

# SOLDIER'S heart

## Restoring Truth, Healing Wounds

**Soldier's Heart is a veterans' return and healing project addressing the emotional and spiritual needs of veterans, their families and communities. Soldier's Heart promotes and guides community-based efforts to heal the effects of war based on strategies presented in "War and the Soul".**

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[info@soldiersheart.net](mailto:info@soldiersheart.net)

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*September 9, 2008*

### **WELCOME BACK!**

Dear Friends,

Welcome back from your summer! We hope you all had a peaceful, restful and renewing summer. These are challenging times for all. Reveling in the beauty of nature and experiencing its nourishment are important ways to care for ourselves during such times.

As you know from the news, the wars go on and our troops, veterans and their families continue to need our support and attention. Perhaps many of you have read of the recent Rand Report, a comprehensive examination of the conditions of our troops and military. This report stated that at least 20% of troops have Post-traumatic Stress Disorder. However, Iraq and Afghanistan Veterans of America estimates the number to be 33%. And confidential sources at the VA are concerned that it might be as high as 40%. With a total of 1.5 million Americans having served in Iraq so far, this means a minimum of 300,000 new PTSD cases and the numbers increasing all the time. This will continue to be the case. Meanwhile, on the home front, news reports focus on other political and societal events and the wars have become lower priority for reporters and politicians. It is easy to forget that our troops and their families are always on the lines for us. We intend to continue serving them to the best of our abilities.

During the past several months, we have been working to create an important and influential fall program of events. We have both local and national events scheduled now. Please see our schedule of events below. We invite you to participate in any of these events you can. We invite you to share these announcements with friends. With your help we are making a big difference in

the lives of service people, vets, their families and communities. It takes all of us and we are grateful for your support and involvement.

Blessings to all,  
Ed

Edward Tick, Ph.D.  
Director, Soldier's Heart

## **UPCOMING EVENTS**

**Atlanta, Veteran's Heart Georgia, WAR AND THE SOUL, workshops and community events with Ed Tick, Sept. 12-13.**

Fri. 9/12, 8:30 - 4 Professional training for working with veterans

7-10 PM Community lecture and book-signing

Sat. 9/13, 10 - 12, Community talk, "Sharing the Wounds of War"

1 - 5, Gathering of veterans, families and adult children  
of veterans

Contact: Kaye Coker, mountainheartcounseling@gmail.com, 770-366-5946

**"BRINGING OUR VETERANS HOME": Soldier's Heart and The Sage Colleges are offering a workshop for Rensselaer County veterans** of any war, those currently in the military and their families, helping professionals, clergy, and other interested community members who want to become part of a county-wide, community-based network of support for veterans and their families. Space is limited, so please apply early by calling Soldier's Heart at 518-274-0501. Program dates: (6:00 - 9:00 pm) September 16 & 23, October 1 & 7, November 18 & 25, and December 2 & 9. This program is underwritten by the Louis and Hortense Rubin Community Fellows Program and is free of charge to participants. For further information, please visit Soldier's Heart website at [www.soldiersheart.net](http://www.soldiersheart.net)

**Soldier's Heart Veteran Return Retreat, Silver Bay**, Thurs., Sept. 18- Sun. Sept. 21, 2008 – intensive healing and education retreat run by Soldier's Heart staff. Please see attached flyer.

**Fort Hood**, Tues., Sept. 30- Thurs., Oct. 2 – Ed Tick will present several programs to the Warrior Transition Brigade and the community. All programs listed are open to the public.

Wounded Warriors: Session 1: Tues, 9-4 & Wed. 9-11:30

Session 2: Wed, 1:30-4 & Thurs. 9-4.

Community Programs: Tues. & Thurs. 6:30 - 9 PM

Contact: Chaplain Marvin Luckie: 254-288-8848 email: [Marvin.Luckie@amedd.army.mil](mailto:Marvin.Luckie@amedd.army.mil)

### **Journey to Viet Nam – Oct. 15 – Nov. 1st.**

Annual reconciliation and healing journey back to Viet Nam for veterans, wives, children, survivors, loved ones, helpers and healers, spiritual pilgrims. 2008 trip filled. Next journey Oct. - Nov. 2009. Reservations are now being accepted.

### **Warrior's Journey Home, Tallmadge, Ohio – Nov. 7-13**

A week-long series of lectures, workshops, community and religious events on behalf of our veterans and in honor of Veterans Day. Contact: Rev. John Schleup, 330-633-4931,

[jschleupfcc@sbcglobal.net](mailto:jschleupfcc@sbcglobal.net)

### **National Institute of Clinical Application of Behavioral Medicine, Dec. 11-13, 08.**

Hilton Head S.C. present 90 minute sessions. – Ed Tick, John Fisher and Kate Dahlstedt present on spiritual and community based healing of our veterans. Contact: Jonathan Ficara, email: [jonathan@nicabm.com](mailto:jonathan@nicabm.com)

Atlanta, Veteran's Heart Georgia, WAR AND THE SOUL, a workshop with Ed Tick, Sept. 12-14. – Ed Tick

### **RANDY KAUTTO LEAVES**

Soldier's Heart announces that Randy Kautto has resigned from his position as Executive Director of Soldier's Heart. We appreciate Randy's service to his country as a veteran and his service to veterans in his work at Soldier's Heart. We express our sorrow at his decision. We greatly appreciate all he did to help us shape an effective organization. We will all miss Randy and wish him well in his future endeavors.

Soldier's Heart business and programs will not be interrupted. If any of you have ongoing business you were conducting through Randy, please contact our program manager Paula Griffin and she will be sure your concerns get to the proper staff member.

Thank you for your understanding and patience as we negotiate this transition.

### **SCHOOL SUPPLIES TO IRAQ**

Hello everyone. I am just writing on behalf of my boyfriends Troop in Iraq. This month they are looking to obtain school supplies for the children in Iraq, this includes, pencils paper crayons notebooks book bags glue scissors, anything that you used when you were a kid in school. The beauty of this project is that the stuff does not have to be new, just in workable condition. Remember, what is old and not so good to us, will be new and marvelous to them. Everything can be placed in a box and taped up and shipped to one address which is at the bottom of the

email. The only thing you will need to do, other than gather the supplies, is get an APO mailing paper from the post office and fill it out. You just have to write where you are sending it and what the package contains. Make sure you send it priority mail though, as it is the better way to send things over there. I know all of you have stuff sitting around your house that you haven't used in years that could be of use to the children, so please take the time to get it together and do something good for someone else.

The address to send everything to is:  
1LT Cliff Pullig  
C Trp, 7-10 CAV, 1BDE, 4ID  
APO, AE 09361

Thank so much for your time and help,  
Olivia

## **GI BILL NEWS**

Starting this week, [www.GIBill2008.org](http://www.GIBill2008.org) will provide America's newest generation of veterans with the tools they need to access the new GI Bill. It includes an interactive benefits calculator based on your zip code, answers to Frequently Asked Questions, and the latest news and information about the new GI Bill as it goes into effect.

IAVA is committed to helping eligible veterans access their new benefit, and we've begun community outreach with ads in newspapers across the country, urging veterans to visit [www.GIBill2008.org](http://www.GIBill2008.org). The original GI Bill made education affordable for millions of veterans during the 20th century. Thanks to the new GI Bill, millions more will have the same opportunity in the 21st century.

Thank you.  
Sincerely,

Paul Rieckhoff  
Iraq Veteran  
Executive Director  
Iraq and Afghanistan Veterans of America

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About Soldier's Heart- <http://soldiersheart.net/about.asp>

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please send an e-mail to [info@soldiersheart.net](mailto:info@soldiersheart.net) with "unsubscribe" in the "Subject" line.