

# NEWS AND VIEWS

VVA CHAPTER # 223 THE REDWOOD EMPIRE CHAPTER

Volume 15, Issue 2

FEBRUARY 2013

PLEASE SHARE THIS NEWSLETTER WITH OTHER VETERANS



Retired Major General Peter J. Gravett, Secretary of the California Department of Veteran Affairs “listens up” to some of the executives of Vet Connect. From the left, Secretary Gravett, Charles Earthman, John Crooker, Ken Holybee, and James Poore.

## CDVA Secretary Visits Sonoma County Vet Connect



**Peter J. Gravett**  
Secretary  
CDVA

Vet Connect kicked off the new year on January 8, 2013, with a visit from Retired Major General Peter J. Gravett, Secretary of the California Department of Veteran Affairs and Lee Gutierrez, Deputy Secretary, Minority Veterans Affairs. The secretary and deputy secretary were here on a fact finding mission to view and understand the workings of Vet Connect.

Richard Jones, John McGivney, Ken Holybee, and James Poore were instrumental in guiding our guests from station to station; working volunteers and veteran clients had



From the left, Claudio Calvo, Lee Gutierrez, Deputy Secretary, Minority Veterans Affairs, and Dave Richey.

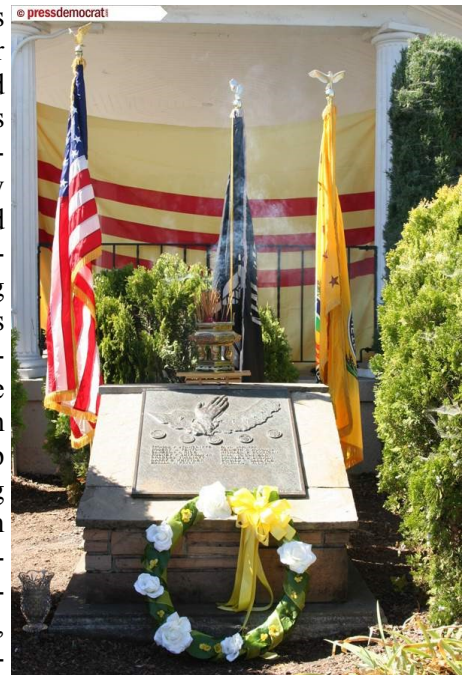
## Petaluma Vietnam Memorial Stolen from its Place of Honor

By Charles Earthman

As we all know by now, the bronze plaque commemorating 15 Petaluma servicemen killed in Vietnam was recently stolen. The Vietnam memorial plaque, about 25 inches by 30 inches and an inch thick, was cut from its stone base on a stand near the gazebo at Walnut Park, apparently for its scrap value of about \$100.

Vietnam veterans and citizens from near and far have expressed their outrage at this senseless act of disrespect and many wonder who would stoop to such a level, but stealing bronze and brass memorials has become commonplace these days. With the price for scrap metals increasing and the demand in the world's emerging markets, nothing of value is safe, no matter how sacred or important the item is to the community and those who honor it.

Although some hope still remains that the plaque will be recovered, efforts have begun to build and erect a new one in its place. A spirited fundraising effort has already started; more than \$9,000 in donations have been received from citizens, businesses and veterans organizations. Les Schwab Tires has committed to contributing \$1,000 to the cause, and additional donations and commitments for money or assistance have poured in from veterans organizations, the McDowell Drug Task Force, the Petaluma Fire Department Union and other community members. the Sonoma County Vietnamese Community has also offered money and assistance.



(Cont'd on page 10)

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

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Dave Phillips "Earthman"

## President's Letter

For my first report of the new year I will say what has happened since my last report. We had a great Christmas party, and I hope everyone is having a great start to the new year.

We are once again planning for many great programs this year. Most are the ones we do every year but there are some new ones in the works. I would like to ask the members, if you have some time we could use your help. We are now trying to get coffee service for the veterans at the Santa Rosa clinic. We need people that can donate a couple of hours to this cause. There is no cost for the coffee, but we need to have volunteers standing by to assist anyone that needs help and to make sure we always have coffee there. The VA has someone to make the coffee and fill the pots so that is all taken care of.

Don't forget Memorial Day and the raising of the flags. There will be more on these programs in future newsletters. We could also use more members at the Santa Rosa parade. We are also planning for our September dinner dance and our Christmas party. If you like to plan things in advance be sure to mark your calendars for these events. We can use assistance on the committees and at the events. Our monthly fundraiser card game is usually the first Saturday of the month. Come in watch and see if you would like to assist. As I have stated we would like you to think about donating a little time.

I started the year with a trip to Silver Spring, MD, for the national board meeting. I not only serve as a board member, but I serve on the Agent Orange, Public Affairs and Constitution Committees. This year I have been asked to also serve on the convention planning committee and as co-chair of a new subcommittee of Agent Orange the Legacy of Toxic Exposures in War. This is to encompass the "Faces of Agent Orange" program. As a member of the National Board and of the Agent Orange committee, I traveled to Irvine CA for a hearing with the Institute of Medicine. These hearings are a part of the 1991 Agent Orange Act. This Act is set to expire this year. One of our major projects this year is to get this act extended. Without extending the act, the government will stop looking at research regarding anomalies and illnesses that we feel are connected to our exposures to toxins while serving in the military.

On March 20<sup>th</sup>, 2013, we will hold our annual legislative day in Sacramento. Be sure and let me know if you plan on attending. As state legislative chair, I need to know how many are attending and need to be able to get your packets for you.

We will be starting a grass roots legislative program on the national side to inform our congresspersons and senators about the hazards of toxic exposures while serving in the military. This is an issue that is going way beyond just our exposure to Agent Orange and other toxins we were exposed to. They would have been better off to pay us off years ago, and hoped we would have just gone away.

Also mark your calendars for November 23, 2013 for our 25 anniversary of the California Vietnam Memorial.

KEN HOLYBEE

**Ken Holybee**

### 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@vbn.com](mailto:mcq6@vbn.com) To make a complaint about the newsletter, please call: Ken Holybee @ 887-8891, or [holybee@comcast.net](mailto:holybee@comcast.net)

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

Lou Nunez @ 291-5314 or Brooke McKusick @ 537-9003

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## THE GRAPEVINE

### Talk Around Redwood Empire Chapter

By Charles Earthman

January's late newsletter, the first of 2013, was done in living color and looked pretty nice. The Chapter has a new color copier and all future editions of *News and Views* will have some, if not all, color pages and photos in them, now that's progress.

**Lou Nunez**, (c) 291-5314, still needs volunteers for the VA Clinic coffee cart, if you have the time, please sign-up for that worthy cause.

VFW Post 1943 presented our Chapter a Certificate of Appreciation for the chapter's participation in "The Wall" exhibition. The Chapter donated money, manpower and the P.O.W. Tower exhibit that was displayed during that Veterans Day Festivities. More than any other Veterans Organization, "The Wall" speaks VVA members. The names inscribed therein were those of our fellow comrades in arms and will never be forgotten by us.

**Joe Cholewa**, (c) 486-0699, will be on point for the Chapter in this year's Rose Parade. We will invite Vietnamese community again. It is not yet decided if the POW Tower will be part of this year's float exhibit.

The Memorial Day Motorcycle Run will take place on May 26, 2013. For more information contact **Richard Jones**, (c) 331-5695.

The 2013 Christmas Party is planned for December 6th... Didn't that just happen?

**Dave Richey** informs us that the movie "Invisible War" a documentary about sexual assault in the military, received an Academy Award nomination. I think it is a must see. You can get it from Netflix or you can watch it on demand. I think it's also available for viewing online, check it out.

Efforts are ongoing to replace the stolen Petaluma Vietnam memorial. We need someone to update us at the next general meeting. So far, about \$9,000 has been contributed by businesses, citizens, and veterans organizations.

If you would like to contribute anything to *the Grapevine*, contact **Brooke McKusick**, (h) 537-9003, or **Charles Earthman**, (c) 318-2837.



**Charles Earthman**

## Military Suicides Rise to a Record 349, Topping Number of Troops Killed in Combat

By Ernesto Londoño, January 14, 2013

The U.S. military lost more service members to suicide than combat last year as the number of troops who took their lives rose to a record high.

The 349 active-duty suicides in 2012 underscored the toll a decade of wars has taken on the all-volunteer force and the extent to which the Pentagon continues to grapple with an issue senior leaders have called an epidemic. Comparatively, 229 troops were killed in combat in Afghanistan last year, according to a Washington Post tall.

The Pentagon has been tracking active-duty suicides since 2001. The military began expressing acute concern when deaths began rising in 2006, and it has rolled out numerous initiatives to encourage service members battling depression or post-traumatic stress to seek help.

The number of suicides had peaked at 310 in 2009 but hit a new record last year, according to end-of-year figures military officials provided Monday. Military officials said the numbers might be slightly revised when 2012 deaths are fully investigated later this year.

Secretary of Defense Leon E. Panetta expressed frustration last summer as the military started seeing roughly one suicide per day. The rate of service members taking their lives remains slightly lower than that of the general population, but officials say it is nonetheless unacceptably high.

In an effort to curb the trend, the military has hired more behavioral health-care providers, embarked on a long-term study of mental health for uniformed personnel and expanded the reach of a crisis line.

"We are deeply concerned about suicide in the military, which is one of the most urgent problems facing the department," Pentagon spokeswoman Cynthia O. Smith said. "We are committed to taking care of our people, and that includes doing everything possible to prevent suicides in the military."

The Marine Corps, which had notable success lowering its suicide rate over the past two years, saw its 2012 number rise by 50 percent to 48 suicides, the steepest percentage increase among the services. The force's number of attempted suicides last year, 179, also marked a record high. Corps officials say they are partnering with research organizations to understand the root causes behind the trend.

*Continued on Page 7*

## Disability Claims Initiative Reduces Processing Time, Adds Convenience

### *Medical Records Review Can Eliminate In-Person Exam Requirement*

WASHINGTON – The Department of Veterans Affairs has launched a new initiative that could eliminate the requirement for an in-person medical examination for some Veterans and shorten the time it takes to process Veterans' disability compensation claims.

The initiative is called Acceptable Clinical Evidence (ACE). This initiative was developed by both the Veterans Health Administration (VHA) and the Veterans Benefits Administration (VBA) in a joint effort to provide a Veteran-centric approach for disability examinations. Use of the ACE process opens the possibility of doing assessments without an in-person examination when there is sufficient information in the record.

Under ACE practices, a VA medical provider completes a Disability Benefits Questionnaire (DBQ) by reviewing existing medical evidence. This evidence can be supplemented with information obtained during a telephone interview with the Veteran – alleviating the need for some Veterans to report for an in-person examination.

"ACE is a process improvement that will help us meet our goal to eliminate the claims backlog and provide more timely benefits to our Veterans, their families and survivors," said Undersecretary for Benefits Allison A. Hickey. "The initiative also saves Veterans the inconvenience and costs associated with attending a medical examination."

When a VA medical provider determines VA records already contain sufficient medical information to provide the needed documentation for disability rating purposes, the requirement for Veterans to travel to a medical facility for an examination may be eliminated.

If VA can complete a DBQ by reviewing medical records already on file, it will use the ACE process. This would then expedite the determination of disability ratings – in turn eliminating the wait time to schedule and conduct an exam from the claims process.

During a 15-month pilot test at one VA regional claims processing office, 38 percent of claims submitted were eligible for ACE.

The ACE initiative is a part of the VBA's agency-wide Transformation Plan – a five-year, multifaceted organizational change that is based on more than 40 personnel, process and technology initiatives designed to improve claims processing. The goal of the Transformation Plan is to eliminate the claims backlog and process all claims within 125 days with 98 percent accuracy in 2015.

To learn more about VBA Transformation Initiatives, visit: <http://benefits.va.gov/transformation/>

## House Veterans Affairs Committee Chairman Jeff Miller Looks to Expand Veterans' Mental Health Care Options

According to an AP report in the January 29 edition of the NY Times, veterans who have trouble getting timely mental health care from VA hospitals and clinics should also have access to thousands of health care providers who care for military personnel and their families by tapping into the military's Tricare network of doctors, says the Republican chairman of the House Committee on Veterans Affairs. "We can double, overnight, the number of providers for those who are in need," Miller said in an interview. "Eighteen veterans a day commit suicide in this country."

Nobody thinks that is acceptable." Miller says tapping into Tricare's network of psychologists and psychiatrists would allow many veterans to get care closer to home, particularly those who live in rural communities. He doesn't have an estimated price tag yet, but says that whatever it is, that's part of the cost of war. His proposed expansion would only apply to mental health care. Still, even a modest increase in spending could make Miller's proposal a tough sell at a time when Congress is focused on cutting the federal debt and dealing with the threat of across-the-board spending cuts to defense and discretionary programs.

To read the article, go to: <http://www.nytimes.com/aponline/2013/01/29/us/politics/ap-us-vets-mental-health-care.html?ref=aponline&r=2&>

## Coming Soon To Chapter 223

**A Vote to Change Chapter Bylaws:** There are some proposed changes to the Chapter bylaws pertaining to the length of time Chapter officers and Board of Director members serve. This is an important issue that will be voted on in April at the general meeting. **Chapter elections:** Think about who you want to serve as your Chapter leaders for the next two years. Do you want to stand? There is always room for new people and new ideas, that's what keeps our Chapter vibrant and creative. **VVA Regions 8 & 9 Meeting and the National Convention.** The Chapter will be sending delegates to the Regions 8 & 9 (Western United States) meeting in Reno, NV, in June. The same delegates may go on to the national convention in Jacksonville, FL, in August. Give us your feedback on who you think should represent our Chapter. These are some of the things that the Chapter members that attend the general meetings will be deciding in the near future. Come to the meetings and participate.

## New Co-pays for Some TRICARE Pharmacy Customers

According to a press release from The Military Officers Association of America (MOAA) on January 28, new copayments for prescription drugs covered by TRICARE will go into effect February 1, 2013. The Fiscal Year 2013 National Defense Authorization Act requires TRICARE to increase co-pays on brand name and on non-formulary medications that are not filled at military clinics or hospitals. There is no increase to co-pays for generic medications. Increases will be effective sometime in February, depending on when system changes can be made and the publication of a required Federal Notice. TRICARE Pharmacy co-pays vary, based on the class of drug and where beneficiaries choose to fill their prescriptions. The co-pay for generic medications stays at \$5 when a prescription is filled at a network pharmacy. There is no co-pay when generic prescriptions are filled through TRICARE Home Delivery. The new co-pay for a 30-day supply of a brand name medication purchased at a retail network pharmacy will be \$17, up from the current \$12. Beneficiaries using TRICARE Home Delivery will pay \$13 for brand name drugs, up from \$9. However, the Home Delivery price is for a 90-day supply.

The greatest change in co-pays applies to non-formulary medications. The \$25 co-pay for these drugs increases to \$44 at retail pharmacies and \$43 through Home Delivery. The TRICARE Uniform Formulary is a list of all the medications TRICARE covers. For Fiscal 2014 and beyond, the new law directs that co-pays increase annually by the same percentage as retiree cost-of-living adjustments. In years when a COLA increase would total less than a dollar, it will be delayed a year and combined with the next adjustment, so increases will always be \$1 or more. Pharmacies at military hospitals and clinics will continue to provide medications with no co-pays. Visit [www.TRICARE.mil/pharmacycosts](http://www.TRICARE.mil/pharmacycosts) for more details.

## A MESSAGE FROM THE SECRETARY OF VETERANS AFFAIRS

### DR. MARTIN LUTHER KING DAY 2013

Celebrating the life of Dr. Martin Luther King, Jr. — his faith, his courage, his humanity — it is a time for one's own self-reflection. This year, Dr. King's birthday is the convergence of three milestone events marking America's long march towards freedom and equality for all.

One hundred-and-fifty years ago this month, President Abraham Lincoln issued his Emancipation Proclamation, January 1, 1863, ending the oppression of human bondage. Booker T. Washington would later recall that the first time he heard of the proclamation, he was standing at his mother's side as it was read aloud. In Washington's words; *After the reading we were told that we were all free, and could go when and where we pleased. My mother . . . leaned over and kissed her children . . . tears of joy ran down her cheeks. She explained to us . . . that this was the day for which she had been so long praying, but fearing that she would never live to see."*

One hundred years later, America — and in time, the world — would witness the delivery of the most powerful speech of the 20th century. Dr. King's "*I Have A Dream*" sermon was delivered from the steps of the Lincoln Memorial on 28 August 1963. Before more than 250,000 supporters, Dr. King began his remarks by invoking Abraham Lincoln:

*Five score years ago, a great American, in whose symbolic shadow we stand today, signed the Emancipation Proclamation.*"And then, Dr. King went on to share his dream of racial equality, where *One day [our] Nation will live out the true meaning of its creed: We hold these truths to be self-evident; that all men are created equal. One day every valley shall be exalted, every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight."*

Though Dr. King's birthday is January 15, the Nation sets aside the third Monday of each January as a national holiday in celebration of his life. This year, the third Monday falls on January 21 — this Monday.

January 21 is also Inauguration Day — the *second* inauguration of America's *first* African-American President. So, our celebration this year honors the memory of Dr. King as we bear witness to one of the world's most significant political moments — the inauguration of an American President. And the backdrop to all of this is Abraham Lincoln's hand in signing a proclamation that declared freedom for an entire oppressed people. There is no more fitting, no more proper image, than the convergence of this solemn ceremony and this celebration of the life of one of the great men in American history.

*Continued on Page 7*



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## The Redwood Empire Chapter 223

**Joins Old Navy**

*By Kate O'Hare-Palmer*

*Women Veteran Committee Chair  
VVA#223 and VVACSC*



On November 13-17, 2012, our chapter #223 joined other state chapters to hold a coat drive for veterans and their families. Old Navy stores in Coddington Mall and on Santa Rosa Ave., hosted the coat drive in their stores. We were able to collect over 250 new and gently used coats. The distribution of the coats for the Christmas season included Sonoma County Vet Connect (at their annual Christmas luncheon), Catholic Charities women and children shelter, Sam Jones Shelter, and Women and Children's Shelter near the Coddington Mall.



**Earl Walters, Kate O'Hare-Palmer, and Charles Earthman photographed at the Old Navy store in Coddington Mall. Is Charles signing his re-up papers...?**

Thanks to our chapter members Tony, Charles Earthman, Jerry Shimmel, Pat Christen, Ken Holybee, John and Jil McGivney, Joe Cholewa, Earl Walters, Jim Wheeler and myself. It was a positive reflection of our community and their solid support to our veterans. The appreciation by those that were able to pick out a coat brought a smiles all around.



Ashley Clay and her Son Kai, age 3-1/2 at the VVA 223 Christmas party with Santa.

Sergeant Ashley Clay served six years in the Marine Corp. She had two deployments: Iraq 2008 and Afghanistan 2010 in intelligence operations. She was stationed at Camp Pendleton 2010-2012 training Marine Expeditionary Units attached to naval ships.



**The Petaluma History Museum staff honors Vietnam Veterans on Veterans Day, 2010.**



**Message:** *Continued from Page 5*

Dr. Martin Luther King Jr. taught us that we all have the power to make the Nation stronger and better — a powerful lesson for Americans of every faith and color. His holiday is a time for self-reflection and an opportunity to re-dedicate ourselves to the principles of citizenship and proud and selfless service to our community and to our Nation.

Eric K. Shinseki

**Suicides:** *Continued from Page 3*

The Navy and Air Force, which have traditionally had a lower incidence of suicide than the Marines and Army, each recorded more suicides this year than last. The Navy had 60, a 15 percent increase, and the Air Force tallied 59, a 16 percent increase.

The Army, the military's largest force, had 182 suicides in 2012 compared with 159 in 2011, according to the Associated Press, which first reported the new statistics. A defense official confirmed that number, speaking on the condition of anonymity because the Army has not yet released its December suicide statistics.

Julie Tate contributed to this report.

# SONOMA COUNTY VET CONNECT



## **Veterans Drop In Center for FREE Resources & Services Every Tuesday - 9 am to noon**

Santa Rosa Veterans Memorial Building - 1351 Maple Avenue, Santa Rosa  
(Across from the Fair Grounds)

Information, Assistance and Referrals

VA Health Care, Veterans Benefits - Counseling for Veterans  
and their Families, Housing -- And Employment Counseling

These services are, also, available at the Veterans Memorial Buildings in **Guerneville** on the 2nd Thursday, **Sonoma** on the 3rd Thursday, and **Petaluma** on the 4th Thursday of every month. Please note the time schedule for these resource and service meetings is: Noon to 3 pm

# **ALL VETERANS ARE WELCOME NO CHARGE SERVICE**

**2013 - U. S. COMMITTEES  
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COMMITTEE ON VETERANS AFFAIRS  
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Paul Cook (CA) Yucca Valley, 8th House District

**DEMOCRATS**

Mark Takano (CA) Riverside, 41st House District  
Julia Brownley (CA) Malibu(?), 26th House District  
Dr. Raul Ruiz (CA) Coachella, 36th House District  
Gloria Negrete McLeod (CA), South Central L.A., 35th House District

**U.S. SENATE  
COMMITTEE ON VETERANS AFFAIRS**

N.A.

# NOTICE

## IMPORTANT WARNING TO ALL VETS

An organization called **Veterans Affairs Services (VAS)** is providing benefit and general information on VA and gathering personal information on veterans. **This organization is not affiliated with VA in any way.**

In addition, GC requests that if you have any examples of VAS acts that violate chapter 59 of Title 38 United States Code, such as VAS employees assisting veterans in the preparation and presentation of claims for benefits, please pass any additional information to Mr. Daugherty at the address below.

**Michael G. Daugherty,  
Staff Attorney,  
Department of Veterans Affairs,  
Office of General Counsel**

**SONOMA COUNTY VETERANS  
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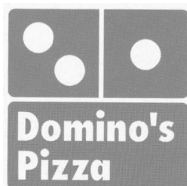
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# NAMI

## Veterans Listening Session

By Charles Earthman



**Charles Earthman**

Sonoma County NAMI (National Alliance on Mental Illness) held a veterans listen session at their Santa Rosa offices last month. The half day conference was part of NAMI's California Stigma and Discrimination Reduction Project. **Dixie Galapon** from NAMI national Chaired the session.

The session opened with a lunch buffet after which there were introductions of all those participating.

A cross section of the community was in attendance, including family members of vets, both parents and siblings. There were Vietnam vets and vets from the current Middle Eastern Conflicts, community mental healthcare professionals and other community agencies. Vet Connect was represented by **John Crooker, Pat and Richard Jones**, and **Jim Poore**. They were there to exchange important information with others on veteran's mental health issues. Vet Connect is the door through which many veterans in our community enter when they first start to look for help.

Mental health consumers spoke in a "in our own voice" presentation. They gave their views on recognizing their problems and taking the first steps in maneuvering a very confusing bureaucracy in an attempt to get the help they so badly needed at the time.

The session continued with discussions on what role the family can play in changing the negative perception of mental illness in the veteran community. Family members were there and gave firsthand accounts of problems.

What needs to happen to reduce the stigma of mental illness in the community and in particular our Sonoma County Veteran Community and what NAMI should do to help the community to reduce stigma was also discussed.

The depth and brevity of each topic was constrained only by time and would be revisited by many of us in the future. This session was an important first step in helping us recognize these problems and allowing us to begin to develop strategy to deal with them.

The participants went on to discuss the roles each needed to play in the community and how important working together and coordinating resources and information can be. NAMI asked the question, what do you expect of them now and in the next six months to a year?

NAMI Sonoma County and NAMI at the state and national level are serious about veteran's mental health issues. They recognize the problem faced by returning combat vets. It will take the community, all the community, to recognize these problems exist and to develop programs and strategies to help these veterans return safely to the community.

I left this listening session with a greater understanding of some of the problems facing returning veterans and a new found respect for those who so ardently try to help them. There were very few participants who were paid to be there, but there was a high level of insight and intelligence in all the topics discussed throughout the day.

I got a lot out of it.

the chance to meet and converse with the secretary and deputy secretary.

(Cont'd from page 1)

## Memorial Plaque

Petaluma Historical Museum President **Joe Noriel**, who became familiar with the plaque during a Vietnam War exhibit the museum held in 2010, started working with veterans groups to replace the plaque. "It's crazy," said Noriel of the community reaction to the theft. He added, ironically, that it may provide an opportunity to install an even better memorial.

Once again our veteran community, including VVA-223, and the community in general have united to turn an otherwise negative incident into an uplifting act bringing us all closer together.

## Vietnam Veterans Needed for Research Study

From VVA Weekly

A doctoral student at Indiana University of Pennsylvania is seeking Vietnam veterans for a survey study about how the memories of the Vietnam War may influence today's journalists in regards to whether the Iraq War is seen as similar than or different from the Vietnam War. There is no personal risk involved in participating in this study, which requires approximately 10 minutes of your time. Your participation is voluntary. You are free to decide not to participate or to withdraw at any time without penalty. If you choose to participate, but would like to withdraw, you may do so at any time by closing your web browser. Data from incomplete surveys will be discarded. Survey Link: [https://iup.qualtrics.com/SE/?SID=SV\\_eJ1jUZXC4vdcDag](https://iup.qualtrics.com/SE/?SID=SV_eJ1jUZXC4vdcDag) For more information about your participation, please contact Dana Covitz Hackley at [d.c.hackley@iup.edu](mailto:d.c.hackley@iup.edu)

NOTE: this study's I.R.B. documentation has been filed and reviewed by VVA's I.R.B. research officer and judged to be in compliance with all applicable human subject's research guidelines.



## **CHAPTER 223**

### **GENERAL MEETING**

### **FEBRUARY 19, 2013**

### **BE THERE EARLY!!!**

#### **SONOMA COUNTY VET CONNECT -**

Every Tuesday morning, 9:00 am to noon @ the VETS building. Vets helping vets solve problems. Coffee and donuts served. See page 9.

**VETERANS DROP-IN GROUP** - Every Tuesday @ high noon in the North Room of the VETS building. All veterans are welcome.

#### **BOARD OF DIRECTORS MEETING -**

Second Tuesday of the month, 1:00 pm @ the VETS building. Look for the guys looking for the room...

#### **FOOD-GIVE-AWAY PROGRAM -**

Fourth Tuesday of the month. Volunteers will please check with **John McGivney** @ 570-9201 for time and station.

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

#### **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... February 2nd, March 2nd, April 6th, May 4th, June 1st, July 6th, August 17th, September 7th, October 5th, November 2nd, December 7th, and January 4th, 2014...

# Comic's Corner

"Sources say that Kim Kardashian's baby may appear on reality TV. The cameras will probably be rolling when the baby is born. Why not? After seeing her wedding on TV and buying her sex video, most people see a televised birth as the next logical sequel." -  
- Jim Barach

"Resolutions just set you up for failure. My resolution last year was to learn Spanish, and that only lasted about dos weekos." --  
Craig Ferguson

**THE THIRD TIME'S THE CHARM:** A man confronted a woman getting out of her car at a shopping center in Oceanside, Calif. He showed a weapon and told her to get back in her car. She did - and drove away, leaving the man behind. The carjacker then went to another car where a woman was getting out, showed her a weapon, and told her to get back inside her car. Instead, she ran into a store and called police. The robber then went to a third woman and demonstrated he could learn: he told her to get out of her car. She did -- but hit a "kill switch" that not only locked out the ignition, but trapped the man inside. He smashed a window to get out, and escaped before police could arrive. "He remains outstanding," the report said. (RC/KNSD San Diego) ...Not just outstanding, downright stupendous!

"My New Year's resolution this year was to get a gym membership, use it twice, and then never use it again. I'm already halfway there." -- Jimmy Kimmel

**BIRD'S EYE VIEW:** David Zehntner, 56, and his wife flew home in their private plane to Labelle, Fla., from their second home in Franklin, N.C. "The flight path and the landing procedure here in Labelle flies right over our property anyway," Zehntner said. "So we always make a circle over our property." As they did that, "My wife says, 'Honey, there's somebody at our house'," Zehntner said. "We see this guy walking around our house looking in windows, checking the doors, scoping the house out." The man didn't pay attention to the circling plane, though. "At one point, he even stood with his hands on his hips and looked up at us." They watched as the man hooked their trailer to his car and drove off. They followed the car from above for several miles, then landed to call 911. They directed police to where Gary Haines, 59, had parked, and charged him with grand theft auto. "At no point did he act like he made any correlation," Zehntner said, "like, 'Wait a minute, this guy is following me'." (MS/CNN) ...Oblivious obliivots are the best kind.

**AND CONSIDERING THIS WAS IN THE NEWSPAPER, YOU KNOW HOW WELL THAT PLAN TURNED OUT:** "Man Planned Bank Robbery to Pay for His Going-to-Jail Party" -- Chicago (Ill.) Sun-Times headline

Basic Math is the subject I teach at a small community college in western North Carolina. I call one part of the curriculum Practical Applications for Living in the Real World. The day after I presented a lesson on simple and compound interest, one of my older students approached me in the hallway. "You really taught me a great deal about my life yesterday," he said. "I realized I've been struggling with a lack of interest, compounded daily, for thirty years." -- RD



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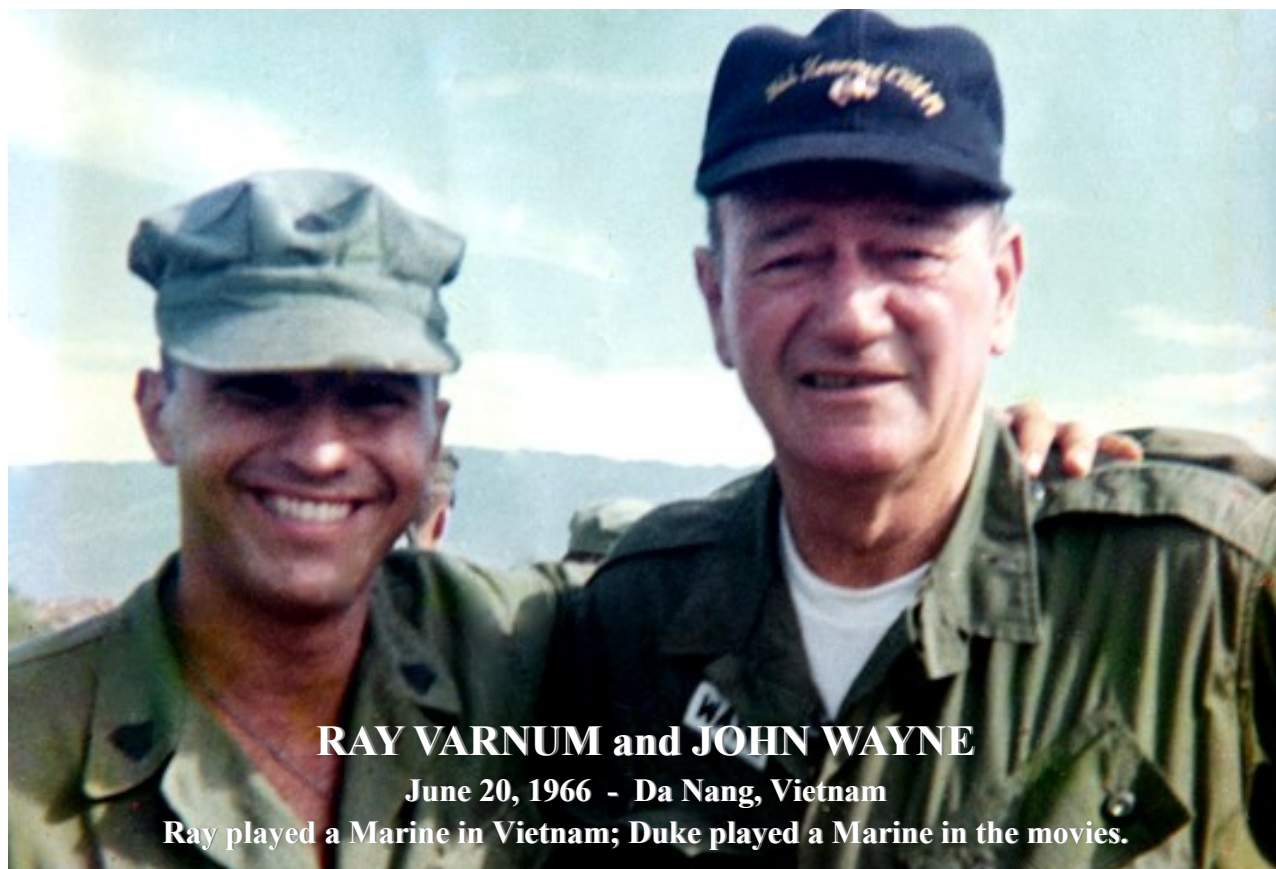
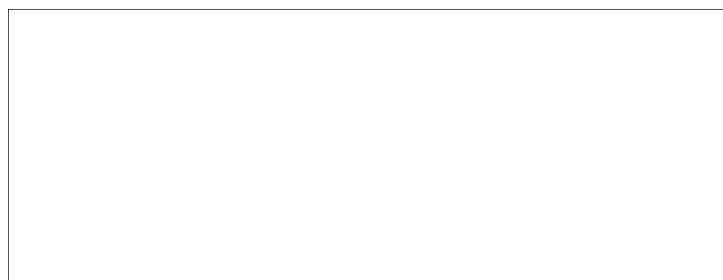
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**RAY VARNUM and JOHN WAYNE**

June 20, 1966 - Da Nang, Vietnam

Ray played a Marine in Vietnam; Duke played a Marine in the movies.