



# AFSA International Family Matters Trustee

May 2019



“The military way of life can be difficult for everyone in the family – for the servicemember, his or her spouse, and their child(ren). Everyone knows how hard it can be on servicemembers – always being on call, long deployments in dangerous situations and always putting the military first, often ahead of family and personal interests.

But being a military dependent is no easy task either. Spouses and children are often required to frequently move, to change jobs and schools and hold down the fort while the servicemember is deployed or on temporary duty. Without military spouses and the support they give, military servicemembers wouldn't be able to concentrate on the tasks at hand. Honoring spouses with a day of recognition is just one way to show appreciation.”

**MILITARY SPOUSE APPRECIATION DAY** was created by President Reagan in 1984 to recognize the sacrifices and support of military spouses. The first Military Spouse Appreciation Day was celebrated May 23, 1984. The date has since been standardized as the Friday before Mother's Day.

May is also host to a series of other military holidays, including [Military Appreciation Month](#), established in 1999; Victory in Europe (VE) Day, commemorating the end of WWII in Europe on May 8, 1945; and Armed Forces Day, designated in 1949. [Memorial Day](#), the only official federal holiday in May, is celebrated the last Monday of the month.

So, how do we honor our Military Spouses (**Family Members** of AFSA), you might ask? Well, here are some simple suggestions –

- ✓ Saying a simple “Thank You for serving, too” goes a long way
- ✓ Listen to what they have to say
- ✓ Offer to help them with yard work (especially if their spouse is deployed)
- ✓ Send them a note in the mail
- ✓ Invite them over for coffee
- ✓ Host a pancake breakfast honoring them

How about some easy-to-put-together care packages?

- ✓ **Spa Day** – nail polish (several fun colors), nail polish remover, cotton balls, nail file, clippers, toe separators, massage oil/lotion, skin care (mask, exfoliator), robe or slippers, certificate for a mani/pedi or massage. You can pretty this up in a gift bag or a nice basket.

- ✓ **Yard & Garden Party** – seed packets or flowers, potting soil, Miracle Grow, garden gloves, knee pads, fun garden hat, sprayer nozzle, certificate for lawn maintenance. You can package this in a planter or large pot with some garden tools.
- ✓ **Coffee or Tea** – gift card to Starbucks, nice large coffee mug or pretty tea set, variety of coffees or teas.
- ✓ **Family Night** – movie (DVD/Blu-Ray), microwave popcorn, canned soda, movie candy, certificate for local restaurant or fast food joint.
- ✓ **House Cleaning** – this is a necessary evil task, but you could make it fun with a tiara, sash, fancy cleaning gloves, broom, dustpan, name-brand cleaning supplies, microfiber towel, candle or reed diffuser, special laundry detergent, a CD of dance music, certificate for housecleaning. This can be packaged in a plastic cleaning caddy with a bow.
- ✓ **Variety Package** – beer or wine, movies or music, subscription to a home food delivery service (such as Blue Apron), gift cards to local stores, scented candles, picture frames, etc.
- ✓ **Give the Gift of AFSA** – if they're not an AFSA member, then make them one! This could be added to any of the packages above with AFSA marketing materials, coins, notepads or any other AFSA mementos.

Be creative! Use your imagination! Google gift basket ideas or ways to honor military spouses! Putting these together requires a little effort, but you'll get back so much more when you see the smiles on the recipients' faces. And as for the male military spouses, all of the above can be customized for them.

On another note, I found this on Pinterest and wanted to share it with all our **Family Members**.

### MILITARY WIFE POEM

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

PCS

EPR

SOS

ACC

BDU

ACU

BAR

CIB

TAD

ABU

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

Thanks so much for all you do for our country and for AFSA. Take care and God Bless!

*Patti Dalzell*

**Family Matters Trustee**

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