



# Soldier's Wife, Crazy Life

AN E-MAIL SITUATION REPORT (SITREP) OF THE PUTNAM  
COUNTY VETERANS SERVICE AGENCY

## The Truth About Valentine's Day When You Are a Military Spouse

Flowers, chocolate, candy hearts, and expectations. It sounds like another Valentine's Day is around the corner, but when you are a military spouse, this holiday probably isn't going to be as exciting as it could be...

For one thing, your spouse might be gone. They might be deployed, across the ocean. So you are not even going to see your spouse on the 14th. And that being the case, ignoring the whole thing is pretty easy to do. You tell yourself it is just a made up holiday anyway, who cares.

But then, you are walking through Target and you see the chocolate, and you think, wouldn't it be nice to get some chocolate this year? If nothing else, just some chocolate? Because if you are going to be alone for Valentine's Day, you might as well have chocolate, right? So you buy yourself a box and decide that no matter what, you are going to have a good February 14th, you are going to have a good Valentine's Day. Once you get home you remember you were going to send a Valentine's Day care package to your husband, only it is already February 10th so it is going to be a little late. And you wonder if he will even care really. Sure, he loves to get a package from you but does it need to be a Valentine's Day care package? Ya, you think, maybe I

will just wait until after Valentine's Day, buy him some 50% off chocolate and send that instead. But then, I have my kids to think about. And the fact that they need Valentines for their classes, guess you are going back to Target to pick some out. In a perfect world you would get on Pinterest, pick out a cute idea and get to work but Marvel, Barbie, and those addictive candy hearts are going to have to sponsor Valentine's Day this year.

And then it is Valentine's Day, and since your husband is off making our nation a better place, you have to decide how you are going to spend the day. The kids are armed with Valentines for their classmates, you also got them a couple of things because in the end, Valentine's Day is about love and you do love your children. You decide to get one of those heart pizza's for dinner because your kids will get a kick out of it and hey, it's pizza. So you finish dinner, the kids loved the heart-shaped pizza and hey, you didn't have to cook so that was a win.

After the kids go to bed you dig into your chocolate hoping that your husband will get online and at least wish you happy Valentine's Day. So you put on a cheezy ro-

mance of some kind and wait with your chocolate, you know the chocolate you bought to have on this day. And as you wait you just tell yourself that *next year* he will be home and you will go big. You will get a babysitter and hit the town. It's just this year that kinda sucks. But then you remember last year, when he was home, and you pretty much did the same thing as you are doing this year, because you have kids and you are on a budget and really, Valentine's Day isn't such a big deal anyways.

And right before you go to bed, he gets online and you say your "Happy Valentine's Day" to each other. You smile because you are happy to be married to this guy and no that no matter how many Valentine's Days he has to miss, you will always love him. And you know that there will always be plenty of chocolate to get through anything you two have to endure during his military career.

## ABOUT JULIE

**Owner of Soldier's Wife, Crazy Life. Writer, reader, coffee drinker. Mom to three boys, wife of a National Guard soldier. Living life in Tennessee.**



# COMMUNITY BASKETBALL CHALLENGE Pledge Form

Saturday, February 26, 2022  
9 AM to 1 PM  
CHS Gym, 30 Fair St., Carmel, NY

Dwyer Vet2Vet of Putnam  
ORGANIZATION TO BENEFIT FROM COLLECTED PLEDGES  
2505 Carmel Ave, Brewster NY 10519  
ORGANIZATION'S ADDRESS



Sponsored by  
Carmel Rotary Club  
and  
Carmel High School's  
Rotary Interact Club  
www.carmelrotary.org



PARTICIPANT'S NAME: KARL ROHDE

ADDRESS: 110 Old Route 6 Bldg #3 Carmel NY 10512

PHONE: 8450808-1620

AGE: 73 MALE  FEMALE

EMAIL: karl.rohde@putnamcountyny.gov

#	NAME OF SPONSOR	ADDRESS	Flat Donation	Pledge Per Basket	No. of Baskets	TOTAL	AMOUNT COLLECTED
1							
2							
3							
4							
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6							
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Certified # of Baskets

FOR OFFICIAL USE

TOTAL	
AMOUNT TURNED IN	
BALANCE DUE	

\_\_\_\_\_  
Checker's Signature

\_\_\_\_\_  
Participant's Signature

While you will not hear the vibrant melody of "Sweet Georgia Brown" my stepping on the basketball court will be entertaining to say the least. Perhaps a laugh track should be playing as I attempt to make some baskets.

What is key is that this is an important fundraiser for Dwyer Vet2Vet. This is a peer support group that assists Veterans in our community.

We have a warm line for Veterans to call. We take Veterans to baseball games. We sponsor equine therapy for Veterans. Sometimes we just drive them to the store. Please sponsor me!

Karl



## Diary of A Horse Skeptic

Dear Diary,

Sorry that it has been so long since I have made an entry.

WOW! WOW! WOW!  
There is going to be another Equus Effect this March. That is so exciting to me. I am excited because a cohort of Veterans who have never experienced this program will get that chance.

Sometimes it is difficult for me to find the words to express what Equus means to me. I do not want possible participants to think I am inflating the impact on my life.

Pre-Equus my response to what I thought of horses "They are the other red meat"

There are so many ways that I could use to let you know what my Post-Equus response is. The best way would be to tell you, Diary, I have my own hoof pick. Yes my own hoof pick. And I use it!!! I wish you horses!

Karl



## A Powerful Veterans Program

Brought to you by Dwyer Vet 2 Vet Putnam, The Equus Effect and Pegasus

Our focus in this 5-session program is on helping veterans rebuild healthy relationships. Our horses and facilitators will support you and your journey with respect and skill. Activities are non-riding. No horse experience is necessary.

*"I learned how to handle stress and to help anger management issues I have. I learned the way of the horse. It's changed my life, there's no doubt about it."*

Thursdays, 10am - 2pm

3/3 ~ 3/10 ~ 3/17 ~ 3/24 ~ 3/31

**\*No cost to participants\***

Hosted at our beautiful Pegasus Farm therapeutic riding center (address below). Bring a bagged lunch and water bottle. **Participants must attend all five sessions.**

John Duncan, Interim Program Coordinator  
Dwyer Vet2Vet Putnam  
jduncan@mhaputnam.org  
845-278-VETS (8387)



PEGASUS



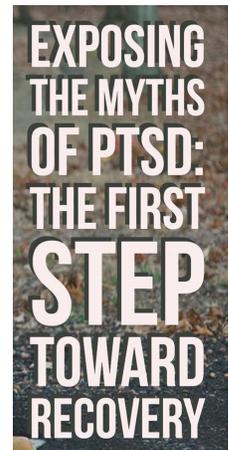
## Many Americans Believe PTSD Misconceptions

*A poll of 2,000 U.S. citizens found that many misunderstand PTSD in the military and veterans' community. Most of those who took the survey falsely believe that the majority of veterans have PTSD and are violent*

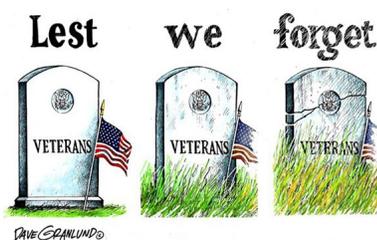
An organization focused on post 9/11 veterans released results of a study last year that underscored the common misperceptions about post-traumatic stress disorder (PTSD). For example, the results showed that many Americans believe PTSD is more prevalent among veterans than is actually the case. Cohen Veterans Network, a nationwide system of mental health clinics based in Stamford, Conn., polled 2,000 people and found that more than two-thirds — 67 percent — believe that most veterans have PTSD. The number of veterans with PTSD is significantly less than what the majority of those who took the survey believe. According to the VA, about 11-20 percent of veterans who served in the Afghanistan or Iraq wars have PTSD in a given year. VA estimates that about 12 percent of veterans who served in the Persian Gulf War have PTSD. The VA also estimated that about 30 percent of Vietnam War veterans have had PTSD in their lifetime. Anthony Hassan, president and CEO of the organization, said that

the misconceptions that exist with PTSD “deter” those with symptoms from seeking care. “As a means to address any misunderstandings that surround PTSD, we wanted to take a look at Americans’ perceptions of the disorder,” Hassan said. “What we found is that there are strong misconceptions on everything from symptoms to treatments.” Here are some of the study’s findings. All statements are misconceptions of PTSD:

- **78 percent:** Assume “flashbacks” are the most common symptom of PTSD.
- **74 percent:** Think most combat veterans have experienced PTSD.
- **59 percent:** Assume that if someone experiences a traumatic event, that person will develop PTSD.
- **40 percent:** Believe that PTSD occurs immediately after a traumatic event.
- **26 percent:** Believe that most people with PTSD are violent or dangerous.
- **23 percent:** Think PTSD can’t be treated. Visit [www.cohenveteransnetwork.org](http://www.cohenveteransnetwork.org) to read more about misconceptions of PTSD in troops and veterans.



BY DAVE SPIVA  
VFW Magazine 2022





**DONALD B. SMITH GOVERNMENT CAMPUS**  
**110 OLD ROUTE 6, BLDG. #3**  
**CARMEL NY 10512**  
**MONDAY—FRIDAY 9-5**  
**CALL FOR APPOINTMENT EITHER LOCATION**  
**845-808-1620**

**KARL ROHDE, DIRECTOR**  
**ART HANLEY, DEPUTY DIRECTOR**



# GUARDIAN REVIVAL



In 2012, towards the end of my Army career, I was selected to join a week-long dog sledding expedition with Outward Bound for Veterans in Minnesota. We became a team of 9, mostly veterans, exploring the frozen lakes and land that is winter in the Boundary Waters Canoe Area. The week I spent with this small group of veterans in the wilderness is where I first began to process my own experiences from multiple combat deployments without fear of repercussions to my military career. What I did not know at that time is that I would soon retire from military service to begin working professionally in the veteran and military outdoors field myself, eventually leading me to volunteer as the Program Director for Another Summit in Putnam County, NY

Another Summit is a free therapeutic outdoor adventure program designed for veterans and first responders in and around Putnam County, NY. Members of Another Summit who join our outings a

minimum of once per month see a decrease in their sense of loneliness and an overall increase in their sense of belonging, health, and wellbeing. In 2021 our team of volunteer outdoor leaders provided over 50 guided hikes exploring local trails, and in 2022 we will continue to offer 2-3 local hikes (snowshoeing included) each week. In Spring 2022 we are introducing paddling and backpacking to our schedule as well as an outdoor leader training program. To learn more, and to register with Another Summit, go to <https://guardianrevival.org/another-summit/> or contact Elena Leonard, Another Summit Operations, at [elenaleonard@guardianrevival.org](mailto:elenaleonard@guardianrevival.org).

*Lt. Col. Aaron Leonard, USA (Ret)  
Director, Veteran and Military Outdoors Coalition | Sierra Club  
Program Director | Another Summit*

**Guardian Revival** is a New York State 501(c)(3) Not-for-Profit chartered to support our guardians. We address guardian mental health through animal ownership & outdoor recreation, and provide training & equipment to our guardians at no cost so that they can better serve our communities.

Since the dawn of humankind, every subset of society has recruited a collection of individuals chartered to protect and aid those who are unable to do so themselves: we call those individuals Guardians. Today's Guardians are active and veteran law enforcement, military service members, federal agents, Emergency Medical Services (EMS), firefighters, and rescue services. These men and women sacrifice their own safety to ensure the safety of their fellow citizens.

**Rise** is a program focused on providing training & equipment to first responders at no cost so that they can better serve our communities. The sound functioning of a society's guardians is a direct reflection of its overall well-being; their equipment, qualifications, and training correlate with their capacity to respond to a broad spectrum of emergency scenarios,

**Another Summit** is an outdoor adventure program that leads outdoor recreational activities such as hiking, backpacking, and paddling for guardians and community members which they serve, in the lower Hudson Valley Region of New York.

**Boots & Paws** provides guardians in need with working dogs. Dogs are awarded along with a care package, which includes professional training sessions, veterinary coverage, pet insurance, food, toys, leashes, and other essential care equipment for up to a year.

# The Bulletin Board



**Rep. Sean Patrick Maloney**  
invites you to participate in his 8th annual  
*Valentines for Veterans*

**SHOW YOUR APPRECIATION FOR  
» OUR HUDSON VALLEY HEROES «**

**Valentines are due by 5 PM  
on Wednesday, February 9, 2022**

Valentines may be mailed to or dropped  
off at Rep. Maloney's Newburgh Office.

**123 GRAND ST. 2ND FLOOR  
NEWBURGH, NY 12550**

Interested schools or participants should contact  
Rep. Maloney's office at (845) 561-1259 for more info.

