
A Few, much needed, Uplifting Stories of Veterans



Treating trauma through Shakespeare and Science.

**A few Veteran's stories with
links to help you pass the
time and raise your spirits.**



Inspirations from those who serve and have served.

Above (middle) Robin Ludwig joins an elite group. (story below)

We continue to write you all from Sharon, CT, the traditional lands of the Lenape and the Mohican, and home of The Equus Effect program. (Thank you Jane Strong).

Further down the scroll see articles and accomplishments by DE-CRUIT Veterans in spite of "this our tottering world"...



Robin Ludwig Promoted!

Robin Ludwig, Current USAF Reservist and Regional Director of DE-CRUIT: Fort Worth recently graduated from the USAF First Sergeant Academy. On top of that, she was assigned special duty of being a First Sergeant as an E-7, Master Sergeant.

For context, the E-8 selection rate for 2020 is 7.62 percent — the lowest rate since the worst days of the drawdown in 2014. (Kemberly Groue/Air Force)

Congratulations Robin!!!!

And if that's not enough, she home schools her two sons!



Robin is also a poet and an author.

After completing DE-CRUIT: Fort Worth a few years ago, Robin wrote a sonnet for each year of her military service. Further, the sonnets are a powerful peek into the daily life for women service members. Robin has also contributed to several other publications listed below:

- Author of “Disguise Fair Nature: A Military Memoir in Sonnets”

[https://www.amazon.com/dp/](https://www.amazon.com/dp/B07YJ7L5J5/ref=cm_sw_r_cp_awdb_t1_4bJHEbMZZ471D)

[B07YJ7L5J5/ref=cm_sw_r_cp_](https://www.amazon.com/dp/B07YJ7L5J5/ref=cm_sw_r_cp_awdb_t1_4bJHEbMZZ471D)

[awdb_t1_4bJHEbMZZ471D](https://www.amazon.com/dp/B07YJ7L5J5/ref=cm_sw_r_cp_awdb_t1_4bJHEbMZZ471D)

- Co-Author of “Behind the Rank, Vol. 3”.

[https://www.amazon.com/dp/](https://www.amazon.com/dp/B08511G19T/ref=cm_sw_r_cp_awdb_t1_9dJHEbX9NAP38)

[B08511G19T/ref=cm_sw_r_cp_](https://www.amazon.com/dp/B08511G19T/ref=cm_sw_r_cp_awdb_t1_9dJHEbX9NAP38)

[awdb_t1_9dJHEbX9NAP38](https://www.amazon.com/dp/B08511G19T/ref=cm_sw_r_cp_awdb_t1_9dJHEbX9NAP38)

- And, just to reinforce her

Here's her son Asher performing
SHAKESPEARE!!!

[https://vimeo.com/
user41876348/review/403434518/
3bb2da3e75](https://vimeo.com/user41876348/review/403434518/3bb2da3e75)



From Craig Manbauman

Craig Manbauman, military Veteran,
DE-CRUITer, Regional Director of
DE-CRUIT: NYC and all around
amazing human, wrote this
incredible, powerful, hard-hitting and

awesomeness, she is also a
Contributing Poet of "In Love &
War: The Anthology of Poet
Warriors"

[https://www.amazon.com/dp/
1733809902/ref=cm_sw_r_cp_
awdb_t1_ZeJHEb1ANQ4Q1](https://www.amazon.com/dp/1733809902/ref=cm_sw_r_cp_awdb_t1_ZeJHEb1ANQ4Q1)



*Sending love to friends and
colleagues who are giving
back in spite of having the
virus...*

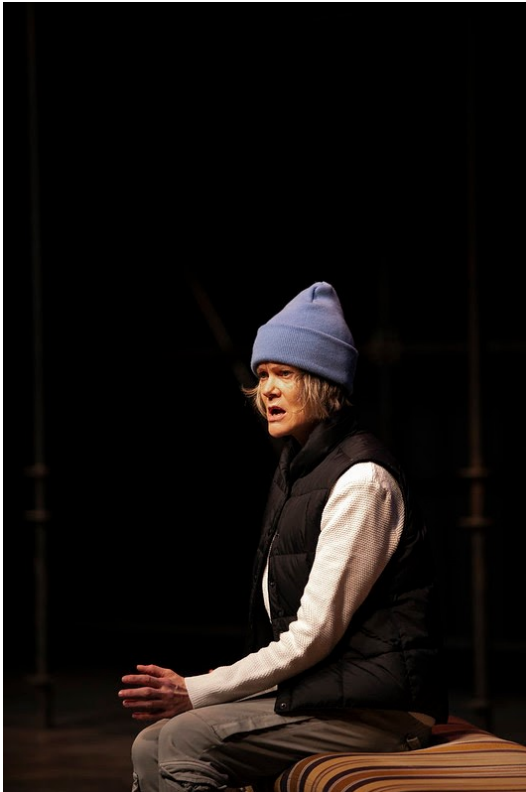
Big love to USMC Veteran and
Fulbright Scholar ,Román Baca, of
Exit 12 Dance. Not only does he
have COVID 19, but he has
spearheaded and hosts an online
platform free for military Veterans.
We're sending him love, participating
by teaching a class on Friday
evenings and praising his wife Lisa
who is caring for him and us during

beautifully written piece.

[Self-Love While Black](#)

this time. Directly below is the link for Exit 12's website where veterans can sign up for DE-CRUIT on-line through VAW-OP free online portal.

The VAW-OP Team and Classes



Kaite Aymes, Graduates from Shakespeare & Company's Month-Long Intensive

[Pictured above: Kaite Aymes at Shakespeare & Company's Month-Long Intensive]

Kaite is an army Veteran now



One of Mary Jo McConnell's (US Army Veteran, De-Cruiter, MFA in Acting, American Conservatory Theatre) dreams come alive in response to COVID-19.

Anyone who knows MJ, knows she is a force to be reckoned with and her heart is as huge as her inexhaustible drive. For some time, MJ has wanted to expand our very limited online delivery of classes. Being a retired Army Nurse, she is able to not only anticipate the severity of injuries and illness, but also, the difficulties SURROUNDING any medical issues. Needless to say,

actor/writer and a DE-CRUIT-er based in New York City. She's back from Shakespeare & Company campus in Lenox, MA. having completed their 30 day Shakespeare Intensive. "DE-CRUIT got me back to Shakespeare. Shakespeare & Co got me on my voice and in my body. Like with DE-CRUIT, I'm now connected to another supportive community. Thanks for all the support and love. I look forward to sharing my sharpened skills."

Shakespeare & Company is a key partnership for DE-CRUIT. Their classical actor training is woven into our work with military Veterans. We support our DE-CRUITers attendance in this program.

Congratulations Kaite!!!!
<https://www.facebook.com/kaite.aymes>

For more information on Shakespeare & Company visit: <https://www.shakespeare.org/>

well before any rumblings of COVID 19, MJ was banging on our virtual door saying, "we've gotta get ahead of this. Isolation can equal death for many of our brothers and sisters."

While MJ and the rest of our DE-CRUIT team begin collaborations to make this a reality through CREATE Lab at NYU, MJ also, on behalf of DE-CRUIT, teamed up with Roman Baca and Exit 12 Dance to help launch The VAW-OP online portal for military Veterans. MJ teaches as well as supports the other classes being currently delivered.

MJ, through her love and sheer will, makes the world a better place. And for that, we all are grateful!

Oh, and by the way, SHE'S ON THE NEW AMAZON SERIES "HUNTERS".

Congratulations MJ and Thank You for your continued service!
<http://exit12danceco.org/vawop-bios>

Finally, we'd like to end the newsletter with a poem by Cari Greywolf: military Veteran, DE-CRUIT Alum and member of Jenny Pacanowski's WVET.

Plague, trauma, technology, spirituality and William Shakespeare

(yea...it's a mouthful!)

Scrolling through my Facebook feed~
interspersed with ads for drugs
and miracle anti aging products,
I now find ads for masks and gloves,
and the faces of exhausted nurses in tears.

The names and faces of the dead
multiply daily and I can't find the heart
to hit the tear icon on any of them,
for fear of acknowledging each loss,
for fear of seeing my own name and face.

Global pandemic is showing me the nooks and crannies,
and large gaping holes, where my attachments reside.
It becomes an interesting process in those moments of
objectivity, when re-emerging PTSD responses step
into the background. Otherwise, I just do the best I can.

I could chastise myself for not having grown
deep enough in my spiritual journey.
Yet I refuse to become self indulgent
with needless judgments or recriminations.
I'm being here now as well as I can today.

I stand tall, alone, in my office
and recite Shakespeare,
King Richard the 2nd, Act V, Scene V
Part 1 to be precise, if you're interested.
If not, dare to skip to the end.

Words written in another plague time
call forth the deepest emotions
for holding and, perhaps, releasing
trauma and regret, power and faith.
The bard speaks prophetically of these times.

"I wasted time, and now doth time waste me;
For now hath time made me his numbering clock;
My thoughts are minutes; and with sighs they jar...
Now sir, the sound that tells what hour it is
Are clamorous groans, which strike upon my heart...."

Shakespeare should be read aloud, standing tall,
an inhale at the inception of each new line,
ignoring punctuations, let your breath find the pattern
of centuries of survival and creation.
Let your voice burst forth out of the recesses of fear.

The names and the faces of the dead shock me
into a new reality. The old reality now a distant past.
I've lost interest in voice lessons. They were for the
inner child who took delight in being heard.
She now curls up fetal position in dark solitude.

Now is the time of becoming an old lady.
The cacophony of alarm bells ring from all sides
as my reptilian primitive brain screams,
"danger, danger" and my hyper~alertness
becomes the counterpoint to watching my breath.

Corona~apocalypse poems
@ cgr 3-31-2020

Written with gratitude to [Stephan Wolfert](#) and [Dawn Stern](#) of De-Cruit for
teaching me the power of Shakespeare's monologues.



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You are receiving this because you have shown an interest in the work of military Veteran Stephan

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