



POTFF POINTS

POTFF Team Weekly updates for 29 June 2018!

POTFF LEAD - CAPT J. RUSSELL LINDERMAN



This time of year brings alive memories of sun-filled days spent with family and friends at baseball games, barbecues, and fireworks. As a kid on the Fourth of July, I recall impatiently awaiting night to arrive so that the fantastic displays of colorful lights could begin. The thunderous booms, the chorus of oohs and ahhs, and the crackling sounds at the end of the display replay as if it were yesterday. July 4th marks the day in 1776 that the Continental Congress formally adopted the Declaration of Independence, signifying America's complete independence from Great Britain. The most common symbols of the holiday are the American flag, fireworks, and the playing of our national anthem, "The Star-Spangled Banner." No matter how you celebrate the Fourth this year, enjoy a fun, relaxing and safe holiday.

PSYCHOLOGICAL PERFORMANCE - DR. RICHARD SOHN

Are you angry because of your everyday life stress?

Anger is a normal, healthy emotion when expressed appropriately. It can be damaging to the self and others when not expressed appropriately because of the internal stress and tension it causes as well as predisposing the person to "blow-ups" with others. This behavior results in low self-esteem and poor interpersonal relating. Chronic anger and hostility are related to the development or exacerbation of a number of physical symptoms, illnesses, and diseases. A person has a choice in how he or she evaluates a situation, and appropriate management of stress will decrease anger.

For us to effectively manage stress we must understand what we need and want emotionally, take responsibility for our own thoughts and behaviors, release ourselves from the self-imposed responsibility of and efforts to control others, develop realistic expectations and limitations, have appropriate boundaries in relationships, express themselves honestly, and take care of themselves by getting adequate sleep, eat-

ing nutritionally, exercising regularly, and utilizing relaxation techniques.

Here are some powerful stress-busting skills:

1. **Deal with stress when it strikes.** Breathe slowly and deeply. Think HRV breathing.
2. **Think positive.** What causes stress is not the situation but how you think about it. Manage your ANTs.
3. **Visualize stressful situations and how you will manage them effectively.** Cognitive Rehearsal is the most effect skill for this skill.
4. **Set limits.** Create a work time and when the time is up, shift gears and stop thinking about work.
5. **Be honest about what you have control over and what you don't control.** If you have control, take action and plan for a resolution.

Contact Dr. Sohn at:
Richard.Sohn_ctr@socom.mil;
Cell: 010-2869-7084;
DSN: 315-723-6979



HUMAN PERFORMANCE - JULIETTE KIM, MS, ATC, CSCS



What's the Goal?

There's a general distinction between exercising and training. Exercising focuses on the now and the effects it produces during that session to sustain or improve general health and wellness. Training focuses on the process to meet a

specific performance objective, usually in the long-term. Why does this matter?

Ask yourself if your workouts align with what your goals are? Maybe exercising is all you need in effort to

burn some calories, get a sweat going, or relieve stress. But for those who wish to accomplish specific performance goals, training allows for specific adaptations in your body to occur so you can get closer to accomplishing your goal. The plan needs to be carefully programmed to maximize your efforts.

The next few Pointers in July will delve into what type of workouts target specific performance factors – whether you are just exercising or training.



Contact Ms. Kim at: juliette.kim@socom.mil; DSN: 315-723-8026



POTFF POINTS

SPIRITUAL PERFORMANCE - CHAPLAIN MAJ BRYAN DODGE

There is a story of a man who spent ten years overseeing the largest hiking trail in the US. The North Country Trail starts in New York State and moves east to North Dakota. That is 4,600 miles of a scenic trail. The reason the man cared for the trail along with 800 other volunteers is his conviction is that all of creation is God's and that He has called us to steward (care for) it.

It says in Psalm 8:7-8, we care for "the flocks and the herds, and all the wild animals, the birds in the sky, the fish in the sea, and everything that swims the ocean currents." So we are responsible for the care and welfare of all land, plants, and animals around us. If we take care of it, it will last a long time.

The same goes with yourself and the relationships with others. You need to care for yourself – eat right, exercise, read/study, and care for those around you.

When you care for your "trail" – yourself – your path in life is better and the "scenic trail" is one to admire and pass on to the next generation.

SECOND THOUGHT

"Water that softens the potato hardens the egg. It's about what you're made of, not the circumstances." – Unknown

Tiger Table Talks: Wednesdays 1130—1230 in the SOCKOR Chaplains Office

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Click the button above; at the webpage find the same button.

Contact Chap Dodge at: bryan.dodge@socom.mil;
Cell: 010-9068-0967; DSN: 315-723-3014

SOCIAL PERFORMANCE - MONICA MENSER RDN, LD

In case you did not know ...

The following changes are happening on USAG Yongsan:

- The 176th Finance Office is relocating to the Yongsan Support Center, BLDG. 4034 (formerly known at the 1RC) on 29 June.
- The Yongsan Outdoor Recreation Center has started moving to BLDG. 4275 (formerly known as Commisskey's) and will be fully moved by 1 July. They continue to be open for business during the transition. The number is 723-3291.
- There is a new USAG Yongsan Post bus schedule. Check the USAG Yongsan Facebook page for more details.
- The Directorate of Emergency Services has relocated to BLDG. 4034 in room 144.
- The POTFF Portal has a new look! Click the link below.
<https://sockor.sof.socom.mil/potff/SitePages/Home.aspx>
- The 2018 Overseas Cost of Living Allowance Overseas Living Patterns Survey has been extended until 03 July 2018. Click below:
<https://www.defensetravel.dod.mil/site/colaSurvey.cfm?ID=korea>
- Requests for an Exception to Policy to register a second vehicle at USAG Yongsan or USAG Humphreys are to be routed through CAPT Linderman at james.linderman@socom.mil for review. Templates can be found on the SOCKOR (NIPR) Portal (link below):
<https://sockor.sof.socom.mil/soj0/Humphreys%20Move/Forms/AllItems.aspx>





POTFF POINTS

4th of July Celebration on Yongsan

What:	Early Morning Fun Run/Walk	1300-1345	Spartan Brass (8th Army Band)
Where:	Collier Community Fitness Center	1345-1500	DJ Music
0700-0800	Registration, CCFC 5 K Fun Run-Walk	1500-1545	Street Beat Band
0800-1000	5 K Fun Run/Walk	1545-1630	Pie Eating Contest & Watermelon Eating Contest (Adults only)
What:	Big event featuring food, entertainment, games, community informational booths and fireworks.	1630-1715	Street Beat Band
		1715-1730	Commander Remarks
		1730-1900	DJ Music
Where:	South Post, Williams Ave., Field 12, X Corp Blvd, CCFC, Field 5, LOMBARDO Field 2, FIREWORKS Site	1900-1945	Good Morning Kids Band (Korean Artist)
		1945-2030	Street Beat Band
1200-1205	Open Event, Intro Remarks	2030-2100	DJ Music
	Solo Vocalist, Spartan Brass, 8th Army Band	2035-2100	Lights Off Field #12-
1205-1250	Over-Seoul Band	2100-2200	Fireworks Presentation 15min
1250-1300	DJ Music		Event Concluded

UPCOMING EVENTS



THE POTFF PEDAL (Weather Permitting)

When: 0615, Saturday, 30 June 2018

Where: Meet at the **USAG Yongsan** Commissary Parking Lot

Who: Any interested bicyclists

What: A no-drop bike ride for 20-25 miles along the Han River

Required: **Helmet, water, snack, spare tube or repair kit.**

Why: **To put your mettle to the pedal!**

Call 010-2547-7875 for more details.

VOLUNTARY BOOK CLUB RUN BY SOCKOR COMPANY GRADES

POCs: 1Lt Justin Trampota and 1Lt Travis Reddick

Book: *It Starts With Why*; Author: Simon Sinek

For more details email travis.reddick@socom.mil or

justin.trampota@socom.mil

Download the BAACH App for helpful information regarding who to call in an emergency, clinic hours, bus schedules, phone numbers, and more! Click the icons below for your device.



What: 2018 KOREA INTERSERVICE BOWLING ASSOCIATION (KIBA) MASTERS TOURNAMENT

When: 7 July; Sign-up opens at 1000/ Bowling at 1200

Where: Yongsan Lanes

Who: KIBA members and non-members

How: \$50 entry fee

Why: \$1000 cash prize for first place in each division



UPDATES FROM THE BOSS TEAM:

JUNE

29 June: Free Concert for U.S. Service Members and families, see next page for details.

JULY

04 July: Volunteer opportunity for Independence Day Event (We are seeking for 20-30 volunteers for this all-day event.)

20 July: Baseball Game Trip (1700-2230) - Doosan vs LG ; Sign-up at the Outdoor Recreation Center by 12 July. Call 723-3291.

28 July: White Water Rafting Trip / 0800-1700 / \$30 per person

If you have any questions, please contact:

YN3(SW) HILL, USN

regnina.hill@socom.mil

DSN: 315-723-2218

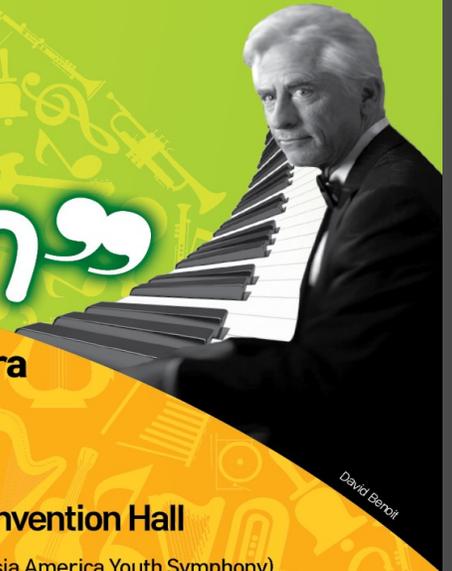




We offer **free shuttle bus**.
A **snack** will be served on the bus.
Contact: USO KOREA



“Play the Dream”



David Benoit



BADA

ChildFund Korea Dream Orchestra & Asia America Youth Symphony CHARITY CONCERT IN SEOUL

2018.6.29 | Fri | 18:30 Sebitseom Convention Hall

Performers ChildFund Korea Dream Orchestra, AAYS (Asia America Youth Symphony)
ChildFund Korea Dream Choir, DAVID BENOIT,
8TH ARMY BAND, KPOP Singer BADA

This event is FREE for U.S. service members and their families. Buses to and from the event will be provided from the following U.S. military installations on a space available basis. Please, sign-up at the contact information below to secure your spot!

- USAG Yongsan and K-16: contact the USO Korea Area Office at (DSN) 724-7781
- Osan AB: contact USO Osan at (DSN) 784-0469
- USAG Humphreys: contact USO Humphreys South at (DSN) 753-6281

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Inquiry
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ChildFund Korea Dream Orchestra