



# Plan of the Week



**October 19<sup>th</sup> – October 23<sup>rd</sup>, 2015**

## Veterans Resource Center Events

Monday	19	
Tuesday	20	Food available for Vets after 1200, VRC Lounge
Wednesday	21	1330-1500 ESFA Director's Meeting, classroom
Thursday	22	
Friday	23	

## Campus and Community Events

Effective immediately, Veterans Service Officer hours at the VRC are Thursdays, 1600-1800.

**Tuesday, October 20<sup>th</sup> after 1200:**  
Non-perishable food for Veterans and their families at your VRC!

Through the generosity of our friends at Fallen Brothers Seattle, we will have non-perishable food and frozen meat available at the Veterans Resource Center while supplies last.

### Counselor's Corner

By Teresa Lin, Veterans Support Specialist

The third tip in the "Tips for Greater Happiness" series is to focus on the present. Dwelling on the past and worrying about the future prevents you from noticing what is happening right now. Increasing awareness of your current state can lead to feeling more at peace. Something to look into is Mindfulness

Practice: <https://www.psychologytoday.com/basics/mindfulness>.

### MILITARY TRIVIA



By Chris Szarek, Plan of the Week Military Trivia contributing author

**TOM SELLECK: FROM G.I. TO P.I. ACTOR, VETERAN, VET SUPPORTER**

**DID YOU KNOW THAT TOM SELLECK, FAMOUS FOR HIS MANY TV AND MOVIE ROLES, SERVED? BEFORE ACHIEVING FAME AS MAGNUM P.I., SELLECK SERVED AS A SOLDIER IN THE 160TH INFANTRY REGIMENT OF THE CALIFORNIA ARMY NATIONAL GUARD FROM 1967-1973. IN FEBRUARY 2009, SELLECK JOINED THE VIETNAM VETERANS MEMORIAL FUND AS NATIONAL SPOKESMAN FOR THE NEW EDUCATION CENTER BEING BUILT ON THE NATIONAL MALL.**

Check out breaking VRC news on our Facebook page:

<https://www.facebook.com/EdmondsCommunityCollegeVeteransResourceCenter>

**Career Action Center Event:**  
**October 20<sup>th</sup>, 1400-1600,**  
**MLT 138: Dependable**  
**Strengths Workshop!!**

PNB Nutcracker Tickets available!

Thanks to the generosity of our friends at Operation Military Family and Bank of America, we have 15 tickets for Pacific Northwest Ballet's Nutcracker on December 10<sup>th</sup> at 7:30 available for Student Vets and their families on a first come, first served basis. Children are welcome, and according to informed sources children older than 4 are likely to be attentive. Limit 4 tickets per Vet. Please submit ticket requests to VRC Director Chris Szarek no later than November 19<sup>th</sup>. Parking is not included, and costs about \$12.00.

### Hours of Operation

Monday	0900-1800
Tuesday	0900-1800
Wednesday	1000-1800
Thursday	0900-1800
Friday	0900-1700