

Pittsburgh Vet Center

"Keeping the Promise"

January 2017

Volume 1, Issue 2

Anniversary of the Tet Offensive

By Ryan Ahl, Veteran Outreach Program Specialist

On January 30, 1968 one of the largest and most recognized offensives of the Vietnam War was launched by the Viet Cong and North Vietnamese Army. The Tet Offensive, named for the Vietnamese New Year, launched attacks on more than 100 towns and cities across Vietnam. This attack was the largest operation up to this point of the war and included intense fighting at places like Khe Sanh, Saigon, and Hue.

The Tet Offensive continues to be a point of controversy among historians, veterans, and journalists regarding the operation's impact and outcome. The prevailing opinion is that the Tet Offensive was a military defeat for the North Vietnamese but bolstered their cause to win by eroding American support of the war. Public perception of the Vietnam War was further undermined by the Tet Offensive due to the manner in which the US government had reported progress on the fighting prior to the Tet Offensive. The Tet Offensive was so surprising to the American public because they had been told the Viet Cong and NVA were not capable of executing an offensive of that scope and magnitude.

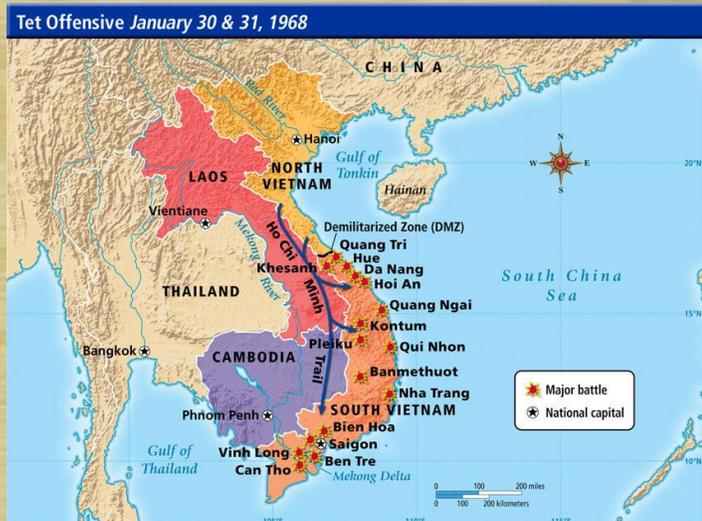
The audacious attack engaged US military personnel across the entire territory of South Vietnam, including many areas that were previously believed to be safe. The attackers used both guerrilla tactics and military regulars in an attempt to secure their objectives.

During the Tet Offensive, American fighting personnel were engaged in some of the heaviest fighting of the war. In many cases, this was intense urban fighting for the first time: the American Embassy in Saigon was infiltrated and attacked, the Citadel in Hue was seized by communist forces who resisted for over a month, and many suspected Western sympathizers were murdered.



In the end, however, American forces soundly defeated the offensive. They inflicted heavy casualties on the communist forces and re-took every objective that had been attacked. The Tet Offensive remains one of the most recognized battles of the Vietnam War. But more importantly, it remains a testament to the resolve, tenacity, and prowess of the United States military.

On this anniversary of the Tet Offensive, the Vet Center staff thanks all those veterans who fought in the Vietnam War, both for their country and for each other. Welcome Home.



Community Leadership Course for Veterans

Did you know the Vet Center offers...

...Family Counseling?

...Military Sexual Trauma Counseling?

...Bereavement Counseling?

...Individual Veteran counseling sessions as requested?

For additional information, please call (412) 920-1765

Applications are now being accepted for the fourth cohort of the Community Leadership Course for Veterans which kicks off in late April.

The Community Leadership Course for Veterans (CLCV) is offered by Leadership Pittsburgh Inc. and aimed at leveraging the skills and experience of high potential post 9/11 veterans by exposing them to new civilian leadership networks and opportunities for service to the Southwestern Pennsylvania community.

Over a six-month period CLCV offers the selected participants a vehicle through which they can:

- Increase their knowledge of our community
- Sharpen and deploy existing leadership skills in service of the community
- Open doors that will expand and diversify their network
- Interact in meaningful ways with other Veterans
- Heighten their civic involvement

Applicants must be military veterans who served after September 11, 2001 and achieved a rank of at least E-3. Additionally, applicants must be separated, a currently serving service member who is not within their PCS window.

Application deadline is February 3, 2017.

To learn more about CLCV and to complete your application for CLCV IV please visit www.lpinc.org

Vet Center Breakfasts

The Pittsburgh Vet Center will be holding monthly breakfast meetings for all Vet Center clients on the first Friday of each month. Join your fellow veterans and the Vet Center staff for a morning of camaraderie and discussion. Breakfast will be at the expense of the veteran.

When: First Friday of each month, February 3, March 3

Time: 9:00 am – 11:00 am

Place: Eat'N Park, 1250 Banksville Rd, Pittsburgh PA 15216

The Mission Continues

The Mission Continues is a national organization that empowers veterans who are adjusting to life at home to find purpose through community impact. The Mission Continues provides Fellowship opportunities for Post 9/11 veterans as well as community service opportunity through their platoon program. The Pittsburgh area has two active platoons providing community revitalization assistance in Homewood and Hazlewood. Interested veterans or supporters can sign up at www.themissioncontinues.org or by contacting the Pittsburgh City Impact manager, Stephanie Grimes at smgrimes@missioncontinues.org



THIS-N-THAT

Pittsburgh Vet Center Hours

Sunday	Closed
Monday	8:30 am – 8:30 pm
Tuesday	8:00 am – 8:00 pm
Wednesday	8:00 am – 5:00 pm
Thursday	8:00 am – 5:00 pm
Friday	8:00 am – 5:00 pm
Saturday*	7:00 am – 3:30 pm

*First Saturday of the month

Mark Your Calendar!

January

- 2- Vet Center Closed
- 16 – Vet Center Closed
- 7-Food Truck a Palooza at Monroeville Convention Center

February

- 18 – Tet Party Reunion at the FEZ, Hopewell, PA
- 20- Vet Center Closed

March

- 9-12 – Atlantic 10 Mens Basketball Championship at PPG Paints Arena

Vet Center Groups

Groups Sessions are held at the Pittsburgh Vet Center location. Please contact the Vet Center if you are interested in joining a group, a screening process is required prior to group participation.

Schedule:

Mondays: **OIF/OEF Group, 6:30-8:30 p.m.**
 Tuesdays: **Vietnam Group, 5:00-7:00 p.m.**
 Wednesdays: **Vietnam Group, 1:00-3:00 p.m.**

Community Access Points

Community Access Points are where you can find Vet Center Counselors on a regular basis providing services at different places around Pittsburgh. The goal of the Community Access Point is to provide convenient locations for you to meet with Vet Center counselors.

Group: **African American Vietnam Group**

Time: **Thursdays, 5:00 p.m.-7:00 p.m.**

Place: **Kingsley Community Center, 6435 Frankstown Ave, Pittsburgh PA 15206**

Group: **OIF/OEF Group**

Time: **Thursdays, 9:00 a.m.-10:00 a.m.**

Place: **VA Hospital, University Drive, Pittsburgh PA 15219**

Group: **OIF/OEF Group**

Time: **Wednesdays, 3:00 p.m.-4:30 p.m.**

Place: **VA Hospital Heinz Campus, 1010 Delafield Rd, Pittsburgh PA 15238**

*For Appointments at Group Therapy or Community Access Points contact the Vet Center at 412-920-1765

Mindfulness Corner

What is Mindfulness?

Mindfulness is simply being aware of what is happening right now without wishing it were different; enjoying the pleasant without holding on when it changes (which it will); being with the unpleasant without fearing it will always be this way (which it won't). -James Baraz

Mindfulness Quote of the Month

“We cannot live in the past; it is gone. Nor can we live in the future; it is forever beyond our grasp. We can live only in the present.” – S.N. Goenka

* *The Pocket Book of Mindfulness: Live in the Moment and Feel Liberated*, Arcturus Holdings Limited



www.vetcenter.va.gov

OUR MISSION

“We are the people in the VA who welcome home war Veterans with honor by providing readjustment counseling in a caring manner. Vet Centers understand and appreciate Veterans’ war experiences while assisting them and their family members toward a successful post-war adjustment in or near their community.”

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“I pledge allegiance to the flag of the United States of America, and to the Republic for which it stands.
One nation under God, indivisible, with liberty and justice for all.” — The Pledge Of Allegiance

