



A DHR, ASAP, EAP
WELL-BEING TEAM
PRODUCT

WHAT'S INSIDE?



JUST A DRINK 3



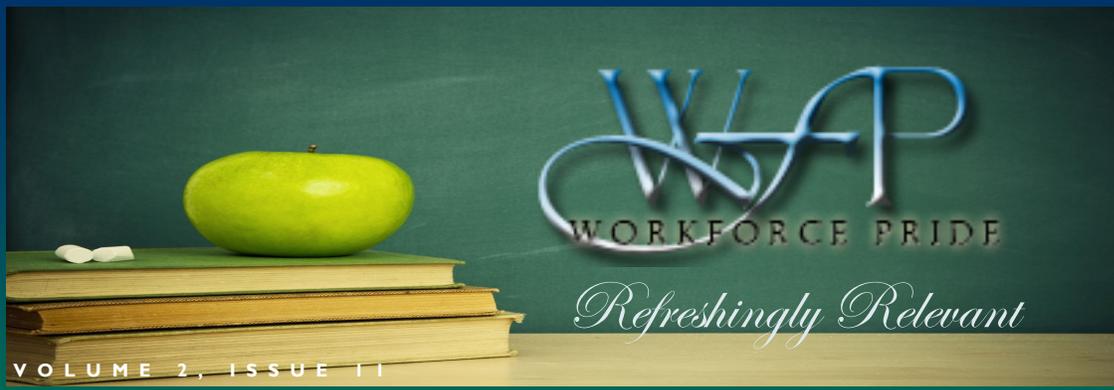
BRAD IS VIRTUALLY
HERE! 4



SUCCESSFUL TRANSITIONS
5



AND FALL OVER FUNNY IN
THE CORNER



Partnering and Changing Realities



"Obviously what I'd rather see is us roll up our sleeves than wring our hands." Gen. Martin E. Dempsey, the chairman of the Joint Chiefs of Staff

WASHINGTON (July 17, 2012) -- In an increasingly competitive fiscal and security environment, major powers need to develop partnerships, and partnerships take work, Gen. Martin E. Dempsey, the chairman of the Joint Chiefs of Staff, said today at the National Guard Symposium on Mutual Security Cooperation.

The symposium was held for members of the National Guard's State Partnership Program. The 20-year-old program links National Guard elements with partner nations to develop closer relationships between the United States and other countries. There are now more than 60 state partnerships under the program, 13 of which have existed since 1993.

The program is particularly valuable because of the National Guard's ability to provide continuity in its relationships with foreign counterparts, Dempsey said.

National Guard elements are better-suited than the active components to develop and leverage career-long relationships because of the way that active component service members move around, he said. The continuity in these relationships contributes to a high level of trust.

The State Partnership Program has reaped benefits far beyond what was initially conceived, Dempsey said. "Partnering in general, whether you're partnering with other nations or whether you're partnering your own services it's not always easy," he said. "Nation-states used to have a monopoly on the top-end technologies related to lethal force and military instruments," Dempsey said.

"I think it's pretty clear to everybody that nation-states no longer have that monopoly. And what that does is it increases the risk in ways that I think we all need to continue to talk about and think about and interact about," he said.

This redistribution of power has created a security paradox, Dempsey said. "The paradox is that although human violence is at an evolutionary low, the

"In that environment, I think the State Partnership Program will compete very favorably. Not just because partnering is an intrinsic good," he said, but because major powers will need these partnerships to confront the types of decentralized foes that nations currently face.

"I think it's really a modest investment for a pretty substantial return," Dempsey said.

In summing up, Dempsey cited a quote from Fred Franks: "You can't roll up your sleeves and wring your hands at the same time."

"Obviously what I'd rather see is us roll up our sleeves than wring our hands. The challenges that face us are remarkable in both the number and the complexity, but I do think that getting through those challenges both requires the hard work that comes in rolling up our sleeves and also through partnerships; and I think that in understanding comes progress."

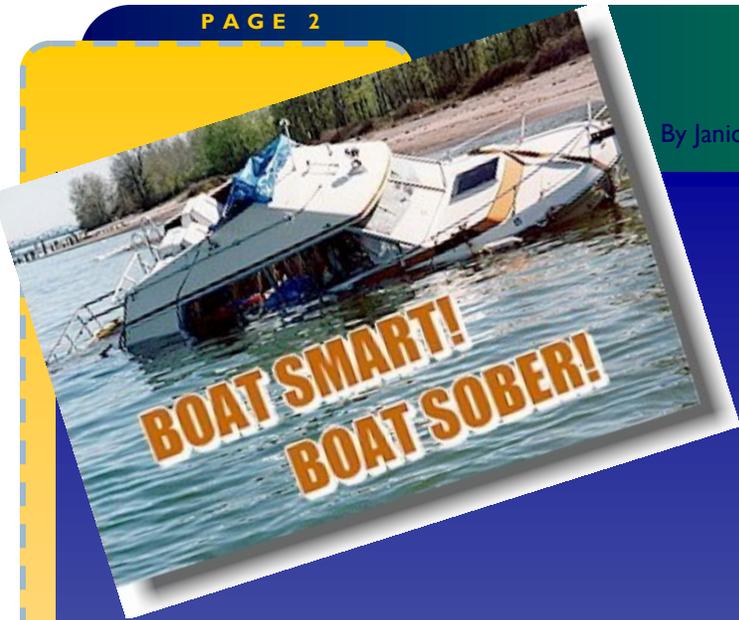
...And the Changes Keep Coming

Hey! It 's me again, and it is August already!! The sales signs and a collective sigh of relief heard over Oklahoma tells me that it will soon be back-to-school time. Just like every year..... I need to get ready. There is no time like the present to prepare you and your families for upcoming school schedules and after school activities. This issue is dedicated to preparing for change by planning ahead. Let's commit to making this school year the best (and least stressful) ever!!!



Reduce the Boating Risk

By Janice Carter, RRPC



Boaters! Reduce Your Risk Before Getting Underway
Know your boat and know the rules of the water.

Boating can be a fun and entertaining way to enjoy the remaining hot days of the summer. With less than 45 days to the end of 101 critical days of summer, boating continues to be a leisure activity enjoyed by Team Sill members. Before you or your family head out to the local area lakes make sure you take five and review your boaters safety tips. Travel responsibly on designated waterways and launch your watercraft only in designated areas. Respect the rights of others, including swimmers, skiers, boaters, divers and others so they can enjoy their recreational activities undisturbed. Avoid sensitive areas and operating your watercraft in shallow waters or near shorelines at high speeds. Educate yourself prior to a getting on the water by learning rules and regulations and knowing how to operate your equipment safely. Enjoy the water and make the commitment to be safe.



others so they can enjoy their recreational activities undisturbed. Avoid sensitive areas and operating your watercraft in shallow waters or near shorelines at high speeds. Educate yourself prior to a getting on the water by learning rules and regulations and knowing how to operate your equipment safely. Enjoy the water and make the commitment to be safe.

SOLDIERS LEADERS CIVILIANS FAMILIES

Take 5

for Boating Safety

- Take a boating safety course.
- Know your boat and the rules of the water.
- Check your boat for all required safety equipment.
- Wear a life jacket and have one on hand for all passengers.
- Don't consume alcohol.
- Check the weather forecast.
- File a float plan with a family member or friend.
- Operate your boat at a safe speed.

Take 5 ... then take action.



Have a relaxing day at the lake and learn to make decisions that will help your summer remain regret free. Click on the following link and take the steps to make sure you and your family are safe from summer heat injuries.

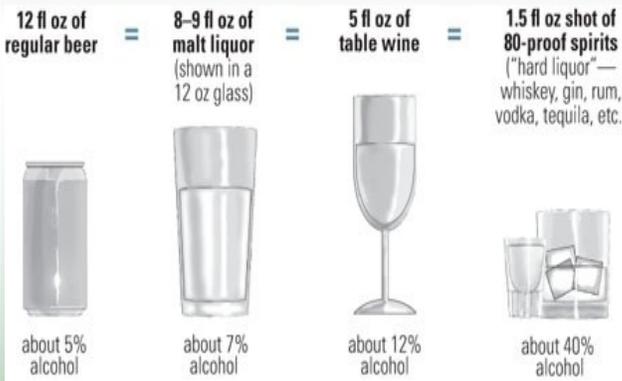
CLICK [HERE](#)



ARMY SAFE IS ARMY STRONG



A Little Goes a Long Way: Know the Amounts



Knowing how much alcohol constitutes a "standard" drink can help you determine how much you are drinking and understand the risks. One standard drink contains about 0.6 fluid ounces or 14 grams of pure alcohol. In more familiar terms, the following amounts constitute one standard drink:

- 12 fluid ounces of beer (about 5% alcohol)
- 8 to 9 fluid ounces of malt liquor (about 7% alcohol)
- 5 fluid ounces of table wine (about 12% alcohol)
- 1.5 fluid ounces of hard liquor (about 40% alcohol)

Research demonstrates "low-risk" drinking levels for men are no more than 4 drinks on any single day AND no more than 14 drinks per week. For women, "low-risk" drinking levels are no more than three drinks on any single day AND no more than seven drinks per week. To stay low-risk, you must keep within both the single-day and weekly limits.

Even within these limits, you can have problems if you drink too quickly, have health conditions, or are over age 65. Older adults should have no more than three drinks on any day and no more than seven drinks per week.

Based on your health and how alcohol affects you, you may need to drink less or not at all. People who should abstain from alcohol completely include those who:

- Plan to drive a vehicle or operate machinery
- Are pregnant or trying to become pregnant
- Take medications that interact with alcohol
- Have a medical condition that alcohol can aggravate

What happens if I have way too much?

- Alcohol depresses nerves that control involuntary actions such as breathing and the gag reflex (which prevents choking). A fatal dose of alcohol will eventually stop these functions.
- It is common for someone who drank excessive alcohol to vomit since alcohol is an irritant to the stomach. There is then the danger of choking on vomit, which could cause death by asphyxiation in a person who is not conscious because of intoxication.
- You should also know that a person's blood alcohol concentration (BAC) can continue to rise even while he or she is passed out. Even after a person stops drinking, alcohol in the stomach and intestine continues to enter the bloodstream and circulate throughout the body. It is dangerous to assume the person will be fine by sleeping it off.

CRITICAL SIGNS AND SYMPTOMS

- Mental confusion, stupor, coma, or person cannot be roused.
- Vomiting.
- Seizures.
- Slow breathing (fewer than eight breaths per minute).
- Irregular breathing (10 seconds or more between breaths).
- Hypothermia (low body temperature), bluish skin color, paleness.

WHAT TO DO

- Know the danger signals.
- Do not wait for all symptoms to be present. ["Don't be that Guy"](#) Click to discover a cool website.
- Be aware that a person who has passed out may die.
- If there is any suspicion of an alcohol overdose, call 911 for help. Don't try to guess the level of drunkenness.



The Kidd Gets Caught



EAST HAMPTON, N.Y. — Jason Kidd, the Knicks' new point guard, declined tests to see how much alcohol he had drunk after his sport utility vehicle

plowed into a utility pole in a residential neighborhood in the East End of Long Island early Sunday, the Southampton police said. Kidd is to appear in court on Sept. 12 on a charge of driving while intoxicated. He has pleaded not guilty. Kidd was also charged with failure to stop and refusing a breathalyzer at the scene of the crash. His lawyer, Edward D. Burke Jr., characterized those as "traffic violations." Kidd also declined a blood alcohol test later at Southampton Hospital, where he was treated for minor injuries. "I had a few drinks," Kidd, 39, told the police as he left his vehicle, according to paperwork prepared by the Southampton police for prosecutors. "I was going home from a club. I don't know what happened." The utility pole was sheared off at its base, and two trees were down in Water Mill, according to workers cleaning the site on Monday. Before the crash, Kidd had been at a benefit at the home of William Nuti, the NCR chief executive, honoring the film director George Lucas, Burke said. After his release from the hospital, he was jailed at the Southampton Town Police Department until his arraignment at 9 a.m. on Sunday, Southampton Police Chief William Wilson said. "He was cooperative," Wilson said. "He was processed through like anyone else." Police officers at the accident scene described Kidd as having "a strong smell of alcoholic beverage on breath," and "very unsteady afoot, watery, glassy red eyes, slurred speech," according to the police report. Stacey Richman, a Manhattan lawyer whose clients have included the rappers Lil Wayne and Ja Rule, said refusing a breathalyzer at the scene of an accident was less serious than refusing it at the station house, where it would result in an automatic suspension of one's license.



AUGUST 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Well-Being Center, ASAP 3415 Miner Rd Tues 1800-2000 Weds 1900				1	2	3	4
5	6	 Gambler's Anonymous	 Alcoholics Anonymous UPL Recert 0830-1600	9	10	Back to School Bash (1300-Bethlehem Baptist Church)	
ADAPT (WBC,ASAP 0830-1630)				Lawton Rangers Rodeo (LO Range Arena)			
12	13	 Gambler's Anonymous	 Alcoholics Anonymous Brad Paisley Concert!!	16	First Day of Lawton Public Schools WFD Symposium	Back to School Jam (McMahon Auditorium) Battle of the Bands (Great Plains Coliseum- 1900)	
Unit Prevention Leader Training (Well-Being Center, ASAP 0800-1600)							
19	20	 Gambler's Anonymous BPL Meeting 1000, WBC	 Alcoholics Anonymous	23	24	Theme and Variations Concert (2000- McMahon Auditorium) CWBO MEETING	
				All Army Softball Trials/Armed Forces Softball Tournament (Softball Fields)			
26	27	 Gambler's Anonymous Army Soldier Show	 Alcoholics Anonymous	29	30	Supervisory Training (WBC, 1330)	
All Army Softball Trials/Armed Forces Softball Tournament (Softball Fields)							

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Click to visit our ASAP Website



the Cannoneer Online

sill-www.army.mil/cannoneer



US ARMY GARRISON FORT SILL



MISSION
To provide Soldiers, Civilians, Retirees and their Families with a secure installation, consistent and efficient services, and quality facilities and infrastructure .

VISION
With current fiscal reality, to maintain our quality services and infrastructure across the installation. To maximize available resources and to foster positive relationships with those living and working on Fort Sill as well as with our surrounding communities.

For more community events, activities, and trainings, check out the MWR and ACS websites: (click on logos)





Life focus



SUICIDE PREVENTION PROGRAM COORDINATOR (SPPM) ROBERT DODRILL

Tips for a Speedy School Day Morning

If your morning routine usually turns into a scramble to get your family out of the door on time, you may want to consider a makeover to ease your morning rush. Whether you're getting back in the school groove after a long vacation or holiday break, or need to jettison sluggish habits that are putting you and your child at risk of being marked "chronically late" at school and at work, here are some great ideas to speed up your morning routine.

1. Get a timer.

If you have a child who can easily spend fifteen minutes in a shower or take five minutes to put on one sock, try using a timer to get your dawdler on the move. Kids naturally love to make a game out of things. If you challenge him to beat the clock, he'll be less likely to daydream and become distracted while getting ready.



2. Stick to regular morning routines.



Whether you decide that baths before bed or showers in the morning fit better into your grade-schooler's schedule or your child prefers to brush her teeth before getting dressed, keep the order of tasks consistent. Sticking to the same morning routine day after day will speed things up because she will be more likely do what she needs to do without any reminders.

3. Check out the weather forecast the night before.

That way, you can make sure the rain boots and coats and umbrellas are ready by the door if the forecast calls for rain or heavy jackets if the temperatures are supposed to drop.



4. Pack up beforehand.



Have your grade-schooler pack up his backpack the night before. Homework, library books -- anything that needs to be taken to school the next day should be in his bag, ready to go. Designate a spot near the door for bags, shoes and jackets.

5. Make lunches ahead of time.

Sandwiches can easily be made the night before. You can also put fruit, string cheese, box of milk or water bottle, or whatever else will be going into the lunch bag together on a shelf in the fridge. That way, you can save precious extra time by not having to look for each item in the morning.



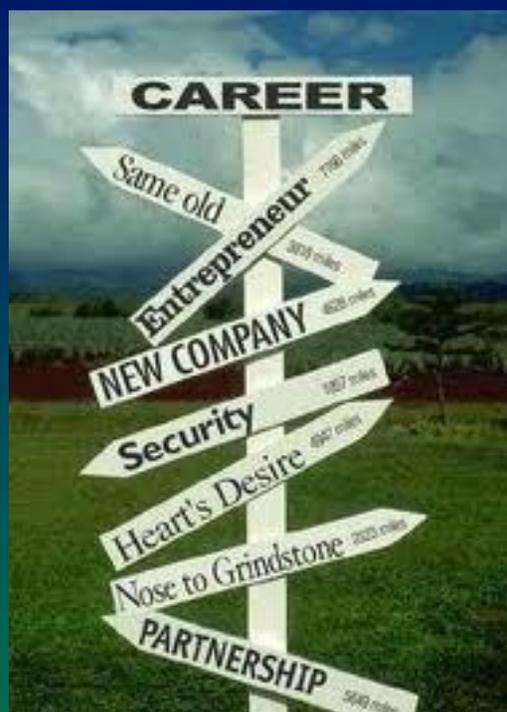
6. Make it a team effort.



If you present the idea of making it out of the door on time as a family project, your grade-schooler is more likely to get enthusiastic about getting on board. On mornings that you make it on time, say, "We are a great team." If you end up late,

avoid placing blame on your child and say, "I know we can do better tomorrow."

Vigilance During Change



Transition times in the Army can be some of the most stressful times for the Soldier and Family which can affect the Soldiers physical/mental health, Family dynamics, mission performance or individual and team readiness. Summer time is an example of one of these transitional time frames when a large number of PCSing occurs. In the Red Book Report, the DoD identified three military life cycle strands and the transitions that occur that tend to be triggers for self-destructive and risky behavior— Unit, Soldier and Family. The unit sources of transitional stress revolve around pre-deployment, deployment and redeployment. If you and your spouse are facing a deployment the easiest way to avoid undue stress is to make sure you plan ahead prior to deploying and take advantage of all your unit and community resources have

Transitions!

to offer. Sit down and figure out what you need to do prior to leaving. Active leader engagement is important early on to work through possible deployment issues. Another source of transitional challenges fall into the category of Soldier career events or strands. Soldiers level stressors range from administrative, disciplinary and occupational events to service-related health issues. Soldier strand is something that will happen during a career in the military from schools, promotions, injuries, accidents, reenlisting, PCS, boards and after duty activities. Again, vigilance and engaged leadership can be instrumental in managing the consequences of these events. Family strand is the last strand. These transitions may involve anything from a Soldier leaving home for the first time, marriages, births, major purchases, financial challenges, and divorces, to name a few. Families experience high levels of stress to include but not limited to repeated moves, separation and or trauma. Preparing yourself and Families for success by taking care of normal issues early on when they arise will help your Family tremendously. In all cases leaders that work to reduce the stigma associated with behavioral healthcare and that promote mental and relational health with the same enthusiasm as they do physical fitness should help Soldiers learn and thrive through the challenges life throws at us.



For more info on how to save lives call me at 580-442-4897/4205

DEAR FRAN



I just returned from my fourth deployment and after spending a month with my family I am ready to go back. My wife has changed, and has changed everything and around our house. I feel like we have less and less in common with each other. The kids treat me like a visitor and can't wait until I leave again. Even the dog that I raised from a pup growls at me now. I feel like a failure as a husband, father and a Soldier. I feel worthless! When I am deployed I look forward to returning home and when I am home I look forward to deploying. I feel trapped don't feel like I belong anywhere!

Signed
Fighting on two fronts

Dear Fighting,
I am glad you wrote to express your feelings about this very common problem experienced by many soldiers, although it is not happening only to soldiers. Any couple that has extended time away from their normal home environment, experiences periods of alienation when they return. Guys who work on oil rigs in the ocean complain of the same dilemma. Belonging is definitely a state of mind. Nothing can make you fit-in or "belong" except your feelings and attitude. Because things are different, does not mean you are not still welcome. Have you taken the time to find out what precipitated these changes? I feel certain it was not your being deployed. Perhaps the changes were the result of your spouse having to do more with less, and she found another way that felt more efficient or safe. There were probably times your spouse felt like a failure. Although you are the one gone, everything has to change around that gap you were forced to leave. When you return, it may be hard to see yourself as a gap-filler: somewhat like pliable putty that must be content to stand and serve as you seep into all the places that need filling. Most men are fixers but they see themselves as "hands-on, attack and conquer" rather than being still and seeing where they should find the most appropriate place for the time. When you feel uncomfortable or awkward, it causes tension in everyone. Even the dog has to begin to feel safe around this new stranger. Everything changes. It's inevitable, and you know it is an unstoppable process. When you do not get help, it can lead to divorce or worse. I would suggest a family meeting where you express how things feel for you. I bet your kids would welcome a chance to talk about how different it is to have you back home, and what changes they like or wish would go back like before you left. Your spouse had to make many decisions alone and may not see that you feel left out now. Habits are hard to make, but easy to change when there is discussion around the problems they are creating. Our Well-Being Center has an EAP which would assist your family with issues if they cannot be solved through discussion. Community Mental Health can help you address issues around your sagging self-esteem. ASAP is here to help you talk through any problems that you have been avoiding by using substances of any kind. We know you are looking for ways to deal with these issues, so give me a call and I will listen and direct you to the best resources to address your feelings before they develop into something that could lead to unhealthy decisions like broken homes, or harming self or someone in your family.

If you have any questions or concerns that you would like Fran to address, please contact Fran through our ASAP Facebook page:



Fran



ASAP Testimonial

"My honeymoon took a toll for the rocks when I realized that me and my wife did not have the same outlook on financial matters. With the resources and marital counseling referral made through the Fort Sill EAP Coordinator, RaShonda Labrador, me and my wife are now financially fit, enjoying each other, and planning for a brighter future for our family!! Thanks to this free and confidential program, my marriage is now thriving.
- Ft. Sill Civilian Employee



What is Mephedrone?



Mephedrone is a synthetic stimulant commonly found in products promoted as plant food (bath salts). A member of the amphetamine and methacathinone family. Mephedrone is related to the khat plant of East Africa and the Middle East. Similar drugs include: Methydone and MCAT. For more information contact Ms. Sandra Jefferson at 442-4447.

What is DMAA?

Sandra Jefferson, DTC



The Department of Defense has put a ban on all products containing DMAA. These products, formerly sold on-base at GNC stores, were pulled off shelves at the beginning of this year. Servicemembers are prohibited from using the supplements pending further testing on their health effects. DMAA is found in many of the popular energy and weight loss supplements such as Jack3d or OxyElite Pro. These pre-workout and thermogenic supplements increase metabolism, heart rate, blood pressure and the body's heat production. **Sudden death cases have been reported involving DMAA users.**

Click [HERE](#) for a list of DMAA

The most common synonyms for DMAA are 1,3-dimethylamylamine, methylhexanamine or MHA; dimethylpentylamine or DMP; 4- methylhexan-2-amine; Metexamium; C7H17N; CAS 105-41-9, Floradrene; Forthan; Fouramin; Pelargonium; Pentylamine; Geranamine; and geranium oil, extract, or stems and leaves.

Drug Testing POC is
Sandy.Jefferson@us.army.mil



Adults Over 50 Often Ignore Prescription Drug Warning Labels



Adults over age 50 often ignore prescription drug labels that highlight key safety information, a new study suggests. The researchers say the labels should be redesigned and placed in a more prominent place to prevent dangerous medication errors. The warning labels include instructions such as, "Do not drive while taking this medication," or "Avoid smoking while taking this

drug," the [Los Angeles Times](#) reports. The study, published in the journal [PLoS One](#), found participants over age 50 were much less likely to pay attention to the warning labels than those ages 20 to 29. The researchers tracked participants' eye movements while they looked at prescription vials with warning labels affixed to them, and later tested what they remembered about the labels. They discovered younger participants scanned the labels more actively, while older ones looked at the labels with a more fixed gaze.

The article notes that the findings are particularly significant because older adults often take more medications than younger ones, which puts them at greater risk of making drug errors. Older participants were less likely to recall the warning labels, usually because they had not noticed them in the first place, the article notes. When they noticed the labels, they were as likely as younger participants to recall them. There are no federal standards that regulate prescription warning labels. The researchers recommend that since all study participants looked at the large white pharmacy labels, warnings could be more effective if they were featured prominently in the white space, instead of a separate location on the label.

TEAM SILL SPOTLIGHT



ILT Christopher Knight
75 FIB, I-17 FAR

- What is your favorite phrase?**
Svetlozara Denkova
- What is your least favorite word?**
Band-Aid
- What turns you on?**
Music.
- What turns you off?**
Close Mindedness
- What sound or noise do you love?**
Electric Guitar
- What sound or noise do you hate?**
Accordion
- What profession other than your own would you like to attempt?**
Law Enforcement
- What profession would you not like to do?**
Sales
- Who do you admire the most and why?**
The President
- What is your ideal vacation?**
Dewey Beach, Delaware



Sunset at Dewey Beach

BRAINTEASER

PENNIES:
Mary had a coin purse with fifty coins, totaling exactly \$1.00. Unfortunately, while counting her change, she dropped one coin. What is the probability that it was a penny?
(Answer in next month's issue)

Last month's Brainteaser and Answer:

The milkman filled the three gallon jug, and then emptied the contents into the five gallon jug. He then filled the three gallon jug *again*, and continued to fill the five gallon jug until it was full. The milk remaining in the three gallon jug was precisely one gallon.



TEAM SILL TALK BACK

"What do you enjoy most about being a Soldier?"

"PowerPoint presentations"
- SFC David Richardson, FCOE



"I enjoy being in the position to be the example. To train Soldiers to standard and teach them from my personal experience."
- SSG Jeremy Coleman, B-2-6 ADA

"The thing I enjoy most about being a Soldier is giving and doing PT. The Army pays me to be sexy."
- SSG Tana Baker, A-3 ADA



"Training other Soldiers for the fight. Knowing that I have trained a Soldier to the best of my ability. Knowing that they would do the same for the next troop. Knowing that I am a part of American History."
- SFC Zennie Peterson, III

EAP FUNNY CORNER

Summertime has always held special and sometimes painful memories. Especially when you add water to the mix!. **PLEASE CLICK PICTURE OR [HERE](#) FOR LINK TO THIS MONTH'S FUNNY CORNER!**



Wellness Window

Fitness Programs: 7 Tips for Staying Motivated



1. **Set Goals**
2. **Make it Fun**
3. **Make physical activity part of your daily routine**
4. **Put it on paper**
5. **Join forces with friends, neighbors, or others**
6. **Reward yourself**
7. **Be flexible**

Source: mayoclinic.com

IMCOM WELLNESS and DOD WELLNESS

Cooking Excellence

LET'S SPICE UP THAT BACK-TO-SCHOOL LUNCH BOX WITH MINI PIZZAS!!



Ingredients

- 2 tubes (7-1/2 ounces each) refrigerated buttermilk biscuits
- 1 can (8 ounces) tomato sauce
- 1-1/2 teaspoons dried minced onion
- 1 teaspoon dried oregano

- 1 teaspoon dried basil
- 1/8 teaspoon garlic powder
- 2 cups (8 ounces) shredded part-skim mozzarella cheese

Directions

- Roll or pat biscuits into 2-1/2 in. circles. Place on greased baking sheets. In a small bowl, combine the tomato sauce, onion, oregano, basil and garlic powder; spread over the biscuits. Sprinkle with cheese. Bake at 400° for 8-10 minutes or until edges are lightly browned. **Yield:** 20 mini pizzas.



Reference: Taste of Home

PEACEFUL PLAZA: Healing for Transformation



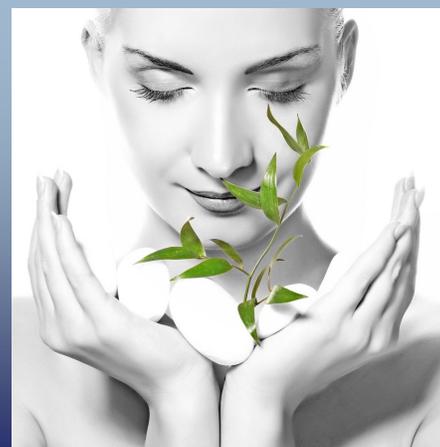
"The layers of emotion in the soul memory and the etheric body are like layers of an onion that need to be peeled away in order to raise our consciousness."

We are like onions, layer after layer of present and past-life emotional debris (stuck energy) which stops us from raising our vibration and moving forward spiritually. These emotional conditions are the underlying cause of most psychological disease, physical disease, and physical pain. While relieving these symptoms is important in itself, it is essential to eliminate the causes of these conditions — to peel layers from the soul memory and the etheric body — in order to facilitate spiritual growth.

To put it simply, we reincarnate on the earth plane to learn to detach from these old, destructive energies. Like peeling the layers of an onion, this enables spiritual transformation, allowing us to move toward becoming masters of our own lives and to live more fully in the present moment with joy and peace — truly a state of heaven on earth.

It's All About the Energy!

Click [TRANSFORMATION](#) for a relaxing Guided Imagery segment.





By Jay Khalifeh

legal environment they suddenly found themselves in. A proud airline once existed called Pan American World Airways, PanAm, for short, that did not anticipate or react to increasing transatlantic competition after Word War II. They were consequently forced to declare bankruptcy in 1991. A Schwinn bicycle was all the rage in my neighborhood growing up, and Schwinn at one time practically monopolized the world's bicycle market. However, they did not keep up with technological advances in manufacturing and responded inadequately to labor strife and increasingly stiff competition from lower-cost, Asian competitors. This resulted in declining market share and eventual bankruptcy. More recently, some may recall the venerated Blockbuster Inc., a provider of home video and video game rental services, that originally sold solely through video rental shops. At its peak in 2009, Blockbuster had up to 60,000

employees, however, because of poor strategic planning, as well as, competition from other video rental companies such as Netflix, Blockbuster lost significant revenue. Netflix and others realized what Blockbuster realized only too late that the public wanted DVD-by-mail and streaming video on demand. The company filed for bankruptcy in September 2010.



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Moving with the Cheese

A long dead syndicated columnist once said of our love-hate relationship with change; "Our dilemma is that we hate change and love it at the same time; what we really want is for things to remain the same but get better." A look back at the U.S. economy demonstrates that firms that thrived had one thing in common...the ability and willingness to adjust to the economic, social, technological, political, and/or

In 1998, Spencer Johnson built a cottage industry on change management around his parable, "Who Moved My Cheese?" At its base it is a motivational story describing our four typical reactions to the stress of change imposed on us. "Who Moved My Cheese?", features four characters: two mice, "Sniff" and "Scurry," and two miniature people, "Hem" and "Haw." They go through their daily lives in a maze looking for cheese. The cheese represents happiness and success. This unlikely group finally come across an abundance of cheese. The mice and the men feed on the cheese and develop routines around their new found cheese. One day Sniff and Scurry take note of a dwindling cheese supply and prepare for the eventuality of searching for more, leaving behind what little cheese was left. Hem and Haw are angered and annoyed at the lack of cheese which inspires Hem to shout the now immortal words, "Who moved my cheese?" The humans have unrealistically counted on the cheese supply to be unending. Their arrogance and attitude of entitlement left them unprepared for this eventuality. Finally, Haw decides to search for new cheese. But Hem maintains an angry and victimized mindset and does not budge. Meanwhile, Sniff and Scurry have found a new source of cheese. Hem and Haw blame each other for their problem. Hoping to change, Haw again proposes a search for new cheese. However, Hem is comforted by his old routine and is frightened about the unknown. He knocks the idea again. After a while of being in denial, the humans remain without cheese. One day, having discovered his debilitating fears, Haw finally goes in search of the cheese but not before chiseling "If You Do Not Change, You Can Become Extinct" on the wall.. The parable can be summed up this way: Change Happens—They Keep Moving The Cheese, Anticipate Change—Get Ready For The Cheese To Move, Monitor Change- Smell The Cheese Often So You Know When It Is Getting Old, Adapt To Change Quickly—The Quicker You Let Go Of Old Cheese, The Sooner You Can Enjoy New Cheese, Change—Move With The Cheese Enjoy Change! Savor The Adventure And Enjoy The Taste Of New Cheese!, Be Ready To Change Quickly And Enjoy It Again



The one thing that today's economic powerhouses-the Apples, Microsofts and Googles, do consistently well is evolve and innovate. Their strategic focus and their ability to monitor and maintain a competitive fit with their environment makes them attractive to investors that generously bet on their continued success. Which provides these companies with the capital to keep innovating allowing for further success. As the saying goes, nothing succeeds like success.

"Success seems to be connected with action. Successful men keep moving. They make mistakes, but they don't quit." - Conrad Hilton, founder of Hilton Hotels

USAG Ft. Sill to Hold First Annual WFD Symposium

Mark your calendars: US Army Garrison Fort Sill will hold its 1st annual Workforce Development Symposium, on August 17, 0900-1630.

Yes, we do listen. Our last workforce engagement survey asked Garrison employees if they felt that someone at work encourages their development and if, in the last year, they had the opportunity to grow and develop. Your responses showed that workforce development for our Garrison employees is an area we need to improve on. We understand that not everybody may want to develop but we want to make sure that everybody has the opportunity to. Money is tight, but there is a multitude of training and development opportunities available to you that is either centrally funded, available locally, or online, and doesn't cost your organization a dime. To make sure all Fort Sill Garrison employees and their supervisors are aware of what's available we have put together a USAG Fort Sill training fair. The Garrison Commander's opening remarks and a Civilian Education System overview provided by the Army Management Staff college are scheduled on 10 August from 0900-1030 in the Patriot Club Ballroom.

This will be the place of duty for all non-mission critical Garrison employees. Starting at 1100, the event will move to the education center, with various breakout sessions and information booths. USAG Fort Sill employees are given up to 2 hours to attend sessions of interest or just browse the various information tables. Subjects to be discussed include civilian workforce transformation, internship, fellowship and mentorship programs, Career programs and ACTEDS funding for your college education, the IMCOM Academy and MWR Academy, climbing the corporate ladder, team sill leadership academy, as well as, courses that are available to DA civilians that are offered by the GRTC, ACS, and ASAP. We will be sending out more information and a schedule for the day to all Garrison employees by e-mail as we get closer to the event date.



Central Texas College

13 Aug-8 October:

M-F	11:40-12:40	Principles of Management Composition II US History I
M/W	5:00-7:30 p.m.	Music Appreciation Fundamentals of Writing II Human Relations
T/TR	5:00-7:30 p.m.	College Algebra (5:00-8:30 p.m.) Business Principles Introductory Algebra Correctional Systems and Practices (5:00-8:00p.m.)
Sat	0900 A.M.-2:00 p.m.	Introduction to Computing Composition I Western Civilization II Psychology of Personality Public Speaking

Wayland Baptist

Fri 5:30 p.m.-9:40 p.m. Sat 9am-4:30 p.m.

MGMT-*Organizational theory –Hybrid Course meets 20 Aug, 10 Sep. 1 Oct and 22 Oct w/additional coursework on line

HIST-**Studies in 19th Century America-The Civil War

CNSL-**Counseling Theories
**Theories & Techniques in Marital & Family Counseling

**Classes meet Aug 19-20, Sep 9-10, Sep 30-Oct1, Oct 21-22

Columbia College

Fall I Term (13 August – 6 October 2012):
All classes held from 5:00 p.m. – 10:00 p.m.

Monday	MGMT 461	Human Resource Development
Tuesday	MATH 150	College Algebra
Wednesday	MGMT 339	Cross-Cultural Management
Thursday	ECON 294	Microeconomics
	CISS 170	Introduction to Computer Information Systems

Cameron University

Aug-15-Dec 15:

M-F	11:40-12:40 p.m.	Abnormal Psychology	Oct 11-Dec 15
M/W	5:00-7:30 p.m.	American Federal Govt	Aug 15– Oct 10
	15 (5:00-8:30 p.m.)	College Algebra	Oct 11-Dec 15
T/TR	5:30-8:15 p.m.	English Comp I	Aug 15-Oct 10
		English Comp II	Oct 11-Dec 15
		Fundamentals of Speech	Aug 15-Oct 10
		General Psychology	Aug 15-Oct 10
		Intermediate Algebra	Aug 15-Oct 10
		American Federal Gov	Aug 15-Oct 10
		Beginning Chinese (Mandarin)	Oct 11-Dec 15
		Criminal Procedures	Oct 11-Dec 15
		Fundamentals of Speech	Oct 11-Dec 15
		Org and White Collar Crime	Aug 15-Oct 10
		US History to 1865	Aug 15-Oct 10
		Composition I	Aug 15-Oct 10
		Western Civilization II	Aug 15-Oct 10
		Psychology of Personality	Aug 15-Oct 10
		Public Speaking	Aug 15-Oct 10

Upper Iowa University

Aug-27-Oct 21

MW	5:00-7:15 p.m.	English Composition TI
	7:30-9:45 p.m.	General Psychology
TR	5:00-7:15 p.m.	Accounting Principles I
	7:30-9:45 p.m.	American Civilization II
R	5:00-10:00 p.m.	International Management (Goodyear)

Oklahoma University

August 3-5 & 10-12

IAS 5940-106-13	Afghanistan in Conflict, MAJ Barnes
ECON 5633-104-13	International Economics – Finance, Dr. Zhen Zhu

Team Sill Leadership Academy

* open and free to Military and DA Civilians

August 6-9

0900-1215 (M-F) **Managerial Planning** Class ID# 8718
1230-1630 (M-F) **Styles of Leadership** Class ID# 8719

August 13-17

0900-1215 (M-F) **Professional Values** Class ID# 8720
1230-1630 (M-F) **Microsoft Power Point** Class ID# 8721

August 20-24

0900-1215 (M-F) **Basic Keyboarding** Class ID# 8722
1230-1630 (M-F) **Introduction to Microsoft Word** Class ID# 8721

August 27-31

0900-1215 (M-F) **Effective Military Writing I** Class ID# 8722
1230-1630 (M-TH) **Professional Ethics** Class ID# 8723

Webster University

6:00-10:00 p.m.

Applied Bus Statistics	R	Aug 13– Oct 12
Current Econ Analysis	T	
Info Tech Mgt	T	
Tng and Development	M	
Org Dev and Change	R	
Org, Behavior		



The Six Ps of Car Buying: Proper Prior Planning Prevents Poor Purchases

By CPT Eric M. Liddick, Fort Sill Legal Assistance Attorney



Consumers often rush into purchases (hence, “buyer’s remorse”). Such ill-informed purchases can lead to, among others, long-term financial consequences, stress, marital difficulties, and job loss. Accordingly, the decision to purchase a car – new or used – should be one made after great delibera-

tion, thorough research, and proper prior planning. This article should help shape that planning process.

Determine affordability. The vehicle’s price might be the most important component, but you should not stop there. Affordability includes more than the selling price; it includes, for example, the average cost of gas and the vehicle’s gas mileage, insurance costs, and maintenance. Although you may be able to afford the vehicle itself, these other expenses may exceed your budget, creating future difficulties. Take time to research and make appropriate calculations in planning your budget.

Research the vehicle’s history. With the wealth of information available today, it makes little sense to make uninformed purchases. Services like carfax.com make researching a vehicle’s history a matter of a few clicks and can help you avoid serious pitfalls. For example, you might learn how many owners have owned the vehicle, whether the vehicle has undergone regular maintenance, whether the vehicle has been involved in accidents. This information is beneficial to completing the overall picture of the vehicle, as well as giving you additional leverage in negotiations. While you must pay for these reports, the minimal fee will be worth the cost should you discover major concerns.

Investigate the vehicle’s condition. Many defects or mechanical problems in older cars cannot be discovered by an untrained eye. Arrange to have the vehicle inspected by an independent mechanic whom you trust. Again, the cost is worth the peace of mind. If the mechanic discovers problems or future maintenance items, this information may help reevaluate the purchase or serve as leverage in negotiations.

Shop around for pricing. Informed consumers do not buy on-the-spot when a better deal might be had elsewhere. Dealers and lenders compete for your business. Never forget that truism. Make them work for your money. For pricing, notate the vehicle’s information (e.g., mileage, features, year, make, model), obtain a price quote in writing, and leave the dealership.



Shop around for credit.

Lenders also compete for your business. Both lenders and dealers want to finance your purchase (in fact, dealers make most of their profit from financing and options, not the sale of the car itself). Accordingly, obtain rate quotes from various lenders, including the dealer, and ask for a copy of the Truth-in-Lending disclosure statement, which by federal law must be provided before you sign a financing agreement. These statements provide you with a systematic method for comparing different lenders’ financing offers. You want the one that causes you to pay the least amount over the loan term. You should also pull a copy of your credit report (a good practice anyway), as your credit history and credit score will be an important factor to lenders making credit offers.



Anticipate sales strategies. Marketing and sales strategies focus on human psychology and the most effective methods for closing deals. Although entirely legitimate, consumers must be cognizant of and able to recognize how these sales strategies affect their psyches. Prepare for sales strategies in advance. Doing so allows you to recognize the strategy and defeat it through mental willpower. In fact, when purchasing a car, often the best approach is to negotiate important details over the phone. If the dealer or seller refuses to negotiate over the phone, then you can take your business elsewhere. The key is to place yourself in a position where you are able to overcome psychological factors and make sound financial decisions. And, remember, if the dealer does negotiate with you over the phone, notate the quote and the name of the person with whom you spoke. Otherwise you will have nothing more than an oral promise.

These points should begin, but by no means end, your pre-purchase research. Indeed, your individual circumstances may dictate other considerations. The purchase of that new (or used) car can be an exhilarating experience.

Proper preparation up-front will help to ensure that the experience does not become a nightmare. For further assistance, visit the Fort Sill Legal Assistance Office located on the 4th Floor of the Welcome Center, Building 4700 Mow-Way Road.

A COUPONING TIP YOU CAN CLIP! HOW TO SAVE ON COUPON INSERTS



- Call your local newspaper and ask for the best deal
- Try buying the Sunday newspaper at Dollar Stores

- Ask your friends, family members and co-workers for coupon inserts they don’t use
 - Swap coupons with family and friends
 - Check your local library for coupon swap programs
 - Use your store rewards to buy newspapers
 - Look for online deals for newspapers that include coupon inserts
- Ask stores if they throw away newspapers that don’t get purchased

Workplace Etiquette 101: Dressing for success

Wear appropriate office attire, for example correct footwear, not thongs (flip flops) - they are strictly casual or beachwear. No exposed midriff to display tattoos and body piercing.

TSP Goes Roth

The Army Benefits Center-Civilian (ABC-C) has just announced that Army employees are now able to make contributions to the Roth TSP by logging into the Employee Benefits Information System (EBIS) through the ABC-C website www.abc.army.mil or by calling the automated telephone system at 877-276-9287.



Information on the TSP Roth option is available on the TSP website at <http://www.tsp.gov>.

The “Character” Couch:

Flexible
Able to bend without breaking



EAP INSPIRATION STATION: SOUL WELLNESS

Excerpt from Joel Osteen's, "Becoming a Better You"



We also pray that you will be strengthened with all his glorious power so you will have all the endurance and patience you need. May you be filled with joy.

Colossians 1:11

HAVE YOU EVER NOTICED that it is in the difficult times that we grow stronger? That's when we are being stretched. That's when God is developing our character and preparing us for promotion.

We may not like it; stretching can sometimes be uncomfortable. But if we can keep the right attitude, we will come out better than we were before.

The key to passing the test is to remain in peace, at rest. When you're in peace, you have power. When you're at rest, God can fight your battles for you. Many people wear themselves out, frustrated because they don't have the job they want, upset because a child won't do right, worried over a health problem. No, turn all that over to God and be willing to go through tough times with a good attitude.

In Colossians, chapter 1, Paul prayed that the people would have the strength to endure whatever came their way. Think about that. The great apostle Paul didn't pray that God would remove every difficulty. He didn't pray that God would deliver them instantly. He prayed that they'd have the strength to go through it.

Sometimes we pray, "God, you've got to get me out of this situation today. I can't stand it any longer. If it goes on another week, I'm not going to make it." But a better way to pray, "Father, please give me the strength to go through this with a good attitude. Help me to keep my joy. Help me to keep my peace." Our circumstances are not going to change until we change.

But you may say, "It is so difficult. I have a serious health problem. And I have this situation at work..." No, you have the power of the Most High God on the inside of you. You can withstand anything that comes your way. You are more than a conqueror, a victor and not a victim. Sure, we'd all love God to deliver us instantly. Most of the time, though, that's not the way He works. Make a decision to turn the situation over to God, and then stop worrying about it.

Don't allow it to dominate your thoughts and words; instead, move to that place of peace and rest. Even though the situation may be hard, and you may not like it, you are growing.

God has a plan and a purpose for everything. We may not be able to see it right now. But God has promised He will not allow anything to come into our lives unless He can ultimately get some good out of it. This should take all pressure off us. That means if your prayers aren't being answered in the way we want, God must have something better in store. He knows what's best, so you can believe that all things are going to work together for your good. Don't live stressed out when the pressure times come.

Determine in your heart and mind, I'm not going to be depressed because my business hasn't grown as I wanted it to. Or, I refuse to lose heart merely because my child is not doing right. No, I'm going to stay in peace, trusting God, knowing that at the right time, God is going to turn it around and use it to my advantage. That's an incredibly liberating way to live.

You may suffer from stomach problems, headaches, ulcers, and all sorts of other ailments; possibly, you can't sleep well at night because your mind is perpetually rerunning images of you fighting against everything that isn't going your way. You're trying to change things that only God can change. When God is not moving in the situation, either it is not right time, or He is doing His work in you. Center your mind in that place of peace where you can truly say, "All right, Father, not my will but Yours."

When you understand this principle, it makes life so much easier. You won't live frustrated because your plans didn't work out. You don't have to be disappointed for a month because you didn't get the promotion you wanted. You don't have to get upset because somebody is being unfair to you. You know that God is in control and has you exactly where He wants you. As long as you keep trusting Him, God is going to fight your battles for you. That's what it says in the book of Exodus, chapter 14. "If you will remain at rest and hold your peace, then the battle is not yours, but the battle is the LORD's."

Consider this: God wants you to remain at rest, to keep your peace of mind. As long as we're upset, frustrated, and all bent out of shape, God will back away and wait. To show God that we are trusting Him, we must stay in peace; keep a smile on your face; have a good attitude day in and day out. When you are consistent, when you're stable, and when you're not moved by your circumstances, you are proclaiming, "I believe that God is in complete control of my life."



Today's Prayer to Become a Better You

Father, I'm placing my difficult circumstances in Your hands. I'm going to stay in peace, trusting You, knowing that at the right time, You will turn things around and use them to my advantage.

Today's Thought to Become a Better You

I believe that God is in complete control of my life.



Thomas M. Easterly

A Little About You

have done, really you're not. The many mountains you have conquered? The countless hardships you have weathered through? But all in all you have made it through and that is what counts.

You may have been raised in a well off or poor family. You may have been raised inner city or suburbs. All of that is irrelevant now. We learn from our trials and tribulations. Every day we learn something new. Either we discover it or someone brings to our attention in conversation. Life is a learning experience and that is a good thing. When we look in the mirror we see someone who has been there and done that. Imagine the benefit of sharing experiences with one another. Just discussing an issue aids in the relief of stress about that circumstance. It is our coping skills that get us through hardships and bad days. Just walking outside to get a breath of fresh air replenishes our energy to go back in and reengage in work. This is how we deal with issues on both good and bad days. Our goal at

the end of the day should be to have learned something new and helped someone out. We all possess some kind of wisdom and do not even know it. Whether it was taught, learned, or "you just know it" wisdom is something we should cherish and share with others. You have come a long way in your life and people are proud of you, yes they are! We are here to make a difference and are destined to do a good job at it. This is not just for ourselves but those we connect with everyday. Share your good day with a friend and greet customers with a handshake and smile. Believe me it's contagious and you will love doing it.

We have been discussing Maslow's hierarchy of needs and how they all tie into our lives. I discussed "a bit about myself" last article. For this article I would like to discuss "a bit about your-self". You are probably not aware of all the great things you



We are here to make a difference and are destined to do a good job at it.



ASAP reminds all drivers to watch for kids, and we wish all school children a wonderful school year!



COME VISIT US AT:

Well-Being Center, ASAP

3415 Miner Road
Fort Sill, OK 73503

Phone: 580-442-4205

Fax: 580-442-5704

E-mail: 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/>

YOUR EAP IS READY TO SERVE RaShonda M. Labrador, MS, CEAP
(580)442-4205/6306

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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 proper use of EAP services for improving employee performance and conduct.
- Consultation to management about trends in employee needs, work groups, and related concerns dealing with work/life/wellness support programs.

Sneak Peek: What to Expect Next Month

A CELEBRATION OF LIFE



September is Suicide Prevention Month, and we will address this time of year with a celebration of life! Next month's newsletter will focus on increased positivity to reduce the risk for self-destruction. We will energize the importance of positive self-image, positive goal direction, and positive support systems.

Also, next month will mark Workforce Pride's second birthday!!! It is a month of celebration!! Wow....I can't wait!! 'Til we meet again.....be blessed!



WE WANT YOU TO SHARE YOUR THOUGHTS!!



WE WANT YOUR FEEDBACK!

Please contact us if you HAVE ANY SUGGESTIONS!! Your comments will be greatly appreciated!!!

ANYTHING ELSE YOU WOULD LIKE TO SHARE??

Contact me at 580-442-4205/6306 or at rashonda.labrador@us.army.mil.

I look forward to hearing from you!!

Get on the road...
to solving your problems!!!

Caring, confidential assistance for personal and family problems call

EAP

Employee Assistance Program

(580) 442 - 4205 / 6306

rashonda.labrador@us.army.mil

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