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Issue 35
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Veteran's Inland Empire Mental Health Collaborative

As reported by William Lewis, VSC Student Assistant

The Veterans Success Center held the IE Mental Health Collaborative (MHC) in February. The IE MHC 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. The goal of this collaborative is to increase public awareness of the unique needs of veterans who struggle with mental health challenges. The most recent session involved three keynote presentations that discussed the different aspects of mental health as it relates to members of the veteran and armed forces community.

The VSC reached out to four different professionals on the topics of post-traumatic growth, stress burnout and compassion fatigue, and transitioning vs. returning. Speaking on the subject of post-traumatic growth, Dr. Nancy Farrell and Dr. Palak Kothari discussed how an individual can develop positive coping strategies with assistance from trusted community resources (e.g. church, therapist, psychologists, etc.). Both doctors are professional psychologists at the VA. Both doctors have several years of experience in assisting veterans with treatments for PTSD. Speaking on "Stress Burnout and Compassion Fatigue" was Mark Mitchell. Mr. Mitchell is licensed in family therapy, and serves as a co-chair for the Behavioral Health Team for the Los Angeles Veterans Collaborative. He is an adjunct faculty member at Loyola Marymount University. The final presentation "Transitioning vs. Returning: A Warriors View of Life After Combat" was given by David Danelo, an adjunct professor at the University of Texas in El Paso. Mr. Danelo writes about international affairs, consults on border security and management, advocates for and coaches U.S. military veterans, and conducts global field research. A graduate of the U.S. Naval Academy, Mr. Danelo served for seven years as a Marine Corps infantry officer. His assignments included a deployment to Iraq in 2004. After leaving active duty, Mr. Danelo wrote three critically acclaimed books, including "The Return: A Field Manual for Life After Combat".

All presentations were well received by the audience. The one that was reported as the most impactful was David Danelo's presentation. His ability to combine professional discourse along with his personal experience and engage with the audience contributed to his reception.

The event was held in the Norman F. Feldheim Central Library, and these events are held on a quarterly basis. If you would like to be involved or attend one of these events in the future be sure to contact the VSC or Jaime Espinoza at vsc@csusb.edu or jespinoza@csusb.edu for more information and to be included on our email server for future communication.



Look What's Inside...

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CSUSB Veterans Success Center

St. Patrick's Day

Written by Jason Patrick Greene

St. Patrick's Day or "Lá Fhéile Pádraig" in Gallic¹, celebrates the patron saint of Ireland every year on the anniversary of his death. Traditionally, St. Patrick is thought to have died on March 17, 461 ACE². While the people of Ireland celebrated the Feast of St. Patrick as a Catholic holiday, the Irish immigrants in Boston were the first to celebrate St. Patrick's Day as a way to reconnect with their roots³. The first celebrations were held in 1737, and thus began the traditions that we continue to see, including: feasting, drinking, and wearing green. Parades were added in 1762 when a group of Irish soldiers marched down Broadway in New York City³.

The Man, The Myth, The Legend

Most of what we know about St. Patrick comes from his autobiography⁴. He was born to a Roman family in Brittan during the late 4th century. He was captured as a teenager and taken to Ireland as a slave. After six years, St. Patrick managed to escape and was eventually reunited with his family in Brittan. St. Patrick describes in detail a dream that called him back to Ireland as a missionary. Upon his return to Ireland, St. Patrick worked to convert non-Christians to Christianity until his death⁴. He is best known for using a three-leaf shamrock to explain the Holy Trinity, and driving the snakes out of Ireland³. The legend about snakes is that Patrick chased all the snakes into the sea with a powerful sermon after they attacked him during a 40-day fast he was taking part in on top of a hill. Although the archeological record shows the story is just a myth³. Another popular myth about St. Patrick is that he planted his staff in the ground and it grew into a tree³. Not long after his death, St. Patrick was lauded as the patron saint of Ireland².



Fun Facts

- The name Patrick – Originally comes from the Latin *Patricius*, meaning “nobleman”⁵. St. Patrick was given a different name at birth, and adopted the name Patrick as he began his ministry in Ireland².
- Corned beef and cabbage — Many Irish immigrants to the U.S.A. were poor, and this was the best meal they could afford². Cured and cooked much like Irish bacon, it was seen as a tasty and cheaper alternative to pork; and, while potatoes were certainly available in the United States, cabbage was a more cost-effective alternative to income-challenged Irish families.
- Drinking — Many Irish are Catholic, and the Feast of St. Patrick falls during the Catholic season of Lent. During Lent, Catholics commonly abstain from drinking, but the Catholic church gives the Irish a reprieve from the Lenten traditions to celebrate their beloved saint³.
- Wearing green — Originally, blue was the color that was associated with St. Patrick⁶. However, as the idea that St. Patrick used a shamrock (the national plant of Ireland) to teach the Holy Trinity became more popular, so did the color green. Men would place shamrocks in their lapels to celebrate their heritage⁶.

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Important Dates in the Spring Term

First Day of the Standard School week	3 April Monday	Summer Priority Registration Begins	1 May Monday	Stole Ceremony	9 June Friday
<u>VSC</u> : Spring Fling Resource Fair	13 April Thursday	S.T.A.R.S. VIII Seminar	11 May Tuesday	Finals Week Begins	13 June Tuesday
Summer 2017 Advising Begins	24 April Monday	VSC Armed Forces Day	17 May Wednesday	CSUSB 2017 Commencement	17 June Saturday
S.T.A.R.S. VII Seminar	25 April Tuesday	PDC Armed Forces Day Celebration	19 May Friday	Detachment 002 AF ROTC Commissioning Ceremony	18 June Sunday
		VSC Memorial Day Ceremony	24 May Wednesday		
		PDC Memorial Day Ceremony	26 May Friday		



Ross McIntosh

I am currently a part time lab instructor in the geology department (In officialese I am a part-time lecturer in the Department of Geological Science). I've been teaching introductory geology labs for 14 years now. Thanks to my retirement check I can afford to work on a part time basis (making me semi-retired). Because of my experience, I've become the geology lab coordinator. This means I get a little extra pay to set up the labs, teach new instructors the ropes, and as I've found out, I'm now also expected to set other instructors right if they do something improper.

I was in the Air Force and retired as a master sergeant (E-7). During my 20 years in service I was a meteorologist. I started out as a weather observer, progressed to being a weather forecaster, then a weather station chief. I also spent a year working as a first sergeant. Weather taught me independence and humility. Independence because every observation or forecast was my own. When you put your name on that product it became yours for better or worse. Humility because when you blow a weather forecast everyone knows it! From a practical point of view, weather forecasting is about integrating lots of data, some of it contradictory, to reach a conclusion. Somewhere along the line I also learned a bit about managing people and getting them to do good work.

Since retiring from the Air Force, I got my B.S. in geology from here at CSUSB. I worked in the private sector for three and a half years or so after graduating. I learned that compared to the military, private management practices are inferior and that a lot the writing skills I learned in the Air Force and at CSUSB were not what I needed in the industry. I also learned that the teaching skills I learned in the U.S.A.F. came naturally to me when I was given a chance to use them. I started doing substitute teaching and ended up teaching here full time. My private sector experience gave me some extra professional geological insight I draw on when teaching. It also taught me how to advise folks who wonder about what kind of work geology majors can look for and what to expect in a work environment.

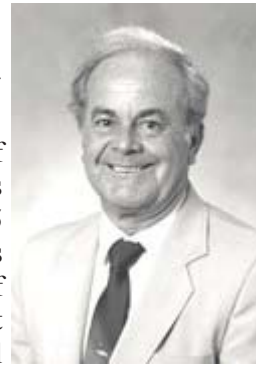
I don't mind being an unofficial resource for veterans on campus. I don't want to get into any formal arrangements in case it messes with my semi retired status, but if any vets come my way I'll be glad to make them feel welcome and help out if possible.

Passing of Richard Ackley

Excerpt from *The Spectrum*

Richard Ackley passed away on the 2 February 2017 at the age of 88 in his longtime home in St. George, Utah, where he and his wife, Joan, spent many pleasant years in retirement.

Dr. Ackley received his Ph.D. in international relations from his alma mater, the University of Southern California. He and his wife built a home in the mountains of Wrightwood where he launched his career in academia. He taught strategy and defense policy at USC, the University of Redlands, and for 15 years at the California State University San Bernardino. He was a consultant to Science Applications International of Washington, D.C. Dr. Ackley authored many articles and contributed to books in the field of strategic studies and defense policy. He was the founder of the National Security Studies graduate program at the California State University, San Bernardino. In September 1990 he became professor emeritus of political science and director emeritus of national security studies.



In 1989, Dr. Ackley and Joan both retired and moved to St. George, Utah, where they built their dream house near the Bloomington Country Club. He served on the board of directors for several years, and thoroughly enjoyed the friendships and camaraderie built from hours of play on the links, and country club dining events.

Dr. Ackley, an only child, was born in 1928 to Tom and Lorraine Ackley. He spent much of his non-school hours in the family bakery located adjacent to the University of Southern California. Tom and Lorraine came to know the faculty and students at USC and wanted nothing more than for Richard to grow up and graduate from this private university. He did, entering through the U.S. Navy's ROTC program. In 1950, he received his commission and became the first in his family to earn a college degree. Dr. Ackley married Joan in a naval wedding service and shortly after deployed on his first assignment aboard the destroyer Brinkley Bass to support the Korean War. After graduation from Submarine School, he served in operations GREENFISH and CARP from 1952-1956. His son Steven was born in 1953, and his daughter Karen in 1956.

Services were held on Tuesday 7 February 2017 at 11am at the Metcalf Mortuary Chapel, 288 West St George Boulevard, St. George, Utah. In lieu of flowers, the family welcomes contributions to the Wounded Warrior Project.

Interview with the Doctor, Dr. Rachel Keener



I am a psychologist here at CSUSB. As well as being a counselor I am also the coordinator of group and workshop programs. One of the reasons I became involved with the VSC was because of the famous Joe Mosely. He asked me to be the advisor of a Veterans Serving Organization (VSO) in 2009, which would become the Veterans Support Group (as it is called now). My VSC involvement came about when Marci Daniels came in as a director for the VSC. Marci had the idea for the "Brown Bag Lunch Series", which got people to show up, and I had the contacts to get people to speak on a variety of subjects that benefited the veterans who attended.

I am a member of the Air Force Air Guard at March Air Reserve Base as a behavioral health officer. It was suggested to me by Chaplain, Maj. David Sarmiento, Wing Chaplain of 163 Reconnaissance Wing of March Air Reserve Base, to join the Air Guard. I have had an interest in the military for a multitude of reasons, one of them being my brother served in the Army. I speak in regular intervals about the different issues that troops can face regarding their mental health, and specifically on resilience. Currently I am even

holding a talk with pilots about the importance of exercise on health.

My interest in psychology started while I was young. I had family members in the social science field, which was a surprise to my grandparents, who were farmers. I became really interested in the subject during college. During my sophomore year I was already asking about grad school. After college I worked as a psychiatric technician at the Psychiatric Institute of Washington (D.C.). Later I went on a mission aid trip to Kosovo for 5-1/2 months to help with the rebuilding process after the attacks directed at the Albanian population.

I enjoy a number of activities such as reading non-fiction, running, and I like to travel. I've already been to Iraq, India, Lebanon, Germany, Macedonia, Egypt, El Salvador, and others. The only continents I haven't been to yet are South America, Australia, and Antarctica; emphasis on yet. I have a few goals I would like to see accomplished. One thing I am working on right now is partnering with the Interfaith Center to collaborate with religious community leaders to attend a regular dialogue with other religious community leaders in an effort to promote understanding and kindness. I would like all people to know that therapy benefits everyone, not just the "damaged" individuals. It should be treated more like a regular health checkup along with your physical health.

PALM DESERT CAMPUS HIGHLIGHTS

Article by: Doug Ludtke



The Palm Desert Campus Student Recreation and Fitness Center has opened. It is located across the street from campus. The new student center offers a healthy

social environment where you can take advantage of weight training, cardiovascular machines and group fitness classes. You can also have some fun in the sunshine on our basketball and volleyball courts. Strength comes in many forms, and the students of the CSUSB Palm Desert Campus are here to keep you fit for summer. Combined with the best-in-the-business personal trainers and nautilus equipment, our Palm Desert Campus Student Fitness Center helps to improve the quality of campus life.

Located: Palm Desert Student Fitness Center

36801 Cook Street. Suite #2 Palm Desert, CA. 92260

**Hours: Monday-Thursday, noon-8 p.m.
Friday, 8 a.m. - 4 p.m.**

Phone: 760- 341-2889 Ext: 78233



Student Interest Story

Interview by: Vanessa Figueroa

I was born in Northern California in a small town called Auburn. It's northeast of Sacramento, and the Dwight D. Eisenhower Highway runs smack through the center of it.

I always knew I would join the military because I wanted to gain experience and expand my education. I was a military police officer (31A) for three years. I decided to go to college to pursue my bachelor's degree in criminal justice and further my opportunities.

I received my associate's degree in Administration of Justice from College of the Desert. I felt a huge weight off my shoulders knowing that I had reached one of my goals.

I have learned throughout my college experience how to develop better organization and critical thinking skills. Now I am able to assess any situation that arises using different perspectives. These are skills that I used in the military. Today as a man of broadening horizons, I get to apply them more broadly.

Sean Fox



March and Review!



Geo Kakkar, USMC Veteran

Major: Sociology

I have two recommendations for students. In regards to studying more effectively, I would pass on the advice of studying a little bit everyday. Think of it as reviewing a little bit each day. This will lead toward retaining more information. By doing this you can become an expert in no time at all. A second word of advice is to overcome fear. Do work with confidence. On test day when fear is in the air, do not mingle with it, or with students who are enriched by it. Instead see yourself passing your exam with confidence from proper studying. With preparation, you won't know fear of one hundred exams.

Regrettably there is no one I can speak more highly of over another. I am blessed to be surrounded by students, friends, and faculty that have all in some way, shape, or form passed value on to me. Directly or indirectly, they have helped become a better version of myself. I would like to give a special thank you to my mother. Not only was she my strong moral support, she also trained me to know myself and to always seek self-improvement.

March is the time of year I enjoy celebrating life to the fullest. It's a fun month, especially coming out of winter. March is the month of my birthday, spring break, and the ending of a successful academic year. I'm actually graduating this March, too, and I can't wait to apply my skills. I plan to pursue a multitude of ventures, including support entrepreneurs and businesses. I would like to hold political office down the road so that I can contribute even more to society.

Drew Mullins, Army ROTC Cadet

Major: History

A helpful tip I've learned as a student is this: Preparation is key. Cramming the night before and rushing to class with no sleep is far less effective than studying a few days before, getting adequate rest, and entering the test in a calm state of mind.

My favorite person would have to be my grandfather, Rudy Ornales Bustos. He was never rich with money or educated beyond the 8th grade, but he's well known and well respected in his community. He's a diligent Christian, a hard worker, and a proud American who never forgets his Mexican heritage. One of my many goals in life is to replicate his noble character and the respect he has earned among his peers.

I graduate in two years. Seeing how fast these past two years have gone by, I know that's no time at all. I look forward to being an officer in the U.S. Army and can't wait to see what job I'm assigned and what men and women I'm entrusted with leading.



Drew (R.) and the John M. Pfau statue

When I need motivation I have a good story. I was at training in Kentucky and I had one of the worst days in my life. With only an hour of sleep I had spent a whole day standing in long lines at Central Issue Facility for gear, running to and from trucks, unloading gear, and getting yelled at by drill sergeants. Incorrect behavior was corrected through physical exercise! Finally, at the very end of the day, all the cadets were packed onto a bus to go back to the barracks. Just as I thought I was going to get some sleep, Drill Sgt. Ross stands up and yells "Hey cadets! This is the motivation bus! I need some motivation! Sing me a song!" So all the cadets sung variations of "Wheels on the Bus" for the 30-minute bus ride back to the barracks.



Maria B. Joves, Navy Dependent

Major: Biology, Pre med

The most helpful advice that I learned about studying and test taking was from attending one of the S.T.A.R.S. seminars held in the Veteran's Success Center. The advice that I would pass on is study groups, but preferably not with friends (more studying can be done rather than getting distracted).

My all time favorite person is my dad. I say that he is my favorite because he is the most supportive and caring person I know. I admire all the hard work and sacrifices he makes in order to provide for our family. He inspires me to better myself and to work hard for everything; anything seems possible when I have his support. March is just another month for me however, this month's a little more exciting because for spring break, I'll be going to New York with my family. It's exciting is because we have a new little baby cousin. Family is super important to me so I can't wait to see the new bundle of joy.

My favorite story to tell is when my dad came home after a 5-month deployment. I was in the 2nd grade and having a birthday celebration with my class. My dad had told me that they weren't scheduled to go home until the week after my birthday; I was kind of bummed. He actually came and surprised me! I will never forget running up to him to give him a hug. It felt like it was in slow motion. I burst out with tears of joy. I missed my dad so much. Every homecoming was the happiest of days. I'm super thankful that my dad came home safe and sound.