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2-2015

Reveille (Issue 21)

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Recommended Citation

CSUSB Veterans Success Center, "Reveille (Issue 21)" (2015). *Reveille newsletter*. 20.
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CSUSB Veterans Success Center

Women in the Military

Women have been an essential part of the military as far back as the American Civil War, serving as nurses, janitors, and cooks. Today, women have broken out of these stereotypical positions, enlisting in military occupations ranging from intelligence, to artillery, to aviation support. Many women have been commissioned as officers and have taken command of troops and units in all military branches.

Looking back, the first major step in the advancement of the role women played in the military came around 1901 with the establishment of the Army Nurse Corps. During World War I, 21,480 Army nurses served stateside and overseas, and 233 bilingual women were trained as telephone operators and sent to work at switchboards near the border in France. During WWII (1941-1945), more opportunities arose for women through the Women's Army Corps (WAC), Women Air Force Service Pilots (WASP), and Women Accepted for Volunteer Emergency Service (WAVES). Later the Army-Navy Nurse Act of 1947 made the Army Nurse Corps part of the Army giving permanent commissioned officer status to Army and Navy nurses. Over the course of the Vietnam War, the Gulf War, and Desert Storm, women became more integrated into the military. By the turn of the millennia front-line positions were among the few remaining occupations still considered only for men.

Recently however, the military has opened the doors for females looking to enlist in combat occupations. Leon E. Panetta, former U.S. Secretary of Defense, lifted the military ban on women in combat in 2013, giving the military branches until May of 2015 to report implementations plans and until January of 2016 to complete the process of integration.

Today, women work side-by-side their male counterparts in the U.S. military and, as such, get equal treatment and benefits. On March 12, 2015, the Inland Empire Veterans Mental Health Collaborative will host a "Caring for Women Veterans" workshop in honor of Women's Military History month. This collaborative is set to take place from 9:00 a.m. to noon at March Air Reserve Base in Moreno Valley. At the VSC we are encouraging all veterans to attend. For more information, see page 4.

Best Selling Author Provides Advice to Veterans' Writers Group

On Jan. 31, best-selling author Vanessa Boone (her real last name is Boekenooen) stopped by the Veterans Writers Group, which meets one Saturday a month at the Veterans Success Center. She is an Amazon bestseller, Nook bestseller, and was recently recognized on USA Today's bestseller list for her first novel *Bound to You*. Vanessa is a CSUSB alumna with a bachelor of arts degree in English literature. The Writers Group asked her about writing, eBooks, publishing, and using social media to promote her books.

Vanessa took Professor Andreas Kossak's screenwriting class in 2011 because she thought it would be fun. She credits the class with inspiring her to write her first novel in a series similar to a television show. Although she wished that she had majored in creative writing, her literature background helped her by making her aware of passages that dragged on and those that gripped her attention. She advised the writers to think about the audience they are writing for--are they scholarly, the general population, veterans, young readers, etc.?

Even though Vanessa is a best-selling author, she continues to work full-time for a local non-profit and writes at night. She has always liked writing short stories and through research discovered that serial novels were popular with readers. In May of 2014, she self-published her first volume of 20,000 words and began to build her relationships with readers through social media. By June, she had published the second installment and saw a big jump in sales. In August, she published the final volume, which doubled in sales and she received a great deal of positive buzz.

Vanessa provided welcome advice to the group of new writers, cautioning the group to be wary of individuals offering services as there are many people trying to take advantage of self-publishing authors. "If you can do something yourself, do it! Find another author to serve as a mentor and a good editor to assist with fact checking, finding inconsistencies, and helping with grammar," Boone stated.

Further, she related that the work is not over once the novel is published because in today's market authors need to market themselves to readers, which for Vanessa means nearly two hours per night following up with her readers.

For more information about Vanessa Boone and her book, click on link http://www.amazon.com/Vanessa-Boone/e/B0064VXM3G/ref=sr_tc_2_0?qid=1422653311&sr=8-2-ent. If you have a passion for writing and are interested in joining the Student Veterans Writers Group, email Marci Daniels at daniels@csusb.edu.



Vanessa Boone, Elizabeth McCarley, Agustin Ramirez, Professor Kossak and George Aguayo



The DEN provides meals for students during times of financial trouble. The DEN located at the Faculty Office Building, Room 227, is open on the second and

fourth Wednesday and Thursday of every month. It is a food pantry associated with the Helping Hands Food Pantry in San Bernardino, however, they do take donations from campus clubs and organizations. This small help can go along way for student veterans as sometimes even VA benefits can fall short, and knowing that you and your family can have a meal every night is the world lifted off of your shoulders. For more information call (909)537-7387

PDC VSC Valentine's Day



Evelyn Trejo and PDC students

"Traditionally, Valentine's Day is a special day to show one's love and appreciation for others. The Palm Desert Campus (PDC) Veterans

Success Center did not want to stray from this tradition. As such, Valentine's Day was celebrated with appreciation cards for our student veterans, active service members, and VA Loma Linda veterans.

The event took place on Feb. 11, in the Rogers Gateway Building. Students, faculty, and staff joined us in writing their own personal messages to our wonderful men and women serving in the military. It was a great opportunity to unite everyone at the Palm Desert Campus to demonstrate their appreciation and acknowledgement of our military members. The success of the event brought in a total of 70 cards personalized by PDC students.

These Valentine appreciation cards had unique messages dedicated to the three different groups they were designated for. Upon completion, cards were delivered to

the Palm Desert VA Loma Linda Clinic as well as the 29 Palms Marine Corps Base. The Veterans Success Center, however, wanted to go a step further in demonstrating its appreciation towards PDC's veteran students. The cards written for our veteran students were displayed in the Rogers Gateway on the main staircase near the Student Center. This location receives the most traffic on campus. The display of these Valentine cards was essential to demonstrate the honor and admiration towards our veteran students.

The positive response and admiration from our students towards our veterans on campus was inspiring. One PDC student named Oliver wrote, "You wear your uniform with much pride. We're proud and honored of you in your role as a student and veteran. Happy Valentine's Day!" This among many other messages was a great representation of the unity and support from our campus. We thank everyone who joined us and helped make this event possible. Remember that every day is a good a day to thank a veteran.



PDC VSC Open House

The Palm Desert Campus Veterans Success Center initiated its winter 2015 quarter with an Eagle Appreciation Open House event. Students, faculty, and staff joined us in celebrating the American Eagle and its symbolic representation of our country's strength and freedom. We knew this would be the perfect opportunity to also reflect those same characteristics that are present and exemplified by all military service members.

Those who attended the event received tours of our new center and information regarding our services to students. In addition, all attendees were given a special American Eagle pin that they could proudly wear in display of their support for our military service members.

This event drew 46 attendees and was marked as a success as all people attending grew in their awareness of our center's services. To tour the center, drop by Health Sciences Building, Room 105.



Chocolate Cake Day

The VSC takes pride in giving back to those who have served or are serving so valiantly in all the different branches of the military. A great assortment of holiday and military celebrations have taken place over the course of the VSC's history. Recently, however, the new social activities representative has taken a step to get the veterans who use the center to socialize amongst themselves by starting "Zany Holiday" celebrations. Each month one holiday, however popular or unpopular it may be, is chosen to encourage veterans to not only come to the center more often, but be social with each other as well. So the idea of celebrating zany holidays was to have veterans, active duty military, and ROTC cadets spend a bit more time together. The first zany holiday celebration, "Chocolate Cake Day," was held on January 27, 2015. The VSC gave out slices of chocolate cake for free to any and all visitors. As you could guess, there was no cake left over — who could resist chocolate? Many thanks to Ralphs for providing the cakes.



Stephanie Riley, U.S. Navy Reservist, Eduardo Verdugo, National Guard Member, and Victoria Beltran, US Army Reservist

The Veterans Success Center presents the
S.T.A.R.S. Seminar Series

ARE YOU
ELIGIBLE FOR A
FREE
EDUCATION?

WORLD PREMIER ON

2.25.2015 11:45 A.M. - 1:30 P.M.

AT

CALIFORNIA STATE UNIVERSITY, SAN BERNARDINO'S
VETERANS SUCCESS CENTER

FEATURING GUEST SPEAKER

ADAM UHLHORN, CVRC / QRP
CSUSB ALUMNI

The sessions are open discussions on topics that we know are important to our student veterans. The sessions are moderated by experts but driven by the attendees! The free one-hour sessions will be held by the Veterans Success Center each month at 11:45 a.m. and best of all, we provide the *lunch for free*.

INLAND EMPIRE VETERANS MENTAL HEALTH COLLABORATIVE CARING FOR WOMEN VETERANS

March 12, 2015
9 a.m. - noon



RSVP: Linda Umberg
(909) 387-5986
Linda.Umberg@calvet.ca.gov
Must register by Feb. 25, 2015!

Location: 390 Minuteman Way
Bldg. 2275
March Air Reserve Base
CA 92518

First 40 participants to RSVP will be eligible to tour the 163rd Reconnaissance Wing.

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



How Do You Prepare For Midterms?

Vanessa Aguirre

National Guard Member, Army ROTC



A week before midterms, I study every day for about an hour or two. I go over the study guide questions and make my own study guide with the questions and answers to study off of. I also reread all the chapters and take notes from them. Then I

go onto the online course and redo the homework questions because it gives you that option in some of your classes. That's how I prepare for midterms.

Jovany Lara

USMC Reserves



When midterms come around, I begin planning in advance. I give myself plenty of time to study, especially if drill will interfere. How well I manage my time will determine my performance throughout midterms. Also if the professor has a "review day," I study the day before, and make notes of the areas I need clarification on. This way, I can ask about specific areas, rather than being unprepared. I believe being prepared boosts confidence which, in-turn, leads to better test scores.

Jessica Jimenez
USMC Dependent



Studying for mid-terms takes a whole bunch of getting to know yourself. For me particularly, I like to separate myself from all the noise and/or distractions that are around when I study. Such as, finding a quiet room to study in or listening

to soft music with headphones on. Studying for each class is something that I do everyday for just an hour or two and I read over all my notes and skim through the book for further examples or explanations. Studying one or two weeks before an exam can be really, really helpful because I can visit professors during office hours and ask them any questions I have before the test. Good luck!

Laura Gonzalez
Navy Veteran



I study by sitting in a quiet place and reading the textbooks. After that, I go over the notes that I write during the lectures. I like it when the professors provide me with a study guide so it can narrow down exactly what I need to know. I also drink coffee to stay awake because studying can get boring. I'd rather study alone as study groups can get distracting because I tend to socialize instead of study.