



# NEWS AND VIEWS

VVA # 223

THE REDWOOD EMPIRE CHAPTER



Volume 16, Issue 4

MAY 2014

PLEASE SHARE THIS NEWSLETTER WITH OTHER VETERANS

## Memorial Day Weekend Events

A full Memorial Day weekend awaits the community, so mark your calendar and join us for these events.

**Petaluma Purple Heart Sign Installation Ceremony:** Friday May 23rd at 1:30pm. There will be a ceremony at the Purple Heart City Sign located in Walnut Park, Petaluma. Thanks to the local Military Order of the Purple Heart, Petaluma is being used as a model for cities all over the state and beyond for Purple Heart designation.



**Opening Ceremony and Dedication – Global War On Terror (GWOT) Traveling Wall of Remembrance:** Saturday, May 24, at 10:00am at Santa Rosa Memorial Park, 1900 Franklin Ave, Santa Rosa. The Wall honors all military and civilians lost since the Beirut barracks bombing, 9/11, and all the military conflicts (OEF/OIF/OND) since then. There will be continuous viewing from Friday evening thru the Memorial Day ceremonies.



**Avenue of the Flags and Memorial Day Ceremony,** 10:00am to 1:00pm, May 26 at Santa Rosa Memorial Park, 1900 Franklin Ave, Santa Rosa. Celebrate freedom by honoring those who have given their lives for our country. John Logan of the Military Order of the Purple Heart and former POW/MIA Michael Frandsen, USMC, will be guest speakers and there will be a dedication of the Gold Star Bench. Volunteers and dogs from the Sonoma Humane Society will be there as well, and there will also be live music. Take time to stroll the park grounds to see the 1,000 American flags placed on military service personnel grave sites.

## TRIP TO WASHINGTON, D.C.

*By Kate O'Hare-Palmer*  
Women Veteran Committee Chair  
VVA#223 and VVACSC

April 8-10, I attended the quarterly meetings of VVA national in Silver Springs, Md. The agenda was full and the days were long. On Thursday, April 10, 2014 we participated in the VVA Faces of Agent Orange Briefing at the Cannon House Office Building in Washington, D.C. Three VVA members and their daughters spoke about their illnesses related to their fathers' service in Vietnam and subsequent exposure to Agent Orange. Herb Worthington's daughter, Karen, suffers from multiple sclerosis, and his grandchildren are suffering from autoimmune diseases, bronchitis, and unexplained bouts of anger. Senator Blumenthal, CT Sponsor: Exposure Research and Military Family Support Act of 2013. SB1602, spoke to us about his determination to get the required supporters to get this bill passed. The toxic trauma of the multi-generations of military families is a focus that Vietnam Veterans of America will continue to lobby against.



Ms. Elisa Basnight, Director, Center for Women Veterans, Department of VA, and Ms. Patricia Hayes, Chief consultant, Women Veterans Strategic Health Care Group, Department of Veteran Affairs came to speak to our Women Veterans Committee. Ms. Basnight reinforced the VA priorities of :access, backlog, and homelessness. The VA is promoting eBenefits, diversifying outreach materials, and implementing a National paperless claims processing system to decrease backlog.

**WOMEN VETERANS CALL CENTER**  
1-855-VA-WOMEN.(1-855-829-6636)

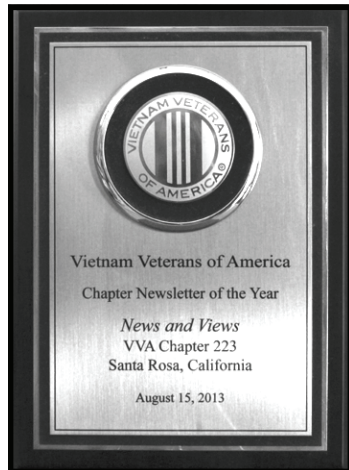
(Cont'd on page 5)

I used to be indecisive. Now I'm not so sure.

## VIETNAM VETERANS of AMERICA - REDWOOD EMPIRE CHAPTER 223

SANTA ROSA, CALIFORNIA

OFFICE: 707-526-4218 WEB: [www.vva-223.org](http://www.vva-223.org)



### Officers

President: Ken Holybee - [Holybee@comcast.net](mailto:Holybee@comcast.net) - Phone: 707.887.8891  
Vice President: John McGivney - [mcgivney@pacbell.net](mailto:mcgivney@pacbell.net) - Phone: 707.575.5261  
Secretary: Dave Phillips - [dmpillips58@yahoo.com](mailto:dmpillips58@yahoo.com) - Phone: 707.694.7614  
Treasurer: Bill Burke - [bbburke@pacbell.net](mailto:bbburke@pacbell.net) - Phone: 707.576.1218

### Board of Directors

Charles Earthman - [c.earthman173@gmail.com](mailto:c.earthman173@gmail.com) - Phone: 707.318.2837  
Lou Nuñez - [scso610ret@gmail.com](mailto:scso610ret@gmail.com) - Phone: 707.291.5314  
Brooke McKusick - [brookemckusick@gmail.com](mailto:brookemckusick@gmail.com) - Phone: 707.537.9003  
Bruce Thomson - [thomsonofsr@sbcglobal.net](mailto:thomsonofsr@sbcglobal.net) - Phone: 707.523.3278  
Alan Dalton - [papadal@sbcglobal.net](mailto:papadal@sbcglobal.net) - Phone: 707.538.0428  
Jil McGivney - AVVA Representative - Phone: 707.575.5261

### Committees

Chaplain:	Bob Cheadle
Clinic Coffee Cart	Lou Nunez
Color Guard:	Dave Phillips
Dinner/Dance	Lou Nunez
Education:	Bruce Thomson
Finance:	Pat Christen
Food Give-A-Way:	John McGivney
Homeless Outreach:	Dave Phillips
Legislation:	Ken Holybee
Membership	Charles Earthman
Newsletter:	Brooke McKusick
Product Sales:	Bruce Thomson
Scholarship Fund:	Sunny Campbell
UVC	Ken Holybee
Veteran's Building:	John Crooker
Website:	Charles Earthman

### News and Views

Publisher:	Ken Holybee
Editor-in-Chief:	Brooke McKusick
Associate Editor:	Charles Earthman
Copy Editor:	Nancy Schafer
Staff Writer:	Kate O'Hare-Palmer Michael Hart
Advertising:	Lou Nunez
Photos by:	"McQ6"
Kate O'Hare-Palmer	Charles Earthman
W.R.I. "Easy" Smith	

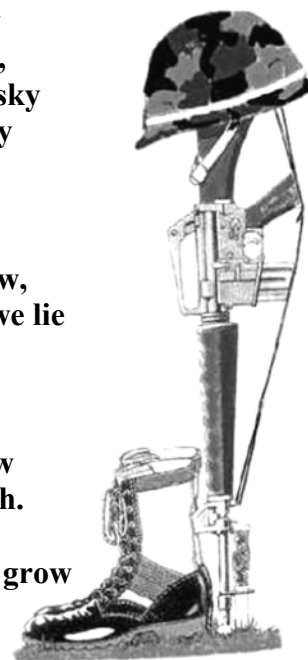


**In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.**

**We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.**

**Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.**

*John McCrae*



### 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](mailto:mcq6@vbbn.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

A business card size ad in our newsletter is \$100.00 for a full year... With a 100% Tax Credit!

**VVA Chapter 223**

**Phone number is 526-4218**

**Email address is: [vets@vva223.org](mailto:vets@vva223.org)**



# President's Letter

With the coming of May, we are starting into a busy summer. We will be starting the Wednesday Night Market. This is a great time to come to Santa Rosa and see the members giving out information and talking to people about veteran issues and benefits. We are still putting together our information to give out. If you have anything you would like us to include, please let us know. The Wednesday Night Market will run for 16 weeks and we hope to have people there every week. We will also have the Ducky Brigade there raising awareness to the fact that wounded soldiers don't just disappear when released from the military.

We will also be attending the Santa Rosa Rose Parade on Armed Forces Day, May 17<sup>th</sup>, with our entry. Come down and help us put it together or just act surprised when you see us in the parade. I can't wait to find out what we will have this year. The last couple of years we have really surprised everyone with our entries.



**Ken Holybee**

I will be attending town hall meetings in Oregon and Washington as the co-chair of the national subcommittee for Faces of Agent Orange. These town hall meetings will be in Lebanon on May 6<sup>th</sup>, Roseburg May 7<sup>th</sup>, Salem May 8<sup>th</sup> and Seattle Washington on May 10<sup>th</sup>. I will miss the board meeting, but be home in time for the general meeting.

We will follow all of this with a Farmers Market fundraiser with the Ducky Brigade on the 24<sup>th</sup> holding a fundraiser for the Memorial Day weekend. As always these funds go directly to assisting a wounded soldier from our area. We will also be involved with the "Good Ol Boys" motorcycle run from the Veterans Building on Sunday morning. If you have missed this in the past, don't miss it this time. They have great food, great music, great raffle items and great company! This is a fundraiser to assist the local veteran organizations. First stop on this run will be at Franklin Park for a short ceremony at the POW Memorial. The weekend will end with the Avenue of the Flags at Franklin Park. Be there at 6:30 Monday morning to put the flags up, ceremony at 10 and 3:30 to take the flags down.

Be sure to look at the calendar because there are more things that I have not put down in this message. Don't forget our general meeting with our great pot luck.

Sincerely,

*Ken Holybee*

---

"Where there's a will, I want to be in it."

## *Santa Rosa Quilting Guild Brings Comfort to Many*

AVVA-223 likes to think of the Santa Rosa Quilting Guild as "our quilting ladies" since they donate so many quilts to our veterans in need. The AVVA, with Jil McGivney, Frances Ramirez, Kathy Kistenmacher, Jeannie Aven, and Jackie Richie distribute quilts at the Vet Clinic and M.O.M.S.

But the Santa Rosa Quilting Guild is much more, so much more. Their hard work and detailed endeavors show up in every quilt as works of art, real tangible, loving works of art...

When I saw this Chris Smith piece in the *Press Democrat* on April 13, I just had to share it with you:



"EVERY SINGLE QUILT that members of the Santa Rosa Quilt Guild showed to one another and then packed neatly into a car would look wonderful in your home, or mine.

The 100 quilts were created with special care by the guild members. And not because they're going to be entered in a fair or other competition, or sold.

Those quilts went to youngsters whose family crises caused them to be placed in the protection of the Valley of the Moon Children's Home. They become instant security blankets and evolve into well-worn lifetime treasures.

Guild members also make quilts for many other local children and adults in need of a bit of comfort, warmth and kindness. How many do you suppose they gave away last year?

One thousand, two hundred sixty-six, a little better

## *In Memoriam*



**James H. Malone**  
1926 - 2014  
MOPH Chapter 78



**Mark Edward Spaulding**  
July 30, 1949 - April 5, 2014

Mark participated in a program offered by Flower of the Dragon, a Vietnam Veterans organization based in Santa Rosa, eventually becoming president of the organization's board of directors.



**Steven R. Phelps**  
1948 - 2014

In 2011, Steve was diagnosed with a rare cancer resulting from exposure to Agent Orange in Vietnam. He fought admirably to stay alive over the last few years.



## *Thank You Cheryl*

My longtime aide and great friend Cheryl Diehm has retired after 26 years of public service to our district. Cheryl has been with me since my first campaign for the state Senate. She has been an indispensable part of who I am and the service our office provides to constituents.

When people in our district have problems, Cheryl solves them. She has helped countless constituents navigate everything from Medicare benefits to mortgage problems, and VA payments. She has been a trusted adviser, a loyal employee and a great friend.

Cheryl is compassionate and committed to our district and the institution of representative government. She knows that government has a responsibility to make sure things are fair and she's always working for what is best for the American people.

In 26 years, Cheryl has made our district a better place to live, work and raise a family. Her impact on our district will endure long past her days in our office. Cheryl, on behalf of our community, thank you for your many years of service. You will be missed.

**Congressman Mike Thompson (CA-05)**  
Washington, D.C. and VVA-223



Anthony Tate has been appointed to the position of Donation Coordinator of Sonoma County Vet Connect. As the "new" manager of the program, Anthony will be coordinating furniture and other household goods for pick-up and delivery.

The main goal of this program is to provide quality service and product to qualified veterans who need to furnish their homes. Anthony will be accessing those items that the program can and cannot use.

For more information about your tax deductible donations to Vet Connect, please leave a message for Anthony at 387-5623. Anthony will return your call in a timely manner.



## WITH OR WITHOUT A MOTORCYCLE PARTY LIKE YESTER-YEAR TO BENEFIT VETERANS

Yo, Dawg. You don't even need a bike to get involved with this all-day event! Check out the poster below... The Good Ol' Boys Motorcycle Club and the Clampers will kick it off with an American Legion breakfast at 8AM going well into the morning. Event registration at 9AM and vendor activities run throughout the morning. The run will take-off at 11AM with the first stop at Santa Rosa Memorial Park.

The run will return to the Santa Rosa Vet Building around 1:30PM to live music and a steak dinner. Your advance \$25 ticket will get you a tee-shirt, too. A couple of large screen TVs will be raffled off during the afternoon festivities. For more information please call Conrad Martel at 694-2456.

*50 years ago folks !*



### Executive Department State of California

#### PROCLAMATION

#### BY THE GOVERNOR OF THE STATE OF CALIFORNIA

Over two million Americans served in the Vietnam War and related conflicts in Southeast Asia between 1959 and 1975. More than 58,000 did not return. Of those who survived, over 300,000 suffered physical injuries in combat, and an even greater number developed post-traumatic stress disorder (PTSD) and other psychiatric ailments as a result of their service.

Our treatment of the veterans of Vietnam and other wars reflects profoundly on our character as a nation. Too many of our veterans suffer from unemployment, poverty, homelessness, substance abuse and disability. For this reason I signed Executive Order B-9-11, creating the Interagency Council on Veterans to coordinate the state's efforts in providing assistance to veterans in need. While the Council continues to explore every possible improvement in policies and programs related to veterans' issues, I urge all citizens to act in the same spirit by welcoming home our veterans, thanking them for their service and assisting them in every conceivable way.

**NOW THEREFORE I, EDMUND G. BROWN JR.,** Governor of the State of California, do hereby proclaim March 30, 2014, as "Welcome Home Vietnam Veterans Day."

IN WITNESS WHEREOF I have hereunto set my hand and caused the Great Seal of the State of California to be affixed this 27<sup>th</sup> day of March 2014.



*Edmund G. Brown Jr.*  
EDMUND G. BROWN JR.  
Governor of California

ATTEST:

*Debra Bowen*  
DEBRA BOWEN  
Secretary of State

#### (Cont'd from page 1) WASHINGTON, D.C.

The challenges facing women veterans continue to be: unaware of their veteran status, limited access to women based services, lack of child care options, lower utilization of VA, lack of transportation to and from appointments.

Ms. Hayes emphasized that each VA Hospital now has a Women's Health Medical Director. The complete care for chronic illnesses, preventive services, mental health, maternity and reproductive health, in vitro and adoption services are available to eligible women veterans. They are developing mobile apps to improve care.

Telehealth is being introduced into rural health services in 26 women health projects. Military sexual trauma victims are still able to go into any VA facility with a copy of their DD214 and receive treatment. The reality of this guideline seems to differ depending on the clinic or hospital. We need to continue assure that this standard is met everywhere.

Emergency services for women still needs improvement. Training opportunities for VA emergency department clinicians is in development. It is encouraging to see the changes and improvements that are being made for our women veterans.





## 120th Annual Luther Burbank Rose Parade & Festival Saturday, May 17, 2014

The Luther Burbank Rose Parade and Festival is one of Sonoma County's most honored traditions and one of the oldest and largest events of its kind in Northern California.

This year the Luther Burbank Rose Parade & Festival is celebrating with the theme of "Heroes and Helpers," honoring all of those people that have made a difference in our community. We encourage you to invite your hero or helper to be a part of your entry – add him or her to your float, ask them to march with your group, or invite them to join you at this year's parade.

The 120th Annual Luther Burbank Rose Parade and Festival will take place on **Saturday, May 17, 2014 starting at 10 am.**

This is one of Sonoma County's most honored traditions and one of the oldest and largest events of its kind in Northern California.



Speakers in attendance at the Capitol Legislative Day from the top left, at the corners clockwise include, Senator Richard Roth (D-Riverside, Major General, USAF-Ret) and Pete Conaty, VVA-CSC Legislative Advocate, Assemblywoman Susan Eggman (D-Stockton, Army veteran), Senator Jim Nielsen (R-Gerber), and Assemblywoman Nancy Skinner (D-Berkeley)



**VVA 223 PHOTOGRAPHS**  
on SHUTTERFLY



Access through the VVA-223 Website  
Or <http://vva223photographs.shutterfly.com>



We are getting ready for the "MARKET," The Chapter will be passing out information and pamphlets and talking to the public about veterans issues. If you would like to participate call Ken Holybee at 887-8891. Join us in the Chapter 223 booth. Help make our Market an incredible community meeting place.



# California State Council Capitol Legislative Day

by Charles Earthman

The 2014 VVA-CSC Capitol Legislative Day took place on Wednesday, March 26, in the Eureka Room at the State Capitol. California State Council Legislative Chair Ken Holybee and legislative advocate Pete Conaty chaired the event. This was the sixth year this event has taken place, usually in late March to coincide with the Welcome Home Vietnam Veterans Day. The Welcome Home Vietnam Veterans Day ceremony traditionally held at the Vietnam Veterans Memorial on the Capitol Mall was cancelled because of rain.



From the left, Charles Earthman, Pete Conaty, Ken Holybee, and Kate O'Hare-Palmer at the Legislative Day gathering inside the state capitol.

VVA members from across the state gathered to hear legislators brief them on legislation that they are carrying that is of importance to veterans. CalVet Secretary Peter Gravett, representatives from the California Department of Veterans Affairs, and the Legislature's Veterans Affairs Committee were also on hand to outline their priorities for the year.

The morning session was highlighted by the VVA California State Council's honoring of Assemblyman Jim Frazier (D-Oakley) as Legislator of the Year for 2013. The VVA-CSC Legislator of the Year Award is given to legislators who have supported California veterans and their families while serving in the Legislature. Since his election to the state Assembly, Assemblyman Frazier has worked hard to support veterans through his legislation. His first bill, Assembly Bill 287, requires the California Department of Veterans Affairs to annually compile a list of Vietnam veteran names to be added to the California Vietnam Veterans Memorial.

Many Vietnam veterans were not included on the original memorial at the time it was constructed; some were inadvertently left off the original list, but many others died after returning home as a direct result of injuries or illness during their service in Vietnam.

"I am truly humbled to be selected by the VVA-CSC as Legislator of the Year," said Frazier.



Assemblyman Jim Frazier  
(D-Oakley)

"Words cannot express how thankful I am to have the opportunity to make a positive difference in the lives of California's veterans. Although their service is a debt that can never be repaid, I will continue in my efforts to give back to those who served our country to protect our freedoms."

Assemblyman Frazier has also introduced AB 1637, a bill that requires the Department of Motor Vehicles to issue a driver's license or identification card with a "VETERAN" designation. The designation would ensure that veterans can quickly and easily identify themselves and access the services and benefits they are entitled to without having to carry around a DD-214. Ken Holybee, Legislative Chairman of VVA-CSC, said "We appreciate Assembly member Frazier's dedication to improving the quality of life for Vietnam veterans and their families. Many issues surrounding Vietnam veterans require a long-term commitment, and we are confident that Assembly member Frazier and his staff will continue to be strong advocates for the well-being of California's Vietnam veterans."

AB 1637 is one of ten bills currently before the California legislature that would affect veterans. These bills cover a wide range of subjects important to veterans such as the establishment of a state veteran's cemetery in Southern California and a bill requiring judges to consider military status and mental health problems as factor in favor of granting probation.

The VVA California State Council Day at the Capitol gave Vietnam veterans a chance to hear what elected politicians have to say on issues that concern them and to talk with legislators about those issues. It is important that veterans' organizations use these opportunities to remind our state law makers that we were once part of a powerful military force and, as veterans, we are now a powerful voting force. Other veterans' organizations also have an annual legislative day and help to keep veterans' issues alive in the Capitol.



## THE GRAPEVINE

### Health Talk Around Redwood Empire Chapter

By Charles Earthman

Older veterans often suffer from both acute and chronic pain. Arthritis and other bone and joint problems are particularly prevalent with this population. Pain associated with cancer, skin ulcers, diabetes, and surgical procedures are also prevalent with older vets.

Many people think that pain is an unavoidable consequence of aging and that isn't necessarily true. Another misconception can result from older people who are not clear in explaining the cause of their pain, which leads people to think they're "just complaining." There is, almost always, a real problem behind the aches and pains we suffer daily.

Chronic pain can lead to many other problems. People with pain can lose mobility and the ability to do everyday activities. Older vets with pain also often suffer from anxiety or depression. They may be at greater risk for falls, weight loss, poor concentration, and difficulties with relationships.

Pain management is important to safely handle our pain as we get older. There are a number of pain relievers that are safe for older vets, but your doctor should take precautions when prescribing these medications. Our bodies handle pain medication differently than younger people. Because our kidneys become smaller with age, there is decreased blood flow and less effective filtration (removal of the drug). Our liver also undergoes a decrease in mass and blood flow with aging, making it harder for the liver to break down some medications. Ingested oral medications also may be absorbed differently because of changes in stomach acid levels.

Physical therapy and exercise are important in managing pain for older vets. Physical exercise can provide pain relief and help to prevent further physical and mental changes that often result in more pain.

Reading this has probably been a pain, but it is a subject that is hard to ignore, especially if you are experiencing chronic pain. You should discuss this with your doctor and family members in order to have a better life for you and those close to you.

## HERO

### From Noun to Metaphor

An Editorial

by Charles Earthman

Hero: a person who is admired for great or brave acts. A hero or heroine is a person who, in the face of danger and adversity, or from a position of weakness, displays courage and the will for self-sacrifice for the greater good of all. That is a hero. For as long as I can remember this is what defined a hero to me.

However, today it is primarily used (or overused) as a metaphor for everyone that does something good or right. Doing the right thing is commendable, but it is not heroic. The misuse of this word cheapens true valor. Hero has become a metaphor; a figure of speech.

It's disturbing to see society's misuse of this word. There are many examples of this which can be found in the mass media. Good deeds are acknowledged as worthy of the same esteem as those who act above and beyond. Nowadays every one is a hero; we are quick to pat ourselves on the back for just finishing the job we were expected to do. Good job, but not heroic. We self-aggrandize in order to bolster our egos and self-worth.

This trend started in the 1980s when some national leaders used the word to enhance their messages in an attempt to glorify mediocrity, never giving thought to all those true heroes from the past. These misuses continued and crept into the lexicon and became a part of our everyday conversation and language, i.e., hero being used for patriot.

Language, like everything else, is forever evolving. Perhaps, like many old people, I don't readily give up things from the past, but I try to stay open to change and at least acknowledge it. However, the overuse of the word hero is very disturbing and something I will never get used to. I guess time will eventually take me and my opinion out of this conversation, but heroes will always be people of greatness and valor to me and many of my generation.

---

We never really grow up;  
we only learn how to act in public.

**3725 Westwind Blvd  
Suite 101  
Santa Rosa CA 95403**

**SONOMA COUNTY VETERANS  
SERVICE OFFICE  
(707) 565.5960**

Westwind Boulevard is located near the Main Terminal at the Charles M. Schulz (Sonoma County) Airport. From Highway 101: Exit Airport Boulevard, left on Westwind Blvd. and right into the parking lot. Check Sonoma County Transit Airport route 62 & 64 for bus schedule.

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

(FAX (707) 565 5980)



# DANIELS CHAPEL of the ROSES FUNERAL HOME AND CREMATORY

## DANIELS CHAPEL OF THE ROSES FUNERAL HOME & CREMATORY

"Serving Sonoma County Since 1875"

Santa Rosa's only family owned Funeral Home  
and Crematory - now in our 3<sup>rd</sup> Generation

**Telephone 525-3730**

1225 Sonoma Avenue, Santa Rosa, CA 95405

CA Lic: FD-209

CA Lic: CR-92

## KC's Downtown Grill

9051 DuVander Lane

Windsor, CA

Phone (707) 838-4800

On The Windsor Town Green



## Construction Company, Inc.

3510 Brooks Avenue

Santa Rosa, CA 95407

General Engineering

(707) 586-0500

Fax (707) 586-0900

License # 479227

5-14



## Vet Clinic Coffee Cart

Meet new folks... Make a  
contribution to the Vet commu-  
nity... Hobnob with guys like Earl  
Walters, John McGivney and Lou  
Nunez. Welp, that's the best I  
can do...! Volunteer to help!

Call Lou at 291-5314 to  
sign-up for an exciting new  
adventure, just like joining  
the Navy...! For a couple of  
hours a week, YOU can make  
all the difference!

## Stripe 'N' Seal, Inc. dba Aaron Paving

Contractor's License No. 308128

Engineering Solutions To Pavement Since 1971

**Paving ♦ Asphalt Repair ♦ Grinding ♦ Overlays**  
**37-2 Slurry Seal ♦ Asphalt Base Seal Coat ♦ Cracksealing**  
**Striping ♦ Signs ♦ Bumpers**

(707) 528-3377  
Santa Rosa, CA

(707) 224-3377  
Napa, CA

(415) 499-9060  
San Rafael, CA

P.O. Box 7347 • Santa Rosa, CA 95407

5-14

## FINE DONUTS & PASTRIES, GOURMET COFFEE DRINKS



Frank & Champa

(707) 326-9181

fwhigham@hotmail.com

4275 Montgomery Drive

Santa Rosa, CA 95405

(707) 539-2416

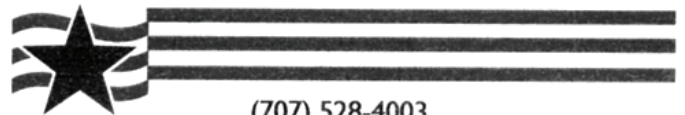
5-14

## Social Security Representative

Former Social Security Expert

Dan McCaskell Ph.D.

CVE, CRC, CCM



(707) 528-4003

529 Davis Street

Santa Rosa, CA 95401

dangmccaskell@aol.com

5-14

5-14

## TRI★STAR AUTOMOTIVE

484 KENWOOD COURT  
SANTA ROSA, CALIFORNIA 95407

JIM DADAOS

jim@tristarautomotive.com

707 571-8866

www.tristarautomotive.com

## CHEAP SMOG TEST

STAR CERTIFIED TEST ONLY

5-14



1205 Petaluma Hill Rd.  
Santa Rosa, CA 95404



We can do any Smog Test  
for any reason and issue  
the required Smog Certificate

**Edmundo Feria**  
**(707) 573-0900**

Monday - Friday

7AM to 7PM

Hablamos Espanol

707-584-8401

MON.-SAT. 8:30AM-5:30PM

## BATAEFF SALVAGE CO.

WE BUY SCRAP METAL  
COPPER • BRASS • ALUMINUM • STAINLESS STEEL

GEORGE BATAEFF, JR.  
CORY BRIANS

250 Mountain View Ave.  
Santa Rosa, CA 95407

## Film on Military Sexual Assault

*By Kate O'Hare-Palmer*

*Women Veteran Committee Chair  
VVA#223 and VVACSC*

The screening of the award winning documentary, "The Invisible War," was shown the evening of April 1st. Sonoma County Supervisor Shirlee Zane, a supporter of veterans, and Kate Weber, advocate of victims of military sexual crimes, hosted the showing in the supervisors' chambers. The film was nominated for an academy award as well as receiving the Independent Spirit Award in 2012.

Ms Weber, who is in the film, was recently named veteran of the year by the Veterans Caucus of the California Democratic Party. She updated the audience on the current legislative bills by Senator Gillibrand and California Reps. Jackie Speier and Loretta Sanchez.

There were many questions by the audience that showed the shock of the lack of prosecution of rapists in most of the stories told by both men and women soldiers in the film. If one looks at the total numbers of assaults rather than percentages, there are currently more assaults to men in the military than women. It is estimated that 80% of assaults are not reported. Of the 26,000 reported last year, less than 500 went to prosecution.

Verity House is a rape crisis and counseling and support service in Santa Rosa. They have received a grant from Swords to Plowshares to help with MST in both female enlisted military and veterans. Representatives were available last night for questions and assistance after the talk.



**Kate  
O'Hare-Palmer**

## New Chapter Website:

**vva-223.org**

Here are just a few things you'll find when you go to the new Chapter 223 website:

**On the menu bar across the top you can access these pages:**

**ABOUT US:** Chapter information, contact links to Chapter officers, a members' photo gallery that may have a picture of you, and much more.

**CALENDAR:** A listing of the current month's events and a Google calendar of events where you can click on the date and event and it will open to give more information on that event.

**OUR COMMUNITY:** Items and stories on community events including information on other veterans' organizations in the area. The logos of the organizations at the top of the page are links to their websites or Facebook pages--cool and handy.

**CONTACT US:** A page with our contact information showing directions to the Santa Rosa Veterans Memorial Building from all directions and a Google map. Also a contact link to our email: [vets@vva-223.org](mailto:vets@vva-223.org). Ask questions or tell us what you think.

**NEWSLETTER:** PDF copies of our award-winning newsletter "News and Views". You can either download or read online every issue dating back to January 2013.

The website's home page also has links to VVA, AVVA, VA, CalVet, Brooke McKusick's photo library (with lots of Chapter photos), Vet Connect, and many other links and stories. So, go to our new website and use it.

You're never too old to learn something stupid...

## 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

**Phone 707-387-5623**

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**





**CHAPTER 223**  
**GENERAL MEETING**  
**MAY 20, 2014**  
**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.  
Coffee and donuts served. See page 10.

**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.** Meeting  
starts at 7 PM. See above...

**FOOD-GIVE-AWAY PROGRAM** - Fourth  
Tuesday of the month. Volunteers will please check in  
with **John McGivney @ 570-9201** 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...  
**May 3rd, June 7th, July 5th, August 16th, September**  
**6th, October 4th, November 1st, December 6th.**

**For more information about cal-**  
**endar events, please check out the VVA-**  
**223 website at [VVA-223.org](http://VVA-223.org).**



# COMIC'S CORNER

I hear Chicago has a soccer team named the Chicago Fire. That's pretty cool, naming a team after the worst disaster in their city's history. That takes balls. You don't see any other cities doing that. You don't see the New Orleans Katrinas. Or the Boston Massacres or the Oklahoma City Bombings or the New York Jets... Hey, wait a second?

"On the new season of 'Sesame Street,' Cookie Monster will do a segment where he urges kids to eat healthy. The segment ends with Cookie Monster looking off-camera and asking, 'Now you let Cookie Monster's wife and kids go?'" - Conan O'Brien

"Vladimir Putin signed a treaty that formally absorbs Crimea into the Russian Federation. So if you felt bad because you didn't know where Crimea was, don't worry, it's gone." -- Seth Meyers

What, Exactly, First Aroused Your Suspicions?  
Man with Flower Pot on Head Wields Chainsaw during Robbery -- Queensland (Australia) Times headline

"Women spend an average of 335 hours a year getting ready, according to some very passive-aggressive researchers who are outside waiting in the car." -- Jimmy Kimmel

"Here's some strange fashion news. According to The New York Times, the monocle is back in style. Unless you're a Batman villain or a giant salted peanut, you should not wear a monocle." -- Jimmy Kimmel

"The New York Times is reporting that the monocle is on the rise as a new fashion accessory worn by hipsters. So remember, when you punch them, go for the other eye." -- Seth Meyers

"North Korean leader Kim Jong Un won re-election with 100 percent of the vote. They say that when the absentee ballots are counted the percentage could go even higher." -- Dave Letterman

"Tiger Woods announced that he won't play in the Masters because he's recovering from back surgery. His doctors have told him to avoid swinging - and also golfing." -- Seth Meyers

"There's a new app that will help you find the nearest bathroom. It's called the Starbucks app." -- Conan O'Brien

Do you want to insure this?" asked the clerk at the post office when I handed her my package. "Nope" I answered. "The contents aren't breakable." The postal clerk wasn't so sure. "Ma'am, we are professionals. We can break anything."

"Pole dancing's first-ever award show, the Pole World News Awards, premieres in Los Angeles tonight. It's intended to be an annual contest to determine who is the world's worst father." -- Seth Meyers



NON PROFIT ORG  
NON PROFIT  
U S POSTAGE PAID  
Santa Rosa CA 95402  
Permit # 679

Address Service Requested

## *News and Views*

Volume 16, Issue 4 MAY 2014

A Publication of:  
**Vietnam Veterans of America**  
**The Redwood Empire Chapter 223**  
1351 Maple Avenue  
PO Box 1583  
Santa Rosa, CA 95402

OFFICE: 707-526-4218  
WEBSITE: [www.vva-223.org](http://www.vva-223.org)

**Kate O'Hare-Palmer *Women Veteran Committee*  
Chair spent three days in Washington, D.C.**

