FREE Transcendental Meditation Course for Veterans in NYC

Transcendental Meditation (TM) has been proven to help reduce PTS symptoms including anxiety, depression and sleep deprivation.

Evidence-based relief from the epidemic of mental injury

The TM-based Resilient Warrior Program has been extensively researched by over 340 peer-reviewed studies, including over $26 million in grants from the National Institutes of Health to study the program's effectiveness for reducing heart disease. Key findings include:

- 40-55% reduction in symptoms of PTSD and depression
- 42% decrease in insomnia
- 30% improvement in satisfaction with quality of life
- 25% reduction in plasma cortisol levels
- Decreased high blood pressure—on par with first-line antihypertensives
- 47% reduced risk of cardiovascular-related mortality

RSVP today for Intro to TM!

WHEN:
Every Friday at Noon

WHERE:
228 E 45th Street, Suite 1403, New York, NY
This 1-hour intro serves as prerequisite to our 4-day Veteran TM course offered monthly.

veterans@davidlynchfoundation.org
(212) 644-9880

“I am now happier and more optimistic than I have ever been.”

-EDWARD K.KOSOVO, COMBAT VETERAN IRAQ AND AFGHANISTAN
At the City University of New York (CUNY) we welcome and support veterans, reservists and dependents on our 24 campuses across the five boroughs of New York City. We are proud of the level of diversity and academic excellence that our 3,400 veterans (800 of which are women veterans) bring to our campuses and recognize the contribution that they make as citizens and students. We are dedicated to fostering a sense of community and to developing a channel of communication among veteran and reservist students, and with faculty, staff and administration.

The CUNY Office of Veterans Affairs (COVA) orchestrates initiatives to retain student veterans and their family members by implementing best practices and complying with federal, state and institutional policies such as Executive Order 13607 – Principles of Excellence, the DOD MOU and the 8 Keys to Veterans Success. Working collaboratively with community agencies, COVA aims to increase awareness and sensitivity to the unique needs of veterans, and provide resiliency-based social and academic support to encourage post-graduate success.

Visit our website for a virtual one-stop source of information regarding services for veterans, reservists and their dependents and survivors. In addition, it is a guide to educational benefits, entitlements, counseling and advocacy resources, which will assist veterans in pursuing their academic and civilian careers.

The CUNY Office of Veterans Affairs team is happy to assist you with any questions. Please contact us Monday through Friday between 9AM and 5PM

Central Office for Student Affairs
555 West 57th Street, 14th Floor
New York, NY 10019
P: 646-664-8800

To request a Fee Waiver with your CUNY application, please email: vetwaiver@cuny.edu
For all other matters, and to join our team, e-mail us at: veterans@cuny.edu

Lisa Beatha
United States Army Veteran
University Director of Veterans Affairs
Lisa.Beatha@cuny.edu
www.cuny.edu/veterans

www.vocnyc.org
www.cuny.edu/veterans/newsletters
CUNY VETS HIGHLIGHTS

ADAM DRIVER FOUNDER OF AITAF
(USMC VETERAN)

FALL 2018 | CUNY Veterans Newsletter
Adam Driver enlisted in the United States Marine Corps shortly after 9/11. He served as an 81mm mortar-man in 1st Battalion, 1st Marines out of Camp Pendleton, CA.

Adam Driver still serves his country and those who fight for it. He founded the non-profit “Arts in the Armed Forces” (AITAF) which strives to bridge the gap between veterans and theater, which he feels is an essential way of expressing the heart and soul of the military experience. Many people criticize the lack of veterans in Hollywood or the media in general, but Driver aims to do something about it.

The latest Playwriting Award is a competition by AITAF, exclusive to current military members or veterans. Not only does it come with a $10,000 award, but the theater company will actually produce and perform the play either on post or in NYC, followed by professional feedback and an award at their annual AITAF Broadway Show ever year. Anyone who has worked in the entertainment industry also knows that networking is crucial, and this will be an invaluable experience for someone hoping to make it as a writer in theater.
SAVE THE DATE!

In Honor of Veterans Day

Monday, November 12th
AITAF’s 10th Annual Broadway Event
American Airlines Theatre
New York, NY
AITAF’s mission is to provide high-quality arts programming to active duty service members, veterans, military support staff and their families around the world free of charge.

Visit us at aitaf.org

Sponsored by:

Bob Woodruff Foundation

amazon studios

Follow us on twitter facebook instastory
**STUDENT VETERANS**

Find as many words as possible in these crossword puzzles and answer our pop quiz question correctly for a chance to win tickets to an exclusive film screening!

You will have the opportunity to view AITAF’S 10th Annual Broadway Show!

**YOU DON’T WANT TO MISS THIS!**
POP QUIZ!

When did the first Veterans Day Parade occur in the United States?

A) 1985  
B) 1891  
C) 1954  
D) NONE OF THE ABOVE

TAKE A PICTURE OF YOUR ANSWER AND EMAIL VETERANS@CUNY.EDU TO SUBMIT
The VA Work-Study Program allows student-veterans and dependents who are receiving education benefits from the Department of Veteran Affairs to work in a veteran-related office at CUNY. Participation in this program provides veterans with valuable civilian work experience and additional funding for their tuition. Students earn a minimum wage of $13.00 (tax-free) per hour.

Some of our CUNY departments currently seeking VA Work Study candidates include:

- Central Office of Veterans Affairs
- CUNYAC (CUNY Athletic Conference)
- CUNY Central Human Resources
- CUNY Welcome Center, Veterans Team
- CUNY Office of Budget and Finance
- Campus Veterans Office @ CUNY SPS

For more information, visit: [cuny.edu/veterans/va-work-study](http://cuny.edu/veterans/va-work-study) or email us at veterans@cuny.edu
Am I eligible for VA work-study program?

CUNY student veterans and dependents are eligible if they are CURRENTLY registered to take classes in a college degree program, a vocational program or a professional/graduate program AND receiving education benefits under one of the following chapters:

- Chapter 30: The Montgomery GI Bill
- Chapter 31: Veterans Vocational Rehabilitation Program
- Chapter 32: Veterans Educational Assistance Program
- Chapter 33: Post 9/11 GI Bill or Transfer of Entitlement
- Chapter 35: Survivors and Dependence Educational Assistance Program
- Chapter 1606: The Montgomery GI Bill - Selected Reserve
- Chapter 1607: Reserve Educational Assistance Program

What type of work will I perform?

Work responsibilities will vary according to work location. Under the VA work study program student veterans have worked as peer mentors and assisted in areas related to veterans’ admissions, communications/outreach, administration, social media/graphic design, research_statistics, budget/finance, and human resources amongst several others. The work you actually do will depend on your interests and the type of work available.

How much will I make?

Students earn a minimum wage of $13.00 (tax-free) per hour.

How many hours can I work?

Weekly work schedules are determined by the student and work-study supervisor. The total hours a student can work in one semester is given by the Buffalo VA Regional Office: Work-Study Department. The hours are based on 25 hours per weeks of enrollment.

Where do I sign up?

Contact the veteran coordinator on your campus or send an email to veterans@cuny.edu
Welcome from Admissions!

The CUNY Welcome Center’s Veterans Admissions Office is dedicated to assisting service members and their families with CUNY’s Undergraduate Application. Services include:

- **Inquiries & Guidance**
  The team responds to veteran inquiries by phone, email, or in-person consultations. and provides information about CUNY’s resources, programs and application process.

- **Veterans Application Fee Waivers**
  Fee waivers can be issued by the team to veterans who submitted a Freshman and Transfer Undergraduate application. To request a waiver, veterans should email proof of military service to vetwaiver@cuny.edu. Fee waivers can only be issued for those who have served and are non-transferrable.

- **Application Assistance**
  Veterans can submit their application documents directly to members of the team to foster a smooth application process. The team also expedites the processing of veteran applications whenever possible.

- **Letters of Eligibility**
  These letters are issued to active duty service members to help initiate their separation/preparation process (they are issued on a case by case basis).

- **Assisting Campuses**
  We work with CUNY’s Campus Veterans Coordinators to provide them with additional information about their veteran population.

- **ROTC**
  E-permits for ROTC courses are processed with the assistance of the Veterans Admissions Team.

Please feel free to contact us for assistance at vetwaiver@cuny.edu. We look forward to hearing from you.
## CUNY Veterans Undergraduate Application Guide

### Quick reference guide on how veterans apply to CUNY

**STEP 1:** Apply Online – Prospective students should submit a freshman or transfer application online at [www.cuny.edu/apply](http://www.cuny.edu/apply). On the application fee page, veterans should select the “Pay Later” option.

**STEP 2:** Obtain Fee Waiver – Veterans can email vetwaiver@cuny.edu to request an application fee waiver. **They should at least provide name, application control number, and date of birth.** Proof of military service must be attached to the email and can include copies of one of the following items:
- DD214 (Certificate of Release of Discharge from Active Duty)
- Pre-separation orders
- Other military-issued paperwork

**STEP 3:** Send Supporting Documents – Official transcripts and other supporting documents should be sent directly to the University Application Processing Center (UAPC).

<table>
<thead>
<tr>
<th>Regular Mail</th>
<th>General Freshman Admission</th>
<th>CUNY/UAPC</th>
<th>CUNY/UAPC</th>
<th>Macaulay Honors College</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>General Transfer Admission</td>
<td>P.O. Box 359023</td>
<td>P.O. Box 359021</td>
<td>CUNY/UAPC</td>
</tr>
<tr>
<td></td>
<td>Macaulay Honors College</td>
<td>Brooklyn, NY 11235-0001</td>
<td>Brooklyn, NY 11235-9023</td>
<td>Brooklyn, NY 11235-0001</td>
</tr>
</tbody>
</table>

**Overnight/Express Shipping (DHL, Fedex, etc.)**

CUNY/UAPC
2001 Oriental Blvd., Building T-1, Room 122
Brooklyn, NY 11235

**STEP 4:** Request the JST – Veterans should also send their Joint Services Transcript (JST), which is the transcript of their military courses, to UAPC using the following websites:

- **Army, Navy, Marines and Coast Guard:** [https://jst.doded.mil/official.html](https://jst.doded.mil/official.html)
  1. Create an account and sign-in.
  2. Click “Transcript,” then “Official Transcript Request.”
  3. Choose to submit the JST to City University of New York (Processing Center) and to any individual CUNY college(s) of your choice.


*Note: This transcript will not affect the admissions decision. The amount of military credits that can transfer to CUNY varies by college. After the veteran is accepted to a college, the campus’ Admissions Office will determine the number of transfer credits each student can receive, including credits for military courses.*
Dear Veteran,

CUNY has approved the review of military credentials to award transfer credit for military service. If you would like your military experience to be evaluated for academic credit and/or to illustrate your work experience on your resume, follow the steps listed below. All campuses do operate differently when helping their respective student-veteran population.

**Step 1:** Create an account for your military transcript via the following websites:
- Army, Navy, Marines, and Coast Guard: [https://jst.doded.mil/official.html](https://jst.doded.mil/official.html)

**Step 2:** Submit your transcript to CUNY UAPC (University Application Processing Center) and/or your current CUNY College.

Contact your admissions office to ensure receipt.

**Step 3:** Print and save a copy of your military transcript to a USB or secure cloud.


<table>
<thead>
<tr>
<th>Using JST credits for <strong>College</strong> can count toward:</th>
<th>Using JST credits for <strong>Employment</strong> can:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Elective credit</td>
<td>• Showcase military occupation</td>
</tr>
<tr>
<td>• Major or Minor electives</td>
<td>• Illustrate responsibilities/duties</td>
</tr>
<tr>
<td>• General Education elective</td>
<td>• Illustrate leadership and training</td>
</tr>
</tbody>
</table>

**Would you like to have a career that relates to your military occupational specialty (MOS)?**

Learn what certifications and degrees match your area of expertise by using the following sites:

- Army: [https://www.cool.army.mil/](https://www.cool.army.mil/)
- Navy: [https://www.cool.navy.mil/usn/](https://www.cool.navy.mil/usn/)
Community Colleges

Borough of Manhattan Community College
Wilfred Cotto, Veteran Services Coordinator
199 Chambers Street, New York, NY 10007
212-220-5363; wcotto@bmcc.cuny.edu

Bronx Community College
John Rosa
Coordinator of Veterans and Military Resources
2155 University Avenue, Loew Hall Room 114,
Bronx NY, 10453
718-289-5628; john.rosa@bcc.cuny.edu

Hostos Community College
Charles Prince Uwa, Veterans Affairs Coordinator
450 Grand Concourse, RM C-377 Bronx, NY 10451
718-319-7955; cuwa@hostos.cuny.edu

Kingsborough Community College
Tara Yarczower, Director/Certifying Official
Office of Military and Veteran Services
2001 Oriental Blvd Brooklyn, NY 11235
718-368-5978; tara.yarczower@kbcc.cuny.edu

Queensborough Community College
Alexandra Venezian
Director of Military and Veterans Services/Certifying Official
222-05 56th Ave RM L421 Bayside, NY 11364
718-281-5767; avenezian@qcc.cuny.edu

Senior Colleges

Baruch College
Molly Pearl, Veteran Student Advisor/LEADS Job Developer
646-312-4745;molly.pearl@baruch.cuny.edu
John Seto, Veterans Affairs Certifying Official
john.seto@baruch.cuny.edu
151 E 25th St RM 850 New York, NY 10010

Brooklyn College
Claudette Guinn
Coordinator of Veterans Affairs/Certifying Official
2900 Bedford Avenue James Hall 1407
Brooklyn, NY 11210
718-951-5105; cguinn@brooklyn.cuny.edu

The City College of New York
Christopher Gorman,
Director of Veterans Affairs/Certifying Official
160 Convent Ave, Wingate Hall, RM 107
New York, NY 10031
212-650-5374; cgorman@ccny.cuny.edu

College of Staten Island
Laura Scazzafavo, Veteran Support Specialist
2800 Victory Blvd, RM 1C-219
Staten Island, NY 10314
718-982-3108; laura.scazzafavo@csi.cuny.edu

Hunter College
Alex Rosero, Academic Advisor for Student Veterans
695 Park Ave, RM 1119 East New York, NY 10065
212-772-4923; arosero@hunter.cuny.edu

John Jay College of Criminal Justice
Richard Pusateri, Military and Veterans Services Manager
524 W 59th St. 229 Haaren Hall New York, NY 10019
212-484-1329; rpusateri@jjay.cuny.edu

Lehman College
Luis E. Soltero-Rodriguez
Director of Veterans and Military Affairs
250 Bedford Park Blvd West. Shuster 201 A/B Bronx NY 10468
718-960-7188; luis.soltero-rodriguez@lehman.cuny.edu

Medgar Evers College
Hamilton JB. Raymond,
Veterans Affairs Coordinator/Certifying Official
1637 Bedford Avenue; Student Union RM 320
Queens NY 11367
718-270-4915; rhamilton@mec.cuny.edu

NYC College of Technology
Robert Timmins, LMSW Veteran Services Coordinator
300 Jay Street RM NG15 Brooklyn, NY 11201
718-260-4980; rtimmins@citytech.cuny.edu

Queens College
Dennis Torres, Veterans Outreach Specialist
65-30 Kissena Blvd; Student Union RM 320
Queens NY 11367
718-997-3033; dennis.torres@qc.cuny.edu

School of Professional Studies
Christopher Leydon,
Veteran Services Coordinator/Certifying Official
119 W 31st RM 413-415
New York, NY 10001
646-664-8616; Christopher.leydon@cuny.edu

York College
Larry D. Eaton; Veteran Affairs Manager
94-20 Guy R. Brewer Blvd; Jamaica NY 11451
718-262-5298; leaton@york.cuny.edu

LaGuardia Community College
David Daza, USMC; Daryl Griffin Veterans Academic Advisor
Veteran Workforce Initiatives Veterans Upward Bound Program; 29-10 Thomson Ave Building C, RM 371-C Long Island City NY, 11101; 718-730-7591; ddaza@lagcc.cuny.edu

For a complete list of CUNY honors and professional schools veteran representatives please visit cuny.edu/veterans
THE CUNY CENTRAL OFFICE OF VETERAN AFFAIRS PRESENTS:

THE CUNY VETERANS SUMMIT

RESOURCE FAIR

Save the Date

Friday, November 2nd, 2018
CUNY Graduate Center
365 Fifth Ave, New York City, NY 10016
Websites

eBenefits..................................................................................................................www.eBenefits.va.gov
Education Benefits..................................................................................................www.benefits.va.gov/gibill
Health Care Eligibility...............................................................................................www.va.gov/healthbenefits
Homeless Veterans.................................................................................................www.va.gov/homeless
Mental Health........................................................................................................www.mentalhealth.va.gov
Records..................................................................................................................www.archives.gov/st-louis/military-personnel
Women Veterans.....................................................................................................www.va.gov/womenvet
VA Benefit Payment Rates......................................................................................www.vba.va.gov/bln/21/rates
VA Forms................................................................................................................www.va.gov/vaforms
Vocational Rehabilitation and Employment..........................................................www.benefits.va.gov.vocrehab
Learn About the New Forever GI Bill Benefits

On August 16, 2017, President Trump signed into law the Harry W. Colmery Veterans Educational Assistance Act of 2017 that passed both the House and the Senate unanimously nine days earlier. Harry W. Colmery was an American Legion Commander responsible for writing the original language that became the first GI Bill – the Serviceman’s Readjustment Act of 1944.

Commonly known as the “Forever GI Bill”, the Harry W. Colmery Veterans Educational Assistance Act of 2017 picked up its nickname due to its main provision which eliminates the current 15-year use-it-or-lose-it constraint of the Post 9/11 GI Bill education benefit. This time limitation has been one of the sticking points of the Post 9/11 GI Bill with veterans and many veteran organizations since the implementation of the Post 9/11 GI Bill back in August 2009. While removing this “feature” is important, it’s just one benefit change of many contained within the unprecedented Forever GI Bill.

For more information visit: http://www.benefits.va.gov/GIBILL/ForeverGIBill.asp

FREE Veteran Mail Service

The Midtown US Postal Service offers Veterans free mail service.

You must have a photo ID or other proof of identity in order to retrieve mail. In order to receive you must bring one of the following:

- Passport
- NYS ID (Non-Drivers)
- Driver’s License
- photo benefit ID
- Veteran ID