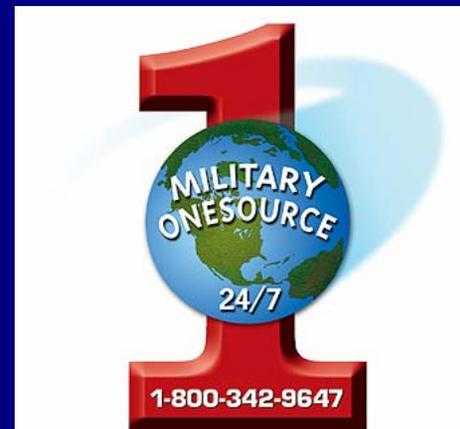
## 1-800-342-9647

Counseling  
Money Matters  
Child Care  
Deployment

You name it. We can help - 24/7!

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

Overseas: xx-800-3429-6477  
(Country access codes can be found online)  
Collect from Overseas: 484-530-5908  
(Dial an international operator first)  
En español llame al: 1-877-888-0727



We value your comments on this newsletter.  
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