

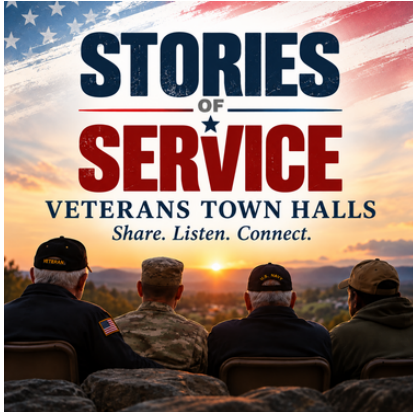


STRONGER TOGETHER



Celebrating 15 Years of Service

October 2026 | Issue 10



STVSG will sponsor two Veterans Town Halls this fall:

- **Broome County —**
Wednesday, October 28
5:00–8:00 PM
Timothy M. Grippen
Veterans Resource Center
11 Frederick Street,
Binghamton, NY
- **Tioga County — Wednesday,**
November 18
5:00–8:00 PM
VFW Post 1371
207 Main Street, Owego, NY

Read our full digital edition at **STVSG.org**
Featuring more stories, resources, and events supporting local veterans



Stories of Service: Every Veteran Has a Story Worth Hearing

Every veteran has a story. Some are stories of courage and sacrifice, while others reflect friendship, hardship, humor, and the lasting impact of military service. This fall, the Southern Tier Veterans Support Group (STVSG) invites our community to come together to share and hear those stories.

The Veterans Town Hall movement began in 2015 when author and journalist Sebastian Junger and Congressman Seth Moulton, a Marine Corps veteran, helped organize the first gathering in Massachusetts. Their goal was simple: create a space where veterans could speak openly about their military experiences while their communities listened.

Since then, Veterans Town Halls have spread across the country, helping bridge the gap between veterans and civilians through storytelling, understanding, and connection.

These gatherings are open to veterans of all eras, military families, and the general public. Veterans and family members are welcome to share their experiences, but speaking is never required. Simply being present and listening is just as meaningful.

Supporting veterans goes beyond thanking them for their service. It means taking the time to listen, understand, and recognize the experiences that have shaped their lives.

We invite our community to join us for these special evenings, whether to share a story, honor a loved one, or simply listen. Because sometimes the most meaningful way to thank a veteran is to hear their story.

No veteran stands alone when a community stands together.

App Spotlight:



Preserving Memories, One Conversation at a Time

Everyone has a story worth sharing, and sometimes all it takes is someone willing to listen.

This month's featured app, StoryCorps, helps people record, preserve, and share meaningful conversations with family, friends, and loved ones. Through its free app, users can record interviews, ask thoughtful questions, and preserve personal stories for future generations.

For veterans and military families, StoryCorps offers a special opportunity to capture memories of service, friendships, challenges, and life lessons that might otherwise go untold.

Not sure where to begin? Try asking a veteran, “What's one experience from your military service that you'll never forget?” or “Who made the biggest impact on you during your time in uniform?”

You don't need special equipment or interviewing experience. Just a smartphone, a few questions, and a willingness to listen. Recordings can be saved privately or shared, depending on your preferences.

As we celebrate Stories of Service this October, StoryCorps reminds us that preserving history doesn't always require a grand event.

Sometimes, it begins with a simple conversation.

Every story matters. Every voice deserves to be heard.

Learn more or download the free app at www.storycorps.org.



Subscribe to
the
newsletter:



Southern Tier Veterans Support Group
Serving Veterans Across the Southern Tier of NY & Northern Pennsylvania
STVSG.org | Stronger Together Newsletter



The Power of Being Heard

Why Listening Matters for Veterans and Their Families

Sometimes, the most meaningful support we can offer someone isn't advice or answers. It's simply taking the time to listen.

For many veterans, military service is filled with experiences that can be difficult for others to fully understand. From lifelong friendships and moments of pride to challenges and sacrifices, these experiences often shape who they are long after their service ends.

Sharing stories can help veterans reflect on their experiences, strengthen connections, and feel understood. But not every veteran is ready or willing to talk about their service, and that's okay, too.

Listening without judgment, interruption, or pressure creates space for meaningful connection. We don't need to have served in the military to show that someone's experiences matter.

For family members, friends, and community members, something as simple as asking, "What's a favorite memory from your time in the service?" can open the door to a conversation. And sometimes, just sitting together in silence is enough.

As we recognize Stories of Service this October, let's remember that connection doesn't always begin with finding the right words. Sometimes, it begins with being present.

You don't have to understand every experience to make someone feel heard.

No veteran stands alone when a community stands together



Check out our
digital version
for more
features:



Southern Tier Veterans Support Group
Serving Veterans Across the Southern Tier of NY & Northern Pennsylvania
STVSG.org | Stronger Together Newsletter

Board Spotlight: Corbin Fouquet

Service, leadership, and a commitment to supporting local veterans.



Meet STVSG Vice President Corbin Fouquet, an Army veteran, family man, and local business owner whose commitment to service continues through helping fellow veterans feel heard, supported, and connected.

For Corbin Fouquet, service didn't end when he took off the uniform—it simply took a different form.

A medically retired U.S. Army veteran, Corbin proudly served seven years, including time with the 3rd Ranger Battalion in the special operations community. During his military career, he completed seven combat deployments, serving alongside some of the nation's most dedicated warriors.

Today, Corbin is a husband, father, and local business owner, operating an excavation and hardscape company. Whether working with homeowners or supporting fellow veterans, he takes pride in building relationships and making a lasting difference in his community.

Although he has served on the STVSG Board for less than a year, Corbin has embraced his role as Vice President with a strong sense of purpose.

"I believe no veteran should feel alone in their struggles, and I wanted to be part of a team dedicated to making a meaningful difference in the lives of veterans and their families," he shares.

For Corbin, STVSG represents the same values of teamwork, sacrifice, and looking out for one another that shaped his military service. He recognizes that many veterans face challenges silently and believes having someone in their corner can make all the difference.

Looking ahead, Corbin hopes to see STVSG expand financial assistance, strengthen community partnerships, and become a trusted resource that every veteran in the Southern Tier knows they can turn to.

"Success isn't measured only by the amount of money we raise or the number of events we host. It's measured by the veteran who keeps their lights on because of our assistance, the family that gets through a difficult time because someone cared, or the veteran who realizes they have a community standing behind them."

Beyond the Board

When he's not working or volunteering, Corbin enjoys golfing, skiing, spending time with his family, and listening to music to unwind. His favorite local spot is Mirabito Stadium.

Personal Motto: "Compare yourself to who you were yesterday, not to who someone else is today."

Something You Might Not Know: Corbin says he will "move mountains to ensure people are heard and seen."

For Corbin, serving as Vice President is more than a leadership position. It's another opportunity to live the values that have guided him throughout his life: service, integrity, and commitment to others.

"Service didn't end when I took off the uniform—it simply took a different form."

**— Corbin Fouquet
STVSG Board Member**

Just for Fun

Coffee or Tea?
Coffee

Early Bird or Night Owl?
Early Bird

Book or Podcast?
Podcast

Mountains or Beach?
Mountains



Subscribe to
the
newsletter:



Southern Tier Veterans Support Group
Serving Veterans Across the Southern Tier of NY & Northern Pennsylvania
STVSG.org | Stronger Together Newsletter

Community Events

For full details and registration, visit
STVSG.org or follow us on Facebook.



UPCOMING EVENTS

VETERANS ★ FAMILIES ★ COMMUNITY

Mark Your Calendar!

★ OCTOBER ★

10 SAT		American Legion Post 1645, Binghamton Craft & Collectibles Show 0900 – 1400 hrs.
10 SAT		Stand With Me Assistance Dog Training Annual Event Paws and Pints, Beer Tree Farm, Port Crane 1200 – 1800 hrs.
15 THU		Roots to Resiliency – Raising Backyard Chickens for Beginners Cornell Co-op, 840 Front St #1, Binghamton Register at MLN@cornell.edu 1730 – 1900 hrs.
16 FRI		Korean War Veterans Breakfast Blue Dolphin, Apalachin 0830 hrs. <i>Veterans of all eras are welcome.</i> <i>Please RSVP to Ralph Luciani, 607-748-2205.</i>
18 SUN		American Legion Post 1645, Binghamton Auxiliary Family Breakfast 0800 – 1100 hrs.
20 TUE		STVSG Affiliates Meeting Broome County Veterans Resource Center, 11 Frederick St., Binghamton 1800 – 1900 hrs. Guest Speaker: Patrick Doyle
21 WED		Broome Veteran Resource Center's First Year Anniversary Ceremony 13:00 – 15:00 hrs.
22 THU		Monthly Coffee Mess at AL Post #154 Elmira Heights 0900 – 1100 hrs.
22 THU		Roots to Resiliency – Indoor Vertical Gardening Cornell Co-op, 840 Front St #1, Binghamton Register @ MLN77@corning.edu 1730 – 1900 hrs.
28 WED		“Stories of Service”: A Vets Town Hall Veterans Resource Center, Binghamton 17:00 – 20:00 hrs. <i>Sandwiches, snacks, dessert, coffee and water will be served.</i>

No veteran stands alone when a community stands together.

SUPPORT ★ CONNECTION ★ RESOURCES ★ HOPE

Community Events

For full details and registration, visit
STVSG.org or follow us on Facebook.



ONGOING EVENTS

MARINE CORPS LEAGUE, FIRST MONDAY OF EVERY MONTH, 1900HRS. POST 1194 HILLCREST

"HEALING HAVEN" CREATES THAT SPACE — 1ST MONDAY OF EVERY MONTH AT 7 P.M. – STRESS RELIEF FOR MILITARY SPOUSES

3RD MONDAY OF EVERY MONTH AT 7 P.M. – SELF-CARE TOOLS FOR MILITARY FAMILIES

EVERY (MON), GY6 (GOT YOUR SIX) VETERANS PEER SUPPORT GROUP, MONDAY EVENINGS, 1800-1930 HRS., CITY OF LIGHT CHURCH, 300 LAKE ST., ELMIRA. PLUS: FIRST MONDAY OF THE MONTH IS WING NIGHT AT THE ELBOW ROOM, 1057 WALNUT ST., ELMIRA (EXCLUDES NATIONAL HOLIDAYS)

AMERICAN LEGION POST 1645 177 ROBINSON ST. LUNCH: MONDAY, TUESDAY, WEDNESDAY, THURSDAY 1130-1400 HRS. WEDNESDAYS AND FRIDAYS DINNER IN THE LOUNGE 1800-2100 HRS

EVERY TUESDAY, COFFEE WITH CATY, 0900 VETERANS RESOURCE CENTER, 11 FREDERICK ST. BINGHAMTON

SMILE THROUGH THE STORMS., A SUICIDE SURVIVORS SUPPORTGROUP COMES TOGETHER TWICE A MONTH - BOTH IN PERSON (FOR LOCAL SURVIVORS - HERE IN ELMIRA) AND VIRTUALLY. PEOPLE ARE ABLE TO FOLLOW THE LINK ON THE WEBSITE TO JOIN IN WHEN GROUP IS SCHEDULED. WEBSITE IS [HTTP://WWW.SMILETHROUGHTHESTORMS.COM](http://www.smilethroughthestorms.com)

EVERY THIRD THURSDAY, THE BINGHAMTON VETERANS FLY FISHERS TIE FLIES AT THE BROOME WEST SENIOR CENTER, 2801 WAYNE ST., ENDICOTT. LUNCH IS OPTIONAL FOR ONLY \$4, 1300-1500 HRS.

EVERY THIRD THURSDAY, THE BINGHAMTON VETERANS FLY FISHERS MEET AT THE WEST ENDICOTT FIRE STATION, 113 N. PAGE AVE., ENDICOTT. FREE PIZZA, WATER AND COFFEE. SOMETIMES FREE FLY FISHING GEAR AND BAKED GOODS, 1830 HRS.

EVERY (FRI) 0900-1000 HRS. VVA #803 VETERANS PEER SUPPORT GROUP, VIETNAM, VETERANS MUSEUM, 1200 DAVIS ST., ELMIRA (QUARTERLY BREAKFAST AT CURLEY'S CHICKEN HOUSE, 2100 LAKE ST., ELMIRA, 0800-1000 HRS.)

FIRST (SAT) MONTHLY, VOICES RECOVERY CENTER VETERANS SUPPORT GROUP, 340 PROSPECT ST., BINGHAMTON, 1400 HRS.

Community Events

For full details and registration, visit
STVSG.org or follow us on Facebook.



WHEN A COMMUNITY STANDS TOGETHER.

VETERANS

Town Hall

“STORIES OF SERVICE”

REAL STORIES. REAL PEOPLE. A STRONGER COMMUNITY.

**WEDNESDAY
OCTOBER 28TH**

5:00 – 8:00 PM

Veterans Resource Center
11 Frederick St.
Binghamton, NY

**REFRESHMENTS
ARE PROVIDED**

VETERANS, FAMILIES, AND THE PUBLIC ARE INVITED TO JOIN.

*Veterans and families are welcome to speak or just to listen.
If you attend, you don't have to speak.*

Join us for an evening of conversation, connection, and community
as veterans share their experiences, insights, and lessons learned.
Together, we honor the past, support the present, and build a stronger future
for those who have served.

*Share
Listen
Connect
Support*

RSVP TO:



**REAL CONVERSATIONS.
STRONGER VETERANS.
STRONGER COMMUNITIES.**

All are welcome!

Silhouettes of veterans at the bottom of the poster.

Community Events

For full details and registration, visit
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The Empowered Caregiver

Join us at the Veteran Resource Center for an empowering and interactive workshop series focused on mental well-being, self-care, and resilience for caregivers.

What You'll Learn

October 1st at 11am: Building Foundations of Caregiving
Explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

November 5th at 11am: Supporting Independence
Focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

December 3rd at 11am: Communicating Effectively
Teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

January 7th at 11am: Responding to Dementia-Related Behaviors
Details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

February 4th at 11am: Exploring Care and Support Services
Examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of-life care.

Veterans Resource Center
11 Frederick Street, Binghamton NY 13901
POC: Caty Strong - Clear Path for Veterans
607-744-6303



Donations to benefit:
NYS Veterans Home; Willow Point Nursing Facility;
Absolut Care Nursing Facility; Ideal Senior Living Center

VETERANS DONATION DRIVE

WEDNESDAY NOVEMBER 11th
6am - 6pm

Event will be held at Vestal Elks Lodge #2508
2071 Vestal Pkwy W Vestal, N.Y.

- Portable small radios
- CD players
- Adult coloring books
- Head Phones
- Lap Blankets
- Toiletries
- Men's & Ladies Tee-shirts (all sizes)
- Men's & Ladies Sweatpants
- Paint Sets and Brushes
- Small Wood Craft Projects
- Colored Craft Paper
- Large Print Puzzle Books
- Monetary Donations
- Good quality disposable razors
- Shampoo/Conditioner combo
- Twin size comforter

More information, contact George Light 570-840-1768



 **NO VETERAN STANDS ALONE WHEN A COMMUNITY STANDS TOGETHER.**

VETERANS Town Hall

"STORIES OF SERVICE"

REAL STORIES. REAL PEOPLE. A STRONGER COMMUNITY.

 **WEDNESDAY NOVEMBER 18TH**  **5:00 - 8:00 PM**

 **VFW Post 1371**
207 Main St.
Owego, NY

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 **RSVP TO:**  **REAL CONVERSATIONS. STRONGER VETERANS. STRONGER COMMUNITIES.**
All are welcome!

 **TOGETHER, WE MAKE A DIFFERENCE.**