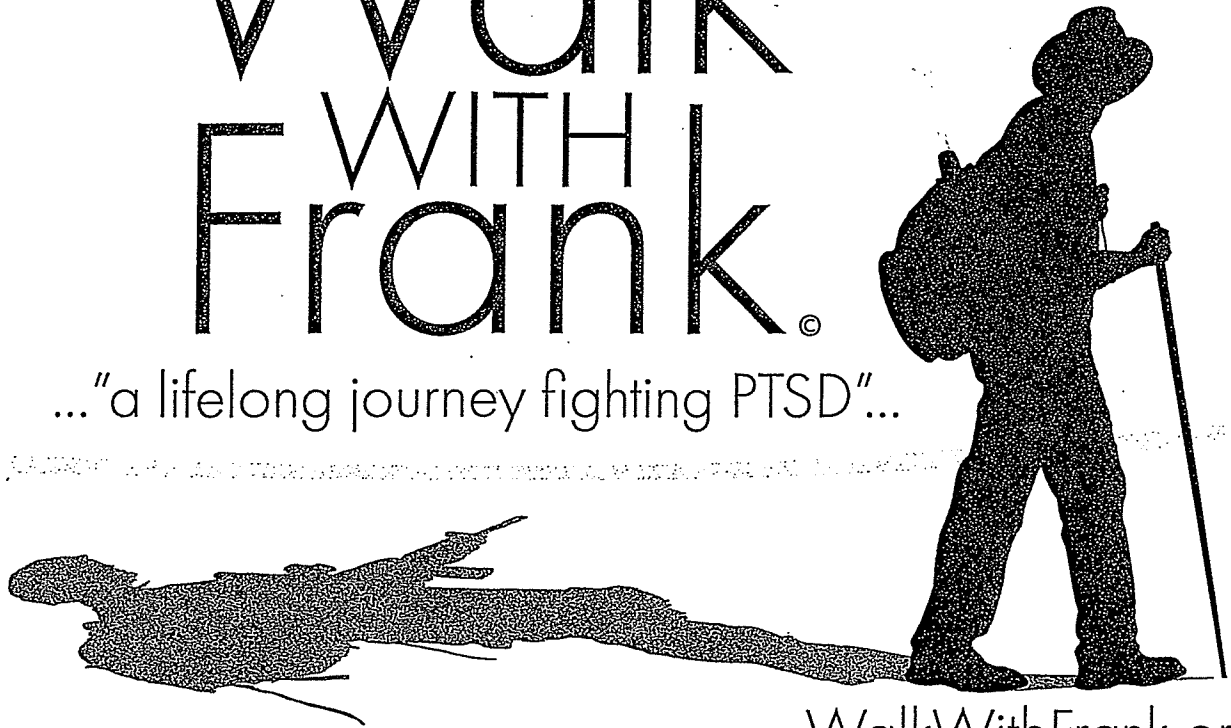


Walk WITH Frank.®

...“a lifelong journey fighting PTSD”...



WalkWithFrank.org

Frank will be walking through Kingston and other Hudson Valley towns the week of 4/15/19.

A brief gathering will take place to honor him and listen to his remarks about his journey.

Please join us on Thursday 4/18 at Noon at Patriot House, 67 Wurts St. Kingston. Outdoors, rain or shine. Info: 845-340-3190

TRAVEL WITH FRANK

ITINERARY

March 1, Buffalo Erie County, 44 miles on Rt 5

March 5, Batavia Genessee County, 33 miles Rt 33

March 9, Rochester Monroe County 50 miles Rt 96 & 20

March 17, Auburn Cayuga County 10 miles Rt 20

March 18, Skaneateles Onondaga County 23 miles Rt 20

March 19 Syracuse Onondaga County 25 miles Rt 20

March 23, Ithaca Tompkins County 54 miles Rt 11 & 96c

March 29, Owego Tioga County 20 miles Rt 17c

April 1, Binghampton Broome County 59 miles Rt 7

April 6, Oneonta Otsego County 70 miles Rt 7

April 12, Schenectady Schoharie County 13 miles Rt 7

April 13, Troy Rensselaer County 10 miles Rt 32

April 14, Albany Albany County 30 miles Rt 20 & 9

April 17, Hudson Columbia County 24 miles Rt 9w

April 19, Kingston Ulster County 21 miles Rt 9w

April 21, Poughkeepsie Dutchess County 30 miles Rt 9w

April 25, West Point Orange County 40 miles Rt 9w

April 30, Nyack Rockland County

The next 3 weeks will be in and around New York City visiting the Burroughs.

May 22, I enter Manhattan (NYC) during fleet week.

May 23 to approximately June 1st I'll be on Long Island

SAY SHORE HIGH SCHOOL WILL BE MY LAST STOP.

The exact day and time will be determined

“Walk With Frank”[©]

The 750-Mile Walk: A Veteran’s Pilgrimage

Decorated Vietnam Veteran / Artist /Educator, Frank Romeo, has made a life’s study of the effects of PTSD on veterans of every generation. He knows what the experts say: that 20% of the male homeless population are Veterans and that there is a strong correlation between PTSD and homelessness. (Appendix C) After decades of work in high schools, where he has educated young people about the realities of war, Romeo is hitting the streets.

On March 1, 2019, the day he celebrates his 70th birthday, Frank Romeo will begin a 750-mile, three-month walk across New York State. Developed with the assistance of Mr. Thomas Ronayne, Director of the Office of the Suffolk County Executive Veterans Service Agency, Romeo’s itinerary will include 25 homeless shelters that span the state. Romeo will engage the homeless veterans he meets in a conversation about his own 50-year fight with PTSD. Romeo believes that these veterans will respond with equal candor and will tell of their own personal struggles with PTSD and homelessness.

The Documentary: Giving Voice to the Voiceless

In his thirty years of advocating for PTSD awareness, Romeo sees a disconnect between the younger generation’s understanding of the idea of war and the actual reality of war. Romeo believes that more education concerning the realities of war and PTSD are essential to understanding and confronting veterans’ issues. “Walk With Frank” will tell the story of Frank Romeo’s 50-year journey, which began in 1968 when he enlisted in the US Army to fight in the Vietnam War. By documenting Romeo’s conversations with homeless veterans, the film will provide insight into PTSD and its impact on society. The film will also honor the veteran by giving him/her a voice. The film seeks to increase public awareness of the impact of PTSD on veterans, their families, and society.

Film Distribution

Walk With Frank, Inc. will develop strategic alliances with regional and national Veterans, civic, and educational organizations to broaden opportunities for screenings throughout the United States. As an educational resource on the impact of PTSD, the film will be promoted to related regional and national conferences. Plans also include representation by a digital platform distributor so that the film will be accessible via streaming. The film will also be listed in withoutabox.com to ease its submission to film festivals throughout the world. DVDs will be available on the film’s website, and will be marketed to national discount retailers, such as COSTCO and Walmart.

Appendix B

Itinerary

The route from start to finish will include the city and county of homeless shelters Romeo will visit on his journey.

Buffalo, Erie County

Batavia, Genesee County

Rochester, Monroe County

Seneca Falls, Seneca County

Auburn, Cayuga

Skaneateles, Onondaga County

Syracuse, Onondaga County

Ithaca, Tomkins County

Owego, Tioga County

Binghamton, Broome County

Oneonta, Otsego County

Schenectady, Schoharie County

Troy, Rensselaer County

Albany, Albany County

Hudson, Columbia County

Kingston, Ulster County

Poughkeepsie, Dutchess County

West Point, Orange County

Bronx, Bronx County

Manhattan, Manhattan County

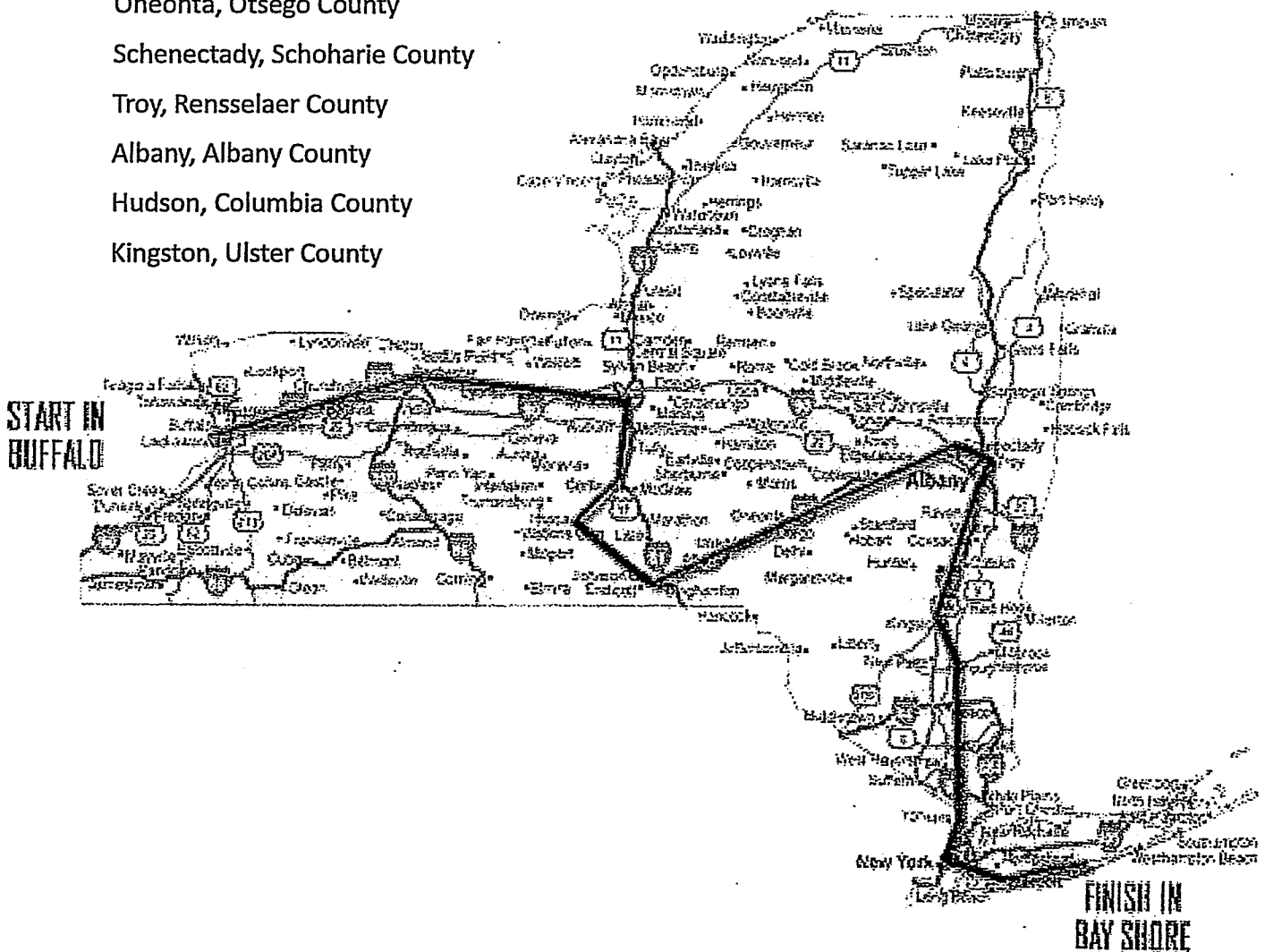
Staten Island, Richmond County

Brooklyn, Kings County

Queens, Queens County

Hempstead, Nassau County

Bay Shore, Suffolk County



Appendix C

About PTSD

Greater public awareness of PTSD can help reduce the stigma of this mental health problem and overcome the negative stereotypes that keep many people from pursuing treatment. For those living with PTSD, knowing there are PTSD treatments that can help allows them to seek needed care. Conversely, lack of information or misinformation can keep people with PTSD from seeking the help they need.

Professor Matthew Friedman
Geisel School of Medical Research, Dartmouth

According to the American Psychiatric Association, post-traumatic stress disorder (PTSD) is a psychiatric disorder that can occur in individuals who have experienced or witnessed a traumatic event such as a natural disaster, a serious accident, a terrorist act, war/combat, rape or other violent personal assault.

- Approximately 8 million adults have PTSD during a given year.
- Approximately 10% of women in the U.S. population develop PTSD sometime in their lives compared with about 4% of men in the U.S. population.

Looking at the incidence of PTSD among American Veterans:

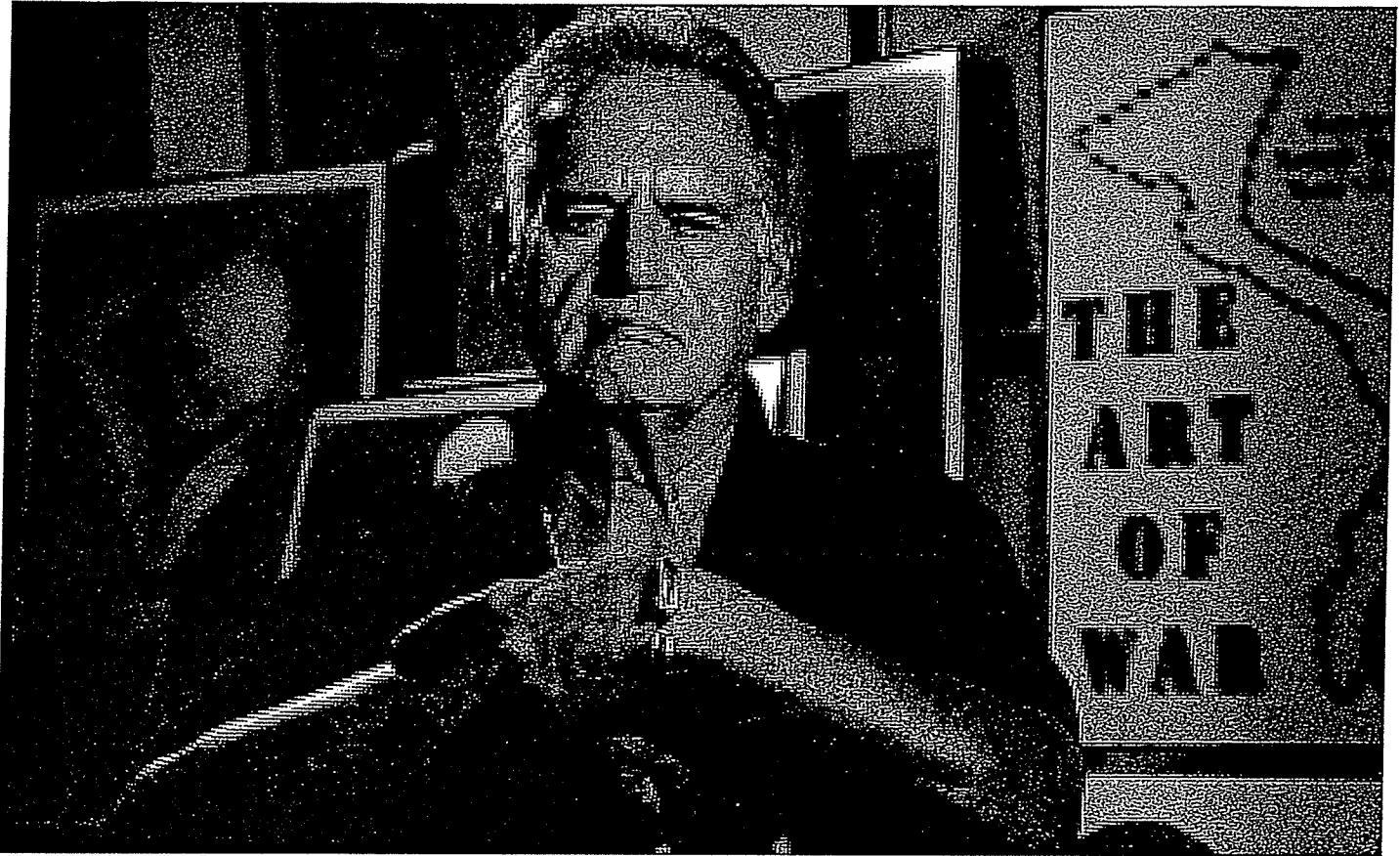
- Between 11-20% of Veterans who served in Operations Iraqi Freedom and Enduring Freedom have PTSD in a given year.
- Approximately 12% of Gulf War Veterans have PTSD in a given year.
- It is estimated that approximately 30% of Vietnam Veterans have had PTSD in their lifetime.

Jack Tsai, PhD, of Yale University, confirms that homeless Iraq and Afghanistan Veterans are more likely to be haunted by PTSD than homeless vets of previous eras.

The National Coalition for Homeless Veterans cites the U.S. Department of Veterans Affairs (VA) on the nation's homeless veterans:

- 11% of the homeless adult population are Veterans
- 20% of the male homeless population are Veterans
- 68% reside in principal cities
- 32% reside in suburban/rural areas
- 51% of individual homeless Veterans have disabilities
- 50% have serious mental illness
- 70% have substance abuse problems
- 57% are white males, compared to 38% of non-veterans
- 50% are age 51 or older, compared to 19% non-veterans

Appendix D: In the Media



Bay Shore veteran's emotional return to Vietnam also serves to teach LI students about war

By MARTIN C. EVANS

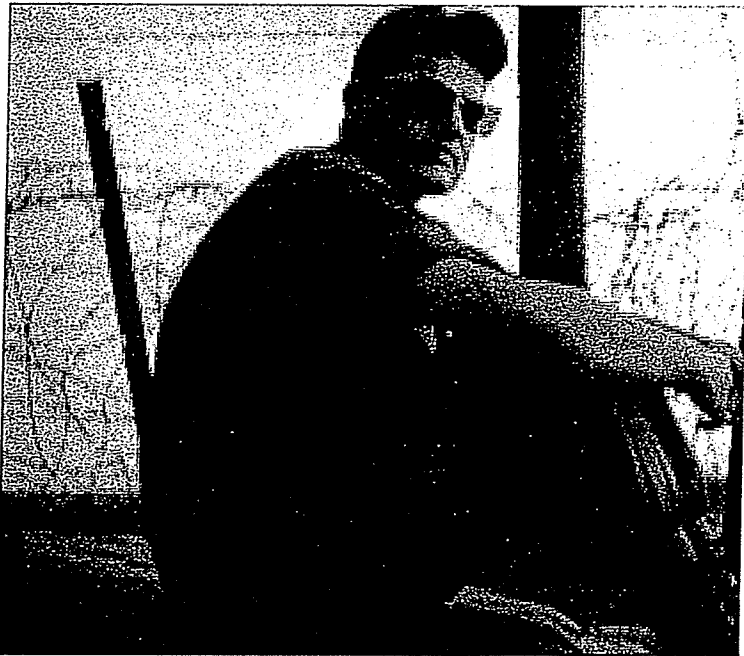
martin.evans@newsday.com Updated September 27, 2014 9:33 PM

Vietnam veteran Frank Romeo has spent more than four decades trying to heal wounds only he could see. Now, the 65-year-old Bay Shore resident is about to confront the anguish of his war experience as directly as possible.

For the next six weeks, the former infantryman will be traveling through the lands where more than 58,000 American soldiers perished, and nearly 3 million more had their innocence shattered. Visiting Southeast Asia for the first time since leaving in a medevac helicopter, clinging to life, Romeo will be sharing his long-suppressed war memories with anyone with an Internet connection.

The square-jawed father of seven has battled post-traumatic stress since he was almost killed in a Mekong Delta ambush. He will chronicle his travels -- and the war memories they stir -- starting Monday in a blog (gotmysecondwind.blogspot.com).

"I started a letter as my plane was landing in Long Binh," Romeo recalled of the day he began his combat tour, March 19, 1969. "This trip will be like giving myself the chance to finish that letter." His solitary travels will take him places most Americans over 60 remember through grainy footage that once flickered on the evening news: Hanoi. Haiphong. Hue. Cu Chi. The Mekong Delta. The Ho Chi Minh Trail. He will be gone until November. He says he's determined that high school students whose understanding of war skews mostly to video game combat and Hollywood films hear directly from people who have seen war's brutality firsthand. "They need to understand war is not a video game," said Romeo, who supported his family with a catering business. "I am not pro- or anti-war; I am about the reality of war and what it does to us as people and a society."



Using His Past to Teach

Romeo has encouraged several school districts, including Bay Shore and South Huntington, to use his travel blog to help high school students understand the Vietnam War. He said students will be allowed to pose questions, which he'll try to answer within 24 hours. Shelley Sauer, president of the parents' association at Walt Whitman High School in South Huntington, strongly supports the project. She said Romeo has been displaying war-related art and artifacts at social

studies presentations at the school for years. "It's living history for our kids, and he just brings it alive," said Sauer, who said Romeo also does workshops for 11th-graders. "It's one of the most popular programs in our high school. We're encouraging our social studies teachers to have students follow his blog."

Injury and Insult

A 1967 graduate of Bay Shore High School, Romeo was a soldier with the 199th Infantry Brigade (Light) when he was separated from his platoon during an ambush near the Cambodian border. Riddled with bullets, Romeo slipped in and out of consciousness for the first month of a yearlong recuperation in 1969-70, spent in a string of military facilities stretching from Japan to Jamaica, Queens.

Although the shooting war was over for him, the political debate still raged in American cities. Romeo was shocked when, after his release from the hospital, he was treated with revulsion. He retreated into a cocoon of anxiety, isolation and drug abuse, one that kept him emotionally hidden from others -- and even himself.

"We came home to the divided country -- the unrest, the upheaval -- and we were caught in the middle . . . A lot of us veterans went underground for many years, suppressing our feelings and emotions about what had happened to us," Romeo said. But an eventual turn to art helped him access buried feelings that were keeping him a prisoner, and to begin his long climb back to emotional health.

He started painting while keeping himself mostly hidden away at home. His first effort depicted an African-American man, his visage contorted with pain and self-doubt. With each new painting, he said he learned how to forgive the pain that had contorted his own life. Eventually, he felt comfortable enough to share his art. He began collecting the work of fellow Vietnam veterans, their own pain and isolation captured in oil and acrylic. Romeo took on speaking engagements, traveling with his painting to schools and veterans' gatherings up and down the East Coast. But wanting to travel to the headwaters from where his rage and anxiety once flowed, he booked a ticket to Southeast Asia. "I've suffered from PTSD for 40 years," Romeo said in a Tuesday email from Bangkok. "Dealing with the pain has fueled my journey."