

Training for Triumph E-Newsletter

Issue 021

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June CQLA Special

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*Email Jonathan at trainingfortrumphhomeschool@mchsi.com if you wish to be taken off this mailing list—or to add a friend. Thanks!

Section I: Training for Triumph (TFT) Events and Announcements

1. Hello: Note From Donna

Dear Fellow Heart Trainers,

Happy spring! The weather is nice, the flowers are blooming, and nobody feels like sitting at the table doing workbooks! ☺ (And I don't feel like sitting at the table editing, either!)

Thank-you to all of you who have given us encouragement and warm reception concerning our new homeschooling book, *The Well-Trained Heart* (WTH). We have had some printing/binding issues, but those are finally behind us, and we have boxes and boxes of top-quality WTH's ready for homeschooling families! Call Jonathan to order or contact Ray if you or your organization would like to carry the book.

We are in the midst of life-changing decisions here at our house—making those days of seven kids fourteen and under seem like a breeze! We are praying, planning, and trying to discern God's will for three young adult daughters and a now-young-adult son! ☺ No easy process! Within one month, Kayla (22) graduated with an RN degree from Purdue University, was awarded a full tuition scholarship at Southwestern University, and began planning a move/job search to Texas to finish her second degree (Biblical Studies); Cami (20) got officially engaged (a ring in spring!); began wedding dress shopping; moved her fiancé from Syracuse (Indiana) to what will be their apartment in Fort Wayne after their November wedding, and bought a mini van (every couple's first vehicle, right?) with her fiancé in order to cart siblings and those with wheelchairs around more easily; Kara (soon to be 18) got her driver's license and made a decision to travel again with the Academy of Arts drama ministry this summer; Jonathan (15), well, let's just say he turned from one of the sweetest, most character-filled little boys I've ever seen to one of the sweetest, most character-filled young men I've ever seen—almost overnight. (I knew my little boy was gone when he didn't wear a Viking's hat for twenty-four hours on Leif Erickson's birthday this year!)

Our girls will be moving, traveling in ministry, and working with Joni and Friends locally and in California this summer. Thankfully, my three sweet little (!) boys—Jonathan (15), Josiah (13), and Jacob (9) will be with me all summer playing together, learning together, and being together. We have some **big summer goals** ☺: swim at the Arnold's as often as they'll have us; listen to all of the Odyssey's together in chronological order(!); read as many American Adventure chapter books together as we can get in; watch all of our creation science dvd's again; and read all of the picture books off our shelves one more time! (Oh, and Mom really wants to break her six month long sabbatical from scrapbooking, too!)

As you make your summer plans, remember to say no to the less important things and yes to those more important things. Too many activities and sports will have you running all summer with no heart training, no relational interaction, and no spiritual/character lessons. **Don't let activities and busyness dictate the time you have with your kids this summer.**

Love,
Donna

P.S. Go to my blog to see some past articles and poetry I recently posted. Hope you are blessed!

Cooking meats ahead and freezing them for easy entrees:

<http://www.homeschoolblogger.com/relationalhomeschool/537419/>

"Comprehension and the Key Word Outline"

<http://www.homeschoolblogger.com/relationalhomeschool/537425/>

2. June CQLA Special

We have had a great response to our March and April sale, so we are continuing a CQLA special with a unique twist! We have never advertised CQLA in magazines, cards packs, convention programs, etc. during the four years of its production as we have put all of the proceeds from sales back into improving the curriculum. This decision has not hurt the sales of CQLA—because we have faithful CQLA families all over the world telling others about this complete language arts program with a writing and character focus that has taught their children how to write outstanding, meaningful reports and essays. Thank-you!

To show our appreciation, and to help the spread of CQLA to continue, we are having a **June special** by which CQLA friends can earn money every time they “sell” a fellow homeschooler on CQLA.

This is how it works: Every family that you tell about CQLA that results in a purchase at the regular CQLA price (i.e. not the \$59 Fort Wayne area price or the \$69 convention price or any other vendor/carriers’ sales) will yield a \$20 “finders’ reward” for you! Yes, tell your friends that if they order CQLA, they should tell their order-taker that “YOU” told them about CQLA—and give us your name and address, and **we will mail you \$20** for each family who orders.

This special is open during June for any family who purchases CQLA at the regular \$79 price from TFT. Just be sure the family who orders tells us about you, so you can get the \$20 for telling that family about CQLA! (Note: It doesn’t matter if the family only orders one or orders three—if you get someone to order, you get \$20 per family that buys as a result of your “info-mercial”!)

3. Upcoming TFT Events

a. CHEO Convention—June 26-28th; Columbus, Ohio

We have enjoyed **speaking about the *Well-Trained Heart*** and character training in Michigan, Illinois, and Fort Wayne over the past month—and we are looking forward to speaking about organizing, multi-level teaching, the successful homeschooling father, and CQLA in Ohio next month. For details, go to <http://www.cheohome.org/>

b. Registration for Fall TFT “Cottage Classes” Now Available

We have posted our fall “cottage classes” for the Fort Wayne area. Kayla is moving to Texas, so we will not be having biology, Spanish, or chemistry here in our home anymore. ☹ However, we will be having speech, debate, elementary/middle school speech, research paper, and various levels of composition classes at The Chapel in Fort Wayne, Indiana on **Tuesday afternoons**. You can download a registration form at our website. Please register quickly for composition classes as those will fill up fast—and will have limited space. Registration forms can be downloaded at <http://www.tfths.com/classes.php>

c. The Well-Trained Heart Seminar—coming soon!!

At each convention so far this year, someone (or someones!) has asked if we can come to their area and do the WTH message in seminar/workshop form. So glad you asked! **We would love to!** If your group would like to **sponsor a six to eight hour Well-Trained Heart seminar**, please contact Ray. We would love to come to your area. The cost is minimal...you just need to get us there! (Contact Ray at trainingfortriumph@mchsi.com or 260-597-7415.)

Section II: CQLA and Meaningful Composition

4. About the Colors and Volumes—new labeling information

In CQLA, it does not matter which color you begin with! **The three color series’-- Red, Blue, and Green--are just the way the character qualities are divided.** Choose the level you need according to your student's language arts abilities (Level Pre A--2nd and 3rd grade; Level A 4th and 5th grade; Level B 6th, 7th, and 8th grade; Level C high school), then choose the color series you desire according to the character qualities you would like to study that year. Be sure to get the same color (same set of character qualities) for each student so that the **entire family is studying the same quality at the same time.**

Red Series (formerly Volume I): Choose Level Pre A, A, B, or C

Red 1 Peacemaking Red 2 Boldness
Red 3 Endurance Red 4 Joyfulness
Red 5 Initiative Red 6 Thoroughness
Red 7 Truthfulness Red 8 Compassion

Blue Series (formerly Volume II): Choose Level Pre A, A, B, or C

Blue 1 Creativity Blue 2 Obedience
Blue 3 Orderliness Blue 4 Virtue
Blue 5 Love Blue 6 Responsibility
Blue 7 Wisdom Blue 8 Decisiveness

Green Series (formerly Volume III): Choose Level Pre A, A, B, or C

Green 1 Alertness Green 2 Self-control
Green 3 Gratefulness Green 4 Humility
Green 5 Meekness Green 6 Diligence
Green 7 Gentleness Green 8 Sincerity

5. Meaningful Composition Samples Now Available!

We have **samples of the three MC’s** that we know for sure will be available in July!! I know it’s a little late for some of you to try the samples yet this school year, but you can download them and print them off to check them out! You can get to the samples at <http://www.tfths.com/samples.php>

6. New TG Excerpts and New CQLA Helps at Website

The new CQLA Teacher's Guide is available and better than ever! The new Scope and Sequence Chart alone will help families in challenging states offer their authorities a professional, thorough, detailed Scope and Sequence of what is taught in all areas of language arts during each week of each unit of each level! This, and **many other parts of our new TG, is available at our website**, so you can have it at your finger tips to print off and use as needed. Check out the following new TG features available at our site (<http://www.tfths.com/cqlateach.php>) :

Chapter 1: Overview of CQLA

Chapter 2: How to Use CQLA

Chapter 3: Frequently Asked Questions

Chapter 9: KWO, Plagiarism, and Passages

Chapter 18 - Character Quality and Content Area Overview Sheets

Chapter 19 - Scope and Sequence Charts

Appendix B - Sample Spelling Notebook Pages and Table of Contents

7. Links for You to Know

You probably already know that you can **get CQLA help, read past e-newsletters, read articles, download samples, read the first chapter of the WTH**, and more at our website at www.tfths.com You can also go to Homeschoolblogger to read some of my musings (when I get time to add them) at <http://www.homeschoolblogger.com/relationalhomeschool>

Did you also know that you can **join the CQLA users group** to commiserate with other CQLA users or learn more about the program? That link is <http://groups.yahoo.com/group/CQLAUsers/> And don't forget our CQLA one month samples to "try before you buy": <http://www.tfths.com/samples.php>

Section III: In the Kitchen This Month

We have been doing a form of "freezer cooking" or "once a month cooking" off and on (but definitely more on than off) for eighteen years this summer. Right before our fourth child (Kara, turning eighteen soon) was born, I got the book *Make a Mix Cookery* and began putting "mixes" and "starters" in the freezer. (And it's a good thing I did—she had the worst colic I have ever heard of—and I needed every bit of help from my freezer (and others) to get through those first three months with four little ones—and the littlest screaming day and night!) From there, we have done everything from just soup starters and prefried/precooked meats in the freezer to a couple of hundred entrees in the freezer at one time. From these experiences, I can first tell you that **anything you do to help in meal preparations ahead of time is worth it!** Whether I have twenty soup starters or forty meat loaves in the freezer, I have a sense of security that, well, I can't quite describe. (Okay...that was a little dramatic!)

More recently, **we have been cooking a few entrees and more for the freezer every week or so.** Sometimes it is as elaborate as a dozen lasagnas, and sometimes it is as simple as frying up twenty pounds of ground beef and putting in one quart bags. (Now, those are lifesavers!)

For the next few newsletters, I will try to include some of our recent endeavors. Summer is a good time to cook ahead a little, so maybe some of these ideas will help you get started. Oh, and keep the info coming about how much you *love* kitchen and cooking ideas in the TFT newsletter! ☺ Ray keeps asking if they are really necessary, and maybe people don't like getting all of those recipes, etc., and I keep assuring him that they really are helping people! ☺ Happy cooking!

Note: Find more freezer meals and kitchen help in our past e-newsletters at <http://www.tfths.com/news.php>

8. Braised Beef Cube Mix (alright, third time in three years...we love this stuff!)

Braised Beef Cube Mix (adjusted with and without golden mushroom soup)

12 lbs stew meat	6 TBSP minced onion
12 bay leaves	
6 TBSP parsley flakes	
8 cans cream mushroom soup	
8 cans golden mushroom soup*	3 quarts water

*Note: I quit using the golden mushroom soup years ago and instead add 6-9 TBSP beef base, 2 tsp garlic powder, two teaspoons pepper, and some browning sauce to the mixture—and use 16 cans of mushroom soup (rather than the half mushroom and half golden mushroom). Also, when we have more time (and energy), we just make our own “mushroom soup” with water, milk, corn starch, beef base, onions, mushrooms, and some seasonings. (It’s not an exact science!) This cuts the cost a lot, and even makes the stew richer.

1. Brown beef cubes dredged in flour in oil until browned on the outside only.
2. Place all meat in two huge foil pans (and I mean the huge, double steamer sized pans). (We sometimes use our huge roaster that plugs in, rather than pans in the oven.)
3. Cover with all other ingredients.
4. Cover tightly with foil.
5. Cook for 4 to 5 hours at 250’ convection (or 300’ regular).
6. When cooked and cool enough to handle , freeze in quart sized zip lock bags, clean the bags, squeeze out air, and label with printed labels that say

Braised Beef Cube Mix*
4/08 fully cooked 1 qut

Beef stew—for each quart, add the following**:

Add 6 precooked carrots, cut up. (Cook in micro for 20-30 minutes until just tender but not tender.) Add 4 potatoes, cut up. (Cook in micro for 20-30 minutes until just tender but not cooked.) Add 1 onion cut up. OR add two large cans chunky vegall vegetables drained. Bake uncovered for one hour at 300’ convection until bubbly.

Stroganoff—for each quart, add the following:

Add 2 cut up onions and 1 lb. mushrooms. Cook through on stove top or micro until heated and bubbly.

*Note: I copy and paste the bag information on “address labels” and print them off. I prefer to have all of the information for a recipe (i.e. the beef stew information and the stroganoff information) right on the bag. I have heard of others who just keep all of these “extra” pieces of info somewhere at their fingertips (i.e. taped to the inside of a cupboard, in the front of a recipe box, etc.), but that never worked too well for me.

**Note: Another, less tasty but still okay, method of using the braised beef cube mix as beef stew starter is to use those cans of “stew vegetables” that Veg All makes. Be sure to drain them thoroughly and add them early enough that they lose some of “canned flavor” and take on more of the richness of the stew. I used to give this stew mix and Veg All (large, stew veggies) to new moms all the time—and they loved the convenience and a warm, hearty dinner available at their fingertips.

9. Egg Casseroles*

Easy Egg Casserole

12 to 16 cups shredded hash browns
6 packages smoked sausage** (boys will cut these in large bite sized pieces)
16 cups shredded cheese
36 eggs
6 teaspoon salt
6 teaspoon dry mustard
12 cups milk

**Note: Any fully cooked meat may be substituted for the smoked sausage. We just had a lot of these last time we did this recipe (from buy one, get two free sales!).

1. Arrange hash browns among 6 foil pans. Sprinkle with salt and pepper. Bake at 350' for 20 minutes until partially cooked.
2. Meanwhile, whisk together eggs, salt, dry mustard, and milk.
3. Remove hash browns from oven and sprinkle cut up sausage over them. Then sprinkle cheese over the meat.
4. Pour egg mixture over all the pans.
5. Put foil over pans, label with permanent marker or freezer labels; place carefully in freezer. (These spill and make huge messes if the are not put in carefully while unfrozen.)

Label: **Easy Egg Casserole**

Defrost fully. Bake at 350' uncovered for 30-45 mins.

Let stand 15 mins after baking. NOT fully cooked.***

***Note: I began putting "fully cooked" or "not fully cooked" on freezer items many years ago so that others would know what state foods were in. We would sometimes freeze meatloaves, salmon loaves, etc. fully baked, and other times, not. Writing the state of each item made it easier for the kids to see at a glance exactly what each meal was like and what needed done to it.

Colorful Egg Casserole

28 slices bread with crust removed
4 quarts cottage cheese
2 cups shredded cheddar cheese
24 eggs
2 cups diced ham
1 cup diced green pepper
1 cup diced red pepper

1. Toss flour and cheese together until cheese is coated.
2. Lightly butter crustless bread and cut bread slices in half. Arrange slices into four foil pans
3. Arrange ham over bread.
4. Whisk eggs; stir in cottage cheese, cheese, green pepper, and red pepper.
5. Pour over all bread and ham.
6. Cover foil pans with foil and label. Place carefully in freezer.

Labels:

Colorful Egg Casserole

Defrost fully. Bake at 350' uncovered for 30-45 mins.

Cool for 5 minutes. Serves 6-8. NOT fully cooked

*Note: I just talked to a fellow-freezer-cooker who told me that after going through so many boxes of cereal each week, she started using her egg casseroles for breakfast some, too. Now that's a novel idea! ☺ We have always used our egg casseroles for brunches, teas, and our evening meals. That made me think of the times we used to have bacon and eggs for our evening meal on occasion as the kids love to cook with Dad but he isn't home in the mornings too much with paper routes and his job. Anyway, just a thought....breakfast at dinner? It would be healthier and can't possibly cost more than cereal does nowadays!

Section IV: Article From Training for Triumph

“But I Didn’t Do Anything” or Teaching Kids Conflict Resolution Donna Reish

Ever since our older children were little, **we have taught them, day in and day out, to think of others, examine how others feel, put themselves in others’ shoes, etc. etc.—empathy training**, we call it in our book, *The Well-Trained Heart*. Along with that empathy training, we have coached them extensively in relationships, and more specifically in conflict resolution. So, I was more than a little surprised when three of our “teens” recently found themselves in cross fires that could not be reconciled without my and Ray’s “help.”

We saw the conflict coming—one entering a new phase of life and all of the busy-ness and emotional and spiritual energy that goes with becoming an adult in so many aspects at one time; one “child” hurt, feeling abandoned and left out, sure she/he (how’s that for diplomacy and discretion???) was being ignored; then the original “hurter/hurtee” feeling taken advantage of and demanded upon; finally, a third one taking sides (and too sweet to only side up with one, he/she handled both sides with equal “loyalty”).

However, we talked with them at length over the past few weeks individually—reminding them of everything they had ever been taught about relationships: (1) **those closest to you are the most important people** and will be part of your life forever; don’t let those relationships go unchecked; (2) **appearance is reality**—if the person thinks you did it, to that person you did it; (3) **talk things through** before they get out of hand; (4) **tell the other person when you feel hurt or mistreated rather than assuming it is a menacing, devious act** on her/his part; (5) listen carefully to anything the other person says in which **even a smidgeon of truth is present—that is yours to work on and correct**; (6) **treat the other person as Christ would**; (7) **others are more important than you**; (8) **love covers a multitude of sins**; (9) **do not allow unforgiveness to remain in your heart** and lead to bitterness; (10) as you allow things to continue unresolved, **each act by the other person becomes more hurt and fuel for the fire—even if it really isn’t**; (11) **do not take up an offense for another person**; (12) **talk, talk, talk and love, love, love.**

So, we were surprised when none of our “review sessions” individually took root. I mean, how many times had these kids been instructed in these things? How many times had they heard the command “Prefer”? How many times had they watched us negotiate peace between two of them using the phrasing and techniques from the previous paragraph? How many times had they already reconciled things by themselves over the years? And now, their relationships with each other ran deeper, stronger, and more mature than ever, yet a truce was out of their reach.

So, how do you help teens and young adults reconcile sibling relationships that have come to a stand off? I will share some things that we have found helpful (and useful this very week!). Here is what we did (and it worked! ☺):

1. We told them that in the next few days we were going to be meeting all together, so get prepared!
2. We talked with each of them individually again (!), reviewing important things they would need to know for our upcoming meeting:
 - a. We **reminded them of the importance of seeing your part in any rift in a relationship**—that anything you did or said, regardless of how teeny and minute--is your responsibility.
 - b. We reminded them that when you truly want to reconcile with someone, you can point out what the other person did, if needed, but at some point, you **have to forget entirely about what the other person did, and just focus on what he/she feel that you did.**
 - c. We told them that we wanted them to truly pray and think about their part in the rift—**with no thoughts of what the other person did, but only what you have heard the other person(s) say you did.**
 - d. We told them we did not want them to “discuss” the problems with each other any more between then and our meeting.

- e. We told them to plan on bringing paper and pen to write down anything—and we meant anything—that the other people said they did.
3. When we had at least two hours (i.e. we didn't want to start our meeting later than 9:00 as we knew it could take a while), we sat down together and did the following:
 - a. We had each person tell what he/she saw as the problems/issues—without others interrupting.
 - b. We allowed for “rebuttals”—times that they could say how what the others said really wasn't accurate, etc.
 - c. Then we asked them each to each say what the “truths” were in what the others said—what did each one do that needed corrected.
 - d. Then we had them write down what they needed to do differently in order to treat the others the way they should be treated.
 - e. **Then we instructed them to forget what the other person did—all that matters right now is that you do the next right thing.** (Of course, they were sorry for what they had done, but we were trying to focus on each person's responsibility and acceptance of that responsibility.)

It should be noted that the last two items only worked because we had talked to them individually about issues—and reminded them that “appearance is reality” once again—that if the person feels you did it, to that person you did it. And that there is at least a little truth in everything said—and that is what you need to be concerned with. They had already told us individually that they wanted reconciliation and were willing to yield their rights to “be right” before we ever met.

It should also be noted that this meeting worked because **they had learned to forgive each other “seven times seventy” times before this.** They had been immersed in the fact that relationships are eternal—people are the only things that go to heaven with us. They had been raised in a home in which family was first and foremost, following a relationship with Jesus Christ. They knew in their heart of hearts, regardless of any stubbornness or blindness to their own faults in this situation, that **these two people with whom they were at odds were two of the most important people in the world**—and they were worth swallowing your pride, examining your heart once again, and taking the blame even if you didn't want to.

So...what can we gain from the Reishes' relationship issues? What can we all do to help our children's relationships with each other (and ultimately with those outside our families because if they can get along with those in their home, they can get along with anyone, anytime, anyplace!!)? I will enumerate some things (some repeated from our discourse above) in age-appropriate-order to **help families with children of all ages teach our children to love their siblings, accept responsibility for their own actions, and more.**

1. From the earliest ages, teach your children **Bible stories with character applications.** Don't just read the story of Joseph and his brothers as a “story”—instead discuss the character qualities, relational tactics, and biblical principles that were used—how Joseph had to be humble, how he had to have forgiveness, how he had to return good for evil, etc. etc. Then, if appropriate, discuss how you can apply those character qualities *today in your home with your family members.*
2. When doing memory work or family devotions with little ones, **focus on verses that have to do with godly living**—prefer others before yourself, the one another of Scripture, I Corinthians 13, etc. Teach your littlest children to quote “Prefer others before yourself,” “Be kind to one another,” “Treat others how you would like to be treated,” etc.
3. **Give your children the tools they need to get along with each other.** At first, walk them through the process (as three and five year olds fighting over a toy, for example) of reconciling a difference. Then, as they are older, encourage them to work through things themselves, and if they still cannot solve something or one is manipulating the other, etc., intervene and continue to walk through it with them together until they can do it alone.
4. **Make a “no meanness” policy from the start.** Do not let your children be mean, hateful, spiteful, etc. to each other, even as little kids. A little meanness at three turns into full-fledged hatefulness and spitefulness at age ten or twelve, and cruel mistreatment at age fourteen.
5. **Teach your children to see how others feel.** Teach them to read faces, to discern voices, to

follow body language (slumped shoulders, etc.). This is the start of empathy training and will go a long way in their serving Christ for their entire lives.

6. Focus on the importance of your family. Discuss how God instituted the family in the beginning, how he ordains us to be together, how we can learn and grow in Christian living by living out biblical principles of relationships in the home, etc. **Remind them daily that your family is special and important—and everyone within it is important and needs love, attention, and “a little slack.”**
7. Model love and forgiveness in your marriage. **Let them see you and your spouse living the kind of life that you want them to live.**
8. Avoid “passing the buck” yourself. **Let them see you taking responsibility for your part in any problem—without saying, “...but he did this or she did that.”**
9. **Do not let them pass the buck!** When they do, discuss how they need to focus on what they did wrong—and not say that they did it because the other person did this and caused them to do it. Help them see that they are responsible for their actions—and nobody *makes* them act a certain way.
10. **Teach them that “appearance is reality.”** That is, that if someone thinks they did something, even if they do not think they did it, to the offended person, they did it. If it appears that I did something to other person, to that person, I did it.
11. **Teach them to follow a biblical protocol in reconciliation:** go to the person who offended you first; if that doesn't work, then go to a “higher” power (Mom and Dad).
12. Be available to help them learn these things. **Allow enough time to build relationships, reconcile, and learn biblical relationships. It is worth it!**