

SAN DIEGO

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VETERANS

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MAGAZINE

San Diego

VETERAN OF THE MONTH

**The Lost Watch of
D-Day**

**CELEBRATING AMERICA
AND AMERICAN MADE**

**What's Next
Transitioning**

Financial Education
Available for Military Spouses

JULY

**THE MONTH OF
INDEPENDENCE**

HOW TO CONNECT
with a Veteran Advocate



**ONE THING I'D LIKE TO
SAY TO ALL OF YOU IS
YOU'RE NOT CRAZY.**

I had a complete meltdown with PTSD (posttraumatic stress disorder). I thought I was losing my mind. I'd never been out of control before, and it was hard to admit I needed help, but I wanted my old self back. I've gotten that and more. I'm strong. I'm healthy. I have tools, I have knowledge, and I have strength and courage to deal with it. I'm doing just fine.

RON WHITCOMB SGT US ARMY 1968 - 1969 SQUAD LEADER, VIETNAM

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EDITOR'S LETTER



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Greetings and a warm welcome to **San Diego Veterans Magazine!**

Please take some time to get to know the layout of our magazine. The Magazine focuses on San Diego resources, support, community, and inspiration for our veterans and the military families that keep it together.

Our magazine is driven by passion, vision, reflection and the future. The content is the driving force behind our magazine and the connection it makes with our veterans, service members, military families, and civilians.

The magazine is supported by a distinguishing list of San Diego veteran organizations, resource centers, coalitions, veteran advocates, and more.

We are honored to share the work of so many committed and thoughtful people.

San Diego Veterans Magazine is a veterans magazine for veterans by veterans.

We appreciate your support and are so happy to have you as a reader of San Diego Veterans Magazine.

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JULY

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VETERAN OF THE MONTH

San Diego - July 2020

By Holly Shaffner



Ray Flores

"Two Navy Master Chief's walk into a bar"...This may be the start to a good sea story, but it is the ending that makes the story interesting.

This month we honor Master Chief Petty Officer Ray Flores, U.S. Navy (retired) as our Veteran of the Month. While the service member's actions while on active duty are important, the Veteran of the Month selection is based on what they are doing in the community post-military.

Ray served his country for 21 years in the U.S. Navy's antisubmarine community. For over two decades, he served at a variety of commands – ships, shore, air squadrons, training commands, and with foreign Navies.

Serving his country was in his blood. At an early age, his grandparents told him there was an expectation to serve in the military; his grandfather and father had both served in the U.S. Marine Corps. So, on Ray's 17th birthday, he walked into the Navy recruiting office in his hometown.

Ray grew up in an agricultural community on the Oxnard Plain where his family worked as farm workers. He described it as "the men drove trucks and the women were in the packing house and eventually they worked their way to being supervisors". The area is surrounded by the cities and towns of Camarillo, Oxnard, Ventura and Port Hueneme.

When he walked into that recruiter's office in 1978, he knew that he wanted to be a Navy Seabee; however, the Navy had other plans for him. He took a test to see what schools he qualified for and having a high aptitude score, he was encouraged to get into the anti-sub warfare community.

"I thought it would be cool to work with big missiles on a sub," said Flores.

He spent many months learning the trade and one day while in his Navy school, a Navy official walked into the room and said the program they were learning had

been cancelled. This changed Ray's life - for the rest of his Navy career he learned to be a specialist and learned the "business of business".

Ray retired in 2000 and followed entrepreneur opportunities and worked for a government contractor. One day in Santa Barbara he was having some work done on one of his motorcycles and he heard a discussion between two men about serving veterans. That day changed the direction of his "retired" life.

Ray got involved in the Santa Barbara Veterans Foundation and found himself helping with projects for veterans – making wheelchair ramps, raising money for young families, participating in parades, etc.... that all led to him joining the board of directors. For the retired Master Chief who did not self-identify as a veteran, he was now serving his brothers and sisters.

Both in and out of the military, it was important for Ray to have job satisfaction. He was able to see the tangible effects of his jobs in the military, as a government contractor, and now as volunteer in the military and veteran community.

Today, not only does he find the job satisfaction in his day/pay job but also in the local San Diego community.



Ray Flores is the Executive Director of the non-profit organization called San Diego Veterans Coalition. The Coalition brings together over 150 unique organizations, businesses, and government agencies to serve the military and veteran community of San Diego. The Coalition follows a collective impact model which is based on leveraging relationships with other veteran and family serving organizations so that they may provide veterans and their families with a complete array of services and other opportunities.

Ray is at the helm of the SDVC ship and the organization is navigated by a board of directors. Collectively, the organization has served thousands of San Diego county residents since their inception in 2009. They meet monthly in a public forum and you can find out more about the SDVC at: www.sdvetscoalition.org

Outside of his day/pay job, Ray is very active in the military space. Since his arrival in San Diego County in 2015, he has volunteered with the Wave Academy, Veterans of Foreign War, American Legion and American Legion Baseball, Travis Manion Foundation, Honor Flight San Diego, Support the Enlisted Project, Veterans Association of North County, the Ronald McDonald House, Home For Our Troops, San Diego Enforcers, San Diego Gulls, and the San Diego Padres.

In reflecting on his San Diego volunteerism, he says that his most rewarding work is with the Randy Jones Foundation.

The Randy Jones Foundation is a non-profit organization that provides new opportunities and resources for military families and children and the community through education, housing, and outdoor activities. Ray said that his favorite part of the organization is offering scholarships to children of service members in order to provide a path for them to participate in athletic programs they would not be able to otherwise afford. For more information about the Randy Jones Foundation, go to: www.randyjonesfoundation.com

So, what makes him sleep soundly at night? It is the satisfaction of knowing he has done his best every day to ensure his work has touched as many people as possible. About selecting the organizations he works with, he said, "I like to see them be the ripple in the pond that touches so many."

And that sea story – well, it was not a tall tale at all. The Master Chief who Ray ran into at the bar was the conduit for him to get his SDVC job and start making an impact on the San Diego community. Bravo Zulu to retired Master Chief Ray Flores and thank you for your continued service to the military and veteran community!



Independence Day

Independence Day is annually celebrated on July 4 and is often known as “the Fourth of July”.

It is the anniversary of the publication of the declaration of independence from Great Britain in 1776. Patriotic displays and family events are organized throughout the United States.

On July 4th, 1776 the United States laid down its claim to be a free and independent nation by adopting the Declaration of Independence. Today, Independence Day is celebrated and honored in many forms such as fireworks, BBQs and parades. It is an opportunity for Americans to express patriotism and love of country including reflecting on the sacrifices from those in the military.

Independence Day History

On June 11th, 1776 the Second Continental Congress met in Philadelphia to formally sever ties with Great Britain. Thomas Jefferson, who considered an esteemed writer, was selected to draft the document. After 86 revisions and on July 4th, 1776 the Continental Congress signed the final version.

The first readings of the document included ringing of bells and band music. The following Fourth of July Congress was adjourned in Philadelphia and everybody celebrated with bells, bonfires and fireworks. Soon these customs spread to other areas within the 13 colonies and new customs began to develop such as picnics, speeches, games, military displays and of course fireworks. These traditions continued for almost a century before Congress finally established Independence Day as a holiday.

Thomas Jefferson was the principal author of the Declaration of Independence. The Declaration states, “We hold these Truths to be self-evident, that all Men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the Pursuit of Happiness....”

Independence Day Facts

- The original copy of the Declaration is housed in the National Archives in Washington, D.C. and July 4 has been designated a national holiday to commemorate the day the United States
- Independence Day 2015 is the 239th Independence Day.
- 56 People signed the Declaration of Independence.
- John Hancock was the first signer and famously had the largest signature.
- In July 1776 there were an estimated 2.5 million people living in the Colonial United States.
- Currently there are approximately 316 million Americans.
- The Declaration of Independence was revised 86 times.
- The first Independence Day was celebrated on July 8, 1776.
- Thomas Jefferson and John Adams both died on the Fourth of July, 1826.

Things to do on the Fourth of July

- Barbecue with friends and family
- Watch a fireworks show
- Go to a blockbuster movie release
- Have a block party
- Light some fireworks (safely & legally of course)
- Attend a baseball game
- Find water – Boating, beaching and water skiing
- Rent a 4th of July themed movie
- Find a National Park hosting a July 4th event

Patriotic Things to do on the Fourth of July

- Fly the American Flag
- Wear Red, White and Blue
- Volunteer to help our veterans
- Take a trip to a special fort, park or monument near you.
- Go to a Fourth of July celebration
- Attend a Revolutionary War reenactment
- Send Letters, Care Packages, and Other Ways to Support the Military



Do's and Don'ts for Displaying Old Glory

BY SUSAN H. LAWSON

This week, American flags will be displayed across the nation in celebration of the Independence Day holiday. Following a few guidelines can ensure we are displaying Old Glory properly.

In 1923, the U.S. National Flag Code was created and distributed nationwide. The code became Public Law in 1942 and became the U.S. Flag Code we know today. The U.S. Flag Code lays out the ways to display and respect the flag of the United States.

For example:

- The flag should not be on display outdoors during bad weather.
- The flag should not be used for advertising purposes, or embroidered on cushions, handkerchiefs, napkins or boxes.
- The flag should never be used as wearing apparel, bedding or drapery.
- It should never be displayed upside down unless trying to convey a sign of distress or great danger.
- The flag should never touch anything beneath it; this includes water, merchandise and even the floor.
- When displayed either horizontally or vertically against a wall, the union should be uppermost and to the flag's own right, that is, to the observer's left. When displayed in a window, the flag should be displayed in the same way, with the union or blue field to the left of the observer in the street.

Other Do's and Don'ts:

- Clean and damage-free flags should always be used. Dirty, ripped, wrinkled or frayed flags should not be used. Also, when flags are damaged, they should be destroyed in a dignified manner.
- The U.S. flag should flow freely in the wind or in a lobby with a passing breeze as people walk past. Stretching a flag is a lot like walking around with your arms held out straight. It is not to be held captive by metal arm spreaders as if to say, "Look at me!"
- Staffs and finials should always be upright and not leaning.
- Clamping a U.S. flag to a vehicle's antenna is acceptable, or the flagstaff clamped to the right fender, as long as the flag displays in the proper direction.
- Service flags are displayed in order of service precedence, not the host service where they are displayed. The order of precedence is Army, Marine Corps, Navy, Air Force and Coast Guard.
- When displaying the U.S. flag with other flags, the U.S. flag comes first and is centered in the middle of a flag display. In addition, the U.S. flag must be placed higher than the other flags, unless other national flags are present. In that case the U.S. flag would be the same height.
- Buntings are a good way to display the national colors and decorate for Independence Day without discrediting the U.S. flag.

What's So American About Apple Pie?

The grill glows hot, the beer is on ice, and the fireworks are ready to burst. Fourth of July is a holiday celebrated through food. There's potato salad, popsicles, watermelon slices — and, of course, apple pie. But this all-American dessert isn't as homegrown as you'd think. "When we say, 'As American as apple pie,' we think of baseball and hot dogs without ever considering not one ingredient in apple pie originates from what we call the United States," says Libby O'Connell, author of *The American Plate: A Culinary History in 100 Bites*.

Pie for thought:

The recipe

The British used animal fat, wheat, and water to create airtight pastry shells with the unappetizing name of "coffyns." These savories were usually stuffed with beef or venison. In America, the shells became flakier (like the strudels made by German immigrants) and the meat fillings were replaced with apples, a way to use up imperfect fruit.

Apples

The sweet, juicy fruit we use in pie isn't native to North America, which specializes in crab apples. It originated in Kazakhstan. The Romans then crossed it with astringent apples used for making cider. (True tidbit: Johnny "Appleseed" Chapman really did plant orchards around the United States.) Love apples? Here are some other healthy ways to eat apples you didn't know about.

Wheat

First cultivated more than 9,000 years ago, ancient wheat has been found in Iraq, Iran, and throughout the Middle East. The "king of grains" spread through Europe and then to the New World, where it failed miserably, which is why colonists relied on a Native American staple for baking: corn. In the late 1800s, Russian immigrants brought a wheat variety known as Turkey Red, which was better suited to our climate.

Lard and Butter

Wild boars (the ancestors of lard-producing pigs) are native to Asia, Europe, and Africa. It was actually Christopher Columbus, on his second voyage to the New World in 1493, who brought pigs and cattle, the source of all things dairy.

Sugar and Spices

Columbus also played deliveryman for sugar, which originated about 4,000 years ago in Indonesia, India, China, and what is now Papua New Guinea.



Cinnamon comes from an evergreen tree native to Sri Lanka. (The prophet Moses and Rome's emperor Nero are believed to have eaten it.) The variety most commonly found on super-market shelves today is cassia cinnamon, which originated in southern China. Cloves and nutmeg, indigenous to the Banda Islands of Indonesia, were considered so precious that Ferdinand Magellan brought 50 tons of them back to Spain after he sailed around the world in 1522. Watch out for these foods that are surprisingly high in sugar.

Becoming an American "Original"

Once all the ingredients were in place, putting them together was as easy as—Well, it wasn't so easy after all. Although the earliest apple pie recipes date to the 1300s, it took nearly 500 years for the dessert to hit it big in the United States. "During the Civil War, both Union and Confederate troops scavenged for apples and commandeered the hearths—and flour bins—of white farmers and black tenants to bake pies," writes John T. Edge in *Apple Pie: An American Story*.

"Wartime adversity fixed the taste of apple pie on the palate of generations to come." By 1902, an editorial in the *New York Times* proclaimed that pie had become "the American synonym for prosperity." In the 1920s, the phrase as American as apple pie started to appear in print, and by World War II, soldiers declared that they were fighting "for mom and apple pie." Apple pie—wholesome and comforting—had woven itself into the way we see our country.

Given apple pie's strong associations with America, there's perhaps some small irony that it is not necessarily a homegrown American product, but something baked overseas and brought to these shores. But if immigrants comprise a key component of the United States' lifeblood, then there is perhaps no better symbol of America than the delicious dessert.

How to Connect with a Veteran Advocate

By Jeanette Giles, Deputy Director of Community Integration at America's Warrior Partnership

Every veteran should know how to connect with an advocate within their community. An advocate is an expert who can help veterans, their families and caregivers overcome challenges or obstacles that they may be struggling to navigate on their own. These challenges can range from applying for benefits to finding a home or employment.

Advocates are available through a variety of channels, such as your local Department of Veterans Affairs (VA) hospital or Vet Center. Veteran organizations such as the American Legion or the Veterans of Foreign Wars (VFW) may also be able to connect you with an advocate. However, not every community may have access to these traditional advocacy resources. If you live in a community where an advocate is unavailable locally, or you need to reach assistance outside of traditional business hours for most organizations, you can always connect with outside expertise through platforms such as the America's Warrior Partnership Network.

Even if your own transition to civilian life has been smooth without a single bump on the road, you may need an advocate's assistance after an emergency or crisis occurs. Such was the case with Leslie Zimmerman's father, a 90-year-old veteran living in Arizona. Leslie's father was taken to a VA hospital after falling and injuring himself, but she was concerned that his discharge plans did not include time at a rehab center to improve his strength before he returned home. Leslie attempted to help him secure a transfer to a rehab facility, but it was difficult to do so from her home in California. The two faced a series of roadblocks and red tape that they did not know how to navigate.

In this situation, Leslie needed an advocate who could coordinate with her in California and her father in Arizona. She used the America's Warrior Partnership Network to connect our team of licensed social workers who understand the intricacies of healthcare systems and the VA.

Our team empowered Leslie and her father with guidance on navigating the transfer process to a local hospital by telling them who to speak with, what to say, and where to go. With these recommendations, Leslie and her father were able to work with a VA social worker and primary care physician to make the transfer plans. We worked hand-in-hand with Leslie and the social worker to ensure the transfer occurred in a timely manner. As Leslie herself put it: "Jeanette handed me the key for every lock. There were so many roadblocks and red tape, but with Jeanette, I felt like I had a buzz-saw."

By understanding the nuances of her father's situation and the options available to them, Leslie secured his transfer to a rehab center as his recovery progressed. The lesson that every veteran should take away from Leslie and her father is that a confusing situation is not impossible to overcome, you may just need the guidance of an expert advocate to navigate towards a solution.

Emergency medical situations are not the only case when an advocate's expertise offers value; they can also help when unforeseen crises occur to a veteran's housing or financial standing. A post-9/11 Navy veteran named Frederick faced such a situation when he lost his Pittsburgh house in a fire. Frederick was able to find temporary accommodations in a local hotel, and a voucher from the Department of Housing and Urban Development Veterans Affairs Supporting Housing (HUDVASH) program promised him relocation to more permanent housing in the near future.

Unfortunately, the COVID-19 pandemic had placed limitations on the available housing within his community, but Frederick was thankfully able to connect with financial support with the help of advocates from a local veteran-serving organization. The local organization worked with a national partner to secure funding for a prolonged stay in a hotel. However, that source of funding eventually ran out as delays continued to the COVID-19 pandemic. To ensure Frederick could continue staying in his hotel until permanent housing was available, he and the organization connected with national advocates from The Network.



The local veteran-serving organization advocate is maintaining regular check-ins with Frederick to ensure he is able to redeem his HUDVASH voucher, while the national advocates secured funds to pay for his temporary housing in the hotel until that time comes.

Frederick's story is an example of how advocates can provide rapid assistance for veterans experiencing an urgent crisis such as the loss of a home or situations when local resources are exhausted.

Even if you do not need an advocate now, it would be wise to know where to go when you need an expert's opinion on overcoming an obstacle. Research your local veteran-serving organizations, and if you are unsure of where to start when a crisis arises, contact our team at The Network by calling **1-866-AWPVETS**.

For more information please visit:

www.AmericasWarriorPartnership.org/The-Network

About the Author

Jeanette holds a Master's Degree in Social Work from the University of South Carolina and has more than 17 years of experience in the areas of addictions and mental health, medical social work, abuse prevention and military/veteran issues.



She is a Licensed Clinical Social Worker (LCSW) in Georgia. Her work at America's Warrior Partnership involves assisting the program director with development, maintenance, and planning of program services and the development of training modules for community agencies. Jeanette was previously the Director of Collaborative Services, with the Augusta Warrior Project, the model community of America's Warrior Partnership. Her father is a Vietnam era Army veteran and her brother is on active duty with the Air Force. Many other family members have also proudly and honorably served.



*“The men and women who serve
our Nation deserve our support
— Today, Tomorrow, Always —”*

www.vanc.me

VETERANS ASSOCIATION OF NORTH COUNTY

Independence Day



Is it Summer already? We are flying through the year filled with strange rules and requirements that seem to be dictated from on high on a weekly basis. Not so sure I feel the Independence that we celebrate as a country. Many of our freedoms outlined in the Bill of Rights are under siege while a small portion of the community tears down statues of our history and insist that the great melting pot is, in reality, a systemically racist State.

California is taking the opportunity, while under the powers of the State Emergency Services Act, to mandate mask wearing, business closures, outlawing group get togethers and determine those businesses that are deemed “essential”. Our communities are losing restaurants, family businesses and even huge corporations are financially overwhelmed. This may be the most challenging time in our lives to appreciate the freedoms that were created by our founders that allow us all to be free.

But, look around. There is good news to be found. There are groups of people, many of them veterans checking on their neighbors. There are food drives to help ensure that people who lost their jobs can keep their families together and keep them fed.

The important things that matter continue and those of us that call ourselves veterans may not like everything we see or hear, But we sure can be counted upon to make a difference for the better.

We had our monthly food drive last month and we will have one the second Friday of every month as it is needed by our active duty and veteran families. Our American Legion Post 760 was out working with a great group of our Association members (the A in VANC). Our Buffalo Soldiers, Team Souther, Women Marines and our Team Rubicon were there. The active duty volunteers from Pendleton, our neighbors, they were all there doing good and making a difference. I saw our volunteers and our community working side by side, putting food in cars and waving at the drivers and seeing them wave back and call thank you from behind their masks.

I am proud to be an American. I did not serve as much as some, but I served this country, raising my hand and giving my oath. I am willing to acknowledge that this country and its people are not perfect. I know we will keep having to work to make things better for every member of our citizens. But, the hope and strength and the freedom that this country celebrates on the 4th day in July is real. It may get lost in the details of a pandemic or the misdeeds of a few of its citizens, but if there is a better country in all of the world, I have never seen it. I look very forward to celebrating our Independence. I will miss the Oceanside parade. I will miss driving our trucks and waving at the folks that sit on the side of the streets and wave our flag. But I thank each and every one of our veterans for their part in keeping America free.



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“The Lost Watch of D-Day”

By CJ Machado

Local Coronado resident, WWII paratrooper, Tom Rice jumped in Normandy on D-Day. He served in “Operation Overlord,” the largest allied invasion made by land, air and sea against Adolf Hitler and his German Forces.

In the early morning of June 6, 1944, “Screaming Eagle” Tom Rice was number #1 in his paratrooper stick, ready to exit at the door. However, due to intense enemy fire by German DCA, his aircraft was forced to accelerate to 164 mph (54 mph above the recommended jump speed). Suddenly, 1800 pounds of para pack bundles prematurely dropped causing the aircraft to elevate about fifty feet and with the centrifugal force of the plane, it contributed to Tom’s disastrous exit.

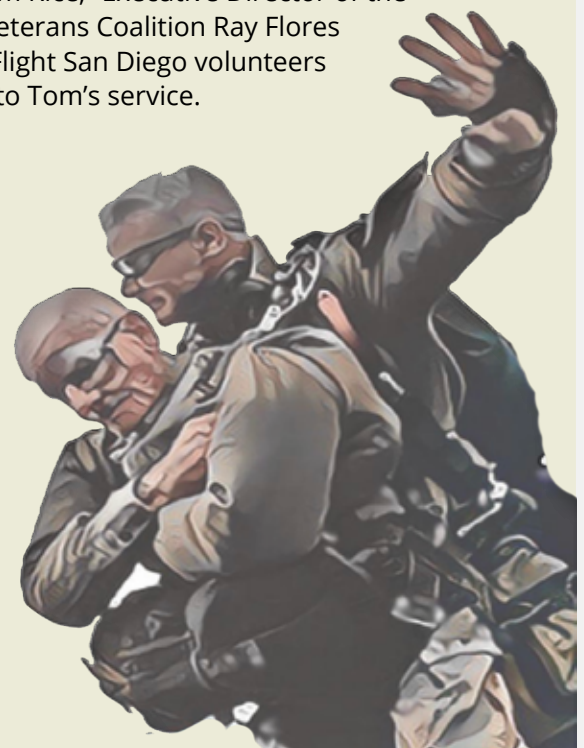
The accelerated speed and force of the winds, wedged Tom in the lower left corner of the door. It was only after several desperate attempts that he was able to break free and was forced to drop at accelerated speeds at less than 500 feet carrying over 200 pounds of pack against constant enemy fire. His arm up to his wrist was literally torn by the metal of the door and his favorite wrist watch, a brand new A-11 was ripped off and lost in the Normandy night.

Once Tom reached the ground, he was disappointed to realize the loss of his expensive wrist watch that took many weeks of pay to earn. It wasn’t until seventy five years later, when Tom returned to Carentan, Normandy for the commemoration ceremonies that the fate of his prized watch and Tom would re-connect. At ninety-seven years old, Tom impressed the world and jumped into the same drop zone as he did on D-Day which harbored over 20 million views internationally. His monumental jump with the Round Canopy Parachuting Team and “The Lost Watch of D-Day” story was documented in the film *Libertas* (Normandy Jump 2019) where Tom would end his story by mentioning, “...And I sure hope a good Frenchman found it!”

It was during the 75th Anniversary commemoration ceremonies that many came to know “The Lost Watch of D-Day” story including world renowned photographer Thomas Goisque with *Paris Match* Magazine.

Thomas took such an interest in Tom’s watch story that he encouraged his friend and watchmaker, Remi Chabrat to perhaps consider creating a replica. Remi being a grateful Frenchman did not hesitate; he felt it was a great opportunity to thank his Liberator, the very man that contributed to saving his country from Nazi Germany. It took almost a year of research and craftsmanship to recreate.

Tom was to be surprised in Normandy, France at the 76th D-Day commemoration ceremonies with a gift from the Praesidus watch company owners, Remi Chabrat and Guillaume Laidet. Due to the COVID-19 restrictions, all commemoration ceremonies were postponed. Instead, Casey Miles with America First Spirits sponsored a local event called “Operation D-Day 76” involving the Commemorative Air Force Inland Empire Wing, D-Day Doll DC-3 aircraft. The aircraft, D-Day Doll, served on June 6th, 1944 by carrying paratroopers and towing gliders. For “Operation D-Day 76,” D-Day Doll flew Tom above his hometown of Coronado, CA with members of “Team Tom Rice,” Executive Director of the San Diego Veterans Coalition Ray Flores and Honor Flight San Diego volunteers as a tribute to Tom’s service.



Honor Flight San Diego helped organize the event and carried large poster boards of those WWII D-Day veterans who could not participate in the event due to the COVID-19 pandemic.

Seventy-six years later on June 6th, 2020, in commemoration of D-Day, a good Frenchman, Christophe Dugas, the leader of Team Tom Rice and team member of the Praesidus watch company, presented Tom with a re-creation of his A-11, "The Lost Watch of D-Day."

If you'd like to wear a part of history and honor Tom Rice, you can purchase your A-11 wristwatch at: **www.Praesidus.com**. Pre-order sales are being taken now for Fall 2020 delivery just in time for Christmas (while supplies last).

Praesidus will donate 10% to veteran organizations that have supported Tom Rice and our "Greatest Generation" throughout the years.

Honor Flight San Diego (HFSD) is one of those veteran organizations that will benefit from your purchase and an HFSD promotional package featuring Tom Rice's replica A-11, "The Lost Watch of D-Day," a Libertas DVD and an autographed Honor Flight San Diego Program signed by Tom Rice.

You can purchase this package at:
www.FreedomRings.Global
(click on the shop section)

Thank you for your support of
"The Lost Watch of D-Day."



Photo by Greg Siller

Talking With Your Kids About *Injustice*



©2020 Give an Hour



Research shows that even very young children are aware of injustice and may learn harmful lessons when it's not discussed openly. As children get older the conversations will become more complex. Caregivers should initiate the conversation, however uncomfortable and difficult, to listen and guide it with accurate information. Balance your acknowledgement of the reality of injustice with messages about hope for change, the availability of help, and the value of standing up for what you believe.

The world is complicated. Many children will be distressed and confused by what they are seeing, hearing, or experiencing now about racial injustice. Children learn from what they see. Your actions as well as your words are important for their developing belief systems and how they react to injustice.

LISTEN



- Listen and encourage questions
- Answer with age appropriate language
- Acknowledge feelings, fears, or worries; nurture empathy and compassion
- Be prepared to talk about what your kids see and hear
- Keep the conversation open and ongoing

LEARN



- Take time to educate yourself about the history of racial injustice
- Utilize culturally sensitive learning resources and materials
- Learning the historical context can help kids understand and react with less fear
- Learn from and challenge
- your own assumptions and behavior

SHARE



- Discuss injustice seen and heard around you
- Teach children to celebrate, value, and embrace diversity
- Use external resources (books, songs, television) to support your discussion
- Try to be calm and don't shy away from your emotions
- Remember, It's ok if you don't have all the answers

Talking about injustice:

**It is wrong to treat someone differently because they are different than you.
Everyone deserves to feel safe and important.**

In response to injustice:

**That was unkind
I disagree with you and this is why...**

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Arts & Healing

Arts for Military Veterans

By Amber Robinson

San Diego Veteran Artist Spotlight: Brian Meyer

San Diego is a city rich with culture and art. With its strong military presence, it is also full of veterans who have found a home within the San Diego arts community prior to their service. In the coming months, I hope to shine a spotlight on many of those veteran artists to learn how art has helped them in their journey post-service.

This month I am spotlighting Brian Meyer, an Army veteran who served as a "31Kilo", or Combat Signaler during Desert Storm. Meyer is a watercolorist and poet who lives in San Diego with his family and practices his art all over the city whether it be painting a Jazz concert, a dance show or just sketching life in a restaurant.

Meyer served in the Army from 1990 until 1993. He went to basic training at Army base Fort Jackson in South Carolina and completed Advanced Individual Training (training for his specific job) at Fort Gordon in Georgia. He was then assigned to a logistics unit out of Hanau, Germany and deployed quickly after to Saudi Arabia in support of Desert Storm putting him on the ground when the United States launched its offensive against Iraq in January of 1991.

"We ended up in the most forward deployed unit, about eight miles from Iraq in Log Base Echo during Desert Storm," said Meyer. "Our unit's job was to equip and support the actual invasion which was a secret at first."

Meyer's job entailed creating communications connections via computer, phone and radio. His unit established digital phone connections, but also established an old switchboard system "much like you see in the movies" he said.

"People would ring their phones via a hand crank, and our switch board would light up, we'd answer "Switch", then we'd connect them to whomever they wanted to talk to," said Meyer. "After I got out I was answering the phone that way for years."



After Meyer left service in 1993, he focused on getting married and raising his two sons. He was "raised as a pastel artist" he said, taking art classes in high school and college. But, it was not until about five years ago that Meyer stepped foot back onto his path as an artist. His inspiration to reclaim his artistic "voice" came by a sermon delivered at his church about Jesus going into the desert to hear his inner voice, or the voice of God.

"(The pastor) asked us if we are listening for that voice you can only hear when you are away from all the business," said Meyer. "I realized that I had completely lost touch with my artistic side, that voice was screaming."

What he says he learned in that moment was "we were each made by God, a single note in his song, but that song will not be heard, our mark is silent, until we find our pitch and join the song of life in our fullest truest self."

Meyer began to do art again immediately. He had been away from his craft for so long, though, that he had to relearn everything. After a while he got in touch with Army veteran Anthony A. Lobue, or "Tony the Vet" as many know him. At the time, Lobue's main goal was how to address veteran suicide through art. Through Lobue's organization, Arts for Veterans, Meyer was able to do a number of community shows.

Through Lobue, Meyer was also invited to attend National City Chamber of Commerce's "Salute to the Navy Luncheon". Each year the city presents a gift to the Navy during the luncheon, which Meyer was hired to paint. He painted on site during the luncheon, creating a watercolor portrait of the current base commander of Naval Base San Diego as luncheon patrons looked on. The National City Chamber continued to invite Meyer back each year to create on-site art for the event, which has led to three of his paintings hanging at the Naval Base San Diego headquarters building.



Meyer is usually a live painter, so his paintings are created from live happenings on the spot, while people watch. "A lot of people see my work and think I worked from a photo or just made it up, but for those who saw me working, they recognize each person (at the event)," he said.



Meyer often paints "plein air", or in the open air, outdoors, but also has a rig, an easel with lights and a hood that allows him to paint indoors and at night. He uses these to paint his jazz scenes, which have become the marrow of his work.

In December of 2015 Meyer attended a jazz event with his son, a Wednesday Night Jazz Jam, curated by Gilbert Castellanos at Panama 66 inside the San Diego Museum of Art. From that night on, Meyer attended the jazz event and painted it. He also invited other artists so the jazz event would often have anywhere from five to 20 artists painting the musicians each Wednesday.



Soon Castellanos started doing art shows for the artists called "Art Meets Jazz". Meyer said that Castellanos would describe the converging artists as members of the band, they just used a brush instead of a musical instrument. It was then that he realized he was engaging in the same methods used to teach and develop jazz in his art. He was learning to fearlessly immerse himself in the act of creating in the moment.

"I realized that this is how I am learning how to paint, I am actually improvising just like the jazz musicians are. I am not just painting jazz, I am using jazz to paint."

Meyer continues to practice his art at home, honing his skills for the time when he can once again capture the magic of jazz on location.

"My goal is when things open up again, I can hit things working at a new level," said Meyer. "To me art is just like being in my unit, we would train and train, so that by the time we went to deploy everything would seem easy."

A Different Lens

Mental Health Monthly

By RanDee McLain, LCSW

ANXIETY

What is there to have anxiety about these days? Change of just about everything we do in our day to day life; so many restrictions.....or maybe it is the complete unknown?

Will our kids return to traditional school in the fall? Will we return to work in office? Am I exposed to COVID19? How do I keep myself and loved ones safe?

Most importantly when can I get a spa day again?

What is Anxiety?

The American Psychological Association (APA) defines anxiety as "an emotion characterized by feelings of tension, worried thoughts and physical changes like increase blood pressure."

Common Signs/Symptoms

- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Feeling weak or tired
- Trouble concentrating or thinking about anything other than the present worry
- Having trouble sleeping
- Experiencing gastrointestinal (GI) problems
- Having difficulty controlling worry

Common anxiety disorders

- Generalized anxiety disorder (GAD) can occur at any age. The condition has symptoms similar to panic disorder, obsessive-compulsive disorder, and other types of anxiety.

These symptoms include constant worry, restlessness, and trouble with concentration. Treatment may include counseling and medications, such as antidepressants.

- Panic disorder is a type of anxiety disorder. It causes panic attacks, which are sudden feelings of terror when there is no real danger. You may feel as if you are losing control. You may also have physical symptoms, such as. Fast heartbeat
- Agoraphobia is an anxiety disorder characterized by symptoms of anxiety in situations where the person perceives their environment to be unsafe with no easy way to escape. These situations can include open spaces, public transit, shopping centers, or simply being outside their home
- Social Anxiety A chronic mental health condition in which social interactions cause irrational anxiety. People with social anxiety disorder, everyday social interactions cause irrational anxiety, fear, self-consciousness, and embarrassment. Symptoms may include excess fear of situations in which one may be judged, worry about embarrassment or humiliation, or concern about offending someone.

Prevention

- Get help early- talk to someone/seek help
- Reduce or eliminate alcohol consumption
- Participate in activities that you enjoy and that make you feel good about yourself.
- Enjoy social interaction and caring relationships, which can lessen your worries
- Physical activities / fresh air
- Routine Self-care
- Breathing exercises
- Meditations/prayer/mindfulness exercises

Anxiety can happen to anyone at any time. It is important to see the warning signs and address it early and often. Like a lot of mental health concerns- it may be common- but when it starts to impact your daily living it is time to seek help.

Anxiety can happen to anyone at any time. It is important to see the warning signs and address it early and often.



IT IS NORMAL TO **FEEL**
SAD, STRESSED, CONFUSED, SCARED
OR ANGRY DURING A CRISIS.

TALKING TO PEOPLE YOU TRUST CAN HELP.
CONTACT YOUR FRIENDS AND FAMILY.

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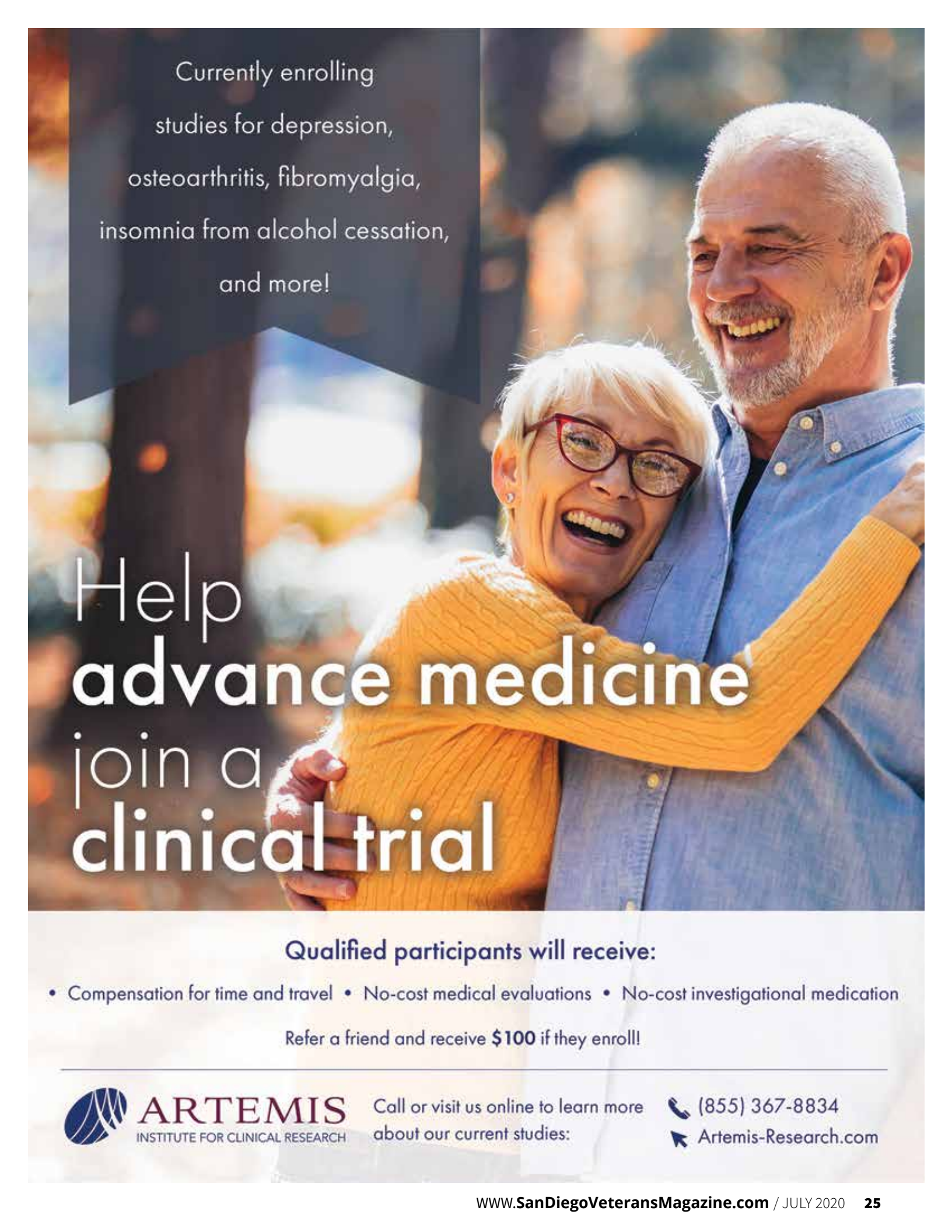
Visit our website at

www.Courage2Call.org

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A photograph of an elderly couple embracing outdoors. The man, on the right, has white hair and a beard, wearing a blue button-down shirt. The woman, on the left, has short white hair and wears red-rimmed glasses and a yellow sweater. They are both smiling warmly. The background is a soft-focus outdoor setting with trees and foliage.

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HVGC On A Mission to Combat PTS, Opioid and Suicide Epidemic

Helmand Valley Growers Company is a cannabis brand that was founded by three United States Special Operations Marine Raiders -- Andy Miears, Bryan Buckley and Matt Curran-- that served following 9-11.



Envisioned in the theater of battle in Helmand Valley, Afghanistan and realized in San Diego, California, this band of Marine Raiders is doing something no other cannabis brand has tried – developing medical cannabis based solutions to address symptoms of PTS, the opioid and suicide epidemic that plague our veterans and society as a whole. HVGC is aiming to prove to the Veterans Affairs that medical dosing and appropriate use of cannabis is an effective means for abating symptoms of Post Traumatic Stress and other medical conditions in veterans. Since its formation, HVGC has been working with some of the cannabis industry's top researchers and has developed a veteran-based protocol to effectively prove the benefits of medical cannabis.

The United States is facing a wide-scale opioid epidemic that has taken countless lives; not excluded from this crisis, the veteran community has been critically impacted. Roughly 60 percent of those deployed will be prescribed opioids upon return to the United States,

and over half will develop a dependency or addiction. This has caused far too many veterans to lose control of their lives, and in an ever-increasing pandemic, leads them to ideations and acts of self harm and suicide.

As stated by HVGC's President and Founder Bryan Buckley, "We're on a mission to help save our Nation's Heroes by exploring the benefits of medical cannabis and elevate awareness to combat PTS, the opioid and suicide epidemics plaguing our communities. We want to be known as a brand with a soul and purpose while delivering top notch products to the cannabis community."

Over time, and through HVGC presentations and seminars, the founders of the company set a goal to help fund medical cannabis research for veterans through donations and revenue generated from its recreational brand.

However, in order for physicians and politicians to view cannabis as a legitimate treatment alternative to the symptoms of PTS, it needed United States medical data from studies performed with U.S. veterans and by U.S. physicians/medical entities acting or serving as the private or public Institutional Review Board (IRB). Today, 100 percent of HVGC's profits go to NiaMedic and towards medical cannabis research.

NiaMedic is a medical data company offering healthcare, research and consultation services. Using its innovative medical and research protocols, data collection and analysis process, NiaMedic generates high quality clinical data of medical cannabis and provides research-based medical protocols integrating conventional medicine with propriety medical cannabis treatments. HVGC has already received a complete study design and protocol from NiaMedic for its first prospective study consisting of 60 U.S. veterans in Southern California. The goal of the first study is to prove that medical cannabis can abate or lessen the symptoms of PTS in U.S. veterans. Within 9-12 months of the completion of the prospective study, HVGC is planning to follow up this study with a much larger retrospective study.

In coordination with NiaMedic and The Battle Brothers Foundation, founded by Buckey in 2016, HVGC aims to develop plant-based solutions that specifically address PTS-related symptoms. The Battle Brothers Foundation is a 501c3 non-profit charitable organization that empowers veterans through community-based personal development, economic upward mobility, and progressive medical treatments to better their lives and the lives of their families. It provides guidance to veterans transitioning back to civilian life and focuses on personal development, physical and mental wellbeing, and economic stability to set each veteran on a path to success.

"The consumer product good side of the business will be used to assist in accomplishing our ultimate mission of serving as a non-profit center for HVGC," said Bryan Buckely.



As a service disabled veteran owned business, HVGC is intimately aware of the daily challenges that their fellow veteran brothers and sisters face as a result of their time spent on the battlefield. This inspired the HVGC team to take action by funding medical cannabis research and helping find cannabis based solutions that can abate medical conditions and wounds of veterans that aren't visible to the naked eye. After forming the HVGC team, they began outreach into the veteran community by observing first-hand and listening to the suffering of veterans.

"We knew right then that our cause was worthy; and that our mission was defined," said Buckley. "Our next step moved us into researching medical cannabis and speaking with the top experts in the field. As our research progressed, the answer to this crisis became clear: develop alternate medical solutions for those suffering with pain, anxiety, post-traumatic stress, sleep disorders, and most critically, are at significant risk of suicide. We care about those who suffer and believe that medical cannabis is the way of the future to help those in need."

For more information, please visit www.hvgcompany.com or call (833) 961-0007.

About HVGC:

HVGC was founded by three United States Special Operations Veterans (Marine Raiders). Since its inception, HVGC has been in discussions with some of the cannabis industry's top researchers and has developed a veteran based protocol to effectively prove the benefits of medical cannabis. HVGC is developing medical cannabis-based solutions to address symptoms of PTS, the opioid and suicide epidemic that plague U.S. veterans and society as a whole. In coordination with Battle Brothers Foundation, **100% of HVGC's profits goes toward medical cannabis research.**



**CONCEIVED FROM
THE STRESSES
OF BATTLE,
TO HELP EVERYONE
BATTLING DAY-
TO-DAY LIFE.**

We are Helmand Valley Growers Company, a veteran owned and operated cannabis company on a mission to change the future of veteran healthcare. Our strains are cherry picked by Special Operations Veterans specifically to improve symptoms of Post Traumatic Stress and sleep disorders. For more information about our mission and the support we're providing veterans, visit us at HVGcompany.com

@HVGcompany www.HVGcompany.com

VA and Marijuana – What Veterans need to know

Several states in the U.S. have approved the use of marijuana for medical and/or recreational use.

Veterans should know that federal law classifies marijuana as a Schedule One Controlled Substance. This makes it illegal in the eyes of the federal government.

The U.S. Department of Veterans Affairs is required to follow all federal laws including those regarding marijuana.

Veteran participation in state marijuana programs does not affect eligibility for VA care and services.

VA providers can and do discuss marijuana use with Veterans as part of comprehensive care planning, and adjust treatment plans as necessary.

Some things Veterans need to know about marijuana and the VA:

- Veterans will not be denied VA benefits because of marijuana use.
- Veterans are encouraged to discuss marijuana use with their VA providers.
- VA health care providers will record marijuana use in the Veteran's VA medical record in order to have the information available in treatment planning. As with all clinical information, this is part of the confidential medical record and protected under patient privacy and confidentiality laws and regulations.
- VA clinicians may not recommend medical marijuana.
- VA clinicians may only prescribe medications that have been approved by the U.S. Food and Drug Administration (FDA) for medical use. At present most products containing tetrahydrocannabinol (THC), cannabidiol (CBD), or other cannabinoids are not approved for this purpose by the FDA.
- VA clinicians may not complete paperwork/forms required for Veteran patients to participate in state-approved marijuana programs.



- VA pharmacies may not fill prescriptions for medical marijuana.
- VA will not pay for medical marijuana prescriptions from any source.
- VA scientists may conduct research on marijuana benefits and risks, and potential for abuse, under regulatory approval.
- The use or possession of marijuana is prohibited at all VA medical centers, locations and grounds. When you are on VA grounds it is federal law that is in force, not the laws of the state.
- Veterans who are VA employees are subject to drug testing under the terms of employment.

To send a secure email, use VA's Ask a Question - IRIS (a secure website contracted to VA) visit -

<https://iris.custhelp.va.gov/>

Please do not include personal data or information.





HVGCC

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We are Helmand Valley Growers Company, a veteran owned and operated cannabis company on a mission to change the future of veteran healthcare. Our strains are cherry picked by Special Operations Veterans specifically to improve symptoms of Post Traumatic Stress and sleep disorders. For more information about our mission and the support we're providing veterans, visit us at HVGcompany.com

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Make July your Month of Independence

In the United States we have just finished celebrating the 4th of July. It's a special time to Americans. Not only are there picnics and parades, there is an understanding that over 200 years ago people got fed up with the way things were and pledged their "lives, fortunes, and sacred honor" to making the changes they saw necessary for long-term success as a nation.

July is also halfway through the calendar year, six months away from the hopeful exuberance of New Year's resolutions. This makes it a perfect opportunity to make July a month to declare your personal independence from the things that are standing in the way of your resolutions and goals. Revisit those grand dreams and declare your independence from the tyranny holding you back – pledging with the same revolutionary fervor as the patriots did to make the changes necessary for your success.

Declare your independence from failure.

How are you doing on the goals you made at the first of the year? Have you fallen so far behind that you have shoved them back into a corner, pointedly ignoring them because you feel that you have failed?

This is the tyranny of failure. It stalks along beside you, assuring you that each and every time you try something new it will not work out and you will not be successful. Often it has helpers – your friends, co-workers, possibly even those closest to you. Regardless, the largest ally of failure is the voice inside of you.

Before you listen to all these voices, ask yourself these three questions:

- Have you given this goal your best effort?
- If you have – what are the reasons you could not be successful? Is it a lack of resources, knowledge or skill?
- How can you learn from where you are and make a plan to acquire what is missing – the resources, knowledge or skills – to allow you to be successful?



The great Roman general Marcus Aurelius asked the question a different way: "Does what's happened keep you from acting with justice, generosity, self-control, sanity, prudence, honesty, humility, straightforwardness?" In other words, does what you perceive as failure change your basic nature as a human being? If not, don't waste time being held back by the failure. Instead use it as an opportunity to learn and grow. Take that learning and growth into the future and continue on to achieve your goals.

Declare your independence from fear.

Television personality Mike Rowe tells a story when he stood before the camera to begin his first night as a host on the shopping channel QVC. He had a product he knew nothing about, he had no experience in live television, and he knew that QVC was not interested in on-air personalities who could not sell products.

In his story, Mike points out a key in declaring your independence from the tyranny of fear: Don't hide your fear. Acknowledge that you are scared to yourself and to those around you. In Mike's case, he started out his segment letting the entire television audience know that it was his first time, he didn't know anything about what the product did, and then he asked them to get involved and help him out.

The audience responded by filling the phone lines to talk about their experience with the products, encouraged by Mike's willingness to be truthful and authentic with them. Most importantly, they were willing to purchase the products being pitched.

What Mike Rowe did was eliminate the best weapon of fear, which is the uncertainty that comes with doing something that you have not done before. By openly acknowledging the fear he made it clear that he was committed to success and was able to tap into those who were waiting for an opportunity to make that success possible.

Declare your independence from going it alone.

The story that Mike Rowe tells also shows the futility of trying to go it alone. Many people set goals – whether they are related to education, fitness or career – then attempt to achieve those goals in the absence of any type of support system.

The self-made man is a myth. Throughout history, leaders who have been successful have had carefully developed support systems around them.

Whether they are formal advisors, technical assistants, or just sounding boards who can help in the development of ideas, a support system is invaluable in helping you reach a goal.

Make yourself accountable to those who care about you. It does not have to be a formal accountability framework; something as simple as online social media can be very powerful. When I first started a fitness program, I posted each day's run to my Facebook account. This was not so much that I wanted to be sure that my friend saw me run, rather, it was my motivation when I did not want to go run.

Declare your independence.

Make this July your personal “Independence Month”

– a month to recommit to the goals that you want to achieve this year.

Adjust where necessary, learn from the attempts of the first half of the year, banish your fear, and re-engage with your support system.

You have the second half of the year to make your goals a reality, and the experiences of the first half of the year to get you there.



WHAT'S NEXT

Transition to Civilian Life

By Eve Nasby



Webster's Definition:

1: the quality or state of being free: such as. a: the absence of necessity, coercion, or constraint in choice or action. b: liberation from slavery or restraint or from the power of another : independence.

Leaving the military has an element of freedom. You are free from having someone tell you where to move, when to move, what to do, what to wear and more. You now have freedom to attend your kids school play, to be at their birthday and graduation celebrations and to live wherever you want whenever you want.

You also have the freedom to choose your job, location, salary and more. This freedom, however, can be paralyzing and ironically imprisoning. You may find it difficult, stressful and burdensome to break out into the great unknown of civilian work life.

Here are a few tips for success in maximizing your new found F.R.E.E.D.O.M.

Find Yourself

Make time to step back from your service and work on understanding who you are beyond the uniform. Your loved ones may only know the 'you' in uniform. Wearing the cloth of this great nation may have defined you for a season, but there is a new you emerging. It's time to press on and lean into your future outside of the military. Check out resources like Reboot www.nvtsi.org to help you on this first step of your journey.

Reflect on your strengths and weaknesses

Resume writing can be daunting, discouraging and downright depressing! How do you possibly translate your expertise as a sniper, tank driver or crewman into something compelling for the civilian hiring manager to understand? There are many free services out there that will help you write a professional resume that will do its job in getting you the interview. Take advantage of their expertise and willingness to give you a hand up in your journey. Check out our friends at www.vetctap.org/ for help, ideas and direction.

*Do not pay to have someone write your resume for you. There are plenty of highly skilled professionals who will help you for free.

Economize

This will be very stressful on you and your family members. You may feel like a failure. You may get frustrated when you get no response from the companies that you have submitted your resume to. The bills pour in and you may feel trapped. Create a budget and stick to it. There is hope. Programs like www.stepsocal.org can help you stay afloat before and during your transition.

Engage

There are hundreds of professional coaches who enjoy sharing their gifts and talents with veterans for free. There are hundreds of HR Professionals who would love to do an 'informational interview' with you. Your network is ready for you to reach out and connect. When I speak at large events, I ask the audience to raise their hand if they got their current job via their network or a job board. Most raise their hand to say they received their job via their network. Your network works if you work it. Establish a strong LinkedIn profile. Join relevant work groups. Go have fun and make friends. You just never know who you will meet who will have the 'one' connection to your dream job.

Discipline your search

Finding a full-time job is your full-time job. Invest 40 hours a week to network, connect, ask for advice, get coached and apply for roles. Stay organized. When an employer calls you regarding the job you applied for, have a spreadsheet on which you tracked all of the applications you submitted, at the ready to you know exactly which role they are referring to.

Observe habits of the successful

Dale Carnegie said one of the secrets to his success was to surround himself with people smarter than himself. Read books like his, "How to Win Friends and Influence People" or Steven Covey's, "7 Habits of Highly Successful People". Ask business professionals that you respect to recommend books that have influenced them. Then read them.

Make things happen

They say in life there are only three types of people. Those that make things happen, those that watch what happens and those that wonder what happened. Sites like this can help you make things happen.

www.military.com/veteran-jobs

This site is not the only resource out there, but what a boost to the ego to see the words, "Veterans Wanted" listed next to each opportunity. Use the search bar to seek the job titles and location and start applying. Connect with the hiring managers on LinkedIn. Simply use the search bar to find the name of the company and add the words, "Talent Acquisition", or "Human Resources" and you will find the person that will be looking at your resume first. Ask them for advice and or an informational interview. Network!

Transition is about forging new relationships and a new way of life outside of the military. Redefine your purpose, find your new family, and enjoy your freedom.

Happy reading and as always, if you need help with your career transition, connect with Eve on LinkedIn.

www.linkedin.com/in/eve-nasby-given-0050452/



Transitioning Out of the Military into the Civilian Workforce?

Finding a job in the civilian world may seem easy at first. After all, you have learned skills, practiced leadership and demonstrated initiative that will make you successful wherever you go. The reality, though, is that it can be difficult. In fact, it can be down right depressing, demotivating and you may feel totally disillusioned.

This column is dedicated to you and to helping you succeed in your transition.

Eve is a seasoned recruiting executive and business owner. She is driven to help people find the right job for and to help companies find the right talent.

She is especially passionate about helping military professionals transition into the civilian workforce.

If you need help with your career transition, connect with her on LinkedIn.

www.linkedin.com/in/eve-nasby-given-0050452/

For advice, tips and programs you can read Eve's monthly column at San Diego Veterans Magazine or visit **www.SanDiegoVeteransMagazine.com** and click the What's Next Web Banner.

WHAT'S NEXT

Transition to Civilian Life

Life can be unexpected.

Band of Hands has you covered!



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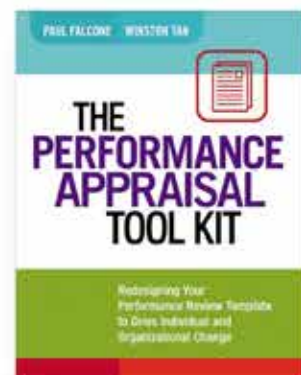
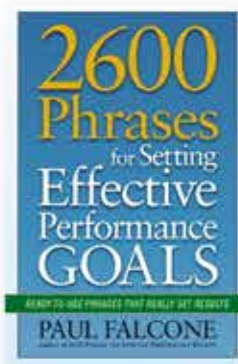
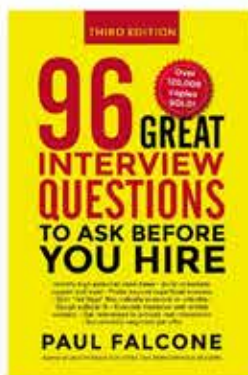
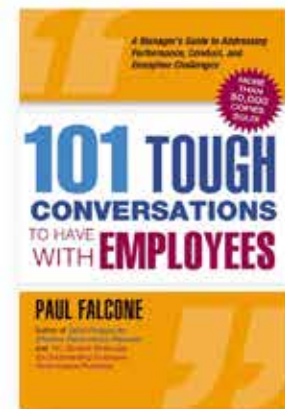
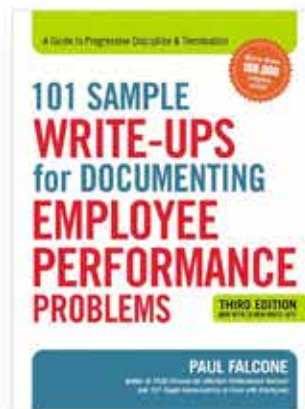
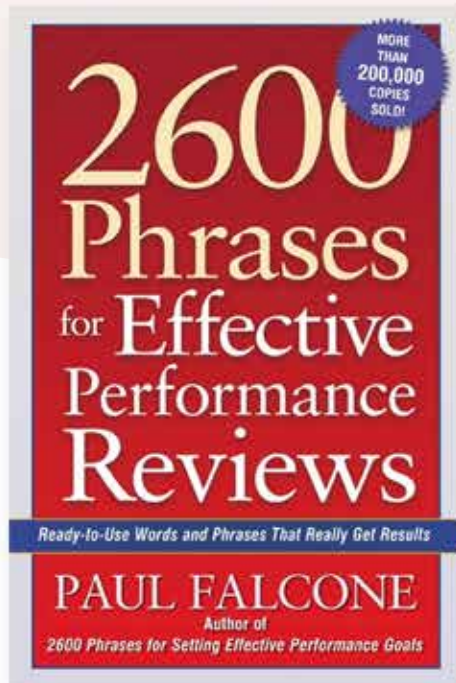


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EXPERT books from HR expert PAUL FALCONE



Pick up any of these book by Paul Falcone from your favorite retailer
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Military to Private Sector Transitions: Lessons from The Honor Foundation

By Paul Falcone

Transitioning from a military career path to the private sector can be daunting because of a fear of the unknown. That's reasonable for even the most self-confident service men and women attempting to find their new "true north" in a world that may feel alien to them. But there's no need to start from scratch and reinvent the wheel: lots of books, articles, and websites are available to guide you through the maze of job finding and interviewing opportunities that await in order to land a position that matches your interests and longer-term career goals.

That's where The Honor Foundation (THF) can provide some valuable insight. THF is a world-class institute for U.S. Special Operations Forces that helps navigate the transition from military to civilian life and careers. Its three-month transition program focuses on education, role play, research, and a whole lot more.

Per Matt Stevens, the chief executive officer of The Honor Foundation, "THF offers a progressive in-person and virtual education environment with a proven curriculum that has benefited over 700 graduates and 31 cohorts over the past five years."

Even if you're not a Navy SEAL or Marine Raider, however, there are gems you can pull and emulate from THF's programs to create your own personalized career transition plan.

The core foundation of THF's program focuses on achieving higher levels of self-awareness, career direction, and an enriched world view. From that higher level, the program then narrows its focus to translating specific military skills to corporate life and creating the narrative around what you do in the military and how those skills and leadership abilities translate into hardcore benefits for private industry employers.



THE HONOR FOUNDATION

honor.org



"To make a donation or to learn more about The Honor Foundation and how you can impact the lives of transitioning U.S. Special Operators, visit www.honor.org for more informatioun."

So how can you create your own customized career transition model using these core elements of THF's elite program? By focusing on each stage using resources that are readily available to all military personnel as they prepare to transition from a military to a private sector career path. Here are a few handy places to start . . .

Self-Awareness, Direction, and an Enriched World View

Don't underestimate the significance of broadening your world view and understanding of the challenges likely to come your way: It will show itself in your first statements during an interview or in a new position. You're not expected to have all the answers or even know what all of the questions are while you're still actively serving in the military. But a high level of self-awareness, the ability to listen well and demonstrate patience and empathy, and a healthy display of what social scientists call emotional intelligence will help you stand out among your peers and put your best foot forward.

To get there, work with any internal military resources that offer career guidance and transition workshops. Look online for free assessment and self-evaluation tools that focus on career interests and role suitability. For starters, view Monsters' "11 Awesome Free Career Self-Assessments Online" at <https://bit.ly/2NbdGHI> For a book alternative, look to Richard N. Bolles' What Color is Your Parachute (2020 edition), a classic designed for job hunters and career changers. As THF puts it, "Identify your Why." Know why you're doing what you're doing and share your purpose and focus readily with others, whether in a 60-second elevator pitch or an hour-long, one-on-one interview.

Translating Specific Military Skills to Corporate Life

Once you've undergone several free online career assessments to better understand your personal style and preferred working environment, it becomes time to home in on the types of industries, companies, and roles you have the most interest in. The first place to look: the Bureau of Labor Statistics' Occupational Outlook Handbook (www.bls.gov/ooh). OOH will help you gain a broad overview of where the job growth will be, how much positions pay, entry level qualifications and training requirements, and the 10-year growth trajectory of particular titles in specific industries (currently 2018 – 2028).

For example, you'll find two dozen occupational groups, including sales, protective services, farming, business, and healthcare.

Within each occupation category, you'll find roughly two dozen common positions/titles with specifics on each role, including median pay and similar occupations.

Click on the "Job Outlook" tab, and you'll find an Excel spreadsheet that shows, for example, that "Human Resources Specialist" roles will grow 7% annually over the next ten years, relative to average job growth of 5% for all U.S. occupations. However, click on the "Get Data" link under the "Employment by Industry" section, and you'll find that those same HR Specialist roles will grow by 42% for healthcare services, 9% for construction, 5% for manufacturing, but -35% for newspaper publishing. It's a great start to focusing your career search on "high pay-off" positions and industries and makes for great conversation during an interview.

Further, spend some time with military-to-civilian skills translators like the ones you'll find on Military.com (<https://bit.ly/2AUGPEd>) or on boutique websites like Lockheed Martin (<https://bit.ly/2YRUZhp>). Google also powers the newest military skills translation tools that help convert military occupation specialty (MOS) codes by typing "Jobs for Veterans" and then your MOS code into the Google search bar (e.g., "Jobs for Veterans 42A" for HR specialist positions). A list of local advertised positions that require those particular skills will appear. Similar websites are likewise available to help you "de-militarize" your resume (for example, <https://bit.ly/3ehi8jL>). Fine-tuning your research to a small handful of helpful websites will help you avoid the "information overload" that's common with job finding and career transition.

With this small but powerful resource library at your fingertips, you'll possess many of the tools and resources to tell your story, share your philosophy about what's important to you at this point in your career, and ultimately make the same contributions to your next employer that you've successfully made to your military service branch up to now. Assume the posture of THF in terms of disciplined research, heightened self-awareness, and creating your own narrative to maximize your job search results and find a fulfilling private sector position and career path.

About the Author

Paul Falcone (www.PaulFalconeHR.com) is chief human resources officer at the Motion Picture and Television Fund in Los Angeles and the bestselling author of 96 Great Interview Questions to Ask Before You Hire (HarperCollins Leadership and American Management Association Books, 3rd ed., 2018), ranked as an Amazon #1 bestseller in the "Job Interviewing" and "Management Skills" categories.



ENLISTED TO ENTREPRENEUR

By Vicki Garcia

All in One Business Management Tools

It's been said that small business owners wear many hats. So true. Ninety percent of entrepreneurs fill 3 or more roles. Or, maybe even 5 roles or more. The result creates the challenge of not having enough time, making a profit, and exhaustion. My experience is that business owners, especially startups, have difficulty with focus. Add to this the strange situation of working from home with dishes in the sink, kids and animals making demands on your time, and your own personal need to go surfing. You can see why focus can be problematic.

Most owners can't afford to hire specific people for each role. The upside of filling several roles is that when you can afford to hire someone, you will know exactly what the job entails and what success means. The downside is you are spread out in different areas, spinning plates on the tops of poles. It's easy for something to crash, or at least be neglected. All your valuable information is scattered between countless spreadsheets, emails, and tools. You spend hours bouncing from app to app, duplicating data entry, or worse...keeping it all in your head.

Technology to the Rescue

Ta Da! Technology steps in to fill the gap with Business Management Software "an application or set of programs that help businesses support, improve, and automate their processes. Such software assists in eliminating errors, completing business tasks, reporting activities and increases overall efficiency, and effectiveness."

The most desirable

Business Management Software pulls together a single suite application for Accounting, Contact Management, Customer Relationship Management, Enterprise Resource Planning, and Human Resource, Marketing, or whatever you want to track. And does it at a price you can afford. The best of these show up in a dashboard where our OCD casualties can see everything at once.

There are many factors that go into deciding which management software is right for your business. Factors such as the size, needs, tasks, type of business, and processes that need to be systematized for a business. Then there is the cost. Some of the tasks you would need in a business management system might include -

- Business invoicing programs
- Asset management software
- Customer relationship management (CRM) software
- Database software
- Word processing programs
- Project and task management
- Time tracking capabilities
- File storage and document sharing
- Invoice and budget management
- Resource management



A Brief Menu of 9 Business Management Tools

1. www.Proofhub.com is a business management software and platform that combines all the features you might need to take care of your business. You can streamline your processes, store and share files, and share feedback under one roof.

2. www.TODO.vu If you are a consultant, freelancer, or small agency needing to track work across multiple projects, TODO.vu could be the right fit for you. It is a simple company management software that focuses on getting things done. It brings all your customer management and project management in one place with a neat interface.

3. www.Zoho.com has everything you need to run your business on an operating system with an impressive 40 business apps. You need to connect multiple apps so that different teams can work together productively.

4. www.Scoro.com empowers you and your team (maybe your team is you and your dog, who always agrees with you) to work at 100% and make the right decisions. Farewell to boring status update meetings. You'll finally have time to focus on high-impact tasks.

5. www.iBE.net is an appropriate choice for mid-sized companies as it offers expense tracking, invoice reports, CRM support along with an easy integration of project details. It is extensively used in consulting, marketing, management, and other technical industries.

6. www.Odoo.com is an all-in-one business management software that offers a range of business applications which forms a complete suite of enterprise management applications. It covers CRM, eCommerce, accounting, inventory, sales, and project management, integrated with each other, allowing you to fully automate your business processes.

7. www.Bitrix24.com is a business management software that takes care of your tasks and projects to document management along with real-time communication tools from video conferencing to group chat.

8. www.Apptivo.com delivers a wide array of functionalities in customer relationship management (CRM). It also helps your business to grow with project management, invoicing, and timesheet capabilities. If your business process has some specific needs, it can be easily customized.

We Recommend -

9. Business Power Tools software and templates help you sustain your ability to do what you love. This "All-In-One" system makes it easy to complete what you need to do to build and grow your business using an easy to use dashboard. It contains zillions of expertly scripted and structured templates to show you what to do and how to do it, what to say and how to say it.

BPT Features – Strategic Planning and Startup Funding, Marketing, PR, Sales and Social Media, Management Policies and Procedures, and more. It's highly customizable to your business needs.

In the interest of complete transparency, NVTSI and Operation Vetpreneur have partnered with Power Business Tools to provide support for the veteran community. They have created a special veteran's page and a special 45-day free trial for veteran business owners.

Business Power Tools make a monthly donation to NVTSI powered by the number of sign-ups. So, you can help fund the NVTSI programs and help your business at the same time.



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Visit www.tinyurl.com/nvtsti for more information.

Vicki Garcia is the Co-Founder of Operation Vetpreneur & President of Marketing Impressions, a 30+ -year- old marketing consulting firm.

Apply to join Operation Vetpreneur's **FREE** one-on-one mentoring at www.veteransinbiz.com. Email Vicki with column ideas at veteransinbiz@gmail.com

DOD Launches Financial Education Website for Military Spouses

Military spouses often are the family's chief financial officer. From managing permanent-change-of-station moves to unexpected emergencies and changes in pay, there is little doubt about the importance of understanding the unique circumstances of managing personal finances in the military life.

In recognition of military spouses and the important role they have in keeping the force financially ready, The Department of Defense Office of Financial Readiness introduces MilSpouse Money Mission, a new financial education resource just for military spouses.

MilSpouse Money Mission is the DOD's primary resource designed for and to provide military spouses with trusted information they can use to be more empowered and actively be involved in making financial decisions for their families' financial well-being and achievement of financial goals, officials said.

MilSpouse Money Mission offers military spouses accessible, free financial education and resources, including:

- **Money Ready** — A guide to support the education of spouses in tackling a variety of financial topics most relevant to their current situations;
- **MilLife Milestones** — A resource to empower spouses to make smart money moves during life's big moments;
- **Videos** — Featuring financial tips and tools by fellow military spouses;
- **Blog** — Real conversations covering the latest money-related topics and issues;
- **Resources** — Military support links, financial calculators, quizzes and more to elevate financial literacy; and
- **Social Media** — A community of support and motivation to help spouses lead their best financial lives.

- MilSpouse Money Mission aims to create a community for military spouses and to help them know where to turn for trusted financial education, officials explained.

Courtesy of the Department of Defense Office of Financial Readiness.



www.milspousemoneymission.org

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IN THE TRENCHES . . . What You Can Expect

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- Personal Branding
- Mind Mapping
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- Social Media & SEO
- Legal Issues
- Budgeting
- Where & How to Get Money
- High Velocity Growth Strategies
- Employees & Contractors

VETERANS CHAMBER OF COMMERCE

By Joseph Molina
www.vccsd.org

The Power of “Forward Leadership”

The strength of a Veteran as a Leader comes from the understanding that we worked in teams, cared for and depended on each other. Veterans understand that Leadership is about guiding and supporting each other as we support and protect the rest of our team. For the Veteran Leadership is all about keeping a watch on the team and making sure each member is fully equipped with the resources needed to complete the mission.

Leadership for Veterans is almost innate. It is a skill learned and practiced during our military life and it becomes a part of our core principles and values. The challenge for every one of us, as Veterans, is to learn how to implement and apply those same values and principles in our new careers in the private sector, especially when managing civilian personnel.

Translating Leadership skills to the private sector: This will give you a tremendous advantage if you know how to effectively translate those military skills to your civilian job environment.

There is no doubt that organizations will benefit greatly from the Leadership skills a Veteran brings to the organization.

It is important, however, that we as Veterans recognize the differences between managing personnel in the military versus managing in the private sector. I know some highly skilled Veterans who were recognized as awesome Leaders in the military, but they now struggle in their civilian jobs as supervisors. Leadership is the same in the military and in the private sector, what it is different is the approach and the communication style.

The 4 principles of “Forward Leadership” are very powerful tools specially when combined with skills learned in the military.

1. Communication: Leaders must have a clear vision, strong passion and a clear goal. Since communication is the foundation of Leadership, a Leader must be able to communicate the mission clearly in order to motivate others. Leaders with a clear vision and the ability to share that vision, can help the team become fully engaged and fully committed to the mission.

2. Motivation: This is the energy that drives the team and gives every member the desire to complete the mission. Motivation is primarily based on two factors: Extrinsic factors like rewards and Intrinsic factors like values and principles. Leaders understand that maintaining a balance of these two factors is key to the success of each mission. The first and most crucial element of motivation, is that the Leader must be Motivated First!

3. Delegation: Do you know anyone who is always saying “If I need something done right, I better do it myself.” This is a perfect example of someone who needs to understand the importance and the power of Delegation. Delegation is an art that when done right it will inspire Trust. A great Leader knows that team members are motivated when they feel trusted, valued, respected and appreciated. Delegation is one way a Leader can get that point across. Delegation starts from the Leader, because the Leader needs to be okay with sharing authority and allowing others to take on responsibility and make decisions related to the job. Delegation is learned over time and by small steps.

4. Empowerment: Empowerment is a “Sharing of Power.” Leaders who empower, allow their team to make choices, implement corrective actions and identify possible solutions. This type of empowerment creates ownership and makes a team feel confident and ready to accomplish the task. An empowered team is evidence that the Leader has delegated appropriately.

Great Leaders Inspire others!

Leaders don't just tell people what to do. Telling people what to do promotes a feeling of being micromanaged and limits motivation, creativity, collaboration and innovation.

BOSS

- Drives employee
- Depends on authority
- Inspires fear
- Says, "I"
- Places blame for the breakdown
- Knows how it is done
- Uses people
- Take credit
- Commands
- Says, "Go"

VS.

LEADER

- Coaches them
- On goodwill
- Generates enthusiasm
- Says, "We"
- Fixes the breakdowns
- Shows how it is done
- Develops people
- Gives credit
- Asks
- Says, "Let's go"

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LEGAL EAGLE

Straight-forward legal tips for Military and Veteran Business Owners

By Kelly Bagla, Esq.



CELEBRATING AMERICA AND AMERICAN MADE

As we celebrate the greatest country on earth – AMERICA, great businesses also should be celebrated, as some companies seem able to weather any storm – the dream of a true entrepreneur.

The oldest American company has been in existence since 1752, before our country was founded. Despite wars, depressions, recessions, and global pandemics, these companies have managed to maintain a high-quality offering and position themselves in the market to stand the test of time.

Here are some American companies that were all started more than 150 years ago and still thrive today:

CIGNA (1792):

Originally formed in Pennsylvania, Cigna was the first marine insurance company in the United States. The company headquartered in Bloomfield, Connecticut is still the nation's oldest stockholder owned insurer.



JIM BEAM (1795) my favorite:

Bourbon was born in the 1770s when corn farmers of the Kentucky region of Virginia distilled their excess crop into a sweeter whiskey. In 1795 history was made when distiller Jacob Beam sold his first barrel of whiskey. The company didn't change its name to Jim Beam until 1943 named after Colonel James B. Beam, the fourth generation of the Beam family to take over the distillery. Today, it is run by the seventh generation of the Beam Family.

JP MORGAN CHASE (1799):

The largest bank in the United States had meager beginnings. Founded by Aaron Burr, it was the second commercial bank in New York City. It began as a venture to lay waterworks for the city of New York and the charter included a clause that allowed Burr to operate it as a bank after the waterworks project was completed. Through dozens of mergers, it became JP Morgan and a principal investor in the railroad in the 1800s, cementing its place in history.

COLGATE (1806):

Colgate wasn't always a toothpaste company. Actually, Colgate was started by William Colgate in 1806 in New York City and the business sold soaps and candles, eventually introducing perfumes in 1866. The company then debuted its Colgate aromatic toothpaste in jars in 1873. Now Colgate has sales of more than \$15 billion and sells its products in more than 200 countries and territories worldwide.

CITIGROUP (1812):

The bank was originally founded in 1812 as the City Bank of New York. In 1865 the bank joined the U.S. National banking system and was renamed The National City Bank of New York and in 1894 became the largest bank in the United States. After several name changes throughout the years, the company merged with Travelers Group in 1998 to become Citigroup, the company we know today.

REMINGTON (1816):

Who would have thought that America's oldest firearm maker first became known for its commercial typewriter? That is the humble beginnings of Remington founded by Eliphalet Remington in New York. One of his sons forged a barrel of his own and after having it rifled, placed second in a local shooting competition. The company is still making barrels today at their state of the art research facility.

MACY'S (1843):

Rowland Hussey Macy started with four dry goods stores in 1843 and opened the original Macy's store in downtown Massacutes. The first New York store opened in 1858 on Sixth Street and moved to it current 34th and Broadway location known all over the work in 1904.

Each business has to start somewhere and knowing how to move it through its Business Legal Lifecycle® is the key to staying profitable for generations to enjoy.

I'm the CEO of GoLegalYourself.com where we provide legal tools for savvy entrepreneurs. To help restart the economy, for a limited time, we are offering **30%** of any Startup Essentials Package.

For more information on how to legally protect your business please buy a copy of my bestselling book: 'Go Legal Yourself' on Amazon or visit my website at www.golegallyourself.com



Happy Birthday America!

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• Form SS-4 Employer Identification	✓		
• Promissory Note	✓		
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For the first time in 70 years, active duty can file medical malpractice claims against the US Military



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Advocates4ActiveDuty

Until recently, active duty service members who were the victim of medical errors at military hospitals and other facilities did not share the same rights as their civilian counterparts to seek compensation for their losses due to medical malpractice. Signed into law on December 20, 2019, active duty military personnel and their next of kin can now file claims with the Department of Defense for death or personal injury caused by military medical providers.

There is a strict time limit within which these claims must be filed or you will lose your right to seek compensation.

Advocates4Vets

In return for honorably serving your country, you deserve quality care from VA medical providers. If, instead, you are treated negligently, the Federal Tort Claims Act allows you to recover damages for pain and suffering, emotional distress, lost wages, medical expenses and other damages.

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CYBERSECURITY

Credit Monitoring, Identity Theft Protection,
and Data Breach Management

By Scott Hermann, CEO and identity theft protection expert
www.identityiq.com/SDVets

New Synthetic Identity Theft Con Targets Everyone with Children and Seniors Especially at Risk

Identity thieves have come up with a new method of fraud that can target you and your loved ones. This relatively new modern con is known as synthetic identity theft and puts children and seniors particularly at risk.

Unlike traditional identity theft that involves a criminal taking over your identity and posing as you to obtain a new credit card, open a new loan, or commit other fraud, synthetic identity thieves take bits and pieces of your personal information and create an entirely new false identity. This synthetic identity can be used to commit not only financial fraud but other crimes such as medical identity fraud or obtaining employment with false identification.

While individual criminals can commit synthetic identity theft, many times a large criminal enterprise will create the synthetic identities and spend years building up credit to maximize the amount they can borrow before taking off with the money or goods.

Often, all criminals will need is a Social Security number (SSN) to create these synthetic identities. They need a real SSN so financial institutions can validate the number, although the SSN isn't matched to a name. While everyone is at risk for synthetic identity theft, children and seniors are especially vulnerable because they might not be using or actively using their credit.

While children are assigned a SSN when they are born, they have no credit history and can only apply for credit when they hit age 18. By then, a criminal could be using their SSN for years in a synthetic identity fraud.

Using children's SSNs for synthetic identity theft also might have been made easier in 2011 when the Social Security Administration changed the way it assigned SSNs. Numbers were previously assigned by geographic area, group number, and age.

With the change, SSNs are now randomized to help prevent identity theft and accommodate the growing number of people needing numbers. However, the randomized numbers now make it more difficult for risk managers to determine if SSNs on applications are legitimate.

Criminals also can target the senior population because, in general, they don't use their credit as much as younger adults, especially if they own their home or are living with relatives and don't have a need for credit.

What can you do to protect yourself and your loved ones?

There are steps you can take to help protect yourself and your loved ones from synthetic identity theft.

- **Monitor credit reports** – Make sure you keep an active eye on your credit reports. If you see anything suspicious, you can freeze or lock your credit in order to protect it.

- **Freezing or locking you or your children's credit** – If you aren't actively seeking a loan or other credit in the foreseeable future, you can freeze or lock your credit, meaning you're blocking credit companies or other lenders from viewing your credit report and providing a line of credit. Since your children shouldn't have a credit history or need credit anytime soon, you can freeze or lock their credit as well to prevent fraud. A credit freeze restricts access to your credit report and has to be removed in order to open up new accounts while a credit lock can be added and removed through the use of a PIN.

- **Watch out for phishing and other scams** – Scams such as phishing emails and phone calls are just some of the ways criminals can obtain your SSN and other personally identifiable information (PII). Never give out your SSN or other PII over the phone or via email. Also, don't click on links in suspicious emails. Always go directly to the business or organization's website or contact them through their official phone numbers with questions or concerns.

- **Protect your SSN** – Don't carry your Social Security card or your children's cards with you in your purse or wallet. Instead, keep the cards in a lockbox or other secure location. If a business or organization requests you or your children's SSNs, ask if there are any alternatives to providing that information. Also, don't be afraid to ask how they store your PII.

- **Be on the lookout for any suspicious communications** – If you or your child receives any correspondence from debt collectors, credit card companies, employers, or insurers that are unfamiliar to you, investigate further and freeze or lock the credit if needed.

- **Get identity theft protection** – Monitoring and protecting your identity is essential. Credit and identity theft protection services can provide credit reports, alerts for suspicious activity, restoration assistance, and identity theft insurance for peace of mind.

Synthetic identity theft is just one new way criminals are using your PII to commit fraud.

Protect yourself and your loved ones!

For more information, visit
www.identityiq.com/military

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Patriot Guard Motorcycle Riders Perform Spirit of Liberty Ride for Freedom July 4, 2020

July 4, 2020 marks the 244th birthday of the United States of America, and the Spirit of Liberty Foundation and Southern California Patriot Riders will be teaming up to throw a safe, healthy birthday party for the nation, and show support for our healthcare heroes, first responders and all veterans.

An anticipated 200 motorcycle riders from the patriot riding club will begin the 40-mile Spirit of Liberty Ride for Freedom outside the Automotive Museum at San Diego's Balboa Park, beginning at 9:00 am. A send-off featuring a military chaplain blessing the ride and a bugler performing TAPS will kick it all off. The group will then proceed to Coronado, through downtown San Diego, and up the coast to Oceanside. The lead motorcycles will fly the American flag, the 13 Stars and Stripes Betsy Ross flag, the MIA/POW, Don't Tread on Me, Spirit of Liberty Healthcare Heroes and the Patriot Guard flags.

Joining the procession will be military veterans from all U.S. wars, WWII to the present, riding in convertibles. Also along for the ride will be a truck pulling a giant-sized LED screen displaying the Declaration of Independence and playing patriotic music.

The screen will also show images of the Spirit of Liberty Freedom Bell, which was cast in 330 pounds of bronze and forged with 11 pounds of steel from the World Trade Center on June 6, 2013, to "Honor Our Armed Forces Past, Present and Future." Created to allow every American the opportunity to ring the Bell to honor those who have served our nation, it has since travelled widely to Independence Hall, Arlington Cemetery, Pearl Harbor, Normandy Beach, and many other sites on national holidays and historically significant dates. Since

its inception, over five million Americans have rung it to honor a family member or friend.

"The global pandemic has presented significant challenges in honoring our military, first responders, healthcare workers and in celebrating our country in 2020," says Spirit of Liberty Foundation founder Richard Rovsek.

"We are delighted the Patriot Guard has chosen to partner with us to realize this creative solution in a way that brings the celebration to the public, throughout San Diego County."

The Spirit of Liberty Foundation was originally formed to raise funds and assist in the restoration and maintenance of the Statue of Liberty as well as Ellis Island. After the restoration was completed, and as a result of 9/11, the Foundation's name officially changed to become the Spirit of Liberty Foundation to reflect its broader mission—enhancing the meaning of Liberty and supporting America's Heroes, our Armed Forces, who volunteer and risk their lives to protect the freedoms and liberties that Americans enjoy every day, with an emphasis on honoring and supporting active duty, veterans and their families.

The Southern California Patriot Guard Riders exists to show respect and honor to our fallen heroes of current wars and operations, and support their families and communities, by standing guard at funerals of those killed in action or who are casualties of war.

This mission is supported by many motorcycle organizations who share a common goal—respecting those who risk their lives every day, whether on American soil or abroad, in securing our nation's freedoms and liberties.

Cox Charities Sponsors Shelter to Soldier's August 22nd Virtual Gala

By Eva Stimson

Shelter to Soldier has announced that, for the third year in a row, Cox Charities will be the presenting sponsor of the 8th Annual Shelter to Soldier "Be the Light Gala," which will be hosted virtually on **August 22nd from 6:00 pm to 9:00 pm** in observance of the current COVID-19 pandemic. Cox Charities is a philanthropic arm of Cox Communications. Ticket prices begin at \$35 for gala ticket link and advance to \$125 for the VIP experience, which includes a fine dining meal kit by The Fish Market with appetizer, salad, entree and dessert for two, plus two VIP Swag Bags, delivered to the guest's home the morning of the event within San Diego County. In addition, sponsorship packages that are still available include additional exposure with an anticipated guest count of approximately 500 attendees. Event entertainment will include live music by Ryan Hiller plus STS exclusive cocktail instruction with a mixologist; these festivities begin at 7:00 pm.

"One out of 10 of our employees is a veteran, so supporting non-profit organizations that go above and beyond to provide services for veterans is important to us," says Michael Ford, Senior Community Relations Specialist for Cox Communications and a Shelter to Soldier board member. "We've been so impressed with Shelter to Soldier for their ongoing commitment to veterans and how Cox Charities' donations go directly to support our veterans. Cox Charities supports Shelter to Soldier annually because of the direct impact they're making on our military community."

It is estimated that 16 veterans lose their lives to suicide every day in the United States, and in 2018 alone, 6,317 veterans took their own lives. Shelter to Soldier is committed to making an impact on these devastating statistics by providing hope through the companionship of a psychiatric service dog who provides non-judgmental, 24/7 support and motivation to veterans otherwise debilitated by mental illness. These veterans sacrificed everything to protect our freedom, and Shelter to Soldier is dedicated to giving back to them, by fulfilling their mission of "Saving Lives, Two at a Time"™.

Shelter to Soldier is currently seeking sponsorships and auction item donations for their 2020 Be the Light Gala to help them reach their \$100,000 fundraising goal.

These funds will directly benefit the homeless dogs and veterans saved by the program. According to Kyrié Bloem, Shelter to Soldier Vice President and Director of Operations, "Our current goal is to place 10 service dogs with veterans this year, and 15 next year. Beginning with our inception in 2012, our team has steadily increased the impact of our program annually, due in large part to our gala, which helps us achieve our goals as a substantial source of charitable donations. Shelter to Soldier's Red Star Sponsorship is a unique and collaborative offering in partnership with local businesses or individuals who wish to donate funds that cover the cost of one dog through the program.



This is a special opportunity to become intimately engaged with our initiative, wherein the donor receives exclusive naming rights of the sponsored pup, regular updates along the training journey and official match with the veteran, along with an invite to be a part of the graduation ceremony for that sponsored team."

Red Star Sponsorships are available during the Be the Light Gala's Fund-a-Need portion. For those interested in more information about Shelter to Soldier's Red Star Sponsorship or to donate auction items to the silent or live auction with broad visibility, call 760-870-5338 or by email info@sheltertotosoldier.org. The event this year has a nationwide reach, therefore, Shelter to Soldier is seeking auction donations throughout the country to help meet the fundraising goal. In addition to the gala, donors can contribute to Shelter to Soldier's mission by visiting sheltertotosoldier.org or by phone at **760-870-5338** to make an unrestricted tax-deductible donation or to a program of choice.

About Shelter to Soldier

Shelter to Soldier is a California 501(c)(3) nonprofit organization that adopts dogs from local shelters and trains them to become psychiatric service dogs for post-9/11 combat veterans suffering from Post Traumatic Stress (PTS), Traumatic Brain Injury (TBI) and/or other psychological injuries. To learn more about veteran-support services provided by STS, call **760-870-5338** or visit www.sheltertotosoldier.org for a confidential interview regarding eligibility.



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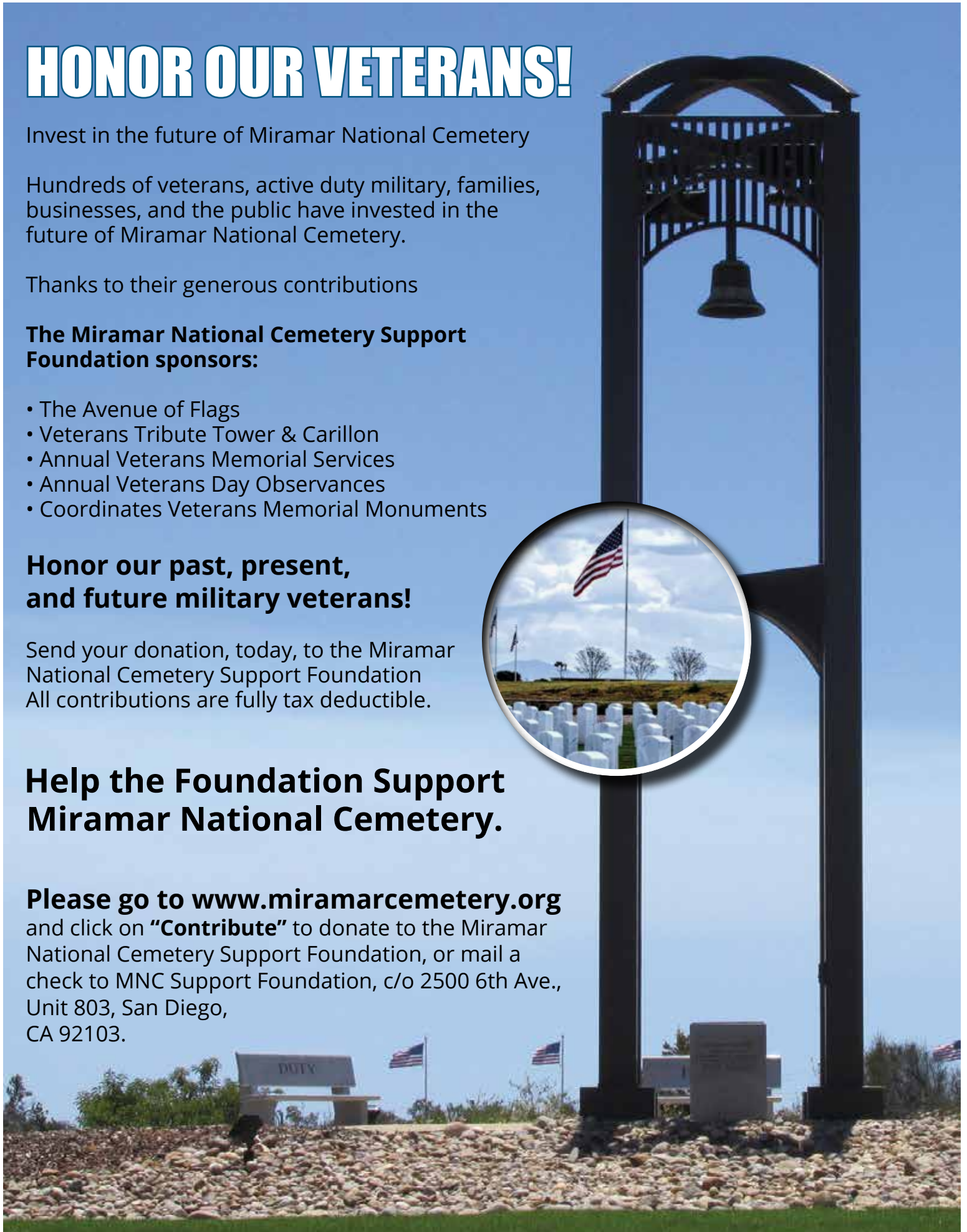
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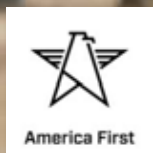
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- **Monthly Calendar Information**

Military & National Holidays, Including
Events (Airshow, Military/Veteran Film
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Transition, Financial, Legal, Health,
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Supporting businesses, organizations,
educational institutions, community
services and promotions for veterans,
military personnel & military families.

2020 Editorial Calendar & Themes

Publishing Date – The 1st of each month.

Space Reservation Deadline – Mid Month

(Drop deadlines vary with confirmation and month (Call for monthly details))

* Please note themes & features are added closer to issue publication date

• JANUARY

- SD Veterans 2020
- Transition 2020
- Health 2020

• FEBRUARY

- Veterans Community Outreach
- Transition
- Adaptive Sports
- Education

• MARCH

- ***Women's History Month**
- Brain Injury Awareness Month
- Month of the Military Caregiver

• APRIL

- ***Month of the Military Child**
- Transition - Health - Community

• MAY

- ***Memorial Day Issue**
- National Military Appreciation Month

• JUNE

- ***PTSD Awareness Month**

• JULY

- ***Independence Day**
- Disabled Veterans

• AUGUST

- Summer Issue
- ***"Dog Days of Summer" Tribute To Service Dogs**
- Purple Heart Day

• SEPTEMBER

- * **San Diego Air Show**
- "Never Forget" 9/11
- San Diego GI Film Festival
- Liberty Station

• OCTOBER

- Veterans In Transition
- Military World Games

• NOVEMBER

- ***Veterans Day Issue**
- ***San Diego Fleet Week**

• DECEMBER

- Holiday Issue
- BEST of 2020
- Pearl Harbor Remembrance

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