



UPCOMING EVENTS

APRIL

7 Council T-Bone Dinner | 6:30 pm
Mirage Club

MAY

5 Council T-Bone Dinner | 6:30 pm
Mirage Club

25 Memorial Day Services
Evergreen Cemetery | TBA
El Centro Elk's Lodge | TBA

NATIONAL NAVY LEAGUE

April 13-15

Sea-Air-Space Exposition
National Harbor, Maryland

June 16-21

National Convention, Ship
Commissioning & Cruise
Tampa, Florida

Navy League of the United States

Citizens in Support of the Sea Services

Next Step Service Dogs

Helping Veterans Overcome PTSD and Physical Disabilities with Service Dogs

On any given day, you can read or hear news about the debilitating effects of Posttraumatic stress disorder, otherwise known as "PTSD" on our military members. Once called "shell shock" or "battle fatigue syndrome," the debilitating effects in which an individual experienced or witnessed traumatic or terrifying events has lasting consequences that can cause intense fear, helplessness, and hopelessness. New research finds that "man's best friend" could be lifesavers for former military veterans.

Our April speaker will be Judy Keene, Administrator and Volunteer Coordinator for Next Step Service Dogs. Judy will be joined by expert Dorene Robertson, Senior Canine Trainer, and her demo dog "Pippa."



Next Step Service Dogs provides expertly-trained service dogs for veterans with PTSD and Traumatic Brain Injury (TBI). Their service dogs greatly improve the veterans' quality of life, independence, and the sense of being unconditionally loved, respected and protected by a service dog battle companion. Next Step Service Dogs are often rescue dogs trained to perform specific tasks and worked as described by the American Disabilities Act (ADA).

Standard service dog tasks include getting help, turning on lights, balance support, and retrieval, to name a few. Next Step Service Dogs are psychiatric service dogs with tasks that include helping a veteran gauge the safety of their surroundings, allowing them to venture into public places without constantly scanning for snipers, hidden bombs and other dangers; reassuring them, allowing them to learn trust and caring again – and maybe smile for the first time in months or years.

"One great dog, one great trainer, and one great veteran is what makes a Next Step Team."

With Mushrooming PTSD crisis among military, experts estimate PTSD impacts 30% of all Vietnam veterans, 10% of all Desert Storm veterans, and 20% of 1.6 million Iraq and Afghanistan troops. As a result, unemployment for Iraq/Afghanistan veterans increased from 11.5 % in 2010 to 12.1% in 2011.

Next Step hires veterans as trainers to further enhance the bonds and effectiveness of our trainer-dog-veteran teams. The training program is designed and paced for the individual veteran with PTSD/TBI and/or mobility limitations and his dog. They help veterans train their own dogs (if they meet requirements) or a rescue dog as their service dog. If veterans decide to acquire an adult shelter or rescue dog, the turn around time is substantially reduced. Instead of a training curriculum lasting 14-18 months of training through puppyhood, the expedited time will only be 3-6 months depending on the training history of the adult dog.

We look forward to having you join us for this very informative evening.



U.S. Navy



U.S. Marine Corps



U.S. Coast Guard



U.S.-flag
Merchant Marine

**OUR ADOPTED
COMMANDS
AND UNITS**



NAVAL AIR FACILITY
EL CENTRO



US NAVY BLUE ANGELS



USS FITZGERALD DDG 62



USMC MARINE ATTACK SQUADRON
VMA-214



VFA-122
THE FLYING EAGLES



USCGC SHERMAN
WMEC 720



DESERT EAGLE SQUADRON
ESCONDIDO BATTALION &
TRAINING SHIP KIT CARSON
US NAVAL SEA CADET CORPS

Sign our "America's Strength" Letter to Congress

The Navy League is proud to announce the launch of a new, intensive, two-year campaign - "America's Strength: Investing in the Navy-Marine Corps Team."

On Thursday, March 26, we're delivering an open letter to Congress asking for increased funding for the Navy-Marine Corps team. Visit our website, and sign your name to show you support the sea services: <http://www.americas-strength.com/>. We also encourage you to share this request with family, friends, shipmates and colleagues who support a strong U.S. Navy-Marine Corps team. A PDF copy of the letter can be found on the Navy League website. We'll also have copies available for you to sign at our April dinner.

The Navy League's "America's Strength" advertising and grassroots campaign will raise awareness of the strain on the U.S. Navy-Marine Corps team and the potentially disastrous consequences for national defense, business and commerce, and on our nation's ability to provide aid to victims of natural disasters, if current budgetary trends continue.

The Navy League's "America's Strength" campaign is supported by a broad and diverse coalition of individuals and organizations who share the belief that a strong U.S. Navy is vital to the nation's defense, economy and to America's leadership in the world. We are hosting a major press conference on March 26 in Washington, D.C., to announce the campaign. The campaign will include think tank reports, advertisements, op-eds, letters to the editor and grassroots engagement with Congress.

Please contact us to learn more about how you can become involved. We need your voice!

Where today's Navy budget comes up short

Shipbuilding underfunded by an average of \$5 billion annually

The Congressional Budget Office estimates the Navy will need an average of \$5 billion more per year to build the fleet the nation requires. The gap is largest from 2025 to 2035, when construction of the next strategic nuclear submarine increases the shortfall to \$8.5 billion

Aircraft procurement needs up to \$4.5 billion

The Chief of Naval Operations recently testified the Navy needs 36 more fighters than it can afford. The Navy's new operational concepts for fighting in the electromagnetic spectrum require up to 30 more electronic attack aircraft. The Navy deferred two early warning aircraft due to budget constraints

Navy relying on up to \$4 billion in temporary war funding to maintain the fleet and keep it at sea

Between \$2.5 to 4 billion needs to be added to the Navy's base budget before contingency funds run out

Weapons procurement underfunded by more than \$1 billion

More than 4000 weapons cut from inventory due to sequestration and budget caps in last three years. The Navy plans to end Tomahawk and Joint Standoff Weapon production due to budget constraints

Construction and facilities sustainment short more than \$600 million due to three years of budget cuts



Recognizing the Leaders of Tomorrow—The R.I.M. Project

Last month, we continued to recognize Imperial Valley's future leaders. The project's name: R.I.M., stands for Reward, Inform and Motivate, is designed to reward High School Seniors valley wide, for their high academic and leadership accomplishments. Our desire is to expose local students to Navy League and its mission, and introduce them to our active duty service members.

Congratulations to these students whose G.P.A.'s are 4.0 or higher: Brawley High: Alexis Snowden, Janelle Abela, Hanna Rodriguez, Graciela Favela, Anthony Santana; Southwest High: John Hitch, Bethel Poon; Central High: Brianna Plancarte, Kim Do Huyn; Holtville High: Susanna Martinez, Mallory Merten.



We extend our thanks to our partnering organizations that have financially contributed to support the project are: Brawley Masonic Lodge 402, Kiwanis Club of Brawley, Westmorland Lions Club, Moose Lodge #1033 El Centro, Kiwanis Club of Early Risers, El Centro Kiwanis Club and Holtville Rotary Club.

Recognizing Outstanding Sailors and Marines

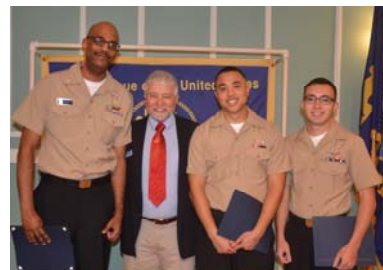
Each quarter we are privileged to provide recognition to the Sailors, Marines and Coast Guardsmen of our adopted commands and squadrons. Please join us in saluting these fine Sailors and Marines:



L: AC2 Ashlee Fleet, NAF El Centro Sailor of the 1st Quarter, R: AZ1 Kathleen Kalyanbarden, NAF El Centro Senior Sailor of the 1st Quarter 2015



President Steve Benton with AZ1 Stephanie Wallace of VFA-122 the Senior Sailor of the 1st Quarter 2015



VFA-122 2014 Sailors of the Year
L-R: AD2 Joshua Lee, Sailor of the Year 2014
AOAN Panagluma, Blue Jacket of the Year 2014
AT3 Bradley Seniw, Junior Sailor of the Year 2014



President Steve Benton with VMA-214's Sgt. Beatty, USMC, Non-Commissioned Officer of the 1st Quarter 2015

WELCOME BOARD NEW AND RENEWING MEMBERS

GARY BLAISAIR
CARLTON & MARY CATHERINE SMITH
RAYMOND CONGDON
FIONA MILLIGAN

THOMAS HARALAMBOS
BOB RAMSAY
ROBERT DONOVAN
DAVID HARMAN

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Steve Benton, President

Questions or Comments?

Email: contact@ivnavyleague.org

Mail: P O Box 3834, El Centro, CA 92244-3834

Contact us at: (760) 791-7345

Website: www.ivnavyleague.org

JOIN OR RENEW YOUR MEMBERSHIP TODAY!

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Membership...Join us today!

Whether you ever served in uniform or not, we invite you to join us. Every day, more than 40,000 members in over 240 Councils around the world continue to carry our message to the public and support the men and women of our Navy, Marine Corps, Coast Guard, U.S.- flag Merchant Marine, and their families.

The Navy League depends on passionate individuals like you to carry our education and support mission forward. Local councils adopt ships and shore commands, reward and honor enlisted personnel, host dinners and celebrations for military personnel, and support family members left behind when spouses and parents are deployed. Call us today **800-356-5760** or online at www.NavyLeague.org/Join_Renew



Navy League of the U.S.

Imperial Valley Council
P.O. Box 3834
El Centro, CA 92244-3834

NEXT DINNER

APRIL 7

6:30 PM



Next Step Service Dogs

Statistics & Treatment for Active Military and Veterans with PTSD

▶ How Many Veterans Live with PTSD

- 30% of Vietnam Veterans
- 10% of Desert Storm Veterans
- 20% of Iraq / Afghanistan Veterans
- An estimated 600,000 military suffer from PTSD/TBI
- 3,000 new PTSD cases hit the VA each month

▶ Cost to Society - Military with PTSD

- 7800+ suicides a year, 950 suicide attempts per month
- Est cost of 2 to 3 billion \$\$\$\$ per year, for military with PTSD (2008 RAND Corp. Study)

▶ Highly Cost-Effective Treatment via Psychiatric Service Dogs

- Est fewer than 200 service dogs available nationwide annually for veterans with PTSD
- Cost to provide an expertly trained service dog typically ranges from \$22,000 to \$60,000
- Cost of a Next Step Service Dog is under \$20,000 using an innovative business model and rescue dogs

▶ How Service Dogs Help

- **Trust and comfort**
 - Unconditional love and acceptance
 - An all-listening caring buddy
- **Healing**
 - Interrupt panic attacks , nightmares, and triggers, calm/redirect the veteran
 - Provide a physical safety buffer between veteran and other people in public places
 - Turn on lights in a dark room, and check house for intruders before entry
 - Locate lost objects and vehicles
 - Reduce anxiety and medications, avert meltdowns and costly hospitalizations
 - Give purpose ... to be fed, be walked, be attended to
 - Enable self-confidence and the ability to regain productive employment and pride
- **24/7 support in public and private**
 - A working dog with legal rights, not a therapy dog
 - No cost for training/providing the service dog to the veteran

► Seeking Generous Donations for Next Step Service Dogs

- \$ 20 – 200 Provides dog equipment, supplies, and vaccines
- \$ 300 - 450 Supports acquisition and care of a rescue dog
- \$ 18,000 For total training program for 1 trainer/dog/veteran team
- \$ 20,000 Hires a full-time service dog trainer
- \$100,000 Annual cost for leased Service Dog Training Center

www.nextstepservicedogs.org

Donations gratefully welcome on website via DONATE button (Paypal or credit card) or by sending a check to:

Next Step Service Dogs, 921 S. Andreasen Drive, Escondido, CA 92029

Office: 760-438-9190, Cell 760-473-7676, Administrator: Judy Keene

TESTIMONIALS

“Albert saved my life. I now had a responsibility and a purpose to train this dog. I learned that I could love again because Albert always returned my love unconditionally.

Before Albert, I felt distant and cutoff from everyone. After I graduated from the program, I trained a Next Step service dog for another veteran...who better to help another veteran, than a veteran." *Bolivar, Veteran, former Marine*



From her New York apartment rooftop early on September 11th, 2001, 20-year-old college student Ana was stunned to see the second of the Twin Towers explode and collapse. She says: “It was really scary. Wow, the fight is HERE. “

Within weeks, she joined the Marine Corps, later married, became a mother to three lively sons. During deployments in Iraq and Afghanistan, Ana was routinely under fire in war zones, working up to 20 hours a day on the front lines, doing demanding and often dangerous work.

Symptoms of flashbacks, disorientation, extreme anxiety, migraines, isolation, and insomnia became worse with each deployment plus pain from other injuries. When Ana met Gunny, a young-adult rescue labradoodle from Utah, Gunny had already been abandoned a few times, but was instinctively drawn to Ana and an intuitive bond developed between them.

With guidance from Next Step Service Dogs, Ana learned to train Gunny and to stimulate Gunny's problem-solving ability. Ana trusts Gunny's warning cues - leaning into Ana redirects Ana in some way, telling her to sit, move to a better location, take her medication, and/or redirect her attention to snuggle or play with Gunny to reduce escalating anxiety or pain. Gunny is Ana's angel shadow, keeping Ana in sight or cruising near her every 15 minutes to check she is fine, grounding her, giving her reassurance day and night.

“Being able to go to a night class or to the supermarket by myself with Gunny is HUGE.” *Ana, Veteran, former Marine*

