



# INSCOM *INSIGHT*



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## *New Beginnings*

There are two times of the year when the mode is “refocus and renew”: the traditional New Year on January 1, and the start of the new fiscal year, on October 1. The fiscal year is the environment in which the Army, indeed the entire federal government, operates. And it signifies a new beginning in many ways. After September’s goodbyes and remembrances—the end of summer, Sept. 11<sup>th</sup> observances, POW-MIA Recognition Day—we move into a more invigorating time, full of fresh starts. October brings the goals for the coming year into sharper focus. As the war on terrorism continues, what falls on us is to ensure that we are prepared now and prepared in the future.



The future means transformation. The Army and INSCOM are transforming at a quick pace. We, like all the Army’s disciplines, are moving towards an Objective Force in military intelligence. We are working hard to make military intelligence responsive, deployable, agile, versatile, survivable, and sustainable. At first glance you might be unaware, but transformation is affecting every aspect of INSCOM, from our new Strategic Plan, which we will begin to deploy throughout the Command in the near future, to construction activities within our Headquarters.

Transformation means change. As more change comes heading our way, this fiscal year and beyond, I ask you to keep in mind that it is a necessary ingredient to the exciting process called transformation.

***Maj. Gen. Keith B. Alexander***

## *Fast Facts*

The Army G-1 has approved the re-sequencing of HQDA Enlisted Centralized Promotion Boards. The new plan will be implemented as follows: CY03 SFC/ANCOC Board—Oct 03; CY03 CSM/SGM/SMC Board—Feb 04; CY04 MSG Board—Feb 04; CY04 CSM/SGM/SMC Board—Jun 04; FY05 MSG Board—Oct 04; FY05 SFC/ANCOC Board—Feb 05; FY05 CSM/SGM/SMC Board—Jun 05. The INSCOM POC is Personnel Actions Branch, (703) 706-2513 or 2514; DSN 235-2513 or 2514.

Soldiers who converted from the Veterans Educational Assistance Program to the Montgomery GI Bill are at risk of forfeiting their contributions and losing their benefits if they don’t make their payments. Go to <http://www.dtic.mil/armylink/news/Sep2002/a20020923veap.html>

Details of medical care available to Reserve Component members returning from deployment are at [http://www.defenselink.mil/news/Sep2002/n09132002\\_200209134.html](http://www.defenselink.mil/news/Sep2002/n09132002_200209134.html)

## INSCOM to participate in AUSA meeting

The U.S. Army Intelligence and Security Command will take part in the annual meeting of the Association of the United States Army on Oct. 21-23 in Washington, D.C.

INSCOM will have an exhibition booth at the event, and INSCOM's commander, Maj. Gen. Keith B. Alexander, and the Army deputy chief of staff, G-2, Lt. Gen. Robert W. Noonan Jr., will make presentations Oct. 21.

Admission to exhibit areas, program sessions and social functions will be limited to AUSA members, military and civilian employees of the U.S. armed forces, invited guests of AUSA and those who have an identifiable relationship with the U.S. Army. Spouses and other immediate family members are welcome at appropriate times; they must be registered and wear their AUSA-issued identification to visit exhibits and participate in other programmed events.

AUSA members can preregister online at <http://www.ausa.org/am2002.nsf/rh>. For individuals who are not preregistered, registration will be accepted in the Marriott Wardman Park Hotel, 2660 Woodley Road, N.W., on Oct. 19 from 2 to 4 p.m.; Oct. 20 from 9 a.m. to 5 p.m.; Oct. 21 from 8 a.m. to 7 p.m.; Oct. 22 from 8:30 a.m. to 5 p.m.; and Oct. 23 from 8 a.m. to 8 p.m.

An online survey was posted Sept. 30 to INSCOM's Web sites to gauge interest among INSCOM employees in the Washington, D.C., area in taking a bus to and from the meeting.

The Department of Defense finds this event meets the minimum regulatory standards for attendance by DoD employees. This finding does not constitute a blanket approval or endorsement for attendance. Individual DoD Component commands or organizations are responsible for approving attendance of its DoD employees based on mission requirements and DoD regulations.

## Returning from deployment can stress family

**By Pfc. Brian Trapp**

Army News Service

A deployment's strain on a relationship doesn't end when the soldiers come home. Stresses of readjustment to family life can be tough on a family, too.

"While on a real-world deployment, soldiers deal with stresses of the unknown, being away from their family, and there is a 'no-kidding' life and death struggle," said Lt. Col. John C. Chin, Ph.D., command psychologist at Fort Bragg, N.C., who has worked with special operations the majority of his career. "When soldiers get a sense of mortality, it wakes them up, and they realize it's their family and children who matter the most. If they maintain a solid foundation in those areas, it makes for a better life."

There are more concerns for younger marriages, Chin said. Spouses are faced with new challenges, like financial and child care concerns and become more independent and may feel contempt for the returning soldier for taking some of their independence.

Some concerns include "Will I give up my independence? Will we get along?"

Ironically, even though the separation is almost over, there can be renewed difficulty in making decisions.

"Soldiers reconnecting with family are coming from profound emotional experiences, and the spouses also had these experiences, dealing with day-to-day issues by themselves, financial issues, taking care of the children and gaining independence, Chin said.

"Sometimes partners can't understand what the other was dealing with while they were apart," he said. "It's better to ease into the relationship — maintaining a degree of independence and not to push spontaneous reconnection. It's a new relationship. Both partners have changed from their experience."

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Many spouses also have a burst of energy during this stage, according to the study. There is often a rush to complete “to-do” lists before their mate returns — especially around the home. It is almost inevitable that expectations will be high.

Homecoming for the soldiers can be a joyous occasion, but also a frustrating one.

The date of return may change repeatedly. Despite best intentions, the spouse at home may not be able to meet the returning soldier — short notice, sitters can’t be found in the middle of the night, unable to get off work. Soldiers may expect to be received as “heroes” and “heroines” only to find that they have to make their way home.

The reunion with the children can also be a challenge. Their feelings tend to depend on their age and understanding of why the soldier was gone.

Babies younger than 1 year old may not know the soldier and cry when held, according to the study. Toddlers may be slow to warm up. Pre-schoolers may feel guilty and scared of the separation. School age children may want a lot of attention. Teen-agers may be moody and may not appear to care.

In addition, children are often loyal to the parent who remains behind and do not respond to discipline from the returning soldier. They may also fear the soldiers return if a parent says, “Wait till Daddy gets home.”

Eventually, soldiers will want to reassert their role as members of the family, which can lead to tension. This is an essential task and requires considerable patience to accomplish successfully.

Reconnecting and understanding both have changed sometimes during the deployment is critical, Chin said. The soldier may become a control freak but must realize the spouse gained independence during their time apart, and that’s a good thing. It helps take some of the day-to-day responsibilities off of the soldier.

Soldiers may not approve of privileges granted to children by the non-deployed parent. However, it is probably best for the soldier not to try to make changes right away and to take time to renegotiate family rules and norms. Not heeding this advice, the soldier risks invalidating the efforts of their mate and alienating the children.

Post-deployment is probably the most important stage for both soldiers and spouse. Patient communication, going slow, lowering expectations and taking time to get to know each other again is critical to successful reintegration of the soldier back into the family.

“NCO and officer leadership need to know their people intimately,” Chin said. “Family support groups need to reach out to the young folks, particularly the ones who don’t participate, to prepare them for the stresses of deployment.”

Most Army installations offer a wide range of service and support for soldiers and their families, Chin said, including counseling from mental health professionals, chaplains and Army Community Service advocates.

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