

Reveille

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[Facebook.com/VSC.CSUSB](https://www.facebook.com/VSC.CSUSB)

or search for

CSUSB Veterans Success Center

Location: Bookstore Basement, Room B006

Contact: (909) 537 - 5195 & (909) 537 - 5196

Military Appreciation Night

Friday, Feb. 21, 2014

Tailgate Party: 5—7:30 p.m.

Basketball Game: 7:30—8:30 p.m.

The CSUSB Veterans Success Center in partnership with Associated Students, Inc. and university athletics will honor those who have served, or are still serving in all branches of the United States Armed Forces on “Military Appreciation Night” at the CSUSB Coyotes vs. Sonoma State University Seawolves basketball game on Friday, Feb. 21, 2014, from 5—8:30 p.m. Throughout the night, tributes and thanks will be given to the men and women of the military for their dedication and the sacrifices made for our country.

CSUSB looks forward to welcoming military family members and veterans to the game with a free ticket and tailgate party featuring food and games. Tickets for the special event are available at the CSUSB Veterans Success Center or by email at daniels@csusb.edu.

The activities during the evening include a color guard, unfurling of a giant American flag, future service members of the U.S. Armed Forces taking the Ceremonial Oath of Enlistment, and in-game recognition of Wounded Warriors. Additionally, fans can participate in opportunity drawings and military bingo. The invocation before the game will be performed by military chaplain, Capt. David Sarmiento from March Air Force Reserve Base. Proceeds will help support the Veterans Success Initiative Scholarship Fund – the special beneficiary for the night.

Organizations wishing to sponsor the event can call Jaime Espinoza at (909) 537 7196 or email jepinoza@csusb.edu.

Veterans Beware of Identify Theft!

Reprinted from CalVet Newsletter

Veterans beware! Anyone with the smartphone and a bar code app can scan any U.S. Department of Veterans Affairs (USDVA) identification card issued since 2004, and the cardholder's Social Security number will immediately pop up on the screen. The USDVA published warnings about the veterans information cards on its website in 2011 and again in July, 2013, and is working on a new type of card that will not contain a Social Security number. To prevent identity theft in the meantime, veterans should treat their current ID cards just as carefully as they do their social security card and other personal and financial information.



Brown Bag Lunch Series

Most students stress about exams. Even well prepared students experience test taking anxiety. It's important to learn the latest test taking skills and strategies, so that you can maximize your test scores. On Tuesday, January 16, 2014, at 11:45 a.m. at the Veterans Success Center, Carlos Cario, MPH, will present a session titled, "Strategies for Success."

The brown bag lunch series focuses on topics that we know are important to our student veterans' success. The sessions are moderated by experts but driven by the attendees! The free one-hour sessions are held monthly and best of all, we provide the brown bag lunch for free. To RSVP call (909) 537-5196 or email daniels@csusb.edu.

Veterans Success Center Computer Lab Update

Over the winter break, the four work stations in the computer lab were upgraded to include assistive technology. The computers now have Zoom Text Magnifier/Reader software, a fully integrated magnification and screen reading program that enlarges, enhances and reads aloud everything on the computer screen. The software features crystal clear xFont magnification, customizable enhancements to on-screen colors, pointers, and cursors, complete screen reading, easy to use document reading tools, and much more.

WYNN Literacy Software from Freedom Scientific was also installed. WYNN is the innovative literacy software tool designed to enhance success for individuals with reading challenges and writing difficulties. WYNN was developed with the help of special educators and individuals with learning difficulties such as dyslexia, dysgraphia and aphasia.

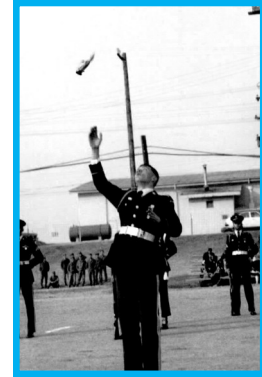
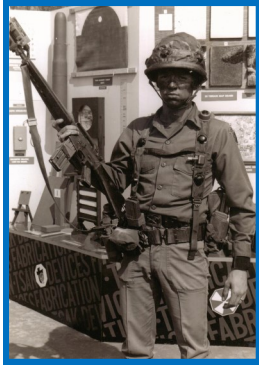
By using a bi-modal approach - simultaneous highlighting of the text as it is spoken - WYNN transforms printed text into understandable information that benefits readers of all ages including English Language Learners (ELL), struggling readers and children with ADD (attention deficit disorder) or ADHD (attention deficit hyperactive disorder).

Lastly, JAWS for Windows, a screen reading software application for blind and visually impaired individuals was installed. JAWS reads aloud what's on the PC screen and gives the user a unique set of intelligent tools for navigating and accessing Web pages and all screen content.

Coming Soon to the VSC

Fletcher Library

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



Barry Fletcher was a U.S. Army veteran and a senior at CSUSB who passed away suddenly in October 2013. We may not have all had the opportunity to get to know him while he was with us, but patrons of the Veterans Success Center will have the chance to honor his memory by participating in the Fletcher Memorial Student Veteran Library. The Fletcher Library will be housed at the VSC and be comprised of a memorial of Mr. Fletcher and collection of textbooks available for VSC patrons to check out, free of charge.

The VSC is accepting donations of used/new textbooks to stock the library; we primarily need textbooks for general education and capstone classes. A recyclables collection drive to raise money for a memorial plaque, picture frames and bookshelf took place on Jan. 11, 2014, from 11 a.m. to noon at the Littlefield/Shultis Community Park. At this event, local Geocachers were present, hoping to learn more about the lives of student veterans and tell veterans about Geocaching, a GPS game similar to military land navigation courses. Thank you for those who by donated used/new textbooks or attended this event.

U.S. Army veteran and CSUSB senior David Briggs is spearheading this project. David conceptualized the project before learning about Barry Fletcher's passing, but when he heard his story David realized this would be a great way to memorialize Mr. Fletcher as well as leave a lasting mark at CSUSB. For more information about this project contact project coordinator David Briggs at bdraivgigds@yahoo.com or USMC dependent/CSUSB sophomore and assistant project coordinator Luca Daley at daleyl@coyote.csusb.edu.

How You Can Help

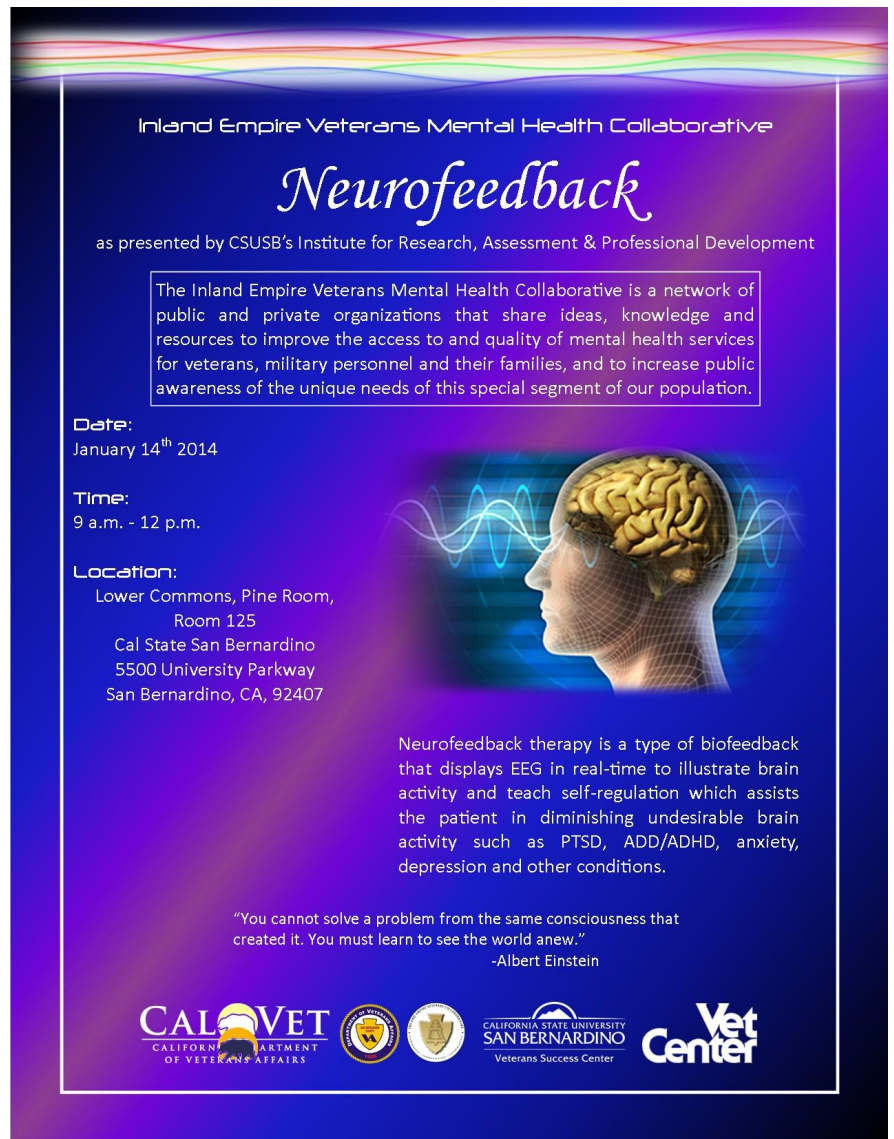
- Donate used textbooks from CSUSB general education and capstone classes.
- Ask professors to let you address your class about book donations.
- Bring recyclables (aluminum cans, glass bottles, plastic bottles, insulated wire) and scrap metal (aluminum, brass, copper, stainless steel) to the Veterans Success Center throughout the month of January to support purchasing the display case.

CSUSB Veterans Success Center and College of Education Hosted Neurofeedback Conference

Neurofeedback, also called EEG biofeedback or neurotherapy, is a research proven way to help improve brain function through concentrated brain training exercises. Through the use of sophisticated technology brain activity can be altered much the same way an individual learns skills – through feedback and practice.

Brain science has shown that repetitive exercise of brain networks reshapes the brain. In neurofeedback the patient is guided by a form of feedback— instantaneous information about changes in the brain’s electrical activity. Every half second, the patient’s brain activity is compared to his/her targets for change. The patient receives a signal and “reward” when he/she meets the goal and conversely no signal or reward when he/she does not.

Several studies have been completed looking at the effectiveness of neurofeedback for post traumatic stress disorder (PTSD) in adults. PTSD is a disorder based in the brain. In PTSD, a severe stress response is triggered which leads to numerous disruptive symptoms. The challenge is to teach the brain to turn off the stress response. These studies suggest that neurofeedback is a promising treatment. This is especially important because existing treatments have limited effectiveness for many individuals with PTSD.



Inland Empire Veterans Mental Health Collaborative

Neurofeedback


as presented by CSUSB's Institute for Research, Assessment & Professional Development

The Inland Empire Veterans Mental Health Collaborative is a network of public and private organizations that share ideas, knowledge and resources to improve the access to and quality of mental health services for veterans, military personnel and their families, and to increase public awareness of the unique needs of this special segment of our population.

Date:
January 14th 2014


Time:
9 a.m. - 12 p.m.

Location:
Lower Commons, Pine Room,
Room 125
Cal State San Bernardino
5500 University Parkway
San Bernardino, CA, 92407



Neurofeedback therapy is a type of biofeedback that displays EEG in real-time to illustrate brain activity and teach self-regulation which assists the patient in diminishing undesirable brain activity such as PTSD, ADD/ADHD, anxiety, depression and other conditions.

"You cannot solve a problem from the same consciousness that created it. You must learn to see the world anew."
-Albert Einstein

CAL VET CALIFORNIA DEPARTMENT OF VETERANS AFFAIRS   CALIFORNIA STATE UNIVERSITY SAN BERNARDINO Veterans Success Center **Vet Center**

Student Veterans Organization BBQ Social

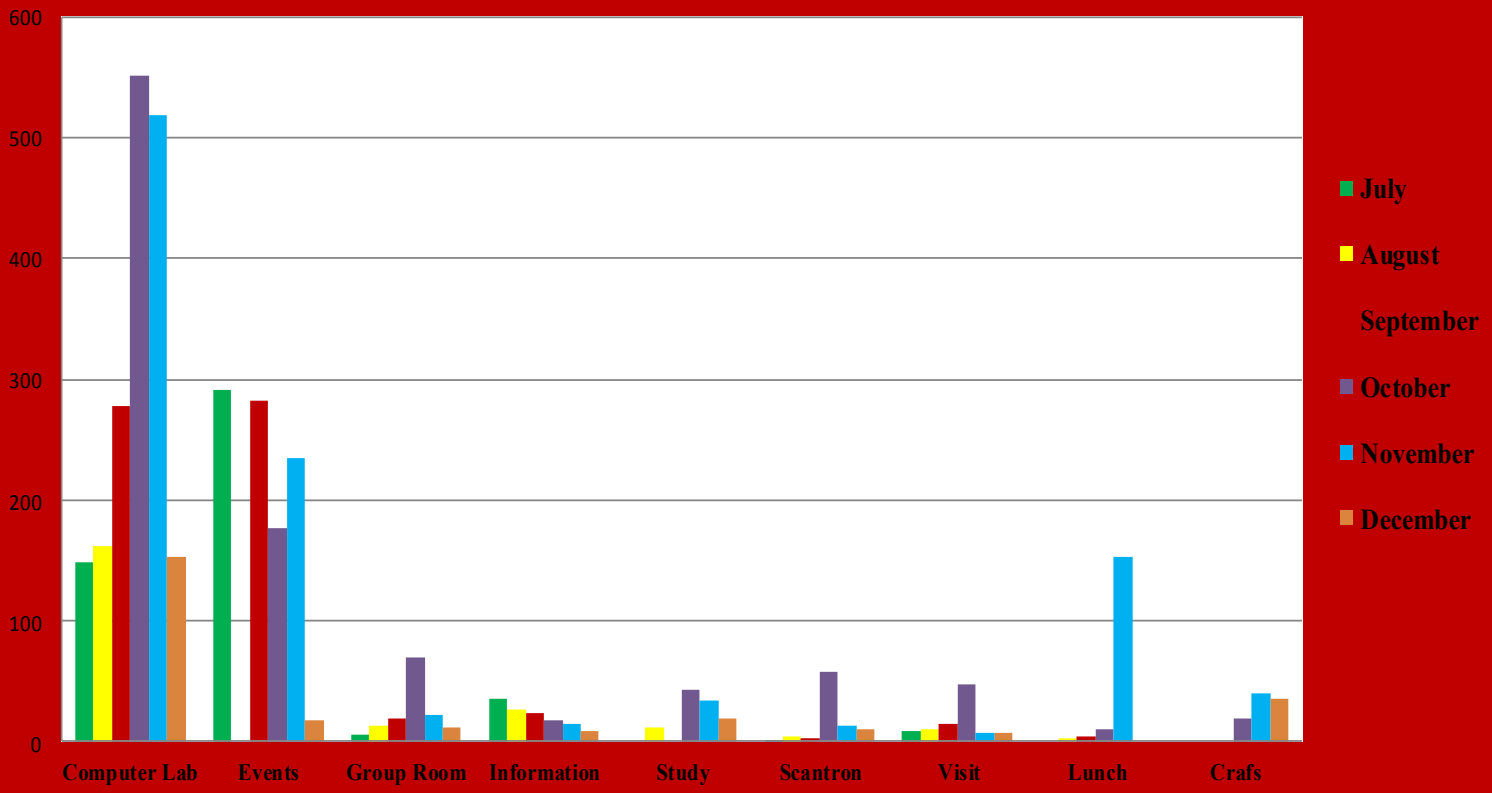
Thank you to everyone that came out to the first ever SVO BBQ Social

Why: CSUSB student veterans to met one another in a relaxed setting.
When: Jan. 16, 2014, 2—5 p.m.
Where: Joe Moseley's Home



Why Veterans Visit the VSC

Reasons for Visit July - December 2013



The Veterans Success Center has organized the sign-in data and created a graph that shows the top 9 reason for visits and how many patrons use that resource by month. As it is clearly shown in the graph above, the computer lab is the most used resource with an average of 302 users per month, followed by events, group room, information, and studying respectively. Our newest addition, crafts have gained popularity as well with 94 recorded checkouts in two and half months. Our numbers determine the amount of spending we receive for each resource, so please continue to sign-in and state the reason for visit.

Great Career Opportunities with Apple

Apple is looking for veterans and military spouses to fill many of their open positions. Many of the opportunities currently available will be with their AppleCare team that allows you to work from home, but they are also looking for corporate, sales, I.T., marketing and much more.

Apple recruiters will be online and available to chat with you at the Jan. 21st virtual career fair, but we recommend you get a head start by visiting their booth before that time. You can visit the Apple booth by going to the link below. Staff from the Career Center will be at the VSC on the 21st to assist you.

We encourage you to do the following:

1. Login to VeteranRecruiting.com and sure your profile is complete and your resume is up-to-date
2. Take the time to research the Apple jobs by using the tabs in the booth
3. Find a position of interest, and apply
4. During the virtual career fair on Jan. 21, chat with Apple recruiters about what you applied for and why you are fit for their open positions.

[Visit the Apple booth in VR:](http://events.veteranrecruiting.com/vshow/VRSCareer?l=en#exhibits/Apple)

<http://events.veteranrecruiting.com/vshow/VRSCareer?l=en#exhibits/Apple>

New Year's Resolutions, an Ancient Tradition

A New Year's resolution is a promise that a person makes to do an act of self-improvement or something nice, such as losing weight or volunteering for a nonprofit organization beginning New Year's Day. According to Wikipedia, the origins date back to ancient times. "Babylonians made promises to their gods at the start of each year that they would return borrowed objects and pay their debts. The Romans began each year by making promises to the god Janus, for whom the month of January is named. In the Medieval era, the knights took the "peacock vow" at the end of the Christmas season each year to re-affirm their commitment to chivalry."

We asked our student veterans what promises they made to themselves for the New Year.

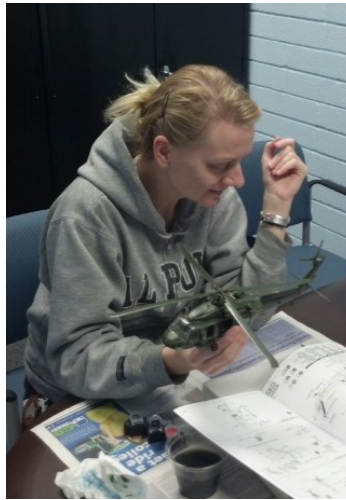
Bruce Guthrie, USMC Veteran



Pictured with the moccasins he made

Stop snacking after dinner.

Jennifer Smolenski, USAF Veteran



Pictured with the Blackhawk helicopter model she is making

Finish all of my projects that are currently housed in grocery bags.

Kenneth Jacobs, USMC Reservist



Pictured with the vintage model car and belt that he made

Save enough money to chrome out my Harley Davidson motorcycle.

Victor Quezada, U.S. Navy Veteran



Victor's daughters with the sun catchers they made

Lose weight and get better grades.

Lawrence Gomez, USAF Veteran



Pictured with the duck, wallet and model plane he made

Make more crafts.

Sergio Gonzalez, U.S. Army Veteran



Pictured with the American flag

Run a marathon.

*Craft kits provided by Help Hospitalized Veterans