

PRESENTED BY THE UNITED WAR VETERANS COUNCIL

# FORWARD**MARCH**

COMMEMORATIVE MAGAZINE ★ NYCVELSDAY.ORG ★ #NYCVETSPARADE



**2017** NEW YORK CITY  
**VETERANS DAY**  
**PARADE**

**VETERAN'S DAY, NOVEMBER 11**

**SATURDAY, 11:15 AM - 3:30 PM**

**Fifth Ave; 26th to 52nd St**

**BUZZ ALDRIN**



**PARADE GRAND MARSHAL**

**AMERICA UNITED**



**FOR OUR VETERANS**

**WORLD WAR ONE**



**100 YEARS LATER**

**ALSO: VETERANS WEEK NYC**

WITH ARTICLES BY VETERAN WRITERS FROM  
**TASK & PURPOSE**

**SALUTE TO THE AIR FORCE!**

**WATCH THE PARADE**  
**NOV 11<sup>th</sup> Noon to 3PM**



**Military.com**

CHECK LOCAL LISTINGS FOR OUR ONE HOUR HIGHLIGHT SHOW ON SAT NOV 18TH

**FREE**  
**TAKE ONE!**



# You've served us, now let us serve you.

For military members, veterans and their families, returning to civilian life can be challenging. Through our programs and initiatives, we aim to position you for success in your post-service lives.

Through efforts to ease and facilitate successful transitions,  
we have achieved the following:

**12,000+**

veterans and service members  
hired by JPMorgan Chase

**400,000+**

veterans and service members  
hired by 235+ members of  
the Veteran Jobs Mission

**\$45 million**

committed to programs and  
initiatives that support veterans  
and military families

**950**

mortgage-free homes valued  
at more than \$150M donated to  
military families through  
nonprofit partners

**10,500**

career certifications earned  
by 7,700 veterans and military  
spouses through the Veterans Career  
Transition Program

Statistics provided are from 2011 to present

**JPMORGAN CHASE & CO.**

[jpmorganchase.com/veterans](http://jpmorganchase.com/veterans)

## FORWARD MARCH 2017

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We thank James Lanham  
for his many years of service  
to the Parade and the UWVC

### SPECIAL THANK YOU TO

AAA Communications, Pinebrook, NJ  
Aparo's Little John, Bay Shore, NY  
City Entertainment Systems, Walnutport, PA  
Fairway Golf Cars, Medford, NY  
Madison Square Park Conservancy, NY, NY  
We Transport, Plainview, NY

## WELCOME FROM THE CHAIRMAN!



As always, our goal with FORWARD MARCH is to not only share information about the Parade and other activities on and around Veterans Day in New York City, but to provide a useful resource for veterans and their supporters. We also hope to reach a wider audience of readers who have not yet had the opportunity to learn about our community.

To this end, we have once again partnered with Task & Purpose, a news and culture site geared toward the next great generation of American veterans. Through this partnership, we are proud to share the broad range

of voices, perspectives and experiences of our community.

This publication, and events such as the New York City Veterans Day Parade, provide platforms to mobilize the public to support and serve our veterans.

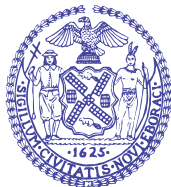
At the same time, by highlighting our veterans' stories, they remind us all that our strength as a nation comes from both our commitment to each other and our shared sense of purpose.

Together forward,

Doug McGowan  
Chairman, United War Veterans Council  
U.S. Marine Corps Veteran

## THE UNITED WAR VETERANS COUNCIL

Thanks



CITY OF  
NEW YORK  
BILL DE BLASIO,  
MAYOR



Citywide  
Administrative  
Services



For their support of the 2017 New York City Veterans Day Parade





# GREETINGS FROM NYC'S VETERANS COMMISSIONER



As the Commissioner of the New York City Department of Veterans' Services and a retired Brigadier

General from the US Army, I feel incredibly privileged to serve the City of New York, its veterans, and their families.

This year, I'd like to share

news of two exciting initiatives our agency is launching: we're aiming to "hack transition," reaching out to service members and their families as they arrive in New York City to ensure they have the resources and support they need to thrive in civilian life. To do this, we've launched Veterans on Campus-NYC – a coalition of colleges, universities, and private entities aimed at better supporting and understanding the student veteran experience -- and Mentor A Vet-NYC – a consortium of over 20 mentoring organizations who will provide any New York City veteran or family member who wants one with a mentor

who's right for them.

So on this Veterans Day, do more than thank a veteran for their service. Whether you're a veteran or a civilian, sign up to be a mentor! Our veterans and their families will appreciate the guidance, and you'll be helping to ease their transition into successful civilian lives here in NYC.

**Happy Veterans Day, America, and especially, Happy Veterans Day, New York City!**

LOREE SUTTON, MD  
Brig General, US Army (Ret.)  
Commissioner,  
NYC Dept. of Veterans Services



#### VISIT OR MAIL

1 Centre Street  
22nd Floor, Suite 2208  
New York, NY 10007

#### EMAIL OR CALL

212-416-5250 or 311

#### SHARE OR VIEW

twitter.com/nycveterans  
www.facebook.com/nycveterans  
www.instagram.com/nycveterans/

## Do more than thank them for their service

Whether you're a veteran, military service member, or family member seeking guidance or a veteran or civilian who wants to help, The New York City Department of Veterans' Services can get you connected.



www.nyc.gov/vet  
info@veterans.nyc.gov  
212-416-5250  
@nycveterans

American Corporate Partners (ACP)  
Blue Star Families  
Brooklyn Veterans Treatment Court  
Columbia's Resilience Center  
COMMIT  
CUNY Vets  
Edge4Vets  
Fordham University  
FourBlock  
GI Jobs  
Inst. For Career Development  
IVFM Syracuse University  
Job Path  
John Jay College of Criminal Justice  
Marine for Life Network  
NYC Service  
Paralyzed Veterans of America  
PROVE  
ProVetus  
Service to School  
Stand Beside Them  
United War Veterans Council  
Veterans in Global Leadership  
Veterati  
Warrior Scholar Project  
Workforce Opportunity Services





**WATCH THE PARADE**  
**NOV 11<sup>th</sup> Noon to 3PM**



CHECK LOCAL LISTINGS FOR OUR ONE HOUR HIGHLIGHT SHOW ON SAT NOV 18TH



Dear Friend,

Every year on November 11, our veterans and their supporters march up Fifth Avenue in Manhattan for the largest commemoration of service in America. The United War Veterans Council is honored to produce the NYC Veterans Day Parade and to be linking to parades in the great cities of Cleveland, Dallas, Los Angeles, Miami, and Philadelphia through the Veterans Day USA national network.

This growing coalition of communities is making a difference now, as we plan for a tremendous Veterans Day Centennial. Among other things, we are collectively working to ensure a live national broadcast of veteran-focused events in 2019. This type of attention is necessary to remind our citizens of the great sacrifices that veterans and their families have made to preserve our way of life. We are right, as a country, to honor these efforts.

However, this is not about throwing a big party. Veterans Day observances and the year-round work that veterans and their supporters engage in are critical aspects of uniting our country. They also help veterans continue their legacy of service by employing the skills and values they learned in uniform as leaders and engaged citizens in our local communities. This is one of the most valuable ideas we can rally around as Americans.

This year, the New York City Veterans Day Parade highlights the U.S. Air Force as our Featured Armed Service. We are honored to have American icon Buzz Aldrin, an Air Force veteran of the Korean War, as our Grand Marshal. His personal and professional history remind us of the importance of serving for a greater and higher cause.

We are grateful for the support of so many public and private sector partners and sponsors. Major businesses, along with federal, state, and municipal agencies have shown their commitment to the greater cause and UWVC's mission of honoring and supporting veterans and their families through Advocacy, Services, and Sustainability Programs.

Again, thank you for your interest and active participation. We are proud to continue serving, as New Yorkers and as members of a national network of patriots. Enjoy this great day - Veterans Day USA!

Very respectfully,



**DAN MCSWEENEY**  
President,  
United War Veterans Council

NYC Veterans Day Parade is broadcast live on WPIX-TV (PIX11) and American Forces Network (AFN), and live-streamed on Military.com and other online platforms.

**nycvetsday.org @NYCVetsParade #NYCVetsParade**



A close-up, slightly blurred image of the American flag, showing the stars and stripes. The flag is draped and folded, creating a sense of movement and texture. The colors are vibrant, with the blue field of stars and the red and white stripes.

# Cushman & Wakefield

is honored to support the

## **2017 New York City Veterans Day Parade.**

We proudly salute all past, present  
and future service members.

[cushmanwakefield.com](http://cushmanwakefield.com)

**VETERANS**  
INITIATIVE PROGRAM  
AT CUSHMAN & WAKEFIELD



**CUSHMAN &  
WAKEFIELD**





Air Force marchers pass the Review Stand in front of the NY Public Library. PHOTO: U.S. AIR FORCE

# HONORING SERVICE

## The 2017 New York City Veterans Day Parade

**O**n Saturday, November 11, tens of thousands of participants will march up Fifth Avenue from Madison Square Park to 52nd Street in the 2017 New York City Veterans Day Parade.

Produced by the United War Veterans Council (UWVC), the parade is the largest celebration of service in the nation. It traces its origins to marches and celebrations dating back to the end of the American Revolution in 1783. The tradition of honoring veterans on November 11

began in 1919, following World War I. Today, veterans, military personnel, high school and college bands and supporters from all over the nation participate.

This year's parade highlights the U.S. Air Force, on its 70th birthday as an independent service branch (1947 ~ 2017). The Grand Marshal is Air Force veteran Buzz Aldrin (Korean War), a space pioneer and American icon.

The 2017 parade also commemorates the centennial of the U.S. entry into World War One in 1917. This observation

also encompasses one hundred years of American women in the military.

This year, the UWVC continues to expand Veterans Day USA, a nationwide network of parades and events that are collaborating to build towards the centennial of Veterans Day in 1919. In addition to New York, participating cities include Los Angeles, Philadelphia, Cleveland, Dallas and Miami.

"November 11 is a special day to honor service and to remind all Americans, and our elected leaders, of the debt of honor we owe those who have

served our nation," says UWVC President Dan McSweeney.

"At the United War Veterans Council, we consider this a solemn obligation to keep alive in the hearts of Americans a sense of gratitude and obligation to serve those who have served us,"

The New York City Veterans Day Parade is broadcast live from 12 noon to 3 pm on television on WPIX (PIX11) and American Forces Network (AFN), and live-streamed on Military.com and other platforms.

The event formally begins with a wreath laying at the Eternal Light memorial in Madison Square Park. Built after World War I, the Eternal Light has become NYC's central veterans monument. At the end of the parade route, veterans and supporters are invited to the Veterans Village Resource Fair, at 53rd Street and 5th Avenue.

The Parade is hosted by the City of New York and is supported by numerous patriotic partners, including JP Morgan Chase & Co., Military to Motorsports, UWVC Recycling, Cushman & Wakefield, A&E Networks/HISTORY, Wounded Warrior Project and First Data. It serves as the centerpiece of Veterans Week NYC, a series of educational, entertainment and tribute events showcasing our veterans community.

Learn more:

[nycvetsday.org](http://nycvetsday.org)



# NEW YORK CITY VETERANS DAY PARADE

## HONORARY COMMITTEE

**DOUGLAS MCGOWAN**

COMMITTEE CHAIR | Chairman, United War Veterans Council

**BUZZ ALDRIN**

GRAND MARSHAL | Colonel, U.S. Air Force (Retired), Space Pioneer

**GENERAL ELLEN M. PAWLIKOWSKI**

HONORARY GRAND MARSHAL | Commander, U.S.A.F. Material Command

**DENISE ROHAN**

HONORARY MARSHAL | National Commander, American Legion

**ROSS BROWN**

Head of Military & Veterans Affairs, JPMorgan Chase & Co.

**BRUCE MOSLER**

Chairman, Global Brokerage, Cushman & Wakefield

**BRIGADIER GENERAL LOREE SUTTON, RET.**

Commissioner, NYC Department of Veterans' Services

**DAVE TILTON**

Chairman, Military to Motorsports

## COLONEL BUZZ ALDRIN

**GRAND MARSHAL**

**U.S. AIR FORCE VETERAN (KOREAN WAR); SPACE PIONEER**



Buzz Aldrin grew up in Montclair, NJ. His mother, Marion Moon, was the daughter of an Army Chaplain and his father, Edwin Eugene Aldrin, was an aviation pioneer. Buzz graduated from Montclair High School and attended the U.S. Military Academy at West Point.

He then joined the Air Force where he flew F86 Sabre Jets in 66 combat missions in Korea; shot down two MIG-15's, and was decorated with the Distinguished Flying Cross. After a tour of duty in Germany flying F100's, he earned his Doctorate of Science in Astronautics at MIT.

Selected by NASA in 1963 into the third group of astronauts, Aldrin was the first with a doctorate and became known as "Dr. Rendezvous." The docking techniques he devised for spacecraft in orbit became critical to the success

of the Gemini and Apollo programs, and are still used today. In 1966 on the Gemini 12 mission, Buzz performed the world's first successful spacewalk – extra-vehicular activity (EVA). During that mission he also took the first 'selfie' in space.

On July 20, 1969, Buzz and Neil Armstrong made their historic Apollo 11 moonwalk, becoming the first two humans to set foot on another world. An estimated 600 million people – at that time, the world's largest television audience in history – witnessed this unprecedented heroic endeavor.

Buzz has received the Presidential Medal of Freedom, the Congressional Gold Medal, and numerous awards from all over the world. He has written 9 books, and promotes Science, Technology, Engineering, Arts and Math education through his ShareSpace Foundation. The Buzz Aldrin Space Institute at Florida Tech is dedicated to promoting and developing his vision of a permanent human settlement on Mars.

Since retiring from NASA and the U.S. Air Force, Col. Aldrin calls himself a Global Statesman for Space and has remained a tireless advocate for human space exploration.

## THE ORIGIN OF VETERANS DAY

On the 11th hour of the 11th day of the 11th month of 1918, an Armistice was declared between the Allied nations and Germany, ending World War I, then known as "the Great War."

A year later, President Woodrow Wilson proclaimed November 11 as the first Armistice Day. On November 11, 1921, an unidentified American soldier killed in the war was buried at Arlington National Cemetery; Congress declared the day a federal holiday.

In 1926, Congress passed a resolution calling for the president to issue an annual proclamation marking Armistice Day, and 27 states had made November 11 a legal holiday. In 1938 Armistice Day

was declared a legal federal holiday.

World War II (1941-45) saw more than 16 million Americans serve in the military; 5.7 million more served in the Korean War (1950-53). In 1954, President Dwight D. Eisenhower signed legislation renaming Armistice Day to "Veterans Day," honoring American veterans of all wars.

For a brief period, Veterans Day was set as the fourth Monday in October. In 1975, President Gerald R. Ford signed a new law returning the observation of Veterans Day to November 11, where it has remained ever since.

2019 will mark the 100th observation of Veterans Day/Armistice Day.

# 2017 GRAND MARSHALS & LEADERSHIP

## GENERAL ELLEN M. PAWLIKOWSKI

HONORARY GRAND MARSHAL

COMMANDER, U.S. AIR FORCE MATERIAL COMMAND



General Ellen M. Pawlikowski serves as Commander, Air Force Materiel Command, Wright-Patterson Air Force Base, OH. The command employs some 80,000 people and manages \$60 billion annually, executing the critical mission of warfighter support through leading-edge science and technology, cradle-to-grave life cycle weapon systems management, world-class developmental test and evaluation, and world-class depot maintenance and supply chain management.

General Pawlikowski entered the Air Force in 1978 through the ROTC program at the New Jersey Institute of Technology. She then attended the University of California at Berkeley and received a Doctorate in chemical engineering in December 1981, entering active duty at McClellan AFB, CA, in April 1982. General Pawlikowski's ca-

reer has spanned a wide variety of technical management, leadership and staff positions including command at the wing and center levels. She has served as Director of the Acquisition Management Office for the Assistant to the Secretary of Defense for Atomic Energy and as Deputy Assistant to the Secretary of Defense for Counterproliferation. Her leadership assignments included Program Director of the Airborne Laser Program; Commander of the Military Satellite Communications Systems Wing; Deputy Director of the National Reconnaissance Office; Commander of the Air Force Research Laboratory; and most recently Commander of the Space and Missile Systems Center.

General Pawlikowski is nationally recognized for her leadership in the US science and technology community. She is a Fellow of the American Institute of Aeronautics and Astronautics and a member of the National Academy of Engineers.

Prior to her current assignment, General Pawlikowski was the Military Deputy, Office of the Assistant Secretary of the Air Force for Acquisition, the Pentagon, Washington, D.C.

## THE UNITED WAR VETERANS COUNCIL

NYC Veterans Day Parade is produced by the United War Veterans Council, a 501(c)(19) non-profit dedicated to mobilizing our communities to honor, support and serve America's veterans. It is dedicated to ensuring that the public always embraces its commitment to provide all veterans and their families with the care, recognition and opportunities they have rightfully earned.

UWVC works to achieve this goal through three program areas: Advocacy, Support and Sustainability. These efforts support and promote a wide range of initiatives that provide vital services to our veterans community (including health, education, employment, housing, mental wellness, and family counseling), raise positive awareness and increase understanding of the needs of our veterans, military service members and their families through major public events and promotional activities, and unite veterans groups, community organizations, city, state and federal agencies, local businesses, major corporations and the general public behind

efforts to serve veterans of all eras. You can read more about these programs and initiatives throughout the pages of this publication.

The United War Veterans Council traces its lineage back to groups founded by veterans of the Spanish-American War (1898). These groups continued activities and traditions established by veterans of the Revolution and the War of 1812. The modern UWVC was revived in 1985 by a group of Vietnam veterans, initially for the purposes of salvaging the New York City Veterans Day Parade, which was on the verge of extinction. The parade has now grown into NYC Veterans Day Parade – the largest awareness-raising event in the nation, drawing tens of thousands of participants and hundreds of thousands of spectators.

Today, the UWVC is led by our latest generation of Iraq, Afghanistan and post-9/11 veterans who are working to ensure that the UWVC continues to honor, support and serve veterans for years to come.

Learn more at [uwvc.org](http://uwvc.org)



UNITED WAR VETERANS COUNCIL

**Wounded Warrior Project helped me reclaim my life.**

**I AM LIVING PROOF**

WOUNDED WARRIOR  
**SEAN KARP**



SUPPORT WOUNDED VETERANS AT

**[iamlivingproofwwp.org](http://iamlivingproofwwp.org)**





Thunderbirds pilots pose for a photo with retired Air Force Col. Buzz Aldrin. PHOTO: U.S. AIR FORCE

## BUZZ ALDRIN: STILL REACHING FOR THE STARS

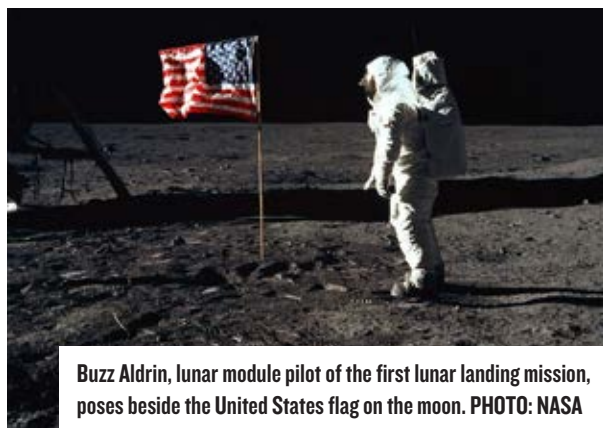
**B**uzz Aldrin was the second man to walk on the Moon — and the first to take a selfie in space. But his ability to engage and inspire American children — and people around the world — didn't end when he landed back on Earth. His service to his country, and to the world, has continued nonstop since he graduated from West Point in 1951.

Aldrin, born Edwin Eugen Aldrin Jr., got his start as a mechanical engineer in the U.S. Air Force, and served as a fighter pilot during the Korean War. He flew 66 combat missions during the war, and recently told Space.com that "it's always a thrill to get back in the cockpit of an Air Force jet." But al-

though Buzz loved being in the cockpit, he wanted to soar even higher.

Following his service in Korea, Aldrin went on to MIT, where he earned a degree in astronautics as part of his continued Air Force service. In his senior thesis, he wrote, "In the hopes that this work may in some way contribute to their exploration of space, this is dedicated to the crew members of this country's present and future manned space programs. If only I could join them in their exciting endeavors!"

Months after graduating from MIT in 1963, Aldrin was selected as a member of NASA's third group of astronauts. Six years later, in 1969, he was chosen to be part of the Apollo 11 crew — the first to land on the



Buzz Aldrin, lunar module pilot of the first lunar landing mission, poses beside the United States flag on the moon. PHOTO: NASA

Moon. While the mission left an impression on the minds of future scientists, Aldrin also left a physical mark — a footprint on the Moon.

In the years since he returned to Earth, Aldrin never stopped serving the public interest, first by finishing out 21 years of active-duty service in the Air Force, and later as a civilian

who has fought to expand space exploration. He's pushed for the U.S. to go back into orbit and venture out to Mars. His work has inspired millions and encouraged boys and girls, men and women to look up to the stars and not only admire them, but reach for them: "I still say 'Shoot for the Moon — you might get there.'"

# GROUPS, SCHEDULE & MAP | 2017 NEW YORK CITY

## PARTICIPATING GROUPS

The following groups are expected to participate in this year's Parade.\* This is not an order of march; please visit [nycvetsday.org](http://nycvetsday.org) just prior to the Parade for an updated list/order.

\*As of press time

### MOTORCYCLE ESCORT

NYPD Highway  
Combat Veterans Motorcycle Association  
Deacons Of The Night MC  
Nam Knights of America MC  
Patriot Guard Riders  
American Legion Riders Post 1302  
Rolling Thunder Chapter I New York

### EXECUTIVE DIVISION

NYPD Band  
The American Legion NYC  
Police Post 0460  
Mayor Bill De Blasio & Official Party  
Official Party - Aides & Guests  
Guests of the Mayor  
New York City Council  
Other Elected officials

### HONORARY DIVISION

Grand Marshal Buzz Aldrin  
Ground Zero Volunteers Flag  
Century of Service

### FLOATS/VEHICLES

610 Tank Destroyer Battalion (WW2) Float  
American Legion Float  
Borough of Manhattan Community College Float  
CHASE Float  
Columbia University Float  
City University of New York Float

Fairleigh Dickinson University Float  
First Data NASCAR  
Gold Star Families Float  
Korean War Veterans Float  
Legacy of Service (Senior Vets) Float  
Military to Motorsports Float w/ Indy Car  
NY Daily News Float  
NYC Vets Day Parade Float  
Pace University Float  
HISTORY - Salute to Purple Heart Float  
U.S. Coast Guard Float  
UBS Veterans Float  
Verizon - Salute to Blue Star Families Float  
Veterans Advantage Float  
Vietnam Veterans of America Chapter 126 Float  
Vietnam Veterans of America Chapter 72 Float  
World War II Vets Float  
East to West Classic Cars  
East Coast Cars Assoc  
Military Transport Assn. Inc  
U-Haul International  
Remembering Our Fallen / Tribute Towers  
Gibbons Military Motors  
New York Hummer Squad

### U.S. AIR FORCE

U.S. Air Force Honor Guard  
US Air Force Heritage of America Band  
Joint Base McGuire-Dix-Lakehurst  
USAF Expeditionary Center  
105th Airlift Wing  
313th Recruiting Squadron  
Reserve Officer Training Corps (AFROTC) Detachments 485, 490, and 560  
AFROTC Manhattan College  
Civil Air Patrol

### U.S. ARMY

77th Sustainment Brigade  
Marching Band  
77th Sustainment Brigade  
369th Sustainment Brigade  
New York Guard 88th Area Command - NY Guard

80th Training Command  
353rd Civil Affairs Command  
Fordham ROTC

### U.S. MARINE CORPS

U.S. Marine Corps Marching Contingent

### U.S. NAVY

USS Hue City  
USS The Sullivans  
Naval Weapons Station Earle  
Navy Recruiting District NY  
Navy Operational Support Center, New York City

### U.S. COAST GUARD

United States Coast Guard - Sector New York

### VETERANS/ VETERANS SERVICE ORGANIZATIONS

Alpha Gamma Xi Military Sorority  
American Legion  
American Legion Post 135  
American Legion Post 203  
American Legion Post 266  
American Legion Post 398  
American Legion post 694 - Northport  
Bailey House  
Black Veterans for Social Justice, Inc.  
Blinded Veterans Association  
Bronx Veterans Court  
Mentors  
Campbell Family Veterans Group  
Council of School Supervisors and Administrators  
Fencers Club  
FitOps Foundation  
GallopNYC  
HELP USA  
ICL Borden Avenue Veterans Residence  
Iraq and Afghanistan Veterans of America  
Jericho Project  
K-9 Disaster Relief  
Korean War Veterans - Central LI - Chapter #64  
Lakota Women Warriors

Legion of Elites  
Local Union # 3 IBEW  
Veterans Club  
Marines of New York  
Military & Veteran's Association at NYLS  
Military Order of The Purple Heart  
Montford Point Marines NYC Chapter  
Ms. Veteran America  
National Association of Black Military Women  
Navy League, New York Council  
NY Helmets to Hardhats, Inc.  
NYC Chapter of National Association of Black Military Women (NABMW)  
Our American Duty  
Pets for Vets New York City & Long Island  
Rakkasans  
Remembering Our Fallen / Tribute Towers  
Resilience Center for Veterans and Family  
Samaritan Daytop Village  
Serenity Stables, From Combat to Calm  
Sergeant John Basilone Foundation  
Services for the Underserved  
Setalcott Indian Nation  
Tuesday's Children  
UCLA Operation Mend  
United Federation of Teachers Veterans Comm.  
USS America Carrier Veterans Association Inc.  
USS Intrepid Former Crew Members Association, Inc.  
Veterans Are Still Warriors  
Veterans For Peace - NYC  
Veterans on Wall Street  
Victory For Veterans Foundation, Inc.  
Vietnam Veterans of America Chapter 126 Float  
Vietnam Veterans of America Chapter 32 (Their Last March)  
Vietnam Veterans of America Chapter 72 Float  
Vietnam Veterans Of America

Chapter 779  
Vietnam Veterans of America Chapter 82 Nassau County  
Vietnam Veterans of America Thomas P. Coughlin Memorial Chapter 72 Brooklyn, NY  
Vietnam Veterans of America Michael J. Novosel Medal of Honor Chapter 542  
Wounded Warrior Project

### COLLEGES

Berkeley College  
Borough of Manhattan Community College Organization of Student Veterans  
City University of New York (CUNY)  
Columbia University School of General Studies  
DeVry University  
Fairleigh Dickinson University Veterans Association  
Fordham Veterans Association  
Manhattan College Veterans  
Massachusetts Maritime Academy Band, Honor Guard & Drill Team  
Monroe College Student Veterans of America  
New York University  
Pace University Student Veterans Association  
St. John's University Student Veterans Association  
SUNY Empire State College  
SUNY Maritime College

### ALLIED VETS GROUPS

Huang Pu Veterans Association of Republic of China, East Coast, USA  
Korean American Vietnam Veteran Associations of Greater New York  
Korean Veterans Association - Northeastern Region U.S.A.  
The Korean Veterans Association of ROK  
Federation of French War Veterans

### NYC AGENCIES

Fire Department, City of New York (FDNY)

# VETERANS DAY PARADE | SATURDAY, NOVEMBER 11

New York City Department of Correction  
New York City Health + Hospitals (The Fund)

## NY STATE

Civil Service Employee Association  
Port Authority Police Department  
New York State Police  
Royal Military Police  
Military & Law Enforcement Veterans Association  
Union County Corrections Honor Guard

## FEDERAL AGENCIES

U.S. World War I Centennial Commission  
U.S. Customs and Border Protection  
United States Public Health Service Commissioned Corps  
VA St. Albans  
Veterans Affairs NJ Health Care System  
Bronx Vet Center  
Manhattan Vet Center  
NYS Veterans Home at St. Albans

## MILITARY FAMILIES

Moms of Military NY12, Blue Star Mothers of Nassau County  
Long Island Blue Star Moms NY6  
Gold Star Mothers of America  
Sector New York Spouses' Club

## JROTC/CADET

Knickerbocker Greys  
AF JROTC NY 932  
Fort Hamilton HS JROTC  
West Potomac High School Junior Reserves Officer Training Corps  
Morris High School JROTC  
Uniondale High School JROTC  
Bethel High School Navy JROTC  
Navy Junior ROTC William Floyd High School  
Wm. Allen High School, Navy JROTC  
U.S. NAVAL SEA CADET CORPS, EDSON DIVISION

Bethel High School Navy Junior Reserve Officer Training Corps.  
N.E.C/ B.S.S.I pathfinders  
Harlem Youth Marines / New York Cadets  
Navy League marchers  
Curtis High School NJROTC  
George Washington High School NJROTC  
Graphics Campus NJROTC  
Tottenville High School MCJROTC  
River Towns Young Marines  
George Washington Division Sea Cadets

## CIVIC

America's National Teenager  
American Red Cross of Greater New York  
Boy Scouts of America  
Crescent Shrine Mini Cars  
Easterseals  
Falun Gong  
Girl Scouts of America  
The Glory Girls/Petite America & Petite World Pageants  
Lesbian & Gay Big Apple Corps Marching Band  
Lilac Preservation Project  
Miss Bronx/Miss Mahattan Scholarship  
SS United States Conservancy Spirit of 45  
USA Cheerleaders

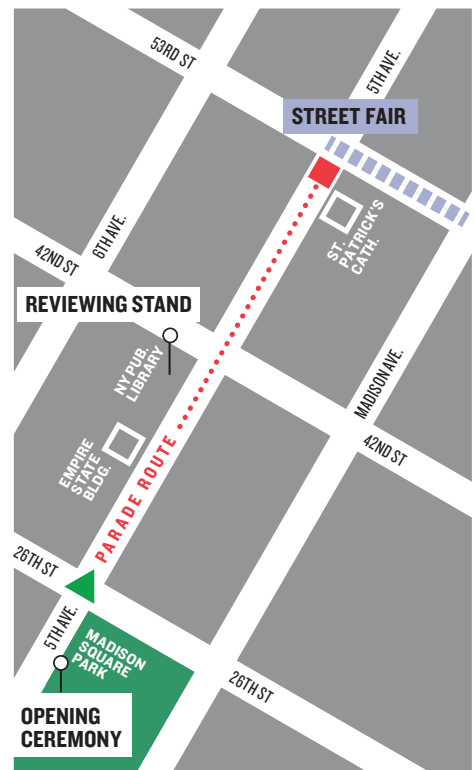
## YOUTH BANDS

New York City - All City Marching Band  
Christ the King HS Marching Band  
Valley Forge Military Academy  
Hanover All-County Marching Band\*  
Hinsdale Central High School Red Devil Marching Band\*  
Isiserettes Drill & Drum Corps\*  
Maury High School Band\*  
McDowell HS Marching Titan Band\*  
Powell County High School Marching Pirates\*  
The Havre de Grace HS Warrior Pride Marching Band\*

\* = NYC Group Tours band

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KPMG Veterans Network  
RIP Medical Debt  
Northwell Health  
NY Daily News  
Siemens Veterans Network.  
Site Safety  
Steven A. Cohen Military Family Clinic at NYU Langone  
T-Mobile  
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U-Haul International  
UBS Veterans  
Verizon  
Veteran Movers NYC  
Veterans Advantage  
Wells Fargo  
Willis Towers Watson - AIG - BlackRock - Merck



## SCHEDULE

10:30am-11:00am	OPENING CEREMONY
11:10am	PARADE START
12:00pm-3:00pm	TV BROADCAST
3:30pm	PARADE ENDS
10:00am-6:00pm	STREET FAIR

## NOV 11: RESOURCES FOR VETS

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### VETERANS UNITY RESOURCE EXPO

4W43RD ST | NOON - 4PM

American Airlines	NYS Veterans Chamber of Commerce
Cushman & Wakefield	Team RWB
DVS	T-Mobile
Empire BC/BS	Turner Construction
GoRuck	U.S. Dept of Vets Affairs
Greater NYC Chamber	Valley National Bank
Northwell Health	Warrior Spirit
NYC Veterans Alliance	
RIP Medical Debt	

### VETERANS VILLAGE

53RD ST AT 5TH AVE | NOON - 4PM

Broken Gear	Northwell Health
ConEd	Opal Apples
NYC Dept of Veteran Services	RIP Medical Debt
Empire BC/BS	Sage
Kind	T-Mobile
US Navy Recruiting	UWVC Recycling
	Veteran Movers
	VVA Chapter #126





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U.S. Marine Sgt. Brittany Alexander speaks with children during the 2017 International Coastal Cleanup in the Philippines, Sept. 2017. PHOTO: U.S. MARINE CORPS

# VETERANS: AMERICA'S GREATEST CIVIC ASSETS

## Service Doesn't End When They Take Off Their Uniforms

**F**or most Americans who didn't wear the uniform or have a loved one who served, they likely think about veterans once or twice a year during national holidays or when they happen see a yellow ribbon sticker on the bumper of a car. What they don't know is that veterans are all around them, leading PTA meetings, serving as elected officials, or volunteering at the local community center.

The fact is veterans are America's greatest — if sometimes overlooked — civic assets.

The idea of "civic health" may seem as old fashioned as a landline telephone, but lately the phrase is popping up in

news headlines across the country. We're seeing it when our citizens respond to help one another in the aftermath of natural disasters. We're seeing it during the current climate of intense political and societal debates. And we're witnessing it during protests and rallies happening in small towns and big cities throughout America.

Civic health is deeply entwined in all of these things, so it's important to recognize that when people are civically engaged, they're happier and healthier, and their communities are stronger. And it turns out, according to a number of key indicators, the most civilly engaged population in the country is the veteran community.

Got Your 6 tracks this data through our annual Veterans Civic Health Index, and year after year we've found that veterans are more civically engaged than their non-veterans counterparts.

In our most recent report, we looked specifically at six important engagement indicators: volunteering, voting, attending public meetings, working with neighbors to solve problems in the community, giving to charity, and contacting public officials. On all of these indicators, veterans outperform their non-vet-

eran peers.

The report also demonstrates that veterans' civic engagements are both broad and deep. Take, for example, volunteering. While veterans are just slightly more likely to volunteer than non-veterans, they rack up an average of 43 more hours of volunteer time annually than their non-veteran peers. That's an entire extra workweek of service that communities get out of the average veteran volunteer.

We also note that veterans are active participants in both national and local elections. The data show that almost 74 percent of veterans always or sometimes vote in local elections, compared to about 57 percent of non-veterans.

Our report reinforces something Got Your 6 and our coalition partners already know: veterans don't stop serving our country when they take off the uniform.

Veterans are leaders and civic assets, and — most importantly — they're looking for new ways to tackle our nation's problems. As a society, we must not only recognize and thank them for their continued service, we must work to create opportunities to empower veterans to lead our country forward and make our communities even stronger.

*Bill Rausch is an Iraq War veteran and the executive director of Got Your 6, a nonprofit that believes veterans are leaders, team builders, and problem solvers, who have the unique potential to lead a resurgence of community across the nation.*

**BY BILL RAUSCH**





A veteran at an equine therapy session at Serenity Stables in Atlantic Highlands, NJ. PHOTO: TANYA BREEN

# FINDING SERENITY

**In New Jersey, amazing horses help veterans cope with PTSD**

**K**ris Quinn ambled over to the horse, named Davis, not sure what to expect. He reached out gently, stroking Davis' forehead. They stood face-to-face for a few minutes. The rustle of a light summer breeze was the only sound between them.

Then Davis raised his head and rubbed his muzzle on Quinn's cheek. It was a heart-melting gesture, and hopefully a healing one.

Like a dozen other military veterans who visited Serenity Stables Tuesday afternoon, Quinn has posttraumatic stress

disorder. This was equine therapy, and the six horses on this 15-acre tract are the counselors. The program, "From Combat to Calm," was founded in 2015 by Keyport native Rene Stone, who welcomes veterans free of charge as she juggles full-time work as a mortgage banker for HomeBridge Financial Services.

"It's fascinating, what these animals do," Stone said.

So is the serendipitous story behind Tuesday's visit. Stone was inspired to help PTSD sufferers by her own experiences.

"The reason I do this is because my father was

a veteran who suffered shell shock," she said. "He ended up trying to commit suicide. Nobody could diagnose what was wrong with him."

She spent a chunk of her childhood in Veterans Affairs hospitals.

"I used to have to leave dad and (other disabled veterans) there and it broke my heart," she said. "I promised myself one day I would do something to help them."

Then something else happened. In 1998, Stone was involved in a fatal car crash and suffered from PTSD as a result. The barn was the only place she could find peace.

"My horse Tristan virtually saved my life as I was unable to function," she said. "I knew then that these magnificent creatures had the ability to help your spirit heal. Over the years God continued to press this need to help veterans on my heart."

Three years ago, when the opportunity arose to lease the land for Serenity Stables, "I jumped on it," she said.

In January, Stone encountered 47-year-old Marine Corps veteran Mark Otto while hiking through Hartshorne Woods Park. Otto, a Red Bank resident, has logged thousands of miles of rucking (a military term for walking with a weighted backpack) to raise PTSD awareness.

The issue is deeply personal for Otto, who served



in the Gulf War and the invasion of Panama. He lost an ex-Marine friend to suicide, and through his work as vice president of the United War Veterans Council, he came to realize that his sleepless nights and bursts of anger were symptoms of a bigger problem.

He, too, suffered from PTSD.

The chance meeting with Stone in the woods led him to Serenity Stables.

"I started coming here every week for about six months, doing it in tandem with traditional therapy through the VA," Otto said. "This is an excellent way to complement it. You learn a lot about yourself through horses."

He's already sleeping better.

"It's been immensely beneficial," Otto said.

He wanted other veterans to benefit, too.

Stone's staff is trained and certified through the Equine Assisted Growth and Learning Association (EAGALA).

"Horses are highly in tune to their environment," she said. "When you're around the horse, the horse picks up on your emotion and mirrors it back to you. The way the treatment works, the horse becomes the metaphor for whatever is going on in (the person's) life, whether it's an abusive relationship or trauma."

She added, "If you're uptight or afraid or panicked, the horse is going to mirror that back at you,

so you can see that and absorb it on a subconscious level – and in fact change it, because you're not going to get the horse to respond differently unless you respond differently."

Tuesday's visitors, who came from the goodwill network Samaritan Daytop Village in New York City, got just a short taste of it. After spending two hours with Serenity Stables' horses, they sat in a circle and shared their thoughts on the experience. The comments were telling:

*"This made my week."*

*"I have some issues, but I didn't think about those at all when I was hanging out with the horses."*

*"Thank you for letting me interact one day and get some peace of mind with your horses."*

Otto has done a lot for struggling veterans, taking them camping in Pennsylvania, sailing off Long Island and even to an art workshop in Red Bank. This was different, but it seemed to hit home.

"I'm sure everyone at some point feels like they need a hug," veteran Joe Barrios told the group afterward. "They give their version of a horse hug by just rubbing themselves against you. Even though they're not physically putting their arms around you, that's what it kind of felt like."

*"And it felt really nice."*

**BY JERRY CARINO**

# HEALTH & WELLNESS

The United War Veterans Council's collaboration with Serenity Stables and Samaritan Daytop Village are part of the services it offers through its health and wellness programs. In addition to Equine therapy, other initiatives include rucking, hiking, sailing, nature trips and art programs.

## ACKNOWLEDGEMENTS



thanks the following for their support of our Health & Wellness initiatives:

**Samaritan Daytop Village**

**Serenity Stables From Combat to Calm**

**Ani Art Academies**

**Sail Ahead**

**Camp Elk Tannery**

**GORUCK**

**Sierra Club Military Outdoors**

\*\*\*\*\*

**Umberto Restaurant and Pizzeria in Fair Haven, NJ**

**Soul Kitchen in Red Bank, NJ**

**Jersey Mike's in Red Bank, NJ**

**Cup Cake Magician in Red Bank, NJ**

**Kind Bars**

**LEARN MORE: [uwvc.org/services](http://uwvc.org/services)**

*Reprint courtesy Asbury Park Press/APP.com. Visit APP.com to watch a video about this story.*

# THANK YOU FOR YOUR SERVICE.

Veterans have provided critical leadership to our country during every era of American history. They make our communities and workplaces better and stronger. As a Veteran-owned business, GORUCK is proud to support Veterans through our incredible nonprofit partners: Team Red, White, and Blue, Green Beret Foundation, and Pets for Patriots.

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# JOIN THE TEAM



Team RWB's mission is to enrich the lives of America's veterans by connecting them to their community through physical & social activity.

**Join at: [TeamRWB.org](https://TeamRWB.org)**



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PEOPLE



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CAMARADERIE



COMMUNITY



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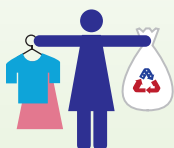
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used clothing and  
household goods



Our team will pick  
up your donation



### Our Social Business model...

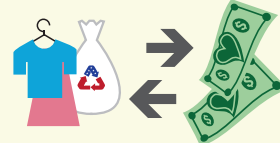
A social business has income and expenses like any other for-profit enterprise. However, proceeds from a social business directly fund charitable work.

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selling these items to  
reuse retailers...



Directs this revenue toward our  
organization's work for veterans

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**UNITED WAR VETERANS COUNCIL, INC.**  
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to mobilizing the public to support our veterans,  
connecting our veterans with resources, and  
assisting organizations serving our veterans.



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in **1993**



1947



2017



## REMEMBER OUR FALLEN: NOVEMBER 10 ~ 11

An all-encompassing national memorial, a first-of-its-kind, will be on display at **Madison Square Park** this Veteran Day weekend. This beautiful display consists of over 30 Tribute Towers supporting double-sided and full-color banners depicting military and personal photos of our country's Fallen from the wars in Iraq and Afghanistan, and in other Post-9/11 operations. The memorial will be on display through Saturday evening (Nov 11).

## SHOW YOUR PARADE SPIRIT!



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# VETERANS WEEK

The United War Veterans Council, organizers of the NYC Veterans Day Parade, coordinates a number of events in support of Veterans Week -- Our city's annual celebration of our veterans.

## **SATURDAY, NOV 4**

### **ETERNAL LIGHT MONUMENT CLEANING | 10AM ★**

*Madison Sqr Park, 24th St and 5th Ave (Manhattan)*

Scouts clean the flagstaff for Veterans Day

## **SUNDAY, NOV 5**

### **VETERANS MASS | 10AM ★**

*St. Patrick's Cathedral, 5th Av & 50th St (Manhattan)*

A traditional Mass for veterans and their families.

## **MONDAY, NOV 6**

### **GOLF STAR FAMILY LUNCH (CLOSED)**

*New York Stock Exchange*

Speaker: Scott Bill, Seal Team 6 Gold Star Father.

## **THURSDAY, NOV 9**

### **FLANDERS REMEMBERS CONCERT | 5:30 ~ 9PM ⚡**

*Presented by Flanders House*

*Merkin Concert Hall at Kaufman Music Center*

*129 West 67th Street, New York, NY*

"Distortion: A Hymn to Liberty" commemorating the centennial of the U.S. entry into World War I.

## **THURSDAY, NOV 10**

### **MARINE CORPS BIRTHDAY CELEBRATION ⚡**

*Union League Club, 38 E. 37th Street. (Manhattan)*

A formal celebration of the 242nd Birthday of the U.S. Marine Corps.

## **SATURDAY, NOV 11**

### **THE NEW YORK CITY VETERANS DAY PARADE**

*Opening Ceremony: 10:30 ~11 am - Madison Square Park, 24rd Street and Fifth Ave.*

*Parade: 11:10am~3:30pm - Fifth Ave, 26th - 52nd Street*

*LIVE Broadcast: 12~3pm - PIX11 in NY, WSFL in Miami, AFN overseas. Live stream at PIX11.com, Military.com, and TaskandPurpose.com.*

### **VETERANS VILLAGE | 10AM~6PM ★**

*53rd St and Fifth Avenue (end of Parade route)*

Featuring resources and services for veterans and the general public.

### **VETERANS UNITY RESOURCE EXPO | 12~4PM ★**

*4W43 (43rd St between 5th & 6th Aves)*

Featuring resources and services for veterans.

### **AMERICANTEEN | 4~8PM ⚡**

*4W43 (43rd St between 5th & 6th Aves)*

Post-parade gathering for participants and guests.

## **SATURDAY, NOV 18**

### **PARADE HIGHLIGHT SHOW | 4-5PM**

On PIX11 in NYC; check local listings for airings on Tribune Media stations across the country!

## **TUESDAY, NOV 21**

### **WOMEN IN SERVICE BREAKFAST | 9:45~11:30AM ⚡**

*New York Stock Exchange*

Recognizing the contributions of women military members and veterans

★ FREE & OPEN TO THE PUBLIC

⚡ TICKETS REQUIRED

Learn more, purchase tickets  
and find more events at  
[uwvc.org/vetsweek](http://uwvc.org/vetsweek)





# FAMILY FIRST

Military service to our country brought us together in the first place. Service to our communities, state and nation keeps us together today as members of The American Legion Family.



We are the nation's largest organization of veterans. With the American Legion Auxiliary and Sons of The American Legion, our family is over 3 million strong.



And, as has been the case for nearly a century, we welcome new members to join the family and share in the pride we take through service to our fellow veterans, military personnel, children and patriotic communities worldwide.



## Be part of our family

### THE AMERICAN LEGION

**[www.legion.org/join](http://www.legion.org/join)**



# VETERANS DAY USA - A NATIONAL NETWORK

**Uniting Americans to support veterans and their families**

**T**he United War Veterans Council, producers of the New York City Veterans Day Parade, is building a network of communities across America that to unite the country in honoring those who have served and sacrificed for our nation.

Our growing coalition encompasses Veterans Day activities in key cities across the nation. This year's member cities are New York, Los Angeles, Philadelphia, Cleveland, Dallas, and Miami. (See the following pages for infor-

*mation about Veterans Day activities in these communities).*

As we build toward the upcoming 100th observance of Veterans Day (Nov 11 1919 ~ Nov 11 2019), we will continue to add observances in major cities and smaller communities across America. The planned centerpiece of this centennial commemoration is a national television broadcast on November 11, 2019, telling the story of Veterans Day and highlighting events and content from participating communities.

VETERANS DAY USA will reach the public via promotional efforts across six channels:

**PUBLIC  
EVENTS**



**PRINT**



**TELEVISION**



**RADIO**



**ONLINE/  
SOCIAL MEDIA**



**OUTDOOR  
ADVERTISING**



*Learn more: [uwvc.org/vetsdayusa](http://uwvc.org/vetsdayusa)*





# PHILADELPHIA

## Philadelphia Veterans Parade

*We are proud to support the Veterans Day USA network, a national movement to honor veterans everywhere.*

*We pause to reflect on the bravery, commitment and dedication of the men and women in our military, past and present, and the sacrifices they and their families have made on the behalf of all Americans.*



*The Philadelphia Veterans Parade will be honoring local veterans on Sunday, November 5, 2017 in Center City, Philadelphia, Pennsylvania.*

*The Philadelphia Veterans Parade kicks off at 12:00noon at John F. Kennedy Blvd & North 16th St.*

*The parade route will continue around City Hall, heading east on Market St and ending at North 5th St, where there will be a Veterans Festival for all to enjoy.*

PRESENTING SPONSOR



[www.phillyveteransparade.org](http://www.phillyveteransparade.org)



LIVE COVERAGE BEGINS at 12 Noon



# LOS ANGELES



The iconic Los Angeles Memorial Coliseum was originally built to honor veterans of World War One

Los Angeles County is home to the highest population of Veterans in the Nation. To recognize the service of those brave men and women Los Angeles veteran community has partnered with the United War Veterans Council, organizers of the New York Veterans Day Parade, to create the 2nd Annual Greater Los Angeles Veterans Day Celebration, November 11, 2017.

2019 will mark the centennial celebration of the New York Vet-

erans Day Parade. In preparation for that event and with a vision of a "sea to shining sea" series of Veteran parades, Los Angeles was invited to sign on as the first community partner of Veterans Day/USA.

On November 11th, 2017, the County of Los Angeles along with the Department of Veterans Affairs will be hosting a Veterans Celebration event. Beginning at 10:00am on the grounds of the Los Angeles National Cemetery, there will be guest speakers,

music and the laying of wreaths followed by a procession to the West Los Angeles Veteran Affairs Healthcare facility. Outside of the Jackie Robinson Stadium the event will include a resource fair, car show and barbecue. Invited guests include Congressman Ted Lieu, USA Reserve, and Los Angeles Mayor Eric Garcetti, USN veteran.

*Learn more:*  
**[LAVeteransDayParade.org](http://LAVeteransDayParade.org)**



# CLEVELAND



Fountain of Eternal Life war memorial in Cleveland

**T**he Cleveland - Northeast Ohio area is home to approximately 90,000 veterans ranging in eras of service from World War II to Iraq and Afghanistan. The city is also home to The Louis Stokes VA Medical Center, the third largest VA medical center in the nation, and the headquarters for the U. S. Coast Guard's 9th District which oversees all USCG operations in the Great Lakes.

The area has nine colleges and universities all with established and nationally recognized veteran service programs, and a growing list of some 50 major employers all with established veterans hiring programs.

Cleveland - Northeast Ohio is truly 'veteran friendly' and embraces all veterans, military members, and their families.



**MODERN WARRIOR**, debuting in Cleveland on Nov 8, is a live theatrical music experience co-created by U.S. Army veteran Jaymes Poling and musician Dominick Farinacci.

## WEDNESDAY, NOV 8

### MODERN WARRIOR DEBUT PERFORMANCE | 7:30PM

*The Simon and Rose Mandel Theater*  
4250 Richmond Road, Highland Hills, Ohio 44122

A music drama of a combat veteran's journey  
[www.modernwarriorlive.org](http://www.modernwarriorlive.org)

## THURSDAY, NOV 9

### CUYAHOGA COMMUNITY COLLEGE VETERANS DAY REMEMBRANCE

*Cuyahoga Community College - Western Campus*  
11000 Pleasant Valley Rd., Parma, OH 44131

Memorial Garden Ceremony : 10:30 am

Tuskegee Airman, Dr. Harold Brown: 11:00 am

Call (216) 987-3193 for further information

### MODERN WARRIOR | 7:30PM

*The Simon and Rose Mandel Theater*  
4250 Richmond Road, Highland Hills, Ohio 44122  
See above

## FRIDAY, NOV 10

### CITY OF CLEVELAND CEREMONY & PARADE

Remembrance Ceremony : 11:00 am

Rotunda of Cleveland City Hall  
601 Lakeside Avenue, Cleveland, OH 44114

Veterans Day Parade : 12:30 pm

Starts in front of Cleveland City Hall  
Call (216) 987-3193 for further information





**T**he Dallas Veterans Day Parade Committee, a subsidiary of the Greater Dallas Veterans Foundation, was founded in 1998 at the request of City of Dallas leaders, veterans' organizations, civic leaders and members of the active, reserve and retired military components. The mission of the Foundation is to "Recognize and support veterans of the armed forces of the United States and introduce young people to the meaning and cost of freedom and the values demonstrated by veterans."

Each year, the Dallas Veterans Day Parade has a theme. In year's past, the parade has honored veterans of World War II, the families of veterans, and the Doolittle Raiders to name a few examples. This year the parade is Honoring the Veterans of the Gulf War: Operations Desert Shield and Desert Storm." The Gulf War was waged

by forces of 34 coalition nations led by the United States against Iraq for Iraq's invasion and occupation of Kuwait. It began August 2, 1990 and ended February 28, 1991. The Operation Desert Shield (August 2, 1990 - January 17, 1991) phase was the build up of troops and the defense of Saudi Arabia. Operation Desert Storm (January 17, 1991 - February 28, 1991) was the combat phase. The Gulf War presented a challenge for the American servicemen and women unlike any before. 34 nations assembled, under the leadership of the United States, to stem the invasion Kuwait by Iraq and to defend Saudi Arabia. The success of these back-to-back campaigns set into motion the steps toward freedom from tyrannical rule and initiated progress toward self-governance.

However, the sacrifice borne by our service personnel was not

small. While nearly 150 Americans paid the ultimate price, the impact to American families reached all the way to our doorstep and into the hearts of each of us. To our American servicemen and women, and to their families, we owe a debt of gratitude – we are a free people because of them and their sacrifice.

Our keynote speaker for the parade ceremonies is retired Lieutenant General Ricardo Sanchez of the U.S. Army. In 1991, then Lieutenant Colonel Sánchez served as a battalion commander during Operation Desert Storm, successfully leading his unit of the 197th Infantry Brigade (Mechanized) to Basra without suffering any casualties.

*Learn more:*

**[vetsdayindallas.org](http://vetsdayindallas.org)**



# MIAMI



**T**he CW South Florida proudly supports of our nation's service men and women of years past and present day. Our US veterans responded to the call to defend our country, wherever it took them, whatever the price. We salute their memory, their service and their sacrifice.

The CW South Florida will broadcast the New York City Veterans Day Parade in South Florida on November 11th, live at noon -- on broadcast channel 39, cable 8, 11 or 435.

Check your local listings.



**DAILY****NEWS**

NYDAILYNEWS.COM

Salutes the 2017  
NYC Veteran's Day Parade

*America's Parade*

and Veterans  
from all Service Branches

*We Thank You!*







## THE UNITED STATES ARMY: 1917

August 30, 1917: Throngs of citizens turned out to bid farewell to the 27th "New York" Division as it departed for training during World War One. The division would see heavy combat in both Belgium and France. New York was central to America's war effort: four out of five U.S. troops in Europe shipped out from New York Harbor; one in ten soldiers was from the state of New York. (PUBLIC DOMAIN)



# THE UNITED STATES AND WORLD WAR I

**O**N APRIL 6, 1917, the United States of America officially entered World War I. Over the next year and a half, millions of Americans served overseas and supported the nation's war effort at home. Their contributions helped win the war and shaped both America and the world for generations.

## HOW THE WAR BEGAN

For decades, tension had been growing in Europe. In the summer of 1914, the heir to the throne of Austria-Hungary was assassinated, setting off a sequence of events that drew most of Europe into full-scale war. The Central Powers (led by Germany, Austria-Hungary and the Ottoman Empire) fought the Allies (led by France, Great Britain and Russia) as the conflict spread from Europe to the Middle East and then to other parts of the world.

## U.S. NEUTRALITY

The United States remained neutral at the beginning of the war. Individual Americans supported one side or the other, although the majority were sympathetic to the Allies. Many contributed to relief efforts; others volunteered as ambulance drivers or nurses, or even

as pilots and soldiers. However, most agreed with President Woodrow Wilson's promise to keep the U.S. out of the war.

Overseas, the war continued through 1915 and 1916. On the Western Front (in France and Belgium) the fighting bogged down into trench warfare, with combatants on both sides living and dying below ground in squalid, filthy conditions. Most of the other battlefronts also remained deadlocked. The opposing armies threw millions of men at each other in huge battles, and new technologies inflicted mass death and damage, but neither side was able to gain the upper hand. Some Americans felt that the U.S. should step in to stop the slaughter, but most believed that it should keep out of the war's pointless carnage.

## AMERICA JOINS THE WAR

However, in early 1917 American attitudes changed. In 1915, Germany had halted submarine attacks against civilian and neutral ships, due largely to U.S. protests. In February 1917 it resumed sinking all ships in the war zone. Then, an intercepted German telegram revealed a plan offering to help Mexico regain territory it had lost to the U.S. during

the Mexican-American War (1846-48).

These provocations finally brought the U.S. into the war on the Allied side. Over four million Americans entered military service and prepared to go overseas. The U.S. government mobilized American industry and society for the war. In France, General John "Black Jack" Pershing organized incoming American troops into a new fighting force. Meanwhile, German successes elsewhere allowed them to focus on the Western Front.

## WINNING THE WAR

In Spring 1918, the Germans attacked, breaking the stalemate and rolling back the Allies. U.S. forces, thrown into action, helped turn back the German assault. Over the summer and fall, the Americans and Allies finally pushed back the Germans on the Western and advanced on other battlefronts. One by one, the Central Powers surrendered, until Germany stood alone. Finally, on the morning of November 11, 1918, Germany signed an armistice that ended the fighting.

## PEACE AND AFTERMATH

Over 8.5 million soldiers had died; over 20 million were wounded. In

America's brief involvement, it suffered over 116,000 military deaths and 200,000 wounded. More than seven million civilians died worldwide, and countless others had been injured, starved, or made homeless. On top of it all, a global flu pandemic in 1918-19 struck down tens of millions more.

Against this backdrop of loss and suffering, the nations of the world came together in Paris to negotiate the post-war peace treaties. People around the globe hoped that the peace conference would lead to a new era of justice and cooperation. Unfortunately, the resulting Treaty of Versailles and its related agreements failed to capture this spirit, and in fact planted the seeds of World War II and other future conflicts.

World War I marked the end of the old European order and the dawn of an era that would be dominated by other forces, including the rise of the United States as a global power. The service and sacrifice of millions of Americans helped bring an end to the war, and laid the foundation for modern American society.

Learn more:  
[wwlcc.org/edu](http://wwlcc.org/edu)

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# HEADING OVER THERE

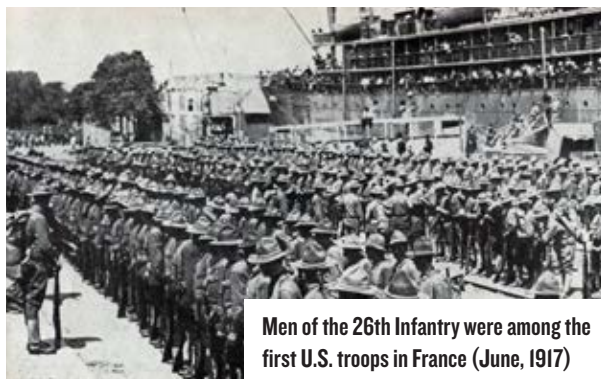
**T**he stack of the USS Lenape cast a shadow over a sea of khaki as the men of the 26th Infantry — fresh faced, wide-eyed, and green as the marshes of Pelham Bay — approached the gangway. Six weeks. It had taken less than six weeks for the Lenape's berths to be ripped out, deck guns installed, and the galleys expanded to feed the hundreds of men bound for the Western Front.

The men of the 26th were the first contingent of the Army Expeditionary Force. The Doughboys, wearing their Campaign hats, puttees, and newly

issued uniforms, paused for the photographers of the *New York World* and *New York Journal*.

"Smile boys," said one lieutenant. "It may be your last."

Behind the façade of youthful enthusiasm was an implacable fear bubbling up from below the surface. Verdun, The Somme, Ypres — they'd read about it in the papers. This was a war of attrition. Flesh and bone against technological innovation. German machine guns that could clear an entire company in seconds. Poisonous gas that blistered the skin and blinded the eyes. With



Men of the 26th Infantry were among the first U.S. troops in France (June, 1917)

any luck, the worst of it would be over by the time they arrived — or so they hoped.

Among the cacophony of laughter and nervous jostling stood a stolid-faced sergeant major,

a New Yorker who'd rode with Teddy Roosevelt in the Battle of San Juan Hill. He recalled a quote from Cardinal Richelieu: "*War is one of the scourges with which it has pleased God to afflict men.*"

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Brian Barry Turner served in Iraq in the US Army as a Combat Engineer. You can follow him on Twitter @bbturner31.

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BY BRIAN BARRY TURNER



## NEW YORK'S HARLEM HELLFIGHTERS

The 369th Infantry Regiment of the Army National Guard was created in June 1913 and called up to service in July 1917, at the start of the U.S. entry into World War I. The 369th — nicknamed the Harlem Hellfighters — was one of the first military units to not only have all black enlisted men, but to have black officers as well. The unit served alongside the French army during The Great War, and members of the Regiment received two Medals of Honor and a number of Distinguished Service Crosses for their contributions to the war.



**THE UNITED STATES  
WORLD WAR ONE**  
CENTENNIAL COMMISSION

New York City-based sculptor Sabin Howard works on a model of one of the figures in the new national World War One Memorial. The current design of the frieze is depicted below. The memorial is being developed by the U.S. WWI Centennial Commission, with a groundbreaking taking place in Washington, D.C. on November 9, 2017. To learn more about the memorial and the Commission, visit [www.lcc.org](http://www.lcc.org).







Women in the Signal Corps played a vital role in supporting Allied communications. PHOTO: U.S. ARMY

# WOMEN ON THE WESTERN FRONT

## Pioneers paved the way for future generations

**T**he speed and scale of American mobilization for World War I created the conditions for new categories of people to serve. Some of these people who wore the uniform required new uniforms — uniforms with skirts and pumps. Women had long been involved in warfare by disguising their gender or as camp followers, nurses, or even spies, but starting in WWI they began to serve in official capacities. The movement began in volunteer service organizations such as the Red Cross and YMCA. The socio-economic class of the women involved changed greatly; whereas in the past, women associated with the military tended to be working class, the

uniformed volunteers expanded to the middle and upper classes. This gentle shift changed how military service was viewed across American culture. Many of these organizations were founded and led by women, who created their own uniforms to signify the importance of their contributions.

The 1916 Naval Act opened the door for women as official members of the military with the Yeoman program, enlisting women as radio operators, stenographers, nurses, messengers, chauffeurs and other “industrial” jobs. The decision was passed so quickly that no uniform was produced and each woman received an allowance to go to a tailor, resulting in each uniform looking

slightly different. The Army soon followed with the Army Nurse Corps, and Army Signal Corps “Hello Girls” who operated phone switchboards in France. These women performed critical services in the U.S. and overseas in nursing or “freeing a man to fight.” By the end of the war, 21,498 women had served as Army Nurses; 1,476 had served as Navy Nurses; 13,000 had served as navy yeomen; 233 women served as Army switchboard operators; 50 as Army stenographers; and 305 had served in the United States Marine

Corps Reserve. Four hundred women were killed in action.

At the end of WWI, most of the women were discharged, though some were required to complete their enlistments in peacetime. The fight for equal ranks, pay, assignments, and even honorable discharges continued over the next decades. Something new had been created: the female veteran. These women played a role in securing other rights for women, including the right to vote with the passage of the 19th amendment.

*Miranda Summers Lowe is a curator in the Armed Forces History Department at the National Museum of American History, Smithsonian Institution, and an Army National Guard Officer. She is a veteran of Operation Iraqi Freedom.*

**BY MIRANDA SUMMERS LOWE**



# MADISON SQUARE PARK CONSERVANCY

welcomes the Veterans Day Parade to Madison Square Park, proud home of the Eternal Light Flagstaff.

The Conservancy recently restored the monument with new cabling and power to ensure the star shines bright in honor of our armed forces.

Please visit [www.madisonsquarepark.org](http://www.madisonsquarepark.org) to learn more about our stewardship of this historic monument.



PHOTO BY RASHMI GILL

# ETERNAL REMEMBRANCE

## Madison Square Park's Iconic War Memorial

Under torchlight on a wintry evening in 1857 Mayor Fernando Wood sealed the remains of General Worth beneath his obelisk, and Madison Square began its role as a place of sacred memory. Here, too, in the memorial heyday after the Civil War, Augustus St. Gaudens and Stanford White unveiled their apotheosis of Admiral Farragut, the hero of Mobile Bay; and after WWII the American Legion post of the New York Life Insurance Company dedicated a tablet and plaque to all employees who had served in time of war. Today New York Life, whose offices face the park, is a major donor to the on-going restoration of the Eternal Light and its setting, with the memorial planned as the centerpiece of a reopened entrance to the park. Other small tributes also grace Madison Square, including two memorial trees: one from 1929 by the Young Australia League honoring "America's Glorious Dead," and a Vietnam-era "Freedom Tree" dedicated to a missing airman.

When, in early 1919, returning Divisions of the AEF paraded under an enormous plaster Victory Arch over 5th Avenue and were officially welcomed home at Madison

Square, the Eternal Light itself was not yet on the horizon.

The city fathers, artists, and religious and veterans groups were embroiled in debate about a fitting symbol to evoke both victory and sacrifice. Proposals were entertained for a Hudson River bridge and hanging gardens along 59th Street; a giant globe in the harbor and an even larger swimming pool in Central Park; and a black marble sculpture of the Four Horsemen of the Apocalypse trampling white-robed innocents beneath their hooves.

The inspiration of the Eternal Light came late, along with its \$25,000 sponsorship by Rodman Wanamaker of department store fame. Chaste, elemental, and superbly crafted by two masters—architect Thomas Hastings and sculptor Paul Wayland Bartlett—the memorial conveys in a small frame and honest way what the grandiosities of the time could not: nearly 120,000 Americans had been sacrificed in a just cause, and it was our duty to remember them. Along with the memorial's inscriptions and list of battle sites, the innovative, electrically illuminated star was the city's first kinetic memorial, modernizing the tradition of the eternal flame as planned for the Prison Ship Mar-

tyr's Monument fifteen years earlier. Hastings' Eternal Light was followed in 1926 by a steam and electric "flame" atop Kansas City's WWI Liberty Memorial, and today the city has contemporary tributes harnessing the arc of the sun, natural and electric light, flowing water, and even the motion of the tides, in a tradition that Hastings began.

One mile up 5th Avenue from Madison Square, his New York Public Library figured large in the ceremonies of WWI return. On the library's terrace New York's own 27th and 77th Divisions erected a Court of the Dead, shrouded in purple curtains, decorated with battle honors, and white banners with gold stars, and bearing Lincoln's homage to a mother of five fallen sons, praying that she know "...only the cherished memory of the loved and lost." Lincoln was not so far away in those days, nor yet mythic, and among the dignitaries were veterans of the Union Army who stood in salute as the ranks streamed past, honoring them and the missing scores of thousands at rest in the sweet soil of France, yet to come home.

All war memorials are dedicated with fanfare. But time and the city soon have their way, often within the span of a single life: neighborhoods empty out, countless names



The Eternal Light Monument, Armistice Day, 1931. EVERETT COLLECTION.

and memories go over the horizon, and in their wake the honored lives of those fallen at the Marne, or in the Huertgen Forest, at Chosin, Hue, Falluja, or in the high deserts of Afghanistan, soon find their way into our cultural attic. The renewal of the Eternal Light speaks to this, too.

For New York is a city that lives for tomorrow, and its mortality of memory is only natural. Thus the Memorial and its preservation will always be the responsibility of the few who cannot help but remember: the names of the fallen who live within us, the blessing of survival, and regret for those we could not save. It is these deeply personal eternities of which the memorial speaks— a star, lighted long ago and now again, to speak of our hopes, of memory, and why it must not be forgotten.

*Cal Snyder is a Marine Corps veteran, historian, and long-time friend of the United War Veterans Council.*

BY CAL SNYDER



# TASK & PURPOSE

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## THE U.S. MARINE CORPS: 1917

This iconic poster by James Montgomery Flagg (creator of the famous “Uncle Sam” painting) helped recruit thousands of young men in support of America’s war effort in World War One. The Marines would fight on the Western Front in Europe, burnishing their legacy of service at places like Belleau Wood and the Meuse-Argonne. Note the address of the recruiting station under the title: barely a block away from the starting point of NYC’s annual Veterans Day Parade!

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# —THANK YOU FOR SERVING!—

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# THE U.S. NAVY

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## THE SULLIVANS: 75 YEARS AGO

George, Frank, Joe, Matt and Al Sullivan were all killed in action after their ship, the USS Juneau, was sunk by a Japanese torpedo on November 13, 1942. The loss of the five sons of Thomas and Alleta Sullivan has come to symbolize the greatest sacrifice a family can make in the service of our nation. This year, the crew of their namesake U.S. Navy destroyer the USS The Sullivans will be marching in the New York City Veterans Day Parade. They will be joined by the crew of the USS Hue City, named for the Vietnam War battle. **PHOTOS: U.S. NAVY.**





# You're our hero.



Our family and friends who serve in the armed forces make us want to be better people. We honor their strength and courage every day.

**Wells Fargo salutes our veterans on Veterans Day.**

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Together we'll go far





Veteran Entrepreneurs at a recent networking event at UWVC's VetTank space

# INCUBATING SUCCESS

## VetTank supports veteran entrepreneurs

**A**s a new generation of veterans settles in New York City, a wide array of programs has emerged to support their return to civilian life and stimulate their personal and professional development.

In this dynamic environment, the United War Veterans Council is proud to introduce VetTank, an integrated center for innovation and collaboration.

VetTank is a hub for veterans who are serious about building upon their legacy of service, natural teamwork skills, and proven leadership abilities.

Veterans are an important community resource.

They serve as role models and connectors in American society.

In New York, their value is exponentially greater due to critical mass (230,000 veterans live throughout the city) and their access to world-class public and private entities. With the proper support and guidance, these talented men and women will emerge as committed thought leaders and problem-solvers across all sectors, both locally and throughout the United States.

**For more information, please contact us at [vettank1@uwvc.org](mailto:vettank1@uwvc.org).**

Located in the heart of Midtown Manhattan, at 33rd Street & Madison Avenue, VetTank offers:

- » BUSINESS AND NON-PROFIT INCUBATION SERVICES AND MENTORSHIP
- » A RESOURCE AND REFERRAL CENTER STAFFED BY A CERTIFIED VETERAN SERVICE OFFICER
- » NETWORKING AND CO-WORKING SPACE
- » AN ONGOING SEMINAR SERIES ON DIVERSE TOPICS OF INTEREST TO VETERANS, FAMILIES, AND SUPPORTERS
- » REGULAR SOCIAL GATHERINGS TO PROMOTE CAMARADERIE AND COMMUNITY
- » THESE SERVICES FACILITATE CONNECTIONS AMONG VETERANS AND WITH A BROADER NETWORK OF SUBJECT MATTER EXPERTS.

VetTank is a free resource for veterans. Co-working space and resource and referral services are available through scheduled appointments or as available. A simple application process is required for one-year placements in the incubator.

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# 10 WAYS TO STAY ENGAGED AFTER SEPARATING FROM THE MILITARY

**Y**ou're out. Your uniforms are gathering dust in the closet, your hair is brushing against your collar, you're sleeping a little later, but something gnaws at you, something doesn't feel done.

Military service isn't something you just leave and forget. Whatever branch you joined, you had a schedule, a purpose, not much control over your time, and daily interaction with peers, seniors, mentors and friends. Whether you served an initial enlistment or a full 20-plus-year career, chances are that you were not alone very often. You formed bonds, you relished the camaraderie. How do you keep that esprit de corps when you separate? The ingrained sense of purpose and commitment?

Here are 10 ways to stay engaged after you separate:

1. Attend retirements, re-enlistments, reunions.
2. Join a veterans group — VFW and American Legion welcome new members.
3. Unleash your creative energies: journal, draw, organize your photos and military papers.
4. Volunteer to help other vets, military members or spouses. The UWVC is always recruiting.
5. Use your VA benefits — go back to school, take classes, visit the local VA hospital or clinic and link up with people of similar backgrounds.
6. Channel your energy to serve — find an outlet where you mix with people who share your interests and values and want to give back.
7. Subscribe to newsletters like Task & Purpose to keep current on military news and veterans' activities in your area.
8. Donate time, treasure or talent to non-profit or service organizations.
9. Connect with former colleagues and meet new ones via social media platforms like LinkedIn or Facebook. Participate in military-related discussion groups.
10. Maintain your network — serve as a reference, write letters of recommendation, seek mentoring from former supervisors. Stay up-to-date with people who you influenced and who impacted you.

*Kathleen Toomey Jabs is a retired Navy veteran, an author, the spouse of a retired Navy veteran, and the mother of two college-aged children.*

**BY KATHLEEN TOOMEY JABS**

**THE UNITED  
WAR VETERANS  
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**Thanks**



**For their support of  
the 2017 New York  
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## THE UNITED STATES COAST GUARD

The U.S. Coast Guard cutter Bainbridge Island stands watch in New York Harbor, under the gaze of the Statue of Liberty. **PHOTO: U.S. GOVT.**

The United War Veterans Council thanks

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President Roosevelt signs the G.I. Bill into law on June 22, 1944. PHOTO: FDR LIBRARY

## AMERICA'S VETERANS: NO GREATER RETURN-ON-INVESTMENT

### Why We Need to Support Our Service Members at Home & at War

**D**iscussions continue about the widening civil-military relationship gap, a gap not caused by any lack of public appreciation but because of a lack of public understanding and relevance to military service in general, which is due entirely to our nation's population growth and the highly successful all-volunteer force.

Some perspective: We had 133 million Americans when Pearl Harbor was attacked in 1941. The United States would subsequently put 16 million men and women into uni-

form, which represented a huge percent of the eligible adult population. After the war, half the veterans would take advantage of their World War II GI Bill educational benefits, which conservatively returned to government coffers \$8 for every \$1 invested due to higher taxes paid on higher wages earned from the advance education.

The GI Bill was a necessary investment in veterans because the American economy couldn't automatically shift from a full-employment, war-time industrial footing back to a pre-WWII — and Great Depression — era.

Education was the key, as was the opportunity for our Greatest Generation to become our nation's new scientists, poets, captains of industry and scholars.

Flash forward 28 years. America's population was 212 million when our government ended the draft in 1973. More than 8.7 million would serve in uniform in Vietnam and elsewhere. The average age of our World War II generation was

roughly 50 years old, and more than 70 percent of Congress were veterans.

Today, 44 years since the draft ended, our nation's population has grown by a third to 325 million, while the 24 million who do or have worn the uniform represent just 7 percent of the general population.

Veteran representation in Congress hovers around 20 percent.

Since 1973, our military has been called upon to evacuate embassies, provide humanitarian relief assistance, and to fight in large wars and small engagements around the world. That our Newest Greatest Generation has fought — and continues to fight — a multi-front war for 16-plus years is a testament not only to their patriotism but to their character. And the fact that they continue to do so without having to reinstitute the draft is a fact that must not be lost on any American.

Like their predecessors, they are a generation of doers who truly understand the true definitions of mission accomplishment, teamwork and responsibility.

Now they want an opportunity to reinvest in their America, and to help pay it forward to even newer generations of patriots. I hope all of us can help open those doors to opportunity for them.

*Keith Harman is the national commander of the 1.7 million-member Veterans of Foreign Wars of the U.S. and Auxiliary. He is a Vietnam veteran.*

**BY KEITH HARMAN, VFW**

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To all the men and women who serve our country,  
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# 10 WAYS TO SHOW YOUR SUPPORT FOR LOCAL VETS

**T**he military community inspires me. Their resilience, dedication, sacrifice, pursuit of excellence, and willingness to fight for a cause greater than themselves are all attributes that I greatly admire.

I cannot stress enough how important it is for veterans to know that the community supports them. It is essential for them to know that we have their back. They need to know how much we appreciate their service and sacrifice.

They need to know that they are not alone, whether they fought in WWII or whether they are recently transitioning back to civilian life after serving during OIF/OEF. They need to know that there are many resources out there to help them if they are struggling. I have seen firsthand how community support impacts veterans. Feeling that support creates a better opportunity for reintegration.

Our troops get used to having camaraderie between each other, and it is vital for us to help establish that similar connection with the communities where they will transition and reside. They fought for us, and now it is time for us to fight for them.

There are many things that we can do as a community to show our support.



Women veterans posing for the latest Pin-Ups for Vets calendar. Courtesy of Pin-Ups for Vets

1. Contact Volunteer Services at your local VA hospital to inquire about volunteering.
2. Attend veteran-related events in your community to meet and support veterans.
3. Contact a nonprofit in your area that gives back to veterans and find out how you can help.
4. Ask local media to cover veteran events in your community.
5. Create a veteran hiring initiative at your company.
6. Offer a veteran discount at your business or encourage others to do so.
7. Figure out how to utilize your own unique skill set to do something special for veterans in your community.
8. Educate local students by inviting a veteran to speak in your child's classroom to talk to the students about their military service.
9. Proudly display an American flag on your home.
10. Ship a care package to deployed service members to let them know that you are thinking of them here at home.

*Gina Elise is founder of Pin-Ups For Vets, a nonprofit organization that raises funds to improve veterans' health care, and raises the morale of active-duty service members, veterans, and their families.*

BY GINA ELISE



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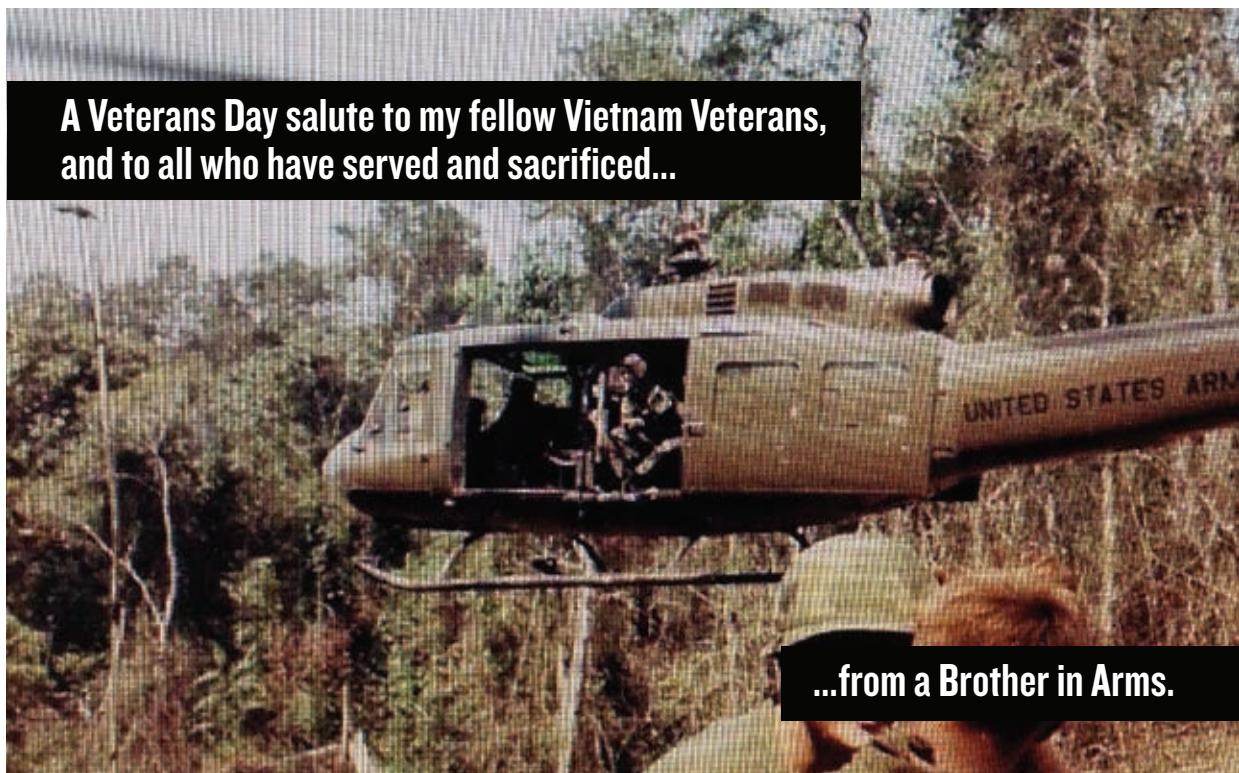




## **A NEW YORK CITY WELCOME**

Medal of Honor recipient James McCloughan (center) poses with fellow Vietnam Veterans at the New York City Vietnam Veterans Memorial at 55 Water Street. The United War Veterans Council was proud to bring together our veterans community to welcome America's latest Medal of Honor recipient to New York City.

**A Veterans Day salute to my fellow Vietnam Veterans,  
and to all who have served and sacrificed...**



**...from a Brother in Arms.**



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**You must submit with membership application, payment, and a  
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PHOTO: U.S. ARMY

## NO VET LEFT BEHIND

### Fighting to Save Veterans from “Bad Paper” Discharges

**M**ost of our nation’s veterans make a successful transition to civilian life. However, some veterans struggle with the unforeseen consequences of the “invisible wounds of war.”

One of these veterans walked into my office a few years ago. The Marine had been through two IED blasts within months in Iraq. He had been told that reporting symptoms would mean leaving his unit; he kept silent.

Aside from an occasional non-judicial punishment for goofing off in training, his record was clean. Yet, when he came back to the States he started to get into fights every night and drank to the point of blacking out. Friends described it as a radical personality change. Within three months he was found with cocaine on base, court-martialed, and given a bad conduct discharge. At the time, no one screened him for trauma. And no one explained to him what a less than honorable discharge

would do to his life. He is cut off from the very VA health care and benefits that he needs to heal.

Since 2000, more than 600,000 service members like him have received less than honorable discharges.

They join more than 500,000 Vietnam era veterans who have also been cut off from care. Only a tiny percent of these

veterans have applied to the Department of Defense review boards for an upgrade, and an even smaller percent have been granted one. To be sure, not every veteran with a less than honorable discharge should receive an upgrade. But when their “misconduct” is actually a symptom of Post Traumatic Stress or Traumatic Brain Injury, we owe it to them not to turn our backs.

In recent years, the DoD has taken steps to address the effects of invisible wounds, but there is more to do. While we have a better understanding of trauma than we did during the Vietnam War or even the Gulf War, we are still failing thousands of service members. A recent study revealed that the suicide rate for veterans with involuntary discharges is nearly three times that of other veterans.

A “bad paper” discharge is the second highest predictor of homelessness among veterans. For too many veterans, the symptoms of trauma become a barrier to care. As a country, the burden of their injuries is our responsibility. We need to provide advocacy, community-based services for recovery, meaningful employment opportunities, and more. We must not leave these men and women behind.

*Coco Culhane is the founder and director of the Veteran Advocacy Project, and an adjunct professor of clinical law at Brooklyn Law School. Learn more at [www.veteranadvocacyproject.org](http://www.veteranadvocacyproject.org).*

**BY COCO CULHANE**



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# A NEW TEAM FOR A NEW BATTLE

## Making connections after your discharge

**T**he military is a team sport, not an individual sport, and the lowest echelon of this team is the two-person team. In this team, each member looks out for the other 24/7, whether in combat or in garrison. The phrase “I’ve got your back” becomes not simply a figure of speech, but a true definition of military culture.

While the specific nomenclature can sometimes differ by service branch — battle buddy, shipmate, wingman, or simply brother/sister — these are byproducts of the fixed collective.

The military is a “we”-based culture where the group’s goals are placed ahead of personal goals and success is measured by group achievement. Military culture is in

stark contrast to the fluid individualistic “I”-based civilian culture that is predominant in the United States. Civilian culture places the emphasis on individual achievement and self-reliance.

Upon separation, the service member, who has now become the veteran, is severed from the collective military culture and the bond of the two-person team. While this bond can never be re-created, it can be re-connected by encouraging the veteran to engage in parallel activities that help re-establish a sense of community.

This does not necessarily have to take the form of a physical person or individual.

Involving yourself in one of the activities listed to the right can help recreate the camaraderie we all lose when we separate from the service. While it is unlikely that you’ll be able to recreate the same battle-buddy relationships you had in the military, what is fully achievable is finding a parallel that can give a similar sense of connection that allows you to feel like someone’s got your back.

*Marco A. Bongioanni is a Licensed Mental Health Counselor who works for the U.S. Department of Veterans Affairs at the Bronx Vet Center. He is an Army Veteran who currently still serves as a Battalion Commander in the US Army Reserve. The views expressed in this article are those of the author alone and do not necessarily reflect the official policy or position of the U.S. Department of Veterans Affairs, U.S. Department of Defense, or the U.S. Government.*

**BY MARCO A. BONGIOANNI**

» JOIN A VETERANS SERVICE ORGANIZATION

» ENGAGE IN A SPORT/ATHLETIC PURSUIT

» JOIN A STUDENT VETERANS GROUP

» VOLUNTEER TO HELP IN YOUR LOCAL COMMUNITY

» STAY ENGAGED WITH FAMILY/FRIENDS

» THRIVE IN YOUR VOCATIONAL/PROFESSIONAL CAREER

» INVOLVE YOURSELF IN VETERAN ADVOCACY

» FOCUS ON YOUR FAVORITE HOBBY/PLEASURABLE ACTIVITY

» STAY ACTIVE IN A CHURCH/RELIGIOUS/SPIRITUAL COMMUNITY



Veteran volunteers restore Vietnam Veterans Plaza in NYC following Hurricane Sandy

# CREATING A BETTER COMMUNITY, TOGETHER

## Why We Need Veterans In Civilian Life

**V**eterans are men and women dedicated to the principle of selfless service. In the communities they inhabit, they display this core value daily. They have pledged their lives to protect and defend the Constitution and the values imbued in this hallowed document. Its principles shape their worldviews and actions. Throughout our nation's history, the military has been a reflection of the ideals and principles inked on parchment and etched on granite and stone monu-

ments throughout generations.

To be a veteran is to have served with a diverse collection of strategists, scientists, writers, entertainers, dreamers and jokers through trials and tribulation, placing the needs of others before your own desires and, often, your own wellbeing. Moreover, it is the embodiment of the belief that fighting for the people to your right and left is just as important as fighting for yourself.

Any community — corporate, academic, legal, financial, medical — benefits from veteran

support and engagement. We are experienced individuals who bring our attention to detail, pride and work ethic along with us. And we need to be a part of the community, too. Veterans rely on our communities — parents, friends, loved ones, coworkers, colleagues, neighbors — to help us through our transitions and provide us with a place in our

minds and hearts we can always call home.

It is important for all citizens to remember that veterans are just like them. They are not a separate class; they are not a better class. They chose to don a uniform to serve the nation, but theirs is not the only form of service. As the military relies more and more on military family lineage to recruit new members, it runs the risk of moving beyond professionalism to isolation, glorification, and entitlement. All of which are dangerous to the future of the nation and anathema to the view of George Washington and Alexander Hamilton, who viewed the military as a component of citizenry, not a step above it.

Veterans love service and place the needs of the collective good before themselves. Veterans fought diligently and admirably and love having a sense of community. While supporting veterans and veteran issues is fantastic, helping to bring veterans back into the fold and understanding how military culture translates into civilian ideals is of immense importance. This is true not just for former soldiers, sailors, Marines, airmen, and Coast Guardsmen, but also for the benefit of the entirety of our nation.

*Bishop Garrison is an OIF veteran and the son and son-in-law of veterans. He's a West Point graduate and has dedicated his career to the veteran community, national security, and politics. Margaret Mullins is an OEF veteran. She's currently a graduate student at Princeton's Woodrow Wilson School.*

**BY BISHOP GARRISON AND MARGARET MULLINS**



**Thank you to all veterans and active military personnel for your service and sacrifice.**

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Loretta Walsh, America's first female military member.

## IN THE SHADOWS OF THE DOUGHBOY

### A century of women in the US military

**T**he history of World War I that our nation tells is a history of men in trenches, doughboys fighting a bloody and valiant war. This year especially, we commemorate their service, honor fallen, and retell the history in recognition of the anniversary of the war.

Yet there is a history of WWI that we as a nation do not tell, and an anniversary that most do not commemorate: Exactly 100 years ago, in 1917, women were officially "invited" to enlist in the U.S. military.

More than 30,000 women signed up to serve

in WWI and more than 400 were killed in the line of duty. Although women have served in the military since the Revolutionary War, the anniversary of their official inclusion should be a momentous occasion.

And yet like many women veterans, this anniversary will likely go unnoticed. Their stories are not told. And their sacrifice is not honored. Our country has a long way to go to recognize the women who served in our history, in addition to the women who serve today.

Today, our recognition of women veterans seems to focus on when we tell stories of "firsts". In the

past few years, we've met the Army's first woman Marine infantry officer and the first women to graduate Army Ranger school.

We should celebrate these "firsts" and the groundbreaking women who refuse to let barriers hold them back; their accomplishments are remarkable. At the same time, we must also recognize women have served in combat for years. And that these "firsts" come a full century after Loretta Walsh became the first woman to be officially recognized as a member of the U.S. military, in 1917.

We must do better

as a nation, to recognize the service of women throughout our history. It is perhaps unsurprising that everyday Americans fail to adequately recognize the women veterans in their communities today.

In IAVA's most recent member survey, only 27 percent of women feel the general public respects their service. The vast majority feel overlooked or, worse, disrespected by a public who still sees a man when they close their eyes and think of a veteran. Women have been officially serving for a century, and unofficially serving since our nation's founding; yet women still are greeted at VA hospitals by a motto that excludes them, and are scolded in public for parking in "Veteran Only" parking spaces at the grocery store.

In order to change public perception about what veterans looks like, we must recognize, celebrate and honor the women who have served our nation since before our nation's founding. We must teach our children about Loretta Walsh as we teach them about General Pershing. We must celebrate the "firsts" from this century and last.

*Allison Jaslow is the executive director of Iraq and Afghanistan Veterans of America.*

*Learn more about IAVA's campaign to increase recognition and improve services for women veterans at [SheWhoBorneTheBattle.org](#)*

**BY ALLISON JASLOW, IAVA**

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## WHAT STUDENT VETERANS NEED TO KNOW ABOUT RETURNING TO SCHOOL:

**1.** If you miss the camaraderie of the military you can find it at Student Veterans of America (SVA). With nearly 1,500 chapters on campuses across the country, SVA can provide the peer network you need to thrive in higher education.

**2.** No school is out of reach, especially if you're thinking of earning a degree for the first time. You can attend the school of your choice thanks to the generous benefits of the GI Bill and the VA's Yellow Ribbon program.

**3.** Have confidence in the fact that you perform better academically compared to other students. Thanks to research conducted by SVA, we know student veterans have a higher GPA, earn academically rigorous degrees, and are more likely to graduate.

## WHAT SCHOOLS NEED TO KNOW ABOUT VETERANS IN THE CLASSROOM:

**1.** Student veterans don't attend college to find themselves, but to grow themselves into the leaders of tomorrow, seeking new and innovative ways to serve their country.

**2.** They are talent hiding in plain sight, more likely to graduate than their peers, and will become the future doctors, health care professionals, IT professionals, and business leaders America needs.

**3.** They are more likely to be older, married, have children, and be first-generation college students. In other words, they are non-traditional students with unique needs like any other cohort in higher education.

*Barrett Y. Bogue is the vice president for public relations & chapter engagement at Student Veterans of America. He lives with his wife and daughter in Burke, Va. Learn more at [barrettboguet.com](http://barrettboguet.com).*

BY BARRETT Y. BOGUE

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Attendees learned about each social media platform and dove into the latest trends, innovations, best practices and creative solutions.

A follow-up session paired attendees one-on-one with an expert to audit their social media platforms and offer ideas for improvement.



Secretary Shulkin delivers the keynote address



Co-Chair Joe Bello of NY Metro-vets at our Town Hall Meeting

## BUILDING BRIDGES

### The Metro NY Community Veterans Engagement Board

The Metro NY Community Veterans Engagement Board was founded in 2016 to promote greater awareness between the VA and the broader community.

Our inaugural event occurred in October. It was a Town Hall Meeting hosted by Manhattan Community Board 8 at the New York Blood Center. It featured VA Secretary David Shulkin,

local VA leaders, as well as representatives from New York City and State government and New York-based advocates.

We look forward to continued engagement to foster greater connections and understanding in the New York veterans community. For more information, visit our Facebook page: **Metro NY CVEB**.

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# LEARNING TO SURVIVE ON MY OWN

## How Losing a Loved One Gave Me a New Purpose

**O**n the morning of September 22, 2013, I was the wife of a U.S. Naval helicopter pilot who was 8.5 months into a 10-month deployment. I was the mother of two boys, aged 6 years and 2 months old. I was five days away from celebrating my 10th wedding anniversary. I was a Navy wife sending countless photos of that new baby boy that my husband, LCDR Landon Jones, had yet to meet.

By the evening of September 22, 2013, I was a widow. I didn't expect to read a news article about a Navy helicopter crashing in the Red Sea upon waking. I had no idea that four hours later, three Naval Officers in their Service Dress Blues would arrive at my house to tell me my husband was dead at the age of 35. That my children would never see their father again. That I would be widowed at the age of 33.

One of the most difficult things to deal with during all of this was the loss of my identity and

my purpose on this Earth. I was a wife, a military spouse, and a mother. Two of those three things were ripped away that day. I was barely surviving; my boys were the only reason I woke up each morning. I was desperate to heal. Eventually, I discovered the Travis Manion Foundation and found that ray of light in a time of darkness. There, among other veterans and military survivors, I was able to redefine who I was, and empowered to use my experience to help others. I was able to continue Landon's legacy of strength and resilience by channeling that for others, particularly the next generation. I began to heal.

This Veterans Day, it is my hope that all people find healing in honoring the legacies of our nation's service members by channeling their character and strength.

Four years later, I admit I detest my "widow" label. But I proudly accept the title of "survivor." While one is acquired, the other is earned. And I earned it.

*Travis Manion Foundation (TMF) empowers veterans and families of fallen heroes to develop character in future generations. Guided by the mantra "If Not Me, Then Who..." veterans and survivors continue their service, develop strong relationships with their communities, and thrive in their post-military lives.*

**BY THERESA JONES, TRAVIS MANION FOUNDATION**



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# DON'T THANK ME – JUST LISTEN

## How to Start the Conversation

**“Thank you for your service,” they said.**

And I responded with respectful acknowledgment, but nothing more. That was the way the conversation went for six years. Then, one morning, at a cafeteria breakfast with university friends and fellow students, I cracked. One of them didn't thank me. Instead, she asked me a thoughtful question and listened.

Listening is a dying art. To listen well takes presence — empathy helps. Too often, we are failing to have tough conversations with our veterans. It goes both ways. I never wanted to talk and the family and friends that thanked me made it easy to shrug the conversation off. But war isn't easy and neither are the conversations about it. Veterans and civilians alike have to be willing to feel uncomfortable, to be present, and to ask hard but thoughtful questions.

The story of the breakfast ends well. I choked up, overcome by memories, but I stammered through it. Then I laughed, because it wasn't all bad. When I stopped, the room was quiet. It wasn't be-

cause the food was good; we were in a cafeteria after all. Everyone at breakfast was listening. They all wanted to hear about Iraq. They wanted to understand what I had been through. I unwittingly began to grow beyond my own story.

It took me six years to learn how to get past the platitudes, to get beyond the safe phrase or two, and accept the challenge of hard questions. Now, I prefer when people take time to listen deeply.

If you are ready to go deeper, consider putting your phone away, looking a veteran in the eye and asking about their life because you genuinely are interested. Don't be overeager to relate your story of 9/11 or your high-school classmate who deployed. Let them look away when they choke up. Feel free to smile with them when they remember a lost friend who always had a good joke. Some veterans will want to talk, others will simply appreciate that you care.

In the end, taking the time to ask a thoughtful question and listening to the answer is a hell of a lot more valuable than simply saying “thanks.”

*Daniel Trusilo is the recipient of the Atlantic Council's Take Point Initiative Thought Leadership Grant for his writing on Iraq, which will be published as a book. He left military service in 2010 and now works as a humanitarian advisor in the field of international disaster response.*

BY DANIEL TRUSILO

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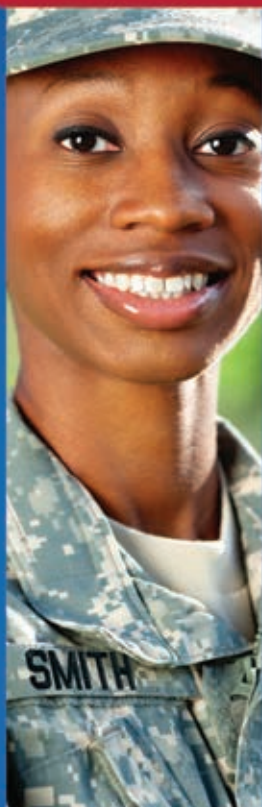
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PHOTO: U.S. NAVY

# LEARNING TO SERVE IN A NEW ROLE

## Transitioning from Service Member to Military Spouse

**“We’ll have everything in order as soon as I get my leave form signed.”**

After my wife said this I felt an instant twinge of panic — I had forgotten to process my leave form for our family vacation! It took me a second to remember that I was free from these obligations now. The instinct to bureaucratic processes remained, like a phantom limb, from my own military service.

My initial transition from military member to military spouse was full of these moments of quiet rebellion. I grew my hair out and was unusually excited to not shave in the morning. I teased my wife as she arduously set up her dress uniform,

while I could roll out a simple dry-cleaned suit. I smiled with nostalgia at the formations I’d see running on base — proud of my time in those ranks, but happy to be free of the knee-wrecking pain of one-pace-fits-all unit runs. With time, however, I came to understand that I had traded one type of service for another. This new role has presented unique challenges to my transition. Some are concerns common to parents who both work: days of productivity lost to caring for sick kids, lost sleep staying up to comfort nightmares away. Others

were more prevalent to the families of military members, like trying to plan my career around my wife’s unknown duty station locations, or thinking about how I’ll take care of the kids if my wife is called to deploy.

Looking forward, I know that soon my children will be adjusting to the same challenges. While I’ve always understood the sacrifices that come with being a service member, I’m experiencing firsthand how important it is to remember that the families of our military men and women also serve.

*Brendan Wentz is a former Army officer and Iraq War veteran. He lives in Washington, DC, with his wife and two children and is pursuing a Master’s Degree in Global Security Studies from Johns Hopkins University.*

BY BRENDAN WENTZ

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# WAYS TO SUPPORT FAMILIES OF THE FALLEN

**F**inding the right words to comfort a fallen service member's grieving family can be difficult. Many people don't know where to begin. Words, even ones meant to provide solace, can never truly lift the enormity of such grief.

As a society, we have the opportunity to be the light in a sea of darkness for those families. Please consider brightening the path to healing:

**1. Promote a culture that remembers the sacrifices made by fallen service members.**

They paid the ultimate price to make the world a better place, and they deserve recognition for their sacrifice.

**2. Respect the limits of the bereft to accept support and sympathy.**

Everyone grieves differently. Some may dislike attention on such a sensitive subject while others may need to be more open about their loss.

**3. Empathize instead of sympathize.**

Empathy promotes a feeling of unity and understanding of the pain. It exceeds the ability of sympathy to offer comfort.

**4. Volunteer with or donate to the Tragedy Assistance Program for Survivors (TAPS).**

TAPS provides essential services for all those suffering the loss of a loved one in the military through the 24-hour National Military Survivor Helpline: 800-959-TAPS (8277), grief counseling, casework assistance and more.

**Find out more at [taps.org](http://taps.org).**

Grief is an abstract issue that affects people differently. Acting with compassion and treating others with respect are simple but powerful ways to shed light in the darkness of grief.

*Leah Szeus moved to Washington, D.C., to pursue her undergraduate and graduate studies at The Catholic University of America, and is interning in communications with the Tragedy Assistance Program for Survivors (TAPS).*

**BY LEAH SZEUS**

*We Honor  
and  
Commemorate*

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**MARK'S LEGACY WILL FOREVER  
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We thank you for your service.

O'NEIL  SECURITIES





Poppies on display for Remembrance Day (November 11) in London

# VETERANS DAY AROUND THE WORLD

## How countries honor their veterans on November 11 and other days

**V**eterans Day, formerly known as Armistice Day, was originally created to celebrate the end of World War I and to recognize the sacrifices of "The Great War," which ended on November 11, 1918, and accounted for an estimated 18 million deaths.

However, many other nations also have a special day to celebrate the service of their militaries. Australia, Barbados, Belize, Canada, the U.K., France, Belgium, and Poland also take special observance on this day. In Poland, November 11

is actually celebrated as their Independence Day because the end of World War I allowed them to once again regain their freedom and become a sovereign nation after more than 100 years of occupation by Roman, German and Russian empires.

Other countries also celebrate a Remembrance Day, including Australia, New Zealand, Denmark, Italy, and the Netherlands. In many countries, the poppy is used as a symbol of bloodshed and loss because at the end of World War I, in many places the only thing left growing was the blood-red poppy

flower, which sprang up where the earth had been destroyed by trenches and bomb craters.

In Norway, Veterans Day, known as Veterandagen, is celebrated on May 8, and was first observed in 2011. There are parades, festivities at the local fortresses, and ceremonies with medals and speeches.

While it's a decent start, very few citizens really take part or are even aware that the holiday ex-

ists. This is largely due to the fact that while nearly the entire citizenry serves at least one year in the military, only a very few are actually deployed to hostile nations.

Hopefully in the near future, celebrations of military service will receive more support and more attention than they currently do, but in order for that to happen around the world, people need to be reminded of the cost and burden of war.

*Dave Smith served as an infantry rifleman with Alpha Co., 1st BN 4th Marines from 2003–2007. He currently lives in Trondheim, Norway, with his wife.*

**BY DAVID JULIAN SMITH**



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# REFLECTION: TRANSITION

I'll be honest, when I was in the Army, Veterans Day was important because it meant days off work, days away from the Army. Then I left the Army for good last August and started school in that September.

My first civilian Veterans Day came too soon for reflection. I was busy adjusting to a new life. And my wife is still serving, so I was maintaining daily contact with the Army. But I was out, no matter how close the Army felt through my wife.

This August marked a year on the outside. Reality started to settle in. Still, as another Veterans Day

approached, I wasn't giving the day much thought. Then, within a month, I lost a former soldier and a former Sergeant Major to suicide, and I had the hard conversation with a friend who had recently returned home without all of his soldiers.

The war is fought even on days it doesn't make headlines. For many, the war continues back home.

I felt so far from both of those wars. My friend was dealing with grief and guilt, other soldiers were losing personal battles, and I was discussing Afghanistan in academia.

It finally hit me: I was out of the Army.



PHOTO: U.S. ARMY

*Michael White served five years as an Army infantry officer, which included a deployment to Afghanistan and one to Kuwait. He left the service last year, and entered school at Georgetown University.*

BY MICHAEL WHITE

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# LEARNING TO LOVE ENOUGH FOR BOTH OF US

## Military Caregivers Serve When Their Partners

**A** day in the life of a military caregiver is a consistent blend of steadfast love, support, determination, grief, worry, and hope. It is waking up each morning and savoring the few minutes of peace before the day starts. Days that include medication management, doctor appointments, physical therapy, countless hours on the phone with the Veterans Administration or another medical entity — fighting for the best possible care for your wounded warrior. At one point in my journey, it was helping my husband, Charlie, an Operation Iraqi Freedom veteran, learn how to cook again.

For many, the reality of this journey starts the first time they step into the hospital room — seeing their loved one at the bot-

tom of wires, tubes and IVs, smelling the unique hospital smells, the shock of seeing a missing limb for the first time. Others have a slow realization as they witness medical issues start to creep up — discovering seizures, untreated post-traumatic stress that causes their veteran to retreat into a shell of their former self, or even coping with the veteran's terminal diagnosis of amyotrophic lateral sclerosis (ALS).

Both Charlie and I struggled greatly in the beginning with an undiagnosed traumatic brain injury (TBI). This TBI caused many changes, including seizures. It

has been a little over five years since the start of our post-Army journey, growing into our roles and adjusting. Charlie has said he is very grateful for the love, support and advocacy provided by me as his spouse and caregiver, along with the other caregivers in his life, such as his mother. He, like many other veterans who have struggled with illness, injuries or wounds resulting from their service to our nation, credits his military caregivers with his continued emotional and physical survival.

To learn more about the fine art of military caregiving, visit [Hidden-Heroes.org](http://Hidden-Heroes.org).

*Emery A. Popoloski is a military caregiver to her husband Charles Popoloski. Along with her work as an alumna of the Elizabeth Dole Foundation Fellowship, and the Hidden Heroes campaign, she enjoys time with her family and experiencing life.*

BY EMERY A. POPOLOSKI



## OPERATION RESTORE HUMOR

### Healing & engagement through standup comedy

In the spirit of Bob Hope entertaining the troops, the UWVC has implemented a program that flips the script to empower military veterans to perform standup comedy for the community at large. The show empowers veteran comedians and uses humor to highlight the issues many veterans face on a day to day basis.

Following each show is a "talkback" in which performers engage with the audience on such topics as the role of comedy as therapy for post-traumatic stress, veteran entrepreneurs in the entertainment industry, and other issues.

Learn more at [UWVC.org](http://UWVC.org)

## REFLECTION: MOBILIZATION

**R**eturning from my mailbox, I stacked the mail off to the side of my desk. I noticed a peculiar envelope in the stack. I opened it and pulled out a letter. I saw white-colored text on a blue background. At the top of the page it read Western Union Mailgram.

I began reading, and saw the words "Pursuant to Presidential Executive Order... you are relieved from your present reserve component status and are ordered to report for a period of active duty..."

Active duty? I'd been off active duty for almost

16 years. But as my eyes refocused on the letter, I saw that I was being ordered up for 545 days of active duty.

I froze in disbelief. This was the worst thing that could happen to me short of death. Maybe this was a prank letter, I thought. But the letter looked so authentic.

I immediately called the Army's Human Resource Command in St. Louis.

"Yes, sir, those are your orders to Afghanistan."

"But... okay, so I'm being ordered to mobilize in 30 days?"

"Yes, sir."

"Really? You guys expect me to quit my job and put my life on hold for the Army?"

"Well, yes, sir, we are at war."

"Yeah, no kidding, and now you're drafting me to fight it!"

"Sir, you can request a 30 day delay."

"Big deal," I replied, and I hung up the phone.

I yelled out loud. I felt utterly helpless at my plight.



PHOTO: U.S. AIR NATIONAL GUARD

*Len Shartzter is a 1977 West Point graduate whose 28 years of active and reserve US Army service culminated with a one-year combat deployment in support of Operation Enduring Freedom.*

BY LEN SHARTZTER



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## TO OUR VETERANS, WITH LOVE

Local students show off cards they made for the United War Veterans Council's annual Valentine's Day gift and card drive for hospitalized veterans and deployed military personnel . To participate next year, visit [uwvc.org](http://uwvc.org) to join our mailing list!

THE UNITED WAR VETERANS COUNCIL

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THE NEW YORK CITY VETERANS DAY PARADE  
AND ALL OF OUR WORK FOR VETERANS  
THROUGHOUT THE YEAR.



## RE-UNITING PURPLE HEARTS

The United War Veterans Council marked Purple Heart Day (August 7) this year by partnering with Purple Hearts Reunited to return lost medals to their rightful owners. At a ceremony in Federal Hall, eight Purple Hearts were returned to veterans and family members, from World War I to the present day.

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Photo courtesy of Katherine Fairhead





PHOTO: U.S. AIR FORCE

## FIGHTING A BRAND-NEW BATTLE AT HOME

### How The Headstrong Project Helps Heal Veterans

I deployed to Afghanistan with 1st Battalion, 5th Marines in 2009 and again in 2011. While my training prepared me for war, I was not prepared to handle the guilt I would feel over the injuries and lives lost under my command.

As I checked out my unit on Feb. 1, 2012, and prepared to leave the Marines for good, my machine gun section leader, Staff Sgt. Mark Gorzik, was on duty. Mark shook my hand, saying, "Sir, it was a real honor to have

served with you. Let's stay in touch." Sadly, that was the last time that Mark and I spoke to one another in person.

In May 2013, Mark took his own life after dealing with the traumas of combat.

Fast forward to February 2014: I'm engaged, working full time in a sales role for a Fortune 500 company, and working toward my executive master's of business administration at Rutgers. At a glance, my life was successful and I was a well-adjusted combat vet-

eran.

However, I began to experience four symptoms of post-traumatic stress: massive headaches, choking sensations, night terrors, and anxiety attacks. I was in complete denial that these issues could be post-traumatic stress because I was an officer who did very few combat patrols that engaged direct-

ly with the enemy. What I did not realize at the time was that post-traumatic stress could result from guilt, and I had immense guilt over losing Marines like Mark and others on deployment.

What finally drove me to seek help was when I realized that if I drank alcohol I could suppress my symptoms. Fortunately, I realized I needed help before I began to develop a habit, and I reached out to The Headstrong Project. Twelve hours later, I was talking with a Headstrong clinician on the phone, and 72 hours later, I was seeing a psychiatrist for a proper evaluation.

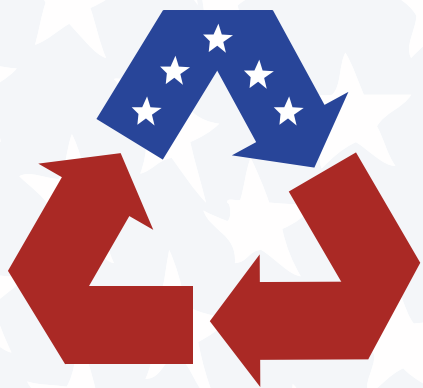
It wasn't until I went through seven months of therapy for post-traumatic stress disorder that I found work that would rival that sense of purpose I had in the Marine Corps. Now I'm serving my country in a different way. I have a mission again and it's with The Headstrong Project, where I work as the director of strategic growth.

I can not bring Mark Gorzik back to this life, but I can honor the names of all the men and women who took their lives due to their hidden wounds of war by continuing my work at The Headstrong Project.

*You can read more of Chris's story and learn about The Headstrong Project on TaskandPurpose.com.*

*Chris Wilson is a Marine who served from 2007-2012 with deployments to Afghanistan. He wants to ensure this generation of combat veterans receives the correct treatment for complex trauma so they can meet their potential in life.*

**BY CHRIS WILSON**



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