

## How It All Started

John Beal, a Vietnam veteran, experienced post-traumatic stress disorder upon returning home from combat and found himself battling heart disease in his late twenties. Given a short-term prognosis of only a few months to live, Beal turned to the environment and began work on Hamm Creek, a tributary to the Duwamish River in Seattle, WA. Restoring Hamm Creek transformed into a metaphor for Beal's life after war. As he worked to clean up his local waterways, he also began to heal his heart, mind and soul. The VCC is part of the Counseling and Wellness Programs of the Washington State Department of Veterans Affairs and was formed by WA State legislation in 2005 largely through the efforts and influence of John Beal.



Have you served in the Uniformed Services of the U.S. and are you interested in sustainable agriculture or the conservation and restoration of the lands, waters, and natural habitats in WA State?

For more information, contact:

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*"Serving Those Who Served"*

[www.dva.wa.gov/benefits/internships](http://www.dva.wa.gov/benefits/internships)  
[Instagram.com/veteransconservationcorps](https://www.instagram.com/veteransconservationcorps)  
[Facebook.com/veteransconservationcorps](https://www.facebook.com/veteransconservationcorps)

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## Veterans Conservation Corps Internship

A Country Worth Defending  
Is Worth Preserving

**Mission:** Serve those who served by providing veterans with self-directed connections to the lands, waters, and communities in WA State.

### Desired Outcomes:

- Veterans take the initiative to create a self-directed internship experience
- Given the opportunity to do meaningful work in conserving and restoring natural ecosystems and seeing the results of their efforts, veterans acknowledge and understand their own self-efficacy, resiliency, and ability to overcome their own personal challenges
- Veterans establish and maintain healthy reciprocal relationships with nature and their community
- Veterans realize a positive shift in their mental, emotional, and physical well-being
- Veterans acquire skills and experiences that may help them in finding meaningful employment



“In Healing  
Nature, You  
Heal Yourself.”  
-John Beal



## The Internship

- Help protect and restore natural habitats or engage in sustainable agriculture practices with one of our community partner organizations in WA State
- Obtain on-the-job training and specific skill sets toward employment in environmental conservation and stewardship or sustainable agriculture
- Participate in professional and personal development workshops
- Connect with your community and other veterans
- Stipend provided to assist with living costs
- Direct access to comprehensive WDVA veteran resources

## Opportunities

- Restoration Field Technician
- Trail Stewardship/Maintenance
- NOAA Fisheries Technician
- Farm Intern
- Farmers' Market Intern
- Storm Water Resource Projects crew
- Garden Builder
- ...more to come!

### Some of Our Current Partners

Puget Sound Restoration Fund  
National Oceanographic and Atmospheric Administration  
Snohomish Conservation District  
Thurston Conservation District  
Spokane Conservation District  
Vashon-Maury Island Land Trust  
Growing Veterans Farm  
Northwest Straits Commission