



Spouse Support Links

MILITARY LIFE 101

Check with your service's family center on post or base for the following programs: Air Force Heart Link, Army Family Team Building (AFTB) or Navy COMPASS.

BOOKS

For copies, check out your local library, AAFES Bookmark or online.

Army Wives:

The Unwritten Code of Military Marriage
By Tanya Biank

Chicken Soup for the Military Wife's Soul:

Stories to Touch the Heart and Rekindle the Spirit
By Jack Canfield, Mark Victor Hansen, Charles Preston, Cindy Pedersen

Going Overboard:

The Misadventures of a Military Wife
By Sarah Smiley

Help! I'm a Military Spouse I Want a Life Too!:

How to Craft a Life for You as You Move with the Military
By Kathie Hightower & Holly Scherer

Homefront Club:

The Hardheaded Woman's Guide to Raising a Military Family
By Jacey Eckhart

Married to the Military:

A Survival Guide for Military Wives, Girlfriends, and Women in Uniform
By Meredith Leyva

Surviving Deployment:

A Guide for Military Families
By Karen M. Pavlicin

The Treasure of Staying Connected for Military Couples:

Tips for strengthening relationships and success stories
By Janel Lange

A Year of Absence:

Six women's stories of courage, hope and love
By Jessica Redmond

The Army Wife Handbook:

A Complete Social Guide
By Ann Crossley

The Air Force Wife Handbook:

A Complete Social Guide
By Ann Crossley (Author)

Today's Military Wife:

Meeting the Challenges of Service Life
By Lydia Sloan Cline

MAGAZINES

Military Money Magazine
Military Spouse Magazine

ONLINE

www.cinchouse.com
www.military.com/spouse
www.militarymoney.com
www.militaryonesource.com
www.militaryshoppers.com
www.militaryspousejobsearch.org
www.militaryspousemagazine.net
www.militaryspousesupport.net
www.milspouse.org
www.MilTrader.com
www.mscn.org
www.mymilitaryconciierge.com
www.PCSportico.com
www.sarahsmiley.com
www.SpouseClubs.com

Operation Birthday Cake:

If you'd like to send your loved one a birthday cake downrange, check out: www.bakemeawish.com, click on cakes and choose military cakes from the pull down menu. The cake is shipped with refrigerated packaging to ensure freshness. It takes approximately 10 to 14 days, for the cake to arrive.

For military spouses, Stars and Stripes offers:

A regular "Family" page in the Sunday Scene section which always includes two spouse columns, Spouse Calls and Homefront, as well as a military spouse comic strip "Jenny," created by a military wife. These features can also be found online at www.stripes.com in the features section.

www.jennyspouse.com
www.lifeonthehomefront.com
www.janetfarley.com

BLOGS (on www.stripes.com)

<http://blogs.stripes.com/blogs/spousecalls>

Especially for mothers:

<http://ww2.stripes.com/militarymoms/>

KEEPING IN TOUCH

Copies of Stars and Stripes are complimentary for our heroes serving downrange. Throughout the year, Stripes has seasonal sections giving you a chance to send a message to your loved one on Valentine's Day, Mother's Day, Father's Day and Holidays. You can also feature your own special message and photo in Celebrations.

*ID cardholders can place free classified ads in Stars and Stripes classified section.

It is free to mail packages downrange, from one APO box to another. However, if you use a priority box you will have to pay. Also, priority boxes cannot be turned inside out. Your best bet is to find a plain old brown box to ship the goods in. ■