SOCPAC Ohana Newsletter

September 2012

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Aloha and Mahalo Ohana,

This September 11th marks the eleventh year since the cowardly Al Qaeda attacks against thousands of innocent civilians and first responders in the World Trade Centers, at the Pentagon, and aboard airliners. It is the solemn anniversary of heroic actions by Americans aboard United Flight 93 who willingly gave their lives attempting to regain control of their airliner after four terrorists commandeered it and set course for Washington, DC.

Since that day, our families have stood watch on the front lines at home while military and civilian loved ones deployed again and again to Afghanistan, Iraq, and a myriad of other locations, to include across Asia Pacific. They have endured holidays, births and birthdays, and graduations apart along with countless late nights, weekends, and vacations sacrificed between rotations.

Our families grieved for thousands of teammates and friends who laid down their lives. They continue providing best care for families of the fallen and wounded...sometimes feeling inadequate, yet always inspired by those they comfort and sustain.

And as we continue moving forward together, our families encourage us onward through challenges big and small.

The challenges that we face are real, and often really personal. None of us are immune to the stressors of our post 9/11 world. There are some very difficult experiences, from on and off the battlefield, that remain deep within us, wherever we are, and whoever we are with. As loved and trusted family members, friends, and teammates, please continue looking deeply into the eyes of those around you, seek out those who need help, and lead them to it.

There are several articles in this issue that provide insights into the signs, impact, and release of stress. Thanks to so many throughout our SOCPAC Ohana who remain committed to identifying those in need and ensuring they receive appropriate assistance. We also thank those who help strengthen ties between our families...and within them. Events like command orientations, spouses' socials, and the upcoming children's Spooky Lagoon are great opportunities to have some fun and release stress in the company of friends. Programs like Strong Bonds and Singles Retreats can help refresh and reinvigorate on personal levels. Please remember that our FRG coordinator Angie Poulain, FRG leader Shannon Pedzinski, Chaplains Don Holdridge and Leah Boling, and First Sergeant Brad Vile can offer some unique insights to quietly help you navigate life's challenges.

And you can call us, the Pettengills, or Glenisters, at anytime, for any reason.

You and your family are the reason why our country remains free this September 11th. With deepest respect and enduring gratitude we acknowledge the cost, and personally thank you for your many sacrifices and selfless accomplishments. And we remain blessed to serve on your team, in the land of the free, and the home of the brave.

Norm and Lisa Brozenick

Suicide Intervention

National Suicide Prevention Week is Sep 10-14

Ask your buddy

- Have the courage to ask the question, but stay calm
- Ask the question directly: Are you thinking of killing yourself?

Care for your buddy

- Stay calm and safe; do not use force
- Remove any means that could be used for self-injury
- Actively listen to show under- standing and produce relief

Escort your buddy

- Never leave your buddy alone
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
- Call the National Suicide Prevention Hotline 1-800-273-TALK(8255); Press *1*

WHAT ARE SOME SIGNS THAT SOMEONE MAY BE IN A CRISIS?

- Appearing sad or depressed most of the time
- Clinical depression: deep sadness, loss of interest, trouble sleeping and eating—that doesn't go away or continues to get worse
- Feeling anxious, agitated, or unable to sleep
- Neglecting personal welfare, deteriorating physical appearance
- Withdrawing from friends, family, and society, or sleeping all the time
- Losing interest in hobbies, work, school, or other things one used to care about
- Frequent and dramatic mood changes
- Expressing feelings of excessive guilt or shame
- Feelings of failure or decreased performance
- Feeling that life is not worth living, having no sense of purpose in life
- Talk about feeling trapped—like there is no way out of a situation
- Having feelings of desperation, and saying that there's no solution to their problems
- Performing poorly at work or school
- Acting recklessly or engaging in risky activities—seemingly without thinking
- Showing violent behavior such as punching holes in walls, getting into fights or self-destructive violence; feeling rage or uncontrolled anger or seeking revenge
- Looking as though one has a "death wish," tempting fate by taking risks that could lead to death, such as driving fast or running red lights
- Giving away prized possessions
- Putting affairs in order, tying up loose ends, and/or making out a will
- Seeking access to firearms, pills, or other means of harming oneself

In Crisis? Call the Military Crisis Line
Tel: 800-273-8255 and Press 1

For additional resources visit http://sud.editme.com/Resources

Service Links to Suicide Prevention

- Army
- Navy
- Air Force
- Marines
- Coast Guard
- Veterans Affairs
- Air National Guard
- Army National Guard
- Reserves

- **According to the Centers for Disease Control (CDC), more than 36,000 Americans die by suicide each year.**
- **It has been estimated that approximately 900,000 Americans attempt suicide annually.**

Contact Us

SOCPAC Website:

www.socpac.socom.mil

FRG Leader:

Shannon Pedzenski

spedzinski@gmail.com

FRG Coordinator:

Angie Poulain

angela.poulain.ctr@pacom.mil

Calendar Events:

03 Sep	Labor Day
11 Sep	Patriot Day
12 Sep	Spouse Social
27 Sep	FRG Meeting
29-30 Sep	Kaneohe Bay Air Show

Please join us on Sep 27th, at 9am for this month's FRG Meeting.

We look forward to seeing you there!

SOCPAC Family Readiness Group

The FRG or Family Readiness Group is an important part of military life. The FRG is here to offer support to our SOCPAC members and their families. We encourage everyone to join us and participate in our monthly meetings and learn more about what we have to offer and how we provide support to our Ohana. SOCPAC's FRG is unique in that we are a joint command and offer the opportunity to learn more about the different services and how we interact. Not to mention the building of long lasting friendships and the exciting time we share together! Our monthly meetings are held on the last Thursday of each month, 0900 at Bldg 900, Hickam (near Wright Bros. Café). **Please join us on Sep 27th; we look forward to seeing you there!**

The next event that the FRG is planning to sponsor is the **Halloween Spooky Lagoon!**

Mark your calendars now for an evening of fun and adventure on **October 19th, 5:30 – 8:00pm at Hickam, Pool #2.** Last year we had a spooktacular time with pumpkin painting, games, gooey bowls, and pumpkin decorating contest, prizes, pizza and more!

How can you help? By volunteering in some way, whether it's a little or a lot…we need your ideas and support! If you would like to volunteer or be part of the planning committee contact our wonderful **FRG Leader, Shannon Pedzinski at (574) 440-4386 or email Shannon at** spedzinski@gmail.com We look forward to hearing from you!

FRG Volunteer Opportunities!

Anyone interested in volunteering for the following positions please contact Shannon or Angie for more information and how to apply.

- FRG Treasurer and Alternate
- FRG Secretary

Ask SOCPAC's Family Readiness Coordinator

Angie Poulain is SOCPAC's Family Readiness Coordinator. She is a regular contributor to our monthly newsletter to help connect our SOCPAC Ohana with resources and solutions to challenges in your military life. So, please meet Angie, a retired service member of 26 years and a family programs specialist. She is your guide to keeping informed, being prepared and well, just keeping things in perspective. You can reach her by emailing angela.poulain.ctr@pacom.mil

Dear Angie,

"I'm looking for information about financial and investment opportunities. I'm already a contributor to the Thrift Savings Plan (TSP) but would like to learn more about other investment opportunities".

To Whom It May Concern:

By no means am I a financial guru expert, but in my opinion you're on the right track by contributing to a retirement savings plan such as the TSP. We're very fortunate that our military members have FREE access to financial and investment education information through our military family service programs offered at most military installations. Certified, professional financial counselors are available to provide financial education; training and personal financial counseling aimed at helping you reach your financial goals.

I've also found that SaveAndInvest.org offers a program that includes easy to use tools and resources for our military families.

Happy Investing, Angie

September is National Preparedness Month!

[Source: Ready.gov]

GET A KIT. MAKE A PLAN. BE INFORMED.

Some of the things you can do to prepare for the unexpected, such as making an emergency supply kit and developing a family communications plan, are the same for both a natural or man-made emergency.

However, there are important differences among potential emergencies that will impact the decisions you make and the actions you take. Learn more about the potential emergencies that could happen where you live and the appropriate way to respond to them.

In addition, learn about the emergency plans that have been established in your area by your state and local government.

Emergency preparedness is no longer the sole concern of earthquake prone Californians and those who live in the part of the country known as "Tornado Alley." For Americans, preparedness must now account for man-made disasters as well as natural ones. Knowing what to do during an emergency is an important part of being prepared and may make all the difference when seconds count.
(http://www.ready.gov/america/index.html)

TRICARE

http://www.tricare.mil

TRICARE UPDATE

New Address? Make Sure to Update DEERS

Important life events like moving or having a child go off to college are milestones in military families' lives. No matter where their journeys take them, it's important for families to keep their DEERS records up to date whenever they hit these and many other milestones. For TRICARE beneficiaries, keeping Defense Enrollment Eligibility Reporting System (DEERS) records up-to-date means uninterrupted access to TRICARE's world-class health care. DEERS is the worldwide computer database of uniformed services members (sponsors), their family members and others eligible for military benefits, including TRICARE. Beneficiaries can call the Defense Manpower Data Center (DMDC) Support Office at 1-800-538-9552 (1-866-363-2883 TTY/TDD) to update addresses, e-mail addresses and phone numbers. Changes can also be faxed to 1-831-655-8317, or mailed to:

DMDC Support Office
400 Gigling Road
Seaside, CA 93955-6771
For more information regarding DEERS and how and when to update DEERS records, go to http://www.tricare.mil/DEERS

SOCPAC MEMBER AND SPOUSE ORIENTATION NIGHT, 2012

8/8/2012 – **Special Operations Command, Pacific** -- SOCPAC hosted their first Service Member/Spouses Orientation at Hickam Officer's Club, August 8.

The orientation provided spouses insight on the day-to-day work accomplished by their military spouses.

The orientation was a way for SOCPAC spouses to better understand the daily operations of their military sponsors. It also provided them the opportunity to witness SOCPAC's complex area of responsibility.

Spouses got a stronger overall view of SOCPAC after taking part in the orientation program.

The evening consisted of a briefing from Brig Gen Norman J. Brozenick, SOCPAC Commander, about the overall mission of the unit, followed by brief overviews from each of the SOCPAC Directors, Regional Engagement Branch (REB) briefers and Family Readiness.

Also in attendance were guest speakers, AMB James Moriarty, former US Ambassador to Bangladesh and AMB Lauren Moriarty, former US Ambassador to Asia Pacific Economic Cooperation forum.

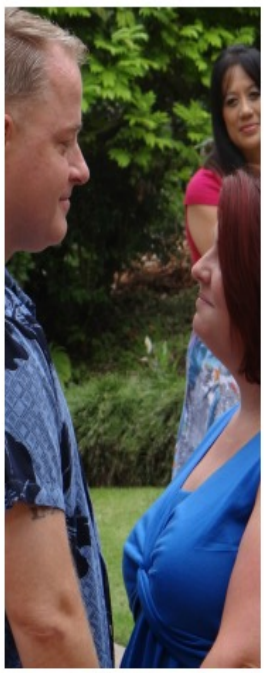
On exhibit throughout the evening were select SOCPAC unique communications, weapons, and parachute equipment items.

A total of forty spouses took part in the orientation which concluded with the spouses joining their "significant others" in the Luau Garden for Island style refreshments while visiting information booths and learning more about several military family support agencies that were also in attendance.

Upon the conclusion of the event, numerous spouses stated they had a better understanding of the tremendous impact SOCPAC provides to the Pacific and beyond, and hope this orientation becomes a reoccurring event.

A special thanks to the Pacific SOF Warriors Association (PSWA) for helping fund and support this year's orientation

Some of our SOCPAC Ohana attended the Joint Strong Bonds at Makena Beach & Golf Resort in Maui as well as Hilton Waikoloa Village in Kona. The couples and the singles had the opportunity to work with the Hawaii Army and Air Guard members. Thank you for your participation! We look forward to more Strong Bonds events in the future. *~Chaplain Leah Boling*



Hilton
Waikoloa Village

SPOUSE WELCOME SOCIAL

On August 16th SOCPAC Spouses enjoyed a fun and relaxing evening during the Spouse Welcome Social hosted by Mrs. Lisa Brozenick.

Spouse Welcome Socials are normally scheduled on the 3rd Thursday of each month and offer SOCPAC spouses an opportunity to meet new arrivals and bid farewell to those departing. We welcome ALL SOCPAC SPOUSES & SIGNIFICANT OTHERS!

The next scheduled Spouse Welcome Social is on ***September 12th, 5:30pm***

Join us on the Sunset Lanai located on Camp H.M. Smith

for Wednesday night Mongolian BBQ Dinner.

We look forward to seeing you there!

RSVP to Dee Dee Grzeszczak (email: equiback@aol.com)

ALL SOCPAC SPOUSES WELCOME!

RECEIVE A FREE GIFT IF THIS IS YOUR FIRST SPOUSE SOCIAL

STRESS

Earlier this year I viewed a movie where a young up-and-coming golfer (Luke Chisholm) has the lead going into the last hole of a tournament, but shoots a 14 and plummets down the leader board. He has a major meltdown while being televised, yelling at his caddie/dad, breaking his putter over his knee and throwing it into a water hazard. Young Luke then heatedly speeds off into the Texas countryside just to get away from it all. He swerves off the road to avoid hitting a cow and plows through a fence. An eccentric rancher named Johnny Crawford (played by Robert Duvall) came by on his horse, took him home and had his car towed to the local garage. Johnny made a deal with Luke that he stay in Utopia for one week to be re-taught the game of golf. Luke agreed, and thus began one of the most unusual weeks of his life.

Johnny had played the pro circuit years ago with the likes of Arnold Palmer and Jack Nicholas, but the pressures got to him and he hit the bottle (He slyly remarked that it's hard to drink and drive on the tour!). This led to the loss of his family and career. He then moved to a quiet Texas town to regroup. Duvall uses a number of unusual teaching techniques to get Luke to stay within his game, and not get stressed out by external and internal pressures. He also got Luke to see that his whole life was not defined by his scorecard. His final assignment was for Luke to chisel on a small tombstone what he wanted his epitaph to read.

Luke was more focused and self-controlled by the end of his stay in Utopia, Texas. He had always possessed the fundamentals needed to excel at the game, but his head and heart had gotten in the way. He began to see what was truly important in life. Before departing, Johnny had pulled some strings and gotten him into the Texas Open Golf Invitational. The movie ends with him reconciled to his father and in a sudden death playoff against the number one player in the world. I highly recommend watching the film, "Seven Days in Utopia."

We have all stressed out and lost perspective at various times in our lives. When this happens we must step back, regroup and take stock of *who* we are, *what* we have been put on this earth to do, and *how* we are to go about doing it. We must keep the big picture in mind as we try to balance family, career and life. The wisest man ever to live gave some advice on staying balanced: "I know that there is nothing better for men than to *be happy* and to *do good* while they live….so I saw that there is nothing better for a man than to *enjoy his work*, because that is his lot….*Enjoy life with the wife* whom you love…*fear God and keep his commandments*, for this is the whole duty of man." (Ecclesiastes 3:12, 23; 9:9; 12:13). Don't get taken out of your game! Below are some resources to help you deal with stress:

Air Force: http://www.realwarriors.net/active/airforce/resources.php

Army: http://hooah4health.com/mind/stressmgmt/default.htm

Marines: http://www.dstressline.com/

Navy: http://navynavstress.com/

All: http://www.militaryonesouorce.com; http://www.focusproject.org

SOCPAC Chaplains: CH Boling (808-224-1478), CH Holdridge (808-226-0166)

~ Chaplain Don Holdridge