

Well this is the 15th year of the Sitrep. The first one of 2025 is a bit late as January was a blur of activity at the Veterans Service Agency. Basketball. Just in case I forgot any special day my pals at the bottom of the page are covering for me. Basketball.

Please see the Guardian Revival monthly calendar on page three.

Next month Guardian will be sponsoring my one man play about Vietnam March 28 & 29, look for details in the next issue. It will be on Vietnam Veterans Day!

Basketball!

Please also when you go to Veterans Memorial Park notice the ground has been broken for our new Veterans Museum. This is thanks to a generous grant from NYS that was sponsored by NYS Assemblyman Matt Slater.

Basketball.

Wait I almost forgot. The Carmel Rotary Club BASKETBALL CHALLENGE On March 2, 2025

I am taking part in this to raise money for Putnam Dwyer Vet2Vet. Vet2Vet is part of Guardian Revival and helps Veterans with peer support.

Well I need people to sponsor me! Please help my fellow Veterans! Karl









Saturday, March 2, 2024 9 AM to 12 PM CHS Gym, 30 Fair St., Carmel, NY

Putnam County Dwyer Vet2Vet
ORGANIZATION TO BENEFIT FROM COLLECTED PLEDGES
o
ORGANIZATION'S ADDRESS

Sponsored by
Carmel Rotary Club
and
Carmel High School's
Interact and Mentor Clubs
www.carmelrotary.org

PARTICIP	ANT'S NAME Karl R	Karl Rohde			www.carmelrotary.org			
DDRESS	440.011.0	Old Route 6 Buiding #3 Carmel, NY			— PHONE	PHONE 845-519-537		
GE 75	karl.rohde@r					outnamcountyny.go		
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VETERANS SERVICE AGENCY

DONALD B. SMITH GOVERNMENT CAMPUS 110 OLD ROUTE 6, BLDG. #3 CARMEL NY 10512 MONDAY—FRIDAY 9—4

Checker's Signature

845-808-1620

BREWSTER, NY 10509 KARL ROHDE, DIRECTOR TANYA PENNELLA, DEPUTY DIRECTOR



Participant's Signature





FEBRUARY CALENDAR

WEEK 1

SAT 2/1 Transit Equity Day Hike + 9:30 AM in Cold Spring

SAT 2/1 OrangeTheory Fitness x Boots & Paws + 10:30 AM in Mount Kisco

WEEK 2

MON 2/3 Mental Health First Aid Training ^ 8:30 AM in Beacon

MON 2/3 First Line In-Person Gathering ^ 7 PM in Carmel

MON 2/3 iRest Meditation ^ 8 PM via Zoom

TUES 2/4 Reducing Stigma Training ^ 8:30 AM in Beacon

TUES 2/4 Jam Session ^
6 PM in Beacon

WED 2/5 Wellness Wednesday ^
5 PM via Zoom

FRI 2/7 Vet2Vet Gathering ^ 6 PM via Zoom

SAT 2/8 Mindfulness Walk ^*
10 AM at Pelton Pond

WEEK 3

SUN 2/9 OrangeTheory Fitness x Boots & Paws + 10:30 AM in Yorktown Heights MON 2/10 First Line Gathering ^
7 PM via Zoom

TUES 2/11 Jam Session ^ 6 PM in Beacon

TUES 2/11 Mobility for Health ^
7 PM via Zoom

TUES 2/11 First Responder Spouse/Partner Gathering; 7 PM via Zoom

WED 2/12 Wellness Wednesday ^
5 PM via Zoom

THU 2/13 Military & Veteran Spouse/Partner Gathering; 7 PM via Zoom

SAT 2/15 Couples Yoga # 1 PM at Rooted Yoga

WEEK 4

MON 2/17 iRest Meditation ^ 8 PM via Zoom

TUES 2/18 Jam Session ^
6 PM in Beacon

TUES 2/18 Yoga ^ 7 PM via Zoom

WED 2/19 Wellness Wednesday ^ 5 PM via Zoom

WED 2/19 Campfire Men's Circle ^ 7 PM via Zoom

THU 2/20 Beyond the Soundboard: Episode 7 ^ 7 PM via Zoom FRI 2/21 Virtual Wellness w/O2X ^
9 AM via Zoom

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FRI 2/21 Vet2Vet Gathering ^ 6 PM via Zoom

SAT 2/22 Frozen Waterfall Hike ^*
10 AM at Elka Park

SAT 2/22 OrangeTheory Fitness x Boots & Paws + 10 AM in New City

SAT 2/22 Family Ice Skating A*
12:30 PM at Brewster Ice Arena

WEEK 5

TUES 2/25 Jam Session ^
6 PM in Beacon

TUES 2/25 Woman Guardian Gathering ^

8 PM via Zoom

WED 2/26 Wellness Wednesday ^ 5 PM via Zoom

WED 2/26 Campfire Men's Circle ^ 7 PM via Zoom

THU 2/27 Fly Fishing Cohort: 2nd Session ^ 6 PM in Reacon

FRI 2/28 Vet2Vet Gathering ^ 6 PM via Zoom

LEGEND.

- ^ Guardians Only (Veterans & First Responders)
- Bring a Buddy (Adults)
- * Family Friendly (Kids welcome)
- + Open to the Public
- # Spouse/Partner w/Guardian
- : Guardian Spouses Only



