

LOS GATOS

An exclusive magazine serving the residents of Los Gatos
The Heart of Los Gatos

Living



**Dr. Clyde Horn and
Thu Cates-Horn**
*Helping our
Community*



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Photo by Hyunah Jang



Dr. Clyde Horn and Thu Cates-Horn

Helping our Community

By Genevieve Laucher, Photos by Hyunah Jang

Dr. Clyde Horn and Thu Cates-Horn love spending time with family and helping the community in a variety of ways. From the Kiwanis to the Veteran's Memorial and Support Foundation, Thu and Clyde enjoy being involved in organizations that help others.

Thu was born and raised in Vietnam and moved to the U.S. with her family in 1973. In 1974, she went into business at the 7-Eleven store on North Santa Cruz Avenue and Blossom Hill Road. She still works there to this day and has gotten to know and love the community through her business. Thu and Clyde's children and grandchildren live locally, and their oldest grandchild now works with Thu at 7-Eleven as the store manager.

In 1980, Thu also became a Realtor with Team Fordyce, a small brokerage in Los Gatos. Thu mostly deals with residential real estate. Like with 7-Eleven, Thu enjoys getting to meet people in the community and help them out. She has gotten to know so many people in town and has formed lifelong friendships.

Clyde is from Oakland, but with his father in the Air Force, he and his family moved with his assignments. They lived all over the U.S. and in some foreign countries, including Morocco and the Philippines, where his younger brother was born. His family moved every year and a half until he graduated from high school in Oakland, finally returning to the same city where he had gone to kindergarten. Due to all of this moving, Clyde was familiar and comfortable with all different cultures from a young age.

When Clyde returned to the U.S., he encountered various movements and unrest. He began college, but in 1967 went to Vietnam as a combat soldier. He was there for one year in the jungles in the area known as the iron triangle. The war and being in combat was very hard, and something he struggled with after returning. However, Clyde was able to finish college and go on to graduate work when he returned from the war.

Clyde came back from the war with a lot of questions. He earned one Master's degree in theology and another Master's in

education, then began working with churches as a therapist and a minister. He decided he wanted to become a licensed therapist and earned a third Master's in marriage and family therapy. Clyde went on to also earn his PhD in clinical psychology. He loved helping others but was also seeking answers himself. He realized he had PTSD from the war and still struggled with it. It wasn't until Clyde met Thu that his life really changed for the better.

In 1995, Thu and Clyde met while ballroom dancing! Clyde wanted a place to meet people, not necessarily dating, but a great social group. Thu had grown up focusing on academics and was never allowed to have extracurricular activities, so she wanted to do something different just for fun and exercise, and to meet friends in a safe environment. This led them both to try out ballroom dancing, and when they met, they found that they were the perfect match. They still occasionally do social ballroom dancing when they go on vacations and have a lot of fun.

Both Thu and Clyde love children and have kids from their previous marriages. They have seven grandchildren, all who live close by, and range in age from nine to twenty-four. Their grandkids have grown up helping Thu in 7-Eleven and always come by when they want to earn some money. Because they both love working with children, both Thu and Clyde are members of the Los Gatos Kiwanis Club. Clyde has a lot of experience working with children with disabilities or trauma at the county level and at school districts. The Kiwanis Club focuses on children's charities, including scholarships for high school students.

Clyde, as a veteran himself, is also very dedicated to helping veterans in the community. He was a committee member of the Los Gatos Veteran's Memorial and Support Foundation and is now an honorary board member. The Foundation supports local veterans in perpetuity. One way that Clyde helps is by writing articles around the issues that veterans face. He also has hosted a Friday breakfast for veterans at the Denny's in Campbell every week since 2009. Since Coronavirus, he has been doing a weekly email instead, but hopes they can meet for breakfast again soon. Each week, Clyde gives a short talk on an issue, but mostly the veterans share about their weeks, support each other, and check in on each other.

When Clyde returned from Vietnam, even as a wounded veteran who had been awarded the Purple Heart, there were no services available. When he retired from his full-time work in 2008, he revisited the VA in Palo Alto to find that there are now many more services available for veterans. He discovered through a veteran's services officer that he had free medical care for the rest of his life, as well as disability services, even though he had never been notified about this. Clyde applied to disability benefits due to PTSD and heart attacks as a result of being exposed to Agent Orange. It was still very difficult to navigate the system, though, and this is something that Clyde helps other veterans with today. It took Clyde two years to navigate the disability system and he is now a 100% disabled veteran.

Continued on page 8



Hyunah Jang
PHOTOGRAPHY VIDEO



HJ@HyunahJang.com
347.840.1580
www.HyunahJang.com



Clyde chose to get treatment through art therapy and discovered his love for photography and using his creativity. He began to use photography as a means to express his thoughts and feelings, and then began to write as well. He wrote two books, PTSD in Pictures & Words and Veteran Guilt in Pictures & Words, both published by a local publisher. A company called ArtLifting that only sells art by individuals impacted by disabilities or homelessness discovered Clyde's photography and asked him to send them some to their art gallery in Boston. They have sold his art to companies throughout the country.

Both Clyde and Thu love to be outdoors and can often be found walking or hiking together. Clyde says that Thu helped him to

become more spontaneous; she loves to get up and do something new. They love traveling and experiencing different places and cultures. Thu also loves to cook and learn new recipes from all different cuisines.

Thu and Clyde are both very compassionate and spend a lot of their time caring for others; Thu with her network of friends who she is always there for, and Clyde with his group of veterans who he supports. Both of them love helping children as well through their work with the Kiwanis. We are very lucky to have caring people like Thu and Clyde as part of our community!

Learn more about Clyde's books at www.rp-author.com/horn.

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