



## White House Veterans Employment Resources

President Obama mandated the creation of several initiatives aimed at helping veterans translate their military skills for the civilian workforce. Unfortunately, these online tools were not well advertised, but provide assistance to veterans searching for jobs and make it easier to connect them with companies that are committed to hiring veterans:

- **Veteran Gold Card**: Post-9/11 veterans can download the Veteran Gold Card at [www.dol.gov/vets/goldcard.html](http://www.dol.gov/vets/goldcard.html) or can call toll-free, 1-877-US2-JOBS (1-877-872-5627), TTY: 1-877-889-5627, which entitles vets to enhanced services, including six months of personalized case management, assessments and counseling, at the roughly 3,000 One-Stop Career Centers located across the country.
- **My Next Move for Veterans**: The Department of Labor launched My Next Move for Veterans, an online resource that allows veterans to enter their military occupation code and determine which civilian occupations they are qualified to do. The site also includes information about salaries, apprenticeships, and other related education and training programs. For more information go to <http://www.mynextmove.org/explore/ip>.
- **Veterans Job Bank**: The Veterans Job Bank, at the National Resource Directory, is an easy to use tool to help veterans find job postings from companies looking to hire them. It searches over 500,000 job postings and is growing. In a few easy steps, companies can make sure the job postings on their own websites are part of this Veterans Job Bank. To access the Veterans Job Bank go to the following website [https://www.nationalresourcedirectory.gov/home/veterans\\_job\\_bank](https://www.nationalresourcedirectory.gov/home/veterans_job_bank).



# Brown Bag Lunch Series

The life of a student can be riddled with deadlines, demands and tests. Stress isn't always bad in small doses; it can help you perform under pressure and motivate you to do your best. But when you're constantly running in emergency mode, your mind and body pay the price. You can protect yourself by recognizing the signs and symptoms of stress and taking steps to reduce its harmful effects.

On Tuesday, Feb. 4, 2014, the Veterans Success Center held its fourth Brown Bag lunch series titled, "Stress Management." University experts Dr. Jeffrey Tan, psychologist, and Albert Angelo, MS, health educator, provided an informative session covering: What is stress; responding to stress; signs and symptoms; causes of stress; and strategies to deal with stress.

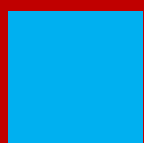
### The Body's Stress Response

When you perceive a threat, your nervous system responds by releasing a flood of stress hormones, including adrenaline and cortisol. These hormones rouse the body for emergency action.

Your heart pounds faster, muscles tighten, blood pressure rises, breath quickens, and your senses become sharper. These physical changes increase your strength and stamina, speed your reaction time, and enhance your focus—preparing you to either fight or flee from the danger at hand.



Reprinted from [http://helpguide.org/mental/stress\\_signs.htm](http://helpguide.org/mental/stress_signs.htm)





### 'My boots represent a part of who I am.'

"The dog tag on the right boot was given out at our wedding reception. It has the date we were married on it. The frog represents my son Arthur. The George name badge was from my Class A uniform. George was my maiden name. The sergeant and specialist rank are the two ranks that I attained while serving in the military. On the toe of this boot I wrote the Warrior Ethos. It meant quite a bit to me while serving. It continues to hold a lot of meaning when reaching out to my fellow female Veterans and Service Members."



"On the left boot I painted an American flag. The meaning of patriotism became quite apparent to me very soon in my military career. The sacrifices and commitment my fellow Soldiers and I were making were extremely patriotic and humbling. The flag also represents the continued service to country that my husband, my children, and I continue to make. The heart represents my daughter Izabelle. Izabelle was a deployment baby, and was born while my husband was deployed to Iraq."

— Heather Nystrom, VOAMI Employment Manager and U.S. Army Veteran

### "A Mile in Her Boots"

The CSUSB Veterans Success Center will be decorating women veterans' combat boots. The decorated boots will be part of a mobile art display, bringing awareness to the service of our female veterans. The display will become the property of the IE Women Veterans Collaborative and VA Loma Linda Healthcare System. Decorating combat boots is an artistic way for female veterans to express their experience serving in the military. Feel free to bring any personal items for the boots.

## SAVE THE DATE!

# Women Veterans Appreciation Luncheon

You are invited to attend a Women Veterans Appreciation Luncheon in March, national Women's History Month.

*Speakers!*

## All Women Veterans Welcome!

### Saturday, March 8th, 10:30am-3pm

*Prizes!*

University of Redlands Orton Center  
1200 East Colton Ave., Redlands, CA 92373

*Register for the luncheon at*

<https://iewomenveteranscollaborative.eventbrite.com>



WOMEN VETERANS HEALTH CARE

You served, you deserve  
★ the best care anywhere.

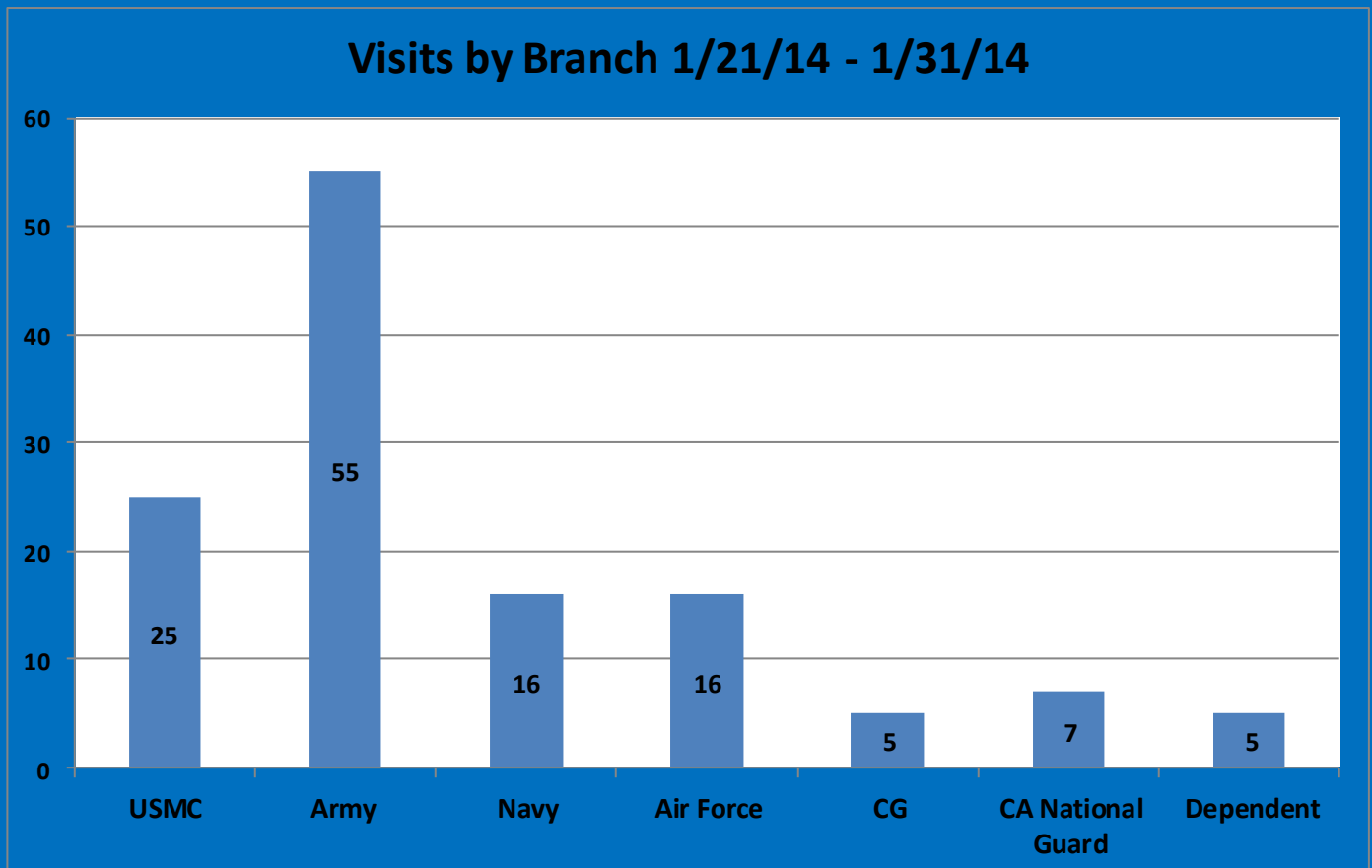


## Military/Veterans Corner

For many military affiliated students the first place to look for guidance about California State University, San Bernardino is the main website. On the main website there is a Web page link to the left titled Military/Veterans Corner. Recently, the Veterans Success Center took control of the Military/Veterans Corner Web page. We have been revising and adding material to make the transition to university life a smooth one. Among the additions and revisions are:

- A breakdown of all the VA educational benefits from Chapter 30 (Active Duty Montgomery GI Bill) to Chapter 1607 (Reserve Education Assistance Program) to dependent benefits;
- A step-by-step process for getting admitted;
- A comprehensive list of veterans' resources has been revised;
- A section has been added for the Veterans Success Center;
- And many more.

If you have any questions regarding the services and resources CSUSB provides for military affiliated students, visit [veterans.csusb.edu](http://veterans.csusb.edu).



The Veterans Success Center began recording the patrons' affiliation half-way through January and analyzed the newly gathered data thanks to those who circled their affiliation. Of the ten days worth of data, we recorded Soldiers as being the ones who frequent the center the most followed by Marines, Sailors and Airmen tied third, then National Guardsmen, and finally 5 visits by a Coast Guardsman. We would like to ask our patrons to continue to identify themselves by their branch so we can interpret the data and report to President Morales as needed.

# Don't Forget!

In Memory of Barry Fletcher (Paul B. Fletcher III),  
U.S. Army Veteran



The SVO's effort to establish a library memorializing Barry Fletcher is underway. They are currently accepting monetary donations and recyclables which will go towards purchasing the bookshelves. Please go to URL below if you'd like to make a donation and drop off your recyclables at the VSC. For questions, please contact David Briggs at [bdraivgigds@yahoo.com](mailto:bdraivgigds@yahoo.com) or Luca Daley at [luca.daley@yahoo.com](mailto:luca.daley@yahoo.com)

<http://www.gofundme.com/6izifk>

**February 21st!**



**Military Appreciation Night**

**CSUSB FREE**  
to all  
Active Duty Service Members  
Reservists  
Dependents  
National Guard Members  
Veterans  
ROTC Cadets

Military Bingo  
Tailgate BBQ  
5-7:00 P.M.  
Entertainment  
Prizes

Admissions to the  
Men's Basketball  
Game at 7:30p.m.  
Giveaways

CALIFORNIA STATE UNIVERSITY  
**SAN BERNARDINO**  
Veterans Success Center

CSUSB Coussoulis Arena  
3500 University Parkway  
San Bernardino, CA 92407  
For information please call 909-537-7196

## Join Us for Sweet Treats on Valentine's Day

Most scholars believe that St. Valentine was a bishop who lived in Rome around 270 AD and violated Roman emperor Claudius II's edict prohibiting marriage by secretly marrying young lovers. During the time of his reign, the Roman Empire was involved in internal and external conflict. Claudius II believed that married men would not make good soldiers because they would be attached to their families. In light of the ongoing conflicts, the empire needed more young men to serve as soldiers in order to protect the empire from takeover. Valentine felt the decree was unjust and secretly joined young lovers in matrimony. Upon learning of his activities, Claudius ordered Valentine's arrest. Once in prison, Valentine, known for having healing powers, restored the sight of his jailor's blind daughter. According to legend, the emperor ordered Valentine to be executed on Feb. 14, 270 A.D. St. Valentine left behind a farewell message to the jailor's daughter signed "From your Valentine." The rest, of course, is history. Please join us at the VSC on Feb. 14, 2014, for some sweet treats for Valentine's Day.



Kenny J. + Cadee C.

# February Fun Facts

## **Fred Cervantes, U.S. Army Veteran**

Coaches a youth basketball team in Eastvale called the Renegades, which is named after his basic training platoon. His team of nine and ten year olds is currently undefeated in conference play.



## **Steven Benitez, U.S. Navy Veteran**

Navy ships are painted “hazegray.” The Navy spent a fortune to develop this shade. A ship’s camouflage concealment ability is enhanced, and the probability of detection and targeting is reduced by the use of an overall haze gray appearance. Hazegray reduces the average contrast of the ship to the horizon. While in the Navy, Steven was stationed on the USS Enterprise, which was referred to by sailors as the “Mobile Chernobyl” because it has eight nuclear reactors.



## **Brooke Steppe, U.S. Army Veteran**

She was stabbed through the arm by a child in Iraq because she wouldn’t give him a bag of Skittles.



## **Jake Russell, U.S. Army Veteran**

He plays electric and acoustic guitar and his all-time favorite song is “Achilles Last Stand” by Led Zeppelin. He has a little brother who is bigger than him. He lifts weights everyday and can currently deadlift 465 lbs., which is incredible since he only weighs 163 lbs.



## **Jennifer Iacolino, U.S. Army Veteran**

She loves green clean parks, misses military bases, wants to help change the world by stopping bad addictions and to own a nice three-bedroom house. She is also an English major who loves authors Jack London and Willa Cather.

