



## DETERMINATION

### CLIFF YOUNG

**Ever heard of him?** He was a rather unsuccessful 61 year old farmer from Australia, who in 1983, showed up at the starting line of the annual six hundred kilometer (that's 600 kilometers), Sydney to Melbourne race. Hundreds of people show up at the start of that race every year, but this was the first time anyone had arrived in his gum boots and bib overalls, causing the more polite of the bystanders to smile and the ruder ones to ridicule the old guy.

They were still hooting as the gun sounded and the runners zoomed ahead of Cliff. He didn't even run correctly. He just shuffled along in his gum boots. And at night, when the six hour break came (which everyone knew you had to take to have the stamina to win), Cliff was too stupid even to understand that. When he finally arrived at the break point, he just kept running. And that was the last any of the other runners ever saw of him. Cliff Young broke the Sydney to Melbourne record by some **12 hours**.

So because Cliff didn't know what all the "professional" runners knew, because he didn't have the right equipment and training, he went on to **BEAT** everybody else. He had **DETERMINATION**.

### Now, everybody's shuffling.

Sometimes it's the folks who don't pay attention to what "everybody knows" that plod along and do quite well against all odds. In your relationships, perhaps sheer stamina, **DETERMINATION**, and a willingness to shuffle along patiently are important keys to staying in the race.

**HOW DETERMINED** are you? Now that all depends, doesn't it? In some matters we face gigantic odds with guts, stubbornness, and bulldog tenacity. With other things, we give up with hardly any resistance at all.

Do you stand firm on the right things? Do you have the determination and will to take a stand for the **BEST** things for your life and family? In these **POST TIMES** newsletters, we take a look at family values and issues such as: *LEGACY, DETERMINATION, RESILIENCE, STABILITY, HEALTHY LIFESTYLE, IDEALS, and PASSION.* Notice the first letters of each forms the acronym **LDRSHIP**. This issue (#3) addresses **DETERMINATION**.

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## HANG IN THERE or HANG IT UP?

Often times we read or hear that the divorce rate is over 50% in the United States. What that means is that a person today, age 25, has a 50% chance of divorcing. Why? Why do we discard relationships so readily?

Perhaps we live in a “use it-toss it” climate. After all, we throw many things away every day. Waste disposal sites can attest to that. We toss everything into a dumpster, from paper cups to diapers, even phones and cameras are disposable. With this throw away mentality, we begin to believe that relationships, too, are disposable.

After counseling countless couples over the years, I have found that many simply do not want to work at their relationships. Perhaps out of laziness or emotional fatigue, husbands and wives “hang it up” after a few years of battling, struggling, or silence.

After deployments and reunions, sometimes the fatigue is even more pronounced. It may be that the fatigue comes from not using the right strategies to improve things. Have you ever tried to unlock a door with armloads of stuff? You’re clutching bags and fumbling with a key ring. Only one key fits. If you don’t have the right key, it can be frustrating and annoying. Once you have the right key, the door opens and you can put your stuff down. The trick is to find the right key.

Some common problems are:

- Communication
- Fair Fighting
- Anger Management
- Personality Differences
- Insensitive Behavior
- Differences in Goals
- Self Esteem
- Old Problems Resurfacing

Whatever the issue, there are resources to help. Nobody, however, can give a person the willingness to work things out or to HANG IN THERE. That has to come from within.



**REMEMBER...YOU ARE NEVER ALONE**

### SOME QUOTES...

**No horse gets anywhere until he is harnessed. No stream or gas drives anything until it is confined. No Niagara is ever turned into light and power until it is tunneled. No life ever grows great until it is focused, dedicated, disciplined.**

Harry Emerson Fosdick

**A determined soul will do more with a rusty monkey wrench than a loafer will accomplish with all the finest tools in a machine shop.**

Robert Hughes

**It’s a very funny thing about life; if you refuse to accept anything but the best, you very often get it.**

William Somerset Maugham

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**“Of course I can accept you for who you are.  
You are someone I need to change.”**

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