



Military Outreach USA Stand By Me Heroes

3020 Milwaukee Avenue, Northbrook, IL 60062

Spring 2025

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OUR MISSION

Military Outreach USA is a faith-based Judeo-Christian organization focused on Veterans and First-Responder Communities, regardless of their denomination or beliefs, demonstrating the compassion, love and healing of Christ our Lord



WHEN YOU CAN'T RUN YOU WALK,
WHEN YOU CAN'T WALK YOU CRAWL
AND WHEN YOU CAN'T CRAWL
WE WILL CARRY YOU

June 29 at 1:00 PM MOUSA FUNDRAISER

Join us at the ballpark in Schaumburg IL for an afternoon with VIP seating behind home plate watching the professional baseball teams Schaumburg Boomers vs Washington Wild Things.

Activities include 50/50 raffle and Tennis Ball throwing contest (great for the kids and adults), gift table, welcome tent (Be sure to meet our team at our welcome table.)

This is an awesome family venue. We welcome sponsors, groups, families and individual veterans and active duty and civilians to join us.

Tickets are available for \$16. To order tickets or for more information email chappy@militaryoutreachusa.org or leave a message on our voicemail [877-734-4244](tel:877-734-4244).



A message from our Founder

Major General (Ret) James H. Mukoyama
U.S. Army 1964-1995

Chairman & CEO of Military Outreach USA

With the 2025 truly Holy Week in combination of Passover with the majority Christian and Orthodox Christian Easters overlapping on the calendar we indeed were blessed by the Spring season with gratitude and hope.

We continue to be encouraged by the positive reception from our communities for our programs to provide for our military community members and their families through our Veterans Exiting Homelessness, Stand-By-Me-Heroes, Moral Injury Research and Veterans Community Center activities.

We have been blessed to add new members to our Board of Directors in recent months that will enable us to continue growing our serving offerings, strengthen our existing programs, and maintain our viability. We are especially looking forward to the progress of our Moral Injury Research and educational efforts and the development of the Veterans Community Center.

All of this has been accomplished through the dedication of our Board, officers, and volunteers and the prayers and financial contributions of our loyal supporters. We are truly blessed and pledge to you our continued best efforts to deserve your loyalty. We are trying to keep you informed with details through this Newsletter. We look forward to any suggestions you might have for our improvement.

Please pray for service members and first responders and their families who are defending our nation and communities every day; the leaders of our nation for wisdom; and for peace in the Middle East and in Ukraine and Russia.

Have a blessed Memorial Day! Hope to meet you on June 29 at our fundraiser.



A message from Chappy

Chappy Ferrer, President

OPERATIONS UPDATES

Programs

Ø **Stand-by-me Heroes** continues to meet face-to-face with Veterans and First Responders struggling with the invisible scars of war. We meet with our heroes

and their families as our focus is to mind, body and soul. Our trained and experienced Foxhole Soul Counselors meet with our heroes focused on suicide prevention, education and solutions. Interested? Join our Foxhole Soul Counselor teams and speak with those struggling volunteering 10 hours per month.

Ø **Veterans Exiting Homelessness.** We have purchased and distributed over 3,000 Beds-for-VETS, in partnership with regional VA HUD-VASH teams and Veteran Service Organizations. Beds cost approximately \$240. In addition we remain focused on our Move-in-Essentials project supplying needed materials needed when moving into a new residence from the streets.

Ø **Moral Injury Research.** Dr. John P Bair and team continue focused on this research which many veterans consider a struggle upon losing their innocents due to a fight-or-flight reaction. Dr Bair is requesting volunteers to visit CPT LOVELL VA in North Chicago. The 1-hour Q&A with a camera monitoring your reaction. Please go onto our website for more information.

Ø **Florida SBMH Chapter** becomes an official 501(c)(3). This will allow our dedicated team to continue to impact the lives of veterans in an official capacity. This team will support the 3 programs above with a focus on Florida and the Southeast US.

Ø **Town Hall via Zoom** focuses on veterans' issues. Join us monthly on the 4th Monday @ 6:30 pm CST, 7:30 pm EST. Our hosts are Donna Adams and Chappy Ferrer. Contact us at Donnaadams@militaryoutreachusa.org,

- ZOOM: [https://us02web.zoom.us/j/84982315899?](https://us02web.zoom.us/j/84982315899?pwd=ZjZCL0d4U3Zia3pBZmp5bnJvby9CQT09)
[pwd=ZjZCL0d4U3Zia3pBZmp5bnJvby9CQT09](https://us02web.zoom.us/j/84982315899?pwd=ZjZCL0d4U3Zia3pBZmp5bnJvby9CQT09)
- Meeting ID: 849 8231 5899, Passcode: 584428, Mobile. 3126266799,,84982315899#

Ø **SBMH Veterans Community Center** initiative.

- We are combining the strengths of our programs to support a new initiative that will have immediate impacts toward reducing the daily suicide deaths of 22+ per day. This Center will be focused on taking female, male and single veterans with children off the streets and provide 24/7 support, provide VA medical support, training and housing through regional Hud-VASH teams.
- **Donate:** website is www.MilitaryOutreachUSA.org.



Veterans Community Center (VCC)

Yes! I want to support the Stand By My Heroes Veterans Community Center

I would like to provide:

☐ A Member contribution of \$25/month for 24 months

☐ An Annual contribution of \$

☐ A Member contribution of \$50/month for 24 months

☐ Other \$

Name: _____

Address: _____

City, State Zip: _____

Email: _____

Phone: _____

Please make checks payable to: **SEMI VETERANS COMMUNITY CENTER** and mail to: **11111 Veterans Blvd, Suite 100, Dallas, TX 75243**

Scan for more information about the SEMI Veterans Community Center

Thank you for your support!

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FOCUS: Veteran Suicides

Operation Deep Dive Report

This topic was recently discussed at the MOUSA May Town Hall via Zoom

Introduction

Transparency in America ensures we are on the right track and following the Constitution of the United States. Our way of life ensures we are accountable and focused on the security and health of all Americans first. Therefore this paper is focused on the civilian studies verses Veteran Administration and government studies which are clearly different and NOT transparent.

Military Outreach USA remains committed to the solutions of veteran suicides with its prevention and educational programs including: Stand-By-Me Heroes, Veterans Exiting Homelessness, Moral Injury Research and SBMH Veterans Community Center initiative. We consist of civilian and veteran volunteers called Foxhole Soul Counselors who provide support and solutions to mind, body and soul.

Key questions:

- 1) What is the true number of veteran suicides per day? Is it 17, 22+ 44 or other?
- 2) Why are elements in DC and news organizations consistently wrong on the veteran suicide rate per day?
- 3) A civilian analysis known as **The Deep Dive Report** (2020) was created by a coalition of civilian organizations consolidating 5 years of data and analysis from eight states. Today, medical professionals seeking answers are not given access to this final report by the government, why?
- 4) Why are Veteran Service Organizations (VSO) accepting the status quo and not combining forces to open the revelations-hidden data the VA and others have concealed?
- 5) Why not assign Military Outreach USA, a civilian organization, to lead an annual study and reveal the truths of veteran suicides across all 50 states and our protectorates?

Our purpose is to boldly speak truth to this issue of veteran suicides that politicians, administrators, veterans and some medical professionals have watered down and decided to withhold from past studies. Why? Truth can allow the redirecting of dollars and support groups that can impact the actual number many organizations agree are between 22-44 veteran suicides per day.

Military Outreach USA is led by M.G. (retired) James H. Mukoyama and former NCO and President Philip Chappy Ferrer and consists of volunteer psychologists, nurses, officers, NCOs and civilians. Individuals are members of multiple organizations including American Legion, Disabled American Veterans, Rolling Thunder, Veterans of Foreign Wars to name only a few. All combat veterans understand leadership requires boldness, accountability and transparency. Truth builds and strengthens foundations that will impact families, communities and our nation's foundation.

Important note: We support multiple VA Hospitals and CBOCs across this nation that are filled with focused people with a deep desire to impact and help heal the lives of our heroes. We know of a few of these facilities where veterans rave of their people and support, but not all facilities are as well focused.

Let's begin with key facts... Click below for more information
Deep Dive Town Hall Summary

HEROES



Former WWII POW Pfc. Robert Bryant was finally laid to rest in the US on April 12, 2025.

He was a soldier with the original Darby's Rangers (the first unit of US Army Rangers during WWII - featured in a 1957 war film starring James Garner). During the Dignified Transfer we saw civilians and first responders on every overpass between Midway Airport in Chicago to Bloomington IL (125 miles). People pulled over in their vehicles on both sides of I-55 highway paying their respects as the 7-mile escort passed them. The residents of the city of Bloomington/Normal were holding flags and signs along the way.

Pfc. Bryant was buried with full military honors. American Legion Post 635 provided the 21-gun salute, a bugler played *Taps* and a bagpiper played *Amazing Grace* before the next of kin received the folded American flag from the Honor Guard of the US Army 75th Ranger Regiment from Fort Moore, GA.

Veterans Exiting Homelessness Program



Beds-for-Vets Program

Our Veterans Exiting Homelessness Program includes our **Beds-for-Vets** program. Since 2016, we have **supplied 3,025 beds** to veterans across our nation, thanks to the support of people like you!

Funds for these "Welcome Home" beds come to us from a grateful nation - individuals, schools, VSOs, civic, social and faith-based organizations - to honor veterans for their service and sacrifice and to encourage them in their new lives now that they are off the streets and out of the shelters.

Thank you to all who hold this program in prayer and to those of you who financially support this way of honoring the men and women who served us so well.

We provided a bed this month to a 78-year-old disabled veteran who was sleeping on a 20 + year old mattress. His life will be much better and healthier from sleeping on a firm new mattress. His parents were both veterans injured in WWII, and many of his family are veterans.

If you know of potential opportunities to fund this program and allow qualified Veterans to sleep in their own beds, please let us know. For some, these "Welcome Home" gifts are the first beds of their very own they have ever had, and it is a great way to show our nation's appreciation for their service and sacrifice.

Many companies want to reward employees (or retirees) who volunteer at non-profit organizations - by matching or giving cash to the organization! It is as simple as asking your employer. Or ask a family member and your friends if they work for an organization that rewards volunteering or matches donations. Contact TomasReis@militaryouteachusa.org for more information.

Move-in-Essentials Collections

We don't have a photo of any collections this month, but one individual donated \$400

worth of items for our veterans transitioning from homelessness into housing. Thank you for your generosity!

There are many individuals, organizations, houses of worship, businesses and neighborhood who organize collections of basic items needed to ensure these veterans feel honored for their service and sacrifice. Please leave a message for our coordinator Jim Dunne at 877-734-4244 if you would like more information on how you can help.



How you can reach us!

SBMH Help line - 877-734-4244

For additional information please email us at Info@militaryoutreach.org or leave us a message on our website by [clicking here](#).

Stand by me Heroes (SBMH) Chapters

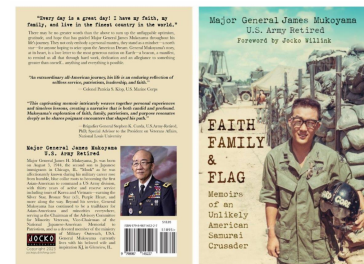
SBMH Northern Illinois



General Mukoyama received several well-deserved honors this quarter: He was honored as Chicago Illini of the Year as seen here with the University of Illinois Alumni Association Officers; he was recognized as one of ten Glenview IL Hometown Heroes and served as moderator at Senator Duckworth's Veteran Town Hall in Mundelein IL.

Faith, Family and Flag: Memoirs of an Unlikely American Samurai Crusader

by Major General (ret) James H Mukoyama.



Military Outreach USA's founder, General Mukoyama, is well known for his strong faith, his love of family and his country. He has written an inspiring and personal recounting of his youth, his military career and his work among the Asian American community and his continuing dedication to the veterans who have given so much for our country.

The book is getting lots of publicity from podcasts including interviews by Dennis Prager and Jocko Willink. For a podcast with John St. Augustine: [Listen Here](#)

Books are available through Amazon with net proceeds given to the General's home church and to Military Outreach USA.

Here's a link to a 30-minute podcast of an interview with General regarding the book and his experiences. [off the shelf:Major General James Mukoyama](#)

Support Over Stigma, one of our partners founded by Zoeie Kreiner, focuses on reducing the number of suicides among veterans and first responders. Her team of volunteers provides care packages to deployed troops and first responders to remind them that they are appreciated. Each care package, gift, snack and visit includes cards and letters of encouragement and resources on where to find help if they or someone they know is struggling with thoughts of suicide.

Volunteer to donate items or pack boxes in Geneva, IL. [For more information, click here.](#) or call 630-492-0308

First-responders, active duty and veterans struggling with anxiety, depression, post-traumatic stress, moral injury? We can help! Call 630-492-0308.

UPCOMING EVENTS FOR VETERANS



June 29 at 1:00 PM MOUSA FUNDRAISER

Join us at the ballpark for the afternoon with VIP seating behind home plate watching the professional baseball teams Schaumburg Boomers vs Washington Wild Things.

Activities include 50/50 raffle and Tennis Ball throwing contest (great for the kids and adults), gift table, welcome tent (Be sure to meet our team at our welcome table)

This is an awesome family venue. We welcome sponsors, groups, families and individual veterans and active duty and civilians to join us.

Tickets are available for \$16. Sponsorships are welcome. To order tickets or for more information email chappy@militaryoutreachusa.org or leave a message on our voicemail [877-734-4244](tel:877-734-4244).



MEMORIAL DAY CELEBRATIONS are going on all over the country this weekend and Monday, May 26. Get out among veterans and civilians to attend community functions, parades, gatherings to honor those who gave their all on our behalf.

- If you are marching in the parade, please consider carrying signs, flags or banners that say thank you veterans!"
- If you are watching the parade along the route, please stand up, clap and say "Thank You" to our veterans and active-duty military as they march by. For our Vietnam Veterans, say "Welcome Home."
- Along the parade route, consider decorating buildings with banners, signs, flags, bunting – whatever is possible.

Or come up with your own create way of saying "Thank You" for the service and sacrifice of our veterans and active-duty military.



June 2: Par-Tee with AllenForce Charity Golf Fundraiser at Inwood Golf Course in Joliet, IL . Military Themed Holes and Challenges



Fall Cohort Veteran Internship at Cantigny in Wheaton IL September 1 through December 21. Hourly wage of \$20 for 40 hour workweeks. The application is open **n o w** and will close on June 30. Phone screenings will begin July 1 and offers will be extended the week of August 4th. Designed to assist veterans in their transition from the military to the civilian workforce. This program not only provides meaningful work experience but also helps veterans build a professional network and gain exposure to diverse career opportunities. More information at [Veteran Internship Program - Cantigny](#)



May 30, June 27, July 25 from 10 AM to 2 PM Veterans Job Club is available to veterans with job-related goals and who are seeking short-term assistance. Staff from Jesse Brown VAMC's VHA-VR program offer resume assistance, job searching skills, navigating websites and performance based interviewing at the Chicago Vet Center, 8658 S Sacramento, Chicago 7873-062-3740.



June 11 10 AM to 1 PM Hines Winter Garden VA Caregiver and

Family Resource Fair. Learn about the wealth of resources available to caregivers and families of Veterans.



Greater Chicago Veterans Food Pantry at Hines VA Hospital, building 9, auditorium. Every Thursday from 10 am to noon. Providing food for those who served. DD214 & photo required.



4th Monday every other month at 6:30 pm central. (Note new day and time) **Stand by Me Heroes Town Hall.** Zoom discussions on topics of interest for [For more information click here](#). Next meeting March 24, 2025.



Recurring Meetings for Veterans

Quarterly at Veterans Assistance Commission

Monthly/Quarterly meetings of Veterans of Foreign Wars

Monthly meetings Local American Legion Chapters

Monthly meetings Disabled American Veterans, Addison IL 6 PM

1st Friday each month - Naval Station Great Lakes Community event - Epicenter (Bldg. 525) at 4:30 pm CST.



Animal Therapy for Veterans and their families. Last Sunday of each month 10:30 AM to Noon. SoulHarbour Ranch, Barrington IL www.soulharbourranch.com RSVP: Jodie@ 855-408-7685 or call Veteran Liaison USAF Pilot, Lt. Colonel Gina Stramaglio 316-708-9788.



Military Families - 3rd Monday of each month at 6:30 pm CST in person or via Zoom. New expanded location in Gurnee: Maria's Tribe, a support group for veterans' spouses, caregivers, partners and loved ones offers an opportunity for members to share personal experiences, feelings and coping strategies. Maria's Tribe and Bodyworks for Vets, 135 N Greenleaf St, suite 210, Gurnee. 312-818-9721



Veterans Pet Supply Pantry: 4th Thursday of every month 10AM to Noon at Hines VA Hospital, Bldg 9, 5000 5th Avenue Hines IL in conjunction with Hinsdale Humane Society. Includes cat/dog food, cat litter, cat/dog toys 630-323-5630 [Click here for more information](#)



SBMH Florida



Chapter director Phil Jelen is in Englewood, FL. He is a proud member of American Legion Post 113, Rotunda West, FL, and VFW Post 5151 in Streamwood IL.

Chapter Directors Rick and Gwen (Leah) McCool are in Seminole FL. Leah serves on the MOUSA Board of Directors, writes the *Worthwhile Women* articles for our quarterly newsletter and is transitioning to the position of our Director of Operations with MOUSA over the coming months.



The Chaplain's Corner

Chappy Ferrer - Founder, Stand-by-me Heroes, Stand-by-My-Heroes and Our Priority Family

Those interested in spiritual growth are encouraged to join our weekly devotional, via email. Send email request to: Ourpriorityfamily@gmail.com. We do NOT share contact information.

2025 is filled with greater hopes and we appear to be in a whirlwind of positive change. Performance is the only truth to determine success or failure. Temperance and patience are also keys toward avoiding anxiety or fear. The simple truth is that too many are entrenched in ideology, academics or their own closed minds and therefore are not able to hold simple conversations. Folks, prepare to venture out of the house, contact old friends, make new or attend community events. If you focus on politics you will lead a miserable life and your heart will have issues. Experience life outside the home and give your time and talents; partner with others and make a difference to our veterans and their families. Aging in a confined space was/is not God's purpose in our lives - we are to be fruitful and multiply.

To my faith-based brethren. It is our responsibility to pray for past and present administrations. Do not trust in self or man rather than God. Our responsibility is the sacrificial love of God, in us, and giving unto others, NOT spending time as armchair quarterbacks. The Bible reminds us that God is well aware of all in leadership positions around the world. God is in control of world events and has left individual events in our hands to make a difference. Thus, if we are people of faith then trust is required in our faith. How are we doing in the area of trust and faith? Time to repent and find better options in our short lives. Remember, this life is only a dressing room.

Faith is the substance of things hoped for, with no visual evidence at present. As brethren of faith we have an example in Christ, called prayer. If we are not praying in the mornings or before we close our eyes, nor reading the New Testament then we will remain closed and faithless. The great news is that anyone can speak with Jesus. Find a quiet place, close your eyes and simply talk. Ask, seek, and knock and He shall respond to our heart. We can fall face down forgetting His relational Grace. However, the Holy Spirit is waiting to wash, to renew our whole person. Be intentional towards God and the road filled with anxiety and fear will fall behind.

Do we read our Bible daily? How would anyone expect to know God without reading His Word? Make time to rekindle our hearts and souls to the New Testament. I recommend the book of Matthew. Need assistance; send an email or call the Gideons for a copy. I read from the New King James, American Standard and New Living Translation to name a few as I love to study. If concerned with Bible versions then let me provide an example. Jesus Christ left us a comforter to teach and guide humanity. His truths and wisdom begin with praying and reading. If our heart comes to the right relationship with God, the Holy Spirit will intervene and assist peeling back the curtains over our eyes. Let's begin.

Finally, all men and women have been given a variety of gifts, but not all have the same gifts for a reason;.we are created to become relational beings not hermits. Let's work together and weave a solid tapestry and change lives. Servant leadership begins with a foundation, giving, learning and inspiring. We were not placed here for ourselves.

If not attending a church, or in a hospital, or retirement home, in the fields or other, we have a short devotion to challenge the heart, mind and soul. These devotionals go out to England, India, Indonesia, Philippines and North America. Interested in leading a small faith-based group? Need to speak with someone? Send an email to Ourpriorityfamily@gmail.com. We are blessed! It is time to bless others.

CONTINUING EDUCATION: Foxhole Soul Counseling



Foxhole Soul Counselors (FSC) from our SBMH Chapters attend events and engage with anyone who asks for 1:1 Soul Counseling. Not only are those who lost comrades continuing to hurt, but we must not forget their families and friends.

We hear souls crying out for someone to 'Stand-by-me.' Our Foxhole Soul Counselors are there to speak with anyone suffering from a soul pain, moral injury or PTSD. Foxhole Soul Counselors focus on faith, not religion, to restore one's whole person and to walk with them as friend, as family.

These men and women, intervening for others, are making a difference resulting in wounded men and women choosing life instead of suicide. We are grateful for those who befriend those calling out for someone to Stand-by-me!

HELP LINE ((877)734-4244.

Conversations are private, names are never released and you can use your call sign.

SUICIDE AWARENESS & PREVENTION

Are you worried a Veteran or service member in your life is considering suicide? **ASK.** Asking about possible suicidal thoughts opens communication, breaks isolation, and validates emotions, reducing stigma and providing an opportunity for immediate support. Then, **SEEK HELP.**

Moral Injury and PTSD Medical Studies

*John P. Bair, Ph.D, Clinical Psychologist, Retired
Captain James A. Lovell Federal Health Care Center, Active WOC Researcher.
Adjunct Faculty, National Louis University.*

Dr. John P. Bair and Pastoral Counselor and Researcher Katherine Nimrod host bi-monthly men's meetings on Saturdays in downtown Glenview, IL.



These gatherings focus on Post-Traumatic Growth through conversation, laughter, bonding, storytelling, work, restoration, forgiveness, healing, and being generative.

Referrals Accepted:
847-302-3110

MONTHLY TOWN HALLS VIA ZOOM

4th Mondays of every month via Zoom
Next meeting: , June 23, 2025 at 6:30 pm central

Focus always on issues of importance to veterans
Donna Adams, Behavioral Specialist 40 years (retired) BSBA, BSN, MSPsy, BYS, FSC, Director of Education for Foxhole Soul Counselors



[Click here to join our Zoom Town Hall](#) **6:30 PM June 23, 2025.**

Meeting ID: 849 8231 5899 Passcode: 584428

One tap mobile
+13126266799,,84982315899# US (Chicago)
+13092053325,,84982315899# US



Worthwhile Women

MEMORIES

*Leah Gwen McCool, SBMH Florida Chapter Co-Director
Veteran Sergeant, US Air Force, MAT Education Liberty University*

The time has come, now the work begins, and you feel you need a daily TIME-OUT. The reason you and I feel depleted is because more often than not ...we are! I have great news for you today; we are not alone. "Wait, what? Is this the good news? I want a refund! This is not what I signed up for; it's too much and I have a cake to bake for my neighbor next month!"

BE STILL AND KNOW THAT I AM GOD" (Psalm 46:10)

Yes, I did take the liberty of using hyperbole, but the majority of the introduction is true. I encounter many people throughout the days, weeks and months, and I listen and empathize with caregivers, veterans, families, widows and widowers. Often, the

load each of these people carries seems to be unsurmountable, but there is HOPE. Mount Everest is climbed one step at a time. Sometimes you and I need a rest, to be heard, or just to be. "Excuse me? To be...?" That's exactly right, to be still and know that I am God. Some of you may not be people of faith, but you know that to be able to serve others, you must take care of yourself or you are of no good to anyone else. I do not pretend to be an armchair psychologist, but I am a seasoned individual, veteran, wife, mother, grandmother, educator and life-long student. I appreciate the wisdom I learn from others, and I share this with you today.

Everyone is in a "season" of life, and everyone has a purpose. The actions we take today will possibly be modeled tomorrow by someone else. The moral of the story is to be a good example. Everyone grows weary because we are human. Please take good care of your body so it will take good care of you. Years ago a physician told a family member to get everything in order, because the condition of her heart was beyond repair. My family member went into a therapy center (rehabilitation), and she began to walk. This miracle, I am proud to call my aunt, continued to walk, she lost weight, her heart muscle improved, and five years later she continues to help others in need! I might add here that she never received any surgery. She is one of my heroes! She never served a day in the military, but she is a Princess Warrior! Taking care of our physical body aids in the welfare of our mental health. Possibly walking or some light weight-bearing exercises can benefit your body. Please check with your physician before starting exercise regimens; always remember that safety is first. I confess I have been in a relationship with "Sugar" all my life. I love coffee and a "little" something SWEET, but sugar is not my friend! You may have heard the adage "Everything is good in moderation", but I'm sure there is always an exception to the rule. Have you heard "We are what we eat"? I should be a carrot cake or a pecan pie by now, but instead I am a work-in-progress. I am determined to be healthy in mind, body and spirit so I can be used to serve my purpose and help as many people as possible while there is breath in my body!

Finally, Memories ... you and I have great memories and painful memories. The painful ones, though you may not realize this now, can be used to help others in the same struggle, trial grief or pain. I know you may be overwhelmed; let someone help you. Pride can take the backseat, and healing can begin. Hold on to the great memories, forgive yourself and others, and get ready! You have a purpose and there was and is a plan for your life that was set in motion before the foundation of the world. You will be instrumental in creating great MEMORIES for others to cherish and pass along from one generation to the next. Tighten those shoelaces, and keep moving!

Enjoy the Memorial Day ceremonies and revisit the memories of those who have gone before us, serving our country with everything they had to give!

Need Help?

SBMH Help line - 847-734-4244

**For additional information please contact us at
Info@militaryoutreach.org**

To receive our newsletter electronically every quarter, click on the Newsletter box on our website at [Military Outreach USA](#)

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