

SITOREP

SITUATION REPORT: RESULTS AND ACHIEVEMENTS

PROGRAM

SPOUSE PERFORMANCE WORKSHOP

REPORT *Spouse Performance Workshop*

Spouse Performance Workshops empower and encourage Special Operations Forces (SOF) spouses to establish personal goals and value themselves as a priority. Spouses learn how to balance service for others with care for self amid the endless transitions and deployment requirements.

We share the following poem, written by a 2022 spouse program alum, explaining the papermaking process while recounting the personal impact she felt at each step.

It is fun, powerful, and shares an intimate understanding of the challenges our SOF spouses face.

PAPER MAKING

There is such power in reinventing,
when the past and present can be tormenting.

Cutting up his uniform,
doing something new and outside my norm.

A little unfamiliar as to how this all will work,
residual anxiety below the surface lurks.

Then I learned the paper-making history,
the process, no longer a mystery.

Fabric and threads beat down to a pulp,
just like my life, I feel myself gulp.

Hands in the water, applying pressure to the frame.
Muck washing over - I, too, have felt the same.

The frame floats to the surface for air,
pulp trapped within, just like a snare.

Wet, cold hands lifting out of the vat,
overflow pouring off, then a drip-just like that.

Frame lifted, pulp taking shape.
Flipped onto the vellum, surprisingly without a scrape.

A gray rectangle of muck, remembering what it
was before...

Now going through the process, becoming
something more.

A layer if white paint - a clean slate,
a state of being I've longed for, how deeply I relate.

Choosing a stencil to represent me...
Who I was, who I am, who I want to be.

Every experience here helping me see
the depth of my identity.

Like a tree, my body has brought forth life.
Not only am I a mother, but also a wife.

Practicing yoga has been so full of power.
It grounds me and roots me, giving me strength
like a tower.

I am balanced, I am strong.
I am supported and loved by the women in
this throng.

Tangible growth I can feel filled up inside.
Now branches stretch out, abundant love
I can provide.

Fallen petals of my past, in the mountain air
just scatter,
still a part of me, they will always matter.

The pieces all settle down by where I am rooted,
providing nourishment, space for more growth -
still there, only muted.

Paints put down, I step back to see
The art I created, the purpose for me.

A sheet of paper, made brand new
That contains parts from each of you.

One final glance, then hand place the interface on top.
Droplets on the floor - where is Kevin with his mop?

My part in the process is through.
It's not about the outcome, this is so true.

Sometimes it is the process and the struggle that
holds the most impact...
I've walked through it, and I'm still intact.

It's just me, here checking in,
I feel alive and at peace - I'm here and I'm in.

— Spouse Performance Program Participant

STEPS



1 Tearing uniforms into strips for pulp



2 Pulp in the frame, being worked in the water



3 The gray fibers become more like paper



4 Sheet of handmade paper comes to life



5 Transformed uniform paper ready for use



6 Sample paper from a participant

For more information about Spouse Performance Workshops, please visit our [website](#) or contact Troy Schnack at tschnack@thestationfoundation.org

