



Motivational Madness E-Newsletter

The Strength of Many – Seen Through the Eyes of One



Over the years I have had the distinct pleasure of sharing many of my own personal thoughts and observations with audiences both big and small, individuals of all ages allowing me to present a particular message on their time. Not only have I found these numerous experiences most gratifying and humbling all in the same breath; I recently experienced one of those *special* moments of pure emotion that overwhelmed me as I saw through my own eyes the sheer strength in the faces of many.

When I was escorted into the unit's training room, I knew what my instructions were: Do your best to encourage and inspire the young men and women who place their lives on the line for our country each day. Keep your remarks within an hour and do what you do best.

To be honest, I felt pretty confident about the task at hand as I stepped in front of the Soldiers of the **86th Combat Support Hospital** (CSH) based at Fort Campbell, Kentucky. That all changed in less than a minute.

"Soldiers," Chief announced, "This gentleman is here today to speak to you about teamwork and leadership. Give him your complete and undivided attention!" With those words of introduction, I had the distinct honor of taking part in a dialogue with individuals who might have begun their journeys in different locations, but who have all arrived at the same place. A place where freedom is on the minds of many and the hope of world peace is never lost.

"I would like to begin my presentation today by simply saying these two words: Thank you! Thank you for the sacrifices you have made so that our freedom is secure and the example of peace is front and center for the whole world to see." Those were the words, or close to them, that I expressed as I started speaking and then listening to those who wanted to share their thoughts and ideas alongside their fellow comrades.

For those 60 or so minutes, I was in a place I am sure I had never been before; witnessing emotions of joy and sadness, then strength and determination-expressions on faces that were ever so transparent, then impenetrable. Teamwork and leadership were the primary focus of my remarks on that day, but as various accounts and observations were volleyed back-and-forth an even greater realization came to the forefront: No matter if you



Vital Information

Did You Know?

Heroes to Hometowns is designed to welcome home Service Members who are severely injured. In creating a positive transition home, **Heroes to Hometowns** honors their sacrifice, lets Americans show how much they care and establishes support networks for the Service Member's long term success.

Support includes:

- Child care support
- Assistance with paying bills
- Finding suitable homes and adapting as needed
- Transportation to medical appointments
- Locating jobs and providing educational assistance
- Helping obtain government benefits and entitlements

If you are a Service Member in need of assistance or want to coordinate assistance for a severely injured Service member or their family, please call 1-888-774-1361 and ask for contact information on your State's **Heroes to Hometowns** Committee Members.

and I agree or disagree with the conflicts and struggles that our armed forces are so valiantly involved in and regardless of which side of the aisle you are on; each and every day we wake up in a country that extends us the right to exercise our freedoms and to do it with great passion and belief.

In all the years I have presented professionally, I have never had the privilege to stand in front of those wearing our American flag sewn onto the right shoulder of their uniforms. The presence of values such as loyalty, duty, respect, service, honor, integrity and personal courage captured my complete attention. Since being constituted as an evacuation hospital in 1928 and activated as part of the regular army in 1944, the 86th CSH has provided world-class health care in support of our service men and women all over the world. Deployed in support of Operations Desert Shield, Desert Storm, Restore Democracy, Joint Guardian, Strong Support and Enduring Freedom this special group of souls has traveled the world with a great deal of responsibility strapped to their backs. Today, the 86th is proud of its support relationship with the 101st Airborne Division (Air Assault).

Thanks to the Soldiers of the 86th and every other man and woman in each branch of our military, the foundation of our fight for justice has stood the test of time and will continue, as long as there is the strength of many who believe in freedom and peace as our American Military does.

Paul Vitale

Join in the Support of Our Troops!

The call to service in the military is a family tradition for some, handed down from generation to generation; while for others it is unfamiliar territory and a bold new adventure. Regardless of where the call originates, the spirit of the United States Military makes it the most revered in the world.



As with many professions, serving in the military affects the family unit in many ways. However, military life comes with unique challenges that most of the civilian world never have or will experience. It is a world with a language of its own and a new way of doing things, from shopping at the commissary to moving to foreign lands and schooling children in a culture far different

from that back home. Having trusted information on how to deal with these and other challenges can make the difference between stress and success.

MilitaryHOMEFRONT is the official Department of Defense web site for reliable Quality of Life information designed to help troops and their families, leaders and service providers. This comprehensive website is the place to visit for the most accurate and up-to-date information about Department of Defense programs serving troops and their families.

One of the unifying themes among military families in all branches of service is deployment. No Service is without its separations, whether for training exercises in preparation for deployment, one of the many schools troops attend or deployment to combat zones around the world. MilitaryHOMEFRONT offers many resources to assist families during these challenging times, but the support of their fellow citizens can make a tremendous difference to those whose life is dedicated to serving our country.

The Internet provides a wealth of resources available should you wish to explore ways to assist our military families and support our troops. From clipping coupons to becoming a **USO** volunteer, the possibilities are as endless as your imagination! Select your favorite search engine and type in "How can I help military families?" You'll be amazed at the opportunities available for you to give back to the more than 2.8 million active and reserve personnel who give their lives in service to our great country.

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Vital Information

Expand Your Vocabulary

Valor
val-er

1. Boldness or determination in facing great danger; bravery.
2. Heroic courage in battle.

The general presented a medal of valor to Corporal Johnston for his actions while in harm's way.

Adjutant
aj-uh-tuhnt

1. A staff officer who helps a commanding officer with administrative affairs.
2. An assistant.

There was no doubt the adjutant relayed Major Petrella's orders exactly as instructed.

Words of Wisdom

The courage of life is often a less-dramatic spectacle than the courage of a final moment; but it is no less than a magnificent mixture of triumph and tragedy.

-John F. Kennedy

Conscience is the root of all true courage; if a man would be brave let him obey his conscience.

-James Freeman Clarke

Courage is not the absence of fear, but rather the judgment that something else is more important than fear.

-Ambrose Redmoon

We all possess the thunder of pure fury and the calm breeze of tranquility.

-Paul Vitale