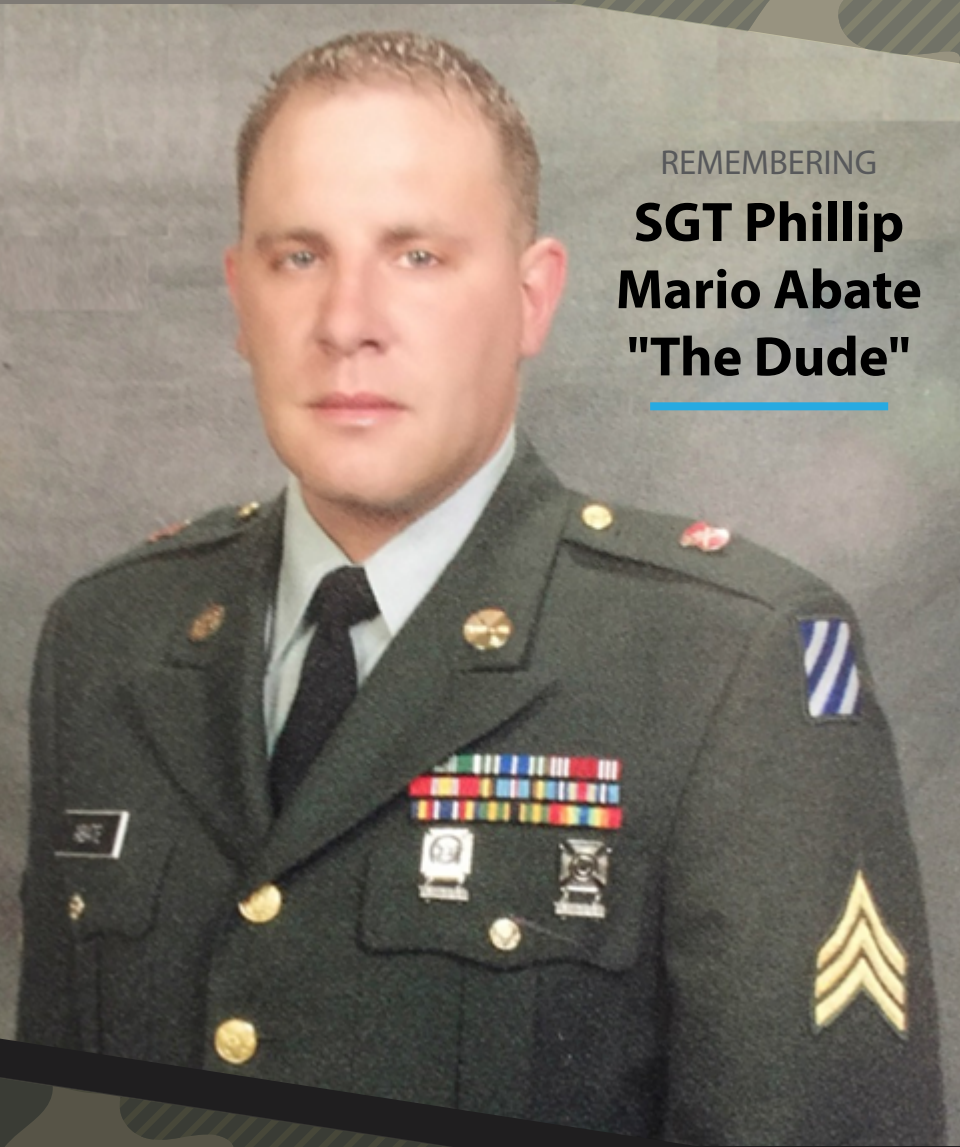


REMEMBERING

**SGT Phillip
Mario Abate**
"The Dude"



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SGT Phillip Mario Abate "The Dude"

Phillip Mario "The Dude" Abate passed away recently at his mountain cabin home in North Carolina. Phil, 46, was the proud father to his loving daughter, Jacqueline, and a devoted son to his parents, Lenny and Sally.

Phil was born January 30, 1974, and raised in Oil City, Pa. He attended the Oil City Schools and took classes at Clarion University before embarking on a fulfilling career in the military. Phil served more than eight years in the U.S. Army, starting with the Pennsylvania National Guard and then Active Duty where he achieved the rank of Sergeant. While assigned to the 3rd Infantry Division, Phil served three tours of duty in Iraq in support of Operation Iraqi Freedom where he performed with great distinction and bravery and was awarded multiple citations for his actions in combat, including the Army Commendation Medal with "V" device for Valor. Though he never spoke of his heroic actions in combat, time and time again, his family would be made aware of his feats of bravery from fellow soldiers who witnessed them firsthand.

Throughout his life, the Dude was an avid sportsman. He enjoyed years of hunting with his family and friends before becoming a proficient and talented fisherman. At the very young age of eight, Phil spent the better part of a July morning fighting and landing an award-winning musky that still hangs in his honor at the Oil City Boat Club. He had a special place in his heart for Rockmere, which would always draw him back. Whether it was to relive the nostalgia of his younger years or simply to enjoy the hospitality and friendship of the Rockmere community, he could often be found there making renovations to the family cabin. In addition, as an ardent supporter of the local law enforcement, rarely would Phil find himself in Oil City without taking the opportunity to spend some quality time reminiscing with the officers of the Oil City Police Department.

Phil, in his heart, epitomized the true spirit of the American Warrior but also possessed the compassion and unmatched loyalty that his friends and family knew all too well. He was a great son, father, brother, uncle, friend, and Soldier and will truly be missed by all who were fortunate enough to have known him.

Phil is survived by his parents, Leonard and Edith Abate of Florida; his daughter, Jacqueline Gamlen of New York; two sisters, Tess Christensen-Striegel and her husband Scott Striegel of Texas, and Agnes Abate of Ohio; brother Andrew Abate and his wife Teri of Maryland; as well as nieces Kate Stucke, Kati and Kyli Christensen-Striegel; and nephews, Ben Stucke, and Braden and Oliver Abate. And we would certainly be remiss if we didn't include Phil's constant companion and fiercely loyal compadre, his beloved dog Blue.

Every day we lose 22 veterans to suicide (not including other civilians, contractors, and families affected or impacted by this difficult mental health condition). Many of us have seen the impact PTSD can have; but it can be even more devastating when left undiagnosed or hidden. Thank you for your participation today and serving as a partner with the IC4 Charity and the Headstrong organization in PTSD research, awareness, and treatment to those in need.