

VETERAN NEWSLETTER

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ANNOUNCEMENTS

VETERANS CLUB SHIRTS

The Veterans Club fundraises to be able to host and participate in events, such as last semester's Movie Night, the SRC Challenge Course, hiking events, etc.

If you would like to purchase a Veterans Club t-shirt, they will be available for purchase again on March 20th. They are \$25, and you can purchase them in the Veterans Success Center. The club accepts cash payments.

Front: American Flag over CSUB logo

Right Arm: CSUB logo



Back: Armed Forces Seal & Military Branch Seals



The Veterans Club is also selling shirts to bring awareness to the veterans who end their lives every day. It has the number 22 as well as "Buddy Check" on the back of the shirt, as shown to the right. These will also be available starting on March 20th for \$20.



NEXT VETERANS CLUB MEETING

Join the Veterans Club for another meeting on March 8th at 11am in the Veterans Success Center.

The following meeting will be on the 22nd at the same time and place. We are planning a hike for next month, so come to get the details. Hope to see you there!

NEXT CHESS CLUB MEETING

Join the Chess Club for their next meeting on March 9th at 10am in the Student Union Blue Room.

Club President Johnathan Bong will be discussing plans for a campus-wide chess tournament.

UPCOMING EVENT FLYERS

VRSI WORKSHOP

VOCATIONAL REHABILITATION SPECIALISTS INC. (VRSI) IS AN ORGANIZATION THAT SUPPORTS AND PROVIDES RESOURCES FOR VETERANS WHO ARE SEEKING EMPLOYMENT

VRSI WILL BE HOSTING A WORKSHOP AT CSUB TO PRESENT THE SERVICES THEY PROVIDE

MARCH 8, 2023
12:00 PM
STUDENT UNION - BLUE ROOM

VRSI PROVIDES THE FOLLOWING SERVICES & MORE:

- JOB SEARCH ASSISTANCE
- RESUME PREPARATION
- REFERRALS TO EMPLOYERS
- MOCK INTERVIEWS
- EMPLOYMENT NEEDS & EXPENSE ASSISTANCE

WE HOPE TO SEE YOU THERE!

PROFESSIONAL PORTRAITS

ALL MILITARY CONNECTED STUDENTS

DO YOU WANT TO BOOST UP YOUR LINKEDIN & CREATE YOUR PROFESSIONAL PORTFOLIO?

STOP BY THE VETERANS SUCCESS CENTER TO HAVE A COMPLIMENTARY HEADSHOT TAKEN BY A PROFESSIONAL PHOTOGRAPHER, ALBERT BAKER

MARCH 10, 2023
11:00AM - 1:00PM



COFFEE WITH A COUNSELOR

Join the Veterans Club & Veterans Success Center for coffee, donuts, and conversation with Counseling Coordinator, Janet Millar on the following Thursdays:

**FEBRUARY 16TH
MARCH 16TH
APRIL 26TH**

AT 12PM

IN THE CSUB STUDENT UNION - BLUE ROOM

Hope to see you there!



WOMEN'S MILITARY MONTH SPECIAL GUEST SPEAKER

RETIRED COMBAT VETERAN AND CSUB STUDENT
 **1ST SGT MARIA COLON, USMC, RET.** 
 WILL BE SPEAKING ABOUT HER 26 YEARS OF SERVICE IN THE MARINE CORPS

**MARCH 22, 2023
11:30AM - 12:30PM
STUDENT UNION - MPR**

JOIN US TO HEAR HER STORY




PIZZA WILL BE PROVIDED - AVAILABLE WHILE IT LASTS



Please contact us if you have any questions
 Phone: 861-454-3337
 Email: org-veterans@csub.edu

EVENT RECAPS

VETERANS CLUB AT THE CHALLENGE COURSE

The CSUB Challenge Course was created to build and increase teamwork skills such as communication, collaboration, brain storming, etc.

The Veterans Club completed the course on Saturday, February 18th. They balanced on an uneven board, played fun team-building games, and finally started the obstacle course. They started the course by climbing up a rope net and proceeded through the course that ended with zip lining. See the video by clicking the link below: https://www.youtube.com/watch?v=IFMWgtsM9_k



EVENT RECAPS

BC VETERAN MENTOR PROGRAM PRESENTATION

On February 13th, Jenny Frank, the Veteran Services & Programs Manager at BC, came to CSUB to tell us about the BC Veteran Mentor Program. This is a grant-funded, paid part-time opportunity in which Student Peer Mentors would schedule meetings with students who are seeking guidance on how to succeed in college. This program is available for all military connected students who want to make an impact in other students' lives. Peer mentors will be required to work at the BC Campus from time to time but are also able to work from home.

If you or any military-connected students you know are interested in participating in this program or have questions, please reach out to Jenny Frank at her email:

jenny.frank@bakersfieldcollege.edu



BAKERSFIELD VET CENTER PRESENTATION

Benjamin Rodriguez from the Vet Center came to CSUB on the 8th of February to present to the military connected population about the services they provide.

They provide various forms of counseling, such as couples and family, grief and bereavement, individual and group counseling for PTSD, MST, depression, anger, trauma, etc.

The Vet Center also hosts group events, listed to the right.

They also provide referral services for other needs, and they are located right next to the Veteran Services Office.

The Vet Center is located at:

1110 Golden State Ave, Bakersfield, CA 93301

Phone: (661) 323-8387



VET CENTER GROUP SCHEDULE

Southeast Asia Veterans/Sea-V Group
2nd and 4th Monday at 9am

Fellowship Group
Mondays at 1pm (Hybrid: Virtual & In-Person)

Vietnam Social Support Group
Tuesdays at 9am

Relaxation and Meditation Group
Tuesdays at 11am

Book Club
Thursdays at 11am (Hybrid: Virtual & In-Person)

Guitar Group
Thursday at 2pm

Post 9/11 Social Support & Billiards
Thursday at 5pm

Vietnam Social Support Group
Every other Friday at 9am

EVENT RECAPS

FIRST CHESS CLUB MEETING

The first Chess Club meeting was held on February 23rd at 10am in the Student Union Blue Room. Veterans Club member Jonathan Bong is the President of the Chess Club. We discussed possible future events we can host, such as a Chess Tournament, and we also talked about different fundraising ideas. If you would like to join us at our next Chess Club meeting, it will be on March 9th in the Student Union Blue Room at 10am. If you would like to join the club, visit the link below:

<https://csub.presence.io/organization/chess-club-at-csub>



COFFEE WITH A COUNSELOR

Our last Coffee with a Counselor with Janet Millar was on February 16th. We talked about stressors in our lives as well as how to navigate tough conversations with loved ones who are struggling. We were also provided with Krispy Kreme Donuts and Starbucks coffee. One take away from our meeting is that we need to remember that we can't fill others' cups if our own cup is empty.

Please join us for our next Coffee with a Counselor on March 16th in the Student Union Blue Room at 12pm.

To contact the Veterans Crisis Line, dial 988 then Press 1, text 838255, or chat online at the following link:

<https://www.veteranscrisisline.net/get-help-now/chat/>



WOMEN'S MILITARY MONTH

GET TO KNOW COMBAT VETERAN JULIE ESTY

Julie Esty was in the U.S. Army from 2010 to 2017. She served as a Light Wheeled Vehicle Mechanic (91B). The Army took her all over the United States and to Afghanistan where she was deployed to for a year.

Julie is a Psychology major and will be graduating in Spring 2024. She hopes to work with troubled youth in the juvenile prison system, rehabilitating inmates with therapy so that when they get out, they can hopefully make better choices. The military served as a way for Julie to get out of the path she was going down; she wanted something better for her life, and that wasn't going to happen if she stayed in the same place. She feels that if she could be there for a young person who needs someone to believe in them, it would hopefully change their life trajectory and help them develop coping skills to get them through hardships in a healthy way.

Being an LGBTQIA+ person in the military was terrifying because she was in during the era of Don't-Ask-Don't-Tell. She stated: "When I was in basic training, I had a boy write me a love note, and I couldn't even defend myself by saying that I wasn't even interested because I was into women, so I just had to repeatedly explain that I wasn't flirting with him. But they continuously told me that I was lying, and it was hard to defend myself without giving myself away, for the truth, which was that I liked girls. It felt horrible to know that I couldn't be my real self because I would get kicked out but then hiding my real self meant that I would get an Article 15 because someone else was flirting with me. It was uncomfortable knowing that I was always being attacked."

She joined when she was only 17, and like many young women who join when they have just left high school, she didn't have experience with men in the workplace and their inappropriate behaviors and demeanors. And like many young servicewomen, she also dealt with predatory behavior from her superiors. She felt that, as a subordinate, she could not defend herself against it. Julie was in the military for less than a year when she got her orders to go to Afghanistan. She trained for a year, went over there for a year. Her deployment affected her the most. In combat, age, race, and gender didn't matter as much.

Despite the hardships Julie faced, the military helped Julie gain regulation and positive routines. She was able to learn a trade, and learning how to be a mechanic helped her realize that she could do whatever she set her mind to do, including school, which didn't seem like a possibility for her before. Her injuries prevented her from being able to use her skills as a mechanic, so school became a way for her to gain new knowledge and skills that were within her capabilities.

During her time in service, she developed lifelong friendships, and despite still feeling as though she is transitioning, the military helped her develop grit, and she is heading towards her goals. The Veterans Success Center is a place where she feels understood and safe to be herself. She struggles to connect with civilians, so this place is where she finds the connection that is hard to find elsewhere.



CAMPUS EVENTS AND VOLUNTEER OPPORTUNITIES

**TO SEE SCHEDULED ON-CAMPUS EVENTS,
CLICK THE LINK BELOW**

[HTTPS://25LIVEPUB.COLLEGENET.COM/CALENDARS/CSUBCAMPUSPROGRAMMING](https://25livepub.collegenet.com/calendars/csubcampusprogramming)

**TO VOLUNTEER AT THE EDIBLE GARDEN,
VISIT THE LINK BELOW**

[HTTPS://WWW.SIGNUPGENIUS.COM/GO/10C0E4BABAA22ABF5C43-CSUB3#/](https://www.signupgenius.com/go/10c0e4babaa22abf5c43-csub3#/)

**TO SEE UPCOMING CECE EVENTS,
CLICK THE LINK BELOW**

[HTTPS://CSUB.JOINHANDSHAKE.COM/STU/EVENTS](https://csub.joinhandshake.com/stu/events)

**TO SEE STUDENT JOB LISTINGS,
VISIT THE LINK BELOW**

[HTTPS://CSUB.JOINHANDSHAKE.COM](https://csub.joinhandshake.com)

**The next Campus Clean-Up will be on March 27th at noon,
and the meeting area will be in front of the Student Union.**

The graphic features the CSUB Bakersfield logo in the top left, a '2022-2023 SCHEDULE' label, and the main title 'CAMPUS CLEAN-UP' with a broom icon. Below the title is the text: 'Join us on the fourth Monday of each month (unless otherwise specified) at the Student Union Patio.' At the bottom is a calendar grid showing dates and times for each month from August to June.

8 AM	8 AM	NOON	NOON	NOON	NOON	NOON	NOON	NOON	NOON	8 AM	8 AM	8 AM
AUGUST	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY	MAY	JUNE
15	29	26	31	21	19	23	20	27	24	15	26	20



FOOD

RESOURCE LIST

'RUNNER FOOD PANTRY

Located Next to Student Union
Open to Students, Staff & Faculty
www.csub.edu/basicneeds/food-pantry

CSUB FOOD DISTRIBUTION

Located Outside of the Student Union MPR
Every Third Monday of the Month
Hours: 11:00 AM - 2:00 PM

DEPARTMENT OF HUMAN SERVICES

Cal-Fresh, MediCal, CalWORKs, WIC
www.kerncounty.com/dhs
Phone: (661) 631-6000

CSUB POP-UP FARM STAND

Outside of the 'Runner Food Pantry
Wednesdays
Hours: 10:00 AM - 1:00 PM

CAPK FOOD BANK

Community Action Partnership of Kern
www.capk.org/programs/food-bank
Phone: (661) 398-4520

DIGNITY HEALTH FOOD PANTRY

Dignity Health Learning Center Food Pantry
Phone: (661) 325-2995

APPLECORE PROJECT INC.

Community Garden & Food Distribution
Every Fourth Wednesday of the Month
www.applecoreprojectinc.com

GOLDEN EMPIRE GLEANERS

www.goldenempiregleaners.com
Phone: (661) 324-2767

You can contact each organization directly, or email jcantrell1@csub.edu for on-campus assistance and CalFresh Application Assistance.

For a list of services available in Kern County, visit
www.211kerncounty.org or call 1-800-273-2275





HOUSING

RESOURCE LIST

THE OPEN DOOR NETWORK

Men, Women, & Families
www.opendoorhelps.org
Phone: (661) 322-9199

THE MISSION AT KERN COUNTY

Men Only
www.themissionkc.org
Phone: (661) 325-0863

FLOOD MINISTRIES

Housing Case Management
www.floodbako.com
Phone: (661) 578-5354

30-DAY EMERGENCY HOUSING

Students Only
Email: jcantrell1@csub.edu

DREAM CENTER

Housing Support (Youth Only)
Phone: (661) 636-4488

CATHOLIC CHARITIES

Rental Assistance
Phone: (661) 281-2130

HOUSING AUTHORITY OF KERN

Rental, Utility & Housing Assistance
www.kernha.org
Phone: (661) 631-8500

CAPK HEAP & MERCY HOUSE

Rental, Utility & Housing Assistance
www.capk.org
Phone: (661) 336 5236

You can contact each organization directly, or email jcantrell1@csub.edu for on-campus assistance.

For a list of services available in Kern County, visit www.211kerncounty.org or call 1-800-273-2275

