



THE VRC EAGLE NEWSLETTER

May 2006

Thank you for your support and interest in the Veterans Resource Central (VRC). Every other month, we bring you an update on the progress that the Veterans Resource Central is making.

What is the VRC? Veterans Resource Central (VRC), a Pennsylvania nonprofit organization, provides transition assistance to returning veterans, active duty military and their families through a corps of volunteers and Internet tools. We provide education, information and guidance to veterans transitioning to civilian life, to military families dealing with life issues at home and to active duty or recently returned military planning for civilian careers.

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I. FROM THE PRESIDENT (John Carrigan)

The middle of the year is fast approaching. The FamilyCenter has a display planned for City Island on Armed Forces Day, May 23rd. Also, they have a picnic for the local families of deployed service people planned at the Navy Depot for July 1st. The CareerCenter is planning another Mentor briefing session and is preparing to get a new crop of end-of-year graduates to assign to mentors. We are gearing up our Resource & Fund Development team to begin soliciting support for the VRC in our communities and we continue to look for more volunteers to help us at every level and segment of our organization.

Momentum is what we have and need to maintain. The need for our support continues to grow. The individuals returning home need assistance finding that rewarding career with a great company or organization. The families need to know they have an organization that is ready on an immediate basis to provide needed support. We can't perform either task without our group of willing volunteers in the surrounding communities. Also, we need the support of our colleges and universities; we need schools that are interested in having their soon-to-graduate veterans assigned to a VRC mentor who can assist them in their career selection and job search. We need businesses who want to find highly qualified and energized prospective employees. We need communities that want to attract both businesses and returning veterans from other parts of the country. We need to develop an attitude that Pennsylvania is a veteran friendly and supportive state.

Lets work together to make 2006 a great year for the VRC and our returning veterans and their families.

II. FAMILY CENTER NEWS (Frank Piacine)

These are exciting times for the FamilyCenter. We are off and running with our 2006 programs and initiatives. And, we are doing so well that we are exceeding our most optimistic expectations.

First, we have welcomed Tracy Miller to the committee. Tracy is an energetic and compassionate leader who is heading up our Community Support Team. This team will coordinate with local businesses to get discounts for military families and establish a listing of trusted service providers and military-friendly businesses that will support our veterans and families. Tracy manages two Sovereign Bank branches and also actively supports Habitat for Humanity. We are excited to have her as part of our growing team.

On April 8th, we held our first deployed family event, an Easter celebration with activities and crafts for kids at Aldersgate United Methodist Church. We helped five families and thirteen children. The event was a success, and we've learned some valuable lessons on how to improve future activities. Our next endeavor will take place on July 1st, from 1 p.m. to 4:30 p.m. on the Mechanicsburg Naval Base. We will be holding a picnic and BBQ for deployed families. There will be fun activities for the kids including games and crafts. More information about this upcoming event will be posted mid-June. In addition, we have already begun planning our Holiday celebration for December 2nd.

Our "Handy Helper" program has offered help to two families and we are actively seeking more that need assistance with their honey-do chores and projects. I encourage church and civic groups to look into this effort and consider adopting this initiative to help military families in our communities. Contact me at francis.piacine@navy.mil for details on how you and your group can start helping families today.

III. RESOURCE & FUND DEVELOPMENT

A strong, influential support network is critical to our success. VRC is currently establishing partnerships with corporations, government agencies, churches and civic organizations in Central Pennsylvania. A community of volunteers is required to meet the many needs of veterans and their families. Our Mentor program matches applicants with experienced business or career professionals. Interested volunteers can contact VRC at volunteers@veteransresourcecentral.org.

VRC depends on the financial support of individuals, corporations and organizations to help carry out the programs VRC provides for the benefit of veterans. Contributions to VRC are tax-deductible. Your contributions will directly support our program initiatives including the VRC FamilyCenter and the VRC CareerCenter. Gifts of any size are deeply appreciated and put to good use. By making a gift to VRC, you enable us to make an immediate difference in the lives of veterans. For more information about community and financial support, please contact 4vets@veteransresourcecentral.org

IV. MARKETING UPDATE (Jeanne Lowing)

The Marketing Committee continues to make progress with the marketing and communications support of the overall organization. There are lots of exciting events coming up...be sure to look at the calendar. We are working hard to get VRC's name out in the community – if you have any suggestions, we would welcome them.

We are looking for more individuals to fill key leadership roles in this committee. Currently seeking: Website Committee chair, Speakers Bureau chair and PR/Media Relations chair. If you are interested, please contact Jeanne Lowing at marketing@veteransresourcecentral.org.

V. VOLUNTEER NOW!

Ready to roll up your sleeves and get involved? We need more volunteers in a variety of areas to help us do all that we intend to do. Please go to the Web site, www.veteransresourcecentral.org, select the "How Can I Help" link and complete an online volunteer form located under the "Volunteer Now" menu button.

VI. EVENTS...

Upcoming VRC events include:

Date	Time	Event
5/20/06	9:00 a.m.	Armed Forces Day, Harrisburg City Island
5/29/06		Randall Shugart Memorial Parade, Newville
5/29/06		Happy Memorial Day
6/5/06	9:00 a.m.	First Monday, HACC Entrepreneurial Center
6/16/06	1:30 p.m.	VRC Executive Committee Meeting
6/17/06	TBD 7:00 p.m.	VRC Outdoor Movie Nights with City of Harrisburg City Island, Skyline Sports Complex
7/1/06		BBQ Celebration for Deployed Families Location: Mechanicsburg Navy Depot
7/4/06		Happy Fourth of July
7/21/06	1:30 p.m.	VRC Board of Directors Meeting
7/29/06	TBD 7:00 p.m.	VRC Outdoor Movie Nights with City of Harrisburg City Island, Skyline Sports Complex

Armed Forces Day

Saturday, May 20, 2006

City Island

9:00 a.m. until 4:00 p.m.

VRC is participating in Armed Forces Day on Saturday, May 20, 2006 from 9 a.m. until 4 p.m. on City Island. Please join us in "Honoring Service Near and Far". It is a time for all citizens to officially thank the military for their service. There will be many displays and demonstrations to provide entertainment for all. The opening ceremony at 11 a.m. will start the day off with an A-10 flyover and 21-gun salute; there will also be re-enactors, a climbing wall, obstacle course, tanks, helicopters, and much more. Look for us in the Career Center Pavilion.

If you are aware of upcoming PA events or organizations that you think the VRC should be participating in, please send information to marketing@veteransresourcecentral.org.

VII. TAKE A BREAK!

Veterans Corner: Take a Break!

Deployments continue for our military, and the future holds more of the same. For military families, this means extended family separations such operations require. Often overlooked, the families of deployed service people are coping with significant challenges at home. Veterans Resource Central (VRC) provides these families with support during and after deployments. This can be as simple as finding a parent a babysitter or guidance with children's issues. The key to helping families and veterans is in our **community**. [More...](#)

IIX. SPOTLIGHT ON...

Shughart Post Office Dedication

As Memorial Day approaches, we dust off our American flags, prepare for the family picnic, and enjoy a three-day weekend of fun and fellowship. On this Memorial Day, the town of Newville and much of the Special Operations and military communities will join together to honor a local hero, Sergeant First Class Randall D. Shughart whose story of bravery has been portrayed in the movie "Black Hawk Down".

Act of Congress, Public Law 109-122 December 1, 2005 has designated the facility at 57 West Street in Newville, Pennsylvania as the Randall D. Shughart Post Office Building, and the Dedication Ceremony will be held on Memorial Day, Monday, May 29th. The event is being organized by the Penn State Harrisburg Chi Gamma Iota (XGI) veterans' fraternity, the XGI Alumni Association, and the town of Newville. Triple Canopy Inc. has generously agreed to serve as the primary sponsor. Unveiling of the Randall D. Shughart Post Office Building Plaque will be conducted by family of Randall D. Shughart, Herbert, Lois, and Stephanie Shughart.

On October 3rd, 1993 Sergeant First Class Shughart was part of a sniper team, posted in a Black hawk helicopter, in support of a highly sensitive operation in Mogadishu, Somalia. Two Black hawks were downed, and an Army Ranger team was able to establish a defensive perimeter around only one of them. SFC Shughart and his partner, Master Sergeant Gary Gordon, were twice denied permission to secure the second crash site and the helicopter's four occupants and told it was too dangerous. They were finally given permission after their third request. This selfless act cost Shughart and Gordon their lives, but helped to save the life of pilot Michael Durant. Shughart received the Medal of Honor for his sacrifice and he is only the fourth person from Central Pennsylvania to be awarded the Medal of Honor since the end of the Civil War.

The parade will begin at 1 p.m. with the dedication ceremony to be held immediately after—approximately 3 p.m. Attendees will be directed to several parking areas and shuttles will be available for transportation to and from the events. Come march with the Veterans Resource Central in the parade.

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The Scotland School for Veterans' Children

The Scotland School for Veterans' Children is a unique, state-funded institution offering quality residential education to the children of commonwealth veterans. Established in 1895, the school has been administered by the Department of Military and Veterans Affairs since 1996.

Approximately 300 students in grades 3 through 12 live on its 186-acre campus, located in southern Franklin County. In a rural setting far removed from the hectic life of the city and the pressures of growing up, Scotland School has created a loving, caring, safe environment that promotes learning and lifelong achievement.

The mission of Scotland School for Veterans' Children is to motivate its students to develop lifelong learning skills and to challenge them to achieve their full potential as responsible citizens by providing a high-quality educational environment within a homelike, caring and nurturing residential community.

Classes are small compared with most public schools. The school's curriculum fulfills the requirements of the Pennsylvania School Code and includes numerous elective courses. In addition, the vocational offerings at Scotland provide for hands-on experience.

Because Scotland's students are from military families, it is only appropriate that a Junior Reserve Officers Training Corps be a part of the school's lifestyle. Students learn the importance of organization, motivation and leadership. Although JROTC is not designed to recruit for the military, students learn valuable lessons of citizenship and patriotism along with a strong sense of self-reliance.

The reasons for sending a child to Scotland School are varied, and may include the belief that Scotland School offers: a better education than the local school might be able to provide, small classes coupled with a robust tutoring program, a system of time-management structure that builds self discipline, a safe rural environment, and/or an alternative support system when a family is disrupted by divorce, separation, or the death of a parent.

By state law, the applicant's parent, grandparent, parent's sibling, or sibling must be an honorably discharged, living or deceased veteran. Additionally, the child(ren) and custodial parent/guardian must currently reside and have resided for the past three years in the Commonwealth of Pennsylvania, and the child(ren) must attend school in the Commonwealth. A child who resides in another state or country as a result of his/her custodial parent/guardian being on active duty as a member of the armed forces of the United States may also apply, provided the custodial parent/guardian maintains Pennsylvania as their legal home of residence. To be admitted to Scotland School, children must be at least six years old, and may not have reached their sixteenth birthday as of August 1st in the school year they are admitted. Priority for enrollment is given to wartime veterans' children.

To learn more about Scotland School for Veterans' Children, contact the Admissions Office at (717) 264-7187, ext. 699.

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Stress Tip

Got freedom? Use it.

Don't just take it for granted. Or merely acknowledge it. Use it. Freedom is like an all-purpose tool. You can accomplish an extraordinary amount of things with it. Because you're free to do, speak and move about as you wish. To change things. To seek knowledge and wisdom. To make your world a safer, happier, less stressful place. What a waste of unused potential if you don't take full advantage of that! In a free society, you've got the green light to progress in just about any direction you choose. The opportunities are boundless. Think about that next time you feel oppressed -- a prisoner of your circumstances. You don't have to accept it. You've got freedom. And you'll never feel more empowered, more in control of your destiny, than when you start putting it to use.

"Today's Stress Tip" is a weekday posting offering practical ideas for dealing with the everyday stress we all encounter. Used by special arrangement between G. "Jerry" Gaynor McTigue, author of "Why Make Yourself Crazy?: 300 Strategies for a Stress-Free Life" - <http://www.pickmeupbooks.com/stressbook>, and Another Way newspaper column at Third Way Cafe. To subscribe to Another Way weekly articles, go to <http://thirdway.com/subscribe/>

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Military Stars and Stripes Memorial Job Fair

May 26th

National Guard Armory Philadelphia

Please join us for The Military Stars and Stripes Job Fair sponsored by the Job Fair CO and Diversity leaders. The date is May 26th at the National Guard Armory Roosevelt Blvd and Southampton Road, Philadelphia 10:00 a.m. to 2:00 p.m.

The positions are numerous and include salaried, hourly, temporary, permanent, contract, and consultant roles for entry level to senior level roles. Healthcare, Warehouse, IT, Logistics, Managers, Finance, Law Enforcement, Technicians, Mechanics, Pharmaceutical, Distribution, Security, many more. ALL ARE WELCOME. We expect 50 + companies from the area to participate in this exciting event. Please come and join us and meet with some of the areas Premiere Employers.

Donna Brady
JobFairCo
DiversityLeaders.net

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For more information about the VRC, contact John Carrigan at jacarrigan@veteransresourcecentral.org or Barbara Groce at BGroce@sovereignbank.com. Until our next issue, we thank you for your continued support,

Jennifer A Carrigan, Newsletter Editor
and the VRC Team