

What Happens When You're Not Around?



A picture is worth a thousand words. Everything seemed to be in order and under control. Then...you're out of the picture for just a little while, just a couple minutes and suddenly things are a mess.

Deployments can take us out of the picture for long periods of time. Changes occur as family members adjust to absences. Even traditions and habits may change, or new ones appear. This can often cause stress in relationships.

What are you doing to insure that the good, positive things you contribute to your family remain? Also, what are you doing to eliminate things that are harmful? What LEGACY are you leaving that remains when you're not around?

This issue of POST TIMES addresses ways to leave a legacy that is positive and lasting.

INSIDE THIS ISSUE:

- | | |
|---|-------------------------------|
| 1 | Legacy or... What's Left Over |
| 2 | Hand-Me-Downs |

NEXT ISSUE: DETERMINATION

LEGACY or What's Left Over

The Smith's were proud of their family tradition. Their ancestors had come to America on the Mayflower. They had included Senators and Wall Street wizards.

They decided to compile a family history, a **legacy** for their children and grandchildren. They hired a fine author. Only one problem arose -- how to handle that great-uncle George, who was executed in the electric chair.

The author said he could handle the story tactfully.

The book appeared. It said, "**Great-uncle George occupied a chair of applied electronics at an important government institution, was attached to his position by the strongest of ties, and his death came as a great shock.**"

We all have a **legacy**...something we leave with our children or with the world. Some things we leave will be hardly noticed by anyone. Other things may have lasting significance. The **legacy** you and I leave depends on what we are doing right now. Every encounter that I have with my spouse, children, co-workers, or friends leaves an impression. It may not be a permanent "tattoo", but we all DO leave a mark.

Just as your deployment left an impression on you, your response, your actions, your words in "post-deployment" have an impact on those around you. Is the impact a positive one? If not, what steps are you taking to improve your relationships?

If your family history was written down today, what would the author say about YOU? Nearly everything you say and do has an impact...positive or negative.

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

Face the future with confidence

Some GOOD OL' DAYS quotes...

In the old days, nobody asked you to sign petitions. The sheriff just came to your house and told you you was part of a posse.

In my day, we didn't have fancy health-food restaurants. Every day we ate lots of easily recognizable animal parts, along with potatoes drenched in melted fat from those animals. And we're all as strong as an ox.

In my day, we didn't have water. We had to smash together our own hydrogen and oxygen atoms.

In my day, our boxer shorts didn't show. We wore our pants up around our armpits. Monstrous wedgies, but we sure did look snappy.



HAND-ME-DOWNS

If you had brothers or sisters the chances are pretty good that you know about "hand-me-downs". An only child might get them from other relatives. These were usually clothes that, once outgrown by the oldest child were "handed down" to younger children.

Growing up as the first boy in our family meant that the stuff I wore was new and would eventually get handed down to my younger brother. If you were fortunate, the hand-me-down was in pretty good condition. The quality of the garment determined whether the article would still be worth handing down. In other words... you **don't** hand down junk.

The same might be said of values, traditions, and principles. Unfortunately, not all the good stuff gets handed down in families. Sometimes junk gets passed along to those expecting good stuff. And they don't always know the difference.

As parents, we have a sacred duty and responsibility to give our children the very best.

Things to HAND DOWN

- Regular dinner as a family (without TV)
- Husband/Wife "Date Night"
- Some kind of physical fitness routine
- Age-appropriate reading/viewing
- Discuss issues early before they grow into problems
- Demonstrate kindness in some way daily
- Compliment much, criticize little
- When apart, reconnect often
- Celebrate special occasions and triumphs
- Solve problems collectively

You may add things to this list that will enhance your marriage and family relations. Remember to pass on the best to those you care about.