

Military Mail Trinity's Military Outreach

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I pledge allegiance to the flag of the United States of America, and to the Republic for which it stands, one nation under God indivisible with liberty and justice for all.

Our Prayer of Hope

Return them safely to fulfill dreams unrealized so that they bless Your name through the lives they live. May their efforts further the cause of Peace throughout the world and bring us closer to the day when "Nation shall not lift up sword against nation."

Military Outreach Questions?

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MILITARY APPRECIATION DINNER

On Friday, November 11, 2011 from 6:00 to 9:00 pm, Trinity Evangelical Free Church will be hosting the third annual military appreciation dinner. This year's event is being sponsored by the Lakeville Yellow Ribbon.

Veterans, we invite you and a guest to join us for dinner and an evening of camaraderie with fellow veterans.

We are pleased to announce that Retired Major General Shellito agreed to be this year's guest speaker.

Dinner, entertainment and prizes are provided FREE but registration is required.

To register, call (612) 382-4022 or complete the online registration at the events sections at the following website:

Trinity Evangelical Free Church
www.trinityefc.net

To sponsor a veteran's dinner (\$25.00 for veteran and guest) please visit Veteran's Appreciation Dinner sign up table in the church lobby on either October 30 or November 6, or give online through Trinity's website.

MILITARY BILLBOARD

SAVE THE DATE

Date: Saturday, November 19
Time: 8:30 am to 3:30 pm
Where: Hidden Oaks Middle School
Prior Lake, MN
What: First Annual Military & Community Symposium

This event is sponsored by the Prior Lake- Beyond the Yellow Ribbon

South of the River. The symposium is open to all, but with a focus on veterans and their families. The breakout sessions will include: military statistics, post traumatic stress disorder (PTSD), suicide, marriage counselors and legal support. In addition, informational booths will be set up to offer support. For more information go to: www.btyrsouthoftheriver.org



EVENT CALENDAR

10/16 – Outreach Meeting
(11:45 after 2nd Service)

10/20 – Lakeville Yellow
Ribbon Meeting
(2nd Thursday of month
Lakeville City Hall)

10/30 - 11/6 Registration in
church lobby for the Military
Appreciation Dinner

11/11 - Military Appreciation
Dinner

11/13 - Military Awareness
Table at Church – stop by and
give us a look

11/19 – Military Symposium
Prior Lake

11/20 – Outreach Meeting
(11:45 after 2nd service)

VOLUNTEERS NEEDED

*Volunteers will again be
needed for this year's Veterans
Dinner.*

*Please stop by the registration
tables to see how you can help
(10/30 and 11/6)*

POST – TRAUMATIC STRESS DISORDER

PTSD is an emotional and behavioral disturbance that may occur after exposure to an exceptionally stressful, threatening or catastrophic event. Although many children and most adults (nearly 90%) have at least one intense traumatic event in their lifetime, not everyone develops PTSD. Why is it that not everyone ends up with PTSD? The reason is probably a combination of factors. The most obvious are:

1. The intensity, duration and number of traumatic experiences.
2. The person's mental interpretation (meaning) of the experience.

PTSD cannot occur without an unresolved exposure to a horrible event.

PTSD symptoms occur across a range of intensities that vary from individual to individual. Reactions can be mild, moderate or severe. Appropriate early intervention may make a difference in recovery. You should be concerned about traumatic stress reactions if:

1. They are extremely intense.
2. They last beyond 3-4 weeks.

If you would like more information regarding PTSD including more detailed information and treatment options, please contact your local veterans service officer, the Department of Veterans Affairs or the National Center for Post Traumatic Stress Disorder at

www.ncptsd.org/index.html

CENTER FOR WOMEN VETERANS

Congress passed legislation in 1994 authorizing the Department of Veteran Affairs to establish a Center for Women Veterans. The Center collaborates with other federal and state agencies on issues related to women veterans, disseminates materials on VA benefits programs and health care services and conducts outreach to make women veterans aware of these services.

The Center's website: www.va.gov/womenvet offers women veterans direct access to the Center where they can express concerns, ask questions, and provide feedback about VA benefits and services.

RE-EMPLOYMENT RIGHTS

A person who left a civilian job to enter active duty in the Armed Forces is entitled to return to the job after discharge or release from active duty if they:

- Gave advance notice of military leave to the employer.
- Did not exceed 5 years cumulative absence from the civilian job (with exceptions)
- Submitted a timely application for re-employment
- Did not receive a dishonorable or other punitive discharge.

If problems arise, contact the Department of Labor's Veterans' Employment and Training Service (VETS) in the state of your employer.