



FRG HAPPENINGS



STB, Third Army, ARCENT

1 January 2013



Thank you, Volunteers!

The Third Army and US Army Central Command paid tribute to 21 volunteers at the Volunteer of the Year Ceremony on December 19, 2012 in Patton Hall. LTG Brooks, in his opening remarks, expressed gratitude to all Third Army volunteers and compared the selfless service of the men and women in uniform with the selfless volunteerism of the Military Family. LTG Brooks, accompanied by CSM Harris, then presented each volunteer a certificate of appreciation for their dedication to Third Army, ARCENT, Army Families and the surrounding communities. Our FRG Leader, Christiane Turlington, was honored as the Volunteer of the Year. Holding back tears, Mrs. Turlington thanked all the volunteers for their hard work, and in her passionate speech, showed that her heart and soul goes into the FRG everyday! Battalion level awards were presented to STB volunteers in a separate ceremony. The celebration was concluded with a cake cutting, the singing of the Army song and a cake and punch reception.

Inside this issue

Holiday Fun!	2
Grateful Rock	2
Chicken Dinner!	2
FRG Member Spotlight	3
From Your FRG Leader	3
Social Groups: Find Your Niche	4
Volunteer & Member Notes	4
Upcoming Events	4

Contact Information

Susan Duffy
Third Army/ARCENT, HQ/STB FRSA
susan.k.duffy@arcent.army.mil (803) 885-8039

Christiane Turlington
Third Army/ARCENT HQ/STB FRG Leader
Turlingtonc@hotmail.com (253) 314-6779

Third Army/USARCENT, HQ/STB
24/7 Family Member Emergency Assistance
(803) 895-7427

Like us on Facebook: www.facebook.com/pattonsownfrg

Did you know? The Exceptional Family Member Program (EFMP) is on both Shaw AFB and Ft. Jackson? Call Cheryl Jackson, Ft. Jackson EFMP Manager, at (803) 751-5256 or Jerome Brown, Shaw AFB EFMP Manager at (803) 895-1252 for information and assistance with your EFMP needs.

Holiday Fun!

The Lucky Conference Room in Patton Hall was filled to the brim with



holiday fun at the annual FRG Holiday Party, held December 15, 2012 in Patton Hall. Upon arrival, volunteers greeted the 350 Family Members, civilians and Soldiers to the free lunch buffet, catered especially for the occasion. The 100 children in attendance took pictures with Santa Clause, listened to holiday stories, and enjoyed face painting and the lively craft area. Over \$500 in door prizes was given to lucky attendees: an early holiday surprise from the FRG! The party was scheduled until 2 p.m., but as the clock struck 2, no one seemed in a hurry to leave as everyone was soaking up the good conversation and a rare moment to relax with friends and family. Even BG Taylor, Chief of Staff, joined in the fun!



The party would not have been possible without numerous volunteers, from fundraising helpers to the FRG Steering Committee, so many contributed to the success of the event. We extend a special thank you to the 30 volunteers and Soldiers who volunteered during the party to keep the craft area buzzing, pictures snapping, spirit items selling and the lunch area neat and clean! We even had 8 Third Army teens lending their talents in the face painting area. Now, that's what I call holiday spirit! With my belly full and my heart warm, I headed home, but am definitely looking forward to next year! *Submitted by Jodie Cain Smith, Third Army Family*

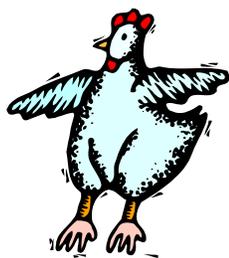
Grateful Rock *Submitted by R. Cynthia Jacobs, Family Readiness Program Manager*

Being grateful is an energizing way to start the New Year. Gratitude can make a real difference in one's ability to feel positive, both emotionally and physically. Try this: find a rock that feels good in your hand. Name it your 'gratitude rock' and carry it with you along with your keys and wallet, in your pocket, or purse. The idea is to remember and say "Thank You" for something in your life, each time you touch or see the rock: when you empty your pocket at night, when you pack up your things in the morning, when you reach for your keys, when you look for small change. An actual rock is not necessary and you can use anything small as a figurative rock.

One of the most impressive reasons for being grateful is the positive impact on the way one feels and thinks. Dr. Robert Emmons, a professor of psychology at the University of California-Davis and a pioneer in gratitude research, found that grateful people have, "higher levels of positive states of alertness, enthusiasm, determination, attentiveness and energy." Also, "Kids who feel and act grateful tend to be less materialistic, get better grades, set higher goals, complain of fewer headaches and stomach aches and feel more satisfied with their friends, families and schools than those who don't." The result of having and using your grateful rock is a positive emotional state. Each time you focus on the parts of your life that you are most thankful for, you learn to appreciate the small stuff and learn to see that at the end, it *is* all small stuff.

For more about the research on gratitude and good health, see *Thanks!: How Practicing Gratitude Can Make You Happier* By Dr. Robert Emmons

HQ ARCENT/Third Army Chicken Night!



Join us for a Chicken Dinner Potluck.
Bring your favorite side-dish,
we'll provide the chicken!

24 Jan 2013
Lucky Conference Room
1830

Bring your own
beverage, the
FRG will provide
water

Kids can make a
Valentine's Card for Mom
or Dad!

This is a FRG sponsored event for HQ/STB Soldiers and Families



FRG Member Spotlight: Victoria Glynn

Victoria Glynn is a real-life Wonder Woman! Originally from Huntington Beach, CA, she currently resides in Fayetteville, GA where she works as a Labor and Delivery Nurse at Piedmont Fayette. Together with her spouse, LTC Martin Glynn, she leads a proud military family. Her son, SPC Jon Tessar is currently deployed to Afghanistan, her daughter, PV2 Shanna Tessar-Barbieri is currently stationed in Seoul, Korea, and her son-in-law just deployed to Afghanistan; Her youngest, Natalie Glynn, is rocking 3rd grade! Victoria enjoys cooking, reading, spending time with friends while her husband is at Shaw and hunting! Her best advice for surviving separations: find good friends to keep you occupied, write love letters, and look forward to weekends! Great advice from a smart and wonderful Army Spouse!



From your FRG Leader...

HAPPY NEW YEAR!! 2013 is a year of promise. For some, it is the excitement of being able to announce, "My Soldier will be home THIS year!" For others, the New Year means moving and a new assignment. And for many, it is a year full of new resolutions. All of the above are true for me.

Redeployment: 2013 will be a good year for me. Our family will be re-united after a year deployment. As of January, we can say we are halfway done, and it's downhill from here. There is an inexplicable relief when, in a deployment, you can see the end in sight, or when you have less time to go than what has already passed.

Moving: We will PCS this summer along with many Third Army/USARCENT Families. This summer Third Army/USARCENT will have been at Shaw Air Force Base for two years. The tour of duty is close to complete for those Families who moved to Shaw when Third Army/USARCENT first arrived here. Almost our entire FRG leadership board will move this summer. Please join me and make a difference by volunteering with the FRG. When I leave this summer I will leave the FRG in your hands.

Resolutions: Like most Americans I have new promises that accompany the ringing of the New Year. Exercise, of course, makes the top of the list. I am already training to complete the 10k Cooper Bridge Run in Charleston. Another resolution is to stay involved to make a difference. I would appeal to you to get involved in your community, your child's school, your church or even your FRG.

2013 promises to be a good year and with your help, the FRG will continue to succeed. I hope the New Year brings joy, health and happiness to you all!

Christiane

Submitted by Christiane Turlington, Third Army/ARCENT HQ/STB FRG Leader

Volunteer Notes

Our Sincere Thanks...

To all who volunteered in the planning and implementation of the Holiday Party, thank you! The greeters, face-painters, craft area helpers, decorations committee, catering committee, fundraising volunteers, Santa photo helpers, and all the countless details that contributed to the party's success helped provide a wonderful afternoon for our families and definitely kept the Grinch away!

Congratulations!

Do you have reason to celebrate? Send your newsletter submissions to the newsletter POC Jodie Smith at jodiesmith8@gmail.com. All submissions must follow all Army regulations and policies and must be received by the 15th of the month.

Upcoming Events

Tops in Blue at Patriot Hall!

January 8, 2013, 7:00 p.m.

Tickets available at the Shaw AFB Community Center (803) 895-3382 or communitycenter@20thfss.com for more information.

Shaw AFB Youth Baseball Registration

January 22 - February 21, 2012 at the Shaw AFB Youth Center. (803) 895-2251 or youthprograms@20thfss.com for more information

Shaw Deployed and Remote Family Dinner

Monday, 28 January 2013 at 6:00 PM
Carolina Skies Club & Conference Center, Shaw AFB
All waiting family members are invited to attend this FREE event. Shawchapel.org for reservations.

Shaw AFB January Hearts Apart

Valentine Glamour Shots at the Shaw AFB Community Center on 11 January @ 5:30pm.
Stylists will on hand to assist with hair and makeup. PAO will be taking the photos. 1 "Glamorized" photo will be e-mailed to you so you may send it on to your loved one for Valentine's Day.
Food/Refreshments/Children's activities will be provided.
Reservations required at (803) 895-1253 or brian.melton@shaw.af.mil

Third Army T-shirts are still available! Contact your FRG Leader for details!

Social Groups: What's Your Niche?

Several social groups are available to help you meet new friends and foster relationships. Joining a social group is as easy as shooting the POC an email requesting more information or to be added to the evite list!

All social groups are open to family members, soldiers, and civilians.

Let us know if your "niche" is missing.

Maybe you can start a new social group!

Book Club

Email Irma Stafford at irma.stafford@live.com for more details.

Lunch Bunch

Email Amanda Brown at amandabrown1097@yahoo.com to be added to the monthly evite.

Bunco

Email Christiane Turlington at turlingtonc@hotmail.com for details.

"Third" Friday Breakfast Group

Email Laura Rogers at laurajeang@gmail.com for details.

Columbia Social Club

Email Kris Bailes at boy3_girls1@yahoo.com for details.

Third Army Spanish Speaking Spouses Group

Contact Marcela Johnson at (803) 512-0288 or scottnmars@yahoo.com if you are interested in joining.
Esposas de soldados del 3rd Army Hispanas, les gustaria conocer a otras esposas militares Hispanas? Si les gustaria formar parte de un grupo de esposas militares de habla Hispana, porfavor de contactar a Marcela Johnson. Email: scottnmars@yahoo.com o al telefono (803) 512-0288.

Don't be shy! Join a group today!