


POST TIMES

ISSUE ONE

UNIT MINISTRY TEAM

OEF/OIF

NOW WHAT DO I DO?



Have you ever been in a situation where you weren't quite sure what to do? Now that the family is back together again, now that reunion has happened, now that we are "back in the saddle", a whole bunch of new issues has surfaced. This new series of newsletters is a follow-on to the REUNION TIMES published in 2004.

POST TIMES is a series of eight newsletters designed to address issues, problems, and concerns facing soldier families that have returned from deployment. Unlike REUNION TIMES, this series will focus on issues that may be common in post-redeployment. In other words, once reunion has happened and things seem "back to normal", soldier families still have work to do to keep their families strong.

Post Times will examine the values of LEGACY, DETERMINATION, RESILIENCE, STABILITY, HEALTHY LIFESTYLE, IDEALS, and PASSION.

INSIDE THIS ISSUE:	
1	Post Redeployment New Phase - New Challenges
2	L-D-R-S-H-I-P Army and Family Values
NEXT ISSUE: LEGACY	

TOOLS FOR THE JOB

Have you ever tried to do a job without the right tools and equipment? You can have all the instructions, all the best materials, the knowledge, the motivation, and the skills. Yet, lacking the tools necessary to complete the job can be frustrating...or even disastrous.

Our family and personal relationships are built over time. With the right tools, knowledge, and skill these relationships can develop and grow in a way that is healthy, rewarding, and productive. One need only read the daily news headlines to know that many in our society are clueless when it comes to managing their personal and social lives.

Military deployments can cause strain on even the best relationships. As families renew their routines, it's a good idea to knock the rust off the tools and put them back to work.

If you need assistance, contact your unit chaplain.



For information about POST TIMES & REUNION TIMES contact Chaplain Eric Erkkinen at eric.erkkinen@us.army.mil

VALUES – definition [n] beliefs of a person or social group (family) in which they have an emotional investment (either for or against something)

ARMY CORPS VALUES

LOYALTY

- Bear true faith and allegiance to the U.S. Constitution, the Army, your unit, and to other soldiers

DUTY

- Fulfill your obligations and commitments

RESPECT

- Treat people as they should be treated

SELFLESS SERVICE

- Put the welfare of the nation, the Army, and your subordi-nates before your own

HONOR

- Live up to all the Army values

INTEGRITY

- Do what is right legally, ethically, and morally even when nobody is around

PERSONAL COURAGE

- Willingness to face an enemy, adversity, or challenge for the sake of good or the welfare of others

OTHER FAMILY VALUES

LEGACY

- Anything handed down from the past, as from an ancestor.
- A gift left to another

DETERMINATION

- The quality of being resolute
- A fixed purpose or intention

RESILIENCE

- The ability to recover readily from adversity
- The power to bounce back, to be flexible

STABILITY

- The ability to restore equilibrium
- Resistance to disintegration
- Soundness, reliability

HEALTHY LIFESTYE

- Activities conducive to good health
- Sound action or behavior

IDEALS

- Standards of perfection or excellence
- Advantageous; excellent; best

PASSION

- Strong affection
- Powerful or compelling emotion for something
- Fondness, enthusiasm



If things aren't normal, it doesn't do any good to continue as if they are. Some things to watch out for in the POST DEPLOYMENT times are:

- Depression
- Excess alcohol usage
- Excess risk taking
- Anger
- Lack of sleep
- Decline in intimacy
- Irritability and loss of patience
- Lack of communication