



NEWS AND VIEWS

VVA REDWOOD EMPIRE CHAPTER 223



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JANUARY 2016

PLEASE SHARE THIS NEWSLETTER WITH OTHER VETERANS



DO U LOVE A VETERAN

President's Message January 2016

Writing my report for this month I must really think about what is going on in the chapter. That is a good thing. We have been very busy last year and will have more opportunities this year. We are still looking for someone that would like to take over the newsletter. My wife has graciously taken it up until we get a new person. We could also use writers; I believe that to make a good newsletter we should have comments and stories from our members. Our newsletter should be about us and what we are doing. This can be an inspiration to others that read it to know what we are doing and thinking. I am still asking board members and committee members to submit what they are active in. In our newsletter I have opted to put our calendar of events in instead of a lot of pictures. We feel that if you know what and when things are happening so you can better plan to attend or get involved. We also have the calendar on the web site and are trying to keep it updated as best we can.

As for our projects, I attend monthly meetings of the Continuum of Care to keep up on the housing for veterans in our area. I also am involved with the monthly meetings of our mental health advisory council. These two meetings are on the first Thursday of each month. The focus of the mental health committee is to try to find ways to end the stigmas the media puts on veterans as out of control and inform employers and other the real issues with dealing with PTSD and other service issues.

This month I have been sitting in on meeting dealing with turning the Palm Inn into a shelter for homeless.

I went into this thinking it would not work but have seen the work put into it by Catholic Charities, the owner of the Hotel and other veterans. This project can work and it can become a real chance to help some of these people. Some, as everyone knows, will not be interested in getting help but with the ideas that are being put out some may be helped without even trying. This is a good chance for our members to get involved with some of the programs or if you look at it and have ideas that may help, let us know.

I also attend meetings of the CalVet Board and listen to the reports from the CalVet on the veteran homes and other issues. I would encourage anyone that is interested in what the State Department of Veterans Affairs is doing to go to their website and sign up for this announcements, or you can ask me and I will give you the contact information. I spend a great deal of time at meetings that affect our veterans and sometimes there are very few veteran organizations in attendance. At some of these meetings just being there makes a difference to the committees or people running the programs. People always look to see who is in the audience and to be speaking about what they are doing to veterans becomes what they are doing for veterans when we are present.

On the local front we are preparing for our events this year. In February we will have Phila Cole and Kathy King from our VA Clinic at our meeting to speak about what is new and answer questions that they are able to address, they don't have all the answers but can usually find them. They are the VA representatives at the monthly Veteran and Family Advisory Committee at our CBOC. We have one of the only clinics with this type of a committee. There will also be a town hall meeting at (Continued on page 4)

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Santa Rosa, California

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Newsletter:	Ken & Sonja
Scholarship Fund:	Sunny Campbell

Contributors to the News and Views: Ken Holybee, Kate O’Hare-Palmer, Bill Burke and Astrid Ortega. Thanks to all. Would like to see more articles next month. Support the chapter. I don’t write articles, I just put it together. There are a lot of interesting stories out there, send them to Ken and he will forward them to me.

If you would like to purchase an Business Card sized ad to put in our NEWSLETTER, Please call the chapter office. Phone number is: 707-526-4218

We are waiting on all new business cards from our advertisers. We are sorry for not having them in this month, but when the newsletter changed hands we didn’t have the original cards to scan, found some in old newsletters that we could use, and add to the newsletter and we needed them to have a clean scan so they are presentable and don’t print in purple. You can send new ones to the PO Box or Lou Nunez may stop by and pick one up. Thanks, and again we are SORRY. Ms. Daniels noticed that her card was bad so she sent in a new one. Thanks.



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Please look on the add page and see the cards. Does yours need replaced?????

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WHAT'S AN RMD?

by Bill Burke

Disclaimer: Bill is a retired 15 year Senior Tax Advisor with H&R Block. This article contains general information and should not be considered individual tax advice. Every person's tax situation is different and any

specific information should be discussed with a tax professional.

As we begin 2016 we find that many of us are turning 70 (if it hasn't already happened) and we may have to deal with RMD. RMD is not a computer term or an abbreviation for some obscure seasoning salt. It stands for Required Minimum Distribution. It happens when we are lucky enough to have a deferred income retirement account started while we were still working. These include 401k, 403b, 457, traditional IRA, rollover IRA, etc. They were tax free while we were putting money into them and have been growing (we hope) over the years. In the year we reach 70 and 1/2 we must take out a certain amount so the IRS can collect the taxes on the deferred monies.

The IRS has a life expectancy table indicating how much money we must minimally take out and pay the tax on. If we fail to take out the required amount there are severe penalties to be paid. In addition to the normal taxes you must also pay a 50% penalty on the amount you should have taken. So, let's say your RMD amount was \$10,000, your normal taxes (if you are in the 20% tax bracket) would be \$2,000 and the penalty is \$5,000. That leaves you with short end of the stick with only \$3,000 in your pockets. To make things worse, you probably won't get the IRS letter (and remember the IRS will **never** contact you by telephone – only via U.S. mail) indicating you forgot to take the money out for at least a year. When that happens you will owe additional money in the form of failure to pay penalty and interest making your \$3,000 shrink even more. Yikes! Here is a portion of that table from the IRS publications and it does go up to age 115:

Age	Factor
70	27.4
71	26.5
72	25.6
73	24.7
74	23.8
75	22.9

The amount you must take out when you reach 70 in 2016 is based on the nominal value of the account as of 12/31/2015. So when you get that year end statement don't throw it away! It's important. The IRS gets a form (5498) from your account administrator each year as of 12/31 showing how much the account is worth. So there is no fudging on doing the calculation. Now let's talk about "nominal value" for a moment. For most type of accounts it is the market value of the account on 12/31. For an annuity it is not the year end value. It is generally the death benefit amount available at the year's end. You'll need to contact your plan administrator to discuss your annuity withdrawal. Simple and straight forward, right? And if the account is an Inherited IRA, the rules are unbelievably complex and are not covered here. So if you're 70 and the nominal amount is \$200,000 divide by a factor of 27.4 and you'll get \$7,299.27 as your RMD. You can take it out in a lump sum or monthly. It's up to you but taking it out monthly will preserve the remaining balance in the account longer.

The IRS regulation indicates that the RMD is due in the year you turn 70 and 1/2. For those of us born in the first half of the year there is really no problem. We turn 70 and 1/2 in the same year so we just need to take the RMD in the same year (technically you can wait until April 15th of the next year but that is only for the 70 and 1/2 year and it really screws things up). But for those people with birthdays after June 30th your 70 and 1/2 falls in the next year. So you can wait to take your year 70 RMD until 2017. But 2017 is the year that you also turn 71 and will be required to take your age 71 RMD in addition to your age 70 RMD. That's a double hit against your account. So be sure to talk to your plan administrator if you fall into this category. For me, it's start taking the age 70 RMD as soon as I turn 70.

What happens if you have more than 1 retirement account? You can certainly take the RMD out of each but you don't have to. You can take the total RMD out of just one account. If you have an under-performing account add up the RMD's and take it out of that account and let the performing account continue to grow. If you take the one account approach this is where having the year end statements handy will come into play. You will most likely get a letter from the IRS about not taking the RMD out of the 2nd account a year or two later. You will need to send them copies of the year end statements and other documentation showing you took the correct amounts. Reminder: **never** send the IRS the

RMD continued from page 3

the originals of any of your documents – send copies only.

The tax consequences for the RMD can be interesting to say the least. The RMD is fully taxable at your regular rate. However, it is possible that taking the RMD the first year can cause you to jump into the next tax bracket. Additionally you run the risk of having some (or up to 80%) of social security become taxable as well. So it might be wise to have some money withheld to cover the taxes. Figure at least 20% for the federal and 5% for California. Remember it is easier to get a refund on any overpaid taxes than to write a check on April 15th for a balance due especially if several thousands of dollars are at stake.

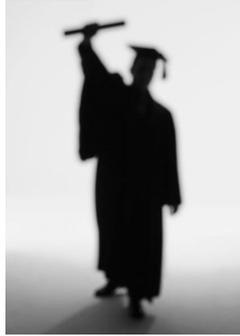
Make sure that if you have any questions to consult your plan administrator and/or your tax professional.

Scholarship Article Sunny Campbell

Every January, your VVA 223 sends out scholarship applications to all the high schools in Sonoma County, plus Sonoma State, Santa Rosa JC, and Empire Colleges. The Funding for these scholarships comes from the efforts and fundraising of all the members of VVA 223 throughout the year.

The scholarship forms get mailed to the scholarship coordinators of the respective schools in our county. The requirements for the high school and college students are that they are a child or a grandchild of a Vietnam Era Vet. The applicants will be graded on grade point, academics, community service and a 500-word essay on, “What effect did my parent’s or grandparent’s military service have on my life.”

There is a category for college students who have recently served in the military in Iraq and/or Afghanistan. They will also be graded on academics. Grade point average and will need to provide a 500-word essay on, “What effect my military service had on my life.”



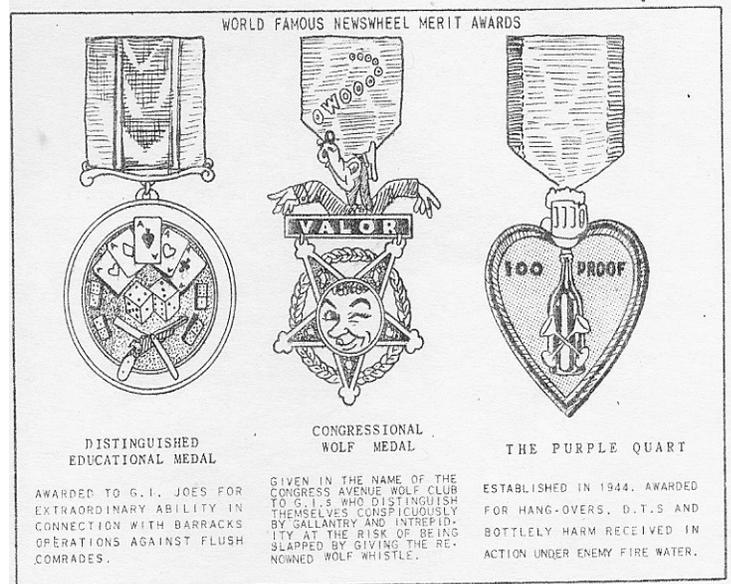
Last year we presented three (3) scholarships for \$1000.00 each, one to a student at Petaluma High School, and two vets attending Sonoma State, and Empire College.

We will have applications available to VVA 223 members who would like to give an application to any of their children or grandchildren that meet the above requirements. You can contact Sunny Campbell at 707-849-4399. VVA 223 members can also receive an application at our monthly meetings, the third Tuesday of the month. Applicants must return their applications no later than **April 15**, to CA Campbell, 2163 Alejandro Drive, Santa Rosa, CA 95405.

President’s Message continued from page 1

the clinic sometime in March. When we get the date we will let everyone know so we can fill the house. I hope everyone will plan to keep in touch and attend what you can. We still have the pot luck at our meetings and I am trying to keep the business short so we can get to know each other better. If you have comments please let us know, good or bad, we cannot fix what we don’t know isn’t working. Hope to see everyone soon.

Are You Authorized to Wear one of These Medals????



By: Vic Green, from the News Wheel, 1944

2015 Outreach and Assistance Review

by Bill Burke, Treasurer

As we begin 2016 it might be valuable to look back on 2015 and review our accomplishments. Through hard work and determination we were able to fund our various programs and give away over \$33,600.

We have our year round programs consisting of the Coffee Cart located at the Santa Rosa VA Clinic where free coffee and donuts are served to hundreds of veterans each week and the food giveaway program held each month at the Santa Rosa Veterans Building in conjunction with the Redwood Empire Food Bank where over 400 are supplied with much needed food. In keeping with the coffee theme, 223 does supply all the coffee used at the Santa Rosa Vet Connect each Tuesday morning. We have our annual events such as the Santa Rosa Wednesday Night Market outreach where our volunteers spent 16 weeks from May through August sitting out on 4th street connecting with the community. For some reason 2015 was a cold year and most of the Wednesday nights the volunteers were bundled up just trying to stay warm. We had plenty of company as other veterans' groups also had booths including Vet Connect and the Military Order of the Purple Heart. Members of VFW #1844 could also be found huddling in the VVA #223 booth as well. Another long standing annual program was the awarding of 4 educational scholarships to deserving high school seniors and college veterans.

January had us once again partnering with Healdsburg SOS and Mary St. Claire to send over 100 "care packages" to troops still serving in Afghanistan. We went to St. Johns church and with a couple of dozen other volunteers we boxed up all the donated goodies to get them ready for shipment. VVA #223 paid for the postage to get them to Afghanistan.

April saw us sponsoring a women's veteran retreat at the dhyana Center in Sebastopol. Over 20 women veterans were treated to spa treatments in addition to outreach information and resources. May rolled around again and we were in the Santa Rosa Rose Parade. Our color guard and float were once again greatly appreciated by all the people along the parade route. June had us making a grant to Sons and Daughters in Touch. This organization is made up of sons and daughters who lost their fathers during the Vietnam War. They raise funds to assist many of these children, who are now all grown up, to be



able to travel to Vietnam so they can visit and see the place where their fathers were killed in action.

In July we made a donation to help get the Korean Veterans Memorial in Petaluma installed. On Veterans Day the monument was dedicated in Walnut Park in a fine and moving ceremony. In August we partnered with our local Veterans Administration personnel to provide rent assistance to a woman veteran and her family.

September had us once again putting on our 9/11 Benefit Dinner fund raiser in conjunction with VFW Post 1844. The event was such a success that we were able to set up a combined VVA and VFW assistance fund. From that fund we were able to assist veterans impacted by the horrible Valley Fire in Lake County, CA. September also saw us sponsor the observance of POW Day at the Santa Rosa Memorial Park and we had our outreach people in full swing at the Pacific Coast Air Museum air show. The weather cooperated and we were able to connect with hundreds of participants.

In November we again partnered with Vet Connect to provide assistance to our homeless veterans this upcoming winter. We were able to finally form a partnership with the Veterans Group of San Quentin during November as well. The VGSQ sells food items like KFC Chicken Dinners to raise funds for their outreach and scholarship programs. They need to partner with a non-profit to be able to handle the profits and make the necessary disbursements as they are prevented from maintaining bank accounts by state law. VVA #223 has stepped up to fill the need of our incarcerated brothers and assist them in their outreach programs.

We can be proud of the work we have done. If you would like to be part of the process and help us expand our programs please get involved.

VIA 223 Website

Message Hello! We love the work that you do to help support US Veterans on this site. We recently made a video about the Vietnam Veterans of America (VVA) for PickUpPlease.org, and we'd really like to get more people to watch it! It's a great video that gives people many facts about how the VVA helps veterans, and promotes PickUpPlease.org, a clothing donation pick up service that helps the VVA. Here's the link to our video; do you think you could do a post about it in your newsletter? <https://www.youtube.com/watch?v=5Hz4MMzpZSk>
Thanks so much for all the work you do supporting U.S. Veterans! Best, Matt Hannon PickUpPlease.org

Email matthannon@gmail.com

Women Veteran Committee.

by Kate O'Hare-Palmer



DoD Annual Report on Sexual Assault in the Military. FY 2014.

The report from SAPR (Sexual Assault Prevention and Response) has finally come out. If you remember, the Congress voted to have a report back by the end of 2014 after the media uncovered over 26,000 reports of assault within the ranks and the chain of command issue as part of the problem in getting the cases prosecuted correctly. The website to review the complete report is: http://sapr.mil/public/docs/reports/FY14_Annual/FY14_DoD_SAPRO_Annual_Report_on_Sexual_Assault.pdf. The report is 61 pages!!

In 2014 there was an 11% increase in reports of sexual assaults over 2013. There are basically two types of reporting: Unrestricted and Restricted. An unrestricted report of sexual assault is a report that is provided to command and /or law enforcement for investigation. A Restricted report allows victims to confidentially access medical care and advocacy services without triggering an investigation. Victims may convert their Restricted Report to an Unrestricted Report at any time and participate in the military justice process. The report shows a difference in the Command Climate Perspective regarding retaliation against victims who choose to report SA and those of the reporters themselves. 62% of the reporters themselves perceived some form of professional or social retaliation, administrative action, and/or punishment associated with their report.

The prevention strategic plan includes standardized protection, review of alcohol practices, sustain appropriate culture within the ranks, developing a forum for SA prevention training: with an emphasis on the training time for the recruits in their first six months orientation into the military. An important part of the paper trail was changed for report DD Form 2910, where in victims document their reporting option, and the DD Form 2911, the SAFE report. Both forms are now automatically retained for 50 years, allowing victims to access their records for

any lawful purpose, including their application for disability benefits and other assistance. This is a major change to help those seeking compensation, healthcare, and justice.

Project 22

On March 10th we are co-hosting the showing of the film Project 22. This is a documentary made of two veterans that served together and were having problems with PTSD. They went searching for hope and found it all over the country. It was a 6500 mile journey they undertook looking for how people dealt with PTSD around the country. Many of the veterans they encountered on their journey had either contemplated or attempted suicide and were able to share their life-saving alternative sources of hope that they found. They asked the hard hitting questions and shared their stories of their struggles.

This film brings awareness to the numbers of veterans committing suicide every day. We are showing this at the Summerfield Theater on March 10th at 6:30 pm. There will be an introduction preceding the showing and a question and answer period after. We will have tables set up in the lobby with information on our local resources. We are asking a \$10.00 donation to cover our costs and any other funds will be used to support these local programs. We will have presale tickets or you can just drop a donation at the door.

Project 22 was entirely crowd-funded via an IndieGoGo campaign and private donations. The crew received assistance along their journey which helped keep the costs low. The project was sponsored by The Heart Production, a 501 (c) 3 nonprofit organization. For more information on this you can go to www.MedicinalMissions.com/Project-22

if you don't read the newspaper you are uninformed, if you do read the newspaper you are misinformed.

Mark Twain

Mental Health in Our Area

By: Ken Holybee

These are my views and what I see in our area regarding mental health.

Mental health issues are a topic that a lot of our politicians either won't or don't know how to address. To get someone, a friend or family member into a treatment facility or a program can drive one to the edge of reason. Some on the outside, civilians, think that we as veterans have easy access to doctors and programs. The only difference that I see is we are taking different trails. We all have different ideas about this issue should be addressed. Some get their ideas from years of working in the field or years of being in programs.

As veterans we can go to the Vet Center. Do you know where it is? Do you know what hours they will see you? Do you know what services they provide? We can also go to the VA clinic. Have you tried to get an appointment? Have you just showed up to see what is available? Have you called them and listened to their messages on the phone? Any of these options can make a person just give up and walk away. The best option that is available is to use the buddy system and find other veterans that you trust or at least have the time to talk to you and understand a part of what you are trying to say. Many veterans when going to an outside or private mental health provider have communication problems because of the way we, as veterans, describe things or just our terminology for things that are everyday things. Sometimes even I, when talking to younger veterans need to ask what something means. As veterans it is okay for us to ask without feeling out of place or embarrassing the veteran we are asking. We can even laugh about these things. It is always easier to speak to another veteran because of the bond that we have. Going into a program at the VA can also be difficult because a lot of the groups have been together for years and the members feel safe with their group. To go into these groups, is as Vietnam veterans remember, like being inserted into a unit in Vietnam. We went in alone and had to learn and trust the people there to teach us what we needed to stay alive. At the same time no

one there trusted the "new guy" and did not want to associate with someone that could get them hurt. Joining a group can be just like that. Most groups that I know members of, remember how that was and work hard to make new members feel safe. Today's soldiers go to combat as a unit and return as a unit so when they are the only new person how do they feel? Can we start groups of all members of the same era? I don't think that works as well as some think it should.

Not to get too drawn out on that part of it, how does a civilian get care for a mental health problem? This is the part that most of us might have trouble with. First you call someone, insurance provider or a doctor? You need to find someone that will take your insurance. This can be very trying for someone with a condition that requires them to be on medication and needs a doctor to prescribe it and cannot find a doctor that takes their insurance. When do you give up or who do you fight? Today people are required to have insurance. Doctors are not required to take your insurance, though. With some conditions the insurance companies can increase your rates because you need more care but do not pay out more to the doctors that give the care. Add on top of all this the number of doctors that are not taking new patients and the number that are retiring without having someone take over their patients.

To have someone committed on a seventy two hour evaluation, they are normally sent away within twenty four hours. The problem is not enough space and no staff to evaluate them. During this time they are taken off all their medication and there is little, if any, communication with their mental health provider if they even have one. There are numbers to call for assistance but most people just call the police because they have had too many bad experiences with the crises lines. All in all there is little if any help with these methods. I am not saying to stop trying them but we need more local assistance in these areas.

The whole dilemma here is that one group thinks the other has it better. In California they have created taxes to fund mental health programs. Who gets the money and who runs (Continued on page 8)

Mental Health continued from page 7

these programs? They say that we need to close a lot of facilities in the state because they are old and cost too much to operate. Where will these people go and who will care for them? Add on to this a media blitz that says everyone that served in the military that has been deployed multiple times has PTSD and may be unstable. This is the biggest money making myth the media has and it works well for them. The problem with hiring mental health professionals is just as bad in the VA as in the civilian world. Not enough qualified doctors that have a lot of bills and not enough pay to keep them. Add on not enough housing, high cost of housing and you add to the disaster of not being able to keep these people in our area.

This is one of the issues that we have been tackling in our meetings to address mental health care. We don't have the answers but we are looking at what questions to ask and who to ask. Some have very good ideas and a lot of people are working hard to find solutions to these problems. I would ask everyone to join in and ask questions. Don't be too hard on the people that are trying. Ask the right kinds of questions to the ones that are blocking the progress, and look at all sides of the story and make an informed decision on what needs to change. We are all in this together.

Volunteers Needed

We are also looking for volunteers (helpers) during the games, set-up to clean-up, anytime between 4, setup and out by midnight.

We have many volunteer opportunities available:



Newsletter editor

Mentors for Veterans Court, beginning the first of the year.

Visiting and working with veterans in the local justice system

Working on the local homeless veterans programs

Advocating for veterans

Coffee Cart

Food Distribution, Last Tues of the month (see Calendar)



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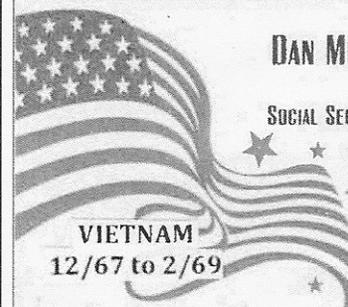
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Defense Dept. Agrees to Quarterly Disclosure of PTSD Records *VVA, NVCLR Settle FOIA Suit Over “Bad Paper” Discharges*

(Wash., D.C.) Last week, the U.S. District Court in Connecticut approved a settlement in Vietnam Veterans of America et al v. Dept. of Defense et al., a Freedom of Information Act lawsuit brought by the National Veterans Council for Legal Redress and Vietnam Veterans America against the U.S. Department of Defense (DOD). The veterans groups sought records regarding implementation of a September 2014 directive by then-Secretary of Defense Chuck Hagel requiring that military record correction boards give “liberal consideration” to applications by veterans with PTSD who had received an other-than-honorable or other bad discharge and later seek to have their discharge status upgraded. Under the settlement, DOD agreed to release statistics on a quarterly basis for the next two years concerning PTSD applications and adjudications by each board and each service branch.

“Vietnam Veterans of America has long held that thousands of Vietnam veterans suffering from Post-traumatic Stress Disorder were wrongfully discharged with bad paper,” said John Rowan, VVA National President. “The overwhelming majority of them were not malingerers. They were not cowards. They served honorably and well and did what was asked of them. But they were suffering from what is now known as PTSD at a time when PTSD was not an accepted mental health diagnosis. This settlement will help veterans and the public ensure that the record correction boards faithfully implement Secretary Hagel’s instruction and enable many of these veterans to get a modicum of the justice denied them for so long.”

“Nearly two years ago, NVCLR and my brother Conley Monk helped bring a class-action lawsuit against the Department of Defense to hold its record correction boards accountable,” said Garry Monk, Executive Director for the National Veterans Council for Legal Redress. “For decades, these boards denied upgrades to veterans with less than honorable discharges when these men and women had service-related PTSD. We welcomed the Hagel Memo and believe this settlement will allow the public to monitor the military’s compliance with its command. We now need the Department of Defense to make a serious and coordinated effort to reach out to veterans to make sure our troops know where they can find help to apply for an upgrade and remove the lifelong stigma of a bad paper discharge.”

“The court order approving this settlement requires DOD to disclose, on a quarterly basis and for the next two years, the number of PTSD applications received by each Army, Navy, and Air Force record correction or discharge review board, as well as the number of applications approved and denied and their docket numbers,” said Prof. Michael J. Wishnie, Director of the Veterans Legal Services Clinic at Yale Law School, which represented the plaintiffs in the suit. “For the first time, this will allow veterans, their advocates, and the public to know whether DOD is fulfilling its twin obligations under the Hagel Memo to conduct a vigorous campaign of outreach to eligible veterans and to give ‘liberal consideration’ to the discharge upgrade applications the boards actually receive.”

The Hagel Memo is available [here](#). “Unfinished Business: Correcting ‘Bad Paper’ for Veterans with PTSD,” a November 2015 report that analyzes information previously released as a result of this lawsuit and which was prepared for VVA and NVCLR by Sundiata Sidibe and Francisco Unger of the Veterans Legal Services Clinic, is available [here](#).

Vietnam Veterans of America (VVA) is the nation's only congressionally chartered veterans service organization dedicated to the needs of Vietnam-era veterans and their families. VVA's founding principle is “Never again will one generation of veterans abandon another.”

February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Vet Connect 9-12	8	4 9 am Veterans Mental Health	5	6 poker @ Vets Building Game starts at 6 PM
7	8	9 Vet Connect 9- 12 Board Mtg. 1 pm	10	11	12	13
14 <i>Happy Valentines Day</i> 	15	16 Vet Connect 9-12 General Meeting 6:30 pm	17	18	19	20 Articles Due for Newsletter, to Ken or Sonja
21	22	23 Food Give A Way Contact John McGivney 575-5261 Vet Connect 9-12	24 United Veter- ans Council MEETING @ 7:30 PM Santa Rosa Vets Building	25 Newsletter Folding at 10 AM Vets Building	26	27
28	29					

March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Vet Connect 9-12 am	2	3 9 am Veterans Mental Health Com. 12:30 Con-	4	5 poker @ Vets Building Game starts at 6 PM
6	7	8 Vet Connect 9-12 am Board meeting 1 pm	9	10 Screening of "Project 22" @ 6:30 pm @ Summerfield Theater	11	12
13	14	15 Vet Connect 9-12 am	16	17	18	19 Articles Due for Newsletter, to Ken or Sonja
20	21	22 Vet Connect 9-12 am	23 United Veterans Council MEETING @ 7:30 PM Santa	24 Newsletter Folding at 10 AM Vets Building	25	26
27	28	29 Food Give A Way Contact John McGivney 575-5261 Vet Connect 9-12	30	31		



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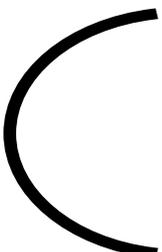
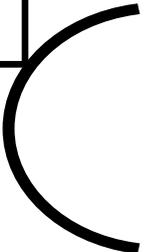
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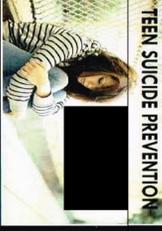
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Mental Health—

It Takes A Community

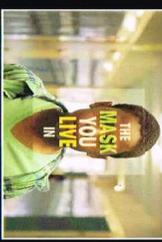


"A Reason To Live"

Explores teen and young adult suicide
Saturday, February 20, 7:30 pm

"The Mask You Live In"

Addresses narrow definitions of masculinity
Saturday, March 19, 7:30 pm



"Poster Girl"

Cheerleader turned machine gunner
in Iraq battles PTSD
Saturday, April 16, 7:30 pm



Panel discussions follow each film

Community Forum on Depression

Featuring leading experts in Sonoma County. Co-sponsors include:
• NAMI (National Alliance on Mental Illness) Sonoma County
• Jewish Family and Children's Services
• American Foundation for Suicide Prevention
• Sonoma County Behavioral Health Division
Sunday, May 22, 2:00 pm

All events will be held at Congregation Shomrei Torah.
They are free and open to the public. Donations accepted.



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