



**BRIDGING
GAPS**

**BREAKING
BARRIERS**

CALIFORNIA VETERANS CONFERENCE
SUMMIT ON WOMEN VETERANS

AUGUST 24-25
SHERATON
SACRAMENTO, CA



2014 CALIFORNIA WOMAN VETERAN OF THE YEAR AWARDEE- STAR LARA

Ms. Lara served nearly twelve years on active duty in the US Army from 1995-2007, during her service she achieved the rank of Staff Sergeant (SSG-E6) and was assigned to multiple duty stations as well as deployments that included Bosnia during Operation Joint Forge and Iraq during Operation Iraqi Freedom. She was awarded two Meritorious Service Medals and the Combat Action Badge for her service.

Upon completion of her active duty commitment, she pursued a degree from California State University East Bay where she achieved a BA in Business Management with an emphasis in Organizational Communication. Ms. Lara now serves as the Women Veteran Program Manager and Community Educator for the San Francisco based veterans service organization; Swords to Plowshares

Ms. Lara was appointed to the San Francisco Mayor's Disability Council, she is a commissioner on the Alameda Veterans Affairs Commission, she serves on the Advisory Board for Women Veterans Connect Inc (a registered non-profit corporation) and the CalVet Women Veterans Leadership Conference Planning Committee. Ms. Lara is an active member of the Disable American Veterans (DAV) Chapter 7, as well as the Veterans of Foreign Wars (VFW) Post 9601. She is also an advisor to Girl Scout Troop 30338 for the Silver and Bronze Award Project.