**Inside This Issue:**

- Veterans Appreciation 1
- Flag Placement 1
- Wharton 2
- Veterans Day 2
- PAVE 3
- Vet Corps 4

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**Mental Toughness Mondays!**

VIBE hosts Travis Daigle, U.S. Army Special Forces medic, for Mental Toughness Mondays starting at 12:30pm in TLB 307A. Come in and hear his story of overcoming adversity!

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**Tacoma Veterans Social**

Gather together with our students, staff, faculty, veterans, family, and friends on Thurs, Nov 9 from 5 – 7pm at the Swiss!

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**Veterans Appreciation, Nov 1-18**

The University of Washington hosts our annual Veterans Appreciation programs from Nov 1-18. All 3 campuses will hold special veteran events to extend gratitude to our veterans for years of military service.

This special issue of the Informer will commemorate our military veteran population for their personal sacrifices, both past and present, by listing all upcoming campus events related to Veterans Appreciation.

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**UW Tacoma Vietnam Memorial Flag Placement**

The VMRC in conjunction with SVO, PAVE, and UW Tacoma Alumni will place 1,047 US flags along the Prairie Line Trail to honor our Washington Vietnam veterans who paid the ultimate sacrifice and never returned home. We are seeking volunteers to place the flags along the trail. Please contact Rosalynn Johnson for additional info.

When: Wednesday, Nov 1, 12:30 – 1:30 pm | Contact: rozjohn@uw.edu
Vietnam Remembrance: The Military Then and Now

Join us as Vietnam Era Veteran Bob Jones reflects on the military from Vietnam to our modern military.

When: Monday, Nov 6, 2017 12:30pm
Where: Carwein Auditorium KEY 102

Veterans Day Medal of Honor Ceremony & Reception

UW Seattle will honor men and women throughout the region for their service in our U.S. Armed Forces. The ceremony includes recognition of the 2017 Distinguished Alumni Veteran Award recipient, distinguished speakers, presentation of the colors, and a performance by the Husky Band.

When: Nov 11, 2017 11 – 11:30am
Where: Medal of Honor Memorial at UW Seattle

Flu season is here!

The VA teamed up with Walgreens to provide no cost flu shots for veterans through March 18, 2018!

Provide your Veterans ID Card and photo ID at any Walgreens and use Group ID “VAFLU” to receive your free flu shot.

The VIBE Brown Bag Series are workshops that provide practical knowledge, as well as provide hands-on training and networking opportunities with professionals in various branches of business. All are welcome to attend!

When: Wednesdays 12:30 – 1:30pm in TLB 307A
Peer Advisors are student veteran volunteers who provide support to student veterans as they transition from active duty to campus life. Peer Advisors are existing students who have experience and knowledge of the campus and have resources available to ensure each veteran becomes successful in their college endeavors. All Peer Advisors act within an agreed range of confidentiality and ensure they have the best interest of the student veteran in mind at all times.

PAVE is part of the University of Michigan Depression Center’s Military Support Programs and Networks (M-SPAN); M-SPAN is a suite of programs serving service members and veterans. The program is a collaboration between the University of Michigan Depression Center & Department of Psychiatry and Student Veterans of America.

The PAVE team works under the guidance of the Associate Director of the Veteran and Military Resource Center. The Center helps military veterans and their dependents access their VA educational benefits and VA resources. Currently, all Peer Advisors receive a quarterly stipend for participating in the program. If you are interested in becoming a Peer Advisor on campus, email us at: uwtpave@uw.edu.

**Student Veteran Organization**

The Student Veteran Organization (SVO) is a registered student organization geared towards veterans and active duty military, their families, and other supportive members of the community. The group also welcomes military spouses and dependents, who themselves, have had distinct experiences that aren’t necessarily common to the rest of the UW Tacoma student population.

Contact info: cburd82@uw.edu

Chris Burd, SVO President

**VIBE Technical Tuesdays**

Tuesdays from 12:30 – 1:30pm

Want to learn the about banking institutions, loan approval processes, interest rates, and portfolios? Come to Technical Tuesdays at TLB 307 and meet the banking pros from Homestreet Bank!

**Feeling stressed out?**

UW Tacoma will offer a stress management class which will help you sleep better, develop strategies to combat stress, and use exercises to relax and improve concentration.

When: Wed, Nov 22
12:30 – 1:20pm | MDS 313
Four Block Veteran Career Readiness cohorts in Tacoma - Fall 2017

FOUR BLOCK aims to teach, manage and mentor transitioning student-veterans throughout the cohort, it is a university-accredited program designed to equip high potential veterans to achieve great careers at our nation’s top companies. FOUR BLOCK will continue to recruit for the current cohort until Nov 28.

UW Tacoma – Four Block’s Cohort runs from Oct 3 to Nov 28, 5:30 – 7:30pm in TLB 307A.

For more information please contact Monica McNeal at 206-852-4559

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Eric Ballentine – Vet Corps Navigator

Hello,

I am the new Vet Corps Navigator for UW Tacoma. Currently, I am a senior majoring in Urban Studies. I specialize in building peer to peer relationships to assist the student veteran community by identifying obstacles that could potentially hinder our veteran students and families from meeting their educational goals.

I am well connected in the veteran community and strive to advocate for veterans to resolve issues on and off campus. I am also partnered with multiple community groups and veteran service organizations to create lasting relationships between veterans and their communities.

Also, I am a platoon leader for The Mission Continues Tacoma 1st Service Platoon. The Tacoma 1st Platoon deploys as a united Veteran volunteer force to assist in the creation of youth programs, the elimination of poverty and crime, and a focus on rebuilding our schools within the Hilltop and Lincoln Districts.

I believe that the first step towards a successful transition from the military to civilian life is to redefine your purpose. If you ever need assistance to find your purpose, you can reach me at ericb82@uw.edu.