



# Military Outreach USA

## Stand By Me Heroes

3020 Milwaukee Avenue, Northbrook, IL 60062

Winter 2025

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### OUR MISSION

*Military Outreach USA is a faith-based Judeo-Christian organization focused on Veterans and First-Responder Communities, regardless of their denomination or beliefs, demonstrating the compassion, love and healing of Christ our Lord*



WHEN YOU CAN'T RUN YOU WALK,  
WHEN YOU CAN'T WALK YOU CRAWL  
AND WHEN YOU CAN'T CRAWL  
WE WILL CARRY YOU



### A message from our Founder

**Major General (Ret) James H. Mukoyama**  
U.S. Army 1964-1995

Chairman & CEO of Military Outreach USA

Our nation is currently experiencing a very critical time in our history. October's natural disasters in the southeastern part of our country affected millions of our citizens and will exacerbate an already tenuous situation for our economy still reeling from inflation and a virtually uncontrolled southern border. We are in transition from our recent national election. On top of that the world has become increasingly unstable with wars in the middle east and eastern Europe and potential crises in the far east. We thank each of you who exercised your right and obligation as a citizen of the United States to vote for the candidate of your choice. We can be confident that, as always, God is in control.

In this issue of our newsletter, you will see how we have continued to be blessed with volunteers and community organizations and houses of worship involved in our activities to serve our military community and their families through our Veterans Exiting Homelessness Program, our Stand-By-Me-Heroes program, our progress in support of a Veterans Community Center and our new Moral Injury Research Program led by Dr. John Bair. The public response to my book "*Faith, Family & Flag*" continues to result in invitations to speak to corporations, churches, Veteran Service Organizations and government entities. The topic most

requested is Moral Injury in connection with suicides.

We have entered the time of year where we traditionally seek financial donations from our loyal supporters and the public. Military Outreach USA is able to offer our services free of charge to Veterans and their families because of the generosity of our supporters including houses of worship of all faiths; Veteran Service Organizations such as the American Legion, VFW and Marine League; community service organizations such as Rotary International, Lions Clubs, Knights of Columbus and Lutheran Church Charities. We ask for your prayerful consideration to support our missions, especially helping homeless Veterans and reducing the epidemic rate of suicide among our military Veterans. Donations can be made by clicking here [MILITARY OUTREACH USA](#).



## A message from Chappy

Chappy Ferrer, President

### OPERATIONS UPDATES

We are excited for another year above ground and new opportunities to serve our Veterans and First Responders who struggle with the invisible scars of war: Moral Injury, Post-Traumatic Stress, Military Sexual Traumas. The number of 22+ veteran suicides per day and First Responder suicides have not been reduced. We should not have to rely on our government to shoulder the brunt of these issues, if we proclaim we are a grateful nation.

**Stand-By-Me Heroes program.** We remain focused on our heroes suffering from invisible scars of war. We will continue training individuals as Foxhole Soul Counselors, finding individuals who can meet with veterans and first responders face-to-face, guarding their six and helping them get on-track toward restoration and recovery. As Individuals consist of mind, body, and soul, if we are not treating all of these elements that make and define humans then we will never win this battle. With our partners from American Legion, Disabled American Veterans, Rolling Thunder, Veterans of Foreign Wars and others we are focused on solutions, not talk.

**Veterans Exiting Homelessness program.** Since 2016 our team provides Move-In-Essentials and Beds-for-Vets. Any team of two or more individuals can start a Move-In-Essentials project to collect basic items needed by recently homeless veterans in partnership with local VA facilities. Since 2016 we've been training and guiding individuals and organizations across the nation.

**Moral Injury Research.** Our heroes can be suffering from the invisible scars of war. I hear many who don't want to focus on PTSD, TBI or other issues: they simply want their innocence back and are not able to sleep or function in our society due to their traumas. Our programs are changing the tide to help our veterans. Dr. John Bair and his team are focused on finding solutions.

**Fundraising Team.** Angela Walker (Rotary International) is compiling a team

to schedule fundraiser events. No matter your location, join us and save lives.

**Donations.** We hope you encourage our efforts to our Veterans and First Responders by going onto our website [www.militaryoutreachusa.org](http://www.militaryoutreachusa.org) and donate to one or more of our programs. Our teams are small and efficient. If you would like to get involved go onto our website, send us an email and let's prepare for the summer.

**Stand-By-My-Heroes initiative.** Our focus is suicide prevention and solutions (22+).

**Mission:** Raise \$5M to convert existing buildings into an SBMH Veterans Community Center. We have used this model in Missouri and plan to expand in the greater Chicagoland.

**Phase 1:** Convert building to temporarily house 50 homeless female, male and veterans with children.

**Phase 2:** Convert a second floor to permanently house homeless veterans. Our teams are small and efficient made up by civilians, retired NCOs and officers. Who better to engage those struggling with the invisible scars of war? Are you and your organization interested? Join us and let's make a difference to those who have sacrificed much. We are a grateful nation.

**Operations Team**

**James H. McKeown, Jr.**  
Executive Director

**Phil "Chucky" Parke, MPA, PMP, PCCO**  
Executive Director & CEO

**Paul Whelan**  
Executive Director

**Contact us via our website:**  
[MilitaryOutreachUSA.org](http://MilitaryOutreachUSA.org)  
or call 877-734-4244

**Donate online at:**  
[MilitaryOutreachUSA.org/Donate](http://MilitaryOutreachUSA.org/Donate)

**Stand By My Heroes Veterans Community Center Vision Project**

**Mission:** Provide a facility for veterans seeking housing and medical care in the greater Chicago area. The facility will be converted from an existing building and will be used to house 50 homeless veterans and their families. The facility will also provide a safe and secure environment for veterans and their families. The facility will also provide a safe and secure environment for veterans and their families.

**Facility:** The facility will be converted from an existing building and will be used to house 50 homeless veterans and their families. The facility will also provide a safe and secure environment for veterans and their families. The facility will also provide a safe and secure environment for veterans and their families.

**Having a need for more health care and facility?**

**Military Outreach USA**  
3030 Milwaukee Avenue, Northbrook, IL 60062

# Veterans Community Center (VCC)

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**Phase 1: The Proposal**

1. Develop and submit proposal with full business plan and budget to the SBMH Veterans Community Center.
2. Secure approval of SBMH Veterans Community Center.
3. Complete financial statements, lease agreement, and other required documents.
4. Complete facility readiness plan at the ready.

**Phase 2: Funding/Sponsorship**

1. Identify major sponsors and secure funding and in-kind contributions.
2. SBMH Veterans Community Center provides support and assistance.
3. Complete funding to build out space and support the program launch.
4. Prepare and begin work of the site to include construction and fit-out.
5. Use raised funds and other income to offset program launch expenses.

**Phase 3: Operations**

1. Complete fit-out and construction of facility.
2. Complete all required permits, licenses, and approvals.
3. Complete all required insurance and bonding.
4. Complete all required health and safety.
5. Complete all required fire and life safety.

**Phase 4: Facility Launch**

1. Complete all required permits, licenses, and approvals.
2. Complete all required insurance and bonding.
3. Complete all required health and safety.
4. Complete all required fire and life safety.

**Phase 5: Serving Opportunities**

1. The facility will be used to:
2. Provide services and support to veterans, their families, and communities.
3. Provide a safe and secure environment for veterans and their families.
4. Provide a safe and secure environment for veterans and their families.
5. Provide a safe and secure environment for veterans and their families.

**Veteran Agreement**

Agreement to be signed by the veteran:

1. Continued care of a VCC is the responsibility of the veteran.
2. The veteran agrees to provide all required information and documentation.
3. The veteran agrees to provide all required information and documentation.
4. The veteran agrees to provide all required information and documentation.
5. The veteran agrees to provide all required information and documentation.

**Yes! I want to support the Stand By My Heroes Veterans Community Center!**

I would like to provide:

A Member contribution of \$50/month for 24 months

A Member contribution of \$100/month for 24 months

A Member contribution of \$150/month for 24 months

Other \$ \_\_\_\_\_ for 24 months

Other \$ \_\_\_\_\_ for 24 months

**Proceeding through SBMH Veterans Community Center to:**

and call by:

1111 S. Green Street, # 4000  
Yorkville, IL 60595  
MilitaryOutreachUSA.org  
or by calling 877-734-4244

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City/State/Zip:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

SBMH Veterans Community Center is a 501(c)(3) non-profit organization. All contributions are tax deductible as allowed by law.

Friday, April 29, 2022 11:08 PM

Scan QR below to access to brochure and donation card.



## VETERANS COMMUNITY CENTER PRESENTATION

# HEROES



## Marine Walks Across America to Prevent Veteran Suicide

**Ron Zaleski began his walk from Key West Florida on September 11, 2024 and expects to arrive in San Diego CA in June 2025. This 73 year old veteran's mission is clear - to make sure no veteran dies by suicide on his watch.** With more than twenty US veterans dying by suicide every day, Zaleski wanted to help prevent this national tragedy. His goal is to create a movement that can affect change on a national level.

He is walking twelve miles each day for nine months to complete his 2,700-mile journey. Along the way he will be joined by community leaders, veterans and the general public. They will help him spread the word about the steps every American can take to make a difference in helping veterans that are at a crisis point and at risk for suicide.

This is not his first walk across America. In 2010 he walked barefoot with a similar mission. That experience led him to form a non-profit organization - The Long Walk Home - that has helped more than 2,000 veterans with Post Traumatic Stress learn the coping skills needed to live more fulfilled lives and hopefully, not consider taking their own life. "After working with veterans for the past eighteen years as the founder and executive director, I know our program causes a transformative shift in the trajectory of their lives, I have seen first-hand by supporting these veterans and their families we have been able to turn their anger into mindfulness, heal damaged relationships for themselves and their loved ones, and create a new mission," Marine Zaleski said. "In addition, my hope is by creating a movement rather than just my own passion and advocacy, together we can help eradicate veteran suicide."

"The skill sets being offered by Ron Zaleski's program are critically important in being able to adopt optimal success and health not only after leaving the service but in life in general" said Gary, a Marine veteran who participated in Zaleski's program. "Guys just like Gary have literally changed their lives by simply being willing to deal with the after-effects of military life whether they were in combat or not. That is why I walk," Zaleski said.

Anyone who wants to walk with him, view his schedule, honor a veteran, help spread the word or donate can visit The Long Walk Home website - [thelongwalkhome](http://thelongwalkhome) or call (305)399-5354. Coverage is invited throughout the nine-month walk. Interviews with Zaleski are available.

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# Veterans Exiting Homelessness Program (VEHP)



## Beds-for-Vets Program

**Our Veterans Exiting Homelessness Program** includes our **Beds-for-Vets** program. Since 2016, we have **supplied 2,999 beds** to veterans across our nation, thanks to the support of people like you!

Funds for these "Welcome Home" beds come to us from a grateful nation - individuals, schools, VSOs, civic, social and faith-based organizations - to honor veterans for their service and sacrifice and to encourage them in their new lives now that they are off the streets and out of the shelters.

Thank you to all who hold this program in prayer and to those of you who financially support this way of honoring the men and women who served us so well.

*The beds arrived today! Thank you for helping  
our Veterans get 2025 off to a great start!  
Patrick E Gleason, Chief Volunteer Services, Jesse Brown  
VA*

*You guys and the beds make move in special  
for the veterans who have qualified to move  
off the street and into housing!  
HUD-VASH Social Worker*

**If you know of potential opportunities to fund this program and allow qualified Veterans to sleep in their own beds, please let us know.** For some, these "Welcome Home" gifts are the first beds of their very own they have ever had, and it is a great way to show our nation's appreciation for their service and sacrifice.

Many companies want to reward employees (or retirees) who volunteer at non-profit organizations - by matching or giving cash to the organization! It is as simple as asking your employer. Or ask a family member and your friends if they work for an organization that rewards volunteering or matches donations. Contact [TomasaReis@militaryouteachusa.org](mailto:TomasaReis@militaryouteachusa.org) for more information.

## Move-in-Essentials Collections

**8th graders at Sts. Peter and Paul Church and school in Cary IL collected, organized and loaded 464 of these Move in Essential items into the UNITS container. Volunteers from local VAs then distributed them to Veterans in their areas.**



**Making a difference!**



## **A truly UNITED effort to help our Veterans Exiting Homelessness Program.**

It began as a casual comment at an informal dinner with friends. It quickly escalated to Joel Silveria, the Senior Manager who oversees the UNITED4Vets Program at UNITED AIR LINES. After reviewing the PowerPoint Presentation of the Military Outreach USA mission, Joel approved our mission and felt that it fit into the overall program that UNITED Air Lines operates to assist the entire Veteran Community.

Joel then directed us to Garrett West, Aurora Charroud and Bob Gardner at the Chicago O'Hare hub. Being Veterans, they immediately said they would run the Veterans Exiting Homelessness Program in the three main United locations in Chicago, for the months of September and October. Since many of the United employees are Veterans, the response was exceptional. Total donation value of individual employees is estimated at \$6170.



Also, as a result of a meeting with Garrett West, Bob Gardner, Aurora Charroud, General Jim Mukoyama (MOUSA CEO) and Jim Dunne it was determined that United Air Lines would also donate a large quantity of blankets, and travel kits normally used on the aircraft. A wonderful way to keep our Veteran Community warmer, this winter. The Corporate donation totaled 10 pallets of blankets and travel kits with an estimated value of over \$70,000

Pictured here are the key individuals at O'Hare International Airport responsible for the execution of the Veterans Exiting Homelessness Program:



Garret West, Jim Dunne (MOUSA),  
General James Mukoyama  
(Ret) (MOUSA) with Aurora Charroud and  
Bob Gardner.

**Thank you United Airlines for keeping  
Veterans warm this winter!!!!**

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***How you can reach us!***

**SBMH Help line - 877-734-4244**

**For additional information please email us at  
[Info@militaryoutreach.org](mailto:Info@militaryoutreach.org) or leave us a message on our website  
by [clicking here](#).**

***Stand by me Heroes (SBMH) Chapters***

**SBMH Northern Illinois**



**Our heartfelt thank you to Senator Dan McConchie who recently retired as  
Illinois State Senator for the 26th district. He has been tireless in assisting  
veterans and has encouraged and uplifted many. We will miss his positive  
attitude and generous spirit and integrity**

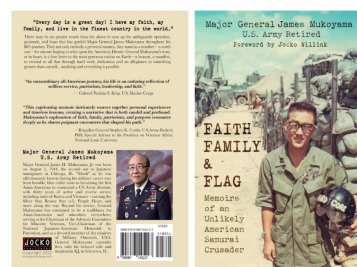


On Friday, Feb 7th, Major General James Mukoyama, US Army-Retired, was the speaker at the **DuPage County Veterans Court in Wheaton IL** for a graduation ceremony of Veterans who completed a rigorous two-year rehabilitation program that resulted in non-violent offenses being

forgiven, avoiding jail time and giving the graduates a second chance in life to re-enter society as contributing members. Each graduate was commended by General Mukoyama for their dedication and commitment to undergo treatment, work with professional health advisors, and perform retribution activities. Mukoyama emphasized his faith and the strength of our nation in providing redemptive opportunities for our citizen. Veterans Court is a growing movement throughout the judicial system in our nation and is extremely successful in reducing the recidivism rate.

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***Faith, Family and Flag:  
Memoirs of an Unlikely American  
Samurai Crusader***  
by Major General (ret) James H  
Mukoyama.



Military Outreach USA's founder, General Mukoyama, is well known for his strong faith, his love of family and his country. He has written an inspiring and personal recounting of his youth, his military career and his work among the Asian American community and his continuing dedication to the veterans who have given so much for our country.

The book is getting lots of publicity from podcasts including interviews by Dennis Prager and Jocko Willink. For a podcast with John St. Augustine: [Listen Here](#)

Books are available through Amazon with net proceeds given to the General's home church and to Military Outreach USA.

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**Support Over Stigma**, one of our partners founded by Zoë Kreiner, focuses on reducing the number of suicides among veterans and first responders. Her team of volunteers provides care packages to deployed troops and first responders to remind them that they are appreciated. Each care package, gift, snack and visit includes cards and letters of encouragement and resources on where to find help if they or someone they know is struggling with thoughts of suicide.

Volunteer to donate items or pack boxes in Geneva, IL. [For more information, click here.](#) or call 630-492-0308

First-responders, active duty and veterans struggling with anxiety, depression,



## UPCOMING EVENTS FOR VETERANS



**March 1 @ 5:30 PM CST Veterans Gala @ Chateau Ritz, 9100 N Milwaukee Avenue Niles IL**



**Sunday, March 2 All you can eat breakfast** served from 9:am to Noon at American Legion Post 208, 121 N Douglas Avenue, Arlington Heights IL Bring your family! Click [For details](#)



The **Chicago Botanic Garden** and the Robert R McCormick Foundation invite veterans to work and learn with other veterans and make professional connections through their **Veteran Internship Program May 19-August 9, 2025**. Interns work on the Chicago Botanic Garden grounds in Glencoe, IL, 32-40 hours a week in a designated area suited to their career path or interests. Salary is \$18.93/hour with a \$50/ week travel allowance, a boot/shoe allowance and uniforms as needed. To apply: <https://tinyurl.com/Veteran-Intern>

*Internship opportunities are also available for veterans at Cantigny in Wheaton IL April 14th to August 1 at \$20/hour. Reach out to Dominique Stevens [at Dstevens@rrmf.org](mailto:Dstevens@rrmf.org)*



**May 3 American Legion Crystal Lake IL Post 171 hosts The Lennon Project** featuring the songs and the life of John Lennon of the Beatles at Raue Center for the Arts in Crystal Lake IL. Open to the public to sponsor, donate and attend this fundraising event. Contact Raue Center 815-356-9212 for ticket information or Charlie Morgan at [chuck452usa@gmail.com](mailto:chuck452usa@gmail.com)



Greater **Chicago Veterans Food Pantry at Hines VA Hospital**, building 9, auditorium. Every Thursday from 10 am to noon. Providing food for those who served. DD214 & photo required.



**4th Thursday every month at 7:00 pm central.** Stand by Me Heroes Town Hall. Zoom discussions on topics of interest for [For more information click here](#). Next meeting March 24, 2025.



### **Recurring Meetings for Veterans**

Quarterly at Veterans Assistance Commission

Monthly/Quarterly meetings of Veterans of Foreign Wars

Monthly meetings Local American Legion Chapters

Monthly meetings Disabled American Veterans, Addison IL 6 PM

1st Friday each month - Naval Station Great Lakes Community event - Epicenter (Bldg. 525) at 4:30 pm CST.



**Animal Therapy** for Veterans and their families. Last Sunday of each month 10:30 AM to Noon. SoulHarbour Ranch, Barrington IL [www.soulharbourranch.com](http://www.soulharbourranch.com) RSVP: Jodie@ 855-408-7685 or call Veteran Liaison USAF Pilot, Lt. Colonel Gina Stramaglio 316-708-9788.



**Military Families - 3rd Monday of each month at 6:30 pm CST in person or via Zoom. New expanded location in Gurnee: Maria's**

Tribe, a support group for veterans' spouses, caregivers, partners and loved ones offers an opportunity for members to share personal experiences, feelings and coping strategies. Maria's Tribe and Bodyworks for Vets, 135 N Greenleaf St, suite 210, Gurnee. 312-818-9721



**Veterans Pet Supply Pantry: 4th Thursday of every month 10AM to Noon at Hines VA Hospital, Bldg 9, 5000 5th Avenue Hines IL in**

conjunction with Hinsdale Humane Society. Includes cat/dog food, cat litter, cat/dog toys 630-323-5630 [Click here for more information](#)



**SBMH Florida**



Chapter director Phil Jelen is in Englewood, FL. He is a proud member of American Legion Post 113, Rotunda West, FL, and VFW Post 5151 in Streamwood IL.

Chapter Directors Rick and Gwen (Leah) McCool are in Seminole FL. Leah serves on the MOUSA Board of Directors and writes the *Worthwhile Women* articles for our quarterly newsletter. Leah is transitioning to the position of our Director of Operations with MOUSA over the coming months.



**The Chaplain's Corner**

***Chappy Ferrer - Founder, Stand-by-me Heroes, Stand-by-My-Heroes and Our Priority Family***

To those interested in spiritual growth - join our weekly devotional, via email. Send email request to: [Ourpriorityfamily@gmail.com](mailto:Ourpriorityfamily@gmail.com). We do NOT share contact information.

2025 is filled with greater hopes and we appear to be in a whirlwind of positive change. Performance is the only truth to determine success or failure.

Temperance and patience are also key toward avoiding anxiety or fear. The simple truth is that too many are entrenched in ideology, academics or their own closed minds are not able to hold simple conversations. Folks, prepare to venture out of the house, contact old friends, make new or attend community events! If you focus on politics, you will lead a miserable life and your heart will have issues. Experience life outside the home and give of yourself to others; partner with others and make a difference to our veterans and their families. Aging in a confined space was/is not God's purpose in our lives as we are to be fruitful and multiply. Winter has slowed much, thus prepare.

To my faith-based brethren: It is our responsibility to pray for past and present administrations when they assumed the helm. No one should trust in himself or man rather than in God. Our responsibility is the sacrificial love of God, in us, and giving unto others NOT spending time as armchair quarterbacks. The Bible reminds us that God is well aware of those in leadership positions around the world. God is in control of world events and has left individual events in our hands to make a difference. Thus, if we are people of faith then trust is required in our faith. How are we doing in the area of trust and faith? Time to repent and find better options in our short lives. Remember, this life is only a dressing room.

Faith is the substance of things hoped for, with no visual evidence at present. As people of faith we have an example of prayer in Christ. If we are not praying in the mornings or before we close our eyes, nor reading the New Testament then we will remain closed and faithless. The great news is that anyone can speak with Jesus. Simply find a quiet place, close your eyes and simply talk. Ask, seek, and knock and He shall respond to our heart. We can fall face down forgetting His relational Grace. However, the Holy Spirit is waiting to wash, to renew our whole person. Be intentional towards God and the road filled with anxiety and fear will fall behind.

Do we read our Bible daily? How would anyone expect to know God without reading His Word? It is time to rekindle our hearts and souls to the New Testament. I recommend the book of Matthew. Need assistance? Send an email or call the Gideons for a copy. I read from several versions of the Bible: the New King James, American Standard and New Living Translation to name a few as I love to study. If concerned with Bible versions, then let me provide an example. Jesus Christ left us a Comforter, the Holy Spirit, to teach and guide humanity. His truth and wisdom begin with our praying and reading. If our heart can come to the right relationship with God, the Holy Spirit will intervene and assist peeling back the curtains over our eyes. Let's begin.

Finally, all men and women have been gifted with a variety of gifts, but not all have the same gifts for a reason. We are created to become relational beings not hermits. Let's work together and weave a solid tapestry and change lives. Servant leadership begins with a foundation, giving, learning and inspiring. We were not placed here for ourselves.

Also, we publish weekly a 5-day short devotional that challenges heart, mind and soul. This devotional goes out to folks in England, India, Indonesia, Philippines and North America. Interested in leading a small faith-based group? Need to speak with someone? Send email to [Ourpriorityfamily@gmail.com](mailto:Ourpriorityfamily@gmail.com). We are blessed! It is time to bless others.

## CONTINUING EDUCATION: Foxhole Soul Counseling



Foxhole Soul Counselors (FSC) from our SBMH Chapters attend events and engage with anyone who asks for 1:1 Soul Counseling. Not only are those who lost comrades continuing to hurt, but we must not forget their families and friends.

We hear souls crying out for someone to 'Stand-by-me.' Our Foxhole Soul Counselors are there to speak with anyone suffering from a soul pain, moral injury or PTSD. Foxhole Soul Counselors focus on faith, not religion, to restore one's whole person and to walk with them as friend, as family.

**These men and women, intervening for others, are making a difference resulting in wounded men and women choosing life instead of suicide. We are grateful for those who befriend those calling out for someone to Stand-by-me!**

More than 22 Veterans each day take their lives because their order of priorities are skewed. FSCs have befriended many and saved lives simply by being a friend. Our FSCs include, but are not limited to, NCOs and officers, counselors, psychologists, nurses, as well as civilians.

These individuals volunteer 10 hours a month engaging and offering support to Veterans and First Responders who are struggling with the invisible scars of wars and traumas, domestic challenges, crime. FSCs speak 1:1 with our heroes and recognize and empathize with their inner battles. Our stabilizing priorities focus, without exception, on God first, then family, country and others. We begin with the most important truth: our mission is to be fruitful and multiply. To those struggling we become one who sticks closer than a friend: One string alone can be pulled apart but multiple strings are not easily separated.

**HELP LINE ((877)734-4244.**

Conversations are private, names are never released and you can use your call sign.

### **SUICIDE AWARENESS & PREVENTION**

Are you worried a Veteran or service member in your life is considering suicide? **ASK.** Asking about possible suicidal thoughts opens communication, breaks isolation, and validates emotions, reducing stigma and providing an opportunity for immediate support. Then, **SEEK HELP.**

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## **Moral Injury and PTSD Medical Studies**

*John P. Bair, Ph.D, Clinical Psychologist, Retired*

*Captain James A. Lovell Federal Health Care Center, Active WOC Researcher.*

*Adjunct Faculty, National Louis University.*

Dr. John P. Bair and Pastoral Counselor and Researcher Katherine Nimrod host

bi-monthly men's meetings on Saturdays in downtown Glenview, IL.

These gatherings focus on Post-Traumatic Growth through conversation, laughter, bonding, storytelling, work, restoration, forgiveness, healing, and being generative.



Referrals Accepted:  
847-302-3110

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## MONTHLY TOWN HALLS VIA ZOOM

*Donna Adams, Behavioral Specialist 40 years (retired)  
BSBA, BSN, MSPsy, BYS, FSC  
Director of Education for Foxhole Soul Counselors*



**4th Thursdays of every month via Zoom**  
**Next meeting: March 24, 2025 at 7:00 pm central**

Thank you to all interested in impacting our veteran and first responders. Attending our monthly Town Halls will benefit all organizations when speaking with our heroes who are struggling with Moral Injury, Post-Traumatic Stress, Military Sexual Trauma and more.

Our mission is to reduce the veteran suicide rate of 22 plus per day and the growing number among first responders. This national opportunity will allow organizations to grow and impact their local communities. We seek to partner with you, create small groups and more.

All of our Town Hall presentations increase awareness of Veterans' needs and concerns as well as the growing number of suicides among First Responders.

Goals for 2025 include:

1. Establish a dedicated women's group tailored to their specific needs, including family.
2. Locating and applying for appropriate educational grants to fund our growth.
3. Active recruitment of new, dedicated Foxhole Soul Counselors.

[Click here to join our Zoom Town Hall](#) 7:00 PM March 24, 2025.

Meeting ID: 849 8231 5899 Passcode: 584428

One tap mobile  
+13126266799,,84982315899# US (Chicago)  
+13092053325,,84982315899# US

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*Worthwhile Women*



## *LISTEN*

*Leah Gwen McCool, SBMH Florida Chapter Co-Director  
Veteran Sergeant, US Air Force, MAT Education Liberty University*

Aren't you thankful for technology? In the information age, individuals with cell phones possess tiny computers. Depending on the device, a person can merely speak into the phone and ask for information. According to a study from the University of Arizona (Blue, p. 2) men and women speak approximately 16,000 words daily! Communication is essential in every aspect of life, but how well do you and I listen?

Conversations over a cup of coffee, and planning for events can be enjoyable, but some conversations are necessary, difficult, and therapeutic. The Dalai Lama noted, *"When you talk, you are only repeating what you already know. But if you listen, you may learn something new."* I had the privilege to "listen" to a veteran as he shared some information from his past. As he spoke the words *"I can't stop thinking about..."* I remained quiet as he continued to share a traumatic memory. I listened as he shared his story; I heard his heartbreak for other veterans and their families. I heard the hurt in his voice as he recalled conversations and the looming question, what if...? Memories remain but acknowledging the memory of a friend or fellow service member, mourning a loss, and communicating can aid in the healing process.

Author Mark Twain wrote, *"Wisdom is the reward you get for a lifetime of listening when you would have rather talked."* You and I have opportunities to lift and encourage others as we listen and learn. If we listen in part, then our response will not be focused or productive. Perhaps if we share some time with those in need by listening, we will not only benefit from learning, but we can also become instruments of healing.

- L** - Love others and listen beyond the spoken word
- I** - Identify and acknowledge the struggle
- S** - Speak as needed (Use Discernment)
- T** - Trustworthy (Keep it Confidential)
- E** - Empathize
- N** - Note or highlight the strength in telling someone about the struggle or trial

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## **Need Help?**

**SBMH Help line - 847-734-4244**

**For additional information please contact us at  
[Info@militaryoutreach.org](mailto:Info@militaryoutreach.org)**

To receive our newsletter electronically every quarter, click on the Newsletter box on our website at [Military Outreach USA](#)

To support our efforts financially, click [Donate](#)

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Military Outreach, USA | 3020 Milwaukee Avenue | Northbrook, IL 60062 US

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