Abstract

On October 22-26th, I will travel to the Library and Archives of Canada in Ottawa and McGill University Montreal with a colleague conduct research on pre Confederation Canada/British North America. This is the first of two fall research trips in addition to two conference presentations of my research on veterans’ reintegration in North America during the early 19th century. In addition to this grant application I have also received funding from the University of Maine’s McBride Foundation, the History Department, the Humanities Initiative and the Canadian-American Center as well a veterans’ organization called Team Red, White, and Blue, to support research and travel this semester.

My dissertation explores institutions that absorbed invalided (period language for disabled) veterans into half work, yet full pay and status jobs following the American Revolution and Napoleonic Wars including the War of 1812. My research follows the lives of individuals through these institutions. Through a methodological framework of biography strengthened by psychological research I have, in cases, proved that veterans suffered from Posttraumatic Stress Disorder (PTSD) in the early 1800s. These micro studies will be strengthened by social histories of institutions that reabsorbed ailing veterans during the revolutionary period. Currently twenty-two veterans and one active duty service member commits suicide daily, and my research seeks to challenge the stigma of mental illness present today, as well as identify successful veterans reintegration methods prior to our current understanding of PTSD.

During this research trip I will study three key fields. One will be focused on the biographical papers of several veterans. The second will explore the records of explorers, naturalists and doctors. The third, and most essential, is the examination of the British 10th
Veterans Battalion. There is not yet a thorough monograph length research project on an 
institution filled with disabled soldiers who fought successfully in four major battles of the War 
of 1812. Their success, despite being filled with invalids, confirms the research of Jonathan 
Shay who argued that PTSD is adaptation to combat that persists into civilian life in ways that 
makes non-combat lifestyles unbearable for veterans.

On this trip I will examine several aspects of life in pre-Confederation Canada. My 
project seeks to define ideas about illness, gender, psychology, national identity, heroism, 
veterans’ reintegration, the British military, the militia tradition in Canada and culture. Previous 
research and writing projects on this topic have been published in the Canadian Military 
Journal, The US Infantry Bugler and the US Army’s Military Review and will be published in 
the Journal of Military Experience, Zero Dark Thirty Journal and Blue Streak Journal. Because 
of my academic credentials and my own battles with PTSD, I have also been named the 
Managing Editor of the Blue Nostalgia: A Journal of Posttraumatic Growth, a group of 
volunteer scholars committed to helping veterans use writing as therapy. This research project 
will produce articles for similar publications and will be presented on PTSD a Soldier’s 
Perspective: a blog, which has received over 280,000 views, designed to help veterans’ and their 
families struggling with PTSD. While previously successful projects certainly build the 
reputation of the University Maine, especially the graduate school, it has also drawn the 
attention the Associate Dean of Humanities who has sought my advice on what the University 
can do to help veterans. I am so excited at upcoming opportunities to help distill my research 
into policies that can helps students and veterans in the Pine Tree State.
## Itemized Budget

<table>
<thead>
<tr>
<th>Item</th>
<th>Description of Item</th>
<th>Source</th>
<th>Quantity</th>
<th>Individual Cost ($)</th>
<th>Total Cost ($)</th>
<th>Amount Requested ($)</th>
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<td>1</td>
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<td>Personal vehicle</td>
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<td>$349.14</td>
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<td><strong>$838.64</strong></td>
<td><strong>$507.02</strong></td>
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*Mileage determined via Google.com.

**Prices researched via Kayak.com.

Budget Explanation

1: Travel

I am requesting $507.02 to help defray the costs of a trip to Montreal, Quebec and Ottawa, Ontario to complete research for my dissertation. The most effective method of reducing expenses was traveling with a graduate student colleague who needed to complete research in the same archives. This allowed us to share the costs of travel and lodging. The McBride Foundation, the History Department, the Humanities Initiative and the Canadian-American Center will fund additional research trips and presentations.

1: Travel

Driving a personal vehicle was the most economical option. Plane travel between Bangor and Montreal ranged from $556-$767 with the additional expense of round-trip train fare between Montreal and Ottawa at $68 round-trip. Traveling by car will also allow us to spend the most time in the archives by not being tied to public transportation schedules. My colleague and I will split the cost of gas for a total of $92.62.

2: Accommodations

For our stay, in Montreal and Ottawa, my colleague and I selected the best price option out of the hotels available within walking distance of the archives. Less expensive hotels were available beyond walking distance, but walking to the archives allowed us to save money on parking and public transportation. We also selected a hotel that provided a free breakfast as part of the room rate. This allowed us to reduce the amount requested to cover meals. Again, my colleague and I will share the cost of accommodations for the trip.
3: Meals

I have requested the University's per diem rate of $11.50 for lunch and $25.30 for dinner for the five days of my trip.