The GREYWOLF Howl

Vol. III, Issue I | 3rd Brigade Combat Team's Monthly Newsletter | February, 2012

GREYWOLF prepares for Ranger School with brigade-led course

Sgt. Sharla Lewis
3rd BCT PAO

Photos by Sgt. Sharla Lewis

Ranger School hopefuls participate in a six mile road march Feb. 15, 2012 at Fort Hood. The brigade is holding it's first pre-Ranger School course this year after their recent return from southern Iraq. Below, Pfc. Tony Galas and Pfc. Jason Brower, both with brigade headquarters, stretch.

Soldiers with 3rd Brigade Combat Team, 1st Cavalry Division are participating in a pre-Ranger School course at Fort Hood.

The course is now a requirement to attend Ranger School, and the brigade held several iterations of the course in 2010, but this is the first since their recent return from southern Iraq.

Feb. 15, the morning of their first major exercise, a six-mile road march, candidates arrived with their rucksacks and waited in line for instructors to weigh their bags.

"Rangers," one instructor said over the murmur of the group, "you want your rucksack to sit high and tight against your back and if your boots are loose even a little bit, now is the time to tighten them up."

The air was dense with fog and excitement as troopers stretched and made last minute adjustments to their rucksacks. Reflective belts and chemical light sticks lit the group as they donned their gear and formed two lines.

On command, they faced to the right and then, they were gone. A voice in the cluster said, "Oh man, this is infantry fast," then disappeared as if speaking the words was a waste of energy.

After the first mile or so, the energy in the group was high and the group was clustered around the pace setter.

Mud began to collect on the soles of their boots and the thick Texas air mixed with sweat soaked their uniforms. As the route progressed and the men reached the halfway mark, the group began to spread as the pace slowed and some fell back.

Slowly, the sun rose and the dew on the grass dried as the Ranger hopefuls neared the final mile of dirt road toward their finish. More than a mile stretched between the handful of Soldiers still at the lead and the instructor tailing the stragglers at the end.

With eyes fixated on the boots of the trooper in front of them, mouths agape and sweat flowing (cont. pg. 2)

In This Issue: ***Adopt-a-School - pg. 2; Military Ball - pg. 7; III Corps Combatives - pg. 8***

Taskings assistant proves every Soldier's worth

1st Lt. Richard Vogt
3-8 Cav. Regt.

Spc. Steven Phillip Tunink, is an Infantryman by trade, but his weapon of choice isn't a rifle. Tunink wields influence through a keyboard as he helps assemble orders that flow from higher headquarters down to the individual companies. And, in doing so, he performs a critical command-and-control task that the U.S. Army relies on.

"I may not be the most important cog in the machine, but I am still a necessary one," said Tunink a native of Mobile, Ala., in his usual humble manner as he acknowledged the importance of his role, admitting that the entire battalion benefits from his job.

Photo by Staff Sgt. John Talley

Spc. Steven Tunink, an Infantryman from Mobile, Ala., assigned to Headquarters and Headquarters Company, 3rd Battalion, 8th Cavalry Regiment, 3rd Brigade Combat Team, 1st Cavalry Division as a Taskings Assistant, relies on his college degree in video game art, as well as his IT experience, to complete the daily requirements of his job. Turnink recently redeployed from Iraq with the brigade.

Tunink is assigned to Headquarters and Headquarters Company, 3rd Battalion, 8th Cavalry Regiment, 3rd Brigade Combat Team, 1st Cavalry Division as the operations taskings assistant. He compiles tasks submitted from the brigade to be formatted and distributed down to the company level in a Battalion Fragmentation Order. Once the information is distributed, Tunink tracks the progress and assists in reporting to the brigade on task completion.

"Without proper dissemination of the information that comes from higher levels, subordinate units would be incapable of completing any mission in an effective and timely manner," Tunink said.

The implications are obvious. An Army that cannot accomplish the mission in an effective and timely manner is an Army that doesn't work. And while some of his peers might think that he is not doing something important because he spends time behind a desk, they are mistaken. Every Soldier is important because everyone plays a part in the Army's day-to-day success.

"It has always been a family tradition to join the military since my family came to America in 1890, and after graduating college I decided to continue this tradition by enlisting in active duty," said Tunink.

He's been in the Army for two years, and deployed with the brigade in support of Operation New Dawn, which Tunink calls "the most interesting and life-changing thing I've done for the U.S. Army."

Tunink's goal in the Army is to become a physically, mentally, and professionally stronger individual. His personal goal is to continue his 3-D Art studies by joining the Video Game Design Community. The Video Game Design Community is an art community in Austin, Texas. The group produces art for video games and film. Tunink may spend more time pulling the trigger on a mouse, but in his heart it's an M-4 rifle, and in reality it's just as deadly, if not more so.

(from pg. 1) in rivers down their faces the men picked up pace to complete their first major challenge as Ranger School hopefuls. Fighting the urge to collapse on the ground, instructors initiated an informal stretching session while the first group waited for their classmates to arrive.

The students admitted the road march was difficult.

"It was pretty tough and the pace was really fast," Spc. Geoffrey Bruno, with Company B, 3rd Battalion, 8th Cavalry Regiment said.

As they stretched, instructors provided advice to those with blisters forming.

"They told me to use moleskin and to keep my feet dry. They said the most important thing we can do to protect our feet is to change our socks often and to use foot powder," Bruno said.

Though the students may not have felt it at the time, the instructors said they excelled.

"They did well," Staff Sgt. Elias Yazbeck said. "They all seemed to know how to distribute the weight in their rucksacks and they kept a good pace all the way through."

With nearly a month left of the course, Yazbeck, with Company A, 3rd Bn., 8th Cav. Regt. and an instructor for the course, said events like this one help decide which students show the potential to succeed and which students need more training.

"Land navigation will be challenging and classroom comprehension will drop a few but the 16-mile road march will really separate the men from the boys," he said.

Saber on board with Adopt-a-School Program

Squadron brings unit, black history to Ellison High School

Sgt. Omar Estrada
3rd BCT PAO

The 6th Squadron, 9th Cavalry Regiment's commitment to the Fort Hood community and Black History Month is present in many ways, one of them is through the Adopt-a-School Program.

As part of the program, students at C.E. Ellison High School gathered for an assembly in their auditorium Feb. 8 to learn about the history of the squadron and their Buffalo Soldiers, in remembrance of Black History Month.

The Adopt-a-School Program teams brigade and battalion sized military units with local schools and designates Soldiers to work with principals, teachers and students to perform activities that increase public awareness of the Army's mission and to foster good relations with the local communities and schools.

"This is a very effective program where we have a direct connection with Fort Hood and the particular units that are willing to help us in many different ways," said David Dominguez, the school's principal.

Dominguez met with leadership from the squadron to discuss the needs and wants of the school. Saber Squadron was able to surpass the expectations of the school by incorporating Black History Month into their involvement.

"We thought it would be a fun to talk to students about Buffalo Soldiers and their relation to the 9th Cavalry Regiment as part of the remembrance of Black History Month," said 1st Lt. Stuart White, the fire support officer for the squadron.

Photo by Sgt. Omar Estrada

Students were eager to ask questions about the lessons which correlated Buffalo Soldiers and the 9th Cavalry Regiment as well as personal questions to Lt. Col. Cameron Cantlon, the commander for the squadron.

The Army has monthly observances for several ethnic backgrounds to provide Soldiers the opportunity to learn more about other cultures. Lt. Col. Cameron Cantlon, the squadron's commander, said they decided to talk to the students about military history and to celebrate Black History Month in one fell swoop.

"We want to show the kids how the African-American culture is rooted into our military history and their achievements such as the Buffalo Soldiers and Medal of Honor recipients," he said.

High school faculty admitted that they had the opportunity to learn new things about military history in a new light.

"Today we have this big event where we are learning about the roots of the 9th Cav. Regt. and the connection with the Buffalo Soldiers. Things like that, that we didn't know until we made the connection through the Adopt-a-School unit," said Dominguez.

By the end of the period, students were actively participating by asking questions about the lesson and Cantlon's personal life as a Soldier.

"My dad served for 26 years in the Army, now I want to do my time for my country too by becoming a Soldier in the medical field as soon as I graduate from high school," said a student at the high school.

Saber guides students through mentorship program

1st Lt. Stuart White
6-9 Cav. Regt.

Soldiers from 6th 'Saber' Squadron, 9th Cavalry Regiment, continued its Adopt-A-School program by mentoring students at Ellison High School, Killeen through the Advancement Via Individual Determination (AVID) program Feb. 14, 2012.

The AVID training was a preparatory class designed to prepare the 25 Soldiers who will mentor EHS students in their studies each week until the end of the semester.

"We are striving to use our Adopt-A-School program to create a perpetually stronger tie to the community that serves us and gives our Soldiers the opportunity to teach and learn from students in order to strengthen the unit," said Lt. Col. Cameron Cantlon, 'Saber' Sqdn., commander.

(continued pg. 4)

Photo by 1st Lt. Stuart White

1st Lt. Garett Eggers, discusses the advantages and disadvantages to internet sharing as a part of the AVID (Advancement Via Individual Determination) tutorial program at Ellison High School.

Steel Dragons roll deep with safety conscious riders

1st Lt. Chris Molaro
2-82 FA Regt.

Master Sgt. Jimmy Alexander, a native of Truth or Consequences, N.M., and motorcycle rider with over 29 years of riding experience led fourteen Soldiers from the 'Steel Dragon' 2nd Battalion, 82nd Field Artillery Regiment on a motorcycle mentorship ride Feb. 16 at and near Fort Hood, Texas.

The group included Command Sgt. Maj. David Osborne, and 14 younger Soldiers who all have less than one year experience.

The day was comprised of much more than the scenic ride from Fort Hood north to Gatesville, across the Belton Dam and eventually back to the Steel Dragon's home base. Before the riders took off on the open road, they sat in on a two-hour class led by Alexander with a follow up briefing from Osborne. Among topics discussed were proper maintenance of the bikes, techniques used for safe and effective riding, rules of the road and rules unique to military riders.

Aside from being a quarterly requirement, the ride is a chance for senior and junior riders to build some unit cohesion, find mentors for safer riding, and overall enhance unit safety and readiness.

"I am young, and I am single. After deploying for eleven months, I decided to try something new and treat myself to a motorcycle. I wanted to enjoy something I've never done before, and this class and mentorship ride allows me to do that in the safest way possible," explained Pfc. Grant Jones, a native of Corona, Calif., the youngest and least experienced rider of the group.

There is no question why riders continue to ride and are as passionate about their hobby as they are.

It's the goal of the Steel Dragons as a team, and the need by each individual rider, to become as safe as possible and at the same time enjoy the ride responsibly.

Photo by 1st Lt. Christopher Molaro

Motorcycle riders with 2nd Battalion, 82nd Field Artillery Regiment joined for a day of safety classes and a ride through central Texas.

(continued from pg. 3) The AVID program is designed to take medium to high level students and provide them with the skills they need to apply to and excel in college. AVID is broken up into segments designed to improve students as members of society and help them be more productive. In the program, students participate in community service, cultural awareness classes, lectures, and tutorials. During these tutorials, students discuss academic issues in groups led by mentors such as the Soldiers.

Every week, 'Saber' Soldiers will travel to EHS to mentor students during five of the six freshmen tutorial classes. The objective of the tutorials is not for the Soldiers to teach the students course material, but rather to show students how to solve their own academic problems by applying logical reasoning to academic questions. Soldiers guide the students to solutions so that they are able to learn to find the answers on their own.

"As a lower ranking Soldier, working with high school students gives me the opportunity to exercise my leadership skills, share my life experiences, and act as a role model to younger people," remarked Spc. Melissa Aleman, Headquarters Platoon, Delta Forward Support Company and a native of Elizabeth, N.J.

Time with the students supports the development of relationships between Soldiers and the community that supports them. Students can benefit from Soldier perspectives and leadership, and the Soldiers can benefit from the increased responsibility of shaping young minds.

"I feel more comfortable listening and talking to Soldiers in the classroom because I am not worried about saying the wrong thing; I know they are just trying to help and not trying to boss me around," said Tasia Rembert, a freshmen at EHS and a native of Killeen, Texas.

The addition of 'Saber' Soldiers in the AVID program gives EHS the opportunity to get students into smaller groups, because AVID focuses on small groups for tutorials and encourages students to answer their own questions and work together for solutions.

"Teaching high school students is different than teaching Soldiers, but I think doing one makes me better at the other," said Sgt. Richard Ferrell, an NCO with the maintenance platoon.

Soldiers participating in the AVID mentorship program have come from every educational background: college degree, some college, or high school diploma and benefit from this program by being exposed to different types of leadership challenges. Even if Soldiers are familiar with the content the students are studying, they are encouraged to teach the students to find the answers themselves using their own resources.

Gladiator resets after Operation New Dawn

Battalion strives for excellence with equipment turn-in and Family training

1st Lt. Andre Williams
3rd BSTB

Approximately 180 days before redeploying from their recent tour of Iraq in support of Operation New Dawn, the Soldiers of 3rd Brigade Special Troops Battalion planned diligently for the reset of the battalion, a process that started on Contingency Operating Base Adder, Iraq.

During the initial stages, teams consisting of one commissioned officer and one noncommissioned officer were carefully selected to represent each company in the battalion.

Photo by 1st Lt. Andre Williams

Soldiers from the Headquarters and Headquarters Company inspect and inventory generators received back from the Reset program.

These reset teams were charged with planning, coordinating, and executing the battalion's reset within the parameters of the Army Force Generation (ARFORGEN) model.

"The organization, planning, and coordination of our reset teams made it easy for us to turn-in our equipment for service and repairs," said Spc. Elizabeth Mendoza, the battalion supply specialist. "The process is much easier now than I remembered it to be after my previous deployment."

The ultimate goal of reset is to reverse the effects of combat stress placed on equipment, Soldiers and Families. It is also a time to restore all of the battalion's equipment to optimal conditions. By incorporating new equipment training and mobile training team training for Soldiers while providing strong bonds training for their Families, reset ensures that all Soldiers are capable of operating new or upgraded equipment received and that their Families are willing and able to continue supporting their Soldiers.

To date, the battalion inducted over 100 pieces of equipment in Iraq and is poised to place another 4,200 pieces at Fort Hood, Texas into the reset program. The majority of equipment turned in overseas was power generation and communications equipment.

In order to pass the rigid turn-in standards, all equipment was thoroughly cleaned and documentation for this equipment was completed without errors. Thanks to the outstanding efforts of the reset teams, Department of Defense civilian contractors and especially Soldiers, the 'Gladiators' were able to meet and exceed the requirements without fail.

During this time of a high intensity reset mission, 3BSTB was simultaneously executing a responsible drawdown of forces from Iraq. The Soldiers involved in reset were the same personnel responsible for drawdown. As a testament to their versatility, they were able to successfully complete a large logistical feat and conducted the last convoy out of Iraq flawlessly.

As the 'Gladiator' battalion prepares to turn in the remainder of their equipment for reset at Fort Hood, Texas they will not forget the contributions of their Families. The reset of the 'Gladiator' Soldiers and their Families has already begun, and the Soldiers are highly motivated to complete the mission.

Photo by 1st Lt. Andre Williams

Soldiers of Headquarters and Headquarters Company conduct field level reset on camouflage systems and tent poles at the motor pool.

Photo by 1st Lt. Andre Williams

Soldiers from the Headquarters and Headquarters Company inspect and inventory generators received back from the Reset program.

"Our families are very important and were instrumental to our mission success while deployed. We must do everything in our power to properly incorporate them back into our team." said Chaplain (Capt.) James Souza, the battalion chaplain in charge of the Family training.

The desired end state of our battalion reset is to have combat ready equipment, trained Soldiers, and strong Families. Until this goal is attained, Gladiators will relentlessly pursue excellence.

New retention standard will keep the best; discard the rest

Master Sgt. Robert Madden
Bde. Retention NCOIC

On Feb. 2, 2012, Army Directive 2012-03 (Army Retention Initiatives) was released with changes to the Army retention program with the goal to significantly reduce the force while retaining only those Soldiers with the highest quality and to preserve the high quality of the All Volunteer Force. Commanders in the field will be empowered to reenlist those Soldiers with the right grades and skills to meet the Army requirements.

Beginning March 1, 2012, brigade commanders and above will be given a reenlistment objective and will ensure that only the best qualified Soldiers of those eligible are offered the privilege to reenlist. Brigade commanders and above will deny reenlistment to those Soldiers not deemed best qualified according to guidance from the Army Deputy Chief of Staff, G-1 will publish.

Soldiers who are not qualified for reenlistment or who have an imposed bar to reenlistment do not meet retention eligibility standards and will not be offerd the privilege of reenlisting. The reenlistment qualifications for all Soldiers is outlined in AR 601-280, paragraphs 3-8 and 3-9. In addition to the reenlistment qualifications in AR 601-280 (Army Retention Program), paragraphs 3-8 and 3-9, Soldiers in the grade of staff sergeant and above and not serving on an indefinite reenlistment contract will be considered unqualified for reenlistment if their Official Military Personnel File contains one of the following:

- Relief-for-cause Noncommissioned Officer Evaluation Report (NCOER) (DA FORM 2166-8)
- "No" listed in Part IV (Army Values/Attributes/Skills/Actions) of an NCOER
- A senior rater rating of 4 (fair) or 5 (poor) in Part V-Overall Performance and Potential of an NCOER
- Service School Academic Evaluation Report (DA FORM 1059) indicating a failure in an NCO Education System course.

In addition to reasons in AR 601-280, paragraph 8-4e, commanders will initiate a bar to reenlistment against Soldiers for the following reasons:

- Loss of primary military occupational specialty qualifications due to fault of the Soldier
- Soldier denied Command List Integration for promotion by unit commander
- An incident involving the use of illegal drugs or alcohol within the current enlistment/reenlistment period resulting in officially filed letter of reprimand, a finding of guilty under Article 15, Uniform Code of Military Justice; a civilian criminal conviction; or conviction by court-martial
- Two or more separate proceedings under Article 15, Uniform Code of Military Justice resulting in a finding of guilty by a field grade commander during the Soldier's current enlistment or period of service
- Soldiers absent without leave more than 96 hours during the current enlistment/reenlistment period.

These changes take effect March 1, 2012.

Medical Matters

Capt. Gary Lomack
Bde. Medical Ops Officer

Lt. Col. Ronald Atkinson, the commander of the 85th Combat Stress Clinic detachment has partnered with Col. Douglas Crissman, the commander of 3rd Brigade Combat Team in an effort to provide behavioral health treatment to Soldiers in the brigade, taking behavioral health treatment to the lowest level.

The team consists of four behavioral health technicians. These technicians will be helping 3BCT with behavioral health issues by periodically walking through the battalion footprints, teaching classes and conducting group sessions as needed during the hours of 9:00 a.m. to 4:00 p.m.

GREYWOLF units have also implemented a tracking and validation process in order to provide Soldiers with temporary medical profiles a more timely decision regarding their treatment, medical retention and/or referral to a medical board. Units are convening profile review boards at every level within the brigade in order to determine if a Soldier should be referred to a medical evaluation board, continue on temporary profile or be returned to duty without a profile. Soldiers will continue to receive treatment as required, but if there is a Soldier that has been on profile for an extended period without a disposition, these boards will finalize the decisions on those profiles. These processes will ensure that the Soldiers within the brigade remain fit to fight because a fit Soldier equals a fit Army.

Gladiator celebrates redeployment with military ball

Sgt. Omar Estrada
3rd BCT PAO

The 3rd Brigade Special Troops Battalion celebrated the redeployment of troops from southern Iraq with a military ball Feb. 23 at the civic center in Killeen.

3rd BSTB deployed as part of the GREYWOLF Brigade from Feb. 2011 to Dec. 2011 in support of Operation New Dawn. Troops were assigned to different military posts where the objective was to train their Iraqi counterparts and transfer the authority of the military bases to Iraqi law enforcement officers and military personnel.

While some Soldiers were rebuilding ties with their spouses, others wanted to have the experience of attending a military ball for the first time.

"This is the first military ball that I have attended," said Spc. Derek Hoff, a military police officer assigned to Headquarters and Headquarters Company and a native of Dickinson, Md. "I'm going to join my unit and have a good time, not too many times we have the possibility to gather as a company and share good times."

Soldiers and family members that attended the ball were able to enjoy the festivities with music, dancing and dinner, all in a very elegant and romantic environment which Soldiers utilized to strengthen ties with their loved ones and to build esprit de corps.

"I'm planning on having a new honeymoon after the ball. I am glad to be back after being deployed to Iraq," said Sgt. Derik Williams, a radio systems operator assigned to Co. B, and a native of Shannon, Miss. "My last deployment was to Iraq last year where I missed a couple of family events such as our wedding anniversary, but tonight we are making it up."

Photo by Sgt. Omar Estrada

Mindy Fogelberg, Brandi Weaver, Sgt. 1st Class Chris Weaver and Sgt. Stephen Fogelberg pose for a photo at the Gladiator military ball Feb. 23.

The decorated blue and green uniforms of the Soldiers were complemented by the elegant ball gowns worn by their proud spouses as couples started to gather on the dance floor to the tunes from the guest speaker; country music singer Deryl Dodd.

The mood changed as the music switched from live country to the rhythmic beats of the disc jockey.

The dance floor continued to fill as the Soldiers and spouses of the 'Gladiator' battalion, finally got the opportunity to let their hair down and have some much needed fun after the successful and historic closure of Operation New Dawn.

"I am glad with the outcome of this ball, there was a lot of time spent on this ball for Soldiers and family members to enjoy themselves," said Command Sgt. Maj. Ricky Wallace, "This is the perfect time to socialize and get to know your Soldiers spouse and let them know how we appreciate their support." he added.

Photo by Sgt. Omar Estrada

Command Sgt. Maj. Ricky Wallace shakes the hand of Sgt. Derik Williams at the ball.

Chargers conquer III Corps combatives tournament

Capt. Jeff Orban
1-12 Cav. Regt.

Recently, 21 Soldiers from the 1st Battalion, 12th Cavalry Regiment, 3rd Brigade Combat Team, 1st Cavalry Division competed in the Fort Hood Combatives Tournament held at the Abrams Physical Fitness Center. The 'Charger' team competed against 26 other teams, which included over three hundred Soldiers in the post-wide tournament.

The team prepared for two weeks before competing, working on submissions, takedowns, and sweeps that they would need to succeed in the tournament. For many of the Soldiers, it was the first time entering such a competition, but everyone on the team was eager to learn and further their knowledge in this crucial warrior task.

"The whole experience has been a huge morale booster," said Spc. Patrick Charpentier. "It gave me the opportunity to improve skills that are necessary for my job as an infantryman and have some fun at the same time."

With only a short time to prepare for the tournament , the training was tough. The Soldiers realized that with their hard work and perseverance, their knowledge in the Army's martial art form would expand greatly, providing them with the tools necessary to succeed in the tournament.

"In the two weeks of hard, rigorous training, my knowledge in Army Combatives grew exponentially," said Spc. Kyle Everheart. "I was able to take the moves I learned and implement them in the tournament to produce victories."

The 'Charger' team entered the tournament with the daunting task of competing against brigade sized teams that had practiced for over three months. Despite this obstacle, the fighters used their new found skills and pure heart to overcome their competition.

"Our team only had two weeks to train and lose weight for the competition," said Spc. Timothy Kirk. "Everyone on the team worked hard and fought even harder in the tournament against teams who had been training for months."

The 'Charger' team fought hard throughout the entire tournament, eventually finishing sixth overall out of 27 teams, making 1st Bn., 12th Cav. Regt. the only battalion sized team in the top ten. Three Soldiers even made the finals of the tournament competing in full contact bouts inside the cage. Spc. Ike Mathes finished fourth in the Bantamweight class, 1st Lt. Mike Williams finished second in Welterweight, and Spc. Joshua Bird finished first in the Flyweight division.

The most memorable moment of the tournament was when Bird, off of his back, locked in a very technical triangle choke on his opponent in the championship fight. As his opponent continued to strike him, Bird was persistent in tightening up the choke eventually forcing his opponent to tap out.

"Being on the 1-12 combatives team was fun. The training was rigorous at times but we all pulled through together as a team and we all did a great job in the tournament," says Spc. Stephen Powell.

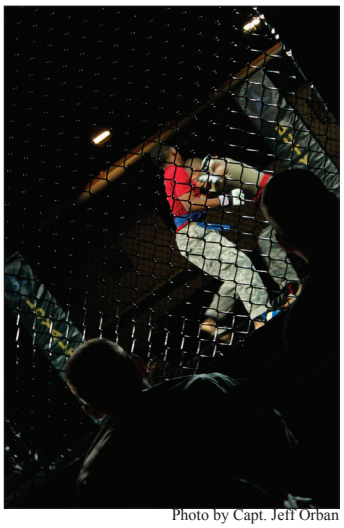

Photo by Capt. Jeff Orban

Spc. Ike Mathes, Co. E, 1st Battalion, 12th Cavalry Regiment, strikes his opponent during the final round of the Fort Hood Combatives Tournament.

Photo by Capt. Jeff Orban

Spc. Joshua Bird, Co. A, 1st Battalion, 12th Cavalry Regiment, celebrates his victory in the Flyweight division championship fight of the Fort Hood Combatives Tournament, Feb. 16, 2012 at the Abrams Physical Fitness Center here.

Photo by Capt. Jeff Orban

1st Lt. Mike Williams of Co. D, 1st Battalion, closes the distance with his opponent during his final round.

Chaplain's Corner

Maj. Martin Kendrick
Bde. Chaplain

They can be found in every walk of life. They are efficient, diligent, productive and impressive. They suffer, however, from a common malady. They are compulsive driven with an obsessive desire to achieve. Nothing else matters.

Workaholics! In sales, they lead the pack. In school they are so busy studying, they do not have time to speak. In sports, they want to be the star. A workaholic lives for only one thing... WORK. This even applies to vacation; he will find endless reason why it is not possible. Force him to do so and he will wear himself out planning each day and every mile of the trip. Once at his destination, he will begin to feel anxious after 10 minutes of quiet relaxation.

To the workaholic, unplanned moments are deadly. Rest is senseless. Enjoyable fun times with the family are regarded to be wasted time. Guilt, like a relentless taskmaster, eats away at his insides. Time spent not working makes him miserable. The result of a workaholic's daily life is stress and pressure. Not being able to genuinely enjoy life, he becomes increasingly demanding on himself and others, especially those nearest to him. This usually means the members of his own family.

The inability to relax or to enjoy life eventually isolates the workaholic. This smile gives away to a frown. The have increasing difficulty with relationships. Performance and achievement becomes his only security. Setbacks and failures, even small ones, only increase his isolation.

How does such a person regain his equilibrium? First, by realizing that God created him for both labor and relaxation. According to the book of Genesis, even God, after spending six days creating the universe, rested on the seventh day.

Second, he must seek a balance in his life. Efficiency and discipline are necessary and healthy. "Redeeming the time" is a biblical concept. Nevertheless, as the old saying goes, "all work and no play make Jack a dull boy

Finally, it is neither beneficial to be a hard-working perfectionist nor a disorganized lazy nonconformist. The perfectionist usually achieves more, but neither knows how to enjoy life. One totally consumed with his work. The other is totally willing to let him.