



USAREUR **PREP TIMES** FREEDOM'S EXPEDITIONARY FORCE AN ARMY FORWARD ANY MISSION, ANYWHERE!



ISSUE ONE

V CORPS ARTILLERY MINISTRY TEAM

OEF/OIF

PREP TIMES is a series of eight newsletters designed to address issues, problems, and concerns facing Soldier families that are preparing for deployment.

PREP TIMES will examine such things as:

- Loving Unconditionally
- Decisiveness
- Renewing Resources
- Savoring Time Together
- Harmony and Humility
- Improving Communications
- Prioritizing Efforts

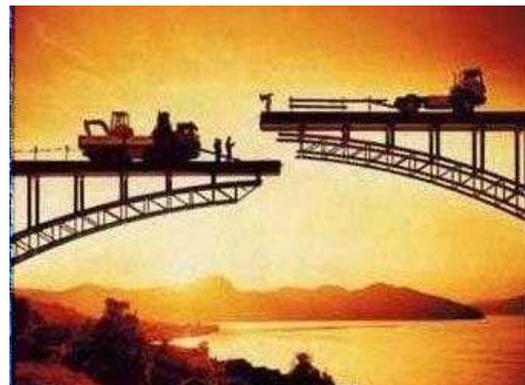
Notice that these issues begin with the same letters as the Army's core values of **L**oyalty, **D**uty, **R**espect, **S**elfless service, **H**onor, **I**ntegrity, and **P**ersonal courage (LDRSHIP). Each of the next seven newsletters will address one issue as you prepare to deploy. There are certainly many other issues or values that families embrace. The intent of these PREP TIMES is to encourage discussion and to help families realize that resources are available. The unit ministry teams of the United States Army, Europe (USAREUR) are part of a large group of caring professionals ready to assist Soldiers, civilians, and their family members at any time.

Without a doubt, one of the hardest challenges for military families today is coping with frequent deployments. Just as Soldiers train for a mission, families should train and prepare for the times when Soldiers are deployed.

INSIDE THIS ISSUE:

- | | |
|---|-------------------------|
| 1 | Preparing is Vital |
| 2 | That is Right... Maybe! |

NEXT ISSUE: Loving Unconditionally



PLANNING AHEAD HELPS!

PREPARING IS VITAL

One of the greatest home run hitters in baseball was Hank Aaron. There is a story involving Yogi Berra, the well-known catcher for the New York Yankees, and Hank Aaron, who at that time was the chief power hitter for the Milwaukee Braves. The teams were playing the 1958 World Series, and as usual Yogi was keeping up his ceaseless chatter, intended to pep up his teammates on the one hand, and distract the Milwaukee batters on the other. As Aaron came to the plate, Yogi tried to distract him by saying, "Henry, you're holding the bat wrong. You're supposed to hold it so you can read the trademark." Aaron didn't say anything, but when the next pitch came he hit it into the left-field bleachers. After rounding the bases and tagging home plate, Aaron looked at Yogi Berra and said, "I didn't come up here to read." Hammerin' Hank was prepared to do one thing...HIT. That was his mission.

As Soldiers and civilians plan to deploy, families have a vital mission...PLAN. There may be many distractions but we must remain focused on the task. The time is NOW. Begin early and use all your resources.

For information about PREP 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 subordinates 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 and ISSUES

LOVING UNCONDITIONALLY

- A core value that finds its greatest expression in family relationships
- No strings attached

DECISIVENESS

- The willingness/ability to make choices
- Some decisions are easy, some hard
- To not decide is also a decision

RENEWING RESOURCES

- Support systems are critical
- Review and renew family sources of strength

SAVOR TIME TOGETHER

- As deployment time draws closer, plan quality time
- Do unique and memorable things

HARMONY AND HUMILITY

- Create a calm environment
- Selfish pride erodes relationships

IMPROVING COMMUNICATIONS

- Communication is a skills that can improve
- Effective listening is a good start

PRIORITIZING EFFORTS

- Identify the family's main effort
- What are the supporting efforts

SOME QUOTES...



Yogi Berra, former Yankee catcher, was always ready with his pearls of wisdom. Here are some gems on "planning":

"You've got to be very careful if you don't know where you're going, because you might not get there."

"I knew I was going to take the wrong train, so I left early."

"If you don't know where you are going, you will wind up somewhere else."

"You better cut the pizza in four pieces because I'm not hungry enough to eat six."

That is Right... Maybe!

Not long ago a tsunami picture was circulated on emails that showed a multi-story wave about to hit a city. It turned out to be a hoax. My son told me that if you want to know what is true and accurate, or a hoax, just check out "Snopes". It is a web company that checks the veracity of "wives' tales", stories, remedies, news articles, and urban legends. Most of the unbelievable stories we hear are UNTRUE. But still, some people believe them.

As you prepare for deployment, be sure that the information you have is accurate. Unfortunately, there is no "Snopes" site for families to validate every rumor or story. Check with informed sources.

And when it comes to building family relationships, make every effort to improve things. Things we learned growing up, the patterns and behaviors we observed in childhood may **not** have been the best. Be willing to learn and grow.