



# WORKFORCE PRIDE

## Ft Sill Community Newsletter

VOLUME 1, ISSUE 10

JUNE 2011

A DHR, ASAP, EAP  
WELL-BEING TEAM  
PRODUCT

### INSIDE THIS ISSUE

BANDING TOGETHER TO  
BEAT THE HEAT 2

MARTHA'S SONGBIRD,  
THE REST OF THE STORY 3

MIRANDA IS COMING  
AND ASAP EVENTS 4

THE AFTERMATH 5

SOMEONE SOBER TO  
TALK TO, DEAR FRAN 6

FIVE STEPS TO SAVE A  
BROKEN RELATIONSHIP 7

RELAXATIONS, BREATH-  
ING AND RTC HAPPEN-  
INGS 8

BORN THIS WAY, THE  
SMALL STAFF WITH A BIG  
PUNCH,  
CIVILIANS GET  
SCHOOLED AND  
PRINTER ETIQUETTE 9

SURVIVAL AND BEACH  
BODY FITNESS 10

CHILL OUT FOR LESS 11

IF 12

SNEAK PEEK INTO NEXT  
MONTH 13



## A View from the Top: Trusting Relationships

### From the DHR



RaShonda Labrador taking a trust fall

Visit the business section of any bookstore and you will find a mountain of books by self-proclaimed "experts" in the field of human resource management ready to advise us

on how to make the most of our human capital. One book will tell you that empowering employees is critical and another will suggest that understanding the emotional intelligence of staff is the way to go. However, any advice will only enjoy limited success without a certain level of trust. If a manager hopes to make the most out of Total Quality Management or Lean Six Sigma initiatives employees must first believe in you. Before staff can become a team in any real sense, they should trust each other, as well. How do I create trust? The author, Marsha Sinetar, said it best, "Trust is not a matter of technique, but of character; we are trusted because of our way of being, not because of our polished exteriors or our expertly crafted communications." Centuries before the famous Greek philosopher Aristotle weighed in on the subject of trust (which he referred to as "Ethos" saying) trust of a speaker by the listener is based on the **listener's** perception of the speaker's intelligence and correctness of opinions, the character of the speaker, and the speaker's goodwill

or, intent towards you. So, Aristotle is saying that if you want trust, you must be **trustworthy**. Our character and authenticity and how and why we do what we do are more important than what we do. The other part of the definition implies that it is not only about what a manager is or isn't it is how it is perceived by others. Army leadership's **Be, Know, Do** model fits right into this definition. "Be" refers to the character traits of leaders and the values of loyalty, duty, respect, self service, honor, integrity, and personal courage. Know relates to a leaders level of interpersonal, conceptual, technical, and tactical skills. And, finally, the "Do" reminds leaders that they must act and bring together everything they are, everything they believe, and everything they know how to do to provide purpose, direction, and motivation by planning, organizing, motivating and controlling the organization's activities.. Understand that some employees may have developed an almost pathological distrust of management for one reason or another and overcoming their distrust may take time. But it begins with managers demonstrating their trustworthiness by:

1. **Taking time to know and understand your employees.** Listen with respect and full attention. Exhibit empathy and sensitivity to their needs.
2. **Keep staff members informed.** Provide as much information as you can, as soon as you can and avoid being overly secretive. Also, let them know what is expected of them.
3. **Act with and expect integrity from**

**staff.** Current behavior and actions are perceived by others as the basis for predicting future behavior. Keep your commitments and apologize when you can't.

4. **Confront challenging issues in a timely fashion.** Those issues will not go away on their own and remember, others will be watching and will trust you more.
5. **Protect the interest of all employees in a work group.** Do not talk about absent employees, nor allow others to place blame, call names, or point fingers.
6. **Display competence in supervisory and other work tasks.** Know what you are talking about, and if you don't know, or can't learn it—admit it.
7. **Take thoughtful risks to improve service** and products for the customer when employees suggest them.
8. **Expect the best and set high expectations for your team.** Act as if you believe staff members are capable of living up to those standards.

Winning trust may take some time. But without it we may be putting the cart before the horse.



## Relationships...Banding Together for Fun in the Sun



Summer is my favorite time of the year with people out can be a dangerous time of year for the Army with notable increases in off-duty accidental fatalities.

To help protect our Band of Brothers and Sisters during this high-risk time of year, the U.S. Army Combat Readiness/Safety Center launches the 2011 Safe Summer Campaign. This year's campaign, which runs through Sept. 30, encourages every member of the Army Family to get out and enjoy all that summer has to offer, but to ask yourself "what have you done to save a life today?"



When it comes to taking care of Soldiers and their Families, nobody does it better than Ft Sill Soldiers and Families. We can all avoid most accidents and injuries and enjoy the Summer by taking a few simple precautions:

### While On a bicycle:

- Stay off roads when possible and use approved bicycle trails
- Always use a headlight and taillight when riding during periods of reduced visibility
- Wear a reflective upper body garment
- Do not wear headphones
- Always use a Consumer Product Safety Commission-approved helmet and other safety equipment



### While on the water:

- Always swim with a buddy
- Avoid drinking alcohol before or during any water activity
- Only swim where lifeguards are on-duty
- Always wear a life jacket and use only approved personal flotation devices
- Get the boat checked
- Watch the weather to prepare for conditions
- Communicate trip details in event of an emergency
- Do not swim or wade near a boat's exhaust pipe, sit on the swim platform when the engine is running or hold onto the deck when the boat is moving
- Keep CPR instructions and emergency numbers handy
- And, always, always, always supervise children



### While on the grill:

- Perform a thorough safety inspection before lighting the grill
- Never use a grill in an enclosed space
- Only use an approved charcoal lighter fluid to start a charcoal - fired grill, and never add any flammable liquid to a burning fire
- Follow the instructions for lighting your gas grill
- Keep grills away from houses, fences, trees and anything else with a propensity for burning
- Don't wear loose clothing when cooking on a grill
- Keep all flammable materials away from the grill
- Make sure the fire is out when you are done



### While on the booze:

- Pre-arrange a non-drinking buddy to be the sober driver
- Call a taxi service to take you home
- Remember, even a slight 'buzz' can significantly weaken your perceptions and abilities



### While on the road:

- Have your vehicle serviced
- Plan your route
- Pack an emergency road kit
- Ensure child seats are properly installed
- Check the weather forecast
- Get plenty of rest
- Learn CPR
- Complete a TRiPS assessment <https://safety.army.mil/TOOLS/TravelRiskPlanningSystemTRiPS/tabid/630/default.aspx>



Follow these simple tips, and you can make your Summer memorable for all the right reasons.

## Kids Summer Safety Tips

Keep summer fun and safe by protecting children from hazardous situations. Summer brings warmer temperatures, plenty of sunshine and the opportunity for children to enjoy a plethora of outdoor activities. Also arriving with warm summer breezes are biking accidents, pool drownings and severe sunburns, which all rank among common summertime risks for children. Keep kids safe during the summer by following basic health and safety advice.

### Outdoors

Summertime sun, and the damage related to overexposure, represents one of the main concerns for parents with kids of all ages. Children under 6 months of age should avoid the sun if possible. If children under 6 months must go out in the sun, cover them completely. Dress them in long-sleeve shirts and pants, place a hat on them, and apply sunscreen to unprotected areas. Apply sunscreen with a sun protection factor (SPF) of 15, at a minimum, to hands, face and neck. For children more than 6 months of age, apply sunscreen with at least an SPF 15 to all exposed areas every two hours and after swimming or sweating. Limit the time children spend in the sun between 10 a.m. and 4 p.m. each day, while the sun is most intense and damaging.



Protect from insect bites and possible disease by applying an insect repellent containing 10 percent to 30 percent DEET on children more than 2 years of age. For younger children, use an appropriate DEET-free insect repellent designed for young children. Keep children away from insect-laden ponds and standing water. In addition, avoid using scented soaps and perfumes that can attract insects.

### Activity

With an increase in outdoor activity during the pleasant summer months, children require extra supervision. When taking children to a playground, ensure the area offers a protective surface, such as rubber chips or sand. The protective padding should extend six feet in all directions from the playground equipment. Check to make sure equipment is well-maintained, and pay attention to the temperature of metal slides. Children should wear a helmet when riding bikes and should wear knee and elbow pads, in addition to the helmet, on skateboards and scooters.



### General Safety Tips

Children need supervision when playing outdoors, especially around pools. Children should use appropriate flotation devices for their respective ages, and parents should pay attention to the location of rescue rings should rescue become necessary. Children under 16 years of age should not use a riding lawn mower, nor should children under 12 use any mowing device. Before mowing the lawn, pick up all debris to limit the possibility of sticks or rocks getting kicked up and injuring those nearby. Teach children the appropriate way to cross a street, and keep them away from busy roadways.



## Pet Summer Safety Tips



Sometimes your pets need more than to be fed. Sometimes they need much more when it gets hot. There are things pet owners need to know about summer pet safety. Here is a list of some helpful hints.

- First, never leave your dog unattended in a closed car. In hot weather a car can reach 120 degrees in mere minutes.
- When you are outside with your animals keep them on a leash. This prevents them from fighting with other animals and eating and drinking things that could make them ill or even poison them. Coolant, for example, is one thing you often

find puddled in the streets during the summer and can kill your animals should they drink it.

- Make sure your animals always have water. Prevent dehydration.
- Veterinarians agree that pets can actually get sunburned. Experts suggest you keep your animals out of prolonged, direct sunlight between the hours of 10 a.m. and 4 p.m. If you must have your pets out during these hours, apply sun block on specific parts of your animal such as the tips of the ears, the skin around the lips, and even the tip of the nose.
- If your pet has long hair keep it groomed. Thick hair holds heat so you might even want to have your pet clipped.
- Don't let your pet get overly active on humid days. Humidity hampers the way that animals rid themselves of extra body heat.
- Taking precautions such as these will hopefully prevent more serious conditions such as heat-stroke. Should your pet still somehow get heat-stroke, cover the animal in wet towels and call your veterinarian immediately.
- Protect your pets from summer parasites. Purchase preventative products and consult your veterinarian regarding appropriate testing. Monitor your pets at least as well as you would your children!

Reference: eHow.com

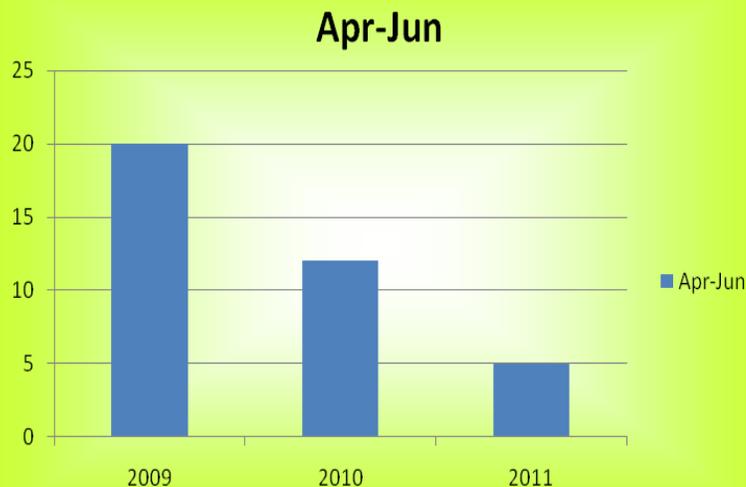
## Caring for the Elderly this Summer?

Please click the following link for more information on how to make your home safe for the elderly: [http://www.ehow.com/how\\_4424260\\_make-home-safe-elderly-relatives.html](http://www.ehow.com/how_4424260_make-home-safe-elderly-relatives.html)



## Way To Go Team Sill! “None for the Road”

3<sup>rd</sup> Quarter Alcohol Related Offenses at Ft Sill Hit Rock Bottom



Mr. Thomas M. Easterly  
Plans, Analysis, and Integration Office

**In support of the IMCOM Campaign Plan, Line of Effort #2 “Soldier, Family, and Civilian Well-being”,** Fort Sill Garrison is improving the quality of life through standardized programs and services, excellence in youth services and child care, facilities and programs that support recreation, leisure, travel, and single soldiers, state and community support and relationships, and well-being programs and services that meet Soldier, Family and Civilian needs throughout the entire deployment cycle.

One of the Garrison’s new programs is to better support our Soldiers, Families, and Civilians on Fort Sill is **the Extra Mile program.** Garrison employees and their supervisors pledge to go the extra mile for their customers, every day and every time; Garrison employees own their jobs, maintain a positive attitude, care about Soldiers, Families and Civilians, and strive for exceptional service. They are motivated, show integrity, loyalty, and excellence. It’s the Garrison employees that make Fort Sill a community of Excellence.

The Extra Mile program’s goal is to improve our efforts in furnishing the best care, support and services for our Soldiers, Families, and Civilians, and employees that go the extra mile will be recognized with the “Extra Miler” award during our bi-annual award ceremonies. The Garrison directors will use customer feedback of any kind, as well as peer nominations and supervisor recommendations to submit their “extra miler” of the quarter. Please help us by letting us know of any outstanding employees that have gone the extra mile for you; you can use ICE, or the Tell-the-GC hotline.



## Army Sponsorship Fills the Gap by Janice Carter, RRPC

In a continuing effort to reduce high risk behavior throughout the Army, The VCSA recently sent out a message emphasizing the importance of filling gaps during transitional periods. The message called for leaders to maintain a strong sponsorship program. The message goes on to say that a sponsorship program helps to fill gaps in Army support systems for Soldiers and their Family during times of transition. Leaders at Fort Sill know the value of the Total Army Sponsorship Program (AR 600-8-8) and use it to maintain healthy Soldiers and Families.

Team Sill Soldiers receive welcome letters from the command. Incoming Soldiers receive pre-move counseling from ACS which also includes destination information. Sponsors provide ACS welcome packets to incoming Soldiers. During reception, sponsors meet and greet the incoming Soldier and their family. Sponsors are providing newcomers and their Families an informal orientation to the unit and the local community. Ft Sill sponsors also assists incoming Soldiers with the formal portion of inprocessing, when needed. Applying these elements of the sponsorship program has provided Soldiers and their Families a smoother transition to the Lawton/Fort Sill Community and every opportunity to thrive and enjoy a successful tour.

Leaders at Ft Sill recognize the value of a viable sponsorship program and continue to ensure Soldiers and their Families are properly sponsored and integrated into the installation, the community and their units.



## BIT OF HISTORY Martha’s Song

We are now in the 100 days of summer. As you enjoy the various summer places and activities available at Fort Sill don’t forget a visit to the Martha Songbird Wildlife Management Area. Martha Songbird is a unique place on Fort Sill located north of Randolph Road and west of Quinette Road. Here you can stroll through the wildlife trails and learn about the plants and wildlife found in this region by reading the informational signs found on the trails. Something you may not know about this wildlife management area is who Martha Songbird was and why this management area was named after her. Martha was the name of the last passenger pigeon.



By Dale Keesee

Martha died on 1 September 1914 in the Cincinnati Zoo. Martha was the last of an estimated five billion passenger pigeons that once lived in North America from the Atlantic Ocean to the Rocky Mountains. What once may have been the most numerous bird on Earth went extinct with the death of Martha. There is a statue in honor of Martha at the Cincinnati Zoo but our nature trail area was named in memory of Martha and all the passenger pigeons who came before her.



# June 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 	2	3	4
5	6	7 	8 	9	10	11
12	13	14 	15 	16	BEST TRAINING 17	18
19	20	21 	22 	ASAP COMMUNITY TRAINING		25  BIKE TOUR OF THE WICHITAS 8AM
26	27	28 	29 	30		

 "If you want to drink, that is your business. But if you would like to stop, that is our business."

Fort Sill Group of Alcoholics Anonymous meets every **Wednesday night at 1900 hours** in the Well-Being Center, ASAP located at Building 3415 Miner Road. For further AA information, please contact Mike at 591-3750

**"I bet I can quit!"**



Fort Sill Gamblers' Anonymous Group will meet every **Tuesday from 1800-2000** beginning 7 June in the Well-Being Center, ASAP located at Building 3415 Miner Road. For further information, please contact ASAP at 442-6069



**June ASAP COMMUNITY TRAINING**

**Wednesday, 22 June 2011**  
Location: RTC, Bldg 2934 Marcy Road (Room 125)  
1200-1400, Employee Assistance Program  
1400-1600, Habit #3 of Highly Effective People: Put First Things First

**Thursday, 23 June 2011**  
Location: RTC, Bldg 2934 Marcy Road (Room 125)  
1200-1400, Suicide Prevention  
1400-1600, Consequences of Alcohol Consumption

**Friday, 24 June 2011**  
Location: RTC, Bldg 2934 Marcy Road (Room 125)  
0900-1100, Supervisory Workforce Engagement  
1200-1400, Faces of Anger  
1400-1600, Take Control of Your Life

# July 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					TRAINING HOLIDAY 1	MIRANDA LAMBERT CONCERT 2
3	4 <b>INDEPENDENCE DAY</b>	5 	6 	7	8	9
10	11 <b>ADAPT</b> (B2871 Craig Rd 0800-1600)	12 	13 <b>UPL Recert</b> (0830) <b>BPL Meeting</b> (1430) at WBC	14 	15	16
17	18	19 	20 	21	BEST TRAINING 22 <b>CWBO MEETING</b>	23
	Unit Prevention Leader TRAINING (Well-Being Center, ASAP 0800-1600)					
24	25	26 	27 	28	29	30
		ASAP COMMUNITY TRAINING				
31						



### THE AFTERMATH

Leaders often complain about the lack of time in their schedules. Time, is a critical element in all their planning. Because of time constraints leaders often look for justifications before they consider implementing risk management strategies. However, they do not have that luxury when considering preventing suicides. The impact of a suicide are far reaching and managing the consequences of a suicide requires that time schedules are thrown out the window.

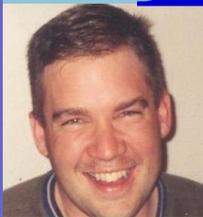
The effects of suicidal behavior or suicides on a unit, friends, and family members are often devastating. Individuals who lose a loved one to suicide are more at risk for becoming preoccupied with the reason for the suicide while wanting to deny or hide the cause of death, wondering if they could have prevented it,. They may begin feeling blamed for the problems that preceded the suicide, or rejected and stigmatized by others. Survivors may experience a great range of conflicting emotions about the deceased, feeling everything from intense emotional pain and sadness about the loss, helpless to prevent it, longing for the person they lost, and anger at the deceased for taking their own life to relief if the suicide took place after years of physical or mental illness in their loved one. This is quite understandable given that the person they are grieving is at the same time the victim and the perpetrator of the fatal act. Individuals left behind by the suicide of a loved one tend to experience complicated grief in reaction to that loss. **Symptoms of grief** that may be experienced by suicide survivors include intense emotion and longings for the deceased, severely intrusive thoughts about the lost loved one, extreme feelings of isolation and emptiness, avoiding doing things that bring back memories of the departed, new or worsened sleeping problems, and having no interest in activities that the sufferer used to enjoy.



### What Would You Do?

A 28 year old Specialist with eight years in the Army was married with young children. He was going through a difficult divorce and experiencing serious financial difficulties. He was preparing for his fourth deployment and told his friends he was looking forward to the deployment as an escape from the stress of his pending divorce. He was well liked by unit members and was viewed as energetic, upbeat and squared away. No one in his unit knew that the Specialist was being treated for depression and had been previously diagnosed with an Adjustment Disorder with Anxiety and Depressed Mood. The unit did not know he was on six different medications or that he had been receiving clinical and medical treatment for depression since 2004. His unit was taken completely by surprise when the Specialist took his own life. He had participated in the Suicide Stand-down Training approximately two weeks prior to his death.

Around the same time, he had purchased and registered two weapons, one of which he used to commit suicide.



SUICIDE PREVENTION PROGRAM COORDINATOR (SPPM) ROBERT DODRILL

# Life focus



## Save a Life...Know what Depression Looks Like

**Clinical depression can be a devastating problem** if not treated with sufficient care and concern. Many people are not aware they have this problem, because the symptoms may come or go and be difficult to see. Some of the symptoms include irritability, overwhelming sadness, thoughts of suicide, and significant changes in behaviors and patterns. The treatment options for this problem are numerous and will often vary depending on the severity of the illness and the symptoms. Some of the most popular treatments include behavioral therapy, medications, exercise, and support groups. Treatment is a very important part of this illness, because, if untreated, the effects can be devastating. Suicide is a very common problem in individuals with this illness that do not receive the proper treatment in a timely manner. Many other long-term problems may arise that make it more difficult to recover from this illness and the affects it has on both the mind and body.

The clinical **depression symptoms** are very difficult to spot because they are all basic emotional or physical changes that many people experience at times in life. Irritability is one major point of concern with this illness. When people are clinically depressed, they tend to have terrible spells of irritability, where the least things can cause major outbursts. This can be hard to spot because many people suffer from times of irritability, especially when they lack of sleep. A feeling of overwhelming sadness is another symptom of this illness. This, like many of the other clinical depression symptoms, can occur in anyone and everyone. One of the major symptoms that immediately identify this problem is suicidal thinking. Suicide is not something that the average person thinks about on any given day. An individual suffering from depression may continually think about, and may even attempt to commit suicide. When changes in behavior, sleep patterns, and eating habits, and the symptoms of suicidal thinking, sadness, and irritability are paired together in a person, it is important to seek help.

**Treatment options for clinical depression are available** in a variety of methods and forms. Therapy can be helpful in exploring emotions and seeking a way to find relief from the overwhelming sadness and despair that may take hold of the individual. Many medications are also available that can help in reducing clinical depression symptoms. Antidepressants are often used to help patients make it through serious periods or phases of this illness. Exercise is often used as a method to help people receive relief from this illness. Not only can exercise provide improved physical health, but the flow of blood and endorphins is increased, often leading to improved mental health. Support groups can also be helpful. Speaking with others who share the same feelings and emotions can help individuals see that the problems are not strictly personal for them. They have others to reach out to in times when the pressure of the illness may be tremendous. For the spiritual, seeking treatment through faith in God can be successful. Healing of the body, mind, and spirit can be experienced for some through God's mercy and grace.

**Lifeline Link:** <http://www.suicidepreventionlifeline.org/>

# DEAR FRAN



**Fran Altizer,**  
LCSW, ASAP Counselor

Dear Fran,

I like to think of myself as a very social person, so I like to hang-out with my friends. However, anytime my friends and I get together alcohol seems to be the thing that brings us, and keeps us together. But, my problem is I am drinking or thinking about drinking all the time. I don't think we all have ever been together sober and we are arguing more. I want to do other things besides drink with them but I will lose my friends.

Signed,  
Finally somebody sober to talk to....

Dear Finally Sober...

Your feelings about " sharing the good times" with your friends is not an individual phenomenon, but it has certainly been adopted by our society as a potential mark of success. The more friends, fun and parties the "greater" our lives are. Our society prides itself on the ability to choose the "best" especially when it comes to "good-time toys". Alcohol has become the hallmark of a good time, especially if you believe what you see on television. Unfortunately, we can and do get with friends who allow us to assume roles we may not like or enjoy. Once the cycle of drinking with friends becomes the main focus of the relationship, you probably will lose them if you change your focus. People like to spend time with those who have the same interests. If you are not drinking the same, you are a constant reminder that not "everyone does it!" If you want more sober time or realize your sober time is pretty limited with these friends, you have just entered a new stage in your life. You are thinking about a change. Once you perceive these relationships as a potential problem, you are able to motivate yourself to change your circumstances. Believe it or not, thinking about change is valuable and allows you to make changes more rapidly. So, when one gets to this motivational stage, what should you do? Make the changes, especially with people, places and things. It is unrealistic to expect a better life if you keep the same friends and keep doing the same things. There are others engaged in sober activities. They get together for activities like hiking, fishing, hunting etc.... At ASAP, we know sober groups who have fun together. Many Soldiers, both male and female, come to ask us for help with finding ways to connect with others in a healthier way. One benefit of this change is the amount of money they save and can spend once you give up alcohol. Come see me for an informal visit and I can introduce you to some Soldiers with stories they like to share concerning their "improved life". You don't have to do this step alone. Think about what has helped you make positive changes in the past. What do you gain when you lose these friends? Unless you begin to visualize your life without these friends, you will have trouble making other choices. Arguing more with your friends demonstrates that the mind does not form good memories when drinking. Perhaps there are others in your circle of friends who are feeling the same need for change. Ask some questions to find out, and then go it alone if necessary. You have described a process that is very familiar to those who know about alcohol's progression. Unless you choose to make the positive changes, you can expect the negative progression. Write me again or call me at ASAP/Well-Being Center, 442-6069.

If you have any questions or concerns that you would like Fran to address, please contact Fran through our ASAP Facebook page: <http://www.facebook.com/pages/Lawton-OK/Fort-Sill-Army-Substance-Abuse-Program/115638415119642>

**Motivation to change is calling you!**  
Fran



## ASAP Testimonial "How I Got My Life Back"

"When I look back on my life, I realize that I probably had a problem with alcohol the very first time I tried it at age fourteen. My Dad drank a lot and it was always around the house. Never really thought about it much but growing up, most of my friends drank too, and we only got together to drink. All that drinking got me in places I should not have been and situations that I regretted later. I managed to avoid a police record and I chalked these experiences up to being young. My high school grades were not the best, and I dropped out. I joined the Army to help me pay for school. I love being a Soldier, and did pretty good. And, the Army did help me get my GED and work towards a degree. I went home and married my childhood sweetheart and I thought I was on my way. But, the drinking did not stop and one night I got a DUI. When I went to the ASAP my counselor helped me understand that many of the problems I was having were a result of my drinking and that drinking was not getting me to where I wanted be. Since I managed to stop drinking my wife and I fight much less and enjoy our lives together much more. Now, I know I can't drink like other people, and frankly I don't miss it as much as I thought I would. My wife is pregnant with our first child, and I am stoked! I am making a better life not just for me, but for my wife and baby too. One day at a time. Six months sober, yeah!!!!"

SGT,  
US Army  
Ft. Sill, OK

## Random Testing? Yes, Even in War!



**By Bruce Eckenroth, ADTC**

Deploying units still are required to perform random drug testing. When your unit has been notified to deploy locally or overseas contact ASAP Drug Testing Coordinators for assistance. One of the DTC's will ensure that your unit takes enough testing supplies to test randomly for the duration of your deployment. The supplies issued are strictly intended for random testing 100% unit drug testing is discouraged. There are some unique issues regarding deployment testing (unit is split up in to small groups, latrine issues, combat issues, training). These can make testing in a war zone challenging. The deploying unit that breaks up in to small groups will need to ensure they have enough certified UPL's or their only certified UPL will have to go on the Log Pac mission to the remote groups to test those individuals that have been randomly selected. During combat missions there is not a requirement to test, however your unit/group is not always in combat, testing should occur during those down times. For the UPL's that are deployed overseas you will be required to ship your unit's specimens directly to the lab. Ensure that your unit has postal funds to ship those specimens. It is also your responsibility to e-mail the local Base Area Control Manager to let them know you are in their area of responsibility so they can assist your unit.

When you have completed your collection be sure to perform a quality control check ensuring that the specimens are legally sound. Use the quality control checklist that you were given prior to deployment. Any discrepancies that you missed, fatal or non-fatal, will fall back on your unit. The most common discrepancy received for the deployed unit is failure to have the chain of custody correctly filled out. Lastly, know that your Ft Sill ASAP is there to assist, just ask.

## New Faces At the ASAP Clinic



The Well-Being Center, ASAP has been growing leaps and bounds over the past few months. We are proud to introduce to the community the newest members of our ASAP family. Mr. Reginald Fisher, Ms. Kelley Blalock, and Ms. Hayva Hill are all Social Service Assistants, and Ms. Joanna Alvarez has joined our team of Administrative Support Assistants. Please join us in welcoming these new faces to the GREAT Team Sill....Oklahoma PRIDE!!

From Left Reginald Fisher, Kelley Blalock, Hayva Hill, and Joanna Alvarez

# EMPLOYEE SPOTLIGHT



**SGT  
Edelias  
Vazquez,  
HHB 3/13**

- What is your favorite phrase?**  
Integrity
- What is your least favorite word?**  
Hate
- What turns you on?**  
People that say the truth and integrity
- What turns you off?**  
Liars
- What sound or noise do you love?**  
Sound of the ocean
- What sound or noise do you hate?**  
Sound of traffic during the day
- What profession other than your own would you like to attempt?**  
Mechanic
- What profession would you not like to do?**  
Office work



# June Brainteaser



Using only basic arithmetic operations (+ - x /) can you get 98 using only 7 sevens? Each 7 may only be used once and you must use all 7 sevens.

7777777

**May's Brainteaser and Answer:** A lecturer decides to play a fun logic game. She selects 3 students to stand in a row facing the front of the class. The student at the back (C) can see both students in front. The student in the middle (B) can see only the student in front and the student in front (A) can't see the other 2 students. The lecturer shows the students 3 white caps and 2 black caps, and puts them in a bag. The lecturer then blindfolds each student and asks them to select a cap and put it on their heads. The lecturer then removes their blindfolds and asks the students to solve by logic what color caps they are wearing. (They cannot see the color of their own caps.) The student in front (A) just laughs, because what chance does he have! They stand like this for a few minutes, none of the students can guess at the color of their caps. And then the student in the front (A) shouts that he knows what color cap he is wearing. How is this possible?

The student in front knows that the color of his cap is white by using logic and the process of elimination. Because the student at the back (C) couldn't guess his Cap color it would mean that both students in front of him were not each wearing a black cap. So the possible combination is that the either have 2 white caps, or 1 white and 1 black. Not hearing student C answer the student in the middle (B) knows that either he and/or student A is wearing a white hat. And, if student A was wearing a black hat he would have known. For certain he himself had a white hat. Student A must assume that since student B didn't say anything that he must be wearing a white hat.

# Ft. Sill Talks Back



If you had the opportunity to get a message across to a large group of people,

what would your message be?



"If I had the opportunity to get my message across to a large group of people, it would be to never forget to laugh and use every opportunity to build your resiliency and prevention skills before you need them."  
- Elizabeth Knight  
214th BDE FRSA

"If I had the opportunity to get my message across to a large group of people, I would tell them to never envy anyone or what someone else has because you never know what that person's struggle may have been to get what he/she has or to get to where he/she is. Nothing great ever comes without some sort of struggle or failure."  
- Sheena Williams  
2/5 FA BN FRSA



# EAP Mental Health Minute

## 5 Steps to Fix a Broken Relationship

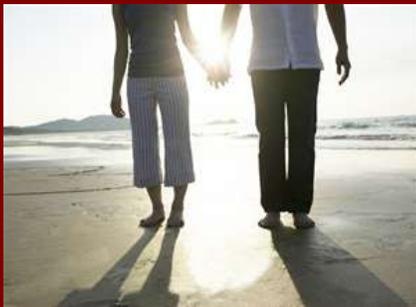
1. Figure out why your relationship is broken. Your relationship is broken for a reason. You may have hurt your mate or not respected them. Perhaps you didn't appreciate all the little things or got involved with someone else. Whatever the reasons, you must take a few minutes to figure out how the relationship became broken in the first place.
2. Commit to making the relationship better. You can't change the past but you can change the future. When you love and care about someone, you can pick up the pieces. However, you must make fixing your relationship a priority. You must put in a bit of work to rebuild the love and affection. Therefore, commit right now to make the relationship better.
3. Forgive and move on. Now that you are committed, you must forgive yourself and your mate for the pain they caused. You must forgive them and concentrate on healing. By letting bygones be bygones, you can fix the relationship. Holding on to any old pains or grudges will not help your relationship and will make it worst.
4. Change yourself. As hard as you try, you can't change your partner - you can only change yourself. Concentrate on changing yourself for the better and alleviate the issues that caused your relationship to suffer. For instance, if you stopped showing respect for your boyfriend or spouse, now is the time to become more respectful of them with your words and actions. If you stopped appreciating your girlfriend or wife, now is the time to appreciate her with flowers, cards and candy.
5. Communicate with your partner. Once you employ these strategies, your mate will see that you have indeed changed and will be more open to communicating with you about your relationship. During this conversation, you should tell them how much you love and care about them and want your relationship to work out. After all, fixing your broken relationship isn't necessarily hard but it can take a bit of time. By following the above advice, you'll be well on your way of fixing your relationship issues and making it better than ever before. Good luck!

Reference: eHow.com



# Resiliency Training Campus: Open Events

Date	Class	Time	Location
17 Jun	Marines DET Graduation	0800-1130	RTCSC
20 Jun	NCOA WLC Graduation	1300-1700	RTCSC
21 Jun	Love and Logic Parenting	1100-1300	BLDG 2870
23 Jun	Habits of Military Families	0800-1600	RTCSC
24 Jun	Habits of Military Families	0800-1600	RTCSC
26 Jun	MWR CPR Classes	0730-1730	BLDG 2871
28 Jun	Love and Logic Parenting Class	1100-1300	BLDG 2871
30 Jun	MWR CPR Classes	0730-1730	BLDG 2871
2 July	MWR CPR Classes	0730-1730	BLDG 2871
5 July	Love and Logic Parenting Class	1100-1300	BLDG 2871
6 July	Christian Marriage Relationship Building	1830-2030	RTCSC
7 July	The Truth About Tobacco	0900-1000	
7 July	Portion Distortion	1030-1130	BLDG 2869



## PEACEFUL PLAZA

*The time to relax is when you don't have time for it. ...Sydney J. Harris*

Psychotherapist, author and guided imagery innovator **Belleruth Naparstek**, has practiced psychotherapy for over 30 years. She has helped to make guided imagery part of mainstream healthcare. She is best known as the creator of the popular, 52-title Time Warner Health Journeys guided imagery audio series. She has distributed many of her guided imagery tapes to the Army, clinics, spas and hospices free of charge. Her passion to improve the lives of Soldiers and Families brought her here to Fort Sill for an inspiring visit. A warm, dynamic and compelling speaker, Ms. Naparstek has lectured across the country and around the world. Her work has been involved in 24 clinical trials. Guided Imagery has proven effective improving several psychological and medical conditions studied. Get renewed and re-energized by clicking the "Guided Imagery" link on the right. This nourishing mindfulness meditation audio program features her lovely voice, wise content, and beautiful pacing. Now sit back, and



**Belleruth Naparstek**

Click [Guided Imagery](#) to relax and enjoy this month's featured "Peaceful Plaza Guided Imagery" segment as provided through [healthjourneys.com](http://healthjourneys.com)

## Admin Services Division—The Small Staff with a Big Job



The Directorate of Human Resources' Administrative Service Division (ASD) is located in Building 4700 and Building 930. Although they are small in numbers, The Administrative Services Division supports Soldiers, their families, and all organizations on Fort Sill in a BIG way.

**One function of the ASD is to provide official mail and distribution services** throughout Fort Sill. The Official Mail and Distribution Center is responsible for training and certifying Unit Mail Clerks, Postal Officers, and conducting mailroom inspections for the Installation. Mail and distribution services are

now conducted from Building 4700 Room G05; we can be reached at 442-3047/3685/3963/6081.

**The ASD also manages records for Fort Sill.** Many of our Records Management Services are conducted in our new office located in the basement of Building 4700, Room G06. Any information or training needed on the Army Records Information Management System, otherwise known as ARIMS, can be found in this office, we can be reached at 442-6573.

**Additionally, the ASD serves as the Records Holding Area Manager for all Installation Records.** They are excited to announce the opening of our new Records Holding Area now located in Building 930. For any of your records holding needs call 442-5168.

**The Ft Sill ASD also houses the Installation Forms and Publication Officer.** Creating user friendly forms for the Installation is only one of their many functions. Any questions about how to receive Blank and accountable forms, or to set up a Publication Account for your unit, can be directed to our Forms and Publication Officer at 442-8386/3047

**All Freedom of Information and Privacy Act (FOIA/PA) Services** are processed through the Administrative Services Division, as well. Any requests or concerns about these Acts may be sent to their office for processing via email: [Ft.Sill.Freedom.of.Information.Act@conus.army.mil](mailto:Ft.Sill.Freedom.of.Information.Act@conus.army.mil), or by phone, 442-6573.

The Administrative Services Division also **manages the Fort Sill Memorial Program.** Any requests or questions on memorializations can be forwarded to: Fort Sill Memorialization Board, 4700 Mow-Way Road, Suite 06, Fort Sill Oklahoma 73503, phone, 442-6573.

## Civilians Get Schooled

**Civilian Education System (CES) Leader Development Program** is a progressive and sequential leader development program that provides enhanced educational opportunities for Army Civilians throughout their careers. Army Civilians will become multi-skilled, agile leaders of the 21st Century, who personify the Warrior Ethos in all aspects, from warfighting support, to statesmanship, to enterprise management. CES provides eight levels of Civilian development:

- Foundation Course (FC)-dL
  - Basic Course (BC)-dL & resident\*
  - Intermediate Course (IC)-dL & resident\*
  - Advanced Course (AC)-dL & resident\*
  - Continuing Education for Senior Leaders (CESL)-dL & resident\*
  - Action Officers Development Course (AODC)-dL
  - Supervisors Development Course (SDC)-dL
  - Managers Development Course (MDC)-dL
- The method of delivery is distributed Learning (dL), resident instruction or blended learning, a mixture of both dL and \*resident instruction.

Qualified employees may start applying for the FY12 classes. Users may continue to apply for remaining FY11 offerings.

Go to the CHRTAS link below to apply.

<https://www.atrrs.army.mil/channels/chrtas/student/loigon.aspx?caller=I>

For the FY 12 training schedule, more information on CES or how to apply please contact Mr James Durette or Mr James Frierson at 442-0147/0149.

By Jay J. Khalifeh

## Manager's Memo: Born This Way

I will never forget an Employee Assistance Program client at another installation whose supervisor referred him to me after the employee stressed after learning that he would lose his job. When I asked him what was going on, he reported that he would be losing his job because of a base realignment at the installation. He said the prospect of being unemployed is making him feel miserable and depressed. During our initial session, I said, "So, you really like what you do, huh?" He replied, "No, I hate it!" "Well then," I replied, "you must really like the people you work with then, huh?" "No!" he replied, "I hate them even more!!!" I suggested to him that this BRAC may be a blessing in disguise. Here was a man who was "depressed" about losing a job he absolutely hated. There seems to be a fair amount of employees who must feel like he does... square pegs frustrated by the constant struggle to fit into round holes... afraid to look for a better fit. In Bill O'Hanlon's outstanding book on solution-focused therapy titled, "A Lazy Man's Guide to Success", he emphasizes the importance of finding your life's mission to help make your life more enjoyable and fulfilling. He recommends that you may be able to find your passion and a better fit for yourself by examining:

**What increases your energy** – What gives you a sense of feeling alive and energized even after working hard at it?

**What gets your attention** – What fascinates you and captures your imagination? What would you find time to do even when you are busy?

**What You Find Unfair** – What would you talk about if given the chance to discuss before a television audience. What wrong in the world would you like to right?

**What Others Do** – Is there something that others are doing that you feel that you can do better, and/or that would make you feel more fulfilled?

**What Feels Natural** – What feels natural and right to you when you are doing it? Have you done anything in the past that you just feel like you were born to do?

**Role Models** – Whose life or work do you admire? Who inspires or moves you to action? Why do they motivate you?

Asking these question may improve your chances of realizing your true talent and full potential.



## One in Five US Workers Aged 55+

An analysis of 2010 CPS data by the Sloan Center on Aging and Work shows that **older workers make up** just under **20%** of the **US workforce**, with 15.0% of workers aged 55-64 and 4.3% age 65+. The proportions of other age groups comprising the labor force in 2010 are as follows: 16-19 (3.8%), 20-24 (9.8%), 25-34 (21.8%), 35-44 (21.7%) and 45-54 (23.4%).

Bureau of Labor Statistics, 2010. Household data, annual averages. Table 3. Employment status of the civilian non-institutional population by sex, age, and race, 2010. Retrieved April 23, 2011, from <http://www.bls.gov/cps/cpsaat3.pdf>

## Workplace Etiquette

### 101: "Printer Sharing"

Have you ever tried to print a page from a shared office printer only to find that the printer is out of paper or is jammed. This common office frustration may be easily fixed by loading the paper or locating the jam yourself, finding someone else who is willing and able to do it, or by reporting the problem to the servicing agency located on the front of the copier.



## REMINDER!!!!

According to several surveys, it was noted that one of the Garrison's biggest opportunities for improvement was for supervisors to counsel and let their employees know how they are doing.

**DON'T FORGET YOUR 6 MONTH APPRAISALS!!**

# Digital Signature is Necessary!



**Emergency Data Documents (DD Form 93 and SGLV series forms) now require digital signatures.**

A new version of eMILPO requires digital signatures on DD Form 93 and SGLV series forms for all Soldiers during in and out-processing and records updates. You will be required to sign all emergency data documents using your Combined Access Card (CAC). It is important that you know your Personnel Identification Number (PIN) and that your CAC is in good condition. If you cannot remember your PIN, you will have to get it reset at MPD, NEC, or at your Brigade if they issue ID cards. If the system cannot recognize your CAC, you will be required to get a new one. Digitally signing your emergency data documents automatically uploads the forms to into your permanent records (iPERMS).

Soldiers belonging to Fires Brigades can update their emergency data documents at their Brigade S1. Non-PSDR units (TRADOC Bdes, MEDDAC, DENTAC, and Tenant Units) at Fort Sill must update their records through the Directorate of Human Resources, Military Personnel Division, Permanent Party and Student Records sections.



## The Beach Body

As the weather heats up and summer approaches, the gyms swell with people punishing their bodies attempting to sculpt them into what they consider to be a beach body. Some people will even attempt the latest fad diets and starve themselves to achieve a beach body. Depending on your perspective, these behaviors may be extreme, but if you are trying to achieve a beach body after a winter of hibernation, the end may justify the means. However, there may be healthier ways to gain the beach body



you want without the extreme torture to yourself.

To start, incorporating exercise into your daily schedule will prevent the "no pain, no gain" attitude when the weather heats up. To eligible ID card holders, the gyms on FT. Sill are free, and membership at gyms in the city can start as low as \$10.00 a month. There are a wide variety of programs offered at most of the gyms and personal trainers available to assist you. If you prefer to exercise outdoors, Mt. Scott is a short drive away and offers many hiking trails. The three-mile track on FT. Sill has been renovated to include new bridges made of composite wood and exercise stations with instructions along the track. Something everyone can do is to stop circling around the parking lot of the grocery store three or four times to find a vacant spot near the entrance and park as far away as possible. The long distance walk will help to burn-off a few calories.

Additionally, consuming fresh fruit and vegetables instead of cup cakes and snacks will assist you in achieving the beach body. The fresh fruits and vegetables will give your body the boost it needs while maintaining a regular exercise routine. Plus, it is cheaper to buy fresh fruit as a snack instead of junk food. Yes, a pound of bananas is up in price from .39 this time last year to .59 now, but that is still cheaper than a bag of chips or a honey bun.

In the end, whether you exercise to achieve a beach body, to relieve stress, or whatever reason you may use, does not matter. What does matter is that you exercise and eat right as a life choice. You do this not only for the immediate gratification you gain but also for the long term positive effects of a healthy life style.



By Muhammad Ali

# How will Your Survivors Survive?



**Did you know that retired pay stops on the day of your death unless you plan for your family's future?** There is no coverage for your spouse and children unless you take steps to insure their financial future. The Survivor Benefit Plan (SBP) was created by Congress in 1972 for the sole means by which a Soldier could provide future financial support for his/her family once retired. By enrolling in the SBP program when you retire, you can insure that your family will receive 55% of your Retired pay. All Soldiers are automatically enrolled at no cost while serving on active duty. Upon retirement, Soldiers must elect whether to receive reduced retired pay so that 55% of the chosen base amount will go to their survivors after their death.

**What is a base amount?** This is the dollar amount of retired pay you select to base participation on. It can be anywhere between \$300 per month and full retired pay.

**Who can be a beneficiary in SBP?** There are six election categories: Spouse, Spouse and Children, Child Only, Former Spouse, Former Spouse and Children, and Insurable Interest.

**Does my spouse have to agree with my election?** Yes, if you elect anything less than full coverage, choose child only or decline.

**Can an election be changed?** Elections are generally permanent and irrevocable. However, there is a one-year period between the 25<sup>th</sup> and 36<sup>th</sup> month of retirement, when a member can disenroll from the plan with spouse concurrence. No premiums are refunded and you will not be allowed to enroll again in the future.

**What happens to my spouse coverage if we divorce after retirement?** Spouse coverage will be suspended when you notify Defense Finance Accounting Service of your divorce. If court ordered or you voluntarily keep the coverage, you have one year to change your election from Spouse to Former Spouse and the former spouse has the same one-year period to request a Former Spouse election to be deemed. The former spouse must request the designation within the year or the benefit is lost, regardless of what the court order or divorce decree states.

### SBP Facts:

SBP annuity is paid for life unless annuitant remarries before the age of 55. There is no Social Security offset.

There is an offset for VA if it is determined the retirees death is service connected and surviving spouse will receive Dependency Indemnity Compensation (DIC). When all or part of the SBPP annuity is offset by this compensation, premiums for offset portion are refunded.

There is a paid up provision after paying 30 years (360 payments) and age 70.

The cost of SBP coverage for Spouse or Former Spouse is 6.5% of chosen base pay. Child Only coverage is based on your age and the age of the youngest child, and is very inexpensive. Insurable Interest is the most expensive coverage at 10% of full base pay, plus 5% for each full five years you are older than the beneficiary is.

Bottom line, SBP is not for everyone, but before you make a decision, get all of the facts. Don't turn down SBP without fully understanding the program. Visit your Retirement Services Office, 4700 MOW-WAY Road, for more details.



**Join Us On Facebook:** <http://www.facebook.com/pages/Lawton-OK/Fort-Sill-Army-Substance-Abuse-Program/115638415119642>

**Visit our ASAP Website:** <http://sill-www.army.mil/USAG/>

DHR/ASAP/



# Staying Cool for Less

(Money Magazine) -- Warmer weather means relief from the high cost of heating your home. Enjoy it while you can. Your cooling tab could soon have you breaking a sweat. Air conditioning accounts for nearly 60% of Americans' summer electric bills. "Nothing puts greater stress on the energy grid than cooling," says Ronnie Kweller of the Alliance to Save Energy. These simple tune-ups and smart upgrades can help you ease the stress on your home energy budget.

## Lighten your AC's load Act cooler

Close the blinds on sunny days, run hot appliances as sparingly as you can, and swap heat-generating incandescent bulbs for chlorofluorocarbons. Every degree you turn up your AC's temperature knocks 7% off your electric bill, according to the Environmental Protection Agency.

## Add padding on top

One of the best ways to keep hot air from seeping into your home is to insulate your attic well, says Danny Lipford, host of the TV show "Today's Homeowner With Danny Lipford." Putting in new energy-efficient fiberglass or cellulose insulation will cost \$600 to \$1,500, he says, but reduce your energy bills by as much as 20% a year.

## Put your AC to sleep

If you live in an area where temperatures drop at night, switch to a whole-house fan when you go to bed. These industrial-strength, built-in ceiling fans, which cost \$600 to \$1,500 (including installation), use roughly 10% of the power of central air.



## Block the sun

In super-sunny states like Texas and Colorado, installing heavy mesh solar screens on the outside of your windows can block 40% to 80% of heat gain from the sun, cutting your cooling bill by 5% to 20%, says Bruce Harley, technical director of Conservation Services Group in Westborough, Mass. Cost: \$60 to \$90 per screen.

## Don't ignore the maintenance

### Prevent leaks

"People think of windows and doors as being the leaky part of the house, but you could be losing far more -- from 10% to 40% -- of your energy costs through leaky ducts," says Harley. Apply mastic tape to every seam you can reach. "Regular duct tape will dry out and fail," says Lipford, but mastic tape stays gooey.

### Keep the air flowing

Even a small amount of dust on your filter will force the fan to work overtime, so change it every month or two (\$5 for disposable filters, \$20 for a permanent one that you can wash with a garden hose). Clean window-unit filters every three months.

## Get regular tune-ups

Once a year bring in an HVAC pro to inspect and clean the system. Spring, however, is the peak time for servicing. If you can time your annual checkups for the fall, you should pay \$100 to \$150 for the visit, a 5% to 10% discount.

## Trade in your old model

Central air-conditioning systems typically last 15 years, but heavy users may want to upgrade sooner.

## Spring for new gear

Assuming you keep the same ductwork in place, you'll spend \$2,500 to \$4,000 to replace the condenser and compressor. Even if your AC is only 10 years old, switching to more energy-efficient equipment will cut the cost of running it by 20% to 40%, says the Department of Energy. In Phoenix you can recoup your investment in a little over three years; in Boston you'll need 10. Go to energystar.gov and search for "central air calculator" to find your break-even point. While a window unit can last a decade, says Chris Rossi, manager at D.G. Meyer, an HVAC contractor in Daytona, Fla., you may want to swap it out every six to seven years if you run it frequently.

## Be efficient

You want a seasonal energy-efficiency rating (SEER) of at least 13 for central air (for window units, look for an energy rating of 10). Every step up in SEER improves efficiency by 5%. A 14.5-SEER system will also do a better job at keeping the temperature consistently comfortable, says Lipford. If you opt for a 14.5- or 16-SEER unit (depends on the type), you'll qualify for a \$300 tax credit in 2011.

First Published: May 10, 2011: 10:25 AM ET



## EAP FUNNY CORNER



If By Rudyard Kipling



If you can keep your head when all about you Are losing theirs and blaming it on you, If you can trust yourself when all men doubt you, But make allowance for their doubting too; If you can wait and not be tired by waiting, Or being lied about, don't deal in lies, Or being hated, don't give way to hating, And yet don't look too good, nor talk too wise:

If you can dream - and not make dreams your master; If you can think - and not make thoughts your aim; If you can meet with Triumph and Disaster And treat those two impostors just the same; If you can bear to hear the truth you've spoken Twisted by knaves to make a trap for fools, Or watch the things you gave your life to, broken, And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings And risk it on one turn of pitch-and-toss, And lose, and start again at your beginnings And never breathe a word about your loss; If you can force your heart and nerve and sinew To serve your turn long after they are gone, And so hold on when there is nothing in you Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue, Or walk with Kings - nor lose the common touch, if neither foes nor loving friends can hurt you, If all men count with you, but none too much; If you can fill the unforgiving minute With sixty seconds' worth of distance run, Yours is the Earth and everything that's in it, And - which is more - you'll be a Man, my son!



## Building Spiritual Strength

By: Dave Rauls ISG (RET)



Dave Rauls and son, Nicholas

“Remember the word unto thy servant, upon which thou hast caused me to hope. This is my comfort in my affliction: for thy word hath quickened me”. There are a great many perceptions that can come from these few words. No matter what situations we find ourselves in, hope is the foundation from which to build. Building spiritual strength follows this logical path. We read the word and we find the cause for hope, the hope we develop transforms into comfort. From comfort we move on to being quickened. The quickening of our spirit is where we can not only “feel” the power and glory of our spiritual power we can “see” the effects on the world through our actions. A re-occurring theme in this short passage is the word. Is a house built without standards, plans, and schematics? Sure people build them all of the time. How do these homes compare to those which follow a logical order? Sure, they may look the same on the outside but are they “structurally sound”? When the storms arise which home is left standing and which is destroyed? I would think that the home which was built in accordance with the standards, plans, and schematics would display more “strength” as it survived the storm. Humans are three part beings we have a mind, body and spirit. Three separate houses, if you will, which are developed and strengthened by different means. We build our “strength” of mind through education and our life experience; we build “strength” in our bodies through physical fitness and proper diet. How do we build our “strength” of spirit? It is different for a great many persons but what has worked for me is the relationship that has developed from reading the bible. Through the Bible this spiritual house has weathered many storms. My relationship with God has proven to strengthen me in my time of trouble. No matter where a person finds themselves in life we all have “access” to these standards, plans, and schematics for building true “spiritual strength”. If your spiritual house needs some upgrades, a re-model or even you decide to build a new one from the ground up, you do not have to go-it alone. I know a great architect that can be found at John 3:16.



## EAP INSPIRATION STATION

If You Bring Love By Joseph Campbell

At a certain moment in Nietzsche's life, the idea came to him of what he called 'the love of your fate.' Whatever your fate is, whatever the heck happens, you say, "This is what I need." It may look like a wreck, but go at it as though it were an opportunity, a challenge.

If you bring love to that moment - not discouragement - you will find the strength is there. Any disaster that you can survive is an improvement in your character, your stature, and your life. What a privilege! This is when the spontaneity of your own nature will have a chance to flow. Then, when looking back at your life, you will see that the moments which seemed to be great failures followed by wreckage were the incidents that shaped the life you have now. You'll see that this is really true.

Nothing can happen to you that is not positive. Even though it looks and feels at the moment like a negative crisis, it is not.



Looking for the light?

Reach out, we can help!!!

Caring, confidential assistance for workplace, personal and family problems call:

EAP

Employee Assistance Program

(580) 442 - 4205 / 6306

rashonda.labrador@us.army.mil



**COME VISIT US AT:**

**Well-Being Center, ASAP**

3415 Miner Road  
Ft. Sill, OK 73503

Phone: 580-442-4205  
Fax: 580-442-5704

E-mail: [rashonda.labrador@us.army.mil](mailto:rashonda.labrador@us.army.mil)  
Facebook: <http://www.facebook.com/pages/Lawton-OK/Fort-Sill-Army-Substance-Abuse-Program/115638415119642>  
Website: <http://sill-www.army.mil/USAG/DHR/ASAP/>

# We Will Miss You Don!!

Mr. Don Hildner will be leaving the ASAP team in July 2011 after 2 dedicated years to this organization. Don will be missed by all of the ASAP family and Ft. Sill community. We wish you nothing but the best!



## YOUR EAP IS READY TO SERVE

### EAP Services to Employees and Supervisors:

- Assessment, problem identification, and short-term counseling/intervention.
- Referral for treatment and rehabilitation to appropriate community counseling/treatment resources.
- Follow-up services to aid an employee in achieving an effective readjustment to his or her job after treatment.
- Training and education for supervisors and employees about alcohol and drugs.

### EAP Services to the Installation Organization:

- Training and consultation for supervisors and managers on how and when to make

**RaShonda M. Labrador, MS, EAPC**



# Sneak Peek: What to Expect Next Month

## 5 SUREFIRE WAYS TO A HEALTHIER YOU



Next month you are sure to find something to look forward to. Who wouldn't like a quick and easy guide to a better you? I know that I can't wait to release the secrets that are within our reach, but we may not realize that they are the keys to better ourselves!! From mental health to physical health, we will explore the various topics and provide 5 ways to renew YOU!

## JULY ASAP COMMUNITY TRAINING



Next month's community training will provide the opportunity to expand your boundaries exponentially. Don't miss out on the outstanding trainings that next month will bring. I look forward to seeing everyone at the upcoming trainings. ASAP Community Training is an open event and the public is welcome to attend. Please invite your family, friends, and co-workers. An experience is always more memorable when you share it with a loved one!!

## DID WE MISS SOMETHING?



## HAVE A POEM, PICTURE, OR STORY YOU WOULD LIKE TO INCLUDE?

Suggestions for newsletter or training topics, newsletter articles or pictures, please feel free to contact me at 580-442-4205 or [rashonda.labrador@us.army.mil](mailto:rashonda.labrador@us.army.mil).

I look forward to hearing from you!!