

USAR Family Program Update

Welcome to this month's email of *The Connection-USAR Family Program Update*. This month's topic pertains to being an employee or soldier of the United States Army Reserve and being the family or loved one of that person. LTG James R. Helmly, Chief of the Army Reserve, has directed down through the United States Army Reserve Command (USARC), Regional Readiness Command (RRC), Division, Group, Battalion, Company, and Detachment level commanders to view soldier care and family care as equal parts of unit readiness. For a successful deployment, it is critical that our Army family consists of focused and compassionate civilian employees, mission-ready soldiers and self-reliant families.

Some facts about soldiers and Department of the Army Civilians (DAC) . . .

Since 1976 America's Army has been an all-volunteer Army. That means that a person has made a conscious decision to *choose* to become a member of the United States Army. When they read the oath and sign the contract, they are by free will agreeing to support, defend, and uphold the words that are written. Do you know what the oath states? Do you know that civilian employees also take an oath? The oath deals with values and ethics. It is acceptance of and adherence to the leadership values of Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage.

For those of you who have forgotten or who have never seen the oath of office or enlistment, here they are in black and white. All soldiers (enlisted and officer) and DACs raise their right hand, recite the oath and sign their signature indicating they understand and agree to what's written.

OATH OF OFFICE (OFFICERS AND ARMY CIVILIANS)

"I DO SOLEMNLY SWEAR (OR AFFIRM) THAT I WILL **SUPPORT AND DEFEND THE CONSTITUTION OF THE UNITED STATES** AGAINST ALL ENEMIES, FOREIGN AND DOMESTIC; THAT I WILL BEAR TRUE FAITH AND ALLEGIANCE TO THE SAME; THAT I TAKE THIS OBLIGATION FREELY, WITHOUT ANY MENTAL RESERVATION OR PURPOSE OF EVASION; AND THAT I WILL WELL AND FAITHFULLY DISCHARGE THE DUTIES OF THE OFFICE UPON WHICH I AM ABOUT TO ENTER."

OATH OF ENLISTMENT

"I DO SOLEMNLY SWEAR (OR AFFIRM) THAT I WILL **SUPPORT AND DEFEND THE CONSTITUTION OF THE UNITED STATES** AGAINST ALL ENEMIES, FOREIGN AND DOMESTIC; THAT I WILL BEAR TRUE FAITH AND ALLEGIANCE TO THE SAME; AND THAT I WILL OBEY THE ORDERS OF THE PRESIDENT OF THE UNITED STATES AND THE ORDERS OF THE OFFICERS APPOINTED OVER ME, ACCORDING TO REGULATIONS AND THE UNIFORM CODE OF MILITARY JUSTICE."

What you can do as a family member or loved one supporting your deployed soldier or civilian . . .

You have a lot to handle -- holding down the home front (which means doing it all!), dealing with disappointment and uncertainty to name just a few. You have to be understanding and use the experience as an opportunity to grow and learn more about you.

Do you know that there are no Military Occupational Specialties (MOS) for such things as filling sand bags, kitchen police (KP), or latrine duty? Sometimes soldiers are doing duties unrelated to their MOS. That's part of soldiering -- doing whatever it takes to accomplish the mission. When you're a soldier, you don't always have the luxury to wait for someone else to do it. Being a soldier is more than just being a truck driver, a military police person or postal staff. You're part of the big picture -- the mission!

During military conflict and to be prepared for the unexpected, sometimes soldiers are in theater waiting to do what their MOS entails. Sometimes they are supporting the mission by doing whatever it is that needs to be done -- those jobs that are tedious or mundane, but so important like filling sandbags, KP, or latrine duty.

The strategy of military operations can be perplexing to those of us not wearing the uniform, but a good soldier knows and understands. It's hard to predict what your opponents may be planning and you've got to be ready for anything and prepared to strike at a moment's notice.

They were trained to be soldiers during basic training. They received their MOS during their Advance Individual Training (AIT). They came home and reverted back to Army Reserve status and began drilling one weekend a month and two weeks a year at Annual Training (AT). Did you know, on drill weekends, an Army Reserve soldier gets four days of pay for two days of duty?

With our current conflict, the President of the United States has determined there is a need for certain MOSs. Based on these needs, certain Reserve units and/or soldiers have been mobilized to Active Duty to fill these requirements.

The stresses of deployment can be tough! If you are having difficulty coping, here are some suggestions you can take to reduce those stresses*:

- Develop individual and family goals. Use them to develop/maintain family routines.
- Accept the lack of control over deployment events.
- Concentrate on what you can control – today, yourself, your family, your job, etc.
- Become or remain active: get a job, volunteer, or take up a hobby.
- Seek relevant information about the mission, the Army, and helping agencies.
- Seek social support from friends, relatives, Family Readiness Groups (FRG), and the families of other deployed soldiers.
- Communicate with the soldier and open channels of communication within your own family.
- Check out rumors and don't believe everything you hear.

*(Taken from material published by the United States Army Research Institute for the Behavioral and Social Sciences; Bell, 1991).

Army Reserve families can cope with deployments!

However, if you do need assistance, contact your local Family Program Office or the Army One Source, which is a 24/7 toll free telephone number for information and referral service for soldiers, deployed civilians and their families.

From the United States callers can dial 1.800.464.8107. From outside the United States dial the appropriate access code to reach a U. S. number and then 1.800.464.81077 – all 11 digits must be dialed. Hearing impaired callers should use 1.800.364.9188, and Spanish speakers can dial 1.888.732.9020.



United States Army Reserve Command, Deputy, Chief of Staff, G-1, ATTN: AFRC-PRF, 1401 Deshler Street, SW, Fort McPherson, GA 30330, 800.226.4219, extension 253. Articles are for information only and do not reflect endorsement of referenced sites, products, or services contained therein.