



NEWS AND VIEWS

VVA # 223 - THE REDWOOD EMPIRE CHAPTER



Volume 17, Issue 3 APRIL 2015
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Names of 32 Veterans Unveiled at California Vietnam Veterans Memorial Ceremony

By Charles Earthman

In a ceremony on March 29, 2015, the names of 32 veterans were added to the California Vietnam Veterans Memorial Wall. They will be forever etched alongside the more than 5000 other Californians already enshrined there who died in the Vietnam War. The ceremony was hosted by the California Department of Veterans Affairs (CalVet), the Vietnam Veterans Memorial Honor Committee, and the Vietnam Veterans of America Chapter 500 of Sacramento Valley.



USS Frank E Evans (DD-754)

Twenty-two of the names added are of Californians who died aboard the USS Frank E. Evans when the destroyer sank in the South China Sea on June 3, 1969. Ten others are California veterans already engraved on the Vietnam Veterans Memorial in Washington, DC. They are all honored here having made the final sacrifice for their country.

Clear skies and 80 degree temperatures provided

the backdrop as Master of Ceremonies Pete Conaty introduced the speakers for the day, who included Cal-Vet Acting Secretary Debbie Endsley, Assemblymen Jim Frazier, Vietnam war veteran Mike O'Connor, and Richard Burke of the USS Frank E. Evans (DD 754) Association. A proclamation from Gov. Brown was read by a member of VVA Chapter 500. A three-volley rifle salute by AMVETS Post 98 from Sanger, California, was followed by Taps played by Baldwin Wong of VFW Post 8358, and wreaths were laid by several Veteran Service organizations.



The Vietnam Veterans Memorial Honor Committee is tasked with compiling a list of names of Vietnam veterans from California to be added to the California Vietnam Veterans Memorial. The Committee must also consider names of California Veterans who later died as a result of illness or injuries, including physical or mental injuries documented by the Department of Defense.

Continued on page 6 with photos

VIETNAM VETERANS of AMERICA - REDWOOD EMPIRE CHAPTER 223
SANTA ROSA, CALIFORNIA

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DONATIONS

In our ever growing efforts to serve local veterans, VVA Chapter 223 is always looking for new sources of funds to support the cause. We're still a very small entity trying to serve the veterans of Sonoma County.

You can help by making a tax deductible contribution directly to VVA Chapter 223. Send donations directly to the Chapter at the address on the back page. Thanks...

NOTICE

The views expressed in this newsletter are not necessarily the views of VVA, Inc., National, State, Chapter 223, or the newsletter staff, but of the corresponding party. All articles by the Chapter have permission for reprint in all Vietnam Veterans of America newsletters. Anything else must come from the original source.

To make a contribution to the News and Views, submit a story, or a photograph, please call or email: Brooke McKusick @ 537-9003, or mcq6@vbbn.com. To make a complaint about the newsletter, please call: Ken Holybee @ 887-8891, or holybee@comcast.net

VVA Chapter 223 invites you to place an ad in the News and Views, please call:

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President's Letter

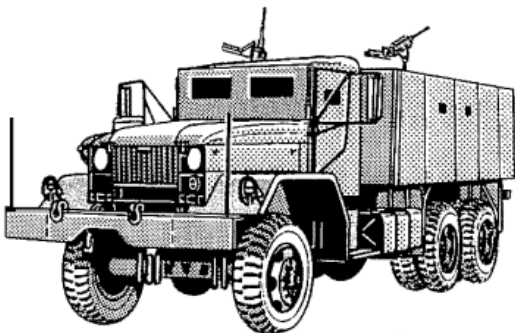


Ken Holybee

As April approaches we are preparing for our chapter elections. We also have a few upcoming events that we all need to work together on. We need to start planning for the Santa Rosa Rose Parade on Armed Forces Day. We need volunteers to assist on this project. If you have noticed, we have a lot of members that cannot put in the labor we did in the past, so with many hands we will have easy work. Be sure and attend the chapter meeting in April and let us know where the chapter needs to go in the future.

You may noticed a change in our newsletter this month. Brooke McKusick has asked for some time off to take care of himself for some needed rehabilitation. Charles Earthman has volunteered to fill in until we can find someone to take over until Brooke is able to return. We all thank Brooke for the years he has put into the newsletter and the ideas he has presented us with.

At this time, along with my chapter duties, I am looking at a lot of legislation that has been introduced as veteran's bills. I am also preparing for our legislative lobby day at the Capital that we had to postpone until May. We are working on adding names to the California memorial, planning Agent Orange town hall meetings and getting ready for state and national meetings. We are also working on our chapter fundraisers and events. I hope some of you will step up and join us in these adventures.



Chapter Elections

Elections for Chapter officers and Board of Directors will be held at the April general meeting. The President, Vice President, Secretary, and Treasurer offices will be elected for a one-year term. All five Board of Directors' seats will be for two-year terms. Nominations are now open; all Chapter 223 members in good standing can nominate or be nominated for these positions. You must be at the April general meeting to vote but you do not have to be present to be elected, so it is advised that you show up at the meeting if you don't want to become a Chapter executive.

For more information, or to nominate someone, including yourself, contact

Election Chair Dave Phillips

707.694.7619

dmphillips58@yahoo.com

SCHOLARSHIP REMINDER

MAY 1st DEADLINE !

We have applications available for VVA Chapter 223 members who would like to give an application to any of their children or grandchildren that meet the requirements. You can contact Sunny Campbell at 707-849-4399. VVA Chapter 223 members can also pick-up an application at our monthly meetings, the third Tuesday of the month.

Applications and more information can be found and downloaded from the chapter website: www.vva-223.org

Applicants must return their applications no later than May 1st, to CA Campbell, 2163 Alejandro Drive, Santa Rosa, CA 95405.



Healthy Eating for the Diabetic

By Astrid Ortega
NP, CDE retired



There is no one-size-fits-all for a healthy eating plan for anyone with Type 2 Diabetes. You and your health provider will have to take into account your lifestyle and cultural food preferences as you work on developing a healthy eating plan for you. Your whole family will benefit as you all participate in this lifestyle change.

One of the healthy eating styles is called the Mediterranean Diet. It calls for foods high in protein, healthy fats, poultry, seafood, beans and eggs, soy products, low fat dairy products, and nuts and seeds. Vegetables that are low in carbohydrates--spinach and lettuce, for example. Foods that are low in sugars and honey. Unprocessed foods, i.e., foods that do not contain additives, artificial flavors, and other chemical ingredients. Olive oil and canola oils are used instead of large amounts of butter. Eating low amounts of red meat is recommended. A reasonable amount of red or white wine with meals helps with the relaxed enjoyment of your meal. This usually means a 6 to 8 oz. glass with a meal.

- Here are some healthful eating tips:
- Plan out your meals and snacks in advance.
- Try a new fruit or vegetable every week.
- Use olive oil or canola oil for cooking purposes.
- Reduce the amount of fruit juice and sweetened beverages that you drink.
- Switch to low calorie or calorie-free drinks or water flavored with lemon or cucumber slices.

You can enjoy small amounts of almost all foods, even chocolates, cake, pie, and pizza. It is all about the size of the portion. In the USA we eat portions

that are twice the size of most European countries' meal portions.

You can make an appointment to meet with a registered dietician so that they may guide you towards healthier food choices. This usually is done through your health plan or the VA Clinic.

Lifestyle changes are a very important part of managing your Diabetes.

Log on to NDEI.org National Diabetes Education Initiative, for much more information and guidelines. **Salud** to your improved glucose control as you work towards your HA1C goal of below 7%.

News and Views Editor's Notes

Brooke McKusick, the editor of News and Views is taking some time off for health reasons. This month's edition was edited by Charles Earthman, who has been a writer for News and Views and has assisted in editing the newsletter for many years. We hope the quality our readers have come to expect has not suffered.

We hope Brooke will return to the newsletter in the near future, but in the event he is unable, The Chapter's Board of Directors is looking for someone to take on the job as editor of this award winning newsletter. Charles will edit the newsletter until a replacement is found, but because of other commitments he can only do this for a short time.

If you know anyone who is interested please talk to the Chapter President or any member of the BOD.



Chapter 223 in 2015

Important fundraising opportunities await the Chapter this year.

We had a very short winter this year; it seemed to last only about a week or two, but, ready or not, our busy events season is upon us. Spring, summer and fall are when the Chapter raises most of the money to fund the many programs and services that are so crucial to our veteran community. This year some of our most prolific fundraising events are not generating the revenue they had in the past. In order to continue the level of programs and services that are so important to so many veterans we will have to find new sources of income to fill the void left by shrinking revenue from traditional sources.

Here are some upcoming events that need volunteer help:

- **Texas Hold 'em** – First Saturday of the month at the Veterans Memorial Bldg. Volunteers needed to help set up, clear up and support the VVA staff. Pizza, soft drinks, and coffee.
- **Monthly Food Giveaway Program** – Fourth Tuesday of the month. Helps provide food for needy families in the area. Volunteers are needed to assist with food distribution. Program starts about 7am and is over by 10am.
- **Wednesday Night Farmer's Market** – This will be the third year that the Chapter will have a booth at this popular summer event. Volunteers disseminate information to a large cross section of the public and answer questions on topics such as Agent Orange, PTSD, and VA benefits.
- **Annual Veterans Dinner and Dance** – This is a major fundraiser for the Chapter and volunteers are needed for all phases of this event. Ticket sales for this event are crucial and every member of the Chapter can help with this very important event.
- **Santa Rosa CBOC Coffee Cart** - The Coffee Cart at the Santa Rosa VA Clinic provides coffee and other refreshments for veterans visiting the clinic and for veterans traveling to the San Francisco VA Medical Clinic.

Here are some other events that need member's participation this year:

- Vietnam Veterans Day at the State Capitol
- Memorial Day Avenue of the Flags
- Memorial Day Commemoration Ceremony at Franklin Park
- Santa Rosa Annual Rose Parade
- Wings Over the Wine Country Air Show
- Veterans Day at Santa Rosa City Hall
- Petaluma Veterans Day Parade
- POW/MIA Recognition Day Ceremony

Every one of these events/programs is important, so any and all contributions that our Chapter members make is greatly appreciated.

32 Names added to California Vietnam Veterans Memorial



Continued from page 1

This ceremony adding the names of these 32 veterans was the first of what will become an annual event at the California Vietnam Veterans War Memorial. Welcome Home.



REMEMBERING 50 YEARS AGO

THE GROUND WAR IN VIETNAM BEGINS

By Charles Earthman

On March 8, 1965, the first U.S. combat troops arrived in Vietnam as 3500 Marines landed at China Beach to defend the American air base at Da Nang. They joined 23,000 American military advisors already in Vietnam. This marked the start of the ground war in South Vietnam. By year's end there would be more than 184,000 American troops in



South Vietnam--and that was just the beginning.

Thus began the conflict that would consume a generation of Americans. In that time more than 3,000,000 soldiers, sailors, marines, and airmen served in the Southeast Asia theater, including 514,300 offshore. The theater included Vietnam, Laos, Cambodia, flight crews based in Thailand, and sailors on Yankee station in the South China Sea.

This 50th anniversary of the arrival of combat troops in Vietnam is one milestone in our lives as Vietnam veterans. In the next few years there will be many 50th anniversaries commemorating events in that war and in our lives as Vietnam veterans. Aside from historical events, we will remember entering the military, our training and preparation for war, arriving in Vietnam, and leaving. For some of us it marks a time of some of the most heralding events in our lives. Old men and women looking back on events

that shaped our lives and the lives of our families.

Coinciding with the 50th anniversary, the City of Petaluma had a flag raising ceremony replacing the four flags at the bridge crossing at East Washington Street near Petaluma Blvd which had been absent for many years. The new flags were donated by The History Connection and VVA Chapter 563 and were hoisted by local veterans including yours truly. The History Connection and Vietnam Veterans Chapter 563 have committed to replace all the torn flags in the City of Petaluma free of cost.

As an ageing demographic, Vietnam veterans are increasingly reminded of past events. For many veterans of our generation there will be many 50th anniversaries we will observe over the next few years. We must not forget those who gave their lives in that struggle. Their sacrifices will be remembered as they remain in our hearts forever young.



New flags on E. Washington Street Bridge in Petaluma



WOMEN VETERANS

By Kate O'Hara Palmer

March is always a busy month because it is Women's History Month.

On March 18, 2015, the California Dept. of VA Women Veterans held an evening



Kate O'Hara-Palmer

reception in Sacramento to honor women veterans and recognize the many achievements of those that have served in the Armed Forces.

There were two awards presented for this year's spotlight on California women veterans. Maj. Ofelia Alvarez grew up in East Los Angeles and received her medical degree from Loma Linda University. She has treated veterans for 32 years at Jerry L. Pettis Memorial Veterans Medical Center in Loma Linda. She joined the California National Guard in 2012 and is the Brigade Surgeon at the 224th Sustainment Brigade. Ms. Rea Cichocki also received an award for her service. She served a total of 38 years in the Army, retired with honors as a Master Sgt., and held a total of 16 different Military Occupational Specialties. She served three overseas tours, including three years in Iraq, 2006-2009. After retiring, she continues to serve her community. She is a tireless advocate for her women veterans and Native American Veterans.

On March 26th, I was part of the KQED's Women's Heritage Month Event in San Francisco. They had a panel discussion of women in the military prior to showing the film, Women in War. It is part of a series by Maker's Film. They are producing a series of films of women in history. You can go on-line and watch the hour-long film for free. It is a good overview of women in the military since WWII. It tracks

the American women's increasing participation in war--as nurses, soldiers, journalists, diplomats and spies.

VVA Ch.#391 in Sonora, Ca., had their Welcome Home Vietnam Veterans Day Dinner Event at the Black Oak Casino on March 26th. They were honoring Women Veterans this year. I spoke briefly about my service as a nurse in Vietnam, but I spent most of the time talking about what our younger women veterans are experiencing as they transition out of the military. They are having similar issues as we had coming home: difficulties with education, employment, healthcare, and blending family responsibilities with their own emotional growth after service. With over 200,000 women veterans in California, it is a challenge to reach out to these women. There were women veterans in the audience that served in the Korean, Vietnam, and Gulf Wars and current conflicts. We even had a woman that had served as a nurse in Vietnam on the Medical Psychiatric wards in Da Nang. This was the first time that she had ever spoken of her experience in public. She shared a poem with the group that described her young view of watching the young soldiers 'who lost their souls.' It emphasized the importance to the Chapter of outreach.

There are still many who served who have yet to "Come Home."

Until next time.....Kate O'Hara-Palmer

You can Follow Kate at vva-223.org and in News and Views. Kate also chairs the VVA's Women Veterans Committee. She can be reached at

koharepalmer@vva.org



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Santa Rosa Veterans Memorial Building
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And Employment Counseling

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These services are, also, available at the Veterans Memorial Buildings in **Guerneville** on the 2nd Thursday, **Sonoma** on the 3rd Thursday of every month. Please note the time schedule for these resource and service meetings is: Noon to 3 pm

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SONOMA COUNTY VETERANS SERVICE OFFICE (707) 565.5960

3725 Westwind Blvd, Suite 101
Santa Rosa CA 95409

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P. O. Box 4059, Santa Rosa, CA 95402

Please call to schedule an appointment.

FREE BUS RIDES FOR VETERANS

For 2015, veterans and college students in Sonoma County will be able to ride **Sonoma County Transit** buses free of charge. The program went into effect Jan. 1. Students and veterans just need to show a valid identification card to ride.



Visit the VVA 223 Website often for timely updates and chapter information...

<http://www.vva-223.org>



CHAPTER 223
GENERAL MEETING
APRIL 14, 2015
BE THERE EARLY!!!

REDWOOD GOSPEL MISSION -
HOMELESS OUTREACH PROGRAM - Every
Monday evening @ 5:30 pm. **101 6th Street, Santa**
Rosa.

SONOMA COUNTY VET CONNECT -
Every Tuesday morning, 9:00 am to noon @ the
VETS building. Vets helping vets solve problems.

BOARD OF DIRECTORS MEETING -
Second Tuesday of the month, 1:00 pm @ the VETS
building. Look for the guys looking for the room...

VVA-223 GENERAL MEETING - Third
Tuesday of the month. **POTLUCK @ SIX.** & Meet-
ing starts at 7 PM. See above...

FOOD-GIVE-AWAY PROGRAM - Fourth
Tuesday of the month. Volunteers will please check in
with **John McGivney @ 575.5261** for time and sta-
tion.

POKER SCHEDULE - Cards in the air at
6:00 pm. Check-in and pizza 5:00 to 5:55 pm...
Usually the first Saturday of the month... **APRIL 4th**

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on SHUTTERFLY

<http://vva223photographs.shutterfly.com>

EASTER SUNDAY

APRIL 5, 2015

Menu: C-rats and Hot beer

COMIC'S CORNER

"Remember...a developer is someone who wants to build a house in the woods. An environmentalist is someone who already owns a house in the woods." -- Dennis Miller

"An olive oil bar has opened in Brooklyn. It offers more than 40 different kinds of olive oil. If you'd like to know more, wait until your girlfriend drags you there." -- Seth Meyers

"The Dalai Lama said there should be no more Dalai Lamas after his death. That's particularly bad news for his son, Steve Lama." -- Conan O'Brien

"Google has found that Ouija boards are one of this year's most popular toys. You know, because it wasn't bad enough dealing with your LIVING relatives." -- Jimmy Fallon

"British researchers at the University of Leicester piped Duran Duran music into stalls at dairy farms to see if the stimulation makes the cows produce more milk. Reportedly, the cows have given more milk, but unfortunately, it all had an expiration date of March 4, 1986." -- Tina Fey

"Nike announced that this year it will sell self-lacing tennis shoes. By the way, if you're too lazy to lace up your tennis shoes you're really going to hate tennis." -- Conan O'Brien

"A woman in Florida gave birth to a baby weighing in at 14.1 pounds. So I guess the question is....a baby what?" -- Seth Meyers

"Starbucks is going to start carrying coconut milk. If you want to stay competitive in the coffee business you've got to consistently provide your customers with new ways to make their orders more annoying." -- Jimmy Kimmel

"After the Northeast was hit with a second major snow-storm yesterday, meteorologists are predicting even more snow will come on Thursday. So I think we all know what we have to do. We have to kill that groundhog." -- Seth Meyers

The mayor of Boston actually had to issue a statement telling residents to stop jumping from their second-story windows and rooftops into giant piles of snow. Do not do that at home. Unless you have a camera ready. -- Jimmy Fallon

The restaurant chain Salad Works has filed for Chapter 11 bankruptcy. Analysts attribute the failure to it being a salad restaurant located in America. -- Conan O'Brien

Baseball is around the corner and the Yankees have their hands full with Alex Rodriguez. He was suspended for all of last year from baseball, and the Yankees paid him \$3 million. By Golly, that'll teach him! -- David Letterman

The FCC has delayed the decision on the Time-Warner/Comcast merger. So how do you think those folks like being put on hold? -- David Letterman



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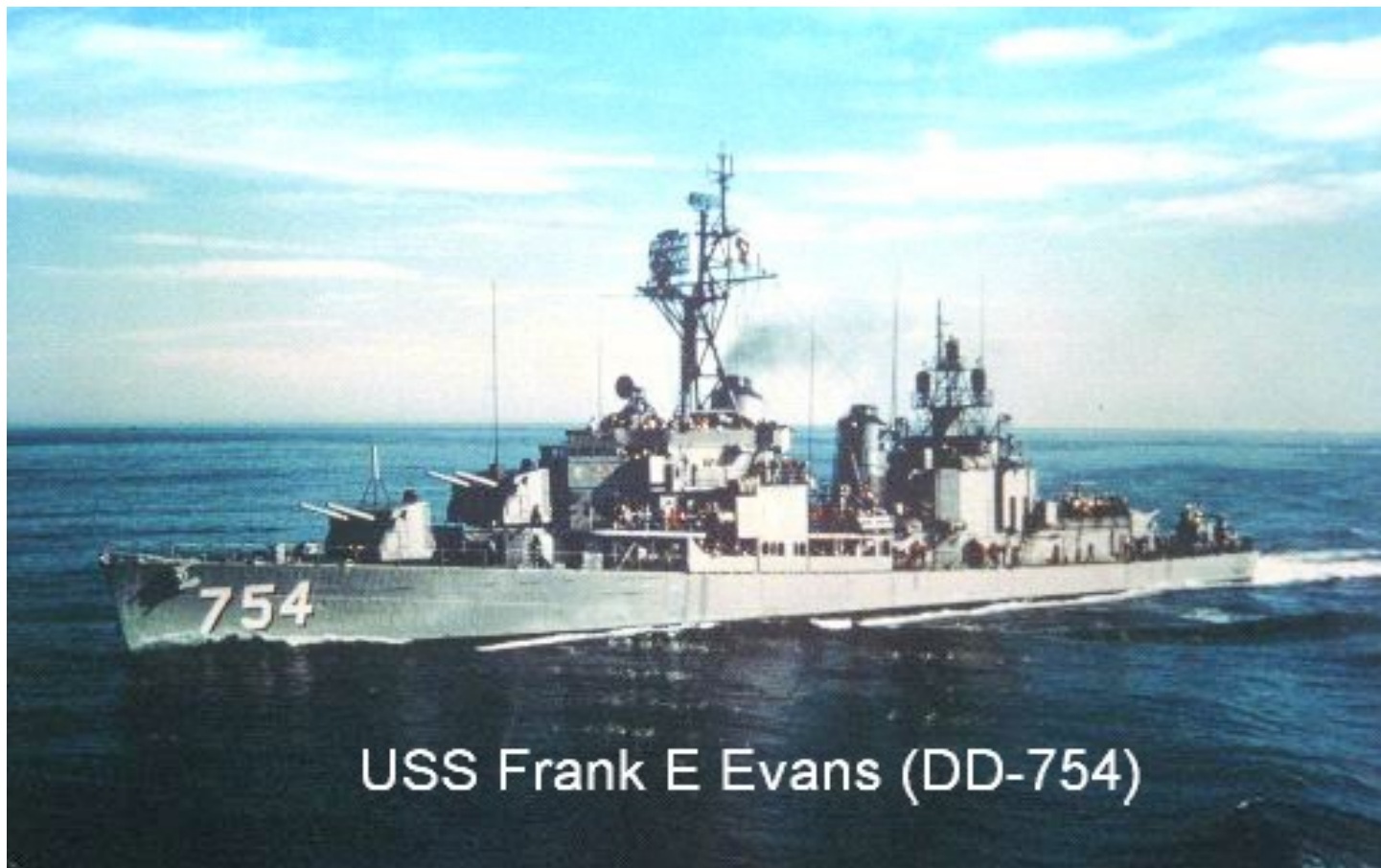
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