

THE FLAME OF LIBERTY TIMES



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The [Yellow Ribbon](#) symbolizes hope, remembrance, and safe return — It is an emotionally powerful symbol with broadly appealing sentiments.

And it is with that sentiment, that the Veterans Memorial & Support Foundation coined the programmatic support that we deliver to our Veterans. Our goal is to deliver hope to those who serve. That they have a safe return to American life following deployment. And that the American public reflects upon their service with a remembrance of honor and gratitude.

The Yellow Ribbon tradition dates back centuries. [Learn of its history.](#)

[The Yellow Ribbon Tradition - A Lesson in History](#)

Behind the Ribbon: How Our Programs Are Lighting the Way to Brighter Futures.



ARE YOU A VETERAN?

START YOUR DAY ON THE SUNNY SIDE UP

VETERANS SUPPORT BREAKFAST

**Friday Mornings
9:00 AM
Denny's Restaurant
1140 Hillsdale Ave., San Jose**

**Phone
833-HonorAVet
833-466-6728
or scan to Register!**



<https://honoravet.org>

**VETERANS MEMORIAL & SUPPORT FOUNDATION**

Where Courage and Compassion Intersect.



Start Your Day on the Sunny Side Up!

Dr. Clyde Horn is a licensed psychotherapist, Vietnam combat veteran, Purple Heart recipient, and proud holder of the Combat Infantry Badge. He also serves on our Board of Directors. For the past eight years, Dr. Horn has started his Friday mornings the same way — gathered around a table at Denny's in San Jose, with fellow Veterans, united by shared service and sacrifice. Some, like Clyde, have seen the harshest realities of war. And many, also like Clyde, returned home carrying both visible and invisible wounds.

Clyde brings his personal touch and leadership and engages participants in discussions on issues of interest to Veterans and topics of emotional healing. The canvas of discussions cover a wide range - from simple humor, to Veterans benefits, to overcoming isolation and victimization. Others, unable to participate in person due to disabilities or an inability to travel, and, in some cases, relocation out of the area, participate and receive

support remotely. Veterans pay for their own breakfast. The Foundation manages the venue, leadership and providing exposure for the program.

[I'm a Veteran. Why should I care? - Tap here to learn more](#)



Are you a Veteran? Would you like to unlock the power within? Join us at the Veterans Support Breakfast!

Know a Veteran or First Responder deserving a message of gratitude? Pay tribute to your Hero's service to our Nation displayed on the grounds at the Flame of Liberty Memorial. Your gift delivers honor, gratitude and healing to those who served. It improves lives. It is the gift that keeps on giving.

**Donate a
Paver in Honor**

Make a Major Difference by Joining the Circle of Supporters Upon the Wall of Gratitude



The IOP Garden

**Where Veterans overcoming health issues meet,
maintain the garden, and stay connected.**

To Plant a Garden is to Believe in Tomorrow

And the Veteran's Foundation is anxious for every Veteran to believe in tomorrow. Here's how we're helping...

There's something deeply therapeutic about working with the earth, isn't there? People often say that "hands in the soil, soul in the soil" is a good way to express that feeling. The tactile connection with nature, the act of planting, or even just tending to a garden has been linked to mental and emotional healing. It's like grounding yourself, reconnecting with something simple and pure.

Through the generosity of our donors, the Veterans Foundation has **helped Veterans receiving addiction treatment and Intensive Outpatient care** at the VA. Veterans overcoming health issues meet, maintain the garden and stay connected.

Through Veteran Foundation support, we have **supplied personal care products, socks and other sundry items for Veterans under VA health care.**

[More news on how we're helping Veterans in Healing. Tap Here](#)

Volunteering Feeds the Soul. Donate you time & talent. Join the movement. Sign up today.



IMPORTANT INFORMATION

ESSENTIAL INFORMATION FOR VETERANS, VETERAN SPOUSES & FAMILIES

Written by Vietnam Combat Veteran Dr. Clyde R. Horn, Edited by Ellen Manzo

A **Veteran**—whether male or female—is anyone who has served in the U.S. military, during wartime or peacetime. Many Veterans, and their families, are unaware of the benefits and rights available to them.

Benefits You May Be Entitled To:

- Veterans with service-connected disabilities may qualify for healthcare, financial compensation, and support services.
- Spouses of Veterans may also be eligible for benefits, especially in cases involving service-connected injuries or conditions.
- Children under the age of 21—of living or deceased Veterans with service-connected disabilities—may be entitled to educational and financial assistance.

Start With Your DD214 Form

Every living Veteran should obtain a copy of their **Honorable Discharge Form**, commonly referred to as the **DD214**. This critical document includes:

- Full name, service number, and Social Security number
- Branch, department, dates of service, and discharge status
- Medals, commendations, training, and more

You can request your DD214:

- Online at **VA.gov**
- In person at your local **Veteran Service Office (VSO)**

Get Your VA ID Card

Once you have your DD214, apply for your **VA Identification Card**—online or at a VSO. This card:

- Verifies your Veteran status
- Provides access to treatment and healthcare services
- Opens doors to **discounts**, community resources, and the **Veterans disability system** for service-connected conditions

Don't Miss Out on Support & Community

Veterans and their families have access to a wide range of **programs, support groups, and healthcare services**. Consider connecting with:

- **Veterans of Foreign Wars (VFW)**
- **Vietnam Veterans of America (VVA)**
- **Veterans Memorial & Support Foundation**
- **VA Health Care & Medical Centers**
- **Local VA Clinics**

These organizations exist to help you access your benefits, connect with others, and receive the support you've earned.

Weekly Veterans Support Breakfast – You're Invited!

The **Veterans Memorial & Support Foundation** hosts a **weekly Veterans Support Breakfast** for all who have served in any branch of the U.S. military in any capacity at any time.



Every Friday Morning



Denny's Restaurant – San Jose, CA



More info: <https://honoravet.org>

Join us for a meal, conversation, and camaraderie. I'm your host and would be honored to meet you in person.

You served us. Now it's time you receive the support and recognition you deserve.



The Veterans Memorial & Support Foundation thanks J. McLaughlin for generously hosting the "Sip, Shop and Celebrate Spring" shop for a cause event over Memorial Day weekend, with 10% of proceeds benefiting our cause —

Are you affiliated with an enterprise whose support can make a meaningful difference? Join the movement! Contact the Veterans Foundation at HonorAVet@gmail.com.

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Veterans Memorial & Support Foundation | 481 North Santa Cruz, #250 | Los Gatos, CA 95030 US

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The History of the Yellow Ribbon

The Yellow Ribbon symbolizes **hope, remembrance, and safe return** — emotionally powerful and broadly appealing sentiments.

1. Folk Origins and Early Symbolism

- The tradition of using a yellow ribbon dates back centuries. One of the earliest symbolic uses comes from a 19th-century American folk song "**She Wore a Yellow Ribbon**", which tells of a woman wearing a yellow ribbon in her hair to show devotion to her beloved serving in the military.
- During the **Civil War**, women reportedly wore yellow ribbons to remember loved ones away at war.



2. "Tie a Yellow Ribbon Round the Ole Oak Tree" (1973)

- The modern popularization of the yellow ribbon came with the **1973 hit song** by Tony Orlando and Dawn. The song tells of a man returning from prison, asking his loved one to tie a yellow ribbon around a tree if she still wants him.
- Although not originally about the military, the theme of **waiting, loyalty, and welcoming home** struck a chord with the public.

3. Iran Hostage Crisis (1979–1981)

- Americans tied yellow ribbons around trees to show support for the 52 U.S. hostages held in Iran. This solidified the yellow ribbon as a **public symbol of hope, remembrance, and support** for those far from home.
- It marked the shift from personal devotion to a **national symbol of solidarity**.

4. Gulf War and Beyond

- During the **1991 Gulf War**, yellow ribbons became widespread as a way for Americans to show **support for U.S. troops** deployed abroad.
- The phrase "**Support Our Troops**" often accompanied yellow ribbon magnets, pins, or bumper stickers.

The yellow ribbon didn't start as a military-specific symbol, but it evolved into one due to its emotional resonance and repeated public use in times of national military engagement.



The IOP Garden

Where Veterans overcoming health issues meet, maintain the garden, and stay connected.



Pictured above: Left – The IOP Garden. Right – The Palo Alto VA.

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- There's something deeply therapeutic about working with the earth, isn't there? People often say that "hands in the soil, soul in the soil" is a good way to express that feeling. The tactile connection with nature, the act of planting, or even just tending to a garden has been linked to mental and emotional healing. It's like grounding yourself, reconnecting with something simple and pure.

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- Through Veteran Foundation support, we have **supplied personal care products, socks and other sundry items for Veterans under VA health care.**
- The Foundation **supported Veterans in the U.S. Department of Housing and Urban Development – VA Supportive Housing program**, a collaborative effort between the U.S. Department of Housing and Urban Development and the Department of Veterans Affairs (VA) that **provides housing vouchers and supportive services to homeless Veterans**. The program aims to help Veterans find and maintain permanent housing by combining HUD's Housing Choice Voucher rental assistance with the VA's case management and clinical services.
- The Veterans Foundation **contributed to Veterans inflicted with PTSD** who are unable to take advantage of the VA's Puppies Assisting Wounded Servicemembers (PAWS) program so no Veteran will be left behind.
- And the **Veterans Foundation contributed to the Western Blind Rehabilitation Center (WBRC)**, part of the VA Palo Alto Health Care System, which offers comprehensive blind rehabilitation services to Veterans and active-duty service members with vision loss. These services, delivered both in-person and through telehealth, aim to help individuals regain independence and adjust to vision loss.



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In 2024/25, the Foundation increased the program's exposure that resulted in nearly doubling the attendance. Today, the Veterans Support Breakfast gains one to two new veterans weekly. On average, the program will host up to 35 Veterans in attendance **resulting in 1912 veteran hours for the 2024/25 year** compared to the approximately 14 regular attendees over the prior time period. More Veterans are stepping forward, choosing connection over silence. The program is growing — because healing grows stronger when it's shared.

Population Served:

- Organizer is Dr. Clyde Horn, a Vietnam War Veteran and Purple Heart recipient who served in the jungles of Vietnam and personally lost six comrades while at war.
- Up to 35 Veterans every week, the majority of whom served during wartime and experienced trauma.
- On average 50% of participants are disabled due to their wartime experiences.
- Veterans pay for their own breakfast; the Veterans Foundation organizes the venue and markets the program.

Direct Impact: Delivered

- 1912 Veteran hours hosting a networking and instructional forum for Veterans.
- 510 hours of private one-on-one counseling to Veterans with a California licensed psychotherapist.

Peer Support and Camaraderie

- Shared experience: Veterans can connect with others who understand military culture, trauma, and transition challenges.
- Sense of belonging: Helps combat isolation, especially for those who miss the close bonds of service.

Mental health boost:

- Regular interaction can reduce feelings of loneliness, depression, and anxiety. Networking fosters learning to overcome victimization.
- Veterans gain confidence and empowerment as they reclaim their identity and redefine themselves outside of the military.